

# AYURPATRA

Your monthly health e-newsletter

Volume: 1- Diseases of - Above Shoulder region

SERIES URDHWAJATRUGAT X –JUNE 2005

We are delighted to present to you our monthly e-feature about Ayurveda and health. Our web site (<http://www.ayurplanet.com>) has helped millions of people. This newsletter will be loaded with lots of information, events and happenings related to Ayurveda including featured articles, details of very useful herbs, beauty tips and various herbal products and health supplements. The aim of this Newsletter is to serve humanity from health aspect by natural means.

## FEATURED HEALTH ARTICLE : DANDRUFF (DARUNAK/ARUNSHIKA)

A person's entire body surface continuously sheds dead skin cells. The skin itself sheds every twenty-four days. Dandruff, the shedding of dead skin cells from the scalp at an excessive rate, is the result of the normal growing process of the skin cells of the scalp. Dandruff is characterized by small, loose flakes of dead skin on the scalp or trapped in the hair.

Sushruta in Nidan sthana says when ground of hair becomes hard, itchy and rough with cracks it is known as Darunaka caused by aggravation of Kapha and Vata. Arunshika is small ulcer with many openings manifested on the skin of the scalp due to kapha rakta. Symptoms of seborrhoeic dermatitis resemble with the symptoms of Arunshika.

### Mechanism

On average the scalp skin replaces itself about once every 28 days. If turnover speeds up to every 11 days the net result is obvious dandruff.

In dandruff there has been noted an association with a tiny fungus the yeast known as *Pityrosporum ovale* also known as *Malassezia*, a member of our normal flora. Everyone has some of this yeast on their skin, particularly in the greasy areas such as the scalp and upper back. It feeds on the natural grease produced by the skin. *Malassezia* lives on the scalps of most healthy adults without causing problems. But sometimes it grows out of control, feeding on the oils secreted by your hair follicles and causing irritation that leads to increased cell turnover.

All skin cells die and are replaced by new cells. Normally, it takes about a month for new cells to move from the lowest layer of your skin, where they form, to the outermost layer, where they die and scale off in flakes. Because cells renew themselves slowly, this process usually isn't noticeable.

But on scalps where malassezia thrives, the whole process can take as little as 11 days. The result is a large number of dead skin cells. As the cells fall off, they tend to clump together with oil from your hair and scalp, making them appear white, flaky and all too visible

### **Root causes:**

The main causes of dandruff are impairment of general health, development of a toxic condition mainly due to taking of wrong foods, constipation, and a low vitality due to infectious diseases. The following factors may make the flaking of dandruff worse:

- Excessive use of hairsprays and gels.
- Improper use of hair-coloring products or excessive use of electric hair curlers
- Exposure to cold and dry indoor heating.
- Tight fitting hats and scarves.
- Infrequent shampooing of the hair, improper hygiene or inadequate rinsing.
- Stress, anxiety and tension.
- It is most severe during the winter and mildest during the summer.

### **Symptoms:**

Dandruff scales usually occur as small, round, white-to-gray patches on top of the head. When the hair is combed or brushed, or when the scalp is scratched, the scales from the scalp fall like snowflakes . These scales sometimes appear as lumps or crusts on the scalp. Often there is itching as well and the scalp may become red from scratching. Similar scales or the accumulation of dandruff on the eyelashes is known as Krimigranthi in Ayurveda.

### **MANAGEMENT:**

1. Dandruff may be a sign that circulation is blocked. Ayurveda recommends [shiroabhyanga](#) (massaging the scalp) with medicated oil once a week, applying the oil in evening and then washing it out in morning. The oils recommended in Bhaishajya ratnavali for Dandruff are Bhringraj tail, Trifladva tail, Chitrakadi tail, Maltvadi tail, Guduchvadi

tail, Dhurdhurpatradi tail, Karanjadi tail, Neem tail.

2. "Ayurveda India" has made a combination of Dhurdhurpatradi tail, Karanjadi tail, Kuntalkanti, Kayanadi, and Mahabhringraj tail. This oil is highly effective in eradicating Dandruff.
3. [Shirodhara \(taildhara\), Takradhara, Nasyam, Shirovasti](#) are beneficial in this disease.
4. Massaging the hair for half an hour with curd which has been kept in the open for three days or with a few drops of lime juice mixed with amla juice every night before going to bed.
5. Shirolepam (Hair packs) -
  - Leaves of Neem (Azadirachta indica) or Indian hemp applied in paste form to the scalp, and kept for half an hour. A lukewarm shower to follow removes dandruff.
  - Honey is mixed with rock salt, Kushtha (Saussurea lappa), Yashtimadhu (Licorice). This pack is applied to the scalp and hair and kept for half an hour and rinsed.
  - Aloe vera gel or Jaswand gel are applied to hair and scalp as packs for half an hour.
6. Diet  
People should avoid spicy and greasy food because it helps dandruff to increase and spread. People should add more vegetables and fruits on the diet. It is very essential to take fresh foods avoid taking tinned and canned foods add more green vegetables and fruits. Strong tea and coffee, processed foods should be avoided for the dandruff.

#### 7. Herbal supplements

- The herb fenugreek is also a remedy for dandruff, using it in cooking or taking a teaspoonful daily, mixed with honey. Fenugreek works best for people with vata or kapha doshas.
- Amalaki Rasayana, Dhatri Lauha are helps to prevent Dandruff.

**You may consult our Ayurveda experts through [on line consultation](#) or personally.**

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#### **HERB OF THE MONTH: FENUGREEK**

Fenugreek is a well-known leafy vegetable. It has excellent medicinal virtues. The seeds of fenugreek contain a foetid and bitter fatty oil resin, mucilage and albumin. Their mineral and vitamin contents are very high. In Indian homes,

seeds are generally used as a condiment and for flavoring.

### **Natural Benefits and Curative Properties**

The leaves of fenugreek are aromatic, cooling and mild aperients. Paste of the fresh leaves applied over the scalp regularly, before taking bath, lengthens hair, preserves the natural color and keeps the hair silky soft. Paste of the fresh leaves, applied on the face every night before going to bed and washed with warm water, prevents pimples, blackheads, dryness of the face and early appearance of wrinkles. It improves complexion and makes one look years younger. The seeds of fenugreek are demulcent, diuretic, carminative which relieves gastric discomforts, lactagogue, which increases the flow of milk, astringent and aphrodisiac tonic.' They are the best cleansers to body, highly mucus-solvents and soothing agents.

### **Digestive Disorders**

Fenugreek leaves are highly beneficial in the treatment of indigestion, flatulence and sluggish liver. They help in the healing of mouth ulcers. An infusion of the leaves is used as a gargle for recurrent ulcers. Boiled and fried in butter, they are valuable in biliousness. The seeds are also useful in the treatment of colic, flatulence, dysentery, diarrhea, dyspepsia.

### **Pregnancy and Lactation**

The seeds are fried in ghee and finely powdered. This powder is mixed with wheat flour and sugar to prepare a halwa. This preparation, taken in small quantity daily, helps in quick normalization after delivery. The seeds, made into a gruel, are given as diet to nursing mothers for increasing the flow of milk.

### **Deadened Sense of Taste and Smell**

The seeds help restore a deadened sense of taste or smell. The loss of sense of taste occurs due to improper functioning of the salivary glands. They often become plugged with mucus and accumulated juices, causing swelling. Similarly, the sense of smell is obstructed due to long accumulations of mucus or other impurities in the nose where the olfactory nerves are based. Regular use of fenugreek has proved beneficial in both these cases.

### **Dandruff**

Fenugreek seeds are useful in the removal of dandruff. Two tablespoonfuls of the seeds should be soaked overnight in water. In the morning the softened seeds should be ground into a fine paste. This paste should be applied all over the scalp and left on the head for half an hour. The hair should then be washed thoroughly with soapnut solution or shikakai. Paste of the fresh leaves of fenugreek applied over the scalp regularly before taking bath also cures dandruff.

### **Respiratory Infections**

During the early acute stages of any of the respiratory tract infections, such as bronchitis, influenza, sinusitis, catarrh and suspected pneumonia, fenugreek tea will help the body to produce perspiration, dispel toxicity and shorten the period of fever. It should be taken up to four cups daily. The quantity is reduced as condition improves. Fenugreek contains natural expectorant properties ideal for treating sinus and lung congestion, and loosens & removes excess mucus and phlegm. Fenugreek is also an excellent source of selenium, an anti-radiant which helps the body utilize oxygen. Fenugreek stimulates the production of mucosal fluids helping remove allergens and toxins from the respiratory tract.

## **Diabetes**

Fenugreek seeds have been found highly effective in the treatment of diabetes due to its fibre content. Based on a research study as quoted by Press Trust of India on January 6, 1988, fenugreek seeds, when given in varying doses of 25 grams to 100 grams daily, diminish reactive hyperglycaemia in diabetic patients. Levels of glucose, serum cholesterol and triglycerides were also significantly reduced in the diabetes patients when the seeds were consumed, the report said. Quoting researchers at the National Institute of Nutrition, Hyderabad, the report said that the effect of taking fenugreek seeds could be quite dramatic, when consumed with 1200-1400 calories diet per day, which is usually recommended for diabetic patients. Fenugreek seeds contain chemicals that slow down the time that food takes to go through the intestinal tract. As one result, sugars are absorbed from foods more slowly and blood sugar levels may not rise as high or fluctuate as much as usual. Also, fenugreek contains an amino acid called 4-hydroxyisoleucine, which appears to increase the body's production of insulin when blood sugar levels are high. Higher insulin production may decrease the amounts of sugar that stay in the blood for many individuals.

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### **BEAUTY TIP – FOR DANDRUFF**

- Dilute cider/apple/jamun vinegar and lemon juice with an equal quantity of water and dab this on the hair with cotton wool in between shampooing. Vinegar added to the final rinsing water after shampooing also helps to disperse dandruff.

**For personalized beauty related queries mail to: [beauty@ayurplanet.com](mailto:beauty@ayurplanet.com)**

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### **FORTHCOMING EVENT:**

**Event Name: Drug Discovery & Development Asia Pacific Congress**

**Date(s)** : 1<sup>ST</sup> June – 3<sup>rd</sup> June

**Venue** : Singapore

**Details:** PH: +65 6732 1970 ; E-MAIL: [lynn.ng@ibacasia.com.sg](mailto:lynn.ng@ibacasia.com.sg);

[www.drugdisc.com/3110](http://www.drugdisc.com/3110)

**Event Name: Chem Spec Europe**

**Date(s)** : 22 June – 23 June

**Venue** : Dusseldorf, Germany  
**Details:** PH: +44(0)1737 855418 ;  
E-MAIL: padavis@uk.dmgworldmedia.com; www.chemspeceurope.com

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### **News: Diet high in milk may cut heart disease risk**

NEW YORK (Reuters Health) - A diet high in milk does not increase the risk of heart disease and stroke, a new study suggests. On the contrary, it may protect against stroke and heart disease.

At the start of the study, virtually all of the men reported drinking whole (full fat) milk, but later on virtually all had switched to skim or semi-skim milk.

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