

AYURPATRA

Your monthly health e-newsletter

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(pertaining to diseases above shoulder)

Ayurveda is the first medical system of the world to define the word "Health" as a balanced and coordinated function of physical, mental and spiritual faculties of any form of life. It is a Science of Life. We are all part and parcel of nature. Just as the animals and plants live in harmony with nature and utilize the **Laws of Nature** to create health and balance within their beings, we, too, adhere to these very same principles. Therefore, it is fair to say that Ayurveda is a system that helps maintain health in a person by using the inherent principles of nature to bring the individual back into equilibrium with their true self. Nature runs our body in a perfect rhythmic way, but our wrong dietary habits and life style leads to the accumulation of various toxins at various sites in the body. This needs [detoxification](#), from time to time.

In essence Ayurveda has been in existence since the beginning of time because nature's laws have always governed us. People from different continents and races are now accepting the holistic approach of Ayurveda. Thus it has become all the more important to evolve new methods and techniques, new drugs and formulations based on the Ayurveda principles and nutraceutical concepts.

As a celebration of the globalization of Ayurveda, we are delighted to present to you our new 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: HEADACHE

What is headache? Headache is a term used to describe aching or pain that occurs in one or more areas of the head, face, mouth, or neck. Headache can be chronic, recurrent, or occasional. The pain can be mild or severe enough to disrupt daily activities. Headache involves the network of nerve fibers in the tissues, muscles, and blood vessels located in the head and at the base of the skull. Headache may occur due to hypertension, acidity, stress, tension, sinusitis, cervical Spondylitis, disturbed sleep, vision impairment, PMS, etc.

Why it affects some people more than others? The reason why headache affects some people is their [body constitution](#). Person with vata constitution and pitta constitution are more prone to suffer from headaches. Ayurveda considers the balance of three biological as perfect health.

From the patients coming to us with the complaint of migraine or headache can be broadly divided into three types on the basis of their symptoms. For example: One of the patient Mr. Rajendra age 45 came with frequent attacks of severe headache more on one side, nausea, disturbed sleep, irritation and disliking noise, music.

Ms. Deepa a student of 23 years had headaches quite often with burning of eyes and head, nausea, acidity, anorexia, aversion to light..

Another patient female of 52 years was suffering from migraine with symptoms like heaviness in head and eyes, stiffness of neck, recurrent sinusitis, swelling over orbital notch and aversion to smell etc.

We are especially focusing on these patients due to their varied symptoms in the same disease that is due to the imbalance of particular biological forces i.e. Vata, Pitta and Kapha in respective patients. So it's important to assess the dosha involvement in Migraine before treating it.

What is Migraine? Migraine is a type of headache, which occurs when the normal balance of chemicals in the brain is disrupted, muscles become tight and tender, blocking the message from the brain to relax. Ultimately, cranial blood vessels lose their regulation, swell, become inflamed due to congestion and exudation, producing the pain mostly localized in half side of head and termed as Ardhavabhedaka in Ayurveda. Whereas headache may be due to hypertension, acidity, stress, sinusitis, cervical Spondylitis etc.

Aggravating factors: Triggers fall into three categories, foods, environmental factors and physiological factors.

Food triggers include: -Cold and chilled items, Curd, Citrus fruits, Dairy products, Nuts, Coffee, Red wine, Alcohol (especially for cluster headaches), Preservatives/ flavor enhancers/MSG,

Environmental triggers include: -Loud or repetitive noise, Strong odors (perfume), certain changes in weather conditions (dry winds, heat), Altitude changes, Chemicals such as insecticides, Air pollution, Flickering lights (computer monitors)

Physiological triggers include: -Stress, exercise, hormonal changes, birth control pills, too much or too little sleep, medicines such as antihistamines, aspirin or diuretics, hypoglycemia and missing meals

Ayurveda's view: Sushruta explains 11 types of Shiroroga (Headaches). Ayurveda physician makes the diagnosis based on symptoms, pulse examination and his experience. The treatment is based on the type of headache with predominant dosha as described above.

In headache due to **Vata** : Ghee processed with Varunadi and kakolyadi group is used to give orally. Or he should take (Sesamum) oil or paste of green gram with milk.

In headache due to **Pitta**: Pathyadi kwath(It is a combination of Guduchi, Triphala, Curcuma, Neem and Chirayata). Pathyadi ghan vati is given.

In headache due to **Kapha**: Pippali rasayan

Mild laxative like Trifala,Munnaka should be necessarily given to all patients.

Some of the commonly used preparations are :Shirahshuladi vajra ras,Chandrakant ras,Godanti bhasma,Mahalaxmi shirorog,nardiye laxmi vilas ras etc.

External applications are also beneficial in the treatment of headaches

- 1) Warm paste of Sarala,Kustha,Devdaru and Rohisha pounded with alkali water and mixed with a little salt should be applied on head.
- 2) Paste of sandalwood on forehead .
- 3) Paste obtained by rubbing Nutmeg on stone should be applied on forehead and around eyes.

Panchkarma procedures in Management of headaches:-- The goal of these therapies is to draw out of tissues the chemical impurities that are imbalancing Vata and clogging circulation.

1. [Indian head massage](#)- herbalized oil massage on head Ksheer bala tail,Dashmool Tail ,Jatamansi tail
2. [Nasya](#) with Anu Tail,Ksheerbala 101 avartit
3. [Shirodhara](#) with Brahmi tail,Jatamansi tail
4. [Shirovasti](#) with Dashmool tail,Narayan tail.

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

HERB OF THE MONTH: JATAMANSI

Nardostachys jatamansi.is native to the Himalavan foothills at high altitude. It is

used extensively in Ayurveda system. In fact, this herb may have been adopted into the Chinese tradition from India, with plants growing in the Western Chinese provinces of Yunnan and Sichuan (in the mountain regions) being the same species as the Indian variety. It has spicy, earthy and musky fragrance and has historically been considered one of the most precious of incense substances.

The properties of Jatamansi as described in Ayurveda texts are Light and unctuous in nature. It has bitter, astringent and sweet taste and cold in virility. Its characteristic feature is its action in Psychological disorders. Nardostachys is recommended in the Ayurvedic tradition for nervous and spasmodic symptoms, such as heart palpitations, headache, shaking, and convulsions, hysteria: it is being examined for its liver protective effects, ability to increase nerve growth factor, and lipid lowering effects. In Germany and Japan, some interest in this herb as an alternative to valerian has been shown, in that preliminary experiments (in laboratory animals) show that it has an even lower toxicity than valerian (which already has low toxicity). According to Oriental Materia Medica, it is traditionally used for treating pain in the chest and abdomen that results from stagnation associated with internal cold.

This drug was used by Sushruta in conditions of insomnia and restlessness to produce tranquility and sedation. It promotes the growth and blackness of hair. Infusion prepared from the fresh roots is employed in the treatment of spasmodic hysterical states, palpitations and tension headache. It is also said to be useful in menopausal disturbances and dysmenorrhoea. Clinical trials were carried out with jatamansone in essential hypertension. Jatamansone has been used in febrile delirium and also in delirium tremens. Spikenard is said to be calming to the nerves and promote awareness and strengthen the mind.

BEAUTY TIP – FOR TANNED SKIN

To remove suntan

Take 4 tsp of sandalwood powder, five tbs of coconut and two tsp of almond oil. Mix together and apply on the exposed areas.

To help remove tan in arms

Massage with sandalwood based cream and apply a paste of multani mitti (fuller's earth) and sandalwood powder mixed together.

FORTHCOMING EVENT:

Department of AYUSH and India Trade Promotion Organization have jointly been organizing Arogya Exhibition for the last four years. The objective of the exhibition that has become a regular annual feature is to project the developments taking place in AYUSH sector. This time Arogya-2004 is being organized from 21st to 26th September 2004 in Pragati Maidan, New Delhi with a difference that apart from Indian companies, foreign companies especially from China are also participating to exhibit their products. About 6-8 lakhs people are expected to visit the exhibition. The event is an opportunity to generate awareness about the range

of pharmaceutical companies and their products available in the country. There would be a chance for the participants to expose, interact and gain information on developments in the sphere of natural medicine.

If interested you may apply in prescribed format to India Trade Promotion Organization, Pragati Bhavan, Pragati Maidan, New Delhi-110001 by 12th September 2004. For more details, you may contact ITPO through email itpo@giasdl01.vsnl.net.in / as@itpo-online.com or at phone no.: 011-23371582.

Herbal cures need more regulation - UK scientists

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England (Reuters) - All that is natural is not necessarily beneficial, and herbal medicines in particular need far closer regulation, scientists said on Monday.

Professor Peter Houghton of Kings' College in London said people taking herbal cures needed to be aware of what exactly they were consuming and to be sure it had not been adulterated either intentionally or by mistake.

"Nothing in life is completely safe. Life is spelled RISK," he told the annual meeting of the British Association for the Advancement of Science. "There is a myth that because something is natural it must be safe."

People also had to be sure any herbal cure they were taking did not react with conventional medicines they were also on, he added, noting that the anti-depressant St John's Wort reduced the efficacy of oral contraceptives for example. Houghton said up to one quarter of the UK population took herbal medicines at least once a year.

"We haven't got good models to be able to predict what the herbal/conventional interaction will be," he said.

Doctor Elizabeth Williamson of the University of London, who specialises in the study of Chinese herbal medicines, said many of them worked very well but because of the rather haphazard way they were gathered in the wild, there was little quality control.

"The problems with ethnic medicines are that they are not regulated," she said. "If we know they are good quality, they tend to be reasonably safe. I would be pleased to see them regulated. But any future legislation needs to be pragmatic".

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