

AYURPATRA

Your monthly health e-newsletter

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Diseases of - Above Shoulder region

We wish you all a good health ,harmony and peace with prosperity for the year 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:- TONSILLITIS (TUNDIKERI)

Tonsillitis is an inflammation of the tonsils.

The tonsils are fleshy clusters of tissue that lie in bands on both sides of the back of the throat above and behind the tongue. The tonsils' major function is to catch incoming germs before the germs cause infections in the throat, mouth, or sinuses. Tonsils contain infection-fighting cells and antibodies that stop the spread of the germs further into the body.

Tonsillitis is an inflammation of the tonsils caused by an infection. In it, the tonsils are enlarged, red, and often coated (either partly or entirely) by a substance that is yellow, gray, or white.

Tundikeri according to Sushruta is rough nodular swelling in the throat that occurs mainly due to Kapha. It is an acute swelling caused due to Kapha and Rakta (vitiated blood) and is associated with pricking pain and burning sensation and with a tendency for suppuration.

Tonsillitis usually occurs as part of pharyngitis (throat infection). In older children, illness usually begins with sudden sore throat and painful swallowing. A child may also experience loss of appetite, malaise (a generally ill feeling), chills, and fever above 101 degrees Fahrenheit (38.3 degrees Celsius). Glands in the neck and at the angle of the jaw may be swollen and tender. In infants, tonsillitis may include symptoms that appear to be less focused on the throat, such as poor feeding, runny nose, and a slight fever.

Chief causes of tonsillitis are a toxic condition of the system, which is brought to head by a sudden lowering of vitality, resulting from exposure and sudden chill. The tonsils enlarge and get inflamed when the toxins cannot be got rid of through the normal channels of elimination such as the bowels, kidneys and skin. A throat affliction of this kind is also associated with and is the result of chronic constipation, when toxins are reabsorbed into the bloodstream.

Symptoms

Each person with tonsillitis may not experience all of the symptoms. Some of the major symptoms are: a very sore throat, fever, redder-than-normal tonsils, chills, a yellow or white coating on the tonsils, a funny-sounding voice, swollen glands in the neck, and bad breath.

Sometimes, tonsillitis reoccurs, and may cause difficulty breathing. If this occurs, your doctor may recommend taking them out

Tonsillitis may be caused by either viruses or bacteria, and often the symptoms are the same no matter which germ is causing the infection. Bacterial tonsillitis can be treated with antibiotics, but viral tonsillitis cannot.

Incubation

When tonsillitis is caused by group A streptococci, the incubation period is usually 2 to 7 days. For tonsillitis caused by viruses, the incubation period varies widely: 18 to 72 hours for influenza virus; 3 to 6 days for parainfluenza, herpes, or coxsackie virus; and 4 to 8 weeks for Epstein-Barr virus.

Infections caused by streptococci cause special problems. Estimates are that in a home where someone already has strep, about one out of every four family members will get it, too. Some children can be carriers of strep bacteria without having any symptoms. Among school age children, up to 20% may be asymptomatic carriers of strep bacteria.

MANAGEMENT

1. The patient should be given hot fomentation externally on the front side of the neck and efforts should be made to keep it warm as long as possible. The bark of babula tree is very useful in this condition. The decoction of this bark mixed with rock-salt may be used as a gargle.
2. Herbs:
 - Lime, Milk, Holy Basil, Fenugreek Seeds, Yashtimadhu (It soothes and tones the mucous membranes and reduces inflammations).
 - The powder of yashti madhu, vacha and kulanjana are also used in the treatment of this condition. These three powders are made to a paste with honey and licked by the patient. This soothes the throat and cures inflammation.
 - The bamboo has, on the inside of its stem a white, powder deposit known as tavashir which has marked decongestant properties, particularly useful as a local application in tonsillitis.
3. Formulation: Khadiradi vati, Vyoshadi vati –Any one of these is kept in the mouth and slowly sucked as it gets mixed up with the saliva of mouth.
4. Persons suffering from chronic tonsillitis should be given Agastya rasayana to be taken in a dose of one teaspoonful, twice daily mixed with honey. It should be given, to the patient for about six months. Even if there is no tonsillitis, the patient should continue to take the medicine, which builds up the immunity against the future attack of tonsillitis.
5. **Panchakarma** offers [Nasyam](#) followed by inhalation of herbal steam with Eucalyptus oil or winter green oil.

Prevention:

To prevent tonsillitis, avoid exposure to anyone who already has tonsillitis or a sore throat. At home, when someone is infected with tonsillitis, be sure to keep drinking glasses and eating utensils separate, and wash dishes in hot, soapy water. All family members should wash their hands frequently.

- Avoid taking too cold items especially during the seasonal changes.
- Cold and Hot food or drinks must not be taken one after other.
- Sour items including Ketch ups must be avoided by the prone patients.
- Cold water must never be followed after eating fried food.E.g.Cold drinks with hot potato fries or some other hot food.
- Doing Gargles with hot water especially in the morning is beneficial.

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

HERB OF THE MONTH: LICORICE

Name: **YASHTIMADHU/ Licorice**

Biological Name: Glycyrrhiza glabra

Licorice is found in many countries. It is believed to give contentment and harmony.

Parts Used: Dried root

Active Compounds:

Triterpenes of the oleanane type, mainly glycyrrhizin (=glycyrrhizic or glycyrrhizinic acid), and its aglycone glycyrrhetic acid (=glycyrrhithic acid), liquiritic acid, glycyrrhetol, glabrolide, isoglabrolide, licoric acid, & phytosterols.

Flavonoids and isoflavonoids; liquiritigenin, liquiritin, rhamnoliquiritin, neoliquiritin, licoflavonol, licoisoflavones A and B, licoisoflavanone, formononetin, glabrol, glabrone, glyzarin, kumatakenin and others.

Coumarins; liqcoumarin, umbelliferone, herniarin glycyrin.

Chalcones; liquiritigenin, isoliquiritigenin, neosoliquiritin, rhamnoisoliquiritin, licuraside, licochal

Volatile oil, containing fenchone, linalool, furfuryl alcohol, benzaldehyde.

Miscellaneous; starch, sugars, amino acid, Polysaccharides etc

History:

Licorice is a traditional herbal remedy with an ancient history and world wide usage. Modern research has shown it to have effects upon, amongst other organs, the endocrine system and liver. The triterpenes of Glycyrrhiza are metabolized in the body to molecules that have a similar structure to the adrenal cortex hormones. This is possibly the basis of the herbs anti-inflammatory action.

Medicinal Applications

Action :Anti-inflammatory, anti-hepatotoxic, anti-spasmodic, demulcent, emetic, expectorant, laxative, rejuvenative, sedative, tonic.

Uses: Abdominal pain, bronchitis, colds, cough, debility (general), heart tonic, hyperacidity, inflammation, laryngitis, laxative, mucus membrane toner and soother muscle spasms, sore throat, ulcers and painful urination

As an anti-hepatotoxic licorice is effective in the treatment of chronic hepatitis and cirrhosis, for which it is been widely used in Japan. Much of the liver orientated research has focused upon the triterpene glycyrrhizin. This inhibits hepatocyte injury caused by carbon tetrachloride, benzene hexachloride and PCB. Antibody production is enhanced by glycyrrhizin, possibly through the production of interleukin. Glycyrrhizin inhibits the growth of several DNA and RNA viruses, inactivating Herpes simplex virus particles irreversibly. It has a variety of uses in bronchial problems such as catarrh, bronchitis and coughs in general. Liquorice is used in allopathic medicine as a treatment for peptic ulceration, a similar use to its herbal use in gastritis and ulcers. It can be used in the relief of abdominal colic. It nourishes the brain-increasing cranial and cerebrospinal fluid. Also improves complexion, hair, and vision.

Dosage: Powder: 2-3gms or Ghan vati (Extract tablets of 250 mg) 2 tablets thrice daily or as water or milk Decoction or with ghee.

Caution : There is a small possibility of effecting electrolyte balance with extended use of large doses of licorice. It may act as an emetic or purgative agent. It has an ACTH like effect causing retention of sodium thus raising BP. The **whole herb has constituents that counter this** but it is best to avoid Licorice if the patient has hypertension, kidney disease or during pregnancy. These patients may take with boiled milk.

BEAUTY TIP – FOR HEALTHY SKIN

- For healthy pure look, mix 2 tbs of yogurt, 1/2 tsp yeast (optional) and 1tbs lemon juice, mix it all well together and use it on your face like a mask, leave it on till it dries. Then rub off the dried residue with your hands then wash your face with lukewarm water.
- For a very moisturizing mask, mix 2 tablespoons of almond oil to 1/2 a banana and 1 tablespoon of orange or grapefruit juice. Leave it on for anywhere from 5 to 20 minutes.

For personalized beauty related queries mail to: beauty@ayurplanet.com

News:

- Raw or cooked garlic reduces the risk of bowel and stomach cancer, reveals a large international study. Its preventive effect in stomach cancer may be due to its activity against Helicobacter pylori, a bacterium that is linked to inflammation of the stomach lining and may be associated with cancer.

This further justifies the age old usage of LASHUNADI VATI (garlic as main ingredient) in Gastro

FORTHCOMING EVENT:

Event Name : 21st All India Ayurvedic specialist's association meeting along with a seminar on Malnutrition related diseases and treatment.

Date(s) : March – April 2005

Venue : Shimla(HP)

Organiser : Dr.B.D.Sharma 1/16,Royal hotel,Shimla(Himachal pradesh)

Contact : Dr.Dharamveer,E-75,Minto road ,New Delhi –2

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