

# AYURPATRA

Your monthly health e-newsletter

**Vol: 1-Diseases of - Above Shoulder region**

**SERIES URDHWAJATRUGATA XVIII – APRIL 2006**

This monthly e-feature "Ayurpatra" is a sincere effort for the welfare of the mankind through Ayurveda. Our web site ([www.ayurplanet.com](http://www.ayurplanet.com)) has helped millions of people. Ayurpatra is 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 ARTICLE – SNORING (Nidra vikar) - Dr. Neelam Vashishtha**

There's nothing worse than the sound of someone snoring if you're trying to fall asleep. Or maybe it's you who snores, and people tease you about the noise you make in your sleep.

Snoring occurs when air does not flow smoothly through the air passages, or when the soft tissues or muscles in your air passages vibrate. As you fall into a deep sleep, the muscles in your tongue, throat and roof of your mouth (soft palate) relax. This muscle relaxation causes your throat tissues to sag. As you breathe, the sagging tissues narrow your airway and vibrate or flutter, creating the sound of snoring. The narrower your airway becomes, the greater the vibration...and the louder your snoring.

In some cases, snoring is a symptom of a more serious disorder called obstructed sleep apnea (OSA). OSA occurs when part of the airway is closed off (usually at the back of the throat) while a person is trying to inhale during sleep, and breathing stops for more than 10 seconds before resuming again. These breathless episodes can occur as many as several hundred times a night. People with OSA almost always snore heavily, because the same narrowing of the airway that causes snoring can also cause OSA. Snoring may actually attribute to OSA as well, because the vibration of the throat tissues, which occurs in snoring, can cause the tissue to swell.

### **CAUSES OF SNORING**

Ayurveda considers snoring as one of the vitiated vata disorder. It's the improper movement of Prana vata during sleep time disturbing the functioning of Udana vata resulting in extra sounds during breathing as Snoring.

The Prana movement obstruction could be due to extra shleshma (phlegm), Nasarandhra shotha or vakrata (Nasal septum swelling or deviation), Visham vishram stithiti(wrong sleep posture) etc.

The most common reasons of snoring are:

- **Seasonal allergies** can make some people's noses stuffy and cause them to snore.
- **Blocked nasal passages or airways** (due to a cold or sinus infection) can cause a rattling snore.
- **A deviated septum, which** is the tissue and cartilage that separates the two nostrils in your nose, may be crooked. Some people with a very deviated septum have surgery to straighten it out. This also helps them breathe better - not just stop snoring.
- **Enlarged or swollen tonsils or adenoids** may cause a person to snore. Tonsils and adenoids (adenoids are glands located inside of your head, near the inner parts of your nasal passages) help trap harmful bacteria, but they can become very big and swollen all of the time. Many kids who snore have this problem.
- **Drinking alcohol** can relax the tongue and throat muscles too much, which partially blocks air movement as someone is breathing and can contribute to snoring noises.
- **Being overweight** can cause narrowing of the air passages. Many people who are overweight snore.
- **Age** can be a factor. The older you get, the weaker your throat muscles become. Weak throat muscles cause the surrounding tissues to sag and vibrate.
- **When you sleep on your back**, your tongue falls backwards into your throat, which can narrow your airway and partly block airflow.

#### **SYMPTOMS OF SNORING:**

- People who snore make a vibrating, rattling, noisy sound while breathing during sleep. It may be a symptom of sleep apnea. Consult your doctor if you snore and have any of the following symptoms or signs:
- Excessive daytime sleepiness
- Morning headaches
- Recent weight gain
- Awakening in the morning not feeling rested
- Awakening at night feeling confused
- Change in your level of attention, concentration, or memory
- Observed pauses in breathing during sleep

#### **MANAGEMENT:**

1. [NASYA KARMA](#)-Medications to relieve congestion of the nose may be helpful in reducing snoring and the likelihood of sleep apnea episodes. Usually treatment of sleep apnea solely by improving nasal airflow does not solve loud snoring or significant breathing episodes. This can be effectively achieved by nasal administration of certain herbs. This is called as NASYA KARMA in Ayurveda. The preparations used for this purpose are shadbindu taila, anu taila etc.

2. [KARNA PUJRANA](#)-This is a process where the entire ear is filled with some oil

prepared out of some herbs which help in clearing the channels and thus relieves the congestion. as the obstruction is relieved the patient feels much lightness and sleeps sound. The preparations used for this purpose can be karanja taila, apamarga kshara taila, bilva taila etc.

3. **SHIRO DHARA**-Very efficient treatment for relieving the stress and strain. It soothes the nerves and thus ensures the sound and deep sleep to the patient. The preparations used for this purpose can be ksherera bala taila, panchguna taila etc.

4. **SHIRO ABHYANGA**-It has almost similar results as that of the shiro dhara. but it particularly exerts its result on the scalp and the superficial nerves. It strengthens the nervous system and ensures deep sleep to the patient.

5. **PRANAYAM**-In yogic terms prana means the vital energy and ayam means exercise. Pranayam defines the regulation of the in and out flow of this vital energy. It explains that the body, breath and the mind are intricately interwoven. When the air moves the mind moves and when the air is stilled the mind also could be stilled. Hence the various techniques employed in Pranayam are to stabilize the flow of air thus to achieve the balanced state of mind. Thus it very much help in clearing the channels of the body and help to relieve the snoring.

6. **YOGIC EXERCISES**-Yoga is a physical and mental practice that involves the body, mind and spirit. Yoga's gentle, mindful and controlled movements can provide a non- or low-impact workout for people in almost any physical condition. Yogic exercises -- and there are many -- can ease tense muscles, improve flexibility and enhance strength, balance and endurance.

#### **HERBS:**

The preparations made with the following herbs have proved to be very efficient in many cases of snoring-Kantakari (*Solanum xanthocarmum*), Pippali (*Piper longum*), Kasamarda (*Cassia occidentalis*), Brahti (*Solanum indicum*), Karkatshringi (*Pistacia integerrima*), Agastya (*Sesbania grandiflora*) etc.

**Herbal formulations** - Agastye haritaki rasayana 1 teaspoon once, Tablet Kapha ketu ras 2 morning 2 evening, Vyoshadi vati 1 morning and 1 evening.

Make a 'Sleep well Tea' to be taken just before sleeping -with Tulsi (Basil leaves), Brahmi (Gotukola), Tagar (Valerian) and a bit green tea leaves.

#### **PRECAUTIONARY MEASURES TO AVOID SNORING:**

- Loose weight and improve your eating habits.
- Try to avoid tranquilizers, sleeping pills and antihistamines before you go to bed.
- Avoid alcohol, heavy meals, or snacks at least four hours before you sleep.
- Establish regular sleeping patterns. For example, try to go to bed at the

same time every night.

- Sleep on your side rather than on your back.
- Tilt the head of your bed up four inches.
- Decongestants. Snoring caused by nasal congestion may be successfully treated with decongestants. Some effective herbal remedies that clear the nasal passages include Pippali (*Piper longum*) and Kanthkari (*Solanum xanthocarpum*). Steam inhalation of essential oils of tailaparni (*Eucalyptus globulus*) or putia (*Mentha piperata*) can also relieve congestion.

## HERB OF THE MONTH: SHANKHPUSHPI

Shankhapushpi or *Convolvulus pluricaulis* is an indigenous plant commonly mentioned in Ayurveda, an ancient system of Indian medicine, as a rasayana which is mainly advocated for use in mental stimulation and rejuvenation therapy.

### CHEMICAL CONSTITUENTS:

It contains Glycosides, Coumarins, Flavonoids, Alkaloids (Shankha pushpine is believed to be the principle active ingredient)

### ACTIONS:

Rasa: Tikta (Bitter)

Guna: Pichchilla (Slimmy), Snigdha (Unctuous)

Virya: Shita (Cold)

Vipaka: Madhura (Sweet)

Doshic Action: Vata Pitta pacifying

- Shankhapushpi is used as a brain tonic. It is a sovereign remedy in bowel complaints especially dysentery. The plant is reported to be a prominent memory-improving drug. It is used as a psychostimulant and tranquilizer. It is reported to reduce mental tension. The ethanolic extract of the plant reduces total serum cholesterol, triglycerides, phospholipids and nonesterified fatty acid.
- There is a pertinent reference in Ayurvedic literature about the use of the drug as brain tonic in hypotensive syndromes.
- Clinical studies have exhibited demonstrable beneficial effects in the patients of anxiety neurosis. The herb induces a feeling of calm and peace, good sleep and a relief in anxiety, stresses, and mental fatigue, producing a significant reduction in the level of anxiety, neuroticism arising due to various levels of stresses.
- The herb appears to produce its action by modulation of neuro-chemistry of the brain. Further, the herb is non-toxic and its use does not produce any side effects. On the other hand, there is invigorating effect in improvement of health and weight gain.

### MEDICINAL USES-

» In Insanity - Fresh expressed juice of Shankhpushpi is given in a dosage 2-4

tola.

- » In Insomnia & Delirium - Powder of Shankhpushpi should be given with cumin & milk.
- » In Chronic cough & Asthma - Smoking of Shankhpushpi leaves is useful.
- » In Haematemesis - Expressed juice of Shankhpushpi is useful.

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### **BEAUTY TIP OF THE MONTH: To prevent skin tanning**

- Lemon juice mixed with honey can be used as natural anti tanning agent. 2 tsf of lemon juice mixed with 1 tsf of honey is rubbed gently on skin for about 5-7 min and then washed off with water.
- Mix 1 tsf of olive oil and 2 tsf of cucumber juice. Rub gently for about 5-7 min and then wash off with luke warm water.

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

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### **FORTHCOMING EVENTS:**

#### **I. NATURAL PRODUCTS EUROPE**

Dates – APRIL 09-10, 2006

Venue: OLYMPIA EXHIBITION CENTRE, LONDON, UNITED KINGDOM

For details: Customer service: +44-1903-817300

#### **II. PHARMACOVIGILANCE OF HERBAL MEDICINES:**

Current state and future directions

Dates – APRIL 26-28

Venue – LONDON, U K

E-mail: [science@rpsbg.org](mailto:science@rpsbg.org).

WEB: [www.rpsgb.org/science](http://www.rpsgb.org/science) or

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### **NEWS: Ayurveda India clinic in UK**

In the Light of spreading Ayurveda throughout the world we have started with another Ayurveda clinic project in Europe this month . This centre provides the consultation, Ayurveda treatments and Ayurveda education. Dr.Raghunandan Sharma is in UK for the developments of this endeavour. He can be reached at [ayurplanet@gmail.com](mailto:ayurplanet@gmail.com)

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