

AYURPATRA

Your monthly health e-newsletter

Vol: 1-Diseases of - Above Shoulder region

SERIES URDHWAJATRUGATA XXII- AUG 2006

This monthly e-feature "Ayurpatra" is a sincere effort for the welfare of the mankind through Ayurveda. Our web site (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.

FEATURE HEALTH ARTICLE: **ANXIETY(Mansik uttejana)**

Anxiety is a general feeling of being worried. Everyone experiences anxiety from time to time as a result of life experiences, but those with generalized anxiety disorder feel anxious frequently or excessively, not necessarily as a result of a particular situation. Physiological type involves arousal around the autonomic nerve system (ANS) and fight and flight (adrenal response), which is often seen in people with panic attacks. Physiological factors are individual to a person and some emotional stress usually precedes anxiety e.g. loss of a job, broken relationship, hindered sexuality, etc.

Ayurveda considers anxiety as primarily due to the aggravation of vata dosha in the nervous system and Rajas the mansik dosha. So the primary treatment for anxiety is to balance vata dosha.

Signs and Symptoms

- Muscle tension, trembling
- Fast heartbeat (tachycardia)
- Fast or troubled breathing (dyspnea)
- Dizziness or impaired concentration
- Palpitations
- Sweating
- Fatigue
- Irritability
- Sleep disturbances

Five major types of anxiety disorders are:

- Generalized Anxiety Disorder
- Obsessive-Compulsive Disorder (OCD)
- Panic Disorder
- Post-Traumatic Stress Disorder (PTSD)
- Social Phobia (or Social Anxiety Disorder)

MANAGEMENT:The following Panchakarma and Ayurveda therapies relaxes the body mind and

balances Vata thereby relieving anxiety.

ABHYANG is a gentle but firm whole body massage using warm medicated oils. A regular Abhyanga protects from stress, anxiety, exhaustion and Vata disorder. It nourishes the body, extends the life span, provides good sleep, improves the skin texture, improves the vision and provides better physical stability.

SHIROABHYANGA (Indian Head Massage): is the ideal stress-busting treatment and Antidote to stress, anxiety and mental tension. It clears the mind and revitalizes mental capacity, so improving alertness and concentration.

SHIRODHARA : In a study on Shirodhara, it was found after an assessment by a psychometric method that physiological changes during Shirodhara were related to psychological experiences such as anxiety and Altered State of Consciousness (ASC) or anxiolysis. Shirodhara has potential to induce psycho-neuro-immunological changes to promote mental well-being and immune function. " Shirodhara stimulates nerves to bring ASC and thus reduce anxiety. The study also found that successive Shirodhara reduced tension and anxiety in people with high anxiety levels,.

SHIROVASTI (medicated oil retention over the head): improves the sensory functions by pacifying Vata dosha. It also promotes kaphagenic secretions in the para-nasal sinus zone which reduce vascular congestion in the brain. Shirovasti is extremely useful in vascular headaches, Anxiety, stress, obsessive-compulsive disorders, memory loss.

NASYA (nasal application of herbs and oils): The nasya dravya (medicine) acts by reaching 'Sringataka marma' (a main vital point situated on the surface of the brain corresponding to the nerve centres, which consist of nerve cells and fibres responsible for the function of speech-Broca's Centre, vision, hearing, taste and smell). From where it spreads into various srotasas (vessels and nerves) and brings out vitiated doshas. Sringataka are the most important group of srotasas in the urdhwanga (head) and drugs acting through these srotasas are certain to bring about srotosuddhi (cleaning) in urdhwanga.

DHUPAN (fumigation of the room using incense and sandalwood to calm the mind) – It purifies the environment and is pleasing, relaxing for mind.

SHIROLEPAN (application of herbal paste over the forehead and scalp)-The herbs (antivata and calming) bring stability to mind.

-Apply a bit of oil over head before sleep, as sound sleep is very important in its treatment.

HERBS

Ashwagandha (Withania somnifera):-Ashwagandha is highly valued for its restorative action on the functioning of the nervous system and counteracting high blood pressure. It corrects loss of memory arising out of long term stress, illness and overwork. Restores vitality in those suffering from overwork and nervous exhaustion. In fact, having the ability to nurture the nervous system, counteract anxiety and stress to promote a calm state of mind, plus having powerful anti-inflammatory properties, it is specific in Ayurvedic practice for treating arthritic and rheumatic conditions.

A study done in 1991 at the Department of Pharmacology, University of Texas Health Science Center indicated that extracts of **ashwagandha** had GABA-like activity (Mehta 1991). This may account for this herb's antianxiety effects.

Brahmi (Bacopa monniera): -Bacopa monniera is a 'brain tonic' capable of improving mental ability, anxiety and memory. It improves memory and builds energy by increasing the circulation to the brain.

Aside from increasing intellectual and cognitive function, Brahmi induces a sense of calm and peace in its users. It is unique in its ability to invigorate mental processes whilst reducing the effects of stress and nervous anxiety. This makes Brahmi extremely applicable in highly stressful work or study environments where clarity of thought is as important as being able to work under pressure. Additionally, Brahmi helps soothe the restlessness and distraction that nervousness causes.

FORMULATIONS: Panchgavya ghrít, Brahmi ghrít, vacha with honey, shatawari with milk.

-drink warm milk at bed time (people who are allergic to normal may take soya milk).

YOGA & MEDITATION are recommended for long term relief from panic attacks.

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

HERB OF THE MONTH: ASHWAGANDHA (Withania somnifera)

Ashwagandha is sometimes referred to as the Indian Ginseng. It is widely used in Ayurveda and is known to help relieve stress, restore muscle and body tissue, relieve chronic fatigue and aid in rheumatism. It is commonly used as an aphrodisiac and helps prevent male sterility.

Ashwagandha is one of the main herbs for promoting ojas and rejuvenating the body. Thirty days series of enzymatic processes transform lymph into ojas, which is the body's most specialized tissue. Ojas controls reproduction, immunity and general health and Ashwagandha specially builds ojas and supports these functions.

It prevents stress related gastrointestinal ulcers, increases physical endurance and prevents the depletion of vitamin C and Cortisol. Ashwagandha directly opposes the reaction of stress by reducing the amount of Cortisol released by the adrenal glands of our body. Long term production of Cortisol has adverse effect on our health like: High Blood pressure, Stomach Ulcers, Immune depression and Insomnia, whilst having an anabolic, bodybuilding, restorative and Aphrodisiac effect. Ashwagandha is an anti exhaustion, rejuvenating, aphrodisiac agent. The alkaloids in Ashwagandha have been shown to be sedative and to lower the blood pressure. The withanoids are anti-bacterial, anti-tumor, anti-inflammatory and protect the liver damage by Toxins.

The main function of Ashwagandha is that it delays the release of cortisol by the adrenals. This prevents the negative effects like long term cortisol production on the body and prevents the adrenals from becoming exhausted, a direct antistress effect which has been reported by many researchers. Ashwagandha also has a sedative effect which claims the adrenaline fueled anxiety that accompanies stressful life styles, thereby dealing with another factor that is a result, and a cause of stress indeed. Ashwagandha has often been used to treat primary anxiety states. If your sleep is disturbed, this sedative effect can be used to encourage restful sleep, again helping the body to recover from the effects of stress. Ashwagandha has also been shown to lower blood pressure and is highly effective in stopping the formation of stress induced ulcers. It has been found that Ashwagandha increases the number of immune cells known as T cells and B cells . helping to fight infections. All these actions directly oppose the effects of stress. It increases red blood cell counts, improves hemoglobin level, increases endurance and stamina and increases lean weight.

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

BEAUTY TIP OF THE MONTH: FACE OPEN PORES

Any vegetable or fruit that has an astringent quality will help smoothen uneven skin texture and reduce open pores .

**Tomato juice to which a few drops of lime juice has been added. Apply on open pores for 20 minutes. Wash with cold water.

**The juice or pulp of Pineapple and Peaches and Papaya are very good to apply on such skin.

** Use powdered orange peel, for washing face in place of soap

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

FORTHCOMING EVENTS: NATURAL PRODUCTS EXPO JAPAN

Date(s) :21Sep 06 to 23Sep 06

Organiser :Penton media Europe

Contact : Tel: +(1)-(216)-6967000

Fax: +(1)-(216)-6961752

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

AYURVEDA INDIA

An International Herbal Treatment and Panchakarma Centre,
H-38 ; South Extension -I,
New Delhi -110049

Phone: 00 91 11 24648034 / 24641132

Website: www.ayurplanet.com

Email: ayur@ayurplanet.com

Our European Centre:AGN ; Dr.A.K.Mehta ; 2521 ZL ;Thijsse straat 16;Denhaag;The Netherlands .
www.agn-ayurveda.com ;

E mail: info@agn-ayurveda.com ;Tel-070-319 25 46

AYURVEDA UK LTD;Dr.R.N.Sharma; 110,Rutland Road; Southall; Middlesex, UB1
2XS.UK.PH-02085783780/07737074821