

AYURPATRA

Your monthly health e-newsletter

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Diseases of - Above Shoulder region

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:- S.A.D.

Seasonal Affective Disorder/Kaphaja Mansika Avsada

Throughout the centuries, poets have described a sense of sadness, loss and lethargy, which can accompany the shortening days of fall and winter. Many cultures and religions have winter festivals associated with candles or fire. Many of us notice tiredness, a bit of weight gain, difficulty getting out of bed and bouts of "the blues" as fall turns to winter.

However some people experience an exaggerated form of these symptoms. Their depression and lack of energy become debilitating. Work and relationships suffer. This condition, known as Seasonal Affective Disorder (SAD)

SAD (Seasonal Affective Disorder) is a type of winter depression that affects an estimated half a million people every Winter between September and April, in particular during December, January and February. SAD is a mood disorder associated with depression episodes and related to seasonal variations of light.

SYMPTOMS:

Sleep problems: Usually desire to oversleep and difficulty staying awake but, in some cases, disturbed sleep and early morning wakening.

Lethargy: Feeling of fatigue and inability to carry out normal routine.

Overeating: Craving for carbohydrates and sweet foods, usually resulting in weight gain.

Depression: Feelings of misery, guilt and loss of self-esteem, sometimes hopelessness and despair, sometimes apathy and loss of feelings.

Social problems: Irritability and desire to avoid social contact.

Anxiety: Tension and inability to tolerate stress.

Loss of libido: Decreased interest in sex and physical contact.

Mood changes: In some sufferers, extremes of mood and short periods of hypo mania (over activity) in spring and autumn.

Most sufferers show signs of a weakened immune system during the Winter, and are more vulnerable to infections and other illnesses.

SAD seems to be more common in northern latitudes (and in southern latitudes in the southern hemisphere) because the winter day gets shorter the closer you travel toward the polar regions.

Why SAD Happens

The nerve centers in our brains controlling our daily rhythms and moods are stimulated by the amount of light entering the eyes. During the night, the *pineal gland* produces a substance called *melatonin* which makes us drowsy. At daybreak, the bright light causes the gland to stop producing this melatonin. But on dull winter days, especially indoors, not enough light is received to trigger this waking up process.

More recently, good evidence has been found to link exposure to bright light with the increased production of a substance called *serotonin*, or 5HT. Serotonin is a neurotransmitter, ie it carries signals from the output of one nerve to the input of the next inside the brain. Lack of serotonin is known to be a cause of depression, and indeed this maps well onto what people say: tasks which are easy when you are well become frustratingly difficult when you are depressed. It is tempting to note that melatonin is made from serotonin within the brain, but there is no evidence to say that this link plays a part in what happens.

In Ayurveda, winter and early spring are considered "kapha" season therefore this depression is the result of unbalanced kapha. This problem is therefore seen more in the countries where winters are associated with rains.

Factors that Contribute to Kapha Depression

- Tendency toward inactivity and lack of exercise, laziness
- Eating heavy diet
- Not dressing properly for the cold weather
- Eating cold instead of warm foods
- Increase of ama due to eating wrong foods, or to poor eating habits such as not chewing food sufficiently, reading or watching TV while eating, etc.
- Daytime sleep

Management:

Panchakarma offers treatment for depression. They are; [Abhyanga](#) (whole body oil massage); [Shirodhara](#) (constant stream of medicated liquid as oil or milk over the forehead); [Shiro Basti](#) (medicated oil retention over the head); [Vamana](#) (emesis, therapeutic vomiting); [Virechana](#) (therapeutic purgation); [Basti](#) (medicated enema); [Nasya](#) (nasal application of herbs and oils); [Dhumapana](#) (smoking with herbal fumes); [Dhupan](#) (fumigation of the room using incense and sandalwood to calm the mind); [Anjana](#) (type of medication in the eye); [Shirolepan](#) (application of herbal paste over the forehead and scalp).

Ayurveda has rich resources of Herbs that act specifically on Manovaha srotas as [Brahmi](#), [Atmagupta](#), [Amla](#), [Shankhapushpi](#), [Ustekhudus](#) etc.

Oils like Jyotishmati and Brahmi are useful in this disorder.

Apart from this, Cap.Medha, Cap.Depend, Cap.Cerebex, Ashwagandha extract, Saraswatarishta, Brahm Rasayana, Manas mitra vatakam are the common medication used in practice by Ayurveda physicians.

We advise to regularly do Pranayama and Yoga along with Ayurveda medication to boost up positive psychological approach towards Depression.

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

HERB OF THE MONTH: TRIPHLA Part –3

VIBHITAKI

Vibhitaki (pronounced Vib hee' tuck ee) is its Sanskrit name, Terminalia bellirica is the Latin name, and Bahera is the Hindi name. There is not as much scientific research on this fruit, but it is famous in the classical ayurvedic texts for its many good qualities.

Both Charaka Samhita and Sushruta Samhita mention Vibhitaki as a homeostatic, meaning that it helps create balance and pure blood in the body. Sushruta Samhita, a text on surgery, mentions that it is useful to staunch internal hemorrhages.

Charaka also reports that it is ideal for pacifying both Pitta and Kapha. It is cool to the touch (pacifying Pitta) but is hot when you eat it (and thus pacifies Kapha). Charaka Samhita also says that Vibhitaki cleanses the Rasa, Rakta, Mamsa and Meda dhatus, which means the nutritive fluid, the blood, the muscle and the fat tissue. In addition, the Charaka Samhita says Vibhitaki is excellent for balancing and nurturing the vocal chords, is antibacterial, and is chakshushya (a rasayana for the eyes).

Sushruta Samhita also mentions that Vibhitaki is dry and hot. It's excellent for nourishing the voice and the eyes, and is antibacterial. Sushruta also points out the bhedana effect of this fruit, which means that because of its heating quality it clears the clogged channels almost as if drilling them clear.

The Bhavprakash Nighantu also mentions that Vibhitaki is nourishing for the eyes, and says it is netra hitam, meaning that it is beneficial for the eyes. Vibhitaki also nourishes the hair, and strengthens the hair root, color, and stability (and thus prevents thinning).

Lifestyle or dietary tips to help support detoxification:

It is important to avoid building up toxins in your body in the first place. Avoid foods that include chemical preservatives, emulsifiers and additives of any kind. Also try to avoid foods that are grown with pesticides and chemical fertilizers, as these toxins enter your body and get stuck there, forming the basis for disease. Eat fresh, organic, well-cooked foods whenever possible.

Avoid eating packaged, frozen, canned, "fast" or leftover foods, as these dead foods are hard to digest and create toxins when the body can't digest them properly. Then your body just has to work harder to remove them from the body.

There are other dietary changes you can make to improve your digestion and to avoid building up digestive toxins such as ama and amavisha (toxic matter). Avoid ice-cold drinks, as they reduce the digestive fire. Drink plenty of warm water throughout the day to help flush out toxins. Eat sweet, juicy fruits daily if possible, as these help cleanse the rasa (nutrient fluid) and the bowels.

Besides eating pure foods, there are many things you can do each day to reduce digestive toxins. For instance, go to bed by 10 p.m. so your body can rest during its natural purification period from 10 p.m. to 2 a.m. That will go a long way in purifying your body of toxins.

Eat your main meal at midday, when your digestive fire is high. Eat lighter at breakfast and supper, when your digestion is not as strong. Keeping a regular time for eating meals is best, because your body can prepare itself when the meals are eaten at the same time each day. Eat only when you're hungry, and wait a full 3 hours after a main meal before snacking. This will allow the food to digest properly. Eat only until you are 3/4 full. Usually it takes a few minutes for the brain to register that you're full, so if you eat until you're stuffed, you're probably going to feel uncomfortable a while later. Also, the digestive system needs some space to operate in, so stuffing yourself to the maximum will actually inhibit digestion.

When you drink milk, boil it first with fresh ginger or cardamom pod, or add a pinch each of the ground ginger and cardamom spices. Let the milk cool to the temperature you like and then

drink it. This is the Ayurvedic way to make milk more digestible and to avoid the build-up of mucus. Avoid combining milk with salty foods, fish, and foods of mixed taste. It digests well when you drink it alone between meals, or with other sweet tastes such as cereal, desserts, or toast.

Common Uses of Triphla:

- Soak Triphla 20 gm. at night in approx.400 ml water, in morning that water can be used to wash the eyes to maintain good eyesight and prevent eye infections.
- One teaspoon full of Triphla if taken with luke warm water, relieves constipation.
- Triphla powder is used with water to clean the hairs also.
- If taken regularly it is good for eyes, skin, hairs and is considered as Rasayana as mentioned earlier.

"Ayurveda India" also makes minute refined Triphla that has to be taken half in quantity and is more effective. It is Rs.450 per Kilo

BEAUTY TIP – FOR WINTERS

- Unboiled milk can be used as excellent cleaning milk especially during the winters. Dab face with unboiled milk, remove gently with moist cotton. Wash off with a face wash. It removes all the dirt, grime, as well as any make up.
- Mix fresh lemon juice and sugar, rub into your face as a face scrub and then wash it off. It gives you clean, smooth and soft skin.

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

FORTHCOMING EVENT:

Event Name : International Trade Exhibition **Tradecom 2005, Dubai**

Date(s) : January 15 -17, 2005

Venue : World Trade centre

Organiser : Tradecom Dubai Promotion & IDMA

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News:

Vegetables such as cabbage, broccoli, sprouts or cauliflower could help in the fight against cancer.

Tuesday, 16-Nov-2004 in Medical Research News.

Researchers from the Wales College Of Medicine, Cardiff University in the UK have discovered what may be a clue to the prevention and treatment of cancer. They have found that when vegetables such as cabbage, broccoli, sprouts or cauliflower are eaten, they could help in the fight against cancer.

Milk protein may reduce high blood pressure

NEW YORK (Reuters Health) - A section of a protein derived from milk appears to reduce blood pressure in people with hypertension, results from a small study suggest.

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