

# AYURPATRA

Your monthly health e-newsletter

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

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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.

## **FEATURE HEALTH ARTICLE: EPILEPSY(Apasmar)**

Referred to as 'Apasmar' in *Ayurveda*, epilepsy, more popularly known as the falling disease, is a serious disorder of the central nervous system that affects both children and adults alike. Afflicting infants and early teenagers the most, it is categorised into two main types – Petit Mal & Grand Mal. Depending on the dominance of the three doshas and their combined effect it can come in four types – a fifth type, called *Yoshapasmar*, denotes hysteria which is more prevalent among women.

**Causes:** Contributing causes of *apasmara* are such as those things which create disturbance or dullness in the mind, unwholesome foods and regimens, and the restraint of natural urges (e.g. sneezing, etc.).

**Other causes:**

- Petit Mal results from a strained nervous condition.
- Grand Mal is due to hereditary influences, serious shock or injury to brain or nervous system and diseases like meningitis and typhoid.
- Allergic reaction to certain food substances.
- Circulatory disorders, Chronic alcoholism, Lead poisoning, Use of cocaine, Mental conflict, Deficient mineral assimilation.

**Symptoms**

- In case of petit mal, there is momentary loss of consciousness with no convulsions except a slight rigidity. In this case, the attack stops within a few seconds.
- Grand mal, on the other hand, has a dramatic effect. Violent convulsions accompanied by a sudden loss of consciousness, twitching of the muscles, biting of the tongue, distorted fixation of limbs, rotation of the head and deviation of the eyes continues for much longer.

**Types and Management**

The specific treatment is based on the individual case. Epilepsy is frequently a vata disorder, but may also be caused by *pitta* or *kapha*, or a combination of the three *doshas* as mentioned above. For all types, management of the digestion and elimination is a part of treatment. General guidelines follow below.

*Vata*-type seizures may be brought on by stress and overwhelm. There may be a history of constipation, gas, or irregular digestion, and systemic dryness, as well as irregular eating and sleeping habits and routines. These individuals will be most supported by developing steady routines and avoiding sensory over-stimulation (e.g. excess of television). They will benefit from a nourishing diet and oil therapies such as [abhyanga](#) (Ayurvedic massage), [shirodhara](#) (warm oil stream poured continuously to the head), and [nasya](#) (medicated oil taken through the nostrils) as mentioned below in management. Rest is important, and herbs with nervine tonic properties are helpful, including *ashwagandha*, *vacha*, and the Ayurvedic formulas, *saraswat churna*, Tagar (Valerian).

In *Pitta*-type seizures there may be inflammation of the nerve tissue, and therefore may be worsened or brought on by exposure to excess heat, sunlight, exercise or mental intensity. These factors should be avoided and heat-relieving therapies may be helpful. These include purgation with castor oil or *triphala*, alterative and cholegogue herbs to cool the blood and liver, and cooling nervine herbs such as *shankha pushpi* or *brahmi*, taken internally or as a *nasya* (medicated oil taken through the nostrils).

*Kapha*-type epilepsy is caused by blocked channels in the head. The classical texts even refer to the "channel of consciousness" being blocked. A cold, oily, heavy, clogging diet and sedentary lifestyle will contribute to this, and there may be excessive salivation in this type. Additionally, children, being in the *kapha* (building) stage of life may be more susceptible to this type of seizure. It may be necessary to avoid heavy clogging foods and eating late at night. Herbs to help clear the channels include holy basil, *vacha*, and the Ayurvedic formulas, *saraswati churna*, *Vacha* powder, which has anti-convulsive properties, can also be snuffed in small amounts directly into the nostrils.

- Ayurvedic Supplements: Brahmi vati (with pearl and gold) ,Sarswat Churna,Brahmi Ghrita
- Diet: Avoid pungent, fried & greasy food, sugar & sweets, strong tea & coffee, alcoholic beverages, condiments & pickles.
- Lifestyle Should follow a daily routine (*dinacharya*)
  
- Relaxation, meditation, and specific yoga postures are also part of Ayurvedic treatment for epilepsy. Once the symptoms of epilepsy have been stabilized, yoga can help to revitalize the body and mind, encouraging blood flow to the brain, rejuvenating and stimulating the brain function. Yoga also balances the endocrine system and soothes the nervous system, helping you to focus within yourself and bringing a sense of bodily strength and feelings of balance.
  
- Panchakarma detoxifying treatments are also considered appropriate for people with epilepsy. "Because the bowel is responsible for vata", "[Virechan](#) (laxatives) and [Bastis](#)(enema) may be used to reduce abdominal pressure and cleanse the gastro-intestinal system and overcome aggravated vata".

A special herbal treatment called [Shirodhara](#) may be prescribed. This involves lying still for about an hour while warm herbal oils are slowly dripped on to your forehead and then massaged into your scalp. This may be followed by a [Abhyanga](#) (general herbal oil massage) to the rest of your body.

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

## HERB OF THE MONTH: TAGAR(Valerian)

Indian Valerian is a perennial plant indigenous to India, and is characterized by its irregularly shaped root. The drug derived from the dried rhizome and rootlets is called Tagar. Tagar is very similar in composition to Valerian, but contains a slightly larger amount of volatile oil. It has stimulant, depressant, sedative, neuroleptic and antispasmodic properties.

### Uses & Scientific Evidence

In animal studies, the valepotriates from the extract of Indian Valerian depressed motor and autonomic activity, and altered behavioral patterns. The depressant and sedative effects of this plant are useful in Ayurvedic therapy for treating delirium, insomnia, epilepsy, and in behavioral disorders. It is also used in treating anxiety, tremors, inflammations of the joints, chorea, neurosis, and dysmenorrhea.

The major constituents of valerian root include sesquiterpenoids, valepotriates, bornyl acetate and valerenic acid. Multiple compounds in valerian root have pharmacologic activity. Valerenic acid has been shown to inhibit enzyme-induced breakdown and the inhibition of reuptake of the inhibitory neurotransmitter gamma-aminobutyric acid (GABA) in the brain. The studies to look at the effects of valerian on sleep in healthy older adults and in people with Parkinson's disease are undergoing.

## BEAUTY TIPS: WARTS

1. The daily application of Cauliflower juice helps removing wart.
2. Cut a Garlic pod at the end and rub regularly on the wart.
3. Apply the juice of a raw potato.

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

## FORTHCOMING EVENTS:

EVENT : **International Exhibition in Beauty Products & Equipment**

**Venue** : India Expo Centre EXPO XXI, Greater Noida Expressway

**Date(s)** : 3-5 Dec 06

For details visit: [www.professionalbeauty-expo.com](http://www.professionalbeauty-expo.com)

## 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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