

AYURPATRA

Your monthly health e-newsletter

Vol: 1-Diseases of - Above Shoulder region

SERIES URDHWAJATRUGATA XVI – DEC 2005

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.

FEATURED ARTICLE - STYE (Anjanamika)

One fine morning you may find a small boil sort of thing over your eyelid with little pain while blinking. If it is over the eyelid and at the junction of eyelash hair root, it could be a stye. Need not worry we have few tips for this problem.

Actually STYE (hordeolum) is a localized infection or inflammation of the eyelid margin involving hair follicles of the eyelashes (e, external hordeolum) or meibomian glands (ie, internal hordeolum). Styes that appear on the eyelid are usually deeper, more painful and last longer than those appearing on the eyelash.

Stye is very similar to the diseases like Utsangini, kumbhika and anjananamika.

Utsangini and Kumbhika can be compared to internal stye whereas Anjanamika can be compared to external stye.

Causes of Eye Stye

A stye is caused by bacteria from the skin that get into the hair follicle of the eyelash. Hair follicles contain oil glands that become inflamed from the bacteria.

To some people it affects more often than others. It depends upon nature of jobs, contact of hands with eyes, cleanliness etc.

Symptoms of stye

Redness, tenderness and pain are usually the first symptoms of a stye (though eyelash styes are less painful and heal with less effort than eyelid styes). These are followed by:

- Swelling in a small area or the entire eyelid
- The affected eye may water, feel irritated or be sensitive to light
- Discomfort when blinking
- A small yellowish spot (pointing) in the center of a stye, which occurs when pus collects and expands. Pain is usually relieved when the stye ruptures, draining the pus.
- Sensitivity to light

According to Acharya Sushruta ANJANAMIKA is a type of pidika (cyst) that occurs in the eyelid. Considering the dosha involvement it is primarily caused by vitiated blood. It is characterized with following features:

- It's colour is red like copper.
- Severe burning and itching sensation with pricking pain.
- Small sized and soft in consistency.
- May be more than one in number.
- Severe sensation.

Although blood is said to be mainly affected in Anjanamika but it has involvement of all the three doshas. The inflammation is due to Pitta, Vata causes Pain and Itching or pus is due to Kapha character.

MANAGEMENT:

- Adults -- carefully can apply a paste of Sindur (It mustn't go in the eye).
- Rub one finger over the other hand's palm till finger is quite hot. Apply that finger to the Stye.
- Paste of Black or White pepper with water is also helpful.
- Prepare raspberry leaf tea and use it as an eyewash to alleviate styes.
- Apply a hot compress to the affected area for ten minutes four to six times daily to help relieve discomfort and bring the stye to a head so that it can drain and healing can begin.
- Guava leaves, warmed and placed on a warm damp cloth, and then used as a compress, reduce the redness, pain and swelling.

Patient is given antipitta treatment and blood purificatory medicines. (as pitta and rakta are intimately associated to each other).

- [Purgation therapy \(Virechan\)](#) is given first to eliminate out excess of vitiated pitta and thus indirectly acting on vitiated rakta.
- Mild fomentation is given on the effected eyelid with some selected leaves only.
- If the cyst gets suppurated and burst itself then the contents are drained out. Otherwise an incision is made and contents are squeezed out.
- Different healing corryllium are applied like rasanjana (Berberis aristata) and honey. Other herbs and formulations used for Anjan (corryllium) are Rasanjana (Extract of Berberis aristata), triphala (terminalia chebula, terminalia bellerica, Emblica officinalis), vanshamool, palash pshpa, apamarga (Acyranthes aspera), Chandrodaya varti, Mahaneel gutica, Darvyadi rasanjana, Muktaadi mahanjana, punarnavadya anjana, tutthadianjana.
- Eye drops (Ashchyotan) : Musta (Cyperus rotundus), Haridra (Curcuma longa), Madhuyashti (Glycyrhiza glabra), lodhra (Symplecose racemosa), Sariva (Hemidesmus indicus), Utpal, Priyanguare used for eye drops.
- [Nasya](#) – with Triphla churna, Anu tail.
- [Shirodhara](#) - As this procedure relieves the excessive stress and nourishes the nerves there by enhancing the vision power and also improves the circulation.
- Internal medication - Triphala guggulu, Mahatiphaladyaghrita, indukantaghrita, haridra khand, Saptamrita lauha, Shatavaryadichurna, Mahavasaadiquath.

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

HERB OF THE MONTH: DARUHARIDRA (Berberis aristata)

English names: Indian barberry, tree turmeric

PROPERTIES:

Guna - light, dry

Rasa - bitter, astringent

Veerya - hot

Vipaka - bitter

Doshic Action: Kapha Pitta pacifying – Vata aggravating

The alkaloids in the bark and root bark of Berberis aristata are berberamine, berberine, aramoline and Kerachin

ACTIONS AND USES-

Berberine hydrochloride, an alkaloid isolated from Baristata, have significant anti-inflammatory activity on acute, subacute and chronic types of inflammations produced by immunological and non-immunological methods

Daruharidra reduces kapha, checks excess secretions and helps to alleviate inflammation of the liver and spleen. It is ama-pachana in action, metabolizing toxins and pacifying pitta due to its tikta rasa. Its energetic properties indicate that it aggravates vata as its action is drying and catabolic. It stimulates and corrects meda dhatu, agni and alleviates excess body secretions often experienced when kapha is aggravated. This is seen in conditions of the vagina as leucorrhoea and from weeping wounds experienced when suffering ulcerated skin disorders. This action relates directly to drying rasa dhatu and reducing the formation of the mala of rasa being poshaka kapha

Some uses of Daruharidra-

- Milk boiled with daruharidra, cooled and mixed with a little rock salt should be used to wash the eyes.
- Daruharidra mixed with honey should be used as collyrium.
- Decoction made of daruharidra and mixed with honey is used to wash the in all type of eye inflammation.
- Daruharidra mixed with trikatu is made into pills which are rubbed and applied as paste in anjananamika with inflammation and itching.
- In case of poison haridra and daruharidra are used as paste .
- Decoction of Daruharidra alleviates Leucorrhoea.

BEAUTY TIP – FOR SPA RKLING EYES

- Soak 1 tspn dry Triphla powder in a cup of water overnight. Strain this in the morning and add 1 cup of plain water to this. Splash the eyes with this or wash them with the help of an eyecup.
- Dip a pad of cotton wool in some Rose water to which 2-3 drops of Castor oil is added. Place these soaked pads on the eyelids and relax for 15-20 minutes.

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

FORTHCOMING EVENT:

Event Name: PANACEA 2006(Int'l symposium on Natural Products)

Dates: 3- 5th Feb 2006

Venue: Nehru Centre , Mumbai

For Details: Seishido Communications-Mumbai

Ph- 022 –28410164, E-mail: seishido@vsnl.net

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 Center,
H-38 ; South Extension -I,

AYURPATRA

New Delhi -110049,India.

Phone: 00 91 11 24648034 / 24641132

Website: www.ayurplanet.com

Email: ayur@ayurplanet.com

Our European center:

AGN 2521 ZL; Thijse straat 16;Den Haag; The Netherlands.

AYURVEDA UK LTD. 110,Rutland road; Southall; Middlesex, UB1

2XS.UK.PH-02085783780/07737074821

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