

# AYURPATRA

Your monthly health e-newsletter

Vol: 1-Diseases of - Above Shoulder region

SERIES URDHWAJATRUGATA XXVIII- FEB 2007

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 **Hearing problems (Badhirya)**

Statistics show that one in 12 people suffer from some kind of hearing loss (caused by too much noise, an infection, a drug side effect, aging or other factor) to tinnitus, a constant ringing or burring in your ears.

Vata activates the nervous system, hearing and speech; and expresses as enthusiasm and creativity.

Sushrut in Uttarsthan mentions that Vayu taking faulty course when followed by Kapha gets located in sound carrying channels (shabdavaha srotas), covering in many ways, of the person with negligence to its treatment, it causes badhirya.

The gradual loss of hearing that occurs with age (presbycusis) is a common condition.

**Signs and symptoms:** \* Muffled quality of speech and other sounds

- Difficulty understanding words, especially against background noise or in a crowd of people
- Asking others to speak more slowly, clearly and loudly
- Needing to turn up the volume of the television or radio

**Causes:** Hearing occurs when sound waves reach the structures inside the ear, and ear converts the sound wave vibrations into nerve signals that brain recognizes as sound.

The consists of three major areas: outer ear, middle ear and inner ear. Sound waves pass through the outer ear and cause vibrations at the eardrum. The eardrum and three small bones of the middle ear amplify the vibrations as they travel to the inner ear. There, the vibrations pass through fluid in the cochlea, a snail-shaped structure in the inner ear. Attached to nerve cells in the cochlea are thousands of tiny hairs that help translate sound vibrations into electrical signals that are transmitted to the brain. The vibrations of different sounds affect these tiny hairs in different ways, causing the nerve cells to send different signals to brain. That's how one sound is distinguished

from another.

For some people, hearing loss may result from a gradual buildup of earwax, which blocks the ear canal and prevents conduction of sound waves. Earwax blockage is one of the more common causes of hearing loss among people of all ages.

Most hearing loss results from damage to the cochlea. Tiny hairs in the cochlea may break or become bent, and nerve cells may degenerate. When the nerve cells or the hairs are damaged or missing, electrical signals aren't transmitted as efficiently, and hearing loss occurs.

Ear infection and abnormal bone growths or tumors of the outer or middle ear can cause hearing loss. A ruptured eardrum also may result in loss of hearing.

**Risk factors:** Factors that may damage or lead to loss of the hairs and nerve cells in your inner ear include:

- **Aging.** The normal wear and tear from sounds over the years can damage the cells of your inner ear.
- **Loud noises.** Occupational noise, such as from construction or factory work, and recreational noise, such as from loud music, the engine of a snowmobile or motorcycle, or shooting firearms, can contribute to the damage inside your ear.
- **Heredity.** Your genetic makeup may make you more susceptible to ear damage.
- **Some medications.** Drugs such as the antibiotic gentamicin can damage the inner ear. Temporary effects on your hearing — **ringing in the ear** or hearing loss — can occur if you take very high doses of aspirin.
- **Some illnesses.** Diseases or illnesses that result in high fever, such as **meningitis**, may damage the cochlea.

#### MANAGEMENT:

1. **Removing wax blockage**
2. **Snehan Swedan- Shiroabhyanga** (head massage) with anti vata oil followed by steam inhalation subsides the vayu and improves hearing.
3. **Karnpooran** is also a type of snehan that helps in normalising the course of vayu in sound carrying channels. It also gives strength to the nervous system. The oils used for karnpooran are Mustard oil, Apamargkshar tail, Bilwa tail, Lashunadya tail.
4. **Nasyam**- Administration of oil in nostrils helps in balancing vata in ear, nose, head diseases.
5. **Ghritpaan**- Oral intake of Ghee is considered as Rasayana in Hearing problems.
6. **Herbs**- Bhringraj, Sariva, Apamarg are the herbs useful in hearing problems.
7. **Food therapy** :- A zinc deficiency could affect hearing, so get enough of it in your diet. Oysters, crabmeat and other sea food as well as lean beef are good

food source of zinc. High fat diet might also cause hearing loss by blocking blood flow to the cochlea, the hearing mechanism in your inner ear. He suggests limiting the fat in your diet to no more than 25% of your total calorie intake. Vitamin and Mineral Therapy: -Magnesium and zinc supplements can help restore stability to your inner ear, where some hearing problems begin. Some experts recommend that people with hearing loss take 30 milligrams of zinc and 400 milligrams of magnesium daily.

8. **Yoga:** -daily practice of an exercise called yawning and a simple chant may help fight hearing loss. The chant uses a mantra, a sound that is often used in yoga meditation. Sit on a comfortable chair and begin breathing deeply as you exhale,, repeat one of these phrases out loud ham or hrah. Hold the last sound (either the mmmm in ham or the ahhh in hrah) and feel vibrations. doing this for two or three minutes each day.

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

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### HERB OF THE MONTH: GUDUCHI (*Tinospora cordifolia*)

Considered the best herb for clearing the microcirculatory system and other bodily channels (Shrotas). It is especially effective and unique in its ability to remove both exogenous and endogenous toxins (from external and internal sources). Therefore it is very often included in comprehensive Ayurvedic formulas, since such toxins interfere with all bodily functions and are a factor in almost all diseases.

Guduchi also has a direct Medhya Rasayana effect, which means that it enhances all aspects of mind power, including comprehension (Dhi), memory (Dhriti) and recollection (Smriti).

Because of its ability to cleanse the channels, it aids delivery of nutrients from your foods and from the herbs in a formula.

Guduchi balances and purifies fat tissue, to make fats easier to break down. Fats are an important raw material for building healthy bones.

Guduchi also aids all other aspects of healthy metabolism (the 13 Agnis). It aids digestion, assimilation and proper formation of all the bodily tissues (7 Dhatus).

It helps balance liver function and aids proper assimilation.

It aids purification of the urinary tract and intestines, by balancing lubrication (Shleshaka Kapha) and the downward energy of the body (Apana Vata).

By supporting proper function of Shleshaka Kapha, Guduchi also aids proper communication and coordination between all the various cells and their many related functions for better overall health. This has the added benefit of nourishing the mind-body connection and enhances the psychoneuro immune response .

Guduchi is also a powerful Rasayana (longevity enhancer) even by itself, but especially when combined with complementary herbs. It increases the quality and quantity of Ojas, the master coordinator between mind and body. It helps consciousness slide into the physiology and aids development of full potential.

Scientific research is now providing clues to Guduchi's immune-boosting ability to fight diseases. In a study using human white blood cells, Guduchi increased the killing ability of macrophages, the immune cells responsible for fighting invaders.

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### BEAUTY TIPS: FOR SUNBURNS

- o Peel and grate a cucumber. Squeeze the juice. Mix half-a-teaspoon glycerine and half-a-teaspoon rose water. Apply this on sunburns, leave it for some time.

A facemask of egg white and honey gently removes the tan from your face.

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

#### **FORTHCOMING EVENTS:**

##### **EVENT : HEALTHCARE EXPO 2007**

**Venue:** World trade centre, Mumbai

**Date(s):** March 23-26, 2007

For details visit: [www.indiatradepromotion.org](http://www.indiatradepromotion.org)

#### **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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