

AYURPATRA

Your monthly health e-newsletter

Vol: 1-Diseases of - Above Shoulder region

SERIES URDHWAJATRUGATA XVII – JAN 2006

This monthly e-feature "Ayurpatra" brings to you wishes of Good health and prosperity in this New Year. Wish you a very Happy New Year.

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 - EPISTAXIS (NASAGAT RAKTA PITTA)

Aggravated Pitta itself is called Raktapitta in this disease, when it gets combined with vitiated Rakta it gets similar color and smell of Rakta.

Rakta vitiated by indulgence in anger, grief, fear, exertion, incompatible food, sun heat, fire, pungent, sour, salty, irritant, alkaline, hot and highly burning food aggravates pitta, by its properties, vitiates blood with heat and consequently hemorrhage ensues upward, downwards or in both ways.

Pitta [constitution/body types](#) are more prone to such type of aggravation.

EPISTAXIS can be defined as bleeding from the nose (kiesselbach's plexus) from the antero-inferior portion of the cartilaginous septum.

Besides above mentioned causative factors these are also responsible for the disease:

- Irritation or breakage to the lining of the nose
- Injury to the nasal tissue, which occurs more easily when nasal structure is not normal or the passages are inflamed due to a cold or allergies
- Exceptionally dry nasal tissue
- Picking or bumping the nose
- Forceful blowing or rubbing the nose
- A clot from a previous nosebleed becoming disturbed or dislodged
- A foreign object placed in the nose
- Tumors of the nose and/or sinuses

Vitiated Pitta with hot and penetrating properties, in turn vitiates blood and other tissues in the body. Due to the heat of the Pitta, fluid portion from all the tissues oozes out which again leads to aggravation of Pitta. Due to this the blood vessels in the body are eroded, causing the blood to flow out of the body from different orifices like nose, mouth etc.

This disease is located in liver and spleen and originates in the blood vessels.

TYPES:

In Ayurveda seven types of raktapitta have been mentioned on the basis of Doshas dominance with respective symptoms; Vataj, Pittaj, Kaphaj, Dwandaj, Sannipataj.

Also depending upon the direction in which the blood is going out it is classified in 3 types;

1. URDHWAGA-the vitiated blood flows out from upper channels of the body-nose, ear, eyes, oral cavity.
2. ADHOGA-The vitiated blood flows out from lower channels of the body-anal route and urinary route.
3. TIRYAKA-When the vitiated blood flows out from all channels of the body including the pores of body hair.

The Nasagat Raktapitta (Urdhwaga raktapitta/Epistaxis) in modern terms is explained as bleeding from the Little's area.

The Kiesselbach plexus, or little's area, is located on the anterior cartilaginous septum and is the location of most anterior Epistaxis. Many of the arteries supplying the septum have anastomotic connections at this site.

Nosebleed symptoms differ, depending on where in the nose the bleeding begins.

Anterior Nosebleed – produces blood flow from one nostril when the patient sits or stands. Blood may pass down the throat if the person is coughing or blowing the nose.

Posterior Nosebleed – causes bleeding down the back of the mouth and throat. When the patient leans forward, the blood may flow from the nostril. Blood flow may be fast or slow.

MANAGEMENT

Most anterior nosebleeds stop without medical care within 30 minutes. Posterior nosebleeds usually are more serious and need medical care. Treatment may include sealing off the blood vessel that is bleeding.

If the person is taking the food normally and his built is not too weak then first allow the vitiated blood to go out of the body. if this vitiated blood is stopped inside the body then it may produce certain other diseases like

fever, fistula, skin diseases etc.

- DIET - Plenty of fluids is given having Tarpana quality like Shadangpaniya. For this give water mixed with puffed rice, sugar candy and barley. Cool drinks prepared from the fruits like Phalsa mixed with powder of Ushir (*Vitiveria zizanoidis*), Pittapapada (*Fumaria vaillanti*) and sugar is given.
- [VAMAN / VIRECHAN](#)—depending upon the severity of the disease vaman is advised in adhoga raktapitta and virechana is advised in urdhwaga raktapita to stop the bleeding under the supervision of panchakarma specialist if the patient is strong enough to sustain these procedures. Otherwise palliative treatment is given should be given consisting for stambhana or stopping the blood flow..
- [NASYA](#)-Herbal decoction or powder is used for nasya. of the herbs like duurva swarasa (juice from *Cynodon dactylon*), vasa (*Adhathoda vasica*), Nagkesar (*Mesua ferrea*), lodhra (*Symplocos racemosa*), priyangu *Callicarpa macrophylla*), Laksha. Water or milk mixed with sugar should be instilled into nostrils.
- HERBS-vasa (*Adhtoda vasica*), Usheer, Chandan (*Santalum album*), Lodhra (*Symplocos racemosa*), Padmaka (*Prunus cerasoides*), Manjishtha (*Rubia cordifolia*), Udumbar (*Ficus glomerata*), Doorva (*Cynodon dactylon*), Yashtimadhu (*Glycirriza glabra*).
- FORMULATIONS-Pushyanug churna, Vasavleha, Vasa ghan vati, Dadimavleha, Raktapittantaka lauha, Padmakaadi churna, Eladi gutika, Bolbadha rasa, Praval pishti.

You may consult our Ayurveda experts through on line consultation
or personally.

HERB OF THE MONTH: DURVA (*Cynodon dactylon*)

English Name: Dhub Grass, Couch Grass, Bermuda Grass, Bahama Grass
It is a a hardy perennial grass with creeping culms.

Properties:

Guna : Light
Rasa: Astringent, Sweet
Veerya – Cold
Vipaka: Sweet

Its main action is Stambhan-stopping the blood flow.

An alkaloid isolated from the plant caused slowing of blood from mesenteric capillaries thereby exerting the hemostatic effect of durva.

Actions and Uses:

A glycoside extracted from the root exerts antiviral activity

The aqueous extract dried and powdered mixed with paraffin and applied as ointment produces wound healing effect

The paste of the plant helps in the immediate stoppage of the blood from any cuts or injuries. The same with honey if snuffed becomes very effective in epistaxis of any kind.

Oral administration of juice with honey found to be very effective in menorrhagia

Local application in the form of paste to the lower abdomen reduces severe bleeding per vagina.

Juice or decoction of Durva mixed with sugar 2 to 3 times a day is diuretic and helps to get rid of retention of urine and UTI.

BEAUTY TIP –

In winters heels tends to become dry, rough and cracked. To give your heels the intensive care this winter add paraffin wax (about 5 gm) to 15 ml of coconut oil and a pinch of haldi. Apply this to your heels twice daily for smooth touch.

For personalized beauty related queries mail to:

beauty@ayurplanet.com

FORTHCOMING EVENT:

Event Name: NAKSHATRA'06 (fair on Ancient Vedic sciences)

Dates: Jan 28 to Feb 1, 2006

Venue: Hall no 7 FGH, Pragati Maidan

For Details: ph- 011-23371581; e-mail: itpo@iasd101.vsnl.net.in

NEWS: Ayurveda India clinic in UK

In the Light of spreading Ayurveda throughout the world we have started with another Ayurveda clinic project in London . This centre provides the consultation and Ayurveda education. Dr.Raghunandan Sharma is in UK for the developments of this endeavour. He can be reached at ayurplanet@gmail.com

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