

AYURPATRA

Your monthly health e-newsletter

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SERIES URDHWAJATRUGATA XXXII– JUNE 2007

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.

FEATURE HEALTH ARTICLE: ANOSMIA (Gandhras)

ANOSMIA comes from the Greek; an [no] - osmia [smell]. Of the five senses, smell ranks fourth in importance for humans, although it is much more pronounced in other animals. Taste, considered the fifth sense, is mostly the smell of food in the mouth. The sense of smell originates from the first cranial nerves (the olfactory nerves). A small area on the mucous membrane that lines the nose (the olfactory epithelium) contains specialized nerve cells called smell receptors. These receptors have hair like projections (cilia) that detect odors. Airborne molecules entering the nasal passage stimulate the cilia, triggering a nerve impulse in nearby nerve fibers. The fibers extend upward through the bone that forms the roof of the nasal cavity (cribriform plate) and connect to enlargements of nerve cells (olfactory bulbs) that form the cranial nerves of smell (olfactory nerves). The impulse travels through the olfactory bulbs, along the olfactory nerves, to the brain. The brain interprets the impulse as a distinct odor. Also, the area of the brain where memories of odors are stored—the middle part of the temporal lobe—is stimulated. The memories enable a person to distinguish and identify many different odors experienced over a lifetime.

A reduced ability to smell (hyposmia) and loss of smell (anosmia) are the most common disorders of smell and taste. Because distinguishing one flavor from another is based largely on smell, people often first notice that their ability to smell is reduced when their food seems tasteless.

Ayurveda says that everything in this universe is made up of 5 elements so is our body.

From Akasha (Ether) came the Shrotendriya (organ of hearing)

From Vayu (Air) came the Tvagindriya (organ of touch)

From Agni (Fire) came the Chakshrindriya (organ of vision)

From Jala (Water) came the Jihvendriya (organ of taste) and

From Prithvi (Earth) came the Ghranendriya (organ of smell).

It must be borne in mind that Indriya does not mean the physical organ, these are sense perception medias. Thus it carries connotations of dominance or control. For example, the nose is an organ. In it is situated a subtle Indriya called Nasa (nose). If this Indriya is defective, the person will not be able to smell although his nostrils are normal. Just as Prana is vital for the physical body, Indriyas are vital for the organs of perception. It should therefore be understood that the subtle elements give rise to the Indriyas and not the organs."

The Ayurvedic texts define the source of all disease and suffering as *pragyaparadh*, or "the mistake of the intellect." This occurs when individuals (or even single cells) "forget" their connection with the wholeness of life and believe themselves to be isolated entities. Creating, and then eating, genetically engineered foods exposes us to *pragyaparadh*.

We are all threads in the fabric of creation, say ancient Ayurvedic texts. To believe ourselves to be the weavers, capable of successfully manipulating nature's intelligence, is a symptom of

pragyaparadh—and the assumption reveals our ultimate naiveté. The genetic program of a living organism is vastly more powerful and more complex than limited human intelligence.

To keep our nasal strength good we all must be very careful for the smells. Be it in the form of perfumes, aromas, spices, cooking, fumes, or smoke.

Causes and symptoms

Anosmia occurs from either an obstruction in the nose or nerve damage. An obstruction prevents odors from reaching the delicate nerve fibers of the nose. The most common cause of anosmia is nasal occlusion caused by rhinitis (inflammation of the nasal membranes). If no air gets to the olfactory nerves, smell will not happen. In turn, rhinitis and nasal polyps (growths on nasal membranes) are caused by irritants.

Anosmia can also follow a head injury or an acute or chronic attack of allergies. Many medications may change or decrease the ability to detect odors. The sense of smell is often lost with disorders like tumours, or surgery of the brain. It may also be due to zinc deficiency. Tobacco smoking is the most concentrated form of pollution that most people will ever be exposed to. It impairs the ability to identify odors. Hormonal disturbances or dental problems are also a cause. Anosmia can occur as a part of other loss of function of the brain.

With the loss of sense of smell there can also be a loss of taste. Distortion of function-foods or odors that normally are pleasant may taste or smell odd or distorted, perhaps with an unpleasant smell. Victims may not be able to distinguish flavours.

MANAGEMENT - Treatment depends on the cause of a smell or taste disorder.

Nasal steams with essential oils offer relief of the blockage and tonification of the membranes. Karpooradi oil, Eucalyptus oil can be used in nasal steam.

Jala Neti-- Blockages can sometimes be resolved through naso-specific therapy--a way of realigning the nasal cavities. Neti can be called a "nasal douche". Take warm water, which is slightly above the body temperature. Add salt to this water at the rate of half a teaspoon per glass of 300 ml. This is equal to the salinity of the mucous secretions in the respiratory system. Saturated salt water has high osmotic pressure. It is a law in physics that fluid flows from low osmotic pressure to higher osmotic pressure. In inflammatory conditions of nasal cavity including sinuses, there is congestion and edema of nasal mucosa. Naturally during "Jalaneti" fluid from mucosal cells comes out which relieves the congestion and edema very fast. This helps in better functioning of mucosal cells and also opens up closed openings of the sinuses in nasal cavity.

In our nose there are nerve endings of olfactory nerve, which are responsible for our sense of smell. During "Jalaneti" these nerve endings are stimulated by saline that give us very pleasant sensations. These pleasant sensations have a very beneficial effect on centre of emotions located in limbic systems of brain. Thus Neti improves sensitivity of the olfactory nerves, helping to restore lost sense of smell, and thereby benefits the relationship with taste and the digestive processes.

Nasya -It is a process by which drug is administered through the nostrils. Nasyakarma enhance the activity of sense organs and prevent the diseases of head (urdhwanga). The nose is the gateway to the brain and to consciousness. Prana or vital energy enters the body through breath taken in through the nose. Nasal administration of medication helps to correct the disorders of prana affecting the higher cerebral, sensory and motor functions. Nasya is indicated for dryness of the nose, sinus congestion, hoarseness, migraine headache, neurodegenerative conditions (i.e. multiple sclerosis), convulsions and certain eye and ear problems.

Oils that can be used for Nasa includes Anu tel, Shadbindu tel.

Shiroabhyanga - The head massage serves to open the srotas in the head, neck and shoulder regions. This treatment nourishes the five senses by focusing on the 'marma points', many of which are located around the head. These points, when gently massaged have a hugely calming and balancing effect throughout the body and nervous system.

Herbs and formulations – Tulsi, Ginger, Garlic, Cloves, Vyoshadi vati,, Agastya haritaki, Lavangadi churna, Panchamrit ras, Nardiya Laxmivilas Ras are useful herbs and combinations in this disorder.

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

HERB OF THE MONTH: LAVANG(CLOVES)

Cloves have many medicinal virtues. They are stimulant. They are useful in counteracting spasmodic disorders and in relieving flatulence. They help stimulate sluggish circulation and thereby promote digestion and metabolism. In the Indian system of medicine cloves are used in various conditions either in the form of powder or a decoction made of them. Clove oil applied outwardly, has stimulating effects on the skin, producing heat and redness.

The clove herb keeps food fresh because the main active component of cloves is eugenol, which has long been known to help kill bacteria and viruses" says Gary Elmer, Ph.D., associate professor of medicinal chemistry at the University of Washington School of Pharmacy in Seattle.

By killing bacteria, eugenol helps keep meat fresh and prevents stomach upset, diarrhea, and wound infections.

Healing uses and benefits of Cloves:

- **Mouth Care:** Clove oil is suggested for toothaches, and can help freshen breath. You may have tasted the sweet-hot flavor of clove oil in over-the-counter toothache medicines.

Try a drop of this healing oil (available at drugstores and health-food stores) to ease an aching tooth until you can see a dentist.

- **Relieve indigestion:** The herb's usefulness in supporting normal digestive system function has yet to be confirmed in humans, but laboratory studies indicate that it may be effective.
- **Control diarrhea:** An ingredient in clove fights the bacteria responsible for diarrhea-the ailment you get from drinking the water in regions where health standards are substandard.

Heals cuts and bites: Studies show that the oil in cloves can help kill several strains of staphylococcus bacteria and one strain of pseudomonas-organisms that can cause skin infections.

BEAUTY TIPS : Sun-Protection Lotion

It's summer time. Time to cool off. So let 's wind up with a good home-made sun-protection lotion. Take cucumber juice and equal amounts of glycerine and rose water and make a concoction. This should be refrigerated. Try it, it 's really cool.

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

FORTHCOMING EVENT:

Venue: MEDX 2007

Oman International Exhibition Center, Muscat, Oman

Date(s): July 17-19, 2007,

For details: Visit us at: www.vantagemedifest.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

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