

## AYURPATRA

Your monthly health e-newsletter

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

**SERIES URDHWAJATRUGATA XX – JUNE 2006**

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: FLU ( Kaphaj Pratishyaya)

Influenza is an infection caused by a virus called the influenza virus. It is usually a more severe illness than the common cold which is caused by other respiratory viruses.

Ayurvedic medicine teaches that the common cold results from an imbalance of the Kapha and Vata dosha i.e vata-shleshmaja vyadhi. You develop a cold when your body has an excess of kapha's cool, moist characteristics, causing a stuffy or runny nose and lots of sneezing. And, excess vata energy with additional cold property of kapha, reduces agni, or gastric fire, so you get the chills.

Influenza typically has a sudden onset with headache, chills and cough followed rapidly by a fever, appetite loss, muscle aches, and tiredness. On the other hand, cold symptoms are limited to the upper respiratory tract with runny nose, sneezing, watery eyes, and throat irritation. Gastrointestinal symptoms, such as nausea, vomiting or diarrhoea, can sometimes accompany influenza, especially in children, but these symptoms are rarely prominent. The term "stomach flu" is often incorrectly used to describe gastrointestinal illness that is due to other causes.

There are three main types of influenza:

- a) influenza A,
- b) influenza B, and
- c) influenza C.

Influenza A and influenza B are associated with annual outbreaks and epidemics. Influenza A usually causes more severe illness than influenza B and can result in pneumonia, hospitalization or even death, especially in the elderly and those with chronic illnesses. Influenza A has also been responsible for all previous pandemics (worldwide epidemics of influenza).

Influenza C is very rarely seen and is associated with only mild sporadic illness.

#### Symptoms

Some emergency warning signs that need urgent medical attention include:

- High or prolonged fever
- Fast breathing or difficulty breathing or shortness of breath
- Bluish skin color
- Refusing to drink water or other fluids
- Change in mental status, such as not waking up or not interacting; being so irritable that the child does not want to be held; or seizures
- Worsening of underlying chronic medical conditions (for example, heart or lung disease, diabetes)
- Pain or pressure in the chest
- Fainting & Confusion
- Severe or persistent vomiting .

***There is currently no vaccination to prevent against Avian Influenza in humans. The available vaccination is for protection against human strains of the influenza virus.***

#### Avian influenza in birds

A number of countries in the region have reported incidents of highly pathogenic avian influenza outbreaks in poultry. These countries include Cambodia, China, Indonesia, Japan, Laos, South Korea, Pakistan, Taiwan, Thailand and Vietnam. H5N1 avian influenza has been reported in

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Cambodia, China, Indonesia, Japan, Laos, South Korea, Thailand and Vietnam whilst Pakistan and Taiwan have reported weaker strains of avian influenza.

### **Prevention**

The only real way to prevent colds and flu and fight off infection is to have a strong immune system.

Garlic is proven in the laboratory to be a very powerful anti-viral agent. Many doctors feel it's the cure for the common cold. It destroys various viruses that cause upper respiratory infections and influenza. Garlic destroys on contact such viral infections as Measles, Mumps, Mononucleosis, Chicken pox, Herpes simplex #1 and #2, Herpes zoster, Viral Hepatitis, Scarlet fever, Rabies and others. So while some say that the reason you don't catch colds when you eat Garlic is because no one will come near you,

### **Management:**

**Diet**-Include the following foods in the diet: oranges, grapefruit, red grapes, guava, blueberries, strawberries, kiwi, cantaloupe, yogurt, shitake mushroom (contains lentinan a known antiviral), spinach, broccoli (lightly steamed), carrots, kale, pumpkin, pumpkin seeds (for zinc), wheat germ (for vitamin E), flax seed oil (for omega 3 fatty acid), green tea. Avoid white sugar and animal fat as much as possible for their immuno-suppressant activity. Avoid Curd, Rice and cold food items or drinks.

**Herbs**- The purpose of using herbal medicines in the treatment of the flu is to increase the body's innate immune response against the virus. There are several herbs which have been found to help in this regard. The following herbs are best used in combination:

Kantakari (Solanum surattense)

Vasa (Adhatoda vasaca)

Guduchi (Tinospora cordifolia)

Trikatu (a mixture of the 3 pungents: pippali, sunthi, and maricha)

Amalaki (Embllica officinalis)

Yashti-madhhu (Glycyrrhiza glabra)

Ashwagandha (Withania somnifera)

### **Herbal formulations**

Add 2gm. Ginger, 5 Basil (Tulsi) leaves, 1gm. fennel seeds and pinch of cinnamon and clove powder to one cup of hot water. Let the herbs steep for about ten minutes, then strain them out of the tea before drinking.

Chywanprash which is a fruit paste made from amalaki fruit plus forty-six herbs is used for protecting against flu and flu-like syndromes. Take 1 Teaspoon of Chywanprash two times a day. Continue this for long to build up immunity.

Sitopaladi Churna 3 gm with Honey or hot water Twice.

Lavangadi churna 1 gm+ Talisadi churna 2 gm – Twice.

Tribhuvankirti Ras and Nardiya Laxmivilas Ras.

**Spices.** The following spices can definitely help prevent/relieve flu symptoms: Garlic (contains alliin), Ginger, Cayenne Pepper (contains capsaicin), Mustard, Maricha (Black pepper), Pippali (Piper longum) and cloves.

**Langhan (fasting)** as per individual's capacity)

**Kunjal** (vomiting out volutarily after consuming at least 6 glasses of salt added warm water - to be done under supervision if a person is unfamiliar with this).

**Panchakarma: Nasya** (administration of oil drops into nostrils) should be given for 5 or 7 days for the cleansing of upper respiratory tract and to release phlegm from the sinuses and lungs.

### **HERB OF THE MONTH: Garlic (Rasona)**

Garlic is used in a variety of diseases, specially as a stimulant in Vata diseases. It is a reputed home remedy and is popularly called the musk of the poor man.

Garlic has antibacterial, antiviral, and anti-fungal activity. It may work against some intestinal

parasites. Garlic appears to have roughly 1 % the strength of penicillin against certain types of bacteria. This means it is not a substitute for antibiotics, but it can be considered as a support against some bacterial infections

### **Action of Garlic on various organs-**

1. Protection of the liver from toxic substances: Garlic activates the cells of the liver and thereby protects the liver from toxic substances; it also rejuvenates a tired liver and promotes its normal functioning.
2. Improvement of blood circulation: When allicin is heated in the process of cooking the garlic, a substance called "ajoene" is formed. This substance has a suppressive effect on thrombi and blood cholesterol, so it is effective for the treatment of atherosclerosis and thrombosis.
3. Regulation of stomach function: Allicin promotes the secretion of gastric juices by stimulating the mucous membranes of the stomach; furthermore, it combines with proteins which can reduce excessive activity of the stomach. In addition, allicin regulates the functioning of the stomach by activating the large intestine and thus cure both constipation and diarrhea.
4. Promotion of insulin secretion: Allicin combines with vitamin B1 (thiamine) to activate the function of the pancreas and thus promote insulin secretion. As a result, garlic is effective in the prevention or the cure of diabetes that is caused by a lack of insulin or by the defective functioning of the pancreas.
5. Normalization of blood circulation: Because it stimulates the brain nerves and controls the workings of the heart at a constant level, garlic stabilizes blood pressure. It is also capable of dissolving cholesterol and fatty substances inside blood vessels and therefore refreshing cells and the blood inside the body.

Today, there is worldwide scientific evidence to support the many health benefits that can be derived from the daily consumption of garlic.

- \* Extensive tests on humans have concluded that a regular intake of garlic can:
  - \* Lower total cholesterol (but raise the good-type HDL cholesterol)
  - \* Produce more "natural killer" cells in the blood that will tackle infections and tumours
  - \* Lower blood pressure
  - \* Reduce the risk of blood clots (that are responsible for most heart attacks and strokes)
  - \* Destroy infection causing viruses and bacteria

Garlic is classified as both an herb and a vegetable. It can be found in products ranging from ice cream to dry rubs; the versatility of this herb is seemingly endless.

### **Uses:**

It is used as a carminative, aphrodisiac, expectorant and stimulant. It possesses anti-inflammatory, antiarthritic, hypolipidemic, anticoagulant, hypoproteinemic, hypocholesteremic, antibacterial, antifungal, antihypertensive and hypoglycemic action. It increases prothrombin time and fibrinolytic action. It is used in dermatophytosis, cough, febrifuge, in intermittent fever, earache, dyspepsia, flatulence, colic, reduction of mineralization and antifertility. It is also used as a rubefacient, hepatoprotective and anti-androgenic.

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### **BEAUTY TIP OF THE MONTH: SUNSCREEN LOTION**

Prepare a homogenous mixture of cucumber juice, glycerin and rose water. Apply this mixture on face and exposed parts before going out. This mixture can be refrigerated.

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

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**FORTHCOMING EVENTS: Current Concepts in Complementary & Alternative Medicine**

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### 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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