

# AYURPATRA

Your monthly health e-newsletter

Vol: 1-Diseases of - Above Shoulder region

SERIES URDHWAJATRUGATA XVII – MARCH 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.

## FEATURED ARTICLE – ARDITA (FACIAL PARALYSIS / BELLS PALSY)

Ayurveda incorporates and describe Ardita in Vata vyadhi (vata diseases).Ardita accounts for about half of all cases of paralysis affecting the face. Medically, the condition is described as a facial paralysis that comes on suddenly and has no obvious cause (such as an injury).

Bell's palsy is a neurological condition that presents as an acute onset of weakness on one side of the face. It sometimes progresses to total paralysis of the afflicted side of the face. Bell's palsy is a weakness or paralysis of the muscles that control expression on one side of your face. The disorder results from damage to a facial nerve, one of which runs beneath each ear to the muscles on the same side of your face.

The condition may result in a droopy appearance of your face, which can be a blow to your self-esteem. Most often, Bell's palsy isn't serious. The disorder clears up on its own within weeks or months for most people.

### Causative factors & Symptoms –

Shouting persistently at the top of voice, eating hard articles of diet, laughing or yawning, carrying heavy load on head, lying on uneven ground leads to aggravated vayu in relation to the head, nose, lips, chin, forehead and the eyes afflicts the face and produce facial paralysis.(Su.S.)

The symptoms of Bell's palsy are likely to come on very quickly – often in a matter of hours or overnight – and there may be some sudden pain around the ear. Symptoms can also start more gradually. The main symptom is likely to be paralysis or weakness on one side of the face, along with a sagging eyebrow and difficulty closing the eye. There are several other possible symptoms:

- Numbness of the face
- Dry mouth and difficulty in speaking
- Eye symptoms include tearing or dry eye, inability to close eye, abnormal blink
- Inability to whistle or pucker lips

- Loss of taste in the front portion of the tongue
- Dribbling while drinking or after cleaning teeth
- Ear pain (especially below the ear)

## MANAGEMENT

**ABHYANGA**- with ksheerbalataila followed by Sudation. Sudation is given in the form of hot poultice or tubular sudation.

**SHIROABHYANGA** – with antivata oils stimulates the nervous system alleviates vata and strengthens the nerves as well as muscles of face.

**BASTI** - As Pakshaghat (Hemiplegia) has been enumerated among the diseases curable by Basti treatment, by Acharya Sushrut. Basti has been glorified as a definitive therapy to subdue the aggravated vata and Vata pradhan vyadhis (vata diseases). With the aid of various drugs incorporated in basti dravyas like, Dashamoola, Ksheerataila, Ksheeraghrita, Trinapanchamoola etc it does sanshodhan, sanshaman and sangrahan of doshas.

**NASYA** -With vata pacifying or nerve stimulating drug like katphala, trikatu, ksheera bala nasya is considered as best to nourish the nerves, joints and muscles of .

**MUKHABHYANGA** – Facial massage is beneficial for the activity of facial muscles and face reflexes.

**KARNA POORANA**: It is yet another way to nourish the scalp and associated nerves. According to Ayurveda ears are important site of aggravated vata. Karnapoorana controls aggravated vata. Medicated herbal oil drops are poured into ears with head massage in this treatment. It can be done with apamargakshaara taila, karanja taila, bilwadi taila etc.

**KAWAL GANDUSHA** – It strengthens the muscles around mouth and jaws.

INTERNAL MEDICINE: Rasna (Pluchea lanceolata), Eranda (Ricinus communis), Dashmoola, Ashwagandha (Withania somnifera), Lashuna (Allium sepa), Brahmi (Bacopa monniera), Bala (Sida cordifolia), mandookparni (Centella asiatica), jatamansi (Nordostachys jatamansi).

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

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## HERB OF THE MONTH: BALA (Sida cordifolia)

Properties:

Rasa: sweet

Vipaka: madhura

Veerya: sheeta

Guna: light, unctuous, slimy

Doshic action: pacifies vata and pitta

**Constituents:** Researchers have isolated an acylsteryglycoside sitoindoside from *Bala*, as well as small amounts of the alkaloid ephedrine,  $\beta$ -sitosterol and other phyosterols, palmitic, stearic and hexacosanoic acids, and resins. The seeds are stated contain upwards of four times the amount ephedrine as the rest of the plant .

**Medicinal uses:**

Like many other species in the Malvaceae, *Bala* is used in Ayurveda for its soothing and mucilaginous qualities, but unlike the similar Marshmallow (*Althea officinalis*), *Bala* contains small amounts of ephedrine, making it a mild bronchodilator with vasoconstrictive properties . Although remedies that promote sympathetic innervation typically aggravate *vata*, *Bala* is in fact a rejuvenative to *vata*, and whatever adrenergic activity the plant has is offset by its other qualities. *Bala* has an affinity for diseases of the nervous system and can be used in a wide variety of conditions where *vata* is the main pathogenic factor . It provides a gentle stimulus while remaining a nourishing *brimhana dravya*. In cases of paralysis a milk decoction of *Bala* root is taken along with equal parts *Ashvagandha* root and *Kapikachu*.

**Traditional Ayurvedic Uses:**

This is one the most often used Ayurvedic herbs because it simultaneously balances all three laws of the physiology (Vata, Pitta, Kapha), a rare effect. *Bala* is primarily known for giving stamina or inner strength.

It helps balance proper amounts of the male hormone, testosterone, and increases sexual desire.

*Bala* has a Vrishya effect, meaning that it enhances the quality and quantity of reproductive fluids (Shukra Dhatu) for conception of healthy offspring.

It builds general immunity (the word *Bala* can actually be translated as immunity).

It is a good Rasayana (overall tonic and longevity enhancer).

*Bala* is a good tonic for the lungs.

*Bala* contains five of the six tastes, a very rare property indicating that it provides nourishment of all aspects of nature's intelligence (the five Mahabhutas).

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**BEAUTY TIP – TREAT DARK LIPS**

- Mix coconut oil and almond oil in equal quantity and apply to the lips. Leave for overnight. Application for two weeks gives the desirable result.
- Mix half tsp of glycerin ,half tsp of castor oil and half tsp of lemon juice. Massage the lips with this mixture. Leave for few minutes and wash it off with warm water.

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

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**FORTHCOMING EVENTS:**

I. NATURAL PRODUCTS EXPO WEST

Dates - March 23 – 26, 2006

Venue: Anaheim convention center, Anaheim, CA USA.

For details: Customer service: +866-458-4935

Email: [tradeshows@newhope.com](mailto:tradeshows@newhope.com)

Website: [www.expowest.com](http://www.expowest.com)

II. SUVAYA 2006 – International health care exhibition  
Dates - March 24 – 26, 2006  
Venue – BMICH Convention Center – Colombo, Srilanka  
For details: 0777 252814, e-mail: [info@ceylincoexhibitions.lk](mailto:info@ceylincoexhibitions.lk)

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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 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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\*Please send your articles in simple English and abstract (not more than 250 words)

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