

AYURPATRA

Your monthly health e-newsletter

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SERIES URDHWAJATRUGATA XXXI- MAY 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: HAY FEVER

Allergies occur when a hypersensitive immune system reacts to a common or unusual substance. In some people it is hereditary, but one can also develop an allergy at any time in his or her life. Any substance, whatever its origin, is a possible allergen. Foods, chemicals in foods, medicines, and environmental factors, including pollen, parasites, dust, animal hair, and chemical toxins, for example, can all cause allergic reactions almost anywhere in the body.

Ayurveda sees *ama* (toxins) and low immunity as the primary causes of most allergies. *Ama* can settle at the digestive level or in the various tissues, with different symptoms at each level. *Ama* toxicity aggravates blood and Pitta, or it can aggravate Kapha, with different symptoms.

HAY FEVER is an allergic condition triggered by the immune system's response to inhaled substances (frequently pollens).

Researchers have yet to clearly understand why some people's immune systems over-react to exposure to pollens while other people do not suffer from this problem. Symptoms of hay fever are partly a result of inflammation that, in turn, is activated by the immune system.

Seasonal allergies can occur anytime, but they occur most often during spring and early summer, when plants and trees are flowering and producing pollens, the most common allergens. Seasonal allergies are also fairly common in the fall - many people are sensitive to the molds produced by decaying leaves and other plants. Animal feathers, hairs and dust cause similar symptoms.

Ayurveda sees hay fever as a Kapha-Pitta disorder; however, people with a [Vata constitution](#) suffer most from it, because it is also due to immune disorder and hypersensitivity of the nervous system:

Symptoms & Dosha predominance-

- * Headache, insomnia, and anxiety are often produced due to Vata aggravation.
- * Yellow nasal discharge, feverish feeling (Jwar), burning eyes, and skin rashes are the symptoms of Pitta aggravation.
- * Kapha aggravation produces whitish sputum and heaviness and dullness in the body. If the sinuses are congested, there may be a dull headache around the region of sinuses.

MANAGEMENT

1. [NASYA](#):

In all cases, nasal medication is recommended for controlling and preventing seasonal allergies. Use medicated sesame oil made with licorice, agaru (*aquilaria agallocha*), bilva (*aegle marmalos*), kantakari (*solanum xanthocarpum*), lotus, and nutgrass. Then put four drop in each nostril at bedtime or Shadbindu oil 6 drops in each nostril. Use this for 4 weeks.

2. [VAMAN](#) An Ayurvedic physician would recommend medicated therapeutic vomiting to balance

Kapha and prevent the recurrence of seasonal allergies.

3. HERBS FORMULATIONS

For Vata & Kapha - Trikatu 1 gm + Sitopaladi Churna 2 gm + Godanti bhasma 250 mg + Amla powder 2 gm -- To be taken with Banafsha 50 ml -- Two times a day.

Start before hay fever season. & take the mixture till the season is over.

For Pitta pacification, bitter herbs & blood cleansing herbs like Dandelion, Barberry or Echinacea should be taken. Take any of these herbs in dose of 1 to 3 gms. a day for 2 weeks.

4. DIET

Avoid heavy foods, cold drinks, and dairy products (including cheese and yogurt), that increase Kapha and decrease digestive fire. Also, follow diets that rebalance your own pattern of doshic imbalance.

5. YOGA AND BREATH THERAPY

It is common for hay fever to start with symptoms that are similar to colds and sinus problems. To prevent symptoms such as runny nose, sneezing and congestion, practice nasal cleansing with water (*jala neti*) regularly to purify the entire upper respiratory tract and prevent recurrence of allergic attacks. Use a special pot with a spout - a *neti* pot - available for this purpose, and make nasal cleansing a regular part of your daily hygiene.

Deep breathing or regular practice of [*anuloma viloma pranayama*] can also prevent attack.

When hay fever allergies are chronic, practice (*Kapalabhati*) regularly to increase the patient's stamina.

6. HERBS: Few herbs useful in Hay fever are:

- **Guduchi (Tinospora cordifolia)** is an herb used in Ayurveda medicine for increasing longevity, promoting intelligence, and improving memory and immune function. In a double-blind trial, an extract of *Tinospora cordifolia* was significantly more effective than a placebo at relieving symptoms of allergic rhinitis, including sneezing, runny nose, nasal obstruction, and nasal itching. The study used 300 mg of a standardized extract three times a day for eight weeks.
- Tylophora is an herb used by Ayurvedic doctors in India to treat people with allergies. It contains compounds that have been reported to interfere with the action of mast cells, which are key components in the process of inflammation responsible for most hay fever symptoms. Mast cells are found in airways of the lungs (among other parts of the body). When mast cells are activated by pollen or other allergens, they release the chemical histamine, which in turn leads to a wide number of symptoms familiar to hay fever sufferers—itchy eyes, runny nose, and chest tightness.
- **Tulsi (Ocimum sanctum)** : Tulsi has antimicrobial properties since it is also anti-inflammatory. It is useful in respiratory tract infection. Ursolic acid, present in tulsi, has anti-allergic properties. The plant can play a role in the management of immunological disorders such as allergies and asthma.
- **Garlic (Allium Sativum)** Garlic has proved effective in certain diseases of the chest. It reduces foetidity or stinking of the breath in pulmonary gangrene. Garlic is also useful in the treatment of tuberculosis.
In Ayurveda a decoction of garlic boiled in milk is considered a wonderful drug for tuberculosis. One gram of garlic , 250ml of milk and a liter of water are boiled together till it reduces to one fourth of the decoction.
- **Ginger (Zingiber officinale)** :Ginger is other excellent remedy for cold and cough. Ginger tea is good for fever, cough and cold. Dried ginger powder 1/2 tsp, 2-3 black pepper cones, 2-3 cloves, 2-3 cardamom, 1/2 tsp Cummins seeds should be boiled and add little tea leaves and sugar or honey and can be had hot. It gives good relief of the throat pain, cold and cough. It can be taken two to three times in a day.

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

HERB OF THE MONTH: Vasaka (Adhatoda Vasica)

The leaves of the plant contain the alkaloid vasicine (C₁₁H₁₂N₂O), which is responsible for the small but persistent bronchodilatation, and an essential oil which is chiefly responsible for the expectorant action. The leaves and roots contain other alkaloids, vasicinone, vasicinolone and vasicol, which may contribute to the bronchodilatory effect through anticholinergic action on the vagal innervation of the bronchii. The bronchodilation effect is considerably increased after atropine administration.

The juice expressed from the leaves and the decoction of the leaves and roots are useful in asthma, bronchitis, and other chronic coughs. Dried leaves are used in dhoomapana (smoking) in the treatment of bronchial asthma. The leaf decoction is an excellent expectorant when decocted with punarnava (Boerhaavia diffusa) and then combined with ginger juice and black pepper. Another effective preparation for the treatment of asthma is the decoction of vasa, guduchi (Tinospora cordifolia), and kantakari (Solanum surratense) mixed with honey.

The pharmacological action and therapeutic properties of A. vasica have been studied by Chopra (Indian J. med. Res., 1925, 13, 205). These are attributed to vasicine and the essential oil. The alkaloid produces a slight fall of the blood pressure followed by a rise to the original level, and an increase in the amplitude of heart beats and a slowing of the rhythm. It has a slight, but persistent, broncho-dilator effect. The fluid extract of the leaves relieves cough and bronchial spasms and liquefies sputum. It is a useful remedy in asthma, specially in combination with belladonna.

BEAUTY TIPS: To get rid of Suntan

- Take 4 tsp of sandalwood powder, five tbsp. of coconut oil and two tsp of almond oil. Mix together and apply on the exposed areas.
- Massage with sandalwood based cream and apply a paste of multani mitti (fullers earth) and sandalwood powder mixed together.

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FORTHCOMING EVENT: Vietnam Medi-Pharm 2007

Venue: Friendship Cultural Palace, Hanoi, Vietnam

Date(s): May 22nd – 25th, 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

AYURVEDA INDIA

An International Herbal Treatment and Panchakarma Centre,
H-38 ; South Extension -I,
New Delhi -110049

AYURPATRA

Phone: 00 91 11 24648034 / 24641132

Website: www.ayurplanet.com

Email: ayur@ayurplanet.com

Our European Centre:AGN ; Dr.A.K.Mehta ;2521 ZL ;Thijsse straat 16;Denhaag;The Netherlands .

www.agn-ayurveda.com ; E mail: info@agn-ayurveda.com

AYURVEDA UK LTD;Dr.R.N.Sharma , 322 Great West Road;Hounslow;TW5 0BA.

Ph -020 8577 7436 / 020 8572 7394.

www.ayurvedauk.com

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