

AYURPATRA

Your monthly health e-newsletter

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SERIES URDHWAJATRUGATA XXV- Nov 2006

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: MEMORY PROBLEMS II (SMRITI VIKRITI)

Contd. From MEMORY PROBLEMS-I; Oct 06 issue of Ayurpatra

MANAGEMENT OF MEMORY PROBLEMS:

The factors that helps in boosting up of memory are :

1. FOOD

Eating foods that nourish the tissues and also a high protein diet feeds the muscle tissue which is directly connected with brain tissue. Avoid sour ,raw food and salad and fermented foods because these block the strotas, or subtle energy channels. Keep your food spiced with ginger, garlic, cinnamon, clove, black pepper, basil, thyme and rosemary to help stimulate the Agni (*digestive metabolic fire*) . Ginger has been scientifically proven to increase the basal metabolic rate that transforms nutrients into tissues

Foods that boost memory are walnuts, cashews, sunflower seeds, almonds, turmeric, and blueberries, to name a few. Walnuts contain polyunsaturated, omega-3 fatty acids that are good for the brain and have been shown to aid brain development in infants.

Researchers at UCLA found that curcumin in turmeric protects the brain against plaques in the synapses of rats, indicating that the plaques found in the brain of Alzheimer's patients also respond to turmeric. Interestingly enough, India, a country where turmeric is widely used, has very little Alzheimer's disease.

Black pepper has also been shown to enhance the power of memory.

2. HERBS

Phytochemicals are even more concentrated in herbs. Ayurvedic herbs that are traditionally known to improve memory are Brahmi(Bacopa monnieri), Ustukhudas(Lavandula stoechas), Vacha(Acorus calamus). These are medhya herbs, which means that they improve the coordination between dhi (learning), dhriti (retention) and smriti (long-term memory). Shankapushpi is another medhya herb that is revered in the ayurvedic tradition. The whole plants are more beneficial because they contain a synergistic combination of phytochemicals .

Brahmi--How It Works

Two chemicals in bacopa, bacosides A and B, improve the transmission of impulses between nerve cells in your brain. These bacosides regenerate synapses and repair damaged neurons, making it easier to learn and remember new things. Bacopa also increases level of serotonin, a brain chemical known to promote relaxation. The herb's ability to boost brain function while reducing anxiety may

explain why it helps treat ADHD.

Reference of a study related to memory boosting effect of Brahmi is as below:

Neuropsychopharmacology (2002)

Chronic Effects of Brahmi (Bacopa monnieri) on Human Memory

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ABSTRACT:

A study is reported on the effects of Brahmi (*Bacopa monniera*) on human memory. There were three testing sessions: one prior to the trial, one after three months on the trial, and one six weeks after the completion of the trial. The results show a significant effect of the Brahmi on a test for the retention of new information. Follow-up tests showed that the rate of learning was unaffected, suggesting that Brahmi decreases the rate of forgetting of newly acquired information. Tasks assessing attention, verbal and visual short-term memory and the retrieval of pre-experimental knowledge were unaffected. Questionnaire measures of everyday memory function and anxiety levels were also unaffected.

Ayurveda India has formulated a memory enhancing capsule with certain combinations of these herbs- with the name - **MEDHA**. This is to be taken 1 morning and 1 evening. It is also helpful in the treatment of Depression and Stress .

3. FATS

In the past 20 years we have been told over and over that fat is bad for you. Not only is this fat-free diet impossible to sustain for more than a week, it is actually damaging to the brain and body. Fat is necessary for memory to function.

It is important to eat high-quality fats. The brain can only use the most intelligent of foods.

Ayurveda recommends ghee, which contains brain-healthy Omega-3 fatty acids and other good fats.

It is not only medhya, nourishing to the mind and memory, but is called smritida, which means memory giving.

Olive oil is a healthy monounsaturated fat that is also nourishing to the brain. Olive oil should never be heated to high temperatures, as that destroys its beneficial qualities.

Fats to avoid: hydrogenated fats, which raise bad cholesterol, are found in most packaged foods today and are not digestible by the body; polyunsaturated fats such as corn oil or safflower oil as these are unstable and create excessive free radicals; and canola oil, which is often genetically engineered and should only be eaten if organic.

4. SLEEP

Exciting new research shows that sleep improves memory. In fact, it is while the brain is sleeping that it works the hardest--rehearsing newly learned information, storing memory files, converting information to long-term memory.

In one Canada study, students who slept the night before the exam significantly out-performed students who stayed awake and crammed. So important is sleep that researchers at Harvard Medical School now suggest that after learning a new skill, it's best to sleep on it. Sleeping for six to eight hours after learning apparently helps the brain transfer new skills and information to its permanent memory banks.

5. EXERCISE

While a good night's sleep helps us retain what we learn, it's equally important to get physical exercise during the day. Exercise helps us to breathe deeply, which is another way to oxygenate brain cells and flush out toxins. You can stop and take deep breaths throughout the day, or practice Vedic breathing exercises called Pranayama to re-charge your memory.

Like all recommendations, how much exercise you do depends on **your body constitution** and imbalances. Kapha types, especially, need more intense exercise than others to keep their mind and body at peak performance. For most people, a brisk walk once a day is a good place to start. Breathe through your nose to direct the oxygen to your brain. Always stay in your comfort zone, stopping or slowing down when you feel the need to breathe through your mouth, or start to sweat on your forehead or tip of your nose.

6. YOGA

Yoga asanas are an excellent way to tone the memory. These gentle stretches direct the blood to the brain and cleanse the organs and channels of toxins, helping to increase communication between the mind and body.

Home Remedies that can help improve your memory:

- Take 1 teaspoon ghee (*clarified butter*) or olive oil on empty stomach in the morning every day with warm herbal tea
- Eat 2-3 teaspoon of ALMOND BUTTER twice a day
- Take one avocado every day for its antioxidant properties that prevent memory loss

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

HERB OF THE MONTH: GINKGO BILOBA

In the last 30 years, more than 300 studies have given clinical evidence that ginkgo prevents and benefits many problems throughout the entire body. Ginkgo is gaining recognition as a brain tonic that enhances memory because of its positive effects on the vascular system, especially in the cerebellum. It is also used as a treatment for vertigo, tinnitus (ringing in the ears) and a variety of neurological disorders and circulation problems. Ginkgo may help to counteract the effects of aging, including mental fatigue and lack of energy.

Ginkgo works by increasing blood flow to the brain and throughout the body's network of blood vessels that supply blood and oxygen to the organ systems. It increases metabolism efficiency, regulates neurotransmitters, and boosts oxygen levels in the brain which uses 20% of the body's oxygen.

Benefits of enhanced circulation in the brain include improved short and long term memory, increased reaction time and improved mental clarity. Ginkgo is often used to treat elderly persons with Alzheimer's and other symptoms of cerebral insufficiency. Cerebral insufficiency is a general term for a collection of symptoms that include difficulties of concentration and memory, absentmindedness, confusion, lack of energy, depressive mood, anxiety, dizziness, tinnitus, and headache.

Ginkgo constituents are beneficial for a variety of imbalances and deterioration in the brain and body. Standardized ginkgo extract inhibits platelet activity factor (PAF), which is a common allergen in the body. Physical stress, and poor quality food can overstimulate PAF production; in other words, blood clotting. Excessive PAF can help cause cardiovascular disease, brain damage, hearing disorders and other immune and inflammatory diseases.

Ginkgo has been used to relieve tension and anxiety and improve mental alertness, elevate mood and restore energy.

Ginkgo has two groups of active substances, flavonoids and terpenoid lactones, including ginkgolides A, B, and C, bilobalide, quercetin, and kaempferol. The ginkgolides have been shown to control allergic inflammation, anaphylactic shock and asthma.

Ginkgo also acts as a powerful antioxidant and contributes to the oxidation of free radicals which are believed to contribute to premature aging and dementia. Antioxidants also protect the eyes, cardiovascular system and central nervous system.

BEAUTY TIPS: TO PREVENT CHAPPED LIPS

- Mix 2 drops of glycerine with 1 tsp of cream on the top of milk and apply to lips to cure the chapped lips and keep overnight to get smooth and shiny lips.
- Mix equal quantities of nutmeg, turmeric, and fresh butter and apply to lips.
- Hot water fomentation, followed by a mixture of Vaseline and honey applied on the lips at least thrice a week will prevent lips from chapping

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

FORTHCOMING EVENTS:

EVENT : MEDIFEST' 06

Organiser : Vantage medifest pvt ltd

Date(s) : 22- 24 Dcember 2006

Contact : 91(172)-2613702

WEB: www.vantagemedifest.com

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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

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