

## **AYURPATRA**

**Your monthly health e-newsletter**

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

**SERIES URDHWAJATRUGATA XXIV– OCT 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: Memory problems (Smriti vikriti) - Part I**

Experiencing problems with our memory can be frustrating and frightening for anyone, at any age. However, we give "memory problems" much more attention as we grow older. The normal aging process makes recalling specific names, numbers or directions a bit more difficult or takes more time. This type of memory "loss" is called Age-Associated Memory Impairment. We all will have it; we all will cope with it.

Memory difficulties become more serious when they impair our ability to function independently, or place us (or our loved ones) in danger. Significant memory impairment includes the inability to recognize familiar faces or places, difficulty using notes or lists, as well as difficulty with making decisions or following through with basic commitments required for daily living. Memory problems have no relationship to education level, socioeconomic status, and gender or ethnic background. Memory problems do lead to other mental health care issues if not addressed carefully and compassionately.

If we look upon various memory problems we find forgetfulness commonly occurring. Forgetfulness could have different reasons.

Some people are habitually forgetful and some tend to be forgetful when under stress. This need not worry a person as it is not a brain disease or a mental disorder. When the forgetfulness is severe and causes significant problems in one's regular work it should be taken seriously. Forgetfulness can be due to other preoccupations or due to brain disease and the issue has to be determined by an expert. Inability to concentrate in what one is doing, either because of lack of interest or because of other preoccupations of the mind, is invariably the cause of poor memory often reported by students. Similarly anxiety and depression can give rise to forgetfulness, inability to understand a task etc.,

Memory problems are recognized as "smriti vikar" in Ayurveda caused by the depletion of dhatus or tissue elements and upward movement of the excessively accumulated bio energies. Intellect is pure, transparent, sharp, accurate, and subtle. The abode of intellect, which is the carrier of the three types of gunas- satvik, rajasik, tamasik, gets disturbed and their balance is

lost. Satvik guna, which represents purity and consciousness, gets impaired by rajas, (the attribute of mind which usually represents energy and dynamism) and. Tama , (the attribute of mind representing passivity and ignorance). manovaha srotas channels carrying cyclic impulses principally responsible for memory is kindled by the satva or the intellect. When this is completely evolved in tamaha or darkness the person is effected and there is malfunctioning of the mental activities.

The problems like Alzheimer's, Dementia or increased benign forgetfulness or short term memory loss etc may be included in ' Smriti Vikar'. We see many conditions in our day to day practice where sometime the memory again becomes normal as during menopause temporarily changes in memory are recovered once hormonal balancing reoccurs whereas poor memory may persist in young child with **ADD**; old people are often heard narrating their old stories with even dates and years and names of persons to whom they haven't met for 40 years, but they may have problem with their recent memory. So, memory has become a problem across the board.

Ayurveda believes that all the three doshas in the brain – Vata (*air*), Pitta (*fire*) and Kapha (*Phlegm*) must work together for learning, processing and recalling information. Imbalance in any one of them can cause problems with memory (Smriti), concentration and mental clarity.

In brief – to have good focus of mind, to learn and acquire new knowledge, VATA (*specifically prana vata*) must be balanced. When PITTA gets out of balance, the dhriti, (*laying down of intermediate memory function through chemical and electrical processing of memories that can be retrieved for a day or two and then forgotten*) will be impaired. And when KAPHA dosha, which lubricates and nourishes the brain tissue, is weak, long-term memory suffers. For example, if someone is frequently unable to muster up names or memories he/she know that they once knew, then their tarpaka kapha is in need of some help. So we have immediate memory (*back a few seconds*), intermediate (*a few seconds to a few days back*) and long-term memory – stretching further back in time.

Most important is to keep VATA balanced; too much Vata disturbs the ability to preserve short term memory and dehydrates the normal levels of Pitta and Kapha in the brain.

**To be contd. in next Issue of Ayurpatra**

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

## **HERB OF THE MONTH: SHANKHPUSHPI**

Shankpushpi is used traditionally to treat nervous debility, insomnia, fatigue, low energy level.

Shankhapushpi is used as a brain tonic. Is used as a tonic, alterative and febrifuge. The plant is reported to be a prominent memory improving drug. It is used as a psychostimulant and tranquilizer. It is reported to reduce mental tension. The ethanolic extract of the plant reduces total serum cholesterol, triglycerides, phospholipids and nonesterified fatty-acid.

There is a pertinent reference in Ayurvedic literature about the use of the drug as brain tonic in hypotensive syndromes. The pharmacological studies of the herb have shown varying degree of its hypotensive and tranquilizing effects.

Clinical studies have exhibited demonstrable beneficial effects in the patients of anxiety neurosis. The herb induces a feeling of calm and peace, good sleep and a relief in anxiety, stresses, mental fatigue, producing a significant reduction in the level of anxiety, neuroticism arising due to various levels of stresses.

The herb appears to produce its action by modulation of neuro-chemistry of the brain. Further,

the herb is non-toxic and its use does not produce any side effects. On the other hand, there is invigorating effect in improvement of health and weight gain.

Charak, Sushrita, Astang Sangrah and Astang Harida provide ample reference for management of various diseases. According to Ayurvedic concept, Rasayan therapy simultaneously effects the body and mind and brings about physical and pschic improvement. This therapy prevents the effects, ageing, develops intelligence and increases the body resistance agains diseases.

The World Health Organisation has laid down that ""Health is a state of complete physical, mental and social well being and not merely absence of disease or infirmity"". Rasayana drug in Ayurveda may be equated with modern immunomodulator drugs since they possess similar properties and perform similar functions.

Shankhpushpi is one of the most important Medha Rasayana . Its use improves the balance and vitiation in Kapha-vata-pitta doshas and the herb is astringent and bitter.

Chemical studies of whole plant have shown the presence of glycosides, coumarins, flavonoids and alkaloids. Shankha pushpine, (the alkaloid) has been identified as active principle. B. sitosterol glycoside, Hydroxy Cinnamic acid, Octacosanol tetracosane alongwith glucose, sucrose also have been isolated from the plant drugs.

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#### **BEAUTY TIPS: DEEP SUNKEN EYES**

- Apply 1 tspn of Honey with ½ tspn of Almond oil. Apply at bedtime.
  
- Soak 5 Almonds overnight. Peel them, eat them by chewing well followed by a glass of milk. Done first thing in the morning for 21 days should definitely help.

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

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#### **FORTHCOMING EVENTS:**

**EVENT** : 2<sup>nd</sup> WORLD AYURVEDA CONGRESS & EXPO 2006

**Organiser** : University of Pune

**Date(s)** : 5<sup>th</sup> - 12<sup>th</sup> November 2006

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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 endeovour. He can be reached at [ayurplanet@gmail.com](mailto:ayurplanet@gmail.com)

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