

## AYURPATRA

Your monthly health e-newsletter

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

**SERIES URDHWAJATRUGATA XXIII- SEP 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: MOOD SWINGS**

It is completely normal to experience mood swings. Part of being human is the wide range of emotions that one can experience. However, when mood swings dominate a person's life, he or she may feel overwhelmed and desire more stability.

Mood swings should not be confused with Bipolar Disorder or Manic Depression Disorder, in which extreme moods persist for weeks and months at a time.

Research indicates that women experience mood swings twice as often as men. Most women experience mood swings as a result of pregnancy, post-partum and PMS.

Mood swing is a disorder which results due to imbalance of Vata dosha and rajasic guna.

[Vata body types](#) are more prone to mood disorders like anxiety, panic, mood swings, insomnia, nervousness.

#### Causes of Mood Swings

Vata aggravating diet and lifestyle like eating cold, dry, light food and over exertion, less sleep at night, travelling etc are the main causes of affecting vata which causes mood changes.

Researchers have proposed several options, including chemical imbalances and hormonal changes.

#### **Chemical Imbalance**

Mood disorder may be caused by a chemical imbalance in the brain. The experience of feelings such as happiness, stress, fear, depression or anxiety, occur when the brain releases chemicals called neurotransmitters. It is the release and re-absorption of these neurotransmitters that affect how a person feels. People who experience mood swings might have an imbalance of the neurotransmitters serotonin, norepinephrine, GABA and dopamine. There are medicines and therapy techniques available that are designed to help establish a balance of the release, reuptake and absorption of these key neurotransmitters.

## Hormonal Changes

Some women experience hormonal mood swings during or after pregnancy or with their menstrual cycles. Teenagers often experience mood swings after the introduction of sex hormones during puberty. Often, the mood swings are alleviated once the hormone levels have returned to normal.

The typical signs and symptoms that are evident in a person who displays mood swings are unexplained anger and sudden fits of irritability, short-term feelings of melancholia and sudden recourse to weeping.

## Management

**Panchkarma** -Body cleansing is extremely important part of every prevention and curing program.

**Vasti** – Treats specifically the aggravated vata dosha which causes fluctuations in mood or behaviour.

Nasyam - Administering medicated oil drops through nostrils relieves vata and helps in nourishing the head.

**Abhyanga**- Is a physical activity which helps in cleansing, it brings balance and relieves accumulated stress.

**Swedan(Sweating)** - Sweating is powerful way to cleanse your body from accumulated toxins.Sweating should preferably be followed by Abhyanga.

**Yoga** – As well is a type of physical activity which maintains the energy flow in body. Meditation helps to stabilize and calm the mind.

**Shiroabhyanga & Shirodhara** – It relaxes and calms the mind by pacifying the aggravated vata.

**Herbs** - Anti-Vata herbs include Ashwagandha, Arjuna, Comfrey root, Garlic, Guggul, Hawthorn berries, Licorice, Myrrh, Zizphus,Ashok, Shatavari, Brahmi.

Formulations like Brahmi ghrith,Brahmi rasayan, Ashokarisht, Dashmoolarisht alleviates mood swings.

Avoiding *tamasik* (fried, rotten, over-spiced etc.) food and consuming *Brahmi* tea can further alleviate mood swings.

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

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## HERB OF THE MONTH: SHATAVARI

Asparagus racemosus. SHATAVARI is a cooling, calming, nourishing and purifying herb which has a special affinity with women though it is also excellent for men.

SHATAVARI tones, cleanses, nourishes, and strenghtens the female reproductive organs and so is traditionnaly used for PMS, ammenorrhoea, dysmenorrhoea, menopause, and pelvic inflammatory

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disease like endometriosis. It also supports deeper tissue and builds blood and so it helps to remove infertility, prepare the womb for conception, prevent miscarriage and acts as a post-partum tonic where it helps to increase lactation and normalize the uterus and the changing hormones.

So many of these benefits abound because Shatavari contains phyto-estrogens, hormones that normalize estrogen levels and also play an important role in preserving women's long term health. Clinical studies suggest that plant estrogen's are better than drugs for hormone balancing since they do not produce negative side effects such as uterine cancer. This gentle herb will promote an easier balanced life.

For men it is a nutritive tonic similar to ginseng. Because Shatavari is a gentle herb which regulates growth, is a systemic tonic, and is calming, it is considered, along with Ashwagandha and Bhrami, to be excellent for children. It is also recommended for elderly because it soothes the systemic dryness which is part of the natural aging process. For post-menopausal women it is especially good when taken with a cup of saffron milk.

Shatavari has a strong rejuvenating, nurturing, and stabilizing effect on excessive air, gas, dryness and agitation in the body and mind. As such it is traditionally used for nervousness, anoxeria, insomnia, mood swings, hyperactive children, and people who are underweight. It promotes positive emotions while calming airy sensitivity and the fiery emotions such as irritability, anger, jealousy, resentment, and hatred. It also helps with pain, agitated sleep, disturbing dreams, and those who have weak emotional and physical heart.

### BEAUTY TIPS: FOR BLACKHEADS

- Take 1 tsp of fresh coriander leaf juice with ½ tsp of turmeric powder. Apply this at bed time and wash in the morning. Repeat for a week.
- Take 1 tsp lime juice mixed with 1 tsp of finely powdered cinnamon. Apply at bed time and wash in the morning.

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

### FORTHCOMING EVENTS:

**Date(s)** : HEALTH IN AND OUT  
**Organiser** : CIGMA EVENTS  
**VENUE:** Shri kanteerava Indoor Stadium, Bangalore  
**Contact** : +91 80 25201517/18  
**WEB:** [cigmaevents.com/health-inandout](http://cigmaevents.com/health-inandout)

### 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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