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GURUKUL'S C.M.E



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Medicine Reorientation

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Editor's Desk

Dear Doctor

This issue contains interesting articles to start with ancient solution for various skin diseases (**Twak Rog**) based on herbs (**Kashth**) & minerals (**Ras**) as medicines, a case report on successful ayurvedic management on Psoriasis (**Kushth**), pathogenesis (**Samprapti**) of cardiac diseases, authentic parallel study of heart diseases (**Hrid Rog**) with treatment, incorporation of ancient astrology (**Jyotish**) one of the pillars of ayurveda for radical cure.

Safe & scientific solution to **P.C.O.S** a modern day disorder, yogik & naturopathy answer to Diabetes-Mellitus (**Madhumeh**) among children, extra ordinary clinical benefits of Pointed Guard (**Parmal**) an common vegetable, as well as ayurvedic ways & means to control aching Smog (**Pardushan**) are some of the write-ups.

Wishing you Happy & Healthy DHANVANTRI JAYANTI & DEEPAWLI.

Thanks.

With Regards

A stylized, handwritten signature of Dr. Dinesh Vasishth, consisting of a large 'C' shape with a small 'V' at the end.

Dr. Dinesh Vasishth

Ph.D (Internal Medicine), M.B.A.

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‘SDHANYAVAAD HARDIK BADHAI’
Honorable Sh. Shripad Y Nayak Ji



A.Y.U.S.H. MINISTER
For Declaring
Rashtriya Ayurved Divas
(National Ayurveda Day)
on
Dhanvantari Divas



Dr. Sathyanarayana B, M.D.(Ayu),
Principal, Muniyal Institute of Ayurveda Medical Sciences,
Manipal, INDIA-576104
Telephone:91-820-2573088(R), 91-820-2575025
(Telefax), 9480289593(M), E-mail: bhaishajya@yahoo.com.

Efficacy of Ayurvedic Herbomineral Formulations in Dermatological Practice (Twak Rog)

Abstract: The skin is the largest organ of the human body, which protects us against mechanical, chemical and biological hazards. The 21st Century, with its continuous changing life styles, environment and dietary habits have made man as main victim of many diseases. Nowadays skin diseases are very common. Though skin diseases are common at any age of the individual, they are particularly frequent in the elderly. The patients always experiences physical, emotional & socioeconomic embarrassment in the society. Normally, 10 - 15% of the General Practitioners work is with skin disorders and about 30% of all the skin diseases are eczematous. It is a second commonest cause of loss of work.

Ayurveda has discussed all skin disease under the umbrella of Kushtha, in other word it can be listed as 'Ayurvedic dermatology'. It is not a vis-à-vis correlation but one can cover up all dermatological manifestations under 18 subtypes of Kushtha.

Now a days, modern science reach top of the hill by great advance particularly in dermatology as topic is concerned and also availability of powerful antibiotics, antifungal, antihistaminic, steroids, etc. but better management could not be searched out till today. Few drugs are available for symptomatic relief only. Their indiscriminate use is most undesirable. Nowadays, whole world is gradually turning towards Ayurveda for safe and complete

cure of diseases. Especially in the field of skin problems **Ayurveda can contribute remarkably. Efficacy of Shodhana therapy in treating chronic dermatological afflictions is well established. However, Shamana therapy is also equally important. Especially in general clinical practice physicians largely depend on Shamana therapy (both external and internal) while treating skin diseases. Even after Shodhana, Shamana Chikitsa is essential. Among hundreds of Ayurvedic formulations used in treating skin diseases, Rasayogas or herbo-mineral formulations have a unique role and a clear edge over pure herbal formulations. It is a known fact that Rasoushadhi are superior to Kashthoushadhi owing to their small dose, quick action, easy palatability and long shelf life.** Several experienced doctors over several years in their clinical practice have observed and are confident regarding the excellent efficacy of Rasoushadhi in managing challenging, chronic skin diseases like eczema, psoriasis etc. The products like Arogyavarddhani Vatee, Rasamanikya, Gandhaka Rasayana are clinically established and scientifically proved for their efficacy in dermatological practices.

Key words: Rasayoga, Skin diseases, Kushtha, Ayurveda

Dermatology is the branch of medicine dealing with the skin and its diseases [1], a unique specialty with both medical and surgical aspects. [2][3][4]

Dermatosis (plural dermatoses), is defined as "any disease of the skin,"[5][6][7] and, while thousands of skin disorders have been described, only a small number account for most visits to the doctor.[7]

Dermatology is a very dynamic subject with multiple advances in various fields including dermatosurgery, dermatopathology, genetics and molecular research, melanocyte research, Lasers, cosmetic dermatology, etc.. Availability of various new therapies including lasers, botox, dermal fillers, biologicals, and immunoglobulins for treatment of various disorders have created a lot of excitement among the young dermatologists although the senior and eminent dermatologists still prefer to restrict themselves to the time-tested older therapies [8]

Antibiotic resistance, diabetes, asthma, eczema etc. have surfaced in epidemic proportions, perhaps as a result of winning the battle against infection. This has encouraged votaries of alternative paradigms [9].

Rasadravya those are useful in dermatological conditions:

The materials described in Rasashastra have been classified under several categories like Maharasa, Uparasa, Sadharana Rasa, Dhatu, Upadhatu, Ratna, Uparatna, Sudhavarga, Sikatavarga etc. Some of the raw materials (metal/mineral/plant product/animal product) mentioned under these categories have their special application in healing skin ailments. Their mode of action may vary from antimicrobial to immune modulation. However, they are proven to be potent and efficacious in managing dermatological conditions. eg; **Gandhaka** (Sulfur), **Gairika** (Haematite-ferric oxide), **Kasisa** (green vitriol-ferrous sulfate), **Kankshee** (alunite/potash alum), **Haratala** (yellow orpiment-arsenic trisulfide), **Manahshila** (realgar-arsenic disulfide), **Rasanjana** (extract of Berberis aristata), Pushpanjana (Zinc oxide), **Kampillaka** (a product of the tree mallotus philippinensis), **Girisindura** (montoydite-mercuric oxide) , **Naga Sindura**

(lead trioxide), **Mrddarashnga** (litharge-lead monoxide) etc. Occasionally, **Parada** (mercury), **Hingula** (cinnabar), **Kapardika** (cowries), **Shilajatu** (asphaltum), **Tamra** (copper), **Kansya** (bronze) etc are also used.

However, following are most important and widely used:-

- **Gandhaka (Sulfur):** This is the most popular and widely used rug in treating skin diseases in the form of various formulations meant for external and internal use. Its special efficacy in treating the conditions like Pama (scabies), Dadru (teniasis), Vicharchika (eczema) are well established. Gandhaka acts as immune modulator, antimicrobial and antibiotic

- **Gairika(Haematite):** This drug is popularly being used in the conditions like urticaria and allergic skin manifestations that can be correlated with the conditions like Shitapitta, Udarda and Kotha. This Pittahara, Rakta shodhaka and Rakta Prasadaka drug is found to be having antihistamine like action.

- **Haratala:** This is most potent among the Rasadravya in treating the chronic, challenging skin diseases. Its formulations like Rasamanikya, Tala Sindura, Talakodaya Malahara etc have been clinically established to be the wonder drugs in treating the conditions like eczema, psoriasis, lichen planus etc. Haratala being the trisulfide of arsenic is a potent immune suppressant and antimicrobial. However, it should be used cautiously, in right dose, with right vehicle and after proper detoxifying and processing techniques.

Let us discuss the application of selected Rasayogas most popularly and effectively used in clinical practice:-

1. Arogyavarddhane Vatec:

This is a wonder drug in treating skin diseases. The presence of ingredients like Katuki, Shilajatu, Tamra Bhasma, Guggulu and Kajjalee made its

action multidimensional. It is Rata shodhaka and Pittasaraka. It improves digestion and metabolism. Its hepatoprotective effect, laxative action has made its action unique in the management of multiple types of skin diseases. It also improves the health of skin. It is found to be more efficacious when used in early stages of skin diseases. It is advised to use this product for a period of 48 days (one Mandala) for optimum results[34]. Its main action is on liver and intestines. It helps to eliminate toxins from the body. It can be used in any type of skin diseases and in any stage. But, it may not be so effective when the disease is deep seated, presented with severe excoriation, ulceration and pain where other products are to be essentially added.

2. Gandhaka Rasayana:

This product is a very useful medicine in a variety of dermatological conditions and hence rightly quoted as effective in Ashtadasha Kushtha[35] Here also most important is the quality of the product which is ensured by strict adherence to the GMP norms by following SOP. All 83 Bhavana should be properly given. It is essential to mix the final product with equal quantity of Sita so that it acts as Rasayana and can be used safely in therapeutically effective dose. This product is highly efficient anti bacterial and immune modulator and can be used in all the types of skin diseases. However, its efficacy is most appreciated in the conditions like eczema, ecthyma, taeniasis, skin diseases with secondary infections etc.

3. Rasamanikya:

This is a very potent and effective product in treating skin diseases. Its efficacy is proved even in treating leprosy. It is an arsenic compound prepared by using Shuddha Patratala. Rasamanikya is an extensively evaluated product chemically, toxicologically and clinically[36]. It is mainly useful in Vatakaphaja Kushtha. Its potent antimicrobial and immune modulating effects have made it a drug of choice

in treating the conditions like psoriasis, chronic eczema and leucoderma. Its dose should be 60-120 mg and should always be used with appropriate Anupana like Madhu and Ghrta. It can be divided into accurately divided dosage packets and dispensed to the patient or it can be homogenously and uniformly distributed in herbal diluents (like Triphala Churna, Guduchi Sattva etc) and used.

In a clinical study, 15 patients of Psoriasis vis-à-vis Ekakushtha were administered Rasamanikya at a dose of 125 mg with oney and ghee, twice daily for 28 days and the results were highly encouraging with the remission in the symptoms as follows: Aswedanam 90%, Mahavastu 70%, Kandu 100%, Matsyashakalopam 75%. There was no elevation of serum arsenic level even after a month's treatment[36].

Here, Anupana is very crucial and Rasamanikya has to be administered with honey and ghee.

Mild to moderate fatty changes to liver was significant and decreased liver weight, increased cholesterol and decreased blood sugar level were reported in earlier (D.K.Mishra et al) when it is given with water, in present study it is given with honey and ghee and proven safe[36].

4. Lagu Suta Shekhara Vatee:

Chief constituents of this product are Shuddha Gairika and Shunthi. This product even though is indicated in Amplapitta, is being used popularly by Ayurvedic practitioners in the management of skin diseases. Gairika is known Pittahara and Rakta prasadaka drug and efficacy of Shunthi in treating Shita Pitta is classically referred and clinically established. This product is found to be having potential antihistamine like action and hence being used successfully in treating allergic skin manifestations especially the Urticaria. It also helps to dry up the secretions quickly. Hence, Laghu Suta Vatee can be effectively employed to relieve the

symptoms of itching and discharge in any of the dermatological conditions.

Factors to be considered while using Rasayoga in clinical practice:

There is nothing to be worried about the toxicity of Rasayoga once the quality is established and physician has adequate knowledge about the planning of the medicine.

Following points should be borne in mind before prescribing Rasayogas:

1. The quality of the product should be ascertained (adequate information about the source of supply including the quality standards maintained by the company should be known) to be confident about the safety and efficacy of the product.
2. The dose of the drug must be appropriate. By considering all the factors like classical guidelines, age of the patient, sex of the patient, time of administration, potency of the drug, form of the drug etc, ideal dose is to be fixed to avoid any untoward effects (especially in arsenic compounds).
3. A proper vehicle is to be used (honey, ghee, milk, butter, specific herbal juice, decoction etc.) to get desired efficacy and also the safety. eg; if Rasamanikya is given with water instead of honey and ghee (as mentioned in the text) it may show mild toxic symptoms[36]
4. Course or duration of the treatment is also crucial in the case of Rasoushadhi. Some Rasoushadhi

(especially arsenic compounds) may have cumulative toxic effects if are used for considerably prolonged period

5. Pathyapathya mentioned during the administration of particular Rasayoga should be strictly followed.

Summary and conclusion:

The classical references, clinical experiences, pharmacological and clinical studies carried out in various centres have confirmed the efficacy of Rasayogas in dermatological practice. They have a clear edge over pure herbal formulations especially in treating chronic persisting skin diseases like psoriasis, lichen planus, eczema etc. This is because of their potency, strong antimicrobial, antihistaminic and immune modulating actions. Unfortunately, only a limited number of Rasayogas are being used in clinical practice. It is essential for clinical practitioners to explore the possibilities of using more and more herbo-mineral preparations in treating dermatological afflictions. However, one should be careful regarding the quality of the product with special reference to SOP of production and final quality specification. If these are within acceptable limits one need not worry about the safety of the product as several multi centric studies carried out on toxicity of herbomineral products have proved their safety beyond doubt. A physician should know their judicial application with much attention to the dose, time of administration, duration of administration, Anupana, diet restrictions etc. aspects to ensure safety and maximum efficacy.

Tables Ahead

For A.Y.U.S.H (Ayurved) Growth
MD (Ay.) & PhD (Ay.) Physicians may please contribute by sharing articles
of their research studies for the benefit of our own community family.
Oblige & Thanks

Table 1 : List of Rasayogas popularly used in dermatological practice:

S.No.	Name of the product	Dose	Anupana	Indications
1.	Arogyavarddhane Vatee ^[11]	500 - 750 mg	Jala	Sarva Kushtha
2.	Gandhaka Rasayana ^[12]	0.5-1 gm	Sita, Jala, Ksheera	Sarva Kushtha
3.	Rasamanikya ^[13]	60 - 120 mg	Madhu and Ghrta	Sphutita and Galita Kushtha, Vicharchika
4.	Laghu Suta Shekhara Rasa ^[14]	0.5-1 gm	Sita, Jala, Ardraka Swarasa	Sheeta Pitta
5.	Galat Kushthari Rasa ^[15]	500 - 750 mg	Madhu and Ghrta	Karna Nasa Galita Kushtha
6.	Talakeshvara Rasa ^[16]	500 - 750 mg	Jala	Shvitra Kushtha
7.	Shashilekha Vati ^[17]	250 -500 mg	Bakuchi taila and Madhu	Shvitra Kushtha
8.	Shvetari Rasa ^[18]	500 - 750 mg	Madhu, Ghrta	Shvitra Kushtha
9.	Krshnamanikya Rasa ^[19]	125-250 mg	Madhu and Pippalee churna	Sarva Kushtha
10.	Vyadhiharana Rasa ^[20]	60-125 mg	Madhu, Ghrta and Pippalee churna	Sarva Kushtha
11.	Amrtankura Louha ^[21]	500-750 mg	Jala, Ksheera, Narikela Jala	Sarva Kushtha
12.	Nageshvara-Naga Bhasma ^[22]	500-750 mg	with equal quantites of tvak, devadaru and bakuchi churna	Galat Kushtha
13.	Siddha Haratala Bhasma ^[23]	60-120 mg	Madhu and Ghrta	Galatkushtha, Shveta Kushtha
14.	Haratala Bhasma ^[24]	60-120 mg	Madhu and Ghrta, Ksheera etc.	Kandu, Kushtha, Galatkushtha

Note: Only those Bhasma having specific indications in Kushtha are mentioned here. However, other Bhasmas like Abhraka Bhasma, Tamra Bhasma, Trivanga Bhasma, Godanti Bhasma etc. can also be used in skin diseases, judiciously combining them with relevant ingredients and Anupana.

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S.No.	Name of the product	Indications
1.	Chandāmāruta Lepam ^[25]	Kitibha, Pundarika, Sidhma, Kakana
2.	Rasottamadi Lepam ^[26]	Pama, Kandu, vicharchika
3	Sinduradi Lepa ^[27]	Vicharchika, Vipadika, Vrana, Kandu

[b] Malahara

S.No.	Name of the product	Indications
1.	Dadru Vidravana Malahara ^[28]	Dadru
2.	Darunanashaka Malahara ^[28]	Darunaka
3.	Gairikadya Malahara ^[28]	Kandu, Daha, Vrana
4.	Gandhakadya Malahara ^[28]	Pama
5.	Hinguladya Malahara ^[28]	Phiranga Vranahara, (in ulcerative, infected skin diseases)
6.	Hingulamrta Malahara ^[28]	Vrana Shodhana-Ropan (in ulcerative, infected skin diseases)
7.	Kajjalikodaya Malahara ^[28]	Vrana Shodhana-Ropan (in ulcerative, infected skin diseases)
8.	Kitibhari Malahara ^[29]	Dadru, Pama, Kitibha
9.	Kampillaka Malahara ^[30]	Vicharchika
1.	Mrddrashrngadya Malahara ^[28]	Pama, Kandu, Vipadika.
2.	Pamahara Malahara ^[28]	Pama, Kacchu
3.	Rasapushpadya Malahara ^[28]	Chirodbhuta Vicharhika
4.	Siduradya malahara ^[28]	Vrana Shodhana-Ropana
5.	Talakodaya Malahara ^[28]	Vicharchika, Dadru, Pama..
6.	Tankanamrta Malahara ^[28]	Dushta Vrana
7.	Tutthakadya Malahara ^[28]	Vrana Shodhana-Ropan (in ulcerative, infected skin diseases)
8.	Tutthamrta Malahara ^[28]	Chira Samutthita Pama
9.	Yashadamrta Malahara ^[28]	Vicharchika, Vrana, Dagdha Vrana

[c] Draava:

S.No.	Name of the product	Indications
1.	Kasisa Drava ^[28]	Vicharchika, Kandu..
2.	Rasakarpura Drava ^[28]	Hasta paada smaraagaara gehaadigata bhutanut, Phiranga Vrana

[d] Taila/Ghrta:

S.No.	Name of the product	Indications
1.	Gandhaka Taila/Druti ^[31]	Kshudra Kushtha, Visarpa
2.	Kasisadi Ghrta ^[32]	Pama, Vicharchika, Dadru
3.	Sinduradya Taila ^[28]	Pama, Vicharchika, Visphota, Kshata, Kandu

Table 3: Kushtha specific Rasayogas[33]:

S.No.	Type of Kushtha	Medicines	Dose	Anupana	Sevana Kala
1.	Vatajah (kapalam)	Haratala Bhasma	60-120 mg	Ghrta and Sharkara	Adhobhaktam, twice daily
2.	Pittajah (Oudumbaram)	Tala Bhasma Mishranam*	60-120 mg	Ghrta and Sharkara	Madhyebhaktam twice daily
3.	Kaphajah (Mandalam)	Arogyavarddhanee	500-750 mg	Ghrta and Madhu	Pragbhaktam twice daily
4.	Vatapittajah (Rshyajihvam)	Arogyamishranam**	0.5-1gm	Ghrta and Sharkara	Antarabhaktam twice daily
5.	Kaphapittajah (Pundareekam)	Chandamaruta Lepa	Q.S.-ext	with Navaneeta	External application twice daily
6.	Vatakaphajah (Sidhmam)	Chandamaruta Lepa	Q.S.-ext	with Navaneeta	External application twice daily
7.	Tridoshajah (Kakanam)	Chandamaruta Lepa	Q.S.-ext	with Navaneeta	External application twice daily
8.	Kaphajah (Vicharchika)	Arogyamishranam**	0.5-1gm	Khadirarishta	Antarabhaktam twice daily
9.	Vatakaphajah (Vaipadikam, Alasakam)	Rasamanikya	60 - 120 mg	Madhu and Ghrta	Adhobhaktam, twice daily
		Sinduradi Lepa	QS-ext	directly applied	twice daily
10.	Kaphapittajah (Dadru, Charmadala, Pama, Kacchu, Shataru)	Arogyamishranam**	0.5-1gm	Manjishthadi Kvathah	Antarabhaktam twice daily
		Gandhaka Drutih	2-5 drops	Godugdha	Antarabhaktam thrice daily
11.	Vatapittaja (Ekakushtha, Charma, Kitibha)	Gandhaka Rasayanam	0.5-1gm	Ghrta and Sharkara	Adhobhaktam, twice daily
12.	Shvitram	Arogyavarddhanee	500-750 mg	Ghrta and Sharkara	Adhobhaktam twice daily
		Shashilekha Vati	250 -500 mg	Bakuchi taila and Madhu	Adhobhaktam twice daily

Table 1 : List of Rasayogas popularly used in dermatological practice:



Dr Ankur Kumar Tanwar
Senior Ayurveda Consultant
Govt. of N.C.T. Delhi, 09250868756
ankurkumartanwar@gmail.com

Ayurvedic Management of Psoriasis : A case study

Psoriasis is a chronic dermatosis characterised by an unpredictable course of remission & relapse it is a non infectious skin disease characterised by scaly, silvery patches mainly on the scalp and extensor surface of the body. Its exact cause is unknown. In Ayurveda, it closely resembles with Ekkushta. The features of Ekkushta explained in Ayurveda classics resembles with the symptoms of psoriasis. Psoriasis is the challenge for modern science there is no definite treatment for psoriasis in modern science till today. The drug available in the market to treat psoriasis are not very effective and have local and systemic effects.

In Ayurveda, Vata Pitta and Kapha dosha is the main contributory factor for the disease. Due to vitiation of three dosha, the disease manifests and the main line of treatment for psoriasis is Panchkarma and internal medicine. It is considering the best approach for skin disorder.

A case report of 42 year old male, presented with well demarcated red scaly, silvery patches mainly on both legs, hands, scalp, chest and back with itching, and also nail and joint involvement has been presented in this article.

Etiology of psoriasis : Unknown but many factors have been associated"

- Genetic : may be autosomal dominant
- Triggers : physical trauma, infection and drugs.
- Biochemical change : like increase level of arachidonic acid.

- Immunological factors: helped T cells PLAY A KEY ROLE.

Epidemiology : Roughly 1% of population is affected, can occur at any age and affected both sexes worse in winters, around 7 millions people are affected in developed country.

Histopathogenesis :

- Increased epidermal cell proliferation.
- Retention of nuclei in stratum corneum.
- Proliferation of fibroblast.
- Dilated and tortuous capillary loops.
- Shortened epidermal turnover time from normal of 60 to 10 days.

Clinical features: usually chronic indolent lesions which persist for month, lesions are mildly papule or plaque, erythematous plaque lesions with characteristic silvery, large, loose scales. The patients of psoriasis may also suffer from depression and low self esteem.

In a patient with psoriasis always check for nail and joint involvement.

- **Nail :** 10 to 15 % of the patients have nail involvement. Pitting, nail plate thickening, subungual debris, discolouration of nail plate and oil spot seen in the nails.

- **Joints :** 10 % patients have joint involvement .

Sites : Scalp, pressure points & extensor. Sometimes generalised.

Chronic recurrent psoriasis is difficult to treat.

modern science treat with PUVA and corticosteroids but these drugs having local and sytemic side effects like liver and kidney failure etc. So it is the time to find out the effective and safe treatment for psoriasis. Medicines which are used in ayurveda are safe and practised since many years. A huge numbers of drugs are prescribed in ayurveda for the treatment of kushta.

Case details : A 42 year old male patient ,hindu brahman by religion,presented on 10 april 2016 with well demarcated raised red scaly, silvery patches on chest, back and both legs and hands.he complained of itching all over the body and on scraping, white powder like substances fall down and leaves a bloody surface. On history, patients had complaints sice 20 year and diagnosed of psoriasis by allopathic physician. Since 20 years he is taking allopathy and homoeopathy patients from various practioner of U.P and Delhi. He is brahman and lives in well known temple of Delhi and visit homes of peoples for religious ceremony. He is afraid that if the disease is spreding continously, then he is unable to work as priest because people neglect him due to disease. The disease is spreding all over his body and also involves nail and joint destruction of nail plates of hand and legs was also developed for this, patient took allopathic treatment for such a long time but did not get relief.

The patients visit our clinic for the first time. He told use that his problem not solves since 20 year and spreading continously. So he is unable to trust us. So we first give him counselling because reassurance and emotional support are invaluable. Physical and mental rest enhance the effects of the treatment. It is also important to tell him that the diasease is not contagious and is benign.

SYMPTOMS OF THE PATIENTS :

- Itching all over body
- Silvery patches specially on legs, chest, back but now spreading in his hand and scalp.
- Destruction on nail plates.

- Swelling and pain in left middle fingers and flexor deformity in proximal interphalangeal joint.

- Swelling in right middle metatarso phangeal joint and pain.

Some blood test of the patients were done like CBC,LFT,KFT ,SR,URIC ACID to assess outcome.

His general health was good and both physical and all blood test were within the normal limts.we advise patients for panchkarma and oral medication but patients refuse for panchkarma so we start his oral or internal medication.

Investigation Done :

- CBC(Complete Blood Count)
- LFT(Liver Function Test)
- KFT(Kidney function Test)
- Sr.Uric Acid

Investigation was done to rule out any other pathology. **Investigation were within normal limit**

Internal Medication :

Medication are given into two phase. In **First Phase** we given, **panchsakara churna** one spoon two times daily for anulomana and pachan, **panchnimba churna** one spoon two times daily with luke water, **panchtikta ghritha gugulu** two tab two times daily, and one oil for local application containing **gyotishmati**, **bakuchi**, and **chakramad** for five day. We told patient to apply the oil firstly only on legs for 5 days. Patient taking the same for 5 day and come on 5 day, we saw fabulous result, the rashes which are developed within 4 to 5 month are just disappear and other rashes are also subsiding.

After 5 days, in **Second Phase**, we continues the same treatment and also added **haridra khand** one spoon two times daily, **gugulu tiktam kashaya** three spoon two times daily one hour before food for 15 days.the patient came on 20th day, with great result, the rashes are almost 60 % subsiding and pain and swelling in finger and ankle also reduced to great extent. Now, patients not taking any pain killer for pain & got improvement in nails of legs.

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We prescribe the same medicine for one month that time and ask him to do some physiotherapy additional for finger deformity. After that patient came with 70 to 75 % relief in symptoms and that during the treatment he not develop any additional rashes.

During the treatment, we also advised the patient to follow some dietary changes and lives according to the rules of ayurveda.

Result :Psoriasis is disease with unkown etiology triggerd by many factors.in modern science, treatment of psoriasis an challenge, doesnt have any safe and proper medicine but ayurveda treatment gives satisfactory results as well as the quality life to the patient. Ayurveda removes toxin out of the body and corrects the formation of aama. Ayurveda gives the prevention as well as the treatment. So by following the dietary and life style change we prevent the reoccurrence of the disease.



Before Treatment



After 5 day of oral medication



After 20 Days



Prof. (Dr.) O.P. Gupta

B.Sc., B.A.M.S., M.D.(Ayu), Ph.D., CCTY' FICA,
Shivam Complex' Opp' SBI' Bharalumukh
A.T. Road, Guwahati-9, Assam
Mobile : 9864065310, email : dropgupta01gmail.com

AYURVEDIC REVIEW OF CARDIO VASCULAR PATHOGENESIS (SAMPRAPTI)

It is scientifically established that, abnormal lipid accumulation in arteries including coronary arteries are the major pathogenesis of atherosclerosis, resulting coronary artery diseases (CAD), the main factor of cardiac mortality to-day. The atherogenic dyslipidemias with or without obesity, or with syndrom, X have more low density lipoprotein (LDL), which is now under the net producing the thrombo-plaque in coronaries even if total cholesterol is average normal (Am.J.Cardiol 1998;81: 18(3-25(3), and it indicates that hyperlipidemias and reduction of HDL (High-density lipoprotein), occur in the system a consequence of several factors, that affect the concentration of plasma-lipoprotein in circulating blood, these factors are divided in two groups, major and minor, the major are (1) Tobacco (Nicotine) smoking, (2) High blood pressure, (3) Hyper lipidemias, (4) High blood sugar, (5) Hyper homocystenemia, (6) High fibrinogen factor, (7) Male-sex, (8) Genetic predisposing, (9) Excessive use of Saturated fat, (10) Certain pathogens as Herpes, H. Pylori, Clamydia, and amoebiasis, where as minor factors are (1) Excessive intake of oral contraceptive (2) More age (3) Stress (4) Over weight and High uric acid (5) Physical inactivities (6) Excessive free-radicals (7) Magnisium and Chromium deficiency.

The abnormalities of coronary, valvular pathology, and Hypertension are three major problems, which should be treated to prevent the cardiac emergencies, as Ayurveda believes in prevention first. There were less complications and emergencies, during

vedic period, and the people were enjoying the total-age with positive health, the cardiac emergencies, were very difficult to manage during those days and they were kept under Asadhya and Arist catogories. To-day the medical advances are totally changed. We have much more sophisticated and high-tec instruments, which keeps in diagnosing a patient in lesser time, helps to treat early, ultimately prevents emergencies, the Ayurveda medicines, described in classics are better answer in preventive cardiology, if applied properly.

Heart is the place of Para-Ojus, which is in eight drops in quantity. Heart is the mool (centre) of Pranvaha srotas and rasavaha srotas (the vessels which carries Oxygenated blood and nutrition through circulation to entire body. This pran is circulated by 10 (Ten) important vessels; known as Dhamani (pulsating vessels), out of these 2 (two) supplies the blood in heart itself, known as coronaries. Heart is not only a organ it is more biologically - active and reactive, and secreting some very important vital-substance. Needs more applied research about its chemical-nature, other then neurochemicals and atrio-peptids, with the Para-Ojus-qualities. The physiology and anatomy of heart is very much clear, as its structure and colour is similar to down wards Lotus-bud (Pundareek) which is more biologically active during day time and less active during night (Sushruta/Shareer Ch.6) or during sleeping, as proved by modern physiology.

The causative factors for cardiac disorder described

in ayurveda, are very much similar with to-days modern concept, related to life style abuse, as the physical inactivity in today's population. People are very much in-active which altered blood circulation.

In ancient time the causative factor was over active (ATI-VYAYAM) excessive physical activity could result excess burden on heart for circulation. The diet which was neither proper, nor healthy accompanied by no positive thinking are still some factors. The accumulation of Am in any srotas (blood vessels) or when blood becomes more guru and picheel (thick, cholestroal, fatty blood) which may result in circulatory defect or obstruction (Charak Chi. 28/23,6) This guruta and picchylata are mostly due to MEDA. responsible for margaawarodha of vayu, including Pranvayu in case of hriday dhamanis (i.e. coronaries), very similar pathogenic of CAD.

Abhighat (trauma, hurt, anxiety) as described factors because of stress increases the various adrenergic neurochemicals. The vaso constriction and high blood pressure are the commonest effects responsible for heart diseases. In the same manner the vega vidharana (holding natural urges) can produce stress induced diseases.

The bioactive **vat** and its specific function of circulation is known as Vyan vayu, which maintain the kinetics of heart. The **kaphaj** involvement to the various anatomical and growth related, physiology where as **pittaj** involvements towards its metabolic chain within the heart and its tissues. These pathological involvement needs modern-investigations and assessment to establish the doshik predominance in the pathogenesis. These days the most of the ayurvedic scholars are correlating CAD with vatic-hridroga, Inflammatory or infective cordites with pittaj and hypertrophy or cardiac failure with

kaphaj hridrog. Its justification is based on representing sign and symptoms; but there are

some questions & queries about the **Krimija hridroga**, where I always suggested about the presence of some krimi (Hridaya), which proved the presence of H. Pyloria, Amoeba, Camydia. They may responsible to obstruct the coronaries. This branch, needs scientific, research for the said purpose. **Kutaj** has been described as a medicine to treat hridroga, Pathogenesis and factors are very much mixed, that is why the typical type of hridroga or the classifications are always for an academic purpose, practically they represent as Tridoshaj-Hridroga as observed that most of the hyperlipidemic and hypertensive are ignored, and these ignorance ultimately complicate in Hridroga (Avarana Upadrava).

The use of saturated fats are new inclusion in diet, the after tobacco, and the use of hormonal pills and drugs are latest in life-style after dress, are also responsible for accumulation of toxins (Am) in the

system and re-generates free-radicals for the damage of organs-needs the purification and detoxification process through virechan karma.

The use of sodium as a salt and as preservative are also contributory factors, where as the restriction of calories egg yolk, meat butters, cheese, and smoking have shown reversible effect for cardio-vascular-pathogenesis, as per scientific studies (ICMR, 1992, pp 26-29 for obesity), heart is not only an organ like-pumping device act as circulating instrument, it is a place of PRANA. Thus the diet, the behavior which are hridya should consider for the cardio-vascular health, charak and sushruta in sutrasthana 30/13-14 clearly described the basic management' to keep the heart a fit-organ.

It is describe that the diet which are palatable, digestive interesting, delicious, the activities with boost the mood, the activities which satisfies, (HRIDYA), which does not produce stress, or strain, not depressive, which increase the immunity and resistance (OJOVARDHAK), which does not heavy, (SROTO-PRASADAK) the knowledge

which is good for self and society, which satisfied, which tranquillize are better for cardiac health.

And the pathogenesis for described for vascular disorder related to heart underlies with RAS-VAHA srotas, Rasdhatu, Rasagni-dosh and doosit rakta-dhatu. Which are responsible for obstruction and reduction of flow (Sushrut Uttar 43/74). The total therapy showed be centralized on this for management both preventive and reversible - The drugs which are effective and acientifically evaluated in different institution for the treatment of cardiovascular disorders are as follows

1. Puskar Guggula
2. Lashon guggula
3. Haritakyadi churna

4. Arjun bark, Arjunarisht

5. Chinchyadl-yoga

6. Punarnavadi guggula

7. Punarnavamandoor

8. Vacha, Brahm, Jatarnanshl, Arjun

9. Swetparpate, chandrapraba,
Punarnavamandoor

10. Trifala guggula, Sarpagandha bati etc.

The different observations result and summary are in the favour of positive improvement in cardia vascular diseases needs more scientific assessment for global acceptance.

Re-Thoughts

1. We make a living by what we get but we make life by what we give- **Winston Churchill**
2. Nothing ever becomes real until it is experienced
- **John Keats**
3. Dignity does not consist in possessing honors but in deserving them- **Aristotle**
4. Pain is in evitable but suffering is optional - **M. Kathleen Casey**



DR. RITU SETHI

M.D. (Ayurveda-Kaya-Chikitsa)
Holy Family Hospital,
Okhla Road, New Delhi-110025.
drritusethi@rediffmail.com

HRID-ROGA (Ayurvedic Aspect)

Ayurveda considers Heart as one of the major three vital organs of body, impairment of which leads to death, as they are seat of vital breath (C.S.Ci-26/3-4). In Brihadaranyakopnishada a remarkable explanation is given on the derivation of word 'Hridaya' (Heart). The word Hridaya, it is stated, is composed of three main words i.e., Hri-Da-Ya.

Hri means - to take

Da means (dana) - to give out.

Ya means - to control or constantly moving

The Hridaya receives the rasa and rakta (Blood) from all over the body and supplies the Suddha rasa and rakta thereby giving nutrition to the body and controls the circulation by its special action of (sankoca and vikasa) contraction and dilation.

Moreover; concept of blood circulation was clear to experts of Ayurveda at 1000 B.C. as Caraka has mentioned that blood circulates through Dhamanis (C.S.Vi.5-7) and Siras (Bhela S.Su.21) continuously in the body.

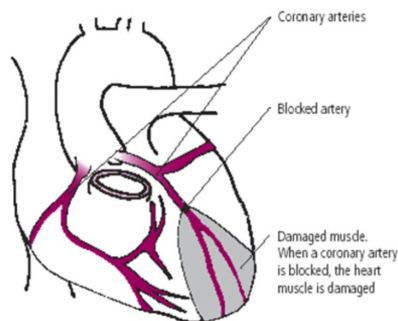


Figure 1: A heart attack is caused by a blockage in a coronary artery and may also be called a myocardial infarction or coronary thrombosis. Other terms you may come across include: Coronary heart disease, Ischemic heart disease, Coronary artery disease, or Angina pectoris.

The human heart is only the size of a fist, but it is **the strongest muscle in the human body**. The heart starts to beat in the uterus long before birth, usually by 21 to 28 days after conception. The average heart beats about 100,000 times daily or about two and a half billion times over a 70 year lifetime. With every heartbeat, the heart pumps blood around the body. It beats approximately 70 times a minute, although this rate can double during exercise or at times of extreme emotion. Blood is pumped out from the left chambers of the heart. It is transported through arteries of ever-decreasing size, finally reaching the capillaries in all the tissues, such as the skin and other body organs. Having delivered its oxygen and nutrients and having collected waste products, blood is brought back to the right chambers of the heart through a system of ever-enlarging veins. During the circulation through the liver, waste products are removed.

Heart has 3 major coronary arteries.

- Two of these arteries arise from a common stem, called the left main coronary artery.
- The left main coronary artery supplies the left side of the heart.
- Its left anterior descending (LAD) branch

supplies the front part of the heart.

- **The left circumflex (LCX) branch supplies the left lateral and backside of the heart.**

- **Finally, the right coronary artery (RCA) is separate and supplies the right and the bottom parts of the heart.**

Etiology

It can be divided into 2 parts – diet related causes i.e. Foods, which are very hot

Hard to digest,

Astringent and

Bitter

The other causes may be described under activity related causes i.e.

Excess fatigue

Injury

Reading loudly for long hours

Too much of worry

Suppression of urges of the body are the causes of five types of heart diseases described in Ayurveda (M.Ni. Ch. 29-1).

Globalisation has resulted in the expansion of the food economies from local to broad-based ones in which there is easy access to large amounts of unhealthy food products. The shift in dietary patterns comprises a change in all three major food constituents (namely, fats, proteins, and carbohydrates). Local diets that are traditionally rich in fibre and have a low fat content are being replaced by cheap energy-dense micronutrient-poor foods with a high content of saturated fats. Vegetarian diets characterized by high intake of plant proteins have been substituted with non-vegetarian diets rich in animal proteins. Refined carbohydrates and sugars that have a high glycemic index have supplanted complex carbohydrates in diets. The overall increased caloric consumption occurs in a milieu of reduced energy expenditure due to sedentary lifestyles, with the advent of motorized transport, and increased use of labour-saving home and office appliances. Additionally, leisure time physical activities have given way

to physically undemanding pastimes including watching television.

These changes in dietary and lifestyle patterns foreshadow in both developing and newly developed countries an increasing burden of diet-related diseases—including obesity, dyslipidemia, diabetes mellitus, hypertension, and eventually CVD—and various forms of cancer. In essence, although referred to under the umbrella of non-communicable disease, CVD is to some extent a communicated disease, spread by the forces of globalisation. The broad term CVD includes coronary heart disease [CHD, includes myocardial infarction (MI), angina, coronary insufficiency, and coronary death], cerebro-vascular disease (includes stroke and transient ischemic attacks), peripheral vascular disease, congestive heart failure (CHF), hypertension, and valvular and congenital heart disease.

Coronary heart disease (CHD) is one of the most common forms of heart disease. Heart attacks, stroke and other circulatory diseases together account for death of more than 15 million people a year, or 30% of the annual total of deaths from all causes (The World Health Report 1997).

WHO is also promoting for an "intensified and sustained" global campaign to encourage healthy lifestyles and address the main risk factors largely responsible for many of the diseases, namely:

- Unhealthy diet,
- Inadequate physical activity,
- Stress
- Smoking and
- Obesity

Major risk factors of Coronary heart disease is High blood pressure, high blood cholesterol, tobacco use, unhealthy diet, physical inactivity, diabetes, advancing age, inherited (genetic) disposition. Other risk factors Poverty, low educational status, poor mental health (depression), inflammation and blood clotting disorders.

Symptoms and treatment of Heart disease is described in Caraka Samhita Sutra Sthana Chapter 26 and Susruta Samhita Uttara Tantra Chapter-43. Pain, Dyspnoea, Cough, Bad taste, Thirst, Discolouration (pallor/cyanosis), Syncope, Hiccough, Nausea, Fever, Stupor are the common symptoms of Hrdroga (C.S.Ci.26-78).

Heart diseases are considered of five types depending on specific symptoms, which may be compatible to the following diseases in modern medicine:

1. Severe Angina pectoris
2. Moderate Angina pectoris
3. Mild Angina pectoris
4. Angina pectoris with Myocardial Infarction
5. Heart disease due to worm infestation and Anaemia

These five types of heart diseases have specific symptoms described in **Ayurveda**. Which are as follows:

1. Severe Angina pectoris: In **Vatika Hrdroga** Chest pain and palpitations are the cardinal symptoms. Character of pain in this type of heart disease is described may be variable like-

Stretching pain, pricking pain, crushing pain, breaking pain, tearing pain and cutting pain (S.S. Uttara 43-6).

2. Moderate Angina pectoris: Thirst, increase of body temperature, burning sensation, localised warmth, tiredness (weakness of heart), feeling of movement of hot air inside the chest, fainting, perspiration and dryness of the mouth are the symptoms of pittajahrdroga (MadhavaNidana ch.29/4).

3. Mild Angina pectoris: Feeling of heaviness in the body, excessive secretions (From mouth, nose, eyes), anorexia, stiffness of the body, poor digestion, sweet taste in mouth are symptoms in kaphajahrdroga (S.S. Uttara 43-8).

4. Angina pectoris with Myocardial Infarction: All the above said symptoms collectively seen in

Tridosajahrdroga (C.S. Ci. 26-80).

5. Heart disease due to worm infestation and Anaemia: Symptoms of krmijahrdroga are nausea, spitting, pricking pain, colic, salivation, feeling of darkness, anorexia, darkish eyes and wasting (S.S. Uttara 43-9).

Similarly Modern medicine also describes symptoms of coronary heart disease in detail and they have also described different character of pain, which are said in Ayurveda by dividing the symptomatology of diseases of heart in five types.

Pathogenesis (Samprapti)

- Hetusevana – mandagni- samarasa-
- Rasa & vyanaprakoap- ruja
- Rasa, pitta, kaphaprakopa- strotorodha-obstruction- hrdroga

Management of Coronary Heart Disease

Nearly two-thirds of people who have a heart attack die before they can reach medical care. So it is important to know the warning signs and to act fast. But it is even better to prevent a heart attack or stroke from ever happening. Prevention is always better than treatment, and most heart attacks can be prevented.

For prevention Secrets of Smart Living can be adopted –

Avoid All Bad 'S's

Smoking
Salt
Sugar
Saturated Fat
Spirits
Sedentary Habit
Stress

Avail All Good 'S's

Satvik Food
Sleep
Shamana Chikitsa
Strong-Satva
Shavasana
Shodhana Chikitsa
Stairs

Management in Ayurveda

Single Drugs (Medicinal Plants) & Preparations:

Lekhaniya Ganawhich reduces cholesterol level, like **Nagarmotha, Haridra, Vacha, Kutaki, Chitrak, Shunthi, Daruharidra, Ativisha** etc.

Hridyadrugs which regularize cardiac muscle activity & give strength cardiac muscle like Arjuna (*Terminalia arjuna*), Dadima, Ashwagandha, Dashamoola, Rasana, Pushkarmoola (*Ricinus communis*), Mrugshringa etc.

Rasa kalpaslike Hridayarnava Rasa, Brihatavata Chintamani Rasa, Prabhakar Vati etc.

Arishtamlike Arjunarishtam, Draksharishtam.

Khshira-paka like Arjuna-ksheerpaka, Lashuna-Kshirapaka

(R.H. Sing vol.3, Advances in Ayurvedic Medicine, edition Ist 2008, Varanasi, Chaukhamba Sanskrit, 2008, pg.no.149)

Diet (Pathya)

As disease related to Rasavaha Strotas treatment aspect of rasavaha should be taken into consideration as

- **Langhana, Apatarpana (fasting)**
- **Pachana (digestion of vitiated Doshas)**
- **Laghu-bhojana (Light/low calorie food)**
- **Kala-bhojan (timely food intake)**
- **Ushnodakpana (drinking warm water)**
- **Salt-restriction**
- **Oil restricted not clarified butter (Ghee)**
- **Use of Buttermilk**

Doctors !

Are You Aware

Sources of Infection

Stethoscope, Thermometer, Torch, Tongue- Depressor, Hand Towel

&

Pen, Mobile, Keys, Spectacles, Watches, Steering Wheels etc.

Cleans and Sanitise Timely

An Awnla A Day Keeps Ailments Away.

‘श्रद्धाजंलि’



Dr. BALDEV SINGH
B.A.M.S (Delhi University) 1982
D.O.D 02-10-2016



Dr. ANURADHA BHARGAVA
W/O. Dr. Sanjiv Bhargava
B.A.M.S (M.D University) 1985
D.O.D 15-10-2016





Dr B Rajeev MD (Ayu), MD

(Physician), PhD (Psych)

Ayus Arogya Kendra & Vaidya Healthcare
Perumbavoor, Kochi, Kerala, PIN 683542

Ph+91 9447575905

Email : drbrajeev@gmail.com

Scope of Medical Astrology & its Research in Ayurveda

Medical Astrology is an ancient science which is both universal and timeless. Ayurveda and Astrology are closely intertwined not only with each other but all other Vedic sciences, including the great wisdom traditions of Yoga and Vedanta and their profound paths of Self-realization and God-realization. Following in the footsteps of Ayurveda, interest in Medical astrology has also grown exponentially. It is now honored as one of the most accurate and profound systems of astrology available.

Vedic knowledge is perhaps the ultimate science because it can unlock all the secrets of nature, bridging the internal to the external, and unraveling the parallel processes of Cosmo -genesis and the development of individual life. Vedic astrology considers that the determination of physical and mental health is the foundation of all astrological analysis. Medical Astrology is based on the laws of nature which express the unity within the diversity of life, and support the idea of an underlying intelligence governing all things with great precision and compassion.

"A Physician cannot safely administer medicine, if he is unacquainted with Astrology" said Hippocrates., who is known as the father of Medicine. Astrology and Medicine are intimately linked in as much as the science of healing , forms as important part of remedial astrology. KARMA finds manifestation in physical, mental and spiritual planes. The resultant of evil karma on the physical plane is disease and medicine is the first shanthi or remedial measures for the alleviation of human

suffering.

The fundamental purpose of Medical Astrology is to give the planetary influences which cause the various diseases, afflictions and accidents. In ancient times all doctors were expected to know astrology and its relation to diseases (what disease will be produced under different planetary conditions, the duration of such disease and whether or not they would prove fatal). Yet there is something hidden which cannot be detected by the stethoscope, X ray, CT Scan, MRI Scan or modern equipment and therefore, there is vast scope for application of astrology for diagnosis, even today.

Medical Astrology is but one of the branches of the divine science Jyotisha, that has perhaps tremendous practical utility in our lives. The actual disease and its diagnosis require a lot of research involving the medical and astrological experts since it encompasses a very vast and intricate area. Vedic Astrology has an extremely rich methodology that can be employed to decipher the occurrence of events, disease in the present context, as well as their timing, very accurately. In order to do so it is essential to understand and appreciate astrological genesis of disease.

Texts on Ayurveda contain certain references to planetary combinations causing specific diseases. These combinations are, however, too general to be of any great help in medical diagnosis. Nevertheless the revelation of certain principles there from can certainly be made use of. Similarly, astrological texts are replete with planetary combinations indicating

specific ailments. These combinations are also fairly generalised and do not easily lend themselves for application to individual charts. They can be of some utility only if the essence of their underlying principles is understood. Vedic astrology is unique in another respect. It advocates remedial measures in the form of propitiation of planets in the event of an untoward planetary combination.

The term Medical Astrology at once bring to one's mind two points:

- The occurrence of disease, or the disturbance of one's ease.
- The role of Astrology as applied to disease.

Health as defined by the World Health Organisation is a state of complete physical, mental and social well being and not merely an absence of illness. In the present times of awareness perhaps the inclusion of spiritual well being into the list is warranted to be a part of the definition of health. As per the ancient classic of ancient Indian system of medicine Ayurveda , Charaka Samhita, the mind and the body are the abodes of disease. For our purpose this definition will suffice and therefore our consideration of disease would include physical and mental disease only.

There is a lot of ancient literature available separately on astrology and medicine. However on medical astrology the literature is indeed scanty. The present day medical astrology remains deficient in many ways. The primary underlying cause remains that the astrologers are generally not trained in medicine and the best of them do not have enough understanding of the functioning of the human body. On the other side it is rare to spot the combination of a medical person being an astrologer too. Till recently members of the medical fraternity had not shown much inclination towards astrology, though there is a definite perceptive and refreshing change of late. In order that there is sound research in medical astrology it is indeed essential that medical men/women take up the study

of astrology in right earnest. The handling of this vital area by non-medical persons may not lead to the desired outcome.

Yet another impediment for the modern day medical man, particularly qualified in the modern allopathic system of medicine, is the variance in the understanding of disease according to allopathy vis-à-vis the classical Indian system known as the Ayurveda. The classical texts use only the standard Ayurvedic terminology those do not lend themselves to translation into the modern allopathic system. Therefore the task of undertaking appropriate research in medical astrology may prove a non-starter unless the scope of medicine is broadened to include Ayurveda and Homeopathy also. In fact good progress has been made using astrology and homeopathy in Germany and Switzerland. Any tall claims made by non-medical astrologers in this connection would leave the divine science of astrology vulnerable to ridicule.

Vedic Astrology provides a key to the analysis of present and future health far beyond the scope of modern science. It can reveal physical illness that may occur; "looking at the upcoming weather and preparing for any storms". We can analyze weaknesses in the physical body by looking at the Vedic Chart and the timeline of the person's life to predict possible ailments as a result rather than waiting until you require serious measures. The strength of the horoscope (In the 6th house) indicates the strength of the body, and its ability to resist illness. There are certain combinations of planets that bestow excellent health. By the same token there are combinations which cause chronic suffering. Each Planet hold jurisdiction over different parts of the body and affect specific bodily functions within them.

Ayurveda, India's ancient medical science is combined with Vedic astrology and in previous times all Ayurvedic doctors were also astrologers. The combination of these two sciences provides a complete system for diagnosis and treatment of not

only diseases of the body, but of the mind . Mental or emotional health can also be understood from a person's horoscope by looking at the persons moon chart. There are many factors and planetary conjunctions that indicate a troubled mind, neurosis, or even psychosis. The psychological functioning as a whole can be understood through a careful study of the birth chart.

A medical astrologer may consider the following factors while studying a chart with respect to disease:

- 1. Timing of disease.**
- 2. Diagnosis.**
- 3. Severity.**
- 4. Treatment and remedy.**

The above factors are equally important to the medical astrologer as well as to the doctor and the patient. Each may be briefly discussed, and the role of the astrologer versus that of the medical man outlined as follows:

Timing (Onset) of disease

This is the strong area of an astrologer. A sound astrologer, on examining a horoscope, should be able to indicate the time when a person is liable to fall ill. This may help in taking some preventive steps, especially the astrological remedial measures, to forestall the malady. For a medical man, it is not possible to predict a future illness. There are certain diseases that run in families and may be expected to occur in some of the blood relations of the native.

Diagnosis (or the nature) of disease

This is a weak area for the astrologer. To be sound in this will require a lot of research by medical men proficient in astrology. Diagnosis of a disease is the strongest area of the medical man, with all the sophisticated investigations at his disposal to help him in this regard.

Severity (and Outcome) of disease

A patient or a consulter is, naturally, concerned about the severity of an ailment and its outcome.

Generally, a medical practitioner of today, with his sound knowledge, will be able to accurately decipher the possible course that an ailment may take in a given patient. An astute astrologer, too, should be able to indicate the severity and the outcome of an illness with a fair amount of accuracy, sometimes perhaps better than the medical practitioner.

Treatment

There is no doubt that medical remedies of today are far superior to and more reliable than any astrological remedies. Astrology can, however, help in two ways. Firstly, when adverse planetary influences indicate the occurrence of an ailment at a future date, and medical science understandably has no clue about it, resorting to propitiation of planets as a remedial astrological measure may be undertaken. Secondly, astrology can sometimes indicate whether or not surgical intervention is going to help, and when. In addition it is also possible that a sound astrologer may be able to point to a diseased organ or region when the medical man is finding it difficult to locate the site of illness; without doubt this happens frequently.

But it is obvious that the area clearly offers many challenging opportunities for research. Following that it is earnestly hoped that medical astrology someday, perhaps sooner rather than later, would be of great help to the medical profession and therefore to the populace at large. Further delving into the area of medicine is precluded from the scope of the present paper. Detailing of the disease, its causes and remedies may form the subject matter of an entire book and is therefore beyond the scope of the present paper.

Medical astrology is the study of the subtle energies emanating from the sky upon people, plants, animals and the earth itself. These energies influence the human body and mind on all levels.

- Astrology is used as a diagnostic tool for Ayurvedic practitioners in the treatment of disease – it provides the understanding of a person's karma which can

help the healer optimize their efforts.

- In addition to this 'diagnostic side', medical astrology presents the corresponding Vedic 'treatment measures' for promoting healing and for improving awareness. It shows how Ayurvedic therapies, like diet and herbs, can be used to help balance planetary influences; and how astrological remedial measures, can help improve our overall health and well-being.

- Today we are entering into a new planetary age, in which ancient, native and traditional systems of healing and spirituality are once more being honored. In this context an examination of the astrology of healing is relevant, if not crucial for reclaiming that older and perhaps wiser heritage of our species. Medical astrology shows us how to optimize both factors of our health and our destiny, our vitality and our karma, so that we can realize our highest potential in life, with our earthly life following the model of heavenly forces and their consciousness-promoting outcomes. The effects of sunlight and moonlight on organic life are well known relative to the life-cycles and reproductive habits of plants and animals.

- The notion that the light of the other planets may affect life on Earth may seem less likely, given how dim their light appears to our earthly vision. But considering the extent of their electro-magnetic fields, and the fact that the entire solar system is a single organism, we must recognize this probability as well.

- The connection between physics, biology and spirituality, which is the basic of vedic astrology, is not an overextension of the imagination but a natural progression that parallels the enfoldment of the universe.

- Medical astrology also uses Vedic astrology as an aid to Ayurvedic analysis, diagnosis and treatment, showing how planetary factors cause disease and how balancing planetary factors can be an important aid in any cure.

- Medical astrology also has a great scope for practical application and everyday usage as our health and energy fluctuate with the rhythms of time, from days, months, years and stages of life to special astrological periods like the dasha systems of Vedic astrology.

Conclusion

1) Challenges and opportunities

Emerging dialogue between Ayurveda and Conventional Medicine appears to be taking place, along with a growing willingness to study Medical astrology and experiment with its inclusion in National Health Care Policy & Medical education especially in CCIM (BAMS and PG Ayurveda Syllabi & curricula).

- A major challenge that both Ayurveda and Conventional Medicine face is to foster this emerging dialogue. By doing so, it will increase mutual respect and better understanding of one another's expertise, concerns, and contributions.

- Strengthening the Medical Astrologic dialogue will not only help to protect the public from unsafe treatments & applications, but will also expand the opportunities to improve health care.

- Conferences, workshops, and expert panels are excellent instruments for enhancing communication; participants at such meetings should include Ayurveda, Conventional Medical & Health care Professionals, Medical Astrologers, the public, private and nonprofit sectors.

2) Multidisciplinary Research in Medical Astrology

Multidisciplinary meetings offer the opportunity for people from a broad variety of disciplines and interests to build on each others' knowledge and experience in discussions about

- promising research topics and research planning
- program development, and policy considerations
- to explore innovative methodological approaches to solving difficult research questions focused in

Medical Astrologic areas.

3) Recommendations

A. State agencies should receive increased funding for clinical & basic Medical Astrologic research on Ayurveda.

B. Parliament and the administration should consider enacting legislative and administrative incentives to stimulate private sector investment in Ayurveda Medical Astrologic research that may not be patentable.

C. Central, private and non-profit sectors should support research on Ayurveda Medical Astrologic modalities and approaches that are designed to improve self-care and behaviors that promote positive health

D. Investigators engaged in research on Ayurvedic Medical Astrologic care should ensure that human subjects participating in clinical studies receive the same protection as are required in conventional medical research.

E. Funding should be made available to accredited Ayurvedic and conventional medical institutions

to develop programs that examine Medical Astrologic research questions which stimulate cross institutional collaborations involving faculty and students in research and research training.

Key words: Medical Astrology, Ayurveda, Diagnosis, Treatment, Research

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‘जरा विचारें’

1. दुष्ट आदमी भला करने वाले का बुरा ही करता है
जैसे आग चंदन लकड़ी को भस्म करती है। – चाणक्या
2. पवित्रता ऐसा धन है जो प्रेम से पैदा होता है।
– रवीन्द्रनाथ टैगोर
3. अच्छी सम्मति स्वीकार करना अपनी योग्यता
बढ़ाना है। – गैटे
4. दो पल की जिन्दगी के दो नियम
निखरो फूल की तरह और बिखरो खूशबू की तरह
– डा. मदन सिंह



Dr. Shashi Bala
Sr. Ayurvedic Physician
Moolchand Hospital, Lajpat Nagar
New Delhi-110024
Mobile - 9818295049

P.C.O.S

PCOS – Poly Cystic Ovarian Syndrome is a very common now a days. It is present 1 in 10 patients in India. This disease is present during child bearing age. Basically if you study the disease it is a disease of lifestyle problem i.e. why it is well treated by Ayurvedic medicine as compare to allopathic medicine. The commonest diseases of life style are Metabolic disorders, Atherosclerosis, Stroke, Hyperlipidemia, Hormonal imbalance in which PCOS is very common.

PCOS is a condition where there is an imbalance of female sex hormones i.e. Oestrogen & Progesterone which leads to growth of multiple ovarian cysts which are Benign in nature.

Estrogen helps in formation of structure of female reproductive system. It is of 3 variety

- 1) **Estron** which secretes from placenta during pregnancy
- 2) **Estradiol**- It helps in the formation of Ovarian follicle
- 3) **Estrone** – Which spreads in whole body specially during menopause

Estrogen levels fall in following cases

Hypogonadism
Hypopituitarism
Failure in pregnancy
Perimenopause
Menopause
PCOS

Anorexia Nervosa (Eating Disorder)

Excessive Exercise e.g. Athletes

Some allopathic drugs like Clomiphene

Just after Child birth & during breast feeding

Progesterone- As the egg matures & starts travelling to fallopian tube then progesterone produces

So the imbalance of estrogen & progesterone leads to ovarian insufficiency which causes PCOS & associated with irregular menstrual cycle, infertility, cardiac function & appearance of the female

Common Symptoms

Irregular Menstrual Cycle
Decrease female hormones
Develop certain male characteristics like excess hair on the face, chest, stomach
Decrease in breast size
Heavy Voice
Thinning of scalp hairs
Roughness of the hairs
Texture of skin becomes very rough
Pigmentation of the skin
Acne with left over marks
Weight gain
Pelvic Pain
Anxiety
Depression
Infertility

Complications

Diabetes
Hypertension
Hyperlipidemia

Sleep Apnoea
Endometrial Cancer
Headache
Breast Cancer
High risk Pregnancy
High rate of miscarriage
Gestational Diabetes
Premature Delivery

Diagnosis

Its mainly upon the symptoms

Blood test T3,T4,TSH,FBS<HbA1C,Lipid Profile & level of estradiol

Ultra sound lower abd on the 2nd or 3rd day of period

Ayurvedic View

Its a tridoshaj vyadhi (Kledak Kapha,Apana Vayu & Pachak Pitta) but kapha is dominant. Due to mithya ahara & vihara aam dosh is produced which effect the jatharagni with that further dhatwa agni of Ras Dhatu (Lymph & Plasma),Meda Dhatu (Adipose Tissue), Artava Dhatu (Female reproductive system)

Allopathic Treatment

Relaxation
Exercise specially brisk walk ing
Diet- Avoid sugar ,starch, junk food
Hormonal therapy

Ayurvedic Treatment

Balance the tristambha i.e. Ahara,Vihara & Nidra

Avoid snigdha,sheet & pizchil food

Take fresh & seasonal food

Medicines varies from patient to patient depending upon the symptoms & age commonly used are

Chandra prabha vati, Gandhak Rasayan, Kaishore guggulu, Kumarayasavam, dashmoolarishtam, Rasnadi kwath, Ajmodadi churna, Rajahpravartani vati etc.

Shodhan chikitsa – Pinda Sweda, Abhyang, Bashpa sweda, Yog Basti, Uttar Bast & shiro dhara

Clinical Trial of PCOS in among 2000 patients from 2005 to 2010

Patient is 1st categorized into two groups according to age

Then this further classified into 5 groups

The line of treatment is usually different . Medicines are given according to symptoms & clinical manifestation. (Tridosh & Prakriti)

Medicines are given from the above list only with different combination depending upon the requirement

Age	Primary amenorrhoea	Secondary amenorrhoea	With OCP	Delayed Period	Less of estradiol
15-25yrs	80%	85%	45%	95%	55%
15-35yrs	Zero	40%	10%	85%	20%

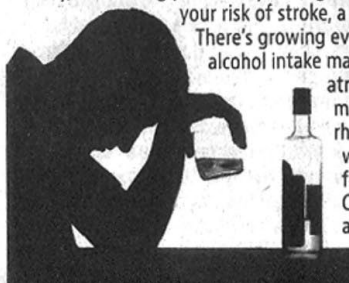
EARLY THE DIAGNOSIS BETTER THE TREATMENT RESULT IN 100% CURE.

MOVING NEWS

EVEN ONE DRINK A DAY CAN DAMAGE YOUR HEART

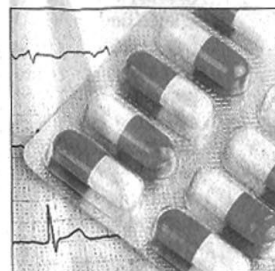
Even moderate alcohol consumption, having just one drink a day, over a long period may damage the heart and increase your risk of stroke, a new study has warned.

There's growing evidence that moderate alcohol intake may put you at risk for atrial fibrillation, the most common heart rhythm disturbance in the world, say researchers from the University of California. The study appears in the *Journal of the American Heart Association*.



PAINKILLERS LINKED TO HEART FAILURE

Widely used prescription and non-prescription painkillers are associated with an increased risk of hospital admission for heart failure, says a new study. The drugs in question are so-called NSAIDs, or non-steroidal anti-inflammatory drugs, which are among the most commonly used medicines to alleviate pain and inflammation. The study was published in *BMJ*, one of the world's oldest medical journals.



FUTURE THREAT

On the eve of World Obesity Day on October 11, a study found as many as 268 million children aged five to 17 years may be overweight – including 91 million obese – by 2025

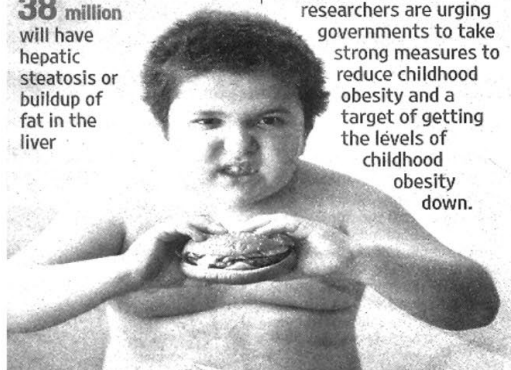
DANGEROUS STATISTICS

Researchers from World Obesity Federation in the UK have released data that suggests in 2025: 12 million children will have impaired glucose tolerance

4 million will have type 2 diabetes

27 million will have hypertension

38 million will have hepatic steatosis or buildup of fat in the liver



'ALARM BELLS'

"These forecasts should sound an alarm bell for health professionals, who will have to deal with this rising tide of ill health following the obesity epidemic," said Dr Tim Lobstein from World Obesity Federation

GOVERNMENT INTERVENTION NEEDED

Through this study, researchers are urging governments to take strong measures to reduce childhood obesity and a target of getting the levels of childhood obesity down.

BREASTFEEDING GOOD FOR MOMMY TOO

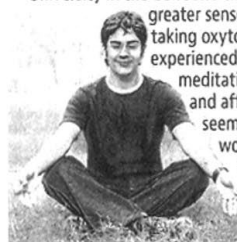
Breastfeeding may not only help babies, but also their mothers, protecting them from premature death and serious diseases such as breast and ovarian cancer, diabetes and heart disease, a new study has claimed. Breast milk contains antibodies that help a baby fight off viral infections but breastfeeding as recommended, for a total of one year and exclusively for six months, helps both mother and baby say researchers from the University of North Carolina. The study appears in the journal *Maternal & Child Nutrition*.



ISTOCK

LOVE HORMONE BOOSTS SPIRITUALITY IN MEN

Oxytocin, dubbed the 'love hormone', may enhance spirituality in men, a new study has found. Researchers from Duke University in the US found that all-male participants reported a greater sense of spirituality shortly after taking oxytocin. A week later, they also experienced more positive emotions during meditation. While spirituality is complex and affected by many factors, oxytocin seems to affect how we perceive the world and what we believe, researchers found. The study appeared in the journal *Social Cognitive and Affective Neuroscience*.





बच्चों में बढ़ता खतरनाक रोग मधुमेह

डॉ० मधु गुप्ता शास्त्री, निदेशक

कृष्णदत्त स्वास्थ्य केन्द्र

चन्द्र कालेज फॉर योग नैचुरोपैथी

प्रमुख संपादक: सरल जीवन

ईस्ट ऑफ कैलाश, नई दिल्ली-110065

फोन: 269913567, 26919793

यह अत्यन्त दुख और चिन्ता का विषय है कि हमारे देश में मधुमेह (डायबिटीज) व्यस्कों में महामारी की तरह से फैल रहा है वहीं बच्चों में जुविनयल डायबिटीज भी इसी तरह बढ़ता जा रहा है। देश के लाखों बच्चे इस बीमारी से ग्रस्त हो रहे हैं। आंकड़े बताते हैं कि यह संख्या निरंतर बढ़ती चली जा रही है। बच्चों में मधुमेह रोग 3 से 5 प्रतिशत प्रति वर्ष के हिसाब से बढ़ रहा है। आज बाल-रोगों में इसका तीसरा स्थान है। इसका मुख्य कारण हमारा गलत रहन-सहन तथा खानपान तो है ही किन्तु हमारी दोषपूर्ण शिक्षा प्रणाली भी इसके लिए कम दोषी नहीं है।



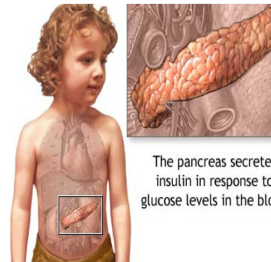
आजकल छोटे-छोटे बच्चों के ऊपर किताबों, बस्तों और होमवर्क का इतना बोझ डाल दिया गया है कि बच्चों का बचपन ही खो गया है। कोई शारीरिक श्रम, खेलकूद तो है ही नहीं पढ़ाई के बोझ के कारण मानसिक रूप से भी दिन-रात तनावग्रस्त रहते हैं। महंगे-से-महंगे स्कूलों में भी बच्चों के लिए खेलकूद, शारीरिक श्रम के प्रशिक्षण की व्यवस्था नहीं है। साथ में माता-पिता बच्चों से भी अधिक तनाव और भयग्रस्त रहते हैं। घर आने पर माता-पिता सारे दिन होमवर्क और पढ़ाई करने पर ज्यादा जोर देते रहते हैं। कारण सभी जानते हैं कि आज बच्चों को स्कूल में एडमिशन दिलवाना माता-पिता के लिए सबसे मुश्किल काम होता है यह कार्य किला फतेह करने के समान है। बच्चे को स्कूल से निकाल देने की तलवार सदैव

लटकी रहती है।

हमारी शिक्षा व्यवस्था का दूसरा दोष यह है कि बच्चों को मोटी-मोटी पोथियाँ दिन-रात रटाई जाती हैं किन्तु किसी भी स्तर पर शरीर और उसकी क्रिया प्रणाली के बारे में शिक्षा नहीं दी जाती न ही भोजन और आचरण के बारे में सिखाया जाता है। स्वास्थ्य स्वच्छता और नैतिक मूल्यों को नगण्य समझा जाता है।

एक या दो संतान होने के कारण घरों में भी माता-पिता द्वारा बच्चों की पैम्परिंग बहुत अधिक की जाने लगी है। खाने-पीने का संयम तो नगण्य हो गया है। सारे दिन जंक फूड (पिजा, बर्गर, चॉकलेट, कोल्ड ड्रिंक) खाया जाने लगा है। सोने-जागने का समय भी उलट गया है। रातों को जागना, दिन में सोना, कई-कई घण्टे लगातार कम्प्यूटर पर बैठे रहना बच्चों की जीवनचर्या बन गई है। जिसका परिणाम यह हुआ है कि छोटे-छोटे बच्चे जो देश का भविष्य हैं उनकी आँखों पर चश्मे, अस्थमा, ब्रान्काइटिस, डायबिटीज तथा अन्य जानलेवा बीमारियों का शिकार हो रहे हैं।

बच्चों में यह बीमारी जन्म से लेकर किशोरावस्था तक कभी भी हो सकती है। जिनके माता-पिता या परिवार के रक्तसंबन्धी (Blood relations) मधुमेह से ग्रस्त



हैं उन बच्चों में यह रोग जन्मजात भी हो सकता है। सामान्य बच्चों में भी बाद में किसी भी बुखार या अन्य कारण से रक्त में शुगर की मात्रा बढ़ने लगती है इसका कारण

ऐसा कोई भी विषाणु या आहार-विष हो सकता है जो बच्चों के अग्नाशय (पेन्क्रियाज) में इन्सुलिन हार्मोन बनाने वाली बीटा कोशिकाओं को क्षतिग्रस्त कर देता है, परिणामस्वरूप इन्सुलिन बनना बंद हो जाता है। यही हॉर्मोन ब्लड शुगर की मात्रा नियंत्रित रखता है इस हार्मोन के अभाव से बच्चे में शुगर के लक्षण पैदा हो जाते हैं।

अधिकतर वयस्कों में होने वाली टाइप 2 डायबिटीज भी उन बच्चों में हो जाती है जिनका वजन अधिक होता, जो व्यायाम नहीं करते खाने-पीने पर कोई नियंत्रण नहीं होता, असन्तुलित भोजन करते हैं व जिनके माता-पिता को मधुमेह है।

लक्षण—सबसे मुख्य लक्षण है वजन कम होता चला जाता है। चेहरा मुरझा जाता है, आँखों के नीचे काले गड्ढे हो जाते हैं।

- सुस्ती, थकान रहती है किसी भी खेलकूद, पढ़ाई लिखाई में मन नहीं लगता।
- भूख कम हो जाती है, चिड़चिड़ापन बढ़ जाता है।
- बार-बार पेशाब आना, प्यास अधिक लगना और पेशाब में कीटोन की मात्रा भी अधिक हो जाती है।
- कई बार शुगर की अधिक मात्रा होने पर बच्चा उल्टी, पेट-दर्द व बेहोशी का शिकार हो जाता है। जाँच पर डायबिटिक कोमा का पता चलता है।

उपचार—ऐसे लक्षण दिखाई देने पर तुरन्त खून की जांच करानी चाहिए। किसी चिकित्सक से परामर्श करना चाहिए। आरम्भ में दवाईयां देकर भी नियंत्रण में किया जा सकता है अन्यथा इंसुलिन देनी पड़ती है। कुछ बच्चों को आजीवन इंसुलिन लेना पड़ सकता है।



योग प्राकृतिक चिकित्सा में इसका बहुत अच्छा उपचार है—पेट की तथा पूरे शरीर की हल्की मसाज, पेट पर मिट्टी की पट्टी। आरम्भ में एनिमा देकर पेट साफ रखना चाहिए। एक समय सादा कटिस्नान, एक समय पेट की गर्म ठण्डी सेंक व लपेट बहुत लाभ करती है। तीन-चार सप्ताह यह उपचार अवश्य चलाना चाहिए। बच्चों को हल्का-फुल्का व्यायाम नियमित रूप से अवश्य कराते रहें। पेट की कसरत अवश्य कराएँ।

आहार—● खाना नियमित समय पर देना चाहिए। सभी प्रकार का आहार दें परन्तु मात्रा नियंत्रित रखें।
● फलों में अमरुद, पपीता, सेब, संतरा, मौसमी, नाशपती, खरबूजा आदि दिए जा सकते हैं। केला, चीकू, लीची, आम, अंगूर, शरीफा जैसे अधिक मीठे फल न दें।
● **नाश्ते में** जौ या गेहूँ का दलिया, दूध, दही, छाछ, पनीर, उपमा, पोहा, होलव्हीट ब्रेड आदि दे सकते हैं।
● **भोजन में** गेहूँ, चना, जौ के आटे की रोटी। दालें सभी हरी व पत्ती की सब्जियां दी जा सकती हैं। उड़द, उड़द की दाल, राजमा, छोले, अरबी, कचालू, आलू, चकुन्दर न दें।
● कोल्ड ड्रिक्स, जंक फूड्स, मिठाइयां, चॉक-लेट्स, केक, पेस्ट्री, तली हुई चीजें न दें।

सब से बड़ी बात है कि बच्चे को किसी भी प्रकार का तनाव न होने दें। बच्चों के डायबिटीस को हल्के-फुल्के में नहीं लेना चाहिए यह बहुत खतरनाक स्थिति तक पहुंचा देता है। सही इलाज न होने पर शरीर के मुख्य अंगों जैसे हृदय, गुर्दे आदि को प्रभावित कर देता है। बहुत कम आयु से किडनी फेलियर हो सकता है। बच्चे के हाथ पैरों का ध्यान रखें उसमें चोट या जख्म न होने पाए यदि हो भी जाए तो शीघ्रअतिशीघ्र इलाज करके उसको सही करना चाहिए अन्यथा गैंगरीन होने की संभावना रहती है। इसलिए समय पर इलाज करना अत्यन्त आवश्यक है। ☺





HERITAGE

HERBAL MEDICINE

Dr. Vijay Gour
B.A.M.S (Delhi University)

PATOL (PERMAL)

Hindi - Permal **English** - Pointed Gourd

Latin - Tricno Santhes Diocia Roxd.

Brief Description :- Long Creeper remains round the year, **Leaves Pointed-** Heart Shaped or Rectangular, Rough, Coarse (3-4) long & 2 broad, **Flowers** white unisexual, **Fruits-** Spindle like pointed at both ends (2-4)" Long with green strips when unripe while red stripes on ripen; inside **Pulp** white when unripe, yellow or red when ripe.

Chemical Composition

Fruits- Proteins 2% Fats 0.3% Carbohydrates 2.2%, Minerals 0.5%, **Leaves** - Protein 5.4%, Fats 1.1%, Carbohydrates 5.8%, Minerals 3%,

Gunn Dharm

Gun -Laghu, Ruksh,

Ras-Tikt

Vipaak-Katu

Virya-Ushn.

Clinical Therapeutics-

1. Popular vegetable

2. For various **Tridoshaj** diseases

3. **Krimighan, Vran Shodhan & Ropan, Kushthghan.** Locally used for cleaning and healing of **wounds** as well as **leprotic** lesions.

4. For intestinal **Krimi** (Worms).

5. **Patra** (leaves) or **Phal** (fruits) used as lep for headache.

6. For **Acid- Peptic** diseases e.g. **Amal Pitt** (Hyper Acidity), **Ajiran** (Indigestion), **Agnimandya** (Dyspepsia), **Aruchi** (Anorexia), **Yakrit Vikar & Kamla** (Fatty liver & Jaundice), **Bibandh** (Constipation), **Arsh** (Piles) specially bleeding.

7. For **Jiran Jwar** (Recurrent, Chronic or P.U.O) fevers, is an excellent food.

8. **Hridya** (Cardiac Tonic) - Advised for reducing **Triglycerides & L.D.L.** (Low Density Lipids) as well as for increasing **H.D.L.** (High Density Lipids).

9. **Stholya** - For decreasing overweight and obesity.

10. **Popular Ayurvedic preparations (Yog)**

Patoladi Qwath & Patoladi Churan.



RAKT ARBUD (Anti- Cancer)

Plants (Herbs)

SADABAHAR (Madagascar Periwinkle) & **VAN-KAKRI** (Indian Podohyllm)

MAY BE ADVISED AS PREVENTIVE MEDICINE.



Dr. Jagdish Singh
Ex. Chairman, A & U. Board of Medicine
3/24, West Patel Nagar
New Delhi-110008

Ayurveda Can Counter 'Smog' Effects

Environment pollution is an accompaniment of developing nations like India. In the last decade it has increased leaps & bounds the normal value of PM (2.5 - 10)ug/m³ i.e (60-100) in air harming every age group. Various diseases of respiratory cardiac, skin, psychological, immunity related and hormonal are on the rise.

The efficiency of the individual & economy of the nation are at stake. Although the concerned governments & N.G.Os are doing a great job to contain its menace with the co-operation of public. But for cost effective and enhancing results Ayurveda has better solution.

1. **Nasya Karma**- Lubricating nostrils twice daily with **mustard** oil, **coconut** oil, **awla**, **til** oil and **Shadbhindu** for filtration of polluted particles.
2. Drinking of **hot (Luke warm)** water at regular intervals.
3. Use of common salt, in hot water, tea decoctions (**Krishn Patri phant**) can cleanse throat well.

4. Chewing of **tulsi patra**, **mulethi**, **misri**, **dalchini**, **long**, **elachi** (small) to control upper respiratory afflictions.

5. Use of **honey**, **tankan**, **haldi in milk**, **lehsun**, **munakka**, **khajoor** is rewarding.

6. For enhancing immunity intake of **Giloy**, **Shatavri**, **Trifla**, **Ashwagandha**, **Arjun**.

7. Few of the popular **Rasayans** (tonics) **Chavanprash**, **Gandhak**, **Agastye-Haritki**, **Chitrak Haritki** with milk or warm water.

8. Local application of **Camphor**, **Gulab**, various **Itrs**, **Til** oil, **Jatyaadi** tel, **Marichaadi** tel, **Neembaad** tel for skin problems.

9. Deep breathing in the form of **Pranayam**, **Anulom Vilom**, **Kpal-Bhati** besides daily walk and brisk run helps to control respiratory problems.

10. **Meditation** (silent and slow breathing) enhances further the benefits for immunity, psychological & hormonal disorders.

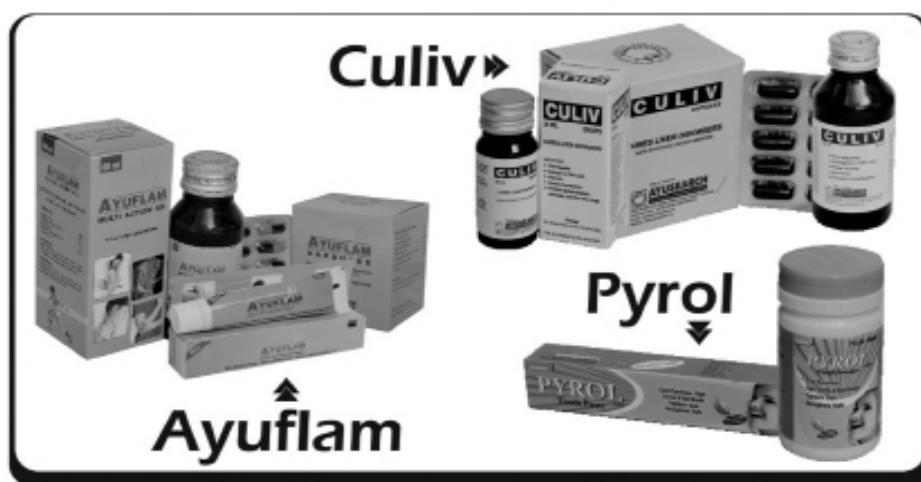
शेगी जागरूकता अभियान

ok q i n k k de djusgrwfo' k k frffk ½ lfnu vkn½ij , d i k k , oe~ , d i M- yxok a
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Recent Developments

PMO Prescribes Tonic for Ailing Ayurveda

Keeping Up the Tradition

PMO is monitoring activities of various ministries

Commerce ministry to discuss export strategy with stakeholders on Tues

Green min speaks to industry to remove wrinkles related to the Biological Diversity Act

Agri ministry to identify farm lands for growing herbal medicines

CSIR to publish scientific papers based on Ayurveda

Ayurveda Products Industry size: ₹15k cr (estimated)

Exports stagnating at ₹2k cr for the last 3 years (estimates)

Tedip growth in local consumption

PMO assigns responsibility to senior official to oversee ministries' efforts



A STATEMENT WITH SINGAPORE IDENTIFIED TRADITIONAL INDIAN SYSTEMS FOR CLOSE TIES

CONCERNS OF HEAVY METAL CONTAMINATION IN PRODUCTS SHIPPED TO US, EUROPE

Global Push In 2015, a Modi-Obama statement mentioned traditional medicine as an area of bilateral collaboration

FINDING A CURE Exports have stagnated and Ayurvedic medicines' sales graph contrasts with dramatic growth seen in three years in FMCG products claiming to be based on traditional systems

Vikas.Dandekar@timesgroup.com

Mumbai: The Narendra Modi government is giving a hard push to rejuvenate the ailing ₹15,000-crore Ayurvedic industry.

The Prime Minister's Office (PMO) has fixed responsibility on a top-ranked official who is closely monitoring and overseeing movement under various ministries that are directed to come up with measures to boost development of the industry, a source informed.

The ministries of commerce, environment & forests, agriculture and science & technology are part of a renewed booster drive that is expected to complement the ministry of ayush, formed two years ago to lift the sector.

Prime Minister Narendra Modi has often spoken about India's indigenous system of medicine and its global relevance in the present day. In 2015, Modi's joint statement with US President Barack Obama mentioned traditional medicine as an area of dialogue and bilateral collaboration. Later that year, a statement on strategic coopera-

tion with Singapore included traditional systems of medicine as an area of future ties.

Ironically, the sales graph of Ayurvedic medicines runs in contrast to the dramatic growth seen in the last three years in fast moving consumer products like toothpastes and soaps that claim to be based on Ayurvedic systems.

While consumption of Ayurvedic drugs in India itself remains tepid, exports — including herbal extracts, raw materials and finished medicines — stagnated at ₹2,000 crore during the last three years.

Next week, the commerce ministry has called a meeting of key stakeholders to outline a roadmap for a long-term export strategy of Ayurvedic drugs.

Sales of Ayurvedic products had been stunted for the last few years, in particular following issues flagged by the US and European health regulators for heavy metal contamination found in dietary supplements.

However, an industry executive indicated positive developments, citing a recent news report that said Switzerland allowed insu-

rance reimbursements for Ayurvedic drugs — along with a few other alternative therapies like homeopathy and the Chinese system of medicines — thereby bolstering industry outlook and optimism of regaining lost ground.

"Italy and Germany are our next focus," an official said, adding that "the need is to upgrade manufacturing standards and take quality and hygiene to the highest levels by pursuing a harmonised system."

PMO is said to be keeping close tabs on gaining an international scientific recognition

A month ago, the ministry of environment & forests called a meeting with representatives from the industry to hear the challenges faced by the industry due to the enactment of the Biological Diversity Act. Held back for nearly a decade, the Act pins responsibilities on the industry, known to be the single largest beneficiary of India's biological resources, to pay royalties for access to biological resources and benefit sharing (ABS).

While the industry seems to have

broadly accepted the Act and its guidelines, it has pointed out contentious legal issues that have sometimes led to issues in supplies of raw material. With the intent of promoting cultivation of herbal medicines, the agriculture ministry has been activated to identify farm lands that can be used for ensuring supplies to the industry. "The attempts seem to be serious and go beyond the lip service," an industry consultant said.

The PMO is also said to be keeping a close tab on gaining an international scientific recognition for Ayurveda. A source noted the Council of Scientific and Industrial Research has seen a "more than normal" increase in the number of research papers published on leads that have originated from Ayurvedic background.

In December first week, the World Ayurveda Congress is slated to be held in Kolkata. A source noted the ministry of ayush expects to showcase its achievements — from commercial moves to scientific efforts — to an audience of around 4,000 drawn from top regulatory agencies and industry executives.

Ayurveda conquers Swiss, marches towards Germany and Italy

Timmy Jaipuria and Himani Chandra
• timmy.jaipuria@timesgroup.com

NEW DELHI: Having tasted success in getting Switzerland to recognise India's traditional Ayurveda system in insurance reimbursement, the NDA government has now shifted its focus to its neighbours, Italy and Germany.

"After Switzerland, we are actively talking to other European nations to win similar recognitions for our Ayurvedic treatments, which will give an

edge to our practitioners and institutions to go and work abroad," commerce minister Nirmala Sitharaman told HT. "With this recognition, people can use these ayurvedic treatments and can get a refund for those treatments, medicines and therapies."

India itself gets limited cover for Ayurveda-based medical treatment and therapies.

The government's move will also help increase the availability of traditional Indian medicines globally, specifically in Switzer-

land from mid 2017, after Swiss federal law on therapeutic products gets amended.

"Switzerland has among the highest medical standards in the world. Hence, getting a foothold in Switzerland will benefit us get into the rest of the European and the world at large," Ajit M Sharan, secretary, Ministry of Ayush (ayurveda, yoga, unani, siddha and homeopathy), told HT.

The Swiss government has held Chinese and European traditional medicine, as well as home-

opathy apart from Ayurvedic therapies as eligible for federal funding. About 210 plants and 250 traditional formulations have been recognised by it, and are listed under ayurveda pharmacopoeia and ayurveda formulary published by the Ayush ministry.

Health insurers used to refuse reimbursements for patients who consulted Ayurveda physicians and followed prescribed medicines, including those with supplementary coverage for alternative therapies.

"After getting the recognition, practitioners in ayurvedic medicines will prepare and sell individualised preparations to patients in their own clinics in these countries," Sitharaman said.

"There are many Ayurveda practitioners and there is a lot of ambiguity in their performance, method of practice and what they advise. This is not very conducive for the insurance field, since there is a large amount of variation for a single situation," Yashish Dahiya, CEO, Policy Ba-

zaar.com, a portal for comparing insurance policies, told HT.

However, most insurers today, including Royal Sundaram, Max Bupa, Religare, Apollo Munich, HDFC Ergo, Tata Aig, Universal, Soompo and New India Assurance, offer coverage for Ayush.

Experts see this as a sign of the market, evolving slowly, but steadily. "Though we offer these insurances, we don't sell them aggressively as claims are minimal," said an official from a leading insurance firm.



Sitharaman: A good friend of ayurveda HT FILE

CHINTAN

Realise !

Dear Doctor,

As we know that there are many law courts for justice but the foremost & the topmost is human consciousness at heart.

*B.A.M.S. doctors recognised by **C.C.I.M** (A.Y.U.S.H.) as ayurvedic physicians offering medical services at public as well as private levels. Government servants are precisely giving ayurvedic treatment while private practitioners are prescribing mostly allopathic medicines at the cost of Indian medicine. Although it is true & wise that general physicians are serving the needy by virtue of analgesics and anti-biotics while saving lives of many in times of emergency. Simultaneously our own medical science is lagging behind because of us.*

Lets do Chintan

- 1. Think who other than B.A.M.S. doctor knows ayurveda better to **treat** and **promote**?*
- 2. Even spreading awareness through **Swasthvrita** in the form of **Preventive Medicine** can bring more respect to us in society.*
- 3. While advising modern medical treatment ayurvedic preparations can be added or incorporated e.g **cough syrups, alkalisers, appetisers, digestives, purgatives-laxatives, anti-rheumatics, skin problems, immunomodulators (rasayans) and viral diseases etc.***
- 4. During **convalescence** (recovery period) single herbal medicines can be supplemented to delay **reoccurrence**.*
- 5. Preference be given to **standardised, clinically tried & proved** formulations.*

With regrets & regards.

Dr. Dinesh Vasishth

**Wishing You and Your Family
Happy & Prosperous New Year 2017**



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