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Medicine Reorientation

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Editor's Desk

Dear Doctor,

Today Madhu-Meh (**Diabetes-Mellitus**) an offending disease finds a successful and scientific solution of its management in ayurved with its herbo - mineral formulations; high thanks towards **Gyan-Daan** for sharing Post-Graduate research studies on raktchaap (**Hypertension**); clinical trial of herb **Nirgundi** on paniful sandhivat (**Osteo-arthritis**); significance of Ahaar (**Diet**) in controlling anal diseases, a by product of Life-style disorders; emphasis of supplementary **yogic kriyas** for respiratory ailments.

Lastly **P.C.O.D** polycystic ovarian disease a modern day accompiment among young females have better and radical ayurvedic correcting measures.

Thanks.

With Regards

A stylized, handwritten signature in black ink, consisting of a large 'C' shape with a small 'v' at the end.

Dr. Dinesh Vasishth
Ph.D (Internal Medicine, Ayurveda), M.B.A

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Chintan!

"OLD IS GOLD"

Dear Doctor,

Popular Hindi saying 'Naya Nao Din Purana Sao Din' is true so is ancient ayurved; proudly, loudly and repeatedly declared by us.

It sustained through our generations suitably and successfully based on ayurvedic fundamentals.

*Whole credit goes to our honorable patient friendly ancestors (**Aapt Chikitsak**) who kept the therapeutic legacy of holistic medicine by virtue of Padarth Vigyan (**Basic Principles**), Dravya Gun (**Study of Herbs**), Rog Nidan & Kayachikitsa (**Medicine**) etc.*

Today Ayurved is at cross-roads needing rethinking, revision for old trends of learning & practices.

Lets have Chintan!

1. *Asht- Vidh Pariksha (**Eight methods of diagnosis**) should be priortised with less of assisting modern diagostic methods.*
2. *Assessment of patients Prakriti (**Temprament**), Ritu (**Seasons**), Lakshans (**Sighns & Symptoms**), Aushadh (**Medicines**), Ahar (**Diet**) based on Tridosh (**Three Humours**) and Panchmahabhut (**Five Elements**) should be the main stay.*
3. *For individual care suggestion should be given for Anupan (**Adjuvants**), Pathya Apathya (**Do's & Don'ts**) supplimented by **Yog and Meditation**.*
4. *Not to be forgottan are simlltaneous therapies of Shodhan and Rasayan Chikitsa (**Detoxification, Restorative**).*
5. *In modern medicine, allopathic defind diseases need to be managed by only Dosh-Dushya concepts of Samanya (**General**) & Vishesh (**Special**) ayurvedic chikitsa.*
6. *More preferance for Kashth - Aushdhi (**Herbal Dravyas**), less of combinations of Shastria Yogs (**Compounds**) and least of many a Ras preprations (**Metallic**) mixed together.*



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“Scientific approach to Ayurvedic Management of Diabetes -Mellitus with special reference to pharmacotherapeutics of Herbo-Mineral Formulations”

Introduction:

Diabetes mellitus (DM) is a group of diseases characterized by high levels of blood glucose resulting from defects in insulin production, insulin action, or both. The effects of diabetes mellitus include long-term damage, dysfunction and failure of various organs. Type 2 diabetes mellitus (DM) is a chronic metabolic disorder in which prevalence has been increasing steadily all over the world. As a result of this trend, it is fast becoming an epidemic in some countries of the world with the number of people affected expected to double in the next decade due to increase in ageing population, thereby adding to the already existing burden for healthcare providers, especially in poorly developed countries. Screening and diagnosis is still based on World Health Organization (WHO) and American Diabetes Association (ADA) criteria which include both clinical and laboratory parameters. **In India, about 50.9 million people suffer from diabetes, and this figure is likely to go up to 80 million by 2025, making it the 'Diabetes Capital' of the world.** Cases are increasing now in younger age group also (including adolescents) which is the most productive period of life.

Types of Diabetes:

- **Type 1 Diabetes Mellitus**
- **Type 2 Diabetes Mellitus**

- **Gestational Diabetes**
- **Other types:**
- **LADA (Latent Autoimmune Diabetes in Adults)**
- **MODY (maturity-onset diabetes of youth)**
- **Secondary Diabetes Mellitus**

Modern management:

No cure has yet been found for the disease; however, treatment modalities include-lifestyle modifications, treatment of obesity, oral hypoglycemic agents, and insulin sensitizers like metformin, a biguanide that reduces insulin resistance, is still the recommended first line medication especially for obese patients. Studies have shown that there was significant reduction in the incidence of type 2 DM with a combination of maintenance of **body mass index of 25 kg/m²**, eating high fibre and unsaturated fat and diet low in saturated and trans-fats and glycemic index, regular exercise, abstinence from smoking and moderate consumption of alcohol.

Ayurvedic Management of Prameha

- (A) **Cikitsasutra (Principles of treatment)**
- (B) **Chikitsa (Management)**

(A) Chikitsa sutra (Principles of treatment)

In all types of Pramehas, **Kapha** gets vitiated, but in **Madhumeha** comparatively Vata is often aggravated as well. Therefore therapies will be

directed at both **Kapha and Vata** simultaneously. **Caraka** has said that the patients who are obese and strong body built, one should adopt **Samsodhana treatment** and who are asthenic body built and weak, one should undergo for **Brihmana therapy**.

According to **Sushruta**, **Krisa Pramehi** should be treated with **Santarpana** measures processed diet and drink, while obese should be treated with **Apatarpana measures** (Vyayama and shodhana)

(B) CHIKITSA:

It consists of triangular approach:

1. Ahara (Diet)
2. Vihara (Exercise & Yoga)
3. Ausadhi (Medicines)

WHY HERBAL DRUGS?

The associated complications of synthetic drugs have led to a shift towards locating natural resources showing anti diabetic activity. The Indian prehistoric literature reports more than 800 plants with antidiabetic properties while ethno pharmacological surveys indicate that more than 1200 plants can be used for **hypoglycemic activity**. Herbs are also known to provide symptomatic relief and aid in the prevention of the secondary complications of the disease including **cholesterol lowering action**. Some of these herbs have also been proven to help in the **regeneration of β -cells** and in overcoming insulin resistance. In addition to maintaining normal blood sugar level, many of these also possess **antioxidant** activity

Herb and Herbal formulation in diabetes - recent advances:

Herbal medicines can be broadly classified into the following categories according to their mode of action:

- a. **Drugs acting like insulin,**
- b. **Drugs acting on insulin secreting beta cells,**

- c. **Drugs modifying glucose utilization,**
- d. **Drugs showing adrenomimeticism,**
- e. **Pancreatic beta cell potassium channel blockers,**
- f. **CAMP (2nd messenger) stimulators,**
- g. **Renal glucose resorption inhibitors**
- h. **Herbal drugs providing certain necessary elements like calcium, zinc, magnesium, manganese and copper for the beta-cells,**
- i. **Drugs regenerating and/or repairing pancreatic beta cells,**
- j. **Effectors of size and number of cells in the islets of langerhans,**
- k. **Glycogenesis and hepatic glycolysis stimulators,**
- l. **Drugs preventing pathological conversion of starch to glucose by inhibition of β – galactosidase, α –glycosidase & alpha amylase,**
- m. **Drugs preventing oxidative stress that is possibly involved in pancreatic β -cell dysfunction found in diabetes**
Mode of action of popular hypoglycemic herbs of Ayurveda
 - **A comprehensive review of the mode of action of most popular hypoglycemic herbs, such as Karavellaka, methika, Madhunashini indicates that these herbs act by –**
 - **Increasing insulin secretion,**
 - **Enhancing glucose uptake by adipose and skeletal muscle tissues,**
 - **Inhibiting intestinal glucose absorption and inhibiting hepatic glucose production.**There are several medicinal plants whose extract modulate different pathways such as–
 - **Glycolysis, Krebs cycle, gluconeogenesis, HMP shunt pathway, glycogen synthesis and their degradation, cholesterol synthesis,**
 - **Metabolism and absorption of carbohydrates, synthesis and release of insulin,**
 - **Aldose reductase pathway,**

- And free radical scavenging action in the human body.

1. Ayurvedic Medicinal plants that regulate glycolysis and Krebs cycle

Plant Name

Aeglemarmelos L,
Allium sativum L,
Caseariaesculenta Roxb,
Eclipta alba L,
Syzygiumcumini L,
Tinosporacordifolia Wild

2. Medicinal plants that inhibit glyconeogenesis

Cocciniaindica
Enicostemmalittorale
Momordicacharantia
Syzygiumaromaticum
Trigonellafoenum-graecum

3. Medicinal plants that inhibit cholesterol synthesis

Ficusbengalensis L.

4. Medicinal plants that inhibit a-glucosidase activity

Cassia auriculata L.
Hydnocarpuswightiana
Morus alba L.
Pterocarpusmarsupium Roxb.
SalaciareticulataWight.

5. Medicinal plants that inhibit glucose absorption

Artemisia pallens

Bauhinia candicans
Phyllanthusniruri L.

Classical Herbal Formulations

VATI/GUTIKA:

- Shivagutika • Chandraprabha Vati
- Gikshuradi Guggulu • Vyoshadi Guggulu

CHURNA:

- Triphala Churna • Amrthadi Churna
- Varaa Churna • Nishaa Churna
- Guduchi Churna • Sudarshanam Churnam

KASHAYA:

- Nisakathakadi Kashayam
- Kathakakhadiradi Kashayam

SANDHANA KALPA:

- Ayaskriti
- Lodhrasavam
- Devadarvarishtam

SNEHAM:

- Dhanwantharam Ghrtham
- Ksheerabala Tailam

RASAUSHADHI USED IN

MADHUMEHA**Name of Rasausadhis**

Sl.No	Name of <i>Rasausadhis</i>	Dose	<i>Anupana</i> (Adjuvant)
1	<i>SilajatuRasayana</i>	500mg increased up to 10gm	Honey, <i>salsaradiganakwatha</i>
2	<i>Makshikabhasma</i>	125-250mg	<i>salsaradiganakwatha</i> , Honey
3	<i>VangaBhasma</i>	125-250mg	Honey, <i>guruchisattva</i>
4	<i>Naga Bhasma</i>	62.5-125mg	<i>Haridraswarasa</i> , <i>jambuswarasa</i>
5	<i>YashadaBhasma</i>	125mg	Honey, <i>trikatukasaya</i> <i>guruchiswarasa</i>
6	<i>TrivangaBhasma</i>	125mg	Honey, butter
7	<i>SwarnaVanga</i>	125-250mg	Honey, butter
8	<i>Chandrakala Rasa</i>	250mg	Honey
9	<i>MehamudgaraRasa</i>	500mg	Honey
10	<i>Mehakalanala Rasa</i>	250mg	<i>GunjamoolKwatha</i> , milk
11	<i>Panchanana Rasa</i>	250-750mg	cold water
12	<i>Sukramatrika Rasa</i>	1-2gm	<i>Dadimaswarasa</i> , goats milk, water
13	<i>Vangeshwara Rasa</i>	750mg	Honey
14	<i>Vangeshwara Rasa (Y.R.)</i>	375 mg	<i>Kumariswarasa</i>
15	<i>BrihatVangeswar Rasa</i>	250mg	Goats milk, cows milk, curd
16	<i>ChandrapravaVati</i>	250-500mg	Water, milk, <i>sunthichurna</i>
17	<i>Pramehakulantaka Rasa</i>	125mg	Goats milk, luke warm water, <i>Amalakiswarasa</i> , <i>kulaththakwatha</i>

DISCUSSION AND CONCLUSION:

Ayurvedic herbal and herbomineral products have several advantages over modern synthetic hypoglycemic drugs. They have additional benefits like **cytoprotective, immunomodulatory** and anti-oxidant activities in addition to blood sugar lowering effect. They are also useful to prevent and reduce the complications of diabetes mellitus. Rasoushadhi have added advantages in managing diabetes mellitus due to their lower dosage and deep penetrating power. Products like **Shilajatu, Yashada Bhasma, Vanga Bhasma, Swarna Vanga, Abhraka Bhasma, Makaradhwaja, Tryushanadi Loha** etc are scientifically validated for their efficacy and safety in the management of Madhumeha. A scientific approach is needed in selecting and planning the herbomineral drugs.

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***Warning Signs of Heart Disease
- Irregular Beat, Shortness of Breath, Chest Pain***

Gyan-Daan

M.D (Ay.) / M.S / Ph. D Research Thesis Series-2



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Comparative Study of Shodhan (Virechana) Purvak Shaman & Shaman Chikitsa In The Management Of Essential Hypertension"

Essential Hypertension can be defined on the basis of thresholds for intervention to reduce blood pressure thereby the risk of stroke and heart attack. As the heart, brain and kidneys (Tri Maha Marmas) get affected by this hazardous disease. But the specific aetiology of EHT in 90% of all hypertensives is not known till date. It can be only detected on routine medical check-up or when patient goes to hospital with its dangerous complications like stroke, angina, myocardial infarction etc.

In medical parlance, this psychosomatic hemo-dynamic disease is known as the 'Silent' or 'Hidden Killer' because of its end organ (Trimahamarmas) damages having disastrous and menacing effects on human beings which ultimately leads to death.

Even Indian Council of Medical Research (ICMR) - All India Institute of Medical Science (AIIMS) study declared India a nation of hypertension. 40-45 million Indians are believed to be suffering from the disease that is a key risk factor for coronary artery disease, diabetes and renal failure.

By the year 2001, the number is expected to rise to 54 million. This is so, because, as a nation India is becoming overweight and consuming more salt, and less of fresh fruits and vegetables plus stress and tension-full life than previous generations.

Despite so many researches and studies on EHT, both in Modern and Ayurvedic field, the EHT is yet one of the most troublesome, problematic disease for patient as well as physicians.

Therefore, considering it as challengeable malady, this project has been undertaken in order to find out a **safe and effective medicament** in Ayurveda without creating any adverse effect and to maintain the blood pressure in its normal ranges.

The present study undertaken during 1995-98 entitled "**A Clinical and Comparative study of Shodhan (Virechana) Purvak Shaman and Shaman Chikitsa in the management of Essential Hypertension**" has been endeavoured with following aims and objectives :

1. To assess the efficacy of Shodhan (Virechana) Purvak shamanchikitsa in the management of EHT.
2. To study the different diagnostic aspects of EHT i.e its aetiopathogenesis, symptomatology, progression of the disease, according to Ayurvedic fundamentals.
3. To compare the effectiveness of shodhan with shaman therapy with that of shaman therapy alone.
4. To evaluate an effective and safe i.e. **Shuddhachikitsa for EHT.**

For therapeutic trial in this study, specific formulation were employed to carry out the

selected therapeutic maneuver. These were:

i) Dashmool Siddha Ghrita - For Abhyantar-Snehapana

Kwath and Kalka of Dashmool in the ratio of 4:1 (standard method of Sneha Paka as described in Sharangdhar Samhita) had been advised to be taken for achievement of total medicinal efficacy in the Shuddha Ghrita. Samyak Snehpaka Lakshnas according to classical parameters were advised to be taken into consideration during the preparation of Ghrita.

ii) Abhayadi Modak - For Virechana

In this formulation Trivrit and Danti are the main ingredients which perform the virechana Karma. Trivrit is stated as the best virechana drug by **Acharya Charak** and is also said to perform. Sukhvirechana with the combination of Tridosha nashak dravyas and also with specific preparation, it possess the supreme quality to remove all the diseases Danti is stated to perform Tikshna Virechana Karma and **Acharya Charak** has defined Tikshna Virechaka drug as that which act easily, quickly with great impulse and unimpeded. It eliminates the entire impurity without producing excessive malaise, pain in anus, heart and damage to intestinal tract

iii) Shaman Yoga Tablet - an aggregation of nine herbal drugs from classics whose action on psychae, heart, brain, kidneys and above all as a Rasayana drug.

Name	Part-Used	Quantity
1. Jatamansi (<i>Nardostachys Jatamansi</i>)	Moola (Roots)	1 Part
2. Haritaki (<i>Terminalia Chebula</i>)	Fruit	1 Part
3. Bibhitak (<i>Terminalia Belerica</i>)	Fruit	1 Part
4. Amlaki (<i>Embelica Officinalis</i>)	Fruit	1 Part
5. Arjuna (<i>Terminalia Arjuna</i>)	Twak	1 Part
6. Pippalimool (Roots of <i>Piper longum</i>)	Roots	1 Part
7. Punarnava (<i>Boerhaviadiffusa</i>)	Panchang	1 Part
8. Vasa (<i>Adhatoda Vasica</i>)	Panchang	1 Part
9. Guduchi (<i>Tinospora Cordifolia</i>)	Kanda (Stem)	1 Part

For clinical part of the study, 20 uncomplicated patients having cardinal sign and symptomatology of EHT have selected from the **I.P.D. and O.P.D. of Govt. Akhandanand College and Hospital, Ahmedabad**. The patients were randomly selected between the age group of 40 to above 60 yrs irrespective of sex, religion, occupation etc. They were sub-divided into **two groups of ten each**. Each group was assigned to fixed treatment schedule. In **group A**, patient underwent shodhan (Virechana) therapy followed by shaman chikitsa. While in group B, only **shaman chikitsa was given to the patients**. The duration of treatment in group A was 6 weeks. The dose and mode of administration has been described as-

Group	No. of Patients	Drug	Dose	Duration
A. ShodhanP urvak Shaman	10	1. Dashmool Siddha Ghrit (AbhyantarSnehp anarth)	25-35 ml. to 175-245 ml.	8 Weeks
		2. AbhayadiModak (Virechanarth)	2-6 Modak with water	
		3. Shaman Chikitsa		
B. Only Shaman Chikitsa	10	1. Shaman Yoga	10 gms/day with water	6 Weeks

DIET

Patients of both the groups were repeatedly advised to take **salt restricted dietary regimen**.

MANAGEMENT OF PATIENTS

Before administration of Virechana Therapy, during the Deepan-paachan karma, light hospital diet was administered.

A detailed proforma, prior to treatment was duly filled and appropriate laboratory investigation were carried out to assess the general condition of the patients and to exclude any other associated offending pathology. Throughout the entire therapy, the patients were kept on salt restricted and

light diet. Follow-up was done regularly in I.P.D. patients and weekly in O.P.D. patients.

At the exitum of this clinical study the final conclusion can be drawn from the deductive reasoning of the relevant information and non-deceiving data comprehended in the present study.

1. A critical look back at the historical review shows that **rasa-vikshepa**, **anudhavan** etc. words resembling with blood circulation were prevalent in classics also knowledge of Nadi (pulse) and function of Dhamani i.e. Dhamanaat Dhamani has been described in ancient Ayurvedic literature.
2. On subjecting the cardinal sign i.e. persistent rise in blood pressure, to Ayurvedic fundamentals, it is evident that there is predominance of **vata-pitta dosha and kapha** as its accompaniment with **rasa-raktadushti** and the symptomatology of the disease also propound to above dosha-dushya prominence. This fact is supplemented clinically by its mode of presentation i.e. maximum patients hailed from **parihanikala** of **vaya**. Dhamani - **uplalepa**, (**Atheroscleroris**) is one of the main incidence in EHT and is stated in **kaphanatanmajavyadhis**. Hence, the EHT can be assigned as **Tridoshajvyadhi** with predominance of **vata** and **pitta**.
3. Regarding the wider factors mainly, genetic, dietary, psychological and environmental factors were observed practically, it may be asserted that none of these factors influence the expression of the disease in segregation. They interact amongst each other in a variety of permutations to complement and compound the resultant effect on this pathological phenomenon. Hence, it is also known as multi-factorial disease.
4. **Shodhan** (Virechana) with **shaman therapy** (Group A) offered better results in pacifying the entire range of symptomatology ,

Hamilton's anxiety rating scale and mainly the cardinal signs, in comparison to shaman chikitsa alone.

5. The shaman chikitsa (Group B) when given separately, was also found to be effective in regression of cardinal signs as well as associated symptomatology and Hamilton's anxiety rating scale also. But it was judged to be less effective as compared to shodhan with shaman therapy.
6. From the significant results obtained in Group B, it can be concluded that **shaman chikitsa is more effective in mild hypertension**, on the other hand moderate and severe ranges of hypertension can be normalized in a better way by Shodhan Chikitsa.
7. Allopathic medicaments were omitted slowly during the first two weeks of treatment and then the patients were kept on only the therapies under trial.
8. A follow-up of 15 days after completion of both therapies was taken to notify the maintenance of arterial pressure and after effects on symptomatology of both therapies.
9. **In extrimis the selected treatment schedule, Shodhan (Virechana) with shaman, turns out to be therapy of proven utility of hypertension and only shaman in mild type of hypertension.** As the study was concluded over a small sample, a similar study performed over a large sample for a longer period would have procured much sharper and more accurate results. Hence, evaluate an resulting therapy development of an effective and safe cure for this distressing and menacing ailment.

**SHARING KNOWLEDGE GIVES RESPECT
AND GROWTH OF SCIENCE**

Moving News

HOW MUCH SALT IS OKAY

Less than 5 grams per day per person

Why it's needed
Essential for nerve and muscle function

What happens if you consume too much of it

Sodium is an important component of salt; if taken in high amount, salt can cause hypertension or high blood pressure. It can trigger heart attack and stroke

What happens if you consume salt with low sodium

1 Low sodium salts contain potassium in higher amounts

2 It is good for a healthy person, but in people suffering from diabetes, cardiac and renal diseases, it can cause hyperkalemia — excess levels of potassium in blood — that is known to cause symptoms, such as weakened pulse, slow heartbeat, or muscle weakness

Advisory: Instead of looking for substitutes, focus on cutting down salt intake to reduce blood pressure and stay healthy



Food for thought

A look at how junk food leaves children with empty calories and gut-destroying germs



One in four

or 24% of 3,493 students in the age group of 14 to 18 years are obese, a Delhi study in the Asia Pacific Journal of Clinical Nutrition (February, 2008) has found out

17 mn

obese children will be there in India by 2025 and it will also stand second among 184 countries, says a study published in Paediatric Obesity, an international journal

41 mn

children under the age of five were overweight or obese globally, says a 2013 WHO report



DUMP THE JUNK

- Junk foods are high on salt, sugar content, starch and fat and low in essential nutrients, such as proteins, minerals, vitamins.
- The human body gets all its energy from natural food, such as sugar from fruit and dried fruits, and fat from dairy, meat, cooking oil and nut.
- When the body cannot use the extra calories from processed foods, they get stored & cause weight gain.

WHAT JUNK DOES

- Eating junk food can cause nutritional deficiencies, bloating, acne, weight gain, high blood sugar and headaches.
- Over time, it causes high blood pressure, high cholesterol, heart disease, diabetes, obesity and depression.

साइकिल चलाने से पुरुष लंबे समय तक जवां दिखेंगे



सेहत

लंदन | छाँसी

साइकिल चलाना सेहत के लिए अच्छा है, इस बात से इनकार नहीं किया जा सकता है। अगर एक शोध में पता चला है कि साइकिल चलाने वाले पुरुष लंबे समय तक जवां दिखते हैं। इसके अलावा उनकी रोग प्रतिरोधक क्षमता भी मजबूत हो जाती है।

यूनिवर्सिटी ऑफ बर्मिंघम और किंग्स कॉलेज लंदन में हुए शोध में कहा गया है कि साइकिल चलाने वाले पुरुषों में पुरुष हार्मोन के कम होने की आशंका कम होती है। जीवन भर साइकिल चलाने वाले पुरुषों का टेस्टोस्टेरोन स्तर युवाओं के बराबर होता है। टेस्टोस्टेरोन के गिरते स्तर की विशेषज्ञों ने पुरुषों की

संक्रमण का खतरा भी कम

शोध में देखा कि छह घंटे में 100 किलोमीटर साइकिल चलाने वाले पुरुषों में टेस्टोस्टेरोन हार्मोन का स्तर भी युवाओं जैसा ही था। प्रमुख शोधकर्ता प्रोफेसर जेम्स लॉर्ड ने कहा कि साइकिल चलाने से इन पुरुषों की रोग प्रतिरोधक क्षमता भी बेहतर दिखी। शिराज्जा इन्हें मौसमी संक्रमण का खतरा भी कम था। वह अध्ययन एजिंग सेल पत्रिका में प्रकाशित हो चुका है।

रजोनिवृत्ति कम हो जाता है।

इस अध्ययन के लिए 55 से 79 साल के नियमित साइकिल चलाने वाले पुरुषों के आंकड़ों का अध्ययन किया। विशेषज्ञों ने देखा कि इन पुरुषों की मसपेशियां और शरीर में क्या का स्तर 20 साल के किशोरों के बराबर था।

विशेषज्ञ का दावा, अच्छी नींद और ऊर्जा बढ़ाने में भी सहायक

हर्बल चाय से तनाव घटाएं



सेहत

लंदन | छाँसी

हर्बल चाय का सेवन तनाव को दूर करने में सहायक हो सकता है। साथ ही इससे भ्रम दूर हो, अच्छी नींद आयेगी और शरीर को ऊर्जा बढ़ेगी।

सिडनी की नैचुरोपैथ विश्वविद्यालय सेवन की जा चुकी है कि कुछ विशेष हर्बल चाय का सेवन शरीर को तनाव के साथ ऊर्जा देता है और तनाव को दूर करता है। इनके नैचुरोपैथ चाय बनाने की विधि और उसकी सामग्री के बारे में बताया गया है। इस संवेध में नैचुरोपैथ सेमिनर बताते हैं कि चाय के पानी आज की दुनिया में चाय का एक प्याला शरीर को ऊर्जा में बढ़ा और लंबे समय तक। चाय से तनाव के स्तरों को दूर किया जा सकता है।

केनोमाइल चाय पेट की बीमारी दूर करे

1 अमेरिकी राज्य में पाए जाने वाले केनोमाइल (बूने का फूल) की चाय सदियों से केसर हस्त चाय का विकल्प है। यह पेट की बीमारी दूर करने का समाधान है। इसके अतिरिक्त नींद की कमी दूर करने में भी यह चाय सहायक है। इसे पूर्णतः को फल का रस बनाया जाता है और सोने से पहले इसे पीने से सहायक लाभ होता है।

जिनसेम की चाय मधुमेह को काबू करे

2 दक्षिण एशिया और उत्तरी अमेरिका में पाए जाने वाले जिनसेम फूल की चाय मधुमेह को दबी से काबू करती है। इसके अतिरिक्त शरीर को ऊर्जा देने, शरीर में कोलेस्ट्रॉल की मात्रा कम करने, तनाव में जिनसेम की चाय सहायक है।

हल्दी की चाय शरीर के साथ मस्तिष्क को दुरुस्त रखे

3 हल्दी को उबाले पानी में फाड़कर पीने से तनाव दूर होता है। प्रतिरक्षा को बढ़ावा देता है। मस्तिष्क के लिए भी कारगर है। शरीर को तापमान के दबा और शरीर से इसकी चाय से शरीर मित्र होता है।

तुलसी से तनाव दूर

4 सेहतपूर्ण रखने वाली तुलसी की चाय तनाव को दूर करने का उत्कृष्ट समाधान है। यह तनाव को दूर करने का सबसे अच्छा तरीका है।



अदरक की चाय त्वार और पेट दर्दों का सखाल रखे

5 अदरक की चाय हर किसी को फल आती है। इसका विषय अदरक की चाय का निमित्त रोगन जुबान के चक-चक पेट के लिए पचान सहायक होती है। पेट से संबंधित रोगों जैसे गैर, जठर अग्नि में अदरक की चाय बहुत सहायक होती है।



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“IMPORTANCE OF ETHNOPHARMACOLOGY IN THE TREATMENT OF CHRONIC OSTEOARTHRITIS.”

INTRODUCTION:

Osteoarthritis, is a chronic form of arthritis. It is a senile degenerative change in the weight bearing joints, especially the knee joints. It is a biomechanical and physiological disease. In this disease the cartilage which provides a ‘lining’ between two bones breaks down and wears away. Therefore the bones rub and grind with each other.

This condition was recognized at the time of Ayurved, which approximately dates back to 3000 years B.C.; it is the ancient, traditional wisdom regarding health. **Osteoarthritis is called as ‘Sandhigata Vata’. The most common cause of osteoarthritis is increased body weight. The second important cause is over use of the joints. The third cause is age and senile degeneration of the joints. Onset of this condition is insidious.**

There are a few groups of drugs like pain killers, anti-inflammatory drugs, and calcium supplements. Externally some vanishing cream based **‘counter irritants’** are used. Application of analgesic ‘sprays’ are popular.

Ethnopharmacology and natural drugs remain a significant hope even to day.

On this back ground it is interesting to see how this condition is handled by the tribal peoples. Advantage of ethno pharmacological herbal

treatment is that it has minimal or no side effects.

MATERIALS AND METHODOLOGY:

Initially information regarding the herbal treatment of **‘Sandhigata Vata’** (in tribal language, it is called ‘Sandhivat’) was discovered by winning their trust by frequent visits. The site was selected in the valleys of western ghat section near Pune. Whatever information could be gathered was divided as **‘internal’** and **‘external’** treatment.

During this activity it was noticed that a medicinal plant locally called as **‘Nirgudi’ or Nirgundi** is used both internally and externally.

The plant is available along the sides of cattle tracts and footpaths and grows to an height of 6 to 10 feet. Botanically the plant was identified as **‘Vitex nigando’**.

For the present study only the mature, healthy and fresh leaves were collected by hand picking. A medium sized cotton bag soaked in water and wrung was used to store the leaves in a crisper of a refrigerator at about 40C and were used as required.

Part of the leaves were **shade dried for 7 days**. The patients were collected locally by passing a word around and the affected persons were explained about the purpose of trial.

It was aimed at collecting 30 patients who were suffering for not less than 10 to 15 years. Statistically

the study was of 'Self control' study design.

INTERNAL TREATMENT:

Shade dried leaves of Nirgudi were crudely pulverized (60 mesh size) and 1 teaspoonful (approximately 250 mg) was put in 300 ml of vigorously boiling water, boiled for 10 minutes, covered and kept aside for another 10 minutes. This formed a one time dose. Such two doses per day were administered for 7 days without break. It was observed that the patient response was good and they carried out the instructions faithfully.

EXTERNAL TREATMENT:

For the external application fresh or dried leaves were used. A handful of fresh leaves or a tablespoonful of dry powder (10 g approximately) was used. The fresh leaves were crushed in a mortar and pestle to make a smooth paste. The dried powder was soaked in 150 ml of water and was allowed to soak for 10 minutes. It was boiled to form a thick paste.

The affected joint or joints were cleansed with hot water and dried with a towel. Few drops of castor oil was applied to the joint and the surrounding area was lightly massaged for few minutes. Over this area 5 mm thick paste was applied over the joint and about 4 inches above and below the joint. Over the wet surface Vata (*Ficus bengalensis*) mature and healthy leaves were applied with 'face down'. The joint and the adjoining area was wrapped with a 4 inches wide strip of cloth with light pressure. The joint was fomented for about 10 minutes with a pad of cloth warmed over an iron plate. The paste was left undisturbed till next day.

On the second day the dried paste was removed with warm water. and the procedure was repeated. This treatment was given for a week simultaneously with the internal treatment.

For the assessment the following criteria were chosen.

1. pain on movement

2. Swelling over the joints
3. Skin temperature by back of the palm

This scatter diagram shows the chronicity of osteoarthritis of all patients. It indicates that majority of them were suffering from 10 to 15 years.

Three symptoms pain on rest, pain on movement and swelling were compared together, the treatment shows satisfactory improvement after 7 days.

STATISTICAL ANALYSIS:

Pain on Rest Day 1 and Day 7

Group	Group One	Group Two
Mean	3.70	0.77
SD	0.47	0.73
SEM	0.09	0.13
N	30	30

P value and statistical significance:

The two-tailed P value is less than 0.0001

The difference is considered to be extremely statistically significant.

Pain on movement Day 1 and Day 7

Group	Group One	Group Two
Mean	3.87	1.33
SD	0.35	0.84
SEM	0.06	0.15
N	30	30

P value and statistical significance:

The two-tailed P value is less than 0.0001

The difference is considered to be extremely statistically significant.

Swelling over the joint Day 1 and Day 7

Group	Group One	Group Two
Mean	3.60	1.43
SD	0.50	1.07
SEM	0.09	0.20
N	30	30

P value and statistical significance:

The two-tailed P value is less than 0.0001

The difference is considered to be extremely statistically significant.

DISCUSSIONS:

Tribal people of both sex work hard going up and down the hills in search of food and game. Their knee joints especially get wear out early and they suffer from **Sandhi vata** (osteoarthritis).

Since there is no medical help available they make use of medicinal plants to get relief.

It was observed that internal and external use of 'Nirgundi' leaves give goof relief from pain and swelling, the joint movements become more free. This clinical result was without any side effects. Even though 'instant' results were not seen, but the improvement was sustained.

How '**Nirgundi**' brings about this results is not known. But certainly it is a sum total effect of

all the active principles in the plant. Nirgundi has 94 compounds in its leaves out of which 28 compounds are in the volatile form. The main compounds identified are viridiflorol (26.52%), p-caryophyllene (13.20%), 4-terpineol (4.46%), linalool (2.04%), globulol (1.82%), elemol (1.48%), fJ-farnesene (1.38%) and aromadendrene (1.04%). The oil from flowering twigs contains higher amount of viridiflorol (26.52%) than from leaves (19.55%), and thus can be a better source of natural viridiflorol. (C₁₅H₂₆O). These compounds appears to have anti-inflammatory, analgesic properties which requires further investigations and more clinical studies.

CONCLUSION:

Ethnopharmacological observations and a small field clinical study reveals that the plant Nirgundi (Vites negundo) has a role in giving good clinical relief in osteoarthritis (Sandhi Vata). It is safe and harmless both externally and internally in the suggested doses and time period.



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Recent Developments

ELIGIBILITY TEST FOR NEW AYUSH TEACHERS TO BE MANDATORY

Rhythmika Kaul

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NEWDELHI: The ministry of Ayush is planning an entry-level exam for new teachers of alternative medicine streams — Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy — to ensure quality of teaching and research.

"This will be a sort of eligibility test for new Ayush teachers. A candidate may be a good doctor but not necessarily a good teacher, and this test will check their knowledge and aptitude," said Vaidya Rajesh Kotecha, secretary, Ayush.

India has an estimated 18,000 Ayush teachers, which includes about 5,000 teachers for homoeopathy, besides an estimated 30,000 Yoga teachers.

"Quality teachers interested in teaching and research will produce quality students. We aim to generate world class human resource in Ayush, and this test will be one of the measures we have planned to ensure that," Kotecha said.

In a move to benefit more than 4,000 post graduate students of Ayush streams each year, all teachers will also be assigned a unique verification code to track their attendance.

"We are trying to bring in quality and transparency in our education system," said Vaidya Kotecha, adding that a committee under the chairmanship of Niti Aayog vice-chairman is examining the working of regulatory bodies such as central council of Indian Medicine and homoeopathy to suggest suitable reforms.

➤ This will be a sort of eligibility test for new Ayush teachers. A candidate may be a good doctor but not necessarily a good teacher, and this test will check their knowledge and aptitude

■ VAIDYA KOTECHA, Ayush secretary

AT RISK FOR CKD?

It's a good idea to get an annual kidney function test anyway, but you should be extra careful if you have

- High blood pressure
- Diabetes
- Hypertension
- If you are on steroids or painkillers

TO KEEP YOUR KIDNEYS HEALTHY

- Drink 2 litres of water a day
- Keep your diet low on salt and sugars; have more fibre in your diet than protein
- Exercise for at least 30 minutes a day
- Stop smoking

IN NUMBERS

17.2% of India's population is estimated to have chronic kidney disease

40% of cases are caused by uncontrolled diabetes; another 10% to 15% by uncontrolled hypertension

2.5 lakh people diagnosed with end-stage kidney disease in India each year, only 10% receive either dialysis or transplant. This is because a shortage of dialysis centres and centres performing transplants, shortage of organs and the cost involved," said Dr Sanjiv Jasuja, senior nephrologist at Indraprastha Apollo hospital.

9,000 people in India get a kidney transplant every year.

आधे घंटे कसरत मधुमेह से बचाएगी

वाशिंगटन। एक शोध में दावा किया गया है कि गर्भावस्था से पहले आधा घंटा व्यायाम करने से गर्भावधि मधुमेह (गैस्टेशनल डायबिटीज) का खतरा कम हो जाता है।

विशेषज्ञों के मुताबिक, गर्भावधि में होने वाली मधुमेह की बीमारी के प्रसव के बाद टाइप-2 मधुमेह में विकसित होने की आशंका रहती है। (एजेंसी)

Indian plants may hold gateway to new medicines, say scientists

Snehal Fernandes

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MUMBAI: Researchers in Chennai have identified naturally occurring chemicals in Indian medicinal plants that have no significant similarity with those used in existing drugs, making them prospective ingredients for future medicines.

A seven-member team led by the Institute of Mathematical Sciences (IMSc), Chennai, has developed an online database — Indian Medicinal Plants, Phytochemistry and Therapeutics (IMPPAT) — that has listed 96 phytochemicals or biologically active compounds, found in plants. The research findings were published in a paper in the online journal Scientific Reports on March 12.

"Plants have co-existed with other organisms for millions of years on earth. They have developed chemical defence mechanisms which include release of phytochemicals to thrive against microbes such as bacteria and fungi," said Arupjit Samal, a computational biologist at IMSc. "There is a gold mine within plant phytochemicals for discovery of new drug molecules."

The team found that more than

RESEARCHERS' DATABASE: 116 PLANTS

■ Indian medicinal plants: 172
■ Phytochemicals: 9,596
■ Number of associations between plants and phytochemicals: 2,024
■ Association between plants and therapeutics: 11,541
■ Association between plants and medicinal formulations: 1,669
■ Association between phytochemicals and human target proteins: 48,632

60% (591) phytochemicals have no significant similarity with existing drugs by the US Food and Drug Administration, making them potential ingredients in prospective drugs.

"This database is a detailed and extensive library of phytochemicals of Indian medicinal plants with accurate molecular structures, their role and function. Now we need to see how to marry this traditional knowledge with modern medicine," said Dhiraj Kumar, group leader, cellular immunology, International Centre for Genetic Engineering and Biotechnology, Delhi, who was not involved in the research. Researchers said the database,

which has captured 1,742 Indian medicinal plants and 9,596 phytochemicals based on more than 50 books on traditional Indian medicine, 1,000 abstracts of published research articles and other existing resources, can help prove or disprove the effectiveness of traditional medicine scientifically beyond empirical observations. Large fraction of traditional medicine is partially unestablished as it is based on human experience, and not supported by molecular level evidence. Documenting plants and their associated phytochemicals is therefore a step forward towards going from experience-based to evidence-based science," said

Samal. "We want to now link phytochemicals to their human protein targets that will help in molecular level understanding of the observed therapeutic action of these Indian medicinal plants."

To identify phytochemicals that could be promising in finding new drugs, the team used computational tests including those used by pharmaceutical companies in the initial phase of the drug discovery pipeline to filter out non-interesting molecules. Of the 9,596 phytochemicals that were subjected to these tests, 960 were found to be potentially usable in future drugs, meaning these small molecules have characteristics favourable for drug development.

Comparing the set of 960 phytochemicals produced by Indian medicinal plants with 10,140 phytochemicals produced by Chinese medicinal plants, the team found less than 25% (2,485) to be common. One of the larger databases on Chinese medicinal plants had a subset of 972 phytochemicals that could be used in drugs.

"Phytochemicals from both Indian herb and Chinese herbs offer extensive opportunity for novel drug discovery," stated the research paper.

भारतीयों ने डेंगू के इलाज की आयुर्वेदिक दवा बनाई

गर्त
नई दिल्ली | एजेंसियां

भारतीय वैज्ञानिकों ने डेंगू के इलाज के लिए एक आयुर्वेदिक दवाई विकसित की है। इन वैज्ञानिकों का दावा है कि इस बीमारी से संबंधित अपने कुछ की वृद्ध फल्टी दवाई है। अपने साल से यह दवाई बाजार में मरीजों के लिए उपलब्ध हो जाएगी।

आयुष मंत्रालय के अंतर्गत अपने खली स्वास्थ हवाई केन्द्रीय आयुर्वेदिक विज्ञान अनुसंधान परिषद (सीसीआरएस) और केन्द्रीय केन्द्रीय केन्द्रीय अनुसंधान केन्द्र आईसीएमआर ने जयलट अध्ययन कर लिया है, जिसने इससे चिकित्सीय सुरक्षा और प्रभाव को खोज निकाला है। चीमान ने बताया कि उपकटिबंधीय देशों में डेंगू एक बड़ी स्वास्थ्य समस्या के रूप में उभर रहा है। व्यापक और सीमित रूप में पारंपरिक

2015 में इस दवा के निर्माण की शुरुआत हुई थी

यह दवाई सस्ता ऐसी जड़ी-बूटी युक्त सामग्री से बनाई गई है, जिसका इस्तेमाल आयुर्वेद में सदियों से होता आ रहा है।

—प्रोफेसर वैद्य के. एस. सीमान, महामिशन, सीसीआरएस

इलाज होने की वजह से सरकार और सभी स्वास्थ्य एजेंसियों का ध्यान इस रोग ने अपनी तरफ खींचा है। उन्होंने बताया कि इस दवाई के निर्माण की शुरुआत साल 2015 में हुई थी और इसके शुरुआती अध्ययन में दवा अस्पताल, गुड़नाथ और चिकित्सीय रूप से इसके सुरक्षित होने का अध्ययन बेलनाथ और कोलार में किया गया। इस दवाई का निर्माण पिछले साल जून में हो गया था।



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LIFESTYLE DISORDERS w. r. t. ANAL DISEASES & AYURVEDA - A REVIEW

INTRODUCTION-

The modern era has a considerable number of metabolic disorders, psychosomatic disorders as a inevitable complication of changing lifestyle patterns. The present healthcare system is facing a wide range of lifestyle disorders as threat due to the unhealthy living patterns of food and behaviour. One can see increase in number of anorectal clinics nowadays.

KEYWORDS- Lifestyle, Ayurveda, Anal diseases

REVIEW OF LITERATURE-

The Lifestyle diseases means the diseases linked with the way people live their life. The causes of these disorders range from food, behaviour, addictions etc. Ayurvedic samhitas have described these diseases in detail with the According to a recent survey, 14% of Indian population suffers from chronic bowel disorders apart from other major disorders like diabetes, hypertension, obesity, cancer. The round the clock work and deadly targets at work place, sedentary lifestyle, excessive driving, improper eating habits, sleeplessness, anxiety, stress, unhealthy competition are the factors which have a major impact on the Life style diseases are defined as diseases linked with the way people live their life. This is commonly caused by alcohol, drug and smoking abuse as well as lack of physical activity and unhealthy eating hetu.

Aaharaj hetu-

Virudhakanna- (cha.su.27) one of the root causes for malavastambha. Eating Sprouts almost daily or

many times during a week, which is a leading factor in the incidence of anal diseases consequently. It causes agnimandya and ultimately leads to various ano rectal disorders. It has been quoted as the major cause of malavastambha in Charak Samhita.

Stale food which is Sheeta, paryushit anna sevana

Spicy, oily food

Virudhanna sevana

Ready to eat preparations with preservatives

junk food, bakery products

Excessive intake of tea and coffee

Addictions like alcohol, tobacco, smoking

Excessive water intake in the morning empty stomach is the cause for agnimandya which is the key ailment in anal diseases.

These hetus lead to the purishavahasrotodushti which is the ultimate cause of anal diseases.

Viharaj hetu-

Excessive driving

Kathin aasan

Vegavidharana- suppression of natural urges like defaecation (cha.su.7/ash.hruday.su.4)-

Ayurvedic samhitas have elaborated the causes and symptoms of the purishavaha srotodushti due to vega vidharana. The suppression of natural urge to defaecate is the underrated but most important factor in today's world. It leads to sanga which is one of the srotodushti hetu in the form of constipation or malavastambha. (cha.vi.5)

Sedentary lifestyle

Excessive exposure to heat and wind

Insomnia

Inadequate sleep

Lack of sound sleep

Manasik hetu-

Shoka, bhaya, chinta, krodh, kama, matsarya can be witnessd now a days with increasing risk of stress, anxiety, competition, hatred, depression etc. All these things eventually affect the body and mind.

All the above causes are pradnyaparadhajanya which are responsible for the anal disorders like parikartika, arsha and bhagandara.

Symptoms of the purishavhastrotodushti-

Painful defaecation, faeces less in quantity, too hard or too loose stool, pain at anal region

Samprapti vichar-

The hetus mentioned above more or less equally important in some or other way in possible incidence of anal diseases as they lead to increase in ruksha guna, vitiation of doshas and strotovaigunya which is already in the process due to frequent exposure to such hetus. The sthana dushti along with the strotovaigunya and causing factors lead to the anal disorders.

DISCUSSION-

• **Ayurveda has always emphasized on aahar, the method of eating or having food, its proper ways like aharvidhividhan, ashtavidh aahar vidhi visheshayatanani etc.**

• **Nidan parivarjana- by controlling and changing the factors responsible for the possible health hazard, one can definitely reduce the risk of the lifestyle disorders.**

• **By proper consulting about the aahar, vihar modification according to ayurvedic texts, the early diagnosis and treatment is possible. That's**

why Ayurveda has a treasure of healthy guidelines and right path for such lifestyle disorders which would prevent the threat of the disorders.

CONCLUSION-

1. Moto of Ayurveda- swasthasya swasthya rakshanam, vyadhitasya vyadhiparimoksha is perfectly suitable in case of lifestyle disorders which can be prevented with the help of Ayurveda.

2. Aaharvidhividhan, Dinacharya and Rutucharya described to follow as per Ayurveda definitely help to overcome the lifestyle related disorders.

SCOPE-

Ayurvedic clinics, diet clinics with specialized consulting for lifestyle disorders like anal disorders for diet, lifestyle modifications can be considered as an extended part of ayurvedic management of the concerned disorders.

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श्वसन संस्थान संबंधी रोग और उनकी चिकित्सा

—डॉ० मधु गुप्ता शास्त्री

नजला-जुकाम

नजला या जुकाम बहुत व्यापक, कष्टदायक एवं असुविधाजनक रोगों में से एक रोग है, जिसको अगर समझदारी के साथ तत्काल उपचार करके दूर न कर दिया जाये तो वही निमोनिया, ब्रोंकाइटिस, इन्फ्लूएन्जा, पीनस तथा तपेदिक जैसे भयानक और प्राणलेवा रोगों का जन्मदाता बन जाता है। यह रोग वैसे तो ऋतु के बदलने से होता है, लेकिन प्रायः सभी ऋतुओं में हो जाता है। यह दो ऋतुओं के बीच के दिनों में अधिक होता है।

कारण—नजला-जुकाम शारीरिक जीवनी-शक्ति के उस प्रयत्न का परिणाम है जो आहार-विहार की बुरी आदतों, व्यायाम और शुद्ध वायु के अभाव तथा रहन-सहन की अन्य



एकत्र होते रहने वाले मल को बाहर निकाल फेंकने के लिए करती हैं। हम जो कुछ भी खाते हैं, उसकी पाचन क्रिया पूरी होने के बाद बने रक्त का ऑक्सीजनीकरण होता है। नाक के द्वारा पूरा ऑक्सीजन न मिलने से यह क्रिया पूरी नहीं होती और रक्त में आवश्यक गर्मी न आने से यह रोग होता है, जिससे खाया-पिया नजला-जुकाम के रूप में बाहर निकलता रहता है।

कब्ज रहना भी इस रोग का मुख्य कारण है। कफ तथा वायुकारक वस्तुओं का प्रयोग, शरीर से पसीना न निकलना, शरीर की आवश्यकतानुसार गर्म न रखना आदि अनेक कारण इस रोग के होते हैं। इसके अलावा दूषित वायुमंडल, धूल तथा धुआँ वाले स्थान आदि से भी जुकाम हो जाता है। नंगे पैर चलने, गर्म स्थान से उठकर ठंडे स्थान में जाने, गर्म स्थान में काम

करते-करते ठंडा पानी पी लेने, वर्षा में भीगने, व्यायाम करने के बाद स्नान कर लेने आदि कारणों से भी जुकाम हो जाता है।

लक्षण—जुकाम होने पर नाक से पानी बहने लगता है। छींकें आने लगती हैं और सिर तथा शरीर भारी पड़ जाता है। आँखें लाल हो जाती हैं और गले में खराशें पड़ जाती हैं। एक-दो दिन तक लगातार नाक से निकलने वाला श्लेष्मा गले के नीचे उतर कर कफ बन जाता है, अतः खाँसी की भी शिकायत हो जाती है। कभी-कभी नाक बंद हो जाती है और साँस लेने में कठिनाई होती है बुखार भी हो जाता है।

परिणाम—इस बीमारी से नाक से सूँघने की शक्ति तथा जुबान के स्वाद का भी पता नहीं चलता। तीन-चार दिनों के बाद बलगम गाढ़ा हो जाता है और फिर हल्की खाँसी या छीकें के साथ कफ निकलता है।

नजला जुकाम पुराना हो जाता है तो साँस लेने में कष्ट होता है, नाक बंद रहने लगती है मुँह से साँस लेना पड़ता है। अक्सर बच्चों में यह समस्या अधिक होती है जिससे नाक की हड्डी टेढ़ी हो जाती है मुँह और जबड़े का स्वरूप बिगड़ जाता है।

हमारे शरीर का स्वास्थ्य दोष, धातु, अग्नि और मल की समावस्था पर निर्भर करता है। तीन दोष (वात-पित्त-कफ) में से किसी एक दोष में भी घट-बढ़ होने से शरीर में अस्वस्थता आती है। नजला-जुकाम कफ वृद्धि का परिणाम होता है। शीत ऋतु में शरीर में कफ का संचय होता है शीत समाप्त होते ही बसन्त-फाल्गुन-चैत्र के आगमन पर जैसे ही तापमान में वृद्धि होती है शरीर का संचित कफ पिघलकर बाहर निकलने लगता है इसीलिए इस ऋतु में कफ जनित रोग होते हैं। शरीर अपने स्वभाव के अनुरूप बड़े हुए कफ को नासिका मार्ग से बाहर निकालने की चेष्टा करता है; बड़े हुए कफ को निकालने का यही सबसे उचित मार्ग है। मात्र चौबीस घंटे का परहेज बड़े हुए कफ को समावस्था में कर देता है किन्तु जब जुकाम होते ही परहेज करने की बजाए तरह-तरह की दवाईयाँ, अदरक-तुलसी आदि के काढ़े और चाय पीकर उसको रोकने की कोशिश की जाती है तो वह क्रम से खाँसी-साँस-अस्थिमा-वमा में परिवर्तित हो जाता है जो मरते वम तक दवाईयाँ और डॉक्टरों का गुलाम बना देता है साथ ही समय से पहले बुढ़ापा यानि आँखें कमजोर हो जाती हैं, कानों में कम सुनाई पड़ने लगता है, बाल सफेद हो जाते हैं तथा झड़ने लगते हैं शरीर जर्जर हो जाता है।

चिकित्सा—जुकाम होने पर या होने का आभास होने पर हल्के गर्म पानी का एनिमा, धूप स्नान लें। छाती तथा पीठ पर धूप में मालिश तथा दोनों जगह थपकी देने से भी छाती खुलती है। धूप में मालिश के बाद स्नान कर लें। यदि भाप स्नान की सुविधा है तो वह भी कर सकते हैं। दिन में दो बार आधा घण्टा गर्म पानी में पैर रखकर उष्णपाद स्नान लें। रात को सोने से पहले यूकालिप्टस (सफेद) के पत्तों को पकाकर चेहरे पर भाप लें।

उपवास, रसाहार या पेट साफ न हो, पेड़ पर 20-30 मि-मिट्टी की पट्टी रखकर शाम को गुनगुने पानी का एनिमा लेकर आंतों को सफाई कर लेनी चाहिये। दिन में एक बार या एक दिन छोड़कर गर्म पौध स्नान (Foot Bath) कर लेने से छाती साफ हो जाती है व जुकाम ठीक हो जाता है।

कुंजल, जलनेति, सूत्र-वेति, के पश्चात नाक में गुनगुना सरसों का तेल डालें। भस्त्रिका, सूर्य- भेदी, अनुलोम विलोम प्राणायाम नजले को ठीक करने में बहुत लाभ करते हैं। यदि शरीर सबल है तो भूप में पांच से दस सूर्य नमस्कार भी करने चाहिए।

आहार—नजला-जुकाम में उपवास बड़ा लाभ करता है। इसलिए एक या दो दिन पूर्ण उपवास, केवल तीन-चार बार गर्म पानी, नींबू का रस तथा एक-दो चम्मच शहद मिलाकर लेना चाहिये। यदि कफ गाढ़ा हो गया है और निकल नहीं रहा तो स-



काली मिर्च डालकर पालक आदि सब्जियों का सूप (टमाटर नहीं) पीने से कफ पकता होता है। मूंग मसूर की दाल, पसींदा सब्जियां साथ में एक या दो सूखा फुल्का भी लिया जा सकता है।

पूर्ण स्वस्थ न होने तक विश्राम करना चाहिये। उसका रूप भयंकर न हो पायेगा। जुकाम का रूप भयंकर तभी होता है जब उसे दवा आदि के जरिए दबाने की कोशिश की जाती है और इस तरह से शरीर स्थित मल को जो जुकाम का मूल कारण होता है, बाहर निकल जाने से रोक दिया जाता है।

परहेज—शरीर में सभी आवश्यक तत्वों की मात्रा उचित रखने के लिए भोजन में क्षार और अम्ल का सन्तुलन बनाए रखना चाहिए। शरीर को 80% क्षार और 20% अम्ल की आवश्यकता होती है। फल, सब्जियां, सलाद, सूप और हल्के अनाज (अंकुरित), ड्राई फ्रूट आदि क्षारीय होते हैं। दालें, गरिष्ठ भोजन, तला-भुना, घी-मिर्च मसाले, मिठाईयां, नट्स (मेवे) फास्ट फूड अम्लीय होते हैं। क्षारीय भोजन शरीर का शोधन भी करता है। स्टार्च, मैदा, चावल, केला, पीठे फल, दूध और दूध से बने पदार्थ कफ वृद्धि करते हैं। अतः इनकी मात्रा कम रखनी चाहिए। जुकाम होने पर तो बिल्कुल बंद कर देना चाहिए। ॐ

नजला जुकाम के कुछ घरेलू इलाज

- एक कप पानी में एक चम्मच अजवाइन डालकर उबालें। इसमें चीनी या गुड़ डालकर पिएं।
- 7-8 लैंग को 100 ग्रा पानी में उबालें 25 ग्रा रह जाने पर पी लें।
- आधा चम्मच राई पीसकर सूंघें तथा इतनी ही मात्रा में राई को शहद के साथ चार्टें। कफ को कपड़े में बांधकर सूंघने से या प्लाज काटकर सूंघने से बंद नाक खुल जाती है।
- यदि छाती पर अधिक कफ जम गया हो, तो 100 ग्रा हलदी, सरसों और 100 ग्रा हलदी, दोनों को पीसकर तवे पर भून लें। इसमें से 5-5 ग्रा चूर्ण सुबह-शाम शहद के साथ चार्टें।
- दालचीनी 5 ग्रा और जायफल या चूर्ण 5 ग्रा। दोनों का चूर्ण सुबह-शाम शहद के साथ चार्टें।
- 4 दाने काली मिर्च, 5 नग तुलसी के पत्ते तथा 10 ग्रा गुड़। तीनों को पानी में उबालकर पी जाएं।
- पके हुए अमरुद का बालू में भून कर खाएं। नींबू के पत्तों को जलाकर उसकी धूनी लेने से जुकाम व खांसी में काफी लाभ होता है।
- जुकाम के साथ यदि ज्वर भी आ गया हो तो 100 ग्रा गुनगुने पानी में एक चम्मच शहद, एक चम्मच अदरक का रस और एक चुटकी खाने वाला खोड़ा डालकर पी लें। ॐ

EDUCATE & ADVICE PATIENTS

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Medicinal Plants - e.g. Tulsi, Sudarshan, Aloe Veera, Money Plant, Fern, Cactus, Giloy, Sada Bahaar, Golden Pothos, Sansvriya etc.

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Dr Ishabhalla

9911381098

Ayurvedic consultant

Herbal and panchkarma

PCOD- A Complete Ayurvedic Solution

Poly Cystic ovarian disease also defined as poly cystic ovarian syndrome is a new and common gynecological disorder mostly among young, urban females enjoying sedantry life style.

P.O.C.D is affecting 5-10%, females of reproductive age because of imbalance of harmones leading to infertility.

Organs involved are ovaries, pacrease, adrenal and Pitutary glands.

Common Causes

- Erratic Life Style
- Unhealthy and less nutritious diet
- Lack of physical exercise
- Over mental indulgence

Common Symptoms

- Fatigue, constipation, lack of sound sleep, lack of concentration, irritability pain in lower abdomen & lower back irregular or delayed menstruation some times heavy or scanty etc.

Signs

Gaining body weight, Hyperpigmentation, thin scalp hairs, **Hirsutism** (presence of facial hairs).

Modern Managment

Is symptomatic e.g. assurance, rest, exercise, vitamins, hormone thepapy.

Ayurvedic Concept

P. C. O. D is interpreted on theory of **Tridosh & Dosh-Dushaya** basis.

Hetu (causes) as mentioned earlier imbalances **Vaat, Pitt & Kaph**, More or older the causativ factors faster and stronger the dushayas involved i.e Vaat vitates mandagni (**Pitt & Kaph**) causing sroto avrodh (**Aamras, Rakt, Maans, Medh**) settling as cysts over ovaries, i.e Yoni Gat Vyapat Rog in basti causing insufficient menstruation (**Masik-Srav**) developing into **Bandhatav (Infertility)**.

Ayurvedic Managment

Aam Pachak, Shodhan, Lekhan, Dhatu - Poshtik is Sammnya Chikitsa

Medicines

Tablets - Medohar Guggal, Trifla G, Gandhak & Chitrak V, Amritaadi G, Kachnaar G, Arogya Vardhini Vati, Chandrabha etc.

Liquid (Taral)

Dashmool Qwath

Ashoka Risht & Kumari Aasav

Ashwagandha Risht - Jirkadya Risht.

Dhatuposhtic

Shatavari, Giloy, Haldi, Trifla etc.

Shodhan (Basti Karma) by Trifla Qwath, Jatyaadi Tel.

Yog

Suryanamaskar, Bhujanga, Shav A, Pashchimotan A, Tada A, Kapaal Bhati, Dhyana (Meditation) etc.

Ahaar - Satmya, ritu pradhan, alp ann seven etc.

Tel Bindu Mutra Priksha

As described in texts of **Yogratnakar & Sharangdhar**. Tel (Oil) possibly **Coconut/ Teel/ Sarson** in early morning (1st) urine collected in glass tumbler (**Beaker**).

Examined at dawn sun light, then instilling one drop of oil with the help of probe (**Shalaka wooden or steel**).

Significance - This peculiar urine test done to assess Sadhyata- Asadhyata (**Prognosis-Morbidity-Mortality**) by keen observation of Tel (**Oil**) drop reaction in urine based of Akaar (**Shape**), Gati (**Speed**), Disha (**Direction**).

Tridosh- Sarpakar (**Snake**) - **Vatik**

Chhatrakar (Umbrella) Pittaj

Mukravak - **Kaphaj**

1. Gati (Speed)

(i) **Fast dissemination** - Sadhyta (Good Prognosis)

(ii) **Does not Disseminate** - Kasht Sadhya

(Managable Controlled)

(iii) **Settles Down** - Asadhyata (Not Curable)

2. Disha - (Direction)

(i) Shifts East Side Fast recovery

(ii) Shifts South Side Fever gradually vanishing

(iii) Shifts North Side Certain recovery

(iv) Shifts West Side Comfortable recovery

(v) Shifts Ishaan side Death with in a month

(vi) Shifts Agney/ Naritya / Vatave - Certain death

3. Akaar (Shape)

(i) **Unfavorable** (Should not be treated) **Hal** (Plough), **Bhains** (Buffalo), **Shastra** (Weapons), **Shiroheen** (Headless), **Sharir Ang** (Body Parts), **Tiraha/Choraha** (Cross Road or end).

(ii) **Favourable** - May be treated e.g. **Hans, Kamal** (Lotus), **Talab** (Pond), **Chhata** (Umbrella).

Note : This theory may be tried & analysed for self, a clinical expertise.

PREVENTIVE MEDICINE

Pattik - Disorders

Herb- Shatavari

Amalpiti nashak, **Arshnashak**, **Mutral**, **Shukrakshay**, **Gharbsrav** (Miscarriage/Threatend Abortion), **Stanaykshay** (Lactation), **Raktchaap** (H.T.), **Mansikrog** (Neurological) etc. so regarded as **Balya & Rasayan**.

Compound- Chandnaasav

- For painful & burning micturation (**mutra dah**)
- **Rakt pradar**, **Anti pyretic**
- During summer as **supplement**

HERITAGE

HERBAL MEDICINE

SURAN

Hindi -Jimikand

Vipaak- Katu

Virya- Ushnn

English / Latin- Amorphophallus Campanulatus

Clinical Therapeutics

Discription - Strong **Shrub**- 1-3 feet high,
Leaves- Generally one sometimes 2, 1-3 feet wide, subdivided into 3 irregular parts, **Leaflets** 1-3 feet long, dark green with light spots & cysts, **Leafcells** -Bell shaped with tubes, upper surface 6"-10" wide, green violet coloured while lower surface has white spots, **Fruit** - 3"-4" long tubeler red in colour contains 1/2" long seeds, Corn/**Kand** pitted at the top 6"-10" in diameter round or oval shaped brown in colour.

Found - India & Srilanka

Chemical Composition

100gm contains

Water 78%

Protein 1%

Fats 0.1%

Carbohydrates 18%, Minerals 1%

Calcium 0.5%, **Iron** 0.5%

Vitamin A 434 units, **B-1** 20 units.

Ayurvedic Features

Gunn- Laghu, Ruksh, Tikshan

Rass- Katu, Kashai

1. It is **Kaph Vaat Shamak**
2. Locally **Shothhar** (Anti Inflammatory) as poultice with ghee and madhu on joints for rheumatic disorders.
3. For **Kaas** - **Shwaas** diseases of U.R.T.I./L.R.T.I.
4. General tonic; **Balya & Rasayan**
5. For used indigestion (**Aruchi**), dyspepsia (**Agnimandya**), flatulance (**Vatik Gulm**), anti helminthic (**Krimihar**).
6. For Hepato - Billiary disorders (**Yakrit & Pleeha**).
7. It is used specially in cases of constipation (**Malbandh**) & Piles (**Arsh**).
8. Used as pickle (**Achaar**) for digestion in kitchens.
9. Not to be recomended for patients of **Pitt** prakriti and **skin** disorders.
10. Yog- **Suran** Modak.

Nutrition Researchers believe

Phytochemicals or Phytonutrients

In fresh Fruits, Vegetables & Nuts not only helps in slowing aging process but also reduces various risks of many disorders e.g. **Colon Cancer, Hypertension, Heart, Stroke, Cataract, Osteoporosis** etc.

SEHYOG

END T.B. 2025 **Government of India's Initiative**

Let us participate by introducing and incorporating **Ayurvedic Regimnes** to cure and control of Tuberculosis with Medicines & Life-Style modification.

Kaas Har Medicines

Gud Pipli, Pipli Khand, Vyaghri - Hritki, Kantkari-Ghrit, Dashmool Qwath, Shringyaadi & Bal Chatur Bhadra churan, Sitopladi & Talishadi Churan etc.

Shwashar Medicines

Pushkarmool Powder, Bhringyaadi Qwath, Somkalp, Karchur Oil, Shatyaadi Qwath etc.

Yakrit Balya Medicines

Darvytadi Qwath / Avleh / Oil, Ark **Mukoy**, Ark **Kasni**, Kshar **Apamarg**, Satva **Kalmegh**, Kutki, Amla, Bhuiamla etc. dravyas.

Rasayan

Pathyadi Qwath / Vati, **Agustharitki**, **Abhyarisht**, **Chavanprash**, **Chitrakharitki**, **Haritkhand**, **Brahmrasayan**, **Amlkirasayan**, **Dhatri** loh / rasayan, **Guduchyaadi** Qwath / Loh/Churan / Tel, **Ashwagandha** rasayan / grit / arisht / churan etc.

Regular use

Tulsi, **Haldi**, **Mulethi**, **Goat** (Aja) milk /ghee,

Life-Style Modification (Swasthvrit)

Correction of **Din-Charya**, **Ritu Charya**, **Snehan** & **Nasya** etc.

Yog and **Maditation**.

Nasya For Jatrugat Rog (E.N.T)

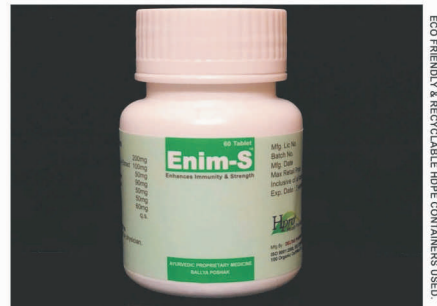
With oils of **Shadh Bindu**, **Til**, **Nariyal**, **Sarnso**, **Cow - Ghee**
twice a day to check pollution effects of **Smoke & Smog**.

ENIM-STM Tablet.

PURE AYURVEDIC - ENHANCES IMMUNITY & STRENGTH

FOR

AUTOIMMUNE DISEASES LIKE - RHEUMATOID ARTHRITIS, PSORIASIS, MULTIPLE SCLEROSIS, CELIAC DISEASE ETC, WORKS IN RE-CUURENT INFECTIONS LIKE FEVER, FATIGUE, BODY ACHE, LOSS OF STRENGTH & STAMINA, TUBERCULOSIS, ASTHAMA, ETC. ALSO A POTENT ANTI-AGEING, ANTI-STRESS COMBINATION THAT HELPS IN REVITALIZING ENTIRE BODY.



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