

Introduction to Ayurveda

Presented by Curejoy



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Ayurveda

Table of Content

1. Ayurveda – Unique combination of way of life & therapeutics
2. Origin of Ayurveda – How this ancient healing system originated?
3. Basic Principles of Ayurveda
 - a. Tridosha
 - b. Body tissues
 - c. Digestion system
 - d. Waste products
 - e. Disease process
4. Ayurvedic medicines – Types, how they are formulated?
5. What is Panchakarma? Use of Ayurvedic medicines and remedies in diseases
6. Common myths and truths about Ayurveda, Ayurvedic medicines
7. Home Remedies For Daily Use –
 - a. Triphala for eye care
 - b. Turmeric in hot pan for allergic rhinitis
 - c. Coriander drink for excess body heat
 - d. Amla with jaggery for stomach health and Pitta balance
 - e. Neem paste for wound Healing
 - f. Turmeric and Amla for diabetes
 - g. Old Ghee in mental disorders
 - h. Sesame seed powder for haemorrhoids
 - i. Haritaki with jaggery for haemorrhoids
 - j. Haritaki with honey for vomiting
8. Useful Ayurvedic medicines for daily use –
 - a. Amla pickles
 - b. Anu Taila

- 
- c. Arimedadi taila
 - d. Guggulu neem turmeric – Dhumapana
 - e. Chyawanprash
 - f. Bala Ashwagandhadi Taila for massage
 - g. Kottamchukkadi taila for massage
 - h. Dhanwantaram taila for massage
 - i. Maha Narayana taila for massage
 - j. Brahmi Ghrita for kids
 - k. Amrutarishta
 - l. Dashamoolarishta
 - m. Kumkumadi Taila
9. Let These Spices Be Part Of Your Daily Diet – Cinnamon, clove, pepper, ginger, cardamom, turmeric, black pepper, curry leaves, fennel, fenugreek, cumin seeds.
- Ayurveda

Chapter 1: Ayurveda – A Unique Combination Of Way Of Life And Therapeutics

Ayurveda is the ancient Indian wisdom of health and healing. The word Ayurveda is composed of two words. Ayur – Life, Veda – Science. So, Ayurveda stands for science of life.

Nowadays, especially in the western world, Ayurveda is more advertised as holistic way of living and a preventive and spiritual health science. Of course, it is true, but the scope of Ayurveda is not limited to preventive aspect of life and health. It extends even to curative and therapeutic aspects.

Apart from preventive healthcare, Ayurveda offers effective treatment and medicines to lifestyle disorders such as diabetes, high blood pressure, etc and degenerative disorders like arthritis, lack of memory etc. Efficacy of Ayurveda treatment encompasses a wide range of diseases of various systems such as respiratory system, digestive system, neuro-muscular system etc.

So, aim of Ayurveda is basically two –

1. To prevent disease and promote mental and physical health.
2. To cure diseases, avoid recurrence and to improve immunity.

Ayurveda can be seen through five different dimensions as follows –



1. Spiritual Ayurveda

Ayurveda recommends spirituality as the pristine way of life. In every aspect of health and disease, Ayurveda strongly believes that being spiritual, righteous and calm is the right way of living and healing. The origin of Ayurveda was to help people live long so as to follow righteous path.

2. Holistic Ayurveda

In a patient, Ayurveda does not look only at the disease alone. In treatment, Ayurveda considers many aspects of disease and patient such as - strength of the patient, strength of the disease, mental aspects of patient, home remedies that can help in patient's disease, changes in lifestyle that can benefit the patient, medicines and treatments etc.

3. Preventive Ayurveda

Ayurveda gives huge importance to preventive aspects. At what time one should get up, what are the healthy daily routines that are to be followed, what are the physical and mental things to avoid, how one should adopt to different seasonal variations and so on.

4. Therapeutic Ayurveda

Ayurveda explains each and every disease in detail, along with causative factors, different stages of disease onset, diagnostic methods, prognosis, treatment options, therapies and medicines in detail.

5. Health promoting Ayurveda

Apart from the above aspects, Ayurveda also explains about aphrodisiac therapy to improve the sexual health of people and geriatrics – about how to improve health and overall wellness of people at old age.

Hence Ayurveda is a comprehensive system of healthcare that can benefit each and everyone in all stages of health and disease.

Chapter 2: Origin Of Ayurveda – How This Ancient Healing System Originated?

Ancient scripts have mentioned that Ayurveda developed from the Hindu God Lord Brahma. Through him, the knowledge Ayurveda was gradually passed on to Human Beings for the welfare of mankind.

Ayurveda got developed into a full-fledged science over a period of thousands of centuries. The traditional Ayurveda text books

- Charaka Samhita – Written by Charaka
Sushruta Samhita – written by Sushruta – father of surgery
Ashtanga Hrudaya – written by Vagbhata form the basis of Ayurvedic science.

These text books were developed by 5 means of knowledge.

1. Prathyaksha – direct observation – If you happen to read any original Ayurveda text book, you can appreciate how keen they were in observing things.

Acharya Sushruta used to conduct dissection of dead bodies during night to learn about anatomy. He even has explained how to preserve a dead body and how to conduct dissection.

The direct observation is again of two types.

- a. By normal eyes
- b. By spiritual eyes.

Sushruta says that the factors that can be seen from the external eyes are limited. Factors that are invisible and innumerable. Such invisible

factors are only visible to Jnanachakshu (eyes of knowledge) and Tapachakshu (eyes of Tapas – Spiritual practice).

2. Anumana - Guessing based on logics and facts – The Anumana involves keen observation of facts and arriving at inference.

Best example of use of Anumana can be found in Anna Raksha Vidhi Adhyaya of Ashtanga Hrudayam, where they have explained how to test poison. If food mixed with poison is given to animals, they exhibit certain characteristic features. Like, flies die, the crow loses its voice, parrot begins to hoot at the sight of poisonous food, Swan loses its gait, Cat becomes excited and irritable etc.

3. Aptopadesha – Apta means a person who is full of wisdom and dispassion. He is not afflicted with desire, anger, jealous etc. Usually the Guru of ancient ages were Aptas. The knowledge of Ayurveda was passed from Guru on to Shishya (student).

The Guru was supposed to be sound in knowledge and student was supposed to completely surrender to Guru and believe in his sayings completely.

4. Upamana – comparison. – This was one of the effective ways of learning in ancient times. The comparison of air, light and water to Vata, Pitta and Kapha can be said as the best example.

5. Some also add one more means of knowledge as – Yukti – Wisdom. So, these were the ways to acquire and preserve knowledge in ancient times. Thanks to those ancient seers that we are reaping the benefits of Ayurveda even today!

Later on, based on above three text books, seers wrote several books with addition of their own experience, explanation of newer diseases and treatment. These text books are – Madhava Nidana, Sharangdhara Samhita, Bhava Prakasha etc.

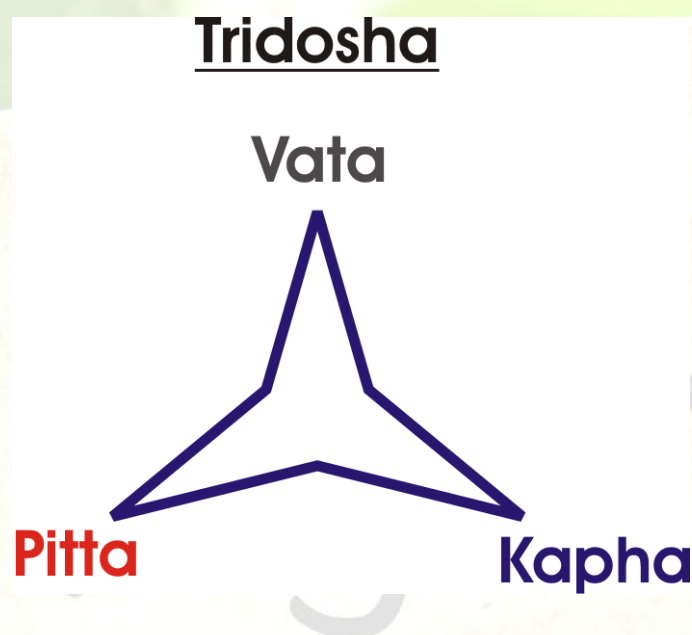
Thus Ayurveda has developed as a complete science over a period of last 5000 years.

Ayurveda

Chapter 3: Basic Principles Of Ayurveda

- a. Tridosha
- b. Body tissues
- c. Digestion system
- d. Waste products
- e. Disease process

TRIDOSHA –



The way the ancient seers were looking at human physiology is quite different than the modern perspective. One of the ways they were using to learn and understand human body is comparison.

They learnt in no time that - as wind, light (and heat) and water control the nature, similarly Vata, Pitta and Kapha control the human body. They called these three as Tridosha. Good wind, good light, and good water can maintain the health of nature. But if wind goes awry, like, there is a storm, if Sun goes awry, like there is sudden increase of temperature or if there is a volcano and if the water goes awry, like there is a cyclone or if there is drought, the nature's health gets disturbed. Similarly, if Vata,

Pitta and Kapha - when they are in normal state, it leads to good health. And if they are increased / decreased, it leads to disease.

Vata, Pitta and Kapha are called as Tridosha of the body. They work similar to Air / Wind, Fire/ Light and Water/ Earth.

Vata Air / Wind

Pitta Fire / Light

Kapha Water / Earth

As Air, fire and water form the fundamentals of nature and world; Vata, Pitta and Kapha form the fundamentals of body and health.

A balance in Air, fire and water in nature gives us a beautiful nature.

Similarly balance in Vata, Pitta and Kapha gives us a perfect health.

Imbalance in Air, fire and water in nature leads to calamities such as draught, global warming, floods Tsunami etc. Similarly imbalance of Vata, Pitta and Kapha leads to ill-health or disease.

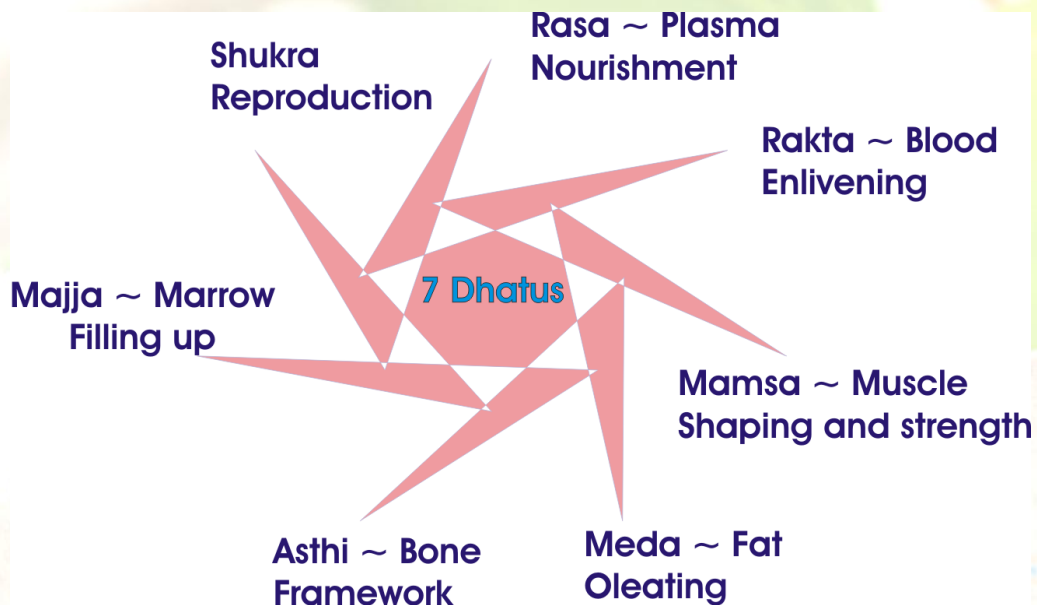
In the further chapters you will learn how a perfect understanding of Tridosha leads to a complete understanding of principles of Ayurveda.

Vata Dosha controls all sense organs, all sensory and motor functions of the body, movement of hands and legs, initiation of natural urges like defecation, urination etc.

Pitta Dosha controls the process of digestion in the body. It also controls eyes, skin complexion and body temperature.

Kapha Dosha forms the cushioning between the joints and maintains the compactness of the body parts.

DHATUS - BODY TISSUES



Ayurveda explains about 7 body tissue components which form the physical body. The functioning of body tissue is regulated by Tridosha.

Rasa Dhatu – The Rasa is produced soon after digestion. It is the essence part of the food that circulates all over the body and nourishes all the body tissues. It is grossly compared to plasma part of blood. Its basic function is *Preenana* - to nourish all the body tissues.

It is controlled by Kapha Dosha. Usually Kapha Dosha increase causes increase of Rasa Dhatu. and Kapha decrease leads to Rasa dhatu decrease.

Rakta Dhatu – It is compared directly with blood and its component. It is formed by receiving the nourishment from Rasa Dhatu. Its main function is *Jeevana* - enlivening. It is directly related with Pitta Dosha. Pitta Dosha increase leads to Rakta increase and vice versa.

Mamsa Dhatu – It is compared with muscle tissue. It gets its nourishment from Rakta Dhatu. Its main function is *Lepana* – It gives shape to the body parts and it sticks to the bones, helping in locomotor activities. It is controlled by Kapha Dosha. Usually Kapha Dosha increase and decrease leads to Mamsa Dhatu increase and decrease respectively.

Meda Dhatu – It is compared to fat tissue. It gets nourished by Mamsa Dhatu. Its main function is *Snehana* – lubrication. Its increase and decrease is influenced by Kapha Dosha. Hence, Kapha dosha dominant person is usually rich in fat tissue.

Asthi Dhatu – It is compared to bone tissue. It gets nourished by Meda Dhatu. Its main function is *Dharana* – to hold the body up straight. It is influenced by Vata Dosha. But Vata Dosha increase leads to Asthi Dhatu decrease and Vata Dosha decrease leads to Asthi Dhatu increase. This is why, in old age, when Vata is increased, bone tissue degeneration occurs.

Majja Dhatu – It is compared to bone marrow and all the tissue that fill bone cavity. For example, eye tissue is also considered as Majja. Some also consider brain tissue also as formed by Majja Dhatu. Its main function is *Poorana* – to fill in the bone cavities. Its increase and decrease is controlled by Kapha Dosha.

Shukra Dhatu – It is compared with male and reproductive system and its secretions. Its main function is *Garbhotpadana* – reproduction. It is controlled by Kapha Dosha. It gets nourishment from Majja Dhatu.

DIGESTIVE SYSTEM

Ayurveda explains the digestion strength as Agni. Agni is a Sanskrit word meaning fire. All the factors involved with digestion – enzymes, Hydrochloric acid, etc are collectively termed as Agni. Let us forget about the modern process of digestion and try to learn about it in purely Ayurvedic perspective. So, for the time being please avoid thinking about enzymes, metabolism etc.

The way the ancient seers were looking at human physiology is quite different than the modern perspective. One of the ways they were using to learn and understand human body was comparison.

They learnt in no time that – as wind, light (and heat) and water control the nature, similarly Vata, Pitta and Kapha control the human body. They called these three as Tridosha. Good wind, good light, and good water can maintain the health of nature. But if wind goes awry, like, there is a storm, if Sun goes awry, like there is sudden increase of temperature or if there is a volcano and if the water goes awry, like there is a cyclone or if there is drought, the nature's health gets disturbed. Similarly, if Vata, Pitta and Kapha – when they are in normal state, it leads to good health. And if they are increased / decreased, it leads to disease.

Like Tridosha control all parts of the body, they also control the Agni – digestive power.

Agni and Pitta – Wherever there is processing with fuel, like running of a motor engine, there is an element of fire involved. Hence, even in the process of food digestion, where food is used as fuel by the body to burn and generate energy, there is predominant involvement of fire.

So, Pitta is the main component of Agni. (In fact, Agni itself means fire.).

Agni and Vata - But as we know, fire alone can not burn a mass. It needs some amount of air as well. Proper quantity of oxygen rich air will keep the fire alive. Wind is correlated with Vata in Ayurveda. Hence, the process of digestion also involves Vata. For your digestion process to run smoothly, your Vata should also be in a healthy state.

Agni and Kapha - When there is a big mass, to burn it, only fire and wind might not be sufficient. You need some lubricating liquid, that would soften and break down the mass into small particles. Liquid / water is correlated with Kapha. Hence, you need a little amount of Kapha also, in the digestion process.

So, Agni is contributed by

Pitta – which acts as the main burning power, which burns the food and divides it into useful part (Rasa) and waste part (Mala – faeces)

Vata – which helps in maintaining proper Pitta. It also helps in the division of useful part and waste part. Vata is responsible for movement of the food taken in, in normal downward direction, from oral cavity to anal canal. It is also responsible for division and further assorting of useful part of food and waste part.

Kapha – which helps in lubricating the food. It helps to break down the food particles into small pieces.

WASTE PRODUCTS –

Ayurveda explains faeces, urine and sweat as the three main waste products of the body. For maintaining robust health, timely formation and timely elimination of these waste products is required.

As per Ayurveda, defecation and urination should only be done when there is urges for the same. Voluntary urination / defecation when there is no natural urge to do so, is not recommended as per Ayurveda because this interrupts the natural body clock and normal body processes.

DISEASE PROCESS –

Tridosha – Vata, Pitta and Kapha, when they are in normal levels and in normal places, it leads to promotion of health.

But when they get increased or when they move to other places than their normal place, it leads to disease.

For example, when Vata and Kapha Dosha get excessively accumulated and active, it leads to respiratory diseases such as bronchitis, asthma etc.

When Pitta Dosha becomes aggressive in stomach, it leads to gastritis.

So, normalcy of Tridosha leads to health.

Abnormal / vitiation of Tridosha lead to disease.

Chapter 4 : Ayurveda Medicines – Types, How They Are Formulated?

Ayurveda medicines can be broadly classified as herbal medicines and herbo-mineral medicines.

Thousands of years ago, when Ayurveda was in formative stages, people used to use raw herbs in the form of medicines. Gradually, five basic dosage forms got developed.

1. Swarasa – Juice extract of the herb. Example – Tulsi (Holy Basil) juice extract used in treating cough and cold.
2. Kalka – paste of the medicine, used internally and externally. Example – Neem paste is used externally to treat wounds. Garlic paste is used internally in Vata imbalance disorders of stomach, such as indigestion and bloating.
3. Kashayam / Kwatha – Herbal decoctions. Herb or group of herbs is taken in dry powder form. It is added with 4, 8 or 16 parts of water, boiled and reduced to a quarter. Filtered and used. This is basically water soluble extractive of the herbs. Example: Guduchi Kashayam is prepared with Guduchi (*Tinospora cordifolia*), used in fever. Other such famous examples are – Amrutottaram Kashayam, Dashamoola Kashayam etc.
4. Hima – It is just the cold infusion of the herb. Herb is added with six parts of water, kept over night. Next day, it is macerated and filtered. The obtained cold infusion is given. For example, Dhanyaka Hima (coriander infusion) is used in the treatment of excessive burning sensation.
5. Phanta – It is the hot infusion. Here, the herbs are added with 4 parts of hot water and macerated. Filtered and used. Example:

Panchakola Phanta (made of spices like ginger, long pepper, etc) is used in the treatment of indigestion.

You can observe that all the above five are prepared fresh for patient administration. They do not have shelf life. They have to be used immediately or within 12 - 24 hours of preparation. To get rid of this disadvantage, further more dosage forms were designed. They are –

1. Churna – Herbal powders – yester-year seers found out that if an herb is wet, it tends to have lesser shelf life. If it is dry, then it can be stored for a long period of time. Based on this assumption, herbal powder and powder combinations were formulated.

Example:

Triphala Churna – combination of three fruits useful in wound healing, constipation and eye disorders.

Trikatu churna – combination of ginger, pepper and long pepper fruits, useful to improve digestion strength.

2. Tablets – Herbal powders , mixed with binding agent like jaggery or Guggulu (a gum resin) or herbal decoction (Kashayam), can be made into paste and can be rolled into pills of different size.

Example:

Triphala Guggulu – used in piles, fistula etc.

Sanjivani Vati – used in fever

3. Avaleha – Herbal jams like Chyawanprash

Here, first herbal decoction (Kashayam) is prepared. Then, it is added with jaggery / sugar and heated. While heating, it turns into semisolid consistency. Then some more pulps, powders, ghee etc

are added and heated. After cooling down, usually honey is added. The end product looks like jam.

Example:

Chyawanprash – used for rejuvenation and anti aging purposes.

Kooshmanda Avaleha – used in Pitta disorders, fever, vomiting, cough etc.

4. Herbal oils and ghee – Here, ghee / oil is used as the main medium. Herbal decoction, powder/ paste and ghee / oil are taken together and heated till all the water part of the decoction totally evaporates. The end product contains fat and water soluble active herbal principles in the medium of ghee / oil.

Example:

Triphala Ghrita – herbal ghee used in eye disorder.

Tiktaka Ghrita – used in skin disorders

Narayana Taila – used for massage to relieve arthritis pain, muscle pain etc.

5. Asava and Arishta – Alcoholic liquid medicine

A fermenting agent is used along with herbal decoction and spices. Jaggery, honey or sugar is used as source for sugar. The ingredients are kept closed in a container for 7 – 30 days. Due to fermentation, the sugar gets converted into alcohol. The end product usually will have 5 – 10 % of alcohol in it. The alcohol acts as a medium for active principles of the herb.

Example:

Usheerasava – used in bleeding disorders of Pitta imbalance, excess body heat, fever etc.

Khadirarishta – used in treatment of skin diseases.

With the advancement of pharmaceutical technology, many other dosage forms like capsules, ointments, syrups etc were adopted into Ayurveda.

Herbo-mineral medicines use metals like Iron, Zinc, gems like pearl, ruby etc along with herbs. They are usually in tablet form or in Bhasma (Calx) form.

Ayurveda

Chapter 5: What Is Panchakarma? Use Of Ayurvedic Medicines And Remedies In Diseases



Ayurvedic Panchakarma treatment is the main way in which Ayurvedic treatment is carried out. The total Ayurvedic treatments can be divided into three main divisions.

- Ayurvedic Panchakarma treatments
- Ayurvedic treatments such as oil massage, steam therapy etc.
- Ayurvedic medicines prescribed according to diseases and to promote health.

The basic Ayurvedic principle behind Panchakarma:

According to Ayurveda, due to the effect of atmosphere, weather, improper diet and lifestyle habits etc, the toxins in the body accumulate. Toxins can be of two types -

1. The toxins that enter into the body due to improper food / lifestyle – such as exposure to micro organisms through food, air etc.
2. The toxins that our body generates due to seasonal variations, improper diet etc – such as high fat consumption leading to excessive cholesterol, old age causing wear and tear in joints causing arthritis etc.

Any disease manifestation can be explained in terms of toxins and the related effect that it exhibits on Doshas, and on body, mind and its function.

The toxins cause imbalance of Tridosha in the body, leading to disease. Tridosha, when they are normal, they support the body and maintain health. But when they go abnormal, they cause disease.

Now, either we have to bring back these hyper-activated Tridosha into normalcy or we have to throw the imbalanced Doshas out of the body. To bring the Doshas into normal levels, we use massage, we use oral medicines. It is helpful when Dosha imbalance is only mild.

But if they have been vitiated to a large extent, better to get rid of them. This is done by Panchakarma treatment.

Ayurvedic treatment aims to relieve the body of these toxins by means of Panchakarma treatments.

What is Panchakarma?

Panchakarma refers to five sets of Ayurvedic treatment procedures.

They are -

1. Vamana – Emesis treatment –This refers to removing the toxins by means of vomiting. Vamana treatment is given after preparative and

post vamana procedures. Vamana treatment is usually given Kapha imbalance diseases. Vamana treatment may take from 3 – 7 days.

2. Virechana – purgative treatment – This refers to removing the toxins by means of purgation. Virechana treatment is given after preparative and post virechana procedures. Virechana treatment is usually given Pitta imbalance diseases. Vamana treatment may take from 3 – 7 days.

3 & 4 – 2 types of Basti – rectal enema – The Ayurvedic enema is quite different from the regular enema given to relieve constipation. Basti treatment is adopted in wide range of diseases, predominantly of Vata imbalance. There are two types of Basti – Basti with oil and Basti with a mixture of herbal decoction, honey, salt etc.

Principle behind Basti treatment – There are a few set of herbal active principles that do not undergo digestion, when given through oral route, either these herbal active components are destroyed due to acid in the stomach or due to metabolism of these components by liver (hepatic first pass effect). Thus, the Ayurvedic experts of ester-centuries found out the rectal route to administer the herbs, by which the herbal active components are directly made available for absorption at the level of intestines.

5. Nasya treatment – Instillation of powders or Ayurvedic liquids through nose is called Nasya treatment. It is usually prescribed for diseases of ear, nose, throat, headache etc.

How Decision on Panchakarma and oral medicine is made?

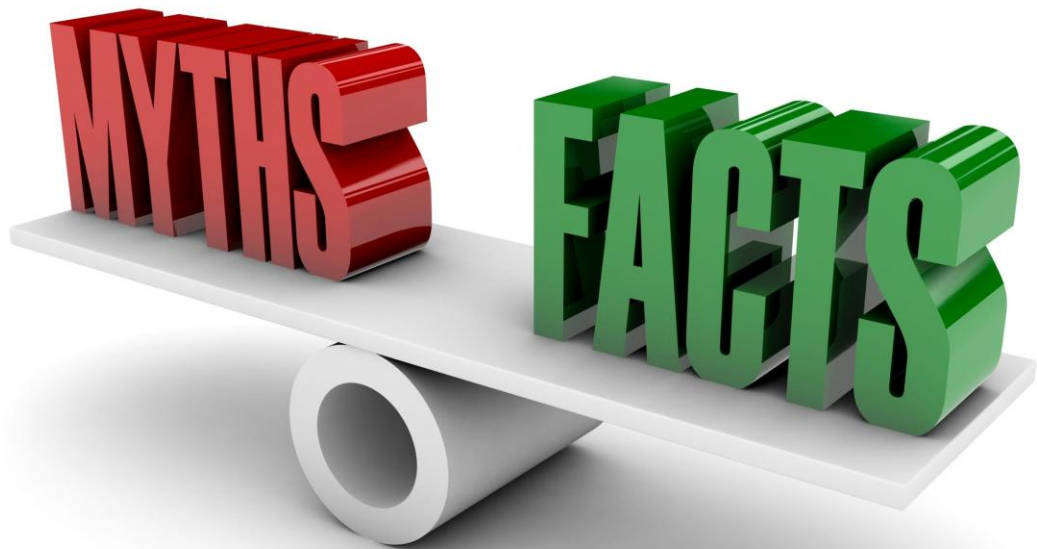
Usually for a short term disease with milder symptoms, oral medicines are preferred.

If there is Tridosha imbalance to a large extent and if the disease is old (chronic), then Panchakarma treatment is planned, based on the Dominant Dosha.

After Panchakarma, re-energizing diet and medicines are given to cure the disease completely.

Ayurveda

Chapter 6: Common Myths And Truths About Ayurveda



1. Principles of Ayurveda are not as genuine as that of modern science

The principles of Ayurveda are quite different from the modern science. Because the tools and techniques used in the previous times were quite different from those available now. According to Ayurveda, diseases occur due to the vitiation of 'Tridosha' viz. Vata, Pitta and Kapha. These three elements cannot be seen as such in any part of the human body, but exist throughout the body.

They are responsible for functions like

- power, motility, oxygen transport etc (Vata),

- digestion, metabolism etc (Pitta) and
- body structuring, immunity, sustenance etc (Kapha).

There have been several inspired attempts to map tridosha theory to knowledge about the body, as we know from modern medicine. The Tridosha theory was evolved thousands of years ago, in BC, as a simple way of understanding both human physiology and disease pathology. Some Doctors are successfully practice Ayurveda purely based on the principles such as Tridosha while some others practice Ayurveda by integrating the classical Ayurvedic principles with modern diagnostic tools and techniques.

2. Ayurvedic medicines are slow in curing

It is not true. This wrong perception arose because most of the Ayurvedic remedies are targeted towards chronic (long standing) disorders like Asthma, Arthritis, liver disorders etc. Ayurvedic medicines are effective even in some acute conditions like cold, cough, etc

3. One can learn Ayurveda on his own and can advice it very easily to anyone.

Ayurveda is not just the knowledge about some herbs and their medicinal properties. It is a medical science involving detailed study of human beings, the detailed study of diseases and their treatment using natural resource. Self medication with Ayurvedic formulations or carelessly advising any Ayurvedic or herbal formulation without being a qualified Ayurvedic doctor might to severe complications like occurrence of side effects by the herbal medicine or misuse of medicines leading to

further worsening of a disease. According to Ayurveda, different people have different physiological constitutions- what Ayurveda calls as one's Prakrithi. A medicinal preparation, prescribed for a person for a disease can not be declared as the common treatment for that particular disease. So, the choice of the medicine depends upon the body constitution of the patient, the stage of the disease, the intensity and proportion of Doshas involved in the disease and the assessment made by the qualified Ayurvedic doctor.

4. Ayurveda is not a science.

Ayurveda has a rich history of more than 2000 years. The principles adopted in this system are evaluated thoroughly over the centuries. There is a systemic order in description of anatomy, physiology, disease pathology, treatment and medicines. Though at present Ayurveda lacks sufficient clinical documentation, the fact that it has survived over such a long period itself proves the scientific basement upon which it stands high, even today.

5. Ayurveda can only be used as a supportive therapy.

Ayurveda is highly effective as a mainstream medicinal system. Many diseases like Asthma, Paralysis, arthritis, etc can be effectively treated with Ayurvedic treatment and procedures.

In fact there are certain conditions wherein Ayurveda has effective remedies, but allopathy doesn't. Example: renal calculi, liver disorders etc

6. Ayurvedic medicines do not have expiry date.

it is not at all true. The expiry date of all the medicines have been clearly mentioned in text books. Herbs have their own chemical constituents, which have medicinal properties. These chemical constituents are bound to be affected with time and due to environmental factors. So, it is a big myth about Ayurvedic medicines.

7. Ayurvedic Medicines can cure cancer or aids.

many of herbs such as Turmeric, Neem, Brahma rasayana, etc have shown some significant anti cancerous activity. But still, it will be premature to claim that Ayurveda has a remedy for cancer. Likewise, there are many immune enhancer and immuno-modulator drugs in Ayurveda such as Tinospora cordifolia. But still, a lot of research is needed before we go and claim that Ayurveda has a CURE for these diseases.

Ayurveda

Chapter 7: home remedies for daily use

When the home remedies are useful and when they are not?

Home remedies are useful when it is prescribed by a doctor as a supportive treatment along with the main treatment.

Home remedies are not useful or can be fatal if a person uses by himself, without knowing the disease and its seriousness.

Triphala for eye care

Triphala Churna is a mixture of three fruit powders.

- a. Amla (Indian gooseberry)
- b. Chebulic Myrobalan (Haritaki)
- c. Belliric Myrobalan (Vibhitaki)



This herbal powder mix taken in a dose of 1 teaspoon at bed time along with three drops of ghee (clarified butter) and one teaspoon of honey. It is useful in most of the eye disorders and to improve eye sight.

Triphala decoction – Mix one tablespoon of Triphala powder to two cups of water. Boil and reduce it to one cup. Filter it. Use this for eye wash. It helps in dry eyes, eye infection, pterygium etc.

Turmeric in hot pan for allergic rhinitis (running nose)



There is no better anti-allergic herb than turmeric. During allergic rhinitis, in the morning, put a pan on stove and heat it. Put a teaspoon of turmeric on the hot pan and inhale the smokes. For better results, a teaspoon of ghee can also be put on the pan, along with turmeric powder.

During rainy season, make a mix of turmeric and ghee. (one teaspoon of turmeric in half a cup of ghee). Apply this ghee to the inner surface of nostrils, in the morning.

Using turmeric regularly, as part of the diet helps to fight all types of allergies.

Coriander drink for excess body heat



Coriander seed powder - one tablespoon is taken. It is added to a cup of water at night. It is closed with a lid. Next day morning, it is filtered

and liquid is consumed along with some jaggery / sugar. It helps to relieve burning sensation and thirst. It also helps to clear and cleanse internal body channels.

Ayurveda

Amla with jaggery for stomach health and Pitta balance



Amla powder is Tridosha balancing in nature. It can be used on daily basis. It has a coolant effect over the body and stomach. In case of hyperacidity and gastritis, taking a teaspoon of Amla powder along with a small piece of jaggery two times a day, before food helps to relieve the symptoms.

Neem paste for wound Healing



Neem is known for its anti bacterial effect. A paste made out of fresh leaves or with its dry powder and water can be applied over the wounds to avoid wound infections. This is especially helpful in diabetic people who tend to take long time for wound healing.

Turmeric and Amla for diabetes

Both turmeric and Amla powders are good source of anti oxidants. A combination of powders of equal parts of Amla and turmeric, in a dose of one teaspoon two times a day is an effective supportive remedy for pre-diabetes and diabetes.

Old Ghee in mental disorders

In depression and psychotic conditions, regular use of one year old ghee is found to be very effective in controlling the symptoms. (Reference: Bhaishajya Ratnavali).

Sesame seed powder for haemorrhoids



Black sesame seed powder – one tablespoon consumed along with water in the morning, helps to reduce the size of pile mass.

Haritaki with jaggery for haemorrhoids

Haritaki (One among Triphala, commonly found in Ayurveda shops), helps in relieving constipation. It also has wound healing properties, because of its astringent taste. It is very helpful in bleeding

haemorrhoids. It can be taken in a dose of one teaspoon two times a day along with a small piece of jaggery.

Haritaki with honey for vomiting

Haritaki powder – one teaspoon along with two teaspoon of honey helps to normalise the peristalsis movement of stomach and intestines. Hence very useful in relieving vomiting.

Ayurveda

Chapter 8: Useful Ayurvedic Medicines For Daily Use

It is a well known fact that it is not safe to use Ayurveda medicine on one's own. But there are a few quite safe Ayurveda medicines which can be used for a long period of time, safely. Here is a quick guide for those medicines. (But checking with your doctor regarding its usage will always help).

AMLA CHURNA

Amla is Indian Gooseberry. It is one of the widely used herb in Ayurveda. It is a rich source of anti oxidant. Fresh fruit is a rich source of Vitamin C. Its use in diet, in the form of Amla pickles or its use in dishes is very helpful to maintain health.

As discussed previously, Amla churna along with turmeric is good for diabetes.

ANU TAILA

Anu Tail is an Ayurvedic herbal oil. It is used for an Ayurveda treatment procedure called as Nasya treatment. Nasya refers to nasal instillation of drops of the oil.

Anu taila - method of administration - In a standard Nasya therapy, person is given a gentle head and face massage and heat treatment, followed by instillation of drops of this herbal oil into each nostril. For a healthy person, regular dose is 2 drops to each nostril, on empty stomach in the morning.

Anu taila strengthens ears, eyes, nose, tongue and throat. Usually used in the treatment of diseases of the above sense organs. Has Tridosha balance effect.

It is also used in the treatment of headache, hair fall, premature graying of hair etc.

Strengthens voice

Used for nasya treatment in most of the diseases of ear nose and throat involving pain.

Apart from the conditions mentioned above, Nasya treatment using Anu Taila can be performed by the Ayurvedic doctor based on his experience and analysis.

Anu Thailam ingredients:

Jivanti - *Leptadenia reticulata*

Devadaru – *Cedrus deodara*

Twak – Cinnamon Usheera - *Vetiveria zizanioides*

Gopi – *Ocimum sanctum*

Daruharidra – *Berberis aristata*

Madhuka – *Glycyrrhiza glabra*

Musta – *Cyperus rotundus*

Agaru - *Aquilaria agallocha*

Shatavari – *Asparagus*

Kamala – Lotus

Bilva – Bael

Utpala - *Nymphaea stellata*

Brihati – *Solanum indicum*

Kantakari – *Solanum xanthocarpum*

Shalaparni – *Desmodium gangeticum*

Prishnaparni – *Uraria picta*

Vidanga – *Embelia ribes*

patra – Cinnamon

Ela – cardamom

Renuka – Vitex negundo

Taila – Sesame oil

Goat milk

Side effects:

If all the instructions by the doctor are perfectly followed, there are no known side effects with this product.

Anu Tail – reference

There are many references of Anu Taila. This herbal oil reference is found in oldest of Ayurvedic treatises like Charaka Samhita, Sushruta Samhita, Ashtanga Hrudaya, Sahasrayoga.

ARIMEDADI TAILA

Arimedadi Thailam is Ayurvedic oil used for a famous procedure called oil-pulling or gargling. It helps to improve strength of teeth and sense organs. It is used for gargling / oil pulling

Procedure: - take 1 tablespoon of this oil into your mouth. Stand under early morning sun and rinse your closed mouth for 5 minutes spit it out. Wash your mouth with hot water.

Arimedadi Thailam uses:

It is used for gargling to strengthen teeth. It helps to relieve tooth decay, removes stains.

It relieves bad breath problem.

Arimedadi Taila side effects:

There are no side effects with this oil.

Gargling is recommended for a minimum of 2 minutes for best results.

People with sinusitis, should do gargling with this oil should take medical advise.

Manufacturers: Nagarjuna, Pankaj kasturi, Kottakkal

Arimedadi Thailam ingredients:

paste prepared with 12 grams of each of fine powders of
yashti – Licorice – Glycyrrhiza glabra

Trijatha – Cinnamon, cardamom and Cinnamomum tamala

Manjishta – Rubia cordifolia

Gayatri – Acacia catechu

Lodhra – Symplocos racemosa

Katphala - Myrica nagi

Kshirivrikshatwak

Irmeda Twak - Acacia leucophloea /farnesiana

Musta – Cyperus rotundus

Agaru – Aquilaria agallocha

Shveta Chandana – Santalum album

Rakta Chandana – Pterocarpus santalinus

Karpoor – Camphor – Cinnamomum camphora

Jati – Myristica fragrans

Takkola - Illicium verum

Mamsi – Nardostachys jatamansi

Dhataki – Woodfordia fruticosa

Gairika – Red ochre

Mrinala - Cymbopogon jwarancusa

Mishi – Anethum sowa

Vaidehi – Piper longum

Padmakesara – Nelumbo nucifera
Kumkuma – Crocus sativus
Laksha – Laccifer lacca
samanga, Manjishta – Rubia cordifolia
Brihati – Solanum indicum
Bilvapatra – Aegle marmelos
Suradruma – Cedrus deodara
Shaileya – Asphaltum
Sarala – Pinus roxburghi
Sprikka – Frlphinium zalil
Palasha – Butea monosperma
Rajani – Turmeric – Curcuma longa
Daruharidra – Berberis aristata
Priyangu – Callicarpa macrophylla
Tejani - Clematis triloba
Pradhakaleya - Coscinium fenestratum
Pushkara – Inula raceomsa
Jaya - butilon theophrasti
Vyaghri – Solanum xanthocarpum
Madana - Randia dumetorum
Tila Taila – Sesame oil – Sesamum indicum
Decoction prepared from
Arimeda - Acacia leucophloea /farnesiana
Nyagrodha – Ficus bengalensis
Udumbara - Ficus racemosa
Ashwattha -Ficus religiosa
Plaksha - Ficus lacor

Reference: Sahasrayoga, Tailayogaprakarana 57

GUGGULU NEEM TURMERIC – DHUMAPANA

Dhumapana means herbal smoking. It can be done once or twice daily, preferably before food. Take powders of neem and turmeric and pound it along with Guggulu, add a little ghee and prepare sticks. Lit this stick and inhale the smoke for 1 – 2 minutes, 2 times a day.

It helps to strengthen sense organs and is very useful in sinusitis and headache.

CHYAWANPRASH

It is a very good immune booster. Here are some facts about Chyawanprash.

How much Chyawanprash to consume:

One to two spoonful along with a glass of milk, every morning before breakfast.

Why drink milk after taking Lehyam:

Because According to Ayurveda, many of the herbs used in all lehyams, including Chyawan prash are hot in potency. So, to retaliate that, One should drink milk, which, being cold, mitigates the hot potency effect.

Chyawanprash health benefits:

There are many benefits of chyawanprash. It is useful in cough and cold. It is especially used in pulmonary tuberculosis. It helps in rejuvenation of old aged people and also in proper nourishment of young ones. It is effectively used in the treatments of throat infections, chest infections, Gout, disease conditions involving urine.

It improves intelligence (Medha), memory power, Skin lustre, age, strength of sense organs, immunity power, appetite.

It is a powerful antiaging herbal product. It also cures wrinkles.

Does chyawanprash intake cause gain weight?

Just one to two spoonful of Chyawanprash everyday can not be considered as cause for weight gain. It contains ghee alright. but the amount of ghee taken per day with one spoon of chyawanprash will be very very minimal.

Does Chyawanprash cause slight burning sensation in stomach?

If milk is drunk after chyawanprash intake, this problem will not occur.

Can Chyawanprash be taken with ghee?

it already contains ghee as an ingredient. so, it is advisable not to take extra ghee along with it. Milk or water is a better vehicle agent for chyawanprash rather than ghee.

Can Chyawanprash be given to a three year old kid? from which age onwards, chyawanprash can be given?

Chyawanprash can be given to a child from 5 year old onwards, to be on the safer side. the dosage for children will be quarter to half spoon with a glass of milk. for a child of this age, chyawanprash can be given only if needed, for example in case of repeated respiratory tract infection, stomach infection, etc.

Is there anything like Chyawanprash for Vata, Chyawanprash for Pitta and Chyawanprash for Kapha body types?

There is no classical reference of such types. The herbal combination in chyawanprash is suitable for all the body types. Its variants based on Doshas (Vata Pitta and Kapha) is nothing more than just a business trick.

How does Chyawanprash helps to get rid of wrinkles?

Wrinkles, grey hairs etc are signs of early aging.

Chyawanprash is rich with anti oxidants, and rejuvenative herbs.

It is a product categorized under 'Rasayana' – rejuvenation and anti aging.

From physiological perspective, the mode of action of Chyawanprash can be explained as below -

1. Delays the aging of cells.
2. Improves the nutritional levels of body tissues.
3. Improves digestive power
4. Improves oxygen supply to the deep tissues.

An interesting fact about : Historically Chyawanprash was used for the first time for the rejuvenation of a sage by name Chyawana maharshi. So the name – Chyawanprash.

BALA ASHWAGANDHADI TAILA FOR MASSAGE

Balaswagandhadi Thailam is an Ayurvedic oil, used in Ayurvedic treatment of fever, weakness of muscles, bones and joints etc. It is used for external application. This oil is formulated based on Kerala Ayurveda principles.

Balaswagandhadi Tailam Uses:

It is used in the treatment of headache, fever, emaciation, muscle wasting, lack of strength in joints, muscles and bones.

It is used in all Vata diseases like arthritis, neuralgia, paralysis, etc.

It strengthens muscle, improves quality of blood.

This oil is also known as Ashwagandha bala lakshadi thailam

Effect on Tridosha - Balances Vata and Pitta

How to use Balaswagandhadi oil?

It is used for external application, in Ayurvedic treatment like massage, dhara etc.

Balaswagandhadi Kuzhampu (oil) side effects:

There are no recorded side effects of this medicine on external application.

It can be used to massage children and pregnant ladies.

Keep out of sight and reach of children.

store in cool dry place, away from direct sunlight.

How long to use Balaswagandhadi Thailam?

For external use, it can be used for a long period of time.

Balaswagandhadi Tailam ingredients:

768 g of coarse powder of each of

Bala – *Sida cordifolia*

Ashwagandha – *Withania somnifera*

Laksha – *Laccifer lacca*

Water for decoction – 12.288 liters, boiled and reduced to 3.072 liters

Taila – Oil of *Sesamum indicum* – 768 ml

Mastu – Supernatant liquid of curds – 3.072 liters

12 g of fine powder of each of following, made together as paste.

Rasna- *Pluchea lanceolata*

Chandana – Red Sandalwood – *Pterocarpus santalinus*

Manjishta – *Rubia cordifolia*

Durva – *Cynodon dactylon*
Madhuka – Licorice – *Glycyrrhiza glabra*
Choraka – *Angelica glauca*
Sariva – *Hemidesmus indicus*
Usheera – *Vetiveria zizanioides*
Jalada – *Cyperus rotundus*
Kushta – *Saussurea lappa*
Agaru – *Aquilaria agallocha*
Suradruma – *Cedrus deodara*
Haridra – Turmeric Rhizome – *Curcuma Longa*
Kumuda – *Nymphaea stellata*
Kaunti – *Vitex agnus-castus*
Shatahva – *Anethum sowa*
Padmakesara – *Nelumbium speciosum*
Special method – Laksha is
is powdered well and placed in a vessel. Hot water is poured and stirred
well. When the water becomes red it is strained and used.

Reference: Sahasrayoga – Tailayoga Prakarana – 13

Expiry date: 3 years from the date of manufacture. Once you open the
seal, it is better to use it within an year.

KOTTAMCHUKKADI TAILA FOR MASSAGE

Kottamchukkadi Thailam is an Ayurvedic oil used in the treatment of
Vata disorders causing neuro muscular pains, sciatica, spondylosis etc.
This oil is formulated based on Kerala Ayurveda practice.

Kottamchukkadi Tailam uses:

It helps to relieve pain and inflammation. It is used in arthritis, sciatica,
myalgia, spondylosis, etc.

How to use Kottamchukkadi Taila ?

It is used for massage and Ayurvedic therapies like Dhara.

Kottamchukkadi oil side effects:

There are no known side effects of this oil on external application.

Kottamchukkadi Thailam ingredients:

21 grams of each of

Kottam – *Saussurea lappa*

Chukku – Ginger – *Zingiber officinalis*

Vayambu – *Acorus calamus*

Shigru – *Moringa oliefera*

Lashuna – Garlic – *Alium sativum*

Karotti - *capparis sepiaria*

Devadruma – *Cedrus deodara*

Siddartha – Mustard – *Brassica juncea*

Suvaha – Rasna – *Pluchea lanceolata*

Tilataila – Oil of *Sesasmum indicum* – 768 ml

Dadhi – Curds – 768 ml

Chincha rasa – Tamarind juice – 3.072 liter

Reference: Sahasra Yoga Taila Prakarana – 12

Expiry date: 3 years from the date of manufacture. Once you open the seal, it is better to use it within an year.

DHANWANTARAM TAILA FOR MASSAGE

Dhanwantharam Thailam is an Ayurvedic oil. It is used in the treatment of Vata diseases such as Rheumatoid and osteo arthritis, spondylosis, headache and neuro-muscular conditions. This oil is based on Kerala Ayurveda practice.

Dhanwantharam Tailam uses:

It is used to treat rheumatoid arthritis, osteo-arthritis, neck pain and back ache due to spondylosis,

It is useful in treatment of neurological conditions such as Neuritis, Neuralgia, paralysis, facial palsy, etc.

How to use Dhanwantharam oil?

It is used for massage.

It is used in Ayurvedic treatment like Dhara, Basti treatment etc.

101 times processed oil, called Dhanwantharam 101 -is used for oral administration.

Dose for oral intake is – 5 – 20 drops once or twice a day, before food, with warm water or warm milk, as directed by Ayurvedic doctor.

This oil is used for massage for ladies, after delivery, to improve body strength.

It is also used as massage oil for babies.

Internal use is advised to relieve fever, bloating and urinary diseases.

Dhanwantaram Tailam side effects:

No side effects are known with this oil, on external administration.

Oil's oral intake should only be done strictly under medical supervision.

Dhanwantharam Tailam ingredients:

Balamoola – Sida cordifolia – 4.608 kg

Water for decoction – 36.864 liters, boiled and reduced to 4.608 liters

Paya – cow milk – 4.608 liters

768 grams of total of

Yava – Barley – Hordeum vulgare

Kola – Zyziphus jujuba

Kulattha – Horse gram – Dolichos biflorus

Dashamoola – group of ten roots
Bilva – Aegle marmelos
Agnimantha – Premna mucronata
Shyonaka – Oroxylum indicum
Patala – Stereospermum suaveolens
Gambhari – Gmelina arborea
Brihati – Solanum indicum
Kantakari – Solanum xanthocarpum
Gokshura – Tribulus terrestris
Shalaparni – Desmodium gangeticum
Prishnaparni – Uraria picta
Water for decoction – 6.144 liters, boiled and reduced to 768 ml.
Taila – Oil of Sesamum indicum
Paste made of 6 grams of each of -
Meda - Polygonatum cirrhifolium
Mahameda - Polygonatum verticillatum
Daru – Cedrus deodara
Manjishta – Rubia cordifolia
Kakoli - Fritillaria roylei
Ksheerakakoli - Lilium polyphyllum
Chandana – Pterocarpus santalinus
Sariva – Hemidesmus indicus
Kushta – Saussurea lappa
Tagara – Valeriana wallichii
Jeevaka - Malaxis acuminata
Rishabhaka - Manilkara hexandra
Saindhava Lavana – Rock salt
Kalanusari – Valeriana wallichii
Shaileya - Convolvulus pluricaulis

Vacha – *Acorus calamus*
Agaru – *Aquilaria agallocha*
Punarnava – *Boerhaavia diffusa*
Ashwagandha – *Withania somnifera*
Shatavari – *Asparagus racemosus*
Ksheerashukla - *Ipomoea mauritiana*
Yashti – Licorice – *Glycyrrhiza glabra*
Haritaki – *Terminalia chebula*
Vibhitaki – *Terminalia bellirica*
Amla – *Emblica officinalis*
Shatahva – *Asparagus*
Mashaparni – *Teramnus labialis*
Mudgaparni - *Phaseolus trilobus*
Ela – Cardamom – *Elettaria cardamomum*
Twak – Cinnamon – *Cinnamomum camphora*
Patra – *Cinnamomum tamala*
How to prepare?

This Taila when prepared with Avartana process is known as Dhanvantara Taila Avartana, wherein, the oil making is repeated for 101 times.

Reference: Sahasrayoga Tailayoga Prakarana 1

Expiry date: 3 years from the date of manufacture. Once you open the seal, it is better to use it within an year.

Maha Narayana taila for massage

Mahanarayan Oil is a very famous herbal oil used in Ayurvedic treatment of arthritis, paralysis, and eye diseases. This oil is used for external application, orally and for many Ayurvedic therapies.

Mahanarayan Oil Uses:

It is used in Ayurvedic treatment of Facial palsy, Hearing loss, Deafness, Paraplegia, tremors, Neck rigidity/Torticollis, Lock jaw, wasting of hands and legs, Oligospermia, Infertility, Tooth ache, bloating, Headache, Glossal palsy, Dental Pain, Mania/Psychosis, Hump-back/Kyphosis, Fever.

It is used in anti aging treatment.

It helps to relieve emaciation, tendon tear, fractures and all types of arthritis.

Effect on Tridosha - Balances Vata and Pitta

How to use Mahanarayan Tail?

It is used to external application.

It is used in many Ayurvedic treatments such as Anuvasana basti, Janubasti, Nasya etc.

It is also given orally in a dose of 3 – 5 ml, once or two times a day, before food with warm water or milk.

Mahanarayan Tel side effects and precautions:

There are no known side effects on external application of this oil.

Oral administration, Nasya and other therapies should strictly be done under medical supervision.

Keep out of sight and reach of children. store in cool dry place, away from direct sunlight.

How long to use Mahanarayana Thailam?

For external use, it can be used for a long period of time.

Oral usage is done usually for not more than 3 – 4 months.

It can be used as a general body massage oil for a very long time.

Mahanarayana Tailam ingredients:

960 g of each of coarse powder of -

Bilva – Bael (root) – Aegle marmelos

Ashwagandha – Winter Cherry / Indian ginseng – Withania somnifera

Brihati – Indian Nightshade (root) – Solanum indicum

Swadamshttra – Tribulus terrestris

Shyonaka – Oroxylum indicum

Bala – Country mallow (root) – Sida cordifolia

Paribhadra – Erythrina variegata

Kshudra – Solanum xanthocarpum

Kathila – Boerhaavia diffusa

Atibala – Abutilon indicum

Agnimantha – Premna corymbosa / mucronata Root

Prasarini – Paederia foetida

Patala – Trumpet (root) – Sterospermum suaveolens

Water for decoction – 98.304 liters, boiled and reduced to 24.576 liters.

Taila – Oil of Sesamum indicum – 6.144 kg

Ajadugdha – Goat milk – 6.144 liters

Shatavari – Asparagus racemosus – juice extract – 6.144 liters

Paste prepared with 96 g of fine powder of each of –

Rasna- Pluchea lanceolata

Ashwagandha – Winter Cherry / Indian ginseng (root) – Withania somnifera

Mishi – Indian Dill (fruit) 0 Anethum sowa / Peucedanum graveolens

Daru – Himalayan Cedar (bark) – *Cedrus deodara*
Kushta – *Saussurea lappa*
Shalaparni – *Desmodium gangeticum*
Prishniparni – Root – *Uraria picta*
Mudgaparni – *Phaseolus trilobus*
Mashaparni – *Teramnus labialis* Spreng.
Agaru – *Aquilaria agallocha*
Nagakeshara – *Mesua ferrea*
Saindhava – Rock Salt
Mamsi – *Nardostachys jatamansi*
Haridra – Turmeric Rhizome – *Curcuma Longa*
Daruharidra – Tree turmeric (stem) – *Berberis aristata*
Shaileya – *Parmelia perlata*
Chandana – *Pterocarpus santalinus*
Pushkara – *Inula racemosa*
Ela – Cardamom – *Elettaria cardamomum*
Manjishta – Indian Madder (root) – *Rubia cordifolia*
Yashtimadhu – Licorice – *Glycyrrhiza glabra*
Tagara – Indian Valerian (root) – *Valeriana wallichii*
Abda – Nut grass (root) – *Cyperus rotundus*
Patra – *Cinnamomum tamala*
Bhringaraja – *Eclipta alba*
Jivaka – *Malaxis acuminata* D.Don / *Microstylis wallichii* Lindl.
Rishabhaka – *Manilkara hexandra* (Roxb.) Dubard / *Mimosa hexandra* Roxb.
Meda – *Polygonatum cirrhifolium*
Mahameda – *Polygonatum verticillatum*
Kakoli – *Fritillaria roylei*
Ksheera Kakoli – *Lilium polyphyllum*

Riddhi – Habenaria intermedia

Vridhhi – Habenaria intermedia

Ambu – Pavonia odorata

Vacha – Sweet flag (rhizome) – Acorus calamus

Sthauneya – Clerodendrum infortunatum Linn./ viscosum Vent. Gaertn.

Vrishchikali – Boerhavia erecta

Choraka – Angelica glauca

Karpooora – Camphor – Cinnamomum camphora – 48 g

Kashmeera – Saffron – Crocus sativus – 48 g

Mrigamada – Musk – 48 g

Reference of Mahanarayana Taila: Bhaishajya Ratnavali Vatavyadhi

Rogadhikara – 151 – 162

Shelf life / expiry date - Three years from the date of manufacture. Once opened, it is best to empty the oil within 1 year.

BRAHMI GHRITA FOR KIDS

Brahmi Ghrita is a very famous Ayurvedic medicine, in herbal ghee form. This medicine has ghee as its base. It is used for preparatory procedure for Panchakarma and also as medicine, mainly for treatment of improving intelligence, learning skills and speech.

Brahmi Ghrita benefits:

It is widely used as medicine and also in preparatory procedure called snehakarma for the treatment of improving learning skills, intelligence, memory, speech. It is also used in the treatment of skin diseases, epilepsy and female infertility.

Effect on Tridosha - Calms Vata, Pitta and Kapha

Brahmi Ghrita dosage:

As medicine – quarter to half teaspoon with water, usually before food, once or twice a day, or as directed by Ayurvedic doctor.

For Panchakarma preparation – Snehana procedure, the dose depends on the disease status and the judgement of Ayurvedic doctor.

It is usually administered with warm water.

Brahmi Ghritam Side Effects:

There are no known side effects with this medicine. However it is best to use this product under medical supervision. Self medication with this medicine is discouraged.

People with diabetes, high cholesterol, heart diseases and high BP should exercise precaution.

In very high dose, it may cause diarrhoea and indigestion.

Synonyms: brahmi ghrita, brahmi ghritam, brahmi ghrit, brahmi ghritham

Brahmi Ghrit Ingredients:

Brahmi – Bacopa monnieri juice extract – 1.536 liters

Ghrita – 768 ml

12 g of each of

Trikatu – Pepper, long pepper and ginger

Shweta and Krishna Trivrit – Operculina turpethum

Danti – Baliospermum montanum

Shankhapushpi – Clitorea ternatea

Nripadruma – Cassia fistula

Saptala – Acacia sinuata

Krumihara – Embelia ribes

Brahmi Ghrutham reference: Ashtangahrudayam Uttarsthana 6/23-25

Food to avoid and have during Brahmi Ghrita -

1. It is better to drink hot water soon after taking Brahmi Ghritham.
2. It is best to avoid cold water / cold food stuff soon after taking this ghee.
3. While taking this ghee, better to avoid excess of garlic and onion and *excess of non veg food. (to improve Satt/vik nature of mind)*
4. Vitamin E Rich food like almonds, sunflower seeds, Fortified cereals, Nuts, Vegetable oils, peanuts, Cooked spinach, Tomato, turnip greens, peanut butter, wheat germ, Avocado
5. Fish oil, soyabean are some of food that are good to take.

AMRUTARISHTA FOR FEVER AND IMMUNITY

Amritarishta is also known as Amrutarishta, Amritarishtam etc.

It is a liquid Ayurvedic medicine.

Amritarishta contains about 5 – 8 % of self generated natural alcohol in it. This self generated alcohol and the water present in the product acts as a media to deliver water and alcohol soluble the active herbal components to the body.

Amritarishta dosage: 12 – 24 ml. one or two times a day, usually advised after food.

If needed, equal quantity of water can be added before consumption.

Amritarishta uses: It is one of the widely used medicine in the treatment of fever. On a long term use, in a dose of 1 tablespoon at night, it helps to boost immunity. It can be used for 2 – 3 months period.

Amritarishta side effects: A very high dose of 50 ml or more may cause stomach irritation.

Amritarishta ingredients:

Amrita (Giloya – Indian tinospora)

Bilva (Bae I- Aegle marmelos)

Shyonaka (Oroxylum indicum)

Gambhari (Gmelina arborea)

Patala (Stereospermum suaveolens)

Agnimantha (Premna mucronata)

Shalaparni (Desmodium gangeticum)

Prishnaparni (Uraria picta)

Brihati (Solanum melongena var. Indicum)

Kantakari (Solanum surattense)

Tribulus

water

Jaggery

Cumin,

Parpataka (Fumaria parviflora)

Saptacchada (Saptapar, a API) Alstonia scholaris)

Ginger

Black pepper

Long pepper

Nagakeshara (Mesua ferrea)

Musta (Cyperus rotundus)

Katuki (Picrorrhiza kurroa)

Ativisha (*Aconitum heterophyllum*)
Indrayava (*Holarrhena antidysenterica*)

DASHAMOOLARISHTA

Dashmoolarishta is a liquid Ayurveda medicine.

Dasamoolarishtam contains about 5 – 7 % of self generated natural alcohol in it. This self generated alcohol and the water present in the product acts as a media to deliver water and alcohol soluble the active herbal components to the body.

Dashmoolarishta dosage: 12 – 24 ml. one or two times a day, usually advised after food.

If needed, equal quantity of water can be added before consumption.

Dashamoolarishta benefits:

- Indigestion, lack of taste, respiratory conditions, fistula, in diseases of Vata imbalance, vomiting, anemia, liver diseases, skin diseases, haemorrhoids, urinary tract conditions.
- It is used as a general health tonic.
- Dasamoolarishta is also used for ladies having problem with conception and pregnancy.
- It improves immunity and strength.

Dasamoolarishtam side effects: High dose may cause burning sensation, stomach disturbances.

Dashmoolarishta ingredients:

Bilva (*Bael*),
Shyonaka (*Oroxylum indicum*),
Gambhari (*Gmelina arborea*),
Patala (*Stereospermum suaveolens*),
Agnimantha (*Premna mucronata*),

Shalaparni (*Desmodium gangeticum*),
Prishnaparni (*Uraria picta*),
Brihati (*Solanum indicum*),
Kantakari (*Solanum xanthocarpum*),
Gokshura (*Tribulus*),
Chitraka (*Plumbago zeylanica*),
Pushkaramoola (*Inula racemosa*),
Lodhra (*Symplocos racemosa*),
Guduchi (*Indian tinospora*),
Amla ,
Duralabha (*Fagonia cretica*),
Khadira (*Acacia catechu*),
Bijasara (*Pterocarpus marsupium*),
Pathya (*Terminalia chebula*),
Kushta (*Saussurea lappa*),
Manjishta (*Rubia cordifolia*),
Devadaru (*Cedrus deodara*),
Vidanga (*Embelia ribes*)
Madhuka (licorice),
Bharngi (*Clerodendrum serratum*),
Kapittha (*Feronia limonia*),
Bibhitaka (*Terminalia bellirica*),
Punarnava (*Boerhavia diffusa*)
Chavya (*Piper retrofractum*)
Jatamansi (*Nordostachys jatamansi*)
Priyangu (*Callicarpa macrophylla*)
Sariva (*Hemidesmus indicus*)
Krishnajeeraka (*Carum carvi*)
Trivrit (*Operculina turpethum*)

Nirgundi (*Vitex negundo*)
Rasna (*Pluchea lanceolata*)
Pippali (long pepper)
Puga (Betel nut)
Shati (*Hedychium spicatum*)
Haridra (Turmeric)
Shatapushpa (*Anethum sowa*)
Padmaka (*Prunus cerasoides*)
Nagakesara (*Mesua ferrea*)
Musta (*Cyperus rotundus*)
Indrayava (*Holarrhena antidysenterica*)
Karkatashruni (*Pistacia integerrima*)
Jivaka (*Pueraria tuberosa*) (Official substitute)
Rishabhaka (*Microstylis wallichii*)
Meda (*Polygonatum cirrhifolium*)
Mahameda (*Asparagus racemosus*) (Official substitute)
Kakoli and ksheerakakoli (*Withania somnifera*) (Official substitute)
Rddhi & Vriddhi (*Dioscorea bulbifera*) (Official substitute)
Draksha (*Raisins*)
Honey
Guda (Jaggery)
Dhataki (*Woodfordia fruticosa*)
Kankola (*Piper cubeba*)
Jala (*Coleus vettiveroides*)
Candana (*Santalum album*)
Jatiphala (*Myristica fragrans*)
Lavanga (clove)
Tvak (Cinnamon)
Ela (Cardamom)

Patra (*Cinnamomum tamala*)

Kataka Phala (*Strychnos potatorum*)

Is Dashamoolarishtam good during pregnancy?

Dashamoolarishtam is not prescribed as a tonic during pregnancy.

However, if it is prescribed as a medicine for a particular disease during pregnancy, it can be taken under medical supervision. But as a rule of thumb, lesser the medicines during pregnancy, better. Usually only iron and calcium supplements are administered and all other medicines are best avoided during pregnancy.

KUMKUMADI TAILA FOR A FLAWLESS FACE

Kumkumadi Tailam is Ayurvedic herbal oil used for face massage. It is helpful to improve skin texture, complexion and also to relieve skin problems such as acne, scars etc. Kumkuma means saffron, which is the main ingredient of this medicine.

Kumkumadi Thailam Benefits:

- Improves skin complexion and texture.
- Relieves blemishes, acne, acne scars, white and black heads, dark circle, sun tans, wrinkles.
- It is a good face massage oil.
- It has both cleansing and nourishing effect on skin.
- It has anti aging qualities.

How To Use?

- Take just 3 -5 drops of the oil into your hands, apply a light coat of it evenly onto the face or to the acne area.

- Do a gentle massage with your fingers.
- Leave it for 10 – 20 minutes.
- Wash off with hot water.
- It can be used for 2 – 3 times in a day, continuously for a week. After that, it can be used once daily.

Synonyms:

Kumkumadi Thailam, Kumkumadi Taila, Kumkumadi tail.

Kumkumadi Tailam side effects:

There are no side effects with this herbal oil. However, people with oily skin type should use it in small quantities, for not more than once a day.

Companies that manufacture Kumkumadi Thailam

- AVN Ayurveda Formulations Pvt. Ltd. - Packing – 10 ml
- Arya Vaidya Sala – Kottakkal, AVP, Unjha Ayurvedic Pharmacy

Kumkumadi thailam ingredients:

48 grams of each of

Keshara – Saffron – *Crocus sativus*

Chandana – *Pterocarpus santalinus*

Laksha – *Laccifer lacca*

Manjishta – *Rubia cordifolia*

Madhuyashtika – *Licorice*

Kaliyaka - *Berberis aristata*

Usheera – *Vetiveria zizanioides*

Padmaka – *Prunus cerasoides*

Neelotpala - *Nymphaea stellata*

Nyagrodha - *Ficus bengalensis*
Plaksha - *Ficus lacor*
Kamala keshara – Pollen of Lotus – *Nelumbo nucifera*
Dashamoola – Group of ten roots -
Bilva – *Aegle marmelos*
Agnimantha – *Premna mucronata*
Shyonaka – *Oroxylum indicum*
Gambhari – *Gmelina arborea*
Patala – *Stereospermum suaveolens*
Shalaparni – *Desmodium gangeticum*
Prinshnaparni – *Urarica picta*
Gokshura – *Tribulus terrestris*
Brihati – *Solanum indicum*
Kantakari – *Solanum xanthocarpum*
water for decoction – 9.126 liters
Boiled and reduced to – 2.304 liters
12 grams of each of
Manjishta – *Rubia cordifolia*
Madhuka – *Madhuca longifolia*
Laksha – *Laccifer lacca*
Pattanga - *Caesalpinia sappan*
Yastimadhu – Licorice – *Glycyrrhiza glabra*
Taila – Oil of sesamum indicum – 192 ml
Goat milk – Aja ksheera – 384 ml

Method of preparation -

First set of herbs (except saffron) upto Dashamoola roots are added to water, boiled and Kashayam is prepared, filtered.

A big vessel is taken. The above Kashayam, sesame oil and herb

powders From Manjishta to Yastimadhu, along with goat milk and sesame oil are added to vessel. Boiled in mild fire till the Thailam is prepared.

Traditional significance:

This special herbal oil was prepared first by Ashwin Twins – The Gods of Indian medicine.

Reference: Bhaishajya Ratnavali – 60/115-120

Ayurveda

Chapter 9: Let These Spices Be Part Of Your Daily Diet

Spices are special herbs containing volatile oils. They are rich in anti oxidants and help in digestion. Regular use of spices help to

- Improve immunity
- Boost digestion strength
- Keeps one away from allergies like lactose allergy, fructose allergy etc
- Relieves bloating
- Improves respiratory system and fights common cold
- Relieve viral infections

Some people with sensitive stomach may not like spices, but for others spices are highly recommended for daily use.

Benefits of spices -

Cinnamon – Reduces arthritis pain, reduces LDL (bad cholesterol), contains Iron, calcium and magnesium, useful in relieving menstrual pain.

Clove – Helps in relieving toothache, reduces inflammation, useful in upper respiratory tract infection, has coolant effect over stomach, useful in gastritis,

Pepper - improves digestion, relieves 'Ama', source of Vitamin K, Iron, Manganese and fiber, useful in asthma and respiratory tract infections.

Ginger - useful in sinusitis, vomiting, indigestion, bloating, motion sickness, cold and flu.

Cardamom – Good source of Iron, potassium, calcium and magnesium. Good anti oxidant, natural diuretic, improves digestion, relieves bad breath, useful in high blood pressure.

Turmeric – useful to prevent cancer, fights allergies, useful in arthritis, common cold, bronchitis, menstrual problems, good for heart and liver.

Curry leaves – Assists digestion, relieves vomiting, helps to lose weight, useful in diabetes, vision problems, protects liver.

Fennel – Good source of Vitamin C, Fiber and Potassium, supports immune system, good for heart and colon health, useful in indigestion, flatulence.

Fenugreek – Enhances breast milk production, reduces cholesterol, good for heart, useful in diabetes, indigestion and gastritis.

Cumin seeds – Useful in diarrhoea, flatulence, indigestion, vomiting, common cold, liver diseases and diabetes.

Garlic - Reduces cholesterol, useful in bloating. Some may not like the taste and smell of garlic. They can boil it in milk for five minutes and consume the milk.