

**POORVAKARMA IN AYURVEDA.  
PREPARATORY/PRELIMINARY PROCEDURES. :  
GUIDELINE PDF, EPUB, EBOOK**



## **Research & Publication (old) | Nadiad Ayurveda**

Wilcoxon test was applied for the assessment of subjective parameter before treatment and after the treatment. The mean value of systolic blood pressure before administration of Basti was mmHg which was reduced to The mean value of diastolic blood pressure before treatment was mmHg

which was reduced to After oral administration of Arjuna Punarnavadi Ghanavati, the mean value of diastolic blood pressure, became Effect of Basti procedure on chief complains Wilcoxon match paired signed rank test. Effect of Basti procedure on systolic and diastolic blood pressure paired t -test. Hypertension may be considered as Tridosha Vyadhi with the dominance of Pitta and Vata Dosha, Dushti of Rasa plasma, Rakta blood and Meda fat with Srotorodha obstruction in channels and Sirashaithilya tortuous of veins. Among Panchakarma treatment, Basti procedure is the best treatment for correction of Vata Dosha.

Basti procedure, though it is considered as the best remedy for morbid Vata, it is advised even for the treatment of Pitta Dosha, Kapha Dosha and Sarvadhatu Ashrita Vyadhi systemic disorder. Thus, after treatment the cleansing effect of Basti in the colon may have its effect all over the body in general and in particular on circulatory system. Thus, Basti procedure with drug Triphala having Lekhana scraping, Srotoshodhaka body channels cleanser and Rakta-Pittashodhaka blood purifier property might have helped to reduce the blood pressure. In hypertension or in the complications of hypertension, there is involvement of vital organs such as brain, heart and kidney, Arjuna Punarnavadi Ghanavati contains herbs which are organ specific and basically Rasayana rejuvenating, Medhya brain tonic, Mutrala diuretic, Deepana appetizer and Hridya cardiac tonic in nature provided better and long-lasting relief.

Miers ex Hook. The purpose behind taking this Shamana Yoga palliative treatment is to alleviate remaining Doshas after Shodhdhana detoxification of body. Arjuna possess Hridya cardiotoxic property. Guduchi is the drug known for its pacifying tendency against vitiated Vata-Pitta and rejuvenating property. Recent research work on Guduchi had proved that it repairs the damaged cells of body. The most important biological properties of Guduchi reported are antioxidant, anti-diabetic, anti-inflammatory, anti-arthritis, anti-stress, hepatoprotective, immunomodulatory and anti-neoplastic activities. *Convolvulus pluricaulis* The chloroform fraction of the total ethanolic extract elicited a significant antidepressant-like effect in mice by interaction with the adrenergic, dopaminergic and serotonergic systems. Recent study on *Zingiber officinalis*, in spontaneously hypertensive rats, showed that it reduces systolic blood pressure, atherogenic index and triglyceride levels, more potent in reversing endothelial dysfunction while was devoid of cardiac stimulatory effect.

Research on *Boerhavia diffusa* reveals that, this medicinal plant might be potent and novel therapeutic agents for scavenging of NO and the regulation of pathological conditions caused by excessive generation of NO and its oxidation product, peroxynitrite, NO damages endothelial layer of arteries which leads to high blood pressure, B. The cleansing effect of Basti in the colon may have its effect all over the body in general and in particular on the circulatory channel system which may help to reduce blood pressure and oral administration of Arjuna Punarnavadi Ghanavati contains drugs which are basically Rasayana rejuvenating, Medhya brain tonic, Mutrala diuretic, Deepana appetizer and Hridya cardiac tonic in nature and thus also help to maintain blood pressure level. Thus it can be concluded that. Triphaladi Kala Basti procedure with Arjuna Punarnavadi Ghanavati is moderately effective in the management of essential hypertension.

National Center for Biotechnology Information, U. Journal List Ayu v. Bhojani, 1 and Nirmal Bhusal. Meera K. Author information Copyright and License information Disclaimer. Address for correspondence: Dr. E-mail: moc. This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-NonCommercial-ShareAlike 4. Objectives: The present study was conducted to evaluate effect of Triphaladi Kala Basti procedure given along with Arjuna Punarnavadi Ghanavati in the management of essential hypertension. Materials and Methods: Fifteen patients who were diagnosed cases of essential hypertension as per the 7th JNC and World Health Organization criteria for diagnosis of hypertension were treated with Triphaladi Basti followed by oral administration of Arjuna Punarnavadi Ghanavati.

Conclusion: Triphaladi Kala Basti procedure along with oral administration of Arjuna Punarnavadi Ghanavati is moderately effective in management of systemic arterial hypertension. Introduction Systemic arterial hypertension is resultant of prolonged and excess of stress caused by blood on the wall of arteries. Aims and objectives The present study was planned to evaluate the effect of Triphaladi Kala Basti procedure and oral administration of Arjuna Punarnavadi Ghanavati in the management of essential hypertension. Inclusion criteria Patients of either sex from the age group 20 and 60 years Patients who were diagnosed cases of essential hypertension were selected Patients of stage 1 hypertension, stage 2 hypertension, isolated systolic hypertension as per the 7th JNC and WHO criteria were included [ Table 1 ] Table 1 7th Joint National Committee and WHO criteria for diagnosis hypertension HTN.

Open in a separate window. Exclusion criteria Secondary hypertension Pregnancy-induced hypertension Patients on oral contraceptive pills, steroids Patients associated with serious illness such as malignancy, HIV and tuberculosis. Criteria for assessment Subjective parameters Shirahshoola headache Bhrama giddiness Klama fatigue Hritdravata palpitation Swedadhikyata excessive sweating Anidra insomnia.

Table 2 The scoring pattern of subjective parameters. Objective parameters Change in both systolic and diastolic blood pressure level in supine position before treatment and after treatment was assessed. Patient consent The treatment procedure with its different steps and the outcome was properly explained in detail to the patients. Treatment protocol Basti procedure Triphala oil Anuwasana Basti 60 ml and Triphala decoction Niruha Basti Triphala decoction ml, honey 80 ml, Saindhava Lavana rock salt 5 g, Triphala oil ml, Shatapushpa powder [30 g].

Preparation of the patient On each day, patients were subjected to whole body massage with Dashamoola oil for 25—30 min followed by whole body mild fomentation for 5—10 min for 16 days. Preparation of Basti Dravya Anuwasana Basti 60 ml of lukewarm Triphala oil with Shatapushpa powder and rock salt Saindhava Lavana each 1 g filled into enema syringe fitted with rubber catheter no. Ayurveda therefore recommends that for a certain amount of time depending on the depth of cleansing you stick to a dietary nutrition, daily Dinacharya daily routine body care, and taking of Rasayana medicine.

The meaning of complying with a certain regimen after the end of the procedures is to stabilize the achieved result. Rasayana medicines are Ayurvedic rejuvenating agents, also called remedies for the elimination of old age or the prolongation of youth. The most popular herbal remedies are Chiavangraprash, Amrit kalash, Brami, etc. The human body has natural mechanisms for removing toxins, which is great, but sometimes it is not enough. It is not enough to hope only for the natural mechanisms because, due to the unhealthy lifestyle we are leading, the stress we are subjected to and many other factors that influence us negatively and our body cannot handle it alone.

Some toxins in the body dissolve in water, so Ayurveda recommends drinking a lot of water to take the harmful substances out of the body through the urine or sweat. However, another part of the toxins can only be removed with herbal oil, which requires panchakarma to use specific oils for different body parts. Panchakarma is a process of purifying and reducing the negative impact of stress and toxins. However, we should note that the course of such treatment will have a much greater effect if we pay more attention to ourselves and to our way of life.

Unlike other therapies, Panchakarma is a painless process of deep cleansing without discomfort, allowing you to balance the doshas. In order to perform all five purification procedures properly we need guidance from a qualified Ayurvedic doctor. It is recommended that detoxification therapy is done at least four times a year in order to maintain and strengthen health in healthy people and to restore balance to people with diseases. Your email address will not be published. Save my name, email, and website in this browser for the next time I comment. All rights reserved. Skip to content. Ayurveda Bansko » Blog » Ayurveda books. Ayurveda books. Why is the Ayurvedic treatment not losing popularity? Popular Ayurvedic treatments The therapies used by Vedic doctors are many but it seems that the most popular and most effective ones are Purvakarma and Panchakarma.

The preparation Purvakarma consists of two parts: application of oil and warming up Application of oil may be internal and external, internal application Snehana being carried out as a warm herbal oil is swallowed, rinsed or placed in the nose or ears. Svedana — heating up and sweating Warming-up is the second part of the preparation for Panchakarma and the main purpose of this procedure is for the human body to be warmed up. Patrapotley In Ayurveda, a healing treatment is also a massage with herbal bags Patrapotley. Why a preliminary preparation of the Body — Purvakarma is needed? Panchakarma — main treatment Vamana This is an emetic therapy in which the patient passes carefully through controlled vomiting.

Vicharana There is a laxative procedure where the patient is taking laxative oral Ayurvedic drugs laxatives. Vasti Vasti is the third classic procedure of Panchakarma during which a medicinal enema is performed. Nasya — a procedure where healing herbal oils are placed in the nose Nasya is the fourth classical Panchakarma procedure. How are Purvakarma and Panchakarma beneficial to us? In Vangasena samgraham and Chakradatham there is a special vasthi described as vaitarana vasthi. It is having specific action on kateegraha and gridhrasi sciatica. Vaitarana vasti can be given after food in the afternoon like anuvasana. If the patient has adequate strength, it can also be given as nirooha vasthi. So stop worrying, I will be free and healthy. Ever studied about my structure?

It is a must to understand what causes back pain. My structure is really an engineering marvel. Starting from top, I have 7 cervical vertebrae, which are capable of an extra ordinary range of movements. I support your head, allow you to look up, down, bend and twist. My discs permit degrees of motion. The 12 thoracic or chest vertebrae which come next are not capable of such a wide range of movement it is not really needed here.

Your ribs are hooked to these vertebrae. And trouble in this area is rare. At my lower end are five heavy lumbar vertebrae, which carry most of your weight. Five sacral segments are fused together here to form the coccyx. This part reminds me of your forefathers. This lower. When you were born I was more or less straight. When you started holding your head erect, my vertebrae took a slight curve in the neck region. When you began toddling, another curve developed at the lower end. As a result, now I have a specially curved shape. Actually this is a boon, for the arcs are better shock absorbers. There are other shock absorbers as well—there have to be. When you walk with your body of seventy kg, my vertebrae absorb jolts of 70 kg with each step.

Thus, between each pair of vertebrae, I have cushions, called discs. They have a tough envelop of cartilage containing a resilient jelly-like interior substance. My discs are susceptible to several kinds of injury. A really severe jolt, an auto accident, a serious fall, can simply squash a disc, usually one at the bottom of the spine. This often calls for major surgery, involving removal of the remnants of the disc and fusion of the two vertebrae. This can cause acute misery. The disc material presses on a nerve, and irritated nerve throws one of my muscles into spasm. This spasm is actually a protective effort. The muscle senses that I am in trouble and tries to splint me to prevent motion that might cause additional damage. Remember, a ruptured disc at-. Then a pain sometime severe radiates through your leg, all the way down to toes.

Most of your back troubles stem from weakness or lack of exercise. Do you know that I have four hundred muscles and a thousand ligaments? Without proper exercises and nurturing, how can I be in good shape? Look at a few more burdens you thrust on me. I am in trouble because of your weak abdominal muscles thanks for your laziness and all that junk food. Remember your wife had a back pain when she was pregnant. Just droops into over- stuffed sofas and chairs! You may be resting but my muscles are not. They are working over time, trying to keep some order within my vertebrae.

I have problems mostly in my lumbar region, but I can cause trouble up above as well. You are troubling me by sitting continuously for hrs on chatting. Your neck muscles are also became stiff, not flexible. Due to your stress and lack of exercises my discs are not getting enough nutrition. How bad it is! Moreover, when you grow old, my parts grow weaker. The fact is calcium is draining away. As my discs soften and vertebrae become less dense, your back will arch more. You will get a slight hump back on old age. You can avoid a lot of misery in the years to come if you can provide me the care I need. Do one thing: check your posture right now. You should see your physician to learn more about me and to find whether you have any problem on your spine. A few metabolic corrections such as improving the quality of agni, detoxification ama pachana by drinking Kashayams etc will do good. Kashayams are able to. If you could spent 30 minutes a day for doing an abhyanaga- medicated Ayurvedic oil massage- for me, I will be so happy.

Oils that I like much are murivenna, sahacharadi, mahararavana, karpooradi and dhanwantharam. These oils can provide much relaxation to me, especially on my lower back- lumbar region. For my neck, Karpasasthyadi and murivenna are much effective and relaxing. I found that, application of murivenna is much helpful to me. I love that medicine which is so soothing and it gives me extra flexibility. Vitiated Vata is the reason behind any pain on me. My issues like trika soola, kateegraha, greevagraha are coming under madhyama roga marga, narrated in Charaka samhitha. The term trika is used by Charaka and Vagbhata in a wider sense where the vertebral column joints with the. It includes the lumbar sacral and sacroiliac regions and pain originated in any of these areas is termed as trika dosha. Etiological or causative factors are bi-fold. One is dhatukshaya degeneration of tissues and the other is margardha obstruction to channels or passages The condition, sciatica gridhrasi is caused by lumbar

intervertebral disc prolapse, lumbago, sciatica syndrome, spinal canal stenosis and space occupying lesions etc.

Low back ache may radiate to other areas of the body especially the legs. Problem on neck region is named as greevagraha. In this also same etiology, pathogenesis, and manifestations can be observed. Since Vedic age, Ayurveda has been the health-keepers to mankind. It has had ups and downs due to a variety of reasons, but its authenticity has remained unquestioned. The world has witnessed a renewed interest in this Indian system of medicine in the last two decades. Kerala, being the cradle of Ayurveda, has emerged as the most sought-after destination for authentic Ayurveda. From its inception, the Somatheeram Ayurveda group has been pursuing a great dream to create facilities for the world to come and experience authentic Ayurveda and benefit from it. The prime concern of the group has been to provide the ancient healing methods of Ayurveda in its purest form to their guests.

A team of more than 20 efficient doctors, more than well-. Mr Baby Mathew, the Chairman and Managing Director of Somatheeram, has been the inspiration behind the success story that Somatheeram is today. He is counted among the pioneers of Ayurveda tourism in India. Despite his towering presence in the industry and the seminal contributions he has made to Ayurveda, he never went after awards or recognitions; instead, they came after him. From India, and abroad. The accommodation facilities are not just buildings; instead they help you feel nature at its pristine best. You will enjoy the lush greeneries, serene skies, beaches and a bright blue sea. As the leader, Somatheeram leads this sector with six wonderful resorts located near beautiful places like beaches, lakes, backwaters, wildlife and bird sanctuaries. Somatheeram is the first Ayurveda resort introduced monsoon Ayurveda treatments in resort sector.

Besides foreign guests, people from Kerala also enjoy the very special Monsoon rejuvenation treat-. This multiplied the number of health tourists flows to Kerala during off-season. A dull pulling pain extending towards left leg especially on back of the thigh and lateral aspect of the calf muscle. Numbness on calf region especially in morning. Pain increases while coughing, sneezing and after continuous speaking. Cannot stand for more than 10 minutes. Getting tired after 15 minutes of walk. Constipation and heaviness. History The patient had been complaining of the above mentioned discomforts for a year; with severe pain and numbness starting a month ago. No history of trauma. Ama pachana and ama nirharana burning out of toxins by improving the quality of agni, which is the main cause of kateagraha. Strotha suddhi cleansing of channels by a sodhana purification protocol after doing sneha sweda, in the form of podikizhi and pizhichil.

Progress is expected in terms of free mobility and comfort in walking. Treatment Amruthotharam kashayam and chiruvilvadi kashayam are mixed and given for seven days before admission. A lepam with kottamchukkadi was also advised. Rheumat tab was given thrice daily after food for seven days. Hospital treatments started with podikkizhi and lepam with internal medicines. The main internal medicines given were Chiruvilvadi kashayam, Kaisoragulgulu gulika with kashayam, nimbamruthadi kashaya, rheumat tab, vaiswanaram choornam for intake. As head oil, thulasee swarasadi kera is given. For applying on back, Kottam chukkadi and sahacharadi oils are given. Main treatments were pizhichil 7 days , Virechanam one day followed by yoga vasthi, seven days njavara kizhi, abhyangam for 1 day, Kateevasthi 11 days , snehavasthi 5 days and Kashaya vasthi 3 days.

The patient discharged after 21 days with good relief. Pain reduced remarkably and he got a complete relief from numbness and heaviness. He was advised internal medicines for three months maharasnadi and sahacharadi kashayam, dhanvantharam aavarthi, sahacharadi aavarthi, and rheumat tabs. Pacifying Vata Among the tridoshas, Vata, when vitiated, can cause back pain. Back pain. Pain on spine and the muscles surrounding it is generally called back pain. Usually back pain is used to indicate pain on lower back.

So it is called low back ache or LBA. To understand back pain from an Ayurvedic perspective, one has to understand some basic principles of Ayurveda. Ayurvedic structure: Ayurveda considers human body as a combination of dosha the subtle part of matter , dhatu the physical body and mala waste not transferred as body kept in equilibrium. Tridosha theory which says that the balance of the three doshas— Vata, Pitha and Kapha —maintains the health and its imbalance leads to disease is the fundamental principle of Ayurveda.

Among the three doshas, Vata is important in back pain. Vayu, or the manifestation of Vata, is divided into five types. Of this, apana is responsible for expelling mala and the movement of the trunk. When Vata is vitiated and concentrated on colon pakwasaya , it manifests itself as diseases of abdomen, rectum. Therefore, low back pain is generally called vatavyadhi or disease due to Vata. Urusthambha, katigraha, gridhrasi are few vatavyadhis with back pain as a symptom. Ayurveda sees body in a state of dynamic equilibrium which gets degenerated and regenerated continuously.

The food, assimilated into the environment of body, is processed and its useful parts get converted as dhatu while the waste parts make mala. An obstruction to this process produces toxins. Panchakarma five-route cleansing eliminates these toxins and reinstates the proper programming of tissue-building. Drugs are also helpful in the pro-. Dr P Mohanan Warriar cess. Grounds for back pain Spine is a chain of 33 vertebrae. In between each pairs of vertebra is a disc which is elastic in nature. These discs help the spine move to all sides. Discs also act as a shockabsorber protecting the spine from heavy impact. Of the 33 vertebrae, the seven in the neck cervical and five in the back lumbar are the most mobile. The lumbar vertebrae move while carrying more weight e. This explains why back pain is experienced most in the area called the lumbar. Around 70 lakh such back. Vayu is divided into five types.

Of this, apana is responsible for expelling mala and the movement of the trunk, is responsible for back pain. When vata dosha is vitiated concentrating on pakwasaya intestine it is manifested as several diseases of abdomen, rectum, kidney, hip and lower part of spine. Therefore generally low back pain is called vathavyadhi in Ayurveda. Urusthambha, katigraha, Gridhrasi are few vathavyadhis with back pain as a symptom Around 70 lakh such back pain patients are admitted to hospitals every year pain patients are admitted to hospitals every year. So it can also be called an occupational disease. Among them those with smoking habits and who are malnourished tend to experience back pain more.

The majority of back pain patients visit hospital for problems of the disc. Of the remaining, almost 15 per cent may be suffering from problems of the muscles, ligaments, etc. Arthritis, infections, growths, cancer and disease of the bones and of the nerves make up the rest. Overweight of body exerts more pressure on low back. So obesity is another reason for back pain. Ladies experience back pain related to menstrual period,

pregnancy, delivery and menopause.

Contraction of muscles makes back pain during menstrual periods. Pressure on back bone due to the enlargement of uterus creates back pain during Weakness of abdominal muscles is a reason for back pain after delivery. Pre-natal and post-natal treatments in Ayurveda are very much helpful to prevent back pain during pregnancy and after delivery. Malnutrition during lactation period, especially calcium deficiency can cause back pain.

Hormonal changes after menopause leads to degeneration of bones causing back pain. Back pain is a symptom in diseases like prolapsed or herniated disc, lumbar spondylosis, lumbar canal stenosis etc. In these cases, damage of muscles, ligaments, nerves, and vertebral joints create pain. Pain that radiate below knees, aggravation of pain while coughing or sneezing indicate disc prolapse.

Severe pinching pain, numbness, loss of sensation, weakness of legs and wastage of muscles are also symptoms of inter-vertebral disc prolapse. Back pain can occur as secondary to constipation, piles, dysentery etc. Back pain is a symptom in several diseases related to abdomen, uterus and kidney. Diagnosis: The success of treatment is definitely based on correct diagnosis. An experienced physician can make out from his initial check-up itself such conditions as muscle pull and protrusion of the disc. In suspected TB and cancer, blood test and biopsy will also help. Together with this, the physician would also consider the cause of vitiation of Vata. The vitiation can have two origins — obstruction and degeneration. Obstruction can be either due to non-passing of faeces, urine or due to a stone or prolapsed disc, oedema from thecal sac, fascia muscle or skin. Degeneration can appear primarily in bones as osteoarthritic changes, in nerves as demyelination and in muscles as dystrophy.

Each of this has to be interpreted and addressed from an ayurvedic perspective. Usually what we adopt nowadays is a modern approach dovetailed with the basic principles of Ayurveda. The nature of pain, its intensity and radiation will give a picture of dosha vitiation. Then a decision has to be taken whether the cause of pain is obstruction or degeneration. Local symptoms with obstructed SLR straight leg raise or sakthi ulkshapa nigraham usually point to an obstruction.

Vague symptoms and generalised pain which is non-specific with positive signs of degeneration on examination can lead to a diagnosis of degeneration. Investigations such as X-ray, MRI scan and blood test are of great help in differential diagnosis. Treatment: Deviation of apana and apanavaiga is the main cause of back pain. Getting it back on rail vathanulomanam should be the mainstay of management. The abode of Vata is in pakwasaya which is enclosed within the lumbar spine. So, it is very important that the purity and sanity of colon pakwasaya is maintained.

Back pain has many treatments available now, complete rest being the most important one. With complete rest for weeks, most back pains disappear. So it is not advisable to venture into an expensive treatment, surgery or panchakarma therapy in the initial stages. For bed rest, keep a pillow under. Apply Dhanwantaram kuzhambu, Sahacharadi kuzhambu and Karpooradi kuzhambu on the area of pain and with the help of someone slowly massage from top to bottom. This will help increase the blood supply to that area and relax the tensed muscles and help pacify Vata. Massage and fomenting will also help. In addition, medicines to cure arthritis and muscle pull and relieve inflammation may also be used. Ayurveda physicians use medicines administered through oral and anal routes vasti, different kinds of massages, yoga and medicated sachets kizhi apart from prescribing a belt for back support. Whatever the treatment plan, the main aim is to reduce pain, prevent disability and avoid recurrence of pain.

Pichu, Prishtavsthi, Mathravasthi are the other treatments helpful in most of the problems related to spine. Avagahasweda hip bath is a commonly used process. This is easy to do at home. Patient should sit in a special tub filled with water boiled with herbal leaves such as castor plant, tamarind and jack fruit tree that have Vata-normalising vatahara property. Along with these external treatments, internal medicines are also to be administered. As a last resort, surgery is considered. Most patients get relief in three to four weeks of such treatment and yoga.

Only if the condition does not improve with both these that a patient needs to start panchakarma therapy. For this a solvent in the form of ghee is given in buffer dose for days snehapanam. The ghee is selected weighing the structure prakriti, weather and nature of disease. Some patients also undergo massage with heat. The selection of the vehicle of heat and the pressure and intensity of massage are decided using ayurvedic principles. Vasti medicated pressure enema and virechana medicine-induced purgation are the panchakarma processes that are found to be most useful in the treatment of back pain.

The selection of drug for performing vasti and virechana depends on several factors. A course of treatment lasts days, depending on the intensity of the pain. The pain subsides for most patients in 14 days. Simultaneous practice of yoga and traction are advisable. Bed rest is the first treatment for back pain. This helps to lessen the pain. While taking rest, application of medicated oil and fomentation on back also can be done. Panchakarma therapy especially Vasthi is very much effective in all types of back problems. Special massage treatments like Pizhichil, Pachakizhi, Njavarakizhi Podikizhi and Manjalkizhi are very common in Kerala.

These are all authentic treatment procedures for back pain. The vertebral column of a standing person will have two convex curves and two concave curves into the neck and hip regions. These curvatures help the body distribute its weight equally into the ground. This precision is possible only when you stand and sit erect. That is why it is advised to always adopt a straight posture while standing or sitting. This causes extra burden on the muscles and ligaments, leading to oedema and pain. Exercises through yoga help the body and the muscles with hasslefree movements.

An obese person has to move with weight and needs extra energy to keep posture. So regular exercise, keeping the right posture and a regulated diet are vital to keep back pain away. Food Dietary regimen for back pain is decided on the basis of the body constitution prakruti of each persons. Traditional food habit is different in different societies. These habits are evolved through centuries according to the climatic and geographical condition of each area. Changing these habits completely can lead to several diseases. People prone to back pain may avoid dependence on junk food and include sufficient quantity of vegetables and fruits in diet. Milk, ghee, pulses and buttermilk should be part of diet. There is no harm in including non-vegetarian food in the diet. Sufficient intake of fluids must ensured so as to keep easy and satisfactory bowel

movements.

He can be contacted at: drmohanwarrier gmail. Mastering Mountain Pose means mastering the art of correct standing. It also helps breathe more freely, and can give you more energy as well. It can heal the body, mind and soul. Physically, yoga helps the body become more limber, more balanced. Normally, people are not conscious about their postures in daily life activities.

For example, most of people do not pay much attention how they stand. In most cases, it is like standing with the body weight thrown only on one leg or one leg turned completely sideways. Some bear all the weight on the heels, or on the inner or outer edges of the feet. This could gradually lead to deformities. Body weight on one heel essentially changes the centre of gravity. Then the hips become loose, abdomen protrudes and as a result, body hangs back and the spine has to suffer much strain. Many times, we have backaches because the core of our body is out of shape.

Our faulty postures and lack of exercise are the main reasons. Many people who are overweight experience back pain. As you put on additional pounds, the spine begins to distort and to compress, causing pain. It can also have an effect on the pelvis, tilting it forward and perhaps causing it to pinch the sciatic nerve. That is one of the main reasons why people who are overweight tend to have problems with their lower back, either because of sci-. Spine is the main supporter of the body. And it protects the central nervous system. According to yogic science, spine is the pathway of subtle, divine life force.

A healthy, strong and flexible spine makes one healthy and even ensures longevity! There are a number of different yogic postures which can help the back in amazing ways. Even persons having back injuries can do yoga with the help of an experienced yoga therapist. A little bit of yoga can go a long way in helping one to be more comfortable and even to overcome the back problem. Besides, one will experience a number of other benefits from doing these simple stretching exercises.

Some poses are briefly described below. It is of great importance that one should not try therapeutic yoga without the presence of an experienced yoga therapist. Mountain Pose Tadasana This is the basic standing pose. In Mountain Pose, the body is aligned the way it was designed. If placing feet together is not comfortable, place the feet three or four inches apart, toes pointing straight ahead.

Line up. Try to keep the knees lined up over the ankles. Contract the hips, activate the thighs and feel that you are pressing off the ground. Avoid letting the pelvis tip up or down. Keep the chin parallel to the ground. Be relaxed; try to release tension, if any, in the body. Close the eyes, focus on the position and allow the alignment to be absorbed and integrated at a cellular level.

Let this position feel natural, effortless, yet conscious. Mastering Mountain Pose means mastering the art of correct. This pose frees up the ribcage to open the lungs for better breathing. Seated forward fold Paschimottasana In Sanskrit, paschima means west. Here, it indicates the back of the body from head to toes. In this pose, the whole back is intensely stretched. This pose is also called Ugra powerful asana. This pose stretches the spine and the hamstrings very well. It rejuvenates the whole spine, tones the digestive organs and kidneys. Regular practice of this pose gives good massage to the heart, spinal column and the abdominal organs. The whole pelvic region enjoys more blood circulation and this increases vitality. Regular practice of paschimottasana gives a good massage to the heart, spinal column and the abdominal organs Cobra pose is a panacea for an injured spine. Its regular practice can even replace the discs slight displaced. Extend the spine and try to keep the back in a concave position.

Allow the arms to rest on the thighs, shins or at the ankles. Allow the upper body to relax. Gradually, with regular practice, you will be able to stretch the spine more forward; you can grip the sole and rest the chin on the shins, beyond the knees! Then slowly raise the head up and come back to first position and relax. Tip: Can't reach your toes? Wrap a towel around the feet and grab either end with the hands to improvise a yoga strap. If your The spinal region is toned and the chest fully expanded. The palm position can be changed from near pelvic region to a position above the shoulders. It is up to the ability and comfort of a beginner. Keep the elbows closer to the body. Tense the legs and buttocks. Now the body weight is on the palms and legs. Some schools tend to do this pose without assistance from the hands pushing on the floor. This is likely to be more effective at strengthening the back.

Repeat this pose two or three times. Rest a while with your head turned to one side and the arms to your side, legs relaxed, before getting up. There are a number of Yoga postures to help one keep healthy. The entire body is toned through controlled and precise breathing, stretching, and endurance building exercises. Regular practice of Yoga assures a healthy mind and body. Dr Prasad, who specialises in Shalakyatantra, also edits Bharatiya Vaidya Samvadam, a Malayalam quarterly on principles and practices of Ayurveda. The letters should contain age, sex and a brief description of your health condition. The letters may either be emailed to us ayurvedamagazine gmail.

I have been suffering from head ache for last 4 years. It comes repeatedly, but not in regular intervals. Mostly it is a mild pain, lasting for two to three days and rarely, it goes severe. I am not allergic to anything. Occasionally my bowel movements become upset. I am using coconut oil on my head. I am a vegetarian. Kindly help me in this regard. Subhash, Ramanattukara. Dear Mr. Subhash, Your headache seems to be having its origin in your stomach upset. Try Chiruvilwadi kashayam 2 times a day before food. Avoid spicy and fried foods. Make sure that you do not entertain intermittent eating snacks or so and sleep comfortably for 6 hours.

My son is now two years old. He is not having problems except a lack of appetite, and his body is so lean. Sometimes he eats well and sometimes not. Is there any Ayurvedic medicine to improve his appetite? Sreelatha, Kunnamkulam. Dear Smt. Sreelatha, Good appetite is a sign of proper Agni. These days, most of the kids are overfed. Make sure that the boy is given chance to be hungry.

## pages by Benny Thomas - Issuu

In Ayurveda, a healing treatment is also a massage with herbal bags Patrapotley. Natural fabric bags are filled with herbs, prepared individually or as ready-made mixes. The preparation procedures are directed to application of oil deeply and heating of the human body so that the tissues become soft, moist and elastic.

Without such a relaxation of the body, it is dangerous to move to the main therapy — Panchakarma. This is an emetic therapy in which the patient passes carefully through controlled vomiting. Vamana is the first of five main Panchakarma procedures. So far, the human body has already been sufficiently prepared during the purvakarma procedures. Vamana is performed at a specific time of the day individually and with a specially prepared decoction of herbs. The composition of the herbal mixture is prepared taking into account the individual constitution of the patient. One has to be relaxed, calm, the food a person has swallowed the night before must be fully absorbed.

During vomiting, it is good to massage the area around the navel and abdomen clockwise and the waist — up on the back. The number of procedures and dosage of Vamana is determined by the specialist who conducts the Ayurveda treatment. The first meal after Vamana can be in the evening or in the morning, with rice being the most suitable food after medicinal vomiting. There is a laxative procedure where the patient is taking laxative oral Ayurvedic drugs laxatives. Taking oral laxatives at regular intervals helps purify the digestive system from toxins and promotes digestive and metabolic processes. The laxative procedure contributes to the recovery of Agni, the metabolic force, which is the main factor in Ayurveda. Good digestion and metabolism at all levels of the body prevent the accumulation of toxins, rejuvenate the body tissues and increase the resistance to diseases.

Vasti is the third classic procedure of Panchakarma during which a medicinal enema is performed. This procedure is to be performed after Vamana and Vicharana. The medicinal enema purifies and rejuvenates the colon, nourishes the whole body and helps the body cope with the disease-causing processes. Nasya is the fourth classical Panchakarma procedure.

All diseases of the head and diseases located above the clavicles are extremely well influenced by this therapy. Nasya is performed following all of the procedures described above. It is important to understand that nose-infused drugs directly affect the brain, so the responsibility for preparing and carrying out the procedure is very high. Nasya is done only by a specialist and never at home! Before the procedure begins, a massage on the face and head is performed marma therapy, after which the nose and frontal sinuses are warmed with a towel and only then can the procedure be carried out. The amount of healing oil or oil is determined by a physician and may be from 20 to 50 mL at a given moment. Individually, Nasya can be performed 5 to 15 times, and the procedure is followed by therapeutic inhalation.

After passing through all the procedures for cleansing and detoxification, it is necessary to make a smooth transition to daily activities and life. Ayurveda therefore recommends that for a certain amount of time depending on the depth of cleansing you stick to a dietary nutrition, daily Dinacharya daily routine body care, and taking of Rasayana medicine. The meaning of complying with a certain regimen after the end of the procedures is to stabilize the achieved result. Rasayana medicines are Ayurvedic rejuvenating agents, also called remedies for the elimination of old age or the prolongation of youth.

The most popular herbal remedies are Chiavangprash, Amrit kalash, Brami, etc. The human body has natural mechanisms for removing toxins, which is great, but sometimes it is not enough. It is not enough to hope only for the natural mechanisms because, due to the unhealthy lifestyle we are leading, the stress we are subjected to and many other factors that influence us negatively and our body cannot handle it alone. Some toxins in the body dissolve in water, so Ayurveda recommends drinking a lot of water to take the harmful substances out of the body through the urine or sweat. However, another part of the toxins can only be removed with herbal oil, which requires panchakarma to use specific oils for different body parts.

Panchakarma is a process of purifying and reducing the negative impact of stress and toxins. However, we should note that the course of such treatment will have a much greater effect if we pay more attention to ourselves and to our way of life. Unlike other therapies, Panchakarma is a painless process of deep cleansing without discomfort, allowing you to balance the doshas. In order to perform all five purification procedures properly we need guidance from a qualified Ayurvedic doctor. It is recommended that detoxification therapy is done at least four times a year in order to maintain and strengthen health in healthy people and to restore balance to people with diseases.

Your email address will not be published. Save my name, email, and website in this browser for the next time I comment. All rights reserved. Skip to content. Ayurveda Bansko » Blog » Ayurveda books. The main internal medicines given were Chiruvilvadi kashayam, Kaisoragulgulu gulika with kashayam, nimbamruthadi kashaya, rheumat tab, vaiswanaram choornam for intake. As head oil, thulasee swarasadi kera is given. For applying on back, Kottam chukkadi and sahacharadi oils are given.

Main treatments were pizhichil 7 days, Virechanam one day followed by yoga vasthi, seven days njavara kizhi, abhyangam for 1 day, Kateevasthi 11 days, snehavasthi 5 days and Kashaya vasthi 3 days. The patient discharged after 21 days with good relief. Pain reduced remarkably and he got a complete relief from numbness and heaviness. He was advised internal medicines for three months maharasnadi and sahacharadi kashayam, dhanvantharam aavarthi, sahacharadi aavarthi, and rheumat tabs.

Pacifying Vata Among the tridoshas, Vata, when vitiated, can cause back pain. Back pain. Pain on spine and the muscles surrounding it is generally called back pain. Usually back pain is used to indicate pain on lower back. So it is called low back ache or LBA. To understand back pain from an Ayurvedic perspective, one has to understand some basic principles of Ayurveda. Ayurvedic structure: Ayurveda considers human body as a combination of dosha the subtle part of matter, dhatu the physical body and mala waste not transferred as body kept in equilibrium. Tridosha theory which says that the balance of the three doshas — Vata, Pitha and Kapha — maintains the health and its imbalance leads to disease is the fundamental principle of Ayurveda. Among the three doshas, Vata is important in back pain. Vayu, or the manifestation of Vata, is divided into five types.

Of this, apana is responsible for expelling mala and the movement of the trunk. When Vata is vitiated and concentrated on colon pakwasaya, it manifests itself as diseases of abdomen, rectum. Therefore, low back pain is generally called vatavyadhi or disease due to Vata. Urusthambha, katigraha, gridhrasi are few vatavyadhis with back pain as a symptom.

Ayurveda sees body in a state of dynamic equilibrium which gets degenerated and regenerated continuously. The food, assimilated into the

environment of body, is processed and its useful parts get converted as dhatu while the waste parts make mala. An obstruction to this process produces toxins. Panchakarma five-route cleansing eliminates these toxins and reinstates the proper programming of tissue-building.

Drugs are also helpful in the process. Dr P Mohanan Warriess. Grounds for back pain Spine is a chain of 33 vertebrae. In between each pairs of vertebra is a disc which is elastic in nature. These discs help the spine move to all sides. Discs also act as a shockabsorber protecting the spine from heavy impact. Of the 33 vertebrae, the seven in the neck cervical and five in the back lumbar are the most mobile. The lumbar vertebrae move while carrying more weight.

This explains why back pain is experienced most in the area called the lumbar. Around 70 lakh such back. Vayu is divided into five types. Of this, apana is responsible for expelling mala and the movement of the trunk, is responsible for back pain. When vata dosha is vitiated concentrating on pakwasaya intestine it is manifested as several diseases of abdomen, rectum, kidney, hip and lower part of spine. Therefore generally low back pain is called vathavyadhi in Ayurveda. Urusthambha, katigraha, Gridhrasi are few vathavyadhis with back pain as a symptom. Around 70 lakh such back pain patients are admitted to hospitals every year. So it can also be called an occupational disease. Among them those with smoking habits and who are malnourished tend to experience back pain more. The majority of back pain patients visit hospital for problems of the disc. Of the remaining, almost 15 per cent may be suffering from problems of the muscles, ligaments, etc.

Arthritis, infections, growths, cancer and disease of the bones and of the nerves make up the rest. Overweight of body exerts more pressure on low back. So obesity is another reason for back pain. Ladies experience back pain related to menstrual period, pregnancy, delivery and menopause. Contraction of muscles makes back pain during menstrual periods. Pressure on back bone due to the enlargement of uterus creates back pain during Weakness of abdominal muscles is a reason for back pain after delivery. Pre-natal and post-natal treatments in Ayurveda are very much helpful to prevent back pain during pregnancy and after delivery.

Malnutrition during lactation period, especially calcium deficiency can cause back pain. Hormonal changes after menopause leads to degeneration of bones causing back pain. Back pain is a symptom in diseases like prolapsed or herniated disc, lumbar spondylosis, lumbar canal stenosis etc. In these cases, damage of muscles, ligaments, nerves, and vertebral joints create pain. Pain that radiate below knees, aggravation of pain while coughing or sneezing indicate disc prolapse. Severe pinching pain, numbness, loss of sensation, weakness of legs and wastage of muscles are also symptoms of inter-vertebral disc prolapse.

Back pain can occur as secondary to constipation, piles, dysentery etc. Back pain is a symptom in several diseases related to abdomen, uterus and kidney. Diagnosis: The success of treatment is definitely based on correct diagnosis. An experienced physician can make out from his initial check-up itself such conditions as muscle pull and protrusion of the disc. In suspected TB and cancer, blood test and biopsy will also help.

Together with this, the physician would also consider the cause of vitiation of Vata. The vitiation can have two origins — obstruction and degeneration. Obstruction can be either due to non-passing of faeces, urine or due to a stone or prolapsed disc, oedema from thecal sac, fascia muscle or skin. Degeneration can appear primarily in bones as osteoarthritic changes, in nerves as demyelination and in muscles as dystrophy. Each of this has to be interpreted and addressed from an ayurvedic perspective.

Usually what we adopt nowadays is a modern approach dovetailed with the basic principles of Ayurveda. The nature of pain, its intensity and radiation will give a picture of dosha vitiation. Then a decision has to be taken whether the cause of pain is obstruction or degeneration. Local symptoms with obstructed SLR straight leg raise or sakthi ulkshepa nigraham usually point to an obstruction. Vague symptoms and generalised pain which is non-specific with positive signs of degeneration on examination can lead to a diagnosis of degeneration.

Investigations such as X-ray, MRI scan and blood test are of great help in differential diagnosis. Treatment: Deviation of apana and apanavaiga is the main cause of back pain. Getting it back on rail vathanulomanam should be the mainstay of management. The abode of Vata is in pakwasaya which is enclosed within the lumbar spine. So, it is very important that the purity and sanity of colon pakwasaya is maintained. Back pain has many treatments available now, complete rest being the most important one. With complete rest for weeks, most back pains disappear. So it is not advisable to venture into an expensive treatment, surgery or panchakarma therapy in the initial stages. For bed rest, keep a pillow under. Apply Dhanwantaram kuzhambu, Sahacharadi kuzhambu and Karpooradi kuzhambu on the area of pain and with the help of someone slowly massage from top to bottom. This will help increase the blood supply to that area and relax the tensed muscles and help pacify Vata.

Massage and fomenting will also help. In addition, medicines to cure arthritis and muscle pull and relieve inflammation may also be used. Ayurveda physicians use medicines administered through oral and anal routes vasti, different kinds of massages, yoga and medicated sachets kizhi apart from prescribing a belt for back support. Whatever the treatment plan, the main aim is to reduce pain, prevent disability and avoid recurrence of pain. Pichu, Prishtavsthi, Mathravasthi are the other treatments helpful in most of the problems related to spine. Avagahasweda hip bath is a commonly used process. This is easy to do at home. Patient should sit in a special tub filled with water boiled with herbal leaves such as castor plant, tamarind and jack fruit tree that have Vata-normalising vatahara property.

Along with these external treatments, internal medicines are also to be administered. As a last resort, surgery is considered. Most patients get relief in three to four weeks of such treatment and yoga. Only if the condition does not improve with both these that a patient needs to start panchakarma therapy. For this a solvent in the form of ghee is given in buffer dose for days snehapanam.

The ghee is selected weighing the structure prakriti, weather and nature of disease. Some patients also undergo massage with heat. The selection of the vehicle of heat and the pressure and intensity of massage are decided using ayurvedic principles. Vasti medicated pressure enema and virechana medicine-induced purgation are the panchakarma processes that are found to be most useful in the treatment of back pain. The selection of drug for performing vasti and virechana depends on several factors. A course of treatment lasts days, depending on the intensity of the pain. The pain subsides for most patients in 14 days. Simultaneous practice of yoga and traction are advisable. Bed rest is the first treatment for back pain.

This helps to lessen the pain. While taking rest, application of medicated oil and fomentation on back also can be done.

Panchakarma therapy especially Vasthi is very much effective in all types of back problems. Special massage treatments like Pizhichil, Pachakizhi, Njavarakizhi Podikizhi and Manjalkizhi are very common in Kerala. These are all authentic treatment procedures for back pain. The vertebral column of a standing person will have two convex curves and two concave curves into the neck and hip regions. These curvatures help the body distribute its weight equally into the ground. This precision is possible only when you stand and sit erect. That is why it is advised to always adopt a straight posture while standing or sitting.

This causes extra burden on the muscles and ligaments, leading to oedema and pain. Exercises through yoga help the body and the muscles with hassle-free movements. An obese person has to move with weight and needs extra energy to keep posture. So regular exercise, keeping the right posture and a regulated diet are vital to keep back pain away. Food Dietary regimen for back pain is decided on the basis of the body constitution prakruti of each person. Traditional food habit is different in different societies. These habits are evolved through centuries according to the climatic and geographical condition of each area. Changing these habits completely can lead to several diseases.

People prone to back pain may avoid dependence on junk food and include sufficient quantity of vegetables and fruits in diet. Milk, ghee, pulses and buttermilk should be part of diet. There is no harm in including non-vegetarian food in the diet. Sufficient intake of fluids must be ensured so as to keep easy and satisfactory bowel movements. He can be contacted at: drmohanwarrier@gmail.com. Mastering Mountain Pose means mastering the art of correct standing. It also helps breathe more freely, and can give you more energy as well.

It can heal the body, mind and soul. Physically, yoga helps the body become more limber, more balanced. Normally, people are not conscious about their postures in daily life activities. For example, most of people do not pay much attention how they stand. In most cases, it is like standing with the body weight thrown only on one leg or one leg turned completely sideways. Some bear all the weight on the heels, or on the inner or outer edges of the feet. This could gradually lead to deformities.

Body weight on one heel essentially changes the centre of gravity. Then the hips become loose, abdomen protrudes and as a result, body hangs back and the spine has to suffer much strain. Many times, we have backaches because the core of our body is out of shape. Our faulty postures and lack of exercise are the main reasons. Many people who are overweight experience back pain. As you put on additional pounds, the spine begins to distort and to compress, causing pain.

It can also have an effect on the pelvis, tilting it forward and perhaps causing it to pinch the sciatic nerve. That is one of the main reasons why people who are overweight tend to have problems with their lower back, either because of sci-. Spine is the main supporter of the body. And it protects the central nervous system. According to yogic science, spine is the pathway of subtle, divine life force. A healthy, strong and flexible spine makes one healthy and even ensures longevity! There are a number of different yogic postures which can help the back in amazing ways.

Even persons having back injuries can do yoga with the help of an experienced yoga therapist. A little bit of yoga can go a long way in helping one to be more comfortable and even to overcome the back problem. Besides, one will experience a number of other benefits from doing these simple stretching exercises. Some poses are briefly described below.

It is of great importance that one should not try therapeutic yoga without the presence of an experienced yoga therapist. Mountain Pose Tadasana This is the basic standing pose. In Mountain Pose, the body is aligned the way it was designed. If placing feet together is not comfortable, place the feet three or four inches apart, toes pointing straight ahead. Line up. Try to keep the knees lined up over the ankles. Contract the hips, activate the thighs and feel that you are pressing off the ground. Avoid letting the pelvis tip up or down. Keep the chin parallel to the ground. Be relaxed; try to release tension, if any, in the body. Close the eyes, focus on the position and allow the alignment to be absorbed and integrated at a cellular level. Let this position feel natural, effortless, yet conscious. Mastering Mountain Pose means mastering the art of correct. This pose frees up the ribcage to open the lungs for better breathing. Seated forward fold Paschimottanasana In Sanskrit, paschima means west.

Here, it indicates the back of the body from head to toes. In this pose, the whole back is intensely stretched. This pose is also called Ugra powerful asana. This pose stretches the spine and the hamstrings very well. It rejuvenates the whole spine, tones the digestive organs and kidneys. Regular practice of this pose gives good massage to the heart, spinal column and the abdominal organs. The whole pelvic region enjoys more blood circulation and this increases vitality. Regular practice of paschimottanasana gives a good massage to the heart, spinal column and the abdominal organs. Cobra pose is a panacea for an injured spine. Its regular practice can even replace the discs slightly displaced. Extend the spine and try to keep the back in a concave position. Allow the arms to rest on the thighs, shins or at the ankles. Allow the upper body to relax. Gradually, with regular practice, you will be able to stretch the spine more forward; you can grip the sole and rest the chin on the shins, beyond the knees!

Then slowly raise the head up and come back to first position and relax. Tip: Can't reach your toes? Wrap a towel around the feet and grab either end with the hands to improvise a yoga strap. If your The spinal region is toned and the chest fully expanded. The palm position can be changed from near pelvic region to a position above the shoulders. It is up to the ability and comfort of a beginner. Keep the elbows closer to the body. Tense the legs and buttocks.

Now the body weight is on the palms and legs. Some schools tend to do this pose without assistance from the hands pushing on the floor. This is likely to be more effective at strengthening the back. Repeat this pose two or three times. Rest a while with your head turned to one side and the arms to your side, legs relaxed, before getting up.

There are a number of Yoga postures to help one keep healthy. The entire body is toned through controlled and precise breathing, stretching, and endurance building exercises. Regular practice of Yoga assures a healthy mind and body. Dr Prasad, who specialises in Shalakyatantra, also edits Bharatiya Vaidya Samvadam, a Malayalam quarterly on principles and practices of Ayurveda. The letters should contain age, sex and a brief

description of your health condition. The letters may either be emailed to us ayurvedamagazine@gmail. I have been suffering from head ache for last 4 years.

It comes repeatedly, but not in regular intervals. Mostly it is a mild pain, lasting for two to three days and rarely, it goes severe. I am not allergic to anything. Occasionally my bowel movements become upset. I am using coconut oil on my head. I am a vegetarian. Kindly help me in this regard. Subhash, Ramanattukara. Dear Mr. Subhash, Your headache seems to be having its origin in your stomach upset. Try Chiruvilwadi kashayam 2 times a day before food. Avoid spicy and fried foods. Make sure that you do not entertain intermittent eating snacks or so and sleep comfortably for 6 hours. My son is now two years old. He is not having problems except a lack of appetite, and his body is so lean.

Sometimes he eats well and sometimes not. Is there any Ayurvedic medicine to improve his appetite? Sreelatha, Kunnankulam. Dear Smt. Sreelatha, Good appetite is a sign of proper Agni. These days, most of the kids are overfed. Make sure that the boy is given chance to be hungry. Avoid refined sugar, sugary foods and Maida. I am writing for my daughter. She is much worried about the pimples on her face. She is having this problem for the last six years and she is now 21 years old. The problem increased from last year onwards.

When they appear, the pimples are painful. She had consulted some doctors and taken medicines. And she had tried various creams available in the market but the problem still persists. She had also tried herbs like kasthoori manjal on her face. Hers is a mixed diet including veg and non-veg. And we have minimized the use of oil in food. She is of a lean body type, with medium complexion.

Her second problem is hair fall. Which oil will help her in this regard? Kindly help us with your valuable advice. Lissy antony, Mananthavady. Dear Mrs. Lissy Antony, It is good that you are giving due importance to the diet. It will be better if she can avoid meat and sugar completely. A paste made out of vacha vayambu lodhram pachotti and dhanyaka kothamalli in water or rosewater may be used on the face to control pimples. Keep this paste on the face for 45 minutes, and then wash with lukewarm water. Little bit of Jathyadi keram may be applied on the pimples thereafter. Give Manjishtadi Kshayam twice daily. If there is no dandruff on the scalp, oils like Neelibhrungadi, Kanjunnyadi etc can help promoting hair growth. If there is dandruff, that should be treated first. Similarly, if there is any hormonal problem, that needs to be addressed properly. This all-encompassing approach towards human body is perhaps the greatest contribution of Ayurveda to the mankind as it focuses on the whole human being, and not merely the disease or its management and treatment.

Ayurveda has a history of over years, and this approach was able to offer adequate healthcare for most of the time. The growth and the continued development of this profound wisdom of Ayurvedic medicine, however, suffered serious setbacks some years ago due to vari-. Orthodoxy, dogmatism and superstitions began creeping in to these intervening years and this glorious tradition began to lose its lustre and credentials. Perhaps after Vaghbata II, Ayurvedic science never showed its dynamic growth. During this long period of inertness and apathy, a lot of filth and garbage had accumulated over such heritage; and Ayurveda lost its stature. Ayurvedic as well as other indigenous systems of medicine are currently confronted with the problems of fixing standards and specifications of identity, purity, strength, etc. It can very well be accomplished if Ayurveda adopts. But it does not mean that it should adopt the parameters of modern medicines in evaluating its quality and fixing standards.

However, attempts to evaluate and standardise Ayurvedic medicine, and for that reason any other such traditional systems of medicine, with the parameters of modern medicine will be suicidal. It is conceptually wrong, unethical and harmful to the very system. Evaluation and standardisation of Ayurvedic and other traditional systems of medicine have to be based on the concept, theory and parameters of traditional medicine. But it may utilise the advancement While Ayurveda has its own comprehensive tools and processes to assess human body and its health, it would be beneficial for its advancement if it explored ways to adapt the tools of technology. This calls for closer interaction between scientists and technicians and experts of Indian systems of medicine. The thrust must be on designing new equipment that will help diagnosis and management of diseases using Ayurvedic formulations and treatises. Care must be taken to ensure that they tools should not depend on the instruments developed for modern medicine.

It is verifiable and hence excludes all unsubstantiated hypothesis and observations. Experimentations are the methods of science. It recognises only an ever-growing dynamic system and perhaps it is the characteristic attribute of science. This fact of science was well known to the ancient scientists of India more particularly the Ayurvedic masters like Charaka and Sushruta. The environment of living organisms in general and the human kind in particular is always in a flux of change.

The organisms. They then subjected the information to an in-depth study and evaluation, and if found useful, added to the existing pharmacopoeia need to continuously adjust and adapt to lead a healthy and satisfying life. Food, plants and other organism which humans being are in constant touch may have changes over a period of time, and can have an impact on them. Even medicinal characteristics of plants may have undergone changes. Ayurveda, therefore, advised people to adapt to the changing environment by consuming the appropriate food, nutrition and medicine suited to the particular environment. They then subjected the information to an in-depth study and evaluation, and if found useful, added to the existing pharmacopoeia.

This amply demonstrates the openness of the great Acharyas who advised to improve or add or modify the healthcare system time and again. This scientific frame of mind of the Indian intellectuals, however, suffered a great setback in between,. Any attempt to evaluate and standardise the Ayurvedic medicine and for that reason any other such traditional systems of medicine with the parameters of modern medicine will be suicidal. It is conceptually wrong, unethical and harmful to the very system Such invasions disturbed stability, peace and tranquility of the country.

To escape from the onslaught of the invaders and preserve the valuable heritage, the intellectuals of the country began to withdraw themselves and become very secretive. With the passage of time such withdrawal and secrecy led to orthodoxy, obscurantism and superstition preventing not only its natural growth but also the erosion and corrosion of the inherited knowledge. This is quite antithetic to the very process of science. Perhaps this orthodoxy and secrecy has taken away the dynamism from this precious heritage of our country.

The Ayurvedic specialists are required to change this mindset and imbibe the spirit of scientific inquiry. The writer is honorary physician holistic

medicine Amrita Institute of Medical Sciences, Kochi and can be contacted at drbrajeev gmail. Ltd are also seen. The workshop, held in association with the Ministry of Tourism, Government of India, covered accreditation standards entailing various aspects like management of consumables, equipment, infection control, human resource management, environment safety and other quality aspects besides accreditation procedures and incentives.

Ltd explained the benefits of accreditation for wellness centres. Several service providers from Kerala representing Ayurveda and health tourism sectors attended the workshop. A number of Ayurvedic practitioners and doctors will attend the workshops while famous Ayurvedic acharyas conduct the classes and technical sessions at the Satram, held to refresh and empower the young practitioners in theory and practice of Ayurveda principles as enshrined in the classic, written by Vagbhata. The event is being organised by Vagbhata Sarani. In a unique ritual, the delegates gather at the Bhrahma Muhoortha and recite the complete Ashtanga Hrudayam in the ancient Gurusishya custom. Discussion with acharyas, Yoga classes, paper presentations, identification and exhibition of rare medicinal plants are also part of the programmes. This organization has been conducting a series of camps, workshops and programmes at academic and community level on a very regular basis. Vagbhata Sarani has more than ayurvedic practitioners.

It has conducted mega conferences like World Ayurveda Congress in in which more than delegates from 28 nations participated. Many medical camps were conducted at Ernakulam, Idukki, Kottayam and Pathanamthitta districts during the Chikun Gunia outbreak by the organization. Also medical camps are conducted across Kerala against epidemics. It can be an activity-filled holiday, a relaxing retreat or even a mix of a little business with pleasure on the side.

The Resort offers well-appointed spacious apartments suits ranging from one to three bedrooms with a cosy living and dining area. Local and international cuisine is served up at the Teratai coffee house and guests can also delight at our authentic seafood restaurant. The Fun Pub, overlooking the swaying palm trees, is a dreamy place to relax in the company of a soothing cold beverage while the Rhu Bar at the beach front is the perfect spot to enjoy the sea breeze and tranquil ocean view. The resort has a ballroom that can accommodate up to people and several well-equipped meeting rooms suitable for all your conference needs. Lotus Desaru Resort is the ideal location for a holiday gateway, incentive groups, small meetings, weddings or family reunions. We cater to every event where privacy, variety and service make a difference. The resort offers a wide array of activities to entertain visitors.

There are three swimming pools and a water park that guarantees hours of fun. Sport lovers can enjoy boating, snorkeling, kayaking, fishing, jet-skiing, or even a banana boat ride, whilst those who prefer some quiet pursuits can relax at the beach front bar or by the pool or beach where the only thing they need to work on is their tan. With its simple language and beautiful illustrations, it is an easy-to-read book. It comprehensively, yet in simple language, sets out the details of Ayurveda as a holistic system of healing. Unlike Western medicine, which relies on medication to cure ailments, Ayurveda emphasizes daily nutrition habits and physical routines for maintaining health. The book underscores this unique feature of Ayurveda.

It also gives a number of home remedies for various illnesses. It gives the theoretical perspective of detoxification of the body, nutrition, lifestyle, stress relief etc. Everyone who is interested in maintaining his health the natural. Sonica Krishan Rupa Publications, We are all humans, a single species. But each member is unique in characteristics and traits. Even in a single family, members have diverse personalities. People differ not only in looks and mental temperament, but also in attitude, tastes, reactions, and abilities. Ever wondered why? Ayurveda has the answer to it. Ayurveda helps us categorise ourselves based on our body constitution. Knowing which dosha type you are, why it gets aggravated, what illness the aggravation causes and how it can be balanced will make you your own doctor.

This simple book on. This book is written for women. It elaborates on feminine problems and their root causes. This self-help guide gives detailed treatment plans for a woman according to her basic body constitution. Moreover, guidance is provided here to heal the psychological impacts of a disease. Also it includes an impressive treatment section that details dozens of Ayurvedic formulas using herbs common to North America and Europe. It trains students to become resource personnel for tourists and make the visit a worthwhile knowledge exercise.

All the students have been placed in various organisations, said Dr Muralee Madhavan, head, Department of Sahitya. She introduces the ancient secrets of sadhanas, i. These practices can awaken the cognitive memories necessary to achieve our deepest personal healing. Secrets of Healing elaborates on rejuvenation therapies and Panchakarma, as first taught and practiced by the ancient Vedic seers.

In this seminal work, Maya Tiwari successfully presents these sophisticated and timeless healing processes in a comprehensive, adaptable way to modern world. The knowledge of Sanskrit, our tradition and Ayurveda makes our students fit for a job in this industry. Sanskrit is the connecting link between Ayurveda and tourism. We need people who can put this adorable slogan into practice. Our students step in to do the job. All the students have been placed in various organisations, said Dr Madhavan. To utilise the unexplored treasure of traditional Ayurvedic wisdom for the benefit of health tourism personnel. Admission procedures will be initiated in May and the course will begin by mid- June every year. The course follows the credit system. The syllabus for the first semester contains communicative English, preliminary course in Sanskrit and medical tradition of India. In the second semester, Ayurvedic tradition of Kerala, concept of health and treatment in Ayurveda, principles and practices in tourism and Geography of Kerala are taught.

Third semester covers topics such as Panchakarma pre-principles and post-therapeutic measures, hospitality management, and bio-diversity of medicinal plants in Kerala. The final semester focuses on human resource management and study on local health traditions. The students also take up a project work at various service centres such as Ayurvedic resorts and hospitals. The Sree Sankaracharya University of Sanskrit was established in November by the government of Kerala as an institution of higher learning, with particular focus on Sanskrit language and literature, Indology, Indian Philosophy, Indian languages, social sciences and other related subjects.

The university is head-quartered at Kalady, the birth place of the great Indian philosopher Adi Sankara. Living area Double bedded room with attached bathroom Dressing area Balcony Dining area Common kitchen in each floor Double bedded room with attached bathroom Dressing area

Balcony Common kitchen in each floor Well furnished Double bedded room with attached bathroom Dressing room Common sit-out, Common dining room, Common kitchen Double bedded room with attached bathroom Dressing room Common sit-out, Common dining room, Common kitchen Single room with attached Bath room Balcony. References to rice appear in the early Sanskrit texts.

Apart from being widely used in a variety of dishes, rice in India forms part of the culture. To cite an example, during weddings, it is customary to throw rice at newlyweds or for the bride to offer rice as the first food to her husband in that rice is associated with prosperity and fertility. It is bestowed with extra short growth duration.

According to studies, it has been under cultivation in Kerala for about years. This special cereal is much valuable as food as well as medicine. The major use of Njavara is in Ayurveda. Some of the synonyms of Njavara in Ayurveda are shashtika, shashti sali, garbhapaki, shashtija, snigdha tandula, kakalakam and shashtivasaraja. There are two recognised varieties of Njavara based on the colour of the glume: black and golden yellow. Within each, there are two different forms — one with awn and the other without awn. Black glumed Njavara is highly resistant to drought conditions and diseases. Mostly seen in northern Kerala, it matures in about 60 days and reaches about more than 1m height.

It has a special capacity to absorb manganese and translocate it to the grain. Its seeds are red in colour. The second variety, golden glumed Njavara, is susceptible to drought. Even on maturity, it is susceptible to lodging and diseases. Its grains are golden yellow and the seed is red. This variety is found more in southern Kerala. The stem grows about 1 m, and is characterised by good seed bearing. Ayurvedic literature mentions about this variety as white glumed Njavara.

Njavara in Ayurveda According to Ayurveda, its rasa taste is madhura sweet and kashaya astringent. It is having laghu light, mridu soft and snigdha oily properties. Its potency is sheeta cool and its vipaka is madhura. It pacifies tridoshas. It helps protecting the circulatory, respiratory and digestive systems; sometimes it can rectify basic illnesses affecting them also. Njavara is mainly used for the preparation.

Acharyas of Ayurveda like Charaka and Susruta advise people to take Njavara on a regular basis. It is also advised to be taken along with milk, milk and ghee and with meat soup as food after the administration of some rasayana yogas like Brahma rasayana, Amalaka rasayana and Hareethaki rasayana. Njavara, mixed with barley and milk, is suggested as the proper diet pathyahara in the treatment of many diseases such as emaciation, diseases of head and neck especially the Kapha origin, bleeding disorders and rheumatoid arthritis.

As a healthy food According to Ayurveda classics, regular consumption of Njavara gruel prepared in cow milk with sugar ensures longevity. The rice is better in its quality when used in raw, but recommended to use boiled rice. It is also said to be ideal for anemic patients to increase the blood generation. It used to be a practice for Kerala households to prepare a traditional food during monsoon by cooking Njavara along with spices such as fenugreek and medicinal herbs such as mukutti Biophytum sensitivum Linn. The preparation, known for its medicinal properties, is considered as a good health tonic and is highly effective in removing general fatigue.

A special dish made of Njavara flour mixed with the dried powder of a special variety of banana is considered as a safe and healthy baby food. This is also one of the best weaning food preparations. Njavara rice is suggested for underweight babies also. A decoction made of Njavara roots is found effective in the treatment of urinary complaints of children. A natural energizer, it is also advised for the people of all ages to increase the vitality. Njavara is used as an aphrodisiac and muscle builder. It is being used in skin diseases, in stomach ulcer, in polio and even in snake bites. Njavara kizhi Shashtika Pinda Sweda It is a special Kerala treatment based on the preparatory procedure snehana and swedana of Panchakarma therapy. Njavara kizhi is a modified form of pindasweda wheat, black gram, gingelly seeds, horse gram etc are cooked and tied in cloth pieces as bolus bags for application over the body mentioned. The method of Shashtika pinda sweda was developed by renowned Ayurveda physicians of Kerala and it is extensively practiced nowadays.

In this treatment Njavara rice is cooked and used as per the special procedure not only as a purvakarma but also as a therapeutic measure for various degenerative conditions and rejuvenative Rasayana therapy purposes. The advantage of this therapy is that it produces snehana and swedana effect at the same time. The shashtikasali pindasweda is prescribed mainly in neuromuscular disorders like hemiplegia, paraplegia, muscular dystrophy etc.

It is to improve the muscle strength and to increase the bulk of muscles where there is wasting due to various reasons. Ayurveda practitioners say Njavara is a very precious grain for society. It is literally like gold for rice farmers because it fetches higher market price due to the increasing demand in Ayurvedic system of medicine. Beauty in Ayurveda has several facets, including physical aspects like colour, glow, body structure; mental aspects like emotions, thoughts and ego. Nature has ensured that they work in perfect harmony to make everyone look beautiful. All that one needs to do is to know how this harmony works, and do things which do not upset it. Ayurvedic approach to skin care is holistic, and it considers the mind, body, and consciousness together. Skin is the Skin has a tremendous power to restore, repair, replenish and heal itself. It breathes, feels and responds to loving care.

One can make use of the following method of assessment to classify the skin to different types. Vata Skin: People with Vata skin are born with Vata predominance air and ether elements in their body. Vata skin is dry, thin, fine toned, delicate and cool to touch. Vata skin tends to develop wrinkles earlier. Skin care is done by using medicated oils, warm oil massage and gentle moisturisers. Vata skin does not contain much moisture; so preventing it from drying is the major consideration.

Eat unctuous diet ghee and olive oil are the best and favour sour, salty and sweet tastes naturally sweet like fruits, not refined sugar as they balance Vata. Avoid drying foods like crackers. Drink six to eight glasses of warm water a day and eat sweet, juicy fruits. Going to bed early before 10 PM is very soothing to Vata skin and has tremendous positive influence on it. People with Vata skin are advised to avoid cleansing products that dry the skin like alcohol cleansers and perform an oil massage abhyanga in the morning before shower. Soothing, hydrating and pro-. Pitha Skin: People with Pitha skin are Pitha fire dominant and their skin is fair, soft, warm and has medium thickness. Complexion tends towards fine and straight and often has a copious amount of freckles or moles. Such persons should avoid spicy and deep fried foods. They have to take lot of juicy

fruits; they may better stay away from synthetic cosmetics.

Avoid excessive sunlight, tanning treatments and highly-heating therapies like facial or whole body steams. Avoid hot, spicy foods and favor astringent, bitter and sweet foods which balance Pitha. Sweet juicy fruits especially melons and pears, cooked greens and rose petal preserves are especially good. Drinking plenty of water helps wash impurities from sensitive Pitha skin. Reduce external or internal contact with synthetic chemicals, to which your skin is especially prone to react, even in a delayed fashion after years of seemingly uneventful use.

Avoid skin products that are abrasive, heating or contain artificial colors or preservatives. Most commercial make-up brands should be avoided in favor of cosmetics with natural ingredients. People with Pitha skin will do well by keeping their emotional stress under control through plenty of outdoor exercise, yoga and meditation. Gentle cleansing, calming and hypo-allergenic products help maintain healthy Pitha skin. Kapha skin: People with Kapha skin are earth predominant and so have a strong water element. The Kapha skin is thick, soft, oily and dark. The Kapha skin tends to develop wrinkles much later in life than Vata or Pitha types. It is ideal to eat bitter, astringent and pungent.

They should do detoxification on a regular basis. Kapha skin is more prone to clogging and needs more care. Be careful to avoid greasy, clogging creams. Likewise, avoid heavy, hard-to-digest foods like fried foods, fatty meats, cheeses and rich desserts. Eat lighter, easy to digest, astringent, bitter and pungent wellspiced foods as they balance Kapha. Olive oil is the best cooking medium and a little ginger and lime juice can be taken before meals to increase your characteristically sluggish digestive fire. Take warm baths often and use gentle cleansers to open the skin pores. Ensure that you avoid constipation; regular exercise is one way to get bowel movement regular. Oilreducing cleansing products and exfoliation products as well as light moisturisers help maintain healthy Kapha skin. If the skin is not cared properly and neglected, it suffers from premature aging, becomes dull and blenished.

Simple use of milk, honey and yoghurt are good nourishment for the skin and prevent its premature ageing. But Ayurveda holds beauty is never skin-deep; it goes much inwards. The skin reflects what is going on inside. Acne, pimples, eruptions, patches and swellings on the skin are often related to inappropriate diet. Following a skin-friendly diet, by making sure the digestion-absorption-elimina-

By taking early measures one can prevent upsetting the dosha balance in the body and thereby, diseases. With following Ayurvedic home remedies, one can avoid taking over-the-counter drugs and medicines for simple problems and avoid their uncomfortable side effects. Body odor Main cause of bad body odour is excess sweating. Pitha is the main dosha associated with this.

They are more drying and cooling. See the recipe below. Excess sweating Excess heat in the body is the main. Skin breathes, feels and responds to loving care. The body rids itself of heat through sweat. Offensive sweat can sometimes stain clothing. Pitha is the main dosha associated with it. Dandruff Main cause of dandruff is the dryness of skin on the scalp due to excess heat or cold. Main doshas associated with this problem are Pitha and Vata. Wash the hair thoroughly. Many doctors advise patients to wash the hair more frequently. This can increase dryness, especially when using strong shampoos.

Instead, massage the hair with oil once or twice a week and then shampoo the following morning with a mild or natural shampoo. Red eyes The main causes are hot sun, spicy foods, alcohol and anger. This happens due to Pitha aggravation. The eyes are the seat of fire element, so any increase in body heat affects the eyes. This is why many people with Pitha predominance have red eyes and are more sensitive to light. According to Ayurveda, the eyes and feet are connected well. Thus massaging the soles with coconut oil will soothen the eyes also. Whether it is cheese, yoghurt or curd, dairy products are a part of regular diet of most part. All the dairy products have lots of nutritional values and health benefits.

They also add taste to food items. One such dairy product which can provide innumerable health benefits is curd. Curd is prepared by fermentation of milk. It is said that curd provides more nutritional values than milk. According to Ashtangahridaya sutrasthana, chapter V, curd dadhi is sour in taste, water absorbent, heavy to digest takes more time to get digested and hot in potency. It is sour at the end of diges It increases fat, semen, strength, Kapha, Pitha and blood. Consumption of curd accelerates digestion agni, stimulates taste buds and acts as an appetiser. It is ideal for use in conditions like loss of taste, dysuria, chronic rhinitis etc. Devoid of its fat, it is ideal in diseases of the duodenum. As it absorbs water from intestines, it is widely used to treat diarrhea and dysentery. It mitigates Vata and increases Kapha and Pitha. Ashtangahridaya warns against the use of curd in the night and its heating. The text says its properties get enhanced when mixed with cooked green gram or gooseberries *Embelica officinalis*.

Restriction of curd in night According to Ayurveda, curd, due to its sour mixed sweet property, increases Kapha dosha in the body. According to Ashtangahridaya Sutrasthana, chapter V, curd dadhi is sour in taste, water absorbent, heavy to digest and hot in potency.

## **Ayurvedic Detox: Overview, Safety, and Effectiveness**

Warming-up is the second part of the preparation for Panchkarma and the main purpose of this procedure is for the human body to be warmed up. The heat should be enjoyable and not hot. In modern Ayurvedic salons and clinics, phyto barrels are more and more used because of their comfortable design and they meet all the necessary requirements of this procedure. It is very beneficial to use herbal healing vapor when warming up, which is obtained by decoction of special herbal remedies to which various essential oils are added. In Ayurveda, a healing treatment is also a massage with herbal bags Patrapotley. Natural fabric bags are filled with herbs, prepared individually or as ready-made mixes.

The preparation procedures are directed to application of oil deeply and heating of the human body so that the tissues become soft, moist and elastic. Without such a relaxation of the body, it is dangerous to move to the main therapy — Panchkarma. This is an emetic therapy in which the patient passes carefully through controlled vomiting. Vamana is the first of five main Panchakarma procedures. So far, the human body has already been sufficiently prepared during the purvakarma procedures. Vamana is performed at a specific time of the day individually and with a specially prepared decoction of herbs. The composition of the herbal mixture is prepared taking into account the individual constitution of the patient.

One has to be relaxed, calm, the food a person has swallowed the night before must be fully absorbed. During vomiting, it is good to massage the area around the navel and abdomen clockwise and the waist — up on the back. The number of procedures and dosage of Vamana is determined by the specialist who conducts the Ayurveda treatment. The first meal after Vamana can be in the evening or in the morning, with rice being the most suitable food after medicinal vomiting.

There is a laxative procedure where the patient is taking laxative oral Ayurvedic drugs laxatives. Taking oral laxatives at regular intervals helps purify the digestive system from toxins and promotes digestive and metabolic processes. The laxative procedure contributes to the recovery of Agni, the metabolic force, which is the main factor in Ayurveda. Good digestion and metabolism at all levels of the body prevent the accumulation of toxins, rejuvenate the body tissues and increase the resistance to diseases.

Vasti is the third classic procedure of Panchakarma during which a medicinal enema is performed. This procedure is to be performed after Vamana and Vicharana. The medicinal enema purifies and rejuvenates the colon, nourishes the whole body and helps the body cope with the disease-causing processes. Nasya is the fourth classical Panchakarma procedure. All diseases of the head and diseases located above the clavicles are extremely well influenced by this therapy. Nasya is performed following all of the procedures described above.

It is important to understand that nose-infused drugs directly affect the brain, so the responsibility for preparing and carrying out the procedure is very high. Nasya is done only by a specialist and never at home! Before the procedure begins, a massage on the face and head is performed marma therapy, after which the nose and frontal sinuses are warmed with a towel and only then can the procedure be carried out.

The amount of healing oil or oil is determined by a physician and may be from 20 to 50 mL at a given moment. Individually, Nasya can be performed 5 to 15 times, and the procedure is followed by therapeutic inhalation. After passing through all the procedures for cleansing and detoxification, it is necessary to make a smooth transition to daily activities and life. Ayurveda therefore recommends that for a certain amount of time depending on the depth of cleansing you stick to a dietary nutrition, daily Dinacharya daily routine body care, and taking of Rasayana medicine.

The meaning of complying with a certain regimen after the end of the procedures is to stabilize the achieved result. Rasayana medicines are Ayurvedic rejuvenating agents, also called remedies for the elimination of old age or the prolongation of youth. The most popular herbal remedies are Chiavangrprash, Amrit kalash, Brami, etc. The human body has natural mechanisms for removing toxins, which is great, but sometimes it is not enough. It is not enough to hope only for the natural mechanisms because, due to the unhealthy lifestyle we are leading, the stress we are subjected to and many other factors that influence us negatively and our body cannot handle it alone. Some toxins in the body dissolve in water, so Ayurveda recommends drinking a lot of water to take the harmful substances out of the body through the urine or sweat.

However, another part of the toxins can only be removed with herbal oil, which requires panchakarma to use specific oils for different body parts. Panchakarma is a process of purifying and reducing the negative impact of stress and toxins. However, we should note that the course of such treatment will have a much greater effect if we pay more attention to ourselves and to our way of life. Unlike other therapies, Panchakarma is a painless process of deep cleansing without discomfort, allowing you to balance the doshas. In order to perform all five purification procedures properly we need guidance from a qualified Ayurvedic doctor.

It is recommended that detoxification therapy is done at least four times a year in order to maintain and strengthen health in healthy people and to restore balance to people with diseases. Your email address will not be published. Kessler, K. Dhiman, A. Kumar, t. Effectiveness of an ayurveda treatment approach in knee osteoarthritis- a randomized controlled trial www. Manish V. Daniel Scheidbach, et al. Hardik J. Patel, Dr. Patel, Kalapi B. Patel, S. Dhaval Dholakiya Manual of Kayachikitsa part-1 J. Ayurveda Mahavidyalaya September 1 — 8 Vd. July-September Acharya Jasmina I. R Cervical Factor International journal of ayurvedic medicine 3 7 2. Mistry The role of Phalaghrita Uttarbasti in the management of Infertility w. Plants and Indigen. R, Shukla V. J and Shilpa B. Donga Pharmacognostical and phytochemical Standardisation of Dhatakyadi varti- an Ayurvedic Polyherbomineral formulation European Journal of biomedical and pharmaceutical sciences 1 2 Tubal-blockage International Journal of Ayurvedic Medicine 6 1 April-June Vd.

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**Soccer Results Master -**

Patients were not taking any other of medicine during follow-up period. After administration of Anuwasana Basti , Complains of headache and loose motion were observed in 6. The data obtained in clinical study was subjected to statistical tests and was analyzed in two parts:. Student paired t -test two-tailed, dependent was used to find the changes in objective parameters. Wilcoxon test was applied for the assessment of subjective parameter before treatment and after the treatment. The mean value of systolic blood pressure before administration of Basti was mmHg which was reduced to The mean value of diastolic blood pressure before treatment was mmHg which was reduced to After oral administration of Arjuna Punarnavadi Ghanavati , the mean value of diastolic blood pressure, became Effect of Basti procedure on chief complains Wilcoxon match paired signed rank test. Effect of Basti procedure on systolic and diastolic blood pressure paired t -test.

Hypertension may be considered as Tridoshaja Vyadhi with the dominance of Pitta and Vata Dosha , Dushti of Rasa plasma , Rakta blood and Meda fat with Srotorodha obstruction in channels and Sirashaithilya tortuous of veins. Among Panchakarma treatment, Basti procedure is the best treatment for correction of Vata Dosha. Basti procedure, though it is considered as the best remedy for morbid Vata , it is advised even for the treatment of Pitta Dosha , Kapha Dosha and Sarvadhata Ashrita Vyadhi systemic disorder. Thus, after treatment the cleansing effect of Basti in the colon may have its effect all over the body in general and in particular on circulatory system.

Thus, Basti procedure with drug Triphala having Lekhana scraping , Srotoshodhaka body channels cleanser and Rakta-Pittashodhaka blood purifier property might have helped to reduce the blood pressure. In hypertension or in the complications of hypertension, there is involvement of vital organs such as brain, heart and kidney, Arjuna Punarnavadi Ghanavati contains herbs which are organ specific and basically Rasayana rejuvenating , Medhya brain tonic , Mutrala diuretic , Deepana appetizer and Hridya cardiac tonic in nature provided better and long-lasting relief. Miers ex Hook. The purpose behind taking this Shamana Yoga palliative treatment is to alleviate remaining Doshas after Shodhdhana detoxification of body. Arjuna possess Hridya cardiotoxic property. Guduchi is the drug known for its pacifying tendency against vitiated Vata-Pitta and rejuvenating property.

Recent research work on Guduchi had proved that it repairs the damaged cells of body. The most important biological properties of Guduchi reported are antioxidant, anti-diabetic, anti-inflammatory, anti-arthritic, anti-stress, hepatoprotective, immunomodulatory and anti-neoplastic activities. Convolvulus pluricaulis The chloroform fraction of the total ethanolic extract elicited a significant antidepressant-like effect in mice by interaction with the adrenergic, dopaminergic and serotonergic systems. Recent study on Zingiber officinalis , in spontaneously hypertensive rats, showed that it reduces systolic blood pressure, atherogenic index and triglyceride levels, more potent in reversing endothelial dysfunction while was devoid of cardiac stimulatory effect. Research on Boerhavia diffusa reveals that, this medicinal plant might be potent and novel therapeutic agents for scavenging of NO and the regulation of pathological conditions caused by excessive generation of NO and its oxidation product, peroxynitrite, NO damages endothelial layer of arteries which leads to high blood pressure, B.

The cleansing effect of Basti in the colon may have its effect all over the body in general and in particular on the circulatory channel system which may help to reduce blood pressure and oral administration of Arjuna Punarnavadi Ghanavati contains drugs which are basically Rasayana rejuvenating , Medhya brain tonic , Mutrala diuretic , Deepana appetizer and Hridya cardiac tonic in nature and thus also help to maintain blood pressure level. Thus it can be concluded that. Triphaladi Kala Basti procedure with Arjuna Punarnavadi Ghanavati is moderately effective in the management of essential hypertension. National Center for Biotechnology Information , U. Journal List Ayu v. Bhojani , 1 and Nirmal Bhusal. Meera K. Author information Copyright and License information Disclaimer. Address for correspondence: Dr. E-mail: moc. This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-NonCommercial-ShareAlike 4.

Objectives: The present study was conducted to evaluate effect of Triphaladi Kala Basti procedure given along with Arjuna Punarnavadi Ghanavati in the management of essential hypertension. Materials and Methods: Fifteen patients who were diagnosed cases of essential hypertension as per the 7 th JNC and World Health Organization criteria for diagnosis of hypertension were treated with Triphaladi Basti followed by oral administration of Arjuna Punarnavadi Ghanavati. Conclusion: Triphaladi Kala Basti procedure along with oral administration of Arjuna Punarnavadi Ghanavati is moderately effective in management of systemic arterial hypertension. Introduction Systemic arterial hypertension is resultant of prolonged and excess of stress caused by blood on the wall of arteries.

Aims and objectives The present study was planned to evaluate the effect of Triphaladi Kala Basti procedure and oral administration of Arjuna Punarnavadi Ghanavati in the management of essential hypertension. Inclusion criteria Patients of either sex from the age group 20 and 60 years Patients who were diagnosed cases of essential hypertension were selected Patients of stage 1 hypertension, stage 2 hypertension, isolated systolic hypertension as per the 7 th JNC and WHO criteria were included [ Table 1 ] Table 1 7 th Joint National Committee and WHO criteria for diagnosis hypertension HTN. Open in a separate window. Exclusion criteria Secondary hypertension Pregnancy-induced hypertension Patients on oral contraceptive pills, steroids Patients associated with serious illness such as malignancy, HIV and tuberculosis.

Criteria for assessment Subjective parameters Shirahshoola headache Bhrama giddiness Klama fatigue Hritdravata palpitation Swedadhiyata excessive sweating Anidra insomnia. Table 2 The scoring pattern of subjective parameters. Objective parameters Change in both systolic and diastolic blood pressure level in supine position before treatment and after treatment was assessed. Patient consent The treatment procedure with its different steps and the outcome was properly explained in detail to the patients.

Treatment protocol Basti procedure Triphala oil Anuwasana Basti 60 ml and Triphala decoction Niruha Basti Triphala decoction ml , honey 80 ml , Saindhava Lavana rock salt 5 g , Triphala oil ml , Shatapushpa powder [30 g]. Preparation of the patient On each day, patients were subjected to whole body massage with Dashamoola oil for 25—30 min followed by whole body mild fomentation for 5—10 min for 16 days. Preparation of Basti Dravya Anuvasana Basti 60 ml of lukewarm Triphala oil with Shatapushpa powder and rock salt Saindhava Lavana each 1 g filled into enema syringe fitted with rubber catheter no.

Niruha Basti Honey 80 ml was taken in round bottom bowl. Method of administration of Basti Dravya Anuvasana Basti The anal orifice and the tip of the catheter were lubricated with oil and after removing the air from the syringe and the catheter, the catheter was introduced into the anus gently up to 3 Angula fingers and the piston of the syringe was pressed slowly with uniform force and the oil was pushed into the rectum. Niruha Basti Oil

was smeared over Basti Netra cannula of enema apparatus and to the anal orifice, slowly Basti Netra was inserted inside the anal orifice in the direction of vertebral column till the first Karnika mark touches the anus.

Arjuna Punarnavadi Ghanavati After Basti procedure Arjuna Punarnavadi Ghanavati 2 tablets twice a day was administered each tablet of mg for 30 days. Data related to disease Data related to treatment After administration of Anuwasana Basti , The data obtained in clinical study was subjected to statistical tests and was analyzed in two parts: Objective parameters Subjective parameters.

Statistical analysis Student paired t -test two-tailed, dependent was used to find the changes in objective parameters Wilcoxon test was applied for the assessment of subjective parameter before treatment and after the treatment. Results The mean value of systolic blood pressure before administration of Basti was mmHg which was reduced to Table 3 Effect of Basti procedure on chief complains Wilcoxon match paired signed rank test. Vati Hridayavata palpitation 2. Table 4 Effect of Basti procedure on systolic and diastolic blood pressure paired t -test.

Vati Follow-up Systolic blood pressure Discussion Hypertension may be considered as Tridoshaja Vyadhi with the dominance of Pitta and Vata Dosha , Dushti of Rasa plasma , Rakta blood and Meda fat with Srotorodha obstruction in channels and Sirashaithilya tortuous of veins. Punarnava Research on Boerhavia diffusa reveals that, this medicinal plant might be potent and novel therapeutic agents for scavenging of NO and the regulation of pathological conditions caused by excessive generation of NO and its oxidation product, peroxy nitrite, NO damages endothelial layer of arteries which leads to high blood pressure, B. Financial support and sponsorship Nil. Conflicts of interest There are no conflicts of interest. References 1. The study found that pomegranate juice can inhibit the movement of cancer cells and weaken the attraction to a This research was presented at the 50th annual meeting of the American Society for Cell Biology and indicates better leads to new therapies to prevent cancer metastasis.

On lab-cultured prostate cancer cells, researchers applied pomegranate juice that were resistant to testosterone. Scientists discovered that the pomegranate juice-treated tumor cells that had not died with the treatment showed increased cell adhesion and decreased cell migration. The process is expected to take up to two years for completion, according to project coordinator Mandar Lawate. Dating back years, the Sanskrit manuscripts pertain to various topics on Ayurveda, Puranas, Vedas, philosophy and art. The government has barred more than colleges which violated regulatory norms from admitting students in alternative and traditional medicine courses from in the next academic session. The department's website said as on August 30, it has not permitted new admission to colleges.

Most of these educational institutes, private- and government-owned, offer under graduate and post-graduate courses in Ayurveda and unani. Began in August this year,. Experiments at All-India Institute of Medical Sciences have found that the severity of chemotherapy induced nausea vomiting was reduced by the administration of ginger root powder. A total of 60 patients, between the age categories of eight to 21 years were randomly selected for the study. He said that dosages were administered according to the weight of the person. The capsules were well tolerated by the children and young adults in our study and. The work has been published in the international journal of Pediatric Blood and Cancer. The award which consists of Rs 1 lakh and a citation was given to Narayanan Namboodiri at a function held at Shornur Vikas Auditorium, Thrissur. The award was instituted in , in the memory of Arya Vaidyan P. V Rama Varrier and is given to one who has given considerable contribution in the field of education, research and treatments related to Ayurveda.

Namburi Hanumantha Rao, Dr. Rajagopal, Vaidybhosanam Raghavan Thirumulpad, Dr. V Kurup are some of the luminaries who were honored by this award. The award is conferred on individuals from the region who have done outstanding service in their field which helps to further the cause of Bharatiya Vidya Bhavan. Spices such as pepper, cinnamon, cardamom, turmeric and garlic have proven effect in healthcare and treatments as well as preventive measures. The Spices Board is launching various initiatives to ensure that Indian spices are free from pesticide residue. The meet would highlight the emerging trends, opportunities and challenges in the Indian health tourism arena and discuss preparedness of Indian hospitals.

Major hospitals, health insurance companies, policy-makers, tourism promotion boards, hotels and tourist resorts, health travel and tour operators and international institutions for promotion of health tourism will attend the meet. More than delegates from India and abroad are expected to attend KHT Dr Philip Augustine, chairman of the organising committee, said Kerala is well-suited to host medical tourists since it is recognized for its healthcare standards by world bodies such as the World Health Organisation and is cur-. The summit organised jointly by Vijnana Bharati and government of Madhya Pradesh. The WAC seeks to advance, among others, the following goals: To facilitate acceptance and recognition of Ayurveda as a complete healthcare system adoptable in all countries across the globe.

To create appropriate platform for scientific basing of Ayurveda along with suitable infrastructure to popularise the outcomes. To formulate international peerreview panels in basic and medical sciences for credible guidance and validation of research. To initiate the creation of a network of medicinal institutions, laboratories and universities across the world aiding joint research and creating a database of management efficacy of Ayurveda. About 60 per cent of the population is suffering from unnatural ageing because of lifestyle they acquire. Ageing is the accumulation of changes in an organism over time; in humans it refers to a multidimensional process of physical, psychological, and social changes. Some dimensions of ageing grow and expand over time while others decline. Reaction time, for example, may slow with age, while knowledge of world events and wisdom may expand. The ageing process is of course a biological reality which has its own dynamics, largely beyond human control.

The age of 60 or 65, roughly equivalent In many part of the developing world, chronological age has little or no importance in the meaning of old age. The WHO has decided to use of 50 years of age and older as general definition of an older person. Ageing according to acharyas According to Ayurveda, ageing According to him, there is a causative factor for the manifestation of being but no cause is required for their destruction. The process of decay is the natural succession of the process of manifestation. Sushruta mentions a group of naturally occurring diseases named Swabhavabala Pravritta diseases which include hunger kshudha , thirst pipasa , sleep nidra , ageing jara and death mrityu.

Sushruta again divided Swabhavabalapravritta diseases into normal ageing kalaja and early. A balance among tridoshas Vata, Pitha and Kapha is essential for health. Just like that it is important for longevity that prana, ojas and tejas remain in balance. Normal ageing Kalaja jara According to

Ayurveda, time factor kala plays an important role in the development of ageing.

This is normal process which represents years of age while Sushruta demarauto-immune system and mental in the universal biological changes caters old age above 70 years of age. Displaced ojas creates Kaaffected by disease and environgradual and continuous process pha-related disorders and decreased mental influences. Not all these age which affects various bodily tisojas creates Vata related reactions.

In this way, Tejas governs metabolism through cal impacts. Normal ageing occurs the process of ageing according to the enzyme system. The effect of notes digestion, absorption and lowering the daily and seasonal regiageing is more obvious in the fifth assimilation of food. Tejas is necesmen swasthavritta , recommended decade of life when the properties sary for the nourishing and transby acharyas. Tejas, when agbut its ill-effects may be gravated, burns away Text Loss of varislowed down by adoptojas. This results in ous qualities Ashtanga Sharangadhara ing healthy life style and reduced immunity and during each Sangraha Ash. Aggravated 1 Childhood Childhood Early ageing prana produces degen2 Growth Growth Akalaja jara erative disorders in the This is strongly infludhatus. Lack of tejas 3 Complexion Complexion ended by the effects of results in over produc4 Intellect Intellect environmental, lifestyle tion of unhealthy tis5 Skin properties Skin properties and disease that, in turn, sue and obstructs the 6 Shukra Vision related to or change with flow of pranic energy.

Just like that it to many reasons. Early 10 All other organs Motor organs ageing is of greater intens important for lonsity but may be prevented gevity that prana, ojas 11 Mind easily in which Ayurvedic and tejas remain in ball12 Life Rasayana therapy has ance. In early The tridoshas play ageing, biological ageing is more of skin elude or it wrinkles. And can be well managed Ayurveda considers Prana univerity. Kapha maintains longevity on by simple adoption of Ayurveda in sal life force. It governs two other the cellular level. Pitha governs diour life. Vata, which is the seven bodily tissues and tejas closely related to pranic life energy, Onset of ageing the essence of a very subtle fire or governs all life functions.

Proper Charaka considers old age above 60 energy. Ojas is responsible for the diet, exercise and lifestyle can create a balance among these three According to Acharya Charaka, there is a subtle essences, ensuring long life. After graduating from the University of Texas at El Paso in business Administration, she started her career as a retail manager in a business centre. But, after years, she has ended up in a different destination, where she could find peace and happiness that never felt before. For the practical lessons in Panchakarma and other Ayurveda therapies, she visited Kerala in And that changed her life.

She fell in deep love with Ayurveda and Kerala. She had a longing to come back again to Kerala and she did so and met Dr Shaji Varghese, chief physician of Pattarumadom Ayurvedic Nursing Home for further studies on Ayurveda. She has also learned Yoga and Rei Ki. After quitting my job I studied and did many things.

But what I found was my life flowed smoothly when I had started experiencing the divine and listening to it without question. So what was it I wanted to do? Many told me I have a lot to do in the field of healing and teaching. I need a subject to teach that others do not in US. For 12 years I searched and studied subjects of a spiritual nature and anything that related to healing. I joined a company that allowed volunteers to do healing work on dying patients. Not giving it much thought I went on to do other programmes. But I felt that I have to learn and teach Eastern philosophy. I happened to mention it to a neighbour who for the last 14 years had been living the Vedic practices. He gave me Bhagavad Gita to read. Shortly thereafter my life moved very quickly. I was introduced to a product formulated by some Ayurvedic doctors. One of whom was a director of an Ayurvedic Institute in California.

When I started reading about Ayurveda and how it incorporated the healing of the body, mind and spirit I had to learn more. There was now a fire within me and I knew I was on the right path. I believe spirit was guiding me in the right direction. During the programme a classmate informed me of a trip occurring in a couple of month to India and asked whether I would be interested in joining. I could not wait to go. On my first trip to India some of the time was spent in the school in Aluva where I met a nice person,

On returning to US, I realised that my education and spiritual experience had only just begun in India. During my studies of Ayurveda in the US, I was introduced to diagnosing using the pulse, tongue, eyes and marma points, plus many others not mentioned. So what is Ayurveda teaching me now? As the seasons change so do I... I must embrace the temple that is my mind and body and know that if I take the time to listen nature will guide me and if I ask I will receive. That health and happiness is not in a bottle or pill form but in the spirit to which I am. I am now in the process of partaking in the treatment programme panchakarma, a day process in Ayurveda to release the toxins in my body that I hold on to so dearly so that I may become fuller and can embrace that, for what I came to India to do. He was born in a traditional vaidya family, which was the health-keepers to the royal family of Kollankodu. The family for five generations practiced all the eight major shoots of Ayurveda along with Rasasastra, a rare feat.

Currently he holds the chair of head of the department of Rasa satra in Vishnu Ayurveda College, Shornur. He also works with Cheruthuruthy Ayurveda Research Centre. Dr Sasikumar, like his ancestors, follows a special stream where the main sources of knowledge are Bhelasamhita ancient Ayurvedic scripture written by Bhela and the Siddha tradition of South India, mainly Tamil Nadu. Among his co-passengers, a doctor died on the spot while the District Collector and the District medical Officer along with Mr Kurikkal were injured.

Mr Kurikkal had a severe head injury, and was in comma for about two months. After years of treatments in various hospitals including psychiatric treatments, he began started walking, but had serious problems remained unsolved. He had memory problems, and could not stand even minor physical strain. It was unbearable for a person who had been in active politics for decades. He decided to seek the help of Ayurveda and came to meet me in , five years after that accident. His first visit was on December 4, He had problems such as pain and numbness in both palms and feet; pain in the finger joints while folding them; swelling on right hand; irritation, red colour. Dr Sasikumar Nechiyl and swelling in right eye. And most importantly, he had trouble with his memory. It took time to recall recent topics or experiences but he could clearly remember old topics.

He was diagnosed a diabetic in He had weird dreams in the night, and when awoken, could not remember where he slept the past night. I diagnosed that his problems were diabetes madhumeha and severe head injury on a vital point shiro-marma-abhikhatha. I had to manage his

memory problem, diabetes and physical disabilities together. He was here for 18 days during his first visit.

In order to manage diabetes, Nisakathakadi kashayam and Sootha vangam bhasmam a special Siddha preparation were given as internal medicines. To heal the after-effects of head injury, he was given Dasamoolarasnadi Kashayaam, Dhanwantharam kashayam and Brihadvatha Chinthamani rasam a very special siddha preparation. Main treatments were thalam, sirodhara, kaati dhara dhanyamla-dhara abhyangam, nasyam and virechanam. A lepan. So they need faster and effective cure. If properly used, Ayurvedic medicines can provide fast healing like modern medicine. Mr Kurikkal, one of the most popular leaders of Muslim League in that time, would surely be one of the topmost leaders of that party now, unless the misfortune caught him in the form of a car accident in Thalam with Sanandadi thailam a very special oil of northern kalari tradition of Kerala was the first treatment, followed by dhanyamladhara over the whole body for two days.

Then sirodhara started with moordhamritam oil of vadakkan kalari tradition oil, which we specially prepare. Sirodhara continued for 14 days. He was also given abhyangam oil massage using Kottamchukkadi and Dhanwantharam thailam. The next procedure was nasyam with sthanyam and Karpasasthyadi oil. Virechanam was the final procedure. After 18 days of treatment, he went back to home with instructions on daily routine. He had cooperated very well to the treatment procedures. He came back next year and his conditions were better. He was happy that most of his problems were reduced. He got a relief from the pain and numbness in palms and feet. Memory, though not completely clear, showed remarkable. The pain he had while folding fingers was completely cured. Diabetes was under control.

This time, on his second visit on July 28, he reported swelling in right knee started just two days back before coming to the hospital, numbness in both lower limbs and stiffness in right hand fingers. He was mainly given kaati dhara and 14 days of sirodhara. Nisakathakadi kashayam, Rasna Erandadi kashayam to reduce the swelling on right knee and Soothavangam bhasmam were given as internal medicines. In addition to that, Manasamithram gulika also. The final treatment was virechanam. After this session, the numbness in both lower limbs and stiffness in right hand fingers found considerably subsided. His sugar levels were found to be normal. In, in his next visit, he reported pain in fingers and right knee, slight memory problem and diabetes.

The main treatment was pizhichil with Kottam chukkadi and Balaswagandhadi oils. The duration of pizhichil was 14 days. For his knee pain, a special treatment pichu was done for 12 days. Internal medicines were the same for diabetes. He was really fit at the time of discharge and the knee pain. The internal medicines and external treatments of Ayurveda worked wonderfully as well and the main achievement is the complete cure of his memory problem. He took treatment every year without fail and showed remarkable improvement. And the main treatments were sirodhara and pizhichil. During his last visit, he was given Soothavangam bhasmam and Kaisoragulgulu mixed in Dhanwantharam kashayam along with Nisakathakadi choomam.

Ksheerabala oil was used for sirodhara. Pizhichil was done with Balaswagandhadi and Kottamchukkadi oils. Now, Mr Kurikkal is full of confidence about himself and is all praise for Ayurveda. He is physically fit and his memory is so clear and he is as active in his social work as he was before his accident. His diabetes is also under control. Mr Kurikkal went back to active politics. He successfully contested the municipal elections last year and went on to become the Chairman of Manjeri municipality. The accident cost him some precious years when he was on his way to make it big in Kerala politics.

With his confidence in himself, and with the backing of Ayurveda, I am confident that he will reach where he is destined. I would like to stress one point as a major contributory factor to his remarkable recovery: the surgeries done to him were very precise. However, eating cooked food reduces the need to chew; on the other hand, they stuck to dental crevice, creating a good medium for bacterial growth. Most common dental diseases such as dental caries and periodontal diseases are caused by microbial dental plaque over the tooth surface. It contains millions of different kinds of bacteria.

Toxins and enzymes of these bacteria cause cavities over the hard surface of the tooth. Plaque left over the tooth surface near the gum causes gum infection known as gingivitis. Uncured gingivitis leads to periodontitis pyorrhea. Brushing is the best method to remove plaque from tooth surfaces. There are natural tools to brush the teeth. Neem datum, one among them, is very effective as a brush. Fresh stems of banyan and Karanja Pongamia pinnata Linn.

Mastication of stems acts as a good exercise for teeth and gums. They should have been picked from a tree growing in a clean place. Use the preparation twice a day. Use this for cleaning of teeth. This will help to keep the teeth strong. It also helps stop bleeding from gums. One can use Triphala amalaka, haritaki, bibheetaka or Trijathaka dalchini, cardamom and tamala patra with honey and saindhava salts for persons with Kapha and Pitha constitutions. Those with Kapha constitution can use Trikatu ginger, pepper and pimpali with honey and saindhava salts. One can also get the teeth and the gum cleaned by brushing softly with lemon juice mixed with little salt. That it happened to a science which was the health keeper to a nation for more than years was reason enough for all the stakeholder to introspect seriously about.

However, Kerala Industrial Infrastructure Development Corporation Kinfra, in association with a host of manufacturers, has made a small but significant step towards remedying this situation by setting up a unique facility for standardisation, documentation and quality control. CARE-Keralam Ltd, a special purpose vehicle formed by Kinfra and a consortium of Ayurvedic product manufacturers in Kerala, is mandated to create infrastructure facilities for standardisation of ayurvedic medicines and services and help the sector take advantage of its growth potential through a cluster-based approach. The first phase of the project is all set for commissioning now. Facilities for raw material supply, quality control and research and development have already been completed at a cost of Rs. Given the fact that Kerala has more than GMP- certified Ayurvedic product manufacturers, Kerala should have been able to exploit the increasing demand for holistic medicine such as Ayurveda the world over.

It may be remembered that the Chinese traditional medicine has been well accepted and is recording tremendous growth across markets, even in India! It has set out certain specific targets for itself which include upgradation of the process technology. The full-fledged analytical lab with all modern facilities for analytical testing, method development and contract research will provide reliable, dependable, economical and timely analytical results for the samples given by the entrepreneurs, according to Dr Joy Varghese.

The Toxicology Study Centre will undertake evaluation of the toxicity and adverse drug reaction of the herbal preparations. It will also undertake the long-term toxicity, mutagenicity and genotoxicity of. The risk-benefit ratio of the herbal drugs will also be examined. An animal house is also part of the Centre. The Process Validation Lab, another key component of the project, will provide laboratory facilities for research and development to small and medium enterprises.

Facilities are also available for scaling up of various processes developed through process validation. The mini lab will be used for ascertaining the quality of the materials procured. When the raw materials are brought, the samples of raw material will be drawn and brought to the mini lab for quality testing. Only those raw materials which pass the quality test in the lab will be forwarded to the raw material store.

The raw material store and mini. The Common Facility Center for Production and Packaging is equipped with state-of-the-art equipment to carry out testing and certification, measurement, quality and safety certification and certain key processes, which small manufacturers cannot afford individually. The Common Facility Centre can be used by the entrepreneurs to produce high quality products to meet international standards with respect to hygiene, product specification and quality.

The establishment of the facilities would ensure the standardisation of raw material input, manufacturing process and end products. This would help in upgrading the quality of products manufactured by these companies, which in turn, CARE-Keralam has at present a representation of 83 manufacturers which include large, medium and small scale manufacturers. With inputs from Mr Madan Thankavelu Former Miss World Priyanka Chopra is also seen.

Somatheeram is situated in the picturesque Malabar coast in the Southern Indian state of Kerala. Our location is just 30 minutes or 21 kms from Trivandrum International Airport. The resort itself is situated right by the sea — far removed from mass tourism, in the peaceful neighbourhood of the village of Chowara. Somatheeram nestles in a tropical garden of about five hectares. You spend your stay in the heart of Nature, amidst palms, mango trees and other tropical vegetation. Over different Ayurvedic herbs, some of them rare, thrive in the garden. A unique ambience, memorable impressions and experiences coupled with superlative Ayurvedic treatment will make your stay in Somatheeram a holiday to savour. The building style is traditional Indian, while the standard of furnishings and hygiene is decidedly European. Somatheeram, one of the most widely acclaimed Ayurvedic health resorts in the world was ten times consecutively awarded as the best Ayurvedic Centre by the department of Tourism, Government of Kerala.

No wonder, seekers of the ancient Indian healthcare system from all over the world have identified Somatheeram as their destination of choice. As we stand on the pedestal of excellence, we are extremely proud of our contributions to the tourism and hospitality Industry in the state, especially in the context of globalizing the ancient Indian science of Ayurveda. As a grand recognition of its far reaching contributions to the states travel and tourism sector, Somatheeram Ayurvedic Hospital and Yoga centre bagged the national award for the Best Wellness centre in India in Sidhartha-Villas with a spacious living room and bedroom.

As a deluxe suite with its own terrace, it affords an unparalleled panoramic view of the sea. Its special attraction is a bathroom beneath the open sky. Cottages These bungalows built of natural stone or brick in the typical southern Indian style are mainly designed as double rooms. Whether you are a beginner or an advanced practitioner, the extensive experience of our four yoga teachers is sure to deepen your knowledge and skills. KSIDC honoured the top businessmen on the occasion of its 50th anniversary at a grand function. The project evaluated the efficacy of Ayurvedic medicines through randomised double-blinded, placebo inert tablets -controlled study, which is the gold standard for clinical research in modern medicine.

The nine-month treatment and evaluation period had three groups with about 15 patients each, who were treated with the focus on rheumatoid arthritis. While one group was given only Ayurvedic medicines along with a placebo of allopathic medicine, another group was administered only allopathic medicines with placebos of Ayurvedic medicines and the third group was given a combination of Ayurveda and allopathic medicines. Courtesy: The Hindu. The meet, the Asian edition of the reputed ITB Berlin expo, is a unique combination of travel products, target groups and networking. The show also offers a preview of the latest trends and learning opportunities in the tourism industry.

Designed to become the primary event for the Asia Pacific travel industry, much like its parent event, the ITB Berlin itself, ITB Asia features the full range of travel products, services and goods. It also functions as a knowledge platform for the industry along with the concurrently held Web in Travel WIT Conference as well as a networking platform during evening functions, workshops and seminars. In the third edition of the event held last year, more than 6, attendees, exhibitor organisations, hosted buyers with representation from 60 countries attended the event.

Ambitious growth plans and strong company performance are the key reasons behind the increase in business, according to the poll. Emerging markets were also identified as key reasons for conducting more business during the four days of WTM. Increasingly, they are taking health vacations to reduce everyday stress or to stay fit for their jobs. Over the past five years holidays at wellness and spa resorts have risen by 30 per cent. By contrast, medical tourism has declined. Currently, health and medical travel accounts for a total of 9. Across Eu-. Medical tourism has also risen by 24 per cent. Health vacations, which help to prevent society-related illnesses, are becoming more and more popular in Europe, Mr Martin Buck, director of the Competence Centre Travel and Logistics at Messe Berlin. Whereas the German market for health vacations abroad is approximately.

Germans are slightly keener on wellness programmes 30 per cent than their European neighbours 26 per cent. Welcome to the rich tradition of impeccable care in Ayurveda, harmonizing you to the year old science of healing and rejuvenation; envisioning a wholeness between you and nature. UDS combines the best of services with Ayurvedic healing bringing in a new world of ethnic magic and inner coherence enabling a relaxed wellbeing and holistic comfort. Embrace the time honored tradition of Ayurveda based on herbal and holistic remedies. Raja Rd. Listen, please The spine carries human body along, but is one of the most neglected body parts. In an introduction to Ayurvedic approach to spinal disorders, Dr K Krishnan Namboodiri explains the structure, functions and commonly occurring damages to spine. It also mentions about the most important and effective treatment procedures Ayurveda employs to treat back pain.

I am supporting much of your body weight and protect your spinal cord, which connects your brain to the rest of your body. I am so strong, but at the same time, so flexible. This quality of mine allows you a wide range of movements. I am afraid that you may not know much about me. That is why you are sitting in front of your computer continuously for hours. Or never bother to give me proper support while sleeping. Did you ever think of your posture, your chair or your bed? That is why sometimes I have to send you warnings.

With a little care and consideration for me, you can avoid all such situations. Let me tell you about me. I am your spine. I remember, in ancient times, I was positioned like a bridge. Mother Nature has been experimenting on me for thousands of years. At last, I became a bent pole, as I am now. You know, troubles in my department began when your ancestors decided to stand erect. My responsibilities are more now.

Mainly I have to protect your spinal cord, which is around 45 centimeters long. Millions of messages fly back and forth along it to direct all your activities below the neck. If anything serious happened to this whitish one centimeter-thick cable, alas, you have to spend the rest of your life in a wheel chair. There is nothing to worry; I am protecting your spinal cord with three layers of sheathing, a fluid bath to take up shock, plus a long housing. There are thirty-one pairs of nerves branch out from this cord. Strong emotions can tighten your muscles. If your muscles are mildly tensed for several days, it reduces blood circulation as the muscles tighten and causes inter cellular fluid accumulation and internal swelling, adversely affects oxygenation of blood.

This blocks the proper supply of nutrition. Simply because of these things, your muscles announce a dull back pain to warn you. So stop worrying, I will be free and healthy. Almost half of them are sensory which convey information to the brain. The rest are motor, which transmit orders from the brain to muscles. In emergencies, your spinal cord has its own thinking. Suppose you touch a hot stove. The chances of a trouble to you by my cord are very rare. But my 33 vertebrae and their supporting structures are another story. Strangely, some may have no apparent direct link to it, such as kidney troubles, prostate or liver problems, arthritis and various infections. Even emotions can harm them. If you have big worries for days, that may develop as a dull back ache. Probably, you may blame me. Do you want to know what happens here? Strong emotions will tighten your muscles. If your muscles are You know, millions of messages fly back and forth along the spinal cord to direct all your activities below the neck.

If anything serious happened to this whitish one centimeter thick cable, alas, you have to spend the rest of your life in a wheel chair. After this sodhana purification therapy should be carried out. Samana chikitsa is very effective in all types of back ache. Kateevasthi also is an important treatment procedure. Among sodhana therapies vasthi is much significant. Snehavasthi and nirooha vasthi are also important. In Vangasena samgraham and Chakradatham there is a special vasthi described as vaitarana vasthi. It is having specific action on kateegraha and gridhrasi sciatica. Vaitarana vasthi can be given after food in the afternoon like anuvasthana. If the patient has adequate strength, it can also be given as nirooha vasthi. So stop worrying, I will be free and healthy. Ever studied about my structure? It is a must to understand what causes back pain. My structure is really an engineering marvel. Starting from top, I have 7 cervical vertebrae, which are capable of an extra ordinary range of movements.

I support your head, allow you to look up, down, bend and twist. My discs permit degrees of motion. The 12 thoracic or chest vertebrae which come next are not capable of such a wide range of movement it is not really needed here. Your ribs are hooked to these vertebrae. And trouble in this area is rare. At my lower end are five heavy lumbar vertebrae, which carry most of your weight. Five sacral segments are fused together here to form the coccyx. This part reminds me of your forefathers. This lower. When you were born I was more or less straight.

When you started holding your head erect, my vertebrae took a slight curve in the neck region. When you began toddling, another curve developed at the lower end. As a result, now I have a specially curved shape. Actually this is a boon, for the arcs are better shock absorbers. There are other shock absorbers as well—there have to be. When you walk with your body of seventy kg, my vertebrae absorb jolts of 70 kg with each step. Thus, between each pair of vertebrae, I have cushions, called discs. They have a tough envelop of cartilage containing a resilient jelly-like interior substance. My discs are susceptible to several kinds of injury. A really severe jolt, an auto accident, a serious fall, can simply squash a disc, usually one at the bottom of the spine. This often calls for major surgery, involving removal of the remnants of the disc and fusion of the two vertebrae. This can cause acute misery.

The disc material presses on a nerve, and irritated nerve throws one of my muscles into spasm. This spasm is actually a protective effort. The muscle senses that I am in trouble and tries to splint me to prevent motion that might cause additional damage. Remember, a ruptured disc. Then a pain sometime severe radiates through your leg, all the way down to toes. Most of your back troubles stem from weakness or lack of exercise. Do you know that I have four hundred muscles and a thousand ligaments? Without proper exercises and nurturing, how can I be in good shape? Look at a few more burdens you thrust on me. I am in trouble because of your weak abdominal muscles thanks for your laziness and all that junk food. Remember your wife had a back pain when she was pregnant. Just droops into over-stuffed sofas and chairs! You may be resting but my muscles are not. They are working over time, trying to keep some order within my vertebrae. I have problems mostly in my lumbar region, but I can cause trouble up above as well.

You are troubling me by sitting continuously for hrs on chatting. Your neck muscles are also became stiff, not flexible. Due to your stress and lack of exercises my discs are not getting enough nutrition. How bad it is! Moreover, when you grow old, my parts grow weaker. The fact is calcium is draining away. As my discs soften and vertebrae become less dense, your back will arch more. You will get a slight hump back on old age. You can avoid a lot of misery in the years to come if you can provide me the care I need. Do one thing: check your posture right now.

You should see your physician to learn more about me and to find whether you have any problem on your spine. A few metabolic corrections such as improving the quality of agni, detoxification ama pachana by drinking Kashayams etc will do good. Kashayams are able to. If you could spend 30 minutes a day for doing an abhyanga- medicated Ayurvedic oil massage- for me, I will be so happy. Oils that I like much are murivenna, saharadi, maharajana, karpooradi and dhanwantharam. These oils can provide much relaxation to me, especially on my lower back- lumbar region. For my neck, Karpasasthyadi and murivenna are much effective and relaxing. I found that, application of murivenna is much helpful to me. I love that medicine which is so soothing and it gives me extra flexibility. Vitiated Vata is the reason behind any pain on me.

My issues like trika soola, kateegraha, greevagraha are coming under madhyama roga marga, narrated in Charaka samhitha. The term trika is used by Charaka and Vagbhata in a wider sense where the vertebral column joints with the. It includes the lumbar sacral and sacroiliac regions and pain originated in any of these areas is termed as trika dosha. Etiological or causative factors are bi-fold.

One is dhatukshaya degeneration of tissues and the other is margarodha obstruction to channels or passages. The condition, sciatica gridhrasi is caused by lumbar intervertebral disc prolapse, lumbago, sciatica syndrome, spinal canal stenosis and space occupying lesions etc. Low back ache may radiate to other areas of the body especially the legs. Problem on neck region is named as greevagraha. In this also same etiology, pathogenesis, and manifestations can be observed. Since Vedic age, Ayurveda has been the health-keepers to mankind. It has had ups and downs due to a variety of reasons, but its authenticity has remained unquestioned. The world has witnessed a renewed interest in this Indian system of medicine in the last two decades.

Kerala, being the cradle of Ayurveda, has emerged as the most sought-after destination for authentic Ayurveda. From its inception, the Somatheeram Ayurveda group has been pursuing a great dream: to create facilities for the world to come and experience authentic Ayurveda and benefit from it. The prime concern of the group has been to provide the ancient healing methods of Ayurveda in its purest form to their guests. A team of more than 20 efficient doctors, more than well-. Mr Baby Mathew, the Chairman and Managing Director of Somatheeram, has been the inspiration behind the success story that Somatheeram is today.

He is counted among the pioneers of Ayurveda tourism in India. Despite his towering presence in the industry and the seminal contributions he has made to Ayurveda, he never went after awards or recognitions; instead, they came after him. From India, and abroad. The accommodation facilities are not just buildings; instead they help you feel nature at its pristine best. You will enjoy the lush greeneries, serene skies, beaches and a bright blue sea. As the leader, Somatheeram leads this sector with six wonderful resorts located near beautiful places like beaches, lakes, backwaters, wildlife and bird sanctuaries. Somatheeram is the first Ayurveda resort introduced monsoon Ayurveda treatments in resort sector.

Besides foreign guests, people from Kerala also enjoy the very special Monsoon rejuvenation treat-. This multiplied the number of health tourists flows to Kerala during off-season. A dull pulling pain extending towards left leg especially on back of the thigh and lateral aspect of the calf muscle. Numbness on calf region especially in morning. Pain increases while coughing, sneezing and after continuous speaking. Cannot stand for more than 10 minutes. Getting tired after 15 minutes of walk. Constipation and heaviness. History The patient had been complaining of the above mentioned discomforts for a year; with severe pain and numbness starting a month ago. No history of trauma. Ama pachana and ama nirharana burning out of toxins by improving the quality of agni, which is the main cause of kateegraha.

Srotha suddhi cleansing of channels by a sodhana purification protocol after doing sneha sweda, in the form of podikizhi and pizhichil. Progress is expected in terms of free mobility and comfort in walking. Treatment Amruthotharam kashayam and chiruivilvadi kashayam are mixed and given for seven days before admission. A leepam with kottamchukkadi was also advised. Rheumat tab was given thrice daily after food for seven days. Hospital treatments started with podikkizhi and leepam with internal medicines. The main internal medicines given were Chiruivilvadi kashayam, Kaisoragulgulu gulika with kashayam, nimbanruthadi kashaya, rheumat tab, vaiswanaram choornam for intake.

As head oil, thulasee swarasadi kera is given. For applying on back, Kottam chukkadi and sahacharadi oils are given. Main treatments were pizhichil 7 days, Virechanam one day followed by yoga vasthi, seven days njavara kizhi, abhyangam for 1 day, Kateevasthi 11 days, snehavasthi 5 days and Kashaya vasthi 3 days.

The patient discharged after 21 days with good relief. Pain reduced remarkably and he got a complete relief from numbness and heaviness. He was advised internal medicines for three months maharasnadi and sahacharadi kashayam, dhanvantharam aavarthi, sahacharadi aavarthi, and rheumat tabs. Pacifying Vata Among the tridoshas, Vata, when vitiated, can cause back pain. Back pain. Pain on spine and the muscles surrounding it is generally called back pain. Usually back pain is used to indicate pain on lower back. So it is called low back ache or LBA. To understand back pain from an Ayurvedic perspective, one has to understand some basic principles of Ayurveda. Ayurvedic structure: Ayurveda considers human body as a combination of dosha the subtle part of matter, dhatu the physical body and mala waste not transferred as body kept in equilibrium.

Tridosha theory which says that the balance of the three doshas—Vata, Pitha and Kapha—maintains the health and its imbalance leads to disease is the fundamental principle of Ayurveda. Among the three doshas, Vata is important in back pain. Vayu, or the manifestation of Vata, is divided into five types. Of this, apana is responsible for expelling mala and the movement of the trunk.

When Vata is vitiated and concentrated on colon pakwasaya, it manifests itself as diseases of abdomen, rectum. Therefore, low back pain is generally called vatavyadhi or disease due to Vata. Urusthambha, katigraha, gridhrasi are few vatavyadhis with back pain as a symptom. Ayurveda sees body in a state of dynamic equilibrium which gets degenerated and regenerated continuously. The food, assimilated into the environment of body, is processed and its useful parts get converted as dhatu while the waste parts make mala. An obstruction to this process produces toxins. Panchakarma five-route cleansing eliminates these toxins and reinstates the proper programming of tissue-building.

Drugs are also helpful in the pro-. Dr P Mohanan Warriar cess. Grounds for back pain Spine is a chain of 33 vertebrae. In between each pairs of vertebra is a disc which is elastic in nature. These discs help the spine move to all sides. Discs also act as a shockabsorber protecting the spine from heavy impact. Of the 33 vertebrae, the seven in the neck cervical and five in the back lumbar are the most mobile. The lumbar vertebrae move while carrying more weight e. This explains why back pain is experienced most in the area called the lumbar.

Around 70 lakh such back. Vayu is divided into five types. Of this, apana is responsible for expelling mala and the movement of the trunk, is responsible for back pain. When vata dosha is vitiated concentrating on pakwasaya intestine it is manifested as several diseases of abdomen, rectum, kidney, hip and lower part of spine. Therefore generally low back pain is called vathavyadhi in Ayurveda. Urusthambha, katigraha, Gridhrasi are few vathavyadhis with back pain as a symptom Around 70 lakh such back pain patients are admitted to hospitals every year pain

patients are admitted to hospitals every year. So it can also be called an occupational disease. Among them those with smoking habits and who are malnourished tend to experience back pain more.

The majority of back pain patients visit hospital for problems of the disc. Of the remaining, almost 15 per cent may be suffering from problems of the muscles, ligaments, etc. Arthritis, infections, growths, cancer and disease of the bones and of the nerves make up the rest. Overweight of body exerts more pressure on low back. So obesity is another reason for back pain. Ladies experience back pain related to menstrual period, pregnancy, delivery and menopause. Contraction of muscles makes back pain during menstrual periods. Pressure on back bone due to the enlargement of uterus creates back pain during Weakness of abdominal muscles is a reason for back pain after delivery. Pre-natal and post-natal treatments in Ayurveda are very much helpful to prevent back pain during pregnancy and after delivery. Malnutrition during lactation period, especially calcium deficiency can cause back pain.

Hormonal changes after menopause leads to degeneration of bones causing back pain. Back pain is a symptom in diseases like prolapsed or herniated disc, lumbar spondylosis, lumbar canal stenosis etc. In these cases, damage of muscles, ligaments, nerves, and vertebral joints create pain. Pain that radiate below knees, aggravation of pain while coughing or sneezing indicate disc prolapse. Severe pinching pain, numbness, loss of sensation, weakness of legs and wastage of muscles are also symptoms of inter-vertebral disc prolapse. Back pain can occur as secondary to constipation, piles, dysentery etc. Back pain is a symptom in several diseases related to abdomen, uterus and kidney. Diagnosis: The success of treatment is definitely based on correct diagnosis. An experienced physician can make out from his initial check-up itself such conditions as muscle pull and protrusion of the disc. In suspected TB and cancer, blood test and biopsy will also help.

Together with this, the physician would also consider the cause of vitiation of Vata. The vitiation can have two origins — obstruction and degeneration. Obstruction can be either due to non-passing of faeces, urine or due to a stone or prolapsed disc, oedema from thecal sac, fascia muscle or skin. Degeneration can appear primarily in bones as osteoarthritic changes, in nerves as demyelination and in muscles as dystrophy. Each of this has to be interpreted and addressed from an ayurvedic perspective. Usually what we adopt nowadays is a modern approach dovetailed with the basic principles of Ayurveda. The nature of pain, its intensity and radiation will give a picture of dosha vitiation. Then a decision has to be taken whether the cause of pain is obstruction or degeneration. Local symptoms with obstructed SLR straight leg raise or sakthi ulkshepa nigramam usually point to an obstruction. Vague symptoms and generalised pain which is non-specific with positive signs of degeneration on examination can lead to a diagnosis of degeneration.

Investigations such as X-ray, MRI scan and blood test are of great help in differential diagnosis. Treatment: Deviation of apana and apanavaiga is the main cause of back pain. Getting it back on rail vathanulomanam should be the mainstay of management. The abode of Vata is in pakwasaya which is enclosed within the lumbar spine. So, it is very important that the purity and sanity of colon pakwasaya is maintained. Back pain has many treatments available now, complete rest being the most important one. With complete rest for weeks, most back pains disappear. So it is not advisable to venture into an expensive treatment, surgery or panchakarma therapy in the initial stages.

For bed rest, keep a pillow under. Apply Dhanwantaram kuzhambu, Sahacharadi kuzhambu and Karpooradi kuzhambu on the area of pain and with the help of someone slowly massage from top to bottom. This will help increase the blood supply to that area and relax the tensed muscles and help pacify Vata. Massage and fomenting will also help. In addition, medicines to cure arthritis and muscle pull and relieve inflammation may also be used. Ayurveda physicians use medicines administered through oral and anal routes vasti, different kinds of massages, yoga and medicated sachets kizhi apart from prescribing a belt for back support.

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