

AYURPATRA

Your monthly health e-newsletter

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Diseases of - Above Shoulder region

We are delighted to present to you our monthly e-feature about Ayurveda and health. Our web site (<http://www.ayurplanet.com/>) has helped millions of people. This newsletter will be loaded with lots of information, events and happenings related to Ayurveda including featured articles, details of very useful herbs, beauty tips and various herbal products and health supplements. The aim of this Newsletter is to serve humanity from health aspect by natural means.

FEATURED HEALTH ARTICLE : **STRESS** BY VAIDYA REENA KAUL

It's easy to carry an article with one or two kilo weight. But it would start giving you trouble if you have to carry it for few kilometers or for quite sometime. Same is the case with the stress. Our body can cope up the stress for sometime but not for long.

If you perform intense mental work many hours a day or you are going through an emotional setback, it can cause an imbalance in Prana Vata, the mind-body operator concerned with brain activity, energy and the mind. The first symptom of Prana Vata imbalance is losing the ability to handle day-to-day stress. As the person becomes more stressed, it impacts mental functions such as dhi, dhriti, and smriti-acquisition, retention, and recall.

Thus stress is the uncomfortable gap between... how we would like our life to be and how it actually is .if this gap is persistent (or even worse: growing) - despite our efforts to reduce it then our mind feels uneasy, restless, disturbed, agitated, frustrated, tense, heavy or strained, we are said to be under stress.

CAUSES OF STRESS--

The causative factors of stress are broadly divided into two types

External and Internal Stressors :People can experience either external or internal stressors.

1.External stressors include adverse physical conditions (such as pain or hot or cold temperatures) or stressful psychological environments (such as poor working conditions or abusive relationships) , rules, regulations, "red tape," deadlines. It also includes major life events: death of a relative, lost job, promotion, insults, being ignored etc.

2.Internal stressors can also be physical (infections) or psychological.

- Lifestyle choices: caffeine, not enough sleep, overloaded

schedule.

- Negative Thinking: Pessimism, self-criticism, over-analyzing.
- Mind traps: unrealistic expectations, taking things personally, exaggerating, rigid thinking.
- Stressful personality traits: perfectionist, workaholic, pleaser.
- [Vata](#) and [Pitta constitution](#) people.

Type of stress-Stressors can also be defined as short-term (acute) or long-term (chronic).

Acute Stress. Acute stress is the reaction to an immediate threat, commonly known as the *fight or flight* response. The threat can be any situation that is experienced, even subconsciously or falsely, as a danger.

Common acute stressors include: noise, crowding, isolation, hunger, danger, infection, and imagining a threat or remembering a dangerous event. Under most circumstances, once the acute threat has passed, the response becomes inactivated and levels of stress hormones return to normal, a condition called the *relaxation response*.

Chronic Stress. Frequently, however, modern life poses on-going stressful situations that are not short-lived and the urge to act (to fight or to flee) must be suppressed. Stress, then, becomes chronic.

Common chronic stressors include: on-going highly pressured work, long-term relationship problems, loneliness, and persistent financial worries.

HOW STRESS AFFECTS BODY

After a stressful situation, the levels of cortisol and adrenaline in bloodstream decline. As a result, heart rate and blood pressure return to normal and digestion and metabolism resume a regular pace. But if stressful situations pile up one after another, the body has no chance to recover. This long-term activation of the stress-response system can disrupt almost all the body's processes, increasing your risk of obesity, insomnia, digestive complaints, heart disease and depression.

Digestive system. It's common to have a stomachache or diarrhea during stress. This happens because stress hormones slow the release of stomach acid and the emptying of the stomach. The same hormones also stimulate the colon, which speeds the passage of its contents. Chronic stress can also lead to continuously high levels of cortisol. This hormone can increase appetite and cause weight gain.

Immune system. Chronic stress tends to dampen the immune system, making one more susceptible to colds and other infections. I

Nervous system. If fight-or-flight response never shuts off, stress hormones produce persistent feelings of anxiety, helplessness and impending doom. Oversensitivity to stress has been linked with severe depression, possibly because depressed people have a harder

time adapting to the negative effects of cortisol. The byproducts of cortisol act as sedatives, which contribute to the overall feeling of depression.

Cardiovascular system. High levels of cortisol can also raise your heart rate and increase your blood pressure and blood lipid (cholesterol and triglyceride) levels. These are risk factors for both heart attacks and strokes.

Other systems. Stress worsens many skin conditions — such as psoriasis, eczema, hives and acne — and can be a trigger for asthma attacks.

Ayurveda understands that the individual life entity (*ayuh*) is comprising of physical and mental attributes. The human being is provided not only with a set of sensorial apparatus, the *Gyanendriyas*, but with a highly dynamic psyche/mind or *manas*. The mind is highly active but is unconscious. It derives its consciousness from the soul or *atma*, which in turn is an extension of the cosmic.

Ayurveda nature consists of three primal qualities, which are the main powers of cosmic intelligence that determine our spiritual growth. These are called *Gunas* in Sanskrit meaning that binds because wrongly understood they keep us in bondage to external world.

1. *Sattva* - Intelligence - imparts balance
2. *Rajas* - Energy - Causes imbalance
3. *Tamas* - Substance - creates inertia.

These are energies through which not only the surface mind but also our deeper conscious functions. They are the powers of the soul, which hold the Karmas and desires that propel us from birth to birth. So for our mental gratification complete balance between three *gunas* are essential.

In the physical attributes its Prana - the vital life force that supports mind and body. It is like the electricity that drives an electric appliance. The appliance, like our mind and body is inoperable without it.

According to Ayurveda, disease and delusion develop when this vital life force is blocked by continued holding tension in the body as a reaction to stressful situations. Stress is a mind-body reaction which occurs when we do not have the energy needed to deal with the situation at hand.

MANAGEMENT

Providing understanding and guidelines for balance in body, mind and spirit, Ayurveda gives us [Panchakarma](#) Therapy as well as herbal healthcare to maintain the flow of this vital energy throughout our mind and body.

Panchakarma Therapies has been used for centuries to clear our energy system of painful blocks. Once energy circuits are reconnected, we feel rejuvenated and relaxed as our vital systems have the energy they need to function. The therapies specific for Stress conditions are [Shiroabhyanga](#), [Shirodhara](#), [Shirovasti](#), and [Abhyanga](#).

The drug used in the treatment are mostly *medhya* drugs or *medhya rasayanas* which are believed to act as specific molecular nutrients for the brain affording a better mental health leading in turn to alleviation of

the behavioral alteration and to cope up day to day stress. The herbs of adaptogenic properties are Ashwagandha (*Withania somnifera*), Brahmi (*Bacopa monniera*), Shankh pushpi (*Convolvulus pluricaulis*), Vacha (*Acorus calamus*), Madhuyashti (*Glycyrrhiza glabra*), Amrita (*Tinospora cordifolia*), Amalaki (*Embelica officinalis*) etc.

Ashwagandha ghrita, Brahmi ghrita in dosage of 5gm with hot milk and Anu tail nasya also helps.

Capsule **MEDHA** a product of 'Ayurveda India' in the dosage of one morning and one evening has shown tremendous results in students and in the people working in stressful conditions.

All the above said herbs and herbal combinations helps to balance the Vata by increasing the Kapha. Also they help to increase the Ojus in the body by acting as Rasayana (Rejuvenators). Ojus acts like a shock absorber, helping to insulate the mind from day-to-day stress and enhancing the body's innate immune systems.

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

HERB OF THE MONTH: BRAHMI - *Bacopa monniera*.

It has been used in Ayurveda for centuries as the main revitalizing herb for nerves and brain cells.

Its **active ingredients**, Bacoside A & B, are glycosides. The neurobiological effects of these isolated molecules increase protein kinase activity and new protein synthesis, specifically in cells in region of the brain associated with long-term memory. These chemicals have been shown to alleviate fatigue and increase stamina. Bacosides also enhance the metabolism of neurotransmitters, the chemical messengers between nerve cells, thereby increasing mental function. Bacoside A assists in release of nitric oxide that allows the relaxation of the aorta and veins, to allow the blood to flow more freely through the body. Because of its powerful antioxidant properties, it is revered for strengthening the immune system, improving vitality and performance and promoting longevity.

Brahmi also has marked hypotensive and diuretic properties and is known as an effective "brain food" as it nourishes the brain. It is traditionally used as an Ayurvedic rejuvenative or rasayana which helps to decrease the signs of aging, particularly in the mind as it increases mental clarity and brain functioning. It enhances the mind's ability to learn and to focus. It has an interesting ability to be able to calm the mind while at the same time to invigorate the thinking capacity in a centered, peaceful way. It is unique in its ability to invigorate mental processes whilst reducing the effects of stress and nervous anxiety.

The nitric oxide in Brahmi along with an extremely positive effect on learning and memory recall, also has an effect on blood circulation, the lungs, liver, and kidneys.

Other published literature suggest that Brahmi is also a blood cleanser, helps in variety of skin conditions and stimulates growth of hair and nail.

BEAUTY TIP – FOR UNDER EYE DARK CIRCLES

Grated potatoes can lighten under-eye circles. Potatoes contain an enzyme called catecholase, which is used as a human skin lightener.

stuff the raw mash of potato into a piece of cheesecloth.

Apply to the area directly beneath your eye — don't let the potato juice come in contact with the eye itself — and leave for 15 to 20 minutes.

Wipe away the starchy residue

For personalized beauty related queries mail to: beauty@ayurplanet.com

DR.RAGHUNANDAN'S GLOBAL AYURVEDA TOUR 2005

Continuing our mission to spread Ayurvedic knowledge and avail Ayurveda health benefits all over the world, Ayurveda India's Director Dr Raghunandan Sharma commenced his Global Ayurveda Tour 2005 in the mid of February . During this tour he will give intensive workshop, Lectures, seminars and courses for students and practitioners of various healing systems.He will also give consultations in different parts of world. Dr Raghu will be visiting Netherland, Belgium, UK and Germany as per the following schedule.

- February till 20 March 2005 -- At AGN, Netherland
- AYURVEDA OASE; Antwerpen,Belgium.
- 20 March till 28 March -TRADITIONAL ASIATIC MEDICINE; Zwingerberg; Germany.
- 29 March till 3 April - AGN ; Netherlands.
- 4 April till 19 April - S.S.Ayurvedic Ltd.London,U.K.

During this period Dr.R.Sharma can be reached at:

raghuayurveda@hotmail.com

To participate or organize a similar seminar or workshop, contact ayur@ayurplanet.com

FORTHCOMING EVENT:

Event Name : BEAUWELL INDIA 2005 CONFERENCE

Date(s) : March 8 - 9, 2005

Venue : Chennai Convention Centre, Chennai

Details: Nytik N Joshi (Executive Officer)

phone: 044-52444555 ; Fax 0091-44-52444510; Cell 0091-98407 01269

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News: PLANT SOLUTION TO BRAIN CANCER

The Daily Telegraph; Japanese scientists have discovered that the growth of malignant glioma cancer cells is almost completely halted by a molecule found in a weed. The plant, known variously as thorn apple, stinkweed

and devil's trumpet, is native to Asia and grows abundantly in the United States. Scientists at the Tokyo Metropolitan Institute of Gerontology who injected the molecule - called DSA - into brain cancer cells grown in the laboratory found that it brought their growth rate to a virtual standstill. The researchers say DSA controls the cells through glial differentiation rather than by killing them.

Is it good to let doctors' work on human body as experimental animals that too with certifications and approval with drug authorities? Is it a pharmaceutical way of functioning for earning or it's aim is to really help the humanity? Write to: ayur@ayurplanet.com

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