

Vasant '96
Rasayan Special

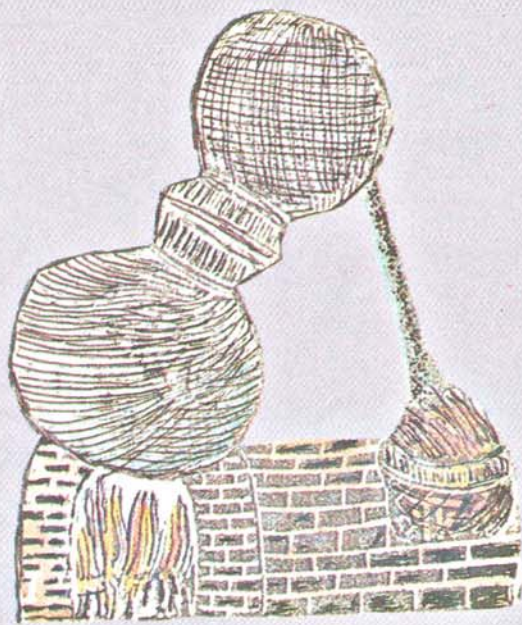
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Jeevaniya

Bimonthly

Health Care Magazine

- ❖ Utility of Rasayan Chikitsa
- ❖ Importance of Rasayana in Ayurveda
- ❖ Rejuvenation Therapy
- ❖ Rasayana in Surgery
- ❖ Rasayana in Women's Diseases
- ❖ Shilajit Rasayan
- ❖ Amlaki Rasayan



JEEVANIYA Bimonthly

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Cover Design :

Anju Vishnoi & Anubha Shukla

Editorial Office

Jeevaniya
 E-III/249, Sector-H, Aliganj,
 Lucknow-226020
 Phone : 0522-77568

Guest Editor :

Vd. (Prof.) S. K. Mishra



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Health for All by 2000 A.D.

When WHO announced the slogan 'Health for All by 2000 A.D.' in 1978 at Alma Ata, over a hundred countries including India seconded it and raised the hope that their governments would take solid steps to march towards the accepted goal after preparing an effective strategy. Unfortunately during the several initial years most of the developing countries extolled this as a mere slogan and did not attempt any meaningful efforts. Slowly, even this formality went on dwindling and it became clear during the beginning of nineties that the governments of most of these countries have no real interest in the matter. So much so that since last few years it is being openly said that the goal cannot be achieved at all.

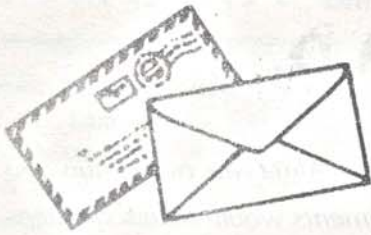
In order to make health care available to all, not only apposite place should be accorded to it in the priorities for development of the country but even in the sector of health priorities should be fixed while making effective programmes. The attitude of disregard adapted by the present health care system towards the rural population of the country, which is 70-80 per cent of the total, must be drastically changed. If local traditions of health care are not given their due then 70-80 per cent of the population can by no means avail the benefits of health care services. Even otherwise, it is unfortunate that the intrinsic strength of these traditions is being ignored just for the reason that these are not being able to adapt the glamour and mantle of Englishry.

On the other hand, modern medical science is expending money with unnecessary lavishness upon the prevention and cure of diseases like Cancer and AIDS and those are being ignored who are dying of Malaria, Kala Azar, T.B., Diarrhoea etc. Modern medicine has failed to produce any effective medicine worthy to note even against these ailments during the past several decades. Even the new drug of malaria is a traditional Chinese cure and in diseases like Cancer and AIDS only traditional Rasayana therapy may hopefully prove successful. Similarly, those who have benefitted from the economic progress and are now enjoying longevity shall have to take recourse to Rasayana therapy to be healthy and active for long.

So we should hope that in the coming times, the governments of various states would adopt appropriate health policies and shall endeavour to accord indigenous systems their due role. It would be necessary that all the major political parties disclose their attitude towards this prime topic in their manifestos for the next elections. The times have arrived when the voters should take into account the interest or the lack of it towards developmental issues like health.

With Best Wishes on the occasion of Indian New Year.

Readers' Forum



Dear Sir,

I have been a keen reader of Jeevaniya. I have always liked its layout and the reading material. I have a suggestion for dispatching of the magazine for the subscribers. It would be better if you fold the magazine lengthwise and then bind it with a small round paper. The address of the subscriber should be posted or printed on the last page of the magazine.

Ramesh, Orissa

We always welcome the suggestions of our readers. We feel that if we fold the magazine lengthwise then it may reach its subscribers in mutilated form. In some cases it may not reach at all. The envelope provides its safe handling.

Editor

I have received and read Jeevaniya Sharad-Hemant '95 I have a keen interest in Ethnobotany particularly the use of traditional folk medicine for the treatment of common diseases. Your magazine is giving valuable help in understanding the knowledge of the plants both practically and theoretically. My students also prefer your magazine and they are interested in reading other published

issues. We believe that Jeevaniya will be very helpful to our research and teaching programmes.

Dr. P. Kumar Singh, Imphal

We are always encouraged by the comments of our readers. We would welcome your valuable suggestions in future also.

Editor

I read Jeevaniya and each time I find that it gives valuable information to its readers. The effort of Jeevaniya family to publish only the best is very much visible in each issue. I like best the page, 'Introducing a Vaidya'. The suggestion which I have in this regard is that the address and the photograph of the Vaidya should also be published. In this way the author can be contacted without delay if the reader has any question to ask him or her.

Wilthelem Egli, Switzerland

We always take 'into account' the suggestions/criticisms from our readers. We have already started publishing the photographs. Now we have also given the addresses of authors in our latest issue of the Jeevaniya.

Editor

I have read 'Respiratory Care Special'. It is full of useful information to lay readers and professionals alike. I have been

a keen reader of this health magazine. After studying Jeevaniya, my interest to study the magazine has increased abundantly. As my mother tongue is Telugu therefore I would request you to give Telgu equivalent names of the herbs in the Medicinal and Nutritional substances columns.

K. Hanumantha Rao, A.P.

It has always been our effort to give languagewise names of all the herbs and plants which we include as Medicinal and Nutritional Substances.

Editor

I purchased a copy of Jeevaniya, Shishir '96 by paying Rs. 15/-. You have published an advertisement on the back inner cover page regarding offer of prizes to the suggesters. But the suggestions should be filled in on the form printed therein and sent to you. This requires us to tear down the page, mutilate the magazine, forego the calendar and send suggestions which is being rather hard on the customer.

My suggestion is that you kindly publish the advertisement on a perforated page so that the form may be torn without mutilating the magazine.

Dhananjaya Dandi, Mumbai

You can send the suggesting on the photocopy of this form.

Editor

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Regular B.P. Checkup of Children



Specialists believe that regular blood pressure checkup of a child since 3 years of age is necessary. Record of blood pressure should be entered in the vaccination chart. Schools also may be involved in this activity.

Since the age of 3 years children must be told about healthy life style. They must be educated about feeding habits, exercise and daily routine.

Blood pressure of every child should be taken at the time of admission in school and yearly checkup after that is necessary to prevent Heart disease and paralysis etc. If high blood pressure is not treated in time it can cause a serious health disorder in 12 to 15% patients.

Women More Prone to AIDS

A study by the United Nations Children's Fund (UNICEF) says that women are more vulnerable to AIDS than men. Both biological and social reasons play a part in this.

In Africa for instance, women now account for 55 per cent of all new cases of HIV. In some areas of that continent, 25 to 30 per cent of pregnant women attending pre-natal clinics are found to be HIV positive, and one in three of their babies will be born with the virus.

So far, about one million children have been infected by the dreaded scourge and half a million have already died, almost all of them in Africa. HIV is also known to have been transmitted by breast milk in some instances, but breast feeding is still recommended as the risk from malnutrition and other diseases is paramount.

Two third of all new cases of HIV are now occurring in Africa, where nine million children were expected to be orphaned in the 1990s. In Zimbabwe, AIDS has already become the single largest killer among the children under the age of five.

The situation in some Asian countries is also very alarming, according to the report. In Thailand, one adult in 50 is infected with HIV and the country's under-five mortality rate will rise by 10 per cent before the end of the century.

With no AIDS vaccine in sight, only a behavioural change offers hope of halting the epidemic wave that can see 26 million people infected with an annual death toll of almost two million by the year 2000.

How to Avoid Tetanus ?



Tetanus infected child

Tetanus may be fatal specially in children. Vaccination of children for Diphtheria, Pertusis and Tetanus (DPT) is necessary. This contains tetanus toxoid for prevention of tetanus. A booster dose of tetanus toxoid must be given after every five years.

Tetanus is possible after getting injured by iron filling etc. Immune globulin injections of tetanus are best. Tetanus injection is must for pregnant mothers. First injection must be given in third or fourth month of pregnancy followed by another injection after one month and a third before delivery. The pregnant mothers who have taken three injections prior to conception require only a booster in the third month of pregnancy.

Excess Vitamins are Dangerous for Foetus



Be careful! Excess vitamins may be dangerous to foetus

Excess dose of vitamins may be dangerous for foetus. This conclusion has been drawn on the basis of a survey conducted in Great Britain. The survey is based on the consumption of vitamins in pregnant mother. The data was collected at medical stores, super market etc. These facts were disclosed at a conference held in Boston Medical School.

Ayurvedic Cure Rediscovered in West

Research carried at Kings College Hospital, London has shown that chewing chicken bones which contains Collagen-2, can reduce damage to joints caused by rheumatoid arthritis.

This finding is based on age-old Ayurvedic principle that similar substances tend to attract and increase each other eg. meat eating increases muscles. In Unani medicine also use of bones has been recommended in diseases like arthritis.

New Drug for Cancer

Researchers from the Hebrew university in Jerusalem and Hadassah University Hospital in Ein Kerem alongwith a California based pharmaceutical firm have developed an anti-cancer drug which can be administered using the novel method.

The new drug delivery uses liposomes-ball-like structures that can trap liquids within them-to take anti-tumour drugs directly to the affected area, thereby improving efficacy of the therapy and also sparing other organs enroute the location.

The new drug, Doxil, which contains a known anti-tumour ingredient called Doxorubicin has already received approval from the US Food and Drug Administration (FDA), said an Israeli embassy newsletter.

According to Israeli researchers, led by Professor Yechezkel Barenholz and Professor Alberto Gabizon, liposomes are a group of biomaterials that can penetrate malignant growths through gaps in the blood vessels of cancerous tissues.

Since these gaps do not exist in blood vessels of a healthy tissue, the particles infiltrate only tumourous tissues and the medicine is then released at the affected location, thereby reducing the harm done to healthy sectors in the body.

Doxorubicin is known to be effective against cancers of breast, lungs and Caposi Sarcoma, a cancer that effects AIDS patients. It is highly toxic. It is here that the new drug delivery system can play a major role, claim Israeli scientists.

The joint research that led to the development of Doxil was initiated by Professor Barenholz and Professor Gabizon 10 years ago. A special process was developed in Professor Barenholz's laboratory for "trapping" the medicinal agent within the liposomes, the result being the concentration of a very large amount of the agent within tiny particles whose size is approximately one-millionth of a metre.

This process makes trapping of the drug possible in large quantities, and it's containment is stable, enabling the drug to reach and to be released in the tumour cells.

Before the new method could be implemented, the researchers had to overcome the problem of the body's natural resistance of foreign bodies. The scientists, therefore, developed a new material that serves as a coating for the liposomes, thus preventing them from premature destruction.

The researchers said they have plans to apply their therapeutic approach know as "passive targeting" to the development of drugs for various other diseases other than cancer.

Tribal Drug to be Marketed

In the first instance of its kind, a Kerala tribe will get the Intellectual Property Rights (IPR) over a herbal drug developed by Kerala government's Tropical Botanic Garden and Research Institute (TBGRI). The latter has now transferred the technology to Arya Vaidya Pharmacy, Coimbatore.

Fifty per cent of the licence fee and two per cent of the royalty on the sale will go to the Kani tribe of the Agastyar hills in southern Kerala. The tribe had helped spot the medicinal plant from which the drug was developed.

TBGRI director P. Pushpangadan told that the Jeevani (*Trichopus zeylanicus*) was a restorative, immunoenhancing, anti-stress drug known among the Kani tribes as 'Arogyapacha' (heath drug). This tiny plant used to be consumed by the tribe.

Palm Oil is Safe

Not all saturated fats raise cholesterol and some can safely be included in the diet for nutritional value, says a recent study. The three principal saturated fatty acids considered to be cholesterol raising are lauric, myristic and palmitic acid but they cannot be tarred with the same brush, the study says.

Conducted at the Brandies University in Massachusetts, the study shows that palmitic acid has little impact on plasma cholesterol in normal people especially when dietary cholesterol is below the critical level of 400 mg a day.

The findings have tremendous significance because palm oil, which contains palmitic acid, can now be safely indicated as a source of valuable nutrition for three fourths of the world's population. A readily metabolised source of dietary energy, palm oil had come under a cloud after studies 30 years ago blacklisted it for being a saturated fat and therefore, potentially cholesterol-raising.

They pointed out that because palm oil has a growing presence in the world market the fact that it is saturated fat is being harped on even though palmitic acid is non-cholesterol raising. Even a superficial analysis of some of the so-called saturated fats such as palm oil, lard, tallow, butter

and coconut oil show that they have different metabolic effects on the body, the researchers said.

Mysterious Cure for a Mysterious Disease

Multiple sclerosis (MS) is an incapacitating disease that is still a mystery to the medical community. A mysterious immunological disorder is the supposed cause of this disease.

MS appears in the early adulthood in the form of recurrent attacks of multifocal dysfunction. The frequency of the flare-ups is greater during the first 3 or 4 years. The first attack, however, may go unnoticed because of being too mild and it may not be followed by another attack for 10 or even 29 years.

Symptoms vary with individuals, but some of the common ones are blurred vision, abnormal fatigue, weakened limbs, poor balance, numbness, intolerance to heat, tingling pins and needles sensation, abnormal and uncontrolled urine and bowel movements and even impotence. The incidence of the disease is higher among women.

Vaidya Balendu Prakash of Dehradun claims to have a wonder cure for MS which was handed over to his father by a Guru who did not reveal its formula except that it was a Rasyana (metal-based).

The vaidya's first patient was Mrs. Nargis Wasi, wife of a UK-based psychiatrist, who was diagnosed as a MS case in 1992. She had symptoms of double vision, limping, bladder and bowel movement problems and fatigue. She flew back to London completely fit after three weeks of the Rasayana treatment. She stopped taking the drug from Nov. 1993 and didn't suffer thereafter.

Since then the Vaidya has treated 70 patients, mostly foreigners. He says 10 of his patients abandoned the treatment because of the poor results, but still that gives him a success rate of more than 85 per cent. and none of his patients have shown any side-effects so far.

According to the vaidya, the Rasayana seems to be quite ingenious to the body which is why it provides immediate relief. The body reacts in the same way as an infant who stops crying at the very touch of its mother.

Pesticides Poisoning

At least 20,000 people die every year of pesticide poisoning in developing countries, but the use of chemicals continues to be preferred in modern farming methods. This has led experts to call for a review of the current agricultural practices and revert to traditional organic farming.

In India, with use of chemical pesticides in agriculture increasing 31 times since it started, it means that about 48 cases of poisoning are taking place each minute, experts say. As regards the damage to environment and public health in terms of cost factor, a report of the Washington-based International Food Policy Research Institute says for every one dollar worth of pesticide an estimated five to ten dollar damage is caused.

The global pesticide consumption last year was estimated at 45 lakh metric tonnes, up 18.74 lakh since 1980. In India total pesticide consumption was valued Rs 555.64 crore with Andhra Pradesh topping the list with 33.6 per cent followed by Karnataka at 16.2 per cent and Gujarat at 15.2 per cent.

Studies conducted by the ITRC and KG Medical College, Lucknow, link pesticides with epilepsy. Some of the chronic effects of pesticides on human beings identified by doctors are cancer, genetic mutations, damage to the immune system, kidneys and liver. Short term damages are nausea and fatigue as well as the effect on nerves and eyes.

In the 50 years since pesticide use became widespread, the percentage of crop loss from damage has not measurably declined. Insects, weeds and plant diseases still claim 30 to 35 percent of total crop production today-about the same percentage estimated for the prechemical age. Today more than 500 insect and mite species are immune to one or more insecticides, 113 weeds are resistant to one or more herbicides and 150 plant pathogens are resistant to fungicides.

In Egypt the use of DDT to control the American bollworm caused a species of white fly, which had been a secondary pest, to multiply rapidly in the late 1970s, supplanting the bollworm as that

country's worst cotton pest. DDT treatment actually stimulated white flies to produce a higher number of eggs than unsprayed flies.

Hazardous Synthetic Milk

A whole generation of infants in northern India is at risk of developing diseases due to drinking poisonous milk being pumped into the market by unscrupulous traders.

Scientists warn the so called synthetic milk-made by mixing refined oil, caustic soda, urea, and detergent - is also posing a health hazard to pregnant women, old people and persons who are already having heart and kidney problems.

Of the 63 million tonnes of milk produced in India, only eight million tonnes comes from organised sector leaving open a huge amount of milk vulnerable to adulteration.

The "synthetic" technology invented by crooked milkmen of Kurukshetra in Haryana three years ago, has now spread to adjacent states of Uttar Pradesh, Rajasthan, and Himachal Pradesh. And, according to Dr Animesh Banerjee, president of the Indian Dairy Association, "it can spread throughout the country like cancer" unless the Government did something about it quickly.

As much as one per cent of milk reaching the consumers in northern India is adulterated with these poisons, according to some estimates.

Life Style may Lead to Infertility

The doctors said both the physical and emotional stress and strain of fast-paced modern living conditions led to certain physiological changes which in turn led to hormonal imbalances in the body as reflected in their blood glucose profiles. Low glucose in blood led to increased release of endorphins in the bodies of non-addicts which could trigger a cascade of hormonal imbalances, thus hampering the growth of reproductive cells which helped in the development of ovum. The team found that besides low blood glucose level, low thyroid hormone levels also adversely affected reproductive ability of a females.

Regimen of Spring

Vd. S. A. Khan, Lucknow

By the time spring arrives, it already starts becoming warm. The winter would be completely gone. Spring season is the second season of the intake period. It lasts from around 16th March to 15th May. Vayu remains predominant during this season, and due to this the atmosphere becomes charged with astringent taste.

The sunrays and winds extract water from the plant and animal bodies during the intake period. Therefore, they become weak. The Kapha accumulated in the body during Hemant and Shishir seasons becomes aggravated. The sunrays melt them. This Kapha returns to its origin i.e. stomach, resulting in diseases of Kapha-dyspepsia, inappetance, cough, tonsillitis, headache, coryza, phlegmatic fever etc. Roughness grows in the body and skin.

In order to prevent the above diseases, it is necessary to remove the accumulated and aggravated Kapha from the stomach. It can be achieved by vomiting and snuffing. For inducing emesis, 2-3 emetic nuts should be powdered and taken with rock salt and honey in the morning on empty stomach. Have hot water to drink after that. Alternatively, prepare decoction of Neem leaves, Bakain leaves, Parval leaves and add powdered *Piper longum*, rock salt and

honey and make the patient drink it. If vomiting does not occur, then again administer the same. Subsequently, two or three vomitings would follow. For snuffing, fine powder of Kayphal may be inhaled. Alternatively, juice of bitter Tumbi may be infused in nostrils. These measures induce sneezes and phlegm is expelled as a fluid from nose. In order to remove the roughness of skin, oil massage, exercise, and hot water bath and subsequently light meal with minimum of unction should be taken.

In order to avoid the ill effects of the aggravated Kapha, powder of 6 Harads (myrobalan) should be taken with equal honey on an empty stomach in the early morning and also in the evening after dinner and hot water drunk subsequently. Similarly, as appetiser and digester, drugs should also be taken regularly such as ginger, *Piper longum*, asafoetida, Ajowan, Narsar, lime etc.

In meals, take old barley, wheat, rice, lentil, Moong, Bottle gourd, brinjal, carrot, parval, bittergourd, rock salt, buttermilk, vinegar, Kanji, Aonla and cauliflower. Sweets prepared with jaggery and paste, heavy dishes sweet-meats of Khowa and fried things should be avoided. Meal times should be observed. Food must be warm and fresh, clean,

tasty and light. One should eat less than one can. If you are Kapha-temperamented then sit erect for 10-15 minutes after meals. If you are Vata or Pitta temperamented then you should lie down on your left side for 10-15 minutes. This will help to digest the ingested food. Possibility of dyspepsia is always there in the spring season. Get up an hour before sunrise and go for morning walk. Siesta is to be avoided. If you are a meat-eater then you may eat the flesh of wild birds and animals roasted without fat. Similarly, you can take fish without lubrication.

To preclude dyspepsia take 2 tablets of Chitrakadi Vati with hot water, twice daily. For coryza take Naradiya Laxmivilas Ras-2 tablets with betel juice and honey. Chandraprabha Vati may be taken with honey or milk.

Pregnants, children and patients of stomach, intestinal ulcer, and heart should not undergo vomiting. They should be given Kapha-subsiding medicines only. Vata-temperamented persons should not take bitter and astringent things consecutively for long. Kapha-temperamented persons should not take excess of sweets, sours and heavy diets. Otherwise Kapha, which is already aggravated, shall be increased and create severe problems.

Increasing Use of Medicines and Injections

Mohan Thapaliyal

A serious problem facing the developing countries today is how to save themselves from the adverse effects of medicines and injections. A research along this line was undertaken by WHO in Uganda in the past years. Subsequently, another study was conducted in Thailand which revealed that people take injections wantonly for every disease. A similar study was also conducted in the Satara district of India. WHO is worried today about maintaining the importance of inoculation while creating an awakening among the poor people so that they may desist from the improper use of injections and medicines.

According to the study report of A. Reiler from Thailand about 40% of the children of 1-6 years coming to the hospitals for treatment are treated through injections. 18 per cent of the patients in the government hospitals, 79 per cent in private clinics, 33 per cent in district hospitals and 42 per cent in the health centres take recourse to injections from the very first day. The study revealed that the Thai people firmly believe injection to be the best mode of treatment. Though there are umpteen who have taken injections and suffered the ill-effects thereof, yet most of the people believe that injections are safe. Some patients tell doctors that if they are not

given injection they would take it from somebody else or from the medicine-vendor himself. It is obvious that having injection from untrained persons involves great risk.

Carelessness in taking injections can cause the transmission of dangerous viruses such as HIV, from one person to another. This occurs due to the wrong use of syringe. But novices and quacks can often cause such a mess. In such cases it is necessary to inform the people thoroughly about the consequences of injections and necessary precautions to be observed. Indian people also believe that the injection enters the blood directly and cures the disease quickly. Injections have become so popular that in the rural areas of Thailand 22% people take injections for ordinary coryza as well. The percentage of injection-taking patients in case of diarrhoea is 83. Moreover 80 percent people resort to injections to overcome physical tiredness.

In order to minimise the increasing craze of the Thais towards injections, health experts opine that it would be necessary to employ better publicity methods. We would have to convince the people by means of posters, cartoons, bills, lyrics and dramas that injection is not the only exclusive, potent

and infallible method of cure and they may at times exert negative effects which may prove very harmful to health. WHO also says that the students be instructed about the use of medicines under the health education programmes of schools.

According to a study made by the Community Health Research Foundation, Pune the per capita medical expenditure in the district of Satara is Rs. 87. If this average is extended to the whole country then it would mean the one-fifth of the total expenditure on health services.

According to the study report India is now one of the self-reliant countries among the developing ones in the production of medicines. But unfortunately the medicines being produced are not suitable for treating the illnesses of the people of this large country. About 60,000 modern and over 2,000 Ayurvedic medicines are being produced yet there is a persistent dearth of necessary medicines for the national programmes. WHO has listed 300 medicines and 500 formulae in the category of Essential Drugs. It is obvious that most of the medicines the various tonics, digestive pills, syrups, remedies for cold and cough have no rational basis for being prescribed. The rich are habitually becoming overusers of medicine and the poor are also

imitating them and spending 8 per cent of their total expenditure on unnecessary medicines instead of spending it on food. This vagrant use of medicines is definitely going to adversely affect the health, as the government cannot watch properly over the quality and price of these medicines.

The health experts opine that in order to stop this trend it would be necessary to train the doctors. In no case should they prescribe unnecessary medicines. Moreover sales of unnecessary medicines should be effectively checked.

The Satara survey revealed that had the doctors conscientiously prescribed their patients in the year 1991-92, then in that single district they could have saved the consumption of Rs. 1.3 crore worth unnecessary medicines.

Health experts believe that it is imperative that the nurses be trained better than they are being now. Because most of the nurses do not know the precautions and adverse effects of medicines. Actually the doctors and the nurses both must undergo continuous medical education. Then only would they be better equipped to serve properly the ailing masses and make them free of diseases.

H2/641, Janakipuram,
Luckow

Dhatus and Agnis

The substance produced by the timely and total digestion of ingested food is called Rasa. Rasa is competent to nourish the body. The seven Dhatus namely Rasa, Rakta, Mamsa, Meda, Asthi, Majja and Shukra support the body i.e. keep it in working condition. All these Dhatus are kept in working condition by the Rasa.

The function of Rasa is to gratify. The body derives the requisite moisture from it.

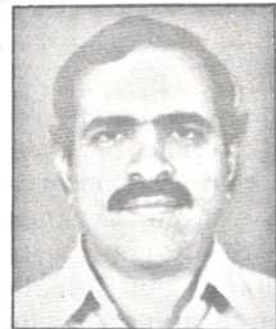
The function of Rakta (blood) is to keep the body alive. It carries oxygen to each and every cell of the body.

The function of Mamsa (flesh) is 'Lepan' (anointment) i.e. it keeps the various organs like heart, intestine, anus, tongue, skeleton etc. covered with muscles, gratified with Rasa-Rakta in proper shape and active.

The function of Meda is oleation that is, providing smoothness to it. Due to the rough and hot effects of Vata and Pitta roughness, ruggedness and lightness is being incessantly produced inside the body, which weakens the Dhatus. This phenomenon is kept under control by the greasiness of Meda.

The function of Majja (marrow) is healing. Due to roughness and ruggedness bones are always in a breakable state. Marrow prevents this apprehension. It provides greasiness to the big bones. Small bones have Rakta and Meda both in them.

The function of semen is



Vd. Vilas Nanal, Pune

formation of foetus and reproduction. It also reproduces Dhatus of the body. It resides in the entire body and causes happiness, affection, strength and vitality.

The production of above seven Dhatus is subservient to Agni, which is of three types :

Jatharagni : It is situated in the Annavaahasrotas extending from mouth to anus and digests the food.

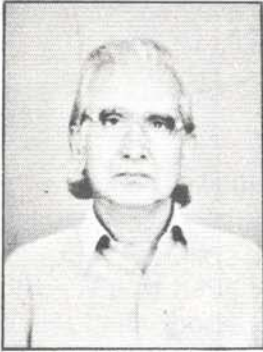
Panchamahabhutagni : Space, earth, water, fire and air are the five Mahabhutas that have created the entire creation. These are present in the body. Their Agnis act on the Rasa produced by diet for their nutrition.

Dhatwagni : The seven Dhatus i.e. Rasa, Rakta etc. have Agnis of their own.

Lastly Ojas is produced which is mainly produced from Shukra (semen) but it also incorporates the essence of all Dhatus. It imparts rigidity, strength and vitality to the body and happiness to the mind.

606, Sadashiv Peth, Kunte
Chowk, Pune

Expectations and Limitations of Therapies



Vd. S. A. Khan, Lucknow

Now-a-days there are various 'systems' of relieving pain or disease and medicine is the foremost among them. Removal of disease is called cure or treatment. In our country Allopathic, Ayurvedic, Unani, Siddha and Homeopathic systems are in vogue. All systems have their own limitations and should be used according to their merits and demerits.

It is unfortunate that human health and medical systems are being politicized and professionalised. Indiscriminate advertising is being resorted to extort money from the gullible public. There is no single system of treatment which could solve all the problems.

Allopathic system is often symptomatic provide immediate relief. No medicine is free from adverse effects, whether immediate or late. Moreover the medicines used again and again create drug resistance and bacteria and viruses grow while the drugs are still being used. Therefore, the life-saving medicines should not be taken at will.

Most of the allopathic medicines are prepared artificially and due to this the human body starts rejecting it so that horrible diseases like allergy are produced which resist any treatment.

Homoeopathy is also a symptomatic treatment. If the symptoms of the drug and disease 'match', complete cure occurs but the recurrence is not obviated and causes of disease are not investigated. It is cheap and easy to cure. Most of the medicines are harmless. Those who have unsuccessfully tried other systems should make use of this system for immediate relief.

Ayurvedic system entails the clear scientific knowledge of the causes of disease, methods of its removal and obviates its recurrence. The system aims at the complete cure of disease. Irony of this system is that it has fallen a prey to politics. The rarity of good, trained and experienced Vaidyas and non-availability of classically prepared standard medicines is a serious problem. There is a desperate need to find out competent Vaidyas and appoint them in Ayurvedic colleges to impart practical and academic knowledge to the students. At present the classical Ayurveda has vanished from the Ayurvedic colleges. Empirical knowledge, which is extremely effective in curing diseases is not

to be found in Ayurvedic colleges.

There are four requisites of Ayurvedic Therapy - (1) competent Vaidya (2) reliable medicines (3) obedient patient, who meticulously carries out all the instructions of Vaidya and (4) intelligent, compassionate and trained nurse.

The present Ayurvedic education system must be changed basically. The curriculum needs to be amended. At present academic Ayurveda and practical modern medicine is being taught. Consequently, the Ayurvedic graduates have no empirical knowledge of Ayurveda and they shirk Ayurvedic practice and even oppose it.

There is a great deal of marketing of Ayurvedic and herbal medicines. The industry of making money has prompted jettisoning of classical methods and medicines are prepared by short cut arbitrary methods. Such medicines cannot be as effective as required.

Non-availability of reliable fresh herbal drugs is also a serious problem of Ayurveda. The government should establish herbal farms or herbal parks to cultivate medicinal herbs.

**Mohd. Naim Mansion,
163/214 Jhakad Bagh,
Moulviganj, Lko. Ph : 229489**

Ayurveda : The World-Teacher

India has been the world teacher in the sphere of medical science. Modern western scholars also have admitted that they gained their knowledge from Roman medical scientists who obtained it from Greece. The Greek medical science is just 3000 years old. However the Indian medical science, Ayurveda is being practised since more than five thousand years. Greek history reveals that during their period of advancement many Greek scholars visited India and returned rich with the heritage of India. Greek books contain encomiums of Indian medical science which proves that it was established much before the Greek medical science. The Western scholar Wilson has written in his book named 'Wilson's Work' on page 269 :

"Ancient Hindus had made great progress in the field of diagnosis, general medicine and surgery. Their diagnostics is a complete science. All the medicines of medical science were known to them. They had excellent knowledge of each and every limb of the body, pulse, muscles, ligaments etc. Their diagnostics contained descriptions of making drugs from metals, plants and animal world. Western medical scientists have learned much from them." Similarly Eulium Hunter, Miss Manning etc. have all said in unison that "Mohammedans learned the art of healing through the ancient Aryans in old

days." The governor of Madras M. Thill said in his lecture in February 1905 that "medical scientists went to Arab from India and from there to Europe. So much so that even the inoculations for small pox and plague were learned by the Europeans through the Aryans only." So much so that the homeopathic formula invented by Dr. Heinemann is also found in the formula '*Vishasya Vishamoushadham*'.

Ayurveda includes physiology, anatomy, surgery, ophthalmology, obstetrics, medicine, pharmacology and diagnostics in their entirety. The books authored by Charak, Sushruta and Vagbhatta include the methods of curing all possible diseases. Ayurveda has also perfected the science of pulse examination, which can diagnose all diseases. This is so extensive and detailed that till to-day the westerners have not understood it properly.

The ancients had also developed surgery to perfection. Doctor Rally says, "The books of ancient Indians reveal that they were expert in surgery. They had developed 127 different instruments of surgery. They also had various surgical medicines." Weber has said that "The ancient Aryans had achieved perfection in the use of scalpel. They could mend defective nose or ears which westerners learned from them." Miss Manning has said that "The surgical instruments of



Vd. Ramakant Mani

ancient Hindus were so fine and excellent that they could tear even hair vertically straight"

Various systems of medicine that have flourished in different countries of the World since ancient times upto now differ from Ayurveda in many ways. Scientific consideration reveals that the ancient adepts of Ayurveda have proved on the basis of Sankhya philosophy that when the Sattva, Raja, Tama attributes of the trilateral nature are in equilibrium then the state is called Prakrti (nature). This state of equilibrium is the source of Mukti (absolution). When these attributes become odd the state is called Vishambhav. This causes attachment. These three attributes are the Vata, Pitta and Kapha of Ayurveda. The unevenness of these is the cause of all diseases. Its culmination is death. Equality of the three in the body keeps it free from disease. Therefore the science of Tridosha comprising Vata, Pitta, Kapha of Ayurveda is full of inordinate philosophical mysteries.

46/19, Vishnupuri, Kanpur

Non-nutrient Components An Inevitable Part Of Our Food

Dr. Ananta Kumar Acharya

To lead a healthy life man needs different kinds of food such as cereals, pulses, vegetables, fruits, milk, nuts, oilseeds and flesh foods which contain nutrients. These nutrient components are proteins, carbohydrates, fats, minerals and vitamins. But non-nutrient components i.e. organic compounds having no nutritional function are invariably present in most food items and often interfere with the assimilation of nutrients present in the foods. Some important anti-nutritional factors are trypsin inhibitors, phytates, oxalates, tannins, goitrogens and dietary fibres.

Trypsin Inhibitors: Trypsin inhibitors which inhibit the activity of trypsin in the small intestine and interfere in the digestion of proteins are mostly distributed in legumes such as soyabean, lima and kidney bean and in the white part of the duck egg. These inhibitors are inactivated by heat treatment.

Phytates : Phytates (hexa phosphate of inositol) are widely distributed in unrefined cereals and millets. These phytates bind iron, zinc, calcium and magnesium thus making them inaccessible to the body. Consumption of whole wheat flour with high phytate content results in development of zinc deficiency.

Tannins : Tannins are found in abundance in plants. They occur in spices, turmeric, millets like bazra, ragi, sorghum and seed coat of legumes.

Tannins are condensed polyphenolic compounds and interfere with iron absorption and protein assimilation, Tannin content in the diet can be reduced by removing seed coat of legumes, excluding tamarind, turmeric etc.

Oxalates : Oxalates (oxalic acid, any dicarboxylic acid or its salts) occur in green leafy vegetables, green vegetables, Khesari dal and some legumes. This non-nutrient component forms insoluble salt with calcium by which calcium absorption is hampered. Thus resulting in increased excretion of oxalates in urine leading to urinary stones.

Anti Thyroid Substances (Goitrogens) : Goitrogens are present in Cabbage, rapeleaves, raddish, mustard, brussel sprout, soyabean, bajra etc. Presence of such compounds in food interferes with uptake of iodine by thyroid gland and may contribute to iodine deficiency disorders.

Other Toxic Agents : Presence of toxic substances in food may lead to serious disorders. Lathyrus (Khesari dal) seeds contain a toxic amino acid (BOAA) the consumption of

which over long period leads to a disease Lathyrism. The disease favism accompanied by haemolysis is caused by the consumption of Vicia Faba (broad bean)

Dietary Fibre : Dietary fibre may be water soluble or insoluble and consists of lignin, cellulose, hemicellulose and pectin and plant gum and mucilages. Fibre adds bulk to the diet and increases transit time in the gut and may play a role in reducing the risk of colon cancer. Fibre may bind some trace metals and prevent their proper absorption.

Medical Officer, G.D.A., Rajpur
Sundargarh (Orissa)

Charitable Dispensary & Research Centre

We are happy to inform our readers that Jeevaniya Society has established a Charitable Dispensary & Research Centre in its campus. It was to be Inaugurated on 28th March 1996. At this occasion an exhibition about healthy society with scientific temper was also held.

Despite our meagre resources we are planning this to popularise Ayurveda amongst common people and help slum dwellers living in this area.



Dr. Pramod Malaviya, Lucknow

Food, sleep and continence are the pillars of health. Among these, food is the most important. The food comprising all the six tastes is balanced diet according to Ayurveda. That is one must include sweet, sour, salt, bitter, pungent and astringent tastes in food. Such food includes protein, fat, carbohydrate, water, salt and vitamin. Lack of vitamin in food results in the malnutrition of the body and deficiency symptoms, thereof, are produced.

Vitamin D - Vitamin A and D are found simultaneously in most of the substances. Vitamin D is fat-soluble. Its absorption occurs in the small intestine in the presence of bile and fatty acid.

Just below the human skin, 7-dehydrocholesterol is found in the fat, which produces vitamin D by the action of ultraviolet rays in the sunlight. Deficiency of this vitamin does not occur in those who expose themselves to the sunrays.

Vitamin D is found in milk, butter, Ghee, and egg. Fish liver oil (like cod liver oil) is the most important source of vitamin D. Those cattle who remain in the sun and feed on green plants,

their milk contains plenty of vitamin D.

Functions of Vitamin D : Its presence in the small intestine helps in the absorption of calcium and phosphorus. It maintains the ratio of calcium and phosphorus at an optimum level. It also maintains the health of bones and teeth.

Deficiency of Vitamin D in childhood results in the arrested growth of bones and rickets. Deficient accumulation of calcium in the bones makes them soft and bends them. This state is acutely seen in the legs. Ossification at the joints becomes defective and formation of cartilage and pelvic cavity is adversely affected. The curvature of the spinal bones becomes aberrant and bones of head become soft. Deficiency of this in pregnant and lactating mother causes blood calcium deficiency in them and their bones become soft. Vitamin D also helps in teething, control and contraction of heart muscles and coagulation of blood.

Vitamin E - Vitamin E was identified in 1922. This is also soluble in fat and does not get destroyed by heat. This is found in milk, egg, fish and muscles. It is found in plenty in plant-seed oils. Sprouted wheat and the oil derived from it are also rich sources of vitamin E. It is also found in wheat, corn, soyabean and leafy vegetables. It goes to blood after being absorbed by small intestine. It is needed in the daily doses of 15-20 mg.

Fat-soluble vitamins

Functions of Vitamin E

- This vitamin is essential for the development and growth of foetus in the uterus.
- It fortifies the male semen.
- It helps in contraction and dilation of muscles.
- It obstructs the necrosis of liver.
- Its presence obviates unwanted oxidation and also excessive production of unsaturated fatty acids.

The deficiency of this vitamin causes the male semen spermless and infertile. Women become barren. Even if they conceive the foetus will not grow properly and abortion will result. The deficiency also causes muscular dystrophy and degenerative deformities in the coronary muscles. Its deficiency arrests the development of red blood corpuscles and causes necrosis of liver.

Vitamin K - This vitamin was identified in 1930. This is fat soluble & heat resistant. It gets destroyed by light, alkali, and alcohol. It is found in green vegetables cauliflower, turnip, tomato, soyabean, spinach etc. It gets absorbed by the small intestine in the presence of bile and gets collected in the liver.

This vitamin helps in the coagulation of blood in cases of injury. It accomplishes phosphorisation inside the body. This vitamin is also called antihaemorrhagic vitamin.

Department of Basic Principles,
State Ayurvedic College, Lko.

Effect of Food on Mind

Vd. Ayodhya Prasad Achal

The proverb 'the kind of food determines the mind' conceals a great truth. Whatever one eats and howsoever one eats and obtains nourishment that only makes his mind.

In Chhandogyopanishad, Aruni has explained this to his son Shwetaketu in an extremely beautiful way. He told him that the ingested food becomes threefold inside the body. The gross part becomes the scum. The middle part becomes the flesh. And the minute part or the essential part becomes the mind. Further elucidating this he again said that just as the subtle part of the curd being churned collected at the top becomes ghee, just so the minute portion of the food separated during the function of digestion becomes mind and the same alone nourishes it.

When Shwetaketu did not understand properly this phenomenon then Aruni said,

"O Soumya ! (The innocent) The man is sixteen-phased. Do not take food for fifteen days. Only drink simple water. Since water is life so its drinking shall sustain life."

Shwetaketu did as was told and after 15 days he asked his father as to what he should do next. The father told the son to

recite the Vedas. Shwetaketu tried to do so but failed. He said, "I can not recall them at all."

Now Aruni told him explainingly - "O Soumya ! if a fire generated by plenty of fuel remains as a glow-worm then it cannot kindle anything. Similarly, O soumya ! of your 16 phases only one is remaining now with which you cannot recall the Vedas. Very well, now go and have your meals. Then you will understand my point."

Shwetaketu had meals and came back to his father. Now whatever was asked of him he could relate. At this Aruni told him explainingly.

"O Soumya! just as a fire left out in the form of a glow worm reinforced with straw and kindled then it burns with greater intensity than before, similarly when the single leftout phase of your sixteen phases was enhanced with food then you could perceive the Vedas : your mind started functioning properly. Therefore, O Soumya ! mind is food itself, life is water itself and speech is fire itself."

Food and Mind are Trinary

Food and mind are both produced by nature. The nature is trinary i.e. it is endowed with Sattva, Rajas & Tama. These three attributes are its ingredients. So food and mind

which are born out of nature are also trinary. In this perspective both are isofunctional. Both are inert. The contact of soul makes the mind conscious.

Types of Food and Their Effects

Food substances are classified into three main classes Sattvik, Rajas and Tamas according to the intensity of attributes. Food substances which stabilize life, develop the intellect, increase strength, keep the body free of disease and are neat and clean looking, delicious are givers of happiness to the body and peace to the mind, easily digestible, everlastingly effective, fortifiers of limbs like heart, lungs etc., are juicy (as milk, curd, fruit, honey etc.) and greasy (such as ghee, butter, almond, cashew, raisin etc.) are called Sattvik. Men of Sattvik temperament like such food.

Bitter (like bitter gourd, Neem), sour (like tamarind, mango powder), too salty, too hot (which are steaming) sharp (whose ingestion follows watering of eyes, nose and mouth) rough (such as parched gram, sattu) and burning (on contact with skin or stomach) foods are called Rajas. Such articles are dear to the men of Rajas temperament. These cause sorrow, suffering and sickness.

The food that is half-baked, unseasonal, stale, juiceless (dried in the sun or whose essence has been extracted or which has lost its potency due to long exposure) putrid, leftout, unclean and impure is called Tamasik. Such foods are dear to persons of Tamasik temperament.

In this context it must be kept in mind that even if Sattvik food are taken for taste or are consumed after making them more and more tasty become Rajas and if they are ingested irregularly or in large quantities due to greediness they become Tamasik. So not only the food but the way of eating and the intension are also important.

Kinds of Tendencies

Mind is also threefold as the food. The mind becomes Sattvik due to the preponderance of Sattva, Rajas due to the preponderance of Raja and Tamasik due to the preponderance of Tamas. The dominance of Sattva, Raja and Tama spurs the Sattvika, Rajasika and Tamasika tendencies respectively. These tendencies find their expressions in an individual at different times. These tendencies are perceived and identified through the thoughts and deeds, food and behaviour of the person. Their brief description on the basis of Sushruta Samhita follows herebelow :

Sattvik

Non-violence, pity, compassion, happiness, cooperativeness, participation, pardon, truth, religion, theism, knowledge, intellect, retention, memory, non-attachment, and the capacity to stay staid in conflicts of happiness and sorrow, profit and loss, honour and insult are the Sattvik tendencies.

The attribute Sattva is supposed to be light and illuminating. So the tendencies which lead the beings towards sublimity and supreme or which illuminate and broaden the path of life and lead one along the right path, should be deemed as Sattvika.

Rajas

Plentiful sorrow, fickleness, peripateticism, desperation, lying, cruelty, esteem, hypocrisy, elation, desire and anger are the Rajas tendencies of mind.

Tamas

Melancholy, excitement, atheism, obstruction of intellect, ignorance, confusion, laziness, neglect and drowsiness are the Tamas tendencies of mind. Tamas is obstructive and so, wherever there may be sluggishness, inertia, confusion, obstruction etc., one should conclude it as the influence of Tamas.

Like Increases the Like

'Like increases the like and

the unlike or the incompatible causes its loss' is an all-acceptable principle of Ayurveda. According to this, taking Sattvik food shall increase the Sattvik tendencies and so on and so forth.

Accordingly, by changing the food as needed, by just controlling the food not only diseases could be kept at bay but the temperament of the person could also be changed to some extent. This can also assist in treating mental cases.

In our day to day life also we experience lightness of mind, increased application to work and sound sleep at night the day we fast or take light fruit repast and on the other hand, whenever we eat heavy or hardly digestible food or overeat then we feel heaviness and fickleness of mind as well alongwith that of the stomach. It is also said that, 'heavier the bowels heavier the head'. In such a condition one shirks work and is not able to sleep well. Even if one sleeps he is haunted by bad dreams. One sleeps by fits and starts. One does not feel fresh next day in the morning while leaving the bed.

Obviously the food is closely related with mind. If you want to keep your mind peaceful and stable then you must use your discretion and poise in the matter of diet.

Fasting for Health

Dr. R. K. Singh

Fasting provides complete rest to the digestive system of the body. Fast is a natural state and is demanded by nature. Animals, birds and all living beings need it. A diseased animal is more sensible than a sick man. The former does not eat good fodder during sickness, in fact it doesn't even look towards any refreshment. It understands that eating is like poison during sickness and fasting is like nectar.

We all fall ill and then we lose our appetite automatically and yet being intelligent animals we keep on eating something or the other. Fasting is the strongest means of removing foreign substances bred by the disease. During the fast, the entire energy of the body gets set to remove the disease and consequently the disease gets out and body becomes strong and healthy.

There is an interesting case of an old man, who remarkably recovered from multiple diseases by fasting. He was 70 and was a chronic sufferer of asthma. He had carbuncle, deafness, baldness, weak vision etc. He had taken allopathic cures and had been despaired of all. One day he walked into a nature cure institute where he was at once admitted. The physician advised him to cease all medicines and take complete rest. He was advised to take water only. He thought that the medicine is being tougher than the disease, how can I live without taking

food. "The body had become so weak that it was not capable of drawing in oxygen. However, the doctors convinced him to be fearless and he was assured of careful attention - and security from all dangers.

He started fasting with some worry. It was a new and strange experience for him. Next morning the fit of asthma was horrible. The patient was strengthless even to breathe. He rang the bell when the doctor came and examined him and told him that he would be much better very soon, may be in 24 hours.

Next morning when the doctors came to see the patient, he was much better. His happiness and pleasure was boundless. He was breathing like a child. As long as he was admitted he never had an attack of asthma. His carbuncle was oozing pus. Fasting was continued. After six days he was able to urinate like a baby. Carbuncle was healed. After 25 days of fasting the patient asked the doctor as to whether he may break the fast. The doctor said "you are still not alright so it would be wiser to continue the fasting."

The patient obeyed the doctor and continued fasting. On the 36th day he lost his deafness. After 42 days of fasting, he broke his fast. He became totally healthy and happy.

Simple Method of Fasting

Fasting has to be practiced very carefully and methodically. It does not mean that one can suddenly stop eating or start abruptly. Here below is described the systematic method of undertaking a routine fast and breaking it carefully.

Ist Day - Eat bread and vegetables once. On the second time eat just the vegetable and no bread.

IInd Day - Eat Vegetables and vegetable soup and no bread.

IIIrd Day - Take fruits and fruit juice only.

IVth Day - Take milk or curd.

Vth day - Take fruit and fruit juice.

VIth day - Take milk or curd.

VIIth day - Take fruit and fruit juice.

VIIIth day - Take vegetables and vegetable soup.

IXth day - Meal once and vegetable for the second time.

Xth Day - Two meals.

Long fasting should be taken only on the advice of a doctor. After fasting for long, rest should continue for at least one week, even if one is having regular meals. Work should be begun slowly. After short term fasting, one may start normal working. All are advised to fast according to the above chart only.

B-403, Third Floor, Nirman Nigam Colony, Sector-19, Ring Road, Indiranagar, Lucknow.

Diet and Behaviour in Pregnancy

Dr. Ravindra Prakash, Kanpur

Pregnancy is a singular and electrifying experience for women. Pregnancy causes many changes in their life. These changes are accompanied with some problems which should be solved promptly. So, every pregnant woman must take better care of her health than before.

During pregnancy, generally they feel especially weak and melancholy in the morning. This is called morning sickness. Some women do not have morning sickness at all while some have it in an acute form. If the pregnant lady is not able to eat at all and is fast losing weight, then it may come to harm. Nausea, giddiness and weakness are the symptoms. In such conditions women should not insist on rising early and be late risers and do their chores leisurely.

They must put on loose garments and try to cool themselves. Windows of the room should be open to allow fresh air.

Excess of sweetmeat, soured substances and spices should be avoided. The food must have plenty of vitamins and minerals. Green leafy vegetables and seasonal fruits are to be taken freely. Early in the morning lemon juice should be taken with warm water. Avoid excess of coffee or tea.

Some pregnant women have dark black spots near the eyes or on cheeks. These disappear after

the childbirth and should cause no worry.

Pregnant women must take nourishing diet such as bread of wheat-flour with bran, potato, meat, fish, egg, cheese, coconut, groundnut, spinach, cauliflower, cabbage, soyabean, fenugreek and peanut. Green vegetables rich in folic acid and iron should be used freely.

A good balanced diet keeps the nails healthy. Deficiency of vitamin A and consecutive use of detergent powders and chemicals makes them wither away. Pregnant women must wear gloves while doing domestic works to protect the nails. Pregnancy also requires special care of hair. During this state, falling of hair is accelerated and it also becomes unruly. Dietetic substances having calcium should be taken in plenty.

Constipation must be avoided by taking light and easily digestible diet. Excess of sour & pungent things and spices should be used sparingly only.

Mind Your Gums & Blisters

When embryo comes in the foetus then the body experiences the growth or depletion of various hormones. Various changes occur in the mouth also and create various problems. The problem is called pregnancy gingivitis. This problem arises more or less in almost every case of pregnancy. Due to swelling in

the gums they become very weak and start bleeding on slight pressure. This problem depends on the state of gums prior to conception.

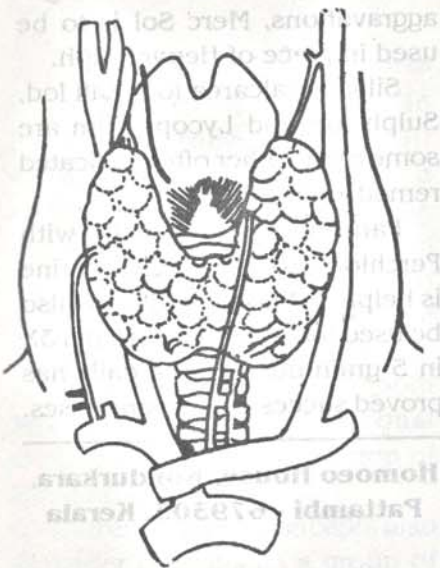
Generally the sickness of gums is due to settling of a layer over the gums which is called 'dental plaque'. This plaque settles on teeth daily as a light yellow and sticky layer. If this is not cleaned daily then it gets settled over the teeth and after some time hardens and is then called 'dental tart'. Each and every one of us can experience this before brushing the teeth in the morning. This problem occurs to those women in an acute form who are negligent of cleaning their mouths.

Many pregnant women have blisters on their tongues and cheeks which are very painful. Generally these occur due to hormonal changes in pregnancy.

Generally, these minor problems are due to hormonal changes and disappear after the delivery. Washing of mouth should be taken special care of during pregnancy. Brushing should be undertaken twice daily i.e. in the morning and before going to bed. However, those pregnant women should consult a good physician who have problematic swelling of gums, bleeding gums or pus in gums.

**94/5, Babu Purwa, Kidwai
Nagar, Kanpur - 208011.**

Tonsillitis



When a child is taken to your consulting room with a blunt look, opened mouth, nasal discharge and hanging lower jaws, you have to examine his mouth and naso-pharyngeal region very closely. When the adenoids and tonsils are hypertrophied, the child will snore loudly in sleep and will breath through open mouth. Adding to this, when this portion is inflamed, it causes obstruction in the Eustachian tubes and results in hearing problems also.

Tonsillitis

Inflammation of the tonsils is termed as Tonsillitis. Tonsils are Nature's barrier to protect the upper respiratory tract and alimentary tract from viral and bacterial infections. When you examine the tonsils in children, you have to bear in mind that a

certain amount of enlargement is common in early childhood. As puberty approaches, the tonsils will diminish in size. Tonsillitis is mainly a disease of children of the age group 3 to 14. But it is also prevalent in some adults of low vital force.

Symptoms

Acute tonsillitis starts with a moderate fever and sore throat. Cervical lymph nodes are enlarged. Swallowing becomes painful. This pain sometimes radiates to the ears. On open mouth examination, the tonsils can be seen enlarged, reddish with yellow spots containing pus. Muscular pain and debility indicates general toxæmia. Common causative bacteria include Streptococcus, Staphylococcus or Pneumococcus varieties. Caries in teeth, poor oral hygiene and under nourishment are the supporting factors for infection.

Prognosis

Acute tonsillitis has 4 stages of development. (1) Catarrhal Tonsillitis is the beginning stage with sore-throat and swollen mucosa. (2) Follicular Tonsillitis is second stage with yellow spots and follicles. (3) Membranous Tonsillitis is when the exudate forms a pale membrane over the tonsils. (4) Parenchymatous Tonsillitis is the stage when the whole body of tonsils is uniformly congested and enlarged.



Dr. P. Ali

Treatment

Homeopathic remedies when suitably selected and administered in suitable potencies can cut short the duration of illness and when properly treated will lead to complete cure. Many unwanted surgeries can be avoided, retaining this valuable 'Check-post' in its original place. Homeopathy, being a holistic treatment, treats the patient as a whole, considering his constitutional variations. In Homeopathic point of view, the pre-disposing cause of tonsillitis is either Tubercular diathesis or Rheumatic diathesis, and the treatment normally includes the remedies that enable to remove or ratify the diathesis also. Some of the most commonly indicated Homeopathic remedies in cases of tonsillitis are listed below :

Belladonna

It is very useful in the beginning stage of uncomplicated acute cases with fever, headache, dry mouth and sore throat. The flushed face and throbbing pulse are characteristic. During this stage,

Belladonna-30 can be given in 5 drop doses in 2 drams of water every hour for three doses and then every 3 hours till the case is under control. Highly efficient in the catarrhal stage.

Phytolacca

It is a deeper acting remedy than Belladonna. This remedy is useful just after the Belladonna stage. In Belladonna stage, the tonsillar mucosa will be glazing red whereas in the Phytolacca stage, it turns to dark red or purple. Mouth is not so dry. A little moisture appears in mouth. Urine is scanty and dark in majority of cases. Backache is another characteristic symptom which calls for this medicine. It is much useful in the follicular stage. Phytolacca-3 can be given

in 5-drop doses every two hours. For a speedy recovery use the tincture 1 part to 9 parts of water as a gargle.

Mercurius IOD Flav

This remedy is useful in the later part of follicular stage when there is profuse salivation. The tongue is coated with dirty white or yellow at the base with foetid breath and enlarged cervical glands. The patient will be very uncomfortable. This remedy in 3rd potency can be given in 5-grain doses every two hours and use Phytolacca gargle also.

Hepar Sulph

This remedy is very useful in the suppurative stage of membranous and parenchymatous tonsillitis. Low potency is used to hasten

suppuration and high potency is used later to prevent suppuration. The skin is unhealthy, readily suppurating and dry. If the skin is moist and unhealthy with night aggravations, Merc Sol is to be used in place of Hepar Sulph.

Silica, Calcarea Iod, Kali Iod, Sulph Iod and Lycopodium are some of the other often indicated remedies in this case.

Painting of the tonsils with Perchloride of iron and Glycerine is helpful. Hot salt water can also be used for gargling. Thyroidin 3X in 5 grain doses twice daily has proved successful in many cases.

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Amvata and its Management

Prof. (Dr.) S. K. Mishra, Ayurved Directorate, Lucknow

Amvata' - though denotes a defined disease entity in Ayurveda since the time of Caraka (2nd cent. B.C.) a common man considers it to be a group of joint disorders. During the medieval period Madhava Nidan described the diagnosis of Amvata in a 'scientific manner. However, 'Ama' and 'Vata' both have a one to one and equal participation in the causation of the disease.

Current modern concepts also consider arthritis as a group of around hundred disorders but mainly three diseases are of prime concern when we tackle the problem of arthritis e.g.

- Rheumatic & Rheumatoid Arthritis
- Osteoarthritis
- Gout.

Out of these also 'Gout' is more or less a generalised disorder. Hence Rheumatic Rheumatoid and osteoarthritis are commonly encountered as common man's problems the former being more common in the modern era. However the latter is a past middle age disorder partly due to this process of ageing and partly due to degeneration of the cartilage and crystal deposition in the joints in a progressive fashion.

If we trace the evolution of 'Rheumatism' as a whole, historically, we find that the word

is derived from 'Rheumatimos - meaning 'mucus' - in Greek language. They also then believed that the disease was due to an abnormal substance moving through the body cavity.

'Hippocrates', the father of modern medicine has also described 'Arthritis' but the clinical picture described is that of 'Podagra' or Gout and 'Rheumatic fever'. It was Sir Alfred Barring Gärrod (1859) who, for the first time, used the word 'Rheumatoid Arthritis' for a disease manifested by inflammatory affections of joints not unlike Rheumatism in some of its characters but differing materially from it. In 1907 he differentiated 'Osteo-arthritis' from Rheumatoid Arthritis' Concurrently the term is being replaced again by 'Rheumatoid disease' which indicates the involvement of other structures like tendon, connective tissues and even viscera. Hence the current concept is to consider it not only a joint disorder but a systemic disease.

Now we see that the concept of Ayurveda that 'Nidan Sevan' leads to Agnimandya which causes production of Ama reaching Hridaya (heart) and from the Pranavah Srotomula under the influence of Vayu reaches the Slesmasthanas (*Vayuna Prerito Hyamah Slesmasthanam Pradhavati*) This in its turn

involves 'Rasa Dhatu' including the joints and other related tissues; is a concept not very dissimilar to the latest thoughts centering around the 'Rheumatoid Disease.'

Present day's problem regarding 'Arthritis' is also more of Amvata vis-a-vis Rheumatoid arthritis.

The actual causation of the Rheumatoid disease is still obscure. However several theories e.g.

- Infection theory
- Vascular theory
- Psychosomatic theory
- Enteropathy theory
- Auto immune theory

have been forwarded to explain its origin. However by careful consideration of all these, it emerges that no single theory is in a position to explain all the facts regarding 'Rheumatoid Arthritis'.

Immunity and vis-avis-Rheumatic Arthritis Amvata

The capacity of human body to fight against a foreign protein (antigen) is generally known as Immunity. This protects us naturally from the disease and is of two types :

1. Natural and
2. Acquired

The 'first' is inborn and relates to some substances in skin, digestive and respiratory system and the Neutrophils, Eosinophils, Basophils and

monocytes (except some lymphocytes). Some of them act as Phagocytes.

The second is acquired (artificial) related to 'T' and 'B' lymphocytes - found in the lymphnodes. A few lymphocytes are also found in pharynx, spleen and digestive system, which act locally.

When a foreign body or antigen containing substance enters the body, 'B' and 'T' lymphocytes are stimulated and in turn 'B' cells produce innumerable antibodies (immunoglobins - which are Polypeptide chains) they stick to the foreign antigen and destroy them. T cells produce memory cells which help in this function.

Though 'immunity' and 'allergy' are not the same but they are nowever the two facets of the same coin. 'Gluten enteropathy', the theory of causation of rheumatoid Arthritis has thus become a major cause of the disease.

There is clear evidence that the succeeding events in Rheumatoid Arthritis are immunologic in nature though the stimulus is not clearly identified. Virtually all patients with classical Rheumatoid Arthritis have Rheumatoid Factor (RF) in their sera.

Management of Amvata

In modern medicine, this being a disease of the known etiology they proceed to treat rather than manage it by analgesics and anti inflammatory drugs. The current trend to treat these disorders by 'Non-steroidal anti inflammatory drugs only

gives a false sense of security to the patient on one hand and has its side effects like dyspepsia and such other gastrointestinal disorders on the other. If we utilise our knowledge of Ayurveda knowing the fact that Amvata is a disease of stomach the root cause being 'Agnimandya', we should actually prohibit the same thing precisely what the modern medicine is currently applying.

Since the time of Caraka who has described the management of Amvata while describing the treatment of various forms of Vata there are good descriptions of management of Arthritis as a whole in various, headings e.g. Vatarakta, Sandhigata Vata and the like.

After the detailed description of Madhava Nidan, the management evolved further. Digestion of Ama (Amapacana) by drugs Langhana, Swedana etc. and the precise knowledge of Upsayanupasaya (therapeutic tests) further evolved its scientific management.

During past 50 years a Ayurvedic research in this field has made tremendous progress and drugs like Guggulu, Kupilu, Rasna, Sallaki, Aswagandha have been scientifically evaluated. Conventionally also, these drugs have been used in managing various joints disorders in different forms. Ayurveda believes generally in using combinations of plant medicines or the herbomineral compounds which are scientifically also more useful in diseases of multiple etiologies.

The comprehensive concept of management of Amavata in Ayurveda can be summarised as Langhana, Swedana, Tikta and Katurasa, Agnisandipana, Virecana, Snehapana Vasti, Ruksasweda, Sneharahit Upnaha (poultice without fats), Anuvasana vasti (by saindhavadi taila), Kasarvasti, Pacana and Vaman.

In our own research evaluations we have found that 'Kupilu' and 'Guggulu' in their entirety i.e. all their preparations and individually are the most appropriate drugs to be selected. However there is a point of caution that the patients have to be individualised and under strict supervision of a knowledgeable Ayurvedic physician should the management be executed. However there is ample scope that the patient can himself do like Langhana for Amapacana (light diet), Apetizers Sunthi and other Katu Tikta Dravyas, which cause 'Agni Sandipana', dry fomentation (Ruksasweda) and such other measures help the patient tremendously.

Common Ayurvedic Preparations

Rasna Guduci, Deodarua, Aragwadh majja, goksuru, erandamula, and punarnava taken in equal amounts and prepared by decoction method (i.e. take 25 gm of coarse powder add 320 ml. of water boil till 80 ml. remains - filter (let it cool down). Take 40 ml of this add 1 gm. of Shunthi (dry ginger powder) divide in two doses, take in the morning & evening.

This is Rasnasaptaka Kwatha.

This singularly and alongwith other medicines helps alleviate the symptoms of Amavata.

Amvatari Rasa taken with warm water in doses of 200 mg., thrice a day helps. Alongwith this, the above decoction may also be taken but milk and such other things which produce Ama should be prohibited.

Guggulu preparations like Yogarajaguggulu, mahayogarat Guggulu Simhanada Guggulu, Shiva Guggulu, Kaishore Guggulu, with appropriate adjuncts and advised dietary regime under the supervision of a Vaidya are an asset in the management.

Shuddha Kapilu or its other preparations like Agnitundivati, Krimimudgar Rasa, Vishtindukavati etc. also are useful in individually decided doses.

Rasaraj Rasa in doses of 110 mg. with a powder of Aswagandha Curna 1 gm. Pippallicurna 1 gm and Pippalimula curna 1 gm. thrice daily with honey alongwith appropriate Ahar, Vihar and Carya is beneficial in Amvata.

Do's (Pathya) : A patient suffering from Amavata or for that matter any Arthritis (except osteoarthritis) should take such things which increase drynes in body, produce much of sweat, should take light diet.

- Clear bowels either by drugs or by Vastikarma
- Should take old rice
- Kulthi
- Vata and Kapha correcting diet & regimen.
- Punarnava, Rasona (garlic),

Parval, Karela, drumstick, Vidhara, Ginger (Ardrak) and such other dietary articles which reduce Ama in the body.

- Always take warm water or buttermilk.

Dont's (Apathya)

- No curd, fish or jaggery (Guda)
- No milk, no moist air

- Viruddha Ahar like salt & milk and such others described in Ayurveda should be avoided.
- Late nights and Vamp climate should avoided.

In a nutshell Ayurveda has formulated a comprehensive regimen for the management of Amavata and related disorders one could benefit by them.

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Rasayan in Ayurveda

*Prof. (Dr.) Shiv Kumar Mishra
Ayurved Directorate, Lucknow*



Ayurveda has set two purposes for itself. First is the protection of the health of the healthy person and second is the pacification of patient's disease. Generally the devices of former are included under the name Rasayana (*'Swasthasyo-ujaskaram yat tu tadvrshyam tadrasayanam'-Charak*).

Use of Rasayana imparts longevity, memory, retentive power, diseaseless body, power of staying young, and a dominating personality. It endows the body lustre and complexion and makes the voice graceful. Body and sense organs are fortified with supreme power, Vaksiddhi is attained by which whatever one says is distinctly heard and comes true, which brings fame and honourableness. The cause is the optimum blossoming and nutrition of Dhatus by which Ojas is also well nourished which brings all the said benefits in its wake.

That is why Charaka has said that the devices of acquisition of excellent Rasadi Dhatus are termed Rasayana - *'Labhopya hi Shastanam rasadinam rasayanam'*. These keep one free from old age and diseases for long time and perpetuate the immunity of the body. Memory, retentive power and happiness of mind inclines one towards vegetarian diet which in turn keeps the body and mind pure. There being healthy mind in healthy body it helps in creating a Sattvik (pious) society and fosters positive thoughts and leads to the formation of a healthy society.

Ayurvedic texts describe two methods of taking Rasayanas namely Kutipraveshik and Vatatapik. These should be the modern versions of hospitalization and outpatients, respectively.

The ceaseless use of Rasayanas needed by the tortured human beings of modern life seems to be feasible by the Vatatapik method only. Moreover, as Kutipraveshik method needs large financial resources, so it should be earmarked for the affluent class of the society only. However, it must be acceded that of the two methods, the benefits of Kutipraveshika are by far greater.

Obviously, the use of Rasayana preceded by the purification of body and mind yields better results. In our times, the purification of mind indicates a relatively objective state. So Rasayana may be taken after the evacuation of bowels. As such taking of Rasayana may be begun after taking 5 gm (one spoonful) Haritaki powder or Triphala powder, when one feels that his bowels are properly evacuated. There are umpteen Rasayanas available handily such as Chyawanaprasha, Dhatri Rasayana, Brahma Rasayana, Amrita Bhallataka, Amalaki Rasayana, Ashwagandha powder etc. Any one of these selected as per capacity of the individual, provides the expected benefits.

Not only that many Rasayanas are available for the betterment of memory and retentive power but there is a glut of modern experiments and research over them. Among these Brahmi, Shankhapushpi, Guduchi, Yashtimadhu are noteworthy. Their use helps in avoiding Alzheimer disease which occurs in plenty to-day. Use of Pippali perpetuates the function of Agni in its purest state which ensures optimum functioning of Pitta and consequently the intellectual power of the person does not wane.

The above methods are based on proven medicine, and Vaidya's advice is also essential therein. However, Indian text writers have suggested certain experiments which may be carried out successfully by individuals with little advice and obtain boundless physical, mental and spiritual power and thereby easily avoid the various discrepancies arising from the tense life of modern times. Among these supreme place belongs to the practical methods of Yoga, i.e. Yama, Niyama, Asana, Pranayama, Dhyana, Dharana

and Samadhi, which if followed according to the individual capacity and direction make possible diseaseless life. However, it is observed that the entire world is attracted towards it but in our own country there persists a tendency to disown it.

Charak has propounded a composite philosophy of life called 'Achara-Rasayana' (behavioural elixir) which can be an exclusive method of avoiding the modern fatal diseases like AIDS and other sexually transmitted diseases. In the present times of pervert thinking, there is a sort of competition to negate the philosophy of life and 'unit correction.' In modern medical science some such thoughts are being mooted that 'do as you please and live as you like, we shall take care and find out the solution.' In our humble opinion this is a process of chasing the mirage. Now the times have arrived when we should encourage the tendencies of self-observation or self-control. Achara Rasayana of Charaka is an advice something along this line.

Ever speaking the truth, never losing temper, keeping away from drinking wine and other bad habits, being extremely restricted in sexual intercourse (continence would be the best), being non-violent by thought, speech and deed, being pacified, honey-tongued and being devoted to prayer, penance etc., forbearance (not being miserable even in misfortunes 'Vipadyapi' manosoadayam'), daily giving alms (which could be of knowledge as well), worshipping, serving and nursing the seer, cow, Brahmin (Knowers of Brahma), teachers, philosophers, seniors by knowledge and by age and being of kind attitude. Keeping balanced hours of sleeping and waking, to wit, sleeping and waking as per requirement, daily having milk and ghee with meals. Behaving after conscientiously considering place, time, quanta and device; being prideless, well behaved, generous and directing the sense organs towards spirituality (knowledge of self), congregating with elderly and restraintful people and following their precepts shall also be considered as perpetual taking of Rasayanas. That is, the follower of above good behaviour shall reap the benefits of taking Rasayanas. This was the Indian tradition by which our forefathers attained longevity.

It would be proper here to make it clear that the modern medical science is a disease-oriented science, whereas Ayurveda is a patient-oriented science. That is why it is essential in Ayurveda to assess the temperament and personal circumstances of the patient. Treatment must be done after properly examining each and every person, 'Purusham purusham veekshya' i.e. each one must be given specific treatment based on his personal specificities, not just based on the disease.

Finally I would like to quote Geeta

Yadyadacharati shreshthah tattadevetaro janah

Sa yat pramanam kurute lokastadanu varttate.

That is, people emulate the doings of the excellent men. So if you perceive truth in the above then please set yourself as an exemplar and be helpful in propagating the various dimensions of using Rasayanas in a healthy society. This is not only the best form of serving the nation but also is the best public service and the service of the entire humanity.

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Rasayan Therapy

Old age commences at 60, according to Charaka. However, Sushruta says that symptoms of degeneration set in after the age of 40. The destruction of tissues exceeds their production. Tissues become feeble, sense organs begin slackening, eyesight and hearing are weakened, intellect is feebled, hands and feet are lax and efficiency gradually falls. Now-a-days scientists and physicians all over the world are actively busy in eradicating the various ills of old age.

Ayurveda also has studied old age in minute detail and has advocated various ways, means and devices to maintain the tissues in optimum condition. Moreover Ayurveda advocates the use of Rasayana therapy right from youth to perpetuate it.

Rasayana

The substances which enhance the Ojas of a healthy person are called Rasayana because they enhance his efficiency as well. The structures which support and nourish the human body are called Dhatus. Doshas and Malas in equilibrium are also called Dhatus. Those substances which derive the refined parts of Dhatus are also called Rasayana. During the youth the Dhatus are in the refined state in a healthy body. This state if conserved keeps one young. All such devices and procedures are Rasayanas, which

obviate old age and make the body immune against all diseases.

The optimum age of taking Rasayana is youth. Some people start taking Rasayana in the old age when degeneration has set in. However, Rasayana therapy does not provide full benefits then and taking of Rasayana though enhances strength yet does not stop old age from arriving quickly. Therefore, Sushruta has advocated the use of Rasayana in the middle of youth after purifying the body by means of Panchakarma.

Behavioural Rasayana

Rasayana therapy yields results only when the body and mind are pure. Good behaviour, good thoughts and control of sense organs purify the mind. According to Charaka, one who always speaks true, reigns anger, does not take intoxicants, observes continence non-violence, does not work beyond his strength, is mild-natured, sweet-tongued, pious, brave, sober, munificent, laborious and greets, is hospitable, sympathetic, helping and loving, goes to bed and rises on time, takes milk, ghee and nourishments daily, is not proud, knows the change of times and places is not sensuous, seeks the company of theists and shuns the atheists, is sharp-brained and not narrow minded is a partaker of Rasayana. That is, such a one can attain longevity and perpetuate his youth.



Vd. P. C. Jain

Some Salient Rasayanas

Chyawanaprasha - It may be taken at all times and ages by all. The chief ingredient is Aonla which is replete with vitamin and minerals. It is especially good for longevity, cough, respiratory problems and coryza. It should be taken 15-25 gm with cow's milk as vehicle at mornings and evenings.

Brahma Rasyana - It is also made of Aonla and is highly recommended by Charaka. Dose is 10-20 gm and cow's milk is the suitable vehicle.

Bhallatak Rasayana - One drop is taken with 10gm cow's ghee at mornings and evenings followed by cow's milk. The dose is gradually increased.

Shilajatu Rasayana - 1 to 1.5 gm is taken with cow's milk at mornings and evenings.

Apart from these Amalaki Rasayana, Triphala Rasyana, Nirgundikalpa, Trailokya Chintamani, Vasant Kusumakar, Swarna Bhasma, Brihat Purna Chandra Rasa are also used as Rasayana in various diseases. Aonla, Haritaki, Amrita, Rundanti and Guggulu are also used as Rasayanas.

288/65 Aryanagar, Lucknow-4

Importance of Rasayana in Ayurveda

Vd. Suresh Chaturvedi

Ayurveda is the science of life and contains devices of eliminating old age and disease throughout the life span. Therefore any device which helps to alleviate disease and old age is called a Rasayana.

Rasayana fosters the tissues of the body. It gives strength to heart, brain and the entire body and enhances the Ojas too. That is why the use of Rasayana helps to increase the physical and mental strength of man.

An Ancient Anecdote

There is an ancient anecdote regarding Rasayana. The great seer Bhargava performed penance for such a long time that his body was completely enveloped by ant-hill, except his eyes which were open. Sukanya, the daughter of the king Sharyati, pierced the eyes with a needle as a prank and they bled. At last the king gave away his daughter Sukanya in marriage to the seer to nurse and tend him.

One day Sukanya went to the river to fetch water where she met the divine twin physicians the Ashwini Kumars who were moved by the plight of Sukanya. They advised the use of Rasayanas by which the eyesight of the seer was restored and he became young as well. The seer later became famous as Chyawana.

The medicines prescribed to him were as follows :

Jeevak-Rishabhak, Meda-

Mahameda, Kakoli-Ksheerakakoli, Riddhi-Vridhhi

These drugs being rare, their substitutes were later found out. Physicians have advised to use Shalam Mishri, Shakakul Mishri, Bahman white and Bahaman red in lieu of Meda, Mahameda, Kakoli and Ksheera Kakoli, respectively. Acharya Bhava Mishra has recommended the use of Shatavari for Meda, Mahameda and Vidarikand for Jeevak-Rishabhak, Ashwagandha for Kakoli and Ksheerakakoli and Varahikand for Riddhi and Vridhhi.

All the above four are used as tubers. Their properties are also alike. They are all heavy, cold, delicious, seminiferous and enhancers of vitality. They also improve eyesight.

Medhya Rasayanas

Charak Samhita describes four intellect promoting Rasayanas, which are as follows:

- Take 10 ml juice of Mandookaparni leaves daily in the morning.
- Take 3 gm Mulethi powder with Cow's milk daily in the morning.
- Take 10 ml Giloy juice with sugarcandy and water in the morning daily.
- Soak the root and flowers of Shankhapushpi in water in the evening, filter and drink in the morning.

All the above four Rasayanas also enhance digestion, beauty

and are tonic. Apart from these, the following are also beneficial.

Syrup of Brahmi or almond in the morning with one marmalade of Aonla should be taken daily. Take equal quantities of Brahmi, Shankhapushpi, Aonla, Giloy and Jatamamsi; powder together and take 3 gm with cold water daily in the morning and evenings.

Use of Saraswatarishta after the noon and evening meals provides quick benefits. Apart from this, Dhatri Rasayan one spoon should be taken with milk in the mornings.

Soma

The lord of creation created a Rasayana called Soma to destroy old age and death. It is found in Himalayas. Soma growing in the Mansarovar area of Kashmir is believed to be the best type. But it also occurs at the source of Sindhu river. Apart from this it is also found at Mallikarjuna, Sahyadri, Malaya, Sripartvat Devgiri, Vindhyaachala etc.

Only saints and great men can identify it. It gives out light in the darkness and its fragrance is spread all over the area. This is a divine medicine and imparts divine powers, longevity, physical and mental energy.

**'Shakti' Charat Singh Colony,
M.V. Road, Andheri East,
Mumbai - 400 093**

Behavioural Elixir

Vd. Ayodhya Prasad Achal, Gaya

According to Ayurveda the body of beings is made of the following seven tissues :

1. Rasa (juice) 2. Rakta (blood) 3. Mamsa (flesh) 4. Meda (fat) 5. Asthi (bone) 6. Majja (marrow) and 7. Shukra (semen). Some include Oja (vitality) in it. Whatever is consumed by the beings only that nourishes these Dhatus. Rasa is formed by the essential portion of the eaten food after the digestion thereof. The superior part of Rasa forms Rakta that of Rakta, forms Mamsa that of Mamsa makes Meda, that of Meda makes Majja and that of Majja makes Shukra. Thus we find that the basic nourishing element of all tissues is Rasa.

The word Rasayana comprises two words, namely Rasa and Ayana. The latter of the two means 'path'. Only such medicines, edibles or devices that promote the growth of all the seven tissues and fortify them, maintain them properly in the body are called Rasayanas. Such as Harad, Gurch, Guggulu, Parad, Gandhak etc. Medicinal compounds made by the combination of Parad and Gandhak are specifically called Rasa or Rasayana.

Acharya Bhav Mishra has defined Rasayana as those endowed with the following attributes :

- restricting the advent of old age
- remove weakness and disability due to old age.

- remove diseases of the psychosomatic system of the beings.
- establish age, to wit, arrest further deterioration at the age of taking Rasayanas and thus maintain the enthusiasm and vitality of youth.
- increase and maintain the activity and strength of eyes, ears, nose, mouth and skin.
- nourish the body by all means, and
- enhance Veerya (semen) and Oja (vitality).

Charak also has enunciated the benefits of taking Rasayanas as follows :

- Body becomes disease-free.
- Life is extended
- Complexion and glow are stabilized.

- Youth is preserved; even in old age the youthful vitality persists.
- Intelligence, retentive power and memory are activated.
- Sense organs and body achieve excellent strength.
- Voice becomes sweet. Vaksiddhi is achieved i.e. whatever is said comes out true.

Humility and magnanimity of temperament is achieved. etc. However full benefits of Rasayanas can be obtained by those only who have pure body, pure mind, strong senses and strong will power. Use of Rasayanas cannot go hand in hand with incontinence.

That is why it has been ordained that before using

Suvarnaprashana i.e. Gold-feeding

The word Suvarnaprashan means feeding-gold. Gold is fed to newborn infants. Ayurveda says it is imperative to feed gold to newborn babies for at least 3-4 days. If it is fed for one month it would be better still. If it is fed for six months the boy would be a genius who retains what he has heard. Maximum benefits are derived if he is fed gold for one year. The boy becomes a super-intellectual and attains longevity. The method of feeding gold is described in Charaka as follows :

*Dravyanam lehaniyanam vidhishchaivo-padeshyate.
Vighrshya dhoute drishadi pranmukhi laghunambuna.
Amasya madhusarphibhyam lehayet kanakam shishum.
Suvarnaprashanam hyetanmedhagnibala vardhanam.
Ayushyam mangalam punyam vrshyam varnyam grahapaham.
Masat paramamedhavi vyadhibhiraucha dhrshyate.
Shadbbhir masaih shrutadharah suvarna prashanad bhavet.*

Sit facing east and then wash the stone with water and then rub gold with few drops of water and blend unequal honey and ghee with it and then make the baby lick it. This device will enhance his power of retention, digestion and muscles as well. He shall be longeval, lustrous and virile. His immunity would be insurmountable and he shall remain healthy and happy to the end of his life.

Rasayanas body and mind should be purified. Before dyeing a cloth it has to be washed perfectly clean. This ensures good dyeing. If dirty clothes are dyed as such they do not hold the colour fast and are not dyed properly. The same is the case with the body. Hence the body is first purified by the necessary Pachkarmas so that Rasayana may exert its influence over the body fully well.

If the body is purified but the mind is not made pure then danger underlies. Even a slight act of incontinence (disorderly food and behaviour) is sufficient to undo all that has been achieved. That is why purity of mind is essential for users of Rasayana. The english proverb - 'if wealth is lost nothing is lost, if health is lost some thing is lost, and if character is lost everything is lost' - holds good.

Purity of behaviour depends on the purity of mind. As you think so you be. Your personality will blossom according to your thoughts.

That is why Charak has conceived 'Achara Rasayana' (behavioural elixir) for the users of Rasayana. According to him just as the physical Rasayana provides new strength, new energy and new youth to the body similarly Achara Rasayana washes away all the dirt of mind making it strong, energetic and peaceful. Until both are not practiced simultaneously expected benefits cannot be derived. In fact he has placed Achara Rasayana over and above the medicinal Rasayanas. According to him if a healthy person practices Achara

Rasayana methodically and carefully he would not need any Rasayana. He will be automatically deriving all benefits of taking Rasayana.

It has been stated in the fourth quarter of the first chapter of Chikitsa Sthana of Charak Samhita that one who always speaks true, is devoid of anger, keeps away from wine and women, does not hurt anybody through mind, speech or deed, does not work beyond capacity, keeps his peace of mind, speaks sweet, mutters God's name, behaves with purity, is courageous, charitable, religiously performs his duties, wholeheartedly worships God, Cow, Brahmins, teachers - preceptors and old people, has pity for all, has no cruelty, sleeps and rises at regular times, uses milk and ghee regularly understands the measure of lands and times (namely knows

the effects of marsh, wild, desert, lands etc and intake period, distribution period, winter-summer-rainy seasons and accordingly alters his food and behaviour) knows devices, is prideless, is devoid of mean mentality, has excellent behaviour and thoughts, has sense organs under control and guides them towards spirituality, who worships the wise, the pious, the enlightened, the theists and those who have conquered their sense organs and live according to the rules of religion should be deemed as those who daily use Rasayana. Such people automatically derive all benefits of Rasayanas.

Behavioural elixir is a unique concept of the great seer Charak. This should also be an eye-opener to those who believe the psychosomatic medicine of today to be a great achievement of the modern medicine.

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Rasayana or Rejuvenation Therapy

Vd. V. B. Mhaiskar

Rasayana or rejuvenation is a specific therapy in Ayurveda. Charaka defines it as "Labhopayo hi shastanam rasadinam rasayanam" i.e. "Rasayana is a therapy through which it is possible to gain quality tissue".

The word Rasayana has two components, Rasa and Ayana. Rasa means the all-pervading nutrient fluid in the body. Ayana means a way (to get). A way to get the best quality Rasa is Rasayana. The term Rasa also means all the seven tissues in the body. Hence Rasayana is a therapy or a way to get the best quality Dhatus (tissues).

The human body is a psychosomatic unit. Perfect health is not only the result of perfectly balanced Doshas and Dhatus but it equally depends on the mind. Normal behaviour results from normally functioning mind. Charaka speaks of "Achara Rasayana" - good conduct, which acts as a vitalizer. According to him one who speaks and follows truth, is free from anger, abstains from alcohol and other vices, has respect for elders and the learned, is compassionate, moderate and balanced in actions, versed in propriety, devoid of egotism and is self-controlled, will enjoy the benefits of vitalizer or Rasayana. This type of behaviour is conducive to physical vigour. This is because the mind influences all physical

aspects and is linked up with the soul.

Modes of Administration

Administration of Rasayana is possible in following ways :

Kutipravesika - This method requires the construction of a special hut at a particular location having three chambers of required dimensions, one inside the other. Only one entrance opens out, the other two open within. The hut has small windows placed in a manner that avoids direct gushing wind and provides light in an indirect manner. The patient stays indoor and is not exposed to open atmosphere, direct breeze, sunlight, heat cold or loud noise. The stay indoors may be for a few days, weeks or longer, depending upon the type of Rasayana and the nature of illness. This method is very elaborate and expensive. However it provides best results.

Vatatapika - Where one is exposed to Vata (wind) and Atapa (sunlight and heat). This treatment is administered in an open atmosphere.

Susruta has given details of persons unfit for Rasayana therapy:

Individual	Cause
lazy	Fails to begin
poor	poverty
inadvertent	wavering mind
addicted	lack of self-control
sinful	lack of piousness
one having	failure to get the

disregard for correct medicine
the therapy
one not ignorance
having self control

When to Use Rasayanas

Rasayana is given to healthy individuals to promote vigour. The best time is Visargakala (seasons of release) including rainy, autumn, winter, when the sour, salt and sweet tastes have a powerful influence.

However, Naimittika Rasayanas, which are adopted to cure specific illnesses, have to be taken as and when necessary.

Ajasrika Rasayana, is taken daily, like milk and Ghee at bed time everyday. The proper time of the day for the intake of Rasayana is in the morning hours.

Preparation of the Individuals

Vamana (emesis) Virechan (laxation), Basti (enemas of medicated oils and decoctions), Nasya (nasal installation with juices, oil etc.), and Raktamokshan (blood-letting) are the five modes of elimination. One, two or more of these are to be carefully planned and carried out, to cleanse the channels and thereby assure nourishment even to the finest tissues. Rasayana administered without such a cleansing fails to give the ideal desired benefits.

Dose of Rasayana

One has to take an amount

equivalent to the amount of one full regular meal. Thus one takes this amount in the early morning, waits till it is fully digested and the appetite for a meal reappears. This usually leaves no chance for lunch. The evening meal comprises only cooked rice alongwith milk.

Numerous herbal preparations are given under the category of Rasayana. Amalaki, Haritaki, Shatavari are some of the examples. These are used in the linctus form. Pippali is used in the Kshirpaka (boiled in milk and water till the water has evaporated) form. The linctuses should be taken without any adjuvant or excipient. Powders of Ashvagandha, Shatavari, Nagabala etc. are recommended to be taken with honey or milk. Herbal Rasayanas are enriched with two or more substances coming from the metals and mineral class. The commonly used Dhatus are gold, silver, iron etc.

Food and Functions During Rasayana Therapy

In most cases of the classical herbal Rasayanas, where the dose is a large one, lunch is dropped. Dinner consists of rice and milk. Activities are almost minimal in the Kuti-Pravesika Vidhi. Now-a-days only Vatatapika variety is practised which as the name goes, does not involve much of the dietary and other restrictions. Even so, it is good to take light, warm, fresh food. Indigestion, excessive heat, cold and excretion are avoided.

**5. Ravi Deep Society,
Subhanpura, Vadodara**

Salient Features of an Ideal Rasayana

Vd. Vilas Nanal, Pune

An ideal Rasayana must have the following properties :

The use of Rasayana must elongate life to a hundred years, distance old age and perpetuate youth. That is the destructive nature of the body must be limited and the body must remain active for long and even after the lapse of youth the body must be as strong, lustrous, virile and enthusiastic as in youth. The sense organs must be as sharp as in youth.

Life is the combination of body, mind, sense organs (ear, skin, eyes, tongue and nose; speech, hand, feet, anus and penis) and soul. The use of Rasayana must remove the error of each of these parts and make the combination flawless and completely reactivated, the aim is longevity rather than beauty.

In ancient times the boy was sent away from home to a teacher's place after the thread ceremony and preaching of Gayatri Mantra. He had to delve deep into the scriptures and texts and retain them in his memory. A brain capable of this fine job is called Medha. The taking of Rasayana must make the intelligence sharp, pointed and permeable. Shankhapushpi syrup sold nowadays with much fanfare is an example of such a Medhya (intellectualiser) Rasayana.

Tonicity

The Rasayana must increase the strength of the body, so that

one can perform his works perfectly well, effortlessly without getting tired. Nourishment of the body is measured by the exercisability. If one becomes breathless, puffed out and sweaty by exertion then his lack of strength becomes manifest. A heart patient becomes puffed out by climbing stairs. Diarrhoea causes loss of voice due to depletion of strength. Use of Rasayana increases the physical strength.

Elimination of Disease

The above functions of Rasayana are perpetuation of the health of a healthy person. However, in disease there occurs the damage of tissues in the body and thereby one suffers tortures and life becomes a drudge. Taking of Rasayana in such a condition alleviates the disease and restores the tissues to their original potencies. For example, Vidanga is a Rasayana in worm infestation, Shilajeet is a Rasayana in urinal disorders and in anaemia Louhakaalpa is a Rasayana.

Therefore an adept Vaidya prescribes general Rasayana such as Chyawanaprasha to maintain all the tissues like Rasa etc. and perpetuates strength, intellect, age and life. On the other hand, in the case of a disease he prescribes a select Rasayana to accomplish the elimination of the prevailing disease.

Rasayana Substances Useful in Ayurvedic Surgery

Dr. Rajiv Pundir

Whenever a disease gets advanced beyond a certain stage and no medicine helps, we have to resort to surgery. Nowadays surgery has become very common. In almost all diseases, surgery is advised. The chief causes are the inability of the modern medicines to cure the disease and the instant financial gain to the doctors through surgery. Other main cause is the use of anaesthetics in surgery which precludes pain. Even then the patient becomes apprehensive of incision, splitting open and curettage. Moreover, by the time surgery is advised the patient has already become too weak. His physical and mental strength has emaciated. In such a state he needs Rasayana therapy in addition to other medicines so that his physical and mental powers are restored.

If we examine the nature of diseases we find that they are of three types. The first are those which do not need surgery such as fever, diarrhoea, asthma, epilepsy etc. The second type includes diseases like piles, kidney-stones, inflammation of gall-bladder, gall-bladder stones, goitre, enlargement of prostate etc. wherein surgery is needed when medicines have failed. The

third type of diseases are cured by surgery only such as tumour, purulent wounds, fractures etc.

Use of Rasayana in all the abovementioned illnesses is beneficial. The Rasayanas described in Ayurveda help in their prophylaxis in the first place. During the initial stage of such diseases, use of Rasayanas arrests their growth. As such most of the patients do not need surgery.

Cataract

To preclude the occurrence of cataract, Rasayanas like Triphala Churna, Saptamrit Louha, Mukta shukti, Siddha Makaradhvaj, Triphala Ghrit should be taken daily after the age of 45.

Prostate Gland Enlargement

The prostate gland of men gets enlarged with age, resulting in tortured urination. This disease occurs due to the loss of vitality there is no other remedy to it in modern medicine except surgery. However, taking Chandraprabha vati 2 tabs in the mornings and evenings daily after the age of 45 arrests the growth of this gland and most of the men can avoid surgery by this means. Chandraprabha vati is an important Rasayana.

Surgery

Use of Rasayana before and after the surgery as well yields very good results. Wounds heal up quickly, in case of sutures the patient recovers quickly. Use of Ashwagandha, Shatavari, Siddha Makaradhvaj, Navayas Louha, Chayawanaprasha, Amlaki Rasayana, Akik, Zaharmohra, Kesari-jeevan etc. are extremely useful in such cases.

Fractures

In case of fractures, there is nothing except nails and plates in surgery to set the bones together, whereas Lakshadi Guggulu, Ashwagandhadi Churna and Ghrita, Swarna Vasant Malati etc. described in Ayurveda exert miraculous effects.

Now-a-days Ayurvedic Rasayanas which enhance the vitality of the patients are being used with great benefits in diseases like cancer, wherein chemotherapy and radio therapy make the patient too weak and miserable. Thus we see that Rasayana substances are very useful in surgery and some diseases may be altogether cured by the daily use of Rasayanas.

General Rasayanas for Women

Dr. Aruna R. Mishra



Rasayanas are also useful for our health

Women have to play a double role in the modern era. They have to work indoors and outdoors as well. Over and above, conception, delivery and monthly periods also can cause weakness to them. To obviate this, they ought to take nutritious diet and also resort to some device which can maintain their beauty and physical strength.

Such devices and medicines which remove the symptoms of untimely old age and enhance the strength and beauty of the body are called Rasayanas.

Before commencing the use of Rasayanas the body must be cured of any disease that may be there. If there is any addiction like Pan, tobacco, areca-nut, wine etc then it should be given up. Purification of body and mind

both are essential to obtain the full benefits of Rasayana. Avoid anger, worry, harshness, greed etc. Control your mind-sleep and awake at appropriate time. Do not indulge laziness, nor work beyond your strength.

Sunrays have most beneficial effect on the body and skin before 10 a.m. Begin Yogic postures after consulting a yoga teacher. Surya Namaskar gives all the above mentioned benefits.

Some Rasayana Drugs

1 gm Haritaki Churna taken with 2-3 gm amalaki Churna and milk daily in the morning acts as Rasayana on the body. However pregnant women should not take Haritaki. Haritaki Churna may be taken with salt in rainy season, with sugar in Sharad, with dry ginger in Hemant, with Pippali Churna in Shishir, with honey in

Spring and with jaggery in Summer. Take one marmalade of Aonla daily in the morning with milk. Also take Chyavanaprasha one spoon daily.

- ➔ Juice of Mandookparni and Yashtimadhu Churna may be taken with milk or juice of Guduchi and paste of Shankhapushpi may be taken with milk twice daily.
- ➔ Those women who have problem of breathing, asthma or cough should take powder of 3 pipallis with honey and Ghee twice daily. 3 gm powder of equal parts of Ashwagandha and Vidhara is Rasayana for women suffering from leucorrhoea.
- ➔ Women should have a glassful of milk everyday. Take a piece of jaggery with meals. Dry fruits like cashew, almond, walnut and raisins fortify the mind and body, so use them.
- ➔ Take fresh seasonal fruits. Take salad with meals. Carrot, radish, cucumber, cabbage and salad are all as good as Rasayanas. Keep your diet balanced. Do not use too sweet or too sour things. Take the juice of lemon with simple fresh water. Take one or two slices of garlic daily with meals. And drink 8-10 glasses of water daily. This also is not inferior to any Rasayana.

**44, Brahmanand Colony,
Durga Kund, Varanasi**

Black Bitumen : A Singular Elixir

Black bitumen also called asphalt, mineral pitch and Jew's pitch is an excellent Rasayana (elixir). The medicine which eliminates disease and old age is called Rasayan in Ayurveda.

"Yajjaraa vyaadhi vidhwamsi oushadham tad rasayanam" Asphalt is called Shilajeet in Hindi, Shilajatu in Sanskrit. Shilajit in Bangla, Marathi and Gujarati, Salajit in Punjabi, Silajit in Kannad, Shilajit in Telugu and Asphaltum in Latin.

Asphalt not only wards off disease but also provides extra energy to healthy persons and makes them stronger. Acharya Charaka says :

Na sosti rogo bhuv
saadhyroopah

Shilahwayam yanna jayet
prasahya.

Tatkala yogairvidhibih
prayukath

Swasthasya chorjam vipulam
dadaati.

That is, there is no disease on the earth which does'nt get forcibly eliminated by the methodical use of asphalt according to the stage of disease alongwith appropriate compounds, and provides plenty of energy to the healthy.

Shilajeet is obtained from the hills of Nepal, Nainital, Almora. During the summer when the hills become hot they exude a gum-like latex containing metal which is called Shilajeet. Shilajeet obtained from the hills of Almora is better than that of Nepal.

Acharya Sushruta has described six types of it whereas other Acharyas have classified it into four types containing gold, silver, copper and iron respectively.

All Acharyas have believed that the iron containing Shilajeet is the best and advocated its medicinal use. Shilajeet flows from rocks and hence contains impurities like soil, grit etc. It is purified in two ways and sold in the market as 'purified by sun' and purified by fire. Pure Shilajeet on being dropped into water travels down as a thin streak and is soluble in it. Now-a-days a lot of adulterous Shilajeet is being sold whereas only pure one will do good when used carefully.

Properties

The black bitumen is slightly sour and astringent in taste, its Vipak is bitter. It is neither hot nor cold says Charak. According to Ayurveda, pure Shilajeet is a Yogavahi (vehicle of medicines), Rasayana, destroyer of Kapha, fever, Pandu, inflammation, tuberculosis, dyspepsia, leprosy, leucoderma, all types of Prameha, diabetes, tumour, enlargement of spleen, dysurea, piles, epilepsy, insanity, tortured breathing, obesity and diseases of heart. It makes the body strong as steel and contains the Rasayanik attributes of Rasa, Uparas, mercury, diamond and other precious stones, gold, silver, Naga, tin, copper, iron and zinc to eliminate old age and death.



Vd. Braj Bihari Mishra

To use as an elixir it has to be taken with Louha Bhasma. In ancient days people used to be very strong. For them the dose was 40 gm a day. This dose would prove harmful today. So only 0.25-1 gm should be blended with 0.125 gm Louhabhasma and taken with milk to attain longevity and repel old age and disease. One can achieve longevity, genius, memory, health, youth, glowing body, complexion, graceful voice, excellent strength in body and sense organs, Vak-siddhi (a virtue by which whatever is spoken comes true), humility, etc. by methodically using Shilajeet. Using Shilajeet having the smell of cow's urine with cow's milk is extremely healthsome.

Do not use heavy and spicy things and Kulthi is to be religiously avoided while using Shilajeet.

**280, Ramnagar Colony
Near Shastri Nagar, Aishbagh
Lucknow - 226 004**

Ayurvedic Processing of Medicines

Ayurveda is the most ancient medical science propagated by Rishis. On the other hand, much advancement was achieved in Allopathy with recent researches and development. Modern scientists have shown much interest in Ayurvedic drug processing. People often suffer from untoward actions and side-effects, hence western countries are also getting attracted towards Ayurveda.

Different drugs such as Vatsanabh (aconite), Kuchala (Nux vomica) etc. were supposed to be poisons in normal course. But by eliminating the poisonous properties or converting them into harmless forms, such efficient drugs can be used by applying different 'Sanskaras'. The subject dealing with these Sanskaras is known as 'Ayurvedeeya Dravya - Shodhana Vidhee'. Many substances such as gold, silver, pearls, diamonds, mercury, sulphur, arsenic were used by this process. After processing the disease must be cured but the poisonous properties should not be seen in the body.

Dravya - Shodhana is not only the process of detoxification but it is a long process for change of properties. Shodhana of every substance was stated according to its properties and temperament. Different drugs from animal, plant and mineral origin collectively come under this chapter.

While making Shunthi from Ardraka, conversion of living to nonliving is supposed to be the theme of 'Shodhana.' After Shodhana, Shunthi becomes light in digestion as well as in weight. In Rasana sodhana also, removal of coverings and middle woody part as well as conversion of pungence to mild are the proprietary reasons. To achieve, this the Rasana buds were soaked in buttermilk over night, taken out in the morning, washed and used. Asafoetida is also used by roasting it with Ghee, because it pacifies Vata Dosha.

Many processes were described in the texts for a single Dravya's Shodhana. It is rather difficult to select the best Shodhana Vidhee. It is not like that any Shodhana can be applied anywhere; the cheapest or easiest method can't be selected and used. This may alter the of the drug.

Hingul used in Tribhuvankirti Rasa should be purified in Ardraka Rasa while that used in Kanaksunder Rasa is purified in lemon and Ardrak Swarasa. Here Ardraka Swarasa for Kasanashana and lemon juice for Agnimandyanashana were selected.

Gandhak used in drugs acting on Apasmar is purified in Vacha while that used in constipation is purified in Triphala Kwatha.

Shodhya dravya may be from any group and should not act as a foreign body in the human being. Its digestion, absorption,

excretion should not be harmful to mind and body of a human being.

Different factors were also kept in mind about the relationship of Shodhya and Shodhak Dravya (Shatru-mitratwa) good and bad properties thereof and effects of Samskaras.

Shodhana of a Dravya is of two types Samanya-shodhana and vishesha shodhana. Broadly speaking Samanya Shodhana deals with purification while Vishessa Shodhana gives better results in related diseases.

While using Loha (iron) its Vishessa Shodhana is done according to the disease. For using Loha in Netra-Roga it is purified in Triphala kwath and for hair nourishment it is purified in 'Bhringa-rajha Swarasa'.

During Shodhana not only Dravyas but Guna also get changed.

To find out the changes occurred during Shodhana according to Dravya, Guna, Karma, Panchabhautik structure and Swabhava study has become a necessity today. Different professional Vaidyas, pharmaceutical companies, institutes in India as well as abroad should take up this work which will enhance value of Ayurveda.

(On the basis of an article of Vaidya Yogesh N. Bendale, published in Deerghayu International.)

AIDS : Facts and Precautions

Pt. K. G. Gore, Lucknow

Discoveries are being made daily in the field of modern science and medicine whose main aim is to make life happier. The campaign of victory over the nature is in progress enthusiastically and yet, new illnesses are surfacing, arresting the march of man. In spite of the new discoveries being made daily, often insurmountable circumstances crop up. Cancer and AIDS are two examples about which there is consternation all over the world and efforts are on a war-footing to fight them. Incidentally both the diseases are related with the cells in the human blood that immunise the body against diseases.

There are umpteen microorganisms which create various diseases. The chief among them are protozoa and moulds. Another disease-breeder is virus which is minuter than bacteria. Virus is neither inert nor conscious and yet exhibits certain attributes of life. The structure of virus is simple. It is very difficult to surmise its activity. Viruses are genes enclosed in the shell of proteins and produce their prototypes as soon as circumstances are favourable. These do not have the power of reproduction and can reproduce only with the help of other cells. Viruses enter the cells of the body and then grow in number and after some time emerge by cracking the cell and

enter other cells. Thus their production proliferates and covers the entire body.

AIDS is also virus produced. Probably the virus remained dormant in the blood stream of certain monkeys of Central Africa and perhaps about 1970 the nature changed its structure when it became active and jumped from animal to man. In 1981 five patients were identified in Los Angeles. Within 6-7 years

the disease spread all over the world and by now there are 15-20 thousand AIDS - infected persons.

AIDS in India

In India, the first AIDS-infected patient was identified in Mumbai in 1987. Since then, by March 31, 1994, 713 patients have been identified. By the advent of 1996 the number has increased by several hundreds.

Rasayana Tantra : The 7th Limb of Ayurved

Vd. Ramakant Mani

The creators of Ayurveda have divided it into eight limbs. Rasayana is one of them. Charaka, Sushruta and other Acharyas have described it in detail. It has been said that the Rasayana system maintains the age, promotes longevity, intellect and strength and precludes diseases.

Jeevaniya, Ayushya and Vayahsthapana are the often used synonyms of Rasayana. Substances whose use engenders longevity and maintains youth even in old age are called Vayahsthapan. Guduchi, Haritaki, Amalaki, Rasna, Jeevanti, Brahmi, Punarnava and Shalaparni are such substances.

Guduchi is an extreme pacifier. It pacifies the aggravated humours and thus

brings about the equilibrium of humours and tissues. Guduchi is used in chronic fever, tuberculosis, physical emaciation and in cases where proper diagnosis is not feasible.

Substances which make the body hefty and strong are called Brimhana. Such substances comprise excess of Earth and Water elements. Heavy, Cold, delicate, unctuous condensed, gross, slippery, slow, steady and smooth things are Brimhana. Curd is Brimhana. Charak has classified the following as Brihmana-Shalam mishri, Vidari kand, Munakka, Dates, fig Palm coconut, almond, Walnut, pistachio etc.

Ayurveda advises all to use the Rasayanas regularly in order to elongate life, promote intellect, genius, strength, immunity etc.

According to WHO, the developing countries are more suited to the spread of AIDS, and if not checked, 40 per cent of deaths would occur due to this disease in future. Such a ferocious and fast-spreading disease ought to be fought at all levels. Otherwise, the existence of human species may be jeopardised.

Immune System

There are about one hundred billion cells in the body of human beings. Many of these combine to make blood. White cells are about one billion in number which protect the body from the external bacteria and viruses. These are produced in the bone marrow and are of two kinds namely the phagocytes and the lymphocytes. Phagocytes get hold of the external bacteria and devour them. Macrophages among these are extremely important. Lymphocytes include T and B cells. These jointly instantly identify, destroy, warn each other and develop immunity against bacteria/virus and other foreign substances, so that they could be avoided in future as well.

When virus enters the body through any medium then the virus being foreign substance, the macrophages and the lymphocytes endeavour to catch and eat them and warn the T-cells. The T-cells instantly identify the attackers, go into the spleen and marrow and instigate the production of the killer T-Cells to destroy the external enemies. The killer T-cells also kill all cells that have been infected by the

Ayurvedic AIDS Cure

Mr. T. M. Majeed, an engineer by profession of Kerala, who later became interested in Ayurvedic research, and is currently the Managing Director of Fair Pharma, a pharmaceutical company, claims to have perfected a foolproof Ayurvedic cure of AIDS.

In 1992, he read the story of Chitra of Kilianoor, Thiruvananthapuram in a magazine. Chitra got married to an AIDS patient who died after an year in 1992. Three days after his death, Chitra delivered a female child. The blood test of mother and child revealed that both of them were HIV positive. Majeed wrote to Chitra to take his medicine which she declined.

However Mr. Majeed came to know of another AIDS patient Babooraj who started taking the medicine on 30 July 1992 and reported after a fortnight that he

was gaining weight and feeling much better. Majeed forwarded Babooraj's letter to Chitra and then Chitra agreed to take the medicine. She began taking the medicine on September 17, 1992. Babooraj was again blood-tested and was declared HIV negative on October 16, 1992. Chitra also was blood-tested and was declared HIV-ve on October 31, 1992. Thereafter, Chitra got remarried.

Mr. Majeed says people from all over the globe have visited him. But his medicine is yet to be patented. And he is very sorry and discontented about it.

According to Kin Shein, The Regional Advisor (Essential Drugs) of the WHO posted at New Delhi Mr. Majeed should prove the efficacy of his medicine through some international forum or he should get his result published in the magazines of WHO.

virus. B-cells are also produced simultaneously with the T-cells in the spleen and marrow which produce the annihilators namely antibodies in the form of chemical energy. The antibodies attack the related virus making them weak and infructuous or destroy them through the T-cells. After the defeat of the external virus, certain controller cells are also produced which stop this warfare.

During these activities certain T and B cells come into being which retain the memory of the

structure and destruction of the related virus. These resist the attack of the virus in future and arrest their growth. This is the internal immune system. In case of attack by external virus the immune system, present in the blood starts functioning on a war-footing and also keeps handy a plan of defence for future.

However, the AIDS virus makes mincemeat of this natural resistance plan. Whenever AIDS virus enters the blood, it attacks those T-cells which go into the production of the killer T-cells.

AIDS virus enters these T-cells & resides there. The T-cells are integral part of the blood so any action against them is out of question. Virus flourishes inside the T-cells and then emerges after having destroyed them and then enters other cells. Thus the T-cells which inspire the production of killer T-cells become themselves full of virus and thus no action against AIDS virus is feasible. Moreover, being infested with AIDS virus these cells become unaware against all other viruses as well, so that the immune system of the AIDS patient becomes ineffective. That is why various diseases attack the AIDS patient with impunity and hasten his death.

Though the researches have revealed the method of its infection but a medicine which could destroy AIDS virus is yet to be found out. However, it has been discovered that the virus becomes inactive and is destroyed by being exposed to air and light. The full form of AIDS is 'acquired immuno-deficiency syndrome'. It is called a syndrome because it is identified by symptoms only. The virus is called HIV - the human immuno-deficiency virus.

The AIDS virus gets accumulated in blood, semen and vaginal discharges. It is negligible in sweat, sputum and urine and least in breast milk. The disease comes into being by following routes :

1. Unsafe intercourse
2. HIV infected syringe
3. Blood transfusion from HIV infected and

4. Infection through the infected mother during pregnancy.

Symptoms

The AIDS virus can stay dormant for years altogether after infection. However, as soon as the reproduction is begun it weakens the immunity making the patient susceptible to the attack of diseases. Symptoms may vary from person to person.

A common disease like influenza occurs at first after the infection. The patient may not suffer from any serious illness for years altogether and have only cold, fever and the like. However, the number of HIV infected white cells proliferates in the blood. After three months, the examination of the infected person should reveal AIDS virus. After infection, the person

remains HIV infected and he may communicate the disease to others through the routes cited above.

Premonitory Symptoms of AIDS

The following symptoms identify an AIDS patient :

- Glands in neck, under arms and joints of waist and thighs.
- Persistent cold, coryza, cough, fever, headache, diarrhoea.
- Loss of body weight without any cause.
- Weakness
- Itching and painful blotches on the skin
- Plenty of perspiration especially at nights
- Infectious diseases of genitals, incurable or recurring.

Jeevaniya Medicines

Many of our readers often write to us about non-availability of authentic raw drugs as well as prepared medicines. We, therefore, offer to provide you thoroughly examined crude drugs as well as medicines prepared by our physicians for your specific problems.

We are preparing some Churnas and Medicines for use in our Charitable Dispensary under the guidance of our Vaidyas with best Crude drugs available in the Market as well as collected from the fields by our volunteers.

We shall try to provide you these medicines at very nominal costs. You may write to us for your specific needs particularly in the context of traditional medicines described in our bimonthly magazine.

Ashwagandha : An Useful Rasayan

Vd. Shobhan Vasani, Ahmedabad



If someone once contracts low blood pressure, he will never be able to shake it off. For low blood pressure, medicine should be nutritive and it should not lead to any other complications.

Ashwagandha is a bushy herb, growing upto a height of 30-150cm. It is generally found growing in abandoned houses, burial grounds etc. Its roots, are stout, fleshy and of whitish brown colour. The fresh roots of Ashwagandha smell like the urine of horse, hence it is named as Ashwagandha. 'Ashwa' meaning horse and 'Gandha' stands for smell. Its leaves are flat and oval shaped 5-10 cm long and 2-5 cm. wide. Fruits are small, round and pea-shaped. It is green when raw and turns reddish orange on ripening. Its seeds are bean shaped and yellow coloured.

Languagewise Names

Hindi - Asagandha, Aksan, Aaksan; **Marathi** - Aaskand, **Gujarathi** - Aasandh, Ghoda aakun;

Malayalam - Amalpori;

Sanskrit - Ashwagandha;

English - Winter cherry;

Latin - Withania somnifera.

Medicinal Uses

Constant weakness leads to low blood pressure which finally results in decreased blood volume, all the

Dhatus start diminishing. Ashwagandha nourishes all the Dhatus and strengthens the body.

- During old age Dhatukshaya (depletion of tissues) occurs which finally results in low pressure. In this

Scientific Properties of Ashwagandha

Alkaloids present in the roots are found to be very effective in controlling blood pressure and heart beat

'Withaphorin - A' is an important chemical present in leaves of Ashwagandha which is anti-inflammatory and without distinct side effects experiments proved superiority of 'Withaphorin - A' in comparison to hydrocortisones in case of osteoarthritis. In the concentration of 10 mg./ml. It inhibits the growth of gram positive bacteria, acid fast bacilli and fungus.

Ashwagandha is very rich in iron.

sleeplessness generally results in the fall of blood pressure. Ashwagandha, having the sleep regulating property, corrects the blood pressure.

- Prolonged illness, weakness, Kapha, cold season etc. lead to low blood pressure, Ashwagandha being nutritive, hot (Ushna) and not giving rise to further complications, maintains the blood pressure normal.
- In low blood pressure associated with diarrhoea, dysentery, Shukrakshaya etc. Ashwagandha may be taken as it is easily digestible and rejuvenative.
- People who undergo lot of physical and mental strain, who are epileptic or have convulsions, insomnia etc. should take Ashwagandha which induces sleep, relieves mental tensions and being a rich nutritive for Dhatus maintains health.
- The common symptoms of blood pressure are suffocation, giddiness, numbness in the limbs, heaviness in head feeling insecure, fear, unable to face light or sound, feeling severe weakness,

low heart beat, difficulty in breathing etc. In this condition below mentioned medication should be provided to the sick.

- Take rest-at least avoid heavy menial work.
- Try to overcome mental worries and keep your mind stable and tension free.
- Powder of long pepper root : 2-3 gm, Ashwagandha powder; 4-6 gm, salt, should be taken alongwith a little water 2-3 times a day.
- Powder of 6 gm Ashwagandha and 3 gm long pepper root should be taken 2-3 times a day after baking it with a cup of milk.
- Ashwagandha pills or Ashwagandha Ghanvati should be taken along with milk or water, 3 times a day.
- 20 ml of Ashwagandharisht should be taken after food twice a day.

Other Uses

- In swollen joints, due to rheumatoid arthritis or other reasons, fresh leaves of Ashwagandha should be tied over after

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Piper Longum

Vd. V. B. Mhaiskar, Baroda

Piper longum is a well-known drug. The trio of Ginger, Piper nigrum and Piper longum is called Trikatu (the three bitters) in Ayurveda. As because the trio is used daily in the kitchens so it is included among the edible substances in Ayurveda.

Piper longum is used fresh as well as in the dried form. The fresh is slightly expectorant, sweet, heavy and unctuous. The dry variety reduces Kapha and Vata, is bitter, hot and aphrodisiac. It makes the Pitta flawless. Even so, it should not be consumed by persons of Pitta-temperament. Its use is contraindicated in summer & Sharad seasons, pregnancy, bleeding piles, Rakta-Pradar, epistaxis, Urahkshata etc.

Use of Pippali Vardhana Rasayana (increasing piper longum elixir) proves efficaceous in Vatarakta, Pleehodara, respiratory problems and heart diseases. Vata Dosha gets

accumulated in the joints in Sandhigata Vata and Vata Rakta, respiratory diseases are produced by Vata and Kapha Doshas at the site of Pitta i.e. stomach and reside in the site of Kapha i.e. chest. Piper longum is very effective in this disease.

Similarly in chronic, coryza, virulent coryza, heaviness in head, sneezing and running nose its use cures the ailment.

In loss of hunger, slight incessant fever, loss of weight, weakness etc. it should be taken as follows : boil one piece of piper longum in one cup of milk and one cup of water till it is cooked and then eat, in subsequent days increase one piper longum everyday for 21 days and then from 22nd day start decreasing it by one everyday and thus eat 121 piper longum in 42 days. To make it tasty a little of sugar may be added.

Use of Pippali Vardhaman Rasayana has been described in

Charakasamhita. It is begun with 10 piper longum on the first day and continued till the 10th day by increasing the quantity by 10 pieces everyday and from the 11th day the quantity is reduced by 10 pieces everyday. Thus 1000 pieces are eaten in 19 days. This is recommended for those who have excellent strength. For persons of medium strength, the same treatment is given beginning with 6 piper longum, increasing the quantity by 6 everyday for 13 days and then reducing the quantity by 6 from the 14th day onwards. Thus one eats 1014 piper longum in 24 days. 1016 piper longum is fed to weak persons in 37 days by beginning with 3 pieces, increasing by 3 everyday for 18 days and reducing by 3 subsequently.

The quantity of milk should be increased with the quantity of piper longum. 150 ml milk and equal water is apposite for

10 pieces. The water gets evaporated owing to the cooking and the milk remains. Reduce the milk while reducing the piper longum.

The medicine is to be taken in the early morning. Diet may comprise Sathi rice, milk and ghee. It may be taken in all seasons.

Pippali Vardhamana Rasayana is recommended in Piles, Arochaka, jaundice, Pleehodara, cough, inflammation, loss of appetite and Kaphodara. In all these ailments Kapha and Vata Doshas predominate.

In complaints of cough, cold and loss of appetite in children it should be given in the increasing order by beginning with one piece for 10 days and then subsequently reducing by one everyday.

If bleeding occurs through the nose the experiment must be discontinued. In stomatitis, scabies and feeling of heat as well it should be stopped. Use of Munakka, Ghee and Gulkanda is recommended in conditions of enhanced distress.

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heating them over a hot plate.

- Ashwagandha is administered to women after delivery in various ways. It purifies the uterus as well as increases the body strength.
- Ashwagandha is ground to a paste by adding breast milk and is applied over nipples to stiffen them.

Sokha Rog

The major symptoms of this disease : Physical and mental growth do not comply with age, muscles show loosening and drying.

For this disease prepare decoction of the Ashwagandha roots (one part) cow's Ghee (one part) and cow's milk (10 part) and cool it and store in a clean container. Doses of 1/2 teaspoon twice a day will show results in just 15 days of treatment (supplement the treatment with nutritive diet).

For satisfactory relief continue the treatment for 2-3 months.

For Developing Immunity

Give 1/2 teaspoonful

of Ashwagandha ghrith daily in the morning. In case of non-availability of Ashwagandha ghrith, Ashwagandha churna can be given (1/2 spoon) in one glass of milk with sugar.

Ashwagandha ghrith is used effectively for paralysis of mouth, abdominal regions and in Parkinsonian disease.

For Semen Related

Problems

Low density, premature ejaculation and weakness in coitus treatment with Ashwagandha ghrith is found to be very effective.

For Feminine Problems

In Leucorrhoea a dose of 3 gm Ashwagandha Churna with Shatavari Churna (3 gm) blended with milk and sugar yields the desired relief.

In post-delivery weakness and swelling of uterus, Ashwagandha Churna is good for overcoming the weakness due to delivery and curing the swelling of uterus.

Doses 3-6 gm Churna of Ashwagandha root in milk with sugar once a day.

Graceful Lotus

Lotus is an aquatic, perennial herb with oval leaves. It occurs everywhere in India and grows mostly in the stagnant water of ponds and tanks. It doesn't grow in flowing water. Its roots are spread within the water. Lotus flowers are quite large with many polypetalous corolla whorl (free petals) and numerous polyandrous stamens (many free stamens). The free petals of the flowers are arranged on a spongy base called thalamus, which bears a long petiole at the base. Thalamus also encloses many ovaries each of which after fertilization turn into a

rounded structure, so called "Kamal Gatta".

The lotus flower occurs in 4 different colours i.e. red, pink, white and blue and all of them are equally useful.

Language-wise Names

Lotus is called "Kamal" in **Hindi, Gujarati** and **Marathi** "Padma" in **Sanskrit, Bangla,** and **Oriya** "Podum" in **Assamese,** "Thamara" in **Malayalam,** "Thamarai" in **Tamil,** "Tavare" in **Kannada** and in **Latin** it is called "Nelumbium speciosum" or "Nelumbo nucifera". It belongs to family "Nymphaeaceae" of the plant kingdom.



Umesh Pande

Medicinal Uses :

Bleeding from a cut or wound can immediately be stopped with the help of the lotus. For this purpose a few petals of the lotus are rubbed with a piece of sandalwood on a stone. The paste so obtained is applied on the cut or wound and almost immediately the bleeding stops.

Lotus is also helpful in increasing the lengths of hair. For this purpose, about 20 petals of the same are taken and boiled with coconut or amla oil. After boiling, the oil is filtered. Daily application of this oil for a few weeks will increase the length of the hair.

The ladies who suffer abortions regularly may use some roots of the 'Kamal'

with milk, for a few days continuously to prevent this.

Uterine problems specially burning & blistering in uterus can be relieved by washing the same through the solution prepared by boiling a single lotus in 1 litre of water for about 5 minutes.

It is to be noted that a tea spoonful powder of lotus root taken with milk daily for a few days serves as a very good tonic.

Lotus is a good "Garbhstambhak" and "Garbh-Rakshak". Lotus also increases the virility and stamina in men. It is described in many ancient literatures that if a little of 'Kamal Gatta' mixed with honey is applied over the umbilicus of a man, then his stamina for withholding semen & ejaculation increases considerably.

In any kind of irritation in the intestines or in case of stools with blood about 3 to 4 petals of lotus churned with a little of mulethi may be taken and after taking it about 200 ml. of sugar-solution is drunk. This gives a lot of relief. Bleeding piles can be cured by taking a little quantity of "Kamalkeshar" with butter and "Mishri". "Kamalkeshar" are the fibre like out-

growths, developing on the thalamus. Piles that have been there for some time require a longer period of treatment.

The excretion of mucus alongwith stool can be prevented by taking a little juice of the newly appeared lotus leaf with sugar.

Chinese & Europeans use the powder of lotus roots in their food & it is known as the chinese arrow root.

A cream prepared by rubbing the root of lotus over a rough stone, when applied to eczema, cures the same.

The person who feel foot sole burning can get considerable relief when they apply a cream prepared by churning lotus flower.

**319, M.G. Road,
Malaharganj,
Indore - 452002.**

Jeevaniya Distributor

We are happy to inform our readers that Jeevaniya English Edition is now being sold through vast network of Higgins Bothams in South India.

In Delhi, Bombay & Calcutta the magazine is distributed by Central News Agency.

Offers are open for distributorship of Jeevaniya Hindi & English for some parts of country.

Please Contact ::

Circulation Manager

Jeevaniya Society
E-III/249, Sector H
Aliganj, Lucknow - 226 024
Phone : 0522-77568

Useful Banyan Tree

Umesh Pande, Indore

Banyan is a vast tree with strong, highly expanded branches and a rigid trunk. The leaves are simple with entire margin and acute apex. The plant exhibits a very special kind of root, so called prop-roots. These roots are aerial, and grow towards the gravity. On reaching the substratum, they grow continuously in their diameters and in a considerable time they become quite identical to the trunk of the tree.

Language-wise Names

It is called "Borgoch" in **Assamese**, "Bot" in **Bengali**, "Barh" in **Hindi** & **Punjabi**, "wad" in **Gujrati** & **Marathi**, "Aalada-Mara" in **Kannad**, "vodd" in **Konkani**, "peeralu" in **Malayalam**, "Bara" in oriya, "Aalumaram" in Tamil, "Marri" in **Telugu** and in **Latin** it is called "Ficus benghalensis." It belongs to the family "Moraceae" of the plant kingdom.

Medicinal Uses : The Banyan yields latex which cures the joint pains, and also the tooth-aches. To cure banyan latex is applied

directly on the aching tooth. The tooth ache subsides immediately. To cure the joint pains 4 to 5 crushed leaves of Banyan are boiled in about 50 ml of the til oil (Sesamum oil).

To the above boiling mixture 4 to 5 crushed cloves of garlic, are added & after sufficient boiling, the mixture is taken down from the fire. The mixture is allowed to cool to become lukewarm and then a teaspoonful of kerosene is added to it & mixed properly and applied over the aching part.

The decaying between the fingers can be prevented by applying the latex. The banyan "fruits", is taken in diabetes to reduce the percentage of sugar in the blood. For this purpose about 5 gm of the dried banyan fruit powder is taken daily early in the morning with water.

The Banyan is also helpful in curing skin diseases, specially eczema. For this fresh proproots (tips of the hanging roots) are taken and grinded with cow-urine. The paste so

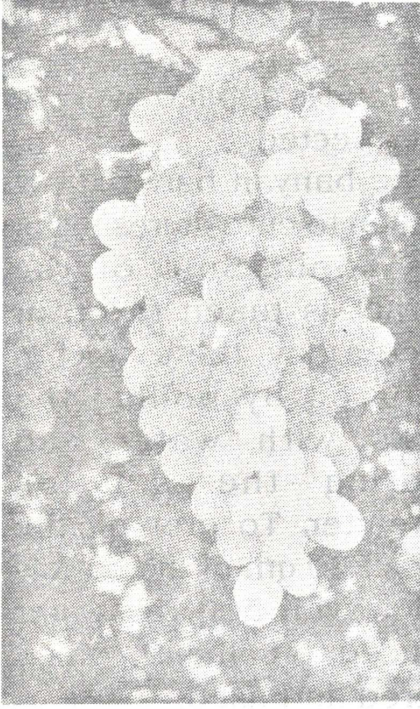
obtained is applied over the part affected.

The banyan bark extract is taken to cure diuresis. For this about 5ml. of the extract is taken twice or thrice a day, the extract is prepared by boiling the barks with water and filtering the solution thereafter. To prepare the extract 20 gm of the bark is boiled with 300 ml. water reduced to half and cooled filtered and used.

The Banyan-latex checks premature ejaculation in males. One can easily observe the positive effect, by taking a drop of Banyan latex before sunrise in "Batasha" for 15 days during the morning & at night before going to bed. Also take powder of 'mishri', almonds, Khaskhas & Cardamom seeds (Ratio 5 gm. : 5 gm. : 2 gm. : Half gm, respectively) in 200 ml. boiled milk.

Juicy Grapes

Vd. S.A. Khan, Lucknow



Kannada - Drakshi Latin -
Vitis vinifera.

Place of Origin :
Originated in the mediterranean countries and the hilly areas of Punjab, Kabul, Afghanistan, Kashmir etc. In the modern times grapes are tried to be cultivated all over the world but the grapes coming from their natural habitat are of a better quality and are also produced in large quantity. It is a climber usually grown in shades. The bunches of fruits which appear in due course of time are the grapes sold in the market. On the basis of size the grapes can be divided into two types :

Big fruits : Round or elongated, black or green is called Dakh, this contains a seed inside, and

Little fruits : Round or elongated and seedless called Angoor or Kishmish when dried. The Kishmish which remains green after drying is considered to be better in quality.

Quality of fresh Angoor

Grape juice is sweet-sour in taste and **Snigdha** and cold by temperament. Its **Vipaka** is sweet. It subsides

Vata-Pitta and increases **Kapha** and is also mildly laxative. The sour grapes subside **Vata** and increase **Kapha & Pitta**. Green (unripe) grapes are sour and bitter and therefore beneficial in diarrhoea.

If it is to be used as a laxative then the grapes should be eaten after removing the skin and the seeds. But if it is to be given to a person with diarrhoea, then it should be given along with its skin and the seeds.

Uses : Grapes are used as a fruit, medicine as well as Pathya. It gives instant nourishment and is easily digestible. Weak patients with weak body tissues are advised to eat grapes. For patients of T.B. who have reached the stage of degeneration due to extreme anaemia and if bleed while coughing and when there is predominance of Vata and Pitta, use of grapes or Munakka alongwith regular medicines is recommended. Those suffering from burning

It is a very famous and commonly used fruit available at all the places in all the seasons in the market. It is especially important in the summer because of increase of Vata and Kapha and the decrease of Pitta in the body during this season. High winds and bright sunrays falling straight on the earth for a long duration every day are bound to result in the increase of Vata. Fresh, ripened, sweet grapes help to calm down the aggravated Vata.

Language-wise Names :

Hindi, Punjabi - Angoor;
Sanskrit & Marathi -
Draksha; **Sindhi -** Drakh;

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Sweet Pomegranate



This fruit is of great antiquity. It grows on a small tree or shrub not more than 3 m high with pale brownish bark. The buds and young shoots are red, the leaves opposite, lanceolate, entire, thick, glossy and almost evergreen. The flowers are large and solitary, the crimson petals alternating with the lobes of the calyx. The fruit is of the size of an orange, having a thick, reddish-yellow rind, an acid pulp and large number of seeds.

Cultivation

Though mostly found cultivated in many parts of India, the tree is also very

common and gregarious in the gravel and boulder deposits of dry ravines and similar places in the outer Himalayas up to 1800 m. However, as a cultivated crop pomegranate is grown to a limited extent in selected localities in almost all states. Maximum area is reported to be devoted to it in Maharashtra, Gujarat, Uttar Pradesh, Andhra Pradesh and Karnataka States.

The plant can be grown by seed and hardwood cuttings (vegetative propagation). Plants raised from seeds differ vastly with the parent plant. Therefore, cuttings have an edge over

seed propagation. Hardwood cuttings - 25-50 cm long from the previous seasons growth are taken. These are planted in beds leaving only one or two buds exposed. After a year the rooted cuttings are lifted out and transplanted to the orchard. Plants can be raised in pots (they make beautiful Bonsai plant) and in kitchen - gardens. Prepare a pit of 60 cm x 60 cm x 60 cm, fill it with 20 kg of farmyard manure mixed with fine soil. After this, 3-6 baskets of old cattle manure is given every year at the break of monsoon. When the fruits are fairly well-developed an application of 2 to 2.5 kg. of groundnut cake is advantageous. At normal temperature harvested fruits can be stored for a few weeks. They actually improve on keeping. However, fruits stored at 4.5 deg. C at 80-85% relative humidity retain their freshness for several months.

Uses

Pomegranate Juice : Filtered and heated juice is left for settling for 24 hours.

Sodium benzoate is added to preserve it. It has excellent keeping quality and it blends easily with other juices.

Pomegranate Syrup : It is prepared by adding sugar and heating to thick viscous consistency. It keeps well and is used like tomato sauce or ketchup - The rind is effective in **diarrhoea and dysentery**. The rind is collected, dried, powdered and stored. Two-three gm of this powder taken 2 or 3 times a day with fresh water

provides much relief.

Pomegranate fruit is excellent during **convalescence**.

Decoction of the bark of the root 10-12 ml taken on an empty stomach expels **worms**.

Dry the leaves in shade, then grind to fineness, add honey or jaggery and make pills. These pills are to be chewed, one at a time three or four times a day for relief in **common cold**.

Boil the juice of seeds in a copper vessel. After it has

fairly condensed, take out and collect in a zinc box. In the **redness and itching of eyes**, apply it in the eyes before going to bed.

Pomegranate rind or flowers should be finely powdered and collected in a phial. Upon brushing the teeth with this powder **bleeding gums** are cured and **shaking teeth** are rendered firm.

In **stomachache** eat the pomegranate seeds with common salt and black pepper powder.

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sensation in their palms and soles, acidity, lack of sleep, disturbed mental condition should eat grapes regularly. For those with Pittaj and Vataj Prakriti, grapes are especially beneficial. Those with Kaphaj Prakriti or Kaphaj ailments like diabetes, bronchitis, goitre, elephantiasis etc., should not eat grapes or should consume it sparingly.

Raisins : Big, sweet, dried grapes with seeds inside are called raisins. Black and sour raisin is not considered good in quality. Just like fresh grapes raisins are also sweet bitter in taste and are of cold temperament and sweet

Vipaka. This subsides **Vata-Pitta** but hardly increases **Kapha** but is rather expectorant. Because it subsides **Pitta** and is laxative, it is beneficial in fever, liver and intestinal diseases, ailments of eyes, ulcer, T.B., acidity, jaundice, **Vata-Pitta** and heart. It is also useful in Vata diseases and insomnia.

For fever, raisins are roasted after removing the skin and seeds, and boiled with milk before giving to the patient. If liquorice is also added then it becomes more effective. It helps to remove constipation.

Smaller Raisins (Kishmish) Small, seedless, dried grapes are called smaller raisins. These

are mainly used as energy giving food and in the preparation of various kinds of sweets. 30 to 40 pieces of smaller raisins immersed in rose water during night and eaten in the morning alongwith the rose water help to remove anaemia and give strength to heart. Like raisins, sweet and green smaller raisins are considered to be of better quality as compared to the red or black variety. Grapes, raisins or smaller raisins should be used alongwith sweet things like sugar, milk, ghee, honey etc., and should not be used in combination with sour or bitter things.

Radish, The Inordinate

Dr. P. K. Alok



The nature has created many tubers, roots, fruits and vegetables which if used methodically keeps us healthy and diseaseless.

Radish found in winter all over India is a vegetable full of rich attributes. Ayurveda has extolled them. In this context see the following stanza of Sushrut Samhita- "Katu tiktarasa hridya rochani Vanhideepani.

Sarvadoshahara laghvi kanthya moolakpotika." i.e. delicate raw radish is bitter and pungent in taste, tonic to the heart, appetizer, digester and smothers Vata, Pitta and Kapha and is healthsome in diseases of throat.

Apart from this use of radish brings out clear and unobstructed urine. Hence

it is used in gall bladder stones. Its pickle seasoned in vinegar is extremely good for splenic diseases. Patients of spleen should take it daily as medicine.

Radish is rich in minerals and salts. It contains a lot of phosphorus, sulphur, chlorine and magnesium and vitamins as well.

Radish keeps the digestion well and good and it also maintains the blood in a pure form. It should be used in plenty in skin diseases.

Some Specific Uses

Indigestion : At times, indigestion occurs due to dyspepsia, heavy food etc. Have the radish cut in a circular form, add cut ginger, black salt and lemon juice.

Constipation, Stomachache, Dystension : Cut radish and its leaves, tomato, onion and spinach add salt and lime juice and take before the meals. Continue this for one month.

Cough : Warm 20 ml fresh juice of radish, add 100 ml sugarcane juice and one spoon ginger juice. Take twice a day.

Earache : Extract the juice of radish leaves, add twice of mustard oil and boil over a mild fire. after the water has evaporated cool, filter and store in a glass phial. In ear ache infuse two drops in each ear. The ache will subside.

Scabies : Apply twice daily over the affected part radish seed powder blended with lime juice. Eat raw radish daily in addition.

Caution : Always eat raw and delicate radish. Hard radish should be cooked with oil before eating otherwise it will aggravate the three Doshas simultaneously.

**Chanakyapuri,
Sahasra 852201
Bihar**

Nutritional Recipes

The importance of vegetables and fruits dates back to prehistoric times. Certain fruits and vegetables have religious significance. Owing to the presence of nutrients and various organic compounds in fruits and vegetables, they play varied roles in prevention and treatment of several diseases. They are mostly taken through diet. Their role in maintenance of health and beautification is well known. A vegetable which is available in abundance all the year round is the long tender Lauki or the fat round squat Ghia. The marrow is delicious, has a high water content, is low on calories and easy on the stomach. Steam it and make a Raita out of it or blend it with different pulses, it combines and flavours very well, particularly with channa dal.

Here are some easy recipes :

Malai Lauki Koftas

Ingredients : 1.5 kg lauki finely grated and squeezed out, 4 medium sized potatoes, boiled and kneaded, 1/2 tsp garam masala, 1/2 tsp degi mirch & 4 tsp besan mixed with water and salt to form a thick pakora batter.

For the curry : 6-7 cloves garlic, 1 piece finely grated ginger, 2 medium sized onions finely chopped, 4 large tomatoes grated, 1/2 tsp jeera, A pinch of garam masala, 1/2 tsp jeera, A pinch of garam masala, 1/2 tsp degi mirch, 1 tsp lemon juice, 2 tsp oil.

Method : Mix the grated squeezed lauki, much of the potatoes, green chillies and coriander leaves finely chopped and 1/2 tsp of garam masala. Make into small balls, dip them in salted besan and fry like pakoras. Keep aside.

The Curry : In two tps oil, put in cumin seeds, garlic, onions. Fry well. Add tomatoes, degi mirch, salt, turmeric and fry again. When the masala is well cooked, put in the remaining grated potatoes and two glasses of water. Let the mixture boil and

turn into thick gravy. Just before serving, put in the lauki balls and give one boil. finally add 1 heaped tsp of malai just before serving. Serve on a bed of white boiled rice.

Besan Lauki

250 gms very tender fresh gourd, 3 heaped tsp besan, 1 tsp of cooking oil, 1 tsp rai, few fresh curry leaves, 1/4 tsp turmeric powder, 3/4 tsp of salt, 2 green chillies finely chopped, 1 chopped onion.

Method : Heat the oil to smoking level. Put in the rai seeds and then stir in curry leaves. Fry for a couple of seconds and stir in the onions. Saute the onions lightly. Add turmeric. Stir in the peeled and diced ghia. Add salt and cover it with a lid. Let it cook on a very low flame for 7-10 minutes. While it is still being cooked, add one teaspoon of besan at a time, gently tossing the ingredients in the pan till all the gram flour has been used. Toss the vegetables in the pan for another 5-6 min till you are satisfied that the gram flour is fried.

Gourd Chutney

Ingredients : 350 gms peeled and coarsely grated ghia, 2 tsp sugar, 1 tsp salt, 2 tsp coarsely ground saunf, 1/2 tsp onion seeds 1/2 tsp red chilli powder

Method : Put all the ingredients in a karahi. Let it cook on slow fire for 10-15 min, till the ghia is tender. Add 1 tsp of vinegar. Cook for another 5 minutes. When cool, store in an air tight container.

Gourd burfey

Ingredients : 250 gms of coarsely grated gourd 100 gm khoya, 2 tsp granulated sugar A few green cardamoms ground

Method : Cook the grated gourd in the karahi on slow fire for 5-10 minutes till the vegetable is tender. Add the sugar and cook till the water is completely absorbed. Add khoya and fry for another 5-10 minutes till it leaves the sides of the container. Turn it over on a greased plate. Flatten it with a spatula, sprinkle powdered cardamom and when cool, cut into small pieces.

Relevance of Vrksa Ayurveda

We had published a 'Book Review' of 'Pest Control and Disease Management in Vrksa Ayurved' published by Lok Swasthya Parampara Samvardhan Samithy' Coimbatore, in our Sharad-Hemant '95 issue. The book was reviewed by Dr. Sadashivan Pillai. Mr. K. K. Somani of Indian Mercantile Chambers, Bombay has reacted on the basis of his own experience. We are re-producing his letter below. We will be happy to also publish our Reader's Reactions on other subjects published in Jeevaniya.

Dear Sir,

This has reference to the 'Book Review' published in your last issue. Dr. Sadashivan Pillai (reviewer of book) has given two main arguments against these methods. (1) that the majority of population in India is below the poverty line and hence cannot

afford to put milk, honey and ghee in the plants and (2) he also questions how same treatment can be proposed for animals and plants since they have very little similarity except some cells.

In this connection, I give my own experience :

1. I had some trees of 'Sitaphal' (Custard apple) at our Nashik farm which were not yielding any fruit since last fifteen years. The fruit would of course form but would drop out only after the small growth without forming full to the stage of ripening and this was inspite of using fertilizers and full irrigation.

After reading Vrksa Ayurved, I applied about 1 kg. milk together with various pulses and ghee and honey, all together costing less than Rs. 50/-, only once in the last winter of 1994. Immediately within three months, I got a record crop of Sitaphals which ripened not only fully but also the trees gave full crop of fruit which was also extremely delicious.

2. In the second instance, I had ordered out some small plants

of fruit trees from Delhi for plantation at Nashik. Out of 20 plants, about four plants within 3 to 4 days of reaching started drying and dying. In fact, they reached to such a stage where the gardener told that we may throw these away.

I immediately applied on the entire plant the above mix of milk, honey and ghee with various pulses and re-planted the same. Not only the small plants became alive again in just 15 days but started growing with new leaves without further damage. The cost of this treatment was less than Rs. 10/- per plant.

It would be seen from the above instances that neither the cost of above treatment is high as assumed by Dr. Pillai nor are these irrelevant at the present age inspite of all the progress of the so called science.

I am sure that the various diseases of plants which are treated by pesticides can be more conveniently and at less cost be treated with what has been suggested in the Vrksa Ayurved.

Fried Banana Chips

Ingredients : Raw banana 4 pieces, besan 200 grams, maida 50 grams, rice powder 50 grams, red chilli powder to taste, salt to taste, garlic 10 grams, baking powder 1/4 teaspoon, desi ghee 1 tablespoon, oil to fry.

Method : Make a thick batter by mixing besan, maida, rice powder, red chilli powder, salt and some garlic and hing water, add desi ghee to the batter.

Cut banana slices longitudinally after scrubbing the banana skin a little bit.

Dip these slices in the above batter and deep fry in medium hot oil till golden brown. Serve hot with coconut chutney.

Your Problems : Our Solutions

Ud. S. A. Khan, Lucknow

My problem is I like to eat raw rice. I regularly eat a handful or two twice a day. Can it be a symptom of some grave illness.

Sunita, Bangalore

Your problem is no problem provided the raw rice consumed gets properly digested.



I sneeze too much. More so during the mornings. At times a thick white and yellow water runs through the nostrils. If I do not take medicine next day I have constipation.

S.P. Pillai, Kerala

You sneeze due to chronic coryza. Take Naradiya Lakshmi Vilas Ras 2 tablets with betel juice and honey twice daily. Early in the morning on empty stomach infuse two drops of Shadbindu Taila in both nostrils and inhale it so that it reaches the upper part of the nose. Repeat this in the evening one hour before meals. At night take a cup of milk with one spoon of castor oil in it. Give up rice, and sour things, sweets of Khoya, banana, peanut, gram, yellow gram and red chillies. Continue the medicine for three months without break.



My problem is that I have lost the faculty of smelling since 7-8 months. I wonder whether I shall be able to smell again. Tell me some medicine or device.

N. R. Menon, Faridabad

Your problem is due to

consecutive coryza and inflammation in the mucuous membrane of the nose or wounds therein - infuse two drops of Shadbindu Taila twice a day. Take 2-2 tablets of Naradiya Lakshmi Vilas Ras with ginger juice and honey twice a day. Do not take gram, yellow gram, rice, red and gree chillies and green leafy vegetables. Take medicine without break for three months.



I am a teenager diabetic. Do you have a cure for me in Ayurveda

P. N. Dev, Nagpur

For diabetes you take the following - seeds of Karela, leaves of Gudmar, Nepali Chiraita, methi, stone of Jamun, Aonla in equal quantities powder them all finely and blend together. Take one spoon of this twice a day with hot water. Avoid rice, curd, sugar, potato, urad pulse, sweets of khoya, sweet fruits and sour things.



I am a diabetic and at times have excruciating stomachache. Please tell me some remedy.

K. K. Arvind, New Delhi

Take the above medicine for diabetes. For stomachache take Shoolaharan Vati, Kankayan Vati one each with hot water. If no relief is felt consult a physician.



I like to sleep with a hot water bottle that is my problem. I am

just 25 now. My family members do not like this habit of me. How can I give up this habit ?

Sunil Kumar, Jaipur

During winter wrap yourself in sufficient warm clothing so that you feel warm, or take medicines of hot temperament like Amber, saffron etc. The habit will go when you do not feel cold.



I have a child of two months. My mother wants to engage an Ayah to massage him. Tell me, whether the massage will do good to the baby. Please guide me.

Meera Singh, Allahabad

Massage is very good for the health of the child. It would do more good if the massage is done in the sun avoiding the eyes of the baby.



I have had an heart attack and I am taking allopathic medicines. I am suffering from constriction or obstruction in the branches of coronary arteries. Please tell me the address of a competent Doctor or Vaidya.

K. B. Sharma, Vikasnagar, Iko.

You may contact the Charitable Hospital and Resarch Centre which was inaugurated on March 28, 1996 at the Jeevaniya Office, E-III/249, Sector-H, Aliganj, Lucknow. Phone No. : 77568, get yourself freely examined and take pure Ayurvedic classical treatment.

Useful Churnas and Vati

Vd. S. A. Khan, Lucknow

The nature has created man and, therefore, he is related to it irrevocably. Whenever there occurs a deficiency in the human body, its recoument is easily achieved by substances available from nature and natural substances ensure the well-being of man. The nature has created drugs useful for the human beings in their vicinity, but most of us do not recognize them. If we recognize such plants, know their qualities and action then we can put them to use whenever a disease is properly diagnosed and the proper use of drug is known, then the plant drugs show their effect within 12 hours. The fresh plants offer quicker relief.

If a disease has just set in and is not in a critical state, then it behoves us to resort to some domestic medicine instead of rushing to the doctor's clinic. If the disease does'nt show signs of abating even after two days of taking domestic medicine, then only should one go to a doctor or vaidya. If this advice is followed, then many illnesses would be cured by exclusively in-house methods.

The use of medicines given below shall always provide relief, no harm can ever ensure through them. If these are kept in air tight bottles then they would retain their potency for 6-8 months Home-made medicines are better than those available in the market. Reliable and pure medicines provide better relief as well.

Ashtachurna

Ingredients : Dry ginger, little piper longum, black pepper, Ajwain and rock salt.

Method : Take equal quantities of the ingredients. Cut the Heera Heeng (the best asafoetida) into small pieces and fry in clarified butter. Thereafter finely powder and sieve the ingredients separately. Then blend them together and store in glass phials. The medicine is ready.

Dose : For children 3-5 years 1 gm, 5-10 years 2 gm, 10-15 years 3 gm, above 16 years 1 spoonful.

Vehicle - Stomachache :

hot water, diarrhoea : honey, Indigestion - hot water, dyspepsia : blend with ghee and rice and eat four mouthfuls in the beginning of meals.

Caution : Do not take in peptic ulcer and disorders of Pitta.

Talisapatradi Churna

Talisa patra 5 gm, black peper 10 gm, dry ginger 20 gm., pippali 40 gm Taj 38 gm, cardamom 38 gm sugar 320 gm.

Method : Finely powder and sieve the ingredients separately and then blend together and collect in a glass bottle.

Use : Dry cough, asthma,

cough, coryza, fever, inappetance, aversion to food, throat trouble, indigestion nausea, dysentery.

Dose : One to three gram according to age twice or thrice a day with honey.

Adult dose is one teaspoon with honey thrice daily.

Note : Adhatoda leaves may be used in lieu of Talisapatra.

Caution : For use of diabetic patients sugar must be deleted from above and the powder should be taken by them with honey.

Kanta Karyadi Churna

Take equal quantities of

Adhatoda leaves and Panchang of Kantakari, pound to powder and sieve separately with a fine cloth, blend together and store.

Dose : Children 1-3 gm. adults : one tea spoon.

Use : With honey, ghee, milk or hot water thrice a day in cough; with honey in asthma; with ghee in T.B., with honey or hot water in whooping cough, with milk or ghee in bronchitis for one to two months.

Turmeric Powder

Finely powder turmeric and store carefully or prepare pills of jujube size by blending with honey.

Use : In gastric ulcer take one spoon in cold milk in the mornings on empty stomach for at least one month or take one pill with milk in the morning for one month. Give up Pitta-

aggravating things like red chillies, pickles, vinegar, wine, mustard oil, buttermilk, tobacco, brinjal, Urad pulse etc.

Diarrhoea : One pill thrice with water.

Indigestion : Boil one spoon turmeric powder & 3 crushed black pepper with milk, cool and take in two doses.

Cough and chronic coryza : one tablet twice a day with honey.

In leucorrhoea grind one spoon turmeric powder with 3 gm. Brahmi herb and take with butter or milk on empty stomach in the morning. Give up Pitta-aggravating things like red chillies, meat, brinjal, Urad pulse & mustard oil.

Chiraita Powder

Finely powder Chiraita Panchang. This is the best

blood purifier. Give one spoon with hot water once a day. It is very good in fever, malaria, diabetes, intestinal worms, leucorrhoea and skin diseases.

Gashar Vati

Take equal amounts of black pepper, black salt, asafoetida and ajowan.

At first fry asafoetida with Ghee. Thereafter finely powder other substances separately.

Thereafter put all things in a mortar, add fresh Aonla juice and thoroughly pestle for three hours and then prepare pills of 1-2 gm. Take 1-2 pills with hot water or alternatively chew in the mouth. It will immediately release the wind by carmination.

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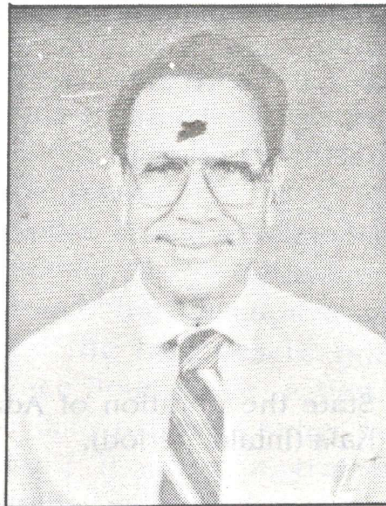
Swami Jaganathan of Karoor

Dr. P. Jaganathan is a humble and simple man of 65 years living in a small village Dalwapalayam of Karoor taluka of Tamil Nadu. To his friends and villagers he is known as 'Swami Jaganathan' which implies the affection and respect that he receives in the village.

For many years he has been serving the people with his knowledge of local medicinal substances. His search for medicinal herbs and preparation of herbal extracts is very much on. He has a small clinic in Karoor, where he practises homoeo, siddha and ayurveda in which he has been involved for the last 25 years. He spends most of the time in reading and he has valuable collection of rare books on ayurveda, which were presented to him by a traditional ayurvedic practitioner as well as an astronomer. He says, reading the ancient book is not difficult, but to perceive the hidden meaning is a Herculean task.

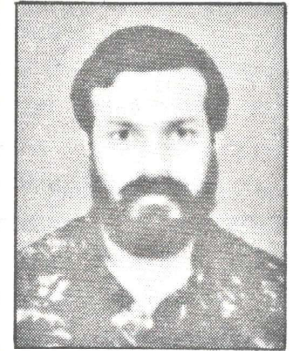
Dr. P. Jaganathan has prepared an antifertility

medicine extracted from four herbs, which is a fool-proof antifertility agent, according to him. He has been giving this preparation for the last 20 years, free of cost. He has 2 types of preparations - one is temporary antifertility preparation and the other is permanent. Two capsules per day taken one in the morning and the other in the evening, during the menstruation



Dr. P. Jaganathan

period from day 1 onwards for 10 consecutive days gives temporary antifertility, effective for 10-12 months. The permanent preparation makes one infertile for ever. The author conducted an experiment on rats to evaluate



K.S. Pillai

the toxicity of the compound. Rats were given 500 mg of the preparation a day for 7 consecutive days. The clinico-biochemical and topathological examination did not reveal any toxicity.

Dr. P. Jaganathan is willing to introduce the product to the world at large. However, he wants his product should not be misused in the name of commercialisation.

Frederick Institute of Plant Protection and Toxicology (Fippat), Padappai - 601 301, Chingleput Dist., Tamil Nadu, India

Jeevaniya Science Conundrum

First Prize : Free Jeevaniya magazine for two years.

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- Solution should be sent to us by post.
- One person is entitled for one prize only.
- In case no perfectly correct solutions are received, we reserve the right to award or not to award the prize.
- Editor's decision shall be final.
- Complaints, if any could be made to the Editor only.
- No legal claim could be registered anywhere.
- Only those solutions that are filled in on the page printed here and sent by ordinary post to us shall be considered. The solutions should be addressed to :

The Editor,

Jeevaniya Health Conundrum
E-III/249, Sector-H
Aliganj, Lucknow - 226 020

1. State the estimated number of HIV positive people in U.P.
2. The Health and Family Welfare ministry proposes to publish a caution on tubes of toothpaste containing fluoride. What is that caution?
3. Name the plant being used in Ayurveda and found by research to be extremely useful in treating thyroid disorders ?
4. State the duration of Adana Kala (Intake period).
5. What are the three forms of treatment described by Charaka ?
6. Name the ten-fold examination described in Ayurveda ?
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.
 - 7.
 - 8.
 - 9.
 - 10.
7. What is Verma Kalai ?
8. Nihanti gandha vairasyam jihwadantasyajam malam Nishkrshya ruchimadhatte Sadyodantavishodhanam. Who said this and what does it mean ?
9. Name the various stages of life from birth to the age of 18 years as described in Ayurveda
10. What are the principal causes of diarrhoea in childhood ?

Second Science Journalism Training Course



Jeevaniya Society intends to make its next course more useful. In these two courses mostly sponsored candidates from different Scientific institutions got benefitted, now the Society is trying to make it more useful for fresh Science graduates also.

The second batch of Science Journalism Training Course of Jeevaniya Society concluded. On this occasion, an Evaluation Workshop was organized at the Regional Science Centre, Aliganj with the trainees as well as faculty members.

Inaugurating the workshop Prof. Sushil Kumar, the Director of Central Institute of Medicinal and Aromatic Plants, Lucknow expressed the hope that the training course would definitely impart the trainees skills to transfer useful information to the common man. He lauded the efforts made by the Jeevaniya Society in bringing out a popular health magazine and other useful

publications for science popularization. He called upon the science journalists to focus upon the problems of rural areas and developments in agriculture.

Sri A. N. Dey, Director of the Regional Science Centre, Lucknow welcomed the guests and assured the help of RSC to all such efforts of science popularization.

Prof. V. D. Gupta of Lucknow University, in his presidential address of the inaugural session urged the trainees to make Science Journalism a part of their daily activities rather than leaving it after a training programme and a few assignments.

Dr. N. N. Mehrotra, a senior scientist of the Central Drug Research Institute and the secretary of Jeevaniya Society explained the genesis of this training course. Explaining about the course, he described, in detail the emphasis on practicals in this course whereby the trainees collectively brought out

a newsletter in Hindi as each trainee prepared a separate assignment.

In the valedictory session Prof. S.P. Singh, the Vice-Chancellor of Lucknow University gave away the certificates to the trainees. He appreciated the syllabus of the short-term training course and expressed satisfaction that emphasis was given to good quality practical training.

Prof. G. G. Sanwal, the Pro Vice-Chancellor of Lucknow University highlighted the role of journalists in the society. He urged the trainees to provide correct scientific facts not only to urban elite but also to the rural masses. He also wanted the trainees to report on developmental issues.

Prof. S. R. Naik of the SGPGI expected science journalists to be careful about their facts and critical about their scientific evaluation with a perspective to serve the humanity.

During the workshop the assignments prepared by the trainees were discussed. These were on a Report on Global Warming and an extensive Book Review of an Encyclopaedia of Development, Environment and Society. The faculty members, trainees as well as other resource persons appreciated the efforts made by the trainees and gave suggestions on further improvements in the assignments as well as in the course.

Ardita

The root 'Ard' means to influence, hurt or beat. In Ayurveda the word Ardita is used in the sense of influencing and harming as a special disease, wherein half the face becomes skewed. In this disease general control over the left or right half of the face gets snapped. It is one of the eighty disorders or Vata-Since it affects one part only it is also termed Ekayama (unidimensional).

The common symptom is skewing of face on one side. The aggravated Vayu enters the joints of head, nose, lips, chin, forehead and eyes and skews the half of the face and throat. The premonitory symptoms are horripillation, shivering, musty eyes, deficiency of sense of touch in the skin, pricking, stiffness of face, neck and throat. After the attack of Ardita face becomes crooked, head becomes shaky, speech gets stuck up, eyes become stiff, teeth chatter, voice becomes subdued, hearing is weak, sneezing gets held up, sense of smell is weakened, forgetfulness, horrible dreams during sleep, saliva trickles from one side of the mouth, one eye remains closed, acute pain occurs in one side of throat or lip etc.

Paralysis is called Ardita in Charak Samhita. Other books differentiate the two. According to them fits occur in Ardita and hence it does not always influence the mouth whereas the effect of paralysis is incessant. Due to fits Ardita causes pain and pain ceases with fits. On the other hand in paralysis the pain does not cease.

If the patient is not able to close eye, is too weak, the speech is always obstructed and head is shaky or the disease has become three year old then the Ardita is classified as incurable.

According to modern concept Ardita or paralysis is due to disorder of brain. Brain and marrow system are extremely sensitive and delicate and if they do not get consecutive flow of blood then they become distorted. Sudden fall of blood pressure, injury or any obstruction in the blood vessels causes disorder in the brain. Various parts of the brain control various limbs of the body. And hence

Pt. K. G. Gore, Lucknow

creation of disorder in a specific part of the brain causes a disease like Ardita or paralysis.

According to Ayurveda snuff, enema, fomentation with steam, massage, yogasana and appropriate medicines are used to treat this disease. Especially Pranayama (breath control) through both the nostrils separately helps much better.

Ardita and other disorders of Vayu are eliminated upon giving crushed garlic cloves with asafoetida, cumin, Šaindhava salt, dry ginger, black pepper and piper longum powder with Eranda root decoction as a vehicle.



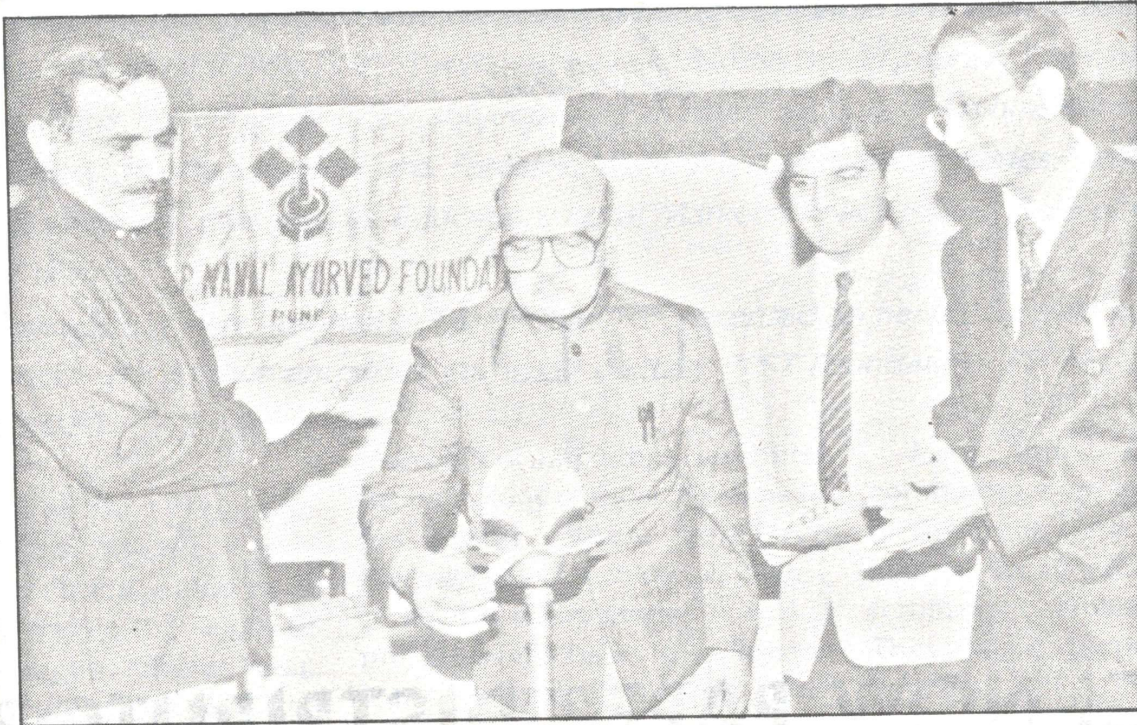
Astrology & Disease

Gemini and Health

Pt. K. G. Gore

Gemini occupies the second half of Mrigshira, The entire Ardra and the first three quarters of the Punarvasu constellations. According to the stars the temperament of this constellation is mild and fiery both. It is situated from the throat of the Kala Purusha to his chest. The master of this constellation is Mercury. It is masculine but double-natured. The constellation predominates in the element vayu. The constellation is powerful during the day. It is cruel by nature and its glow is lubricious. Its colour is green/black. Its effect manifests on brows, eyes and nose. Its effect can make the eyes red and hair curly. According to some shoulders, hands, arms, lungs, respiration and blood are subservient to it. The constellation causes sensuousness. Though the body may be short it would be well-formed and beautiful. Being double-natured mind is fickle. Due to predominance of air element the affected person would be replete with Vata Dosha. Excellent benefits could be derived from medicines predominating in water element. It would be advisable to avoid substances of fire element.

Ayurvedic Heart Care Unit



From left Vd. Vilas Nanal, Vd. B. P. Nanal, Vd. Shailesh Gurjar and Dr. Avinash Inamdar

Speaking on the occasion of the inauguration of 'the Heart Disease Unit' of Vaidya M.P. Nanal Ayurved Foundation, Pune, Vaidyabhooshan B.P. Nanal said that there is a need to-day to explain to the masses the knowledge of heart diseases found in Ayurvedic literature. Renowned heart surgeon Dr. Avinash Inamdar presided over the occasion.

Vaidya B.P. Nanal said that the sun is rising in the field of Ayurveda to-day. The increasing sale of Ayurvedic medicines does not denote the progress of Ayurveda. Each and every disease should be diagnosed along Ayurvedic lines. Then only

it would be easy to select proper medicines to treat diseases that have attained a serious state. Diagnosis of heart diseases would be easier if symptoms and classification thereof is kept in mind.

In his presidential address Dr. Avinash Inamdar said that Ayurveda is an efficacious system of medicine and it has been proved time and again that Ayurvedic medicines reduce the obstruction in the coronary blood vessels.

Dr. Inamdar said that diseases are caused by natural circumstances and Ayurveda can completely cure diseases. The experts of all systems should

come together with Ayurvedists to cure coronary diseases.

The president of the foundation Vaidya Vilas Nanal introduced the Heart disease Unit and the work done by the foundation during the past eight years. Dr. Shailesh Gurjar explained the activities of the foundation.

A whole day workshop was arranged at this occasion for the benefit of Ayurvedic students wherein Dr. Inamdar and Vaidya Prakash Tathed delivered lectures with the display of transparencies. In the concluding session researchers in the field of heart diseases related their experiences.

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2nd Congress on Traditional Sciences and Technologies of India

2nd congress on the traditional sciences and technologies of India was held at Anna University, Madras from 27th to 31st Dec. 1995. There were about 311 technical papers, 7 keynote addresses and 6 workshops covering over 15 subjects and themes including Architecture, Metallurgy, Bamboo, Pottery, Textiles, Agriculture, Forestry, Water Management, Fisheries, Health, Food and Nutrition, Biodiversity, Navigation, Education, Local Markets, Policy Issues, Role of Communities and Role of Women.

We are presenting here summary of some papers presented on health care of popular interest for our readers. For further enquiries you may contact PPST Foundation, PB No. 2085, Adyar, Madras 600 020.

A paper on 'Magneto-Yoga Therapy' was presented by **Mr.P.K.Acharya** of Cuttack. He traced the origin of magneto therapy in Atherva Veda. Magneto therapy can cure chronic diseases like spondylitis, prolapse of inter-vertebral disc, asthma etc. The wedding of magnet with Yoga and accupressure can alleviate many human sufferings.

A paper on *Treatment of Sinusitis* was presented by **M.Ahmed et.al** tracing its symptomatology of Nazla-e-Barid in classical Unani literature which is in full conformity with its symptoms described in modern medicine. Central Research Institute of Unani medicine, Hyderabad has developed a drug for sinusitis.

Acharya Sushruta has signified 107 Anatomical sites (Marma). Some Marmas are very important which belong to Shira and Dhamani which may be regarded as Marmas with angiological value. **Dr. A. C.**

Mohanty of Jaipur has described traumatology of these Marmas in his paper '*Some Selective Marmas with Angiological value*'.

Dr.A.K.Choudhary of B.H.U presented his paper on '*Process Control Techniques and Their Applications in Ayurvedic Pharmaceutics*'.

Dr.Avinash Shankar of Bihar presented his paper on '*Nasal Cavity Application of an Indigenous Composite in Management of Infant Diarrhoea*'. This is probably a unique concept and composite constitutes of equal parts of Emblica officinale, Mangifera indica and Myristica fragrans.

Psychiatry is a branch of Modern medicine which includes psychotherapies of various kinds. The prognostic status of psychiatry is almost a time cure.

J.Baby of Calicut University presented his paper on '*Alternatives to Psychiatry*'. He has recommended amalgamation of Ayurveda, Yoga and Naturopathic sciences as a system of psychiatry.

Large number of our food commodities are under the attack of different kind of pollutants such as insecticides, pesticides, fertilizers, chemical effluents etc. They cause damage to kidney, liver and other organs and also bring about slow death. In recent past, fungal toxins have been receiving particular attention as they pose serious health hazards and are responsible for a broad spectrum of human diseases.

Dr.T.R.Bandare of Nagpur in his paper '*Agropopulation and Food Poisoning*' has described health hazards of Fungal Food Toxins. Aflatoxin is a hypatotoxic mycotoxin which has resulted in 106 deaths in Rajasthan and Gujarat in 1975. Aflatoxin poses the highest carcinogenic potency among food toxins. Despite the fact that appreciable amount of mycotoxins will be minimised during the process of cooking, considerable quantity may still remain to cause harmful effects on human health. As mycotoxins are heat resistant but light sensitive, keeping contaminated

food articles in bright light for hours may lessen the degree of toxin in it.

Today's dietetics is based on biochemistry and is framed as per convenience of modern medical science considering food as a fuel for living machine. There are some basic differences in the attitude towards diet in Ayurvedic and modern dietetics.

J.Y.Deopuri from Nagpur presented his paper on '*Some peculiarities of Dietetic Concepts in Ayurveda*'. He highlighted the role of 'Mana' (mind) in diet and diet as a carrier of medicine. He emphasised re-establishing and presenting Ayurvedic concepts of dietetics in today's language

Traditional practitioners of coastal Karnataka attribute all the psychiatric illnesses to the derangement of Pitta Dosha and apply a holistic approach in treatment. **J.G.Bhatt** of Jamnagar presented his paper '*Documentation of Indigenous Methods in Management of Mental Disorders in Coastal Karnataka*' on this aspect.

Dr.R.D.Girach of Bhadrak gave possible solutions to revitalise traditional health practices and their viable and sustainable growth in his paper '*Revitalisation of Traditional Health Practices in Orissa*'.

Preventive and curative measures taken by modern medicine in cancer are not perfectly successful because of their limitations with drastic side effects. It is evident from the literature that the plant products rich in potassium and iron protect the general immunity system of the body and from cancer in

particular. **Dr.S.J.Hussain** from Hyderabad presented his paper '*Prevention and Treatment of Cancer by Dietary Habits*'. He traced recommendation of garlic for cure of cancer to Hippocrates (5th century B.C). He also mentioned various herbs to be used in diet for prevention of cancer.

Sushruta says that Agni Karma is useful in diseases which are not relieved by Shastra-Karma, Kshara-Karma and Bheshaja-Karma. **Dr.P.D.Gupta** of Nagpur described his practical experiences in his paper '*Treatment of Gridhrasi Roga (Sciatica) by Agni-Karma Chikitsa*'.

H.Sekar of Madras presented his paper on '*The Road to Health is via Nature*'. He highlighted that in nature, one can not find prolonged illness. Rarely do the animals and birds fall sick. Even if they fall sick they take rest, avoid food, wash in water, role on mud, expose to the sun, eat some leaves and get well. He also highlighted the concept of Bio-energy i.e. self-curing power. This bio energy protects the body from diseases and makes the system to function according to bio-rhythms of nature.

According to Sushruta, the father of Indian surgery, concepts of Shat Kriya Kala (stages of disease) namely Sanchaya (accumulation), Prakopa (provocation), Prasara (propagation), Sthana Samshraya (localization), Vyakti (manifestation) and Bheda (complication). **Dr.P.Kumar** of B.H.U described these in his paper '*Concept of Shat Kriya Kala*

in Ayurveda'.

The excavations at Harappa and Mohenjodaro bear ample evidence of heightened norms of sanitation and hygiene in Indus valley civilisation. Houses were provided with baths, lavatories, fresh water tanks even manhole covers for cleaning big drains.

A.Narayana from Hyderabad detailed accounts of these in his paper '*The Concept of Health Care and Hygiene in Ancient Traditional Medical Science of India*'.

At present trading of medicinal plants has enormously increased. The constant extraction of medicinal plants from their niche through unscientific harvesting, poaching, encroachment of forest land for agricultural use, destruction of habitats and deforestation has extensively affected the medicinal flora. **P.T.Nikkam** of Nashik presented his paper '*A Need of Networking Conservation of Indigenous Medicinal Plant Species*' on the basis of surveillance studies of western ghats.

Dr.M.P.Rao of Tirupati presented his paper on '*Therapeutic Nutrition in Ayurveda*' highlighting curative aspects of food as described in Ayurveda.

S.M.Rajan of Madras presented his unique paper on '*Child and Yoga*'. He found that the Asanas which mankind finds difficult to perform is happening in childhood effortlessly. The child performs cycling, Bhujangasana, Salabhasana, Simhasana, Padhasthasana, Savasana, Pashchimottanasana,

Dhanurasana, Ardha Shirshasana etc. He has emphasised to develop these activities.

The national health policy assigned an important role to Indian systems of medicines and homeopathy in the delivery of health services. There are about 5.25 lakhs institutionally trained practitioners of these systems which are close to the community not only in geographical proximity but also in terms of cultural and social ethos so they can play important role in primary health care. High technology medicine can not change the health status of people. People's rigorous involvement at the community level is must to attain the lofty goal of health for all by 2000. These observations are made in the paper 'Relevance of Traditional Values of Community Attaining Health for All upto 2000 A.D.' presented by **Dr. Raj Mani Pandey** of ICMR, New Delhi.

Dr. Y.P. Shukla of M.P. presented a paper on 'Yoga, the Holistic Health Capsule for the Body, Mind and Soul'. Besides various aspects of Yoga he discussed its therapeutic aspects and hurdles in the spread of yoga. He also discussed an action plan for the expansion of Yoga in India and abroad.

There are various treatments of snake bite e.g. herbal, first aid, anti-venom etc. Acharya Sushurta applied Siravedha for snake Bite. **Dr. S.P. Tiwari** of Jaipur presented his paper on 'Approach of Ayurvedic Venupuncture Technique (Siravedha) to the Management of Snake Bite' giving details of theory as well as his experience in this field.

By doing well the duty which is nearest to us, the duty which is in our hands now, we make ourselves stronger; and improving our strength in this manner step by step, we may even reach a state in which it shall be our privilege to do the most coveted and honoured duties in life and society.

□ SWAMI VIVEKANANDA

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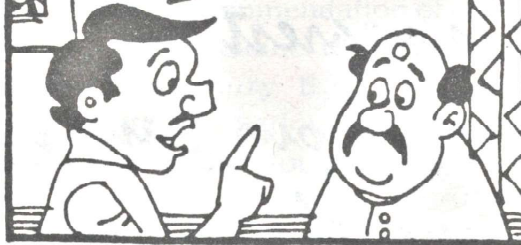
MASTRAMJI



STORY : PANDIT KASHINATH GORE

ILLUSTRATION : SANDEEP SEN

Vaidji, What else one should remember about cleanliness

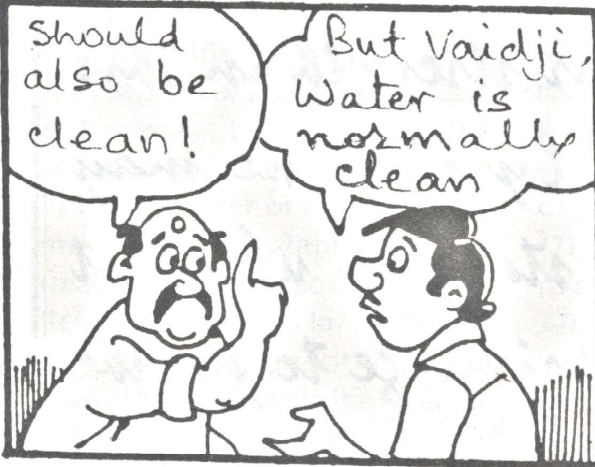


Mastramji, It is important that the water used for cleaning hands, face & eyes etc

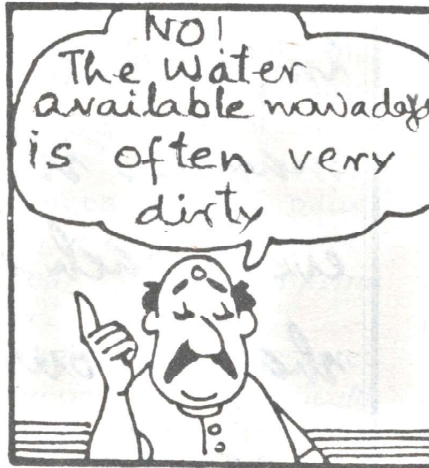


Should also be clean!

But Vaidji, Water is normally clean



NO! The water available nowadays is often very dirty



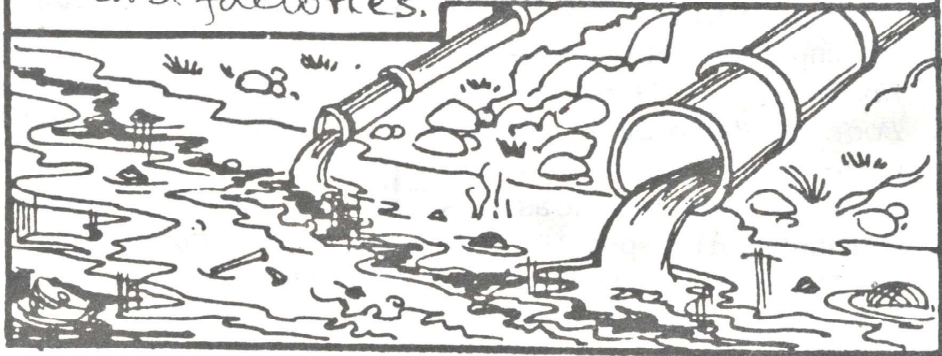
There are many germs & harmful chemicals in it.



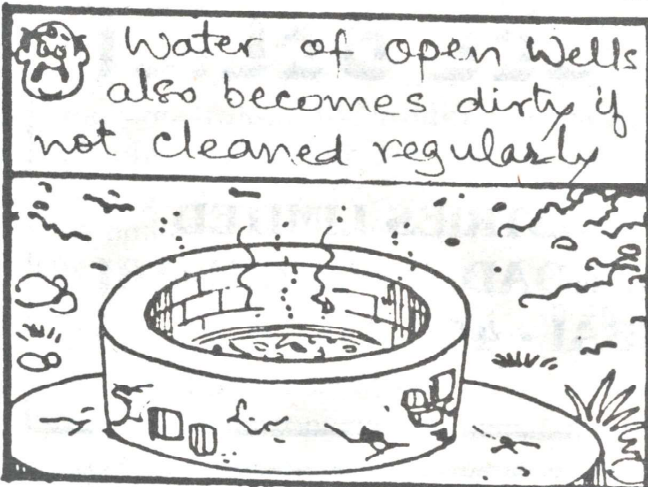
Look, this microscope shows many germs in this water



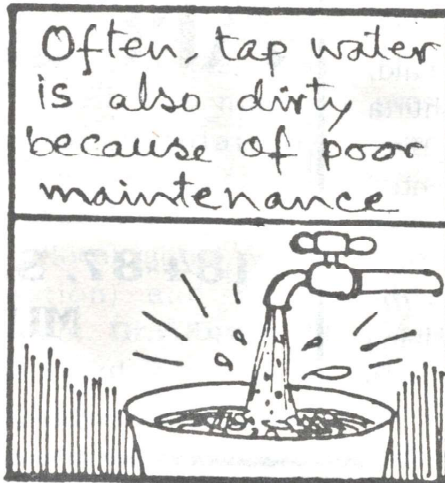
Water of rivers is also often dirty because of pollution from sewage and factories.



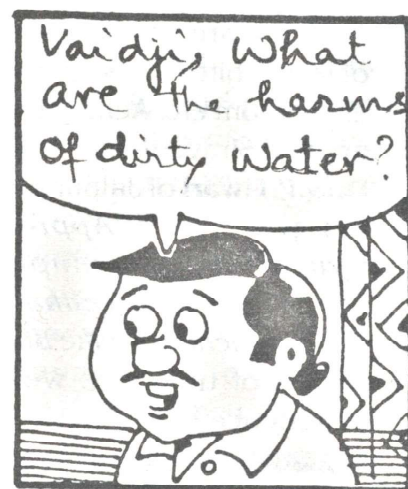
Water of open wells also becomes dirty if not cleaned regularly



Often, tap water is also dirty because of poor maintenance



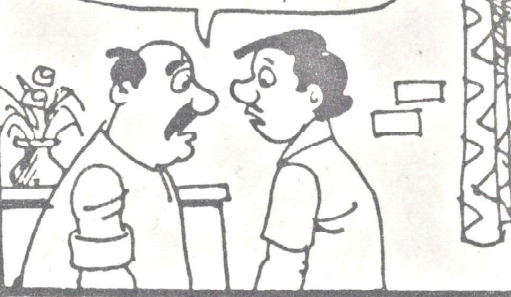
Vaidji, What are the harms of dirty water?



Washing the hands or face with dirty water allows the



entry of germs in the body where these multiply.



Diseases of skin, Diarrhoea, Colitis, Jaundice, typhoid & helminths etc are due to dirty water.



Not only this! Some diseases spread as epidemics



Vaidji, please explain this a little more.



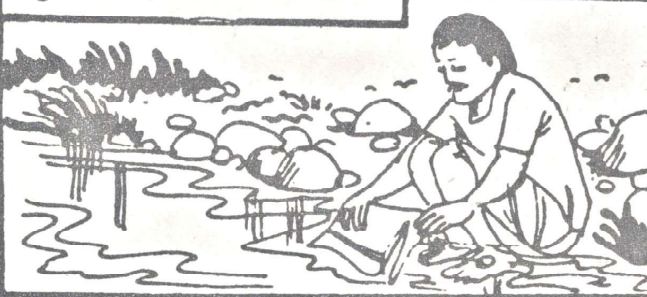
Guinea worms enter the body by drinking dirty water.



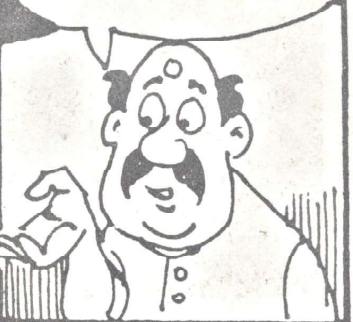
After some time there may be abscess on his legs.



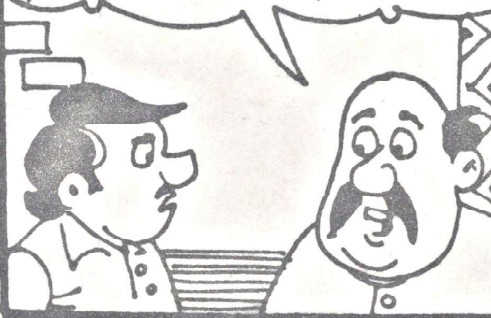
When such person goes near some water source, he releases larvae of the guinea worm into the water.



Cyclopes in the water eat these larvae



These cyclopes enter the body of other persons with water



Therefore never drink dirty water,



nor clean a dirty abscess in the source of water



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