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Jeevaniya

Bimonthly Magazine of Local Health Traditions

Mother & Child Health



JEEVANIYA Bimonthly

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Editorial

The standard of health of mothers and children in any country is a significant index of the health of the public at large in that country. Perhaps that is why the mortality of mothers during delivery or that of children below five years indicates the health of society not only for the present but also for the future of the nation. Probably due to this, special attention has been paid since time immemorial to the health of mothers and children.

Moreover, from the point of view of health, both mother and child are delicate. During pregnancy the mother has to take care of the child growing in the womb, in addition to looking after her own health. Not only the diseases occurring in the mother during pregnancy affect the embryo but her food and pastime also affect it. That is why, it is said that if the health of a mother is sound and she is aware of hygiene then an entire family enjoys sound health. This expedient knowledge regarding the health of mother and child has been accumulated by all civilizations of the world since ages.

In India, the above knowledge is not only stored in scriptures like Ayurveda, Siddha, Unani etc. but it is also alive in the day-to-day practice of midwives in far and wide villages and tribal areas. It also is but natural that such knowledge has been empirically accessible to our grandmothers. Unfortunately, during the last few decades the practice of this knowledge has been on the decline, owing to the dazzle of modernity. But soon the stalwarts of 'Modern science' recognized the anomalies of this dazzlement and the potentials of this sound heritage. Today the whole world as one recognizes the importance of breast-feeding, traditional food and pastime during pregnancy and post-delivery and traditional knowledge of useful devices of normal delivery.

It was but natural for the LSPSS to turn its special attention towards these strong traditions of mother and child health care. The organization, aiming to popularise and extend the powerful traditions for the benefit of the masses, started an All-India survey based study, with a view to revise and revitalize these traditions. A revaluation was deemed necessary, to identify any anomalies that might have crept into these traditions due to stagnation and warn the common man against the doubtful notions, while needful research might be conducted on the potentially useful traditions.

We deem it our duty to convey to the enlightened readers of Jeevaniya whatever useful knowledge we have been able to accumulate so far in pursuance of this venture. We have served some of this information in this special number that happens to be before you. We will await your reactions regarding its utility in life. We also propose to start a new permanent column devoted to Mother and Child Health care in our subsequent numbers.

We sincerely hope, that the scientific evaluation of this available knowledge will be put to use not only by our readers but it will also be put to practical use on an All-India level in our health and family welfare programmes as well.

Jeevaniya wishes its readers a Happy Holi and Eid



Readers' forum

Dear Editor

I have gone through the 'Jeevaniya' published by you and your colleagues. Please accept my congratulations for bringing out an excellent issue of this journal for popularising Ayurveda in common people.

- *Dr. Subhash Ranade, Pune.*

Dear Sir,

Let me first of all congratulate you for your magazine. I think it is a wonderful attempt. I always wanted this kind of information but I could not get it from anywhere. I am an educated housewife for whom it is very informative and useful.

Could you kindly give some knowledge about the common things like tea, coffee, chocolate, icecream etc? I would like to make another request that if there is an article regularly on the season (and its foods) which is about to come so that what we eat we can find meaning in it and do's or don'ts about the food in a particular season.

- *Mrs. Promila Gurtu, Bombay.*

Dear Editor,

I must congratulate you on the quality and contents of the journal.

- *Ashok Jaitly, Jammu.*

Dear Sir,

I have gone through your

bimonthly magazine 'Jeevaniya' and find it both interesting and informative.

- *Mrs. Mala Miranda, Bombay.*

Dear Editor,

I have seen your bimonthly magazine of local health traditions 'Jeevaniya' sent by you. I am very glad to say that the magazine jeevaniya will be beneficial to a medical man as well as a lay man.

- *Dr. Mohd Ataulah Shareef, Aligarh.*

Dear Editor,

I have had a quick look at it, my wife a little more detailed. She's thrilled with it and, I must say that my quick impressions are also very positive though the information load is quite heavy. Will get back, later if necessary on this.

- *Korah Mathen*

The Arvind Mills, Ahmedabad.

Editor,

Thank you for your circular regarding "Jeevaniya". I have glanced through the first issue of your magazine and it does look very interesting and thought provoking. There is scope for improving the production of the magazine. I particularly feel that the letters need to be slightly bold.

- *Alok Mukhopadhyoy,*

Executive Director, VHAI.

Dear Sir,

This is with reference to your Editorial in Jeevaniya (English), Sharad, No. 3, 1989. You make tall claims about promoting the use of individually tailored Herbal drug mixtures, suited to individual patients. On one hand you are questioning the use of "Patented Drugs", and at the same time you are also advertising for patented drugs of Zandu and Lupin. Aren't you yourself encouraging the use of patented drugs? We think that you need to question your own role and objectives.

Sarojini, Jagori, Anu Gupta, Eklavaya, New Delhi

We appreciate your views. Promoting individually tailored Herbal mixtures does not mean opposing patented medicines lock, stock and barrel. In today's industrialised world, one can hardly close ones eyes to the harsh reality of such products at least for those who have no access to herbs. We, however, refuse to have any influence of the advertisers on our Editorial Policy and accept ads from those who don't wish to interfere with that. In fact we would like these companies also to market single ingredient drugs.

Editors

In This Issue

Special Topics

Yoga During Pregnancy	5
MCH Convention	6
Caring The Pregnant	8
Mother & Child Care	10
Factors Harming Pregnancy	12
Eye Care In MCH	18
Oleantion for Easy Delivery	23
Baby's Food & Massage	25
Routine Examination in Pregnancy	29
SootiKopachaar	31
Post-Delivery Uterine Pain	33
Honey & Ghee for Children	34
Breast-Feeding	40
Coughing & Diarrhoea In Children	44

General

Anaemia (Pandu)	26
Prameha	38
Identify Your Temperament	52
Non-Vegetarian Diets	66

Researched Article - Leucoderma 60

Medicinal Plants

Kantkari	16
Adathoda (Adusa)	17
Guggulu	20
Nirghundi	46
Turmeric	48

Nutritional Plants

Oats	51
Drumstick	57
Sathi (Rice)	59
Lemon	62
Fenugreek	63
Date Fruits	65
Tomato	70

Regular Columns

Granny's Prescriptions	14
From Periodicals	36
Ritu Charya	54
Kitchen Garden	68



Messages

I am glad to know that the next issue of 'Jeevaniya' will be a special number on 'Maternal and Child Health'. I do hope this edition will deal at great length the importance of motherhood and child care. Apart from child-bearing, bringing up the child in proper and healthy way should also be brought home to each and every family.

I wish 'Jeevaniya' all success.

(Ramakrishna Hegde)
Dy. Chairman
Planning Commission

I am happy to know that the health magazine "Jeevaniya" which is committed to promote local health traditions is proposing to bring out its Annual Special Number. It is more heartening to note that the magazine plans to bring out its editions in other languages also.

Our health and medicare traditions are ancient, including naturopathy, herbal medicine and surgery. It is need of the day to bring forward and popularise Local Indian Medical Systems which are going in the background due to the glare of modern medicine.

The effort of Jeevaniya in this direction needs to be duly appreciated. I extend my greetings for the success of its Annual Special Number.

(Nilmani Raut Rai)
Minister of Health And Family Welfare

I am happy to learn that the next issue of Jeevaniya is being brought out as a special number on 'Mother and Child Health'. I hope that this special issue will generate public awareness regarding the role of the Mother and Child.

My best wishes for successful publication of the Special Issue.

(Maneka Gandhi)
Minister of State
Environment & Forest's

Yoga During Pregnancy

Lakshmi Ranganathan, Madras

Yoga Practice during pregnancy is not a new concept. There are textual references of it in Nathamuni's Yoga Rahasya (7th - 8th Century) which was thought to be extinct. It was made available by the great Yogi Shri T.Krishnamacharya. Here he has mentioned clearly the kind of Asanas and Pranayama to be practiced and avoided during pregnancy for an easy delivery.

Yoga practice during pregnancy and post natal period requires special attention. The main idea of the practice should be :

- to take care of mother's health during pregnancy,
- to eliminate any discomfort or problems encountered during this period.
- to work with postures which prepare the body for a comfortable delivery.
- to take care of the mother's health during the post-natal period.

If the pregnant is new to Yoga, it is advisable to avoid practice for the first three months. As this period is risky, it is sensible not to expose the body to any new system or change. After this period, a simple practice can be gradually introduced. The pregnant should also be instructed on aspects like proper diet, oil application, adequate rest, sleep and other activities.

Even an initial yoga course

should be modified to suit various conditions. For example, a student who is a working woman, on her feet for long hours can, be given a practice which is relaxing and in which she feels her back rested. Someone who is suffering from common nausea, can be given a practice where change in postures are gradual and which would help her condition.

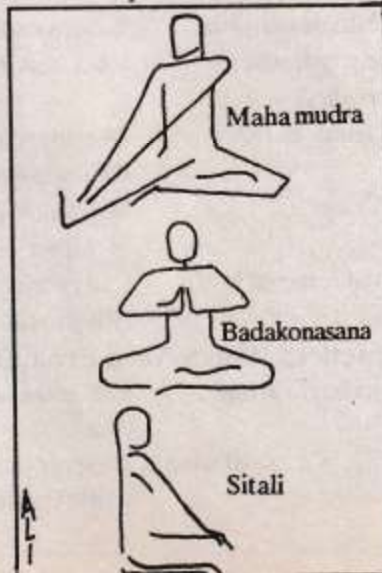
Though there is no prescribed practice there are general guidelines to be followed. Extreme forward bending, back bending, inversions and twisting postures should be avoided. However, postures can be modified so that the concept of forward bending, back bending, twists and inversion can be used positively to benefit the student.

As yoga practice progresses, classical postures should be

gradually introduced. Some of the classical postures mentioned in Yoga Rahasya are Maha mudra, Badakonasanam, Upavishtakonasanam, Dandasanam, Chakravakasanam, Sitali and Ujjayi Pranayama. These postures work in the region of Vata, hence help in preparing the body towards an easy delivery. Quite often these postures might need modification to suit the individual's condition. It is important to use postures which do not cause discomfort or problems to the pregnant.

Pranayama is given special importance right from the initial stage. Smooth exhalation relaxes the body and removes Mala from the system. As child-birth is associated with Apana Vayu, long exhalation helps in the regulation of Vayu. The breathing should never be forced as it might result in the vitiation of Vata. Hence it is important to train the student to breathe within comfortable limits.

The practice during post-natal period depends on the nature of the delivery. For a normal delivery, practice can be started or resumed as early as possible. The practice is modified to take care of some of the common problems faced such as backache, slack abdominal muscles, neck and shoulder stiffness to ensure that the mother regains her normal health and strength.





Mother and Child Health

A National Study and Convention

Vd. Smita Bajpai, Ahmedabad

A large percentage of India's population lives below the poverty line and medical facilities are often not affordable even, if accessible to them. Traditional systems of medicine provides cheap and acceptable remedies as they are passed from one generation to the other. Due to the richness of India's soil, the flora and fauna often used in the traditional systems form an inherent part of the local practices and are widely accepted by a variety of people at the rural level. LSPSS and CHETNA coordinated an All-India survey which was conducted by several groups. It was observed at grass root level that a lot of different practices and beliefs pertaining to ante-natal care, management of delivery, post-natal care of mother and child exist in the community. An independent study into these beliefs led to the discovery that most of them are correct. These Beliefs, customs and the so-called taboos are formed and modified as pper the geographical and social situation of the area. Some of the beliefs observed are listed here.

Beliefs/Practices

Eating more results in big baby , resulting in difficult delivery .
 Stomach and uterus are one and child develops in stomach, therefore a pregnant woman should eat less otherwise the baby will get crushed.
 Woman does not disclose her pregnancy to the doctor or one else .
 Delivery is impossible without pushing.
 If placenta fails to come out, manual removal is done

Its Consequence

Results in Low Birth Weight (LBW) babies.
 Causes malnutrition, especially anemia which has a bearing on infant and maternal mortality.
 Teratogenic drugs may be any Prescribed during organogenesis.
 May cause inversion, rupture of uterus or prolapse.
 Can cause sepsis with unsterile hands after oiling them.

Practices Which Need Promotion

A pregnant woman is entitled to get her cravings . fulfilled
 At some places woman is made to sit in a tub of wine delivery.
 This is the strategy through perview of ante-natal care.
 Prevents puerperesal pyometra and other septic conditions.

Traditional Practices

A survey was carried out through our organisations in rural areas of Maharashtra, Gujarat, Bihar, Rajasthan, U.P., H.P., W.Bengal, M.P, Orissa, Kerala and Karnataka. In all, 2600 women were interviewed in a door to door survey. Various do's and don'ts are observed in the community which form a part of the traditional Ante-natal care. Categorised local health traditions are listed below:

Do's During Pregnancy

Dont's During Pregnancy

Pertaining to Diet

Easily digestible foods are taken
Leafy vegetables are special diet
Chapati, flaked and puffed in a small quantity at frequent intervals must be taken.
Only coffee or decoction of dry ginger is taken

Banana, ground-nut, eggs are not taken
Rice, pickle made in vinegar, mahuva, old jaggery, tea etc. are not taken

Pertaining to Regimen

Normal household work is done
Meals should be taken regularly

Smoking is not advisable
Avoid intercourse after 5th month
Avoid tiring work and running
Should not lie on back
Sleep should not exceed 10 hours per day

Recommendations of Convention

To the T.B.A. (Traditional Birth attendant)

T.B.A. Training should be intensified with inputs from Indigenous Systems of Medicine.

Zone-wise flexibility regarding functions of T.B.A.s to be formulated.

The limitations of T.B.A.s to be identified and proper steps to be suggested.

To the Government Programme

The MCH & programme should have ISM inputs.

The ICDS (Integrated Child Development Scheme) programme should be chalked out with ISM inputs.

The Anganwadi workers of ICDS should be trained from ISM perspective.

The entire health care systems should not only have ISM and ASM inputs but involve other systems of medicine also.

A programme emphasising on Under Three Year Children to be evolved by incorporating ISM inputs.



Garbhini Paricharya

Vd. (Mrs.) S. Koppikar, Bombay.

Purusha (human) is born and grows from Ahar - Rasa. So Ahar Rasa should be maintained healthy. The food and behaviour should be such that the Ahar Rasa is protected at all cost. As the Garbha (foetus) is a small form of Purusha, the birth and growth of the child depends upon the Ahar Rasa and the behaviour of the mother.

The food taken by a pregnant woman:

- Nourishes and helps the growth of the foetus.
- Nourishes the mother's own body.
- Nourishes the breasts by which the breast milk formed maintains new born baby.

So the Garbhini should follow a careful regimen of food and behaviour during pregnancy. This Regimen is known as "Garbhini Paricharya".

The growth of the foetus is marked by a certain growth pattern. Thus in the 5th month the Mamsa (flesh) and Rakta (blood) Dhatus grow predominant. In 6th month there is predominant development of Bala, Varna, nails, hairs, Roma, ligaments, bones etc. Accordingly

the management changes every month. according to 'Charak'

1st month of pregnancy

Diet : Cold milk in small quantity but frequently. Madhur (sweet), Sheet (cold) and liquid diet is preferred in 2nd month for maintenance of the foetus.

Medicine : Jeshthamadhu with white sandalwood powder, red sandalwood powder in cow's milk.

Jeshthamadha, Saagbee, Ksheerkakoli, Devdaru (*Cedrus deodara*) milk.

2nd month of pregnancy

Diet : Cold milk in small quantity but frequently Madhur, sheet and liquid diet like milk, coconut

water, fruit juices, peya, kanji, which has not become sour.

All these should be in small quantity but frequently taken.

Fruits to be avoided are Pineapple, Papaya, Sugar cane.

Medicine : Ashmantaka (Apta) til, Pippali (*Piper longum*), Manjishtha (*Rutia cardifolia*) Shatavari (*Asparagus recemosus*).

These are taken in same quantity and a Kashay (decoction) is prepared and taken with milk and sugar.

Lotus stem, Nagakeshar Milk, or butter-milk, lotus, bel fruit, Camphor and Goat milk.

3rd month of pregnancy

Diet : Rice with milk or Ghee

Detection of Pregnancy

The following signs and symptoms to diagnose pregnancy are observed in local communities reported by different field groups in our Survey (L.S.P.S.S.-CHETNA).

- Amenorrhoea, Giddiness, breast, Irregularity in menstrual cycle.
- Vomiting, Anorexia, Lethargy, Tiredness
- Excessive liking for sour things, Excess Salivary secretion, Enlarged abdomen
- Pigmentation around nipple.
- Milky secretion from the
- Determining the pregnancy from the size of breast.
- Yellowish discolouration of the body will assist in determining the diagnosis of pregnancy.

(clarified butter) and honey in unequal quantity with milk and same type of fruit juices which are told in 2nd month.

Medicine : Vrikshadani, Ksheer-kakolki, Priyangu, Sariva.

- Sugar, Nagkeshar Milk
- Sandalwood powder, Khus, lotus, cold water with milk.

4th month of Pregnancy

Diet : Butter taken out of milk, Rice with curds, fruit juice, coconut water,

Hridya fruits viz. Mango, watermelon, white pumpkin, yellow pumpkin, snake gourd (chichinda) Berry (Badar), pomegranate, Amratak (Ambada)

Medicine : Sariva, Rasna, Bharangi or Jeshthamadhu decoction.

- If pregnant woman feels thirsty, burning and pain in abdomen then milk boiled with banana root, lotus, Khus is given in the same quantity.

For Thirst : Shunthi, Musta, sandalwood powder.

Diet : Meat-soup, rice, chicken, rabbit.

5th Month of pregnancy

Diet : Rice and milk, ghee from butter, Rice, milk, Ghee. **Mamsa Vardhak** - meat juice, black gram; **Rakta Vardhak** - Pomegranate, Chikoo, apple, spinach, beatroot, Amalki, guava etc.

Medicine - Ground pomegranate leaves sandal wood paste should be mixed with curd and honey.

- Kantakari (*Solanum xanthocarpum*) Laghu Kantakari (*Gmelina arborea*) leaves of Ksheeri trees (like Pipal - *Ficus religiosa*) banyan, udumbar

Study Results

It was found during survey of local traditions in villages in different parts of India that many of the above regimens still persist among masses. On following most of the aforesaid regimen in Poddar Hospital, following results were obtained :-

-Out of 1000 deliveries between Oct' 88 and Feb' 90.;

-The low birth weight babies were 59 i.e. 5.9 %

-Still births - 31 (3.1%)

-L.S.C.S. - 45 (4.5%)

Due to Basties in 9th month of pregnancy and vaginal oil swab (Yoni Picchu) the prolonged deliveries were less and vaginal tears minimum.

(*Ficus glomerata*), Plaksha - *Ficus lacor*) powder with milk.

- Ground blue lotus kashtha, Renukbeej, Nagkeshar, pumpkin with water.

6th Month of pregnancy

Diet : Ghee, Rice, Gokharu (*Tribulus terrestris*) Siddha ghee, Yavagu (Rice kanji).

Medicine : Gairik, cow's dung, black mud heated and put in water and after setting for some time, take upper water only and in that mix sandal powder, sugar and drink it.

- Prishniparni (*Uraria picta*), Bala, Gokharu, Drum stick, Jeshthamadhu decoction.

Balya - Endri, Gorakshakarkati, Vidarikanda, Shatavari, Ashwa-

gandha, Mashparni, Bala, Atibala.

Varnya - Sandalwood powder, lotus, ushir, Sariva, Jeshthamadha, Manjishtha, White Durva, Vidarikanda.

7th Month of pregnancy

If there is itching on her lower abdomen, thigh or breast, the following medicines are used:-

- Berry Kashay: processed in sweet medicines, butter milk.
- Kanheri siddha oil massage
- Parishek of Jai, Jeshthamadhu decoction.
- Avoid salt and large quantity of water.
- Take Bala, Gokharu, Musta, Lajjalu, Nagkeshar powder Honey. In 7th month all parts of foetus are well developed.
- Take - Water Chestnut (*Tropa Bispinosa*) lotus, grapes, Musta, sugar, Jeshthamadhu decoction.

8th Month of pregnancy

Diet - Yavagu in milk.

Medicine : Take Lodhra, pippali powder with honey and milk.

- Milk processed in Kapittha (*Eeronia elephantum*) Laghu Kantakari and snake gourd, Bruhat Kantakari, Cane Sugar. Asthapana Basti - Berry Kashaya, Bala, Atibala, Milk, fennel, gote meat juice, oil, salt, honey and ghee.

After this give Anuvasana Basti of milk, madhuraushadhi siddha kashay oil, so that pregnant woman has got strength and soft vaginal passage and patient will deliver easily.

Continued on page - 72



Mother and Child Health

Vd. Suresh Chandra Chaturvedi, Bombay

Pregnancy is a normal process. During this stage, the workload of the limbs is increased. Therefore a special diet is required for the nutrition of the pregnant and her embryo. Delivery in due course will thus be easy and comfortable if she follows regularly some instructions. This also makes her immune to many diseases in pre- and post-natal conditions.

During pregnancy there is a general complaint of constipation. Due to this, heaviness in stomach and gastric trouble is developed. In this stage about one glass of water kept overnight in a copper vessel, taken first in morning after rising, solves this problem.

Caution : No laxative should be taken during the entire pregnancy period.

Exercise : During pregnancy, light exercises are useful. Therefore pregnant women should do the usual household jobs and should also go for walking in the mornings and evenings. She should take rest after the meals and during intervals. Eight hours sleep in the night is a must for the pregnant

Preventive Measures

The pregnant woman should avoid dejection, mental worries and fear, she must always be cheerful. Running, jumping, skipping, dancing, cycling and riding is prohibited for the pregnant lady because these may lead to abortion.

Cleanliness : She should attend to the cleanliness of reproductive organs, teeth and breasts. Bathing daily with cool or lukewarm water is advantageous.

Clothing : During the period of pregnancy tight clothing should be avoided, Pregnant woman should wear clothes according to her taste and season. Tight bra is harmful during this period.

Sex : Intercourse is harmful for the pregnant lady because it damages her reproductive organs. Intercourse should be completely avoided in initial and advanced stages of pregnancy.

Meals : The foetus takes its nourishment through the mother. In this stage, easily digestible and nutritive meals and milk, curd, whey, butter, ghee and cheese should be taken by her.

In cereals, wheat, rice, pulses of kidney bean and pigeon pea are advantageous. Among vegetables cauliflower, radish, spinach, pumpkin, turnip, carrot etc. are wholesome. Fruits like Orange, fig, grapes, apple, mango, black cherry, pear, water chestnut, musk melon etc. are salutary.

A pregnant woman should avoid taking hot substances, spices and peppers, stimulants, heavy pulses like gram and horse bean. She should avoid smoking and non-veg dishes and alcohol.

Postnatal Care of Women

After delivery, women need special care for forty five days, otherwise they become vulnerable to many lifelong diseases. As such, the woman has come out of a difficult phase of life.

In post-natal care, special attention is to be paid to four things namely, protection of the health of the mother, healing of diseases, accumulation of power and protection of the child.

The arrangement in the room should be such that gusts of wind do not reach her; she must be

protected from cool air and gusts of wind.

In the post-natal condition stamina is reduced due to the weakness caused by much bleeding and labour pains. Pulse is weak and there is also rise of body temperature. The problem of constipation continues. Initially there is loss of weight. But one should not be afraid of these symptoms because gradually the above complaints disappear.

The uterus also assumes its natural position in 6 to 8 weeks. Generally after the delivery bleeding continues for 10-12 days and some times it goes on for 3-4 weeks. At this stage, necessary attention must be paid to the purification of reproductive organs, care of breasts, nutrition and rest.

After the delivery, reproductive passage should be washed with antiseptic medicines. Initially for one week, cotton cloth should be tied on reproductive passage, changing it 4-5 times in a day.

Nutrition : On the first day, after the delivery a liquid diet such as milk should be given to the mother. After this, light but energizing substances like mash of wheat or millet, Chapati, milk, green vegetables, dry fruits such as almond, cashewnut, currants, pistachioes, chestnut, dates are especially advantageous. Use of these things not only helps to improve the health of the mother but it also increases lactation.

Care of child

After the birth of child as it starts

breathing its temperature decreases. Therefore the child should be covered with woolen clothes for at least one hour.

Feeding: The child should have mother's milk for several weeks. If mother's milk is not available in enough quantity then cow's milk should be given after diluting it. A healthy child having approximately 3 Kg of weight should be fed at least five times a day.

The weight of child decreases after the birth in the initial days. But, after some days the weight of the child again increases. Anger, grief, worry, fasting or lack of affection may decrease mother's milk. Mother should remain happy and avoid above mentioned factors in order to give proper nutrition to the child.

Mother should take food items of gingelly, milk and preparations of water caltrop to increase lactation. She can also take medicines like Vidarikand, Ashwagandha powder and Shatawar powder after consulting a Vaidya.

A mother suffering from temperature, abdominal discomforts or Dhatu Rogas should not breast-feed the child. She should also not feed under stress and strain neither on an empty stomach.

Massage : For proper development of the child daily oil massage should be given with a lump of dough flour. This will make the baby's skin clean and soft. It also helps in providing

nutrition to it. Give the child a washing with lukewarm water after the oil massage. Carry out massage and washing in a closed room to protect the child from the wind. Dry the child's body properly with a clean towel. Wrap the child in loose linens and let it sleep.

Children often suffer from minor illnesses which worries the parents. Invariably parents go for medicines having instant effect. These drugs have side effects, which can give rise to other complications. Drugs also reduce body resistance of the child. This further aggravates the situation and the child contracts diseases due to decreased body immunity. In order to avoid all this some simple remedies are suggested.

Herbal Drugs for Children

Fever - Atees, Sedge, Galls, Pushkarmool.

Stomach Ache - Kings Cumin.

Stomatitis - Borax with honey.

Jaundice - Kutki, Aloe, Gulanch .

Eye disease - Neem leaves boiled in water, Rose water.

Anthelmintic: Kings cumin, Atees, Vidang, Camphor, Dhikamali, Kamila.

Cough- Adthaoda, Liquorice

Cold- Nutmeg, Betel, Saffron

Diarrohea- Nutmeg, Betel,

Saffron, Bel Fruit, Pomegranate,

Corriander, Cumin, Mango stone.

Constipation - Myrobalans

Above general medicine may be given on advice of a physician or an experienced person.



Factors Harming Pregnancy

Vd. R.M. Nanal, Bombay

Planning a small family is not only the need of the day but is also beneficial to parents. However, if one is sure of health and surviving children, parents would not long for more. Therefore, every woman who wants to mother a healthy child, should know the factors which are likely to cause any damage to the foetus.

The factors important for a healthy progeny include purity (and quality) of the uterus, the semen (and the ovum), right age and time of conception and the health of parents. Thus after conception the 'Douhrd' condition (with two hearts - those of the mother and the child) is important because foetus is said to express all its demands and desires through the mother. A pregnant woman is compared with a container full to the brim in the sense that extreme care should be taken in dealing with her. However, fulfilling unreasonable demands (and wishes) of the pregnant are as harmful as it is important to satisfy the demands

of the mother and the child expressed through the mother.

The factors which can harm the foetus are classified in the following two ways: before conception and after conception.

If proper diet and other regimen are not followed before conception (viz during menses) then the foetus and the progeny could be adversely affected. There is a whole set of practices and dietary regimen called 'Ritumati-chanya' which must be followed during menstrual period. It is particularly important to carefully follow these practices at least for 2-3 months before planning a conception.

Diet and Practices After Conception

First Trimester : During the first three months of pregnancy, the 'Dhatus' (constituents) of the body are raw, soft and dull therefore are very sensitive to slightest damages which may cause abortion. Thus even wrong postures of sleeping, sitting, fast walking or holding strong natural urges may cause abortion in some women. Similarly, eating very pungent or hot-temperament food or medicines may also be harmful to the foetus.

Douhrd Period (When Two

Hearts Exist) : As mentioned earlier, the child also expresses its desires during this period through the mother. However, care has to be taken not to literally fulfill unreasonable demands of the pregnant. Thus, for example, if the lady wants to eat soil, she could be provided some other alternatives because eating soil harms both the mother and the child resulting into anaemia. She may be offered processed 'Gairic' or turmeric to satisfy the desire for eating mud.

Later Period : In the last trimester the entire body of the foetus is formed. While the body gets formed in the seventh month itself the constituents are still weak. In the eighth month very important constituent of the child 'Ojas' becomes unstable which may sometimes affect the mother or the foetus, if proper care is not taken. Foetus may also die in the eighth month, if harmful factors are not avoided. In the ninth month all the Dhatus get stabilised and delivery is expected. If the woman always lies at her back, the placental cord may get entangled. If proper care is not taken during this trimester, it may result into foetal abnormalities or complications of the cord or delivery.

Types of Harmful Factors

Various harmful factors (Garbhpaghatkar Bhav) have been classified in the following three ways:

Dietary Factors

These have been further classified into three types.

According to Substances :

By consuming some specific substances during pregnancy, foetal abnormalities might emerge. For example the consumption of pork results into red eyes for the child.

According to Properties :

If hot and pungent or those substances which are difficult to digest, are consumed in large quantities daily or for long periods, these can be harmful. Excess consumption of any of the six Rasas (tastes, viz. Madhur, Amla etc.) can also be harmful.

According to Actions :

Eating in very small quantities, repeatedly or irregularly or eating useful and harmful things together as well as 'Viruddhahar' (things of opposite properties) are likely to be harmful.

Practices

Difficult or unreasonable exercises, sleeping in the day while walking around at night or sleeping for long hours, are not good for pregnant. Pregnant women are also to avoid riding on vehicles causing jerks, intercourse and wearing red clothes. She should also not try to delay her natural calls. Decisions

regarding sleeping and exercises etc. should be taken according to temperament of the woman, her age and the time. Sleeping in the day causes vitiation of 'Kapha' which is harmful to the foetus. Only lean and thin women of 'Vata Temperament' can sleep in the day during summers. However, fat women of 'Kapha Temperament' should not sleep during the day, particularly in Hemanta (Dec-Jan) and Vasanta (March 16-May 15).

Factors Affecting Mind

If the pregnant often remains angry or irritated, then the child born will be of angry and jealous temperament. Similarly if the

mother remains dejected during pregnancy, the child will be weak, coward and of shorter life-span. If the mother is of greedy nature, then the child is likely to be jealous and of destructive tendencies. Children born of mothers with stealing habits are often lazy and unfaithful.

Thus it is important that pregnant women know the factors which harm the foetus so that they can avoid those to have a strong, intelligent and sensitive progeny.

(Adaptation by Dr.N.N. Mehrotra, Lucknow).

Pregnant Women

Beware of Harmful Factors

- Avoid squatting posture of sitting or sitting on high and low seats for long time which exert pressure on abdomen.
- Do not retain the urges of urine, evacuation and farting.
- Smoking and alcohols are harmful.
- Avoid riding vehicles which give continuous jerks to the body and also avoid hearing big bangs as these may lead to abortion.
- Avoid sleeping on your belly because it may cause the cord to entangle around the neck of the foetus causing its death.
- Avoid sleeping alone in open places in nights and also solitary walking in the nights as these might lead to the mental disorders for the child
- Avoid frequent intercourse during pregnancy otherwise the child may be deformed, dull and lazy.
- Grief, worry and fear are to be avoided otherwise the child may be weak hearted, lean and thin and short lived.
- Avoid taking wines during pregnancy otherwise the progeny may be feeble-minded and fickle.
- Avoid excess of sweets, jaggery and sugar otherwise the child may be fat and even dumb.
- Avoid fasting and taking stale food.
- Avoid tight clothings.



Prescriptions of Granny

Vaidya Badaloo Ram Rasik, Lucknow

For the benefit of our readers, we are beginning a series of articles entitled "Prescriptions of Granny" by an experienced Vaidya of Lucknow, Vd. Badaloo Ram Rasik. First article of the series deals with common problems of pregnant women and their home remedies. The article is in the form of a dialogue between a grand-daughter and her grand-mother. The grand-daughter asks her grand-mother about various common problems faced by pregnant women. The grand-mother's reply are based on her lifelong experience. Such simple remedies and drugs, as mentioned herein, are commonly available in every home in India. Therefore, these prescriptions are valuable and entirely useful.

Saraswati - Granny dear, we educated and modern women may have forgotten our culture, but your experiences are as good today as they were hundred years ago. Kindly let us know the home remedies which you have been using so that we can learn and propagate them for the benefit of common people.

Granny - Dear Child, there were neither as many doctors nor the now available medicines, 80-90 years ago. Our in-laws used to treat us through home remedies. Ladies knew all the remedies required for the entire period of pregnancy and also of the newborn and for his proper development. Medicines were

available at home and could also be easily found at grocer's shop. There were no doctors at that time and we also did not consult even vaidyas for minor diseases. Remedies of many diseases were known to all the old women.

Saraswati : So Granny, kindly let us know in detail the remedies of various diseases occurring during the whole term of pregnancy and also the remedies of diseases suffered by the developing child. I have brought my diary to note down your prescriptions so that these remedies may be propagated among masses, for their benefit.

Granny : Do write. A woman suffers from morning sickness

after eight days of conception. She feels lazy. In such conditions during summer, women should take following drug, i.e. seeds of five cardamoms, aniseed-one spoon, cumin-one spoon, 50 leaves of green mint, all grinded in water and filtered. Squeeze a lemon in that filtered substance then add two spoons of sugar, if she prefers sweet, otherwise add half-spoon of black salt. Prepare a drink with fresh water. If it is administered four times a day in small quantities, the vomiting will stop in 1-3 days. This drink should be kept either in an earthen pot or in stainless steel glass. If kept in any other metallic vessel, the drink is likely to go spoiled. I have advised

this remedy to many ladies and it has acted always like a magic.

Saraswati : Granny, we have learned this medicine. Kindly let us also know about other complications of pregnant women and their remedies.

Granny : Often pregnant women suffer from recurrent diarrhoea, often she also bleeds along with the stool. Prepare a fine powder of 10 gm dry ginger, 10 gm wood apple pulp and 5 gm black salt. Administer two spoon of this churna four times at an interval of four hours with fresh water. It will stop the diarrhoea of pregnant women. Give Khichdi made of moong dal and fresh curd to the patient.

Saraswati : Kindly tell us in detail about other diseases and their remedies. I want to note them.

Granny : If pregnant woman suffers from fever she should be given the following :-

Boil 20 leaves of holy basil in a quarter litre of water till half remains. Filter and add one spoon of sugar. This drink helps in fever. Pregnant women should avoid excess of chilli, sourness, pickle, vinegar, jaggery etc. She should take kernel of coconut and sugar in morning. She should take seasonal fruit juice.

She should not lift heavy things. She should not jump or climb too many stairs (this often leads to bleeding). In such conditions, pregnant women should take complete rest and the red, aerial roots of banyan tree. 10 gm of this root should be washed and

rubbed with water on a stone. :

Filter it and add one spoon of sugar. Give this two times a day for 2-3 days for complete cure.

Often pregnant women suffer from cough. This bout of cough continues for long time. It is bad for the foetus. So she should always chew a piece liquorice. If the pregnant woman is suffering from anemia then she should take fresh fruits and green vegetables but as little of oil and Ghee (clarified butter) as possible.

Saraswati : But Granny, pregnant women generally suffer from constipation and stomach ache, what she should do in such conditions.

Granny : In stomach-ache make a mixture of the powder henbane-10 gm, dry ginger-10 gm, cummin-10 gm, emblica-10 gm, wild guava-10 gm, Narkachur-10 gm, aniseed-10 gm, turmeric - 10 gm, asafoetida (fried in pure ghee)-5 gm and black salt-20 gm. She should take one spoon of this with hot water four times a day. This will remove the pain and increase the appetite.

In case of constipation the mixture of following should be taken after grinding and filtering

Small Chebulic myrobalan- 100 gm and black salt- 20 gm. She should take 2-3 spoon of this powder with hot water at bed time. If the pregnant also has severe pain in her abdomen she should take one spoon of powdered fenugreek seed with hot water in the morning and evening.

Saraswati : Granny, I have written all the things which you have prescribed and I am sure, this will help the masses.

Granny : It is very necessary for pregnant women to remember certain essential things.

Saraswati : Sure Granny, you kindly dictate me those things.

Granny : Do write, pregnant women should always be happy. They should never feel sad. They should avoid quarrelling and should do the household work. It is not good to sleep whole day. They should not eat too much meat, fish, chicken, egg etc. She should always be gay. Thus the child will be healthy. I shall tell you about the children next time.

Saraswati : O.K. Granny, good bye till then.

Granny : God bless you, my Child.

Your Health Problems

We are starting a new column to answer questions regarding your health problems. Readers are requested to send their problems which shall be answered by experienced Vaidyas, Hakims or Siddhas. Please Mention if you do not want your name to be published.

Editor

Kantkari

Kantakari is a medicinal plant of immense utility. Though it could be used for several ailments Charaka and Vagbhatta have identified KANTAKARI as one single best remedy for KASA (Cough).

Common names: Sanskrit, Bangala - Kantakari; Gujarati - Bhorngani; Hindi - Bhatkataiya, Bhumiringani, Kuteli, Katai; English - Wild egg plant; Marathi - Kantaringani; Tamil - Kundan Kattiri, Cundung Katri Walikkai, Kandan Kaththiri; Punjabi - Warunba, Mahosi Mamoli; Telugu - Pianna mulka, Vankuda.

The drug in Ayurveda is a well worked out and widely used remedy for Kasa even in present times. Its availability still in its wild form is no problem. It possesses TIKTA, KATU Rasa, Madhur Vipaka, USHNA Virya and Laghu, Ruksha, Tikshna guna. Property-wise it is Kasahara (remedy for Cough), Kanthya (remedy for throat ailments), HIKKA NIGRAHANA (remedy for Hiccups), SHOTHARA (remedy for Oedema or swelling), SHITAPRASHAMNA (remedy of cold), It is also an ingredient of Laghu Panchmula.

Distribution and Habitat

This plant is found in all the dry districts of plains as well as low hills throughout India, from Punjab, and Assam to cape

comorin. In South India it is found abundantly along the Coromandala coast and in the districts of Tirunelveli and Kanya Kumari. Every type of soil and situation which is not too moist seems to suit it and it is commonly found growing wild as a weed of road sides and waste lands on rubbish heaps and similar situations around villages. The plant is in flower and fruition almost throughout the year.

General Features

It is a conspicuous, very prickly perennial herb or an undershrub, rarely exceeding one foot in height. It has usually little stems but having numerous irregularly ramous or trailing woody, slightly triangular, flexuous branches that spread close to the ground often resting at the nodes and covering a circular area of two to four feet in diameter. The whole plant is thick with strong broad based sharp compressed straight whitish or yellowish white thorns nearly half an inch long. The roots when young are covered with stellate downs but become barely glabrous when mature. They bear ovate or ovate-oblong membranous leaves which are dark green on upperside and considerably lighter or paler below.

Medicinal Actions and

Prof. S.K. Mishra, Lucknow

Uses

Ayurveda describes the plant as aperient, pungent, bitter, digestive, alterative and astringent. The stems, flowers and fruits are bitter and carminative. The root is an effective diuretic, expectorant and a febrifuge. Its roots are one of the ingredients of Dashamularishta. This plant is useful in fever, cough and asthma. Fumigation with the vapour of burning seeds is in high repute in the cure of toothache. In Konkan area 20 ml of juice in whey water is given as diuretic. It's roots beaten up and mixed with wine is given to check vomiting. It's juice is helpful in sorethroat. In Punjab hills, juice of the plant is administered with black pepper in rheumatism. Decoction of the entire plant is useful in gonorrhoea. It also promotes conception in females. Fine powder of fruit of this plant with honey is used for chronic cough in children. Decoction of the root with that of *Tinospora cordifolia* (Guduchi) is used as a tonic in fever and cough. In modern times it has been widely studied for its utility in the treatment of VATIK KASA (tropical pulmonary eosinophilia) and it's decoction, Ghanavati and Ghrita has been found very effective remedies.

Medicinal Plant - 2.

Adusa (Vasaka)

Pt. Kashinath Gopal Gore, Lucknow

Adhatoda (Adusa) is an ever-green bush found all over India from plains to 1200 m. height in Himalayan foothills. The plant is classified into two varieties due to the colour of its inflorescence - White and Blackish. In the white variety the inflorescence is whitish green and in black variety the colour is dark green with soft leaves. The flowers are white in colour and small in size. The plant bears small bean like fruits which contain small and smooth seeds. The flowering time is January to March.

Common Names: Sanskrit-Vasa, Vasaka, Simhasya; Hindi-Adusa, Adus, Basuta, Vasak; Marathi-Adulasa; Gujarati- Adurashi, Kannada- Adusoge; Telugu- Atthsara; Tamil-Adodoi; Malayalam- Atalotakam. In northern part of the country it is commonly called as Basure (Simla and Kalka); Latin- *Adhatoda vasika*.

Cultivation

Old stem pieces containing nodes can be planted any where to grow this plant. But good growth is observed in porous soil. Trimming and pruning stimulates the growth of the plant. The plant grows very rapidly and if favourable conditions exist next year it starts flowering. The juice of the fruit is sweet but the juice of leaves is bitter.



Photo courtesy - Dr. H.P. Sharma, Lucknow.

Medicinal Properties and Uses

It is an important medicinal plant in both Ayurveda and Unani

systems. It has been found to have curative effect on common cold and cough, asthma, bronchitis, jaundice, fever and other ailments

Continued on page - 72

Eye Care

-Vd. B.G.Gokulan Coimbatore

It is a well known fact that many diseases including some diseases of eyes are hereditary. It is extremely important for parents to maintain strict regime and take nutritive food during the course of pregnancy. This will reduce the possibility of transmitting any disease to progeny. Modernisation has affected the quality of food and has reduced its nutritive content, which in turn increases incidence of eye diseases. Reckless use of chemical fertilizers and pesticides has affected cereals, fruits, vegetables, and water. As a consequence the newborns carry elements of poison with them. This leads to many diseases including that of eyes.

Eye disease of the child can be aided by maintaining a strict regime of diet during pregnancy. She should take simple diet which should have following characters:

- Snigdha (Fatty)
- Madhura
- Easily digestible
- Nutritive (Balvardhak)
- Tasteful
- Fresh

A pregnant woman must stick to the time of meals. Emphasis should be given on following points to strengthen the eyes and to prevent eye diseases of child;

- Should use Ghee (clarified butter) in her diet

- Roti is made of alongwith husk
- Ripe yellow colour Bananas should be consumed.
- Enough of Green leafy vegetable should be consumed.
- Drumstick flowers and leaves, ladies finger, Chaulai's sag (Amaranthus), Bitter Gournd and Gojihwa should be consumed.
- Non-vegetarian food should include Goat's liver, meat, small fried fishes, tortoise meat, shell meat etc.
- She should avoid fried dishes, dried food, foods that have contradictory qualities, such as - fish and curd together, curd at night, big varieties of fish.
- She should avoid sitting for long in any posture.

Care should be taken in evacuation of bowels and bladder at needs. Fruits like grapes, apple etc. should be taken regular to maintain vitality of the body.

Parents should take utmost care to protect the eyes of their child, for example, if the eyes are watering or becoming reddish or burning sensation occurs, the child may start turning his face in one direction or the child may start rotating his eyes without any target. Parents must understand that child is suffering from some eye disease and requires immediate attention.

There is a simple method to detect any defect in the vision of

child. Bring a piece of white cloth or any other white object near the child. If the child don't pay any attention towards the object, we may assume that the vision has some defect. Similarly if the child fails to recognise any close relative it should be presumed that some kind of defect is developing in the vision of the child.

Breast milk is best for the child. Even the old Acharyas have advocated its supremacy. It can be substituted by foster mother. In absence of breast milk, goat's or cow's milk can be substituted. Breast milk is also dropped in the eyes of newborn to reduce many eye diseases.

Following are the medicines for the pregnant women which give protection to the eyes of a child in pre-natal condition:

- **Bala Ksheer Quath (Decoction)**- Take Bala root 15 gms; milk-125 ml; water- 500ml. Clean the root and ground and boil together in milk and water. When it reduces to the quantity of milk, then it is taken every day at bed time.

- **Triphala powder**- 2 gms should be taken with Ghee and honey or with lukewarm water either at bed time or empty stomach.

- **Punarnava** may be used in any form every day.

- **Cow's butter** should be taken everyday regularly.

- If the bud of **Jivanti** fried in ghee is taken daily then it prevents night blindness.

- **Ghee, Gairik and Talispatra** is to be taken daily on empty stomach. It also prevents night blindness.

Useful Practices for the New born

- Take **Vacha, Swarna Makshika and Haritaki** and ground them together. Add juice of **Brahmi (*Bacopa monieri*)** and **Ghee**. It should be taken daily.

- Buds of **Durva (Garden grass)** and **Drumstick** 3 gms each are fried in 60ml. of **Ghee**. It can be used for any kind of wounds or reddishness of eyes etc.

- Ground well some turmeric and mix it with water along with alum. Filter it and frequent eye wash with this solution helps to reduce reddishness of eyes.

- Red variety of rice with husk, mixed with jaggery is taken. It

helps in reducing the phlegm discharge from eyes.

- Head bath and oil application to head should be avoided if any reddishness in the eyes are seen.

- **Haritaki** churna with breast milk should be applied in the eyes for small abscesses.

Following medicines are advantageous for eye diseases due to impurities in the blood.

Moringa buds-2, Cummin seeds-4 are ground together and mixed with breast milk and two drops of honey is added to it. This mixture should be applied regularly on the eyes. If irritation is more, breast milk alone may be applied.

For irritation inside the eyelids- **Bhumyamlaki (*Phyllanthus niruri*)** and **Cummin seeds** are ground in breast/cow's milk and applied frequently.

Following should be used for protecting the vision throughout life:-

- **Triphala churna** with **Honey and Ghee** or with warm water should be taken.

- By the application of pure **Kajal** in eyes and appropriate **Nasya (nasal drops)** in the nose.

- Oil massage should be done on sole of feet before bath.

- Do not consume the meat of birds such as pigeon, peacock etc.

- Observe fast on two days of week.

- Consume **Ghee** everyday in food.

- Avoid contradictory food items.

- Avoid to stare fast moving objects and high beam lights.

- Avoid direct observation of solar eclipse.

- Avoid application of hot water to the head and eyes.

- Avoid the application of cold water to the face soon after coming from bright sun.



Neither Too Early

For Healthy Child and Mother



Nor Too Late



Neither Less Spacing



Nor Too Many Kids

collection of this gum). This raw gum may contain impurities like dust, stones or parts of plants. It is therefore first purified before using as the medicine. The guggulu plant is mostly found in sandy deserts of Arabia, Africa and India. In India it is mostly found in Rajasthan and Gujarat, besides in Aasam and Mysore.

Identifying Quality Guggulu

Good quality guggulu smells sweet, is sticky but brittle and

without natural lustre and is not good for health, though it can be stored for as long as twenty years, if kept properly, but it gets modified properties after which it is preferably used in liver disorders.

Purification of guggulu

One part of Triphala (Chebulic, belleric and emblic myrobalans in equal quantities) is taken with half a part of giloe (*Tinospora cordifolia*). A kwath (decoction) is made from this by boiling these

decongestant, anti-flatulent and anti-inflammatory. It helps in piles and is wormicidal, besides being useful in Prameha (See Page 38) and 'Vaata' disorders. It is also supposed to stimulate uterus, thus regulating menstruation. It also heals wounds and is good for decaying teeth and gums. It is good for white blood cells, kidneys and mucous membranes. Its use causes perspiration and diuresis it is also stimulant and controls

Method of Collecting Guggulu

The gum is collected by making small cuts on the stem of the tree *Commiphera mukul*. The cuts should be made on tree which are at least three year old. Circular cuts are made on the upper part of the tree while longitudinal cuts (upto 10 cm long) are made at the lower stem. About 50 cuts are normally made on a tree in December but oozing of the gum starts only in February. The oozing gum flows downwards and gets collected around the crevices. The dried gum is carefully collected in March itself. More dried gum can be again collected at the interval of 15-20 days till oozing stops when the remaining gum is scraped with a knife.

Fresh guggulu discharge is whitish in colour which becomes yellowish-brown on drying in the air and sun. It is better to properly collect the gum as described here so that it has minimum dust etc. As mentioned elsewhere, freshly dried gum should preferably be used.

looks shining yellow (blackish when old). It is bitter in taste and looks shiny greenish-red when seen the inside after breaking into pieces. When in warm water, it gives - greenish tinge. It can not be burnt properly and rather gets puffed and leaves hard coverings releasing its odour.

One should normally use fresh (recently collected) guggulu which is regenerative (Dhatu Vardhak) and spermatogenic. Old gum is dry, bad odoured,

in eight-fold water. When only one part is left behind, guggulu tied inside a clean cloth is put into the boiling kwath. The pure gum comes out of the cloth into the boiling pan and the dust stays behind into the folded cloth. The pure guggulu from the pan is collected and dried after sieving. Cow's milk can also be used for this purification instead of the Triphala Kwath.

Medicinal Properties and Uses

The gum guggulu is known to be

Kapha.

Precautions: While using guggulu, one should avoid drinking, heavy food (causing indigestion), exercises or anger. If used in excess, it may cause stomatitis, weakness and black out (kind of fainting). Thus, guggulu should be used carefully under the guidance of some expert physician.

(Adapted by Dr. R.K.Sharma and Dr. N.N.Mehrotra, Lucknow from material provided by Dr.Vavita Varma Lucknow).

HISTORY OF GUGULIPID

A NEW LIPID LOWERING AGENT

Dr. (Mrs) Swaran Nityanand, Lucknow

The association of elevated blood lipids to the occurrence and progression of coronary atherosclerosis is now well established. These lipids or fat materials essentially consist of phospholipids and cholesterol and have been implicated in the narrowing of certain arteries (atherosclerosis) resulting into coronary heart disease. A number of plant preparations (Ayurvedic and Unani) used for their lipid lowering activity have been tested in experimental models at the Central Drug Research Institute (CDRI). As a result of this testing *Commiphora mukul* (gum guggulu) and its fractions were found to cause significant lowering of serum lipids.

History

The story of gum guggulu as a hypolipidemic agent spreads over more than two decades. Following a description of the etiology, pathogenesis and treatment of obesity (medoroga) in the classic Ayurvedic Text "Shushruta Samhita" compiled around 600 B.C. Satyavati and Dwarkanath (1966) uncovered a reference to the lipid lowering activity of guggulu in the same text which was validated in experimental animals. This was the beginning of the story of gum guggulu as a lipid lowering agent.

The lipid lowering effect of crude gum guggulu was confirmed by some workers in different species of animals and also in exploratory clinical studies.

The development of a modern drug Gugulipid from guggulu for the treatment of hyperlipidemia (the excess lipids in the blood stream) resulted from a consultation between Dr. Dwarkanath, Advisor, Indigenous drugs and Dr. Nitya Anand, former Director CDRI, on the potential offer of Scientific collaboration. The Chemistry group of Dr. Sukh Dev who was already working on the chemistry of gum guggulu, and drug development (pharmaceutical, pharmacological, toxicological and clinical) work at CDRI, Lucknow was coordinated by Dr. Nitya Anand. Gugulipid was released by the Prime Minister of India in January 1987 and has been marketed by an Indian Pharmaceutical firm.

Chemical components of *Commiphora mukul* Resin

Guggul gum contains, besides the resin, an essential oil. By ethyl acetate extraction, the resin was separated into a soluble fraction and an insoluble residue. The hypolipidaemic activity was found in the soluble fraction while the insoluble residue had

no activity even at higher doses but showed liver toxicity. This led to a detailed chemo-pharmacological evaluation of the ethyl acetate soluble fraction and all fractions isolated from it.

Biological Activity

Several models were used to evaluate guggul-resin and fractions for hypolipidemic and anti-inflammatory activity and the results were compared with Clofibrate a standard lipid lowering agent. In a detailed chemo-pharmacological study of the resin, it was found that the activity of the total ethyl acetate extract, named "gugulipid" and that of purified guggulsterones was found to be only marginally different, although the proportion of the latter in the extract was only about 4.4%. As the other constituents present in guggulipid besides guggulsterones do not have any significant hypolipidemic activity, this would indicate that the other constituents present in the extract potentiate the activity of guggulsterones, perhaps by increasing its bioavailability. In view of the activity of gugulipid and guggulsterones being of same order, and because the former constituted 45% of the resin while the latter was only

Continued on - page 30

Snehana

Facilitates normal Delivery

Vd. (Smt.) M.M. Tilak, Nagpur.

Delivery is a perfectly normal and physiological process. But now-a-days we obstetricians observe that many cases frequently require surgical help, at least episiotomy. According to my observation, it is due to lack of exercise, especially of the pelvic girdle and the advanced age of the pregnant. On the one hand, there is a prescribed scientific age for ensuring non-manoeuvred delivery. And on the other hand, the socio-economic pressures tend to increase the age of marriage and consequently the age of first delivery.

From eighteen to twenty-three years is the age, at which the first labour may be expected to run the easiest and most favourable course. Risk of delivery steadily increases as the age advances. In elderly primigravidae, labour is frequently prolonged and forceps is more often required than in younger primigravidae.

It is clear that the deliveries in future need a stimulus which can act to give proper resistance to the progressively rigid passage of a child during labour. For wider space availability whether to opt by instrument and cuts or oleation is to be decided by time.

Snehan, i.e. oleation is advised during the last month of pregnancy, and during labour. It is advised by Charaka to administer medicated oil enema during the ninth month and to introduce oil soaked cotton in the vagina. This treatment offers softness to the vagina along with the cervix. And oil Basti (enema) creates softness in the rectum as it also provides more space in vault by mobilizing foecal matter from the tract.

A pregnant woman is not able to evacuate the bowels properly during the last months of pregnancy. Hence the medicated oil Basti helps.

During labour it is advised to massage sacral and iliac region and thighs with the help of warm oil to maintain the descent and flexion of the foetus in utero.

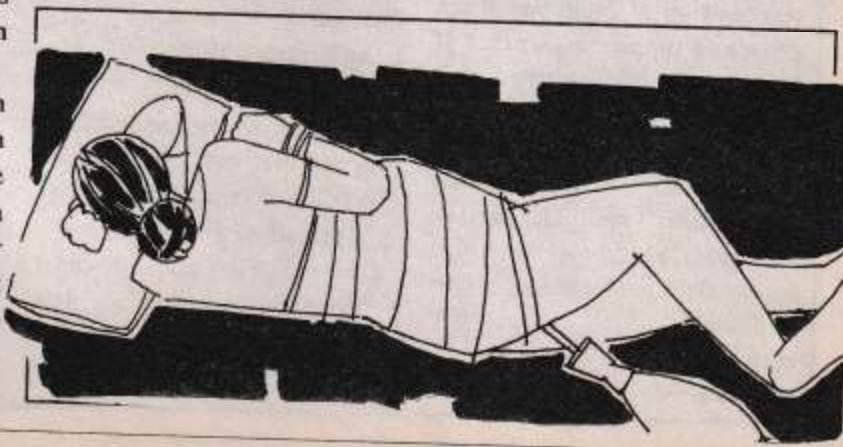
Sushrut advises to apply warm oil

off and on to the vaginal passage during expulsion stage to increase softness, flimsiness and elasticity of the passage and avoid delay in labour.

Oleation strengthens Vata, induces sound sleep and makes the tissues soft, elastic and unbreakable.

According to Ayurveda, the body of the male predominates in 'Soma Tatwa' and that of female in Agneyatatwa which is responsible for Artava. Consequently for the softness and tenderness in females, oleation maintains the original softness and increases elasticity. Use of sneha in various manners is advised to maintain the flexion of the foetus in uterus and to facilitate normal delivery.

I also administer castor oil orally about 30 ml (minimum four hours before the expected time of



delivery) in the waiting cases. It helps to evacuate and clean the foecal matter.

30 ml castor oil administered orally helps primiparae and pregnant having high leaking membranes or having premature rupture of membranes.

It pushes the foetus low down (which helps cervical dilatation in turn) alongwith pushing out the foecal matter slowly.

According to Ayurveda the whole process of delivery is the function of Apana Vayu. This mechanism takes place in the pelvic girdle

(Kati) which is known as Vatasthana.

The treatments to keep Vata in its norms and gesture are Snehan and swedan. It is said that pregnant women should not go without oleation during the 9th month.

As the age advances Vata becomes predominant in the body. Stiffness and rigidity are the symptoms of Vata. Snehan is the only treatment helpful to get through.

The following fourfold treatment for the expecting mothers is advised.

1. (a) Medicated oil Basti in the

9th month.

(b) Put cotton plug soaked in warm medicated oil in vagina during the 9th month.

2. Give 30 ml castor oil orally just few days before the expected date of delivery.

3. Gently Massage (off and on) the pelvic girdle and thighs with oil as the labour starts.

4. Gently Massage vaginal passage with warm oil off and on during the stage of expulsion.

With the help of this treatment deliver patients without surgical intervention.

Useful Hareera

Smt. Nisha Mehrotra, Lucknow.

A woman who has recently given birth to a baby is invariably given some tasteful and nutritive diet. This practice is carried throughout India in some form or other. The composition of this food varies from place to place. However, the basic requirement remains the same. In North India, this diet is popularly known as Hareera. Hareera is basically a combination of drugs which are given as a supplementary diet. It helps to strengthen the weak mother and it also develops immunity in her body. The new born gets it's food and nutrition from mother's milk. The Mother requires additional nutritive food during lactation. This additional nutritive supplementation is provided by Hareera. Medicinal properties

of its components also help to remove the impure blood from the uterus. It increases lactation. It is a laxative and also cures anaemia.

Ingredients of Hareera

Henbane - 50 gms

Cumin seeds - 50 gms

Almonds - 100 gms

Dry ginger - 100 gms

Grated coconut - 150 gms

Chirounji - 25 gms

Date palm - 100 gms

Long pepper - 25 gms

Peepalamul - 25 gms

Often gum is also added. The proportion can be varied according to requirement.

Method of Preparation

Almond, Chirounji, coconut (grated) and seedless date palm are soaked in water overnight. They are grinded wet

in the morning. Fry henbane, cumin seeds and other remaining ingredients lightly before grinding. Keep aside all the grinded material. Fry all the material together in 150-200 gms of pure butter - till it becomes brownish. Add Jaggery or sugar to taste and mix thoroughly. Cool it and make small round shaped pellets of 'Hareera'.

Method of Use

The recently delivered mother should eat 100 gms of 'Hareera' with lukewarm water or warm milk daily at breakfast. It can also be taken in the evenings during winter. It is beneficial to take a glass of milk with Hareera. Normally 'Hareera' should be taken for forty days after the birth of child.

Baby's food

A baby gets its food and nutrition from breast feeding for 4-6 months. However, growth of the child demands supplementation of the above. Children require extra nutritives for their growth. Hence the need of extra nutritional food arises. This may be given in the form of thin mashed Khichdi, pulse's soup, fruit juice and vegetable soup etc. Initially a little of the liquid diet should be administered. However, the quantity and frequency of baby

meals should be increased depending upon the age and the appetite of the child.

- Soup made of green vegetables like spinach, tomato, carrot and coriander is advocated.

- Boil and mash carrots and potatoes, similarly mash banana in milk and give after thorough mixing.

- Small pieces of thin chapati mashed in cooked pulse should be given.

- Give small quantity of cooked

rice and pulse.

- Pulp of ripe mango mixed in milk may be given.

- Apple, Orange, lemon juice are also useful for the growing child.

The child should not be fed forcefully. Normally the children will take food according to their need. The parents should not worry about any increase or decrease in appetite of the children until there is any hitch in the growth of the child or any indication of disease is observed.

Oil Massage for Mother and New Born

Fast developing societies, particularly the urban elite are forgetting our local health traditions, which often give rise to new complications. Oil massage is one such healthy practice being forgotten in our 'Modern Society'. The practice of oil massage of mother and the new born is still prevalent in villages and middle class urban households. This healthy medical practice of oil massage is carried out by the local midwife daily after the delivery.

There is accumulation of fat on mother's body after the delivery. If it is allowed to continue, it leads to deshaping of the body and makes the appearance ugly. It may also give rise to secondary

complications like diabetes, formation of stone in gall bladder hernia, arthritis and cardiac problems.

The oil massage should be done with mustard oil. It does not allow any fat accumulation. It also improves the blood circulation. This, in due course, provides nutrition to different parts of the mother. It is important because during pregnancy, most of the nutrition is diverted towards the womb and other parts of mother's body are deprived of essential nutrition.

- The oil massage of the new born gives strength to its muscles. It also improves the shape of the body and improves the blood circulation of the new

born. It is important because the new born remains lying most of the time. It also energizes the new born.

Some useful home oils for the massage of new born:

- Mix yellow mustard, garlic and henbane in mustard oil, warm it, then cool it to the endurable limit, massage with this oil.

- Prepare (Ubatan) paste of wheat bran in mustard or coconut oil-it is useful in body massage.

- Prepare a paste of flour of grampulse, turmeric and cream.

- In absence of above ingredients apply luke warm mustard oil mixed with henbane.

Pandu (Anaemia)

Prof. Shiv Kumar Mishra, Lucknow.

Anaemia or 'Pandu' is a condition in which the patient experiences weakness and looks pale. It is a common but hazardous condition. It is a condition jeopardising not only health but may be fatal also. Since we are a poor country, nutritional deficiencies are mostly the root cause of it. Some people may have poor utilization of the nutrients or excessive loss of blood or some other intercurrent causes. Due to these reasons people even from developed countries may have high incidence of anaemia. However, in the Third World it is more due to lack of supply of nutrients whereas on the other side it is due to lack of their absorption.

We want to emphasise here that 'Pandu' must be treated as early as possible lest it becomes fatal. Till it is not severe, patients often neglect it as they are up and about, though the efficiency of the patient goes down. So, at the slightest of suspicion both its cause and effect should be treated. Ayurvedic texts believe that Pandu is the precursor of 'Kaamala' (Jaundice).

Causes

Ayurvedic texts have described Vatik, Paittik, Shlaishmik, Sannipatik and Mrittika Bhaksana Janya 'Pandu'. Modern

Ayurvedists contemplate that Krimijanya Pandu should be treated as a separate class. Some people feel that Charaka has incorporated Mrittika Bhaksana Janya Pandu to encompass this as he observed that this habit is common amongst pregnant ladies and children. Some other causes of anaemia are:

- Excessive physiological blood loss, especially in ladies or otherwise in general is another cause of Pandu.

- Bleeding tendencies due to Haemophylia, Piles (Arsha) Rakta Pitta.

- Lack of iron in the food.

- Debilitating diseases like Tuberculosis; Malaria, Sprue (Grahani Roga) and such other conditions where Rasa-Kshaya and Dhatu-Kshaya is caused in general, like PRAMEHA (Kidney disorders), Liver disorders and malignancies etc.

- Haemolysis (destruction of red blood cells) due to any cause.

- Drugs causing bone marrow suppression e.g. analgesics (pain relieving drugs), drugs for cancer, chemotherapy drugs used for intoxication.

- Worm infestations, particularly hookworms.

- Congenital causes like Thalassaemia.

- Pregnancy in ladies.

However, deficiencies particularly of iron, vitamin B12 and folic acid are the commonest which limit the efficiency of a person and cause Pandu (Anaemia) as per modern concepts. Since this is a vast subject we would limit ourselves in this article to iron deficiency anaemia (Pandu). Incidentally, it is the commonest variety too.

The Disease Process

Pitta dosha alongwith other doshas influences Rasa Dhatu and engenders Jatharagni-mandya. Rasa-Dhatwagnimandya limits the physiological formation of Rasa Dhatu which nurtures all the Dhatus. The vitiated Pitta Dosha causes heaviness and laxity in tissues. Hence deficiencies are caused and 'Pandu' occurs. Though there is predominance of Pitta, other Doshas may also participate.

Prodromata (Purvarupa) of Pandu

- Dryness of skin.
- Cracks in the skin.
- Palpitation.
- Tendency of spitting repeatedly.
- Listlessness.
- Aptitude to eat clay.
- Puffiness of face.
- Pale faeces and urine.
- Indigestion.

These features indicate future

occurrence of Pandu and if treated at this stage, the disease can be avoided in future.

Features of 'Pandu'

- The patient becomes pale, feels exhausted and the exercise tolerance becomes too low.
- Appetite is decreased.
- Nails, conjunctivae, cheeks and skin in general become pale and lack lustre and the physiological glow of the patient is lost.
- Nails may become spoon-shaped and brittle.
- The patient feels dyspnoeic on the slightest effort like climbing stairs or brisk pace walking.
- Contracts infections like cough and cold easily.
- Haemoglobin values below 10 gms%.

Please consult an expert physician when serious signs appear like:

- Swelling over the feet and skin like parchment paper (Pitting oedema).
- Blackouts while standing-patient visualizes hallos.

Preventive Measures

There should be adequate supply of iron to the body tissues which may be easily ensured by taking vegetables like white goose-foot, spinach and other leafy vegetables. Seasonal fruits like Mangoes, Guava, Apple, Amalaki should be taken in food. Adequate proteins by way of milk eggs, meat, and pulses should be taken. Liver, as an article of food in non-veg diet has a good preventive value.

- Any illness like worm infection, malaria, tuberculosis

or loss of blood should be tackled early.

- Blood Haemoglobin should be examined at the slightest suspicion of Pandu.
- One should always wear shoes that cover the greater toe to avoid hookworm.
- Pregnant ladies should take balanced diet with extra allowance of iron and folic acid or folates by way of natural resources and should get regular ante-natal care by the

Regular examination should be done to exclude any hookworm or any other Krimi in the faeces as that is the commonest cause of pandu in our country.

available services, like Dhaya (TBA), Primary health centre, Vaidya or Hakim.

Ladies in general should take extra amount of iron as there is a regular natural loss of blood during the menses. Minor vaginal leaks should also not be ignored.

- Intoxicants like hashish, ganja, alcohol and analgesics (Novalgin, Aspirin, Codopyrin etc.), the drugs that relieve pain should be taken under strict medical supervision, only if essential. Otherwise they are better avoided. In no case, they should be habitually consumed for trivial illnesses.

Common Remedies

- Milk should be boiled in Pig iron vessel and should be taken alongwith some Amalaki juice or powder of Sunthi Churna.
- Simple iron preparations of Ayurvedic pharmacopoeia like **Dhatri Lauha** and **Punarnava Mandur** in the doses of 1gm twice or thrice daily depending upon the severity of symptoms does miracles except in the anaemia of the varieties wherein specialised evaluations and management are required or where some inter-current illness is interfering with management.
- **Lohasava** is commonly available and may be taken as a tonic but precaution should be taken lest you have diarrhoea. To avoid diarrhoea you should not take more than 10 ml (two teaspoonful) and dilute it with 20 ml of water. Take this twice a day after meals.
- Ayurvedic preparations like **Chyavanaprasha** also may be taken.
- Jaggery and ginger may be mixed and could be taken as a sweet particularly in the **Shishir** and **Hemant Ritu**.
- **Vayavidanga Churna** along with jaggery in the dose of 6-12 gm helps taken at bed time for at least 10 days helps in deworming.
- Henbane and fennel seeds after meals is often advised by the grand mothers in the houses.

- Adequate amount of pulses, rajama, milk and eggs along with liver and other meat preparations ensures adequate proteins which also help treating Pandu.

- Plenty of AMALAKI taken as fresh juice, Churna (Powder) or even as Murabba may help a patient.

Comments

In case a patient has got haemoglobin below 10gm% he should not venture for a

self-treatment and should seek proper advice of a competent physician. In conditions like confirmed Thalassaemia or Haemophilia, appropriate centres should be regularly visited by the patient and any neglect of management may cost life.

Haema iron is best utilised but unfortunately this comes from meat and animal source proteins, which is deficient not only in the diet of third world countries but in developed countries too. The

usual diet's iron content is absorbed only to the extent of 5-10 per cent in best parts of the world. So the Ayurvedic concept that similar Dhatus nurture the like is very sound and Rakta is best replenished by Rakta. Hence adequate supply of vitamin C and other components of diet and of proteins is judicious and goes a long way in precaution as well as treatment of Pandu rather than the drugs.

Anaemia During Pregnancy

- Vd. Smita Bajpai, Ahmedabad.

Pandu is the term in Ayurveda for anaemia. Anaemia is a clinical state of body, when there is lowering of haemoglobin concentration in blood. Anaemic condition in pregnancy can lead to abortion, premature delivery, toxicity, death of embryo and cardiac disorders.

Pregnancy is a natural phenomenon. During the term, due to increased physiological activity, the mother needs special nutritive diet. Conception, time and again, is one of the major causes of anaemia.

Food taken by a pregnant woman gets converted into 'Rasa' which subsequently forms blood, bone, marrow and Shukradhatu. The assimilated 'Rasa' provides nutrition to mother and child and also helps in the production of

breast milk. During these months there is excessive assimilation of Rasa which results in the development of anaemic condition in the pregnant. In order to avoid such contingency the pregnant should be fed with suitable nutritive food.

In anaemia during pregnancy Pitta is the principal 'Dosh' and Rasa is the Dooshya. Since, Rasa dhatu is depleted therefore subsequent Dhatus are also depleted. There is a remarkable synchronism in gradual depletion of 'Dhatu' and manifestation of symptoms of 'Pand' as described in Ayurveda, e.g. loss in weight, weakness, loss of hunger, inflammation which are all symptoms of emaciation and Rasa Dushti.

Following treatment is recommended in above symptoms:-

Take 30 ml of 'Mahatiktak Ghrit' with warm water for 7 days in the morning. It should be followed by one gm of the following churna, twice daily in mornings and evenings after meals, with water or milk.

1. Triphla Churna, 2. Trikatu Churna, 3. Nagarmotha, 4. Vidanga Churna, 5. Chitrakmool Churna, 6. Louha Bhasma and 7. Panchamrit Parpati.

This churna may also be filled in an empty capsule for easy administration. Two capsules could be taken at a time.

The above Ayurvedic medicine has been tried successfully in Poddar college, Bombay and has not shown any side effects.

Routine Examination of Pregnant Women

Dr. Vinita Das

The preliminary check up of a woman during pregnancy is supposed to be a very important routine all over the world. Now-a-days, more emphasis is being given to it. It does not mean mere clinical advice, but it covers other aspects of life also such as importance of food, hygiene, exercise, rest all are included in it. Fundamentally the preliminary check up is capable of decreasing the rate of possible death or various sickness of mother and child during pregnancy or delivery. For this purpose competent doctors of a prominent hospital are not required, the woman herself and a trained midwife or ANM (appointed by the Government) are capable of doing the needful. The most important aspect is to create awareness in the society so that women should go to a competent doctor for a check up from time to time during pregnancy.

During pregnancy there happen to be many hazards which can only be diagnosed after a medical check up and then its remedy can be provided which increases the possibility of improvement in health of mother and the child. For example, rise of blood pressure in some women during pregnancy along with swelling in legs. If it is diagnosed in time, then it can be remedied.

Sometimes foetal growth decreases when the blood pressure is increased. This can prove harmful not only for the child but for the mother also. This may prove harmful for the mother's eye or her kidney can become defective and sometimes there can be violent shivering in mother, which is supposed to be the wrath of gods by villagers who take recourse to exorcism. Consequently mother and child both may have to die. Likewise, sometimes a pregnant woman suffers from anemia due to malnutrition or some other reasons. These women suffer from weakness, fatigue and loss of appetite. In such conditions, whiteness in eyes and nails is seen. Such pregnant should consult a competent doctor and their haemoglobin should also be checked. They should also pay attention to their nutrition.

Sometimes, during medical check up heart disease may also be diagnosed which possibly can not be diagnosed otherwise. If there is case history among family members of diabetes then the pregnant may contract diabetes during pregnancy. Blood and urine is to be checked for diabetes. Sometimes such defects are diagnosed in the blood by which the child may suffer from jaundice, requiring blood transfusion for the newborn.

Sometimes the child growth during pregnancy is not satisfactory. There is a special check up for this and there is a special remedy too for it.

It is very necessary to know whether the weight of mother is increasing properly during pregnancy or not.

All these things can be known only when during pregnancy the check up of mother is done from time to time and necessary blood and urine tests are also conducted. It is not enough to see the doctor only once during the pregnancy. May be during the initial stages of pregnancy women is all right but complication may arise as the pregnancy advances. That is why a pregnant should go to a doctor or A.N.M. for check up within 10-15 days when menses does not occur. Subsequently, she should go to doctor for the check up at least twice in first four months. She should be checked monthly for the subsequent three months. Thereafter she should go for check up at an interval of 15 days. If possible, the pregnant should go for the check up weekly in the ninth month. If she has had abortion earlier then she should be more careful during the next pregnancy. Such pregnant should always consult a competent doctor. She should

Continued ...

also follow all the instructions to avoid the possibility of another abortion.

The other important aspect of this medical check up is to determine the place of delivery. If during the pregnancy the growth of foetus is satisfactory and the pregnant is not suffering from any symptoms then the delivery can take place in a primary health centre or at home under a trained midwife. If there is any complication then the pregnant should deliver the child in a hospital where all facilities of major operations are available, so that, if any complication arises, medical aid may be provided by competent doctors well in time.

If the pregnant had delivered a child previously through a major operation, then she should deliver her next child in a hospital only. Otherwise there is a possibility of the rupture of uterus which may prove fatal for the life of the mother and the child.

Continued from - page 22

Gugulipid

2.5%, it was decided to develop gugulipid, as a new drug. The decision was motivated primarily both by commercial reasons so that product will be economically viable and competitive as also by

the common preference in traditional systems for composite drugs as against single constituents. Therefore, gugulipid was developed into drug.

The detailed pharmacological and toxicological studies and various phases of clinical trails were therefore, carried out on this standardised ethyl acetate extract of guggulu, the gugulipid. The extract has been standardised by various chemical and biological methods.

Pharmacological and Toxicological Studies

Gugulipid caused significant lowering of serum and tissue lipids in rats, rabbits and monkeys comparable to that produced by clofibrate. It showed inhibition of platelet aggregation and weak anti-inflammatory activity. It inhibited cholesterol biosynthesis, had antilipolytic action and was devoid of any hormonal, central nervous system, cardiovascular or diuretic effects. In hyperlipidaemic rats, rabbits and rhesus monkeys, it caused a significant change in lipoprotein profile which included lowering of serum cholesterol and triglycerides and change in lipoprotein ratio and regression of atheromatous lesions. In six monthly toxicity and teratogenic studies in rats, monkeys and beagles, gugulipid showed no adverse effects. It did not show any mutagenic effects by Ames test.

Clinical Studies

After getting permission from

Drug Controller (India), clinical studies phase I,II and III were carried out, first on normal subjects and later on hyperlipidemic patients.

PHASE I : In single and multiple oral dose (30 days) tolerance studies, gugulipid was found to be safe and well tolerated.

PHASE II & III : Multi-centric clinical trials were conducted at seven centres in India - Bombay, Bangalore, Delhi, Jaipur, Lucknow and Varanasi under the supervision of the medical specialists in Medical Colleges. About 400 patients completed these trials with gugulipid and results were compared with clofibrate. Both the drugs were tolerated well. However, the compliance with gugulipid was much better and no side effects were observed. Two patients on clofibrate had flu like syndrome and the drug had to be withdrawn.

From these studies we concluded that gugulipid is a safe and effective lipid lowering agent. The success story of guggul is an example of good team work between chemists, biologists and clinicians of two different medical systems prevalent in India. Plants are an important wealth in India and if systematic examination is done as in the present case, more new standardised drugs can be developed for marketing to the world. This however, requires persistent hard work, as in the present case, which extended for more than 15 years.



Household Treatment of Sootika

Dr. (Smt.) Mira Pandya, Jamnagar.

Motherhood for women is not only an important event but also it is their birth-right. The newborn baby is called 'Soota' (born) and the woman with it is called 'Sootika' i.e. the recently delivered mother. After the detachment of chorion, the Sootika stage and the Sootika treatment begins. This treatment continues for 45 days. This period of one and a half months is called Sootika kal or Sootika period. Specialities of this treatment are as follows :

- To keep the Sootika in isolation and treat her as unapproachable.
- To keep Sootika away from work.
- To allow Sootika to live with her parents for a period of six months in the case of first delivery and for two months after subsequent deliveries.

The reason for treating the Sootika as unapproachable and to keep her in isolation is that after the child birth she becomes very weak and the immunity against various diseases comes down heavily in her. Under this condition, she becomes vulnerable to even minor infections.

Normal atmosphere and household chores can make her ill. Contact with other persons can cause infection. Because of her susceptibility to normal surroundings and common pollution, it is customary to burn incense in her room to create salutary atmosphere around her.

The reason for keeping the Sootika with her parents for six months after first delivery and for two months after successive deliveries is that the weak Sootika can get more rest and mental satisfaction at her parent's house. Moreover, thus she will be safely away from sex which is essential for the recuperation of her health. As per Kashyap Samhita, after carrying the child for nine months, undergoing the acute labour pains and due to post-delivery limpness of body, her Doshas are vitiated and Dhatus are powerless. Under these conditions, even a slight negligence or lack of attention, will make her suffer badly. Her condition is just like an old dilapidated house. To bring her back to her earlier healthy condition, the special treatment required is called as Sootika Paricharya i.e. post-natal care. Sootika - Paricharya is of two

types, immediate and later.

Immediate Treatment

- Gentle massage of the stomach.
- After cleaning of the external genitals, to bandage the stomach with a clean cotton cloth.
- Not to give any solid food beside hot drinks for 24 hours.

Later Treatment

- To give jaggery and henbane in the morning to appetize her and also as carminative.
- Oil massage for 20-30 minutes in the morning with henbane, sedge and garlic.
- To give the Prasoota sweating treatment for the whole body by burning smoke-free cowdung cakes unde her cot and alonwith it to make her sip a hot preparation made from ghce, jaggery and Katlapak, containing dry ginger, long pepper and fennel and other (as many as 20) items.



- To give dry hot fomentation to the lower abdomen for 1/2 to 1 hour.

- Waist bath for ten days.
- On eleventh day giving her a hot water bath, with water boiled with neem and nilgiri leaves and thereafter to make her see the sun. After that the nurse is to touch the

Noon : For 15 days, give millet bread, fenugreek, leafy vegetables, Moong pulse, garlic buds fried in ghee, brinjal and pickle of green chillies.

Night : Khichari, wheat or millet bread, milk, pickle of Karir (*Capparis decidua*), moong papad, pickle of ginger.

Prohibited

Fasting, over eating, fried preparations etc. for 6 months.

Pastime

- Complete bed rest, sleeping during day hours also.
- Light exercise, for example after toilet to lie down on stomach and slow breathing for 10 minutes.

Detection of Labour Pains

The pregnant should know the signs and symptoms of labour because false pains (not concerning with labour) also arise, from intestine. Some women therefore, get confused with this type of false pain. To distinguish between true and false labour pain, following knowledge will be helpful.

- Labour pain increases gradually.
- True pain occurs at regular intervals.
- In the beginning, labour pain occurs at long intervals, is of less severity and exists for a short period. Later on, both the intensity and duration of pain increases while the interval between the pain decreases.
- After taking the decoction of cumin seeds the pain is not relieved in true labour but disappears in the case of false labour pain.

- At the time of first delivery much pain is noticed. Stools may also pass out.
- Pain is in the abdomen.
- Labour pains last for a long time.
- Intermittent pain is felt.
- Before true labour pains, watery discharge is noticed. In false labour pains there is no discharge.
- Cervix is dilated.

Prasuta for the first time.

- To cover her head and ears with cotton cloth.
- To bring back the sex organs to their normal condition, fuming of vagina with the help of smokeless dry cowdung cakes and henbane and fennel and filling the vagina with a mixture of jaggery, liquorice, honey and sedge in the night and also in the morning.

Compatible Food

Morning : Broth made from millet or wheat flour or both and jaggery and freshly made katlapak.

Symptoms of Intra-Uterine death of foetus

- The abdomen becomes still, stiff, stretched, cold and stony.
- Foetal movements disappear.
- The woman feels uneasiness, giddiness, dyspnoea and restlessness.
- Blackish or whitish discolouration in the skin.
- Foul smell in expiration.
- Pain in abdomen.
- Bleeding per vagina.
- Butter kept over the adomen does not melt

To lie down on the back and raising both the legs slowly up and bringing them down slowly. To repeat the process for 5 times in the beginning and then gradually increasing upto 10-15 times.

- Wearing sandals, always keeping away from wind and sun. To put on clean cotton clothes, sleeping on clean bed, talking in a low tone, avoiding loud noise, less talking and no reading.

By following the above mentioned pastime rules, Sootika remains free from all diseases and regains her health.

Makkal- Post Natal Uterine Pain

-Vd. S.S. Koppikar and
Vd. S.J. Devalkar, Bombay.

The body of the mother, after the delivery becomes tender. At this stage, even a slight carelessness can make her sick. Though there are many diseases which she could contract, the most common of them is the uterine pain, which is very excruciating and is popularly known as **Makkal**.

The post-natal pain is of two types, one is uterine and the other, radiates from intestine and bladder. Generally the bleeding, subsequent to delivery is beneficial as it eliminates the impure blood. When some of the impure blood, due to some obstruction, remains as such in the uterus, it becomes harmful for the mother. The uterus starts twitching and twisting to expel the remaining impure blood. This creates a shooting or piercing pain in the navel region of the mother.

During pregnancy, when the child is growing inside the uterus, then it gradually increases to accommodate the growth. Due to this, extra pressure is exerted on organs like intestine and bladder. After the delivery when the uterus is empty the extra pressure is released all of a sudden. So they contract, and due to this contraction pain is felt in intestines, bowels or bladder. This pain is not related to the uterus and as such may be termed 'false pain'.

Therefore, the mother should

know the difference between the false pain and the Makkal, which are as hereunder :-

- The false pain is due to the intestinal gases, or obstruction of urine, whereas the Makkal is due to the spasm or contraction of uterus.

- The false pain occurs irregularly and Makkal occurs at fixed hours.

- During the false pain, uterus is normal to touch whereas in Makkal uterus is tender to touch.

- Makkal starts or becomes acute during breast-feeding whereas the false pain has nothing to do with breast-feeding.

- The false pain reduces or altogether ceases after urination, motions or carmination.

Aetiology

- Partial retention and clotting of impure blood inside the uterus, wounds, inflammation etc.

- Partial retention of chorion.

- Bacterial infection of uterus.

A woman, who has recently delivered, is called *Vranita* i.e. wounded in Ayurveda. Because, due to the expulsion of baby and chorion, the wall of the Uterus becomes wounded.

Treatment

Modern medicine prescribes analgesics and antibiotics to subside the pain. These medicines go into the body of the infant through breast-feeding, where they do no good to the

body.

In indigenous system, *Neem* (*Azadirachta indica*) is used to treat this ailment. *Neem* is an antiseptic, healer of wounds and is also a ubiquitous tree in India and being bitter and pungent does good to the reproductive organs. To test the efficacy of *Neem* we selected 50 ladies who had recently delivered, and these were divided into two groups of 25 each. The first group was given a decoction of *Neem* and the other group was kept on a false medicine (placebo - which does not act on pain). The ladies belonging to both the groups were examined and observed according to the tenets of Ayurveda, in which the size and shape of uterus, colic, quantity and nature of vaginal bleeding were included.

30 gm fresh green leaves were boiled in 240 gm water till one-eighth remained and 30ml of this decoction was administered, once a day, in the morning on empty stomach to the ladies of first group, under the supervision of Vaidya. This showed no side effects and within three days the pain, bleeding and the size of uterus was reduced. Whereas the other group took longer time to show these improvements which proves the efficacy of *Neem* in **Makkal**.

Honey and Ghee

A blessing for the Newborn

Dr. Usha Deshmukh, Nagpur

Listen Sawitri, my Sunita is blessed with a son on Saturday and he is suffering from loose motions from yesterday and he is crying very much. What should I do? I am helpless. I have visited the Doctor and he has given a long list of medicines. The child is only of 3 days - what should I do with too many medicines?

If you listen to me Janaki, I will give you an advice. There is a new Doctor in our neighbourhood. We should go and get her advice.

Lata didi, this is my friend Janaki, she is blessed with a grand son on Saturday and he is suffering from 4-5 loose motions and vomiting. Doctor has prescribed him too many medicines. Didi, the child is only three days old. What should I do?

Oh, 4-5 loose motions and pain in stomach means that the child's stomach is upset. Due to stomach upset in new born many diseases can arise. The digestion process is not active previously and the child gets its nutrition through mother's blood only, when in the womb. After birth his digestive process has to become active.

After feeding on mother's milk his digestive process starts. When the child fails to digest the chemical elements present in the milk, the child suffers from loose motions and vomiting.

After the delivery, for few days



mother's milk is fatty, thick and heavy and it is called colostrum. These qualities of milk are essential for the development of the child. The child whose digestive power is weak can not digest this milk properly and as a result the child suffers from loose motions and vomiting or bronchitis etc. which are the common symptoms. However, by paying a little attention, we can prevent these complications.

It is said in Ayurveda, that after the birth of child, cleaning his mouth, cutting the navel string and after giving bath to the newborn, honey mixed with ghee should be administered to the child. Three drops of honey and two drops of ghee (unequal quantities of both) should be given twice to the child and then start feeding it.

In pre-natal condition, i.e. when the child is inside the uterus of the mother then his whole body is enveloped in a thin membrane and liquid substance. After the birth, when the child starts breathing then sometimes a little of this liquid goes into its lungs or stomach which is harmful for the child. Honey mixed with ghee (clarified butter) administered helps the newborn to avoid this contingency. The breathing as well as the digestive organs get purified by this medication.

How the Ghee and Honey Mixture Helps

Honey: Honey is rich in sugar by which child gets his nourishment. Haematogenic 'Iron' and Vit 'A' are also present in honey in sufficient quantities. All these

substances are very necessary for the physical development of the newborn. The child's digestive process becomes good with the use of honey. If the fire is covered with ash then the intensity of fire becomes dull, but if we blow away the ash then the fire becomes intense. Similar is the function of honey. The internal organs of the newborn are covered with the dirt and honey cleanses all the dirt.

The honey reaches every subtle organ of the body and purifies it, after which the body becomes more active.

Honey is a 'Yogwahi' which means that it increases the quality of the substance with which it is used. Honey mixed with ghee increases the quality of the ghee also.

Ghee : Among all the fatty substances, ghee is the most advantageous. Because it is prepared by heating on fire. Milk when boiled loses water by evaporation and becomes lighter for digestion. Then curd is prepared from the boiled milk. When the curd is churned its lighter part comes up which is called butter. Again, by heating the butter its watery portion becomes still less when ghee is prepared.

If this ghee is given to the child it improves its digestive power, it makes the skin bright and it provides biological power (i.e. Jeevani Shakti) which protects the baby from various diseases.

In view of the above qualities of a mixture of ghee and honey and in

the light of Ayurveda, generally in most of the houses there is a tradition of making the newborn lick the honey and ghee placed on a golden ring.

The ghee also increases the intelligence. If ghee is given daily to the children it will not only nourish them but also increase their memory and intelligence. However, the basic food of newborn is mother's milk, which contains the ingredients present in ghee.

If a mixture of ghee and honey is given to the newborn then it can easily digest the mother's milk. It also helps in the physical and mental development of the child.

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From Periodicals

Herbs for Healthy Living

Bundles of green leaves heaped in front, and a variety of herbal roots and ornamentally woven tender coconut fronds hanging prominently make it easier to locate the herbal leaf shop in Bharathi Salai in Triplicane. As many as 125 different medicinal plants are available in this shop. "We are in this business for over 150 years and ours is the sixth generation involved in this family tradition. Perhaps it is the only shop in the city dealing exclusively with herbs," says Mr. C. Balasubramaniam, the owner.

All popular herbs used in traditional medicine, varieties of grass, different types of tulsi, various cactus species, fruits and leaves of "Bilvam (bael), neem leaves and mango leaves are readily available in the shop. "If we do not have ready stock of any particular herb, we get it from one place in a day or two. Mostly people come and ask for a specific herb, and in certain cases they mention the complaint and we prescribe the herb of the formulations we have learnt from our forefathers," he says..

- *The Hindu*, 6th April, 90

Immense Potential, Insufficient Work

A root that cures high blood pressure. A leaf which relieves conjunctivitis, an ailment of the eyes.

Magical potions? Not at all.

At the Y.S. Parmar Institute for Horticulture and Forestry, research is being done on the properties and uses of various local medicinal plants and herbs. An experimental garden has been set up at the institute, where these plants are carefully cultivated, and then their properties and chemical structures studied in the laboratory. Dr. Chauhan, Director of the Department of Medicinal and Aromatic plants, said, "This experiment has been going on for the last two years and so far we have been able to identify and isolate different chemical compounds from various

plants. We supply this information to pharmaceutical industries and they carry out further research and experiments, if need be."

Dr. Kulwant Rai, a research fellow at the institute however said, that "Every year, teams of researchers from the University collect plants and herbs from the forests and hills of Himachal Pradesh with the help of locals, botanical texts and Ayurvedic texts. These plants are analysed in the laboratory and the chemicals responsible for the curative properties isolated and measured. The common Foxglove (*Digitalis lanata*) for example, contains active principle Digoxin, which is used to treat heart disease.

- *Times of India*, 19th Jan. 90.

New Contraceptive from Neem

A group of scientists from the New Delhi based Defence Institute of Physiology and Allied Sciences (DIPAS) together with IARI have isolated from neem oil called NIM-76, which they claim can be refined into a new contraceptive for women.

Tests on rabbits, rats and monkeys have confirmed its contraceptive properties. The oil is effective even 48 to 72 hours after conception. It acts by interfering with the female hormone, oestrogen, which plays a crucial role in the implantation of the egg in the uterus. The oil itself is a mixture of over 20 compounds. Undiluted Neem oil is 100 percent effective as a vaginal contraceptive in rats, monkeys and humans.

Neem or margosa tree (*Azadirachta indica*) is a medium sized tree with a straight trunk and is evergreen. It is a native of India. The bitter principles of neem are azadirachtin, meliantriol, salannin and nimbidin for pest control and pharmaceutical uses. A very effective pesticide "Vepacide" and an effective anti-feedant, which starves the insect pests to death, has been extracted and from Neem. It is safe for vegetable and fruit spraying

- *National Herald*.

Abstracts

How OAT is useful in diabetes?

Eating oats, as we know, lowers the levels of both glucose and cholesterol in the blood and so, perhaps, the risk of diabetes and coronary heart diseases are less. Now E. Lund and his colleagues at the Agricultural and Food Research Councils Institute at Norwich have discovered what the food does to the mammalian gut.

Oats apparently exert beneficial effects because they make the contents of the small intestine wetter and more viscous. They are probably the only common food in western diet to do this.

Lund and his colleagues fed male rats either normal fare or a diet in oat gum or finely ground rolled oats. They found that the contents of the small intestine of the rats that ate oats were much more viscous, changing from a moist paste to a thick liquid. This happens because the bran contains substantial quantities of glucan, a soluble polysaccharide that is highly viscous in water. It produces a poorly stirred boundary layer at the mucosal surface of the gut. This mechanism probably explains why oats are so good at lowering the surge in blood glucose - the "glycaemic response" - that normally follows a meal containing sugars or starches. Other researchers have established that the glycaemic response of healthy people to cooked oats is much more than to wheat products or rice.

-Herbal cure, volume:13, 16/2/90

Good fats, bad fats

Focus on sunflower oil as an efficacious cooking medium to reduce the incidence of heart attacks through removal of excess cholesterol has shattered the myth that all cholesterol are bad.

There are two types of fat particles- HDLs and LDLs (high and low density lipoproteins)- the former helping in removal of excess cholesterol and

the latter building up its stock.

Though HDLs are said to be "biological vacuum cleaners", research does not appear to have advanced so much as to specify foods that can help one increase those which are capable of sucking up excess cholesterol in the blood stream and thus minimise the number of heart disease victims. Of course, it is some relief to know that drugs capable of bringing the HDL level are now available. Would it not be more salutary if researchers lay their hands on types of foods natural way?

V.S.Raman, Herbal cure

Snake cure centre celebrates Jubilee

A unique snake bite treatment centre at Pappinisseri in Cannanore district, is celebrating its Silver Jubilee this year. Started in 1964 for the exclusive treatment of snake-bites, the centre handles some 2,000 cases every year with a success rate of over 98 percent. Chief physician C.P.Kumaran told P.T.I. Although the centre, which has at present 40 beds, follows only the Ayurvedic mode of treatment the advent of anti-venom and its efficacy prompted it to introduce the allopathic stream also in 1969, he said. The three-in -one anti-venom is suitable for three common types of snake- bites in the country- Cobra, Viper and Krait. Except for the price of anti- venom, which is costly, treatment and stay at the centre is free and large number of cases from all over the country are referred to it, Dr.Kumaran said.

The treatment centre has also a snake park and an Ayurvedic hospital as its subsidiary units. At the snake park, where over 400 snakes belonging to some 23 types, including the King Cobra, are reared, the public is educated on how to improve its relationship with reptiles.

-Hindustan Times

PRAMEHA

THE DISEASE AND ITS CURE

Prof. Raj kishore Mishra, Lucknow

Prameha is the ailment of urinary system. Any change in colour, quantity or density of urine are the common symptoms of this disease. In fact it is due to physiological changes in the body. This disease affects the people from all walks of life. But it affects seriously in adolescence and youth. The main reason of Prameha taking a serious turn are lack of awareness, worries and shyness about this disease because of its association with the genitals. There are 20 different types of Prameha.

Causes of the Disease : This disease is common in persons :

- * Always on the move
 - * With less or no physical labour
 - * Having rich (fat, carbohydrates) food regularly
 - * Sleeping in the day time even after a sound sleep in the night
 - * With persistent mental tension
 - * With regular non-vegetarian diet
 - * Consuming stored or cold food
- Kafaja Prakriti persons who are lazy by nature with inordinate growth of Rasa, Rakt, Mamsa and Meda are vulnerable to prameha.

Symptoms of the Disease

- *Feeling of urination in excess quantities and many times.
- *Urine turns extra white-yellow in colour
- *Blood in urine
- *Sticky discharge during urination
- *Crystals in the urine
- *Gradual loss of health
- *Excess of thirst
- *Feeling to lie down for longer

duration.

*Desire to eat more.

*Increase in density and detection of protein, phosphates, blood or sugar in the urine.

State of the Body

Kafaj Prameha is of ten types. Actually Kafa DOSHA pollutes flesh, RASA (body fluids), RAKT (blood) and ultimately reaches into other Dhatus to induce PRAMEHA.

Similarly in Pittaja Prameha, PITTA DOSHA is major and leads to irregularities in RAKT DHATU and in other types of Prameha RASA, MAMSA, and Rakta are being discharged with urine. Thus, weak persons become more weak. In PRAMEHA the SHUKRA (Semen) and Ojus are normally discharged in excess. This results in loss of complexion, freshness and Teja evidently.

Principles of Treatment

In case of fatty persons the treatment is to take care of Kafa and the fatness, so that the patient loses some weight. However, in case of weak and

thin persons, the course of treatment is aimed at strengthening the "Dhatu" and at the same time limiting the Prameh inducing factors. If Prameha is not treated and cured then it gets converted after some time into Kafa BHEDA (DIABETES).

COMPATIBLE FOOD

Sattu, food, predominantly of KASHAY-RASA, Barley, Moong dal, old Sathi rice, and other gross grains viz. millet, Bajra should be used frequently. In oils linseed, mustard, gingelly and sunflower oils are advised. However, use of chebula, beleric and emblic myrobalans, cucumber and Kakdi are highly beneficial.

THE TREATMENT

* Mix equal quantities of DARU HALDI, chebula, beleric and emblic myrobalans and NAGAR MOTHA to prepare decoction. Give this in the morning for relief.

* Give juice of fresh, healthy Amla fruit mixed with turmeric

powder (20 gram) and honey, three times a day.

* Mix equal quantities of bark of kadamba, Sakhu, Arjun and Ajwain to prepare KWATH. Give this daily in the morning.

* Mix equal quantities of Shirish bark, Guduchi, Sorj bark, Arjun bark, Naag Keshar, Amla, and Harad to prepare decoction. Give this daily in the morning for desired relief.

Phalatrikadi Kwath : Give decoction prepared from Harad, Baheda, Amla, Daruhaldi, roots of Indrayan, Nagar Motha (equal quantities), two times a day (morning and evening) for relief.

* Use honey with fresh lime.

* Give Shilajatu 2-decigram in

the morning and 2 decigrams in the evening with cow's milk.

* Give Ashwagandha Churna (10gram) with plain water at night, for one month.

* Give 5 gm of powder of Kapikachchu seeds with milk.

Other Medicines

* Give Chandra Prabha Vati or Shiva Gutika - 2 tablets each in the morning and evening.

* Give Punarnava mandur, Vang Bhasm, Praval Bhasm (one decigram each) morning and evening.

* Give Gokshuradi guggulu (2 tablets) morning and evening.

Adaptation by Dr. R.K. Sharma and Sunita Sharma.

NOTICE

We are going to start a Review column on new Books, Periodicals etc. concerning popular health, home remedies and related topics. Authors as well as Publishers are requested to send two copies of books/magazines for review. People can also independently submit such reviews, which can be published after we get a copy of the same.

-Editors.

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Breast Feeding

Breast milk is the natural food for child. A new-born child must, therefore, have breast-feeding. Any milk or food other than mother's milk may not be suitable for the new born. The child is completely dependant on the mother for its dietary requirements.

Thus mother's milk is nature's unique gift because of its unique properties. Ancient Indian physicians were fully aware of the properties of breast milk. Charak pointed out following properties of breast milk

- It sustains life.
- It is helpful in the development of body.
- It is most suited to the new born.
- It produces fat in the body.
- Mother's milk develops immunity against night blindness, polio and malaria.
- Children get the necessary and sufficient amount of milk through breast-feeding. Whereas in bottle-feeding the children are often overfed, which makes the child hefty. A breast-fed child seldom suffers

from tonsillitis, fever, measles, small pox and diseases of lungs. Breast feeding is not only beneficial to the child but also to the mother because :

- The fat present in mother's body is utilised in the production of milk. Otherwise this fat will get accumulated in mother's body. This results in disfiguring of mother's body after delivery.
- The uterus gets constricted and returns to its original shape due to continuous feeding.

The milk obtained from the breast immediately after delivery is called colostrum. It is more nutritive for the new born because it contains many elements beneficial to the child which are produced only in mother's body. These elements protect the new born from various infections and diseases. In the absence of these elements the new born easily gets sick. The colostrum contains proteins, sugar, fat, lysozyme, lipase and many other compounds which increase the immunity of the new born. Colostrum is also a rich source of Vitamin A.

These ingredients are found in lesser quantity in mother's milk after two days of delivery. A survey has revealed that newborns fed upon breast do not suffer from infantile diarrhoea. Mother's milk is free of bacteria and it also prevents bacterial growth which promotes infantile diarrhoea. The survey further reveals that the children fed with bottle suffer from infantile diarrhoea six times in comparison to the breast-fed children. The reason is that the bacteria that causes diarrhoea easily enters the body through the bottle, whereas it can not enter in breast-feeding. If the child suffers from diarrhoea during breast feeding, mother should not stop the breast-feeding because her milk contains the required ingredients to prevent the diarrhoea. Medication may not help much in such a condition. If mother is suffering from indigestion and dyspepsia then the mother should take proper medicines before breast-feeding. Breast-feeding provides the mother with a pleasant motherhood feeling and the child

also feels happy. This provides an opportunity for the proper mental and physical development of the child. This is an important link in mother and child relationship. It has been observed that the child which is not properly fed with

mother's milk invariably lacks in physical and mental development.

Child is exposed to maternal and paternal love during this age. Therefore it is very important for the mothers to develop a proper

rapport with child through Breast-feeding.

Breast-feeding also controls the population. The mother does not conceive till she continues breast-feeding and the child is on no supplementary diet.

Breast Milk - A New Concept

We have done a survey with some colleagues on "Mother's Milk" amongst 48 women. Out of the 48 cases, 31 patients delivered male babies and 17 delivered female babies. In this survey we have found the following observations:

- Out of the 31 baby boys delivered 13 mothers had better milk secretion from the right breast 3 mothers had more milk secretion on the left breast While 15 patients did not show significant difference on the either side.

- To the 17 mothers who gave birth to female babies, 5 had better milk secretion from the left breast while 3 had better secretion from the right breast. 9 patients did not show significant difference on either breasts.

- There was prominence of veins on the chest when colostrum was secreted. As Stanya (milk) was secreted the veins disappeared.

- Obese mothers had less milk secretion than lean mothers.

- One case was solitarly significant. The mother had 2 daughters, previously and now got a son. She was thus very anxious. Cleft palate was

detached in the baby and when the mother knew about it, the mental trauma was so grave that she had diminished milk secretion.

- The temperature of both the breasts are different. The difference of 0.8° C was noted in the temperature on both sides.

- When colostrum was studied the quantity of it which could be expressed at the same time was different. There is remarkable difference in the nature of the colostrum. The density of colostrum expressed at the same time is different. The colour difference is obvious. On introducing a drop of colostrum in a column of water the behaviour of the drop from each side is different. The drops are introduced at the same time but the time taken for each to reach the bottom of the container varies. On heating drops of colostrum from each side it tends to coagulate at different times. Even though equal heat is given for equal time.

- Similar findings are observed in Stanya (mother's milk) examination. The pores from which Stanya comes out are

observed when Stanya is expressed. The numbers of pores releasing the shower of milk is different on both the sides. Minimum of 3 varying to about 9 or 10 pores were observed in the cases studied.

- The baby often exhibits affinity for one of the breast. There were instances when the mother quoted that the baby sucked only the milk from one side when suffering from certain ailments and refused to be fed on the other side.

- It is also observed that a baby suffering from loose motions when fed on breast milk of the right side showed early relief than when fed on the left side.

- Following up after about a month's time 3 mothers exhibited Guru Stanya (not easily digestible by baby). The babies complained of loose-motions and vomiting. They were successfully treated with digestive medicine like Shankh Bhasma, following which the complaints disappeared even when the medicine was given to the mother.

Vd. V.M. Nanal, Pune

Useful Tips Regarding Breast-Feeding

Nutritive food in larger quantity should be taken by lactating mothers. Their diet must include fresh fruits, vegetables, meat, fish, cheese and milk. Excess of water should be taken by lactating mothers, which is used up in producing milk. The mother may suffer from fatigue, weakness and anaemia in the absence of required quantity of nutritive food. A glass of milk in the morning and in the evening is her minimum requirement.

Initiation of early feeding will hasten the lactation and also increase the output of milk of breasts. It is also natural that with the increase in number of feeds the output of milk also increases. It helps to meet the increased demand of milk of the growing baby. Tension and agitation during and after lactation leads to tiredness. Therefore, calm and comfort is required during feeding.

Lactating mothers should wash their breasts and nipple with lukewarm clean water. They should not use any soap for cleaning the breasts, which will destroy the natural oil of the skin. This natural oil prevents the skin from cracking. It is not necessary to wash the nipple and breast before feeding. However it must be properly washed after feeding. By doing so, the skin of nipple will not crack. Pain in nipple during initial days of lactation has been

complained by some lactating mothers.

Special Information

- Every mother should breast-feed the new born for a minimum period of four months.
- Mother should abstain from feeding the new born if she is suffering from infectious diseases, like cough, fever and tuberculosis; otherwise she will transfer the disease to the child through feeding.
- Some liquid diet like fruit juice, milk or even a glass of water should be taken half an hour before feeding. It facilitates lactation.
- Breast feeding is recommended in a sitting posture. Child's ear often gets diseased, if fed in lying

posture.

- Primiparous ladies often complain of absence of lactation or scanty lactation. This causes undue anxiety to them. Such mothers should take 3 gms of Shatavari powder with cow's milk, two times a day or take Halwa made from Shatavari. It promptly helps in restoring normal lactation.

- After conception breast-feeding must be stopped. Breast feeding in pregnancy is harmful for both the mother and the child. A pregnant woman's milk tends to develop symptoms of cough, indigestion, vomiting, weakness, lack of appetite and liver enlargement in the child.

Diseases of Children and their Home Remedies

Infants and children are prone to diseases like adults but to a milder extent. The signs, symptoms and treatment are similar. Diseases in infants may also be caused by drinking breast milk vitiated by doshas. In that case, treatment is to be given to the mother also. L.S.P.S.S. has collected home remedies which are practiced by villagers in following diseases:-

Constipation

- Castor oil.
- Fig seeds rubbed in breast milk.
- Betel leaf stalk is introduced into the rectum.
- Massaging warm oil on abdomen.
- Triphala rubbed in mother's milk.
- Lukewarm water.
- Dadima juice with sugar candy.
- Sugar cane juice.
- Shalmali leaves juice.

Colic Pain

- Hot fomentation over the abdomen.
- Paste made of shunthi and tulsi is given.
- Soaked lime applied on abdomen.

Jaundice

- Bhoomyamalki paste with milk.

The measure of a man

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Coughing in Children

Kasa (coughing) is very common ailment in infants as well as in children. Discussed here are some home remedies for kasa, useful in the age-group from 6 months to 5 years.

Vekhand i.e. *Vacha* or *Acorus calamus* is recommended in Ayurvedic texts as one of the first few medicines given to a new born. It is used both internally as well as externally, given in the form of decoction (Kwatha), Churna (fine powder) or paste with honey or milk. It is the stem that is used. It has an agreeable but somewhat strong smell. It is very useful in arresting Pratishtyaya (cold) and Kasa (cough) in their early stages. It is Vata-Kaphahara and Vatanulomana. It can be given alone or in combination with other medicines. When given alone in a dose of 125 mg to 250 mg three times a day along with honey, it is useful in arresting cold and cough effectively.

In Maharashtra, the powder is applied like face powder to the

face, nostrils, around the neck, chest and on the abdomen immediately after bath. It is also used as a 'dhupanam' (Fumigation) for the body as well as for the clothes. Daily application on the face and parts mentioned above gives good protection from strong cold breeze resulting in frequent common cold and cough. Fumigation renders the clothes an agreeable fragrance. *Vacha* Churna is also used in flatulence which is very common in Kasa.

Sunthi or **Sonth** (*Zingiber officinalis*) is another useful medicine for cough. In Maharashtra they say 'Oh the cough has vanished even without giving sunthi' meaning that sunthi is the minimal that should be given to treat a case of Kasa (cough). It is commonly available everywhere. Churna (fine powder) or Kwatha (decoction) can be given. Churna is easy to give. Dose 1/4 to 1 gram - three to four times a day. It can be given alongwith honey or milk

Vd. V.B. Mhaiskar, Baroda and sugar or ghec and jaggery. For children having a tendency of recurring cough, getting a bad throat on slightest exposure, *Guda-Shunthi* (Jaggery and ginger) in increasing doses for three or four days and again reducing doses for the same number of days coming to the original dose, repeating the procedure for four times is very useful for building up resistance. Start with 0.5 gm dry ginger and increase by 0.5 gm every subsequent day and then come to the original dose (of 0.5 gm). In children having Pitta Prakriti, sugar may be used in place of jaggery. Also the amount of ghec used may be a little more.

In Gujarat 'Shunthi - Siddha Jala' is used for drinking purposes in the rainy and winter seasons. It can be prepared by boiling 25 gm of ginger in 1 litre water for 2-3 minutes and taking it after it becomes cold. It is found very useful in maintaining the health of children.



Continued Breast feeding and herbal medicines are useful in cough and cold

Diarrhoea in Children

- Vaidya V.B.Mhaiskar Baroda.

Diarrhoea is a common disease among children. Evacuation in large quantities of watery faeces is termed as Atisara (diarrhoea). Repeated loose motions, greenish yellow, foul-smelling, sticky, foamy, stools, stomachache, slight temperature etc. are the symptoms. Greenish yellow, foul smelling stools and temperature indicate Pitta Dosha. Stickiness, whiteness of faeces indicates Kapha, Stomach-ache foamy stools, gases in the stomach etc. indicate Vata Dosha. Other symptoms are aversion towards milk and food, sleeplessness, crying etc. The causes can be related to the inferior quality of the milk, water pollution, teething, seasonal changes etc. Amongst the home medicines Ativisha (*Aconitum heterophyllum*) is quite dependable. Ativisha grows as underground tubers. Heavy yellowish white tuber should be selected for medicinal purpose.

When the tuber is cut, four black spots are visible on the surface. This is the identifying feature of Ativisha.

Ativisha should be rubbed in mother's milk and 1/4 teaspoon is given 2-3 times a day. Its powder - 200 mg along with honey or mother's milk may also be given even after Atisara is controlled. Use of Ativisha as above once or twice a day helps to improve digestion and assimilation.

Weight is also gained and the general health improves.

If a child of 4-6 month suffers from Atisara and if the mother's lactation is good then the following treatment is worthy of a trial. Powdered dry ginger - 1/2 teaspoon + jaggery - 1/2 teaspoon + Ghee - 1/2 to 1 teaspoon. A pill of this mixture is to be given in the morning and in the evening. This treatment with dry ginger is well-established. Use of dry ginger by mother definitely helps the child. But this treatment should be given only at the preliminary stage of the Atisara. Other rules of wholesome food also should be observed by the mother.

Crab's claw (*Pistacia integerima*) is also quite useful. In fact, it is not a plant product. Actually it is the abode of an insect shaped like a horn on the Kakad tree. It is highly astringent and bitter in taste but very beneficial for children suffering from loose motions and vomiting. It may be given as powder but is more efficacious if given in combination with sweet smelling medicines. Proportion is 500 mg to 1 gm of Crab's claw powder mixed with 200-400 mg of dry ginger powder alongwith honey.

To children being fed on milk as well as on solid food or solid food alone, Atisara should be treated by giving a light, easily digestible food cooked in medicated water. To prepare

such water any of the following combination of items is used (1) Dry ginger and cumin (2) dry ginger and coriander (3) dry ginger and nut grass (4) coriander and cumin. Cooking rice or munga pulse in water prepared from any of the above combinations and given in the form of broth or porridge is highly beneficial. Such water is in itself tasty and removes thirst and it also removes the dehydration caused by Atisara. Similarly, the dishes prepared with this water are also tastier and easier to digest and assimilate. All the above treatments are recommended at the preliminary stage of the disease only. Extreme thirst due to loss of large quantity of water, paleness of the skin, appearance of folds on the skin, very weak pulse, lack of urination and extreme weakness etc. are all the symptoms which indicate emergency and need expert advise. Loss of urination should be considered to be indicative of critical condition and requires immediate expert attention.



Continue breast-feeding in diarrhoea

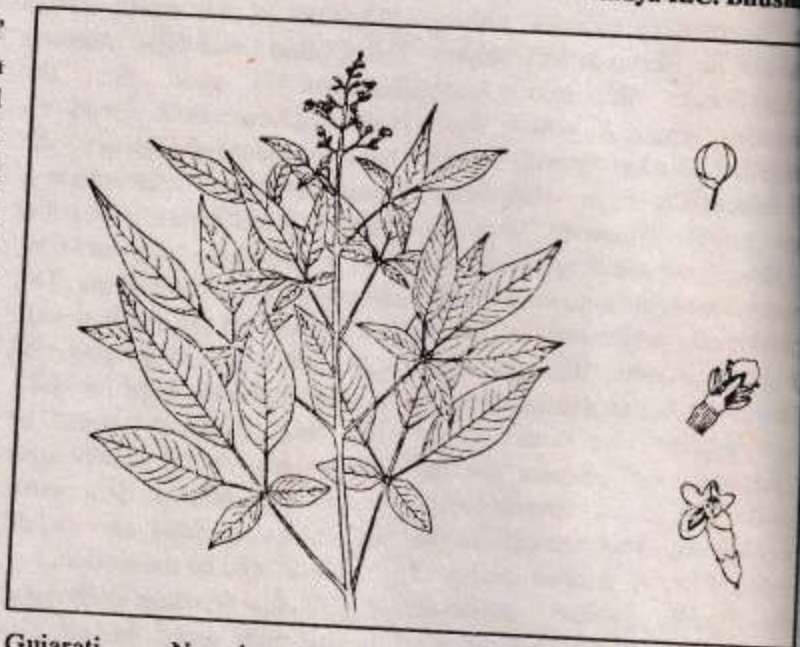
Nirgundi

- Vaidya K.C. Bhushan

Etymologically 'Nirgunda' means curing "Gunda Elements", i.e. the notorious and unwanted elements/ailments in the body. As all the ailments are unwanted and harmful to human body, therefore the plant which cures a number of these ailments is called 'Nirgundi'.

The Nirgundi plant is a large aromatic shrub with quadrangular branchlets. The average height is 4.5 m or some times a small slender tree found throughout India, ascending to an altitude of 1500 m in the outer Himalayas. The bark is thin and grey in colour. The leaves are 3-5 foliate with leaflets of lanceolate shape with entire margin. The flowers are bluish purple, small in size and arranged in a terminal composite form (cyme). The fruits are globose and black in colour when ripe. The shrub is found in abundance along the bank of rivers in moist situations, open waste lands and near the deciduous forests in urban areas. It is planted as hedge, as it is not browsed by cattle. The shrub can be reproduced readily from cuttings.

Common names: Sanskrit - Nirgundi, Sinduvar, Subaha; Hindi - Sambhalu, Shivari, Nisinda; Bangla - Nisinda, Samalu, Nirgundi; Marathi - Nirgundi, Nisind, Nigudi;



Gujarati - Nagoda, Nagaol; Telugu - Vaavili, Tillavaviti; Tamil - Vellai-nocohi, Ninkkundi, Venmochi; Kannada - Lakkigida, Nakkilu, Nekki; Malayalam - Villanocchi; Oriya - Beyguna, Nirgundi, Begundia; Punjabi - Banna, Marwan, Shwari; Assamese - pasutia, Aggla Chita; English - Five leaved chest tree and Latin - *Vitex nigundo*.

Types: It is of two types, Blue and White. In "Bhavaprakash" blue flowered plants are called Nirgundi, Shefali, Subaha and White flowered are called Sinduvar.

Medicinal Properties

According to Charaka, the shrub is one of the common plants used

in Indian medicine for all kinds of swelling and inflammations. Almost all its parts are employed but the leaves and roots are most important and are sold as drugs. The dried leaves comprise the drug and have the general characters of the fresh leaves and are dark green above and greyish comenose below.

The leaves are aromatic and are considered tonic and vermifuge. A decoction of the leaves with the addition of long pepper (*Piper longum*) is given in catarrhal fever with heaviness of the head and dullness of hearing. The leaves are also smoked for relief from headache and catarrh. A decoction of the leaves and

vapours are employed in baths for the treatment of febrile, catarrhal and rheumatic affections.

A decoction of the leaves was found to prevent the development of swellings of joints in experimental arthritis in adult albino rats caused by injecting Chemicals. The leaves possess discutient properties and are reported to be applied to rheumatic swellings of joints, in sprains etc. The juice of leaves is said to be used for the treatment of foetid discharges. An ointment made from the juice is applied as a hair tonic. The drug is also reported to possess tranquilizing effect. It is a constituent of the Ayurvedic preparation "Vishagarbha Taila" and other oils.

The leaves are reported to possess insecticidal properties and are laid over stored grain to ward off insects. The extract of the leaves and twigs showed anti-bacterial activity against *Micrococcus pyogenes aureus* and *Escherichia coli*. The roots possess tonic, febrifugal, expectorant and diuretic properties. They are used in dyspepsia and rheumatism, and also for boils. The powdered root is prescribed as an anthelmintic and as a demulcent in dysentery. It is also given for piles.

The flowers are astringent and are used in fever, diarrhoea and liver complaints. The fruits are prescribed in headache, catarrh, and watery eyes. When dried they are used as vermifuge. An

aqueous extract of the fruits was found to have good analgesic action when tested on rats.

Medicinal Uses

Swelling: Swaras (Extract) of leaves (10-20 ml) or seed powder (5-6 gm) or powder of dried roots (1-3 gm) is to be given with warm water.

Pain in joints: Boil leaves in water for fomentation of affected region. After fomentation, apply warmed paste of the leaves on the affected region.

Swelling in Uterus, intestine, and anus: Boil leaves of Nirgundi in water and use this water for waist bath (Kati-Snan).

Vata-Vikar, Sciatica, Slip-disc, Muscular Sprain : Use of leaf extract or leaf decoction gives significant relief.

Recurring Fever, Sutika Jwar, Enlargement of Spleen : Leaf extract or leaf powder as indicated before. Also macerate the leaves and smell it during the fever.

The massage of Nirgundi oil is very effective in Eczema, Allergy and Vata Vikars. The oil can be

prepared as follows:-

Mix leaf extract and gingelly oil in 4:1 ratio and cook it on slow heat till all the aqueous substances evaporate.

Malarial Fever and Vata Vikaras

Prepare balls of concentrated leaf decoction (Ghan Satva) of the size of horse gram and give with water. It gives significant relief.

Nirgundi Kalpa

Collect roots of Nirgundi at appropriate time and prepare powder. Mix this powder and honey (1:2) keep in a Ghee (clarified butter) lined airtight container and leave embedded in grainary for 40 days. After the period is over, take out the container and take 1 to 6 grams of mixture for 40 days. This will make body healthy and bubbling with energy with improved eyesight.

Precaution : During the forty days of medication do not eat vegetables and food materials.

(Translated by Dr. R.K. Sharma, Lucknow.)

Dear Readers,

JEEVANIYA is a part of a nation-wide campaign launched by Lok Swasthya Parampara Samvardhan Samithy with a large number of individuals and voluntry organisations to revitalize our health traditions.

Please join in this campaign by not only becoming members of L.S.P.S.S. and subscribing to JEEVANIYA but also by actively participating in our programmes of developing herbal gardens and Nurseries of Medicinal Plants which can be used for tackling routine health problems.

Editor

Turmeric

Vd. B.V. Sathye, Nagpur

Turmeric is used in every household daily in cooking curries and pulses. The root and powder form of turmeric is easily available in the market.

Common Names: Hindi - Haldi, Hardi; Sanskrit - Haridra, Nisha; Gujarati - Haldar; Marathi - Halad; Punjabi - Hardal; Kannada - Arshina; English - Turmeric; Latin - *Curcuma domestica* or *C. longa*.

Turmeric is sown during winter. It grows in one year and attains a height of 30 cm. When the esculent tuberous roots of turmeric get ready under the soil the plant above the soil starts withering. The minute root of the esculent tuberous root of turmeric is used for further sowing.

Medicinal Uses

Cough and Cold :

- Add two spoonful of turmeric powder in a cup of milk and heat it. When this milk becomes thick then add jaggery to it and drink. It gives relief in sore throat and dry cough.
- People suffering from eosinophilia should take 3 gms turmeric powder with lukewarm milk or water 2-3 times a day for 15 days. Turmeric may also be taken with pudding of Suji.
- If the nose is stuffy then burn

the turmeric on fire and deeply inhale the fumes. This relieves the stuffiness of the nose completely. If there is crackling in the fire due to turmeric then drop one or two drops of ghee to the fire.

Eye -Sore: If there is pain in the eyes and they are red then add 2-1/2 spoon ful of turmeric powder in a cup of water and heat it. Mix puffed alum and then wash the eyes with this water. It gives relief in the redness, burning and pain in the eyes.

For Improving the Complexion: Turmeric is a beautifier. The turmeric powder thoroughly whipped up with cream of milk or butter is very useful for massage because it cures several common skin diseases. It also improves the complexion of the skin. Apart from this, it helps in curing skin diseases if turmeric powder mixed with amalaki powder is taken daily.

Prameha: For the remedy of Prameha 25 gm turmeric powder and 25 gm Aonla is very effective. It helps in removing the trouble of frequent urination.

Piles: The fumes of turmeric makes the hard fleshy moles soft and it also reduces pain. The moles of piles get cured by the application of the paste of

turmeric in Aloe.

For Promoting Lactation:

Those mothers who breast-feed their children should take 1-1/2 spoon turmeric powder daily with their meals. It improves the quality of the milk and also prevents the formation of clots.

In Injury

- Paste of turmeric should be applied in sprain and injury. It helps in reducing the pain and swelling. For this purpose put turmeric powder in a clean vessel then add water and ghee. Then fry it for some time. Apply when endurably warm and bandage.
- One spoon of turmeric powder should be taken with cow's milk which helps in curing the wound by purifying the blood.
- If fine and clean powder of turmeric and liquorice is stuffed in the fresh wound, it immediately stops the flow of blood. The bandage should be allowed to stay for 6-7 days. There is no need to change it and the wound, would be healed.
- In fresh injuries and after the cutting of the umbilical cord, freshly powdered turmeric should be applied for quick healing.

TURMERIC : Modern Concepts

Dr. J.P.S. Sarin and Dr. N.M. Khanna, Lucknow

Turmeric is the dried underground rhizome of *Curcuma longa* L. belonging to the family Zingiberaceae. Though it is cultivated everywhere in the East, its place of origin is considered to be in South East Asia. The world output of turmeric is estimated to be more than 300,000 tonnes per year and India is the largest producer of turmeric in the world.

Andhra Pradesh and Tamil Nadu account for nearly sixty per cent of the total Indian production while Maharashtra, Bihar and Orissa account for another thirty per cent of our country's production of turmeric. The area and production of turmeric varies from year to year and about 150 thousand tonnes is obtained from an area of around seventy thousand hectares. The major exports of turmeric are to Iran, Libya, Japan, Morocco, U.S.A., U.K., some other countries of Europe and Singapore.

Turmeric is grown from about sea-level to 1000 metres as an unirrigated crop in areas with rainfall of 100 to 200 cms and can also be grown under irrigated conditions. It can be cultivated on several types of soil but the crop is very sensitive to ill drained and alkaline conditions. For cultivation, the land is prepared at the beginning of early rains by giving two to six ploughings. Beds of about one

metre wide and suitable length are prepared keeping a distance of about 35 to 40 cms between each bed. Turmeric is usually propagated through rhizomes and responds to heavy manuring e.g. 30:30:60 kg N:P:K per hectare or 100 kg per hectare of ammonium sulfate.

The crop is usually ready for harvest in about eight to ten

In Indo-China, it is given at parturition on account of its anticoagulant property. It is a remedy for diarrhoea, rheumatism and tuberculosis. It dispels itching and is gargled as a mouth wash for inflamed gums.

months and its maturity is indicated by the complete yellowing and drying of the plant. Harvest time is January to March. The fingers are separated from the mother rhizomes and the latter are usually kept as seed material. They can be stored for three to four months by keeping in a shaded place.

Dry turmeric is prepared by boiling fresh rhizomes in copper or galvanized iron vessels with sufficient water to cover the rhizomes. Boiling is stopped when a white froth appears giving out a typical odour. The rhizomes are then taken out and spread uniformly for drying in the sun. In ten to fifteen days they become hard and brittle.

The rhizomes are universally

used as a condiment, a dye and as a household remedy for various ailments. The long list of its medicinal virtues includes its use as stomachic, stimulant, carminative, hematic or styptic, in all kinds of haemorrhages, as a remedy for certain types of jaundice and other liver troubles. Externally it is applied to minor wounds, certain skin eruptions and is considered to be good for irregular menstruation. It promotes circulation, dissolves blood clots and is prescribed as a remedy for abdominal, chest and back pains. The tincture or juice is given to treat bronchial catarrh. It has also been reported that the volatile oil of *Curcuma* species decreased the death rate of rats infected with influenza virus.

In indigenous system of medicine, the rhizomes of *Curcuma longa* are widely used for treatment of various inflammatory conditions.

The reported major constituents of *Curcuma* species are curcumin, and other curcuminoids, turmerone, zingiberene, a golden yellow odoriferous essential oil, turmerol, phellandrene, carvone, comphor, curcumone, fat, starch and resin. Of these curcumin and other curcuminoids exhibit gall bladder stimulating property, antibacterial activity against *staphylococcus aureus*, and possess local as well as systemic

anti-inflammatory property. Curcumin has been evaluated for its anti-inflammatory activity in different models of inflammation in experimental animals. It is non-toxic upto fairly high dosages of consumption with its acute LD₅₀ at more than 2 gms/kg p.o. and its ulcerogenic index is very low.

Curcumin has been evaluated for its anti-inflammatory activity in different models of inflammation in experimental animals like rats and mice. It has been found to inhibit the chemically induced oedema in rats as well as mice. The regression line in both cases paralleled with that of cortisone but not of phenylbutazone which is another anti-inflammatory agent. The anti-inflammatory effect of curcumin was significantly less in adrenal-ectomized rats which suggested an indirect mechanism of action. Curcumin also inhibited chemically induced acute oedema in mice as well as subacute arthritis in rats. Curcumin inhibited cotton pellet induced granuloma formation in rats. Curcumin has no side effects on the central nervous system (CNS) nor has any significant effect on the cardiovascular system of anaesthetised cats upto a dose of 10 mg/kg administered intravenously. Curcumin is apparently a safe and effective anti-inflammatory agent which is currently under detailed Phase-II clinical evaluation.

While proving the non-toxicity of

turmeric extract before recommending its use as a colouring agent for hydrogenated oils, it was observed that liver cholesterol levels were lower in rats fed with hydrogenated groundnut oil containing an extract of turmeric.

In experimental animals fed with cholesterol and curcumin, serum and liver cholesterol levels fell to

Since curcumin increases bile production and secretion, and is an effective anti-inflammatory agent with low toxicity and absence of adverse pharmacodynamic action, its possible therapeutic use in the treatment of certain liver disorders and inflammatory conditions is indicated.

one half or one-third of those in experimental animals fed with cholesterol and no curcumin. Deposition of cholesterol was found most in liver sections from animals fed with cholesterol and least in specimens from animals concurrently fed with curcumin. Curcumin increased faecal excretion of bile acids and cholesterol both in normal and hypercholesterolemic rats. Such biliary drainage is a likely explanation for the reduction of

tissue cholesterol on curcumin feeding. Alpha and beta lipoproteins in blood plasma showed meaningful response to addition of curcumin. The imbalance in these two lipoproteins brought about by cholesterol feeding was nearly corrected by simultaneous feeding of curcumin. Such beneficial effects of curcumin were about the same with 0.1 per cent or 0.5 per cent of curcumin in the diet, suggesting that the effective level of curcumin may be even lower than 0.1 per cent. Curcumin maintained body and liver weights, correcting the ill-effects in this respect caused by ingested cholesterol. The effect of curcumin in keeping down cholesterol in conditions which otherwise induced hypercholesterolemia was not through alterations in cecal microflora which are known to dismutate and utilize bile acids in the gut. Since curcumin increases bile production and secretion, and is an effective anti-inflammatory agent with low toxicity and absence of adverse pharmacodynamic action, its possible therapeutic use in the treatment of certain liver disorders and inflammatory conditions is indicated. This in turn commends the use of turmeric in normal diets.

We extend our greetings to Sri Pradeep Srivastava, Scientist, CDRI on being awarded the 'Outstanding Young Persons' of India Award' given by the Indian Junior Chamber (Jaycees). Mr. Srivastava is also our 'Scientoonist'.

OAT

Dr. R.K. Sharma, Lucknow.

It is an annual or perennial grass found chiefly in temperate and subtropical regions. About 30 species have been recorded in India. *Avena byzantina* is the cultivated oat in India. It ranks fourth in importance among cereals exceeded only by wheat, rice and maize. In India it is cultivated on a large scale in Punjab, Haryana and Uttar Pradesh and to a limited extent in Himachal Pradesh, Maharashtra, Gujarat, M.P., Orissa, Bihar and West Bengal.

Common Names: Hindi - Jai; Gujarati & Marathi - Jav; Kannad - Javagodhi; Telgu - Yavalu.

Medicinal Uses

In medicine oat is given as a nerve stimulant, tonic, soporific, emollient, refrigerant and diuretic. It is used in diphtheric paralysis, dysentery, and acts as antidote in morphinism and alcoholism. Oat forms an important restorative in exhaustion after febrile diseases. It exerts a very beneficial action upon the heart muscle and on urinary organs. It is diuretic and speedily relieves spasmodic conditions of bladder and ureter. Oat exerts a powerful effect against tooth decay. A preparation from the grains is

mentioned in Indian and United States Homeopathic Pharmacopoeias also. It is used in paralysis agitans, and is reported to have a selective action on brain and nervous system favourably influencing their nutritive functions. The fresh grain is effective in impotency, palpitation of heart, insomnia and in haggard looks. Oat grains provide a good substitute for wheat and other grains to allergic individuals. Rolled oats taken 50gm a day shows a marked decrease in the cholesterol content in blood serum of human males. Oat-meal water and meal boiled with vinegar, is used externally to cure minor skin rashes, blemishes, freckles and sunburn. Oatmeal water is used in making high quality facial soaps. An alcoholic extract of the immature grains with malic acid is reported to

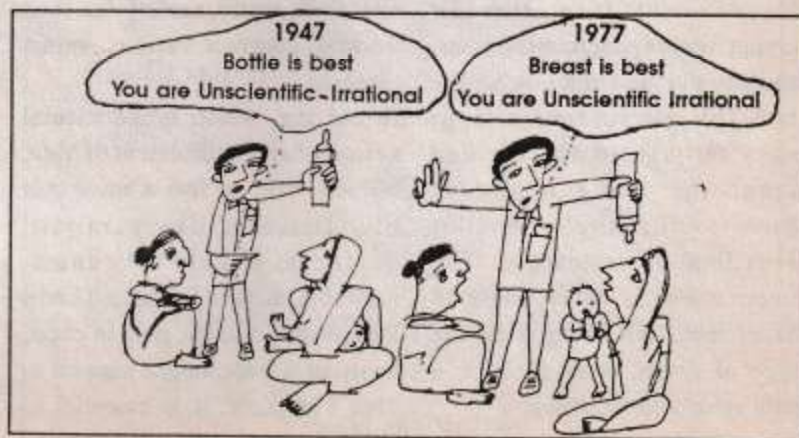
curtail the crave for cigarette smoking to less than 25% of the original. It is well known that eating oat, lowers the level of both glucose and cholesterol in the blood, and so, perhaps the risk of diabetes and coronary heart diseases.

The Mode of Action

Oats apparently exert beneficial effect because they make the contents of the small intestine wetter and more viscous.

The viscous effect slows the rate at which the body recovers bile salts, which are rich in cholesterol and which the liver secretes to aid the digestion. This might reduce the effective pool of bile salts.

Yet another possibility is that bacteria in the gut ferment the oat fibre to produce products that somehow inhibit the production of cholesterol.



Identification of Prakriti

Vd. S.A. Khan, Saroura, Sitapur.

Human temperament (prakriti) is the complex form of the physical and mental textures of man. It is directly related to the Doshas (Vata, Pitta and Kapha), Dhatus (Rasa, blood, flesh, fat, bone marrow, semen and shonita of women) and Malas (faeces, urine, nails, hairs and dirt of ears, nose, eyes etc.) of man's Panchabhautika body and external nature and things thereof. The human temperament takes its root at the instant of conception when moon-like semen and sunlike shonita meet in the womb and a fresh life starts to blossom. The temperament of the neolife is synthesised during the conjugation of shukra (semen) and Shonita (orun) according to the states of Vata, Pitta, Kapha, Panchamahabhutas, Sattva, Raja and Tama in them. During the development of foetus, we may, to a certain extent, influence this temperament formation by varying the regimen, behaviour, thoughts and medicines. After the birth this microtemperament grows throughout the life and makes the being happy or otherwise (healthy or invalid) according to its texture. The temperament is never liable to change until the being is on the verge of death, when there is a slight momentary change.

Ayurvedic texts have described the method of inducing the desired qualities in the progeny. This is technically known as Pumsavana Samskara.

Temperaments are divided in to seven categories, namely - Vataja, Pittaja, Kaphaja, Vata-Pittaja, Kapha-Pittaja, Vata-Kaphaja and Sama. Temperaments are significant not only in Ayurvedic treatment but also in life. The temperament affects our entire life. One can lead a healthy life by knowing his temperament and conforming his regimen to it. If one does not know his temperament and unwittingly adopts a regimen incompatible to his temperament then he becomes vulnerable to various diseases and leads a wretched life. For instance, if a person of Vataja temperament takes to incompatible food i.e. non-unctuous cereals, bitter-astringent esculents, overwork, worry, anxiety etc. then he may contract various Vataja diseases.

In old age, which is the natural period of aggrandisement of Vata, he may have to live a miserable life. Diseases like paralysis, deafness, hunchbackedness, insomnia, ache in joints and limbs Parkinson's disease, pain in chest, heart attack atc. might happen to him. Therefore, it is essential to

identify one's temperament and conform his regimen and routine accordingly, to be able to lead a healthy life.

Given below are the common traits of persons of Vata temperament.

- The body is lean and short.
- Skin is rough, rugged and cracked. In Shishir season, when the atmosphere is replete with Vayu and Akash and Vasanta season, when vayu and Prithvi elements predominate, Vata-tempered one has comparatively worse cracked and rough skin of all temperaments
- Personality is not attractive. Eyes are small and lustreless.
- The person is born to be sick. He is never without a disease, minor or otherwise, unless he meticulously follows the prescribed regimen.
- Vata-temperamented persons sleep fitfully. They get up on slight sounds and sleep like dogs.
- Their hunger is irregular. Sometimes their digestion is good and sometimes it is bad. Often they suffer from painful diarrhoea.
- They often complain of constipation and have distended belly.
- They eat frequently little by little. They can't eat to fill at a go.
- Vata-temperamented children

cry without any apparent reason. They start off and on, their belly distended and urine obstructed.

- In winters they have troubled ribs, though they do not catch cold that easily.

- They are quick to take decisions and also in reversing them.

- They make and break friendships in no time.

- They are interested in music and poetry and are talkative and social.

- They adapt new fashions quickly and are quick in repartees.

- They are very active and do their jobs with vim and vigour.

- They lack in potency and have less issues.

- They are sentimental, likely to fall in love, though that is fickle. They are not true to their words.

- Their hairs and nails are rough, dry and brittle.

- They are easily tired by physical work and are prone to headache and aching limbs.

- They are very excitable and over-enthusiastic.

- In rainy seasons, when Vata is naturally vitiated, they contract Vataja diseases, when exposed to winds.

- They prefer sweet, sour and salty esculents.

Identification of temperament is a complex task and it comes from experience, practice and observation. The reader must confirm his inference by consulting an expert Vaidya.

Tips for Vata Temperamented Fellows :

Don'ts : - Avoid rough cereals like millet and barley.

- Avoid Vata-aggravating things like rice, pulses (excepting black gram which alleviates Vata) and leafy substances.

- Avoid red chillies and bitter gourd.

- Avoid stale and cold food. Things kept in refrigerator are not good for them.

- Avoid falling in love which is the inherent weakness of Vata-temperamented.

- Avoid drugs to kill pains, otherwise you will soon become a drug addict.

Do's : - Take milk and milk products like curd, butter, clarified butter and mustard, mustard oil, almonds, cashewnuts, pistachios, coconut, walnut and other unctuous edibles regularly.

- Eggs, meat and fish are wholesome for Vata-temperamented.

- Semen producers like winter cherry, Musali, wild asparagus, *Pueraria tuberosa* (Vidarikanda), water chestnut, lentils, redsilk-cotton tree (semal), *Sida cordifolia*, castor etc. should be taken.

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Shishir: A Pleasant Season

- Vaidya Purnachandra Jain, Lucknow.

Ancient Indian scholars have graduated the time from the relative movements of the Sun and the Earth. An year has 12 months and these months have been grouped and divided into six seasons (Ritus) depending on the impact of environment and climate. A year has been divided in two "Ayans" - i.e. Dakshinayan and Uttarayan. Varsha, Sharad and Hemant Ritus (16th July to 15th Jan) fall in Dakshinayan, wherein the Sun gradually, loses its strength and the Moon correspondingly gains strength. This results in the variations in the nature which help in better assimilation of Amla, Lavana and Madhur Rasas making the body stronger and energetic.

Shishir, Vasant and Greeshma Ritus (16th Jan to 15th July) fall in Uttarayan wherein Moon loses its strength and sun gradually acquires its strength. This results in the strengthening of Tikta, Kashaya and Katu Rasas which gradually decrease the strength and energy of the beings. Ayurveda experts have therefore, regarded the last ritu of Uttarayan.

- Shishir as the best season from the health point of view. In Ayurveda, "Dakshinayan" and Uttarayana are also known as Visarga and Aadan Kalas (periods) respectively.

Accumulation of "Kapha" During Shishir.

Magha and Phalgun months (16th Jan-15th Mar) are grouped into Shishir Ritu. In Shishir the weather is cool. Sun is stronger towards the noon whereas it is weaker during both, morning and evening. Therefore, nights are comparatively cooler than days. During this season, due to variations in the environment, the water is clear, clean and heavy and the air is cool, humid but not

All the medicines, vegetations and cereals become cool, heavy, unctuous and madhurapaki resulting in the accumulation of Kapha. Thus, in this season "Kapha" accumulates in the body and in Kaphaj Prakriti persons it generates disorders related to Kapha.

dry. Cloudy sky or snowfall on hills/mountains can sometimes give rise to chilly winds and rigidity in the body.

The Digestive Power

To conserve heat, more energy is required in this cold season. To provide this additional requirement of the body, one has to eat a little more in quantity and food richer in fatty substances. But it is advisable to refrain from taking

very rich and large quantities of food in order to avoid further accumulation of Kapha.

The Exercises

The winter has been regarded as an ideal season for exercises. The improved digestive system can supplement extra energy requirements for exercises by digesting more food. Additionally, the body becomes stronger and energetic.

Clothing

During shishir one should wear colourful garments so as to conserve the body heat. Woolen clothes, quilt, blankets are required in this season. One should cover head and ears with some woolen cloth, while going out doors in the morning, evening or at night. Fireside is cosy in the absence of sufficient woolen clothing.

Massage

Oil Massage also imparts a very pleasant feeling during this season. Moreover, it reduces the 'Kapha' accumulated in the body. One should use mustard oil or linseed oil. After the massage, a brief exercise is necessary. This should be followed by bath with lukewarm water. Gargling is good because the mouth is purified and gums and teeth attain strength, thereby. It also stops bleeding from gums.

Food Habits

Food habits during shishir are almost same as in Hemant, as both are cold seasons. During these seasons changes in the weather, climate as well as in the body are very much similar. However, as compared to Hemant, the air in the shishir is more humid and cooler. Therefore, keep your house/room warm and wear enough clothing

Following can be used in food preparations : wheat, rice, ghee (purified butter), oil, milk, jaggery, sugar, candy and milk In pulses (dicotyledons) Horse gram, Urad, Masoor, Rajma could be used in food preparations. Additionally, gingelly and its dishes, 'Ramdana' can also be taken.

Hot food with ginger, ghee (rock salted) moong, khichadi (with new rice), Pulao would be beneficial. In vegetables, mustard leaves, Bathua, Methi-Saag, potato, cabbage, peas, lemon, ginger, jimikand, cardamom are the best ones for this season Sweetened and hot (bearable)

Unwholesome Food

One should avoid bitter, spicy, cold and light foods. Excess of ice-cream, ice, sattu, fasting and dry food, moth and potato could be harmful.

Daily Routine

Get up early in the morning. After meditation and attending to natural calls one should do exercises. Thereafter massage

For Lunch, eat the desired food in appropriate quantities. The diet may comprise : Bread (Chapati) of wheat, maize, black gram, or millets with Ghee and Moong/Masur/urad dal, rajma and rice/ khichadi/ pulao/ kheer/ curd. In vegetables take cauliflower/peas etc. As mentioned above, sweets prepared with milk could be taken.

Supplementing the food with Chatni (paste) of ginger, coriander and guava with rock salt will give an added taste and helping hand in the proper digestion of food.

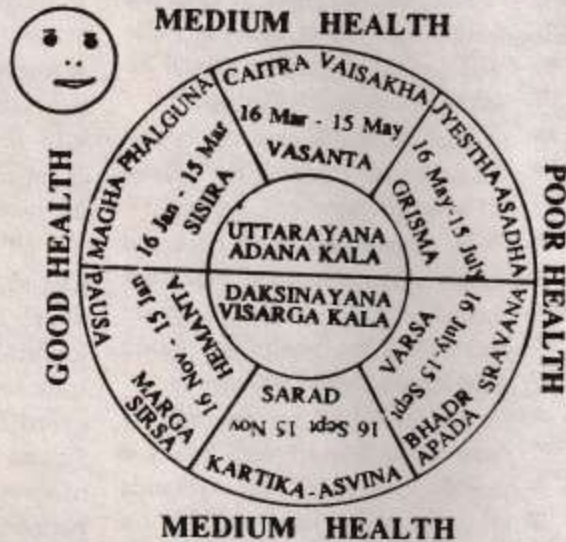
In the evening one can have bread or salty preparations of wheat or black gram, sweets, tea, fruits (papaya/ guava/ apple/ orange/ malta). Dinner : Quality-wise it could be like lunch except that the quantity should be less.

Curd should be avoided in the dinner.

Before going to sleep a glass of warm milk with milk-fat will be very good for health.

(Adaptations by Dr. R.K. Sharma, Lucknow.)

SEASONAL RHYTHMS AND HEALTH



आदावन्ते च दीर्बल्यं विसर्गादानयोर्नृणाम् ।
मध्ये मध्यबलं त्वन्ते श्रेष्ठमग्रे विनिर्दिशेत् । ।

-च.सू. ६.८

followed by bath in luke warmwater is advised In breakfast one can have toasted bread butter, corn flakes, Jaggery, Lentil preparations and fried pakodas etc. Bearable hot milk or tea and sweets prepared from milk or Urad/Moong can also be used.

Vasant Ritucharya

Vasant or spring season comes after 'Shishira'. According to astronomy the season comes in the middle summer solstice, which, as per Ayurveda, is the middle of 'Adana Kala'. This season lasts during Chaitra and Vaishakha or from middle of March to middle of May. During 'Adana Kala' sun rays gradually become hotter from 'Shishira' to 'Vasant' and up to 'Greeshma'. It also affects the body. Climate in Vasant is warm but this warmth is of moderate order. During this season the sun rays extract unctuousness from the world and the strong wind makes it dry and rough, producing weakness. The Kapha accumulated in the body during the 'Hemanta' season is vitiated or melts by the heat of the sun in the Vasant. Therefore, in this season, ailments caused by Kapha e.g. Catarrh, cough, and especially small pox become rampant. According to Ayurveda, Kapha also aggravates in this season due to excessive use of sweet, acidic and salty substances.

Recommended Diet

- In Vasant season, deficiency of water occurs in the body, due to heat. So in such weather one should drink sufficient water.
- Do not use fried and spiced food. Take sweets only moderately. Old cereals and easily digestible, pungent, bitter and astringent substances are good as food.

- Bael fruit (wood apple) and gram should be taken.

- For breakfast, take light refreshment, e.g. soaked and germinating gram or bread slices coated thinly with butter and milk or tea or soup of green vegetables.

- Rice and bread made of gram, barley and wheat, Moong pulse and green vegetables should be taken in lunch.

- Take light snacks e.g. bread, biscuits with evening tea or lassi of whey or Sattu.

- In dinner also take light and easily digestible food e.g. fresh bread, pulse, rice, green vegetables like pumpkin, spinach and lemon should be taken.

- During this season use of powdered 'Harad' with honey is highly beneficial. In Ayurveda this is called 'Ritu Haritaki' of Vasant. Mix powder of Haritaki with honey or dip Haritaki, boiled or unboiled in one year old honey, in a glass container. The honey should immerse the Haritaki in the vessel. This Haritaki wards off diseases like Piles, Cough, Fever, Jaundice, Eye sore, Hiccups, Dysentery, Indigestion, Burning sensation, Amla Pitta etc. and it also prevents symptoms of ageing.

Some Salutary Suggestions

- During this season finish your work in the morning or before noon.
- Wear mostly light coloured

Vd. Satya Dev Pande, Lucknow, and loose cotton clothes.

- Put on a cap or use umbrella.
- In this season walking before sunrise is good for health. It is said 'Vasante Bhramanam Pathyam' i.e. walking is good in Vasant.

- Do not sleep in the day.

- Do not expose the body to the sun or strong winds.

- Apply sandal paste and 'Agar' etc. on the body.

- In this season, bathing twice i.e. once in morning and again in the evening is allowed.

Compatible Diet

Cheese, old rice, barley, old wheat or Moong etc. i.e. light foodstuff, mustard oil, sparingly spiced meat of birds, rai, bitter gourd, brinjal, cluster figs, garlic, Surana (*Amorphophallus campanulatus*), small radish, long pepper, black pepper, Haritaki (*Chebulic myrobalans*), Bahera (*Belleric myrobalans*) aonla (*emblic myrobalans*), roasted grain, Khus-khus water are wholesome.

Incompatible Diet and Practices

Oil massage of the body, sleeping in the day, fresh cereals, kidney bean, sugar, rabadi, peda, date palm, coconut water and heavy foodstuff are unwholesome in this season.

(Adapted by S.K. Palavi, Lucknow)

Nutritional Vegetable - 2.

Drumstick

Vd. B.V. Sathye, Nagpur.

Drum-stick is a medium sized tree. The branches of this tree are very weak and break easily due to the load of their leaves. The drum-sticks are 22.5-50 cm in length and bear vertical stripes forming light furrows and ridges on their surface. These stripes look depressed between the seeds in fully matured pods.

Gum oozes out from bole of the tree. This gum dries in air and is sweet in taste. Big black insects feed on this gum. Fresh and tender leaves are used for the preparation of pickles and curry.

Common Names : Hindi- Sehjan, Sahjan, Sahijan, Saijan, Sajna, Sohanjan, Sangan, Munaga; Sanskrit- Shigru, Shobhanjan, Murangi; Marathi- Shevga,; Bangla- Shajina; Punjabi- Sohanjan; Gujarati- Sargovo; Kannada- Nugge; Telugu- Munaga; Tamil- Nuranga; English- Drum-Stick. Latin- *Moringa oleifera*.

The tree bears white fragrant flowers. The South Indian variety *Moringa Conconensis* is bears pinkish yellow flower. We should avail benefits of this tree by planting it nearby our residences. No specific climate or soil is needed for its growth. It naturally grows very fast. Its pods when cooked with pulses increase their taste and flavour.

Medicinal Uses

Often, due to intestinal worms,

white patches are seen on the body of children. Moreover, they loose appetite.

Their parents get worried at the pitiable condition of children and

go for costly tonics for them. In this way they waste precious money. Such children should be instead given one spoonful of the juice of fresh leaves of drum-stick

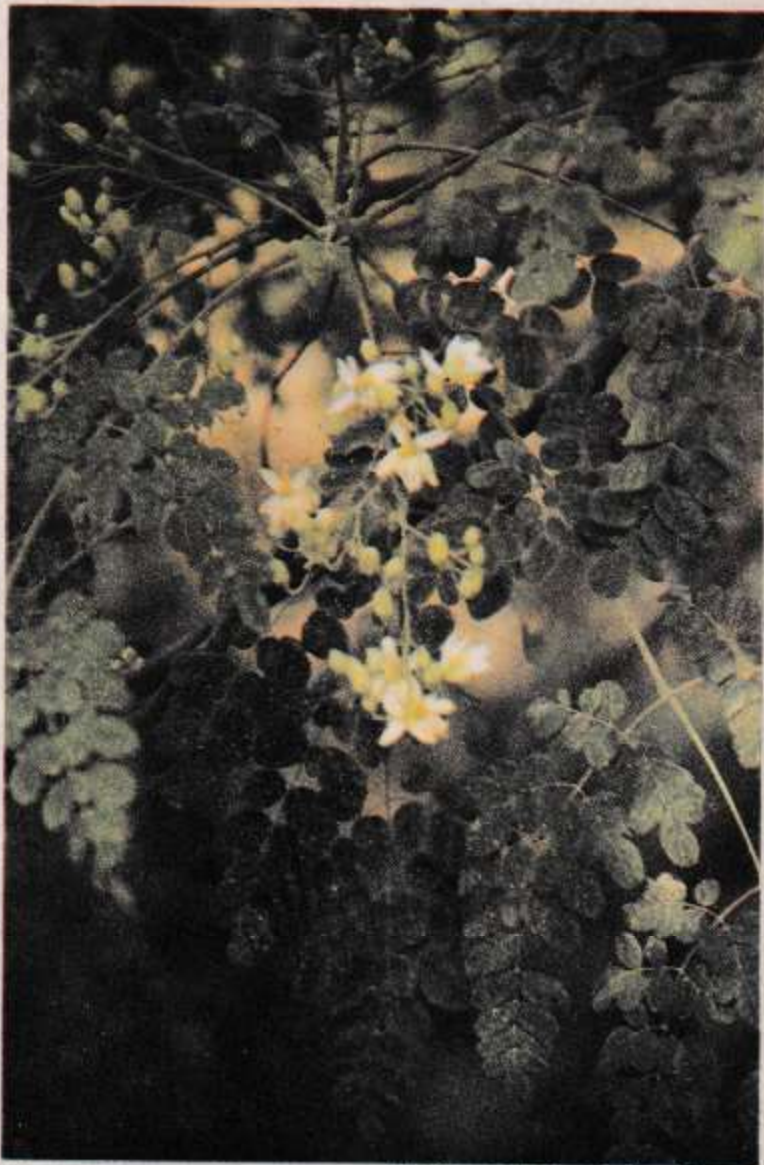


Photo courtesy - Dr. H.P. Sharma, Lucknow.

with equal honey daily for a week. The white patches will disappear. In case of indigestion and emesis with acidity take half to one spoon of powdered drum-stick seeds, for 10-15 days, for complete cure. Take seeds from the ripened pod. Dry them under shade and keep in a bottle. If a person has headache. Keep him lain on a cot and let his head hang down. Rub the seeds in a little water and instill 4 drops of it in each nostril of the patient. Let him remain in the same posture for some time. So that the medicine may reach the head. Firstly the patient will feel nausea, then a watery discharge will start from the nose and finally the headache will be off. In the enlargement of spleen, mix powdered long pepper and black



Leaves of Nirgundi are useful but why did you climb on the tree

pepper in the decoction of the bark and let the patient take it. - Dry the flowers in shade. If there is discharge of pus from the ear put the finely powdered flowers in the ear. This will stop pus, check the pus formation and heal the wound.

Warnings

Do not take drum-stick in case of liver disorders, Amla Pitta (acidity) and bleeding from nose. Also avoid in Sharad Season. Use stem-bark, fruits and gum after consultation with a qualified Vaidya only.

Medicated Oil

Vd. Ram Ashish Pathak, Banda

The method of preparing the oil with herbal medicines is being given in this article by a famous Vaidya of Banda, Shri Ram Ashish Pathak. The oil can be easily prepared at home. All the needed herbal medicines are easily available in the market. Some of the medicines are used in the houses as spices. The constituents and the quantity of the oil are following -

Kupila (Seed) 250 gm

Nutmeg 100 gm

Gairick (Red Ochre) 100 gm

Garlic 100 gm

Cinamon 50 gm

Tobacco 100 gm

Mustard Oil 1.5 litre.

Method of Preparation

Clean all the above medicines. Excepting kupila seeds, all the

other ingredients are made in to barley-sized pieces. Put the mustard oil in a clean cauldron and heat it. When the oil becomes sufficiently hot add the kupila seeds into it and heat it until the seeds begin to float on the oil. Add all the barley sized pieces of the ingredients and then boil the oil till it becomes

red. Filter the hot oil through a clean and fine cloth and then collect in a bottle.

Properties of Oil

This oil is used in Vata diseases such as gout, pain of joints, paralysis etc. It will be more efficacious if this oil is massaged in sunlight.

Sathi-Rice

Vd. Sultan Ali Khan, Sarora, Sitapur.

It is the earliest variety of paddy growing in summer season. The crop gets ready for harvesting within 60 days so it is called 'Sathi Chawal'. There is no spike in the plant but it is covered with the paddy straw. There are two types of Sathi according to their black and yellow colours. The black variety contains white grains after removing the husk, whereas in yellow type the grain is of red colour. It is covered with a red coloured covering called dust of rice. After removing the husk and thrashing, the dust gets removed. This dust should not be removed. It is very unfortunate that farmers have ceased to grow it because new high yielding varieties of rice are available in the market and it is difficult even to get the seeds of sathi rice.

According to Ayurveda it is an article of recommended diet in the form of Khichdi, rice-gruel, Peya, Vilepi etc.

This rice is used in lieu of starch. Rakta Shali rice has similar qualities as sathi rice. Rakta shali has a red covering on the rice below the husk. The dust of sathi rice should also not be removed otherwise its medicinal qualities are lowered.

Merits of Sathi Rice

Sathi Rice is sweet and tasty. It

subsides Tridoshas and it is a recommended diet for people of all age group. It is not harmful to heart patients. In old age, when Pitta decreases and Vata and Kapha increases, naturally rice is harmful, but not the sathi rice. The sathi rice is also not harmful for the old persons of Pitta temperament.

The starch of sathi rice is very useful in leucorrhoea, swelling of kidney, swelling of urinary bladder and acidity etc. Sathi rice like any other rice is tonic and vitalizer.

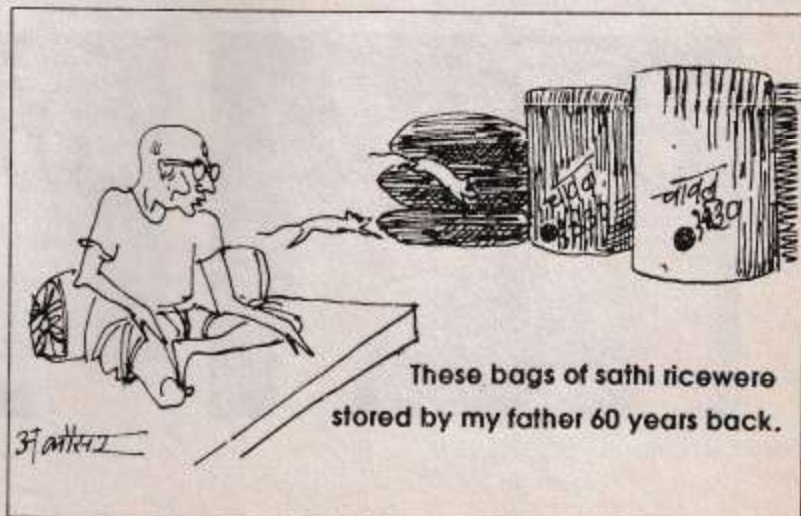
It stimulates the intestine and increases appetite. It is also easily digestible. That is why starch or gruel of sathi rice is a recommended diet. It's Kapha increasing property decreases when it is fried in sand. Therefore

parched sathi rice is a recommended diet for patients. The boiled and dried dust of rice is also a wholesome diet. Old persons and people with Vata and Kapha tendency should use less of this rice. The excess and continuous use of sathi rice is harmful. This rice should not be used in the night and in the morning.

Scarce Water

Wide spread scarcity of water in Rajasthan is well known. Women use small sand pouches during menses as an imaginative method for replacing water. The Sand in the pouch is changed from time to time, thus making do without water.

CHETNA TEAM



Shwitra or Vitiligo

- Vd. Chandrashekhar Joshi, Vd. Kamal Inamdar, Dr. Ashok Naik, Pune.

Shwitra is one of the commonly occurring skin disorders. This causes white patches in different distributions or generalized bigger areas become white. At Sasoon General Hospital in Pune, we encountered many patients of VITILIGO. Such patients are both physically and mentally ill. This disease has a world-wide distribution and 3% population is reportedly affected. The disease is neither infectious nor hereditary. Due to social reasons, this often causes great hinderance in the marriage of young people having white patches on their

body.

At present, there is no effective remedy, available in the market, anywhere in the world, which could remove the discoloration of Vitiligo totally. Since there are many effective remedies mentioned in Charaka, Sushruta and Vagbhatta we decided to evaluate them by putting them to trial for the treatment of Vitiligo. This assessment of Dosha and Dushya was undertaken and Samshodhan (Pancha Karma) and Samshamana (Medicinal) treatment was evaluated.

90 patients were selected for

detailed evaluation out of the 200 that attended our O.P.D. Their history was recorded carefully. Patients were assessed at weekly intervals. The patients were treated on Ayurvedic lines. In addition to the medicated ointments, application of oil and blood purification procedures were performed as and when deemed fit.

Patients having comparatively larger white patches were selectively treated and were also examined from time to time by modern physicians for their assessment. Their findings were



Before treatment

After treatment

recorded.

Treatment

The treatment was two-fold-internal and external.

Preparatory Therapy

1. Gail fruit and Pippali (Piper longum) powder - 6 to 10 gm. alongwith licorice and the decoction of Neem leaves is given for vomiting (Vaman).

2. Powder of Kampila (250-500 mg.) at night for purgation.

-Gandharva Haritaki (3-5 gm. as per need).

-Mahamrityunjaya Ras-125 to 500 mg. for mild to strong purgation as per need.

-Decoction of Manjishthadi-for mild purgation.

Curative Therapy

- Praval Bhasm, Gandhak (Sulphur) Rasayan - 250 mg. for curing Vata and Kapha as well as purifying the blood.

- Arogyavardhini - 250 to 500 mg. for curing the Kapha and Pitta and purifying the blood.

- Krimimudgar Ras - 250 to 500 mg. to kill helminths.

Other medicines were given to cure the vitiated Doshas and curing anemia.

External Therapy

1. Bhallataka oil is applied once every 4-8 days particularly for Kapha and Vata and vitiated Meda.

2. Bakuchi (Psoralia) paste application for mild to medium vitiation of Kapha, Vata or Meda.

3. Varnya oil, prepared according

to Charaka.

Results

Out of the total 90 patients selected for study, 75% belonged to the age group of 11-30 years.

The ratio of male to female was 2:3. Three patients had it by heredity while two patients had it since a few days only. Most of them had it from two to five years. One had it since 20 years. 78 of them had vitiligo on their feet or hands. It was rare on the lips, breast, shoulders, neck, head, nails and all over the body. The Vitiligo of genitals was not included in this study.

Repeated assessments were done and after a period, if there was no response, the treatment was stopped. Most of the patients derived maximum benefit in two months. One took 9 months and another 18 months for the treatment.

21% of the patients were completely cured, whereas 10% were left with some patches. Hence we concluded that 21% patients were cured and were rehabilitated physically and socially.

Special Features

● Three patients were cured completely by just one single application of Bhallataka Taila. However, they only had a solitary patch of recent origin. For some patients, Bhallataka Taila is harmful. It is recommended in Vitiligo of VATA, KAPHA and MEDA dominant varieties of recent origin.

● According to the texts the

vitiligo of lips does not cure. However, we observed complete cure in 4 out of the 6 patients having shwitra of lips that we treated. VARNYA TAILA was applied for 2-3 months, twice a day. Hence we concluded that VARNYA TAILA should be used on tender skins and mucous membranes.

● Twenty-seven patients had not taken any modern medicines. Out of these eleven had partial relief. It was observed that the patches on the face, eyelids and head go easily, as compared to those on bone, nail, palm and sole. So it could be concluded that the treatment is more effective on RAKTA and MAMSA Dhatu.

● If the patches are away from each other they get cured easily, as indicated in Ayurvedic texts.

● Intestinal worms (helminths) were observed in several cases and deworming medicines helped them.

Thus we strongly believe that if proper treatment of leucoderma cases is done by considering Dosha-Doosha etc. according to Ayurveda, it is likely to be beneficial. We are aware of the limitations of the study, including the number of cases and would recommend a broader study to ensure more definite conclusions.

(Authors thankfully acknowledge the assistance obtained from the B.J. Medical College and Sasson Hospital, Pune).

Pickle of Lemon

Mrs Nisha Mehrotra, Lucknow.

There are two types of pickles of lemon. One is the pickle of lemon pieces and other one is the pickle of whole lemon. Pickle of lemon not only enhances taste of the food but it also protects from several abdominal ailments like indigestion and gastric trouble.

Method of preparation of whole lemon pickle

Ingredients : 1 kg of spotless whole lemon, 1 kg sugar, 100 gm ginger (peeled and cut to small pieces), 10 gm beads of cardamom, 100 gm salt, 5 gm pure

the lemon and put them in a glass jar. Mix all the above ingredients and fill it in the jar over the lemons and shake the jar well. Keep the jar daily in the sun after shaking well until the lemons become soft and turn light brown.

black pepper, 5 gm asafoetida, spices according to taste.

Method : Firstly wash the lemons properly and keep them in lukewarm water overnight. Next day dry them properly. Then cut the lemons into four pieces. Fry lightly the black pepper and beads

Lemon Juice - A Digestive Tonic

- Smt. Swarupa Billore

Lemon is an important part of our diet. It is consumed in all seasons. Lemon has many useful properties and daily use of lemon in diet keeps us healthy.

Lemon juice is a light, sour and sweet (Madhur) in its properties. It increases urine output and is a restorative tonic. It is one of the most easily accessible source of Vitamin 'C'. It contains many acids, sugars and alkalis.

It is very essential to keep the digestive system in order to be healthy. Lemon has most marked effect on this system of the body. It keeps the digestive system right and also increase the appetite.

It also has marked effect on circulatory and

urogenital systems. It relieves the patients suffering from pain in joints, cough, liver disorders skin diseases and earache.

Both lemon juice and pickle are employed for treatment chronic diseases of bowels. In such conditions it should be regularly used for one to two months.

Being a diuretic, it helps control blood pressure also. In conditions of bleeding from nose, mouth or other body orifices, lemon juice provides immediate relief.

Taken alongwith honey in lukewarm water on empty stomach, and going without food for three to four hours helps to reduce the obesity.

Method of preparation of pickle of lemon pieces

Ingredients : 1 Kg spotless lemon, 100 gm salt, 400 gm sugar, 150 gm ginger (peeled and cut into pieces), 10 gm cardamom, 20 gm

of cardamom and crush them coarsely. Then mix all the ingredients i.e. salt, sugar, crushed black pepper, cardamom, ginger pieces, and spices. Keep all the things in a jar. Daily keep the jar in the sun until the lemons become soft.

Medicinal Uses of Fenugreek

- Dr. R.K. Sharma and Sunita Sharma, Lucknow.

Black circles around eyes : Apply paste of fenugreek seeds on the black circles around eyes. For getting rid of these also observe sound sleep, avoid worries and eat nutritive food.

Brittle Nails : A regular massage of the nails with powdered seeds will impart shine and strength to weak and lacklustre nails.

Loss of Vitality : Fenugreek is a natural vegetarian substitute of Cod liver oil. Therefore, if used similarly, it will render relief in ankle pain, nervous system disorders and anaemia. Even in healthy persons it induces vitality and improves memory.

Falling Hairs : If hair are falling due to weakness then apply paste of seeds on scalp with finger tips, after drying, wash the hair first with normal water and give final rinse with water and cold tea

(boil tea leaves - 4 spoon in 500 ml water till it is 250 gm filter and cool before use).

Bad Breath and Dull Teeth : Boil fenugreek in water, cool and filter and rub this water on the teeth this will make teeth stronger, lustrous and remove bad breath.

Memory Stimulant : Fenugreek contains Lecithin, the most important constituent needed for brain in abundance. Therefore, students should eat it regularly. Lecithin is also found in abundance in cod liver oil.

Anaemic Condition : Fenugreek leaves are rich in iron. Therefore, regular intake of leaves as a vegetable food cures the anaemic condition.

Post natal period : To induce strength to the strained system and rectifying the uterus after

pregnancy, fenugreek should be given regularly for 45 days after the delivery.

Lactation : Consumption of fenugreek removes the obstruction in the regular flow of the milk from the breast of the mother and thereby provides relief to the feeding baby.

Polyuria : Extract of leaves, if given 2-3 times a day (10-20 gm) gives much desired relief within a week.

Cold and Congestion : Individuals prone to cold should eat more fenugreek to get rid of cold and related ailments.

Heat stroke : Soak dry leaves in cold water and after some time crush filter and drink cold.

Bhujiya, chapati and Kofta of leaves and laddu of fenugreek should be made a part of our regular menu.

With Best Compliments

From

HINDUSTAN CIBA - GEIGY LIMITED

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14, J. Tata Road
Bombay 400 020

Date Fruits

Dr. Mohd. Ehsanullah, Lucknow.

The delicious fruits of the plant 'Khajur' are commonly used by all sections of the community in India. The date palms are desert plants and grow mainly in tropical and sub-tropical countries of Africa and Asia. It is believed to be indigenous to countries around the Persian gulf. In India some species have long been introduced and attempts are being made for their commercial cultivation. Considerable quantities of dates are consumed in India which, at present are imported from Iraq, Muscat, Iran and Saudi Arabia. Iraq is the most important centre of date production.

Nomenclature: English - Date; Marathi/Gujarati - Pind Khajur; Hindi - Khajur; Latin - *Phoenix dactylifera*; Sanskrit - Pinda Kharjura; Telugu - Karjura Kaya; Urdu - Khajur; Bangla - Khejur. Dry dates in different languages are known as :- Hindi and Urdu - Chhuhara; Bangla - Khajoor; Marathi - Khareek; Gujarati - Kharek and Kannad - Kharjura.

Medicinal Properties

The fruits are very nutritious, tonic, haematinic, saccharine, demulcent, expectorant, laxative, diuretic and aphrodisiac.

The fresh fruit is used for relief in sore-throat, cough, asthma,

cold, inflammation of larynx, chest complaints, fever and dysentery. The fruits are reported to be effective in gonorrhoea and liver and abdominal disorders also. In Unani system of medicine the dates are considered to be useful in disorders originating from the derangement of phlegm.

- The infusion of fresh dates in milk is very nourishing, restorative and is much used, both in children and adults, during convalescence from fever and small pox.
- Infusion of fresh fruits with few grams of cinnamon in milk is a good aphrodisiac.
- The use of dried dates or chhuhara and dried ginger or sunthi in betel is said to relieve asthma.
- Dried dates pounded and mixed with almonds, quince seeds, pistachio nuts, spices and sugar form a general tonic much in vogue.

Date Seeds : A paste of seeds is applied to eyelids for opacity of cornea and also used for the treatment of headache and hemicrania.

- The burning of powdered seeds is useful as fumigation for relief from pain in piles.
- Administration of seed powder alone or with other drugs

controls diarrhoea and dysentery.

- Application of powder prevents bleeding and helps healing of the wounds.

Its use as tooth powder (Manjan) cleanses the teeth and strengthens the gums too.

A fine paste made of the seeds and the root of chirchita plastered to betel leaves and made into small packets together with clove, cardamom, catechu, and betelnut powder is a popular antiperiodic remedy among vaidyas for the prevention of attacks of Malaria. Three such betel packets are recommended to be administered at intervals of one hour before the expected attack of the periodic fever.

Date Coffee

The seeds of the date roasted and ground into powder make a beverage like coffee. It is called date coffee. It is also used as an adulterant to Coffee.

Sap or Toddy

The fresh juice or toddy obtained from the date palm has a sweet taste, pleasing flavour and good nutritive value. It is cooling and laxative. The juice is used as demulcent, diuretic and refrigerant in genito-urinary disorders. The juice is also made into sugar, jaggery and vinegar.

Non-Vegetarian Food in Shishir

Vd. R.M. Nanal, Bombay.

The Hemant (16Nov-15Jan) and Shishir (16Jan-15Mar) are the best seasons for the health of mankind. In these seasons due to low humidity and temperature the body has to generate more heat to keep the body warm. It leads to the generation of Vata in the body. Therefore, considering the bodily requirement and capabilities, it will be more appropriate to go for non-vegetarian food during these seasons.

In Ayurveda all the substances existing in the nature have been tested medically and classified good or bad with respect to human body. Non-vegetarian substances have also been paid due attention. Non-veg food and animal flesh of all types, along with their properties, have been discussed in detail.

Influence of different seasons and non-vegetarian food on the human body is also described. Healthy and digestible food is best for regular consumption otherwise it may lead to a number of ailments.

In Shishir, we can have all types of fresh animal flesh except dried and preserved one. Hot, fatty, energetic and 'Vatashamak' non-vegetarian food should be consumed with due knowledge of time, type, quantity, method of cooking etc.

Chicken - Fatty, hot and 'Vatahar'.

Goat - Most suited for human body.

Lamb - Sweet but hard to digest.

Fish - Fatty and energetic but induces an increase in harmful factors within body.

The above animal flesh should be

source then wash the poultry product in hot water, thoroughly and cook these alongwith raw papaya pieces and fresh lime juice and serve with Deshi Ghee (Purified butter). Otherwise, consuming poultry products without proper recommended treatment may result in

Special Desires of Pregnant Women

During pregnancy a woman possessing two hearts is called Douhridini (two hearted). Specific desires during this period have been described elaborately depending upon the probable characters of the child. The foetus exhibits a desire for various objects which express themselves as longings of the pregnant woman. If these desires are not satisfied, the baby may become abnormal e.g. dwarf. To avoid such abnormalities, the harmless desires of pregnant woman should be fulfilled. Even if they are harmful, they should be made harmless by YUKTI (trick) and given in moderation.

It is natural that a pregnant woman will have special desires especially for sour and heavy foods. To meet such conditions the following alternatives can be used.

- * For salt, rock salt can be used.
- * Emblica (Aonla) fruits for Sour desires.
- * Ginger (Adrak) and Lemon juice for pungent.
- * Ash of Aonla -for chorcoal.
- * Gairika (red ochre) cooked with ghee or tubers which have similar properties-for clay, mud and brick.

taken as follows :

Chicken : Cook with coriander, onion and serve the soup with lemon and pineapple. This soup is good for health and easy to digest. Avoid taking poultry products. If natural stuff is not available and poultry is the only

indigestion, stomach-acne, vomiting etc. Pregnant women, breast-feeding mothers, patients of acidity and loss of appetite should particularly take proper precautions. However, strong and healthy persons doing physical exercises or physical

labour can digest any meat.

Goat : In 'Shishir' mince is the only recommended dish prepared from goat's meat.

Method : Wash the flesh pieces with boiling hot water and mix raw papaya and pineapple pieces. These pieces can be separated finally before all the pieces are to be minced finely for cooking. Use onion, cashew, garlic, ginger, turmeric powder and other taste improving ingredients.

Serve the hot mince meat with wheat Paratha alongwith Ghee or fresh butter for taste, gratification, gaining of weight and strength.

Meat Soup : Take 200 gm of meat, wash, clean and boil it. Decant the supernatant and mix hot Ghee with fried cumin. Add rock salt, garlic etc. to taste and serve hot. This is very nourishing and very good for children, pregnant women and aged persons.

Fish : It is the most popular non-vegetarian food in almost all the coastal regions of India. But due to a peculiar pungent smell, it is liked by some and disliked by others.

Processing of fish is an art. After cleaning the fish is coated with a paste prepared by mixing oil, chilli powder and pinch of salt and is fried in mustard oil or Ghee. If served freshly fried, it is very nourishing and tasty.

Fish can be cooked by roasting in oven and served with onion, carrot and tomato.

Fish eggs also make a tasty and

nourishing dish. It is spermatogenic. Prawn and oyster can also be consumed during Shishir.

Precautions : Never take fish and milk together. According to Ayurveda, if taken together it may induce chronic ailments like eczema, ringworm, pain of joints and short term ailments like vomiting, stomach ache, dizziness and skin allergy.

Eggs : We have already dealt eggs in detail in the Sharad issue of Jeevaniya (page 8).

Precautions : Eggs should be consumed only after cooking in Ghee, and adding black pepper,

onion and lemon. But persons with loss of appetite or poor digestive system should eat boiled or raw eggs. Those habitual of taking milk with eggs should take dry ginger also and do regular exercises to improve the digestion. Discard eggs with fowl smell.

The above views about non-vegetarian food during Shishir Ritu are for healthy persons only. Patients should consult an experienced Vaidya before taking to non-vegetarian food during other seasons.

(Adapted by R.K. Sharma and Sunita Sharma.)

Care of the Newborn

Following practices are used after delivery and for child care in different parts of country.

- * Eyes are washed immediately after birth with water and Bengal gram powder. Mouth is cleaned with hot water by finger. Nose is cleaned with coconut oil and hot water. Ears are cleaned by blowing air and the umbilical cord is cleaned and oil is applied.
- * Cold water is sprinkled. Body is suspended in head down position and patted on the back. Blowing air is done into the Baby's mouth after sprinkling hot water. Sprinkle water overhead and keep moist warm cloth on baby's chest with alternate hot and cold water on baby's back.
- * In some villages of U.P., women do not follow the practice of cleaning different parts of the body separately. But they bath the whole body with warm water after the placenta is expelled
- * For consciousness of newborn a light sound is produced near child's ear with a plate and a tumbler.



Herbal Kitchen Garden

We are discussing method of propagation of some useful plants commonly grown in 'Shishir' and Vasant Ritu. Temperature during January and February remains low. However it increases steadily and may touch 32-35°C by mid-May. Plants may require more water. Some deciduous trees drop their leaves during same period. It is followed by appearance of new shining leaves, buds, and flowers. Seeds should be cleared from near the roots of large tree and heavy dose of manure should be applied. We are giving propagation method of Grape, Kulfa, Mint and Marygold. Medicinal value of these plants has been discussed in the issues of 'Jeevania'.

Grapes

It is fruit of a famous plant widely used for its medicinal properties. Major part of the produce is consumed for manufacturing quality liquor.

Local names : Hindi-Angoor; Sanskrit; Bangla - Draksha; Tamil-Kodimudwirri, Malyalam-Gundiri; Kannad- Drakshi and Latin- *Vitis vinifera*.

Varieties- There are two main varieties, viz. Seed Variety and Seedless Variety

Main seed varieties are :

Enob-e-shahi, Bangalore purple, Bangalore Blue, Bharat early, Black champa

The seedless varieties are :

Beauty seedless, Delight, Kishmish Beli, Kishmish charri, Pusa seedless.

Soil and Climate- Grapes can be grown on a variety of soil. The best suited soils are sandy loam that are well drained and fertile

with good amount of organic matter. It requires long, warm to hot, dry summers and cool climate of winters. In India it is grown in semi-arid regions of North India and Central, Southern and coastal tropical regions as well.

Method of Propagation

It is difficult to raise the plant from seeds. Seeds are kept for long period and low temperature, it is much easy to raise the plants from cuttings. Pencil thick cuttings with 4 nodes (50 cms. app.) are taken from healthy plants. A lengthwise cut is made just below the lower node. A slant cut is made above the upper node. Cuttings are immediately trans- planted in nursery. Care is taken to drive at least two nodes, below the soil. Cuttings are also placed in slanting position.

Care is taken to prepare the soil, prior to transplantation. 1 m. deep, 1 sq. m. broad pit is made and left for some time. It is refilled

with a mixture of rotten cow dung and top soil taken from field. The mixture should be supplemented with 500 gm sulphate of potash, 1 Kg superphosphate and 30 gm of B.H.C. powder.

Planting:- One year old cuttings are pruned in nursery. It is pruned to 3-4 buds keeping single cane. This cutting is transplanted in the prepared pit in January. Pruning is necessary with the vegetative growth of the plant. Pruning depends on the location of plant.

Fertilizer : Application of fertilizer has special significance in grape crop as vegetative growth of plant speeds up. Each plant is applied in Nov.-Dec. with a single dose of 1 Kg of nitrogen in combination with 1.5 Kg of potash.

Harvesting : Fruits appear during the second year and are full bloom in the third year. It continues to fruit for thirty years. Bunches of berries are harvested with care as soon as they are ready.

Kulfa

It is an important green leafy vegetable sown during summer. It is used raw as salad or cooked as vegetable.

Local names:- Hindi- Khursa or Kulfa; Sanskrit - Brihalloni, Bangla, Badilonia; Marathi- Mothigol; Gujarati- Motiluni; Telugu- Peddapayalikush; Tamil- Katki Rai; Kannad- Dudgonisoppu; Malayalam- Karichiri; Latin- *Portulaca oleracea*.

Method to propagate:- It is grown throughout India from March to June. Though it can be grown in any kind of soil but fertile loam is most suitable. The field is thoroughly tilled and mixed with sand and sown broadcast. Field is watered after sowing. Subsequent irrigation is done once or twice a week. Crop is ready in 60 days. Leaves are picked and utilised.

Mint

Mint is a popular leafy vegetable used for its aromatic properties. It is also employed to make chatni, pana etc in summer

Common names : Hindi - Marathi; Gujarati and Bangla - Pudina, Podina; Kannad- Chatni; English - Garden mint; Latin - *Mentha viridis*.

Method of Propagation : It is a perennial herb. It is propagated by root cutting transplantation. It can grow in any type of soil but heavy loam is always suitable.

Beds are prepared earlier by thoroughly tilting the soil after mixing it with rotten cow dung.

Weeds are removed. Old roots are placed below the soil at an interval of 15cm in a row. Distance between row to row is 30 cm and watering is done after transplantation. Transplantation is done in Jan-Feb. New leaves appear in 7-10 days. Leaves are ready for plucking after 30-40 days. Due precaution is taken to pluck only stem and leaves of the plant and not to disturb the roots. Mentha often suffers from rust disease during Vasant. Roots should be treated with hot water at 115° F for 10 minutes before transplantation.

Marigold

Marigold or French Marigold is well known for its floral beauty. It is the most commonly cultivated ornamental plant in gardens. Flowers, leaves and in fact the entire plant is used as medicine.

Popular Names : Hindi-Genda; Urdu-Guljafri; Sanskrit-Jhandu; Marathi-Jhendu; Gujarati-Galjoto; Telugu-Bantichetta; Tamil- Tulluka; Kannad-Chanda Mallige; Malayalam-Chendumalli; English, French-Marigold; Latin- *Tegetes erecta*.

Cultivation : There are two main species of marigold which are grown in gardens:- African Marigold. (*T. erecta*) and French Marigold. (*T. patula*). Summer Crop sowing can be in Feb- March while Rain crop is in May - June and Winter crop in Aug-Sept.

Propagation by stem cutting: Many varieties are easily grown by stem cuttings, during rainy season. Take a mixture of soil, sand and compost in equal

proportion. Fill it in polythene bags. Take healthy cuttings and bury them deep in polybags. Keep the polybags under shade and water them frequently. New vegetative buds will appear in a week. Plants can be transferred to beds after carefully removing polythene bags.

Propagation Through Seeds :

Prepare a separate raised bed. Broadcast seeds or drill hole and drop seeds 2-3 cm apart in a row. Maintain a distance of 10-15 cm between rows. Cover it with dry grass after broadcast and irrigate the plot. Seedlings will appear in 20 days, which can be transplanted.

Transplantation : Plants can be transplanted on soil with medium texture. Cultivated land is more suitable for Marigold. Beds are thoroughly tilled after adding compost. 20-25 days old healthy seedlings raised from cuttings/ seeds are transplanted on selected places in garden. The tall varieties should be planted at a distance of 30 cm from each other and 45 cm between the rows. Medium tall varieties are to be planted 20 cm apart and rows should be 30 cm apart. Similarly, dwarf varieties are to be planted 15 cm apart and rows must be 20 cm apart. Pots with transplanted seedlings are placed on borders of the garden.

Harvesting : Half to full open flowers are cut along with the flower stalks. Flowers are cut with sharp knife. The cut flower can be stored for about one to two weeks at 4°C.

TOMATO: Myth and Reality

Vd. Krishna Chandra Bhushan, Chandigarh

How far the largely publicised and commonly used Tomato is useful to the human beings? Is the so called haematinic and rubifacient really as good as made out or only so? This king of the modern kitchen belonged to a category of poisonous plants up to 1623 A.D. when it was incidentally proved to be non-poisonous. After that scientists and doctors began extolling its efficacy and nutritive values. So we mention here its nutritive values and also the harms caused by it.

Tomato is said to be digestive, carminative, mild aperient and useful in dysentery, obesity, appendicitis, gout, diabetes, dyspepsia, ricketts, beri-beri and night-blindness. It is also supposed to be a blood-purifier and an intestinal antiseptic as it has a cleansing effect on the enteric portion of the alimentary canal.

According to the eminent pharmacologist Prof. Nadkarni, tomatoes are the richest of all foods in Vitamin content, the most wonderful and effective blood cleanser of all foods known to man and the most

extraordinary corrective for kidneys and the natural stimulant which helps to wash away the poison which causes disease.

However, Prof. Nadkarni goes on to describe that Tomato contains citric and malic acids and hence it is not suited to those who are

Tomato is said to be digestive, carminative, mild aperient and useful in dysentery, obesity, appendicitis, gout, diabetes, dyspepsia, ricketts, beri-beri and night-blindness.

prone to gout or uric acid diseases. And recent researches have proved that consumption of tomato in plenty converts the simple pain of joints into gout, because it contains malic acid which accumulates uric acid in the joints.

Moreover, tomato is incompatible with starch e.g. rice, wheat, potato etc. So it is extremely harmful to eat tomato

with starchy food as it creates indigestion and due to acids narrows pylorus leaving the food undigested in the stomach which enhances Pitta. Again, its daily use in plenty leads to chronic indigestion which gives birth to piles in due course of time.

Persons of Vata or Vata-Pitta prakritis (temperaments) must not use it as it creates itch in them. Tomato with 'Besan' (gram flour) and fried in oil is most harmful being incompatible to them.

Tomato is also incompatible to protein. Half the total protein intake of the food, with which tomato is taken, is thrown out of the body through urine. In this process, kidneys also get extra to do work.

Lastly the tomato is supposed to be a rich source of Vitamin "C" as well, whereas, it contains only a lower percentage of vitamin "C" than Chebula, Guava, Turnip and Green Chillies.

Tomato

The Fruit Vegetable

- Vd. Sultan Ali Khan, Saroura

Though tomato is not a native of India but it is popular all over India. The ripe tomato is categorised as fruit. It is consumed as such or as salad or cooked with other vegetables as a number of dishes. The best way to eat healthy and ripe tomato is to eat them as such or in the form of Salad.

Common Names :

Hindi - Tamatar; Marathi - Tamato; Kannada - Tomato; English - love apple, tomato; Latin - *Lycopersicon esculentum*.

Medicinal Values and Uses

The raw tomato increases all the three KAPHA, VATA AND PITTA, therefore, not recommended for consumption.

The ripe but sour tomato is also KAPHA, PITTA AND RAKTA (Blood) VARDHAK and to a certain extent VATA VARDHAK and induces gas formation. However, ripe and sweet tomato is RAKT VARDHAK and BALA VARDHAK (energy and stamina builder).

The juice of ripe tomato is digestive (PACHAK) and RAKTA VARDHAK. Therefore, it is recommended for all the patients, specially those suffering with VATA ROG and anaemia. Persons with KAPHA, PITTA &

RAKTPITTA PRAKRITI should not eat tomato. Strictly, it should not be eaten during high blood pressure or by persons with stones in the body.

NON-VEG FOOD

It is hard to digest non-vegetarian food and after eating it one feels very thirsty. To control this, one should eat tomato with non vegetarian food. This will stop thirst, burning in chest and heavyness in the stomach.

For acute, dry cough, getting exhausted, bodyache, pain in chest and uneasiness, take one cup of tomato juice with one spoon of turmeric powder and one spoon of sugar daily in the morning.

- To reduce your weight, eat 100-200 grams of ripe, sweet tomatoes every day in the morning. Remarks : Regularly do appropriate, sufficient exercises and do not eat fats or oil. Drink more water but not that of the fridge and stop non-vegetarian food.

For indigestion - slowly sip one cup of tomato juice with 1/4 spoon of black pepper, 1/4 spoon of white rock salt powder or black rock salt and a dash of asafoetida daily in the morning on empty stomach. Stop having

breakfast and take light food in the lunch. Do not have any dinner, if possible. Repeat this for 1 to 3 weeks for sure relief.

For pregnancy induced fatigue and lack of breast milk give tomato juice with sugarcandy powder. This will, streamline their digestive system, overcome the fatigue and will enhance their breast milk quantitatively.

Don'ts

- Generally, people do purchase excessively ripe and almost rolling tomato due to cheap rates. But it is not a hygienic practice. Such tomatoes will induce DOOSHIT RAKTA and initiate PITTA PRAKOP which will lead to Dosha - Vaishmya in the body.
- Persons suffering with high blood pressure and stones should not eat tomatoes at all.
- Never eat raw tomato as it may lead to stomach ache and may induce other problems.
- Do not eat too much of tomatoes or tomato-potato curry. This will spoil the digestive system.

(Adapted by Sunita Sharma and R.K. Sharma.)

Continued from page - 9

Garbhini Paricharya

9th Month of pregnancy

Anuvasan Basti with madhuraushadhi siddha oil and put oily tampon in vagina.

In 8th and 9th month there is pain in abdomen and bleeding through vagina also. So use pain killing and Stambhana (to stop bleeding) medicine.

Medicine - Shunthi, (*Zingiber officinale*) Jeshthamadha, Deodaru are pain killers. Sariva, Jeshthamadha, Ksheerkakoli Kashaya medicines.

If pregnancy continues upto 10th month then only take - Shunthi, Ksheervidari Kashay or only Shunthi Siddha milk.

Pregnancy Harming Factors

Factors causing Disturbances to Pregnancy

- Travel on irregular roads in bullock Carts.
- Wearing of red clothes.
- Sitting on hard and irregular surface.
- Intercourse, smoking, narcotic drugs, wines or sedatives.
- Sleeping in supine position, lest the cord twists around the

neck.

• If the pregnant takes fishes in large quantities then the baby will not close his eyes easily.

- Guru, Tikshana, Ushna Diet.
- Holding of natural urges.
- Excessive exercise.
- Taking of a single Rasa in large quantity. If she takes:-
Madhur - Baby will be fat and may develop diabetes.
Sour - Skin diseases, diseases of eyes and allergies.
Salty - Hairs become white early, greying hairs, wrinkles on the skin.
Chilly - Weak and infertility.
Bitter - Weak and dry.

Continued from page : 17

Adusa

of lungs either alone or in combination with other medicinal herbs. Always fresh and green Vasa leaves should be used for medicinal puposes. The leaf extract (Swarasa) is the best form to take it in.

Ailments of Respiratory System :

Fresh extract of green leaves and inflorescence in a dose of one spoon - three times a day with honey will help in a big way in cases of persistent cough, as it happens to be the best decongestant.

Kapha-Pitta Fever and Jaundice :

Give extract of Adhatoda leaves (5-10ml) twice a day with honey or sugar..

Rakta Pitta : Give 15-20 ml

extract of green, fresh leaves with equal honey for quick relief.

Asthma : Mix leaves extract (10-20 ml) with butter of cow's milk and 3 gm Triphala powder (*Chebulic, Belleric and emblic myrobalam* in equal quantities) and take regularly for effective relief.

Acute Phlegm : Leaves extract (15-20ml.) mixed with sugar candy and Honey with adash of black salt.

Persistent Cough : Take fully grown leaves, cook them on steam and then extract their juice after macerating and filtering. Give this extract mixed with the juice of ginger and holy basil, honey and liquorice (3 gm each) twice a day. Take partially thrashed leaves of adhatoda and make it round like a ball and coat it with the paste made of potter's mud and water. Heat this coated

ball in fire till it becomes red. Then take it out from fire and cool it. This type of baking is called 'Puti Paka'. Alternatively this can be done in the pressure cooker. Now take the extract of these leaves and sugarcandy with Turmeric and Belleric myrobalan powder (2gm each) regularly.

Skin Allergy/Etching : Boil adhatoda leaves in water and use this water for bathing and apply paste of tender leaves and wild turmeric at the side of infection.

Leucorrhoea : Give leaves extract with honey.

Scorpion Sting: Apply the paste of root.

Adapted by Dr. R.K.Sharma, Lucknow

Glossary of Technical Terms

Annavaaha System : Digestive system.

Anthelmintic : A drug destroying worms.

Brumhan : Nourishing, fostering-increasing 'dhatus'.

Conjunctivae : Delicate membrane lining the eye-lids and covering eye-ball.

Carmination : Relief from flatulence (excessive formation of gases in the stomach or intestine)

Cholesterol : A fat-like steroid alcohol.

Discutient : Scattering or causing disappearance.

Emollient : Soothing.

Emesis : Vomiting.

Febrile : Feverish.

Foetid : Bad-smelling.

Hemoglobin : Oxygen-carrying pigment of erythrocytes.

Haemophilia : Constitutional susceptibility to bleeding due to heredity.

Hemicrania : Unilateral headache.

Intercurrent causes : Causes occurring during and modifying the course of the disease.

Insomnia : Sleeplessness.

Kasa : Cough.

Primipara : A woman who is having her first pregnancy.

Pranvah System : Respiratory system.

Shleshmik : Relating to Kapha,

one of Tridoshas.

Sannipatik : Relating to combination of vitiated Tridoshas.

Stambhan : Agent obstructing, arresting-astringent.

Soporific : Producing deep sleep.

Thalassaemia : Hereditary hemolytic anemia.

Vermifuge : Agent that expels worms.

Dhupan : Drying with smoke, Perfuming with incense or smoke of Aguru etc.

Kapha Prakriti : A person having Kapha as main usual Dosha in his body - Kapha is one of the three Doshas, (Prakriti-Natural disposition of Constitution).

Rakta : Blood.

Mamsa : Flesh, one of the seven Dhatus.

Meda : Fat, marrow, one of the seven Dhatus.

Vata Roga : The disease caused by vitiated Vata i.e. one of the three humours (Doshas) of the body.

Pitta Prakriti : A person having Pitta as main usual Dosha in his body - Pitta is one of the three Doshas.

Teja : Heat, Glow, Glare, brilliance, Strength, energy.

Dosha Vaishmya : Where three Doshas are in proportion, the man is healthy and when three Doshas (humours) are in disorder, it is called Dosha Vaishmya.

Special Issue

We regret the delay in bringing out this special issue, due to unavoidable reasons. However, we assure you of its regularity in future.

We also hope that you would have liked the changed format of the magazine, just as its contents. We are also trying to start some new columns and features in our future issues. We are also making efforts to make it more colourful. However, none of this can be done without your continued support. Please do send your experiences after using the knowledge you have gained from this magazine. You may also send your experiences of using other common prescriptions.

We shall always await your response and suggestions to further improve Jeevaniya.

Editors

CENTRAL COUNCIL FOR RESEARCH IN AYURVEDA AND SIDDHA
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Azadirachta indica (Neem) - Page 33 ↓

