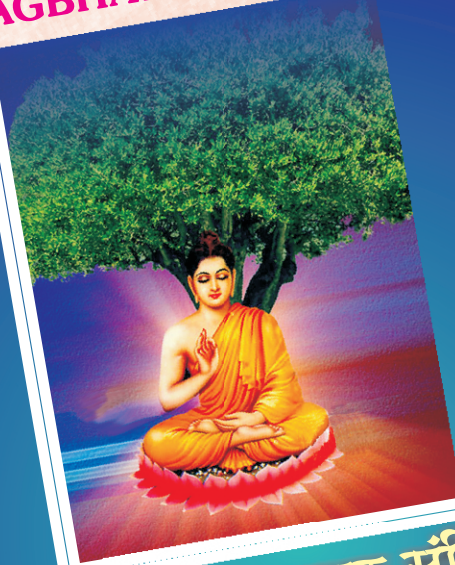




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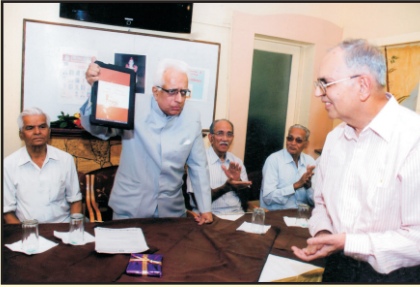
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Ayurveda E - Book Launching and Presentation of Ayurveda Bhushan Award Pune 12th February 2012



E- Book - Pictorial Ayurveda Nidan Chikitsa
Launching.

L to R

Prabhakar Nene, Dr. Kulkarni, Ram Mahadeokar,
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L to R

Drs. Bhandare, Oak, Pendharkar, Kale,
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E- Book - Shukravaha Srotas - The Reproductive
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L to R

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Launching of DVD version of E- Book viz.

Shukravaha srotas

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Dr. Mugdha Bothare addressing audience
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**Release of book viz. Ayurveda Nidana.
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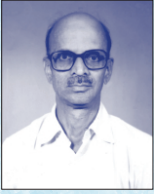
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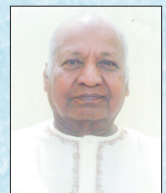
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Pavan Kulkarni

Ayurvedic Medicines for disorders of Mutravahasrotas - The Urinary Channel

Prof. P. H. Kulkarni

Anatomy & Physiology in Ayurveda :

1 There is mention of kidney, ureter & Bladder in Sushruta Samhita. Many references found in Atharvaveda & other Ayurvedic compendias like Charaksamhita, Ashtang Hriday, Sharangdhara, Yogaratnakar, related to anatomy, physiology, pathology & treatment.

Vrukka means kidneys. Saman & Apan Vayu are responsible for Mutra formation & re-absorption of useful part of it & excretion.

Pakvashya (large intestines) is responsible for formation of some essential constituents of urine.

It absorbs water & salt from intestine and sends it to kidneys.

It extracts the excessive quantities of certain insoluble salts which should be excreted by the kidneys.

- a) The moola (root) is kidneys.
- b) The marga (passage) is the ureters, urethra & bladder.
- c) The mukha (opening or mouth) is the opening of the urethra.
- d) The channel carrying urine. i.e. Mutra involves Kledaka kapha, Avalambaka kapha, Apan vayu & Ranjak Pitta. When diabetic patient eats sugar, kledaka kapha sends the sugar to the kidneys.

Water intake is regulated/controlled by kidneys. There is a connection of colon mucus membrane to the kidneys.

The color of the urine changes according to water as well as food intake, i.e. beat will create red urine, vitamin C (Ascorbic Acid), Folic Acid & B vitamins accumulate ranjak pitta which is yellow in color, hence urine will be yellow. In case of hepatitis A with icterus (jaundice) the urine is dark yellow in color. Blood in urine gives red color. Body waste from the plasma are also excreted through the kidneys.

Signs & symptoms of Mutra Dushti (urine disorders) by Dosha (responsible energy) :

- a) Vata - poly urea (excessive urination) - bahumutrata, Anurea (absence of urination) Amutrata.

- b) Pitta - Haematuria (blood in urine) - Rakta mutrata urinary track infection.
- c) Kapha - Glycosuria (high sugar level in urine) - Mautrasharkara.
Abluminurea
Crystalurea - mutrasharkara
Prostatic hypertrophy Asthila Vruddhi
Polycystic kidneys - Vvrukka Arbuda
- d) Multidosha disorders
 - i) Stricture of urethera
 - ii) Kidney disease

Causes of Mutravruddhi (Increased urine)

- i) Excessive fluid intake (jala)
- ii) Coffee
- iii) Alcohol/Madya
- iv) Hydrophilic substances
- v) After effects of
 - Dehydration
 - Hypotension (Low blood pressure)
 - Exhaustion
 - Palpitations
 - Insomnia (Anidra)

Causes of Mutra kshaya (decreased urine)

- a) Insufficient water intake.
- b) Excessive consumption of tomatoes, spinach, or other foods high in oxalic acid,
- c) Dehydration
- d) Profuse sweating
- e) Suppression if urination
- f) Sex with a full bladder
- g) Kidney diseases
- h) Post influenza perspiration
- i) Chronic illness.
- j) Parasites & Bacteria.

Signs / Symptoms of Mutra Kshaya

- i) Oliguria (diminished urination)
- ii) Anuria (Absence of urination)
- iii) Excessive Thirst
- iv) Dryness of the mouth
- v) Pain in the bladder
- vi) Blood in urine.
- vii) Enlarged Prostate.
- viii) Craving of Sugarcane juice or jaggery
- ix) Craving for milk or watery fruits
- x) Drowsiness
- xi) Syncopae
- xii) Kidney dysfunction
- xiii) Hypertension (High Blood Pressure)

Clinical aspects & correlation**Functions**

- i) Elimination of urine.
- ii) Electrolyte balance.
- iii) Blood pressure regulation.

What is to examine?

- i) Bladder
- ii) Kidneys
- iii) Ureter
- iv) Urethra
- v) Prostate in man/male.
- vi) Inguinal area (groin)
- vii) Urinary frequency
- viii) Urine sample.

Related Marma Points

- i) Otha (lips)
- ii) Talu (Soft Palate)
- iii) Kloma (Pancrease)
- iv) Brahmarandhra (Anterior fontanellae)
- v) Jatru (clavide)
- vi) Nabhi (Umbilicus).
- vii) Hrud (Heart).

Related Subtypes of Doshas.

- | | |
|--------------|--------|
| i) Prana | Vayu |
| ii) Udana | - do - |
| iii) Vyana | - do - |
| iv) Apana | - do - |
| v) Pachak | Pitta |
| vi) Ranjak | - do - |
| vii) Bhrajak | - do - |
| viii) Tarpak | Kapha |
| ix) Bodhak | - do - |
| x) Kledak | - do - |

Treatment Given -

- i) Diabetic nephropathy
 - a) Chandraprabha 500mg Twice
 - b) Gokshuradi Guggula 500 mg Twice
 - c) Trinapanchmula Kwath 20 ml Twice
 - d) Punarnavashtak Kwath 20 ml Twice

Plants Having Diuretic Action

It is probably Jalamahabhoota (Aapya/Water) predominance.

- i) Coconut (Cocus nucifera).
- ii) Curds.

- | | |
|---|--|
| iii) Darbha (<i>Sacchrum sponteneum</i>). | vii) Haritaki (<i>Terminalia chebula</i>) |
| iv) Draksha (<i>Grapes</i>). | viii) Jeeraka (<i>Cumin</i>) |
| v) Durva (<i>Cynodan dactylon</i>). | ix) Kanji (<i>Gruel</i>) |
| vi) Ela (<i>Cardmum</i>) | x) Mastu (<i>Pistacia Lentiscus</i>)
(<i>Rumamastaki</i>) |
| vii) Gokshura (<i>Terestris Tribulus</i>) | xi) Musta (<i>Cyparus Rotundus</i>) |
| viii) Ikshu - Sugarcane | xii) Shirgu (<i>Moringaceae</i>) |
| ix) Kamalpatra (<i>Lotus Leaf</i>) | xiii) Shilajatu (<i>Asphaltum</i>) |
| x) Kash (<i>Saccharum Spontaneum</i>) | xiv) Takra (<i>Buttermilk</i>) |
| xi) Kushtha (<i>Saussurea Lappa</i>) | xv) Twak (<i>Cinamonum Zeylonica</i>) |
| xii) Kushmanda (<i>Benincasa Hispida</i>) | xvi) Tulsi (<i>Oscimum Sanctum</i>) |
| xiii) Lamajjaka | xvii) Vacha (<i>Acorus Calamus</i>) |
| xiv) Milk | xviii) Vruksham (<i>Capparis Decidua</i>) |
| xv) Panasbeej (<i>Artocarpus Heterophyllus</i>) | xix) Water (<i>Warm</i>) |
| xvi) Payas | |
| xvii) Sariva (<i>Hemidesmos indicus</i>) | Agni, Vayu, Akash are responsible. |
| xviii) Shali (<i>Desmodium Gangeticum</i>) | |
| xix) Jalp | |
| xx) Vidari (<i>Pueraria Tuberosa</i>) | |
| xxi) Trapusa (<i>Cacumis Sativum</i>) | |
| xxii) Utkatmula (<i>Saccharum Munjo</i>) | |
| xxiii) Kashmari Phala (<i>Gmelina Arborea</i>) | |
| xxiv) Ushira (<i>Khus</i>) (<i>Androprogan Muricatus</i>) | |

Srotoshodhak Drugs (Channel Cleansing)

- i) Ajmoda (*Carum ruxburghinum*)
- ii) Apamarga (*Achyranthes Aspera*)
- iii) Dhanyaka (*Coriander*)
- iv) Gojiva (*Onosma bractetum*)
- v) Gomutra (*Cow's Urine*)
- vi) Guduchi (*Tinospora Cordifolia*)

Bhedan Drugs

It means to crush, to relieve obstruction

- i) Arka (*Calotropis Procera*)
- ii) Gomutra (*Cow's Urine*)
- iii) Haritaki (*Terminalia Chebula*)
- iv) Ikshuraka
- v) Erandpatra (*Castor Leave*)
- vi) Kulattha (*Dolichos bidlorus*)
- vii) Pashanbheda (*Coleus amboinicus*)
- viii) Varun (*Crataeva nurvala*)

Project

Punarnavasavasava & varunadi Kwatha posseses anti urolithiatic activity. (Anti urolithiatic activity of punarnavsava & varunadi kwath against calcium oxalate induced urolithiasis in Albino Rats. (Patil, Kanse, Kulkarni)

Tab. Desolveen tried in 100 patients. Male/Female ratio was 65:35. Age Group was 20 to 45. Group, service : Student ratio was 70:30. All patients having problem of urinary calculus. Two tablets thrice a day with plenty of water advised for four to twelve weeks. 80% patients got relief within four weeks. Multiple stones/stone tendency required twelve weeks.

Composition of DESOLVEEN TABLET

Ingredients : each tablet 250 gm contains.

Sr. No	Name of Ingredients	Wt in each tablet in mg
1	Shudha Shilajit (Asphaltum)	35.71
2	Gokshuradi Guggul	35.71
3	Gokshur Ghan (Calotropis)	35.71
4	Punarnava Ghana (Boehaevia)	35.71
5	Pashanbheda Ghan (Bergeginia Lingulata)	35.71
6	Yavakshar (Potasii Carboni)	35.71
7	Varuna Ghana (Crativanurvala religosa)	35.71
	Excipients	Q.S.

Bhavana Dravya (Triturated with) : Dhanyaka Jeeraka Phanta (Hot infusion) of Coriander and Cumin.

Recommended Dose : Two tablets thrice a day with water.

Indication : All Urinary System Problems (Kidney)

All Stone formations.

Research Reference : Experiments with Drugs of Ayurveda.

Editor : Prof. Dr. P. H. Kulkarni. Page No. 69,70

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- 1) Thanks to Oriental Ayurveda Health Products Pune for the product information & medicines.
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- 3) All patients & assistants.

Randomized Clinical study of efficacy of Pilafest Tablets in Haemorrhoides (Arsha)

Dr. Atul Rakshe, Dr. Kurush Kurmi, Prof. P. H. Kulkarni

1) Introduction

Travelling on vehicles, eating spicy, pungent, dry food, disobeying the rules of diet leads to dysfunction of Agni & vitiation of Doshas. Indulgence in these causative factors cause Arsha i.e. haemorrhoids. This painful condition restrains the person from its daily routine. PILAFEST is the perfect combination of herbs & minerals that have specific action on haemorrhoids.

2) This study was aimed at

- a) To study the efficacy of PILAFEST in Arsha (haemorrhoids)
- b) To study pathogenesis of Arsha.

3) The materials & methods used were :

In this project, clinical trials on the patients suffering from haemorrhoids was done irrespective of sex, caste, religion, race, constitution etc. The patients received PILAFEST in a dose of two tabs (250 mg) thrice a day, before meals with warm water. This treatment was given for the period of one month.

Dietetic & behavioral regimen was advised as per text.

3.1 Exclusion criteria : pregnant women were excluded from the study.

3.2 Follow up : Each patient was followed thoroughly every 8 days. Changes in signs & symptoms were noted.

3.3 Gradation : According to the severity of signs & symptoms the gradation was as follows.

Grade 0	No symptoms.
Grade 1	Haemorrhoids without pain
Grade 2	Haemorrhoids, with pain & without any other symptoms.
Grade 3	Haemorrhoids, with pain & other symptoms without bleeding..
Grade 4	Haemorrhoids with bleeding.

4. Observation

During this study, the observations found are as follows :

4.1.1 There were 0 patients in the age group (1-15) i.e. 0%

4.1.2 There were 6 patients in the age group (16-30) i.e. 30%

4.1.3 There were 8 patients in the age group (31-45) i.e. 40%

4.1.4 There were 4 patients in the age group (46-60) i.e. 20%

4.1.5 There were 2 patients in the age group (61-75) i.e. 10%

The highest No of patients were 8 in the age group 31-45 years.

4.2 Sexwise distribution shows that there were 16 male patients (80%) & 4 female patients (20%)

4.3 In this study, different religions were also noted so as to understand different lifestyles. There were 16 Hindu patients (80%), 2 Muslims (10%) & 1 Christian (5%) & 1 Buddhists (5%)

4.4 Prakriti of each patient was assessed. There were 8 patients (40%) of vatkapha; 2 patients (10%) of kapha-vata : 2 patients (10%) of pitta-vata : 4 patients (20%) of vata-pitta : 2 patients (10%) of - pitta - kapha, & 2 patients (10%) of kapha-Pitta prakruti.

4.5 Severity of symptoms was as follows : maximum Nos of patients were in the grade 2-8 patients (40%), followed by grade 3-6 patients (30%), grade 1-4 patients (20%) and grade 4-2 patients (10%)

4.6 The % of relief up to 25% was achieved in 4 patients (20%), 6 patients achieved 25 to (50%) relief i.e. 30% of patients, 3 patients (15%) achieved relief 50 to 75% 7 patients achieved 75 to 100% relief (35%), Maximum patients having relief 75 to 100% followed by 25 to 50%.

4.7 About PILAFEST Tablets (proprietary Ayurvedic medicine)

Ingredients each Tablet Contains.

Sr. No.	Name of ingredient	Latin/English name	Wt. in each tablet, mg
1	Suranavataka	Generic preparation	50
2	Shivaksharapachana Churna	Generic preparation	25
3	Nagkeshar Churna	Mesua Fera	25
4	Mochrasa	Sap of Bombax malabaricum	25
5	Amalki Ghana	Embelica officinalis	25
6	Bal Haritaki Churna	Terminalia Chebula	50
7	Ashwagandha Churna	Withania somnifera	25
8	Kamdudha Rasa (Sadha)	Generic preparation	25
	Excipients	Q.S.	

Dose as directed by physician.

Indications : Arsha (hemorrhoids), Bhagandara (fissure), Gudabharansha (Rectal prolapsed), Parikartika (Fissure in ano), Apunarbhava Chikitsa of Arsha (To prevent the relapse of the disease).

4.7 Classification According to Severity of Symptoms

Sr. No.	Grade	No. of Points	%
1	Gr. 0	0	0
2	Gr. 1	4	20
3	Gr. 2	8	40
4	Gr. 3	6	30
5	Gr. 4	2	10
	Total	20	

4.8 Division According to Percentage of relief

Sr. No.	Grade	No. of Points	%
1	0 to 25 %	4	20
2	26 to 50%	6	30
3	51 to 75%	3	15
4	76 to 100%	7	35

5 Discussion

5.1 The word Arsha means severe pain as if somebody is killing. Piles (Arsha) composed of muscular tissue that may obstruct the anal passage, patient feels constant piercing pain in anal region that leads to great discomfort. As the anus (guda) is marmasthana (vital organ), Arsha is very important disease.

5.2 Samprapti (pathogenesis) of Arsha (in short) :

Due to agnimandya, constipation, constant seating in squatting position including surges of gases, faeces, urine by force, constant straining etc. aggravates tridoshas. Aggravated doshas accumulate at the site of skin (twak) muscular tissue (mamsa) & adipose tissue (meda) & vitiates them. Then there is a formation of mamsankur (growth), known as piles (Arsha).

Agnimandya (Low digestion) is precipitating cause. Agnimandya triggers aggravation of Doshas.

5.3 Treatment according to "Shushruta" treatment is of four types :

1 Aushadhi (Medicine),

2 Kshar (Alkali),

3 Agnikarma (Cauterisation),

4 Shalykarma (Surgery)

For the treatment of the Arsha, PILFEST tablet is manufactured by Shreeyasha Ayurveda Pune.

6 **Conclusion**

PILAFESTA is found as most effective and up to certain extent curative drug on Piles (Arsha). It is effective on both bleeding (Sravi) & non bleeding piles.

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ADVOCACY OF AYURVEDA IN EPIDEMIC DISEASES

Dr. Yadav B*, Dr. Sandya K**, Dr. Bhat S***, Dr. Srikanth. N. ***, Dr. Padhi M.M.****,
Dr.Davella.R.B.*****

Abstract

Modern transportation allows people, animals, plants and the pathogens to travel more easily than ever before. Because of this global interconnectedness through transportation, tourism and trade, infectious diseases emerge more frequently and when infectious diseases are spreading through human populations across a large region or even worldwide then it is known as epidemic. The reference of micro-organisms is available in the oldest manuscripts of Ayurveda and Vedas as well. In Atharva Veda, plenty of references are available regarding microbes and infectious diseases. Even with the availability of powerful antibiotics, epidemics are unmanageable and preventive measures like limitation of spread by isolation and strengthening the immune system are key points. In this context various techniques have been described in Ayurvedic classics for prevention at environmental level as well as at individual level. Ayurveda also offers some potential single and compound herbal preparations for the management of epidemic diseases such as recent outbreak of Swineflu.

* Research Officer (Ay.), **Senior Research Fellow (Ay.), ***Assistant Director (Ay.),

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ADVOCACY OF AYURVEDA IN EPIDEMIC DISEASES

Modern transportation allows people, animals, plants and the pathogens they carry to travel more easily than ever before. The ease and speed of travel, tourism, and international trade connect once-remote areas with one another, eliminating many of the geographic and cultural barriers that once limited the spread of disease. Because of this global interconnectedness through transportation, tourism and trade, infectious diseases emerge more frequently; spread greater distances; pass more easily between humans and animals; and evolve into new and more virulent strains.

When infectious diseases are spreading through human populations across a large region or even worldwide then it is known as epidemic. Epidemic over a wide geographic area and affecting a large proportion of the population is called pandemic. Throughout history there have been a number of pandemics, such as smallpox and tuberculosis. More recent pandemics include the HIV pandemic and the 2009 flu pandemic. Recent outbreak of Swine flu is also a result of augmented transportation among the countries. Average 136 deaths/day have been reported from 62 nations around the world (Flu Count.org). The 5 most affected nations were

the United States, Russia, Turkey, China, and India. Ayurveda also offers some potential single and compound herbal preparations for the management of Swineflu. The treatment advised for swine flu i.e. Tami flu is also a Chinese herbal medicine.

Concept of Microbiology/Pathology

The history of infection and infectious diseases is as old as mankind. The reference of micro-organisms is available in the oldest manuscripts of Ayurveda and Vedas as well. In Atharva Veda, references are available regarding microbes and infectious diseases.

A detailed description of 20 types of krimi(micro-organism) is given in Various Ayurvedic classics. Aetiology (Nidana), habitat (Sthana), nomenclature (nama), description / colour (Varna), Clinical features (Samsthana), specific effects (prabhava) and treatment (Chikitsa) have been described in Vimana Sthana of Charaka samhita. Medical microbiology also describes the subject on the same basis. Microbial infection has been addressed as Agantuka Nidana in the causation of Visama jwara(Intermittent fever) by Susruta.

Acharya Gananath Sen has given the term “bhutabhisanga”(microbial infection) in the context of Vishama jwara, accepting the role of Microorganisms in their occurrence. The term bhuta means those organisms which produce toxins. These toxins are supposed to cause the disease in different ways. Charaka has also accepted this theory while describing vishama jwara.

The concept of Epidemic diseases and their management is dealt by caraka in a very elaborated manner. Charaka has dedicated a chapter on epidemic disorders i.e. Janapadodhvamsa vimanam. The four etiological factors responsible are jala(water), vayu(air), desha(region), and kala(season). Epidemics occur when contamination and vitiation of these factors take place. Water borne diseases, environmental diseases, epidemiological disorders and the seasonal disorders are due to infections and can be correlated with janapado-dhwamsa vyadhies.

Management of Epidemics

Even with the availability of powerful antibiotics epidemics are unmanageable and preventive measures like limitation of spread by isolation and strengthening the immune system are key points.

The concept of micro-organisms has been well emphasized in Ayurveda in the context of Krimi, Bhuta and Graha due to unhygienic practices (Sushruta). Management is also very similar to the modern microbiology. Avoiding the factors responsible for causation of the disease (nidana parivarjanam), removal of micro-organisms from the affected site (apakarshanam), bringing change in the environment (prakriti vighata) are suggested by Caraka for the management of infectious diseases.

Line of treatment should be planned for breaking of aetiopathogenesis and according to symptomatology. Plants having anti microbial activity may be used. Some preventive measures mentioned by Ayurvedic classics are

- Procurement of medicine in their high potential phase/ period well before the outbreak of epidemic.

- Improving the immunity and strength of the body
- Moving to safe places away from the polluted environment/ air/ water etc.

These measures can be taken before hand by observing the cyclical occurrence of the epidemic. The measures to foresee the outbreak of the diseases was also mentioned in the classics as prodromal symptoms. Various techniques have been described in Ayurvedic classics for prevention at environmental level as well as at individual level. Some of them are mentioned here:

AT ENVIRONMENTAL LEVEL

Air Purification:

It has been advised that Air purification can be done through fumigation (Dhupan) with certain medicinal plants which have anti microbial potential. The fumigation acts as disinfectant and prevents various infectious diseases. Dhupan (Fumigation) can also control the vectors i.e. mosquitoes, flies etc. which can contribute towards the disease control. Nimba patra (*Azadirachta indica*), Shirisha beeja (*Albizia lebbek*), Haridra (*Curcuma longa*), Vidanga (*Embelia ribes*), Chakramarda beeja (*Cassia tora*), Arka patra (*Calotropis gigantea*), Devadaru (*Cedrus deodara*), Peeta sarshapa (*Brassica compestris*), Kanchanar twak (*Bauhinia variegata*), Sarja rasa (*Shorea robusta*), Apamarga (*Achyranthus aspera*), Jeeraka (*Cuminum cyminum*), Manjishta (*Rubia cordifolia*), Amrita (*Tinospora cordifolia*), Ghrita (clarified butter), Hingu (*Ferula foetida*), Palasha beeja (*Butea monosperma*), Rasona (*Allium sativum*), Karpooora (*Cinnamomum camphora*), Gandhak (Sulphur) are some of the common plant drugs used for fumigation. Specific compound drugs have also been mentioned for different purposes. As a general precautionary measure- clothes, beds, bed sheets are to be fumigated with dhupan dravya composed of Yava, Sarshapa (*Brassica compestris*), Atasi (*Linum usitaissimum*), Hingu (*Ferula foetida*), Guggulu (*Commiphora whightii*), Vaca (*Acorus calamus*), Brahmi (*Bacopa monnieri*), Swata durva (*Cynodon dactylon*), Jatamansi (*Nardostachys jatamansi*), Ashoka (*Saraca indica*), Katuki (*Picrorrhiza kurroa*), Sarpa nirmoka and Ghrita (clarified butter) (*Charaka sarira 8/61*). The fumigation of the combination of Guggulu (*Commiphora whightii*), Nimba leaves (*Azadirachta indica*), Vacha (*Acorus calamus*), Kushta (*Sassurea lappa*), Haritaki (*Terminalia chebula*), Yava (*Hordeum vulgare*) and Ghrita (clarified butter) is beneficial in controlling fever (Bhaishajya Ratnavali). Fumigation with Guggulu (*Commiphora whightii*), Gandha trina (*Cymbopogon citratus*), Vaca (*Acorus calamus*), Sarja (*Shorea robusta*), Leaves of Nimba (*Azadirachta indica*), Arka (*Calotropis gigantea*), Aguru (*Aquillaria agallocha*), Devadaru (*Cedrus deodara*) is also beneficial for fever (Bhaishajya Ratnavali).

Water Purification

Impure/ contaminated water is the known factor in causation of Gastro intestinal disorders like cholera which can turn in to an epidemic. Ayurveda advises strict avoidance of impure water containing worms, urine, stools, ova/eggs, dead bodies, decomposed material, leaves, and poisonous material etc. for internal as well as external usage.

Water may be highly contaminated, slightly vitiated, or minimally vitiated. Purification of highly contaminated water is said to be done through boiling. Slightly vitiated water can be

purified by quenching hot iron ball and minimally vitiated water may be purified by the exposure of sun rays. Nirmali (*Strychnos potatorum*) is recommended in the Ayurvedic classis, which is a well known water purifier. The impurities of water settle down at the bottom by addition of Nirmali (Bhavaprakasa & Kaiyadevanighantu). Water purification can be done by using Kataka, Gomedaka, Padma moola, Shaivala moola, Vastra, Mukta and Mani (Sushruta sutra 45/17). Padma moola and Shaivala moola are to be broken in to pieces and added to water to make water pure. Gomeda, Mani, Mukta(pearl) if put in to water and kept for some time, purify water. The well known Trighata yantra may also be used for this purpose which contains sand filled and wooden coke & sand filled pots through which water tickles down and gets purified.

AT INDIVIDUAL LEVEL

Individual protection can be done by adopting healthy life style and taking some preventive measures as described in Ayurveda. Ayurveda advises a special modality called Rasayana to boost the immune system. The age for the usage of Rasayana has also been mentioned in Ayurveda as Purve vayasi madhye va so that one can delay the process of decay in the tissues before its starting. Rasayana not only improves the immunity but also treats diseases some times. Drugs like Aswagantha (*Withania somnifera*), Satavari (*Asperagus racemosus*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*) etc. acts as rasayana also cures diseases.

Antioxidants and immunomodulators could help prevent users from contracting the swine flu which is very similar to the Avian Flu Virus (A report in Pub Med, by Howard Friel "A nutritional supplement formula for influenza A (H5N1) infection in humans"). Dr. Friel elucidate the antioxidant supplement may be used in the management of Swine Flu and it may be taken as a preventative medicine and throughout any infection phase may aid humans infected with H5N1 influenza to survive with a reduced likelihood of major complications. This principle can be adopted in the management of all other epidemic diseases. By taking below said medicines and measures it can be prevented

- **Immunity enhancers** : like Ashvagandha churna, Satavari ghrta, Pancatikta ghrta, Indukanghrta, Amalaki rasayana
- **Steam Inhalation** - With Jeevandhara, Neelgiri oil
- Kavala / Gandusha (Gargling with medicated liquids) and Gargling with Oil prepared with Padmaka, Sarjarasa, Rakta chandana, Priyangu, madhu, Sharkara, Draksha, Madhuka, Yashti
- **Some important Formulations :-**
 - Fresh juice of Zinger (2 ml)/ Sunthi powder (1 gr.) + Jaggery/Sugar with milk.
 - Vyoshadi gutika(500 mg TID)
 - Tulsi, Neem powder(1-3 gm;TID)
 - Trikatu churna(1/2 -1 gm;TID)
 - Talisadi churna(1-3 gm;TID)
 - Godanthi bhasma (250 mg BD/TID with Honey)
 - Sudarshan churna (1-3 gm;TID)

- Sitopaladi churna(1-3 gm;TID)
- Chitraka haritaki (1 tea spoonful BD with Hot water)
- Tribhuvan Kirti ras (250 mg TID ; with Fresh juice of Zinger /Honey/ Fresh juice of Tulasi)

➤ **Administration of Medicated Clarified Butter (Ghrita paana) :-**

1. Clarified Butter treated with Yavakshara
2. Clarified Butter treated with Rasona, Trikatu, Yavakshara

Hypothetical views on mode of action of the suggested therapies :

- The oral drugs are aimed to pacify allergy, inflammation and are expected to give symptomatic relief besides modulating the immune system.
- Sudation relieves the congestion and offers relief from heaviness and body aches.
- Gandusha & Kavalagraha (Therapeutic gargling) prevents the further spread of infection to lower respiratory tract (Rhino bronchial syndromes).

Role of Rasayana

Rasayana boosts immunity and individual strength. Rasayana may interrupt the course of the disease and prevents from getting into the full blown stage of the disease and developing complications. Various scientific studies had been carried out to prove the mode of action of Rasayana. DNA protective activity and immuno-modulatory property of the fresh juice of *Cynodon dactylon* are being proved while validating the traditional use of the herb as a 'rasayana' in ayurvedic system of medicine (Evaluation of DNA protective activity in vitro and immunomodulatory activity in vivo of the shoots of *Cynodon dactylon*- K. Mangathayaru, M. Umadevi and C. Umamaheswara Reddy, Journal of Ethnopharmacology, Volume 123, Issue 1, 4 May 2009, Pages 181-184). Rasayana dravyas like Ashwagandha (*Withania somnifera*), Shatavari (*Asperagus racemosus*), Brahmi (*Bacopa monnieri*), Amalaki (*Embllica officinalis*), Haritaki (*Terminalia chebula*), Guduci (*Tinospora cordifolia*) etc. are beneficial.

Role of Diet (Nutrition)

Diet plays a vital role in building immunity according to Ayurveda. Sahaja bala refers to immunity that is attained by the proper nutrition.

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