

# Chapter 1

## 1. THE AYURVEDIC CONCEPT OF ARTHRITIS

### 1.1. INTRODUCTION

Arthritis is a general word to indicate the inflammation of a joint or the disease of a joint. It can be divided into four characters: rheumatic arthritis, degenerative arthritis, infectious arthritis and general arthritis.

The rheumatic arthritis is especially common to the person who previously has had rheumatic fever. Because, if rheumatic fever is not properly treated the temporary arthritis which is the main symptom of rheumatic fever, will permanently weakens the affected joints and causes chronic arthritis (rheumatic). The weakness of a joint depends upon the pathogenic defect of synovial mucous membrane of a joint. The fundamental cause of rheumatic fever is that toxic condition of serum, which turns acid and aggravates the synovial mucous membrane of a joint. In this condition, the synovial mucous membrane, at the beginning, becomes inactive or weak and results in dryness. The bodily grease i.e. mucous being counteracted with the effects of dryness, the nervous system can not function in proper way and the affected joint's cartilage rubbing each other manifests the symptoms of arthritis of big joints.

The degenerative arthritis is concerned with gout. The person who is suffering from gout, if is not treated in proper way, the temporary joint pain, which is the main symptom of gout, can be a cause of chronic degenerative arthritis. In this case, the synovial mucous membrane of the affected joint if injured with the effect of uric acid causes dryness, degeneration of cartilage, and disturbance of nervous system or function. Ayurvedic way points out that the abnormal amounts of uric acid can be accumulated in the hollow space of a joint especially of a toe.

The infectious arthritis is common in the pathogenic defect of blood, which in general, is characterized with the condition of blood acidosis. In this condition, infectious disease often cause problems and in time, if they are not treated in proper way that can be cause of infectious arthritis which is especially common in the knee joint.

The general arthritis is concerned with the nerve natured body type. Thin skin with clear vein; difficulty to gain weight (skinny); disproportionate face; restless; nervous and talkative attitude; weak digestion are the main characters of the nerve natured body type. In this condition, by birth, the nervous system becomes weak that in fact, results in general arthritis affecting any weak joint concerned with injury, impact or constant uses.

The general treatment of arthritis is based on the application of oil massage, warm fomentation, warm poultice, nerve tonic, general tonic and carminative drugs. The aim of these applications is to increase the blood circulation and to stimulate the nutritive function. An increased blood circulation will supply proper heat in the body, which is essential for the proper functioning of the nervous system. And the active nutritive function restores the proper functioning of the joint's synovial mucous membrane, which is very important to keep healthy the joints.

## **1.2. CAUSES OF RHEUMATIC ARTHRITIS**

The acid toxin produced from undigested greasy foods or contradictory foods is called “Amavata”, which is considered as a fundamental cause of rheumatic arthritis. Right after having greasy foods e.g. ghee, butter, oil, fat etc, heavy work or exercise is not good to someone who has weak digestion. In this condition, the essence of greasy foods not being well digested if is assimilated through the portal vein results in acid toxins, which cause acidosis of serum. Blood serum, in general, has to be sweet in taste, because, it contains blood sugar. Acid serum circulating through the arteries aggravates the function of the mucous membrane including the synovial mucous membrane and the nervous system. In these morbid conditions, the viscous exudation from the synovial mucous

membrane weakens the physical structure of a joint. That, in fact, causes chronic rheumatic arthritis.

The contradictory food e.g. milk to be taken together with sour foods or fruits or meat or fish etc. if is not well digested, the essence of them can stay long time in the body, without metabolic change. The long-standing essence of food is considered as a toxin.

Vinegar; alcoholic drink; sour fruits or foods; yogurt; fermentated sour food preparations; meat and fish; toasted, burnt or fried food preparations; effect of damp or cold climate; sleeping during the day, especially after the meal; indigestion etc. are the aggravating agents of recurrent attack of rheumatic arthritis.

### **1.3. CAUSES OF DEGENERATIVE ARTHRITIS**

The acidosis of blood or the condition of high uric acid in blood is the fundamental cause of gout, which manifests as the chronic degenerative arthritis. The accumulation of abnormal amount of uric acid in blood circulation throughout the blood vessels aggravates the function of the synovial mucous membrane and the nervous system of the affected joints. In these morbid conditions, the uric acid being accumulated in the joints, the synovial mucous membrane of the affected joints can be injured and leads to chronic degenerative arthritis.

Excess or daily indulgence in acid foods or fruits; vinegar; alcoholic drinks; yogurt; meat and fish; stale and rotten foods; roasted, fried or burnt food preparations; acidity; contradictory foods; overeating; sleeping during the day; awakening at night; jogging or running; sedentary life etc. are the aggravating agents of the degenerative arthritis.

### **1.4. CAUSES OF INFECTIOUS ARTHRITIS**

The main cause of the infectious arthritis is the infectious diseases e.g. abscess, pyorrhea, tonsillitis etc. which can be a cause of

pyemia. Pyemia is a kind of blood defect containing pus cells in the circulating blood. The infectious disease, not being treated well, the condition of pyemia, as a blood defect, can be a cause of infectious arthritis. Ayurveda points out that the condition of acidosis, whatever may be the causes of it, can be the aggravating agent of infectious arthritis.

## **1.5. CAUSES OF GENERAL ARTHRITIS**

The main cause of general arthritis is the poor blood circulation which is common to the person with the nerve natured body type. Ayurveda indicates that the proper function of the artery system regulates and controls the function of the nervous system and the poor function of the artery system aggravates the function of the nervous system. The aggravated or overactive nervous system causes dryness counteracting the bodily grease. In this condition, the synovial mucous membrane, which is considered as a lubricating substance of the joints, becomes inactive. That, in fact, is the cause of the problems of general arthritis affecting any weak joints concerned with injury, impact or constant uses.

Excessive or daily use of bitter, pungent and astringent foods; fasting; loss of blood; overindulgence in sex; accidental injury; effect of damp or cold climate; heavy labor; withholding the natural urges of stool, urine or gas; fever; traveling by vehicles which constantly vibrates the body etc. are the aggravating agents of general arthritis.

## **1.6. SYMPTOMS OF RHEUMATIC ARTHRITIS**

Severe joint pain, swelling, tenderness and redness of the affected joints are the main symptoms of the rheumatic arthritis. In this case, any big joint of the hand, feet, ankle, head, thigh, knee and loin can be affected. The recurrent attack of joint pain is common with fever, constipation, indigestion and polyuria. During the period of attack some more complicative symptoms e.g. bad taste of mouth, heaviness, hot sensation, weakness, abdominal colic, tympanitis,

insomnia, vomiting, and loss of appetite, dizziness and heart disease can be developed.

Ayurveda points out that the prominent symptoms of inflammation with redness and hot sensation are concerned with the aggravated function of the vein system (Pitta); the prominent symptoms of unbearable pain is concerned with the aggravated function of the nervous system (Vata); the prominent symptoms of the heaviness with itching sensation are concerned with the aggravated function of the artery system (Kapha); the prominent symptoms of general swelling with severe joint pain are the significance of loss of coordination of the nervous system, vein system and the artery system. The rheumatic arthritis with the prominent symptoms of general swelling with severe joint pain is considered not to be cured or very difficult to cure.

## **1.7. SYMPTOMS OF DEGENERATIVE ARTHRITIS**

Joint pain (something very severe), swelling and tenderness are the main symptoms of degenerative arthritis. In this case, the joints of the toe, fingers, loin vertebra, knee and thigh can be affected. Degenerative arthritis appears with allergic rashes of skin and numbness. At the beginning, the joint pain comes and goes not even causing any big problems. The tissues of the affected joint, especially the cartilage in chronic stage, being degenerated causes contraction of the tendons with stiffness, abnormal growth of the soft bone and inability to move the joint.

Ayurveda points out that the case of degenerative arthritis can be classified into five different prominent symptoms; degenerative arthritis with the prominent symptoms of irregular swelling and severe pain (Vatika); degenerative arthritis with the prominent symptoms of painful swelling and itching (Raktaja); degenerative arthritis with the prominent symptoms of swelling and hot sensation (Paittika); degenerative arthritis with prominent symptoms of swelling and cooling sensation (Shlaishmika); degenerative arthritis with the prominent symptoms of swelling and some other complications.

Insomnia, infection, fever, delusion, erysipelas, neoplasm and crippling conditions are the complications of the degenerative arthritis. Having these symptoms, especially, delusion, the case of degenerative arthritis is not curable or very difficult to cure.

### **1.8. SYMPTOMS OF INFECTIOUS ARTHRITIS**

The infectious arthritis often infects the knee with inflammation, severe pain and stiffness. Suppuration, hot sensation, throbbing pain, fever and degeneration of the joint tissues are the complicative symptoms of it. In this case, toxemia can be developed, if it is not treated well.

### **1.9. SYMPTOMS OF GENERAL ARTHRITIS**

The main symptoms of general arthritis, in its primary stage, is the mild joint pain with or without swelling. The joint pain will often come and go. It will appear especially in the winter, cold climate, cloudy day, rainy season or in a condition of physical weakness and fever. It is important to pay attention that the joints, which are weak in certain condition of injury or constant uses, are often affected in the case of general arthritis. Constant pain and deformation of the affected joints are the main symptoms of chronic general arthritis.

Spondylitis, scoliosis, arthrosis, lumbago, osteoarthritis etc. are the particular names of general arthritis related with different joints and conditions of them.

### **1.10. PREVENTION OF ARTHRITIS**

Not to have rheumatic arthritis, rheumatic fever has to be properly treated with proper diet maintaining the digestive system or power. Rheumatic fever while being treated well, some digestive drugs which contain ginger should be prescribed, at least, for a year avoiding yogurt, meat, fish, greasy foods, alcoholic drinks, vinegar, acid fruits and foods etc.

Not to have the problem of degenerate arthritis, gout has to be treated well with proper diet. In this case, the blood cleaning drug which maintains the normal amount of uric-acid, should be prescribed at least, for three months avoiding acid fruits and foods, yogurt, alcoholic drinks, roasted fried or burnt food preparations, vinegar, meat and fish, greasy foods, etc.

Not to have the problems of infectious arthritis, if someone has pyorrhea, tonsils, etc. they have to be treated well as soon as possible maintaining the alkaline reaction of blood and avoiding the acid fruits and foods, meat etc.

General tonic, high protein diet and oil massage are the remedies to prevent the problems of general arthritis. The nerve natured person, who is liable to have general arthritis, especially has to be careful to maintain the digestive power.

### **1.11. GENERAL TREATMENT OF ARTHRITIS**

The general theory of arthritis treatment is based on increasing the blood circulation and stimulating the nutritive function. An increased blood circulation will supply proper heat in the body, which is essential for the proper functioning of the nervous system. The active nutritive function restores the proper function of this joint's synovial mucous membrane. To achieve these objectives, oil massage, warm fomentation, warm poultice, nerve tonics, general tonics and carminative drugs are prescribed in the treatment of arthritis.

The oil massage helps to counteract the aggravated condition of the nerves in the affected joints causing heat and alleviating the dryness. Narayanatail, an oily drug made of *Asparagus racemosus* and other herbs, is one of the best oily drugs for massage. It is prescribed twice a day to be performed until the oil is absorbed in to the skin. Oil massage must be done gently in the treatment of arthritis with swelling. Strenuous massage is harmful and will cause more pain and swelling. Oil massage in general, must follow the muscular structure of the joints, otherwise it will cause pain, swelling and hot sensation.

The application of the warm fomentation is useful to soften the tissues and to clean the duct system. It is not necessary to prescribe in the treatment of primary stage of arthritis; however, it is essential in the treatment of chronic arthritis with stiffness and contraction of the tendons. Warm fomentation should be applied after oil massage. After each application of it, the affected joints must be gradually manipulated in order to have normal function. The warm meat soup prepared with ghee or oil, or warm decoction made from Bala (*Sida cordifolia*) is generally beneficial for fomentation.

Warm poultice has the same effect as of warm fomentation. It is prescribed in the treatment of chronic arthritis for better result. Steamed meat or milk rice wrapped in soft cloth is the basic thing for poultice.

Maha Yogaraja Guggulu, a specific compound of *Balsamodendron mukul* with other herbs and minerals, is a best nerve tonic. It is prescribed, in general, in the treatment of arthritis for internal use. It has medicinal value to strengthen the function of the nervous system.

The general tonic has medicinal value in the treatment of especially chronic arthritis of old age. An aphrodisiac drug also can be used as a general tonic. Aphrodisiac drug stimulates the red marrow to produce more and more new red blood cells which are very important to the health and strength of the bodily tissues. Chandrodaya, a gold compound is one of the best harmless aphrodisiac drugs.

Carminative drugs relieve gas from the colon. It is well investigated that to achieve quick cure any disease concerned with nerves, the colon should function in proper way. The gas problem in the colon can aggravate the function of the nervous system and result in dryness. In regard to this fact, carminative drugs must be prescribed in the treatment of arthritis. Ajamodadi, a compound of *Carum roxburghianum* with other herbs, is one of the best carminative drugs.

## **1.12. SPECIFIC TREATMENT OF RHEUMATIC ARTHRITIS**

The treatment of rheumatic arthritis contains laxative, diuretic, digestive, antacid, antitoxin and plastering drugs along with the



general treatment of the arthritis. The laxative, diuretic, antitoxin and plastering drugs are prescribed only in the period of attack with swelling and severe pain. But, the digestive, antacid and general treatments should be prescribed for the cure for three to six months.

Laxative drugs help to subdue the inflammation. Lolimbaraja, a compound of Senna leaf with other herbs, is one of the best medicines among the laxative drugs.

Diuretic drugs play a major role to reduce the acid toxin of the serum. Sorakayoga, a compound of potassium nitrate with Calotropis gigantia, is one of the best diuretic drugs.

Digestive drugs are also very important to prescribe in the treatment of rheumatic arthritis. It helps to digest the undigested fat circulated in blood. Pippalyadi a compound of Piper longum with other herbs is one of the best digestive drugs.

Antacid drug is one of the potential remedies against rheumatic arthritis. It is prescribed to neutralize the acid reaction of the serum. Kaisaraguggulu, a compound of Balsamodendron mukul with other herbs, is one of the best antacid drugs which are used as a blood cleaner.

Anti-toxin drug contains some harmless poisonous plants and minerals. Poison for poison is the theory of Ayurveda. Karanjabati, a compound of Caesalpinia sepiaria with other minerals, is one of the best anti-toxin drugs. It helps to neutralize the rheumatic toxin.

The plastering drug against rheumatic inflammation contains sulphur.

### **1.13. SPECIFIC TREATMENT OF DEGENERATIVE ARTHRITIS**

The treatment of degenerative arthritis contains laxative, diuretic, and antacid along with the general treatment of arthritis. Besides that the application of plaster and blood letting practice has to be prescribed in time.

The blood letting practice is very effective in the treatment of degenerative arthritis. The aim of it is to reduce the uric acid for quick relief.

The plaster made of sesame paste has medicinal value to reduce the swelling with severe pain.

Some other laxative drug, diuretic, and antacid drugs are prescribed in the treatment of rheumatic arthritis.

### **1.14. SPECIFIC TREATMENT OF INFECTIOUS ARTHRITIS**

The infectious arthritis in its beginning stage should be treated with anti-inflammatory plasters, blood-letting practices, anti-pyrexia drugs, and laxative medicines. The inflamed knee, if is neglected, can be infected with full of pus. In this stage, it has to be treated with surgery.

Shilajatulepa, a plaster made of bitumen (rock secretion) and leaves of Datura metal, is one of the best anti-inflammatory medicines for plaster.

### **1.15. PROHIBITED FOODS AND BEHAVIOURS**

The patients of general arthritis should avoid following foods and behaviors:

Food preparations made of millet, oat or corn; beans; mutton; fresh vegetable salad; ice-cream; cold beverage; chili; potato; yam; pumpkin; squash; mushroom; withholding the natural urges of urine, stool, gas etc.; swimming; over indulgence in sex; awakening at night; anxiety; strenuous exercise or malpractices of yoga; irregular meal; fasting; traveling by vehicles which constantly vibrates the body; overeating; effect of cold or damp sleeping naked; working with or in water; rain wet; blood letting practices or blood donation etc.

The patient of rheumatic arthritis should avoid the following foods and behaviors:

Meat and fish; milk products, especially yogurt (curd); vinegar; alcoholic beverage; sour foods and fruits; roasted, fried or burnt food

preparations; over eating; strong tea or coffee; greasy foods; sleeping during the day; withholding the natural urges of stool, urine and gas; swimming; working in or with water; anxiety; overindulgence in sex; strenuous exercise; irregular meal; sleeping naked etc.

The patient of degenerative arthritis should avoid the following foods and behaviors:

Roasted, fried or burnt food preparations; sour foods and fruits; vinegar; alcoholic beverage; strong tea or coffee; smoking; yogurt; meat and fish; greasy foods; over eating; irregular meal; sleeping during the day; effect or cold or damp; swimming; withholding the natural urges of urine, stool and gas; overindulgence in sex; tight shoes; running; jogging; sedentary or luxurious lazy life etc.

The patient of infectious arthritis should avoid the foods and behaviors, which are listed in degenerative arthritis.

# Chapter 2

## 2. THE AYURVEDIC CONCEPT OF ASTHMA

### 2.1. INTRODUCTION

The fundamental cause of asthma is the bronchospasm, which depends upon the blockage of the respiratory system for inhaling and exhaling. The bronchi connected especially with the lower lobes of the lungs, if are blocked, the upper lobes of the lungs, by nature, become more active. In this condition enough oxygen can not be supplied through the passages of the respiratory system that in fact, causes breathlessness to activate the lungs for enough oxygen supply.

The Ayurvedic words Vata and Kapha are the keynotes to designate the physical condition of asthma. The word, Vata is the significance of spasm and the word, Kapha indicates the blockage whatever may be the cause of it. Bronchial edema; congestion; mucous exudation; partly failure of the respiratory function; exhaustion; inflammation etc in general, results in blockage in the passage of respiratory system for inhaling and exhaling.

Asthma is classified into the three categories: general asthma, malignant deep asthma and allergic asthma. The malignant deep asthma has three different conditions related with failure of the kidney function; failure of the respiratory function; failure of the exhaling function. The allergic asthma also has two different natures: one is common in the winter season and another in summer season.

The general asthma is called “Ksudraswasa”. It is concerned with the exhaustion whatever may be the cause of it. In general, it appears as a symptom of related diseases.

The malignant deep asthma related with the failure of the kidney is called “Mahaswasa”. It is common in old age and causes death.

The malignant deep asthma related with the failure of the respiratory function is called “Chinnaswasa”. It is common in old age or complicative situation of patient and causes death.

The malignant deep asthma related with the failure of the exhaling function is called “Urdhwaswasa”. It is common in the old age or complicative situation of patient and causes death.

The allergic asthma, which is common in winter season, is called “Tamakaswasa”. It is related with cold atmosphere, cold water, cool breeze, and mucous exudation whatever may be the cause of it.

The allergic asthma, which is common in the summer season or rainy season, is called “Santamakaswasa” “Pratamakaswasa”. It is related with dust, fungus indigestion and neurasthenia.

Common cold, flue or congestion whatever may be the cause of it, is the general aggravating condition of asthma. Ayurveda points out the unseen problems of the neurasthenia e.g. the reversed function of the respiratory system or alimentary system or urinary system is the main cause of chronic allergic asthma.

Difficulty for breathing, especially in the exertion is the main symptom of general asthma. While having rest, it causes no more problems. Difficulty for breathing with deep wheezing, loss of sense and anuria with constipation are the main symptoms of malignant deep asthma concerned with the failure of the kidneys. It is not curable. Difficulty for breathing with periodical collapse, perspiration, red eyes and tympanitis are the main symptoms of the malignant deep asthma concerned with the failure of the respiratory function. It is not curable. Difficulty for breathing with suffocation is the main symptom of malignant deep asthma related with the failure of the exhaling function. It is also not curable. Difficulty for breathing with common cold, wheezing and coughs are the main symptoms of allergic asthma related with winter, the attack of it is common at night. In this case the patient feels better with expectoration, hot drinks and sitting position. Difficulty for breathing with fever dry chest and inflammation are the main symptoms of allergic asthma related with hot season. The attack of it is also common during the night. In this case, the patient feels better with cooling atmosphere.

The general treatment of allergic asthma is based on the combination of drugs, which opens the blockage of respiratory system, subdue the attack of spasm, strengthen the function of the pulmonary nervous system (Vata) and artery system (Kapha), and correct the unseen problems of neurasthenia.

The drug which opens the blockage depends upon the conditions e.g. drug for swelling; for inflammation; for congestion; for exudation etc.

The drug, which subdues spasm, contains some particular ingredients identified as antiasthma.

The drug, which strengthens the functions of the pulmonary nervous system and artery system, contains some general tonic. It is very important in the treatment of chronic asthma.

And, the drug, which corrects the unseen problems of neurasthenia depends upon the conditions e.g. drug for regular bowel movement (laxatives); drug for cleaning the function of urinary system (diuretic); drug for proper function of respiratory system (expectorants) etc. In general, the drug, which is identified as a nerve tonic, is against the problems of neurasthenia.

## **2.2. CAUSES OF ASTHMA**

The bronchospasm or periodical reversed function of the respiratory system is the fundamental cause of the asthma and the cause of the bronchospasm is the airways obstruction. The bronchi particularly connected with the lower lobes of the lungs, if are blocked, the upper lobes of the lungs, by nature, becomes more active. This is the morbid condition of the reversed function of the respiratory system. In this condition, enough oxygen can not be supplied through the air passages of the respiratory system. That, in fact, causes breathlessness to activate the lungs for enough oxygen supply, which is very important for proper functions of the heart and brain.

The Ayurvedic words, Vata and Kapha are the keynotes to designate the physical conditions of asthma. The word, Vata is the significance

of spasm which is concerned with frequent impulses of the respiratory nervous system and the word, Kapha is the significance of blockage or airways obstruction which depends upon the conditions of bronchial edema or swelling; congestion; mucous exudation; partly failure of the respiratory function; exhaustion; accumulation of air; inflammation; shrinking condition of the lungs etc.

The main cause of general asthma is the weak heart concerned with another diseases e.g. bronchitis, fever, bleeding diseases, obesity; urinary diseases; hepatomegaly; general edema; peritonitis; general debility etc.

The particular causes of malignant deep asthma can be varied e.g. failure of the respiration function; failure of the kidney's function; failure of the exhaling function etc. these causes often are associated with old age. It is well investigated that the person who has well expanded chest (that in general is common to the person who do exercise) in the old age or in some other condition if the chest is declined; can have the problem of deep asthma. The condition of declining chest depends upon loss of weight; overindulgence in sex; neurasthenia; depression; heavy labor; general debility etc.

The particular causes of allergic asthma can be divided into two groups: one group is concerned with cold and another group is concerned with heat. The cause concerned with cold includes cold drink or ice cream etc.; cold atmosphere of winter or snow land; effect of rain or cold water; excessive or daily indulgence in sweet sour or salty foods, greasy foods, milk products except cheese; sleeping during the day; strong anti-pyretic drugs etc. And the cause concerned with heat includes pollen, grain dust, organic or inorganic dust's slow poisonous effect; smoke or smoking cigarette; fungus or mold; withholding the natural urges of stool, urine or gas etc; effect of heat; anger; excessive or daily indulgence in sour, salty or pungent foods; vinegar; hot drink; awakening at night; effect of summer or rainy season etc.

The causes of allergic asthma which are related with cold, result in bronchial edema or swelling, mucous exudation and congestion. In this condition blockage is the main problem which is identified as a Kaphadosa, the Ayurvedic term to designate the abnormal exudation

which causes blockage. Other causes of allergic asthma, which are related with heat result in inflammation, heat and congestion. In this condition heat is the main problem, which is identified as a Pittadosa, the Ayurvedic word to designate the dilatation of the veins, which cause heat.

The allergic asthma whatever may be the kind of it, in general, gets worse in the condition of common cold, flu or congestion and the effect of darkness of night which results in slow activities of mind.

### **2.3. SYMPTOMS OF ASTHMA**

Difficulty for breathing or breathlessness is the general symptom of asthma. Uneasiness in the heart, abnormal colic pain, tympanitis or bloated stomach, bad taste in the mouth and slight headache especially affecting the temples are the primitive symptoms of the asthma which indicate the attack of asthma.

Difficulty for breathing, especially in the condition of exertion is the main symptom of general asthma. It is often associated with other symptoms of related diseases e.g. heart problems, chronic bronchitis, pulmonary T.B. hepatomegaly, edema, excitement etc. This kind of asthma which having rest causes no problems and the attack of bronchospasm automatically disappears.

Difficulty for breathing with deep and loud wheezing, loss of sense, restless eyes, open mouth and anuria with constipation are the main symptoms of the malignant deep asthma concerned with the kidneys. The frequent attack of it causes death.

Difficulty for breathing with periodical collapse, heart pain, bloated stomach, perspiration, coma, burning sensation in the urinary bladder and red eye either of right side or left side are the main symptoms of malignant deep asthma concerned with the failure of the respiratory function. The frequent attack of it causes death.

Difficulty for breathing with suffocation, delusion, restlessness and difficulty for looking down are the main symptoms of malignant deep



asthma concerned with the failure of exhaling function. The frequent attack of it causes death.

Difficulty for breathing with common cold, wheezing, coughs, insomnia, dry mouth and headache are the main symptoms of allergic asthma with cold or winter. The attack of it is common at night. In this, case, the patient feels better with expectoration, hot drink, and sitting position and the symptoms gets worse if the patient has dry cough, uneasy sleeping position, effect of cool breeze or cold atmosphere. The worse symptoms are associated with the suffocation, perspiration on the forehead, difficulty to talk and extremely exhaustion. The case of allergic asthma concerned with cold or winter automatically gets better in summer. In this condition, if it is not treated in proper way, it can be chronic causing problems in every winter or cold atmosphere. It is very important to pay attention that the chronic allergic asthma if is related with hereditary background, does not follow the rule of winter. It can be appeared in any condition of common cold, flue or congestion etc. It is especially true for children or teenage patient.

Difficulty for breathing with fever, dry chest, or inflammation, wheezing, common cold, insomnia and dry coughs are the main symptoms of allergic asthma related with hot season or summer. The attack of it is common during the period of night. In this case the patient feels better with expectoration; sitting position and cold drink or cold atmosphere and the symptoms get worse with the sleeping position and the warm atmosphere of the room. The worse symptoms are associated with suffocation, perspiration, difficulty for talking and extremely exhaustion. It is well investigated that the patient of allergic asthma concerned with hot season or summer gets better automatically in winter. In this condition, if it is not treated in proper way, it can be chronic causing problem in every summer with unseen symptoms of neurasthenia e.g. the reversed function of the urinary system, alimentary system or respiratory system. Anuria, painful urination and dark urine are the significance of neurasthenia of the alimentary system. Recurrent attack of common cold, thirst and hot sensation are the main significance of neurasthenia of respiratory system. Neurasthenia whatever may be the condition of it, in general, causes mental depression irritation and uneasiness. In this sense, it

is very important to pay attention for proper diagnosis that the patient of allergic asthma related especially with hot season loses patience.

## **2.4. PREVENTION OF ASTHMA**

Not to have direct or indirect contact with the person, who has common cold, flu or congestion, is very important to the patient of asthma.

The patient of asthma has to be very careful to avoid the effect of hot and cold condition; heat on the brain; sleeping during the day; effect of damp; swimming; cold bath; rain wet; windy or cold atmosphere; cold drink or foods; fruit juice; yogurt; milk products; vinegar; overripe fruits; water of well, pond or river; fish; salad, greasy food; pork; beef; etc. These foods and behaviors cause exudation and congestion. The patient of allergic asthma related with cold, especially has to be very careful in winter with the foods and behaviors which cause congestion. And the patient of allergic asthma related with heat, especially, has to be very careful in summer hot season with the foods and behaviors, which cause congestion.

Withholding the urges of stool, urine, gas etc. is very harmful to the patient of asthma because it causes reversed problem of the nerves. It is especially true for chronic allergic asthma with neurasthenia.

The sleeping room should be well ventilated, warm in winter and cold in summer. Sleeping naked is strictly prohibited. The habits of sleeping with open mouth inhaling and exhaling is very bad. If there is blockage in the nose whatever may be the cause of it, should be treated as soon as possible for proper breathing with the nose. The wind inhaled through the mouth gets cold and causes congestion and the wind inhaled through the nose is not like that.

Running; jogging; heavy labor; climbing etc. cause breathlessness. In this condition the patient of asthma can have congestion with cold wind inhaled through the mouth.

Use of bicycle or motorbike is strictly prohibited. Smoking; effect of smoke pollution; dust etc. inhaled especially through the mouth

attaches to the bronchial mucous membrane. As a natural function of the chest any foreign thing attached to the bronchial mucous membrane cause exudation and blockage which is very bad to the patient of asthma.

Overindulgence in sex, especially with kissing mood is very bad for the patient of asthma. It causes the problems of declining of the chest and congestion.

The physical and mental stamina has to be maintained with proper digestion, general tonic and nutritive foods. In this condition, especially the problem of low blood pressure which causes low blood circulation, has to be solved as soon as possible with the proper treatment.

Some diseases, which are related with asthma e.g. heart problems, obesity, edema, and enlargement of the liver and spleen etc. have to be treated in proper way.

Strong analgesic and antipyretic drugs are prohibited to use in big dose. They cause congestion.

## **2.5. TREATMENT OF ASTHMA**

The general treatment of asthma is based on the combination of drugs, which open the blockage of respiratory system and subdue the attack of spasm. The drug which opens the blockage depends upon the condition e.g. drug for swelling; drug for inflammation; drug for congestion; drug for mucous exudation. And, the drug, which subdues the spasm, contains some specific antiasthma medicine. Swasakasantaka, a compound of *Adhatoda vasica* with other ingredients, is one of the best remedies against asthma to counter the problems of blockage and spasm. It is prescribed with warm water or honey for three to four weeks for immediate relief.

While treating the problems of general asthma, if it is symptomatic, the related disease also has to be treated side by side with regular drugs. It is very important.

The general treatment of allergic asthma, which has different natures related with hot and cold condition should be based on the specific combination of drugs, which open the bronchial blockage; subdue the attack of spasm; strengthen the functions of the pulmonary nervous system and artery system; correct the unseen problems neurasthenia.

To open the blockage whatever may be the condition of it, Mrityunjaya, a compound of Aconitum palmatum with other ingredients, is one of the best remedies. In general, this medicine is very effective to subdue the problems of congestion and inflammation of allergic asthma either related with heat or cold. Lavangasava, a fermented drug of clove with other herbs, is very important to prescribe with Mrityunjaya.

To subdue the attack of spasm, Chaturdasanga, a compound of carminative ingredients with anti asthma drugs is one of the best remedies. The drastic spasm of allergic asthma related with cold has to be controlled with Chaturdasanga along with Nimbadi, a compound of Azadirachta indica and other herbs. And the drastic spasm of allergic asthma related with heat has to be controlled with Surasadiyoga, a compound of Ocimum sanctum with other herbs. These drugs, which open the blockage and subdue the attack of spasm, have to be prescribed for three to six months.

The drugs, which strengthen the functions of the nervous system and artery system, contain some tonics. Chyavanaprasha, a paste compound of Emblica officinalis with other herbs or Kushmandabaleha, a paste compound of Benincasa hispida with other herbs or Sarachandrody, a compound of iron is one of the best tonics. It has to be prescribed 3-6 months during the period of winter for chronic allergic asthma related with heat and during the period of summer for chronic allergic asthma related with cold.

The drugs, which correct the unseen problems of neurasthenia include laxatives, diuretic and expectorate ingredients along with nerve tonic. Narachachurnam, a compound of Operculina turpenthum with other ingredients, is one of the best remedies for neurasthenia. It

is prescribed 2-3 months during the period of attack of chronic allergic asthma either related with heat or cold.

It is well investigated that the chronic case of allergic is very difficult to cure. Is it especially true to some one who has hereditary problem of asthma. In this condition, some one needs two round treatment based on the attack of different seasons e.g. the treatment of allergic asthma has to be repeated in next year too during the period of seasonal attack.

Deep asthma is not curable; however it can be well maintained for time being with the regular treatment of asthma.

## **2.6. PROHIBITED FOODS AND BEHAVIORS FOR ASTHMA**

Cold drinks; ice cream; milk products; especially yogurt; fruit juice; salad; mushroom; watery vegetables e.g. pumpkin, squash etc; vinegar; greasy food preparations; pork, beef and fish; water of well, pond or river; nuts e.g. peanut, walnut, cashew nut, coconut etc.; sleeping during the day; swimming; cold bath; effect of damp, hot and cold condition; rain wet; heat on the brain (sun bath) windy or cold atmosphere; running; jogging; heavy exercise or labor; withholding the natural urges of urine, stool and gas; smoking, effect of smoke; pollution and dust; sleeping naked; over indulgence in sex etc. are prohibited during the treatment of asthma.

# Chapter 3

## 3. THE AYURVEDIC CONCEPT OF BREAST CANCER

### 3.1. INTRODUCTION

The physical construction of the breast is composed of numerous duct systems, especially connected with the mammary glands. The cellular substance of the mucous membrane or epithelium is very active in the breast. Rohini is the Sanskrit synonym of epithelium, which is considered as the original birth place of the neoplasm or cancer. Ayurveda points out that any physical condition of injury of the epithelial tissue results in abnormal branches of blood vessels. These blood vessels, in general, start to dry up not causing any big problems. But in some condition of pathogenic defects of the muscular tissues and the blood, these abnormal blood vessels can be active again causing constant impulses in the scar of the injured epithelial tissues. The constant impulses of the abnormal blood vessels, in fact, result in abnormal growth or neoplasm in the epithelial tissues of the affected organ. This is the general theory of Ayurveda concerning why and how develops the abnormal growth.

The cause of pathogenic defects of the muscular tissues and the blood is the accumulated and decomposed bodily fluid, which is exudated in the abnormal process. This kind of decomposed bodily fluid, if is circulated and accumulated in the abnormal branches of the blood vessels; the affected scar of the epithelium starts to have abnormal growth with different benign and malignant natures. The abnormal growth, smaller in the nature of growing is identified as a “Granthi” and the abnormal growth; bigger in nature of growing is called “Arbuda”. The tissues of the abnormal growth are composed of neutral cells, which are called “Napunsaka”, the Ayurvedic word for the cells of abnormal growth or neoplasm. These kinds of cells grow as a parasite; however, they have no natural functions concerned with the organ where they are growing.

The abnormal growth or neoplasm is classified into two groups: basic group and individual group. The neoplasm of basic group and individual group has many forms. Concerning to the cancer or neoplasm of the breasts, some common cases of basic group or individual group are called “Vataja-Granthi or Arbuda, Pittaja-Granthi or Arbuda, Kaphaja-Granthi or Arbuda, Medoja-Granthi or Arbuda, Mamsaja-Granthi or Arbuda, Siraja-Granthi, Branaja-Granthi and Visarpa-Granthi”.

The minor neoplasm in the form of bluish cyst like form is called “Vataja-Granthi”. Same kind of neoplasm bigger in size and shape is called “Vataja-Arbuda”. This is a benign neoplasm of basic group, which develops the neuralgic symptoms.

The minor neoplasm in this form of yellowish or reddish tumor like growth is called “Pittaja-Granthi”. Same kind of neoplasm bigger in size and shape is called “Pittaja-Arbuda”. This is a benign neoplasm of basic group, which develops the inflammatory symptoms.

The minor neoplasm in the form of hard tumor is called “Kaphaja-Granthi”. Same kind of neoplasm bigger in size and shape is called “Kaphaja-Arbuda”. This is a benign neoplasm of basic group, which develops the symptoms of swelling.

The minor neoplasm in the form of lipoma is called “Medoja-Granthi”. Same kind of neoplasm in bigger size and shape is called “Medoja-Arbuda”. This is a benign neoplasm of basic, which develops the symptoms of pathogenic defects of fat.

The minor neoplasm in the form of myoma is called “Mamsaja-Granthi”. Same kind of neoplasm bigger in size and shape is called “Mamsaja-Arbuda”. This is a benign neoplasm of basic group, which develops the symptoms of pathogenic defect of muscular tissues.

The minor neoplasm in the form of Angioma is called “Siraja-Granthi”. This is a malignant neoplasm of basic group, which develops the symptoms of pathogenic defect of blood.

The minor neoplasm developed within the ulcer is called “Branaja-Granthi”. This is a malignant neoplasm of individual group, which develops the symptoms of complicative ulcer.

The neoplasm in the form of chain like glandular adenoma is called “Visarpa-Granthi”. This is a malignant neoplasm of individual group, which develops the inflammatory symptoms with metastatic condition.

The neoplasm of the breast whatever may be the character of it, finally causes ulceration and discharge of blood or serum etc. In this condition harmful metastatic problems can be developed. The neoplasm bigger in size and shape is more difficult to cure in compare to the case of neoplasm smaller in size and shape, however, this rule does not follow in the case of individual neoplasm.

The neoplasm of basic group can be developed to any organ or body tissues. It has no any particular location. The neoplasm of individual group appears only to the particular organs.

Ayurveda clearly points out that the neoplasm classified as Vataja, Pittaja or Kaphaja is considered as a benign abnormal growth and the neoplasm classified as Sannipataja is considered as a malignant abnormal growth. They have certain characteristic symptoms, which are very important to pay attention for proper diagnosis and treatment.

The general treatment of breast cancer is based on the principle of swelling treatment; external and internal drugs for dissolving the abnormal growth; practice of manipulation; drugs for cleaning the blood and muscular tissues; drugs to restore the balance of the particular bodily system; drugs to maintain the stamina; and surgery.

The drug based on the principle of swelling treatment contains plaster; poultice; hot compress; laxative etc. which helps to subdue the abnormal growth developed in the nature of swelling.

The drug for dissolving the abnormal growth contains some alkaline plaster for external use and some body weight controlling medicine for internal use.



The practice of manipulation includes pressing and deep massage.

The drug for cleaning the blood and muscular tissues contains some acid neutralizing, laxative and diuretic ingredients.

The drug for restoring the balance of the particular bodily systems depends upon the condition of neoplasm e.g. drug for neuralgic condition; drug for inflammatory condition; drug for blockage caused by swelling etc.

The drug to maintain the stamina contains some general tonic.

And the surgery can be done in any condition of cancer or neoplasm.

### **3.2. CAUSES OF BREAST CANCER**

The fundamental cause of breast cancer either benign or malignant is the injury of the epithelium. The physical or traumatic injury of the epithelium results in abnormal branches of blood vessels; in the process of healing of the injury they dry up not even causing any big problem. But, in some condition of pathogenic defect of the muscular tissues and the blood, these abnormal vessels can be active again causing constant impulses in the scar of the injured epithelial tissues.

The constant impulses of the abnormal blood vessel's extremities, in fact, result in abnormal growth or neoplasm in the epithelial tissues of the affected organ. It is well investigated that the epithelium has peculiar nature of growing if there is constant impulses. Therefore, the Sanskrit word, Rohini, which is the synonym of epithelium, means the cellular substances of the mucous membrane with growing nature. In the physical construction of the breasts, these kind of cellular substances are very active in female. This is the reason why the breast cancer is common to the woman.

The cause of pathogenic defect of the muscular tissues and the blood is the accumulated and decomposed bodily fluid, which is exudated in the abnormal process. The decomposed bodily fluid, which is sour in general, if is circulated and accumulated in the abnormal branches of

the blood vessels, the affected scar of the epithelium gets more nutrition to have abnormal growth.

Excessive or daily indulgence in meat or fish; yogurt (curd); cream; butter; sour fruits or foods; salt; contradictory foods e.g. milk to be taken together with fish or acid fruits; overeating; sleeping during the day, especially after meat etc. cause exudation and result in pathogenic defect of muscular tissues.

Excessive or daily indulgence in sour foods and fruits; salt; alkali; alcoholic beverages; soybean products; sesame seed products; leafy green vegetables; over ripped fruits; rotten or stale foods; greasy food preparations; liquid diet; yogurt; hot tea or coffee; hot spicy foods; roasted or burnt foods; anger; effect of heat etc. cause pathogenic defect of blood. These foods and behaviors are considered as acid producing and heat producing agents, which are very bad for the constituents of blood.

The contamination of the rat's urine mixed with its semen, which is poisonous, can be the specific cause of minor neoplasm of the breast.

The excessive or daily use of sugar or anything, which is sweet in taste without other counteractive things e.g. bitter, pungent, or astringent things, can be the specific cause of major neoplasm of the breast.

The patient of gout not having proper treatment can develop a major neoplasm of the breast.

The excessive or daily use of meat or fish can be the specific cause of myoma of the breast.

The tendency of gaining weight can be the specific cause of lipoma of the breast.

The constant effect of hot and cold e.g. swimming or cold bath right after sun bath or vigorous exercise or labor; air-conditioned house etc. can be the specific cause of angioma of the breast.

The wet condition; improper bandage and wrong diet can be the specific cause of neoplasm developed within ulcer or wound of the breast.

The problem of excessive volume of blood in the circulation, especially localized in the physical structure of the breasts e.g. it is common during the period of menstruation, can be the specific cause of malignant chain like abnormal growth of the breast.

The breast by nature is a delicate organ. There are many conditions, which can be the cause of injury of the breast epithelium. Squeezing in love affair; tight dress on the breast; constant vibration of the breasts as caused by certain type of vehicles or strenuous exercise; avoidance of breast feeding right after child birth or during the period of breast feeding while the mammary glands are very active; baby bite (it is common when there is no enough milk secretion); blockage caused by thickness of milk or any abnormal condition of the intercostals veins; problem of the breast abscess; irregular menstruation; depression, mental anxiety or any other condition which cause declining of the breasts etc. are the main causes of injury of the breast's epithelium.

Breast cancer whatever may be the condition and character of it, is common to the age of adult when the mammary glands are active.

### **3.3. SYMPTOMS OF BREAST CANCER**

The abnormal minor cyst like growth of Vataja-Granthi is bluish in color; the affected area is soft and distended like a bladder. It stretches out at the beginning, and then starts to have retraction with neuralgic pain, spasm and pressure. Finally it causes ulceration and bleeding. The discharge of the light blood is the characteristic of it. In this case, the nervous system of the breast is found more aggravated.

The abnormal major cyst like growth of Vataja-Arbuda has the same symptom of Vataja-Granthi, however, the abnormal growth of it is bigger in size and shape.

The abnormal minor tumor like growth of Pittaja-Granthi is light red and yellow in color and in sensation just like burnt in fire. The cause of it is inflammation of the abnormal growth, which results in retraction and ulceration very quickly. The discharge of hot blood from the ulceration is the characteristic of it. In this case, the vein system of the breast is found more aggravated.

The abnormal major tumor like growth of Pittaja-Arbuda has the same symptoms of Pittaja-Granthi; however, the growth of it is bigger in size and shape.

The abnormal minor tumor of the Kaphaja-Granthi does not change the color in the affected area. It is very hard just like a stone, cold in touch and not so painful. It grows very slowly with itching sensation. Finally, it causes ulceration. The thick and white pus like discharge is the significance of it. In this case the artery system of the breast is found more aggravated.

The abnormal major tumor of Kaphaja-Arbuda has the same symptoms of Kaphaja-Granthi; however, the growth of it is bigger in size and shape.

The abnormal minor growth of Medoja-Granthi (Lipoma) is greasy in affected area, very much itching and less painful. It grows very quickly if the patient gains weight and decreases in size and shape if the patient loses weight. Finally, it causes ulceration with fatty liquid discharge, which looks like ghee or oil cake. In this case, the fatty tissues of the breast are found defected.

The abnormal major growth of Medoja-Arbuda (Lipoma) has the same symptoms of Medoja-Granthi; however, the abnormal growth is bigger in size and shape.

The abnormal major growth of Mamsaja-Arbuda (Myoma) develops at the beginning in the form of swelling. Then it localizes as a hard growth, which is immovable; greasy and non-infectional. The color of the affected skin does not change. In this case, the muscular tissues of the breast are found more defective.

The abnormal minor growth of Mamsaja-Granthi (Myoma) has the same symptoms of Mamsaja-Arbuda; however, the growth of it is smaller in size and shape.

The abnormal minor growth of Siraja-Granthi (Angioma) develops in round shape erected very quickly. It is bluish red in color, painful and movable, however, in advanced stage; it is not painful and movable. In this case, the structure of the veins of the breast is found defective.

The abnormal minor growth of Branaja-Granthi (Neoplasm developed within the ulcer or wound) manifests around the margin of ulcer or wound with the symptoms of itching, hot sensation and bleeding.

The abnormal chain like glandular growth of Visarpa-Granthi (Adenoma) is very painful, irregular in shape and size and red in color in the affected area. It has two different natures: one develops slowly and another is opposite of it i.e. grows very quickly. In the metastatic condition of it, fever, intoxication, loss of appetite, lung's cancer, decaying of the affected organ, sleepy all the times, coma, coughs, diarrhea etc. can be appeared as complicative symptoms.

The breast cancer either benign or malignant if is ulcerated can develop some symptoms of metastatic condition e.g. fever, lung's cancer, loss of appetite, indigestion, intoxication etc. The metastatic condition of neoplasm is considered to be very difficult to cure or even not to be curable; however, it can be well maintained for time being. The metastatic condition of neoplasm is called "Adhyarbuda" or "Dwirarbuda". In this condition, the neoplasm develops from one organ to the other or the neoplasm develops another abnormal growth on the same neoplasm or at the same time, two different abnormal growths can be appeared unanimously or one by another.

### **3.4. PREVENTION OF BREAST CANCER**

Right after the birth of a child whether male or female, the breasts of a healthy baby are naturally full of milky liquid. This milky liquid must be taken out daily for a period of one month. The best practice is to squeeze it gentle once or twice a day. The cleaned breasts, especially for a woman at the age of puberty, will function in proper

way and will not have any problems of blockage which is very good for the health of the breasts.

At the time of monthly period or menses, the breasts are generally affected by menstrual sensation, which causes it to expand with slight pain. The breasts must return to its original position or normal condition automatically at the end of menses. In this natural process, if there breasts remain expanded with pain; this indicates that there is some kind of abnormal condition of blockage in the blood vessels. For the health of the breasts this condition must be corrected as soon as possible, using hot compress or hot fomentation to clean the duct system. A hot water bottle or hot roasted salt wrapped in thick cloth is prescribed for hot compress; a steam bath or bathing in hot water is beneficial means of fomentation. During the period of such treatment, sleeping during the day or napping, awakening in the middle of the night and squeezing the breast are strictly prohibited.

Breast-feeding plays a very important role to clean the breasts. If a woman avoids breast-feeding, it can cause blockage in the duct system of the mammary glands, which is very bad for the health of the breasts.

To have proper breast-feeding, right after child birth, mother must make a simple test of the purity of her milk. Pure milk dropped in water will dissolve completely. If it does not dissolve, that indicates impurity of the milk, which may create blockage and infection. In this condition, some bitter drugs are beneficial to purify the milk.

Breast feeding, in general, should be stopped when the child starts to have the teeth. If the child unable to suck the milk of the breast, the accumulated milk must be manually squeezed out from time to time, for few days.

The natural functions of the uterus and the breasts are interrelated; a regular menses affect the breasts to have healthy function. The problem of menorrhagia or amenorrhea can cause the defective function of the breasts. Therefore, the problems of the uterus have to be treated in proper way as soon as possible.

The genital organs and the breasts have a mutual relationship, which become clearer in the age of puberty. They develop side by side resulting in sexual maturity. With respect to this interrelationship, proper sexual activity is very important in keeping breasts healthy. Overindulgence in sex causes the declining condition of the breasts and malfunction.

Excessive or daily use of meat; fish; greasy foods including milk products; sugar or sugarcane products; tight dress; sleeping during the day or napping; condition of hot and cold; squeezing of the breast in the love affair etc. are very bad for the health of the breast.

The excessive blood volume, which is common to the woman in the condition of overeating or obesity, has to be controlled with proper diet and blood letting practices.

The breast should be protected from any kind of injurious conditions of impact or blow etc.

### **3.5. TREATMENT OF BREAST CANCER**

The treatment of breast cancer is divided into two different drugs: drugs for general treatment and drugs for specific treatment. The general treatment is based on the drugs, which subdue the abnormal growth, clean the blood and muscular tissues, restore the balance of the bodily systems, maintain the stamina and heal the ulceration. Besides these applications of drugs, surgery can be recommended in any condition of the breast cancer. And the specific treatment depends upon the condition of the breast cancer e.g. drug for neuralgic condition, drug for hard tumor, drug for lipoma, drug for myoma, drug for angioma, drug for neoplasm developed within the ulcer or wound and drug for adenoma.

### **3.6. GENERAL TREATMENT OF BREAST CANCER**

The drugs, which subdue the abnormal growth developed in the nature of swelling, are beneficial, in general, to prescribe in the beginning stage of the breast cancer. Poultice made of meat cutlet steamed with grease and carminative spices; plaster made of

Stamonium datura and Shilajatu (Bitumen like rock secretion); hot compress or application of steam; mild laxative drug; blood letting practice etc. can be applied to subdue the swelling like abnormal growths.

The drugs, which dissolve the abnormal growth, have to be prescribed, in general, in any condition of the breast cancer. Shankhachurnadilepa, a compound of conch shell ash with other alkalis, is one of the best remedies to dissolve the abnormal growth. It is used to plaster on. Gugguluyoga, a compound of Balsamodendron mukul with other herbs or Kanchanara guggula, a compound of Bauhinia variegata with other herbs is one of the best remedies for internal use.

The drugs, which clean the blood and the muscular tissues, have to be prescribed, in general, in any condition of the breast cancer. Chandraprabha, a compound of camphor with Shilajatu (bitumen like rock secretion) and other herbs and minerals, is one of the best remedies to clean the blood and the muscular tissues. It is used for internal use.

The drugs, which restore the balance of the bodily systems depend upon the conditions of the breast cancer e.g. drugs to restore the balance of the nervous system in the case of the cyst like neoplasm, drugs to restore the balance of the vein system in the case of neoplasm with inflammation and hard tumor. The drugs, which restore the balance of the nervous system, contain some carminative, oily and heat producing ingredients or sweet; sour and salty things. The drugs, which restore the balance of the vein system, contain some sweet, bitter or astringent things, which counteract the heat. Also contents in this are some laxative or something, which counteract the heat. And the drugs, which restore the balance of the artery system, contain some bitter, pungent or astringent ingredients or heat producing ingredients.

The drugs, which maintain the stamina, are prescribed, in general, in any condition of the breast cancer. Raudrarasa, a compound of mercury with other herbs, is one of the best medicines to maintain the stamina.



The healing drugs depend upon the ulcerative condition of the breast cancer. Any neoplasm of the breast if is neglected, can have the problem of ulceration. In this condition as soon as possible the process of healing treatment should be applied, however, the ulcerative condition is not easy to cure without surgery.

Ayurveda emphasizes that any kind of neoplasm of the breast can be taken out with proper operation, however, it is very dangerous too. After an operation if any abnormal cells of the neoplasm remain, then like fire or poison, they can spread in metastatic condition, which is very harmful.

### **3.7. SPECIFIC TREATMENT OF BREAST CANCER**

The neoplasm of the breast in the form of cyst with neuralgic symptoms is treated with a plaster made of Himsradilepa, a compound of Nardostachys jatamansi with other herbs along with the general treatments.

The neoplasm of the breast in the form of tumor with inflammation is treated with a plaster made of Madhukadilepa, a compound of Madhuka indica with other herbs along with general treatments.

The neoplasm of the breast in the form of hard tumor is treated with a plaster made of Dantadilepa, a compound of Baliospermum montanum with other herbs along with the general treatments.

The neoplasm of the breast in the form of lipoma is treated with a plaster made of Haridradilepa, a compound of turmeric with other herbs along with the general treatments.

The neoplasm of the breast in the form of myoma is treated with the same principle of hard tumor; however, it is difficult to cure with medical applications.

The neoplasm of the breast in the form of angioma is treated with oil preparation made of Shahachara (*Borlaria prionitis*) for internal use along with general treatments, however it is effective only in the beginning stage.

The neoplasm of the breast developed within ulcer or wound is treated with Gunjadi tailam, an oil preparation made of *Abrus precatorius* and other herbs along with the general treatments.

The neoplasm of the breast in the form of adenoma is treated with the combined principle of treatments of the hard tumor and cyst like neoplasm. However it is not effective in the advanced stage. A plaster made of Panchabalka, a compound of *Ficus religiosa* with other astringent herbs, is one of the best remedies, which is effective only in the beginning stage. Dashamula tailam, an oil preparation made of *Aegle marmelos* with other ten herbs, is one of the best remedies to relieve the severe pain.

**NOTE:**

The general treatments and the specific treatments against the breast cancer should be continued for 6 months to one year. That depends upon the condition of the neoplasm.

### **3.8. PROHIBITED FOODS AND BEHAVIORS**

Meat; fish; yogurt; greasy food preparations; sugar or sugarcane products; sesame products; soybean products; peanut; vinegar; fried, roasted or burnt food preparations; sleeping during the day; indulgence in sex; withholding the natural urges of stool, urine, gas; over eating; anxiety etc.

# Chapter 4

## 4. THE AYURVEDIC CONCEPT OF DIABETES

### 4.1. INTRODUCTION

Oja is the Ayurvedic term for the blood sugar. It is greasy and has the nature of sweetness. The blood sugar, whenever is counteracted with the physical properties of astringent taste, loses its greasiness. Because, the drying effect of the astringent taste is counteractive to the grease. The greaseless blood sugar can not be assimilated for the nourishment of the bodily tissues and separated from the bodily fluid. In this condition, it dissolves easily in the bodily fluid and elevates the sweet urine. That, in fact, is the fundamental cause of diabetes. The greaseless blood sugar is similar to the nature of honey, which has counteracting effect to grease. Therefore, Madhumeha, honey like sweet urine is the Ayurvedic name for diabetes.

There are three morbid conditions, which can counteract the grease of the blood sugar. The first condition is concerned with the nerve natured body type. Second is related with the morbid condition of the stimulated mucous membrane, fatty tissues and biliary duct system. And, the third condition is the result of chronic urinary diseases.

The nerve natured body type (Vata Prakriti) is the result of over activity of the nervous system. Any person having nerve natured body type becomes skinny with clear veins and thin skin, restless, talkative, fearful, intellectually brilliant and unproportionate in the structure of the face. The main cause to have the nerve natured body type is, by birth, the weak function of the pancreas (Agnyasaya). The pancreas if does not function in proper way, foods eaten can not be digested in proper way. Undigested foods cause gas problems, which aggravates the function of the nervous system. The aggravated function of the nervous system, which, in general, causes dryness, has counteraction with the bodily grease. In this condition, the person who has nerve natured body type is liable to have the problem of diabetes.

It is especially true to some one who has hereditary background of chronic urinary diseases. The case of diabetes of the person who has the nerve natured body type is called “Dhatuksayaja Madhumeha”. It is common in the young age and it is considered not to be cured, however can be controlled with proper treatment and diet.

Someone, who is fat and has strong digestive power, gets the pancreas overactive. The overactive pancreas stimulates the liver to have the over flow of bile. The abnormal flow of bile in the intestine promotes the power to digest the greasy foods and causes more fat. The person who is gaining weight or getting fatter becomes more voracious, because, he has strong digestive power. In this condition, the function of arteries also becomes more active and stimulates the mucous membrane. The stimulated mucous membrane secretes more viscous slime or mucous, which can be the cause of blockage in the duct systems. The duct systems being blocked, the nervous system can not function in proper way. In this condition the aggravated function of the nervous system, which causes dryness can counteract the grease of the blood sugar. In another sense, the person who is fat and has strong digestive power can have the problem of diabetes. This type of diabetes is called “Abrita Madhumeha”. It is common to someone who has the nature or body of blood or mucous. The blood natured body type (Pitta Prakriti) can be identified with robust body, aggressive attitude, ego, attractive or dominating personality, careless behavior and selfish mentality. The mucous natured body type (Kapha Prakriti) can be recognized with fatty body, lazy or slow action, charming personality, compassion and careful behavior. The case of diabetes of the person who has the blood or mucous natured body type or combined of them is curable with proper treatment and diet.

The urinary diseases e.g. glycosuria, albuminuria, chyluria, hematuria, polyuria, phosphaturia etc. not being treated in proper way can be chronic. In this condition, the constant wastage of vital substances result in the aggravated function of the nervous system and counteracts the grease of the blood sugar, which finally leads to have the problem of diabetes. This kind of diabetes is called “Dhatuksayaja Madhumeha”, which is not curable, however can be maintained with proper treatment and diet.

Diabetes whatever may be the cause of it, can not manifest its real symptoms without aggravating causes. Sugar and sugar cane products; milk and curd; meat especially of cow, goat, buffalo and sheep; new rice (right after harvesting); sweet foods (anything which is sweet in taste); overeating; greed for eating; sleeping during the day; sedentary life; not to have exercise and bath, etc. are the aggravating causes of diabetes. Excessive or daily use of these foods and behaviors are found to be the main factors to have the counteracting situation of the blood sugar. It is especially true to someone who has no idea of combination of diet and indulges in the food what he likes. In general, the regular diet must be combined with ingredients, which are sweet, sour, salty, bitter, pungent and astringent in taste.

Ayurveda indicated that the kidneys while filtering the dirty bodily fluid of urine should protect the bodily grease including the blood sugar. This is very important. But, the grease of the blood sugar, whenever is counteracted in the situation of the aggravated nervous system, becomes no greasier. In this morbid condition, the kidneys can not protect the blood sugar and causes urine with sugar. In regard to this condition, the patient of diabetes complains much urination, which is sweet astringent in taste, much thirsty, because the body has to keep the balance of water and loses weight very quickly, because, the bodily fluid, which is mixed with the blood sugar, is draining through urinary frequency and there is less nourishment for bodily tissues.

The general treatment of diabetes is divided into two categories: one for skinny person who has Dhatuksayaja Madhumeha and another for fatty person who has Abrita Madhumeha.

The first treatment contain the drugs, which restore the balance of the nervous system (Vata), increase the weight, promote the digestion, and reduce the abnormal blood sugar. The second treatment contains the drugs, which restore the balance of the artery system (Kapha), reduce the abnormal blood sugar, decrease the weight and promote digestion.

The theory of general treatment of diabetes is clear, but it is not simple; it is contradictory in some condition. Because, the drug, which reduces the abnormal blood sugar, aggravates the function of the

nervous system; the drug, which restores the balance of the nervous system increases the blood sugar; the drug, which increases the weight also increases the blood sugar; the drug, which decreases the weight aggravates the function of the nervous system. In this condition, the treatment of diabetes is always complicative and contradictory. With regard to these problems, Ayurveda has presented the middle path to follow the proper treatment of balance of the bodily system. Ayurveda has no idea of insulin.

## 4.2. CAUSES OF DIABETES

The fundamental cause of diabetes is the morbid condition, which counteracts the grease of the blood sugar. The greaseless blood sugar can be assimilated for the nourishment of the bodily tissues and increases in amount in the blood, bodily fluid. The main function of the kidneys is to filter the dirty bodily fluid or urine and to protect the greasy substance of the blood, which includes even the greasy blood sugar. The blood sugar when loses its grease mixes with bodily fluid, increases the amount of abnormal urine and escapes from the kidneys because it is not greasy.

The morbid condition of diabetic case, which counteracts the grease of the blood sugar, can be classified into the three stages. The first stage is directly concerned with the weak function of the pancreas. The second stage is identified with the blockage of pancreatic duct system. And, the third stage is concerned with the wastage of the bodily vital substances caused by chronic urinary diseases.

The person, who has nerve natured body type by birth, gets the weak, pancreas. The main cause of it is the over activity of the nervous system, which causes dryness and less fat formation. The pancreas as fatty organ when is counteracted with the over activity of the nervous system can not develop in proper way. In this condition, any food or behavior, which causes more problem of aggravated function of the nervous system, can be cause of diabetes (Dhatuksayaja Madhumeha). Excessive or daily indulgence in mental agony; traumatic problems; lack of nourishing foods; heavy labor; heavy work in the sun; withholding the urges of stool, urine or gas; awakening at night; problem of insomnia etc. aggravates the function

of the nervous system. The patient who is suffering from diabetes gets worse the problems, if the diet contains sugar or sugarcane products; rice; meat; milk products; potato; sweet fruits etc.

The person, who has blood natured body type or mucous natured body type or combined with them, by birth, gets fat, because his pancreas is well developed and become active to consume more foods. In this condition, any food or behavior, which causes more fat, can be the cause of diabetes (Abrita Madhumeha), if the pancreatic duct system is blocked with over fat formation. Excessive or daily indulgence is sweet, sour and salty foods; greasy foods; new rice (right after harvesting); newly made alcoholic beverage; overeating; greedy for food what he likes; over sleeping; sedentary life; not to have exercise and thinking job etc. can increase more weight.

The person who has the problems of chronic urinary diseases, wastage the vital substances e.g. blood sugar, albumin, minerals etc. because the kidneys can not protect them and drain these vital substances through the urinary frequency. In this condition, the nerves being aggravated finally causes diabetes (Dhatuksayaja Madhumeha) with the same character of the weak pancreas, which is common for the nerve natured body type.

### **4.3. SYMPTOMS OF DIABETES**

Matting condition of hair, sweetness of the mouth, numbness, and hot sensation in the hand and legs, dry mouth, thirst, laziness, dirtiness on the skin, white coating on the tongue, waxy ears, and bad smell of the body, drowsiness, abnormal urination and sweetness of urine can be the primitive symptoms of diabetes. These symptoms come and go not even being known as the significance of diabetes.

The patient of diabetes having primitive symptoms, during the interval of few days or weeks, complains much urination, which is sweet-astringent in taste and clear just like water, much thirsty (no satisfaction with constant drinking of water), because, the body has to keep the balance of water and loses weight very quickly because, the bodily fluid which is mixed with the greaseless blood sugar is draining through urinary frequency. In this condition, the patient feels

very weak and complains muscular cramp, dizziness, hot sensation and lack of energy even to walk and stand.

The symptoms of diabetes at the beginning are very drastic, and then the patient adjusts them gradually because there is less bodily fluid with the greaseless blood sugar. In this condition, if he is careful in diet, slowly he can maintain his problems to survive, otherwise, coma, heart problems and insomnia can be developed which are considered as complicative symptoms of diabetic case. Also the strong desire for food, which in general is one of the worst symptoms of diabetic patient, can cause many indigestion problems along with deadly symptoms of coma etc.

The diabetic patient of nerve natured body type, if is not treated in proper way and proper diet, finally can have failure of kidneys, tremor, pulmonary tuberculosis and heart problems.

The diabetic patient of blood natured or mucous natured body type, if is not treated in proper way and proper diet, can have many problems of boils and pimples, hyperacidity, coma, urinary infection and common cold.

#### **4.4. PREVENTION OF DIABETES**

The person who has nerve natured body type, if in his family history has the problem of chronic urinary diseases, has to be careful. He should try to gain weight, maintain the digestive power, follow the regular time for meals, avoid awakening at night, be away from mental distraction, do regular exercise, and keep the body neat and clean. Too much thinking; involving in love affairs; indulgence in sex; withholding the natural urges of stool, urine and gas; fasting; greed for food; wastage of time (not to do some creative work); sleeping naked; restless mind; improper use of laxative drugs, enema and emetic drugs; blood donation; heavy labor; unsuitable job; not to be successful in attempt etc. are the aggravating conditions for the nerve natured person, which has to control with rational understanding to keep the balance of the nervous function.



The person who is fat and has robust body must try to lose weight with proper diet. He should not indulge in meat; sweet, sour and salty foods; greasy foods; heavy meal; overeating; newly made alcoholic beverage; new rice (right after harvesting); sleeping during the day; sedentary life; sugar and sugarcane products; milk, butter and yogurt etc. Regular exercise, especially walking; swimming; thinking work especially intellectual works; blood donation especially in the fall (spring); try to sleep less; moderate food combined with butter; pungent and astringent spices; honey with cold water to drink in the empty stomach (in the morning right after bed); fasting (once a week); regular sex (only for married person); to pay attention to the problems of poor people; not to be selfish etc are very important to counteract the abnormal fat formation. One who is careful in these foods and behaviors has less chance to have diabetes.

The person who is suffering from any urinary disease should not neglect for proper treatment in time. Ayurveda clears that those urinary diseases, which especially excrete some vital substances of the body e.g. albumin, phosphate, chyle, blood sugar (without diabetic problem), protein, calcium etc. should be treated as soon as possible with regular drugs and proper diet, which depends upon the condition of them.

Regular test of urine must be carried on time to time.

#### **4.5. TREATMENT OF DIABETES**

The general treatment of diabetes is divided into two categories. The first treatment contains the drugs, which restore the balance of the nervous system, increase weight, promote digestion and reduce the abnormal blood sugar. This treatment has to be applied to the skinny person who is suffering from diabetes (Dhatuksayaja Madhumeha).

The drug, which restores the balance of the nerve, in general, contains the sweet, sour and salty things, which are contradictory in the treatment of diabetes because, these ingredients increase the blood sugar. In regard to these facts, while treating to restore the balance of the nervous system, some drugs which have dilatory effect to increase heat and oily components to maintain the bodily heat,

have to be prescribed in the treatment of diabetes. Narayana tail, the oil preparation made from asparagus with some other herbs, is one of the best oil preparations. It is prescribed for internal use and cooking foods. It is well investigated that the bodily heat being preserved, the function of the nervous system can not be aggravated. During the treatment of diabetes, the oily drug should be prescribed only in the condition when the diabetic person develops the adjusting power to face the problems of high blood sugar. At the beginning, when all the drastic symptoms of diabetes are getting worse, oily drug should not be prescribed.

The drug, which increases the weight, also, is sweet, sour and salty. In the case of diabetes to increase weight something, which is sweet, sour and salty, should not be prescribed because they are contradictory to the drugs, which reduce the blood sugar. In this condition, while treating to gain weight, some drugs, which are bitter in taste, but increase weight, have to be prescribed. Ashwagandha (*Convolvulus arvensis*) is one of the drugs to gain weight in the treatment of diabetes. Some meat from the wild animals and birds also has medicinal value to gain weight in the treatment of diabetes. It is very important to pay attention that any drug or diet, which increases weight, should not be prescribed at the beginning stage of diabetes. It is advised to prescribe only in the condition when the diabetic patient develops the adjusting power to face the problems of high blood sugar.

The digestive drug, which contains purified sulphur, black pepper, dry ginger, long pepper etc. is very important in the treatment of diabetes. This kind of drug, in general, stimulates the functions of the pancreas and promotes the power to digest the blood sugar. It is prescribed to take during the meal. Trikatu Rasayana is one of the best digestive drugs, which has to be prescribed from the beginning stage of diabetes.

The drug, which reduces the blood sugar, contains Vanga Bhasma (Tin oxide), Yashada Bhasma (Zinc oxide) Naga Bhasma and some other herbs, which has counteraction with the function of the mucous membrane and the effect of hyperglycemia. This Tribangayoga is one of the best remedies to reduce the blood sugar. It is prescribed from the beginning stage of diabetes along with the digestive drugs.

Diabetes whatever may be the cause of it or character of it, the medicine to reduce the blood sugar and the digestive drug has to be prescribed side by side until the urine is free from sugar. In this condition, the patient of diabetes feels better; there is no more frequency and thirst; the condition of emaciation gradually disappears and gains weight. It is very important to pay attention the blood sugar being reduced and the urine free from sugar, the case of diabetes should not be considered as cured. In this condition if someone is careless in diet, the problems can appear again. Therefore, the diabetic case especially of the nerve natured person is considered not to be cured.

In regard to this problem, it is well investigated that diabetes can be cured only in the condition, one who walks two-three hours a day and takes Shilajatu (a bitumen like rock secretion) for years with the proper diet along with symptomatic treatments against contradictory effect of diabetes (Abrita Madhumeha).

The second treatment which is applied to the person, who is fat and has the mucous natured or blood natured body type, contains the drugs, which restore the balance of the artery system (Kapha), reduce the abnormal blood sugar, promote the digestive power and decrease the weight.

The drug, which restores the balance of the artery system, counteracts the effect of hyperglycemia and the stimulation of the mucous membrane. Chaturdasangayoga, a compound of Cinnamomum tamala and some other herbs is one of the best remedies to restore the balance of the artery system. It is prescribed together with the medicine to reduce the blood sugar (Tribangayoga) and the digestive drug (Trikatu Rasayana). The use of Tribangayoga and Trikatu Rasayana is mentioned in the first categories treatment of diabetes.

The medicine, which decreases the weight, is very important to open the blockage of the pancreatic duct system. Kalalauharaja (Iron oxide) or Shilajatu (Bitumen like rock secretion) with Premna integrifolia is one of the best remedies to loose weight.

**NOTE:**

It is well investigated that the Ayurvedic treatment is more effective to some one who is not under insulin and has self-control for diet.

**4.6. RECOMMENDED DIET FOR DIABETIC PATIENT**

The diabetic patient should know that there is no cure with any medicine without proper diet. The food arranged in proper way has medicinal value to control the problems of diabetes. In regard to this fact, Ayurveda presents some basic idea of foods.

Barley, millet, corn, wheat etc. which are less sweet and have less grease are the main grains for bread and some other food preparations; Mung bean, lentil, orange lentil, horse gram, kidney bean etc. (not sprouted) are good for bean soup and some other food preparations; eggs and bird meat, especially wild bird meat, which is easy to digest are good for soup and some other food preparations; green vegetables, especially bitter in taste e.g. asparagus, bitter cucumber, fenugreek, lettuce, celery, mustard, spinach, watercress etc. are beneficial; linseed oil and mustard oil are good oil; cinnamon bark, bay leaf, cardamom, cumin seeds, ginger, black pepper etc. good for spice; ghee, butter, milk, cheese and yogurt can be prescribed moderately only in the condition when the diabetic patient adjusts the problems of high sugar. (At the beginning stage, the milk products are strictly prohibited); fruits e.g. prescribed moderately only in the condition of adjusting the problems (At the beginning stage, fruits are strictly prohibited); water infused with the powder of turmeric or beetle nut and cutch has medicinal value to drink especially at the beginning stage; fatless meat and fish can be prescribed only in the condition when the patient adjusts the problems of diabetes and still is losing weight (at the beginning stage, meat e.g. mutton, beef, fish, and buffalo etc. are strictly prohibited.).

There must be three meals a day, but very small in amount arranged with grains, beans, meats, milk products, vegetables, fruits, oil and spices, which have to be changed time to time. Eating same food daily or in excessive amount is not good.

## **4.7. PROHIBITED FOODS AND BEHAVIORS**

Sugar and sugarcane products; rice, especially new rice right after harvesting; potato, yam, and some other vegetable tubers; greasy yogurt; newly made alcoholic beverages; overeating; greed for foods; irregular time for food; sleeping during the day; not to have exercise and body clean; sedentary life; melancholy etc. are strictly prohibited.

# Chapter 5

## 5. THE AYURVEDIC CONCEPT OF HAEMORRHOIDS

### 5.1. INTRODUCTION

Partly stagnant or motionless condition of the portal vein is the fundamental cause of haemorrhoid. Indigestion problems e.g. diarrhea, sprue, dysentery etc; constant use of cold water to clean the anus; injuries; gas problems; use of strong blood coagulating drugs to stop bleeding; use of strong astringent drugs to stop diarrhea; wrong delivery, abortion, miscarriage; problem of liver etc. result in slow motion of the portal vein. The blood of the portal vein, in the condition of the slow motion, can not circulate in the proper way and causes dilatation of the extremities of the portal vein attached around the anus. The dilated extremities of the portal vein, in chronic condition, develop varicosity, which in fact, is identified as a haemorrhoid or pile. This is the general theory Ayurveda.

For proper treatment and diagnosis of haemorrhoid, it is classified into six categories. Such as: dry haemorrhoid, inflamed haemorrhoid, none bleeding thick haemorrhoid, complicative haemorrhoid, congenital haemorrhoid and haemorrhoid with blood defects.

The dry haemorrhoid is considered as the result of the aggravated function of the nervous system. It is dry and light blue in color. Occasional bleeding with constipation is the characteristic symptom of it.

The inflamed haemorrhoid is considered as the result of aggravated function of the vein system. It is dark blue and red in color, soft and painful. Bleeding (not heavy) with dysentery is the characteristic symptom of it.

The none-bleeding thick haemorrhoid is concerned with the aggravated function of the artery system and mucous membrane. It is thick and big in size and the color of it is same as that of the skin.

Itching and lovely to touch it are the significance of it.

The complicative haemorrhoid is concerned with the aggravated function of the nervous system, the vein system and the artery system together. It can develop any symptom of dry haemorrhoid, inflamed haemorrhoid and none bleeding haemorrhoid.

The congenital haemorrhoid is concerned with parents or other ancestor's genetical problems. It develops with characteristic symptoms of complicative haemorrhoid.

The haemorrhoid with blood defects is similar to the character of inflamed haemorrhoid. Red in color, heavy bleeding, painful and constipation are the significance of it.

Haemorrhoid, whatever may be the character of it, develops very slowly not being even known the prognosis of it. Bloating belly, gas problem, burping, heaviness of the stomach especially after meal, constipation, anemia, weakness and the enlargement of the liver and spleen etc, are the primitive symptoms of the haemorrhoid. These symptoms come and go that depend upon the digestive power. If there are indigestion problems, the symptoms of haemorrhoid become more clear with the external or internal haemorrhoidal lumps around the anus.

Ayurveda points out that the chronic stagnant condition of the portal vein can disturb any function of the bodily systems and results in the diseases of the heart, respiratory system, alimentary system, urinary system, liver, spleen, brain etc. which are indirectly connected with the neglected haemorrhoid.

The general theory of treatment of haemorrhoid depends upon the medicine to maintain the digestive power, medicine for clearing the bowel movement, medicine to restore the balance of the aggravated bodily systems and medicine for symptomatic treatment and medicine to avoid the varicose veins. Congenital haemorrhoid and complicative haemorrhoid are not curable, however can be maintained well with regular treatments, not to get worse their symptoms. Haemorrhoid in advanced stage is very difficult to cure.

## 5.2. CAUSES OF HAEMORRHOIDS

The fundamental cause of haemorrhoid is concerned with the poor function or motionless condition of the portal vein, which results in poor circulation and less heat in the alimentary system. In this condition, the blood of portal vein being accumulated, dilates the veins and causes varicosity affecting the extremities of the portal vein attached around the anus.

Diarrhea, chronic diarrhea (Sprue) or dysentery, if is not well treated, can be the cause of chronic indigestion problems and result in poor function of the portal vein. This is very common to someone who is careless in diet.

The misuse of strong astringent drugs, which stop the peristaltic movement of the intestine cause stagnant condition of the portal vein. This is very common to someone who prefers symptomatic treatment of diarrhea to stop.

The misuse of strong astringent drugs or blood coagulating drugs, which are used to stop bleeding cause motionless condition of the portal vein. This is very common to those who prefer symptomatic treatment to stop bleeding.

Daily use of cold water to clean the anus after defecation can be a cause of varicosity of veins attached around the anus. That depends upon the effect of cold, which can destroy the elasticity of the veins. This results in deformations of the veins. This is very common in Asia where cold water is used to clean the anus.

The injuries of the anus causes by horse ride, bicycle, motorbike, misuse of enema, using stone to clean the anus after defecation etc. can aggravate the function of the nerves concerned with the anus and that result in varicosity in some condition of indigestion.

During the period of delivery or miscarriage or abortion the unusual labor pain dilates the portal veins. That in some condition of indigestion can be a cause of haemorrhoid, which is very common among woman.



The enlarged liver or spleen whatever may be the cause of it can create partly blockage to the circulation of the portal vein. In this condition, the portal vein being dilated causes haemorrhoid. This is very common to those who have hepatitis or some liver or spleen disease and is not well treated.

The cause of congenital haemorrhoid is the hereditary effect, which depends upon the indigestion problems of parents.

Constipation or gas problem, whatever may be the cause of it, reverses the function of the alimentary system and the portal vein, which in general, aggravate the symptoms of haemorrhoid.

The cause of inflamed haemorrhoid is the inflammatory diseases of the alimentary system e.g. dysentery, peritonitis, proctitis, colitis, abscess etc.

The cause of haemorrhoid with blood defect is concerned with the pathogenic defect of hematorrhea. In this condition, especially the blood of portal vein turns acid with high volume and causes pressure on it.

Excessive or daily use of alcoholic beverage; roasted, fried or burnt foods; rotten or stale foods; meat; greasy foods or food preparations etc. can be the aggravating causes of haemorrhoid.

Overindulgence in sex; sedentary life; bad habit of defecation spending long time in toilet; squatting position; withholding the natural urges of stool, urine or gas can also be the aggravating causes of haemorrhoid.

### **5.3. SYMPTOMS OF HAEMORRHOIDS**

Foods to be stocked in the stomach without digestion, bloated stomach, weakness, loss of weight, burping without reason, weakness of the thigh, constipation (sometime even diarrhea with gas), anemia and the problems of the liver and spleen are the primitive symptoms of haemorrhoid. These symptoms come and go,

not even being known as the prognosis of haemorrhoid, which develops very slowly to be seen as the haemorrhoidal lump around the anus either outside or inside.

Haemorrhoid with aggravated function of the nervous system (Vata) is dry, irregular in shape; light blue in color and painful. Occasional bleeding, constipation, tympanitis, back pain and gas problems are the characteristic symptoms of it. If it is not treated well and neglected, it can be the cause of many other problems such as palpitation, heart attack, tumor, abdominal colic, gastritis, headache, hot sensation of the head, ear pain or noise, error of vision, sneezing, cold, edema, neurasthenia, intestinal obstruction etc.

Haemorrhoid with the aggravated function of the vein system (Pitta) is dark blue and red in color, soft and burning painful. Inflammation, bleeding (not heavy) and dysentery are the characteristic symptoms of it. If it is not treated well, it can be the cause of many other problems such as: fever, edema, delusion, anorexia etc.

Haemorrhoid with the aggravated functions of the nervous system, vein system and artery system (Sannipata) is always complicative without any particular symptoms. It has no any definite shape and size, color and morbid conditions. Constipation, bleeding, inflammation, swelling, burning pain and itching are the main significance of it. It is not curable. However it is very rare.

Congenital haemorrhoid has the same character as the complicative haemorrhoid. Person suffering from congenital haemorrhoid can have many problems. Such as: very weak and skinny; bladder stone; anemia; constipation; weak digestion; blood in stool; often on fever; angry mood; disease of the respiratory system; headache; gas problems; gastritis; voice defects; laziness; edema etc.

Haemorrhoid with blood defect has the same characteristic symptoms as the inflamed haemorrhoid. All of sudden heavy bleeding is the main significance of it. It is red in color and very painful with burning sensation. It can lead to pernicious anemia and edema.

Haemorrhoid, whatever may be the character of it, at the beginning, is not easy to diagnose in the proper way because the symptoms of it

disappear for months and months. Especially in the condition of good digestion, the symptoms of haemorrhoid can not be identified at the beginning stage. In this condition, the patient of haemorrhoid always neglects this problem. Also, it is more difficult to diagnose if the haemorrhoidal lumps are developed inside the anus. In regard to this condition of complicative situation for proper diagnosis, it is very important to pay attention that the round shape of stool whether has the lines marked by pressure of haemorrhoidal lumps or not or the stool is coated with blood or not.

#### **5.4. PREVENTION OF HAEMORRHOIDS**

Indigestion problems whatever may be the cause of it should not be neglected for the proper treatment.

Diarrhea, especially caused by food defects, at the beginning, should not be stopped immediately with astringent drugs. It has to be controlled with digestive drugs and by fasting.

Bleeding condition whatever may be the cause of it, should not be stopped immediately with astringent drugs or blood coagulating drugs. It has to be watched at the beginning letting the dirty blood to flow. Then it has to be controlled with refrigerant drugs and rest.

Warm water or toilet paper should be used to clean the anus after defecation.

The use of enema should not harm the physical condition of the anus.

Horse ride, motorbike, bicycle etc. are strictly prohibited while some one has indigestion problems.

At the time of delivery, without strong labor pain, woman should not force to deliver. Washing work with squatting position is strictly prohibited during the period of pregnancy.

Disease of the liver or spleen e.g. hepatitis should be treated in the proper way.

Constipation or gas problems should not be neglected for treatment.

Exercise, regular time for meal and defecation are very important.

## 5.5. TREATMENT OF HAEMORRHOIDS

The general treatment of haemorrhoid contains the medicines, which are digestive, carminative, laxative, specific against varicosity, symptomatic and restorative.

The main purpose of the digestive medicine in the treatment of haemorrhoid is to activate the portal vein for proper function and not to have the stagnant condition of blood in it. The portal vein when functions in the proper way, haemorrhoid whatever may be the character of it, can not develop and aggravate the symptoms of it. It is well investigated. Therefore, the digestive medicines such as Yavani (*Trachyspermum ammi*), Pippala (*Piper longum*), Chitraka (*Plumbago zeylanica*) etc. play a major role in the treatment of haemorrhoid.

Some aromatic seeds of plants are used as a carminative drug to eliminate gas problems, which are very important in the treatment of haemorrhoid for proper function of the peristaltic movement and to stop the reversed function of the portal vein. Jirakam (Cumin seed), Ajamoda (*Carum roxburghianum*), Yavani (*Trachyspermum ammi*) etc. are well known carminative drugs.

Constipation is always a problem for a person who is suffering from haemorrhoid. The stool being loaded in the same place where there is the haemorrhoidal lumps are developed, causes much pressure and dilatation of the vessels. In this condition not to have pressure, laxative medicines must be prescribed. Lolimbaraja, a compound of Senna leaf with other plants is one of the best and harmless laxative medicines.

The specific drugs against varicosity have to be applied with external and internal processes. There are some plastering drugs for external use, which can dissolve the haemorrhoidal lumps or varicosity. Arkadilepa, a plastering drug made from the milk of *Calotropis gigantia* with some other corrosive drugs is one of the best drugs for

external use. While using this drug, the area of anus where there is no effect from the haemorrhoidal lumps, should be protected, otherwise very painful ulcer can be developed in the anus.

Greaseless whey, Surana (*Amorphophallus companulatum*), Patha (*Stephania hernandifolia*), etc. are the specific drugs against the haemorrhoidal lumps or varicosity. These drugs are prescribed for internal use only along with the other medicines of haemorrhoid.

Symptomatic treatment depends upon the condition of haemorrhoid e.g. periodical treatment of heavy bleeding, dysentery, inflammation, burning pain, swelling etc. Mustadi, the compound of *Cyperus rotundus*, *Holarrhena antidysenterica* and some other herbs is very effective for bleeding, dysentery and inflammation. Hot compress made from the decoction of carminative drugs is beneficial to relieve the pain and swelling.

The restorative drugs contain some ingredients, which restore the balance of the nervous system, the vein system and the artery system. Ayurveda points out that the restorative drugs must be applied in two ways: one way to counteract the none-bleeding or less bleeding haemorrhoid and other way is to counteract the bleeding haemorrhoid. The first one restorative drug contains bitter and carminative ingredients. Nimbadi, a compound of *Azadirachta indica*, is one the best remedies. The second one restorative drug contains refrigerant and blood cleaning ingredients. Indrayava, a compound of *Holarrhena antidysenterica* is one of the best medical preparations.

The general treatment of haemorrhoid including digestive, carminative, laxative, specific and restorative drugs must be prescribed for 3-6 months. That depends upon the condition of the patient. If it is not treated in the proper way with complete course, it can develop again. The congenital haemorrhoid and complicative haemorrhoid are not curable; however, they can be well maintained with regular treatments of haemorrhoid so as not to make worse their symptoms.

**NOTE:**

Ayurvedic surgeons are proud in their practices that haemorrhoid, at the beginning stage, can be cured with surgery. It is true; however,

the patient of haemorrhoid who has operation, after few years, complains again the problems of haemorrhoid.

## **5.6. PROHIBITED FOODS AND BEHAVIORS**

Excessive or daily indulgence in chili, hot spices, greasy food preparations, alcoholic beverages, heavy meals, meat, and sex, roasted, burnt or fried food; sedentary life; bad habit of defecation spending long time in toilet; squatting position; withholding the natural urges of stool, urine and gas etc. are strictly prohibited during the treatment of haemorrhoid.

# Chapter 6

## 6. THE AYURVEDIC CONCEPT OF HAY FEVER

### 6.1. INTRODUCTION

The mucous membrane of the respiratory system, while inhaling especially through the nose, absorbs the dust, pollen or gas polluted in air. Any foreign thing attached in the mucous membrane to be excreted, the stimulated slime plays a major role. It is very important for health. Someone who is allergic to particular dust or pollen can have drastic stimulation of slime. That, in fact, is the fundamental cause of hay fever (Osadhigandhaja Jwara).

Ayurveda considers that the person who has had toxic problems and has not completely neutralized or excreted from the body, can have the allergic problems. It is especially true when the mild poison induced in any way stays in the body and is inactivated with the effect of mucus. In regard to this fact, the poisonous dust or pollen, whenever being attached in the mucous membrane of the nose, stays there covered with mucus, can be the particular cause of hay fever with the same kind of poisonous dust or pollen. Because the poisonous dust or pollen covered with mucus becomes active with the contact of same kind of dust or pollen.

Constant sneezing, running nose, headache fever (not very high) are the main symptoms of hay fever. These symptoms are the result of the aggravated function of the related nervous system (Vata) and vein system (Pitta). The headache and sneezing are concerned with the aggravated function of the nervous system and the running nose and fever are concerned with the aggravated function of the vein, which is identified with inflammation or catarrh. This is the theory of Ayurveda.

Ayurveda presents two kinds of treatments for the cure of hay fever. One treatment is based on the drug, which restores the balance of the nervous system and the vein system and the other treatment

contains the drug, which counteracts the allergic problems. The first kind of treatment is prescribed only for few days to overtake the periodical attack of hay fever. And the second kind of treatment is prescribed for two to three months to neutralize and excrete completely the poisonous foreign thing from the body. In this condition, there is no more recurrent attack of hay fever and effect of particular dust or pollen.

## **6.2. CAUSES OF HAY FEVER**

Poisonous dust or pollen can be the cause of catarrh. It is nothing specific and need no treatment. It disappears within three or four days. But, the person who is allergic to particular dust or pollen can have drastic catarrh with the contact of them and it runs for days.

The cause of allergic problems is the mild poison whatever may be the kind of it. In general, the physical construction of the poison has antibiotic effect, which can destroy the biology structure. The mild poison induced in any way in the body is not so harmful, because the bodily mucus or slime, which is sweet and sticky, has protective nature to enclose it. The mild poison, which is enclosed within the mucus, can stay for years in the body not even being active. In this condition, some kind of poisonous dust or pollen polluted in air can aggravate the enclosed mild poison and results in hay fever, if the mild poison is enclosed in the mucous membrane of the nose. It is well investigated that the case of hay fever is common to those persons who have problems to inhale through the nose, especially during the period of sleeping.

## **6.3. SYMPTOMS OF HAY FEVER**

Constant sneezing, running nose, headache and fever are the main symptoms of hay fever. Someone who has weak heart also complains of vomiting. The symptoms of sneezing and headache are concerned with the aggravated function of the nervous system. Any symptom, which is related with the morbid condition of the nerve, gets worse in the morning and evening. The fever and running nose are concerned with the aggravated function of the vein system, which is



identified with catarrh. These symptoms, in general, get worse in the daytime.

The person who is allergic to pollen gets the annual recurrent attack of hay fever in the season of blossoming, spring.

The person who is allergic to animal hair, dust gets the annual recurrent attack of hay fever in the season of rain, monsoon.

The person who is allergic to grain dust gets the annual attack of hay fever in the season of autumn, harvesting.

The person who is allergic to clay dust gets the annual recurrent attack of hay fever in the dry and windy season. This is the general rule, however having allergic to different things there is no rule for attack.

The allergic problem, which is similar to the symptoms of common cold if, is not treated in proper way, can be a cause of bronchial-asthma, conjunctivitis, deafness sinusitis etc.

## **6.4. PREVENTION OF HAY FEVER**

The attack of hay fever can not be controlled unless allergic problem is subdued. For that, anti toxic drug has to be prescribed for 2-3 months. Alarasayana, a compound of Azadirachta indica is one of the best remedies.

Sun bath; not to sleep during the day; maintaining the digestive power; well ventilated room for sleeping; protect the head from heat; plenty of water to drink; exercise are the beneficial thing to raise the physical power against the allergic problems.

## **6.5. TREATMENT OF HAY FEVER**

Hay fever has to be treated in two ways: one treatment to restore the balance of the nervous and vein system and other treatment to subdue the allergic problems. The drug, which restores the balance,

is prescribed during the period of attack for one or two weeks. Mritunjayarasa, a specific compound of *Aconitum palmatum*, is one of the best remedies against catarrh. The medicine, which is against catarrh, is considered as the drug to keep the balance of the nasal vein system. Yavani yoga, a specific compound of omum seed, is one of the best remedies against the aggravated function of the nasal nervous system. It subdues the problems of constant sneezing and headache. During the period of attack, these two drugs have to be prescribed side by side along with the drug, which is against the allergic problems. The drug, which is against the allergic problems, contains the anti toxic ingredients. Alarasayana, a compound of *Azadirachta indica*, is one of the best remedies against the allergic problems. It is prescribed for 2-3 months without breaking. The anti-toxic drug, which is against the allergic problems works in two ways: in one way it works to counteract the physical condition of the mucous membrane and in another way it works to neutralize and eliminate the mild poison enclosed with in the mucus.

## **6.6. PROHIBITED FOODS AND BEHAVIORS**

Acid foods and fruits e.g. lemon, orange, mango, tomato, tamarind, apple, plum, peach, pineapple, yogurt (curd), vinegar, fermentated sour foods and drinks, etc; sleeping during the day; sleeping naked; walking in the morning and evening; swimming; hot and cold drinks; etc. are strictly prohibited.

# Chapter 7

## 7. THE AYURVEDIC CONCEPT OF HEPATITIS

### 7.1. INTRODUCTION

Hepatitis, a disease of liver, is still a complicate disease concerning the modern medical treatment point of view. But the eastern medical science of Ayurvedic has, no doubt, a very clear answer for this. Its approach, however, is not based on the modern theory of virus, but on the theory of imbalance in the body, as the general principle of the morbid anatomy, which becomes the cause of this disease. Ayurveda clearly points that the fundamental causes of hepatitis are anemic conditions and blood defects. Accordingly hepatitis is categorized into four types with particular symptoms. They are called:

1. PANDUKAMALA (Anemic non infectious jaundice or hepatitis)
2. AUPADRAVIKA KAMALA (infectious or contagious jaundice or hepatitis)
3. KUMBA KAMALA (ACUTE HEPATITIS)
4. HALIMAKA (CHRONIC HEPATITIS)

The modern concept of medical science is that Virus causes hepatitis. But in Ayurveda there is no such idea of Virus as a cause of hepatitis. However, a particular Dosha or defect or toxin that is a pathogenic agent of hepatitis is mentioned to diagnose and treat in proper way the different types or conditions of hepatitis.

Modern medical science counts different types of virus which causes hepatitis such as Hepatitis A, B, C, &E and so on in the future. Some of them have symptoms and some not. Like A& E with particular symptoms and they are contagious. This type of hepatitis is related with different conditions mentioned in Ayurvedic texts as they have particular symptoms. But virus B& C related hepatitis is not mentioned, as they have no clear symptoms. However these days more and more persons are suffering from hepatitis B&C. From the Ayurvedic point of view to treat hepatitis the idea of virus is not important. Because:-

The treatment is based upon the three pathogenic distinctions, the Tridoshaja theory. According to this health is the result of co-ordination of the three fundamental bodily ingredients or processes like Vata, Pitta, & Kapha. These universal terms are used and applied in variety of ways. In this context Vata refers primarily to indicate the regulatory functions controlled by nervous system, Pitta refers to the metabolic and waste removal functions that is venous system and Kapha refers to the nutrient absorption system that is artery or mucous system.

An organ is healthy if it receives adequate supply of nutrient through the arteries, an adequate supply of nerve force through the nerves and an adequate drainage of the metabolic waste products through the veins and lymphatic system. When some body is sick, Ayurvedic physicians (Vaidyas) look for the imbalances for Vata, Pitta, & Kapha Dosha. Dosha refers to the general group of toxins or pathogenic defect, which results respectively when there is an imbalance in any of the three primary energies or source.

The Ayurvedic treatment of hepatitis is based on the medical practice which restores the balance of the three Dosha Vata, Pitta, & Kapha. For this the treatment of hepatitis is based on the herbal medicines which restores these unbalanced Dosha by cleaning the bowel movement (laxative medicine), flush the kidneys (diuretics), nourish the blood and subdue the inflammation of the liver and bile duct. The use of such herbal medicines restores the balance of the hepatic nerves, veins and arteries.

## **7.2. PANDUKAMALA**

This type of hepatitis or jaundice is related with the anemia. It is originated from Pitta Dosha that is classified within the pathogenic defect active in the bile. In fact the word Pitta Dosha is a clue word for Ayurvedic physicians to understand the nature of the disease, for proper diagnosis and treatment and also for certain diet restrictions. Any disease related to Pitta Dosha in general causes inflammation, fever, hot sensation. Fatigue, dryness etc. the heat generating foods and behaviors aggravate the Pitta Dosha and the cooling foods and behaviors counteract the activity of this.

In an anemic condition, liver becomes overactive to filter the by-products of the dead & defected red blood cells. The liver being overactive becomes weak and the weak liver cannot function in proper way and cannot excrete bile through the biliary duct system. So the accumulated & poorly detoxified bile turns back in to the general blood circulation further weakening and over functioning the liver. Because in the process of circulation, the blood containing the abnormal amount of bile comes back to the liver again and again and this cause inflammation of the liver. The inflammation of the liver, in general, is identified with the symptoms of jaundice. This is Pandu kamala (Anemic hepatitis). It has been mentioned in Ayurveda that this type of hepatitis or jaundice is appeared without the blockage in the source of the gall bladder. In this condition, although the bile flowing process from the liver to the intestine is the same and constant as there are no blockage. Even then the symptom of jaundice is seen. In reality, the disease Pandu kamala with the symptoms of jaundice along with the yellowness of the stool and urine is the main feature of it. In Ayurvedic thinking the inflammation of the liver is the result of the metabolic overwork occurring in hepatic veins or toxicity causing the vein to become overactive or dilated or hot, which contains an abnormal amount of poor quality bile.

Pandu kamala has two stages, first with symptoms of anemia and later with symptoms of jaundice. This is not a contagious disease.

### **7.3. AUPADRAVIKA KAMALA**

In general hepatitis with light yellow or white stool is identified as Aupadravika kamala, which has different pathogenic agent active in the ingredients of the bile and mucus. The word Aupadrava or Upadrava is related to the blockage of the downward flow of bile in the biliary duct system. This is one way how the Ayurvedic term used to figure out the condition of hepatitis. Also the word Aupadrava or Upadrava indicates the contagious or epidemic stage of hepatitis, which is very important, to understand the presentation of Ayurveda. Usually the contagious condition is from the defiled stool, urine etc of the patients. In this aspect it seems that the cause of this type of hepatitis is caused by certain factor, which the modern science found

to be a kind of virus. (But in Ayurvedic way there is no idea of virus). That is to say the cause of contagious hepatitis is affiliated in the excretes like stool and urine etc.

Concerning the nature of the contagious of Aupadrava hepatitis when there is blockage due to any cause in the bile duct, the bile cannot flow properly in the intestine. Hence the bile accumulated in the liver instead of flowing downward to the intestine goes upward and mix in the blood. Therefore the body, eyes are yellow, urine becomes dark yellow, but the stool is light yellow or white in color. As the main cause after the stool color is due to the blockage in the source of the flow of bile.

There are many features of Aupadravika kamala. Swelling, inflammation of the liver is the main features. Although the inflammation of the liver is main feature of the jaundice, even then if there is swelling also, then appears Aupadravika kamala. The swelling of the liver is caused by the excessive dilatation and exudation of the hepatic arteries with increased water like fluids. The pathogenic condition of the exudation is called Kapha Dosha (mucus toxin).

The symptoms of contagious hepatitis to some extent is similar to the anemic hepatitis however, the pathogenic agent or Dosha being different it can divide into two different conditions. That is symptoms related to Kapha Dosha, swelling and symptoms related to Pitta Dosha, inflammation of liver. Besides swelling of the liver symptoms like nausea, vomiting, loss of appetite, bloated stomach, indigestion, constipation (in some condition diarrhea from parasites) are also seen. And besides inflammation of the liver, fever, pain, weakness, dark yellow urine is also seen. In mild case of hepatitis depending upon the patients health, the fever is not too high, may be little or no nausea. In few days the fever is also high and stays for several days with other complications and strong constipation and quick bile accumulation in the body. The abnormal amount of bile accumulated in the body, if cannot come out due to the kidney being too weak to filter, can be the cause of itching in the body.

## 7.4. KUMBHA KAMALA

The acute stage of hepatitis is called Kumbha kamala. The word Kumbha indicates the organs like liver, spleen, kidney and the alimentary system. In this sense the acute stage of hepatitis is related to the morbid condition of these organs. The acute stage of hepatitis in fact is a neglected stage of infectious hepatitis for long time without proper treatment and proper diet. This is a Sannipatika type of disease affecting all the three pathogenic Dosha. In this stage the inflammation damages permanently the liver which also causes abnormal pressure to portal vein. This affects the organs connected to the portal vein. As a result these organs do not function in proper way causing many acute symptoms.

Yellow black stool, dark red urine, sometime blood in the stool and urine, vomiting with blood, red eyes, thirsty, tympanitis, hot sensation are the symptoms of acute hepatitis. However the inflammation of the liver in the prolonged state can be the cause of cirrhosis of liver. Cirrhosis, in fact, is a morbid condition of the liver that in general causes blockage for proper circulation in the portal veins. In this condition, the portal vein gradually develops a varicose, which later on starts to break some where in the alimentary canal. These are some of the main features of acute hepatitis. The hemorrhage condition of the portal veins may lead to some fatal condition with many complications.

## 7.5. HALIMAKA KAMALA

Chronic hepatitis is called Halimaka kamala. In this condition there is no swelling and blockage in the liver, only the symptoms of anemia can be seen. This condition can stay for years being susceptible to have hepatitis again and again. Ayurveda counts this in the group of Vata & Pitta disorder because the pathogenic agents of this chronic hepatitis is related with the reversed nerve functions of the liver that is Vata disorder and mild chronic inflammation of the liver that is Pitta disorder. In the reversed function of the hepatic nerves, the upper function of the liver becomes more active, while the lower functions of the liver is relatively inactive or slow in action. Ayurveda points out that this sort of neurological over activity usually causes mild pain.

Having hepatitis whatever may be the conditions, if it is not completely cured or treated properly with proper diet, the mild stage of the inflammation can stay for long long time damaging the regular function of the liver. In this condition the particular stage of anemia related with hepatitis cannot be improved how it should be. The main reason of it is related with the abnormal bile circulation in the blood stream which is the result of the reversed function of the hepatic nerves (Vata) and the heat related with mild inflammation of liver (Pitta). In fact, the chronic hepatitis is directly or indirectly related to the toxic heat (Bile) and all the symptoms of it are the result of the toxic heat.

Mild fever sometimes, weak digestion, drowsiness, general weakness, body ache, loss of appetite, breathlessness, thirsty is the main symptoms. In this case the face of the patient is noticeable with yellowish, pale, and gradually turning in to the blackish complexion. These color complexions are also the result of Vata- Pitta Dosha.

## **7.6. LAKSHANIKAM KAMALA (OBSTRUCTIVE JAUNDICE)**

Besides the above conditions of hepatitis I think it is good to mention about the obstructive jaundice also which in Ayurveda is called Lakshanika kamala. Hepatitis, in general, is easy to recognize with the symptoms of jaundice and some other symptoms, which is known to all. But in some unusual condition, the symptoms of jaundice can confuse for proper diagnosis of hepatitis. The complete or partial blockage of the biliary duct system is the cause of the jaundice. It is clear in the case of hepatitis. But, sometime, without hepatitis, jaundice can be appeared. The jaundice without hepatitis is called Lakshanika kamala that in fact is the obstructive jaundice. Gallstone accumulated in the gall bladder can be obscure without any symptoms. But in some conditions, if the gallstone is big and passes down to the narrow passage of the biliary duct, can be the cause of blockage resulting jaundice. This kind of jaundice appears all of sudden with severe colic pain in the liver area.



The inflammation of the gall bladder affecting the biliary ducts also causes blockages resulting the symptoms of jaundice. This kind of jaundice also appears with severe pain in the liver area.

The abnormal neoplasm of the liver cancer if it spreads towards the biliary duct systems that can also be the cause of blockage with the symptoms of jaundice. This kind of jaundice is related with irregularly enlarged liver.

Sometime even some parasites crawling towards the hole of the bile duct through the duodenum can close the passage of bile flow causing jaundice. These are some of the causes of obstructive jaundice, which has to be cleared out for proper diagnosis of the hepatitis. And the proper treatment of hepatitis depends upon the proper diagnosis of different conditions of hepatitis. In fact practical knowledge is very important to treat.

## **7.7. NOTE ABOUT HEPATITIS "B" AND "C"**

Some particular virus related with hepatitis is a new understanding of modern medical science. Ayurveda has no idea of virus; however Ayurvedic practitioners can see the fact of virus. Hepatitis related with virus A and E has symptoms. And hepatitis with virus B and virus C (originally called non A/ none B) has no symptoms of jaundice; however, they are active in blood, which after long time may damage liver causing many complications. This is the fear of hepatitis B or C understood by modern medical science.

Hepatitis A and E is curable with Ayurvedic treatments. This is known to all; however modern medical science still under research to counteract the viruses. In this situation the patients of hepatitis are more and more attracted with Ayurvedic treatment. In the beginning (near about 10 to 13 years ago) when the patients of hepatitis with so called virus B and C started to complain their problems Ayurvedic physicians did not pay much attention to be serious in their problems because the patients looks healthy. In this case some Ayurvedic physicians prescribed regular medicines of hepatitis, some prescribed liver tonics only and some prescribed Rasayana (longevity treatment) without any positive good result. The negative complain of such

patient was so unpleasant to Ayurvedic physicians that in fact, awakened the Ayurvedic physicians to pay much attention to see their problems. In this reality, some Ayurvedic physicians who have facility to see many many hepatitis patients started to keep records of their medical check up. The medical records are based on the Ayurvedic principle including the complains of the patients. The analyses of the medical records are very clear to see the morbid condition of the patients who are suffering since long time or recently identified in accidental medical process of blood test.

At the beginning when the patients hears that he is suffering from the hepatitis B or C, he gets big shock thinking it is not curable and future causes deadly problems of the liver. This fear gradually weakens the whole nervous system of the body. That in fact, is a Vata Dosha, which is the first significance of Ayurvedic analysis. Vata Dosha caused due to the fear of hepatitis, gradually localizes in the function of the liver causing mild stage of atrophy without any obvious symptoms at the beginning condition. This condition, staying long time (as seen in medical analysis) the patients suffer time to time with the mild symptoms of chronic hepatitis. The symptoms of chronic hepatitis, even in the mild stage, can be identified with anemic face, greenish blackish aura, much physical weakness, feeling of abnormal bodily heat, sexual weakness, indigestion, low blood pressure, body ache etc. According to the investigation of medical analysis recorded with Ayurvedic physicians, it is clear that what is the effect of hepatitis B and C and how to treat with Ayurvedic principle. Some way this is not mentioned in ancient Ayurvedic texts. The medical analysis, which is based on the investigation of many patients, does not make any particular difference between hepatitis B and C however modern medical science makes them different.

Ayurveda has very good reputation in the treatment of liver disease. In case, the patient of hepatitis B and C in the advanced stages get cirrhosis of the liver or cancer of the liver they should not loose their confidence for treatment. There are so many experiences of cure, which are recorded in different Ayurvedic texts.

## 7.8. CAUSES OF HEPATITIS

According to Ayurveda, the causes of hepatitis are classified into the following three groups:

1. Overuse of heat-generating foods and behaviors. In general, the heat generating foods are sour, pungent or salty in taste, which has the effects of capillary dilatation. They are: excessive use or daily use of high fat foods roasted or fries foods, butter, ghee, alcohol, milk products coffee, vinegar, pickles, chili and other hot spices. All of these foods aggravate Pitta.

And heat-generating behaviors include heavy exercise or heavy labor, summer heat, working or staying near the fire, emotional upset and sleeping during the day. All of these increases more fire element in the body that causes more heat. This by nature is generated in the blood circulation. This weakens the red blood cells and they start to decompose quickly. Bile as a by-product or result of the dead blood cells increase in the body day by day. Thus creating more work to the liver for more and more filtration work to the liver. Thus being more active the liver itself becomes sick. This makes the balance of the blood circulatory system imbalance. As a general rule of Ayurveda, with the physical condition of the blood circulatory system being out of balance, the nerve system (Vata) and the mucus system (Kapha) of the liver also becomes weak. As a consequence of these imbalances, the liver fails to store sugar (the essence of nutritive foods), which is necessary to maintain the natural functioning of the nerve system as well as the mucus system.

Infection always occurs at this stage causing inflammation of the liver, which create blockage in the biliary duct. Then the bile filtered by the liver goes back to the blood circulation. Less or no more bile flows into the intestine. Then all of the symptoms of hepatitis become clear.

2. Improper medical treatment. Treatment with or exposure to strong chemical agents, such as astringent drugs to stop diarrhea, exposure to pesticides and antibiotics, these entire can weaken liver.

3. Direct contact with an infected person's bodily fluids, stool, urine or food. So it has to be careful. For precaution, using the same cups, plates, towel, sexual contact, kissing has to be careful.

## 7.9. TREATMENT OF PANDU KAMALA

The general treatment of Pandu kamala is based on the four classical medical approaches mentioned in Ayurvedic texts. The four medical approaches, which are used to treat Pandu Kamala, are called Hetuviparita Chikitsa (treatment based against the pathogenic agent), Yonimulaka Chikitsa (treatment based on the pathogenic defect of the blood etc), Doshathanamulaka Chikitsa (treatment based on the particular location of the bile etc) and Vedanamulaka Chikitsa (treatment based on the anti-sickness). In regard to these approaches, medicine for inflammation of the liver based on the Hetuviparita Chikitsa, medicine for anemia based on the Yonimulaka Chikitsa, medicine to clean the bowel movement (laxative) based on the Doshathanamulaka Chikitsa and medicine to flush out the bile (diuretic) accumulated in the blood through urine based on the Vedanamulaka Chikitsa, are used to have proper treatment of Pandu kamala. In some condition to make better symptomatic treatment also can be carried on. This type of symptomatic treatment is called Lakshanika Chikitsa.

1. The inflammation of the liver is the main morbid condition of the hepatitis. First of all it has to be counteracted with anti-inflammatory medicines. The inflammation of the liver is a result of Pitta-Dosha. Pitta-Dosha, in fact, is a pathogenic agent of hepatitis, which is active in the ingredients of the blood. In this sense, the anti-inflammatory medicines are counteracting to Pitta-Dosha. This kind of medicine, in general, is classified in the group of Shitavirya (cooling constrictory herbs) with particular taste of bitter or sweet or astringent. The cooling herb by nature reduces the bodily heat. The Pitta-Dosha by nature becomes active in the abnormal bodily heat and becomes inactive in the condition when the body heat goes down. So the anti-inflammatory medicines play a major role in the treatment of anemic hepatitis (Pandu kamala).

There are many well-experienced plants or herbs, which have medicinal value to counter the Pitta-Dosha. In the treatment of hepatitis some selected plants, which have good effect in the case of the liver are Vasaka (*Adhatoda vasica*), Nimba (*Azadirachta indica*), Rohitaka (*Rhododendron arboreum*) etc. Among these plants Vasaka is found to be more effective. Also it is investigated that the effect of Vasaka to calm down the inflammation of liver, becomes more efficacious with extra antipyretic medicine, which is called Jwaraghna. Fever is the main symptom of inflammation. Sometime it is high and some time it is mild. So the herb like Vasaka with the support of antipyretic medicines becomes more effective to reduce the inflammation. Also when the fever goes down the patient feels much better with cooling effect of antipyretic medicine. There are many antipyretic medicines mentioned in Ayurvedic texts. Among them Sudarshanachurna, a compound of *Swertia chirata* is found to be more effective in the treatment of anemic hepatitis. It is one of the best compounds, which can be prescribed in any condition of fever.

2. There are many causes of anemia as for example loss of blood, from hemorrhage, traumatic injury, heavy menstruation, blood donation etc. besides these causes, the pathogenic defect of blood is more related with anemia, which is concerned with hepatitis. In regard to this fact, the medicine for anemia is of the four approaches, which are applied in the treatment of anemic hepatitis.

The general word Pitta or bile is a by-product of red blood cells. The production of bile in the process of metabolism is a result of the normal destructive conditions of bodily cells. This kind of production plays a major role to maintain the health. But in the condition of pathogenic defect of blood, the abnormal amount of the bile also directly related with hepatitis. In fact, the pathogenic defect of blood is a main fundamental cause of hepatitis. Therefore the medicine for anemia in the treatment of hepatitis is one of essential approaches to make better cure eradicating the root of hepatitis. The word Yoni, which is mentioned here, indicates the root of disease from where the disease appears with its symptoms.

There are many recipes of anemia. In these recipes, the prominent ingredients are Mandura Bhasma (Iron ore oxide), Lauha Bhasma (Iron oxide), Shilajit (A black paste like natural rock secretion from

Himalayas) etc. In treatment of hepatitis, iron ore oxide is found to be very effective to improve the pathogenic defect of blood and strengthen the existing red blood cells. It is well experienced that iron ore oxide becomes more efficacious to prescribe with some digestive drugs, otherwise in some condition; this kind of mineral drug not being well digested can be excreted without digestion. This is very important to understand while using minerals in the treatment of hepatitis, because in the case of hepatitis, the digestive system does not work in proper way causing loss of appetite, constipation etc.

3. Some amount of bile is everywhere in the body carried through the blood circulation. The bile excreted from the liver, which flow down to the intestine, is the main source of bodily bile. Following this physical fact, the intestine is considered as a main location of Pitta-Dosha, which is the pathogenic agent of anemic hepatitis. To make the bile less active and to decrease the abnormal amount of bile spread through out the body, the intestine should not supply bile through the portal veins because the bile excreted from the liver goes back to the liver again through the portal veins of the intestine in the process of assimilation. In regard to these physical facts, the laxative medicines to clean the bowel movement are very important in the treatment of hepatitis. In the process of cleaning the bowel movement, then there is no more constipation, less assimilation of bile and stimulation of digestive function stopping the reversed function of the stomach, which causes nausea and vomiting etc.

There are different types of laxative medicines. Some are mild and some are strong. Senna leaf compound is strong but mild effect Triphala (three fruit compound), Nishotha (*Operculina turpenthum*), Rajbriksha pods (*Cassia fistula*), Kampilla (*Philippinensis mallotus*), Danti (*Baliospermum montanum*) can be prescribed.

It is well investigated that different types of people has different effect from the laxative medicines. The nervous type people, in case the blood pressure is low, cannot tolerate the effect of strong laxative medicines. Even mild laxative medicine can have strong effect to them. On the other hand aggressive type of persons gets less effect even from the strong laxative medicine. They need big dose. In the treatment of hepatitis it is very obvious to different condition of

patients. This is very important to know while treating different types of hepatitis patients for better result.

Hepatitis is very common to pregnant woman. Mostly, because they are suffering from anemia. In the treatment of pregnant woman, laxative medicine should not be prescribed however it is one of the four approaches of hepatitis treatment. If need to prescribe should be very mild and soft dose. It is well experienced that the treatment of hepatitis without laxative medicines needs to continue for long time. Because the cure without laxative medicine is very slow. In the treatment of children also the use of laxative medicines should be very mild. Otherwise they could have some other problems like prolapse of the anus etc.

4. In the case of hepatitis when the body turns yellow getting worse day by day, the patients becomes more sensitive with his obvious sickness. In the normal process, the accumulated bile in the blood circulation has to get out through the urinary system. But the amount of bile becomes so high that the normal processes of urination can not excrete out the accumulated bile of the body. In regard to this fact, the diuretic medicine in the treatment of hepatitis is very essential to make better very quickly. The effect of diuretic medicine is to stimulate the kidney to flush out the bile with urinary frequency.

There are different kinds of diuretic medicines such as Shukti bhasma (Oyster shell ash), Yavakshara (Alkali of barley plant), Soraka (Potassium chloride) etc. In the treatment of hepatitis, Oyster shell ash for diuretic effect and alkali of barley plant for strong diuretic effect is very efficacious. It is well investigated that diuretic medicine especially the strong one is more effective with plenty of water to drink. Pure cold water itself has the diuretic effect. Pure water does not contain any smell, taste and color. Therefore in the treatment of hepatitis cold water to drink in adequate quantity is very important. Because it's diuretic effect is more natural and less harmful to the kidney.

Thus the fundamental principle of Ayurvedic treatment of anemic hepatitis based on the four approaches: such as a combined use of the medicines for inflammation, medicine for anemia, laxative and diuretic should be cleared to understand the better way of cure

experienced by Ayurvedic physicians. In general, it is seen that the mild case of hepatitis can be cured with the medicines for inflammation and anemia only. In some cases only the laxative medicine makes better. As well as the diuretic medicine has some result. But these all treatments are not complete treatments of anemic hepatitis. That in fact, makes the liver weak and in future cause low blood pressure and constipation. This type of patient is susceptible to have hepatitis of any kind again and again. Therefore anemic hepatitis should be cured with all the four approaches not to get liver problems in the future.

The combined medicines prepared in different pharmacological process should be divided into two recipes: one together with laxative and diuretic and another for inflammation and anemia. These medicines should be prescribed at least for two to three weeks or even little more that depends upon the patient when and in which condition he comes to the clinic for treatment. If the patient comes to the clinic at the beginning stage, he gets better within two to three weeks. But if the patient comes in late stage suffering from severe jaundice no doubt he needs long time treatment. That depends upon his physical condition. During the treatment the patients should follow certain diets restrictions also. The proper diet in the treatment of hepatitis is very important; otherwise, even the proper treatment does not work in the expected way. It is well experienced that, even after being cured hepatitis the injuries of the damaged liver cells caused by the inflammation takes long time to repair in normal stage. In regard to this fact, liver tonic at least for two three months should be prescribed to repair the damaged liver cells. A traditional compound, Shilajit Rasayana is one of the best liver tonic well know to all. It is made from Shilajit (a rock secretion) along with Terminalia chebula, Terminalia belerica, Emblica officinalis etc. The liver tonic purifies the blood, makes the kidney healthy, helps to promote the repairing process of the damaged liver cells and is a general tonic too. During the period of taking liver tonic alcohol is prohibited.

## **7.10. TREATMENT OF AUPADRAVIKA KAMALA**

The general treatment of Aupadravika kamala (contagious hepatitis) is little bit different in compare to the treatment of anemic hepatitis. It



is mentioned before that the treatment of anemic hepatitis should be based on the medicine for inflammation of the liver, medicine for the anemia, laxative medicine to clean the bowel movement and diuretic medicine to flush out the bile through the urinary frequency. But the treatment of contagious hepatitis includes one more extra approach together with the regular four approaches of anemic hepatitis treatment. The extra approach of treatment is called Aupadravika Chikitsa. In general this approach is based on the Lakshanika Chikitsa (symptomatic treatment).

The pathogenic agent of contagious hepatitis is only active in the ingredients of the bile; also it is active in the ingredients of mucus. Therefore in this case, the liver is not only inflamed but also it is swollen getting enlarged in size and shape. In this condition, the biliary duct system being completely blocked, the bile filtered from the liver cannot flow down towards the intestine. That in fact, results in the white stool, which is one of the critical symptoms of contagious hepatitis. Following this critical condition, the general treatment of hepatitis does not work in proper way until the blockage of biliary duct system is not opened. So in the process of proper treatment of contagious hepatitis, first of all the treatment of the critical symptom should be carried on to open the blockage as soon as possible.

It is well experienced that to counteract the Kapha-Dosha of the liver or the swelling of the liver, timely treatment of contagious hepatitis should be carried on following the Vriddhistanamulaka Chikitsa theory (treatment based on the balance of the pathogenic agent). In general the over balanced Vata imbalances Kapha and the over balanced Kapha imbalances Vata and the over balanced Vata and Kapha imbalances Pitta. In the same way the over balanced Pitta imbalances Vata & Kapha. This is the general theory of balance. Following this theory any medicine, which is sour, salty or pungent or alkaline in taste should be prescribed to make over balance Pitta-Dosha, which in fact is opposite to Pitta-Dosha itself, but it imbalances the Kapha-Dosha & Vata-Dosha. In the case of contagious hepatitis it is understood that having blockage in the biliary duct system, the impulse of the nerve connected in the function of the duct gets reversed. Therefore the medicine, which over balances the Pitta-Dosha has medicinal value to counteract them. In regard to this kind of opposite treatment at the beginning hepatitis

can be worse but this kind of treatment is found beneficial to open the blockage, which is very important.

In the treatment of anemic hepatitis anything which is sour, salty or pungent or alkaline in taste is prohibited, because these things aggravate the Pitta-Dosha. But in the treatment of Aupadravika Kamala or contagious hepatitis, these things have medicinal value to open the blockage of biliary ducts. In regard to this fact at the beginning stage of contagious hepatitis juice of citron or lemon with honey, long pepper, black pepper and ginger with salt is prescribed until the blockage of biliary duct is opened and the color of stool is turned into brown yellow. As soon as the blockage is opened, this treatment has to be stopped and the regular treatment of anemic hepatitis has to be continued with the same approaches and diet restrictions. It is well investigated that this symptomatic treatment not only opens the blockage also it has medicinal value to stop nausea and vomiting symptoms of hepatitis.

Sometime in the mild case of contagious hepatitis, if the stool of patient is not turned white, the symptomatic treatment based on the citron is not necessary. Only the treatment mentioned in the case of anemic hepatitis has to be carried on. Otherwise it makes worse the condition of patient. In general the treatment of contagious hepatitis should be continued at least for one month with proper diet. Then the liver tonic mentioned before in the treatment of anemic hepatitis has to be prescribed at least for two to three months avoiding alcohol.

## **7.11. TREATMENT OF KUMBHA KAMALA**

Acute hepatitis (Kumbha kamala) in the stage of internal bleeding is very difficult to cure. Also it is seen that the hepatitis in the acute condition causes edema that in fact is the result of the damaged kidney. This stage also is very difficult to cure. But before heavy bleeding and at the beginning stage of edema, the hepatitis even in acute stage can be cured with proper treatment.

For the treatment it is very important to know about the beginning stage of edema and internal bleeding. Dark yellow or even sometime black stool or urine is the beginning stage of internal bleeding. In the

same way edema just started in the legs is the beginning stage of edema. In this condition the kidneys are still working. Following this condition there is still time to treat acute hepatitis.

It is well experienced that the cure of acute hepatitis depends upon the function of the kidneys. If the kidneys start to work in normal condition not only swelling goes down also the internal bleeding condition cannot get worse.

Following this experience, pure Shilajit or Mandura bhasma has medicinal value or both of them can be used. This treatment should be carried on at least for a month or two taking care the general health of the patient. To maintain the general health of the patient, regular medicines of hepatitis can be prescribed taking care the patient's digestive system. In the advanced stage of acute hepatitis, the patient gets delirium, drowsiness, and complete loss of appetite and energy. These all symptoms are due to the kidney dysfunction and heavy internal bleeding that can be seen in the stool and urine. Sometime even vomits blood. In this stage there is no any successful treatment mentioned in the Ayurvedic texts. This is the reason acute hepatitis is classified within the Krichha and Asadhya Krichha, meaning is difficult to cure and Asadhya means not curable.

## **7.12. TREATMENT OF HALIMAKA KAMALA**

The general treatment of chronic hepatitis or Halimaka Kamala is based on the three different practical approaches. They are Hetuviparita Chikitsa (treatment based on the pathogenic agent of chronic hepatitis), Yonimulaka Chikitsa (treatment based on the pathogenic defect of blood etc) and Siddhayoga Chikitsa (treatment based on the specific compound).

The pathogenic agent of chronic hepatitis is considered to be active in the ingredients of Vata and Pitta. It has been mentioned before. Vata-Dosha as a pathogenic agent of chronic hepatitis disturbs the nervous function of the liver resulting atrophic condition of the liver. Pitta-Dosha as a pathogenic agent of chronic hepatitis causes inflammation of the liver. In regard to these morbid conditions, the first approach should be based on the treatment to counteract the

effect of Vata and Pitta-Dosha. Following this principal first of all the entire bowel has to be cleaned with Trivrit (*Operculina turpenthum*) along with the juice of Amalaki (*Emblica officinalis*) and before taking this a ghee preparation made from the Guduchi (*Tinospora cordifolia*) has to be prescribed in order to grease the alimentary system. Then sweet medicines like Dadimadichurna (Pomegranate compound), Chandanadichurna and diet, which are against Vata and Pitta-Dosha, should be prescribed. It is well experienced that in the treatment of hepatitis what ever may be the condition of it, Guduchi (*Tinospora cordifolia*) has medicinal value to cure it.

In the treatment of chronic hepatitis the second approach, which is based on the treatment of pathogenic defect of the blood, is to treat in the process of anemia treatment. It is mentioned before that the main root of hepatitis causing factor is the anemia. The chronic stage of hepatitis in fact, is the chronic stage of anemia. So it is well experienced that chronic hepatitis has to treat as a chronic anemia. Purified mica oxide with pomegranate is prescribed for anemia with Vata defect, Mandura Bhasma (iron ore oxide) or mica oxide with sandal wood compound (Chandanadichurna) and oyster shell ash and *Adhatoda vasica* for Pitta defect anemia, Iron ore oxide with *Terminalia belerica* for Kapha defect anemia and mercury sulfide catalyzed with gold with pomegranate compound for Tridoshaja defect anemia has to be prescribed. Similarly the anemia due to the clay defect first laxative and then general medicine should be prescribed. That is medicines to reduce Vata, Pitta, Kapha and Tridoshaja and also the clay factor, which causes anemia. It depends upon the condition of the patients.

The third approach, which is based on the specific remedy of hepatitis, is in fact the remedy mentioned in the section of anemic hepatitis. Besides there are many well experienced specific compounds which are called Siddhayoga to counter act any condition of hepatitis. The concept of specific compound is to balance the Dosha, increase the immunity, and maintain the physical energy and to use specific related medicine dealing particular disease. Some to mention are: Navayashachurna, Manduravataka, Yogaraja, Chandraprabha etc. This can be used in any condition of hepatitis.

### **7.13. CONCERNING THE TREATMENT OF HEPPATITIS B & C**

It is mentioned before that Ayurvedic text has no any record of any treatments concerning the hepatitis B & C. However there are many well experienced remedies concerning the familiar disease of liver like cirrhosis, cancer of liver etc. The virus hepatitis B & C is the result of new investigation. In general they have no any particular symptoms but they still classified in the group of hepatitis. Dealing the patients of hepatitis B or C at the beginning, Ayurvedic physicians had confusion to treat because they are asymptomatic and Ayurveda has no idea of virus as a cause of hepatitis. However, they know how to treat hepatitis with particular symptoms without any idea of virus. Hepatitis B or C however is asymptomatic. But in fact, they are not asymptomatic. They have very mild symptoms of chronic hepatitis, which are not clear because the patient can adjust without any complain, and feeling.

There are three different approaches to treat chronic hepatitis, which are mentioned before. They are based on sweet medicines, anemic medicines and regular specific medicine for hepatitis. Hepatitis B or C being in the category of chronic stage can be treated within the principle of chronic hepatitis. This should be the new concept of Ayurvedic physicians. Following this new concept, which is the result of deep investigation, the treatment of hepatitis B or C has been seen with positive result. However hepatitis B or C is of different in the nature of virus. But in the process of treatment they do not need different treatment.

It is well investigated that among the three approaches, which are mentioned in the treatment of chronic hepatitis any one approach can be applied for the treatment of hepatitis B or C. All three approaches have also good result in the same way. However the cure of hepatitis B or C takes long time in comparison to the cure of chronic hepatitis. The cure of chronic hepatitis can be identified with normal condition of the patient. But the cure of hepatitis B or C cannot be identified with normal condition. In every six month the patient has to check the blood test to see the presence of virus. As long as the virus is positive so long the treatment should be continued. (From the experience point of view it takes one to three years to have the negative effect of the virus). Otherwise the cure of hepatitis B or C cannot be identified.

In this process of Ayurvedic treatment no doubt some one can loose the confidence in the treatment thinking the treatment is working or not. But the medical result recorded in the Ayurvedic treatment shows the good result in six month to one year with regular treatment and big confidence. Doubt, dilemma, confusion and fear are very bad for the patient of hepatitis B or C. Because, in these cases of Vata-Dosha and Pitta-Dosha, especially Vata-Dosha disturbs the proper function of the bodily nervous system. So in this condition the effect of treatment can be less. This is very important to know in the Ayurvedic treatment.

Vata, Pitta-Dosha is the pathogenic agent of the chronic hepatitis. Hepatitis B or C also has the same Dosha, which is investigated dealing with many patients. The identification of Dosha dealing any disease is the main aim of Ayurveda. Following this skill, which is well analyzed in different formulas, any disease can be treated in proper way. Concerning the treatment of hepatitis B or C, the counteracting approach against Vata, Pitta-Dosha is the main approach or the foods or behaviors, which aggravate the function of Vata and Pitta, are found negative to the patient of hepatitis B or C. Any sweet medicine according to the formula of medical preparation has medicinal value to counteract Vata and Pitta-Dosha. Therefore the first approach of treatment mentioned in the section of chronic hepatitis has positive result in the treatment of hepatitis B or C. The main root of disease active in the pathogenic defect of the blood and anemia is the result of it. Therefore the second approach of treatment mentioned in the section of chronic hepatitis, has in the same way medicinal value in the treatment of hepatitis B or C, the second approach, which is based on the treatment of anemia also has to follow the formula of Vata and Pitta-Dosha.

The third approach of treatment, which is based on the specific compound, in fact, contains the combined remedies of sweet medicines and anemic medicines as well as the medicinal formula to balance the Vata, Pitta and Kapha-Dosha. This way the specific compound to counteract the Dosha and pathogenic defect of blood has medicinal value in the treatment of hepatitis B or C.

## 7.14. TREATMENT OF OBSTRUCTIVE JAUNDICE

Obstructive jaundice has many pathogenic conditions. For the proper treatment the particular condition has to be cleared.

The symptom of jaundice in the newly born babies is considered within the obstructive jaundice. The main cause of it is the inactive condition of the lower function of the liver during the period of pregnancy. The treatment of it is very simple. In this case the regular medicine of hepatitis has to be taken by the mother, because it is obvious that the newly born baby cannot take the medicine. The medicine taken by the mother becomes active in the milk in very mild condition. This treatment should be continued at least for two weeks. In this case no diet restriction is needed for the mother. However she needs more nourishing diet.

The treatment of the obstructive jaundice due to the gallstone depends upon the size and shape of the stone. If the stone is very big and completely blocked in the biliary duct, the treatment is not practical. Operation is the only solution of it. If, the small stones are causing blockage, that can be cleared with the regular medicine of hepatitis. In the same way, obstructive jaundice due to the inflammation of the biliary ducts can be cleared up with the regular medicine of hepatitis.

The treatment of obstructive jaundice due to the abnormal growth related with cancer also can be treated with regular medicines of hepatitis. This is effective to open the blockage only in the beginning stage but it is not a particular cure for the cancer. During the treatment of liver cancer, the symptomatic treatment of jaundice is very important.

And the treatment of obstructive jaundice due to the parasites is very simple. In this case, the anthelmintic medicine like *Embelia ribes* combined with laxative medicines like *Senna* leaf compound is very effective to clear the blockage due to parasites.

### 7.15. FOOD RESTRICTIONS FOR HEPATITIS PATIENT

Milk, cheese, butter, yogurt (curd), ice-cream; oily nuts like cashew nut, peanut, almond, coconut etc; soybean products; sesame products; all greasy foods or food preparations; fried, roasted, burnt food preparation; hot foods that is tea, coffee; alcoholic drinks; chili; acid fruits that is mango, lemon, lime, pineapple, tamarind, plum, orange, mandarin etc; meat.

If the restricted foods are taken then the effectiveness of the medicine will be reduced. The obvious symptoms will be the prolongation of the jaundice condition and itching all over the body due to the accumulation of the undigested fatty materials beneath the skin blocking the hair follicles. Some other foods cause more heat, spreading the jaundice condition all over the body also they cause more bile accumulation in the body this in turn weakens the red blood cells.

### 7.16. APPENDIX FOR HEPATITIS

- Ayurveda--- The traditional medical science of the Himalayan valley or the science of life.
- Aupadravika kamala---Contagious hepatitis.
- Aupadravika Chikitsa---Treatment to subdue the symptoms.
- Asadhya Krichha---Not curable.
- Chandanadichurna--- A compound of Amomum subulatum, Cyperus rotundus, Cuminum cyminum, Coriandrum sativum, Mesua ferea, piper longum, Glychirhiza glabra, Santalum album.
- Chandraprabha--- Cinnamomum camphora, Acorus calamus, Swertia chirata, Tinospora cordifolia, Berberies nepalensis, Operculina turpenthum, Balsamodendron mukul, Iron oxide, piper chava.
- Dosha---Disease producing pathogenic agent called Vata, Pitta Kapha or defect or toxin
- Doshathanamulaka Chikitsa---Treatment based on the particular location of the bile with laxative medicines.
- Digestive medicines--- Like Piper longum, Piper nigrum, Zingiber officinalis, Cuminum cyminum, Coriandrum sativum.



- Dadimadichurna--- Punica granatum, Coriandrum sativum, Plumbago zeylanica, Zingiber officinalis, piper longum.
- Hetuviparita Chikitsa---treatment based against the pathogenic agent.
- Halimaka kamala --- chronic hepatitis.
- Jwaraghna ---Medicine against fever
- Krichha---Difficult to cure.
- Kapha --- mucus, disease producing pathogenic agent concerned with the aggravated function of the arteries.
- Kumbha kamala---Acute hepatitis.
- Lauha Bhasma---Iron oxide.
- Lakshanika kamala---disease with jaundice as a symptom.
- Lakshanika Chikitsa---treatment to subdue the symptoms only.
- Manduravataka---A compound of iron ore oxide, Adhatoda vasica, oyster shell ash.
- Mandura Bhasma--- Iron ore oxide.
- Navayashachurna ---Iron oxide, piper longum, piper nigrum, Zingiber officinalis, Cyperus rotundus, Embelia ribes, Swertia chirata, Terminalia chebula, Terminalia belerica, Emblica officinalis.
- Pitta---bile, disease producing pathogenic agent concerned with the aggravated function of the veins.
- Pandu kamala--- Anemic hepatitis.
- Shilajit--- a natural rock secretion containing many soluble minerals, found in Himalayan range.
- Sudarshanachurna---- A compound of Swertia Chirata, Rhododendron arboreum, Berberies nepalensis, Curcuma longa, piper Longum, Piper nigrum, Acorus calamus, Alum, Cedrus deodara, Piper chava, Embelia ribes, Holarrhena antidysenterica, Azadirachta indica.
- Sannipatika--- Disease producing pathogenic agent concerned with the aggravated functions of the nervous system, vein system and artery system. A malignant stage of the disease.
- Shukti Bhasma---purified ash of the oyster shell.
- Soraka--- Potassium chloride.
- Siddhayoga--- Certain mineral containing medicines like Chandraprabha, Navayashachurna etc.

- Shilajit Rasayana--- Shilajit containing medicines with Terminalia chebula, Terminalia belerica, Emblica officinalis, Tinospora cordifolia.
- Senna leaf compound--- A compound of Cassia auriculata, Swertia chirata, Emblica officinalis, Cyperus rotundus.
- Tridosha --- Disease producing pathogenic agents concerned with the aggravated functions of the nervous system, vein system & artery system.
- Vriddhistanamulaka Chikitsa--- Treatment based on the balance of the pathogenic agents.
- Vata--- Wind, gas; disease producing agent concerned with the aggravated nervous system.
- Vedanamulaka Chikitsa--- treatment based on the anti-sickness.
- Yonimulaka Chikitsa--- Treatment based on the root of the disease
- Yavakshara--- Alkali from the barley plant
- Yogaraja--- Mica oxide, Iron Oxide, Cyperus pertenuis, Piper chava, Piper Longum, Picrorhiza kurroa, Balsamodendron mukul, Bauhinia Vahli, Stephania hernandifolia.

# Chapter 8

## 8. THE AYURVEDIC CONCEPT OF HERPES

### 8.1. INTRODUCTION

Sarsapi or Sarsapika is the Ayurvedic term for herpes. Sarsapi literally means the mustard like blister. There are two kinds of Sarsapi: one is called “Shukaja Sarsapi” (Herpes genitalia) and another is called “Pramehaja Sarsapi” (Herpes simplex). Both have same characters, however, their etiologies are different.

Ayurveda point out that the herpes genitalia are concerned with a poisonous moss, which is allergic to some one. The poisonous moss is called “Shuka or Jalojashuka”. The powder of it is used to rub on the penis to increase the bulk of it for sexual pleasure. The texts of sexology talk lot about it. It is well investigated that any one who uses it, can have herpes genitalia and the person who has herpes, can transfer it as a contagious disease through sexual intercourse. Therefore it is included with in venereal disease.

Herpes genitalia by itself, is not a harmful disease, but the recurrent infection is the problem, which causes depression and sexual disturbances.

Ayurveda indicates that the morbid condition of the patient who has problem of recurrent herpes infection is characteristic of the pathogenic defect of blood (Raktadosha) and the disordered function of the lymphatic duct system including the mucous membrane (Kaphadosa).

The pathogenic defect of blood means the presence of pathogenic agent of herpes (poisonous moss) in the blood. In the process of blood circulation the pathogenic agent of herpes derived from the blood vessels mix to the lymphatic fluid, which causes the disordered function of the lymphatic duct system including the mucous membrane. In this condition, exudation and blockage results in

accumulation of the pathogenic agents in the cutaneous lymphatic surface. That, in fact, in certain aggravating condition, causes the infection with mustard like blister. It stays for few days disappear even without treatment. Ayurveda points out that the infectional stage not being properly treated and disappeared can be the cause of recurrent infection.

Herpes simplex can be classified into two categories: one is concerned with the pathogenic defect of fat and another is related with the pathogenic defect of blood. The pathogenic agent of herpes, in the process of filtration, escapes from the blood vessels and mixes with lymphatic fluid. This fluid can destroy the coagulating property of fat resulting less coagulating liquid fat. In this condition, the infection of herpes simplex is very common. It is well investigated that the person who is suffering from the urinary disease (Prameha), the infection of herpes simplex very often seen, because in the case of urinary disease, the structure of fat loses the natural coagulating property. In regard to this fact, the case of herpes simplex concerned with fat defect is included within the urinary disease (Prameha).

The case of herpes simplex, which is concerned, with the pathogenic defect of blood, is included within the disease of the mouth. In this case, the pathogenic agent of herpes, which causes blood defect, often has been aggravated with fever. Ayurveda considers that the pathogenic agents of herpes simplex concerned with blood defect, can be derived from the blood in the process of blood letting practice. Regarding this view point, whenever temperature of the body goes high, the pathogenic agent of herpes simplex escaped from dilated blood vessels mixes with lymphatic fluid and causes infection. The mucous membrane of the mouth, which has direct link with the lymphatic junction of the palate, is the most sensitive area for herpes simplex concerned with blood defect.

## **8.2. CAUSES OF HERPES**

It is well investigated that the poisonous moss is the fundamental cause of herpes; however the patient of herpes, in the morbid stage of infection, can pass through contact. Also it is true that person who

is allergic to the poisonous moss, is more susceptible to have herpes infection with contact. This is the general theory.

In regard to the location of herpes infection, the aggravating causes of herpes can be classified into three categories; sexual intercourse, fever and urinary disease.

Over indulgence in sex, by nature, causes the injuries of soft tissues of the genitalia surface. In this condition, the delicate blister of herpes breaks easily and defiles some one's injured tissues that have contact with herpes infection. The incubation period of herpes infection of the recurrent infection depends upon the condition of blood. The reaction of blood if is acidic, whatever may be the cause of it, symptoms of infection can be developed very quickly. The reaction of blood, if is alkaline, the infectional problem can be delayed or there may not be any infection at all. Because the pathogenic agent of herpes can not be active, if the reaction of blood is alkaline. Alkaline blood is considered as a clean blood, which is very important for health.

In the case of urinary disease, whatever may be the character of it, the natural structure of fat loses the coagulating property. In this stage, the infection of herpes, which can be seen most affected on the chest, back and lumbar area, is very common. The abnormal mucous exudation from the bodily mucous membrane is salty in taste. The salty mucus, whatever may be the cause of it, can destroy the coagulating property of fat and causes the problem of urinary disease including the infection of herpes simplex, which affects the surface of the back, chest etc.

The herpes simplex concerned with fever depends upon the inner bodily heat, which is higher, comparatively the heat of bodily surface. Fever, in general, is the state of temperature, which is high outside the body and low in the inner organs. But, the fever, which does not follow this rule, can be the cause of herpes simplex infection affecting the mouth part.

NOTE:

Ayurveda has no idea of virus.

### **8.3. SYMPTOMS OF HERPES**

The infections of herpes is identified as the mustard like small blisters, which are reddish pink in color or reddish yellow or light pink. Mild pain with itching sensation or burning sensation is the main noticeable symptom. The herpes of mouth or lips is little more painful, because it develops an ulcerated lesion. Sudden onset of infection with mild fever or without fever is the characteristic of it. It stays for few days, break the blisters and disappear when it is dry. But, if it is not properly treated the recurrent infection can be a long-standing problem, causing unpleasant mood.

The person who has herpes genitalia feels guilty and gets sexual disturbances. That in chronic stage may be a cause of impotency. It is well investigated that the person who is suffering from the herpes genitalia can have very easily some other venereal diseases.

Cold sore or herpes simplex of the lip etc. often appears when the fever starts to go down. In this time, the patient feels weak and irritates without reason.

Herpes simplex concerned with urinary diseases can have some other problems of boils, pimples and the symptoms of related urinary disease.

In general, it is very important to pay attention that the sudden onset of herpes. Infection is very common during the period of upset or distress or angry mood.

### **8.4. PREVENTION OF HERPES**

No sexual intercourse during the period of infection. It is very important to pay attention. Not to have recurrent infection, herpes should be treated as soon as possible.

Tight underwear is prohibited. It causes wet, which is one of the aggravating causes of infection.

The condition of acidosis of blood should be fixed as soon as possible. Pure blood should be alkaline in reaction.

Sleeping during the day, especially after meal, is strictly prohibited. It causes exudation, which is one of the aggravating causes of infection.

Distressing or angry mood should be counteracted with delicious food, music and friendly entertainment.

Kissing is prohibited when still cold sore has not well healed.

Urinary diseases should be treated well with proper diet.

## **8.5. GENERAL TREATMENT OF HERPES**

The general treatment of herpes whatever may be the location of it is based on healing drug, medicine for cleaning the lymphatic duct system and blood cleaning medicine.

The healing drug for external use contains some bitter and astringent components. Bitter component helps to neutralize the toxic agent accumulated in the infected area and the astringent component plays a role for healing. The cutch compound with *Azadirachta indica* (Khadiradi Churna) is one of the most effective drugs for external use. To use it, the blisters have to be scratched out and washed well; infection disappears within three or four day's application.

The medicine for cleaning the lymphatic duct system contains some drugs, which stop mucous exudation, open the blockage and dilate the capillaries for proper filtration. Alarasayana, a compound made with purified sulphur and some other herbs, is one of the best medicines. It is prescribed for 2-3 months to take regularly.

The blood cleaning medicine, in general, is based on the components, which maintain the alkaline reaction of blood, neutralize the toxic agents and promote to excrete the bodily dirt e.g. bile, uric acid etc. Guduchiyoga, a compound of *Tinospora cordifolia*,

Balsamodendron mukul and some other herbs, is one of the most effective medicines. It is prescribed for 2-3 months without break.

## **8.6. SPECIFIC TREATMENT OF HERPES**

The herpes simplex concerned with urinary diseases has to be treated with appropriate drugs for particular infections along with the general treatments of herpes. Chandraprabhavati, a compound of Camphor with bitumen, some other herbs and minerals, is a general remedy against any disease of urine. It maintains the coagulating property of fat and promotes to excrete the bodily dirt e.g. bile, uric acid etc.

The cold sore has to be treated with laxative medicine, general tonic and the general remedies of herpes. Lolimbaraja, a compound of Senna leaf with some other herbs, is a harmless laxative to prescribe in the treatment of cold sore. Prabala Bhasma (Coral or Coral ash) is a best general tonic to prescribe in the treatment of cold sore or herpes simplex concerned with inner fever.

## **8.7. PROHIBITED FOODS AND BEHAVIORS**

Acid foods and fruits; vinegar; yogurt; alcoholic beverage; sleeping during the day; anger; anxiety etc. are prohibited during the treatment of herpes.



# Chapter 9

## 9. THE AYURVEDIC CONCEPT OF HYPERTENSION

### 9.1. INTRODUCTION

Ayurveda presents five different etiological conditions of hypertension, which are called “Pittavrita Prana, Pittavrita Udana, Pittavrita Samana, Pittavrita Vyana, and Pittavrita Apana”.

The Pranavayu (Oxygen) to be less active with the bodily heat is the main cause of Pittavrita Prana. The morbid condition of the cardiovascular dilatation affected by aggravated function of the nervous system, which is concerned with the inhaling activity for mobilization of oxygen, can result in the symptoms of hypertension.

The Udanavayu (Carbon dioxide) to be reversed back to the blood circulation with the effect of bodily heat is the main cause of Pittavrita Udana. The morbid condition of the pulmonary vein's dilatation affected by aggravated function of the nervous system, which is concerned with the exhaling carbon dioxide, can result in the symptoms of hypertension.

The Samanavayu (the function of the portal vein) to be aggravated with the toxic effect is the main cause of Pittavrita Samana. The morbid condition of the aggravated nervous system, which is concerned, with the activities of the digestion and assimilation can result in the symptoms of hypertension.

The Vyanavayu (the function of the general blood circulation) to be aggravated in the condition of over volume of blood is the main cause of Pittavrita Vyana. The morbid condition of the general blood vessel's dilatation affected by aggravated function of the nervous system, which is concerned with the activity of blood circulation, can result in the symptoms of hypertension.

The Apanavayu (the function of the excretory organs) to be aggravated with the effect of infection is the main cause of Pittavrita Apana. The morbid condition of renal or rectal blood vessel's dilatation affected by aggravated nervous system, which is concerned with the activities of excretion of urine, stool etc. can result in the symptoms of hypertension.

The morbid condition of the blood vessel's dilatation especially of the veins depends upon heat radiation from the decomposed sour, salty, pungent or greasy things. In general, anything, which is sour or salty or pungent or greasy, if is accumulated in the body, the heat radiation from them causes over flow of blood and dilate the affected blood vessels, this morbid condition is defined as a Pittadosa, the Ayurvedic word to indicate the pathogenic agent, which causes local inflammation or blood vessel's dilatation.

Heat, in general, stimulates the function of the nervous system. The over stimulation of the nervous system is defined as a Vatadosa. The Ayurvedic word to indicate the pathogenic defect, which causes disturbances of the nervous functions related either with inhaling (Prana) or exhaling (Udana) or digestion (Samana) or blood circulation (Vyana) or excretion of bodily dirt (Apana).

In regard to this theory of Ayurveda, the fundamental cause of hypertension whatever may be the character of it, is the overbalanced functions of the vein system and the nervous system (Vata-Pitta).

It is well investigated that some diseases e.g. stroke (paralysis), fainting, hemorrhage, nephritis, headache, dizziness, constipation, gastritis, carditis or endocarditis, diabetes, obesity, fever etc. in the condition of Vata-Pitta can have Hypertension.

The heart as a center of the veins, the overbalanced functions of them, by nature, affects the function of the heart. The brain as a center of the nerves, the overbalanced functions of them, by nature, affects the brain. In this sense, the significance of Vata-Pitta concerning particular diseases is the overbalanced function of the heart and the brain. In this morbid condition, the heart circulates more blood towards the brain and the brain can not mobilize the blood to flow down in the same process, that is, in fact, the state of

hypertension. In general, the cerebral blood vessels must have regular blood circulation for in and out transition, which is the sign of normal blood pressure.

Hypertension, whatever may be the etiology of it, finally causes cardiovascular defects (dilatation), which is the significance of chronic hypertension. In this condition, the main symptoms of hypertension e.g. hot sensation, headache, dizziness, fear, uneasiness, irritation and insomnia with other related organ's syndromes that depend upon the character of it, come and go. In general, anything, either food or behavior, which increases heat aggravates the symptoms of high blood pressure.

Excessive or daily indulgence in sour, salty or pungent things; greasy foods; alcoholic drinks; hot tea or coffee; hot spices; meat; heavy labor; exercise; anger; anxiety; shock; over thinking etc. are the aggravating agents of high blood pressure.

The general treatment of high blood pressure (Hypertension) depends upon the drugs to restore the balance of the nervous system and the vein system, the medicine for individual etiology and the medicine to maintain the regular blood circulation. The medicine, which restores the balance of the nervous system, includes the bitter plants, which should have dilatory effects.

The medicine, which restores the balance of the vein system, contains sweet, astringent and bitter things with laxative drugs.

The medicine for individual etiology should be arranged according to the particular character of hypertension.

And the medicine to maintain the regular blood circulation contains the drug, which is prescribed for long life and good health. This kind of drug is called "Rasayana".

## **9.2. CAUSES OF HYPERTENSION**

The fundamental cause of hypertension is the overactive heart, which aggravates the function of the vein system (Pitta) and the overactive

brain, which aggravates the function of the nervous system (Vata). The combined aggravation of overbalanced functions of the nerve and vein or the brain and the heart is called “Vata-Pitta”, the Ayurvedic term to indicate the symptoms of hypertension.

Ayurveda presents five different etiological conditions of hypertension, which are called “Pittavrita Prana, Pittavrita Udana, Pittavrita Samana, Pittavrita Vyana and Pittavrita Apana”.

The condition of hypertension, which is called “Pittavrita Prana”, is concerned with the disturbed inhaling function of the aggravated respiratory nerves system. In this condition, the dilated cardiovascular system circulates more blood towards the brain and the brain can not mobilize the blood to flow down for natural in and out transition. The Pranavayu (Oxygen) to be less active with the bodily heat effect is the main cause of it. The amount of sour, salty, pungent or greasy things, whatever may be the kind of it, to be high in the blood, result in abnormal heat. This kind of hypertension is common to the person who has blood typed nature. Robust body, aggressive nature, courageous and venturous activities, ego, selfishness, dominating personality, voracious eating, less compassion, difficulty to be under control of someone or social discipline and proudness are the caricatures of the blood natured person.

The condition of hypertension called “Pittavrita Udana” is concerned with the disturbed exhaling function of the aggravated respiratory nerves system. In this condition, the dilated cardiovascular system circulates more blood towards the brain and the brain can not mobilize the blood to flow down for natural in and out transition. The Udanavayu (carbon dioxide) to be reversed back to the blood circulation with the effect of bodily heat is the main cause of it. The amount of sour, salty, pungent or greasy things whatever may be the kind of it, to be high in blood results in abnormal heat. This kind of hypertension is common to the person who is suffering from long standing worries, fear and heart problems.

The condition of hypertension called “Pittavrita Samana” is concerned with the disturbed digestive function of the aggravated intestinal nerves system. In this condition, the overactive heart and brain result in the same morbid character of the hypertension called “Pittavrita

Prana". Poisonous effect, which dilates the portal vein, is the main cause of it. It is common to someone who has had food poisoning or prolonged use of toxic drugs.

The condition of hypertension called "Pittavrita Vyana" is concerned with the aggravated nervous system, which is connected with the general blood circulation. In this condition the overactive heart and the brain result in the same morbid character of hypertension called "Pittavrita Prana". Over volume of the blood is the main cause of it. It is common to the person, especially woman who has blood typed nature with luxurious life and without exercise.

The condition of hypertension called "Pittavrita Apana" is concerned with the aggravated nervous system, which is connected with the excretory function of the kidney and the colon. In this condition, the overactive heart and the brain result in the same morbid character of the hypertension called "Pittavrita Prana". Blockage of the excretory function, whatever may be the cause of it is the main cause of it. It is common to the person who has problems of kidney, rectum etc.

Hypertension whatever may be the etiological condition of it can be worse with the excessive or daily indulgence in sour, salty or pungent things either in the form of foods or drugs; greasy foods; especially fatty or oily food preparations; alcoholic beverages; hot tea or coffee; hot spices; meat or fish; heavy labor or exercise; anger shock; over thinking; hard work with responsibility or risk etc.

### **9.3. SYMPTOMS OF HYPERTENSION**

Heavy and slow pulses, dizziness, headache, hot sensation, insomnia, irritation, uneasiness, anxiety and fear are the general symptoms of hypertension.

Hot sensation, dizziness, headache, fainting, acid burping or vomiting and heart burning are the main symptoms of hypertension with the character of "Pittavrita Prana". Fainting is not common unless the blood pressure is very high. In general, the patient feels better when he vomits or gets cooling relaxation. At the beginning stage, there are no any symptoms of heart diseases or problems however; some

symptoms of heart diseases can be identified in the chronic stage of hypertension. The symptoms of acid burping or vomiting and heart burning always cause confusion of gastritis and the treatment of gastritis also makes better for a while. But it is very important to pay attention for diagnosis that they symptoms of gastritis with high blood pressure are the main significance of hypertension with the character of “Pittavrita Prana”. This condition not being known and treated in improper way, finally the patient suffers from chronic hypertension with the problems of heart disease, which is very difficult to cure.

Hot sensation, dizziness, headache, breathlessness, difficulty for the function of the chest and collapsing weakness are the main symptoms of hypertension with the character of “Pittavrita Udana”. The symptom of breathlessness with the uneasy feeling in the chest is the main significance of it, which can confuse with asthma or some other problems of the lung. In this case, the problems of the heart can be identified from the beginning stage. This kind of hypertension is very difficult to cure and is dangerous.

Hot sensation, fainting, thirst, excessive perspiration and loss of temperature and appetite are the main symptoms of the hypertension with the character of “Pittavrita Samana”. Hot sensation with less temperature is the main significance of it. This condition not being known and treated in improper way, finally the patient suffers from mild chronic hypertension with some other problems of the heart and the brain.

Hot sensation, body ache, general weakness, stiffness and jerking are the main symptoms of the hypertension with the character of “Pittavrita Vyana”. Neuralgic symptoms are the main significance of it. This condition not being known and treated in improper way, finally the patient suffers from chronic hypertension with other problems of the heart and the brain.

Dark yellow urine and stool, burning sensation of the urinary organs and rectum and early menstruation are the main symptoms of the hypertension with the character of “Pittavrita Apana”. The symptoms of urinary infection are the main significance of it. This condition not being known and treated in improper way, finally the patient suffers

from chronic hypertension with some other symptoms of the heart and the brain.

Hypertension whatever may be the character of it not being treated in proper way can be the cause of stroke (paralysis) or heart failure. It is especially true in the case of hypertension with the character of Pittavrita Prana or Pittavrita Udana.

#### **9.4. PREVENTION OF HYPERTENSION**

Regular test for blood pressure must be carried out. If the blood pressure is high, whatever may be the cause of it, greasy foods e.g. oil, ghee, butter, fat, peanut butter etc. or food preparations made from any of them: sour, salty or pungent things e.g. acid fruits, yogurt, vinegar, salty foods, chili, hot spices etc; hot tea or coffee; meat and fish; roasted, fried or burnt food preparations; alcoholic beverages etc. should be strictly avoided in the diet.

Mild laxative drugs are useful to take regularly.

Complete rest and peaceful atmosphere are very essential. The practice of deep perspiration is beneficial.

Morning walk is good if the atmosphere is not very cold.

Air-conditioned room is very harmful. Sleeping room should be well ventilated with fresh air.

Overindulgence in sex is strictly prohibited.

There should not be any disturbances during the time of sleeping.

Any diseases of the heart, gastritis, nephritis, constipation, obesity, diabetes, headache, hemorrhage, fainting, dizziness etc. should be diagnosed very well and treat as soon as possible with proper diet.

Withholding the urges of stool, urine or gas, consciously or unconsciously, is very harmful.

To be away from threatening condition, big noise and air pollution is very important.

## 9.5. TREATMENT OF HYPERTENSION

The general treatment of hypertension is based on the drugs, which restore the balance of the nervous system and the vein system, counteract the individual etiological characters and maintain the regular blood circulation.

The medicine, which restores the balance of the nervous system, should not aggravate the function of the vein system. Sweet, sour or salty drugs or greasy drugs or some drugs, which have dilatory effect, are beneficial to restore the balance of the nervous system. But, all these drugs except sweet drugs aggravate the function of the vein system. The medicine, which restores the balance of the vein system, should not aggravate the function of the nervous system. Sweet, bitter or astringent drugs or the drugs, which have constrictory effect (refrigerants) or counteracting effect to grease, are beneficial to restore the balance of the vein system. But, except sweet drugs, all other drugs aggravate the function of the nervous system. In regard to this principle, some bitter plants, which have dilatory effect along with neutralizing sweet drugs, have to be prescribed in the treatment of hypertension. Bitter plants with dilatory effect along with neutralizing sweet drugs counteract the aggravated function of the nervous system (the brain) and the vein system (the heart). Guduchiyoga, a compound of *Tinospora cordifolia* with some other plants is one of the best remedies of hypertension to restore the balance of the nervous and the vein system (Vata-Pitta). It is very important to pay attention that to reduce the tension of the high blood pressure, some mild laxative drugs should be prescribed side by side with Guduchiyoga. The aim of laxative drugs is to stop to some extent the assimilation of bile etc., which increases the bodily heat. This treatment should be continued until the blood pressure is normal.

The medicine, which counteracts the individual etiological characters, depends upon the conditions of hypertension. The treatment of hypertension with gastric symptoms should be treated with the drugs



of gastritis along with the regular drugs of hypertension to restore the bodily balance. The treatment of hypertension with the symptoms of pulmonary diseases should be treated with the drugs of asthma along with the regular drugs of hypertension to restore the bodily balance. The treatment of hypertension with the symptoms of loss of appetite and perspiration should be treated with the digestive drugs along with the regular drugs. The treatment of hypertension with the symptoms of neuralgia should be treated with the drugs of arthritis (nerve tonic) along with the regular drugs. The treatment of hypertension with the symptoms of dark yellow urine should be treated with the drugs of urinary infection along with the regular drugs.

The medicine, which maintains the regular blood circulation, is called “Rasayana”, the Ayurvedic word to indicate the property of drug, which increases the immunity for long life and good health. Shilajaturasayana, a compound of bitumen (rock secretion) with some other plants or Guggula Rasayana, a compound of Balsamodendron mukul with some other herbs, is one of the best Rasayana. It is prescribed at least for 3-6 months. It is well investigated that the effect of Rasayana drug restores the natural balance of the three major bodily systems e.g. the nervous system, the vein system and the artery system. The function of the nervous system controls and regulates the function of the artery system and the function of the artery system controls and regulates the function of the nervous system. They have bilateral coordination. The function of both the nervous system and the artery system combinely control and regulate the function of the vein system and the function of the vein system controls and regulates the function of them. This is the natural balance of the three major bodily systems.

In this condition, the brain, which is the center of the nervous system functions in proper way to mobilize the regular function of the heart which is connected with the blood circulation through the veins and arteries. In regards to this fact, the Rasayana drug is harmless to prescribe in any condition of hypertension for the maintenance of regular blood circulation. Regular blood circulation, in another sense, is the significance of health.

## 9.6. PROHIBITED FOODS AND BEHAVIORS

The patient of hypertension should know that the proper diet and the proper behavior play a major role to control the tension of high blood pressure.

Excessive or daily indulgence in salt, especially sea salt; sour fruits e.g. tomato, tamarind, plum, orange, lemon, citron, mango, pineapple etc.; sour foods e.g. yogurt (curd), fermented foods, vinegar; hot spices e.g. chili etc.; greasy foods e.g. milk, oil, ghee, butter, fat, peanut butter etc.; oily or greasy food preparations; meat and fish; alcoholic beverages; hot tea or coffee; fried, roasted or burnt food preparations; smoking; heavy labor or exercise; anger; anxiety; shock; over thinking; hard work with responsibility or risk; unnecessary discussion; had habit of withholding the urges of stool, urine or gas etc.; air conditioned room; disturbance during the time of sleeping etc. is prohibited during the period of treatment.

### NOTE:

Some nutritive foods e.g. milk and milk products, meat, fish, fruits etc. which are listed in the prohibited foods, can be taken moderately when the blood pressure is normal. Otherwise the patient feels very weak and the aggravated nervous system causes more trouble.

# Chapter 10

## 10. THE AYURVEDIC CONCEPT OF LEUKODERMA

### 10.1. INTRODUCTION

The physical structure of the skin contains many thin layers e.g. the layers of the lymphatic duct system, melanin, blood vessels, nerves etc. Skin diseases are the morbid conditions of them. In general, particular skin disease affects the particular layer of the skin. The injury of the white tissues lying between the layers of the blood vessels and the nervous systems is the fundamental cause of leukoderma. Any injury of the skin in the process of healing develops scar and the scar of the white skin tissues in some aggravating conditions, can spread resulting in white patches. The spreading painless white patches are the significance of leukoderma. In this condition, the skin color can not cover scar, because there is blockage in the structure of the melanin layer.

Ayurveda points out that there are many causes of cutaneous injury and the injury is classified into two categories. One injury is classified within the traumatic wound or fire burn and another injury is concerned with the physical destructive factors. The cause of physical destructive factors depends upon the improper use of minerals e.g. lead, tin etc; the contradictory foods e.g. meat or fish taken together with milk etc; the improper treatment of hemorrhage e.g. use of strong blood coagulating medicines to stop bleeding etc. the raw minerals (not medicated minerals), the essence of contradictory foods, the strong blood coagulating medicines etc. in some aggravating condition, can be the cause of abnormal exudation. In this condition, the minerals etc. being filtered through the cutaneous blood vessels accumulate between the layers of the cutaneous blood vessels and the nervous system and cause injury of the concerning skin tissues.

The case of leukoderma, which is concerned with the physical destructive factors, is classified into the three characters called

“Darunam”, “Arunam” and “Switram”. The leukoderma called “Darunam” is identified with the copper color. The leukoderma called “Arunam” has white patches with pink color. And the leukoderma called “Switram” is pure white. The copper colored leukoderma is concerned with slight inflammation, which is the result of the aggravated cutaneous vein system (Pitta). The leukoderma with the pink colored white patches is the result of the aggravated cutaneous nerve system (Vata). And the leukoderma, which is pure white, is concerned with slight swelling, as a result of cutaneous artery system (Kapha) aggravation. This is the theory of Ayurveda for proper treatment and diagnosis.

The excessive or daily indulgence in salt; sour foods and fruits; yogurt and milk; fish; radish; sesame and sesame products; contradictory and greasy foods; withholding the urges of vomiting; heavy labor right after meal; hot and cold; sleeping during the day etc. can aggravate the condition of leukoderma.

The general treatment of leukoderma contains the drugs, which break the white patches, open the blockage of the melanin layer, counteract the exudative condition and keep the balance of the aggravated functions of the bodily systems. The colored leukoderma is easy to cure however the pure white leukoderma is not like that. It takes much effort and time for cure. Leukoderma whatever may be the character of it, has to be treated at the beginning stage for quick cure.

## **10.2. CAUSES OF LEUKODERMA**

The injury of the white tissues of the skin, which is located between the cutaneous layers of the blood vessel and nervous system, is the fundamental cause of leukoderma. The injury of the white skin tissues, in the process of healing, leaves behind a white mark. This is a kind of scar of wound, which can spread in some aggravating condition. The spreading condition of the white scar is the significance of leukoderma.

There are two causes of injury of the white skin tissues. One cause is concerned with the fire burn or some other traumatic wounds and another cause is related with the physical destructive factors, which

include minerals, contradictory foods, blood coagulating strong astringent drugs etc.

The raw minerals especially lead and tin etc. inserted in any way in the body, if are not eliminated and are filtered from the cutaneous blood vessels, can be accumulated in the surface of the white skin tissues and cause injury or lesion of them. Any foreign thing located in some organ irritates the concerning nerve system that, in fact, stimulates the mucous membrane to produce much more slime to cover the foreign thing. The exudated slime or mucous, if stays long time in some place, rotten by nature and dissolves it. Anything, which is rotten, is destructive to the affected organ or tissues. Following this fact, raw minerals (not medicated minerals) are found as the cause of cutaneous injury. Leukoderma concerning with minerals are very common to the farmers or in some places where people have to drink such a water which contains much minerals.

Meat or fish, especially fish to be taken together with milk; acid foods taken together with the milk; honey especially wild honey and hot tea or coffee etc. to be taken together etc. are contradictory foods. These contradictory foods have mild poisonous effect to some one who is weak and has weak digestive power. It is investigated that the contradictory foods have no effect to the person who is strong and has regular exercise. The poisonous effect of the contradictory foods has the same pathogenic result of minerals to be the cause of cutaneous injury. Leukoderma concerned with the poisonous effect of contradictory foods is common to the children. It is seen that the pregnant woman, if is indulged in the contradictory foods, her children can have leukoderma, however, it is not common.

In the case of hemorrhage or hematorrhea, at the beginning, strong blood coagulating astringent drugs to stop bleeding immediately should not be prescribed. Hematorrhea is the result of high blood volume, which contains much more by-products of the tissues (bodily) e.g. bile, uric acid etc. In this condition, the strong blood coagulating astringent drugs which stop bleeding can be the cause of accumulation of more dirty blood. This type of blood being filtered from the cutaneous blood vessel, if accumulates especially in the layers of the skin, can have the same pathogenic result of minerals to be the cause of cutaneous injury. Leukoderma concerned with the

strong blood coagulating astringent drugs is common to someone who has medical history of hematorrhea or hemorrhage with wrong treatment.

Excessive or daily indulgence in salt especially the clay mixed dirty salt; sour fruits and foods especially the fermented sour vegetables; yogurt and milk; fish especially salty or red fish; raw radish; sesame or sesame products; greasy foods; withholding the urges of vomiting or burping; heavy labor right after meal; hot and cold condition; sleeping during the day etc. can aggravate the morbid condition of leukoderma.

### **10.3. SYMPTOMS OF LEUKODERMA**

The painless spreading white patches, which appear on skin, are the significance of leukoderma. At the beginning they are very small in size and come and go not even being known as a significance of leukoderma. In general, the small white patches are very common on the waist side where there is injury from the underwear etc. These kind of white patches, as the scars, disappear when the melanin layer of the skin stretch out during the period of healing. But the same white patches, being neglected in some aggravating conditions, can spread very slowly and result in leukoderma.

Leukoderma is classified into three categories, which depend upon the color of the white patches. The white patches of leukoderma with the reflection of copper color are called “Darunam”. It is concerned with the light inflammation of the concerning cutaneous tissues. Inflammation is the result of the aggravated vein system (Pitta). In this condition, slight burning sensation and hair-fall of the affected area can be noticed. It is easy to cure.

The white patches of leukoderma with the reflection of pink color are called “Arunam”. It is concerned with the irritation of the nervous system (Vata). In this condition the white patches turns dry. It is also easy to cure.

The white patches of leukoderma, which are pure white, are called “Switram”. It is concerned with the slight swelling, which is the

significance of the aggravated artery system or mucous membrane (Kapha). In this condition, the white patches can be identified with the thickness and itching sensation. It is very difficult to cure.

#### **10.4. PREVENTION OF LEUKODERMA**

The foods should be free from clay contamination. Farmers especially have to clean their hands and raw radish, carrot etc should not be eaten without cleaning. Water of river, well, pond etc. has to drink after filtering very well.

Contradictory foods have to be avoided. Sleeping during the day is strictly prohibited. Treating the patient of hemorrhage, physicians have to be careful to prescribe strong blood coagulating drugs. Morning sickness (symptom of pregnant woman) should not be controlled.

Any white spots appearing on the skin have to be treated as soon as possible. Especially, the area of the waist has to be watched, because the underwear, trousers, petticoat etc. can injure the area. In this condition, white spot is very common in the waist. The underwear, trousers, petticoat etc. should not be worn very tight. Fire burn or acid burn has to be treated very well.

#### **10.5. TREATMENT OF LEUKODERMA**

The general treatment of leukoderma is based on the drugs, which break the white patches, open the blockage of the melanin layer, counteract the exudative condition and keep the balance of the aggravated functions of the nervous system, vein system and the artery system.

The drugs, which break the white patches, cause blister like eruptions on the affected area. The aim of this treatment is to have secretion of the accumulated slime mixed with pathogenic agents of leukoderma. Switrahara Lepa, a compound of *Plumbago zeylanica* with some other herbs, is one of the best remedies for external use. It is applied on the affected area. While using this plaster, it is more effective to

have sunbathed or heat. Eruption developed on the white patches should be broken with a thorn and let it be open for a while to have secretion. Then use the plaster again and again until the white spot disappears. This treatment is more practical to prescribe at the beginning stage of leukoderma while the white spots are still small in size and are not spreading.

The drugs, which open the blockage of the melanin layers, stimulate the hair follicles to circulate the skin color. Vakuchyadi Lepa, a compound of *Psoralea corylifolia* with some other herbs, is one of the best remedies for external use. It is applied warmly on the affected area and can develop eruption, which is considered to be very good for quick cure, however it is very painful.

The drugs, which are counteractive to the exudative condition cause dryness. The main aim of this treatment is to stop the spreading condition of leukoderma. Vakuchyadibati, a compound of *Psoralea corylifolia* with some other herbs, which are beneficial for the treatment of leprosy, is one of the best remedies for internal use. It is prescribed for months and months that depend upon the condition of patient, Ayurveda considers that leukoderma whatever may be the character of it, also can be cured with the principle of leprosy treatment. Following this fact, the treatment of leukoderma must contain some specific drugs, which are beneficial in the treatment of leprosy. The main objective of the leprosy treatment is based on the drugs, which stop the cutaneous exudative condition.

The drugs, which keep the balance of the bodily systems, have to be prescribed to overtake the particular condition of leukoderma. For example, the general treatment of leukoderma with the character of “Darunam” should be combined with the drugs, which are against inflammation (Pitta). The general treatment of leukoderma with the character of “Arunam” should be combined with the drugs, which are against nervous irritation (Vata). Likewise the general treatment of leukoderma with the character of “Switram” should be combined with some other drugs, which are against swelling (Kapha). This is the theory of Ayurveda, which is found very effective for quick cure and not to have any bad side effect of drugs. Otherwise, the treatment of local disease can harm the other healthy organs.



During the treatment of leukoderma, it is very important that the reaction of the blood must be alkaline. For that every week or twice a week, some laxative medicines should be prescribed to clean the bowel movement. In this condition, there is no chance to have acidosis problems.

**NOTE:**

The patients of leukoderma should know that the treatment of leukoderma is very slow. There is no any magic cure. They must have patience to continue the treatment for months and months, especially at the advanced stage, when the white spots or patches cover a large area of the skin. It is experienced that the pure white leukoderma is very difficult to cure in compare to other type of leukoderma.

## **10.6. PROHIBITED FOODS AND BEHAVIORS**

Fish, especially red or salty fish; fish to be taken together with milk; raw radish, especially not well washed (containing clay); sesame or sesame products or sesame oil; dirty water of pond, well or river; dirty sea or lake salt; yogurt and milk; milk taken together with acid fruits; fermentated sour foods or vegetables; sleeping during the day; withholding the forces of vomiting or burping; hot and cold condition especially to take cold bath or swimming during perspiration; heavy labor right after meal etc. are prohibited during the treatment of leukoderma.

# Chapter 11

## **11. THE AYURVEDIC CONCEPT OF LOW BLOOD PRESSURE**

### **11.1. INTRODUCTION**

The morbid condition of low blood sugar (hypoglycemia) is called “Ojaksaya”. It is, in general, concerned with the deficiency of serum (Rasaksaya), which weakens the function of the heart. The weak heart can not circulate the blood in proper way especially through the arteries. That, in fact, is the significance of low blood pressure, which results in low or weak pulses, poor digestion, general debility, constipation, and back pain, loss of weight, dizziness, headache, mental distraction, irritation, heart diseases, pale looking and weakness of hearing.

There are many causes of hypoglycemia. Some of them are concerned with anemia, bleeding diseases e.g. menorrhagia, hematuria, bleeding hemorrhoids, hematorrhea, ulcer, traumatic hemorrhage etc, diarrhea or chronic diarrhea (Sprue); dysentery or chronic colitis; hepatitis or chronic hepatitis; urinary diseases e.g. albuminorrhea, chyluria, polyuria, glycosuria etc; overindulgence in sex; heavy labor; anxiety; fear; awakening at night; malnutrition; fasting; little food; shock; heat; old age etc.

It is well investigated that the condition of hypoglycemia whatever may be the cause of it, is common to the person who has the nerve natured body type. Unproportionate face, big mouth, thin skin with clear veins especially on the face, lean and thin body, restlessness, intellectually brilliant, compassionate activities, talkative and fearful caricatures are the sign of the nerve natured body type. The main cause of it is the weak function of the pancreas.

Some symptoms of low blood pressure concerned with the brain and extremities are the same as of hypertension. The reason of it is the poor blood circulation carried through the arteries, which can not

force the blood circulation of the veins. In this condition, the arteries can not supply enough blood to the brain and some other organs, for their proper functions, and the veins contain more blood, which results in dizziness, headache and hot sensation. This is very important to pay attention for proper diagnosis.

Loss of appetite and poor digestion whatever may be the cause of them, are the aggravating causes of low blood pressure. Not having good appetite and proper digestion of food, the liver can not function in proper way to store enough sugar and to excrete enough bile, which is very important to stimulate the pancreas for good appetite and digestion of food. In this sense, it is very clear that the poor function of the pancreas is indirectly concerned with the chronic low blood pressure or hypoglycemia.

The symptoms of low blood pressure come and go, not even being noticed in its beginning stage. The patient of low blood pressure or hypoglycemia feels better when he is active and does some creative work. Woman compared to man complains more the problems of hypoglycemia. The reason of it is the loss of blood during the period of menstruation. It is especially true to the woman who has the nerve natured body type.

The general treatment of low blood pressure depends upon the drugs, which stimulate the digestive power, strengthen the bodily stamina and relieve the problems of particular diseases, which are concerned with low blood pressure.

The drug, which stimulates the digestive power, contains the carminative, digestive and appetizing ingredients.

The drug, which strengthens the bodily stamina, includes the general tonic and aphrodisiac medicine.

The drug, which cures the particular diseases concerned with hypoglycemia should be arranged according to the proper diagnosis of chronic diarrhea; chronic colitis; chronic hepatitis; deficiency of serum; chronic urinary diseases; chronic diseases of the uterus etc.

## 11.2. CAUSES OF LOW BLOOD PRESSURE

Deficiency of serum is the main cause of low blood pressure because the amount of blood sugar depends upon the quantity of serum. Any morbid condition of low blood sugar related with deficiency of serum weakens the heart. The weak heart can not function in proper way for blood circulation and results in weak pulses manifesting the particular symptoms of low blood pressure.

Anemia whatever may be the cause of it results in low blood pressure, because the deficiency of blood including serum is the significance of anemia.

Any bleeding diseases e.g. menorrhagia, hematuria, bleeding hemorrhoids, bleeding ulcer, traumatic hemorrhage, hematorrhea etc. cause low blood pressure because there is the deficiency of blood including serum.

Diarrhea or chronic diarrhea (Sprue), dysentery or chronic colitis causes low blood pressure. In this condition, the food can not be digested in proper way. Foods not being well digested, the essence of them can not be assimilated. That results in deficiency of serum.

Hepatitis or chronic hepatitis causes low blood pressure. Because the injured liver can not stimulate the pancreas to digest sugar and store sugar. In this condition, the by-products of the blood cells e.g. bile etc. filtered in the liver reverse back to the blood circulation and destroy the blood sugar.

Urinary diseases e.g. albuminorrhea, chyluria, polyuria, glycosuria etc. cause low blood pressure because there is abnormal wastage of vital ingredients of serum. Overindulgence in sex causes low pressure because of wastage of semen degenerating the function of the bone marrow, which results in anemia.

Heavy labor causes low blood pressure. In this condition, the destruction of blood ingredients results in the deficiency of blood including serum.

Anxiety or fear or shock causes low blood pressure. In this condition, the mental tension weakens the cardiovascular system, which cannot circulate the blood in proper way for in and out transition.

Awakening at night results in dryness that can be the cause of low blood pressure.

Effect of heat results in dryness that also can be the cause of low blood pressure.

Old age is the lack of immunity's result and the poor function of the bodily organs. In this condition, the deficiency of blood including serum, by nature, manifest the symptoms of low blood pressure.

Malnutrition or fasting or insufficient food intake, by nature, results in deficiency of blood including serum. In this condition, the problems of low blood pressure are very common. It is especially true for poor people.

In regard to these causes and conditions of low blood pressure, it is very important to pay attention for diagnosis that the person who has the nerve natured body type, weak digestion and loss of appetite, in general, suffers from the chronic low blood pressure because his or her pancreas is weak. Otherwise, the symptoms of low blood pressure come and go.

### **11.3. SYMPTOMS OF LOW BLOOD PRESSURE**

General debility, constipation, back pain, dizziness, often on headache and depression are the main symptoms of low blood pressure.

Weak pulses are the significance of poor blood circulation. Careful investigation of pulses is very important for diagnosis.

The patient of low blood pressure often complains of poor digestion and loss of appetite. In this condition he gets more low blood pressure with all the symptoms of it. In general, when he is hungry,

especially in the morning, he feels very weak and irritable. After eating, he always feels better.

Sleepy all the time, laziness and body ache are some other clear symptoms of low blood pressure. In this condition, when sitting if stands up quickly, causes numbness, blurred vision and dizziness. It is especially true when sitting in the sun.

The condition of blood pressure, if is very low, can be the cause of collapsing for a moment. It is very common in the accidental trauma.

The patient of low blood pressure not being treated in proper way can have heart problems e.g. palpitation angina pectoris, fear, irritation with sound, and depression etc. in this condition he looks pale and sad.

Woman suffering from low blood pressure or hypoglycemia, in general, gets very bad depression and mental distraction.

Besides all these symptoms, weak hearing, noise in the ear, weak vision, hot sensation of the extremities (sometime very hot in the hot season or very cold in the cold season), reaction with refrigerant drugs, breathlessness etc. also can be accompanied with the regular symptoms of low blood pressure.

Low blood pressure is not a particular disease; it is a side effect of some other diseases. In regard to these facts, it is very important to know that the diagnosis of particular diseases concerned with low blood pressure must be well investigated. Otherwise, the symptoms of low blood pressure, being much clear, can not be identified with the related conditions, which are very important for the proper treatment.

#### **11.4. PREVENTION OF LOW BLOOD PRESSURE**

The regular check up for blood pressure must be carried out to see the function of the heart.

Appetite and digestive power must be maintained with proper diet. If is necessary, some digestive, appetizing and carminative drugs can be taken.

Over eating or heavy meals can disturb the digestive power, which is very bad. Regular time for eating is very important for regular function of digestion and to have desire to eat in the meal time.

The person, who has tendency to have low blood pressure, should be away from anything, which causes mental distraction, fear and shock.

Regular exercise is very important to have proper blood circulation, which stimulates the function of the pancreas.

Any disease concerned with low blood pressure e.g. urinary disease, bleeding disease, diarrhea or chronic diarrhea, dysentery or chronic colitis, anemia, hepatitis or chronic hepatitis, constipation, angina pectoris etc. should be treated as soon as possible with proper treatment and diet.

Diet with full protein should be arranged in proper way. In some condition, alcoholic beverage is beneficial to drink after meal but not before meal. Also the dose of it should be moderate; otherwise, it causes heavy intoxication.

Sound sleep is very important. There should not be any disturbances during the time of sleeping.

Fasting, laxative drugs, blood letting practices (blood donation etc.) and constrictory refrigerant drugs are prohibited (unless it is necessary to prescribe in some condition).

## **11.5. TREATMENT OF LOW BLOOD PRESSURE**

The general treatment of low blood pressure is based on the combination of drugs, which stimulate the digestive power, strengthen the bodily stamina and relieve the problems of particular diseases concerning low blood pressure.

The drug, which stimulates the digestive power, contains some digestive, appetizing and carminative ingredients. Trikatu Rasayana, a compound of Piper longum with other herbs is one of the best compounds to stimulate the digestive power. In the same way, some tincture of drugs e.g. Karpurasava, made of camphor etc; Lavangasava, made of clove etc. can be prescribed after meal, at least, for two to three months.

The drug, which strengthens the bodily stamina, includes the general tonic and aphrodisiac medicine. Draksyasava, a fermented drug made of grapes etc; Mallayoga, a compound of iron oxide with other herbs; Chyavanaprasha, a paste made of Emblica officinalis and some other herbs etc. are well known Ayurvedic tonics and aphrodisiacs.

The drug, which relieves the problems of particular diseases concerned with low blood pressure, should be arranged according to the problem of patient. In this case, the regular treatment of hepatitis or chronic hepatitis, diarrhea or chronic diarrhea, dysentery or chronic colitis, anemia, urinary disease, bleeding etc. is very important to treat side by side with other regular treatments of low blood pressure.

## **11.6. DIET FOR LOW BLOOD PRESSURE**

The patient of low blood pressure must have proper diet with full protein. Especially vegetarians should arrange their diet to have enough protein from different sources of foods and the food preparations must be spicy with different appropriate spices e.g. ginger, black pepper, cardamom, turmeric, bay leaf, cinnamon, nutmeg etc.



# Chapter 12

## 12. THE AYURVEDIC CONCEPT OF MIGRAINE

### 12.1. INTRODUCTION

The congestion and exudation from the cranial blood vessels effecting only one side of the head is the fundamental cause of migraine. The escape of fluid and deposition of it in or on the tissues cause blockage of the function of the bodily passages conducted through the nervous system for the in and out transition, that in fact, is the significance of the severe headache involving the affected side of the head.

There are many causes of the cranial blood vessel's congestion and exudation. The ear wax infection; sleeping during the day, especially for the allergic persons; effect of the cold breeze of the morning or snow land; effect of withholding the forces of sneezing, especially during the attack of flue; recurrent infection of congestion etc. are the main causes of cranial blood vessel's congestion and exudation.

The morbid condition of the congestion and exudation is defined as a "Kaphadosa", the Ayurvedic term to indicate the aggravated function of the arteries. The deposition of the exudated fluid, in general causes blockage of the bodily passages for the in and out transition. In this condition, the constant impulses conducted through the function of the nervous system, reverse back affecting the blocked area. This morbid condition of the nervous system is called as a "Vatadosa", the Ayurvedic term to indicate the aggravated condition of the concerning nervous system. In this regard to this principle, the morbid condition of migraine is classified within the character of "Vata-Kapha", the Ayurvedic key note for proper diagnosis and treatment. Ardhavabhedaka is the equivalent Sanskrit term for migraine.

Once a week or twice a week or once a month or twice a month, all of sudden, severe headache effecting only one side of the head, is the

main symptom of migraine. During the attack of migraine, the ear, temple, eye and sinuses either of the right or left side can be affected. The problem of migraine, not being treated in proper way, finally causes damage to the eye and ear.

It is well investigated that the attack of migraine comes and goes. The constant impulses of the nervous system caused by blockage create more heat. This heat dilates the blood vessels. In this condition, the blockage caused by exudation, by itself disappears. So the impulses result in severe headache and the headache disappears when blockage is opened. This is the general rule why the headache comes and goes. But the recurrent attack of headache continues until the cause of morbid condition of cranial blood vessels is not completely counteracted with proper treatment.

The general treatment of migraine is based on the combination of drugs, which dilate the capillaries, stop the exudation, promote the filtration of exudated fluid and restore the balance of the three major bodily systems e.g. the nerve, vein and artery system.

## **12.2. CAUSES OF MIGRAINE**

The fundamental cause of migraine is the congestion and exudation of the cranial blood vessels effecting only one side of the head. The morbid condition of the congestion and exudation causes blockage in two ways: the blockage concerned with expanded bulk of the capillaries due to the abnormal accumulation of blood and blockage concerned with the deposition of escaped fluid in the in and out transits. The blockage of any parts of the body, whatever may be the condition of it, disturbs the function of the nervous system and results in abnormal impulses. Whenever the impulses reverse back, cause pain, because there is pressure of counteracting impulses.

Some of the causes, which result in the cranial blood vessel's congestion and exudation, are ear wax infection; sleeping during the day; effect of cold atmosphere; withholding the forces of sneezing; recurrent infection of conjunctivitis etc.

The ear wax dissolved in some condition can infect the eustachian tube, which can be the cause of cranial blood vessel's congestion and exudation. This condition of the ear not being treated in proper way finally causes migraine. The migraine concerned with the ear wax infection is very common to the person who is fond of taking bath or swimming. It is true especially when someone has ear problems.

Sleeping during the day, in general, always causes exudation. Heaviness is the significance of it. The artery to be more active compare to the activity of the veins is main cause of it. In this condition, the cranial blood vessel's congestion and exudation can be the cause of migraine. It is especially true when someone has allergic problems. The problem of migraine, concerned with sleeping during the day is very common to woman.

The effect of cold atmosphere is concerned with cool breeze, especially blowing from east or snow land in the morning. The effect of cool breeze constricts the capillaries of the skin that, in fact, causes congestion of the internal blood vessels. This physical condition whenever, particularly effects the head can be the cause of cranial blood vessel's congestion and exudation. The migraine concerned with the effect of cold atmosphere is very common to the people who live in cold countries or alpine area.

Having common cold or flue or hay fever, sneezing as a symptom of it, comes and goes. In this condition, one who withholds the forces of sneezing or the forces of sneezing without blowing in proper way disappears can have the problem of cranial blood vessel's congestion and exudation. Because, the forces of sneezing are being reversed back to the head, dilates the blood vessels. The migraine concerned with withholding the sneezing is very common to the person who suffers often on with flue or hay fever.

The recurrent infection of conjunctivitis not being treated well can result in the cranial blood vessel's congestion and exudation. In this condition, migraine is very common; however, the migraine concerned with conjunctivitis has to be diagnosed in proper way. Otherwise, the symptoms of migraine related with glaucoma not being recognized can destroy the eye. This is very important to pay attention for diagnosis.

In regard to these causes of cranial blood vessel's congestion and exudation, which result in migraine, Vata-Kapha is the Ayurvedic key note for proper diagnosis and treatment. The morbid condition of congestion, which is related with the aggravated function of the nervous system, is the significance of Vata and the morbid condition of exudation, which is concerned with the aggravated function of the artery system, is the significance of Kapha. This is the theory of Ayurveda to present the fundamental causes of migraine.

### **12.3. SYMPTOMS OF MIGRAINE**

Severe headache effecting only one side of the head is the main symptom of migraine. This kind of headache appears all of sudden, once a week or twice a week or once a month or twice a month. There is no rule of attack. It depends upon the conditions of the patient. In general, the patient who is nervous, skinny and restless suffers from frequent attack of migraine. During the attack of migraine, the ear, temple, eye and sinus either of right or left side can be affected. This is very important to pay attention for diagnosis.

The migraine concerned with the ear wax infection must have had the ear problems e.g. ear itching, blockage for hearing and some throat problems affecting even the nose.

The migraine concerned with sleeping during the day must have some allergic problems e.g. hay fever, urticaria or asthma etc.

The migraine concerned with the effect of cold atmosphere, in general, develops with mid chest congestion.

The migraine concerned with the withholding forces of sneezing always is accompanied with the symptom of flue or common cold.

The migraine concerned with the recurrent infection of conjunctivitis must have the problems of eyes e.g. some condition of blepharitis, loss of eyelashes, varicosis of optical veins, red eyes etc.

These symptoms of migraine related with different causes of it, is very important to pay attention for proper diagnosis.

## **12.4. PREVENTION OF MIGRAINE**

Sleeping during the day is strictly prohibited and there should not be any disturbances during the sleep at night.

Yogurt (curd), acid fruits and foods, greasy foods, salads etc. which causes exudation should not be taken when someone is suffering from cold, flue or conjunctivitis.

Someone who lives in cold countries or alpine area should protect the head, keeping warm, especially in the morning.

While taking bath or swimming, the ears should be protected from the water, plugging cotton in it. It is important to someone who has ear problems.

The force of sneezing should not be controlled or the force of sneezing if disappears without blowing the nose, some stimulating drug for snuff must be used and clean the nose.

Allergic problems e.g. hay fever, conjunctivitis, flue, common cold, ear problems should be treated as soon as possible for cure with proper diet.

Contradictory foods e.g. milk to be taken together with fish or acid fruits are strictly prohibited. These kinds of foods can aggravate the problem of migraine.

Bowel movement should be regular. Constipation whatever may be the cause of it can aggravate the problem of migraine.

## **12.5. TREATMENT OF MIGRAINE**

The general treatment of migraine is based on the combination of drugs, which dilate capillaries, stop the exudation, promote the

filtration of exudated fluid and restore the balance of the three major bodily systems.

The drugs, which dilate the capillaries, create heat and the heat stimulates the function of the nerves. The stimulated nerves produce more strong impulses to open the blockage for proper blood circulation.

Guggulu, the resin of *Balsamodendron mukul* is one of the best remedies for dilations of cranial capillaries.

The drugs, which stop the exudation, contain some bitter, pungent and astringent herbs, which constrict the capillaries and cause dryness. Vachadi, a compound of *Acorus calamus* with other herbs is one of the best remedies for drying effect, which has no counteracting effect to the function of the nerves.

The drugs, which promote the filtration of exudated fluid, are based on a snuff made from different stimulating plants for cleaning. The medicine in the form of snuff causes sneezing. Sneezing is a kind of cleaning method of head to flow out the exudated fluid from the nose. Pippalishrita, a compound (decoction) made of *Piper longum* and *Acorus calamus* is one of the best remedies of snuff in the treatment of migraine. Sniffing drug, in general, is prescribed to relieve the severe headache.

The drugs, which restore the balance of the bodily systems, contain some ingredients, which promote the mutual co-ordination among the functions of the nervous system, vein system and the artery system. The function of the nervous system controls and regulates the function of the artery system and the function of the artery system controls and regulates the function of the nervous system. They have bilateral co-ordination. The combined functions of the nervous system and the artery system control and regulate the function of the vein system and the function of the vein system controls and regulates the functions of them. This is the mutual co-ordination of the three major bodily systems, which is considered as a significance of the healthy body. It is well investigated that the migraine can not be cured with pain killer drugs only without such a drug which restores the balance of the three major bodily systems.

Shirashularivajrarasa, a compound of Balsamodendron mukul with other herbs is one of the best remedies of migraine for cure. It is prescribed for two to three months with the timely use of oily snuff and laxative drugs. Sadbindutaila, an oily drug made of Eclipta alba, is a best oily snuff. It has soothing effect to control the aggravated function of the cranial nervous system, which is very important in the treatment of migraine.

## **15.6. PROHIBITED FOODS AND BEHAVIORS**

Yogurt (curd); greasy foods; acid fruits and foods; milk taken together with fish or acid fruits; sleeping during the day; awakening at night; walking in the early morning; withholding the forces of sneezing; overheating etc. are prohibited during the treatment of migraine.

# Chapter 13

## **13. THE AYURVEDIC CONCEPT OF MULTIPLE SCLEROSIS**

### **13.1. INTRODUCTION**

Undigested foods, especially the greasy foods e.g. fat, oil, butter etc., turn acid and have toxic effect in the components of blood. “Ama” is the Ayurvedic term for the undigested foods. The essence of well-digested foods, in general, should be sweet in taste that is the source of nutrients for bodily tissues. The essence of greasy foods (undigested) assimilated through the portal veins result in pathogenic defect of serum. In this condition, some characteristic symptoms such as: anorexia, fever, tendency of vomiting, pain or heaviness in the legs, body ache, drowsiness, blurred vision and wearisome etc. can be developed. This stage of pathogenic defect of serum, if is neglected and in the same time, if there is more greasy foods in the diet and indigestion, the mutual balanced co-ordinations of the nervous system, vein system and artery system can be destroyed. The loss of balanced co-ordination of the three bodily systems is called “Tridosha”. The loss of mutual co-ordination of the major bodily systems caused by the toxic essence of the undigested greasy foods is called “Ama-Tridosha”. Ayurveda points out that Ama-Tridosha is the fundamental cause of multiple sclerosis (MS). In this sense, it is clear that Ama is the pathogenic agent of MS. This is the theory of Ayurveda.

The function of the nervous system controls and regulates the function of the artery system (Kapha) and the function of the artery system controls and regulates the function of the nervous system. They have bilateral balanced co-ordinations. The functions of the nervous system and artery system, both combinely control and regulate the function of the vein system (Pitta) and the function of the vein system controls and regulate the functions of them. This is the mutual balanced co-ordination of the three major bodily systems that, in fact, is the significance of health. The loss of co-ordination of them, either one of them or two or all of them results in morbid condition



and manifests the symptoms of disease. This is the general theory of Ayurveda to present the fact of health and illness.

It is well investigated that in the case of MS, the functions of all the bodily systems are found out of control. As a result of it, the case of MS can develop any symptoms concerned with the aggravated nervous system, vein system and artery system. Paralysis, neuralgic pain, numbness etc. are the symptoms of the aggravated nervous system. The aggravated vein system in general, develops the symptoms of fever, hot sensation, inflammation etc. In the same way, symptoms of thickening, blockage, exudation etc. are the sign of aggravated artery system. In regard to this principle, it is clear that MS is a disease of physical disorder caused by the toxic essence of the undigested foods, especially fat, oil, peanut butter etc.

The pathogenic agent of MS can be active into the three morbid stages: first stage, active in serum; second stage, active in the constituents of fat; third stage, active in the nervous tissues.

The pathogenic agent of MS when is active in the serum, circulating through the blood vessels, causes mucus exudation and blockage in the duct systems. In this condition, the patient complains often on fever, body ache, anorexia, drowsiness (sleepy all the time), goose pimples, pain or heaviness in the legs (especially in the thigh), blurred vision (sometime even blindness), vomiting and wearisome. These are the primitive symptoms of MS, which are always confusing for proper diagnosis. These symptoms come and go, also, are curable with symptomatic treatment and fasting.

But, the patient of MS with the primitive symptoms, if is not well treated and in the same time, if there is heavy diet including greasy foods; meat; milk products etc., the pathogenic agent of MS can effect the constituents of fat resulting in less coagulation. The less coagulated fat is similar to the nature of mucus and mixes each other. The mucus mixed with semi-liquid fat circulating throughout the body thickens the wall of the blood vessels of the thigh. Therefore, the patient of MS in general, complains the symptoms of paralysis of the thigh or legs. The symptoms of paralysis of thigh or legs, at the beginning come and go and result in weak function of the legs. This is the second stage of MS, which is considered still curable with proper

treatment based on the drugs, which are counteractive to the bodily grease.

The patient of MS with the symptoms of paralysis if is treated with the regular drugs of paralysis, which contains oil massage, greasy enema etc. can worsen the symptoms resulting in permanent paralysis of the legs. This is the third stage of MS, which is very difficult to cure. In this stage the pathogenic agent of MS can destroy the constituent of nervous tissues and results in tremor, hot sensation, severe pain etc.

The Ayurvedic principle of general treatment to restore the balance of the bodily systems is based on “Panchakarma”, the medical practices of use of enema, laxative and emetic drugs. The enema made from medicinal decoction and grease is used to restore the balance of the aggravated function of the nervous system; the laxative drugs are found very effective to prescribe in order to restore the balance of the aggravated function of the vein system; the emetic drugs are beneficial to prescribe to restore the balance of the aggravated function of the artery system. But, in the treatment of MS these medical practices are found more harmful. Therefore, the case of MS is very difficult to cure. However, the first stage and the second stage are not difficult to cure, if they are diagnosed in the proper way.

In regard to all these facts, Ayurvedic texts present the case of MS in the special chapter of “Urustambha”.

## **13.2. CAUSES OF MULTIPLE SCLEROSIS**

Wrong diagnosis and treatment are the main cause of MS, because of the case of MS, at the beginning, is limited within the symptoms of pathogenic defect of serum.

The cause of pathogenic defect of serum is considered as the undigested greasy foods e.g. oil, peanut butter, milk products (except cheese) etc. It is investigated that the greasy foods eaten during the period when the meal is half digested in the stomach especially cause the pathogenic defect of serum. Also, during the period of digestion of greasy foods, any hot and cold drinks can be a cause of pathogenic defect of serum.

Excessive or daily indulgence in yogurt (curd); milk; meat; alcoholic beverage; liquid diet; over eating; sleeping during the day; awakening at night; vigorous exercise; fear; withholding the natural urges of stool, urine and gas; malpractice of fasting also, can be the cause of pathogenic defect of serum.

In the stage of pathogenic defect of serum, any wrong treatment based on oil massage, greasy enema, heavy diet including meat and milk products etc. can be the cause of MS.

Regular treatment of paralysis based on laxative, oily drugs etc. worsens the symptoms of MS manifested during the period of second stage.

The drugs and diet, which aggravate the function of the nervous system, can be the cause of permanent paralysis.

### **13.3. SYMPTOMS OF MULTIPLE SCLEROSIS**

The symptoms of MS developed in different stages can be divided into three categories:

The pathogenic agent of MS when is active in the serum, the patient of MS complains drowsiness, sleepy all the time, wearisome, anorexia, fever, body ache, goose pimples, vomiting, pain in the legs, blurred vision, jerking and especially weakness. These symptoms come and go not even being known what is the cause of them. But, the recurrent problem of them is the characteristic of the case of MS. Ayurveda considers that these are the primitive symptoms of MS, which are very common during the period of activity of the artery system. It is well investigated that during the developing period of the body (in general, sixteen to thirty years of age), the artery system becomes more active. It is especially true for women. Therefore, the problem of MS is very common for women as well as during the age up to the thirty. Someone who is fat and weak does not follow this rule.

The primitive stage of MS if is not well treated and at the same time, if there is heavy diet including meat, milk products, greasy foods etc. the patient of MS complains weakness, heaviness, numbness, specially of the legs; difficulty to walk and move the legs; the symptoms of paralysis, especially effecting the legs without sensation of coldness: hot sensation; severe pain. These symptoms come and go. The regular treatment of paralysis based on the oily drugs, laxative, oil massage etc. worsens the symptoms of paralysis. These are the second main stage symptoms of MS, which depend upon the activity of the pathogenic agent of MS in the constituents of fat.

The pathogenic agent of MS when is active in the constituents of the nervous tissues, results in functional disorder of the nerves. This is the third stage of MS. In this stage, the patient of MS complains tremor, hot sensation, and severe pain, counteraction of the paralyzed legs, numbness, heaviness, atrophy and permanent paralysis. Ayurveda considers that the third stage of MS is not curable; however it can be well maintained for few years to survive.

The patient of MS, in the advanced stage, some time can have the problem of insomnia with severe pain and dry feeling, which are considered as a side bad effect of drugs prescribed for MS treatment.

#### **13.4. PREVENTION OF MULTIPLE SCLEROSIS**

In the sense of prevention of MS the pathogenic defect of serum has to be fixed as soon as possible with fasting, exercise, digestive drugs, sun bath and less drinking water or any liquid.

The patient, if does not feel weak, also mild laxative and emetic drugs can be prescribed for short time, especially at the beginning stage.

Greasy foods should not be taken at all; the overeating habit is prohibited; the time of meal should be regular; milk products, meat and alcohol, are prohibited; the natural urges of gas, urine and stool should not be withhold; sleeping during the day is very harmful; salt and salty food preparations should be avoided time to time; sweet fruits and foods except honey are prohibited.

### 13.5. TREATMENT OF MULTIPLE SCLEROSIS

The general treatment of MS is divided into two stages: first stage treatment and second stage treatment. The first stage treatment is based on digestive drugs and the medicine for symptomatic treatment. The treatment for second stage contains the drugs, which counteract the bodily grease; decrease the weight; keep balance the bodily systems.

The pathogenic defect of serum, which causes the primitive symptoms of MS, can be fixed with the treatment based on the digestive drugs. Pippalyadi Churna, the standard compound of Piper longum and some other digestive herbs or Dhanyapanchakam, the standard compound of coriander etc. is beneficial to prescribe for digestion of undigested greasy foods, which causes pathogenic defect of serum. During the treatment with digestive drugs, fasting, exercise and less salt, dry diet have medicinal values. Some drugs for symptomatic treatment e.g. general pyretic drugs for fever and body ache; anti-emetic drugs for vomiting etc. can be prescribed in time.

The pathogenic agent of MS when is active in the constituents of fat, causes the symptoms of paralysis of the legs (sometime even the hands). In this stage, the internal and external treatments must be based on the drugs, which counteract the bodily grease e.g. fat, mucus etc. The treatment based on the counteracting bodily grease is called "Ruksopachara". For this treatment, some drugs, which are bitter, pungent, astringent or dilatory in effect, are prescribed. Gugguluyoga, a compound of Balsamodendron mukul with some other herbs; Shilajatu, a compound of bitumen (rock secretion) with some other herbs; Devadaruchurnam, a compound of Cedrus deodar with some other herbs etc. are special drugs, which are prescribed with honey to take in the treatment of MS. These drugs have special medicinal values to counteract the grease from the body, which results in no more thickening of the blood vessel's walls; no more accumulation of the mucus mixed with semi-liquid fat; normal function of the paralyzed legs. These drugs have to be prescribed for three to six months with proper diet.

It is very important to pay attention that during the treatment with these drugs, the nervous system should not be aggravated. For that some counteracting drugs, which help to restore the balance of the nervous system should be prescribed side by side. Ayurveda points out that the drugs, which counteract the bodily grease (Kapha), can aggravate the function of the nervous system (Vata). In this condition the symptoms of MS can be worse along with insomnia, severe pain, hot sensation and permanent damage of paralyzed nerves. Yogaraja Guggulu

the compound of Balsamodendron mukul with other minerals and herbs is found to be a best remedy to maintain the balance of the nervous system.

During the treatment of MS, the symptoms of paralysis can be changed and cause the regular paralysis effecting the nerves. This is very common if the function of the nervous system is aggravated with the drugs counteracting the bodily grease. In this condition, as soon as possible, the basic treatment of MS should be stopped and the regular treatment of paralysis should be prescribed based on the oily drugs. Piluparni Tail, the oily drug made with Bauhinia vahli with other herbs is one of the best oily drugs.

It is well investigated that the case of MS is not easy to cure only with internal treatment. For quick cure, also, needs some specific external treatment to rub on the paralyzed legs and to plaster on. The powder of Pongamia pinnata or Cedrus deodara or Calotropis gigantia is found very effective to rub on. In the same way the powder of fine clay or brick has medicinal value to rub on with some other herbs and to plaster on with honey and mustard etc. The application of external treatment has the same effect as of internal treatment to avoid the thickening condition of the blood vessel walls and accumulation of mucus with semi-liquid fat.

The advanced stage of MS, which is considered as the third stage of MS with the permanent symptoms of paralysis, is not curable. However, to maintain for few years to survive, it can be treated with regular drugs keeping balance of the nervous system.

### **13.6. EXERCISE FOR MS PATIENTS**

Exercise of MS patients is very important, especially for some one who is not so weak. Regular walking in the sandy land or crossing the river or pond is found to be the best exercise for the patient of MS who has periodical symptoms of paralysis. If the patient has no power to walk by himself he should have support of some one and gradually he should try to walk by himself in the presence of supporter or with a stick etc. During this exercise, it is very important to pay attention that the patient should not be excited otherwise will get traumatic problems. It is often seen that the patient of MS being excited to walk gets problems of traumatic injuries, which in general, results in worse condition of paralysis.

### **13.7. PROHIBITED FOODS AND BEHAVIORS**

Excessive or daily use of milk, butter, ghee, yogurt (curd); oil, peanut butter, sesame products; meat, fish; alcoholic beverage; vinegar; liquid diet; hot drink especially during the period of digestion of meal; starchy foods especially rice; salt; sweet or sour fruits are strictly prohibited.

Sleeping during the day; awakening at night; overeating; fasting; vigorous exercise; fear; withholding the urges of stool, urine and gas can aggravate the functions of the artery system and the nervous system, which are found very bad for the patient of MS.

### **13.8. RECOMMENDED DIET**

Barley; millet; beans; cheese; honey; whole wheat bread; bitter vegetables; carminative spices; honey water to drink; food preparation with sodium bicarbonate or alkali of barley plant.

# Chapter 14

## 14. THE AYURVEDIC CONCEPT OF PSORIASIS

### 14.1. INTRODUCTION

Any kind of poison either in the form of mineral, herb or animal product, which is not so harmful just like a slow poison or counteracted with the antidote, is called “Dusivisa”. This kind of poison can cause many problems, if it stays in the body and is not excreted through the process of filtration. The epithelium, a cellular substance of the skin and the mucous membrane produce sticky mucus, which is sweet in taste. It has power, to some extent, to counteract the physical properties of the poison and the poison counteracted with sweet mucus, in some condition, can stay long time in the body and results in many problems. Psoriasis is one of them if the poison is active in the epithelial tissues of the skin. In this sense, it is clear that the slow poison whatever may be the kind of it, or the poison counteracted with the antidote, is the pathogenic agent of psoriasis. This is the theory of Ayurveda.

There are three kinds of psoriasis called “Kitibha”, “Ekakustha” and “Charmakhya”. The psoriasis classified in the category of Kitibha, is characterized with rough papulosquamous dermatosis in which the scaling papules are light blue or red in color. The psoriasis called Ekakustha is identified with silvery gray scaling papules, which can spread in big patches. And the psoriasis known as Charmakhya is characterized with thick scaling papules, which finally turns just like the skin of the elephant.

Ayurveda considers that the case of psoriasis whatever may be the character of it, is found active in the morbid condition of the aggravated functions of nervous system (Vata) and the artery system (Kapha). The pathogenic agent of psoriasis, in general, being accumulated in the blood especially of the vein, the function of the vein is found unbalanced or inactive. The unbalanced function of the vein causes less heat for circulation and can not control and regulate



the functions of the nervous system and artery system, because they need more heat for proper function. In these morbid conditions, the bilateral co-ordination between the functions of the nervous system and the artery system can not keep the balance of them, which is necessary for natural functions of them. Regarding these facts, the foods and behaviors such as salt; sour fruits and foods; fish; curd (yogurt); milk; sugarcane products; contradictory foods e.g. milk to be taken together with fish or acid fruits etc; sleeping during the day; overeating; clay mixed water to drink etc. can aggravate the function of the artery system, which causes exudation of the unhealthy mucus and damages the structure of the epithelium. In this condition, the recurrent problem of the psoriasis is very common.

Quick change of hot and cold; fear; heavy labor right after meal; withholding the urges of stool, urine and gas; to control the forces of vomiting etc. can aggravate the function of the nervous system, which causes dryness of the skin. In this condition psoriasis can be worse.

In general the theory of treatment of psoriasis is based on to clean the blood in order to restore the balance of the nervous system and the artery system. The application of the blood cleaning drugs must be concentrated to counteract the slow poison accumulated in blood. In this field, poison to poison is the theory of Ayurvedic treatment. Poison in the form of minerals counteracts the poison of animal products or herbs. In the same way, the poison of herbs is against the poison of minerals and animal products. To use the poisonous plants and animals, they must be purified in certain pharmaceutical process, not to have any harmful effect from them.

The unbalanced function of the vein can be stimulated with the drugs and foods, which are pungent, sour or salty in taste. But, in the treatment of psoriasis, these drugs and foods are contradictory, because they aggravate the functions of the nervous system and the artery system. The overbalanced functions of the nervous system and the artery system can be controlled with drugs, which are sweet, bitter or astringent in taste. But, in the treatment of psoriasis, these drugs are also contradictory, because they result in more unbalance of the function of the vein system. Therefore, the case of psoriasis is not too easy to cure; however, there are numerous well investigated

drugs for the cure of psoriasis. These drugs play a major role to clean the blood and restore the balance of the bodily systems.

## 14.2. CAUSES OF PSORIASIS

The effect of slow poison or the poison, which is partly counteracted with anti-poisonous drugs or antidote, is the fundamental cause of psoriasis. It is well investigated that the defilement of rat's urine mixed with semen, which is considered to be poisonous, can be a cause of psoriasis; any insect bite, especially the bite of the wild insects has been seen as a cause of psoriasis; the poisonous drugs, which are not purified in proper way, if cause bad side effect and stay in the body, can be a cause of psoriasis; the dirty water, which contains minerals and clay can be also a cause of psoriasis.

The poison whatever may be the kind of it induced in the body by any means if is inactive or counteracted with sweet ingredients of mucus, can stay long time not being active in the body. In this condition, something, which stimulates the mucous membrane and causes more mucus or slime discharge and if it turns salty in taste, the counteracted poison can be active to manifest the symptoms of psoriasis. Therefore, Ayurveda points out that the foods and behaviors, which aggravate the mucous membrane or the function of the artery system, can be the aggravating causes of psoriasis. In the same way, the behaviors, which aggravate the nervous system, also, can be the aggravating causes of psoriasis.

Excessive or daily indulgence in any of the following foods and behaviors causes aggravation of the artery system (Kapha).

Radish; salt; sour fruits or foods; milk or yogurt; sugarcane products; fish; new rice right after harvesting; sesame products; greasy foods or food preparations; liquid diet; contradictory foods e.g. milk with fish, acid fruits or meat; over eating i.e. food to be taken again not being digesting the previous one; sleeping during the day; fried, burnt or roasted foods.

Daily indulgence in any of the following behaviors causes aggravation of the nervous system (Vata).

Quick change of the hot and cold e.g. to take cold bath while working with or in fire or in sun etc.; to drink ice cold water or any beverage being very hot; withholding the natural urges of stool, gas and urine; to control the forces of vomiting; indigestion; misuse of laxative or emetic drugs; unusual fasting; over indulgence in sex; vigorous exercise; fear; violation of the discipline.

### **14.3. SYMPTOMS OF PSORIASIS**

There are three kinds of psoriasis known as Kitibha, Ekakustha and Charmakhya. They have similar primitive symptoms such as: circumscribed rashes, local numbness, hot sensation, itching, slow healing and painful condition of the wound, goose pimples, fatigue and the color of the blood to be blackish etc. these symptoms come and go not even being noticed as the prognosis of psoriasis.

Then gradually scaling, papules of various sizes develop nearby the elbows, knee, around the head, eyebrows and here and there, of the arms and the legs etc. Ayurveda hints that the big joints of the knee, elbow and the joint of the head etc. are the sensitive places where air (Vata) can be accumulated counteracting the synovial mucous membrane of the joints (Kapha). Psoriasis as a disease characterized with the morbid conditions of Vata-Kapha, the symptoms of it is localized near by the joints of the knee, elbow and head etc.

Psoriasis known as Kitibha is characterized with rough or dry, bluish or reddish scaling papules, which develop in the form of scars. It is a kind of chronic dermatosis without pain and discharge similar to the nature of leprosy.

Psoriasis known as Ekakustha is identified with dry, silvery gray scaling papules where the perspirative glands become inactive. The scaling papules of this case are bigger than other cases of psoriasis. It is a kind of chronic skin disease, which is similar to the nature of leprosy however it is not degenerative.

Psoriasis called Charmakhya is characterized with thick less scaling papules joined each other, which finally turn just like the skin of the

elephant. This kind of psoriasis can be generalized in chronic stage if it is not treated in the proper way.

In regard to these symptoms, it is clear that the case of psoriasis is not painful and harmful to the life. However, the patient of psoriasis suffers from psychological effect being ugly and reacts by himself with destructive mood.

#### **14.4. PREVENTION OF PSORIASIS**

Foods should be free from the contact of any kind of rat. Insect bite, especially wild poisonous insect bite should not be neglected. It should be treated as soon as possible with anti-poisonous drugs.

Clay mixed water should be filtered well for drinking purpose. Raw vegetable contaminated with clay should be washed very well for salad. Hands should be washed very well while working in the farm or garden. Especially, the nails must be cleaned.

Contradictory foods e.g. milk to be taken together with fish or acid fruits or foods should be prohibited. The use of sweet, sour and salty foods; milk products; greasy foods; liquid diet should be moderate. Being very hot, whatever may be the cause of it should not have immediately cold bath or swimming.

Sleeping during the day, withholding the urges of stool, urine or gas and vomiting etc. are not good.

Blood must be alkaline in reaction; if it is acid in reaction, has to be fixed as soon as possible with alkaline drugs. During this period roasted, fried or burnt foods or food preparations are strictly prohibited.

Sometime very big rich meal, sometime opposite of it; hot drink right after cold drink or opposite is very bad for the skin diseases.

## 14.5. TREATMENT OF PSORIASIS

The general treatment of psoriasis is based on three medical approaches: blood cleaning, medicine for dermatosis and the medicine to restore the balance of the aggravated functions of the artery system (mucous membrane) and the nervous system.

The pathogenic agent of psoriasis, which is considered as the inactive poison or slow poison or poison counteracted with antidote, in general, remains in blood mixed with the fluid of it. In this condition, the coagulating nature of blood becomes more sensitive, which results in black to some extent thus causing unbalanced function of the veins. Following this morbid condition of blood, the blood cleaning drug plays a major role to eliminate the poison and to restore the normal functioning of the veins, Gandhaka Rasayana, a specific compound of purified sulphur with other herbs is one of the best blood cleaning drugs. It is prescribed to take for three to six months. In the advanced stage, the blood letting practice has to be applied to clean the blood.

The medicine for dermatosis contains some drugs, which have general effect for healing the lesions and restoring the normal function of the psoriatic skin. Vakuchyadibati, a standard compound of *Psoralea corylifolia* and *Acacia catechu* with other herbs is one of the effective medicines for dermatosis. It is prescribed for three to six months to take regularly. The ointment made from the resin of *Shorea robusta* with other herbs and minerals, is one of the best external remedies for healing the psoriatic skin. While using this ointment, the affected skin, first of all, has to be rubbed on with the powder of sea-foam (*Samudraphena*).

The medicine to restore the balance of the aggravated functions of the artery system and the nervous system contains some general herbs, which counteract the exudation of mucous (bodily fluid), open the blocked duct system and regulate the function of the nervous system. For that the standardized compound “Kaisaraguggulu” is very effective. This compound contains *Balsamodendron mukul*, *Tinospora cordifolia* and some other herbs. It is prescribed side by side with blood cleaning drugs and medicine for dermatosis.

It is well experienced that psoriasis what ever may be the character of it, is curable with combined treatments based on the blood cleaning drugs, medicine for dermatosis and medicine for restoring the balance of the bodily systems. But, the patient of psoriasis, especially in the advanced stage, must have confidence for cure and perseverance to continue the treatment for long time without any excitement and hope for magic cure.

#### **14.6. PROHIBITED FOODS AND BEHAVIORS**

During the treatment of psoriasis following foods and behaviors are prohibited:

Milk; yogurt (curd); sugarcane products; new rice right after harvesting; fish; meat (except wild bird's meat); too much salt in diet; acid fruits and foods; vinegar; too much oily foods and food preparations; raw radish; over eating; hot and cold condition or drink without interval; sleeping during the day especially right after meal; withholding the natural urges of stool, urine or gas; swimming right after sun bath; violation of the social discipline.

#### **14.7. RECOMMENDED DIET**

Barely; whole-wheat bread; honey; eggs; brown rice; bean soup especially of Mung-bean; orange lentil etc.; meat of wild bird; green vegetables especially bitter in taste; sweet and astringent fruits (not sour); ghee, butter and cheese (moderately); boiled and filtered water to drink; tea, coffee (not after meal or during the period of digestion of meal) etc.

# Chapter 15

## 15. THE AYURVEDIC CONCEPT OF VARICOSE VEINS

### 15.1. INTRODUCTION

The fundamental cause of varicose veins is the loss of elasticity of the vein's wall, which depends upon the condition of the weak nervous system. Loss of blood, blockage in the circulation, weak digestion, malnutrition, nerve natured personality, old age, anxiety, fear etc, in general, have been found to be the aggravating causes of the weak nervous system. The veins attached with the weak nervous system, at the beginning, become overactive and the overactive veins can be seen dilated in abnormal ways. The dilated veins, while having relaxation, have to assume the normal position. This is the nature because the wall of the veins has the elastic physical properties. But in the constant effect of the aggravating causes, the elastic physical property of the vein's wall remains no more to assume the normal position. That, in fact, results in varicose veins.

The elastic physical property of the vein's wall depends upon the bodily grease and viscous elements. The weak nervous system when often on becomes overactive, by nature of over functioning of the affected part or organ, results in dryness counteracting the bodily grease and viscous element. In this condition, the vein's wall can be seen enlarged changing the size and shape, which remains even in the relaxation.

Varicose veins, in general, are very common to the woman. The reason of it is concerned with menstruation and pregnancy. Any woman, who has the problem of heavy menstruation, can have the problems of weak nervous system. It is especially true in the old age, when the monthly period gradually disappears in the stage of menopause, or one who has a life style to spend a long time hanging the legs in the chair. In this condition, the enlarged veins of legs can be the cause of varicose veins.

At the period of pregnancy, the expanded uterus generally causes pressure in the iliac veins. In this condition, the iliac veins can not have proper circulation, because there is blockage due to the pressure. That, in fact, in certain condition of the nerve natured personality, loss of blood in the time of delivery and lack of proper rest and diet, can be the cause of varicose veins of the legs.

Enlarged and tortuous veins, especially of the legs, are the obvious symptoms of varicose veins. It appears, at the beginning, in the joint of the veins. Then the effect of it spreads here and there and causes heaviness and pain in the legs. It is not a complicative disease; however, it is progressive and causes the ugliness of the legs.

The general treatment of the varicose veins depends upon the theory of treatment to restore the balance of the weak nervous system. For that, the application of medicated steam, warm fomentation, oil massage, general nerve tonics are beneficial.

## **15.2. CAUSES OF VARICOSE VEINS**

The bodily grease and viscous elements are very important to maintain the elastic physical property of the vein's wall. These greasy and viscous elements in case, are counteracted, the elasticity of the vein's wall remains no more to assume the normal position. In this condition, the veins, especially of the legs, are being enlarged and tortuous manifest the morbid condition of the varicose veins.

The bodily grease and viscous elements often have been seen counteracted in the physical condition of the weak nervous system. There are many causes, which weakens the function of the nervous system. Some of them are: loss of blood; blockage in the circulation; weak digestion; malnutrition; nerve natured personality; old age; anxiety; fear etc.

Any woman who has the problem of heavy menstruation can have the problem of weak nervous system. It is especially true in the stage of menopause. In this condition, one who has a life style to spend a long time hanging the legs in the chair, can have the problems of varicose veins of the legs.



At the period of pregnancy, the expanded uterus generally causes pressure in the iliac veins. In this condition, the iliac veins can not have proper circulation, because there is blockage due to pressure. That, in fact, in certain condition of the nerve natured personality, loss of blood during the period of delivery and lack of proper rest and diet, can be the cause of varicose veins.

The nerve natured personality is the result of the overactive nervous system by birth. Thin skin with clear veins, difficulty to gain weight (skinny), unproportionate face, and restless, nervous, talkative and weak physical condition are the main caricatures of the nerve natured personality. It is well investigated that a woman, in particular, having this kind of personality, suffers from the problem of varicose veins of the legs.

The problem of hypoglycemia or low blood pressure is very common to the woman. The cause of it is the weak pancreas and loss of blood in menstruation. In this condition, the weak nervous system can be the cause of varicose veins.

### **15.3. SYMPTOMS OF VARICOSE VEINS**

The skin if is white and thin, the enlarged veins can be seen clearly with more deep blue color and changed the natural size and shape of them. At the beginning, the problem of varicose veins takes place at the back of legs. Then it spreads here and there, because it is a progressive disease. The veins are being enlarged and tortuous, in general, the patient feel heaviness and painful in the affected area. Especially, the pain and heaviness gets worse in the winter, humidity, cloudy day, walking too much and during the period of menstruation.

Varicose veins is not a harmful condition of the disease, however, it is a problem to the society with the dress of skirt, as the disease is ugly looking.

## 15.4. PREVENTION OF VARICOSE VEINS

During the period of delivery, any woman must have oil massage daily for one or two months. The application of the oil massage is very effective to restore the normal function of the nervous system. After delivery, she must have complete bed rest, at least, for two months. High protein and greasy diet is recommended. Cold bath, swimming, salad, yogurt, vinegar etc. are strictly prohibited; warm dress and warm atmosphere in the sleeping room is very important; to sit on the chair hanging the legs for long time is not good.

The problem of heavy menstruation has to be treated as soon as possible. The problem of low blood sugar or hypoglycemia has to be solved as soon as possible.

A nerve natured person has to gain weight with high protein and greasy diet along with digestive and appetizing drugs. In this condition, some kind of activity on business, which should create name, fame, reputation or money, also is very important to be cheerful. The cheerful mood is found always good to control and regulate the function of the nervous system. It is more important to any woman in the stage of menopause. The stage of menopause is a universal truth. Any woman in this stage, if is alone and has no any creative work, can have many problems.

## 15.5. TREATMENT OF VARICOSE VEINS

The general treatment of varicose veins depends upon the application of the medicated steam, warm, fomentation, oil massage and general nerve tonics. The main aim of these applications is to restore the weak nervous system. In another sense, the aim of the treatment of varicose veins is to restore the elastic physical property of the vein's wall. For that the function of the weak nervous system must be counteracted with proper blood circulation, heat, general tonics which should increase the bodily grease and viscous elements.

The medicated steam is made out of decoction of Dashamula, a compound of Aegle marmelos with other herbs. It is applied with an instrument of pipe to spray on to the affected area. The application of

the steam subdues the over-activity of the weak nervous system and makes the walls of the veins soft. It is especially used in the advanced stage of varicose veins.

The warm fomentation is made out of warm salt water. It is applied with a thick cloth soaked in the warm salt water to have compress in the affected area. It has the same effect as of medicated steam. It is prescribed in the early stage of the varicose veins.

Narayanatail, an oil preparation made of asparagus root with other herbs, is one of the best oil preparations for massage. It is applied after steam or fomentation to rub on gently on the affected area. The oil massage subdues the over-activity of weak nervous system, softens the vein's wall, creates heat and increases the proper blood circulation. Oil massage, in another sense, is very important to replace the elastic physical property of the veins, because, it is greasy and increases the viscous elements of the body. It can be prescribed in any stage of varicose veins.

The general nerve tonic contains some minerals e.g. iron etc., along with some other herbs, which increases the vital energy and strengthens the function of the nervous system. Yogaraja Guggulu, a compound of Balsamodendron mukul with other herbs and minerals, is one of the best general nerve tonics. It is prescribed in any condition of the varicose veins, for internal use.

In regard to the treatment of varicose veins, it is very important to pay attention that the effect of the treatment is very slow. The treatment of varicose veins in the early stage must be continued, at least, for three months. And the treatment of advanced varicose veins needs to continue, at least, for six months.

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