

Yoga plays an important role in the management of digestive disorders. Asana helps to strengthen the weak abdominal muscles and improves the function of the digestive system. Kriyas, the cleansing process, eliminates the toxins and waste materials from the GIT.

### Rational drugs

Ayurveda explains the therapeutics as basically two kinds – one kind is promotive of vigour in the healthy; the other, destructive of the disease in the ailing. A drug while inducing therapeutic effect, should not evoke untoward effects. In this regard, herbal drugs like Ashwagandha, Shatavari, Guduchi, Vasaka, Hareetaki, Amalki, Vibheetaki, Ginger etc. could be considered as safe drugs.

### Some common AYUSH medicines

We have seen that the knowledge about the use of medicinal plants obtained from our surroundings is valuable. Let us study about some more remedies commonly used in the country.

#### Hingu (*Ferula foetida* Regel.)

Hingu consists of gum resin obtained from rhizomes and roots of a perennial herb occurring in Persia and Afghanistan. Hing is commonly found in our kitchens and is used as a condiment. However, it would be interesting to know that it is also used as a digestive and is useful in common disorders like abdominal pain, flatulence and worm infestation. In infants, hing mixed with breast milk is given orally for relieving pain abdomen. Hing mixed with a little mustard oil can be applied gently over the abdomen and a little piece of hing can be put over umbilicus for relieving pain in abdomen. Hingwashtaka Churna, which contains hing as main ingredient, half teaspoon mixed with luke warm water could be given two-three times a day in abdominal pain and worm infestation.

#### Jatiphala (*Myristica fragrans* Houtt.)

Jatiphala consists of kernels of fruits from *Myristica fragrans*, an aromatic tree commonly found in southern India. The fruit kernels are commonly used in dysentery, diarrhoea and vomiting. For vomiting, powder of Jatiphala mixed with tulsi juice and 1 gm. honey could be given two-three times a day. In diarrhoea and dysentery, powder of equal quantity of parched saunf (Shatapushpa), Jatiphala and sugar in the dose of 2 gm. three or four times with cold water or scum of rice should be given.