

hyperacidity:

The diet should consist of milk with sugar, and a little old rice.

Other recommended substances are: barley, wheat, rice (at least one year old), cucumber, bitter gourd, green banana, pumpkin, pomegranate, and cow's milk.

1] For an instant relief from the high acid take tender coconut (*Cocos nucifera*) water. A dose of 100 to 500 ml should be taken twice/day. This is the best quick relieving home remedy for the Heartburn alias Acid reflux.

2] Take the powder of Amalaki (*Emblica officinalis*) in a dose of 3 to 6 g should be taken with 100 to 250 ml water twice/day. Amalaki is one of the best pacifier for the Pitta as well as the Kapha Dosha and also a rich source of Vitamin C- to heal the bruised stomach and esophagus due to the high production of the Acid in stomach.

3] To get relief from the high reflux of the acid mix gruel of rice corn, raw sugar, and honey in equal quantity. A dose of 100 to 200 g should be taken twice/day. This will fill the stomach and the mucoid layer on will protect the Stomach and esophagus for longer times and will keep the heartburn and acid reflux, away.

4] Take powder of Haritaki and Bhringraja (*Eclipta alba*) in equal quantity. A dose of 3 to 6 g should be taken with 12 g of jaggery and warm water twice/day- this will help you to get rid of the basic causes behind the Acid Reflux and Heartburn. Bhringraj is a herb of choice to get rid of the liver problems and all kind of digestive upsets.

5] Instead of Tea or Coffee prepare a decoction from the equal parts of stem of Guduchi (*Tinospora cordifolia*), fruit of Neem, leaf of snakeguard, and Triphala. A dose of 14 to 28 ml should be taken twice/day. Take it only after cooling down to the room temperature. If you don't find the taste of above one, try this second option - prepare a decoction of equal parts of dried ginger, fruit of coriander, and leaf of snakeguard. A dose of 14 to 28 ml should be taken twice/day, keep in mind if you are mixing sugar- don't boil the sugar.

6] Drink coriander (*Coriandrum sativum*) and cumin (*Cuminum cyminum*) tea, it is nice when your Acid reflux or heartburn is caused by the indigestion or overloading of the stomach in a late night party.

7] Mixing two teaspoonfuls of ghee in a glassful of milk and taking this once a day acts as a liner inside the gut and will heal all the destruction caused by the high flow of Pitta. There are various home remedies and ayurvedic treatments for acidity control;

8] Take two tablespoon honey with two tablespoon natural cider vinegar before meal

9] Mint juice or mint capsules containing peppermint oil are also a good herbal remedy for treating acidity. It is recommended to be taken after meal, it reduces gas formation. This is one of the useful home remedies for acidity.

10] Fruits that will help you in getting relief from acidity are cucumber, watermelon, papaya, and banana.

Acidity / Acid Reflux

1] **Amla** - One of the Ayurvedic herbs recommended for the treatment of acid reflux is amla, which is used for a variety of digestive problems. Amla can be taken with warm milk or eaten with vegetables to help settle the stomach.

2] **Coriander** -The culinary herb and spice coriander is also an effective treatment for acidity. Ayurvedic practitioners also recommend taking 1 tbsp. coriander juice with 4 oz. butter milk to reduce acidity in the stomach.

3] **Mint** -The mint family consists of peppermint, spearmint and basil, or tulsi; their natural oils can relieve heartburn and concomitant symptoms. For the treatment of acid reflux, Ayurvedic practitioners often prescribe Tulsi or Holy basil to reduce acid production and lessen the tendency for reflux and heartburn. Chewing on a few fresh leaves of tulsi relieves the burning pain of reflux. These herbs can be used both fresh and dried.

4] **Licorice** -Ayurvedic medicine uses licorice root. Making an herbal tea provides relief from burning pain and other symptoms of acid reflux.

Ayurvedic Medicines for Acidity/ GERD/ Heartburn are -

Kamadudha Ras (with pearls) is a drug of choice for hyperacidity in the dose of 1 tablet thrice daily.

Avipattikar churna can be taken with water before your daily meal. It is good for your bowel

movement and is effective in heartburn treatment or acidity.

Narikel lavann is also a good remedy to cure hyperacidity.

Sukumara Ghrita is a specific treatment and is administered in doses of one to two teaspoonfuls mixed with a cup of milk and given first thing in the morning. It may lead to some impairment of the digestive powers of the patient in the beginning, but he recovers the power of digestion after some days.

Dhaatri lauha (calyx of iron mixed with the juice of amla) may be taken in one teaspoonful dose twice a day. In acidity, iron absorption is impaired and this will be corrected with this medicine.

In severe cases, Ayurvedic physicians may prescribe Swarna parpatee, Suvarna Soota sekhara ras etc. If needed, these medicines may be taken under medical supervision.

Exercise for Hyperacidity

Exercise helps in controlling acidity Morning walk are good for your health and keeps the acidity disease under control. Take a walk of about two kilometres early in the morning.

Acne

Much better results can be obtained with supplementation of internal medicine and local application of Lepa (Face pack).

Face pack made up of Lodhra(Symlocos racemosus), Vacha(Acorus Calamus), Dhanyak(Coriandrum Sativum), Chandan(Santalum album) and Ushir(Vetiveria Zizanioides) is very beneficial.

Smooth paste of Jatiphala(Myristica Fragrance) will help to remove black spots of remnants of acne.

Blood purifiers like Sariva(Hemidesmus Indicus), Anantmula(Tylophora Asthmatica), Guduchi(Tinospora Cordifolia) and Manjishtha(Rubia Cordifolia) are used for internal medication.²

Asthma

A]Treatment During attacks - Apply warm 'Til tail' over chest and back .Apply fomentation Take 'sunth powder' 1/4 tea spoon+ 'Kali mirch' 6+ 'Kala namak 1/4 teaspoon+ 5 leaves of 'Tulsi' Boil this mixture in 200 ml water reducing it to 50 ml. Filter and sip it.

B] Treatment in between Attacks - 'Rasayan -chikitsa is advocated for'Pranvaha shrotasa'(Respiratory system). For example -1] 'Vardhaman pippali rasayana.'

2] Take 'Agastiprash' - 2 tsf daily.

Top Ayurvedic Remedies for Treating Asthma

These medicines can be used in various combinations. Medicines to be taken only with Ayurved doctors advice as the dosage and choice of medicine depends on the patients prakriti, stage of the disease, etc.

Ayurvedic Lung Tonic - Make paste of Black resin,dates, long pippali and honey,in equal quantity. Take one teaspoonful of it morning and evening with warm milk.

Panchakarma especially 'Vaman' is advocated before rainy season

- Express the juice from garlic. Mix 10 to 15 drops in warm water and take internally for asthma relief.
- Mix, onion juice ¼ cup, honey 1 tablespoon and black pepper 1/8 tablespoon.
- Mix licorice and ginger together. Take ½ tablespoon in 1 cup of water for relief from asthma.
- Drink a glass of 2/3 carrot juice, 1/3 spinach juice, 3 times a day .

- Add 30-40 leaves of Basil in a liter of water, strain the leaves and drink the water throughout the day effective for asthma.

Name of Medicine	Dose	Time	Anupan
Dashmoolarishtam	15ml	After lunch and dinner	Equal quantity of warm water
SitopaladiChurna y	2gm	3-4 times/day	With hone
KantakariAvaleha Followed by warm water	5-10 gms	After lunch and dinner	with warm water
VasaAvaleha	5-10 gms	After lunch and dinner	with warm water
Chyavanprash	5 gm	morning	Followed by warm water
Shwaskutharras	125 to 250 mg	After lunch and dinner	With honey or warm water
Mahalaxmivilas rasa	125 to 250 mg	After lunch and dinner	With honey or warm water
TrikatuChurna	1 to 2 gm	After Lunch and dinner	With Honey

Cancer Prevention - Simple Tips

Cancer prevention is not like rocket science. It begins with taking a look at your lifestyle and deciding where to make changes. Change can be as simple as adding more fruits and vegetables to your diet or it can mean putting down your pack of cigarettes for good. Whatever you choose to do as a means to ward off cancer, remember to tailor your prevention methods to fit your body.

Treat Chronic cold

The patient should stop cold water from fridge and take warm water. 500 ml water boiled for 2 minutes with 25 gm salt + a tsp of turmeric powder should be used for mouth-gargle to ease throat pain/swelling/voice problems. The constipation, if present, must be treated first by giving 'Virechana' of Haritaki(harde), Sonamukhi or Castor oil depending on unbalanced Kapha, Pitta and Vata dosha respectively. Keeping constipation under control is the most effective remedy for cold.

A fast for a day, while drinking warm water (ushnodaka) frequently during the day, till strong hunger is felt, is a naturopathy recommendation. Light diet thereafter causes good digestion. Khichdi, a principal diet in Saurashtra, is highly recommended, especially with a little ginger, black pepper, cummeen seeds sauting. Daily light exercise should relieve constipation.

Another simple cold remedy is to go for a walk in dry climate. Sweet foods, cold foods, late night out, moving in hot sun, should be avoided. Curd at night, ice-cream after a heavy dinner is sure catalyst for cold attack. If curd needs to be taken, mix a little turmeric in it to kill Kapha promoting qualities of curd.

Mixture of Ginger, black pepper, Peeper-Longum (peeparimul) powders

Trikatu Churna is commonly recommended for cold. This powder can be taken ½ - 1 tsp in a tsp of honey. Honey reduces Kapha. Turmeric, Nicotine snuff, Ayurvedic smoke are also recommended by some Vaidyas. Tulsi is also somewhat effective in Cold and cough remedies.

An expensive remedy for chronic cough and cold consists of mixture of Mahalaxmi Vilas Ras, Suvarna Vasant Malti Ras, Swas Kas Chintamani Ras(if breathing difficulties are also present), one Tablet (100 mg each) each, crushed and mixed together. Divide this mixture into two doses. Mix with honey and lick twice a day.

You can take tea made of Tulsi and Mint. This Tea can be made by adding 11 fresh leaves (or 1 tsp tulsi powder) and 11 fresh leaves of mint, boiled for 10-15 minutes. Add honey when the tea is lukewarm and drink twice a day.

Nasya of 'Anu Tailam' also helps in frequent colds.

Lastly, for those who want to fight cold tooth and nail, here are few more recommendations which can be tried according to convenience:

- Payasam made from Ghee, Jaggery and Peeperimul.
- Eating roasted horse gram
- Boiling milk with sugar and black pepper and drinking it 2-3 times a day.
- Warm Oil massage and subsequent hot water bath during winter also prevents cold.
- Grind together Black pepper, Ajwain, poppy seeds (Khas khas) by equal weight, take 3-6 gm of this mixture twice a day with water.
- Chew Cardamom or Clove throughout the day to relieve cold symptoms.

Keep your insides warm with warm spices -- cumin is considered the best "ama" burner.

Heat-generating spices like black pepper, Coriander seeds, cumin seeds can be used in sautéing vegetables. Clove, boiled with milk, is excellent too.

Cakes and desserts need more fire to digest. But that doesn't mean you have to ignore your sweet tooth. Metabolize the sugar better with bay leaf, cinnamon and cardamom. Ice creams given after sumptuous marriage dinner should be avoided.

Pierce red colored apple with 4 cloves and boil. Once done, remove the cloves and savor this energy-enhancing fruit. It gives essential energy or "ojas", boosting immunity. One should drink water stored in copper vessel, 12 hours or longer (no limit).

COVID19 pandemic - Ayurvedic Perspective

Pandemics/ epidemics are considered as Janapadodhwansa in Ayurveda.

Ayurveda is a way of life that can be incorporated in many ways such as - diet, lifestyle, herbs and moral as well as social tenets. This way we can effectively handle such disasters.

To prevent the infection as well as for those who are already infected with COVID19, following regimen can be of great help.

Avoid

Heavy, cold, excessively oily / greasy, large quantities of meals and stress needs to be avoided. These are the factors according to Ayurveda that can disrupt the immune system in some way that allows more phlegm to generate and that can be the reason to accelerate the disease process. Moreover, over accumulation of phlegm can also make body vulnerable for infections. The characteristics would be seen in foods such as cold shakes, soda, beer or any form of cold beverages, ice creams, red meat, yogurt, cakes, pastries, peanuts, fried food, fritters, fruits and raw food in general, fruits and milk combined etc. and so use of these items can be restricted.

Recommended

Use of home cooked warm food, ideally khichdi (ayurvedic preparation using rice and mung beans), warm water, use of Indian basil would be highly beneficial. Moreover, ayurvedic herbs too can be beneficial in management of respiratory conditions. However, that can't be a generalized recommendation.

Dengue Fever

Here are some treatment options that can enhance the cure of dengue fever -

1) Mix 360 mg of Shunthi Churna with 125 mg of Hinguleshwar and now take this mixture at least 4 times daily, you may take with tea or hot water. If case the temperature of the patient rises beyond 104°F (40°C), then you may apply cold pad, on the forehead till the temperature subsides.

2) Another Ayurvedic medicine used for treatment of dengue fever is **Tulsi** (holy basil). The leaves of tulsi are used to produce soothing effect on the nervous system. Tulsi leaves strengthen the stomach and induce copious tulasi in water and drink this water throughout the day to build up immune system. 10-15 basil leaves should be chewed twice a day,

3) Papaya leaves juice is a natural remedy for dengue fever. Squeeze and pound two pieces of raw papaya leaves with a filter clothes. Do not boil, cook it with hot water. A patient could take two tablespoon per serving daily. To increase the blood count pomegranate juice/black grape juice should be given.

4) Fenugreek Leaves are known to reduce fever and act as a sedative to ease pain and promote more restful sleep for patients. You can soak the leaves in water and then drink it or you can get methi powder and mix it with water and have it.

5) Amrutharista, Guduchi Satva (sat giloy) , Amrutottaram kashayam, Sudarsana vati, Pachanamrutham kashayam can be given for treatment.

Diabetes

1] Jambhul (Eugenia jambolana) Powder from jamun core is useful.

2] Gurmar (gymnema sylvestre).

3] Bitter Gourd/bitter melon (Momordica charantia)

4] Bel (Aegle marmelos).

5] Fenugreek (Trigonella foenum graecum)

6] Turmeric

7] Neem.

8] Triphala

9] Shilajit

Useful drug formulations –

1] Chandrababha.

2] Arogyavardhini.

3] Asanad tablets

4] Shilajit Vati

5] Trivanga bhasma.

6] Vasant Kusumakar

Diet in Diabetes

– Use barley, Varee, Mung, Kulittha, Chickpeas, old rice, bitter gourd, Dodaka, dudhee gourd in diet. Roasted rice and wheat are more useful. Include 'Tikta ras' items in diet.

In summation, diabetes is not just a lack of insulin. Its most probable cause is plain poor maintenance of your body. Its cure will need to include all of these things discussed. By doing all, diet, herbs, exercise and stress management, we will be able to take care of a single problem Diabetes.

Eye Care

Ayurveda has suggested number of excellent ideas for maintaining strength and health of your eyes.

- **COOL WATER WASH** - Early in the morning, when you wash your face, fill your mouth with cool water and hold it there; then splash cool water over your open eyes. You're supposed to keep cool water in your mouth as you sprinkle the cool water on your eyes. This has a double cooling effect, both from outside and from the oral cavity, that will make your eyes feel fresh, happy, and cheerful. (You can use an eye cup instead.)
- **GHEE LAMP** - A traditional Ayurvedic way to strengthen and soothe the eyes is to gaze at the flame of a ghee lamp. Prepare a ghee lamp by taking a small bowl, placing a cotton wick in it, and adding ghee. Be sure the wick is made of genuine cotton. Also be sure the wick is not too thick. Apply a little ghee to the tip of the wick and then light it. Set the ghee lamp at a distance of 2 or 3 feet from you, remove your glasses, and gaze at the flame for 2 or 3 minutes without blinking. This procedure will improve the tejas or lustrous quality of the eyes.
- **GOAT MILK STRESS REDUCER** - For eyestrain, Ayurveda suggests taking a cotton ball or a piece of gauze, dipping it into cool goat's milk, and putting it over your closed eyes. This will ease stress and make your eyes feel better. (If goat's milk is not available, you may use cow's milk, but goat's milk is preferable.)

Ayurvedic Eye Exercises for strengthening your eyes

Following exercises will help.

- First, blink the eyes rapidly several times. Then, with eyes open, move your eyes in this pattern: First up and down, then side to side, then diagonally from top left to bottom right, then diagonally from top right to bottom left and lastly clockwise in a circle and counterclockwise in a circle
- Hold your arm outstretched in front of you. Look at the tip of your index finger, and gradually bring the finger close to you, following it with your eyes, until it touches your "third eye," between the eyebrows.
- Look at the tip of your nose, and then up toward your "third eye."
- Finally, close your eyes tightly, then release. These exercises are beneficial for improving the circulation of the eccentric muscles of the eyeball. After finishing the exercises, rub your palms vigorously together for a few seconds to generate some warmth, then place them lightly over your eyes. Feel the soothing warmth of them! Keep them there for a minute or two to strengthen and nourish your eyes.
- **Sun SALUTE** - Another effective way to keep eyes strong is to do the Sun Salutation exercise. Performing 12 sets of Sun Salutations is one of the best exercises for the entire body, including the eyes

Hair loss:

-- Aloe vera: Take 1/3rd cup of aloe vera juice. Instead of this, you can also take 1 tbsp of aloe vera gel with a pinch of cumin thrice a day for 3 months for hair fall control.

-- Drink fresh juices of carrot, alfalfa, lettuce and spinach for aiding in hair growth.

-- Sesame seeds: A spoonful of white sesame seeds each morning can be a great source of magnesium and calcium. They are very effective hair loss checkers.

-- Yoghurt: Consuming yoghurt everyday reduces hair fall to a large extent. It is a trusted remedy for hair related problems.

-- Green leafy vegetables and fruits:

-- Vitamin C, vitamin B-complex, zinc, sulphur and some important fatty acids are very important to make the roots of your hair strong. You can find these nutrients in sprouts, yeast, buttermilk, nuts, milk, soy beans and whole grain.

-- Alcoholic drinks have animosity with good hair so you should better avoid it.

Yoga and Meditation for Hair Loss Treatment:

Inverted asanas such as Sarvangasana that tend to reverse the gravity on the body are best suited for treatment of hair loss. They stimulate the flow of blood to the head. Make sure you practice such asanas under the guidance of a yoga teacher. What you must additionally do is practice deep breathing exercises to control stress, anxiety and keep your mind balanced.

- Bhringaraaja: known as king of the hair, promotes hair growth on the head and effectively stops and reverses balding and premature graying. It helps to calm the mind promoting sound sleep. Bhringaraaja (*Eclipta prostrata*) is taken internally and used externally as Bhringraj oil and is an excellent rejuvenator
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 - Brahmi: This hair pack is available in most Indian grocery stores and used with curd is an excellent hair pack.
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 - Amla: Indian gooseberry is packed with Vitamin C and thus loaded with antioxidants. In powdered form it can be mixed with henna, brahmi powders along with curd to make a great hair pack.
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 - Neem: This is a natural remedy against dandruff and lice and also has blood purifying abilities. Use in powdered form with coconut oil or curd to massage scalp.
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 - Ritha: These are natural soap nuts that are used for cleaning hair without stripping off the natural oils. Use in powdered form to massage scalp and wash off thoroughly.
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 - Ashwagandha: weakened immune system is one of the factors for hair loss. Ashwagandha makes you feel energized and healthier. It stops stress, increases vigor and helps regrow lost hair.
- There are different types of oils useful in hair fall - coconut oil, amla oil, brahmi oil, arnica oil or mustard oil. Honey can also be used to stimulate growth in hair follicles. Apple cider vinegar can also be used for fast hair growth.

Ayurvedic Treatment For Cardiac diseases (Rhidroga)

Other medications according to Ayurveda -

As mentioned earlier we can see signs and symptoms of derangement of vata dosha and vyana vayu in high blood pressure. The treatment is to correct the balance of vata dosha. Rasona or garlic is most important substance helpful in alleviating vata dosha controlling blood pressure. A paste made of about 1 gm of garlic should be mixed with a glass of buttermilk. Drink this buttermilk twice a day. It will bring your blood pressure down. Garlic lowers cholesterol and triglyceride that have impact on heart disease.

The drug Terminalia Arjuna has been used in Ayurveda for cardiac ailments since ancient times. Arjuna is a dense and tall tree and has long, cone shaped round leaves and white bark used in medicines. This tree is called nadisarjja in Sanskrit and its bark is described as a cardiac tonic. The tree is indigenous to India though it is found also in Myanmar and Sri Lanka. Besides the heart, Terminalia Arjuna is said to be beneficial for internal bleeding, ulcers, asthma, diarrhea and dysentery.

Jaharmorha is another Ayurvedic drug used in the treatment of cardio-vascular diseases. It is a yellowish-green soft stone found in the Himalayas. Its powder is processed with rose water and administered to heart patients.

Triphala Guggul is yet another Ayurvedic preparation found useful in reducing cholesterol levels.

Foods to Enhance the Reproductive Tissue (Vrishya)

- Milk , milk-date shake, milk-mango shake
- rice pudding
- Spices such as ajwain powder, cumin (which purifies the uterus in women and the genito-urinary tract in men), turmeric (to improve the interaction between hormones and targeted tissues), and black cumin, fenugreek, garlic, onion, and licorice are said to invigorate the reproductive organs.

Caution: Do not take licorice or fenugreek if you suspect you may be pregnant or after becoming pregnant.

- Herbs: Ashwagandha (Withania somnifera),
- Shatavari (Asparagus racemosa) is considered the most important rejuvenative tonic for women Use Shatavari-kalpa
- Kapikacchu (Mucuna pruriens) is a proven medicine for increasing the sperm count in the patients of oligospermia and defective sperm formation.
- 'Vrishavati' is a safe, non hormonal aphrodisiac formulation. It is useful in male infertility due to Oligospermia and low sperm motility, impotency, loss of libido and other reproductive disorders. The ingredients such as Ashwagandha, Kavachbeej help to improve sexual functions ,quality and quantity of semen.
- Gokshura (Tribulis terrestris),
- Bala (Sida cordifolia)

Foods and Herbs For Increasing fertility:

Optimising fertility is one of the delicious arts of Ayurveda. Examples include There are two kinds of foods and herbs that help enhance shukra dhatu, and therefore help enhance fertility. One is called 'Bruhana', and these foods enhance shukra by enhancing all the seven dhatus. 'Vrishya' foods and herbs target shukra dhatu in particular
Foods to Nourish All Seven Dhatus (Bringhana)

- Fresh, organic fruits and vegetables
- Nuts: Almonds, walnuts and pumpkin seeds

- Dairy proteins, including milk, cream, ghee, lassi, and panir (a fresh cheese made of milk)
- Sweet, juicy fruits such as mangoes, peaches, plums, and pears
- Dried fruits such as dates, figs, and raisins
- Herbs like Ashoka (*Saraca indica*), Amla (*Emblica officinalis*), Pippali (*Piper longum*), Haritaki (*Terminalia chebula*), etc., are age old proven rejuvenators.
- The generic preparations like Chyavanprashavaleha, Brahmi Ghrita, and Agatsya Haritaki Avaleha are prescribed for the gain and maintenance of the strength and vigor.

Yoga for Fertility:

Padmasana, the classic Lotus Pose increases blood flow to the perineum and directs prana or the life force to the lower two chakras that govern sexual functions. A very useful yogic exercise for both partners is to practice pelvic floor exercises. Just contracting and relaxing the pelvic floor greatly enhances the circulation to the reproductive system. Such practices as moola bandha, ashwini mudra and vajroli mudra are famed for enhancing sexual prowess and potency.

AYURVEDA FOR MALE FERTILITY

Male fertility can be caused by all sorts of sperm defects (low volume, low motility, irregular shape), erectile dysfunction and obstructions (varicocele and prostatitis).

Tips to boost male fertility

There are two basic strategies to optimise male fertility. First clear any obstructions and then tonify the reproductive tissue.

1. If you think there is an obstruction (constipation, dribbling urine, poor erectile function) use herbs such as Gokshura (*Tribulus terrestris*), Guduchi (*Tinospora cordifolia*) and Triphala to clear the blockage. When the path is clear use tonics.
2. Ayurveda has a fantastic repertoire of tonic herbs for improving erectile function, boosting sperm count, strengthening motility, and enhancing form. Use Ashwagandha (*Withania somnifera*) and Kapikacchu (*Mucuna pruriens*) to treat any weakness in sperm count, form or function.
3. Other things men can do to enhance their fertility is to avoid alcohol and smoking, reduce poor quality fats in the diet, and increase exercise.

AYURVEDA FOR FEMALE FERTILITY

The Ayurvedic view of the menstrual cycle:

Average menses are considered to be 4-5 days, moderate flow, moderate colour, no clots, no discomfort.

Kapha phase: End of bleeding until ovulation is a time of building the endometrium and increasing kapha. (Oestrogen is increasing).

Pitta phase: Ovulation until bleeding. (Progesterone is high and is secreted by the corpus luteum - prepares endometrium for implantation and breasts for milk secretion).

Vata phase: Apana vayu (the downward descending wind) pushes the menstrum down and out, therefore emptying the contents of the womb.

Kidney Stone

There are a number of natural remedies that work wonders on kidney stones, and also will help to prevent them.

- First and foremost is pomegranate juice. It is one of the most effective remedies for kidney stone. Pomegranate juice has astringent properties and these help in kidney stone busting.
- Dandelion root (*Taraxacum officinale*) is an excellent kidney tonic and overall kidney cleanser. Dandelion root comes in extract form as well as tea, tablet, and capsule form.
- Magnesium is a hidden kidney stone remedy. Magnesium is needed for nearly every process in the body. Studies have shown that magnesium may be a useful remedy for kidney stones. In fact, one particular study found that magnesium supplementation caused over 92 per cent improvement rate in the reduction of kidney stones.
- Basil (Tulsi) is one of nature's finest kidney cleanser. Basil serves as an excellent all natural way to cleanse the kidney. Basil tea, in particular, has been shown to be an excellent kidney toner for overall kidney health.
- The herb *Phyllanthus niruri* has been shown to inhibit calcium oxalate crystals. Its common name literally translates to "stone breaker." It is a widespread tropical plant commonly found in coastal areas. It has been investigated for its potential medicinal benefits, especially in terms of blocking kidney stone formation. Hindi name for *Phyllanthus niruri* is **Bhuiamla, Bahupatra, Bhumiamalaki**. This medicinal herb has been found to inhibit the formation of the calcium oxalate crystals, and there is a possibility that this herb may be able to help break up already existing stones. [Read More about Bhuiamla.](#)

Home remedies Remedies for Kidney Stone

- Drink Barley water, Lemon water, Buttermilk, Coconut water, Pumpkin soup, Sweet lime juice (not in excess)
- Consume sugarcane- Mix green cardamom with a little sugarcane juice, Drink twice a day empty stomach. Take Tulsi seeds with sugarcane and milk. You can also take Cumin seeds, sugarcane, and honey.
- Take some watermelon, preferably eat the fruit.
- Include amla powder in food

Remedies for Arthritis:

- As described above *ama* and *vata* are the main causes, so efforts should be made to digest *ama* and to reduce the *vata*. The digestion should be improved so that no further *ama* is produced. Efforts should be made to relieve the pain and inflammation. This is the line of treatment according to *Ayurveda*.
 - Fasting is very beneficial for digesting the *ama*. The fasting be complete or partial depending on the strength of the person, season and place. Two tea spoons of lemon juice mixed in 250 ml. of warm water and a tea spoon of honey is good to take twice a day - morning and evening.
 - body massage with sesame or mustard oil helps to reduce the *vata* and thus reduce the pain. The joints affected by pain can be massaged for longer time.
 - Light exercise is useful but you must know your limits: as a general rule if any exercise, including walking, causes pain after one hour, you have crossed your limit.
 - Liberal intake of orange juice or sweet lime juice or Vitamin C enhances the efficacy of any anti rheumatic drug, since Vitamin C can reduce skeletal pain.
 - *Guggul* is a very helpful herb for curing arthritis. If available it can be taken in one to 3 gm dose twice a day after meals with warm water.
- Contra-indications: Not recommended for people with kidney disease or acute rashes.

Diet Recommendations for Arthritis:

- Foods which are easily digestible and do not make wind or gas are good. Vegetable juices and soups are good. Juices of carrot, beet root and cucumber mixed together is also beneficial. Green salad with a dressing of lemon juice and a little salt is also good. Fruits like apples, oranges, grapes and papaya can be taken. Cooked vegetables like squash, zucchini

and pumpkin are good. Cooking with spices like cumin, coriander, ginger, asafetida, garlic, fennel and turmeric is also helpful.

- Avoid eating hot, spicy and fried foods, sweets, wind-forming foods like cabbage, cauliflower, spinach, broccoli, okra and potatoes should be prohibited. Avoid taking too much tea, coffee, alcohol, white sugar, yogurt, chocolate and cocoa, excessive smoking.
- Sleeping during day time, staying up late in the night and mental tensions like worry, anxiety, fear, stress and grief etc., should be given up. Regular physical exercise and every day massage with oil, once or twice a week, should form an important part of life style.

Ayurveda and Alzheimer's - Part 3

What is the Wholesome diet to the mind and body

Mothers there is very strong evidence that substance in your milk spur mental development say Ayurvedic Acharyas. A recent study by Alan Lucas Head of Infant and Child nutrition at the medical Research Councils Dunn Nutrition unit in England found that babies fed breast milk showed higher intelligence as youngsters than those fed on infant formulas.

Human life consists of continuous coordinated working of the body, sense organs; motor organs mind intellect ego and the individual soul. Consuming a diet, which promotes life health. Physical and mental strength happiness and love are all the essentials

The sense organs are healthy when they get a diet of good quality in adequate amount the level of alertness or fatigue has a lot to do with the way the brain is fed and cared for. Ayurveda speaks of feeding each and every sense organ.

The recommended diet for ears sense organ is listening to spiritual discourses, devotional songs lectures of experts in subjects of one's choice. You have recommended ragas like Kamachu for improving memory, Kedara, dhanyasi, vasanta, Mukari and husaeni is indicated for mental disorders, Jamjuti is heightening happiness of mind, Bilahari for cleansing of mind Shahana healthy thoughts sourashtra and saama keeps your mind calm, Nayaki for brain disorders. The diet, which has proved harmful to the ears, is listening to loud noises of fire crackers shrill noises harsh music or listening to criticism.

The recommended diet for skin organ is gentle and loving touch and applications, which are soothing to the skin, avoid contact with sharp rough and irritable objects. Wearing orange clothes induces relaxation and, the rate of blood flow slows down. A sense of calmness and security develops when orange is combined with blue. Yellow surroundings cause allergies to flare more frequently. Blue brings calmness to the whole body. It slows the pulse rate, deepens breathing, reduces perspiration and lowers body temperature. Green color favors favorable metabolic responses. Allergic reactions are reduced. Brown color is considered environmentally sound. It dispels mental depression. Reduces irritability, eliminates chronic fatigue. Red color elevates blood pressure, pulse rate, breathing rate, blood flow and reactions become automatic.

The recommended diet for the tongue Juicy fruits and liquids, lubricating and nourishing diet like milk butter and ghee prepared out of cow's milk Food items like dried fruits such as almonds, walnuts, pastas which can be stored and do not putrefy or ferment tasty and pleasurable diet. Eating excessively pungent and bitter food items prove harmful for the tongue. Food s which serve as natural antidote for mental and physical ailments are called as Arogya vivardana. Deficiencies of certain nutrients over a certain time can have a profound and immediate effect on your mood and mental energy and can throw your brain waves and functioning out of whack. Do not skip cereals because they supply heat and energy to the human body and form the major portion of the food. Godhuma- wheat germ and bran help as nerve vitamins. As a memory booster Ayurvedic Acharyas speak about nut Meg a pinch mixed with a tablespoon of Amla juice thrice daily. This remedy will also take care of insomnia (loss of sleep), Hypertension mental irritability depression etc.

The recommended diet for the nose is fragrant odor while foul or strong odor like that of ammonia or some insect repellent is harmful for the nose. Some smells have a tranquilizing effect on our system on the whole. You will find an interesting list below. In an anxiety condition to soothe your nerves use the smell of jasmine, in weakness use cardamom and basil leaf to smell.

To fight absentmindedness Basil, lemon, orange scents help and in sleeplessness use lavender, orange rose, basil etc

To soothe Anger cardamom, champak. Orange rose smell calm you down The Scent of peppermint and lavender help healing of stubbornness

And to calm down violent and hurtful tendencies musk works wonders .In subjects of frustration Brahmi helps. If depressed use lemon grass, grapefruit and orange.

Food for the motor organs: The hands legs larynx anus and the genitals are the five sense organs. Their appropriate use is recommended while their excessive use, inadequate use or inappropriate use is harmful for health. The destruction of brain cells from stress doesn't happen suddenly or dramatically. It happens gradually overtime and it can be stopped .If you are worried about memory loss take a big step for rejuvenating your brain cells by learning how to deal with stress and by adjusting your diet to ease up on the stress.