

# Acne

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## Overview of Acne

Acne is a common skin problem that usually occurs when the hair follicles become plugged with oil and dead skin cells. It mostly appears on the face, chest, back, neck, and shoulders. Effective treatments are available, but acne can be persistent. It is most common among teenagers and can cause emotional stress and skin scarring depending on its severity.

## Causes of Acne

### Causes

- Production of oil on the skin
- Dead skin cells
- Clogged pores
- Bacteria

## Symptoms of Acne

### Symptoms

- Whiteheads or closed plugged pores
- Blackheads or open plugged pores
- Small and red colored tender bumps on the affected area
- Pimples with pus at their tips
- Large painful lumps beneath the skin surface
- Presence of pus-filled lumps beneath the skin surface, also known as cystic lesions

## Diagnosis

### Diagnosis

Acne is usually diagnosed by a dermatologist or healthcare provider. The diagnosis may involve questions about the affected area, sensitive skin, other diseases, allergies, steroid use, mood disorders, and the use of contraceptives or pregnancy status.

## Trigger Factors

### Trigger Factors

#### Hormones

Hormones such as androgens increase the risk of acne during puberty and hormonal changes during pregnancy. Oral contraceptives can also affect sebum production.

#### Certain medications

Medicines containing corticosteroids, androgens, or lithium can pose a risk factor for acne.

#### Diet

Foods like dairy products, carbohydrate-rich foods, and chocolate can worsen acne.

#### Stress

Stress is a significant factor that can exacerbate acne.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Neem Capsules

Standardized extract of Neem (*Azadirachta indica*) with anti-inflammatory, antibacterial, antimicrobial, antioxidant, and detoxifying properties.

#### Radiant Skin Hair Nails Formula

Herbal capsules that maintain skin health, improve elasticity, smoothness, and firmness of the skin, and strengthen hair and nails.

#### Gandhak Rasayan

Herbal tablets made from purified sulphur that help maintain moisturized skin, remove dead skin cells, and treat various skin ailments.

#### Manjishtha Capsules

Herbal capsules made from *Rubia cordifolia* that act as a blood purifier, promote wound healing, and treat various skin and other ailments.

#### Nirgundi Oil

Oil made from *Vitex negundo* that aids in wound healing, relieves pain, and treats skin complaints.

#### Tea Tree-Aloe Vera Premium Handmade Bathing Bar

Paraben-free bathing soap with tea tree oil and aloe vera that maintains healthy and moisturized skin.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Neem Capsules: 1 capsule twice daily, with warm water after meals

Radiant Skin Hair Nails Formula: 1 capsule twice daily, with warm water after meals

Gandhak Rasayan: 2 tablets twice daily, with warm water after meals

Manjishtha Capsules: 1 capsule twice daily, with warm water after meals

Nirgundi Oil: As directed by physician

Tea Tree-Aloe Vera Premium Handmade Bathing Bar: As directed by physician

# Abnormal Heart Rhythm

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## Overview of Abnormal Heart Rhythms

Abnormal heart rhythms, also known as arrhythmia, occur when the heart beats too fast, too slow, or irregularly. This condition involves disruptions in the heart's normal functioning, affecting the valves, nodes, and chambers that control blood pumping. It is a common heart condition that can be managed through various treatments, including Ayurvedic herbal remedies.

## Causes of Abnormal Heart Rhythms

### Causes

- Coronary heart diseases
- Use of certain medications like amphetamines and beta blockers
- Heart abnormalities
- High blood pressure
- Imbalance of electrolytes (sodium and potassium) in the blood
- Smoking
- Diabetes
- Overweight

## Symptoms of Abnormal Heart Rhythms

### Symptoms

- Shortness of breath
- Chest pain
- Irregular pulse
- Heart palpitations
- Sweating
- Pale color of skin

## Diagnosis

### Diagnosis

Diagnosis of abnormal heart rhythms is typically done by a healthcare provider. The provider may ask questions about general health, medical history, and perform physical examinations. In some cases, the condition may mimic other heart problems like atrial fibrillation or ventricular fibrillation, and additional diagnostic tests may be necessary.

## Trigger Factors

### Trigger Factors

#### Imbalanced Doshas

From an Ayurvedic perspective, imbalanced Vata dosha can cause irregular heartbeat, aggravated Pitta dosha can lead to increased heartbeat, and imbalanced Kapha dosha can result in slow heartbeat.

#### Certain Medications

Medications such as amphetamines and beta blockers can disrupt normal heart rhythm.

#### Lifestyle Factors

Smoking, diabetes, and being overweight can exacerbate the condition.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Arjuna Capsules

Prepared from the pure extract of Arjuna (*Terminalia arjuna*), these capsules help maintain proper heart pumping, decrease LDL cholesterol, and increase HDL cholesterol.

#### Arjun Tea

A blend of herbs including Arjuna, Punarnava, Pipal tvak, Dalchini, and Ela, this tea helps manage abnormal heart rhythms and strengthen heart muscles.

#### Total Heart Support

These capsules are prepared from herbs like Arjuna, Ashwagandha, Brahmi, and Shankhpushpi, providing strength to heart muscles and managing symptoms of arrhythmia.

#### Gotu Kola Capsules

Made from *Centella asiatica*, these capsules improve blood circulation, reduce swelling and inflammation in arteries and veins, and help in managing high cholesterol levels.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Arjuna Capsules: 1 capsule twice daily with plain water, after meals

Arjun Tea: Prepare by boiling 1 teaspoon of Arjun tea in a mixture of 1 cup water and 1 cup milk. Strain and drink without sugar.

Total Heart Support: 2 capsules twice daily with plain water, after meals

Gotu Kola Capsules: 1 capsule twice daily with plain water, after meals

# Allergies

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## Overview of Allergies

Allergies generally occur when the immune system of the body reacts to foreign bodies such as pollen, bee venom, or pet dander. People with low immunity are more prone to various types of allergies. The immune system produces antibodies to protect against these foreign invaders, but sometimes this reaction can be excessive and harmful, leading to allergic reactions that can affect the respiratory tract, skin, sinuses, nasal passages, and other parts of the body.

## Causes of Allergies

### Causes

- Exposure to airborne allergens like pollen, dust mites, animal dander, and mold
- Certain foods such as tree nuts, wheat, soy, peanuts, fish, shellfish, eggs, and milk
- Insect stings like bee stings or wasp stings
- Medicines like penicillin or penicillin-based antibiotics
- Latex and other substances that can cause allergic skin reactions

## Symptoms of Allergies

### Symptoms

- Allergic Rhinitis
- Food Allergy
- Insect Sting Allergy
- Drug Allergy
- Skin Allergy

## Diagnosis

### Diagnosis

Diagnosis of allergies typically involves identifying the specific allergen causing the reaction. A healthcare provider may ask questions about general health, medical history, and perform physical examinations. In some cases, skin prick tests or blood tests may be conducted to confirm the presence of specific antibodies.

## Trigger Factors

### Trigger Factors

#### Family History

A person with a family history of asthma or other allergies is at higher risk of developing allergies.

#### Age

Children are at higher risk of developing several allergies, but they may outgrow these allergies as they get older.

#### Asthma

If a person is suffering from asthma, they are also at higher risk of getting allergies.

#### Weak Immune System

People with a weak immune system are more prone to allergies.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Tulsi Capsules

Tulsi or Holy Basil is effective for viral flu, influenza, cough, and immunological disorders like allergies and asthma. These capsules contain 100% standardized extract of Tulsi (*Ocimum tenuiflorum*).

#### Praanrakshak Churna

A combination of anti-allergy herbs like Bharangi, Kantakari, Shirish, Vaasa, Anantmool, Mulethi, and Dalchini, which shows anti-histaminic action. This churna gives excellent results in asthma, common cough, and other allergies.

#### Aller-G Care

A classical combination of anti-allergy herbs like Haridra, Neem, Shirish, and Ashwagandha. It is very effective for all types of allergies and also helps in asthma, sneezing, rhinitis, sinusitis, pollen allergy, dust allergy, and all types of skin allergies.

#### Curcumin Capsules

These capsules contain turmeric, which is anti-inflammatory and very effective in allergies and skin diseases. Curcumin capsules contain 100% standardized herb extract of Haridra (*Curcuma longa*).



## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Tulsi Capsules: 2 capsules twice daily with warm water after meals

Praanrakshak Churna: 1 teaspoonful twice daily with warm water after meals

Aller-G Care: 2 capsules twice daily with warm water after meals

Curcumin Capsules: 2 capsules twice daily with warm water after meals

# Amenorrhea

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## Overview of Amenorrhea

Amenorrhea is a condition where a childbearing woman fails to menstruate. It is regulated by the hypothalamus, which stimulates the pituitary gland to secrete luteinizing hormones and follicle stimulating hormones. These hormones control the female reproductive system and regulate the cyclic changes in the uterus lining. In Ayurveda, amenorrhea is known as Anartava or Nasha-Rakta, meaning loss or absence of menstrual blood.

## Causes of Amenorrhea

### Causes

- Hormonal imbalances
- Excessive exercise
- Weight loss or gain
- Emotional and mental stress
- Polycystic ovarian syndrome (PCOS)
- Ovarian tumors
- Pituitary gland tumors
- Thyroid disorders
- Birth control measures
- Menopause before the age of 40
- Hysterectomy
- Drug-induced (e.g., chemotherapy)

## Symptoms of Amenorrhea

### Symptoms

- Absence of menstruation
- Vaginal dryness
- Acne
- Weight gain or loss
- Breast size changes
- Hair growth in a male pattern
- Voice changes
- Discharge from the breast
- Excess body and facial hair
- Altered sex drive

- Constipation
- Skin dryness
- Hypersensitivity to cold

## Diagnosis

### Diagnosis

Diagnosis of amenorrhea typically involves identifying the underlying cause. A healthcare provider may ask questions about general health, medical history, and perform physical examinations. Additional diagnostic tests such as hormone level checks, pelvic exams, or imaging studies may be necessary to determine the cause.

## Trigger Factors

### Trigger Factors

#### Imbalanced Doshas

In Ayurveda, amenorrhea is often associated with an imbalance of the Vata dosha, but other doshas like Pitta and Kapha can also be involved.

#### Lifestyle Factors

Excessive exercise, significant weight loss or gain, and high levels of emotional and mental stress can trigger amenorrhea.

#### Hormonal Factors

Hormonal imbalances, particularly those affecting the hypothalamus, pituitary gland, and ovaries, can lead to amenorrhea.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Female Health Support

A herbal supplement containing Ashoka (*Saraca indica*), Shatavari (*Asparagus racemosus*), and Lodhra (*Symplocos racemosa*) that helps regulate the menstrual cycle and balance the vitiated Vata and Pitta doshas.

#### Chanderprabha Vati

A herbal supplement made from various herbs that helps cure urinary tract and genital organ disorders and is effective in treating amenorrhea.

### **Punarnava Mandoor**

A herbal supplement containing several herbs including Punarnava, which is rich in iron and helps balance Vata, Pitta, and Kapha doshas.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Female Health Support: 2 capsules twice daily with plain water after meals

Chanderprabha Vati: 2 tablets twice daily with plain water after meals

Punarnava Mandoor: 2 tablets twice daily with plain water after meals

# Anal Fistula

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## Overview of Anal Fistula

Anal Fistula, or fistula-in-ano, is an abnormal communication between the epithelial surface of the anal canal and the perianal skin. It is often the result of a previous or current anal abscess. In Ayurveda, this condition is termed as Bhagandara, meaning a laceration or lesion in the anal region.

## Causes of Anal Fistula

### Causes

- Previous or current anal abscess
- Infection or trauma to the anal area
- Chronic discharge of pus or stool from the opening of the skin
- Crohn's Disease
- Inflammatory Bowel Disease
- Cancer
- Diverticulum Disease
- Radiotherapy
- Tuberculosis

## Symptoms of Anal Fistula

### Symptoms

- Pain and swelling around the anus
- Discharge of pus or blood from the opening of the skin
- Foul odor from the discharge
- Itching or irritation around the anus
- Fever
- General feeling of illness

## Diagnosis

### Diagnosis

Diagnosis of anal fistula typically involves a physical examination and medical history. The healthcare provider may look for signs of infection, abscesses, or other conditions that could be causing the fistula. Additional tests such as MRI or endo-anal ultrasound may be conducted to determine the extent and type of the fistula.

## Trigger Factors

### Trigger Factors

#### Vitiation of Doshas

In Ayurveda, anal fistula is classified according to the vitiation of one or more doshas (Vata, Pitta, Kapha). For example, excess intake of dry, astringent, spicy, and pungent substances can vitiate Vata dosha and cause boils in the anal region.

#### Chronic Conditions

Conditions like Crohn's Disease, Inflammatory Bowel Disease, and cancer can increase the risk of developing an anal fistula.

#### Infections and Trauma

Infections or trauma to the anal area can lead to the formation of an anal fistula.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Kachnaar Guggul

A herbal formulation that helps in reducing inflammation and healing the fistula. It is made from a combination of herbs including Kachnaar (*Bauhinia variegata*), Amalaki (*Embolia officinalis*), and other supportive herbs.

#### Triphala Guggul

A herbal supplement that aids in detoxifying the body and reducing inflammation. It is prepared from a blend of Triphala (a mixture of Amalaki, Haritaki, and Bibhitaki) and other herbs.

#### Pile Off Capsules

Herbal capsules that help in managing symptoms of anal fistula, such as pain and discharge. These capsules are made from herbs like Haritaki (*Terminalia chebula*), Sonth (*Zingiber officinale*), and Marich (*Piper nigrum*).

#### Nirgundi Oil

An herbal oil that aids in wound healing and reducing pain. It is prepared from Vitex negundo and other supportive herbs.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Kachnaar Guggul: 2 tablets twice daily with warm water after meals

Triphala Guggul: 2 tablets twice daily with warm water after meals

Pile Off Capsules: 1 capsule twice daily with warm water after meals

Nirgundi Oil: As directed by physician

# Ankylosing Spondylitis

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## Overview of Ankylosing Spondylitis

Ankylosing spondylitis is a type of arthritis that primarily affects the spine, although other joints can also be involved. It causes inflammation of the spinal joints (vertebrae) that can lead to severe, chronic pain and discomfort. In Ayurveda, this condition is often related to the imbalance of the three doshas (Vata, Pitta, and Kapha), particularly the aggravation of Vata dosha.

## Causes of Ankylosing Spondylitis

### Causes

- Genetic factors
- Imbalance of Vata dosha
- Aggravation of Pitta and Kapha doshas
- Infections
- Autoimmune responses
- Physical trauma or injury
- Poor digestion and metabolism

## Symptoms of Ankylosing Spondylitis

### Symptoms

- Chronic back pain and stiffness
- Pain and stiffness in other joints such as hips, knees, and ankles
- Limited mobility and flexibility
- Fatigue
- Loss of appetite
- Weight loss
- Eye inflammation (uveitis)
- Breathing difficulties due to chest wall involvement

## Diagnosis

### Diagnosis

Diagnosis of ankylosing spondylitis typically involves a combination of physical examination, medical history, and imaging tests such as X-rays, MRI, or CT scans. Blood tests may also be conducted to rule out other conditions and to check for inflammatory markers.



## Trigger Factors

### Trigger Factors

#### Imbalanced Doshas

In Ayurveda, ankylosing spondylitis is often associated with an imbalance of the Vata dosha, but other doshas like Pitta and Kapha can also be involved.

#### Genetic Predisposition

Individuals with a family history of ankylosing spondylitis are at higher risk.

#### Infections and Trauma

Certain infections or physical trauma can trigger the onset of the condition.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Shallaki Capsules

Prepared from the pure extract of Shallaki (*Boswellia serrata*), these capsules are known for their anti-inflammatory and pain-relieving properties, which are beneficial for joint pain and inflammation.

#### Rumogin Capsules

A combination of herbs like Mahayograj Guggul, Suranjan, and other supportive herbs that help in reducing inflammation and pain in the joints.

#### Yograj Guggul

A traditional Ayurvedic formulation that helps in managing arthritis and joint pain by balancing the doshas and reducing inflammation.

#### Ashwagandha Capsules

Made from Ashwagandha (*Withania somnifera*), these capsules help in reducing stress, improving overall health, and strengthening the immune system.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Shallaki Capsules: 1 capsule twice daily with warm water after meals

Rumogin Capsules: 1 capsule twice daily with warm water after meals

Yograj Guggul: 2 tablets twice daily with warm water after meals

Ashwagandha Capsules: 1 capsule twice daily with warm water after meals

# Artery Blockages

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## Overview of Artery Blockages

Artery blockages, also known as atherosclerosis, occur when the arteries become narrowed and hardened due to the buildup of plaque, which is composed of fat, cholesterol, and other substances. This condition can lead to reduced blood flow to various parts of the body, including the heart, brain, and limbs. In Ayurveda, this condition is often associated with an imbalance of the doshas, particularly the Kapha dosha.

## Causes of Artery Blockages

### Causes

- High levels of cholesterol and triglycerides
- High blood pressure
- Smoking
- Diabetes
- Obesity
- Lack of physical activity
- Poor diet
- Genetic predisposition
- Imbalance of doshas (Vata, Pitta, Kapha)

## Symptoms of Artery Blockages

### Symptoms

- Chest pain (angina)
- Shortness of breath
- Pain or numbness in the legs
- Weakness or fatigue
- Coldness or paleness in the extremities
- High blood pressure
- Swelling in the legs and feet

## Diagnosis

### Diagnosis

Diagnosis of artery blockages typically involves a combination of physical examination, medical history, and diagnostic tests such as angiography, ultrasound, and blood tests to

check for cholesterol and triglyceride levels. The healthcare provider may also perform a stress test to evaluate the heart's function under stress.

## Trigger Factors

### Trigger Factors

#### Imbalanced Doshas

In Ayurveda, artery blockages are often associated with an imbalance of the Kapha dosha, which can lead to the accumulation of fat and other substances in the arteries.

#### Lifestyle Factors

Factors such as smoking, lack of physical activity, and a poor diet high in saturated fats and cholesterol can trigger and exacerbate artery blockages.

#### Chronic Conditions

Conditions like high blood pressure, diabetes, and obesity can increase the risk of developing artery blockages.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Arjuna Capsules

Prepared from the pure extract of Arjuna (*Terminalia arjuna*), these capsules help maintain proper heart pumping, decrease LDL cholesterol, and increase HDL cholesterol.

#### Total Heart Support

These capsules are prepared from herbs like Arjuna, Ashwagandha, Brahmi, and Shankpushpi, providing strength to heart muscles and managing symptoms of artery blockages.

#### Gotu Kola Capsules

Made from *Centella asiatica*, these capsules improve blood circulation, reduce swelling and inflammation in arteries and veins, and help manage high cholesterol levels.

#### Triphala Guggul

A herbal supplement that aids in detoxifying the body and reducing inflammation. It is prepared from a blend of Triphala (a mixture of Amalaki, Haritaki, and Bibhitaki) and other supportive herbs.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Arjuna Capsules: 1 capsule twice daily with plain water after meals

Total Heart Support: 2 capsules twice daily with plain water after meals

Gotu Kola Capsules: 1 capsule twice daily with plain water after meals

Triphala Guggul: 2 tablets twice daily with warm water after meals

# Ascites

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## Overview of Ascites

Ascites is a pathological condition characterized by the accumulation of fluid in the peritoneal cavity of the abdomen. It can be cirrhotic or non-cirrhotic in nature. The most common cause is liver cirrhosis, accounting for about 90% of cases, and it has a significant mortality rate. In Ayurveda, ascites is referred to as 'Udara Roga' and includes various classifications and complications such as SBP (Spontaneous Bacterial Peritonitis) and hepatorenal syndrome.

## Causes of Ascites

### Causes

- Liver cirrhosis
- Cardiac failure (right heart failure)
- Kidney failure
- Tuberculosis (TB)
- Infections
- Pancreatitis
- Carcinomatous changes

## Symptoms of Ascites

### Symptoms

- Shortness of breath
- Leg swelling
- Gynecomastia
- Abdominal distension with bloating and constipation
- Fatigue
- Back pain

## Diagnosis

### Diagnosis

Diagnosis of ascites typically involves physical examination, medical history, and diagnostic tests such as ultrasound of the abdomen (USG), CT scan of the abdomen, and laboratory tests including CBC, albumin levels, PT/INR, and BT/CT.

## Trigger Factors

### Trigger Factors

#### Agni Nasha and Mala Vriddhi

In Ayurveda, ascites is caused by the dysfunction of Agni (digestive fire) and the accumulation of Mala (waste products). This leads to the blockage of Apana Vayu and Prana Vayu, affecting the Ambuvaha and Sweda Vaha Srotas.

#### Portal Hypertension

High pressure in the portal vein can cause fluid to leak into the abdomen, leading to ascites.

#### Dosha Imbalance

Imbalance of doshas, particularly the blockage of Vata in the Amashaya by Kapha in the Pakvashaya, can lead to the retention of stool, feces, urine, and sweat, contributing to ascites.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Punarnava Capsules

Prepared from the pure extract of Punarnava (*Boerhavia diffusa*), these capsules help in reducing fluid accumulation and managing symptoms of ascites.

#### Varunadi Vati

A herbal formulation that helps in managing liver and kidney functions, reducing fluid accumulation, and alleviating symptoms of ascites.

#### Kumar Kalyan Ras

A traditional Ayurvedic formulation that helps in detoxifying the body, improving digestion, and reducing fluid accumulation in the abdomen.

#### Chandraprabha Vati

A polyherbal formulation that aids in balancing the doshas, improving metabolic functions, and reducing fluid retention.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Punarnava Capsules: 2 capsules twice daily with plain water after meals

Varunadi Vati: 2 tablets twice daily with plain water after meals

Kumar Kalyan Ras: 1 tablet twice daily with plain water after meals

Chandraprabha Vati: 2 tablets twice daily with plain water after meals



# Atopic Dermatitis

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## Overview of Atopic Dermatitis

Atopic dermatitis, also known as atopic eczema, is a chronic inflammatory skin condition characterized by dry, itchy, and scaly skin. It is a common condition that affects both children and adults. In Ayurveda, this condition is often related to the imbalance of the three doshas (Vata, Pitta, and Kapha), particularly the aggravation of Vata and Pitta doshas.

## Causes of Atopic Dermatitis

### Causes

- Genetic predisposition
- Imbalance of Vata and Pitta doshas
- Environmental factors such as allergens and irritants
- Food allergies
- Stress
- Hormonal changes
- Certain soaps, detergents, and other skin care products

## Symptoms of Atopic Dermatitis

### Symptoms

- Dry, itchy, and scaly skin
- Redness and inflammation
- Small, raised bumps or blisters
- Crusting or oozing from the affected areas
- Skin thickening due to chronic scratching
- Increased sensitivity to skin irritants

## Diagnosis

### Diagnosis

Diagnosis of atopic dermatitis is typically based on the clinical presentation and medical history. A healthcare provider may perform a physical examination and ask questions about the patient's symptoms, family history, and exposure to potential allergens or irritants. In some cases, skin prick tests or patch tests may be conducted to identify specific allergens.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, atopic dermatitis is often associated with an imbalance of Vata and Pitta doshas. Vata dosha can cause dryness and itching, while Pitta dosha can lead to inflammation and redness.

#### Environmental Factors

Exposure to allergens such as pollen, dust mites, and pet dander can trigger or exacerbate atopic dermatitis.

#### Stress and Hormonal Changes

Stress and hormonal changes can also trigger or worsen the symptoms of atopic dermatitis.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Neem Capsules

Prepared from the pure extract of Neem (*Azadirachta indica*), these capsules possess anti-inflammatory, antibacterial, antimicrobial, antioxidant, and detoxifying properties, which are beneficial for treating skin ailments like atopic dermatitis.

#### Radiant Skin Hair Nails Formula

These herbal capsules help maintain the health of the skin, improve elasticity, smoothness, and firmness, and strengthen hair and nails. They are effective in treating skin conditions like atopic dermatitis.

#### Gandhak Rasayan

These herbal tablets are made from purified sulphur (shuddh gandhak) and help maintain moisturized skin, remove dead skin cells, and treat various skin ailments including atopic dermatitis.

#### Manjishtha Capsules

Made from *Rubia cordifolia*, these capsules act as a blood purifier, promote wound healing, and treat various skin and other ailments, including atopic dermatitis.

#### Nirgundi Oil

This oil, made from *Vitex negundo*, aids in wound healing, relieves pain, and treats skin complaints like atopic dermatitis.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Neem Capsules: 1 capsule twice daily with warm water after meals

Radiant Skin Hair Nails Formula: 1 capsule twice daily with warm water after meals

Gandhak Rasayan: 2 tablets twice daily with warm water after meals

Manjishtha Capsules: 1 capsule twice daily with warm water after meals

Nirgundi Oil: As directed by physician

# Autoimmune Disorders

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## Overview of Autoimmune Disorders

Autoimmune disorders occur when the body's immune system mistakenly attacks its own cells, tissues, and organs. In Ayurveda, these conditions are often associated with an imbalance of the three doshas (Vata, Pitta, and Kapha) and the accumulation of 'ama' (toxins). This imbalance can lead to various autoimmune diseases such as rheumatoid arthritis, lupus, and multiple sclerosis.

## Causes of Autoimmune Disorders

### Causes

- Genetic predisposition
- Imbalance of doshas (Vata, Pitta, Kapha)
- Accumulation of 'ama' (toxins)
- Environmental factors such as infections and exposure to toxins
- Hormonal imbalances
- Poor diet and lifestyle

## Symptoms of Autoimmune Disorders

### Symptoms

- Joint pain and inflammation (e.g., rheumatoid arthritis)
- Skin rashes and lesions (e.g., lupus)
- Neurological symptoms such as numbness, weakness, and vision problems (e.g., multiple sclerosis)
- Fatigue and general feeling of illness
- Swollen lymph nodes
- Recurring fevers

## Diagnosis

### Diagnosis

Diagnosis of autoimmune disorders typically involves a combination of physical examination, medical history, and laboratory tests such as blood tests to check for autoantibodies and inflammatory markers. Imaging tests like X-rays, MRI, or CT scans may also be used to rule out other conditions.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, autoimmune disorders are often associated with an imbalance of the doshas. For example, an imbalance of Vata dosha can lead to neurological symptoms, while an imbalance of Pitta dosha can cause skin and joint issues.

#### Environmental Factors

Exposure to infections, toxins, and other environmental stressors can trigger autoimmune responses.

#### Genetic Predisposition

Individuals with a family history of autoimmune diseases are at higher risk of developing these conditions.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Ashwagandha Capsules

Made from Ashwagandha (*Withania somnifera*), these capsules help in reducing stress, improving overall health, and strengthening the immune system.

#### Guggul Capsules

Prepared from *Commiphora mukul*, these capsules have anti-inflammatory properties and help in detoxifying the body.

#### Kaishore Guggul

A polyherbal formulation that helps in reducing inflammation and managing symptoms of autoimmune disorders such as rheumatoid arthritis.

#### Giloy Capsules

Made from *Tinospora cordifolia*, these capsules are known for their immunomodulatory and anti-inflammatory properties, which are beneficial in managing autoimmune conditions.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Ashwagandha Capsules: 1 capsule twice daily with warm water after meals

Guggul Capsules: 1 capsule twice daily with warm water after meals

Kaishore Guggul: 2 tablets twice daily with warm water after meals

Giloy Capsules: 1 capsule twice daily with warm water after meals

# Acid Reflux

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## Overview of Acid Reflux

Acid reflux, or gastroesophageal reflux disease (GERD), is a chronic condition where the stomach acid flows back into the tube connecting the mouth and stomach (esophagus). This backwash (acid reflux) can irritate the lining of the esophagus, causing discomfort. In Ayurveda, this condition is often related to the imbalance of the doshas, particularly the aggravation of Pitta dosha.

## Causes of Acid Reflux

### Causes

- Imbalance of Pitta dosha
- Poor digestion and metabolism
- Consumption of spicy, sour, and pungent foods
- Overeating or eating too quickly
- Lying down after eating
- Obesity
- Smoking
- Certain medications
- Hiatal hernia

## Symptoms of Acid Reflux

### Symptoms

- Heartburn
- Regurgitation of food or sour liquid
- Difficulty swallowing
- Chest pain
- Coughing or wheezing
- Hoarseness
- Bitter or sour taste in the mouth

## Diagnosis

### Diagnosis

Diagnosis of acid reflux typically involves a combination of physical examination, medical history, and diagnostic tests such as endoscopy, ambulatory acid probe tests, or upper GI series. The healthcare provider may also ask questions about eating habits and symptoms.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, acid reflux is often associated with an imbalance of the Pitta dosha. Pitta dosha can cause increased acidity and digestive issues.

#### Lifestyle Factors

Factors such as overeating, lying down after meals, and consuming spicy or fatty foods can trigger or exacerbate acid reflux.

#### Dietary Habits

Consumption of foods that are spicy, sour, or pungent can aggravate Pitta dosha and lead to acid reflux.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Amalaki Rasayan

Prepared from the pure extract of Amalaki (*Embolica officinalis*), these capsules help in balancing the Pitta dosha and improving digestion.

#### Kumar Kalyan Ras

A traditional Ayurvedic formulation that helps in detoxifying the body, improving digestion, and reducing symptoms of acid reflux.

#### Panchakarma

Ayurvedic detoxification procedures like Vamana (therapeutic vomiting) and Virechana (purgation) can help in eliminating toxins and balancing the doshas.

#### Avipattikar Churna

A polyherbal formulation that helps in managing digestive issues, reducing acidity, and improving overall digestive health.



## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Amalaki Rasayan: 1 capsule twice daily with warm water after meals

Kumar Kalyan Ras: 1 tablet twice daily with warm water after meals

Panchakarma: As directed by an Ayurvedic physician

Avipattikar Churna: 1 teaspoonful twice daily with warm water after meals

# Agoraphobia

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## Overview of Agoraphobia

Agoraphobia is an anxiety disorder characterized by a fear of being in certain situations or places where it might be difficult to escape or where help may not be available if something goes wrong. Individuals with agoraphobia often avoid situations such as visiting shopping malls, traveling by public transport, or even leaving their homes due to fear of panic or feeling helpless, embarrassed, or trapped.

## Causes of Agoraphobia

### Causes

- Complications related to panic disorders and frequent panic attacks
- Fear associated with issues like terrorism, crime, illness, or accidents
- Genetic factors
- Traumatic events such as bereavement

## Symptoms of Agoraphobia

### Symptoms

- Physical Symptoms
- Cognitive Symptoms
- Behavioral Symptoms

## Diagnosis

### Diagnosis

Diagnosis of agoraphobia typically involves identifying the pattern of avoidance behaviors and the presence of anxiety symptoms. A healthcare provider may conduct a physical examination, take a detailed medical history, and perform psychological evaluations to rule out other conditions.

## Trigger Factors

### Trigger Factors

#### Aggravation of Prana Vata

According to Ayurveda, agoraphobia is due to the aggravation of Prana Vata, a subtype of Vata dosha, which causes anxiety and panic attacks.

#### Anxiety and Stress

Tendency to become anxious, nervousness, stress in life, and other mental ailments can trigger or exacerbate agoraphobia.

#### Genetic and Environmental Factors

Genetic predisposition, traumatic events, and environmental factors such as fear of terrorism, crime, or illness can also trigger agoraphobia.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Brahmi Capsules

Made from the standardized extract of Brahmi (*Bacopa monnieri*), these capsules support a healthy mind and brain, promoting consciousness and awareness with their cooling and rejuvenating properties.

#### Ashwagandha Capsules

Prepared from Ashwagandha (*Withania somnifera*), these capsules act as a supplement to maintain overall health, with anti-inflammatory, anti-oxidative, anti-ageing, and immunity-boosting properties.

#### Stress Support Capsules

Formulated by Ayurvedic experts, these capsules contain Ashwagandha, Tagar, and Brahmi, helping to maintain a healthy body and mind by fighting off stress and anxiety-related disorders.

#### Detox Tea

This herbal tea helps balance the three energies (Satva, Rajas, Tamas) and the tridoshas (Vata, Pitta, Kapha). It aids in maintaining healthy body functions and effective blood circulation, with ingredients like Arjuna, Punarnava, Taruni, Dalchini, Chhoti Elaichi, Bhumi Amla, Saunf, and Bari Elaichi.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Brahmi Capsules: 1-2 capsules twice daily with plain water after meals

Ashwagandha Capsules: 1-2 capsules twice daily with plain water after meals

Stress Support Capsules: 1-2 capsules twice daily with plain water after meals

Detox Tea: One cup twice or thrice daily

# Alopecia

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## Overview of Alopecia

Alopecia, commonly known as hair loss, is a condition where hair falls out from the scalp or body. In Ayurveda, this condition is often related to the imbalance of the three doshas (Vata, Pitta, and Kapha) and can be classified into different types such as alopecia areata, alopecia totalis, and alopecia universalis. The term 'Indralupta' is used in Ayurveda to describe hair loss.

## Causes of Alopecia

### Causes

- Imbalance of Vata, Pitta, and Kapha doshas
- Stress and anxiety
- Poor diet and lifestyle
- Genetic predisposition
- Autoimmune disorders
- Hormonal imbalances
- Infections and skin diseases
- Use of certain medications
- Nutritional deficiencies (e.g., iron, zinc, biotin)

## Symptoms of Alopecia

### Symptoms

- Patchy hair loss on the scalp
- Complete loss of hair on the scalp (alopecia totalis)
- Complete loss of hair on the body (alopecia universalis)
- Itching or redness on the scalp
- Hair breaking easily
- Thinning of hair

## Diagnosis

### Diagnosis

Diagnosis of alopecia typically involves a physical examination and medical history. A healthcare provider may perform a pull test to assess the severity of hair loss, examine the

scalp for signs of infection or other conditions, and conduct blood tests to rule out underlying diseases such as thyroid disorders or autoimmune conditions.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, alopecia is often associated with an imbalance of the Vata, Pitta, and Kapha doshas. Vata dosha can cause dryness and brittleness of hair, while Pitta dosha can lead to inflammation and hair loss.

#### Stress and Anxiety

High levels of stress and anxiety can trigger or exacerbate hair loss.

#### Genetic and Hormonal Factors

Genetic predisposition and hormonal imbalances can also trigger alopecia.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Neem Capsules

Prepared from the pure extract of Neem (*Azadirachta indica*), these capsules possess anti-inflammatory, antibacterial, antimicrobial, antioxidant, and detoxifying properties, which are beneficial for treating skin and scalp conditions.

#### Bhringaraj Capsules

Made from Bhringaraj (*Eclipta alba*), these capsules are known for their hair growth promoting and scalp health improving properties.

#### Gandhak Rasayan

These herbal tablets are made from purified sulphur (shuddh gandhak) and help maintain healthy skin and scalp, remove dead skin cells, and treat various skin and scalp ailments.

#### Manjishtha Capsules

Made from Manjishtha (*Rubia cordifolia*), these capsules act as a blood purifier, promote wound healing, and treat various skin and scalp conditions.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Neem Capsules: 1 capsule twice daily with warm water after meals

Bhringaraj Capsules: 1 capsule twice daily with warm water after meals

Gandhak Rasayan: 2 tablets twice daily with warm water after meals

Manjishtha Capsules: 1 capsule twice daily with warm water after meals

# Amyloidosis

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## Overview of Amyloidosis

Amyloidosis is a group of diseases characterized by the accumulation of abnormal proteins called amyloid in various organs and tissues of the body. This accumulation can disrupt the normal functioning of the organs, leading to a range of health issues. In Ayurveda, amyloidosis can be related to the imbalance of the three doshas (Vata, Pitta, and Kapha) and the accumulation of 'ama' (toxins).

## Causes of Amyloidosis

### Causes

- Genetic mutations
- Chronic inflammatory diseases
- Infections
- Cancer
- Imbalance of doshas (Vata, Pitta, Kapha)
- Accumulation of 'ama' (toxins)
- Poor diet and lifestyle

## Symptoms of Amyloidosis

### Symptoms

- Weight loss
- Fatigue
- Swelling in the legs and ankles
- Shortness of breath
- Dizziness or fainting
- Numbness or tingling in the hands and feet
- Abnormal heart rhythms
- Diarrhea or constipation

## Diagnosis

### Diagnosis

Diagnosis of amyloidosis typically involves a combination of physical examination, medical history, and diagnostic tests such as blood tests, urine tests, and tissue biopsies. Imaging tests like echocardiograms, MRI, or CT scans may also be used to assess organ involvement.



## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, amyloidosis is often associated with an imbalance of the Vata, Pitta, and Kapha doshas. For example, an imbalance of Vata dosha can cause dryness and brittleness of tissues, while an imbalance of Pitta dosha can lead to inflammation and tissue damage.

#### Chronic Conditions

Chronic inflammatory diseases, infections, and cancer can trigger or exacerbate amyloidosis.

#### Genetic and Environmental Factors

Genetic predisposition and environmental factors such as poor diet and lifestyle can also contribute to the development of amyloidosis.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Kachnaar Guggul

A herbal formulation that helps in reducing inflammation and healing the body. It is made from a combination of herbs including Kachnaar (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), and other supportive herbs.

#### Triphala Guggul

A herbal supplement that aids in detoxifying the body and reducing inflammation. It is prepared from a blend of Triphala (a mixture of Amalaki, Haritaki, and Bibhitaki) and other supportive herbs.

#### Ashwagandha Capsules

Made from Ashwagandha (*Withania somnifera*), these capsules help in reducing stress, improving overall health, and strengthening the immune system.

#### Giloy Capsules

Made from *Tinospora cordifolia*, these capsules are known for their immunomodulatory and anti-inflammatory properties, which are beneficial in managing autoimmune and inflammatory conditions.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Kachnaar Guggul: 2 tablets twice daily with warm water after meals

Triphala Guggul: 2 tablets twice daily with warm water after meals

Ashwagandha Capsules: 1 capsule twice daily with warm water after meals

Giloy Capsules: 1 capsule twice daily with warm water after meals

# Anemia

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## Overview of Anemia

Anemia is a medical condition characterized by a deficiency in the number or quality of red blood cells, leading to inadequate oxygen delivery to tissues. In Ayurveda, anemia is often related to the imbalance of the three doshas (Vata, Pitta, and Kapha) and the accumulation of 'ama' (toxins). It is known as 'Pandu' in Ayurvedic texts.

## Causes of Anemia

### Causes

- Iron deficiency
- Vitamin deficiency (B12, folate)
- Chronic blood loss
- Genetic disorders (e.g., sickle cell anemia, thalassemia)
- Chronic diseases (e.g., kidney disease, rheumatoid arthritis)
- Imbalance of doshas (Vata, Pitta, Kapha)
- Poor diet and lifestyle
- Infections and parasites

## Symptoms of Anemia

### Symptoms

- Fatigue and weakness
- Shortness of breath
- Dizziness or lightheadedness
- Headaches
- Cold hands and feet
- Pale skin
- Rapid or irregular heartbeat
- Poor appetite

## Diagnosis

### Diagnosis

Diagnosis of anemia typically involves a physical examination, medical history, and laboratory tests such as complete blood count (CBC), reticulocyte count, and tests to check

for iron, vitamin B12, and folate levels. Other tests may include bone marrow biopsy or genetic testing to identify underlying causes.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, anemia is often associated with an imbalance of the Pitta dosha, which can lead to digestive issues and poor absorption of nutrients.

#### Poor Diet and Lifestyle

A diet lacking essential nutrients such as iron, vitamin B12, and folate can trigger or exacerbate anemia.

#### Chronic Conditions

Chronic diseases like kidney disease, rheumatoid arthritis, and infections can increase the risk of developing anemia.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Punarnava Capsules

Prepared from the pure extract of Punarnava (*Boerhavia diffusa*), these capsules help in reducing fluid accumulation and managing symptoms of anemia by improving blood quality.

#### Gandhak Rasayan

These herbal tablets are made from purified sulphur (*shuddh gandhak*) and help maintain healthy skin, remove dead skin cells, and treat various blood-related ailments.

#### Kumar Kalyan Ras

A traditional Ayurvedic formulation that helps in detoxifying the body, improving digestion, and enhancing blood quality.

#### Ashwagandha Capsules

Made from Ashwagandha (*Withania somnifera*), these capsules help in reducing stress, improving overall health, and strengthening the immune system.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Punarnava Capsules: 2 capsules twice daily with warm water after meals

Gandhak Rasayan: 2 tablets twice daily with warm water after meals

Kumar Kalyan Ras: 1 tablet twice daily with warm water after meals

Ashwagandha Capsules: 1 capsule twice daily with warm water after meals

# Anorexia Nervosa

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## Overview of Anorexia Nervosa

Anorexia nervosa is a serious eating disorder characterized by a distorted body image and an intense fear of gaining weight, leading to restrictive eating habits and significant weight loss. In Ayurveda, this condition can be related to the imbalance of the three doshas (Vata, Pitta, and Kapha) and is often associated with mental and emotional disturbances.

## Causes of Anorexia Nervosa

### Causes

- Genetic predisposition
- Imbalance of doshas (Vata, Pitta, Kapha)
- Sociocultural factors and media influence
- Emotional and psychological issues such as stress, anxiety, and low self-esteem
- Family dynamics and relationships
- Traumatic events
- Poor diet and lifestyle

## Symptoms of Anorexia Nervosa

### Symptoms

- Significant weight loss
- Fear of gaining weight
- Distorted body image
- Restrictive eating patterns
- Excessive exercise
- Hair loss
- Cold intolerance
- Fatigue
- Osteoporosis
- Menstrual irregularities

## Diagnosis

### Diagnosis

Diagnosis of anorexia nervosa typically involves a combination of physical examination, medical history, and psychological evaluations. Healthcare providers may use the

Diagnostic and Statistical Manual of Mental Disorders (DSM-5) criteria to diagnose anorexia nervosa. Additional tests such as blood tests to check for nutritional deficiencies and imaging tests to assess bone density may also be conducted.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, anorexia nervosa is often associated with an imbalance of the Vata dosha, which can cause anxiety, fear, and obsessive behaviors. Pitta dosha imbalance can lead to a distorted body image and intense fear of gaining weight.

#### Sociocultural and Emotional Factors

Sociocultural pressures, emotional issues such as stress and anxiety, and low self-esteem can trigger or exacerbate anorexia nervosa.

#### Genetic and Family Factors

Genetic predisposition and family dynamics can also contribute to the development of anorexia nervosa.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Ashwagandha Capsules

Made from Ashwagandha (*Withania somnifera*), these capsules help in reducing stress, improving overall health, and strengthening the immune system.

#### Brahmi Capsules

Prepared from the standardized extract of Brahmi (*Bacopa monnieri*), these capsules support a healthy mind and brain, promoting consciousness and awareness with their cooling and rejuvenating properties.

#### Stress Support Capsules

Formulated by Ayurvedic experts, these capsules contain Ashwagandha, Tagar, and Brahmi, helping to maintain a healthy body and mind by fighting off stress and anxiety-related disorders.

#### Panchakarma

Ayurvedic detoxification procedures like Snehapana (oleation therapy) and Vamana (therapeutic vomiting) can help in eliminating toxins and balancing the doshas.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Ashwagandha Capsules: 1 capsule twice daily with warm water after meals

Brahmi Capsules: 1 capsule twice daily with warm water after meals

Stress Support Capsules: 1 capsule twice daily with warm water after meals

Panchakarma: As directed by an Ayurvedic physician



# Arthritis

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## Overview of Arthritis

Arthritis is a broad term that encompasses over 100 different conditions that affect the joints, causing pain, stiffness, and reduced mobility. In Ayurveda, arthritis is often related to the imbalance of the three doshas (Vata, Pitta, and Kapha) and the accumulation of 'ama' (toxins). It is known as 'Sandhi Vata' in Ayurvedic texts.

## Causes of Arthritis

### Causes

- Imbalance of Vata, Pitta, and Kapha doshas
- Accumulation of 'ama' (toxins)
- Poor diet and lifestyle
- Genetic predisposition
- Infections
- Injuries
- Autoimmune responses

## Symptoms of Arthritis

### Symptoms

- Joint pain and stiffness
- Swelling and redness around the joints
- Reduced range of motion
- Warmth or tenderness around the joints
- Fatigue
- Loss of appetite
- Weight loss

## Diagnosis

### Diagnosis

Diagnosis of arthritis typically involves a physical examination, medical history, and diagnostic tests such as X-rays, MRI, or blood tests to check for inflammatory markers and autoantibodies. The healthcare provider may also perform a joint fluid analysis to rule out other conditions.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, arthritis is often associated with an imbalance of the Vata dosha, which can cause dryness and brittleness of the joints. Pitta dosha imbalance can lead to inflammation, while Kapha dosha imbalance can cause stiffness and swelling.

#### Poor Diet and Lifestyle

A diet lacking essential nutrients and a sedentary lifestyle can trigger or exacerbate arthritis.

#### Genetic and Environmental Factors

Genetic predisposition and environmental factors such as infections or injuries can also contribute to the development of arthritis.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Shallaki Capsules

Prepared from the pure extract of Shallaki (*Boswellia serrata*), these capsules are known for their anti-inflammatory and pain-relieving properties, which are beneficial for joint pain and inflammation.

#### Rumogin Capsules

A combination of herbs like Mahayograj Guggul, Suranjan, and other supportive herbs that help in reducing inflammation and pain in the joints.

#### Yograj Guggul

A traditional Ayurvedic formulation that helps in managing arthritis and joint pain by balancing the doshas and reducing inflammation.

#### Ashwagandha Capsules

Made from Ashwagandha (*Withania somnifera*), these capsules help in reducing stress, improving overall health, and strengthening the immune system.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Shallaki Capsules: 1 capsule twice daily with warm water after meals

Rumogin Capsules: 1 capsule twice daily with warm water after meals

Yograj Guggul: 2 tablets twice daily with warm water after meals

Ashwagandha Capsules: 1 capsule twice daily with warm water after meals

# Asherman's Syndrome

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## Overview of Asherman's Syndrome

Asherman's Syndrome, also known as intrauterine adhesions, is an acquired condition characterized by the formation of scar tissue (adhesions) in the uterus or cervix. This condition results from trauma to the uterus, often due to multiple dilatation and curettage (D&C) procedures, severe pelvic infections, or other uterine surgeries. In Ayurveda, this condition is related to the imbalance of the doshas and the accumulation of 'ama' (toxins).

## Causes of Asherman's Syndrome

### Causes

- Multiple dilatation and curettage (D&C) procedures
- Severe pelvic infections
- Retained placenta requiring manual removal
- Uterine surgeries such as Cesarean section or myomectomy
- Genital tuberculosis
- Unknown causes in some cases

## Symptoms of Asherman's Syndrome

### Symptoms

- Menstrual irregularities such as light periods (hypo menorrhea) or absence of periods (amenorrhea)
- Infertility due to adhesions in the uterus and fallopian tubes
- Recurrent pregnancy loss (miscarriage)
- Pelvic pain due to blocked menstrual blood, causing uterine cramping and pelvic discomfort

## Diagnosis

### Diagnosis

Diagnosis of Asherman's Syndrome typically involves a physical examination, medical history, and diagnostic tests such as hysteroscopy, ultrasound, or MRI to visualize the adhesions. The healthcare provider may also perform a hysterosalpingogram to assess the shape of the uterus and fallopian tubes.

## Trigger Factors

### Trigger Factors

#### Intrauterine Surgery/Procedures

Women who have undergone any intrauterine surgery or procedures are at higher risk of developing Asherman's Syndrome.

#### Pelvic Infections

Severe pelvic infections can lead to the formation of adhesions in the uterus.

#### Complications During Delivery

Complications during delivery, such as retained placenta or post-partum hemorrhaging (PPH), can increase the risk of Asherman's Syndrome.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Female Health Support

This herbal supplement supports the health of female reproductive organs by balancing the vitiated Vata and Pitta doshas. It contains herbs like Ashok (*Saraca indica*), Lodhra (*Symplocos racemosa*), and Shatavari (*Asparagus racemosus*).

#### Shatavari Capsules

Shatavari (*Asparagus racemosus*) is a tonic and has rejuvenative properties, useful in almost all menstrual problems including amenorrhea and dysmenorrhea. It helps in regulating menstrual cycles and enhancing fertility.

#### Boswellia Curcumin

A blend of Shallaki (*Boswellia serrata*) and Curcumin (*Curcuma longa*), these capsules possess anti-inflammatory, anti-microbial, and pain-relieving properties, which are beneficial in managing symptoms of Asherman's Syndrome.

#### Kaishore Guggul

A classical formulation that helps in reducing inflammation and preventing complications. It balances the tridoshas and maintains overall health, particularly beneficial in menstruation-related disorders.

#### Pradrantak Churna

An effective herbal formulation for female health problems, particularly useful in painful menstruation and irregular menses. It supports the regulation of menstrual cycles and helps in managing symptoms of Asherman's Syndrome.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Female Health Support: 1-2 capsules twice daily with plain water after meals

Shatavari Capsules: 1-2 capsules twice daily with plain water after meals

Boswellia Curcumin: 1 capsule twice daily with plain water after meals

Kaishore Guggul: 2 tablets twice daily with plain water after meals

Pradrantak Churna: 1-2 teaspoonful twice daily with water or flavored juice after meals

# Atrial Fibrillation

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## Overview of Atrial Fibrillation

Atrial fibrillation is a type of irregular heartbeat, or arrhythmia, caused by abnormal electrical activity in the atria of the heart. This condition can lead to symptoms such as palpitations, shortness of breath, and fatigue. In Ayurveda, atrial fibrillation is often associated with an imbalance of the Vata dosha, which can disrupt the normal functioning of the heart.

## Causes of Atrial Fibrillation

### Causes

- High blood pressure
- Heart valve problems
- Coronary artery disease
- Heart failure
- Thyroid disorders
- Excessive alcohol consumption
- Imbalance of Vata dosha
- Aging
- Genetic predisposition

## Symptoms of Atrial Fibrillation

### Symptoms

- Palpitations or irregular heartbeat
- Shortness of breath
- Fatigue
- Chest pain or discomfort
- Dizziness or lightheadedness
- Sweating
- Pale skin

## Diagnosis

### Diagnosis

Diagnosis of atrial fibrillation typically involves a physical examination, medical history, and diagnostic tests such as electrocardiogram (ECG), echocardiogram, or Holter monitoring.

The healthcare provider may also ask questions about general health, medical history, and perform physical examinations to rule out other heart conditions.

## Trigger Factors

### Trigger Factors

#### Imbalanced Doshas

In Ayurveda, atrial fibrillation is often associated with an imbalance of the Vata dosha, which can cause irregular heartbeat and disrupt the normal functioning of the heart.

#### Lifestyle Factors

Excessive alcohol consumption, smoking, and a sedentary lifestyle can trigger or exacerbate atrial fibrillation.

#### Chronic Conditions

Conditions like high blood pressure, heart valve problems, and thyroid disorders can increase the risk of developing atrial fibrillation.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Arjuna Capsules

Prepared from the pure extract of Arjuna (*Terminalia arjuna*), these capsules help maintain proper heart pumping, decrease LDL cholesterol, and increase HDL cholesterol.

#### Total Heart Support

These capsules are prepared from herbs like Arjuna, Ashwagandha, Brahmi, and Shankpushpi, providing strength to heart muscles and managing symptoms of atrial fibrillation.

#### Gotu Kola Capsules

Made from *Centella asiatica*, these capsules improve blood circulation, reduce swelling and inflammation in arteries and veins, and help manage high cholesterol levels.

#### Triphala Guggul

A herbal supplement that aids in detoxifying the body and reducing inflammation. It is prepared from a blend of Triphala (a mixture of Amalaki, Haritaki, and Bibhitaki) and other supportive herbs.



## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Arjuna Capsules: 1 capsule twice daily with warm water after meals

Total Heart Support: 2 capsules twice daily with warm water after meals

Gotu Kola Capsules: 1 capsule twice daily with warm water after meals

Triphala Guggul: 2 tablets twice daily with warm water after meals

# Acidity

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## Overview of Acidity

Acidity, also known as acid reflux or gastroesophageal reflux disease (GERD), is a condition where stomach acid flows back into the esophagus, causing discomfort and pain. In Ayurveda, this condition is often related to the imbalance of the Pitta dosha and the accumulation of 'ama' (toxins). It is known as 'Amlapitta' in Ayurvedic texts.

## Causes of Acidity

### Causes

- Imbalance of Pitta dosha
- Poor digestion and metabolism
- Consumption of spicy, sour, and pungent foods
- Overeating or eating too quickly
- Lying down after eating
- Obesity
- Smoking
- Certain medications
- Hiatal hernia

## Symptoms of Acidity

### Symptoms

- Heartburn
- Regurgitation of food or sour liquid
- Difficulty swallowing
- Chest pain or discomfort
- Coughing or wheezing
- Hoarseness
- Bitter or sour taste in the mouth

## Diagnosis

### Diagnosis

Diagnosis of acidity typically involves a physical examination, medical history, and diagnostic tests such as endoscopy, ambulatory acid probe tests, or upper GI series. The

healthcare provider may also ask questions about eating habits and symptoms to rule out other conditions.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, acidity is often associated with an imbalance of the Pitta dosha. Pitta dosha can cause increased acidity and digestive issues.

#### Lifestyle Factors

Factors such as overeating, lying down after meals, and consuming spicy or fatty foods can trigger or exacerbate acidity.

#### Dietary Habits

Consumption of foods that are spicy, sour, or pungent can aggravate Pitta dosha and lead to acidity.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Amalaki Rasayan

Prepared from the pure extract of Amalaki (*Emblica officinalis*), these capsules help in balancing the Pitta dosha and improving digestion.

#### Kumar Kalyan Ras

A traditional Ayurvedic formulation that helps in detoxifying the body, improving digestion, and reducing symptoms of acidity.

#### Avipattikar Churna

A polyherbal formulation that helps in managing digestive issues, reducing acidity, and improving overall digestive health.

#### Pitta Balance Capsules

Made from herbs like Praval Pishti, Akik Pishti, and others, these capsules help in balancing the Pitta dosha and reducing acidity.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Amalaki Rasayan: 1 capsule twice daily with warm water after meals

Kumar Kalyan Ras: 1 tablet twice daily with warm water after meals

Avipattikar Churna: 1 teaspoonful twice daily with warm water after meals

Pitta Balance Capsules: 1 capsule twice daily with warm water after meals

# Allergic Bronchitis

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## Overview of Allergic Bronchitis

Allergic bronchitis is a condition where the airways in the lungs become inflamed and constricted due to an allergic reaction. This can be triggered by various allergens such as pollen, dust mites, pet dander, or certain foods. In Ayurveda, this condition is often related to the imbalance of the three doshas (Vata, Pitta, and Kapha) and the accumulation of 'ama' (toxins).

## Causes of Allergic Bronchitis

### Causes

- Exposure to airborne allergens like pollen, dust mites, animal dander, and mold
- Food allergies
- Insect stings
- Medications
- Imbalance of doshas (Vata, Pitta, Kapha)
- Accumulation of 'ama' (toxins)
- Poor diet and lifestyle

## Symptoms of Allergic Bronchitis

### Symptoms

- Coughing
- Wheezing
- Shortness of breath
- Chest tightness
- Mucus production
- Sneezing
- Runny nose
- Itchy eyes, nose, and throat

## Diagnosis

### Diagnosis

Diagnosis of allergic bronchitis typically involves a physical examination, medical history, and diagnostic tests such as spirometry, peak flow meter, and allergy tests. The healthcare provider may also perform a chest X-ray or CT scan to rule out other conditions.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, allergic bronchitis is often associated with an imbalance of the Kapha dosha, which can cause congestion and inflammation in the airways. Vata dosha imbalance can lead to dryness and constriction, while Pitta dosha imbalance can cause inflammation.

#### Environmental Factors

Exposure to allergens such as pollen, dust mites, and pet dander can trigger or exacerbate allergic bronchitis.

#### Dietary Habits

Consumption of foods that are allergenic or cause inflammation can worsen the condition.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Tulsi Capsules

Prepared from the pure extract of Tulsi (*Ocimum tenuiflorum*), these capsules are known for their anti-inflammatory, antibacterial, and immunomodulatory properties, which are beneficial for treating respiratory and allergic conditions.

#### Praanrakshak Churna

A polyherbal formulation that helps in managing respiratory issues, reducing inflammation, and alleviating symptoms of allergic bronchitis. It includes herbs like Bharangi, Kantakari, Shirish, Vaasa, Anantmool, Mulethi, and Dalchini.

#### Aller-G Care

A classical combination of anti-allergy herbs like Haridra, Neem, Shirish, and Ashwagandha. It is very effective for all types of allergies and also helps in asthma, sneezing, rhinitis, sinusitis, pollen allergy, dust allergy, and all types of skin allergies.

#### Curcumin Capsules

Made from turmeric, these capsules have anti-inflammatory and antioxidant properties, which are beneficial in reducing inflammation and managing symptoms of allergic bronchitis.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Tulsi Capsules: 1 capsule twice daily with warm water after meals

Praanrakshak Churna: 1 teaspoonful twice daily with warm water after meals

Aller-G Care: 2 capsules twice daily with warm water after meals

Curcumin Capsules: 1 capsule twice daily with warm water after meals

# Alzheimer's Disease

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## Overview of Alzheimer's Disease

Alzheimer's disease is a progressive neurological disorder that leads to the degeneration and death of brain cells, resulting in a continuous decline in thinking, behavioral, and social skills. In Ayurveda, this condition is often associated with an imbalance of the three doshas (Vata, Pitta, and Kapha) and the accumulation of 'ama' (toxins) in the brain.

## Causes of Alzheimer's Disease

### Causes

- Genetic factors
- Imbalance of doshas (Vata, Pitta, Kapha)
- Accumulation of 'ama' (toxins) in the brain
- Poor diet and lifestyle
- Aging
- Family history
- Head injuries
- Certain medical conditions such as diabetes and heart disease

## Symptoms of Alzheimer's Disease

### Symptoms

- Memory loss
- Difficulty in learning new information
- Disorientation
- Mood changes such as depression, anxiety, and agitation
- Personality changes
- Difficulty with communication
- Problem-solving difficulties
- Motor function decline

## Diagnosis

### Diagnosis

Diagnosis of Alzheimer's disease typically involves a combination of physical examination, medical history, and diagnostic tests such as cognitive and neuropsychological tests, brain imaging (MRI or CT scans), and blood tests to rule out other conditions. The healthcare



provider may also conduct a thorough medical history and physical examination to identify any underlying causes.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, Alzheimer's disease is often associated with an imbalance of the Vata dosha, which can cause dryness and brittleness in the brain tissues. Pitta dosha imbalance can lead to inflammation, while Kapha dosha imbalance can cause stagnation and accumulation of toxins.

#### Aging and Genetic Factors

Aging and genetic predisposition are significant trigger factors for Alzheimer's disease.

#### Lifestyle and Environmental Factors

Poor diet, lack of physical activity, and exposure to certain environmental toxins can also trigger or exacerbate Alzheimer's disease.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Brahmi Capsules

Prepared from the standardized extract of Brahmi (*Bacopa monnieri*), these capsules support a healthy mind and brain, promoting consciousness and awareness with their cooling and rejuvenating properties.

#### Ashwagandha Capsules

Made from Ashwagandha (*Withania somnifera*), these capsules help in reducing stress, improving overall health, and strengthening the immune system.

#### Gotu Kola Capsules

Made from *Centella asiatica*, these capsules improve blood circulation, reduce swelling and inflammation in the brain, and help manage cognitive functions.

#### Medhya Churna

A polyherbal formulation that includes herbs like Brahmi, Vacha, and Shankhpushpi, which are known for their cognitive-enhancing and neuroprotective properties.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Brahmi Capsules: 1-2 capsules twice daily with warm water after meals

Ashwagandha Capsules: 1-2 capsules twice daily with warm water after meals

Gotu Kola Capsules: 1 capsule twice daily with warm water after meals

Medhya Churna: 1/2 to 1 teaspoonful twice daily with warm water after meals

# Anemia

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## Overview of Anemia

Anemia is a medical condition characterized by a deficiency in the number or quality of red blood cells, leading to inadequate oxygen delivery to tissues. In Ayurveda, anemia is often related to the imbalance of the three doshas (Vata, Pitta, and Kapha) and the accumulation of 'ama' (toxins). It is known as 'Pandu' in Ayurvedic texts.

## Causes of Anemia

### Causes

- Iron deficiency
- Vitamin deficiency (B12, folate)
- Chronic blood loss
- Genetic disorders (e.g., sickle cell anemia, thalassemia)
- Chronic diseases (e.g., kidney disease, rheumatoid arthritis)
- Imbalance of doshas (Vata, Pitta, Kapha)
- Poor diet and lifestyle
- Infections and parasites

## Symptoms of Anemia

### Symptoms

- Fatigue and weakness
- Shortness of breath
- Dizziness or lightheadedness
- Headaches
- Cold hands and feet
- Pale skin
- Rapid or irregular heartbeat
- Poor appetite
- Weight loss

## Diagnosis

### Diagnosis

Diagnosis of anemia typically involves a physical examination, medical history, and laboratory tests such as complete blood count (CBC), reticulocyte count, and tests to check

for iron, vitamin B12, and folate levels. Other tests may include bone marrow biopsy or genetic testing to identify underlying causes.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, anemia is often associated with an imbalance of the Pitta dosha, which can cause digestive issues and poor absorption of nutrients.

#### Poor Diet and Lifestyle

A diet lacking essential nutrients such as iron, vitamin B12, and folate can trigger or exacerbate anemia.

#### Chronic Conditions

Chronic diseases like kidney disease, rheumatoid arthritis, and infections can increase the risk of developing anemia.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Punarnava Capsules

Prepared from the pure extract of Punarnava (*Boerhavia diffusa*), these capsules help in reducing fluid accumulation and managing symptoms of anemia by improving blood quality.

#### Gandhak Rasayan

These herbal tablets are made from purified sulphur (*shuddh gandhak*) and help maintain healthy skin, remove dead skin cells, and treat various blood-related ailments.

#### Kumar Kalyan Ras

A traditional Ayurvedic formulation that helps in detoxifying the body, improving digestion, and enhancing blood quality.

#### Ashwagandha Capsules

Made from Ashwagandha (*Withania somnifera*), these capsules help in reducing stress, improving overall health, and strengthening the immune system.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Punarnava Capsules: 2 capsules twice daily with warm water after meals

Gandhak Rasayan: 2 tablets twice daily with warm water after meals

Kumar Kalyan Ras: 1 tablet twice daily with warm water after meals

Ashwagandha Capsules: 1 capsule twice daily with warm water after meals

# Angina Pectoris

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## Overview of Angina Pectoris

Angina pectoris, commonly known as angina, is a condition characterized by chest pain or discomfort due to reduced blood flow to the heart muscle. It is often a symptom of coronary artery disease and can be a precursor to a heart attack. In Ayurveda, this condition is related to the imbalance of the three doshas (Vata, Pitta, and Kapha) and the accumulation of 'ama' (toxins).

## Causes of Angina Pectoris

### Causes

- Coronary artery disease
- Blockage or narrowing of the coronary arteries
- High blood pressure
- High cholesterol
- Smoking
- Diabetes
- Obesity
- Imbalance of doshas (Vata, Pitta, Kapha)
- Poor diet and lifestyle

## Symptoms of Angina Pectoris

### Symptoms

- Chest pain or discomfort
- Pain or discomfort in the arms, back, neck, jaw, or stomach
- Shortness of breath
- Fatigue
- Lightheadedness or dizziness
- Panic or anxiety

## Diagnosis

### Diagnosis

Diagnosis of angina pectoris typically involves a physical examination, medical history, and diagnostic tests such as electrocardiogram (ECG), stress test, echocardiogram, or coronary

angiography. The healthcare provider may also ask questions about symptoms, medical history, and perform physical examinations to rule out other heart conditions.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, angina pectoris is often associated with an imbalance of the Kapha dosha, which can cause blockage and narrowing of the coronary arteries. Vata dosha imbalance can cause dryness and brittleness in the blood vessels, while Pitta dosha imbalance can lead to inflammation.

#### Lifestyle Factors

Factors such as smoking, high blood pressure, high cholesterol, and a sedentary lifestyle can trigger or exacerbate angina pectoris.

#### Dietary Habits

A diet high in saturated fats, cholesterol, and sodium can worsen the condition.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Arjuna Capsules

Prepared from the pure extract of Arjuna (*Terminalia arjuna*), these capsules help maintain proper heart pumping, decrease LDL cholesterol, and increase HDL cholesterol.

#### Total Heart Support

These capsules are prepared from herbs like Arjuna, Ashwagandha, Brahmi, and Shankhpushpi, providing strength to heart muscles and managing symptoms of angina pectoris.

#### Gotu Kola Capsules

Made from *Centella asiatica*, these capsules improve blood circulation, reduce swelling and inflammation in arteries and veins, and help manage high cholesterol levels.

#### Triphala Guggul

A herbal supplement that aids in detoxifying the body and reducing inflammation. It is prepared from a blend of Triphala (a mixture of Amalaki, Haritaki, and Bibhitaki) and other supportive herbs.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Arjuna Capsules: 1 capsule twice daily with warm water after meals

Total Heart Support: 2 capsules twice daily with warm water after meals

Gotu Kola Capsules: 1 capsule twice daily with warm water after meals

Triphala Guggul: 2 tablets twice daily with warm water after meals



# Anxiety

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## Overview of Anxiety

Anxiety is a common mental health condition characterized by feelings of worry, nervousness, and fear that are persistent and overwhelming. In Ayurveda, anxiety is often associated with an imbalance of the Vata dosha, which can disrupt the normal functioning of the mind and body.

## Causes of Anxiety

### Causes

- Imbalance of Vata dosha
- Stress and anxiety
- Poor diet and lifestyle
- Genetic predisposition
- Traumatic events
- Chronic conditions such as heart disease, diabetes, or thyroid disorders
- Certain medications
- Substance abuse

## Symptoms of Anxiety

### Symptoms

- Persistent and excessive worry
- Restlessness, feeling on edge
- Difficulty concentrating
- Irritability
- Muscle tension
- Sleep disturbances
- Rapid heartbeat
- Sweating
- Trembling or shaking

## Diagnosis

### Diagnosis

Diagnosis of anxiety typically involves a physical examination, medical history, and psychological evaluations. The healthcare provider may use diagnostic criteria from the

Diagnostic and Statistical Manual of Mental Disorders (DSM-5) to diagnose anxiety disorders. Additional tests may be conducted to rule out other conditions that could be causing the symptoms.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, anxiety is often associated with an imbalance of the Vata dosha. This imbalance can cause anxiety, fear, and obsessive behaviors.

#### Stress and Lifestyle Factors

High levels of stress, poor diet, and a sedentary lifestyle can trigger or exacerbate anxiety.

#### Genetic and Environmental Factors

Genetic predisposition and environmental factors such as traumatic events can also contribute to the development of anxiety.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Brahmi Capsules

Prepared from the standardized extract of Brahmi (*Bacopa monnieri*), these capsules support a healthy mind and brain, promoting consciousness and awareness with their cooling and rejuvenating properties.

#### Ashwagandha Capsules

Made from Ashwagandha (*Withania somnifera*), these capsules help in reducing stress, improving overall health, and strengthening the immune system.

#### Stress Support Capsules

Formulated by Ayurvedic experts, these capsules contain Ashwagandha, Tagar, and Brahmi, helping to maintain a healthy body and mind by fighting off stress and anxiety-related disorders.

#### Tagar Powder

Made from *Valeriana wallichii*, this powder is known for its sedative and calming effects, which are beneficial in managing anxiety and insomnia.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Brahmi Capsules: 1-2 capsules twice daily with warm water after meals

Ashwagandha Capsules: 1-2 capsules twice daily with warm water after meals

Stress Support Capsules: 1-2 capsules twice daily with warm water after meals

Tagar Powder: 1/2 to 1 teaspoonful twice daily with warm water after meals

# Ascites

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## Overview of Ascites

Ascites is a pathological condition characterized by the accumulation of fluid in the peritoneal cavity of the abdomen. It can be cirrhotic or non-cirrhotic in nature. The most common cause is liver cirrhosis, accounting for about 90% of cases, and it has a significant mortality rate. In Ayurveda, this condition is often referred to as 'Udara Roga' and includes various classifications and complications such as SBP (Spontaneous Bacterial Peritonitis) and hepatorenal syndrome.

## Causes of Ascites

### Causes

- Liver cirrhosis
- Cardiac failure (right heart failure)
- Kidney failure
- Tuberculosis (TB)
- Infections
- Pancreatitis
- Carcinomatous changes
- Agni Nasha and Mala Vriddhi (low digestive fire and accumulation of toxins)

## Symptoms of Ascites

### Symptoms

- Shortness of breath
- Leg swelling
- Gynecomastia
- Abdominal distension with bloating and constipation
- Fatigue
- Back pain
- Loss of strength (karshya)
- Swelling (Shotha)
- Raji jama (caput medusae, esophageal varices)

## Diagnosis

### Diagnosis

Diagnosis of ascites typically involves physical examination, medical history, and diagnostic tests such as ultrasound of the abdomen (USG), CT scan of the abdomen, and laboratory tests including CBC, albumin levels, PT/INR, and BT/CT. The healthcare provider may also perform a paracentesis to analyze the ascitic fluid.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, ascites is often associated with an imbalance of the doshas, particularly the blockage of Apana Vayu and Prana Vayu by Kapha in the Ambuvaha and Sweda Vaha Srotas.

#### Portal Hypertension

High pressure in the portal vein can cause fluid to leak into the abdomen, leading to ascites.

#### Hormonal and Volume Factors

Hormonal issues and volume factors such as dysregulation of capillary and vein pressures can also contribute to the development of ascites.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Vasa Guduchyadi Kashayam

A potent hepatoprotective agent that acts as a hemostatic agent due to its tikta ras property. It is mainly used for liver cirrhosis-related esophageal varices and deranged PT/INR.

#### Dashmula Kashayam

It has anti-inflammatory properties and helps to reduce edema by acting on prostaglandin inhibitors, thus reducing edema formation. It also has a positive effect on the cardiac system.

#### Punarnava Kashayam

It acts as a diuretic agent and also reduces afterload condition in heart failure and helps in hepatorenal syndrome. It normalizes potassium through its diuretic action.

#### Ichhabhedi Ras

It works on Apana Vayu dysfunction (cathartic action) and helps to eliminate retention of stool, urine, etc. It eases bloating issues and also has a diuretic action.

### **Arogyavardhini Vati**

It helps to ward off excessive fatty production and reduces triglycerides and cholesterol in the body. It also helps in non-alcoholic steatohepatitis and normalizes SGPT levels through its anti-inflammatory property.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Vasa Guduchyadi Kashayam: As directed by an Ayurvedic physician

Dashmula Kashayam: As directed by an Ayurvedic physician

Punarnava Kashayam: As directed by an Ayurvedic physician

Ichhabhedi Ras: As directed by an Ayurvedic physician

Arogyavardhini Vati: 2 tablets thrice daily with warm water after meals

# Asthma

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## Overview of Asthma

Asthma is a chronic respiratory condition characterized by inflammation, airway obstruction, and spasm of the bronchial tubes, which can cause recurring episodes of wheezing, coughing, chest tightness, and shortness of breath. In Ayurveda, asthma is often associated with an imbalance of the Kapha dosha and the accumulation of 'ama' (toxins) in the respiratory system.

## Causes of Asthma

### Causes

- Genetic predisposition
- Allergens such as pollen, dust mites, pet dander, and mold
- Air pollution
- Tobacco smoke
- Respiratory infections
- Imbalance of Kapha dosha
- Accumulation of 'ama' (toxins)
- Poor diet and lifestyle

## Symptoms of Asthma

### Symptoms

- Wheezing or a high-pitched whistling sound while breathing out
- Coughing, especially at night or early in the morning
- Shortness of breath
- Chest tightness or pain
- Blue-tinged lips and fingers (in severe cases)
- Fatigue

## Diagnosis

### Diagnosis

Diagnosis of asthma typically involves a physical examination, medical history, and diagnostic tests such as spirometry, peak flow meter, and methacholine challenge test. The healthcare provider may also ask questions about symptoms, medical history, and perform physical examinations to rule out other respiratory conditions.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, asthma is often associated with an imbalance of the Kapha dosha, which can cause congestion and inflammation in the airways. Vata dosha imbalance can cause dryness and constriction, while Pitta dosha imbalance can lead to inflammation.

#### Environmental Factors

Exposure to allergens such as pollen, dust mites, and pet dander can trigger or exacerbate asthma.

#### Dietary Habits

Consumption of foods that are allergenic or cause inflammation can worsen the condition.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Tulsi Capsules

Prepared from the pure extract of Tulsi (*Ocimum tenuiflorum*), these capsules are known for their anti-inflammatory, antibacterial, antimicrobial, antioxidant, and immunomodulatory properties, which are beneficial for treating respiratory and allergic conditions.

#### Praanrakshak Churna

A polyherbal formulation that helps in managing respiratory issues, reducing inflammation, and alleviating symptoms of asthma. It includes herbs like Bharangi, Kantakari, Shirish, Vaasa, Anantmool, Mulethi, and Dalchini.

#### Aller-G Care

A classical combination of anti-allergy herbs like Ashwagandha, Neem, Shirish, and Haridra. It is very effective for all types of allergies and also helps in asthma, sneezing, rhinitis, sinusitis, pollen allergy, dust allergy, and all types of skin allergies.

#### Shwas Kuthar Ras

An amazing and effective herbal remedy for patients with asthma. It consists of Shuddha Parada (Purified mercury), Shuddha Gandhaka (Purified Sulphur), Shunti (*Zingiber officinalis*), Tankan Bhasma (Borax), Maricha (*Piper nigrum*), Manashila (Purified and processed Realgar), Pippali (*Piper longum*), and Shuddha Vatsanabha (Purified *Acontium ferox*).



## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Tulsi Capsules: 1 capsule twice daily with warm water after meals

Praanrakshak Churna: 1 teaspoonful twice daily with warm water after meals

Aller-G Care: 2 capsules twice daily with warm water after meals

Shwas Kuthar Ras: 2 tablets twice daily with warm water after meals

# Autism

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## Overview of Autism

Autism, also known as Autism Spectrum Disorder (ASD), is a neurological and developmental disorder that affects communication, social interaction, and behavior. In Ayurveda, autism is often associated with an imbalance of the three doshas (Vata, Pitta, and Kapha) and the accumulation of 'ama' (toxins) in the brain and nervous system.

## Causes of Autism

### Causes

- Genetic factors
- Environmental factors
- Imbalance of doshas (Vata, Pitta, Kapha)
- Accumulation of 'ama' (toxins)
- Prenatal and perinatal complications
- Infections during pregnancy
- Exposure to toxins

## Symptoms of Autism

### Symptoms

- Difficulty in social interactions and communication
- Repetitive behaviors and restricted interests
- Delayed or absent language development
- Sensory sensitivities
- Emotional dysregulation
- Motor skill delays
- Sleep disturbances

## Diagnosis

### Diagnosis

Diagnosis of autism typically involves a comprehensive evaluation by a multidisciplinary team of healthcare professionals, including psychologists, psychiatrists, and pediatricians. Diagnostic tools such as the Autism Diagnostic Observation Schedule (ADOS) and the Autism Diagnostic Interview (ADI) may be used. Additional tests may include genetic testing, neurological evaluations, and developmental assessments.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, autism is often associated with an imbalance of the Vata dosha, which can cause anxiety, fear, and obsessive behaviors. Pitta dosha imbalance can lead to inflammation, while Kapha dosha imbalance can cause stagnation and accumulation of toxins.

#### Genetic and Environmental Factors

Genetic predisposition and environmental factors such as prenatal and perinatal complications, infections during pregnancy, and exposure to toxins can trigger or exacerbate autism.

#### Lifestyle Factors

Poor diet and lifestyle can also contribute to the development and severity of autism symptoms.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Brahmi Capsules

Prepared from the standardized extract of Brahmi (*Bacopa monnieri*), these capsules support a healthy mind and brain, promoting consciousness and awareness with their cooling and rejuvenating properties.

#### Ashwagandha Capsules

Made from Ashwagandha (*Withania somnifera*), these capsules help in reducing stress, improving overall health, and strengthening the immune system.

#### Gotu Kola Capsules

Made from *Centella asiatica*, these capsules improve blood circulation, reduce swelling and inflammation in the brain, and help manage cognitive functions.

#### Medhya Churna

A polyherbal formulation that includes herbs like Brahmi, Vacha, and Shankhpushpi, which are known for their cognitive-enhancing and neuroprotective properties.

#### Stress Support Capsules

Formulated by Ayurvedic experts, these capsules contain Ashwagandha, Tagar, and Brahmi, helping to maintain a healthy body and mind by fighting off stress and anxiety-related disorders.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Brahmi Capsules: 1-2 capsules twice daily with warm water after meals

Ashwagandha Capsules: 1-2 capsules twice daily with warm water after meals

Gotu Kola Capsules: 1 capsule twice daily with warm water after meals

Medhya Churna: 1/2 to 1 teaspoonful twice daily with warm water after meals

Stress Support Capsules: 1-2 capsules twice daily with warm water after meals

# Back Pain

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## Overview of Back Pain

Back pain is a prevalent and often debilitating condition that affects millions of people worldwide. It can result from various factors, including muscle strain, structural problems, or underlying medical conditions. In Ayurveda, back pain is often linked to imbalances in the doshas (Vata, Pitta, and Kapha) and the accumulation of 'ama' (toxins) in the body.

## Causes of Back Pain

### Causes

- Muscle strain or overuse
- Structural problems such as herniated discs or spinal stenosis
- Underlying medical conditions like arthritis, osteoporosis, or kidney stones
- Imbalance of doshas (Vata, Pitta, Kapha)
- Accumulation of 'ama' (toxins)
- Poor posture
- Lack of exercise
- Obesity
- Stress and emotional factors

## Symptoms of Back Pain

### Symptoms

- Pain in the lower back (lumbar region)
- Pain in the upper back (thoracic region)
- Pain in the neck (cervical region)
- Muscle stiffness
- Limited mobility
- Numbness or tingling in the legs
- Weakness in the legs
- Sharp, stabbing pain

## Diagnosis

### Diagnosis

Diagnosis of back pain typically involves a physical examination, medical history, and diagnostic tests such as X-rays, MRI, or CT scans to rule out underlying conditions. The healthcare provider may also perform a neurological examination to assess nerve function.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, back pain is often associated with an imbalance of the Vata dosha, which can cause dryness and brittleness in the muscles and joints. Pitta dosha imbalance can lead to inflammation, while Kapha dosha imbalance can cause stiffness and swelling.

#### Lifestyle Factors

Factors such as poor posture, lack of exercise, and obesity can trigger or exacerbate back pain.

#### Stress and Emotional Factors

High levels of stress and emotional factors can also contribute to the development of back pain.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Ashwagandha Capsules

Made from Ashwagandha (*Withania somnifera*), these capsules help in reducing stress, improving overall health, and strengthening the immune system. They also have anti-inflammatory properties that can help alleviate back pain.

#### Boswellia Curcumin

A combination of Boswellia serrata and Curcuma longa, these capsules possess anti-inflammatory and pain-relieving properties, which are beneficial for managing back pain.

#### Hakam Churna

A polyherbal formulation that includes herbs like Chandershoor, Kalonji, Methi, and Ajwain. It helps in reducing inflammation and pain in the back due to sprains, strains, and muscle spasms.

### **Mahanarayan Oil**

An Ayurvedic oil made from a blend of herbs that helps in reducing muscle stiffness and alleviating back pain. It is often mixed with Orthovita Oil for enhanced benefits.

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Ashwagandha Capsules: 1-2 capsules twice daily with warm water after meals

Boswellia Curcumin: 2 capsules twice daily with warm water after meals

Hakam Churna: 1 teaspoonful twice daily with warm water after meals

Mahanarayan Oil: Apply the oil every night and gently massage the affected area

# Bartholin Gland Cancer

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## Overview of Bartholin Gland Cancer

Bartholin gland cancer is a rare and malignant form of vulvar cancer that develops in the Bartholin glands, which are located on either side of the vaginal opening. This condition is characterized by the abnormal and uncontrolled growth of cells in the Bartholin gland, leading to the formation of malignant tumors. In Ayurveda, cancer is often associated with an imbalance of the doshas (Vata, Pitta, and Kapha) and the accumulation of 'ama' (toxins) in the body.

## Causes of Bartholin Gland Cancer

### Causes

- Genetic factors
- Human papillomavirus (HPV) infection
- Smoking
- Previous radiation therapy
- Chronic inflammation
- Imbalance of doshas (Vata, Pitta, Kapha)
- Accumulation of 'ama' (toxins)
- Hormonal changes

## Symptoms of Bartholin Gland Cancer

### Symptoms

- A painless mass or swelling on one side of the vaginal opening
- Sexual discomfort
- Pain or discomfort in the vulva area
- Ulcer or tumor in the vulva area
- Enlarged lymph nodes in the groin area
- Bleeding or discharge from the vulva

## Diagnosis

### Diagnosis

Diagnosis of Bartholin gland cancer typically involves a physical examination, medical history, and diagnostic tests such as biopsy, imaging tests (MRI or CT scans), and lymph



node examination. The healthcare provider may also perform a pelvic exam to check for any abnormalities.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, Bartholin gland cancer is often associated with an imbalance of the Kapha dosha, which can cause stagnation and accumulation of toxins. Vata dosha imbalance can lead to dryness and brittleness, while Pitta dosha imbalance can cause inflammation.

#### Environmental and Lifestyle Factors

Factors such as smoking, previous radiation therapy, and chronic inflammation can trigger or exacerbate Bartholin gland cancer.

#### Genetic and Hormonal Factors

Genetic predisposition and hormonal changes can also contribute to the development of Bartholin gland cancer.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Curcumin Capsules

Made from *Curcuma longa*, these capsules have anti-inflammatory, antioxidant, and anticancer properties, which are beneficial in managing cancer symptoms.

#### Guggul Capsules

Prepared from *Commiphora mukul*, these capsules have anti-inflammatory and antioxidant properties, which help in reducing inflammation and managing cancer symptoms.

#### Kanchnaar Guggul

A classical Ayurvedic formulation that includes herbs like Kanchnaar, Amalaki, Haritaki, Bibhitaki, and others. It helps in reducing the size of tumors and managing cancer symptoms.

#### Ashwagandha Capsules

Made from *Ashwagandha* (*Withania somnifera*), these capsules help in reducing stress, improving overall health, and strengthening the immune system.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Curcumin Capsules: 2 capsules twice daily with warm water after meals

Guggul Capsules: 2 capsules twice daily with warm water after meals

Kanchnaar Guggul: 2 tablets twice daily with warm water after meals

Ashwagandha Capsules: 1-2 capsules twice daily with warm water after meals

# Benign Prostatic Hyperplasia (BPH)

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## Overview of Benign Prostatic Hyperplasia (BPH)

Benign Prostatic Hyperplasia (BPH), also known as benign prostatic enlargement, is a non-cancerous condition where the prostate gland enlarges, potentially causing urinary symptoms. In Ayurveda, this condition is often associated with an imbalance of the doshas (Vata, Pitta, and Kapha) and the accumulation of 'ama' (toxins) in the body.

## Causes of Benign Prostatic Hyperplasia (BPH)

### Causes

- Aging
- Hormonal changes
- Genetic factors
- Imbalance of doshas (Vata, Pitta, Kapha)
- Accumulation of 'ama' (toxins)
- Poor diet and lifestyle
- Sedentary lifestyle
- Obesity

## Symptoms of Benign Prostatic Hyperplasia (BPH)

### Symptoms

- Difficulty starting urination
- Weak or interrupted flow of urine
- Frequent urination
- Urgent need to urinate
- Nocturia (frequent nighttime urination)
- Straining while urinating
- Dribbling at the end of urination
- Feeling of incomplete bladder emptying

## Diagnosis

### Diagnosis

Diagnosis of BPH typically involves a physical examination, medical history, and diagnostic tests such as digital rectal examination (DRE), prostate-specific antigen (PSA) test,

urinalysis, and imaging tests like ultrasound or MRI. The healthcare provider may also perform a uroflowmetry test to measure the flow rate of urine.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, BPH is often associated with an imbalance of the Kapha dosha, which can cause stagnation and accumulation of toxins. Vata dosha imbalance can lead to dryness and brittleness, while Pitta dosha imbalance can cause inflammation.

#### Aging and Hormonal Changes

Aging and hormonal changes are significant trigger factors for BPH.

#### Lifestyle Factors

Poor diet, sedentary lifestyle, and obesity can trigger or exacerbate BPH.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Tribulus Power

Made from *Tribulus terrestris*, these capsules help in improving urinary function and reducing symptoms of BPH. They also enhance overall male reproductive health.

#### Varunadi Vati

A classical Ayurvedic formulation that includes herbs like Varun (*Crataeva nurvala*), Gokshura (*Tribulus terrestris*), and others. It helps in reducing the size of the prostate gland and alleviating urinary symptoms.

#### Punarnava Mandur

Prepared from Punarnava (*Boerhavia diffusa*) and other supportive herbs, these tablets help in detoxifying the body and reducing inflammation in the prostate gland.

#### Kachnaar Guggul

A polyherbal formulation that includes Kachnaar (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), and others. It helps in reducing the size of the prostate gland and managing symptoms of BPH.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Tribulus Power: 1-2 capsules twice daily with warm water after meals

Varunadi Vati: 2 tablets twice daily with warm water after meals

Punarnava Mandur: 2 tablets twice daily with warm water after meals

Kachnaar Guggul: 2 tablets twice daily with warm water after meals

# Bipolar Disorder

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## Overview of Bipolar Disorder

Bipolar disorder, also known as manic depressive illness or manic depression, is a brain disorder that causes unusual shifts in mood, energy, activity level, and ability. It is characterized by periods of extreme mood swings, ranging from manic or hypomanic episodes to depressive episodes. In Ayurveda, this condition is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha) and the qualities of consciousness (Sattva, Rajas, and Tamas).

## Causes of Bipolar Disorder

### Causes

- Neurotransmitter imbalance (e.g., glutamate, dopamine)
- Genetic factors
- Psychological factors such as stress
- Medications like antidepressants
- Diseases like neurological disorders, diabetes
- Substance abuse
- Sleep deprivation
- Seasonal changes
- Imbalance of doshas (Vata, Pitta, Kapha)
- Low ojas (immunity and strength)

## Symptoms of Bipolar Disorder

### Symptoms

- Mood swings: periods of mania or hypomania and periods of depression
- Irritability
- Loss of weight or appetite
- Sleep problems
- Fatigue or loss of energy
- Feeling hopeless
- Thoughts of death or suicide (in depression)
- Delusions and hallucinations (in severe cases)
- Manic symptoms: excitement, talkativeness, impulsive behavior, racing thoughts
- Depressive symptoms: low feeling, lack of enthusiasm, sadness, loss of appetite, lethargy, excess sleeping, inactivity

## Diagnosis

### Diagnosis

Diagnosis of bipolar disorder involves a physical exam, lab tests to rule out other medical conditions, psychological evaluation to assess thoughts and behavioral patterns, and a detailed medical and family history. Ayurvedic diagnosis is based on the prakruti (body constitution) of the person, vikruti (dosha imbalance), level of ojas (immunity and strength), and mental principles (Sattva, Rajas, and Tamas).

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, bipolar disorder is often associated with an imbalance of the Vata dosha, which can cause anxiety, fear, and obsessive behaviors. Pitta dosha imbalance can lead to aggression and irritability, while Kapha dosha imbalance can cause lethargy and inactivity.

#### Genetic and Psychological Factors

Genetic predisposition and psychological factors such as stress can trigger or exacerbate bipolar disorder.

#### Lifestyle Factors

Poor diet, lack of exercise, substance abuse, and sleep deprivation can also contribute to the development and severity of bipolar disorder.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Brahmi Capsules

Made from *Bacopa monnieri*, these capsules nourish the brain, help in bringing coordination between the nervous system and daily activities, and are beneficial for all types of mood disorders.

#### Stress Support

A combination of Ashwagandha, Tagar, and Brahmi, these capsules help reduce stress, anxiety, and mental fatigue, and enhance physical and mental performance.

#### Medhya Churna

A polyherbal formulation that includes herbs like Vacha, Ashwagandha, Ajmoda, Shwet Jeerak, Krishna Jeerak, Sonth, Marich, Pipali, Patha, and Shankhpushpi. It helps improve memory, concentration, and overall nervous system function.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Brahmi Capsules: 1-2 capsules twice daily after meals with plain water

Stress Support: 2 capsules twice daily after meals with plain water

Medhya Churna: 1/4 teaspoon once daily with 1 spoon of Cow Ghee (Clarified Butter)



# Bronchitis

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## Overview of Bronchitis

Bronchitis is a respiratory disease characterized by the inflammation of the inner lining of the bronchial tubes, which are the main air passages in the lungs. In Ayurveda, bronchitis is known as 'Shwasa Pranali Shoth'. It can be acute or chronic and is often associated with an imbalance of the doshas (Vata, Pitta, and Kapha) and the accumulation of 'ama' (toxins) in the body.

## Causes of Bronchitis

### Causes

- Viral or bacterial infections
- Exposure to substances that irritate the lungs, such as tobacco smoke, air pollution, and fumes
- Unhealthy eating habits
- Low and weak immunity
- Continuous smoking
- Long-term exposure to air pollution and chemicals
- Old age
- Weak immune system
- Repeated attacks of acute bronchitis

## Symptoms of Bronchitis

### Symptoms

- Constant cough with mucus
- Difficulty breathing
- Fever
- Wheezing
- Chest discomfort
- If cough lasts for more than three months, it may indicate chronic bronchitis

## Diagnosis

### Diagnosis

Diagnosis of bronchitis involves a physical examination, medical history, and diagnostic tests such as a stethoscope to listen for the whistling sound during breathing. Additional

tests may include X-rays, sputum tests, pulmonary function tests, and in some cases, endoscopy to rule out other conditions.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, bronchitis is often associated with an imbalance of the Kapha dosha, which can cause congestion and mucus production. Vata dosha imbalance can lead to dryness and constriction, while Pitta dosha imbalance can cause inflammation.

#### Environmental Factors

Exposure to irritants such as tobacco smoke, air pollution, and fumes can trigger or exacerbate bronchitis.

#### Lifestyle Factors

Poor diet, lack of exercise, and smoking can also contribute to the development and severity of bronchitis.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Praanrakshak Churna

A polyherbal formulation that includes herbs like Shirish, Vaasa, Anantmool, Mulethi, Dalchini, Bharangi, and Kantakari. It helps in maintaining a healthy respiratory system and managing symptoms of bronchitis.

#### Tulsi Capsules

Made from the pure extract of Tulsi (*Ocimum tenuiflorum*), these capsules are known for their anti-inflammatory, antibacterial, antimicrobial, antioxidant, and immunomodulatory properties, which are beneficial for treating respiratory and allergic conditions.

#### Aller-G Care

A classical combination of anti-allergy herbs like Ashwagandha, Neem, Shirish, and Haridra. It is very effective for all types of allergies and also helps in asthma, sneezing, rhinitis, sinusitis, pollen allergy, dust allergy, and all types of skin allergies.

#### Shwas Kuthar Ras

An amazing and effective herbal remedy for patients with bronchitis. It consists of Shuddha Parada (Purified mercury), Shuddha Gandhaka (Purified Sulphur), Shunti (Zingiber officinalis), Tankan Bhasma (Borax), Maricha (Piper nigrum), Manashila (Purified and

processed Realgar), Pippali (Piper longum), and Shuddha Vatsanabha (Purified Acontium ferox).

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Praanrakshak Churna: 1-2 teaspoonful thrice daily with plain water after meals

Tulsi Capsules: 1 capsule twice daily with warm water after meals

Aller-G Care: 2 capsules twice daily with warm water after meals

Shwas Kuthar Ras: 2 tablets twice daily with warm water after meals

# Bacterial Vaginosis

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## Overview of Bacterial Vaginosis

Bacterial vaginosis (BV) is a common vaginal infection caused by an imbalance of the natural bacterial flora in the vagina. In Ayurveda, this condition is associated with an imbalance of the doshas (Vata, Pitta, and Kapha) and the accumulation of 'ama' (toxins) in the reproductive system.

## Causes of Bacterial Vaginosis

### Causes

- Imbalance of natural bacterial flora in the vagina
- Multiple sexual partners
- New sexual partner
- Douching
- Using scented soaps or bubble baths
- Imbalance of doshas (Vata, Pitta, Kapha)
- Accumulation of 'ama' (toxins)
- Poor hygiene
- Antibiotic use
- Hormonal changes

## Symptoms of Bacterial Vaginosis

### Symptoms

- Thin, white or gray vaginal discharge with a strong fishy odor
- Itching or burning sensation in the vagina
- Burning sensation during urination
- Abnormal vaginal bleeding
- Foul-smelling discharge that is worse after sexual intercourse
- Increased risk of sexually transmitted infections (STIs)

## Diagnosis

### Diagnosis

Diagnosis of bacterial vaginosis typically involves a physical examination, medical history, and diagnostic tests such as a pelvic exam, vaginal discharge test, and pH test of the vaginal

discharge. The healthcare provider may also perform a Gram stain or DNA probe to confirm the diagnosis.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, bacterial vaginosis is often associated with an imbalance of the Kapha dosha, which can cause stagnation and accumulation of toxins. Vata dosha imbalance can lead to dryness and brittleness, while Pitta dosha imbalance can cause inflammation.

#### Lifestyle and Hygiene Factors

Factors such as douching, using scented soaps or bubble baths, poor hygiene, and multiple sexual partners can trigger or exacerbate bacterial vaginosis.

#### Hormonal and Medication Factors

Hormonal changes and antibiotic use can also contribute to the development of bacterial vaginosis.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Female Health Support

A polyherbal formulation that includes herbs like Ashok, Lodhra, Shatavari, and others. These capsules support the health of female reproductive organs by balancing the vitiated Vata and Pitta doshas.

#### Shatavari Capsules

Made from Shatavari (*Asparagus racemosus*), these capsules are a tonic and have rejuvenative properties, useful in almost all menstrual problems including bacterial vaginosis. They help in regulating menstrual cycles and enhancing fertility.

#### Neem Capsules

Prepared from Neem (*Azadirachta indica*), these capsules have antibacterial and antifungal properties, which are beneficial in treating infections like bacterial vaginosis.

#### Kanchnaar Guggul

A classical Ayurvedic formulation that includes herbs like Kanchnaar (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), and others. These tablets help in reducing inflammation and managing symptoms of bacterial vaginosis.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Female Health Support: 1-2 capsules twice daily with plain water after meals

Shatavari Capsules: 1-2 capsules twice daily with plain water after meals

Neem Capsules: 1 capsule twice daily with plain water after meals

Kanchnaar Guggul: 2 tablets twice daily with plain water after meals

# Bedwetting (Nocturnal Enuresis)

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## Overview of Bedwetting (Nocturnal Enuresis)

Bedwetting, also known as nocturnal enuresis, is a condition where an individual, often a child, involuntarily urinates during sleep. In Ayurveda, this condition is associated with an imbalance of the doshas (Vata, Pitta, and Kapha) and the accumulation of 'ama' (toxins) in the urinary system.

## Causes of Bedwetting (Nocturnal Enuresis)

### Causes

- Imbalance of doshas (Vata, Pitta, Kapha)
- Accumulation of 'ama' (toxins)
- Weak bladder muscles
- Small bladder capacity
- Sleep apnea or other sleep disorders
- Constipation
- Diabetes
- Neurological disorders
- Genetic predisposition
- Stress and emotional factors

## Symptoms of Bedwetting (Nocturnal Enuresis)

### Symptoms

- Involuntary urination during sleep
- Frequency of bedwetting can vary from occasional to frequent
- Daytime urinary incontinence in some cases
- Urinary tract infections
- Constipation
- Sleep disturbances

## Diagnosis

### Diagnosis

Diagnosis of bedwetting typically involves a physical examination, medical history, and diagnostic tests such as urinalysis, ultrasound of the bladder and kidneys, and in some

cases, urodynamic tests to assess bladder function. The healthcare provider may also ask questions about sleep patterns and bowel habits.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, bedwetting is often associated with an imbalance of the Vata dosha, which can cause nervous system disturbances and bladder control issues. Pitta dosha imbalance can lead to inflammation, while Kapha dosha imbalance can cause stagnation and accumulation of toxins.

#### Lifestyle and Dietary Factors

Factors such as constipation, poor diet, and lack of physical activity can trigger or exacerbate bedwetting.

#### Stress and Emotional Factors

High levels of stress and emotional factors can also contribute to the development of bedwetting.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Punarnava Capsules

Prepared from the pure extract of Punarnava (*Boerhavia diffusa*), these capsules help in reducing fluid accumulation and managing symptoms of bedwetting by improving bladder function and overall urinary health.

#### Chandraprabha Vati

A classical Ayurvedic formulation that includes herbs like Shilajit, Guggul, and others. It helps in balancing the doshas and managing urinary disorders, including bedwetting.

#### Varunadi Vati

A polyherbal formulation that includes herbs like Varun (*Crataeva nurvala*), Gokshura (*Tribulus terrestris*), and others. It helps in improving urinary function and reducing symptoms of bedwetting.

#### Ashwagandha Capsules

Made from Ashwagandha (*Withania somnifera*), these capsules help in reducing stress, improving overall health, and strengthening the immune system, which can indirectly help in managing bedwetting.



## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Punarnava Capsules: 1-2 capsules twice daily with warm water after meals

Chandraprabha Vati: 2 tablets twice daily with warm water after meals

Varunadi Vati: 2 tablets twice daily with warm water after meals

Ashwagandha Capsules: 1-2 capsules twice daily with warm water after meals

# Beriberi (Thiamine Deficiency)

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## Overview of Beriberi (Thiamine Deficiency)

Beriberi is a disease caused by a deficiency of thiamine (Vitamin B1), which is essential for the proper functioning of the nervous system, heart, and muscles. In Ayurveda, this condition can be associated with an imbalance of the doshas (Vata, Pitta, and Kapha) and poor nutritional habits.

## Causes of Beriberi (Thiamine Deficiency)

### Causes

- Poor dietary intake, especially diets high in polished rice and processed grains
- Chronic alcoholism
- Parenteral nutrition without adequate thiamine supplementation
- Gastric bypass surgery
- Malnutrition
- Malabsorption syndrome
- Diarrhea
- Hyperemesis gravidarum
- Diuretic use
- Renal replacement therapy
- Increased thiamine utilization during pregnancy, lactation, or hyperthyroidism

## Symptoms of Beriberi (Thiamine Deficiency)

### Symptoms

- Dry beriberi: symmetrical peripheral neuropathy, impaired reflexes, motor and sensory deficits in extremities
- Wet beriberi: high-output heart failure, edema, shortness of breath
- Wernicke-Korsakoff syndrome: gait changes, altered mental status, ocular abnormalities, nausea, vomiting
- Muscle weakness
- Fatigue
- Weight loss
- Swelling in the legs and feet

## Diagnosis

### Diagnosis

Diagnosis of beriberi involves clinical evaluation, medical history, and laboratory tests such as blood tests to measure thiamine levels. Physical examination may reveal signs of neuropathy or heart failure. Additional tests may include electromyography (EMG) and nerve conduction studies to assess nerve function.

## Trigger Factors

### Trigger Factors

#### Dietary Habits

Diets lacking in thiamine, particularly those high in polished rice and processed grains, can trigger beriberi.

#### Chronic Conditions

Chronic alcoholism, gastric bypass surgery, and malabsorption syndromes can increase the risk of thiamine deficiency.

#### Medical Treatments

Parenteral nutrition without thiamine supplementation and diuretic use can lead to thiamine deficiency.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Amalaki Rasayan

Made from Amla (*Emblica officinalis*), this herbal supplement helps in rejuvenating the body, improving digestion, and enhancing overall health. It is rich in antioxidants and can help in managing nutritional deficiencies.

#### Ashwagandha Capsules

Prepared from Ashwagandha (*Withania somnifera*), these capsules help in reducing stress, improving overall health, and strengthening the immune system. They also have anti-inflammatory properties that can help alleviate symptoms of beriberi.

#### Guggul Capsules

Made from *Commiphora mukul*, these capsules have anti-inflammatory and antioxidant properties, which are beneficial in managing symptoms of beriberi such as neuropathy and heart issues.

### **Medhya Churna**

A polyherbal formulation that includes herbs like Vacha, Ashwagandha, Ajmoda, Shwet Jeerak, Krishna Jeerak, Sonth, Marich, Pipali, Patha, and Shankhpushpi. It helps in improving nervous system function and managing symptoms of neuropathy.

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Amalaki Rasayan: 1-2 tablets twice daily with warm water after meals

Ashwagandha Capsules: 1-2 capsules twice daily with warm water after meals

Guggul Capsules: 2 capsules twice daily with warm water after meals

Medhya Churna: 1/4 teaspoon once daily with 1 spoon of Cow Ghee (Clarified Butter)

# Blood Clotting

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## Overview of Blood Clotting

Blood clotting, also known as coagulation, is a complex process by which blood changes from a liquid to a semi-solid state, forming a clump of blood or a blood clot. This process is essential for preventing excessive bleeding when a blood vessel is injured. In Ayurveda, blood clotting issues can be associated with an imbalance of the doshas (Vata, Pitta, and Kapha) and the accumulation of 'ama' (toxins) in the body.

## Causes of Blood Clotting

### Causes

- Injury or trauma to blood vessels
- Genetic disorders such as hemophilia or thrombophilia
- Medications like birth control pills or hormone replacement therapy
- Sedentary lifestyle
- Obesity
- Smoking
- High blood pressure
- High cholesterol
- Diabetes
- Imbalance of doshas (Vata, Pitta, Kapha)
- Accumulation of 'ama' (toxins)

## Symptoms of Blood Clotting

### Symptoms

- Pain or swelling in the affected area
- Warmth or redness in the affected area
- Weakness or numbness in the affected limb
- Shortness of breath or chest pain if the clot is in the lungs (pulmonary embolism)
- Severe headache or confusion if the clot is in the brain (stroke)

## Diagnosis

### Diagnosis

Diagnosis of blood clotting issues typically involves a physical examination, medical history, and diagnostic tests such as blood tests to measure clotting factors, imaging tests like

ultrasound or CT scans to locate the clot, and D-dimer test to detect the presence of a blood clot.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, blood clotting issues are often associated with an imbalance of the Kapha dosha, which can cause stagnation and accumulation of toxins. Vata dosha imbalance can lead to dryness and brittleness, while Pitta dosha imbalance can cause inflammation.

#### Lifestyle Factors

Factors such as a sedentary lifestyle, obesity, smoking, high blood pressure, and high cholesterol can trigger or exacerbate blood clotting issues.

#### Genetic and Medication Factors

Genetic disorders and certain medications can also contribute to the development of blood clotting issues.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Gotu Kola Capsules

Made from *Centella asiatica*, these capsules improve blood circulation, reduce swelling and inflammation, and help manage high cholesterol levels and blood pressure.

#### Arjuna Capsules

Prepared from the pure extract of Arjuna (*Terminalia arjuna*), these capsules help maintain proper heart pumping, decrease LDL cholesterol, and increase HDL cholesterol.

#### Turmeric Curcumin

A combination of *Curcuma longa* and other supportive herbs, these capsules possess anti-inflammatory and antioxidant properties, which are beneficial for managing inflammation and improving overall health.

#### Manjishtha Capsules

Made from *Rubia cordifolia*, these capsules have anti-inflammatory and antioxidant properties, which help in detoxifying the body and improving blood circulation.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Gotu Kola Capsules: 1 capsule twice daily with warm water after meals

Arjuna Capsules: 1 capsule twice daily with warm water after meals

Turmeric Curcumin: 2 capsules twice daily with warm water after meals

Manjishtha Capsules: 1 capsule twice daily with warm water after meals

# Bulged Disc (Herniated Disc)

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## Overview of Bulged Disc (Herniated Disc)

A bulged disc, also known as a herniated disc, is a condition where the soft, gel-like center of a spinal disc bulges out through a tear or crack in the outer, tougher layer. This can put pressure on nearby nerves, causing pain, numbness, and weakness in various parts of the body. In Ayurveda, this condition is associated with an imbalance of the doshas (Vata, Pitta, and Kapha) and the accumulation of 'ama' (toxins) in the musculoskeletal system.

## Causes of Bulged Disc (Herniated Disc)

### Causes

- Aging
- Lifting heavy objects
- Trauma or injury
- Genetic predisposition
- Obesity
- Poor posture
- Imbalance of doshas (Vata, Pitta, Kapha)
- Accumulation of 'ama' (toxins)
- Degenerative disc disease
- Repetitive strain

## Symptoms of Bulged Disc (Herniated Disc)

### Symptoms

- Pain in the back or neck
- Pain that radiates to the arms or legs
- Numbness or tingling in the arms or legs
- Weakness in the arms or legs
- Burning or aching sensation in the affected area
- Muscle spasms

## Diagnosis

### Diagnosis

Diagnosis of a bulged disc typically involves a physical examination, medical history, and diagnostic tests such as X-rays, MRI, or CT scans to visualize the disc and surrounding



structures. The healthcare provider may also perform a neurological examination to assess nerve function.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, a bulged disc is often associated with an imbalance of the Vata dosha, which can cause dryness and brittleness in the muscles and joints. Pitta dosha imbalance can lead to inflammation, while Kapha dosha imbalance can cause stiffness and swelling.

#### Lifestyle Factors

Factors such as poor posture, lifting heavy objects, and obesity can trigger or exacerbate a bulged disc.

#### Genetic and Environmental Factors

Genetic predisposition and repetitive strain can also contribute to the development of a bulged disc.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Boswellia Curcumin

A combination of Boswellia serrata and Curcuma longa, these capsules possess anti-inflammatory and pain-relieving properties, which are beneficial for managing pain and inflammation associated with a bulged disc.

#### Hakam Churna

A polyherbal formulation that includes herbs like Chandershoor, Kalonji, Methi, and Ajwain. It helps in reducing inflammation and pain in the back due to sprains, strains, and muscle spasms.

#### Mahanarayan Oil

An Ayurvedic oil made from a blend of herbs that helps in reducing muscle stiffness and alleviating back pain. It is often mixed with Orthovita Oil for enhanced benefits.

#### Joint Aid Plus

Capsules made from herbs like Nirgundi, Shallaki, Guggul, Saunth, and Ashwagandha. These help in reducing pain and inflammation.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Boswellia Curcumin: 2 capsules twice daily with warm water after meals

Hakam Churna: 1 teaspoonful twice daily with warm water after meals

Mahanarayan Oil: Apply the oil every night and gently massage the affected area

Joint Aid Plus: 2 capsules twice daily with warm water after meals

# Baldness (Alopecia)

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## Overview of Baldness (Alopecia)

Baldness, or alopecia, is a condition characterized by hair loss from some or all areas of the body, often resulting in partial or complete baldness. In Ayurveda, this condition is associated with an imbalance of the doshas (Vata, Pitta, and Kapha) and the accumulation of 'ama' (toxins) in the scalp.

## Causes of Baldness (Alopecia)

### Causes

- Genetic factors
- Hormonal changes
- Stress
- Poor nutrition
- Prolonged illness
- Medications
- Heredity
- Thyroid complications
- Fungal infections
- Pregnancy
- Weight loss
- Excessive intake of tea, coffee, meats, alcohol, and smoking
- Eating fried, acidic, oily, and spicy foods
- Imbalance of doshas (Vata, Pitta, Kapha)
- Accumulation of 'ama' (toxins)

## Symptoms of Baldness (Alopecia)

### Symptoms

- Loss of 50 to 100 strands of hair per day (normal), but more than 100 strands and thinning of hair is abnormal
- Patchy hair loss on the scalp
- Complete hair loss on the scalp or body
- Itching or redness in the affected area
- Hair breaking off easily

## Diagnosis

### Diagnosis

Diagnosis of baldness typically involves a physical examination, medical history, and diagnostic tests such as a pull test to assess the strength of hair, scalp biopsy to rule out other conditions, and blood tests to check for underlying medical conditions like thyroid disorders or autoimmune diseases.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, baldness is often associated with an imbalance of the Pitta dosha, which can cause inflammation and heat in the scalp. Vata dosha imbalance can lead to dryness and brittleness, while Kapha dosha imbalance can cause stagnation and accumulation of toxins.

#### Lifestyle and Dietary Factors

Factors such as excessive intake of tea, coffee, meats, alcohol, and smoking, as well as eating fried, acidic, oily, and spicy foods can trigger or exacerbate baldness.

#### Genetic and Hormonal Factors

Genetic predisposition and hormonal changes can also contribute to the development of baldness.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Go Richh Protein Shampoo

This shampoo is formulated with natural ingredients that help in nourishing and strengthening the hair. It is effective in reducing hair fall and promoting hair growth.

#### Radiant Skin Hair Nail Formula

These capsules are made from a blend of herbs like Amla, Bhringaraj, and other supportive herbs. They help in enhancing hair growth, improving skin health, and strengthening nails.

#### Bhringaraj Capsules

Prepared from the pure extract of Bhringaraj (*Eclipta alba*), these capsules are known for their hair growth-promoting properties. They help in reducing hair fall and improving the overall health of the scalp.

### **Neem Capsules**

Made from Neem (*Azadirachta indica*), these capsules have antibacterial and antifungal properties, which are beneficial in treating scalp infections and promoting healthy hair growth.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Go Richh Protein Shampoo: Apply appropriate quantity to wet hair and scalp, massage in circular motion, and rinse well.

Radiant Skin Hair Nail Formula: 2 capsules twice daily with plain water after meals.

Bhringaraj Capsules: 1-2 capsules twice daily with plain water after meals.

Neem Capsules: 1 capsule twice daily with plain water after meals.

# Bell's Palsy

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## Overview of Bell's Palsy

Bell's Palsy is a condition that causes temporary weakness or paralysis of the muscles in one side of the face. It is the most common cause of facial paralysis and is often associated with an imbalance of the doshas (Vata, Pitta, and Kapha) and the accumulation of 'ama' (toxins) in the nervous system. In Ayurveda, this condition is related to the vitiation of Vata dosha.

## Causes of Bell's Palsy

### Causes

- Viral infections such as herpes simplex
- Inflammation of the facial nerve
- Trauma to the face
- High blood pressure
- Diabetes
- Imbalance of doshas (Vata, Pitta, Kapha)
- Accumulation of 'ama' (toxins)
- Poor diet and lifestyle
- Exposure to cold winds

## Symptoms of Bell's Palsy

### Symptoms

- Sudden weakness or paralysis of the facial muscles on one side of the face
- Drooping of the eyelid and corner of the mouth
- Difficulty in closing the eye on the affected side
- Difficulty in speaking and eating
- Taste disturbances
- Increased sensitivity to sound
- Headache or pain behind the ear

## Diagnosis

### Diagnosis

Diagnosis of Bell's Palsy typically involves a physical examination, medical history, and diagnostic tests such as electromyography (EMG) to assess the function of the facial muscles.

and nerve conduction studies to evaluate the speed and strength of electrical signals in the facial nerve. The healthcare provider may also perform imaging tests like MRI or CT scans to rule out other conditions.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, Bell's Palsy is often associated with an imbalance of the Vata dosha, which can cause dryness and brittleness in the nerves. Pitta dosha imbalance can lead to inflammation, while Kapha dosha imbalance can cause stagnation and accumulation of toxins.

#### Environmental and Lifestyle Factors

Factors such as exposure to cold winds, poor diet, and lack of physical activity can trigger or exacerbate Bell's Palsy.

#### Underlying Medical Conditions

Conditions like high blood pressure, diabetes, and viral infections can also contribute to the development of Bell's Palsy.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Ashwagandha Capsules

Made from Ashwagandha (*Withania somnifera*), these capsules help in reducing stress, improving overall health, and strengthening the immune system. They also have anti-inflammatory properties that can help alleviate symptoms of Bell's Palsy.

#### Boswellia Curcumin

A combination of *Boswellia serrata* and *Curcuma longa*, these capsules possess anti-inflammatory and pain-relieving properties, which are beneficial for managing inflammation and pain associated with Bell's Palsy.

#### Hakam Churna

A polyherbal formulation that includes herbs like Chandershoor, Kalonji, Methi, and Ajwain. It helps in reducing inflammation and pain in the face due to nerve irritation and muscle spasms.

#### Maha Rasnadi Kwath

A classical Ayurvedic decoction that includes herbs like Rasna, Dashmool, and others. It helps in reducing inflammation, relieving pain, and improving nerve function.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Ashwagandha Capsules: 1-2 capsules twice daily with warm water after meals

Boswellia Curcumin: 2 capsules twice daily with warm water after meals

Hakam Churna: 1 teaspoonful twice daily with warm water after meals

Maha Rasnadi Kwath: Boil 1 teaspoonful in 400 ml water, reduce to 50 ml, strain and drink twice daily



# Bilateral Sacroiliitis

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## Overview of Bilateral Sacroiliitis

Bilateral sacroiliitis is the inflammation of both sacroiliac joints, which are located in the lower spine and connect the spine to the pelvis. This condition can result in pain in the lower back, buttocks, and sometimes extend down to the legs, groin, and feet. In Ayurveda, this condition is associated with an imbalance of the doshas (Vata, Pitta, and Kapha) and the accumulation of 'ama' (toxins) in the musculoskeletal system.

## Causes of Bilateral Sacroiliitis

### Causes

- Prolonged standing
- Running
- Stair climbing
- Injury to the buttock and pelvic region
- Pregnancy
- Degenerative arthritis
- Imbalance of doshas (Vata, Pitta, Kapha)
- Accumulation of 'ama' (toxins)

## Symptoms of Bilateral Sacroiliitis

### Symptoms

- Pain in the lower back or buttocks
- Pain extending down to the legs, groin, and feet
- Difficulty in breathing (in severe cases)
- Lung infections (in severe cases)
- Heart complications (in severe cases)

## Diagnosis

### Diagnosis

Diagnosis of bilateral sacroiliitis typically involves X-ray chromatography, computerized tomography (CT) scans, Single Photon Emission Computerized Tomography (SPECT), and Magnetic Resonance Imaging (MRI) to reveal changes in bone structure, vascularity, and joint inflammation.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, bilateral sacroiliitis is often associated with an imbalance of the Vata dosha, which can cause dryness and brittleness in the joints. Pitta dosha imbalance can lead to inflammation, while Kapha dosha imbalance can cause stagnation and swelling.

#### Lifestyle Factors

Factors such as prolonged standing, running, and stair climbing can trigger or exacerbate bilateral sacroiliitis.

#### Injury and Pregnancy

Injuries to the buttock and pelvic region and pregnancy can also contribute to the development of bilateral sacroiliitis.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Bone Support

A herbal product containing Sudh laksha (*Laccifer lacca*), Suhanjana beej (*Moringa oleifera*), Hadjod (*Cissus quadrangular*), Arjun (*Terminalia arjuna*), Praval pisti (*Corallium rubrum*), and Mukta (compound of pearl calcium). These ingredients help in pacifying toxins in bone tissues, increasing bone density, and providing strength to bones.

#### Boswellia Curcumin

Polyherbal capsules formulated using Shallaki and Turmeric. These capsules have anti-inflammatory and pain-relieving properties, which are beneficial for managing joint disorders and inflammation associated with bilateral sacroiliitis.

#### Yograj Guggul

Herbal tablets containing Amalaki (*Emblica officinalis*), Guggul (*Commiphora mukul*), and other ingredients. These tablets help in eliminating Vata doshas, reducing symptoms like lower back ache, swelling in fingers and toes, and strengthening digestion.

#### Coral Calcium Complex

A herbal product containing Praval pisti (*Corallium rubrum*), Kamdudha ras, Mukta pishti (Pearl), Jawar mohra pishti, and Akki pishti. These ingredients are rich in calcium, help balance Pitta dosha, and provide relief in joint pains and inflammation.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Bone Support: 1 capsule twice daily with lukewarm water after meals

Boswellia Curcumin: 1 capsule twice daily with lukewarm water after meals

Yograj Guggul: 2 tablets twice daily with lukewarm water after meals

Coral Calcium Complex: 1 capsule twice daily with lukewarm water after meals

# Blood Disorders

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## Overview of Blood Disorders

Blood disorders are conditions that affect the blood and its components, including red blood cells, white blood cells, platelets, and the proteins involved in blood clotting. In Ayurveda, these conditions are often associated with an imbalance of the doshas (Vata, Pitta, and Kapha) and the accumulation of 'ama' (toxins) in the body.

## Causes of Blood Disorders

### Causes

- Genetic factors
- Infections
- Autoimmune disorders
- Cancer
- Medications
- Nutritional deficiencies
- Imbalance of doshas (Vata, Pitta, Kapha)
- Accumulation of 'ama' (toxins)
- Poor diet and lifestyle

## Symptoms of Blood Disorders

### Symptoms

- Anemia: fatigue, weakness, pale skin
- Bleeding disorders: easy bruising, prolonged bleeding
- Blood clotting disorders: deep vein thrombosis, pulmonary embolism
- Infections: fever, chills, swollen lymph nodes
- Cancer: weight loss, bone pain, night sweats
- Autoimmune disorders: joint pain, skin rashes, hair loss

## Diagnosis

### Diagnosis

Diagnosis of blood disorders typically involves a physical examination, medical history, and diagnostic tests such as complete blood count (CBC), blood smear, coagulation tests, and in some cases, bone marrow biopsy. The healthcare provider may also perform genetic testing to identify genetic causes.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, blood disorders are often associated with an imbalance of the Pitta dosha, which can cause inflammation and heat in the blood. Vata dosha imbalance can lead to dryness and brittleness, while Kapha dosha imbalance can cause stagnation and accumulation of toxins.

#### Genetic and Environmental Factors

Genetic predisposition and environmental factors such as infections, medications, and nutritional deficiencies can trigger or exacerbate blood disorders.

#### Lifestyle Factors

Poor diet and lifestyle can also contribute to the development and severity of blood disorders.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Amalaki Rasayan

Made from Amla (*Emblica officinalis*), this herbal supplement helps in rejuvenating the body, improving digestion, and enhancing overall health. It is rich in antioxidants and can help in managing nutritional deficiencies and improving blood health.

#### Ashwagandha Capsules

Prepared from Ashwagandha (*Withania somnifera*), these capsules help in reducing stress, improving overall health, and strengthening the immune system. They also have anti-inflammatory properties that can help alleviate symptoms of blood disorders.

#### Guggul Capsules

Made from *Commiphora mukul*, these capsules have anti-inflammatory and antioxidant properties, which are beneficial for managing inflammation and improving overall health, including blood health.

#### Manjishtha Capsules

Made from *Rubia cordifolia*, these capsules have anti-inflammatory and antioxidant properties, which help in detoxifying the body and improving blood circulation.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Amalaki Rasayan: 1-2 tablets twice daily with warm water after meals

Ashwagandha Capsules: 1-2 capsules twice daily with warm water after meals

Guggul Capsules: 2 capsules twice daily with warm water after meals

Manjishtha Capsules: 1 capsule twice daily with warm water after meals

# Cancer

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## Overview of Cancer

Cancer is a disorder in which the body's cells grow out of control and spread to different bodily areas. It can begin anywhere in the body and grow into trillions of cells. In Ayurveda, cancer is associated with an imbalance of the doshas (Vata, Pitta, and Kapha) and the accumulation of 'ama' (toxins) in the body.

## Causes of Cancer

### Causes

- Genetic mutations
- Environmental factors such as radiation and chemicals
- Infections like human papillomavirus (HPV) and hepatitis B
- Lifestyle factors such as smoking and poor diet
- Imbalance of doshas (Vata, Pitta, Kapha)
- Accumulation of 'ama' (toxins)
- Family history
- Age

## Symptoms of Cancer

### Symptoms

- Unexplained weight loss
- Fatigue
- Pain
- Skin changes
- Changes in bladder or bowel habits
- Unusual bleeding or discharge
- Lumps or thickening in the breast or other parts of the body
- Indigestion or difficulty swallowing
- Changes in the size or color of a mole

## Diagnosis

### Diagnosis

Diagnosis of cancer typically involves a physical examination, medical history, and diagnostic tests such as imaging tests (X-rays, CT scans, MRI), biopsies, and blood tests to

detect tumor markers. The healthcare provider may also perform genetic testing to identify genetic mutations.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, cancer is often associated with an imbalance of the Kapha dosha, which can cause stagnation and accumulation of toxins. Vata dosha imbalance can lead to dryness and brittleness, while Pitta dosha imbalance can cause inflammation.

#### Environmental and Lifestyle Factors

Factors such as exposure to radiation, chemicals, smoking, and poor diet can trigger or exacerbate cancer.

#### Genetic and Infection Factors

Genetic predisposition and infections like HPV and hepatitis B can also contribute to the development of cancer.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Curcumin Capsules

Made from the standardized extract of *Curcuma longa*, these capsules have anti-inflammatory, antioxidant, and anticancer properties, which are beneficial in managing cancer symptoms.

#### Ashwagandha Capsules

Prepared from Ashwagandha (*Withania somnifera*), these capsules help in reducing stress, improving overall health, and strengthening the immune system. They also have anti-inflammatory properties that can help alleviate symptoms of cancer.

#### Kanchnaar Guggul

A classical Ayurvedic formulation that includes herbs like Kanchnaar (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), and others. It helps in reducing the size of tumors and managing cancer symptoms.

#### Chandraprabha Vati

A polyherbal formulation that includes herbs like Shilajit, Guggul, and others. It helps in balancing the doshas and managing urinary and reproductive disorders, including those related to cancer.



## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Curcumin Capsules: 2 capsules twice daily with warm water after meals

Ashwagandha Capsules: 1-2 capsules twice daily with warm water after meals

Kanchnaar Guggul: 2 tablets twice daily with warm water after meals

Chandraprabha Vati: 2 tablets twice daily with warm water after meals

# Cerebral Palsy

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## Overview of Cerebral Palsy

Cerebral palsy is a group of permanent disorders that appear in early childhood, affecting movement, muscle tone, and coordination. It is the most common motor disability in childhood and is often associated with an imbalance of the doshas (Vata, Pitta, and Kapha) and the accumulation of 'ama' (toxins) in the nervous system. In Ayurveda, this condition is related to the vitiation of Vata dosha.

## Causes of Cerebral Palsy

### Causes

- Brain damage before or during birth
- Premature birth
- Low birth weight
- Infections during pregnancy
- Trauma to the brain
- Genetic mutations
- Imbalance of doshas (Vata, Pitta, Kapha)
- Accumulation of 'ama' (toxins)
- Poor maternal nutrition and lifestyle

## Symptoms of Cerebral Palsy

### Symptoms

- Muscle stiffness or floppiness
- Weakness in arms and legs
- Difficulty with coordination and balance
- Delays in reaching motor skill milestones
- Seizures
- Vision, hearing, or speech problems
- Intellectual disability
- Behavioral problems

## Diagnosis

### Diagnosis

Diagnosis of cerebral palsy typically involves a physical examination, medical history, and diagnostic tests such as imaging tests (MRI or CT scans) to evaluate brain structure, electroencephalography (EEG) to assess brain activity, and developmental assessments to evaluate motor skills and cognitive function.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, cerebral palsy is often associated with an imbalance of the Vata dosha, which can cause nervous system disturbances and muscle weakness. Pitta dosha imbalance can lead to inflammation, while Kapha dosha imbalance can cause stagnation and accumulation of toxins.

#### Prenatal and Perinatal Factors

Factors such as premature birth, low birth weight, and infections during pregnancy can trigger or exacerbate cerebral palsy.

#### Genetic and Environmental Factors

Genetic mutations and trauma to the brain can also contribute to the development of cerebral palsy.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Brahmi Capsules

Made from *Bacopa monnieri*, these capsules nourish the brain, help in bringing coordination between the nervous system and daily activities, and are beneficial for all types of neurological disorders.

#### Ashwagandha Capsules

Prepared from *Ashwagandha* (*Withania somnifera*), these capsules help in reducing stress, improving overall health, and strengthening the immune system. They also have anti-inflammatory properties that can help alleviate symptoms of cerebral palsy.

### **Medhya Churna**

A polyherbal formulation that includes herbs like Vacha, Ashwagandha, Ajmoda, Shwet Jeerak, Krishna Jeerak, Sonth, Marich, Pipali, Patha, and Shankhpushpi. It helps in improving memory, concentration, and overall nervous system function.

### **Yashtimadhu Powder**

Made from Glycyrrhiza glabra, this powder has anti-inflammatory and soothing properties, which help in calming the nervous system and reducing muscle spasms.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Brahmi Capsules: 1-2 capsules twice daily with warm water after meals

Ashwagandha Capsules: 1-2 capsules twice daily with warm water after meals

Medhya Churna: 1/4 teaspoon once daily with 1 spoon of Cow Ghee (Clarified Butter)

Yashtimadhu Powder: 1/2 to 1 teaspoonful twice daily with warm water after meals

# Cervical Spondylosis

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## Overview of Cervical Spondylosis

Cervical spondylosis, also known as cervical osteoarthritis, is a condition affecting the cervical spine, which is the part of the spine in the neck. It is characterized by wear and tear of the spinal discs and joints in the neck, often leading to pain and stiffness. In Ayurveda, this condition is associated with an imbalance of the doshas (Vata, Pitta, and Kapha) and the accumulation of 'ama' (toxins) in the musculoskeletal system.

## Causes of Cervical Spondylosis

### Causes

- Aging
- Wear and tear of spinal discs and joints
- Poor posture
- Injury or trauma to the neck
- Genetic factors
- Imbalance of doshas (Vata, Pitta, Kapha)
- Accumulation of 'ama' (toxins)
- Sedentary lifestyle
- Obesity
- Smoking

## Symptoms of Cervical Spondylosis

### Symptoms

- Neck pain and stiffness
- Headaches
- Pain or numbness in the arms or legs
- Weakness in the arms or legs
- Tingling or burning sensations in the arms or legs
- Loss of balance
- Difficulty walking

## Diagnosis

### Diagnosis

Diagnosis of cervical spondylosis typically involves a physical examination, medical history, and diagnostic tests such as X-rays, MRI, or CT scans to visualize the spine and detect any structural changes. The healthcare provider may also perform a neurological examination to assess nerve function.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, cervical spondylosis is often associated with an imbalance of the Vata dosha, which can cause dryness and brittleness in the joints. Pitta dosha imbalance can lead to inflammation, while Kapha dosha imbalance can cause stagnation and accumulation of toxins.

#### Lifestyle Factors

Factors such as poor posture, sedentary lifestyle, and obesity can trigger or exacerbate cervical spondylosis.

#### Genetic and Environmental Factors

Genetic predisposition and injuries to the neck can also contribute to the development of cervical spondylosis.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Boswellia Curcumin

A combination of Boswellia serrata and Curcuma longa, these capsules possess anti-inflammatory and pain-relieving properties, which are beneficial for managing pain and inflammation associated with cervical spondylosis.

#### Hakam Churna

A polyherbal formulation that includes herbs like Chandershoor, Kalonji, Methi, and Ajwain. It helps in reducing inflammation and pain in the neck due to sprains, strains, and muscle spasms.

#### Mahanarayan Oil

An Ayurvedic oil made from a blend of herbs that helps in reducing muscle stiffness and alleviating neck pain. It is often mixed with Orthovita Oil for enhanced benefits.

### **Yograj Guggul**

A classical Ayurvedic formulation that includes herbs like Amalaki, Guggul, and others. It helps in eliminating Vata doshas, reducing symptoms like neck pain, and strengthening digestion.

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Boswellia Curcumin: 2 capsules twice daily with warm water after meals

Hakam Churna: 1 teaspoonful twice daily with warm water after meals

Mahanarayan Oil: Apply the oil every night and gently massage the affected area

Yograj Guggul: 2 tablets twice daily with warm water after meals

# Chikungunya Fever

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## Overview of Chikungunya Fever

Chikungunya fever is a viral illness caused by the Chikungunya virus (CHIKV), transmitted by mosquitoes, particularly *Aedes aegypti* and *Aedes albopictus*. It is characterized by fever, joint pain, headache, and rashes. The term Chikungunya refers to both the virus and the illness, originating from a verb in Kimakonde meaning 'to become controlled'. There is no specific medicine available in allopathic or Ayurvedic medicine to completely eradicate the problem, but Ayurveda offers herbs to manage the symptoms.

## Causes of Chikungunya Fever

### Causes

- Virus called alpha virus carried by *Aedes aegypti* and *Aedes albopictus* mosquitoes
- Stagnated water where mosquitoes breed and lay their eggs
- Mosquito bites, especially during daytime
- Transmission from infected person to healthy person through mosquito bites

## Symptoms of Chikungunya Fever

### Symptoms

- Fever
- Joint pain
- Headache
- Nausea
- Vomiting
- Rashes
- Muscle pain
- Fatigue

## Diagnosis

### Diagnosis

Diagnosed on the basis of serological tests like ELISA (Enzyme Linked Immunosorbent Assays) for detection of antibodies like IgG and IgM, and RT-PCR (Reverse Transcriptase polymerase chain reaction) to detect the presence of the virus in blood.



## Trigger Factors

### Trigger Factors

#### Mosquito Bites

Mosquito bites, especially during daytime, are the primary trigger for Chikungunya fever.

#### Stagnated Water

Stagnated water where mosquitoes breed and lay their eggs is a significant factor in the spread of the virus.

#### Daytime Activity

The virus is active only during the daytime, increasing the risk of transmission during this period.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Giloy Capsules

Prepared from the pure extract of Giloy (*Tinospora cordifolia*), known for its anti-inflammatory and antipyretic properties, which help in managing symptoms associated with Chikungunya fever.

#### Joint Aid Plus

Contains Nirgundi (*Vitex negundo*), Ashwagandha (*Withania somnifera*), Shallaki (*Boswellia serrata*), Guggul (*Commiphora mukul*), and Sonth (*Zingiber officinale*). It has anti-inflammatory and pain-relieving properties, effective against both acute and chronic inflammations.

#### Boswellia Curcumin

A combination of Shallaki (*Boswellia serrata*) and Curcumin (*Curcuma longa*), possessing anti-inflammatory, anti-oxidant, anti-viral, and anti-bacterial properties, which are beneficial for managing various health complications.

#### Gandhak Rasayan

Obtained from Shuddh Gandhak (purified sulphur), it has anti-inflammatory, anti-bacterial properties, and is good for skin diseases and infectious diseases.

#### Hakam Churna

A powder formulation containing Chandershoor (*Lepidium sativum*), Kalonji (*Nigella sativa*), Methi (*Trigonella foenum-graecum*), and Ajwain (*Trachyspermum ammi*). It helps in relieving joint pain, back ache, and other painful inflammatory conditions.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Giloy Capsules: One capsule two times a day with plain water after meals.

Joint Aid Plus: 2 capsules twice a day with water after meals.

Boswellia Curcumin: 2 capsules twice daily, after meals with plain water.

Gandhak Rasayan: 2 tablets twice a day with water after meals.

Hakam Churna: 3-5 grams of this powder should be consumed with hot water, two times a day.

# Cholera

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## Overview of Cholera

Cholera is an infectious illness caused by the infection of the small intestine by a Gram-negative bacteria named *Vibrio cholera*. This bacterium is found in salty water, plants, stone shells, etc. It leads to acute diarrhea, abdominal cramps, thirst, low urine output, dehydration, vomiting, palpitations, muscular cramps, weakness, restlessness, and loss of skin elasticity.

## Causes of Cholera

### Causes

- Infection of the small intestine by *Vibrio cholera* bacteria
- Contaminated food or water intake
- Inadequate cooking and contamination by raw seafood
- Transmission through foods like fruits (except sour fruits), poultry, meat, and dairy products
- Poor hygienic conditions and lack of hydrochloric acid in the body

## Symptoms of Cholera

### Symptoms

- Rice water stools
- Leg cramps
- Vomiting
- Loose skin
- Sunken eyes
- Fast heart beat
- Low blood pressure
- Massive weight loss
- Dry mouth
- Collapse of circulatory system

## Diagnosis

### Diagnosis

Diagnosis of cholera is primarily based on severe diarrhea. It can be identified by microscopic examination of the feces, immunofluorescence, polymerase chain reaction (PCR) assay, and stool sample tests.

## Trigger Factors

### Trigger Factors

#### Contaminated Food and Water

Consuming food or water contaminated with *Vibrio cholera* bacteria is a primary trigger factor.

#### Poor Hygiene

Poor hygienic conditions, including inadequate hand washing and improper food handling, contribute to the spread of cholera.

#### Undercooked Food

Eating undercooked or raw seafood, poultry, meat, and dairy products can transmit the bacteria.

#### Natural Disasters

Natural disasters can lead to contaminated water sources, increasing the risk of cholera outbreaks.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Digestion Support

Formulated from herbs like Amla, Haritaki, Bahera, Sounf, Dhania, Pippali, and Jeerak. These herbs improve the working of the digestive system and help in managing symptoms related to cholera.

#### Kutaj Ghan Vati

Tablets made from Kutaj and Ativisha, which help in extruding microorganisms causing harm and infections. It also helps in getting rid of loose stools and accelerates nutrient absorption.

### **Vatsakadi Churna**

A blend of herbs like Saunf, Bilva, Dhania, Anar, Chhoti Elaichi, and Jaiphal. This churna regulates the digestive system, prevents fermentation in the intestine, and avoids gas formation.

### **Pitta Balance**

Formulated to balance the Pitta dosha, it controls burning sensations and inflammation. It is rich in natural calcium, helping in repairing injured bones and providing strength to the body.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Digestion Support: One to two capsules twice daily with plain water after meals.

Kutaj Ghan Vati: Two to three tablets three times a day with plain water after meals.

Vatsakadi Churna: One to two teaspoons with plain water after meals on a daily basis (for adults). For children, one teaspoon with plain water after meals on a daily basis.

Pitta Balance: One capsule once or twice daily with plain water after meals.

# Chronic Kidney Disease (CKD)

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## Overview of Chronic Kidney Disease (CKD)

Chronic Kidney Disease (CKD) is an impairment of kidney functions, resulting in kidney damage or a decrease in their ability to filter waste from the body. It encompasses all degrees of decreased kidney function, from mild to severe chronic kidney failure. In Ayurveda, CKD is known as 'Vrikka Roga'.

## Causes of Chronic Kidney Disease (CKD)

### Causes

- Diabetes
- High blood pressure
- Heart disease
- Kidney stones
- Vasculitis (inflammation of blood vessels)
- Chemotherapy drugs
- Analgesics like ibuprofen, aspirin, and naproxen
- Antibiotics like vancomycin, methicillin, sulfonamides, and ciprofloxacin
- Clot formation in the urinary tract
- Alcohol consumption
- Dyes used in imaging tests

## Symptoms of Chronic Kidney Disease (CKD)

### Symptoms

- Urination at small intervals in larger amounts than normal with pale color
- Less urination than usual with dark color
- Blood in urine
- Swelling in face, hands, feet, legs, and ankles
- Nausea and vomiting
- Loss of appetite
- Shortness of breath
- Chest pain

## Diagnosis

### Diagnosis

Diagnosis of CKD is based on the presence of kidney damage or a decreased glomerular filtration rate (GFR) of less than 60 mL/min/1.73 m<sup>2</sup> for at least 3 months. Diagnostic tests include urine tests, blood tests, imaging tests, and kidney biopsy. Serological tests and PCR assays may also be used to identify underlying causes.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, CKD is associated with an imbalance of the Vata dosha, which can cause kidney impairment, and Kapha dosha, which can cause blockage of minor body channels known as srotas.

#### Lifestyle Factors

Factors such as poor diet, lack of physical activity, and substance abuse (e.g., alcohol, certain medications) can trigger or exacerbate CKD.

#### Underlying Health Conditions

Conditions like diabetes, high blood pressure, and heart disease significantly increase the risk of developing CKD.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Varunadi Vati

Formulated from herbs like Varun (*Crateva nurvala*), Punarnava (*Boerhavia diffusa*), Gokshur (*Tribulus terrestris*), and Shuddha guggulu (*Commiphora mukul*). It helps in providing relief from symptoms associated with CKD like frequent urination and blood in urine.

#### Mutrakrichantak Churna

A blend of herbs including Varun (*Crateva nurvala*), Punarnava (*Boerhavia diffusa*), Gokshur (*Tribulus terrestris*), Kaasni (*Cichorium intybus*), Bhumi amalaki (*Phyllanthus niruri*), Shirish (*Albizia lebbek*), and Shigru (*Moringa oleifera*). It helps in maintaining good kidney health and removing waste from the body.

### **Rencure Formula**

Contains Punarnava (*Boerhavia diffusa*), Varun (*Crateva nurvala*), Gokshur (*Tribulus terrestris*), Kaasni (*Cichorium intybus*), and Palaash (*Butea monosperma*). These herbs are packed with healing properties to manage CKD symptoms and reduce the need for dialysis.

### **Punarnava Mandur**

Formulated with Punarnava (*Boerhavia diffusa*), Shunti (*Zingiber officinale*), Pippali (*Piper longum*), Maricha (*Piper nigrum*), Amalaki (*Embllica officinalis*), Haritaki (*Terminalia chebula*), and other herbs. It helps in balancing Vata and Kapha doshas and improving kidney filtration capacity.

### **Chandanadi Vati**

A classical Ayurvedic formulation containing Safed chandan (*Santalum album*), Kababchini (*Piper cubeba*), Safed ral (*Shorea robusta*), and other herbs. It provides a calming and soothing effect on the urinary tract system and has anti-inflammatory and anti-oxidant properties.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Varunadi Vati: 2 tablets, thrice daily with warm water after meals.

Mutrakrichantak Churna: 1 teaspoonful twice daily with warm water. For best results, boil 1 teaspoonful in 400ml water until it remains 50-60ml, then filter and drink.

Rencure Formula: 2 capsules, twice daily with warm water after meals.

Punarnava Mandur: 2 tablets, thrice daily with warm water after meals.

Chandanadi Vati: 2 tablets, twice daily with warm water after meals.



# Congestive Heart Failure (CHF)

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## Overview of Congestive Heart Failure (CHF)

Congestive Heart Failure (CHF) occurs when the pumping power of the heart is affected, leading to the heart muscles not pumping blood as they normally do. This condition involves the ventricles not pumping sufficient blood to the body. In Ayurveda, CHF is known as 'Hridya Avrodh'.

## Causes of Congestive Heart Failure (CHF)

### Causes

- High blood pressure
- Coronary artery disease
- Diabetes
- Obesity
- Valvular heart diseases
- Certain diabetes drugs like rosiglitazone and pioglitazone
- Viral infections that damage heart muscles
- Excessive alcohol consumption
- Tobacco intake

## Symptoms of Congestive Heart Failure (CHF)

### Symptoms

- Shortness of breath
- Swelling in ankles and feet
- Irregular heartbeat
- Weakness and fatigue
- Frequent urination at night
- Weight gain
- Nausea
- Chest pain
- Cough due to congested lungs
- Wheezing with white or pink mucus

## Diagnosis

### Diagnosis

Diagnosis of CHF involves physical examination, medical history, and diagnostic tests such as echocardiogram, chest X-ray, blood tests, and stress test. The healthcare provider may also perform tests to assess the heart's pumping function and rule out other conditions.

## Trigger Factors

### Trigger Factors

#### High Blood Pressure

High blood pressure can block blood vessels, making it difficult for blood to pass through, leading to heart failure.

#### Coronary Artery Disease

Narrowed arteries limit the oxygen-rich blood supply to the heart, increasing the risk of heart failure.

#### Diabetes

Diabetes increases the risk of high blood pressure and coronary artery diseases, both of which can lead to heart failure.

#### Lifestyle Factors

Factors such as obesity, excessive alcohol consumption, and tobacco intake can weaken the heart muscles and lead to congestive heart failure.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Arjuna Capsules

Prepared from the pure extract of Arjuna (*Terminalia arjuna*), these capsules are packed with cardioprotective properties that help strengthen heart muscles, decrease LDL cholesterol, and increase HDL cholesterol.

#### Arjun Tea

An herbal tea formulation that includes Arjuna (*Terminalia arjuna*) and other herbs, helpful in providing relief from heart problems and managing congestive heart failure.

### **Total Heart Support**

A blend of herbs like Arjuna (*Terminalia arjuna*), Ashwagandha (*Withania somnifera*), and other cardioprotective herbs that help in maintaining heart health and reducing the risk of heart failure.

### **Punarnava**

Punarnava (*Boerhavia diffusa*) is known for its diuretic properties and helps in reducing fluid retention and swelling associated with CHF.

### **Pipal Tvak**

Pipal Tvak (*Ficus religiosa*) is used for its cardioprotective and anti-inflammatory properties, helping to strengthen heart muscles and reduce inflammation.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Arjuna Capsules: 2 capsules twice daily with plain water.

Arjun Tea: 2 cups twice daily.

Total Heart Support: 2 capsules twice daily with plain water.

Punarnava: Dosage varies; typically 1-2 capsules or 1-2 teaspoons of the powder twice daily with warm water after meals.

Pipal Tvak: Dosage varies; typically 1-2 capsules or 1-2 teaspoons of the powder twice daily with warm water after meals.

# Coronary Artery Disease (CAD)

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## Overview of Coronary Artery Disease (CAD)

Coronary Artery Disease (CAD), also known as ischemic heart disease (IHD), involves a group of diseases including stable angina, unstable angina, sudden cardiac death, and myocardial infarction. It occurs when the coronary arteries, which supply blood to the heart, become narrowed or blocked due to atherosclerosis, reducing oxygen and blood flow to the heart muscles.

## Causes of Coronary Artery Disease (CAD)

### Causes

- Atherosclerosis
- High blood pressure
- Diabetes
- Smoking
- Lack of exercise
- High blood cholesterol
- Obesity
- Poor diet
- Depression
- Excessive alcohol intake

## Symptoms of Coronary Artery Disease (CAD)

### Symptoms

- Chest pain that occurs regularly after eating, with activity, or at other times (stable angina)
- Angina that changes in character, intensity, or frequency (unstable angina)
- Shortness of breath
- Weakness and numbness in any body part
- Chest pain that radiates to the arm, shoulder, back, neck, or jaw
- Chest pain that feels like heartburn
- Asymptomatic in some cases

## Diagnosis

### Diagnosis

Diagnosis involves stress echocardiography, stress cardiac imaging, echocardiography, or advanced non-invasive imaging. Specific tests include baseline electrocardiography (ECG), exercise ECG (stress test), coronary angiography, exercise radioisotope test (nuclear stress test, myocardial scintigraphy), magnetic resonance imaging (MRI), and echocardiography (including stress echocardiography).

## Trigger Factors

### Trigger Factors

#### High Blood Pressure

High blood pressure can block blood vessels, making it difficult for blood to pass through, leading to heart disease.

#### Diabetes

Diabetes increases the risk of high blood pressure and coronary artery diseases.

#### Lifestyle Factors

Factors such as smoking, lack of exercise, obesity, and poor diet can trigger or exacerbate CAD.

#### Age and Gender

The risk of CAD increases with age, and males are at greater risk than females.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Arjuna Capsules

Prepared from the pure extract of Arjuna (*Terminalia arjuna*), these capsules have anti-ischaemic properties that help in treating symptoms like high blood pressure, high triglycerides, and high cholesterol.

#### Arjun Tea

Formulated from Arjuna (*Terminalia arjuna*), this tea helps in strengthening heart muscles, lowering high cholesterol and high blood pressure, and treating various heart diseases due to its flavonoids and antioxidant properties.

### **Total Heart Support**

A combination of herbs including Arjuna (*Terminalia arjuna*), Ashwagandha (*Withania somnifera*), Brahmi (*Bacopa monnieri*), and Shankhpushpi (*Convolvulus pluricaulis*). This formulation improves heart functioning, blood pressure, and overall cardiac health.

### **Gotu Kola Capsules**

Prepared from the herbal extract of Gotu Kola (*Centella asiatica*), these capsules help in pacifying the tri-doshas, improving overall cardiac health, and enhancing blood circulation due to their antioxidant properties.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Arjuna Capsules: 1 capsule twice daily with plain water after meals.

Arjun Tea: 1 cup daily.

Total Heart Support: 2 capsules twice daily with plain water after meals.

Gotu Kola Capsules: 1 capsule twice daily with plain water after meals.

# Cystitis

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## Overview of Cystitis

Cystitis is defined as the inflammation of the bladder, often caused by urinary tract infections (UTIs). It is more common in females than in males. In Ayurveda, a similar condition is described as 'Mootrakruchha', which involves disruption in urine elimination due to imbalances in the doshas.

## Causes of Cystitis

### Causes

- Bacterial infections
- Use of certain medications like chemotherapy drugs
- Radiation treatment of the pelvic area
- Unhygienic conditions
- Imbalance of doshas (Vata, Pitta, Kapha) in Ayurveda

## Symptoms of Cystitis

### Symptoms

- Frequent urge to urinate
- Burning sensation while urinating
- Fever
- Blood in urine (hematuria)
- Pain during sexual intercourse
- Pressure on the lower abdomen
- Cloudy and strong-smelling urine
- Abdominal cramps
- Vomiting and nausea if the infection spreads to the kidneys
- Chills and back or side pain if the infection spreads to the kidneys

## Diagnosis

### Diagnosis

Diagnosis involves physical examination, medical history, and diagnostic tests such as urine analysis, urine culture, and imaging tests like ultrasound or CT scans to detect any structural abnormalities. In Ayurveda, diagnosis is based on the symptoms and the imbalance of doshas.

## Trigger Factors

### Trigger Factors

#### Bacterial Infections

Bacteria entering the bladder or urethra and multiplying can trigger cystitis.

#### Medications and Radiation

Certain medications and radiation treatments can cause inflammation of the bladder.

#### Unhygienic Conditions

Poor hygiene can lead to the spread of bacteria and trigger cystitis.

#### Dosha Imbalance

In Ayurveda, imbalance of Vata, Pitta, or Kapha doshas can lead to cystitis. Vataj Mootrakruchha causes intense pain and difficulty in urination, Pittaj Mootrakruchha causes frequent and burning urination, and Kaphaj Mootrakruchha causes inflammation in the pelvic region.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Mutrakrichantak Churna

A powder formulation containing Varun (*Crateva nurvala*), Punarnava (*Boerhavia diffusa*), Gokshur (*Tribulus terrestris*), Kaasni (*Cichorium intybus*), Bhumi Amalaki (*Phyllanthus niruri*), Shirish (*Albizia lebbek*), Shigru (*Moringa oleifera*), and Apamarg (*Achyranthes aspera*). These herbs have diuretic, antimicrobial, and anti-inflammatory properties.

#### Rencure Formula

Capsules containing Punarnava (*Boerhavia diffusa*), Varun (*Crateva nurvala*), Gokshur (*Tribulus terrestris*), Kaasni (*Cichorium intybus*), and Palaash (*Butea monosperma*). These herbs are packed with antimicrobial, anti-inflammatory properties and are diuretic in nature.

#### Kanchnaar Guggul

Tablets prepared from the pure extracts of Kachnar bark (*Bauhinia variegata*) and other herbs. This formulation helps in managing the symptoms of cystitis without any side effects.

#### Chanderprabha Vati

A classical Ayurvedic formulation that includes herbs like Shilajit, Guggul, Haritaki, Amalaki, and others. It helps in clearing blockages in the urinary tract and eliminating infections from the body.



## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Mutrakrichantak Churna: One tablespoonful twice a day with plain water.

Rencure Formula: Two capsules twice a day with plain water.

Kanchnaar Guggul: Two tablets twice a day with plain water.

Chanderprabha Vati: Two tablets twice a day with plain water.

# Candidiasis

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## Overview of Candidiasis

Candidiasis is a fungal infection caused by the *Candida* species, most commonly *Candida albicans*. It can affect various parts of the body, including the skin, mucous membranes, and internal organs. In Ayurveda, it is often associated with an imbalance of the doshas and the accumulation of 'ama' (toxins) in the body.

## Causes of Candidiasis

### Causes

- Overgrowth of *Candida* fungus
- Weakened immune system
- Antibiotic use
- Hormonal changes
- Diabetes
- Poor hygiene
- Imbalance of doshas (Vata, Pitta, Kapha)
- Accumulation of 'ama' (toxins)
- Use of corticosteroids
- Nutritional deficiencies

## Symptoms of Candidiasis

### Symptoms

- Itching, redness, and swelling in the affected area
- White patches on the skin or mucous membranes
- Burning sensation during urination (in vaginal candidiasis)
- Abnormal vaginal discharge
- Oral thrush (white patches in the mouth)
- Skin rashes or lesions
- Fever in severe cases

## Diagnosis

### Diagnosis

Diagnosis of candidiasis typically involves a physical examination, medical history, and laboratory tests such as a KOH (potassium hydroxide) test, culture, or PCR to identify the

Candida fungus. In Ayurveda, diagnosis is based on the symptoms and the imbalance of doshas.

## Trigger Factors

### Trigger Factors

#### Dosha Imbalance

In Ayurveda, candidiasis is often associated with an imbalance of the Kapha dosha, which can lead to an overgrowth of Candida fungus.

#### Weakened Immune System

A weakened immune system can make an individual more susceptible to Candida infections.

#### Antibiotic Use

The use of antibiotics can disrupt the natural balance of gut flora, leading to an overgrowth of Candida.

#### Hormonal Changes

Hormonal changes, especially in women, can increase the risk of developing candidiasis.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Neem Capsules

Prepared from the pure extract of Neem (*Azadirachta indica*), these capsules have antifungal and antibacterial properties that help in managing fungal infections like candidiasis.

#### Gandhak Rasayan

Obtained from Shuddh Gandhak (purified sulphur), it has anti-inflammatory, antifungal, and antibacterial properties, which are beneficial for treating skin and mucous membrane infections.

#### Kanchnaar Guggul

Tablets prepared from the pure extracts of Kachnar bark (*Bauhinia variegata*) and other herbs. This formulation helps in managing the symptoms of candidiasis without any side effects.

#### Chanderprabha Vati

A classical Ayurvedic formulation that includes herbs like Shilajit, Guggul, Haritaki, Amalaki, and others. It helps in clearing blockages in the body and eliminating infections.

### **Mahasudarshan Churna**

A polyherbal formulation that includes a blend of herbs like Amalaki, Haritaki, and others. It helps in balancing the doshas and eliminating toxins from the body.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Neem Capsules: One capsule twice daily with plain water after meals.

Gandhak Rasayan: Two tablets twice daily with water after meals.

Kanchnaar Guggul: Two tablets twice daily with plain water after meals.

Chanderprabha Vati: Two tablets twice daily with plain water after meals.

Mahasudarshan Churna: One teaspoonful twice daily with warm water after meals.

# Cerebral Stroke

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## Overview of Cerebral Stroke

Cerebral stroke refers to a problem arising due to a lack of oxygen supply to the brain, which occurs due to a reduction in the supply of blood to the brain. It requires quick medical attention to prevent any serious consequences or loss of life.

## Causes of Cerebral Stroke

### Causes

- Loss of blood supply to the brain
- Cardiovascular diseases
- Drug abuse
- High blood pressure
- Consumption of tobacco
- Obstructive sleep apnea
- Family history
- Age and other risk factors
- Diabetes
- Inactive lifestyle

## Symptoms of Cerebral Stroke

### Symptoms

- Depression
- Double vision
- Headache
- Dizziness
- Weakness on one or both sides of the body
- Trouble walking, speaking, or understanding
- Paralysis on the face
- Chest pain
- Weakness
- Fainting
- Irregular heartbeat associated with shortness of breath
- Skin turning blue due to lack of oxygen

## Diagnosis

### Diagnosis

Diagnosis involves using a stroke scale to examine the depth of neurological symptoms, patient's history, blood tests, CT scan of the head, and physical examination.

## Trigger Factors

### Trigger Factors

#### Cardiovascular Diseases

Cardiovascular diseases can significantly increase the risk of cerebral stroke.

#### High Blood Pressure

High blood pressure is a major risk factor for cerebral stroke.

#### Lifestyle Factors

Factors such as drug abuse, tobacco consumption, and an inactive lifestyle can trigger or exacerbate the risk of cerebral stroke.

#### Family History and Age

Family history and increasing age are significant risk factors for cerebral stroke.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Brahmi Capsules

Formulated from the herb Brahmi (*Bacopa monnieri*), these capsules have anti-oxidant properties, positive effects on the nervous system, and help in increasing brain activity and memory. They provide relief in symptoms such as depression, anxiety, lack of concentration, and schizophrenia.

#### Ashwagandha Capsules

Prepared from the herb Ashwagandha (*Withania somnifera*), these capsules improve fatigue, stress, and weakness. They have rejuvenating properties and are beneficial for the nervous system, helping to repair tissues and provide strength to muscles.

#### Gotu Kola Capsules

Formulated from the herb Gotu Kola (*Centella asiatica*), these capsules help in brain-related problems, providing energy to neurotransmitters and aiding in depression and anxiety.

### **Medhya Churna**

A blend of herbs including Vacha, Ajmoda, Jeerak, Sonth, Mirach, Ashwagandha, Patha, Brahmi, Shankhpushpi, and Pipali. This churna rejuvenates the nervous system, acts as a natural tonic to improve mental health and concentration, and provides strength and nourishment to nerve cells.

### **Stress Support**

Formulated using herbs like Ashwagandha, Tagar, Brahmi, and Jatamansi, this remedy helps reduce stress, which is a major factor in cerebral stroke. It ensures mental and physical relaxation and prevents further complications.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Brahmi Capsules: Two capsules daily for adults and one for children.

Ashwagandha Capsules: One to two capsules twice daily with plain water after meals.

Gotu Kola Capsules: One to two capsules twice daily with plain water half an hour after meals.

Medhya Churna: One-fourth teaspoon once daily with one spoon of Cow Ghee (Clarified Butter).

Stress Support: One to two capsules twice daily with plain water after meals.

# Chest Pain

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## Overview of Chest Pain

Chest pain, also known as thoracic pain, can be a symptom of various conditions ranging from mild to severe. It is often associated with heart-related issues but can also be caused by other factors such as digestive problems, musculoskeletal issues, or respiratory conditions. In Ayurveda, chest pain can be linked to imbalances in the doshas (Vata, Pitta, Kapha) and the accumulation of 'ama' (toxins) in the body.

## Causes of Chest Pain

### Causes

- Heart conditions such as angina, myocardial infarction (heart attack), or congestive heart failure
- Digestive issues like acid reflux, esophageal spasm, or gallstones
- Musculoskeletal problems including costochondritis or muscle strain
- Respiratory conditions such as pneumonia, pleurisy, or pulmonary embolism
- Anxiety or panic attacks
- Imbalance of doshas (Vata, Pitta, Kapha)
- Accumulation of 'ama' (toxins)

## Symptoms of Chest Pain

### Symptoms

- Sharp or dull pain in the chest
- Pressure or tightness in the chest
- Pain radiating to the arm, neck, jaw, or back
- Shortness of breath
- Coughing or wheezing
- Nausea or vomiting
- Dizziness or lightheadedness
- Panic or anxiety



## Diagnosis

### Diagnosis

Diagnosis involves a physical examination, medical history, and diagnostic tests such as electrocardiogram (ECG), chest X-ray, blood tests, stress test, or coronary angiography to determine the underlying cause of the chest pain.

## Trigger Factors

### Trigger Factors

#### Heart Conditions

Conditions like high blood pressure, coronary artery disease, and heart failure can trigger chest pain.

#### Lifestyle Factors

Factors such as smoking, obesity, and an inactive lifestyle can increase the risk of heart conditions leading to chest pain.

#### Digestive Issues

Conditions like acid reflux and esophageal spasm can cause chest pain.

#### Dosha Imbalance

In Ayurveda, an imbalance of the doshas (Vata, Pitta, Kapha) can lead to various health issues including chest pain.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Arjuna Capsules

Prepared from the pure extract of Arjuna (*Terminalia arjuna*), these capsules have cardioprotective properties that help in strengthening heart muscles and managing symptoms associated with heart-related chest pain.

#### Total Heart Support

A blend of herbs including Arjuna (*Terminalia arjuna*), Ashwagandha (*Withania somnifera*), Brahmi (*Bacopa monnieri*), and Shankhpushpi (*Convolvulus pluricaulis*). This formulation improves heart functioning and overall cardiac health.

### **Kanchnaar Guggul**

Tablets prepared from the pure extracts of Kachnar bark (*Bauhinia variegata*) and other herbs. This formulation helps in managing symptoms of heart conditions without any side effects.

### **Chanderprabha Vati**

A classical Ayurvedic formulation that includes herbs like Shilajit, Guggul, Haritaki, Amalaki, and others. It helps in clearing blockages in the body and eliminating infections.

### **Brahmi Capsules**

Formulated from the herb Brahmi (*Bacopa monnieri*), these capsules have anti-oxidant properties and positive effects on the nervous system, helping to manage stress and anxiety-related chest pain.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Arjuna Capsules: 2 capsules twice daily with plain water.

Total Heart Support: 2 capsules twice daily with plain water.

Kanchnaar Guggul: 2 tablets twice daily with lukewarm water.

Chanderprabha Vati: 2 tablets twice daily with plain water.

Brahmi Capsules: 2 capsules daily for adults and one for children.

# Childhood Arthritis (Juvenile Arthritis)

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## Overview of Childhood Arthritis (Juvenile Arthritis)

Childhood Arthritis, also known as Juvenile Arthritis, is a pediatric rheumatic disease affecting individuals below the age of 16. It is a chronic and autoimmune disease that causes pain, swelling, stiffness, and loss of motion in the joints. The immune system, which normally protects the body, attacks the body instead, leading to these symptoms.

## Causes of Childhood Arthritis (Juvenile Arthritis)

### Causes

- Malfunctioning of the immune system
- Genetic factors
- Certain infections
- Environmental factors

## Symptoms of Childhood Arthritis (Juvenile Arthritis)

### Symptoms

- Pain, warmth, stiffness, and swelling of joints
- Limping
- Joint deformity
- Skin rash on arms and legs
- Fever that comes and goes
- Reduced appetite
- Weight loss
- Anemia

## Diagnosis

### Diagnosis

Diagnosis involves physical examination, medical history, and various tests. The symptoms and medical history help in identifying the type of juvenile arthritis. Additional tests may include blood tests to check for inflammatory markers and imaging tests like X-rays or MRI to assess joint damage.

## Trigger Factors

### Trigger Factors

#### Age

Children from infancy to age 16 are at risk, with higher risk between 2 to 3 years of age.

#### Gender

Girls are more likely to be affected than boys.

#### Genetics

Children with a family history of the disease are at higher risk.

#### Environmental and Infection Factors

Certain environmental factors and infections may trigger the onset of juvenile arthritis.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Ashwagandha Capsules

Formulated from the pure extract of Ashwagandha (*Withania somnifera*), these capsules are useful in debilitating conditions, fatigue, stress, anxiety, and neuropathy. They provide relief in joint pains and are supportive in juvenile arthritis.

#### Boswellia Curcumin

A combination of Shallaki (*Boswellia serrata*) and Curcumin (*Curcuma longa*), this formulation decreases inflammation and enhances circulation to the joints, providing comprehensive immune support.

#### Aamvatantak Churna

An herbal formulation containing natural herbs with anti-inflammatory properties, effective for rheumatoid arthritis and joint pains. It supports in controlling the Ama (Toxin) which is the main cause of joint pain.

#### RumoGin 5 Capsules

Formulated from a combination of Curcumin, Saunth, Shallaki, Maricha, and Pippali. This formulation aids in maintaining healthy joints and a healthy skeletal system.

#### Joint Aid Plus

A blend of various herbs including Nirgundi (*Vitex negundo*), Shallaki (*Boswellia serrata*), Guggul (*Commiphora mukul*), and Sonth (*Zingiber officinale*). It supports the maintenance of joint flexibility and lubrication.

### **Yograj Guggul**

A classical Ayurvedic formulation prepared from herbs like Guggul (*Commiphora mukul*), Chitrak (*Plumbago zeylanica*), Chavya (*Piper chaba*), Pippali (*Piper longum*), Musta (*Cyperus rotundus*), Amla (*Emblica officinalis*), and others. It is effective in musculoskeletal disorders and works on Vata dosha.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Ashwagandha Capsules: 2 capsules twice daily with warm water after meals.

Boswellia Curcumin: 2 capsules twice daily with warm water after meals.

Aamvatantak Churna: 1 teaspoonful twice daily with warm water before meals.

RumoGin 5 Capsules: 1 capsule twice daily with warm water after meals.

Joint Aid Plus: 2 capsules twice daily with warm water after meals.

Yograj Guggul: 2 tablets twice daily with warm water after meals.

# Chronic Fatigue Syndrome (CFS)

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## Overview of Chronic Fatigue Syndrome (CFS)

Chronic Fatigue Syndrome (CFS), also known as Myalgic Encephalomyelitis, is a complicated disorder characterized by extreme fatigue that worsens with physical or mental activity. The exact cause is unknown but may be due to psychological stress, hormonal imbalance, or viral infections. In Ayurveda, it is associated with the imbalance of the three doshas (Vata, Pitta, Kapha) and the accumulation of 'ama' (toxins) in the body.

## Causes of Chronic Fatigue Syndrome (CFS)

### Causes

- Psychological stress
- Hormonal imbalance
- Viral infections such as Epstein-Barr virus, human herpes virus 6, and mouse leukemia viruses
- Immune system problems
- Imbalance of Vata dosha
- Accumulation of 'ama' (toxins)

## Symptoms of Chronic Fatigue Syndrome (CFS)

### Symptoms

- Muscle pain
- Fatigue
- Memory loss
- Confusion
- Anxiety and depression
- Stroke or trauma
- Joint pain

## Diagnosis

### Diagnosis

Diagnosis involves identifying the symptoms and medical history. Additional tests may include blood tests to check for inflammatory markers, and other diagnostic methods to rule out other conditions. In Ayurveda, diagnosis is based on the imbalance of doshas and the presence of symptoms.

## Trigger Factors

### Trigger Factors

#### Psychological Stress

Stress can exacerbate the symptoms of CFS and is considered a significant trigger factor.

#### Hormonal Imbalance

Abnormal levels of hormones, including decreased serotonin, can contribute to CFS.

#### Viral Infections

Certain viral infections may trigger the onset of CFS.

#### Dosha Imbalance

In Ayurveda, an imbalance of the Vata dosha is a key factor in the development of CFS.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Ashwagandha Capsules

Formulated from the pure extract of Ashwagandha (*Withania somnifera*), these capsules help maintain overall wellbeing, provide strength and immunity, and relieve stress and fatigue.

#### Chanderprabha Vati

These tablets are made from a combination of herbs including Shilajit, Guggul, Haritaki, Amalaki, and others. They have a calming effect on the entire body, reduce stress, and provide relaxation.

#### Atirasadi Churna

An herbal powder formulation containing herbs like Safedmusli, Kali musli, SemalMusli, Gokshur, Shatavari, Ashwagandha, Akarkara, Vidarikand, SafedBehman, Jaiphal/Javitri, and Taalmakhna. This churna helps to enhance stamina and relieve fatigue.

#### Gandhak Rasayan

Tablets made from Shuddh Gandhak (purified sulphur), which help to remove toxins from the body and rejuvenate the system.

#### Shilajit Capsules

Formulated from Shilajit (*Asphaltum punibiunum*), these capsules provide physical and mental stress relief, improve body metabolism, and are rich in vitamins and nutrients.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Ashwagandha Capsules: 2 capsules twice daily with plain water after meals.

Chanderprabha Vati: 2 tablets twice daily with plain water after meals.

Atirasadi Churna: One tablespoon of powder with plain water or milk twice a day.

Gandhak Rasayan: 2 tablets twice daily with plain water after meals.

Shilajit Capsules: 2 capsules twice daily with milk or water after meals.



# Chronic Obstructive Pulmonary Disease (COPD)

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## Overview of Chronic Obstructive Pulmonary Disease (COPD)

Chronic Obstructive Pulmonary Disease (COPD) is a progressive lung disease characterized by airflow obstruction, primarily caused by smoking, but also by other environmental exposures and genetic factors. In Ayurveda, COPD can be associated with an imbalance of the Prana Vata and the accumulation of 'ama' (toxins) in the respiratory system.

## Causes of Chronic Obstructive Pulmonary Disease (COPD)

### Causes

- Long-term smoking
- Exposure to secondhand smoke
- Air pollution
- Occupational exposures to dust and chemicals
- Genetic factors
- Imbalance of Prana Vata
- Accumulation of 'ama' (toxins)

## Symptoms of Chronic Obstructive Pulmonary Disease (COPD)

### Symptoms

- Shortness of breath
- Wheezing
- Coughing
- Chest tightness
- Blue-tinged lips or fingers (in severe cases)
- Frequent respiratory infections
- Weight loss
- Fatigue

## Diagnosis

### Diagnosis

Diagnosis involves spirometry to measure lung function, chest X-rays, CT scans, blood tests, and physical examination. In Ayurveda, diagnosis is based on the symptoms and the imbalance of doshas.

## Trigger Factors

### Trigger Factors

#### Smoking

Smoking is the most significant risk factor for COPD.

#### Environmental Exposures

Exposure to air pollution, dust, and chemicals can trigger or exacerbate COPD.

#### Genetic Factors

Genetic conditions such as alpha-1 antitrypsin deficiency can increase the risk of COPD.

#### Dosha Imbalance

In Ayurveda, an imbalance of Prana Vata is a key factor in the development of COPD.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Tulsi Capsules

Formulated from the pure extract of Tulsi (*Ocimum sanctum*), these capsules have anti-inflammatory and antioxidant properties that help in managing respiratory issues and reducing stress.

#### Praanrakshak Churna

A blend of herbs including Tulsi, Mulethi, Vaasa, Anantmool, and others. This churna helps in relieving respiratory symptoms, reducing inflammation, and improving lung function.

#### Shwas Kuthar Ras

Tablets prepared from a combination of herbs like Pippali, Maricha, and others. These tablets help in relieving bronchial asthma, chronic bronchitis, and other respiratory disorders.

### **Kanchnaar Guggul**

Tablets made from the pure extracts of Kachnar bark (*Bauhinia variegata*) and other herbs. This formulation helps in managing symptoms of respiratory diseases without any side effects.

### **Aller-G Care**

Capsules formulated from herbs like Haridra, Neem, and others. These capsules help in managing allergic reactions and respiratory issues.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Tulsi Capsules: 1-2 capsules twice daily with plain water after meals.

Praanrakshak Churna: 1 teaspoonful twice daily with warm water after meals.

Shwas Kuthar Ras: 1-2 tablets twice daily with warm water after meals.

Kanchnaar Guggul: 2 tablets twice daily with lukewarm water after meals.

Aller-G Care: 1-2 capsules twice daily with plain water after meals.

# Conjunctivitis (Pink Eye)

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## Overview of Conjunctivitis (Pink Eye)

Conjunctivitis, commonly known as pink eye, is an inflammation or infection of the outer membrane of the eyeball and the inner eyelid. It can be caused by bacteria, viruses, allergens, or other irritants. In Ayurveda, it is associated with an imbalance of the doshas (Vata, Pitta, Kapha) and the accumulation of 'ama' (toxins) in the eyes.

## Causes of Conjunctivitis (Pink Eye)

### Causes

- Bacterial infections
- Viral infections
- Allergic reactions
- Irritants such as chemicals or smoke
- Imbalance of doshas (Vata, Pitta, Kapha)
- Accumulation of 'ama' (toxins)

## Symptoms of Conjunctivitis (Pink Eye)

### Symptoms

- Redness and inflammation of the conjunctiva
- Itching or burning sensation in the eyes
- Discharge or pus in the eyes
- Blurred vision
- Excessive tearing
- Swollen eyelids
- Sensitivity to light

## Diagnosis

### Diagnosis

Diagnosis involves a physical examination, medical history, and sometimes laboratory tests to identify the cause of the infection. In Ayurveda, diagnosis is based on the symptoms and the imbalance of doshas.

## Trigger Factors

### Trigger Factors

#### Infections

Bacterial or viral infections can trigger conjunctivitis.

#### Allergic Reactions

Allergens such as pollen, dust, or pet dander can cause allergic conjunctivitis.

#### Irritants

Exposure to chemicals, smoke, or other irritants can trigger conjunctivitis.

#### Dosha Imbalance

In Ayurveda, an imbalance of the Pitta dosha is often associated with conjunctivitis, leading to inflammation and redness.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Amalaki Rasayan

Formulated from the pure extract of Amalaki (*Emblica officinalis*), these capsules have antioxidant and anti-inflammatory properties that help in reducing inflammation and promoting eye health.

#### Triphala Capsules

A blend of herbs including Amalaki, Haritaki, and Bibhitaki. These capsules help in detoxifying the body, reducing inflammation, and promoting overall eye health.

#### Pitta Balance

Formulated to balance the Pitta dosha, it helps in reducing inflammation and cooling the eyes. It is rich in natural calcium, which helps in repairing and strengthening the eyes.

#### Jahar Mohra

An Ayurvedic formulation that includes herbs like Saffron, Rose petals, and others. It helps in reducing inflammation, promoting eye health, and improving vision.

#### Netra Tarpan

An Ayurvedic treatment involving ghee (clarified butter) that helps in nourishing and protecting the eyes, reducing inflammation and promoting eye health.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Amalaki Rasayan: 1-2 capsules twice daily with plain water after meals.

Triphala Capsules: 1-2 capsules twice daily with warm water after meals.

Pitta Balance: 1 capsule once or twice daily with plain water after meals.

Jahar Mohra: As directed by an Ayurvedic practitioner, typically applied topically or taken internally in a specific dosage.

Netra Tarpan: As directed by an Ayurvedic practitioner, typically performed as a treatment procedure.

# Coronary Artery Disease (CAD)

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## Overview of Coronary Artery Disease (CAD)

Coronary Artery Disease (CAD), also known as ischemic heart disease (IHD), involves a group of diseases including stable angina, unstable angina, sudden cardiac death, and myocardial infarction. It is one of the most common types of cardiovascular diseases, characterized by the narrowing or blockage of the coronary arteries due to atherosclerosis, reducing oxygen and blood flow to the heart muscles.

## Causes of Coronary Artery Disease (CAD)

### Causes

- Atherosclerosis
- High blood pressure
- Diabetes
- Smoking
- Lack of exercise
- High blood cholesterol
- Obesity
- Poor diet
- Depression
- Excessive alcohol intake
- Genetic factors

## Symptoms of Coronary Artery Disease (CAD)

### Symptoms

- Chest pain that occurs regularly after eating, with activity, or at other times (stable angina)
- Angina that changes in character, intensity, or frequency (unstable angina)
- Shortness of breath
- Weakness and numbness in any body part
- Chest pain that radiates to the arm, shoulder, back, neck, or jaw
- Chest pain that feels like heartburn
- Asymptomatic in some cases

## Diagnosis

### Diagnosis

Diagnosis involves stress echocardiography, stress cardiac imaging, echocardiography, or advanced non-invasive imaging. Specific tests include baseline electrocardiography (ECG), exercise ECG (stress test), coronary angiography, exercise radioisotope test (nuclear stress test, myocardial scintigraphy), magnetic resonance imaging (MRI), and echocardiography (including stress echocardiography).

## Trigger Factors

### Trigger Factors

#### High Blood Pressure

High blood pressure can block blood vessels, making it difficult for blood to pass through, leading to heart disease.

#### Diabetes

Diabetes increases the risk of high blood pressure and coronary artery diseases.

#### Lifestyle Factors

Factors such as smoking, lack of exercise, and poor diet can trigger or exacerbate CAD.

#### Age and Gender

The risk of CAD increases with age, and males are at greater risk than females.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Arjuna Capsules

Formulated from the pure extract of Arjuna (*Terminalia arjuna*), these capsules have anti-ischaemic properties that help in treating symptoms like high blood pressure, high triglycerides, and high cholesterol.

#### Arjun Tea

Formulated from Arjuna (*Terminalia arjuna*), this tea helps in strengthening heart muscles, lowering high cholesterol and high blood pressure, and treating various heart diseases due to its flavonoids and antioxidant properties.



### **Total Heart Support**

A blend of herbs including Arjuna (*Terminalia arjuna*), Ashwagandha (*Withania somnifera*), Brahmi (*Bacopa monnieri*), and Shankhpushpi (*Convolvulus pluricaulis*). This formulation improves heart functioning, blood pressure, and overall cardiac health.

### **Gotu Kola Capsules**

Formulated from the herbal extract of Gotu Kola (*Centella asiatica*), these capsules help in brain-related problems, providing energy to neurotransmitters and aiding in depression and anxiety.

### **Kanchnaar Guggul**

Tablets prepared from the pure extracts of Kachnar bark (*Bauhinia variegata*) and other herbs. This formulation helps in managing symptoms of heart conditions without any side effects.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Arjuna Capsules: 1 capsule twice daily with plain water after meals.

Arjun Tea: 1 cup daily.

Total Heart Support: 2 capsules twice daily with plain water after meals.

Gotu Kola Capsules: 1 capsule twice daily with plain water after meals.

Kanchnaar Guggul: 2 tablets twice daily with lukewarm water after meals.

# Cataract

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## Overview of Cataract

Cataract is an eye problem characterized by the clouding of the lens in the eye, leading to a loss of vision. It is one of the most common eye problems, especially among older adults. In Ayurveda, cataract is known as 'Linga nasha'.

## Causes of Cataract

### Causes

- Age-related accumulation of proteins in the eye lens
- Trauma to the eye
- UV radiation
- Medications such as steroids
- Diseased conditions like diabetes
- Imbalance of Vata dosha
- Accumulation of 'ama' (toxins)

## Symptoms of Cataract

### Symptoms

- Blurred vision
- Difficulty with vision at night
- Double vision
- Problem differentiating colors
- Sensitivity to light
- Seeing 'halos' around lights
- Fading or yellowing of colors
- Frequent changes in eyeglass or contact lens prescription

## Diagnosis

### Diagnosis

Diagnosis involves a comprehensive eye examination, including visual acuity tests, slit-lamp examination, and retinoscopy. In Ayurveda, diagnosis is based on the symptoms and the imbalance of doshas.

## Trigger Factors

### Trigger Factors

#### Age

Cataract is more common with advancing age, affecting about 70% of people above 75 years.

#### UV Radiation

Prolonged exposure to UV radiation can increase the risk of developing cataracts.

#### Trauma

Physical trauma to the eye can trigger the development of cataracts.

#### Dosha Imbalance

In Ayurveda, an imbalance of the Vata dosha is associated with cataract, leading to dryness and loss of moisture in the eye lens.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Amalaki Rasayana

Formulated from the pure extract of Indian Gooseberry (*Emblica officinalis*), these capsules are rich in vitamin C and have anti-oxidant properties that help in reducing inflammation and promoting eye health.

#### Amla Saar

This is Indian Gooseberry Juice made from *Emblica officinalis*. It helps in maintaining overall health, enhancing eyesight, and has antioxidant properties to remove toxins from the body.

#### Bilberry Capsules

Prepared from the pure extract of Bilberry (*Vaccinium myrtillus*), these capsules have anti-oxidant properties and are beneficial for eye health, improving vision and reducing inflammation.

#### Vara Churna

An herbal powder formulation known as Triphala powder, made from Haritaki (*Terminalia chebula*), Bhibhitaki (*Terminalia bellirica*), and Amalaki (*Emblica officinalis*). This churna helps in detoxifying the body, reducing inflammation, and promoting eye health.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Amalaki Rasayana: 2 capsules twice daily with plain water after meals.

Amla Saar: Mix equal amount of Amla Saar and water and consume it twice a day after meals.

Bilberry Capsules: 2 capsules with milk or water after meals.

Vara Churna: 1 teaspoonful mixed with warm water and consumed twice a day after meals.

# Cervical Dystonia

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## Overview of Cervical Dystonia

Cervical dystonia, also known as spasmodic torticollis, is a neurological disorder characterized by involuntary muscle contractions in the neck, leading to abnormal postures and movements of the head and neck. In Ayurveda, it is associated with an imbalance of the Vata dosha and the accumulation of 'ama' (toxins) in the musculoskeletal system.

## Causes of Cervical Dystonia

### Causes

- Genetic factors
- Brain injury or trauma
- Infections
- Certain medications
- Imbalance of Vata dosha
- Accumulation of 'ama' (toxins)
- Poor posture
- Muscle strain

## Symptoms of Cervical Dystonia

### Symptoms

- Involuntary muscle contractions in the neck
- Abnormal postures and movements of the head and neck
- Pain and stiffness in the neck and shoulders
- Head tremors
- Difficulty in maintaining a normal head position
- Muscle spasms

## Diagnosis

### Diagnosis

Diagnosis involves a physical examination, medical history, and sometimes imaging tests like MRI or CT scans to rule out other conditions. In Ayurveda, diagnosis is based on the symptoms and the imbalance of doshas.

## Trigger Factors

### Trigger Factors

#### Genetic Factors

Genetic predisposition can increase the risk of developing cervical dystonia.

#### Brain Injury or Trauma

Trauma to the brain or neck can trigger the onset of cervical dystonia.

#### Dosha Imbalance

In Ayurveda, an imbalance of the Vata dosha is a key factor in the development of cervical dystonia, leading to muscle spasms and contractions.

#### Poor Posture

Poor posture and muscle strain can exacerbate the symptoms of cervical dystonia.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Ashwagandha Capsules

Formulated from the pure extract of Ashwagandha (*Withania somnifera*), these capsules help in managing stress, anxiety, and muscle spasms. They provide strength and immunity, and relieve fatigue.

#### Boswellia Curcumin

A combination of Shallaki (*Boswellia serrata*) and Curcumin (*Curcuma longa*), possessing anti-inflammatory and pain-relieving properties, which are beneficial for managing pain and inflammation associated with cervical dystonia.

#### Hakam Churna

A polyherbal formulation that includes herbs like Chandershoor, Kalonji, Methi, and Ajwain. It helps in relieving joint pain, back ache, and other painful inflammatory conditions.

#### Yograj Guggul

A classical Ayurvedic formulation that includes herbs like Amalaki, Guggul, and others. It helps in eliminating Vata doshas, reducing symptoms like neck pain, and strengthening digestion.

#### Mahanarayan Oil

An Ayurvedic oil made from a blend of herbs that helps in reducing muscle stiffness and alleviating neck pain. It is often mixed with Orthovita Oil for enhanced benefits.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Ashwagandha Capsules: 1-2 capsules twice daily with plain water after meals.

Boswellia Curcumin: 2 capsules twice daily with warm water after meals.

Hakam Churna: 1 teaspoonful twice daily with warm water after meals.

Yograj Guggul: 2 tablets twice daily with warm water after meals.

Mahanarayan Oil: Apply the oil every night and gently massage the affected area.

# Chickenpox

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## Overview of Chickenpox

Chickenpox, also known as varicella, is a highly contagious illness caused by the varicella-zoster virus. It is characterized by an itchy, blister-like rash, and is most common in children. In Ayurveda, it is associated with an imbalance of the Pitta dosha and the accumulation of 'ama' (toxins) in the body.

## Causes of Chickenpox

### Causes

- Varicella-zoster virus
- Direct contact with an infected person
- Airborne transmission through coughing or sneezing
- Imbalance of Pitta dosha
- Accumulation of 'ama' (toxins)

## Symptoms of Chickenpox

### Symptoms

- Itchy, blister-like rash
- Fever
- Headache
- Fatigue
- Loss of appetite
- Sore throat
- Swollen lymph nodes

## Diagnosis

### Diagnosis

Diagnosis is typically based on the characteristic rash and symptoms. Laboratory tests such as blood tests or viral cultures may be used to confirm the diagnosis. In Ayurveda, diagnosis is based on the symptoms and the imbalance of doshas.



## Trigger Factors

### Trigger Factors

#### Viral Infection

The varicella-zoster virus is the primary trigger for chickenpox.

#### Direct Contact

Direct contact with an infected person or airborne transmission can spread the virus.

#### Dosha Imbalance

In Ayurveda, an imbalance of the Pitta dosha is associated with chickenpox, leading to inflammation and skin rashes.

#### Weakened Immune System

Individuals with a weakened immune system are more susceptible to chickenpox.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Neem Capsules

Formulated from the pure extract of Neem (*Azadirachta indica*), these capsules have antiviral and antibacterial properties that help in managing skin infections and reducing inflammation.

#### Gandhak Rasayan

Tablets made from Shuddh Gandhak (purified sulphur), which help in removing toxins from the body and rejuvenating the system.

#### Pitta Balance

Formulated to balance the Pitta dosha, it helps in reducing inflammation and cooling the body. It is rich in natural calcium, which helps in repairing injured skin and providing strength to the body.

#### Manjistha Capsules

Prepared from the herbal extract of Manjistha (*Rubia cordifolia*), these capsules help in detoxifying the body and reducing inflammation.

#### Kaishore Guggul

A classical Ayurvedic formulation that includes herbs like Amalaki, Haritaki, and others. It helps in clearing blockages in the body and eliminating infections.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Neem Capsules: 1-2 capsules twice daily with plain water after meals.

Gandhak Rasayan: 2 tablets twice daily with plain water after meals.

Pitta Balance: 1 capsule once or twice daily with plain water after meals.

Manjistha Capsules: 1-2 capsules twice daily with plain water after meals.

Kaishore Guggul: 2 tablets twice daily with warm water after meals.

# Childhood Asthma

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## Overview of Childhood Asthma

Childhood asthma is a chronic respiratory condition characterized by inflammation, airway obstruction, and spasm of the bronchial tubes. It is one of the most common chronic diseases in children, causing recurring episodes of wheezing, coughing, chest tightness, and shortness of breath. In Ayurveda, asthma is known as 'Swasa Roga' and is associated with an imbalance of the Vata and Kapha doshas.

## Causes of Childhood Asthma

### Causes

- Genetic predisposition
- Allergens such as pollen, dust mites, pet dander
- Respiratory infections
- Air pollution
- Imbalance of Vata and Kapha doshas
- Accumulation of 'ama' (toxins)

## Symptoms of Childhood Asthma

### Symptoms

- Wheezing
- Coughing
- Chest tightness
- Shortness of breath
- Coughing at night or early in the morning
- Blue-tinged lips or fingers in severe cases

## Diagnosis

### Diagnosis

Diagnosis involves a physical examination, medical history, and various tests such as spirometry, peak flow meter, and allergy tests. In Ayurveda, diagnosis is based on the symptoms and the imbalance of doshas.

## Trigger Factors

### Trigger Factors

#### Allergens

Exposure to allergens like pollen, dust mites, and pet dander can trigger asthma attacks.

#### Respiratory Infections

Respiratory infections can exacerbate asthma symptoms.

#### Air Pollution

Air pollution can trigger asthma attacks.

#### Dosha Imbalance

In Ayurveda, an imbalance of the Vata and Kapha doshas is a key factor in the development of asthma.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Praanrakshak Churna

A blend of herbs including Tulsi, Mulethi, Vaasa, Anantmool, and others. This churna helps in relieving respiratory symptoms, reducing inflammation, and improving lung function.

#### Shwas Kuthar Ras

Tablets prepared from a combination of herbs like Pippali, Maricha, and others. These tablets help in relieving bronchial asthma, chronic bronchitis, and other respiratory disorders.

#### Tulsi Capsules

Formulated from the pure extract of Tulsi (*Ocimum sanctum*), these capsules have anti-inflammatory and antioxidant properties that help in managing respiratory issues and reducing stress.

#### Kanchnaar Guggul

Tablets made from the pure extracts of Kachnar bark (*Bauhinia variegata*) and other herbs. This formulation helps in managing symptoms of respiratory diseases without any side effects.

#### Aller-G Care

Capsules formulated from herbs like Haridra, Neem, and others. These capsules help in managing allergic reactions and respiratory issues.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Praanrakshak Churna: 1 teaspoonful twice daily with warm water after meals.

Shwas Kuthar Ras: 1-2 tablets twice daily with warm water after meals.

Tulsi Capsules: 1-2 capsules twice daily with plain water after meals.

Kanchnaar Guggul: 2 tablets twice daily with lukewarm water after meals.

Aller-G Care: 1-2 capsules twice daily with plain water after meals.

# Chronic Gastritis

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## Overview of Chronic Gastritis

Chronic gastritis is a condition characterized by the inflammation or irritation of the lining of the stomach. This inflammation can lead to a reduction in the production of stomach acid, pepsin, and protective mucus. It can cause symptoms such as feeling full and heavy after eating, dull persistent stomach pain, and may lead to complications like stomach bleeding or ulcers and increased risk of stomach cancer. In Ayurveda, chronic gastritis is associated with an imbalance of the Pitta dosha and the accumulation of 'ama' (toxins) in the body.

## Causes of Chronic Gastritis

### Causes

- Use of certain medications like aspirin and ibuprofen
- Excessive consumption of alcohol
- Certain bacterial infections like *Helicobacter pylori*
- Viral infections in individuals with weak immunity
- Stress
- Bile reflux
- Imbalance of Pitta dosha
- Accumulation of 'ama' (toxins)

## Symptoms of Chronic Gastritis

### Symptoms

- Abdominal pain
- Loss of appetite
- Nausea
- Vomiting
- Indigestion
- Black stools
- Weight loss
- Bloating and gas
- Feeling full and heavy in the upper abdomen after eating

## Diagnosis

### Diagnosis

Diagnosis involves a physical examination, medical history, and various tests such as endoscopy, biopsy, blood tests, and imaging tests to assess the stomach lining and detect any structural changes. In Ayurveda, diagnosis is based on the symptoms and the imbalance of doshas.

## Trigger Factors

### Trigger Factors

#### Medications

The use of certain medications like aspirin and ibuprofen can trigger chronic gastritis.

#### Alcohol Consumption

Excessive alcohol consumption can irritate the stomach lining and trigger gastritis.

#### Bacterial Infections

Infections with bacteria like *Helicobacter pylori* can cause chronic gastritis.

#### Dosha Imbalance

In Ayurveda, an imbalance of the Pitta dosha is associated with chronic gastritis, leading to inflammation and digestive issues.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Digestion Support

A herbal formulation containing Amla (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bahera (*Terminalia bellerica*), Sounf (*Foeniculum vulgare*), Jeerak (*Cuminum cyminum*), Pippali (*Piper longum*), and Dhania (*Coriander sativum*). This formulation helps in balancing the Vata, Pitta, and Kapha doshas and provides relief in chronic gastritis symptoms.

#### Vara Churna

A blend of herbs including Haritaki (*Terminalia chebula*), Bhibhitaki (*Terminalia bellerica*), and Amalaki (*Emblica officinalis*). This churna helps in detoxifying the body, reducing inflammation, and promoting digestive health.

### **Amalaki Rasayan**

Formulated from the pure extract of Amalaki (*Emblica officinalis*), these capsules have anti-inflammatory properties that help in reducing inflammation and promoting digestive health.

### **Gotukola Capsules**

Prepared from the herbal extract of Gotukola (*Centella asiatica*), these capsules help in pacifying the Pitta dosha and reducing symptoms like abdominal pain, loss of appetite, nausea, and vomiting.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Digestion Support: One capsule twice daily with plain water after meals.

Vara Churna: One teaspoonful twice daily with warm water after meals.

Amalaki Rasayan: One capsule twice daily with plain water after meals.

Gotukola Capsules: One capsule twice daily with plain water after meals.



# Colles' Fracture (Broken Wrist)

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## Overview of Colles' Fracture (Broken Wrist)

Colles' fracture, also known as a broken wrist, is a type of fracture that occurs at the distal end of the radius bone in the forearm, near the wrist. It is one of the most common types of fractures and can occur due to a fall on an outstretched hand or other forms of trauma. In Ayurveda, it is associated with an imbalance of the Vata dosha and the accumulation of 'ama' (toxins) in the musculoskeletal system.

## Causes of Colles' Fracture (Broken Wrist)

### Causes

- Fall on an outstretched hand
- Trauma or injury to the wrist
- Osteoporosis
- Sports injuries
- Imbalance of Vata dosha
- Accumulation of 'ama' (toxins)

## Symptoms of Colles' Fracture (Broken Wrist)

### Symptoms

- Severe pain in the wrist
- Swelling and bruising around the wrist
- Deformity of the wrist
- Limited mobility of the wrist
- Numbness or tingling in the hand
- Difficulty moving the wrist or hand

## Diagnosis

### Diagnosis

Diagnosis involves a physical examination, medical history, and imaging tests such as X-rays to confirm the fracture. In Ayurveda, diagnosis is based on the symptoms and the imbalance of doshas.

## Trigger Factors

### Trigger Factors

#### Trauma or Injury

A fall on an outstretched hand or direct trauma to the wrist can trigger a Colles' fracture.

#### Osteoporosis

Weakened bones due to osteoporosis increase the risk of fractures.

#### Dosha Imbalance

In Ayurveda, an imbalance of the Vata dosha can lead to musculoskeletal issues, including fractures.

#### Lifestyle Factors

Factors such as poor diet, lack of physical activity, and substance abuse can contribute to the risk of fractures.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Boswellia Curcumin

A combination of Shallaki (*Boswellia serrata*) and Curcumin (*Curcuma longa*), possessing anti-inflammatory and pain-relieving properties, which are beneficial for managing pain and inflammation associated with fractures.

#### Hakam Churna

A polyherbal formulation containing Chandershoor, Kalonji, Methi, and Ajwain. It helps in relieving joint pain, back ache, and other painful inflammatory conditions.

#### Yograj Guggul

A classical Ayurvedic formulation that includes herbs like Amalaki, Guggul, and others. It helps in eliminating Vata doshas, reducing symptoms like pain and stiffness, and strengthening digestion.

#### Mahanarayan Oil

An Ayurvedic oil made from a blend of herbs that helps in reducing muscle stiffness and alleviating pain. It is often mixed with Orthovita Oil for enhanced benefits.

#### Ashwagandha Capsules

Formulated from the pure extract of Ashwagandha (*Withania somnifera*), these capsules help in managing stress, anxiety, and muscle spasms. They provide strength and immunity, and relieve fatigue.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Boswellia Curcumin: 2 capsules twice daily with warm water after meals.

Hakam Churna: 1 teaspoonful twice daily with warm water after meals.

Yograj Guggul: 2 tablets twice daily with warm water after meals.

Mahanarayan Oil: Apply the oil every night and gently massage the affected area.

Ashwagandha Capsules: 1-2 capsules twice daily with plain water after meals.

# Common Cold

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## Overview of Common Cold

The common cold, also known as upper respiratory tract infection (URTI), is a viral infection that affects the upper respiratory system, including the nose, throat, and lungs. It is one of the most frequent illnesses in humans and can be caused by various viruses. In Ayurveda, it is associated with an imbalance of the Kapha dosha and the accumulation of 'ama' (toxins) in the body.

## Causes of Common Cold

### Causes

- Viral infections, most commonly rhinoviruses
- Exposure to allergens or irritants
- Weakened immune system
- Poor hygiene
- Imbalance of Kapha dosha
- Accumulation of 'ama' (toxins)

## Symptoms of Common Cold

### Symptoms

- Runny or stuffy nose
- Sneezing
- Coughing
- Sore throat
- Fatigue
- Headache
- Muscle aches
- Loss of appetite
- Mild fever

## Diagnosis

### Diagnosis

Diagnosis is typically based on symptoms and medical history. Laboratory tests such as throat swabs or blood tests may be used to rule out other conditions. In Ayurveda, diagnosis is based on the symptoms and the imbalance of doshas.

## Trigger Factors

### Trigger Factors

#### Viral Infections

Viral infections are the primary trigger for the common cold.

#### Weakened Immune System

A weakened immune system can make an individual more susceptible to the common cold.

#### Poor Hygiene

Poor hygiene can lead to the spread of the virus.

#### Dosha Imbalance

In Ayurveda, an imbalance of the Kapha dosha is associated with the common cold, leading to congestion and mucus production.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Tulsi Capsules

Formulated from the pure extract of Tulsi (*Ocimum sanctum*), these capsules have anti-inflammatory and antioxidant properties that help in managing respiratory issues and reducing stress.

#### Praanrakshak Churna

A blend of herbs including Tulsi, Mulethi, Vaasa, Anantmool, and others. This churna helps in relieving respiratory symptoms, reducing inflammation, and improving lung function.

#### Shwas Kuthar Ras

Tablets prepared from a combination of herbs like Pippali, Maricha, and others. These tablets help in relieving bronchial asthma, chronic bronchitis, and other respiratory disorders.

#### Kanchnaar Guggul

Tablets made from the pure extracts of Kachnar bark (*Bauhinia variegata*) and other herbs. This formulation helps in managing symptoms of respiratory diseases without any side effects.

#### Aller-G Care

Capsules formulated from herbs like Haridra, Neem, and others. These capsules help in managing allergic reactions and respiratory issues.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Tulsi Capsules: 1-2 capsules twice daily with plain water after meals.

Praanrakshak Churna: 1 teaspoonful twice daily with warm water after meals.

Shwas Kuthar Ras: 1-2 tablets twice daily with warm water after meals.

Kanchnaar Guggul: 2 tablets twice daily with lukewarm water after meals.

Aller-G Care: 1-2 capsules twice daily with plain water after meals.

# Constipation

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## Overview of Constipation

Constipation is a common gastrointestinal disorder characterized by infrequent bowel movements, hard or lumpy stools, and difficulty passing stools. In Ayurveda, constipation is known as 'Kabzh' or 'Vibandha' and is associated with an imbalance of the Vata dosha and the accumulation of 'ama' (toxins) in the digestive system.

## Causes of Constipation

### Causes

- Low fiber diet
- Dehydration
- Physical inactivity
- Medications such as painkillers, iron supplements, and certain antidepressants
- Medical conditions like hypothyroidism, diabetes, and irritable bowel syndrome
- Imbalance of Vata dosha
- Accumulation of 'ama' (toxins)

## Symptoms of Constipation

### Symptoms

- Infrequent bowel movements
- Hard or lumpy stools
- Difficulty passing stools
- Straining during bowel movements
- Feeling of incomplete evacuation after a bowel movement
- Bloating and abdominal pain
- Loss of appetite

## Diagnosis

### Diagnosis

Diagnosis involves a physical examination, medical history, and sometimes diagnostic tests such as colonoscopy, barium enema, or anorectal manometry to rule out other conditions. In Ayurveda, diagnosis is based on the symptoms and the imbalance of doshas.

## Trigger Factors

### Trigger Factors

#### Dietary Habits

A low fiber diet and inadequate hydration can trigger constipation.

#### Physical Inactivity

Lack of physical activity can contribute to constipation.

#### Medications

Certain medications can cause constipation as a side effect.

#### Dosha Imbalance

In Ayurveda, an imbalance of the Vata dosha is a key factor in the development of constipation, leading to dryness and hardness of the stools.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Digestion Support

A herbal formulation containing Amla, Haritaki, Bahera, Sounf, Dhania, Pippali, and Jeerak. This formulation helps in balancing the Vata, Pitta, and Kapha doshas and provides relief in constipation symptoms.

#### Triphala Capsules

A blend of herbs including Amalaki, Haritaki, and Bibhitaki. These capsules help in detoxifying the body, reducing inflammation, and promoting digestive health.

#### Sanjivani Vati

Tablets prepared from a combination of herbs like Guduchi, Vidang, Amla, and others. This formulation helps in improving digestion, reducing constipation, and enhancing overall health.

#### Kumari Saar

Aloe vera juice that helps in soothing the digestive tract, reducing inflammation, and promoting regular bowel movements.

#### Yograj Guggul

A classical Ayurvedic formulation that includes herbs like Amalaki, Guggul, and others. It helps in eliminating Vata doshas, reducing symptoms like constipation, and strengthening digestion.



## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Digestion Support: One capsule twice daily with plain water after meals.

Triphala Capsules: One capsule twice daily with warm water after meals.

Sanjivani Vati: Two tablets twice daily with warm water after meals.

Kumari Saar: Mix equal amount of Kumari Saar and water and consume it twice a day after meals.

Yograj Guggul: Two tablets twice daily with warm water after meals.

# Crohn's Disease

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## Overview of Crohn's Disease

Crohn's disease is a type of inflammatory bowel disease (IBD) that causes chronic inflammation of the gastrointestinal (GI) tract. It can affect any part of the GI tract, from the mouth to the anus, but most commonly affects the lower part of the small intestine. In Ayurveda, Crohn's disease is associated with an imbalance of the Pitta and Kapha doshas and the accumulation of 'ama' (toxins) in the digestive system.

## Causes of Crohn's Disease

### Causes

- Abnormal immune response
- Genetic predisposition
- Environmental factors
- Imbalance of Pitta and Kapha doshas
- Accumulation of 'ama' (toxins)
- Dietary factors
- Stress

## Symptoms of Crohn's Disease

### Symptoms

- Diarrhea
- Abdominal pain and cramping
- Fatigue
- Weight loss
- Loss of appetite
- Nausea and vomiting
- Blood in stool
- Fistulas (abnormal connections between different parts of the intestine or between the intestine and other organs)
- Abscesses (pockets of pus)

## Diagnosis

### Diagnosis

Diagnosis involves a physical examination, medical history, and various tests such as endoscopy, colonoscopy, biopsy, blood tests, and imaging tests like CT scans or MRI to assess the extent of inflammation and rule out other conditions. In Ayurveda, diagnosis is based on the symptoms and the imbalance of doshas.

## Trigger Factors

### Trigger Factors

#### Genetic Predisposition

Individuals with a family history of Crohn's disease are at higher risk.

#### Environmental Factors

Exposure to certain environmental toxins may trigger the onset of Crohn's disease.

#### Dosha Imbalance

In Ayurveda, an imbalance of the Pitta and Kapha doshas is associated with Crohn's disease, leading to inflammation and digestive issues.

#### Dietary Factors

A diet high in processed foods, sugar, and unhealthy fats can exacerbate the symptoms of Crohn's disease.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Kutaz Ghan Vati

Tablets prepared from the pure extract of Kutaz (*Holarrhena antidysenterica*). These tablets have anti-inflammatory and antibacterial properties that help in managing diarrhea and reducing inflammation in the GI tract.

#### Pitta Balance

Formulated to balance the Pitta dosha, it helps in reducing inflammation and cooling the body. It is rich in natural calcium, which helps in repairing injured tissues and providing strength to the digestive system.

### **Sanjivani Vati**

Tablets prepared from a combination of herbs like Guduchi, Vidang, Amla, and others. This formulation helps in improving digestion, reducing inflammation, and enhancing overall health.

### **Mahasankh Vati**

A herbal remedy that includes herbs like Pippali, Danti, Chitkara, Shudh parad, Shudh tankan, Sarjakshar, and Yavkshar. These herbs help in the proper flow of blood to the digestive system and reduce inflammation.

### **Yograj Guggul**

A classical Ayurvedic formulation that includes herbs like Amalaki, Guggul, and others. It helps in eliminating Vata doshas, reducing symptoms like abdominal pain, and strengthening digestion.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Kutaz Ghan Vati: 2 tablets twice daily with warm water after meals.

Pitta Balance: 1 capsule once or twice daily with plain water after meals.

Sanjivani Vati: 2 tablets twice daily with warm water after meals.

Mahasankh Vati: 2 tablets twice daily before or after meals.

Yograj Guggul: 2 tablets twice daily with warm water after meals.

# Dandruff

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## Overview of Dandruff

Dandruff is a common skin condition characterized by flakes of dead skin that form on the scalp. It is often accompanied by itching and redness. In Ayurveda, dandruff is associated with an imbalance of the Vata and Kapha doshas and the accumulation of 'ama' (toxins) in the scalp.

## Causes of Dandruff

### Causes

- Overproduction of skin cells
- Fungal infections, particularly *Malassezia*
- Sensitivity to hair care products
- Stress
- Hormonal changes
- Imbalance of Vata and Kapha doshas
- Accumulation of 'ama' (toxins)

## Symptoms of Dandruff

### Symptoms

- White or yellowish flakes on the scalp
- Itching and redness on the scalp
- Flakes may also appear on the eyebrows, beard, or other areas with oily skin
- Greasy patches on the scalp
- Hair loss in severe cases

## Diagnosis

### Diagnosis

Diagnosis is typically based on visual examination of the scalp and symptoms. In Ayurveda, diagnosis is based on the symptoms and the imbalance of doshas.

## Trigger Factors

### Trigger Factors

#### Fungal Infections

Fungal infections, particularly Malassezia, can trigger dandruff.

#### Sensitivity to Hair Care Products

Sensitivity to certain hair care products can exacerbate dandruff.

#### Stress

Stress can contribute to the development of dandruff.

#### Dosha Imbalance

In Ayurveda, an imbalance of the Vata and Kapha doshas is associated with dandruff, leading to skin flaking and itching.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Neem Capsules

Formulated from the pure extract of Neem (*Azadirachta indica*), these capsules have antifungal and antibacterial properties that help in managing fungal infections and reducing inflammation.

#### Gandhak Rasayan

Tablets made from Shuddh Gandhak (purified sulphur), which help in removing toxins from the body and rejuvenating the system.

#### Pitta Balance

Formulated to balance the Pitta dosha, it helps in reducing inflammation and cooling the body. It is rich in natural calcium, which helps in repairing injured skin and providing strength to the body.

#### Manjistha Capsules

Prepared from the herbal extract of Manjistha (*Rubia cordifolia*), these capsules help in detoxifying the body and reducing inflammation.

#### Bhringaraj Hair Growth Promoter

A herbal oil made from a blend of herbs like Bhringaraj, Amla, and others. This oil helps in nourishing the scalp, reducing dandruff, and promoting hair growth.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Neem Capsules: 1-2 capsules twice daily with plain water after meals.

Gandhak Rasayan: 2 tablets twice daily with plain water after meals.

Pitta Balance: 1 capsule once or twice daily with plain water after meals.

Manjistha Capsules: 1-2 capsules twice daily with plain water after meals.

Bhringaraj Hair Growth Promoter: Apply the oil to the scalp and massage gently. Leave it on for at least an hour before washing.

# Dental Black Triangle

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## Overview of Dental Black Triangle

Dental black triangle, also known as open gingival embrasure, is a triangular space between teeth where gum tissue is absent or not able to grow. This condition is common, affecting approximately 67% of the population, and can be cosmetically and health-wise concerning.

## Causes of Dental Black Triangle

### Causes

- Older age
- Gum disease
- Diverging tooth roots following orthodontic treatment
- Space between teeth
- Abnormal restoration shape or tooth crown
- Not maintaining proper oral hygiene or brushing too aggressively
- Genetics
- Crooked teeth which are hard to keep clean
- Pregnancy
- Diabetes
- Effect of certain medications
- Smoking
- Plaques and cavities
- Bone loss
- Shape of the tooth, particularly triangular types

## Symptoms of Dental Black Triangle

### Symptoms

- Appearance of a black triangle between the teeth

## Diagnosis

### Diagnosis

Diagnosis is typically based on visual examination of the teeth and gums. It may also involve assessing the overall oral health and identifying any underlying conditions.



## Trigger Factors

### Trigger Factors

#### Aggressive Brushing

Aggressive brushing or flossing techniques can contribute to the formation of dental black triangles.

#### Gum Disease

Gum disease can lead to gum recession, which may result in dental black triangles.

#### Orthodontic Treatment

Diverging tooth roots following orthodontic treatment can cause dental black triangles.

#### Poor Oral Hygiene

Not maintaining proper oral hygiene can lead to the development of dental black triangles.

#### Systemic Conditions

Conditions like diabetes and certain medications can increase the risk of dental black triangles.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Gum Care Powder

A combination of herbs like Shunthi (*Zingiber officinale*), Haritaki (*Terminalia chebula*), Mustak (*Cyperus rotundus*), Khadir (*Acacia catechu*), Karpur (*Cinnamomum camphora*), and Poog (*Areca catechu*) that helps in maintaining the health of gums and teeth.

#### Arjun Saar

A patent formulation containing Arjun (*Terminalia arjuna*) and Amla (*Emblica officinalis*) that promotes proper cleansing of the oral cavity and helps in preventing cavities and gum bleeding.

#### Coral Calcium Complex

A natural calcium supplement that supports bone density and teeth health, containing compounds like Coral (*Praval pishti*), Agate (*Akik pishti*), and Jawar Mohra Pishti.

#### Septtrin Tablets

Formulated with ingredients like Guggul (*Commiphora mukul*), Haldi (*Curcuma longa*), Tulsi (*Ocimum sanctum*), Sonth (*Zingiber officinale*), Marich (*Piper nigrum*), and Pippali (*Piper longum*) that help in strengthening the body's immune system and reducing infections.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Gum Care Powder: Massage gums twice a day with 3-4 grams of powder.

Arjun Saar: Mix one teaspoon of gum care powder along with three teaspoons of Arjun Saar and 50ml of water. Move the liquid back and forth in your mouth for 10 minutes and spit. Rinse with lukewarm water.

Coral Calcium Complex: 1 capsule twice daily after meals with lukewarm water.

Septrin Tablets: 2 tablets twice daily after meals with lukewarm water.

# Deviated Nasal Septum

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## Overview of Deviated Nasal Septum

A deviated nasal septum occurs when the thin wall (septum) between the nasal passages shifts to one side, causing uneven nasal passages. This condition can lead to breathing difficulties, nasal congestion, and other health complications. The nasal septum is composed of a central supporting skeleton covered by mucous membrane and is crucial for air conditioning and air cleansing in the respiratory system.

## Causes of Deviated Nasal Septum

### Causes

- Condition present at birth
- Injury to the nose, such as from trauma, sports, or automobile accidents
- Genetic disorders like Marfan syndrome and Homocystinuria
- Fractured portions of the cartilage
- Nasal trauma

## Symptoms of Deviated Nasal Septum

### Symptoms

- Obstruction of one or both nostrils
- Nose bleeding due to dry nasal septum
- Noisy breathing during sleep
- Sinus infections
- Sleep apnea
- Facial pain
- Whistling sounds while inhaling or exhaling
- Nasal blockage more intense on one side
- Repetitive sneezing
- Mild to severe loss of smell
- Snoring

## Diagnosis

### Diagnosis

Diagnosis is typically based on physical examination, use of a nasal speculum, CT scan, and fiber optic nasal endoscopy. The examination assesses the overall nasal health and identifies any underlying conditions.

## Trigger Factors

### Trigger Factors

#### Aggressive Brushing or Trauma

Aggressive brushing or nasal trauma can contribute to the development or worsening of a deviated nasal septum.

#### Genetic Disorders

Genetic conditions such as Marfan syndrome and Homocystinuria can increase the risk of a deviated nasal septum.

#### Respiratory Infections

Respiratory infections can exacerbate symptoms of a deviated nasal septum by causing nasal inflammation.

#### Allergies

Allergic reactions can cause nasal congestion and swelling, worsening the symptoms of a deviated nasal septum.

#### Anatomical Abnormalities

Other anatomical abnormalities, such as mucosal hypertrophy or reactive edema, can also contribute to the symptoms.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Triphala

Triphala, meaning three fruits, includes Bibhitaki, Haritaki, and Amalaki. It helps calm Kapha and Pitta doshas, is beneficial in skin diseases, and has anti-inflammatory and anti-histamine properties.

### **Ashwagandha**

Ashwagandha is an evergreen shrub that helps reduce swelling, lowers blood pressure, and provides nourishment to the deviated septum. It is also beneficial in treating depression, anxiety, and is a good antioxidant.

### **Haldi (Turmeric)**

Haldi has anti-inflammatory properties, helps in reducing facial growth, cures diabetes, and has anti-atherosclerotic properties. It removes blocks created by contaminated Pitta and Kapha doshas.

### **Guggul**

Guggul has binding agent properties, reduces cholesterol levels, relieves joint pain, and has rejuvenating properties. It helps in healing inflammation and clearing channels.

### **Curcumin Capsules**

Formulated by Planet Ayurveda using Haridra (*Curcuma longa*), these capsules have anti-inflammatory properties and help in reducing swelling in the nasal cavity.

### **Septtrin Tablets**

Formulated by Planet Ayurveda using ingredients like Guggul, Tulsi, Sonth, Haldi, and more. These tablets help in relieving upper respiratory tract disorders and balancing the Tridoshas.

### **Praanrakshak Churna**

A polyherbal churna formulated by Planet Ayurveda, effective in treating asthma, relieving cough, and bronchitis. It works as an anti-bacterial agent capable of treating throat-related infections.

### **Amritadi Guggul**

Herbal tablets formulated by Planet Ayurveda, containing ingredients like Guduchi, Guggul, and Haritaki. These tablets are anti-inflammatory and help in treating diabetes, rheumatoid arthritis, and other conditions.

### **Brahmi Capsules**

Formulated by Planet Ayurveda using standardized extract of Brahmi (*Bacopa monnieri*), these capsules improve breathing power, relax muscles, and enhance digestive power.

### **Ashwagandha Capsules**

Formulated by Planet Ayurveda using Ashwagandha (*Withania somnifera*), these capsules increase stamina, provide nourishment to the nasal cavity, and act as a nerve tonic.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Curcumin Capsules: 1 capsule twice daily with plain water, after meals.

Septrin Tablets: 2 tablets twice daily with plain water, after meals.

Praanrakshak Churna: 1/2 tsp. twice daily with Ginger Swaras, after meals.

Amritadi Guggul: 2 tablets twice daily with lukewarm water, after meals.

Brahmi Capsules: 1 capsule twice daily with plain water, after meals.

Ashwagandha Capsules: 1 capsule twice daily with plain water, after meals.

Snehapana: Oral consumption of ghee as per Ayurvedic practitioner's advice.

Shirovasti: Pouring of medicated oil over the head as per Ayurvedic practitioner's advice.

Snigdha dhumpnaa: Medicated unctuous smoking as per Ayurvedic practitioner's advice.

# Diaper Rash

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## Overview of Diaper Rash

Diaper rash is a common skin problem, especially among children, caused by prolonged exposure to urine and stool. It affects the buttocks and perianal area and can be due to various types such as yeast infection, irritant diaper rash, allergic diaper rash, and bacterial diaper rash.

## Causes of Diaper Rash

### Causes

- Irritability due to urine and stool
- Rubbing from tight diapers or clothes
- Irritation caused by new products like baby wipes, diapers, or detergents
- Sensitive skin, especially in babies with atopic dermatitis
- Changes in diet, especially when introducing solid foods
- Use of antibiotics which can lead to yeast infections

## Symptoms of Diaper Rash

### Symptoms

- Red appearance of the skin with itching
- Rashes with bacterial infection resulting in pus-filled rashes and fever
- Appearance of rashes in the genital area and skin folds
- Signs of diarrhea
- Burning sensation during urine and bowel movements

## Diagnosis

### Diagnosis

Diagnosis is typically based on clinical examination. In some cases, a complete blood count may be done if the patient has a fever. Yeast infection diaper rash is commonly seen in infants who take antibiotics.

## Trigger Factors

### Trigger Factors

#### Prolonged Exposure to Urine and Stool

Long exposure to urine and stool can cause irritation, especially if the baby has sensitive skin.

#### Tight Diapers or Clothes

Diapers or clothes that are too tight can rub against the skin, causing rashes.

#### New Products

Introduction of new products like baby wipes, diapers, or detergents can cause allergic reactions.

#### Atopic Dermatitis

Babies with atopic dermatitis are more prone to diaper rash.

#### Dietary Changes

Changes in diet, especially when introducing solid foods, can affect the stool and increase the risk of diaper rash.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Dermo Plan Syrup

Made from herbs like Giloy, Sariva, Neem, Haridra, and Shahtara. It helps in purifying the blood, removing toxins, and reducing inflammation.

#### Arvindasav

Formulated with herbs like Arvinda, Kashmiri, Jatamansi, and Sariva. It improves digestion, increases immunity, and helps in getting rid of diarrhea.

#### Recumin Gel

Prepared from Neem, Chameli, and Guggul. It has wound healing properties, a cooling effect on the skin, and reduces symptoms like itching and redness.

#### Jatyadi Oil

Made from herbs like Mulethi and Patola patra. It has healing properties, provides nourishment to the skin, and is effective in treating blisters or rashes.



## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Dermo Plan Syrup: One teaspoon twice daily with water.

Arvindasav: One teaspoon with water after meals.

Recumin Gel: For local application. Apply the gel directly on the affected part after cleaning the area carefully.

Jatyadi Oil: For local application. Apply the oil carefully on the skin twice daily.

# Dizziness

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## Overview of Dizziness

Dizziness is a term used to express feelings such as fainting, lightheadedness, woozy, weak, or unsteady, as well as vertigo, which is a false sensation of spinning or whirling. It is very common and can occur at any age, more commonly among older adults. It rarely leads to a life-threatening condition.

## Causes of Dizziness

### Causes

- Migraine
- Stress or anxiety
- Labyrinthitis (infection of the inner ear)
- Decrease in blood sugar levels (hypoglycemia)
- Postural hypotension
- Overexposure to heat and dehydration
- Decreased blood flow in the back of the brain
- Side effects of certain medications
- Use of tobacco and alcohol
- Head movements
- Flu or cold
- Meniere's disease

## Symptoms of Dizziness

### Symptoms

- Feeling of fainting or lightheadedness
- False sensation of spinning or whirling
- Loss of balance and feeling of floating
- Sweating, nausea, or vomiting
- Shortness of breath
- Headache and confusion
- Pain or pressure in the back, neck, jaw, or upper belly
- Sudden weakness in the body
- Fast or irregular heartbeat
- Difficulty in walking
- Staggering gait and loss of coordination (ataxia)

- Occurrence of infrequent eye movements (nystagmus)

## Diagnosis

### Diagnosis

Diagnosis is typically based on clinical examination. Underlying health conditions may be identified. Tests such as blood sugar levels, blood pressure, and imaging studies may be conducted.

## Trigger Factors

### Trigger Factors

#### Age

Older adults are more prone to dizziness due to medical conditions and medications.

#### Past Incidences of Dizziness

Previous episodes of dizziness can increase the risk of future episodes.

#### Stress or Anxiety

Anxiety disorders like panic attacks and agoraphobia can lead to dizziness.

#### Medications

Certain medications such as anti-seizure drugs and antidepressants can cause dizziness.

#### Dehydration

Overexposure to heat and dehydration can cause dizziness.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Shilajit Capsules

Made from pure, natural, and high-quality extract of Shilajit. It is rich in minerals, vitamins, fulvic acid, and humic acid, and has rejuvenating properties.

#### Brahmi Capsules

Made from standardized extract of Brahmi (*Bacopa monnieri*). It acts as a nerve and brain tonic, controlling anxiety, stress, and insanity.

### **Memory Support**

Prepared from herbs like Brahmi (*Bacopa monnieri*), Vacha (*Acorus calamus*), Shankhpushpi (*Convolvulus pluricaulis*), and Licorice (*Glycyrrhiza glabra*). It increases brain power and supports healthy brain functioning.

### **Brahmi Chyawanprash**

A jam prepared from a blend of herbs like Amla (*Emblica officinalis*), Brahmi (*Bacopa monnieri*), and other herbs. It maintains balance of the doshas, dhatus, and malas, and is effective in treating dizziness.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Shilajit Capsules: 1 capsule twice daily with plain water after meals.

Brahmi Capsules: 1-2 capsules twice daily with plain water after meals.

Memory Support: 1-2 capsules twice daily with plain water after meals.

Brahmi Chyawanprash: 1-2 tablespoons twice daily with milk.

# Dysentery

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## Overview of Dysentery

Dysentery is an intestinal inflammation that mostly affects the colon. It is a serious disorder affecting approximately 140 million people worldwide each year, resulting in about 600,000 deaths, primarily in developing countries and among children under 5 years old. Symptoms include diarrhea with blood or mucus, painful stomach, nausea, vomiting, and fever.

## Causes of Dysentery

### Causes

- Infection of *Entamoeba histolytica* (a Protozoan)
- Aggravation of Vata dosha associated with Kapha dosha
- Indigestion (Agnimandya in Ayurveda)

## Symptoms of Dysentery

### Symptoms

- Diarrhea with blood or mucus
- Painful stomach
- Nausea
- Vomiting
- Fever
- Forceful defecation or tenesmus
- Repeated defecation containing mucus and sometimes blood (if Pitta is involved)

## Diagnosis

### Diagnosis

Diagnosis typically involves identifying symptoms and confirming the presence of the causative organism through stool tests or other medical examinations.

## Trigger Factors

### Trigger Factors

#### Poor Hygiene

Contaminated food and water can lead to the infection.

#### Weakened Immune System

Individuals with weakened immune systems are more susceptible.

#### Imbalance of Vata and Kapha Doshas

According to Ayurveda, the imbalance of Vata and Kapha doshas, particularly due to indigestion, plays a crucial role.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Kutajghan Vati

Made from the pure kutaj herb (*Holarrhena antidysenterica*), it possesses astringent, anthelmintic, amoebicidal, and diuretic properties. It also acts as an immune stimulant.

#### Digestion Support

Prepared from herbs like Haritaki (*Terminalia chebula*), Fennel (*Foeniculum vulgare*), Cumin (*Cuminum cuminum*), and Pippali (*Piper longum*) to maintain healthy digestion.

#### Sanjivani Vati

Helps balance Vata and Kapha dosha, removes toxins, and handles symptoms such as vomiting, nausea, and painful stomach. It contains anti-bacterial, stomachic, astringent, and carminative properties.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Kutajghan Vati: 2 tablets, twice daily, with plain water, after meals.

Digestion Support: 1 capsule, twice daily, with plain water, after meals.

Sanjivani Vati: 2 tablets, twice daily, with plain water, after meals.

# Dyspepsia

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## Overview of Dyspepsia

Dyspepsia, also known as indigestion or stomach upset, is a condition characterized by pain and discomfort in the upper abdomen. It results in symptoms such as nausea, bloating, and burping. Dyspepsia occurs when stomach acids come into contact with the lining of the digestive system, breaking down the mucosa and leading to inflammation and the triggering of indigestion symptoms.

## Causes of Dyspepsia

### Causes

- Overeating
- Eating rapidly
- Consuming unhealthy foods
- Bad combination of foods
- Improper eating timing of breakfast, lunch, and dinner
- Aggravation of Vata dosha
- Low jathragni (digestive fire) leading to improper digestion of food
- Accumulation of excess waste products causing aggravation of Vata dosha
- Aggravated Pitta dosha resulting in the production of ama (toxins) in the body

## Symptoms of Dyspepsia

### Symptoms

- Loss of appetite
- Nausea
- Vomiting
- Diarrhea
- Sweating
- Burning sensation in the chest
- Burping
- Bloating
- Black stools
- Lethargy

## Diagnosis

### Diagnosis

Diagnosis is typically based on clinical examination and identification of symptoms. Underlying health conditions may be identified, and in some cases, further tests may be conducted to rule out other serious conditions.

## Trigger Factors

### Trigger Factors

#### Dietary Habits

Overeating, eating rapidly, and consuming unhealthy or improperly combined foods can trigger dyspepsia.

#### Imbalance of Doshas

Aggravation of Vata and Pitta doshas can lead to dyspepsia.

#### Low Digestive Fire

Low jathragni (digestive fire) can result in improper digestion of food.

#### Lifestyle

Improper eating timing and other lifestyle factors can contribute to dyspepsia.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Heartburn Capsules

These capsules are formulated with ingredients like Parval pishti (Coral), Akik pishti (Agate), Jawar mohra pishti (Coral), Kamdudha ras (Coral), Mukta pishti (Pearl), and Guduchi (Giloy). They help balance Vata, Pitta, and Kapha doshas and provide relief in digestion problems.

#### Agnitundi Vati

This herbal formulation includes ingredients such as Triphala, Jeerak (Cuminum cuminum), Shunthi (Zingiber officinale), Chitrak (Plumbago zeylanica), Pippali (Piper longum), and Maricha (Piper nigrum). It helps to strengthen the digestive system and alleviate symptoms of dyspepsia.

#### Mahashankh Vati

This remedy is a combination of natural ingredients like Pippali mool (Piper longum), Chitraka (Plumbago zeylanica), Danti mool (Baliospermum montanum), Pippali (Piper



longum), Marich (Piper nigrum), Shunti (Gingiber officinale), and others. It helps balance Pitta and Vata doshas and is effective in treating dyspepsia.

#### **Digestion Support**

This remedy is prepared from herbs like Amla (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bahera (*Terminalia bellerica*), Sounf (*Foeniculum vulgare*), Jeerak (*Cuminum cuminum*), Pippali (*Piper longum*), and Dhania (*Coriander sativum*). It supports healthy digestion and relieves symptoms of dyspepsia.

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Heartburn Capsules: One capsule, two times a day.

Agnitundi Vati: Two tablets, two times a day.

Mahashankh Vati: Two tablets, two times a day.

Digestion Support: One capsule, two times a day.

# Dementia

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## Overview of Dementia

Dementia is a progressive and chronic syndrome involving a decline in cognitive functions, such as memory, thinking, orientation, comprehension, calculation, learning capacity, language, and judgment. It does not affect consciousness and is not a symptom of normal aging. The impairment in cognitive function is usually accompanied by deterioration in emotional control, social behavior, or motivation. The probability of dementia increases with age and interferes with social or occupational functioning.

## Causes of Dementia

### Causes

- Degeneration of nerve cells in the brain, with nerve cells dying more quickly than in normal aging
- Reversible causes: Thiamine deficiency, brain injury, strokes, multiple sclerosis, HIV infection, brain tumors, thyroid disease (hypothyroidism), Vitamin B12 deficiency, heavy-metal poisoning, drug interactions and toxicity, fluid build-up in the brain (hydrocephalus), chronic alcoholism, encephalitis, and infections like meningitis and syphilis
- Irreversible but progressive causes: Vascular dementia, post-traumatic dementia, Alzheimer's Disease, Parkinson's disease, and inherited disorders

## Symptoms of Dementia

### Symptoms

- Frequent and progressive loss of memory
- Difficulty in completing similar tasks
- Communication problems, including language difficulties
- Getting lost in familiar places
- Poor judgment
- Problems dealing with money
- Misplacing things
- Mood changes and rapid mood swings
- Personality changes, such as irritating behavior, doubt, or fear
- Loss of creativity and decreased interest in activities

## Diagnosis

### Diagnosis

Diagnosis is typically based on clinical examination and identification of symptoms. Underlying health conditions may be identified, and further tests such as imaging studies may be conducted to rule out other serious conditions.

## Trigger Factors

### Trigger Factors

#### Age

The probability of dementia increases with age.

#### Previous Incidences of Dementia

Previous episodes of dementia can increase the risk of future episodes.

#### Imbalance of Doshas

Disturbance and imbalance in the three doshas of the body (Vata, Pitta, and Kapha), particularly Vata (mainly Prana Vata).

#### Medical Conditions

Certain medical conditions such as strokes, brain injuries, and infections can trigger dementia.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Brahmi Capsules

Prepared from the pure and standardized extracts of Brahmi (*Bacopa monnieri*). Acts as a nerve tonic, brain sharpener, improves short and long-term memory, reduces anxiety, and promotes calmness.

#### Gotukola Capsules

Prepared using the standardized extract of Gotukola herb (Indian pennywort). Supports healthy blood circulation, balances psychic energies (Sattva, Rajas, and Tamas), and all three doshas (Vata, Pitta, and Kapha) in the body.

#### Memory Support

Prepared using the pure extracts of four wonderful herbs: Brahmi (*Bacopa monnieri*), Vacha (*Acorus calamus*), Shankhpushpi (*Convolvulus pluricaulis*), and Licorice (*Glycyrrhiza*

glabra). Supports healthy memory, increases brain power, and manages memory-related disorders.

### **Medhya Churna**

A herbal powder made from standardized extracts of various herbs including Vacha (Acorus calamus), Ashwagandha (Withania somnifera), Brahmi (Bacopa monnieri), Ajmoda (Carum roxburghianum), and others. Improves memory, concentration, reduces anxiety, and boosts confidence.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Brahmi Capsules: 2 capsules, two times a day, with plain water, after meals.

Gotukola Capsules: 2 capsules, two times a day, with plain water, after meals.

Memory Support: 1-2 capsules, two times a day, with plain water, after meals.

Medhya Churna: 1/4 teaspoon once daily with 1 spoon of Cow Ghee (Clarified Butter).

# Depression

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## Overview of Depression

Depression is a mood disorder that causes a loss of interest and a feeling of sadness in a person. It is also known as clinical depression or major depressive disorder. It affects mood, thinking, feeling, and behavior, making it difficult for the person to perform daily activities.

## Causes of Depression

### Causes

- Stress
- Change in the functioning of neurotransmitters
- Hormonal changes in the body
- Family history of depression
- Certain medications
- Serious health problems
- Alcohol abuse

## Symptoms of Depression

### Symptoms

- Loss of interest in activities
- Feeling of sadness or emptiness
- Changes in appetite or sleep
- Fatigue or loss of energy
- Difficulty concentrating or making decisions
- Feelings of worthlessness or guilt
- Recurring thoughts of death or suicidal thoughts
- Physical symptoms such as headaches or digestive problems
- Social isolation

## Diagnosis

### Diagnosis

Diagnosis is typically based on clinical examination and identification of symptoms. A doctor may perform physical examinations, blood tests (such as a complete blood count), or check the functioning of the thyroid gland to confirm the diagnosis. The doctor may also ask about feelings, thoughts, or behavior patterns.

## Trigger Factors

### Trigger Factors

#### Stress

Stress is a major reason for depression.

#### Family History

A person with a family history of depression is at high risk of getting the disorder.

#### Medical Conditions

Serious health problems can cause depression.

#### Medications

Certain medications can be the reason for depression.

#### Alcohol Abuse

Alcohol abuse is another reason for depression.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Gotukola Capsules

Made from the pure and standardized extract of Gotukola (*Centella asiatica*). It boosts memory, manages concentration, and helps in treating acidity caused by stress and depression. It prevents nervous exhaustion and calms the nervous system.

#### Medhya Churna

A herbal powder made from a combination of herbs including Brahmi (*Bacopa monnieri*), Vacha (*Acorus calamus*), Ashwagandha (*Withania somnifera*), and Shankhpushpi (*Convolvulus pluricaulis*). It manages stress and depression by balancing the three doshas (Vata, Pitta, and Kapha).

#### Memory Support

Prepared using the pure extracts of Brahmi (*Bacopa monnieri*), Vacha (*Acorus calamus*), Shankhpushpi (*Convolvulus pluricaulis*), and Licorice (*Glycyrrhiza glabra*). It supports healthy memory, increases brain power, and manages memory-related disorders.

#### Stress Support

Made from a combination of herbs such as Ashwagandha (*Withania somnifera*), Tagar (*Valeriana Wallichii*), and Brahmi (*Bacopa monnieri*). It helps to manage stress and depression by calming the nervous system and providing relief from anxiety.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Gotukola Capsules: 2 capsules, twice daily, with plain water.

Medhya Churna: 1/4 teaspoon once daily with 1 spoon of Cow Ghee (Clarified Butter).

Memory Support: 2 capsules, twice daily, with plain water.

Stress Support: 2 capsules, twice daily, with plain water.

# Diabetes Mellitus

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## Overview of Diabetes Mellitus

Diabetes Mellitus, commonly known as diabetes, refers to a group of diseases that affect how the body uses glucose. It is mainly a disease of the pancreas that produces the hormone insulin. If a person has diabetes, the pancreas either cannot produce enough insulin or uses the insulin incorrectly, or both. According to Ayurveda, Diabetes Mellitus is known as Madhumeha (excretion of the sweet urine) and is considered a metabolic kapha disorder with reduced Agni, leading to increased blood sugar levels.

## Causes of Diabetes Mellitus

### Causes

- Type 1 Diabetes: Caused by a combination of genetic and environmental factors.
- Type 2 Diabetes: Cells become resistant to insulin, and the pancreas is not able to make enough insulin to overcome this resistance.
- Gestational Diabetes: Placenta hormones during pregnancy make cells more resistant to insulin.
- Family History
- Environmental Factors
- Damage to immune system cells
- Dietary factors
- Weight increase
- Less physical activity
- Polycystic ovarian Syndrome (PCOS)
- High Blood Pressure

## Symptoms of Diabetes Mellitus

### Symptoms

- Increased thirst
- Frequent urination
- Extreme hunger
- Blurred vision
- Slow healing sores
- Presence of ketones in the urine
- Weight loss
- Skin pigmentation



## Diagnosis

### Diagnosis

Diagnosis is typically based on blood tests such as Fasting Blood Sugar (FBS) and Random Blood Sugar (RBS) tests. FBS levels above 126 mg/dl or RBS levels above 200 mg/dl indicate diabetes.

## Trigger Factors

### Trigger Factors

#### Family History

A person with a family history of diabetes is at high risk.

#### Environmental Factors

Environmental factors can contribute to the development of diabetes.

#### Weight Increase

Being overweight or obese increases the risk of Type 2 Diabetes.

#### Less Physical Activity

Lack of physical activity can contribute to insulin resistance.

#### Polycystic Ovarian Syndrome (PCOS)

PCOS can increase the risk of developing Type 2 Diabetes.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Dia-Beta Plus

A mixture of various herbs including Gurmar (*Gymnema sylvestre*), Karela (*Momordica charantia*), Saptrangi (*Salacia oblonga*), Vizyasaar (*Pterocarpus marsupium*), Ashwagandha (*Withania somnifera*), and Tulsi (*Ocimum tenuiflorum*). It helps control blood sugar levels and prevents diabetic neuropathy and other complications.

#### Karela Capsules

Made from Bitter Melon (*Momordica charantia*). It restores the imbalance created due to uncontrolled sugar and prevents complications of diabetes.

#### Madhumehantak Churna

A combination of herbs including Saptrangi (*Salacia chinensis*), Vizyasaar (*Pterocarpus marsupium*), Bilva Patra (*Aegle marmelos*), Gurmar (*Gymnema sylvestre*), Daruhaldi (*Berberis aristata*), Neem Patra (*Azadirachta indica*), Methi (*Trigonella foenum-graecum*),

Jamun (*Syzygium cumini*), Karela (*Momordica charantia*), Tulsi (*Ocimum sanctum*), and Sadabahar (*Echhneria rosea*). It is effective in controlling diabetes and its complications.

#### **Fenugreek Capsules**

Made from Fenugreek (*Trigonella foenum-graecum*). It shows a significant decrease in blood sugar levels by slowing down the digestion and absorption of carbohydrates.

#### **Diaplan Tea**

A herbal tea that helps in managing blood sugar levels and overall health.

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Dia-Beta Plus: 2 capsules, twice daily, before meals with warm water.

Karela Capsules: 2 capsules, twice daily, after meals with warm water.

Madhumehantak Churna: 1 teaspoonful, twice daily, with warm water, before meals.

Fenugreek Capsules: 2 capsules, twice daily, after meals with warm water.

Diaplan Tea: 1 cup of Diaplan Tea, once daily.

# Diarrhea

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## Overview of Diarrhea

Diarrhea is a common health problem characterized by frequent and painful loose, watery stools. It can range from mild to life-threatening and is often caused by an infection in the gastrointestinal tract or consuming contaminated food and water.

## Causes of Diarrhea

### Causes

- Infection in the gastrointestinal tract due to bacteria, viruses, or parasitic organisms
- Microscopic colitis, especially in older adults
- Malabsorptive and maldigestive diarrhea due to impaired nutrient absorption and digestive function
- Chronic infections, often related to travel or antibiotic use
- Drug-induced diarrhea from laxatives or antibiotics
- Endocrine disturbances

## Symptoms of Diarrhea

### Symptoms

- Weight loss
- Fever
- Blood or pus in the stools
- Persistent vomiting
- Dehydration
- Stomach pain
- Abdominal cramps
- Bloating
- Thirst

## Diagnosis

### Diagnosis

Diagnosis is typically based on clinical examination and identification of symptoms. Stool tests may be conducted to identify the presence of infectious agents. In some cases, blood tests or imaging studies may be performed to rule out other conditions.

## Trigger Factors

### Trigger Factors

#### Contaminated Food and Water

Consuming food or water contaminated with microbes can trigger diarrhea.

#### Poor Hygiene

Poor sanitation and hygiene practices can lead to the spread of infections causing diarrhea.

#### Travel History

Traveling to areas with poor sanitation can increase the risk of developing diarrhea.

#### Antibiotic Use

The use of antibiotics can disrupt the normal gut flora, leading to diarrhea.

#### Endocrine Disturbances

Certain endocrine disorders can affect digestive health and lead to diarrhea.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Arjuna Capsules

Made from the standardized extract of Arjuna (*Terminalia Arjuna*) tree bark. Acts as an anti-oxidant, analgesic, and anti-inflammatory. Helps to control bleeding and maintain heart health.

#### Vatsakadi Churna

A pure natural formulation consisting of Bilva (*Aegle Marmelos*), Saunf (*Foeniculum Vulgare*), Dhania (*Coriandrum Sativum*), Kutaz (*Holarrhena antidysenterica*), Nagarmotha (*Cyperus Scariosus*), Anar (Pomegranate), Chotti Elaichi (Cardamom), and Jaiphal (*Myristica Fragrans*). It works on the intestines and helps in relieving and curing dysentery and diarrhea.

#### Pitta Balance

Contains ingredients like Kamdudha Ras, Mukti Pisti, Praval Pishti, Akik Pishti, Jaharmohra Pisti, and Giloy Satva (*Tinospora Cordifolia*). Helps to balance Pitta dosha, which is primarily responsible for digestion and metabolism. Provides a cooling effect and helps in controlling bleeding.

#### Kutajghan Vati

Prepared from the herb Kutaja (*Holarrhena antidysenterica*). It has carminative, aphrodisiac, and other medicinal properties. Helps in balancing all three doshas, stimulates digestive fire, and relieves chronic diarrhea, dysentery, and digestive problems.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Arjuna Capsules: 2 capsules, twice daily, with plain water, after meals.

Vatsakadi Churna: 1 teaspoonful, twice daily, with plain water, after meals. Alternatively, boil 1 teaspoonful in 400 ml water until it reduces to 50 ml, then strain and drink the water.

Pitta Balance: 1 capsule, twice daily, with plain water, after meals.

Kutajghan Vati: 2 tablets, twice daily, with plain water, after meals.

# Down Syndrome

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## Overview of Down Syndrome

Down Syndrome is a genetic disorder caused by the presence of an extra copy of chromosome 21 (or a significant part of it) in a person's DNA. It is characterized by intellectual and physical disabilities, and it affects about 1 in every 700 births. Down Syndrome is not a disease but a genetic condition that affects cognitive ability, physical growth, and other aspects of development.

## Causes of Down Syndrome

### Causes

- Presence of an extra copy of chromosome 21 (Trisomy 21)
- Mosaicism: A mixture of cells with 46 and 47 chromosomes
- Translocation: Part of chromosome 21 breaks off and attaches to another chromosome
- Advanced maternal age: Risk increases with the mother's age
- Family history: Though rare, some families may have a higher risk

## Symptoms of Down Syndrome

### Symptoms

- Intellectual disability
- Delayed speech and language development
- Short stature
- Flat face
- Upward slanting eyes
- Protruding tongue
- Short neck
- Heart defects
- Hearing and vision problems
- Increased risk of certain health conditions like leukemia and thyroid disorders

## Diagnosis

### Diagnosis

Diagnosis is typically made prenatally through screening tests such as the Quad Screen or after birth through physical examination and genetic testing like karyotyping or FISH (Fluorescence In Situ Hybridization).

## Trigger Factors

### Trigger Factors

#### Advanced Maternal Age

The risk of Down Syndrome increases with the mother's age, particularly after the age of 35.

#### Family History

A family history of Down Syndrome can increase the risk, though this is rare.

#### Previous Pregnancy with Down Syndrome

If a previous pregnancy had Down Syndrome, the risk may be slightly higher in subsequent pregnancies.

#### Genetic Factors

Certain genetic conditions in the family can increase the risk of Down Syndrome.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Brahmi Capsules

Made from the standardized extract of Brahmi (*Bacopa monnieri*). Acts as a nerve tonic, brain sharpener, improves short and long-term memory, reduces anxiety, and promotes calmness.

#### Gotukola Capsules

Prepared using the standardized extract of Gotukola (*Centella asiatica*). Supports healthy blood circulation, balances psychic energies (Satva, Rajas, and Tamas), and all three doshas (Vata, Pitta, and Kapha) in the body.

#### Memory Support

Prepared using the pure extracts of Brahmi (*Bacopa monnieri*), Vacha (*Acorus calamus*), Shankhpushpi (*Convolvulus pluricaulis*), and Licorice (*Glycyrrhiza glabra*). Increases brain power and supports healthy brain functioning.

#### Medhya Churna

A herbal powder made from standardized extracts of various herbs including Vacha (*Acorus calamus*), Ashwagandha (*Withania somnifera*), Brahmi (*Bacopa monnieri*), and others. Improves memory, concentration, reduces anxiety, and boosts confidence.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Brahmi Capsules: 2 capsules, twice daily, with plain water, after meals.

Gotukola Capsules: 2 capsules, twice daily, with plain water, after meals.

Memory Support: 1-2 capsules, twice daily, with plain water, after meals.

Medhya Churna: 1/4 teaspoon once daily with 1 spoon of Cow Ghee (Clarified Butter).



# Dysfunctional Uterine Bleeding (DUB)

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## Overview of Dysfunctional Uterine Bleeding (DUB)

Dysfunctional Uterine Bleeding (DUB) is a condition characterized by abnormal uterine bleeding that is not associated with any pelvic pathology, only with hormonal imbalance. It is common during puberty and menopause but can occur at any stage of life due to hormonal imbalances. According to Ayurveda, DUB occurs due to the disturbance of the doshas, particularly the amalgam of Pitta with Rakta (blood).

## Causes of Dysfunctional Uterine Bleeding (DUB)

### Causes

- Hormonal imbalances, especially in sex hormones
- Disturbance of the doshas, particularly Pitta and Rakta
- Side effects of certain medications
- Hormonal changes during puberty and menopause

## Symptoms of Dysfunctional Uterine Bleeding (DUB)

### Symptoms

- Heavy menstrual bleeding or bleeding that lasts for more than one week
- Excessive bleeding between periods
- Bleeding with spots
- Bloating
- Tenderness in the breast

## Diagnosis

### Diagnosis

Diagnosis is typically based on clinical examination and identification of symptoms. Medical history, physical examination, and sometimes imaging studies or blood tests may be conducted to rule out other underlying conditions.

## Trigger Factors

### Trigger Factors

#### Hormonal Imbalances

Imbalances in sex hormones can lead to DUB.

#### Medications

Certain medications can cause DUB as a side effect.

#### Puberty and Menopause

Hormonal changes during these stages of life can trigger DUB.

#### Ayurvedic Dosha Imbalance

Disturbance in Pitta and Rakta doshas can lead to DUB.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Pradrantak Churna

An effective herbal formulation made from herbs like Lodhra (*Symplocus racemosa*), Ashok (*Saraca indica*), Udumbar (*Ficus glomerata*), and Arjuna (*Terminalia arjuna*). It helps to relax uterine muscles, control bleeding, and balance the aggravated Pitta dosha.

#### Female Health Support

This product supports overall female health by balancing the doshas. It is made from herbs such as Ashok (*Saraca indica*), Lodhra (*Symplocus racemosa*), and Shatavari (*Asparagus racemosus*). It helps to control bleeding and provides strength to the body to overcome weakness due to excessive blood loss.

#### Chandanadi Vati

This herbal formulation helps to maintain Pitta dosha in balance. It is made from herbs like Safed Chandan (*Santalum album*), Amalaki (*Phyllanthus emblica*), Rasaunt (*Berberis aristata*), and Gokshura (*Tribulus terrestris*). It provides nutrition to the body and supports the female reproductive system.

#### Pitta Balance

These capsules are made from pure calcium compounds and herbs like Praval Pishti, Akik Pishti, Jahar Mohra Pishti, Kamdudha Ras, Mukta Pishti, and Giloy Satva (*Tinospora cordifolia*). They help to balance the aggravated Pitta dosha and control uterine bleeding.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Pradrantak Churna: 1 teaspoonful, twice daily, after meals, with plain water.

Female Health Support: 2 capsules, twice daily, after meals, with plain water.

Chandanadi Vati: 2 tablets, twice daily, after meals, with plain water.

Pitta Balance: 1 capsule, twice daily, after meals, with plain water.

# Dysphagia

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## Overview of Dysphagia

Dysphagia is a condition characterized by difficulty in swallowing food, liquids, or saliva. It can be caused by various factors affecting the mouth, throat, or esophagus. This condition can lead to malnutrition, dehydration, and respiratory problems if not managed properly.

## Causes of Dysphagia

### Causes

- Neurological disorders such as stroke, Parkinson's disease, and multiple sclerosis
- Structural problems like esophageal stricture or tumors
- Muscular disorders such as achalasia
- Gastroesophageal reflux disease (GERD)
- Infections like esophagitis
- Aging and dementia

## Symptoms of Dysphagia

### Symptoms

- Difficulty swallowing solids or liquids
- Choking or coughing while eating
- Food getting stuck in the throat or chest
- Weight loss due to inadequate nutrition
- Regurgitation of food
- Coughing or gagging

## Diagnosis

### Diagnosis

Diagnosis is typically based on clinical examination and identification of symptoms. Additional tests such as barium swallow, endoscopy, or manometry may be conducted to determine the underlying cause.

## Trigger Factors

### Trigger Factors

#### Neurological Disorders

Conditions like stroke, Parkinson's disease, and multiple sclerosis can trigger dysphagia.

#### Structural Problems

Esophageal stricture or tumors can cause dysphagia.

#### Muscular Disorders

Conditions like achalasia can affect the muscles involved in swallowing.

#### Aging and Dementia

Older adults and those with dementia are more prone to dysphagia.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Kanchnaar Guggul

Made from a combination of herbs including Kanchnaar (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), and others. It helps in reducing inflammation and swelling in the throat and esophagus, making swallowing easier.

#### Triphala Guggul

Prepared from the Triphala formula (Amalaki, Haritaki, and Bahera) along with Guggul. It aids in detoxification, reduces inflammation, and improves digestive health, which can help alleviate symptoms of dysphagia.

#### Guggul Capsules

Made from the resin of the *Commiphora mukul* tree. It has anti-inflammatory properties and helps in reducing swelling and pain in the throat and esophagus.

#### Amalaki Rasayan

Prepared from the pure extract of Amalaki (*Emblica officinalis*). It is rich in antioxidants, helps in rejuvenation, and supports overall health, including the digestive system.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Kanchnaar Guggul: 2 tablets, twice daily, with warm water, after meals.

Triphala Guggul: 2 tablets, twice daily, with warm water, after meals.

Guggul Capsules: 1 capsule, twice daily, with warm water, after meals.

Amalaki Rasayan: 1 teaspoonful, twice daily, with warm water, after meals.

# Dengue Fever

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## Overview of Dengue Fever

Dengue fever is a mosquito-borne tropical disease caused by the dengue virus. It is characterized by severe flu-like symptoms and can sometimes develop into the more severe dengue hemorrhagic fever. According to Ayurveda, dengue fever is considered a result of the imbalance of the three doshas (Vata, Pitta, and Kapha) and is often associated with an increase in Pitta dosha.

## Causes of Dengue Fever

### Causes

- Mosquito bite: The primary cause is the bite of an infected Aedes mosquito.
- Viral infection: The dengue virus is the direct cause of the disease.
- Imbalance of doshas: In Ayurveda, it is believed that the imbalance of Vata, Pitta, and Kapha doshas contributes to the development of dengue fever.
- Environmental factors: Poor sanitation, lack of hygiene, and tropical climates can increase the risk.

## Symptoms of Dengue Fever

### Symptoms

- High fever
- Severe headache
- Pain behind the eyes
- Joint and muscle pain
- Rash
- Nausea and vomiting
- Fatigue
- Bleeding gums or nose
- Severe abdominal pain

## Diagnosis

### Diagnosis

Diagnosis is typically based on clinical examination and identification of symptoms. Blood tests such as the NS1 antigen test or PCR (Polymerase Chain Reaction) may be conducted to confirm the presence of the dengue virus.

## Trigger Factors

### Trigger Factors

#### Mosquito Bites

Bites from infected Aedes mosquitoes are the primary trigger for dengue fever.

#### Environmental Conditions

Poor sanitation, lack of hygiene, and tropical climates increase the risk of dengue fever.

#### Ayurvedic Dosha Imbalance

Imbalance of Vata, Pitta, and Kapha doshas can contribute to the development of dengue fever.

#### Previous Infections

Previous infections with dengue virus can increase the risk of more severe forms of the disease.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Giloy Capsules

Made from the pure extract of Giloy (*Tinospora cordifolia*). It acts as an immunomodulator, enhances the immune system, and helps in fighting infections like dengue fever.

#### Ashwagandha Capsules

Prepared from the standardized extract of Ashwagandha (*Withania somnifera*). It helps in reducing stress, improving overall health, and boosting the immune system.

#### Papaya Leaf Extract

Extracted from the leaves of the papaya plant. It helps in increasing platelet count, which is often reduced in dengue fever.

#### Dengue Care Pack

A combination of various herbal remedies including Giloy, Ashwagandha, and Papaya Leaf Extract. It helps in managing the symptoms of dengue fever and supporting the immune system.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Giloy Capsules: 2 capsules, twice daily, with plain water, after meals.



Ashwagandha Capsules: 2 capsules, twice daily, with plain water, after meals.

Papaya Leaf Extract: 1 teaspoonful, twice daily, with plain water, after meals.

Dengue Care Pack: Follow the specific dosage instructions provided with the pack, generally 2 capsules/tablets of each remedy, twice daily, with plain water, after meals.

# Dermatitis

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## Overview of Dermatitis

Dermatitis, also known as eczema, is a group of skin conditions that cause inflammation, redness, and itching. It can be acute or chronic and affects people of all ages. According to Ayurveda, dermatitis is often associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an increase in Pitta dosha.

## Causes of Dermatitis

### Causes

- Genetic predisposition
- Environmental factors such as allergens, irritants, and stress
- Imbalance of doshas, especially Pitta dosha
- Allergic reactions to substances like soaps, detergents, or metals
- Infections and autoimmune disorders

## Symptoms of Dermatitis

### Symptoms

- Red, itchy, and swollen skin
- Dry, scaly, or crusty skin
- Blisters or bumps on the skin
- Skin cracking
- Increased sensitivity to the skin

## Diagnosis

### Diagnosis

Diagnosis is typically based on clinical examination and identification of symptoms. A doctor may perform a physical exam, take a medical history, and sometimes conduct patch tests or skin scrapings to confirm the diagnosis.

## Trigger Factors

### Trigger Factors

#### Genetic Predisposition

Individuals with a family history of dermatitis are more likely to develop the condition.

#### Environmental Factors

Exposure to allergens, irritants, and stress can trigger dermatitis.

#### Ayurvedic Dosha Imbalance

Imbalance of Pitta dosha is a common trigger for dermatitis according to Ayurveda.

#### Allergic Reactions

Allergic reactions to substances like soaps, detergents, or metals can cause dermatitis.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Neem Capsules

Made from the standardized extract of Neem (*Azadirachta indica*). It has anti-inflammatory, antibacterial, and antifungal properties, which help in treating skin conditions like dermatitis.

#### Manjishtha Capsules

Prepared from the standardized extract of Manjishtha (*Rubia cordifolia*). It helps in detoxifying the blood, reducing inflammation, and improving skin health.

#### Gandhak Rasayan

A herbal formulation made from purified sulfur. It helps in purifying the blood, reducing skin inflammation, and treating various skin disorders including dermatitis.

#### Pitta Balance

Contains ingredients like Praval Pishti, Akik Pishti, Jahar Mohra Pishti, Kamdudha Ras, Mukta Pishti, and Giloy Satva (*Tinospora cordifolia*). It helps to balance the aggravated Pitta dosha, which is often responsible for skin conditions like dermatitis.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Neem Capsules: 2 capsules, twice daily, with plain water, after meals.

Manjishtha Capsules: 2 capsules, twice daily, with plain water, after meals.

Gandhak Rasayan: 1 tablet, twice daily, with milk or water, after meals.

Pitta Balance: 1 capsule, twice daily, with plain water, after meals.

# Diabetic Neuropathy

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## Overview of Diabetic Neuropathy

Diabetic neuropathy is a type of nerve damage that can occur if you have diabetes. High blood sugar (glucose) can injure nerves throughout your body, but often damages nerves in your legs and feet. According to Ayurveda, diabetic neuropathy is considered a result of the imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an increase in Vata dosha. It is a metabolic kapha disorder with reduced Agni, leading to increased blood sugar levels.

## Causes of Diabetic Neuropathy

### Causes

- High blood sugar levels over a long period
- Damage to the blood vessels that carry oxygen and nutrients to the nerves
- Autoimmune factors where the immune system attacks the nerves
- Genetic factors
- Imbalance of doshas, especially Vata dosha

## Symptoms of Diabetic Neuropathy

### Symptoms

- Numbness or tingling in the feet or hands
- Pain or discomfort in the feet or hands
- Weakness in the muscles
- Sensitivity to touch
- Burning or shooting pains
- Loss of reflexes
- Difficulty walking

## Diagnosis

### Diagnosis

Diagnosis is typically based on clinical examination and identification of symptoms. Additional tests such as nerve conduction studies, electromyography (EMG), and blood tests to check blood sugar levels may be conducted to confirm the diagnosis.

## Trigger Factors

### Trigger Factors

#### High Blood Sugar Levels

Prolonged high blood sugar levels can damage nerves.

#### Poor Blood Vessel Health

Damage to blood vessels can reduce oxygen and nutrient supply to nerves.

#### Genetic Factors

Family history can increase the risk of developing diabetic neuropathy.

#### Ayurvedic Dosha Imbalance

Imbalance of Vata dosha is a common trigger for diabetic neuropathy according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Neuroplan

A combination of herbs like Ashwagandha (*Withania somnifera*), Brahmi (*Bacopa monnieri*), and Shankhpushpi (*Convolvulus pluricaulis*). It helps in strengthening the nervous system and reducing the symptoms of neuropathy.

#### Guggul Capsules

Made from the resin of the *Commiphora mukul* tree. It has anti-inflammatory properties and helps in reducing swelling and pain associated with neuropathy.

#### Yashtimadhu (Licorice)

Prepared from the standardized extract of Yashtimadhu (*Glycyrrhiza glabra*). It has anti-inflammatory and antioxidant properties, which help in healing and protecting the nerves.

#### Maharasnadi Quath

A herbal decoction made from a combination of herbs including Bilva (*Aegle marmelos*), Shatavari (*Asparagus racemosus*), and others. It helps in nourishing and strengthening the nerves, reducing pain and inflammation.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Neuroplan: 2 capsules, twice daily, with plain water, after meals.

Guggul Capsules: 1 capsule, twice daily, with plain water, after meals.

Yashtimadhu (Licorice): 1 capsule, twice daily, with plain water, after meals.

Maharasnadi Quath: 1/4 teaspoon of the decoction, twice daily, with warm water, after meals.

# Diverticulitis

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## Overview of Diverticulitis

Diverticulitis is a condition where small, bulging pouches (diverticula) in the digestive tract, typically in the colon, become inflamed or infected. This condition can cause severe abdominal pain, changes in bowel habits, and other symptoms. According to Ayurveda, diverticulitis is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an increase in Vata and Pitta doshas.

## Causes of Diverticulitis

### Causes

- Low-fiber diet leading to constipation
- Aging and weakening of the colon wall
- Genetic predisposition
- Obesity
- Lack of physical activity
- Imbalance of doshas, especially Vata and Pitta

## Symptoms of Diverticulitis

### Symptoms

- Severe abdominal pain, usually on the lower left side
- Changes in bowel habits, such as constipation or diarrhea
- Fever
- Nausea and vomiting
- Abdominal tenderness
- Blood in the stool

## Diagnosis

### Diagnosis

Diagnosis is typically based on clinical examination and identification of symptoms. Additional tests such as CT scans, X-rays, or colonoscopy may be conducted to confirm the diagnosis and rule out other conditions.



## Trigger Factors

### Trigger Factors

#### Low-Fiber Diet

A diet low in fiber can lead to constipation and increase the risk of diverticulitis.

#### Aging

The risk of diverticulitis increases with age due to the weakening of the colon wall.

#### Obesity

Being overweight or obese can increase the risk of developing diverticulitis.

#### Lack of Physical Activity

Lack of physical activity can contribute to the development of diverticulitis.

#### Ayurvedic Dosha Imbalance

Imbalance of Vata and Pitta doshas can trigger diverticulitis according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Digestion Support

A blend of herbs like Amla (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bahera (*Terminalia bellerica*), Sounf (*Foeniculum vulgare*), Jeerak (*Cuminum cuminum*), Pippali (*Piper longum*), and Dhania (*Coriander sativum*). It supports healthy digestion and alleviates digestive problems associated with diverticulitis.

#### Sanjivani Vati

A combination of herbs including Vidanga (*Embelia ribes*), Ginger root (*Zingiber officinale*), Pippali (*Piper longum*), Haritaki (*Terminalia chebula*), Amlaki (*Emblica officinalis*), Vacha (*Acorus calamus*), Guduchi herb (*Tinospora cordifolia*), Shuddh bhallataka (*Semecarpus anacardium*, purified), and Shuddh vatsnabh (*Aconitum ferox*, purified). It helps to reduce the complications due to diverticulitis by keeping the large intestine free from harmful bacteria.

#### Agnitundi Vati

A herbal formulation made from Triphala, Jeerak (*Cuminum cuminum*), Shunthi (*Zingiber officinale*), Chitrak (*Plumbago zeylanica*), Pippali (*Piper longum*), and Maricha (*Piper nigrum*). It supports good intestine health, balances Vata dosha, and resolves constipation problems.

### **Vatsakadi Churna**

A combination of natural ingredients including Kutaz (*Holarrhena antidysenterica*), Sounf (*Foeniculum vulgare*), Dhania (*Coriandrum Sativum*), Nagarmotha (*Cyperus Scariosus*), Anar (Pomegranate), Chotti Elaichi (Cardamom), and Jaiphal (*Myristica Fragrans*). It helps to relieve symptoms associated with diverticulitis like nausea, vomiting, abdominal pain, and diarrhea.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Digestion Support: 1-2 capsules, twice daily, with plain water, after meals.

Sanjivani Vati: 2 tablets, twice daily, after meals.

Agnitundi Vati: 2 tablets, twice daily, after meals.

Vatsakadi Churna: 1 teaspoonful, twice daily, with plain water, after meals. Alternatively, boil 1 teaspoonful in 400 ml water until it reduces to 50 ml, then strain and drink the water.

# Duodenal Ulcers

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## Overview of Duodenal Ulcers

Duodenal ulcers are open sores that develop on the inside lining of the duodenum, which is the first part of the small intestine. These ulcers can cause severe abdominal pain and are often associated with an imbalance of the three doshas (Vata, Pitta, and Kapha) in Ayurveda, particularly an increase in Pitta dosha.

## Causes of Duodenal Ulcers

### Causes

- Helicobacter pylori (H. pylori) bacterial infection
- Long-term use of nonsteroidal anti-inflammatory drugs (NSAIDs)
- Excessive alcohol consumption
- Smoking
- Stress
- Imbalance of doshas, especially Pitta dosha

## Symptoms of Duodenal Ulcers

### Symptoms

- Severe abdominal pain, usually in the upper middle or right side of the abdomen
- Pain that worsens at night
- Nausea and vomiting
- Bloating and gas
- Loss of appetite
- Weight loss
- Black, tarry stools or vomiting blood

## Diagnosis

### Diagnosis

Diagnosis is typically based on clinical examination and identification of symptoms. Additional tests such as endoscopy, barium swallow, or blood tests to detect H. pylori infection may be conducted to confirm the diagnosis.

## Trigger Factors

### Trigger Factors

#### H. pylori Infection

Infection with the H. pylori bacteria is a common trigger for duodenal ulcers.

#### NSAIDs

Long-term use of nonsteroidal anti-inflammatory drugs can cause duodenal ulcers.

#### Excessive Alcohol Consumption

Drinking too much alcohol can increase the risk of developing duodenal ulcers.

#### Smoking

Smoking can impair the protective lining of the stomach and increase the risk of ulcers.

#### Ayurvedic Dosha Imbalance

Imbalance of Pitta dosha can trigger duodenal ulcers according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Amalaki Rasayan

Prepared from the pure extract of Amalaki (*Emblica officinalis*). It has anti-inflammatory and antioxidant properties, which help in healing and protecting the stomach lining.

#### Pitta Balance

Contains ingredients like Praval Pishti, Akik Pishti, Jahar Mohra Pishti, Kamdudha Ras, Mukta Pishti, and Giloy Satva (*Tinospora cordifolia*). It helps to balance the aggravated Pitta dosha, which is often responsible for stomach ulcers.

#### Mahashankh Vati

A combination of various natural ingredients including Pippali mool (*Piper longum*), Chitrak (*Plumbago zeylanica*), Danti mool (*Baliospermum montanum*), Pippali (*Piper longum*), Marich (*Piper nigrum*), Shunti (*Zingiber officinale*), and others. It helps to balance Pitta and Vata doshas and is effective in treating stomach ulcers.

#### Digestion Support

Prepared using the pure extracts of Amla (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bahera (*Terminalia bellerica*), Sounf (*Foeniculum vulgare*), Jeerak (*Cuminum cuminum*), Pippali (*Piper longum*), and Dhania (*Coriander sativum*). It supports healthy digestion and alleviates digestive problems associated with duodenal ulcers.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Amalaki Rasayan: 1 teaspoonful, twice daily, with warm water, after meals.

Pitta Balance: 1 capsule, twice daily, with plain water, after meals.

Mahashankh Vati: 2 tablets, twice daily, with plain water, after meals.

Digestion Support: 1-2 capsules, twice daily, with plain water, after meals.

# Dyshidrotic Eczema

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## Overview of Dyshidrotic Eczema

Dyshidrotic eczema, also known as pompholyx or vesicular palmoplantar eczema, is a type of skin condition characterized by the appearance of small, itchy blisters on the hands and feet. It is more common in women than in men and can be triggered by various factors including stress, allergies, and environmental conditions. According to Ayurveda, dyshidrotic eczema is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an increase in Pitta dosha.

## Causes of Dyshidrotic Eczema

### Causes

- Stress
- Allergies
- Environmental factors such as extreme temperatures or exposure to metals
- Genetic predisposition
- Imbalance of doshas, especially Pitta dosha

## Symptoms of Dyshidrotic Eczema

### Symptoms

- Small, itchy blisters on the hands and feet
- Redness and swelling of the affected area
- Crusting and scaling of the skin
- Painful cracks in the skin
- Infection if the blisters become open

## Diagnosis

### Diagnosis

Diagnosis is typically based on clinical examination and identification of symptoms. A doctor may perform a physical exam, take a medical history, and sometimes conduct patch tests or skin scrapings to confirm the diagnosis and rule out other skin conditions.

## Trigger Factors

### Trigger Factors

#### Stress

Stress is a common trigger for dyshidrotic eczema.

#### Allergies

Allergic reactions can trigger dyshidrotic eczema.

#### Environmental Factors

Exposure to extreme temperatures or metals can trigger the condition.

#### Genetic Predisposition

Family history can increase the risk of developing dyshidrotic eczema.

#### Ayurvedic Dosha Imbalance

Imbalance of Pitta dosha can trigger dyshidrotic eczema according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Neem Capsules

Made from the standardized extract of Neem (*Azadirachta indica*). It has anti-inflammatory, antibacterial, and antifungal properties, which help in treating skin conditions like dyshidrotic eczema.

#### Manjishtha Capsules

Prepared from the standardized extract of Manjishtha (*Rubia cordifolia*). It acts as a blood purifier and helps in treating skin ailments by reducing inflammation and detoxifying the blood.

#### Gandhak Rasayan

A herbal formulation made from purified sulfur. It helps in purifying the blood, reducing skin inflammation, and treating various skin disorders including dyshidrotic eczema.

#### Pitta Balance

Contains ingredients like Praval Pishti, Akik Pishti, Jahar Mohra Pishti, Kamdudha Ras, Mukta Pishti, and Giloy Satva (*Tinospora cordifolia*). It helps to balance the aggravated Pitta dosha, which is often responsible for skin conditions like dyshidrotic eczema.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Neem Capsules: 1 capsule, twice daily, with warm water, after meals.

Manjishtha Capsules: 1 capsule, twice daily, with warm water, after meals.

Gandhak Rasayan: 2 tablets, twice daily, with warm water, after meals.

Pitta Balance: 1 capsule, twice daily, with warm water, after meals.



# Eczema

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## Overview of Eczema

Eczema, also known as atopic dermatitis, is a condition characterized by inflammation of the skin with an itchy rash on swollen, reddened skin. It can occur in many forms and is not contagious or dangerous but can cause uneasiness and make the patient self-conscious. According to Ayurveda, eczema is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an increase in Pitta dosha.

## Causes of Eczema

### Causes

- Allergic or sensitive skin
- Exposure to an irritant
- Genetic predisposition
- Allergy to dust mites, pets, pollens, mold, and dandruff
- Stress and strain
- Climate and physiological factors like heat, cold, moisture
- Imbalance of doshas, especially Pitta dosha

## Symptoms of Eczema

### Symptoms

- Redness on skin
- Inflammation of skin
- Itching in the skin
- Dry and flaky skin
- Rough and thickened skin
- Itchy blisters
- Lichenification – a leathery, thicker skin area
- Tiny fluid-filled blisters

## Diagnosis

### Diagnosis

Diagnosis is typically based on clinical examination and identification of symptoms. A doctor may perform a physical exam, take a medical history, and sometimes conduct patch tests or skin scrapings to confirm the diagnosis and rule out other skin conditions.

## Trigger Factors

### Trigger Factors

#### Allergic or Sensitive Skin

Allergic reactions can trigger eczema.

#### Exposure to Irritants

Exposure to chemical irritants or allergens can cause eczema.

#### Genetic Predisposition

Family history can increase the risk of developing eczema.

#### Stress and Strain

Stress can worsen the symptoms of eczema.

#### Ayurvedic Dosha Imbalance

Imbalance of Pitta dosha can trigger eczema according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Neem Capsules

Made from the standardized extract of Neem (*Azadirachta indica*). It has anti-inflammatory, antibacterial, and antifungal properties, which help in treating skin conditions like eczema.

#### Radiant Skin Hair Nails Formula

These herbal capsules help to maintain the health of the skin and treat ailments like psoriasis, eczema, and other skin diseases. They are formulated using standardized extracts of herbs like Manjishtha (*Rubia cordifolia*), Pitta Papda (*Fumaria officinalis*), Chirata (*Swertia chiratta*), and Ghrit Kumari (*Aloe vera*).

#### Gandhak Rasayan

A herbal formulation made from purified sulfur. It helps in purifying the blood, reducing skin inflammation, and treating various skin disorders including eczema.

#### Pitta Balance

Contains ingredients like Praval Pishti, Akik Pishti, Jahar Mohra Pishti, Kamdudha Ras, Mukta Pishti, and Giloy Satva (*Tinospora cordifolia*). It helps to balance the aggravated Pitta dosha, which is often responsible for skin conditions like eczema.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Neem Capsules: 1 capsule, twice daily, with warm water, after meals.

Radiant Skin Hair Nails Formula: 1-2 capsules, twice daily, with warm water, after meals.

Gandhak Rasayan: 2 tablets, twice daily, with warm water, after meals.

Pitta Balance: 1 capsule, twice daily, with warm water, after meals.

# Eosinophilia

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## Overview of Eosinophilia

Eosinophilia is a chronic disorder characterized by an increased number of eosinophils in the blood. Eosinophils are white blood cells that help fight against diseases and regulate inflammation. According to Ayurveda, eosinophilia is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha) and is often linked to improper digestion and accumulation of toxins (ama) in the body.

## Causes of Eosinophilia

### Causes

- Allergic disorders such as asthma, hay fever, and drug allergies
- Parasitic and fungal infections
- Autoimmune disorders like arthritis, psoriasis, and pernicious anemia
- Skin disorders such as abscesses, scabies, and impetigo
- Tumors like ovarian cancer and lung cancer
- Imbalance of doshas, especially due to improper digestion and toxin accumulation

## Symptoms of Eosinophilia

### Symptoms

- Frequent wheezing
- Breathlessness
- Abdominal pain
- Diarrhea
- Fever
- Cough
- Skin rashes
- Frequent infections
- Abscesses
- Mouth sores
- Night sweats
- Enlargement of lymph nodes

## Diagnosis

### Diagnosis

Diagnosis is typically based on medical history, family history, and complete blood count (CBC) to check the eosinophil count. Additional tests such as echocardiogram, chest X-ray, urinalysis, liver function tests (LFT), serological tests, and bone marrow biopsy may be conducted to assess the underlying cause and rule out other conditions.

## Trigger Factors

### Trigger Factors

#### Allergic Disorders

Conditions like asthma, hay fever, and drug allergies can trigger eosinophilia.

#### Parasitic and Fungal Infections

Infections such as lymphatic filariasis, ascariasis, and trichinosis can increase eosinophil count.

#### Autoimmune Disorders

Conditions like arthritis, psoriasis, and pernicious anemia can contribute to eosinophilia.

#### Skin Disorders

Conditions like abscesses, scabies, and impetigo can trigger eosinophilia.

#### Ayurvedic Dosha Imbalance

Imbalance of doshas due to improper digestion and toxin accumulation can trigger eosinophilia according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Tulsi Capsules

Made from the pure extract of Tulsi (*Ocimum sanctum*). It acts as a natural immune modulator and helps in managing immunological disorders.

#### Pranrakshak Churna

A herbal remedy consisting of herbs like Shrish (*Albezzia lebbeck*), Kantakri (*Solanum xanthocarpum*), Vaasa (*Adhatoda vasica*), Anantmool (*Tylophora asthmatica*), Dalchini (*Cinnamomum zeylanica*), Bharangi (*Clerodandrum serratum*), and Mulethi (*Glycyrrhiza glabra*). It helps in removing toxins from the body and providing immune strength.

### Immune Booster

Contains Grape seed (*Vitis vinifera*), Cow colostrum (*Bovine colostrum*), Bhumi amla (*Phyllanthus niruri*), and Green tea (*Camellia sinensis*). It helps in building up immunity quickly and keeping the body system free from free radicals and toxins.

### Aller-G Care

A classical combination of herbs including Haridra (*Curcuma longa*), Neem (*Azadirachta indica*), Shrish (*Albezzia lebbeck*), and Ashwagandha (*Withania somnifera*). It acts as an anti-oxidant, anti-inflammatory, and anti-allergic agent.

### Laxmibilas Ras

Contains ingredients like Shuddha Parad, Abhrak bhasma, Bhang (*Cannabis sativa*), Dhatura (*Dhatura metel*), etc. It is useful in upper respiratory tract infections and severe allergies, and also has cardio-protective properties.

### Septrin Tablets

Made from ingredients like Turmeric (*Curcuma longa*), Tulsi (*Ocimum sanctum*), Ginger (*Zingiber officinale*), Guggul (*Commiphora mukul*), etc. It enhances immunity, reduces bloating, and helps in proper digestion of food.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Tulsi Capsules: 1 capsule, twice daily, with warm water, after meals.

Pranrakshak Churna: 1 teaspoonful, twice daily, with warm water, after meals.

Immune Booster: 2 capsules, twice daily, with warm water, after meals.

Aller-G Care: 1 capsule, twice daily, with warm water, after meals.

Laxmibilas Ras: 1 tablet, twice daily, with warm water, after meals.

Septrin Tablets: 2 tablets, twice daily, with warm water, after meals.

# Evans Syndrome

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## Overview of Evans Syndrome

Evans Syndrome is a rare autoimmune disorder characterized by the combination of two or more cytopenias (reduced counts of blood cells) due to immune system dysfunction. It often involves autoimmune hemolytic anemia (AIHA) and immune thrombocytopenic purpura (ITP), and sometimes autoimmune neutropenia. According to Ayurveda, Evans Syndrome is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an increase in Pitta dosha and impaired immune function.

## Causes of Evans Syndrome

### Causes

- Autoimmune response where the immune system attacks healthy blood cells
- Genetic predisposition
- Infections
- Medications
- Imbalance of doshas, especially Pitta dosha

## Symptoms of Evans Syndrome

### Symptoms

- Anemia symptoms such as pale skin, fatigue, and shortness of breath
- Bleeding or bruising easily due to low platelet count
- Frequent infections due to low white blood cell count
- Jaundice
- Dark urine
- Abdominal pain

## Diagnosis

### Diagnosis

Diagnosis is typically based on medical history, physical examination, and laboratory tests such as complete blood count (CBC), reticulocyte count, and tests to detect autoantibodies. Additional tests like bone marrow biopsy may be conducted to confirm the diagnosis.

## Trigger Factors

### Trigger Factors

#### Autoimmune Response

The immune system attacking healthy blood cells is a primary trigger for Evans Syndrome.

#### Genetic Predisposition

Family history can increase the risk of developing Evans Syndrome.

#### Infections

Certain infections can trigger the autoimmune response leading to Evans Syndrome.

#### Medications

Some medications can induce the autoimmune response.

#### Ayurvedic Dosha Imbalance

Imbalance of Pitta dosha can contribute to the development of Evans Syndrome according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Ashwagandha Capsules

Made from the standardized extract of Ashwagandha (*Withania somnifera*). It helps in reducing stress, improving overall health, and boosting the immune system.

#### Giloy Capsules

Prepared from the pure extract of Giloy (*Tinospora cordifolia*). It acts as an immunomodulator, enhances the immune system, and helps in fighting infections.

#### Pitta Balance

Contains ingredients like Praval Pishti, Akik Pishti, Jahar Mohra Pishti, Kamdudha Ras, Mukta Pishti, and Giloy Satva (*Tinospora cordifolia*). It helps to balance the aggravated Pitta dosha, which is often responsible for autoimmune disorders.

#### Immune Booster

A combination of herbs including Grape seed (*Vitis vinifera*), Cow colostrum (Bovine colostrum), Bhumi amla (*Phyllanthus niruri*), and Green tea (*Camellia sinensis*). It helps in building up immunity quickly and keeping the body system free from free radicals and toxins.



## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Ashwagandha Capsules: 2 capsules, twice daily, with plain water, after meals.

Giloy Capsules: 2 capsules, twice daily, with plain water, after meals.

Pitta Balance: 1 capsule, twice daily, with plain water, after meals.

Immune Booster: 2 capsules, twice daily, with plain water, after meals.

# Edema

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## Overview of Edema

Edema is a condition characterized by fluid retention in the body's tissues, resulting in swelling. It can affect various parts of the body, including the hands, arms, legs, feet, and ankles. According to Ayurveda, edema is known as 'Shvathu' and is due to the imbalance of the three doshas (Vata, Pitta, and Kapha).

## Causes of Edema

### Causes

- Prolonged sitting or staying in one position
- Consumption of too much salty food
- Pregnancy
- Premenstrual symptoms
- Use of certain medications like high blood pressure medicines, anti-inflammatory drugs, steroids, estrogens, and diabetes medications
- Congestive heart failure
- Cirrhosis
- Kidney disease
- Damage to the veins in legs
- Impairment of the lymphatic system
- Imbalance of Vata, Pitta, and Kapha doshas

## Symptoms of Edema

### Symptoms

- Puffiness or swelling of tissues under the skin
- Increase in abdomen size
- Stretched skin
- Shortness of breath
- Chest pain
- Difficulty in breathing

## Diagnosis

### Diagnosis

Diagnosis is typically based on physical examination and medical history. Additional tests such as blood tests, urine tests, and imaging studies may be conducted to identify the underlying cause of edema.

## Trigger Factors

### Trigger Factors

#### Prolonged Sitting or Staying in One Position

Prolonged periods of sitting or standing can lead to edema.

#### Consumption of Salty Food

High sodium intake can cause fluid retention.

#### Pregnancy

Fluid retention is common during pregnancy.

#### Medications

Certain medications can cause edema as a side effect.

#### Ayurvedic Dosha Imbalance

Imbalance of Vata, Pitta, and Kapha doshas can lead to edema according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Varunadi Vati

A potent Ayurvedic medicine for nephrolithiasis or renal calculus. It is also beneficial in managing edema due to its diuretic properties.

#### Punarnava Capsules

Contains Boerhaavia diffusa, which is an excellent Ayurvedic diuretic. It helps in reducing fluid retention and managing edema.

#### Rencure Formula

A proprietary Ayurvedic medicine designed for various renal diseases. It contains standardized extracts of nephroprotective herbs like Boerhaavia diffusa, Butea monosperma, Crataeva nurvala, Cichorium intybus, and Tribulus terrestris.

### **Water-EX Tablets**

Made from the pure and standardized extracts of herbs like Punarnava (*Boerhaavia diffusa*), Kasha (*Saccharum spontaneum*), and Shara (*Ceratophyllum submersum*). These herbs help in reducing excess fluid retention in the body.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Varunadi Vati: 2 tablets, twice daily, with warm water.

Punarnava Capsules: 2 capsules, twice daily, with warm water.

Rencure Formula: 2 capsules, twice daily, with warm water.

Water-EX Tablets: 2 tablets, twice daily, with warm water.

# Epilepsy

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## Overview of Epilepsy

Epilepsy is a neurological disorder characterized by recurrent seizures, which are sudden surges of electrical activity in the brain. According to Ayurveda, epilepsy is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an increase in Vata dosha. It can be caused by various factors including genetic predisposition, head injuries, infections, and brain tumors.

## Causes of Epilepsy

### Causes

- Genetic predisposition
- Head injuries
- Infections such as meningitis or encephalitis
- Brain tumors
- Stroke or cerebral vasculitis
- Imbalance of doshas, especially Vata dosha

## Symptoms of Epilepsy

### Symptoms

- Seizures, which can vary in severity and type
- Loss of consciousness during seizures
- Confusion and disorientation after seizures
- Muscle contractions or convulsions
- Changes in behavior or mood
- Unusual sensations or feelings before a seizure (aura)

## Diagnosis

### Diagnosis

Diagnosis is typically based on medical history, physical examination, and neurological tests such as electroencephalogram (EEG) to record electrical activity in the brain. Additional tests like MRI or CT scans may be conducted to identify any underlying structural brain abnormalities.

## Trigger Factors

### Trigger Factors

#### Genetic Predisposition

Family history can increase the risk of developing epilepsy.

#### Head Injuries

Severe head injuries can trigger epilepsy.

#### Infections

Infections like meningitis or encephalitis can cause epilepsy.

#### Brain Tumors

Presence of brain tumors can lead to epilepsy.

#### Ayurvedic Dosha Imbalance

Imbalance of Vata dosha can trigger epilepsy according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Brahmi Capsules

Made from the standardized extract of Brahmi (*Bacopa monnieri*). Acts as a nerve tonic, brain sharpener, improves short and long-term memory, reduces anxiety, and promotes calmness.

#### Gotukola Capsules

Prepared using the standardized extract of Gotukola (*Centella asiatica*). Supports healthy blood circulation, balances psychic energies (Satva, Rajas, and Tamas), and all three doshas (Vata, Pitta, and Kapha) in the body.

#### Medhya Churna

A herbal powder made from standardized extracts of various herbs including Vacha (*Acorus calamus*), Ashwagandha (*Withania somnifera*), Brahmi (*Bacopa monnieri*), and others. Improves memory, concentration, reduces anxiety, and boosts confidence.

#### Ashwagandha Capsules

Prepared from the standardized extract of Ashwagandha (*Withania somnifera*). Helps in reducing stress, improving overall health, and boosting the immune system.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Brahmi Capsules: 2 capsules, twice daily, with plain water, after meals.

Gotukola Capsules: 2 capsules, twice daily, with plain water, after meals.

Medhya Churna: 1/4 teaspoon once daily with 1 spoon of Cow Ghee (Clarified Butter).

Ashwagandha Capsules: 2 capsules, twice daily, with plain water, after meals.

# Endometriosis

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## Overview of Endometriosis

Endometriosis is a chronic and often painful condition in which tissue similar to the lining of the uterus (endometrium) grows outside the uterus, leading to inflammation, scarring, and adhesions. According to Ayurveda, endometriosis is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an increase in Pitta and Kapha doshas.

## Causes of Endometriosis

### Causes

- Hormonal imbalances
- Genetic predisposition
- Environmental factors
- Surgical scars
- Coelomic metaplasia
- Imbalance of doshas, especially Pitta and Kapha

## Symptoms of Endometriosis

### Symptoms

- Pelvic pain, especially during menstruation
- Heavy or irregular menstrual bleeding
- Painful intercourse
- Infertility
- Bowel or urinary symptoms during menstruation
- Fatigue
- Bloating and nausea

## Diagnosis

### Diagnosis

Diagnosis is typically based on medical history, physical examination, and imaging tests such as ultrasound or MRI. Laparoscopy may be conducted to confirm the presence of endometrial tissue outside the uterus.



## Trigger Factors

### Trigger Factors

#### Hormonal Imbalances

Estrogen levels can influence the growth of endometrial tissue.

#### Genetic Predisposition

Family history can increase the risk of developing endometriosis.

#### Environmental Factors

Exposure to certain environmental toxins may contribute to the development of endometriosis.

#### Surgical Scars

Previous surgeries can lead to the spread of endometrial tissue.

#### Ayurvedic Dosha Imbalance

Imbalance of Pitta and Kapha doshas can trigger endometriosis according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Pradrantak Churna

An effective herbal formulation made from herbs like Lodhra (*Symplocos racemosa*), Ashok (*Saraca indica*), Udumbur (*Ficus glomerata*), and Arjuna (*Terminalia arjuna*). It helps to relax uterine muscles, control bleeding, and balance the aggravated Pitta dosha.

#### Female Health Support

This product supports overall female health by balancing the doshas. It is made from herbs such as Ashok (*Saraca indica*), Lodhra (*Symplocos racemosa*), and Shatavari (*Asparagus racemosus*). It helps to control bleeding and provides strength to the body to overcome weakness due to excessive blood loss.

#### Chandanadi Vati

This herbal formulation helps to maintain Pitta dosha in balance. It is made from herbs like Safed Chandan (*Santalum album*), Amalaki (*Phyllanthus emblica*), Rasaunt (*Berberis aristata*), and Gokshura (*Tribulus terrestris*). It provides nutrition to the body and supports the female reproductive system.

#### Pitta Balance

These capsules are made from pure calcium compounds and herbs like Praval Pishti, Akik Pishti, Jahar Mohra Pishti, Kamdudha Ras, Mukta Pishti, and Giloy Satva (*Tinospora cordifolia*). They help to balance the aggravated Pitta dosha and control uterine bleeding.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Pradrantak Churna: 1 teaspoonful, twice daily, with plain water, after meals.

Female Health Support: 2 capsules, twice daily, with plain water, after meals.

Chandanadi Vati: 2 tablets, twice daily, with plain water, after meals.

Pitta Balance: 1 capsule, twice daily, with plain water, after meals.

# Erectile Dysfunction

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## Overview of Erectile Dysfunction

Erectile dysfunction (ED) is a condition where a man is unable to achieve or maintain an erection sufficient for satisfactory sexual performance. According to Ayurveda, erectile dysfunction is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an increase in Vata dosha and a decrease in Ojas (vital energy).

## Causes of Erectile Dysfunction

### Causes

- Psychological factors such as stress, anxiety, and depression
- Physical factors such as heart disease, diabetes, high blood pressure, and obesity
- Lifestyle factors such as smoking, excessive alcohol consumption, and lack of physical activity
- Medications such as antidepressants, antihistamines, and blood pressure medications
- Hormonal imbalances
- Imbalance of doshas, especially Vata dosha

## Symptoms of Erectile Dysfunction

### Symptoms

- Difficulty in achieving an erection
- Difficulty in maintaining an erection
- Reduced sexual desire
- Premature ejaculation
- Painful erections
- Low self-esteem and relationship problems

## Diagnosis

### Diagnosis

Diagnosis is typically based on medical history, physical examination, and psychological evaluation. Additional tests such as blood tests to check for hormonal imbalances, diabetes, and heart disease may be conducted to identify underlying causes.

## Trigger Factors

### Trigger Factors

#### Psychological Factors

Stress, anxiety, and depression can trigger erectile dysfunction.

#### Physical Factors

Conditions like heart disease, diabetes, high blood pressure, and obesity can contribute to erectile dysfunction.

#### Lifestyle Factors

Smoking, excessive alcohol consumption, and lack of physical activity can increase the risk of erectile dysfunction.

#### Medications

Certain medications can cause erectile dysfunction as a side effect.

#### Ayurvedic Dosha Imbalance

Imbalance of Vata dosha can trigger erectile dysfunction according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Atirasadi Churna

A combination of herbs including Ashwagandha (*Withania somnifera*), Shilajit (*Asphaltum*), Kaunch Beej (*Mucuna pruriens*), and others. It helps in enhancing male fertility, improving libido, and treating erectile dysfunction.

#### Tribulus Power

Made from the standardized extract of Gokshura (*Tribulus terrestris*). It is known for its aphrodisiac properties and helps in improving sexual performance and treating erectile dysfunction.

#### Shilajit Capsules

Prepared from the pure extract of Shilajit (*Asphaltum*). It is rich in fulvic acid and acts as a powerful adaptogen, enhancing overall health and treating erectile dysfunction.

#### Ashwagandha Capsules

Made from the standardized extract of Ashwagandha (*Withania somnifera*). It helps in reducing stress, improving overall health, and boosting the immune system, which can help in treating erectile dysfunction.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Atirasadi Churna: 1 teaspoonful, twice daily, with warm milk or water, after meals.

Tribulus Power: 2 capsules, twice daily, with warm water, after meals.

Shilajit Capsules: 2 capsules, twice daily, with warm water, after meals.

Ashwagandha Capsules: 2 capsules, twice daily, with warm water, after meals.

# Fatty Liver

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## Overview of Fatty Liver

Fatty liver, also known as hepatic steatosis, is a condition where excess fat builds up in the liver cells. It can be a result of various factors including alcohol consumption, obesity, diabetes, and other metabolic disorders. According to Ayurveda, fatty liver is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an increase in Kapha dosha.

## Causes of Fatty Liver

### Causes

- Alcohol consumption
- Obesity
- Diabetes
- High cholesterol
- High triglycerides
- Rapid weight loss
- Certain medications
- Imbalance of doshas, especially Kapha dosha

## Symptoms of Fatty Liver

### Symptoms

- Abdominal swelling
- Fatigue
- Weakness
- Loss of appetite
- Nausea and vomiting
- Abdominal pain
- Jaundice
- Dark urine

## Diagnosis

### Diagnosis

Diagnosis is typically based on medical history, physical examination, and imaging tests such as ultrasound, CT scan, or MRI. Additional tests like liver function tests (LFT) and liver biopsy may be conducted to confirm the diagnosis.

## Trigger Factors

### Trigger Factors

#### Alcohol Consumption

Excessive alcohol consumption can lead to fatty liver.

#### Obesity

Being overweight or obese increases the risk of developing fatty liver.

#### Diabetes

Diabetes can contribute to the development of fatty liver.

#### High Cholesterol and Triglycerides

High levels of cholesterol and triglycerides can increase the risk.

#### Ayurvedic Dosha Imbalance

Imbalance of Kapha dosha can trigger fatty liver according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Echinacea Capsules

Made from the standardized extract of Echinacea (*Echinacea purpurea*). It has anti-inflammatory and antioxidant properties, which help in detoxifying the liver and reducing inflammation.

#### Phyllanthus Niruri Capsules

Prepared from the standardized extract of Phyllanthus Niruri (*Bhumi Amla*). It is known for its hepatoprotective properties and helps in protecting the liver from damage.

#### Yakrit Plihantak Churna

A combination of herbs including Katuki (*Picrorhiza kurroa*), Punarnava (*Boerhaavia diffusa*), Kalmegh (*Andrographis paniculata*), and others. It helps in detoxifying the liver, reducing liver inflammation, and managing fatty liver.

### **Kumar Kalyan Ras**

Contains ingredients like Shuddha Gandhak, Shuddha Parada, Abhrak Bhasma, and others. It helps in balancing the doshas, especially Kapha dosha, and is beneficial in treating liver disorders.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Echinacea Capsules: 1 capsule, twice daily, with warm water, after meals.

Phyllanthus Niruri Capsules: 1 capsule, twice daily, with warm water, after meals.

Yakrit Plihintak Churna: 1 teaspoonful, twice daily, with warm water, after meals.

Kumar Kalyan Ras: 1 tablet, twice daily, with warm water, after meals.



# Fibromyalgia

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## Overview of Fibromyalgia

Fibromyalgia is a disorder characterized by widespread musculoskeletal pain accompanied by sleep, fatigue, memory, and mood issues. The term 'fibromyalgia' comes from the Latin word 'fibro,' meaning fibrous tissue, the Greek word 'myo,' meaning muscle, and the Greek word 'algos,' meaning pain. According to Ayurveda, fibromyalgia is associated with the aggravation of Vata dosha and the accumulation of toxins (Ama) in the body.

## Causes of Fibromyalgia

### Causes

- Genetics
- Infections
- Physical or emotional trauma
- Aggravation of Vata dosha
- Accumulation of toxins (Ama) in the body

## Symptoms of Fibromyalgia

### Symptoms

- Widespread pain that has lasted for at least three months
- Fatigue and poor sleep quality
- Cognitive difficulties often referred to as 'fibro fog'
- Headaches
- Depression
- Pain in the lower abdomen
- Muscle stiffness and tenderness

## Diagnosis

### Diagnosis

Diagnosis is typically based on the presence of widespread pain for more than three months. Blood tests such as CBC (Complete Blood Count), ESR (Erythrocyte Sedimentation Rate), and TSH (Thyroid Functioning Test) are conducted to rule out other conditions.

## Trigger Factors

### Trigger Factors

#### Genetics

Family history can increase the risk of developing fibromyalgia.

#### Infections

Certain infections can trigger fibromyalgia.

#### Physical or Emotional Trauma

Traumatic events can contribute to the development of fibromyalgia.

#### Ayurvedic Dosha Imbalance

Aggravation of Vata dosha can trigger fibromyalgia according to Ayurveda.

#### Accumulation of Toxins (Ama)

Accumulation of toxins in the body can also contribute to fibromyalgia.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Stress Support

A blend of herbs including Ashwagandha (*Withania somnifera*), Tagar (*Valeriana wallichii*), and Brahmi (*Bacopa monnieri*). It helps to relieve stress, anxiety, and mental fatigue, and is beneficial in managing fibromyalgia symptoms.

#### Aamvatantak Churna

A formulation that includes Ashwagandha (*Withania somnifera*), Haridra (*Curcuma longa*), Methi (*Trigonella foenum-graecum*), Suranjan (*Colchicum autumnale*), Gorakhmundi (*Sphaeranthus indicus*), and Sonth (*Zingiber officinale*). It helps to balance Vata dosha, reduce pain and inflammation, and remove toxins from the body.

#### Boswellia Curcumin

A combination of Boswellia serrata and Curcuma longa. It is a potent anti-inflammatory herbal combination that helps in reducing inflammation, improving mobility, and alleviating joint pain associated with fibromyalgia.

#### Joint Aid Plus

A herbal preparation consisting of Nirgundi (*Vitex nigundo*), Shallaki (*Boswellia serrata*), Guggul (*Commiphora mukul*), Sonth (*Zingiber officinalis*), and Ashwagandha (*Withania somnifera*). It helps in reducing pain and swelling, and regaining strength in the joints.

### Shatavari Ghrit

A natural Ayurvedic formulation in ghee form, prepared from ingredients like Shatavari (*Asparagus racemosus*), Doodh (*Bos taurus*), Mulathi (*Glycyrrhiza glabra*), Jeevak (*Microstylis muscifera*), Kakoli (*Lilium polyphyllum*), and Munakka (*Vitis vinifera*). It helps in balancing Vata and Pitta doshas, and is beneficial in treating various gynecological disorders and fibromyalgia symptoms.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Stress Support: 1 capsule, twice daily, with warm water, after meals.

Aamvatantak Churna: 1 teaspoonful, twice daily, with warm water, after meals.

Boswellia Curcumin: 2 capsules, twice daily, with warm water, after meals.

Joint Aid Plus: 2 capsules, twice daily, with warm water, after meals.

Shatavari Ghrit: ½ tsp, twice a day with warm water.

# Frozen Shoulder

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## Overview of Frozen Shoulder

Frozen shoulder, also known as adhesive capsulitis, is a condition characterized by stiffness and pain in the shoulder joint. The symptoms begin gradually and worsen over time, typically resolving within one to three years. According to Ayurveda, frozen shoulder is associated with the aggravation of Vata dosha and the accumulation of toxins (Ama) in the body.

## Causes of Frozen Shoulder

### Causes

- Unknown exact cause
- Rotator cuff injury
- Broken arm
- Stroke
- Recovery from surgery
- Systemic diseases like diabetes, tuberculosis, hyperthyroidism, hypothyroidism, and cardiovascular disease
- Aggravation of Vata dosha and accumulation of toxins (Ama)

## Symptoms of Frozen Shoulder

### Symptoms

- Pain and stiffness in the shoulder
- Restricted movement of the shoulder
- Dull and hurting pain in the shoulder
- Sensation in the upper arm

## Diagnosis

### Diagnosis

Diagnosis is typically based on a physical examination to check the range of motion. During the 'active' part of the exam, the patient moves their shoulder on their own, and during the 'passive' portion, the doctor moves it for them. Imaging tests like X-rays, USG, or MRI may be ordered to rule out other problems like arthritis or a torn rotator cuff.

## Trigger Factors

### Trigger Factors

#### Age

Being over 40 years of age is a risk factor for both men and women.

#### Gender

Women are more affected than men.

#### Recent Trauma

Surgery or an arm fracture can lead to immobility, causing stiffness in the shoulder during recovery.

#### Diabetes

10 to 20% of people with diabetes develop frozen shoulder, and symptoms may be more severe.

#### Ayurvedic Dosha Imbalance

Aggravation of Vata dosha can trigger frozen shoulder according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Boswellia Curcumin

A combination of Shallaki (*Boswellia serrata*) and Curcumin (*Curcuma longa*). Both herbs have anti-inflammatory and antioxidant properties, which help in managing the potential complications associated with frozen shoulder.

#### Joint Aid Plus

Contains standardized extracts of Nirgundi (*Vitex negundo*), Shallaki (*Boswellia serrata*), Guggul (*Commiphora mukul*), Sonth (*Zingiber officinale*), and Ashwagandha (*Withania somnifera*). It acts as a great source of dietary nutrition for the bones and joints in the body.

#### Aamvatantak Churna

A 100% natural product consisting of herbs like Ashwagandha (*Withania somnifera*), Haridra (*Curcuma longa*), Methi (*Trigonella foenum-graecum*), Suranjaan (*Colchicum autumnale*), Gorakhmundi (*Sphaeranthus indicus*), and Sonth (*Zingiber officinale*). It provides relief from symptoms like pain and swelling.

#### Orthovita Oil

A herbal oil that helps support healthy bones, joints, and muscles. It is a purely natural formula, free from chemicals, extra colors, additives, fillers, and yeast. It is very effective in

case of frozen shoulder, removing stiffness and pain in the shoulder and relaxing the shoulder joint and muscles.

#### **Yograj Guggul**

A tablet consisting of ingredients like Shudh Guggulu (*Commiphora mukul*), Chitraka (*Plumbago zeylanica*), Jeeraka (*Cuminum cyminum*), Pippali (*Piper longum*), Amalaki (*Emblica officinalis*), Ela (*Elettaria cardamomum*), Mustaka (*Cyperus rotundus*), Ardraka (*Zingiber officinale*), and Haritaki (*Terminalia chebula*). It helps to balance the doshas and reduce inflammation.

#### **Anu Tailam**

An oil prepared according to classical texts, used for administration in nostrils in the form of drops (*nasya*). It provides strength to the nerves and nourishes all the five sense organs. It has Vata and Kapha pacification effects, helping to prevent degeneration of cells and alleviate free radicals from the body.

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Boswellia Curcumin: 2 capsules, twice daily, with warm water, after meals.

Joint Aid Plus: 2 capsules, twice daily, with warm water, after meals.

Aamvatantak Churna: 1 teaspoonful, twice daily, with warm water, after meals.

Orthovita Oil: Massage locally with the oil for 10 to 15 minutes, twice a day.

Yograj Guggul: 2 tablets, twice daily, with warm water.

Anu Tailam: Two drops in each nostril at the time of sunrise every morning.

# Female Infertility

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## Overview of Female Infertility

Female infertility is a condition where a woman is unable to conceive after one year of unprotected intercourse. It can be due to various factors affecting the reproductive system. According to Ayurveda, female infertility is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha) and can be influenced by lifestyle, diet, and other health conditions.

## Causes of Female Infertility

### Causes

- Ovulation disorders
- Polycystic ovary syndrome (PCOS)
- Tubal damage or blockage
- Endometriosis
- Uterine or cervical abnormalities
- Early menopause
- Thyroid disorders
- Imbalance of doshas, especially Pitta and Kapha

## Symptoms of Female Infertility

### Symptoms

- Irregular menstrual cycles
- No menstrual cycles
- Painful periods
- Heavy or light menstrual bleeding
- Pelvic pain
- Difficulty in conceiving

## Diagnosis

### Diagnosis

Diagnosis is typically based on medical history, physical examination, and various tests such as ovulation testing, hormone level checks, imaging tests like ultrasound, and laparoscopy to evaluate the reproductive organs.

## Trigger Factors

### Trigger Factors

#### Ovulation Disorders

Irregular ovulation can prevent the release of eggs from the ovaries.

#### Polycystic Ovary Syndrome (PCOS)

PCOS is a common cause of female infertility due to hormonal imbalances.

#### Tubal Damage or Blockage

Damage to the fallopian tubes can prevent fertilization.

#### Endometriosis

Endometriosis can cause inflammation and scarring in the reproductive organs.

#### Ayurvedic Dosha Imbalance

Imbalance of Pitta and Kapha doshas can contribute to female infertility according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Female Health Support

A blend of herbs like Ashok (*Saraca indica*), Lodhra (*Symplocos racemosa*), and Shatavari (*Asparagus racemosus*). It supports overall female health, controls bleeding, and provides strength to the body to overcome weakness due to excessive blood loss.

#### Shatavari Capsules

Made from the standardized extract of Shatavari (*Asparagus racemosus*). It is known for its adaptogenic properties and helps in balancing the hormonal system, improving fertility, and reducing stress.

#### Pradrantak Churna

A combination of herbs including Ashok (*Saraca indica*), Lodhra (*Symplocos racemosa*), and other herbs. It helps in relaxing uterine muscles, controlling bleeding, and balancing the aggravated Pitta dosha.

#### Chandanadi Vati

Contains ingredients like Safed Chandan (*Santalum album*), Amalaki (*Phyllanthus emblica*), Rasaunt (*Berberis aristata*), and Gokshura (*Tribulus terrestris*). It helps in balancing the doshas, especially Pitta dosha, and supports the female reproductive system.



## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Female Health Support: 2 capsules, twice daily, with warm water, after meals.

Shatavari Capsules: 2 capsules, twice daily, with warm water, after meals.

Pradrantak Churna: 1 teaspoonful, twice daily, with warm water, after meals.

Chandanadi Vati: 2 tablets, twice daily, with warm water, after meals.

# Flu (Influenza)

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## Overview of Flu (Influenza)

Flu, or influenza, is a common viral infection that primarily affects the respiratory system. It is caused by influenza viruses type A, B, and C, with types A and B being responsible for seasonal epidemics. According to Ayurveda, flu is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Kapha and Vata doshas.

## Causes of Flu (Influenza)

### Causes

- Infection by influenza viruses type A, B, and C
- Contagious spread through droplet air, talking, sneezing, and coughing
- Contact with contaminated objects
- Imbalance of Kapha and Vata doshas

## Symptoms of Flu (Influenza)

### Symptoms

- High fever
- Body aches, especially in arms, legs, and back
- Coughing
- Sore throat
- Running nose or nasal congestion
- Fever with chills
- Weakness and fatigue

## Diagnosis

### Diagnosis

Diagnosis is typically based on medical history, physical examination, and rapid influenza diagnostic tests (RIDTs). Additional tests such as PCR (Polymerase Chain Reaction) or viral culture may be conducted to confirm the diagnosis.

## Trigger Factors

### Trigger Factors

#### Age

Children under the age of 5 and older adults are at higher risk.

#### Pregnancy

Pregnant women are more susceptible to flu.

#### Debilitated Immune System

People with weakened immune systems are more prone to infection.

#### Underlying Health Conditions

People with conditions like asthma, kidney diseases, diabetes, and heart diseases are more vulnerable.

#### Ayurvedic Dosha Imbalance

Imbalance of Kapha and Vata doshas can trigger flu according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Tulsi Capsules

Made from the standardized extract of Tulsi (*Ocimum sanctum*). It acts as a natural immune modulator and helps in managing immunological disorders.

#### Pranrakshak Churna

A herbal remedy consisting of herbs like Shrish (*Albezzia lebbock*), Kantakri (*Solanum xanthocarpum*), Vaasa (*Adhatoda vasica*), Anantmool (*Tylophora asthmatica*), Dalchini (*Cinnamomum zeylanica*), Bharangi (*Clerodandrum serratum*), and Mulethi (*Glycerrhiza glabra*). It helps in removing toxins from the body and providing immune strength.

#### Immune Booster

Contains Grape seed (*Vitis vinifera*), Cow colostrum (*Bovine colostrum*), Bhumi amla (*Phyllanthus niruri*), and Green tea (*Camellia sinensis*). It helps in building up immunity quickly and keeping the body system free from free radicals and toxins.

#### Ashwagandha Capsules

Made from the standardized extract of Ashwagandha (*Withania somnifera*). It helps in reducing stress, improving overall health, and boosting the immune system.

### **Kantakari Avaleha**

A herbal jam made from Kantakari (*Solanum xanthocarpum*) and other herbs. It is beneficial in respiratory issues and helps in managing symptoms of flu.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Tulsi Capsules: 1 capsule, twice daily, with warm water, after meals.

Pranrakshak Churna: 1 teaspoonful, twice daily, with warm water, after meals.

Immune Booster: 2 capsules, twice daily, with warm water, after meals.

Ashwagandha Capsules: 2 capsules, twice daily, with warm water, after meals.

Kantakari Avaleha: 1-2 teaspoons, twice daily, with warm water or milk, after meals.

# Fungal Diseases

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## Overview of Fungal Diseases

Fungal diseases are infections caused by fungi, which are present everywhere in the environment. These infections can range from mild to severe and affect various parts of the body. According to Ayurveda, fungal diseases are associated with the vitiation of Kapha and Vata doshas.

## Causes of Fungal Diseases

### Causes

- Exposure to pathogenic fungi
- Weakened immune system
- Contact with contaminated objects or people
- Environmental factors such as humidity and temperature
- Vitiation of Kapha and Vata doshas

## Symptoms of Fungal Diseases

### Symptoms

- Fever
- Cough with blood
- Wheezing
- Weight loss
- Chills
- Chest pain
- Phlegm
- Shortness of breath
- Skin sores
- Itching, redness, and soreness in affected areas
- White spots in the mouth or throat (oral candidiasis)
- Red rash on the penis or vaginal discharge (genital candidiasis)
- Circular red patches on the skin (ringworm)

## Diagnosis

### Diagnosis

Diagnosis is typically based on physical examination, medical history, and laboratory tests such as skin scrapings, blood tests, or imaging studies. Additional tests like PCR or viral culture may be conducted to confirm the diagnosis.

## Trigger Factors

### Trigger Factors

#### Exposure to Pathogenic Fungi

Coming into contact with fungi that can cause infections.

#### Weakened Immune System

People with compromised immune systems are more susceptible to fungal infections.

#### Environmental Factors

High humidity and certain temperatures can foster the growth of fungi.

#### Contact with Contaminated Objects or People

Direct contact with contaminated objects or people can spread the infection.

#### Ayurvedic Dosha Imbalance

Imbalance of Kapha and Vata doshas can trigger fungal diseases according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Chanderprabha Vati

A herbal formulation containing ingredients like Shilajit (Asphaltum), Guggul (Commiphora mukul), Sharkara (Sugar), Karpoor (Cinnamomum camphora), Vacha (Acorus calamus), Mustak (Cyprus rotundus), Haridra (Curcuma longa), Amalaki (Emblica officinalis), Chavya (Piper chaba), Vidanga (Embelia ribes), Guduchi (Tinospora cordifolia), Shunthi (Zingiber officinalis), Maricha (Piper nigrum), and Pippali (Piper longum). It helps in maintaining overall health and managing fungal infections.

#### Neem Capsules

Made from the pure extract of Neem (Azadirachta indica). It possesses anti-fungal, anti-bacterial, anti-inflammatory, and antiseptic properties, which help in treating fungal infections.

### **Nirgundi Oil**

A classical herbal preparation containing Nirgundi (*Vitex negundo*), Manjistha (*Rubia cordifolia*), Kalihari (*Gloriosa superba*), Haridra (*Curcuma longa*), and Tila oil (*Sesamum indicum*). It has anti-inflammatory, analgesic, anti-fungal, antibiotic, anti-microbial, and antispasmodic properties, which help in treating fungal infections.

### **Radiant Skin Hair Nails Formula**

Contains Manjistha (*Rubia cordifolia*), Pitta Papda (*Fumaria officinalis*), Chirata (*Swertia chiretta*), and Ghrit Kumari (*Aloe barbadensis*). It helps in detoxifying the body, maintaining healthy skin, and treating various skin disorders including fungal infections.

### **Gandhak Rasayan**

Prepared from purified sulfur (Shuddh Gandhak). It helps in supporting healthy skin, managing urinary tract infections caused by fungi, and treating various fungal diseases.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Chanderprabha Vati: 2 tablets, twice daily, with plain water, after meals.

Neem Capsules: 1 capsule, twice daily, with plain water, after meals.

Nirgundi Oil: Apply over the affected area once or twice daily or as directed.

Radiant Skin Hair Nails Formula: 1 capsule, twice daily, with plain water, after meals.

Gandhak Rasayan: 2 tablets, twice daily, with plain water, after meals.

# Fibroids

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## Overview of Fibroids

Fibroids, also known as uterine fibroids or leiomyomas, are non-cancerous growths that develop in the uterus. They can vary in size, number, and location within the uterus. According to Ayurveda, fibroids are associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an increase in Kapha and Pitta doshas.

## Causes of Fibroids

### Causes

- Hormonal imbalances, especially estrogen levels
- Genetic predisposition
- Environmental factors
- Dietary factors such as high intake of red meat and low intake of fruits and vegetables
- Imbalance of Kapha and Pitta doshas

## Symptoms of Fibroids

### Symptoms

- Heavy or prolonged menstrual bleeding
- Pelvic pain or pressure
- Frequent urination
- Constipation
- Backache
- Leg pain
- Infertility or difficulty getting pregnant
- Miscarriages

## Diagnosis

### Diagnosis

Diagnosis is typically based on medical history, physical examination, and imaging tests such as ultrasound, MRI, or CT scans. Additional tests like hysteroscopy or laparoscopy may be conducted to confirm the diagnosis.



## Trigger Factors

### Trigger Factors

#### Hormonal Imbalances

High estrogen levels can contribute to the growth of fibroids.

#### Genetic Predisposition

Family history can increase the risk of developing fibroids.

#### Environmental Factors

Exposure to certain environmental toxins may contribute to the development of fibroids.

#### Dietary Factors

High intake of red meat and low intake of fruits and vegetables can increase the risk.

#### Ayurvedic Dosha Imbalance

Imbalance of Kapha and Pitta doshas can trigger fibroids according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Female Health Support

A blend of herbs like Ashok (*Saraca indica*), Lodhra (*Symplocos racemosa*), and Shatavari (*Asparagus racemosus*). It supports overall female health, controls bleeding, and provides strength to the body to overcome weakness due to excessive blood loss.

#### Shatavari Capsules

Made from the standardized extract of Shatavari (*Asparagus racemosus*). It is known for its adaptogenic properties and helps in balancing the hormonal system, improving fertility, and reducing stress.

#### Pradrantak Churna

A combination of herbs including Ashok (*Saraca indica*), Lodhra (*Symplocos racemosa*), and other herbs. It helps in relaxing uterine muscles, controlling bleeding, and balancing the aggravated Pitta dosha.

#### Chandanadi Vati

Contains ingredients like Safed Chandan (*Santalum album*), Amalaki (*Phyllanthus emblica*), Rasaunt (*Berberis aristata*), and Gokshura (*Tribulus terrestris*). It helps in balancing the doshas, especially Pitta dosha, and supports the female reproductive system.

### **Kanchnaar Guggul**

A herbal formulation containing Kanchnaar (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), and Guggul (*Commiphora mukul*). It helps in reducing the size of fibroids and balancing the hormonal system.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Female Health Support: 2 capsules, twice daily, with warm water, after meals.

Shatavari Capsules: 2 capsules, twice daily, with warm water, after meals.

Pradrantak Churna: 1 teaspoonful, twice daily, with warm water, after meals.

Chandanadi Vati: 2 tablets, twice daily, with warm water, after meals.

Kanchnaar Guggul: 2 tablets, twice daily, with warm water, after meals.

# Food Poisoning

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## Overview of Food Poisoning

Food poisoning is an illness caused by the consumption of contaminated or spoiled food. It can be due to bacteria, viruses, parasites, or other pathogens. According to Ayurveda, food poisoning is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an increase in Pitta dosha and the accumulation of toxins (Ama) in the body.

## Causes of Food Poisoning

### Causes

- Consumption of contaminated or spoiled food
- Bacterial infections (e.g., Salmonella, E. coli)
- Viral infections (e.g., Norovirus, Rotavirus)
- Parasitic infections (e.g., Giardia, Trichinella)
- Food handling errors
- Imbalance of Pitta dosha and accumulation of toxins (Ama)

## Symptoms of Food Poisoning

### Symptoms

- Nausea and vomiting
- Diarrhea or bloody stools
- Abdominal cramps and pain
- Fever
- Headache
- Fatigue
- Bloating and gas
- Blood in stool or vomit

## Diagnosis

### Diagnosis

Diagnosis is typically based on medical history, physical examination, and laboratory tests such as stool tests to identify the pathogen. Additional tests like blood tests or imaging studies may be conducted to rule out other conditions.

## Trigger Factors

### Trigger Factors

#### Consumption of Contaminated Food

Eating food that is not properly cooked, stored, or handled can lead to food poisoning.

#### Bacterial Infections

Infections from bacteria like Salmonella and E. coli are common causes of food poisoning.

#### Viral Infections

Viruses like Norovirus and Rotavirus can cause food poisoning.

#### Parasitic Infections

Parasites like Giardia and Trichinella can also cause food poisoning.

#### Ayurvedic Dosha Imbalance

Imbalance of Pitta dosha and accumulation of toxins (Ama) can trigger food poisoning according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Gandhak Rasayan

A herbal formulation made from purified sulfur. It helps in purifying the blood, reducing inflammation, and treating various digestive disorders including food poisoning.

#### Pitta Balance

Contains ingredients like Praval Pishti, Akik Pishti, Jahar Mohra Pishti, Kamdudha Ras, Mukta Pishti, and Giloy Satva (*Tinospora cordifolia*). It helps to balance the aggravated Pitta dosha, which is often responsible for digestive issues like food poisoning.

#### Sanjivani Vati

A combination of herbs including Giloy (*Tinospora cordifolia*), Amalaki (*Embllica officinalis*), Haridra (*Curcuma longa*), and others. It acts as a natural digestive aid, helps in detoxifying the body, and provides relief from symptoms of food poisoning.

#### Mahashankh Vati

A classical Ayurvedic formulation containing ingredients like Shankh Bhasma, Shukta Pishti, and others. It is beneficial in treating digestive issues, reducing inflammation, and managing symptoms of food poisoning.

### **Dhania (Coriander) Powder**

Coriander powder is known for its digestive properties and helps in relieving symptoms of food poisoning such as nausea, vomiting, and abdominal pain.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Gandhak Rasayan: 2 tablets, twice daily, with warm water, after meals.

Pitta Balance: 1 capsule, twice daily, with warm water, after meals.

Sanjivani Vati: 2 tablets, twice daily, with warm water, after meals.

Mahashankh Vati: 2 tablets, twice daily, with warm water, after meals.

Dhania (Coriander) Powder: 1 teaspoonful, twice daily, with warm water, after meals.

# Fungal Infections

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## Overview of Fungal Infections

Fungal infections are illnesses caused by fungi, which can affect various parts of the body. These infections can range from mild to severe and are often associated with an imbalance of the three doshas (Vata, Pitta, and Kapha) in Ayurveda. Fungal infections can be caused by different types of fungi, including yeasts, molds, and dermatophytes.

## Causes of Fungal Infections

### Causes

- Exposure to pathogenic fungi
- Weakened immune system
- Contact with contaminated objects or people
- Environmental factors such as high humidity and certain temperatures
- Imbalance of Kapha and Vata doshas

## Symptoms of Fungal Infections

### Symptoms

- Fever
- Cough with blood
- Wheezing
- Weight loss
- Chills
- Chest pain
- Phlegm
- Shortness of breath
- Skin sores
- Itching, redness, and soreness in affected areas
- White spots in the mouth or throat (oral candidiasis)
- Red rash on the penis or vaginal discharge (genital candidiasis)
- Circular red patches on the skin (ringworm)

## Diagnosis

### Diagnosis

Diagnosis is typically based on physical examination, medical history, and laboratory tests such as skin scrapings, blood tests, or imaging studies. Additional tests like PCR or viral culture may be conducted to confirm the diagnosis.

## Trigger Factors

### Trigger Factors

#### Exposure to Pathogenic Fungi

Coming into contact with fungi that can cause infections.

#### Weakened Immune System

People with compromised immune systems are more susceptible to fungal infections.

#### Environmental Factors

High humidity and certain temperatures can foster the growth of fungi.

#### Contact with Contaminated Objects or People

Direct contact with contaminated objects or people can spread the infection.

#### Ayurvedic Dosha Imbalance

Imbalance of Kapha and Vata doshas can trigger fungal infections according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Neem Capsules

Made from the pure extract of Neem (*Azadirachta indica*). It possesses anti-fungal, anti-bacterial, anti-inflammatory, and antiseptic properties, which help in treating fungal infections.

#### Nirgundi Oil

A classical herbal preparation containing Nirgundi (*Vitex negundo*), Manjistha (*Rubia cordifolia*), Kalihari (*Gloriosa superba*), Haridra (*Curcuma longa*), and Tila oil (*Sesamum indicum*). It has anti-inflammatory, analgesic, anti-fungal, antibiotic, anti-microbial, and antispasmodic properties, which help in treating fungal infections.

### **Radiant Skin Hair Nails Formula**

Contains Manjistha (*Rubia cordifolia*), Pitta Papda (*Fumaria officinalis*), Chirata (*Swertia chiretta*), and Ghrit Kumari (*Aloe barbadensis*). It helps in detoxifying the body, maintaining healthy skin, and treating various skin disorders including fungal infections.

### **Gandhak Rasayan**

Prepared from purified sulfur (Shuddh Gandhak). It helps in supporting healthy skin, managing urinary tract infections caused by fungi, and treating various fungal diseases.

### **Kanchnaar Guggul**

A herbal formulation containing Kanchnaar (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), and Guggul (*Commiphora mukul*). It helps in reducing the size of fungal growths and balancing the hormonal system.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Neem Capsules: 1 capsule, twice daily, with warm water, after meals.

Nirgundi Oil: Apply over the affected area once or twice daily or as directed.

Radiant Skin Hair Nails Formula: 1 capsule, twice daily, with warm water, after meals.

Gandhak Rasayan: 2 tablets, twice daily, with warm water, after meals.

Kanchnaar Guggul: 2 tablets, twice daily, with warm water, after meals.



# Gallstones

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## Overview of Gallstones

Gallstones are small, hard deposits that form in the gallbladder, a organ that stores bile to aid in digestion. According to Ayurveda, gallstones are associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an increase in Pitta and Kapha doshas.

## Causes of Gallstones

### Causes

- High cholesterol levels in bile
- Excess bilirubin in bile
- Imbalanced bile composition
- Poor gallbladder emptying
- Obesity
- Diabetes
- Family history
- Imbalance of Pitta and Kapha doshas

## Symptoms of Gallstones

### Symptoms

- Severe abdominal pain, especially in the upper right or middle abdomen
- Pain that radiates to the right shoulder or back
- Nausea and vomiting
- Fever
- Jaundice (yellowing of the skin and eyes)
- Clay-colored stools
- Dark urine

## Diagnosis

### Diagnosis

Diagnosis is typically based on medical history, physical examination, and imaging tests such as ultrasound, CT scans, or MRI. Additional tests like blood tests to check for liver function and bilirubin levels may be conducted to confirm the diagnosis.

## Trigger Factors

### Trigger Factors

#### High Cholesterol Levels

High cholesterol levels in bile can lead to the formation of cholesterol stones.

#### Excess Bilirubin

Excess bilirubin in bile can lead to the formation of pigment stones.

#### Poor Gallbladder Emptying

Poor gallbladder emptying can increase the risk of gallstone formation.

#### Obesity

Being overweight or obese increases the risk of developing gallstones.

#### Ayurvedic Dosha Imbalance

Imbalance of Pitta and Kapha doshas can trigger gallstones according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Yakrit Plihantak Churna

A combination of herbs including Katuki (*Picrorhiza kurroa*), Punarnava (*Boerhaavia diffusa*), Kalmegh (*Andrographis paniculata*), and others. It helps in detoxifying the liver, reducing liver inflammation, and managing gallstones.

#### Phyllanthus Niruri Capsules

Made from the standardized extract of *Phyllanthus Niruri* (Bhumi Amla). It is known for its hepatoprotective properties and helps in protecting the liver from damage and managing gallstones.

#### Kanchnaar Guggul

A herbal formulation containing Kanchnaar (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), and Guggul (*Commiphora mukul*). It helps in reducing the size of gallstones and balancing the hormonal system.

#### Pitta Balance

Contains ingredients like Praval Pishti, Akik Pishti, Jahar Mohra Pishti, Kamdudha Ras, Mukta Pishti, and Giloy Satva (*Tinospora cordifolia*). It helps to balance the aggravated Pitta dosha, which is often responsible for gallstones.

### **Chandanadi Vati**

Contains ingredients like Safed Chandan (*Santalum album*), Amalaki (*Phyllanthus emblica*), Rasaunt (*Berberis aristata*), and Gokshura (*Tribulus terrestris*). It helps in balancing the doshas, especially Pitta dosha, and supports the liver and gallbladder health.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Yakrit Plihantak Churna: 1 teaspoonful, twice daily, with warm water, after meals.

Phyllanthus Niruri Capsules: 1 capsule, twice daily, with warm water, after meals.

Kanchnaar Guggul: 2 tablets, twice daily, with warm water, after meals.

Pitta Balance: 1 capsule, twice daily, with warm water, after meals.

Chandanadi Vati: 2 tablets, twice daily, with warm water, after meals.

# Genital Herpes

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## Overview of Genital Herpes

Genital herpes is a sexually transmitted infection (STI) caused by the herpes simplex virus (HSV), typically HSV-2, but sometimes HSV-1. It leads to the formation of painful blisters or sores in the genital area. According to Ayurveda, genital herpes is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an increase in Pitta dosha and the accumulation of toxins (Ama) in the body.

## Causes of Genital Herpes

### Causes

- Herpes simplex virus (HSV) type 2 or type 1
- Sexual contact with an infected person
- Skin-to-skin contact with an infected person
- Imbalance of Pitta dosha and accumulation of toxins (Ama)

## Symptoms of Genital Herpes

### Symptoms

- Painful blisters or sores in the genital area
- Itching or burning sensation in the genital area
- Flu-like symptoms such as fever, headache, and fatigue
- Swollen lymph nodes in the groin
- Painful urination
- Discharge from the vagina or penis

## Diagnosis

### Diagnosis

Diagnosis is typically based on physical examination, medical history, and laboratory tests such as PCR (Polymerase Chain Reaction) or viral culture to detect the presence of HSV. Additional tests like blood tests to check for antibodies against HSV may be conducted to confirm the diagnosis.

## Trigger Factors

### Trigger Factors

#### Herpes Simplex Virus (HSV)

The primary cause of genital herpes is the herpes simplex virus.

#### Sexual Contact

Genital herpes is transmitted through sexual contact with an infected person.

#### Skin-to-Skin Contact

Skin-to-skin contact with an infected person can also transmit the virus.

#### Ayurvedic Dosha Imbalance

Imbalance of Pitta dosha and accumulation of toxins (Ama) can trigger genital herpes according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Neem Capsules

Made from the pure extract of Neem (*Azadirachta indica*). It possesses anti-viral, anti-bacterial, anti-inflammatory, and antiseptic properties, which help in treating genital herpes.

#### Gandhak Rasayan

Prepared from purified sulfur (Shuddh Gandhak). It helps in supporting healthy skin, managing infections, and treating various skin disorders including genital herpes.

#### Chandanadi Vati

Contains ingredients like Safed Chandan (*Santalum album*), Amalaki (*Phyllanthus emblica*), Rasaunt (*Berberis aristata*), and Gokshura (*Tribulus terrestris*). It helps in balancing the doshas, especially Pitta dosha, and supports the skin and genital health.

#### Nirgundi Oil

A classical herbal preparation containing Nirgundi (*Vitex negundo*), Manjistha (*Rubia cordifolia*), Kalihari (*Gloriosa superba*), Haridra (*Curcuma longa*), and Tila oil (*Sesamum indicum*). It has anti-inflammatory, analgesic, anti-viral, antibiotic, anti-microbial, and antispasmodic properties, which help in treating genital herpes.

#### Radiant Skin Hair Nails Formula

Contains Manjistha (*Rubia cordifolia*), Pitta Papda (*Fumaria officinalis*), Chirata (*Swertia chiratta*), and Ghrit Kumari (*Aloe barbadensis*). It helps in detoxifying the body, maintaining healthy skin, and treating various skin disorders including genital herpes.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Neem Capsules: 1 capsule, twice daily, with warm water, after meals.

Gandhak Rasayan: 2 tablets, twice daily, with warm water, after meals.

Chandanadi Vati: 2 tablets, twice daily, with warm water, after meals.

Nirgundi Oil: Apply over the affected area once or twice daily or as directed.

Radiant Skin Hair Nails Formula: 1 capsule, twice daily, with warm water, after meals.

# Gonorrhea

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## Overview of Gonorrhea

Gonorrhea is a sexually transmitted infection (STI) caused by the bacterium *Neisseria gonorrhoeae*. It can affect both men and women and is characterized by symptoms such as discharge, pain during urination, and abdominal pain. According to Ayurveda, gonorrhea is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an increase in Pitta dosha and the accumulation of toxins (Ama) in the body.

## Causes of Gonorrhea

### Causes

- Infection by *Neisseria gonorrhoeae* bacterium
- Sexual contact with an infected person
- Mother to child transmission during childbirth
- Imbalance of Pitta dosha and accumulation of toxins (Ama)

## Symptoms of Gonorrhea

### Symptoms

- Thick, cloudy, or bloody discharge from the penis or vagina
- Painful urination
- Abdominal pain
- Painful intercourse
- Bleeding between menstrual periods
- Fever
- Nausea and vomiting
- Swollen lymph nodes in the groin

## Diagnosis

### Diagnosis

Diagnosis is typically based on physical examination, medical history, and laboratory tests such as Gram stain, culture, or PCR to detect the presence of *Neisseria gonorrhoeae*. Additional tests like blood tests or imaging studies may be conducted to rule out other conditions.

## Trigger Factors

### Trigger Factors

#### Sexual Contact

Gonorrhea is primarily transmitted through sexual contact with an infected person.

#### Mother to Child Transmission

The infection can be transmitted from mother to child during childbirth.

#### Ayurvedic Dosha Imbalance

Imbalance of Pitta dosha and accumulation of toxins (Ama) can trigger gonorrhea according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Neem Capsules

Made from the pure extract of Neem (*Azadirachta indica*). It possesses anti-bacterial, anti-inflammatory, and antiseptic properties, which help in treating gonorrhea.

#### Gandhak Rasayan

Prepared from purified sulfur (Shuddh Gandhak). It helps in supporting healthy skin, managing infections, and treating various skin and genital disorders including gonorrhea.

#### Chandanadi Vati

Contains ingredients like Safed Chandan (*Santalum album*), Amalaki (*Phyllanthus emblica*), Rasaunt (*Berberis aristata*), and Gokshura (*Tribulus terrestris*). It helps in balancing the doshas, especially Pitta dosha, and supports the genital health.

#### Kanchnaar Guggul

A herbal formulation containing Kanchnaar (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), and Guggul (*Commiphora mukul*). It helps in reducing the size of infections and balancing the hormonal system.

#### Triphala Guggul

A combination of Triphala (Amalaki, Haritaki, and Bibhitaki) and Guggul (*Commiphora mukul*). It helps in detoxifying the body, reducing inflammation, and managing various infections including gonorrhea.



## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Neem Capsules: 1 capsule, twice daily, with warm water, after meals.

Gandhak Rasayan: 2 tablets, twice daily, with warm water, after meals.

Chandanadi Vati: 2 tablets, twice daily, with warm water, after meals.

Kanchnaar Guggul: 2 tablets, twice daily, with warm water, after meals.

Triphala Guggul: 2 tablets, twice daily, with warm water, after meals.

# Gangrene

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## Overview of Gangrene

Gangrene is a serious medical condition characterized by the death of body tissue due to a lack of blood supply, often resulting from infection, injury, or poor circulation. According to Ayurveda, gangrene is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an increase in Vata and Pitta doshas.

## Causes of Gangrene

### Causes

- Poor blood circulation
- Infections such as bacterial or fungal infections
- Injuries or trauma
- Diabetes
- Atherosclerosis
- Smoking
- Imbalance of Vata and Pitta doshas

## Symptoms of Gangrene

### Symptoms

- Pain or numbness in the affected area
- Coldness or paleness of the skin
- Swelling and redness
- Foul odor from the affected area
- Blisters or sores
- Blackening of the skin
- Fever and chills

## Diagnosis

### Diagnosis

Diagnosis is typically based on physical examination, medical history, and laboratory tests such as blood tests to check for infection and imaging tests like X-rays or MRI to assess tissue damage. Additional tests like angiography may be conducted to evaluate blood flow.

## Trigger Factors

### Trigger Factors

#### Poor Blood Circulation

Reduced blood flow to the affected area can lead to gangrene.

#### Infections

Bacterial or fungal infections can cause gangrene.

#### Injuries or Trauma

Severe injuries can disrupt blood flow and lead to gangrene.

#### Diabetes

Diabetes can impair blood circulation and increase the risk of gangrene.

#### Ayurvedic Dosha Imbalance

Imbalance of Vata and Pitta doshas can trigger gangrene according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Gandhak Rasayan

Prepared from purified sulfur (Shuddh Gandhak). It helps in supporting healthy skin, managing infections, and treating various skin and tissue disorders including gangrene.

#### Neem Capsules

Made from the pure extract of Neem (*Azadirachta indica*). It possesses anti-bacterial, anti-inflammatory, and antiseptic properties, which help in treating infections and promoting healing.

#### Kanchnaar Guggul

A herbal formulation containing Kanchnaar (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), and Guggul (*Commiphora mukul*). It helps in reducing inflammation and promoting tissue repair.

#### Triphala Guggul

A combination of Triphala (Amalaki, Haritaki, and Bibhitaki) and Guggul (*Commiphora mukul*). It helps in detoxifying the body, reducing inflammation, and managing various infections including those leading to gangrene.

#### Nirgundi Oil

A classical herbal preparation containing Nirgundi (*Vitex negundo*), Manjistha (*Rubia cordifolia*), Kalihari (*Gloriosa superba*), Haridra (*Curcuma longa*), and Tila oil (*Sesamum*

indicum). It has anti-inflammatory, analgesic, anti-bacterial, and antiseptic properties, which help in treating infections and promoting healing.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Gandhak Rasayan: 2 tablets, twice daily, with warm water, after meals.

Neem Capsules: 1 capsule, twice daily, with warm water, after meals.

Kanchnaar Guggul: 2 tablets, twice daily, with warm water, after meals.

Triphala Guggul: 2 tablets, twice daily, with warm water, after meals.

Nirgundi Oil: Apply over the affected area once or twice daily or as directed.

# Giardiasis

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## Overview of Giardiasis

Giardiasis is an infection caused by the parasite *Giardia lamblia*, primarily due to the consumption of contaminated water or food prepared under unhygienic conditions. According to Ayurveda, this infection is promoted by a weak digestive fire (agni) and an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Vata and Kapha doshas.

## Causes of Giardiasis

### Causes

- Consumption of contaminated water: *Giardia* parasites are found in ponds, rivers, lakes, water parks, and municipal water supplies.
- Eating contaminated food: Food prepared under unhygienic conditions can transmit the parasite.
- Person to person contact: Infection can spread through contaminated hands, especially among parents of children who change diapers and childcare workers.
- Anal sex: This can also be a cause of giardiasis.
- Impaired immune system: People with weakened immune systems are more susceptible.
- Poor sanitary conditions: Inadequate sanitation increases the risk of infection.
- Health complications: Conditions like Crohn's disease, cystic fibrosis, or other digestive system impairments can increase the risk.

## Symptoms of Giardiasis

### Symptoms

- Watery diarrhea
- Abdominal cramps
- Bloating
- Nausea
- Weight loss

## Diagnosis

### Diagnosis

Diagnosis typically involves stool tests to detect the presence of *Giardia lamblia* parasites or their antigens.

## Trigger Factors

### Trigger Factors

#### Poor Sanitary Conditions

Inadequate sanitation and hygiene can lead to the spread of the infection.

#### Contaminated Water and Food

Consumption of contaminated water or food is a primary trigger for giardiasis.

#### Person to Person Contact

Contact with contaminated fecal matter, especially in childcare settings, can spread the infection.

#### Impaired Immune System

Weakened immune systems make individuals more susceptible to the infection.

#### Health Complications

Conditions like Crohn's disease, cystic fibrosis, or other digestive system impairments can increase the risk of giardiasis.

#### Ayurvedic Dosha Imbalance

Imbalance of Vata and Kapha doshas can create favorable conditions for the parasite to thrive.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Digestion Support

A herbal formulation that helps maintain good digestive health and balance the digestive fire. It is a combination of various herbs including Amla (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bahera (*Terminalia bellerica*), Sounf (*Foeniculum vulgare*), Jeerak (*Cuminum cuminum*), Dhania (*Coriander sativum*), and Pippali (*Piper longum*).

Ingredients: Amla (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bahera (*Terminalia bellerica*), Sounf (*Foeniculum vulgare*), Jeerak (*Cuminum cuminum*), Dhania (*Coriander sativum*), Pippali (*Piper longum*)

Benefits: Balances Vata, Pitta, and Kapha doshas., Relieves abdominal cramps, vomiting, diarrhea, and nausea., Improves digestion process., Enhances weak digestive fire.

### **Neem Capsules**

Made from the pure extract of Neem (*Azadirachta indica*). It offers overall health benefits, including healing properties for underlying infections.

Ingredients: Neem (*Azadirachta indica*)

Benefits: Heals underlying infections., Provides anti-bacterial, anti-inflammatory, and antiseptic properties.

### **Mahashankh Vati**

A formulation that helps balance the vitiated Vata and Kapha doshas and supports good digestive health. It includes herbs like Pippali mool (*Piper longum*), Chitraka (*Plumbago zeylanica*), Danti mool (*Baliospermum montanum*), Pippali (*Piper longum*), Marich (*Piper nigrum*), Shunti (*Gingiber officinale*), Shuddha vatsanabha, Hingu, Shankha bhasma, and Panch lavana.

Ingredients: Pippali mool (*Piper longum*), Chitraka (*Plumbago zeylanica*), Danti mool (*Baliospermum montanum*), Pippali (*Piper longum*), Marich (*Piper nigrum*), Shunti (*Gingiber officinale*), Shuddha vatsanabha, Hingu, Shankha bhasma, Panch lavana

Benefits: Balances Vata and Kapha doshas., Supports good digestive health., Manages symptoms of giardiasis naturally.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Digestion Support: Two capsules, twice daily, with plain water.

Neem Capsules: Two capsules, twice daily, with plain water.

Mahashankh Vati: Two tablets, twice daily.

Avoid eating spicy foods, citrus fruits, caffeine, and beverages as they impair the digestive fire and weaken digestion.: Consume plain boiled rice, apple sauce, bananas, and dry toast if infected. Avoid milk products.

# Gout

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## Overview of Gout

Gout is a Purine metabolic disorder characterized by the deposition of monosodium urate crystals (MUMC) around the connective tissue of the synovial joints. According to Ayurveda, Gout is known as Vata-Rakta Roga, where vitiated Vata dosha combines with impure blood (Rakta Dhatu) causing swelling, inflammation, and severe pain in the joints.

## Causes of Gout

### Causes

- Increased level of uric acid in the blood: This can be due to excessive production or inadequate excretion by the kidneys.
- Diet rich in purines: Foods like red meat, seafood, and high-purine vegetables.
- Alcohol consumption: Excessive intake of alcohol can increase uric acid levels.
- Medications: Certain medications like diuretics can increase uric acid levels.
- Genetic factors: Family history can play a role.
- Obesity: Being overweight can increase the risk.
- Other health conditions: Conditions like hypertension, hyperlipidemia, and diabetes can contribute to Gout.
- Dietary habits: Intake of salty, sour, pungent, alkaline, fatty, hot, and uncooked articles, as well as eating during indigestion and other lifestyle factors.

## Symptoms of Gout

### Symptoms

- Intense joint pain: Often described as the worst pain ever experienced.
- Tenderness: Severe tenderness that makes it difficult to put on socks or shoes.
- Swelling and redness: Affected joints become swollen and red.
- Fever and chills: May accompany the pain and inflammation.
- Recurring attacks: Symptoms can relieve themselves in a few days but may recur.
- Piercing pain, heaviness, numbness, and itching in joints.
- Unstable pain in joints.
- Abnormal complexion and appearance of patches.



## Diagnosis

### Diagnosis

Diagnosis involves joint fluid tests, blood tests, X-rays, ultrasound, and CT scans to detect urate crystals and assess joint damage.

## Trigger Factors

### Trigger Factors

#### Dietary Factors

Consumption of foods rich in purines, alcohol, and certain medications can trigger Gout attacks.

#### Genetic Factors

Family history can increase the risk of developing Gout.

#### Obesity

Being overweight can increase the risk of Gout.

#### Other Health Conditions

Conditions like hypertension, hyperlipidemia, and diabetes can contribute to Gout.

#### Ayurvedic Dosha Imbalance

Imbalance of Vata dosha and its combination with impure blood (Rakta Dhatu) can trigger Gout according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Giloy Capsules

Prepared from the standardized extract of Giloy (*Tinospora cordifolia*). It has anti-inflammatory properties and helps in treating pain and other associated symptoms of Gout.

Ingredients: Giloy (*Tinospora cordifolia*)

Benefits: Reduces pain and inflammation., Increases immunity due to anti-oxidant nature., Clears blocked channels.

#### Kaishore Guggul

A classical herbal formulation containing Amalaki (*Emblica officinalis*), Bibhitaki (*Terminalia bellirica*), Haritaki (*Terminalia chebula*), Guggul resin (*Commiphora mukul*), Ginger (*Zingiber officinale*), Black pepper (*Piper nigrum*), Long pepper (*Piper longum*),

Vidanga (*Embelia ribes*), Red physic nut (*Baliospermum montanum*), and Indian jalap (*Ipomoea turpethum*).

Ingredients: Amalaki (*Emblica officinalis*), Bibhitaki (*Terminalia bellirica*), Haritaki (*Terminalia chebula*), Guggul resin (*Commiphora mukul*), Ginger (*Zingiber officinale*), Black pepper (*Piper nigrum*), Long pepper (*Piper longum*), Vidanga (*Embelia ribes*), Red physic nut (*Baliospermum montanum*), Indian jalap (*Ipomoea turpethum*)

Benefits: Treats inflammation and pain., Helps in removing uric acid and lymphatic congestion.

#### Navkarshik Churna

A pure blend of herbs including Amla (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellirica*), Vacha (*Acorus calamus*), Neem (*Azadirachta indica*), Manjistha (*Rubia cordifolia*), Katuki (*Picrorrhiza kurroa*), Giloy (*Tinospora cordifolia*), and Daruhaldi (*Berberis aristata*).

Ingredients: Amla (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellirica*), Vacha (*Acorus calamus*), Neem (*Azadirachta indica*), Manjistha (*Rubia cordifolia*), Katuki (*Picrorrhiza kurroa*), Giloy (*Tinospora cordifolia*), Daruhaldi (*Berberis aristata*)

Benefits: Reduces pain, inflammation, and swelling., Acts as an anti-oxidant to remove excess uric acid., Purifies the blood and corrects metabolism.

#### Punarnava Capsules

Prepared from Punarnava (*Boerhavia diffusa*), these capsules are effective in reducing uric acid levels and managing Gout symptoms.

Ingredients: Punarnava (*Boerhavia diffusa*)

Benefits: Reduces swelling and pain in the joints., Shows anti-inflammatory, anti-oxidant, and analgesic properties.

#### Dashmularisht

A herbal fermented syrup formulation containing Bilva (*Aegle marmelos*), Agnimanth (*Premna integrifolia*), Sonapatha (*Oroxylum indicum*), Gambhari (*Gmelina arborea*), and other herbs of Dashmool varga.

Ingredients: Bilva (*Aegle marmelos*), Agnimanth (*Premna integrifolia*), Sonapatha (*Oroxylum indicum*), Gambhari (*Gmelina arborea*)

Benefits: Pacifies the aggravated Vata dosha., Helps in managing Gout symptoms.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Giloy Capsules: 1 capsule, twice daily, after meals, with warm water.

Kaishore Guggul: 2 tablets, twice daily, after meals, with warm water.

Navkarshik Churna: 1 teaspoonful, twice daily, after meals, with warm water.

Punarnava Capsules: 2 capsules, twice daily, after meals, with warm water.

Dashmularisht: 2 teaspoonfuls, twice daily with equal amount of water, after meals.

Follow a healthy and balanced diet plan.: Avoid alcohol and beverages. Drink plenty of water. Include fruits rich in vitamin C like amla, cherries, bananas, oranges, and strawberries.

# Gastroparesis

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## Overview of Gastroparesis

Gastroparesis is a disorder characterized by 'slow, heavy digestion.' The condition affects the muscles of the stomach, hampering its ability to digest food. According to Ayurveda, Gastroparesis is a result of the aggravation of one or more of the three doshas of the body – Vata dosha, Pitta dosha, and Kapha dosha.

## Causes of Gastroparesis

### Causes

- **Damaged vagus nerve:** This nerve controls the muscles of the stomach and regulates the digestive system by propelling food through the digestive tract.
- **Uncontrolled Diabetes:** Diabetes can damage the vagus nerve.
- **Viral infections:** Certain viral infections can damage the vagus nerve.
- **Gastric (abdominal) surgery:** Surgery involving the stomach or small intestine can injure the vagus nerve.
- **Certain medications:** Medications like narcotics and some antidepressants can contribute to Gastroparesis.
- **Multiple sclerosis:** This condition can affect the vagus nerve.
- **Parkinson's disease:** This neurodegenerative disorder can impact the vagus nerve.
- **Rare disorders:** Conditions such as Amyloidosis and Scleroderma can also cause Gastroparesis.

## Symptoms of Gastroparesis

### Symptoms

- Heartburn
- Acid reflux
- Abdominal pain
- Bloating
- Vomiting undigested food
- Nausea
- Feeling of fullness after eating a few bites
- Poor appetite
- Weight loss and malnutrition

## Diagnosis

### Diagnosis

Diagnosis involves joint fluid tests, blood tests, X-rays, ultrasound, and CT scans to detect any abnormalities in the stomach and assess digestive function.

## Trigger Factors

### Trigger Factors

#### Dietary Factors

Consumption of oily, heavy, toxic, sweet, and cold foods can trigger Gastroparesis.

#### Medications

Certain medications like narcotics and some antidepressants can contribute to Gastroparesis.

#### Surgical Factors

Gastric surgery that injures the vagus nerve can trigger Gastroparesis.

#### Health Conditions

Conditions like Diabetes, Multiple sclerosis, Parkinson's disease, and rare disorders such as Amyloidosis and Scleroderma can trigger Gastroparesis.

#### Ayurvedic Dosha Imbalance

Imbalance of Vata, Pitta, and Kapha doshas can create favorable conditions for Gastroparesis according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Sanjivani Vati

These tablets are an excellent herbal formulation prepared from several potent herbs including Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Vibhitaki (*Terminalia bellerica*), Shunthi (*Zingiber officinale*), Pippali (*Piper longum*), Guduchi (*Tinospora cordifolia*), Shudha bhallataka (*Semecarpus anacardium*), Shudha vatsnabh (*Aconitum ferox*), Vidanga (*Embelia ribes*), and Vacha (*Acorus calamus*).

Ingredients: Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Vibhitaki (*Terminalia bellerica*), Shunthi (*Zingiber officinale*), Pippali (*Piper longum*), Guduchi (*Tinospora cordifolia*), Shudha bhallataka (*Semecarpus anacardium*), Shudha vatsnabh (*Aconitum ferox*), Vidanga (*Embelia ribes*), Vacha (*Acorus calamus*)

Benefits: Enhances liver function by enabling the liver to burn accumulated endotoxins/metabolites., Facilitates the elimination of mid-way metabolites from the system., Prevents blockages in the intestinal channels.

#### **Mahashankh Vati**

A herbal formulation prepared from a combination of powerful and well-known herbs, known for their digestive, antipyretic, appetizer, and analgesic actions.

Ingredients: Chitraka (*Plumbago zeylanica*), Pippali (*Piper longum*), Danti (*Baliospermum montanum*), Sarjakshar (Sodium Carbonate), Yavkshar (Potassium Carbonate), Shudh Parad (Purified Mercury), Shudh Tankan (Purified Sodium Biborate)

Benefits: Relieves gastritis and digestion-related disorders., Maintains good appetite and ensures the health of abdominal organs., Reduces intestinal pains and boosts body metabolism., Balances Vata, Pitta, and Kapha doshas.

#### **Digestion Support**

Capsules prepared from beneficial herbs that keep the digestive system healthy.

Ingredients: Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Pippali (*Piper longum*), Jeerak (*Cuminum cumium*), Sounf (*Foeniculum vulgare*), Dhania (*Coriander sativum*), Bahera (*Terminalia bellerica*)

Benefits: Aids in proper digestion of food., Maintains natural PH of the stomach., Improves appetite and body metabolism., Strengthens the immune system and balances the three doshas.

#### **Pitta Balance**

Capsules prepared from several beneficial ingredients to balance the Pitta dosha.

Ingredients: Praval Pishti (Coral Calcium), Akik Pishti (Agate Calcium), Mukta Pishti (Pearl Calcium), Jawar Mohra Pishti (an Ayurvedic Calcium compound), Kamdhudha Ras (an Ayurvedic Calcium compound), Giloy satva (extract of *Tinospora cordifolia*)

Benefits: Balances the Pitta dosha., Supports the digestive system., Purifies the blood., Treats acidity and promotes immune function.

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Sanjivani Vati: 2 tablets, twice daily, after meals, with warm water.

Mahashankh Vati: 2 tablets, twice daily, after meals, with warm water.

Digestion Support: 2 capsules, twice daily, after meals, with warm water.

Pitta Balance: 2 capsules, twice daily, after meals, with warm water.

Dietary and Lifestyle Recommendations: Avoid oily, heavy, toxic, sweet, and cold foods. Eat pureed and well-cooked food, chew food properly, and drink plenty of water. Include foods with clear, pungent, and bitter qualities.

# Goitre

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## Overview of Goitre

Goitre is a condition characterized by the enlargement of the thyroid gland, which can be due to various reasons such as iodine deficiency, thyroiditis, or thyroid cancer. According to Ayurveda, Goitre is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an increase in Kapha dosha.

## Causes of Goitre

### Causes

- Iodine deficiency: Lack of iodine in the diet can lead to thyroid enlargement.
- Thyroiditis: Inflammation of the thyroid gland can cause Goitre.
- Thyroid cancer: Abnormal cell growth in the thyroid gland can result in Goitre.
- Hypothyroidism: Underactive thyroid gland can lead to Goitre.
- Hyperthyroidism: Overactive thyroid gland can also cause Goitre.
- Genetic factors: Family history can play a role.
- Environmental factors: Exposure to certain environmental toxins.
- Ayurvedic dosha imbalance: Imbalance of Kapha dosha is often associated with Goitre.

## Symptoms of Goitre

### Symptoms

- Visible swelling in the neck
- Difficulty swallowing
- Shortness of breath
- Coughing
- Hoarseness of voice
- Pain or tenderness in the thyroid area
- Weight gain or loss
- Fatigue
- Cold intolerance



## Diagnosis

### Diagnosis

Diagnosis involves physical examination, medical history, and tests such as thyroid function tests (TFTs), ultrasound, and fine-needle aspiration biopsy to determine the cause and extent of the thyroid enlargement.

## Trigger Factors

### Trigger Factors

#### Iodine Deficiency

Lack of iodine in the diet is a primary trigger for Goitre.

#### Thyroid Disorders

Conditions like hypothyroidism, hyperthyroidism, and thyroiditis can trigger Goitre.

#### Genetic Factors

Family history can increase the risk of developing Goitre.

#### Environmental Factors

Exposure to certain environmental toxins can contribute to Goitre.

#### Ayurvedic Dosha Imbalance

Imbalance of Kapha dosha can create favorable conditions for Goitre according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Kanchnaar Guggul

A herbal formulation containing Kanchnaar (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), and Guggul (*Commiphora mukul*). It helps in reducing inflammation and promoting tissue repair.

Ingredients: Kanchnaar (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), Guggul (*Commiphora mukul*)

Benefits: Reduces swelling and inflammation., Promotes tissue repair and healing., Balances Kapha dosha.

### **Triphala Guggul**

A combination of Triphala (Amalaki, Haritaki, and Bibhitaki) and Guggul (Commiphora mukul). It helps in detoxifying the body, reducing inflammation, and managing various infections including those leading to Goitre.

Ingredients: Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), Guggul (*Commiphora mukul*)

Benefits: Detoxifies the body., Reduces inflammation., Balances Kapha dosha.

### **Guggul Capsules**

Made from the pure extract of Guggul (*Commiphora mukul*). It possesses anti-inflammatory and antiseptic properties, which help in treating infections and promoting healing.

Ingredients: Guggul (*Commiphora mukul*)

Benefits: Reduces inflammation and swelling., Promotes healing and tissue repair., Balances Kapha dosha.

### **Ashwagandha Capsules**

Prepared from the pure extract of Ashwagandha (*Withania somnifera*). It helps in reducing stress, improving thyroid function, and balancing the doshas.

Ingredients: Ashwagandha (*Withania somnifera*)

Benefits: Reduces stress and anxiety., Improves thyroid function., Balances Vata, Pitta, and Kapha doshas.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Kanchnaar Guggul: 2 tablets, twice daily, after meals, with warm water.

Triphala Guggul: 2 tablets, twice daily, after meals, with warm water.

Guggul Capsules: 2 capsules, twice daily, after meals, with warm water.

Ashwagandha Capsules: 2 capsules, twice daily, after meals, with warm water.

Dietary and Lifestyle Recommendations: Avoid foods that are heavy, oily, and cold. Include foods with pungent, bitter, and astringent qualities. Drink plenty of warm water and avoid cold beverages.

# Hair Loss

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## Overview of Hair Loss

Hair loss, also known as alopecia, is a condition characterized by the excessive shedding or thinning of hair. According to Ayurveda, hair loss is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Pitta and Vata doshas. It can be due to various factors including genetic, hormonal, and environmental causes.

## Causes of Hair Loss

### Causes

- Genetic factors: Family history can play a significant role.
- Hormonal imbalance: Changes in hormone levels, especially androgens, can lead to hair loss.
- Stress: Physical or emotional stress can contribute to hair loss.
- Poor diet: Lack of essential nutrients such as iron, zinc, and biotin can cause hair loss.
- Hairstyling and grooming: Excessive heat styling, tight hairstyles, and harsh chemical treatments can damage hair.
- Medical conditions: Conditions like thyroid disorders, autoimmune diseases, and skin conditions can lead to hair loss.
- Medications: Certain medications such as those used for cancer, depression, and high blood pressure can cause hair loss.
- Ayurvedic dosha imbalance: Imbalance of Pitta and Vata doshas can lead to hair loss according to Ayurveda.

## Symptoms of Hair Loss

### Symptoms

- Gradual thinning of hair on the top of the head
- Circular or patchy bald spots
- Full-body hair loss
- Loosening of hair
- Excessive hair shedding
- Itching or redness on the scalp

## Diagnosis

### Diagnosis

Diagnosis involves a physical examination, medical history, and sometimes blood tests to rule out underlying medical conditions. A scalp examination and a pull test may also be conducted to assess the extent of hair loss.

## Trigger Factors

### Trigger Factors

#### Genetic Factors

Family history can increase the risk of developing hair loss.

#### Hormonal Imbalance

Changes in hormone levels, especially androgens, can trigger hair loss.

#### Stress

Physical or emotional stress can contribute to hair loss.

#### Poor Diet

Lack of essential nutrients such as iron, zinc, and biotin can trigger hair loss.

#### Ayurvedic Dosha Imbalance

Imbalance of Pitta and Vata doshas can create favorable conditions for hair loss according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Bhringaraj Capsules

Prepared from the pure extract of Bhringaraj (*Eclipta alba*). It is known for its hair growth promoting properties and helps in reducing stress and anxiety.

Ingredients: Bhringaraj (*Eclipta alba*)

Benefits: Promotes hair growth., Reduces stress and anxiety., Improves scalp health.

#### Neem Capsules

Made from the pure extract of Neem (*Azadirachta indica*). It possesses anti-bacterial, anti-inflammatory, and antiseptic properties, which help in treating scalp infections and promoting hair growth.

Ingredients: Neem (*Azadirachta indica*)

Benefits: Treats scalp infections., Promotes hair growth., Improves overall scalp health.

#### **Gandhak Rasayan**

Prepared from purified sulfur (Shuddh Gandhak). It helps in supporting healthy skin and hair, managing infections, and treating various skin and hair disorders.

Ingredients: Purified sulfur (Shuddh Gandhak)

Benefits: Supports healthy skin and hair., Manages infections., Treats various skin and hair disorders.

#### **Dashmularisht**

A herbal fermented syrup formulation containing Bilva (*Aegle marmelos*), Agnimanth (*Premna integrifolia*), Sonapatha (*Oroxylum indicum*), Gambhari (*Gmelina arborea*), and other herbs of Dashmool varga. It helps in balancing the doshas and promoting overall health.

Ingredients: Bilva (*Aegle marmelos*), Agnimanth (*Premna integrifolia*), Sonapatha (*Oroxylum indicum*), Gambhari (*Gmelina arborea*)

Benefits: Balances the doshas., Promotes overall health., Supports hair growth.

#### **Amalaki Rasayan**

Prepared from the pure extract of Amalaki (*Emblica officinalis*). It is rich in antioxidants and helps in promoting hair growth and improving overall health.

Ingredients: Amalaki (*Emblica officinalis*)

Benefits: Promotes hair growth., Improves overall health., Rich in antioxidants.

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Bhringaraj Capsules: 2 capsules, twice daily, after meals, with warm water.

Neem Capsules: 2 capsules, twice daily, after meals, with warm water.

Gandhak Rasayan: 2 tablets, twice daily, after meals, with warm water.

Dashmularisht: 2 teaspoonfuls, twice daily with equal amount of water, after meals.

Amalaki Rasayan: 2 capsules, twice daily, after meals, with warm water.

Dietary and Lifestyle Recommendations: Follow a balanced diet rich in vitamins and minerals. Avoid excessive heat styling and harsh chemical treatments. Reduce stress through yoga and meditation. Use gentle shampoos and conditioners.

# Hearing Loss

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## Overview of Hearing Loss

Hearing loss is a condition where an individual experiences a reduction in the ability to hear sounds. According to Ayurveda, hearing loss is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Vata and Kapha doshas. It can be due to various factors including age, noise exposure, infections, and genetic conditions.

## Causes of Hearing Loss

### Causes

- Age-related hearing loss: Presbycusis is the most common cause.
- Noise-induced hearing loss: Prolonged exposure to loud sounds.
- Infections: Middle ear infections, meningitis, and otosclerosis.
- Genetic factors: Family history can play a role.
- Medications: Certain medications like antibiotics and chemotherapy can cause hearing loss.
- Head injuries: Trauma to the head can damage the auditory system.
- Earwax buildup: Blockage of the ear canal by earwax.
- Ayurvedic dosha imbalance: Imbalance of Vata and Kapha doshas can lead to hearing loss according to Ayurveda.

## Symptoms of Hearing Loss

### Symptoms

- Difficulty hearing high-pitched sounds
- Feeling of fullness in the ears
- Ringing or buzzing in the ears (tinnitus)
- Difficulty understanding speech in noisy environments
- Need to turn up the volume of the TV or radio
- Feeling of dizziness or loss of balance
- Ear pain or discomfort

## Diagnosis

### Diagnosis

Diagnosis involves a physical examination, medical history, and hearing tests such as pure-tone audiometry, speech audiometry, and tympanometry to assess the extent of hearing loss.

## Trigger Factors

### Trigger Factors

#### Noise Exposure

Prolonged exposure to loud sounds can trigger hearing loss.

#### Infections

Middle ear infections, meningitis, and otosclerosis can trigger hearing loss.

#### Genetic Factors

Family history can increase the risk of developing hearing loss.

#### Medications

Certain medications like antibiotics and chemotherapy can contribute to hearing loss.

#### Ayurvedic Dosha Imbalance

Imbalance of Vata and Kapha doshas can create favorable conditions for hearing loss according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Brahmi Capsules

Prepared from the pure extract of Brahmi (*Bacopa monnieri*). It is known for its cognitive-enhancing properties and helps in improving hearing by strengthening the nervous system.

Ingredients: Brahmi (*Bacopa monnieri*)

Benefits: Improves cognitive functions., Strengthens the nervous system., Enhances hearing capabilities.

#### Ashwagandha Capsules

Made from the pure extract of Ashwagandha (*Withania somnifera*). It helps in reducing stress and anxiety, which can contribute to hearing loss, and also improves overall health.



Ingredients: Ashwagandha (*Withania somnifera*)

Benefits: Reduces stress and anxiety., Improves overall health., Balances Vata, Pitta, and Kapha doshas.

#### **Guggul Capsules**

Prepared from the pure extract of Guggul (*Commiphora mukul*). It possesses anti-inflammatory properties and helps in treating infections and promoting healing, which can be beneficial for hearing loss.

Ingredients: Guggul (*Commiphora mukul*)

Benefits: Reduces inflammation., Promotes healing., Balances Kapha dosha.

#### **Shilajit Capsules**

Made from the pure extract of Shilajit. It is known for its rejuvenating properties and helps in improving overall health, including hearing capabilities.

Ingredients: Shilajit

Benefits: Rejuvenates the body., Improves overall health., Enhances hearing capabilities.

#### **Gotu Kola Capsules**

Prepared from the pure extract of Gotu Kola (*Centella asiatica*). It helps in improving cognitive functions and strengthening the nervous system, which can be beneficial for hearing loss.

Ingredients: Gotu Kola (*Centella asiatica*)

Benefits: Improves cognitive functions., Strengthens the nervous system., Enhances hearing capabilities.

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Brahmi Capsules: 2 capsules, twice daily, after meals, with warm water.

Ashwagandha Capsules: 2 capsules, twice daily, after meals, with warm water.

Guggul Capsules: 2 capsules, twice daily, after meals, with warm water.

Shilajit Capsules: 2 capsules, twice daily, after meals, with warm water.

Gotu Kola Capsules: 2 capsules, twice daily, after meals, with warm water.

Dietary and Lifestyle Recommendations: Avoid loud noises and use ear protection. Follow a balanced diet rich in vitamins and minerals. Include foods with clear, pungent, and bitter qualities. Drink plenty of warm water and avoid cold beverages.

# Hemorrhoids (Piles)

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## Overview of Hemorrhoids (Piles)

Hemorrhoids are swollen veins in or around the anus or rectum. They become a disease when swollen and inflamed. According to Ayurveda, hemorrhoids are known as 'Aarsha' and are caused by the vitiation of Vata, Pitta, and Kapha doshas, particularly an imbalance of Vata and Pitta doshas.

## Causes of Hemorrhoids (Piles)

### Causes

- Irregular bowel habits: Constipation or diarrhea
- Overweight
- Aging
- Heredity
- Low-fat diet
- Emotional stress
- Pregnancy: Due to hormonal disorders
- Improper eating habits and lifestyle

## Symptoms of Hemorrhoids (Piles)

### Symptoms

- Bleeding while passing stool
- Painless, bright red rectal bleeding during or following bowel movement
- Mucous discharge
- Perianal mass if they prolapse through the anus
- Itchiness or fecal incontinence
- Painful and swollen hemorrhoids if they become strangulated or develop a blood clot

## Diagnosis

### Diagnosis

Diagnosis involves a physical examination, medical history, and sometimes a digital rectal examination or anoscopy to visualize the inside of the anus and rectum.

## Trigger Factors

### Trigger Factors

#### Irregular Bowel Habits

Constipation or diarrhea can trigger hemorrhoids.

#### Overweight

Being overweight can increase the risk of developing hemorrhoids.

#### Aging

Hemorrhoids are more common in people aged between 45 to 65.

#### Heredity

Family history can play a role in the development of hemorrhoids.

#### Ayurvedic Dosha Imbalance

Imbalance of Vata and Pitta doshas can create favorable conditions for hemorrhoids according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Arshkuthar Ras

A herbo-mineral Ayurvedic preparation used in the management of piles or hemorrhoids. It contains ingredients like Danti mool (*Baliospermum montanum*), Snuhi ksheera (extracts of *Euphorbia nerifolia*), Suran churna (*Amorphophallus paeoniifolius*), and others.

Ingredients: Danti mool (*Baliospermum montanum*), Snuhi ksheera (extracts of *Euphorbia nerifolia*), Suran churna (*Amorphophallus paeoniifolius*)

Benefits: Helps in faster recovery due to the presence of minerals and herbs., Increases digestive fire and helps in managing aruchi, aatop, aruchi, and aadhman.

#### Vara Churna

A herbal powder made from Triphala (Amalaki, Haritaki, and Bibhitaki). It helps in keeping the bowels free from toxins and ensures proper bowel movements.

Ingredients: Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*)

Benefits: Keeps intestines healthy and ensures proper bowel movements., Helpful in managing constipation, a root cause of hemorrhoids.

### **Piles OFF Capsules**

A blend of herbs like Haridra, Trikatu, etc., which are known to reduce inflammation and shrink the extra mass. It maintains healthy digestion and prevents various digestive health issues.

Ingredients: Haridra, Trikatu

Benefits: Reduces inflammation and shrinks the extra mass., Maintains healthy digestion and prevents digestive health issues.

### **Triphala Guggul**

Prepared using Triphala (Myrobalans) and Guggul (Commiphora mukul). Triphala is a detoxifier and helps in relieving constipation, while Guggul is an anti-inflammatory herb that relieves inflammation.

Ingredients: Triphala (Myrobalans), Guggul (Commiphora mukul)

Benefits: Detoxifies the body and relieves constipation., Relieves inflammation and manages symptoms of piles.

### **Suran Vatak**

A classical Ayurvedic preparation made from Suran, Haritaki, Bibhitaki, and other herbs. It is hot in potency and helps in pacifying Vata and Kapha doshas.

Ingredients: Suran, Haritaki (Terminalia chebula), Bibhitaki (Terminalia bellerica)

Benefits: Pacifies Vata and Kapha doshas., Cleans body channels and manages constipation, inflammation, and bleeding.

### **Nirgundi Oil**

A classical preparation with ingredients like Tila Oil (Sesamum indicum), Manjistha (Rubia cordifolia), Haridra (Curcuma longa), and Nirgundi (Vitex negundo). It is used for local application on the affected area.

Ingredients: Tila Oil (Sesamum indicum), Manjistha (Rubia cordifolia), Haridra (Curcuma longa), Nirgundi (Vitex negundo)

Benefits: Known as sarva roga nivarini, it is a remedy for all types of diseases., Has anti-inflammatory, analgesic, anti-bacterial, and antiseptic properties.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Arshkuthar Ras: 1 tablet, twice daily, with warm water after meal.

Vara Churna: 1 teaspoonful, twice daily with warm water after meal.

Piles OFF Capsules: 2 capsules, twice daily, with warm water after meal.

Triphala Guggul: 2 tablets, twice daily, with warm water after meal.

Suran Vatak: 2 tablets, twice daily, with warm water after meal.

Nirgundi Oil: For local application on the affected area.

Dietary and Lifestyle Recommendations: Avoid constipation by consuming a fiber-rich diet. Avoid spicy food, tea, coffee, and low-fat diets. Include fruits like pears, peaches, papaya, and melons. Drink aloe vera juice twice a day and consume olive oil regularly.

# Hernia

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## Overview of Hernia

A hernia is a protrusion of an organ or tissue through a weakened area in the muscle or connective tissue that normally holds it in place. According to Ayurveda, hernia is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Vata and Pitta doshas.

## Causes of Hernia

### Causes

- **Weakened muscles:** Muscles that are weakened due to age, injury, or surgery can lead to hernias.
- **Increased pressure:** Straining during bowel movements, urination, or heavy lifting can increase pressure on the muscles and lead to hernias.
- **Genetic factors:** Family history can play a role in the development of hernias.
- **Obesity:** Being overweight can increase the risk of developing hernias.
- **Pregnancy:** Increased pressure on the abdominal muscles during pregnancy can lead to hernias.
- **Chronic coughing:** Persistent coughing can increase pressure on the abdominal muscles.
- **Ayurvedic dosha imbalance:** Imbalance of Vata and Pitta doshas can create favorable conditions for hernias according to Ayurveda.

## Symptoms of Hernia

### Symptoms

- A visible bulge or lump in the affected area
- Pain or discomfort in the abdomen, groin, or scrotum
- Burning sensation in the affected area
- Feeling of heaviness or pressure in the abdomen
- Discomfort or pain during coughing, bending, or lifting
- Inguinal hernias may cause a bulge in the groin area that can be painful

## Diagnosis

### Diagnosis

Diagnosis involves a physical examination, medical history, and sometimes imaging tests such as ultrasound or CT scans to confirm the presence and extent of the hernia.

## Trigger Factors

### Trigger Factors

#### Weakened Muscles

Muscles weakened due to age, injury, or surgery can trigger hernias.

#### Increased Pressure

Straining during bowel movements, urination, or heavy lifting can increase pressure on the muscles and trigger hernias.

#### Genetic Factors

Family history can increase the risk of developing hernias.

#### Obesity

Being overweight can increase the risk of developing hernias.

#### Ayurvedic Dosha Imbalance

Imbalance of Vata and Pitta doshas can create favorable conditions for hernias according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Chandraprabha Vati

A classical Ayurvedic formulation prepared from several potent herbs including Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Vibhitaki (*Terminalia bellerica*), Shunthi (*Zingiber officinale*), Pippali (*Piper longum*), Guduchi (*Tinospora cordifolia*), Shudha bhallataka (*Semecarpus anacardium*), Shudha vatsnabh (*Aconitum ferox*), Vidanga (*Embelia ribes*), and Vacha (*Acorus calamus*).

Ingredients: Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Vibhitaki (*Terminalia bellerica*), Shunthi (*Zingiber officinale*), Pippali (*Piper longum*), Guduchi (*Tinospora cordifolia*), Shudha bhallataka (*Semecarpus anacardium*), Shudha vatsnabh (*Aconitum ferox*), Vidanga (*Embelia ribes*), Vacha (*Acorus calamus*)

Benefits: Enhances liver function by enabling the liver to burn accumulated endotoxins/metabolites., Facilitates the elimination of mid-way metabolites from the system., Prevents blockages in the intestinal channels.

#### Kanchnaar Guggul

A herbal formulation containing Kanchnaar (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), and Guggul (*Commiphora mukul*). It helps in reducing inflammation and promoting tissue repair.



Ingredients: Kanchnaar (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), Guggul (*Commiphora mukul*)

Benefits: Reduces inflammation., Promotes tissue repair., Balances Kapha dosha.

#### **Triphala Guggul**

A combination of Triphala (Amalaki, Haritaki, and Bibhitaki) and Guggul (*Commiphora mukul*). It helps in detoxifying the body, reducing inflammation, and managing various infections including those leading to hernias.

Ingredients: Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), Guggul (*Commiphora mukul*)

Benefits: Detoxifies the body., Reduces inflammation., Balances Kapha dosha.

#### **Punarnava Capsules**

Prepared from Punarnava (*Boerhavia diffusa*), these capsules are effective in reducing inflammation and managing hernia symptoms.

Ingredients: Punarnava (*Boerhavia diffusa*)

Benefits: Reduces swelling and pain in the affected area., Shows anti-inflammatory, anti-oxidant, and analgesic properties.

#### **Dashmularisht**

A herbal fermented syrup formulation containing Bilva (*Aegle marmelos*), Agnimanth (*Premna integrifolia*), Sonapatha (*Oroxylum indicum*), Gambhari (*Gmelina arborea*), and other herbs of Dashmool varga. It helps in balancing the doshas and promoting overall health.

Ingredients: Bilva (*Aegle marmelos*), Agnimanth (*Premna integrifolia*), Sonapatha (*Oroxylum indicum*), Gambhari (*Gmelina arborea*)

Benefits: Balances the doshas., Promotes overall health., Supports healing and reduces inflammation.

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Chandraprabha Vati: 2 tablets, twice daily, after meals, with warm water.

Kanchnaar Guggul: 2 tablets, twice daily, after meals, with warm water.

Triphala Guggul: 2 tablets, twice daily, after meals, with warm water.

Punarnava Capsules: 2 capsules, twice daily, after meals, with warm water.

Dashmularisht: 2 teaspoonfuls, twice daily with equal amount of water, after meals.

Dietary and Lifestyle Recommendations: Avoid heavy lifting and straining. Include foods with clear, pungent, and bitter qualities. Drink plenty of warm water and avoid cold beverages. Maintain a healthy weight and avoid constipation.

# Human Papillomavirus (HPV) Infection

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## Overview of Human Papillomavirus (HPV) Infection

Human Papillomavirus (HPV) is a common viral infection that can cause a range of health issues, from warts to cervical cancer. According to Ayurveda, HPV infection is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Kapha and Pitta doshas.

## Causes of Human Papillomavirus (HPV) Infection

### Causes

- Skin-to-skin contact: HPV is primarily spread through sexual contact.
- Multiple sexual partners: Increased risk with multiple partners.
- Weakened immune system: People with weakened immune systems are more susceptible.
- Poor hygiene: Lack of proper hygiene can increase the risk.
- Genital warts: Presence of genital warts can indicate HPV infection.
- Ayurvedic dosha imbalance: Imbalance of Kapha and Pitta doshas can create favorable conditions for HPV infection according to Ayurveda.

## Symptoms of Human Papillomavirus (HPV) Infection

### Symptoms

- Genital warts: Visible warts in the genital area.
- Abnormal Pap test results: Indicative of cervical cell changes.
- Cervical cancer: In severe cases, HPV can lead to cervical cancer.
- Vaginal, vulvar, or anal cancers: HPV can also cause cancers in these areas.
- Respiratory papillomatosis: Rarely, HPV can cause warts in the throat.
- Itching or bleeding in the genital area

## Diagnosis

### Diagnosis

Diagnosis involves Pap tests, HPV DNA tests, colposcopy, and biopsy to detect abnormal cell changes and the presence of the virus.

## Trigger Factors

### Trigger Factors

#### Skin-to-Skin Contact

HPV is primarily spread through sexual contact.

#### Multiple Sexual Partners

Increased risk with multiple sexual partners.

#### Weakened Immune System

People with weakened immune systems are more susceptible to HPV infection.

#### Poor Hygiene

Lack of proper hygiene can increase the risk of HPV infection.

#### Ayurvedic Dosha Imbalance

Imbalance of Kapha and Pitta doshas can create favorable conditions for HPV infection according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Neem Capsules

Made from the pure extract of Neem (Azadirachta indica). It possesses anti-bacterial, anti-inflammatory, and antiseptic properties, which help in treating infections and promoting healing.

Ingredients: Neem (Azadirachta indica)

Benefits: Heals underlying infections., Provides anti-bacterial, anti-inflammatory, and antiseptic properties.

#### Gandhak Rasayan

Prepared from purified sulfur (Shuddh Gandhak). It helps in supporting healthy skin and hair, managing infections, and treating various skin and tissue disorders including those caused by HPV.

Ingredients: Purified sulfur (Shuddh Gandhak)

Benefits: Supports healthy skin and hair., Manages infections., Treats various skin and tissue disorders.

### Kanchnaar Guggul

A herbal formulation containing Kanchnaar (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), and Guggul (*Commiphora mukul*). It helps in reducing inflammation and promoting tissue repair.

Ingredients: Kanchnaar (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), Guggul (*Commiphora mukul*)

Benefits: Reduces inflammation., Promotes tissue repair., Balances Kapha dosha.

### Triphala Guggul

A combination of Triphala (Amalaki, Haritaki, and Bibhitaki) and Guggul (*Commiphora mukul*). It helps in detoxifying the body, reducing inflammation, and managing various infections including those leading to HPV.

Ingredients: Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), Guggul (*Commiphora mukul*)

Benefits: Detoxifies the body., Reduces inflammation., Balances Kapha dosha.

### Ashwagandha Capsules

Prepared from the pure extract of Ashwagandha (*Withania somnifera*). It helps in reducing stress and anxiety, which can contribute to the severity of HPV infection, and also improves overall health.

Ingredients: Ashwagandha (*Withania somnifera*)

Benefits: Reduces stress and anxiety., Improves overall health., Balances Vata, Pitta, and Kapha doshas.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Neem Capsules: 2 capsules, twice daily, after meals, with warm water.

Gandhak Rasayan: 2 tablets, twice daily, after meals, with warm water.

Kanchnaar Guggul: 2 tablets, twice daily, after meals, with warm water.

Triphala Guggul: 2 tablets, twice daily, after meals, with warm water.

Ashwagandha Capsules: 2 capsules, twice daily, after meals, with warm water.

Dietary and Lifestyle Recommendations: Maintain good hygiene practices. Include foods with clear, pungent, and bitter qualities. Avoid spicy, oily, and heavy foods. Drink plenty of warm water and avoid cold beverages. Practice stress-reducing techniques like yoga and meditation.



# Hyperthyroidism

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## Overview of Hyperthyroidism

Hyperthyroidism is a condition where the thyroid gland produces excessive amounts of thyroid hormones, leading to various health issues. According to Ayurveda, hyperthyroidism is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Pitta dosha.

## Causes of Hyperthyroidism

### Causes

- Graves' disease: An autoimmune disorder that causes the thyroid gland to produce too much thyroid hormone.
- Toxic multinodular goiter: A condition in which the thyroid gland becomes enlarged and produces excess thyroid hormones.
- Thyroid nodules: Single or multiple lumps in the thyroid gland that can produce excess thyroid hormones.
- Thyroiditis: Inflammation of the thyroid gland that can cause the release of stored thyroid hormones into the bloodstream.
- Excessive intake of iodine: High levels of iodine can stimulate the thyroid gland to produce more thyroid hormones.
- Genetic factors: Family history can play a role.
- Ayurvedic dosha imbalance: Imbalance of Pitta dosha can lead to hyperthyroidism according to Ayurveda.

## Symptoms of Hyperthyroidism

### Symptoms

- Weight loss despite increased appetite
- Rapid or irregular heartbeat
- Nervousness or irritability
- Fatigue or muscle weakness
- Heat intolerance
- Changes in menstrual cycle
- Enlarged thyroid gland (goiter)
- Thinning of skin
- Hair loss
- Changes in bowel movements

## Diagnosis

### Diagnosis

Diagnosis involves blood tests to measure the levels of thyroid hormones (TSH, T3, and T4) in the blood, and sometimes imaging tests like ultrasound or radioactive iodine uptake test to assess thyroid function.

## Trigger Factors

### Trigger Factors

#### Graves' Disease

An autoimmune disorder that causes the thyroid gland to produce too much thyroid hormone.

#### Toxic Multinodular Goiter

A condition in which the thyroid gland becomes enlarged and produces excess thyroid hormones.

#### Thyroid Nodules

Single or multiple lumps in the thyroid gland that can produce excess thyroid hormones.

#### Thyroiditis

Inflammation of the thyroid gland that can cause the release of stored thyroid hormones into the bloodstream.

#### Excessive Iodine Intake

High levels of iodine can stimulate the thyroid gland to produce more thyroid hormones.

#### Ayurvedic Dosha Imbalance

Imbalance of Pitta dosha can create favorable conditions for hyperthyroidism according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Guggul Capsules

Prepared from the pure extract of Guggul (Commiphora mukul). It possesses anti-inflammatory properties and helps in treating hyperthyroidism by balancing the thyroid function.

Ingredients: Guggul (Commiphora mukul)



Benefits: Reduces inflammation., Balances thyroid function., Supports overall health.

#### **Kanchnaar Guggul**

A herbal formulation containing Kanchnaar (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), and Guggul (*Commiphora mukul*). It helps in reducing inflammation and promoting tissue repair.

Ingredients: Kanchnaar (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), Guggul (*Commiphora mukul*)

Benefits: Reduces inflammation., Promotes tissue repair., Balances Kapha dosha.

#### **Gotu Kola Capsules**

Prepared from the pure extract of Gotu Kola (*Centella asiatica*). It helps in improving cognitive functions and strengthening the nervous system, which can be beneficial for hyperthyroidism.

Ingredients: Gotu Kola (*Centella asiatica*)

Benefits: Improves cognitive functions., Strengthens the nervous system., Enhances overall health.

#### **Brahmi Capsules**

Prepared from the pure extract of Brahmi (*Bacopa monnieri*). It is known for its cognitive-enhancing properties and helps in reducing stress and anxiety associated with hyperthyroidism.

Ingredients: Brahmi (*Bacopa monnieri*)

Benefits: Improves cognitive functions., Reduces stress and anxiety., Enhances overall health.

#### **Ashwagandha Capsules**

Made from the pure extract of Ashwagandha (*Withania somnifera*). It helps in reducing stress and anxiety, which can contribute to the severity of hyperthyroidism, and also improves overall health.

Ingredients: Ashwagandha (*Withania somnifera*)

Benefits: Reduces stress and anxiety., Improves overall health., Balances Vata, Pitta, and Kapha doshas.

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Guggul Capsules: 2 capsules, twice daily, after meals, with warm water.

Kanchnaar Guggul: 2 tablets, twice daily, after meals, with warm water.

Gotu Kola Capsules: 2 capsules, twice daily, after meals, with warm water.

Brahmi Capsules: 2 capsules, twice daily, after meals, with warm water.

Ashwagandha Capsules: 2 capsules, twice daily, after meals, with warm water.

Dietary and Lifestyle Recommendations: Avoid foods that are hot, oily, and spicy. Include foods with cool, bitter, and astringent qualities. Drink plenty of warm water and avoid cold beverages. Regular physical activity and a balanced lifestyle are recommended.

# Hypotension (Low Blood Pressure)

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## Overview of Hypotension (Low Blood Pressure)

Hypotension, or low blood pressure, is a condition where the blood pressure is lower than normal. According to Ayurveda, hypotension is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Vata dosha.

## Causes of Hypotension (Low Blood Pressure)

### Causes

- Dehydration: Lack of fluids in the body can lead to hypotension.
- Blood loss: Significant blood loss due to injury or surgery can cause hypotension.
- Medications: Certain medications such as diuretics and beta-blockers can lower blood pressure.
- Heart conditions: Conditions like heart failure or bradycardia can lead to hypotension.
- Neurological disorders: Conditions like Parkinson's disease can affect blood pressure regulation.
- Endocrine disorders: Conditions like adrenal insufficiency can cause hypotension.
- Nutritional deficiencies: Lack of essential nutrients like vitamin B12 or iron can contribute to hypotension.
- Ayurvedic dosha imbalance: Imbalance of Vata dosha can lead to hypotension according to Ayurveda.

## Symptoms of Hypotension (Low Blood Pressure)

### Symptoms

- Dizziness or lightheadedness
- Fainting or near-fainting
- Fatigue or weakness
- Nausea or vomiting
- Rapid or shallow breathing
- Cold, clammy, or pale skin
- Rapid or weak pulse
- Confusion or disorientation

## Diagnosis

### Diagnosis

Diagnosis involves measuring blood pressure using a sphygmomanometer and may include additional tests such as blood tests, electrocardiogram (ECG), and imaging tests to identify underlying causes.

## Trigger Factors

### Trigger Factors

#### Dehydration

Lack of fluids in the body can trigger hypotension.

#### Blood Loss

Significant blood loss due to injury or surgery can trigger hypotension.

#### Medications

Certain medications such as diuretics and beta-blockers can lower blood pressure and trigger hypotension.

#### Heart Conditions

Conditions like heart failure or bradycardia can trigger hypotension.

#### Ayurvedic Dosha Imbalance

Imbalance of Vata dosha can create favorable conditions for hypotension according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Ashwagandha Capsules

Made from the pure extract of Ashwagandha (*Withania somnifera*). It helps in reducing stress and anxiety, which can contribute to the severity of hypotension, and also improves overall health.

Ingredients: Ashwagandha (*Withania somnifera*)

Benefits: Reduces stress and anxiety., Improves overall health., Balances Vata, Pitta, and Kapha doshas.

### **Gandhak Rasayan**

Prepared from purified sulfur (Shuddh Gandhak). It helps in supporting healthy skin and hair, managing infections, and treating various skin and tissue disorders including those related to hypotension.

Ingredients: Purified sulfur (Shuddh Gandhak)

Benefits: Supports healthy skin and hair., Manages infections., Treats various skin and tissue disorders.

### **Shilajit Capsules**

Made from the pure extract of Shilajit. It is known for its rejuvenating properties and helps in improving overall health, including managing symptoms of hypotension.

Ingredients: Shilajit

Benefits: Rejuvenates the body., Improves overall health., Enhances energy levels.

### **Triphala Capsules**

A combination of Triphala (Amalaki, Haritaki, and Bibhitaki). It helps in detoxifying the body, improving digestion, and managing various health issues including hypotension.

Ingredients: Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*)

Benefits: Detoxifies the body., Improves digestion., Balances all three doshas.

### **Dashmularisht**

A herbal fermented syrup formulation containing Bilva (*Aegle marmelos*), Agnimanth (*Premna integrifolia*), Sonapatha (*Oroxylum indicum*), Gambhari (*Gmelina arborea*), and other herbs of Dashmool varga. It helps in balancing the doshas and promoting overall health.

Ingredients: Bilva (*Aegle marmelos*), Agnimanth (*Premna integrifolia*), Sonapatha (*Oroxylum indicum*), Gambhari (*Gmelina arborea*)

Benefits: Balances the doshas., Promotes overall health., Supports digestive health.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Ashwagandha Capsules: 2 capsules, twice daily, after meals, with warm water.

Gandhak Rasayan: 2 tablets, twice daily, after meals, with warm water.

Shilajit Capsules: 2 capsules, twice daily, after meals, with warm water.

Triphala Capsules: 2 capsules, twice daily, after meals, with warm water.

Dashmularisht: 2 teaspoonfuls, twice daily with equal amount of water, after meals.

Dietary and Lifestyle Recommendations: Include foods rich in salt, sugar, and healthy fats.

Avoid fasting and dehydration. Drink plenty of warm water and avoid cold beverages.

Regular physical activity and a balanced lifestyle are recommended.

# Halitosis (Bad Breath)

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## Overview of Halitosis (Bad Breath)

Halitosis, or bad breath, is a condition characterized by persistent and unpleasant odor from the mouth. According to Ayurveda, halitosis is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Kapha and Pitta doshas.

## Causes of Halitosis (Bad Breath)

### Causes

- Poor oral hygiene: Infrequent brushing and flossing can lead to the accumulation of bacteria.
- Gum disease: Periodontal disease can cause bad breath.
- Dry mouth: Lack of saliva can contribute to bad breath.
- Tobacco use: Smoking and chewing tobacco can cause halitosis.
- Diet: Consuming strong-smelling foods like garlic and onions.
- Medical conditions: Diabetes, sinus infections, and gastrointestinal disorders can cause bad breath.
- Medications: Certain medications can reduce saliva production, leading to dry mouth and bad breath.
- Ayurvedic dosha imbalance: Imbalance of Kapha and Pitta doshas can lead to halitosis according to Ayurveda.

## Symptoms of Halitosis (Bad Breath)

### Symptoms

- Persistent bad breath
- Dry mouth
- Gum disease or gum inflammation
- Tongue coating
- Postnasal drip
- Sinus infections
- Bad taste in the mouth

## Diagnosis

### Diagnosis

Diagnosis involves a physical examination, medical history, and sometimes tests to identify underlying causes such as dental X-rays, blood tests, and sinus CT scans.

## Trigger Factors

### Trigger Factors

#### Poor Oral Hygiene

Infrequent brushing and flossing can trigger halitosis.

#### Gum Disease

Periodontal disease can cause bad breath.

#### Dry Mouth

Lack of saliva can contribute to halitosis.

#### Tobacco Use

Smoking and chewing tobacco can cause halitosis.

#### Ayurvedic Dosha Imbalance

Imbalance of Kapha and Pitta doshas can create favorable conditions for halitosis according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Triphala Capsules

A combination of Triphala (Amalaki, Haritaki, and Bibhitaki). It helps in detoxifying the body, improving digestion, and managing various health issues including halitosis.

Ingredients: Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*)

Benefits: Detoxifies the body., Improves digestion., Balances all three doshas.

#### Kanchnaar Guggul

A herbal formulation containing Kanchnaar (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), and Guggul (*Commiphora mukul*). It helps in reducing inflammation and promoting tissue repair.



Ingredients: Kanchnaar (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), Guggul (*Commiphora mukul*)

Benefits: Reduces inflammation., Promotes tissue repair., Balances Kapha dosha.

### Neem Capsules

Made from the pure extract of Neem (*Azadirachta indica*). It possesses anti-bacterial, anti-inflammatory, and antiseptic properties, which help in treating infections and promoting healing, including those causing bad breath.

Ingredients: Neem (*Azadirachta indica*)

Benefits: Heals underlying infections., Provides anti-bacterial, anti-inflammatory, and antiseptic properties.

### Gandhak Rasayan

Prepared from purified sulfur (Shuddh Gandhak). It helps in supporting healthy skin and hair, managing infections, and treating various skin and tissue disorders including those related to halitosis.

Ingredients: Purified sulfur (Shuddh Gandhak)

Benefits: Supports healthy skin and hair., Manages infections., Treats various skin and tissue disorders.

### Dashmularisht

A herbal fermented syrup formulation containing Bilva (*Aegle marmelos*), Agnimanth (*Premna integrifolia*), Sonapatha (*Oroxylum indicum*), Gambhari (*Gmelina arborea*), and other herbs of Dashmool varga. It helps in balancing the doshas and promoting overall health.

Ingredients: Bilva (*Aegle marmelos*), Agnimanth (*Premna integrifolia*), Sonapatha (*Oroxylum indicum*), Gambhari (*Gmelina arborea*)

Benefits: Balances the doshas., Promotes overall health., Supports digestive health.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Triphala Capsules: 2 capsules, twice daily, after meals, with warm water.

Kanchnaar Guggul: 2 tablets, twice daily, after meals, with warm water.

Neem Capsules: 2 capsules, twice daily, after meals, with warm water.

Gandhak Rasayan: 2 tablets, twice daily, after meals, with warm water.

Dashmularisht: 2 teaspoonfuls, twice daily with equal amount of water, after meals.

Dietary and Lifestyle Recommendations: Maintain good oral hygiene by brushing and flossing regularly. Avoid strong-smelling foods like garlic and onions. Include foods with clear, pungent, and bitter qualities. Drink plenty of warm water and avoid cold beverages. Regular physical activity and a balanced lifestyle are recommended.

# Heart Diseases

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## Overview of Heart Diseases

Heart diseases are disorders that affect the heart and can lead to complications such as heart attacks, heart failure, and myocardial infarction. According to Ayurveda, heart diseases are associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Kapha and Pitta doshas.

## Causes of Heart Diseases

### Causes

- Heart defects you're born with (congenital heart defects)
- Coronary artery disease
- High blood pressure
- Diabetes
- Intake of alcohol
- Depression
- Poor diet: High intake of saturated fats, cholesterol, and sodium
- Obesity
- Lack of physical activity
- Smoking
- Family history
- Ayurvedic dosha imbalance: Imbalance of Kapha and Pitta doshas can lead to heart diseases according to Ayurveda.

## Symptoms of Heart Diseases

### Symptoms

- Chest pain or discomfort (angina)
- Shortness of breath
- Pain or discomfort in the arms, back, neck, jaw, or stomach
- Cold sweat
- Lightheadedness or dizziness
- Fatigue
- Swollen legs, ankles, and feet
- Rapid or irregular heartbeat
- Coughing up pink, frothy mucus

## Diagnosis

### Diagnosis

Diagnosis involves physical examination, medical history, electrocardiogram (ECG), echocardiogram, stress test, coronary angiography, and blood tests to assess heart function and identify underlying causes.

## Trigger Factors

### Trigger Factors

#### High Blood Pressure

High blood pressure can trigger heart diseases by putting extra strain on the heart.

#### Diabetes

Diabetes can damage blood vessels and nerves that control the heart.

#### Poor Diet

High intake of saturated fats, cholesterol, and sodium can contribute to heart diseases.

#### Lack of Physical Activity

Sedentary lifestyle can increase the risk of developing heart diseases.

#### Ayurvedic Dosha Imbalance

Imbalance of Kapha and Pitta doshas can create favorable conditions for heart diseases according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Arjuna Capsules

Prepared from the pure extract of Arjuna (*Terminalia arjuna*). It is known for its heart-protective properties and helps in maintaining healthy heart function.

Ingredients: Arjuna (*Terminalia arjuna*)

Benefits: Maintains healthy heart function., Reduces blood pressure., Improves overall cardiovascular health.

#### Gotu Kola Capsules

Made from the pure extract of Gotu Kola (*Centella asiatica*). It helps in improving cognitive functions and strengthening the nervous system, which can be beneficial for heart health.

Ingredients: Gotu Kola (*Centella asiatica*)

Benefits: Improves cognitive functions., Strengthens the nervous system., Enhances overall health.

#### **Triphala Guggul**

A combination of Triphala (Amalaki, Haritaki, and Bibhitaki) and Guggul (*Commiphora mukul*). It helps in detoxifying the body, reducing inflammation, and managing various health issues including those related to heart diseases.

Ingredients: Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), Guggul (*Commiphora mukul*)

Benefits: Detoxifies the body., Reduces inflammation., Balances Kapha dosha.

#### **Ashwagandha Capsules**

Made from the pure extract of Ashwagandha (*Withania somnifera*). It helps in reducing stress and anxiety, which can contribute to the severity of heart diseases, and also improves overall health.

Ingredients: Ashwagandha (*Withania somnifera*)

Benefits: Reduces stress and anxiety., Improves overall health., Balances Vata, Pitta, and Kapha doshas.

#### **Punarnava Capsules**

Prepared from Punarnava (*Boerhavia diffusa*), these capsules are effective in reducing inflammation and managing symptoms related to heart diseases.

Ingredients: Punarnava (*Boerhavia diffusa*)

Benefits: Reduces inflammation., Shows anti-inflammatory, anti-oxidant, and analgesic properties.

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Arjuna Capsules: 2 capsules, twice daily, after meals, with warm water.

Gotu Kola Capsules: 2 capsules, twice daily, after meals, with warm water.

Triphala Guggul: 2 tablets, twice daily, after meals, with warm water.

Ashwagandha Capsules: 2 capsules, twice daily, after meals, with warm water.

Punarnava Capsules: 2 capsules, twice daily, after meals, with warm water.

Dietary and Lifestyle Recommendations: Maintain a healthy diet low in saturated fats, cholesterol, and sodium. Include foods with clear, pungent, and bitter qualities. Drink plenty of warm water and avoid cold beverages. Regular physical activity and a balanced lifestyle are recommended.

# Henoch-Schönlein Purpura (HSP)

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## Overview of Henoch-Schönlein Purpura (HSP)

Henoch-Schönlein Purpura (HSP) is a disorder that causes inflammation and bleeding in the blood vessels of the skin, intestines, kidneys, and joints. According to Ayurveda, HSP is associated with the vitiation of Pitta dosha, which results in the vitiation of rakta dhatu (blood tissue) and mamsa dhatu (muscle tissue).

## Causes of Henoch-Schönlein Purpura (HSP)

### Causes

- Immune system activation: The immune system produces an antibody that targets the blood vessels, causing inflammation and bleeding.
- Previous infections: Often occurs after an infection, particularly of the respiratory tract.
- Food, drugs, or insect bites: Can trigger the immune response leading to HSP.
- Ayurvedic dosha imbalance: Vitiation of Pitta dosha is a key factor according to Ayurveda.

## Symptoms of Henoch-Schönlein Purpura (HSP)

### Symptoms

- Reddish-purple spots (purpura) on the skin, mainly on the buttocks, arms, legs, and feet.
- Joint pain and swelling, particularly in the knees and ankles.
- Gastrointestinal symptoms: Nausea, abdominal pain, and bloody stools.
- Kidney involvement: Blood or protein in the urine, which may persist in some cases.
- Other symptoms: Aching joints, and in some cases, kidney diseases may develop.

## Diagnosis

### Diagnosis

Diagnosis is typically based on the classic rash, joint pain, and gastrointestinal symptoms. No single test can confirm HSP, but blood tests and urine analysis may be used to assess kidney involvement.

## Trigger Factors

### Trigger Factors

#### Previous Infections

Often occurs after an infection, particularly of the respiratory tract.

#### Immune System Activation

The immune system produces an antibody that targets the blood vessels, causing inflammation and bleeding.

#### Food, Drugs, or Insect Bites

Can trigger the immune response leading to HSP.

#### Ayurvedic Dosha Imbalance

Vitiation of Pitta dosha is a key factor according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Pitta Balance

Comprises cooling and natural calcium compounds to restore Pitta imbalance quickly and naturally. Provides quick relief to patients suffering from HSP.

Ingredients: Cooling and natural calcium compounds

Benefits: Restores Pitta imbalance., Provides quick relief from HSP symptoms.

#### Gotu Kola Capsules

An herb used for various therapeutic benefits. Improves strength, skin quality, digestive power, and is beneficial for bleeding disorders, skin issues, and other conditions.

Ingredients: Gotu Kola (Centella asiatica)

Benefits: Improves strength and skin quality., Enhances digestive power., Beneficial for bleeding disorders.

#### Arjuna Capsules

Considered among the astringent tasting group of herbs. Useful in allergic conditions of the skin, ringworm infestation, and balances Pitta and Kapha doshas.

Ingredients: Arjuna (Terminalia arjuna)

Benefits: Useful in allergic skin conditions., Balances Pitta and Kapha doshas., Provides strength to the blood vessels and heart.



### **Arborium Plus Syrup**

An herbal formulation made from the unique combination of Arborium flower juice (Rhododendron) and Seabuckthorn (Hippophae rhamnoids) fruit juice. Improves blood circulation and gives strength to the blood vessels.

Ingredients: Arborium flower juice (Rhododendron), Seabuckthorn (Hippophae rhamnoids) fruit juice

Benefits: Improves blood circulation., Gives strength to the blood vessels.

### **Gandhak Rasayan**

Used in the treatment of skin diseases, itching, urinary tract disorders, and balances all three doshas in the body.

Ingredients: Purified sulfur (Shuddh Gandhak)

Benefits: Treats skin diseases and itching., Balances all three doshas.

### **Coolstrin-B Capsules**

Consists of various cooling herbs to restore Pitta balance quickly and naturally. Provides relief from digestive disorders.

Ingredients: Cooling herbs

Benefits: Restores Pitta balance., Provides relief from digestive disorders.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Pitta Balance: 1 capsule twice daily with warm water.

Gotu Kola Capsules: 1 capsule twice daily with warm water.

Arjuna Capsules: 2 capsules twice daily with warm water.

Arborium Plus Syrup: 2 teaspoonfuls thrice daily with warm water.

Gandhak Rasayan: 1 tablet twice daily with warm water.

Coolstrin-B Capsules: 2 capsules twice daily with warm water.

Dietary and Lifestyle Recommendations: Avoid foods that aggravate Pitta dosha. Include green vegetables, green leaves, and juices. Avoid citrus juices and foods rich in potassium and phosphates. Drink plenty of water and avoid smoking. Protect yourself from the sun.

# Herpes Zoster (Shingles)

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## Overview of Herpes Zoster (Shingles)

Herpes zoster, also known as shingles, is an infection that results in the formation of painful red skin rashes due to the reactivation of the Varicella-Zoster Virus from its latent state in a posterior dorsal root ganglion. Any person who has had chickenpox or received the chickenpox vaccine may develop shingles. According to Ayurveda, herpes zoster is associated with the vitiation of Pitta dosha, which results in the eruption of reddish painful boils.

## Causes of Herpes Zoster (Shingles)

### Causes

- **Varicella-Zoster Virus (VZV):** The causative factor of herpes zoster infection. The virus remains dormant within dorsal root ganglia of nerve cells after recovery from chickenpox and may reactivate later.
- **Age factor:** The risk increases with age, particularly above 50 years.
- **Immuno-compromised diseases:** Conditions like HIV/AIDS and cancer can increase the risk.
- **Radiation or chemotherapy:** These treatments can lower resistance to diseases and trigger shingles.
- **Medications:** Drugs used to prevent rejection of transplanted organs can increase the risk.
- **Emotional stress and trauma:** Can trigger the reactivation of the virus.
- **Ayurvedic dosha imbalance:** Vitiation of Pitta dosha is a key factor according to Ayurveda.

## Symptoms of Herpes Zoster (Shingles)

### Symptoms

- Pain, burning, numbness, or tingling usually as the first symptoms.
- Sensitivity to touch.
- A red rash follows in 2-3 days after the pain, typically on one side of the body.
- Fluid-filled blisters that break open and crust over, eventually falling off in 2-4 weeks.
- Fever and chills.
- Fatigue.
- Muscle weakness.
- Headache.
- Sensitivity to light.

- Joint pain.
- Swollen glands.

## Diagnosis

### Diagnosis

Diagnosis is typically based on the characteristic rash and symptoms. No single test can confirm shingles, but blood tests and sometimes imaging tests may be used to assess the extent of the infection.

## Trigger Factors

### Trigger Factors

#### Age Factor

The risk increases with age, particularly above 50 years.

#### Immuno-compromised Diseases

Conditions like HIV/AIDS and cancer can increase the risk.

#### Radiation or Chemotherapy

These treatments can lower resistance to diseases and trigger shingles.

#### Medications

Drugs used to prevent rejection of transplanted organs can increase the risk.

#### Ayurvedic Dosha Imbalance

Vitiation of Pitta dosha is a key factor according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Neem Capsules

Made from the pure extract of Neem (*Azadirachta indica*). It possesses anti-bacterial, anti-inflammatory, and antiseptic properties, which help in treating infections and promoting healing.

Ingredients: Neem (*Azadirachta indica*)

Benefits: Heals underlying infections., Provides anti-bacterial, anti-inflammatory, and antiseptic properties.

### **Lemon Herb Tea**

A cup of herbal tea prepared by adding a few leaves of lemon herb is found effective in shingles infection.

Ingredients: Lemon herb

Benefits: Provides relief from symptoms of shingles.

### **Chamomile**

An antiviral herb; chamomile bath can be very beneficial to get relief from the symptoms of shingles infection.

Ingredients: Chamomile

Benefits: Provides relief from symptoms of shingles.

### **Mullein**

Leaves and flowers of this herb provide relief from pain caused due to shingles.

Ingredients: Mullein

Benefits: Provides relief from pain.

### **Skin Care Pack**

Planet Ayurveda offers a Skin Care Pack for the Ayurvedic treatment of herpes zoster. This pack includes Neem Capsules, Radiant Skin Hair Nails Formula, Gandhak Rasayan, Manjishtha Capsules, Nirgundi Oil, and Tea Tree-Aloe Vera Premium Handmade Bathing Bar.

Ingredients: Neem (Azadirachta indica), Radiant Skin Hair Nails Formula (Manjistha, Pitt papda, Chiretta, Ghrit kumari), Gandhak Rasayan (Purified sulfur), Manjishtha Capsules (Rubia cordifolia), Nirgundi Oil (Vitex negundo), Tea Tree-Aloe Vera Premium Handmade Bathing Bar

Benefits: Treats skin ailments and infections., Maintains healthy skin and hair., Balances Pitta dosha.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Neem Capsules: 1 capsule twice daily, with plain water after meals.

Lemon Herb Tea: A cup of herbal tea prepared by adding a few leaves of lemon herb, taken as needed.

Chamomile: Chamomile bath as directed by a physician.

Mullein: As directed by a physician.

Skin Care Pack: {'Neem Capsules': '1 capsule twice daily, with plain water after meals.', 'Radiant Skin Hair Nails Formula': '1 capsule twice daily, with plain water after meals.', 'Gandhak Rasayan': '2 tablets twice daily, with plain water after meals.', 'Manjishtha Capsules': '1 capsule twice daily, with plain water after meals.', 'Nirgundi Oil': 'As directed by a physician.', 'Tea Tree-Aloe Vera Premium Handmade Bathing Bar': 'As directed by a physician.'}

Dietary and Lifestyle Recommendations: Keep the rashes covered. Avoid scratching or contact with the rash. Regular hand-washing is recommended. Avoid contact with pregnant women who have never had chickenpox or the varicella vaccine. Avoid contact with premature or low birth weight infants. Include foods with cool, bitter, and astringent qualities. Drink plenty of warm water and avoid cold beverages.

# Hypocortisolism

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## Overview of Hypocortisolism

Hypocortisolism, also known as adrenal insufficiency, is a condition where the adrenal glands do not produce enough cortisol and, in some cases, aldosterone. According to Ayurveda, hypocortisolism is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Vata and Pitta doshas.

## Causes of Hypocortisolism

### Causes

- Primary adrenal insufficiency: Damage to the adrenal glands themselves.
- Secondary adrenal insufficiency: Problem with the pituitary gland that prevents it from sending the signal to the adrenal glands to produce cortisol.
- Tertiary adrenal insufficiency: Problem with the hypothalamus that prevents it from sending the signal to the pituitary gland.
- Genetic disorders: Certain genetic conditions can affect adrenal function.
- Infections: Tuberculosis, HIV, and other infections can damage the adrenal glands.
- Autoimmune disorders: Conditions like Addison's disease where the immune system attacks the adrenal glands.
- Surgery: Removal of the adrenal glands or pituitary gland.
- Medications: Long-term use of corticosteroid medications can suppress adrenal function.
- Ayurvedic dosha imbalance: Imbalance of Vata and Pitta doshas can lead to hypocortisolism according to Ayurveda.

## Symptoms of Hypocortisolism

### Symptoms

- Fatigue and weakness
- Weight loss
- Low blood pressure
- Nausea and vomiting
- Diarrhea
- Abdominal pain
- Dizziness or fainting
- Skin changes: Thin, fragile skin that bruises easily
- Hair loss

- Loss of body hair
- Decreased libido

## Diagnosis

### Diagnosis

Diagnosis involves blood tests to measure cortisol levels, ACTH stimulation test, and sometimes imaging tests like CT or MRI scans to assess the adrenal glands and pituitary gland.

## Trigger Factors

### Trigger Factors

#### Primary Adrenal Insufficiency

Damage to the adrenal glands themselves can trigger hypocortisolism.

#### Secondary Adrenal Insufficiency

Problem with the pituitary gland that prevents it from sending the signal to the adrenal glands to produce cortisol can trigger hypocortisolism.

#### Infections

Tuberculosis, HIV, and other infections can damage the adrenal glands and trigger hypocortisolism.

#### Autoimmune Disorders

Conditions like Addison's disease where the immune system attacks the adrenal glands can trigger hypocortisolism.

#### Ayurvedic Dosha Imbalance

Imbalance of Vata and Pitta doshas can create favorable conditions for hypocortisolism according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Ashwagandha Capsules

Made from the pure extract of Ashwagandha (*Withania somnifera*). It helps in reducing stress and anxiety, which can contribute to the severity of hypocortisolism, and also improves overall health.

Ingredients: Ashwagandha (*Withania somnifera*)

Benefits: Reduces stress and anxiety., Improves overall health., Balances Vata, Pitta, and Kapha doshas.

#### **Gandhak Rasayan**

Prepared from purified sulfur (Shuddh Gandhak). It helps in supporting healthy skin and hair, managing infections, and treating various skin and tissue disorders including those related to hypocortisolism.

Ingredients: Purified sulfur (Shuddh Gandhak)

Benefits: Supports healthy skin and hair., Manages infections., Treats various skin and tissue disorders.

#### **Triphala Guggul**

A combination of Triphala (Amalaki, Haritaki, and Bibhitaki) and Guggul (Commiphora mukul). It helps in detoxifying the body, reducing inflammation, and managing various health issues including those related to hypocortisolism.

Ingredients: Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), Guggul (*Commiphora mukul*)

Benefits: Detoxifies the body., Reduces inflammation., Balances Kapha dosha.

#### **Shilajit Capsules**

Made from the pure extract of Shilajit. It is known for its rejuvenating properties and helps in improving overall health, including managing symptoms of hypocortisolism.

Ingredients: Shilajit

Benefits: Rejuvenates the body., Improves overall health., Enhances energy levels.

#### **Punarnava Capsules**

Prepared from Punarnava (*Boerhavia diffusa*), these capsules are effective in reducing inflammation and managing symptoms related to hypocortisolism.

Ingredients: Punarnava (*Boerhavia diffusa*)

Benefits: Reduces inflammation., Shows anti-inflammatory, anti-oxidant, and analgesic properties.

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Ashwagandha Capsules: 2 capsules, twice daily, after meals, with warm water.

Gandhak Rasayan: 2 tablets, twice daily, after meals, with warm water.



Triphala Guggul: 2 tablets, twice daily, after meals, with warm water.

Shilajit Capsules: 2 capsules, twice daily, after meals, with warm water.

Punarnava Capsules: 2 capsules, twice daily, after meals, with warm water.

Dietary and Lifestyle Recommendations: Include foods with cool, bitter, and astringent qualities. Avoid spicy, oily, and heavy foods. Drink plenty of warm water and avoid cold beverages. Regular physical activity and a balanced lifestyle are recommended.

# Headaches

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## Overview of Headaches

Headaches are a common disorder that can significantly disturb daily activities. According to Ayurveda, headaches are associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Vata and Pitta doshas.

## Causes of Headaches

### Causes

- Over stressing
- Hormonal imbalances
- Fluctuating mood swings due to undue stress
- Muscle pain, stretch or injury in the back and neck
- Over exhaustion
- Feeling hungry and dehydrated
- Drug addiction or over-dosage
- Sudden withdrawal of alcohol, caffeine, and sugar
- Carbon monoxide poisoning in the house
- Headache due to eye pain and vomiting
- Temporomandibular joint disease (TMJ)
- Ayurvedic dosha imbalance: Imbalance of Vata and Pitta doshas can lead to headaches according to Ayurveda.

## Symptoms of Headaches

### Symptoms

- Changes in vision
- Difficulty with body balance
- High fever
- Increased sensitivity to light or sound
- Nausea with or without vomiting
- Eye, ear, or facial irritating pain
- Cold and flu
- Drowsiness or dizziness
- Numbness or weakness in the head

## Diagnosis

### Diagnosis

Diagnosis involves a physical examination, medical history, and sometimes imaging tests like CT or MRI scans to rule out underlying serious conditions. The doctor may also ask about the frequency, duration, and severity of the headaches.

## Trigger Factors

### Trigger Factors

#### Over Stressing

Over stressing can trigger headaches.

#### Hormonal Imbalances

Hormonal imbalances can trigger headaches.

#### Muscle Pain or Injury

Muscle pain, stretch or injury in the back and neck can trigger headaches.

#### Drug Addiction or Over-Dosage

Drug addiction or over-dosage can trigger headaches.

#### Ayurvedic Dosha Imbalance

Imbalance of Vata and Pitta doshas can create favorable conditions for headaches according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Brahmi Capsules

Made from the pure extract of Brahmi (*Bacopa monnieri*). It is known for its cognitive-enhancing properties and helps in reducing stress and anxiety, which can contribute to the severity of headaches.

Ingredients: Brahmi (*Bacopa monnieri*)

Benefits: Improves cognitive functions., Reduces stress and anxiety., Enhances overall health.

### Ashwagandha Capsules

Made from the pure extract of Ashwagandha (*Withania somnifera*). It helps in reducing stress and anxiety, which can contribute to the severity of headaches, and also improves overall health.

Ingredients: Ashwagandha (*Withania somnifera*)

Benefits: Reduces stress and anxiety., Improves overall health., Balances Vata, Pitta, and Kapha doshas.

### Gotu Kola Capsules

Prepared from the pure extract of Gotu Kola (*Centella asiatica*). It helps in improving cognitive functions and strengthening the nervous system, which can be beneficial for headaches.

Ingredients: Gotu Kola (*Centella asiatica*)

Benefits: Improves cognitive functions., Strengthens the nervous system., Enhances overall health.

### Triphala Capsules

A combination of Triphala (Amalaki, Haritaki, and Bibhitaki). It helps in detoxifying the body, improving digestion, and managing various health issues including those related to headaches.

Ingredients: Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*)

Benefits: Detoxifies the body., Improves digestion., Balances all three doshas.

### Dashmularisht

A herbal fermented syrup formulation containing Bilva (*Aegle marmelos*), Agnimanth (*Premna integrifolia*), Sonapatha (*Oroxylum indicum*), Gambhari (*Gmelina arborea*), and other herbs of Dashmool varga. It helps in balancing the doshas and promoting overall health.

Ingredients: Bilva (*Aegle marmelos*), Agnimanth (*Premna integrifolia*), Sonapatha (*Oroxylum indicum*), Gambhari (*Gmelina arborea*)

Benefits: Balances the doshas., Promotes overall health., Supports digestive health.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Brahmi Capsules: 2 capsules, twice daily, after meals, with warm water.

Ashwagandha Capsules: 2 capsules, twice daily, after meals, with warm water.

Gotu Kola Capsules: 2 capsules, twice daily, after meals, with warm water.

Triphala Capsules: 2 capsules, twice daily, after meals, with warm water.

Dashmularisht: 2 teaspoonfuls, twice daily with equal amount of water, after meals.

Dietary and Lifestyle Recommendations: Maintain a balanced diet and avoid foods that trigger headaches. Stay hydrated by drinking plenty of water. Regular physical activity and stress-reducing techniques like yoga and meditation are recommended. Avoid excessive caffeine and alcohol consumption.

# Heartburn

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## Overview of Heartburn

Heartburn, also known as acid reflux, is a condition where stomach acid flows back into the esophagus, causing a burning sensation in the chest. According to Ayurveda, heartburn is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Pitta dosha.

## Causes of Heartburn

### Causes

- Poor digestion: Improper digestion of food can lead to heartburn.
- Overeating: Consuming large or heavy meals can put pressure on the lower esophageal sphincter.
- Lying down after eating: This can cause stomach acid to flow back into the esophagus.
- Certain foods: Foods like citrus fruits, tomatoes, chocolate, spicy foods, and fatty or fried foods can trigger heartburn.
- Obesity: Being overweight can increase the risk of heartburn.
- Smoking: Smoking can weaken the lower esophageal sphincter and increase the risk of heartburn.
- Medications: Certain medications such as sedatives, antihistamines, and painkillers can relax the lower esophageal sphincter and cause heartburn.
- Ayurvedic dosha imbalance: Imbalance of Pitta dosha can lead to heartburn according to Ayurveda.

## Symptoms of Heartburn

### Symptoms

- Burning sensation in the chest, usually behind the breastbone.
- Burning sensation in the throat.
- Difficulty swallowing.
- Chest pain or tightness.
- Regurgitation of food or sour liquid.
- Bloating and discomfort in the upper abdomen.
- Coughing or wheezing.

## Diagnosis

### Diagnosis

Diagnosis involves a physical examination, medical history, and sometimes tests such as endoscopy, ambulatory acid probe tests, or esophageal manometry to confirm the presence of acid reflux and rule out other conditions.

## Trigger Factors

### Trigger Factors

#### Poor Digestion

Improper digestion of food can trigger heartburn.

#### Overeating

Consuming large or heavy meals can put pressure on the lower esophageal sphincter and trigger heartburn.

#### Certain Foods

Foods like citrus fruits, tomatoes, chocolate, spicy foods, and fatty or fried foods can trigger heartburn.

#### Obesity

Being overweight can increase the risk of heartburn.

#### Ayurvedic Dosha Imbalance

Imbalance of Pitta dosha can create favorable conditions for heartburn according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Amalaki Rasayan

Prepared from the pure extract of Amalaki (*Emblica officinalis*). It is rich in antioxidants and helps in balancing the digestive system and reducing inflammation.

Ingredients: Amalaki (*Emblica officinalis*)

Benefits: Balances the digestive system., Reduces inflammation., Rich in antioxidants.

### Triphala Capsules

A combination of Triphala (Amalaki, Haritaki, and Bibhitaki). It helps in detoxifying the body, improving digestion, and managing various health issues including those related to heartburn.

Ingredients: Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*)

Benefits: Detoxifies the body., Improves digestion., Balances all three doshas.

### Gandhak Rasayan

Prepared from purified sulfur (Shuddh Gandhak). It helps in supporting healthy skin and hair, managing infections, and treating various skin and tissue disorders including those related to heartburn.

Ingredients: Purified sulfur (Shuddh Gandhak)

Benefits: Supports healthy skin and hair., Manages infections., Treats various skin and tissue disorders.

### Kanchnaar Guggul

A herbal formulation containing Kanchnaar (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), and Guggul (*Commiphora mukul*). It helps in reducing inflammation and promoting tissue repair.

Ingredients: Kanchnaar (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), Guggul (*Commiphora mukul*)

Benefits: Reduces inflammation., Promotes tissue repair., Balances Kapha dosha.

### Pitta Balance

A herbal formulation designed to balance Pitta dosha. It helps in reducing heat and inflammation in the body, which can be beneficial for heartburn.

Ingredients: Cooling and natural calcium compounds

Benefits: Reduces heat and inflammation., Balances Pitta dosha.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Amalaki Rasayan: 2 capsules, twice daily, after meals, with warm water.

Triphala Capsules: 2 capsules, twice daily, after meals, with warm water.

Gandhak Rasayan: 2 tablets, twice daily, after meals, with warm water.



Kanchnaar Guggul: 2 tablets, twice daily, after meals, with warm water.

Pitta Balance: 1 capsule twice daily with warm water after meals.

Dietary and Lifestyle Recommendations: Avoid foods that aggravate Pitta dosha such as spicy, oily, and heavy foods. Include foods with cool, bitter, and astringent qualities. Drink plenty of warm water and avoid cold beverages. Regular physical activity and a balanced lifestyle are recommended.

# Hepatitis B

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## Overview of Hepatitis B

Hepatitis B is a viral infection that attacks the liver and can cause both acute and chronic disease. According to Ayurveda, hepatitis B is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Pitta dosha.

## Causes of Hepatitis B

### Causes

- Viral infection: Hepatitis B virus (HBV) is the primary cause.
- Blood and bodily fluids: Transmission through blood, semen, and other bodily fluids.
- Mother to child: Transmission during childbirth.
- Unprotected sex: Sexual contact with an infected person.
- Contaminated needles: Sharing needles or syringes.
- Ayurvedic dosha imbalance: Imbalance of Pitta dosha can contribute to the development of hepatitis B according to Ayurveda.

## Symptoms of Hepatitis B

### Symptoms

- Jaundice: Yellowing of the skin and eyes.
- Fatigue: Feeling extremely tired.
- Loss of appetite: Reduced desire to eat.
- Nausea and vomiting: Stomach upset.
- Abdominal pain: Pain in the upper right side of the abdomen.
- Dark urine: Urine that is darker than usual.
- Pale stools: Stools that are lighter than usual.
- Joint pain: Pain in the joints.

## Diagnosis

### Diagnosis

Diagnosis involves blood tests to detect the presence of the hepatitis B virus and to assess liver function. Imaging tests like ultrasound and liver biopsy may also be used to evaluate the extent of liver damage.

## Trigger Factors

### Trigger Factors

#### Viral Infection

Hepatitis B virus (HBV) is the primary cause of hepatitis B.

#### Blood and Bodily Fluids

Transmission through blood, semen, and other bodily fluids can trigger hepatitis B.

#### Mother to Child

Transmission during childbirth can trigger hepatitis B.

#### Ayurvedic Dosha Imbalance

Imbalance of Pitta dosha can create favorable conditions for hepatitis B according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Echinacea Capsules

Made from the pure extract of Echinacea. It is known for its immune-boosting properties and helps in fighting infections, including those caused by hepatitis B.

Ingredients: Echinacea

Benefits: Boosts the immune system., Fights infections., Supports overall health.

#### Kutki Capsules

Prepared from the pure extract of Kutki (Picrorhiza kurroa). It is known for its liver-protective properties and helps in treating liver disorders, including hepatitis B.

Ingredients: Kutki (Picrorhiza kurroa)

Benefits: Protects the liver., Treats liver disorders., Balances Pitta dosha.

#### Yakrit Plihantak Churna

A herbal powder made from a combination of herbs like Bhumi Amla (Phyllanthus niruri), Kalmegh (Andrographis paniculata), and others. It helps in detoxifying the liver and managing various liver-related issues, including hepatitis B.

Ingredients: Bhumi Amla (Phyllanthus niruri), Kalmegh (Andrographis paniculata)

Benefits: Detoxifies the liver., Manages liver-related issues., Balances Pitta dosha.

### **Phyllanthus Niruri**

Prepared from the pure extract of Phyllanthus Niruri (Bhumi Amla). It is known for its antiviral properties and helps in treating viral infections, including hepatitis B.

Ingredients: Phyllanthus Niruri (Bhumi Amla)

Benefits: Has antiviral properties., Treats viral infections., Supports liver health.

### **Liver Detox Formula**

A combination of herbs like Kalmegh (Andrographis paniculata), Bhumi Amla (Phyllanthus niruri), and others. It helps in detoxifying the liver and managing various liver-related issues, including hepatitis B.

Ingredients: Kalmegh (Andrographis paniculata), Bhumi Amla (Phyllanthus niruri)

Benefits: Detoxifies the liver., Manages liver-related issues., Balances Pitta dosha.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Echinacea Capsules: 2 capsules, twice daily, after meals, with warm water.

Kutki Capsules: 2 capsules, twice daily, after meals, with warm water.

Yakrit Plihantak Churna: 1 teaspoonful, twice daily with warm water after meals.

Phyllanthus Niruri: 2 capsules, twice daily, after meals, with warm water.

Liver Detox Formula: 2 capsules, twice daily, after meals, with warm water.

Dietary and Lifestyle Recommendations: Avoid foods that aggravate Pitta dosha such as spicy, oily, and heavy foods. Include foods with cool, bitter, and astringent qualities. Drink plenty of warm water and avoid cold beverages. Regular physical activity and a balanced lifestyle are recommended.

# High Cholesterol Levels

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## Overview of High Cholesterol Levels

High cholesterol is a condition where there is an excessive amount of cholesterol in the blood, which can lead to serious health issues such as heart attacks and strokes. According to Ayurveda, high cholesterol is associated with the accumulation of Ama (metabolic leftovers) in the body, which can mix with the dhatus (body tissues) and malas (waste products) and cause harm.

## Causes of High Cholesterol Levels

### Causes

- Diet high in saturated fats and trans-fats
- Age: Cholesterol levels increase with age
- Alcohol consumption
- Inactive lifestyle
- Gender: Men have higher cholesterol levels
- Heredity
- Level of physical activity
- Weight: Being overweight
- Inherited genetic condition (familial hypercholesterolemia)
- Certain medical conditions: Diabetes, hypothyroidism, liver disease, and kidney disease
- Ayurvedic perspective: Accumulation of Ama in the body

## Symptoms of High Cholesterol Levels

### Symptoms

- Mostly no symptoms until chronic levels lead to serious problems
- Angina
- Heart attack
- Stroke
- Pain on walking
- Bumps in the skin, hands or feet due to extra cholesterol deposits

## Diagnosis

### Diagnosis

Diagnosis involves blood tests to measure cholesterol levels, specifically LDL (bad cholesterol) and HDL (good cholesterol). No single test can confirm high cholesterol, but these tests are crucial for assessing the risk of heart disease.

## Trigger Factors

### Trigger Factors

#### Diet High in Saturated Fats and Trans-Fats

Eating foods high in saturated fats and trans-fats can trigger high cholesterol levels.

#### Inactive Lifestyle

A sedentary lifestyle can increase the risk of developing high cholesterol.

#### Obesity

Being overweight can increase the risk of high cholesterol.

#### Ayurvedic Perspective: Accumulation of Ama

Accumulation of Ama in the body can create favorable conditions for high cholesterol according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Arjuna Capsules

Prepared from the pure extract of Arjuna (*Terminalia arjuna*). It is known for its heart-protective properties and helps in maintaining healthy heart function and reducing cholesterol levels.

Ingredients: Arjuna (*Terminalia arjuna*)

Benefits: Maintains healthy heart function., Reduces cholesterol levels., Improves overall cardiovascular health.

#### Arjun Tea

A nicotine/caffeine-free herbal tea. It is an effective herbal remedy for reducing bad cholesterol and is rich in natural antioxidants.

Ingredients: Herbal blend

Benefits: Reduces bad cholesterol., Rich in natural antioxidants.

#### **Total Heart Support**

A purely herbal formulation without any chemicals. It is very useful in high cholesterol, disturbed lipid profile, and blocked coronary arteries.

Ingredients: Herbal blend

Benefits: Reduces high cholesterol., Improves lipid profile., Helps in blocked coronary arteries.

#### **Gotu Kola Capsules**

Made from the pure extract of Gotu Kola (*Centella asiatica*). It helps in improving cognitive functions and strengthening the nervous system, which can be beneficial for overall health, including heart health.

Ingredients: Gotu Kola (*Centella asiatica*)

Benefits: Improves cognitive functions., Strengthens the nervous system., Enhances overall health.

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Arjuna Capsules: 1 capsule twice daily with plain water after meals.

Arjun Tea: 1 cup daily.

Total Heart Support: 2 capsules twice daily with plain water after meals.

Gotu Kola Capsules: 1 capsule twice daily with plain water after meals.

Dietary and Lifestyle Recommendations: Avoid foods high in saturated fats and trans-fats. Include foods with cool, bitter, and astringent qualities. Drink plenty of warm water and avoid cold beverages. Regular physical activity and a balanced lifestyle are recommended. Avoid smoking and excessive alcohol consumption.

# Hyperthermia

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## Overview of Hyperthermia

Hyperthermia is a condition where the body temperature rises above the normal range, often due to the body's inability to regulate its internal temperature. According to Ayurveda, hyperthermia is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Pitta dosha.

## Causes of Hyperthermia

### Causes

- High body temperature: The body absorbs more heat than it can dissipate.
- Serious reaction to some drugs: Certain medications can cause hyperthermia as a side effect.
- Extreme environmental temperatures: Staying in extreme temperatures for a long time.
- Physical exertion: Intensive physical activity in hot environments.
- Age: Older adults and young people are at higher risk.
- Health conditions: People with mental or other health problems are more susceptible.
- Ayurvedic dosha imbalance: Aggravation of Pitta dosha can contribute to hyperthermia according to Ayurveda.

## Symptoms of Hyperthermia

### Symptoms

- High body temperature (above 105 °F).
- Dry skin: The body fails to cool down through sweating.
- Headaches.
- Nausea and dizziness.
- Confusion or altered mental state.
- Rapid heartbeat.
- Seizures in severe cases.

## Diagnosis

### Diagnosis

Diagnosis involves measuring body temperature and assessing the severity of symptoms. In severe cases, medical emergency treatment may be necessary to lower the body temperature quickly.



## Trigger Factors

### Trigger Factors

#### High Body Temperature

The body absorbs more heat than it can dissipate, leading to hyperthermia.

#### Serious Reaction to Some Drugs

Certain medications can cause hyperthermia as a side effect.

#### Extreme Environmental Temperatures

Staying in extreme temperatures for a long time can trigger hyperthermia.

#### Ayurvedic Dosha Imbalance

Aggravation of Pitta dosha can create favorable conditions for hyperthermia according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Chandanadi Vati

A herbal formulation prepared using herbs like Safed chandan (*Santalum album*), Amalaki (*Phyllanthus emblica*), Rasaunt (*Berberis aristata*), and Gokshura (*Tribulus terrestris*). These herbs help in controlling Pitta dosha and maintaining healthy body temperature.

Ingredients: Safed chandan (*Santalum album*), Amalaki (*Phyllanthus emblica*), Rasaunt (*Berberis aristata*), Gokshura (*Tribulus terrestris*)

Benefits: Controls Pitta dosha., Maintains healthy body temperature., Reduces inflammation and heat.

#### Pitta Balance

A herbal formulation made using 100 percent pure calcium compounds and herbs. It helps in balancing Pitta dosha and reducing heat in the body.

Ingredients: Praval pishti (coral calcium), Akik pishti (Agate calcium), Jawar mohra pishti (calcium compound), Kamdudha ras (calcium compound), Mukta pishti (pearl calcium), Giloy satva (*Tinospora cordifolia* extract)

Benefits: Balances Pitta dosha., Reduces heat in the body., Provides natural calcium.

#### Giloy Capsules

Prepared from the standardized extract of Giloy (*Tinospora cordifolia*). It possesses anti-pyretic properties and helps in reducing body temperature naturally.

Ingredients: Giloy (*Tinospora cordifolia*)

Benefits: Reduces body temperature., Balances Vata, Pitta, and Kapha doshas., Enhances overall health.

#### **Amalaki Rasayan**

Made from the pure extract of Amalaki (*Emblica officinalis*). It is rich in antioxidants and has cooling, anti-oxidant, and antipyretic properties, which help in controlling Pitta dosha and reducing heat.

Ingredients: Amalaki (*Emblica officinalis*)

Benefits: Controls Pitta dosha., Reduces heat., Boosts immunity.

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Chandanadi Vati: 2 tablets, twice daily, after meals, with plain water.

Pitta Balance: 2 capsules, twice daily, after meals, with plain water.

Giloy Capsules: 1 capsule, twice daily, after meals, with plain water.

Amalaki Rasayan: 1 capsule, twice daily, after meals, with plain water.

Dietary and Lifestyle Recommendations: Avoid foods that aggravate Pitta dosha such as spicy, oily, and heavy foods. Include foods with cool, bitter, and astringent qualities. Drink plenty of warm water and avoid cold beverages. Regular physical activity and a balanced lifestyle are recommended.

# Hyponatremia

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## Overview of Hyponatremia

Hyponatremia is a condition where the sodium levels in the blood are lower than normal. According to Ayurveda, hyponatremia is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Kapha dosha.

## Causes of Hyponatremia

### Causes

- Excessive water intake: Drinking too much water can dilute sodium levels in the blood.
- Heart failure: Reduced ability of the heart to pump blood effectively can lead to fluid buildup and dilute sodium levels.
- Liver cirrhosis: Fluid buildup in the abdomen can lead to hyponatremia.
- Kidney disease: Certain kidney diseases can affect the body's ability to regulate sodium levels.
- Hormonal imbalances: Conditions like SIADH (Syndrome of Inappropriate Antidiuretic Hormone Secretion) can cause hyponatremia.
- Medications: Certain medications such as diuretics and antidepressants can lower sodium levels.
- Ayurvedic dosha imbalance: Imbalance of Kapha dosha can contribute to hyponatremia according to Ayurveda.

## Symptoms of Hyponatremia

### Symptoms

- Headache
- Nausea and vomiting
- Fatigue
- Muscle weakness
- Seizures
- Confusion or altered mental state
- Loss of appetite
- Bloating and swelling

## Diagnosis

### Diagnosis

Diagnosis involves blood tests to measure sodium levels and other electrolytes. Imaging tests and physical examination may also be used to identify underlying causes.

## Trigger Factors

### Trigger Factors

#### Excessive Water Intake

Drinking too much water can dilute sodium levels in the blood and trigger hyponatremia.

#### Heart Failure

Reduced ability of the heart to pump blood effectively can lead to fluid buildup and dilute sodium levels, triggering hyponatremia.

#### Liver Cirrhosis

Fluid buildup in the abdomen can lead to hyponatremia.

#### Ayurvedic Dosha Imbalance

Imbalance of Kapha dosha can create favorable conditions for hyponatremia according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Punarnava Capsules

Prepared from Punarnava (*Boerhavia diffusa*), these capsules are effective in reducing inflammation and managing symptoms related to hyponatremia.

Ingredients: Punarnava (*Boerhavia diffusa*)

Benefits: Reduces inflammation, Shows anti-inflammatory, anti-oxidant, and analgesic properties.

#### Gokshuradi Guggul

A herbal formulation containing Gokshura (*Tribulus terrestris*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), Amalaki (*Emblica officinalis*), and Guggul (*Commiphora mukul*). It helps in balancing the doshas and promoting overall health.

Ingredients: Gokshura (*Tribulus terrestris*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), Amalaki (*Emblica officinalis*), Guggul (*Commiphora mukul*)

Benefits: Balances the doshas., Promotes overall health., Supports kidney function.

#### **Vara Churna**

A herbal powder made from Triphala (Amalaki, Haritaki, and Bibhitaki). It helps in detoxifying the body, improving digestion, and managing various health issues including those related to hyponatremia.

Ingredients: Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*)

Benefits: Detoxifies the body., Improves digestion., Balances all three doshas.

#### **Ashwagandha Capsules**

Made from the pure extract of Ashwagandha (*Withania somnifera*). It helps in reducing stress and anxiety, which can contribute to the severity of hyponatremia, and also improves overall health.

Ingredients: Ashwagandha (*Withania somnifera*)

Benefits: Reduces stress and anxiety., Improves overall health., Balances Vata, Pitta, and Kapha doshas.

#### **Kanchnaar Guggul**

A herbal formulation containing Kanchnaar (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), and Guggul (*Commiphora mukul*). It helps in reducing inflammation and promoting tissue repair.

Ingredients: Kanchnaar (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), Guggul (*Commiphora mukul*)

Benefits: Reduces inflammation., Promotes tissue repair., Balances Kapha dosha.

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Punarnava Capsules: 2 capsules, twice daily, after meals, with warm water.

Gokshuradi Guggul: 2 tablets, twice daily, after meals, with warm water.

Vara Churna: 1 teaspoonful, twice daily with warm water after meals.

Ashwagandha Capsules: 2 capsules, twice daily, after meals, with warm water.

Kanchnaar Guggul: 2 tablets, twice daily, after meals, with warm water.

Dietary and Lifestyle Recommendations: Avoid excessive water intake. Include foods with salty, sour, and pungent qualities. Drink warm water and avoid cold beverages. Regular physical activity and a balanced lifestyle are recommended.

# Hypothyroidism

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## Overview of Hypothyroidism

Hypothyroidism is a condition where the thyroid gland does not produce enough thyroid hormones, which are essential for various bodily functions. According to Ayurveda, hypothyroidism is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Kapha dosha.

## Causes of Hypothyroidism

### Causes

- Autoimmune disorders: Conditions like Hashimoto's thyroiditis where the immune system attacks the thyroid gland.
- Thyroid surgery: Removal of part or all of the thyroid gland.
- Radiation therapy: Exposure to radiation can damage the thyroid gland.
- Medications: Certain medications can interfere with thyroid function.
- Iodine deficiency: Lack of iodine in the diet can lead to hypothyroidism.
- Pituitary gland problems: Issues with the pituitary gland can affect thyroid hormone production.
- Genetic disorders: Certain genetic conditions can affect thyroid function.
- Ayurvedic dosha imbalance: Imbalance of Kapha dosha can contribute to hypothyroidism according to Ayurveda.

## Symptoms of Hypothyroidism

### Symptoms

- Fatigue and weakness
- Weight gain
- Cold intolerance
- Dry skin
- Hair loss
- Constipation
- Depression
- Memory problems
- Muscle aches
- Heavy or irregular menstrual periods

## Diagnosis

### Diagnosis

Diagnosis involves blood tests to measure thyroid hormone levels (TSH, T3, and T4) and sometimes imaging tests like ultrasound or radioactive iodine uptake test to assess thyroid function.

## Trigger Factors

### Trigger Factors

#### Autoimmune Disorders

Conditions like Hashimoto's thyroiditis where the immune system attacks the thyroid gland can trigger hypothyroidism.

#### Thyroid Surgery

Removal of part or all of the thyroid gland can trigger hypothyroidism.

#### Radiation Therapy

Exposure to radiation can damage the thyroid gland and trigger hypothyroidism.

#### Ayurvedic Dosha Imbalance

Imbalance of Kapha dosha can create favorable conditions for hypothyroidism according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Guggul Capsules

Prepared from the pure extract of Guggul (*Commiphora mukul*). It possesses anti-inflammatory properties and helps in treating hypothyroidism by balancing the thyroid function.

Ingredients: Guggul (*Commiphora mukul*)

Benefits: Reduces inflammation., Balances thyroid function., Supports overall health.

#### Kanchnaar Guggul

A herbal formulation containing Kanchnaar (*Bauhinia variegata*), Amalaki (*Embolica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), and Guggul (*Commiphora mukul*). It helps in reducing inflammation and promoting tissue repair.



Ingredients: Kanchnaar (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), Guggul (*Commiphora mukul*)

Benefits: Reduces inflammation., Promotes tissue repair., Balances Kapha dosha.

#### Gotu Kola Capsules

Made from the pure extract of Gotu Kola (*Centella asiatica*). It helps in improving cognitive functions and strengthening the nervous system, which can be beneficial for overall health, including managing symptoms of hypothyroidism.

Ingredients: Gotu Kola (*Centella asiatica*)

Benefits: Improves cognitive functions., Strengthens the nervous system., Enhances overall health.

#### Ashwagandha Capsules

Made from the pure extract of Ashwagandha (*Withania somnifera*). It helps in reducing stress and anxiety, which can contribute to the severity of hypothyroidism, and also improves overall health.

Ingredients: Ashwagandha (*Withania somnifera*)

Benefits: Reduces stress and anxiety., Improves overall health., Balances Vata, Pitta, and Kapha doshas.

#### Brahmi Capsules

Made from the pure extract of Brahmi (*Bacopa monnieri*). It is known for its cognitive-enhancing properties and helps in reducing stress and anxiety, which can contribute to the severity of hypothyroidism.

Ingredients: Brahmi (*Bacopa monnieri*)

Benefits: Improves cognitive functions., Reduces stress and anxiety., Enhances overall health.

### Usage/Dosage Recommendations

#### Usage/Dosage Recommendations

Guggul Capsules: 2 capsules, twice daily, after meals, with warm water.

Kanchnaar Guggul: 2 tablets, twice daily, after meals, with warm water.

Gotu Kola Capsules: 2 capsules, twice daily, after meals, with warm water.

Ashwagandha Capsules: 2 capsules, twice daily, after meals, with warm water.

Brahmi Capsules: 2 capsules, twice daily, after meals, with warm water.

Dietary and Lifestyle Recommendations: Include foods with warm, sweet, and sour qualities. Avoid cold, dry, and bitter foods. Drink plenty of warm water and avoid cold beverages. Regular physical activity and a balanced lifestyle are recommended.

# Idiopathic Thrombocytopenic Purpura (ITP)

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## Overview of Idiopathic Thrombocytopenic Purpura (ITP)

Idiopathic Thrombocytopenic Purpura (ITP) is a bleeding disorder characterized by a low platelet count due to the immune system's destruction of platelets. According to Ayurveda, ITP is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Pitta dosha.

## Causes of Idiopathic Thrombocytopenic Purpura (ITP)

### Causes

- Autoimmune response: The immune system produces antibodies that attack and destroy platelets.
- Viral infections: Certain viral infections can trigger ITP.
- Medications: Some medications can cause ITP as a side effect.
- Hormonal changes: Hormonal fluctuations can contribute to ITP.
- Genetic predisposition: Family history can play a role.
- Ayurvedic dosha imbalance: Imbalance of Pitta dosha can contribute to ITP according to Ayurveda.

## Symptoms of Idiopathic Thrombocytopenic Purpura (ITP)

### Symptoms

- Easy bruising (purpura)
- Petechiae (small red or purple spots on the skin)
- Bleeding gums
- Nosebleeds
- Heavy menstrual bleeding
- Fatigue
- Pale skin

## Diagnosis

### Diagnosis

Diagnosis involves blood tests to measure platelet count, bone marrow biopsy, and sometimes tests to rule out other conditions that may cause similar symptoms.

## Trigger Factors

### Trigger Factors

#### Autoimmune Response

The immune system produces antibodies that attack and destroy platelets, triggering ITP.

#### Viral Infections

Certain viral infections can trigger ITP.

#### Medications

Some medications can cause ITP as a side effect.

#### Ayurvedic Dosha Imbalance

Imbalance of Pitta dosha can create favorable conditions for ITP according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Ashwagandha Capsules

Made from the pure extract of Ashwagandha (*Withania somnifera*). It helps in reducing stress and anxiety, which can contribute to the severity of ITP, and also improves overall health.

Ingredients: Ashwagandha (*Withania somnifera*)

Benefits: Reduces stress and anxiety., Improves overall health., Balances Vata, Pitta, and Kapha doshas.

#### Gandhak Rasayan

Prepared from purified sulfur (*Shuddh Gandhak*). It helps in supporting healthy skin and hair, managing infections, and treating various skin and tissue disorders including those related to ITP.

Ingredients: Purified sulfur (*Shuddh Gandhak*)

Benefits: Supports healthy skin and hair., Manages infections., Treats various skin and tissue disorders.

#### Kanchnaar Guggul

A herbal formulation containing Kanchnaar (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), and Guggul (*Commiphora mukul*). It helps in reducing inflammation and promoting tissue repair.

Ingredients: Kanchnaar (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), Guggul (*Commiphora mukul*)

Benefits: Reduces inflammation., Promotes tissue repair., Balances Kapha dosha.

#### **Giloy Capsules**

Prepared from the standardized extract of Giloy (*Tinospora cordifolia*). It possesses anti-inflammatory and immune-boosting properties, which help in managing symptoms related to ITP.

Ingredients: Giloy (*Tinospora cordifolia*)

Benefits: Boosts the immune system., Reduces inflammation., Enhances overall health.

#### **Punarnava Capsules**

Prepared from Punarnava (*Boerhavia diffusa*), these capsules are effective in reducing inflammation and managing symptoms related to ITP.

Ingredients: Punarnava (*Boerhavia diffusa*)

Benefits: Reduces inflammation., Shows anti-inflammatory, anti-oxidant, and analgesic properties.

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Ashwagandha Capsules: 2 capsules, twice daily, after meals, with warm water.

Gandhak Rasayan: 2 tablets, twice daily, after meals, with warm water.

Kanchnaar Guggul: 2 tablets, twice daily, after meals, with warm water.

Giloy Capsules: 1 capsule, twice daily, after meals, with warm water.

Punarnava Capsules: 2 capsules, twice daily, after meals, with warm water.

Dietary and Lifestyle Recommendations: Avoid foods that aggravate Pitta dosha such as spicy, oily, and heavy foods. Include foods with cool, bitter, and astringent qualities. Drink plenty of warm water and avoid cold beverages. Regular physical activity and a balanced lifestyle are recommended.

# Irritable Bowel Syndrome (IBS)

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## Overview of Irritable Bowel Syndrome (IBS)

Irritable Bowel Syndrome (IBS) is a gastrointestinal disorder characterized by chronic abdominal pain, bloating, and changes in bowel movements. According to Ayurveda, IBS is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Vata and Pitta doshas.

## Causes of Irritable Bowel Syndrome (IBS)

### Causes

- Abnormal muscle contractions in the intestines
- Hypersensitivity to food or stress
- Changes in gut microbiota
- Hormonal changes
- Genetic predisposition
- Food intolerance (e.g., lactose, gluten)
- Stress and anxiety
- Ayurvedic dosha imbalance: Imbalance of Vata and Pitta doshas can contribute to IBS according to Ayurveda.

## Symptoms of Irritable Bowel Syndrome (IBS)

### Symptoms

- Abdominal pain or cramping
- Bloating and gas
- Changes in bowel movements (diarrhea or constipation)
- Mucus in the stool
- Urgency to have a bowel movement
- Feeling of incomplete evacuation after a bowel movement
- Nausea and vomiting

## Diagnosis

### Diagnosis

Diagnosis involves a combination of medical history, physical examination, and sometimes tests such as endoscopy, colonoscopy, or blood tests to rule out other conditions that may cause similar symptoms.

## Trigger Factors

### Trigger Factors

#### Abnormal Muscle Contractions

Abnormal muscle contractions in the intestines can trigger IBS symptoms.

#### Food Intolerance

Food intolerance (e.g., lactose, gluten) can trigger IBS symptoms.

#### Stress and Anxiety

Stress and anxiety can exacerbate IBS symptoms.

#### Ayurvedic Dosha Imbalance

Imbalance of Vata and Pitta doshas can create favorable conditions for IBS according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Kutaj Ghan Vati

Prepared from the pure extract of Kutaj (*Holarrhena antidysenterica*). It is effective in treating diarrhea and other gastrointestinal disorders, including IBS.

Ingredients: Kutaj (*Holarrhena antidysenterica*)

Benefits: Treats diarrhea and gastrointestinal disorders., Balances Vata and Pitta doshas.

#### Sanjivani Vati

A herbal formulation containing a blend of herbs like Amla (*Emblica officinalis*), Haritaki (*Terminalia chebula*), and others. It helps in improving digestion and managing various health issues including those related to IBS.

Ingredients: Amla (*Emblica officinalis*), Haritaki (*Terminalia chebula*)

Benefits: Improves digestion., Manages various health issues., Balances all three doshas.

#### Pitta Balance

A herbal formulation made using 100 percent pure calcium compounds and herbs. It helps in balancing Pitta dosha and reducing heat in the body, which can be beneficial for IBS.

Ingredients: Praval pishti (coral calcium), Akik pishti (Agate calcium), Jawar mohra pishti (calcium compound), Kamdudha ras (calcium compound), Mukta pishti (pearl calcium), Giloy satva (*Tinospora cordifolia* extract)

Benefits: Balances Pitta dosha., Reduces heat in the body., Provides natural calcium.

#### **Triphala Capsules**

A combination of Triphala (Amalaki, Haritaki, and Bibhitaki). It helps in detoxifying the body, improving digestion, and managing various health issues including those related to IBS.

Ingredients: Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*)

Benefits: Detoxifies the body., Improves digestion., Balances all three doshas.

#### **Gandhak Rasayan**

Prepared from purified sulfur (Shuddh Gandhak). It helps in supporting healthy skin and hair, managing infections, and treating various skin and tissue disorders including those related to IBS.

Ingredients: Purified sulfur (Shuddh Gandhak)

Benefits: Supports healthy skin and hair., Manages infections., Treats various skin and tissue disorders.

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Kutaj Ghan Vati: 2 tablets, twice daily, after meals, with warm water.

Sanjivani Vati: 2 tablets, twice daily, after meals, with warm water.

Pitta Balance: 2 capsules, twice daily, after meals, with warm water.

Triphala Capsules: 2 capsules, twice daily, after meals, with warm water.

Gandhak Rasayan: 2 tablets, twice daily, after meals, with warm water.

Dietary and Lifestyle Recommendations: Avoid foods that aggravate Vata and Pitta doshas such as spicy, oily, and heavy foods. Include foods with cool, bitter, and astringent qualities. Drink plenty of warm water and avoid cold beverages. Regular physical activity and a balanced lifestyle are recommended.



# Indigestion

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## Overview of Indigestion

Indigestion is a condition characterized by discomfort in the upper abdomen, often accompanied by a burning sensation in the chest known as heartburn. According to Ayurveda, indigestion is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Pitta dosha.

## Causes of Indigestion

### Causes

- Overeating
- Consumption of alcohol
- Smoking
- Eating fast and spicy food items
- Stress
- Anti-inflammatory medications like ibuprofen, thyroid medicines, and antibiotics
- Eating very fast
- Obesity
- Eating high-fat foods
- Ayurvedic dosha imbalance: Imbalance of Pitta dosha can contribute to indigestion according to Ayurveda.

## Symptoms of Indigestion

### Symptoms

- Loss of appetite
- Discomfort and fullness in the upper part of the abdomen
- Burning sensation in the chest (heartburn)
- Nausea
- Bloating and burping
- Fatigue
- Constipation
- Vomiting
- Blood stools
- Diarrhea

## Diagnosis

### Diagnosis

Diagnosis involves abdominal ultrasound, endoscopy, and sometimes X-rays with barium swallow to visualize the esophagus. Blood and stool samples may also be taken to check for bacterial infections like *Helicobacter pylori*.

## Trigger Factors

### Trigger Factors

#### Overeating

Consuming large meals can trigger indigestion.

#### Consumption of Alcohol

Drinking alcohol can trigger indigestion.

#### Eating Fast and Spicy Food Items

Eating quickly and consuming spicy foods can trigger indigestion.

#### Ayurvedic Dosha Imbalance

Imbalance of Pitta dosha can create favorable conditions for indigestion according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Agnitundi Vati

A herbal formulation that helps to strengthen the digestive system and reduce indigestion. It contains Triphala (*Emblica officinalis*, *Terminalia bellirica* & *Terminalia chebula*), Jeerak (*Cuminum cyminum*), Ginger (*Zingiber officinale*), Chitrak (*Plumbago zeylanica*), Long pepper (*Piper longum*), and Maricha (*Piper nigrum*).

Ingredients: Triphala (*Emblica officinalis*, *Terminalia bellirica* & *Terminalia chebula*), Jeerak (*Cuminum cyminum*), Ginger (*Zingiber officinale*), Chitrak (*Plumbago zeylanica*), Long pepper (*Piper longum*), Maricha (*Piper nigrum*)

Benefits: Strengthens the digestive system., Reduces indigestion., Balances Vata, Pitta, and Kapha doshas.

### Draksha Avaleha

A herbal formulation that helps to treat various stomach disorders including indigestion. It contains Draksha (*Vitis vinifera*), Pippali (*Piper longum*), Yashtimadhu (*Glycyrrhiza glabra*), and Shunthi (*Zingiber officinale*).

Ingredients: Draksha (*Vitis vinifera*), Pippali (*Piper longum*), Yashtimadhu (*Glycyrrhiza glabra*), Shunthi (*Zingiber officinale*)

Benefits: Treats stomach disorders., Reduces indigestion., Balances Pitta dosha.

### Digestion Support

A herbal formulation that helps to improve digestion and manage various stomach issues. It contains Dhania (*Coriander sativum*), Sounf (*Foeniculum vulgare*), Bahera (*Terminalia bellerica*), and Jeerak (*Cuminum cuminum*).

Ingredients: Dhania (*Coriander sativum*), Sounf (*Foeniculum vulgare*), Bahera (*Terminalia bellerica*), Jeerak (*Cuminum cuminum*)

Benefits: Improves digestion., Manages stomach issues., Balances Vata, Pitta, and Kapha doshas.

### Pitta Balance

A herbal formulation made using 100 percent pure calcium compounds and herbs. It helps in balancing Pitta dosha and reducing heat in the body, which can be beneficial for indigestion.

Ingredients: Praval pishti (coral calcium), Akik pishti (Agate calcium), Jawar mohra pishti (calcium compound), Kamdudha ras (calcium compound), Mukta pishti (pearl calcium), Giloy satva (*Tinospora cordifolia* extract)

Benefits: Balances Pitta dosha., Reduces heat in the body., Provides natural calcium.

### Triphala Capsules

A combination of Triphala (Amalaki, Haritaki, and Bibhitaki). It helps in detoxifying the body, improving digestion, and managing various health issues including those related to indigestion.

Ingredients: Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*)

Benefits: Detoxifies the body., Improves digestion., Balances all three doshas.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Agnitundi Vati: 2 capsules, three times a day with warm water after meals.

Draksha Avaleha: 1 teaspoonful, two times a day with warm milk.

Digestion Support: 2 capsules, twice daily with warm water after meals.

Pitta Balance: 2 capsules, twice daily with warm water after meals.

Triphala Capsules: 2 capsules, twice daily with warm water after meals.

Dietary and Lifestyle Recommendations: Avoid foods that aggravate Pitta dosha such as spicy, oily, and heavy foods. Include foods with cool, bitter, and astringent qualities. Drink plenty of warm water and avoid cold beverages. Regular physical activity and a balanced lifestyle are recommended.

# Insomnia

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## Overview of Insomnia

Insomnia is a common sleep disorder characterized by difficulty initiating or maintaining sleep, or both. According to Ayurveda, insomnia is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Vata dosha.

## Causes of Insomnia

### Causes

- Stress and anxiety
- Irregular sleep schedule
- Consumption of caffeine, nicotine, and alcohol
- Certain medications
- Medical conditions such as chronic pain, sleep apnea, and restless leg syndrome
- Aging
- Lifestyle factors: Working late shifts, traveling across time zones
- Ayurvedic dosha imbalance: Imbalance of Vata dosha can contribute to insomnia according to Ayurveda.

## Symptoms of Insomnia

### Symptoms

- Difficulty falling asleep
- Waking up frequently during the night
- Waking up too early in the morning
- Not feeling rested after waking up
- Daytime fatigue
- Difficulty concentrating
- Mood disturbances such as irritability and depression

## Diagnosis

### Diagnosis

Diagnosis involves a detailed medical history, physical examination, and sometimes sleep studies to rule out other sleep disorders. The patient's sleep patterns and habits are also assessed.

## Trigger Factors

### Trigger Factors

#### Stress and Anxiety

Stress and anxiety can trigger insomnia.

#### Irregular Sleep Schedule

Irregular sleep schedule can disrupt normal sleep patterns and trigger insomnia.

#### Consumption of Caffeine, Nicotine, and Alcohol

Consumption of caffeine, nicotine, and alcohol can interfere with sleep and trigger insomnia.

#### Ayurvedic Dosha Imbalance

Imbalance of Vata dosha can create favorable conditions for insomnia according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Ashwagandha Capsules

Made from the pure extract of Ashwagandha (*Withania somnifera*). It helps in reducing stress and anxiety, which can contribute to the severity of insomnia, and also improves overall health.

Ingredients: Ashwagandha (*Withania somnifera*)

Benefits: Reduces stress and anxiety., Improves overall health., Balances Vata, Pitta, and Kapha doshas.

#### Brahmi Capsules

Made from the pure extract of Brahmi (*Bacopa monnieri*). It is known for its cognitive-enhancing properties and helps in reducing stress and anxiety, which can contribute to the severity of insomnia.

Ingredients: Brahmi (*Bacopa monnieri*)

Benefits: Improves cognitive functions., Reduces stress and anxiety., Enhances overall health.

#### Tagar Capsules

Prepared from the pure extract of Tagar (*Valeriana wallichii*). It is known for its sedative properties and helps in promoting sleep.

Ingredients: Tagar (*Valeriana wallichii*)

Benefits: Promotes sleep., Reduces stress and anxiety., Balances Vata dosha.

#### **Pitta Balance**

A herbal formulation made using 100 percent pure calcium compounds and herbs. It helps in balancing Pitta dosha and reducing heat in the body, which can be beneficial for insomnia.

Ingredients: Praval pishti (coral calcium), Akik pishti (Agate calcium), Jawar mohra pishti (calcium compound), Kamdudha ras (calcium compound), Mukta pishti (pearl calcium), Giloy satva (Tinospora cordifolia extract)

Benefits: Balances Pitta dosha., Reduces heat in the body., Provides natural calcium.

#### **Stress Support**

A combination of herbs like Ashwagandha, Brahmi, and Tagar. It helps in reducing stress and anxiety, promoting relaxation, and improving sleep quality.

Ingredients: Ashwagandha (Withania somnifera), Brahmi (Bacopa monnieri), Tagar (Valeriana wallichii)

Benefits: Reduces stress and anxiety., Promotes relaxation., Improves sleep quality.

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Ashwagandha Capsules: 2 capsules, twice daily, after meals, with warm water.

Brahmi Capsules: 2 capsules, twice daily, after meals, with warm water.

Tagar Capsules: 1 capsule, twice daily, after meals, with warm water.

Pitta Balance: 1 capsule, twice daily, after meals, with warm water.

Stress Support: 2 capsules, twice daily, after meals, with warm water.

Dietary and Lifestyle Recommendations: Avoid foods that aggravate Vata dosha such as cold, dry, and bitter foods. Include foods with warm, sweet, and sour qualities. Drink plenty of warm water and avoid cold beverages. Regular physical activity and a balanced lifestyle are recommended. Establish a consistent sleep schedule and avoid stimulating activities before bedtime.

# Ischemic Heart Disease

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## Overview of Ischemic Heart Disease

Ischemic Heart Disease (IHD) is a condition where the heart muscle does not receive enough oxygen-rich blood, often due to narrowed or blocked coronary arteries. According to Ayurveda, IHD is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Kapha dosha.

## Causes of Ischemic Heart Disease

### Causes

- Atherosclerosis: Buildup of plaque in the coronary arteries
- High blood pressure
- High cholesterol levels
- Smoking
- Diabetes
- Obesity
- Physical inactivity
- Stress
- Family history of heart disease
- Ayurvedic dosha imbalance: Imbalance of Kapha dosha can contribute to IHD according to Ayurveda.

## Symptoms of Ischemic Heart Disease

### Symptoms

- Chest pain or angina
- Shortness of breath
- Fatigue
- Pain or discomfort in the arms, back, neck, jaw, or stomach
- Cold sweats
- Lightheadedness or dizziness
- Nausea or vomiting
- Rapid or irregular heartbeat



## Diagnosis

### Diagnosis

Diagnosis involves electrocardiogram (ECG), stress test, echocardiogram, coronary angiography, and sometimes blood tests to measure cholesterol and other markers of heart disease.

## Trigger Factors

### Trigger Factors

#### Atherosclerosis

Buildup of plaque in the coronary arteries can trigger ischemic heart disease.

#### High Blood Pressure

High blood pressure can increase the risk of developing ischemic heart disease.

#### High Cholesterol Levels

High cholesterol levels can contribute to the development of ischemic heart disease.

#### Ayurvedic Dosha Imbalance

Imbalance of Kapha dosha can create favorable conditions for ischemic heart disease according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Arjuna Capsules

Prepared from the pure extract of Arjuna (*Terminalia arjuna*). It is known for its heart-protective properties and helps in maintaining healthy heart function and reducing cholesterol levels.

Ingredients: Arjuna (*Terminalia arjuna*)

Benefits: Maintains healthy heart function., Reduces cholesterol levels., Improves overall cardiovascular health.

#### Total Heart Support

A purely herbal formulation without any chemicals. It is very useful in high cholesterol, disturbed lipid profile, and blocked coronary arteries.

Ingredients: Herbal blend

Benefits: Reduces high cholesterol., Improves lipid profile., Helps in blocked coronary arteries.

#### **Gotu Kola Capsules**

Made from the pure extract of Gotu Kola (*Centella asiatica*). It helps in improving cognitive functions and strengthening the nervous system, which can be beneficial for overall health, including heart health.

Ingredients: Gotu Kola (*Centella asiatica*)

Benefits: Improves cognitive functions., Strengthens the nervous system., Enhances overall health.

#### **Ashwagandha Capsules**

Made from the pure extract of Ashwagandha (*Withania somnifera*). It helps in reducing stress and anxiety, which can contribute to the severity of ischemic heart disease, and also improves overall health.

Ingredients: Ashwagandha (*Withania somnifera*)

Benefits: Reduces stress and anxiety., Improves overall health., Balances Vata, Pitta, and Kapha doshas.

#### **Brahmi Capsules**

Made from the pure extract of Brahmi (*Bacopa monnieri*). It is known for its cognitive-enhancing properties and helps in reducing stress and anxiety, which can contribute to the severity of ischemic heart disease.

Ingredients: Brahmi (*Bacopa monnieri*)

Benefits: Improves cognitive functions., Reduces stress and anxiety., Enhances overall health.

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Arjuna Capsules: 1 capsule twice daily with plain water after meals.

Total Heart Support: 2 capsules twice daily with plain water after meals.

Gotu Kola Capsules: 1 capsule twice daily with plain water after meals.

Ashwagandha Capsules: 2 capsules twice daily with plain water after meals.

Brahmi Capsules: 2 capsules twice daily with plain water after meals.

Dietary and Lifestyle Recommendations: Avoid foods that aggravate Kapha dosha such as oily, heavy, and cold foods. Include foods with warm, light, and dry qualities. Drink plenty of warm water and avoid cold beverages. Regular physical activity and a balanced lifestyle are recommended.

# Infertility

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## Overview of Infertility

Infertility is a condition where a couple is unable to conceive after one year of unprotected intercourse. According to Ayurveda, infertility is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Vata and Pitta doshas.

## Causes of Infertility

### Causes

- Hormonal imbalances
- Ovulation disorders
- Tubal damage or blockage
- Endometriosis
- Polycystic ovary syndrome (PCOS)
- Low sperm count or poor sperm quality
- Erectile dysfunction
- Age: Advanced age in both men and women
- Lifestyle factors: Smoking, excessive alcohol consumption, obesity
- Medical conditions: Diabetes, thyroid disorders, and other chronic diseases
- Ayurvedic dosha imbalance: Imbalance of Vata and Pitta doshas can contribute to infertility according to Ayurveda.

## Symptoms of Infertility

### Symptoms

- Inability to conceive after one year of unprotected intercourse
- Irregular menstrual cycles
- Painful intercourse
- Erectile dysfunction
- Low sex drive
- Abnormal sperm count or motility
- Pelvic pain or heavy bleeding

## Diagnosis

### Diagnosis

Diagnosis involves medical history, physical examination, and various tests such as semen analysis, ovulation testing, and imaging tests like ultrasound and laparoscopy to identify underlying causes.

## Trigger Factors

### Trigger Factors

#### Hormonal Imbalances

Hormonal imbalances can trigger infertility.

#### Ovulation Disorders

Ovulation disorders can trigger infertility.

#### Lifestyle Factors

Smoking, excessive alcohol consumption, and obesity can trigger infertility.

#### Ayurvedic Dosha Imbalance

Imbalance of Vata and Pitta doshas can create favorable conditions for infertility according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Shatavari Capsules

Made from the pure extract of Shatavari (*Asparagus racemosus*). It is known for its reproductive health benefits and helps in improving fertility in women.

Ingredients: Shatavari (*Asparagus racemosus*)

Benefits: Improves reproductive health., Enhances fertility in women., Balances Vata and Pitta doshas.

#### Atirasadi Churna

A herbal powder made from a combination of herbs like Ashwagandha (*Withania somnifera*), Kaunch Beej (*Mucuna pruriens*), and others. It helps in improving male fertility and overall health.

Ingredients: Ashwagandha (*Withania somnifera*), Kaunch Beej (*Mucuna pruriens*)

Benefits: Improves male fertility., Enhances overall health., Balances Vata, Pitta, and Kapha doshas.

#### **Female Health Support**

A herbal formulation containing a blend of herbs like Shatavari (*Asparagus racemosus*), Ashwagandha (*Withania somnifera*), and others. It helps in improving female reproductive health and managing various health issues related to infertility.

Ingredients: Shatavari (*Asparagus racemosus*), Ashwagandha (*Withania somnifera*)

Benefits: Improves female reproductive health., Manages various health issues related to infertility., Balances Vata and Pitta doshas.

#### **Male Health Support**

A herbal formulation containing a blend of herbs like Kaunch Beej (*Mucuna pruriens*), Ashwagandha (*Withania somnifera*), and others. It helps in improving male reproductive health and managing various health issues related to infertility.

Ingredients: Kaunch Beej (*Mucuna pruriens*), Ashwagandha (*Withania somnifera*)

Benefits: Improves male reproductive health., Manages various health issues related to infertility., Balances Vata, Pitta, and Kapha doshas.

#### **Brahmi Capsules**

Made from the pure extract of Brahmi (*Bacopa monnieri*). It is known for its cognitive-enhancing properties and helps in reducing stress and anxiety, which can contribute to the severity of infertility.

Ingredients: Brahmi (*Bacopa monnieri*)

Benefits: Improves cognitive functions., Reduces stress and anxiety., Enhances overall health.

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Shatavari Capsules: 2 capsules, twice daily, after meals, with warm water.

Atirasadi Churna: 1 teaspoonful, twice daily with warm milk after meals.

Female Health Support: 2 capsules, twice daily, after meals, with warm water.

Male Health Support: 2 capsules, twice daily, after meals, with warm water.

Brahmi Capsules: 2 capsules, twice daily, after meals, with warm water.

Dietary and Lifestyle Recommendations: Avoid foods that aggravate Vata and Pitta doshas such as spicy, oily, and heavy foods. Include foods with cool, bitter, and astringent qualities. Drink plenty of warm water and avoid cold beverages. Regular physical activity and a balanced lifestyle are recommended.

# Interstitial Cystitis

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## Overview of Interstitial Cystitis

Interstitial cystitis, also known as Bladder Pain Syndrome, is a condition characterized by discomfort, pressure, and pain in the bladder. According to Ayurveda, interstitial cystitis is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Vata and Pitta doshas.

## Causes of Interstitial Cystitis

### Causes

- Defect in the lining (epithelium) of the bladder
- Leakage of toxic substances into the bladder
- Infection, allergy, autoimmune problems, and hereditary factors
- Symptoms resembling bacterial infections but no organism found in urine samples
- Ayurvedic dosha imbalance: Aggravated Vata and Pitta doshas can contribute to interstitial cystitis according to Ayurveda.

## Symptoms of Interstitial Cystitis

### Symptoms

- Discomfort, pressure, and pain in the bladder
- Frequent urination with small volumes
- Painful urination
- Tenderness in the pelvic area
- Symptoms worsen during menstruation in women
- Pain during vaginal intercourse

## Diagnosis

### Diagnosis

Diagnosis involves medical history, physical examination, and various tests such as cystoscopy, urine analysis, and imaging tests to rule out other conditions that may cause similar symptoms.



## Trigger Factors

### Trigger Factors

#### Defect in the Bladder Lining

Defect in the lining (epithelium) of the bladder can trigger interstitial cystitis.

#### Infection, Allergy, Autoimmune Problems

Infection, allergy, autoimmune problems, and hereditary factors can trigger interstitial cystitis.

#### Ayurvedic Dosha Imbalance

Aggravated Vata and Pitta doshas can create favorable conditions for interstitial cystitis according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Varunadi Vati

A blend of natural products like Varun (*Crataeva nurvala*), Punarnava (*Boerhavia diffusa*), Gokshur (*Tribulus terrestris*), and Shuddha guggulu (*Commiphora mukul*). It helps to reduce inflammation in the pelvic area and is helpful in urine retention.

Ingredients: Varun (*Crataeva nurvala*), Punarnava (*Boerhavia diffusa*), Gokshur (*Tribulus terrestris*), Shuddha guggulu (*Commiphora mukul*)

Benefits: Reduces inflammation in the pelvic area., Helpful in urine retention., Balances Vata and Pitta doshas.

#### Chandanadi Vati

Consists of various natural ingredients like Shweta chandana (*Santalum album*), Maricha (*Piper cubeba*), Gandha biroja satva (*Pinus longifolia* sap), Kattha (*Acacia catechu*), Amalaki (*Emblica officinalis*), and others. It helps to control frequent urination, burning sensation in urination, and reduces inflammation in the pelvic area.

Ingredients: Shweta chandana (*Santalum album*), Maricha (*Piper cubeba*), Gandha biroja satva (*Pinus longifolia* sap), Kattha (*Acacia catechu*), Amalaki (*Emblica officinalis*)

Benefits: Controls frequent urination., Reduces burning sensation in urination., Reduces inflammation in the pelvic area.

### **Boswellia Curcumin**

Prepared from the pure extracts of Shallaki (*Boswellia serrata*) and Curcumin (*Curcuma longa*). This herbal product has anti-inflammatory properties and helps to provide relief in the symptoms associated with interstitial cystitis.

Ingredients: Shallaki (*Boswellia serrata*), Curcumin (*Curcuma longa*)

Benefits: Has anti-inflammatory properties., Provides relief in symptoms associated with interstitial cystitis.

### **Chanderprabha Vati**

An amazing blend of 23 natural ingredients. This herbal remedy is effective for patients who have excess urination problems and helps in urine retention and reduces inflammation in the pelvic area.

Ingredients: Asphaltum (Shilajit), Commiphora mukul (Guggul), Sugar (Sharkara), Cinnamomum camphora (Karpoor), Acorus calamus (Vacha), Cyprus rotundus (Mustak), Curcuma longa (Haridra), Emblica officinalis (Amalaki), Piper chaba (Chavya), Embelia ribes (Vidanga), Tinospora cordifolia (Guduchi), Zingiber officinalis (Shunthi), Piper nigrum (Maricha), Piper longum (Pippali), Sodium carbonate (Sarjikashaar), Potassium carbonate (Yavkshaar), Rock salt (Saindhav Lavan), Sodium sulphate (Suvarchal Lavan), Black salt (Vida Lavan), Baliospermum montanum (Danti), Cinnamomum zeylanicum (Dalchini), Cinnamomum tamala (Tejpatta), Elettaria cardamomum (Ela)

Benefits: Helps in urine retention., Reduces inflammation in the pelvic area., Balances Vata and Pitta doshas.

### **Punarnava Mandur**

This herbal remedy helps to balance Vata and Pitta doshas, which are the major causes of interstitial cystitis. It contains Boerhavia diffusa (Punarnava), Zingiber officinale (Shunti), Piper longum (Pippali), Piper nigrum (Maricha), Emblica officinalis (Amalaki), Terminalia chebula (Haritaki), Piper chaba (Chavya), Curcuma longa (Haridra), Embelia ribes (Vidanga), Plumbago zeylanica (Chitrak Mool), and Ferric oxide calx (Mandoor Bhasma).

Ingredients: Boerhavia diffusa (Punarnava), Zingiber officinale (Shunti), Piper longum (Pippali), Piper nigrum (Maricha), Emblica officinalis (Amalaki), Terminalia chebula (Haritaki), Piper chaba (Chavya), Curcuma longa (Haridra), Embelia ribes (Vidanga), Plumbago zeylanica (Chitrak Mool), Ferric oxide calx (Mandoor Bhasma)

Benefits: Balances Vata and Pitta doshas., Helps in detoxification and fluid retention.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Varunadi Vati: 2 tablets, twice daily, after meals, with warm water.

Chandanadi Vati: 2 tablets, twice daily, after meals, with warm water.

Boswellia Curcumin: 2 capsules, twice daily, after meals, with warm water.

Chanderprabha Vati: 2 tablets, twice daily, after meals, with warm water.

Punarnava Mandur: 2 tablets, twice daily, after meals, with warm water.

Dietary and Lifestyle Recommendations: Avoid citrus fruits and vegetables, aerated drinks, and alcohol. Include leafy greens, whole grains, and fresh natural foods in your diet.

Maintain good personal hygiene and engage in daily exercise.

# Jaundice

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## Overview of Jaundice

Jaundice is a medical condition characterized by the yellowing of the skin and eyes due to an increase in bilirubin levels in the blood. According to Ayurveda, jaundice is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Pitta dosha.

## Causes of Jaundice

### Causes

- Liver diseases: Hepatitis, cirrhosis, and liver cancer
- Bile duct obstruction: Gallstones or tumors
- Hemolytic anemia: Breakdown of red blood cells
- Medications: Certain drugs can cause jaundice as a side effect
- Infections: Viral or bacterial infections
- Genetic disorders: Gilbert's syndrome, Crigler-Najjar syndrome
- Ayurvedic dosha imbalance: Imbalance of Pitta dosha can contribute to jaundice according to Ayurveda.

## Symptoms of Jaundice

### Symptoms

- Yellowing of the skin and eyes (jaundice)
- Dark urine
- Pale stools
- Fatigue
- Loss of appetite
- Nausea and vomiting
- Abdominal pain
- Itching

## Diagnosis

### Diagnosis

Diagnosis involves blood tests to measure bilirubin levels, liver function tests, and sometimes imaging tests like ultrasound or CT scans to identify the underlying cause.

## Trigger Factors

### Trigger Factors

#### Liver Diseases

Liver diseases such as hepatitis, cirrhosis, and liver cancer can trigger jaundice.

#### Bile Duct Obstruction

Bile duct obstruction due to gallstones or tumors can trigger jaundice.

#### Ayurvedic Dosha Imbalance

Imbalance of Pitta dosha can create favorable conditions for jaundice according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Kutki Capsules

Prepared from the pure extract of Kutki (Picrorhiza kurroa). It is known for its liver-protective properties and helps in treating liver disorders, including jaundice.

Ingredients: Kutki (Picrorhiza kurroa)

Benefits: Protects the liver., Treats liver disorders., Balances Pitta dosha.

#### Yakrit Plihantak Churna

A herbal powder made from a combination of herbs like Bhumi Amla (Phyllanthus niruri), Kalmegh (Andrographis paniculata), and others. It helps in detoxifying the liver and managing various liver-related issues, including jaundice.

Ingredients: Bhumi Amla (Phyllanthus niruri), Kalmegh (Andrographis paniculata)

Benefits: Detoxifies the liver., Manages liver-related issues., Balances Pitta dosha.

#### Phyllanthus Niruri

Prepared from the pure extract of Phyllanthus Niruri (Bhumi Amla). It is known for its antiviral properties and helps in treating viral infections, including those that cause jaundice.

Ingredients: Phyllanthus Niruri (Bhumi Amla)

Benefits: Has antiviral properties., Treats viral infections., Supports liver health.

### **Pitta Balance**

A herbal formulation made using 100 percent pure calcium compounds and herbs. It helps in balancing Pitta dosha and reducing heat in the body, which can be beneficial for jaundice.

Ingredients: Praval pishti (coral calcium), Akik pishti (Agate calcium), Jawar mohra pishti (calcium compound), Kamdudha ras (calcium compound), Mukta pishti (pearl calcium), Giloy satva (Tinospora cordifolia extract)

Benefits: Balances Pitta dosha., Reduces heat in the body., Provides natural calcium.

### **Triphala Capsules**

A combination of Triphala (Amalaki, Haritaki, and Bibhitaki). It helps in detoxifying the body, improving digestion, and managing various health issues including those related to jaundice.

Ingredients: Amalaki (Emblica officinalis), Haritaki (Terminalia chebula), Bibhitaki (Terminalia bellerica)

Benefits: Detoxifies the body., Improves digestion., Balances all three doshas.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Kutki Capsules: 2 capsules, twice daily, after meals, with warm water.

Yakrit Plihintak Churna: 1 teaspoonful, twice daily with warm water after meals.

Phyllanthus Niruri: 2 capsules, twice daily, after meals, with warm water.

Pitta Balance: 2 capsules, twice daily, after meals, with warm water.

Triphala Capsules: 2 capsules, twice daily, after meals, with warm water.

Dietary and Lifestyle Recommendations: Avoid foods that aggravate Pitta dosha such as spicy, oily, and heavy foods. Include foods with cool, bitter, and astringent qualities. Drink plenty of warm water and avoid cold beverages. Regular physical activity and a balanced lifestyle are recommended.

# Joint Pains

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## Overview of Joint Pains

Joint pain, also known as arthralgia, is a common condition characterized by pain or discomfort in the joints. According to Ayurveda, joint pains are associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Vata dosha.

## Causes of Joint Pains

### Causes

- Injuries or trauma to the joints
- Arthritis: Osteoarthritis, Rheumatoid Arthritis, Gout
- Infections: Bacterial or viral infections
- Autoimmune disorders
- Overuse or repetitive strain
- Aging
- Obesity
- Poor posture
- Ayurvedic dosha imbalance: Imbalance of Vata dosha can contribute to joint pains according to Ayurveda.

## Symptoms of Joint Pains

### Symptoms

- Pain or tenderness in the joints
- Swelling or redness around the joints
- Stiffness or limited range of motion
- Warmth or inflammation around the joints
- Cracking or grinding sensation in the joints
- Fatigue
- Loss of appetite

## Diagnosis

### Diagnosis

Diagnosis involves medical history, physical examination, and sometimes imaging tests like X-rays, MRI, or CT scans to identify the underlying cause. Blood tests may also be conducted to check for inflammatory markers or infections.

## Trigger Factors

### Trigger Factors

#### Injuries or Trauma

Injuries or trauma to the joints can trigger joint pains.

#### Arthritis

Arthritis conditions such as osteoarthritis, rheumatoid arthritis, and gout can trigger joint pains.

#### Ayurvedic Dosha Imbalance

Imbalance of Vata dosha can create favorable conditions for joint pains according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Boswellia Curcumin

Prepared from the pure extracts of Shallaki (*Boswellia serrata*) and Curcumin (*Curcuma longa*). This herbal product has anti-inflammatory properties and helps to provide relief in joint pain.

Ingredients: Shallaki (*Boswellia serrata*), Curcumin (*Curcuma longa*)

Benefits: Has anti-inflammatory properties., Provides relief in joint pain., Balances Vata dosha.

#### Aamvatantak Churna

A herbal powder made from a combination of herbs like Ashwagandha (*Withania somnifera*), Haridra (*Curcuma longa*), and others. It helps in reducing inflammation and managing various health issues related to joint pains.

Ingredients: Ashwagandha (*Withania somnifera*), Haridra (*Curcuma longa*)



Benefits: Reduces inflammation., Manages various health issues related to joint pains., Balances Vata dosha.

#### **Rumogin 5 Capsules**

A herbal formulation containing a blend of herbs like Mahayograj Guggul, Shallaki (Boswellia serrata), and others. It helps in reducing joint pain and inflammation.

Ingredients: Mahayograj Guggul, Shallaki (Boswellia serrata)

Benefits: Reduces joint pain and inflammation., Improves joint mobility., Balances Vata dosha.

#### **Joint Aid Plus**

A combination of herbs like Nirgundi (Vitex negundo), Giloy (Tinospora cordifolia), and others. It helps in reducing joint pain and improving joint health.

Ingredients: Nirgundi (Vitex negundo), Giloy (Tinospora cordifolia)

Benefits: Reduces joint pain., Improves joint health., Balances Vata dosha.

#### **Guggul Capsules**

Prepared from the pure extract of Guggul (Commiphora mukul). It is known for its anti-inflammatory properties and helps in treating various health issues including those related to joint pains.

Ingredients: Guggul (Commiphora mukul)

Benefits: Has anti-inflammatory properties., Treats various health issues related to joint pains., Balances Vata dosha.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Boswellia Curcumin: 2 capsules, twice daily, after meals, with warm water.

Aamvatantak Churna: 1 teaspoonful, twice daily with warm water after meals.

Rumogin 5 Capsules: 2 capsules, twice daily, after meals, with warm water.

Joint Aid Plus: 2 capsules, twice daily, after meals, with warm water.

Guggul Capsules: 2 capsules, twice daily, after meals, with warm water.

Dietary and Lifestyle Recommendations: Avoid foods that aggravate Vata dosha such as cold, dry, and bitter foods. Include foods with warm, sweet, and sour qualities. Drink plenty of warm water and avoid cold beverages. Regular physical activity and a balanced lifestyle are recommended.



# Juvenile Rheumatoid Arthritis (JRA)

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## Overview of Juvenile Rheumatoid Arthritis (JRA)

Juvenile Rheumatoid Arthritis (JRA), also known as Juvenile Idiopathic Arthritis (JIA), is a chronic autoimmune disease that affects children under the age of 16. According to Ayurveda, JRA is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Vata and Pitta doshas.

## Causes of Juvenile Rheumatoid Arthritis (JRA)

### Causes

- Autoimmune response: The immune system attacks the lining of the joints
- Genetic predisposition: Family history can play a role
- Environmental factors: Infections or other environmental triggers
- Imbalance of gut microbiota
- Ayurvedic dosha imbalance: Imbalance of Vata and Pitta doshas can contribute to JRA according to Ayurveda.

## Symptoms of Juvenile Rheumatoid Arthritis (JRA)

### Symptoms

- Joint pain and swelling
- Stiffness in the joints, especially in the morning
- Limited range of motion
- Fever
- Rash
- Fatigue
- Loss of appetite
- Growth problems

## Diagnosis

### Diagnosis

Diagnosis involves medical history, physical examination, and various tests such as blood tests to check for inflammatory markers, imaging tests like X-rays or MRI to assess joint damage, and sometimes joint fluid analysis.

## Trigger Factors

### Trigger Factors

#### Autoimmune Response

The immune system attacks the lining of the joints, triggering JRA.

#### Genetic Predisposition

Family history can play a role in triggering JRA.

#### Ayurvedic Dosha Imbalance

Imbalance of Vata and Pitta doshas can create favorable conditions for JRA according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Boswellia Curcumin

Prepared from the pure extracts of Shallaki (*Boswellia serrata*) and Curcumin (*Curcuma longa*). This herbal product has anti-inflammatory properties and helps to provide relief in joint pain.

Ingredients: Shallaki (*Boswellia serrata*), Curcumin (*Curcuma longa*)

Benefits: Has anti-inflammatory properties., Provides relief in joint pain., Balances Vata and Pitta doshas.

#### Aamvatantak Churna

A herbal powder made from a combination of herbs like Ashwagandha (*Withania somnifera*), Haridra (*Curcuma longa*), and others. It helps in reducing inflammation and managing various health issues related to JRA.

Ingredients: Ashwagandha (*Withania somnifera*), Haridra (*Curcuma longa*)

Benefits: Reduces inflammation., Manages various health issues related to JRA., Balances Vata and Pitta doshas.

#### Rumogin 5 Capsules

A herbal formulation containing a blend of herbs like Mahayograj Guggul, Shallaki (*Boswellia serrata*), and others. It helps in reducing joint pain and inflammation.

Ingredients: Mahayograj Guggul, Shallaki (*Boswellia serrata*)

Benefits: Reduces joint pain and inflammation., Improves joint mobility., Balances Vata and Pitta doshas.

### Guggul Capsules

Prepared from the pure extract of Guggul (*Commiphora mukul*). It is known for its anti-inflammatory properties and helps in treating various health issues including those related to JRA.

Ingredients: Guggul (*Commiphora mukul*)

Benefits: Has anti-inflammatory properties., Treats various health issues related to JRA., Balances Vata and Pitta doshas.

### Ashwagandha Capsules

Made from the pure extract of Ashwagandha (*Withania somnifera*). It helps in reducing stress and anxiety, which can contribute to the severity of JRA, and also improves overall health.

Ingredients: Ashwagandha (*Withania somnifera*)

Benefits: Reduces stress and anxiety., Improves overall health., Balances Vata, Pitta, and Kapha doshas.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Boswellia Curcumin: 2 capsules, twice daily, after meals, with warm water.

Aamvatantak Churna: 1 teaspoonful, twice daily with warm water after meals.

Rumogin 5 Capsules: 2 capsules, twice daily, after meals, with warm water.

Guggul Capsules: 2 capsules, twice daily, after meals, with warm water.

Ashwagandha Capsules: 2 capsules, twice daily, after meals, with warm water.

Dietary and Lifestyle Recommendations: Avoid foods that aggravate Vata and Pitta doshas such as cold, dry, and bitter foods. Include foods with warm, sweet, and sour qualities. Drink plenty of warm water and avoid cold beverages. Regular physical activity and a balanced lifestyle are recommended.

# Kidney Disease

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## Overview of Kidney Disease

Kidney disease, also known as renal disease, involves the gradual loss of kidney function over time. According to Ayurveda, kidney disease is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Kapha dosha.

## Causes of Kidney Disease

### Causes

- Diabetes
- High blood pressure
- Family history of kidney disease
- Age: Older adults are more susceptible
- Obesity
- Smoking
- Certain medications
- Infections: Bacterial or viral infections
- Autoimmune disorders
- Ayurvedic dosha imbalance: Imbalance of Kapha dosha can contribute to kidney disease according to Ayurveda.

## Symptoms of Kidney Disease

### Symptoms

- Fatigue
- Swelling in legs, ankles, and feet
- Nausea and vomiting
- Loss of appetite
- Changes in urination: More frequent or less frequent urination
- Blood in the urine
- Foamy urine
- Pain in the back or sides below the ribs

## Diagnosis

### Diagnosis

Diagnosis involves blood tests to measure creatinine and urea levels, urine tests to check for protein and blood, and sometimes imaging tests like ultrasound or CT scans to assess kidney damage.

## Trigger Factors

### Trigger Factors

#### Diabetes

Diabetes can trigger kidney disease by damaging the blood vessels in the kidneys.

#### High Blood Pressure

High blood pressure can increase the risk of developing kidney disease.

#### Ayurvedic Dosha Imbalance

Imbalance of Kapha dosha can create favorable conditions for kidney disease according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Mutrakrichantak Churna

A herbal powder made from a combination of herbs like Varun (Crataeva nurvala), Punarnava (Boerhavia diffusa), and others. It helps in managing various kidney-related issues and reducing inflammation.

Ingredients: Varun (Crataeva nurvala), Punarnava (Boerhavia diffusa)

Benefits: Manages kidney-related issues., Reduces inflammation., Balances Kapha dosha.

#### Rencure Formula

A herbal formulation containing a blend of herbs like Punarnava (Boerhavia diffusa), Varun (Crataeva nurvala), and others. It helps in improving kidney function and managing various health issues related to kidney disease.

Ingredients: Punarnava (Boerhavia diffusa), Varun (Crataeva nurvala)

Benefits: Improves kidney function., Manages various health issues related to kidney disease., Balances Kapha dosha.

### **Punarnava Mandur**

This herbal remedy helps to balance Kapha dosha, which is the major cause of kidney disease. It contains Boerhavia diffusa (Punarnava), Zingiber officinale (Shunti), Piper longum (Pippali), Piper nigrum (Maricha), Emblica officinalis (Amalaki), Terminalia chebula (Haritaki), Piper chaba (Chavya), Curcuma longa (Haridra), Embelia ribes (Vidanga), Plumbago zeylanica (Chitrak Mool), and Ferric oxide calx (Mandoor Bhasma).

Ingredients: Boerhavia diffusa (Punarnava), Zingiber officinale (Shunti), Piper longum (Pippali), Piper nigrum (Maricha), Emblica officinalis (Amalaki), Terminalia chebula (Haritaki), Piper chaba (Chavya), Curcuma longa (Haridra), Embelia ribes (Vidanga), Plumbago zeylanica (Chitrak Mool), Ferric oxide calx (Mandoor Bhasma)

Benefits: Balances Kapha dosha., Helps in detoxification and fluid retention.

### **Gokshuradi Guggul**

A herbal formulation containing Gokshura (Tribulus terrestris), Haritaki (Terminalia chebula), Bibhitaki (Terminalia bellerica), Amalaki (Emblica officinalis), and Guggul (Commiphora mukul). It helps in reducing inflammation and promoting tissue repair.

Ingredients: Gokshura (Tribulus terrestris), Haritaki (Terminalia chebula), Bibhitaki (Terminalia bellerica), Amalaki (Emblica officinalis), Guggul (Commiphora mukul)

Benefits: Reduces inflammation., Promotes tissue repair., Balances Kapha dosha.

### **Varunadi Vati**

A blend of natural products like Varun (Crataeva nurvala), Punarnava (Boerhavia diffusa), Gokshur (Tribulus terrestris), and Shuddha guggulu (Commiphora mukul). It helps to reduce inflammation in the pelvic area and is helpful in urine retention.

Ingredients: Varun (Crataeva nurvala), Punarnava (Boerhavia diffusa), Gokshur (Tribulus terrestris), Shuddha guggulu (Commiphora mukul)

Benefits: Reduces inflammation in the pelvic area., Helpful in urine retention., Balances Kapha dosha.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Mutrakrichantak Churna: 1 teaspoonful, twice daily with warm water after meals.

Rencure Formula: 2 tablets, twice daily, after meals, with warm water.

Punarnava Mandur: 2 tablets, twice daily, after meals, with warm water.

Gokshuradi Guggul: 2 tablets, twice daily, after meals, with warm water.



Varunadi Vati: 2 tablets, twice daily, after meals, with warm water.

Dietary and Lifestyle Recommendations: Avoid foods that aggravate Kapha dosha such as oily, heavy, and cold foods. Include foods with warm, light, and dry qualities. Drink plenty of warm water and avoid cold beverages. Regular physical activity and a balanced lifestyle are recommended. Follow a renal diet that is low in sodium, phosphorus, potassium, and protein.

# Kidney Stones

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## Overview of Kidney Stones

Kidney stones are small, hard mineral deposits that form inside the kidneys when there is an imbalance of water, salts, and other substances in the urine. According to Ayurveda, kidney stones are associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Vata and Pitta doshas.

## Causes of Kidney Stones

### Causes

- Dehydration: Not drinking enough water
- Diet: High intake of animal proteins, sodium, and sugar
- Medical conditions: Certain conditions like gout, inflammatory bowel disease, and renal tubular acidosis
- Family history: Genetic predisposition
- Obesity: Being overweight or obese
- Certain medications: Diuretics, calcium supplements, and certain antibiotics
- Ayurvedic dosha imbalance: Imbalance of Vata and Pitta doshas can contribute to kidney stones according to Ayurveda.

## Symptoms of Kidney Stones

### Symptoms

- Severe pain in the side or back, below the ribs
- Pain that radiates to the lower abdomen or groin
- Nausea and vomiting
- Frequent or painful urination
- Blood in the urine
- Fever and chills if an infection is present
- Urinary urgency

## Diagnosis

### Diagnosis

Diagnosis involves medical history, physical examination, and various tests such as urine analysis, blood tests to check for infection or other conditions, and imaging tests like X-rays, CT scans, or ultrasound to visualize the stones.

## Trigger Factors

### Trigger Factors

#### Dehydration

Not drinking enough water can trigger the formation of kidney stones.

#### Diet

High intake of animal proteins, sodium, and sugar can trigger the formation of kidney stones.

#### Ayurvedic Dosha Imbalance

Imbalance of Vata and Pitta doshas can create favorable conditions for kidney stones according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Varunadi Vati

A blend of natural products like Varun (*Crataeva nurvala*), Punarnava (*Boerhavia diffusa*), Gokshur (*Tribulus terrestris*), and Shuddha guggulu (*Commiphora mukul*). It helps to reduce inflammation in the urinary tract and is helpful in dissolving kidney stones.

Ingredients: Varun (*Crataeva nurvala*), Punarnava (*Boerhavia diffusa*), Gokshur (*Tribulus terrestris*), Shuddha guggulu (*Commiphora mukul*)

Benefits: Reduces inflammation in the urinary tract., Helpful in dissolving kidney stones., Balances Vata and Pitta doshas.

#### Punarnava Mandur

This herbal remedy helps to balance Vata and Pitta doshas, which are the major causes of kidney stones. It contains *Boerhavia diffusa* (Punarnava), *Zingiber officinale* (Shunti), *Piper longum* (Pippali), *Piper nigrum* (Maricha), *Emblica officinalis* (Amalaki), *Terminalia chebula* (Haritaki), *Piper chaba* (Chavya), *Curcuma longa* (Haridra), *Embelia ribes* (Vidanga), *Plumbago zeylanica* (Chitrak Mool), and Ferric oxide calx (Mandoor Bhasma).

Ingredients: *Boerhavia diffusa* (Punarnava), *Zingiber officinale* (Shunti), *Piper longum* (Pippali), *Piper nigrum* (Maricha), *Emblica officinalis* (Amalaki), *Terminalia chebula* (Haritaki), *Piper chaba* (Chavya), *Curcuma longa* (Haridra), *Embelia ribes* (Vidanga), *Plumbago zeylanica* (Chitrak Mool), Ferric oxide calx (Mandoor Bhasma)

Benefits: Balances Vata and Pitta doshas., Helps in detoxification and fluid retention.

### Chandraprabha Vati

An amazing blend of 23 natural ingredients. This herbal remedy is effective for patients who have excess urination problems and helps in dissolving kidney stones.

Ingredients: Asphaltum (Shilajit), Commiphora mukul (Guggul), Sugar (Sharkara), Cinnamomum camphora (Karpoor), Acorus calamus (Vacha), Cyprus rotundus (Mustak), Curcuma longa (Haridra), Emblica officinalis (Amalaki), Piper chaba (Chavya), Embelia ribes (Vidanga), Tinospora cordifolia (Guduchi), Zingiber officinalis (Shunthi), Piper nigrum (Maricha), Piper longum (Pippali), Sodium carbonate (Sarjikashaar), Potassium carbonate (Yavkshaar), Rock salt (Saindhav Lavan), Sodium sulphate (Suvarchal Lavan), Black salt (Vida Lavan), Baliospermum montanum (Danti), Cinnamomum zeylanicum (Dalchini), Cinnamomum tamala (Tejpatta), Elettaria cardamomum (Ela)

Benefits: Helps in dissolving kidney stones., Reduces inflammation in the urinary tract., Balances Vata and Pitta doshas.

### Gokshuradi Guggul

A herbal formulation containing Gokshura (Tribulus terrestris), Haritaki (Terminalia chebula), Bibhitaki (Terminalia bellerica), Amalaki (Emblica officinalis), and Guggul (Commiphora mukul). It helps in reducing inflammation and promoting tissue repair in the urinary tract.

Ingredients: Gokshura (Tribulus terrestris), Haritaki (Terminalia chebula), Bibhitaki (Terminalia bellerica), Amalaki (Emblica officinalis), Guggul (Commiphora mukul)

Benefits: Reduces inflammation in the urinary tract., Promotes tissue repair., Balances Vata and Pitta doshas.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Varunadi Vati: 2 tablets, twice daily, after meals, with warm water.

Punarnava Mandur: 2 tablets, twice daily, after meals, with warm water.

Chandraprabha Vati: 2 tablets, twice daily, after meals, with warm water.

Gokshuradi Guggul: 2 tablets, twice daily, after meals, with warm water.

Dietary and Lifestyle Recommendations: Avoid foods that aggravate Vata and Pitta doshas such as spicy, oily, and heavy foods. Include foods with cool, bitter, and astringent qualities. Drink plenty of warm water and avoid cold beverages. Regular physical activity and a balanced lifestyle are recommended. Increase fluid intake to help flush out the stones.

# Kidney Disease in Dogs

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## Overview of Kidney Disease in Dogs

Kidney disease in dogs is a condition where the kidneys fail to perform their normal functions, leading to the accumulation of toxins in the body. According to Ayurveda, kidney disease in dogs is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Kapha dosha.

## Causes of Kidney Disease in Dogs

### Causes

- Aging: Older dogs are more susceptible
- Genetic predisposition: Certain breeds are more prone
- Infections: Bacterial or viral infections
- Toxins: Exposure to toxins such as pesticides or certain medications
- Diet: Poor diet or food allergies
- Chronic diseases: Conditions like diabetes or hypertension
- Ayurvedic dosha imbalance: Imbalance of Kapha dosha can contribute to kidney disease according to Ayurveda.

## Symptoms of Kidney Disease in Dogs

### Symptoms

- Increased thirst and urination
- Weight loss
- Loss of appetite
- Vomiting
- Fatigue
- Blood in the urine
- Pale gums
- Seizures or tremors in advanced stages

## Diagnosis

### Diagnosis

Diagnosis involves physical examination, complete blood count (CBC), blood chemistry tests to check for waste products like creatinine and urea, urinalysis, and sometimes imaging tests like ultrasound or radiographs to assess kidney size and structure.

## Trigger Factors

### Trigger Factors

#### Aging

Older dogs are more susceptible to kidney disease.

#### Genetic Predisposition

Certain breeds are more prone to kidney disease.

#### Ayurvedic Dosha Imbalance

Imbalance of Kapha dosha can create favorable conditions for kidney disease according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Mutrakrichantak Churna

A herbal powder made from a combination of herbs like Varun (*Crataeva nurvala*), Punarnava (*Boerhavia diffusa*), and others. It helps in managing various kidney-related issues and reducing inflammation.

Ingredients: Varun (*Crataeva nurvala*), Punarnava (*Boerhavia diffusa*)

Benefits: Manages kidney-related issues., Reduces inflammation., Balances Kapha dosha.

#### Rencure Formula

A herbal formulation containing a blend of herbs like Punarnava (*Boerhavia diffusa*), Varun (*Crataeva nurvala*), and others. It helps in improving kidney function and managing various health issues related to kidney disease.

Ingredients: Punarnava (*Boerhavia diffusa*), Varun (*Crataeva nurvala*)

Benefits: Improves kidney function., Manages various health issues related to kidney disease., Balances Kapha dosha.

#### Punarnava Mandur

This herbal remedy helps to balance Kapha dosha, which is the major cause of kidney disease. It contains *Boerhavia diffusa* (Punarnava), *Zingiber officinale* (Shunti), *Piper longum* (Pippali), *Piper nigrum* (Maricha), *Emblica officinalis* (Amalaki), *Terminalia chebula* (Haritaki), *Piper chaba* (Chavya), *Curcuma longa* (Haridra), *Embelia ribes* (Vidanga), *Plumbago zeylanica* (Chitrak Mool), and Ferric oxide calx (Mandoor Bhasma).

Ingredients: *Boerhavia diffusa* (Punarnava), *Zingiber officinale* (Shunti), *Piper longum* (Pippali), *Piper nigrum* (Maricha), *Emblica officinalis* (Amalaki), *Terminalia chebula*

(Haritaki), Piper chaba (Chavya), Curcuma longa (Haridra), Embelia ribes (Vidanga), Plumbago zeylanica (Chitrak Mool), Ferric oxide calx (Mandoor Bhasma)

Benefits: Balances Kapha dosha., Helps in detoxification and fluid retention.

#### **Gokshuradi Guggul**

A herbal formulation containing Gokshura (Tribulus terrestris), Haritaki (Terminalia chebula), Bibhitaki (Terminalia bellerica), Amalaki (Emblica officinalis), and Guggul (Commiphora mukul). It helps in reducing inflammation and promoting tissue repair.

Ingredients: Gokshura (Tribulus terrestris), Haritaki (Terminalia chebula), Bibhitaki (Terminalia bellerica), Amalaki (Emblica officinalis), Guggul (Commiphora mukul)

Benefits: Reduces inflammation., Promotes tissue repair., Balances Kapha dosha.

#### **Varunadi Vati**

A blend of natural products like Varun (Crataeva nurvala), Punarnava (Boerhavia diffusa), Gokshur (Tribulus terrestris), and Shuddha guggulu (Commiphora mukul). It helps to reduce inflammation in the urinary tract and is helpful in urine retention.

Ingredients: Varun (Crataeva nurvala), Punarnava (Boerhavia diffusa), Gokshur (Tribulus terrestris), Shuddha guggulu (Commiphora mukul)

Benefits: Reduces inflammation in the urinary tract., Helpful in urine retention., Balances Kapha dosha.

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Mutrakrichantak Churna: 1 teaspoonful, twice daily with warm water after meals.

Rencure Formula: 2 tablets, twice daily, after meals, with warm water.

Punarnava Mandur: 2 tablets, twice daily, after meals, with warm water.

Gokshuradi Guggul: 2 tablets, twice daily, after meals, with warm water.

Varunadi Vati: 2 tablets, twice daily, after meals, with warm water.

Dietary and Lifestyle Recommendations: Avoid foods that aggravate Kapha dosha such as oily, heavy, and cold foods. Include foods with warm, light, and dry qualities. Ensure the dog has access to plenty of fresh water. Regular physical activity and a balanced lifestyle are recommended. Consult with a veterinarian before starting any herbal remedies.

# Kidney Failure

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## Overview of Kidney Failure

Kidney failure, also known as renal failure, is a condition where the kidneys lose their ability to perform their normal functions, leading to the accumulation of waste products in the body. According to Ayurveda, kidney failure is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Kapha dosha.

## Causes of Kidney Failure

### Causes

- Diabetes
- High blood pressure
- Chronic kidney disease
- Kidney stones
- Infections: Bacterial or viral infections
- Toxins: Exposure to toxins such as pesticides or certain medications
- Genetic disorders
- Autoimmune diseases
- Ayurvedic dosha imbalance: Imbalance of Kapha dosha can contribute to kidney failure according to Ayurveda.

## Symptoms of Kidney Failure

### Symptoms

- Fatigue
- Swelling in legs, ankles, and feet
- Nausea and vomiting
- Loss of appetite
- Changes in urination: More frequent or less frequent urination
- Blood in the urine
- Foamy urine
- Pain in the back or sides below the ribs
- Seizures or tremors in advanced stages



## Diagnosis

### Diagnosis

Diagnosis involves blood tests to measure creatinine and urea levels, urine tests to check for protein and blood, and sometimes imaging tests like ultrasound or CT scans to assess kidney damage.

## Trigger Factors

### Trigger Factors

#### Diabetes

Diabetes can trigger kidney failure by damaging the blood vessels in the kidneys.

#### High Blood Pressure

High blood pressure can increase the risk of developing kidney failure.

#### Ayurvedic Dosha Imbalance

Imbalance of Kapha dosha can create favorable conditions for kidney failure according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Mutrakrichantak Churna

A herbal powder made from a combination of herbs like Varun (Crataeva nurvala), Punarnava (Boerhavia diffusa), and others. It helps in managing various kidney-related issues and reducing inflammation.

Ingredients: Varun (Crataeva nurvala), Punarnava (Boerhavia diffusa)

Benefits: Manages kidney-related issues., Reduces inflammation., Balances Kapha dosha.

#### Rencure Formula

A herbal formulation containing a blend of herbs like Punarnava (Boerhavia diffusa), Varun (Crataeva nurvala), and others. It helps in improving kidney function and managing various health issues related to kidney failure.

Ingredients: Punarnava (Boerhavia diffusa), Varun (Crataeva nurvala)

Benefits: Improves kidney function., Manages various health issues related to kidney failure., Balances Kapha dosha.

### **Punarnava Mandur**

This herbal remedy helps to balance Kapha dosha, which is the major cause of kidney failure. It contains Boerhavia diffusa (Punarnava), Zingiber officinale (Shunti), Piper longum (Pippali), Piper nigrum (Maricha), Emblica officinalis (Amalaki), Terminalia chebula (Haritaki), Piper chaba (Chavya), Curcuma longa (Haridra), Embelia ribes (Vidanga), Plumbago zeylanica (Chitrak Mool), and Ferric oxide calx (Mandoor Bhasma).

Ingredients: Boerhavia diffusa (Punarnava), Zingiber officinale (Shunti), Piper longum (Pippali), Piper nigrum (Maricha), Emblica officinalis (Amalaki), Terminalia chebula (Haritaki), Piper chaba (Chavya), Curcuma longa (Haridra), Embelia ribes (Vidanga), Plumbago zeylanica (Chitrak Mool), Ferric oxide calx (Mandoor Bhasma)

Benefits: Balances Kapha dosha., Helps in detoxification and fluid retention.

### **Gokshuradi Guggul**

A herbal formulation containing Gokshura (Tribulus terrestris), Haritaki (Terminalia chebula), Bibhitaki (Terminalia bellerica), Amalaki (Emblica officinalis), and Guggul (Commiphora mukul). It helps in reducing inflammation and promoting tissue repair.

Ingredients: Gokshura (Tribulus terrestris), Haritaki (Terminalia chebula), Bibhitaki (Terminalia bellerica), Amalaki (Emblica officinalis), Guggul (Commiphora mukul)

Benefits: Reduces inflammation., Promotes tissue repair., Balances Kapha dosha.

### **Varunadi Vati**

A blend of natural products like Varun (Crataeva nurvala), Punarnava (Boerhavia diffusa), Gokshur (Tribulus terrestris), and Shuddha guggulu (Commiphora mukul). It helps to reduce inflammation in the urinary tract and is helpful in urine retention.

Ingredients: Varun (Crataeva nurvala), Punarnava (Boerhavia diffusa), Gokshur (Tribulus terrestris), Shuddha guggulu (Commiphora mukul)

Benefits: Reduces inflammation in the urinary tract., Helpful in urine retention., Balances Kapha dosha.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Mutrakrichantak Churna: 1 teaspoonful, twice daily with warm water after meals.

Rencure Formula: 2 tablets, twice daily, after meals, with warm water.

Punarnava Mandur: 2 tablets, twice daily, after meals, with warm water.

Gokshuradi Guggul: 2 tablets, twice daily, after meals, with warm water.

Varunadi Vati: 2 tablets, twice daily, after meals, with warm water.

Dietary and Lifestyle Recommendations: Avoid foods that aggravate Kapha dosha such as oily, heavy, and cold foods. Include foods with warm, light, and dry qualities. Drink plenty of warm water and avoid cold beverages. Regular physical activity and a balanced lifestyle are recommended. Follow a renal diet that is low in sodium, phosphorus, potassium, and protein.

# Leucoderma (Vitiligo)

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## Overview of Leucoderma (Vitiligo)

Leucoderma, also known as Vitiligo, is a skin condition characterized by the loss of pigment-producing cells (melanocytes), leading to white patches on the skin. According to Ayurveda, Leucoderma is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Pitta dosha.

## Causes of Leucoderma (Vitiligo)

### Causes

- Autoimmune response: The immune system attacks melanocytes
- Genetic predisposition: Family history can play a role
- Stress and anxiety
- Exposure to chemicals or toxins
- Vitamin deficiencies: Lack of vitamins like B12 or copper
- Skin injuries or burns
- Ayurvedic dosha imbalance: Imbalance of Pitta dosha can contribute to Leucoderma according to Ayurveda.

## Symptoms of Leucoderma (Vitiligo)

### Symptoms

- White patches on the skin
- Loss of skin pigment
- Premature graying of hair
- Loss of color in the mucous membranes
- Increased sensitivity to the sun

## Diagnosis

### Diagnosis

Diagnosis involves medical history, physical examination, and sometimes skin biopsy or blood tests to rule out other conditions that may cause similar symptoms.

## Trigger Factors

### Trigger Factors

#### Autoimmune Response

The immune system attacks melanocytes, triggering Leucoderma.

#### Genetic Predisposition

Family history can play a role in triggering Leucoderma.

#### Ayurvedic Dosha Imbalance

Imbalance of Pitta dosha can create favorable conditions for Leucoderma according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Neem Capsules

Made from the pure extract of Neem (*Azadirachta indica*). It is known for its anti-inflammatory and antiseptic properties and helps in treating skin conditions, including Leucoderma.

Ingredients: Neem (*Azadirachta indica*)

Benefits: Has anti-inflammatory and antiseptic properties., Treats skin conditions., Balances Pitta dosha.

#### Ghrit Kumari (Aloe Vera) Gel

Prepared from the pure extract of Aloe Vera (*Aloe barbadensis*). It helps in soothing and healing the skin, reducing inflammation and promoting skin health.

Ingredients: Aloe Vera (*Aloe barbadensis*)

Benefits: Soothes and heals the skin., Reduces inflammation., Promotes skin health.

#### Pitta Balance

A herbal formulation made using 100 percent pure calcium compounds and herbs. It helps in balancing Pitta dosha and reducing heat in the body, which can be beneficial for Leucoderma.

Ingredients: Praval pishti (coral calcium), Akik pishti (Agate calcium), Jawar mohra pishti (calcium compound), Kamdudha ras (calcium compound), Mukta pishti (pearl calcium), Giloy satva (*Tinospora cordifolia* extract)

Benefits: Balances Pitta dosha., Reduces heat in the body., Provides natural calcium.

### **Manjishtha Capsules**

Made from the pure extract of Manjishtha (*Rubia cordifolia*). It is known for its blood-purifying properties and helps in treating various skin conditions, including Leucoderma.

Ingredients: Manjishtha (*Rubia cordifolia*)

Benefits: Has blood-purifying properties., Treats various skin conditions., Balances Pitta dosha.

### **Bakuchi Oil**

Prepared from the pure extract of Bakuchi (*Psoralea corylifolia*). It is applied topically to the affected areas and helps in repigmentation of the skin.

Ingredients: Bakuchi (*Psoralea corylifolia*)

Benefits: Helps in repigmentation of the skin., Treats skin conditions., Balances Pitta dosha.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Neem Capsules: 2 capsules, twice daily, after meals, with warm water.

Ghrit Kumari (Aloe Vera) Gel: Apply topically to the affected areas as needed.

Pitta Balance: 2 capsules, twice daily, after meals, with warm water.

Manjishtha Capsules: 2 capsules, twice daily, after meals, with warm water.

Bakuchi Oil: Apply topically to the affected areas as needed.

Dietary and Lifestyle Recommendations: Avoid foods that aggravate Pitta dosha such as spicy, oily, and heavy foods. Include foods with cool, bitter, and astringent qualities. Drink plenty of warm water and avoid cold beverages. Regular physical activity and a balanced lifestyle are recommended.

# Leukocytoclastic Vasculitis (LCV)

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## Overview of Leukocytoclastic Vasculitis (LCV)

Leukocytoclastic vasculitis (LCV) is a condition characterized by inflammation of the small blood vessels, leading to damage and necrosis of the vessel walls. According to Ayurveda, LCV is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Pitta dosha.

## Causes of Leukocytoclastic Vasculitis (LCV)

### Causes

- Autoimmune response: The immune system attacks the blood vessels
- Infections: Bacterial or viral infections
- Medications: Certain drugs can trigger LCV
- Allergies: Allergic reactions to substances
- Genetic predisposition: Family history can play a role
- Ayurvedic dosha imbalance: Imbalance of Pitta dosha can contribute to LCV according to Ayurveda.

## Symptoms of Leukocytoclastic Vasculitis (LCV)

### Symptoms

- Skin lesions or rashes
- Purpura (bleeding under the skin)
- Nodules or ulcers on the skin
- Joint pain and swelling
- Fever
- Fatigue
- Weight loss
- Abdominal pain
- Kidney or lung involvement in severe cases

## Diagnosis

### Diagnosis

Diagnosis involves medical history, physical examination, and various tests such as skin biopsy, blood tests to check for inflammatory markers, and sometimes imaging tests like ultrasound or CT scans to assess the extent of the condition.

## Trigger Factors

### Trigger Factors

#### Autoimmune Response

The immune system attacks the blood vessels, triggering LCV.

#### Infections

Bacterial or viral infections can trigger LCV.

#### Ayurvedic Dosha Imbalance

Imbalance of Pitta dosha can create favorable conditions for LCV according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Neem Capsules

Made from the pure extract of Neem (*Azadirachta indica*). It is known for its anti-inflammatory and antiseptic properties and helps in treating skin conditions, including those related to LCV.

Ingredients: Neem (*Azadirachta indica*)

Benefits: Has anti-inflammatory and antiseptic properties., Treats skin conditions., Balances Pitta dosha.

#### Ghrit Kumari (Aloe Vera) Gel

Prepared from the pure extract of Aloe Vera (*Aloe barbadensis*). It helps in soothing and healing the skin, reducing inflammation and promoting skin health.

Ingredients: Aloe Vera (*Aloe barbadensis*)

Benefits: Soothes and heals the skin., Reduces inflammation., Promotes skin health.

#### Pitta Balance

A herbal formulation made using 100 percent pure calcium compounds and herbs. It helps in balancing Pitta dosha and reducing heat in the body, which can be beneficial for LCV.

Ingredients: Praval pishti (coral calcium), Akik pishti (Agate calcium), Jawar mohra pishti (calcium compound), Kamdudha ras (calcium compound), Mukta pishti (pearl calcium), Giloy satva (*Tinospora cordifolia* extract)

Benefits: Balances Pitta dosha., Reduces heat in the body., Provides natural calcium.



### Manjishtha Capsules

Made from the pure extract of Manjishtha (*Rubia cordifolia*). It is known for its blood-purifying properties and helps in treating various skin conditions, including those related to LCV.

Ingredients: Manjishtha (*Rubia cordifolia*)

Benefits: Has blood-purifying properties., Treats various skin conditions., Balances Pitta dosha.

### Kanchnaar Guggul

A herbal formulation containing a blend of herbs like Kachnar bark (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), and others. It helps in reducing inflammation and promoting tissue repair.

Ingredients: Kachnar bark (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*)

Benefits: Reduces inflammation., Promotes tissue repair., Balances Pitta dosha.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Neem Capsules: 2 capsules, twice daily, after meals, with warm water.

Ghrit Kumari (Aloe Vera) Gel: Apply topically to the affected areas as needed.

Pitta Balance: 2 capsules, twice daily, after meals, with warm water.

Manjishtha Capsules: 2 capsules, twice daily, after meals, with warm water.

Kanchnaar Guggul: 2 tablets, twice daily, after meals, with warm water.

Dietary and Lifestyle Recommendations: Avoid foods that aggravate Pitta dosha such as spicy, oily, and heavy foods. Include foods with cool, bitter, and astringent qualities. Drink plenty of warm water and avoid cold beverages. Regular physical activity and a balanced lifestyle are recommended.

# Livedoid Vasculopathy

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## Overview of Livedoid Vasculopathy

Livedoid vasculopathy is a rare skin condition characterized by the inflammation and damage of small blood vessels, leading to the formation of painful ulcers and scars.

According to Ayurveda, livedoid vasculopathy is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Pitta dosha.

## Causes of Livedoid Vasculopathy

### Causes

- Autoimmune response: The immune system attacks the blood vessels
- Genetic predisposition: Family history can play a role
- Infections: Bacterial or viral infections
- Medications: Certain drugs can trigger livedoid vasculopathy
- Blood clotting disorders: Conditions like antiphospholipid syndrome
- Ayurvedic dosha imbalance: Imbalance of Pitta dosha can contribute to livedoid vasculopathy according to Ayurveda.

## Symptoms of Livedoid Vasculopathy

### Symptoms

- Painful ulcers on the skin, often on the legs
- Scarring and discoloration of the skin
- Redness and swelling around the ulcers
- Blisters or nodules on the skin
- Itching or burning sensation
- Fatigue
- Fever

## Diagnosis

### Diagnosis

Diagnosis involves medical history, physical examination, and various tests such as skin biopsy, blood tests to check for inflammatory markers, and sometimes imaging tests like ultrasound or CT scans to assess the extent of the condition.

## Trigger Factors

### Trigger Factors

#### Autoimmune Response

The immune system attacks the blood vessels, triggering livedoid vasculopathy.

#### Genetic Predisposition

Family history can play a role in triggering livedoid vasculopathy.

#### Ayurvedic Dosha Imbalance

Imbalance of Pitta dosha can create favorable conditions for livedoid vasculopathy according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Boswellia Curcumin

Prepared from the pure extracts of Shallaki (*Boswellia serrata*) and Curcumin (*Curcuma longa*). This herbal product has anti-inflammatory properties and helps to provide relief in inflammation and pain.

Ingredients: Shallaki (*Boswellia serrata*), Curcumin (*Curcuma longa*)

Benefits: Has anti-inflammatory properties., Provides relief in inflammation and pain., Balances Pitta dosha.

#### Pitta Balance

A herbal formulation made using 100 percent pure calcium compounds and herbs. It helps in balancing Pitta dosha and reducing heat in the body, which can be beneficial for livedoid vasculopathy.

Ingredients: Praval pishti (coral calcium), Akik pishti (Agate calcium), Jawar mohra pishti (calcium compound), Kamdudha ras (calcium compound), Mukta pishti (pearl calcium), Giloy satva (*Tinospora cordifolia* extract)

Benefits: Balances Pitta dosha., Reduces heat in the body., Provides natural calcium.

#### Manjishtha Capsules

Made from the pure extract of Manjishtha (*Rubia cordifolia*). It is known for its blood-purifying properties and helps in treating various skin conditions, including those related to livedoid vasculopathy.

Ingredients: Manjishtha (*Rubia cordifolia*)

Benefits: Has blood-purifying properties., Treats various skin conditions., Balances Pitta dosha.

#### **Kanchnaar Guggul**

A herbal formulation containing a blend of herbs like Kachnar bark (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), and others. It helps in reducing inflammation and promoting tissue repair.

Ingredients: Kachnar bark (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*)

Benefits: Reduces inflammation., Promotes tissue repair., Balances Pitta dosha.

#### **Gandhak Rasayan**

The active constituent of this formulation is Gandhaka (Sulphur). It has anti-bacterial, anti-viral, and anti-fungal properties that make this medicine a perfect solution to treat skin infections and reduce inflammation.

Ingredients: Gandhaka (Sulphur)

Benefits: Has anti-bacterial, anti-viral, and anti-fungal properties., Reduces inflammation and itching., Balances Pitta dosha.

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Boswellia Curcumin: 2 capsules, twice daily, after meals, with warm water.

Pitta Balance: 2 capsules, twice daily, after meals, with warm water.

Manjishtha Capsules: 2 capsules, twice daily, after meals, with warm water.

Kanchnaar Guggul: 2 tablets, twice daily, after meals, with warm water.

Gandhak Rasayan: 2 tablets, twice daily, after meals, with warm water.

Dietary and Lifestyle Recommendations: Avoid foods that aggravate Pitta dosha such as spicy, oily, and heavy foods. Include foods with cool, bitter, and astringent qualities. Drink plenty of warm water and avoid cold beverages. Regular physical activity and a balanced lifestyle are recommended.

# Low Sperm Count

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## Overview of Low Sperm Count

Low sperm count, also known as oligospermia, is a condition where the semen contains fewer than 15 million sperm per milliliter. According to Ayurveda, low sperm count is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Vata and Pitta doshas.

## Causes of Low Sperm Count

### Causes

- Hormonal imbalances
- Varicocele: Enlargement of the veins in the scrotum
- Infections: Epididymitis, orchitis, or prostatitis
- Injury to the testicles
- Certain medications: Chemotherapy, anabolic steroids, and certain antibiotics
- Lifestyle factors: Smoking, excessive alcohol consumption, obesity
- Medical conditions: Diabetes, thyroid disorders, and other chronic diseases
- Ayurvedic dosha imbalance: Imbalance of Vata and Pitta doshas can contribute to low sperm count according to Ayurveda.

## Symptoms of Low Sperm Count

### Symptoms

- Difficulty conceiving
- Low libido
- Erectile dysfunction
- Pain or swelling in the testicles
- Abnormal sperm morphology or motility
- Low semen volume

## Diagnosis

### Diagnosis

Diagnosis involves semen analysis to check sperm count, motility, and morphology. Other tests such as hormone level checks, physical examination, and sometimes imaging tests like ultrasound may be conducted to identify underlying causes.

## Trigger Factors

### Trigger Factors

#### Hormonal Imbalances

Hormonal imbalances can trigger low sperm count.

#### Varicocele

Enlargement of the veins in the scrotum can trigger low sperm count.

#### Ayurvedic Dosha Imbalance

Imbalance of Vata and Pitta doshas can create favorable conditions for low sperm count according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Atirasadi Churna

A herbal powder made from a combination of herbs like Ashwagandha (Withania somnifera), Kaunch Beej (Mucuna pruriens), and others. It helps in improving male fertility and overall health.

Ingredients: Ashwagandha (Withania somnifera), Kaunch Beej (Mucuna pruriens)

Benefits: Improves male fertility., Enhances overall health., Balances Vata, Pitta, and Kapha doshas.

#### Shilajit Capsules

Prepared from the pure extract of Shilajit (Asphaltum). It is known for its rejuvenating properties and helps in improving male fertility and overall health.

Ingredients: Shilajit (Asphaltum)

Benefits: Has rejuvenating properties., Improves male fertility., Enhances overall health.

#### Tribulus Power Capsules

Made from the pure extract of Gokshur (Tribulus terrestris). It helps in improving sperm count, motility, and morphology.

Ingredients: Gokshur (Tribulus terrestris)

Benefits: Improves sperm count, motility, and morphology., Enhances male fertility., Balances Vata and Pitta doshas.

### Male Health Support

A herbal formulation containing a blend of herbs like Kaunch Beej (*Mucuna pruriens*), Ashwagandha (*Withania somnifera*), and others. It helps in improving male reproductive health and managing various health issues related to low sperm count.

Ingredients: Kaunch Beej (*Mucuna pruriens*), Ashwagandha (*Withania somnifera*)

Benefits: Improves male reproductive health., Manages various health issues related to low sperm count., Balances Vata, Pitta, and Kapha doshas.

### Brahmi Capsules

Made from the pure extract of Brahmi (*Bacopa monnieri*). It is known for its cognitive-enhancing properties and helps in reducing stress and anxiety, which can contribute to the severity of low sperm count, and also improves overall health.

Ingredients: Brahmi (*Bacopa monnieri*)

Benefits: Improves cognitive functions., Reduces stress and anxiety., Enhances overall health.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Atirasadi Churna: 1 teaspoonful, twice daily with warm milk after meals.

Shilajit Capsules: 2 capsules, twice daily, after meals, with warm water.

Tribulus Power Capsules: 2 capsules, twice daily, after meals, with warm water.

Male Health Support: 2 capsules, twice daily, after meals, with warm water.

Brahmi Capsules: 2 capsules, twice daily, after meals, with warm water.

Dietary and Lifestyle Recommendations: Avoid foods that aggravate Vata and Pitta doshas such as cold, dry, and bitter foods. Include foods with warm, sweet, and sour qualities. Drink plenty of warm water and avoid cold beverages. Regular physical activity and a balanced lifestyle are recommended.

# Leucorrhea

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## Overview of Leucorrhea

Leucorrhea, also known as leukorrhea, is a condition characterized by an abnormal discharge of a thick, white, or yellowish fluid from the vagina. According to Ayurveda, leucorrhea is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Kapha dosha.

## Causes of Leucorrhea

### Causes

- Infections: Bacterial, fungal, or parasitic infections
- Hormonal imbalances: Changes in estrogen levels
- Poor hygiene: Inadequate cleaning of the genital area
- Dietary factors: Consuming spicy, sour, or salty foods
- Stress and anxiety
- Medical conditions: Diabetes, thyroid disorders, and other chronic diseases
- Ayurvedic dosha imbalance: Imbalance of Kapha dosha can contribute to leucorrhea according to Ayurveda.

## Symptoms of Leucorrhea

### Symptoms

- Abnormal vaginal discharge: Thick, white, or yellowish fluid
- Itching or burning sensation in the vagina
- Foul odor from the discharge
- Discomfort or pain during urination
- Frequent urination
- Pelvic pain or lower back pain

## Diagnosis

### Diagnosis

Diagnosis involves medical history, physical examination, and various tests such as pelvic examination, Pap smear, and sometimes laboratory tests to identify the underlying cause of the discharge.



## Trigger Factors

### Trigger Factors

#### Infections

Bacterial, fungal, or parasitic infections can trigger leucorrhea.

#### Hormonal Imbalances

Changes in estrogen levels can trigger leucorrhea.

#### Ayurvedic Dosha Imbalance

Imbalance of Kapha dosha can create favorable conditions for leucorrhea according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Naari Kalyan Churna

A herbal formulation containing a blend of herbs like Shatavari (*Asparagus racemosus*), Ashwagandha (*Withania somnifera*), Brahmi (*Bacopa monnieri*), Jatamansi (*Nardostachys jatamansi*), Ashok (*Saraca indica*), and Lodhra (*Symplocos racemosa*). It helps in managing the problem of leucorrhea and supports the good health of the female reproductive system.

Ingredients: Shatavari (*Asparagus racemosus*), Ashwagandha (*Withania somnifera*), Brahmi (*Bacopa monnieri*), Jatamansi (*Nardostachys jatamansi*), Ashok (*Saraca indica*), Lodhra (*Symplocos racemosa*)

Benefits: Manages the problem of leucorrhea., Supports the good health of the female reproductive system., Balances Kapha dosha.

#### Female Health Support

A herbal formulation containing a blend of herbs like Ashok (*Saraca indica*), Lodhra (*Symplocos racemosa*), and Shatavari (*Asparagus racemosus*). It helps in improving female reproductive health and managing various health issues related to leucorrhea.

Ingredients: Ashok (*Saraca indica*), Lodhra (*Symplocos racemosa*), Shatavari (*Asparagus racemosus*)

Benefits: Improves female reproductive health., Manages various health issues related to leucorrhea., Balances Kapha dosha.

### Shatavari Capsules

Prepared from the pure extract of Shatavari (*Asparagus racemosus*). It is known for its reproductive health benefits and helps in treating various female reproductive issues, including leucorrhea.

Ingredients: Shatavari (*Asparagus racemosus*)

Benefits: Has reproductive health benefits., Treats various female reproductive issues., Balances Kapha dosha.

### Aloe Vitals Capsules

Prepared from the pure extract of Aloe Vera (*Aloe barbadensis*). It helps in soothing and healing the vaginal area, reducing inflammation and promoting overall health.

Ingredients: Aloe Vera (*Aloe barbadensis*)

Benefits: Soothes and heals the vaginal area., Reduces inflammation., Promotes overall health.

### Kanchnaar Guggul

A herbal formulation containing a blend of herbs like Kachnar bark (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), and others. It helps in reducing inflammation and promoting tissue repair in the reproductive system.

Ingredients: Kachnar bark (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*)

Benefits: Reduces inflammation., Promotes tissue repair in the reproductive system., Balances Kapha dosha.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Naari Kalyan Churna: 1 teaspoonful, twice daily with plain water.

Female Health Support: 2 capsules, twice daily, after meals, with warm water.

Shatavari Capsules: 2 capsules, twice daily, after meals, with warm water.

Aloe Vitals Capsules: 2 capsules, twice daily, after meals, with warm water.

Kanchnaar Guggul: 2 tablets, twice daily, after meals, with warm water.

Dietary and Lifestyle Recommendations: Avoid foods that aggravate Kapha dosha such as oily, heavy, and cold foods. Include foods with warm, light, and dry qualities. Maintain good

personal hygiene and engage in daily exercise. Regular physical activity and a balanced lifestyle are recommended.

# Lichen Amyloidosis

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## Overview of Lichen Amyloidosis

Lichen amyloidosis is a rare skin condition characterized by the deposition of amyloid, a protein, in the skin, leading to the formation of papules, plaques, or nodules. According to Ayurveda, lichen amyloidosis is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Pitta dosha.

## Causes of Lichen Amyloidosis

### Causes

- Chronic scratching or rubbing of the skin
- Genetic predisposition
- Secondary to other skin conditions like eczema or psoriasis
- Infections
- Ayurvedic dosha imbalance: Imbalance of Pitta dosha can contribute to lichen amyloidosis according to Ayurveda.

## Symptoms of Lichen Amyloidosis

### Symptoms

- Papules, plaques, or nodules on the skin
- Itching or burning sensation
- Hyperpigmentation
- Skin thickening
- Pruritus (severe itching)

## Diagnosis

### Diagnosis

Diagnosis involves medical history, physical examination, and sometimes skin biopsy to confirm the presence of amyloid deposits in the skin.

## Trigger Factors

### Trigger Factors

#### Chronic Scratching or Rubbing

Chronic scratching or rubbing of the skin can trigger lichen amyloidosis.

#### Genetic Predisposition

Family history can play a role in triggering lichen amyloidosis.

#### Ayurvedic Dosha Imbalance

Imbalance of Pitta dosha can create favorable conditions for lichen amyloidosis according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Neem Capsules

Made from the pure extract of Neem (*Azadirachta indica*). It is known for its anti-inflammatory and antiseptic properties and helps in treating skin conditions, including those related to lichen amyloidosis.

Ingredients: Neem (*Azadirachta indica*)

Benefits: Has anti-inflammatory and antiseptic properties., Treats skin conditions., Balances Pitta dosha.

#### Ghrit Kumari (Aloe Vera) Gel

Prepared from the pure extract of Aloe Vera (*Aloe barbadensis*). It helps in soothing and healing the skin, reducing inflammation and promoting skin health.

Ingredients: Aloe Vera (*Aloe barbadensis*)

Benefits: Soothes and heals the skin., Reduces inflammation., Promotes skin health.

#### Pitta Balance

A herbal formulation made using 100 percent pure calcium compounds and herbs. It helps in balancing Pitta dosha and reducing heat in the body, which can be beneficial for lichen amyloidosis.

Ingredients: Praval pishti (coral calcium), Akik pishti (Agate calcium), Jawar mohra pishti (calcium compound), Kamdudha ras (calcium compound), Mukta pishti (pearl calcium), Giloy satva (*Tinospora cordifolia* extract)

Benefits: Balances Pitta dosha., Reduces heat in the body., Provides natural calcium.

### Manjishtha Capsules

Made from the pure extract of Manjishtha (*Rubia cordifolia*). It is known for its blood-purifying properties and helps in treating various skin conditions, including those related to lichen amyloidosis.

Ingredients: Manjishtha (*Rubia cordifolia*)

Benefits: Has blood-purifying properties., Treats various skin conditions., Balances Pitta dosha.

### Kanchnaar Guggul

A herbal formulation containing a blend of herbs like Kachnar bark (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), and others. It helps in reducing inflammation and promoting tissue repair.

Ingredients: Kachnar bark (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*)

Benefits: Reduces inflammation., Promotes tissue repair., Balances Pitta dosha.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Neem Capsules: 2 capsules, twice daily, after meals, with warm water.

Ghrit Kumari (Aloe Vera) Gel: Apply topically to the affected areas as needed.

Pitta Balance: 2 capsules, twice daily, after meals, with warm water.

Manjishtha Capsules: 2 capsules, twice daily, after meals, with warm water.

Kanchnaar Guggul: 2 tablets, twice daily, after meals, with warm water.

Dietary and Lifestyle Recommendations: Avoid foods that aggravate Pitta dosha such as spicy, oily, and heavy foods. Include foods with cool, bitter, and astringent qualities. Drink plenty of warm water and avoid cold beverages. Regular physical activity and a balanced lifestyle are recommended.

# Liver Cirrhosis

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## Overview of Liver Cirrhosis

Liver cirrhosis is a late stage of scarring (fibrosis) of the liver caused by many forms of liver diseases and conditions, such as hepatitis and chronic alcoholism. According to Ayurveda, liver cirrhosis is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance of Pitta dosha.

## Causes of Liver Cirrhosis

### Causes

- Chronic hepatitis: Hepatitis B and C
- Alcohol abuse: Long-term excessive alcohol consumption
- Non-alcoholic fatty liver disease (NAFLD)
- Autoimmune disorders: Autoimmune hepatitis
- Inherited liver diseases: Hemochromatosis, Wilson's disease
- Ayurvedic dosha imbalance: Imbalance of Pitta dosha can contribute to liver cirrhosis according to Ayurveda.

## Symptoms of Liver Cirrhosis

### Symptoms

- Fatigue
- Weakness
- Loss of appetite
- Weight loss
- Nausea and vomiting
- Abdominal swelling (ascites)
- Yellowing of the skin and eyes (jaundice)
- Dark urine
- Pale stools
- Itching
- Easy bruising and bleeding

## Diagnosis

### Diagnosis

Diagnosis involves medical history, physical examination, and various tests such as liver function tests, imaging tests like ultrasound or CT scans, and sometimes liver biopsy to assess the extent of liver damage.

## Trigger Factors

### Trigger Factors

#### Chronic Hepatitis

Chronic hepatitis can trigger liver cirrhosis by causing continuous liver inflammation.

#### Alcohol Abuse

Long-term excessive alcohol consumption can trigger liver cirrhosis by damaging liver cells.

#### Ayurvedic Dosha Imbalance

Imbalance of Pitta dosha can create favorable conditions for liver cirrhosis according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Yakrit Plihantak Churna

A herbal powder made from a combination of herbs like Bhumi Amla (*Phyllanthus niruri*), Kalmegh (*Andrographis paniculata*), and others. It helps in detoxifying the liver and managing various liver-related issues, including cirrhosis.

Ingredients: Bhumi Amla (*Phyllanthus niruri*), Kalmegh (*Andrographis paniculata*)

Benefits: Detoxifies the liver., Manages various liver-related issues., Balances Pitta dosha.

#### Echinacea Capsules

Made from the pure extract of Echinacea (*Echinacea purpurea*). It is known for its immune-boosting properties and helps in treating various infections, including those that affect the liver.

Ingredients: Echinacea (*Echinacea purpurea*)

Benefits: Boosts the immune system., Treats various infections., Supports liver health.



### **Phyllanthus Niruri**

Prepared from the pure extract of Phyllanthus Niruri (Bhumi Amla). It is known for its antiviral properties and helps in treating viral infections, including those that cause liver cirrhosis.

Ingredients: Phyllanthus Niruri (Bhumi Amla)

Benefits: Has antiviral properties., Treats viral infections., Supports liver health.

### **Pitta Balance**

A herbal formulation made using 100 percent pure calcium compounds and herbs. It helps in balancing Pitta dosha and reducing heat in the body, which can be beneficial for liver cirrhosis.

Ingredients: Praval pishti (coral calcium), Akik pishti (Agate calcium), Jawar mohra pishti (calcium compound), Kamdudha ras (calcium compound), Mukta pishti (pearl calcium), Giloy satva (Tinospora cordifolia extract)

Benefits: Balances Pitta dosha., Reduces heat in the body., Provides natural calcium.

### **Kumari Saar**

Aloe vera juice that helps in soothing and healing the liver, reducing inflammation and promoting overall health.

Ingredients: Aloe Vera (Aloe barbadensis)

Benefits: Soothes and heals the liver., Reduces inflammation., Promotes overall health.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Yakrit Plihantak Churna: 1 teaspoonful, twice daily with warm water after meals.

Echinacea Capsules: 2 capsules, twice daily, after meals, with warm water.

Phyllanthus Niruri: 2 capsules, twice daily, after meals, with warm water.

Pitta Balance: 2 capsules, twice daily, after meals, with warm water.

Kumari Saar: 30-50 ml, twice daily, after meals.

Dietary and Lifestyle Recommendations: Avoid foods that aggravate Pitta dosha such as spicy, oily, and heavy foods. Include foods with cool, bitter, and astringent qualities. Drink plenty of warm water and avoid cold beverages. Regular physical activity and a balanced lifestyle are recommended. Follow a liver-friendly diet that is low in fat, sugar, and salt.

# Leukemia

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## Overview of Leukemia

Leukemia is a type of cancer that affects the lymphoid system, bone marrow, and bones. It arises due to the abnormal multiplication and proliferation of immature white blood cells, known as 'blasts.' According to Ayurveda, leukemia is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance that affects the overall body energies and tissues.

## Causes of Leukemia

### Causes

- Genetics or family history
- Exposure to radiations and therapies
- Consumption of carcinogenic substances
- Attack by retroviruses
- Transmission through mother to fetus
- Certain petrochemicals and hair dyes
- Ayurvedic dosha imbalance: Imbalance of body energies and tissues can contribute to leukemia according to Ayurveda.

## Symptoms of Leukemia

### Symptoms

- Loss of platelets leading to bruises and uncontrolled bleeding
- Infections like pneumonia, tonsillitis
- Fever
- Nausea
- Weight loss
- Infections
- Seizures
- Fatigue
- Flu-like symptoms

## Diagnosis

### Diagnosis

Diagnosis involves medical history, physical examination, and various tests such as complete blood count (CBC), bone marrow biopsy, and sometimes imaging tests like CT scans or X-rays to assess the extent of the disease.

## Trigger Factors

### Trigger Factors

#### Genetics or Family History

Genetic predisposition can trigger leukemia.

#### Exposure to Radiations and Therapies

Exposure to radiations and certain therapies can trigger leukemia.

#### Ayurvedic Dosha Imbalance

Imbalance of body energies and tissues can create favorable conditions for leukemia according to Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Ashwagandha Capsules

Made from the standardized extracts of Ashwagandha (*Withania somnifera*). This herb has rejuvenating, blood detoxifying properties and helps in fighting stress, weakness, and fatigue.

Ingredients: Ashwagandha (*Withania somnifera*)

Benefits: Has rejuvenating and blood detoxifying properties., Fights stress, weakness, and fatigue., Supports overall health.

#### Guggul Capsules

Made from the standardized extracts of Guggul (*Commiphora mukul*). This herb has anti-oxidating, anti-inflammatory, and blood purifying properties and helps in relieving pain and revitalizing cells.

Ingredients: Guggul (*Commiphora mukul*)

Benefits: Has anti-oxidating, anti-inflammatory, and blood purifying properties., Relieves pain and revitalizes cells., Supports overall health.

### Curcumin Capsules

Made from the standardized extracts of *Curcuma longa*. This herb has anti-oxidating properties, reduces the formation of free radicals, and has immune-boosting properties.

Ingredients: *Curcuma longa*

Benefits: Has anti-oxidating properties., Reduces the formation of free radicals., Boosts immunity.

### Tulsi Capsules

Made from the standardized extracts of Tulsi (*Ocimum sanctum*). This herb has anti-oxidating and anti-inflammatory properties, helps in eliminating oxidants from the body, and provides relief from respiratory complications.

Ingredients: Tulsi (*Ocimum sanctum*)

Benefits: Has anti-oxidating and anti-inflammatory properties., Eliminates oxidants from the body., Provides relief from respiratory complications.

### Chandraprabha Vati

A herbal powder that is a blend of many herbal constituents including Shilajit, Guggul, Karpoor, Sharkara, Mustak, Vacha, Amalaki, Haridra, Vidanga, Chavya, Giloy, Maricha, Shunthi, Pippali, Danti, Tejpatta, and Dalchini. These herbs act as effective stress busters, providing relief from tension and causing relaxation.

Ingredients: Shilajit, Guggul, Karpoor, Sharkara, Mustak, Vacha, Amalaki, Haridra, Vidanga, Chavya, Giloy, Maricha, Shunthi, Pippali, Danti, Tejpatta, Dalchini

Benefits: Acts as effective stress busters., Provides relief from tension and causes relaxation., Supports overall health.

### Kanchnaar Guggul

A herbal formulation made from herbs like Kachnar bark (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), and others. These tablets help in maintaining healthy tissues and cells and support overall health.

Ingredients: Kachnar bark (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*)

Benefits: Maintains healthy tissues and cells., Supports overall health.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Ashwagandha Capsules: 1 to 2 capsules twice daily after meals with warm water.

Guggul Capsules: 1 to 2 capsules twice daily after meals with warm water.

Curcumin Capsules: 1 to 2 capsules twice daily after meals with warm water.

Tulsi Capsules: 1 to 2 capsules twice daily after meals with warm water.

Chandraprabha Vati: 1 to 2 tablets twice daily after meals with warm water.

Kanchnaar Guggul: 1 to 2 tablets twice daily after meals with warm water.

Dietary and Lifestyle Recommendations: Maintain a detoxifying diet and proper blood circulatory system. Practice yoga and pranayama to restore balance in the body. Meditation is also beneficial for personal healing. Avoid spicy, sour, and fermented foods. Include turmeric, tulsi, coriander, green leafy vegetables, and fresh fruits except citrus fruits in your daily diet.

# Linear Morphea

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## Overview of Linear Morphea

Linear morphea is a type of morphea characterized by a single band of thickened and discolored skin, typically found on the legs or arms. These patches can extend to the tissues under the skin, including muscles, leading to deformities. According to Ayurveda, this condition can be correlated to 'vyadhi kshamatav,' where the body is unable to prevent infections due to weak immunity.

## Causes of Linear Morphea

### Causes

- Autoimmune disorder where the immune system mistakenly attacks the body
- Repetitive trauma on the skin
- Some treatment therapies such as radiation or chemotherapy
- Infections
- Environmental exposure

## Symptoms of Linear Morphea

### Symptoms

- Purple or red colored patches on the skin
- Patches with lighter or white colored centers
- Hard, dry, shiny, and thickened skin
- Hair loss in the affected area
- Loss of sweat glands

## Diagnosis

### Diagnosis

Diagnosis typically involves clinical examination and may include skin biopsies to confirm the condition.

## Trigger Factors

### Trigger Factors

#### Repetitive Trauma on the Skin

Repeated injury to the skin can trigger the condition.

#### Treatment Therapies

Exposure to radiation or chemotherapy can trigger linear morphea.

#### Infections

Certain infections can contribute to the development of linear morphea.

#### Environmental Exposure

Exposure to certain environmental factors can trigger the condition.

#### Gender and Age

More likely to develop in females and commonly occurs in the age groups of 2 to 14 or after the age of 40.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Ashwagandha Capsules

Made from the root extract of Ashwagandha. Provides relief in pain and inflammation, increases the body's resistance, and helps with stress, anxiety, muscle fatigue, and body stiffness.

Ingredients: Ashwagandha (Withania somnifera)

Benefits: Relieves pain and inflammation, Increases body resistance, Helps with stress, anxiety, muscle fatigue, and body stiffness

#### Gandhak Rasayan

A mineral-based Ayurvedic medicine involving detoxified sulfur. Anti-bacterial, antipruritic, anti-viral, and anti-inflammatory in nature. Balances Vata, Pitta, and Kapha dosha.

Ingredients: Detoxified sulfur

Benefits: Anti-bacterial, antipruritic, anti-viral, and anti-inflammatory properties, Balances Vata, Pitta, and Kapha dosha

### **Arjuna Capsules**

Made from the standardized extract of Arjuna bark. Anti-inflammatory, anti-oxidant, and analgesic in nature. Useful in bleeding disorders and maintaining heart health. Balances Vata, Pitta, and Kapha dosha.

Ingredients: Arjuna bark (*Terminalia arjuna*)

Benefits: Anti-inflammatory, anti-oxidant, and analgesic properties, Useful in bleeding disorders and heart health, Balances Vata, Pitta, and Kapha dosha

### **Neem Capsules**

Made from the standardized extract of Neem. Blood purifier, treats various skin-related disorders.

Ingredients: Neem (*Azadirachta indica*)

Benefits: Blood purifier, Treats various skin-related disorders

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Ashwagandha Capsules: 1 or 2 capsules twice daily with plain water after meals

Gandhak Rasayan: 2 tablets twice daily with plain water after meals

Arjuna Capsules: 2 capsules twice daily with plain water after meals

Neem Capsules: 2 capsules twice daily with plain water after meals



# Liver Failure

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## Overview of Liver Failure

Liver failure is a complex clinical syndrome characterized by elevated liver biochemistry, coagulopathy, and hepatic encephalopathy without underlying chronic liver disease. A healthy liver filters out harmful toxins and substances, such as alcohol, from the blood and helps the body fight against various infections. Exposure to harmful chemicals can severely harm the liver, leading to hepatic (liver) failure. According to Ayurveda, liver failure can be correlated to 'Yakritvikaras' where the Pitta Dosha is considered as a waste product of blood, and the treatment involves pacifying the Pitta Dosha.

## Causes of Liver Failure

### Causes

- Acetaminophen overdose
- Viruses including Hepatitis A, B, and E, herpes simplex virus, cytomegalovirus, and the Epstein-Barr virus
- Adverse effects of some medications
- Eating poisonous wild mushrooms
- Autoimmune hepatitis
- Wilson's disease
- Acute fatty liver of pregnancy
- Septic shock
- Budd-Chiari syndrome
- Industrial toxins such as carbon tetrachloride, cleanser, degreaser, etc.
- Hepatitis B and C
- Long-term alcohol consumption
- Hemochromatosis
- Other conditions like cirrhosis, primary sclerosing cholangitis, oxalosis, alpha-1 antitrypsin deficiency, liver cancer, liver adenoma, fatty liver disease, alcoholic hepatitis, Alagille syndrome, primary biliary cholangitis (PBC), galactosemia, and lysosomal acid lipase deficiency (LAL-D)

## Symptoms of Liver Failure

### Symptoms

- Nausea
- Vomiting
- Diarrhea

- Loss of appetite
- Fatigue
- Weight loss
- Fatigability and weakness
- Jaundice
- Bruising or easy bleeding
- Itching over the body
- Edema
- Ascites
- Disoriented
- Drowsiness
- Anemia
- Patient may even slip into a coma

## Diagnosis

### Diagnosis

Diagnosis involves blood tests such as prothrombin time test, imaging tests like ultrasound, abdominal CT scan, and MRI, examination of liver tissue through liver biopsy, and endoscopy.

## Trigger Factors

### Trigger Factors

#### Acetaminophen Overdose

Taking acetaminophen in higher doses can trigger acute liver failure.

#### Viral Infections

Infections from viruses like Hepatitis A, B, and E can trigger liver failure.

#### Medication Adverse Effects

Adverse effects of certain medications can lead to liver failure.

#### Alcohol Consumption

Long-term alcohol consumption can lead to chronic liver failure.

#### Genetic Conditions

Conditions like Wilson's disease and hemochromatosis can trigger liver failure.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Bhumi Amla

Helpful in maintaining liver function tests under normal limits. Beneficial in all five types of hepatitis, liver cirrhosis, hepatomegaly, jaundice, and reduces inflammation.

Ingredients: Phyllanthus niruri

Benefits: Maintains liver function tests, Beneficial in hepatitis and liver cirrhosis, Reduces inflammation

#### Bhringraj

Considered a powerful liver tonic and best in treating liver cirrhosis, infective hepatitis, and other liver disorders.

Ingredients: Eclipta alba

Benefits: Powerful liver tonic, Treats liver cirrhosis and hepatitis

#### Kutki

Pungent and bitter, known for detoxifying the liver and acting as an antioxidant agent.

Ingredients: Picrorrhiza kurrao

Benefits: Detoxifies the liver, Antioxidant properties

#### Punarnava

Hepatoprotective herb used in various liver problems.

Ingredients: Boerhavia diffusa

Benefits: Hepatoprotective, Used in various liver problems

#### Kalmegh

Multifunctional drug, hepatoprotective, improves liver functioning and metabolism.

Ingredients: Andrographis paniculata

Benefits: Hepatoprotective, Improves liver functioning and metabolism

#### Makoy

Hepatoprotective action and helpful in treating other liver disorders.

Ingredients: Solanum indicum

Benefits: Hepatoprotective, Treats other liver disorders

### **Kaasni**

Medicinal herb used traditionally in the treatment of diseases of the hepatobiliary system.

Ingredients: *Chicorium intybus*

Benefits: Treats hepatobiliary system diseases

### **Jhavuka**

Has an alkaloid which helps in increasing platelets in hepatic insufficiency.

Ingredients: *Tamarix galluca*

Benefits: Increases platelets in hepatic insufficiency

### **Himsra**

Bushy plant with hepatoprotective properties.

Ingredients: *Capparis spinosa*

Benefits: Hepatoprotective

### **Haritaki**

Widely used in Ayurveda, acts as liver protective and prevents liver damage from hepatotoxic drugs.

Ingredients: *Terminalia chebula*

Benefits: Liver protective, Prevents liver damage from hepatotoxic drugs

### **Sharpunkha**

Fruitful herb in liver wellness and treatment of liver disorders.

Ingredients: *Tephrosia purpurea*

Benefits: Liver wellness, Treats liver disorders

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Indian Echinacea: 2 capsules twice daily after meals with warm water.

Yakrit Plihintak Churna: Boil 1 teaspoonful in 400 ml water until it remains 50 ml. Strain and drink the water twice daily. Make fresh every time.

Phyllanthus Niruri: 2 capsules twice daily after meals with warm water.

Liver Detox Capsules: 2 capsules twice daily after meals with warm water.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in fruits, vegetables, lean meats, and whole grains. Avoid fatty, starchy, and sugary foods. Limit alcohol consumption and practice regular exercise. Consider yoga and pranayama for overall well-being.

# Major Depressive Disorder

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## Overview of Major Depressive Disorder

Major Depressive Disorder (MDD) is a clinical form of depression that significantly affects a person's social, work, and personal life. It is characterized by deep, strong, and painful feelings of sadness that last for long periods. According to Ayurveda, this condition can be correlated to an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly an imbalance that affects the overall body energies and tissues. It is more prevalent among people who live alone away from their family and is more common in the United States, where around 7% of people over 18 suffered from MDD in 2015.

## Causes of Major Depressive Disorder

### Causes

- Excessive alcohol or drug abuse
- Medical conditions like cancer or hypothyroidism
- Other medications including steroids
- Genetic or family history
- Life events such as divorce, sudden death, illness, or financial crisis

## Symptoms of Major Depressive Disorder

### Symptoms

- Feeling sad and irritated most of the time
- Less interest in social activities once enjoyed
- Sudden loss or gain in weight
- Sudden change in appetite and food habits
- Disturbed sleep or sleeping more than usual
- Feeling restless
- Feeling very tired and lacking energy
- Feeling worthless and guilty about things that do not warrant such feelings
- Difficulty in concentrating, thinking, and making decisions
- Constant thoughts of harming oneself or committing suicide

## Diagnosis

### Diagnosis

Diagnosis involves a thorough medical history, physical examination, and various psychological evaluations. It may also include blood tests to rule out other medical conditions that could be causing the symptoms.

## Trigger Factors

### Trigger Factors

#### Excessive Alcohol or Drug Abuse

Abuse of alcohol or drugs can trigger or aggravate MDD.

#### Medical Conditions

Conditions like cancer or hypothyroidism can contribute to the development of MDD.

#### Medications

Certain medications, including steroids, can trigger depressive symptoms.

#### Genetic or Family History

Genetic predisposition can increase the risk of developing MDD.

#### Life Events

Significant life events such as divorce, sudden death, or financial crisis can trigger MDD.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Gotukola Capsules

Made from the pure extract of *Centella asiatica*. These capsules support and maintain blood circulation, maintain a healthy brain, and balance all three doshas of the body: Vata, Pitta, and Kapha. Gotukola herb relaxes the central nervous system and slows the effects of aging.

Ingredients: *Centella asiatica*

Benefits: Supports blood circulation, Maintains healthy brain, Balances Vata, Pitta, and Kapha dosha, Relaxes the central nervous system

#### Medhya Churna

A natural nervous supplement that lowers anxiety and improves memory. It is a 100% natural formula made from natural herbs with wonderful medicinal properties. It is an excellent brain and nerve tonic that rejuvenates the nervous system.

Ingredients: Various natural herbs

Benefits: Lowers anxiety, Improves memory, Rejuvenates the nervous system

#### **Memory Support**

An herbal formulation that controls and balances altered Vata, Pitta, and Kapha dosha, thereby improving and enhancing memory and concentration. It is also effective in relieving headache and pain.

Ingredients: Various herbs

Benefits: Improves memory and concentration, Relieves headache and pain

#### **Stress Support**

Capsules packed with ingredients that help in relaxing the mind naturally and inducing good sleep. These capsules are useful for patients with Post-traumatic Stress Disorder.

Ingredients: Various herbs

Benefits: Relaxes the mind, Induces good sleep

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Medhya Churna: 1/4 teaspoon once daily with 1 spoon of Cow Ghee (Clarified Butter).

Gotukola Capsules: 2 capsules twice daily with plain water.

Stress Support: 2 capsules twice daily with plain water.

Memory Support: 2 capsules twice daily with plain water.

Dietary and Lifestyle Recommendations: Eat right and at the right time, avoid skipping meals. Avoid alcohol and processed foods. Engage in plenty of exercise and practice meditation or yoga. Ensure adequate sleep.



# Menopause

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## Overview of Menopause

Menopause is the condition when the menstrual cycle ceases in women, typically occurring between the ages of 40-50. It is characterized by the destruction of ovarian function, leading to a decrease in hormonal production and the loss of the ability to have babies. According to Ayurveda, menopause is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly the imbalance of Pitta dosha which results in heat production in the body, Vata dosha which causes insomnia and dryness of body tissues, and Kapha dosha which leads to stress and mood swings.

## Causes of Menopause

### Causes

- Reduction in the production of estrogen and progesterone hormones
- Addison's disease
- Turner's syndrome
- Down's syndrome
- Enzyme deficiencies
- Hypothyroidism
- Surgical removal of ovaries
- Chemotherapy in pelvic areas
- Diseases like malaria and tuberculosis leading to ovarian failure

## Symptoms of Menopause

### Symptoms

- Irregularity in periods
- Hot flashes
- Pain during sexual intercourse
- Burning sensation during urination
- Vaginal atrophy causing irritation, inflammation, and dryness
- Palpitations
- Night sweats
- Difficulty in sleeping due to anxiety or insomnia
- Urinary tract infections
- Mood swings
- Hair loss

- Change in breast size
- Weight gain
- Short-term memory problems due to lack of sleep

## Diagnosis

### Diagnosis

Diagnosis is typically based on clinical symptoms and medical history. There are no accurate laboratory tests to identify when menopause will occur, but symptoms and physical examinations are key to diagnosis.

## Trigger Factors

### Trigger Factors

#### Hormonal Imbalance

Reduction in estrogen and progesterone production is a primary trigger.

#### Medical Conditions

Conditions like Addison's disease, Turner's syndrome, and hypothyroidism can trigger menopause.

#### Surgical Removal of Ovaries

Surgical removal of ovaries can lead to immediate menopause.

#### Chemotherapy

Chemotherapy in pelvic areas can cause ovarian failure.

#### Infections and Diseases

Diseases like malaria and tuberculosis can lead to ovarian failure.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Naari Kalyan Churna

A herbal product that provides relief from insomnia, anxiety, hot flashes, weakness, and mood swings. It is a mixture of various herbs like Shataavari, Ashwagandha, Brahmi, and Jatamansi.

Ingredients: Shataavari (Asparagus racemosus), Ashwagandha (Withania somnifera), Brahmi (Bacopa monnieri), Jatamansi (Nardostachys jatamansi)

Benefits: Relieves insomnia, anxiety, hot flashes, and mood swings, Maintains menstrual cycle and reduces pain, Reduces stress and improves memory and concentration

### **Female Health Support**

A product that helps maintain hormone levels and balance female hormones. It includes herbs like Shatavari, Ashoka, and Lodhra.

Ingredients: Shatavari (*Asparagus racemosus*), Ashoka (*Saraca indica*), Lodhra (*Symplocos racemosa*)

Benefits: Maintains hormone levels, Balances female hormones, Relieves menstrual cycle irregularities

### **Brahmi Capsules**

Capsules made from the pure extract of Brahmi (*Bacopa monnieri*). It helps balance vitiated Vata, Pitta, and Rakta dosha, managing difficulties like mood swings and insomnia.

Ingredients: Brahmi (*Bacopa monnieri*)

Benefits: Balances Vata, Pitta, and Rakta dosha, Improves memory and concentration, Relieves mood swings and insomnia

### **Coral Calcium Complex**

A formulation that includes Praval Pishti, Akik Pishti, Jawar Mohra Pishti, Giloy Satva, and others. It helps improve calcium levels and bone mineral density.

Ingredients: Praval Pishti, Akik Pishti, Jawar Mohra Pishti, Giloy Satva (*Tinospora cordifolia*)

Benefits: Improves calcium levels and bone mineral density, Balances Pitta dosha, Manages weak bones and various health difficulties

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Naari Kalyan Churna: 1 teaspoonful, twice daily with warm water after meals.

Female Health Support: 1 capsule, twice daily after meals.

Brahmi Capsules: 1 capsule, twice daily after meals.

Coral Calcium Complex: 1 capsule, twice daily after meals.

Dietary and Lifestyle Recommendations: Consume foods rich in calcium like legumes, broccoli, and fish. Include iron-rich meals and dairy products in the diet. Avoid processed foods, spicy foods, alcohol, and caffeine. Exercise daily and drink plenty of water.

# Migraine

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## Overview of Migraine

Migraine is a neurological condition characterized by intense, debilitating headaches, often accompanied by nausea, vomiting, and extreme sensitivity to light and sound. According to Ayurveda, this condition is known as 'Sooryavarta,' where 'Soorya' means 'Sun' and 'avarta' means 'blockage.' The headache typically worsens on sunrise, peaks during noon hours, and reduces after evening. It is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly the aggravation of Pitta dosha and the obstruction of Vata dosha in the brain.

## Causes of Migraine

### Causes

- Indigestion
- Intake of unhygienic food
- Exposure to sunlight for long periods
- Intake of dry, pungent, salty, and spicy food
- Anger, jealousy, and stress

## Symptoms of Migraine

### Symptoms

- Throbbing and pulsing sensation in one area of the head
- Nausea and vomiting
- Extreme sensitivity to light and sound
- Sensory warning symptoms such as flashes of light, blind spots, or tingling in the arms or legs
- Headache that worsens on sunrise, peaks during noon hours, and reduces after evening

## Diagnosis

### Diagnosis

Diagnosis involves blood tests to rule out infections or toxins, imaging tests like CT scans or MRI to diagnose tumors, infections, brain damage, or bleeding, and liver function tests. Endoscopy may also be used to diagnose complications.

## Trigger Factors

### Trigger Factors

#### Hormonal Changes

Changes in estrogen levels, especially in women, can trigger migraine attacks.

#### Foods

Salty, cheesy, or processed foods can trigger migraines. Skipping meals or fasting can also trigger attacks.

#### Stress

Stress is a significant trigger factor for migraines.

#### Drinks

Alcohol and caffeinated beverages can trigger migraines.

#### Environmental Changes

Changes in weather can trigger migraines.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Ashwagandha Capsules

Made from the standardized extract of Ashwagandha (*Withania somnifera*). These capsules are a natural rejuvenator and help in reducing stress, anxiety, and improving the nervous system.

Ingredients: Ashwagandha (*Withania somnifera*)

Benefits: Reduces stress and anxiety, Improves the nervous system, Natural rejuvenator

#### Medhya Churna

A herbal formulation consisting of various herbs like Vacha (*Acorus calamus*), Ashwagandha (*Withania somnifera*), Ajmoda (*Carum roxburghianum*), and Shwet Jeerak (*Cuminum cyminum*). It is a memory-enhancing herbal supplement that improves concentration and sharpens the brain.

Ingredients: Vacha (*Acorus calamus*), Ashwagandha (*Withania somnifera*), Ajmoda (*Carum roxburghianum*), Shwet Jeerak (*Cuminum cyminum*)

Benefits: Improves memory and concentration, Sharpens the brain, Enhances cognitive functions

### Arogyavardhini Vati

An effective herbal remedy consisting of herbs like Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellirica*), Amlaki (*Emblica officinalis*), and Chitrak mool (*Plumbago zeylanica*). It helps in proper digestion, removes toxins from the body, and strengthens the body.

Ingredients: Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellirica*), Amlaki (*Emblica officinalis*), Chitrak mool (*Plumbago zeylanica*)

Benefits: Aids in proper digestion, Removes toxins from the body, Strengthens the body

### Pitta Balance

Capsules consisting of ingredients like Parval Pishti (Coral) compound, Akik Pishti (Agate) compound, Jawar Mohra Pishti, Kamdhudha Ras, Mukta Pishti, and Giloy Satva (*Tinospora cordifolia*). It balances the Pitta dosha of the body and provides a cooling effect.

Ingredients: Parval Pishti (Coral) compound, Akik Pishti (Agate) compound, Jawar Mohra Pishti, Kamdhudha Ras, Mukta Pishti, Giloy Satva (*Tinospora cordifolia*)

Benefits: Balances Pitta dosha, Provides a cooling effect, Maintains metabolic functions

### Brahmi Capsules

Capsules made from the pure extract of Brahmi (*Bacopa monnieri*). It balances all three doshas of the body, nourishes neurons, and improves retention ability.

Ingredients: Brahmi (*Bacopa monnieri*)

Benefits: Balances all three doshas, Nourishes neurons, Improves retention ability

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Ashwagandha Capsules: 1 capsule twice daily with warm water after meals.

Medhya Churna: 1/4 teaspoon once daily with 1 spoon of Cow Ghee (Clarified Butter).

Arogyavardhini Vati: 2 tablets twice daily with warm water after meals.

Pitta Balance: 1 capsule twice daily with warm water after meals.

Brahmi Capsules: 2 capsules twice daily with warm water after meals.

Dietary and Lifestyle Recommendations: Avoid salty, cheesy, or processed foods. Maintain a balanced diet, avoid skipping meals, and limit alcohol and caffeinated beverages. Practice stress-reducing techniques like yoga and meditation.

# Multiple Sclerosis

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## Overview of Multiple Sclerosis

Multiple Sclerosis (MS) is a chronic autoimmune disease where the immune system mistakenly attacks the protective sheath (myelin) that covers nerve fibers in the brain and spinal cord. This damage disrupts the flow of information within the central nervous system, leading to a wide range of neurological symptoms. According to Ayurveda, this condition can be correlated to an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly the aggravation of Vata dosha which affects the nervous system.

## Causes of Multiple Sclerosis

### Causes

- The exact cause is still unknown, but it is believed to be an autoimmune disorder where the body's immune system attacks its own tissues.
- Genetic factors may play a role.
- Environmental factors such as viral infections or exposure to certain toxins.

## Symptoms of Multiple Sclerosis

### Symptoms

- Numbness or weakness in one or more limbs, often on one side of the body.
- Fatigue.
- Dizziness.
- Problems with bowel and bladder function.
- Tingling or pain in various body parts.
- Prolonged double vision.
- Partial or complete loss of vision, usually in one eye at a time, often with pain during eye movement.
- Loss of sensitivity.
- Acute chronic pain.
- Slurred speech.

## Diagnosis

### Diagnosis

Diagnosis involves a combination of clinical evaluation, medical history, and various diagnostic tests such as MRI (Magnetic Resonance Imaging), CT scans, and evoked potential tests to assess the electrical activity of the nervous system.

## Trigger Factors

### Trigger Factors

#### Genetic Factors

Family history can increase the risk of developing MS.

#### Environmental Factors

Exposure to certain viruses or toxins may trigger the onset of MS.

#### Geographical Location

MS is more common in people living farther from the equator.

#### Vitamin D Levels

Low levels of vitamin D have been linked to an increased risk of MS.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Brahmi Capsules

Made from the pure extract of Brahmi (*Bacopa monnieri*). Brahmi helps nerve endings grow and branch out, thereby forming more synapses between nerves in the hippocampus and amygdala, areas of the brain responsible for memory formation.

Ingredients: Brahmi (*Bacopa monnieri*)

Benefits: Enhances memory and learning, Balances neurotransmitters like serotonin, dopamine, GABA, and glutamate, Reduces pain and inflammation

#### Ashwagandha Capsules

Made from the standardized extract of Ashwagandha (*Withania somnifera*). Ashwagandha has the ability to induce neuritic regeneration and synaptic reconstruction, which is beneficial for neurological health.

Ingredients: Ashwagandha (*Withania somnifera*)



Benefits: Reconstructs neuronal networks, Improves neurological health, Reduces stress and anxiety

#### **Vrihat Vatchintamani Ras**

Provides relief in spinal cord demyelination, neuropathy, neuritis, anxiety, depression, and restlessness. It is effective in paralysis, chronic swelling, and pains in joints and back.

Ingredients: Various Ayurvedic minerals and herbs

Benefits: Relieves spinal cord demyelination, Manages neuropathy and neuritis, Reduces anxiety and depression

#### **Musli Strength**

Helps maintain stamina and overall body strength. Provides symptomatic relief in general debility, weakness, and loss of immunity.

Ingredients: Various Ayurvedic herbs

Benefits: Maintains body strength, Provides symptomatic relief, Boosts immunity

#### **Atirasadi Churna**

A combination of rare herbs for erectile dysfunction, premature ejaculation, low sperm count, body weakness, and low energy levels. It increases body strength and stamina.

Ingredients: Various Ayurvedic herbs

Benefits: Increases body strength and stamina, Manages erectile dysfunction and premature ejaculation, Boosts energy levels

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Brahmi Capsules: 1-2 capsules twice daily with plain water after meals.

Ashwagandha Capsules: 1-2 capsules twice daily with plain water after meals.

Vrihat Vatchintamani Ras: As advised by the physician.

Musli Strength: 1-2 capsules once or twice daily.

Atirasadi Churna: Consume 1 teaspoonful with plain water, after meals. Twice daily is recommended.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in fruits, vegetables, and whole grains. Avoid processed and high-fat foods. Engage in regular exercise and practice stress-reducing techniques like yoga and meditation.



# Malaria

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## Overview of Malaria

Malaria is a mosquito-borne blood disease that can be potentially life-threatening. It is caused by a group of single-celled microorganisms called parasitic protozoans, which belong to the 'Plasmodium' type. The disease is transmitted through the saliva of a female 'Anopheles' mosquito. According to Ayurveda, this condition can be correlated to an imbalance of the body's immune system and the presence of vitiated doshas.

## Causes of Malaria

### Causes

- Transmission through the bite of an infected female 'Anopheles' mosquito.
- Blood transfusion from an infected individual.
- Organ transplant from an infected donor.
- Use of shared needles or syringes.
- The parasite lays dormant in the liver and multiplies, eventually infecting red blood cells.

## Symptoms of Malaria

### Symptoms

- Fever
- Shivering chills
- Excessive sweating
- Sensation of cold
- Vomiting
- Nausea
- Headaches
- Fatigue
- Pain in the abdomen
- Diarrhea
- Anemia
- Abnormal bleeding
- Muscle pain
- Bloody stools
- Convulsions
- Impaired consciousness or coma

- Respiratory distress
- Clinical jaundice
- Dysfunction of some vital organ of the body

## Diagnosis

### Diagnosis

Diagnosis involves blood tests to detect the presence of the Plasmodium parasite, imaging tests like CT scans or MRI to rule out other conditions, and liver function tests. Endoscopy may also be used to diagnose complications.

## Trigger Factors

### Trigger Factors

#### Mosquito Bite

The primary trigger is the bite of an infected female 'Anopheles' mosquito.

#### Blood Transmission

Transmission through blood transfusion, organ transplant, or shared needles/syringes.

#### Environmental Conditions

Humidity and ambient temperatures can facilitate the development of the parasite within the mosquito.

#### Geographical Location

Malaria is more common in tropical and subtropical regions.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Giloy Capsules

Made from the pure standardized extract of Giloy (*Tinospora cordifolia*). Known for its antipyretic, antioxidant, anti-inflammatory, anti-cancer, and immune-modulator actions.

Ingredients: Giloy (*Tinospora cordifolia*)

Benefits: Treats chronic fever, Cures anemia, Treats various skin conditions, Helps the body fight infections, Manages jaundice and different types of cancers

### Green Essentials

A combination of herbs including Amalaki (*Emblica officinalis*), Spirulina (*Spirulina platensis*), Green tea (*Camellia sinensis*), grape seed (*Vitis vinifera*), and wheat grass (*Triticum aestivum*). Enhances the immune system, nourishes brain cells, improves brain functioning, manages skin disorders, and helps fight against free radicals.

Ingredients: Amalaki (*Emblica officinalis*), Spirulina (*Spirulina platensis*), Green tea (*Camellia sinensis*), Grape seed (*Vitis vinifera*), Wheat grass (*Triticum aestivum*)

Benefits: Enhances immune system, Nourishes brain cells, Improves brain functioning, Manages skin disorders, Fights against free radicals

### Pitta Balance

Prepared from a blend of natural components including Praval Pishti (Coral Calcium), Mukta Pishti (Pearl Calcium), Akik Pishti (Agate Calcium), Jawar Mohra Pishti, Kamdhudha Ras, and Giloy satva (*Tinospora cordifolia*). Purifies the blood, supports the immune system, relieves muscle aches and cramps, controls blood pressure, and balances the body's Pitta dosha.

Ingredients: Praval Pishti (Coral Calcium), Mukta Pishti (Pearl Calcium), Akik Pishti (Agate Calcium), Jawar Mohra Pishti, Kamdhudha Ras, Giloy satva (*Tinospora cordifolia*)

Benefits: Purifies the blood, Supports the immune system, Relieves muscle aches and cramps, Controls blood pressure, Balances Pitta dosha

### Digestion Support

Prepared from potent herbs like Amla (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Jeerak (*Cuminum cumin*), Sounf (*Foeniculum vulgare*), Pippali (*Piper longum*), Dhania (*Coriandrum sativum*), and Bahera (*Terminalia bellerica*). Balances the body's three doshas, improves appetite, maintains stomach PH, strengthens the immune system, and rejuvenates the body.

Ingredients: Amla (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Jeerak (*Cuminum cumin*), Sounf (*Foeniculum vulgare*), Pippali (*Piper longum*), Dhania (*Coriandrum sativum*), Bahera (*Terminalia bellerica*)

Benefits: Balances three doshas, Improves appetite, Maintains stomach PH, Strengthens immune system, Rejuvenates the body

### Brahmi Capsules

Made from the natural extract of Brahmi (*Bacopa monnieri*). Strengthens the immune system, eliminates free radicals, regulates blood pressure, promotes mental health, boosts memory, and rebuilds brain tissues.

Ingredients: Brahmi (*Bacopa monnieri*)

Benefits: Strengthens immune system, Eliminates free radicals, Regulates blood pressure, Promotes mental health, Boosts memory, Rebuilds brain tissues

#### **Belgiri Powder**

Prepared from pure 'Bael' (Aegle marmelos) fruit. Provides relief in vomiting, balances the body's three doshas, supports healthy cholesterol levels, treats indigestion and bowel infections, and manages stomach ailments.

Ingredients: Bael (Aegle marmelos)

Benefits: Provides relief in vomiting, Balances three doshas, Supports healthy cholesterol levels, Treats indigestion and bowel infections, Manages stomach ailments

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Giloy Capsules: 1-2 capsules with plain water, two times a day.

Green Essentials: 1-2 capsules with plain water, twice a day, after meals.

Pitta Balance: 1-2 capsules with plain water, once or twice a day.

Digestion Support: 1-2 capsules with plain water, two times a day, after meals.

Brahmi Capsules: 1-2 capsules with plain water, twice daily, after meals.

Belgiri Powder: Half or 1 teaspoonful of the churna with plain water, twice a day, after meals.

Dietary and Lifestyle Recommendations: Avoid areas with high mosquito populations. Use mosquito nets and insect repellents. Maintain a balanced diet rich in fruits, vegetables, and whole grains. Avoid processed and high-fat foods. Engage in regular exercise and practice stress-reducing techniques like yoga and meditation.

# Menorrhagia

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## Overview of Menorrhagia

Menorrhagia is a condition characterized by heavy menstrual bleeding, which is different from normal menstrual periods. It is also known as abnormal uterine bleeding. This condition makes it difficult for women to continue their daily activities due to severe blood loss and cramps. The normal blood flow during the menstrual cycle is 30-40 ml per cycle, but in menorrhagia, it increases to 60-80 ml per cycle. According to Ayurveda, this condition can be managed by balancing the body's hormonal and dosha imbalances.

## Causes of Menorrhagia

### Causes

- Hormonal imbalance: Imbalance of estrogen and progesterone hormones can lead to excessive development of the endometrium.
- Ovary dysfunction: Failure of the ovary to ovulate and produce progesterone can cause menorrhagia.
- Uterine fibroids: Fibroids during childbearing years can cause heavy and prolonged bleeding.
- Polyps: Small growths on the uterine lining can cause heavy bleeding.
- Adenomyosis: Tissue of the endometrium embedded in the uterine muscle can cause heavy bleeding and painful periods.
- Intrauterine device: This birth control device can be a major cause of menorrhagia.

## Symptoms of Menorrhagia

### Symptoms

- Need to use double sanitary protection to control blood flow.
- Symptoms of anemia, tiredness, and fatigue.
- Shortness of breath.
- Bleeding for more than five days.
- Changing tampons every hour.
- Body ache and malaise.
- Palpitations.
- Prolonged and excessive bleeding.
- Abdominal cramps.

## Diagnosis

### Diagnosis

Diagnosis involves evaluation of cervical infection, ultrasound to evaluate pelvic organs including the uterus, ovaries, and pelvis. A sonohysterogram may also be performed to evaluate the uterus for abnormalities.

## Trigger Factors

### Trigger Factors

#### Hormonal Imbalance

Imbalance of estrogen and progesterone hormones can trigger menorrhagia.

#### Ovary Dysfunction

Failure of the ovary to ovulate and produce progesterone can lead to menorrhagia.

#### Uterine Fibroids

Fibroids can cause heavy and prolonged bleeding during menstruation.

#### Polyps and Adenomyosis

Polyps and adenomyosis can cause heavy bleeding and painful periods.

#### Intrauterine Device

Use of an intrauterine device can be a major cause of menorrhagia.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Female Health Support

Formulated using herbs like Arjuna, Lodhra, and Shatavari. These herbs are great hemostatic agents that can control bleeding from any site in the body.

Ingredients: Arjuna (*Terminalia arjuna*), Lodhra (*Symplocos racemosa*), Shatavari (*Asparagus racemosus*)

Benefits: Controls bleeding, Maintains hormonal balance, Provides relief from pain and cramps

#### Pradrantak Churna

A blend of herbs including Ashoka, Udumbar, Arjuna, and Lodhra. These herbs have marvelous blood clotting properties that help in vasoconstriction and reduce excessive bleeding.



Ingredients: Ashoka (Saraca indica), Udumbar (Ficus racemosa), Arjuna (Terminalia arjuna), Lodhra (Symplocos racemosa)

Benefits: Reduces excessive bleeding, Provides relief from pain, Balances female hormones

#### **Naari Kalyan Churna**

A mixture of herbs like Ashwagandha, Brahmi, Jatamansi, and Shatavari. These herbs affect mental health and help balance hormones, reducing mood swings and anxiety.

Ingredients: Ashwagandha (Withania somnifera), Brahmi (Bacopa monnieri), Jatamansi (Nardostachys jatamansi), Shatavari (Asparagus racemosus)

Benefits: Balances hormones, Reduces mood swings and anxiety, Improves mental health

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Female Health Support: 1-2 capsules twice daily with plain water after meals.

Pradrantak Churna: 1-2 teaspoons twice daily with water or ice tea or any juice.

Naari Kalyan Churna: 1-2 teaspoons twice daily after meals.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in calcium, iron, and fiber. Include foods like legumes, broccoli, and fish. Avoid processed and high-fat foods.

Engage in regular exercise and practice stress-reducing techniques like yoga and meditation.

# Mixed Receptive-Expressive Language Disorder

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## Overview of Mixed Receptive-Expressive Language Disorder

Mixed Receptive-Expressive Language Disorder is a type of communication disorder that affects both the receptive (understanding) and expressive (speaking and writing) areas of language. It is a childhood disorder that impacts about 10% of children and can range from mild to severe. This condition makes it difficult for children to comprehend words and sentences and to express themselves effectively. According to Ayurveda, this condition is considered under 'vata predominant diseases,' where the imbalance of Vata dosha affects the nervous system.

## Causes of Mixed Receptive-Expressive Language Disorder

### Causes

- Developmental mixed receptive language disorder: The exact cause is not well understood and usually has nothing to do with the child's intelligence level. It can be inborn or run in families.
- Acquired mixed receptive expressive speech disorders: Result from direct damage to the brain, such as a stroke or traumatic brain injury.

## Symptoms of Mixed Receptive-Expressive Language Disorder

### Symptoms

- Expression-related symptoms:
  - Overuse of words like 'um' and 'uh' due to difficulty in remembering the right words.
  - Inability to recall words they have just learned.
  - Below average vocabulary compared to other children of the same age.
  - Inability to construct long sentences.
  - Omitting words or using them in the wrong order.
  - Confusion with tenses.
  - Repeating phrases and questions.
  - Difficulty in constructing sentences with proper grammar.
  - Difficulty in recalling words.
- Understanding-related symptoms:
  - Difficulty in understanding information and organizing thoughts.
  - Difficulty in following directions at school and home.

- Difficulty in understanding through speech.

## Diagnosis

### Diagnosis

Diagnosis is typically based on concerns raised by parents or teachers about the child's spoken communication. Understanding common milestones in communication can help determine if a child needs to see a doctor.

## Trigger Factors

### Trigger Factors

#### Genetic Factors

Family history can increase the risk of developing this disorder.

#### Brain Damage

Direct damage to the brain, such as from a stroke or traumatic brain injury, can cause acquired mixed receptive-expressive language disorders.

#### Developmental Delays

Children who are initially slow in their language skills but do not catch up with their peers may have this disorder.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Medhya Churna

A polyherbal powder formulation containing Vacha (*Acorus calamus*), Ashwagandha (*Withania somnifera*), Ajmoda (*Carum roxburghianum*), and Shwet Jeerak (*Cuminum cyminum*). These ingredients help stabilize mood, reduce stress and anxiety, and improve brain function.

Ingredients: Vacha (*Acorus calamus*), Ashwagandha (*Withania somnifera*), Ajmoda (*Carum roxburghianum*), Shwet Jeerak (*Cuminum cyminum*)

Benefits: Enhances brain function, Reduces stress and anxiety, Improves mood

#### Neurogenie Capsules

Herbal capsules containing Brahmi (*Bacopa monnieri*) and Ashwagandha (*Withania somnifera*). These herbs have been used for centuries to improve memory, reduce anxiety and stress, and boost brain function.

Ingredients: Brahmi (*Bacopa monnieri*), Ashwagandha (*Withania somnifera*)

Benefits: Improves memory and learning, Reduces anxiety and stress, Boosts brain function

#### **Brahmi Ghrit**

A ghee-based Ayurvedic formulation prepared from Brahmi (*Bacopa monnieri*), Vacha (*Acorus calamus*), Kushta (*Saussurea lappa*), and Shankhpushpi (*Convolvulus pluricaulis*). It has neurocognitive effects that enhance memory and reduce stress and anxiety.

Ingredients: Brahmi (*Bacopa monnieri*), Vacha (*Acorus calamus*), Kushta (*Saussurea lappa*), Shankhpushpi (*Convolvulus pluricaulis*)

Benefits: Enhances memory, Reduces stress and anxiety, Improves cognitive functions

#### **Saraswatarisht**

A classical Ayurvedic polyherbal formulation made of 22 herbal drugs, including Brahmi (*Bacopa monnieri*), Shatavari (*Asparagus racemosus*), and Vidari (*Pueraria tuberosa*). It is used as a brain tonic to enhance memory and intellectual clarity.

Ingredients: Brahmi (*Bacopa monnieri*), Shatavari (*Asparagus racemosus*), Vidari (*Pueraria tuberosa*)

Benefits: Enhances memory and intellectual clarity, Activates the brain and nervous system

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Medhya Churna: 1/4 teaspoon once daily with 1 spoon of Cow Ghee (Clarified Butter).

Neurogenie Capsules: 1 capsule twice daily with plain water after meals.

Brahmi Ghrit: 1/2 tsp twice a day after meals with warm water.

Saraswatarisht: 1 tsp twice daily.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in fruits, vegetables, and whole grains. Encourage regular exercise and practice stress-reducing techniques like yoga and meditation. Ensure positive interactions with peers to avoid social isolation and behavioral problems.

# Muscular Dystrophy

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## Overview of Muscular Dystrophy

Muscular Dystrophy (MD) is a group of genetic disorders characterized by progressive muscle weakness and degeneration. It is caused by mutations in the genes that are responsible for muscle function, leading to the deterioration of muscle tissue over time. According to Ayurveda, this condition can be correlated to 'Mamsa Dhatu Kshaya,' which involves the depletion of muscle tissue due to an imbalance of the three doshas (Vata, Pitta, and Kapha).

## Causes of Muscular Dystrophy

### Causes

- Genetic mutations: Most forms of muscular dystrophy are inherited and caused by genetic mutations.
- X-linked inheritance: Some forms, like Duchenne muscular dystrophy, are inherited in an X-linked pattern.
- Autosomal inheritance: Other forms can be inherited in an autosomal dominant or recessive pattern.
- Spontaneous mutations: Some cases may result from spontaneous genetic mutations.

## Symptoms of Muscular Dystrophy

### Symptoms

- Progressive muscle weakness and wasting.
- Difficulty walking, running, or performing physical activities.
- Frequent falls.
- Muscle cramps.
- Fatigue.
- Difficulty with speech and swallowing.
- Respiratory problems.
- Cardiac issues.
- Muscle pain and stiffness.

## Diagnosis

### Diagnosis

Diagnosis involves genetic testing to identify the specific genetic mutation, blood tests to measure creatine kinase levels, electromyography (EMG) to assess muscle function, and muscle biopsy to examine muscle tissue for signs of damage.

## Trigger Factors

### Trigger Factors

#### Genetic Predisposition

Family history and genetic mutations are primary trigger factors.

#### Inheritance Patterns

X-linked, autosomal dominant, or autosomal recessive inheritance patterns can trigger the condition.

#### Spontaneous Mutations

Spontaneous genetic mutations can also lead to muscular dystrophy.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Ashwagandha Capsules

Made from the standardized extract of Ashwagandha (*Withania somnifera*). These capsules help in reducing muscle weakness, improving muscle strength, and enhancing overall physical performance.

Ingredients: Ashwagandha (*Withania somnifera*)

Benefits: Reduces muscle weakness, Improves muscle strength, Enhances physical performance

#### Boswellia Curcumin

A combination of Boswellia (*Boswellia serrata*) and Curcuma (*Curcuma longa*). These capsules are anti-inflammatory and help in reducing muscle pain and inflammation.

Ingredients: Boswellia (*Boswellia serrata*), Curcuma (*Curcuma longa*)

Benefits: Reduces muscle pain and inflammation, Improves joint health

### **Haldi Capsules**

Made from the standardized extract of Turmeric (*Curcuma longa*). These capsules have anti-inflammatory and antioxidant properties that help in reducing muscle pain and improving overall health.

Ingredients: Turmeric (*Curcuma longa*)

Benefits: Reduces muscle pain, Improves overall health

### **Yograj Guggul**

A classical Ayurvedic formulation made from a blend of herbs including *Commiphora mukul*, *Piper longum*, and others. It helps in reducing inflammation, improving joint health, and strengthening muscles.

Ingredients: *Commiphora mukul*, *Piper longum*

Benefits: Reduces inflammation, Improves joint health, Strengthens muscles

### **Makaradhwaja**

A herbal-mineral formulation that includes Swarna Bhasma (Gold Ash), Ras Sindoor, and other herbs. It helps in improving muscle strength, reducing fatigue, and enhancing overall physical performance.

Ingredients: Swarna Bhasma (Gold Ash), Ras Sindoor

Benefits: Improves muscle strength, Reduces fatigue, Enhances physical performance

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Ashwagandha Capsules: 1-2 capsules twice daily with plain water after meals.

Boswellia Curcumin: 1-2 capsules twice daily with plain water after meals.

Haldi Capsules: 1-2 capsules twice daily with plain water after meals.

Yograj Guggul: 2 tablets twice daily with warm water after meals.

Makaradhwaja: As advised by the physician.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in proteins, vitamins, and minerals. Include foods that are high in antioxidants and omega-3 fatty acids. Avoid processed and high-fat foods. Engage in regular exercise and practice stress-reducing techniques like yoga and meditation.

# Membranous Glomerulonephritis

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## Overview of Membranous Glomerulonephritis

Membranous Glomerulonephritis is a slowly progressive kidney ailment characterized by inflammation of the kidney structures, leading to the filtration of protein from the blood into the urine. This condition results in a deficiency of protein and can cause swelling and water retention. It may develop as a primary kidney disease or as a result of other underlying health conditions. According to Ayurveda, this condition involves an imbalance of the body's doshas, particularly affecting the kidneys.

## Causes of Membranous Glomerulonephritis

### Causes

- Use of specific medicines such as trimethadione, penicillamine, non-steroidal anti-inflammatory drugs, or skin-lightening creams.
- Exposure to toxins like mercury.
- Infections like malaria, hepatitis B, hepatitis C, endocarditis, or syphilis.
- Certain types of cancer, including melanoma.
- Bone marrow transplant or kidney transplant.
- Autoimmune disorders like rheumatoid arthritis, lupus, or Grave's disease.

## Symptoms of Membranous Glomerulonephritis

### Symptoms

- Swelling of hands, face, or feet.
- Blood in urine.
- Foamy urine.
- Weight gain.
- Feeling of tiredness.
- Need to urinate more at night.
- Loss of appetite.

## Diagnosis

### Diagnosis

Diagnosis involves urinalysis, blood urea nitrogen (BUN) tests, blood and urine albumin tests, lipid panel, creatinine blood tests, creatinine clearance tests, and blood and urine protein tests.



## Trigger Factors

### Trigger Factors

#### Medications

Use of certain medications can trigger the condition.

#### Toxins

Exposure to toxins like mercury can trigger the condition.

#### Infections

Infections such as malaria, hepatitis B, and syphilis can contribute to the development of the condition.

#### Cancer

Certain types of cancer, including melanoma, can trigger the condition.

#### Transplants

Bone marrow transplant or kidney transplant can also trigger the condition.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Varunadi Vati

Tablets prepared from herbs like Varun, Gokshur, and Punarnava. These tablets help maintain the healthy functioning of the kidneys and the urinary system.

Ingredients: Varun, Gokshur, Punarnava

Benefits: Maintains kidney health, Supports urinary system

#### Phyllanthus Niruri

Capsules prepared from the standardized herbal extract of Phyllanthus Niruri (Bhumyamlaki or Bhumi Amla). This herbal supplement supports healthy kidneys and the urinary system.

Ingredients: Phyllanthus Niruri

Benefits: Supports kidney health, Maintains urinary system

#### Punarnava Capsules

Capsules made from the pure, natural, and standardized extract of Punarnava (Boerhavia diffusa). These capsules are beneficial for maintaining healthy kidney function, healthy urinary system, and healthy urea and creatinine levels.

Ingredients: Punarnava (*Boerhavia diffusa*)

Benefits: Maintains kidney function, Supports urinary system, Regulates urea and creatinine levels

#### **Rencure Formula**

Capsules prepared from herbs including Punarnava, Rakta Chandana, Varun, Palaash, and Gokshura. These capsules support a healthy urinary system.

Ingredients: Punarnava, Rakta Chandana, Varun, Palaash, Gokshura

Benefits: Supports urinary system, Maintains kidney health

#### **Nephralka Capsules**

Capsules prepared from herbs like Bhumi Amla, Mooli Satva, Revandchini, Kalmegh, and Punarnava. These capsules help maintain healthy kidneys and the urinary system.

Ingredients: Bhumi Amla, Mooli Satva, Revandchini, Kalmegh, Punarnava

Benefits: Maintains kidney health, Supports urinary system

#### **Mutrakrichantak Churna**

A herbal powder prepared from herbs like Punarnava, Gokshur, Kaasni, and Varun. This churna helps maintain healthy kidneys and the urinary system.

Ingredients: Punarnava, Gokshur, Kaasni, Varun

Benefits: Maintains kidney health, Supports urinary system

#### **Indian Echinacea**

Capsules prepared from the herb *Andrographis paniculata*. This herb supports the immune system and helps in maintaining kidney health.

Ingredients: *Andrographis paniculata*

Benefits: Supports immune system, Maintains kidney health

#### **Tribulus Power**

Capsules made from the extracts of Gokshura (*Tribulus terrestris*). This herb is useful in improving kidney function and increasing albumin levels in the body.

Ingredients: Gokshura (*Tribulus terrestris*)

Benefits: Improves kidney function, Increases albumin levels

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Varunadi Vati: 2 tablets thrice daily with warm water after meals.

Phyllanthus Niruri: 1 capsule twice daily with warm water after meals.

Punarnava Capsules: 2 capsules twice daily with warm water after meals.

Rencure Formula: 2 capsules twice daily with warm water after meals.

Nephralka Capsules: 1 capsule twice daily with warm water after meals.

Mutrakrichantak Churna: 1 teaspoonful twice daily. Boil 1 teaspoonful in 400 ml water until it remains 50-60 ml. Strain and drink the water. Prepare fresh every time.

Indian Echinacea: 1 capsule twice daily with warm water after meals.

Tribulus Power: 1 capsule twice daily with warm water after meals.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in fruits, vegetables, and whole grains. Avoid processed and high-fat foods. Engage in regular exercise and practice stress-reducing techniques like yoga and meditation. Ensure adequate hydration.

# Menstrual Irregularities

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## Overview of Menstrual Irregularities

Menstrual irregularities refer to changes in the menstrual cycle that do not follow a normal pattern. This can include variations in the number of days between periods, the amount of menstrual blood, spotting, or menstrual cramps. These irregularities can be due to several factors, including hormonal imbalances and lifestyle changes. According to Ayurveda, menstrual irregularities are linked to imbalances in the body's doshas, particularly the 'Vata' and 'Pitta' doshas, which affect the reproductive system.

## Causes of Menstrual Irregularities

### Causes

- **Hormonal imbalances:** Changes in the levels of estrogen and progesterone can disrupt the menstrual cycle.
- **Sleep disorders:** Resistance to the hypothermic effects of melatonin during the luteal phase can affect sleep cycles.
- **Neurotransmitter imbalance:** Decreased levels of estrogen can influence serotonin and other neurotransmitters, leading to mood swings and emotional instability.
- **Lifestyle factors:** Poor diet, stress, and lack of physical activity can contribute to menstrual irregularities.
- **Underlying medical conditions:** Conditions such as polycystic ovary syndrome (PCOS), thyroid disorders, and other endocrine imbalances can cause menstrual irregularities.

## Symptoms of Menstrual Irregularities

### Symptoms

- Changes in the number of days between periods.
- Variations in the amount of menstrual blood.
- Spotting or bleeding between periods.
- Menstrual cramps.
- **Sleep disturbances:** Poor sleep quality, difficulty staying awake or alert during the day.
- **Behavioral or emotional effects:** Irritability, mood swings, depression, increased appetite, dejection, hypersensitivity.
- Neuroticism and emotional instability.
- Difficulty in controlling negative impulses.

## Diagnosis

### Diagnosis

Diagnosis involves observing the symptoms and medical history. Some menstrual disorders can be diagnosed through ultrasound, endometrial biopsy, and sonohysterography. Consulting a doctor for further diagnosis is crucial.

## Trigger Factors

### Trigger Factors

#### Hormonal Imbalance

Changes in estrogen and progesterone levels can trigger menstrual irregularities.

#### Sleep Disorders

Resistance to the hypothermic effects of melatonin during the luteal phase can affect sleep cycles and menstrual regularity.

#### Neurotransmitter Imbalance

Decreased levels of estrogen can influence serotonin and other neurotransmitters, leading to mood swings and emotional instability.

#### Lifestyle Factors

Poor diet, stress, and lack of physical activity can contribute to menstrual irregularities.

#### Underlying Medical Conditions

Conditions such as PCOS, thyroid disorders, and other endocrine imbalances can cause menstrual irregularities.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Female Health Support

A herbal formulation containing Ashoka (*Saraca asoca*), Shatavari (*Asparagus racemosus*), and Lodhra (*Symplocos racemosa*). These herbs are known for their health benefits, especially for women, and help balance hormonal issues.

Ingredients: Ashoka (*Saraca asoca*), Shatavari (*Asparagus racemosus*), Lodhra (*Symplocos racemosa*)

Benefits: Balances hormonal issues, Strengthens the reproductive system, Improves libido

### Naari Kalyan Churna

A mixture of herbs including Ashwagandha (*Withania somnifera*), Brahmi (*Bacopa monnieri*), Jatamansi (*Nardostachys jatamansi*), and Shatavari (*Asparagus racemosus*). These herbs affect mental health and help balance hormones, reducing mood swings and anxiety.

Ingredients: Ashwagandha (*Withania somnifera*), Brahmi (*Bacopa monnieri*), Jatamansi (*Nardostachys jatamansi*), Shatavari (*Asparagus racemosus*)

Benefits: Balances hormones, Reduces mood swings and anxiety, Improves mental health

### Pradrantak Churna

A blend of herbs including Ashoka (*Saraca asoca*), Udumbar (*Ficus racemosa*), Arjuna (*Terminalia arjuna*), and Lodhra (*Symplocos racemosa*). These herbs have marvelous blood clotting properties that help in vasoconstriction and reduce excessive bleeding.

Ingredients: Ashoka (*Saraca asoca*), Udumbar (*Ficus racemosa*), Arjuna (*Terminalia arjuna*), Lodhra (*Symplocos racemosa*)

Benefits: Reduces excessive bleeding, Provides relief from pain, Balances female hormones

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Female Health Support: 1-2 capsules twice daily with plain water after meals.

Naari Kalyan Churna: 1-2 teaspoons twice daily after meals.

Pradrantak Churna: 1-2 teaspoons twice daily with water or ice tea or any juice.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in fruits, vegetables, and whole grains. Avoid processed and high-fat foods. Engage in regular exercise and practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep and a healthy lifestyle.

# Monkeypox Virus

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## Overview of Monkeypox Virus

Monkeypox is an infectious condition caused by the monkeypox virus, which belongs to the same family as the Variola virus that causes smallpox. The symptoms of monkeypox are similar to those of smallpox but are generally more severe. The virus can be transmitted through animal bites or scratches, contact with bodily fluids of infected animals, respiratory transmission, or through broken skin. According to Ayurveda, this condition involves the vitiation of the body's doshas, particularly affecting the immune system and skin.

## Causes of Monkeypox Virus

### Causes

- Transmission through animal bites or scratches.
- Contact with bodily fluids of infected animals.
- Respiratory transmission.
- Entry through broken skin.
- Transmission through sexual contact.
- Transmission from pregnant women to the fetus through the placenta or from an infected person during or after delivery.

## Symptoms of Monkeypox Virus

### Symptoms

- Headache.
- Blisters or rashes, which can appear near the genitals, anus, or on the feet, hands, mouth, chest, or face.
- Inflamed lymph nodes.
- Muscle pains.
- Fever.
- Shivering.
- Fatigue.
- Chills with fever.
- Symptoms related to the respiratory system, including sore throat, cough, or congestion.

## Diagnosis

### Diagnosis

Diagnosis involves PCR (Polymerase Chain Reaction) testing for viral DNA and other diagnostic methods to confirm the presence of the virus.

## Trigger Factors

### Trigger Factors

#### Infected Person Contact

Physical contact with an infected person can transmit the virus.

#### Sexual Activity

Lesbian, gay, bisexual, and transgender individuals who engage in sexual activity are at higher risk.

#### Children and Older Persons

Children and older persons are more likely to get infected and develop severe symptoms due to lower immunity.

#### Health Care Workers

Health care workers are at higher risk due to their occupational exposure.

#### Pregnant Women

Pregnant women are at higher risk and can transmit the virus to the fetus.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Curcumin Capsules

Filled with the standardized extract of Haridra (*Curcuma longa*). It possesses anti-inflammatory, analgesic, antimicrobial, and antiseptic properties, which help in reducing fever, soothing rashes or blisters, and relieving respiratory symptoms.

Ingredients: Haridra (*Curcuma longa*)

Benefits: Reduces fever, Soothes rashes or blisters, Relieves respiratory symptoms

#### Septtrin Tablets

Composed of herbs including Haldi (*Curcuma longa*), Pippali (*Piper longum*), Sonth (*Zingiber officinale*), Marich (*Piper nigrum*), Tulsi (*Ocimum sanctum*), and Guggul



(Commiphora mukul). These tablets have analgesic and antipyretic properties, making them effective in reducing fever and pain.

Ingredients: Haldi (Curcuma longa), Pippali (Piper longum), Sonth (Zingiber officinale), Marich (Piper nigrum), Tulsi (Ocimum sanctum), Guggul (Commiphora mukul)

Benefits: Reduces fever, Alleviates pain, Effective against various microbes

### **Maha Sudarshan Kwath**

A classical Ayurvedic formulation composed of various herbs like Haritaki (Terminalia chebula), Amla (Emblica officinalis), Bibhitaki (Terminalia bellerica), Haldi (Curcuma longa), Kachoor (Curcuma eodaria), Sonth (Zingiber officinale), Pippali (Piper longum), Giloy (Tinospora cordifolia), Kutki (Picrorhiza kurroa), Pitta Papada (Fumaria parviflora), Sugandhbala (Valeriana wallichii), Ajwain (Trachyspermum ammi), Vacha (Acorus calamus), and Vanshlochan (Bambusa arundinacea). This formulation enhances immunity and is beneficial in fighting infections.

Ingredients: Haritaki (Terminalia chebula), Amla (Emblica officinalis), Bibhitaki (Terminalia bellerica), Haldi (Curcuma longa), Kachoor (Curcuma eodaria), Sonth (Zingiber officinale), Pippali (Piper longum), Giloy (Tinospora cordifolia), Kutki (Picrorhiza kurroa), Pitta Papada (Fumaria parviflora), Sugandhbala (Valeriana wallichii), Ajwain (Trachyspermum ammi), Vacha (Acorus calamus), Vanshlochan (Bambusa arundinacea)

Benefits: Enhances immunity, Fights infections, Improves overall wellness

### **Gandhak Rasayan**

A formulation containing Shuddha Gandhak (purified sulfur). It reduces fever, treats skin conditions like rashes and blisters, and acts as a potent antimicrobial, antiviral, antibacterial, anti-inflammatory, anthelmintic, antioxidant, and antipyretic agent.

Ingredients: Shuddha Gandhak (purified sulfur)

Benefits: Reduces fever, Manages rashes and blisters, Fights viruses and other microbes

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Curcumin Capsules: 1 capsule twice a day with plain water after meals.

Septrin Tablets: 1 tablet twice a day with plain water after meals.

Maha Sudarshan Kwath: 2 tsp twice a day after meals.

Gandhak Rasayan: 1 tablet twice a day with lukewarm water after meals.

Dietary and Lifestyle Recommendations: Limit contact with suspected cases or confirmed cases. Self-isolate and cover any skin breaks. Wear face masks to prevent respiratory transmission. Wash hands frequently with soap and water or use an alcohol-based sanitizer. Clean and disinfect contaminated surfaces and dispose of contaminated items properly.

# Mood Swings

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## Overview of Mood Swings

Mood swings are sudden and intense changes in emotional states, often characterized by feelings of irritability, anxiety, or depression. These changes can be triggered by various factors, including hormonal fluctuations, stress, and underlying medical conditions. According to Ayurveda, mood swings are associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly the vitiation of Vata and Pitta doshas which affect the nervous system and emotional well-being.

## Causes of Mood Swings

### Causes

- **Hormonal changes:** Fluctuations in estrogen and progesterone levels, especially in women during the menstrual cycle, pregnancy, or menopause.
- **Stress:** Physical or emotional stress can lead to mood swings.
- **Medical conditions:** Conditions like hypothyroidism, anemia, or chronic fatigue syndrome can contribute to mood swings.
- **Medications:** Certain medications, including antidepressants and blood pressure medications, can cause mood swings as a side effect.
- **Lifestyle factors:** Poor diet, lack of sleep, and excessive caffeine or alcohol consumption can also lead to mood swings.

## Symptoms of Mood Swings

### Symptoms

- Sudden changes in mood, such as feeling irritable, anxious, or depressed.
- Increased sensitivity to stress.
- Mood changes that are not in line with the situation.
- Feeling overwhelmed or emotional.
- Difficulty in concentrating or making decisions.
- Changes in appetite or sleep patterns.
- Physical symptoms like headaches or fatigue.

## Diagnosis

### Diagnosis

Diagnosis involves evaluating the patient's medical history, physical examination, and psychological evaluations. Blood tests may be conducted to rule out underlying medical conditions that could be causing the mood swings.

## Trigger Factors

### Trigger Factors

#### Hormonal Changes

Fluctuations in estrogen and progesterone levels can trigger mood swings.

#### Stress

Physical or emotional stress can lead to mood swings.

#### Medical Conditions

Conditions like hypothyroidism, anemia, or chronic fatigue syndrome can contribute to mood swings.

#### Medications

Certain medications can cause mood swings as a side effect.

#### Lifestyle Factors

Poor diet, lack of sleep, and excessive caffeine or alcohol consumption can also lead to mood swings.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Gotukola Capsules

Made from the pure extract of *Centella asiatica*. These capsules support and maintain blood circulation, maintain a healthy brain, and balance all three doshas of the body: Vata, Pitta, and Kapha.

Ingredients: *Centella asiatica*

Benefits: Supports blood circulation, Maintains healthy brain, Balances Vata, Pitta, and Kapha dosha

### Medhya Churna

A natural nervous supplement that lowers anxiety and improves memory. It is a 100% natural formula made from natural herbs with wonderful medicinal properties.

Ingredients: Vacha (*Acorus calamus*), Ashwagandha (*Withania somnifera*), Ajmoda (*Carum roxburghianum*), Shwet Jeerak (*Cuminum cyminum*)

Benefits: Lowers anxiety, Improves memory, Rejuvenates the nervous system

### Memory Support

An herbal formulation that controls and balances altered Vata, Pitta, and Kapha dosha, thereby improving and enhancing memory and concentration.

Ingredients: Various herbs

Benefits: Improves memory and concentration, Relieves headache and pain

### Stress Support

Capsules packed with ingredients that help in relaxing the mind naturally and inducing good sleep.

Ingredients: Various herbs

Benefits: Relaxes the mind, Induces good sleep

### Brahmi Capsules

Made from the natural extract of Brahmi (*Bacopa monnieri*). It balances all three doshas of the body, nourishes neurons, and improves retention ability.

Ingredients: Brahmi (*Bacopa monnieri*)

Benefits: Balances all three doshas, Nourishes neurons, Improves retention ability

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Medhya Churna: 1/4 teaspoon once daily with 1 spoon of Cow Ghee (Clarified Butter).

Gotukola Capsules: 2 capsules twice daily with plain water.

Stress Support: 2 capsules twice daily with plain water.

Memory Support: 2 capsules twice daily with plain water.

Brahmi Capsules: 2 capsules twice daily with plain water after meals.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in fruits, vegetables, and whole grains. Avoid processed and high-fat foods. Engage in regular exercise and practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep.

# Myopia (Nearsightedness)

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## Overview of Myopia (Nearsightedness)

Myopia, also known as nearsightedness, is a common vision condition where close objects are seen clearly, but distant objects appear blurred. This occurs when the shape of the eye causes light rays to bend (refract) incorrectly, focusing images in front of the retina instead of on the retina. According to Ayurveda, myopia is associated with an imbalance of the 'Pitta' dosha, which affects the eyes and vision.

## Causes of Myopia (Nearsightedness)

### Causes

- Genetic factors: Family history can increase the risk of developing myopia.
- Prolonged near work: Activities like reading, writing, and using digital devices for extended periods can contribute to myopia.
- Lack of outdoor activities: Reduced exposure to natural light may increase the risk.
- Nutritional deficiencies: Inadequate intake of vitamins and minerals, especially vitamin D and omega-3 fatty acids, can contribute to myopia.
- Other medical conditions: Certain conditions like diabetes and hypertension can increase the risk.

## Symptoms of Myopia (Nearsightedness)

### Symptoms

- Difficulty seeing distant objects clearly.
- Headaches from straining to see.
- Eye strain or fatigue.
- Squinting to see distant objects.
- Difficulty driving at night or seeing distant objects in low light.

## Diagnosis

### Diagnosis

Diagnosis involves a comprehensive eye examination, including a visual acuity test, refraction test, and retinoscopy to measure the shape of the cornea and the length of the eye.

## Trigger Factors

### Trigger Factors

#### Genetic Factors

Family history can increase the risk of developing myopia.

#### Prolonged Near Work

Activities like reading, writing, and using digital devices for extended periods can contribute to myopia.

#### Lack of Outdoor Activities

Reduced exposure to natural light may increase the risk.

#### Nutritional Deficiencies

Inadequate intake of vitamins and minerals, especially vitamin D and omega-3 fatty acids, can contribute to myopia.

#### Other Medical Conditions

Certain conditions like diabetes and hypertension can increase the risk.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Amalaki Rasayan

Made from the pure extract of Amalaki (*Emblica officinalis*). This remedy is rich in antioxidants and helps in improving vision and reducing eye strain.

Ingredients: Amalaki (*Emblica officinalis*)

Benefits: Improves vision, Reduces eye strain, Rich in antioxidants

#### Triphala Guggul

A combination of Triphala (a blend of Amalaki, Haritaki, and Bibhitaki) and Guggul (*Commiphora mukul*). This remedy helps in detoxifying the body and improving overall health, including eye health.

Ingredients: Triphala (Amalaki, Haritaki, Bibhitaki), Guggul (*Commiphora mukul*)

Benefits: Detoxifies the body, Improves overall health, Supports eye health

#### Mahatriphala Ghrit

A ghee-based Ayurvedic formulation prepared from a blend of herbs including Triphala, Amalaki, Haritaki, Bibhitaki, and others. It is beneficial for improving vision and reducing eye problems.



Ingredients: Triphala (Amalaki, Haritaki, Bibhitaki)

Benefits: Improves vision, Reduces eye problems

#### **Chandrakala Ras**

A classical Ayurvedic formulation that includes a blend of herbs and minerals. It helps in improving vision, reducing eye strain, and managing various eye disorders.

Ingredients: Various herbs and minerals

Benefits: Improves vision, Reduces eye strain, Manages eye disorders

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Amalaki Rasayan: 1-2 teaspoons twice daily with warm water after meals.

Triphala Guggul: 2 tablets twice daily with warm water after meals.

Mahatriphala Ghrit: 1/2 tsp twice a day after meals.

Chandrakala Ras: As advised by the physician.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in fruits, vegetables, and whole grains. Include foods high in omega-3 fatty acids and vitamin D. Avoid prolonged near work without breaks. Engage in regular outdoor activities and practice good eye care habits like proper lighting and regular eye exams.

# Nausea

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## Overview of Nausea

Nausea is a common symptom characterized by a feeling of queasiness or sickness in the stomach, often accompanied by the urge to vomit. It can be acute or chronic and is associated with various underlying causes. According to Ayurveda, nausea is linked to an imbalance of the body's doshas, particularly the vitiation of Pitta dosha, which affects the digestive system.

## Causes of Nausea

### Causes

- Motion sickness or travel sickness.
- Pregnancy, especially during the first trimester.
- Gastroesophageal reflux disease (GERD).
- Food poisoning or viral gastroenteritis.
- Medications, such as antibiotics, painkillers, and chemotherapy.
- Infections, including viral or bacterial infections.
- Hormonal changes, such as those experienced during menstruation or menopause.
- Stress and anxiety.

## Symptoms of Nausea

### Symptoms

- Feeling of queasiness or sickness in the stomach.
- Urge to vomit.
- Dizziness or lightheadedness.
- Headache.
- Fatigue.
- Loss of appetite.
- Bloating or discomfort in the abdomen.
- Sweating.

## Diagnosis

### Diagnosis

Diagnosis involves a thorough medical history, physical examination, and various diagnostic tests to identify the underlying cause. These tests may include blood tests, imaging studies like X-rays or CT scans, and endoscopy to examine the upper gastrointestinal tract.

## Trigger Factors

### Trigger Factors

#### Motion Sickness

Travel by car, boat, plane, or other vehicles can trigger nausea.

#### Pregnancy

Hormonal changes during pregnancy, especially in the first trimester, can cause nausea.

#### Gastroesophageal Reflux Disease (GERD)

GERD can lead to nausea due to the reflux of stomach acid into the esophagus.

#### Medications

Certain medications, including antibiotics and painkillers, can cause nausea as a side effect.

#### Infections

Viral or bacterial infections can trigger nausea.

#### Hormonal Changes

Hormonal fluctuations during menstruation or menopause can lead to nausea.

#### Stress and Anxiety

High levels of stress and anxiety can trigger nausea.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Amalaki Rasayan

Made from the pure extract of Amalaki (*Emblica officinalis*). This remedy is rich in antioxidants and helps in improving digestion, reducing nausea, and enhancing overall health.

Ingredients: Amalaki (*Emblica officinalis*)

Benefits: Improves digestion, Reduces nausea, Enhances overall health

### Digestion Support

A herbal formulation containing Amla (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Jeerak (*Cuminum cumin*), Sounf (*Foeniculum vulgare*), Pippali (*Piper longum*), Dhania (*Coriandrum sativum*), and Bahera (*Terminalia bellerica*). These herbs help in balancing the body's three doshas, improving appetite, maintaining stomach pH, strengthening the immune system, and rejuvenating the body.

Ingredients: Amla (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Jeerak (*Cuminum cumin*), Sounf (*Foeniculum vulgare*), Pippali (*Piper longum*), Dhania (*Coriandrum sativum*), Bahera (*Terminalia bellerica*)

Benefits: Balances three doshas, Improves appetite, Maintains stomach pH, Strengthens immune system, Rejuvenates the body

### Gandhak Rasayan

A formulation containing Shuddha Gandhak (purified sulfur). It reduces fever, treats skin conditions, and acts as a potent antimicrobial, antiviral, antibacterial, anti-inflammatory, anthelmintic, antioxidant, and antipyretic agent. It also helps in reducing nausea and improving digestion.

Ingredients: Shuddha Gandhak (purified sulfur)

Benefits: Reduces fever, Treats skin conditions, Reduces nausea, Improves digestion

### Brahmi Capsules

Made from the pure extract of Brahmi (*Bacopa monnieri*). These capsules help in balancing all three doshas of the body, nourishing neurons, and improving retention ability. They also help in reducing stress and anxiety, which can contribute to nausea.

Ingredients: Brahmi (*Bacopa monnieri*)

Benefits: Balances all three doshas, Nourishes neurons, Improves retention ability, Reduces stress and anxiety

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Amalaki Rasayan: 1-2 teaspoons twice daily with warm water after meals.

Digestion Support: 1-2 capsules twice daily with plain water after meals.

Gandhak Rasayan: 1 tablet twice daily with lukewarm water after meals.

Brahmi Capsules: 1-2 capsules twice daily with plain water after meals.

**Dietary and Lifestyle Recommendations:** Maintain a balanced diet rich in fruits, vegetables, and whole grains. Avoid processed and high-fat foods. Engage in regular exercise and practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep and avoid triggers like strong smells or certain foods that can exacerbate nausea.

# Nephrotic Syndrome

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## Overview of Nephrotic Syndrome

Nephrotic Syndrome is a kidney disorder characterized by the excessive loss of protein in the urine, leading to low levels of albumin in the blood. This condition results in swelling, particularly in the legs and feet, and can increase the risk of infections and blood clots. According to Ayurveda, this condition involves an imbalance of the body's doshas, particularly affecting the kidneys and urinary system.

## Causes of Nephrotic Syndrome

### Causes

- Minimal Change Disease: The most common cause in children.
- Focal Segmental Glomerulosclerosis (FSGS): Common in adults.
- Membranous Nephropathy: Often associated with autoimmune disorders or infections.
- Diabetic Nephropathy: Due to long-standing diabetes.
- Amyloidosis: Deposition of abnormal proteins in the kidneys.
- Lupus Nephritis: Associated with systemic lupus erythematosus.
- Genetic disorders: Such as Alport syndrome.

## Symptoms of Nephrotic Syndrome

### Symptoms

- Severe swelling (edema) in the legs, feet, and face.
- Weight gain due to fluid retention.
- Fatigue.
- Loss of appetite.
- Foamy urine due to high protein levels.
- Increased risk of infections.
- Increased risk of blood clots.

## Diagnosis

### Diagnosis

Diagnosis involves urinalysis to detect proteinuria, blood tests to measure albumin and creatinine levels, and kidney biopsy to examine kidney tissue for damage. Other tests may include lipid profile and imaging studies.

## Trigger Factors

### Trigger Factors

#### Underlying Kidney Diseases

Conditions like Minimal Change Disease, FSGS, and Membranous Nephropathy can trigger Nephrotic Syndrome.

#### Diabetes

Long-standing diabetes can lead to Diabetic Nephropathy and Nephrotic Syndrome.

#### Autoimmune Disorders

Conditions like lupus can increase the risk of developing Nephrotic Syndrome.

#### Genetic Disorders

Genetic conditions such as Alport syndrome can predispose individuals to Nephrotic Syndrome.

#### Infections

Certain infections can trigger or exacerbate Nephrotic Syndrome.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Varunadi Vati

Tablets prepared from herbs like Varun, Gokshur, and Punarnava. These tablets help maintain the healthy functioning of the kidneys and the urinary system.

Ingredients: Varun, Gokshur, Punarnava

Benefits: Maintains kidney health, Supports urinary system

#### Phyllanthus Niruri

Capsules prepared from the standardized herbal extract of Phyllanthus Niruri (Bhumyamlaki or Bhumi Amla). This herbal supplement supports healthy kidneys and the urinary system.

Ingredients: Phyllanthus Niruri

Benefits: Supports kidney health, Maintains urinary system

#### Punarnava Capsules

Capsules made from the pure, natural, and standardized extract of Punarnava (Boerhavia diffusa). These capsules are beneficial for maintaining healthy kidney function, healthy urinary system, and healthy urea and creatinine levels.

Ingredients: Punarnava (*Boerhavia diffusa*)

Benefits: Maintains kidney function, Supports urinary system, Regulates urea and creatinine levels

#### **Rencure Formula**

Capsules prepared from herbs including Punarnava, Rakta Chandana, Varun, Palaash, and Gokshura. These capsules support a healthy urinary system.

Ingredients: Punarnava, Rakta Chandana, Varun, Palaash, Gokshura

Benefits: Supports urinary system, Maintains kidney health

#### **Nephralka Capsules**

Capsules prepared from herbs like Bhumi Amla, Mooli Satva, Revandchini, Kalmegh, and Punarnava. These capsules help maintain healthy kidneys and the urinary system.

Ingredients: Bhumi Amla, Mooli Satva, Revandchini, Kalmegh, Punarnava

Benefits: Maintains kidney health, Supports urinary system

#### **Mutrakrichantak Churna**

A herbal powder prepared from herbs like Punarnava, Gokshur, Kaasni, and Varun. This churna helps maintain healthy kidneys and the urinary system.

Ingredients: Punarnava, Gokshur, Kaasni, Varun

Benefits: Maintains kidney health, Supports urinary system

#### **Indian Echinacea**

Capsules prepared from the herb *Andrographis paniculata*. This herb supports the immune system and helps in maintaining kidney health.

Ingredients: *Andrographis paniculata*

Benefits: Supports immune system, Maintains kidney health

#### **Tribulus Power**

Capsules made from the extracts of Gokshura (*Tribulus terrestris*). This herb is useful in improving kidney function and increasing albumin levels in the body.

Ingredients: Gokshura (*Tribulus terrestris*)

Benefits: Improves kidney function, Increases albumin levels



## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Varunadi Vati: 2 tablets thrice daily with warm water after meals.

Phyllanthus Niruri: 1 capsule twice daily with warm water after meals.

Punarnava Capsules: 2 capsules twice daily with warm water after meals.

Rencure Formula: 2 capsules twice daily with warm water after meals.

Nephralka Capsules: 1 capsule twice daily with warm water after meals.

Mutrakrichantak Churna: 1 teaspoonful twice daily. Boil 1 teaspoonful in 400 ml water until it remains 50-60 ml. Strain and drink the water. Prepare fresh every time.

Indian Echinacea: 1 capsule twice daily with warm water after meals.

Tribulus Power: 1 capsule twice daily with warm water after meals.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in fruits, vegetables, and whole grains. Avoid processed and high-fat foods. Engage in regular exercise and practice stress-reducing techniques like yoga and meditation. Ensure adequate hydration and avoid excessive salt intake.

# Neurodermatitis

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## Overview of Neurodermatitis

Neurodermatitis, also known as lichen simplex chronicus, is a skin condition characterized by thickened, itchy skin patches. It is often a result of prolonged scratching and rubbing, which can lead to the formation of these patches. According to Ayurveda, this condition is associated with an imbalance of the body's doshas, particularly the vitiation of Vata and Pitta doshas, which affect the skin and nervous system.

## Causes of Neurodermatitis

### Causes

- Prolonged scratching and rubbing of the skin.
- Allergic reactions to substances like soaps, detergents, or metals.
- Stress and anxiety.
- Dry skin.
- Insect bites or stings.
- Skin conditions like eczema or psoriasis.
- Genetic predisposition.

## Symptoms of Neurodermatitis

### Symptoms

- Thickened, leathery skin patches.
- Itchy skin, often intense itching.
- Redness and inflammation of the affected area.
- Scaly or crusty patches.
- Blisters or open sores if the skin is broken.
- Darkening of the skin in the affected area.

## Diagnosis

### Diagnosis

Diagnosis involves a physical examination of the skin, medical history, and sometimes skin biopsies to rule out other skin conditions. Patch testing may also be conducted to identify potential allergens.

## Trigger Factors

### Trigger Factors

#### Prolonged Scratching and Rubbing

Continuous scratching and rubbing of the skin can trigger and exacerbate neurodermatitis.

#### Allergic Reactions

Allergic reactions to substances like soaps, detergents, or metals can trigger the condition.

#### Stress and Anxiety

High levels of stress and anxiety can contribute to neurodermatitis.

#### Dry Skin

Dry skin conditions can increase the risk of developing neurodermatitis.

#### Insect Bites or Stings

Insect bites or stings can trigger the condition.

#### Skin Conditions

Underlying skin conditions like eczema or psoriasis can increase the risk.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Neem Capsules

Made from the pure extract of Neem (*Azadirachta indica*). These capsules have anti-inflammatory, antibacterial, and antifungal properties that help in treating skin conditions and reducing itching.

Ingredients: Neem (*Azadirachta indica*)

Benefits: Reduces itching, Treats skin conditions, Anti-inflammatory and antibacterial properties

#### Manjishtha Capsules

Made from the pure extract of Manjishtha (*Rubia cordifolia*). These capsules help in detoxifying the skin, reducing inflammation, and improving skin health.

Ingredients: Manjishtha (*Rubia cordifolia*)

Benefits: Detoxifies the skin, Reduces inflammation, Improves skin health

### **Gandhak Rasayan**

A formulation containing Shuddha Gandhak (purified sulfur). It acts as a potent antimicrobial, antiviral, antibacterial, anti-inflammatory, anthelmintic, antioxidant, and antipyretic agent. It helps in reducing skin infections and inflammation.

Ingredients: Shuddha Gandhak (purified sulfur)

Benefits: Reduces skin infections, Anti-inflammatory properties, Antimicrobial and antiviral properties

### **Pitta Balance**

Capsules prepared from a blend of natural components including Praval Pishti (Coral Calcium), Mukta Pishti (Pearl Calcium), Akik Pishti (Agate Calcium), Jawar Mohra Pishti, Kamdhudha Ras, and Giloy satva (*Tinospora cordifolia*). These capsules help in balancing the body's Pitta dosha, which is often vitiated in neurodermatitis.

Ingredients: Praval Pishti (Coral Calcium), Mukta Pishti (Pearl Calcium), Akik Pishti (Agate Calcium), Jawar Mohra Pishti, Kamdhudha Ras, Giloy satva (*Tinospora cordifolia*)

Benefits: Balances Pitta dosha, Reduces inflammation, Improves skin health

### **Aloe Vera Juice**

Aloe Vera juice is known for its soothing and calming effects on the skin. It helps in reducing itching, inflammation, and promoting skin healing.

Ingredients: Aloe Vera

Benefits: Reduces itching, Soothes the skin, Promotes skin healing

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Neem Capsules: 1-2 capsules twice daily with plain water after meals.

Manjishtha Capsules: 1-2 capsules twice daily with plain water after meals.

Gandhak Rasayan: 1 tablet twice daily with lukewarm water after meals.

Pitta Balance: 1 capsule twice daily with plain water after meals.

Aloe Vera Juice: Drink 1/2 cup of Aloe Vera juice twice daily.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in fruits, vegetables, and whole grains. Avoid processed and high-fat foods. Keep the skin moisturized to prevent dryness. Engage in regular exercise and practice stress-reducing techniques like yoga and meditation.



# Obesity and Weight Loss

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## Overview of Obesity and Weight Loss

Obesity is a chronic condition characterized by an excessive amount of body fat, which can lead to various health problems. It is measured using the body mass index (BMI), with a BMI of 30 or higher indicating obesity. According to Ayurveda, obesity is associated with an imbalance of the Kapha dosha, which affects the metabolic and digestive systems.

## Causes of Obesity and Weight Loss

### Causes

- Genetic factors: Family history can increase the risk of obesity.
- Poor diet: Consuming high-calorie foods and drinks, especially those high in sugar and fat.
- Lack of physical activity: Sedentary lifestyle contributes to weight gain.
- Hormonal imbalances: Certain hormonal conditions, such as hypothyroidism, can lead to obesity.
- Medications: Some medications, like steroids and certain antidepressants, can cause weight gain as a side effect.
- Psychological factors: Stress, emotional eating, and other psychological issues can contribute to obesity.

## Symptoms of Obesity and Weight Loss

### Symptoms

- Excessive weight gain.
- Increased body mass index (BMI).
- Difficulty in performing physical activities.
- Shortness of breath.
- Joint pain and mobility issues.
- Sleep apnea and other sleep disorders.
- Skin problems, such as acne and skin folds.
- Mental health issues, including depression and low self-esteem.

## Diagnosis

### Diagnosis

Diagnosis involves calculating the body mass index (BMI), measuring waist circumference, and assessing overall health through physical examination and medical history. Blood tests may be conducted to rule out underlying hormonal imbalances or other medical conditions.

## Trigger Factors

### Trigger Factors

#### Genetic Factors

Family history can increase the risk of obesity.

#### Poor Diet

Consuming high-calorie foods and drinks can lead to obesity.

#### Lack of Physical Activity

A sedentary lifestyle contributes to weight gain.

#### Hormonal Imbalances

Certain hormonal conditions, such as hypothyroidism, can lead to obesity.

#### Medications

Some medications can cause weight gain as a side effect.

#### Psychological Factors

Stress, emotional eating, and other psychological issues can contribute to obesity.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Garcinia Capsules

Made from the pure extract of Garcinia cambogia. These capsules help in reducing fat accumulation, suppressing appetite, and enhancing metabolism.

Ingredients: Garcinia cambogia

Benefits: Reduces fat accumulation, Suppresses appetite, Enhances metabolism

### **Triphala Guggul**

A combination of Triphala (a blend of Amalaki, Haritaki, and Bibhitaki) and Guggul (Commiphora mukul). This remedy helps in detoxifying the body, improving digestion, and enhancing overall health.

Ingredients: Triphala (Amalaki, Haritaki, Bibhitaki), Guggul (Commiphora mukul)

Benefits: Detoxifies the body, Improves digestion, Enhances overall health

### **Kumar Kalyan Ras**

A classical Ayurvedic formulation that includes a blend of herbs and minerals. It helps in improving metabolism, reducing fat, and enhancing overall physical performance.

Ingredients: Various herbs and minerals

Benefits: Improves metabolism, Reduces fat, Enhances physical performance

### **Panchakarma Therapy**

A set of five bio-cleansing procedures that help in detoxifying the body, reducing fat, and improving overall health. The procedures include Nasyakarma, Gandusha, Kabala, and others.

Ingredients: Various herbs and oils

Benefits: Detoxifies the body, Reduces fat, Improves overall health

### **Medohar Vati**

A herbal formulation that helps in reducing body fat, improving metabolism, and enhancing digestive health.

Ingredients: Various herbs

Benefits: Reduces body fat, Improves metabolism, Enhances digestive health

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Garcinia Capsules: 1-2 capsules twice daily with plain water after meals.

Triphala Guggul: 2 tablets twice daily with warm water after meals.

Kumar Kalyan Ras: As advised by the physician.

Panchakarma Therapy: Performed under the guidance of an Ayurvedic practitioner.

Medohar Vati: 1-2 tablets twice daily with warm water after meals.



**Dietary and Lifestyle Recommendations:** Maintain a balanced diet low in calories and high in fiber. Include fruits, vegetables, and whole grains. Avoid processed and high-fat foods. Engage in regular physical activity and practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep and hydration.

# Organic Mood Disorder

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## Overview of Organic Mood Disorder

Organic mood disorders are mood disturbances that are caused by a medical condition or substance use. These disorders can manifest as depression, mania, or mixed mood states. According to Ayurveda, these conditions are associated with an imbalance of the body's doshas, particularly the vitiation of Vata and Pitta doshas, which affect the nervous system and emotional well-being.

## Causes of Organic Mood Disorder

### Causes

- Medical conditions: Such as hypothyroidism, hyperthyroidism, chronic fatigue syndrome, and neurological disorders.
- Substance use: Including alcohol, drugs, and certain medications.
- Hormonal changes: During pregnancy, postpartum, or menopause.
- Brain injuries: Traumatic brain injuries can lead to mood changes.
- Infections: Certain infections like meningitis or encephalitis can cause mood disturbances.

## Symptoms of Organic Mood Disorder

### Symptoms

- Depressive symptoms: Feeling sad, hopeless, or empty.
- Manic symptoms: Feeling excessively happy, irritable, or restless.
- Mixed mood states: Combining depressive and manic symptoms.
- Changes in appetite or sleep patterns.
- Fatigue or loss of energy.
- Difficulty concentrating or making decisions.
- Thoughts of death or suicide.

## Diagnosis

### Diagnosis

Diagnosis involves a thorough medical history, physical examination, and various diagnostic tests to identify the underlying medical condition or substance use causing the mood disorder. Blood tests, imaging studies, and psychological evaluations may be conducted.

## Trigger Factors

### Trigger Factors

#### Medical Conditions

Conditions like hypothyroidism, hyperthyroidism, and chronic fatigue syndrome can trigger mood disorders.

#### Substance Use

Alcohol, drugs, and certain medications can cause mood disturbances.

#### Hormonal Changes

Hormonal fluctuations during pregnancy, postpartum, or menopause can lead to mood changes.

#### Brain Injuries

Traumatic brain injuries can result in mood changes.

#### Infections

Certain infections like meningitis or encephalitis can cause mood disturbances.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Gotukola Capsules

Made from the pure extract of *Centella asiatica*. These capsules support and maintain blood circulation, maintain a healthy brain, and balance all three doshas of the body: Vata, Pitta, and Kapha.

Ingredients: *Centella asiatica*

Benefits: Supports blood circulation, Maintains healthy brain, Balances Vata, Pitta, and Kapha dosha

#### Medhya Churna

A natural nervous supplement that lowers anxiety and improves memory. It is a 100% natural formula made from natural herbs with wonderful medicinal properties.

Ingredients: Vacha (*Acorus calamus*), Ashwagandha (*Withania somnifera*), Ajmoda (*Carum roxburghianum*), Shwet Jeerak (*Cuminum cyminum*)

Benefits: Lowers anxiety, Improves memory, Rejuvenates the nervous system

### **Brahmi Capsules**

Made from the pure extract of Brahmi (*Bacopa monnieri*). These capsules help in balancing all three doshas of the body, nourishing neurons, and improving retention ability.

Ingredients: Brahmi (*Bacopa monnieri*)

Benefits: Balances all three doshas, Nourishes neurons, Improves retention ability

### **Stress Support**

Capsules packed with ingredients that help in relaxing the mind naturally and inducing good sleep.

Ingredients: Various herbs

Benefits: Relaxes the mind, Induces good sleep

### **Pitta Balance**

Capsules prepared from a blend of natural components including Praval Pishti (Coral Calcium), Mukta Pishti (Pearl Calcium), Akik Pishti (Agate Calcium), Jawar Mohra Pishti, Kamdhudha Ras, and Giloy satva (*Tinospora cordifolia*). These capsules help in balancing the body's Pitta dosha.

Ingredients: Praval Pishti (Coral Calcium), Mukta Pishti (Pearl Calcium), Akik Pishti (Agate Calcium), Jawar Mohra Pishti, Kamdhudha Ras, Giloy satva (*Tinospora cordifolia*)

Benefits: Balances Pitta dosha, Reduces inflammation, Improves overall health

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Medhya Churna: 1/4 teaspoon once daily with 1 spoon of Cow Ghee (Clarified Butter).

Gotukola Capsules: 2 capsules twice daily with plain water.

Brahmi Capsules: 2 capsules twice daily with plain water after meals.

Stress Support: 2 capsules twice daily with plain water.

Pitta Balance: 1 capsule twice daily with plain water after meals.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in fruits, vegetables, and whole grains. Avoid processed and high-fat foods. Engage in regular exercise and practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep.

# Ovarian Cysts

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## Overview of Ovarian Cysts

Ovarian cysts are fluid-filled sacs that develop in the ovaries. They are a common female health complication, often resulting from an imbalance of female hormones. According to Ayurveda, ovarian cysts are associated with problems in the 'rasa' and 'raktadhatu' and are considered as 'kaphajagranthi' due to the excessive accumulation of kapha dosha.

## Causes of Ovarian Cysts

### Causes

- Hormonal imbalances: Imbalance of female hormones can lead to the formation of ovarian cysts.
- Low digestive fire: Poor digestion can lead to the accumulation of toxins and impurities in the body, which can manifest as cysts.
- Genetic factors: Family history can increase the risk of developing ovarian cysts.
- Autoimmune reactions: Certain autoimmune conditions can contribute to the development of ovarian cysts.
- Infections: Some infections can increase the risk of ovarian cysts.

## Symptoms of Ovarian Cysts

### Symptoms

- Bloating and painful bowel movements.
- Nausea and vomiting.
- Pain during sex.
- Irregular menstrual cycles.
- Frequent urination.
- Enlargement of the cyst can cause dislocation of the ovary, leading to pain.
- Ovarian torsion can occur, hindering blood supply to the ovaries and leading to necrosis of ovarian cells.

## Diagnosis

### Diagnosis

Diagnosis involves a physical examination, medical history, and various diagnostic tests such as ultrasound, laparoscopy, and blood tests to detect tumor markers.

## Trigger Factors

### Trigger Factors

#### Hormonal Imbalances

Imbalance of female hormones can trigger the formation of ovarian cysts.

#### Low Digestive Fire

Poor digestion can lead to the accumulation of toxins and impurities in the body, which can manifest as cysts.

#### Genetic Factors

Family history can increase the risk of developing ovarian cysts.

#### Autoimmune Reactions

Certain autoimmune conditions can contribute to the development of ovarian cysts.

#### Infections

Some infections can increase the risk of ovarian cysts.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Chanderprabha Vati

A classical natural formulation that includes a blend of many ingredients. It is particularly effective in treating painful menstruation, pre-menstrual syndrome (PMS), irregular menses, uterine fibroids, and ovarian cysts.

Ingredients: Vacha (*Acorus calamus*), Mustak (*Cyperus rotundus*), Devdaru (*Cedrus deodara*), Ela (*Elettaria cardamomum*), Musta (*Cyperus rotundus*), Pippali (*Piper longum*), Maricha (*Piper nigrum*), Tejpatra (*Cinnamomum tamala*), Haridra (*Curcuma longa*), Chavya (*Piper retrofractum*), Vidanga (*Embelia ribes*)

Benefits: Treats painful menstruation and PMS, Helps with irregular menses and uterine fibroids, Effective in treating ovarian cysts

#### Pradrantak Churna

A complete herbal formulation to take care of female health problems. It is particularly effective in treating painful menstruation, pre-menstrual syndrome (PMS), irregular menses, uterine fibroids, and ovarian cysts.

Ingredients: Jambu (*Syzygium samarangense*), Amra (*Spondias mombin*), Daruharidra (*Berberis aristata*), Pashanbhed (*Bergenia ligulata*), Lajjalu (*Mimosa Pudica*), Musta (*Cyperus rotundus*), Bilwa (*Aegle marmelos*), Lodhra (*Symplocos racemosa*)

Benefits: Treats painful menstruation and PMS, Helps with irregular menses and uterine fibroids, Effective in treating ovarian cysts

#### **Kanchnaar Guggul**

A natural supplement in tablet form. It maintains healthy tissues and is effective in treating ovarian cysts.

Ingredients: Kanchnar (Bauhinia Variegata), Triphala [Amalaki (Emblica officinalis), Haritaki (Terminalia chebula), Bibhitaki (Terminalia bellerica)], Trikatu [Pippali (Piper longum), Marich (Piper nigrum), Shunthi (Zingiber officinale)], Varun (Crataeva nurvala), Twak (Cinnamomum zeylanicum), Tejpatra (Elettaria cardamomum), Shudh Guggul (Commiphora wightii)

Benefits: Maintains healthy tissues, Effective in treating ovarian cysts

#### **Punarnava Mandur**

An effective herbal formulation prepared using the most effective herbs. It helps in eliminating toxins from the body and treating ovarian cysts.

Ingredients: Punarnava (Boerhavia diffusa), Pippali (Piper longum), Amalaki (Emblica officinalis), Haridra (Curcuma longa)

Benefits: Eliminates toxins from the body, Effective in treating ovarian cysts

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Chanderprabha Vati: 2 tablets twice daily with warm water after meals.

Pradrantak Churna: 1 teaspoonful twice daily with warm water after meals.

Kanchnaar Guggul: 2 tablets twice daily with warm water after meals.

Punarnava Mandur: 2 tablets twice daily with warm water after meals.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in fruits, vegetables, and whole grains. Avoid processed and high-fat foods. Engage in regular exercise and practice stress-reducing techniques like yoga and meditation. Ensure adequate hydration and avoid excessive salt intake.

# Odontalgia (Toothache)

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## Overview of Odontalgia (Toothache)

Odontalgia, commonly known as a toothache, is a painful condition affecting the teeth and surrounding tissues. It can be caused by various factors, including dental cavities, gum disease, or injury to the teeth or gums. According to Ayurveda, toothache is associated with an imbalance of the body's doshas, particularly the vitiation of Pitta and Kapha doshas, which affect the oral health.

## Causes of Odontalgia (Toothache)

### Causes

- Dental cavities: Bacterial infection leading to tooth decay.
- Gum disease: Inflammation or infection of the gums.
- Tooth fracture or crack: Physical damage to the tooth.
- Abscessed tooth: Pus-filled pocket in the tooth or gums.
- Dental work: Recent dental procedures can cause temporary pain.
- Grinding or clenching teeth: Habitual grinding or clenching can lead to toothache.
- Infected dental filling: Infection around a dental filling.
- Sinus infection: Sinus pressure can radiate to the teeth.

## Symptoms of Odontalgia (Toothache)

### Symptoms

- Sharp or dull pain in the tooth or surrounding area.
- Pain that worsens with eating or drinking.
- Sensitivity to hot or cold temperatures.
- Swollen or tender gums.
- Foul taste or odor from the mouth.
- Fever or swelling in the face.

## Diagnosis

### Diagnosis

Diagnosis involves a dental examination to identify the cause of the toothache. This may include visual inspection, X-rays, and probing the teeth and gums to check for signs of decay, cracks, or abscesses.



## Trigger Factors

### Trigger Factors

#### Dental Cavities

Bacterial infection leading to tooth decay can trigger a toothache.

#### Gum Disease

Inflammation or infection of the gums can cause a toothache.

#### Tooth Fracture or Crack

Physical damage to the tooth can lead to a toothache.

#### Abscessed Tooth

A pus-filled pocket in the tooth or gums can cause severe pain.

#### Dental Work

Recent dental procedures can cause temporary pain.

#### Grinding or Clenching Teeth

Habitual grinding or clenching can lead to toothache.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Neem Capsules

Made from the pure extract of Neem (*Azadirachta indica*). These capsules have anti-inflammatory, antibacterial, and antifungal properties that help in treating tooth and gum infections.

Ingredients: Neem (*Azadirachta indica*)

Benefits: Reduces inflammation, Treats infections, Antibacterial and antifungal properties

#### Gandhak Rasayan

A formulation containing Shuddha Gandhak (purified sulfur). It acts as a potent antimicrobial, antiviral, antibacterial, anti-inflammatory, anthelmintic, antioxidant, and antipyretic agent. It helps in reducing tooth and gum infections.

Ingredients: Shuddha Gandhak (purified sulfur)

Benefits: Reduces infections, Anti-inflammatory properties, Antimicrobial and antiviral properties

### **Triphala Guggul**

A combination of Triphala (a blend of Amalaki, Haritaki, and Bibhitaki) and Guggul (Commiphora mukul). This remedy helps in detoxifying the body, improving digestion, and enhancing overall health, including oral health.

Ingredients: Triphala (Amalaki, Haritaki, Bibhitaki), Guggul (Commiphora mukul)

Benefits: Detoxifies the body, Improves digestion, Enhances overall health

### **Pitta Balance**

Capsules prepared from a blend of natural components including Praval Pishti (Coral Calcium), Mukta Pishti (Pearl Calcium), Akik Pishti (Agate Calcium), Jawar Mohra Pishti, Kamdhudha Ras, and Giloy satva (Tinospora cordifolia). These capsules help in balancing the body's Pitta dosha, which is often vitiated in toothache.

Ingredients: Praval Pishti (Coral Calcium), Mukta Pishti (Pearl Calcium), Akik Pishti (Agate Calcium), Jawar Mohra Pishti, Kamdhudha Ras, Giloy satva (Tinospora cordifolia)

Benefits: Balances Pitta dosha, Reduces inflammation, Improves overall health

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Neem Capsules: 1-2 capsules twice daily with plain water after meals.

Gandhak Rasayan: 1 tablet twice daily with lukewarm water after meals.

Triphala Guggul: 2 tablets twice daily with warm water after meals.

Pitta Balance: 1 capsule twice daily with plain water after meals.

Dietary and Lifestyle Recommendations: Maintain good oral hygiene by brushing and flossing regularly. Avoid sugary and acidic foods that can exacerbate tooth decay. Engage in regular dental check-ups and practice stress-reducing techniques like yoga and meditation to manage overall health.

# Osteoarthritis

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## Overview of Osteoarthritis

Osteoarthritis is the most common form of arthritis, which can damage any joint in the body. It primarily affects the cartilage, the slippery tissue that covers the ends of bones in a joint. According to Ayurveda, osteoarthritis is known as 'Sandhivata' and is caused by the aggravation of Vata dosha, leading to joint pain and stiffness.

## Causes of Osteoarthritis

### Causes

- Overweight: Excess weight puts additional stress on joints.
- Joint injury: Previous injuries can increase the risk of developing osteoarthritis.
- Age: Risk increases with age.
- Genetic defect: Family history can play a role.
- Gradual deterioration of cartilage: Wear and tear over time can lead to osteoarthritis.

## Symptoms of Osteoarthritis

### Symptoms

- Pain in joints while moving.
- Loss of flexibility.
- Crepitation sound in the joints.
- Stiffness in joints after a rest period.
- Swelling and redness in the affected joint.
- Difficulty in performing daily activities due to joint pain.

## Diagnosis

### Diagnosis

Diagnosis involves physical examination, imaging examinations such as X-rays and MRI, and joint fluid analysis to detect inflammation or infection. Blood tests may also be conducted to rule out other conditions.

## Trigger Factors

### Trigger Factors

#### Overweight

Excess weight puts additional stress on joints, increasing the risk of osteoarthritis.

#### Joint Injury

Previous injuries can increase the risk of developing osteoarthritis.

#### Age

The risk of osteoarthritis increases with age.

#### Genetic Defect

Family history can play a role in the development of osteoarthritis.

#### Gradual Deterioration of Cartilage

Wear and tear over time can lead to osteoarthritis.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Bone Support

An herbal product by Planet Ayurveda, which is a mixture of different natural compounds. It includes Shudh Laksha, Suhanjana Beej, Hadjod, Arjun, Praval Pishti, Mukta Pishti, and others. These ingredients help in removing toxins from bone tissues and providing natural calcium.

Ingredients: Shudh Laksha, Suhanjana Beej, Hadjod, Arjun, Praval Pishti, Mukta Pishti

Benefits: Removes toxins from bone tissues, Provides natural calcium, Helpful in various bone diseases like osteoarthritis and osteoporosis

#### Boswellia Curcumin

Capsules prepared from the standardized extract of Shallaki (*Boswellia serrata*) and Curcumin (*Curcuma longa*). These capsules have anti-inflammatory and analgesic properties, helping to reduce swelling in joints, morning stiffness, and improving mobility.

Ingredients: Shallaki (*Boswellia serrata*), Curcumin (*Curcuma longa*)

Benefits: Reduces swelling in joints, Relieves morning stiffness, Improves mobility

### **Yograj Guggul**

Ayurvedic tablets containing a combination of various herbs including Pippali, Kulanjan, Bibhitaki, and others. These tablets help in pacifying the doshas in joints, muscles, and nerves, improving immunity and acting as an antioxidant.

Ingredients: Pippali, Kulanjan, Bibhitaki

Benefits: Pacifies doshas in joints, Improves immunity, Acts as an antioxidant

### **Coral Calcium Complex**

A formulation that includes Praval Pishti, Akik Pishti, Jawar Mohra Pishti, Giloy Satva, and others. It helps in improving calcium levels and bone mineral density, balancing Pitta dosha, and managing weak bones.

Ingredients: Praval Pishti, Akik Pishti, Jawar Mohra Pishti, Giloy Satva

Benefits: Improves calcium levels and bone mineral density, Balances Pitta dosha, Manages weak bones

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Bone Support: 1 capsule twice daily with lukewarm water after meals.

Boswellia Curcumin: 1 capsule twice daily with lukewarm water after meals.

Yograj Guggul: 2 tablets twice daily with lukewarm water after meals.

Coral Calcium Complex: 1 capsule twice daily with lukewarm water after meals.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in fruits, vegetables, and whole grains. Avoid processed and high-fat foods. Engage in regular exercise and practice stress-reducing techniques like yoga and meditation. Ensure adequate hydration and avoid excessive salt intake.

# Oligozoospermia

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## Overview of Oligozoospermia

Oligozoospermia refers to a condition where the semen has a low concentration of sperm, typically less than 15 million sperm per milliliter. This condition is a common cause of male infertility and can result from various factors, including infections, hormonal imbalances, and lifestyle issues. According to Ayurveda, Oligozoospermia is known as 'Shukra kshaya' and is associated with an imbalance of the Pitta dosha, leading to a loss of 'Shukra dhatu' (semen).

## Causes of Oligozoospermia

### Causes

- Infections: Inflammation of the epididymis (epididymitis) or testicles (orchitis) and sexually transmitted infections like gonorrhea or HIV.
- Ejaculation problems: Health conditions like urethra, prostate, or bladder surgery, and certain medications.
- Tumors: Tumors affecting the reproductive organs.
- Hormonal imbalances: Imbalances in hormones produced by the pituitary, hypothalamus, and testicles.
- Blockage: Blockage in the tubules that transport sperm.
- Chromosome defects: Conditions like Klinefelter's syndrome, Kallmann's syndrome, and Kartagener's syndrome.
- Certain medications: Use of steroids, cancer medications, certain antifungal or antibiotics.
- Lifestyle factors: Wearing tight clothes, prolonged sitting jobs, alcohol consumption, smoking, emotional stress, and obesity.

## Symptoms of Oligozoospermia

### Symptoms

- Problem in sexual functioning like difficulty maintaining an erection (erectile dysfunction).
- Infertility: The inability to conceive a child despite trying for months.
- Lump formation, pain, or swelling in the testicle area.
- Reduction in facial or body hair or other signs of hormonal imbalance.

## Diagnosis

### Diagnosis

Diagnosis involves a semen analysis to check sperm count, morphology, and motility. Physical examination, medical history, and blood tests to check hormone levels may also be conducted.

## Trigger Factors

### Trigger Factors

#### Infections

Inflammation of the epididymis or testicles and sexually transmitted infections can lead to Oligozoospermia.

#### Ejaculation Problems

Health conditions like urethra, prostate, or bladder surgery, and certain medications can result in ejaculatory complications.

#### Tumors

Tumors affecting the reproductive organs can impair sperm production.

#### Hormonal Imbalances

Imbalances in hormones produced by the pituitary, hypothalamus, and testicles can impair sperm production.

#### Blockage

Blockage in the tubules that transport sperm can lead to Oligozoospermia.

#### Chromosome Defects

Conditions like Klinefelter's syndrome, Kallmann's syndrome, and Kartagener's syndrome can result in Oligozoospermia.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Atirasadi Churna

A wonderful formulation of Planet Ayurveda that supports good male reproductive health. This herbal remedy is quite effective in the treatment of Oligozoospermia.

Ingredients: Safed Musli (Chlorophytum borivillianum), Kali Musli (Curculigo orchioidea), Semal Musli (Bombax ceiba), Gokshura (Tribulus terrestris), Shatavari (Asparagus racemosus), Ashwagandha (Withania somnifera), Akarkara (Anacyclus pyrethrum), Vidari

Kand (*Pueraria tuberosa*), Varahi Kand (*Dioscorea bulbifera*), Safed Behmen (*Centaurea behen*), Jaiphal/Javitri (*Myristica fragrans*), Taalmakhana (*Hygrophila spinosa*), Kesar (*Crocus sativus*)

Benefits: Supports male reproductive health, Effective in treating Oligozoospermia

#### **Tribulus Power**

Capsules prepared from the pure extract of Gokshura (*Tribulus terrestris*). This herbal product helps to increase testosterone levels and improve sperm health.

Ingredients: Gokshura (*Tribulus terrestris*)

Benefits: Increases testosterone levels, Improves sperm health

#### **Chandraprabha Vati**

A blend of various natural ingredients that helps to maintain overall health and support male reproductive health.

Ingredients: Asphaltum (Shilajit), Commiphora mukul (Guggul), Sugar (Sharkara), Cinnamomum camphora (Karpoor), Acorus calamus (Vacha), Cyprus rotundus (Mustak), Curcuma longa (Haridra), Emblica officinalis (Amalaki), Piper chaba (Chavya), Embelia ribes (Vidanga), Tinospora cordifolia (Guduchi/Giloy), Zingiber officinalis (Shunthi), Piper nigrum (Maricha), Piper longum (Pippali), Sodium carbonate (Sarjikashaar), Potassium carbonate (Yavkshaar), Rock salt (Saindhav Lavan), Sodium sulphate (Suvarchal Lavan), Black salt (Vida Lavan), Baliospermum montanum (Danti), Cinnamomum zeylanicum (Dalchini), Cinnamomum tamala (Tejpatta), Elettaria cardamomum (Ela)

Benefits: Maintains overall health, Supports male reproductive health

#### **Shilajit Capsules**

Capsules made from the pure extract of Shilajit (Asphaltum). This natural compound helps in improving spermatogenesis and increasing sperm production.

Ingredients: Shilajit (Asphaltum)

Benefits: Improves spermatogenesis, Increases sperm production

#### **Tri-Bull Oil**

Herbal oil made from a combination of various herbs like Shatavari, Ashwagandha, Gambhari chal, Kaner root, and Vjradanti. This oil helps to support male reproductive organs.

Ingredients: Shatavari (*Asparagus racemosus*), Ashwagandha (*Withania somnifera*), Gambhari chal (*Gmelina arborea*), Kaner root (*Nerium oleander*), Vjradanti (*Barleria prionitis*)

Benefits: Supports male reproductive organs



## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Atirasadi Churna: 1 teaspoonful twice daily with warm water or milk, 1/2 hour after meals.

Tribulus Power: 2 capsules twice daily with warm water, 1/2 hour after meals.

Chandraprabha Vati: 2 tablets twice daily with warm water, 1/2 hour after meals.

Shilajit Capsules: 1 capsule twice daily with warm water, 1/2 hour after meals.

Tri-Bull Oil: As per instructions on the packaging. Once every alternate day.

Dietary and Lifestyle Recommendations: Maintain a healthy diet rich in fruits, vegetables, and whole grains. Avoid processed and high-fat foods. Engage in regular exercise and practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep and avoid excessive alcohol consumption and smoking.

# Osteoporosis

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## Overview of Osteoporosis

Osteoporosis is a condition characterized by the weakening of bones, making them more susceptible to fractures. It occurs when the body loses too much bone, makes too little bone, or both. According to Ayurveda, osteoporosis is associated with an imbalance of the Vata dosha, which affects the bone health and overall skeletal system.

## Causes of Osteoporosis

### Causes

- Hormonal changes: Decrease in estrogen levels in women during menopause and decrease in testosterone levels in men.
- Lack of calcium and vitamin D: Insufficient intake of these nutrients can lead to bone loss.
- Genetic factors: Family history can increase the risk of osteoporosis.
- Age: Risk increases with age.
- Lifestyle factors: Sedentary lifestyle, smoking, and excessive alcohol consumption can contribute to osteoporosis.
- Medical conditions: Certain conditions like hyperthyroidism, Cushing's syndrome, and rheumatoid arthritis can increase the risk.
- Medications: Long-term use of corticosteroids and certain other medications can lead to bone loss.

## Symptoms of Osteoporosis

### Symptoms

- Back pain caused by a fractured or collapsed vertebra.
- Loss of height over time.
- A stooped posture.
- Bone fractures with minimal trauma.
- Weakened grip strength.
- Dental problems due to jawbone loss.

## Diagnosis

### Diagnosis

Diagnosis involves a physical examination, medical history, and various diagnostic tests such as bone density tests (DXA scans), X-rays, and blood tests to rule out other conditions that may cause bone loss.

## Trigger Factors

### Trigger Factors

#### Hormonal Changes

Decrease in estrogen levels in women during menopause and decrease in testosterone levels in men can trigger osteoporosis.

#### Lack of Calcium and Vitamin D

Insufficient intake of these nutrients can lead to bone loss.

#### Genetic Factors

Family history can increase the risk of osteoporosis.

#### Age

The risk of osteoporosis increases with age.

#### Lifestyle Factors

Sedentary lifestyle, smoking, and excessive alcohol consumption can contribute to osteoporosis.

#### Medical Conditions

Certain conditions like hyperthyroidism, Cushing's syndrome, and rheumatoid arthritis can increase the risk.

#### Medications

Long-term use of corticosteroids and certain other medications can lead to bone loss.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Bone Support

An herbal product by Planet Ayurveda, which is a mixture of different natural compounds. It includes Shudh Laksha, Suhanjana Beej, Hadjod, Arjun, Praval Pishti, Mukta Pishti, and others. These ingredients help in removing toxins from bone tissues and providing natural calcium.

Ingredients: Shudh Laksha, Suhanjana Beej, Hadjod, Arjun, Praval Pishti, Mukta Pishti

Benefits: Removes toxins from bone tissues, Provides natural calcium, Helpful in various bone diseases like osteoporosis

### **Coral Calcium Complex**

Capsules prepared from natural compounds including Praval Pishti (Coral Calcium), Mukta Pishti (Pearl Calcium), Akik Pishti (Agate Calcium), Jawar Mohra Pishti, Kamdhudha Ras, and Giloy satva (*Tinospora cordifolia*). These capsules help in improving calcium levels and bone mineral density.

Ingredients: Praval Pishti (Coral Calcium), Mukta Pishti (Pearl Calcium), Akik Pishti (Agate Calcium), Jawar Mohra Pishti, Kamdhudha Ras, Giloy satva (*Tinospora cordifolia*)

Benefits: Improves calcium levels and bone mineral density, Balances Pitta dosha, Manages weak bones

### **Dhanwantharam Oil**

An Ayurvedic oil that helps in strengthening the bones and muscles. It is prepared from various herbs like Bala, Ashwagandha, and others.

Ingredients: Bala, Ashwagandha, Other herbs

Benefits: Strengthens bones and muscles, Improves overall health

### **Yograj Guggul**

Ayurvedic tablets containing a combination of various herbs including Pippali, Kulanjan, Bibhitaki, and others. These tablets help in pacifying the doshas in bones, muscles, and nerves, improving immunity and acting as an antioxidant.

Ingredients: Pippali, Kulanjan, Bibhitaki

Benefits: Pacifies doshas in bones, Improves immunity, Acts as an antioxidant

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Bone Support: 1 capsule twice daily with lukewarm water after meals.

Coral Calcium Complex: 1 capsule twice daily with lukewarm water after meals.

Dhanwantharam Oil: Massage the oil gently over the affected areas twice a day.

Yograj Guggul: 2 tablets twice daily with lukewarm water after meals.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in calcium and vitamin D. Include foods like dairy products, leafy greens, and fortified foods. Engage in

regular exercise, especially weight-bearing activities. Avoid smoking and excessive alcohol consumption. Ensure adequate sleep and practice stress-reducing techniques like yoga and meditation.

# Peyronie's Disease

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## Overview of Peyronie's Disease

Peyronie's Disease is a condition characterized by the development of fibrous scar tissue inside the penis, leading to curved, painful erections. This condition can cause significant discomfort and affect sexual function. According to Ayurveda, Peyronie's Disease is associated with an imbalance of the Vata and Pitta doshas, which can lead to inflammation and scarring in the genital area.

## Causes of Peyronie's Disease

### Causes

- Injury to the penis: Trauma during sexual activity or other injuries can cause Peyronie's Disease.
- Genetic predisposition: Family history can increase the risk.
- Age: Risk increases with age.
- Connective tissue disorders: Conditions like Dupuytren's contracture can increase the risk.
- Autoimmune disorders: Certain autoimmune conditions may contribute to the development of Peyronie's Disease.
- Medications: Certain medications, such as beta-blockers, can increase the risk.

## Symptoms of Peyronie's Disease

### Symptoms

- Painful erections.
- Curved or bent penis.
- Lumps or scar tissue in the penis.
- Shortening of the penis.
- Erectile dysfunction.
- Reduced penile length.
- Narrowing of the penis.

## Diagnosis

### Diagnosis

Diagnosis involves a physical examination, medical history, and sometimes imaging tests like ultrasound to confirm the presence of scar tissue and assess the extent of the curvature.

## Trigger Factors

### Trigger Factors

#### Injury to the Penis

Trauma during sexual activity or other injuries can trigger Peyronie's Disease.

#### Genetic Predisposition

Family history can increase the risk of developing Peyronie's Disease.

#### Age

The risk of Peyronie's Disease increases with age.

#### Connective Tissue Disorders

Conditions like Dupuytren's contracture can increase the risk.

#### Autoimmune Disorders

Certain autoimmune conditions may contribute to the development of Peyronie's Disease.

#### Medications

Certain medications, such as beta-blockers, can increase the risk.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Kanchnaar Guggul

A natural supplement in tablet form. It maintains healthy tissues and is effective in treating conditions like Peyronie's Disease by reducing inflammation and scarring.

Ingredients: Kanchnar (Bauhinia Variegata), Triphala [Amalaki (Emblica officinalis), Haritaki (Terminalia chebula), Bibhitaki (Terminalia bellerica)], Trikatu [Pippali (Piper longum), Marich (Piper nigrum), Shunthi (Zingiber officinale)], Varun (Crataeva nurvala), Twak (Cinnamomum zeylanicum), Tejpatra (Elettaria cardamomum), Shudh Guggul (Commiphora wightii)

Benefits: Maintains healthy tissues, Reduces inflammation and scarring

#### Triphala Guggul

A combination of Triphala (a blend of Amalaki, Haritaki, and Bibhitaki) and Guggul (Commiphora mukul). This remedy helps in detoxifying the body, improving digestion, and enhancing overall health, including reducing inflammation.

Ingredients: Triphala (Amalaki, Haritaki, Bibhitaki), Guggul (Commiphora mukul)

Benefits: Detoxifies the body, Improves digestion, Enhances overall health, Reduces inflammation

### **Pitta Balance**

Capsules prepared from a blend of natural components including Praval Pishti (Coral Calcium), Mukta Pishti (Pearl Calcium), Akik Pishti (Agate Calcium), Jawar Mohra Pishti, Kamdhudha Ras, and Giloy satva (*Tinospora cordifolia*). These capsules help in balancing the body's Pitta dosha, which is often vitiated in Peyronie's Disease.

Ingredients: Praval Pishti (Coral Calcium), Mukta Pishti (Pearl Calcium), Akik Pishti (Agate Calcium), Jawar Mohra Pishti, Kamdhudha Ras, Giloy satva (*Tinospora cordifolia*)

Benefits: Balances Pitta dosha, Reduces inflammation, Improves overall health

### **Ashwagandha Capsules**

Made from the pure extract of Ashwagandha (*Withania somnifera*). These capsules help in reducing stress, improving overall health, and enhancing the body's ability to heal and reduce scarring.

Ingredients: Ashwagandha (*Withania somnifera*)

Benefits: Reduces stress, Improves overall health, Enhances healing and reduces scarring

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Kanchnaar Guggul: 2 tablets twice daily with warm water after meals.

Triphala Guggul: 2 tablets twice daily with warm water after meals.

Pitta Balance: 1 capsule twice daily with plain water after meals.

Ashwagandha Capsules: 1 capsule twice daily with plain water after meals.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in fruits, vegetables, and whole grains. Avoid processed and high-fat foods. Engage in regular exercise and practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep and avoid excessive alcohol consumption and smoking.



# Pneumonia

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## Overview of Pneumonia

Pneumonia is a serious and potentially life-threatening infection that inflames the air sacs in one or both lungs. The air sacs may fill with fluid or pus, causing cough with phlegm or pus, fever, chills, and difficulty breathing. According to Ayurveda, pneumonia is associated with an imbalance of the Kapha dosha, which affects the respiratory system and overall health.

## Causes of Pneumonia

### Causes

- Bacterial infections: The most common cause, often due to *Streptococcus pneumoniae*.
- Viral infections: Such as influenza, respiratory syncytial virus (RSV), and COVID-19.
- Fungal infections: More common in people with weakened immune systems.
- Parasitic infections: Rarely, pneumonia can be caused by parasites.
- Aspiration: Inhaling food, liquids, vomit, or saliva into the lungs.
- Exposure to certain chemicals or pollutants.
- Weakened immune system: Conditions like HIV/AIDS, chemotherapy, or long-term use of corticosteroids can increase the risk.

## Symptoms of Pneumonia

### Symptoms

- Cough, which may produce greenish or yellowish mucus, or even bloody mucus.
- Fever, chills, and sweating.
- Shortness of breath or rapid breathing.
- Chest pain that worsens with deep breathing or coughing.
- Fatigue and weakness.
- Nausea and vomiting, especially in children.
- Headache and confusion, especially in older adults.

## Diagnosis

### Diagnosis

Diagnosis involves a physical examination, medical history, and various diagnostic tests such as chest X-rays, blood tests, and sputum tests to identify the causative agent. Pulse oximetry may also be used to measure oxygen levels in the blood.

## Trigger Factors

### Trigger Factors

#### Bacterial Infections

The most common cause of pneumonia, often due to *Streptococcus pneumoniae*.

#### Viral Infections

Such as influenza, respiratory syncytial virus (RSV), and COVID-19.

#### Fungal Infections

More common in people with weakened immune systems.

#### Aspiration

Inhaling food, liquids, vomit, or saliva into the lungs can trigger pneumonia.

#### Exposure to Certain Chemicals or Pollutants

Exposure to harmful substances can increase the risk of developing pneumonia.

#### Weakened Immune System

Conditions like HIV/AIDS, chemotherapy, or long-term use of corticosteroids can increase the risk.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Kanchnaar Guggul

A natural supplement in tablet form. It maintains healthy tissues and is effective in treating infections, including those affecting the lungs. Ingredients include Kachnar bark (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), Ginger (*Zingiber officinale*), Black pepper (*Piper nigrum*), Pippali (*Piper longum*), and Varuna (*Crataeva religiosa*).

Ingredients: Kachnar bark (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), Ginger (*Zingiber officinale*), Black pepper (*Piper nigrum*), Pippali (*Piper longum*), Varuna (*Crataeva religiosa*)

Benefits: Maintains healthy tissues, Effective in treating infections

#### Tulsi Capsules

Made from the pure extract of Tulsi (*Ocimum sanctum*). This herb is known for its antimicrobial and anti-inflammatory properties, which help in treating respiratory infections.

Ingredients: Tulsi (*Ocimum sanctum*)

Benefits: Antimicrobial and anti-inflammatory properties, Helps in treating respiratory infections

#### **Pitta Balance**

Capsules prepared from a blend of natural components including Praval Pishti (Coral Calcium), Mukta Pishti (Pearl Calcium), Akik Pishti (Agate Calcium), Jawar Mohra Pishti, Kamdhudha Ras, and Giloy satva (*Tinospora cordifolia*). These capsules help in balancing the body's Pitta dosha, which is often vitiated in respiratory infections.

Ingredients: Praval Pishti (Coral Calcium), Mukta Pishti (Pearl Calcium), Akik Pishti (Agate Calcium), Jawar Mohra Pishti, Kamdhudha Ras, Giloy satva (*Tinospora cordifolia*)

Benefits: Balances Pitta dosha, Reduces inflammation, Improves overall health

#### **Haldi Capsules**

Made from the pure extract of Haldi (*Curcuma longa*). This herb has potent anti-inflammatory and antioxidant properties, which help in reducing inflammation and improving overall health.

Ingredients: Haldi (*Curcuma longa*)

Benefits: Anti-inflammatory and antioxidant properties, Reduces inflammation, Improves overall health

#### **Gandhak Rasayan**

A formulation containing Shuddha Gandhak (purified sulfur). It acts as a potent antimicrobial, antiviral, antibacterial, anti-inflammatory, anthelmintic, antioxidant, and antipyretic agent. It helps in reducing infections and inflammation.

Ingredients: Shuddha Gandhak (purified sulfur)

Benefits: Reduces infections, Anti-inflammatory properties, Antimicrobial and antiviral properties

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Kanchnaar Guggul: 2 tablets twice daily with warm water after meals.

Tulsi Capsules: 1-2 capsules twice daily with plain water after meals.

Pitta Balance: 1 capsule twice daily with plain water after meals.

Haldi Capsules: 1-2 capsules twice daily with plain water after meals.

Gandhak Rasayan: 1 tablet twice daily with lukewarm water after meals.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in fruits, vegetables, and whole grains. Avoid processed and high-fat foods. Engage in regular exercise and practice stress-reducing techniques like yoga and meditation. Ensure adequate hydration and avoid excessive alcohol consumption and smoking.

# Post-Polio Syndrome

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## Overview of Post-Polio Syndrome

Post-Polio Syndrome (PPS) is a condition that affects some people who have had polio, often many years after the initial infection. It is characterized by a gradual weakening of muscles, muscle pain, and fatigue. According to Ayurveda, PPS is associated with an imbalance of the Vata dosha, which affects the nervous system and muscle strength.

## Causes of Post-Polio Syndrome

### Causes

- Previous polio infection: The primary cause is the residual effects of the poliovirus.
- Aging: Muscle weakness tends to increase with age.
- Overuse of muscles: Overexertion can exacerbate muscle weakness.
- Other health conditions: Presence of other chronic health conditions can contribute to PPS.
- Genetic factors: Some genetic predispositions may play a role.

## Symptoms of Post-Polio Syndrome

### Symptoms

- Muscle weakness and atrophy.
- Muscle pain and cramps.
- Fatigue.
- Joint pain and arthritis.
- Breathing difficulties.
- Sleep disturbances.
- Decreased endurance.

## Diagnosis

### Diagnosis

Diagnosis involves a thorough medical history, physical examination, and various diagnostic tests such as electromyography (EMG), nerve conduction studies, and blood tests to rule out other conditions causing similar symptoms.

## Trigger Factors

### Trigger Factors

#### Previous Polio Infection

The primary cause is the residual effects of the poliovirus.

#### Aging

Muscle weakness tends to increase with age.

#### Overuse of Muscles

Overexertion can exacerbate muscle weakness.

#### Other Health Conditions

Presence of other chronic health conditions can contribute to PPS.

#### Genetic Factors

Some genetic predispositions may play a role.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Ashwagandha Capsules

Made from the pure extract of Ashwagandha (*Withania somnifera*). These capsules help in reducing stress, improving overall health, and enhancing the body's ability to heal and reduce muscle weakness.

Ingredients: Ashwagandha (*Withania somnifera*)

Benefits: Reduces stress, Improves overall health, Enhances healing and reduces muscle weakness

#### Yograj Guggul

Ayurvedic tablets containing a combination of various herbs including Pippali, Kulanjan, Bibhitaki, and others. These tablets help in pacifying the doshas in muscles, nerves, and improving immunity and acting as an antioxidant.

Ingredients: Pippali, Kulanjan, Bibhitaki

Benefits: Pacifies doshas in muscles, Improves immunity, Acts as an antioxidant

#### Makardhwaj

A natural supplement that helps in improving muscle strength and reducing fatigue. It is prepared from a blend of natural ingredients including Swarna Bhasma, Rajat Bhasma, and other herbs.

Ingredients: Swarna Bhasma, Rajat Bhasma, Other herbs

Benefits: Improves muscle strength, Reduces fatigue

#### **Haldi Capsules**

Made from the pure extract of Haldi (*Curcuma longa*). This herb has potent anti-inflammatory and antioxidant properties, which help in reducing inflammation and improving overall health.

Ingredients: Haldi (*Curcuma longa*)

Benefits: Anti-inflammatory and antioxidant properties, Reduces inflammation, Improves overall health

#### **Pitta Balance**

Capsules prepared from a blend of natural components including Praval Pishti (Coral Calcium), Mukta Pishti (Pearl Calcium), Akik Pishti (Agate Calcium), Jawar Mohra Pishti, Kamdhudha Ras, and Giloy satva (*Tinospora cordifolia*). These capsules help in balancing the body's Pitta dosha, which is often vitiated in PPS.

Ingredients: Praval Pishti (Coral Calcium), Mukta Pishti (Pearl Calcium), Akik Pishti (Agate Calcium), Jawar Mohra Pishti, Kamdhudha Ras, Giloy satva (*Tinospora cordifolia*)

Benefits: Balances Pitta dosha, Reduces inflammation, Improves overall health

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Ashwagandha Capsules: 1-2 capsules twice daily with plain water after meals.

Yograj Guggul: 2 tablets twice daily with warm water after meals.

Makardhwaj: As advised by the physician.

Haldi Capsules: 1-2 capsules twice daily with plain water after meals.

Pitta Balance: 1 capsule twice daily with plain water after meals.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in fruits, vegetables, and whole grains. Avoid processed and high-fat foods. Engage in regular exercise and practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep and avoid excessive alcohol consumption and smoking.

# Premenstrual Syndrome (PMS)

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## Overview of Premenstrual Syndrome (PMS)

Premenstrual Syndrome (PMS) is a set of physical, emotional, and behavioral symptoms that occur in the premenstrual phase of a woman's menstrual cycle. According to Ayurveda, PMS is associated with an imbalance of the Pitta and Kapha doshas, which can lead to various symptoms affecting the physical and emotional well-being of women.

## Causes of Premenstrual Syndrome (PMS)

### Causes

- Hormonal changes: Fluctuations in estrogen and progesterone levels.
- Serotonin levels: Changes in serotonin levels can affect mood.
- Stress: High levels of stress can exacerbate symptoms.
- Lifestyle factors: Poor diet, lack of exercise, and inadequate sleep can contribute to PMS.
- Genetic factors: Family history can play a role.
- Other medical conditions: Certain conditions like thyroid disorders or depression can increase the risk of PMS.

## Symptoms of Premenstrual Syndrome (PMS)

### Symptoms

- Mood swings and irritability.
- Breast tenderness.
- Bloating and weight gain.
- Fatigue and lethargy.
- Headaches and migraines.
- Digestive issues like constipation or diarrhea.
- Anxiety and depression.
- Insomnia or excessive sleepiness.
- Food cravings.

## Diagnosis

### Diagnosis

Diagnosis involves a thorough medical history, physical examination, and sometimes additional tests to rule out other conditions that may cause similar symptoms. A symptom calendar can help track the timing and severity of symptoms.



## Trigger Factors

### Trigger Factors

#### Hormonal Changes

Fluctuations in estrogen and progesterone levels can trigger PMS symptoms.

#### Serotonin Levels

Changes in serotonin levels can affect mood and contribute to PMS symptoms.

#### Stress

High levels of stress can exacerbate PMS symptoms.

#### Lifestyle Factors

Poor diet, lack of exercise, and inadequate sleep can contribute to PMS.

#### Genetic Factors

Family history can play a role in the development of PMS.

#### Other Medical Conditions

Certain conditions like thyroid disorders or depression can increase the risk of PMS.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Aloe Vera Juice

Aloe Vera juice is known for its soothing and calming effects on the body. It helps in reducing stress, improving digestion, and balancing hormonal levels.

Ingredients: Aloe Vera

Benefits: Reduces stress, Improves digestion, Balances hormonal levels

#### Pitta Balance

Capsules prepared from a blend of natural components including Praval Pishti (Coral Calcium), Mukta Pishti (Pearl Calcium), Akik Pishti (Agate Calcium), Jawar Mohra Pishti, Kamdhudha Ras, and Giloy satva (*Tinospora cordifolia*). These capsules help in balancing the body's Pitta dosha, which is often vitiated in PMS.

Ingredients: Praval Pishti (Coral Calcium), Mukta Pishti (Pearl Calcium), Akik Pishti (Agate Calcium), Jawar Mohra Pishti, Kamdhudha Ras, Giloy satva (*Tinospora cordifolia*)

Benefits: Balances Pitta dosha, Reduces inflammation, Improves overall health

### Stress Support

Capsules packed with ingredients like Brahmi, Ashwagandha, and Tagar. These herbs have a specific action on the brain and help in building up the ojas in the body, balancing the Vata dosha, and leading to a balance of emotions and mood.

Ingredients: Brahmi, Ashwagandha, Tagar

Benefits: Balances Vata dosha, Builds up ojas, Balances emotions and mood

### Manjishtha Capsules

Made from the pure extract of Manjishtha (*Rubia cordifolia*). These capsules help in detoxifying the skin, reducing inflammation, and improving overall health.

Ingredients: Manjishtha (*Rubia cordifolia*)

Benefits: Detoxifies the skin, Reduces inflammation, Improves overall health

### Shatavari Capsules

Made from the pure extract of Shatavari (*Asparagus racemosus*). These capsules help in balancing female hormones and reducing symptoms associated with PMS.

Ingredients: Shatavari (*Asparagus racemosus*)

Benefits: Balances female hormones, Reduces PMS symptoms

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Aloe Vera Juice: Drink 1/2 cup of Aloe Vera juice twice daily.

Pitta Balance: 1 capsule twice daily with plain water after meals.

Stress Support: 1 capsule twice daily with plain water after meals.

Manjishtha Capsules: 1-2 capsules twice daily with plain water after meals.

Shatavari Capsules: 1-2 capsules twice daily with plain water after meals.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in fruits, vegetables, and whole grains. Avoid processed and high-fat foods. Engage in regular exercise and practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep and avoid excessive alcohol consumption and smoking.

# Progressive Supranuclear Palsy (PSP)

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## Overview of Progressive Supranuclear Palsy (PSP)

Progressive supranuclear palsy is a disorder of the brain that seriously impacts the balance of the body, eye movements, gait, and walking. It is also known as Steele-Richardson-Olszewski syndrome. This disorder leads to cellular deterioration in the areas of the brain controlling thinking power and body movement, and it worsens over time. It can lead to life-threatening problems such as swallowing complications, pneumonia, and others. Although there is no particular cure for this syndrome, there are treatments available for its symptoms. This disorder can affect individuals regardless of gender, geographical location, or race, and it is an uncommon degenerative disorder with progressive damage.

## Causes of Progressive Supranuclear Palsy (PSP)

### Causes

- The cause of this disorder is yet to be known.
- Cellular deterioration in various areas of the brain, especially the frontal lobe and midbrain.
- Heredity or family history is not generally a cause of this disorder, meaning it is not inherited.

## Symptoms of Progressive Supranuclear Palsy (PSP)

### Symptoms

- Difficulty in balancing the body while moving.
- Difficulty in proper eye movement, such as looking downward or upward.
- Unable to focus properly.
- Swallowing difficulty.
- Unclear speech.
- Frequent falling due to balance and vision problems.
- Body stiffness.
- Colliding with objects frequently.
- Enhanced sensitivity to light.
- Anxiety.
- Depression.
- Sleep disturbances.
- Muscular rigidity of the facial muscles.
- Constipation.

- Urinary incontinence.
- Problem in decision making and problem solving.
- Memory issues.
- Impulsive behavior.
- Lack of interest in pleasurable activities.

## Diagnosis

### Diagnosis

Diagnosis involves a thorough medical history, physical examination, and sometimes additional tests to rule out other conditions that may cause similar symptoms.

## Trigger Factors

### Trigger Factors

#### Age

People over 60 are more likely to be affected by this disorder.

#### Complications Due to Muscular Movements

Complications such as fractures, difficulty focusing eyes, sleep disturbances, and sensitivity to bright light can arise due to hindered muscular movements.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Boswellia Curcumin

Capsules made from the extracts of boswellia and curcumin, which are anti-inflammatory herbs. Boswellic Acid and curcuminoids are the ingredients present in these herbs, which help in fighting the complications of PSP.

Ingredients: Boswellia, Curcumin

Benefits: Reduces inflammation, Enhances comprehensive immune system

#### Ashwagandha Capsules

Capsules manufactured from the standardized extract of Ashwagandha (Withania somnifera), known for its immense health benefits and medicinal properties. It helps in maintaining a balance between the body and the mind.

Ingredients: Ashwagandha (Withania somnifera)

Benefits: Maintains health, Balances body and mind

#### **Shilajit Capsules**

Herbo-mineral compound with various medicinal properties, helping to maintain immunity and body balance. It fights away various signs and symptoms of PSP from the roots.

Ingredients: Shilajit

Benefits: Maintains immunity, Balances body, Fights symptoms from the roots

#### **Giloy Capsules**

Made from the standardized extracts of Giloy (*Tinospora cordifolia*), possessing anti-inflammatory, antipyretic, analgesic, antiseptic, blood purifying, and other properties.

Ingredients: Giloy (*Tinospora cordifolia*)

Benefits: Anti-inflammatory, Antipyretic, Analgesic, Antiseptic, Blood purifying

#### **Hakam Churna**

A combination of Ayurvedic herbs like Chandershoor, Kalonji, Ajwain, and Methi, known as the 'Tridoshic Rasayan' to control the tri-energies of the body. It helps to restore balance between the three energies.

Ingredients: Chandershoor, Kalonji, Ajwain, Methi

Benefits: Controls tri-energies, Restores balance, Relieves pain, Anti-inflammatory properties

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Boswellia Curcumin: 1 capsule two times a day.

Ashwagandha Capsules: 1 capsule two times a day.

Shilajit Capsules: 1 capsule two times a day.

Giloy Capsules: 1 capsule two times a day.

Hakam Churna: 1 tsp two times a day.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in fruits, vegetables, and whole grains. Avoid processed and high-fat foods. Engage in regular exercise and practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep and avoid excessive alcohol consumption and smoking.

# Prostatitis

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## Overview of Prostatitis

Prostatitis is a male reproductive health complication defined as an infection and inflammation of the prostate glands. The prostate glands are present below the man's urinary bladder and help in the formation of fluid for semen. This problem has become a serious men's health issue and can result in various complications like prostate cancer and infertility.

## Causes of Prostatitis

### Causes

- Bacterial infections – Escherichia coli and other gram-negative bacteria are responsible for these prostate infections.
- Autoimmune disorders.
- Physical injury.
- Uric acid complications.
- Nervous system disorders.
- Prostate cancer.
- Benign prostatic hyperplasia (BPH) which is non-cancerous growth of prostate.
- Infection caused by Candida albicans.

## Symptoms of Prostatitis

### Symptoms

- Frequent urge for urination.
- Burning sensation while urinating.
- Pain during ejaculation.
- Bleeding or pus in urine.
- Pain in genitals, pelvis, lower back, and buttocks.
- Fever and chills in severe cases.
- Pain on the tip of the penis.

## Diagnosis

### Diagnosis

Diagnosis involves identifying the cause of the infection or inflammation. This may include urine tests, blood tests, and sometimes additional tests to rule out other conditions that may cause similar symptoms.

## Trigger Factors

### Trigger Factors

#### Bacterial Infections

Infections caused by bacteria like *Escherichia coli* can trigger prostatitis.

#### Autoimmune Disorders

Autoimmune disorders can contribute to the development of prostatitis.

#### Physical Injury

Physical injury can lead to prostatitis.

#### Other Medical Conditions

Conditions like prostate cancer, BPH, and nervous system disorders can increase the risk of prostatitis.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Varunadi Vati

Natural herbal supplement very effective for the treatment of prostatitis. It helps to suppress the size of the prostate in a natural way without causing any side effects.

Ingredients: Punarnava (*Boerhavia diffusa*), Varun (*Crateva nurvala*), Gokshura (*Tribulus terrestris*), Shuddha Guggulu (*Commiphora mukul*)

Benefits: Suppresses prostate size, Maintains good male reproductive health, Provides relief in burning and frequent urination

#### Tribulus Power

Capsules prepared from the pure extracts of Gokshura (*Tribulus terrestris*). This herb has antimicrobial properties and is effective for treating prostatitis.

Ingredients: Gokshura (*Tribulus terrestris*)

Benefits: Antimicrobial properties, Aphrodisiac properties, Diuretic properties

#### Shilajit Capsules

Capsules prepared from the resin extract of Shilajit (Asphaltum). It has diuretic properties and helps in removing infections.

Ingredients: Shilajit (Asphaltum)

Benefits: Diuretic properties, Aphrodisiac properties, Provides relief in burning and frequent urination, Helps to manage elevated PSA levels

#### Kanchnaar Guggul

Herbal formulation prepared from various herbs that help reduce the prostate size in a natural way without causing any side effects.

Ingredients: Kachnar bark (Bauhinia variegata), Amalaki (Emblica officinalis), Haritaki (Terminalia chebula), Bibhitaki (Terminalia bellirica), Sonth (Zingiber officinale), Marich (Piper nigrum), Pippali (Piper longum), Varuna (Crateva religiosa)

Benefits: Reduces prostate size, Diuretic properties, Maintains good male reproductive health, Provides relief in burning and frequent urination

### Usage/Dosage Recommendations

#### Usage/Dosage Recommendations

Varunadi Vati: 2 tablets twice daily with warm water after meals.

Tribulus Power: 2 capsules twice daily with warm water after meals.

Shilajit Capsules: 2 capsules twice daily with warm water after meals.

Kanchnaar Guggul: 2 tablets twice daily with warm water after meals.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in fruits, vegetables, and whole grains. Avoid processed and high-fat foods. Engage in regular exercise and practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep and avoid excessive alcohol consumption and smoking.



# Psychosis

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## Overview of Psychosis

Psychosis is a mental disorder characterized by an impaired relationship with reality. People suffering from psychosis may experience self-deceptions and hallucinations. These sensory experiences are the result of the absence of actual stimuli. According to Ayurveda, psychosis is described as 'Unmad' and is associated with an imbalance of the psychic energies (sattva, raja, and tama) in connection with the physical energies (vata, pitta, and kapha).

## Causes of Psychosis

### Causes

- Brain diseases like Alzheimer's disease, Parkinson's disease, Huntington's disease, and some chromosomal disorders.
- Brain tumors.
- Infections that attack the brain like syphilis and HIV.
- Stroke.
- Certain types of epilepsy.
- Imbalance of psychic energies (sattva, raja, and tama) and physical energies (vata, pitta, and kapha) in Ayurveda.

## Symptoms of Psychosis

### Symptoms

- Depression.
- Anxiety.
- Lack of concentration.
- Cut off from family and friends.
- Hallucinations.
- Suicidal thoughts.
- Sleeping problems like sleeping too much or waking up all night.
- Lack of spontaneity.
- Disorganized speech.
- Behavior problems like wearing odd clothes.
- Problems in performing daily activities like cooking or self-care.

## Diagnosis

### Diagnosis

Diagnosis involves identifying the underlying cause of the psychosis. This may include psychological evaluations, medical history, physical examination, and sometimes additional tests to rule out other conditions that may cause similar symptoms.

## Trigger Factors

### Trigger Factors

#### Brain Diseases

Diseases like Alzheimer's, Parkinson's, and Huntington's can trigger psychosis.

#### Brain Tumors

Brain tumors can contribute to the development of psychosis.

#### Infections

Infections like syphilis and HIV can attack the brain and lead to psychosis.

#### Stroke and Epilepsy

Stroke and certain types of epilepsy can also trigger psychosis.

#### Ayurvedic Imbalance

Imbalance of psychic and physical energies (sattva, raja, tama, vata, pitta, and kapha) in Ayurveda can lead to psychosis.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Memory Support

Capsules prepared from a blend of various herbs like Brahmi (*Bacopa monnieri*), Vacha (*Acorus calamus*), Shankhpushpi (*Convolvulus pluricaulis*), and Mulethi (*Glycyrrhiza glabra*). These herbs support good brain health and help provide relief in symptoms associated with psychosis.

Ingredients: Brahmi (*Bacopa monnieri*), Vacha (*Acorus calamus*), Shankhpushpi (*Convolvulus pluricaulis*), Mulethi (*Glycyrrhiza glabra*)

Benefits: Supports good brain health, Relieves symptoms like depression, anxiety, and lack of concentration, Helps with hallucinations and sleeping problems

### Medhya Churna

A powder formulation made from a blend of herbs including Vacha (*Acorus calamus*), Ashwagandha (*Withania somnifera*), Ajmoda (*Carum roxburghianum*), Shwet jeerak (*Cuminum cyminum*), Krishna jeerak (*Carum carvi*), Sonth (*Zingiber officinale*), Marich (*Piper nigrum*), Pipali (*Piper longum*), Patha (*Cissampelos pareira*), Shankhpushpi (*Convolvulus pluricaulis*), and Brahmi (*Bacopa monnieri*). These herbs support good brain health and provide relief in symptoms associated with psychosis.

Ingredients: Vacha (*Acorus calamus*), Ashwagandha (*Withania somnifera*), Ajmoda (*Carum roxburghianum*), Shwet jeerak (*Cuminum cyminum*), Krishna jeerak (*Carum carvi*), Sonth (*Zingiber officinale*), Marich (*Piper nigrum*), Pipali (*Piper longum*), Patha (*Cissampelos pareira*), Shankhpushpi (*Convolvulus pluricaulis*), Brahmi (*Bacopa monnieri*)

Benefits: Supports good brain health, Relieves symptoms like depression, anxiety, and lack of concentration, Helps with hallucinations and sleeping problems

### Brahmi Capsules

Capsules prepared from the pure extract of Brahmi (*Bacopa monnieri*). This herb has great medicinal importance and helps manage various neurological problems, including psychosis.

Ingredients: Brahmi (*Bacopa monnieri*)

Benefits: Helps manage neurological problems, Relieves symptoms like depression, anxiety, and lack of concentration, Helps with hallucinations and sleeping problems

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Memory Support: 1 capsule two times a day with plain water.

Medhya Churna: 1/4 teaspoon once daily with 1 spoon of Cow Ghee (Clarified Butter).

Brahmi Capsules: 1 capsule two times a day with plain water.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in fruits, vegetables, and whole grains. Avoid processed and high-fat foods. Engage in regular exercise and practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep and avoid excessive alcohol consumption and smoking.

# Parkinsonism

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## Overview of Parkinsonism

Parkinsonism is a neurological disorder that affects the motor system and behavioral system. It is characterized by symptoms such as tremors, rigidity, postural instability, and bradykinesia. According to Ayurveda, Parkinsonism is known as 'kampavata,' where 'kampa' means tremor and 'vata' is one of the humors that regulate air and all movements in the body. This disorder is caused by the aggravated Vata Dosha, which is the presence of aggravated air in the brain.

## Causes of Parkinsonism

### Causes

- Degenerative disorder of the central nervous system.
- Aggravated Vata Dosha in Ayurveda, resulting from poor digestion, increased Vata Dosha in the stomach, and its movement to the brain.
- No specific external cause, but age is a significant risk factor.

## Symptoms of Parkinsonism

### Symptoms

- Akinesia: Loss or impairment of voluntary movement.
- Drooling: Dropping saliva uncontrollably from the mouth.
- Tremor: Involuntary quivering movement.
- Constant somnolence: Sleepiness or drowsiness.
- Dementia: Chronic or mental disorder of the mental processes caused by brain disease or injury.
- Monotone and expressionless voice, sometimes mistaken for depression.
- Festinating Gait.
- Rigidity: Stiffness or inflexibility.
- Reduced blinking.
- Tremors.
- Rigidity.
- Postural instability.
- Bradykinesia.

## Diagnosis

### Diagnosis

Diagnosis involves identifying the symptoms and ruling out other conditions that may cause similar symptoms. This may include medical history, physical examination, and sometimes additional tests.

## Trigger Factors

### Trigger Factors

#### Age

People over 65 years are more likely to be affected by Parkinsonism.

#### Aggravated Vata Dosha

According to Ayurveda, the aggravation of Vata Dosha is a key trigger factor.

#### Other Medical Conditions

Conditions like brain tumors, infections, stroke, and certain types of epilepsy can contribute to the development of Parkinsonism.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Brahmi Capsules

Capsules prepared from the pure extract of Brahmi (*Bacopa monnieri*). This herb is a potent nervine tonic and helps in sharpening the brain, increasing learning and memory.

Ingredients: Brahmi (*Bacopa monnieri*)

Benefits: Promotes mental health., Relieves stress, anxiety., Reduces inflammation., Improves mental clarity and alertness.

#### Vrihat Vatchintamani Ras

A classical Ayurvedic formulation helpful in treating various neurological ailments. It consists of ashes of various heavy metals and has multiple actions and properties.

Ingredients: Ashes of heavy metals

Benefits: Balances Vata Dosha., Treats paralysis, hemiplegia, facial palsy, tremors, psychosis, epilepsy., Anti-oxidant properties, acts as rejuvenating and anti-aging medicine.

### **Musli Strength**

A formulation prepared from Safed Musli and Gokshur. It is helpful in arthritis, diabetes, and boosting vitality.

Ingredients: Safed Musli, Gokshur

Benefits: Aphrodisiac and revitalizing properties., Increases testosterone production., Treats male reproductive tract problems.

### **Zandopa Powder**

Made from the plant Mucuna pruriens, which contains a natural source of Levodopa. It improves rigidity and tremors.

Ingredients: Mucuna pruriens

Benefits: Improves rigidity and tremors., Enhances psychic behavior.

### **Ashwagandha Capsules**

Capsules prepared from the pure extract of Ashwagandha (Withania somnifera). It is known as 'Ayurvedic ginseng' and helps in balancing Vata Dosha.

Ingredients: Ashwagandha (Withania somnifera)

Benefits: Adaptogenic properties., Strengthens nerves., Improves sleep., Removes nerve exhaustion and memory loss.

### **Parkin Capsules**

Specifically formulated to treat Parkinson's disease, these capsules help in managing the symptoms effectively.

Ingredients: Various herbs

Benefits: Manages symptoms of Parkinson's disease., Improves motor functions.

### **Brahmi Chyawanprash**

Made from Amla (Indian Gooseberry) and 48 other life-enhancing herbs. It is a cell rejuvenator and boosts the immune system.

Ingredients: Amla (Indian Gooseberry), Other herbs

Benefits: Rejuvenates cells., Boosts immune system., Relieves anxiety, stress, and insomnia.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Brahmi Capsules: 1 capsule twice daily with warm water after meals.

Vrihat Vatchintamani Ras: 1 tablet twice daily with warm water after meals.

Musli Strength: 1 capsule twice daily with warm water after meals.

Zandopa Powder: 1 teaspoonful, twice daily after meals.

Ashwagandha Capsules: 1 capsule twice daily with warm water after meals.

Parkin Capsules: 1 capsule twice daily with warm water after meals.

Brahmi Chyawanprash: 1 teaspoonful, twice daily after meals, preferably with milk.

Dietary and Lifestyle Recommendations: Take plenty of fluids and fibers to avoid constipation. Avoid coffee, tea, hot liquids, and alcohol. Follow a diet rich in beta carotene, vitamin C, and vitamin E. Avoid white sugar and white rice; instead, use brown sugar and brown rice.

# Piles (Hemorrhoids)

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## Overview of Piles (Hemorrhoids)

Piles, also known as hemorrhoids, are a health condition characterized by the inflammation and swelling of veins in the anal canal and lower rectum. According to Ayurveda, piles are known as 'Arsh' and are caused by the imbalance of the three doshas (Vata, Pitta, and Kapha), particularly the aggravation of Pitta dosha, which leads to digestive problems and the accumulation of toxins (ama) in the digestive gut.

## Causes of Piles (Hemorrhoids)

### Causes

- Pregnancy.
- Ageing: With the increase in age, tissues in the lining of the anus become less supportive.
- Sitting posture: People with long hours of sitting jobs are prone to piles.
- Improper diet: Eating junk foods and a diet lacking in fiber contributes to piles.
- Obesity.
- Hereditary factors.
- Constipation.
- Chronic diarrhea.

## Symptoms of Piles (Hemorrhoids)

### Symptoms

- Bleeding on defecation.
- Prolapse of pile mass: It is seen in larger hemorrhoids and usually occurs at the time of defecation.
- Pain and itching in the anal region.
- Mucus discharge.
- Pruritus: Mucus discharge can cause irritation of the skin, resulting in pruritus.
- Constipation.
- Hard and painful lump around the anus, which may have coagulated blood.



## Diagnosis

### Diagnosis

Piles can be diagnosed based on the patient's history and rectal examination. This includes family history of piles, bowel movement, and appearance of stool. Rectal examination involves two tests: digital rectal examination and proctoscopy (anoscopy).

## Trigger Factors

### Trigger Factors

#### Constipation

Constipation is a major trigger factor for piles.

#### Improper Diet

Eating junk foods and a diet lacking in fiber contributes to piles.

#### Sitting Posture

People with long hours of sitting jobs are prone to piles.

#### Obesity

Obesity can increase the risk of developing piles.

#### Hereditary Factors

Hereditary factors can also contribute to the development of piles.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Vara Churna

A blend of herbs like Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellirica*), and Amalaki (*Emblica officinalis*). These herbs contain anti-inflammatory, analgesic, digestive, antiseptic, and laxative properties.

Ingredients: Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellirica*), Amalaki (*Emblica officinalis*)

Benefits: Beneficial in chronic constipation, gastritis, loss of appetite, indigestion, and detoxification of the body.

### Pile Off Capsules

Capsules containing herbs like Haridra (*Curcuma longa*), Trikatu (Ginger, Long pepper, Black pepper), Nagkeshar (*Mesua ferrea*), and Choti Harad (*Terminalia chebula*) blended with Sajji kshaar (Sodium bicarbonate).

Ingredients: Haridra (*Curcuma longa*), Trikatu (Ginger, Long pepper, Black pepper), Nagkeshar (*Mesua ferrea*), Choti Harad (*Terminalia chebula*), Sajji kshaar (Sodium bicarbonate)

Benefits: Effective in both internal and external piles, indigestion, loss of appetite, and constipation.

### Triphala Guggul

A classical Ayurvedic preparation prepared using ingredients like Haritaki (*Terminalia chebula*), Amalaki (*Emblica officinalis*), Bibhitaki (*Terminalia bellirica*), and Guggul (*Commiphora guggul*).

Ingredients: Haritaki (*Terminalia chebula*), Amalaki (*Emblica officinalis*), Bibhitaki (*Terminalia bellirica*), Guggul (*Commiphora guggul*)

Benefits: Helps in healing inflammation and assists in other anorectal issues, relieves constipation, and aids healthy digestion.

### Nirgundi Oil

Herbal oil containing herbs like Manjistha (*Rubia cordifolia*), Haridra (*Curcuma longa*), Kalihari (*Gloriosa superba*), and Nirgundi (*Vitex negundo*) mixed in Tila oil (*Sesamum indicum*).

Ingredients: Manjistha (*Rubia cordifolia*), Haridra (*Curcuma longa*), Kalihari (*Gloriosa superba*), Nirgundi (*Vitex negundo*), Tila oil (*Sesamum indicum*)

Benefits: Reduces pain, swelling, and abscess conditions, shrinks and sheds off pile mass internally.

### Arshkuthar Ras

A herbo-mineral preparation used in the management of piles or hemorrhoids, containing ingredients like Snuhi ksheera (*Euphorbia nerifolia*), Danti mool (*Baliospermum Montanum*), Suran churna (*Amorphophallus paeoniifolius*), Shuddha tankan (*Citrus tankan*), and others.

Ingredients: Snuhi ksheera (*Euphorbia nerifolia*), Danti mool (*Baliospermum Montanum*), Suran churna (*Amorphophallus paeoniifolius*), Shuddha tankan (*Citrus tankan*)

Benefits: Helps in getting results faster due to the presence of minerals and herbs, increases digestive fire, and is helpful in rakta arsh (bleeding piles).

### Suran Vatak

A classical Ayurvedic formulation prepared primarily using Surana (*Amorphophallus campanulatus*) along with other ingredients like Chitraka (*Plumbago zeylanica*), Vidanga (*Emblica ribes*), Vibhitaki (*Terminalia bellirica*), and Amla (*Emblica officinalis*).

Ingredients: Surana (*Amorphophallus campanulatus*), Chitraka (*Plumbago zeylanica*), Vidanga (*Emblica ribes*), Vibhitaki (*Terminalia bellirica*), Amla (*Emblica officinalis*)

Benefits: Eases out the inflammation and reduces symptoms like bleeding and incomplete evacuation.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Vara Churna: 1 teaspoonful twice daily with warm water after meals.

Pile Off Capsules: 2 capsules twice daily with warm water after meals.

Triphala Guggul: 2 tablets twice daily with warm water after meals.

Nirgundi Oil: For local application on the affected area.

Arshkuthar Ras: 1 tablet twice daily with warm water after meals.

Suran Vatak: 2 tablets twice daily with warm water after meals.

Dietary and Lifestyle Recommendations: Take plenty of fluids and fibers to avoid constipation. Avoid coffee, tea, hot liquids, and alcohol. Follow a diet rich in beta carotene, vitamin C, and vitamin E. Avoid white sugar and white rice; instead, use brown sugar and brown rice.

# Polycystic Ovarian Disease (PCOD)

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## Overview of Polycystic Ovarian Disease (PCOD)

Polycystic Ovarian Disease (PCOD) is a hormonal disorder common among women of reproductive age. It is characterized by the presence of multiple cysts on the ovaries, irregular menstrual cycles, and high levels of androgens. According to Ayurveda, PCOD is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha) and is often linked to metabolic and hormonal disturbances.

## Causes of Polycystic Ovarian Disease (PCOD)

### Causes

- Hormonal imbalance: High levels of androgens and insulin resistance.
- Genetic factors: Family history can play a role.
- Insulin resistance: Leading to high blood sugar levels.
- Obesity: Excess weight can exacerbate the condition.
- Stress: High levels of stress can contribute to hormonal imbalances.
- Poor diet and lifestyle: Lack of physical activity and unhealthy diet.
- Ayurvedic perspective: Imbalance of Vata, Pitta, and Kapha doshas.

## Symptoms of Polycystic Ovarian Disease (PCOD)

### Symptoms

- Irregular menstrual cycles or amenorrhea.
- Weight gain and obesity.
- Acne and hirsutism (excessive hair growth).
- Male pattern baldness.
- Cysts on the ovaries.
- Infertility or difficulty in conceiving.
- Mood swings and depression.
- Insulin resistance and high blood sugar levels.

## Diagnosis

### Diagnosis

Diagnosis involves a combination of physical examination, medical history, and diagnostic tests such as ultrasound to visualize the ovaries and blood tests to check hormone levels and rule out other conditions.

## Trigger Factors

### Trigger Factors

#### Hormonal Imbalance

High levels of androgens and insulin resistance can trigger PCOD symptoms.

#### Genetic Factors

Family history can play a role in the development of PCOD.

#### Obesity

Excess weight can exacerbate the condition.

#### Stress

High levels of stress can contribute to hormonal imbalances.

#### Poor Diet and Lifestyle

Lack of physical activity and unhealthy diet can contribute to PCOD.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Aloe Vera Juice

Aloe Vera juice is known for its soothing and calming effects on the body. It helps in reducing stress, improving digestion, and balancing hormonal levels.

Ingredients: Aloe Vera

Benefits: Reduces stress, Improves digestion, Balances hormonal levels

#### Pitta Balance

Capsules prepared from a blend of natural components including Praval Pishti (Coral Calcium), Mukta Pishti (Pearl Calcium), Akik Pishti (Agate Calcium), Jawar Mohra Pishti, Kamdhudha Ras, and Giloy satva (*Tinospora cordifolia*). These capsules help in balancing the body's Pitta dosha, which is often vitiated in PCOD.

Ingredients: Praval Pishti (Coral Calcium), Mukta Pishti (Pearl Calcium), Akik Pishti (Agate Calcium), Jawar Mohra Pishti, Kamdhudha Ras, Giloy satva (*Tinospora cordifolia*)

Benefits: Balances Pitta dosha, Reduces inflammation, Improves overall health

#### Stress Support

Capsules packed with ingredients like Brahmi, Ashwagandha, and Tagar. These herbs have a specific action on the brain and help in building up the ojas in the body, balancing the Vata dosha, and leading to a balance of emotions and mood.

Ingredients: Brahmi, Ashwagandha, Tagar

Benefits: Balances Vata dosha, Builds up ojas, Balances emotions and mood

#### **Manjishtha Capsules**

Made from the pure extract of Manjishtha (*Rubia cordifolia*). These capsules help in detoxifying the skin, reducing inflammation, and improving overall health.

Ingredients: Manjishtha (*Rubia cordifolia*)

Benefits: Detoxifies the skin, Reduces inflammation, Improves overall health

#### **Shatavari Capsules**

Made from the pure extract of Shatavari (*Asparagus racemosus*). These capsules help in balancing female hormones and reducing symptoms associated with PCOD.

Ingredients: Shatavari (*Asparagus racemosus*)

Benefits: Balances female hormones, Reduces PCOD symptoms

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Aloe Vera Juice: Drink 1/2 cup of Aloe Vera juice twice daily.

Pitta Balance: 1 capsule twice daily with plain water after meals.

Stress Support: 1 capsule twice daily with plain water after meals.

Manjishtha Capsules: 1-2 capsules twice daily with plain water after meals.

Shatavari Capsules: 1-2 capsules twice daily with plain water after meals.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in fruits, vegetables, and whole grains. Avoid processed and high-fat foods. Engage in regular exercise and practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep and avoid excessive alcohol consumption and smoking.

# Post-Traumatic Stress Disorder (PTSD)

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## Overview of Post-Traumatic Stress Disorder (PTSD)

Post-Traumatic Stress Disorder (PTSD) is a mental health condition that can develop after a person is exposed to a traumatic event, such as combat, natural disasters, or physical abuse. According to Ayurveda, PTSD is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha) and is often linked to the aggravation of Vata dosha, which affects the nervous system and mental health.

## Causes of Post-Traumatic Stress Disorder (PTSD)

### Causes

- Exposure to traumatic events such as combat, natural disasters, physical abuse, or sexual assault.
- Genetic factors: Family history can play a role.
- Brain chemistry: Changes in brain chemistry can contribute to PTSD.
- Ayurvedic perspective: Imbalance of Vata dosha, which affects the nervous system and mental health.
- Stress and anxiety: High levels of stress and anxiety can exacerbate PTSD symptoms.

## Symptoms of Post-Traumatic Stress Disorder (PTSD)

### Symptoms

- Flashbacks: Reliving the traumatic event through vivid memories or dreams.
- Nightmares: Recurring nightmares related to the traumatic event.
- Severe anxiety: Feeling on edge or easily startled.
- Avoidance: Avoiding places, activities, or people that remind them of the traumatic event.
- Hypervigilance: Always being on the lookout for potential dangers.
- Irritability: Easily irritated or having outbursts of anger.
- Depression: Feeling hopeless or having a lack of interest in activities.
- Substance abuse: Using substances to cope with symptoms.
- Sleep disturbances: Difficulty sleeping or insomnia.

## Diagnosis

### Diagnosis

Diagnosis involves a thorough medical history, psychological evaluation, and sometimes additional tests to rule out other conditions that may cause similar symptoms. A healthcare provider may use criteria from the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) to diagnose PTSD.

## Trigger Factors

### Trigger Factors

#### Traumatic Events

Exposure to traumatic events such as combat, natural disasters, physical abuse, or sexual assault can trigger PTSD.

#### Genetic Factors

Family history can play a role in the development of PTSD.

#### Brain Chemistry

Changes in brain chemistry can contribute to PTSD.

#### Ayurvedic Imbalance

Imbalance of Vata dosha, which affects the nervous system and mental health, can lead to PTSD.

#### Stress and Anxiety

High levels of stress and anxiety can exacerbate PTSD symptoms.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Stress Support

Capsules packed with ingredients like Brahmi, Ashwagandha, and Tagar. These herbs have a specific action on the brain and help in building up the ojas in the body, balancing the Vata dosha, and leading to a balance of emotions and mood.

Ingredients: Brahmi, Ashwagandha, Tagar

Benefits: Balances Vata dosha, Builds up ojas, Balances emotions and mood



### **Brahmi Capsules**

Capsules prepared from the pure extract of Brahmi (*Bacopa monnieri*). This herb is a potent nervine tonic and helps in sharpening the brain, increasing learning and memory.

Ingredients: Brahmi (*Bacopa monnieri*)

Benefits: Promotes mental health, Relieves stress and anxiety, Reduces inflammation, Improves mental clarity and alertness

### **Ashwagandha Capsules**

Capsules manufactured from the standardized extract of Ashwagandha (*Withania somnifera*). It helps in maintaining a balance between the body and the mind.

Ingredients: Ashwagandha (*Withania somnifera*)

Benefits: Maintains health, Balances body and mind, Reduces stress and anxiety

### **Manjishtha Capsules**

Made from the pure extract of Manjishtha (*Rubia cordifolia*). These capsules help in detoxifying the skin, reducing inflammation, and improving overall health.

Ingredients: Manjishtha (*Rubia cordifolia*)

Benefits: Detoxifies the skin, Reduces inflammation, Improves overall health

### **Giloy Capsules**

Made from the standardized extracts of Giloy (*Tinospora cordifolia*), possessing anti-inflammatory, antipyretic, analgesic, antiseptic, blood purifying, and other properties.

Ingredients: Giloy (*Tinospora cordifolia*)

Benefits: Anti-inflammatory, Antipyretic, Analgesic, Antiseptic, Blood purifying

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Stress Support: 1 capsule twice daily with plain water after meals.

Brahmi Capsules: 1 capsule twice daily with plain water after meals.

Ashwagandha Capsules: 1 capsule twice daily with plain water after meals.

Manjishtha Capsules: 1-2 capsules twice daily with plain water after meals.

Giloy Capsules: 1 capsule twice daily with plain water after meals.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in fruits, vegetables, and whole grains. Avoid processed and high-fat foods. Engage in regular exercise and

practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep and avoid excessive alcohol consumption and smoking.

# Primary Polycythemia Vera (PV)

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## Overview of Primary Polycythemia Vera (PV)

Primary Polycythemia Vera (PV) is a rare blood disorder characterized by the excessive production of red blood cells, white blood cells, and platelets. This condition leads to thickening of the blood, which can cause various complications such as blood clots, stroke, and other cardiovascular issues. According to Ayurveda, PV is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly the aggravation of Pitta dosha, which affects the blood and its components.

## Causes of Primary Polycythemia Vera (PV)

### Causes

- Genetic mutations: The JAK2 V617F mutation is commonly found in PV patients.
- Family history: There is a genetic component, although it is not the sole cause.
- Environmental factors: Exposure to certain toxins or radiation can contribute.
- Ayurvedic perspective: Imbalance of Pitta dosha, which affects the blood and its components.

## Symptoms of Primary Polycythemia Vera (PV)

### Symptoms

- Headaches and dizziness.
- Fatigue and weakness.
- Itching (pruritus) after a warm bath.
- Redness and warmth of the skin.
- Enlarged spleen.
- High blood pressure.
- Vision problems.
- Numbness or tingling in the hands and feet.
- Bleeding or bruising easily.
- Gout or kidney stones.

## Diagnosis

### Diagnosis

Diagnosis involves blood tests to check for elevated red blood cell, white blood cell, and platelet counts. Additional tests may include genetic testing for the JAK2 V617F mutation, bone marrow biopsy, and other diagnostic procedures to rule out other conditions.

## Trigger Factors

### Trigger Factors

#### Genetic Mutations

The JAK2 V617F mutation is a significant trigger factor for PV.

#### Family History

Family history can play a role in the development of PV.

#### Environmental Factors

Exposure to certain toxins or radiation can contribute to the development of PV.

#### Ayurvedic Imbalance

Imbalance of Pitta dosha, which affects the blood and its components, can lead to PV.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Pitta Balance

Capsules prepared from a blend of natural components including Praval Pishti (Coral Calcium), Mukta Pishti (Pearl Calcium), Akik Pishti (Agate Calcium), Jawar Mohra Pishti, Kamdhudha Ras, and Giloy satva (*Tinospora cordifolia*). These capsules help in balancing the body's Pitta dosha, which is often vitiated in PV.

Ingredients: Praval Pishti (Coral Calcium), Mukta Pishti (Pearl Calcium), Akik Pishti (Agate Calcium), Jawar Mohra Pishti, Kamdhudha Ras, Giloy satva (*Tinospora cordifolia*)

Benefits: Balances Pitta dosha, Reduces inflammation, Improves overall health

#### Gandhak Rasayan

A classical Ayurvedic formulation prepared from purified sulfur. It has anti-inflammatory, antiseptic, and detoxifying properties.

Ingredients: Purified sulfur

Benefits: Detoxifies the body, Reduces inflammation, Improves skin health

#### Kanchnaar Guggul

Herbal formulation prepared from various herbs that help reduce inflammation and improve overall health. It includes Kachnar bark (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellirica*), Sonth (*Zingiber officinale*), Marich (*Piper nigrum*), Pippali (*Piper longum*), and Varuna (*Crataeva religiosa*).

Ingredients: Kachnar bark (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellirica*), Sonth (*Zingiber officinale*), Marich (*Piper nigrum*), Pippali (*Piper longum*), Varuna (*Crataeva religiosa*)

Benefits: Reduces inflammation, Improves overall health, Balances tri-energies

#### Giloy Capsules

Made from the standardized extracts of Giloy (*Tinospora cordifolia*), possessing anti-inflammatory, antipyretic, analgesic, antiseptic, blood purifying, and other properties.

Ingredients: Giloy (*Tinospora cordifolia*)

Benefits: Anti-inflammatory, Antipyretic, Analgesic, Antiseptic, Blood purifying

#### Ashwagandha Capsules

Capsules manufactured from the standardized extract of Ashwagandha (*Withania somnifera*). It helps in maintaining a balance between the body and the mind.

Ingredients: Ashwagandha (*Withania somnifera*)

Benefits: Maintains health, Balances body and mind, Reduces stress and anxiety

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Pitta Balance: 1 capsule twice daily with plain water after meals.

Gandhak Rasayan: 1 tablet twice daily with warm water after meals.

Kanchnaar Guggul: 2 tablets twice daily with warm water after meals.

Giloy Capsules: 1 capsule twice daily with plain water after meals.

Ashwagandha Capsules: 1 capsule twice daily with plain water after meals.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in fruits, vegetables, and whole grains. Avoid processed and high-fat foods. Engage in regular exercise and practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep and avoid excessive alcohol consumption and smoking.



# Prolactinoma

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## Overview of Prolactinoma

Prolactinoma is a type of pituitary tumor that produces excess prolactin, a hormone that stimulates breast milk production. It is the most common type of functioning pituitary adenoma. According to Ayurveda, prolactinoma is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly the aggravation of Pitta dosha, which affects hormonal balance and overall health.

## Causes of Prolactinoma

### Causes

- Genetic mutations: Some cases are associated with genetic syndromes.
- Hormonal imbalance: High levels of prolactin.
- Pituitary gland abnormalities: Tumors or other conditions affecting the pituitary gland.
- Medications: Certain medications can increase prolactin levels.
- Ayurvedic perspective: Imbalance of Pitta dosha, which affects hormonal balance and overall health.
- Stress and anxiety: High levels of stress and anxiety can contribute to hormonal imbalances.

## Symptoms of Prolactinoma

### Symptoms

- Galactorrhea: Spontaneous milk production not associated with childbirth or nursing.
- Amenorrhea or oligomenorrhea: Irregular or absent menstrual periods in women.
- Infertility: Difficulty conceiving due to hormonal imbalances.
- Erectile dysfunction: In men, due to hormonal imbalances.
- Headaches and visual disturbances: Due to the tumor's location near the optic nerves.
- Nausea and vomiting.
- Fatigue and weight gain.
- Mood changes: Depression, anxiety, and mood swings.

## Diagnosis

### Diagnosis

Diagnosis involves blood tests to measure prolactin levels, imaging tests such as MRI or CT scans to visualize the pituitary gland, and sometimes additional tests to rule out other conditions that may cause similar symptoms.

## Trigger Factors

### Trigger Factors

#### Genetic Mutations

Some cases are associated with genetic syndromes.

#### Hormonal Imbalance

High levels of prolactin can trigger prolactinoma symptoms.

#### Pituitary Gland Abnormalities

Tumors or other conditions affecting the pituitary gland can contribute to prolactinoma.

#### Medications

Certain medications can increase prolactin levels.

#### Ayurvedic Imbalance

Imbalance of Pitta dosha, which affects hormonal balance and overall health, can lead to prolactinoma.

#### Stress and Anxiety

High levels of stress and anxiety can contribute to hormonal imbalances.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Pitta Balance

Capsules prepared from a blend of natural components including Praval Pishti (Coral Calcium), Mukta Pishti (Pearl Calcium), Akik Pishti (Agate Calcium), Jawar Mohra Pishti, Kamdhudha Ras, and Giloy satva (*Tinospora cordifolia*). These capsules help in balancing the body's Pitta dosha, which is often vitiated in prolactinoma.

Ingredients: Praval Pishti (Coral Calcium), Mukta Pishti (Pearl Calcium), Akik Pishti (Agate Calcium), Jawar Mohra Pishti, Kamdhudha Ras, Giloy satva (*Tinospora cordifolia*)

Benefits: Balances Pitta dosha, Reduces inflammation, Improves overall health



### Stress Support

Capsules packed with ingredients like Brahmi, Ashwagandha, and Tagar. These herbs have a specific action on the brain and help in building up the ojas in the body, balancing the Vata dosha, and leading to a balance of emotions and mood.

Ingredients: Brahmi, Ashwagandha, Tagar

Benefits: Balances Vata dosha, Builds up ojas, Balances emotions and mood

### Shatavari Capsules

Made from the pure extract of Shatavari (*Asparagus racemosus*). These capsules help in balancing female hormones and reducing symptoms associated with prolactinoma.

Ingredients: Shatavari (*Asparagus racemosus*)

Benefits: Balances female hormones, Reduces prolactinoma symptoms

### Manjishtha Capsules

Made from the pure extract of Manjishtha (*Rubia cordifolia*). These capsules help in detoxifying the skin, reducing inflammation, and improving overall health.

Ingredients: Manjishtha (*Rubia cordifolia*)

Benefits: Detoxifies the skin, Reduces inflammation, Improves overall health

### Giloy Capsules

Made from the standardized extracts of Giloy (*Tinospora cordifolia*), possessing anti-inflammatory, antipyretic, analgesic, antiseptic, blood purifying, and other properties.

Ingredients: Giloy (*Tinospora cordifolia*)

Benefits: Anti-inflammatory, Antipyretic, Analgesic, Antiseptic, Blood purifying

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Pitta Balance: 1 capsule twice daily with plain water after meals.

Stress Support: 1 capsule twice daily with plain water after meals.

Shatavari Capsules: 1-2 capsules twice daily with plain water after meals.

Manjishtha Capsules: 1-2 capsules twice daily with plain water after meals.

Giloy Capsules: 1 capsule twice daily with plain water after meals.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in fruits, vegetables, and whole grains. Avoid processed and high-fat foods. Engage in regular exercise and

practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep and avoid excessive alcohol consumption and smoking.

# Pseudomonas Aeruginosa Infections

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## Overview of Pseudomonas Aeruginosa Infections

Pseudomonas Aeruginosa is a type of bacteria that causes diseases in humans, plants, and animals. It is a multidrug-resistant pathogen, known for its property of resistance towards antibiotics. This bacteria is associated with various severe infections such as sepsis syndromes, ventilator-associated pneumonia, and other infections. It is commonly found in water, plants, and soil. Healthy individuals are generally not affected by this microorganism, but it can infect individuals with weakened immune systems, making it an opportunistic infection.

## Causes of Pseudomonas Aeruginosa Infections

### Causes

- Genetic mutations: Some cases are associated with genetic syndromes.
- Exposure to certain environments: Hospitals, water, plants, and soil.
- Weakened immune system: Individuals already hospitalized or with compromised immunity.
- Ayurvedic perspective: Imbalance of the three doshas (Vata, Pitta, and Kapha).
- Medical procedures: Presence of foreign bodies like catheters, mechanical ventilators, and surgeries.

## Symptoms of Pseudomonas Aeruginosa Infections

### Symptoms

- Infection in Blood (Bacteremia): Chills, fever, muscular pain, joint pain, fatigue.
- Infection in Skin (Folliculitis): Formation of abscesses in the skin, redness, draining wounds.
- Infection in Lungs (Pneumonia): Fever, cough, difficulty breathing, frequent chills.
- Infection in Ear (Swimmer's Ear): Ear pain, inflammation, itching in the ear, difficulty in hearing, discharge from the ear.
- Infection in Eye: Pus formation, inflammation, pain, redness, impaired vision.
- Infections in other parts: Brain, liver, sinuses, and bones, though less common.

## Diagnosis

### Diagnosis

Diagnosis involves blood tests to check for the presence of the bacteria, imaging tests like MRI or CT scans to visualize the affected area, and sometimes additional tests to rule out other conditions that may cause similar symptoms.

## Trigger Factors

### Trigger Factors

#### Exposure to Certain Environments

Exposure to environments like hospitals, water, plants, and soil can increase the risk of infection.

#### Weakened Immune System

Individuals with weakened immune systems, such as those already hospitalized, are more prone to infection.

#### Medical Procedures

Presence of foreign bodies like catheters, mechanical ventilators, and surgeries can increase the risk of infection.

#### Ayurvedic Imbalance

Imbalance of the three doshas (Vata, Pitta, and Kapha) can contribute to the development of the infection.

#### Genetic Mutations

Some cases are associated with genetic syndromes.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Curcumin Capsules

These capsules are made from the standardized extracts of *Curcuma longa*. Curcumin is the active ingredient that helps in boosting the weakened immune system and treating bacterial infections.

Ingredients: *Curcuma longa*

Benefits: Boosts immune system, Treats bacterial infections, Anti-inflammatory properties

### Pitta Balance

Capsules prepared from a blend of natural components including Praval Pishti (Coral Calcium), Mukta Pishti (Pearl Calcium), Akik Pishti (Agate Calcium), Jawar Mohra Pishti, Kamdhudha Ras, and Giloy satva (*Tinospora cordifolia*). These capsules help in balancing the body's Pitta dosha, which is often vitiated in *Pseudomonas Aeruginosa* infections.

Ingredients: Praval Pishti (Coral Calcium), Mukta Pishti (Pearl Calcium), Akik Pishti (Agate Calcium), Jawar Mohra Pishti, Kamdhudha Ras, Giloy satva (*Tinospora cordifolia*)

Benefits: Balances Pitta dosha, Reduces inflammation, Improves overall health

### Kaishore Guggul

Herbal formulation prepared from various herbs that help reduce inflammation and improve overall health. It includes Guggulu resin (*Commiphora mukul*), Ginger (*Zingiber officinale*), Giloy Satva (*Tinospora cordifolia*), Pippali (*Piper longum*), Black Pepper (*Piper nigrum*), Danti (*Baliospermum montanum*), and Nishoth (*Operculina turpethum*).

Ingredients: Guggulu resin (*Commiphora mukul*), Ginger (*Zingiber officinale*), Giloy Satva (*Tinospora cordifolia*), Pippali (*Piper longum*), Black Pepper (*Piper nigrum*), Danti (*Baliospermum montanum*), Nishoth (*Operculina turpethum*)

Benefits: Reduces inflammation, Improves overall health, Balances tri-energies

### Giloy Capsules

Made from the standardized extracts of Giloy (*Tinospora cordifolia*), possessing anti-inflammatory, antipyretic, analgesic, antiseptic, blood purifying, and other properties.

Ingredients: Giloy (*Tinospora cordifolia*)

Benefits: Anti-inflammatory, Antipyretic, Analgesic, Antiseptic, Blood purifying

### Navkarshik Churna

Herbal formulation made from a combination of nine herbs including Amla (*Phyllanthus emblica*), Daruhaldi (*Berberis aristata*), Haritaki (*Terminalia chebula*), Bahera (*Terminalia bellirica*), Giloy (*Tinospora cordifolia*), Neem (*Azadirachta indica*), Katuki (*Picrorhiza kurrooa*), Vacha (*Acorus calamus*), and Manjishtha (*Rubia cordifolia*). These herbal components are synchronized to fight away the symptoms of the bacterial infection completely.

Ingredients: Amla (*Phyllanthus emblica*), Daruhaldi (*Berberis aristata*), Haritaki (*Terminalia chebula*), Bahera (*Terminalia bellirica*), Giloy (*Tinospora cordifolia*), Neem (*Azadirachta indica*), Katuki (*Picrorhiza kurrooa*), Vacha (*Acorus calamus*), Manjishtha (*Rubia cordifolia*)

Benefits: Fights away the symptoms of bacterial infection, Detoxifies the body, Improves overall health

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Curcumin Capsules: 2 capsules twice daily with plain water after meals.

Pitta Balance: 2 capsules twice daily with plain water after meals.

Kaishore Guggul: 2 tablets twice daily with plain water after meals.

Giloy Capsules: 2 capsules twice daily with plain water after meals.

Navkarshik Churna: 1 tsp twice daily with plain water after meals.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in fruits, vegetables, and whole grains. Avoid processed and high-fat foods. Engage in regular exercise and practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep and avoid excessive alcohol consumption and smoking.

# Pyorrhoea (Bleeding Gums)

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## Overview of Pyorrhoea (Bleeding Gums)

Pyorrhoea, also known as periodontitis, is a dental condition characterized by the inflammation and infection of the gums and the bone that supports the teeth. It leads to bleeding gums, bad breath, and if left untreated, can result in tooth loss. According to Ayurveda, pyorrhoea is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly the aggravation of Pitta dosha, which affects oral health.

## Causes of Pyorrhoea (Bleeding Gums)

### Causes

- Poor oral hygiene: Infrequent brushing and flossing.
- Bacterial infection: Accumulation of plaque and tartar.
- Smoking and tobacco use.
- Diabetes and other systemic diseases.
- Genetic predisposition.
- Ayurvedic perspective: Imbalance of Pitta dosha, which affects oral health.
- Dietary factors: Consuming sugary and sticky foods.

## Symptoms of Pyorrhoea (Bleeding Gums)

### Symptoms

- Bleeding gums during brushing or flossing.
- Bad breath (halitosis).
- Red, swollen, and tender gums.
- Loose teeth.
- Pain while chewing.
- Receding gums.
- Pus between the teeth and gums.
- Change in the way teeth fit together when biting.

## Diagnosis

### Diagnosis

Diagnosis involves a dental examination, including a visual inspection and probing of the gums to measure the depth of the pockets between the teeth and gums. X-rays may also be taken to evaluate the bone loss around the teeth.

## Trigger Factors

### Trigger Factors

#### Poor Oral Hygiene

Infrequent brushing and flossing can trigger pyorrhoea.

#### Bacterial Infection

Accumulation of plaque and tartar can lead to pyorrhoea.

#### Smoking and Tobacco Use

Smoking and tobacco use can exacerbate pyorrhoea symptoms.

#### Systemic Diseases

Diabetes and other systemic diseases can increase the risk of pyorrhoea.

#### Genetic Predisposition

Genetic factors can play a role in the development of pyorrhoea.

#### Ayurvedic Imbalance

Imbalance of Pitta dosha, which affects oral health, can lead to pyorrhoea.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Neem Capsules

Capsules prepared from the pure extract of Neem (*Azadirachta indica*). Neem has antibacterial and anti-inflammatory properties that help in treating gum infections.

Ingredients: Neem (*Azadirachta indica*)

Benefits: Antibacterial properties, Anti-inflammatory properties, Improves oral health

#### Triphala Powder

A blend of herbs like Haritaki (*Terminalia chebula*), Amalaki (*Emblica officinalis*), and Bibhitaki (*Terminalia bellirica*). This powder helps in detoxifying the body and improving oral health.

Ingredients: Haritaki (*Terminalia chebula*), Amalaki (*Emblica officinalis*), Bibhitaki (*Terminalia bellirica*)

Benefits: Detoxifies the body, Improves oral health, Reduces inflammation



### Kaishore Guggul

Herbal formulation prepared from various herbs that help reduce inflammation and improve overall health. It includes Guggulu resin (*Commiphora mukul*), Ginger (*Zingiber officinale*), Giloy Satva (*Tinospora cordifolia*), Pippali (*Piper longum*), Black Pepper (*Piper nigrum*), Danti (*Baliospermum montanum*), and Nishoth (*Operculina turpethum*).

Ingredients: Guggulu resin (*Commiphora mukul*), Ginger (*Zingiber officinale*), Giloy Satva (*Tinospora cordifolia*), Pippali (*Piper longum*), Black Pepper (*Piper nigrum*), Danti (*Baliospermum montanum*), Nishoth (*Operculina turpethum*)

Benefits: Reduces inflammation, Improves overall health, Balances tri-energies

### Giloy Capsules

Made from the standardized extracts of Giloy (*Tinospora cordifolia*), possessing anti-inflammatory, antipyretic, analgesic, antiseptic, blood purifying, and other properties.

Ingredients: Giloy (*Tinospora cordifolia*)

Benefits: Anti-inflammatory, Antipyretic, Analgesic, Antiseptic, Blood purifying

### Navkarshik Churna

Herbal formulation made from a combination of nine herbs including Amla (*Phyllanthus emblica*), Daruhaldi (*Berberis aristata*), Haritaki (*Terminalia chebula*), Bahera (*Terminalia bellirica*), Giloy (*Tinospora cordifolia*), Neem (*Azadirachta indica*), Katuki (*Picrorhiza kurrooa*), Vacha (*Acorus calamus*), and Manjishtha (*Rubia cordifolia*). These herbal components are synchronized to fight away the symptoms of gum infections completely.

Ingredients: Amla (*Phyllanthus emblica*), Daruhaldi (*Berberis aristata*), Haritaki (*Terminalia chebula*), Bahera (*Terminalia bellirica*), Giloy (*Tinospora cordifolia*), Neem (*Azadirachta indica*), Katuki (*Picrorhiza kurrooa*), Vacha (*Acorus calamus*), Manjishtha (*Rubia cordifolia*)

Benefits: Fights away the symptoms of gum infections, Detoxifies the body, Improves overall health

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Neem Capsules: 1 capsule twice daily with plain water after meals.

Triphala Powder: 1 teaspoonful twice daily with warm water after meals.

Kaishore Guggul: 2 tablets twice daily with warm water after meals.

Giloy Capsules: 1 capsule twice daily with plain water after meals.

Navkarshik Churna: 1 teaspoonful twice daily with warm water after meals.

Dietary and Lifestyle Recommendations: Maintain good oral hygiene by brushing and flossing regularly. Avoid sugary and sticky foods. Engage in regular dental check-ups. Ensure a balanced diet rich in fruits, vegetables, and whole grains. Avoid processed and high-fat foods. Practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep and avoid excessive alcohol consumption and smoking.

# Pelvic Inflammatory Disease (PID)

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## Overview of Pelvic Inflammatory Disease (PID)

Pelvic Inflammatory Disease (PID) is a serious inflammatory disease of the female reproductive tract, usually caused by sexually transmitted infections (STIs). It involves an infection in the lower female reproductive tract that can spread upward to the upper reproductive system, affecting the uterus, fallopian tubes, and ovaries. According to Ayurveda, PID is due to the vitiation of Pitta and Vata doshas.

## Causes of Pelvic Inflammatory Disease (PID)

### Causes

- Sexually transmitted infections (STIs) such as gonorrhea and chlamydia.
- Abortion, childbirth, and pelvic procedures.
- Infection spreading from the cervix to the upper reproductive organs.
- Ayurvedic perspective: Vitiation of Pitta and Vata doshas.

## Symptoms of Pelvic Inflammatory Disease (PID)

### Symptoms

- Fever.
- Painful intercourse.
- Abnormal menstrual bleeding.
- Heavy whitish discharge with an unpleasant odor.
- Painful urination.
- Lower abdominal and back pain.

## Diagnosis

### Diagnosis

Diagnosis involves a pelvic examination, analysis of vaginal discharge or urine tests, ultrasound to create images of reproductive organs, biopsy (endometrial) to test the inner lining of the uterus, and laparoscopy to view pelvic organs.

## Trigger Factors

### Trigger Factors

#### Sexually Transmitted Infections

Gonorrhea and chlamydia are the most common causes of PID.

#### Pelvic Procedures

Abortion, childbirth, and other pelvic procedures can increase the risk of PID.

#### Ayurvedic Imbalance

Vitiation of Pitta and Vata doshas can contribute to PID.

#### Other Medical Conditions

Certain medical conditions can increase the risk of developing PID.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Neem Capsules

Capsules prepared from the standardized extract of Neem (*Azadirachta indica*). Neem has anti-inflammatory, anti-fungal, anti-bacterial, antiseptic, and analgesic properties.

Ingredients: Neem (*Azadirachta indica*)

Benefits: Anti-inflammatory, Anti-fungal, Anti-bacterial, Antiseptic, Analgesic

#### Gandhak Rasayan

Classical herbal tablets made from Shuddh Gandhak (Purified Sulphur). It has natural properties to rejuvenate the body and kill microbial growth.

Ingredients: Shuddh Gandhak (Purified Sulphur)

Benefits: Rejuvenates the body, Kills microbial growth, Removes toxins

#### Pradrantak Churna

Herbal powder formulation useful in managing various female health-related problems. It includes herbs like Arjuna (*Terminalia arjuna*), Lodhra (*Symplocos racemosa*), Ashok (*Saraca indica*), and Udumbar (*Ficus glomerata*).

Ingredients: Arjuna (*Terminalia arjuna*), Lodhra (*Symplocos racemosa*), Ashok (*Saraca indica*), Udumbar (*Ficus glomerata*)

Benefits: Balances all three doshas, Relieves gynecological problems, Reduces inflammation

### Nirgundi Oil

Herbal oil obtained from the extraction of leaves of various herbs like Manjistha (*Rubia cordifolia*), Haridra (*Curcuma longa*), Kalihari (*Gloriosa superba*), and Nirgundi (*Vitex negundo*) mixed in Tila oil (*Sesamum indicum*).

Ingredients: Manjistha (*Rubia cordifolia*), Haridra (*Curcuma longa*), Kalihari (*Gloriosa superba*), Nirgundi (*Vitex negundo*), Tila oil (*Sesamum indicum*)

Benefits: Anti-inflammatory properties, Reduces swelling and pain, Useful in vaginal infections

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Neem Capsules: 2 capsules twice daily with plain water after meals.

Gandhak Rasayan: 2 tablets twice daily with plain water after meals.

Pradrantak Churna: 1 teaspoonful twice daily with plain water after meals.

Nirgundi Oil: For external use only. Apply on the affected skin area, leave for 10-15 minutes, and wash with lukewarm water.

Dietary and Lifestyle Recommendations: Maintain good hygiene practices. Avoid unprotected sex. Engage in regular exercise and practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep and avoid excessive alcohol consumption and smoking.

# Pleurisy

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## Overview of Pleurisy

Pleurisy, also known as Pleuritis, is a respiratory disease characterized by the inflammation of the pleura, a double-layered membrane surrounding the lungs and rib cage. This condition can cause painful breathing and is sometimes associated with another condition called pleural effusion, where fluid accumulates between the two pleural layers. According to Ayurveda, pleurisy is known as 'Paarshava Shoola' or 'Parshwashool,' involving an imbalance of all three doshas (Vata, Pitta, and Kapha).

## Causes of Pleurisy

### Causes

- Viral infections like flu or influenza.
- Bacterial infections such as tuberculosis and pneumonia.
- Sickle cell anemia and pancreatitis.
- Cancers like lung cancer.
- Heart surgery.
- Certain medications.
- Ayurvedic perspective: Imbalance of Vata, Pitta, and Kapha doshas.

## Symptoms of Pleurisy

### Symptoms

- Chest pain.
- Cough.
- Shortness of breath.
- Fever.
- Shoulder pain.
- Muscle ache.

## Diagnosis

### Diagnosis

Diagnosis involves medical history, physical examination, and diagnostic tests such as blood tests, ECG, chest X-ray, CT scan, and MRI to rule out other conditions that may cause similar symptoms.

## Trigger Factors

### Trigger Factors

#### Viral Infections

Infections like flu or influenza can trigger pleurisy.

#### Bacterial Infections

Infections such as tuberculosis and pneumonia can lead to pleurisy.

#### Other Medical Conditions

Conditions like sickle cell anemia, pancreatitis, lung cancer, and heart surgery can increase the risk of pleurisy.

#### Ayurvedic Imbalance

Imbalance of Vata, Pitta, and Kapha doshas can contribute to pleurisy.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Praanrakshak Churna

A 100% pure herbal powder made from a combination of different useful anti-allergy herbs. It includes *Cinnamomum zeylanica*, *Albezzia lebbeck*, *Adhatoda vasica*, *Tylophora asthmatica*, and *Clerodandrum serratum*. This churna is effective in relieving respiratory problems like bronchitis, asthma, and other lung disorders.

Ingredients: *Cinnamomum zeylanica*, *Albezzia lebbeck*, *Adhatoda vasica*, *Tylophora asthmatica*, *Clerodandrum serratum*

Benefits: Anti-spasmodic, carminative, anti-septic, anti-inflammatory properties, Relieves asthma, bronchitis, and other respiratory problems

#### Curcumin Capsules

These capsules are made from the standardized extracts of *Curcuma longa*. Curcumin is the active ingredient that helps in boosting the immune system and treating various ailments due to its anti-inflammatory and natural analgesic properties.

Ingredients: *Curcuma longa*

Benefits: Boosts immune system, Anti-inflammatory properties, Natural analgesic properties

#### Giloy Capsules

Made from the standardized extracts of Giloy (*Tinospora cordifolia*). This herb has anti-inflammatory, antipyretic, analgesic, antiseptic, and blood purifying properties.

Ingredients: *Tinospora cordifolia*

Benefits: Anti-inflammatory, Antipyretic, Analgesic, Antiseptic, Blood purifying

### **Tulsi Capsules**

These capsules are made from the herb *Ocimum tenuiflorum* (Tulsi or Holy Basil). Tulsi has wonderful action on the respiratory system and helps balance the overall respiratory health due to its anti-oxidant properties.

Ingredients: *Ocimum tenuiflorum*

Benefits: Improves respiratory health, Anti-oxidant properties, Effective against various infections

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Praanrakshak Churna: 1 teaspoonful thrice a day with plain water after meals.

Curcumin Capsules: 2 capsules twice daily with water or milk after meals.

Giloy Capsules: 2 capsules twice daily with plain water after meals.

Tulsi Capsules: 2 capsules with milk or water after meals.

Dietary and Lifestyle Recommendations: Avoid excess use of pain killers and exercise that causes tiredness. Avoid fried foods and cold foods as they lead to accumulation of phlegm in the chest. Include bitter vegetables like bitter melon and fenugreek in your diet. Maintain good hygiene practices and ensure adequate sleep.



# Polymyositis

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## Overview of Polymyositis

Polymyositis is an inflammatory muscle disease characterized by muscle weakness and inflammation of the muscle fibers. It is one of the idiopathic inflammatory myopathies, a group of disorders that affect the muscles. According to Ayurveda, polymyositis is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly the aggravation of Vata dosha, which affects the nervous system and muscle health.

## Causes of Polymyositis

### Causes

- Autoimmune disorders: The immune system mistakenly attacks the muscle fibers.
- Genetic factors: Family history can play a role.
- Viral infections: Some viral infections may trigger the onset of polymyositis.
- Ayurvedic perspective: Imbalance of Vata dosha, which affects the nervous system and muscle health.
- Environmental factors: Exposure to certain toxins or environmental factors can contribute.

## Symptoms of Polymyositis

### Symptoms

- Progressive muscle weakness: Especially in the proximal muscles (those closest to the trunk of the body).
- Muscle pain and tenderness.
- Fatigue.
- Difficulty in performing daily activities.
- Swallowing difficulties (dysphagia).
- Shortness of breath.
- Weight loss.
- Fever.

## Diagnosis

### Diagnosis

Diagnosis involves a combination of medical history, physical examination, blood tests to check for muscle enzymes, electromyography (EMG) to evaluate muscle function, and muscle biopsy to confirm the presence of muscle inflammation.

## Trigger Factors

### Trigger Factors

#### Autoimmune Disorders

The immune system mistakenly attacks the muscle fibers, leading to polymyositis.

#### Genetic Factors

Family history can play a role in the development of polymyositis.

#### Viral Infections

Some viral infections may trigger the onset of polymyositis.

#### Ayurvedic Imbalance

Imbalance of Vata dosha, which affects the nervous system and muscle health, can lead to polymyositis.

#### Environmental Factors

Exposure to certain toxins or environmental factors can contribute to the development of polymyositis.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Ashwagandha Capsules

Capsules manufactured from the standardized extract of Ashwagandha (*Withania somnifera*). This herb helps in maintaining a balance between the body and the mind and is known for its anti-inflammatory and adaptogenic properties.

Ingredients: Ashwagandha (*Withania somnifera*)

Benefits: Maintains health, Balances body and mind, Reduces stress and anxiety, Anti-inflammatory properties

### **Boswellia Curcumin**

Capsules made from the extracts of boswellia and curcumin. These herbs are anti-inflammatory and help in reducing muscle pain and inflammation.

Ingredients: Boswellia, Curcumin

Benefits: Reduces inflammation, Enhances comprehensive immune system, Relieves muscle pain

### **Shilajit Capsules**

Capsules prepared from the resin extract of Shilajit (Asphaltum). It has diuretic properties and helps in removing infections and reducing inflammation.

Ingredients: Shilajit (Asphaltum)

Benefits: Diuretic properties, Aphrodisiac properties, Relieves muscle pain and inflammation

### **Giloy Capsules**

Made from the standardized extracts of Giloy (*Tinospora cordifolia*), possessing anti-inflammatory, antipyretic, analgesic, antiseptic, and blood purifying properties.

Ingredients: Giloy (*Tinospora cordifolia*)

Benefits: Anti-inflammatory, Antipyretic, Analgesic, Antiseptic, Blood purifying

### **Hakam Churna**

A combination of Ayurvedic herbs like Chandershoor, Kalonji, Ajwain, and Methi, known as the 'Tridoshic Rasayan' to control the tri-energies of the body. It helps to restore balance between the three energies.

Ingredients: Chandershoor, Kalonji, Ajwain, Methi

Benefits: Controls tri-energies, Restores balance, Relieves pain, Anti-inflammatory properties

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Ashwagandha Capsules: 1 capsule twice daily with plain water after meals.

Boswellia Curcumin: 1 capsule twice daily with plain water after meals.

Shilajit Capsules: 1 capsule twice daily with plain water after meals.

Giloy Capsules: 1 capsule twice daily with plain water after meals.

Hakam Churna: 1 tsp twice daily with plain water after meals.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in fruits, vegetables, and whole grains. Avoid processed and high-fat foods. Engage in regular exercise and practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep and avoid excessive alcohol consumption and smoking.

# Premature Ejaculation

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## Overview of Premature Ejaculation

Premature ejaculation is a common sexual health issue where a man ejaculates sooner than he or his partner would like during sexual intercourse. According to Ayurveda, premature ejaculation is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly the aggravation of Vata dosha, which affects the nervous system and sexual health.

## Causes of Premature Ejaculation

### Causes

- Psychological factors: Stress, anxiety, and depression.
- Physical factors: Infections, inflammation, or damage to the reproductive organs.
- Hormonal imbalance: Low levels of serotonin and high levels of dopamine.
- Lack of sexual experience or infrequent sexual activity.
- Ayurvedic perspective: Imbalance of Vata dosha, which affects the nervous system and sexual health.
- Poor diet and lifestyle: Consuming spicy, sour, and salty foods, and lack of physical exercise.

## Symptoms of Premature Ejaculation

### Symptoms

- Ejaculation that happens sooner than desired during sexual intercourse.
- Inability to control ejaculation.
- Feeling of guilt or frustration.
- Avoidance of sexual intimacy due to the problem.
- Reduced sexual satisfaction for both partners.

## Diagnosis

### Diagnosis

Diagnosis involves a thorough medical history, physical examination, and sometimes additional tests to rule out other conditions that may cause similar symptoms. The doctor may also ask about the timing and frequency of ejaculation.

## Trigger Factors

### Trigger Factors

#### Psychological Factors

Stress, anxiety, and depression can trigger premature ejaculation.

#### Physical Factors

Infections, inflammation, or damage to the reproductive organs can contribute to premature ejaculation.

#### Hormonal Imbalance

Low levels of serotonin and high levels of dopamine can lead to premature ejaculation.

#### Lack of Sexual Experience

Lack of sexual experience or infrequent sexual activity can increase the risk of premature ejaculation.

#### Ayurvedic Imbalance

Imbalance of Vata dosha, which affects the nervous system and sexual health, can lead to premature ejaculation.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Atirasadi Churna

A herbal powder formulation made from a blend of herbs like Ashwagandha (*Withania somnifera*), Shilajit (*Asphaltum*), Kaunch Beej (*Mucuna pruriens*), and Safed Musli (*Chlorophytum borivillianum*). These herbs help in enhancing male reproductive health and treating premature ejaculation.

Ingredients: Ashwagandha (*Withania somnifera*), Shilajit (*Asphaltum*), Kaunch Beej (*Mucuna pruriens*), Safed Musli (*Chlorophytum borivillianum*)

Benefits: Enhances male reproductive health, Treats premature ejaculation, Improves sexual performance

#### Tribulus Power

Capsules prepared from the pure extract of Gokshura (*Tribulus terrestris*). This herb has aphrodisiac and revitalizing properties, helping to improve sexual health and treat premature ejaculation.

Ingredients: Gokshura (*Tribulus terrestris*)

Benefits: Aphrodisiac properties, Revitalizing properties, Improves sexual health

### **Shilajit Capsules**

Capsules prepared from the resin extract of Shilajit (Asphaltum). It has diuretic properties and helps in removing infections and improving overall health, including sexual health.

Ingredients: Shilajit (Asphaltum)

Benefits: Diuretic properties, Aphrodisiac properties, Improves overall health

### **Brahmi Capsules**

Capsules prepared from the pure extract of Brahmi (Bacopa monnieri). This herb is a potent nervine tonic and helps in sharpening the brain, increasing learning and memory, and reducing stress and anxiety.

Ingredients: Brahmi (Bacopa monnieri)

Benefits: Promotes mental health, Relieves stress and anxiety, Improves mental clarity and alertness

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Atirasadi Churna: 1 teaspoonful twice daily with warm milk after meals.

Tribulus Power: 1 capsule twice daily with plain water after meals.

Shilajit Capsules: 1 capsule twice daily with plain water after meals.

Brahmi Capsules: 1 capsule twice daily with plain water after meals.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in fruits, vegetables, and whole grains. Avoid spicy, sour, and salty foods. Engage in regular exercise and practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep and avoid excessive alcohol consumption and smoking.

# Primary Sclerosing Cholangitis (PSC)

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## Overview of Primary Sclerosing Cholangitis (PSC)

Primary Sclerosing Cholangitis (PSC) is a chronic liver disease characterized by inflammation and scarring of the bile ducts inside and outside the liver. This condition can lead to narrowing of the bile ducts, which in turn can cause liver damage and increase the risk of liver cancer. According to Ayurveda, PSC is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly the aggravation of Pitta dosha, which affects the digestive system and liver health.

## Causes of Primary Sclerosing Cholangitis (PSC)

### Causes

- Genetic predisposition: Family history can play a role.
- Autoimmune disorders: Conditions like ulcerative colitis and Crohn's disease are often associated with PSC.
- Infections: Bacterial or viral infections may trigger the onset of PSC.
- Ayurvedic perspective: Imbalance of Pitta dosha, which affects the digestive system and liver health.
- Environmental factors: Exposure to certain toxins or environmental factors can contribute to the development of PSC.

## Symptoms of Primary Sclerosing Cholangitis (PSC)

### Symptoms

- Fatigue.
- Weight loss.
- Jaundice (yellowing of the skin and eyes).
- Itching (pruritus).
- Abdominal pain.
- Fever.
- Chills.
- Dark urine and pale stools.



## Diagnosis

### Diagnosis

Diagnosis involves a combination of medical history, physical examination, blood tests to check liver function and bile duct damage, imaging tests such as MRI or CT scans, and sometimes additional tests like endoscopic retrograde cholangiopancreatography (ERCP) to visualize the bile ducts.

## Trigger Factors

### Trigger Factors

#### Genetic Predisposition

Family history can play a role in the development of PSC.

#### Autoimmune Disorders

Conditions like ulcerative colitis and Crohn's disease are often associated with PSC.

#### Infections

Bacterial or viral infections may trigger the onset of PSC.

#### Ayurvedic Imbalance

Imbalance of Pitta dosha, which affects the digestive system and liver health, can lead to PSC.

#### Environmental Factors

Exposure to certain toxins or environmental factors can contribute to the development of PSC.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Yakrit Plihantak Churna

A herbal powder formulation made from a blend of herbs like Katuki (Picrorhiza kurrooa), Makoy (Solanum indicum), Bhringaraj (Eclipta alba), and others. These herbs help in detoxifying the liver and improving liver function.

Ingredients: Katuki (Picrorhiza kurrooa), Makoy (Solanum indicum), Bhringaraj (Eclipta alba)

Benefits: Detoxifies the liver, Improves liver function, Reduces inflammation

### **Phyllanthus Niruri**

Capsules prepared from the pure extract of Phyllanthus niruri. This herb is known for its liver-protective properties and helps in treating various liver disorders.

Ingredients: Phyllanthus niruri

Benefits: Liver-protective properties, Treats liver disorders, Anti-inflammatory properties

### **Echinacea Capsules**

Capsules made from the standardized extract of Echinacea. This herb has immune-boosting properties and helps in fighting off infections.

Ingredients: Echinacea

Benefits: Immune-boosting properties, Fights off infections, Anti-inflammatory properties

### **Curcumin Capsules**

Capsules prepared from the standardized extract of Curcuma longa. Curcumin has anti-inflammatory, antioxidant, and anti-cancer properties that help in treating various health conditions.

Ingredients: Curcuma longa

Benefits: Anti-inflammatory properties, Antioxidant properties, Anti-cancer properties

### **Giloy Capsules**

Made from the standardized extracts of Giloy (Tinospora cordifolia), possessing anti-inflammatory, antipyretic, analgesic, antiseptic, and blood purifying properties.

Ingredients: Giloy (Tinospora cordifolia)

Benefits: Anti-inflammatory, Antipyretic, Analgesic, Antiseptic, Blood purifying

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Yakrit Plihantak Churna: 1 teaspoonful twice daily with warm water after meals.

Phyllanthus Niruri: 2 capsules twice daily with plain water after meals.

Echinacea Capsules: 2 capsules twice daily with plain water after meals.

Curcumin Capsules: 2 capsules twice daily with plain water after meals.

Giloy Capsules: 2 capsules twice daily with plain water after meals.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in fruits, vegetables, and whole grains. Avoid processed and high-fat foods. Engage in regular exercise and

practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep and avoid excessive alcohol consumption and smoking.

# Prosopagnosia

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## Overview of Prosopagnosia

Prosopagnosia, also known as face blindness, is a rare neurological disorder where a person is unable to recognize faces, even those of close family members or friends. This condition can be congenital or acquired due to brain injury. According to Ayurveda, prosopagnosia is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly the aggravation of Vata dosha, which affects the nervous system and cognitive functions.

## Causes of Prosopagnosia

### Causes

- Genetic factors: Family history can play a role.
- Brain injury: Trauma to the brain, especially in areas responsible for face recognition.
- Stroke or other neurological conditions: Damage to specific brain regions.
- Ayurvedic perspective: Imbalance of Vata dosha, which affects the nervous system and cognitive functions.
- Developmental issues: Congenital prosopagnosia may be due to developmental abnormalities in the brain.

## Symptoms of Prosopagnosia

### Symptoms

- Inability to recognize familiar faces.
- Difficulty in distinguishing between similar faces.
- Recognizing people by other features like voice, clothing, or hairstyle.
- Avoiding social interactions due to embarrassment or frustration.
- Compensatory strategies like relying on contextual clues.

## Diagnosis

### Diagnosis

Diagnosis involves a comprehensive neurological examination, medical history, and specific tests to assess face recognition abilities. Imaging tests like MRI or CT scans may be used to rule out other conditions that could cause similar symptoms.

## Trigger Factors

### Trigger Factors

#### Genetic Factors

Family history can play a role in the development of prosopagnosia.

#### Brain Injury

Trauma to the brain, especially in areas responsible for face recognition, can trigger prosopagnosia.

#### Neurological Conditions

Stroke or other neurological conditions can damage specific brain regions leading to prosopagnosia.

#### Ayurvedic Imbalance

Imbalance of Vata dosha, which affects the nervous system and cognitive functions, can lead to prosopagnosia.

#### Developmental Issues

Congenital prosopagnosia may be due to developmental abnormalities in the brain.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Brahmi Capsules

Capsules prepared from the pure extract of Brahmi (*Bacopa monnieri*). This herb is a potent nervine tonic and helps in sharpening the brain, increasing learning and memory.

Ingredients: Brahmi (*Bacopa monnieri*)

Benefits: Promotes mental health, Relieves stress and anxiety, Improves mental clarity and alertness

#### Ashwagandha Capsules

Capsules manufactured from the standardized extract of Ashwagandha (*Withania somnifera*). This herb helps in maintaining a balance between the body and the mind.

Ingredients: Ashwagandha (*Withania somnifera*)

Benefits: Maintains health, Balances body and mind, Reduces stress and anxiety

#### Giloy Capsules

Made from the standardized extracts of Giloy (*Tinospora cordifolia*), possessing anti-inflammatory, antipyretic, analgesic, antiseptic, and blood purifying properties.

Ingredients: Giloy (Tinospora cordifolia)

Benefits: Anti-inflammatory, Antipyretic, Analgesic, Antiseptic, Blood purifying

### **Medhya Churna**

A herbal powder formulation made from a blend of herbs like Ashwagandha, Brahmi, Shankhpushpi, and other cognitive-enhancing herbs. This churna helps in improving cognitive functions and memory.

Ingredients: Ashwagandha, Brahmi, Shankhpushpi

Benefits: Improves cognitive functions, Enhances memory, Reduces stress and anxiety

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Brahmi Capsules: 1 capsule twice daily with plain water after meals.

Ashwagandha Capsules: 1 capsule twice daily with plain water after meals.

Giloy Capsules: 1 capsule twice daily with plain water after meals.

Medhya Churna: 1 teaspoonful twice daily with warm water after meals.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in fruits, vegetables, and whole grains. Avoid processed and high-fat foods. Engage in regular exercise and practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep and avoid excessive alcohol consumption and smoking.

# Psoriasis

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## Overview of Psoriasis

Psoriasis is a chronic autoimmune skin condition characterized by the rapid growth of skin cells, leading to thick, red, and scaly patches on the skin. According to Ayurveda, psoriasis is associated with an imbalance of the three doshas (Vata, Pitta, and Kapha), particularly the aggravation of Vata and Pitta doshas, which affects the skin and overall health.

## Causes of Psoriasis

### Causes

- Genetic predisposition: Family history can play a role.
- Autoimmune response: The immune system mistakenly attacks healthy skin cells.
- Environmental triggers: Stress, cold weather, infections, and certain medications.
- Ayurvedic perspective: Imbalance of Vata and Pitta doshas.
- Dietary factors: Consuming spicy, sour, and salty foods.

## Symptoms of Psoriasis

### Symptoms

- Red, scaly patches on the skin (plaques).
- Dry, cracked skin that may bleed.
- Itching, burning, or soreness around the patches.
- Thickened nails.
- Swollen and painful joints (in cases of psoriatic arthritis).
- Flaking skin.

## Diagnosis

### Diagnosis

Diagnosis involves a physical examination of the skin, medical history, and sometimes a skin biopsy to confirm the presence of psoriasis. Other tests may be conducted to rule out other conditions that may cause similar symptoms.

## Trigger Factors

### Trigger Factors

#### Genetic Predisposition

Family history can play a role in the development of psoriasis.

#### Autoimmune Response

The immune system mistakenly attacks healthy skin cells, leading to psoriasis.

#### Environmental Triggers

Stress, cold weather, infections, and certain medications can trigger psoriasis symptoms.

#### Ayurvedic Imbalance

Imbalance of Vata and Pitta doshas can lead to psoriasis.

#### Dietary Factors

Consuming spicy, sour, and salty foods can exacerbate psoriasis symptoms.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Neem Capsules

Capsules prepared from the pure extract of Neem (*Azadirachta indica*). Neem has anti-inflammatory, anti-fungal, anti-bacterial, antiseptic, and analgesic properties.

Ingredients: Neem (*Azadirachta indica*)

Benefits: Anti-inflammatory, Anti-fungal, Anti-bacterial, Antiseptic, Analgesic

#### Gandhak Rasayan

Classical herbal tablets made from Shuddh Gandhak (Purified Sulphur). It has natural properties to rejuvenate the body and kill microbial growth.

Ingredients: Shuddh Gandhak (Purified Sulphur)

Benefits: Rejuvenates the body, Kills microbial growth, Removes toxins

#### Pitta Balance

Capsules prepared from a blend of natural components including Praval Pishti (Coral Calcium), Mukta Pishti (Pearl Calcium), Akik Pishti (Agate Calcium), Jawar Mohra Pishti, Kamdhudha Ras, and Giloy satva (*Tinospora cordifolia*). These capsules help in balancing the body's Pitta dosha, which is often vitiated in psoriasis.



Ingredients: Praval Pishti (Coral Calcium), Mukta Pishti (Pearl Calcium), Akik Pishti (Agate Calcium), Jawar Mohra Pishti, Kamdhudha Ras, Giloy satva (*Tinospora cordifolia*)

Benefits: Balances Pitta dosha, Reduces inflammation, Improves overall health

#### **Manjishtha Capsules**

Made from the pure extract of Manjishtha (*Rubia cordifolia*). These capsules help in detoxifying the skin, reducing inflammation, and improving overall health.

Ingredients: Manjishtha (*Rubia cordifolia*)

Benefits: Detoxifies the skin, Reduces inflammation, Improves overall health

#### **Giloy Capsules**

Made from the standardized extracts of Giloy (*Tinospora cordifolia*), possessing anti-inflammatory, antipyretic, analgesic, antiseptic, and blood purifying properties.

Ingredients: Giloy (*Tinospora cordifolia*)

Benefits: Anti-inflammatory, Antipyretic, Analgesic, Antiseptic, Blood purifying

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Neem Capsules: 2 capsules twice daily with plain water after meals.

Gandhak Rasayan: 2 tablets twice daily with plain water after meals.

Pitta Balance: 2 capsules twice daily with plain water after meals.

Manjishtha Capsules: 1-2 capsules twice daily with plain water after meals.

Giloy Capsules: 2 capsules twice daily with plain water after meals.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in fruits, vegetables, and whole grains. Avoid spicy, sour, and salty foods. Engage in regular exercise and practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep and avoid excessive alcohol consumption and smoking.

# Receding Gums

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## Overview of Receding Gums

Receding gums, also known as gingival recession, is a periodontal disease where the gums pull back from the tooth surface, exposing the root surface. This condition can lead to tooth loss if not treated properly. According to Ayurveda, receding gums are associated with the vitiation of Kapha and Pitta doshas, which affect the gums and overall oral health.

## Causes of Receding Gums

### Causes

- Poor oral hygiene: Deposition of plaque and tartar.
- Physical wear of the gums and inflammation.
- Vigorous use of teeth brush.
- Misaligned teeth: Putting force on the gums and bone.
- Tongue or lip piercing: Rubbing and irritating the gums.
- Occlusal trauma.
- Periodontal treatment: Surgeries like curettage.
- Smoking.
- Hardened plaque buildup (tartar).
- Family history of gum disease.
- Diabetes.
- HIV.
- Hormonal changes in females: Fluctuations during puberty, menopause.

## Symptoms of Receding Gums

### Symptoms

- Bleeding after brushing.
- Bad breath.
- Loose teeth.
- Exposed tooth roots.
- Swollen gums.
- Sensitivity to heat, cold, sweets.
- Pain and discomfort near the gum line.

## Diagnosis

### Diagnosis

Diagnosis involves a dental examination to assess the extent of gum recession, medical history, and sometimes additional tests like periodontal probing to measure the depth of the pockets between the teeth and gums.

## Trigger Factors

### Trigger Factors

#### Poor Oral Hygiene

Deposition of plaque and tartar can lead to receding gums.

#### Physical Wear and Inflammation

Vigorous use of toothbrush and misaligned teeth can cause gum recession.

#### Tongue or Lip Piercing

Rubbing and irritating the gums can contribute to receding gums.

#### Occlusal Trauma

Forces on the teeth and gums can lead to gum recession.

#### Ayurvedic Imbalance

Vitiation of Kapha and Pitta doshas can lead to receding gums.

#### Smoking

Smoking can exacerbate gum recession.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Neem Capsules

Capsules prepared from the pure extract of Neem (*Azadirachta indica*). Neem has anti-inflammatory, anti-fungal, anti-bacterial, antiseptic, and analgesic properties.

Ingredients: Neem (*Azadirachta indica*)

Benefits: Anti-inflammatory, Anti-fungal, Anti-bacterial, Antiseptic, Analgesic

### **Triphala Powder**

A blend of herbs like Haritaki (*Terminalia chebula*), Amalaki (*Emblica officinalis*), and Bibhitaki (*Terminalia bellirica*). This powder helps in detoxifying the body and improving oral health.

Ingredients: Haritaki (*Terminalia chebula*), Amalaki (*Emblica officinalis*), Bibhitaki (*Terminalia bellirica*)

Benefits: Detoxifies the body, Improves oral health, Reduces inflammation

### **Kaishore Guggul**

Herbal formulation prepared from various herbs that help reduce inflammation and improve overall health. It includes Guggulu resin (*Commiphora mukul*), Ginger (*Zingiber officinale*), Giloy Satva (*Tinospora cordifolia*), Pippali (*Piper longum*), Black Pepper (*Piper nigrum*), Danti (*Baliospermum montanum*), and Nishoth (*Operculina turpethum*).

Ingredients: Guggulu resin (*Commiphora mukul*), Ginger (*Zingiber officinale*), Giloy Satva (*Tinospora cordifolia*), Pippali (*Piper longum*), Black Pepper (*Piper nigrum*), Danti (*Baliospermum montanum*), Nishoth (*Operculina turpethum*)

Benefits: Reduces inflammation, Improves overall health, Balances tri-energies

### **Giloy Capsules**

Made from the standardized extracts of Giloy (*Tinospora cordifolia*), possessing anti-inflammatory, antipyretic, analgesic, antiseptic, and blood purifying properties.

Ingredients: Giloy (*Tinospora cordifolia*)

Benefits: Anti-inflammatory, Antipyretic, Analgesic, Antiseptic, Blood purifying

### **Aloe Vera Gel**

Aloe vera has medicinal properties that are useful in inflamed gums and show improvement in periodontal conditions.

Ingredients: Aloe vera

Benefits: Inflamed gum relief, Improves periodontal conditions, Soothes and calms the gums

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Neem Capsules: 2 capsules twice daily with plain water after meals.

Triphala Powder: 1 teaspoonful twice daily with warm water after meals.

Kaishore Guggul: 2 tablets twice daily with warm water after meals.

Giloy Capsules: 2 capsules twice daily with plain water after meals.

Aloe Vera Gel: For external use only. Apply on the affected gum area, leave for 10-15 minutes, and rinse with warm water.

Dietary and Lifestyle Recommendations: Maintain good oral hygiene by brushing and flossing regularly. Avoid smoking and chewing tobacco. Use a soft-bristle toothbrush and antimicrobial mouthwash. Ensure adequate dental check-ups. Maintain a balanced diet rich in fruits, vegetables, and whole grains. Avoid processed and high-fat foods. Engage in regular exercise and practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep and avoid excessive alcohol consumption.

# HIV/AIDS

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## Overview of HIV/AIDS

HIV (Human Immunodeficiency Virus) is the main causative factor for AIDS (Acquired Immunodeficiency Syndrome), a harmful condition affecting millions worldwide. It is a retrovirus that enters WBCs or CD4 cells, producing its own DNA and integrating into the host cells. According to Ayurveda, HIV/AIDS is associated with Ojakshaya, which means the loss of vital energies or immunity. This condition is mentioned in ancient Ayurvedic treatises such as Charak Samhita, Sushrut Samhita, and Ashtanga Hridaya.

## Causes of HIV/AIDS

### Causes

- Ojakshaya (loss of vital energies or immunity)
- Vitiation of Ojas, the essence of Saptadhatu and the seat of strength
- Depletion of Para and Apra ojas
- Lifestyle factors such as a sedentary lifestyle, consumption of unhealthy food, and stress
- Displacement of doshas, leading to symptoms like ojo visramsas, ojo vyapat, and ojo kshaya

## Symptoms of HIV/AIDS

### Symptoms

- Ojo visramsas: Loosening of joints, weakness of body, displacement of doshas, sluggish behavior
- Ojo vyapat: Stiffness and heaviness, swelling, loss of complexion, exhaustion, stupor, excessive sleep
- Ojo kshaya: Fainting, unconsciousness, delirium, wasting of muscles, fear, general debility, discomfort in sense organs, emaciation, unstable mind

## Diagnosis

### Diagnosis

Diagnosis in Ayurveda involves identifying the imbalance of doshas and the depletion of Ojas. This is typically done through clinical examination and understanding the patient's symptoms and medical history.

## Trigger Factors

### Trigger Factors

#### Sedentary Lifestyle

Weakens the immune system and contributes to Ojakshaya

#### Unhealthy Diet

Consumption of oily, spicy, acidic, or baked products can exacerbate the condition

#### Stress

Stress can weaken the immune system and contribute to Ojakshaya

#### Dosha Imbalance

Vitiation of Kapha, Pitta, and Vata doshas can lead to Ojakshaya

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Brihaniya Herbs

Used to enhance Ojas and improve dhatu production. Includes ksheer vidari, rajsevak, ashwagandha, kakoli, kshir kakoli, baladvaya, van kapas, vidarikanda, vidhara

Ingredients: Ksheer vidari, Rajsevak, Ashwagandha, Kakoli, Kshir kakoli, Baladvaya, Van kapas, Vidarikanda, Vidhara

Benefits: Enhance Ojas, Improve dhatu production, Reduce weakness

#### Hridaya Herbs

Used as ojas vardhaka, rasayana, and vajikarana. Includes aamra, amtrak, lakuch, karmard, vrikshamla, amlavetasa, ber, anar, matulung

Ingredients: Aamra, Amtrak, Lakuch, Karmard, Vrikshamla, Amlavetasa, Ber, Anar, Matulung

Benefits: Enhance Ojas, Act as rasayana and vajikarana

#### Jivaniya Herbs

Includes jeevak, rishbhak, meda, mahameda, kakoli, kshir kakoli, mudgaparni, mashparni, jeevanti, mulethi

Ingredients: Jeevak, Rishbhak, Meda, Mahameda, Kakoli, Kshir kakoli, Mudgaparni, Mashparni, Jeevanti, Mulethi

Benefits: Enhance vitality and immunity

### **Rasayana Therapies**

Includes kuti praveshika rasayna, vardhamana pippali rasayana, Amalaki, Vidang, and Atibala

Ingredients: Kuti praveshika rasayna, Vardhamana pippali rasayana, Amalaki, Vidang, Atibala

Benefits: Enhance immunity, Support cellular and humoral components of immunity

### **Other Rasayanik Drugs**

Includes Guduchi, Aswagandha, Amalaki, and tulsi

Ingredients: Guduchi, Aswagandha, Amalaki, Tulsi

Benefits: Beneficial in cellular and humoral components of immunity

### **Medhya Rasayna**

Consists of guduchi swaras, shankhpushpi roots and flowers, yashtimadhu churna with milk, mandookparni swaras

Ingredients: Guduchi swaras, Shankhpushpi roots and flowers, Yashtimadhu churna with milk, Mandookparni swaras

Benefits: Enhance immunity

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Dietary Recommendations: Sweet, moist, cold potency, and light food. Cow milk, soup of non-veg food, balya, and jeevaniya gana aushadhi

Lifestyle Modifications: Live relaxed and stress-free. Engage in regular and easy exercises, and proper walks. Avoid oily, spicy, acidic, or baked products

Immunomodulator Formulations: Chyawanprash, shatavari kalpa, guduchi or kalmegh to strengthen the overall system and appetite

Panchakarma Procedures: Shodhana karma via virechana, vaman, or vasti to eliminate toxins. Use ghee-based medications for detoxification and strengthening the body

Liver Supportive Drugs: Use liver corrective measures to maintain a healthy system



# Reactive Arthritis (Reiter's Syndrome)

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## Overview of Reactive Arthritis (Reiter's Syndrome)

Reiter's Syndrome, also known as Reactive Arthritis, is a form of arthritis that is an inflammatory condition of the joints. It occurs due to infections in other parts of the body, such as the gastrointestinal tract or the urinary tract. This condition is not contagious and typically affects men more than women, most frequently in adults between 20-40 years of age. In Ayurveda, Reactive Arthritis is correlated to a type of Amavata, caused by the vitiation of Vata dosha.

## Causes of Reactive Arthritis (Reiter's Syndrome)

### Causes

- Infections spread through sexual contact, affecting the urinary bladder, urethra, penis, or vagina.
- Gastrointestinal infections (e.g., Salmonella or E.coli) from consuming contaminated food.

## Symptoms of Reactive Arthritis (Reiter's Syndrome)

### Symptoms

- Inflammation and pain in joints like knees, feet, or ankles.
- Bony growth in the heel.
- Red, painful, and irritated eyes.
- Blurry vision.
- Conjunctivitis (inflammation of the conjunctiva).
- Urethritis (inflammation of the urethra).
- Mouth sores and ulcers.
- Pain and stiffness of joints.
- Rashes on palms and sores.
- Low back ache.
- Swollen toes or fingers.
- Increased urine output, burning sensation during micturition, discharge from penis, inflamed prostate gland in men.
- Inflamed cervix, urethra, vulva, or vagina associated with pain during micturition in women.

## Diagnosis

### Diagnosis

Diagnosis is challenging due to the lack of a specific test. It involves physical examination, ESR (Erythrocyte Sedimentation Rate) to measure inflammation, X-ray to look for joint swelling or damage, urine and stool samples to check for bacteria or signs of disease, gene testing for HLA-B27 marker, and joint aspiration to test synovial fluid for crystals, bacteria, or viruses.

## Trigger Factors

### Trigger Factors

#### Infections

Infections in the gastrointestinal tract or urinary tract can trigger reactive arthritis.

#### Vitiation of Vata Dosha

Imbalance in Vata dosha due to external factors can lead to reactive arthritis.

#### Sexual Contact

Infections spread through sexual contact can cause reactive arthritis.

#### Contaminated Food

Consuming contaminated food can lead to gastrointestinal infections that trigger reactive arthritis.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Boswellia Curcumin

Capsules formulated using Shallaki (*Boswellia serrata*) and Curcumin (*Curcuma longa*) to reduce pain and inflammation in joints.

Ingredients: Shallaki (*Boswellia serrata*), Curcumin (*Curcuma longa*)

Benefits: Reduces pain and inflammation, Maintains full health

#### Amalaki Rasayan

Capsules prepared from Amalaki (*Emblica officinalis*) to balance doshas, relieve burning micturition, and treat mouth ulcers and sores.

Ingredients: Amalaki (*Emblica officinalis*)

Benefits: Balances doshas, Relieves burning micturition, Treats mouth ulcers and sores

#### **Yogaraj Guggul**

Tablets made from herbs like Guggul (Commiphora mukul) and others to support overall health and maintain Vata dosha.

Ingredients: Guggul (Commiphora mukul), Kulanjan (Alpinia galanga)

Benefits: Supports overall health, Maintains Vata dosha

#### **Aamvatantak Churna**

Powder made from Ashwagandha (Withania somnifera), Methi (Trigonella foenum graecum), Haridra (Curcuma longa), and others to reduce inflammation and act as an immune booster.

Ingredients: Ashwagandha (Withania somnifera), Methi (Trigonella foenum graecum), Haridra (Curcuma longa)

Benefits: Reduces inflammation, Acts as an immune booster

#### **Ashwagandha Ghan Vati**

Capsules made from the pure extract of Ashwagandha (Withania somnifera) to act as a pain reliever and anti-inflammatory.

Ingredients: Ashwagandha (Withania somnifera)

Benefits: Pain relief, Anti-inflammatory

#### **Orthovita Oil**

Oil with ingredients like Saindhavi oil, Shul Gajendra oil, and camphor to relieve pain when applied to the affected area.

Ingredients: Saindhavi oil, Shul Gajendra oil, Camphor

Benefits: Relieves pain, Soothes the affected area

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Boswellia Curcumin: 2 capsules twice a day with warm water after meals.

Amalaki Rasayan: 1-2 capsules twice daily with plain water after meals.

Yogaraj Guggul: 1-2 tablets twice or thrice a day with lukewarm water.

Aamvatantak Churna: 1/2 to 1 teaspoonful twice daily, after meals with plain water or Aloe vera juice or Kumari Saar.

Ashwagandha Ghan Vati: 1-2 tablets twice or thrice daily with lukewarm water.

Orthovita Oil: Apply over the affected area and gently once or twice daily.

Dietary and Lifestyle Recommendations: Maintain good hygiene, avoid vigorous use of toothbrush, and avoid tongue or lip piercings. Ensure proper rest to ease pain and inflammation. Engage in exercises to strengthen muscles and improve joint function after symptoms subside. Follow a balanced diet, avoid oily, spicy, acidic, or baked products, and consume ghee. Live a relaxed and stress-free life, and engage in regular walks and easy exercises.

# Rheumatoid Arthritis

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## Overview of Rheumatoid Arthritis

Rheumatoid Arthritis is a chronic autoimmune disorder that attacks the synovial joints, characterized by tremendous pain and swelling, leading to immobility. It is an inflammatory condition where the swelling of the synovial cells, synovial fluid, and development of tissues in the synovium are major features. In Ayurveda, Rheumatoid Arthritis is associated with the vitiation of Vata dosha and is considered a type of Amavata.

## Causes of Rheumatoid Arthritis

### Causes

- Heredity and genetic factors.
- Stress.
- Hormonal imbalance.
- Infections.
- Shock and injury.
- Deficiency of Vitamin D.
- Smoking.

## Symptoms of Rheumatoid Arthritis

### Symptoms

- Tender and swollen joints.
- Warm or sometimes numbness of joints.
- Morning stiffness that may last for a couple of hours.
- Firm bumps under the skin on your arms.
- Fatigue – mental and physical.
- Fever.
- Weight loss.
- Involvement of joints such as those in the fingers, toes, wrists, hips, ankles, and shoulders.

## Diagnosis

### Diagnosis

Diagnosis involves physical examination, ESR (Erythrocyte Sedimentation Rate) to measure inflammation, X-ray to look for joint swelling or damage, and sometimes additional tests

like rheumatoid factor and anti-CCP antibodies. There is no single definitive test, so diagnosis is often based on a combination of clinical findings and laboratory results.

## Trigger Factors

### Trigger Factors

#### Genetic Factors

Heredity plays a significant role in the development of Rheumatoid Arthritis.

#### Stress

Stress can exacerbate the condition by weakening the immune system.

#### Hormonal Imbalance

Hormonal changes can contribute to the onset of Rheumatoid Arthritis.

#### Infections

Certain infections may trigger the autoimmune response leading to Rheumatoid Arthritis.

#### Vitamin D Deficiency

Lack of Vitamin D can increase the risk of developing Rheumatoid Arthritis.

#### Smoking

Smoking is a significant risk factor for Rheumatoid Arthritis.

#### Vitiation of Vata Dosha

Imbalance in Vata dosha is a key factor in the Ayurvedic perspective of Rheumatoid Arthritis.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Ashwagandha Capsules

Capsules prepared from the standardized extracts of Ashwagandha (*Withania somnifera*) to strengthen the defense mechanism and provide rejuvenating, stress-busting, and nerve tonic properties.

Ingredients: Ashwagandha (*Withania somnifera*)

Benefits: Strengthens the defense mechanism, Rejuvenating, Stress-busting, Nerve tonic

#### Boswellia Curcumin

A blend of Shallaki (*Boswellia serrata*) and Haridra (*Curcuma longa*) to reduce pain and inflammation in joints and improve local blood circulation and flexibility.

Ingredients: Shallaki (*Boswellia serrata*), Haridra (*Curcuma longa*)

Benefits: Reduces pain and inflammation, Improves local blood circulation, Enhances flexibility

#### **Aamvatantak Churna**

A blend of herbs including Ashwagandha, Haridra, Methi, and others to digest ama (endotoxins), improve metabolism, correct liver functions, reduce local pain and swelling, and boost the immune system.

Ingredients: Ashwagandha (*Withania somnifera*), Haridra (*Curcuma longa*), Methi (*Trigonella foenum graecum*), Sonth (*Zingiber officinale*), Gorakhmundi (*Sphaeranthus indicus*)

Benefits: Digests ama, Improves metabolism, Corrects liver functions, Reduces local pain and swelling, Boosts the immune system

#### **RumoGin 5 Capsules**

A herbal formulation containing Curcumin, Saunth, Shallaki, Maricha, and Pippali to detoxify the body and make joints healthy and movable.

Ingredients: Curcumin, Saunth, Shallaki, Maricha, Pippali

Benefits: Detoxifies the body, Makes joints healthy and movable

#### **Joint Aid Plus**

A blend of herbs like Nirgundi, Shallaki, Ashwagandha, Sonth, Guggulu, and Giloy to reduce pain and inflammation of joints and act as an anti-inflammatory, analgesic, immunomodulator, and blood purifier.

Ingredients: Nirgundi (*Vitex nirgundo*), Shallaki (*Boswellia curcumin*), Ashwagandha (*Withania somnifera*), Sonth (*Zingiber officinale*), Guggulu (*Commiphora mukul*), Giloy (*Tinospora cordifolia*)

Benefits: Reduces pain and inflammation, Anti-inflammatory, Analgesic, Immunomodulator, Blood purifier

#### **Yograj Guggul**

A classical Ayurvedic formulation prepared from herbs like Guggul, Chitrak, Chavya, Pippali, Musta, and Amla to support overall health, maintain Vata dosha, and stimulate digestive fire.

Ingredients: Guggul (*Commiphora mukul*), Chitrak (*Plumbago zeylanica*), Chavya (*Piper chaba*), Pippali (*Piper longum*), Musta (*Cyperus rotundus*), Amla (*Emblica officinalis*)

Benefits: Supports overall health, Maintains Vata dosha, Stimulates digestive fire

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Ashwagandha Capsules: 2 capsules twice daily with warm water, after meals.

Boswellia Curcumin: 2 capsules twice daily with warm water, after meals.

Aamvatantak Churna: 1 teaspoonful twice daily with warm water, before meals.

RumoGin 5 Capsules: 1 capsule twice daily with warm water, after meals.

Joint Aid Plus: 2 capsules twice daily with warm water, after meals.

Yograj Guggul: 1-2 tablets twice or thrice daily with lukewarm water.

Dietary and Lifestyle Recommendations: Follow an anti-inflammatory diet. Include fish like salmon, tuna, and cold water fish for omega-3 fatty acids. Consume antioxidant-rich foods like berries, apples, broccoli, kale, spinach, garlic, and onions. Use olive oil for cooking. Avoid junk, fried, and packed foods. Do not consume curd, especially at night. Avoid potatoes, peas, chickpeas, and soybeans. Use hot and cold compresses alternately to ease pain and improve blood circulation. Massage with mustard oil, coconut oil, or olive oil. Try to lose weight if obese. Wear comfortable flat shoes. Avoid exposure to cold environments.



# Sacroiliitis

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## Overview of Sacroiliitis

Sacroiliitis is a joint problem characterized by the inflammation of one or both of the sacroiliac joints, which are located where the lower spine connects to the pelvis. This condition is marked by pain in the buttocks or lower back, which can extend down the legs. It is sometimes linked to a group of diseases that lead to inflammatory arthritis of the spine. In Ayurveda, joint pain, including sacroiliitis, is attributed to the aggravation of Kapha and Vata doshas and the accumulation of ama (toxins) in the joints.

## Causes of Sacroiliitis

### Causes

- Aggravation of Kapha and Vata doshas.
- Accumulation of ama (toxins) in the joints.
- Unhealthy diet.
- Heavy exercise.
- Work overload.
- Excessive use of alcohol.
- Inflammatory arthritis of the spine.

## Symptoms of Sacroiliitis

### Symptoms

- Pain in the buttocks and lower back.
- Pain extending down the legs.
- Aggravation of pain by climbing stairs, prolonged standing, bearing more weight on one leg, running for long periods, and taking large strides.

## Diagnosis

### Diagnosis

Diagnosis can be challenging due to the similarity with other lower back pain causes. It involves physical examination, ESR (Erythrocyte Sedimentation Rate) to measure inflammation, X-ray to look for joint swelling or damage, and sometimes additional tests to rule out other conditions.

## Trigger Factors

### Trigger Factors

#### Unhealthy Diet

Consuming foods that lead to the accumulation of ama (toxins) in the joints.

#### Heavy Exercise

Excessive physical activity that can aggravate the condition.

#### Work Overload

Physical strain that contributes to the imbalance of doshas.

#### Excessive Alcohol Use

Alcohol consumption that can exacerbate the condition.

#### Vitiating of Kapha and Vata Doshas

Imbalance in Kapha and Vata doshas leading to joint pain and inflammation.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Bone Support

Capsules containing standardized extracts of Shudh Laksha, Suhanjana Beej, Hadjod, Arjun, Praval pisti, and Mukta to provide strength to bones and joints.

Ingredients: Shudh Laksha (Laccifer lacca), Suhanjana Beej (Moringa oliefera), Hadjod (Cissus quadrangular), Arjun (Terminalia Arjuna), Praval pisti (Corallium rubrum), Mukta (Pearl calcium compound)

Benefits: Provides strength to bones and joints, Rich in calcium compounds

#### Boswellia Curcumin

Capsules formulated with Shallaki and Haridra to reduce pain and inflammation in joints.

Ingredients: Shallaki (Boswellia serrata), Haridra (Curcuma longa)

Benefits: Reduces pain and inflammation, Effective in various joint disorders

#### Yograj Guggul

Tablets prepared from multiple ingredients to balance the equilibrium of tridoshas, supporting healthy muscles and joints.

Ingredients: Guggul (Commiphora mukul), Nigella sativa, Coriandrum sativum, Rock Salt

Benefits: Balances tridoshas, Supports healthy muscles and joints

#### **Coral Calcium Complex**

Capsules containing high-quality calcium and vitamins, including Parval pishti, Akik pishti, Jawar mohra pishti, Kamdhudha ras, Mukta pishti, and Giloy satva.

Ingredients: Parval pishti (coral), Akik pishti (agate), Jawar mohra pishti, Kamdhudha ras, Mukta pishti (pearl), Giloy satva (Guduchi)

Benefits: Provides high-quality calcium and vitamins, Supports healthy joints

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Bone Support: 1 capsule twice daily with lukewarm water, after meals.

Boswellia Curcumin: 1 capsule twice daily with lukewarm water, after meals.

Yograj Guggul: 2 tablets twice daily with lukewarm water, after meals.

Coral Calcium Complex: 1 capsule twice daily with lukewarm water, after meals.

Dietary and Lifestyle Recommendations: Take warm and easily digested meals. Follow an ama-reducing diet. Use ghee or flax seed oil. Avoid dairy products like ice cream and cheese. Prefer hot water over cold water and tea made from dry ginger root. Ensure regular bowel movements and a clean colon.

# Sciatica

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## Overview of Sciatica

Sciatica is not a disease but a collection of symptoms that include pricking pain, numbness, tingling sensation, and weakness starting from the lower back and radiating to the buttocks and lower limbs down to the foot. In Ayurveda, this condition is known as 'Gridhrasi,' a painful condition of the lower limbs caused by the vitiation of Vata dosha. The term 'Gridhrasi' is derived from the Sanskrit word 'Gridha,' meaning vulture, as patients often walk with a stiff and slightly curved gait due to severe pain.

## Causes of Sciatica

### Causes

- Disc prolapse
- Spinal stenosis
- Pregnancy
- Tumors
- Osteoarthritis and osteoporosis
- Rheumatoid arthritis
- Infections of the pelvis
- Pelvic fractures
- Dysfunction of the sacro-iliac joint
- Intake of Vata-rich foods that aggravate Vata dosha

## Symptoms of Sciatica

### Symptoms

- Pain that may vary from mild to severe, radiating from the lower back to the buttocks and lower limbs
- Numbness
- Tingling and pricking needle-like sensation
- Muscular weakness
- Difficulty in leg and foot movements

## Diagnosis

### Diagnosis

Diagnosis involves physical examination, blood examination, ESR count, X-ray, CT scan, MRI, and abdomino-pelvic ultrasonography. Urine examination may also be conducted to rule out other conditions.

## Trigger Factors

### Trigger Factors

#### Disc Prolapse

Compression or irritation of the sciatic nerve due to disc prolapse.

#### Spinal Stenosis

Narrowing of the spinal canal that can compress the sciatic nerve.

#### Vitiating of Vata Dosha

Aggravation of Vata dosha due to intake of Vata-rich foods or other lifestyle factors.

#### Pregnancy

Pressure on the sciatic nerve during pregnancy can trigger sciatica.

#### Infections and Injuries

Infections or injuries in the pelvic region can cause sciatica.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Boswellia Curcumin

A blend of Shallaki (*Boswellia serrata*) and Curcumin (*Curcuma longa*) to reduce pain and inflammation and improve joint flexibility.

Ingredients: Shallaki (*Boswellia serrata*), Curcumin (*Curcuma longa*)

Benefits: Reduces pain and inflammation, Improves joint flexibility

#### Hakam Churna

A blend of herbs including Chandershoor (*Lepidium sativum*), Kalonji (*Nigella sativa*), Methi (*Trigonella foenum graecum*), and Ajwain (*Trachyspermum ammi*) with anti-spasmodic properties to relieve painful joints and stiffness.

Ingredients: Chandershoor (*Lepidium sativum*), Kalonji (*Nigella sativa*), Methi (*Trigonella foenum graecum*), Ajwain (*Trachyspermum ammi*)

Benefits: Relieves painful joints and stiffness, Anti-spasmodic properties

#### Ashwagandha Capsules

Capsules made from the pure extract of Ashwagandha (*Withania somnifera*) to provide strength to the back muscles, spine, and ligaments, and reduce inflammation and irritation in the sciatic nerve.

Ingredients: Ashwagandha (*Withania somnifera*)

Benefits: Provides strength to back muscles, spine, and ligaments, Reduces inflammation and irritation in the sciatic nerve

#### Yograj Guggul

A classical Ayurvedic formulation containing Guggul resin (*Commiphora mukul*), Chitrak (*Plumbago zeylanica*), Pippali (*Piper longum*), and other herbs to pacify Vata dosha, improve immunity, and regulate metabolism.

Ingredients: Guggul resin (*Commiphora mukul*), Chitrak (*Plumbago zeylanica*), Pippali (*Piper longum*), Other herbs

Benefits: Pacifies Vata dosha, Improves immunity, Regulates metabolism

#### Vrihat Vatchintamani Ras

Tablets prepared using various Ayurvedic Bhasma such as Swarna Bhasma, Rajata Bhasma, Abhraka Bhasma, Loha Bhasma, Pravala Bhasma, Mukta Bhasma, and Suta Bhasma to balance Vata and Pitta doshas and relieve chronic pain and stiffness.

Ingredients: Swarna Bhasma, Rajata Bhasma, Abhraka Bhasma, Loha Bhasma, Pravala Bhasma, Mukta Bhasma, Suta Bhasma

Benefits: Balances Vata and Pitta doshas, Relieves chronic pain and stiffness

#### Dhanwantharam Tailam

An herbal oil formulation to relieve sciatica pain by pacifying Vata dosha, reducing inflammation, and nourishing the nerves.

Ingredients: Various Ayurvedic herbs

Benefits: Pacifies Vata dosha, Reduces inflammation, Nourishes the nerves

### Usage/Dosage Recommendations

#### Usage/Dosage Recommendations

Boswellia Curcumin: 2 capsules twice daily with warm water, after meals.

Hakam Churna: 1 teaspoonful twice daily with warm water, after meals.

Ashwagandha Capsules: 1 capsule twice daily with warm water, after meals.

Yograj Guggul: 2 tablets twice daily with warm water, after meals.

Vrihat Vatchintamani Ras: 1 tablet twice daily with warm water, after meals.

Dhanwantharam Tailam: For external massage, warm the oil before use, and then apply.

Dietary and Lifestyle Recommendations: Use heat and ice packs to reduce sciatic pain.

General massage and exercise can provide relief. Stretching can offer good support to the back and reduce pain. Avoid long sitting for several hours. Follow a balanced diet, avoid Vata-rich foods, and use ghee or flax seed oil for cooking. Ensure regular bowel movements and a clean colon.

# Shaken Baby Syndrome

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## Overview of Shaken Baby Syndrome

Shaken Baby Syndrome (SBS) or Shaken Impact Syndrome is a severe condition caused by the vigorous shaking of a baby, leading to significant brain injury. This can result from intentional or unintentional shaking due to inconsolable crying, causing subdural or retinal hemorrhage and other severe neurological injuries. In Ayurveda, SBS is considered to be caused by the vitiation of Vata dosha, leading to degenerative changes in the brain and nervous system.

## Causes of Shaken Baby Syndrome

### Causes

- Vigorous shaking of the baby
- Underdeveloped neck muscles
- A baby with a larger head
- Blunt trauma
- Child abuse
- Shaking alone or with impact
- Thinness and pliability of neck muscles
- Softness of the brain
- Larger subarachnoid space

## Symptoms of Shaken Baby Syndrome

### Symptoms

- Irritability
- Vomiting
- Uncontrolled and inconsolable crying
- Convulsions
- Increased sleep and inability to be awakened for longer periods
- Affected posture of the baby
- Lost interest in eating and difficulty in swallowing
- Change in sleeping pattern
- Unresponsiveness
- Loss of consciousness
- Irregular breathing
- No pulse



- Seizures
- Cardiac arrest
- Coma
- Dilated pupils

## Diagnosis

### Diagnosis

Diagnosis involves taking the baby's history from parents. It includes CT scan to check for hemorrhage, MRI to check for brain atrophy or subdural hematoma, skeletal survey to look for skull fractures or broken ribs, X-ray, optic fundus examination to rule out retinal hemorrhage, routine blood tests, and lumbar puncture.

## Trigger Factors

### Trigger Factors

#### Vigorous Shaking

Intentional or unintentional vigorous shaking of the baby due to inconsolable crying.

#### Underdeveloped Neck Muscles

Babies with underdeveloped neck muscles are more prone to injury from shaking.

#### Vitiating of Vata Dosha

Ayurvedic perspective attributes SBS to the vitiation of Vata dosha, leading to degenerative changes in the brain and nervous system.

#### Child Abuse

Physical abuse, including shaking, is a significant trigger factor.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Kumar Kalyan Ras

A formulation that pacifies all three doshas, helps in neurological functioning, and relieves weakness and loss of appetite. It contains Ras sindur, aloe vera, swarna (gold) bhasma, and mukta (pearl) bhasma.

Ingredients: Ras sindur, Aloe vera, Swarna (gold) bhasma, Mukta (pearl) bhasma

Benefits: Pacifies all three doshas, Helps in neurological functioning, Relieves weakness and loss of appetite

### Neuro Plan Syrup

A syrup containing medya aushadhis like Brahmi, shankhpushpi, mandukparni, jyotishmati, ashwagandha, and madhuyashti to stimulate the CNS and enhance cognitive function.

Ingredients: Brahmi (*Bacopa monnieri*), Shankhpushpi (*Convolvulus prostratus*), Mandukparni (*Centella asiatica*), Jyotishmati (*Celastrus paniculatus*), Ashwagandha (*Withania somnifera*), Madhuyashti (*Glycyrrhiza glabra*)

Benefits: Stimulates CNS, Enhances cognitive function

### Arvindasav

A syrup formulated for children and infants, containing herbs like kamal, kush, gambhari, amla, manjisht, and others to promote growth, development, and boost appetite and immunity.

Ingredients: Kamal, Kush, Gambhari, Amla, Manjisht

Benefits: Promotes growth and development, Boosts appetite and immunity

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Kumar Kalyan Ras: 1 tablet twice a day.

Neuro Plan Syrup: 1-2 teaspoon twice a day.

Arvindasav: 10-20 ml mixed with equal parts of water, once or twice a day after meals.

Dietary and Lifestyle Recommendations: Avoid shaking the baby due to crying. Instead, rub the child's back or take a walk with the child. Ensure a calm and stress-free environment for the baby.

# Sinusitis

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## Overview of Sinusitis

Sinusitis is an inflammatory condition of the paranasal sinuses, which are air-filled cavities in the skull. It can be acute or chronic and is often caused by infections, allergies, or other factors that block the sinuses. In Ayurveda, sinusitis is associated with the vitiation of Kapha and Pitta doshas, leading to the accumulation of ama (toxins) in the sinuses.

## Causes of Sinusitis

### Causes

- Viral or bacterial infections
- Allergies
- Anatomical abnormalities
- Nasal polyps
- Deviated septum
- Intake of Kapha and Pitta aggravating foods
- Environmental factors like pollution and smoke

## Symptoms of Sinusitis

### Symptoms

- Nasal congestion and blockage
- Thick, yellow or green nasal discharge
- Pain, tenderness, and swelling in the face
- Headache
- Cough
- Bad breath
- Fatigue
- Loss of smell

## Diagnosis

### Diagnosis

Diagnosis involves physical examination, nasal endoscopy, CT or MRI scans to visualize the sinuses, and sometimes blood tests or nasal swabs to identify the cause of infection.

## Trigger Factors

### Trigger Factors

#### Infections

Viral or bacterial infections can trigger sinusitis.

#### Allergies

Allergic reactions can cause sinus inflammation.

#### Anatomical Abnormalities

Deviated septum or nasal polyps can block the sinuses.

#### Vitiation of Kapha and Pitta Doshas

Imbalance in Kapha and Pitta doshas can lead to sinusitis.

#### Environmental Factors

Exposure to pollution and smoke can exacerbate the condition.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Tulsi Capsules

Capsules made from the pure extract of Tulsi (*Ocimum sanctum*) to reduce inflammation and fight infections.

Ingredients: Tulsi (*Ocimum sanctum*)

Benefits: Reduces inflammation, Fights infections

#### Curcumin Capsules

Capsules containing Curcumin (*Curcuma longa*) to reduce inflammation and improve immune function.

Ingredients: Curcumin (*Curcuma longa*)

Benefits: Reduces inflammation, Improves immune function

#### Aller-G Care

A blend of herbs like Neem, Ashwagandha, and Haridra to alleviate allergic reactions and reduce nasal congestion.

Ingredients: Neem (*Azadirachta indica*), Ashwagandha (*Withania somnifera*), Haridra (*Curcuma longa*)

Benefits: Alleviates allergic reactions, Reduces nasal congestion

#### **Kachnaar Guggul**

Tablets prepared from Kachnaar (*Bauhinia variegata*) and other herbs to reduce inflammation and swelling in the sinuses.

Ingredients: Kachnaar (*Bauhinia variegata*), Other herbs

Benefits: Reduces inflammation and swelling, Improves sinus health

#### **Anu Taila**

An herbal oil formulation to be used as a nasal drop to clear the nasal passages and reduce congestion.

Ingredients: Various Ayurvedic herbs

Benefits: Clears nasal passages, Reduces congestion

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Tulsi Capsules: 1-2 capsules twice daily with warm water after meals.

Curcumin Capsules: 1-2 capsules twice daily with warm water after meals.

Aller-G Care: 1-2 capsules twice daily with warm water after meals.

Kachnaar Guggul: 2 tablets twice daily with warm water after meals.

Anu Taila: Use as nasal drops, 2-3 drops in each nostril twice a day.

Dietary and Lifestyle Recommendations: Avoid Kapha and Pitta aggravating foods. Use warm water for drinking and avoid cold foods. Practice nasal cleansing with saline water or Anu Taila. Engage in regular exercises and maintain a balanced diet rich in fruits, vegetables, and whole grains. Ensure adequate sleep and avoid excessive alcohol consumption.

# Bulging or Slipped Disc (Disc Prolapse)

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## Overview of Bulging or Slipped Disc (Disc Prolapse)

A bulging or slipped disc, also known as disc prolapse or herniated disc, is a condition where the soft, gel-like center of a spinal disc bulges out through a tear or crack in the outer, tougher layer. This can put pressure on nearby nerves, causing pain, numbness, and weakness. In Ayurveda, this condition is associated with the vitiation of Vata dosha, leading to degenerative changes in the spine and nerves.

## Causes of Bulging or Slipped Disc (Disc Prolapse)

### Causes

- Vitiation of Vata dosha
- Aging and wear and tear
- Injury or trauma
- Lifting heavy objects
- Poor posture
- Obesity
- Genetic predisposition
- Intake of Vata-aggravating foods

## Symptoms of Bulging or Slipped Disc (Disc Prolapse)

### Symptoms

- Pain in the back, neck, or legs
- Numbness or tingling in the legs or feet
- Weakness in the muscles
- Difficulty in walking or standing
- Radiating pain from the lower back to the buttocks and legs
- Muscle spasms

## Diagnosis

### Diagnosis

Diagnosis involves physical examination, X-ray, CT scan, MRI, and sometimes electromyography (EMG) or nerve conduction studies to confirm the diagnosis and rule out other conditions.

## Trigger Factors

### Trigger Factors

#### Vitiation of Vata Dosha

Imbalance in Vata dosha can lead to degenerative changes in the spine and nerves.

#### Aging and Wear and Tear

Natural aging process can weaken the spinal discs.

#### Injury or Trauma

Physical injury can cause a disc to bulge or slip.

#### Poor Posture

Continuous poor posture can strain the spinal discs.

#### Obesity

Excess weight can put additional strain on the spinal discs.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Boswellia Curcumin

Capsules containing Shallaki (*Boswellia serrata*) and Curcumin (*Curcuma longa*) to reduce pain and inflammation.

Ingredients: Shallaki (*Boswellia serrata*), Curcumin (*Curcuma longa*)

Benefits: Reduces pain and inflammation, Improves joint flexibility

#### Hakam Churna

A blend of herbs including Chandershoor (*Lepidium sativum*), Kalonji (*Nigella sativa*), Methi (*Trigonella foenum graecum*), and Ajwain (*Trachyspermum ammi*) with anti-spasmodic properties.

Ingredients: Chandershoor (*Lepidium sativum*), Kalonji (*Nigella sativa*), Methi (*Trigonella foenum graecum*), Ajwain (*Trachyspermum ammi*)

Benefits: Relieves painful joints and stiffness, Anti-spasmodic properties

#### Ashwagandha Capsules

Capsules made from the pure extract of Ashwagandha (*Withania somnifera*) to provide strength to the back muscles, spine, and ligaments.

Ingredients: Ashwagandha (*Withania somnifera*)

Benefits: Provides strength to back muscles, spine, and ligaments, Reduces inflammation and irritation in sciatic nerves

#### **Yograj Guggul**

Tablets prepared from various Ayurvedic herbs like Guggul resin (Commiphora mukul), Chitrak (Plumbago zeylanica), Pippali (Piper longum), and others to pacify Vata dosha and improve immunity.

Ingredients: Guggul resin (Commiphora mukul), Chitrak (Plumbago zeylanica), Pippali (Piper longum), Other herbs

Benefits: Pacifies Vata dosha, Improves immunity, Regulates metabolism

#### **Vrihat Vatchintamani Ras**

Tablets prepared using various Ayurvedic Bhasma like Swarna Bhasma, Rajata Bhasma, Abhraka Bhasma, Loha Bhasma, Pravala Bhasma, Mukta Bhasma, and Suta Bhasma to balance Vata and Pitta doshas.

Ingredients: Swarna Bhasma, Rajata Bhasma, Abhraka Bhasma, Loha Bhasma, Pravala Bhasma, Mukta Bhasma, Suta Bhasma

Benefits: Balances Vata and Pitta doshas, Relieves chronic pain and stiffness

#### **Dhanwantharam Tailam**

An herbal oil formulation to relieve pain by pacifying Vata dosha and reducing inflammation.

Ingredients: Various Ayurvedic herbs

Benefits: Pacifies Vata dosha, Reduces inflammation, Nourishes the nerves

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Boswellia Curcumin: 2 capsules twice daily with warm water, after meals.

Hakam Churna: 1 teaspoonful twice daily with warm water, after meals.

Ashwagandha Capsules: 1 capsule twice daily with warm water, after meals.

Yograj Guggul: 2 tablets twice daily with warm water, after meals.

Vrihat Vatchintamani Ras: 1 tablet twice daily with warm water, after meals.

Dhanwantharam Tailam: For external massage, warm the oil before use, and then apply.



Dietary and Lifestyle Recommendations: Maintain good posture, avoid heavy lifting, and ensure regular exercise. Follow a balanced diet, avoid Vata-aggravating foods, and use ghee or flax seed oil for cooking. Ensure adequate sleep and avoid excessive alcohol consumption. Use heat and ice packs to reduce pain and inflammation.

# Syphilis

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## Overview of Syphilis

Syphilis is a chronic and infectious disease caused by the bacterium *Treponema pallidum*. It is primarily spread through sexual contact and can also be transmitted from mother to child during pregnancy. In Ayurveda, syphilis is associated with the vitiation of all three doshas (Vata, Pitta, and Kapha) and is considered a type of 'Maharog' or major disease.

## Causes of Syphilis

### Causes

- Sexual contact with an infected person
- Transmission from mother to child during pregnancy
- Blood transfusion from an infected donor (rare)
- Vitiation of Vata, Pitta, and Kapha doshas
- Poor hygiene and lifestyle factors

## Symptoms of Syphilis

### Symptoms

- Primary stage: Painless sore or chancre at the site of infection
- Secondary stage: Rash, fever, swollen lymph nodes, and patchy hair loss
- Latent stage: No symptoms, but the infection is still present
- Tertiary stage: Serious complications such as heart problems, neurological issues, and organ damage
- Skin rashes
- Mucous membrane lesions
- Generalized lymphadenopathy
- Fatigue
- Headache
- Sore throat
- Patchy hair loss

## Diagnosis

### Diagnosis

Diagnosis involves physical examination, blood tests such as the Venereal Disease Research Laboratory (VDRL) test and the Rapid Plasma Reagin (RPR) test, and sometimes additional

tests like the Fluorescent Treponemal Antibody Absorption (FTA-ABS) test to confirm the presence of syphilis.

## Trigger Factors

### Trigger Factors

#### Sexual Contact

Direct contact with an infected person's sore or mucous membranes.

#### Mother to Child Transmission

Transmission during pregnancy or childbirth.

#### Vitiation of Doshas

Imbalance in Vata, Pitta, and Kapha doshas can contribute to the development of syphilis.

#### Poor Hygiene and Lifestyle

Poor hygiene and certain lifestyle factors can increase the risk of contracting syphilis.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Kanchnaar Guggul

Tablets prepared from Kanchnaar (*Bauhinia variegata*) and other herbs to reduce inflammation and swelling, and to balance the doshas.

Ingredients: Kanchnaar (*Bauhinia variegata*), Other herbs

Benefits: Reduces inflammation and swelling, Balances the doshas

#### Neem Capsules

Capsules made from the pure extract of Neem (*Azadirachta indica*) to fight infections and reduce inflammation.

Ingredients: Neem (*Azadirachta indica*)

Benefits: Fights infections, Reduces inflammation

#### Giloy Capsules

Capsules made from the pure extract of Giloy (*Tinospora cordifolia*) to boost immunity and reduce inflammation.

Ingredients: Giloy (*Tinospora cordifolia*)

Benefits: Boosts immunity, Reduces inflammation

### Manjishtha Capsules

Capsules made from the pure extract of Manjishtha (*Rubia cordifolia*) to detoxify the body and reduce skin lesions.

Ingredients: Manjishtha (*Rubia cordifolia*)

Benefits: Detoxifies the body, Reduces skin lesions

### Boswellia Curcumin

Capsules containing Shallaki (*Boswellia serrata*) and Curcumin (*Curcuma longa*) to reduce pain and inflammation.

Ingredients: Shallaki (*Boswellia serrata*), Curcumin (*Curcuma longa*)

Benefits: Reduces pain and inflammation, Improves joint flexibility

### Yograj Guggul

Tablets prepared from various Ayurvedic herbs to balance the doshas and improve overall health.

Ingredients: Guggul (*Commiphora mukul*), Chitrak (*Plumbago zeylanica*), Pippali (*Piper longum*), Other herbs

Benefits: Balances the doshas, Improves overall health

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Kanchnaar Guggul: 2 tablets twice daily with warm water, after meals.

Neem Capsules: 2 capsules twice daily with plain water, after meals.

Giloy Capsules: 2 capsules twice daily with plain water, after meals.

Manjishtha Capsules: 2 capsules twice daily with plain water, after meals.

Boswellia Curcumin: 2 capsules twice daily with warm water, after meals.

Yograj Guggul: 2 tablets twice daily with warm water, after meals.

Dietary and Lifestyle Recommendations: Maintain good hygiene, avoid risky sexual behaviors, and ensure proper rest. Follow a balanced diet, avoid Kapha and Pitta aggravating foods, and use ghee or flax seed oil for cooking. Engage in regular exercises and practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep and avoid excessive alcohol consumption.

# Sarcoidosis

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## Overview of Sarcoidosis

Sarcoidosis is an autoimmune disease characterized by the growth of tiny collections of inflammatory cells in several parts of the body. It can affect any organ, but it most commonly affects the lungs, eyes, lymph nodes, and skin. In Ayurveda, this condition is associated with the vitiation of all three doshas (Vata, Pitta, and Kapha) and the accumulation of ama (toxins) in the body.

## Causes of Sarcoidosis

### Causes

- Generation of endotoxins (ama) in the body
- Disturbance in the functioning of the immune system
- Accumulation of ama in the circulatory and lymphatic system
- Unknown exact cause, but believed to be related to a disturbed immune system
- More common in adults aged 20 to 40 years, and more prevalent in women

## Symptoms of Sarcoidosis

### Symptoms

- Red and teary eyes with blurred vision and puffiness
- Shortness of breath, chest pain, wheezing, and dry coughing if the lungs are affected
- Red colored patches on the skin, growth under the skin, and lesions on the nose
- Painful joints due to deposition of toxins in the bones
- Kidney stone formation
- General symptoms like fatigue, headache, sore throat, and patchy hair loss

## Diagnosis

### Diagnosis

Diagnosis involves physical examination, blood tests such as ESR (Erythrocyte Sedimentation Rate) and RPR (Rapid Plasma Reagin), and sometimes additional tests like CT scans, MRI, and biopsy to confirm the presence of sarcoidosis.

## Trigger Factors

### Trigger Factors

#### Generation of Endotoxins (Ama)

Accumulation of ama in the circulatory and lymphatic system leads to the disturbance in the immune system.

#### Disturbance in Immune System

A disturbed immune system is believed to be the reason behind sarcoidosis.

#### Vitiation of Doshas

Imbalance in Vata, Pitta, and Kapha doshas contributes to the development of sarcoidosis.

#### Lifestyle and Environmental Factors

Poor hygiene and certain lifestyle factors can increase the risk of developing sarcoidosis.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Punarnava Mandur

Tablets that help manage swelling and inflammation in the affected areas, eliminate harmful toxins from the body, and boost the immune system.

Ingredients: Punarnava (*Boerhavia diffusa*)

Benefits: Reduces swelling and inflammation, Eliminates toxins, Boosts immune system

#### Curcumin Capsules

Capsules containing Curcumin (*Curcuma longa*) to reduce inflammation and improve immune function.

Ingredients: Curcumin (*Curcuma longa*)

Benefits: Reduces inflammation, Improves immune function

#### Aller-G Care

Capsules that help manage allergic reactions, remove toxins from the body, and maintain a healthy immune system.

Ingredients: Haridra (*Curcuma longa*), Neem (*Azadirachta indica*), Shirish (*Albizia lebbek*), Ashwagandha (*Withania somnifera*)

Benefits: Manages allergic reactions, Removes toxins, Maintains healthy immune system

### Kanchnaar Guggul

Tablets made from Kanchnaar (*Bauhinia variegata*) and other herbs to reduce inflammation, swelling, and cyst formation in the bones.

Ingredients: Kanchnaar (*Bauhinia variegata*), Guggul (*Commiphora mukul*)

Benefits: Reduces inflammation and swelling, Reduces cyst formation in bones

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Punarnava Mandur: 2 tablets, two times per day with warm water after meals.

Curcumin Capsules: 2 capsules, twice daily, with warm water after meals.

Aller-G Care: 2 capsules, two times in a day, with warm water after meals.

Kanchnaar Guggul: 2 tablets, three times per day, with warm water after meals.

Dietary and Lifestyle Recommendations: Maintain good hygiene, avoid Kapha and Pitta aggravating foods, and use ghee or flax seed oil for cooking. Ensure regular bowel movements and a clean colon. Engage in regular exercises and practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep and avoid excessive alcohol consumption.

# Sialadenitis and Sialadenosis

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## Overview of Sialadenitis and Sialadenosis

Sialadenitis and Sialadenosis are conditions affecting the salivary glands. Sialadenitis is an inflammatory condition of the salivary gland, usually due to viral or bacterial infections, while Sialadenosis is a non-inflammatory condition that affects the parotid or submandibular gland. In Ayurveda, these conditions are considered among 'mukha rogas' (diseases of the mouth or buccal cavity) and are associated with the vitiation of Vata, Pitta, and Kapha doshas.

## Causes of Sialadenitis and Sialadenosis

### Causes

- Infections (viral, bacterial, or fungal) for Sialadenitis
- Dehydration due to less intake of fluid or intake of diuretics
- Poor oral hygiene
- Malnutrition
- Medications (antihistamines or diuretics)
- Diabetes mellitus for Sialadenosis
- Vitamin deficiency
- Malabsorption
- Autoimmune disorders
- Hypothyroidism
- Liver cirrhosis

## Symptoms of Sialadenitis and Sialadenosis

### Symptoms

- Sialadenitis: Enlargement and tenderness of the salivary gland, difficulty in swallowing and eating, pain and swelling in the mouth, fever with chills, dryness of mouth, lower secretion of saliva than usual, foul taste in mouth, swelling in nearby regions like the neck and cheeks
- Sialadenosis: Painless, lower secretion of saliva than usual, tenderness, bilateral enlargement of the parotid gland



## Diagnosis

### Diagnosis

Diagnosis involves physical examination, history taking of the patient, X-ray to check for inflammation, CT scan to rule out sialolith, MRI to check for any malignancies, CBC (Complete Blood Count), and salivary gland scan.

## Trigger Factors

### Trigger Factors

#### Infections

Viral, bacterial, or fungal infections can trigger Sialadenitis.

#### Dehydration

Less intake of fluid or intake of diuretics can lead to Sialadenitis.

#### Poor Oral Hygiene

Poor oral hygiene can contribute to the development of Sialadenitis.

#### Vitiation of Doshas

Imbalance in Vata, Pitta, and Kapha doshas can lead to both Sialadenitis and Sialadenosis.

#### Systemic Diseases

Conditions like diabetes mellitus, vitamin deficiency, malabsorption, autoimmune disorders, hypothyroidism, and liver cirrhosis can trigger Sialadenosis.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Curcumin Capsules

Capsules prepared from the standardized extract of Curcumin (*Curcuma longa*) to reduce inflammation and improve immune function.

Ingredients: Curcumin (*Curcuma longa*)

Benefits: Reduces inflammation, Improves immune function

#### Septtrin Tablets

Tablets containing a blend of herbs like Tulsi (*Ocimum sanctum*), Haldi (*Curcuma longa*), Guggul, and others to balance the doshas and strengthen the gums and salivary glands.

Ingredients: Tulsi (*Ocimum sanctum*), Haldi (*Curcuma longa*), Guggul, Other herbs

Benefits: Balances the doshas, Strengthens the gums and salivary glands

#### **Kaishore Guggul**

Tablets prepared from various herbs including Red physic nut (*Baliospermum montanum*), Amalaki (*Embllica officinalis*), Bibhitaki (*Terminalia bellirica*), Haritaki (*Terminalia chebula*), and others to reduce inflammation and prevent plaque formation.

Ingredients: Red physic nut (*Baliospermum montanum*), Amalaki (*Embllica officinalis*), Bibhitaki (*Terminalia bellirica*), Haritaki (*Terminalia chebula*), Other herbs

Benefits: Reduces inflammation, Prevents plaque formation

#### **Digestion Support**

Capsules containing Jeerak (*Cymunum cuminum*), Dhaniya (*Coriander sativum*), and other herbs to improve digestion and reduce toxins from the body.

Ingredients: Jeerak (*Cymunum cuminum*), Dhaniya (*Coriander sativum*), Other herbs

Benefits: Improves digestion, Reduces toxins from the body

#### **Gum Care Powder**

A powder formulation to maintain infection-free gums and teeth, containing Lavanga and other herbs.

Ingredients: Lavanga, Other herbs

Benefits: Maintains infection-free gums and teeth, Improves oral hygiene

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Curcumin Capsules: 1-2 capsules twice a day with plain water after meals.

Septrin Tablets: 2 tablets twice a day.

Kaishore Guggul: 2 tablets twice a day with lukewarm water.

Digestion Support: 1 capsule twice a day, after meals with plain water.

Gum Care Powder: Massage gums and teeth using 3-6 gms of the powder, rinse it with lukewarm water after 2-3 mins.

Dietary and Lifestyle Recommendations: Maintain good oral hygiene, avoid dehydration, and ensure proper intake of fluids. Follow an ama-reducing diet, use ghee or flax seed oil for cooking, and prefer hot water over cold water. Ensure regular bowel movements and a clean colon. Engage in regular exercises and practice stress-reducing techniques like yoga and meditation.



# Skin Problems

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## Overview of Skin Problems

Skin problems are various conditions that affect the skin, the largest external organ of the body. These issues can be due to several factors including modern lifestyle, environmental and seasonal changes, dietary habits, and the accumulation of toxins (ama) in the body. In Ayurveda, skin problems are categorized based on the imbalance of the three doshas (Vata, Pitta, and Kapha).

## Causes of Skin Problems

### Causes

- Aggravation of Vata, Pitta, and Kapha doshas
- Environmental and seasonal factors
- Dietary habits and unhealthy lifestyle
- Improper nourishment to the skin
- Stress
- Accumulation of toxins (ama) in the body

## Symptoms of Skin Problems

### Symptoms

- Eczema: skin redness, dry scaly skin, blister formation
- Psoriasis: red colored patches covered with silver scales, thickened and ridged nails
- Acne and pimples
- Sunburn
- Blister formation
- Skin lesions and infections

## Diagnosis

### Diagnosis

Diagnosis involves physical examination, medical history, and sometimes additional tests like skin scrapings or biopsies to confirm the type of skin problem.

## Trigger Factors

### Trigger Factors

#### Aggravation of Doshas

Imbalance in Vata, Pitta, and Kapha doshas can lead to various skin problems.

#### Environmental and Seasonal Factors

Changes in environment and seasons can trigger skin issues.

#### Dietary Habits

Unhealthy dietary habits can contribute to skin problems.

#### Stress

Stress can exacerbate skin conditions.

#### Accumulation of Toxins

Accumulation of ama (toxins) in the body can lead to skin problems.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Neem Capsules

Capsules prepared from the standardized extract of Neem (*Azadirachta indica*) to treat skin ailments like psoriasis, eczema, and other infectious skin diseases.

Ingredients: Neem (*Azadirachta indica*)

Benefits: Anti-inflammatory, Antibacterial, Antimicrobial, Antioxidant, Detoxifying properties

#### Radiant Skin Hair Nails Formula

Capsules that help maintain skin health, treat ailments like psoriasis, eczema, lichen planus, and scabies, and improve the elasticity, smoothness, and firmness of the skin.

Ingredients: Various herbs

Benefits: Maintains skin health, Treats skin ailments, Improves skin elasticity and smoothness

#### Gandhak Rasayan

Tablets prepared from purified sulphur (shuddh gandhak) to maintain moisturized skin, remove dead skin cells, and treat skin ailments like acne, leprosy, ringworm, and scabies.

Ingredients: Purified sulphur (shuddh gandhak)

Benefits: Maintains moisturized skin, Removes dead skin cells, Treats various skin ailments

#### **Manjishtha Capsules**

Capsules made from the standardized extract of Manjishtha (*Rubia cordifolia*) to act as a blood purifier, promote early wound healing, and treat skin ailments.

Ingredients: Manjishtha (*Rubia cordifolia*)

Benefits: Blood purifier, Promotes wound healing, Treats skin ailments

#### **Nirgundi Oil**

An herbal oil formulation containing *Vitex negundo* and other herbs to relieve various skin complaints, aid in wound healing, and treat skin lesions and inflammation.

Ingredients: *Vitex negundo*, Other herbs

Benefits: Relieves skin complaints, Aids in wound healing, Treats skin lesions and inflammation

#### **Evening Prime Rose Premium Handmade Bathing Bar**

A bathing bar that helps maintain healthy and moisturized skin, prevents infectious diseases, and treats infectious lesions on the skin.

Ingredients: Various natural ingredients

Benefits: Maintains healthy and moisturized skin, Prevents infectious diseases, Treats infectious lesions

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Neem Capsules: 1 capsule twice daily with plain water after meals.

Radiant Skin Hair Nails Formula: 1 capsule twice daily with plain water after meals.

Gandhak Rasayan: 2 tablets twice daily with plain water after meals.

Manjishtha Capsules: 1 capsule twice daily with plain water after meals.

Nirgundi Oil: As directed by the physician.

Evening Prime Rose Premium Handmade Bathing Bar: As directed by the physician.

Dietary and Lifestyle Recommendations: Maintain good hygiene, avoid aggravating foods for Vata, Pitta, and Kapha doshas. Use ghee or flax seed oil for cooking. Ensure regular bowel movements and a clean colon. Engage in regular exercises and practice stress-

reducing techniques like yoga and meditation. Ensure adequate sleep and avoid excessive alcohol consumption.

# Stress

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## Overview of Stress

Stress is a natural response of the body to any kind of demand or threat. It can arise from various factors such as responsibility, societal pressure, inferiority complex, failures, and frictions in relationships. In Ayurveda, stress is considered a state of imbalance in the three energies (Vata, Pitta, and Kapha) and is essential to manage for overall health and well-being.

## Causes of Stress

### Causes

- Responsibility and societal pressure
- Inferiority complex
- Failures and frictions in relationships
- Imbalance in Vata, Pitta, and Kapha doshas
- Modern lifestyle and environmental factors

## Symptoms of Stress

### Symptoms

- Cognitive symptoms: Worrying, anxious thoughts, negativity, lack of concentration, memory loss, overthinking
- Emotional symptoms: Mood swings, short temper, feeling of loneliness and isolation, feeling of sadness
- Physical symptoms: Body aches, dizziness, lethargy, diarrhea, constipation, increased heart rate, chest pain
- Behavioral symptoms: Eating too much or too little, insomnia, sleeping too much, cutting off from everyone, irresponsibility, getting nervous (e.g., nail biting), consumption of alcohol, smoking, and use of drugs to relax

## Diagnosis

### Diagnosis

Diagnosis involves identifying the symptoms and understanding the patient's medical history. There are no specific tests for stress, but a physical examination and psychological evaluation can help confirm the presence of stress.



## Trigger Factors

### Trigger Factors

#### Imbalance in Doshas

Vitiation of Vata, Pitta, and Kapha doshas can lead to stress.

#### Modern Lifestyle

Unhealthy lifestyle habits and environmental factors can contribute to stress.

#### Psychological Factors

Responsibility, societal pressure, inferiority complex, failures, and relationship issues can trigger stress.

#### Physical Factors

Physical symptoms like body aches and dizziness can exacerbate stress.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Stress Support

Capsules containing Ashwagandha (*Withania somnifera*), Tagar (*Valeriana wallichii*), and Brahmi (*Bacopa monnieri*) to manage stress and improve mental and physical performance.

Ingredients: Ashwagandha (*Withania somnifera*), Tagar (*Valeriana wallichii*), Brahmi (*Bacopa monnieri*)

Benefits: Manages stress, Improves mental and physical performance

#### Ashwagandha Capsules

Capsules made from the pure extract of Ashwagandha (*Withania somnifera*) to act as a nervine tonic and stress buster.

Ingredients: Ashwagandha (*Withania somnifera*)

Benefits: Acts as a nervine tonic, Reduces stress and anxiety

#### Brahmi Capsules

Capsules prepared from the pure extract of Brahmi (*Bacopa monnieri*) to improve cognitive functions and reduce symptoms associated with stress.

Ingredients: Brahmi (*Bacopa monnieri*)

Benefits: Improves cognitive functions, Reduces stress symptoms

### Medhya Churna

A blend of herbs including Vacha (*Acorus calamus*), Ashwagandha (*Withania somnifera*), Ajmoda (*Carum roxburghianum*), Shwet Jeerak (*Cuminum cyminum*), Krishna Jeerak (*Carum carvi*), Sonth (*Zingiber officinale*), Marich (*Piper nigrum*), Pipali (*Piper longum*), Patha (*Cissampelos pareira*), Shankhpushpi (*Convolvulus pluricaulis*), and Brahmi (*Bacopa monnieri*) to maintain good brain health and calm the nervous system.

Ingredients: Vacha (*Acorus calamus*), Ashwagandha (*Withania somnifera*), Ajmoda (*Carum roxburghianum*), Shwet Jeerak (*Cuminum cyminum*), Krishna Jeerak (*Carum carvi*), Sonth (*Zingiber officinale*), Marich (*Piper nigrum*), Pipali (*Piper longum*), Patha (*Cissampelos pareira*), Shankhpushpi (*Convolvulus pluricaulis*), Brahmi (*Bacopa monnieri*)

Benefits: Maintains good brain health, Calms the nervous system

### Usage/Dosage Recommendations

#### Usage/Dosage Recommendations

Stress Support: 2 capsules twice daily with plain water after meals.

Ashwagandha Capsules: 1-2 capsules twice daily with plain water after meals.

Brahmi Capsules: 1 capsule twice daily with plain water after meals.

Medhya Churna: 1/4 teaspoon once daily with 1 spoon of Cow Ghee (Clarified Butter).

Dietary and Lifestyle Recommendations: Eat walnuts and almonds, green vegetables like spinach, French beans, cabbage, and cauliflower. Consume fruits rich in antioxidants like blueberries, raspberries, strawberries, and blackberries. Avoid junk food, smoking, and drinking. Engage in regular exercises and practice stress-reducing techniques like yoga and meditation.

# Schizophrenia

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## Overview of Schizophrenia

Schizophrenia is a serious mental disorder characterized by distorted thinking, abnormal behavior, and a disconnection from reality. It is common worldwide, affecting about 1% of adults, and typically manifests in adolescence or early adulthood. In Ayurveda, schizophrenia is known as 'Unmaad' and is associated with the imbalance of the three physical energies (Vata, Pitta, and Kapha) and the three psychic energies (Satva, Raja, and Tama).

## Causes of Schizophrenia

### Causes

- Genetic factors
- Birth defects
- Drug abuse
- Environmental factors
- Psychological factors like stress, depression, and anxiety
- Imbalance of neurotransmitters
- Imbalance of Vata, Pitta, and Kapha doshas

## Symptoms of Schizophrenia

### Symptoms

- Positive symptoms: Hallucinations, delusions, thinking disorders, disorders related to body movements
- Negative symptoms: Reduced feeling of happiness, reduced normal expressions (flat affect), reduced speaking, excessive sleep or insomnia
- Cognitive symptoms: Problems with working memory, difficulty in focusing, poor functioning (inability to understand information)
- Depression, anxiety, lack of concentration, sleeping problems

## Diagnosis

### Diagnosis

Diagnosis involves identifying the symptoms and understanding the patient's medical history. There are no specific tests for schizophrenia, but a physical examination and psychological evaluation can help confirm the presence of the disorder.

## Trigger Factors

### Trigger Factors

#### Genetic Factors

Family history can play a significant role in the development of schizophrenia.

#### Drug Abuse

Substance abuse can trigger or exacerbate schizophrenia.

#### Environmental Factors

Stress, social isolation, and other environmental factors can contribute to the development of schizophrenia.

#### Imbalance of Doshas

Vitiation of Vata, Pitta, and Kapha doshas can lead to mental disorders like schizophrenia.

#### Psychological Factors

Stress, depression, and anxiety can trigger or worsen schizophrenia.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Brahmi Capsules

Capsules prepared from the pure extract of Brahmi (*Bacopa monnieri*) to enhance mental capabilities and reduce symptoms associated with schizophrenia.

Ingredients: Brahmi (*Bacopa monnieri*)

Benefits: Enhances mental capabilities, Reduces symptoms associated with schizophrenia, Acts as a tranquilizer, Improves memory

#### Medhya Churna

A blend of herbs including Vacha (*Acorus calamus*), Ashwagandha (*Withania somnifera*), Ajmoda (*Carum roxburghianum*), Shwet Jeerak (*Cuminum cyminum*), Krishna Jeerak (*Carum carvi*), Sonth (*Zingiber officinale*), Marich (*Piper nigrum*), Pippali (*Piper longum*), Patha (*Cissampelos pareira*), Shankhpushpi (*Convolvulus pluricaulis*), and Brahmi (*Bacopa monnieri*) to support good brain health and calm the nervous system.

Ingredients: Vacha (*Acorus calamus*), Ashwagandha (*Withania somnifera*), Ajmoda (*Carum roxburghianum*), Shwet Jeerak (*Cuminum cyminum*), Krishna Jeerak (*Carum carvi*), Sonth (*Zingiber officinale*), Marich (*Piper nigrum*), Pippali (*Piper longum*), Patha (*Cissampelos pareira*), Shankhpushpi (*Convolvulus pluricaulis*), Brahmi (*Bacopa monnieri*)

Benefits: Supports good brain health, Calms the nervous system, Relieves symptoms associated with schizophrenia

#### **Stress Support**

Capsules containing Ashwagandha (*Withania somnifera*), Tagar (*Valeriana wallichii*), and Brahmi (*Bacopa monnieri*) to manage stress and improve mental and physical performance.

Ingredients: Ashwagandha (*Withania somnifera*), Tagar (*Valeriana wallichii*), Brahmi (*Bacopa monnieri*)

Benefits: Manages stress, Improves mental and physical performance, Reduces symptoms associated with schizophrenia

#### **Ashwagandha Capsules**

Capsules made from the pure extract of Ashwagandha (*Withania somnifera*) to act as a nervine tonic and stress buster.

Ingredients: Ashwagandha (*Withania somnifera*)

Benefits: Acts as a nervine tonic, Reduces stress and anxiety, Improves mental performance

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Brahmi Capsules: 1 capsule twice daily with plain water after meals.

Medhya Churna: 1/4 teaspoon once daily with 1 spoon of Cow Ghee (Clarified Butter).

Stress Support: 2 capsules twice daily with plain water after meals.

Ashwagandha Capsules: 2 capsules twice daily with plain water after meals.

Dietary and Lifestyle Recommendations: Take proper diet, ensure proper rest, and avoid staying awake at night. Eat fresh fruits and vegetables, and avoid unhealthy lifestyle habits. Engage in physical exercise and practice stress-reducing techniques like yoga and meditation.

# Scleroderma

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## Overview of Scleroderma

Scleroderma, also known as systemic sclerosis, is a chronic autoimmune disease characterized by the hardening and tightening of skin and connective tissue. It can affect various organs, including the skin, lungs, heart, and kidneys. In Ayurveda, scleroderma is associated with the vitiation of Vata and Kapha doshas, leading to the accumulation of ama (toxins) in the body.

## Causes of Scleroderma

### Causes

- Autoimmune response
- Genetic predisposition
- Environmental factors
- Vitiation of Vata and Kapha doshas
- Accumulation of ama (toxins) in the body
- Hormonal imbalance

## Symptoms of Scleroderma

### Symptoms

- Hardening and tightening of the skin
- Swollen hands and feet
- Joint pain and stiffness
- Fatigue
- Weight loss
- Digestive problems
- Shortness of breath
- Chest pain
- Kidney problems

## Diagnosis

### Diagnosis

Diagnosis involves physical examination, medical history, blood tests to detect autoantibodies, skin biopsy, and sometimes additional tests like pulmonary function tests and echocardiogram to assess organ involvement.

## Trigger Factors

### Trigger Factors

#### Autoimmune Response

The body's immune system mistakenly attacks healthy tissues.

#### Genetic Predisposition

Family history can increase the risk of developing scleroderma.

#### Environmental Factors

Exposure to certain chemicals and environmental toxins can trigger the disease.

#### Vitiation of Doshas

Imbalance in Vata and Kapha doshas contributes to the development of scleroderma.

#### Hormonal Imbalance

Hormonal changes can also play a role in the onset of scleroderma.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Kanchnaar Guggul

Tablets made from Kanchnaar (*Bauhinia variegata*) and other herbs to reduce inflammation, swelling, and cyst formation in the body.

Ingredients: Kanchnaar (*Bauhinia variegata*), Guggul (*Commiphora mukul*)

Benefits: Reduces inflammation and swelling, Prevents cyst formation

#### Curcumin Capsules

Capsules containing Curcumin (*Curcuma longa*) to reduce inflammation and improve immune function.

Ingredients: Curcumin (*Curcuma longa*)

Benefits: Reduces inflammation, Improves immune function

#### Aller-G Care

Capsules that help manage allergic reactions, remove toxins from the body, and maintain a healthy immune system.

Ingredients: Haridra (*Curcuma longa*), Neem (*Azadirachta indica*), Shirish (*Albizia lebbek*), Ashwagandha (*Withania somnifera*)

Benefits: Manages allergic reactions, Removes toxins, Maintains healthy immune system

#### **Yograj Guggul**

Tablets prepared from various Ayurvedic herbs to balance the doshas and improve overall health.

Ingredients: Guggul (*Commiphora mukul*), Chitrak (*Plumbago zeylanica*), Pippali (*Piper longum*), Other herbs

Benefits: Balances the doshas, Improves overall health

#### **Manjishtha Capsules**

Capsules made from the pure extract of Manjishtha (*Rubia cordifolia*) to act as a blood purifier and reduce skin lesions.

Ingredients: Manjishtha (*Rubia cordifolia*)

Benefits: Blood purifier, Reduces skin lesions

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Kanchnaar Guggul: 2 tablets twice daily with warm water after meals.

Curcumin Capsules: 2 capsules twice daily with warm water after meals.

Aller-G Care: 2 capsules twice daily with warm water after meals.

Yograj Guggul: 2 tablets twice daily with warm water after meals.

Manjishtha Capsules: 2 capsules twice daily with warm water after meals.

Dietary and Lifestyle Recommendations: Maintain good hygiene, avoid Kapha and Pitta aggravating foods, and use ghee or flax seed oil for cooking. Ensure regular bowel movements and a clean colon. Engage in regular exercises and practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep and avoid excessive alcohol consumption.



# Sickle Cell Anemia

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## Overview of Sickle Cell Anemia

Sickle Cell Anemia is an inherited blood disorder characterized by the production of abnormal hemoglobin, known as sickle hemoglobin or hemoglobin S. This abnormal hemoglobin causes red blood cells to become rigid and assume a sickle shape, leading to blockage of blood flow and oxygen delivery to various parts of the body. In Ayurveda, this condition is associated with 'Beejadushta,' which refers to abnormalities in the sperm or ovum, affecting the 'Raktavaha Srotas' (blood channels) and impairing the normal functions of blood cells.

## Causes of Sickle Cell Anemia

### Causes

- Genetic mutation leading to the production of sickle hemoglobin
- Inheritance from parents
- Abnormality in sperm or ovum (Beejadushta in Ayurveda)
- Impairment in Raktavaha Srotas (blood channels) due to Beejadushta

## Symptoms of Sickle Cell Anemia

### Symptoms

- Anemia
- Chest pain and difficulty breathing
- Abdominal pain
- Joint pain
- Swelling in hands and feet
- Slow growth and development in infants and children
- Delayed puberty in teenagers
- Blockage of blood flow to spleen or liver
- Pale skin

## Diagnosis

### Diagnosis

Diagnosis involves blood tests to detect the presence of sickle hemoglobin, genetic testing, and sometimes additional tests to assess organ damage. Physical examination and medical history are also crucial in diagnosing sickle cell anemia.

## Trigger Factors

### Trigger Factors

#### Genetic Mutation

Inheritance of the sickle cell gene from parents.

#### Beejadushta

Abnormality in sperm or ovum leading to impairment in blood channels.

#### Environmental Factors

Certain environmental conditions can exacerbate the symptoms of sickle cell anemia.

#### Infections

Increased risk of infections due to compromised immune function.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Punarnava Mandoor

Tablets containing a blend of herbs like Punarnava (*Boerhaavia diffusa*), Shunti (*Zingiber officinale*), Pippali (*Piper longum*), Maricha (*Piper nigrum*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Piper chaba (*Chavya*), Haridra (*Curcuma longa*), Vidanga (*Embelia ribes*), Chitrak mool (*Plumbago zeylanica*), and Mandoor bhasma (Ferric oxide calx) to manage anemia, low RBC count, and low platelet count.

Ingredients: Punarnava (*Boerhaavia diffusa*), Shunti (*Zingiber officinale*), Pippali (*Piper longum*), Maricha (*Piper nigrum*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Piper chaba (*Chavya*), Haridra (*Curcuma longa*), Vidanga (*Embelia ribes*), Chitrak mool (*Plumbago zeylanica*), Mandoor bhasma (Ferric oxide calx)

Benefits: Manages anemia, Improves RBC and platelet count, Relieves symptoms like chest pain, abdominal pain, and joint pains

#### Phyllanthus Niruri

Capsules made from the pure extract of *Phyllanthus niruri* (Bhumiamla) to pacify all three doshas and manage spleen disorders.

Ingredients: *Phyllanthus niruri* (Bhumiamla)

Benefits: Pacifies Vata, Pitta, and Kapha doshas, Manages spleen disorders, Supports blood cell production

### **Boswellia Curcumin**

Capsules containing Shallaki (*Boswellia serrata*) and Curcumin (*Curcuma longa*) to reduce inflammation and improve iron levels for red blood cell production.

Ingredients: Shallaki (*Boswellia serrata*), Curcumin (*Curcuma longa*)

Benefits: Reduces inflammation, Improves iron levels for RBC production, Relieves pain associated with sickle cell anemia

### **Giloy Capsules**

Capsules made from the pure extract of Giloy (*Tinospora cordifolia*) to improve spleen function, boost immunity, and support overall health.

Ingredients: Giloy (*Tinospora cordifolia*)

Benefits: Improves spleen function, Boosts immunity, Supports overall health

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Punarnava Mandoor: 2 tablets, three times a day with plain water.

Phyllanthus Niruri: 1 capsule, twice a day with plain water after meals.

Boswellia Curcumin: 1 capsule, twice a day with plain water after meals.

Giloy Capsules: 1 capsule, twice a day with plain water after meals.

Dietary and Lifestyle Recommendations: Maintain a balanced diet rich in iron and folic acid. Avoid cold foods and drinks. Use ghee or flax seed oil for cooking. Ensure regular bowel movements and a clean colon. Engage in regular exercises and practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep and avoid excessive alcohol consumption.

# Sleep Apnea

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## Overview of Sleep Apnea

Sleep Apnea is a serious sleep disorder characterized by repeated interruptions in breathing during sleep, resulting in poor quality sleep and daytime fatigue. In Ayurveda, sleep apnea is associated with the vitiation of Kapha and Vata doshas, leading to an imbalance in the respiratory system and nervous system.

## Causes of Sleep Apnea

### Causes

- Obstruction of the airway due to relaxed throat muscles
- Central nervous system problems
- Obesity
- Enlarged tonsils or adenoids
- Narrow airway
- Vitiation of Kapha and Vata doshas
- Poor lifestyle habits

## Symptoms of Sleep Apnea

### Symptoms

- Loud snoring
- Pauses in breathing during sleep
- Waking up with a dry mouth or sore throat
- Morning headaches
- Daytime fatigue and sleepiness
- Difficulty concentrating
- High blood pressure
- Waking up frequently during the night

## Diagnosis

### Diagnosis

Diagnosis involves physical examination, medical history, sleep study (polysomnography), and sometimes additional tests to rule out other conditions. A sleep study can help identify the frequency and severity of breathing interruptions during sleep.

## Trigger Factors

### Trigger Factors

#### Obstruction of the Airway

Relaxed throat muscles or enlarged tonsils can block the airway.

#### Obesity

Excess weight can increase the risk of sleep apnea.

#### Vitiation of Doshas

Imbalance in Kapha and Vata doshas can contribute to sleep apnea.

#### Poor Lifestyle Habits

Smoking, alcohol consumption, and poor sleep habits can exacerbate sleep apnea.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Triphala Capsules

Capsules made from the standardized extract of Triphala (a blend of Amalaki, Haritaki, and Bibhitaki) to detoxify the body and improve respiratory health.

Ingredients: Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellirica*)

Benefits: Detoxifies the body, Improves respiratory health

#### Ashwagandha Capsules

Capsules prepared from the pure extract of Ashwagandha (*Withania somnifera*) to reduce stress and improve overall health.

Ingredients: Ashwagandha (*Withania somnifera*)

Benefits: Reduces stress, Improves overall health

#### Boswellia Curcumin

Capsules containing Shallaki (*Boswellia serrata*) and Curcumin (*Curcuma longa*) to reduce inflammation and improve respiratory function.

Ingredients: Shallaki (*Boswellia serrata*), Curcumin (*Curcuma longa*)

Benefits: Reduces inflammation, Improves respiratory function

### **Praanrakshak Churna**

A blend of herbs including Turmeric, Black Pepper, Ginger, Cinnamon, Cardamom, and others to improve lung function and reduce respiratory symptoms.

Ingredients: Turmeric, Black Pepper, Ginger, Cinnamon, Cardamom, Other herbs

Benefits: Improves lung function, Reduces respiratory symptoms

### **Giloy Capsules**

Capsules made from the pure extract of Giloy (*Tinospora cordifolia*) to boost immunity and improve overall health.

Ingredients: Giloy (*Tinospora cordifolia*)

Benefits: Boosts immunity, Improves overall health

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Triphala Capsules: 1 capsule twice daily with warm water after meals.

Ashwagandha Capsules: 1-2 capsules twice daily with warm water after meals.

Boswellia Curcumin: 2 capsules twice daily with warm water after meals.

Praanrakshak Churna: 1 teaspoonful twice daily with warm water after meals.

Giloy Capsules: 1 capsule twice daily with warm water after meals.

Dietary and Lifestyle Recommendations: Maintain a healthy weight, avoid smoking and alcohol, and ensure proper sleep hygiene. Follow a balanced diet, avoid Kapha aggravating foods, and use ghee or flax seed oil for cooking. Engage in regular exercises and practice stress-reducing techniques like yoga and meditation.

# Swollen Lymph Nodes

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## Overview of Swollen Lymph Nodes

Swollen lymph nodes, also known as lymphadenopathy, occur when the lymph nodes become enlarged due to infection, inflammation, or other medical conditions. In Ayurveda, this condition is associated with the vitiation of Kapha and Pitta doshas, leading to the accumulation of ama (toxins) in the lymphatic system.

## Causes of Swollen Lymph Nodes

### Causes

- Infections such as bacterial, viral, or fungal
- Autoimmune disorders
- Cancer
- Allergic reactions
- Vitiation of Kapha and Pitta doshas
- Accumulation of ama (toxins) in the lymphatic system

## Symptoms of Swollen Lymph Nodes

### Symptoms

- Enlarged lymph nodes in the neck, armpits, or groin
- Pain or tenderness in the affected area
- Fever
- Fatigue
- Weight loss
- Night sweats
- Redness and warmth over the affected lymph node

## Diagnosis

### Diagnosis

Diagnosis involves physical examination, medical history, blood tests to identify the underlying cause, and sometimes additional tests like ultrasound, CT scan, or biopsy to confirm the diagnosis.

## Trigger Factors

### Trigger Factors

#### Infections

Bacterial, viral, or fungal infections can cause swollen lymph nodes.

#### Autoimmune Disorders

Conditions like rheumatoid arthritis or lupus can trigger swollen lymph nodes.

#### Cancer

Cancer cells can spread to the lymph nodes, causing them to swell.

#### Vitiation of Doshas

Imbalance in Kapha and Pitta doshas can contribute to swollen lymph nodes.

#### Accumulation of Ama

Accumulation of toxins in the lymphatic system can lead to swollen lymph nodes.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Kanchnaar Guggul

Tablets made from Kanchnaar (*Bauhinia variegata*) and other herbs to reduce inflammation and swelling, and to balance the doshas.

Ingredients: Kanchnaar (*Bauhinia variegata*), Guggul (*Commiphora mukul*)

Benefits: Reduces inflammation and swelling, Balances the doshas

#### Curcumin Capsules

Capsules containing Curcumin (*Curcuma longa*) to reduce inflammation and improve immune function.

Ingredients: Curcumin (*Curcuma longa*)

Benefits: Reduces inflammation, Improves immune function

#### Neem Capsules

Capsules made from the pure extract of Neem (*Azadirachta indica*) to fight infections and reduce inflammation.

Ingredients: Neem (*Azadirachta indica*)

Benefits: Fights infections, Reduces inflammation



### **Giloy Capsules**

Capsules made from the pure extract of Giloy (*Tinospora cordifolia*) to boost immunity and reduce inflammation.

Ingredients: Giloy (*Tinospora cordifolia*)

Benefits: Boosts immunity, Reduces inflammation

### **Yograj Guggul**

Tablets prepared from various Ayurvedic herbs to balance the doshas and improve overall health.

Ingredients: Guggul (*Commiphora mukul*), Chitrak (*Plumbago zeylanica*), Pippali (*Piper longum*), Other herbs

Benefits: Balances the doshas, Improves overall health

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Kanchnaar Guggul: 2 tablets twice daily with warm water after meals.

Curcumin Capsules: 2 capsules twice daily with warm water after meals.

Neem Capsules: 2 capsules twice daily with plain water after meals.

Giloy Capsules: 2 capsules twice daily with plain water after meals.

Yograj Guggul: 2 tablets twice daily with warm water after meals.

Dietary and Lifestyle Recommendations: Maintain good hygiene, avoid Kapha and Pitta aggravating foods, and use ghee or flax seed oil for cooking. Ensure regular bowel movements and a clean colon. Engage in regular exercises and practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep and avoid excessive alcohol consumption.

# Takayasu Arteritis

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## Overview of Takayasu Arteritis

Takayasu Arteritis is a rare and treatable disease that affects the blood vessels, particularly the aorta and its main branches. It is characterized by inflammation of the blood vessels, known as vasculitis, which can lead to blockage, swelling, tearing, thickening, narrowing, or bulging of the artery walls, resulting in improper blood flow. This condition is more common in females aged 15 to 40 years and is also known as Pulse-less disease due to the absence of pulses in most cases.

## Causes of Takayasu Arteritis

### Causes

- Autoimmune diseases
- Viral or other infections
- Genetic predisposition
- Vitiation of doshas (though not explicitly mentioned, it can be inferred from Ayurvedic principles)
- Environmental factors

## Symptoms of Takayasu Arteritis

### Symptoms

- Fatigue
- Abnormal weight loss
- Muscle and joint pains
- Mild fever accompanying night sweats
- Abdominal pain
- Headaches
- Chest pain
- Loss of appetite
- Arm or chest pain
- High blood pressure
- Heart stroke
- Inflammation in arteries
- Infection
- Weakness or pain in limbs
- Dizziness

- Visual and speech changes
- Disturbed memory
- Breathlessness
- Diarrhea or blood in stools
- Anemia
- Hard and narrow blood vessels
- Heart failure

## Diagnosis

### Diagnosis

Diagnosis involves physical examination, pulse check, blood tests (ESR/CRP), imaging tests (MRA/CTA), and other diagnostic methods to confirm the presence of the disease.

## Trigger Factors

### Trigger Factors

#### Autoimmune Diseases

The immune system mistakenly attacks the body's own arteries.

#### Viral or Other Infections

Infections can trigger the onset of Takayasu Arteritis.

#### Genetic Predisposition

Family history can increase the risk of developing the disease.

#### Environmental Factors

Environmental changes and other external factors can contribute to the development of the disease.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Arjuna Capsules

Capsules made from the standardized extract of Arjuna (*Terminalia Arjuna*) to maintain healthy heart function and prevent cardiovascular diseases.

Ingredients: Arjuna (*Terminalia Arjuna*)

Benefits: Maintains healthy heart function, Prevents cardiovascular diseases, Reduces inflammation

### **Total Heart Support**

Capsules containing Arjuna, Ashwagandha, Brahmi, and Shankhpushpi to promote proper blood circulation and prevent heart disorders.

Ingredients: Arjuna (*Terminalia Arjuna*), Ashwagandha (*Withania Somnifera*), Brahmi (*Bacopa monnieri*), Shankhpushpi (*Convolvulus pluricaulis*)

Benefits: Promotes proper blood circulation, Prevents heart disorders, Strengthens heart muscles

### **Kaishore Guggul**

Tablets made from a blend of herbs including Triphala, Giloy, Guggul, and others to reduce pain, swelling, and inflammation.

Ingredients: Triphala (Haritaki, Bibhitaki, Amalaki), Giloy (*Tinospora cordifolia*), Guggul (*Commiphora mukul*)

Benefits: Reduces pain and swelling, Reduces inflammation, Regulates metabolism

### **Boswellia Curcumin**

Capsules containing Shallaki and Curcumin to reduce inflammation and improve joint health.

Ingredients: Shallaki (*Boswellia serrata*), Curcumin (*Curcuma longa*)

Benefits: Reduces inflammation, Improves joint health

### **Brahmi Capsules**

Capsules made from the standardized extract of Brahmi to support brain health, improve memory, and reduce stress.

Ingredients: Brahmi (*Bacopa monnieri*)

Benefits: Supports brain health, Improves memory, Reduces stress

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Arjuna Capsules: 1-2 capsules twice a day with plain water, after meals.

Total Heart Support: 1-2 capsules twice a day with plain water, after meals.

Kaishore Guggul: 1-2 tablets twice daily with lukewarm water, after meals.

Boswellia Curcumin: 1 capsule twice a day with plain water, after meals.

Brahmi Capsules: 1-2 capsules twice daily with plain water, after meals.

**Dietary and Lifestyle Recommendations:** Maintain a healthy lifestyle, avoid smoking and alcohol, and ensure proper sleep hygiene. Follow a balanced diet, avoid Kapha and Pitta aggravating foods, and use ghee or flax seed oil for cooking. Engage in regular exercises and practice stress-reducing techniques like yoga and meditation.

# Tonsillitis

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## Overview of Tonsillitis

Tonsillitis is an inflammatory condition of the tonsils, which are two oval-shaped pads of tissue at the back of the throat. It can be caused by viral or bacterial infections and is more common in children and young adults. In Ayurveda, tonsillitis is associated with the vitiation of Kapha and Pitta doshas, leading to the accumulation of ama (toxins) in the body.

## Causes of Tonsillitis

### Causes

- Viral infections such as the common cold or flu
- Bacterial infections, most commonly by *Streptococcus pyogenes*
- Allergies
- Vitiation of Kapha and Pitta doshas
- Poor oral hygiene
- Weakened immune system
- Exposure to pollutants and irritants

## Symptoms of Tonsillitis

### Symptoms

- Sore throat
- Swollen and red tonsils
- White or yellow patches on the tonsils
- Fever
- Headache
- Sore ears
- Difficulty swallowing
- Swollen lymph nodes in the neck
- General feeling of being unwell

## Diagnosis

### Diagnosis

Diagnosis involves physical examination, throat swab to check for bacterial infections, and sometimes additional tests like blood tests to rule out other conditions.

## Trigger Factors

### Trigger Factors

#### Viral and Bacterial Infections

Common cold, flu, or bacterial infections can trigger tonsillitis.

#### Vitiation of Doshas

Imbalance in Kapha and Pitta doshas can contribute to tonsillitis.

#### Poor Oral Hygiene

Poor oral hygiene can increase the risk of developing tonsillitis.

#### Weakened Immune System

A weakened immune system can make an individual more susceptible to tonsillitis.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Kachnaar Guggul

Tablets made from Kanchnaar (*Bauhinia variegata*) and other herbs to reduce inflammation and swelling, and to balance the doshas.

Ingredients: Kanchnaar (*Bauhinia variegata*), Guggul (*Commiphora mukul*)

Benefits: Reduces inflammation and swelling, Balances the doshas

#### Curcumin Capsules

Capsules containing Curcumin (*Curcuma longa*) to reduce inflammation and improve immune function.

Ingredients: Curcumin (*Curcuma longa*)

Benefits: Reduces inflammation, Improves immune function

#### Aller-G Care

Capsules that help manage allergic reactions, remove toxins from the body, and maintain a healthy immune system.

Ingredients: Haridra (*Curcuma longa*), Neem (*Azadirachta indica*), Shirish (*Albizzia lebeck*), Ashwagandha (*Withania somnifera*)

Benefits: Manages allergic reactions, Removes toxins, Maintains healthy immune system

### **Yograj Guggul**

Tablets prepared from various Ayurvedic herbs to balance the doshas and improve overall health.

Ingredients: Guggul (*Commiphora mukul*), Chitrak (*Plumbago zeylanica*), Pippali (*Piper longum*), Other herbs

Benefits: Balances the doshas, Improves overall health

### **Tulsi Capsules**

Capsules made from the pure extract of Tulsi (*Ocimum sanctum*) to reduce inflammation and fight infections.

Ingredients: Tulsi (*Ocimum sanctum*)

Benefits: Reduces inflammation, Fights infections

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Kachnaar Guggul: 2 tablets twice daily with warm water after meals.

Curcumin Capsules: 2 capsules twice daily with warm water after meals.

Aller-G Care: 2 capsules twice daily with warm water after meals.

Yograj Guggul: 2 tablets twice daily with warm water after meals.

Tulsi Capsules: 2 capsules twice daily with warm water after meals.

Dietary and Lifestyle Recommendations: Maintain good hygiene, avoid Kapha and Pitta aggravating foods, and use ghee or flax seed oil for cooking. Ensure regular bowel movements and a clean colon. Engage in regular exercises and practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep and avoid excessive alcohol consumption.



# Typhoid

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## Overview of Typhoid

Typhoid fever is a bacterial infection caused by *Salmonella Typhi*, a gram-negative bacterium. It is a highly contagious disease transmitted through contaminated food and water. In Ayurveda, typhoid is considered a condition that affects the digestive system and is associated with the vitiation of Pitta and Kapha doshas.

## Causes of Typhoid

### Causes

- Consuming contaminated food and water
- Poor hygiene and infrequent hand washing
- Vitiation of Pitta and Kapha doshas
- Weakened immune system
- Urbanization and climate change

## Symptoms of Typhoid

### Symptoms

- Fever
- Headache
- Abdominal pain
- Diarrhea or constipation
- Nausea and vomiting
- Loss of appetite
- Fatigue
- Rash
- Sweating
- Chills

## Diagnosis

### Diagnosis

Diagnosis involves physical examination, medical history, blood tests to detect the presence of *Salmonella Typhi*, and sometimes additional tests like stool or urine cultures to confirm the infection.

## Trigger Factors

### Trigger Factors

#### Contaminated Food and Water

Consuming food or water contaminated with Salmonella Typhi bacteria can trigger typhoid.

#### Poor Hygiene

Infrequent hand washing and poor hygiene practices can increase the risk of contracting typhoid.

#### Vitiation of Doshas

Imbalance in Pitta and Kapha doshas can contribute to the development of typhoid.

#### Weakened Immune System

A weakened immune system can make an individual more susceptible to typhoid.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Sanjeevani Vati

Tablets made from a blend of herbs to boost immunity and treat fever and digestive issues.

Ingredients: Various Ayurvedic herbs

Benefits: Boosts immunity, Treats fever and digestive issues

#### Mahasudarshan Churna

A powder formulation containing a blend of herbs to reduce fever, improve digestion, and balance the doshas.

Ingredients: Various Ayurvedic herbs

Benefits: Reduces fever, Improves digestion, Balances the doshas

#### Giloy Capsules

Capsules made from the pure extract of Giloy (*Tinospora cordifolia*) to boost immunity and improve overall health.

Ingredients: Giloy (*Tinospora cordifolia*)

Benefits: Boosts immunity, Improves overall health

### Curcumin Capsules

Capsules containing Curcumin (*Curcuma longa*) to reduce inflammation and improve immune function.

Ingredients: Curcumin (*Curcuma longa*)

Benefits: Reduces inflammation, Improves immune function

### Pitta Balance

Capsules containing a blend of herbs to balance Pitta dosha and reduce symptoms associated with typhoid.

Ingredients: Various Ayurvedic herbs

Benefits: Balances Pitta dosha, Reduces symptoms associated with typhoid

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Sanjeevani Vati: 2 tablets twice daily with warm water after meals.

Mahasudarshan Churna: 1 teaspoonful twice daily with warm water after meals.

Giloy Capsules: 1 capsule twice daily with warm water after meals.

Curcumin Capsules: 2 capsules twice daily with warm water after meals.

Pitta Balance: 1 capsule twice daily with warm water after meals.

Dietary and Lifestyle Recommendations: Maintain good hygiene, avoid contaminated food and water, and ensure proper hand washing. Follow a balanced diet, avoid Pitta and Kapha aggravating foods, and use ghee or flax seed oil for cooking. Ensure regular bowel movements and a clean colon. Engage in regular exercises and practice stress-reducing techniques like yoga and meditation.

# Tourette Syndrome

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## Overview of Tourette Syndrome

Tourette Syndrome is a complex neurological disorder characterized by the presence of tics, which are sudden, repetitive movements or vocalizations that cannot be controlled. It typically begins between the ages of 2 and 21 and can last throughout life. In Ayurveda, Tourette Syndrome is associated with the aggravation of Vata Dosha, particularly the Prana Vata subtype.

## Causes of Tourette Syndrome

### Causes

- Genetic factors
- Abnormality in the basal ganglia of the brain
- Imbalance of neurotransmitters such as dopamine, serotonin, and norepinephrine
- Environmental factors like stress or infection
- Aggravation of Vata Dosha (Prana Vata subtype) in Ayurveda

## Symptoms of Tourette Syndrome

### Symptoms

- Motor tics: blinking, shoulder rotation, head jerking, lip contractions
- Vocal tics: grunting, coughing, shouting out words
- Simple tics: brief and repetitive movements involving a limited number of muscle groups
- Complex tics: distinct, coordinated patterns involving several muscle groups
- Worsening of tics with stress, anxiety, excitement, anger, or fatigue
- Improvement of tics during absorbing activities or sleep
- Associated conditions: attention deficit hyperactivity disorder (ADHD), obsessive compulsive disorder (OCD)

## Diagnosis

### Diagnosis

Diagnosis involves observing the presence of tics for at least a year, medical history, and sometimes additional tests to rule out other conditions. The diagnosis is based on the presence of both motor and vocal tics.

## Trigger Factors

### Trigger Factors

#### Genetic Factors

Family history can increase the risk of developing Tourette Syndrome.

#### Brain Abnormalities

Abnormalities in the basal ganglia of the brain can contribute to the development of Tourette Syndrome.

#### Neurotransmitter Imbalance

Imbalance of neurotransmitters like dopamine, serotonin, and norepinephrine can trigger the condition.

#### Environmental Factors

Stress, anxiety, excitement, anger, or fatigue can worsen the tics.

#### Vitiation of Vata Dosha

Aggravation of Vata Dosha, particularly the Prana Vata subtype, is associated with Tourette Syndrome in Ayurveda.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Stress Support

Capsules containing Ashwagandha, Tagar, and Brahmi to relieve stress and improve mental health.

Ingredients: Ashwagandha (*Withania somnifera*), Tagar (*Valeriana wallichii*), Brahmi (*Bacopa monnieri*)

Benefits: Relieves stress, Improves mental health, Reduces anxiety and fatigue

#### Brahmi Capsules

Capsules made from the pure extract of Brahmi to enhance cognitive functions and reduce symptoms associated with stress and anxiety.

Ingredients: Brahmi (*Bacopa monnieri*)

Benefits: Enhances cognitive functions, Reduces symptoms associated with stress and anxiety

### Ashwagandha Capsules

Capsules made from the pure extract of Ashwagandha to act as a nervine tonic and stress buster.

Ingredients: Ashwagandha (*Withania somnifera*)

Benefits: Acts as a nervine tonic, Reduces stress and anxiety

### Gotu Kola Capsules

Capsules made from the pure extract of Gotu Kola to support brain health and improve memory.

Ingredients: Gotu Kola (*Centella asiatica*)

Benefits: Supports brain health, Improves memory, Reduces stress and anxiety

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Stress Support: 2 capsules twice daily with warm water after meals.

Brahmi Capsules: 1 capsule twice daily with warm water after meals.

Ashwagandha Capsules: 1-2 capsules twice daily with warm water after meals.

Gotu Kola Capsules: 1 capsule twice daily with warm water after meals.

Dietary and Lifestyle Recommendations: Maintain a balanced diet, avoid Vata aggravating foods, and use ghee or flax seed oil for cooking. Ensure regular bowel movements and a clean colon. Engage in regular exercises and practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep and avoid excessive alcohol consumption.

# Trigeminal Neuralgia

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## Overview of Trigeminal Neuralgia

Trigeminal Neuralgia is a chronic pain condition that affects the trigeminal nerve, which is responsible for sensation in the face and motor functions such as chewing. It is characterized by sudden, severe, and stabbing pain in parts of the face. In Ayurveda, this condition is associated with the vitiation of Vata dosha, leading to an imbalance in the nervous system.

## Causes of Trigeminal Neuralgia

### Causes

- Compression or irritation of the trigeminal nerve
- Multiple sclerosis or other neurological conditions
- Tumors or cysts pressing on the nerve
- Vitiation of Vata dosha
- Aging and wear and tear
- Poor posture or physical trauma

## Symptoms of Trigeminal Neuralgia

### Symptoms

- Sudden, severe, and stabbing pain in the face
- Pain typically occurs on one side of the face
- Pain can be triggered by light touch, eating, drinking, talking, or even a gentle breeze
- Pain episodes are brief but can be extremely painful
- Between episodes, there is usually no pain

## Diagnosis

### Diagnosis

Diagnosis involves a thorough medical history, physical examination, and sometimes additional tests like MRI or CT scans to rule out other conditions and identify any underlying causes such as tumors or multiple sclerosis.

## Trigger Factors

### Trigger Factors

#### Compression or Irritation of the Trigeminal Nerve

Compression by blood vessels or tumors can trigger the pain.

#### Neurological Conditions

Conditions like multiple sclerosis can contribute to trigeminal neuralgia.

#### Vitiation of Vata Dosha

Imbalance in Vata dosha can lead to nervous system disorders.

#### Aging and Wear and Tear

Natural aging process can weaken the nervous system.

#### Poor Posture or Physical Trauma

Physical trauma or poor posture can strain the trigeminal nerve.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Ashwagandha Capsules

Capsules made from the pure extract of Ashwagandha (*Withania somnifera*) to act as a nervine tonic and reduce stress.

Ingredients: Ashwagandha (*Withania somnifera*)

Benefits: Acts as a nervine tonic, Reduces stress and anxiety, Improves nervous system function

#### Boswellia Curcumin

Capsules containing Shallaki (*Boswellia serrata*) and Curcumin (*Curcuma longa*) to reduce inflammation and improve joint health.

Ingredients: Shallaki (*Boswellia serrata*), Curcumin (*Curcuma longa*)

Benefits: Reduces inflammation, Improves joint health, Supports nervous system health

#### Yograj Guggul

Tablets prepared from various Ayurvedic herbs to balance the doshas and improve overall health.

Ingredients: Guggul (*Commiphora mukul*), Chitrak (*Plumbago zeylanica*), Pippali (*Piper longum*), Other herbs



Benefits: Balances the doshas, Improves overall health, Reduces inflammation

### Medhya Churna

A blend of herbs including Vacha (*Acorus calamus*), Ashwagandha (*Withania somnifera*), Ajmoda (*Carum roxburghianum*), Shwet Jeerak (*Cuminum cyminum*), Krishna Jeerak (*Carum carvi*), Sonth (*Zingiber officinale*), Marich (*Piper nigrum*), Pippali (*Piper longum*), Patha (*Cissampelos pareira*), Shankhpushpi (*Convolvulus pluricaulis*), and Brahmi (*Bacopa monnieri*) to support good brain health and calm the nervous system.

Ingredients: Vacha (*Acorus calamus*), Ashwagandha (*Withania somnifera*), Ajmoda (*Carum roxburghianum*), Shwet Jeerak (*Cuminum cyminum*), Krishna Jeerak (*Carum carvi*), Sonth (*Zingiber officinale*), Marich (*Piper nigrum*), Pippali (*Piper longum*), Patha (*Cissampelos pareira*), Shankhpushpi (*Convolvulus pluricaulis*), Brahmi (*Bacopa monnieri*)

Benefits: Supports good brain health, Calms the nervous system, Reduces stress and anxiety

### Giloy Capsules

Capsules made from the pure extract of Giloy (*Tinospora cordifolia*) to boost immunity and reduce inflammation.

Ingredients: Giloy (*Tinospora cordifolia*)

Benefits: Boosts immunity, Reduces inflammation, Improves overall health

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Ashwagandha Capsules: 1-2 capsules twice daily with warm water after meals.

Boswellia Curcumin: 2 capsules twice daily with warm water after meals.

Yograj Guggul: 2 tablets twice daily with warm water after meals.

Medhya Churna: 1/4 teaspoon once daily with 1 spoon of Cow Ghee (Clarified Butter).

Giloy Capsules: 1 capsule twice daily with warm water after meals.

Dietary and Lifestyle Recommendations: Maintain good hygiene, avoid Vata aggravating foods, and use ghee or flax seed oil for cooking. Ensure regular bowel movements and a clean colon. Engage in regular exercises and practice stress-reducing techniques like yoga and meditation. Ensure adequate sleep and avoid excessive alcohol consumption.

# Ulcerative Colitis

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## Overview of Ulcerative Colitis

Ulcerative colitis is an inflammatory disease of the large intestine (colon) characterized by inflammation and the development of tiny ulcers in the colon lining. Unlike Crohn's disease, it only affects the lining of the colon. According to Ayurveda, Ulcerative colitis is a disease of pitta dosha with varying degrees of vata involvement.

## Causes of Ulcerative Colitis

### Causes

- Immune system malfunction: When the immune system tries to fight off a virus or micro-organism, an abnormal immune response causes the immune system to attack the digestive tract.
- Hereditary: People who have this disease in their family are at high risk.
- Stress and Improper Diet: These factors do not cause ulcerative colitis but may aggravate the disease.

## Symptoms of Ulcerative Colitis

### Symptoms

- Abdominal pain and cramping
- Diarrhea with bleeding
- Loss of appetite
- Fever
- Weight loss
- Increased abdominal sounds
- Malnutrition
- Mucous in the stool
- Sharp rectal pain

## Diagnosis

### Diagnosis

Complete blood count (anemia, platelet count) Renal function test (pre-renal failure) Liver function test (primary sclerosing cholangitis) Electrolytes studies (hypokalemia, hypomagnesium) C-reactive protein measurement (to find elevation, another indication of inflammation) Sigmoidoscopy Colonoscopy CT scan X-ray CT and MR enterography

## Trigger Factors

### Trigger Factors

#### Immune System Malfunction

An abnormal immune response can cause the immune system to attack the digestive tract.

#### Hereditary

Family history increases the risk.

#### Stress and Improper Diet

These factors can aggravate the disease.

#### Age

It can occur at any age, usually before 30 years or after 60 years.

#### Race

Higher risk if you are white, common in U.S, England, and northern Europe, rarely seen in Asia and South America.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Arjuna Capsules

Capsules made from the pure extract of Arjuna (*Terminalia arjuna*) tree bark.

Ingredients: Arjuna (*Terminalia arjuna*)

Benefits: Acts as an anti-oxidant, analgesic, and anti-inflammatory., Rich in minerals like calcium, copper, magnesium, and zinc., Helps in reducing cholesterol levels and controlling high blood pressure., Good astringent and expectorant., Helps in maintaining heart health and balancing the three energies of the body., Helps to control bleeding.

#### Vatsakadi Churna

A pure natural formulation consisting of various herbs.

Ingredients: Kutaz (*Holarrhena antidysenterica*), Bilva (*Aegle marmelos*), Saunf (*Foeniculum vulgare*), Dhania (*Coriandrum sativum*), Nagarmotha (*Cyperus scariosus*), Anar (*Punica granatum*), Chotti Elaichi (Cardamom), Jaiphal (*Myristica fragrans*)

Benefits: Works especially on the intestines., Kutaz acts as a carminative, tonic, and anti-periodicity., Bilva helps in relieving digestive system disorders and symptoms due to vata disorders., Saunf has phytoestrogens which help in digestion., Choti elaichi acts as a mouth refresher and helps in digestive and respiratory disorders., Jaiphal acts as a stimulant, analgesic, and is best for the digestive system.

### **Pitta Balance**

A combination of various classical Ayurvedic chemical compounds.

Ingredients: Praval Pishti, Akik Pishti, Jahar mohra Pisti, Kamdudha Ras, Mukta Pishti, Giloy satva (*Tinospora cordifolia*)

Benefits: Helps to balance the aggravated pitta dosha in the body., Provides a cooling effect on the body., Helps to control bleeding.

### **Kutajghan Vati**

Formed from the purest extract of kutaj (*Holarrhena antidysenterica*) herb.

Ingredients: Kutaj (*Holarrhena antidysenterica*)

Benefits: Cures diarrhea and dysentery., Burning of ama or endotoxins and reduces inflammation., Healing property that heals the ulcers.

### **Vasaka Capsules**

Made using pure extract of vasaka (*Adhatoda vasica*).

Ingredients: Vasaka (*Adhatoda vasica*)

Benefits: Helps to stop bleeding., Useful in case of intestinal worms.

### **Coolstrin-B Capsules**

A herbal preparation consisting of various herbs.

Ingredients: Naagkesar (*Mesua fera*), Mochrus (*Salmalia malabarica*), Lodhra (*Symplocos racemosus*), Dhataki (*Woodfordia fruticosa*), Lajjalu (*Mimosa pudica*)

Benefits: Helps to balance the pitta dosha and provides a cooling effect on the body., Prevents bleeding and diarrhea.

### **Motion Stop Tablets**

A herbal preparation consisting of various herbs.

Ingredients: Kutaj (*Holarrhena antidysenterica*), Bael (*Aegle marmelos*), Haldi (*Curcuma longa*), Anar (*Punica granatum*), Nagarmotha (*Cyperus rotundus*)

Benefits: Maintains the balance of vata and pitta doshas., Acts as an anti-oxidant, anti-inflammatory, and analgesic., Heals the ulcers and stops bleeding., Repairs the damage of the intestinal wall.

### **Coolstrin-A Capsules**

A herbal preparation consisting of various herbs.

Ingredients: Sheesham (*Dalbergia sisso*), Vasaka (*Adatodha vasica*), Zandu (*Tegetes erecta*), Anar (*Punica granatum*), Arjuna (*Terminalis arjuna*)

Benefits: Helps to stop bleeding and heal the ulcers., Supports the immune system., Acts as an anti-inflammatory, carminative, anti-spasmodic, and adaptogenic., Provides a cooling effect on the body.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Arjuna Capsules: 2 capsules twice daily with plain water after meals.

Vatsakadi Churna: 1 teaspoonful twice daily with plain water after meals or boil the powder in 1 teaspoonful in 400 ml water, keep it boiling until it remains 50 ml. Strain it and drink the water. Leave the residue. Do it twice daily. Make fresh every time.

Pitta Balance: 1 capsule twice daily with plain water after meals.

Kutajghan Vati: 2 tablets twice daily with plain water after meals.

Vasaka Capsules: 1 capsule twice daily with plain water after meals.

Coolstrin-B Capsules: 1 capsule twice daily with plain water after meals.

Motion Stop Tablets: 2 tablets twice daily with plain water after meals.

Coolstrin-A Capsules: 1 capsule twice daily with plain water after meals.

Dietary and Lifestyle Recommendations: Avoid nuts, white sugar, white breads, and products formed from white flour. Avoid tea, coffee, salty and spicy food. Avoid alcohol and caffeine. Take complete rest and avoid stress. Drink plenty of water and fluids to keep the bowel clean. Consume yoghurt, juice of carrot, papaya, raw cabbage, coconut water, and buttermilk mixed with water daily.

# Underweight

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## Overview of Underweight

Underweight is a condition where the body mass index (BMI) is below the normal range for a person's age and height. A BMI between 20-25 is considered ideal, while a BMI below 20 indicates underweight. According to Ayurveda, underweight is associated with an imbalance of the vata dosha, which affects the body's ability to absorb nutrients.

## Causes of Underweight

### Causes

- Nutritional deficiencies
- High metabolism rate in thin people
- Debilitated immune system
- Heart problems
- Cancer
- Anemia
- Thyroid issues
- Insomnia
- Constipation
- Fasting
- Heavy exercise
- Skipping meals
- Liver disorders
- Dyspepsia
- Eating disorders (anorexia)
- Genetic factors
- Stress

## Symptoms of Underweight

### Symptoms

- Improper growth due to deficiency of essential minerals and vitamins
- Osteoporosis due to insufficient calcium
- Anemia due to inadequate iron
- Hormonal complications
- Infertility in women due to menstrual complications
- Heart complications

- Improper lung functioning
- Loss of hair
- Weak immune system making the person more vulnerable to infections

## Diagnosis

### Diagnosis

Diagnosis typically involves a thorough medical history, physical examination, and may include tests such as blood tests to check for nutritional deficiencies and other underlying health issues.

## Trigger Factors

### Trigger Factors

#### Nutritional Deficiencies

Lack of essential nutrients can exacerbate underweight conditions.

#### High Metabolism

A high metabolism can make it difficult to gain weight.

#### Debilitated Immune System

A weakened immune system can lead to various health issues contributing to underweight.

#### Stress

Heavy emotional stress can contribute to underweight.

#### Genetic Factors

Genetic predisposition can play a role in being underweight.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Weight Gain Formula

A combination of various herbs to help in weight gain.

Ingredients: Ashwagandha (*Withania somnifera*), Haritaki (*Terminalia chebula*), Bhibhitak (*Terminalia bellerica*), Amalaki (*Emblica officinalis*), Saunf (*Foeniculum vulgare*), Jeerak (*Cuminum cyminum*)

Benefits: Helps in strengthening body muscles and weight gain., Balances vata dosha., Improves digestive fire and nutrient absorption., Maintains cholesterol levels., Relieves loss of appetite, abdominal pain, and eating disorders.

### **Ashwagandha Capsules**

Capsules made from the pure extract of Ashwagandha.

Ingredients: Ashwagandha (Withania somnifera)

Benefits: Acts as an adaptogen, helping in muscle building and weight gain., Strengthens the nervous system and relieves stress and tension., Rejuvenating properties beneficial for underweight children.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

Weight Gain Formula: 1 capsule, two times a day with plain water after meals.

Ashwagandha Capsules: 1-2 capsules, two times a day with plain water after meals.

Dietary and Lifestyle Recommendations: Take nutrient-rich and calorie-rich diet. Include dairy products, nuts like peanuts, almonds, walnuts, and cashews. Consume avocados, bread, cereals like rice, pasta, and oats. Avoid vigorous exercises and heavy emotional stress. Practice pranayam to manage stress.



# Urticaria

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## Overview of Urticaria

Urticaria, also known as hives, is a common skin disease characterized by raised, itchy rashes on the skin. These rashes can be of varying shapes such as round, rings, or large patches. In Ayurveda, urticaria is known as 'Sheet Pitta.' It can lead to serious health complications if not managed properly, especially in cases of chronic urticaria, which may be associated with immune system disorders like systemic lupus erythematosus, thyroid disease, rheumatoid arthritis, and celiac diseases.

## Causes of Urticaria

### Causes

- Use of certain medications like painkillers (ibuprofen, aspirin) and high blood pressure drugs.
- Infections.
- Stress.
- Sunlight exposure.
- Heat or cold.
- Insect or parasite bites.
- Certain foods.
- Food additives or food preservatives.
- Scratching.

## Symptoms of Urticaria

### Symptoms

- Rashes on the face, arms, trunk, and legs.
- Angioedema, which results in burning or pain around areas like eyes, cheeks, lips, hands, genitals, and feet.
- Itchy skin.
- Raised, red, or white patches on the skin.

## Diagnosis

### Diagnosis

Diagnosis involves a thorough medical history, physical examination, and may include tests such as blood tests, skin prick tests, and sometimes additional tests to identify underlying causes like infections or allergies.

## Trigger Factors

### Trigger Factors

#### Medications

Certain medications like painkillers and high blood pressure drugs can trigger urticaria.

#### Infections

Infections can trigger urticaria.

#### Stress

Stress can trigger or exacerbate urticaria.

#### Environmental Factors

Sunlight exposure, heat, cold, insect bites, and certain foods can trigger urticaria.

#### Food Additives

Food additives or preservatives can trigger urticaria.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Tulsi Capsules

Capsules made from the pure extract of Tulsi (*Ocimum tenuiflorum*).

Ingredients: Tulsi (*Ocimum tenuiflorum*)

Benefits: Reduces inflammation and itching., Helps in managing skin rashes and pain around areas like eyes, cheeks, lips, hands, genitals, and feet.

#### Praanrakshak Churna

A herbal formulation prepared from a combination of various herbs.

Ingredients: Shirish (*Albizia lebbok*), Vasa (*Adhatoda vasica*), Anantmool (*Tylphora asthmatica*), Twak (*Cinnamomum zeylanica*), Bharangi (*Clerodandrum serratum*), Kantkari (*Solanum xanthocarpum*), Mulethi (*Glycyrrhiza glabra*)

Benefits: Provides relief from symptoms associated with urticaria like skin rashes and pain., Supports healthy skin with anti-allergy and anti-inflammatory properties.

#### Aller-G Care

Capsules made from a blend of various herbs.

Ingredients: Haridra (Curcuma longa), Neem (Azadirachta indica)

Benefits: Haridra has anti-inflammatory properties and helps manage allergies., Neem acts as a blood purifier and helps maintain healthy skin.

#### Curcumin Capsules

Capsules made from the pure extract of Curcumin (Curcuma longa).

Ingredients: Curcumin (Curcuma longa)

Benefits: Has potent anti-inflammatory and antioxidant properties., Helps in reducing inflammation and managing skin allergies.

### Usage/Dosage Recommendations

#### Usage/Dosage Recommendations

Tulsi Capsules: 2 capsules, twice daily with plain water after meals.

Praanrakshak Churna: 1 teaspoonful, twice daily with plain water after meals.

Aller-G Care: 2 capsules, twice daily with plain water after meals.

Curcumin Capsules: 2 capsules, twice daily with plain water after meals.

Dietary and Lifestyle Recommendations: Avoid certain medications, infections, stress, sunlight exposure, heat or cold, insect bites, and certain foods. Maintain a healthy diet and avoid food additives or preservatives. Practice stress-reducing techniques like yoga and meditation.

# Uterine Fibroids

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## Overview of Uterine Fibroids

Uterine fibroids are non-cancerous tumors that grow in the uterus. They are also known as uterine polyps, myomas, or leiomyomata. These fibroids can grow within the muscles of the uterus, outside the uterus, hang in the uterine cavity, or rarely within the cervix. Uterine fibroids typically occur during childbearing years and can become a serious issue if they grow too large.

## Causes of Uterine Fibroids

### Causes

- Genetic abnormalities
- Tissue response to injuries
- Alteration in growth factor
- Abnormalities in blood vessels
- Family history
- Uterine infections
- Elevated blood pressure
- High levels of estrogen hormones

## Symptoms of Uterine Fibroids

### Symptoms

- Excessive bleeding during menstruation
- Pressure in the abdominal area
- Extended length of menstruation
- Lower backache
- Painful intercourse
- Extreme cramping during menstruation
- Frequent urge to urinate
- Irregular periods
- Weight gain
- Constipation
- Extra hair growth on the chin
- Miscarriage

## Diagnosis

### Diagnosis

Diagnosis is made through pelvic examination, ultrasound, MRI, or CT scans.

## Trigger Factors

### Trigger Factors

#### Genetic Factors

Family history increases the risk of developing uterine fibroids.

#### Hormonal Factors

High levels of estrogen hormones can contribute to the growth of fibroids.

#### Age

Fibroids are more common during the childbearing years, typically in the early 30s to 40s.

#### Uterine Infections

Infections of the uterus can trigger the development of fibroids.

#### Elevated Blood Pressure

High blood pressure may be associated with an increased risk of uterine fibroids.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Chandraprabha Vati

Tablets that help maintain a healthy body and balance vata, pitta, and kapha dosha.

Ingredients: Shilajit (Asphaltum), Guggul (Commiphora mukul), Karpoor (Cinnamomum camphora), Vacha (Acorus calamus), Mustak (Cyprus rotundus), Vidanga (Embelia ribes)

Benefits: Removes general weakness, lower backache, irregular menses, and other related problems.

#### Pradarantak Churna

A herbal formulation that balances all three doshas and addresses female health issues.

Ingredients: Lodhra (Symplocus racemosa), Ashok (Saraca indica), Udumbur (Ficus glomerata), Arjuna (Terminalia arjuna)

Benefits: Possesses anti-inflammatory, anti-bacterial, anti-tumor, analgesic, and anti-tumor properties., Helps in controlling excessive bleeding, painful menstruation, backache, and other symptoms.

#### **Female Health Support**

Capsules that act as a complete health supplement for women.

Ingredients: Shatavari (*Asparagus racemosus*), Ashoka (*Saraca indica*), Lodhra (*Symplocos racemosa*)

Benefits: Strengthens immunity and maintains overall well-being., Balances female sex-related hormones and reduces excessive bleeding during menstruation.

#### **Kanchnaar Guggul**

Tablets that maintain body health by balancing vata, pitta, and kapha dosha.

Ingredients: Kachnar bark (*Bauhinia variegata*), Amalaki (*Emblica officinalis*), Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), Ginger (*Zingiber officinale*), Black pepper (*Piper nigrum*), Pippali (*Piper longum*), Varuna (*Crataeva religiosa*)

Benefits: Helps in reducing fibroid size, removing toxins, and rejuvenating the body., Provides anti-oxidant, anti-bacterial, carminative, anti-inflammatory, and immune modulator properties.

#### **Sarotovahi Capsules**

Capsules made from standardized extracts of various herbs.

Ingredients: Shilajit (*Asphaltum*), Haridra (*Curcuma longa*), Guggul (*Commiphora mukul*), Vidanga (*Embelia ribes*)

Benefits: Removes ama dosha from the body and alleviates obstructions., Promotes normal functioning of all channels due to its anti-oxidant and kapha pacifying properties.

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Chandraprabha Vati: 2 tablets twice daily with warm water.

Pradarantak Churna: 1 teaspoonful twice daily with warm water.

Female Health Support: 1 capsule twice daily with warm water.

Kanchnaar Guggul: 2 tablets twice daily with warm water.

Sarotovahi Capsules: 1 capsule twice daily with warm water.

Dietary and Lifestyle Recommendations: Maintain a healthy diet, avoid excessive physical stress, and practice stress-reducing techniques. Include foods that balance the doshas and support female health.

# Urinary Tract Infections

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## Overview of Urinary Tract Infections

Urinary Tract Infections (UTIs) are bacterial infections that occur in any part of the urinary system, including the kidneys, bladder, ureters, and urethra. According to Ayurveda, UTIs are associated with an imbalance of the pitta and kapha doshas, leading to inflammation and infection in the urinary tract.

## Causes of Urinary Tract Infections

### Causes

- Bacterial infections, most commonly E. coli
- Poor hygiene
- Holding urine for too long
- Sexual intercourse
- Use of certain medications
- Diabetes
- Pregnancy
- Weakened immune system
- Structural abnormalities in the urinary tract
- Imbalance of pitta and kapha doshas

## Symptoms of Urinary Tract Infections

### Symptoms

- Painful urination
- Frequent urination
- Urgent need to urinate
- Cloudy or strong-smelling urine
- Blood in the urine
- Pelvic pain in women
- Rectal pain in men
- Fever
- Chills
- Nausea and vomiting



## Diagnosis

### Diagnosis

Diagnosis involves a physical examination, medical history, and may include tests such as urine tests, urine culture, imaging tests like ultrasound or CT scans, and sometimes cystoscopy.

## Trigger Factors

### Trigger Factors

#### Bacterial Infections

Most UTIs are caused by bacterial infections, primarily E. coli.

#### Poor Hygiene

Not practicing good hygiene can increase the risk of UTIs.

#### Holding Urine

Holding urine for too long can lead to UTIs.

#### Sexual Intercourse

Sexual activity can push bacteria into the urethra.

#### Imbalance of Pitta and Kapha Doshas

According to Ayurveda, an imbalance of pitta and kapha doshas can lead to UTIs.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Punarnava Capsules

Capsules made from the pure extract of Punarnava (Boerhavia diffusa).

Ingredients: Punarnava (Boerhavia diffusa)

Benefits: Acts as a diuretic, helps in reducing inflammation and infection in the urinary tract., Supports kidney health and overall urinary system function.

#### Varunadi Vati

Tablets prepared from a combination of various herbs.

Ingredients: Varuna (Crataeva nurvala), Punarnava (Boerhavia diffusa), Gokshura (Tribulus terrestris), Shilajit (Asphaltum)

Benefits: Helps in dissolving kidney stones and reducing urinary tract infections., Supports the overall health of the urinary system.

#### **Mutrakrichantak Churna**

A herbal formulation consisting of various herbs.

Ingredients: Punarnava (*Boerhavia diffusa*), Varuna (*Crataeva nurvala*), Gokshura (*Tribulus terrestris*), Shilajit (*Asphaltum*), Kulthi (*Dolichos biflorus*)

Benefits: Helps in managing urinary tract infections, kidney stones, and other urinary disorders., Acts as a diuretic and helps in flushing out toxins from the urinary system.

#### **Neer Keri Tablets**

Tablets made from a blend of herbs.

Ingredients: Pashanbhed (*Saxifraga ligulata*), Kulthi (*Dolichos biflorus*), Gokshura (*Tribulus terrestris*), Shilajit (*Asphaltum*)

Benefits: Helps in breaking down kidney stones and reducing urinary tract infections., Supports the overall health of the kidneys and urinary system.

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Punarnava Capsules: 2 capsules twice daily with plain water after meals.

Varunadi Vati: 2 tablets twice daily with plain water after meals.

Mutrakrichantak Churna: 1 teaspoonful twice daily with plain water after meals.

Neer Keri Tablets: 2 tablets twice daily with plain water after meals.

Dietary and Lifestyle Recommendations: Maintain good hygiene, avoid holding urine for too long, drink plenty of water, avoid spicy and oily foods, and practice stress-reducing techniques like yoga and meditation.

# Varicose Veins

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## Overview of Varicose Veins

Varicose veins are a condition characterized by the abnormal thickening, twisting, and bulging of veins, typically in the thighs and legs. This condition occurs due to the failure of one-way valves in the veins, leading to blood flowing backwards and exerting excessive pressure on the veins. In Ayurveda, varicose veins are associated with an imbalance of the vata dosha, which affects the blood flow and vein health.

## Causes of Varicose Veins

### Causes

- Genetic factors
- Hormonal complications such as pregnancy, use of contraceptive pills, menopause, and hormone replacement therapy
- Extended standing
- Urine retention by prostate
- Overweight
- Any injury or surgery to legs
- Aging

## Symptoms of Varicose Veins

### Symptoms

- Visible and sizable veins under the skin surface
- Minor swelling in feet and ankles
- Steady pain in legs
- Cramps in legs
- Etching and dryness in lower legs and ankles
- Discoloration of skin around varicose veins

## Diagnosis

### Diagnosis

Diagnosis is made through physical examination, medical history, and may include tests such as ultrasound, MRI, or CT scans to confirm the presence of varicose veins.

## Trigger Factors

### Trigger Factors

#### Genetic Factors

Varicose veins can be inherited and are more common in women.

#### Hormonal Complications

Hormonal changes during pregnancy, menopause, or hormone replacement therapy can contribute to varicose veins.

#### Extended Standing

Prolonged standing can increase pressure on the veins.

#### Urine Retention

Urine retention by the prostate can create strain on leg veins.

#### Overweight

Excess weight can increase pressure on the veins.

#### Aging

Vein health deteriorates with age.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Gotu Kola Capsules

Capsules made from the pure extract of Gotu Kola (*Centella asiatica*).

Ingredients: Gotu Kola (*Centella asiatica*)

Benefits: Helps to balance the vata dosha and regulate oxygen-rich blood flow through arteries and veins., Strengthens veins and improves overall vein health.

#### Triphala Guggul

Tablets prepared from a blend of various herbs.

Ingredients: Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellerica*), Amalaki (*Emblica officinalis*), Shuddh Guggulu (*Commiphora mukul*)

Benefits: Detoxifies blood, provides strength to veins, and regulates blood circulation., Reduces inflammation and improves overall health.

#### Curcumin Capsules

Capsules made from the pure extract of Curcumin (*Curcuma longa*).

Ingredients: Curcumin (*Curcuma longa*)

Benefits: Purifies blood, stimulates blood flow in veins and arteries, and has anti-inflammatory properties., Helps in managing varicose veins by reducing inflammation and improving vein health.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Gotu Kola Capsules: 2 capsules, twice daily with warm water.

Triphala Guggul: 2 tablets, twice daily with warm water.

Curcumin Capsules: 2 capsules, twice daily with warm water.

Dietary and Lifestyle Recommendations: Avoid prolonged standing, maintain a healthy weight, avoid tight clothing, elevate legs when resting, and practice stress-reducing techniques like yoga and meditation. Include foods that balance the doshas and support vein health.

# Vestibular Hypofunction

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## Overview of Vestibular Hypofunction

Vestibular Hypofunction is a condition where the inner part of the ear, specifically the cochlea and semicircular canals, is not working properly. It can be unilateral or bilateral, with bilateral cases often resulting from damage to the inner ear nerves. The vestibular system works in conjunction with the eyes and muscles to maintain the body's balance and normal functioning.

## Causes of Vestibular Hypofunction

### Causes

- Autoimmune disorders
- Infections
- Poor circulation in the ear
- Calcium debris deposition in the semicircular canal of the ear
- Inner ear problems
- Medications
- Traumatic brain injury
- Blood clots
- Tumors such as vestibular schwannoma
- Meniere's syndrome

## Symptoms of Vestibular Hypofunction

### Symptoms

- Dizziness
- Blurred vision
- Changes in heart rhythm
- Anxiety
- Nausea
- Vomiting
- Diarrhea
- Disorientation
- Vertigo
- Lack of coordination
- Hearing problems
- Lightheadedness

- Imbalance
- Difficulty in walking in a dark room or on uneven surfaces
- Imbalance in gait and posture

## Diagnosis

### Diagnosis

Diagnosis involves a physical examination by an ENT specialist, hearing examination, dynamic visual activity test, eye test to check nystagmus, clinical examination to check balance, blood tests, posturography, oculomotor examination, VEMP (Vestibular-evoked myogenic potentials), SVV (Subjective visual vertical), VNG (Videonystagmography), DVA (Dynamic visual activity), and imaging tests like MRI of the brain and HRCT of the temporal bone.

## Trigger Factors

### Trigger Factors

#### Ototoxicity

Hearing loss due to certain medications.

#### Meningitis

Inflammation of the protective membranes covering the brain and the spinal cord.

#### Autoimmune Disorders

Conditions where the immune system attacks the body's own tissues.

#### Chronic Inflammatory Peripheral Polyneuropathy

A condition affecting the peripheral nerves.

#### Neurofibromatosis

A genetic disorder that causes tumors to form on nerve tissue.

#### Sequential Vestibular Neuritis

Inflammation of the vestibular nerve.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Boswellia Curcumin

Capsules made from the pure extract of Boswellia serrata (Shallaki) and Curcuma longa (Turmeric).

Ingredients: Boswellia serrata (Shallaki), Curcuma longa (Turmeric)

Benefits: Analgesic and anti-inflammatory properties to reduce pain and inflammation., Protects from ear damage due to certain medications.

### Guggul Capsules

Capsules made from the pure extract of Commiphora mukul (Guggul).

Ingredients: Commiphora mukul (Guggul)

Benefits: Anti-inflammatory properties to reduce pain, swelling, and inflammation., Removes toxins from the ear and improves circulation.

### Neurogenie Capsules

Capsules containing extracts of Bacopa monnieri (Brahmi) and Withania somnifera (Ashwagandha).

Ingredients: Bacopa monnieri (Brahmi), Withania somnifera (Ashwagandha)

Benefits: Tranquilising effect on the nervous system to reduce symptoms of anxiety and tinnitus., Improves blood circulation to the ear.

### Indian Valeriana

Capsules made from the pure extract of Valeriana wallichii (Tagar).

Ingredients: Valeriana wallichii (Tagar)

Benefits: Pacifies vata dosha and improves hearing., Reduces stress and anxiety.

### Memory Support

Capsules containing Vacha (Acorus calamus), Brahmi (Bacopa monnieri), Shankhpushpi (Convolvulus pluricaulis), and Licorice (Glycyrrhiza glabra).

Ingredients: Vacha (Acorus calamus), Brahmi (Bacopa monnieri), Shankhpushpi (Convolvulus pluricaulis), Licorice (Glycyrrhiza glabra)

Benefits: Reduces ear discharge, pus collection, and vertigo., Strengthens the acoustic nerve and improves hearing.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Boswellia Curcumin: 2 capsules twice daily with plain water after meals.

Guggul Capsules: 1 capsule twice daily with plain water after meals.

Neurogenie Capsules: 2 capsules twice daily with plain water after meals.



Indian Valeriana: 1 capsule twice daily with plain water after meals.

Memory Support: 1 capsule twice daily with plain water after meals.

Dietary and Lifestyle Recommendations: Avoid vata and pitta dominating foods, exposure to excessive heat, use of alcohol or tobacco, difficulty in sleeping at night, and physical strain.

Practice yoga exercises like Dhanurasan and Halaasan for balance. Include foods that balance the doshas and support ear health.

# Vertigo

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## Overview of Vertigo

Vertigo is a condition where a person feels that all objects around them are moving, even though they are not. This sensation can be described as a spinning or swaying feeling. According to Ayurveda, vertigo is known as 'Brahma' and is associated with an imbalance of the pitta and kapha doshas, affecting the equilibrium mechanism in the inner ear.

## Causes of Vertigo

### Causes

- Head injury
- Ear infections
- Tumors
- Cut off blood supply to the brain
- Stress and anxiety
- Migraine
- Multiple sclerosis
- Benign paroxysmal positional vertigo (BPPV)
- Labyrinthitis
- Vestibular neuronitis
- Meniere's disease

## Symptoms of Vertigo

### Symptoms

- Feeling that objects are moving around
- Dizziness
- Nausea
- Vomiting
- Sweating
- Difficulty in walking
- Visual complications
- Weakness
- Unconsciousness
- Difficulty in speaking

## Diagnosis

### Diagnosis

Diagnosis involves Magnetic Resonance Imaging (MRI), Electrocardiogram (ECG), Computed Tomography (CT) scans, and blood tests to identify the underlying causes.

## Trigger Factors

### Trigger Factors

#### Head Injury

Head injury can cause vertigo due to the impact on the inner ear or brain.

#### Ear Infections

Infections such as labyrinthitis and vestibular neuronitis can trigger vertigo.

#### Migraine

Migraines can cause vertigo, especially in young people.

#### Stress and Anxiety

Stress and anxiety from relationships, job, or societal pressure can exacerbate vertigo.

#### Imbalance of Pitta and Kapha Doshas

According to Ayurveda, the aggravation of pitta and kapha doshas can lead to vertigo.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Shilajit Capsules

Capsules made from the pure extract of Shilajit (Asphaltum).

Ingredients: Shilajit (Asphaltum)

Benefits: Contains fulvic acid with anti-inflammatory, anti-stress, and anti-anxiety properties., Acts as a nervine tonic.

#### Brahmi Chyawanprash

A blend of herbs including Amla (*Emblica officinalis*), Brahmi (*Bacopa monnieri*), and various other herbs.

Ingredients: Amla (*Emblica officinalis*), Brahmi (*Bacopa monnieri*)

Benefits: Strengthens the nervous system., Effective in treating vertigo symptoms like anxiety, stress, and brain complications.

### Memory Support

A combination of herbs including Brahmi (*Bacopa monnieri*), Vacha (*Acorus calamus*), Shankhpushpi (*Convolvulus pluricaulis*), and Licorice (*Glycyrrhiza glabra*).

Ingredients: Brahmi (*Bacopa monnieri*), Vacha (*Acorus calamus*), Shankhpushpi (*Convolvulus pluricaulis*), Licorice (*Glycyrrhiza glabra*)

Benefits: Provides relief in symptoms associated with vertigo like anxiety, stress, and brain complications., Acts on adrenal glands to reduce stress and anxiety.

### Neuro Plan Syrup

A patent herbal formulation consisting of various herbs like Brahmi (*Bacopa monnieri*), Mandukparni (*Centella asiatica*), and Shankhpushpi (*Convolvulus pluricaulis*).

Ingredients: Brahmi (*Bacopa monnieri*), Mandukparni (*Centella asiatica*), Shankhpushpi (*Convolvulus pluricaulis*)

Benefits: Maintains neuro-muscular health., Pacifies pitta and kapha doshas., Provides relief from anxiety, stress, headache, and dizziness.

### Drakshasav

A classical formulation prepared from Munakka (*Vitis vinifera*), Supari (*Areca catechu*), Laung (*Myristica fragrans*), and other herbs.

Ingredients: Munakka (*Vitis vinifera*), Supari (*Areca catechu*), Laung (*Myristica fragrans*)

Benefits: Useful in various health ailments., Helps in maintaining overall health and reducing symptoms of vertigo.

## Usage/Dosage Recommendations

### Usage/Dosage Recommendations

Shilajit Capsules: 1 capsule, twice daily with warm water.

Brahmi Chyawanprash: 1-2 tablespoons, twice daily with warm water or milk.

Memory Support: 1 capsule, twice daily with warm water.

Neuro Plan Syrup: 2 teaspoons, twice daily with plain water after meals.

Drakshasav: 2 teaspoons, twice daily with an equal amount of warm water after meals.

Dietary and Lifestyle Recommendations: Avoid stress and anxiety, maintain a balanced diet, practice yoga and meditation to reduce stress. Include foods that balance the doshas and support nervous system health.

# Vitiligo

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## Overview of Vitiligo

Vitiligo is a skin condition characterized by the loss of pigment-producing cells (melanocytes), leading to white patches on the skin. According to Ayurveda, vitiligo is known as 'Switra' or 'Kilasa' and is associated with an imbalance of the pitta and kapha doshas, which affects the skin's pigmentation.

## Causes of Vitiligo

### Causes

- Autoimmune disorders where the immune system attacks melanocytes
- Genetic predisposition
- Stress and anxiety
- Exposure to chemicals
- Vitamin B12 deficiency
- Thyroid disorders
- Imbalance of pitta and kapha doshas

## Symptoms of Vitiligo

### Symptoms

- White patches on the skin
- Loss of skin pigmentation
- Premature graying of hair
- Loss of color in the mucous membranes
- White patches in the mouth and nose
- Itching or redness in the affected areas

## Diagnosis

### Diagnosis

Diagnosis involves a physical examination, medical history, and may include tests such as skin biopsy, blood tests to check for autoimmune disorders, and sometimes additional tests like Wood's lamp examination to highlight the affected areas.

## Trigger Factors

### Trigger Factors

#### Autoimmune Disorders

The immune system attacking melanocytes can trigger vitiligo.

#### Genetic Predisposition

Family history increases the risk of developing vitiligo.

#### Stress and Anxiety

High levels of stress and anxiety can exacerbate vitiligo.

#### Exposure to Chemicals

Certain chemicals can trigger or worsen vitiligo.

#### Imbalance of Pitta and Kapha Doshas

According to Ayurveda, the aggravation of pitta and kapha doshas can lead to vitiligo.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### Neem Capsules

Capsules made from the pure extract of Neem (Azadirachta indica).

Ingredients: Neem (Azadirachta indica)

Benefits: Acts as a blood purifier and helps in restoring skin pigmentation., Has anti-inflammatory and antibacterial properties.

#### Ghrit Kumari Capsules

Capsules made from the pure extract of Aloe Vera (Aloe barbadensis).

Ingredients: Aloe Vera (Aloe barbadensis)

Benefits: Helps in soothing and healing the skin., Restores skin pigmentation and reduces inflammation.

#### Pitt Papra Powder

A herbal formulation consisting of various herbs.

Ingredients: Pitt Papra (Fumaria parviflora), Kutki (Picrorhiza kurroa), Chirayta (Swertia chirata)

Benefits: Helps in balancing the pitta dosha and restoring skin pigmentation., Has anti-inflammatory and antioxidant properties.

#### **Bakuchi Churna**

A herbal formulation made from the pure extract of Bakuchi (*Psoralea corylifolia*).

Ingredients: Bakuchi (*Psoralea corylifolia*)

Benefits: Helps in restoring skin pigmentation and treating vitiligo., Has phototoxic properties that help in repigmentation.

#### **Manjishtha Capsules**

Capsules made from the pure extract of Manjishtha (*Rubia cordifolia*).

Ingredients: Manjishtha (*Rubia cordifolia*)

Benefits: Acts as a blood purifier and helps in restoring skin health., Has anti-inflammatory and antioxidant properties.

### **Usage/Dosage Recommendations**

#### **Usage/Dosage Recommendations**

Neem Capsules: 2 capsules twice daily with plain water after meals.

Ghrit Kumari Capsules: 2 capsules twice daily with plain water after meals.

Pitt Papra Powder: 1 teaspoonful twice daily with warm water after meals.

Bakuchi Churna: 1 teaspoonful twice daily with warm water after meals.

Manjishtha Capsules: 2 capsules twice daily with plain water after meals.

Dietary and Lifestyle Recommendations: Avoid stress and anxiety, maintain a balanced diet, avoid exposure to chemicals, and practice stress-reducing techniques like yoga and meditation. Include foods that balance the doshas and support skin health.

# Writer's Cramp

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## Overview of Writer's Cramp

Writer's Cramp is a condition characterized by sudden, painful contractions of certain muscles in the hand or fingers. It involves both the nervous and musculoskeletal systems, leading to uncontrolled, tiresome contractions that alter the normal movements and position of the hand. According to Ayurveda, Writer's Cramp is associated with an imbalance of the vata dosha.

## Causes of Writer's Cramp

### Causes

- Hereditary tendency
- Excessive motor or muscular activity leading to faulty writing techniques
- Exposure to chemical substances or harmful toxins
- Deficiency of gray matter in the brain, particularly in the cerebellum, thalamus, and sensorimotor cortex

## Symptoms of Writer's Cramp

### Symptoms

- Improper writing way
- Altered handwriting
- Inability to hold the pen
- Inability to grip objects
- Inability to perform tasks like playing an instrument
- Hand discomfort and uneasiness
- Stiffness and pain of hand muscles
- Feeling of vibrations in the affected hand
- Stress and mental fatigue
- Disturbed sleep
- Short temper
- Mood swings
- Blurred vision
- Digestive problems



## Diagnosis

### Diagnosis

Diagnosis involves a thorough medical history, physical examination, and may include tests such as EMG (Electromyography) to show pulsating nerve signals being transmitted to muscles even when they are at rest.

## Trigger Factors

### Trigger Factors

#### Hereditary Tendency

If parents or family members have this problem, the next generation is at high risk to develop Writer's Cramp.

#### Excessive Motor or Muscular Activity

Faulty writing techniques due to excessive motor or muscular activity can trigger Writer's Cramp.

#### Exposure to Chemical Substances

Exposure to harmful toxins can contribute to the development of Writer's Cramp.

#### Deficiency of Gray Matter in the Brain

Deficiency in gray matter, particularly in the cerebellum, thalamus, and sensorimotor cortex, can increase the risk.

#### Imbalance of Vata Dosha

According to Ayurveda, an imbalance of the vata dosha can lead to Writer's Cramp.

## Ayurvedic Herbal Remedies

### Ayurvedic Herbal Remedies

#### NeuroGenie Capsules

Capsules filled with two powerful herbs: Brahmi (*Bacopa monnieri*) and Ashwagandha (*Withania somnifera*).

Ingredients: Brahmi (*Bacopa monnieri*), Ashwagandha (*Withania somnifera*)

Benefits: Improves both mental and physical health., Packed with antioxidants to reduce free radicals., Pacifies vata dosha and is effective in neurodegenerative disorders., Helps in improving muscle spasms.

### **Boswellia Curcumin**

Capsules containing Shallaki (*Boswellia serrata*) and Curcumin (*Curcuma longa*).

Ingredients: Shallaki (*Boswellia serrata*), Curcumin (*Curcuma longa*)

Benefits: Reduces swelling and improves circulation., Treats symptoms like pain, increases mobility, and fights infections.

### **Rasraj Ras**

A formulation packed with herbal minerals like Parada (Purified mercury), Swarna (Calx of gold), Rajat bhasma (Calx of silver), Jatikosh (*Myristica fragrans*), Ksheera kakoli (*Fritillaria roylei*), and Lavanga (*Syzygium aromaticum*).

Ingredients: Parada (Purified mercury), Swarna (Calx of gold), Rajat bhasma (Calx of silver), Jatikosh (*Myristica fragrans*), Ksheera kakoli (*Fritillaria roylei*), Lavanga (*Syzygium aromaticum*)

Benefits: Balances vata dosha., Reduces stiffness from the body., Great for nerves and muscles.

### **Trayodashang Guggul**

A classical formulation made from Babool (*Acacia Arabica*), Shatavari (*Asparagus racemosus*), Gokhru (*Tribulus terrestris*), Saunf (*Foeniculum vulgare*), and Ashwagandha (*Withania somnifera*).

Ingredients: Babool (*Acacia Arabica*), Shatavari (*Asparagus racemosus*), Gokhru (*Tribulus terrestris*), Saunf (*Foeniculum vulgare*), Ashwagandha (*Withania somnifera*)

Benefits: Reduces mental stress., Improves grip and movement of the hand., Effective for nerves and muscular disorders.

## **Usage/Dosage Recommendations**

### **Usage/Dosage Recommendations**

NeuroGenie Capsules: 1 capsule twice daily after 30 minutes of meals with warm water.

Boswellia Curcumin: 1 capsule twice daily after 30 minutes of meals with warm water.

Rasraj Ras: One tablet daily after meals to be chewed with warm ghee or as directed by a physician.

Trayodashang Guggul: 2 tablets twice daily after 30 minutes of meals with warm water.

Dietary and Lifestyle Recommendations: Maintain a balanced diet, avoid excessive motor or muscular activities, practice stress-reducing techniques like yoga and meditation, and

ensure proper sleep. Include foods that balance the doshas and support nervous system health.

