

Q. I have scaly patchy raised lesions over b/l elbow and b/l knee joints with dryness and itching . What is my ailment? What is the solution?

A. The symptoms you've described, such as scaly patchy raised lesions over b/l elbow and b/l knee joint with dryness and itching, can be analyzed through the lens of Ayurveda to predict a potential problem or disease. Ayurveda identifies imbalances in the Vata, Pitta, and Kapha doshas as key factors in various health issues.

Vata Dosha :

Scaly lesions : This is often associated with aggravated Vata dosha. When Vata dosha is imbalanced, it can lead to scaly patchy raised lesions .

When Pitta is aggravated, it can cause raised lesions, redness of lesions.

Kapha Dosha :

Itching : it is the classic kapha dosha symptom

i.e Pratyatma lakshana of kapha .

Based on these symptoms and their association with dosha imbalances, your condition could be related to an Eka kusta or psoriasis , which predominantly involves imbalances of mainly Vata and Kapha doshas in association with pitta dosha.

Q: is it Eka kustabonly because of Vata dosha and Kapha Dosha.

A: no in ayurveda it is mentioned any disease mentioned in Ayurveda it involves all the three doshas but based on the percentage of involvement it has been mentioned the involvement of dosha. It means Eka kusta have all the three dosha but based on majority it hv vata and kapha dosha.

Eka kusta or psoriasis:

It is a non- infectious chronic relapsing inflammatory skin disease characterized by scaly erythematous patches. The eruptions is usually symmetrical and most commonly affects extensor surfaces of elbow, knee, scalp, nails.

Q: Which are the doshas involved and which system is involved in Eka kusta.

A: The prominent Dosha involved in Eka kusta is Vata and Kapha dosha in association with pitta dosha also. The system or the strotas involved in Eka kusta is Rasavaha and raktavaha strotas.

Q: what is solution for the disease Eka kusta in Ayurveda

A: principles of Ayurveda line of treatment involves Shodana therapy mainly called as panchakarma treatment and shamana line of treatment or palliative of maintenance treatment and diet regime including dos and donts.

Q: Can you elaborate the panchakarma and palliative treatment involved in Eka kusta .

A: the important panchakarma done in most of the Eka kusta patients are verechana (purgative) treatment with various medications. The palliative or the shamana treatment is done before panchakarma as preprocedure or to prepare patient for panchakarma.

Those are

Amapachana: langhana (fasting), deepana (stimulation of Agni i.e digestive fire) as internal medication and

Swedana (dry and hot application) as external application.

Snehanapana : as it carried out to facilitate the mobilization of doshas from site of manifestation to the site of elimination I, e kusta. And it also helps to loosne dosha and dushya bonding.

Ex: Maha tiktaka grhita.

This grhita has tikta rasa, madhura vipaka, ushna virya dravya. And has properties like rakta shodaka, kandugna, kustagna.

Virechana with trivith lehya : as it does sukha virechana and removes vyadhi from mula.

The do's and don't include

1. Intake of light and small quantity of food.
2. Avoid jung foods and which are heavy to digest.
3. Intake of hot water only.
4. Avoid day sleep and sound sleep in night.
5. Avoid curd in food.
6. Hv balanced diet and nutritious food
7. Hv daily mild excercise.

Q. I have recuurent productive cough, running nose and generalised body ache. What is my ailment? What is the solution?

A. The symptoms you've described, such as recurrent productive cough, running nose generalised body ache, can be analyzed through the lens of Ayurveda to predict a potential problem or disease. Ayurveda identifies imbalances in the kapha and Vata doshas as key factors in various health issues.

Q. How vata and kapha doshas are involved?

A. Involvement of apana vata is mentioned in the manifestation of kasa.

Vata gets vitiated by avarana of kapha.

Apana vata thus obstructed from moving downwards, attains pratiloma gati and reaches rasa sthana, causing discomfort in chest region.

Hridya being the common mula sthana for both rasavaha and pranavaha strotas,

Vata and kapha doshas:

a) recurrent productive cough :

As kapha does avarana to the apana vata this lakshana is seen

b) running nose or peenasa :

Vitiation of pranavaayu due to kapha avarana will cause penasa.

c) Heaviness or govraava :

The feeling of heaviness in the body (Gourav) is a Kapha-related symptom. Imbalanced Kapha can make you feel sluggish and weighed down.

Based on these symptoms and their association with dosha imbalances, your condition could be related to an Kaphaja kasa or bronchitis , which predominantly involves imbalances of mainly Vata and Kapha doshas.

Q: is it kaphaja kasa only because of Vata dosha and Kapha Dosha.

A: no in ayurveda it is mentioned any disease mentioned in Ayurveda it involves all the three doshas but based on the percentage of involvement it has been mentioned the involvement of dosha. It means kaphaja kasa have all the three dosha but based on majority it hv vata and kapha dosha.

Q.Which are the doshas involved and which system is involved in kaphaja kasa

A: The prominent Dosha involved in kaphaja kasa is Vata and Kapha doshas. The system or the srothas involved in is Rasavaha srothas and which can be said as plasma origin and pranavaha srothas as respiratory system for easy understanding.

Q: what is solution for the disease kaphaja kasa in Ayurveda

A: principles of Ayurveda line of treatment involves Shodana therapy mainly called as panchakarma treatment and shamana line of treatment or palliative of maintenance treatment and diet regime including dos and donts.

Q: Can you elaborate the panchakarma and palliative treatment involved in kaphaja kasa .

A: the important panchakarma done in most of the kaphaja kasa patients are verechana (purgative) treatment followed by Nasya treatment with various medications. The palliative or the shamana treatment is done before panchakarma as preprocedure or to prepare patient for panchakarma.

Those are Nidana parivarjana

Amapachana: langhana (fasting), deepana (stimulation of Agni i.e digestive fire) as internal medication and

Swedana (dry and hot application) as external application.

Vamana karma :

It removes the avarana of vata by kapha

Ex: kantakari gritha

Nasya karma : it is helpful because of sthana samshraya is in urdwajatrugata.

The do's and don't include

1. Intake of light and small quantity of food.
2. Avoid cold exposure and junk foods and which are heavy to digest.
3. Intake of hot water only.
4. Avoid day sleep and sound sleep in night.
5. Avoid curd in food.

6. Hv balanced diet and nutritious food
7. Hv daily mild exercise.

Q: I have dropping of left eye lid, eye brow, muscle weakness, salivation from left side of mouth , numbness of left side of face.what is my ailment? What is the solution?

A: the symptoms you have described can be analysed as imbalance of vata and kapha.

Vata dosha

All the movements are done by ligament and tendons, when the ligament and tendons degeneration takes place , the flaccidity of the muscle doesn't allow us to do facial movements properly.

Dropping of eye lid and eye brow-- due to increased vata flaccidity of the ocular muscles takes place hence not able to lift the eye lid completely.

Excessive salivation-- flaccid muscle of the mouth unable us to close the mouth completely, hence excessive salivation occurs.

Kapha dosha

Numbness-- due to kapha dusti in the head region there will be numbness.

Based on these symptoms and their association with the dosha imbalance your condition is correlated to Ardita.

Which are the doshas involved and which system is involved in Ardita?

A: The prominent Dosha involved in Ardita is Vata and Kapha dosha. The system or the srotas involved in Ardita is Rasavaha srotas, raktavaha , mamsavaha and pranavaha.

Q: what is solution for the disease Ardita in Ayurveda

A: principles of Ayurveda line of treatment involves Shodana therapy mainly called as panchakarma treatment and shamana line of treatment or palliative or maintenance treatment and diet regime including dos and don'ts.

Q: Can you elaborate the panchakarma and palliative treatment involved in Ardita?

A: the important panchakarma done in most of the Ardita patients are nasya(nasal installation of the medicine)treatment followed by Tarpana treatment (nourishing the eyes) with jeevantiyadi ghrita.

Moordha taila(holding oil on head) prepanchakarma procedure are

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2. Avoid cold exposure and junk foods and which are heavy to digest.
3. Intake of hot water only.

4. Avoid day sleep and sound sleep in night.
5. Avoid curd in food.
6. Have balanced diet and nutritious food
7. Have daily mild exercise.

Q. I am having stomach ache on & off since a month, improper passage of stools, heaviness all over body, vomiting after having food sometimes, constipation with bloody stools. What is my ailment? What is the solution?

A. The symptoms you've described, such as stomach ache, feeling constipated on and off, heaviness of body, vomiting can be analyzed through the lens of Ayurveda to predict a potential problem or disease. Ayurveda identifies imbalances in the Vata, Pitta, and Kapha doshas as key factors in various health issues.

Vata Dosha:

Body Ache: Body ache is often associated with aggravated Vata dosha. When Vata dosha is imbalanced, it can lead to bodyache.

When Pitta is aggravated, it can cause sour and bitter belching, burning sensation, drava mal association with kapha leading to kapha presence in mala.

Thirst: Experiencing increased thirst (Trushna) can be linked to pitta dosha as it disrupts the body's natural balance.

Kapha Dosha:

When kapha dosha increases kleda present in amashaya increases which leads to ama formation leading heaviness in body and loss of appetite.

Heaviness: The feeling of heaviness in the body (Gourav) is a Kapha-related symptom.

Imbalanced Kapha can make you feel sluggish and weighed down.

Lethargy: Kapha imbalances can lead to lethargy (Aalasya), making you feel tired and lacking in energy.

Based on these symptoms and their association with dosha imbalances, your condition could be related to an grahani or Irritable bowel syndrome, which predominantly involves imbalances of all tridoshas in association with ama dosha.

Q: How to interpret doshas and system involvement in Grahani.

A: By name itself it suggests the word grahani suggests the system associated to digestive system. Undigested food or undigested metabolic product which is form of imbalance of kapha along with pitta and vata dosha.

Q. Which are the doshas involved and which system is involved in Grahani.

A: The prominent Dosha involved in Grahani is all doshas. The system or the srothas involved in grahani is Annavaha and Rasavaha srothas which can be said as our digestive system and plasma origin for easy understanding.

Q: what is solution for the disease Grahani in Ayurveda

A: principles of Ayurveda line of treatment involves Shodana and shamana both the therapy mainly called as panchakarma treatment and shamana line of treatment or palliative of maintenance treatment and diet regime including dos and don'ts.

Q: Can you elaborate the panchakarma and palliative treatment involved in Grahani.

A: the important panchakarma done in most of the Grahani patients are verechana (purgative) treatment. The palliative or the shamana treatment is done before panchakarma as preprocedure or to prepare patient for panchakarma.

Those are

Amapachana: langhana (fasting), deepana (stimulation of Agni i.e digestive fire) as internal medication such as

1. Chitrakadi gutika
2. Samshamani vati
3. Trayushnadi grita

The do's and don't include

1. Intake of light and small quantity of food.
2. Avoid cold exposure and junk foods and which are heavy to digest.
3. Intake of hot water only.
4. Avoid day sleep and sound sleep in night.
5. Avoid curd in food.
6. Have balanced diet and nutritious food
7. Have daily mild exercise.