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# Ayurvedic concept of Treatment and some common ailments

- 1) Nidaan parivarjan ( to withdraw the causes of the disease)
- 2) Shodhana ( panchakarma ) :- it include five main procedures and other small procedures meant to eliminate aggressive doshas from the body
  - ? Vamana ( medicated emesis )
  - ? Virechan( medicated purgation)
  - ? Vasti ( medicated enema)
  - ? Nasya( medicines to be put into nostrils )
  - ? Raktamokshan ( bloodletting )



- 3) Shamana :- This included various medicines , herbal preparations and rasa preparation in the form of churan , vati , guggulu, leh, kwath , bahsam, asav , arista etc .
- 4) Pathya and apathy ( some dos and don'ts) in relation to diet and lifestyle modifications

## Some common ailments

- Pains ( musculoskeletal pains )
- Rheumatoid arthritis
- Headache
- Obesity
- Diabetes mellitus
- Hypertension
- Skin problems
- Gastric troubles
- Hypothyroidism
- PCOS
- Respiratory problems



# Musculoskeletal disorders

- ? Musculoskeletal disorders include typical ailments like Rheumatoid Arthritis (RA), Ankylosing Spondylitis (AS), Cervical Spondylosis (CS), Osteoarthritis (OA) and Lower back pain (LBA) by example.
- ? The most common dosha include is Vata . Kapha dosha is also predominating when there is problem due to obstruction .



## Shodhana :-

- ? Vasti is best , Matra vasti , Anuvasana vasti
- ? Abhyangam( sahacharadi taila , vishagarbha taila , dashmool taila , mahamasha taila , mahanarayan taila )
- ? Nadi Swedana and Sarvanga Swedana
- ? Kativasti,greeva basti janu basti
- ? Patra potli sweda

Herbs :-

Bala

Rasna

Erand ptra

Dashmool kwath

Guggulu preparations

Ashwagandha churna

Panchatikta ghrita

Shallaki

Mukta shukti bhasma , Shankh bhasma



# Dos and Don'ts

- ? Rest is advised
- ? Diet to be kept moist
- ? Cold things to be avoided for e.g. cold place , cold water , cold food .
- ? therefore, the diet must be balanced and should contain cereals, pulses milk, fruits and vegetables as required.
- ? Milk and sunbath is advised for strengthening the bones
- Flexion of the joints is to be avoided .
- Forward bending and heavy lifting is avoided



# Rheumatoid arthritis

- ? V and V K doshik condition
- ? Ama dosha is formed
- ? Multiple joints involved predominantly causing the stiffness .

## **Panchkarma :-**

- ? Kshar vasti , anuvasana vasti
- ? Virechan ( purgation )
- ? Udwartan
- ? Abhyanga only on chronic stage ( saindhavadi taila )
- ? Svedana ( baluka svedan , salavana sveda )



- ? Panchkol churna
- ? Trikatu churna
- ? Shunthi churna
- ? Erand oil
- ? Ashwagandha churna
- ? Sinhanad guggulu
- ? Rasnadi kwath, dashmool kwath
- ? Some gold preparations :- rheumalin gold and swarn bhasm



# Dos and don'ts

- ? Avoid cold products
- ? Grains: easy to digest grains like cooked oats, rice, and cream of wheat
- ? legumes: lentils, dal, moong beans,
- ? lukewarm water, or water boiled with ginger root, to help with digestion and remove toxins
- ? green, leafy vegetables
- ? berries
- ? spices: ginger, turmeric, and garlic, which are anti-inflammatory and aid with digestion
- ? buttermilk



# HEADACHE

- ? Migraine ( v , p k )
- ? Sinusitis ( kapha )
- ? Tension headache( vata )

## Panchkarma :-

Nasya, Shirodhara , shiro basti , shiro abhyanga( head massage ) with bala ashwagandha oil ,dhanvantari oil , abhyanga , foot massage .

- TAGAR
- BRAHMI
- JATAMANSI
- ASHWAGANDHA
- Shirashool vajra rasa
- Shankh bhasm
- Yoga especially breathing exercises are beneficial .



- ? Vata headaches require deep rest and relaxation so it's ok to take that afternoon nap you're craving.
- ? Drink lot of warm water and incorporating ghee (clarified butter) into the diet.
- ? In Pitta headaches avoid spicy, salty, fried foods and adding more cooling foods such as cucumbers, watermelon, dates
- ? In kapha headaches, Drink hot ginger tea and taking in pungent spices like black pepper, cinnamon and cloves reduces mucus congestion.



# Gastric troubles

- ? acid reflux / gastritis
- ✓ Pitta dosha involved
- ✓ 'Hurry', 'Worry', and 'Curry'

PANCHKARMA :- vamana and virechana can be planned

- More use of Barley (Yava), Sorghum (Jowar), wheat, green gram (Mudga/Moong dal), horse gram, moringa (Shigru), Bitter gourd (karela), Bottle gourd (Ghia/ Lauki), Turnip (Shalgam), Carrot (Gajar), Radish (Muli), Indian gooseberry (Amla), Cucumber (Khira), Black grapes (Draksha), Pomegranate (Anar), Apple, Pineapple, Cold milk etc.
- Timely sleeping and awakening.
- Regular practice of Yoga, Meditation etc. under the supervision of Yoga expert
- Weight reduction: Reduction in body weight lowers systolic BP. Weight loss of 10 kg can reduce systolic BP by 6–10 mmHg.



- ? The Infusion of coriander seeds (Dhanyak) taken with sugar twice a day.
- ? Water obtained from green fruit of Coconut 100-500 ml to be taken twice a day.
- ? Powder of Amla 3-6 gm BD with water.
- ? Powder of Shatapushpa (Saunf) (Anethum Sowa) with sugar mixed in a glass of water - 20 ml twice daily for 1 week or till the symptom subsides
- ? Chewing of half a teaspoon of fennel seeds after food



- ? Follow the meal times. Light food, Coconut water, articles having cooling properties
- ? Vegetables like white pumpkin, bitter gourd, matured ash gourd, leafy vegetables except Methi
- ? Wheat, old rice, barley, green gram, sugar candy, cucumber
- ? Fruits like gooseberry, dry grapes, black grapes, sweet lime, pomegranate, fig, dry fig
- ? Take adequate amount of fluids like pomegranate juice, lemon juice, amla juice, sweet lime juice, Medicated water with ushir (wala) or coriander seeds, or laja (puffed rice). Warm water.
- ? Dadimpak (sweet preparation made of pomegranate)., gulkand (jam made from rose petals) with milk
- ? A cup of lukewarm milk after every two or three hours.
- ? One teaspoonful of ghee with warm milk
- ? Take adequate sleep & rest
- ? Practice Yoga, Pranayam, meditation & exercise regularly



- ? Flatulence and gas problem
- ✓ Vata dosha
- ✓ Ginger juice or warm ginger water is useful in relieving flatulence. Jeera and fennel are some of the herbs that are often used to ease bloating and reduce intestinal **gas**. Some of the **Ayurvedic medicines** like Hingwastak Churna, Hinguvachadi churna, Ajamoda churna, Avipattikar churna can be administered

## Hypothyroidism

- According to Ayurveda the thyroid function is controlled by Pitta dosha. Pitta is responsible for all of the metabolic actions carried out by the thyroid hormones. In Hypothyroidism coating by Kapha dosha and Fat dhathu prevents Pitta dosha (fire principle) in cellular level functions. Treatment principle is aimed to remove coating of Kapha dosha and Fat dhathu and thus enabling fire principle to perform in metabolism.



? Panchakarma :-

- ✓ vamana
- ✓ Virechan
- ✓ Vasti
- ✓ Nasya

  

- TRIKATU CHURNA
- Panchkol churna
- Shunthi churna
- Guggul
- Kanchnar
- Punarnava
- Takrarishta
- Medohar guggul
- Kanchnar guggulu
- Punarnava mandoor



? Milk in adequate quantities, old rice, barley, green gram, black gram, cucumber, sugar juice are beneficial. Drinking water stored overnight in a clean copper vessel is believed to improve this condition.

## PCOS

- K-V are aggravated .
- Ayurveda classifies PCOS as a kapha disorder. Artava dhatus are the tissue responsible for reproduction in the female body and the channel that carries the reproductive fluid is called artava vaha srota. PCOS occurs when excess kapha blocks the natural balanced flow of these fluids and channels. Movement is obstructed, metabolism is suppressed, and PCOS symptoms can arise.



? Panchkarma :- vaman , virechana, uttara vasti (uterovaginal enema) and vasti

? **Herbs and formulations :-**

- ✓ Dashmool
- ✓ Shatavari
- ✓ Punarnava
- ✓ Varuna
- ✓ Chitraka
- ✓ Shunthi
- ✓ Guduchi
- ✓ Ashwagandha
- ✓ Cinnamon
- ✓ Turmeric



- ? Varanadi Kashayam
- ? Chitrakadi Vati
- ? Triphala Guggulu
- ? Punarnavadi Kashayam
- ? Shatavari Ghrita

- Avoid all sugary foods and artificial sweeteners.
- Reduce salt intake during menstruation
- Increase the consumption of fruit & vegetables.
- Choose whole grains, which contain all parts of the grain.
- Non vegetarians take Protein foods such as fresh fish, organic chicken, organic eggs whole grains and legumes should be eaten to balance your blood glucose levels.
- Limit the intake of saturated fats that are found in red meat, chicken, commercially prepared snack foods and deep fried food.



- ? Manage stress and anxiety. Reducing stress can help balance your hormones.
- ? Stay well hydrated by drinking 1.5 – 2 liters of filtered water daily.
- ? Perform moderate exercise of 45 min daily
- ? Practice alternate Nasal breathing – Pranayama

## Respiratory ailments

- **Diseases** like upper **respiratory** tract infection, bronchial asthma, cough, dyspnoea, bronchitis, sinusitis, allergic rhinitis, nasal polyps, deviated nasal septum have been very effectively managed by **Ayurveda**. Kapha plays the prime role in pathogenesis of **respiratory diseases** along with Vata.



## • **PANCHAKARMA PROCEDURES :-**

- ✓ Nasya
- ✓ vamana
- ✓ Massage with til oil and saindhav salt on chest region
- ✓ steam inhalation
- ✓ gargles
- ✓ Dhoomapana



- ? Vasa
- ? Chitraka
- ? Trikatu
- ? Pippali( vardhamana pippali rasayana )
- ? Kalmegh
- ? Dugdhika
- ? Tulsi
- ? Kantakari
- ? Some herbal drinks :- ginger tea, turmeric milk, cardamom drink



- Chyawanprash
- Chitrak avleh
- Kantakari avaleha
- Lakshmi vilas ras
- Lavangadi vati
- Khadiradi vati



# Thank You

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