

Medicinal Plants/ Ayurvedic Herbal Medicines

Welcome to The National Institute of Ayurvedic Medicine's medicinal plant page.

The profiles assume the reader is familiar with the concepts of rasa, virya, vipaka, guna, and dosha. If necessary, please refer to any text on Ayurveda for an explanation of these terms. A complete commentary on these terms and the basic premises of Ayurvedic pharmacology (dravyaguna) will appear here soon.

Complete and updated profiles on many of these herbal medicines from the Ayurvedic materia medica will continue to be published here free of charge as data becomes available. We regularly receive reports of clinical investigations but peer review the methodology, design, and results of each study before referencing it here.

Profiles similar to the ones on this page of many of the herbs listed, and some not yet listed, are available for educational purposes. You may receive this information by mail, fax, or email. **\$6.50/profile. 888-246-NIAM.**

<i>Latin Name</i>	<i>Sanskrit Name</i>	<i>Main Indications in Ayurveda</i>
<u>Acorus calamus</u>	Vacha	nervine, antispasmodic, sedative, stomachic, expectorant, emetic, laxative, diuretic
Artemesia absinthium	Indhana	anthelminthic
Artemisia vulgaris	Nagadamni	anthelminthic, expectorant
<u>Asparagus racemosus</u>	Shatavari	galactogogic, antispasmodic, antidiarrhetic, demulcent
Azadirachta indica	Neem, Arishta	skin disease, blood disease, antibacterial
<u>Bacopa monnieri</u>	Brahmi	nervine tonic, diuretic, sedative
Boerhavia diffusa	Punarnava	diuretic, expectorant, laxative
Boswellia serrata	Shallaki	antiarthritic, analgesic, antiinflammatory
Buchanania lazan	Piyala	skin disease, laxative
Butea monosperma	Palasa	diarrhea, flatulence, anthelminthic
Callicarpa macrophylla	Pringu	joint pain, skin disease, blood disease
Calotropis gigantea	Alarka	bronchitis, diarrhea, tonic, cancer (?)
Cannabis indica	Bhanga	insomnia, cachexia, dysmenorrhea
Capiscum annum	Katuvira	rubefacient, stimulant, tonic
Carum carvi	Krishnajira	flatulence, stomachic
Carum copticum	Yamani, Ajowan	spastic bowel, flatulence, dyspepsia

Cassia angustifolia	Markandika	constipation, liver disease, joint pain
Cassia fistula	Argbhada	ringworm, constipation, fever, antibacterial
Cedrus deodara	Devadaru	fever, diarrhea, urinary disorders
<u>Centella asiatica</u>	Mandukaparni	tonic, sedative, alterative, anxiolytic
Cichorium intybus	Kasni	emmenagogue, digestive
Cinnamomum camphora	Karpoor	diarrhea, nervousness, muscular pain, fever
Crocus sativus	Kumkuma	nervine sedative, emmenagogue, aphrodisiac
Cinnamomum zeylanicum	Twak	dyspepsia, flatulence, diarrhea, menorrhagia
Cissampelos pareira	Laghu Patha	spastic bowel, uterine prolapse, alterative
Clitoria ternatea	Aparajita	constipation, edema, anthelmintic, demulcent
Cocos nucifera	Narikela	fever, pharyngitis, skin disorders, alterative
Coleus aromaticus	Pashanbheda	kidney stones, conjunctivitis, spastic colon
Cordia myxa (obliqua)	Shleshmataka	expectorant, colic, dyspepsia, ulcers, cough
Coriandrum sativum	Dhanyaka	flatulence, colic, joint pain, antiseptic
Crinum deflexum (asiaticum)	Sudarshan	emetic, inflammatory conditions
Cuminum cyminum	Jeeraka	diarrhea, dyspepsia, antiseptic, hookworm
Curculigo orchiodes	Talamulika	hemorrhoids, asthma, kidney stones, skin
Curcuma longa	Haridra	arthritic pain, antiinflammatory, skin disease
Curcuma zedoaria	Shati	cough, asthma, leukorrhea, tonsillitis
Cynodon dactylon	Doorwa	diuretic, styptic, hematuria, hemorrhoids
Cyperus rotundus	Mustaka	antiinflammatory, flatulence, fever, estrogenic
Datura metal	Dattura	antispasmodic, jointpain, asthma, dysmenorrhea
Daucus carota	Garijara	blood purifier, nervine tonic, jaundice
Dolichos biflorus	Kulitha	edema, kidney stone, asthma, dysmenorrhea, tumors
<u>Eclipta Alba</u>	Bhringaraj	hepatic deobstruent and tonic, alterative, emetic, purgative, antiseptic, antiviral
Elettaria cardamomum	Ela Chhoti	bronchitis, flatulence, dyspepsia, hemorrhoids
<u>Emblica officinalis</u>	Amalaki	fruit: cooling, laxative, stomachic, tonic, diuretic
Evolvulus alsinoides	Shankapushpi	anxiety, diarrhea, bronchitis, memory loss, fever

<i>Ferula foetida</i>	Hingu	flatulence, cough, constipation, palpitations,aphrodisia
<i>Ficus religiosa</i>	Aswatha	ulcers, skin disease, diabetes, constipation
<i>Ficus racemosa</i>	Udumbara	diarrhea, hemorrhoids, bleeding disorders, antiseptic
<i>Foeniculum vulgare</i>	Satupuspa	cough, flatulence, dysmenorrhea, hookworm, edema
<i>Grewia hirsuta</i>	Nagbala	diarrhea, wounds, heart disease, fever
<i>Gmelina arborea</i>	Gambhari	general tonic, to increase strength, antiviral, indigestion
<u>Gymnema sylvestre</u>	Meshasringa	diuretic, astringent, hypoglycemic, refrigerant, stomachic
<i>Hemidesmus indicus</i>	Sariva	excellent alterative, to increase appetite, cough, skin
<i>Holarrhena antidysenterica</i>	Kutaja	diarrhea, dysentery, amebiasis, anthelmintic
<i>Hyoscyamus niger</i>	Yavani	chronic dementia, hysteria, palpitations, asthma, sedative
<i>Hyssopus officinalis</i>	Zupha	cough, asthma, bronchitis, amenorrhea
<i>Ipomoea digitata</i>	Vidari	cough, hoarseness, respiratory stimulant, tonic
<u>Justicia adhatoda</u>	Vasaka	bronchitis, asthma, jaundice, antispasmodic
<i>Linum usitatissimum</i>	Uma	cystitis, bronchitis, boils, expectorant, demulcent
<i>Luffa acutangula</i>	Koshataki	splenomegaly, emetic, excellent for skin disease, expectorant
<i>Madhuca longifolia</i>	Madhuca	tonsillitis, cough, rheumatic joints, diabetes, appetizer
<i>Michelia champaca</i>	Champaka	gastritis, chronic arthritis (?), emmenagogue, diuretic, colic
<i>Mimosa pudica</i>	Lajjalu	menorrhagia, hemorrhoids,skin wounds, diarrhea
<i>Mimusops elengi</i>	Bakula	tonic, cardi tonic, urogenital disease, snakebite, skin sores
<i>Morinda citrifolia</i>	Ach	acne, eczema, hyperlipidemia, brochitis, diarrhea
<i>Moringa oleifera</i>	Sigru	source of vitamin C, colds, boils, fever, joint pain, gout

Mucuna pruriens	Kapikachchha	nervine tonic, aphrodisiac, parkinsonism, hypercholesterolemia
Nardostachys jatamansi	Jatamansi	nervousness, anxiety, dysmenorrhea, insomnia, hair tonic
<u>Nelumbo nucifera</u>	Parijata	refrigerant, sedative, demulcent
Nyctanthes arbor-tristis	Parijata	liver diseases, constipation, anthelmintic, antihistaminic
<u>Ocimum sanctum</u>	Tulasi	demulcent, expectorant, anticatarrhal, antispasmodic, anthelmintic
Paederia foetida	Prasarini	rheumatic joint pain, edema, bladderstones(?),inflammation
Papaver somniferum	Ahiphenam	anxiety, diarrhea, aphrodisiac, sedative
Peucedanum graveolens	Satapushpi	flatulence, colic, abscesses, digestive
Phyllanthus fraternus	Bhumiamalaki	jaundice, liver disease, fever, genitourinary disease, edema
Picrorhiza kurroa	Katuki	hepatitis, asthma, anorexia
Piper nigrum	Maricha	dyspepsia, cough, pharyngitis, headache, diarrhea
Plantago ovata	Isaphgol	constipation, colitis, irritable bowel, cystitis
Plumbago zeylanica	Chitraka	abortifacient, warts, rheumatic joint pain
Premna integrifolia	Agnimantha	flatulence, fever, arthritis, liver deobstruent
Prunus amygdalus	Badama	mental energy, general tonic esp. nerve & kidney, semen,
Pterocarpus santalinus	Rakta Chandana	skin tonic, liver disorders, fever
Punica granatum	Dadima	anthelmintic (esp. tapeworm), diarrhea, dyspepsia
<u>Randia dumentorium</u>	Madana	fruit and rind are emetic, diaphoretic, and antispasmodic; bark is sedative and nervine calmative.
Rauwolfia Serpentina	Sarpagandha	hypertension, anxiety, insomnia, colic

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Medicinal Plants

Latin: *Acorus calamus* Linn.

Family: Araceae

Vernacular names: Sanskrit - Vacha; Hindi - Bach; English - Sweet Flag; Unani - Buch; Tamil - Vasamber; Persian - Agar turki; Japanese - Shobu; Chinese - Shui chang; German - Kalmus

Part Used: Rhizome

Ayurvedic Energetics:

Rasa: bitter, pungent

Veerya: heating

Vipaka: pungent

Gunas: light, sharp, subtle

Doshas: VP- ; K+

Pharmacological Action: nervine, antispasmodic, sedative, stomachic, expectorant, emetic, laxative, diuretic

Clinical Research: The essential oil free alcoholic extract of the rhizome was found to possess sedative and analgesic properties; it has moderate hypotensive and respiratory depressant effects. When administered to experimental animals the oil reduces muscle tone and response to tactile and auditory stimuli. Asarone and beta-asarone are the constituents credited with the sedative and nervine effects. The alcoholic extract has also shown antifungal effects.

Traditional Uses: Sweet Flag is presently classified as an unsafe herb for internal usage by the FDA. It has been used for centuries, however, in Ayurvedic medicine as a renowned rejuvenator of the nervous system for conditions of anxiety, hysteria, insomnia, neurasthenia, and other nervous complaints. It is useful in all conditions of excess vata and is known to enhance awareness and improve memory. A

decoction of the root acts as a carminative removing discomfort caused by excess intestinal gas. According to Duke, Orientals use the root decoction in bronchitis and as an aphrodisiac. A small piece of the root is chewed to overcome mental fatigue. The skin of the root is hemostatic. It has been used in dyspepsia, dysentery, headache, gout, and rheumatism. The juice of the root is applied to boils, carbuncles, and painful joints. In large doses it is emetic. The powdered root is used as a snuff to relieve nasal congestion and mental weariness.

Indications: mental fatigue, memory loss, anxiety, bronchitis, sinusitis, common headache, flatulence, joint pains

Formulations and Dosage:

decoction : 1 tsp. boiled 4-5 minutes in 1 1/2 cups water)

milk decoction with powdered ginger (for digestive indications)

powder :100-250 mg intranasally

Kapoor, LD, CRC Handbook of Med Ayurvedic Plants,CRC Press, 18, 1990

Willaman, JJ and Li, HL, Alkaloid bearing plants and their contained alkaloids, J Nat Prod Suppl., 33 (3A), 1970.

<< Medicinal Plants

Medicinal Plants

Latin: *Asparagus racemosus* Willd.

Family: Liliaceae

Vernacular names: Sanskrit - Shatavari; Hindi - Satavari;
English - Asparagus; Gujarat - Ekalkanto; Bengali - Satmuli

Part Used: leaves, roots

Ayurvedic Energetics:

Rasa: sweet, bitter

Veerya: sheeta

Vipaka: sweet

Gunas: light, unctous

Doshas: VP- ; K+

Pharmacological Action: galactogogic, antispasmodic, antidiarrhetic, demulcent, refrigerant, diuretic, aphrodisiac, tonic, antibacterial, antiparasitic, antitumor

Clinical Research: There are saponins in the roots of *A. racemosus* collected throughout India. There are several reports of galactogogic activity. One study showed that *A. racemosus* increased the weight of mammary tissue and milk yield in estrogen-primed rats. Other studies report antioxytotoxic and anti-ADH activity in these saponin fractions isolated from the roots. Another study measuring growth promotion indicated an anabolic action of the plant. No studies to date are available which evaluate the effect of Shatavari on serum prolactin levels but several groups are currently preparing such investigations. Aqueous extracts of the roots were reported to have lipase and amylase activities.

Traditional Uses: diarrhea, dysentery, inflammatory bowel conditions, blood purification, biliousness, edema, dyspepsia, rheumatic joint pains, gonorrhoea, galactogogue, nervousness, fever

Indications: to increase milk production, nervousness, gastritis, diarrhea, female aphrodisiac, general nutritive tonic, spastic colon, fever

Formulations and Dosage:

infusion: 3-6 oz. bid

decoction: 2-4 oz bid

milk decoction: 2-4 oz. bid (with ghee

pippali, and honey), powder: 3-5 g. bid (with honey)

Satyavati, GV, Raina, MK, and Sharma, M, Medicinal Plants of India, Vol. 1., Ind. Council on Med. Res., New Delhi, 1976.

Sabnis, PB, et al., Ind J. Exp. Biol., 6, 55, 1968.

Gaitonde, BB and Jethmalani, MH, Ind. J. Pharm. 31, 175, 1969.

Dange, PS, Kanitkar, UK, and Pendse, GS, Amylase and lipase activities in the roots of *A. racemosus*, *Planta Medica*, 17, 393, 1969.

<< Medicinal Plants

Medicinal Plants

Latin: Bacopa monnieri

Family: Scrophulariaceae

Vernacular names: Sanskrit - Brahmi; Hindi - Brambhi; English - Thyme-leaved Grariola; Bengali - Brahmi-sak; Tamil - Nirbrahmi; Japanese - Otomeazene

Part Used: whole plant, roots, leaves, stalks

Ayurvedic Energetics:

Rasa: bitter

Veerya: cooling

Vipaka: pungent

Gunas: light, unctuous

Doshas: VK- ; P+

Pharmacological Action: nervine tonic, diuretic, sedative

Clinical Research: Brahmi is reported to have sedative as well as cardiotoxic effects due to the presence of hirsaponin, one of four saponins isolated from the plant. , In 50 mg/kg doses, alcoholic extracts produced mild tranquilizing effects on albino rats and dogs. The alcoholic extract of the entire plant displayed anticancer activity against Walker carcinosarcoma 256 in rats. Oral administration of the alcoholic extract in aqueous suspension for three or more days was found to improve the learning curve in rats in various learning situations.

Traditional Uses: Brahmi is used in the treatment of asthma, hoarseness, anxiety, epilepsy, and neurasthenia. It is also useful as a diuretic and aperient. A paste made from the leaves is used in rheumatic joint pain; a poultice of the entire boiled plant is applied to the chest in bronchitis and chronic cough. It is used to prepare a number of important Ayurvedic preparations (Brahmighritam, Brahmirasayanam) which are

given to those suffering from anxiety and emotional stress.

Indications: emotional stress, mental exhaustion, forgetfulness, anxiety, asthma, bronchitis, cough, hoarseness, water retention, rheumatic joint pain.

Formulations and Dosage:

infusion-two cups/day

alcoholic extract-30 drops by mouth twice a day

powder-two grams twice a day with warm water.

Kapoor, LD, CRC Handbook of Ayurvedic Med Plants, 61, 1990.

Wof I vol 2B, 2, 1988.

Bhakuni, DS; Dhar, ML; et al., Ind J Exp Biol, 7, 250, 1969.

Wof I vol 2B, 3, 1988.

Dr. Gerson, personal experience

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Medicinal Plants

Latin: Centella asiatica Linn.
(syn. Hydrocotyle asiatica [Linn.] Urban)

Family: Umbelliferae

Vernacular names: Sanskrit - Mandukaparni - Brahmi; Hindi - Brahmamanduki - Gotu kola; English - Indian Pennywort; Unani - Khulakudi; Bengali - Tholkuri; Malayalam - Muttill; Gujarati - Karbrahmi; Tamil - Vallarai; Japanese - Tsubokura; Tibetan - Sin-mnar

Part Used: whole plant

Ayurvedic Energetics:

Rasa: sweet, bitter, astringent

Veerya: cooling

Vipaka: sweet

Gunas: light, sharp, liquid

Doshas: VPK -

Pharmacological Action: tonic, sedative, alterative, anxiolytic

Clinical Research: Ramaswamy, et al. , Aithal, et al. , Malhotra, et al. and others have all reported on the sedative effects of C. asiatica. The plant extract also has been shown to be effective in anxiety neurosis and peptic ulcer . One interesting six-month study conducted on normal adults showed the herb increased mean RBC count, hemoglobin concentration, blood sugar, serum cholesterol, total serum protein, and vital capacity. Another study showed a significant improvement in memory and behavior pattern when administered to retarded children for a period of twelve weeks. Two glycosides, brahmoside and brahminoside, have been shown to exert sedative and hypoglycemic effects in experimental rats.

Traditional Uses: There is some confusion with regard to the two plants mandukaparni (Centella asiatica) and brahmi

(*Bacopa monniera*) which have similar appearance, properties, synonyms, and lack of textual descriptions. Careful study of the texts clearly indicate that they are two different plants. Charaka recognises both as being promoters of mental faculties but assigns brahmi a more specific role in treating mental diseases--like insanity, anxiety, depression, and epilepsy--while mandukaparni improves mental function through its more general rasayana effect.

In addition to its intellect-promoting and anxiolytic effects, the plant is also used in chronic cough, eczema, psoriasis, and boils. It is in preparations given for anemia, dyspnea, emaciation, splenic enlargement, rheumatic joint pain, amenorrhea, and blood toxicity.

Indications: anxiety, minor memory loss, mental fatigue, eczema

Formulations and Dosage:

infusion : 2-4 oz. bid

leaf juice : 10-15 ml. bid

powder : 1-3 g. bid

Ramaswamy, AS et al., Pharmacological studies on *C. asiatica*, J Res Ind Med, 4, 160, 1970.

Aithal, HM, et al., Preliminary pharmacological studies on *C. asiatica*, Antiseptic, May, 1961

Malhotra, et al., Chemical and pharmacological studies on *H. asiatica*, Ind J Pharm, 23, 106, 1961.

Singh, RH, Shukla, SP, Mishra, BK , Psychotropic effect of mandukaparni, part II, J Res Ayur Siddha, 2(1), 1-10

Chao, et al. reported in Sivarajan and Balachandran, Ayurvedic Drug and Their Plant Sources, Int. Science Publ., 290, 1994.

Appa Rao, MVR, Rajgopalan, SS, et al., Effect of Mandukaparni and Punarnava for their rasayana effect on normal adults, J Res Ind Med, 2, 79, 1967.

Appa Rao, MVR, Srinivasan, K and Rao, KT, Effect of Mandukaparni on general mental ability of mentally retarded children, J Res Ind Med, 8, 9, 1973.

Agrawal, SS, J Res Ayur Siddha, 11: 11, 1981.

<< Medicinal Plants

Medicinal Plants

Latin: *Eclipta Alba* Hassk.

Family: Compositae

Vernacular names: Sanskrit - Bhringaraj; Hindi - Bhangra; English - Bhringaraj; Bengali - Kesuti; Marathi - Maka; Tamil - Garuja; Unani - Bungrah; Chinese - Lichang; Japanese - Takasaburo

Part Used: root and stems

Ayurvedic Energetics:

Rasa: pungent, bitter

Veerya: heating

Vipaka: pungent

Guna: light, dry

Doshas: VK- ; P+

Pharmacological Action: hepatic deobstruent and tonic, alterative, emetic, purgative, antiseptic, antiviral

Clinical Research: *E. Alba* protected guinea pigs against mortality from carbon tetrachloride-induced liver damage . In the control group there was a 77.7% mortality rate after 24 hours versus 22.3% in the *E. alba*-treated group. Serum transaminases were also significantly lower in the treated group. Histopathological examination of the liver revealed a reduction of parenchymal damage in the *E. alba*-treated animals. Similar hepatoprotective effects have also been reported in rabbits . Gupta, et.al. reported *E. alba* to possess myocardial depressant and hypotensive effects. There are also reports of clinical improvement in the treatment of infective hepatitis , . The alcoholic extract has shown antiviral activity against Ranikhet disease virus.

Traditional Uses: Bhringaraj is commonly used as a deobstruent to promote bile flow and to protect the liver

parenchymal tissue in viral hepatitis and other conditions involving hepatic enlargement. The fresh juice of the leaves is given in the treatment of edema, fevers, liver disorders, and rheumatic joint pains; it is also used to improve the appetite and to stimulate digestion. The juice is given with honey to treat upper respiratory congestion in children. A hair oil prepared from boiling the fresh leaves with either coconut or sesame oil renders the hair black and lustrous. It is popularly used to enhance the memory and has a reputation as an antiaging agent in Ayurveda. An herbal poultice is made with sesame oil and used over glandular swellings and various skin conditions. The leaf juice is also effective when applied externally to treat minor cuts, abrasions, and burns.

Indications: viral hepatitis, hepatic enlargement with biliary stasis, hair hygiene, impaired memory, minor cuts, abrasions and burns.

Formulations and Dosage:
fresh leaf juice : 5-10 ml tid
leaf powder : 3-5 grams bid

Khin, Ma et al Toxicol. Appl. Pharmacol., 45:23, 1978.

Devendrakumar, D, et al, J Res Ayur Siddha, 2:32. 1981.

Gupta, SC, Bajaj, UK, and Sharma, VN, Cardiovascular effects of Eclipta alba, J Res Ind Med Yoga & Homeop. 11:3, 91-93, 1976

Dixit, SP, Achar, MP, Bhringaraj in the treatment of infective hepatitis. Curr Med Pract. 23:6, 237-242, 1979.

Dube, CB, Kumar, D., Srivastav, PS. A trial of bhringaraj ghanasatvavati on patients with hepatocellular jaundice, J Natl Integ Med Assoc, 24:9, 265-269, 1982.

Dhar, ML, Dhar, MM, Dhawan, BN, et. al. Screening of Indian plants for biological activity. Ind J Exp Biol. 6: 232, 1968.

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Kapoor LD CRC Handbook of Ayurvedic Medicinal Plants 169, 1990.

<< Medicinal Plants

Medicinal Plants

Latin: Emblica officinalis Gaertn.

Family: Euphorbiaceae

Vernacular names: Sanskrit - Amalaki; Hindi - Amla; English - Emblic myrobalan; Bengali - Amlaki; Tamil - Nelli; Unani - Aamlah; Marathi - Avala; Chinese - An mole; German - Amla; Japanese - Amara

Part Used: dried fruit, ripe fruit, seed, leaves, root, bark, flowers

Ayurvedic Energetics:

Rasa: sweet, sour, pungent, bitter, astringent

Veerya: cooling

Vipaka: sweet

Guna: light, dry

Doshas: VPK -

Pharmacological Action: fruit: cooling, laxative, stomachic, tonic, diuretic

Clinical Research: The fruit is one of the richest natural sources of vitamin C, containing up to 720 mg/100g of fresh pulp and 921 mg/100cc of pressed juice. This is approximately 20 times the vitamin C content of an orange. Amalaki fruit has, in fact, been used successfully to treat human scurvy. It is also effective in the treatment of amlapitta (peptic ulcer), as well as in non-ulcer dyspepsia. The alcoholic extract (1gm/kg) given to isoproterenol-pretreated rats resulted in an increase in cardiac glycogen and a decrease in serum LDH, suggesting a cardioprotective action. It also demonstrated a statistically significant reduction in serum cholesterol levels and an antiatherogenic effect in rabbits.

Traditional Uses: The fruit is commonly used in the treatment of burning sensation anywhere in the body, anorexia, constipation, urinary discharges, inflammatory bowels, cough,

hemorrhoids, fever, thirst, and toxicity of the blood. The juice of the fresh bark mixed with honey and turmeric is given in gonorrhoea. The leaf infusion with fenugreek seeds is given in chronic diarrhoea. Acute bacillary dysentery may be treated with a syrup of amalaki and lemon juice. The exudation from incisions made into the fruit is used as a collyrium in inflammatory eye conditions; the seeds are powdered and used to treat asthma, bronchitis, and biliousness. It is an ingredient in several important medicinal preparations including Triphala ("three fruits"), a laxative and carminative, and the famous Chyvanaprash, a general tonic for people of all ages which improves mental and physical well-being.

Indications: dyspepsia, peptic ulcer, general debility, constipation, hypercholesterolemia, fever.

Formulations and Dosage:

infusion : 20-30 ml bid

powder: 2-5 gm bid

Chyvanaprash : 8-12 gm qd or bid

Triphala : 2 gm bid

Ind J Med Res, 429, 1939

Srinivasan, M. Indian Gooseberry, Nature, 153:684, 1944

Dhar, dc, Srivastva, DL, and Srinivasaya, M., Studies on *E. officinalis*. 1. Chromatographic study of some constituents of Amla, J Sci Ind Res., Sec C 15:205, 1956

Singh, BN and Sharma, PV, Effect of amalaki on amlapitta, J Res Ind Med 5 (2):223-230, 1971.

Banu, N., Patel, V., et al, Role of amalaki rasayana in experimental peptic ulcer, J Res Edn Ind Med 1(1): 29-34, 1982 Chawla, YK, Dubey, P., Singh, R., et al., Treatment of dyspepsia with amalaki (*Emblica officinalis*), an ayurvedic drug, Vagbhata 5(3): 24-26, 1987.

Tana, M. et al., Ind J Exp Biol 15:485, 1977.

Thakar, CP and Mandal, K., Effect of *Emblica officinalis* in cholesterol-induced atherosclerosis in rabbits, Ind J Med Res, 79:142-146, 1984.

<< Medicinal Plants

Medicinal Plants

Latin: *Gymnema sylvestre* R.Br.

Family: Asclepiadaceae

Vernacular names: Sanskrit - Meshasringa; Hindi - Gurmar;
English - Gurmar; Unani - Gokhru; Tamil - Sirukurinjan

Part Used: root, leaves

Ayurvedic Energetics:

Rasa: astringent, pungent

Veerya: heating

Vipaka: pungent

Guna: light, dry

Doshas: KV - ; P+

Pharmacological Action: diuretic, astringent, hypoglycemic,
refrigerant, stomachic

Clinical Research: The leaf powder caused a clinically insignificant decrease in serum glucose in normal rats but a significant reduction in serum glucose in experimentally induced hyperglycemic animals. Body weight and urine output both increased in rats treated with the herb. Both of these effects may be due to stimulation of pancreatic insulin secretion. There is however currently no good evidence to show that *G. sylvestre* powder or extract has any effect on the serum or urine glucose concentrations of humans suffering from diabetes mellitus. no water-soluble or alcohol-soluble constituents which have glucose-destroying action in vitro have been isolated.

Traditional Uses: Diabetes mellitus, snakebites (root powder), fever, and cough. In Ayurveda, *G. sylvestre* also is used to treat somatic burning sensations, biliousness, hemorrhoids, and urinary disorders. When chewed the leaves have the remarkable property of abolishing the ability to taste sweet and

bitter substances. It also has a mild laxative effect, probably due to its anthraquinone content which irritates the bowel walls (similar to *Cassia angustifolia*, rhubarb, or the aloes.)

Indications: type 2 diabetes mellitus as an adjunct to other treatments, snakebite.

Formulations and Dosage:

leaf powder 2-4 g. tid

leaf decoction 2-4 oz. tid

Gupta SS, Seth, CB, Exprimental studies on pituitary diabetes, Ind J Med Res., 50, 708, 1962.

Gupta, SS, et al., Effect of gurmar and shilajit on body weight of young rats, Ind J Physiol. Pharm., 9, 87, 1965.

<< Medicinal Plants

Medicinal Plants

Latin: Justicia adhatoda Linn.
(Syn. Adhatoda vasica Nees)

Family: Acanthaceae

Vernacular names: Sanskrit - Vasa; Hindi - Arusha - Adulasa;
English - Malabar nut; Unani - Arusa; Tamil - Adathodai; Bengali
- Bakash

Part Used: leaves, root, flowers, stem bark

Ayurvedic Energetics:

Rasa: bitter, astringent

Veerya: cooling

Vipaka: pungent

Gunas: light, drying

Doshas: KP- ; V+

Pharmacological Action: expectorant, antispasmodic,
bronchodilatation, diuretic

Clinical Research: The leaves of the plant contain the alkaloid vasicine (C₁₁H₁₂N₂O), which is responsible for the small but persistent bronchodilatation, and an essential oil which is chiefly responsible for the expectorant action. The leaves and roots contain other alkaloids, vasicinone, vasicinolone and vasicol, which may contribute to the bronchodilatory effect through anticholinergic action on the vagal innervation of the bronchii. The bronchodilation effect is considerably increased after atropine administration. Studies have also shown vasa to be effective in the treatment of *amlapitta* (dyspepsia) and pyorrhea . The in vitro growth of several strains of Mycoplasma tuberculosis was inhibited by the essential oil at concentrations in the range of 2-20 ug/ml. . There has also been a report of thrombopoetic (platelet-increasing) activity with vasicine.

Traditional Uses: The juice expressed from the leaves and the

decoction of the leaves and roots are useful in asthma, bronchitis, and other chronic coughs. Dried leaves are used in dhoomapana (smoking) in the treatment of bronchial asthma. The leaf decoction is an excellent expectorant when decocted with punarnava (*Boerhaavia diffusa*) and then combined with ginger juice and black pepper. Another effective preparation for the treatment of asthma is the decoction of vasa, guduci (*Tinospora cordifolia*), and kantakari (*Solanum surratense*) mixed with honey.

Vasa has also been used to treat skin conditons by combining it with triphala and using the decoction both internally and externally. Vasa was also indicated in the treatment of internal hemmorrhage; for this indication it was ususally decocted with haritaki, made into a ghrita, or taken alone as the leaf juice. A famous passage from the Harita Samhita states: "In the presence of Vasa why should those suffering from intrinsic hemmorrhage, wasting, and cough be doubtful that there is hope for survival?".

Indications: asthma, brochitits, cough, local bleeding, thrombocytopenia, pyorrhea

Formulations and Dosage:

fresh leaf juice : 5-10 ml tid

leaf powder : 3-5 gr tid

leaf decoction : 2-3 oz tid

root powder : 3-5 gr tid

vasaghrita : 7-10 gm. bid

decoction :1-2 oz bid

Nadkarni, KM Indian Materia Med, vol. 1, 41, 1993.

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Sivarajan, VV, Balachandran, I Ayurvedic Drugs and their Plant sources, Int. Science Publ., 503, 1994.

Amin, AH, Mehta, DR, Nature, 184:1317, 1959.

Atal, CK, et al, Ind J Exp Biol. 20 :704, 1982.

Gerson, S. Personal obsevation.

CS Ci. 7/128.

Harita Samhita 3,10/24.

<< Medicinal Plants

Medicinal Plants

Latin: Nelumbo nucifera Gaertn.

Family: Nymphaeaceae

Vernacular names: Sanskrit - Kamala - Svetakamala - Pankaj;
Hindi - Kanwal; English - Sacred lotus; Unani - Kanwala;
Malayalam - Tamara; Tamil - Tamarai; French - Nelumbo;
German - Indische Lotosblume; Persian - Nilufer

Part Used: leaves, root, flowers, seeds

Ayurvedic Energetics:

Rasa: sweet, bitter, astringent

Veerya: cooling

Veerya: cooling

Vipaka: sweet

Gunas: light, unctuous, slimy

Doshas: KP- ; V+

Pharmacological Action: leaves: refrigerant, hemostatic ; root: demulcent; flowers: sedative, bitter, diuretic, astringent, hemostatic, refrigerant, cholagogic and expectorant; seeds: demulcent

Clinical Research: The presence of various alkaloids have been reported from the entire plant including nuciferine, neferine, lotusine, and isoliensinine. The ether extract of the petals and stamens yielded quercetin; the aqueous extract of the leaves yielded flavonoids, quercetin, isoquercitrin and leukodelphinidin. The seeds contain between 2-3% oil comprised of myristic, palmatic, oleic, and linoleic acid. The alcoholic root extract have shown CNS-depressant and diuretic activity in rodents.

Traditional Uses: The leaves are boiled with *Mimosa pudica* (Lajjaalu) in goat's milk to treat diarrhea ; the leaf paste is applied to the body in fever and inflammatory skin conditions;

young leaves are taken with sugar to treat rectal prolapse . The stamens are mixed with ghee and jaggery and used in treating hemorrhoids. The leaves and flowers are both useful in many varieties of raktapitta, or bleeding disorders. The flowers are sometimes prescribed to promote conception. The petals alleviate thirst and inflammations. The seed powder mixed with honey is given in cough. The roots are said to be health for teeth. Taken with ghee, milk, and gold it is a general tonic said to promote strength, virility, and intellect.

Indications: bleeding disorders, menorrhagia, hemorrhoids

Formulations and Dosage:

seed powder : 5-8 g bid

root powder : 5-8 g bid

Kapoor, LD CRC Handbook of Ayur Med Plants, 241-242.

Dhawan, BN, Patnaik, GK, et al., Screening of Indian Plants for biological activity, Ind J Exp Biol., 15, 208, 1977.

AH Ci, 9, 82-83.

VM 57/24.

Ah, U, 39/48

<< Medicinal Plants

Medicinal Plants

Latin: *Ocimum sanctum* Linn.

Family: Labiatae

Vernacular names: Sanskrit - Tulasi - Tulssi - Surasa - Krishnamul - Vishnu-priya; Hindi - Kala-tulasi; English - Holy basil; Unani - Tulsi; Bengali - Krishna tulasai; Tamil - Thulasi

Part Used: leaves, seeds, root

Ayurvedic Energetics:

Rasa: pungent, bitter

Veerya: heating

Vipaka: pungent

Guna: light, sharp, dry

Doshas: VK -; P+

Pharmacological Action: demulcent, expectorant, anticatarrhal, antispasmodic, anthelmintic

Clinical Research: The ethanolic extract of the leaves exhibited a hypoglycemic effect in rats and an antispasmodic effect in isolated guinea pig ileum. Tulsi extract was administered to 20 patients with shortness of breath secondary to tropical eosinophilia in an oral dosage of 500 mg TID and an improvement in breathing was noted. The aqueous extract showed a hypotensive effect on anesthetised dogs and cats and negative inotropic and chronotropic activity (reduces the force and rate, respectively) on rabbit's heart. Antibacterial activity has been shown against *Staphylococcus aureus* and *Mycoplasma tuberculosis* in vitro as well as against several other species of pathogens including fungi. The plant has had general adaptogenic effects in mice and rats and has been shown to protect against stress-induced ulcers. It has also shown to be protective against histamine-induced bronchospasm in animals.

Traditional Uses: The leaf infusion or fresh leaf juice is commonly used in cough, mild upper respiratory infections, bronchospasm, stress-related skin disorders and indigestion. It is combined with ginger and maricha (black pepper) in bronchial asthma. It is given with honey in bronchitis and cough. The leaf juice is taken internally and also applied directly on cutaneous lesions in ringworm. The essential oil has been used in ear infections. The seeds are considered a general nutritious tonic.

Indications: bronchospasm, cough, indigestion, catarrh

Formulations and Dosage:

fresh leaf juice : 15-20 ml with honey tid

leaf infusion : 2-3 oz tid

Sharma, GP, Sachitra Ayurveda, Apr., 665, 1983 as reported in Selected Med Plants of India, Chemexcil, Bombay, 225-227, 1992. Singh, TJ, Dasgupta, P, Khan, SY, and Mishra, KC, Preliminary pharmacological investigations of Ocimum sanctum, Ind J Pharm., 32, 92, 1970. Bhat, JV and Broker R, Action of some plant extracts on pathogenic staphylococci, J Sci Ind Res Sect. B, 12, 540, 1953.

<< Medicinal Plants

Medicinal Plants

Latin: *Randia dumentorium* Lam.

Family: Rubiaceae

Vernacular names: Sanskrit - Madana; Hindi - Mainphal; English - Emetic nut; Unani - Mainphala; Bengali - Menphal; Punjabi - Mindukolla; Gujarati - Mindhala; Tamil - Marakalam; Tibetan - Po-san-cha; German - Chelafruchte; Japanese - Harizakuro; Chinese - Gang tu hu.

Part Used: fruit, fruit rind, bark

Ayurvedic Energetics:

Rasa: sweet, pungent, bitter, astringent

Veerya: heating

Vipaka: pungent

Gunas: light, dry

Doshas: KV-; P+

Pharmacological Action: fruit and rind are emetic, diaphoretic, and antispasmodic; bark is sedative and nervine calmative.

Clinical Research: The fruit has been found to contain saponins in both the pericarp and the pulp. The powdered pulp has been found to produce predictable emesis when given with cool water in doses of 3-5 grams; smaller doses are effective as an expectorant.

Traditional Uses: Madana is regarded as the best medicine for inducing emesis because it is fast-acting and free from complications; it is used in panchakarma (detoxification treatments) for this purpose. It is also used to treat asthma, bronchitis, epilepsy, and fever. Externally it is applied as a paste to abscesses and aching bones during febrile episodes. As an expectorant it is sometimes mixed with the root bark of *Calotropis gigantea* (Alarka) and root of *Glycyrrhiza glabra* (Yastimadhu, licorice root) and given in 500-750 mg doses. The

bark is astringent and used in diarrhea.

***Indications:* to induce emesis, as an expectorant in asthma and bronchitis; bark: mild sedative**

Formulations and Dosage:

powdered fruit (for emesis) : 3-5 grams

(for expectoration) : 500-750 mg bid

bark decoction : 2-4 oz. bid

root infusion : 2-4 oz bid

Satyavati, GV, Raina, MK, and Sharma, M., Medicinal Plants of India, vol 1, Ind Council on Med Res., New Delhi, 1976.

<< Medicinal Plants



The National Institute of Ayurvedic Medicine

Updated 12/01/03

The National Institute of Ayurvedic Medicine (NIAM) is recognized as the largest and most authentic resource of information on Ayurveda in the United States. It was established in 1982 by Scott Gerson, M.D., Ph.D. (Ayurveda) who is the nation's only medical doctor to hold degrees in both Ayurveda and conventional allopathic medicine. He has earned his Fellowship and Master's degrees in Ayurvedic Medicine from the prestigious Tilak Ayurved Mahavidyalaya and is a Ph.D. (Ayu), the highest level of recognition in the field, from Pune University. He holds the academic position of Clinical Assistant Professor at New York Medical College in the Department of Community and Preventive Medicine. Dr. Gerson's medical practice has combined Ayurveda and conventional medicine for nearly twenty years. He is widely regarded as this nation's most experienced Ayurvedic physician and researcher. His Ph.D. dissertation in Ayurveda at the prestigious Pune University is on Panchakarma and its Effects on Human Immunity. He recently published part of his work on the antifungal activities of certain Ayurvedic plants (Gerson, S, Green, LH, [Preliminary Evaluation Of Antimicrobial Activity of Extracts of *Morinda citrifolia* Linn.](#), Abstr. Am. Soc. Microbiol. A-66:13 May 2002).


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NIAM is 70 minutes north of Manhattan and rests on six and one half acres of land. The facility is a 7000 square foot spacious building which currently serves as an integral part of Dr. Gerson's medical practice where patients can obtain comprehensive residential Panchakarma detoxification treatments. Eventually, we hope it to be a School cum residential Panchakarma Retreat Center as well as a research facility and center for educational seminars and workshops. Currently, these other activities exist in separate facilities including our Manhattan clinic and our research laboratory in Farmingdale, NY. Many medicinal plants used in Ayurveda grow on the property. The NIAM Research Library is one of the largest collections of Ayurvedic literature in the United States and includes writings and research reports in English, Hindi, Sanskrit, Malayalam, Tamil, and several other dialects. The kitchen, food preparation and dining areas were specifically designed for teaching purposes. Our Mailing address is: 584 Milltown Road Brewster, New York 10509 USA tel: 845-278-8700 fax: 845-278-8215. Dr. Gerson's Manhattan medical office: 13 W. 9th Street NY, NY 10011 (212) 505-8971

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Scott Gerson M. D., M.Phil. (Ayu), Ph.D. (Ayu)

Dr. Scott Gerson was born in New York City where he was raised and attended elementary and secondary school. At an early age he became interested simultaneously in the subjects pertaining to consciousness, science, and Eastern philosophy. At age fourteen he began exploring hypnosis; at age fifteen he acquired a prototype of one of the first primitive biofeedback instruments and began to make observations on the connection between mind and body. Even today, he continues to employ these two modalities in his medical practice.



At age seventeen he became acquainted with the work of the mystic/philosopher George Ivanovitch Gurdjieff and became aware of a strong yearning to find the connection between higher states of consciousness and the science of healing.

Dr. Gerson attended Brandeis University in Waltham, MA and received his B.A. in Philosophy. He then travelled to Europe and eventually to India where he met one of his early teachers, the highly renowned vaidya Dr. V.N. Pandey, the director of the Central Council For Research in Ayurveda and Siddha Medicine. Through this friendship, Dr. Gerson began to earnestly study Ayurveda and eventually continued his studies at the College of Ayurveda in Trivandrum, where he spent almost three years. As his knowledge and insight into Ayurvedic principles developed, Dr. Gerson's interest started to become focused in the area of Panchakarma Chikitsa--the science of detoxification and rejuvenation. He therefore took up residence for some time in Kottakkal, India the home of the famous Panchakarma facility, the Arya Vaidya Sala, directed by the late Dr. P.N.

Varier who became Dr. Gerson's second important mentor.

Based on his understanding of the importance of Panchakarma and the imminent danger of its attrition and disappearance, Dr. Gerson began to travel throughout India to various centers of Panchakarma, both large and small. He found many nuances and variations shaped by the intuitive wisdom of various vaidyas and their ancestors throughout the ages who lived in different regions of the subcontinent. For two years he personally experienced Panchakarma treatments at these facilities and shared ideas with many doctors, ethnobotanists, and patients. He gradually catalogued in great detail the many pieces of practical knowledge of these purification procedures which had somehow survived thirty or more centuries to appear in our present era. He was awarded the Master of Philosophy in Ayurveda jointly from the Tilak Ayurved Mahavidyaya and Pune University in 1999.

He returned to the United States and attended medical school once again, this time at The Mount Sinai School of Medicine in his native New York and continued his education for three additional years with residency positions at several teaching hospitals including New York University Hospital, Bellevue Hospital, and New York Downtown Hospital, completing the requirements for training in the specialty of Internal Medicine.

Dr. Gerson founded Ayurvedic Medicine of New York in 1982, his private medical practice, and since that time has integrated Ayurveda with conventional allopathic medicine. He does not travel extensively except for trips to India once a year. He prefers to remain as quiet and still as possible and to assist his patients with their understanding of their health conditions. The primary activity in his life is to be available as an Ayurvedic consultant and physician for his patients in his New York office. He supports the spread of Ayurveda through the research and educational activities of The National Institute of Ayurvedic Medicine, where he gives regular seminars and workshops on Ayurvedic Medicine and related complementary medicine topics.

Currently, Dr. Gerson is the only Westerner to hold a Ph.D. degree in Ayurveda--the highest level of Ayurvedic education--and the only physician in the United States to have complete formal training in both conventional and Ayurvedic medicine. His Ph.D. thesis in Panchakarma Chikitsa (Detoxification Therapy) was accepted jointly by the University of Poona and Tilak Ayurved Mahavidyalaya in 2003. He is a member of the teaching and research faculties at the prestigious Institute of Indian Medicine in Poona as well as numerous other academic affiliations including the

Central Council for Rsearch in Ayurveda and Siddha Medicine, the Indian government's principal Ayurvedic organization. Dr. Gerson holds the position of Clinical Assistant Professor at New York Medical College in the Department of Community and Preventive Medicine. He published Ayurveda: The Ancient Indian Healing Art (Element Books) in 1993, The Ayurvedic Approach To Diet and Weight Loss (Lotus Press) in 2001, and will publish The Comprehensive Textbook of Ayurvedic Medicinal Plants in late 2004. Selected data from that latter text is available on this website in the section on Ayurvedic Medicinal Plants. Dr. Gerson conducts botanical research in his R&D laboratory located on the campus of SUNY Farmingdale and is on the Board of Directors of the Foundation For Holistic Medical Research.

Home	Dr Gerson	Goal	Research	Events	Plants	Books	Products
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Our Goal

1

To provide accurate and authentic information to the public regarding Ayurveda through educational seminars and workshops.

2

To conduct scientific research at the highest level and to add to our understanding of the efficacy of this medical system in the treatment of disease.

3

To provide information about Panchakarma Detoxification Therapy, which is available through Ayurvedic Medicine Of New York.

Home	Dr Gerson	Goal	Research	Events	Plants	Books	Products
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Current Research

Basic and clinical research through The National Institute Of Ayurvedic Medicine is conducted by The Foundation For Holistic Medical Research, a registered 501-C3 organization and the research arm of the Institute.

Our most current research involves anti-fungal and anti-yeast susceptibility testing of various Ayurvedic plant extracts being conducted in collaboration with the Mount Sinai School of Medicine.

We are also currently involved in medical and basic science research projects which are at various stages in conjunction with the National Cancer Institute (Bethesda, MD), The Central Council for Research in Ayurveda and Siddha Medicine (New Delhi, India), and the Richard and Hinda Rosenthal Center for Alternative and Complementary Medicine at Columbia University (New York, NY).

The National Cancer Institute research projects involves the evaluation of a traditional Ayurvedic phytomedicine, *Semicarpus anacardium* (Linn.) for antitumor effects. Preliminary studies conducted over the last three years indicate that certain cancers are inhibited by this plant extract.

We are determining whether there is any evidence of direct cell kill activity as a criteria for further investigations to be carried out at the NCI.



The Central Council for Research in Ayurveda and Siddha Medicine research project involves a specific herbal-

yoga-
meditation treatment protocol for asthma developed by Dr. Gerson which is being evaluated in a randomized, controlled cross-over type study. We are also comparing a group which receives only the herbal treatment with groups that receive only yoga-meditation.

The Richard and Hinda Rosenthal Center for Alternative and Complementary Medicine research project involves the collection of data on Ayurvedic herbal medicines useful in the treatment of various women's diseases and conditions. The conditions which currently are being researched by our group are peri-menopausal symptoms, pre-menstrual syndrome, and painful menstruation (dysmenorrhea).

In addition to these collaborative research efforts, the NIAM is also conducting its own clinical research in several areas.

One of the most exciting research projects in the entire field of alternative medicine is nearing its completion. It is a four year study which evaluates the effects of Panchakarma Therapies on the human immune system. This work constitutes the Ph.D. thesis of Dr. Scott Gerson at Benaras Hindu University and its results will be published at this site at a later date.

Another research project which is currently being prepared for publication is a study on the hypocholesterolemic activity of the bark of *Terminalia arjuna*. In a series of 14 patients, both male and female, between the ages of 38 and 71, *Terminalia arjuna* in a dosage of 500 mg bid decreased serum cholesterol an average of

20 per cent after four months.

Additional current research which are in various stages involve herbal protocols for many diseases and conditions including asthma, hypertension, herpes genitalis, depression, and adult onset diabetes and other more complex multi-modality treatment protocols which target obesity, uterine fibroids, acne, irritable bowel syndrome, chronic constipation, and chronic fatigue syndrome.

The NIAM is also conducting EEG studies on the effect of aromatherapy and meditation on brainwave patterns in humans.

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2004 Panchakarma Retreats

M O R E I N F O ? ? ? ? ? ?

FOUR-DAY RETREATS:	EIGHT-DAY RETREATS:
February 26-29	April 16-23 (St. Lucia, Caribbean)
July 15-18	October 14-21 (St. Lucia, Caribbean)
November 11-14	

2004 Seminars & Workshops (January - June 2004)

M O R E I N F O A N D W O R K S H O P D E S C R I P T I O N
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DATES	TITLE	SPEAKERS
Jan. 25 (Sun.)	Ayurvedic Weight Management: <i>The Sattva Program</i>	Scott Gerson MD

**Feb. 15
(Sun.)**

**Introduction to
Sanskrit**

Luis Chavez

**March 14
(Sun.)**

**Introduction To
Ayurvedic Pulse
Diagnosis**

Scott Gerson MD

**Date tba
(Thurs. eve.)**

**Natural Treatment Of
Chronic Diseases
(Ross School, East
Hampton, NY)**

**Scott Gerson,
M.D.**

May 9 (Sun.)

**Ayurvedic Cooking
Workshop**

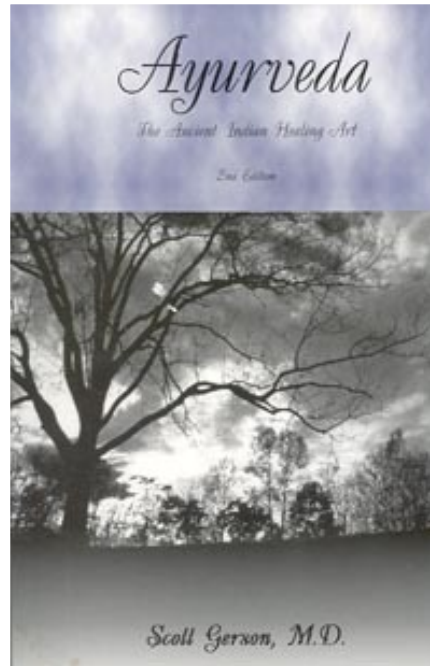
**Mrs. Pana
Bhavsar**

**June 27
(Sun.)**

**Introduction to the
Principles and
Techniques of
Ayurvedic Massage**

Scott Gerson MD

Home	Dr Gerson	Goal	Research	Events	Plants	Books	Products
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 **Books****Ayurveda: The Ancient Indian Healing Art**

This volume is a concise and clear explanation of the basic concepts of Ayurveda. Written with the layperson in mind, it explains how this ancient system of holistic medicine can be used by all individuals to better understand themselves and guide them along their unique paths to health. Ayurvedic therapies are outlined including diet, exercises, herbal preparations, meditation, and internal cleansing. Originally intended as an introduction to the subject, this book has now become one of the most authoritative foundations of Ayurvedic principles. Over forty pages have been added in this edition including a new chapter on Ayurvedic diagnosis and an expanded section on the treatment of disease. 160pp.

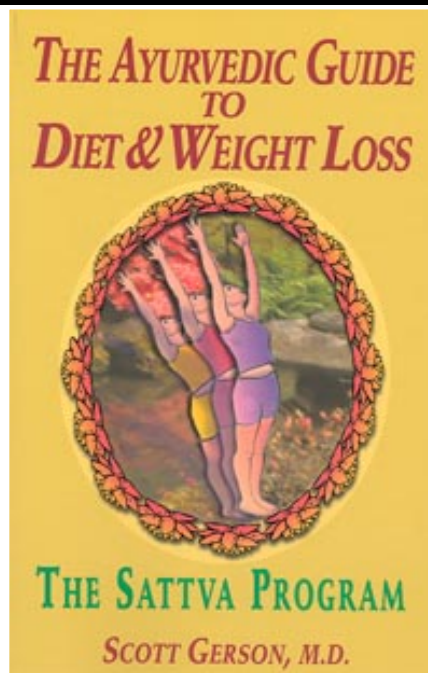
\$14.95+shipping and handling

or call 1-888-246-NIAM to order.

Also available: Dr. Scott Gerson's highly acclaimed newest book entitled:

396 pp. Lotus Press 2002

\$21.95



The Caraka Samhita

This classical text attributed to the great acharya Caraka is considered the oldest and most important text of non-surgical Ayurvedic medicine. The Caraka Samhita has been divided into six volumes, eight parts (sthanas), and these, in turn, are divided into different chapters.

Sutra-Sthanam, the first part, is a compilation of basics of healthcare. It begins with an introduction to health, medicine, hygiene, prophylaxis, diet, and life-style. The four components necessary for successful treatment - the physician, the medication, the patient, and the attendant. Snehakarma (Oleation) and Swedakarma (sweat therapy) and the cause of the illness are discussed. Method of construction of healing centre/hospital is elaborated. It decries treatment by quacks and warns that a person hit by lightning has a better chance of survival than a patient who falls into the hands of a quack.

Nidana-Sthanam, the second part, deals with the cause, pathology, clinical manifestation diagnosis and treatment of eight serious diseases – fever, bleeding, tumors and ulcers, urinary tract diseases, skin diseases, general physical deterioration of the body or of individual organs, and epilepsy The treatment for the above conditions are examined in detail.

Vimana-Sthanam, the third part, deals with chemistry, physiology, anatomy, epidemiology, infectious diseases, diseases of the circulatory, digestive and excretory systems, parasitic illnesses. The logical ways of arriving at a diagnosis namely, observation, inference and interrogation and methods of teaching medical students also discussed in this part. The life expectancy, natural death due to aging, and untimely death due to various factors including over burden, stress and lifestyle leading to morbidity has been compared to that of a vehicle and explained.

Sharira-Sathanam, the fourth part, covers human anatomy, reproduction and pregnancy, the

development of the fetus in the mother's womb, and the role of the mother's milk. It discusses various toys and amulets for the newborn.

Indriya-Sthanam, the fifth part, covers clinical features, diagnosis, and prognosis. A large portion deals with signs of imminent death or bad prognosis.

Cikitsa-Sthanam, the sixth part, deals with treatment methods and various medications. This is the most important for practicing physicians.

Kalpa-Sthanam, the seventh part, deals with medications used in vamana and virechana. Formulations for inducing vomiting and laxatives are given.

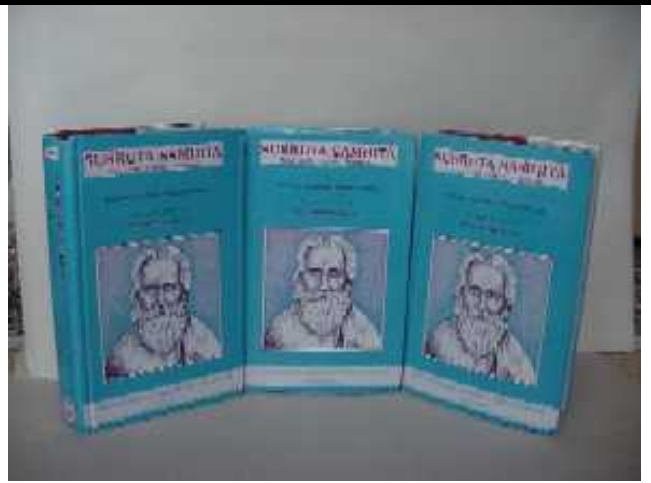
Siddhi-Sthanam, the eighth part, deals with Ayurveda's classical method of detoxification, called panchakarma. The Caraka Samhita contains 341 recipes made from plants, 177 medications using animal products and 64 medications using minerals and metals.

**Six Volumes, 3000 pp. Chaukhamba Press, Varanasi
\$140.00**



The Sushruta Samhita

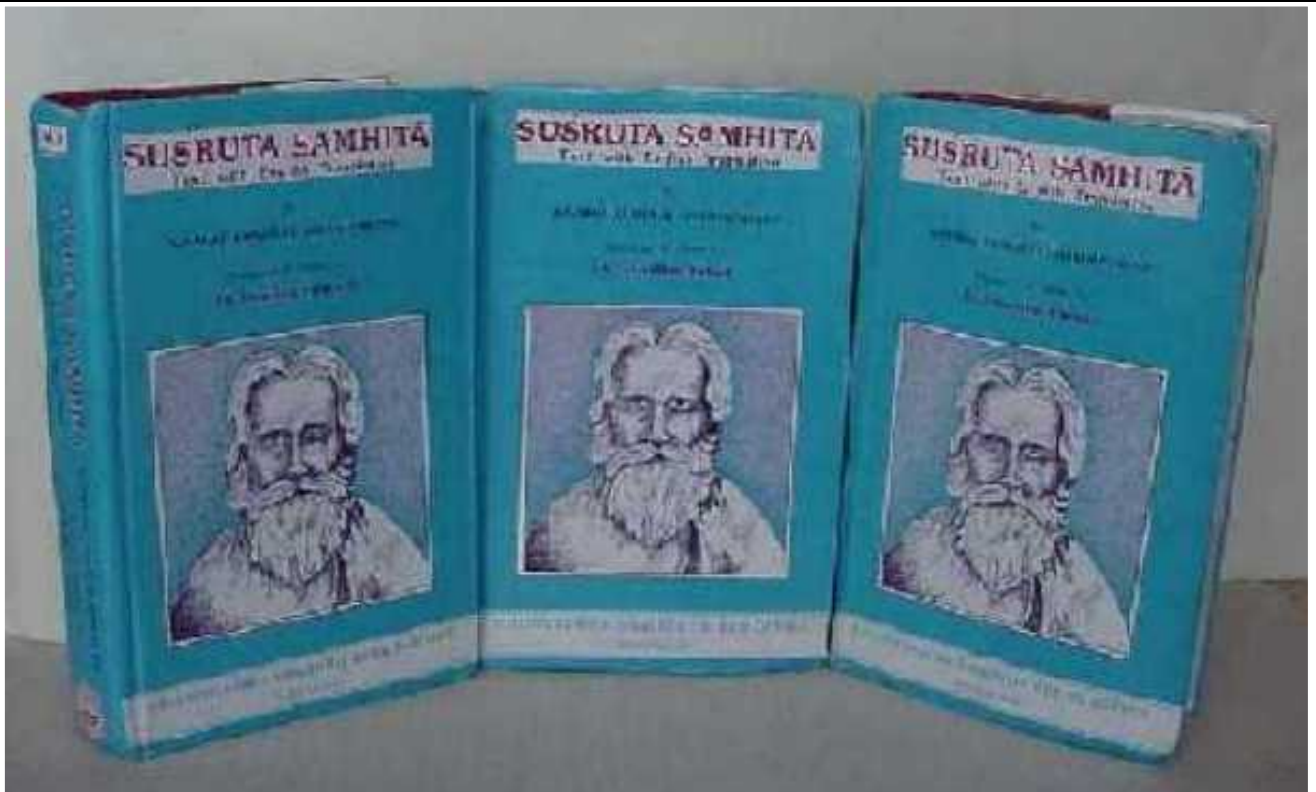
This book describes the tradition of surgery in Indian medicine which includes various *panchakarma* detoxification techniques not described elsewhere. The author is believed to be the scholar Sushruta, who lived over 3000 years ago. Susruta Samhita is considered one of the four principal books on surgery and the only work still existing today. *Dhanvantari* (an incarnation of Vishnu), Susruta's teacher, is believed to have given the knowledge as every chapter begins with the words, "Vathovaca bhagavan Dhanvantari Susrutaya", or "As Susruta was taught by the honorable Dhanvantari". Susruta-Samhita consists of five parts and an appendix that was added later and has 184 chapters. This ancient surgical text is an invaluable and practical compendium. Many surgical concepts and treatments of this classical text have been adapted into modern surgical procedures.



The Susruta Samhita describes various diseases of the eyes (76 eye conditions), 51 of which were treated surgically. The author counts 101 blunt and 20 sharp surgical instruments that are surprisingly similar to the instruments used today. The human hand, the most important instrument, is included in this count. Surgical intervention was used in a rational and conservative manner, and only when non-invasive treatments could not promote healing.

Susruta Samhita discusses 1120 illnesses, including injuries, illnesses relating to aging and mental illness. These discussions include 700 healing plants, 57 preparations derived from animal sources and 64 preparations derived from minerals.

Three Volumes, 2050 pp. Chaukhamba Press, Varanasi
\$125.00



The Ashtanga Hridaya

The Astanga Hridaya, which is a condensed version of the earlier Astanga Samgraha by the same author, is particularly favored by scholars because of the clarity of its presentation. Its author, *Vagbhata*, was born in Sindh (a province in Pakistan) circa 500 AD and was taught

Ayurvedic medicine by his father and a Buddhist monk, named Avalokita. The Ashtanga Hridaya samhita is a systematized text of human illness and therapy in six sections which incorporates the Eight Branches, known as Ashtanga Hridaya in Sanskrit: Internal Medicine, Paediatrics, Gynaecology, Psychiatry, Toxicology, Basic Surgery, Rejuvenation Therapy, Geriatrics.



The treatise is written in 7120 easily understood poetic verses that embody the essence of Ayurvedic knowledge. It is to some extent a summary clearer presentation of the Caraka and Sushruta samhitas, but also includes much new information which did not appear in earlier texts. There are sections on longevity, personal hygiene, the causes of illness, influence of season and time on the human organism, types and classifications of medicine, the significance of the sense of taste, pregnancy and possible complications during birth, Prakriti, individual constitutions and various aids for establishing a prognosis. There is also detailed information on panchakarma therapies including: therapeutically induced vomiting, the use of laxatives, enemas, complications that might occur during such therapies and the necessary medications.

**Three Volumes, 1700 pp. Krishnadas Academy, Chaukhamba Press, Varanasi
\$110.00**



The Bhavaprakasa of Bhavamisra

Bhavaprakasa written by Bhava Misra is a more contemporary authoritative text on Ayurveda and is widely referenced and utilized by students, teachers and physicians of Ayurveda ever since it was written around 1550 AD. Bhava Misra was the son of Lataka Misra and lived in Benares. The *Bhavaprakasa* is comprehensive, dealing with basic principles, causes, symptoms, and treatment of all diseases. It describes about 500 drugs belonging to vegetable, mineral and animal kingdoms. This wide spectrum of naturally-derived medicinal drugs (Nighantu Bhaga) is considered by many to be the seminal contribution of this text since it incorporates many new drugs unknown--or at least unmentioned--at the time of Charaka and Sushruta. In the treatment of diseases both *kasthausadhas* (plant drugs) and *rasausadhas* (metallic and mineral drugs) have been prescribed. This two-volume text systematically deals with the origin of Indian medicine, cosmology and anatomy, embryology, physiology, pathology, medicine, disease of children, botanical therapeutics, dietetics, tonics, and elixirs to promote longevity. He clarified many of the obtuse and disputed views of ancient writers in lucid language and literary style. He is the first to mention medical drugs of countries, other than India, and is the first to give a description of syphilis in Ayurvedic literature.



**Two Volumes, 1618 pp. Krishnadas Academy, Chaukhamba Press, Varanasi
\$110.00**



The Dravyaguna Vijnana

The *Dravyaguna Vijnana* is the first work of its kind which comprehensively describes more than 500 of the most commonly used Ayurvedic herbal medicines. For each plant the following information is given: botanical name, common name, Sanskrit and regional names, plant description, flowering and fruiting times, distribution, parts



used, chemical composition, pharmacodynamics, properties and actions, therapeutic uses, and common dosages. The author, Dr. Gyanendra Pandey, wrote the material with the guidance of the Central Council of Indian Medicine (CCIM) third year curriculum. The book is intended as a textbook for graduate and post-graduate level studies as well as a reference book for higher studies at the doctoral level for physicians, researchers, pharmacologists, medicinal plant scientists, and the interested layperson. Some terms are given in Sanskrit but a useful glossary of technical and medical terms is provided. An extremely valuable Ayurvedic herbal reference. Publication date: 6/2001

Three Volumes, 2850 pp. Krishnadas Academy, Chaukhamba Press, Varanasi
\$130.00

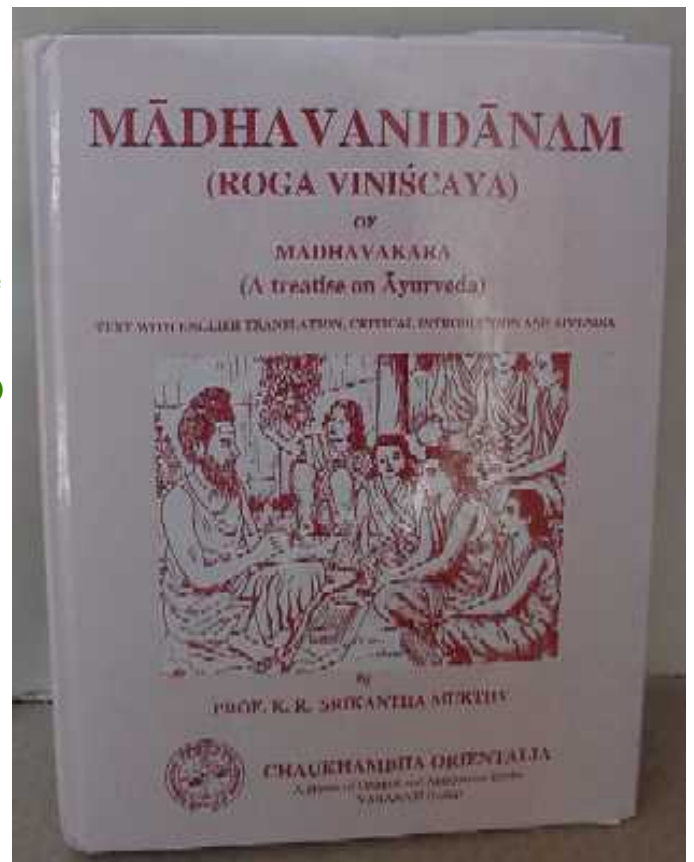


The Madhava Nidana

Considered one of the six main texts in Ayurvedic education, the *Madhava Nidana* of Madhavakara is a popular and a comprehensive book on how diseases develop in the human being. The actual name of the work is Roga-Vinischaya ("factors which determine diseases") but it is more commonly named after its famous author and hence called "Madhava-Nidana". This book gives detailed information about Causes (nidana), Pathogenesis, Types, Prodromal symptoms, Signs and Symptoms and Prognosis of diseases.

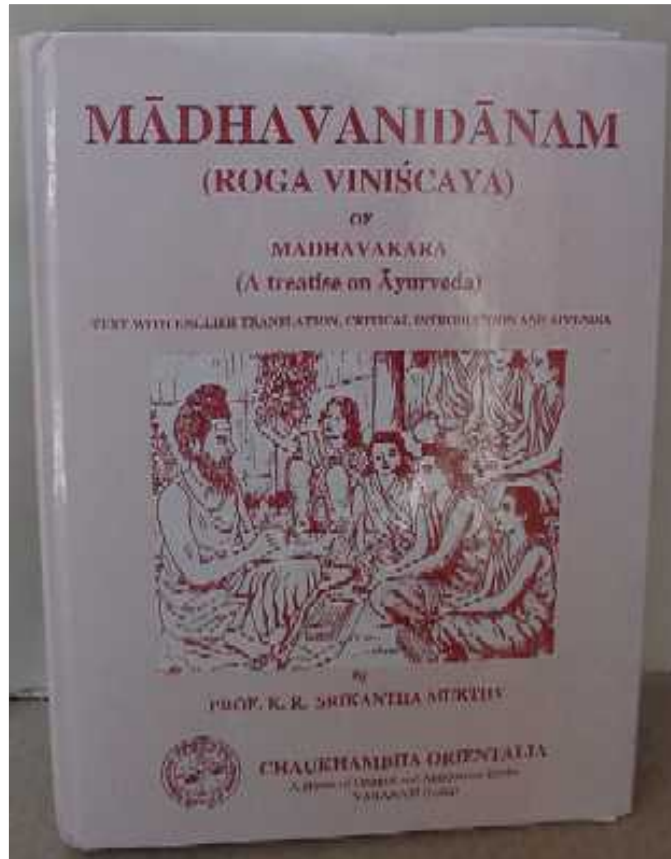
The work is in the form of elaborate description of all stages of common diseases from prodromal symptoms to the possible complications. It deals with the five factors essential for the appropriate diagnosis of a disease. The rest of the work deals, with the description of various diseases like fever, diarrhea, irritable bowel syndrome, anorexia, anemia, jaundice, hemorrhage, pulmonary tuberculosis, cough, hiccough, asthma, hoarseness, vomiting, abnormal thirst, fainting, giddiness, diabetes, and skin diseases; even a certain disease apparently similar to smallpox has been described in detail.

Other conditions described in this book include: hemorrhoids, dyspepsia, indigestion, hepatitis,



dyspnoea, anorexia, insanity, epilepsy, diseases of nervous system, rheumatism, cardiac disorders, diabetes, goitre, bone fractures, fistula-in-ano, leprosy, gynaecological disorders, abnormal pregnancy, , diseases of the breast, diseases of children, and diseases due to poison.

One Volume, 329 pp. Chaukhamba Orientalia, Varanasi
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Bacopa Monniera 4 oz

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Bacopa Monniera 16 oz

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Boswellia Serrata 4 oz

[Boswellia Serrata](#)

Boswellia Serrata 16 oz

[Commiphora Mukul](#)

Commiphora Mukul 4 oz

[Commiphora Mukul](#)

Commiphora Mukul 16 oz

[Garcinia Cambogia](#)

Garcinia Cambogia 4 oz

[Garcinia Cambogia](#)

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Gymnema Sylvestre 4 oz

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Gymnema Sylvestre 16 oz

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Mucuna Pruriens 4 oz

[Mucuna Pruriens](#)

Mucuna Pruriens 16 oz

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[Picrorrhiza Kurroa](#)

Picrorrhiza Kurroa 16 oz

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Tribulus Terrestris 16 oz

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Gulkand (Rose Petal Jam)

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Pitta Tea

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Kapha Tea

[Vata Tea](#)

Vata Tea

[Acorus Calmaus](#)

Acorus Calmaus 4 oz

[Acorus Calamus](#)

Acorus Calamus 1 lb (16 oz)

[Aegle Marmelos](#)

Aegle Marmelos 4 oz

[Aegle Marmelos](#)

Aegle Marmelos 16 oz

[Andrographis Paniculata](#)

Andrographis Paniculata 4 oz

[Asparagus racemosus](#)

Asparagus racemosus 4 oz

[Asparagus racemosus](#)

Asparagus racemosus 16 oz

[Asparagus racemosus](#)

Asparagus racemosus 1 lb (16 oz)

[Azadirchta indica](#)

Azadirchta indica 4 oz

[Azadirchta indica](#)

Azadirchta indica 1 lb (16 oz)

[Bacopa monniera](#)

Bacopa monniera 4 oz

[Bacopa monniera](#)

Bacopa monniera 1 lb (16 oz)

[Bergenia ligulata](#)

Bergenia ligulata 4 oz

[Bergenia ligulata](#)

Bergenia ligulata 1 lb (16 oz)

[Boerhaavia difusa](#)

Boerhaavia difusa 4 oz

[Boerhaavia difusa](#)

Boerhaavia difusa 1 lb (16 oz)

[Cassia angustifolia](#)

Cassia angustifolia 4 oz

[Cassia angustifolia](#)

Cassia angustifolia 1 lb (16 oz)

[Cedrus deodara](#)

Cedrus deodara 4 oz

[Cedrus deodara](#)

Cedrus deodara 1 lb (16 oz)

[Centella asiatica](#)

Centella asiatica 4 oz

[Centella asiatica](#)

Centella asiatica 1 lb (16 oz)

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Cinnamomum tamala 4 oz

[Cinnamomum tamala](#)

Cinnamomum tamala 1 lb (16 oz)

[Commiphora mukul](#)

Commiphora mukul 4 oz

[Commiphora mukul](#)

Commiphora mukul 1 lb (16 oz)

[Datura metal](#)

Datura metal 4 oz

[Datura metal](#)

Datura metal 1 lb (16 oz)

[Eclipta alba](#)

Eclipta alba 4 oz

[Eclipta alba](#)

Eclipta alba 1 lb (16 oz)

[Embelia ribes](#)

Embelia ribes 4 oz

[Embelia ribes](#)

Embelia ribes 1 lb (16 oz)

[Emblica officinalis](#)

Emblica officinalis 4 oz

[Emblica officinalis](#)

Emblica officinalis 1 lb (16 oz)

[Evolvulus alsinoides](#)

Evolvulus alsinoides 4 oz

[Evolvulus alsinoides](#)

Evolvulus alsinoides 1 lb (16 oz)

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Gymnema sylvestre 4 oz

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[Hemidesmus indicus](#)

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[Hyoscyamus niger](#)

Hyoscyamus niger 4 oz

[Hyoscyamus niger](#)

Hyoscyamus niger 1 lb (16 oz)

[Justicia adhatoda](#)

Justicia adhatoda 4 oz

[Justicia adhatoda](#)

Justicia adhatoda 1 lb (16 oz)

[Mucuna pruriens](#)

Mucuna pruriens 4 oz

[Mucuna pruriens](#)

Mucuna pruriens 1 lb (16 oz)

[Nardostachys jatamansi](#)

Nardostachys jatamansi 4 oz

[Nardostachys jatamansi](#)

Nardostachys jatamansi 1 lb (16 oz)

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Ocimum sanctum 4 oz

[Ocimum sanctum](#)

Ocimum sanctum 1 lb (16 oz)

[Oroxylum indicum](#)

Oroxylum indicum 4 oz

[Oroxylum indicum](#)

Oroxylum indicum 1 lb (16 oz)

[Operculina indicum](#)

Operculina indicum 4 oz

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Operculina indicum 1 lb (16 oz)

[Phyllanthus niruri](#)

Phyllanthus niruri 4 oz

[Phyllanthus niruri](#)

Phyllanthus niruri 1 lb (16 oz)

[Plantago ovata](#)

Plantago ovata 4 oz

[Plantago ovata](#)

Plantago ovata 1 lb (16 oz)

[Plumbago zeylanica](#)

Plumbago zeylanica 4 oz

[Plumbago zeylanica](#)

Plumbago zeylanica 1 lb (16 oz)

[Rauwolfia serpentina](#)

Rauwolfia serpentina 4 oz

[Rauwolfia serpentina](#)

Rauwolfia serpentina 1 lb (16 oz)

[Rubia cordifolia](#)

Rubia cordifolia 4 oz

[Rubia cordifolia](#)

Rubia cordifolia 1 lb (16 oz)

[Saraca indica](#)

Saraca indica 4 oz

[Saraca indica](#)

Saraca indica 1 lb (16 oz)

[Sida cordifolia](#)

Sida cordifolia 4 oz

[Sida cordifolia](#)

Sida cordifolia 1 lb (16 oz)

[Solanum surattense](#)

Solanum surattense 4 oz

[Solanum surattense](#)

Solanum surattense 1 lb (16 oz)

[Terminalia arjuna](#)

Terminalia arjuna 4 oz

[Terminalia arjuna](#)

Terminalia arjuna 1 lb (16 oz)

[Terminalia bellerica](#)

Terminalia bellerica 4 oz

[Terminalia bellerica](#)

Terminalia bellerica 1 lb (16 oz)

[Terminalia chebula](#)

Terminalia chebula 4 oz

[Terminalia chebula](#)

Terminalia chebula 1 lb (16 oz)

[Tinospora cordifolia](#)

Tinospora cordifolia 4 oz

[Tinospora cordifolia](#)

Tinospora cordifolia 1 lb (16 oz)

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Mogra Oil

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Davana Oil

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Anu Tailam

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Neti Pot

[Utane Soap Powder](#)

Utane Soap Powder

[Soap Powder Dispenser/Spice Shaker](#)

Soap Powder Dispenser/Spice Shaker

[Empty Capsules](#)

Empty Capsules 100 count

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Empty Capsules 200 count

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Empty Capsules 500 count

[Kaishor Guggulu](#)

Kaishor Guggulu

[Kanchanar Guggulu](#)

Kanchanar Guggulu

[Yogaraj Guggulu](#)

Yogaraj Guggulu

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Simhanad Guggulu

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Trailokya Rasa Chintamani

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Vasocin

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Ashwagandarista

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Cutting Edge Information



Cutting Edge Information

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Cutting Edge Information

Cutting Edge Information

The Flu: Prevention and Treatment

Influenza (commonly called "the flu") and the common cold are different illnesses which share some of the same symptoms and it is important to distinguish between them. The flu is of course more serious than a cold and can lead to extreme fatigue, high fever, and even death.

Symptoms

The flu seasons, which are when flu affects the greatest number of people, are in early winter and late spring. The symptoms which are common to both the cold and the flu are: sneezing, stuffed up nose, sore throat, and some degree of fatigue. However, its possible that you have the flu if the following symptoms are also present:

Symptoms Which Indicate The Probability Of The Flu

- Fever above 100 degrees (F)
- Chills/Sweats
- Dry, painful, raspy cough
- Extreme degree of fatigue
- Persistent headache

In children the flu may have a different presentation and can include the following symptoms:

- Fever

- Diarrhea
- Stuffy nose
- Sore throat
- Vomiting

In individuals over 65, the main presenting symptoms can include:

- Fever above 99 degrees (F)
- Weakness
- Confusion
- Nasal congestion

Allergies can also mimic the symptoms of the flu especially if there are, in addition to the above: watery eyes, itchy or scratchy throat, itchy nose, and frequent sneezing.

Should Antibiotics Be Used Against The Flu?

The flu is caused by a virus: the influenza virus. Since antibiotics are only effective against bacteria, they will never help anyone get rid of the flu. They will cause resistant strains of bacteria to colonize your throat, bronchial tree, lungs, intestines, and other tissues making it difficult to treat any subsequent bacterial infections. And they may have additional harmful and unnecessary side effects. The only time antibiotics are indicated is if the flu is accompanied by a severe bronchitis or pneumonia.

What Can I Do Through Ayurveda To Prevent The Flu Or Relieve My Flu Symptoms?

Diet. Include the following foods in the diet: oranges, grapefruit, red grapes, guava, blueberries, strawberries, kiwi, cantaloupe, yogurt, shitake mushroom (contains lentinan a known antiviral), spinach, broccoli (lightly steamed), carrots, kale, pumpkin, pumpkin seeds (for zinc), wheat germ (for vitamin E), flax seed oil (for omega 3 fatty acid), green tea. Avoid white sugar and animal fat as much as possible for their immuno-suppressant activity.

Herbal Medicines. The purpose of using herbal medicines in the treatment of the flu is to increase the body's innate immune response against the virus. There are several herbs which have been found to help in this regard. The following herbs are best used in combination:

- Kantakari (*Solanum surattense*)
- Guggulu (*Commiphora mukul*)
- Manjishtha (*Rubia cordifolia*)
- Guduchi (*Tinospora cordifolia*)

- Trikatu (a mixture of the 3 pungents: pippali, adrak, and maricha)
- Kushtha (Saussurea lappa)
- Amalaki (Embllica officinalis)
- Yashti-madhhu (Glycyrrhiza glabra)
- Ashwagandha (Withania somnifera)

In addition, Chywanprash which is a fruit paste made from amalaki fruit plus forty-six herbs is renown for protecting against flu and flu-like sundromes.

Spices. The following spices can definitely help prevent/relieve flu symptoms: Garlic (contains alliin) Ginger Cayenne Pepper (contains capsaicin) Horseradish (contains allyl isothiocyanate) Mustard

If Your Flu Symptoms Do Not Subside...Then What?

Bear in mind that a generalized weakness and fatigue may normally persist for up to three weeks. However, sometimes this is due to an underlying respiratory infection and should be treated by a physician to avoid complications. Therefore it is important to always tell your physician about symptoms which persist more than two weeks. This is especially important if you are a smoker or suffer from asthma, emphysema, heart disease, or chronic liver disease. Viral and bacterial pneumonia, bronchitis, sinusitis, the "croup", and asthma are among the consequences of the flu which should be promptly treated. Older people who have diabetes, kidney disease, anemia, or heart conditions may have a weakened immune system and may be more prone to flu's complications.

How To Avoid Getting The Flu Again. Besides getting the annual flu vaccination, there is no way to absolutely eliminate the possibility. However following the above recommendations will strengthen the immune system and make any illness less severe and of shorter duration.

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Cutting Edge Information

The Ayurvedic Approach To Heart Disease

Heart disease affects hundreds of thousands of Americans but in recent years has not been appropriately publicized. According to the National Center for Health Statistics, heart disease and stroke were the **first** (709,894 deaths) and **third** (166,028 deaths) leading causes of **death**, respectively, in the United States during 2000.

Conventional medicine has offered preventive programs to reduce the incidence of cardiovascular disease, but not in a way that seems to penetrate the consciousness of society. It is firmly established that cigarette smoking, inadequate exercise, and poor nutritional choices are factors which lead to the development of cardiovascular disease, yet many people seem to lack full understanding of the detrimental effects of these habits.

The cardiovascular system enables delivery of nutrients, oxygen, and prana to body systems, and directly impacts on the quality of the bodily tissues, organs, and mental state. The human heart lies at the core of the cardiovascular system and the well-being of the individual.>/P>

In a normal, healthy human being, the heart beats approximately 65-75 times per minute. This works out to approximately 40 million beats in the current average 75-year lifespan. This value may change in response to stress from a variety of sources, including exercise and anxiety. Heart contraction is regulated by the sinoatrial node, a small plexus of nerves that acts as a pacemaker. The sinoatrial node communicates with the atrioventricular node to synchronize the contractions of the atria and ventricles. The heart rate is slowed by the parasympathetic nervous system via the vagus nerve and acetylcholine, and quickened by the sympathetic nervous system via epinephrine. This automatic regulation helps the heart respond instantly to stress and relaxation and involves the *prana vata* subdosha which moves downward from the head.

Health difficulties arise when these simple functions malfunction. Heart failure often begins with generalized unstable angina pectoris, which is caused by lack of oxygen (ischemia) and which can be of classic (substernal chest pain, shortness of breath, sweating) or variant (e.g. neck pain, nausea, dizziness) presentation. This is followed by actual myocardial infarction, or irreversible destruction of cardiac muscle, which is the precursor to eventual severe heart failure. Adenosine triphosphate (ATP) concentrations diminish, resulting in reduced contractility and pump failure. In heart tissue, cell death begins 15-30 minutes after total ischemia.

Heart failure is the most extreme outcome of heart disease. Heart disease has been examined from a variety of perspectives over the centuries, producing numerous explanations and treatment options. Even 2000 years ago in ancient India, fat was observed to be linked to heart disease. Today, atherosclerosis is one of the most common conditions that leads to heart disease. High serum levels of LDL-cholesterol is widely recognized as a precursor of atherosclerosis. In a recent multicenter study by the National Heart, Lung, and Blood Institute, researchers found that heart disease incidence was lowest in individuals with a median LDL-cholesterol level of 88 mg/dL. Medical science has concluded that independent predictors of heart disease incidence include: LDL and HDL cholesterol levels, lipoprotein(a), and triglycerides in women. It is noteworthy however, that individuals with LDL-cholesterol levels lower than 100 mg/dL may also be at risk for atherosclerosis. Results from the Cholesterol and Recurrent Events (CARE) Study suggest that symptomatic diffuse atherosclerosis was associated with age, multiple myocardial infarction history, hypertension, diabetes, sedentary lifestyle, low alcohol intake, and smoking. Clearly, high cholesterol is not the sole factor in the development of atherosclerosis, and these and other as yet unidentified risk factors certainly play a role.

In addition to atherosclerosis, high blood pressure typically stresses the cardiovascular system and may accelerate the development of heart disease. A prospective study of men and women aged 45-64 years found that the risk of mortality due to coronary heart disease, stroke, and cardiovascular disease in women increased with increased systolic hypertension [5]. Increased systolic hypertension in men was only associated with an increased risk of coronary heart

disease mortality [5]. Many studies on the effects of hypertension on heart disease support these findings. Research is now mounting to show that blood pressure *history* as well as current blood pressure, may predict cardiovascular disease risk. Also, even brief periods of high blood pressure in the course of the day can be harmful according to several recent reports. Certainly the control of blood pressure would have a strong positive impact on the incidence of heart disease.

Heart disease is the most prevalent form of cardiovascular disease, but it is by no means the only source. Stroke is another manifestation of cardiovascular disease, and was the third most prevalent cause of death in the United States during 2000, as stated above. Stroke is the result of a lack of oxygen supply to the brain, often the result of obstructed blood flow. A recent study of elderly stroke patients determined that pre-existing cardiac failure adversely influences stroke mortality independent of other epidemiological and neurological variables that affect stroke mortality.

Cardiovascular disease is a broad term for many complex processes which result in heart disease, heart failure and stroke. Stroke is a common manifestation of cardiovascular disease that may be influenced by factors similar to those that cause heart disease.

As treatment and prevention strategies only recently begin to emerge in modern medicine as a result of prospective, randomized, placebo-controlled studies, the world should be made aware that currently, and for over 20 centuries, a plethora of information on diet, foods, plant-based medicines, mineral-based medicines, exercise, yoga, meditation, and detoxification procedures has been available for these conditions, based on experience and ancient science. Still, modern man wants modern science.

As modern research accumulates, it is becoming clear that many of the conclusions being reached in the 21st century regarding heart disease prevention and treatment were already known long ago. For example, lifestyle modifications have been shown to have a significantly beneficial impact on reducing the incidence and severity of cardiovascular events. Studies have shown a consistent inverse association between physical activity/fitness, and the incidence of heart disease and general risk factors. It has also been determined that regular, moderately intense activity, such as brisk walking for 30-60 minutes daily, is sufficient to reduce cardiovascular risk factors. Research suggests that everyone, especially those with cardiovascular risks, should exercise daily. It may turn out that even an energy expenditure of 1000 calories each week can significantly reduce heart disease. This is equivalent to

brisk walking for 45 minutes four to five times a week.

Physical activity directly influences the blood lipid profile in elderly patients according to the duration and intensity of training, presence or absence of pre-existing cardiovascular disease, and body mass index changes (i.e. "weight"). Exercise is beneficial in that it helps to reduce weight and lower blood pressure, two risk factors to the development of cardiovascular disease. It has been found that moderate-intensity aerobic exercise can lower blood pressure in hypertensive patients, with average reduction rates of approximately 10 mm Hg systolic and 7 mm Hg diastolic blood pressure.

Ayurveda also states that exercise improves circulation, keeps the joints healthy, preserves bone and muscle strength, preserves coordination, cures depression, detoxifies the tissues, maintains a firm yet flexible body and is a daily lifestyle measure (i.e. *dinacharya*) that is integral to health maintenance.

Smoking is another lifestyle choice that has been linked to cardiovascular disease. Injury to arterial endothelial lining of the arteries has been linked to atherosclerosis development, and it is suggested that free radicals in cigarette smoke may be involved in the process. Although it is still a mystery how exactly smoking contributes heart disease, scientists recognize that it is definitely extremely harmful. No sane person should smoke or in any way use any tobacco products, except perhaps occasionally for religious reasons (i.e. Native Americans).

Another immensely important factor that affects cardiovascular health and risk is nutrition. Many studies have documented the risk of poor nutrition on cardiovascular disease development. One of these studies profiled the characteristically high-fat, low-fiber "western" diet. Researchers determined that a diet lower in fat and cholesterol, and higher in fiber, successfully lowered LDL cholesterol 11% in moderately hypercholesterolemic patients, when compared to a typical western diet. In some cases, diet and lifestyle changes could be sufficient to lower cholesterol enough to avoid cholesterol-lowering medications, which all have harmful side effects, especially on the liver and muscles. Partially hydrogenated oils, which are found in fried fast foods, french fries, fried fish, cookies, pastries, and many processed foods, have a high proportion of trans fatty acids which damage arterial endothelial linings. These

fats also lower HDL ("good") cholesterol and increase LDL ("bad") cholesterol in the bloodstream.

In addition to maintaining a healthy eating pattern, specific foods are often recognized as particularly heart-healthy. One of the most popular of these healthful foods is fatty fish with its high omega-3 fatty acid content. A recent study determined that women who consumed more omega-3 fatty acid laden fish (two servings weekly) had a reduced rate of death due to heart disease. These researchers found that this was independent of cardiovascular risk factors or other dietary sources that may influence the development of heart disease. Good sources of omega-3's besides fish are: flaxseeds, flaxseed oil, canola oil, olive oil, sesame oil, peanut butter and oil, sunflower seeds and oil, avocado, soybean oil, and safflower oil. Additionally, flavonoids found in tea and cocoa have been recognized for their antioxidant benefit. By blocking oxidative damage to LDL cholesterol and reducing platelet clumping, flavonoids may help to reduce the risk of cardiovascular disease. An inverse association between dietary fiber intake and cardiovascular disease risk has also been proposed. This underscores the recommendation for increased consumption of fiber-rich whole grains, legumes, fruits and vegetables.

Dietary and lifestyle modifications are prime routes through which one may reduce his or her risk of developing cardiovascular disease. However, Ayurveda offers many different herbal medicines which can play a role in treating and preventing different aspects of cardiovascular disease. A summary of these is given in the table below.

Ayurvedic Herbs Used In Cardiovascular Disease

Herbs Which Decrease Blood Pressure:

- **Rauwolfia serpentina (Sarpagandha)**
- **Fumaria indica (Parpata)**
- **Daucus carota (Carrot seeds)**
- **Cassia absus (Chaksu)**
- **Acorus calamus (Vacha)**

Herbs Which Are Diuretic

- **Tinospora cordifolia (Guduchi)**

- **Tribulus terrestris (Gokshura, Small Caltrops)**
- **Boerhaavia diffusa (Punarnava, Spreading hogweed)**
- **Phyllanthus niruri (Bhumi amalaki)**
- **Taraxacum officinale (Dugdha, Dandelion)**

● **Herbs Which Reduce Serum Cholesterol**

- **Commiphora mukul (Guggulu)**

Herbs Which Act As Cardiac Tonics

- **Terminalia cordifolia (Arjuna)**
- **Saussurea lappa (Kushtha)**
- **Sida cordifolia (Bala)**
- **Digitalis purpurea (Hatapatri, Foxglove)**

Herbs Which Decrease Platelet Aggregation

- **Allium sativum (Rasona, Garlic)**

Herbs Which Possess Anti-Stress/ General Tonic Properties

- **Withania somnifera (Ashwagandha)**
- **Bacopa monniera (Brahmi)**
- **Evolvulus alsinoides (Shankhpushpi)**
- **Chywanprash (herbal "jam" with a mixture of forty-one herbs)**

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Jaggery: The Healthy Sugar Alternative

Sugar: Origin and History

To most people, sugar is understood to be pure, bleached sucrose--the white granular sweetener sold in one pound bags in the supermarket. However, to the scientist, "sugar" includes a variety of carbohydrates including glucose, fructose, galactose, lactose, ribose, maltose--and sucrose. Sucrose is a disaccharide (i.e. composed of two sugars), glucose and fructose. The fructose is eventually converted during digestion into glucose, so sucrose in effect provides the body with pure glucose. This means it provides the body with essentially pure energy: one teaspoon (four grams) of table sugar is equivalent to 16 Calories (kcal) and little else. Of course all sugars, including sucrose, occur naturally throughout the plant kingdom and have been consumed by humans for millennia as food. Examples of the sucrose content (g/100g) of some common foods listed below may surprise you:

Sucrose Content Of Selected Raw Foods

- Apple, 3.8
- Banana, 8.5
- Cantaloupe, 4.1
- Dried fig, 9.9
- Mango, 7.4
- Onion, 7.9
- Pear, 1.2
- Peach, 5.5
- Pineapple, 6.9
- Strawberry, 1.0
- Watermelon, 3.2

The plant source of sugar is *Saccharum officinarum*, a member of the grass family which is believed to have originally evolved in New Guinea. This plant still grows throughout the tropical and subtropical regions of Earth and is known as "sugarcane". Mankind has had a long relationship with sugarcane. Although man's use of honey predates it, sugarcane was in use in India before 400 B.C. Alexander the Great wrote about a grass which produced honey without the presence of bees. Columbus attempted to grow sugarcane in the New World but his transplants were unsuccessful. However other explorers who followed cultivated sugarcane in the West Indies, Brazil, and Mexico. Today sugarcane also grows in four U.S. states: Florida, Texas, Louisiana, and Hawaii.

The per capita consumption of refined sugar in the United States is often wrongly quoted as being 150 pounds per year. Actually, refined sugar consumption in the U.S. has been dropping since the late 1970's and was never at that high level. In 1990, the per capita consumption was approximately 65 pounds annually. However, corn sugar and syrup have replaced sugar in many commercial products and its per capita annual consumption in the U.S. is at approximately 75 pounds. Thus, when we consider both

refined sugar and corn sugar products together we get a number which approximates 140 pounds annually per capita.

Sugar In Human Disease

It has become part of our shared knowledge that "sugar is bad for you". This may or may not be true and certainly is today an unproved assumption, albeit with some merit. For instance, some studies have claimed that sugar intake is related to the development of coronary artery disease, diabetes mellitus, obesity, and dental caries. As of 2002, no direct causative role of sugar in coronary artery disease or diabetes has ever been established. As for obesity and overweight, remember that sugar is essentially pure energy--16 kcal per teaspoon. According to the first law of thermodynamics, energy cannot be destroyed. Anytime the amount of energy flowing into our physiology exceeds the amount flowing out, the remainder is converted into triglycerides and stored as fat. Excess energy in the form of carbohydrates, proteins and fats all contribute to this deposition of fat. No evidence exists that implicates any specific food or nutrient as contributing more excess energy than any other. *The problem is excess intake in general.* In the case of dental caries, we do see some indirect evidence to implicate sugar. Caries ("cavities") are caused by a combination of factors including structural resistance of the teeth, genetic disposition, oral hygiene, oral microflora, salivary flow, and diet. Nevertheless, in countries where sugar consumption is low (i.e. Ethiopia) dental caries is also low, while in countries where consumption is high (i.e. Australia) so is the incidence of caries. But it is the manner of sugar intake which seems to be important. Frequent exposure to sticky forms of sugar between meals results in high incidence of dental caries, while sugar taken with meals followed by rinsing and/or brushing does not result in increased incidence.

The true danger of sugar seems to be that, due to its overwhelming appeal to the human taste buds, we eat it in excess--often displacing other more nutritious foods from the diet. However, at the current time, no specific disease can be associated with its use, especially if taken in moderation.

Jaggery: A Healthy Choice

Although not firmly associated with disease, the greatest potential threat of white sugar stems from the processing it undergoes. Initially, the sugarcane plants are washed, shredded, crushed, and rolled to extract the cane juice. Nothing particularly bad happening here so far. In fact, the fibrous residual is often recycled as fuel for the mill furnaces. However, the cane juice is then "clarified" by the addition of lime. After evaporation and centrifugation, it is then further refined through the addition of sulphur dioxide, phosphoric acid, and decolorizers. These processes remove all the phytonutrients, including the vitamins and minerals, and leave only the empty calories behind for us to put in our tea, coffee, and recipes.

Fortunately, not all forms of sugarcane products are nutritional wastelands. For centuries, jaggery has been used throughout India as a healthy sweetener. Jaggery actually comes from the sap of either the sugarcane plant we've been discussing or from several species of sugar palm trees. To convert the sap into jaggery, simple evaporation or crude centrifugation is the only process. No chemicals or bleaches are

added. It is then simply poured into moulds to form small cakes.

Jaggery, also known as *gur*, has a mineral content of approximately 60 times that of refined white sugar. One teaspoon of jaggery contains approximately 4-5 mg calcium, 2-3 mg phosphorus, 8 mg magnesium, 48 mg potassium, 0.5 mg iron, as well as trace amounts of zinc, copper, thiamin, riboflavin, and niacin. The corresponding values for white sugar are all essentially zero. Jaggery is grainy and light brown in color with a flavor which is truly superior to white sugar; it tastes like a combination between molasses, maple syrup, and brown sugar. It can definitely be used exactly like sugar in drinks or recipes which call for sugar. You will probably need to use about 25-50% more jaggery than sugar to achieve the same degree of sweetness. Remember, even jaggery must be used in moderation.

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Male Impotence

Definition

Today, the term impotence has largely been supplanted by the less pejorative *erectile dysfunction* (ED). It is defined as the inability to attain or sustain an erection satisfactory for intercourse. In the U.S. alone, an estimated 20 million men aged >18 are affected, but its prevalence increases with age and most men who experience it are aged 40-75. Normally men can enjoy sexual activity well into the 70's and 80's and erectile dysfunction is neither inevitable nor normal.

Only approximately 5% of ED is **primary**--where a man has never been able to attain or sustain an erection. This is almost always due to psychological factors (guilt, sexual trauma, severe anxiety, depression, or intimacy issues). Over 90% of ED is **secondary**--when a man who had previously normal function no longer can attain or sustain an erection. Secondary ED is almost always organic in nature. The overwhelming majority of these cases have a vascular cause. Other causes include hormonal imbalance, neurologic disorder, or medications. Even transient episodes of ED can create secondary psychological problems which complicate the problem. *These possible psychological factors that may accompany an organic disorder cannot be dismissed and must be addressed in every case.*

Vascular Factors. The two conditions which can result in ED are atherosclerotic disease of the penile arteries and venous leakage. The former reduces the amount of blood entering the penis and the latter makes it difficult for blood to remain in the penis during erection. Diabetes, smoking, and hypertension are associated with atherosclerosis and increased incidence of ED.

Hormonal Factors. Believe it or not, the link between low testosterone and ED is not definite. Low serum level of free testosterone is clearly a cause of decreased *libido*, however. ED can be caused by hypothyroidism, hyperthyroidism, elevated prolactin, or elevated cortisol.

Neurologic Factors. Rare and usually obvious, these factors include stroke, multiple sclerosis, autonomic dysfunction, spinal cord injuries, certain forms of seizure disorders, and previous prostate surgery.

Medications. Over 25% of ED is caused by prescription drugs. These include blood pressure medications, beta blockers, diuretics, antidepressants, chemotherapies, sedatives, heart medications, and so many others.

Diagnosis includes inquiries about medications, atherosclerosis, hypertension, smoking, diabetes, heart disease, circulatory conditions, and psychological issues. A general examination is mandatory including examination of the genitalia, pulses, dhatu, srotas, and assessment of ojas and agni. Lab tests can include: sperm count and motility testing, serum glucose, thyroid function tests, and serum testosterone (total and free). Sometimes luteinizing hormone, FSH, and prolactin levels are also recommended. I have

not found specialized tests like nocturnal penile tumescence to be at all helpful.

It is of note that ED is observed to occur simultaneously with one or more of the following secondary signs or symptoms. Because the reproductive tissues (shukra dhatu) are intimately connected to and affected by the other six bodily tissues which form it, ED is referred to in Ayurveda as dhatukshaya, or "loss of tissues." Hence a number of seemingly unrelated conditions can appear: forgetfulness, memory loss, dull intellect, insecurity, loss of confidence, indecisiveness, irrational fears, edema, burning sensations in parts of the body, muscle flaccidity, inability to gain or retain muscle mass, craving for sweets, reduced immune function, sallow complexion.

Treatment

Simple preparations

- Brahmi leaf powder 1-3 grams with water 3X daily
- Equal parts of brahmi, vidari, and yastimadhu, 1-3 grams with 1 tsp honey and cow's milk 3X daily
- Equal parts of decorticated Kapikacchu seed powder, ashwagandha powder, shatavari powder with 100 ml. cow's milk and 25 grams of jaggery 3X daily
- Amalaki powder or tablets 1-2 grams with 1 teaspoon ghee 3X daily
- Mix four parts ashwagandha powder, two parts shilajit powder, one part gokshura powder, 3-6 grams with cow's milk 2X daily

Compound preparations

- Brhat vata chintamani 125 mg with jaggery (raw sugar) 2X daily
- Trailokya rasa chintamani 125 mg with jaggery (raw sugar) 2X daily
- Makaradhvaja 1 tablet with honey 2X daily
- Ashwagandharista 1 tablespoon with equal water 3X daily
- Brahmi ghrita 1 tablespoon with 100 ml. cow's milk and a pinch of pippali powder 2X daily

Dietary recommendations

Often: Basmati rice, wheat, mung dal, milk, butter, ghee, hen's eggs, swan's eggs, meat and soup of chicken, deer, rabbit, mutton, grapes, dates, mango, figs, pomegranate, powdered sesame seeds.

Seldom: chillies, pickles, pungent and very sour foods.

Massage oils

- Narayana taila
- Mahanarayana taila

- Guduchyadi taila
- Chandanbala laxadi taila
- Bala taila

In some cases, Ayurvedic acupuncture treatments (suchi chikitsa) can be effective as adjunctive therapy but only with a truly experienced vaidya who is trained specifically in this specialty.

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The Ayurvedic Concept of Immunity

The Ayurvedic concept of immunity in Ayurveda is a captivating and many-faceted subject. *Vyaadhiksamatva*, as it is known in Ayurveda, literally means "resistance (*ksamatva*) against disease (*vyaadhi*). Physical and mental resistance to disease is of enormous significance for all living beings; it regulates both prevention against and rapid recovery from diseases.

Vyaadhiksamatva (immunity) in Ayurveda is not immunity against a specific infectious agent or disease such as polio or rubella for which Western medicine provides "immunizations". Rather, *vyaadhiksamatva* implies a resistance against the loss of the integrity, proportion, and interrelationship amongst the individual's bioenergies (*doshas*) and tissues (*dhatu*s). This homeostasis among the supporting elements of the mind and body is known as *dhaatusaamyā*, and is the true meaning of immunity in the Ayurvedic system. It follows then that the Ayurvedic concept of immunity is intricately interwoven with the concepts of nutrition, *agni* (digestive fire), and tissue formation.

A synonym for *vyaadhiksamatva* which appears in the ancient texts is *bala*, generally translated as "strength" and both terms are used interchangeably. For example:

Tatra bala sthiropacitamamsataa sarvacestasvapatigaatah svaravarnaprasado bahyanamabhyantraranam ca karanamatmakarya pratipattirbhavati. (Sushruta samhita, Sutrasthana, 15:24)

Bala, the vitality principle, imparts firm integrity to the muscles, improves the voice and complexion, and fortifies the motor, sensory, and intellect to perform their natural functions.

Vyaadhiksamatvam vyaadhibalavirodhitvam vyadyutpadapratibandhakatvamiti yavat. (Charaka samhita, Sutrasthana, 28:7)

Immunity from disease includes both reducing the strength of those already manifested as well as prevention of those as yet unmanifested.

Have you ever observed that during flu season only some people in the same office or school will get sick, while others remain unaffected or affected to a lesser degree? This observation illustrates two important points - that the pathogenic factors require some essential favorable conditions to flourish and individuals are susceptible to the diseases to varying degrees. In the absence of such conditions or susceptibilities, an individual's immune response can eradicate the disease, preserving and sustaining a balanced condition (homeostasis). Unless a seed is sown in fertile soil it will not propagate, just as fire in a fuel-less or air-less place cannot exist.

We have stated that one's immunity is related to the health of one's tissues. The quintessence of all the tissues of the body is known as *Ojas*. *Ojas* is our vital energy which pervades all tissues, cells, and spaces; it is the ultimate distillation of each tissue combined together and is the main determinant of our

immune status and hence our resistance to disease.

Ojas is said to be of two types:

- 1. Para Ojas exists in a quantity of eight drops and is located within the heart; its loss leads to death.
- 2. Apra Ojas is distributed throughout the body.

The precise correlate of *ojas* in modern medical terms has yet to be defined.

In conditions like HIV infection, diabetes mellitus, and malnutrition, where loss of ojas is a preeminent feature, people are found to be susceptible to various other degenerative diseases or recurrent infections. As a general rule, those who indulge in an irregular routine, are deprived of sleep and exercise, and eat unwholesome food tend to suffer ill health. Conversely, those who maintain a regular, healthy routine and take wholesome food generally maintain good health. However, it can be observed that some people can tolerate and overcome disease even after indulging in irregular routine and unwholesome food, managing to live healthily and happily. It can also be noted that though some people follow a regular routine and eat wholesome food, they are still susceptible to disease and suffer ill health. These observations are due to additional factors which result in the maintenance or destruction of ojas, respectively.

Ayurveda offers multi-faceted and profound explanations for this phenomenon. Intake of wholesome food and a regular routine alone are not enough to prevent disease. Additional factors such as wrong understanding, disregard for natural cycles, constitution, immoral conduct, karma and exposure to unsuitable sensory perceptions (disturbing sounds, irritating contact with the skin, putrid smells, etc.) are also responsible for the onset of disease. Due to these factors, diseases manifest as mild or severe, acute or chronic, easily curable or difficult to cure/incurable.

There are three types of immunity (*vyaadhiksamatva* or *bala*) in Ayurveda:

1. *Sahaja*: Congenital or Natural
2. *Kalaja*: Time, Season, Age
3. *Yuktikruta*: Acquired

Sahaja Bala comes from the parents and is inherited. The effect will be at the chromosomal level. As this immunity is inherited, there is not much one can do except to pacify the defects through various modalities of Ayurveda.

Kalaja Bala is inclusive of the time of day, day of the week, season, age, and place of birth are important factors for enhancing immunity. Certain places have stronger and healthier climatic and environmental conditions. For example, places with an abundance of water, ponds, cool and pleasant climatic conditions

are kapha-dominating areas and contribute to stronger immunity. Also, strength is greater in the early morning, spring, and youth than in evening, summer and old age.

Yuktikruta Bala represents acquired immunity, in which disease can be defended against through Ayurveda. Ayurveda focuses on three plans for acquiring or enhancing immunity:

Rasayana is health promoting and rejuvenates the whole physiology, producing resistance against disease both physically and mentally. If a person has a strong mind, even serious diseases can be faced by the physiology as minor diseases.

Vyayama is exercise. Daily exercise of up to 50% of one's exertion capacity enhances digestion, strengthens tissue metabolism and promotes immunity.

Satmya is suitability. Adapting to wholesome substances and giving up unwholesome substances, to which the physiology has been addicted since birth, also promotes immunity. The classifications of Satmya are:

- a. **Universally Beneficial:** Certain herbs, foods and behavior are beneficial for everyone, regardless of constitution, location, season or condition. Examples include water, rice, night time sleep of 7-8 hours, and moderate exercise. There are also certain herbal and herbomineral preparations which are beneficial for all individuals (see below).
- b. **Universally Harmful:** Certain substances are considered harmful to everyone, including fire, alkalis, toxins, poisons, mixing milk with sour foods, mixing milk and salt, honey and radish, honey and ghee mixed together in equal proportions, honey heated beyond 108° Fahrenheit.
- c. **Beneficial or Harmful:** Some foods and exercises are good for one particular constitution but may be harmful for another. For example, ghee is good for Vata and Pitta constitution, but not for Kapha. In this classification of Satmya, foods should be administered in relation to individual constitution, season, location, food habits and health.

Additional factors which influence immunity in the body:

Uterine health of mother: A healthy uterus for a baby's growth can be likened to fertile and nourishing soil for a seed. **Nutrition after birth:** Wholesome, adequate and timely nutrition in infancy plays an important role in developing immunity. **Constitution:** Generally, Kapha constitution people have stronger immunity than Pitta and Vata constitutions. **Mind:** A strong mind oriented toward positive thinking increases one's Ojas and therefore is a major factor in one's immunity. **Karma:** In cases where

an individual has a strong and healthy constitution, healthy genetic makeup, and lives in accordance with nature through intake of wholesome foods and regular routine, yet still succumbs to a severe illness, subtle karmic factors may reveal themselves as having a prominent impact on immunity. **Meditation:** Meditation is a letting go of all thoughts and merging the mind in the Absolute. Disengaging the mind from thoughts and sensory stimulation on a regular basis naturally brings about greater self-awareness and vital energy, thereby enhancing mental/physical strength and overall immunity.

Rasyanas

Ayurveda makes use of both single herbs and compound formulations to improve and maintain immunity. In reality, even a single plant is a compound formulation, being composed of many hundreds of pharmacologically active molecules which have formed during the life cycle of the plant. Ayurveda teaches comprehensive principles for the combining of different herbs into a formulation. Herbs can be synergists, assimilators, antidotes, vehicles, or taste enhancers. The subject of herbal immunomodifiers is a vast and fascinating topic beyond the scope of this page. Ayurveda addresses immunological up-regulation primarily through the use of rasayanas. A rasayana is defined as a natural substance which promotes the strength and vitality, not of one isolated tissue or system, but of the entire organism. Western medicine used to call these preparations "tonics," they have all but disappeared today to be replaced by the reductionist practice of taking "vitamins". Below are listed some of the most common rasayanas used to promote immunity in people of all constitutions. These can be used by all individuals who wish to improve or maintain their immunity.

Single Herbs	Cmpd. Formulations
Ashwagandha Shatavari Brahmi Amalaki Garlic Guduchi Licorice root	Chywanprash Arogyavardhini Balasava Brihat Rasa Chintamani

In addition to the above list, which is by no means exhaustive, Ayurveda offers another type of rasayana called the medhya rasayanas which are specifically for protecting the integrity and function of the mind. They include the following single plants: shankhpushpi, vacha, brahmi, mandukaparni, ashwagandha, jyotismati, guduchi, jatamansi, kapikachchhu, and yastimadhu. Notice that there is some overlap with the previous list because some plants are nourishing for both the somatic tissues as well as the mind. Compound medicines used for this purpose include: ashwagandarishtha, saraswatarishtha, brahmi rasayana, smirtisagara rasa, and krisnacaturmukha rasa.

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Cutting Edge Information

Cutting Edge Information

General Information About India: Motherland of Ayurveda

- **OFFICIAL NAME:** Republic of India
- **NATIONAL CAPITAL:** New Delhi
- **SYSTEM OF GOVERNMENT:** Multiparty Federal Republic
- **AREA:** 1,222,725 Sq Mi (Compare U.S. 3,618,791 Sq Mi)
- **ESTIMATED 2004 POPULATION:** 1,098,454,000 (Compare U.S. 272,102,000)

25.9% urban, 74.1% rural (1994). Sex Distribution; 52% male, 48% female (1994).

LOCATION & GEOGRAPHY

India is located in a south Asian projection of land known as the Indian sub-continent. It is bound by Pakistan to the northwest, China, Bhutan and Nepal to the north, Myanmar and Bangladesh to the east, the Bay of Bengal to the southeast and the Arabian Sea to the southwest. It is the second largest country in Asia and the territory also includes the Andaman, Nicobar and the Lakshadweep Islands.

Mainland India can be divided into four topographical regions.

- The far northern region or Himalayan mountain region which comprises three parallel ranges and a large plateau.
- The Indo-Gangetic Plain which is formed by the basins of the Ganges, Indus and Brahmaputra Rivers.
- The central region which is divided into the Great and Little Deserts.
- The southern region which includes a narrow coastal plain along the Arabian Sea and a broader one along the Bay of Bengal.

The Indo-Gangetic Plain is separated from the southern region by mountain ranges and a plateau on the Deccan Peninsula, which are flanked by the Western and Eastern Ghats.

The rivers of India are generally divided into the Himalayan and peninsula rivers, and the principal rivers include: the Ganges with its tributaries, the Jumna, Yamuna, Ghaghra, Gandak, Kosi, Chambi, Betwa, Son, Mahanadi, Godavari, Krishna, Cauvery, Narmada and Tapi.

The major cities and 2004 estimated populations are as follows: Mumbai (Bombay) 10,560,500, New Delhi 7,842,600, Calcutta 5,683,200, Madras 4,695,000, Bangalore 4,512,800, Hyperabad 3,850,000, Ahmadabad 3,246,700, Kanpur 2,354,400, Nagpur 1,720,300, Lucknow 1,650,500, Pune 1,610,

CLIMATE

India has a sub-tropical climate that is characterized by the two Asiatic monsoons with four fairly distinct

seasons which are, more or less, common to the entire sub-continent:

1. A relatively cool winter monsoon season. (Dec.-March)
2. A hot and rainless transitional season. (April-June)
3. A rainy monsoon season and (July-August)
4. A humid season. (Sept.-Dec..)

Typical New Delhi Average Temperatures. January-February: 47-74°F; May-June: 80-105°F; July-August: 70-82°F; October-November: 76-88°F

RELIGIONS

Approximately 84% of the population are Hindu, 11% are Muslim, 3% are Christian, 1% are Sikh while just under 1% are Buddhist and .5% are Jain.

LITERACY (age 25 or greater)

- o % population with no formal schooling: 63.4%,
- o % population with incomplete primary school: 7.2%
- o % population completed primary school: 11.2%
- o % population incomplete secondary school: 6.4%
- o % population completed secondary school: 7.4%
- o % population with university/graduate degrees: 2.8%

Literate population (aged 15 or greater): 49.8% (1994)

CURRENCY

The official currency is the Rupee (Rs) which is divided into 100 Paisa. Currently the exchange rate is 1 USD = 48.2 Rs

(The following information was culled from The Wealth Of India)

MAJOR INDUSTRIES

Agriculture, Beverages, Cement, Chemicals, Coke, Fertilizers, Food Processing, Iron and Steel, Machinery, Oil Refining, Software Development, Textiles, Transport Equipment.

MAJOR TRADING PARTNERS

Its main trading partners are the USA, Russia, the UK, Japan, Iran and Iraq.

MAJOR PRODUCTS

Barley, Bauxite, Chromium, Coal, Cotton, Copper, Fruit, Gemstones, Ground Nuts, Iron Ore, Jute, Limestone, Manganese, Mica, Millet, Oil and Gas, Potatoes, Pulses, Rice, Sorghum, Sugar Cane, Tea, Vegetables, Wheat.

MAJOR EXPORTS

Computer Software, Fish, Gemstones, Grains, Handicrafts, Iron Ore, Leather, Tea, Textiles.

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