

AyurvedaNews

Chakrapani Ayurveda Clinic & Research Center
Chakrapani Global Center for Training & Research in Ayurveda

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This issue's quote

Become the change you want to see in the world. - Mahatma Gandhi

Testimonial on our Consultation Service

"Hi Garry ! Thanks for the phone call and the push a few weeks ago. Since then I have been taking the powder twice a day, everyday ! I do feel better along with the chandraprabha tablets and the kaishore guggulu tablets. The hot flashes are almost gone, down to one or two a day and very tolerable. Thank you for being patient and talking me through what I really needed !.

- Lorrie Moore, USA

(Thanks Lorrie for the wonderful compliments and appreciation.....)

Kindly visit us at <http://chakrapaniayurveda.com> to use our free Ayurveda online consultation facility.

Dr. Rajesh's visit to USA:

Our CEO Dr. Rajesh Kotecha, M.D. (Ayurveda) is in USA and he will be there till 9th October. He is again invited to the community in the West and mid West of USA to give lectures, Panchakarma therapy, consultations and conduct workshops. This is his 9th US trip in 4 years. We are thankful to Mr. Gary Grewal, President of Garry and Sun, USA & the organizer of his travels and also to all the people who have taken advantage of his visits to US. He has received wonderful testimonials about his skills and ability as an Ayurveda expert. One can see these testimonials at <http://chakrapaniayurveda.com/testimonials.html>. We invite our readers of USA to attend any of his events to be organised during above said period. He will be visiting Omaha, Nebraska; Cedar Rapids, Iowa and Reno, Nevada. To get the details of his travel and to register for an appointment with him, kindly call Mr. Gary at 1-888-98-HERBS. One can see his travel schedule at <http://chakrapaniayurveda.com> or at <http://garrysun.com>.

Editor's Note:

The today's feature article entitled "**Saraca Indica (Ashok) - The Sorrowless tree of India**" is a contribution of Vivek Gupta. This interesting article provides valuable information on Ashok (Saraca indica), a well known medicinal plant of India. This is a very good effort of Vivek in providing total information of this important herb of Ayurveda.

We are thankful to Gilgi Hauser for helping us edit this issue of AyurvedaNews. Do enjoy reading AyurvedaNews. Each issue contains new information and new articles.

We invite your views and ideas on the subject matter and content of our feature articles. Our wish is to help you and for this we need your input to help us to serve you. So please keep us posted with your views, ideas and preferences.

Saraca Indica (Ashok) - The Sorrowless tree of India: By Vivek Gupta

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A small evergreen tree 6-9m high, found wild along streams or in the shade of evergreen forests. It is found almost throughout India up to an altitude of 750m in the central and the eastern Himalayas and the Khasi, Garo and Lushai hills; it is also found in the Andaman Islands. Leaves paripinnate, 15-20 cm. long, leaflets 6-12 cm, oblong or oblong-lanceolate, 7.5-22.5 cm. X 1.25 cm., rigidly sub-coriaceous; flowers orange or orange-yellow, eventually turning vermilion, very fragrant, in dense axillary corymbs; pods flat, leathery, 10-25 cm. X 3.5-5 cm., seeds 4-8, ellipsoid-oblong, 38 cm., compressed.

The plant is one of the most sacred trees of the Hindus and Buddhists, the flowers, being much used for religious ceremonies and temple decorations.

The bark is dark brown or grey or almost black with warty surface. Tannin (6%), catechol, an essential oil, haematoxylin, a ketosterol (m.p., 25⁰), crystalline glycosidal constituent, a saponin (C₁₀H₂₁O₁₄), an organic calcium compound (C₆H₁₀O₅Ca), and an organic iron compound have been earlier reported in the bark. The ketosterol seems to be androgenic in nature. The activity of the drug appears to be due to the presence of the steroidal component and the calcium salt.

Aqueous extract of the bark is reported to contain two active principles, one stimulating and the other relaxing the plain muscle of the ileum of the guinea-pig. The drug is reported to stimulate the uterus, making the contractions more frequent and prolonged. The crystalline glycosidal substance is also reported to stimulate uterine contraction. It is suggested that the drug may prove useful in all cases of uterine bleeding where ergot is indicated. The drug is reported to have a stimulating effect on the endometrium and ovarian tissue, and is useful in menorrhagia due to uterine fibroids, in leucorrhoea and in internal bleeding, haemorrhoids dysentery. The presence in the bark of a powerful oxytocic principle (phenolic glycoside P2) has been recently reported. Alcoholic extract of the bark is reported to be active against a wide range of bacteria, and aqueous extract has been found to enhance the life – span of mice infected with Ehrlich ascites Carcinoma and reduce the weight of S-1'80 (Sarcoma tumourline S-180) tumour.

Some traditionally used properties of Ashok as mentioned in sacred Ayurvedic Text

Ashoka is one of the most legendary and sacred trees of India. Ashoka is a Sanskrit word meaning without grief for that which gives no grief.

Ashoka is also seen as a remedy for women, allowing them to be feminine. The tree is regarded as a guardian of female chastity. The Vrikshadevatas – the gods of trees who represents fertility – are known to dance around the tree, and are worshiped by childless women.

Ashoka tree has been traditionally and extensively used in India for the overall support of the uterine function. It contains phytoestrogens and has been shown to facilitate hormone utilization. Another benefit associated with Ashoka tree is its mood enhancement properties.

Rasa (Taste): Kashaya (astringent), Katu (pungent)

Virya (Energy): Shita (cold)

Vipaka (Post-digestive action): Katu (pungent)

Guna (Qualities): Laghu (light), Ruksha (un-unctuous, dry)

Prabhava (Special potency): Its special affinity to uterine musculature and as a female tonic

Dhatu affinity (Tissues entered): Female reproductive system, uterus, ovaries, endometrium.

Pharmacological Action: Strongly astringent, uterine sedative, ovarian and endometrium stimulant, hemostatic, Rasayana, anti-hypertensive, anti-convulgent, diuretic. Ketosterol and calcium salt are considered important in treatment of menorrhagia.

Indications (Uses): Menorrhagia, dysmenorrhea, polymenses, cystic ovary, fibroid tumor, uterine affections, internal bleeding, hemorrhoids, for threatening abortion (such as a rush of discharge in 3rd month) or miscarriage (1st 2 months of pregnancy), bleeding piles, candida dysmenorrhea, amenorrhoea.

Contraindications (cautions): Thrombophlebitis and thrombotic disorders.

Healthcare properties of Ashoka (In traditional practice):

- 1. Abdominal discomfort:** Boil the bark of Saraca asoca with cow milk. Add some powdered sugar candy to it. Filter it with a cloth. Take this orally once a day with honey for 21 days.
- 2. Cut wound:** Grind the bark of Saraca asoca and make a paste. Warm this paste. Apply this paste over the wound once in a day for two days.
- 3. Hysteria:** Boil the bark of Saraca asoca in an earthen pot. Extract juice from it. Take this juice twice daily for a week.
- 4. Leucorrhoea:** Boil the bark of Saraca asoca with cow milk. Add some powdered sugar candy to

it. Filter it with a cloth. Take this orally once a day with honey for 21 days.

5. Menstrual disorder: Grind together the bark of Saraca asoca with two numbers of Black pepper and 2g latex of Salmalia malabarica. Mix this paste with a small quantity of water that has been used for washing rice. Take this orally in empty stomach with honey once a day in the morning for three days (Take only when menstruation starts).

Author of feature article Mr. Vivek Gupta is M.Sc. (Zoology), P.G. Diploma in Marketing & Sales Management. He is presently working with M/S Maheshwari Pharmaceutical (I) Ltd. Sahibabad, Ghaziabad; as Sr. Manager. He is working from last 15 Years in the field of promotion of Ayurvedic Patent and Classical Medicines, with a commitment to development of confidence in Ayurveda in the field of modern system of treatment. You can contact him personally at - udeerna@indiatimes.com.

Do you wish to get 100% natural and fresh Ashok (Saraca indica) herb powder, please contact us at - manish@chakrapaniayurveda.com .

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Interesting health News: Scientists Confirm Benefits of Turmeric Against Leukemia, Alzheimer's and Other Diseases

LONDON, ENGLAND: The growing popularity of Indian food is evident from the increasing number of Indian restaurants opening up across the UK. But it is not merely the lure of the palate that ensures the success of the cuisine, now health benefits will add to the charm of a well-cooked dish. Scientists have found that spicy food could protect the body against damage that leads to cancers, in particular leukemia. Most children in India grow up with the knowledge of the benefits of turmeric, but on Thursday, a childhood leukemia conference in London was told that the root that gives yellow color to Indian dishes is an antioxidant which can protect against environmental chemicals that damage DNA. Scientists now increasingly believe that lower rates of leukemia in Asia may be due to the difference in diet. Turmeric is also said to slow the rate of diseases such as Alzheimer's and to possess anti-inflammatory properties that could help with Crohn's Disease. Speaking at the conference, Professor Moolky Nagabhushan, of Loyola University Medical Centre in Chicago, said turmeric blocks some of the harmful effects of cigarette smoke, protects against chromosome damage and prevents dangerous chemicals forming after eating processed food. It has been seen that curcumin, the compound that gives turmeric its yellow color, stops leukemia cells multiplying. He said: "Our studies show that turmeric - and curcumin - in the diet mitigate the effects of some of these risk factors." Ken Campbell, of the Leukaemia Research Fund, said leukemia was rare in people of Asian descent. He said: "This suggests that lower rates of childhood leukemia in India, China and Japan may, at least in part, be due to differences in genetically determined susceptibility."

Source: http://www.hindustantimes.com/news/5983_998910.00430005.htm

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Sincerely,
The AyurvedaNews Team

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