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Chakrapani Ayurveda Clinic & Research Center

November 11, 2001

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Your Continued Good Health is Our Goal.....

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1.).. **About the AyurvedaNews:** AyurvedaNews is an optional fortnightly newsletter available to those who have visited our site and have contacted us for free consultation and free constitution analysis or who have subscribed to this newsletter through our site. Our sites www.chakrapaniayurveda.com, www.AyurvedaHelpline.com and www.garrysun.com contain only the best and most pertinent material on Ayurveda and Holistic systems of medicine. This newsletter focuses on improving and popularizing Ayurveda and all the holistic systems of medicine.

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2.).. Testimonials:

Dear Sir, Please send me your AyurvedaNews and any other health related news regularly to my e-mail address for which I shall be ever grateful to you. I am regularly reading your AyurvedaNews, which is more helpful for my day to day life. Regards

K. Devendra Kumar kdevendarkumar@sify.com

Hi, Your newsletter is really cool. My mom sent it to me the first time and now I'm on your list. Thanks. Do you ever write a list of the different herbs and what they are used for? I would like to see that sometime. Thank you. All the best.

KP McCurdy kpmccurdy@yahoo.com

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Want Free Consultation on Ayurveda? Click <http://AyurvedaHelpline.com/consultation.html>
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3.).. Editor' s Note:The feature article of today's issue is on the subject " **Ayurveda Approach to Common Cold** ". This article incorporates small remedies and suggestions on Ayurveda herbs for common cold and related symptoms. These are the suggestions for primary health care as home remedies. Do enjoy reading all new things every time in the AyurvedaNews.

We are thankful to Prof. R. P. Bhatnagar, Professor Emeritus and formerly chairman, Department of English, University of Rajasthan, Jaipur for helping us in editing the AyurvedaNews.

Kindly keep us posted to encourage us.

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Visit <http://garrysun.com> for your every requirement of herbs and herb based all natural products
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4.).. Quote of the Issue:

"The physician, the drugs, the attendants and the patient constitute the four basic factors of the treatment. If they possess the required qualities, faster cure of diseases can be achieved."

- Charaka Samhita, Sutra Sthana: 9

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Want Free Constitution Analysis? Click <http://AyurvedaHelpline.com/constitution.html>
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5.).. Ayurveda Approach to Common Cold -Feature article edited by Manish Ojha

An oft-repeated story about the powers of a doctor is related to the common cold. It is said, rather disparagingly about the medical man, that a cold should be left alone for it will take seven whole days to get cured, while if you go to a doctor he will get rid of it in a week's time! Be that as it may, the person who suffers from the common cold and recurrently at that, will do anything to get rid of the red-rimmed, watering eyes and the nose that is at one time blocked and at other times running as though some internal plumbing has come loose ! A headache that makes labour pains attractive and feverishness and malaise that make fatigue after a Himalayan trek seem like a joke, are some other symptoms that a patient of the common cold will sniffle about. The disease is as common as it is untreatable and from time immemorial and the world over, doctors have aspired to discover the cure for the big C, be it the cold or the cancer !

Ayurveda has provided extremely valuable remedies that help when you are down. Perhaps these may not exactly classify them into Nobel Prize winning therapies for the common cold, yet they are useful at all times and provides some relief to the poor sufferer. Ayurveda describes that the major causes of the common cold are sudden weather changes, constant intake of cold drinks and smoke and dust particles.

If the cold is in acute stage, and accompanied by headache, sore throat and sneezing bouts with a running nose, application of **Sunthi** (dry Ginger) paste over the sinuses helps. A cloth bag that is warmed should be kept over the nose and forehead. A decoction made of a quarter teaspoon of **Sunthi** (dry ginger), **cinnamon**, **Tulsi leaves** (Ocimum sanctum), four corns of **pepper** and a few

sprigs of **lemon grass** laced with a spot of **jaggery** to improve the taste is just what is needed. It goes without saying that an **herbal tea** or **Kadha** (decoction) should be drunk when it is hot.

In general, addition of **Sunthi** (dry ginger), **black pepper**, **Pippali** (Piper longum) or **rock salt** to the cooked food will relieve the symptoms dramatically. In fact anything with a pungent and spicy taste, be it medicine or food, will dilute the Kapha character of the cold and make one feel much better.

Instead of the **herbal tea or Kadha** (decoction), the '**common cold pill**' can be made which can be popped into the mouth before every meal with hot water. An equal proportion of **Sunth** (dry ginger), **black pepper** and **Pippali** (Piper longum) is added to jaggery and the paste rolled into pills. Pills can be made of ginger and jaggery or lemon juice and jaggery depending upon individual preferences. With these small remedies, the nasal secretions will turn yellow and more viscous and the throat will clear up.

If there is an associated severe cough, one teaspoon of ginger or **tulsi** (Ocimum sanctum) juice taken with one teaspoon of honey along with a formulation called **Sitopaladi** in the dose of 1 teaspoonful twice a day is recommended. A commonly self-prescribed Ayurvedic tablet in such situation is **Tribhuvankirti**. This powerful compound acts almost similar to aspirin and produces instant relief (which is also temporary). Antihistamines, anti-inflammatory and pain killers used in conventional medicine are also only symptomatic medicines and both above remedies will only reduce the symptoms without tackling the cause. Most important thing is that they are harmless to the body.

After an attack of full-blown catarrh, the diet should consist for some meals of wheat, bajra, rice, kulith, radish and meat cooked with lot of garlic. Watermelon, pumpkin, custard apple, ice cream, yogurt and cold drinks should be avoided.

For further details or queries on above article you can contact us at info@AyurvedaHelpline.com

Credits for the Article:

1. Ayurveda Unraveled wrote by Sharadini Dahanukar & Urmila Thatte
2. On the basis of talk with Dr. Rajesh Kotecha ' Vaidya' , CEO of Chakrapani Ayurveda

=====Are you an expert in any one of the different Holistic Systems of Health? Please send your articles for publication in AyurvedaNews to Nachiketa, our editor at: nachiketa@id.eth.net=====

6).. Best Ayurveda Products from Chakrapani' s:

[Rasayanaprash](#)

[Ashwaqandha Bru](#)

[Memory Enhancer Bru](#)

[Herbal Face Pack](#)

[Herbal Revitalizing Cleanser](#)

[Herbal Hair Conditioner](#)

If you are in America or Canada, ask for these products at garrysun@aol.com and for the rest of world and India, contact manish@chakrapaniayurveda.com

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8.).. Medicinal plant of this issue: Amaltas (Cassia fistula) - A moderate sized tree 3.5-5m in height. Bark; greenish-gray or brick red. Leaves; paripinnate. Flowers; bright yellow, in long pendulous racemes. Fruit; cylindrical, in pod, drooping, dark brownish-black when ripe. Flowering from may to August. Fruit ripens during February to April. In pods the seeds are found are wrapped with the sticky brown pulp of about 1" diameter.

Cultivated as an ornamental plant for attractive yellow blossoms in pendant racemes and grows in many parts of India. One of the most widespread of forest trees in India. Usually occurring in deciduous forest, ascending to 12 m in the sub-Himalayan tract, common in north, middle and south India.

The following are ways you can use **Amaltas** in your homes and communities.

Constipation: The pulp of the pod is a mild safe laxative and so can be given safely to infants, pregnant mothers, and those persons possessing a delicate constitution. This can particularly be the case after fever and during fever to relieve constipation.

Diabetes, Gout and Rheumatoid Arthritis: Amaltas can be safely used for longer period.

Sore throat and Tonsillitis: A decoction of the bark can be used to gargle for relieving these complaints. The root is a strong laxative and anti-pyretic (brings down fever).

Constipation in breast-fed infants: The sticky flesh within the pods is used. A lump, the size of bengal gram (Channa) is put in 1 teaspoon of water for 5 minutes and fed to the infant. Dosage: 1-tsp. fed in the morning and evening for 3 days.

Ringworm: Half a cup of tender leaves are crushed to make a fine paste. Dosage the paste is applied every evening for seven days.

Intestinal Worms in infants: Use the sticky flesh in the pods. A lump, the size of a channa is put in 1 teaspoon of water for 5 minutes and fed to the infant. Dosage; this is fed to the infant in the morning, once only.

Scabies: A piece of bark is rubbed on a stone with a little water to make a paste. Dosage; every morning after a bath, the paste is applied till cured. The juice of the leaves is given to drink in cases of facial paralysis and is also applied to the affected part.

To kill vermin: 1 pod is crushed, boiled in a bucket of water and poured over furniture having the insects. Only once is necessary.

Skin diseases and wounds: Decoction of leaves used for washing an affected area

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9).. **Interesting statistics: Medicine wars**

Who pays for the research and development of new medicines? What medicines get most of the research and development money? These questions have been highlighted the recent controversy regarding the cost of anti-HIV drugs in South Africa. Private companies seeking to maximize profits, spend on medicines that can be sold to richer, developed nations. The cost of this ' economic rationale' is born by the people of developing and poor nations. Illnesses like malaria get ignored and millions are spent on drugs, which promise to cure the ailments of affluence.

Drug wars - Pharmaceutical companies, claims of investing in research are disputable

- The research and development cost of an average new drug is only US \$ 57-71 million
- Only 22% of the new drugs in the last two decades were medically innovative
- Some of the top pharmaceutical companies spent twice the amount on advertisement than they did on research and development

Value of the medicines - Not even one-third of the new medicines produced in the US are important for the cure of any important disease

- Important therapeutic values - 16%
- Modest therapeutic values - 53%
- Little or no therapeutic values - 31%

Public costs, private profits - While private companies enjoy profits from selling medicines which find large usage, it is public-funded research which helps develop these medicines

Who paid for research that led to the five highest-selling drugs in the US?

- Foreign academic institution - 30%
- Public funded research - 53%
- Private industry funded research - 15%

For highest selling medicines in the US, the percentage of cost borne by either the US public or foreign research institutions is as follows:

- Varotech - 86%
- Zantec - 80%
- Mozac - 77%
- Zovirax - 75%

Courtesy: Down to Earth, Center for Science and Environment, New Delhi, India. Nov I. edition

To procure Ayurveda herbs and 100% all natural Ayurveda products in US, Canada and Europe, please contact garrysun@aol.com and for getting them in India, please

contact manish@chakrapaniayurveda.com.

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Your valuable suggestions will help us in our efforts at continuous improvement.

Sincerely,
The AyurvedaNews Team

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