



From the Founder:

Greetings from the Council for Ayurveda Research (CAR)! We are facing our first blizzard of the year here in Boston, USA, and hoping everyone in the line of the storm is safe and warm ☺

Welcome to the first issue of AyuUpdate in 2016. I am very pleased to announce that CAR received a fantastic response to its first introduction internationally, at the 1st International Conference on Advances in Asian Medicine (ICAAM) organized by the International Association for the Study of Traditional Asian Medicine (IASTAM). Many possibilities have emerged for Indo-US collaborations and MOUs. Will keep you all updated as engagements and projects unfold.

It is also with pleasure I share that we are now a 32 member strong team at CAR and several more experts and researchers lined up to join in the next few months. We now have someone heading our Volunteers Committee and volunteers are beginning to trickle in. Most importantly, CAR has put together a team of Case Study Mentors who will be able to help and guide practitioners to fine tune and up the quality of their case studies, for publishing. So here is calling out to all practitioners to document their cases, write case studies and avail of our free guidance, if needed.

Last but not the least, CAR will soon be incorporated as a non-profit. Work in this direction has already started. Write to us at ayurvedaresearchusa@gmail.com to let us know your thoughts. And take a minute to fill out our short survey: <https://www.surveymonkey.com/s/6D9VH82>

We look forward to hearing from you!



Pratibha Shah

(Pratibha Shah, Masters In Ayurveda, MPH)

News and Upcoming events



INTERNATIONAL EVENTS

- 12th National Conference on Ayurveda to be organized by National Ayurvedic Medical Association (NAMA), USA, from April 14th to 17th, at Warwick, Rhode Island, USA. <http://www.ayurvedanama.org/?page=2016Conf>
- Botanica 2016 to be organized at University of Sussex, Brighton, England from September 2nd to 5th

INDIAN EVENTS

- Global Ayurveda Festival to be held from 29th January to 2nd February at Kozhikode, Kerala. More than 5000 delegates and more than 50 National and International Speakers are going to participate in this gala event of Ayurveda. www.gaf.co.in/
- International seminar on prevention, promotion and pacification of Ayurvedic landscape is scheduled to be organized by J. B. Roy State Ayurvedic Medical College and Hospital, Kolkata from 9th to 11th February, 2016.

Research Abstract

A Comparative Study of Shankh Bhasma and Guduchi Satva in Urdhva Amlapitta Patients along with Anupaan Koshn Jala

Dr.Chavan.V, Dr.Urunkar.N, Dr.Kushnadev.S, Dr.Shiralkar.MV and Dr.Lad.H



“ Quote of the month “

All activities are meant for the happiness of all the living beings; such happiness is based on Dharma (righteousness, right moral conduct) hence every person should adopt righteousness always.

Ashtanga hridaya/sutrasthana/2/20

“ Kitchen Spice Tip “

3 gm of Dried powder of pomegranate fruit peel taken along with hot water in empty stomach acts as anti-helminthiasis.



Domain Expert Corner



Mechanism of Blood Clotting in Ayurveda

Ayurveda believes in the principles of Tri-dosha (Vata, Pitta, Kapha) and Pancha-mahabhuta (Pruthvi/earth, Aap/water, Agni or Teja/fire, Vayu/air, Akasha/space) in the formation of Sharira (body). Each of these 3 dosha has dominance of particular mahabhuta in its formation.

- Vata – comprises of vayu and akasha mahabhuta
- Pitta – comprises of agni and aap mahabhuta
- Kapha – comprises of pruthvi and aap mahabhuta

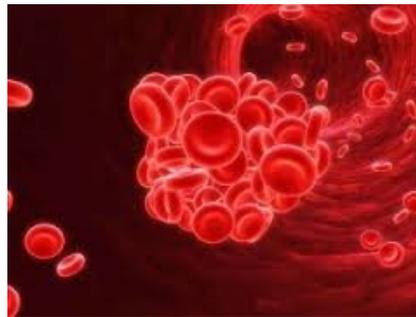
The mahabhuta that constitute a particular dosha is responsible for relaying some guna/properties or features to that particular dosha. The different bodily mechanisms are an outcome of the normal functioning of these 3 dosha, and abnormality in it leads to a disease. Here is an idea to understand the concept of abnormality in the flow of blood, causing either clots or hemorrhage (which can lead to the most common neurological presentation of today, Stroke).

Prolonged use of snigdha (unctuous), guru (heavy), abhishyandi (obstructing) food articles causes an Imbalance between pruthvi and aap ratio (composition of Kapha dosha) – increased pruthvi with decreased aap. This in turn vitiate the kapha. Which in turn causes Sanghaata (aggregation) in mamsa peshi polymerization of fibrins and leads to Clotting.

The mechanism of anti-coagulation can be understood as follows,

Prolonged use of foods with Katu rasa (pungent taste) are predominant in Vayu and Agni mahabhuta composition. This leads to Shoshana (dryness), which in turn causes Sanghaata bhinattikara (breaking down of the aggregated matter). Vata and Pitta can cause bleeding diathesis when become vitiated. Vata causes tanutaa (thinning) and Pitta causes dravataa (liquefaction), which in turn causes Bleeding diathesis

- Prof. Dr. Satyendra Narayan Ojha



Vasant Ritucharya

The word Ritucharya is derived from "Ritu" meaning Seasons and "Charya" meaning to follow a routine. Hence Ritucharya is the Seasonal Routine, by following the Seasonal lifestyle & diet people can stay away from seasonal diseases and can have a healthy life. As per Ayurveda, The duration from mid March to mid May constitutes the Vasant Ritu or Spring season.

During Spring the Climate gets warmer and the heat reduces the digestive power of body, As a result Kapha increases leading to various diseases like Cough, Cold, Allergies, Sinusitis, Indigestion to name a few. It is a known fact that Spring is the time of year for seasonal allergies. As the trees start to bloom and the pollen is released into the atmosphere, allergy sufferers begin their annual ritual of sniffing and sneezing. Each year, 58 million Americans fall prey to seasonal allergic rhinitis, more commonly known as hay fever.

Ayurveda hence advices certain Lifestyle modifications which could prevent people from getting the Recurrent Allergies, hay fever and Asthma

1. Exercise and Lifestyle modifications: Regular Exercise and Avoid Sleeping in daytime can prevent kapha accumulation. Exercise appears to have the advantage of being able to jump-start the immune system, and that can help reduce the number of colds one gets. With exercise, the number and aggressiveness of certain immune cells, such as the ones called natural killer cells, increase by as much as 50% to 300
2. Diet :It is advised to have easily digestible food which are low in calories during the spring season as the digestion is slow. Ayurveda believes that all the diseases are primarily due to a faulty digestion . It has now been proved that the Gastro intestinal system is a major organ of Immunity . The reason for this being that the defence of the body is vested largely in the lymphatic system and its lymphocytes. And A substantial part of the gastrointestinal tract is occupied by lymphoid tissue . The interaction between these cells of the lymphatic system and the threatening agent is the basis of defense in the gastrointestinal tract.
3. Yoga :During spring certain Poses To Aide Digestion can be adopted : A few examples being Trikonasana (Triangle pose), Paschimottanasana (Forward bending pose) , PavanaMuktasana , Matsyendrasana and Ushtrasana (Camel pose)

- Abhishek A. Lulla, B.A.M.S; Masters In Ayurveda

Case Study

Ayurveda for Allergic Rhinitis



Background - Allergic Rhinitis refers to immunoglobulin E mediated inflammation due to exposure to foreign substances referred to as allergens. This inflammation can cause a variety of annoying symptoms including sneezing, itching, nasal discharge and stuffiness. Additionally the sense of smell and ability to taste can be altered. The disease itself isn't grave but affects the individual's quality of life and is associated with comorbidities like asthma, Eustachian tube dysfunction, sinusitis and conjunctivitis. It is estimated that more than 20% of the world population suffers from IgE mediated allergic diseases.

Objective - The objective of this case study is to describe the efficacy of Ayurveda medicines in treating Allergic Rhinitis.

Clinical features - A female patient aged 35 years, complains of early morning sneezing, itching in the nose, redness and watering of eyes since 1 year. These symptoms would develop immediately after exposure to dust. Patient had no family history. She was using nasal sprays (antihistamine) to relieve the symptoms but found only temporary relief.

Intervention and treatment - Nimbadi Kashaya, Bilvadi Gutika, Haridra Khanda was the combination of medicines prescribed. Patient found 70% relief by use of these medicines for 15 days and after 15 days Haridra Khanda was continued for another 1 month by which there was further reduction in her symptoms.

Conclusion - In modern system of medicine oral antihistamines are the first line of treatment and then intranasal corticosteroids are the most effective treatment for reducing allergic rhinitis, which controls the symptoms when in use but again flares up on exposure to the allergens. Whereas Ayurveda is more effective in curing allergic diseases as it helps build resistance and not just cure the symptoms.

- Shoma V. Nayak

Contact Us

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