



CHAKRAPANI AYURVEDA ISO 9001 & ISO 22000

**From the Desk of Dr. Kotecha
2011**

November-

Dear Readers,

The life style and the stress of present day are increasing vata and people suffer from the vata disorders. In my clinical experiences I am seeing more and more patients of Parkinson's, which now is the most common among the motor neuron disorder. Parkinson's disease is a progressive, neurodegenerative disorder that affects movement, muscle control, and balance as well as numerous other functions. I was using the Kapikachhu bean or Kaunch. Botanically it is known as *Mucuna pruriens*.

After observing the great clinical results of *Mucuna* on patients of Parkinson's disease the thought went through my mind why not reach to those mass of people who are unaware of this nature's gift. So we have decided to present a very informative article on Kaunch to our readers.

We heartily welcome your suggestion on our newsletter how to make it more useful and knowledgeable.

Best Regards and Namaste.

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KAPIKACHCHU - *Mucuna pruriens* Bak by - Dr. Parvathy Rajeev

The challenges the world presents us seem to be growing dail, requiring greater effort to maintain balance. The nature itself has the solution in its flora and funa. The world of natural plants is filled with compounds that are beneficial to our health. The best example is the magic bean or the velvet bean a multi-purpose herb that runs the gamut of health uses. *Mucuna* is known by many names throughout the world such as the magic bean, nescafé and bengal bean. *Mucuna* beans have been ground into a savory coffee substitute in Central America. The people of India eat it as a vegetable. But perhaps the magic bean's most popular usage is how the Brazilians use it - for sexual vitality. Increasingly, *Mucuna pruriens* is used as a health compound due to the concentration of l-dopa in the seeds.

The uses of *mucuna* can be dated back to vedic times. Ayurveda the ancient science of life , the Indian System of Medicine have explained *Mucuna* under many Sanskrit names recognizing its different properties and uses.

Sanskrit names :

- Atmagupta (well protected because of the pruritic trichome of the legume)
- Kapikachchu (one starts itching like a monkey – Kapi)
- Markati (hair covering like monkeys)
- Pravrushayana (grows in the rainy season)

Mucuna – as called in Brazil; *pruriens* = *prurita* – producing itching or irritable sensation when touched.

Being a creeper with long trifoliolate leaves and long purple flowers, the egg plant has violet flower, can be seen throughout the India and other tropical regions. The plant belongs to Leguminosae family, the fruits are legumes with abundant trichomes on the surface. These hairs on touch cause intense itching, burning and erythematous swelling of the skin which gives it the name Kapikachchu. It grows during monsoon. Flowering stage is from November to January, followed by fruiting.

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Chemical composition :

Seeds – seeds contain high concentrations of levodopa, a direct precursor of the neurotransmitter dopamine and is as effective as pure levodopa/carbidopa in the treatment of Parkinson's Disease. It also shows anti- depressant action so is effective in depressive neurosis. Also improves sexual functions.

It also contains mucunine, mucunadine, prurienine, purienine, tryptamine, proteins, oil and a trace of manganese.

Seed oil : It is abundant in stearic, palmitic, myristic, alachidic, oleic, linoleic acids & sterol.

Pod – trichomes : It is abundant in 5 – hydroxytryptamine and an enzyme-protease-mucunain. Several alkaloids have been isolated. It contains serotonin (5-HT), 5-HTP, nicotine, N,N-DMT (DMT), bufotenine, and 5-MeO-DMT having psychedelic effects.

The hairs lining the seed pods and the small spicules on the leaves contain 5-hydroxytryptamine (serotonin) which cause severe itching (pruritus) when touched. The calyx below the flowers is also a source of itchy spicules and the stinging hairs on the outside of the seed pods are used in itching powder. Water should not be used if contact occurs, as it only dilutes the chemical. Also, one should avoid scratching the exposed area since this causes the hands to transfer the chemical to all other areas touched.

Whole plant : choline

Internal uses :

Nervous system :

The roots and seeds are tonic for the neurons.

The root is useful in hemiparesis and facial palsy.

The seed – powder is useful in Parkinson's disease.

The seeds of Mucuna pruriens accumulate 0.2% - 2% L-dopa in their dry weight.

to be continued.....

Product Of the Month : Chyavanprash

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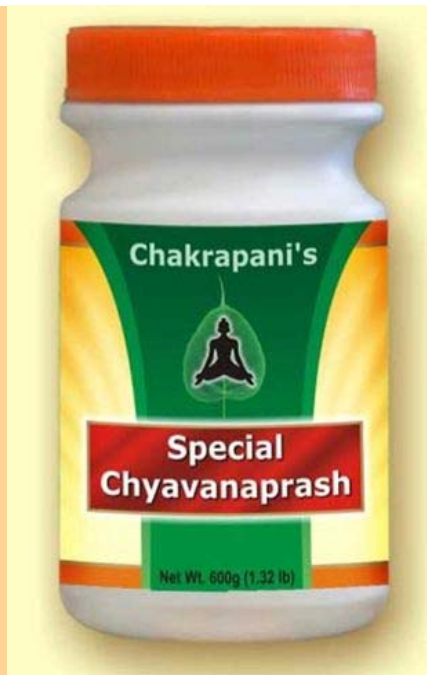
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Diet for Winter:

* Protein needs tend to be higher and diet must reflect this change by the addition of nuts, peas, beans and lean meat.

* Dairy products are also a good source of protein at this time and provide the required amounts of protein and calcium if incorporated into diet.



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* Dark-green, leafy vegetables are excellent at preventing skin dryness and cracking and also provide essential micronutrients to help fight infection.

World Ayurveda Congress 2012

The fifth edition of the World Ayurveda Congress (WAC) is scheduled to be held at Lal Parade Ground, Bhopal from 27th to 30th December 2012. It is expected to consolidate the momentum created by the successive editions of the Congress and enhance the popularity of Ayurveda across the globe. This world summit jointly organized by Vijnana Bharati and Govt. of Madhya Pradesh, being true to its past record, would bring diverse stakeholders of Ayurveda on a common, meaningful and popular platform.

<http://www.ayurworld.org>

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