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Vol 10 Issue VIII

SWINE FLU AND AYURVEDA

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For Archives of our earlier published Newsletters,

Dear Readers,

Whole world is facing a pandemic of Swine Flu. All health agencies are gearing up their energies to fight with this situation in every countries. The question is, what Ayurveda approach should be about Swine Flu? We have an article from Dr. Modha and Dr. Mrs. Modha covering this and also a news release about how Tulasi can help in prevention of Swine Flu. Enjoy reading this and kindly do not forget to send us your valuable feedback. This special issue of AyurvedaNews on Swine Flu is also an outcome of feed back received from few of our valuable readers.

Best regards and Namaste!

Rajesh Kotecha 'Vaidya'
Director
Chakrapani Ayurveda

DR. KOTECHA'S VISIT TO USA

Dr. Rajesh Kotecha, M.D. (Ayurveda), Director of Chakrapani Ayurveda, India will be visiting USA from 25th September to 9th October, 2009. He is again invited to the USA to give lectures, Panchakarma therapy, consultations and conduct workshops. He has received wonderful testimonials about his skills and ability as an Ayurveda expert. We invite our visitors of USA to attend any of his events to be organized during above said period. To get the details of his travel and to register for an appointment with him, kindly call Mr. Gary at 1-888-98-HERBS.

His program for the lectures, workshops, personal consultations and Panchakarma at different places in USA will be made available at our websites shortly.

TESTIMONIAL

Dear Dr. Rajesh,

I met you in March when the very kind Victoria Dyer bought me to you as I was writing an article for The Daily Mail newspaper in London. You kindly gave me some tablets and powder to help me with my kidneys and water retention. I am nearly at the end of the course and I would like to have another consultation over the internet if that is possible.

I cannot express my gratitude to you as my Kidney problems have cleared up a lot. I have seen top medical specialists here in London and since my trip to you they cannot believe the difference. It is a miracle where no one else could help. I have mentioned you to many people here in the UK and am in the process of writing a article about the Ayurvedic way.

I look very much forward to hearing from you.

Thanks so much.

Alex Longmore, UK

Swine Flu And Ayurveda by Dr. Joban Modha & Dr. Neha Tank Modha

Swine influenza (also called H1N1 flu, swine flu, hog flu, and pig flu) is an infection by any one of several types of swine influenza virus. Swine influenza virus (SIV) is any strain of the influenza family of viruses that is endemic in pigs. As of 2009, the known SIV strains include influenza C and the subtypes of influenza A known as H1N1, H1N2, H3N1, H3N2, and H2N3.

Swine influenza virus is common throughout pig populations worldwide. Transmission of the virus from pigs to humans is not common and does not always lead to human influenza, often resulting only in the production of antibodies in the blood. People with regular exposure to pigs are at increased risk of swine flu infection. The meat of an infected animal poses no risk of infection when properly cooked.

The Swine flu has been compared to other similar types of influenza virus in terms of mortality: "in the US it appears that for every 1000 people who get infected, about 40 people need admission to hospital and about one person dies". There are fears that swine flu will become a major global pandemic in the winter months, with many countries planning major vaccination campaigns.

Influenza is quite common in pigs; the main route of transmission is through direct contact between infected and uninfected animals.

People who work with poultry and swine, especially people with intense exposures, are at increased risk of zoonotic infection with influenza virus endemic in these animals, and constitute a population of human hosts in which zoonosis and reassortment can co-occur. Other professions at particular risk of infection are veterinarians and meat processing workers,

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CHAKRAPANI PRODUCT OF THE ISSUE

[Rasayanaprash:](#)

Your Immunity Cover against Swine Flu.

[Amalaki Tablets :](#)

Amalaki is known as the richest natural source of Vitamin C and as an anti-oxidant. Interestingly, the Vitamin C in Amalaki stays intact for long time and the temperature and other factors in the system do not harm its potency. This tablet can be taken as regular supplement of Vitamin C. In Ayurveda, it is described as the best fruit plant to contain rejuvenation and anti-aging properties; it can also be taken for maintaining a life long. Moreover, it helps in Amlapitta (acid peptic diseases), peptic ulcers, anemia, constipation and lack of appetite. It is one of the important component of the famous compound – Chyavana Prash and Triphala.

[Brahmi \(Bacopa monnierr\) :](#)

Whole plant is used in Ayurvedic, Unani and Siddha systems of medicine as a nervine tonic, diuretic and blood purifier. It clears voice and improves digestion. It is cold sweet, astringent, diuretic, laxative and a tonic for heart and nerves. It is indicated in

although the risk of infection for both of these groups is lower than that of farm workers.

Main Signs and symptoms of swine flu:

According to the Centers for Disease Control and Prevention (CDC), in humans the symptoms of the 2009 "swine flu" H1N1 virus are similar to those of influenza and of influenza-like illness in general.

Symptoms include fever, cough, sore throat, body aches, headache, chills and fatigue. The 2009 outbreak has shown an increased percentage of patients reporting diarrhea and vomiting. The 2009 H1N1 virus is not zoonotic swine flu, as it is not transmitted from pigs to humans, but from person to person.

The most common cause of death is respiratory failure, other causes of death are pneumonia (leading to sepsis), high fever (leading to neurological problems), dehydration (from excessive vomiting and diarrhea) and electrolyte imbalance. Fatalities are more likely in young children and the elderly.

Prevention :

According to Ayurveda, prevention is always better than cure, and the primary aim goal of Ayurveda is to maintain the health of a healthy person. As stated: "Swasthasya Swasthya Rakshanam..." here are the few preventive measures according to modern science and Ayurveda.

Prevention of swine influenza has three components:

- prevention in swine,
- prevention of transmission to humans,
- and prevention of its spread among humans.

The current trivalent influenza vaccine is unlikely to provide protection against the new 2009 H1N1 strain, so the control of swine influenza by vaccination has become more difficult in recent decades. But you don't worry even if you are not vaccinated. Start practicing Pranayama, especially "hot Pranayama like Bhastrika and Kapalbhanti"! This will improve your lungs capacity and immunity to combat any infections from the viruses.

Swine flu cannot be spread by pork products, since the virus is not transmitted through food but it spreads between humans through coughing or sneezing and people touching something with the virus on it and then touching their own nose or mouth.

The swine flu in humans is most contagious during the first five days of the illness although some people, most commonly children, can remain contagious for up to ten days. Diagnosis can be made by sending a specimen, collected during the first five days for analysis. So as soon as you feel discomfort with symptoms like sneezing, coughing and any other respiratory symptoms, start to have herbal tea, which is very common practice in India. The recipe of such herbal tea knows almost every mother or grandmother knows in India! well, if you don't know: let me explain:

Boil approximately 200ml of potable water, till it remains half and mix the following herbs in it.

- Juice of 10 to 15 fresh leaves of Tulasi (Basil),
- 5 ml of fresh ginger root juice,
- half spoon powder of cloves,
- half spoon powder of cinnamon bark,
- half spoon powder of peppermint leaves,
- half spoon powder of cardamom,
- half spoon of turmeric powder,
- half spoon of rock salt

Mix all these properly, add one spoon of honey when the tea is luke warm and have it twice or thrice a day.

These all-around wonder spices are said to help detoxify the liver, fight allergies, stimulate digestion, and boost immunity. All these drugs have anti viral, cleansing and antioxidant properties. It helps the free flow of oxygen to the brain, helps enhance digestion and circulation and stimulates the appetite. They are excellent for balancing Vaata and Kapha, which are the prominent Dosha in Swine influenza or any other respiratory track infections.

- Recommendations to prevent spread of the virus among humans include using standard infection control against influenza. This includes frequent washing of hands with soap and water or with alcohol-based hand sanitizers, especially after being out in public.
- Chance of transmission is also reduced by disinfecting household surfaces, which can be done effectively with a diluted chlorine bleach solution.
- Experts agree that hand-washing can help prevent viral infections, including ordinary influenza and the swine flu virus.

dermatosis, anemia, diabetes, cough, dropsy, fever, arthritis, anorexia, dyspepsia, emaciation and insanity. It helps eliminate excess fluids, decreases fatigue and depression, useful for connective tissue disorders, kidney stones, poor appetite and sleep disorders.

Shatpatradi tablet : Useful in cough, cold, rickets, chronic fever and anemia.

Kindly visit our recently launched websites on different aspects of Ayurveda as listed below:

<http://ariuna.co.in>
<http://ashwagandha.co.in>
<http://bestamla.com>
<http://anantmool.com>
<http://bhringraj.in>
<http://bilva.in>
<http://isabgol.co.in>
<http://mucuna.in>
<http://guggul.co.in>
<http://haritaki.in>
<http://shatavari.in>
<http://bestmusta.com>
<http://kantakari.in>
<http://bestneem.com>
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<http://gotucola.in>
<http://ayurvedaails.com>
<http://ghritkumari.com>
<http://qurmar.in>
<http://avipattikar.com>
<http://panchakarmaworld.com>
<http://psoriasis.co.in>

- Influenza can spread in coughs or sneezes, but an increasing body of evidence shows small droplets containing the virus can linger on tabletops, telephones and other surfaces and be transferred via the fingers to the mouth, nose or eyes.
- Alcohol-based gel or foam hand sanitizers work well to destroy viruses and bacteria.
- The Puja being done in Hindus has the similar disinfecting properties. Studies have shown that lighting the lamp of cow's Ghee has anti viral property. The Dhupana being done with the help of natural sticks (Agarbattis) and Guggulu has very effective disinfectant properties.
- Anyone with flu-like symptoms such as a sudden fever, cough or muscle aches should stay away from work or public transportation and should contact a doctor for advice.
- Social distancing is another tactic. It means staying away from other people who might be infected and can include avoiding large gatherings, spreading out a little at work, or perhaps staying home and lying low if an infection is spreading in a community.
- Public health and other responsible authorities have action plans which may request or require social distancing actions depending on the severity of the outbreak.

According to Ayurveda daily and dietary habits plays a major role in any disease. If your digestive fire is normal, your immunity will remain powerful and thus no infection can overrule you. So one should follow the ideal dietary regimen during seasons like monsoon and winter when the maximum chances are there for viral infections.

- One should avoid sleeping during the day hours.
- One should avoid traveling or being outdoors during the early hours of the day when there is dew and cold winds blow.
- Oil massage with oil possessing warm quality is beneficial.
- Clean and dry clothes should be worn.
- Individuals should avoid direct and strong cold winds.
- Avoid skipping meals.
- Try to move around the place of work instead of sitting in one place or do some kind of physical work. This will help you to refresh yourself, especially when you feel dull & lethargic.
- Try to avoid over exertion.
- Not delay or skip your meals, you should take meals at regular timings & in fixed quantities.
- Avoid damp, humid and cold weather, and environment.
- Avoid use of air conditioners.
- Drink a glass of water with two teaspoons of honey every day early in the morning.
- Always have fresh meals, prepared using minimum quantity of oil, or prepared with the help of Cow's ghee.
- Dry chatni & dry vegetables are recommended.
- Sprinkle your salads with dry ginger powder, and black pepper powder.
- Chewing of a bite of ginger before meals with little bit of salt is helpful to improve.
- Always choose warm food over cold food.
- Pickles made of 'Raw haldi' are recommended.
- Daily use of 'Honey' helps to control the excessive kapha.

Avoid:

- Regular use of sweets, butter, cheese, paneer etc.
- Dairy products especially curd and butter.
- Refrigerated, rewarmed, day old stale food, etc.
- Foods containing preservatives, artificial flavours, colours etc. Sauces, vinegar, pickles, chatani etc.
- Non-vegetarian food.
- Excessive use of Cheese, paneer, yogurt etc.

Ayurveda Treatment for Viral infections in cold seasons like Monsoon and winter:

If a person becomes sick with swine flu, antiviral drugs can make the illness milder and make the patient feel better faster. They may also prevent serious flu complications. For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms).

Beside antivirals, supportive care at home or in hospital, focuses on controlling fevers, relieving pain and maintaining fluid balance, as well as identifying and treating any secondary infections or other medical problems.

The virus isolates in the 2009 outbreak have been found resistant to amantadine and rimantadine. In the U.S., on April 27, 2009, the Food and Drug Administration (FDA) issued Emergency Use Authorizations to make available Relenza and Tamiflu antiviral drugs to treat the swine influenza virus in cases for which they are currently unapproved.

In such condition following Ayurveda drugs may be started as soon as possible. Few of these drugs have been found very effective in current research works and are being practiced in India

since thousands of years for combating various seasonal and viral infections.

- [Sanjivani vati](#)
- [Sitopaladi churna](#)
- [Sanshamani vati](#)
- [Vasadi vati](#)
- [Trikatu](#)
- [Chyavanprash](#)
- [Yastimadhu ghan vati](#)
- [Haridrakhand](#)

Panchakarma procedures like Nasya Karma and Sadya Vamana Karma are also very useful for all respiratory track infections.

It is advisable to remain under medical supervision of a qualified and experienced Vaidya. We have seen miraculous results of above said drugs in various viral infections in thousands of patients in our clinical experience.

There is no doubt that above said drugs and Panchakarma helps to expel Kapha from the body and also helps to stop or to slower the viral load from the body, which is ultimately responsible for high grade fever and other symptoms which are responsible for high rate of mortality

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 Source: <http://mangalorean.com>

INTERESTING HEALTH NEWS

Indian herb: Tulsi (basil) can help keep swine flu away: Ayurvedic experts

Lucknow, May 27: Wonder herb Tulsi can not only keep the dreaded swine flu at bay but also help in fast recovery of an afflicted person, Ayurvedic practitioners claim.

"The anti-flu property of Tulsi has been discovered by medical experts across the world quite recently. Tulsi improves the body's overall defence mechanism including its ability to fight viral diseases. It was successfully used in combating Japanese Encephalitis and the same theory applies to swine flu," Dr U K Tiwari, a herbal medicine practitioner says.

Apart from acting as a preventive medicine in case of swine flu, Tulsi can help the patient recover faster.

"Even when a person has already contracted swine flu, Tulsi can help in speeding up the recovery process and also help in strengthening the immune system of the body," he claims.

Dr Bhupesh Patel, a lecturer at Gujarat Ayurved University, Jamnagar is also of the view that Tulsi can play an important role in controlling swine flu.

"Tulsi can control swine flu and it should be taken in fresh form. Juice or paste of at least 20-25 medium sized leaves should be consumed twice a day on an empty stomach."

This increases the resistance of the body and, thereby, reduces the chances of inviting swine flu," believes Patel.

Please visit us at <http://chakrapaniayurveda.com/tulsi.html> for fresh Tulsi preparation

CONTACT US

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