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Vol 10 Issue V

AYURVEDA ON INDIGESTION

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Dear Readers,

Thanks for your tremendous response and your valuable help in our constant endeavor for improvement. We have received compliments from different parts of the World for achieving GMP certification for manufacturing of Ayurveda supplements, medicines and products. This is another quality certification as we do have ISO quality certification also since last 2 years. Thanks for your encouraging words.

We have important inputs about Ayurveda approach on indigestion as feature article in today's issue. We welcome your feedback and suggestions. We are committed to you to serve you better with the help of Ayurveda. Please don't forget to give your feedback when you visit our websites next time. We invite your views and ideas on the subject matter and content of our feature articles. So please keep us posted with your views, ideas and preferences.

Best regards and thanks.

Dr. Rajesh Kotecha 'Vaidya', M.D. (Ayurveda)
Director,
Chakrapani Ayurveda Clinic and Research Center

DR. KOTECHA'S VISIT TO COLOMBIA AND CURACAO, ANTILLES ISLANDS

As we all know that Dr. Kotecha is being invited to different countries for consultation, Panchakarma and workshops on Ayurveda. He just came back from his visit to South and Central America on 2nd June. He did visit Bogota, Colombia from 13th May to 23rd May and later Curacao, Netherlands Antilles from 24th May till 31st May. In Colombia, he was the key faculty in Universidad Externado for a course on Mental Health therapeutic Perspective of Ayurveda to the health professionals and University students. He also conducted workshops on Rasayana - Antiageing approach of Ayurveda and Ayurveda approach to food, nutrition and life style. In Curacao, he was the key resource person for an Ayurveda Week celebrated by Curacao Vedic Foundation who arranged a series of public lectures, teachings and symposiums. Local TV and print media have given wide coverage to all these events and in this island, Ayurveda became center of attention during the week. We thank Ms. Gisele Dupuis, Ms. Stella Dupuis & their team in Bogota, Dr. Hernando and his colleagues at Universidad Externado and Ms. Soraida Bishop, Mr. Glen & their team in Curacao for wonderful arrangements during visit of Dr. Kotecha to their areas. From 17th to 21st June, Dr. Kotecha will visit France and his contact details in France is available below.

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AYURVEDA ON INDIGESTION

The word "Indigestion" is commonly used to describe the discomfort in one's belly mostly caused after food consumption. Fullness, bloating, nausea, heart burn are other symptoms of Indigestion.

Before discussing Indigestion, understanding the process of digestion is very essential. The Ayurveda approach of explaining digestion is very simple and effective. The food we eat is digested by Agni or body fire which is present in our body. It is very much similar to the way we cook the food. The Agni or body fire helps to digest the food which is consumed, much like the fire of a stove cooks the food kept on it. The Agni is mainly situated in Jatara or in upper part of digestive system and is called as Jataragni. The Agni is further categorized as Bhootagni (which digests the 5 pancha mahabhoota factors present in food), Dhatwagni (The agni present in tissues which help them to absorb required nutrients), Malagni (the agni which helps in formation of body wastes like stools, sweat and urine). The Jataragni controls bhootagni, dhatwagni and malagni. Through this it is evident that ayurveda approach of digestion explains cellular metabolism too. The factors which help agni to digest the food completely. :Thridoshas -Vata , Pitta and Kapha help agni to digest the food. This can be understood through the following figure. If the process of digestion is compared to that of cooking rice, the stomach, like the vessel, receives food. Vata provides the necessary conditions like the air blower, Pitta acts like the stove, providing optimum working conditions while Kapha provides the moisture needed much like the water in the vessel. When all these factors are normal and well balanced, an optimum condition is created to digest the food completely. When food is completely digested by all the agnis, the body tissues will be well nourished and one is blessed with attractive complexion, glow, longevity, strength, good health, growth, enthusiasm, vitality and overall healthy development of body and mind. The indigestion occurs when agni is imbalanced by the factors (tridoshas) which help agni to digest food. The variations of agni due to tridoshas are of 4 types.

Samagni (balanced agni) :The agni which is well balanced due to balanced tridoshas indicate the condition called Samagni. Samagni digests the food completely and nourishes the body tissues very well.

Vishamaagni (varying agni):- When vata is predominant this condition surfaces. The regular food gets digested normally on some occasions and poorly on others. Vata increasing foods and lifestyles lead to this condition. This variation of agni causes constipation, flatulence, pain in abdomen and other vata predominant diseases. The indigestion caused by this type of agni is called VistabdhaJeerna

Teekshnagni (increased agni) : This variation of agni occurs due to predominance of pitta. Pitta increasing foods and lifestyle cause this variation. This variation of agni causes increased hunger, thirst, acidity, heart burn and loose motions. The indigestion thus caused is called as Vidagdajeerna.

Mandagni (decreased agni): As increased moistness reduces the intensity of fire, the increased kapha reduces the

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intensity of agni. Kapha increasing foods and lifestyle cause this variation. Feeling Heaviness of body, swelling of eyelids (lower), belching which emit the smell of food consumed and water brash are few symptoms which of indigestion caused by mandagni. The indigestion caused by mandagni is called as amajeerna.

The decreased agni improperly digests the food and this indigested food is sticky in nature and improperly nourishes tissues, causing weakness of body. This sticky improperly digested food is called ama. Ama due to its sticky nature blocks the channels of body, vitiate doshas, contaminates tissues, imbalance body functions and cause diseases.

HOME REMEDIES OF INDIGESTION

Chewing a small piece of fresh ginger with table salt five or 10 minutes before meals is good to stimulate digestion.

Take an equal amount of black pepper, dried mint leaves, ginger powder, coriander seeds, cumin (jeera) and asafoetida (hing). Grind them together to make fine powder. Take one teaspoonful of this powder twice a day after meals.

Drinking buttermilk (lassi) after breakfast or lunch improves digestion. Adding roasted cumin seed powder and a little of salt into buttermilk enhances its effectiveness.

Taking plain soda water gives immediate relief from symptoms of gas, distended abdomen and acidity.

Mix equal parts of baking soda and water in a glass. Drink as soon as you feel indigestion coming.

Half a glass of carrot juice mixed with equal quantity of water is useful in this disease.

Mix a tablespoon of lemon juice in a cup of hot water and drink it before a meal to prevent acid indigestion.

Drink one cup of ginger tea after meals to promote a good digestion and for heartburn, nausea, etc.

Take 1 tsp each of mint juice, lemon juice, and honey.

Mix 2 pinches of rock salt and 1/2 tsp carom seeds (ajwain). Chew it and wash it down with water for upset stomach or indigestion.

CAUSES OF INDIGESTION

Causes of imbalance of Agni which lead to indigestion

- 1.Spicy foods, chilly, oily foods, medicines, milk and milk products, tobacco and alcohol.
- 2.Irregular food habits and sleeping patterns.
- 3.Medications like pain killers, antibiotics, oral contraceptives and steroids.
- 4.Intestinal parasites.
- 5.Diseases of pancreas, liver, gall bladder, intestinal infections etc.
- 6.During pregnancy, premenstrual period, menopausal period in women.
- 7.Emotional upset like anxiety, stress, examination, family tensions, etc.

This article is copy righted. The author Dr.Savitha Suri is an Ayurvedic Physician and web master of <http://ayurhelp.com>

INTERESTING HEALTH NEWS

Indian curry could prevent Alzheimer's disease, dementia

London Eating spicy Indian curry once or twice a week could help prevent the onset of Alzheimer's disease and dementia, according to a US-based researcher of Indian origin.

Curcumin, a component of turmeric, appears to prevent the spread of amyloid protein plaques, which are suspected to cause dementia, Murali Doraiswamy of Duke University, North Carolina, said.

Amyloid plaques, along with tangles of nerve fibres, are suspected to contribute to the degradation of the wiring in brain cells, eventually leading to symptoms of dementia.

Doraiswamy, at the ongoing annual meeting of the Royal College of Psychiatrists in Liverpool, said there was evidence that people who eat a curry meal two or three times a week had a lower risk of dementia, and added that researchers were testing the impact of higher doses to see if they could maximise the effect.

Doraiswamy told the meeting: "There is very solid evidence that curcumin binds to plaques, and basic research on animals engineered to produce human amyloid plaques has shown benefits."

"You can modify a mouse so that at about 12 months its brain is riddled with plaques. If you feed this rat a curcumin-rich diet it dissolves these plaques. The same diet prevented younger mice from forming new plaques.

"The next step is to test curcumin on human amyloid plaque formation using newer brain scans and there are plans for that," he said.

Doraiswamy said a clinical trial was underway at the University of California, Los Angeles, to test curcumin's effects in Alzheimer's patients, the BBC reported from the meeting.

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He stressed that eating a curry could not counter-balance the increased risk of dementia associated with a poor diet, but he said: "If you have a good diet and take plenty of exercise, eating curry regularly could help prevent dementia."

Doraiswamy predicted it might be possible to develop a curry pill which had the same therapeutic effect.

Susanne Sorensen, of the Alzheimer's Society, said: "Indian communities that regularly eat curcumin have a surprisingly low incidence of Alzheimer's disease but we don't yet know why.

"Alzheimer's Society is keen to explore the potential benefits of curcumin in protecting the brain and we are conducting our own research into this area.

"A cheap, accessible and safe treatment could transform the quality of life of thousands of people with the condition."

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