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Common Cold

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Dear Readers,

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.

Jaipur is hosting World Ayurveda Congress in next week. It will probably one of the biggest ever event of Ayurveda. This will be a good opportunity for us to interact and meet the people from around the World as we are based in Jaipur. We shall publish a detailed report after this conference to update our valued readers. One can get more information on this conference by visiting www.ayurworld.org or www.nia.nic.in

Do enjoy reading all new things every time in the AyurvedaNews.

Best regards and thanks,

Dr. Rajesh Kotecha 'Vaidya', M.D. (Ayurveda)

Director,
Chakrapani Ayurveda Clinic and Research Center

TESTIMONIALS

Dear Doctor,

Thank you for your suggestions. Amazing as it is, my physician has advised me to take second opinion on my lymph node biopsy for TB, that is under progress and I would get results tomorrow. I am going to follow your advice and take the medication. I have been hearing your name for last 7 years from your foreign patients (I am also from Raja Park, very near to your old clinic), and never thought that a busy doctor like you would take time to reply to my email. I want to personally consult you, how can I fix a meeting? Please reply.

Regards.

Piyush

(Thanks Mr. Piyush for your compliments)

FEATURE OF THIS ISSUE

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 labor 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 !

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.

VAIDYA TALK - COMMON COLD

The common cold is caused by a virus that is easily passed from one affected individual to another through saliva, mucus, and other bodily fluids. According to Ayurvedic practitioners find that individuals whose bodies are out of balance with their environment are more frequently ill and have longer duration of illnesses.

Common Colds are usually caused by rhinoviruses. The common cold is transmitted from one person to another through contact, mainly when an infected person touches the eyes, mouth, or inside of the nose and spreads the virus through the hands. Other common modes of transmission of virus may include kissing and sharing utensils with an infected person.

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

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Herb :Sunthi / Ginger

English Name:Zingiberofficinale

Uses of Ginger:

Ginger is another excellent remedy for cold and coughs. By adding a few pieces of ginger into boiled water before adding the tealeaves, is also an effective remedy for cold and for fever resulting from cold. It may be taken twice daily.

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.

After an attack of full-blown catarrh, the diet should consist for some light meals of wheat, Bajra, rice, Khichri, Soups Daliya etc. Watermelon, pumpkin, custard apple, ice cream, yogurt and cold drinks should be avoided.

In addition, colds are more likely during the winter months, but not because of exposure to cold air. But because of the increased contact with others who are sick due to more time spent indoors.

Treatment for Common Cold:

- 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 springs of lemon grass laced with a spot of jaggery. Always drink them 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.

BEST HERBAL REMEDIES FOR COLD AND COUGH**Tulsi :**

One can either take 5 – 10 ml Swarasa of its leaves with honey. Boil the leaves and gargle with it to reduce phelgum.

Turmeric:

Turmeric is also remedy for cold and cough. Take Half a teaspoon of fresh turmeric powder and mix it in 30 ml of warm milk, and take it once daily. The root of turmeric plants is useful in dry cough. The root should be roasted and powdered. This powder should be taken in three-gram doses twice daily, in the morning and evening.

Onion:

The use of raw onion is beneficial for cough and phlegm. One teaspoon of the onion juice mixed with one teaspoon of honey is good remedy. It is an excellent cough syrup and should be taken twice daily. One can take it with lemon juice with boiling water and honey is good for phlegm.

Kindly visit <http://chakrapaniayurveda.com> for more details .

PREVENTIVE CARE

Although anyone and everyone can get a cold, there are a few things that you can do that may help improve your immune system and make you less susceptible to getting colds:

- Eat a proper diet rich in fruits and vegetables and low in fat.
- Consider yoga, tai chi, or other forms of relaxation on an ongoing basis.
- Live healthy life style.
- Exercise regularly.
- Take sufficient rest at all times
- Wash your hands after coming into contact with someone who has a cold and cough.
- Drink lots of warm water.

CHAKRAPANI PRODUCTS OF THIS ISSUE

[Yashti madhu ghan vati](#) : This is useful for many respiratory disorders as well as coughs.

[Rasayana Prash](#) : A Herbal food for immunity promotion.

[Pratishyaya Yog](#) : Pratishyaya Yog is an unique formula, Helps to cope with the common cold and flu syndrome

Kindly visit <http://chakrapaniayurveda.com> for more details on these Ayurveda products.

UPCOMING EVENTS

3rd world Ayurveda congress & Arogya 2008 in Jaipur from 16-21 December 2008.

For details Log on to www.Ayurworld.org. Tel.+ 91- 141-2634613 E- mail: niawac2008@gmail.com

CONTACT US

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