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The Science of Aphrodisiacs

Physician's diary

### Shedding weight

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# The science of rejuvenation

Ayurveda is now in a phase of rejuvenation. The world is increasingly discovering its merit as a holistic branch of medicine which can both cure chronic diseases as well as help human beings fight lifestyle-related diseases. The potential of Ayurveda in wellness treatment has also been recognized the world over. In fact, Ayurveda is in a phase of rediscovering itself.

Kerala has for millennia been in the forefront of practising pristine Ayurveda. Practitioners and academicians from the State have for generations approached it as a branch of science, conducted experiments and arrived at new conclusions. The stress on samana chikitsa (pacification therapy) and the judicious use of sodhana chikitsa (purification therapy) are some of the hallmarks of Kerala Ayurveda. These practices have helped people for generations.

What once benefitted people in Kerala alone has now become available to people all over the world. The latest point of attraction of Ayurveda is its effectiveness in wellness treatments. The traditional knowledge base of Ayurveda in rejuvenation has also been rediscovered.

Kerala has led this transformation in people's approach to Ayurveda. There are traditional Ayurveda institutions which are adapting the changes without diluting their core values. Then there are modern institutions with world class physical infrastructure offering authentic Ayurveda treatments. Together, they offer all admirers of Ayurveda a perfect choice. The government of Kerala, recognising the role Ayurveda plays in promoting health tourism, has taken steps to ensure that the new-found interest in Ayurveda does not result in any way compromising its quality.

Ever since its inception, Ayurveda and Health Tourism has been promoting Ayurveda all over the world. Ayurveda and its practices are not new to the people of the Arab Gulf region; it is part of the exchanges we have made through ages. Ayurveda and Health Tourism tries to further strengthen this exchange of knowledge.

One of the eight branches of Ayurveda is vajikarana, or revitalisation. It addresses the issue of human vitality through aphrodisiacal therapies. At a time when lifestyle changes have started affecting all levels of human life, including sexual powers, we think it is beneficial to go back to the tried and tested solutions of Ayurveda. The cover story of this issue tries to bring out Ayurvedic treatment regimens to address the issue.

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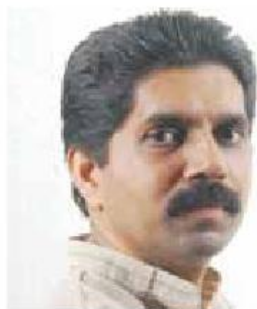




# Back to Life

The story of the remarkable recovery of Mr Ishaque Kurikkal, Manjeri Municipal Chairman, from an accident

**Dr Sasikumar Nechiyil**



*Dr Sasikumar Nechiyil is the chief physician of Nechiyil Ayurveda Vaidyasala and Nursing Home and the CEO of Siddheswara drugs at Karalmanna, Palakkadu district. He was born in a traditional vaidya family, which was the health-keepers to the royal family of Kollankodu. The family for five generations practiced all the eight major shoots of Ayurveda along with Rasasastra, a rare feat.*

*Dr Sasikumar graduated in Ayurveda from Kottakkal Ayurveda College, and took MD in Rasa Sastra from Jamnagar Ayurveda University and has been practicing in Karalmanna for the last 18 years. Currently he holds the chair of head of the department of Rasa satra in Vishnu Ayurveda College, Shornur. He also works with Cheruthuruthy Ayurveda Research Centre.*

*Dr Sasikumar, like his ancestors, follows a special stream where the main sources of knowledge are Bhelasamhita (ancient Ayurvedic scripture written by Bhela) and the Siddha tradition (of South India, mainly Tamil Nadu).*

**M**r Ishaque kurikkal, one of the most popular leaders of Muslim League, was on his way to inaugurate a hospital in Manjeri when he met with an accident in 2000. Among his co-passengers, a doctor died on the spot while the District Collector and the District medical Officer along with Mr Kurikkal were injured.

Mr Kurikkal had a severe head injury, and was in comma for about two months. After years of treatments in various hospitals including psychiatric treatments, he began started walking, but had serious problems remained unsolved. He had memory problems, and could not stand even minor physical strain. It was unbearable for a person who had been in active politics for decades. He decided to seek the help of Ayurveda and came to meet me in 2005, five years after that accident.

His first visit was on December 4, 2005. He had problems such as pain and numbness in both palms and feet; pain in the finger joints while folding them; swelling on right hand; irritation, red colour and swelling in right eye. And most importantly, he had trouble with

his memory. It took time to recall recent topics or experiences but he could clearly remember old topics. He was diagnosed a diabetic in 1980. He had weird dreams in the night, and when awoken, could not remember where he slept the past night.

I diagnosed that his problems were diabetes (*madhumeha*) and severe head injury on a vital point (*shiro-marma-abhikhatha*). I had to manage his memory problem, diabetes and physical disabilities together. He was here for 18 days during his first visit. In order to manage diabetes, *Nisakathakadi kashayam* and *Sootha vangam bhasmam* (a special Siddha preparation) were given as internal medicines.

To heal the after-effects of head injury, he was given *Dasamoolaras-nadi Kashayaam*, *Dhanwantharam kashayam* and *Brihadvatha Chinthamani rasam* (a very special siddha preparation). Main treatments were *thalam*, *sirodhara*, *kaati dhara* (*dhanyamla-dhara*) *abhyangam*, *nasyam* and *virechanam*. A lepan with *marmavttu* also applied.

*Thalam* with *Sanandadi thailam* (a very special oil of northern kalari tradition of Kerala) was the first

"Most of my patients are common people, mostly working class. They don't have much time to wait for a cure, because they have to work every day for a living. So they need faster and effective cure. If properly used, Ayurvedic medicines can provide fast healing like modern medicine."





"I have full confidence in the efficacy of Ayurveda and I recommend it to all" - Mr Ishaque Kurikkal, Municipal Chairman, Manjeri.

"That car accident marked a change not only in Mr (Ishaque) Kurikkal's personal life but also in the political life. Mr Kurikkal, one of the most popular leaders of Muslim League in that time, would surely be one of the topmost leaders of that party now, unless the misfortune caught him in the form of a car accident in 2000."

treatment, followed by *dhanyamladhara* over the whole body for two days. Then *sirodhara* started with *moordhamritam* oil (of *vadakkan kalari* tradition) oil, which we specially prepare. *Sirodhara* continued for 14 days.

He was also given *abhyangam* (oil massage) using *Kottamchukkadi* and *Dhanwantharam thailam*. The next procedure was *nasyas* with *sthanyam* and *Karpasasthyadi* oil. *Virechanam* was the final procedure. After 18 days of treatment, he went back to home with instructions on daily routine. He had co-operated very well to the treatment procedures.

He came back next year and his conditions were better. He was happy that most of his problems were reduced. He got a relief from the pain and numbness in palms and feet. Memory, though not completely clear, showed remarkable improvement especially on getting up in the morning. The pain he had while folding fingers was completely cured. Diabetes was under control.

This time, on his second visit on July 28, he reported swelling in right knee (started just two days back before coming to the hospital), numbness in both lower limbs and stiffness in right hand fingers.

He was mainly given *kaati dhara* and 14 days of *sirodhara*. *Nisakathakadi kashayam*, *Rasna Erandadi kashayam* (to reduce the swelling on right knee) and *Sootha-*

*vangam bhasmam* were given as internal medicines. In addition to that, *Manasamithram gulika* also was given. The final treatment was *virechanam*.

After this session, the numbness in both lower limbs and stiffness in right hand fingers found considerably subsided. His sugar levels were found to be normal.

In 2007, in his next visit, he reported pain in fingers and right knee, slight memory problem and diabetes. The main treatment was *pizhichil* with *Kottamchukkadi* and *Balaswagandhadi* oils. The duration of *pizhichil* was 14 days. For his knee pain, a special treatment *pichu* was done for 12 days. Internal medicines were the same for diabetes. He was really fit at the time of discharge and the knee pain subsided remarkably.

He took treatment every year without fail and showed remarkable improvement. And the main treatments were *sirodhara* and *pizhichil*.

During his last visit, he was given *Soothavangam bhasmam* and *Kaisoragulgulu* mixed in *Dhanwantharam kashayam* along with

*Nisakathakadi choornam*. *Ksheerabala* oil was used for *sirodhara*. *Pizhichil* was done with *Balaswagandhadi* and *Kottamchukkadi* oils.

Now, Mr Kurikkal is full of confidence about himself and is all praise for Ayurveda. He is physically fit and his memory is so clear and he is as active in his social work as he was before his accident. His diabetes is also under control.

Mr Kurikkal went back to active politics. He successfully contested the municipal elections last year and went on to become the Chairman of Manjeri municipality. The accident cost him some precious years when he was on his way to make it big in Kerala politics. With his confidence in himself, and with the backing of Ayurveda, I am confident that he will reach where he is destined.

I would like to stress one point as a major contributory factor to his remarkable recovery: the surgeries done to him were very precise. The internal medicines and external treatments of Ayurveda worked wonderfully as well and the main achievement is the complete cure of his memory problem.

The doctor can be contacted at:  
s\_nechiyil@hotmail.com

"One important thing to be noted here is by his luck, the surgeries done to him were so precise and that helped much in his recovery. The internal medicines and external treatments of Ayurveda worked wonderfully as well and the main achievement is the complete cure of his memory problem."



## PHOTO FEATURE

# Ready for the world

Highly qualified doctors, state-of-the art infrastructure, world class spas offering rejuvenation therapies, a salubrious environment: Ayurveda in Kerala is ready for a take-off. While most players bank on the curative and samana aspects of Ayurveda, they also ensure that the treatments are offered in very pleasant atmosphere, making it an experience, not just a treatment procedure.

**By Aby Abraham G K and A P Jayadevan**





Kerala, the land of traditional Ayurveda, has advanced its scope as a place where one can get the best Ayurveda experience in the world, not only in terms of treatment but also the Ayurveda experience. Traditional as well as new players have recognized the role Ayurveda will play in the healthcare of the future and its relevance as a holistic branch of medical science.

From presidents to prime ministers to ordinary people, people come to Kerala, seeking the 'miracles' Ayurveda performs. While there are unscrupulous players who make a fast buck in the name of Ayurveda, there are serious players who want to make Ayurveda's name known all over the world. They get some of the best infrastructure for treatment. True, most of them practice purificatory treatment, but even people who stick to the curative nature of Ayurveda is trying to put in place world class infrastructure. Dr A M Anvar, chairman and chief physician of Punarnava Ayurveda Hospital, Kochi, said more than 450 people from abroad sought treatment in his hospital last year. While half of them come from the Middle Eastern countries, South Africans of Indian origin have become the latest votaries. "Last year there were 16 people from Slovenia taking treatment here," he said.

The rush to Ayurveda is because of a number of reasons. Today, the world witnesses a tendency among people to look positively at alternative systems, and make a return to it. They are also increasingly becoming mindful of the virtues of alternative and herbal medicine. Very little side-effects, comprehensive but simple treatment methods, ability to offer cure for chronic diseases...there are many reasons why the world looks at these systems. And the rise of India as an economic power has kindled people's interest in all that is Indian, including Ayurveda.

Kerala Ayurveda, which uses mostly medicines of herbal origin compared with the mineral-rich variety practiced in north India, has its own advantages. Over the time Kerala has developed its own treatment protocols and formulations, which are very effective and simple. Some of them are so Kerala-specific that they cannot be practiced anywhere else. "For example, for an elakkizhi we use fresh leaves," says Dr Anvar. "Several such formulations demand fresh preparations which are next to impossible in a foreign land. There are several protocols which are tied to the practices in Kerala, which one would not find anywhere else."

The availability of highly-skilled and trained professionals and the active presence of traditional vaidyas who inherit sound knowledge of





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the system through generations have together contributed to the authenticity of Kerala's Ayurveda. Professionally trained doctors and Ayurveda hospitals they run have also helped the acceptability of Ayurveda.

Kerala's gifted climate, its geographical position on Western Ghats and lush greeneries and forests with medicinal plants are conducive for the successful practice of Ayurveda. The unique monsoon season which many hold the best to administer rejuvenation therapies. In fact, it comes as a package: the salubrious climatic conditions, unpolluted air, clean water, educated and friendly people, the slow pace of life... "Ayurveda is in perfect sync with the soft raga of Kerala," says Mr Jose Dominic, CEO of CGH Earth Hotels, whose Green Leaf-certified facilities offer authentic Ayurveda.

Kerala's social and physical infrastructure has also helped Ayurveda gain popularity. The four



international airports give the State unparalleled air connectivity while the extensive network of roads make even remote towns, suited for Ayurveda treatments, easily accessible.

It is an irony that while Ayurveda physicians vouch for the efficacy of pacification therapy, but it is the purification therapy employing massages and panchakarma which has made Ayurveda famous of late. Most doctors dismiss it as a temporary phenomenon and stand by the traditional and classical Ayurveda which treats patients and bring them back to healthy life.

“Samana Chikitsa needs precision,” says Dr M Prasad, chief physician at Sunethri Ayurveda Hospital, Thrissur. “It needs regular follow up as well. When patients are just visitors, doctors tend to opt for easier options. At many places, it is ‘order and get’”.

Ayurveda has effective management systems for several diseases for which modern medicine has very little to offer. They include auto-immune diseases such as

rheumatoid arthritis, neuro-muscular diseases, skin diseases such as psoriasis, life style diseases such as obesity, diabetes and infertility management. “For certain diseases such as rheumatoid arthritis and psoriasis, a total cure is not possible but a patient who adheres by the conditions can live a normal, zero-symptom life,” said Dr Shaji Varghese Pattarumadom, who runs the Pattarumadom Ayurvedic hospital at Nedumbasserry, Kochi. A sixth generation Ayurveda practitioner, he treats patients who come from several foreign countries. Most physicians and entrepreneurs are confident that Ayurveda has great potential, but Kerala, and India, are yet to optimise it. The global herbal and alternative medicinal systems are estimated to be a \$100 billion industry, of which the Chinese systems command 85 per cent share. Ayurveda’s share is less than a per cent. Indian Ayurveda industry is about ₹4,000 crore. “Kerala has about 1200 companies offering Ayurveda products and services,” says Dr Joy Varghese,

CEO of CARE-Keralam, a consortium of Ayurveda product manufacturers. Their total revenue is less than ₹500 crore. “Considering Kerala’s rich heritage in Ayurveda and the presence of 200 GMP-certified manufacturers, this low figure is far from satisfactory. At the same time, it points at the big opportunity lies ahead of us.”

The involvement of the Department of Tourism has helped bring in some discipline on this front. Its Green and Olive Leaf certifications help patients have a basic criteria for choosing a hospital. There are only about 100 institutions in the State with the certification, which shows the lack of keenness. The NABH, which works at the national level for accreditation, finds the response from Kerala very poor.

“Patients from all over the world come to India for allopathic treatments,” said Mr K Aboobaker, a tourism consultant. The charges are very low compared to that in western countries, especially for major surgical procedures like cardiac surgery, cosmetic surgery and den-







tistry. Kerala's well trained professionals and well equipped, high standard hospitals attract a number of tourists who need medical care. "An integrated approach in health care will boost the image of Kerala as a complete medical tourism destination," he said.

"We should follow ethical practices to ensure that we sustain the growth," said Dr Anvar. "We cannot offer treatment just because the patients have landed here. I recently refused to treat a couple from the Gulf because they were unwilling to stay the course of the treatment. They wanted instant Ayurveda," he said. Apart from Bamboo Lagoon which had a soft launch recently, Punarnava is setting up a 300-bed referral hospital in Kochi.

**Picture courtesy**

Somatheeram Ayurvedic Health Resort, Chovvara

Punarnava Ayurveda Hospitals, Kochi

Kalari Kovilakom, Palakkad

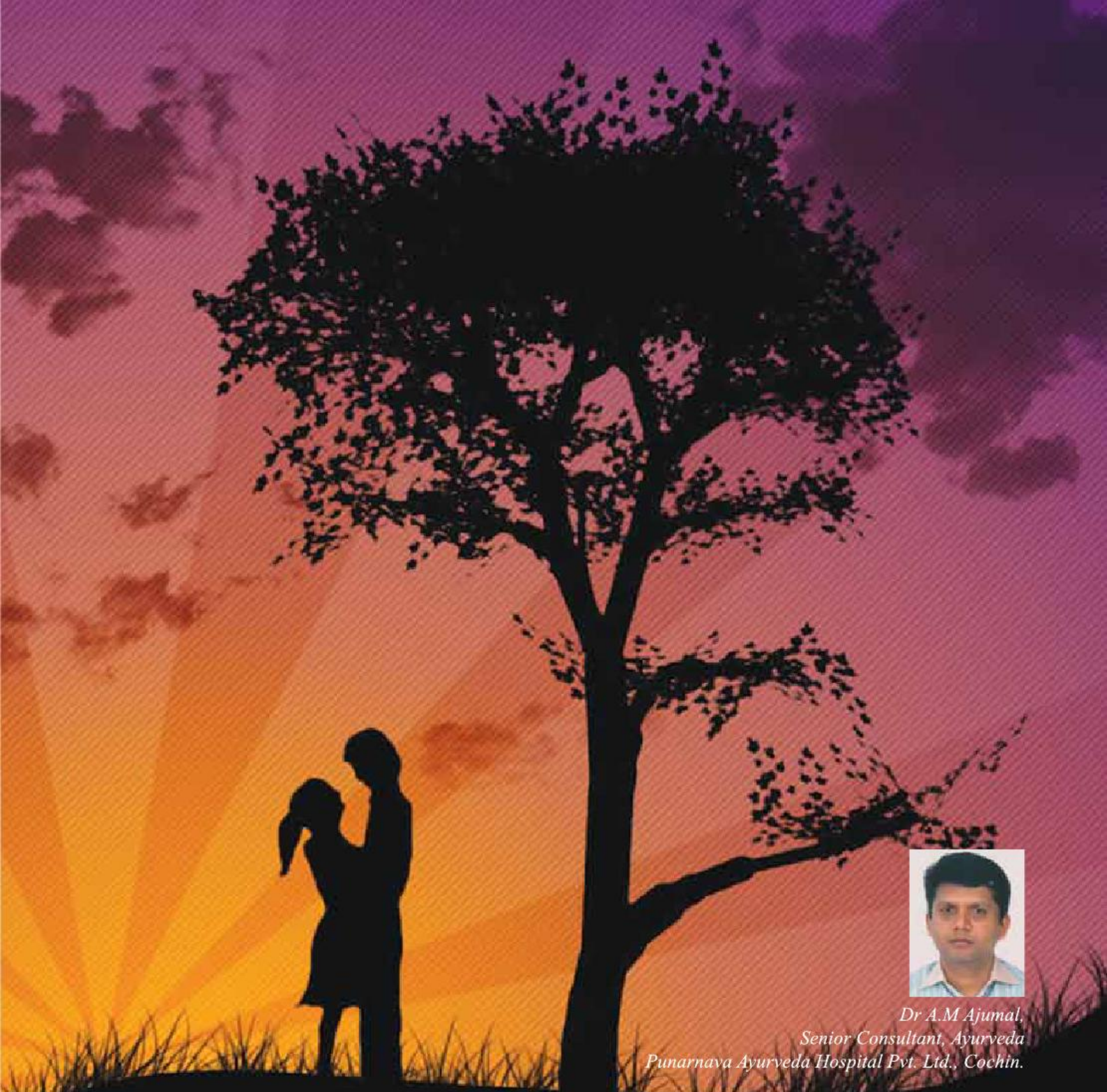
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Ramada Resort, Kumbalam, Kochi







*Dr A.M Ajumal,  
Senior Consultant, Ayurveda  
Punarnava Ayurveda Hospital Pvt. Ltd., Cochin.*

# vajīkaraṇa

## The science of Aphrodisiacs



**A**yurveda is divided in to eight branches, which are carefully designed to address specific needs of mankind in the process of maintaining health and preventing diseases. Ayurveda elaborates on a life style to prolong life and it teaches us how to renew our vitality after disease or ageing process.

Vajikarana tantra (Aphrodisiac medicine) is one of the eight branches of Ayurveda, which deals with the management of defective semen and spermatogenesis along with enhancing sexual potency.

Sex, according to Ayurveda, is as essential as food and sleep for human life. It is the urge for the most needed biological drive. Ayurveda strongly says that human sex is not merely a physical mating but is the union of two bodies, minds and souls.

Ayurveda teaches that conditions must be right and that mutual pleasure is necessary for both partners to have a satisfying sexual experience. In famed ancient Ayurvedic text Charaka Samhita, the author explains that one of the best aphrodisiacs for man is a partner who loves him.

A disturbed Sex life is admittedly the thing which causes most shipwrecks in the happiness of men and women. Increasing divorces in

modern world mostly indicates our disturbed Sex. Sexual maladjustment is the prime cause of failure in marriage.

### **Vajikarana**

The term 'vaji' means horse and hence word 'vajikarana' indicates that this therapy increases the strength of a man to perform sexual acts, like a horse. Vajikarana therapy includes the treatments to increase libido, quality and quantity of semen, duration of erection and treatments to cure infertility.

Vajikarana promotes the sexual capacity and performance; on the other hand it also improves the physical and psychological health of an individual and hence it is much helpful in preserving and promoting positive health.

In ancient days, it was a routine procedure to take some aphrodisiacs before undertaking sexual intercourse. The idea was to promote the quantity and quality of semen along with the sexual enjoyment.

### **Vajikarana basically comprises of three components –**

- A disciplined life style to gain control over one's senses.
- Conditional sexual act based upon the assumption that sex is for better reproduction and not only for pleasure.

- The use of vajikarana drugs (aphrodisiac medicinal formulations) to achieve these sexual goals.

- Detoxification measures before the consumption of drugs.

### **Eligibility for vajikarana therapy according to Ayurveda**

- The vajikarana therapy should be administered to persons who are between 18 to 70 years of age.
- These therapies should be administered only to a person with self control. If this therapy is administered to a person who does not have self control, he becomes a nuisance to society through his illegitimate sexual acts.

### **Reproductive tissues**

Ayurvedic anatomy and physiology are based on three factors— dosha (basic body constituents), dhatu (body tissues) and mala (body wastes). Dhatus give structure to the body and they are the ones who function for the body under the governance of the doshas. There are seven dhatus: rasa (plasma), rakta(blood), mamsa(muscular tissue), medhas(fat tissue), asthi (bone), majja(bone marrow) and shukra(semen). From rasa (plasma or life sap) the body develops rakta (blood), from rakta it develops mamsa (muscles), from mamsa is developed medhas (fat), from





## Benefits of Vajikarana Therapy:

- Vajikarana therapy increases hard erections and helps in overcoming erectile dysfunction.
- It increases duration of hard erection and prevents premature ejaculation.
- The therapy rejuvenates male reproductive system and helps to increase sperm count and sperm motility.
- It increases body energy level and retards ageing process.
- Men who undergo this therapy look attractive and never get tired.
- The herbs in Vajikarana therapy nourish male reproductive system.

medhas is developed asthi (bones), from asthi the body develops majja (nervous system) and from majja is generated shukra (reproductive elements in body-in females it is artava-ovum).

### Shukra (semen) and artava(ovum) dhatus (reproductive tissue)

Main sites	Male and female reproductive systems
Composition	Mainly water (one of the five elements).
Time to form	31 days
Functions	Reproduction and procreation (main), vigour and vitality.
Signs of healthy semen and ovum	Strength, stamina, vitality, strong bones, eyes, nails and hair, enjoyment of physical intimacy with a partner They usually have several children.
Qualities	Shukra is cool, white, oily, sweet, liquid and heavy, while Artava is hot, astringent and sour with an acidic smell.

Shukra and artava dhatu are the seed potential of all the dhatus. Shukra dhatu represents sperm, or male reproductive tissue, while artava dhatu represents the ovum, or female reproductive tissue.

### Importance of shukra and artava

- They are located all over the body, not only in the reproductive system.
- They strengthen the immune system and increase health, vigor and vitality.
- Spiritually, they can create great strength and awareness in the body if the desire (especially sexual) is controlled.
- They increase mental calmness and clarity and help keep the intellect sharp.

### Infertility

According to Ayurveda, there are 4 main factors responsible for an effective conception- ritu (proper ovulation and healthy permeation), kshethram (pure and favorable uterine atmosphere), ambu (proper nourishment and blood circulation), beejam (healthy zygote). Impairment in any one of the above factors can cause infertility.

### Strengthening reproductive tissue

Shukra is honored as the supreme body tissue, end product of body metabolism. Therefore, for sexual satisfaction, for strength and for better progeny, the shukra dhatu should be in good state, and for this, the dhatu chain should persistently function well. This is where Vajikarana drugs (aphrodisiacs) come into

play. They help in giving strength and vigor to the shukra dhatu and in the long run to the body.

### Male sexual problems

Though there are numerous disorders of the male reproductive system including infertility, premature ejaculation, loss of libido, and inability to achieve orgasm to name a few, erectile dysfunction continues to be the most common complaint related to male sexual health.

Causes of erectile dysfunction can be both organic and psychological. Psychological causes are typically stress, overwork, performance anxiety or fear of rejection, and depression.

While considering these factors, Ayurveda focuses on one's individual constitution or prakriti. For a general understanding, the causes such as trauma, shock, certain neurological disorders, fear and anxiety are typically Vata in nature. Many of the prescription drugs that cause erectile dysfunction, most commonly antacids, antihistamines, and blood pressure medications primarily affect Pitha dosha. Alcohol and tobacco primarily cause imbalance to Pitha and Vata doshas.

Generally, all vascular or congestive problems restricting blood flow to the penis, such as diabetes, hypothyroidism, high blood pressure and other obesity related causes are considered Kapha-type imbalances.

Ayurveda understands virility as an indication of good health. Though virility tends to naturally decrease as a man gets older, erec-



**"The best aphrodisiac for a man is a partner who loves him".**

tile dysfunction is treatable at any age. Healthy men can remain virile into their eighties and beyond. Virilization uses similar therapies and herbs as recommended for rejuvenation of the body. Both virilization and rejuvenation aim to increase ojas(vital energy). The main difference is that virilization focuses on specifically nourishing the reproductive organs, improving sperm count, and enhancing libido.

Supporting sexual health is an integral part of maintaining vitality in the body as a whole. Because the act of sex is ruled by Vata dosha, virilization and building sexual health is aimed to calm and nourish the nervous system. With Vata dosha in balance, it is generally much easier to maintain balance within the other two doshas.

Ayurveda stresses maintaining the health of the reproductive system not only to have a better sex life but to live longer.

### Erectile Dysfunction

Erectile dysfunction (ED) is the inability of a man to achieve or maintain an erection sufficient for his sexual needs or the needs of his partner. This means even though a man has a strong desire to perform sexual act with a cooperative partner, he cannot perform sexual act because of absence of erection of his phallus (penis). Even if he performs sexual act with his determined efforts he does not get erection and gets afflicted with tiredness, perspiration and frustration to perform sex.

### Physiology of Erection

The two chambers of penis (corpora cavernosa,) which run through the organ are filled with spongy tissue. The corpora cavernosa are surrounded by a membrane, called the tunica albuginea. The spongy tissue

contains smooth muscles, fibrous tissues, spaces, veins, and arteries. The urethra, which is the channel for urine and semen, runs along underside of the corpora cavernosa.

Due to sensory or mental stimulation, or both, the erection begins. Due to impulses from brain and local nerves the muscles of corpora



Asparagus racemosus

cavernosa relax and allow blood to flow in and fill the spaces of spongy tissue.

The flow of blood creates pressure in the corpora cavernosa, making the penis expand. The tunica albuginea helps trap the blood in the chambers, thereby sustaining erection. When muscles in the penis contract to stop the inflow of

blood and open outflow channels, erection recedes.

### Physiology of erection-

#### Ayurveda views

According to Ayurveda, the apaanavayu (one of the five types of vayu) is located in the testicles, urinary bladder, phallus, umbilicus, thighs, groin, anus and colon. Its functions are ejaculation of semen, voiding of urine and stools. When a man has desire to have sex, his response to touch increases. This causes arousal or "harsha" . Arousal or harsha intensifies actions of apana vayu and at this moment highly active vayu liberates the "teja" or heat of pitta. Thus tejas and vayu increase body temperature, heart beat and blood flow causing erection.

### Causes of Erectile Dysfunction

Erection requires a sequence of events. Erectile dysfunction can occur when any of the events is disturbed. Nerve impulses in the brain, spinal column, around the penis and response in muscles, fibrous tissues, veins, and arteries in and around the corpora cavernosa constitute this sequence of events. Injury to any of these parts which are part of this sequence (nerves, arteries, smooth muscles, fibrous tissue) can cause erectile dysfunction.

Lowered level of testosterone hormone: The primary male hormone is testosterone. After age 40, a man's testosterone level gradually declines. About 5% of men who seek treatment for erectile dysfunction have low testosterone levels.

**Vajikarana therapy makes a person potent enough to produce a healthy offspring; it provides instantaneous sexual arousal; it nourishes the tissues so that even in old age semen is not diminished; it brings about happiness, longevity, beauty, strength, and nourishment.**



In many of these cases, low testosterone causes lower sexual interest, not erectile dysfunction. The whole male body responds to testosterone.

According to Ayurveda, the shukra (the element which helps in reproduction) is present all over the body, just like the ghee is present in milk in an invisible form. This is extracted from milk using many processes.

But the cream of shukra (semen) comes out of the body only during the process of ejaculation. And this process of ejaculation needs a joyful union of mind and body. So a decrease in production of “Shukra” causes erectile dysfunction.

**Over exertion - physically and mentally :** Working for long hours in office, mental stress at office and home, short temperedness or insufficient sleep can cause erectile dysfunction.

Ayurvedic texts say that the erectile dysfunction or impotence occurs due to grief, fear, anxiety and terror.

**Strained relationship with sexual partner:** Erectile dysfunction also occurs when there is a disliking towards sexual partner.

#### **Diseases that cause erectile dysfunction:**

According to Ayurveda the diseases which cause erectile dysfunction are: heart diseases, anemia, asthma, liver disorders and tiredness. Apart from these the imbalance in tridoshas (humors) also cause impotence or erectile dysfunction.

**Consumption of medicines, drugs and tobacco:** Using anti-depressants, tranquilizers and anti-hypertensive medicines for a long time, addiction to tobacco especially smoking, excessive consumption of alcohol, addiction to cocaine, heroin and marijuana cause erectile dysfunction.

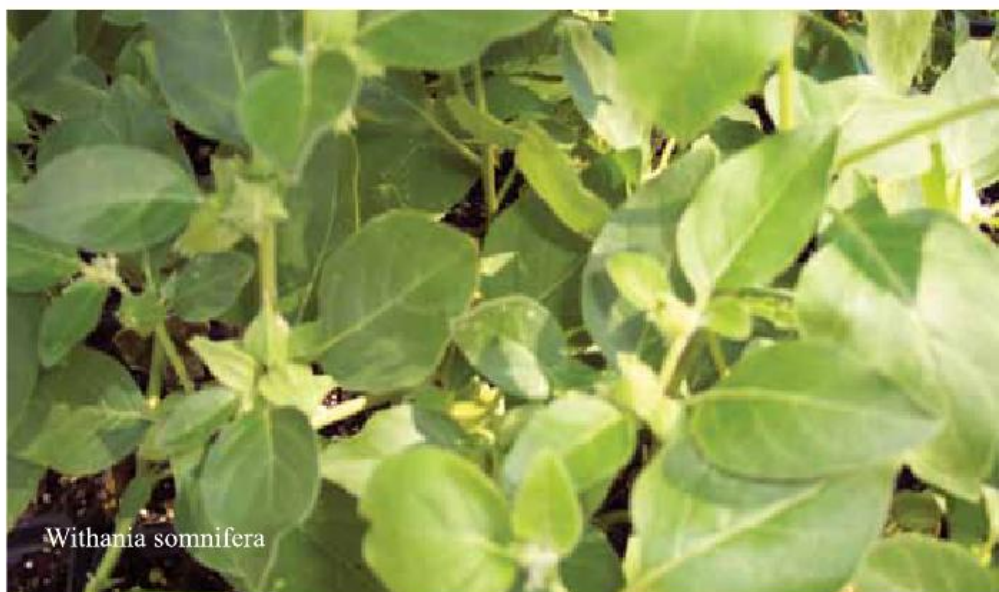
In Ayurveda texts these causes have been said in brief as “rukshamanna paanam tathoushadham” -



Rubia cordifolia



Withania somnifera



Withania somnifera





Pueraria tuberosa

“dry food, drinks and medicines” cause impotence or erectile dysfunction.

**Trauma to pelvic region:** accidental injury (abhighata) to pelvic region and surgeries for the conditions of prostate, bladder, colon, or rectal area may lead to erectile dysfunction.

**Other reasons:** Obesity, prolonged bicycle riding, past history of sexual abuse and old age also cause erectile dysfunction. Diminution of tissue elements, strength, energy, span of life, inability to take nourishing food, physical and mental fatigue lead to impotence.

#### Remedies for erectile dysfunction

Erectile dysfunction is treatable at any age. Vaajikarana therapy leads to happiness, good strength, potency to produce offspring and an in-

creased span of erection.

#### Psychotherapy

Decreasing anxiety associated with intercourse, with psychologically based treatment helps to cure ED. The patient's partner can help with the techniques, which include gradual development of intimacy and stimulation. Such techniques also can help relieve anxiety when ED from physical causes is being treated.

Same treatment is illustrated in Ayurveda. It has been said “A woman who understands a man and is liked by him, along with erotic environment act as the best aphrodisiac.”

#### Drug Therapy

Numerous herbal preparations are mentioned in Ayurveda to treat ED or impotence. It has been said

that people who have strong sexual urge, who want to enjoy sex regularly have to consume these preparations regularly to replenish the energy, vigour, stamina and strength. These preparations also supply the nutrients which are necessary for production of semen.

#### Ayurveda tips to overcome erectile dysfunction Diet

For Vata and Pitha-type disorders, strengthening and rejuvenating foods are recommended. Milk, ghee, almonds, dates, and sesame oil are ojas-enhancing foods.

If erectile dysfunction is due to vascular insufficiency (typically kapha-type disorder) there may be a lack of interest in sex (low or no libido). It is imperative to reduce risk factors for cardiovascular disease such as high blood pressure,



elevated cholesterol and triglyceride levels, and obesity. Work with a health practitioner and consider a Kapha-reducing diet.

In Kapha-type imbalances, many times food, particularly sugar and sweets become a substitute for sex. Honey can be used as a healthy sweetener, because of its heating properties and ability to gently scrape fat.

### Lifestyle

Sexual activity is most closely associated with Vata dosha. One way to safeguard against Vata disturbance is to engage in sex at night, since night is ruled by Kapha dosha. The qualities of Kapha dosha are grounding and stable, balancing the airy, mobile qualities of Vata dosha. Limit frequency of sexual activity depending on the season and individual prakriti or constitution. The winter season, one ruled by Kapha dosha, is the best season to engage in sexual activity. The summer and fall, seasons, intercourse should be limited in order to prevent vitiation

of Pitha and Vata doshas. In order to preserve ojas, Ayurveda suggests love-making once or twice a month for Vata persons, once every two weeks for Pitha persons and two to three times a week for Kapha persons. Vatas and Pithas are generally more susceptible to the detriments of excessive sexual activity, while Kaphas typically have ample ojas and good stamina.

The increase in physical activity is very good for them. Regular exercise is a vital component of a man's overall and sexual health. Aerobic activity in particular is of paramount importance in improving physical fitness for kapha individuals.

Increased activity strengthens the body, builds self-esteem, and improves sexual health. Getting sufficient restful sleep can help the body to renew and restore itself. Sleep is a way to cleanse or digest the previous day's mental activities which could otherwise accumulate and cause toxic buildup or ama. Revitalizing the body with enough

good sleep can increase ojas, the necessary ingredient for a healthy sex life.

### Defective Semen

**Cause:** Excess sex or sex at the wrong times, masturbation, exercise, unsuitable foods, eating an excess of rough, bitter, astringent, salty, sour and hot foods, old age, anxiety, grief, suspicion, fear, anger, exorcism, emaciation from disease, suppression of natural urges, and wounds can lead to the derangement of doshas and tissues. This can reach the semen-carrying channels, causing semen defects.

**Symptoms:** Defective semen is frothy, thin, rough, discolored, slimy, malodorous, combined with other tissues and premature.

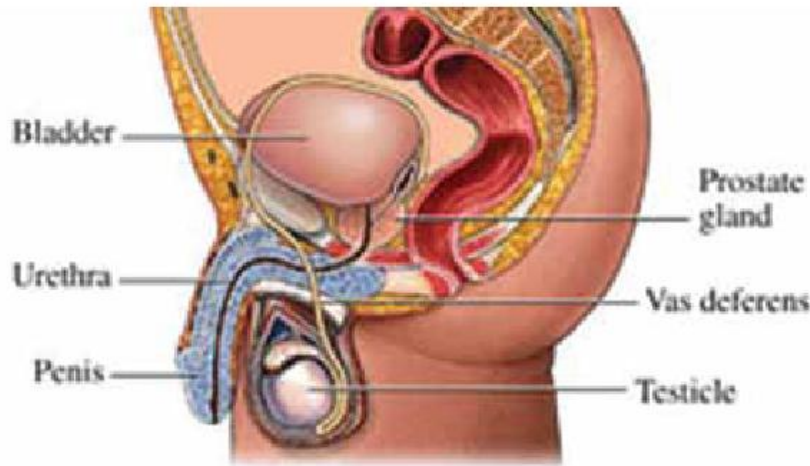
**Vata:** Air afflicts the semen causing frothy, thin and rough, semen that is difficult to ejaculate (impotence).

**Pitha:** Fire affecting the semen is blue or yellowish, very hot, malodorous, and burns when ejaculated.

## The drugs used for the promotion of sexual health and for treating the male sexual disorders can be classified in to seven different groups:-

- 1. Vajikarana ( Aphrodisiac ):** The drug which provide sexual satisfaction are vajikarana. e.g. Nagabala (sida humilis and seeds of kapikacchu ( mucuna pruriens).
- 2. Shukra janana (Spermatogenetic):** The drugs, which enhance production of sperm, are shukra janana. e.g. Mudgaparni (Rhaseolus trilolous ), Mashaparni (Teramnus labialust )Shatavari ( Asparagus racemosus ), Aswagandha (Withania somnifera ),Musali ( Asparagus adscendens ) and sugar.
- 3. Shukra pravartaka:** The drugs, which enhance the production as well as flow of semen are shukra pravartaka. e.g. milk, masha (black gram ), aamalaki (embelica officinalis ) and phalamajja (material inside of seed ) of Bhallataka (semicarpus anacardium ).
- 4. Shukra rechana:** The drugs, which cause evacuation of semen (shukra ) are shukra rechana. e.g. Fruits of Brihati (solanum indicum ) and Kantakari (solanum xanthocarpum ).
- 5. Shukra stambhaka:** The drugs, which promote the retention power of a male partner during the sexual act. E.g. jatiphala ( Myristica fragrans ), Akarkara.
- 6. Shukra Shoshaka** The drugs, which dry up the semen. E.g. Haritaki ( Terminalia chebula ) and Kalinga (water melon ).
- 7. Shukra sodhana (Semen Purifier ):** Purifier of semen are Shukra – Shodhana e.g. Kushtha (Saussurea lappa ), Elavaluka (Brunus cerasus ), Katphala (Myrica nagi ), Samudraphena (Internal cell of sepia offinalis ), gum of kadamba (Anthocephalus indicus ), Ikshu ( Saccharum officinarum ), Kandeckshu ( Saccharum spontaneum ), Kokilaksha ( Asteracantha longifolia ) aand Ushira ( vetiveria zizanioides ).





**Kapha:** Water obstructs the passage of semen making it slimy.

The above said reasons cause Vata to obstruct the passage of semen, making it difficult to ejaculate, feel knotted, or ejaculate prematurely.

**Therapies:** Herbs with the properties of aphrodisiacs are used, such as shilajit, shatavari, ashwagandha, kapikachhu, and vidarikanda.

For bleeding, red raspberry, shatavari, musta, manjishtha, gotu kola, aloe vera gel, and bhringaraj are used. Pitta-reducing foods, drinks and lifestyle are advised.

**Vata persons:** Herbs include shatavari, ashwagandha, kapikachhu, vidarikanda, sesame seeds, and almonds. Non-oily enemas are also used.

**Pitta persons:** shatavari and bala are used.

**Kapha persons:** Pippali, arjuna, and triphala are suggested.

**Foods:** Ghee, milk, barley, rice, and wheat are advised.

### Impotency (Veeryalpata)

**Causes:** Loss or deficiency of semen and penile strength and senility.

**Defective Seed:** This results from ingesting cold, rough, mixed, incompatible, uncooked or insufficient food, fasting, grief, anxiety, fear, terror, and sexual intercourse. Other causes include deficient plas-

ma, dosha excesses, exertion, faulty application of pancha karma, and impaired semen.

These conditions are associated with pale complexion, weakness, low vitality, erection difficulty, heart problems, anemia, bronchial asthma, jaundice, exhaustion, vomiting, diarrhea, colic, fever, and cough.

**Penile Weakness:** This results from ingesting excess sour, salty, heavy, incompatible and unsuitable foods, drinking excess water, or overeating pastries. Other causes are irregular meals, meats, excess yogurt or milk, weakness from illness, coitus with a female child, not in vagina, with lust, during menses, or female tract malodour. Further causes include a defective tract, excessive discharge, chronic illness in women, with animals, not washing the penis, and injured genitals.

**Senility:** Old age often causes diminished semen related to a deficiency of the seven tissues, not using aphrodisiacs, gradual loss of strength, energy, motor and sensory organs; poor nutrition, physical exertion, and mental exhaustion. This results in depleted tissues, debilitation, poor complexion, and poor resistance to disease.

**Deficiency:** From excess mental work, grief, fear, anxiety, envy, curiosity, intoxication, agitation, habitual rough and emaciating diet and herbs, fasting, or insuffi-

cient amounts of plasma-foods by weak persons. The diminished rasa causes deficiency in other tissues (dhatus). This results in low resistance to disease and can be life-threatening.

### Therapies:

**General excess sex and dosha imbalance:** Enemas, ghee, semen promoting herbs, such as shataavari, ashwagandha, bala, and kapikachhu are suggested.

**Impotence:** Therapies should be administered in this order: unction, fomentation, and oil purgative (e.g., castor oil). Next, a proper meal should be eaten. Later non-oil enemas and oil enemas are used. Non-oil enemas include the herbs, musta, patha, gudoochi, bala, punarnava, manjishtha etc.

A sustained enema containing mastoid herbs is also suggested. Lastly, semen promoting herbs such as shataavari, ashwagandha, bala, and kapikachhu are taken. The oil enema promotes strength. Eating proper foods gives strength and energy. In the same way, oil enemas restore strength and energy to the local area and to the whole body through colon absorption.

**Loss of penile strength:** Anointing the genitals with oil, sprinkling or blood-letting is used. Persons take sesame oil, ghee, castor oil purgatives and enemas, then non-oil enemas. Lastly, semen promoting herbs are ingested.

**Senility & Semen Deficiency:** Therapies include unction and fomentation, oil purgatives and enemas. This is followed with ghee and semen promoting herbs and sesame or castor oil enemas.

Along with these, Ayurveda suggests regular practice of holistic methods like Yoga, Pranayama and Meditation for a better healthy sexual life.

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## FOOD COURT

# Good food, healthy food

**A**yurveda holds the position that food is medicine. It is not necessary that you eat bland or sour ones; you can also prepare tasty and trendy food, following principles of Ayurveda. The following recipes are taken from 'The Ayurvedic Cook Book- a Personalized Guide to Good Nutrition and Health' written by Amadea Morning star with Urmila Desai.

## Eggless Cake

### Ingredients:

1 cup maida flour  
 ½ can condensed milk  
 ¼ cup butter (unsalted)  
 1 table spoon vanilla essence  
 2 table spoon baking powder  
 ½ cup milk  
 Candied cherries  
 (Preparation Time – 45 minutes  
 Servings – 12)

### Preparation:

Sieve flour with baking powder.

Mix thoroughly with condensed milk and butter and roll it. Add milk to make the batter thin. Slowly add water enough to achieve pouring consistency. Mix the cherries and vanilla essence. Heat the pressure cooker for 5 mins. Grease and dust the baking dish. Pour the batter in it and place the baking dish in the cooker. Keep the cooker on low flame.

After half an hour, insert a toothpick in the cake to check if it is done. If the toothpick comes out clean, take out the cake. Cool before serving. The cake should be spongy and spring back on pressing.

## Eggless corn bread

### Ingredients

1 cup cornmeal  
 ½ cup barley flour  
 ½ cup oat flour  
 ½ tea spoon sea salt  
 1 tea spoon baking powder (¾ tsp

if cooking at high altitude)  
 1½ cups buttermilk, or ½ cup plain low- fat yoghurt and 1 cup water  
 1 table spoon apple concentrate

### Method:

Sift the dry ingredients together. Then mix all ingredients in a bowl. Let it be there covered for 1 hour. Pre-heat the oven to 350 degrees. Bake in well-greased bread pan or 8 by 8 inch baking pan for 40 to 45 minutes. Serve immediately.

### Note:

This moist, slightly sour dough flavored bread is an easy one for those looking to avoid eggs. If you like, you can bring the cup of water to a boil and pour it over the corn meal first before adding the rest of the ingredients. This calms the slight bitterness of the corn meal and brings out a bit of sweetness.



# Milk Drinks!

## Hot Spiced Milk

Preparation time 10 minutes

### Ingredients:

- 1 Cup raw milk
- 2 teaspoons ghee
- 1 teaspoon or more coriander powder

### Method:

Warm the milk and ghee in a small pot, uncovered. When they are hot add coriander stir well. The drink is ready. This drink is really a fine way to bring down Pitha.



## Hot Milk 2

### Ingredients

- 1 cup milk (goat milk for Kapha persons)
- 1 cup water
- 1/4 teaspoon cardamom
- 1/4 teaspoon dry ginger
- 1/4 teaspoon cloves
- 1/4 teaspoon caraway

### Method:

Simmer all the ingredients in small pot for 15 minutes or more. Strain and drink.

This drink is a good stomachic useful in atonic dyspepsia, Can be drunk after the meals.

## Hot Milk with Nutmeg

Preparation time: 10 minutes

### Ingredients:

- 1 cup raw milk (goat milk for Kapha persons)
- 1/2 teaspoon ground nutmeg

### Method:

Bring the milk to boil, reduce heat and stir in the nutmeg. Simmer for 5 minutes, strain.

Comments: A good drink for calming the nerves or reliving insomnia. It is also used to relive diarrhea in summer. Good for occasional use for Kapha.





## Hot Milk with Caffix

Preparation time 10 minutes

### Ingredients:

- 1 cup milk (goat, cow or soy)
- 1 cup water
- 2 teaspoon Caffix, Roma or other grain beverage
- 2 teaspoon honey or maple syrup
- 1/4 teaspoon dry ginger (for kapha only)

### Method

Bring the milk and water to boil in a small saucepan. Put one teaspoon of caffix in each of two mugs. Pour in the hot milk and water, add sweetener and spice and stir.

This is a nice after dinner drink. Cinnamon, cardamom, nutmeg, or cloves can be added, depending on your taste and constitution. All these spices would be fine for Vata, Pitha or Kapha. Pitha would do best to stick with the cinnamon and/or cardamom.

(For Vata, use cow's milk and either sweetener; for Pitha, use any of the milk and maple syrup, and for Kapha, use goat or soy milk, honey and ginger)

## Hot Gingered Milk

Preparation time 10 minutes

### Ingredients:

- 1 cup cow or goat milk (goat milk for Kapha, cow for Vata)
- 1 cup water
- 1 teaspoon freshly grated ginger root
- 3-4 Cardamom seeds
- 1 teaspoon ghee

### Method:

Put milk, water, cardamom and ginger into a small saucepan. Heat over medium-high heat until boiling. Reduce heat immediately to low and simmer for 5 minutes. Pour into individual cups and stir in ghee.

This hot drink is a good pacifier of Vata and makes a good medium (anupana) for Ayurvedic medications which need to be taken before bed. If u substitute 1/4 teaspoon dry ginger for fresh ginger and use goat milk rather than cow, this is Kapha Pacifying.

# Some Healthy quotes

"When health is absent, Wisdom cannot reveal itself, Art cannot become manifest, Strength cannot be exerted, Wealth is useless and Reason is powerless."

*-Herophilus, 300 B.C.*

"The competent physician, before he attempts to give medicine to the patient, makes himself acquainted not only with the disease, but also with the habits and constitution of the sick man."

*-Cicero*

"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."

*-Thomas Edison, Inventor*

"It is more important to know what sort of person has a disease than to know what sort of disease a person has...let thy food be thy medicine and thy medicine thy food."

*-Hippocrates (460-377 B.C.)*

"The treatments themselves do not 'cure' the condition; they simply restore the body's self-healing ability."

*-Leon Chaitow, N.D., D.O.*

"Health is the proper relationship between microcosm, which is man, and the macrocosm, which is the universe. Disease is a disruption of this relationship."

*-Dr. Yeshe Donden, physician to the Dalai Lama*

"The first question an Ayurvedic physician asks is not 'What disease does my patient have?' but 'Who is my patient?' By 'who,' the physician does not mean your name, but how you are constituted."

*-Deepak Chopra, M.D.*





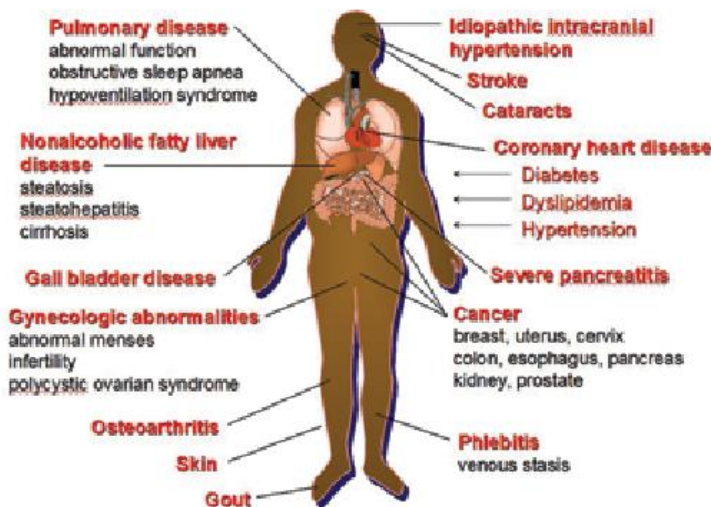
# Shedding 20 Kilos in 28 days



**Dr AM Anwar,**  
Chairman and  
Managing Director,  
Punarnava Ayurvedic  
Hospital, Cochin, Kerala  
Contact the Doctor:  
9447062087

Dr.A.M.Anwar,MD (Ay) has done his bachelor's degree in Ayurveda (BAMS) from center of excellence Government Ayurveda College, Kerala university with rank. He did his post graduation (MD) in Ayurvedic Pharmacology. He has bagged many national and international awards for his excellence in career.

## Medical Complications of Obesity



22nd April 2012,  
Punarnava Bamboo Lagoon  
Ayurveda Hospital, Vyttila, Kochi.

**28** days passed since Mr Farouk Dawood, a business man from Botswana, came to meet me here at Punarnava. He was really tired off seeking help to reduce his body weight which was 208 kilograms then. He told me today: "I am so happy now doctor, now I have full confidence in me, I have confidence in Ayurveda too"! Moments like these are the best of its kind in a doctor's life!

Mr Farouk Dawood (48yrs/ Male), a business man from Botswana was admitted under my

supervision in Punarnava Bamboo Lagoon Ayurveda Hospital for treatment of Morbid Obesity (*Athistoulya*) on 20th March 2012.

He has been leading a happy family life with his wife and 5 children. Some years back, in 2008, he started gaining weight. He had consulted many Physicians and Surgeons of various streams but became desperate that his condition worsened day by day. At last, Bariatric surgery was advised, where he was offered a weight loss of only 40 kilograms over a period of 6 months along with the possible complications of surgery.

Since Mr Farooque was allergic to many allopathic drugs he was in

a helpless position to undergo surgery. He was on very high doses of diuretics (Tab.Lasix-500mg daily) to flesh out water from the body to get some relief and this made things worst. He had developed Hypokalemia and all his toes and feet got inflamed and even a fine touch was unbearable for him.

At the time of admission patient had a body weight of 208kg. Due to the uneven fat distribution over the body especially over chest, abdomen, back of the trunk and upper and lower limbs he wasn't able to lie down properly on the bed. This forced him to sit through out the night. Besides these he also had low back ache, neck ache





*He was on very high doses of diuretics (Tab.Lasix-500mg daily) to flesh out water from the body to get some relief and as a complication he developed Hypokalemia and all his toes and feet got inflamed and even a fine touch was unbearable for him*

and knee joint pain as a result of over weight.(circumference:-abdomen-79 inches,chest-57inches)

In Ayurveda this condition is called *Athistoulya*, a disease condition comes under the group *Ashtanindithas* (means group of diseases which is very hard to get cured).Obesity is a condition which is Predominantly considered as a Kapha-Pitta condition and *MedovahasrotoDushti* leading to excessive accumulation of fat in the body (medovridhi).The role of Vata is also important for the proper functioning of Channels ,thus it's a condition where all the 3 doshas viz *Vata*, *Pitta* & *Kapha* are involved. Features of *Athistioulya* are excessive deposition of fat in the body mainly abdomen, chest, buttocks, thighs etc.

Besides Ayurvedic diagnosis,

we are utilizing most modern diagnostic methods here in Punarnava, in order to reap maximum benefit to the patients.

Before starting the treatment to rule out the various possibilities such as Hypothyroidism, Cushing's syndrome and other Pituitary Causes, detailed investigations were done under the supervision of an eminent endocrinologist. The results were so surprising that every test including lipid profile was very much within the normal limits.

Ayurveda considers obesity as a metabolic disorder (*Santharpanotha vyadhi*) so the treatment principle was mainly *Langhana* ie dietary regulations, weight reduction therapies like *Udwarthana*, *Uthkharshana*, special lepanas (medicinal paste applications),

various internal medicines etc. Periodic Purification therapy and oil applications to avoid skin complications were also done. Apart from the common medicines used, some special formulations from Classical texts also were used for him.

Within a period of 28days, he lost 20 kilograms and stopped the use of Tab. Lasix. Other problems like inflammation, severe pain and pitting odema over the legs reduced very much. His joint pain reduced and his nails became healthier.

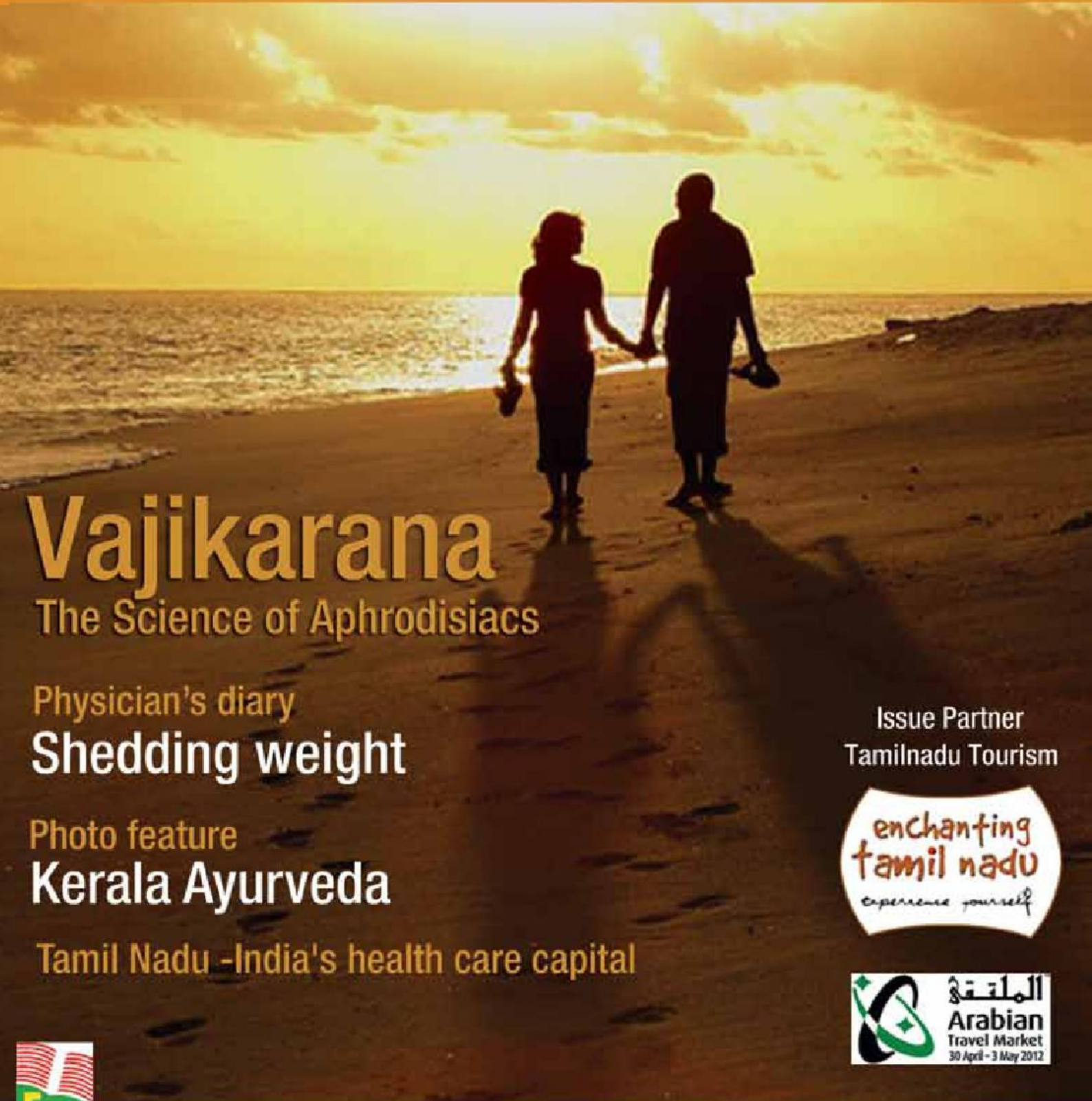
The impact of obesity is not only physical but has influence over mental and social wellbeing of an individual. Though Ayurveda says Obesity treatment as a difficult task, with the joint effort of the four limbs of treatment i.e. Physician, Medicine, Attendants and Patient it becomes fruitful.



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UAE: Dirham 15

# Ayurveda International



## Vajikarana

The Science of Aphrodisiacs

Physician's diary

### Shedding weight

Photo feature

### Kerala Ayurveda

Tamil Nadu - India's health care capital

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