



SWASTHYA VAANI

The official Newsletter for Arth Ayurveda Doctors

Director's Note

Immunity is a matter of great concern now that we are moving into a new season. Being Ayurvedic practitioners, we know the importance of Ayurveda in boosting and preserving the immunity of our patients.

The goal with this month's newsletter is to equip you with vital information that will help you communicate this message to your patients so that they make Ayurveda a way of life, and not just a way of curing existing health issues. While authentic Ayurvedic treatments are highly potent in curing rare and concerning diseases, prevention of diseases is a very important aspect of this practice.

At Arth Ayurveda, we have witnessed the many benefits of these practices for children and adults alike. We have also helped many patients cope with intense treatments for chronic conditions through these practices that not only strengthen the immune system but also help in detoxification which leads to improved health over time.

There is also significant global research that delves into the immune-boosting properties of various Ayurvedic preparations and treatments. These results have been obtained through clinical trials making Ayurveda globally acclaimed for its ability to preserve the health of the healthy.

Not only is the Indian Government actively working towards promoting Ayurveda on a global scale, the World Health Organisation has also played an important role in the acceptance of Ayurveda world over.

Keeping these things in mind, it is safe to say that we as the practitioners of Ayurveda have a lot to offer to promote health and well-being. I urge you all to remain curious, learn continuously and look for every opportunity to improve your knowledge about this powerful ancient healthcare system as the future looks extremely promising.

Dr. Prashanth S Acharya,
Founder and Medical Director
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TO PRESERVE THE HEALTH OF THE HEALTHY & ALLEVIATE THE DISEASE OF THE SICK

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In Focus

International Journals and Papers on the Powerful Immune-Boosting Abilities of Ayurveda

As the awareness and knowledge about Ayurveda has increased world over, prominent journals have published papers on the importance of Ayurveda in improving immunity. Many of these properties of Ayurvedic preparations and treatments came into light during the Covid-19 pandemic. Here are excerpts from a few of these papers that will provide you with valuable information:

Nature and Mechanism of Immune-Boosting by Ayurvedic Medicine World Journal of Methodology

(Vallish, B N et al. "Nature and mechanism of immune boosting by Ayurvedic medicine: A systematic review of randomized controlled trials." World journal of methodology vol. 12,3 132-147. 20 May. 2022, doi:10.5662/wjm.v12.i3.132)

This article reviewed published randomised clinical trials to collect evidence on the mechanism of immune-boosting by Ayurvedic medicine in sick and healthy individuals. 12554 articles were reviewed. These studies included pregnant women, paediatric population and patients suffering from Covid-19 among several other health conditions. 21 interventions were studied. These studies point to the improvement of the immune system particularly by boosting T-helper cells and natural killer cells.

A Critical Review of Ojas: An Ayurvedic Immunity Booster European Journal of Molecular & Clinical Medicine

(Nayak, Sarita, et al. "A Critical Review Of Ojas: An Ayurveda Immunity Booster." European Journal of Molecular and Clinical Medicine, vol. 8, no. 1, Wntr 2021, pp. 229+. Gale OneFile: Health and Medicine, link.gale.com/apps/doc/A698747654/HRC?u=anon~8ed9cfb3&sid=googleScholar&xid=1645938f. Accessed 22 Feb. 2023.)

Ojas is the result of digestion, assimilation, metabolism and absorption of all the food that we consume. One of the main causes of poor immunity is Ojasdushti or disruption of the creation of Ojas in the body. The aim of this study was to understand practical ways to boost immunity by increasing Ojas. The study concluded that Ojas must be preserved by all means using Ojovardhak measures on a daily basis. This can even keep individuals protected in situations like the Covid-19 Pandemic.

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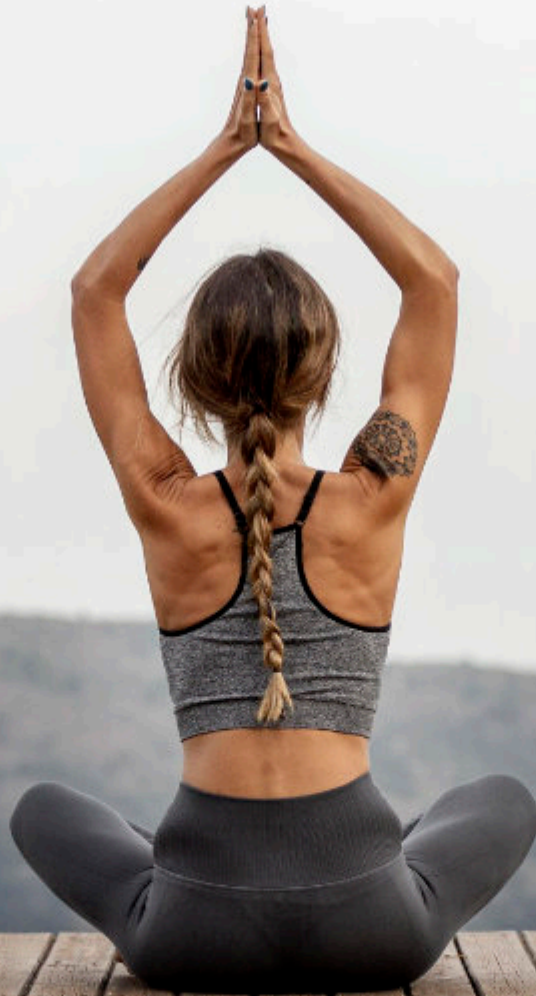


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Role of Dinacharya in Prevention of Covid-19 International Journal of Ayurveda and Pharma Research

Manisha, & Gaur Manu Bhai. (2022). Role of Dinacharya in Prevention of COVID-19. International Journal of Ayurveda and Pharma Research, 10(2), 104-107. <https://doi.org/10.47070/ijapr.v10i2.2225>

This paper explores Dinacharya or daily regimen explained by Acharyas thousands of years ago. It includes practices like Brahmamuhurtha Uthana, Dantpavana, Jivhanirlekhana, Gandusha, Dhoomapana, Abhyanga, Vyayama, Nirmal Amberdharna and Kshaurkarma. The advantages of these practices showed their effectiveness in preventing disease and boosting immunity.



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From Being Unable to Walk, To Travelling The World

How Ayurveda Changed This Woman's Life

An 80 Year old female patient from Europe, who is not a k/c/o Diabetes mellitus or hypertensive came to us with the complaint of multiple joint pains (involved interphalangeal joints, B/L Knee joint, B/L Ankle joint, B/L Elbow joint, B/L Wrist joint) for over a year associated with swelling and morning stiffness which last for more than half an hour. She also complained of constant fatigue for 1 year.

Patient also had an old compression fracture at the L2 vertebra, due to which the patient had pain in the lower back region. She also had an h/o cervical spondylosis. For the above said complaints she consulted a doctor at Europe, where she advised to undergo blood investigation and diagnosed as sero - negative rheumatoid arthritis and advised her to take steroids for a certain period of time and immunosuppressant weekly once a day.

By taking these she found only temporary relief, but morning stiffness persisted, affecting her daily life. When she came to Bangalore, India, she visited to our hospital to get an Ayurvedic treatment and took a consultation at Arth Ayurveda Hospital, Indiranagar.

The doctor has advised her to undergo an MRI of the whole spine and B/Lknee joints which shows the degenerative changes. We also advised panchakarma therapy and oral medication for 28 days which showed a marked result.

Summary

Before commencement of the treatment patient was not able to walk or travel for long distance due to pain and stiffness in her joints and her daily activities were hampered. After the complete duration of the treatment pain, swelling reduced by 90% and morning stiffness was not a regular occurrence.

Now, patient is happily travelling around the world, which was her dream for a long time.



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Match the Following

Match the Dinacharya with its correct meaning

a. Dantapavana	1. Medicinal Smoke
b. Dhoomapana	2. Wearing Clean Clothes
c. Nirmal Amberharna	3. Cleaning teeth
d. Vyayama	4. Massage
e. Kshaurkarma	5. Exercise
f. Abhangya	6. Grooming



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-  Pioneers in Ayurvedic treatments

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FEATURES OF THE HOUSE

- 24X7 Care
- 8 Therapy rooms
- 15 beds
- 7 well-furnished rooms
- 1 mini operation theatre
- Full-fledged pharmacy
- Treated 50K+ patients
- 25K+ Diabetic neuropathy

Parting Words

We hope this newsletter equips you with necessary information to learn more about the fascinating immune-boosting benefits of Ayurveda. It is our responsibility as Acharyas to inform and educate our patients and close ones about the importance of making better choices to preserve health. Including Ayurveda in everyday life is a great leap in the right direction.

Answers: a=3, b=1, c=2, d=5, e=6, f=4

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