



Newsletter

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Indian Association For The Study Of Traditional Asian Medicine

आशियाई पारंपारिक स्वास्थ्य परिषद-भारत

EDITORIAL

Dr. Mitchell weiss, Secretary-General, International Association for the Study of Traditional Asian Medicine visited Bombay for his research on Cultural System and Medical Profession. He met the members of IASTAM-INDIA and held discussions about the development of the Association. The perception of Indian members about the Association was reiterated, while western scholars are interested in Asian Medicine for scholastic studies, the professional in Traditional Medicine in India and other third world countries look forward to IASTAM towards furtherance of their professionals interest which faces threat from western Medicine. In India as also in Malaysia a large number of practitioners of traditional medicine and the traditional pharmaceutical industry are involved in the activities of IASTAM. Actually IASTAM is the only Association offering sympathetic International Forum to Traditional Medicine in the third world. There are many association of traditional Medical Practitioners at the national level whereby the professional problems of the practitioners are discussed. In spite of the varying professional interest of IASTAM member in the third world and those of the

International Association there is a common thread regarding the promotion of study of Traditional Medicine.

Dr. Mitchell weiss put forward ideas about allopathy as the local health culture in USA while it being an alien culture in the developing countries. There exists medical pluralism in countries like India whereby local medicine also influences practice of allopathy. There is a consultant interaction of indigenous and modern medicine in India. The community members pursue their health. While the Western Public Health officers understood the needs of the community from western angle, the western perception of community needs in India would be totally out of place.

When the western system func-

tions in a country like India there is stress on compliance by the community of the ideas and advice given by the modern practitioner. What is desirable is the approach of alliance as should be worked out by medical professionals with the community. It has to be realized that people mix the systems of medicines. They may perceive ayurvedic ideas of disease, causation, prevention and promotion but may pursue allopathic remedies. It is therefore necessary that a close interaction of the perception on health, disease causation and cure as it exists in the minds of the community and as it is pursued and practised by health professionals need to be documented systematically. This will help to develop scientific and community oriented health policies and disease control programmes.

ALL INDIA SHIVAMBU (Auto-Urine-Therapy) CHIKITSA MANDAL

The first all India Shivambu Chikitsa Mandal's meeting was held on 28th June, 1987 in Sabarmati Ashram, Ahmedabad.

More than 75 delegates were present in this meeting. Mr. Navalbhai Shah, former education minis-

ter, Gujarat, Mrs. Jayaben Shah, former cultural minister of Gujarat were among them. Mr. Jagdish Shah, editor of Bhoomi-Putra, was presided. Other delegates from various parts of the country were also present. Dr. M. M. Pandya, member of executive committee of

IASTAM was special invitee and was asked to throw light on the subject of therapeutic value of human urine with special references to Ayurvedic texts if any.

Number of delegates have presented their experiences about the success of Auto-Urine-Therapy (AUT). Many of them have claimed that dreadful diseases like cancer, heart diseases, blood pressure, diabetes, asthma, chronic cold, skin diseases like eczema, psoriasis, arthritis, and even cataract and chronic otorrhea etc.; have been cured by AUT, where other therapy like modern medicine, ayurved, homeopathic etc.; have been failed.

Dr. Pandya elaborately shed the light about the medicinal value of

AUT giving references from ayurvedic texts.

In the Charak Samhita, according to Dr. Pandya, human urine is not used nor it is mentioned to use as medicine. But in Sushruta Samhita passing remark is made to use human urine as medicine. Except this solo reference no evidence is found about the medicinal use of human urine.

It is astonishing that in the later period of ayurved Bhavmishra (1600) has mentioned human urine and its medicinal properties. But it is not mentioned clearly whether the urine of one's own individual can be used or it can be used of any person for any diseased person, because AUT is practised only for one's own urine.

While urine of other animals like that of cow, goat, buffalo etc. can be used for any body.

Another important point, according to Dr. Pandya is that no ayurvedic texts have mentioned in the chikitsa chapters to use human urine as medicine while dealing with various kinds of diseases, and its treatment.

In such circumstances AUT should be prescribed very cautiously and one should wait till more research trials are undertaken by hospitals and/or other research organization.

(Compiled by Dr. M. M. Pandya)

Medical Facilities to Rural and Tribal areas by 2000 A. D.

By

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Indian population, more than 75 per Cent are living in rural where there is a lack of medical facilities. Still it will take another decade to get medical facilities within their reach, because they are residing in very interior and remote areas. Eventhough Government is trying hard and stressing more by opening new dispensaries in these rural areas But, doctor's are not showing their interest to go and work in these areas due to lack of their facilities like transportation, education and other problems to their children.

Hence to get medical facilities in these rural and tribal areas, these

people should go to nearest town or city. Due to lack of taransportation, it will be very difficult to them to go for each and every time to consult the doctor. Poverty cannot allow them to spend more money against medical charges, due to these reasons many common diseases are turning in to chronic and gravious. If time comes. in emergencies they are ready to dispose all the property whatever they are having for medical needs To avoid these troubles we can help them by explaining local available herbs for common ailments

There is no necessity to go and visit a doctor for each and every

trouble. without doctor's help many common diseases can be cured except they are chronic and complicated. some times, we should not ignore in certain cases like acute troubles doctor's Advice is very essential, timely medication may help them from further deterioration for example, acute Appendicitis requires operation within 24 hours after attack. Leave aside, these acute and emergency diseases which are affected by very few people whereas can be treated without doctors' help very easily

It will be better to provide the knowledge of local available medicinal plants and diagnosis of common diseases will be helpful to these rural and tribal people. We should not forget to explain and diagnosis of of common diseases and their signs and symptoms in a simple manner.

Common diseases, like indigestion, constipation, headache, fevers, diarrhoeas, common cold, skin

diseases can be recognised very easily by each and every person. If a person knows scientific principles he can be free from above said ailments. For example, if a person gets indigestion he should take light and not food in liquid form adding ginger he will be free within two to three days. If he neglects indigestion, he may get many diseases in future

Hence if we explain how to utilise the local available herbs for these common diseases in a simple manner by showing movies, by delivering lectures, and distributing the pamphlets in local language will be beneficial to them.

Moreover, they can get very easily these herbal drugs in fresh and genuine condition in front of their home itself. Many people do not know important medicinal plants are available in front of their home. Obviously speaking, each and every herb is having medicinal value if we use it properly. God has created the herbs in our local areas to pacify the diseases which are occurring in that particular area. Ayurveda clearly says that "Nanaushadhi Bhootam jagat Kinchit Asthi Dravyanam upalabhyate" means if we utilise properly each and every substance, which is available in this Universe is having medicinal importance. Hence one should utilise the available natural resources to remove health problems without spending single paise.

No doubt, Government is trying hard to improve health standards by providing as many as health centres opening in urban as well as in rural areas. Even though it will be very difficult task to establish these facilities within the reach of tribal and rural people. Hence, at this stage, it will be better to avail the natural resources to provide medical aid for these rural people where here is lack of medical facilities.

Moreover, to fetch the goal, Health for all by 2000 A. D. as declared at Almata Conference, serious efforts should be made by medical, paramedical as well as social workers for the welfare of these tribal and rural people. Otherwise, we may fail to reach this target. Hence, at this stage, to improve health standards of these rural people, knowledge of the medicinal plants to the common diseases will have a great value where medical facilities are not available. Here we should not forget to protect the important medicinal plants in these areas. Now a days many important plants are being destroyed knowingly or unknowingly for the cultivation of the waste lands. If an agriculturist knows importance of these plants may give advice to these people about the protection of the medicinal plants.

Let us see the important and commonly available few drugs and their medical values.

1) Hareetki, Eng-Myrobalans, Hindi-Harde Lat - Terminalia. Chebula

It is a big tree distributed all over India having important medicinal values.

Useful part - Fruits.

Uses - 1) 5-10 grams (2-3 teaspoonful) powder of dried fruits mixed with Jaggery will relieve many digestive troubles.

It should be taken in early morning as well as in night before going to bed one hour after meals.

- it relieves flatulences.

- being a mild laxative it relieves constipation.

2) Cough will be relieved if chewed, the pulp of the fruit with salt.

(3) Piles can be cured, if the powder is taken with hot water regularly in early morning hours.

(4) Powder fried with castor oil is very beneficial in all types of vata diseases like -

- Arthritis (Sandhivat)

- Rheumatic pains (Amavat)

- Sciatica (Grudrasi)

etc.

(5) It is a good Geriatric i.e. it improves longevity of a person if he will take according to the season and vehicle.

II. **Kutaja**, Eng. Kurchi bark, Hindi - Indrajav, Kuda, Latin, **Holarrhena anti dysenterica**.

It is a medium sized tree and available in hill areas.

Useful part - Bark, seeds.

Uses - (1) Powder of the bark one to two teaspoonful three times in a day is very beneficial in all types of diarrhoeas.

To avoid bitter taste sugar can be added to decoction, can be given to children.

(2) Amoebic dysentery can be treated successfully with this powder and it should be given for a period of 2 to 3 months and diet should be given Rice with butter milk.

(3) Powder of the seeds are very useful for the treatment of diarrhoeas caused by indigestion.

III. **Guduchi**, Hindi-Giloy, Latin - **Tinospora cordifolia**.

It is a climber available everywhere in India.

Useful part - Leaves and Stem.

Uses - (1) Fresh extract juice of the stem is very useful in all types of fevers.

- Malaria fevers
- Influenza
- Typhoid fever, etc.

(2) In all types of skin disorders specially for eczeme, pruritis itching sensation all over the body etc. for these troubles it can be used orally and externally. Orally it can be given with Honey.

(3) Fresh juice adding sugar and ghee can be used for acidity and hotness in the body.

IV. Vasa — *Adhatoda vasica*, (*Adusa*)

Useful part — leaves.

(1) Decoction of the leaves mixed with honey acts as bronchodialators and useful in all types of respiratory disorders.

- Cough
- Bronchitis
- Asthma
- T. B. etc.

(2) It also reduces non-pathogenic bleedings from Nose, Teeth, Uterus, Anus, Mouth etc.

(3) The decoction mixed with ghee is very beneficial in blood vomiting in lung T. B. cases.

(4) It reduces all sorts of fevers specially chronic fevers in T. B. and Typhoid.

V. Babbul — *Acasia arebica*

It is a very familiar and well-known plant having important medicinal values.

Useful part — Bark.

Uses — (1) The decoction of the bark 10 to 15 ml. three times in a day is very useful for ladies in Leucorrhoeas (white discharges).

(2) This decoction can also be used for washing the vagina externally in leucorrhoeas for immediate relief.

(3) Decoction can be used for cleaning all types of wounds.

(4) Gargling with this decoction is very useful in gingivitis, stomatitis, etc.

(5) In conjunctivities, the eyes should be washed with fine filtered decoction.

(6) It checks the uterine abnormal bleedings in females.

(7) In tonsillitis, gargling with this decoction adding salt and mild fermentation externally is very beneficial.

VI. Curcuma, *Curcuma longa*.

Useful part — Rhizome.

Uses :

(1) Curcuma powder fried in ghee in the dose of 1 to 2 teaspoonful is very beneficial in Asthma.

(2) Decoction of the curcuma is useful in Eosinophilias.

(3) Curcuma powder with honey can be given in cough and bronchitis.

(4) In all skin disorders, external application is very useful.

(5) Curcuma powder mixed, with honey is also beneficial in diabetes.

VII. Shatavari — *Asparagus racemosus*

It is a climber easily available in forest areas.

Useful part — **Tuberous Roots**

Uses :

(1) It is a best general tonic for each and every person in powder form with milk.

(2) With milk this powder will be helpful in pregnant ladies, nursing ladies, for aged persons and in convulsenca period.

(3) It is a best galactogogue (it increases breast milk) used with milk every day.

(4) It is a best drug for acidity patients if used with ghee and milk.

(5) It is having aphorodesiac character it improves general stamina of the males.

(6) It has also been seen that it will give good relief in habitual abortions having action on uterus.

VIII. Amalaki — *Embllica officinalis*

Useful part — Fruit.

Uses :

(1) It is also a general tonic. It increases longevity of a person if we use continuously.

(2) It reduces hotness in the body with ghee.

(3) Decoction will be helpful in acidity.

(4) Fine filtered decoction will be useful for washing the eye troubles.

(5) Dry powder mixed curcuma will be beneficial for diabetes.

These are the few drugs mentioned most commonly available in rural areas with their uses. In this way, if we prepare more drugs in local languages, will be very beneficial to these people. The diseases with common symptoms are also prepared in simple language so that, they can understand very easily, will help them to get medical facilities at their homes. Periodical checkups and time to time lectures on seasonal changes and higenic conditions may prove better results with minimum budget. Every day a new disease is developing particularly in urban areas like A. I. D. S. where there is more medical facilities available. Hence Government of India and Health Departments are concentrating on these gravious and uncurable diseases by diverting more and more funds. This can not be avoided in present situation to prevent the most dangerous diseases. Developing countries like India though Plans are there, they can not be implemented in time, due to scarcity of funds. To keep up their speed in providing medical care to rural and Tribal people who are staying very far from health centres, the simple methods can be implemented with minimum funds. In this paper an attempt has been made how medical facilities can be provided to rural and tribal people within a short period with minimum expenditure.

Ancient, Vedic Anti-pollution measures :

Vaidya Vishwanath Dwivedi, Ayurveda Shastracharaya of Varanasi, Bihar State in India, has suggested some measures (based on Ayurvedic Research) to control pollution. According to Vedas, the space between the earth and the sky is divided into 7 layers, but the atmosphere is counted only upto 3 layers and therefore the measures used in ancient India as described in the scriptures are concerned with 3 layers only.

Performing 'Havan' or 'Yadnya' by qualified priests in which certain substances are burnt whilst chanting of the Mantras the substances include Bach and Kuth roots, Guggulu, Sarjresin, Cedrus Deodara, Jatamansi, Sandalwood, and Agarwood. Also included are Ghee (Purified butter), Sugar, Barley, Sesam Seeds, rice etc. The fumes of these substances would purify the air and the atmosphere of homes as well as of large community places.

Leprosy Institute Relies on Herbal Extracts :

Dr. R. G. Roy, Director of the Central Leprosy Institute Chingleput India, has started on a new project to study the effects of some Ayurvedic Compounds made from indigenous herbs and plants in reducing the multiplication of leprosy germs. The scientists at Chingleput have studied the strains of the causative organisms resistant to a synthetic drug like Dapsone on mice and on monkeys.

The India Council of Medical Research, New Delhi, have also been requested to study the growth of leprosy germs on the Indian rhesus monkey.

The extracts of plants grown in Tripura State and prepared at the Calcutta University, have been shown to inhibit bacterial growth.

Smokers Ayurvedic Dental Cream and tooth paste :

Claimed to be purely Ayurvedic tooth-paste, is made from Mango-leaf extract alongwith clove oil, cardamom oil, myristica and Sinclova-4

Four thousand year old concept of dental care with extract of mango leaf has prompted the production of the tooth-paste. It is claimed to stop tooth decay, strengthen gums and stop bad breath.

Rhino Balm-Herbal Liquid Pain Balm :

Described as a product of mother concentrate in a 'Unique Formula' comprising healing herbs known from ages for their Therapeutic value. This pure herbal oil blend of I. P. quality is supposed to have been made from Ajowan oil (oil obtained by distillation of Carum Capticum D. C. Benth & Nook, Fam : Umbelliferae, and contains Thymol, terpenes, pinenes, and other acids), Eucalyptus, wintergreen cinnamon leaf etc. It is supposed to cure tooth-ache, Back ach, Head-ache, sciatica, arthritis, stiff-neck, giddiness, sprains, mental tiredness etc.

WWF's Gold Medal for Dr. Richard Evans Schultes :-

All the chromium occurrences in Kondappalli, Andhra Pradesh, an area of 10 sq. miles, where Tulsi Plant grows exclusively overlaying The chromite ore body. The investigations by Dr. E. A. V. Prasad revealed that the ocimum Adsensens was an accumulator of and as an indicator of the presence of heavy metals.

Dr. Schultes a professor of Biology and Director of the Botanical

museum at Harvard University in USA has contributed considerably to the discovery and conservation of rare plants in Amzen region. Dr. Schultes is an expert on halucinogenic plants and a pioneer of Ethnobotany

OCIMUM SANCTUM AND CHROMIUM DEPOSITS :

The study conducted by the geologists at the Venkateswara University Tirupathy, South India have found a co-relation between the occurrence of Tulsi (Ocimum Species) plants and the Chromium metal deposits.



NEWSBRIEFS

BREAKTHROUGH !

Research carried out in Bangladesh has convinced US physicians that, if your mother gave you chicken soup when you were ill—she was right! Chicken soup, like any other simple formula that contains protein, starch, salt and water, is an excellent remedy for diarrhoeal illnesses, which can be lethal because they drain the body of water and salt. Reporting this "breakthrough," the US National Council for International Health, compared such home remedies, commonly used in the Indian subcontinent, with oral rehydration salts (ORS) which are saving some half a million children's lives every year.

HEALTH EDUCATION AWARD

An annual award of US \$5,000 is to be made by WHO for outstanding contributions made by individuals, institutions or non-governmental organizations towards strengthening Health Education in

primary health care. The cash prize is intended to be used for continuing these health education activities, and will be accompanied by a commemorative plaque. The award has been made possible by the generosity of the US-based philanthropic association, the L.I.S.Z. Foundation.

Nominations for the 1987 award must reach WHO before 31 August this year, and should be addressed to: Health Education Service, Division of Public Information and Education for Health, WHO, 1211 Geneva 27, Switzerland. They should include the name and address of the person or institute nominated, a brief summary of the primary health care project concerned, and a description of the health education activity being carried out as part of the PHC project, emphasising the planning, implementation and evaluation phases and highlighting the innovative approaches being used and the impact of the education on people's behaviour.

Only a health education activity still in progress will be considered for the award. And the UN family of organizations and members of their staff are not eligible for nomination.

EMERGENCY KIT

An emergency Immunization Kit perfected by Oxfam of the UK will enable Oxfam and other agencies to keep a stock of pre-packed kits of cold chain equipment for use in emergency areas. The kit contains all the equipment necessary to deliver 5,000 doses of vaccine—about one week's work in an epidemic-stricken or earthquake-hit region.

Prof. Subhash Ranade and Dr. M. L. Gherote Feliciated.

Prof. Subhash Ranade of Tilak Ayurveda College, Poona has been honoured by conferring a Title of Ph. D., from MEDICINA ALTERNATIVA – an International Organisation in Bruxells, established for propagation of various disciplines in Medicine.

This announcement was made at Colombo – Shri Lanka; on 23rd Sept. on the last day of "World Congress on Humanity". On this day 25th Anniversary of the International Dag Hammarskjold Celebrations was observed, and many Internationally reputed persons were Feliciated.

Prof. Subhash Ranade has been honoured for his outstanding contribution in the field of Ayurveda Since 1980 he has visited West Germany, Italy, Swiss, U. S. A., Indonesia many times for propagation of Ayurveda. He has participated in many International Conferences.

Dr. M. L. Gherote, Principal of Yoga School in Kaivalyadhama - Lonavala; has also been Feliciated Ph. D. for his outstanding contribution in the field of Yoga. Dr. Gherote has also travelled many times in foreign countries for delivering lectures on Yoga.

Prof. C. K. Kokate, Dean, Faculty of pharmaceutical Sciences and the Life Member of IASTAM has returned to India after 3 months tour of West Germany on reinvitation from Daad. He also visited Switzerland and Netherland during his tour.

Prof. Kokate, was nominated by U. G. C. as 'National Lecturer' for 1985-86.

3rd world congress Yoga Ayurveda and Traditional Medicine Holistic Approach

1989, June 4 - 6th
ITALI

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With deep sorrow we inform you that Mrs. Leela Udupa, wife of our president Dr K. N. Udupa, departed for her heavenly abode on 28th April 1987 at 12-30 p.m. IASTAM - Family will pray for her soul to rest in peace.

Prof. P. J. DESHPANDE

IASTAM-Regional Secretary of Varanasi, Prof. Dr. P. J. Deshpande died in Varanasi on 1st Aug 1987.

May his soul rest in Peace (More details in the coming NEWSLETTER)

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