

Vedic Healing

Newsletter Spring 2013



Featured Herb: Turmeric

Turmeric is one of the most common culinary spices of the Indian cuisine. It is turmeric which gives the Indian curry, the characteristic orange color. The rhizomatous root of the plant *Curcuma longa* is dried and powdered to derive the spice, which is also one of the most important herbs used in Ayurvedic healing. It is bitter and astringent in taste, heating in nature, and balancing for the Kapha energy. In Ayurveda it is used to heal the disorders of skin, digestive system, and respiratory system. It is very useful in allergies, inflammations, infections, and injuries. Its professed active ingredient "Curcumin" is actively being studied for anti-inflammatory, anticancer, and antioxidant properties. A recent pubmed search for Curcumin revealed 5520 articles, compared to only 1738 for *Curcuma longa*. We believe that the whole herb is more useful than the extracted single ingredient. National Institute of Health's (NIH) Center for Complementary and Alternative Medicine considers Turmeric "safe for most adults."



Yogasana: Bhujangasana (Cobra Pose)

Bhujangasana (cobra pose) is a basic Yoga pose which improves the flexibility of the spine and heals the organs in the abdomen and pelvis. It is one of the 12 poses of the Sun Salutation (Surya Namaskar). Lie flat on the stomach with legs straight and feet together. Place the palms on the floor right besides the shoulders. Rest the forehead on the floor and relax the body. Inhale slowly and raise the head and neck, shoulders, and the trunk by straightening the elbows. Gently arch the back, tilt and head back, hold your breath and the position for as long as you can. Then slowly while exhaling, come back to the starting position. Practice 4-6 rounds increasing the time in final position. This pose heals backache, digestive and menstrual disturbances. Like any other pose, this should be learned under supervision and performed after consulting with your physician. Stop any time you feel discomfort or pain. Yoga practice should always be relaxing and refreshing.

Natural Remedy: Seasonal Allergies

Seasonal Allergies or Allergic Rhinitis is an immune system reaction to pollen from trees, grass, flowers, and plants. Sneezing, wheezing, runny nose, and itchy, watery, red eyes are some of the symptoms that more than 35 million Americans face each year. The severity of symptoms depends on individual immunity. Ayurvedic treatment of allergies focuses on lifestyle changes, cleansing procedures (Neti, described below) and Herbal Supplements which balance the Kapha energy (energy of growth and immunity). Rest, good hydration, and balanced diet are foremost. Herbs used to treat allergies include: **Curcuma longa**, **Glycerhiza glabra**, **Embllica officinalis**, **Terminalia billerica**, **Terminalia chebula**, **Oscimum sanctum**, **Zingiber officinale**, **Piper longum**, and **Piper nigrum**. Here is a good home remedy for allergies: mix 1/2 tsp of turmeric powder, 1/2 tsp of freshly squeezed ginger juice with 1 tsp honey, and 1/4 tsp black pepper. Take this mix orally 2-3 times a day during allergies. See Vedic Healing's "Breathe Better" formula for seasonal allergies.



Lifestyle Tips: Spring

Spring is the time of change from winter to summer. It predisposes our bodies to Kapha energy imbalance. Day time naps should be avoided and walking should be taken up on a regular basis as an ideal exercise. The digestive fire is not as strong as in winter, so food should consist of easily digested grains, vegetables, and spices.





Featured Herbal Combination:

"Breathe Better"—is a combination of 15 herbs: Glycerhiza glabra, Emblica officinalis, Plantago ovate, Terminalia billerica, Terminalia chebula, Oscimum sanctum, Zingiber officinale, Piper longum, Piper nigrum, Adhatoda vasica, Curcuma longa, Cyperus rotundus, Tinospora cordifolia, Withamnia somnifera, and Feniculum vulgare. It is effective for symptoms related to Seasonal Allergies. 1-tsp of this herbal supplement powder is stirred in a cup of water with 1 tsp honey and taken orally twice a day, after breakfast and dinner. Dose is reduced to ½ tsp for children. Try the 1-month supply for US \$69.00 or a 2-month supply for US \$149.00.

What is Neti?

Neti is a cleansing procedure for the nasal passage and sinuses. It is usually performed with warm salty water using a Neti pot designed for this purpose. The pot holds the water and has a projecting spout or nozzle which is positioned inside one nostril at a time, to let the water flow it through that nostril and flow out through the other. Only bottled/boiled water should be used for Neti. Typically 1 tsp of regular non-iodized salt (NaCl) is used for 500.00 cc of warm (body temperature) water. Stand with legs slightly apart, lean forwards, bend the head towards one side, breathe through the mouth, close the eyes, and position the nozzle in the opposite nostril and slowly let the water irrigate the passages and flow out through the other nostril. Now repeat for the other side. Neti can be performed daily, and any time except immediately after meals. This procedure heals allergies, sinusitis, and inflammation. It has a cooling effect on the brain and balances the nasal cycle. A review article in 2007 concluded: Saline irrigations are well tolerated. Although minor side effects are common, the beneficial effect of saline appears to outweigh these drawbacks for the majority of patients. The use of topical saline could be included as a treatment adjunct for the symptoms of chronic rhinosinusitis.

Testimonial:

"I recently had a miscarriage, followed by a D&C procedure. It was a very taxing time for me, both emotionally and physically. My doctor told me that it was normal to have period like bleeding for up to 4 to 6 weeks after the procedure. Initially, the bleeding was light, but around the third week, it became heavy, and made me very weak. That is when I contacted Dr. Bhargava. He prepared the personalized herbal supplement for me. Once I started taking the supplement, my recovery was miraculous. The bleeding completely stopped within 24 hours. I would highly recommend Dr. Bhargava's natural and non invasive methods to everyone!" DS, TX.



The contents of this newsletter were prepared by Dr. Peeyush Bhargava, Director of Vedic Healing, and Dr. Priyanka, an Ayurvedic Physician trained in India.

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