

# Ayurvedic concept of

- Diet in Ayurveda
- Basic tenets of Ayurveda



# INTRODUCTION



Ayurveda is India's traditional, natural system of medicine that has been practiced for more than 5,000 years. Ayurveda provides an integrated approach to preventing and treating illness through lifestyle interventions and natural therapies. Ayurvedic theory states that all disease begins with an imbalance or stress in the individual's consciousness. Lifestyle interventions are major ayurvedic preventive and therapeutic approach.

# AYURVEDIC DIET



- Ayurveda is a system of medicine that utilizes various therapies like diet, yoga and herbal preparations to restore balance within the body.
- According to Ayurveda, our body is governed by three body humours or *doshas*, which determine our physiology, behavior and risk to diseases.
- It mainly emphasizes on an individual diet plan chosen according to the three primary body types. This relates to the philosophy that food can be the source of either healing or illness.

# TYPES AND PROPERTIES AYURVEDIC DIET



- In Ayurvedic diet, various foods are differentiated by six tastes which are: salty, sweet, sour, bitter, pungent and astringent.
- It is also classified by six properties which are: cold, hot, heavy, oily, light and dry.
- By eating foods according to our body type, we can balance our energy better and accumulate less waste.

# GUIDELINES FOR THE PERFECT AYURV



- Always eat freshly prepared warm meals. Eating warm food is nourishing and balancing.
- Eat small portions of five to six components to get a variety of flavors and a balance of nutrients.
- Eat only the right amount of food. Don't overeat.
- Avoid commercial flavored yogurts because they are cold and difficult to digest, with dead and worthless bacteria.
- Eat foods rich in herbs and spices.
- Consume chutneys because they provide the six essential tastes.
- Consume fresh fruits everyday.



# SOME OF THE MAIN BENEFITS ASSOCIATED WITH AYURVEDIC DIETS INCLUDE:

- ❑ Improved digestive and metabolic processes.
- ❑ Improved health of the gut/microbiome.
- ❑ Weight management.
- ❑ Enhanced detoxification.
- ❑ Less anxiety and more inner calm.
- ❑ Improved fertility and sexual/reproductive health.
- ❑ Improved efficiency in the excretion process.
- ❑ Improved functionality and range of motion due to decreased inflammation.
- ❑ Encourages eating organic, seasonal and locally grown foods.
- ❑ Fight fatigue and low immunity.





# ACCORDING TO AYURVEDIC PRINCIPLES, HERE ARE GUIDELINES FOR HOW TO FOLLOW AN AYURVEDIC DIET DEPENDING ON THE SEASON

- ❑ **Winter-** it is seen that the appetite and hunger increase due to the need to build inner warmth. Eat less cold and light foods, like raw veggies, smoothies and salads. Eat more nourishing healthy fats, complex carbs like cooked grains, soups and stews. Consume ghee, warming spices and raw honey to boost immunity.
- ❑ **Spring-** Eat more bitter, astringent and pungent foods instead of sweet, sour and salty foods. Emphasize lighter, drier and warmer foods over heavy, fatty foods. Eat meat and fruit sparingly, consume more green plants, use warming spices, eat smaller portions, and increase exercise.
- ❑ **Summer -** Eat more naturally sweet foods, and minimize hot tastes (spicy, pungent, sour, salty) and dry foods. Emphasize cool, moist foods over dry foods, eat less fats, and consume more lighter foods. Eat more fresh fruits and veggies. Enjoy more freshly made juices, coconut products, yogurt, smoothies and cooling plants like cucumber, berries and melons.
- ❑ **Fall-** Eat sweet and slightly bitter and astringent foods instead of pungent, sour, salty foods. Find a balance between cool and hot foods and light and heavy foods. Eat more soups, warming spices, pomegranates and seasonal well-ripened fruits. Also eat more bitter, green veggies and spices.



# BEST AYURVEDIC DIET FOODS

Some of the most nourishing foods that are included in an Ayurvedic diet are as follows-

- ❑ **Spices** -like turmeric, cumin, fennel, ginger, cardamom, coriander, cinnamon, clove, rock salt, mint.
- ❑ **Soaked beans and legumes** -such as mung beans, black beans, kidney beans, lentils, chickpeas and beans.
- ❑ **Fermented foods** - such as yogurt
- ❑ **Soaked/spouted grains** -including quinoa, millet, oats, barley, white or brown rice (or rice pudding).
- ❑ **Seasonal vegetables** -for example, asparagus, beets, cabbage, carrots, fennel root , garlic, green beans, green peas, leeks, okra onions (cooked), pumpkin, radish,and spinach.
- ❑ **Root veggies** -such as sweet potatoes, potatoes, turnips, butternut and winter squash.
- ❑ **Seasonal fruits** -like apples, dates, figs, grapefruit, guavas, lemon, lime, oranges, pears, plums, mango, pomegranate.
- ❑ **Nuts and seeds**- such as sesame, almonds, cashews, pine nuts, pistachios and walnuts.
- ❑ **Healthy fats** -like ghee, buttermilk, sweet cream, full-fat raw milk or yogurt, olive and coconut oil.
- ❑ Water, wine and a variety of teas.





# HOW TO FOLLOW THE AYURVEDIC DIET/AYURVEDIC DIET PLAN

In Ayurveda , the optimal diet depends on someone's constitution (dosha) along with the season. An Ayurvedic practitioner can help develop a meal plan and other recommendations for someone by asking about his or her current diet, lifestyle practices and recent illnesses, by looking at physical characteristics, by testing blood, heart rate, urine or stool and by asking about his or her family history.



# THREE DOSHAS



According to Ayurveda, everything is composed of five elements: air, water, fire, earth, and space. These elements combine to form the three doshas i.e.

VATA

KAPHA

PITTA



# 1. THE VATA DOSHA

- The vata dosha is a combination of space and air.
- It controls movement and is responsible for basic body processes such as breathing, cell division and circulation.
- Vata body areas are the large intestine, pelvis, bones, skin, ears, and thighs. People with vata as their main dosha are believed to be quick-thinking, thin, and fast, and are susceptible to anxiety, dry skin, and constipation.



## 2. THE KAPHA DOSHA

- The kapha dosha represents the elements of water and earth.
- Kapha is believed to be responsible for strength, immunity, and growth.
- Kapha body areas are the chest, lungs, and spinal fluid. People with kapha as their main dosha are thought to be calm, have a solid body frame, and are susceptible to diabetes, obesity, sinus congestion, and gallbladder problems.



### 3. THE PITTA DOSHA

- The pitta dosha combines fire and water.
- It is thought to control hormones and the digestive system.
- Pitta body areas are the small intestines, stomach, sweat glands, skin, blood, and eyes. People with pitta as their primary dosha are thought to have a fiery personality, oily skin, and are susceptible to heart disease, stomach ulcers, inflammation, heartburn, and arthritis.

# BASIC TENETS OF AYURVEDA

Ayurveda views nature (including human) as made up of five basic elements or qualities. These elements are earth, water, fire, air, and space; believed to be composed of both matter and energy. These elements interact and give rise to all that exists

## Ayurveda elements

Ether



Air



Fire



Earth



Water







1. **Earth (Prithvi)** element is dense, heavy, hard and principle of inertia. In the human body, all solid structures and compact tissues are obtaining from the earth element. They exist in various structural parts such as the bones, nails, teeth, muscles, cartilage, tendons, skin, and hair. Sense of earth element is smell, organ nose.



2. **Water (Jal)** element is liquid, soft and the principle of cohesion. In the human body, all fluids are obtained from the water element. They exist in many forms in the body such as plasma, blood, saliva, nasal secretion, digestive juice, eye secretion, mucus, cytoplasm, cerebrospinal fluid and liquid inside the cell. Sense of water element is taste, organ tongue.
  
3. **Fire (Agni)** element is hot, light and principle of radiance. It controls enzyme functioning. In the human body, it is believed to regulate body temperature and is responsible for digestion, absorption, assimilation and regulate metabolism. The solar plexus, located in the abdomen is the seat of fire in the body. Fire manifests as the gray matter in the brain allows one to recognize, appreciate, and comprehend the world. Sense of fire element is vision, organ eye.



4. **Air or wind (Vayu)** element is cold, mobile, rough and principle of vibration. It is the element of movement, in human body it represents every movement include muscular movement, lungs contraction, intestines movement and movement in every cell. In the cosmos, it is the movement of the earth, wind and air. It governs thought, desire, and will. Sense of air ch, organ skin.



Air in Ayurveda

5. **Space or Ether (Akasha)** element is clear, subtle and principle of pervasiveness. It corresponds to the spaces in the body, which include the mouth, nostrils, thorax, abdomen, respiratory tract, and cells. Space allows the existence of sound in order to travel. Sound does not indicate only audible sounds, it also include subtler vibrations that resonate in our body. Sense of ether element is hearing. organ ear.



# REFERENCES

- ❑ <https://goop.com/wellness/detox/ayurveda-how-to-eat-for-your-dosha>.
- ❑ <https://www.banyanbotanicals.com/info/blog-the-banyan-insight/details/ayurveda-my-life-compass>.





# Alternative medicine and nutrition

**Unit – III**

**Chapter – 6**

**Medicinal plant used in  
alternative/traditional medicines – neem,  
aloe vera.**

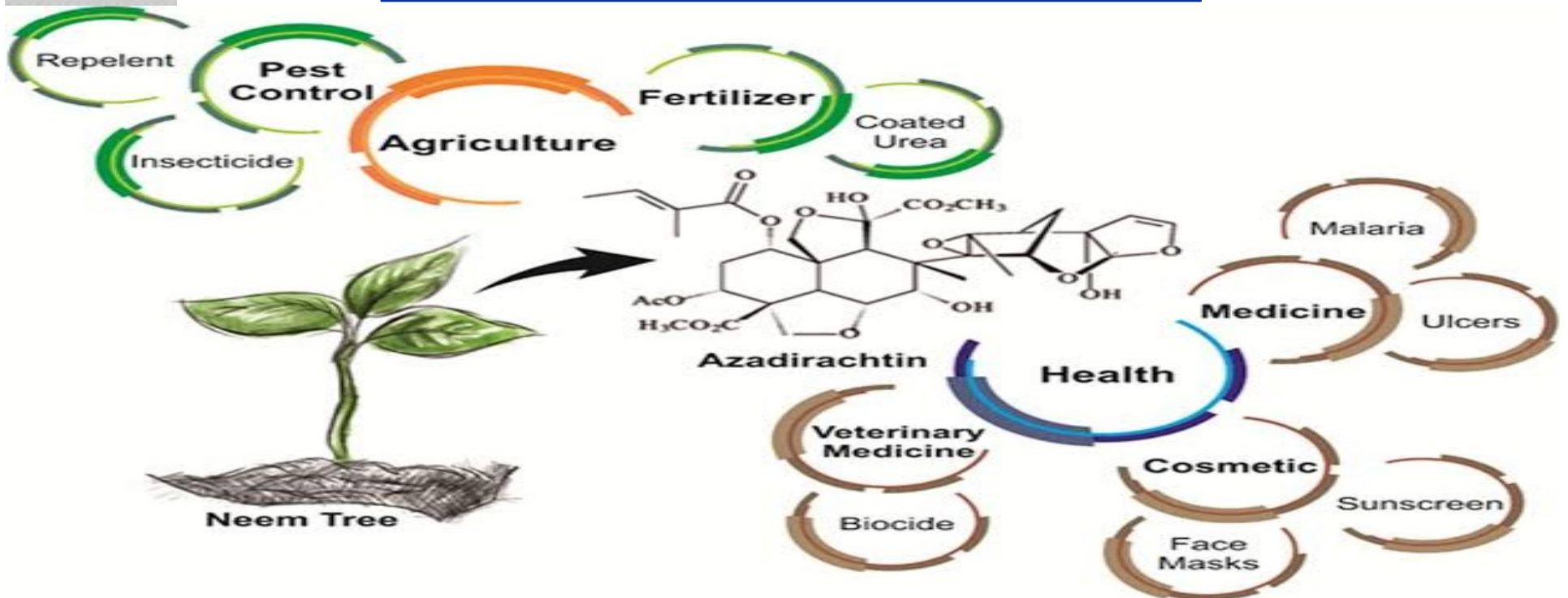


# Neem

- Neem is very important medicinal plant which is used to treat different diseases in Unani System of Medicine as well as traditional system of medicine (Ayurveda, Homeopathic Chines and European “Materia Medica”).
- Neem ingredients are applied in Ayurveda, Unani, Homeopathy, and modern medicine for the treatment of many infectious, metabolic, or cancer diseases.
- The scientific name of Neem, *Azadirachta indica*, is derived from the Persian, Azad means “Free” dirakht means “tree” I-Hindi means “of Indian Origin” .Hence it literally means “the free tree of India”.
- Neem is a large found wild and often cultivated in India.
- All the part of the tree is bitter in taste.
- Its fruit is smooth, oblong and small in size and is called, Niboli.
- Its four varieties viz. Ban, Bakain (Maha neem), Bhoim neem
- and Meetha neem (Kiryapak) have been mentioned in classical literature

# Table 1: Scientific Classification

Order	Rutales
Suborder	Rutinae
Family	Meliaceae
Subfamily	Melioideae
Tribe	Melieae
Genus	Azadirachta
Species	indica



# Pharmacological Actions

- Dafe humma (Antipyretic)
- Dafe yarqaan (Useful in Jaundice)
- Dafe tafffun (Antiseptic)
- Hazim (Digestive)
- Habise ishaal (Antidiarrheal)
- Kasire riyah (Anti flatulent)
- Munzij (Concoctive)
- Musakkine alam (Analgesic)
- Nafe amrazz jild (Skin Diseases)
- Mundamile Qurooh (Cicatrizant)
- Nafe istisqa (Useful in Dropsy)
- Nafe wajaul mufasil (Anti rheumatic)
- Nafe darde gosh (Useful in ear ache)
- Rade (Repellent)
- Musakkine atash (Thirst quenching)
- Muqavvi snan wa lissa (Teeth and gum tonic)
- Muqavvi basar (Eye tonic)
- Musakkine suaal (Antitussive)
- Mudire Haiz (Emmanagogue)
- Musakkine Suda (Headache Reliever)
- Mane nazool (Anti hydrotic)
- Nafe ziabetus (Anti Diabetic)
- Nafe zeequnnafas (Useful in asthma)
- Nafe jaroooh wa qurooh (Useful in burns and wounds)
- Nafe falij and laqwa (used in paralysis and hemiplegia)

# Medicinal Uses

- Almost every part of the tree has long been used in folklore and traditional systems of medicine for the treatment of a variety of human ailments, particularly against diseases of bacterial and fungal origin.
- Nimbidin is antiarthritic and anti-inflammatory in its action and possesses significant antiulcer potential whereas various other fraction have antipyretic and anti-inflammatory and antitumor properties.
- The extracts and various factors derived from neem also possess diverse biological effects on insects such as repellency, phagodeterrence, reduced growth, abnormal development and reduced oviposition.
- Numerous biological and pharmacological activities have been reported including antibacterial, antifungal, and anti-inflammatory.
- Earlier investigators have confirmed their role as anti-inflammatory, antiarthritic, antipyretic, hypoglycemic, antigastric ulcer, antifungal, antibacterial, and antitumour
- An antineoplastic drug has also been obtained from the bark of bark plant.
- Neem gum is a tonic, Stimulant, demulcent, blood purifier, Anti-catarrhal, remedy for splenic enlargement and antipyretic.



# SCIENTIFIC REPORT

- Abortive effect: Seed and leaf extract
- Analgesic effect: Leaves
- Anti-dermatophytic effect: Leaves
- Antifertility effect: Neem oil
- Anti-inflammatory effect: Leaves
- Gastric antiulcer effect: Leaves
- Hypotensive effect: Leaves
- Immuno modulatory effect: Stem bark
- Larvicidal effect: Isolated hydrocarbon fraction from dried leaves (Okpanyi and Ezeukwu, 1981)
- Metabolic effect: Seed
- Neuropsychopharmacological effect: Leaves
- Toxic effect: Neem oil

## *Hypoglycemic*

- The seed oil possesses active constituents capable of lowering blood glucose in both norm and hyperglycemic animals.
- The aqueous extract of the leaves produced some hypoglycemia in normal and diabetic rats.
- Neem oil produced a significant blood glucose lowering activity in normal as well as alloxan induced diabetic rats after 3h and 6h.
- The decrease in blood glucose level was more pronounced in hyperglycemic rats.

- Neem (Azadirachta indica) plant parts show an antimicrobial role through an inhibitory effect on microbial growth/potentiality of cell wall breakdown.
- Neem plays a role as free radical scavenging properties due to a rich source of antioxidants. Azadirachtin and nimbolide showed concentration-dependent antiradical scavenging activity and reductive potential in the following order: nimbolide > azadirachtin > ascorbate.
- Neem ingredient shows an effective role in the management of cancer through the regulation of cell signaling pathways. Neem modulates the activity of various tumour suppressor genes (e.g., p53, pTEN), angiogenesis (VEGF), transcription factors (e.g., NFκB), and apoptosis (e.g., bcl2, bax).
- Neem also plays a role as anti-inflammatory via regulation of proinflammatory enzyme activities including cyclooxygenase (COX), and lipoxygenase (LOX) enzyme.



Anticancer activity

Immunomodulatory effect

Blood purifier

Wound healing effect

Antinephrotoxicity activity

Hepatoprotective activity

Anti-inflammatory effect

Neuroprotective activity

Antiviral activity

Activities of *Azadirachta indica* (neem) in disease management

Antibacterial activity

Antifungal activity


Antimalarial activity

Antioxidant activity

Antidiabetic activity

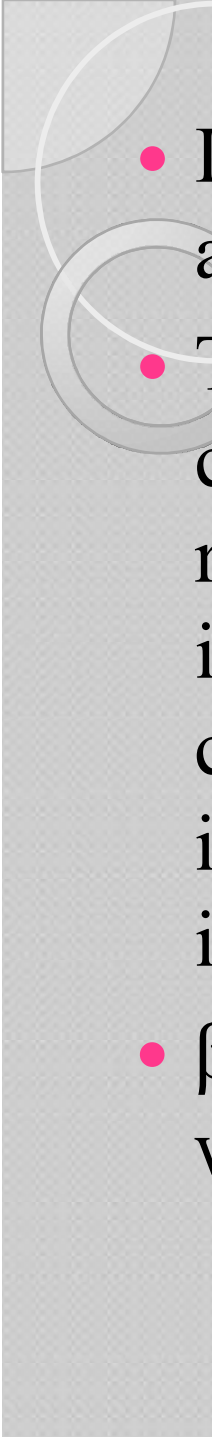
# Aloevera

- Aloe vera is the oldest medicinal plant ever known and the most applied medicinal plant worldwide.
- Extracts of Aloe vera is a proven skin healer.
- Aloe vera help to soothe skin injuries affected by burning, skin irritations, cuts and insect bites, and its bactericidal properties relieve itching and skin swellings.
- It is known to help slow down the appearance of wrinkles and actively repair the damaged skin cells that cause the visible signs of aging.
- Aloe is a powerful detoxifier, antiseptic and tonic for the nervous system. It also has immune-boosting and anti-viral properties.
- Research has proven that adding Aloe vera to one's diet improves digestion.

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- As a general health tonic. Aloe vera is a useful source of vitamins. Aloe vera Gel contains a large range of vitamins - even vitamin B12, Vitamin A, contains B-Group vitamins, Vitamin C, Vitamin E and folic acid.
  - Aloe vera gel contains important ingredients including 19 of the 20 amino acids needed by the human body and seven of the eight essential ones that just cannot be made.
  - It is reported to grow wild in the islands of Cyprus, Malta, Sicily, Canary cape, Cape Verde and arid tracts of India.
  - The aloevera plant produces at least 6 antiseptic agents such as lupeol and salicylic acid (effective pain-killer), urea nitrogen, cinnamonic acid, phenols and sulphur. All of these substances are recognized as antiseptics because they kill or control mold, bacteria, fungus and viruses

# Uses of aloe vera

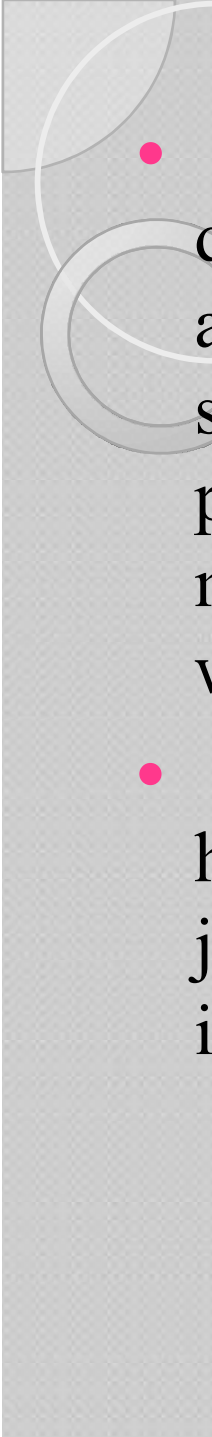
- It has antiseptic and antibiotic properties which make it highly valuable in treating cuts and abrasions.
- It has also been commonly used to treat first and second degree burns, as well as sunburns and poison oak, poison ivy, and poison sumac infections, and eczema.
- It can also be used as a hair styling gel and works especially well for curly or fuzzy hair. It is also used for making makeup, moisturizers, soaps, sunscreens, shampoos and lotions.
- Aloe vera gel is useful for dry skin conditions, especially eczema around the eyes and sensitive facial skin.
- Its juice may help some people with ulcerative colitis, an inflammatory bowel disease.
- Aloe has been marketed as a remedy for coughs, wounds, ulcers, gastritis, diabetes, cancer, headaches, arthritis, immune-system deficiencies, and many other conditions when taken internally.

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- It contains at least three anti-inflammatory fatty acids, cholesterol, campesterol and  $\beta$ -sitosterol.
  - These are highly effective in treatment of burns, cuts, scrapes, abrasions, allergic reactions, rheumatoid arthritis, rheumatic fever, acid indigestion, ulcers, plus many inflammatory conditions of the digestive system and other internal organs, including the stomach, small intestine, colon, liver, kidney and pancreas.
  - $\beta$ sitosterol is also a powerful anti-cholesterol which helps to lower harmful cholesterol levels

# Health Benefits

- **Helps digestion:** Drinking Aloe vera juice naturally allows the body to cleanse the digestive system. It encourages the bowels to move and helps with elimination if a person is constipated. And if you have diarrhea, it will help slow it down.
- **Increases energy levels:** Our diets include many substances which can cause fatigue and exhaustion. Taken regularly, Aloe vera juice ensures a greater feeling of well-being, allowing energy levels to increase and also helps maintain a healthy body weight.
- **Builds immunity:** It is especially great for those who have chronic immune disorders like polysaccharides or fibromyalgia since the polysaccharides in Aloe vera juice stimulate macrophages, the white blood cells that fight viruses.



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- **Detoxifies:** Aloe vera juice is a great natural aid to detox. With our stressful lives, the pollution around us and the junk foods we eat, we all need to cleanse our systems from time to time. Drinking Aloe vera juice provides a fantastically rich cocktail of vitamins, minerals and trace elements to help our bodies deal with these stresses and strains every day.
  - **Reduces inflammation:** It improves joint flexibility and helps in the regeneration of body cells. It strengthens joint muscles, which therefore reduces pain and inflammation in weakened or aged joints.

# Medicinal Uses:

- Aloe vera gel is used as an ingredient in commercially available lotion, yogurt, beverages and some desserts. Aloe vera gel is used for consumption and relief of digestive issues such as heart burn and irritable bowel syndrome.
- It is common practice for cosmetic companies to add sap or other derivatives from Aloe vera to products such as make up, tissues, moisturizers, soaps, sunscreens, incense, razors and shampoos.
- Other uses for extracts of Aloe vera include the dilution of semen for the artificial fertilization of sheep, use as fresh food preservative, and use in water conservation in small farms.
- Aloe vera is alleged to be effective in treatment of wounds.
- Evidence on the effects of Aloe vera sap on wound healing, however, is limited and contradictory. Some studies, for example, show that Aloe vera promotes the rates of healing.
- The use of Aloe vera for the healing of first to second degree burns.

- In addition to topical use in wound or burn healing, internal intake of Aloe vera has been linked with improved blood glucose levels in diabetes, and with lower blood lipids in hyper lipidaemic patients, but also with acute hepatitis (liver disease).
- In other diseases, preliminary studies have suggested oral Aloe vera gel may reduce symptoms and inflammation in patients.
- Compounds extracted from Aloe vera have been used as an immune stimulant that aids in fighting cancers in cats and dogs; however, this treatment has not been scientifically tested in humans.
- The injection of Aloe vera extracts to treat cancer has resulted in the deaths of several patients.
- Topical application of Aloe vera may be effective for genital herpes and psoriasis. However, it is not effective for the prevention of radiation-induced injuries.
- Aloe vera extracts have antibacterial and antifungal activities, which may help in the treatment of minor skin infections, such as benign skin cysts.
- Aloe vera extracts have been shown to inhibit the growth of fungi that cause tinea. For its anti-fungal properties, Aloe vera is used as a fish tank water conditioner.


- Aloe vera Plants are also helpful in healing insect bites, rashes, sores, herpes, urticaria, fungal infection, vaginal infections, conjunctivitis, and allergic reactions.
- Aloe gels are applied on dry skins to give them glowing effect, reducing acne, reduce sunburn, screening out x-ray radiation.

### **Side Effects**


- Topical: It may cause redness, burning, stinging sensation and rarely generalized dermatitis in sensitive individuals. It is best to apply it to a small area first to test for possible allergic reaction.
- Oral: Abdominal cramps, diarrhea, red urine, hepatitis, dependency or worsening of constipation.
- Pregnancy and breastfeeding: Oral aloe is not recommended during pregnancy due to theoretical stimulation of uterine contractions, and in breastfeeding mothers, it may sometime causes gastrointestinal distress in the nursing infant.

# Cosmetic Values of Aloe vera

- Aloe vera stimulates the production of collagen and elastin that prevents aging of the skin.
- Aloe vera is used in soaps, shampoos, creams and lotions for beauty purposes.
- Aloe vera gel lightens the dark spots on the face and reduces the intensity of pigmentation.
- When applied topically, the gel acts as best moisturizer, removes dead skin cells and rejuvenates the skin.
- Also it conditions the damaged hair. All you need to do is mix Aloe vera gel and lemon juice. Apply this mixture on your hair after shampooing it. Leave this for 45 minutes and then rinse thoroughly with water.

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- It hastens the skin repair and hydrates your skin resulting in healthy and glowing skin.
  - People with oily skin can prevent formation of pimples and acne by using this gel.
  - Scarring and scratch marks are some of the signs of aging which can be prevented by the antioxidants present in this plant.
  - The gel of the plant should be rubbed on the scalp for 30 minutes and rinsed well thereafter, in order to naturally treat dry hair and dandruff.





***Alternative Plants  
used in alternative/  
traditional medicines***  
**UNIT- 3 CHAPTER- 6**

# Use of Garlic

- Natural products of animals, plants and microbial sources have been used by man for thousands of years either in the pure forms or crude extracts to treat many diseases.
- Garlic is one of those plants that were seriously investigated over several years and used for centuries to fight infectious diseases.
- The early Egyptians used garlic to treat diarrhoea and its medical power was described on the walls of ancient temples and on papyrus dating to 1500 BC.
- It was used by Greek physicians Hippocrates and Galen to treat intestinal and extra-intestinal diseases; ancient Japanese and Chinese used it to treat headache, flu, sore throat and fever. In Africa, particularly in Nigeria, it is used to treat abdominal discomfort, diarrhoea, otitis media and respiratory tract infections
- In Europe and India, it was used to treat common colds, hay fever and asthma. Garlic is nicknamed as Russian penicillin for its widespread use as a topical and systemic antimicrobial agent; it is commonly used in many cultures as an excitement and reputation of healing power.



- **POTENTIALLY ACTIVE CHEMICAL CONSTITUENTS OF GARLIC**

- Garlic contains at least 33 sulphur compounds, several enzymes and the minerals germanium, calcium, copper, iron, potassium, magnesium, selenium and zinc; vitamins A, B1 and C, fibre and water.
- It also contains 17 amino acids to be found in garlic: lysine, histidine, arginine, aspartic acid, threonine, serine, glutamine, proline, glycine, alanine, cysteine, valine, methionine, isoleucine, leucine, tryptophan and phenylalanine.
- One of the most biologically active compounds in garlic is allicin (diallyl thiosulfinate or diallyldisulfide). The most abundant sulphur compound in garlic is alliin (S-allylcysteine sulfoxide), which is present at 10 and 30 mg/g in fresh and dry garlic, respectively.
- Typical garlic food preparation such as chopping, mincing and crushing disturbs S-allyl cysteine sulfoxide and exposed it to the allinase enzymes, then quickly converted it to diallyl thiosulfinate, which give off garlic's characteristic aroma.

- **ROLE OF GARLIC IN HEALTH –**

- Garlic can rightfully be called one of nature's wonderful plants with healing power. It can inhibit and kill bacteria, fungi, lower (blood pressure, blood cholesterol and blood sugar), prevent blood clotting, and contains anti-tumor properties. It can also boost the immune system to fight off potential disease and maintain health. The sulfur containing compounds found in garlic afford the human body with protection by stimulating the production of certain beneficial enzymes.

- **Treat cardiovascular disease-**

- The relevant role of garlic in coronary heart disease was done on rabbits and found that even pre-existing athero-sclerotic deposits and lesions could actually be reversed if garlic was consistently consumed. It has been shown to reduce platelet aggregation, arterial plaque formation, decrease homocysteine, lower blood pressure, and increase microcirculation.

- **Reduces high blood pressure/hypertension-**Garlic has probably been most popularized as a complementary therapy for blood pressure control. A recent in vitro study has confirmed that, the vasoactive ability of garlic sulphur compounds whereby red blood cells convert garlic organic polysulphides into hydrogen sulphide, a known endogenous cardio-protective vascular cell signalling molecule.



- **As natural blood thinner-**

Garlic constituents can reduce fibrin formation and also help reduce the fibrin existing in the blood even better than aspirin. Ajoene, a sulfur compound found in garlic seems to be responsible for its anti-clotting effect; but ajoene is only viable at room temperature or above, it is not present in raw or freeze-dried garlic. It is believed that the addition of garlic to a diet can help to increase the

# Turmeric

- Turmeric is a mild digestive, being aromatic, a stimulant and a carminative. Turmeric is one of nature's most powerful healers. The active ingredient in turmeric is curcumin.
- The medicinal properties of this spice have been slowly revealing themselves over the centuries. Long known for its anti-inflammatory properties, recent research has revealed that turmeric is a natural wonder, proving beneficial in the



# Medicinal uses of turmeric

- **Digestive Disorders-** Turmeric is considered as a digestive bitter and a carminative. It can be added into foods including rice and bean dishes to improve digestion, reduce gas and bloating. It is a cholagogue, stimulating bile production in the liver and encouraging excretion of bile via the gallbladder. This improves the body's ability to digest fats. For chronic digestive weakness and/or

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- Antimicrobial -The antimicrobial properties of garlic were first described by Pasteur (1958), and since then, many researches had demonstrated its effectiveness and broad spectrum antimicrobial activity against many species of bacteria, viruses, parasites, protozoan and fungi. Garlic is more effective with least side effects as compared to commercial antibiotics; as a result, they are used as an alternative remedy for treatment of various infections. Out of the many medicinal plants garlic has an antimicrobial

- **Osteoarthritis** -Turmeric may help relieve the symptoms of osteoarthritis because of its ability to reduce pain and disability.
- **Menstrual problems of Woman** -For women who experience monthly menstrual cramps, try using turmeric extract or bitters twice daily for two weeks prior to expected menstruation. Turmeric is an antispasmodic to smooth muscles so it reduces digestive and menstrual cramping.
- **Bacterial Infection / Wounds** -Turmeric is useful as an external antibiotic in preventing bacterial infection in wounds.
- **Eye Disorder**- Curcumin may prove to be as effective as corticosteroids in the uveitis (inflammation of the uvea, the middle layer of the eye between the sclera - white outer coat of the eye and the retina - the back of the eye) the type of eye disorder.
- **Other Health Disorders** -Turmeric decreases congestion and inflammation from stagnant mucous membranes. Turmeric is anti-inflammatory to the mucous membranes, which coat the throat, lungs, stomach and intestines. Regular use of turmeric can benefit from Colitis, Crohn's disease, diarrhea, and post-giardia or post salmonella conditions. The itching and inflammation that accompanies haemorrhoids and anal fissures can reduce by use of turmeric. Turmeric can also benefit skin conditions including:

- **Activities of Turmeric include:** Alterative, analgesic, antibacterial, anti-inflammatory, anti-tumor, anti-allergic, antioxidant, antiseptic, antispasmodic, appetizer, astringent, cardiovascular, carminative, cholagogue, digestive, diuretic, stimulant, and vulnerary.
- **Therapeutic uses of Turmeric:** Anaemia, cancer, diabetes, digestion, food poisoning, gallstones, indigestion, IBS, parasites, poor circulation, staph infections, and wounds.
- Turmeric helps to regulate the female reproductive system and purifies the uterus and breast milk, and in men it purifies and builds semen, which is counterintuitive for a pungent bitter. Turmeric reduces fevers, diarrhoea, urinary disorders, insanity, poisoning, cough, and lactation problems in general.
- Turmeric is used to treat external ulcers that respond to nothing else. Turmeric decreases Kapha and so is used to remove mucus in the throat, watery discharges like leucorrhoea, and any pus in the eyes, ears, or in wounds, etc.

# Tulsi

- Tulsi has got the great medicinal value. Studies have also shown Tulsi to be effective for diabetes, by reducing blood glucose levels. The same study showed significant reduction in total cholesterol levels with Tulsi.
- Another study showed that Tulsi's beneficial effect on blood glucose levels is due to its antioxidant properties. The Rama Tulsi is the effective remedy for the severe acute

# Medicinal properties of

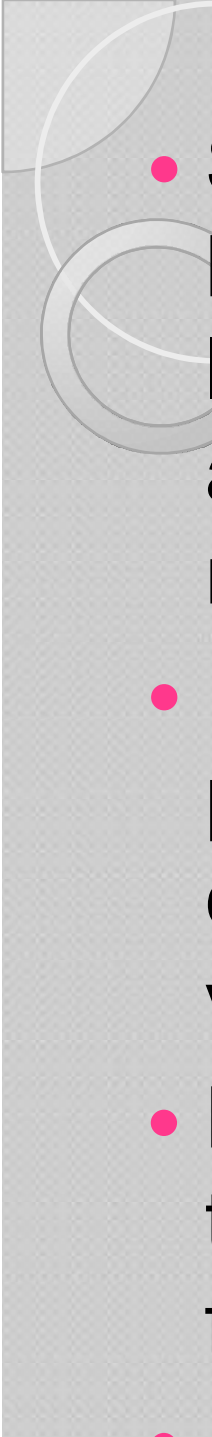
## tulsi

- 1. Tulsi has antioxidant properties and reduces blood glucose levels. Thus it is useful for diabetics.
- 2. Tulsi reduces total cholesterol levels. Thus it is useful for heart disease patients..
- 3. Tulsi reduces blood pressure.
- 4. Tulsi is also used to prepare herbal tea. It helps in building up stamina.
- 5. It has been used for gastric



# TULSI USED AS TRADITIONAL INDIAN AYURVEDIC

- Tulsi is abundant in essential oils and antioxidants, which are tremendously effective in reducing the effect of stress.
- Tulsi has got diverse healing properties. Though traditionally used by Hindus or Indians now others are using it too recognizing its immense therapeutic properties.
- The extracts of Tulsi have been used

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- Studies have also shown the Tulsi to be effective in reducing blood sugar levels and in controlling diabetes. It has also been proved to be effective in reducing cholesterol levels.
  - Having antibacterial and anti parasitic properties makes it suitable for combating infectious diseases of various types.
  - Recent findings have indicated that the Tulsi may well provide protection from radiation poisoning.
  - It has also been indicated that Tulsi