



February 2020

AROGYACHINTAN PATRIKA

Editor's Desk



We are entering into year 2020. We wish you very healthy, happy new year. This is our 6th issue of Arogyachintan Patrika. In the last year, we have done contemplation on various Ayurvedic topics and their explanation in modern scientific language.

Following are the some of the notable subjects which we discussed:

1. Osteoporosis and Fat Metabolism: Here we discussed about recent scientific literature suggesting that obesity interferes with bone health. Fat and bone are linked by many pathways. Fat accumulation is detrimental to bone health. Ayurved texts have mentioned this as a sequential generation of Dhatus.

रसाद्रक्तं ततो मांसं मांसान्मेदस्ततोऽस्थि च ।

अस्थो मज्जा ततः शुक्रं शुक्राद्गर्भः प्रसादजः॥ – चरक

For improving bone health, one has to improve the meda-dhatu-agni (fat metabolism).

2. H. Pylori and Acid Peptic Disorder: The association between H. pylori and Acid Peptic Disorder is quite well known. The dietary causative factors of Amlapitta described in Ayurved are rich in H. pylori. This may not appear surprising but the recommended herbs for Amlapitta Chikitsa do have anti-H. pylori activity and this is quite surprising. The ellagic acid present in medicinal plants is proven Anti-H. pylori drug.

3. Ubiquitousness of Guggul Kalpa: Multifaceted pharmacological activities of guggul and guggul kalpas, make us believe in

गुग्गुलुः जयेत्सर्वाणि विकाराणि।

Today we understand various molecular targets of Guggul and also the effects of guggul in inhibiting NF-kb which is scientifically proven.

Recently published article, 'NF-kB Signaling in Macrophages: Dynamics, Crosstalk, and Signal Integration' in Frontiers in Immunology (9th April 2019), ends with this sentence, "The future of NF-kB signaling research is bright - and perhaps fluorescent!"

And, so is the relevance of Guggul Kalpas in the management of chronic inflammatory, degenerative disorders of joints, skin and lipid metabolism etc. bright and fluorescent.

4. Anaemia and Depression: The association between depression and anaemia is not very well known in modern medical science but in Ayurved we were aware of robust association between anaemia and depression. The lengthy description of Pandurog samprapti describes how oja-kshay

occurs in anaemia. The symptoms of oja-kshay are quite similar to anxiety and depression.

बिभेति दुर्बलोऽभीक्ष्णं ध्यायति व्यथितेन्द्रियः।

दुश्छायो दुर्मना रुक्षः क्षामश्चैवौजसः क्षये॥ – चरक

5. Translational Medicine (TM): We also discussed how the principles of translational medicine be applied to understand Ayurvedic disease conditions. For i.e. Pre-menstrual Syndrome (PMS) and Udavarta Yonivyapad.

A time has come to translate Ayurved wisdom in modern scientific ideas. Understanding Udavarta Yonivyapad as pre-menstrual syndrome is one of the examples of TM. This way we will be able to provide Ayurved therapies for modern diseases. Applying TM principles for understanding Ayurved will help us walk the bridge between idea and cure.

6. Pediatric and adult health: Adult health depends on the quality of health during childhood and therefore, it becomes very critical to take care of growth and development during pediatric age. Because the age-associated diseases are related not only to genetic predisposition but also to adaptive changes to environmental exposures during development. This phenomenon is referred as the Developmental Origins of Health and Disease (DOHaD) hypothesis. (Early Life Origins of Ageing and Longevity, HAL, Volume 9).

7. Hepcidin and anaemia: Ayurved considers liver to be the root organ of hemopoietic system.

शोणितवहानां स्रोतसां यकृन्मूलं प्लीहा च। – चरक

The liver synthesizes Hepcidin, a peptide hormone which is responsible for iron homeostasis. High serum levels of hepcidin are detected in patients of Iron Deficiency Anaemia. Commonly used herbs in anaemia treatment reduce hepcidin levels.

We have shared these ideas in our previous issues of Arogyachintan Patrika. We will continue similar Chintan in our future issues, as well.

Acharya Charak ends his book with following shloka:

दुर्गृहीतं क्षिणोत्येव शास्त्रं शस्त्रमिवाबुधम्।

सुगृहीतं तदेव ज्ञं शास्त्रं शस्त्रं च रक्षति॥ – चरक

The Chintan in Arogyachintan Patrika will throw light on various aspects of principles of Ayurved and will make Ayurved सुगृहीत!

DR. MILIND PATIL

Advisor- Medical Services,

Vikram Division, Shree Dhootapapeshwar Ltd.

दीर्घमायुर्यशः स्वास्थ्यं त्रिवर्गं चापि पुष्कलम्।

सिद्धिं चानुत्तमां लोके प्राप्नोति विधिना पठन्॥ – चरक

Haemorrhoids: a medical condition!

In Charak Samhita Chikitsa Sthan Chapter 14, Charak describes causes, pathophysiology and clinical picture of Arsha and recommends various formulations for its treatment. The complete description of Arsha and its treatment points towards Arsha being a medical condition.

अर्शासि चातिसारश्च ग्रहणीदोष एव च॥

एषामग्निबले हीने वृद्धिर्वृद्धे परिक्षयः।

तस्मादग्निबलं रक्ष्यमेषु त्रिषु विशेषतः॥ – चरक

Haemorrhoids, diarrhea and grahami are caused by diminished agni and they are cured when agni is improved and therefore, in the treatment of these three diseases, physician should treat the diminished agni. When a physician like Charak concludes Arsha Chikitsa adhaya with a such a statement, it becomes obvious that Charak the physician considers haemorrhoids as a medical condition. Charaka Samhita is considered as Kaya-Chikitsa grantha. It is well-known that in Kaya-Chikitsa the word Kaya is agni. Recent scientific literature available on haemorrhoids has also started considering haemorrhoids as a medical condition.

Although certain conclusions about pathophysiology of haemorrhoids have been derived by many surgeons based on operative findings, the true etiopathogenesis of haemorrhoids disease remains elusive.

Emerging evidence suggests that:

- Perivascular inflammation
 - Dysregulation of the vascular tone
 - Vascular hyperplasia
- could play an important role in the development of haemorrhoids. The microcirculatory system of haemorrhoid tissue could be a potential and robust target for medical treatment.

पञ्चात्मा मारुतः पित्तं कफो गुदवलित्रयम्।

सर्व एव प्रकुप्यन्ति गुदजानां समुद्रवे॥

तस्मादर्शासि दुःखानि बहुव्याधिकराणि च।

सर्वदेहोपतापीनि प्रायः कृच्छ्रतमानि च॥ – चरक

Microcirculations of the haemorrhoids tissue is the function of Apan vayu according to Ayurved. The GI tract motility is governed by pran-saman-apan vayus and disturbance in GIT motility will have certainly bad or disturbing effects on apan vayu, causing haemorrhoids. Therefore, Charak recommends the following remedies.

यद्वायोरानुलोम्याय यदग्निबलवृद्धये।

अन्नपानौषधद्रव्यं तत् सेव्यं नित्यमर्शसैः॥ – चरक

The agents that lead to vatanuloman and agni-vruddhi should be consumed by haemorrhoids patients.

Medical treatment of haemorrhoids:

Ayurved texts like Charak Samhita recommend Bhesaj Chikitsa for treatment of haemorrhoids. Medicinal plants do contain flavonoids which seems to have beneficial effects in controlling bleeding, itching and persistent pain of haemorrhoids. Also, the recurrence of haemorrhoids seemed to be significantly lower. The flavonoids are the most common phlebotonic agents used for treating haemorrhoids. It is apparent that flavonoids could increase vascular tone, reduce venous capacity, decrease capillary permeability, facilitate lymphatic drainage and has anti-inflammatory effects.

The principle mode of action of flavonoids:

- Increases the impaired vascular tone
- Relieves congestion inside sinusoids (they reduce venous capacity and decrease capillary permeability)
- Facilitates lymphatic drainage
- Exerts anti-inflammatory effects

Clinical trials of flavonoids in haemorrhoids show the effectiveness of treatment, both in chronic and acute haemorrhoidal disease. In chronic disease, conservative therapy with flavonoid therapy was found to be beneficial both in relieving haemorrhoidal symptoms and in preventing disease relapse in the majority of patients. In acute haemorrhoidal disease, flavonoids in herbs showed effective control of symptoms by reducing both congestion and thrombosis of anal cushions.

Anti-inflammatory local applicants are used to improve the symptoms of haemorrhoids; the rationale of using them is that inflammation is the triggering factor of bleeding and contributes to pain and irritation of perianal skin.

One major goal of the conservative treatment of haemorrhoids is to normalize stool consistency; both diarrhea and constipation are clinically potent causes and triggering factors of symptoms in haemorrhoidal disease and their management is as invaluable as the treatment of haemorrhoids per se.

The article, 'Pharmacological effect of some fractions obtained from Sapindus trifolius acting as an antioxidant and against mammary cell proliferation' published in 'African journal of pharmacy and pharmacology 8(17):455-463 · May 2014' states the flavonoid rich content of Arishtak (Sapindus trifolius).

अर्शहिता सुखोपाया अल्पभ्रंशा त्वदारूणा।

सलेपेन च भवति समूलाशनिवृत्तये॥

Each Tablet contains:

Ingredients	Quantity	Properties
Shodhit Sarja	200 mg	व्रणनाशनः। (Wound healing)
Arishtaka	100 mg	कण्डुविस्फोटनाशनः। (Prevents itching)
Soorana	50 mg	सूरणो गुदकीलहा। (Arshanashak)

Each 10 gm Ointment contains:

Ingredients	Quantity	Properties
Til Taila	6.420 gm	व्रणालेपन एव पथ्यः। (Wound healing)
Shodhit Sarja	1.600 gm	व्रणनाशनः। (Wound healing)
Karpooora (Bhimseni)	0.300 gm	कण्डूहर। (Prevents itching)
Madhoochchhishta	q.s.	व्रणरोपणम्। (Wound healing)

Arsha Hita®
Tablets

Dosage & Anupan

2 to 3 Tablets twice or thrice a day with Triphala Choorna, Abhayarishta or lukewarm water

Arsha Hita®
Ointment

Direction for use

Apply before and after evacuation



Now with Applicator



Availability : 60 Tab.



Availability : 30 gm.



Shishu Bharan (Childhood Growth & Development) affects Adult Health

A vital, healthy and productive adulthood and old age is built on a foundation of healthy child development. In fact, it begins with the strengthening of future mother's well-being before she becomes pregnant, which helps in developing biological systems that enable children to thrive and grow up to be healthy adults.

Recent studies highlight chronic diseases such as cancer, cardiovascular disease, Alzheimer's disease, Parkinson disease, arthritis, diabetes and obesity becoming a leading causes of disability and death all over the world.

Some of the most common causes of these chronic diseases are linked to poor nutrition, some lifestyle risk and pre-disposed factors in the childhood. Previous research shows that a poor childhood health status has a long-range negative influence on adult health in terms of self-reported health status, chronic diseases and successful aging.

A study has examined the association between adiposity and cardiac structure in adulthood, using a life course approach that takes account of the contribution of adiposity in both childhood and adulthood. 'Impact of adiposity on cardiac structure in adult life: The Childhood Determinants of Adult Health (CDAH) study' (BMC Cardiovasc Disord. 2014 Jul) concludes that increased adiposity from childhood to adulthood appear to have a detrimental effect on cardiac structure.

In another study it is found that, overweight or obese children who were obese as adults had increased risks of type 2 diabetes, hypertension, dyslipidaemia and carotid-artery atherosclerosis. (N Engl J Med. 2011 Nov).

Schmidt MD et al. Int J Obes (Lond). 2016 Jul has demonstrated that, childhood waist circumference and cardiorespiratory fitness are both strongly associated with cardiometabolic health in later life. Higher levels of cardiorespiratory fitness substantially reduce the risk of adult Metabolic Syndrome, even among those with abdominal obesity in childhood.

Lifestyle risk factors can be easily modified if detected early in life (Indian Journal of Public Health Research & Development, Mar2019). The early interventions to promote childhood health will have long-term benefits and that healthcare providers and parents should consider their long-term impacts over the life cycle in addition to their effects on specific age groups.

Prevention programs to increase fitness and reduce adiposity in childhood and maintain a favourable fitness and weight into adulthood, may lead to reduction in adult systemic inflammation i.e. healthy aging. (Obesity Silver Spring. 2014 Dec).

According to an article, 'In Brief: The Foundations of Lifelong Health' published by 'Centre on Developing Child, Harvard University', "Early experiences are built into our bodies, creating biological 'memories' that shape development, for better or for worse." Toxic stress caused by significant adversity can undermine the development of the body's stress response systems and affect the architecture of the developing brain, the cardiovascular system, the immune system and metabolic regulatory controls. These physiological disruptions can persist far into adulthood and lead to lifelong impairments in both physical and mental health. The resulting physiological adaptations or disruptions affect lifelong outcomes in learning, behavioural abilities and both physical and mental well-being.

Positive early experiences provide children with a foundation for building sturdy brain architecture, which supports a broad range of skills and learning capacities throughout the lifespan.

Rose M Alvarez-Salvat (Ph.D. Paediatric Psychology- clinical supervisor of the psychology division at Nicklaus Children's Hospital in Miami) said, "Positive and nurturing childhood environments can consistently lead to more positive coping and serve as a protective

factor into adulthood and mental health".

In Charak Samhita Sharirsthan 8th Chapter following guidance is given about the nature of toys:

न ह्यस्य वित्रासनं साधु।

तस्मात्तस्मिन् रुदत्यभुञ्जाने वाऽन्यत्र विधेयतामगच्छति
राक्षसपिशाचपूतनाद्यानां नामान्याह्वयता

कुमारस्य वित्रासनार्थं नामग्रहणं न कार्यं स्यात्॥ -चरक

It is specifically mentioned that one should not scare or terrorize the child during its growing period. It is never good to frighten a child. So, if he is found weeping, refusing to eat his meals, or in any other way becoming disobedient, it is not good to take the name of rakshasas (goblins), pishacha (ghost) or putana (harpy) with a purpose of scaring him further.

All this above information highlights the importance of quality of Shishu Bharan (Growth and Development during Childhood). For healthy and happy adulthood, one should build strong foundations in childhood itself.

Sound and appropriate nutrition includes health-promoting food intake and eating habits, from the early childhood.

Shishubharan Rasa (SBR) is a safe and effective intervention strategy containing Kumarkalyan Rasa (Suvarnayukata Premium Quality), Sitopaladi Choorna, Sanshamani Vati, Madhumalini Vasant Rasa and Draksha kwath which ultimately will have a positive effect on child's health and prevent the risk of age-associated diseases.

वर्णायुः कान्तिदं श्रेष्ठं पुष्टिकृद्बलवर्धनम्।

बालानां वह्निकृच्चैव दन्तोदभेदगदापहम्॥

Shishu Bharan Rasa (SBR) helps to improve complexion, imparts glow to the skin. It is a general tonic and helps proper growth of child. SBR acts as an appetizer and digestive in children. It helps in teething troubles.

Kumarkalyan Rasa one of the main ingredients in SBR is a well-known Rasayan and is beneficial in paediatric Growth and Development as described in below shloka:

कामलामतिसारज्य कृशतां वह्निवैकृतम्।

रसः कुमारकल्याणो नाशयेन्नात्र संशयः॥

अनुपानविशेषेण बलपुष्टिप्रदायकः।

रोगनाशात्परं दद्याद् बलमांसाग्निवर्धनः॥ - भा.भै.र.

Sr.	Shishubharan Rasa
1	Kumarkalyan Rasa (Suvarnayukata Premium Quality) कृशतां वह्निवैकृतम्। रसः कुमारकल्याणो नाशयेन्नात्र संशयः॥
2	Sitopaladi Choorna श्वासकासक्षयहरंमन्दाम्निं ज्वरं व्यपोहति।
3	Sanshamani Vati गुडूची कटुका तिक्ता रसायनी लघ्वी बल्याऽग्निदीपनी दोषत्रयज्वरक्रिमिवमीन्हरेत् श्वासकासनुत्।
4	Madhumalini Vasant Rasa मधुमालिनीनामायं वसन्तो वैद्यपूजितः। अनुपानविशेषेण बलपुष्टिप्रदायकः॥
5	Draksha kwath द्राक्षा पक्वा सारा शीता चक्षुष्या बृंहणी गुरुः।

Role of Myrolax Forte in Metabolic Disorders

Metabolic Disorders: According to the World Health Organization (WHO) it is estimated that by 2020, the metabolic disorders will be the largest cause of disability and death in India, with 2.6 million Indians predicted to die due to CVD.

Metabolic syndrome is a complex web of metabolic factors that are associated with a 2-fold risk of CVD and a 5-fold risk of diabetes. Individuals with Metabolic syndrome have a 30%–40% probability of developing diabetes and/or CVD within 20 years.

Role of panchakarma in the management of metabolic disorders: Ayurved is also known as a 'Science of life'. It is known for its both therapeutic and rejuvenating benefits.

Ayurved offers unique treatment approach to the treatment of various diseases i.e.

- Shodhana chikitsa (Purification therapy)
- Shamana chikitsa (Pacification therapy)

दोषाः कदाचित् कुप्यन्ति जिता लङ्घनपाचनैः।

जिताः संशोधनैर्ये तु न तेषां पुनरुद्भवः॥

तस्मात् संशोधनं काले युक्तियुक्तं पिबेन्नरः।

– चरक

Acharya Charak states that disease can relapse even after Shaman Chikitsa but Shodhan chikitsa offers complete cure and prevents relapse.

मलापहं रोगहरं बलवर्णप्रसादनम्।

पीत्वा संशोधनं सम्यगायुषा युज्यते चिरम्॥

– चरक

Panchakarma is one of them. It is a unique body cleansing (detoxification) therapy of Ayurved which helps bring about homeostasis of the bodily elements (Dosha-dhatu-mala) and eliminates disease causing toxic substances from the body in metabolic disorders. It helps biological system of body to return to homeostasis & to rejuvenate rapidly & also facilitates faster absorption and the desired pharmacotherapeutic effects of medicine.

पित्ते विरेचनं युज्यादामोदभूते गदे तथा।

उदरे च तथाध्माने कोष्ठशुद्ध्यै विशेषतः॥

– शा.सं

- Virechan is the recommended Shodhan (Panchakarma) in various Pittaj disorders
- The vitiated Pitta is expelled from the body through virechan

This leads to complete symptomatic relief from the Pitta vikaras. Virechan can act as a curative, preventive and health promotive measure. It shows beneficial results by subtle changes at cellular level by modulating physiological, biochemical and immunological activities at molecular level.

स्रोतोविशुद्धीन्द्रियसंप्रसादौ।

लघुत्वमूर्जोऽग्निरनामयत्वम्॥

प्राप्तिश्च विट्पित्तकफानिलानां।

सम्यग्विरिक्तस्य भवेत् क्रमेण॥

– चरक

It cleanses the cellular-micro-channels, gives clarity to sense organs, imparts lightness, improves appetite and stamina, and provides symptomatic relief. In Samyak virechan - faeces, vata, pitta, and kapha are expelled in chronological order.

अविपाकोऽरुचिः स्थौल्यं पाण्डुता गौरवं क्लमः।

पिडकाकोठकण्डूनां संभवोऽरतिरेव च॥

आलस्यश्रमदौर्बल्यं दौर्गन्ध्यमवसादकः।

श्लेष्मपित्तसमुत्प्लेशो निद्रानाशोऽतिनिद्रता॥

तन्द्रा क्लैब्यमबुद्धित्वमशस्तस्वप्नदर्शनम्।

बलवर्णप्रणाशश्च तृप्यतो बृंहणैरपि॥

बहुदोषस्य लिङ्गानि तस्मै संशोधनं हितम्।

ऊर्ध्वं चैवानुलोमं च यथादोषं यथाबलम्॥

एवं विशुद्धकोष्ठस्य कायाग्निरभिवर्धते।

व्याधयश्चोपशाम्यन्ति प्रकृतिश्चानुवर्तते॥

इन्द्रियाणि मनोबुद्धिर्वर्णश्चास्य प्रसीदति।

बलं पुष्टिरपत्यं च वृषता चास्य जायते॥

जरां कृच्छ्रेण लभते चिरं जीवत्यनामयः।

तस्मात् संशोधनं काले युक्तियुक्तं पिबेन्नरः॥ – चरक

Virechan shows beneficial effects in above mentioned disorders.

MYROLAX[®] Forte

Tablets

Relieves Constipation
(Shodhit Jayapalayukta)

पित्ते विरेचनं युज्यादामोदभुते गदे तथा।
उदरे च तथाध्माने क्रूरकोष्ठे विशेषतः।



Ingredients

Each Tablet Contains

Ingredients	Quantity	Properties
Shodhit Hingul	35mg	पित्तजामयनिषूदनः परम्। (Relieves pittavikar)
Shodhit Jayapala	35mg	रेची पित्तकफापहा। (Purgative)
Shodhit Vishamushti	20mg	आध्मानं नाशयत्याशु। (Antiflatulent)
Haritaki	150mg	आध्मानविस्रंसिनी। (Antiflatulent)
Parasika yavani	240mg	वह्निदीपनी। (Appetiser)

Effective in

- Jeerna Malavashtambha
- Sakashta Malapravrutti in Kroora Koshtha
- Virechana Arha Vikar such as:
 - Kushtha - Pakshaghata
 - Shwas - Kamala
 - Udara - Shotha

मायरोलॅक्स फोर्ट प्रभावशाली विरेचक

कफगुल्मं विरेचनैः।
कामली तु विरेचनैः।
तमके तु विरेचनम्।
पक्षाघाते विरेचनम्।
उदरं नित्यं विरेचयेत्।
कुष्ठ - विरेचनं चाग्रे।
शोथ - अधोविरेचनैः।

Recommended for

Kroora Koshtha and Virechan

Not recommended

During pregnancy and
in children



Dosage

1 Tablet early morning or at bedtime or as directed
by the Physician

Availability : 10 Tab. (Blister Pack)



Shree Dhootapapeshwar Standards
SDS Monograph No. 0702554
Myrolax Forte



Respiratory System centred approach to Paediatric Cough

Paediatric Cough is amongst the most common complaints for which parents seek medical attention worldwide. Most of the paediatric cases of acute cough are due to acute viral upper respiratory tract infections (URTI). Persistent acute cough gets converted into prolonged productive cough and later into bacterial bronchitis. It requires pharmacological treatment, but satisfactory therapeutic options are scarce, symptomatic and narcotic anti-tussive are limited by unacceptable side-effects at therapeutic dosage. Also, the aetiology and management of cough in children differs greatly to that in adults and the therapies commonly used in adults are unsuitable for children. Hence, a safe, effective, non-narcotic anti-tussive therapy is a desperate need of the hour.

In children, defence mechanisms or immunity is immature hence, they are susceptible to recurrent chest or viral respiratory infections because respiratory system is in direct contact with the environment. Therefore, early conservation or enhancement of immunity in paediatric patients is essential to ensure optimal treatment and minimise the risk of progressive or irreversible damage (Sthanvaigunya).

Balchaturbhadrika syrup is a combination of four herbs: Pippali, Karkatshrungi, Musta and Ativisha, which have been widely used traditionally as Rasayan i.e. immunity enhancers. Pippali and Karkatshrungi protect the Pranavaha strotas; Musta and Ativisha protect Anna and Udakavaha strotas.

Pippali has been traditionally documented to be very effective in management of respiratory tract disorders. Pippali has been specifically described as Pranavaha strotas Rasayan.

श्वासकासज्वरहरा वृष्यामेध्याऽन्निवर्धिनी।

जीर्णज्वरोऽग्निमान्द्ये च शस्यते गुडपिप्पली।

कासाजीर्णरुचिश्वासहृत्पाण्डुकृमिरोगनुत्॥ - भा.प्र.

Karkatshrungi is one of the ideal herbs for common disease of the children. The sutra below describes its efficacy against cough, cold, fever, breathlessness, etc. symptoms of Upper Respiratory Tract infections and its protective effect on Pranavaha strotas. Recent research prove its prophylactic efficacy in respiratory health.

श्रृङ्गी कषाया तिक्तोष्णा कफवातक्षयज्वरान्।

श्वासोर्ध्ववाततृट्कासहिकारुचिर्वमीन्हरेत्॥ - भा.प्र.

Three functions of deepan, pachan and sangrahan complete the process of digestion. The digestive tract is affected in children due to vitiation of agni during infections resulting in loss of integrity in the mucosal lining of the gastrointestinal tract. Musta helps restore these functions, in turn protects the mucosa and promote digestive health.

मुस्तं कटु हिमं ग्राहि तिक्तं दीपनपाचनम्।

कषायं कफपित्तास्रतृड्ज्वरारुचिजन्तुहृत्॥ - भा.प्र.

मुस्तं साङ्ग्राहिकदीपनीयपाचनीयानाम्॥ (अग्रः)

Ativisha, being Deepani, Pachani, Sangrahi and Krumighna takes care of the digestive tract both therapeutically and prophylactically.

विषा सोष्णा कटुस्तिक्ता पाचनी दीपनी हरेत्।

कफपित्तातिसारामविषकासवमिक्रिमीन्॥ - भा.प्र.

अतिविषा दीपनीयपाचनीयसाङ्ग्राहिकसर्वदोषहराणाम्॥ (अग्रः)

Balchaturbhadrika syrup with such potent herbs is a safe, non-

narcotic immunity-enhancer for complete protection of child's health from recurrent infections of cold and cough avoiding unnecessary antibiotic prescription.

बालचातुर्भद्रं चूर्णं शर्करामधुसंयुतम्।

शिशोर्ज्वरातिसारघ्नं कासश्वासवमीहरम्॥

In addition to Balchaturbhadrika, MinCof Cough Syrup helps to reduce the burden of viral or bacterial infection apart from its anti-tussive properties. The contents of MinCof Cough Syrup make it much more than just a cough syrup. Tulsi, Haridra and Pippali exert immunomodulator, anti-microbial, anti-viral properties. Yashtimadhu, Shunthi, Haridra reduce the inflammation in URTI and provide relief. Besides MinCof Cough Syrup has anti-tussive and expectorant properties.

पञ्चकासहरी स्वर्या कफविश्लेषणा परा।

श्वासकासौ निहन्ति तु प्रतिश्यायशोथज्वरान्॥

Balchaturbhadrika and MinCof Cough Syrup collectively let the child fight the infections with stronger immunity and offers health benefits by:

- Strengthening host immunity
- Prevention and elimination of infection
- Reduction in duration and severity of symptoms
- Prevention of recurrent episodes/exacerbations
- Prevention of super infection/new infections
- Reduction in need of antibiotic/antipyretic use
- Reduction in number of emergency department visits/hospital admissions
- Reduction in school/work hour loss

Balchaturbhadrika Syrup

BEST FOUR Effective in Child Care

MinCof Cough Syrup

Effective in Cough of Varied Aetiology



Effective in

Effective in

- Jwar
- Chhardi
- Kas
- Krumi
- Atisar
- Shwas
- Colic

- Productive Cough
- Dry Cough
- Whooping Cough
- Tonsillitis
- Sore Throat
- Smoker's Cough
- Allergic Cough
- Tamak Shwas

Dosage

Children (Age)	Dose 2 to 3 times a day
Upto 1 year	: 2.5 ml
1 to 3 years	: 5 ml
3 to 7 years	: 10 ml
or as directed by the physician	

Dosage & Anupan

Infants	- 2.5 ml thrice a day
Children	- 5 ml thrice a day
Adults	- 10 ml thrice a day

Qualities

Non-Sedative
Safe in Children
Safe in Pregnancy and Lactation



Shree Dhootapapeshwar Standards
SDS Monograph No. 120006
Balchaturbhadrika Syrup



Shree Dhootapapeshwar Standards
SDS Monograph No. 070011
MinCof Cough Syrup



Availability : 100 ml

Availability : 100 ml

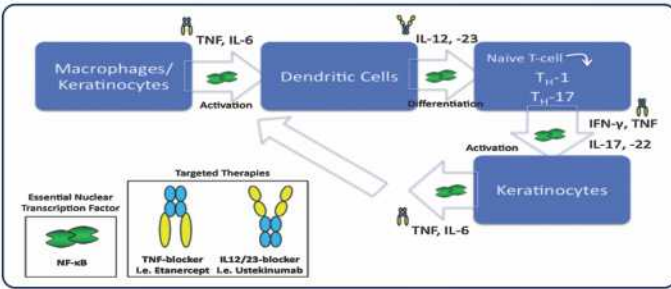
Role of Swayambhuva Guggul in Psoriasis

Psoriasis is an immune-mediated inflammatory disease, with a prevalence of 2% worldwide and 0.44-2.8% (overall incidence of 1.02%) in India. It commonly affects individuals in their 3rd or 4th decade with males being affected twice as compared to females (Indian journal of dermatology, venereology and leprology 76(6):595-601). Psoriasis significantly affects the quality of life of patients causing a great physical, emotional and social distress.

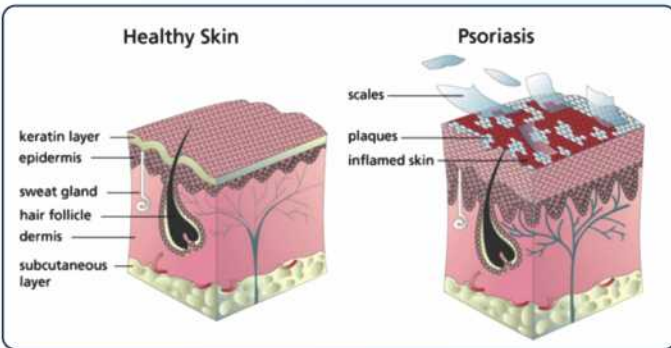
WHO's recent Global Report on Psoriasis states many unmet research gaps in psoriasis addressing complications including epidemiology, aetiology, association with comorbidities [arthritis, immunobullous disorders, vitiligo, metabolic syndrome and Synovitis-Acne-Pustulosis-Hyperostosis-Osteitis Syndrome (SAPHO Syndrome)], treatment and ways to improve healthcare services.

Psoriasis is a conspicuous systemic disease that shows genetic and immunological similarities with other autoimmune and autoinflammatory disorders. It exhibits both autoimmune and autoinflammatory mechanisms, which can be triggered extrinsically or intrinsically and determine the actual clinical symptoms within the broad spectrum of the disease.

Over the past three decades, a considerable body of accumulating clinical and experimental evidence has highlighted T cells as pivotal culprits and both autoimmune and autoinflammatory mechanisms lying at the core in the pathogenesis of psoriasis.



NF-κB: An essential transcription factor in psoriasis



The prevalence of psoriasis has been increasing due to the stressful modern lifestyle, lack of adequate physical activities and associated risk of metabolic syndrome. This condition is described very briefly in Ayurved texts. Some people consider Ek-kushtha as Psoriasis; and some consider it to be Kitibha-kushtha. The description of Ek-kushtha and Kitibha-kushtha is as:

अस्वेदनं महावास्तु यन्मत्स्यशकलोपमम्।

तदेककुष्ठं, चर्माख्यं बहलं हस्तिचर्मवत्॥

श्यावं किणखरस्पर्शं परुषं किटिभं स्मृतम्॥ – चरक

The samprapti of Ek-kushtha and Kitibha-kushtha described by Acharya Charak is as follows:

वातादयस्त्रयो दुष्टस्त्वग्रक्तं मांसमम्बु च।

दुषयन्ति स कुष्ठानां सप्तको द्रव्यसंग्रहः॥

अतः कुष्ठानि जायन्ते सप्त चैकादशैव च।

न चैकदोषजं किञ्चित् कुष्ठं समुपलभ्यते॥ – चरक

Vitiated tridoshas vitiate twak, rakta, mansa and ambu. All types of kushtha are tridoshaj in nature. Psoriasis being a kushtha is tridoshaj in nature. In psoriasis tridoshas, twak, rakta, mansa and ambu all are vitiated.

Swayambhuva Guggul is a well-known Guggul Kalpa having ingredients like bakuchi, karanja, guduchi, nimba and haridra, which reduce vitiated rakta dosha, the main cause of skin disorders and kushtha. Shilajatu, suvarnamakshika, mundatika, kutaja and nagarmotha are effective pittashamak and also help reduce vitiated rakta dosha. Gomootra vishesh shodhit Guggul enhances the efficacy as well as it is useful as sahapana.

...कुष्ठं नुदत्यसुग्वातमचिरेण॥

क्षित्राणि पाण्डुरोगं विषमानुदरप्रमेहगुल्मांश्च।

नाशयति वलीपलितं योगः स्वायम्भुवो नाम्ना॥ – भा.प्र. (कुष्ठरोग)

Also, Bhavaprakash describes the properties of Bakuchi as kapha-rakta-pitta-kushtha-krumi-shotha-nashak as well as keshya and twachya.

विष्महृद्धिमा रुच्या सराश्लेष्मासपित्तनुत्।

रुक्षा हृद्या क्षासकुष्ठमेहज्वरकृमिप्रणुत्॥

तत्फलं पित्तलं कुष्ठकफानिलहरं कटु।

केश्यं त्वच्यं कृमिक्षासकासशोथामपाण्डुनुत्॥ – भा.प्र.

The article 'The active compounds derived from Psoralea corylifolia for photochemotherapy against psoriasis-like lesions: The relationship between structure and percutaneous absorption' published in 'European Journal of Pharmaceutical Sciences Volume 124, 1 November 2018' highlights Isopsoralen the main components of Psoralea corylifolia (Bakuchi) to have anti-psoriasis potential.

Swayambhuva Guggul

Effective in Shwitra

Effective in :

Shwitra and other Chronic Skin Disorders, Sravi Kushtha, Itching, Mukhadushika (Acne), Ekakushtha, Prameha, Pada Vrana, Vatarakta, Madhumehajanya Kshudrakushtha, Pama in Children

Special Precaution :

Administration strictly under medical supervision in persons with Pittaprakruti and Pittavikar due to presence of Ushna Veeryatmaka Bakuchi

Dosage & Anupan :

2 to 4 Tablets 2-3 times a day with Mahamanjishthadi Kwath, Khadirarishta, Gomootra, honey or lukewarm water or as per the condition of the disease



Shree Dhootapapeshwar Standards
SDS Monograph No. 0400284
Swayambhuva Guggul



Availability : 60 Tab., 1000 Tab.

Role and Relevance of Pittashekhar Rasa in Pitta Vikar

Acharya Charak has described diseases caused due to predominant vitiation of pitta dosha under the title pittaj-nanatmaj-vikaras. There are total 40 pittaj-nanatmaj-vikaras:

पित्तविकारांश्चत्वारिंशतमत ऊर्ध्वमनुव्याख्यास्यामः

ओषध	अतिस्वेदश्च (अङ्गस्वेदश्च)	रक्तविस्फोटश्च	पूतिमुखता च
प्लोषश्च	अङ्गगन्धश्च	रक्तपित्तं च	तृष्णाधिक्यं च
दाहश्च	अङ्गावदरणं च	रक्तमण्डलानि च	अतृप्तिश्च
द्वयश्च	शोणितक्लेदश्च	हरितत्वं च	आस्यविपाकश्च
धूमकश्च	मांसक्लेदश्च	हारिद्रत्वं च	गलपाकश्च
अम्लकश्च	त्वग्दाहश्च	नीलिका च	अक्षिपाकश्च
विदाहश्च	(मांसदाहश्च)	कक्षा (क्ष्या) च	गुदपाकश्च
अन्तर्दाहश्च	त्वगवदरणं च	कामला च	मेढ्रपाकश्च
अंसदाहश्च	चर्मदलनं च	तिक्तास्यता च	जीवादानं च
ऊष्माधिक्यं च	रक्तकोष्ठश्च	लोहितगन्धास्यता च	तमःप्रवेशश्च
हरितहारिद्रनेत्र- मूत्रवर्चस्त्वं च ;	इति चत्वारिंशत्पित्तविकाराः पित्तविकाराणाम- परिसंख्येयानामविष्कृततमा व्याख्याताः॥		

According to the article, 'Clinical profiling of patients with Acid Peptic Disorders (APD) in India: a cross-sectional survey of clinicians' published in 'International Journal of Basic & Clinical Pharmacology, January 2017' Acid Peptic Disorders (APD) are alarmingly increasing and there is a need to focus on these overlapping disorders while managing patients. GERD and PUD seemed to be common in 18-59 years age group.

According to a study, 'Migraine and gastric disorders: Are they associated?' published in 'Journal of Research in Medical Sciences, 2019', there is a significant association between H. pylori infection (APD) and migraine. One of the mechanisms involved in migraine pathogenesis is related to serotonin levels. Migraine is known as a chronic low serotonin syndrome, but the serotonin synthesis in the brain significantly increases during migraine attacks. H. pylori produces platelet activating factor, which precipitates release of serotonin from platelets. Few studies have demonstrated the elevation of serotonin level during migraine attacks in the affected patients. (Arch Med Sci 2011) Among the patients with H. pylori infection, 69.7% had migraine. Also, H. pylori eradication may lead to improvement in headaches. Another study reported the efficacy of H. pylori eradication in the management of migraine headaches using a double-blind, controlled, clinical trial. (Pain Physician 2012)

Ayurved advices Langhan, Snehan, Mridu virechan, Grahi, Madhur rasatmak, Pittashamak, Vidagghanashak treatment according to condition of the disease.

Pittashekhar Rasa a herbomineral formulation is designed to meet the outcome measures required for managing chronic APDs especially PUD. It is a perfect blend of following herbs and minerals taking care of all the associated symptoms.

छर्द्यम्लपित्तशूलघ्नो ग्रहण्यमयनाशनः ।

बहुनात्र किमुक्तेन पित्तरोगेषु शस्यते ॥

Sootashekhar Rasa (Suvarnayukta) Premium Quality	भक्षयेदम्लपित्तघ्नो वान्तिशूलामयापहः॥ ... ग्रहण्यमयनाशनः। श्वासमन्दानिनाशनः॥ - यो.र.
Bilva Majja	श्रीफलस्तुवरस्तित्ते ग्राही रुक्षोऽपिपित्तकृत्। वातश्लेष्महरो बल्यो लघुरुष्णश्च पाचनः॥ - भा.प्र.
Aragvadh Majja	आरग्वधो गुरुः स्वादुः शीतलः संसनोत्तमः। ज्वरहृद्गोपित्तास्रवातोदावर्तशूलनुत्॥ तत्फलं संसनं रुच्यं कुष्ठपित्तकफापहम्। ज्वरे तु सततं पथ्यं कोष्ठशुद्धिकरं परम्॥ - भा.प्र.
Kalamegha	सुतिक्तः लघुरुक्षोष्णः कफपित्तविनाशनः। दीपनः स्वेदनो ज्ञेयः कृमिघ्नः पित्तसारकः। यकृद्दोषे क्रिमे कुष्ठे ज्वरं चासौ प्रशस्यते ॥ - भा.प्र.
Shankha Bhasma	शङ्खः सुशीतलः क्षारस्त्वम्लपित्तविनाशनः। अग्निमान्द्यहरो बल्यो ग्राही ग्रहणिकाहरः॥ परिणामोत्थशूलघ्नस्तारुण्यपिडिकापहः। विषदोषहरो वर्ण्यो मात्रा गुञ्जद्वजयोन्मिता॥ - र.त.
Shouktik Bhasma	शुक्तिका शूलशमनी हृदामयविनाशिनी। स्निग्धा रुच्या श्वासहरा दीपनी मधुरा मता॥नाशयत्याशु तथा च जठरामयान्॥ - र.त.
Kapardika Bhasma	वराटी दीपनी चोष्णा नयनातङ्कहारिणी। कर्णस्रावहरात्यर्थं बह्निमान्द्यविनाशिनी॥ पित्तशूलादिशमनी ग्रहणीगजसिंहिका। क्षयस्फोटपहा वृष्या मात्रा रक्तद्वयोन्मिता॥ - र.त.
Avipattikar Choorana	अम्लपित्तं निहन्त्याशु विबन्धं मलमूत्रयोः। अग्निमान्द्यभवान् रोगान् नाशयेदविकल्पतः॥
Bhumyamalaki Kwath	भूधात्री वातकृत्तिष्ठ कषाया मधुरा हिमा। पिपासाकासपित्तास्रकफकण्डूक्षतापहा॥
Bhrungaraj Swarasa	भृङ्गारः....कफवातनुत्।शोथामपाण्डुनुत्।रसायनो बल्यः कुष्ठनेत्रशिरोर्तिनुत्॥ - भा.प्र.

Effective in :
Lakshana related
to Amlapitta

Agnimandya, Ajeerna,
Hrullasa, Shirahshoola,
Ardhavadhedaka, Chhardi,
Grahani, Parinamashoola

Dosage & Anupan :

1 to 2 Tablets twice or thrice a
day with Godugdha, Amla
Murabba, lukewarm water or as
per the condition of the disease



Shree Dhootapapeshwar Standards
SDS Monograph No. 1902624
Pittashekhar Rasa



Pittashekhar Rasa®

**An Excellent Remedy for
Acid Peptic Disorders**



Availability : 30 Tab. (Blister pack)



For more details please contact:
Health Care Services

Shree Dhootapapeshwar Limited

135, Nanubhai Desai Rd., Khetwadi, Mumbai - 400 004.
Tel. : +91-22-6234 6300 / +91-22-2382 5888
e-mail : healthcare@sdllindia.com
website : www.sdllindia.com

For the use only of a registered Medical Practitioner, Hospital or a Laboratory
© All Copy Rights Reserved