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With
Dr JV Hebbar

Volume - 1

Dedication:

At the holy feet of Dr A Chandrashekhara Udupa

(Poojya Doctorji), Managing Director of Divine Park Trust ® and my Spiritual Guru.

www.divinepark.org



Disclaimer:

This is a collection of discussions with Dr Janardhana V Hebbar.
Do not use this book to self medicate. Self medication is dangerous. Consult your doctor before adopting any health suggestions provided in this e-book.

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1. When can we start giving Brahmi ghrita for babies? My baby just completed her 6 months.

A: Hi, you can start giving Brahmi Ghrita (herbal ghee that acts as brain tonic) - just one small drop per day from 6th month onwards for 2 - 3 months. Avoid it when baby has cold or fever. Consult your doctor before giving any medicine - Allopathic / Ayurvedic. Read more - Brahmi Ghrita benefits -

<http://ayurvedinfo.com/2012/02/25/brahmi-ghrita-benefits-dosage-how-to-use-side-effects-ingredients-reference/>

2. Sir, What should be the exact posture of the head when putting shadbindu oil in nose. Also what is the exact procedure. Please clarify. Because as soon as I use this, my nose and throat gets irritation.

A: Sleeping on a mat, with a small folded towel underneath neck. This directs the oil through the nasal passage in downward direction. But there will surely be some level of throat irritation with this oil. Try with Anu tail (similar effects).

Read more about Nasya precautions and rules -

<http://easyayurveda.com/2013/08/12/how-to-do-ayurvedic-nasya-treatment-at-home-nasal-drops-for-long-life/>

Read about Shadbindu oil -

<http://ayurvedinfo.com/2012/06/18/shadbindu-tail-benefits-how-to-use-ingredients-side-effects/>

3. Hello Dr. I have been suggested to apply Balaswagandhadi oil along with Murivenna oil for Umbilical Hernia. Does it cure fully?

A: It may help to strengthen abdominal muscles and hence would help to reduce hernia. But a complete cure with this is quite hard to promise.

Read more about Balaswagandhadi oil -

<http://ayurvedinfo.com/2012/06/11/balaswagandhadi-thailam-benefits-how-to-use-ingredients-side-effects/>

Read more about Murivenna oil –

<http://ayurvedinfo.com/2012/04/27/murivenna-oil-uses-how-to-use-side-effects-ingredients-reference/>

4. What are the effects Manasamitra vatakam can have if taken by normal person? I have been suggested by Ayurvedik doctor friends to take these tablets during exams to increase concentration.

what are its side effects? how to minimize them?

if it helps in boosting academic performance, what are Pathya to be followed?

A: I would not recommend this for a normal person to increase concentration. Something like Brahmi ghrita - 5 - 10 drops everyday,

followed by hot water, in the morning, after food, for one month looks a safer, better choice.

Read about Manasamitra vatakam benefits, side effects -

<http://ayurvedinfo.com/2012/06/29/manasamitra-vatakam-benefits-dosage-ingredients-and-side-effects/>

5. Can Khadirarishta be used in children 2 and 7 year old?

Khadirarishta is a fermented liquid medicine used in skin disorders.

In a low dose, it also acts as a tonic and blood detoxifying cleanser for kids.

So, in a low dose of 2 - 5 ml per day, diluted with water, but under medical supervision, it can be administered to kids.

<http://ayurvedinfo.com/2011/07/01/khadirarishta-uses-side-effects-ingredients-and-dose/>

6. I would like to know, are there side effects like memory loss after quitting Brahmi Vati? I used for six months continuously with 2 tablets a day in cows milk. During the usage period it helped me a lot but after I stopped using it I have started to feel loss of memory. Please tell me what to do?

A: Hi, it does not have such withdrawal effect of memory loss. The memory loss that you are experiencing may be due to your illness. I

would suggest using One Brahmi vati per day for another three months, before stopping it.

<http://ayurvedinfo.com/2012/07/27/brahmi-vati-benefits-dosage-ingredients-side-effects/>

7. Name a few herbs for after delivery care of mother.

A: Musta and Shatavari are very useful herbs to improve breast milk production, to take care of common baby complaints like fever, diarrhea and to keep the mind of the mother calm. Read more about post-delivery care of mother - <http://easyayurveda.com/2012/02/17/after-delivery-care-of-mother-for-first-three-months-by-ayurveda/>

8. I read Online Desi ghee helps in pacify Vata. Now Desi ghee is cool in nature, So as Vata body type are also cool in nature. So how it would help in pacify Vata?

A: Ghee is not a coolant. It has coolant effect only on stomach. It is mildly hot in nature. Because of its hotness, it helps to improve digestion strength. And because of its mild hotness, it balances Vata. Read more about ghee qualities and benefits - <http://easyayurveda.com/2014/10/08/health-benefits-ghee-complete-ayurvedic-details/>

9. How to take amla for weight loss?

A: Obesity is a Kapha disorder. Honey Pacifies Kapha Dosha. Hence, a teaspoon of Amla powder mixed with a teaspoon of honey, taken once a day, after food is good for weight loss. Please note that honey should not be more than a teaspoon per day, for weight loss.

Read more - How to consume Amla -

<http://easyayurveda.com/2011/11/18/how-to-eat-aml-fruit-and-aml-powder-based-on-your-body/>

10. What is garlic milk remedy?

It is a classical Ayurvedic remedy prepared with Garlic pearls boiled in milk and filtered. Useful in gastritis, bloating, gas build-up, constipation and abscess. Read more about it here -

<http://easyayurveda.com/2011/07/04/milk-garlic-home-remedy-for-stomach-abscess-and-fever/>

11. Hello Dr Hebbbar , is there any relation between this herb agaru and agarbatti that we use in poojas . As far as I know agarbatti sticks are made of bamboo

In Agarbatti (incense sticks), the bamboo stick is just for the central-wood purpose, to make the wood stand straight. Agaru is added as a fragrance material in some incense sticks.

Read more about Agarwood - Agarwood -

<http://easyayurveda.com/2014/12/10/agaru-aquilaria-agallocha-uses-research-side-effects/>

12. My son Is 4 years has severe eczema. Could I be able to use Ksheerabala taila 101?

A: It is not commonly used in Eczema. It is not good to take online advice for a 4 year old's health. Please consult a doctor in person.

Read more about Eczema treatment -

<http://easyayurveda.com/2014/09/10/eczema-causes-ayurvedic-treatment-medicines-remedies/>

Read more about Ksheerabala 101 -

<http://ayurmedinfo.com/2012/06/02/ksheerabala-101-thailam-benefits-how-to-use-ingredients-side-effects/>

13. Hi, I'm 17 weeks pregnant and I'm having such awful sinus problems that it is affecting every area of my life including waking me up during the night because I can't breathe. This has been going on for over six weeks and it feels like a combination of allergies and swollen irritated sinuses. I've been using my neti pot but it is not helping. I described nasya to my OB and he just made a funny face and said "I wouldn't do that". Is this safe for pregnant women? There is an ayurvedic practitioner nearby who does nasya. Would you recommend I try this and have a professional do it?

A: Hi, there are two types of Nasya.

Marsha Nasya - higher doses.

Pratimarsha nasya - 2 drops to each nostril. I believe you can undergo just pratimarsha nasya for a short period of 5 - 7 days.

Include a bit of turmeric and ginger in your diet.

Mix a teaspoon of turmeric powder with an ounce of ghee. Apply a very thin layer of this ghee into inside part of nostrils in the morning. Read more about – how to do nasya -

<http://easyayurveda.com/2013/08/12/how-to-do-ayurvedic-nasya-treatment-at-home-nasal-drops-for-long-life/>

14. You said that sandalwood paste application is good for migraine. how long the paste has to be kept on. Also, is the paste to be made with water or something else?

A: Hi, the paste is to be made with water. The paste should be left on forehead for 5 - 10 minutes, preferably in the morning, before food (and bath). Sandalwood benefits -

<http://easyayurveda.com/2014/12/11/sandalwood-benefits-how-to-use-side-effects-research/>

15. If there are easy home remedies for dandruff care, as mentioned in this article, then why are so many costly (branded) oils and shampoos prescribed and sold? Kindly educate.

A: Because, many people prefer readymade products. Though many would like to prepare their own remedies, they may be too busy with their work and want something that is readily available and yet very effective and useful. :)

<http://easyayurveda.com/2014/12/05/dandruff-ayurvedic-treatment-herbs-oils-home-remedies/>

16. I have heard that while applying neem paste on face, we have to be careful with our eyes. It should not go into our eyes while washing. But here you have mentioned that neem decoction can be washed for eyes? How can that be the case, please clarify.

A: Neem by its nature is not harmful for the eyes. Hence, its decoction can be safely used to wash eyes. But when used in powder / paste form, the powder particles may irritate the eyes causing redness and inflammation. Hence, it is not recommended.

Read more - Neem benefits -

<http://easyayurveda.com/2012/11/28/neem-in-ayurveda-benefits-usage-side-effects-full-reference/>

17. Does amla juice sold in Ayurvedic stores help to bring down the sugar levels? What brand is best?

A: I am not quite sure about, how far they can help. As a general rule, if Amla juice is genuinely made of Amla, without any added preservatives

or sugar, then it can have the potential to lower sugar levels.

If you can get fresh fruit, you can crush it to make juice and consume (or eat the fruit as it is), it is good for diabetes.

If fresh fruit is not available, it makes sense to rely on Amla powder / capsule, for diabetes than juice.

Read about Amla benefits, side effects -

<http://easyayurveda.com/2013/01/17/amla-benefits-dose-usage-side-effects-complete-ayurveda-details/>

18. A review about combination treatment with Phalasarpi and Dadimadi ghrita on infertility:

Dr. Hebbar, While there is no clinical evidence to show an improvement of the AMH/FSH values, i have personally been a beneficiary of this wonder medicine along with the DadiMadi Ghritam to cure infertility.

I wish I could have tested for AMH and carried out a follicular scan to show the positive effect it has had on our lives.

Phalasarpi details - <http://ayurmedinfo.com/2012/02/24/phala-ghrita-benefits-dosage-how-to-use-side-effects-ingredients-reference/>

Dadimadi Ghrita details -

<http://ayurmedinfo.com/2012/02/23/dadimadi-ghrita-benefits-dosage-how-to-use-side-effects-ingredients-reference/>

19. If someone takes Raja Pravartini tablet, once, by mistake during pregnancy, will there be any harm?

A: With just one tablet of Raja Pravartini, there will not be any harm to the pregnancy. However, once after the pregnancy is confirmed, it is best to stop this tablet.

Read more - <http://ayurvedinfo.com/2012/06/29/raja-pravartini-vati-benefits-dosage-ingredients-and-side-effects/>

20. Can I take Ashwagandharishta, Chyawanprash and another tonic with herbs like Ashwagandha, Shilajeet etc for one year time? Can I take Isabgol and Triphala continuously?

A: Hi, as a general rule, I do not recommend any Ayurvedic medicine for extended periods of time, without a pressing need. Healthier eating habits - including anti oxidants in diet like Vitamin A, C, E etc are better ways to promote health than relying on medicines (Ayurvedic or otherwise), on a long run.

You can continue Chyawanprash, Ashwagandha and this tonic for two months and then give a two month break and then continue again.

For constipation you can take Isabgol and Triphala, only when there is need.

Read more - Ashwagandharishta details -

<http://ayurvedinfo.com/2011/06/27/ashwagandharishta-uses-ingredients-dose-and-side-effects/>

21. My Ayurvedic doctor has prescribed M2 TONE and Ashokarishta to me for PCOD, long cycles with almost 2 months

of delay. Do you think this treatment will be helpful or are the medicines contradictory ?

A: As per my experience, Ashokarishta does not help in longer menstrual cycles. It helps in shorter periods or when there is heavy periods (Menorrhagia). Hence, might not be useful in your case.

M2 Tone is a good tonic and is useful in treating PCOS.

Read more about PCOS -

<http://easyayurveda.com/2010/09/26/polycystic-ovarian-syndrome/>

22. Is Mansasa Mitra Vatakam recommended for a 86 year old woman? My friend is recommending this for her short term memory condition.

A: Difficult question. If the weight and strength of the lady is good, then half to one tablet per day, can be administered. However, you need to consult an Ayurveda doctor directly before taking this medicine, especially for a lady as elder as 86.

Read more about this medicine -

<http://ayurvedinfo.com/2012/06/29/manasamitra-vatakam-benefits-dosage-ingredients-and-side-effects/>

23. Please advice the frequency & way to use Maha bhringaraja oil, to prevent hair fall. My hair is thinning day by day. Can I expect a satisfactory result if I start using this oil ?

A: You can use it twice or thrice a week, apply at night and take bath in the morning or apply it one hour before bath (hair wash). It is a good hair oil.

Read more about hair oil application method -

<http://easyayurveda.com/2011/12/13/how-and-when-to-apply-hair-oil-ayurveda-details/>

Read more about Maha Bhringaraj oil -

<http://ayurvedinfo.com/2012/05/26/mahabhingaraj-oil-benefits-how-to-use-ingredients-side-effects/>

24. I am a patient of chronic Urticaria and want to know more about the Haridra khandam. Can I expect a significant improvement by taking this medicine.

A: It is really effective. It is my number-one preferred medicine for urticaria and allergic rhinitis. However, it contains Loha Bhasma, hence need special precaution in children (not to over-dose) and it contains sugar, hence diabetics cannot take it.

<http://ayurvedinfo.com/2012/02/13/haridra-khand-benefits-dose-side-effects-ingredients/>

25. In your amla hair oil recipe, I thought that after boiling something, you lose all the nutrients in it..?

A: No. By boiling in mild fire, water and oil soluble active principles from Amla are transferred to the oil. Excluding fresh juice extracts and fresh plant pastes, most of the Ayurvedic medicines – such as Kashaya, Ghrita, Arishta etc and remedies involve heating or boiling. Read more – make amla hair oil at home -

<http://easyayurveda.com/2012/04/18/how-to-make-hair-oil-at-home-with-aml/>

26. My 3.5 year old son is suffering from cold for the past 1 month. No running nose but cold in the chest. Can I give him chyawanprash? Will it help? How much and for how long?

A: You can give a peanut size quantity of Chyawanprash in the morning, before food with milk for two months time. This will help in improving immunity. But this may not act as quick-fix medicine for your kid. Please consult a doctor in person.

<http://easyayurveda.com/2009/09/08/chyawanprash-one-herbal-medicine-many-health-benefits/>

27. How long after taking honey and warm water can I have soaked almonds?

A: About 20 minutes later. Congrats for deciding to take both in the morning. Read more about hot-water-honey benefits -

<http://easyayurveda.com/2010/09/30/hot-water-honey-benefits/>

28. Greetings! Isn't it strange. While tulsi decreases sperm count but Tulsi seeds are considered aphrodisiac. How far this is true?

A: I wonder if the seeds' aphrodisiac effect is proven or if it is mentioned

in any ancient text books.

However, even if it is true, different part of the plant may have different effects. Mango leaves have different effect than fruits. Raw mango is quite opposite to ripe mango, which is entirely different than its bark and so on.

<http://easyayurveda.com/2014/11/13/tulsi-ocimum-sanctum-benefits-research-side-effects/>

29. Can normal people take Arjuna without consulting a Vaidhya ? If yes, are there any precautions that one must take? Does it have any side effects /downsides ?

A: Because it can lower blood pressure and blood sugar levels, people on medication for BP and diabetes need to take precaution to avoid over-dosing. There are no other downsides with this wonder herb.

If someone is not diabetic or hypertensive, then he can take Arjuna for a short period of one month, in a low dose of 1 capsule per day, after food.

<http://easyayurveda.com/2014/12/15/terminalia-arjuna-benefits-how-to-use-research-side-effects/>

30. Milk is cold and sesame seeds are hot in potency. can I take sesame seeds with milk?

A: There is NO general rule that hot and cold food stuffs should not be mixed. For example, garlic (hot) is processed with milk to make garlic

milk remedy, used in bloating, edema etc. Of course, too hot and too cold stuffs should not be mixed. For example, hot coffee with ice cream. But I have not come across a text reference to avoid sesame seeds with milk. Both have oiliness (unctuousness) in common. For this combination, it is better to go for hot milk, to minimize the cold effect of milk.

Read more – sesame seed and oil benefits -

<http://easyayurveda.com/2011/02/24/sesame-and-sesame-oil-benefits-total-ayurveda-details/>

Read more about wrong food combinations -

<http://easyayurveda.com/2013/03/14/bad-food-combinations-and-solution-as-per-ayurveda/>

31. In Germany lately the media worn about Casia Cinnamon. It would contain very toxic chemicals in a high dose. This would not be so in Cinnamon of Srilanka. What is your opinion?

A: Cassia cinnamon botanical name is - Cinnamomum cassia. It is different from Cinnamomum zeylanicum (Ayurvedic cinnamon), which is used for medicinal purposes.

<http://easyayurveda.com/2014/12/04/cinnamon-benefits-dose-home-remedies-side-effects/>

32. I have heard that Ganja is illegal in India and many other nations? How does that influence ayurvedic drugs?

A: Schedule E of Drugs and cosmetics rules, 1945, enlists ingredients, which when used in Ayurvedic medicines, require - a cautionary statement - that, to be consumed under strict medical supervision. This list includes many herbs including Cannabis sativa. So, I guess, its use for Ayurvedic medicine manufacturing is legal, provided, the manufacturing facility has license etc. (It is just my opinion. It is not a legal statement.)

Bhang benefits - <http://easyayurveda.com/2014/12/17/bhang-marijuana-benefits-dose-research-side-effects/>

33. How to fight skin dryness during winter?

A: Apply Eladi Tailam or plain coconut oil to the dry skin parts, 10 minutes before bath. At night, before going to bed, apply a very thin layer of ghee or coconut oil.

Include a bit of ghee in diet. It helps to balance Vata and imparts oiliness to the skin. Oiliness is the opposing quality to dryness. Read more winter tips here -

<http://easyayurveda.com/2014/09/07/ayurvedic-health-tips-for-winter-season/>

34. Excellent post about oil pulling, Dr Hebbar... So much more informative than the simplistic oil pulling method of Dr. Karach being touted by many people.

A: Every oil pulling method that I know, are just derivatives / small variants of ancient methods, explained above. :)

Read more about oil pulling -

<http://easyayurveda.com/2013/08/16/how-to-do-oil-pulling-in-genuine-ayurvedic-way-9-tips/>

35. Is there anything we can consume Chyawanprash with, instead of milk?

A: If not cow milk, Chyawanprash can be consumed with goat milk or even with water.

<https://www.youtube.com/watch?v=5qKWUpUjDEg>

36. I have heard that Vagbhat's Ashtanga Hrudayam medicines are the only one which have 100% cure. Is it true?

A: That is so untrue. All the ancient Ayurvedic text books from Charaka Samhita written thousands of years ago to Bhaishajya Ratnavali, etc, written few years before, all these are relevant, effective and practical.

My ebook - Charaka Samhita Sutrsthana made easy –

<http://easyayurveda.com/2014/11/10/charaka-samhita-sutrasthana-made-easy-ebook-pdf/>

37. There are so many herbs that are good for urinary track disorder. How do Ayurvedic doctors choose which one to prescribe to a specific patient ? Is there any interaction between different herbs ?

A: The choice of herb largely depends on the disease.

If there is infection, anti viral and anti bacterial herbs are selected – like neem, bael, etc.

If there is inflammation, anti inflammatory herbs like Guduchi,

Ashwagandha etc are selected.

If there are kidney stones, then herbs that can dissolve them are selected example: Patalagarudi, Ksharas etc.

If there is urine obstruction, then herbs that are diuretic are selected – example- Gokshura, Punarnava etc.

If there is need of rejuvenation (in case of degenerative diseases), herbs like Shilajatu, Guduchi, Ashwagandha, Bala etc are selected.

If there is lowered immunity, then Rasayanas, Shilajatu etc are selected. Usually herbs that do not interact with each other are selected for treatment.

(Above are just example herbs. I do not recommend using them without consulting your doctors.)

Read more – Urinary obstruction – causes and treatment -

<http://easyayurveda.com/2013/10/29/urinary-obstruction-causes-types-symptoms-treatment-ayurveda/>

38. Does Giloy – Indian Tinospora help in reducing Eosinophilia?

A: Yes, but herbs like turmeric, neem, Tulsi leaves, etc are more commonly used in eosinophilia. –

Read turmeric benefits - <http://easyayurveda.com/2013/10/23/turmeric-curcuma-longa-benefits-usage-dose-side-effects/>

39. Does Guduchi help in fighting off a viral attack, and also help with weakness/pain? Is neem also a good option?

When there is viral fever, to bring down the temperature, to improve immunity and also to fight the virus, Giloy is a good option, in the order mentioned.

Neem helps to fight virus, and to bring down the temperature. For a better effect, using a teaspoon of each of neem and Guduchi together, to prepare Kashayam is a very good option. **Read more about neem** - <http://easyayurveda.com/2012/11/28/neem-in-ayurveda-benefits-usage-side-effects-full-reference/>

Read more about Guduchi (Giloy) -
<http://easyayurveda.com/2012/08/28/guduchi-giloy-ayurvedic-details-benefits-usage-dose-formulations/>

40. Regarding taking Haritaki based on season -

I live in the UK and seasons are different(now -1°C), how can I determine which combination to take with Haritaki ?

If it is rainy season, then you can consume Haritaki with rock salt, During early part of winter, you can consume it with ginger, during winter, with long pepper, post winter season - with honey, during summer, with jaggery. If you think that this system cannot be followed, you can take Haritaki just with honey or long pepper. **Read more -**
<http://easyayurveda.com/2013/01/05/haritaki-terminalia-chebula-uses-side-effects-ayurveda-details/>

41. Astringent has coldness. Kapha also has coldness. How astringent, being a coolant, can decrease Kapha Dosha?

A: Being hot or being cold is one way in which substances affect Doshas. There is another thing called Maha Bhutas – basic elements.

If you analyse, Astringent taste is made of air and earth elements – If you think about earth and air element, it causes dryness, harshness, roughness etc. – These qualities are opposite to Kapha Dosha. Hence, astringent taste decreases Kapha Dosha.

If, for example, earth was associated with water element (as in case of sweet taste), there is moistness, there is cushioning, there is coolant effects – which are qualities of Kapha Dosha. Hence sweet increases Kapha Dosha. Read more about astringent taste -

<http://easyayurveda.com/2013/06/27/astringent-taste-qualities-health-benefits-side-effects/>

42. Bitter taste has coldness. Kapha also has coldness. How astringent, being a coolant, can decrease Kapha Dosha?

Answer: Being hot or being cold is one way in which substances affect Doshas. There is another thing called Maha Bhutas – basic elements. Bitter taste has air and ether elements. So, clearly, there is lightness, there is dryness. Both these qualities are pro Vata and anti Kapha. Hence, bitter substances Increase Vata Dosha and decrease Kapha Dosha.

Read more about Bitter taste here -

<http://easyayurveda.com/2013/06/25/bitter-taste-qualities-health-benefits-side-effects/>

43. Guduchi (Giloy – Indian Tinospora) is hot, but still it balances all the three doshas. How it is justified? As per its hot quality, it should have increased Pitta Dosha.

Answer: An herb does not act based only on its hotness or coldness. While, hotness helps Giloy to decrease Kapha and Vata dosha, its bitter taste helps to decrease Pitta dosha. (Bitter taste decreases Pitta). Hence, it balances all the Three Doshas.

Read more about Giloy -

<http://easyayurveda.com/2012/08/28/guduchi-giloy-ayurvedic-details-benefits-usage-dose-formulations/>

44. Oil is good for Vata and Ghee is good for Pitta. But you have written that ghee is is mildly Hot and good for Vata disorders. Kindly clarify whether Ghee is comparatively Better for Vata or Pitta Imbalance.

Answer: Ghee is good for both Vata and Pitta. Though it is mildly hot in nature, that hotness does not hinder ghee from pacifying Pitta Dosha. Ghee pacifies Pitta Dosha due to its sweet taste.

Read more about ghee – qualities, usage -

<http://easyayurveda.com/2014/10/08/health-benefits-ghee-complete-ayurvedic-details/>

45. Question - I have read about your articles and it is very nice. I have a baby of 40 days old. Am using j&j soap powder And moisturizer on her. But she has got allergic kind like prickly heat and also her face has become dry and darker. We are using

little besan powder also. So can u suggest some massage oil, some ayurvedic soap(or powder) and moisturizer kind.

Answer - To a cup of besan powder, add a tablespoon of neem powder and half a teaspoon turmeric powder and use it for bathing.

Oil for massage - Nalpamaradi oil. A very thin layer of ghee acts as a good moisturizer.

Read more - how to make herbal bath powder at home -

<http://easyayurveda.com/2012/05/27/how-to-make-ayurvedic-herbal-bath-powder-at-home/>

Are shampoo and soaps really needed? -

<http://easyayurveda.com/2012/05/16/are-soaps-and-shampoos-really-needed-a-readers-words-of-experience/>

46. Kindly assist my son is only 13 years of age and I want to know if this lehyam ajaswagandhadi is good for his intake. He is under weight for his age .

Answer: If you are okay with non veg ingredients, this lehyam in a dose of half a teaspoon at night, along with cup of milk can be given.

<http://easyayurveda.com/2009/11/10/ajaswagandhadi-leham/>

47. I have come across many articles and videos claiming that Marijuana can be used to cure cancer. Does Ayurveda provide

**any information on usage of Marijuana in Cancer treatment?
Can you please throw some light on this?**

A: Hi, so far I have not come across a direct Ayurvedic reference claiming cure of cancer with the use of Marijuana. However, that does not question Marijuana's ability in treating cancer.

<http://easyayurveda.com/2014/12/17/bhang-marijuana-benefits-dose-research-side-effects/>

48. Very good article on Taleesa Patra. How much and how long can it given to child below 5 yrs for cough all the time, some times dry , some times wet , sometimes mix. how to take it?

Answer: Hi, rather than taking Taleesa Patra alone, better to opt for Talisadi Churna - half a teaspoon along with honey, once in the morning, after food for a period of one month. After taking this, she can drink luke warm water. Any good Kerala company product is good enough.

If symptoms do not improve even after a week's usage, please consult your doctor.

Read more about Talisadi Churna –

<http://ayurvedinfo.com/2012/04/13/talisadi-churna-benefits-dosage-ingredients-side-effects/>

Read more about Talisa patra -

<http://easyayurveda.com/2014/12/19/abies-webbiana-taleesa-patra-uses-research-side-effects/>

49. Hi, can I use mixture of castor oil, sesame oil and coconut oil on my facial skin?

Yes, you can. Read more about comparison between coconut oil, sesame oil, castor oil and mustard oil. -

<http://easyayurveda.com/2014/08/11/sesame-oil-coconut-oil-castor-oil-mustard-oil-comparison/>

50. How to avoid the side effects of Sarpagandha tablets? I used it for 3 months. After withdrawal it affected the mood and caused anxiety. How to recover from this fully. My suggestion is people with acidity should not use this.

Answer: Hi, if you had taken Sarpagandha for mood / anxiety related disorder, it needs to be withdrawn very gradually over a period of 2 - 3 months, rather than abruptly. In many cases, Sarpagandha should be replaced with milder herbs like Ashwagandha, during the process of withdrawal to avoid adverse effects. All these things can be done only under medical supervision of an Ayurvedic doctor. Self medication with Sarpagandha is dangerous.

Read more about Sarpagandha benefits -

<http://easyayurveda.com/2013/10/18/sarpagandha-rauwolfia-serpentina-benefits-side-effects-ayurveda-details/>

51. Can we combine Amalaki with milk, or take with milk as anupana?

No. milk is contra indicated along with sour tasting fruits including milk. Hence, taking milk along with or as Anupana (after –drink) for Amalaki fruit / powder is not a good idea.

Read more about bad food combinations. -

<http://easyayurveda.com/2013/03/14/bad-food-combinations-and-solution-as-per-ayurveda/>

52 Dear Doctor, I want to eat raw Amla fruit (in fact i am eating one everyday), but I am confused as to when is the right time to eat it. I mean, first thing early in the morning, before meal or after meal or before going to bed etc. Thanks in advance for your advice

Answer: Hi. Congratulations for being lucky to get fresh Amla fruit daily. You can eat raw amla before or along with breakfast.

Read more – amla benefits -

<http://easyayurveda.com/2013/01/17/aml-benefits-dose-usage-side-effects-complete-ayurveda-details/>

53. Question: Even today the order of serving the food in Indian custom, and also in other Auspicious functions all over the Nation(i think) is as indicated in Ayurveda- A sweet food(payasam)- sour and salt (sambar-rasam-curry)- Pungent,Bitter and Astringent(buttermilk-pickle)- followed by Betel leaves and Nut(astringent).So Great we are that we still follow what our Ancient Seers (the athours of Ayur-veda) instructed us. Can you please tell the logic behind this order?

Answer: Ayurveda recommends taking sweet, sour, salt, pungent, bitter and astringent taste foods in this same order, while having food. When we are hungry and are about to start eating, the digestion strength is at peak. Sweet, sour and salt, being heavy in nature, if they are consumed first, the digestion strength will be better utilized to digest these tastes. Pungent, bitter and astringent foods, take a bit less strength to digest, hence, they are advised to be taken at the second half of meals.

Read more about tastes - as explained in Ayurveda -

<http://easyayurveda.com/2014/10/22/tastes-types-qualities-therapeutic-action/>

54.

1. Do you mean that taking amla powder with khand and honey the taste and vipak becomes Madhur. Please give me any classical reference or your experience.

2. In this 27th verse, there is no mention of long pepper.

3. What Anupana means:- the liquid which is taken with food/medicine or after having them? Classical reference please.

Answer:

1. Amla powder does not change its sourness when mixed with khand and honey. The recipe containing these three will have more sweetness and the sourness will be masked, which would avoid curdling of milk. The final recipe is sweet in taste, and sweet taste is not contra

indicated, when milk is Anupana, hence, that recipe is valid.

2. The 27th verse starts with the word Krushna Dhatri Phalaraja etc.

Krushna means long pepper.

3. Milk itself is the anupana told in that recipe. Please read once more -
The verse says - Yo anu paya: pibet.

Get the full version of this conversation here -

<http://easyayurveda.com/2013/01/17/amlabenefits-dose-usage-side-effects-complete-ayurveda-details/>

55. Usually we get headaches at the back of the head and not the forehead. Eventually we end up taking saridon, however we try to avoid it, only it seems to work. Any gel or ointment cannot be applied on the back of the head due to hair. Will ginger paste explained above help in headaches at the back of the head as well or is there anything else as replacement for the good old always working saridon?

A: For the backside headaches, applying ginger paste or any gel in forehead might only be partially beneficial.

There are good Ayurvedic treatments and medicines such as Varanadi Kashayam, Rasnadi kashaya etc, for the treatment of headache. Please consult a doctor in person.

Read more about ginger benefits -

<http://easyayurveda.com/2014/12/20/ginger-benefits-research-home->

remedies-side-effects/

Varanadi kashayam –<http://easyayurveda.com/2009/10/20/varanadi-kashayam---all-you-want-to-know-about-ayurvedic-reference-how-to-make-and-health-benefits/>

Rasnadi kashayam -<http://ayurvedinfo.com/2012/02/15/rasnadi-kashayam-benefits-dose-side-effects-ingredients-and-reference/>

56. Does dry ginger powder have a shelf life?

A: For any dry Ayurvedic herb, in coarse powder or raw form, excluding fine powders, the shelf life is one year. (Reference: Sharangdhara Samhita Purvakhanda).

Read more about shelf life of Ayurvedic medicines –

<http://easyayurveda.com/2011/02/05/shelf-life-or-expiration-date-of-herbal-products-after-the-jar-is-opened/>

57. I suffer from asthma and take steroid inhalers but my mum always gives me Agastya Rasayan when I am suffering from a cold or cough. I find this medicine very effective.

Do you think I could take a prolonged course of this and slowly come off the steroid inhalers? Has anyone done this before in your experience?

Answer: Dear sir, this medicine alone might not enable you for that. But it is very effective in reducing the symptoms and intensity of asthma attack. With a good Ayurvedic treatment protocol, you can certainly reduce the frequency of steroid inhalers over a period of 1 - 2 months.

Please consult an Ayurveda doctor in person.

Read more about Agastya Rasayana -

<http://easyayurveda.com/2010/04/19/agastya-rasayana-an-effective-ayurvedic-product-for-respiratory-conditions/>

58. I have heard cedarwood oil has sedative effects, is this also true with Devadaru?

Any links with the name C. deodara and deodorant?

A: Hi, sedative effect of Devadaru is not well recorded. Because the Deodara is very much in line the term deodorant, I assume there is link.

Read more about Devadaru -

<http://easyayurveda.com/2014/12/18/devadaru-cedrus-deodara-uses-research-side-effects/>

59. if Tulsi, leaves, fresh ginger and murwa leaves (Badrinath tulsi) are boiled in water and water is used for cup of tea Lipton green and some milk as used in tea cup...is beneficial or harmful?

A: As per Maharshi Charaka, combining milk with Tulsi is not ideal.

Hence, you may skip adding milk to the above combination. Except that, the combination looks quite good.

Read more about Tulsi benefits, side effects -

<http://easyayurveda.com/2014/11/13/tulsi-ocimum-sanctum-benefits-research-side-effects/>

60. After using Kumkumadi oil, my eyes are burning a lot it

becomes red, Mine is oily skin, should I use it r stop plz assist me

A: Hi, Kumkumadi oil is not supposed to be applied to eyes. If you are applying it on face, avoiding eyes and if it is causing eye irritation, either the Kumkumadi tailam is not well made or it is genuinely causing allergic skin reactions in you.

Please stop it.

Read about Kumkumadi tailam benefits -

<http://ayurvedinfo.com/2012/04/24/kumkumadi-tailam-benefits-how-to-use-ingredients-side-effects-reference/>

61. Recently i had been to a saloon for hair cut and shave. Unfortunately in my case it turnout to be a nightmare , that after the shave , the barber used some skin cream to make me feel cool . My skin started showing reddish round dots after this massage and after reaching home i have noticed that it has become thick . I am taking blood thinner capsules as well , and any regular small pressure on the skin will leave a reddish mark on the surface.

Now i can feel my skin is rough on the effected area and i can feel this once i move my fingers. shall i use nalpamaradhi thailam to remove this.

Answer: Apply Nalpamaradi tailam over the affected area, avoid ear and eye contact. Leave it for 10-15 minutes, and then wash off with luke warm water. Avoid using strong soap till the issue is completely resolved.

If the symptoms do not improve even after a week, consult a doctor in person.

Read more about Nalpamaradi oil -

<http://ayurvedinfo.com/2012/06/07/nalpamaradi-oil-benefits-how-to-use-ingredients-side-effects/>

62. My daughter is 13 years. From 6 months two times she suffered with heavy periods for 1 and half to two months, with a gap of 3 months in periods. Now its more than a month she didn't get her periods....can I give her Ashokarista?

A: For a teenager, it is quite common to have irregular periods in the initial years. I do not recommend Ashokarishta to her.

Read more Ashokarishta benefits, side effects -

<http://ayurvedinfo.com/2011/06/23/ashokarishta-uses-dose-side-effects-and-ingredients/>

63. I had sleeping disorder after night shift for a month in January'14. I could only sleep for four hours or so. I started taking Sandu's Sarsvatarishta and I am able to sleep properly now.

Can I continue taking this? How long can I continue with this? Because if I don't take it , sometimes I am not able to sleep properly.

Answer: Sarasvatarishta is a very healthy, non-harmful, peaceful brain tonic. You can continue it for another 2 - 3 months. After that you can

start reducing the dose gradually. Do not stop it abruptly. As per my knowledge and experience, it is non habit forming and there are no withdrawal symptoms with this.

Read more about Saraswatarishtam -

<http://ayurmedinfo.com/2011/08/31/saraswatarishta-uses-dose-side-effects-and-ingredients/>

64. While making your formula of Bhringaraj hair oil, I think I put a little too much hibiscus in my mixture because it's a little red is that ok?

A: No problem. It is perfectly fine. - Learn how to make Bhringaraj oil - <http://easyayurveda.com/2013/03/25/how-to-make-bhringaraj-oil-for-hair-growth-video/>

65. We don't eat raddish in the night because it will cause cold and cough (means increasing kapha). In pitta dominance it is said to avoid radish (means increasing pitta also). Same with curd , orange.

A: Radish is hot in nature, it does not cause cold or cough. (Reference - Bhava Prakasha). Sweet curd and orange in some worsen cough and cold in some susceptible people, hence told to avoid at night.

Learn about Tridosha - <http://easyayurveda.com/2010/12/16/my-new-ayurveda-book-about-tridosha/>

66. As I understand, one needs to be pure in thoughts, but will that help turn sperm into energy or ojas? Or are there other ways to convert the sperm? Also when you see a beautiful woman, how is a brahmachari ideally meant to handle that situation? One shouldn't suppress as I understand, but how do you control the feelings?

Answer: Purity in thought helps to improve Ojas in the body, as it avoids losing mental energy in the form of mental mischief.

There are many methods to hold mental purity when you see a beautiful woman. A Bhakti yogi (who has totally surrendered to his Deity), would praise the Lord for creating such a beautiful creature. By praising the Lord, he has converted attention towards that lady to pure divine love towards God. (Source: Divinepark.org)

A Jnana Yogi (Knowledge based spiritual practitioner) would not recognize the beauty of the lady at all. He would simply consider the body as meager as mud.

(This is what I have read and understood, I personally try to practice these methods. But sometimes I fail.)

Read more about Abstinence -

<http://easyayurveda.com/2011/02/02/abstinence-brahmacharya-the-greatest-tool-to-improve-concentration/>

67. I have High BP and High Cholesterol. Also have severe acidity problem for which, I have been taking BP, Cholesterol and Acidity tablets every day. Came to know about Cow Urine therapy. Will taking cow urine help me in lowering my

cholesterol and control my BP. Also will it have any improvement in acidity problems?

Answer: It is useful against cholesterol and BP. But may not be very useful against acidity. Regular dose of cow urine distillate (Go Arka) is – half a teaspoon in the morning. Consult an Ayurveda doctor for right dose and method of taking.

Read more - cow urine therapy benefits, side effects -

<http://easyayurveda.com/2011/05/10/cow-urine-therapy-benefits-indication-and-contraindications/>

68. Hi sir! I had a lithotripsy for kidney stones 4 months back. If I drink cow's milk regularly, will there be any chance of reforming the kidney stones again.

Answer: Hi, Calcium from food does not increase the risk of calcium oxalate stones. Hence, you can consume milk.

<http://easyayurveda.com/2011/06/23/cow-milk-benefits-according-to-ayurveda/>

69. Dr.Hebbar,

Are there any studies on the effect of Jatamansi in the areas of:

1) curing autism

2) as an anti-convulsant

3) as anti-yeast or fungal agent

4) General cognition enhancer?

If yes, would the power/tablet form be more useful or would you recommend the oil? Any light you shed will be greatly appreciated.

Answer:

Jatamansi and Autism - Jatamansi, in combination with Brahmi, Shankhapushpi etc is being used in treating autism.

Anti convulsant effect of Jatamansi is proven -

<http://www.ncbi.nlm.nih.gov/pubmed/16095854>

It has anti fungal activity - <http://jocpr.com/vol5-iss10-2013/JCPR-2013-5-10-431-438.pdf>

It is a very good cognitive enhancer herb. -

<http://www.niper.ac.in/cognition.pdf>,

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3459457/>

If it is for children, I would recommend this in tablet form - along with some other brain tonic products such as Saraswatarishta or Brahmi ghrita. Any which ways, please consult an Ayurveda doctor.

Read more about Jatamansi uses, research, side effects -

<http://easyayurveda.com/2013/09/06/jatamansi-benefits-usage-side-effects/>

70. Sir, I get headache feel sleepy by Ashwagandha. What to do?

Answer: That is why, this or any other herb / medicine should only be taken with doctor's advice.

The headache is probably because of taking it in the morning, feeling sleepy and not being able to sleep. It induces sleep. Hence, take it only in the evening or at night, after food. Drink a cup of milk after taking this.

Read more about Ashwagandha -

<http://easyayurveda.com/2014/06/22/ashwagandha-withania-somnifera-benefits-dose-side-effects/>

71. Dr. which is better for children's cough during this season Sitopaladi Churna OR Talisadi ?

For five year old kids and above,

If there is no indigestion problem, then Sitopaladi Churna - quarter a teaspoon mixed with honey, can be administered along with warm water.

Read more about Sitopaladi Churna -

<http://easyayurveda.com/2011/10/31/sitopaladi-churna-side-effects-ingredients-benefits-dose-ayurvedic-medicine-for-cough/>

If there is indigestion problem, along with cough, then Talisadi Churna can be administered in the same dose.

Read more about Talisadi churna here -

<http://ayurmedinfo.com/2012/04/13/talisadi-churna-benefits-dosage-ingredients-side-effects/>

72. Dear Dr.Hebbar, Regarding your Bhringaraj hair oil formula, Seems the technique of oil preparation and its quality identification was openly said. Thanks for that...Please help me by answering these.

1. is this oil only enough for hair growth or need any internal medicines required?

2. how this oil promotes hair growth?

3. Is this oils works in baldness at any age?if so how long i take to recover?

4.Can we add henna for coloring the premature hairs?

5.Finally, any specific foods required for hair growth?

Answer:

1. If the problem is hair fall is chronic or if there is underlying other causes such as hypothyroidism, PCOS etc, then oral medicines will be required.

2. By promoting the nourishment to hair root and strands.

3. If someone is already bald, then a promise on this oil cannot be made.

4. You can add henna to the formula.

5. Specific foods for hair growth - Eat more of dry grapes, dates, milk, cashew, sesame, almonds, flax seed, green leafy vegetables, spinach, soyabean. Salmon, Tuna, Cod liver oil, Fish, fortified cereals, oysters, fortified soy products, ham, dairy products, egg, mushroom.

Learn about how to make your own Bhringaraj hair oil -

<http://easyayurveda.com/2013/03/25/how-to-make-bhringaraj-oil-for-hair-growth-video/>

Learn about Ayurvedic hair care principles -

<http://easyayurveda.com/2014/08/06/ayurvedic-hair-care-principles-herbs-oils-medicines/>

73. My wife suffering from hypo thyroid, will Trikatu Churna cure thyroid?

Answer: It helps to improve digestion strength and metabolism. It also useful in treating obesity, associated with Hypothyroidism. But it may not directly cure hypothyroidism.

Read about Trikatu churna -

<http://easyayurveda.com/2011/11/04/trikatu-churna-benefits-side-effects-perfect-blend-of-three-spices/>

74. For the SSDM massage technique that you have described, much oil to use for a vata person. Hard to imagine 1 spoon can do all those areas.

Answer: Around 1 teaspoon to each of the joints.

Learn about this short cut massage technique here -

<http://easyayurveda.com/2012/07/30/no-time-for-massage-here-is-the-solution/>

75. I am also drinking Garlic milk remedy. my friend told this but i add 1 teaspoon of ghee n add suger half n drink at night it ok or not?

Answer: Hi, adding a teaspoon of ghee to it is fine. But do not add Sugar to it. Learn how to do garlic milk remedy - <https://www.youtube.com/watch?v=jbs7AsFIog4>

76. Three months back I have bought Brahma rasayanam from Kottakal Ayurvedic dispensary. The rasayana was semi solid and taste was good. Now I have bought the same rasayanam from AVN Ayurveda formulations pvt ltd. The rasayanam is in solid state like rock.. should I use this . I have doubts about this rasayanam. To be more precise I need to know how will a rasayanam be solid or semi solid.

A: The Brahma Rasayanam or any other Avaleha for that matter becomes semi-solid or solid, based on the amount of heat it is subjected while preparing.

When the sweetening agent - jaggery /sugar candy etc is heated along with Kashayam (herbal decoctions), the heating should be stopped at the precise moment to give the lehyam a semisolid consistency. If the heating is further continued, the mass becomes more solid than liquid.

Read more about Brahma Rasayana -

<http://easyayurveda.com/2010/02/09/brhma-rasayana-best-of-natural-remedies-for-stress-and-tiredness-chronic/>

77. Could you please elaborate the use of castor oil for Mastitis (breast inflammation)

A: There are two uses for castor oil in mastitis.

1. Because castor oil local application is very good for pain and swelling, applying it to the breasts 10 minutes before bath helps to relieve pain and inflammation.

2. In case of clogged milk ducts in nipple, applying castor oil and gentle squeezing of nipple helps to get rid of the clog. But after this the area needs to be washed thoroughly to avoid mix of of milk with castor oil, which may cause problem to the baby. Note that this does not work in a single attempt. It needs to be done once or twice daily for a week to 10 days.

Read more - castor oil benefits -

<http://easyayurveda.com/2014/12/12/castor-benefits-use-research-side-effects/>

78. Doctor,

Whether the garlic can be swallowed instead of eating/chewing? If yes, what quantity to be swallowed each day and whether it should be in the morning or night?

A: Hi, direct swallowing of garlic pearl may not be comfortable. Better to at least make it a paste / small pill and swallow it. There are also many garlic oil capsules available in the market. Daily 1 - 2 garlic pearls can be consumed, better to do it in the morning.

Read more - garlic benefits -

<http://easyayurveda.com/2011/06/30/health-benefits-of-raw-garlic-ayurveda-details/>

79: Taking Garlic with Milk is not suggested as it causes skin diseases. Is it true?

A: Hi, Garlic is processed with milk to make a garlic milk remedy. This is explained in traditional Ayurvedic text book. They are compatible with each other. Read more about this remedy here -

<http://easyayurveda.com/2011/07/04/milk-garlic-home-remedy-for-stomach-abscess-and-fever/>

80. Hello dr. Is Trikatu powder helps in asthma problems? I have breathing problems as well allergies from dust and pollution . Can it help?

A: Because of Trikatu's hot nature, it balances Kapha and Vata doshas, both of which are imbalanced in asthma. Hence, it is very useful. It is also very useful for dust allergy. But care should be taken in its usage, as it may cause gastric irritation.

Read more - Trikatu benefits -

<http://easyayurveda.com/2011/11/04/trikatu-churna-benefits-side-effects-perfect-blend-of-three-spices/>

81. Is garlic use useful in treatment of gout or are there any other treatments available?

A: Theoretically, Garlic helps to balance Vata, Gout is caused due to Vata and Rakta (Pitta) components. So, in gout, if the pain is more than the hotness and inflammatory symptoms, then garlic is useful.

There are many other treatments available for gout. Please consult a doctor in person.

Read more - Gout diet <http://easyayurveda.com/2011/06/15/diet-for-gout-ayurveda-and-modern-views/>

Home remedy for gout - <http://easyayurveda.com/2012/03/01/how-to-prepare-a-ayurvedic-natural-home-remedy-for-gout-video-tutorial/>

82. Sir, if we mix Amla and Ashwagandha churna in equal quantity, and then take it after meals with milk ,for gaining strength, as both of them are very good for internal strength of the body. Is it okay or not?

A: Amla is compatible with milk. Hence, it cannot be taken along with milk + Ashwagandha.

However, Amla can be taken with water, before food. After food, Ashwagandha + milk can be consumed.

Read more - Ashwagandha benefits –

<http://easyayurveda.com/2014/06/22/ashwagandha-withania-somnifera-benefits-dose-side-effects/>

Amla benefits – <http://easyayurveda.com/2013/01/17/amla-benefits-dose-usage-side-effects-complete-ayurveda-details/>

83. Sir, I am suffering from voice problem since one month. One person advised me trikut may take 5days, like 1st day (five times),2nd day (four times), 3rd day (three times) 4th day (two times)and 5th days (two times) with honey. Can advised me for better treatment.

Answer: Hi, taking Trikatu five times, your stomach might not tolerate it. I suggest using 1 gram of Trikatu with half a teaspoon of Ghee twice a day for five days, if symptoms do not improve, please consult a doctor.

Read more - Trikatu benefits -

<http://easyayurveda.com/2011/11/04/trikatu-churna-benefits-side-effects-perfect-blend-of-three-spices/>

84. Dr Hebbar, I am understanding that the traditional Ayurveda use of Vidanga powder (False black pepper), but I have read some sources that indicate that a tincture may be more effective for parasitic infections. In the USA, I can find some sources for the powder but not the tincture. What is your take on this?

Answer: As per my experience, the Vidanga powder or in capsule form works very fine for parasitic infection. You may please go ahead with powder itself.

Read more - Vidanga benefits -

<http://easyayurveda.com/2013/09/23/vidanga-embelia-ribes-benefits-usage-dose-side-effects/>

85. Why shouldn't cancer patient do this exercise? I would think this would be good for cancer patients especially since it is a cleansing exercise.

A: Hi, cancer patient, in early stages of cancer can do Pranayama. No problem. But it is better to learn it under a Yoga expert.

Learn about a simple Pranayama technique -

<http://easyayurveda.com/2010/08/28/how-to-do-pranayama-a-simple-pranayama-technique/>

86. It is written that rock salt can be used for arthritis... in which oil should this rock salt mixed for applying.. so that we get best results..

Answer: Castor oil or sesame oil - A teaspoon of the oil can be mixed with a cup of anyone of the oil, heated for five minutes in mild fire and can be applied externally for arthritis.

Read more - rock salt benefits –

<http://easyayurveda.com/2013/09/27/saindhava-lavana-rock-salt-benefits-ayurveda-usage-side-effects/>

87. Hi doctor, it is a very informative article for a expecting mother.I am a mother of 1.5 year old breastfeeding daughter.Which tonic should I use to enhance my immunity, stamina and further successful breastfeeding?

Sir, can we take shatavari and ashwagandha together and in what amount.

Answer: Shatavari alone is good enough. - 2 grams of powder along with a cup of milk, once or twice a day, for a period of 2 months should be good.

Even 1 gram Ashwagandha can be mixed with it

Read more - After delivery care of mother -

<http://easyayurveda.com/2012/02/17/after-delivery-care-of-mother-for-first-three-months-by-ayurveda/>

88. I am having too much dandruff. Can fresh gelly be applied on hair before having bath ?

I tried it, it was a good experience. :)

Answer: Sure you can!. Please continue.

Read aloe vera benefits - <http://easyayurveda.com/2011/05/28/aloevera-benefits-aloevera-uses/>

89. Could you please let me know if raw turmeric juice could be used for intake along with warm milk, is it best taken before

going to bed? Does taking it with warm milk alleviate or aggravate RA (RA tested +ve 0.5%); would it be beneficial in anyway to replace turmeric powder in cooking with equivalent amount of raw turmeric juice?

Answer:

Raw turmeric juice can be taken along with warm milk, before going to bed for RA. No problem with that.

If you are okay with it, turmeric powder can be replaced with raw turmeric juice extract.

Read - how to use turmeric for allergic rhinitis? -

<http://easyayurveda.com/2013/11/13/use-turmeric-allergic-rhinitis-4-traditional-methods/>

90. When Fever means there is heat in the body, why do we give the fever patient food which increases heat like tulsi, ginger, turmeric and not cold food.

A: During fever, there is low digestion strength and Ama as per Ayurveda. To relieve this, only hot herbs like tulsi, ginger, turmeric are given. These herbs have antimicrobial effect. They help to fight infection inside the body, hence useful in fever. If we give cold substances, then digestive strength (fire) will further deteriorate, worsening the fever.

92. Dear Doctor,

I understand that aloe vera juice helps patients with problem of

diverticulitis. It is said that it can cure the diverticulitis.. Can you tell me whether it is true and if so what should be the dosage and for ;how it should be taken? Should it be diluted or taken straight? Does it also alleviate the pains caused by it during early in the morning before the bladder is emptied and bowel movement.

Answer:

It will be wrong to say that Aloe vera juice completely cures Diverticulitis. However, it relieves many of diverticulitis symptoms such as constipation (Aloe vera is a mild laxative), abdominal pain and Vomiting sensation. Regular adult dose of Aloe vera juice is - 30 ml mixed with 30 ml of water, once or twice a day. It helps to relieve early morning pain before the bladder and bowels are emptied. Read more about aloe vera benefits, side effects –

<http://easyayurveda.com/2011/05/28/aloe-vera-benefits-aloe-vera-uses/>

93. I was having a discussion today with another Ayurvedic Practitioner and we were debating whether Vikruti (ailment) starts happening at the point of conception or at birth. She also mentioned that the person she studied with could assess her Prakruti (body type) through her pulse and it was definite.

What are your thoughts?

A: As per my knowledge, Prakruti (Body type) is determined at the time of conception. It further is influenced by pregnancy habits of mother, and the habits an individual develops after birth.

Vikruti (onset of ailment) does not start with conception (Excluding congenital / hereditary disorders).

In most of the cases, Vikruti starts when there is indulgence with wrong foods, habits etc.

Vikruti can be influenced by Prakruti. For example, in a Vata body type person, just a slight bit of over-exercise may result in arthritis.

94. Great remedy. Should the garlic be organic? Milk 2%, whole and/or organic? Also, what if amount of garlic used is only 2 cloves. Will that still be of benefit?

A: Hi, for any home remedy, if you can get organic ingredients, it is generally considered as better. 2 cloves, is sufficient, if one is considering to use this remedy on daily basis. Read more about garlic milk remedy -

<http://easyayurveda.com/2011/07/04/milk-garlic-home-remedy-for-stomach-abscess-and-fever/>

95. Is it safe drinking warm water with lemon and honey in the morning for pregnant women?

Warm water, lemon juice extract and honey combination is used for cleansing, detoxifying, weight reducing purposes, called as Langhana therapy or Shodhana in Ayurveda.

During pregnancy, the opposite of it - Brihmana - nourishing therapy is required. Hence, the above combination is not required during pregnancy. Read more -<http://easyayurveda.com/2012/11/14/health-benefits-of-lemon-ayurveda-details/>

96. Respected Sir ,in oil pulling method as per Ayurveda, Is the oil to be simply kept in the mouth or is it to be squished and swished around in the mouth ? What herbs can be used for PITTA doshic body oil pulling?

A: In Gandusha, the oil (or any suitable liquid such as milk, buttermilk etc, based on disease), is filled to mouth's capacity. Hence, there is no room for movement of liquid inside mouth.

In Kavala, a smaller quantity of liquid is squished and swished around in the mouth.

For Pitta, milk, Ksheerabala oil, Maha Narayana oil, Manjishtadi oil, Coconut oil etc are used for oil pulling.

Read more about oil pulling -<http://easyayurveda.com/2013/08/16/how-to-do-oil-pulling-in-genuine-ayurvedic-way-9-tips/>

97. Dr Hebbar, would you know if Shatavari has a positive or negative effect on women with low ovarian reserve, also women in their peri-menopause? I am wondering whether it is oestrogenic or increases other hormones such as prolactin, FSH, LH etc. I was wondering if it would through a woman's cycle out of rhythm when the hormones are already fluctuating?

I have looked through pubmed, but have not come across a definitive study describing the physiological effects on the hormones. Your thoughts and any study you may have come across, and your personal observations in such situations would be greatly appreciated!

Answer:

Some chemical components of Shatavari has estrogenic effect.

It is really helpful for women in peri-menopause. It is known to improve prolactin, FSH and LH levels. This research paper gives a slight hint towards it -<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3215317/>

Personally,

I use Shatavari in men, to improve sexual vigor and sperm, semen count.

In women, to regulate menstrual cycle, as in PCOS, I usually use it in the first half of menstrual cycle.

In peri-menopausal women, I use it in a small dose of single capsule per day, on a daily basis for a period of 3 - 4 months.

The results in all the above cases are promising.

However, some people do complain about breast pain and estrogenic symptoms, in whom, I either withdraw / reduce the dose or use a polyherbal combination such as Shatavari guda.

Read more about Shatavari uses, side effects -

<http://easyayurveda.com/2015/01/04/shatavari-asparagus-racemosus-uses-research-side-effects/>

98. I have been done nasya kriya in doctors administration. It gave good results of reduction in headache. I want to continue at home.

(1) Can you please name types of anu oils ?

(2) Which kind of smoke inhalation is to be performed?

(3) I think Sesame taila is good for massage.

Answer:

There is only one type of Anu oil available. You can use that.

<http://easyayurveda.com/2011/10/28/anu-tail-a-good-ayurveda-oil-for-nasya-treatment/>

Read about Nasya therapy rules here -

easyayurveda.com/2013/08/12/how-to-do-ayurvedic-nasya-treatment-at-home-nasal-drops-for-long-life/

Smoke inhalation - I have given a few blends examples here -

<http://easyayurveda.com/2013/08/13/herbal-smoking-benefits-rules-side-effects-blends-to-try/>

Sesame oil is good for massage.

99. Hi Sir, good aftn. With high blood pressure person under medication (prolomet A50) can use this chawyanprash? and I already used 3 months before but at that time i suffered with high bp that is why i have doubt that chawyanprash is not suits for high bp patients. Is it right ? or Not? please clarify my doubt thanks a lot for your information.

Answer:

Because Amla is the main ingredient of Chyawanpash, Chyawanprash is supposed to lower BP.

But because, most of the other herbs are hot in nature, it can potentially increase BP in some.

However, this sentence cannot be generalized. Meaning, in people with Pitta body type, it can be true, it may not be true in people with Vata and Kapha body types.

In your case, if you really have kept all other factors constant and found that introducing / withdrawing Chyawanprash, then, consider stopping it.

How to test Chyawanprash at home -

<http://easyayurveda.com/2011/09/25/how-to-test-chyawanprash-at-home/>

100. While considering shelf life of ghee (gritha), Puraana gritha (more than 10 years) is said to be good. isn't right Dr ?

Even one year old ghee is also known as Purana Ghrita (reference: Bhava Prakasha)

Purana Ghrita is not told to be used for all purposes. Only in certain ghrityams, targeted for neuro-psychiatric conditions, Purana Ghrita is mentioned to be used. Once we prepare herbal ghee using Purana ghrita, for the said condition, its shelf life will be same as explained

above.

Read more – Shelf life of Ayurvedic products -

<http://easyayurveda.com/2010/12/05/shelf-life-or-expiration-date-of-ayurvedic-medicine/>