

**100**



**With**  
**Dr JV Hebbar**

**Volume - 2**

## *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](http://www.divinepark.org)



### *Disclaimer:*

This is a collection of discussions with Dr Janardhana V Hebbar.  
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## **1. Can we refrigerate Kashayam, after opening the bottle?**

Answer:

Here are a few considerations:

1. If you are making Kashayam at home, if the medicine is prescribed for Pitta condition, you can store it for just 1 - 2 days. It is best not to refrigerate self made Kashayams, that are indicated for Vata and Kapha disorders. Because, coolness will aggravate both Vata and Kapha Dosha.

Learn how to make your own Kashayam -

<http://ayurvedinfo.com/2012/07/20/triphala-kwath-benefits-dosage-ingredients-side-effects/>

2. For the market available Kashayam, it does not make sense to refrigerate, since it contains preservatives and hence stable for up to 2 years. and about 2 - 3 months, after opening the Kashayam bottle.

## **2. I have Spondylitis and have been using Ksheerabala 101 Thailam Capsules for an year now. This is as prescribed by the Ayurvedic doctor. However, I have weight issue. Is there an alterantive to this?**

**Answer:** Hi, long term usage of high doses of Ksheerabala can result in weight gain. If you have used this for an year, it is good to give a gap of 2 - 3 months. Resort to cervical colour, (neck belt), application of pain relief oil like Sahacharadi taila, Kottamchukkadi taila.

Read more about Khseerabala oil -

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

**3. I have irregular periods. I am not getting my periods until I take a tablet to get my periods. Now, I am trying to have second baby. Shall I take Ashokarishta and also Phala kalyana gritha at a time? Are they helpful in conceiving?**

Answer: Hi, Phala Kalyana ghrita may help. It is used in female infertility treatment. It improves chances of ovulation and quality of egg. But do not take Ashokarishta. Do not take any medicine without consulting an Ayurveda doctor directly.

Read more about Phala kalyan ghrita -

<http://ayurvedinfo.com/2012/05/28/phal-kalyan-ghrita-benefits-dosage-how-to-use-side-effects-ingredients/>

**4. Can I use anu oil and other steroidal/allopathic nasal spray on same day or alternate day?**

A: Anu oil is used for Nasya treatment, to treat headache, tinnitus, sinusitis etc. Usually, it is applied in the morning, followed by facial massage and a little fomentation with hot water dipped cloth or steam.

You can use both Anu oil and allopathic spray on the same day. Just make sure to maintain a gap of 30 minutes between the two.

Read more about Anu oil -

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

**5. My mother had given this Garlic milk remedy after my delivery from 20 days onward. She said it will improve the lactation if had daily for 3 months! Is it true?**

A: Though I have not seen any traditional reference of breast milk improving effect (Galactagogue) effect of Garlic, I know that it is used in folklore. It helps to relieve inflammation hence is quite useful in after-delivery period.

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

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

**Post delivery care of mother -**

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

**6. How to take coriander seed for diabetes:**

A: A teaspoon of coriander seed can be soaked in a cup of water, kept overnight. Next day morning, that water can be drunk, before food.

Other than this, one can consume up to 2 - 3 grams of powder, by using in your dishes or as it is, swallowing the powder with water.

Read more - Coriander health benefits -

<http://easyayurveda.com/2013/03/04/coriander-seed-and-leaves-health-benefits-complete-ayurveda-details/>

Coriander water benefits for fever and excess body heat -

<http://easyayurveda.com/2010/02/05/coriander-soup-recipe-an-easy-to-make-natural-coolant-and-natural-cleanser-drink/>

**7. An ayurvedic doctor advised me that Kapal Bhati is internally heating, hence I should avoid it. I stopped it since 5 months. But I am facing too much difficulty in studying. I feel dull. But when I do Kapal bhati I feel my mind is open and energetic. Please suggest me what should I do?**

Answer:

Difficulty in studying and dullness are because of Kapha. Kapal Bhati is useful in pacifying Kapha dosha and stimulating Vata Dosha (reference: Gheranda Samhita). Vata is related to energy and enthusiasm. This is why, you are feeling open and energetic with kapal Bhati. For these reasons, I think you can continue with Kapal Bhati.

Read more on effect of Different types of Pranayama on Tridosha and health - <http://easyayurveda.com/2012/11/11/types-of-pranayama-effect-on-health-through-an-ayurveda-microscope/>

**8. Can application of plain Sesame oil in knees and legs at night before going to sleep lead to developing pains? I have a vatha body. And I have developed such pain. Only thing I am doing differently these days is applying plain sesame oil in eye lids, sole of foot and lil on knees and legs like moisturiser. What am I doing wrong here?**

Answer:

Hi,

There are two probabilities:

1. The sesame oil that you are using might have moisture in it, causing the pain. To rule out this possibility, I suggest you to heat the oil for 2 - 3 minutes in mild fire before application.
2. If there is hidden stiffness in your joints, then applying oil can cause increased stiffness and pain. To rule this out, Take a teaspoon of black pepper, add it to 200 ml of sesame oil and heat it for 4 - 5 minutes, filter it and store in an air tight container. Or Use Maha Narayana oil for applying, in place of regular oil.

**Read more - sesame oil benefits:**

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

**9. You preach about truths that wife should tell to husband. what about if husband do not tells you the truth?**

Answer: Hi,

There will surely be some secrets between husband and wife. This article is about those secrets which, a wife should not keep. Those truths, a wife should disclose to husband.

If husband is not at all telling ANY truth to the wife, then he is putting his relationship in danger.

Read those things that you should not hide from your husband. -

<http://easyayurveda.com/2015/01/05/do-not-hide-these-things-from-your-husband/>

**10. Sir, regarding best time to wake up, It is little bit confusing that 6 to 11 AM is Kapha Period & you are telling to wake before this period starts. But in other case 9 to 12 PM also Kapha period. In this time u r advising to sleep. Pl explain in detail.**

Answer:

Kapha Dosha is responsible for sleep. So, if you sleep in Kapha dominant period of 9 - 12 PM, you can sleep better.

6 - 11 am is dominant with Kapha. Before to that, Vata is dominant. Vata is responsible for energy, enthusiasm. So, if you wake up before 6 am, you can be more energetic throughout the day.

Read more - benefits of waking up before 6 -

<http://easyayurveda.com/2013/10/09/effective-medicine-obesity-allergy-rheumatoid-arthritis-etc-wake-6/>

**11. In your articles on various Herbs and its medicinal properties- Rasa and Vipaka(Taste conversion of the herb after Digestion) for each Herb has been mentioned.**

**Which of the Two- whether the taste of the Herb when taken orally or the post-digestive taste will have effect on Tridosha? If it is the Post-digestive**



**taste that has to be considered, then one cannot take herbs for a particular Dosh based on its oral taste. Am I correct?**

Answer:

The herb may exhibit its therapeutic action based on its qualities, its taste, its Vipaka (taste conversion after digestion), Veerya (potency - Hotness / coldness) or Prabhava - its own special effect.

Generally, the tastes pretty much explain the effect on the body, but sometimes the Vipaka subsides the effect of taste to bring in its own effect.

Example, Long pepper has pungent taste. Usually pungent herbs are not Rasayana (anti ageing), But because of its Madhura (sweet) Vipaka, it acts as Rasayana.

Read more about Long pepper benefits -

<http://easyayurveda.com/2014/11/24/pippali-long-pepper-fruit-uses-dose-side-effects/>

**12. Ripe Lemon is said to pacify Pitta and Kapha. But Grannies suggest that one should not take Lemon when one suffers from Cold symptoms. What exactly is the effect of Lemon on Tridosha?**

Answer:

Unripe lemon is sour in taste. It decreases Vata and kapha but increases Pitta. Ripe lemon decreases Pitta and Kapha.

During cold, you can prepare sugarless lemon juice along with some spices such as black pepper, cumin and rock salt and consume it. Read more about lemon benefits as per Ayurveda:

<http://easyayurveda.com/2012/11/14/health-benefits-of-lemon-ayurveda-details/>

**13. It is told that Guda (old jaggery) relieves Kapha, Vata and Pitta. Does not its Madhura taste with a trace of Salty taste aggravate Kapha?**

Answer:

As per Ashtanga Hrudaya Sutrasthana 5, A well made jaggery does not increase Kapha dosha to a very large extent. It means that it increases Kapha slightly.

Old jaggery is good for heart, and should be consumed. So, jaggery should be at least one year old for its usage.

It does not act purely based on its taste.

Freshly prepared jaggery increases Kapha and causes indigestion.

Read more - Jaggery benefits - <http://easyayurveda.com/2013/02/20/jaggery-health-benefits-and-usage-ayurveda-details/>

**14. In tonsillitis, In the case of small children who cannot gargle, what simple remedy is to be given to reduce inflammation and pain? When I was five my tonsils were removed. The doctors told my mom to give me ice cream for infected tonsils. And this is why we need to know something about Ayurveda.**

Answer:

If the kid is around 3 year old, she will be knowing how to rinse the mouth, as in rinsing after tooth brush. That would still be good.

If the kid cannot gargle, then a paste made of neem powder - quarter teaspoon, turmeric powder - quarter a teaspoon with a teaspoon of honey can be applied over the inflamed area.

There is an allopathic theory that, if the patient is not having cold, cough or fever, if he just has tonsillitis, then extreme cold treatment can reduce inflammation. Hence the advice of ice cream.

However, in children, ice cream eating itself is a major cause for tonsillitis, hence that advice is better disregarded.

<http://easyayurveda.com/2015/02/23/tonsillitis-ayurvedic-treatment-home-remedies/>

### **15. Can jaggery be mixed with baby food?**

Answer:

If the jaggery is very genuine, preferably organic, then it can be mixed with food for babies more than a year old. However, if baby has frequent cough, cold, indigestion, intestinal worm infestation etc, then it is better to avoid jaggery.

**Read more** – jaggery benefits - <http://easyayurveda.com/2013/02/20/jaggery-health-benefits-and-usage-ayurveda-details/>

**16. Great article on tonsillitis. This will help a lot of parents. Is it right to remove tonsils since its the first line of defence?**

Answer: Thanks.

If the tonsillitis is very recurrent, say more than 7 times in a year, making it difficult for the child to go through day-to-day activities,

If it is causing air way obstruction, with symptoms like voice change, choking, gasping for air during sleep, difficulty in nose breathing, difficulty in swallowing, loud snoring, noisy breathing,

If the infection is spreading to ear, nose, throat and if the infection is turning chronic

Long term swollen lymph nodes, throat glands, despite all precautions and treatment

In these above conditions the risk to the health of the patient over-weighs benefits of normal functions of tonsils. Hence, surgery is indicated.

**Read more about tonsillitis - <http://easyayurveda.com/2015/02/23/tonsillitis-ayurvedic-treatment-home-remedies/>**

**17. Hi Doctor, myself a fitness freak, will this ashwagandha help in muscle growth and bone health and immunity? Can it be taken freely? Can it be used contiguously or life time? Is there any pure powered form of this available in market for free use?**

Answer:

Hi,

1. Ashwagandha powder - half a teaspoon after workout along with half a cup of milk (or water) can be taken anyone as a general supplement for 3 months, then give a gap of a month and continue again.

I am not a fan of continuing any medicine / herb for a long periods of time without gaps in between, for about one year.

2. Consider a few side effects as explained in the article. If you do not fall in those categories, then you can take it freely.

3. For good quality organic Ashwagandha powder, please contact my brother in law - Shashi Kumar - [mygardendiary.in@gmail.com](mailto:mygardendiary.in@gmail.com)

**18. Should Soubhagya Shunti lehya be taken strictly after doctor's consultation or can be got over the counter 'cos the mother may not be able to step out of the house post natal period? Also, how long should it be consumed?**

Answer:

Good question. Assuming that mother is not diabetic and does not have severe gastritis problem, this medicine can be given directly without consulting, 2 weeks after delivery onward for a period of 4 - 6 weeks.

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

**19. What is your opinion to below statement?**

**We should take water as soon as we get up (before brushing) so that, the concentrated saliva accumulated overnight should go to stomach in large quantities, which being alkaline and high medicinal property, help us in good digestion (nullifies the acid present in the stomach as well).**

Answer:

I have not read such an advice in any Ayurvedic book thus far. The accumulated saliva will have germs that are collected in tooth plaques, hence I do not approve of this method.

Ayurveda advises to drink water only when thirsty.

Read related article -

<http://easyayurveda.com/2012/09/14/how-much-water-should-you-actually-drink-ayurveda-opinion/>

**20. What is your opinion? The only allowed liquid after food is fresh fruit juice in the morning, buttermilk in afternoon and milk in night.**

Answer:

I have not seen anywhere that fruit juices should be had in the morning.

Buttermilk is slightly hot in nature. Hence advised to avoid during summer. So, it does not make sense to say that it is best to have it in afternoon, when Pitta is dominant.

Ayurveda recommends having buttermilk at night, (in stead of curds).

Read my article - <http://easyayurveda.com/2009/08/12/curd-consumption-at-night/>

It is not harmful to take milk at night after food. I suggest warm milk.

**21. Never drink water which is colder (especially refrigerated water) than the body temperature. True?**

Answer:

False. In Pitta dominant conditions such as gastritis, burning sensation all over the body, etc, cold water (not refrigerated) is advised.

Even in Kashayam (herbal decoction / infusions), the general rule is to drink it when it is lukewarm. But this rule is exempted in Pitta dominant conditions and for people with pitta body type. They are advised to cool the Kashaya down before drinking.

Read - Hot water benefits: <http://easyayurveda.com/2010/08/19/drinking-hot-water-benefits-what-ayurveda-says/>

**22. For pitta, how much quantity of amla powder can be taken daily and how many times?**

Answer:

If you are planning to take it as a general health supplement for a 3 - 4 months, then a teaspoon in the morning, before breakfast with water is good enough. If you can take it along with 3 grams of jaggery, the effect will be further enhanced.

Read more - Amla benefits - [easyayurveda.com/2013/01/17/amla-benefits-dose-usage-side-effects-complete-ayurveda-details/](http://easyayurveda.com/2013/01/17/amla-benefits-dose-usage-side-effects-complete-ayurveda-details/)

**How to take Amla based on Tridosha -**

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

**23. Is it beneficial to do Abhyanga treatments during a woman's pregnancy?**

Answer: Massage during pregnancy can be done.

It helps in relieving stress, aches and pains, prevents stretch marks. But certain precautions such as - only gentle massage, avoiding deep kneading etc are to be taken. Read more here -<http://easyayurveda.com/2011/01/18/massage-in-pregnancy-15-benefits-and-precautions/>

**24. I live in a cold country. My baby is four months old. Can I use**

**Nalpamaradhi thailam for him? Is it okay to use, as the climate here is cold?**

**Also I was advised that not to use any soap for baby so is it must that I should wash off this thailam using soap. I am now applying coconut oil and don't use any soap.**

Answer:

You can use Nalpamaradi tailam even in a cold climate country.

But I suggest to wash off with some mild baby soap or at least Chickpea flour (gram flour / Besan), while bathing.

It is very important to get rid of the oil while bathing, or else baby may catch cold.

I do not think just hot water wash will get rid of the applied oil.



**Read more - common mistakes with baby massage -**

<http://easyayurveda.com/2012/10/11/mistakes-to-avoid-while-doing-oil-massage-to-baby/>

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

**25. Is Jatamansi used for hyper-acidity?**

Answer:

Because of its bitter and astringent tastes, because of its Dahahara (relieving burning sensation) action, because it balances Pitta (and Kapha Dosha), it can be inferred that Jatamansi is quite useful in hyperacidity.

Read more about Jatamansi benefits, side effects -

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

**26. What is the difference between aswagandhadi lehyam and ajaswagandhi lehyam ?**

Answer:

Ajaswagandhadi lehyam contains non veg ingredients in it - Read about it here

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

Ashwagandhadi lehyam is the veg version of it. Read about it here -

<http://ayurvedinfo.com/2012/02/09/ashwagandhadi-lehyam-uses-side-effects-dose-and-how-to-prepare/>

Both are quite similar in action. But, because of the non veg ingredients, Ajaswagandhadi does a better job in improving muscle strength.

Having said that, some companies name Ajaswagandhadi lehyam as Ashwagandhadi lehyam, which is bit confusing. Always check the label for non veg ingredients, with this product.

## **27. Can Kumkumathi oil be used on newborn?**

Answer:

Kumkumadi taila can be used only after the baby is 6 weeks old. While applying it, You need to dilute 10 ml of Kumkumadi taila to 200 ml of Sesame oil (gingelly oil).

Before applying, take 2 drops and apply over arm and watch for development of any allergic skin rashes. If there are no rashes, then only proceed to use this mix for baby massage.

Read more -

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

Baby massage rules and precautions -

<http://easyayurveda.com/2012/10/11/mistakes-to-avoid-while-doing-oil-massage-to-baby/>

**28. In your Article on 'Hareetaki' it is given that it has five tastes including its seed kernel and seed. Because of all these Rasas it is said to Balance Tridoshas.**

**Does Triphala churnam contain the seed and its kernel powder also? It hasnot been specified whether it is 'Ushna' or 'Sheeta' herb?**

Answer:

Usually only the fruit rinds of Haritaki, Vibhitaki and Amla are used in Triphala. But yet, it balances all the three Doshas.

When it comes to Ushna (hot) or Sheet (cold) - Amla is mildly cold, Haritaki and Vibhitaki are slightly hot. So, overall effect of Triphala is hot.

Read more about triphala benefits -

<http://ayurvedinfo.com/2012/03/16/triphala-churna-benefits-ingredients-dose-side-effects-how-to-take/>

**29. What are some good ways for thin people to take Triphala long term?**

Because Triphala is cleansing (Shodhana) in nature, it is not usually recommended for thin people. However a think adult can take half a teaspoon of Triphala along with a teaspoon of ghee at night. The nourishing qualities of ghee would negotiate the cleansing effect of Triphala.

Trifala and ghee can be made into paste form and can be swallowed in with half a cup of lukewarm water.

<http://ayurvedinfo.com/2012/03/16/triphala-churna-benefits-ingredients-dose-side-effects-how-to-take/>

**30. As per Ayurveda, we should not suppress natural urges like vomiting, sneezing etc. But in allopathic system, vomiting, sneezing, or belching are all suppressed by giving medicines. Here they are not 'treated' for the symptoms but actually they are suppressed and after some time body itself will adjust to the environment and the symptoms disappear. Do you think it will have any bad effects as per Ayurveda?**

Answer:

Hi,

Suppressing urges means, suppressing when they already have arrived, under normal circumstances. For example, when someone has urge to defecate, he is not supposed to withhold the urge to defecate.

Sneezing, vomiting or belching etc, when associated with disease, they are to be treated so that person gets cured from it. That treating cannot be compared with 'suppressing'.

In case of vomiting, suppose someone takes heavy meals beyond her capacity and she feels nauseated and vomits. Initial one or two bouts of vomiting will help her get rid of undigested food material from stomach, which is good. But if the vomiting bouts continue, then treatment will surely be required to stop vomiting.

Read more - <http://easyayurveda.com/2010/10/22/the-greatest-ayurvedic-health-secret-revealed/>

**31. Hi doctor, is coconut oil good to remove sun tan from body and face? If yes, what is the correct way to use it?**

Answer:

Hi, coconut oil is very good to remove sun tan. Take an ounce (30 ml) of coconut oil and mix half a teaspoon of turmeric powder to it.

If available, you can add 20 drops of Kumkumadi oil to it. Mix well and apply, 30 minutes before bath, everyday.

Read more about coconut oil benefits -

<http://easyayurveda.com/2011/02/10/coconut-oil-bad-or-good-benefits-ayurvedic-and-contemporary-views/>

**32. What does “after meals” mean? Is the drug to be consumed right after the meal or should there be some time gap ? I am asking this as water drinking is not preferred right after the food as per the Ayurvedic Dinacharya.**

Answer:

Hi, after meals, generally means, 20 - 30 minutes after meals. With this 30 minutes gap, the water-forbidden-rule-after meals will be taken care.

<http://easyayurveda.com/2015/01/24/5-factors-that-make-ayurvedic-medicines-unique/>

**33. It is written that buttermilk is contra indicated during summer, as it is hot. I am a dairy farmer and I have to work hard in summer. I consume many litres of fat less lassi with food and after hard worry in summer. In fact we cannot think of remaining healthy without lassi in Punjab in summer days. I can never agree that butterless lassi is hot when digested.**

Answer:

1. Buttermilk is prepared like this in Ayurveda -

<http://easyayurveda.com/2011/01/02/how-to-make-buttermilk-types-ayurvedic-method/>

2. There is a rule in Ayurveda, that, even if something is contra indicated, if it becomes habitual (Satmya), the body accepts and adjusts to the habit without causing any ill effect.

Butter milk benefits - <http://easyayurveda.com/2010/12/05/buttermilk-benefits-ayurvedic-explanation/>

**34. Hello, how can I give tulsi to my 5 yr old child, for his immunity and respiratory problem, and how much and for how long, and which company makes? Does wearing Tulsi mala helps?**

Answer:

During rainy and winter seasons, when respiratory illnesses are more, you can give a leaf of Tulsi along with a pinch of turmeric powder and pepper powder mixed along with a teaspoon of honey. It can be administered for a period of up to 2 weeks. Because of hotness of this home remedy, if you want to continue beyond 2 weeks, it is best to give a gap of 1 week before continuing for another 2 weeks and so on.

Wearing Tulsi garland helps to some extent.

Tulsi tea mixed with honey is also good for this. My brother in law, Mr Shashikumar makes a very good Tulsi herbal tea - email - [mygardendiary.in@gmail.com](mailto:mygardendiary.in@gmail.com)

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

**35. Can Amla murabba be eaten on empty stomach?**

Usually those substances that cause stomach irritation are advised to be taken after food. But in case of Murabba, Amla, though having sour taste, is soothing to stomach, so also is sugar syrup used in Murabba. Hence, it can be taken on empty stomach / before food.

Read more - how to take Amla fruit -

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

**36. I had dandruff and hair loss problem and I started using Neelibringadi tailam and I started using at summer and my hair started growing good. But once winter started (here temp goes below zero easily) my hair loss started again and I also got dandruff back. I shaved my head next summer and started Dhudhurpatratadi thailam and my dandruff went off and my hair started to grow. Now I have the next winter and I have the same problem of hairloss and dandruff.**

**During winter these oils freeze and I warm them before use. I was worried if these oils do not work at these low temperature conditions or the freeze thaw changed their property. I apply oil thrice a week for half an hour and wash with meera herbal powder.**

**I was also worried if these oils used for a long duration of time would cause such effect. but unsure**

Can you suggest me a solution

Answer:

Hi, because you used oils with coconut oil base, these oils tend to act against the cause during extreme winters. It is fine to use these oils during summer. But during winters, please use plain sesame oil as your hair oil. Or choose an Ayurvedic hair oil with sesame oil base, such as Sahul Mahabhringaraj oil. Read more - how sesame oil is better for hair than coconut oil -

<http://easyayurveda.com/2014/09/29/sesame-oil-better-hair-coconut-oil/>

**37. I believe there is 4 stages in life. Brahmacharya (celibacy) is the first one. I am 48 years old . I have done everything .drugs -party-sleep around .i have start practicing abstinence and feel very sharp mind and body . Do I am on the stage that I can give away sex forever? how would I benefit from abstinence ?**

Answer:

There is no barrier for entry to Brahmacharya. You can start it at any point of your life. You will have more energy, courage, better concentration, and an agile mind because of it.

Learn more about benefits of Brahmacharya -

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

**38. When a herbal powder such as Triphala churna is indicated with water, how to consume it?**

It can be taken into mouth as it is and swallowed with water. This is the standard method of taking any herbal powder when it is advised to be taken with water. For convenience, it can be mixed with water and drunk as well.



If it is with honey, usually it is made into a pill / paste with honey and consumed, followed with a cup of water.

Read more about Triphala Churna -

<http://ayurvedinfo.com/2012/03/16/triphala-churna-benefits-ingredients-dose-side-effects-how-to-take/>

**39. Please do write what we should do if there is excessive vomiting after vamanakarma and if the vomiting is more than 15 times. What care should be taken immediately?**

Answer:

Hi, if there is excess vomiting, Chardi - line of treatment with anti emetics - Sutashekhara Rasa, Eladi Vati, Shankha bhasma etc medicines are administered. Once after vomiting is brought under control, all measures to improve digestion strength of the patient is taken up. Read more about Vamana Panchakarma procedure - <http://easyayurveda.com/2014/10/09/vamana-therapy-right-method-side-effects-management/>

**40: I have heard that for wrestlers it is preferable to take daily massage with mustard seed oil (brassica nigra) than sesame seed oil. What are your thoughts Dr?**

Answer:

Hi, I would recommend sesame oil massage instead of mustard oil. Mustard oil is hot and many not be ideal during summer and in people with Pitta increase. Usually, in wrestlers, there will be slight increase in Vata and Pitta Dosha. So, Sesame oil is ideal. Read comparison between sesame oil, mustard oil, coconut oil and castor oil.

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

**41. I want your suggestions as what can be the drawback if we use the herbal powder etc in nice condition within the expiry date mentioned on the label but after say 2-3 months of opening, because most of times its not much used ie after 6 months or 1 year what will happen, as most of people are using like that only.**

**Request to please use your power to suggest companies to make available small amount of ayurvedic herbs, say at least 50 grams or less also as per your instructions, most of herbs should be thrown away after say 2-3 months, even if we have used little .**

**Answer:**

The problem with herbal powders (Churna medicine) is, they catch moisture pretty easily.

Hence, once after opening the jar containing powder, it is best to finish using it within 2 - 3 months of time.

Sorry that I do not have any power to influence companies to do anything :)

Though, many herbal powders are available in 50 - 100 grams package.

Read more about shelf life of herbal products once after the package is opened. -

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

#### **42. Can we do Nasya before sunrise ?**

Answer:

Hi, Nasya is a cleansing procedure. It is meant to liquefy the toxins (~Dosha) and extract it out through the nasal route. Hence, sunlight helps. It should be done after Sunrise. Read more about Nasya procedure details here - [easyayurveda.com/2013/08/12/how-to-do-ayurvedic-nasya-treatment-at-home-nasal-drops-for-long-life/](http://easyayurveda.com/2013/08/12/how-to-do-ayurvedic-nasya-treatment-at-home-nasal-drops-for-long-life/)

Read more about Anu taila, most commonly used nasya oil -

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

#### **43. Can Premature ejaculation cause infertility?**

Answer:

If the problem of premature ejaculation is so severe that ejaculation is happening even before intercourse, then it can be the cause for infertility.

#### **44. I heard that cessation of symptoms like nausea or morning sickness can also indicate silent miscarriage. Is this true? If yes, in which months can this happen?**

Answer:

Hi, that assumption is wrong. Some women suffer with nausea and morning sickness throughout their pregnancy and some just do not feel them at all. That is why you see a few news articles where women are totally unaware of their pregnancy and deliver baby with an episode of abdominal pain after 9 months.

Bleeding during pregnancy – remedies -

<http://easyayurveda.com/2015/05/18/bleeding-during-pregnancy-causes-ayurvedic-treatment/>

**45: Does Ayurveda prescribe a time period that a mother should breastfeed her baby, like minimum six months but maximum?? Are there any additional benefits of prolonged feeding say one or two years or more?**

Answer:

Hi, Ayurveda recommends breast feeding for 1 - 2 years of time. According to research published in the Lancet Global Health journal, children that breastfeed for longer periods end up smarter, more educated and wealthier in adulthood.

<http://easyayurveda.com/2014/10/30/human-breast-milk-benefits-how-to-increase/>

Read related article - breast milk detoxification -

<http://easyayurveda.com/2015/05/12/breast-milk-detoxification-dosha/>

**46. How aloe vera is useful for diabetes?**

Five phytosterols of aloe vera have been identified with anti-diabetic activity (research)

Aloe vera has been clinically proven for anti diabetic property. (research)

It is a good anti oxidant and it maintains healthy structure of the blood vessels.

- Both these are very vital in diabetic care. A diabetic patient often suffers from blood vessel related disorders and is need of anti oxidant. Hence, aloe vera is a

very useful herb in diabetes management.

Learn more how to use aloe vera for diabetes -

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

**47. .I tried this nasyam. . For 2 hours I feel very free..after tat nose is getting blocked and unable to breathe. . Wat shall I do? Can u suggest any remedy?**

Answer:

Hi, if you tried this remedy to relieve nose blocking, then things will only get better with its usage over a period of 2 - 3 weeks

If you were not having any nose blockage, but after using Nasya, if you are suffering with it, then you will need to do Nasya only when the Clouds are absent on the skies. Before Nasya, massage the face with sesame oil and use steam for 1 minute or dip a towel in hot water and wash face.

You may have to consult a doctor if things are not working out, even after following these guidelines.

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

**48. Sir how good is Ashwagandha to cure insomnia? I am currently taking kottakkal AVS manasamitra vatakam. I have also heard about sarpagandha ghanbati but I dont have any high/low BP. Can these be taken together?**

Ability of Sarpagandha ghanavati to put a person into sleep - 8/10

Manasamitra vatakam - 6/10 - It is more useful in depression, anxiety, psychotic features etc. But the rating is given for the function of - inducing sleep.

Ashwagandharishta - 5.5 / 10. Again, it is 10/10 good in lot many other functions

This is my analysis and experience.

Another doctor may opine differently.

**Sarpagandha Ghanavati** - <http://ayurvedinfo.com/2012/07/25/sarpagandha-ghan-vati-benefits-dosage-ingredients-side-effects/>

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

**Ashwagandharishta** -

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

**49: I am 26 now and I had/have tonsillitis from 9 past years but off late from 2 years I am facing repetitive throat infection. After consulting ENT doctor, they suggested me for Nasal deviation operation, its been 9 months since the operation and still have mucus accumulation always. Every day I happen to take out sputum but it frustrates me to do evryday so visited Ayurved doc and they suggested to use "Baidyanath Shadbindu Tel". But when I use this taila it creates continuous sneezing for some 1 hour approx. Is it expected? If not why I get this effect? Please help me in understanding what is happening to me.**

**Answer:**

Hi, if you apply just 2 drops of the oil to each nostril, you will find some irritation, sneezing and sputum coming out for 15 - 30 minutes. I would say, one hour is bit too long, but it should eventually come down.

I hope you also have been prescribed with Ayurvedic medicines to support the effect of Shadbindu tailam.

Read more about Shadbindu taila -

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

Learn about rules of Nasya here - [easyayurveda.com/2013/08/12/how-to-do-ayurvedic-nasya-treatment-at-home-nasal-drops-for-long-life/](http://easyayurveda.com/2013/08/12/how-to-do-ayurvedic-nasya-treatment-at-home-nasal-drops-for-long-life/)

**50. Can Gandha thailam be used for stiffness of fingers. Will mobility of fingers be restored by application or internal use of this thailam.**

Answer:

Hi, if there is loss of cartilage or bone tissue, then Gandha tailam is useful to relieve stiffness. Usually Guggulu, Sallaki etc herbs are more commonly used if stiffness is the only complaint, not involving tissue degeneration etc.

Read more about Gandha tailam

<http://ayurvedinfo.com/2012/04/23/gandha-thailam-uses-dosage-side-effects-ingredients-reference/>

**51. White sugar candy is called Sita in Sanskrit. It is sweet in taste, sweet taste should increase Kapha, but as per Ashtanga Hrudaya Sutrasthana 10<sup>th</sup> chapter, 33<sup>rd</sup> Verse, it does not increase Kapha Dosha. Why?**

Answer:

मधुरं श्लेष्मलं प्रायो जीर्णात् शालि यवाद्दते ।

मुद्गाद्गोधूमतः क्षौद्रात् सिताया जाङ्गलामिषात् ॥

अष्टाङ्ग हृदय सूत्रस्थान १०/३३

madhuraṃ śleṣmalaṃ prāyo jīrṇāt śāli yavādḍite |

mudgādgodhūmata: kṣaudrāt sitāyā jāṅgalāmiṣāt ||

aṣṭāṅga hṛdaya sūtrasthāna 10/33

Though being sweet, old rice, barley, green gram, wheat, honey and white sugar candy and meat from arid climate animals (Jangala) does not increase Kapha Dosha.

Regarding the meaning of this verse and the further explanation, I have left a link in the description below this video. Please go through.

So, the question is – why sugar candy being sweet does not cause increase of Kapha Dosha?

In practice, we have seen that sugar candy is used as part of ingredient, in a few medicines which act against Kapha Dosha. – For example, Sitopaladi Churna, Talisadi Churna which are used in Kapha dominant diseases such as anorexia, cold, cough, asthma etc.



If we analyze the qualities of white sugar candy, lightness is one of its qualities, which is against to heaviness of Kapha.

Candy has lightness and Kapha has heaviness. Hence, Sita, though being sweet, does not increase Kapha Dosha.

भवेत्पुष्पसिता शीता रक्तपित्तहरी लघुः ।

भावप्रकाश – इक्षुवर्ग

bhavetpuṣpasitā śītā raktapittaharī laghuḥ ।

bhāvaprakāśa - ikṣuvarga

**52. In making the kashayam, that is, water decoction, after reducing the water quantity from 4 liters to 1 liter, after filtering, I didn't get too much kashayam. Is this expected? It took 5-6 hours but at the end quantity was smaller than I expected. What to do?**

**Answer:**

While making the Kashayam, we need to reduce the water by boiling from 4 parts to 1 part. For this, we usually put a mark in the vessel to know the level of water reduction. But there will be some judgement errors in deciding when exactly we reach 1 liter from 4 liters. The Kashaya herbal powders that get boiled in water swell up during the process and their bulk increases. Which gives the misconception about exact reduction to 1 liter.

You will have to stop heating the Kashayam, when you think there is still 2 liters of water left. Then, upon filtering out the swollen herbal powders, you will get at least 1 – 1.3 liters.

While making the amla hair oil, if you get lower amount of Kashayam, than expected, you can still use the super-concentrated kwath in the next step of making the oil. No problem.

### **53. Can buttermilk be given to a patient of rheumatoid arthritis?**

As per Ayurveda, Rheumatoid Arthritis is commonly compared with Amavata.

Ama refers to impaired digestion and metabolism. This leads to stiffness of joints, constipation and indigestion problems.

Vata refers to impaired, imbalanced Vata Dosha leading to joint pains and deformity.

There are different types of buttermilk, based on level of cream. If it is full cream buttermilk, it is not useful. But if the cream is removed partially or fully in the buttermilk, then such a buttermilk as following features as per *Ashtanga Hrudaya Sutra sthana – 5th chapter*

*Takram laghu Kashaya amlam deepanam kaphavatajit |*

So, buttermilk is

Laghu - light to digest - a very desirable quality in Rheumatoid arthritis, where heaviness and stiffness of joints is a feature,

Deepana – improves digestion strength and acts against Ama.

Kaphajit - Kapha also contributes to stiffness of joints. Buttermilk pacifies Kapha, hence relieves stiffness of joints.

Vata jit - pacifies Vata and hence relieves pain.

With these features, buttermilk is very useful in rheumatoid arthritis.

#### **54. What is the best time to take Chyawanprash?**

The best time to take Chyawanprash is - morning, 15 minutes before food, a teaspoon to a tablespoon, based on age, with a cup of milk.

Chyawanprash is one of the best medicines used in anti aging treatment, called Rasayana therapy. Here, after Panchakarma treatment, patient is made to take Chyawanprash for a few weeks to few months time .

In the traditional Rasayana – anti aging therapy, the patient is made to eat chyawanprash replacing the breakfast and is asked to consume milk to quench his thirst.

Just a side note here - I suggest not to follow this method on your own as it may produce excess heat and there are lot other rules and regulations to follow, including, this method can only be followed under strict medical supervision.

So, taking clue from that method of taking, for a normal person, for general health maintenance purpose, it makes sense to take Chyawanprash in the morning before food with a cup of milk.

Chyawanprash mainly improves respiratory immunity. So, a person with early morning allergies, who suffers with air pollution and pollen allergies throughout the day, or who has more asthma attacks during day time, taking Chyawanprash in the morning is very helpful.

Most of the respiratory disorders have Kapha imbalance. If we divide day time into three equal parts, morning one third is dominated by Kapha Dosha.

Hence, Chyawanprash in the morning is very useful.

if one takes it before food, when the digestion strength is more, maximum amount of phyto-nutrients from Chyawanprash will be absorbed into the body, making the immunity a lot stronger.

So, morning, before breakfast with milk is the best time to take Chyawanprash.

However, some people, thanks to their busy schedule, may forget to take it in the morning.

And a few people get respiratory symptoms during night. They can take a teaspoon to a tablespoon of Chyawanprash at night, preferably with a cup of milk, before dinner.

So, can Chyawanprash be taken both morning and at night?

Unless advised by a doctor, it is not a good idea, because once a day is more than good to take maximum advantage of it.

**55: In the explanation of Ayurvedic regimen for summer, curd is advised. Curd has citric taste. Why its written in list of food which we can take in summer?**

Answer:

Hi, thanks for a very good question. During summer, when heat is more, Sour tasting foods should be avoided because they increase Pitta.

Curds, though being hot, is told to be administered after churning it with black pepper and sugar. This preparation is called as Rasala and the cumulative effect of this, is coolant, because of the added unprocessed sugar. Hence, this can be taken during summer.

Read more about Ayurvedic summer regimen -

<http://easyayurveda.com/2014/09/13/ayurvedic-health-tips-for-summer-season/>

**56: Hello, my doctor has prescribed kalyana kshara for PCOD. A pinch of it with sukumara lehyam. But your website doesn't mention anything about kalyana ksharam's uses in treating menstruation related diseases. Can you please throw some light on this? Thanks.**

Hi, Kalyana Kshara is also used in reducing size of cysts and tumors. Hence, it can be used in treating Polycystic ovarian disease. Kshara is also useful in reducing weight. This factor is also considered wherein, people with PCOS often tend to gain weight.

Read more about PCOS Ayurvedic management -

<http://easyayurveda.com/2009/09/21/polycystic-ovarian-syndrome-irregular-menstrual-bleeding-ayurvedic-herbal-remedy/>

Read more about Kalyana Kshara -

<http://ayurvedinfo.com/2012/05/17/kalyana-ksharam-benefits-dosage-side-effects-ingredients-reference/>

**57. I want to know the effect of neem ghanvati and tulsi ghanvati in autoimmune disorder conditions.**

Answer:

Their effect really depends on disease to disease basis. Say, in case of auto immune disorders pertaining to skin and blood, infectious disorders, neem would be very helpful. In case of respiratory disorders, infectious disorders etc, Tulsi would be very useful.

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

Read more about Tulsi -

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

**58: Sir how the pranayama helpfully in the depression mode?**

Answer:

1. Pranayama brings about mental discipline.
2. It helps to give a refreshing view-point to an old sad happening.
3. It helps to pause the mind from grieving.
4. It helps you concentrate on sweeter things that life surely offers.

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

Read also about how to direct your mental energies while doing Pranayama -

<http://easyayurveda.com/2010/08/31/pranayama-technique-what-you-should-think-while-you-do-pranayama/>

**59. I have been taking Chyawanprash with milk at night over past couple of months. But recently since about more than week, I have been having some amount of constipation and maybe piles. Yesterday night I took triphala with a glass of water, in addition to Chyawanprash, and I had better motion today morning.**

**My question is whether it is okay to combine Chyawanprash and triphala at night ? Can I continue taking triphala powder over a long period (at night) ?**

Answer:

Hi,

You can take Triphala with Chyawanprash. No problem. But milk along with Triphala is not good. Some brands of Triphala makes the milk to curdle due to sourness of Amla fruit.

Hence, my suggestion would be to take Chyawanprash with milk, 10 minutes before food and Triphala with water, 30 minutes after food or at bed time.

Read more – Triphala Vs Chyawanprash -

<http://easyayurveda.com/2014/01/15/triphala-vs-chyawanprash-right-one/>

**60. I would like to know if the voluntary removal of semen each 4 days during a Hindu fasting period is acceptable considering that a normal human being has little control on his body and natural mechanism.**

If someone has very little control over his urges, then no problem.

But, if someone wants to follow a spiritual path, I do not approve of such a practice. If the semen is ejaculated out in night fall, then it is a natural phenomenon but, If you are a spiritual seeker, it is advisable to hold back the urge as long as you can and do not set yourself a goal of evacuating the semen once in fixed number of days.

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

**61. Does Brahma Rasayana have any counterindications such as mental illness? and what is more recommendable in case of tremor and psychological trauma related to death of a relative or sudden illness?**

Answer:

Brahma Rasayan does not have any contra indications like mental illness.

Brahma rasayan is most suited in the mentioned condition.

<http://easyayurveda.com/2012/07/25/difference-between-chyawanprash-and-brahma-rasayan/>

**62. I have high cholesterol along with obesity. Doctor advised Vamana, followed by Virechana Panchakarma treatment. He has prescribed a medical ghee to be taken before Vamana. Doesn't ghee contribute to my already high cholesterol levels?**

Answer:

Herbal ghee intake before Vamana procedure is called Snehakarma. It is done to extract out imbalanced Doshas from deep tissues. It is only administered for 3 - 7 days. It does not cause increase in cholesterol levels. Please go ahead with your doctor's advice.



Read more about Snehakarma -

<http://easyayurveda.com/2014/10/07/oleation-snehakarma-dose-benefits-side-effects-management/>

**63. Will it be proper to use-Jaggery daily for a healthy heart ?**

**As it will increase body weight due to reach source of sugar & will increase fat even,may be harmful to body's lipid profile to some extent**

Answer:

Jaggery is not harmful for heart, it doesn't increase fat. It can be used as a natural substitute for sugar. With minimal quantities of half to 2 teaspoons per day, you will not gain weight even with daily usage.

<http://easyayurveda.com/2013/02/20/jaggery-health-benefits-and-usage-ayurveda-details/>

**64: How Flax seeds used in enlarged Prostate as well in high bp? Is this useful for diabetics**

Answer:

Thanks for the correct Telugu name. I have included the same in the article.

Flaxseeds are very useful in prostate health and in treating BPH. A clinical trial has proven its efficacy in enlarged prostate and Urinary tract disorders.

Owing to the presence of Omega 3 fatty acids, lignans and fiber, flax seeds are very helpful even to reduce Blood pressure, hence, useful in high BP. For the same reason, it is useful in diabetes as well.

<http://easyayurveda.com/2015/06/08/flaxseed-flaxseed-oil-uses-research-side-effects/>

**65: Can I use Phalasarpi (herbal ghee for infertility) in cooking instead, as its hard to consume otherwise due to the smell?**

**Answer:**

You can just add it to the rice and Sambar or along with dishes like Idli etc.

Better not to use it directly in cooking. Use it along with the final dish instead.

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

**66.I have seen my clients' lose weight with Abhyanga, since the Abhyanga treatments with the right oils will balance the out of balance doshas then the body returns to a healthy balanced state with the correct weight for that persons Prakrtti. Please let me know if you have a different opinion.. Thank you**

**Answer:**

There is no denying your practical observation. In case of Medo Avruta vata - where fat tissues are obstructed by Vata or by any other element, a massage would help in correcting the path of Vata in fat system (Medovaha Srotas) helping in people to reduce weight. It is a rare phenomenon.

Reduced levels of stress, improved physical agility make the person more active and hence increase the chances of losing weight.

Watch here - Can Oil Massage Help In Weight Loss?

<https://www.youtube.com/watch?v=scNN74vqr0U>

**67. Can I use my blender for preparing water washed ghee? My wife is suffering from acne scars n acne problems will this treatment be useful for her.. ve r living n Australia its high winter here so no side effects r increase in acne or scars nothing will happen na doctor?**

Answer:

Hi, You can use blender for this preparation. It is not very effective against acne scars. Something like Kumkumadi Tailam is more useful in your wife's condition.

<https://www.youtube.com/watch?v=IHL6egDTTWQ>

**68. Dear doctor, Does Nagkesar churna help in improving fertility among women? for example in improving egg quality?**

Answer:

It is used as ingredient in a few Ayurvedic medicines used in restoring hormone balance, such as Puga Khanda, Kalyanaka Ghrita, M2 Tone etc. Hence, it has an indirect role in improving fertility. Its exact mode of action is still to be explored.

<http://easyayurveda.com/2012/09/22/nagkesar-mesua-ferrea-medicinal-qualities-ayurveda-details/>

**69. Are medicines containing self-generated alcohol bad fo liver like liquors? I had tested my liver 2 months back and it had elvated enzyme levels bcaues of continous alcohol consumption. I stopped consuming alcohol after the test (2 months). Is it ok for me to take mritasanjivani arishtam? I read in some place that it has "self-generated alcohol" not sure whether this is the same as**

**alcohol in beer, whiskey, etc. or is it safe?**

**Answer:**

Self generated alcohol products - Asavas and arishtas are not bad because they are taken only in 10 - 30 ml dose.

But do not Mrita Sanjivani Arishtam, it contains high levels of alcohol. Just quit looking for all sources of alcohol and follow these tips -

<http://easyayurveda.com/2014/11/18/alcohol-intoxication-symptoms-treatment-per-ayurveda/>

**70: Hi Dr The texts say that milk should not be taken with salt. Does that mean that milk should not be added to salty dishes or that you should not have milk with anything salty, such as toast with glass of milk? Also that would mean no milk with meals.**

**Is milk only restricted with sour fruits so are all sweet fruits apart from banana ok?**

Answer:

Hi, good set of questions :)

1. Milk should not be had with a salty item (such as milk + salt alone) or any dish, whose overall taste is salty. In a normal meal, if the overall taste of the dish is not salty, then milk can be part of that dish. If overall taste of that dish is salty, then better to avoid milk as an ingredient in that dish.

Only sour fruits with milk is contra-indicated. Sweet fruits are allowed. Hence, sweet banana with milk is quite fine.

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

**71: Please clarify further in the samhitas I have read it is ideal to have 2 meals a day in the morning and evening, but I was also told that you should have your main meal between 10 and 2 in pitta kala. So what is the correct number of meals. Also if you should eat within 6 hours then if you are waking early then how do you manage your number of meals. Are fruits and snacks not classified as meals?**

Answer:

Fruits and snacks are not classified as meals. I wonder if there were snack timing in Samhita times.

Ideally, for a normal person, (excluding those who are advised to have multiple mini meals in a day), 2 meals per day is good. one at around 10 am - 12 pm and another one in the evening time - 6- 9 pm. (totally based on one's comfort).

We are supposed to eat only when we are totally hungry. We are supposed to drink water only when we are totally thirsty.

If someone wants to have three meals, then she can reduce the quantity of each meal so that she feels hungry well ahead of the next meal time.

How much food to eat? - <http://easyayurveda.com/2014/09/02/much-food-eat-per-day-per-ayurveda/>

**72: Which oil is best for Oil pulling. Coconut oil or Seasmе oil?**

Answer:

If you are lean, have high Pitta symptoms such as burning sensation, red eyes, oral ulcers etc - Coconut oil.

If you have toothaches, headache, neck pain, etc - sesame oil is good for oil pulling.

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

**73. Recently there was mild mucosal thickening in my frontal Sinus(Ct Scan) which led to slight headache and my Ayurvedic doctor prescribed Agastya Haritaki Lehya(Daily 1 spoon) and other Ayurvedic tablets and nose drops. After 5 days of using the medicines, my headache got cured. And now I am getting slight cough with Mucus(yellowish and green). I can feel that the thick green mucus is coming from my wind pipe(trachea). Earlier I did not have this problem. Should I continue using Agastya Haritaki Lehya? Please elaborate your answer. Thanks in advance.**

Answer:

Hi, the slight cough and mucus might just be Kapha getting eliminated out of your body. Use Agastya Rasayana for around 6 weeks before stopping it. Drink lukewarm water, avoid ice cream and cold drinks during this period.

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

**74. Is not paneer considered “cooked”?**

**in recipes it is cooked again. does this not make it twice-cooked and thus undesirable? similar to reheating food?**

– why is it that certain items such as honey + sugar / salt and other items are used uncooked with cooked foods while others cannot be? in asava preparations for example some spices are added to the preparation to soak after an initial cooking and cooling of ingredients... also grapes and dates in anupan which will be used with a cooked meal.. there are more examples.. are these things not incompatible? why is this different from eating a fresh peach for example with a cooked meal..

**why are these things so?**

Answer:

Hi, I am not sure if I am really answering your questions. let me try.

1. Making of paneer cannot be considered as cooked. Hence, cooking it with other items does not make it double-cooked.
2. Honey heating is contra indicated. It is told that it turns to poison by heating. Hence, some foods are mentioned uncooked.
3. In Asava anr Arishta, spices are added as it is, without heating, because their volatile oils will be lost if they are heated.
4. In any recipe, if cooking is not done, it might not always suggest toward incompatibility. It may just be to - protect the taste or the chemical constituents of the ingredients.

**Classification of food and drinks as per Charaka -**

<http://easyayurveda.com/2014/08/08/classification-of-foods-and-drinks-charaka-sahmita-sutrasthana-27/>

**75. Will preservatives be added to Ayurvedic Capsules, lehyams etc?**

**If artificial preservatives are added wouldn't daily usage of some medicines cause side effects ?**

**Or as you said each medicine has its own 'natural preservative' property ?**

Answer:

Hi, almost all Ayurvedic capsules contain added preservatives in limited, permissible quantities.

For lehams, some companies add preservatives.

Do these pose threat to health?

Only permitted preservatives are added within limits (as per Drugs and Cosmetics act and rules). Hence, generally, no side effects or threat to health is observed. Read more about shelf life of Ayurvedic medicines -

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

**76. if a medicine is to be taken after food, should it be taken after breakfast or after lunch or after dinner ?**

**which will be effective when no such indications (breakfast /lunch /dinner) is given ?**

Answer:

Usually, the prescribing doctor would decide if the medicine is to be taken in the morning or at night.

It depends on patient and the disease.

Example:

If, for example, mind calming medicines are advised to aid in sleep, they are commonly prescribed at night.



If someone has aggravation of asthma symptoms in the morning, usually, medicines are advised in the morning.

<http://easyayurveda.com/2013/08/05/how-time-of-medicine-administration-is-decided-in-ayurveda/>

**77: Doctor, does abhayarishta cure the chronic piles/ fistures completely or just a temporary. How long should be taken in what quantity please suggest ?**

Answer:

Abhayarishta is useful in grade 1 and 2 of Piles. In many cases, it gives permanent relief. Regular dose is - 10 - 15 ml, with equal quantities of water, 2 times a day, after food for a period of - 6 - 8 weeks.

<http://ayurvedinfo.com/2011/06/21/abhayarista-ingredients-uses-dose-and-side-effects/>

**78: Sir, do all ayurvedic lehyams cause weight gain and high cholesterol levels? Those who are already having hypercholesterolemia must not take lehyams?**

Answer:

It is not true. For example: Chyawanprash or Agasthya Haritaki Rasayana - a teaspoon or 2 per day does not cause weight gain or high cholesterol.

Read more about Chyawanaprasam –

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

many-health-benefits/

Read more about Agastya haritaki rasayana -

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

**79. As milk is incompatible with sour foods/fruits, does the same apply to plant based milk such as soy milk, rice milk or almond milk? Thank you for your advice!**

Answer:

This rule applies only to milk from animals. it does not apply to soy milk etc.

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

**80. will Jatamansi syrup cure chronic insomnia??**

Answer:

Yes, it can. Here are a few conditions.

1. Patient should not be addicted to taking allopathic anti-depressants or sedatives for very long (say, more than 6 months)
2. Patient should not be too old.

In some cases, some other Ayurvedic medicines might be required along with Jatamansi for effective treatment. Eg; anti depressants, anti anxiety medicines.

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

**81: will Cissus quadrangularis - Hadjod aggravate pitta?**

Answer:

Yes, it can increase Pitta dosha. This is why, it is advised to be administered as below -

सघृतेन अस्थिसम्हारं सन्धियुक्ते अस्थिभग्ने च पिबेत क्षीरेण मानवः ॥ - चक्रदत्त  
saghṛtena asthisamhāraṃ sandhiyukte asthibhagne ca pibeta kṣīreṇa mānava:  
|| - cakradatta

Cissus quadrangularis stem is fried in ghee and administered with milk as for the treatment of fractures and osteo arthritis.

Both ghee and milk counter the effect of Pitta.

<http://easyayurveda.com/2010/05/08/strengthen-your-bones-joints-and-cartilages-with-cissus-quadrangularis/>

**82. Hi sir, I've been taking Amla juice every day after waking and before going to bed. I've a lot of heat in my body. Along with cooling my body Giloy has given me strength as well. My question is – Can I take care the Amla Giloy juice on a daily basis like I take the Amla juice ? Or is the Giloy aspect of the juice is not for long term use?**

Answer:

Hi, Giloy is also attributed with Rasayana (anti ageing properties). Hence, assuming that you do not have altering blood sugar levels, you can take Giloy juice for about 2 - 3 months of time, along with Amla juice or individually.

Read more about Giloy - Indian tinospora -

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

**83. I just want to know that why after applying hair oil there is hair fall when we comb or wash our hair? There is no hair fall when I do not apply hair oil... I usually use hair oils mixed together... I use coconut oil...almond oil...sesame oil together...i sometimes also add olive and mustard oil...**

Answer:

It is probably due to excess oily scalp. Use Shikakai powder or Meera herbal hair wash powder to wash hair after oil application.

Apply oil only 30 minutes before hair wash.

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

**84. Sir, I have taken asana bilwadi taila as face massage, followed by fomentation and then the y put 7/8 drops bindu taila in nostril and gargle with salt water. I have sinusitus and polyps based on ct scan. I have done this for 7 days in ayur hospital. But can continue this daily with 2 drops?**

Answer:

Hi, higher dose of Nasya is only done at hospital for limited period of time. For you to continue it at home, for a long run, 2 drops on both nostrils is the correct dose.

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

**85: Wanted to know, what oil / herbs to be used who is suffering from tinnitus for oil pulling?**

Answer:

Ksheerabala taila, Mahamasha taila and Shadbindu taila are good for oil pulling in tinnitus. Read more about Tinnitus treatment as per Ayurveda:

<http://easyayurveda.com/2015/02/24/tinnitus-causes-ayurvedic-treatment-tips/>

**86. I have seborrheic dermatitis in my scalp for the past 6 months and am experiencing heavy hair loss.. none of the treatments from the allopathy has worked out. I read in the internet that garlic has anti fungal property..i have pitta body ( not sure — I used to drink lot of coffee — when I stopped drinking it — all the cracks in my feet which I had life long disappeared). I am avoiding milk and milk products..to check if they affect my SD. so I have started taking garlic 1 clove with water in the past 1 week. I can tolerate the pungent smell( I brush my teeth)...so how can I balance my pitta and cool my body..when taking garlic**

Answer:

If you can reconsider avoiding milk, you can process garlic with milk, to reduce its hot effects.

This can be done in two ways.

1. Simply drink a cup of milk or

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

If you wish to avoid milk,

Take a teaspoon of amla (Gooseberry powder) along with Garlic clove.

Gooseberry is good for dermatitis, it is a coolant and would nullify the hotness of garlic.

**87: Hello Doctor, I have both anutailam andkumkumadi thailam. Can I use anyone of them for nasya. Also I am using anu thailam daily after shower morning and evening. I find it good. This is from Kottakkal Arya Vaidya Sala. my body is slim and I am massaging with Dhanwathri Thailam before shower.**

Answer:

Hi, it looks fine. If you are targeting any particular disease, like headache, earache etc, then Anu tailam for Nasya is more apt.

If you are targeting good complexion, good strength of sense organs etc, Kumkumadi oil is good. (Not denying that Anu tailam also serves this purpose.)

Dhanvantari tailam is good for massage, before shower. You can continue.

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

**88: I was wondering what would be the role of very well acclaimed Rasayans like Brahma Rasayana and Chyavanprash in treatment of Migraine?**

Answer:

In Migraine, it is not having direct role. But it improves digestion strength, metabolism and immunity. Lack of these are indirect causes for migraine.

Being good anti oxidants, they also treat free radicals and relieve physical and mental stress, indirectly helping in migraine. Read more about migraine treatment -

<http://easyayurveda.com/2015/02/25/migraine-ayurvedic-treatment-herbs-home-remedies/>

**89. Can I mix the Ashwagandha powder in milk and give it to my child? Or do I have to boil it in milk for the benefits? Can I add honey too? Are there any additional benefits to give with ghee? If so can I just add ghee and ashwagandha powder to milk and drink it?**

It depends on your child's age.

For a five year old, you can boil Ashwagandha powder - 5 grams in a cup of milk for 2 minutes, filter it and administer it. If the child finds it bitter then jaggery or unrefined sugar can be added. Better to prepare it fresh and serve it hot. Do not store it for long or refrigerate it. You can give it for up to 2 months time.

IF the child does not have any cold symptoms, then 10 drops of ghee can be added to the hot Ashwagandha milk, just before giving it.

**Read more about Ashwagandha -**

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

**Read another method of preparing Ashwagandha milk ghee remedy -**

<http://easyayurveda.com/2012/03/21/how-to-improve-immune-system-in-children-an-ayurvedic-method/>

**90: Can we put a drop of plain ghee in eyes at night on regular basis? Would that help in case of eye strain due to heavy computer usage?**

Answer:

It would be better to put ghee drop to eyes soon after returning home in the evening, then wash off with lukewarm water after 10-15 minutes. Read related – Triphala remedy for eye care-

<http://easyayurveda.com/2013/04/05/triphala-home-remedy-for-eye-care/>

**91. Regarding Clove - Vipaka is katu so would it not disturb pitta in intestines in the long run? Also since its cooling/shita, does it mean it increases vata?**

Answer:

Sheeta Veerya balances out Katu Vipaka, hence it does not disturb Pitta in the long run. Katu Vipaka also ensures that it is not coolant in a big way (this is why, it balances Kapha Dosha).

All things that are Sheeta does not necessarily cause Vata Dosha increase - cow milk, for example. Read more – clove benefits -

<http://easyayurveda.com/2013/01/21/clove-and-clove-oil-benefits-usage-dose-complete-ayurveda-details/>

**92. I have bought nalpamaradhi kerathailam last week and I apply on my face and body and leave it for 45 minutes, is there any issues in the timings ?**



Answer:

If you have skin dryness, if face is not turning too much oily or if you are not developing acne etc, then no issues. If yes, then reduce the time to 15 - 20 minutes then wash with lukewarm water. Read more about Nalpamaradi oil -

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

**93. Gotu Kola -is it best taken in the morning 2 cap after food or 2 after dinner OR should be taken 1 capsule twice a day after food for long term Or 1 capsule once a day morning or evening?. [organinc india 350mg per capsule] How often one should take a break from herb and how long the break should be?.**

It depends on the purpose, age and condition of the patient. Usual dose is - 2 capsules per day.

If someone is seeking calm mind and good sleep, it makes sense to take one or two capsules at night. Because Gotu Kola is commonly used as a leafy vegetable in many parts of India, it is considered very safe. Hence it can be used for longer periods of 3 - 4 months and continued after a month's break.

<http://easyayurveda.com/2013/02/04/gotu-kola-health-benefits-uses-dose-side-effects-ayurveda-details/>

**94: I drink Amla powder boiled in water with jaggery for taste, is this OK? Should I drink only the juice or also consume the remaining Amla paste residue which lies at the bottom?**

Answer:

Amla boiled water along with jaggery is useful to balance Pitta Dosha (gastritis, burning sensation etc).

No need to consume the Amla powder paste residue. Just continue with drinking the juice part with jaggery.

Read more about Amla uses, side effects -

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

**95. For pitta dosha how much Castor oil should be taken for virechana?**

A: The Virechana dose depends on digestion strength. It varies from 30 - 120 ml. But such a high dose, without medical supervision will be very dangerous.

Read more about castor oil details -

<http://easyayurveda.com/2014/10/05/castor-oil-benefits-research-side-effects-use-dose/>

Read more about Virechana treatment-

<http://easyayurveda.com/2014/10/10/virechana-therapy-right-method-side-effects-management/>

**96: How can a patient of schizophrenia or epilepsy can use old ghee?**

Answer: The patient can take old ghee while continuing their treatment / medicines for schizophrenia or epilepsy.

Patients of schizophrenia, epilepsy, paranoid features or depression can use old ghee as part of their diet. Because it is slightly bitter and pungent, if taken directly the taste may not be tolerated well in a few patients.

If the taste is tolerated well, then 10 drops to 1 teaspoon of old ghee can be consumed in the morning, 30 minutes before breakfast, followed by drinking a

cup of lukewarm water. If the taste is not tolerated, half to one teaspoon of it can be used in daily cooking in such a patients.

<http://easyayurveda.com/2015/09/16/purana-ghrita-old-ghee-uses-dose-side-effects/>

**97. Can Ashwagandha be used in Hashimoto thyroiditis? I have heard that it should not be used?**

A false concept is there, that immune boosting herbs like Ashwagandha cannot be taken in auto-immune disorders. I do not approve of this concept.

Ashwagandha in Hashimoto thyroiditis / hypothyroidism would effectively address to the symptoms of stress, weight gain, muscle pain, joint pains, depression etc.

The regular dose (needs approval by consulting Ayurvedic doctor) for this is - half a teaspoon (3 g) at night, with a cup of milk or water, 10 minutes after food.

Read more about Ashwagandha -

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

**98. The time I made the Kashayam (preparation for 10 oz of amla oil), after boiling for approx 1,5 hours, I was left with not a liquid amla-water-mix, but a sticky paste of aml; no water whatsoever.**

**Could you clarify up briefly, if it is wrong that way or if I may use it.**

Answer:

Hi, this problem arises when you make kashayam with fine powder of amla. Consider making another amla kashaya with boiling for just 1 hour and then filter it with cloth.

Or if you do not want to throw the current paste, then add a little more water to it, heat it for 2 minutes and filter. - Consider this as Kashaya.

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

**99. I read suggestions on many websites to wash hairs with yoghurt or chaas (buttermilk?). I would like to clear this information with professional :)**

- 1. Can we use buttermilk instead of shampoo regularly?**
- 2. Is this the best option for hairs? Or some alternatives are much better?**
- 3. How to rinse buttermilk because it is a little bit fat product?**
- 4. Also I would like to ask you about some home made cosmetic recipes. Like deodorant, facial foundation, kajal, cream which help protect face from sunlight (like SP factor in decorative cosmetic – or we don't need to protect?). Maybe if this is difficult to make at home then you can suggest some good Ayurvedic cosmetic companies which produce natural products for face body care and make up?**

Answer:

1. You can use buttermilk to wash hair regularly.
2. I would say, using an herbal hair wash powder is the best choice. Like this one - <http://amzn.to/1VGEeOK> (aff)

3. You can use fat-less buttermilk. Apply less hair oil, before bath, while using buttermilk.

4. I will write about them soon.

Here are a few that I already have done -

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

How to prepare Anti dandruff hair oil -

<http://easyayurveda.com/2014/05/14/make-ayurvedic-herbal-anti-dandruff-hair-oil-home/>

How to prepare herbal bath powder at home -

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

Herbal facepack - <http://easyayurveda.com/2013/01/01/how-to-make-ayurveda-herbal-face-pack-at-home-video/>

**100. Sir I can store aswagandharista in fridge?**

Answer:

There is no need to refrigerate any Arishta or asava, including Ashwagandharishta. Their shelf life is more than 10 years. Alcohol and jaggery acts as preservative in them.

Read more about Asava - Arishta dosage forms -

<http://easyayurveda.com/2014/06/09/asava-and-arishta-advantages-usage-in-children-side-effects/>