

100



With
Dr JV Hegbar

Volume - 3

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Dedication:

At the holy feet of Dr A Chandrashekhara Udupa

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

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Disclaimer:

This is a collection of discussions with Dr Janardhana V Hebbar.

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1. I Am taking Haridrakhandam for past ten days for allergy itching in my legs. During this should I avoid alcohol, when I consume alcohol am not feeling comfortable, head ache, eyes become red, heart beat increase. Should I avoid drinks during this treatment.

Answer:

Because Haridra Khanda contains a few spicy ingredients like black pepper, ginger and long pepper, it may be causing stomach discomfort along with alcohol. Hence, it is best to avoid alcohol while taking it.

Read more about Haridra khanda -

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

2. Does taking Sarpagandha cure the blood pressure? Or One will have to continue taking it daily to maintain normal range?

Answer: Sarpagandha does not cure the blood pressure. if someone takes this (or any other BP medication) along with lifestyle and diet changes, then the need for medicines can be lowered over a period of 4 - 6 months.

Read more - Sarpagandha benefits -

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

3. Any natural food like fruits, jagary, honey can be used by sugar patients (except sugar, which contains sucrose which will not digest easily). Is it true?

No. I do not recommend jaggery or honey to diabetic patients. Only if the sugar levels are under control, then a teaspoon of honey per day is okay.

Read more - honey benefits -

<http://easyayurveda.com/2010/03/25/health-benefits-of-honey-what-original-ayurvedic-text-book-says/>

Jaggery benefits -

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

4. In your other article

<http://easyayurveda.com/2013/10/09/effective-medicine-obesity-allergy-rheumatoid-arthritis-etc-wake-6/>, you say that 6 to 11 is Kapha period. I live in switzerland. that means that in summer, the sun rises around 5:15 AM, while in winter at some times it rises up at 8:15!! so should we consider the time of the clock, or the time of the sun to determinate the tridosha dominance? :)

Answer:

the Dosha dominant time in a day, differs from country to country.

In Switzerland, as per the information given,

During summer, the morning Kapha time around 5:00 - 5:30 am and lasts till 9 am.

During winter, it starts around 8:00 - 8:30 am and lasts till 12 noon.

Hope you get the idea.

Reasons to wake up early in the morning -

<http://easyayurveda.com/2010/10/12/why-you-should-wake-up-early-in-the-morning/>

5. Hi sir, I prepare 3 tablespoon of bhringaraj powder with 1 cup of oil and heated 5 min. after I unable to filter.. can u tell me the solution? pls or is there any way to do that correctly again

Answer:

you can do 2 improvisations.

1. Please note that the bhringaraj powder to oil ration should be 1:10
2. Minimum quantity of oil to try making oil is around 500 ml.

So, take 500 ml of oil add 50 grams of Bhringaraj powder to it, add 500 ml of water to it Boil till you get the signs that I have explained in the above article (the bringaraj paste stops making noise when put on fire etc.

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

6. I have 2 questions regarding tonsillitis -

1) Gargle (Salt + Turmeric + Neem Powder)

here Neem powder readily available or we got to make if so how?

2) Pomegranate Fruit consumption as juice or as such?

Answer:

1. Salt turmeric and neem powder gargle - you need to prepare on your own.

2. Pomegranate fruit can be consumed as it is. If you wish to take juice, avoid taking it from the market. prepare by yourself, without adding sugar or without using ice or cold water. Boiled and cooled water is preferable in tonsillitis.

Read more about tonsillitis remedies -

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

7. Can warm nature people also use triphala? because triphala is hot nature

Answer:

thanks for a very good question. Haritaki and Vibhitaki are having Ushnaveerya - hot potency. Amla is coolant.

So, overall effect of Triphala is slightly hot. But it is not as hot as - say, ginger or long pepper that warm nature people should avoid it.

Warm nature people (Pitta dominant) can tolerate Triphala very well.

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

8. Dear sir I'm taking fresh amla juice on empty stomach morning since 2 months uses to take 3-4 amlas daily now since one or two weeks I'm taking some 7 amlas I noticed severe dryness around skin over my eyes since a week or so I used to drink 3-4 litres of water daily also I have dryness overall does this related to excess amla consumption.

Answer:

Amla has coolant properties. Usually excess intake of coolant herbs can cause dryness. Dryness is a Vata quality and coolness is related with Vata Dosha. I would recommend to take not more than 2 - 3 Amla fruits or 30 - 50 ml of Amla juice per day.

If the dryness persists even after decreasing Amla intake, then apply Eladi tailam or plain coconut oil dry areas of the body, leave it for 10 minutes then have hot water bath. Take half a teaspoon of ghee per day for 15 days with lukewarm water and then stop it.

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

9. Can shatavari be taken by men for weight gain?

Won't it cause increase of estrogen in men and thus will complicate hormonal balance?

Answer:

Not all people taking Shatavari will have estrogen effects. Hence, It can be taken even by men for weight gain and aphrodisiac effects.

Powder - half a teaspoon with milk at night or a capsule - with milk or lukewarm water at night for 2 - 3 months period.

If someone observes estrogen effects, then it can be taken along with Ashwagandha.

Read more - Shatavari benefits -

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

10: I just want to know whether triphaladi churnam loss weight

Answer:

Triphaladi Churnam contains Triphala (a combination of Three fruits) and Licorice.

Triphala churna has been scientifically proven for its weight loss effect. Read about the research report here -

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

Licorice is also experimentally proven for its anti obesity activity. Read about the research here -

<http://easyayurveda.com/2012/12/08/licorice-benefits-medicinal->

[qualities-complete-ayurveda-details/](#)

Hence, Triphaladi Churna, containing both the above is very effective in obesity management.

For this purpose, it is usually administered in a dose of one teaspoon once or two times a day, after food along with honey or luke warm water.

Read more about Triphaladi churnam –

<http://easyayurveda.com/2009/11/10/triphala-churnam-all-you-want-to-know-about/>

11. I have heard about this product. I want to try it, but I haven't consult any medical expertise. I have fractured my leg & it has been 1 year but no adequate changes. After second surgery recently , some changes are observed now. Can I use this lakshadi guggul along with my calcium supplement the doctor has prescribed? How effective is this guggul on open fractures? what might be other best Ayurveda drugs to be used for effective & strong bone healing in such fractures?

Answer:

You can use Lakshadi Guggul along with calcium supplements for quicker fracture healing and bone re-ossification. It can be taken for a period of up to 8 - 10 weeks, in a dose of 1 - 2 tablets, 2 times a day, after food. It also reduces pain and inflammation.

Along with this, once after complete healing of surgical wounds, you can do massage with Mahanarayan oil - 10 minutes before bath in the

morning. Even just applying to the affected joints is sufficient, if you do not know about massaging.

Read more about Lakshadi Guggulu -

<http://ayurvedinfo.com/2012/02/17/lakshadi-guggul-benefits-dosage-how-to-use-side-effects-ingredients-reference/>

12. Can Brahmi powder be given to infants? What is the dose as per age?

Answer:

From infants up to 5 years of age, rather than giving Brahmi in powder or capsule form, for children up to 5 years of age, it makes sense to give them Brahmi ghrita - an herbal ghee made with Brahmi and other ingredients. Read more about

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

For this reason, Brahmi Ghrit is used as part of children immunity and brain improvement program called -

<http://easyayurveda.com/2015/03/05/swarna-bindu-prashana/>

For children from 5 - 12 years of age, Brahmi ghritham can be administered or

Brahmi powder / capsule can be administered in a dose of 250 mg per day.

Brahmi powder - 1 gram per day, after food at night. along with honey or ghee and water.

For 12 - 18 years of age -

Brahmi extract capsule - 250 mg, once or twice a day, after food, along with ghee or honey.

Powder - up to 2 grams per day.

For adults, 250 - 500 mg, once or twice a day of Bacopa extract.

2 - 3 grams, once or twice a day after food.

13. Can you please elaborate more on the connection between

Vitamin C (its role/influence) and Anemia?

If Anemia is caused by various factors .Lack of iron/Lack of Vitamin/Lack of Folate .if so when one is ordered to test Ferritin level and can you please throw some light on Ferritin? You have mentioned about

1) Drumstick leaves – isn't this produce heat which is advised to avoid for Piles people

2) What is this red spinach I have seen only Green Spinach(Palak)

Answer:

Vitamin C helps to absorb Iron from the gastro intestine tract. Vitamin C deficiency can also cause anemia.

The amount of ferritin in blood reflects the amount of iron stored in the body. Lower the ferritin levels, lower the Iron deposits in the body, lower the red blood cell production.

So, usually in cases of suspected low Iron levels, causing anemia, a serum ferritin level test is advised.

Drumstick leaves - I have not read that it is contra indicated in piles. It has mild laxative property, hence useful in piles to some extent. In theory, even many hot quality herbs are used in treating piles - Example - Haritaki - Terminalia chebula.

Read more about drumstick benefits -

<http://easyayurveda.com/2012/12/06/moringa-benefits-medicinal-usage-complete-ayurveda-details/>

Red spinach is nearly identical to its green cousin Amaranthus viridis, also known as slender amaranth.

Read more about Anemia treatment as per Ayurveda -

<http://easyayurveda.com/2013/10/03/effective-ayurvedic-remedies-anemia-desk-dr-m-s-krishnamurthy/>

14. I want to know the effects of tulsi leaves on anxiety and foggy brain. Foes tulsi cure anxiety?

Answer:

Tulsi is very useful in treating anxiety and foggy brain symptoms. It also improves memory and cognitive functions. Within the article on Tulsi, I have included experimental and clinical research reports supporting the claim. The general adult dose of Tulsi for anxiety and depression is - 500 mg Tulsi capsule - once or twice a day after food, along with water.

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

15. Do you really think that the absence of apparent results for your various treatments could come from a lack of faith, i.e doubt?

Answer:

Lack of faith can only contribute to say, 20 - 30 % of absence of result. The percentage is more in neurological and psychological problems.

However, an ideal medicine should show its results beating down the lack of faith. Read related -0 which dosage form in Ayurveda is more effective?

<http://easyayurveda.com/2014/05/30/which-ayurvedic-medicine-form-is-very-effective/>

16. What are the difference between Ashwagandha Rasayanam, Ashwagandha Lehyam & Ashwagandha Choornam in terms of uses?

Answer:

Ashwagandha rasayanam and lehyam are used as synonymous. But some consider Ashwagandha, administered along with honey and ghee as Ashwagandha rasayana.

Read more about Ashwagandha lehyam uses - - Read about their uses here - <http://easyayurveda.com/2009/11/10/ajawagandhadi-leham/>

Ashwagandha churna is simple powder of Ashwagandha - Read about its benefits here – <http://easyayurveda.com/2014/06/22/ashwagandha-withania-somnifera-benefits-dose-side-effects/>

17. As Nux Vomica increases pitta. If it is taken in homeopathic way (Diluted form like 30c potency) Can it cure pitta related diseases as like cures like as per homeopathy.

Nux Vomica 30c in homeopathy used for acidity, gas , IBS (All looks like pitta related problems) .

Is Homeopathy derived from ayurveda (Like by understanding the nature of Herbs and then using it in opposite way to cure the problems that the herbs may cause if it is taken in excessive amount)

Answer:

There is no principle in Ayurveda which talks about such a mild dilution. Except that we use similar herbs, I do not see much similarity between homeopathy and Ayurveda.

Ayurveda believes in knowing the quality of the herbs and using them for their qualities.

<http://easyayurveda.com/2014/01/08/kupilu-nux-vomica-uses-dose-purification-side-effects/>

18. I had a c section delivery 6 days ago . I had a doubt regarding water intake during postpartum. In our family they only give 1 glass of water a day.pls suggest on the reason of less water intake .

Answer:

usually such a restriction on water is unnecessary. It is best for the new mother to take boiled and cooled water or boiled water in lukewarm condition, as and when she feels thirsty.

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

19. In contrast to your article, I have recently read about a practice called "Usha Paani Chikitsa" which recommends drinking 1.5 liters of water as soon as one wakes up. The list of diseases this claims to cure is long.

Is "Usha paani chikitsa" an Ayurvedic practice? I would appreciate your comments on this practice and the claims it makes regarding curing various diseases.

A: Usha paani Chikitsa is a derived Ayurvedic treatment concept. I can say this outright, because the term Paani is a Hindi word (and not Sanskrit).

As a treatment method, if the patient requires lowering of digestive fire (Agni), this Usha Paani treatment can be adopted. However, I do not find its benefits in a healthy person.

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

20: Can I drink milk and take cow urine at the same time?

A: There are many instances in which cow urine and milk are used together. -

For example, Panchagavya - cow ghee, sour curd, urine, cow dung water and cow milk. This combination itself is used as medicine and also as ingredient in other medicines such as Panchagavya Ghrita.

So, cow urine can be consumed along with milk. One teaspoon of cow urine along with quarter or half a cup of milk is fine to have.

Cow urine is hot, pungent, strong, piercing in nature, so, its excess hotness and other related qualities are reduced in strength due to the sweetness, coolness of milk.

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

21. Do Pimples filled with Pus or Acne - vitiation (imbalance) in Blood or Hormonal imbalance?

It could be due to blood vitiation or hormonal imbalance.

If the acne is caused after eating excess spicy foods, fried and junk foods, it is more likely because of blood vitiation.

If acne occurs during periods or in specific time of menstrual cycle. If acne subside when hormonal balancing therapy is administered, then it is decided that the cause is hormonal imbalance.

<http://easyayurveda.com/2014/08/04/ayurvedic-treatment-for-pimple-cause-herbs-home-remedies/>

22. Getting pus filled pimples means it is flushing out blood toxins?

A: In most of the blood detox procedures, usually the pimples heal by themselves over a period of 2 - 5 days time. But in some occasion, in

the initial face of detox, within 1 or 2 days, patient may get pimples may accumulate and exude pus.

If this happens, the patient has to consult doctor for prescription of suitable anti acne cream with herbs like neem, turmeric, aloe vera etc to heal the pus acne faster.

<http://easyayurveda.com/2014/08/25/understanding-blood-functions-vitiation-treatment-ayurveda/>

23. In how many months Neelibringadi oil shows results?

Decrease in hair fall is expected to be appreciated with one month of use.

A; With just the oil (without oral medicines for hair re-growth), it may take around 3 months time to show hair growth or regrowth.

With oral medicines for hair - such as Bhringarajasav, Trichup capsule, Chyawanprash, Amla capsule etc, hair growth can be appreciated in about 2 months time.

Results will be delayed if hereditary factors or diseases such as hypothyroidism etc are involved.

Results will be faster otherwise.

<http://ayurvedinfo.com/2012/06/09/neelibhringadi-oil-benefits-how-to-use-ingredients-side-effects/>

24. After taking Raja pravartini vati during periods, bleeding is not stopping what to do?

A: This medicine is administered to induce periods or to increase menstrual blood quantity, as in case of oligomenorrhoea.

If the bleeding is not stopping after consuming this, the Raj Pravartani Bati should be immediately stopped and doctor should be immediately consulted.

Usually Ashokarishta in a dose of 20 ml, mixed with 20 ml of water, twice a day should be administered till the bleeding stops.

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

25. Does Dabur Shankhpushpi helpful in recovering from addiction?

Though it is not directly indicated as a de-addiction medicine. It helps to treat shivering, confusion, memory problems, depression and anxiety that are associated with the process of de-addiction.

Read more about Shankhpushpi benefits -

<http://easyayurveda.com/2014/01/14/shankhpushpi-convolvulus-pluricaulis-benefits-dose-side-effects/>

26. Is there any benefit of using jaggery in diabetes?

Jaggery contains sugar hence is not recommended in diabetes.

However, the amount of sugar per gram of jaggery is lesser than that of one gram of white sugar. Hence, if your diabetes is under good control and if you are using sugar in your diet (say, in coffee or tea), it is best for you to replace white sugar with jaggery.

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

27. You mention to do oil enema after breakfast. The text I followed for water enema said- Stomach should be empty before enema. could you please help me understand why the

book could be saying that. Just want to make sure I understand the right ways and the reasons behind it.

The water enema is different than oil enema.

The purpose of water enema is just to cleanse out the large intestines. But Oil enema - called as Sneha Basti or Anuvasana Basti, is used for controlling Vata and Pitta Dosha, in the whole body.

As per Ayurveda, Anuvasana basti is given soon after breakfast.

If you are interested, you can read more about it here -

<http://easyayurveda.com/2013/04/24/basti-treatment-procedure-benefits-astangahrudayam-sutrasthana-19/>

28. Request you to answer these questions about Nasya treatment.

1. Under the heading "Right time for Nasya therapy" , different times mentioned based on Kapha/Pitta/Vata dominance and based on season (Winter / Summer) etc. I assume these guidelines are for following the Marsha Nasya procedure?. For long term Pratimarsha Nasya is it ok to ignore these and simply put 2 – 2 drops immediately after waking up every day in morning?

2. I understand Pratimarsha is for long term. Does long term mean we can make this a daily lifelong practise?

3. I have with me pure cow ghee infused with brahmi. Can I rotate it with Anu thailam? Say Anu tailam one month followed by brahmi ghee one month and then back to Anu thailam.. and so on?

4. I am in the habit of drinking water immediately after waking up. The instructions say Nasya should not be given to persons who just then consumed water. Is this guideline to be followed for Pratimarsha Nasya also or is it only for Marsha Nasya?

5. If we massage oil on face everyday, wont the skin become oily over a period of time?

Answer:

1. The season-wise explanation is for Marsha nasya. Day-wise classification can also hold good to Pratimarsha Nasya. For example, If you have Kapha imbalance, Do pratimarsha nasya in the morning, Pitta - afternoon.. etc.

2. Pratimarsha can be practiced life long.

3. You can do that.

4. The guideline holds good even for Pratimarsha.

5. If the person already has a very oily face, then just palm massage is sufficient. Oil massage is not necessary in such a case.

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

29 Q1) would brachmacharya be waste if one does not perform pranayamas, meditation, japas regularly for the conversion of sexual energy into ojas which forms the finest brain?

Q2) what are the exercises one(brachmachari) should perform in order to convert sexual energy into ojas?

I do not call Brahmacharya waste without Pranayama, meditation etc. However, if it is accompanied with other things, it is good. Even without meditation etc, Brahmacharya alone can be an effective tool to empower brain with special concentration and strength.

Meditation for at least 5 minutes a day, pranayama for just 2 - 3 minutes a day, 5- 10 Surya Namaskara are three simple things that one can do.

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

30. Can Triphaladi choornam make facial hair and beard grow in females?

Can this be given to girl child of 8 years age? Will it affect the hormonal function in children of young age group? How frequently can it be given to children?

Is licorice in triphaladi choornam harmful in any way, side effects for young children and females?

No it does not.

It does not affect hormonal function in young children.

For an 8 year old, 2 grams, once or twice a day should be good enough, along with water.

It does not have female specific side effects. However, higher dose may cause loose stools in a few.

<http://easyayurveda.com/2009/11/10/triphala-churnam-all-you-want-to-know-about/>

31. As per my knowledge , vivekananda never said about restriction on meetings of male and female sannyasins. I would like to add that bramhachrjya is not absent from sexual activities but it is the control of sexual energy . you are the controller use it as per your requirement as a sound controller.

Answer:

Let me quote an excerpt from the book - "Talks with Swamy Vivekananda", which is the conversation between a disciple and Swamiji.

Once Swamiji with his disciple (author of the above book), go to inaugurate a Female Brahmacharini school. While on their way, Swamiji clearly says that - Female Sanyasini Ashram should be entirely separately built far away from male Sanyasi Ashram.

- Sanyasini Ashram should be entirely and independently handled by Sanyasinis, without any interference from Male counterparts.

The purpose of the above two sentences are very clear. Maya can come in many ways to obstruct Sanyasi's noble Path. a Sanyasi should always, in his sleep and while he is awake should be extra careful to follow his Dharma diligently with extra care.

Brahmacharya is the control of both Sexual activity and sexual energy.

You cannot control sexual energy without avoiding sexual activities.

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

**32. I was reading that Ayurveda does not recommend sea salt?
Is it true, if yes why? Some other types of salt? Rock salt?**

Answer:

It is not that Ayurveda DOES not recommend sea salt. It is just that, Rock salt (Himalayan Pink Salt) is preferred to Sea salt.

Read about rock salt benefits here -

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

Sea salt benefits - <http://easyayurveda.com/2014/10/27/sea-salt-benefits-usage-dose-side-effects/>

33. In your oil making formula –

I have a small doubt...as far I have always been said by my elders that not to mix water & oil otherwise one would go bald gradually...but how is that u are mixing both.....

Answer: Please note that the water is added at the beginning of the procedure. At the end of the process, due to boiling, all the water content will get evaporated and final product (herbal oil) will be totally free from any moisture. Learn how to make Bhringaraj Hair oil -

<https://www.youtube.com/watch?v=RDUEA9plMys>

34. I think you need to interview the people who are following Bramhacharya since a very long time. (minimum 6 months and more). For those kind of persons they might feel trouble in sex after marriage. Like PE, ED etc. Those problems may be because they kept their glands (responsible for sex act) that produce required hormones for sex not in use for a very long time. Also their testosterone levels might come down, because they did not make enough stimulation to keep their testosterone levels at required levels or to keep it more.

I feel Bramahacharya is recommended completely only for the sanyasis / sanyasins/ females. In other cases students can follow it until the completion of their basic studies,. i.e., intermediate / +12. Normally in olden days by this time the youth used to get married and were able to live like lord Rama (if they wished to do so) by performing sex act with only their

wives. It is a peak life time 16 to 26 years of age where the youth has a very strong instinct towards sex. And I feel this is a very important thing to know that they are very normal, healthy and not impotent if they are sexually stimulative in that age. so in this peak age if they get married, it is fine for them. so that they can involve in sex with their life partners and keep their sex health healthy. Other wise for those who's marriage is destined late, for those if you recommend 100% bramhacharya and if they follow that 100% out of fear for God, then, are they not going to get affected after their marriage? This is a serious subject and need to be sincerely researched on a large scale.

Bramcharya is really good but not for all other than Sanyasis / sanyasins and may be for females. For females, because they do not face problems like performance like males and need face guilty for not performing / failure in sex after marriage. Also if a female do not have control and full of over lust, then it might effect the samsara after her marriage. Because mostly families sustain because of the females and not males. so for females it might be important. For the other people (male youth) who intend to lead a family life, it is required in controlled manner and not 100%. Controlled manner because, if they do not have control on themselves they may indulge in unethical issues like rapes, extra marital relationships which are sins. so control for them is very very important and to build a proper character.

Use it or lose it: It is important to send proper blood flow to the male organ so that it receives ample oxygen and its cells remain healthy. If proper oxygen is not supplied to the cells for a very long period of time what happens? The cells may become unhealthy. Coming to the sex problem, once the youth loses the power, it is quite difficult (what I feel, or might may take time) to make fully virile even after giving him the best of the best medicines (even with gold combinations). So I feel it is important to encourage males (not females) who intend to lead a family life to masturbate (too keep the male organ healthy) once in a week, max not more than twice a week. Also they should be told not to fascinate by dreaming of married women, guru's daughter, sacred women etc. They can fascinate by thinking of self created (out of imagination) beautiful women or beautiful animated beauties to keep out of the sin. The whole idea here is to keep the male organ healthy, to keep the testosterone levels up to the mark so that when there is a demand from their life partner they should not fail and feel guilty of not performing. Later after marriage, if their are wives are spiritual and have good control on sex, then these people can (after becoming father) gradually divert themselves into complete bramcharya path to attain Moksha / Liberation. Also the youth should be restricted in watching porn so as to not to corrupt their minds unnecessarily. It is a natural god given good instinct that should be followed. To much of unnecessary things or too much of knowledge is not a good thing.

Swamy Vivekananda might have achieved many things by complete brahmacharya for 12 years. But remember he also suffered from Diabetes when he died. Physical exercise is also important to keep the body healthy. I think after so many years of brahmacharya, if he is married then he might face issues in sexual life for abstaining for a very long time. He might be successful with the help of God's grace or by chanting some vedic mantras. But for a normal person it might be difficult. For a normal person if he fails he might feel a lot of guilty and may go into depression. Today Doctors (not you) are cashing on people's weaknesses like sex debility, baldness, Diabetes, skin diseases, beauty etc. For swamy vivekananda it is okay to follow Brahmacharya as he had taken up the sanyasa route. Today if it is destined or if there is God's grace males can become fathers. Even through PE if the semen falls near the entrance of the Vagina, the sperms inside it may travel inside and cause fertility in female. But legal (only with his wife, Dharma Kama) healthy performance is what matters for a male. It is a manliness for a male.

Answer:

Dear sir, a few things to consider -

1. For the youth, who have no intent to become Sanyasins, it is good if they control their sense organs and follow brahmacharya "as much and as long as they can" Their Brahmacharya might get broken in between due to distractions etc, but there should be an attempt to follow it to their strength.

During pre-marriage life, I have followed Brahmacharya for six months continuously and can assure you that no such sexual problems such as PE, etc occur post marriage.

In fact, those who have better control over their mind, can enjoy sexual act better, after marriage. Another point is, having a better control over mind helps the person to be 100 % loyal to his / her spouse.

As sex is just a part of life, having good control over mind helps the person to achieve greater things in work life and meditation life as well.

Swami Vivekananda used to exercise.

The problem with his health was, (best guess), he was not attentive towards his health at all. Let me share a real story about the great master:

Once residing in a disciple's home in USA, Swamiji was looking at the mirror again and again. By this, the disciple got really confused. How can a Sanyasi be so attracted towards his own body that he looks at the mirror repeatedly.

After a while, Swamiji called the disciple and said - "no matter how many times I look into the mirror, due to dispassion, I cannot exactly remember my physique!"

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

35. Can a hypertensive patient take rock salt (Saindhava Lavana)

Saindhava Lavana is rich in several minerals and micro nutrients. Hence, in Ayurveda, rock salt is preferred to common salt. But rock salt also contains sodium chloride in it.

Hence, if you are already taking salt in your diet, then you can replace that with rock salt.

But if your doctor has asked you to avoid salt completely, then it is best to avoid rock salt as well.

36. With Ayurvedic treatment, hypertension with tachycardia (increased heart beat) be treated?

Sarpagandha is very useful in this regard. It decreases pulse rate and blood pressure at the same time. Hence, Sarpagandhadi vati, Pancharatna gulika etc medicines are usually prescribed in these conditions.

37. Can Ayurveda totally cure hypertension?

Initially, one has to depend on Ayurvedic medicines. Side by side, lifestyle changes (such as quitting alcohol and smoking, aerobic exercise etc) and diet changes are adopted.

The diet and lifestyle changes may take up to 4 – 6 weeks to show difference.

As the patient gradually gains control over high BP with medicines, and as and when the lifestyle changes start showing results, then the medicines dose can be decreased.

Can there come a time point where one can really quit medicines? Yes, in some cases. Depends on age (younger the better), other complications such as diabetes, heart disease etc.

38. Can a switch from Allopathic medicines to Ayurvedic medicines be made?

It needs to be done with strict medical supervision. It may take between 2 – 6 months time.

During the switching period, it is best for the patient to have a BP monitor at home and measure BP from time to time to see if it is normal all the time.

39. Allergic rhinitis can cure using with sour buttermilk?

A cup of sour buttermilk added with a pinch of turmeric, and ginger powder, taken at night after food can be a useful remedy for allergic rhinitis.

<http://easyayurveda.com/2016/03/05/allergic-rhinitis-remedies-ayurvedic-treatment-herbs/>

40. Sir mrudveeka (dry grapes) stimulates diarrhea no then how is it used in kutajarishta

Answer:

It is used in the product to suppress hyperacidity and to relieve burning sensation, dry grapes balance Pitta. Kutaja, which is a very potent anti diarrheal, would suppress the mild laxative effect of Mrudweeka.

Because of this mutual effects, this product is ideal in cases of IBS with alternative loose and hard stools.. Read more about Kutajarishta –

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

41. Suppose we are already taking some kind of grithas say pancha titika etc , should it be considered part of the overall ghee intake which means not having ghee with my rice (over all calorie intake)

A; Suppose someone is taking any medicated ghee such as Pancha tikta ghrita, then it is better to avoid any extra ghee in diet. (unless the doctor advises to include ghee in diet,)

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

42. thank you so much for answering. sir can you explain effects of keeping hair on body. I read about that after attaining certain length they stopped and gives vitality and strength and very helpful in meditation. what ayurveda says about this?

Answer:

Ayurveda does not recommend keeping hair. It actually recommends to cut all hair once in 15 days. (reference: Ashtanga Hrudaya Sutrasthana and Charaka Samhita Dinacharya chapter).

I do not think hair has anything to do with concentration of mind. Of course, ancient Rishis were leaving the hair to grow as they were less focused on body or physical looks.

Swami Vivekananda and all the Sanyasins of Ramakrishna Math shave their head. Read more about abstinence – Brahmacharya -

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

43. how about is a person starts brahmacharya from the age of 27, if he had not done earlier?

Answer:

Brahmacharya can be started by anyone at anytime. Irrespective of one's past.

One may argue that, it will not be purest form of Brahmacharya. But who cares? You have got to know about it now, and want to follow it now. Just start now. It is never late to start on the path of sacredness.

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

44. My concern is, if I apply oil on scalp just 30 mins before showers and if I decide to eat my lunch before the showers keeping oil on head, then is there any problem?

Answer:

no problem with applying oil and taking food. But food should not be taken just before bath. Hence, apply oil, take bath and then have food.

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

45. How brahmi should be used in daily life to improve the memory for kids? How Brahmi taila helps?

Please note that Gotu Kola (Mandukaparni) and Bacopa Monneiri - these two herbs are considered as Brahmi.

Gotu Kola can be used as a vegetable. Its leaves are crushed and made Chutney to be used along with Idli, Dosa etc. - Its chutney can be consumed twice or thrice a week.

The Gotu Kola herb easily grows in a pot with once a day watering.

If that is not comfortable.,

Brahmi capsule can be consumed one per day, along with a little honey or ghee, after food for a period of 2 months time.

For kids, Brahmi ghrita (herbal ghee preparation of Brahmi) - 5 drops per day, just before morning hot beverage is good to give.

Brahmi oil - Calms the brain, induces good sleep, reduces anger, anxiety and is also useful in treating depression.

Read related:

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

Brahmi benefits - <http://easyayurveda.com/2014/07/20/brahmi-benefits-dose-side-effects-research/>

46: How far can ayurveda help in Insulin dependant diabetes, to completely stop insulin?

Answer:

If the insulin dependence is there since many years, then Ayurvedic medicines won't help to replace insulin.

If the patient is taking other allopathic medicines along with Insulin, then with Ayurvedic medicines, the dose of allopathic medicine can be drastically reduced or even stopped.

If the patient has got diabetic very recently and if fasting blood sugar levels are not more than 200 - 225, then there is hope that his diabetes can be managed well with Ayurvedic treatment and medicines.

<http://easyayurveda.com/2013/11/25/madhumeha-ayurvedic-understanding-diabetes-mellitus/>

47: Please suggest whether this licorice powder is beneficial in patients with cancer after chemo for reducing the toxicity of medicines

Answer:

Yes, it is really useful in restoring the strength of the patient, post chemotherapy and also to reduce the toxicity of chemotherapy medications.

Other useful herbs are - Ashwagandha, Gokshura, Guggulu, Triphala, Tulasi etc. Please consult a doctor for the right set of herbs.

Licorice benefits - <http://easyayurveda.com/2012/12/08/licorice-benefits-medicinal-qualities-complete-ayurveda-details/>

**48:Sir dosage of Maharasnadi kashayam in Parkinson's disease?
Is it safe for kidneys?**

Answer:

In Parkinson's disease, Maharasnadi kaashayam is useful to reduce stiffness, reduce muscular pain and to some extent, to reduce tremors. Usual dose is: 15 - 20 ml, mixed with equal quantity of water, once or twice a day, 30 minutes before food.

It is safe for kidneys.

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

49. the chronology of tastes to be taken during meals is - sweat, sour, salt, pungent, bitter and astringent. Hence, milk can be taken after food.

Answer:

the chronology of tastes to be taken during meals is - sweat, sour, salt, pungent, bitter and astringent. Hence, milk can be taken after food.

<http://easyayurveda.com/2011/01/06/11-ayurvedic-eating-tips-for-good-health/>

50. If we are feeling headache after day sleep of 60 minutes then what it shows to us, then is it right or wrong to take day sleep .

researchers from University of Tokyo have recently found out that nap for more than 40 minutes is not good. Hence, a day sleep of 60 minutes would increase Kapha, leading to lethargy, headache and heaviness in

the short run and cardiac problem, obesity and cholesterol problems on the long run.

Read related: Ayurvedic rules for day sleeping -

<http://easyayurveda.com/2011/02/21/day-sleep-sleeping-in-the-day-good-or-bad-ayurveda-details/>

51. For someone with eczema and developed milk allergy, can ghee still be consumed? Ghee is dairy, no? Please advise.

Answer:

For someone with eczema, ghee - a cup, mixed with a teaspoon of turmeric can be consumed in a dose of half - 1 teaspoon per day.

Ghee, though being a dairy product, is quite different than dairy. For eg: People with milk allergy can very well tolerate ghee.

https://www.youtube.com/watch?v=r6YU_RcPmi

52. Sir, I have been taking Arjunarishta since January. Few days ago I bought another Arjunarishta but when I had it I felt a different taste completely different one and I afraid to take it. What I find is that my previous one was Arjunarishta A.S.S and new one is Arjunarishta A.F.I-I and was manufactured in feb 2016.

Is really the taste is different? previous one was sweet as well but this one I got completely different. Please help me

Answer:

The taste of same Ayurveda product from different companies vary due to sourcing of raw material, qualities of jaggery used etc. But effect is usually the same.

Secret: For asava and arishta medicines, it is best to buy at least one year old products.

Another point is, it is best to fix yourself to same company product (though I know that it is a difficult task, sometimes). :)

<http://ayurmedinfo.com/2011/08/09/arjunarishta-uses-dose-ingredients-and-side-effects/>

53. Caraka says that it is cooling (!), but in next sloka that ama from honey indigestion is difficult to cure, since ama need more heat to burn and honey is hot already. Apart from this also in Bhavaprakasa is that honey is cooling. But in Sushruta it says it is hot in potency, also according to common consensus it's hot, and in my experience it is hot after swallowing. Could you please explain?

And I forgot: when honey is heating how can it pacify heartburn which is also caused by heat? And I have couple of popular ayurveda books by reputed authors, like Tiwary, Lad, Frowley ets. and they usually state in their food properties tables, that honey pacifies Vata and Kapha, but according to the scriptures it is Vata aggravating, so does anybody know what is the truth?

Answer:

Very keen observations!

Honey is hot in nature, when you take it in normal dose - 5- 10 ml per day.

Still it may cause indigestion problems in the below 2 situations.

1. When it is taken excessively, its sweetness over-rides its hotness and may cause Kapha increase / indigestion problems.
2. Honey is not as hot as, say black pepper or ginger. Hence, when the person has low digestion strength and takes excess of honey, it may cause honey indigestion.

How can honey pacify heartburn?

Like I said, it is not as hot as spices. It is also soothing to mucous membrane of stomach.

Regarding Dosha balancing effect of honey, apply your own Yukti (intellect).

Read honey benefits - <http://easyayurveda.com/2010/03/25/health-benefits-of-honey-what-original-ayurvedic-text-book-says/>

54. I read in your article on 'triphala churnam' that ,taking it with hot water will help in wt. loss. Being underweight myself, I stopped that practice.

I remember ,you had suggested that underweight people can take it with ghee at bedtime, and it will not cause wt. loss. Kindly clarify

- 1. can it be taken at other times of the day also or only in the night , before bedtime?**
- 2. Can we take a little hot water after that?**

Answer:

1. Triphala, if taken along with ghee will not cause weight loss.
2. It can be taken at other times of the day, say, in the morning or afternoon, 20 minutes after food.
3. After consuming Triphala with ghee, you can surely consume a cup of hot water. This hot water will aid in better digestion and absorption of both Triphala and ghee.

Read related: Triphala benefits -

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

55. Can hot water honey remedy be taken by a diabetic person?

Answer: Only if the diabetes is well controlled (HbA1c reading below 6.5 or fasting blood sugar level within 125), then a person can take a teaspoon of honey per day. If the diabetes is not under control, it is best to avoid honey. Read related: <http://easyayurveda.com/2010/09/30/hot-water-honey-benefits/>

56: How should patients take Haridra for T2DM? Crush and drink? Put in to curries when cooking? Or, how should it be taken?

Answer:

Here are a few ways to use turmeric. The right method depends on the person and blood sugar levels.

1. Including turmeric in cooking.

2. Half a teaspoon of turmeric powder, mixed with half a teaspoon of amla powder along with water, once or twice a day, after food.
3. Turmeric capsule - 1 capsule once or 2 times a day after food.
4. Turmeric powder - 2 pinches with milk at bed time etc

Related – how turmeric is useful in diabetes management?

<http://easyayurveda.com/2016/04/11/turmeric-for-diabetes/>

57. can you tell about the limitations of the kashayam tablets please.

Answer:

1. Kashayam - in liquid form gets absorbed faster due to the suspended active principles of the herb in the water medium.
2. Freshly prepared Kashayam is totally microbe free due to the boiling process, whereas, kashayam tablet may get contaminated if handled carelessly.

Read more about Kashayam tablets -

<http://easyayurveda.com/2009/10/19/kashayam-tablets-herbal-teas-in-tablet-form%E2%80%93avn%E2%80%99s-innovative-specialty-products/>

58. What is the reasoning for not oil pulling during cloudy sky and during extreme winters? I don't understand this?

Answer:

It may cause Kapha dosha increase, leading to symptoms like cold, cough, sinusitis etc.

Oil pulling, if done on a sunny day, the hotness of the day would help in extracting out the toxins from face and head region better.

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

59. I am not sure of the very first statement – “Sweets are to be consumed first, and then sour foods, etc. ”

In many cultures and gastronomic principles, Sweets are consumed as the last portion of the food, which is coined as “Dessert”, sometimes Ice creams and Betel leaves too are considered for desserts.

Desserts like sweets and ice cream, when consumed at the end of the spicy or sour meal, would cool down the body temperature and helps in digestion.

Any different opinion on this ..?

Answer:

any coolant substance would not help in digestion process. Digestion process is compared to Agni - fire. So, only hot substance would aid in digestion.

If the meals involved spicy foods, only then, having some amount of desserts at the end of the meals makes sense.

When to consume ghee? Before or after food?

<http://easyayurveda.com/2016/02/07/can-ghee-be-consumed-after-food/>

60. Can I use lakshadi thailam for massaging scalp of my 4 month old baby girl. Will it do any harm for her hair growth. I have noticed falling of hair in my baby after bathing her using the same oil. Please suggest any other oils if so.

Answer:

Lakshadi oil contains turmeric. Turmeric may cause hair fall (details here - <http://ayurvedinfo.com/2012/06/15/lakshadi-oil-benefits-how-to-use-ingredients-side-effects/>). Better to avoid it for hair. You can apply plain sesame oil or coconut oil for hair

61. Whenever I have curd, I feel my body has become cold. I also feel as if curd has entered my bloodstream and got stuck. Sometimes I also get migraine and I feel it got triggered because of eating curd. I am a vata type of person.

But I love curd and would like to have it in my diet. I have curd made from cow's milk and generally take it when it is sweet (next day). I have it as curd rice or butter milk.

I also observed that sometimes it suits me and sometimes it troubles me. For e.g, now in spring season it seems to be suiting me.

Request you to please explain what is the behavior of curd on me. When I should have it and when I should avoid it and how I should have it?

Answer:

the symptoms that you are experiencing are - due to Abhishyandi (sticking to body channels, leading to heaviness and Kapha increase).

Remedy is - add 1 gram of black pepper powder to the curd before consuming it.

<http://easyayurveda.com/2010/12/31/curds-benefits/>

61. hello Doctor, I took zandu panchrishta without mixing with water are there any side effects?

Answer:

No. Any arishta can be taken as it is. Mixing it with equal quantity of water is advised only if the patient feels the arishta is too strong to drink (feels burning sensation, does not like taste etc). Read more about asava arishta etc here - <http://easyayurveda.com/2014/06/09/asava-and-arishta-advantages-usage-in-children-side-effects/>

62. Regarding Triphala, I have noticed some reputed Ayurvedic concerns marketing Triphaladi choornam with the ingredients in different proportion the specific use of which is not known to me.

Usually there are two combinations of Triphala - Amla, Haritaki, Vibhitaki.

All three fruits in equal proportions.

Another one is – Amla 4 parts, Haritaki 2 parts and Vibhitaki 1 part.

They have similar effect to Triphala.

But because of higher amla content, they will be less hotter. So, people with high Pitta can use it better. But it will have lesser laxative effect.

read more – Triphala benefits -

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

63: Does consuming dried amla is equally effective as the fresh one? What are other cost effective alternatives to preserve it without much loss in the nutrient value?

Answer:

Dried amla is similar to fresh amla, minus the Vitamin C.

Sun dried amla can be stored in air tight containers for up to 1 year time, in a place devoid of moisture and direct sunlight.

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

64. How important is sukha (happiness) for weightgain?

Is it possible to gain weight despite depression/grief?

Depression can be difficult to treat, and in the mean time one might want to gain weight- so is it still possible?

Answer: depression patients also tend to gain weight if they have sugar craving or food craving.

It is possible to gain weight, despite depression, with herbs such as Ashwagandha, Kooshmanda (ash gourd) etc.

Read related: <http://easyayurveda.com/2009/09/29/healthy-tips-to-put-on-weight-to-become-fat/>

65. Sir, normally it is said that muscle breakdown takes place once in every three hours, so fitness experts ask us to eat something for every 3 hrs. especially if someone's on a body building plan. How does having 3 full meals a day serve the purpose? Plz explain.

Answer:

if someone is on a body building plan, then taking small meals multiple times a day is good, rather than fixing the schedule to thrice a day.

Even while eating multiple times in a day, one has to be careful about the quantity. The quantity of food should be so much that the person feels hungry before next meal time.

<http://easyayurveda.com/2012/03/04/one-best-health-advice-that-i-would-give-to-anyone/>

66. Namaste Dear Dr, In the phalashruthi of Avipattikar Churna, we come across the mention of "Pramehan vimshatin chaiva sarva durnamanashanam" what has to be the interpretation based on this?

Answer:

20 types of Prameha is a group of urinary tract disorders. Apana Vata is mainly vitiated in them.

Triphala best anti oxidant combination.

Musta - one of the most commonly used herbs in urinary tract disorders

Vidanga - useful anti-microbial herb

Ela, Patra - relieve pain and inflammation

Lavanga - anti oxidant

So, all the ingredients are directly or indirectly useful in urinary tract health. Hence, useful in Prameha.

Also, in any condition, including Prameha, where Nitya Virechana (Daily detox / daily purgation) is required, 5 - 10 grams of Avipattikar Churna is administered, as it is mild, usually does not cause twitching abdominal pain and is easier to consume.

However, if the patient is diabetic and has uncontrolled blood sugar levels, better to avoid this product, due to sugar ingredient.

Read more - <http://easyayurveda.com/2011/11/01/avipattikar-churna-benefits-ingredients-an-ayurvedic-medicine-for-constipation/>

67. Sir plz tell me nalpamarathi thayilam and keram are same. My baby 2 weeks old girl. Which oil is best. Nalpamarathi or kungumathi

Answer:

Nalpamaradi thailam and Keram are both one and the same. Thailam is prepared with sesame oil and Keram is prepared with coconut oil.

Nalpamaradi is better than Kungumadi in young infants. Apply a few drops of the oil on arm and leave it for 5 minutes. If the baby produces any skin rashes, then do not use the oil. If there are no rashes and the baby is all right, only then you can use the oil for massage.

This rule applies to any oil for baby massage.

Always consult an Ayurveda doctor directly for any of the health issues, especially for infants.

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

68. Sir how many drops of Arimedadi Thailam should be used for rinsing our mouth with warm water

Answer:

Arimedadi oil is not mixed with water while rinsing. This oil - 5 - 10 ml is taken directly into mouth and gargled / rinsed for 5 - 15 minutes, based on one's comfort. After that, the entire oil is spat out and then hot water is used to wash mouth. Learn more about oil pulling here -

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

69. I undergone through VIRECHAN panchakarma as I was suffering

from number of skin issues (itching, pimples, patches on face & skin, dull skin etc.) After VIRECHAN I notice drastic changes in the skin issues, the skin issues were vanish after VIRECHAN. But now after 20-25 days I notice my skin issues are re-appearing again on my skin. Is it expected that skin issues re-appear after VIRECHA? Is VIRECHAN results are temporary?

Answer:

I am happy to know that the symptoms reduced after Virechana.

Another point is, just with one Virechan treatment, the entire disease may not vanish. It may take 3 - 4 sessions of Virechana treatment.

The Virechan treatment should be followed up with medicines to keep the symptoms under check. Please talk to your doctor in these lines.

Read more about Virechana treatment here -

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

70. Sir I m suffering from IBS c I always fear about it . Please give me advice about treatment.

Answer by Dr Malini Bhat -

Namaste Sir, This type of IBS presents the clinical features of dryness in skin, mouth, or throat; more constipation or alternating constipation and diarrhea etc.,

To first line of treatment is administration of digestives that is deepana pachana treatment is given.

Some lifestyle changes are to be done along with it:

1. The use of Buttermilk (takra) is emphasized as it is digestive, astringent, and light to digest and helps in improving the consistency of the stool.
2. Identify and remove food intolerances
3. Soluble fiber increases bowel transit, stools, and relieves constipation.
4. Sufficient water should be taken
5. Complete rest, adequate sleep is advisable and day sleep, awakening at night, tension, suppression of urges should be avoided.

Medication or Herbs:

1. Inculcate Ginger, clove, fennel, cumin, cardamom in your diet as all of them are digestives.
2. For chronic constipation Triphala churna at bed time is advised.
3. Sesame oil massage over the body particularly over the abdomen 5 min before soaking in a warm bath.

<http://easyayurveda.com/2015/05/08/ibs-ayurvedic-treatment-home-remedies-lifestyle-tips/>

71. Is it true that oil pulling can cure cavities and other dental ailments, such as weak gums, plaque and so on? I have read other websites that claim such results with oil pulling.

Answer:

Yes. As per Ayurveda, the way to treat bone tissue deformities is through oil and fat. Hence, when there is osteoporosis, we suggest gandha tailam oil oral intake along with calcium supplement.

This is because as per Ayurveda, medo dhatu (fat tissue) nourishes Asthi dhatu (bone tissue). Hence, with the same logic, oil pulling is very useful in curing cavities and dental ailments such as weak gum and plaque.

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

72. Sir, I am not able to understand completely when we say that ghee increases agni without increasing pitta?

Does it mean that ghee increase HCL production? Is agni(jatharagni) equal to HCL in modern science or is it more than that i.e HCL + all the enzymes?

I am also curious to know whats the difference between

pachakagni(jatharagni) and pachakpitta? I know that pachak pitta acts as a fuel for pachakagni, but want to know more of it in detail.

Also I would really appreciate if you could suggest on how ghee should be consumed in the case of mandagni and high pitta or whether it is counter-indicated and shouldn't be consumed in such case?

Answer:

Ghee increases Agni means, it is useful in weak digestion.

Ghee does not increase HCL production. It stimulates secretion of digestive enzymes.

Pachakagni and Pachaka Pitta both are considered same. They are slightly differentiated by their area of action. Pachakagni effect is limited only to the level of stomach and intestines. Pachaka Pitta controls all other Pittas and its effect, though mainly seen in GIT, is also appreciated in other parts of the body as well.

Pachakagni = that part of Pitta, related with digestion in the gut.

Pachaka Pitta = a type of Pitta, that lies in the gut but controls other Pittas as well.

In case of Mandagni, Ghee, processed with (or heated with and filtered) ginger powder / pepper powder or CHitrakadi ghrita or just ghee mixed with ginger can be administered.

When the digestion strength is too low, ghee is not indicated because when the fire is very little, pouring excess oil / ghee on it may extinguish it.

Read related: 60+ Ayurvedic health benefits of ghee –

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

73. I am reading some information on brahmacharya whereby some swami's say that if a man is unable to practice seminal conservation & the semen is wasted, the vital force is lost for life & can never be regained till you die. Is there any truth in this?

I am a 35 year old male who masturbates 6 times a week for past 21 years. How much would seminal conservation help me now? Will the vital force I gain in future be minuscule in comparison to a 35 year old brahman who has not masturbated/ wasted his semen all his life?

Answer:

The vital force is lost, yes. But only those seeking higher spiritual levels need such a high vital force. For common people, it is not all that important to lead a happy and successful life.

In your case, I would say, 6 times a week is slightly high. Please try to reduce it to once a week - short term goal. once in 15 days - long term goal.

Following some sort of sexual restriction is very healthy and beneficial for all of us, irrespective of age and sex.

Do not compare yourself with anyone else. If I compare my running speeds with Usain bolt, I am not even half of his speed. But that should not discourage me from running. You are unique and your useful to the society like no one other. Cheers!

Read more about Brahmacharya -

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

74. I want to know why the excessive intake of Barley is bad for the disease. What does ayurveda mean by excessive? I am a PK constitution guy and I eat chapattis with 50% barley in them. Would it be considered excessive?

Thanks.

Answer:

as per Ayurveda, excess of barley intake may cause increase of dryness of the body and is difficult to digest. Hence, if you have psoriasis, it is best to avoid excess of barley.

I am fine with making chapathi with 50 % of barley, if it is consumed just for one meal time per day, in a psoriasis patient.

<http://easyayurveda.com/2014/02/19/psoriasis-ayurvedic-understanding-treatment-modalities/>

75. Why does ayurveda recommend oil and not juices directly in scalp?

very good question. Oils get absorbed very well through the skin than the juices. Oils can stay longer over the skin without causing irritation.

While, the water content in the juices is not ideal to stay long over the skin, as it may cause itchiness and increase of Kapha Dosha.

76. What is your opinion on diabetic tumbler /Vijaysar tumbler?

Answer:

In the market, tumbler made of Vijaysar is available. It is known by the names - Diabetic tumbler, Vijaysar tumbler etc. It is advised to store water in it at night and to drink the water in the morning, on empty stomach.

Does it work?

Yes, but to some extent only. When you take water stored in it, some amount of phyto-chemicals of Vijaysar will surely get into water. So, you will have its health benefits. But diabetes cannot be solely controlled with this tumbler water method. At the best, this can be an adjuvant for your efforts to control blood sugar levels.

<http://easyayurveda.com/2015/10/12/vijaysar-asana-pterocarpus-marsupium-beejaka/>

77. What is difference between Agni, Jatharagni, Dhatu Agni? I have read about Kloma agni, pilu and pithara agni, dosha agni, mala agni etc as well?

Answer:

Agni means the force for digestion and metabolism. Wherever food is converted into energy, there is Agni.

Jatharagni – one that resides in stomach and intestine, that digests food.

Dhatu agni – once the digested food enters circulation, it is taken up by muscle tissue, blood tissue, fat tissue etc.. these nourishments (metabolism) is handled by respective agnis at the level of body tissues. Kloma agni, Pilu agni, Pithara agni etc – are recently coined terms. I have not found classical references for these as yet.

Dosha agni – I have not heard about it.

Mala agni – Mala means waste product.

after the food is digested, the waste parts are converted into feces urine and sweat. The factor responsible for these conversions is explained as Mala agni.

Read related: <http://easyayurveda.com/2013/04/04/understanding-digestion-power-as-per-ayurveda/>

78. How to determine Anupana for a particular condition? For example, for Kapha it is honey, for a particular disease it is some herbal decoction/kwath. Another example is Ritu Haritaki - where we use different dravyas with Haritaki. So, is there a rule or one have to just remember Anupana for each and every condition, disease, medicine, etc?

Answer: Anupana can be chosen with many criteria.

Medicine absorption - honey with Trikatu would make it more speedily absorbed.

Aiding in digestion - hot water with Kooshmanda avaleha. - eases in digestion.

Aiming the disease - additive effect of medicine and anupana - both aimed at relieving the disease.

So, if one remembers the principle involved, plus a few commonly used anupana, Ayurveda practice will be easy. Read more here -

<http://easyayurveda.com/2013/06/11/anupan-importance-of-adjuvants-and-after-drinks-in-food-and-medicine/>

79. If all is interplay of Sattwa, Rajas and Tamas. Like for example, Annamaya kosha is clearly having more Tamas and also Sattwa and Rajas. Pranamaya Kosha is more of Rajas and Manomay kosha is more Sattawa. Why are all herbs classified on basis of Vata, Pitta and Kapha only? Why not SRT?

Answer: Ayurveda sees physical body in terms of Vata, Pitta and Kapha only. It is easier to explain the process of digestion, metabolism, respiration etc in terms of VPK than Satva, Rajas and Tamas. The Satva, Rajas and Tamas are explained only in the context of mind, psychiatric disorder, mental discipline, Brahmacharya etc, in Ayurveda. Read more about Tridosha here - <http://easyayurveda.com/2010/12/16/my-new-ayurveda-book-about-tridosha/>

80. This is confusing. While you say almond eases migraine by savoring the lehya (not sure name of, can you help of the leha name?), it is also said that it increases Pitta and I am told headache and Migraines are due to Pitta increase. So these are contrasting right? Kindly throw light and remove our darkness :)

Answer:

Let me try :)

It is Ushna Veerya - hot potency - So, anything which is hot, naturally increases Pitta. So also, almond.

But it has some Pitta balancing attributes as well - sweet taste, heaviness, sliminess etc - So, it is not as hot as - pepper or ginger.

So, nutrition rich, Vitamin E rich, improves digestion (migraine is often related with digestion problems), so useful in migraine.

Usually migraine happens with a combination of Vata and Pitta, rather than Pitta alone.

Almond benefits -

<http://easyayurveda.com/2016/06/16/almond-badam-benefits-dose-side-effects/>

81: I got a large area of leg injury due bike accident. 90% has healed in 1.5 months.

However 10% where the wound is deep is secreting water like liquid and not healing.

Can I apply Jatyadi ghrita?

Can I Apply along with turmeric?

How many times I can apply in a day and for how many days?

Answer:

Make a mix of 100 ml of Jatyadi ghrita with 30 grams of turmeric. Apply this paste, 3 times a day over the area. Do not wash the area with water. If no improvements are seen even after 10 days time, consider visiting an Ayurveda doctor directly. You may need oral medicines as well.

<http://ayurvedinfo.com/2012/02/18/jatyadi-ghrita-benefits-dosage-how-to-use-side-effects-ingredients-reference/>

82. Could you tell me if jamun is the best for bleeding hemorrhoids?

Answer:

Yes, due to Jamun seed's astringent and styptic nature. Hence useful in bleeding hemorrhoids, to stop bleeding and to shrink the pile mass. But because it is grahi - absorbant, it may cause constipation, which is not an ideal condition in hemorrhoids, better to use this along with Haritaki or Triphala Churna. Mix in equal proportion and use a teaspoon once or twice a day.

Read more - Jamun benefits -

<http://easyayurveda.com/2013/01/29/jamun-benefits-usage-dose-side-effects-complete-ayurveda-details/>

83. can virechana therapy increase handsomeness. can I see change at the end of the therapy

Answer:

Yes, it improves skin quality, complexion, relieves acne. You may need to wait for a month to observe the benefits. It also depends on the medicines that are prescribed to you, after the completion of Virechana therapy.

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

83. Suppose there is lot of ama accumulation and this is the cause of my constipation, headache and inflammation. Suppose I take kayam choorna or triphala for few weeks. Is it possible

that the ama will leave my body and after that I will no longer have any issues?

Why do some medicine become habit forming? Once the root cause is solved, shouldn't our body start behaving normally. Isn't ayurveda supposed to treat us by solving the root cause?

Answer:

in your example, once after the constipation is resolved by taking Kayam Churna or by Triphala churna, if headache is resolved, then, in that case, regular regular use of laxative is substantiated.

Sometimes, the ama - disease causing Dosha complex might be present in deeper tissues and might not be resolved just with using laxatives. In such case, Virechana treatment is more useful.

Mere use of laxative does not mean that the Doshas are expelled out.

So, in case of constipation causing migraine, taking Virechana treatment once or twice a year would be useful.

Read more about kayam churna

<http://easyayurveda.com/2011/11/05/kayam-churna-benefits-side-effects-an-ayurvedic-medicine-for-constipation/>

84. 1) Which is the best way (soaked etc)

2) best time to take almond.. (i.e. before breakfast, with breakfast or before sleeping at night)

3) How many almonds at a time

4) is it ok..if almond powder boiled with milk for morning breakfast..

Answer:

Many experts opine that, it is better to soak almonds in water over night, next day, peel the skin off, and consume it on empty stomach. Soaking and peeling the skin off helps to absorb the almond nutrients better.

For regular consumption, 5 almonds per day is a good dose.

Almonds can also be enjoyed in other ways such as - its powder, boiled with milk along with breakfast, using it in making porridge, kheer etc.

Read more almond benefits -

<http://easyayurveda.com/2016/06/16/almond-badam-benefits-dose-side-effects/>

85. Please mention the best time to eat fruits.

Dr JV Hebbar: Thanks. Fruits can be had along with meals or as evening snacks. It also depends on the type of fruit. If it is fiber rich, as banana, it is usually taken at the end of meals or after food. If it is heavy-to-digest fruit, such as jack fruit, then it is taken just before food, so that the quantity of food can be further adjusted based on one's hunger.

(Jack fruit being heavy, can replace some quantity of meals.) Eating

rules as per Ayurveda - <http://easyayurveda.com/2011/01/08/eating-etiquette-healthy-eating-rules/>

86. If we drink water during meal the food intake mixed with secretion from mouth (digestive secretion) will be diluted and loose the food intake for digestion properly. So I naturally drink either before half an hour or after one hour of taking principal meals. Is it the appropriate system.

Dr JV Hebbar:

mouth does not produce large amount of digestive secretions. Moreover, chances of dilution of mouth secretions is more, if we drink water before food. Hence, having water while having food, in between food is the right way to drink it.

Watch related video here -

<https://www.youtube.com/watch?v=OwFwIrTxY10>

86. Brimhana therapy is indicated in summer, for people who are emaciated or suffering from grahani. I gather that in all of these situations the digestion is not at its strongest (I guess that's why in summer light foods are advised)- but the foods used for brimhana are classified as heavy. Isn't that a contradiction?

Dr JV Hebbar:

When the digestion strength is low, but Brihmana is required (with usage of heavy foods and medicines), then first, measures are taken to improve digestion strength, with the use of medicines like Trikatu churna, Chitrakadi vati, Pippalyasava etc. Once the digestion strength is restored, Brihmana therapy is taken up. Hope it helps.

<http://easyayurveda.com/2014/10/17/brimhana-therapy-nourishing-ayurvedic-treatment-principle/>

87. Dr I delivered 40 days back.i have piles problem.I take jeerakarishtam and ashokarishtam .is it good?I cook my foods alone.pls give instruction about rest and exercises.

Dr JV Hebbar:

if there was excess bleeding then continue Ashokarishtam till bleeding stops. After that, it makes sense to continue Jeerakarisham and Dashamoolarishtam for another 2 months time.

If it was normal delivery, (Not cesarean), you need to take rest for 3 months, after which you can start with 10 minutes Yoga per day. If it was cesarean, then rest for 6 months time. Read related: After delivery care of mother as per Ayurveda -

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

88. Thanks for such an informative article dr Hebbar. Does only cow ghee increase ojas or buffalo ghee also is ok? Does taking one teaspoon cow ghee in milk has risk of increasing body weight? Does chyawanprash increase ojas? Is it true that ojas is stored in heart and brain too as I think somewhere in a yoga book it was mentioned but am not sure?

Dr JV Hebbar: thanks for the question. Cow ghee is preferred over buffalo ghee as per Ayurveda. But, if cow ghee is not available, then buffalo ghee is useful to improve Ojas. If the person is already obese, then taking milk + ghee may increase body weight. In obese person, the correction of fat tissue with exercise, use of Ayurvedic herbs such as guggulu, Triphala etc is recommended to improve Ojas. Chyawanprash increases Ojas, yes. There are two types of Ojas explained in Ayurveda. Para Ojas - more sacred and powerful - it resides in Hrudaya (heart / brain). Aparaj Ojas - secondary - circulates allover the body. Read more about Ojas here - <http://easyayurveda.com/2013/01/11/what-is-ojas-how-to-increase-ojas-during-health-and-disease-ayurveda/>

89. "If you are taking too much of oily food, it may beat the purpose of becoming vegetarian."

Could you please elaborate on why that is so?

I made this statement relating to - going veg, to reduce weight. If someone with obesity goes totally vegetarian to lose weight, but if he indulges in excess of oily food (fried foods), then the purpose of going veg to lose weight stands beaten. Because, he will still put on weight due to his wrong eating habit. Hope I am clear.

Steps to turn to vegetarianism -

<http://easyayurveda.com/2011/11/16/how-to-become-a-vegan-ayurveda-tips-for-easy-transition/>

90. Have read reheated rice blocks the channels, do you know anything about this?

Dr JV Hebbar:

As per Ayurveda, rice or any food should be cooked or boiled only once and it should be consumed hot and fresh.

Re-boiling or re-heating of rice or any food is prohibited as per Ayurveda. It causes blocking of channels, indigestion, and initiates disease processes.

This rule also applies to herbal teas or Kashayas. They should be made fresh, and consumed when still hot.

<http://easyayurveda.com/2011/01/08/eating-etiquette-healthy-eating-rules/>

91: Which sesame seed is better? White or black?

Dr JV Hebbar:

The white variety is hulled black sesame seed. Black contains more calcium content than the white.

As per Bhavaprakasha (traditional Ayurvedic text book), The black sesame seeds are the best. White is of medium quality and rest sesame seeds including red are of inferior quality.

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

92: 1) Is it ok to massage during menstruation if possible? If not massage, is it ok to apply oil without massage before shower?

2) Is it ok to massage, then go for a walk and then shower?

Dr JV Hebbar:

thanks for the question.

It is very fine to do massage during menstruation. - Coconut oil based oils or just the coconut oil would be more useful.

It is ok to do massage, then go for a walk and then shower. But just consider that during periods, minimal physical activities are recommended and hence, excessive walking is not good. Take care of the feet. The massage oil may make them slippery during walking.

<http://easyayurveda.com/2010/12/27/ayurvedic-massage-tips-when-not-to-go-for-massage/>

93. You have mentioned we should not drink milk after eating radish. leafy vegetables etc. Suppose I ate these things for

lunch at 1.30 pm, can I have milk at 5 pm or I should not have milk at all for whole day.

Also since milk aggravates kapha, is it ok to drink milk with ghee at bed time. I have come across several tips which says it is good to drink milk with ghee at bedtime.

Where can we get list of all vegetarian food items that describe its potency, guna etc? Is any excel sheet available anywhere for this?

Dr JV Hebbar:

Milk along with radish is contra-indicated. They both can be taken with a minimum gap of 1 hour.

Milk with ghee is one of the best Rasayanas - anti ageing food recipes.

Warm milk with ghee is very useful to induce sleep and to soothe nerves. If the person is not obese, or if the person does not have cough, cold, fever, low digestion strength, asthma etc Kapha problems, then it is fine to take milk with ghee at night.

Make sure that the milk is warm and not cold, because with ghee, hot liquids are preferred for easy digestion.

Regarding potency, Guna etc of different herbs, I am covering them.

Thus far I have covered many such as pointed gourd, radish, amla, pomegranate, etc. Use the google search bar in the right column in this website to search them.

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

94. For Type 1 diabetes what is the use of Ksheera bala Thaila?

Dr JV Hebbar:

1. To correct auto-immunity to some extent
2. To treat neuropathy
3. To improve strength and to relieve tiredness.

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

95. I have a question for brahmi ghrit. why we can not continue for a longer time as nowadays in environment of stress & pollution we get a lot of wear & tear on a physical & mental level?

Dr JV Hebbar:

I do not recommend any medicine for long term use.

Regarding stress - our body and mind have their own mechanism to handle stress. So, we should make them stronger by Pranayama, healthy food choices, exercise etc. We should always rate the natural measures higher over medicines.

Only when natural measures are not sufficient, then medicine, therapies etc can be adopted.

Same thing for pollution. Regular use of turmeric, cardamom, ginger, pepper etc spices in dishes, Pranayama, nasya procedures etc should be the long term plan.

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

96. How neem oil capsule is useful in cold and cough?

Dr JV Hebbar:

Neem oil capsule in cold and cough is useful especially when there is infection and sinusitis. It helps to prevent or treat infection, being a potent anti bacterial and anti viral herb.

However, it is not usually used as a single medicine to treat cold and cough. Usually a combination of

Sitopaladi churna / Talisadi churna with neem oil capsule or

Any such other cold cough medicines along with neem oil capsule is advised.

It is very useful when cold / cough is associated with fever.

So, it is used as an adjuvant and supportive to other medicines in the treatment of cold and cough.

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

97: Thank you sir for such a wonderful article, many people are familiar with different kind of ayurvedic medicated hair oil for hair growth but is there any ayurvedic medicine that promote regrowth of hair which is taken internally, it will be great help for all of us.

Dr JV Hebbar:

There are many. It depends on cause.

Lohasava, if Iron deficiency is causing hair.

Narasimha rasayana - if underweight

Chyawanprash - if thyroid complications, low immunity, altered immunity etc.

Please consult a doctor for right advice.

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

98. Can Go Ark be taken along with allopathic medicines for diabetes and blood pressure?

Can non-veg food be eaten during period of consuming Go Ark?

Dr JV Hebbar:

GoArk can be taken along with allopathic medicines.

Non veg can be eaten while taking Go Ark.

Just keep in mind that Goark produces internal heat. Hence, avoid very spicy food (veg / non veg).

Consume a lot of cucumber slices and consult your doctor for the right dose, especially because you have diabetes.

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

99. Can we mix coconut oil and rose water or rose petals and apply it on skin?

Coconut oil and rose water mixing does not look like a good idea.

Ayurveda recommends using oil, without mixing any liquids. Coconut oil + rose petals can be made into paste and applied on skin.

<http://easyayurveda.com/2016/05/30/benefits-remedies-rose-essential-oil/>

99. Sir, What is the purpose of doing internal oleation? Some say ghee coats the GI tract and prevents damage to the GI tract. Others say that Ghee dissolves excess doshas and brings them to the GI

track for subsequent expulsion. What is your opinion? If it dissolves excess doshas then why is internal oleation done again and again (before vaman then again before virechana so on and so forth) during panchkarma .Would the excess doshas not get expelled with the first panchkarma treatment only?

Answer: Ghee makes a protective layer for the GI tract to protect. Its main usage is to liquefy Doshas and to bring them to GIT for expulsion. It is done before vamana and virechana separately to liquefy Kapha and Pitta respectively. Vamana is directed to expel Kapha Dosha from the body. Read more about it here -

<http://easyayurveda.com/2014/10/09/vamana-therapy-right-method-side-effects-management/> and Virechana is for Pitta.

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

100. What is the Veerya or potency of Haritaki – Chebulic myrobalan – Terminalia chebula – fruit rind? I think it is cold.

Answer:

Veerya of Haritaki is ushna.

Here are a few references to prove it -

1. In contra indications of haritaki, Bhavaprakasha has mentioned - Pittadhiko. Means, in people with Pitta dosha increase, avoid Haritaki. Pitta is hot, Haritaki is hot. So, it will further increase Pitta.
2. Chewing the Haritaki fruit causes increase in digestion power. - Whichever increases digestion power is naturally hot.

3. As per Sushruta Samhita 4th chapter, Haritaki is Vranya - useful in quick wound healing and Ushna - hot in potency.

Read more about haritaki here -

<http://easyayurveda.com/2013/01/05/haritaki-terminalia-chebula-uses-side-effects-ayurveda-details/>