



EASY AYURVEDA
PRESENTS

**100
QUESTIONS &
ANSWERS
WITH
DR JV HEBBAR**

VOLUME: IV

DR JV HEBBAR

Dedication:

At the holy feet of Dr A Chandrashekhara Udupa

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

www.divinepark.org



Disclaimer:

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

Do not use this book to self medicate. Self medication is dangerous. Consult your doctor before adopting any health suggestions provided in this e-book.

Do not consider any part of this book as substitute for advice from healthcare professional.

No part of this book is intended to diagnose, prevent, treat or cure any disease.

© Dr Janardhana V Hebbar All rights reserved.

Improvement of answers done by
Dr.Sudarshan.CH

Other products:

260 video classes to learn Ayurveda step by step:

<https://www.easyayurveda.com/previous-classes-webinars-video-ebook/>

11 Ayurveda EBooks – Mega offer

<https://www.easyayurveda.com/my-book/>

1. Does Brahmi increase Pitta Dosha? How can it increase Pitta, being a coolant?

According to Dhanwantari Nighantu, Brahmi is Saumya - coolant, Tikta - bitter and Deepana - improves strength of digestion. It balances Vata and Kapha Dosha. Bitter herbs can improve appetite, when conditions are favourable, just like wind can ignite fire.

Shodhala Nighantu says Brahmi has Tikta rasa (bitter taste), undergoes Katu Vipaka (pungent taste conversion after digestion) and swarapittada (improves taste and improves Pitta). He further says that Gotu Kola is similar to Brahmi, but Gotu kola does not increase Pitta to a great extent. With these, it can be concluded that, Brahmi can enhance the quality and actions of Pitta, hence it can be considered that Brahmi can mildly increase Pitta Dosha.

According to Astanga Hridaya Samhita, there are two types of virya or potency of the substances. They are ushna virya (hot potency) and shita virya (cold potency). While describing the actions, it is said that ushna virya mitigates Vata and Kapha; also, cold potency purifies Pitta and blood. So, in case of Brahmi, the same logic can be applied; as Brahmi is a coolant herb, i.e., Brahmi has cold potency, so it can purify the Pitta dosha, but it cannot be said that Brahmi cannot increase Pitta dosha.

But its action on Pitta or agni is not intense as spicy sauces like Sambal. Here, Pitta increase should be understood as mild Pitta stimulation.

Read more about Brahmi:

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

2. How is Dashamoolarishta useful in rheumatoid arthritis?

In Ayurvedic classical textbooks, there is no indication of Dashamoolarishta in Amavata or rheumatoid arthritis. But in practice, Dashamoolarishta is prescribed for rheumatoid arthritis. This is mainly

because of the analgesic and anti-inflammatory actions of Dashamoolarishta.

In Amavata, digestion and metabolism corrections are required along with joint care. Dashmoolarishta boosts digestion and metabolism. Also, it helps to keep the joints (and whole body) warm. It also improves flexibility of joints. Hence, it is ideal to use Dashamoolarishta for treating Rheumatoid arthritis.

Read more about Dashamoolarishta:

<https://ayurvedinfo.com/2011/06/18/dasamoolarishtam-ingredients-uses-dose-and-side-effects/>

3: Can coconut oil be taken when one has cough and cold?

As per Ayurveda, coconut oil is useful to balance down Vata and Pitta. But it can increase Kapha Dosha.

Cough and cold symptoms are mainly due to increase of Kapha dosha. So, consuming coconut oil can lead to increase of Kapha dosha in the body, which in turn lead to worsen cough and cold. So, it's better to avoid coconut oil, when one has cough and cold.

Read more about coconut oil benefits, side effects:

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

4. According to Ayurveda, Tobacco is heating in nature by virtue of its virya and vipaka. But in Unani it is considered extremely cooling and drying. I suspect the Unani version to be true, because all labourers chew this and work under harsh Sun all day long. Had it been heating; they would have suffered a hell of a lot. Please clarify.

We cannot judge its heating or cooling activities just by the fact that it is used by labourers working under harsh Sun. For example, in North Karnataka, where the temperature can soar above 45°C; but still, they

eat a lot of green chillies. In fact, they eat raw chilli along with parota / rothi or chapati. That does not mean chilli is cooling.

On the other hand, during summer, digestion strength will be weak as the body heat lies mostly externally in the limbs and it is low in the digestive track. This is why, it is explained that Agni is low during Greeshma ritu - where Pitta is receding and Vata is slowly increasing. So, people working under hot sun usually drink a lot of water. So, Agni weakens further. To counter that, they may eat more chilli or chew Tobacco. Or the habit of chewing tobacco is so addictive that they neglect that it is heating and cannot live without chewing it!

Read more about Tobacco:

<https://easyayurveda.com/2017/02/03/nicotiana-tabacum-tobacco-tambaku/>

5. Is Suta Shekhara rasa useful in ulcerative colitis?

Sutashekhara rasa can be useful in ulcerative colitis, though any reference indicating Sutashekhara rasa in ulcerative colitis is not found. But, by analysing the properties and actions of the formulation, we can use it in specific stages of ulcerative colitis.

Sutashekhara rasa is useful to improve digestion strength and to relieve burning sensation, abdominal pain, gas and bloating. If the ulcerative colitis patient has these symptoms, then it can be useful.

But keep in mind that, this product also has hot and spicy substances like ginger, long pepper, purified Vatsanabha (*Aconitum ferox*) etc.

These can worsen the bleeding in case of ulcerative colitis during exacerbation stage. So, consuming Sutashekhara rasa blindly whoever has ulcerative colitis doesn't make any sense.

So, it is best to go with your doctor's advice on this. Because if the patient has rectal bleeding, then ingredients like ginger, long pepper and *Aconitum ferox* will worsen it.

Read more about Sutashekhara rasa here:

<https://ayurvedinfo.com/2012/07/14/sutshekhhar-ras-benefits-dosage-ingredients-side-effect/>

6. Can diabetic patients take Asava or Arishta (fermented Ayurvedic liquid medicines)?

Generally, intake of sugar is contraindicated in patients of diabetes. But safe level of sugar intake will not be harmful, when there is proper medication and periodic monitoring of blood sugar level. So, consuming sugar (in limited quantity) when you have diabetes is acceptable when there is good control over blood sugar level. Likewise, the consumption of asava or arishta, which contain sugar.

Asava or arishta are prepared by the process of fermentation. Ashwagandharishta, Usheerasava, Kutajarishta, Saraswatarishta are a few examples. Usually sugar candy, jaggery, raisins etc. sugars are used in the process of preparation of asava and arishta. These liquids contain some amount of carbohydrates in them. Hence, if the blood sugar is under good control or near to normal and if the dose of the prescribed Asava / Arishta is less, then it can be consumed.

General rule is, a person with fasting blood sugar under the 150 mg/dl, or a HbA1c reading under 6 is eligible to consume asava or arishta. This decision largely depends on the prescribing doctor.

Read more about Asava and Arishtas:

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

7. Can lower abdomen and gluteal region be massaged with oil after delivery?

If the delivery is normal, then there is no problem in massaging the abdominal and waist area. If the delivery was through surgery (caesarean), then better to avoid lower abdominal area, till the suture heals completely. There is chance for infection if the wound is massaged with oil and also pressure on suture may break open it and lead to wound opening.

After childbirth, to strengthen muscle, ligament and tendons - Bala Ashwagandhadi taila is chosen for massage.

To relieve waist pain, Mahanarayana taila is used.

To relieve stiffness, Kottamchukkadi taila or Saindhavadya taila is used.

To relieve itchiness, Nalpamaradi taila, Mahamarichadi taila are used.

To relieve stretch marks, usually Kumkumadi taila, Nalpamaradi taila and Eladi taila are used.

Read after-delivery mother care with Ayurveda:

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

8. Question - Can Ashwagandha be given in 5-year-old child?

In Ayurveda, we cannot find any reference of contra indication of Ashwagandha in children. Instead benefits of Ashwagandha in children is mentioned in different contexts. It can be useful in children to improve muscle growth, to improve sleeping habits etc. It is a very good anti-oxidant. Its herbal ghee form called Ashwagandha ghrita is indicated in children with neurological disorders. So, Ashwagandha can be given to a 5-year-old child, but it should only be given if your doctor prescribes it. Without doctor's consultation if Ashwagandha is given in children, it may lead to constipation, loose stools, abdominal cramps, drowsiness, excess sleepiness or even anxiety episodes.

Read more about Ashwagandha:

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

9. Why we should have dinner before 10 pm?

There are two Ayurvedic rules which suggests to have dinner before 10 pm.

1. We should eat at least 2 hours before sleep. 9 - 11 pm is the ideal time to sleep as per Ayurveda. This is because, Kapha is naturally dominant in the first part of night (9 - 11 pm). If we sleep in this time, with the influence of Kapha, we get natural, calm and deep sleep. So, to sleep before 11 pm, you have to finish dinner before 9 pm (2 hour before sleep rule).

We should eat 2 hours before sleeping so that stomach and intestines are active and do the early part of digestion well. When we sleep and Kapha Dosha kicks in, digestion process can slow down a bit.

2. As per Ayurveda, the first part of night is dominated by Kapha Dosha. So, any time after 9 pm has Kapha influence. Because Kapha can decrease the digestion strength, it is not a good idea to eat at 10 PM. So, having dinner before 10 pm helps in getting better sleep and also reduces abdominal bloating.

Read related: Ayurvedic eating rules:

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

10. My stool is very dry and hard, but I feel it's my emotions and thoughts causing this. Is this possible?

Stress-induced thoughts and feelings can affect your stomach and intestines.

That means, your emotions and thoughts can have an effect on stomach and bowels. Mental activities such as anxiety, excessive thoughts, fears etc. can aggravate Vata. So, when a person is afflicted by emotions such as anxiety, fear etc. leads to aggravation of Vata in him. As dryness is a natural quality of Vata dosha, it causes dry and hard stool. So, it is possible that your emotions and thoughts are the cause for dry and hard stool in you.

Vata can get aggravated by many mental activities such as anxiety, excessive thoughts, fears etc. These mental activities can cause increase of Vata Dosha, leading to dryness of stools.

Read related: [How stool variations can affect your health?](#)

11. How to consume Moringa powder? What is the best way?

Moringa leaf powder can be readily consumed. In a research, 100 grams of powder was administered over one week. That is about 15 grams per day. (1). It was for the purpose of testing of iron status of Senegalese lactating women.

However, for a healthy person, Moringa can be consumed in a dose of 3 - 5 grams, once or two times a day.

It can be administered along with water or sesame oil for Vata balance, along with ghee for Pitta balance and with honey for Kapha balance.

[Read more about Moringa benefits, side effects](#)

Moringa powder can also be consumed in the form of decoction. To prepare its water decoction, 1 tablespoon of powder is added to two cups of water, boiled till the water reduces to half a cup and consumed. Here, the dose is half a cup per day.

[Read rules to prepare Kashayam](#)

12. Cumin is hot, but how to take it to benefit persons of all dosha?

Cumin is said to have Kapha-Vata pacifying quality. So, while consuming cumin, persons with Pitta predominance should think of dosha aggravation. Because taste wise and potency wise Cumin can aggravate

Pitta dosha. But there is no chance for aggravation of Vata and Kapha by the intake of Cumin. For people with different dosha predominance, cumin can be administered along with different adjuvants suitable to their dosha.

Cumin for Vata -

Cumin seeds are administered along with sesame oil. It can be fried in sesame oil and taken.

Cumin for Pitta -

Cumin is hot in nature, so also Pitta Dosha. Hence, you need to take it with coolant and that balances Pitta powerfully. For this purpose, Cumin is fried with ghee or coconut oil for Pitta.

Ghee is told as the best remedy for Pitta. It counters the gastric irritation effect of Jira. [Read ghee benefits](#)

Coconut oil, being nourishing and cooling, is very effective in countering hotness of cumin and Pitta Dosha. [Read coconut oil benefits](#)

Cumin for Kapha -

Cumin naturally balances down Kapha Dosha. Hence, dry fried cumin can be readily given to Kapha persons. If you wish to enhance the taste of cumin, then you can administer along with honey. Of all the liquids for Kapha balance, honey is said to be the best. [Read related: Honey benefits](#)

13. Does Ayurveda recommend detox procedures on a daily basis?

Ayurveda recommends timely removal of toxins that build up in the body, through different detox procedures. Panchakarma is the major detox therapy, but not possible to practise on daily basis as it is a major and time-consuming procedure which requires pre procedures. Also, there are minor therapies which can be administered without any pre-procedures and they don't require much time as compared to major procedures. On daily basis Ayurveda recommends those minor detox procedures.

Two methods of detox:

1. Panchakarma: Panchakarma is administered at a massive scale. Expulsion of toxins from the body through oral, nasal and anal route, by therapeutically induced vomiting, purgation, nasal discharge and enema.

2. Daily expulsion of toxins: There are mini therapies, that do this

kind of expulsion happening in minor forms as well. These minor expulsions are planned right throughout the day, as part of Dinacharya. For example, Tooth brushing – Especially with herbal tooth powders.

Once a week - Rasanjana – applying aqueous extract of Daru Haridra – Berberis aristata – is used for applying to induce secretions – Sravanartha.

Oil pulling – It is done till there is secretion through eyes and nose. It is also done after oil massage on face and mild steam.

Read related: 1. [Oil pulling as per Ayurveda](#)
2. [Ayurvedic tooth brushing and tongue cleaning](#)

14. Ashwagandha lehyam – veg and non veg versions – what are the benefits?

Ashwagandha lehyam has only veg version. But some pharmaceutical companies label Ajashwagandhadi lehyam (contains non-veg ingredient – got meat) as Ashwagandha lehyam. And this is the reason why people have a false notion that Ashwagandha lehyam has non-veg variety.

Assuming you are not diabetic, benefits of Ashwagandha lehyam are -
Increase strength and energy,
Improve skin complexion,
Improves muscle power and vigor,
Improves sleep, reduces stress and anxiety,
It may cause constipation or diarrhea in some people.
Always consult an Ayurveda doctor before taking this or any other products.

Read more about Ashwagandha lehyam:

Vegetarian version here -

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

Non veg version here -

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

15. I see some references of non veg in Ayurvedic text books. Is Ayurveda against vegans / vegetarians?

I, myself am a vegetarian.

Ayurveda offers a concept called Satmya - congeniality. If someone is a vegan by choice, Ayurveda recommends him / her to continue in the same path. Likewise, if someone is a non-vegetarian, then it is very fine for him to continue in that path.

Ayurveda offers personalized advice, based on patient's preferences. Also, in every context, alternatives are mentioned for every formulation. It is very possible to adopt Ayurvedic principles into one's principles, being a strict vegan. So, Ayurveda is definitely not against vegans or vegetarians.

Read related:

<https://easyayurveda.com/2010/07/15/is-ayurveda-totally-vegetarian/>

16. Why Shatadhauta ghrita – 100 times washed ghee is not advised for oral consumption?

Shatadhauta ghrita or 100 times washed ghee is used for external application to relieve burning sensation, excess bleeding etc. It is prepared by washing ghee with water for 100 times and filtering the end product. However, even with strict filtering, the end product will have some amount of water in it. Hence, it is a mix of ghee and water. It is not suitable for consumption because it can severely affect the digestive fire – because cold water and oiliness is not an ideal combination. It can clog the channels, decrease digestion and metabolism.

Read more details about this wonderful ghee product:

<https://easyayurveda.com/2012/03/06/how-to-use-ghee-for-skin-care-a-simple-ayurveda-method/amp/>

17. Can you give some advice for milk substitutes for vegans? Plant based milks are processed and not healthy. So, what do we recommend instead?

There is a big misconception that vegan milk substitute should be like milk, for example soya milk. But it need not be. Because a substitute should be similar in terms of qualities, but not the appearance. As per Ayurveda, milk is a coolant. So, any coolant drink can be a substitute for milk, such as sugarcane juice, grape juice etc. As regards to calcium-spinach greens, sesame, pulses are good sources and can be used as substitutes.

Another angle to think about is, vegans need not necessarily think about milk or its equivalents at all. They are vegans, so they should be concentrating more on getting all the nutrition the body needs, in the limited vegan choices.

So, finding a substitute for milk is not important, instead consuming the diet which contain the same nutrients which milk contains too is necessary.

So, they should be consuming calcium or coolants on a daily basis correct?

Depends on their body and their nutritional needs. For example, people with Kapha body type do not need any coolant or calcium. Their bones are naturally strong and are naturally cold dominant. Whereas pitta person is naturally hot and needs a coolant like milk, every day.

Read - How to turn to vegetarian in a healthy way –

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

18. What are the benefits of mixing ashwagandha churna with milk?

Ashwagandha has pungent taste and hot potency; it undergoes pungent taste conversion after digestion. That is why some people feel constipated / hyper-acidic with Ashwagandha. Also, some people feel a little burning sensation. So, consuming Ashwagandha along with milk, which is a natural coolant nullifies the heat of Ashwagandha.

Traditionally, there are many references of Ashwagandha and milk, being used together, for example, Ashwagandha ghrita, mentioned Bhaishajya Ratnavali.

People with anxiety may feel excessive random thoughts with Ashwagandha. Milk has a cooling and soothing effect both on body and mind and it nullifies this unwanted effect of Ashwagandha.

Read related:

Ashwagandha benefits

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

Cow milk benefits

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

19. How ethical is it to use bhang for medicinal purposes?

No substance in the universe should be considered unethical, unless it is used for recreational purposes. There is no substance in the universe, that cannot be used as medicine. Any substance can be used as medicine if the doctor uses it with logic. For this reason, we see lot of non-veg, narcotic and poisonous substances used in Ayurveda as medicine. Hence, from a strict medical point of view, Ayurveda recommends using marijuana in specific doses to treat specific conditions, for specific amounts of time periods. Even in spiritual view, we should not depend on external stimuli in the form of marijuana

In India, it is illegal to use, possess or sell marijuana. Still, it is used in some Indian festivals. Many people get caught doing these things every day. But it is being legalized in many states in USA.

Medically, Marijuana is being proved to be very useful in the treatments of multiple sclerosis, Parkinson's diseases etc. In Ayurveda also, there are many medicines with it as ingredient, like Madanakameshwari lehya, used as aphrodisiac, Sarpagandha vati, used for treating insomnia etc.

It is very true that medical use of Marijuana is very beneficial. But just because Marijuana is being made legal, it should not be understood that everyone can use it without any side effects. Alcohol and smoking are also legal. But they have repercussions on our health.

When it comes to ethical reasoning, it is best to ask ourselves –
Will we give Marijuana to our children?

No, if they want to use it for recreational purposes,

Yes, for a short period of time, if they have disease in which Marijuana can be very useful to treat better than any other medicine.

In some parts of India, spiritual masters take Marijuana to feel high and feel happy.

It is still unethical to do it. Spiritual bliss should come from within and not from an external source. Anyone can smoke it and feel high, but that temporary elation coming from an external source should not be the reason for happiness. But happiness should come from the inner source of eternal energy, what we call as God.

Read related: Bhang, Marijuana benefits

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

20. What is your opinion on instant cooking with instant pots?

According to science, cooking with instant pot is not said to be unhealthy, but some studies suggest that instant cooking fails to preserve nutrients in food.

The pressure, temperature etc. can be controlled in instant pot accurately and the food can be cooked well. It can be suitable for Indian cooking, if we figure out cooking Idli, rice etc. with trial-and-error method.

I might sound like ultra-conservative old man here, but traditional Ayurveda believes in non-instant slow, gradual cooking. The nutrients from the raw material should be converted into the nourishing final

product in a slow manner. Only then all the phyto-chemicals, nutrients are preserved, enhanced and fortified.

Best analogy to understand this concept can be - the bathing water heated in traditional big handi (vessel) versus the bathing water heated in modern geyser.

The feel of the water on the skin itself is different, as yourself might have experienced.

But we live in a fast world and there will be some compromise to be made. Hence, it is fine to use Instant pot, once a while, when we are really busy. I would not recommend it for daily usage.

We had non-stick coating pans everywhere in India and research has found out that it causes severe thyroid issues. Even sofas, carpets are also linked to thyroid problems.

Source -<https://www.theguardian.com/science/2010/jan/21/sofas-carpets-pans-thyroid-disease>

More than a third of Indians are affected with thyroid anomalies.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3169866/>

I do not know what kind of a new pandora's box of diseases, this instant pot is!!!

21. A book on Ayurvedic herbs says that dry ginger is hotter and drier than fresh. I'm trying to better understand when to use each one. Are you able to help answer this difference of opinion?

Dry ginger loses the moisture and becomes more concentrated. Hence it is hotter than wet ginger. But dry ginger doesn't have dry (ruksha) quality, but wet ginger is dry.

Regarding dryness vs oiliness, to get an authentic statement we need to go with what Shastra (Ancient treatises) says, rather than relying on any

modern books.

Bhavaprakasha - Haritakyadi Varga

ārdrikā bhedinī gurvī tīkṣṇoṣṇā dīpanī matā |

kaṭukā madhurā pāke rūkṣā vātakaphāpahā |

Ardra - wet ginger is told as ruksha (in the second line) - dryness.

Bhavaprakasha - Haritakyadi Varga chapter

śuṅṭhī rucyāmavātaghnī pācanī kaṭukā laghuḥ |

snigdhoṣṇā madhurā pāke kaphavātavibandhanut ||42||

First word of second line - Snigdha - unctuous.

Read related - Snigdha - unctuous quality properties and action

<https://easyayurveda.com/2019/04/13/unctuousness-snigdha/>

Qualities and benefits of dry ginger:

So, dry ginger has unctuousness (oiliness). Because of this unctuousness quality, associated with hotness, the hotness of dry ginger lasts for a longer period of time (Consider fire, with oil as fuel, it burns longer). This is the reason; it can act in deeper tissues.

It balances Vata and Kapha

Promotes digestion, aphrodisiac, cardio-tonic, palatable, relieves anorexia, light to digest, relieves swelling, helps to absorb excess moisture especially in intestines.

Qualities and benefits of wet ginger:

It balances Kapha and Vata

It is appetiser, improves voice, relieves constipation, relieves bloating, relieves abdominal colic pain, cleanses and clears tongue, relieves vomiting and hiccups.

Hotness of fresh ginger is limited for a short period of time. Because the fire in it is very dry. There is no oiliness. Hence, it acts locally on the stomach and intestine level fire (jataragni).

Read more about ginger benefits here:

<https://easyayurveda.com/2014/12/20/ginger-benefits-research-home-remedies-side-effects/>

22. Can oil nasya with Anu taila or Shad bindu taila cure sinusitis?

Nasya can be an effective remedy for diseases of head and neck; like headache, sinusitis, migraine, diseases of eye, ear, nose, throat, teeth etc. Definitely, Nasya is said to be beneficial in sinusitis. But nasya should be administered only under a doctor's supervision. The type of sinusitis, medicine for nasya, duration of the treatment etc. will be decided only by a doctor.

Sinusitis can be best understood as a condition of Kapha clogging the sinuses and respiratory channels. Please remember that oiliness with hotness is useful to open up the body channels. Oiliness with coldness closes the body channels. Imagine ghee or coconut oil, which solidifies during winter.

So, during winter, raining days, cloudy days, if nasya is done with the said oil, it might not be useful in relieving sinusitis.

But nasya is done on sunny days, when sky is clear without clouds and rain, then it is useful.

Nasya followed by herbal smoking therapy with neem, turmeric etc. herbs is especially useful for sinusitis.

Result of Nasya treatment in sinusitis depends on severity of the disease, medicine used, time of administration etc. So, cure of sinusitis

by Nasya with Anu taila or Shad bindu taila is unpredictable. But it definitely helps to improve the condition. Other therapies or oral Ayurvedic medicines might be required for effective sinusitis management.

Read more about nasya procedure here

<https://easyayurveda.com/2016/04/20/nasya-karma-types-benefits-contraindications/>

Herbal smoking benefits and blends here -

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

Anu taila benefits here

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

23. During childhood, Kapha is naturally dominant. Oil massage can increase Kapha and decreases Vata Dosha. Still why children should be massaged with oil?

Children are predominant of Kapha dosha and that doesn't mean they necessarily have aggravation of Kapha dosha all the time. In aggravated Kapha condition, oil massage is not indicated, as it increases oiliness and heaviness of body and in turn increases Kapha. But in children, as they are predominant of Kapha and not aggravation, oil massage is still required. But when there is Kapha is aggravated in children, oil massage can be avoided so that further vitiation doesn't take place.

Read more about baby oil -

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

Children grow very rapidly. Most part of our growth happens in our childhood. Children are also more physically active throughout the day. Hence, they may have muscle, tendon, ligament and joint pains. To avoid this, oil massage is very useful with Mahanarayana taila.

Read more about Mahanarayana oil:

<https://ayurvedinfo.com/2012/06/14/mahanarayan-oil/>

When the child is suffering with cold, cough and fever, it is not ideal to do oil massage as it increases Kapha Dosha.

But in healthy children, nature has made Kapha dominant during childhood; so that while the child is growing up, all his body tissues are made sturdy and strong. Oil massage helps to improve strength and bulk of the body. Hence, massage is useful with Bala Ashwagandhadi taila.

Read more about Balashwagandhadi oil:

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

24. Can dry fruits like Khajoor (dates), Pista etc. be eaten after lunch and dinner?

Requirement of eating of dry fruits like Khajoor, Pista etc. after lunch and dinner depends on purpose of eating. Ayurveda recommends eating sweet tasting foods and ingredients as first part of food. Hence, it makes sense to have dry fruits just before lunch and dinner. However, eating dry fruits after food can cause weight gain. This is similar to weight gaining effect of water drunk after meals. If your intention is to gain weight, then it can be had after lunch / dinner.

If the very spicy food is consumed, then Khajoor, being coolant can be had at the end part of dinner. This is similar to consuming milk after spicy food, which is allowed as per

Read related: Khajoor benefits:

<https://easyayurveda.com/2017/10/04/khajoor-date-palm-phoenix-sylvestris/>

25. After how many hours of cooking is the food called stale according to Ayurveda?

Ayurveda has no direct reference of stale food, as there is no concept of left overs. Stale food can be considered to be Tamasic in nature. Foods that are prepared one yama before (3 hours before) are also considered as Tamasic. That indicates eating of food which is prepared hours before is not at all indicated. As per Ayurveda, food should be freshly made, served hot and should not be re-heated. Hence, it is best to have food within 2 hours after preparing it.

Sri Krishna in Srimad Bhagavatgeeta has mentioned tamasic food qualities as -

Gatarasa – Foods that have lost their original natural taste (due to time, because of over cooking, half baking, with improper ingredients, under cooking etc.),

Pooti – foods that have bad odour,

Paryushita – decomposed food,

Ucchishta – remnants of food eaten by others

Reference:

<https://easyayurveda.com/2017/10/09/foods-sattva-rajas-tamas/>

Read related:

Healthy Ayurvedic eating rules -

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

26. Can amla be taken for weight gain? How to take amla for weight gain?

Yes, amla can be taken for weight gain. But selection of suitable adjuvant is very important. Amla can be taken along with a teaspoon of ghee or coconut oil for weight gain. Coconut oil is coolant, so is Amla. Hence, it is best to add ginger to this combination.

One teaspoon of Amla along with half a teaspoon of ginger and one teaspoon of coconut oil – mix these three up. Make a paste, swallow with lukewarm water, once or twice a day, can be taken for improving weight. This combination is not suitable for people with cold, cough, asthma and allergic rhinitis.

Read about coconut oil benefits:

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

Amla with ghee

If amla powder is to be consumed, a teaspoon of it is mixed with a teaspoon of ghee and gulped with a cup of lukewarm water. If amla fruit is consumed for weight gain, then a teaspoon of ghee is consumed after eating amla, then a cup of hot water is drunk.

If it is taken along with honey, then it does not cause weight gain.

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

27. You have spoken about ghee mixed with water not being good for digestion. Should we never cook food in ghee?

Ghee mixed with water is definitely not good for digestion. But it doesn't mean that food should not be cooked with ghee. As I have mentioned before Shatadhauta ghrita - 100 times washed ghee should not be used

for oral consumption. Because remnant water molecules present in ghee even after filtering, can spoil the ghee, hence not ideal for oral consumption.

In many foods, including liquid foods like Payasam, Panchagavya, Panchamrita etc. ghee is administered along with other liquids like milk, curd etc.

In Ganji the semi solid cooked rice, it is a common practice in Karnataka to mix a teaspoon of ghee and salt and consume it with pickle.

It has become a fad now-a-days to add a teaspoon of ghee to a cup of coffee. This is well known to decrease the stomach irritation effect of coffee, since the ghee has stomach calming effect. Adding ghee to coffee didn't reduce the "kick" or stimulation that we get from coffee, as ghee has Samskarasya anuvartana property. Meaning, it stays neutral when used with other ingredients and does not meddle with health benefits.

In Ayurvedic medicines also, ghee is used as a co-drink with many liquid foods. For example, for Vata - Pitta imbalance disorder such as gastritis, a kashaya like

Indukanta kashaya can be administered with half a teaspoon of ghee.

In all above instances, if you have noticed, the amount of ghee is very less, compared to the other liquid ingredients. If the liquid proportion is very high and ghee quantity is very less, it is very fine to mix ghee with the liquid foods.

Ghee is advised along with warm water. Hence, it really helps in digestion of the ghee if mixed with warm liquids (such as hot rasam), just before administration.

It is also advised not to keep the liquid + ghee mix for a very long period of time.

Usually, in above instances, the ghee is mixed with the liquid food and it is served hot and immediately. For example, if you are preparing a kheer with ghee in it, better to make it fresh and serve hot.

This practice does not cause any problem to digestion and thus, it does not cause any health issues. Also, there are so many references, where many medicinal substances are advised to be fried with ghee for purification purpose. This is a great suggestion that food can be cooked with ghee.

Read full list of ghee benefits, side effects and contra indications:

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

28. What are the benefits of garlic tea?

Garlic tea contains all the benefits of garlic. Garlic is cleansing, cardiac tonic, digestive, good for eyes, improves hair strength and quality, useful in cough, asthma etc., anti-bloating. Also balances Vata dosha, relieves abdominal colic pain, improves digestion strength, relieves body ache and useful to reduce bad cholesterol. The best way to prepare a simple tea out of garlic is useful to reduce bad cholesterol. The best way to prepare a simple tea out of garlic is – take 3 garlic pearls, add it to 1 cup of water, boil it for 2 minutes, filter. To add taste, you can add a little bit of cardamom and cumin seeds to it. Read how to prepare traditional herbal teas:

<https://easyayurveda.com/2011/12/15/what-is-kashayam-how-to-make-kashayam/>

Read – Garlic benefits:

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

29. In your video course, it's explained how the dosha influences life expectancy etc. I was wondering how it could be that the Kapha life expectancy is the longest, while they are more likely to develop sedentary diseases (which often result in earlier deaths). Is this superior life expectancy only when Kapha is properly balanced?

Answer:

That's keen observation!!!

Your statement - "Kapha persons are more likely to develop sedentary diseases" - cannot be considered right. Even though sedentary diseases are due to Kapha dosha, it cannot be attributed to Kapha prakruti (Kapha nature), who will be having healthy Kapha. Because persons

dosha predominance is predicted based on healthy dosha and not aggravated /vitiated dosha. So, if a person has Kapha predominance, doesn't mean that he has defective Kapha. If a person is said to be Kapha person, it is formed at the time of development of the fetus. This non-pathological increase of dosha in an individual remains constant throughout his life.

Physical strength:

Kapha persons have naturally strong body tissue. Because of this reason, their immunity is the best. It is told - Prakritastu Balam Shleshma - 'healthy' Kapha itself is the immunity of a person (Bala). Hence, immunity of the person is more in Kapha person. Definitely, person with good immunity is less prone to get diseases.

Vata person has weaker Dhatus (tissues) and Pitta person's Dhatus are of moderate strength. So, they are more likely to get diseases as compared to Kapha persons.

Read related - Immunity in Ayurveda:

<https://www.easyayurveda.com/2018/09/06/immunity-in-ayurveda/>

_Kapha in the body gives support and strength to chest organs - heart and lungs. Kapha supports the joints by cushioning effect. Kapha makes the persons bones strong.

Mental stability:

Vata person changes his decisions frequently and worries a lot.

Pitta person can succumb to anger.

But Kapha person is naturally calm and composed and makes well calculated moves. Hence, he is less prone to stress and anxiety.

Pathology - sedentary -

Chances of occurrence of disease with mild exposure to respective dosha factor lies with all the three. Vata person walks long to get arthritis, Pitta person eats spices to get gastritis and Kapha person is prone to become obese due to sedentary lifestyle. For this reason itself, each body type person needs to take care so as to keep their dominant dosha under check.

Conclusion:

When all things considered, Kapha makes the person to live longer.

Take up Dr Hebbar's Prakriti - Dosha type video course and learn it with complete references from Master Sushruta, Charaka and Vagbhata:

<https://www.udemy.com/course/ayurveda-prakriti-body-type-know-your-dosha-analysis-advice/?referralCode=41D7C79C97C2761C2E53>

30. Can the sugar of Chyawanprash be substituted with jaggery (sweet molasses)?

During preparation of every Ayurvedic medicine, selection of ingredients is based on certain logic. No ingredient is blindly used. There is specific reason for selection of each and every ingredient. If an ingredient is not available, specific substitutes are also mentioned by the Acharyas.

The two main references of Chyawanprash, both in Charaka Samhita and Sharangdhara samhita explain to use sugar candy - Sita in Chyawanprash.

It is unprocessed and no-chemical sugar. Some form of it is available in the market, even today. Sugar candy is relatively easier to digest and is used in many cough and respiratory diseases as a soothing agent. For example, famous Ayurvedic medicines for cold, cough - [Sitopaladi churna](#) and [Talisadi churna](#) contain sugar candy as ingredient.

Good thing about jaggery is, it is prepared with natural methods. The problem with jaggery is, it is very heavier to digest when compared to sugar candy and it can increase Kapha Dosha. [Read detailed benefits of jaggery](#)

So, jaggery is not usually recommended when a person is having cold and cough.

Out of all the benefits of Chyawanprash, its benefits on respiratory symptoms are the most important. Because of Kapha increasing property of Jaggery, it is not a very good choice. But you can choose jaggery over chemical processed sugar, if the jaggery is of better quality.

Read full benefits of Chyawanprash here:

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

31. Is Yogaraja guggulu helpful in disc prolapse?

Yogaraja guggulu is a very famous Ayurvedic medicine in tablet form. It is mentioned in Amavata rogadhikara chapter of Bhaishajya Ratnavali. It is widely used in the Ayurvedic treatment of various types of arthritis.

Yogaraja guggulu is used frequently in the treatment of lumbar and cervical spondylosis. Herbs such as Amla and ghee, has some amount of cell and disc tissue regeneration property. With anti-inflammatory and analgesic herbs such as Rasna, Tribulus, Guggulu, it relieves pain. It acts more like a pain reliever than disc rejuvenation medicine in this case. It is one of the commonly co-prescribed medicine in cases of disc prolapse.

Read related - Back pain relief tips:

<https://easyayurveda.com/2010/05/05/back-pain-relief-tips-how-to-strengthen-lower-back/>

32. What's better for Vata disorders Ksheerabala thilam or Bala thilam?

External vs internal

Ksheera + bala + sesame oil – all are powerful Vata balancing herbs. Ksheerabala thailam is ayurvedic oil used in the treatment of Vata disorders causing neuro muscular pains, sciatica, spondylosis, paralysis etc.

Bala thailam is Ayurvedic oil used in the treatment of Vata diseases, vomiting, cough, cold, asthma, wound, emaciation etc.

Ksheerabala taila has only 3 ingredients; milk, Bala (Sida cordifolia) and sesame oil; whereas Bala taila has more than 50 ingredients.

33. Does different tendencies of all relative doshas make them classified to group of Rashis (constellations) in Jyotish?

The different Rashis told in Jyotish are based on the time of birth. But to ascertain one's Dosha Prakriti, time of birth, place of birth, mother's nutrition, parental genes etc. several factors are considered together. For the sake of analysing which persons tend to get which type of disorders at which probable times, both Astrology and Prakriti analysis are useful. But because Prakriti analysis involves multiple factors, I would rely more on Prakriti than astrology to ascertain disease probability. But both the sciences can be considered together to come to a conscience and a better preventive treatment strategy can be formed.

Read related - Use of Precious Gems (Ratnas) in Ayurveda:

<https://easyayurveda.com/2018/07/10/gems-ayurveda/>

34. Is it advisable to have imli (Tamarind) daily in food like Sambar and Rasam? Or is it only for specific seasonal climate? And why always it's advised not to take while taking Ayurvedic medicine?

Tamarind can be used in smaller quantities every day, like in sambar, rasam, chutney etc. It is told to be taken more during winter and rainy season. This is because during rainy season, Vata Dosha will be aggravated. Tamarind has sour and sweet taste in predominance, so it pacifies Vata Dosha. Its excess usage should be avoided during autumn season, as it can increase Pitta Dosha because of its taste and hot potency.

It can be consumed while taking most of the Ayurvedic medicines. Only in high Pitta disorders such as migraine, gastritis, acid peptic disorders etc., excessive use of Imli should be avoided.

Read more – tamarind uses:

<https://easyayurveda.com/2015/10/11/tamarind-imali-tamarindus-indica/>

35. Herbal pastes like Chyawanprash, Agastya Rasayana etc. contain candy sugar, ghee, jaggery etc. Won't they cause weight gain?

The purpose of sweetening agent in herbal pastes is to make it tasty, have added health benefits of candy to counter the excess heating effects of spices and herbs used in Chyawanprash etc. For example, Chyawanprash contains Dashamoola (group of 10 anti-inflammatory roots), long pepper, cinnamon, etc. which cause heat. Ghee is used in very small quantities, compared to the other ingredients. It is added just to dissolve fat soluble ingredients and to add those benefits to the herbal jam. The net effect of an herbal jam is caused mostly due to the herbal ingredients used in the jam. They are lead actors of the show. The ghee, oil, jaggery and candy sugar are there just as medium to carry these herbal principles to the right organs and systems and to counter the possible side effects.

For example:

Chyawanprash, Ashwagandha rasayana or Agasthya Haritaki Rasayana - a teaspoon or 2 per day does not cause weight gain or high cholesterol. Because in such small amount of lehyam, only minute quantity of sugar, ghee, jaggery etc. will be present.

Read more about Chyawanaprasam:

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

Read more about Agastya haritaki rasayana (used for respiratory care):

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

Ashwagandha rasayana for muscle strength and as gym supplement:

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

36. Can Ksheerabala 101 oil be given orally to relieve joint stiffness?

If Ksheerabala 101 is to be administered orally in case of joint stiffness, then reason for the stiffness must be found out first.

Joint stiffness can happen due to three main reasons:

1. Increased Kapha Dosha: Normal Kapha maintains stability and strength of the joints. Healthy Kapha keeps the joints well-tied and compact. But when Kapha is pathologically increased, it causes increased compactness of the joints, leading to stiffness.

2. Ama: Ama is the product of altered digestion and metabolism. When Ama develops, it can lead to weak digestion, joint swelling and stiffness. Rheumatoid arthritis is a condition with such Ama.

3. Later stages of osteo arthritis of knee: When the two bones come closer, it leads to difficulty and pain on the movement of joints. This condition is due to increase of Vata Dosha.

Ksheerabala 101 oil or capsule is administered orally to improve joint strength, to rejuvenate the bones, ligaments, tendons etc. It is useful in the 3rd instance, in severe cases of osteoarthritis, where Vata dosha will be the culprit of pathology. Here, Ksheerabala oil controls Vata Dosha very well.

But when Kapha is pathologically aggravated or in cases of Ama, if Ksheerabala is administered in higher dose, it can worsen the joint stiffness.

This is mainly due to the Kapha increasing effect of

1. Milk, because it is a coolant drink.
2. [**Bala - Sida cordifolia**](#) also has coolant property.

Read more about Ksheerabala 101 oil here:

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

But in some joint degeneration disorders with weak digestion, we may need to use Ksheerabala, albeit in low doses. In such circumstances, it is administered along with other anti-inflammatory medicines that are hot in nature, such as

[**Yogaraja Guggulu**](#),

[Trayodashanga guggulu](#) etc.

37. Can Chyawanprash be taken by a person with gall bladder stones?

Chyawanprash contains many ingredients that are useful in gall stones.

Dashamoola - useful in relieving the gall bladder inflammation.

[Pippali - Long pepper](#) - useful to liquefy gall bladder secretions.

[Pushkaramoola - Inula racemosa](#) - very effective in relieving colic pain.

[Gokshura – Tribulus terrestris](#)- useful to reduce the size of stones.

It does not mean to say that Chyawanprash can cure all gall stones. It just means that Chyawanprash can be taken by gall bladder stone patients.

Read more about gall bladder remedies with Bottle gourd:

<https://easyayurveda.com/2017/02/24/bottle-gourd-remedies/>

With Kokilaksha:

<https://easyayurveda.com/2017/09/11/kokilaksh-astercantha-longifolia-remedies/>

38. Under what circumstances Triphala can be administered with licorice?

In Ancient Ayurvedic textbooks, we cannot find any contraindication in administering triphala and licorice together. Therefore, according to physician's logic they both can be administered together wherever necessary. Triphala and licorice complement each other very well. When they are used together, they fill the mutual void.

They are useful together,

- a. To target common organs of both the herbs, more efficiently - eyes, hair, stomach, intestines, heart, cholesterol, anti-aging rejuvenation.
- b. To counter slightly hot net effect of triphala with coldness of yashtimadhu.

- c. Licorice is told as unctuous by Bhavaprakasha. Net effect of triphala is slightly drying, mainly due to astringent taste of Triphala.
- d. Triphala is tridosahara, more targeted on Kapha and Pitta. Licorice being sweet, brings in the Vatahara effect to the equation.
- e. Triphala with licorice is especially good for eyes. These two, along with [Iron calx \(Loha bhasma\)](#), honey and ghee are made into a medicine called [Saptamrita lauha](#), which is used for the treatment of a variety of eye disorders.

39. I get heavy periods if I consume hot water during periods time. Why?

While describing the effect of hot water on doshas, it is said that hot water calms Vata and Kapha, while it elevates Pitta. And intake of hot water is not suitable for Pitta conditions. Hot water can stimulate blood flow. If you suffer with excess periods and if you are able to reason it to hot water, it is best to avoid hot water or excess consumption of spices during periods.

In Ayurveda terms, Vata and Pitta Dosha are responsible for the menstruation process. Hot water can increase Pitta Dosha, and in turn may cause heavy periods.

Read Hot water benefits and side effects:

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

40. How Amla Can Be Useful in Diabetes?

Amla is one of the best anti-aging herbs of Ayurveda. Amla has anti-hyperglycemic property. It has been used individually and also as a part of anti-diabetic formulations in the treatment and prevention of diabetes. Diabetes is marked with increased tissue degeneration process. Weakened body tissues gain strength with the use of Amla. Diabetics who have gastritis regularly along with indigestion, can use Amla which will provide good relief. Majority of the body tissues are involved in causation of diabetes. Amla strengthens the tissues and provides strength and energy.

Famous Ayurvedic powder combination of amla and turmeric, together, called Nishamalaki Churna is very useful in pre-diabetes and diabetic blood sugar control.

For any diabetic patient, it is a healthy habit to include a bit of amla in the form of pickles, or having raw fruit or its powder in a dose of 1 - 2 teaspoons per day.

Other formulations useful in diabetes which contain Amla are: Chyawanaprasha, Brahmarasayana, Mehari choorna, Amalaki Rasayana and Triphala choorna.

Read in detail:

[How Amla is useful in diabetes](#)

41. According to your article, millets are dry in nature then how Vata type person can take benefits from them?

Millets are not very ideal for a Vata dosha person. A Vata dosha person will be weak, thin and lacks strength. For him, high nutrition diet with proteins, fats and carbohydrates is ideal. However, if a Vata person desires to take millets, then millets can be fried in small quantities of cooking oil or can be taken along with a little ghee, to counter Vata Dosha. Most of the cooking oils such as olive oil, coconut oil, sesame oil, sunflower oil decrease Vata Dosha. Ghee is also very beneficial in balancing Vata and Pitta Dosha together. Hence, processing millets with them helps to counter the Vata aggravation effect of millets. This is the way to neutralize Vata aggravating effect of any food or medicine.

Read related:

General benefits and types of millets -

<https://easyayurveda.com/2019/11/14/millets/>

Kodo Millet - <https://easyayurveda.com/2019/11/21/kodo-millet/>

Adley millet - <https://easyayurveda.com/2017/12/27/adlay-millet-coix-lacryma-jobi-jobs-tears/>

Sorghum or Jowar - <https://easyayurveda.com/2019/11/29/sorghum-jowar/>

42. Why is jaggery (gur) healthier than sugar?

Jaggery and sugar, both have their own benefits. But jaggery is considered to be healthier than sugar because of difference in their manufacturing process.

Jaggery is healthier than sugar because unlike sugar, jaggery is made with natural processes without chemicals. (Of course, some low quality jaggeries are sold in the market which are processed with chemicals.)

Jaggery can be used as replacement for sugar in coffee, tea and fruit juices. It entirely changes the consistency and taste of the beverage for the better. Rather than comparing it with sugar, it is better to compare it with candy sugar (Mishri, Khadi sakhar), which is unprocessed version of sugar.

Jaggery can increase Kapha Dosha, hence not very ideal during cold, cough, asthma, bronchitis whereas candy sugar is fine to take during cold and cough. Jaggery is heavy to digest, hence not ideal when a person's digestion strength is weak. Whereas, sugar candy is relatively easier to digest.

Read about Jaggery:

[**Jaggery \(Gur\) Health Benefits, Usage, Side Effects - Full Ayurveda Details**](#)

Read about Rock candy:

[**Rock Candy \(Mishri, Khadi Sakhar\) Uses, Remedies, Side Effects**](#)

43. The "Pechoti" is behind the navel, which has more than 72,000 veins. The total amount of blood vessels we have in our body is equal to double the circumference of the earth.

We knew that to lower the temperature to the babies, we put a cotton swab with alcohol in the navel, now we know that with oil, it's better.

Applying oil in the navel heals the dryness of the eyes, poor view, the pancreas, the heels, and chapped lips, keeps the face bright, the hair healthier, for knee pain, the chills, lethargy, pain in the joints and dry skin.

- . Apply Neem Oil in your belly button - to get rid of stubborn pimples and acne.

- . Apply Almond Oil in your belly button- to help achieve a glowing face.

- . Apply Mustard Oil in your belly button - to get rid of dry, chapped lips. Will also keep your intestines moving to remove harmful bacteria but keep the good. Actually, works as a mild detox.

- . Apply olive oil or coconut oil - to improve your fertility.

Keep alcohol dipped cotton on your belly button - to cure a cold, flu and a running nose. When a baby has stomach pain, we put a few drops directly in the navel and we give the massage around the navel a few minutes, the pain is cured. Oil works the same way.

Keep brandy-soaked cotton ball on your belly button - to ease menstrual pain and cramps.

Sesame Oil is used for all types of joint pains. It is also known to strengthen bones. Many parents use in their children every night at bedtime.

Use an equal amount of mustard oil and ginger oil for upset stomach, bloating, nausea and digestive problems.

Using warm ghee improves blood flow to the nervous system and also enhances the immunity system. It cures constipation and builds a strong digestive system. It gives relief from joint pain.

Thyme oil is anti-spasmodic, it helps relax your arteries and veins, lowering blood pressure and stress to your heart. It may also help

strengthen and tone your heart muscles.

As a diuretic, Thyme oil may help your body to remove excess water, salt and toxins, helping with weight, blood pressure, digestion and more.

Thyme oil is an expectorant, which means it can help remove mucus from your airways and lungs. Thyme oil is approved by Germany's Commission E in the treatment of bronchitis, whooping cough and upper respiratory inflammation.

Remember Thyme oil is a powerful compound and should not be used directly on your skin, as this can cause sensitization and irritation. It must first be diluted with a carrier oil (like olive oil, coconut oil or almond oil)

Thymus Vulgaris essential oil 100% pure therapeutic grade is what you look for.

*** FOR KNEE PAIN ***

At night before bed, put 3 drops of Castor oil in your navel and spread it 1 and a half inches around your navel.

*** FOR TREMORS AND LETHARGY, PAIN RELIEF IN YOUR JOINTS AND DRY SKIN***

At night before bed, put 3 drops of mustard oil in your navel and spread it 1 and a half inches around your navel.

WHY PUT OIL IN AND AROUND YOUR BELLY BUTTON?

Your Navel can detect which veins have dried up and by putting oil, those nerves open them.

You can keep a small drip jar with the oil required next to your bed and place a few drops in your navel before going to sleep. This will make it convenient to pour and avoid accidental spills.

Answer:

Hi, there is some truth in what they have written.

The effect of the oil or liquid applied over umbilicus mimics the effect that it has if used for cooking, consumed orally or used as essential oil.

Do they work? Yes. But to how much extent?

Ayurveda believes in nearest route theory -

Wherever Dosha is aggravated, remove them or palliate them from the nearest route.

For example, if there is sinusitis or blockage, rather than nabhi lepa of some camphor, go for nasya karma - nasal drop.

If there is knee pain, apply a pain-relieving oil like Kottamchukkadi taila over the knee, then trying to reach knee through umbilicus. Of course, umbilicus is connected with so many Nadis. But the skin on the knee is directly connected to knee nerves.

Similarly, Ear Pain - ear drops.

The Nabhi liquid application is useful when there are abdominal complaints, cramps etc. especially in infants, where the choice of oral use of medicine is limited. It is also useful in bladder issues, bloating etc. lower abdominal issues. This is again with the theory of approach by the nearest route.

44. What are some unhealthy foods to avoid for dinner?

Generally during sleep, we require less energy, if we eat in large quantities at night, most of the energy produced out of the food is stored in the body, causing fat deposition and weight gain. Hence modern science also recommends one to follow light diet Light night food is highly recommended both by Ayurveda and by the modern science.

Obviously unhealthy foods like oily food, sweets, chocolates, heavy-to-digest food, non-vegetarian food, cold or frozen food, ice creams, food in large quantity, curd, junk foods, aerated drinks, sodas, excess alcohol, drugs etc. are not a good thing to have for dinner.

If these foods are taken, it increases Kapha leading to complications such as running nose in the morning, worsening of cough and cold, allergies, excessive weight gain, excessive salivation in the morning, worsening of vomiting, indigestion etc.

As per Ayurveda, the first part of night, 8 pm onward is dominated by Kapha Dosha. Taking excess sweets, heavy-to-digest foods, heavy non veg foods is not very ideal, as they increase Kapha.

What does Kapha increase mean?

Increases in Kapha dosha causes excess sleepiness, lethargy, weight gain, worsening of cold, cough, asthma, weakens digestion strength on the long run.

Related:

Night food is very important. Watch what you eat at night:

<https://easyayurveda.com/2010/08/20/night-food-is-very-important-watch-what-you-eat-at-night/>

Day Food Vs Night Food – Impact on Health as per Ayurveda:

<https://easyayurveda.com/2018/01/25/day-food-night-food/>

The effect of these Kapha increasing food will be reduced if one keeps a gap of at least 2 hours between dinner and sleep. But then again, Ayurveda recommends within the Kapha time, that is 11 pm.

As per Ayurveda curd is also not ideal to have at night, as it can cause increase of Pitta and Kapha together.

Read here curd consumption at night? Can you take curd at night? –

<https://easyayurveda.com/2009/08/12/curd-consumption-at-night/>

If all these are sound too strict, keep in mind of just one rule - Keep the dinner 'light', so that your stomach and the whole body feels light.

45. Doesn't masturbation lead to loss of dhatus? I had an over masturbation habit.

This is true. Frequent masturbation may lead to decrease in semen volume and there will be slight decrease in sperm count. But frequent masturbation doesn't affect the sperm quality. Optimum semen quality occurs after two to three days of no ejaculation. Dhatus can be

transformed as tissues and tissue into strength of the body. But over a period of time, the lost dhatus will be recovered. This is because the process of nutrition supply to dhatu is a continuous process. So, there is no need to worry about the lost dhatus due to over masturbation done in past.

In fact, excess worrying, anxiety etc. can also lead to low quality nutrition fluid formation (Rasa dhatu) in the digestive system and blood; this can in turn lead to loss of Dhatus.

Read related:

<https://www.naturalsexpower.com/2016/07/18/masturbation-advice-based-on-the-individual/>

46. Chyawanprash for Corona prevention

Can Chyawanprash prevent or cure Corona Virus?

It is very difficult to make such a big claim without proper scientific studies. To predict the role of Chyawanprash in prevention or cure of Corona, it requires proper research with well-designed clinical evaluation and systematic research reviews.

Chyawanprash has potent rejuvenating and immune boosting properties ([research](#)), hence it is useful to promote immunity against many viral infections. So, theoretically it can be said that taking Chyawanprash regularly can help with immunity. It is a common practice to take Chyawanprash when there is a threat of any communicable disease, especially involving fever, cold, cough and respiratory symptoms.

To improve immunity, Chyawanprash can be taken in a dose of 1 – 2 teaspoons once or twice a day along with water or milk.

Chyawanprash might not be able to cure Coronavirus. But definitely it helps in improving immunity power and hence useful to control fever, cold, cough, sneezing and headache caused due to viral infection.

46. Can cow urine be used for Corona Prevention?

Role of cow urine in the prevention of corona, can authentically claimed only after systematic research. But by analyzing the medicinal properties

and understanding the pathology of corona, logically some statements can be given.

Cow urine, if used properly, primarily balances Kapha Dosha. Coronavirus infection is primarily a Kapha disorder. Hence there is some correlation. But Cow urine can increase Pitta and not ideal when the patient develops Pitta symptoms. Cow urine is not tolerated by all.

Read the precautions and contra indications below.

Even if you decide to try it, do not drink excessively. It will cause complications. Drink only 3 - 5 ml per day, after consulting your Ayurvedic doctor.

Read relate: [**CoronaVirus: Ayurvedic Analysis, Possible Prevention, Treatment Principles, Remedies**](#)

Cow urine therapy benefits -

<https://www.easyayurveda.com/2011/05/10/cow-urine-therapy-benefits-indication-and-contra-indications/>

47. Can Ashwagandha be taken for Addison's disease?

Addison's disease is a disorder of the hormonal system. It is caused due to failure of adrenal glands to produce normal amounts of cortisol and aldosterone hormones.

Though there is no definitive role of Ashwagandha established in curing the Addison's disease, it is very useful to improve many symptoms of the disease such as fatigue, muscle weakness, lack of strength, loss of appetite, weight loss, reduced sex drive etc. So, Ashwagandha can be taken for Addison's disease as a supportive medicine.

Read more about Ashwagandha here

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

48. Can you explain nasya procedure for daily practice, without complicating the matter?

Nasya Procedure for healthy people:

Nasya is, putting nasal drops into both nostrils. For a healthy person, 2 drops of sesame oil or Anu taila (An Ayurvedic formulation, readily available in any Ayurveda store) is suitable.

Before instilling nasal drops, take a few drops of sesame oil on to your palm and finger tips and do gentle face and neck massage for 2-3 minutes.

After this, you need to give some sort of heat treatment.

It can be

- exposing to early morning sunlight,
- gentle exercise to warm up the face,
- washing face with lukewarm water,
- gently heating a towel over a dosa pan and patting over face, avoiding eyes.

After that, put the oil - 2 drops each into both the nostrils. Spit out all secretions that may get collected in your mouth. This is preferably done on empty stomach, before tea/coffee, at least 30 minutes before bath, in the morning, after evacuating bowels.

If you get any doubts, if you have any underlying disease, please consult your Ayurveda doctor before taking up this nasya procedure.

If you do Jala Neti, then better to maintain a gap of 30 minutes between Jala neti and Nasya.

Read full details of Nasya procedure here:

<https://www.easyayurveda.com/2016/04/20/nasya-karma-types-benefits-contra-indications/>

49. What is the best time to consume ghee?

Ghee balances Pitta Dosha very well. Consider Pitta as fire element in the body. If we divide the day into three parts, afternoon is the time in

which Pitta is highly aggravated, because, temperature hits the maximum in the afternoon. Hence, ghee with lunch is the best time to take.

Taking ghee in the afternoon is ideal especially during summer and in autumn seasons. During summer, ghee is good to calm the excess afternoon heat. During autumn, Pitta is naturally highly aggravated. If someone has excessive stress, lack of sleep etc. symptoms, then it is best to take ghee both in the afternoon and evening. Evening is Vata time and ghee is also good to relieve Vata Dosha symptoms such as anxiety, excess thoughts, sleep disturbances etc.

Read full ghee details here:

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

50. You say that Amla / Triphala cannot be mixed with milk. But late Sri Rajiv Dixit and even many current Ayurveda experts say that it is fine to mix Amla with milk

Dr Hebbbar -

I request you to mix amla powder or paste with milk and see by yourself.

Questioner - I know you are talking about milk getting sour, but that does not mean how it will metabolise in our body; that is entirely different process.

Dr Hebbbar -

See, I hope you and I both agree that Master Charaka, who wrote Charaka Samhita, 2500 years ago is more competent authority on this subject than any other person of Ayurveda. Charaka Samhita, Sutrasthana 26th chapter, 84th Shloka (Sanskrit verse), it contains a long list of wrong food combinations. In it, Master Charaka says,

तथाऽऽमाम्नातकमातुलुङ्गनिकुचकरमर्दमोचदन्तशठबदरकोशाम्भव्यजाम्बवकपित्थ
तिन्तिडीक-

पारावताक्षोडपनसनालिकेरदाडिमामलकान्येवम्प्रकाराणिचान्यानिद्रव्याणिसर्वचाम्लंद्र
वमद्रवंचपयसासहविरुद्धम् ।

tathā"mrāmrātakamātuluṅganikucakaramardamocadantaśaṭhabadarakoś
āmrabhavyajāmbavakapitthatintiḍika-
pārāvataḥṣoḍapanasanālikeradāḍimāmalakānyevamprakārāṇi cānyāni
dravyāṇi sarvaṃ cāmlaṃ dravamadravaṃ ca payasā saha viruddham|

Milk with sour fruits amra – mango(Mangifera indica), Amrataka –
Spondias pinnata Kurz, Matulunga – Lemon variety – Citrus decumana /
Citrus limon Linn, Nikucha - Artocarpus Lakoocha Roxb, Karamarda -
Carisa Karandas Linn, Mocha - Salmalia malbarica Schett & Endl,
Dantashatha - Citrus medica Linn, Badara – Zizyphus jujuba, Koshamra
Bhavya - Dillenia indica Linn, Jambava - Syzygium cumini Skeels,
Kapittha - Feronia limonia, Tintidi - Tamarindus indica Linn, meat of
Paravata (Pigeon), Akshoda - Juglans regia Linn, Panasa (Jack fruit),
Narikela (Coconut), Dadima – Pomegranate, **Amalaka - Emblica
officinalis Gaerth**) and such other solid and liquid materials which are
sour in taste become mutually contradictory when taken with milk. I
hope you were able to spot **Amalaka**, after Dadima. Dadima is
pomegranate. Amalaka is Amla - Indian gooseberry. I love Rajiv Dixit
sir's work. I am a fan of him. But when there is clear cut reference in
the most authentic ancient Ayurvedic text book, we should value the
text book than any person.

51. Between Vata, Pitta and Kapha body types, who has the most fragile tissues?

Kapha person is the sturdiest. Pitta person is fragile when compared to Kapha person. But Pitta person is stronger and has a compact body when compared to a Vata person.

If we divide our lifespan into three parts, the first part is dominated by Kapha, in all persons naturally. The middle part - between 25-60 years are dominated by Pitta and the last part - beyond 60 years, is dominated by Vata Dosh. After crossing about 40 years, in a Pitta person, Pitta

becomes highly dominant.

The hotness of Pitta causes wear and tear in the body and burns up the unctuousness and moisture, after when the Pitta person crosses middle age.

This further worsens when he enters the last 1/3rd of his life, where Vata mixed with Pitta further causes wear and tear. So, it can be concluded that between Vata, Pitta and Kapha body types, Vata body types has the most fragile tissues.

Read more about Prakriti here:

<https://www.easyayurveda.com/2011/10/20/personalities-of-ayurveda-body-types/>

52. What are the difference between Shadbindu taila and Anu taila?

Shadbindu taila is primarily advised for the treatment of headache, whereas Anu taila is mentioned and explained in the context of healthy daily routine. This hints that Shadbindu taila is used primarily for therapeutic purposes and Anu taila is used for both for health maintenance and therapeutic purposes. While many diseases such as headache, early hair fall, teeth instability etc. are mentioned as indications for Shadbindu taila, only strength promoting benefits are enlisted for Anu taila.

Both the nasal oils contain sesame oil as base. Both contain goat milk. Goat milk is lighter to digest when compared to cow milk and has soothing effect over nasal mucosa. Its nasal mucosal absorption capacity is better when compared to cow milk. This could be the reason why both contain goat milk.

Common herbs in both Shadbindu and anu oils –
Cinnamon, Vidanga – Embelia ribes – false black pepper, Licorice.

Extra herbs in Shadbindu taila – ginger, rasna, shatapushpa, eranda moola, tagara (Valerian root), dill, jivanti, and rock salt.

Number of ingredients is more in Anu taila than in Shadbindu taila. When compared to anu taila, the nature of herbs in Shadbindu taila is stronger. Herbs like tagara (Valerian root), castor root, rasna are used

therapeutically, but usually not used on a daily basis in a healthy individual.

Method of preparation: During preparation, Anu taila cooking happens for 10 times. Hence, it is more refined product when compared to Shadbindu taila, which is processed for only one time.

Dosage –

Shad Bindu literally means six drops. It hints that the most common dosage of this oil is six drops. However, its dose can be increased or decreased based on patient's strength, disease intensity etc.

Anu taila is used in a variety of doses, starting from 2 drops, which is commonly administered in healthy people and its dose can go as high as 10 drops.

53. Modern steam inhalation vs Nasya – what is the difference?

Even though modern steam inhalation and nasya have same route of administration and similar indications, we can observe a lot of difference between the two. In modern steam therapy for nasal congestion, an essential oil mix such as Camphor, Chlorothymol, Eucalyptol, Terpinol, and Menthol are used. The essential oils are sold in capsule form. It is cut open and put into hot water and steam is inhaled. Here the goal is to undo the chest congestion and help in breathing.

But this is not the intention of nasya therapy. In nasya therapy, the goal is to not only detoxify and strengthen the respiratory tract; it is also targeted towards all organs in head and neck region. Even thyroid hormone complications, migraine, neuralgia etc. are treated with nasya therapy.

Gentle face and neck massage with oil and sweating treatment is advised ahead of nasya therapy to loosen the toxins. Nasal drops administered after massage and sweating help in easy evacuation of loosened toxins.

Modern steam therapy with essential oils is not recommended on a daily basis for healthy people. Whereas, Nasya therapy with minimal dose, is recommended as a healthy daily routine. Benefits of steam inhalation are limited. But Nasya is beneficial in number of conditions. Its uses are not limited to respiratory system. Nasya can be helpful even in psychological conditions.

54. Is it a good idea to use essential oil steam therapy, ahead of Nasya treatment?

Steam therapy or sweating therapy is part of nasya treatment. After oil massage, before nasya treatment, sweating therapy is advised as per Ayurveda. The sweating treatment on face can be given with a towel dipped in hot water. Not only this, even herbal teas are also used for sweating treatment. Hence, it is fine to use essential oil sweating treatment ahead of Nasya therapy, with the following conditions

- The essential oil should be very mild.
- Only one drop of it can be used.
- It should not cause eye irritation.
- Do not use it every day. Use it only once a week.

55. Can ghee be used as nasal drops?

Ghee is frequently used as nasal drops - Nasya therapy.

Ghee balances Vata and Pitta Dosha. Hence for many Vata and Pitta related complaints, such as -

migraine

psychiatric disorders

depression

anxiety,

phobia,

lack of sleep etc. issues, nasya with ghee is suitable.

For nasya, cow ghee can be used directly or herbal ghees (ghee processed with medicinal herbs) can also be used.

Maha Kalyanaka ghrita and Brahmi ghrita are useful to improve brain functions and psychiatric disorders, Panchagavya ghrita is useful in mental illness.

Saraswata ghrita is used for speech improvement.

Read more about cow ghee benefits here:

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

Read Nasya therapy indications, uses, types etc. details here:

<https://www.easyayurveda.com/2016/04/20/nasya-karma-types-benefits-contraindications/>

56. In which conditions, mustard oil can be used for massage?

Due to pungent taste and hot potency, mustard oil may drastically vitiate blood and Pitta dosha. So, care must be taken while using the mustard oil for massage.

Mustard oil penetrates deep into the skin. Everyone cannot bear the intense quality of mustard oil for massage. To counter act this adverse effect, it can be mixed with coconut oil and used for massage.

Hampered blood circulation, excessive cold sensation, chilblains, stiff joints, whenever you want to open up channels in a body part, to bring warmth – in these conditions, mustard oil can be used for massage. Only care to be taken is, there should not be Pitta aggravation, if there is Pitta aggravation, it will lead to inflammation with redness and warmth, as mustard oil can increase Pitta Dosha.

It is not suitable for people with high Pitta. It is suitable for people with high Kapha and Vata Dosha.

Read related - mustard benefits, side effects:

<https://www.easyayurveda.com/2015/03/19/mustard-benefits-types-side-effects-research/>

57. Gold Vs Silver Vs Mud Pots -

Same substances stored in different pots have different medicinal properties. For example, water stored in golden pot, silver pot and mud pot will have different qualities.

There is a reference of Amalaka ghrita - Amla ghee, prepared with a very complex procedure, in Charaka Samhita, under rejuvenation

section. After explaining it, Master Charaka writes that this can be done on gold / silver / mud pots, smeared with ghee.

For which, commentator Chakrapani writes,

sauvarṇādi pātreṣu yathā pūrvam vara guṇatvam, anyathā samānaguṇatve sarveṣāṃ mṛtpātrasya sulabhatvenātidurlabhataram

Meaning, golden vessels are better than silver vessels, which are better than the mud vessels. However, in terms of easy-availability and similarity in qualities, mud pots are used more widely.

Here is that complex amalaka ghrita procedure details -

https://www.easyayurveda.com/2015/07/04/charaka-chikitsasthana-1-2-prana-kameeya-rasayana/#amalaka_ghrita

Difference - Yogaraja guggulu and Gandha tailam

58. What is the difference between Gandha tailam and Yogaraj guggulu? They both are used for treating arthritis, weak bones and joints.

The main difference between the two formulation is, Gandha tailam is a taila formulation or oil preparation and Yogaraja guggulu is a gutika formulation or tablet preparation.

Reference of Yogaraja guggulu is Amavata rogadhikara of Bhaishajya ratnavali and reference of Gandha taila is bhanga pratishedha adhyaya in utara stana of Ashtanga hridaya.

Yogaraja guggulu has tridosha balancing effect, whereas Gandha taila has no much effect on Kapha dosha. Because of this Yogaraja guggulu can be used in Ama stage of diseases as well as nirama stage also. But it is better not to administer Gandha taila in Ama stage. Gandha taila can be administered in nirama stage as rejuvenating agent.

Gandha tailam is specific to build back the eroded bones, joints and ligaments. It also soothes down the nerve irritation and hence relieves pain associated with arthritis, knee joint and backache.

Yogaraja guggulu largely helps in pain and swelling reduction. To a lesser extent, it also rejuvenates the discs, reduces nerve irritation and improves joint movement by relieving stiffness.

Some doctors prescribe Gandha tailam along with Yogaraja guggulu to counter neck pain, stiffness and at the same time to rejuvenate the discs and reverse spondylosis changes.

[Read more about Gandha tailam here:](#)

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

59. For depression/ anxiety, which oil is best?

Ksheerabala? Bala ashwagandha? Or Mahanarayana?

Oil massage (whole body) is an incredible way of treating depression and anxiety. The caring touch brings out the hidden emotions and relaxes the person. Shirodhara - oil stream pouring on the forehead is another way of treating depression and anxiety.

From the given choices of oils, all the three can also be used in depression/anxiety according to intelligence of physician.

If Kapha is the dominant Dosha - with symptoms like - lack of interest, obesity, anorexia etc - Mahanarayan taila is good. [Read more about this oil here](#)

If Pitta is dominant - anger episodes, gastritis, violent - Ksheerabala oil is great. It is a natural coolant oil. [More details here](#)

If Vata is dominant - Roaming tendency, body aches and pains, excess talk, fear, anxiety, cold sweats - Bala Ashwagandha taila. It strengthens muscles, bones, joints, ligaments and of course, mind.

[More details here](#)

Read related:

[Depression Causes, Ayurvedic Treatment, Tips And Remedies](#)

[Anxiety Tips, Ayurvedic Treatment, Herbs, Home Remedies](#)

60&61

I have 2 questions about prakruti.

(60). 1. Which option is true:

A) To bring our dosha levels closer to our prakruti

B) We have brought our doshas in the body to a relatively equal level of all 3 equally

Which option is appropriate to talk about balance and health?

Which of these options should we be giving?

According to Acharya Sushruta healthy person is defined as -

समदोषः समाग्निश्च समाधातु मलक्रियाः ।

प्रसन्नात्मेन्द्रियमनः स्वस्थ इत्यभिदीयते ॥

samadoṣaḥ samāgniśca samādhātu malakriyāḥ |

prasannātmendriyamaṇaḥ svastha ityabhidīyate ॥

Meaning – If a person has equilibrium state of doshas, agni, tissues and excretion, also pleasant soul, sense organs and mind, he is called as healthy person.

So, from this verse, it is clear that equilibrium state of three doshas is important, which supports the statement “We have brought our doshas in the body to a relatively equal level of all 3 equally”. I think the

purpose of Ayurveda is not to bring the Doshas near to the proportions of one's Prakriti, but to bring all 3 Doshas into 33.33% each.

If we go by the theory that the purpose is to bring Doshas near to the proportions of one's own Prakriti, Vata person will have weaker bones by the time he reaches 40, and probably would die by the age of 50. He will lose all his hair by 35. He will be friendless; his pocket will be penniless and his talks and walks will be endless.

Pitta person will have grey hairs by the age of 30, he will have hypertension and anger issues by 40 and might die by the age of 60. His body will be warmer and he will have a short temper forever.

.

If a person with Vata Prakriti comes to you, what are you going to do? You, of course, try to control the excess of Vata Dosha so that it doesn't go bazooka early.

So, you would advise him oil massage, oil pulling, Shoridhara, Basti etc. treatment procedures to keep Vata under control. So, in effect, you are trying to bring all the three Doshas to 33.33 % each and according to me, that's the right thing to do.

(61). 2. Why there are only 7 kinds of prakruti why do we not distinguish 10?

There is no vata-kapha, pitta-vata or kapha-pitta?

There are authors, for example, Svoboda who give 10.

What do the scriptures say about this, and why are there only 7 kinds of prakruti? Thank you very much for your answer.

Why are there only 7 Prakritis?

All three - Sushruta, Charaka and Vagbhata have mentioned only these 7 types.

The difference between the 3 dual types and its reverses is very minimal and hence, it is futile to count Prakriti as 10. Some modern authors want to add their own add-ons to press their own addition to the science.

It is their choice. I am not against such a theory. If it helps in planning a better treatment strategy, it is good.

But I go by Shastras and count only 7.

62. Thank you very much for answering. It follows that we come to this world of disorder. We are born with a prakruti, which very rarely is 3 dosha and so since birth we are in an imbalance. It seemed to me that our prakruti should support us because knowing our great-grancers' strengths, talents and weaknesses is easier for us to follow the path of Dharma. I have been taught that our balance, and therefore good health and harmony, is close to our primary prakruti.

Answer:

It does not follow that we are born with disorders. It is just that, on everyday basis, because of variations in diet, weather, the nature of place that we live in etc. can tilt the Dosha out of balance and can bring us from a state of health to disease.

Why do we have Dinacharya, Rutucharya? They are there, so that our Doshas do not go off balance. Prakriti is there as a tool for disease examination. This is why Master Charaka has explained it as one among the 10 points of patient examination.

The Doshas tend to go off balance on the lines of Prakriti. Meaning, a Vata Prakriti person is more prone for Vata disorders and Pitta prakruti person for Pitta disorder etc. That is why, a Vata disorder in a Vata person is described as difficult to treat, by Vagbhata, in the very first chapter of Ashtanga Hrudayam. If we live close to our primary prakruti, then a Vata person is going to die sooner.

63. Iron medicines usually cause constipation. What is the solution?

As compared to modern iron supplements, chance for constipation by the intake of Ayurvedic iron supplement is less. Because in the preparation of Ayurvedic medicines, certain processing methods are followed which can counteract the adverse effect of iron.

In Ayurveda, all the metal and minerals are properly purified and incinerated to prepare Bhasma - calx. For converting iron into calx, there are umpteen references of usage of Triphala.

For example,

Iron foils are heated and dipped in Triphala decoction etc. The reason for this is,

a. Triphala reduces the constipation and stomach troubles that Iron gives to the body.

b. Vitamin C in amla, in Triphala, converts ferric form of iron to ferrous form, in presence of hydrochloric acid of stomach. Ferrous form is easily absorbed into the body.

For all these reasons, even if someone is taking modern iron supplement, still taking a teaspoon of Triphala powder at night is immensely beneficial to avoid its side effects of stomach upsets, gastritis and constipation.

Read more about:

[**Ayurvedic Iron calx - Loha Bhasma**](#)

[**Triphala benefits**](#)

64. Is Taking liquid meals such as smoothies healthy as per Ayurveda?

According to Charaka Samhita, stomach should be divided into three equal portions, out of this one third of stomach should be reserved for solid foods, second one third portion should be reserved for liquid foods and the last one third part should be left vacant for the action of Vata, Pitta and Kapha. This concept indicates the importance of liquid diet. So, consuming smoothies etc. liquid diet cannot be considered unhealthy. But only consumption of liquid food or consumption of liquid food in more quantity than solid food is not suggestive from above concept.

Food has six tastes as per Ayurveda - sweet, sour, salt, bitter, spicy and astringent. Ideally the food should have all the six tastes in them. This can be understood as food should not be just proteins or carbohydrates. It should be a healthy mix of proteins, carbohydrates, vitamins, minerals, fats, water etc.

Read related: [**What Is The Right Time For Food? How Many Meals**](#)

A Day?

Similarly, there are four forms of food -

Ashita - Eatables

Khadita - Chewable foods

Peeta - Liquids

Leedha – Foods consumed by licking.

If you have visited any traditional Indian function, then you will be served with all the above in different proportions. Boiled foods, cooked foods, fried foods, raw foods all together. Ideally, as per Ayurveda, food should have all of this. Meaning, the meals should be a healthy combination of some solids, some liquids etc.

Read related: [**Drinking Water before or After food? A Wrong Habit – Ayurveda Proof**](#)

Going with this logic, only liquid food consumption is not good. Liquid food here would mean, just the smoothies, fruit juices etc., making 100% of the entire meal, is not good.

Read related: [**How Much Food To Eat Per Day As Per Ayurveda?**](#)

65. While preparing herbal hair oil, shall we use both coconut oil and sesame together? Like 100 ml each? Or should we use sesame oil alone?

In Ayurveda, usually herbal oils are prepared with sesame oil, coconut oil, mustard oil and castor oil as base. Most commonly sesame oil and coconut oil are used.

If you want the oil to have coolant properties, suitable to be used in hot and humid places like Mangalore, North Karnataka etc., then you can prepare it with just coconut oil.

If you want the oil to have hot properties, suitable to be used in cooler places such as Bangalore, Mysore etc., then you can prepare it with just sesame oil.

Read related: [**Prepare your own Amla hair oil**](#)

If you want the oil to have neutral properties, you can prepare with 50% of these 2 oils.

Read related: [How To Make Bhringraj Oil For Hair Growth \[Video\]](#)

People with frequent cold, cough, allergy and asthma, cannot tolerate coconut oil.

Sesame oil is the universal oil base for preparing any herbal oils. Even though it is hot, usage of amla makes the oil near to neutral.

Read related: [How To Make Ayurvedic Herbal Anti Dandruff Hair Oil At Home?](#)

66. How to improve Rasa Dhatu?

Rasa dhatu is the first dhatu among seven dhatus of the body. Rasa is the nutrition derived from the food that circulates in the blood.

Improving Rasa dhatu means improving the body nutrition and nourishment. This can be achieved by:

1. High quality foods - A food, well balanced with all six tastes, having right mix of carbohydrate, proteins, vitamins, fats, minerals, salts, water; prepared fresh and served hot. Is highly essential for high quality Rasa dhatu.

2. Good digestion strength - Not all people who take nourishing food have good quality Rasa dhatu. It also requires the person to have high quality digestion strength, called Agni in Ayurveda. Only if the person has good digestion strength, then the nutrition is well absorbed from the gut and is well distributed to all body parts.

3. Disciplined lifestyle - Along with the above two factors, one has to have disciplined lifestyle with right amount of sleep, not eating or drinking without feeling hunger or thirst, right amount of exercise, meditation, having a good mental balance – all these contribute to a healthy body, healthy Agni and healthy Rasa dhatu.

66. How to have perfect body nutrition?

Body nutrition is explained as Rasa Dhatu in Ayurveda. Rasa is the nutrition derived from food that circulates in the blood. Improving Rasa dhatu means improving the body nutrition and nourishment. This can be achieved by

1. High quality foods - A food, well balanced with all six tastes, having right mix of carbohydrate, proteins, vitamins, fats, minerals, salts, water, prepared fresh and served hot, is highly essential for high quality Rasa Dhatu.

2. Good digestion strength - Not all people who take nourishing foods have good quality Rasa Dhatu. It also requires the person to have high quality digestion strength, called Agni in Ayurveda. Only if the person has good digestion strength, then the nutrition is well absorbed from the gut and is well distributed to all body parts.

3. Disciplined lifestyle - Along with the above two factors, one has to have disciplined lifestyle with right amount of sleep, not eating or drinking without feeling hunger or thirst, right amount of exercise, meditation, having a good mental balance - all these contribute to a healthy body, healthy Agni and healthy Rasa Dhatu.

Read more about Rasa Dhatu here -

<https://www.easyayurveda.com/2016/07/21/rasa-dhatu-definition-formation-imbalance-diseases-treatment/>

67. What are your thoughts on people eating frozen Amla since fresh is not available - beneficial?

Any fruit, which is fresh is always better. So, always the first preference should be given to fresh substances. But due to unavailability, things can be frozen and used whenever required.

Amla has cold potency. It is further enhanced when it is refrigerated. Probably not suitable, if eaten straight out of refrigerator, especially for people living in cold places. Amla in people with sensitive skin can cause itching skin. This can be seen more pronouncedly in people with cold climate conditions, eating frozen amla.

Vitamin c will still be intact in a temperature of – 4° Celsius. If refrigerated amla is brought to room temperature gradually and then used for preparing pickle, chyawanprash etc., then I do not see any problem with it.

Even big pharma companies preparing chyawanprash in large scales store chyawanprash in one or the other artificial ways.

68. For a hardcore Yoga practitioner, who does physically challenging yoga asanas for many hours on a daily basis, would you use capsules like dhanwantaram 101 or ksheerabala 101? How many capsules a day as a prevention? And before food or after food? Would be taking the medicine constantly or would there be break in the intake of the medicine? Or what would be the prevention measures for someone like me, just to keep it safe for the future?

Answer:

Both the medicines can be used alternatively, as both have similar actions.

I would choose Dhanwantaram 101 - if you have joint pain, muscle pain, stiffness etc. issues.

I would choose Ksheerabala 101 - if you have neurological issues - slight tremors, sleep issues, headache, dizziness, unsteadiness, numbness, tingling sensation etc.

Of course, both medicines are useful in both conditions. But if I have to choose one over the other, then the above guideline makes sense.

If you want to take it as a preventive medicine, then I would pick any one and use it -

1 capsule per day, before food, at night for one month, then give a month gap, and then again continue for another month and so on.

Please keep in mind that developing dependence on any medicine - Ayurvedic / otherwise is not a good habit.

For rigorous Yoga practitioners, sesame oil full body massage at least on weekends, followed by lukewarm water bath is very ideal.

69: If apple juice is left as it is, sometimes it undergoes fermentation. Similarly does herbal tea undergoes fermentation and produce alcohol?

Apple has good amount of fructose, glucose and sucrose. These sugars may undergo fermentation to produce alcohol. But regular herbal tea, or Ayurvedic Kashayams neither have sugars in them, nor the fermenting agent such as yeast. Hence, they do not undergo fermentation. The market available kashayas (also called Kwatham / Kwath) contain added preservative so that they remain good for 2 - 3 years of time.

Read related:

[**Kashayam \(Kwath\) – Herbal Teas Preparation \[Video\], Benefits, Usage**](#)

Some market available kashayams are converted into fermented liquids by design.

These are called as Kadha.

For example, [**Maha Manjishtadi Kashaya**](#) is an herbal decoction. The same is added with jaggery and fermented to prepare Maha Manjishtadi Kadha, which is used for treating a variety of skin diseases.

When the product is suffixed with Kadha, it usually means that it is the fermented version of the original Kashaya.

Another example is [**Balant Kadha**](#), which is used in post-natal care of the new mother, which is prepared from [**Dashamoola Kashaya - group of 10 roots**](#).

Apart from these, there is a separate range of fermented products in Ayurveda, called Asavas and Arishtas.

Read related:

[**Asava And Arishta - Advantages, Usage In Children, Side Effects**](#)

70: Can nasal drops be put just before bed time?

It depends on which type of nasal drops. It is for decongestion such as [halin nasal drops](#) or for nasal decongestion such as [cephagraine nasal drops](#), a couple of drops can be put to each nostril just before bed time. [Aromatic oil inhalation](#) for inducing sleep - such as [lavender oil](#) inhalation therapy at bed time is also fine to do.

But if the purpose is for general healthcare - as Nasya therapy with Anu taila, as part of Ayurvedic healthy daily regimen, the idea of putting nasal drops is to cleanse and detox the nasal cavity, sense organs and all organs of head and neck, including brain and thyroid glands; then it's better to avoid nasal drops just before bed time.

Whenever there is cleansing process, usually it leads to secretion and excretion of liquids. For this reason, putting anu taila or any other oil just before bed time will be uncomfortable. In this case, it is ideal to maintain at least a gap of 30 minutes between nasya and going to bed. In any case, your consulting Ayurvedic practitioner will be best judge to select the right nasal drops and the right timing.

[Read related: Nasya details, right timing, dose, remedies](#)

71. Can powder massage be done on infants?

Ayurvedic herbal powder massage - called Udvartana is contraindicated in infants. It is essentially fat melting and Kapha melting in nature. It is a weight reducing therapy. In an infant, we are expecting to nourish the baby and encouraging to put on weight. So, there is no need of udvartana treatment in an infant.

Udvartana - ubtan - has potential in treating childhood obesity management. But not in an infant.

Read related:

<https://www.easyayurveda.com/2015/12/08/udvartana-ubtan-benefits-types-how-to-do/>

72. Why some obese people fail to lose weight despite exercise and diet control?

They fail to lose weight due two reasons. First reason is, exercise may

be excessive or insufficient; also, the diet which they follow may not be suitable for losing weight. One more reason might be, only exercise and diet control cannot help in losing weight in all persons.

In many obese people, when they require energy, their energy is derived from the glycogen (stored glucose) in muscles rather than burning fat to get energy. This makes the fat to remain in the tissues, as the body fails to burn the fat when they perform exercise and there is need of energy. So, in such people only exercise and diet control are not sufficient to reduce the weight. Hence, they need to follow few more procedures to burn the fat.

So, how to make them burn the fat to create energy in them?

Reduce the carbohydrate and sugar intake.

Exercise regularly.

Yoga and Pranayama for stress.

Powder Massage - Udvartana - helps to stimulate, activate and mobilize fat tissues.

Ayurvedic panchakarma **procedures like Vamana** - Useful to expel the morbid fat out of the body, in the form of imbalanced Kapha.

Use of herbs like Musta (Cyperus rotundus), Triphala, Guggulu, Lodhra, Turmeric, Amla, **Shilajit** etc. in various formulations. Spicy medicine such as Trikatu - Ginger, black pepper and long pepper - That help to stimulate the fat metabolism.

Medicines such as Navaka Guggulu, **Ayaskrity** etc.

Read related: **[Ayurvedic Treatment, Remedies For Obesity](#)**

73. Which ancient Ayurvedic cooking tradition is forgotten, but which needs to come back to practice urgently?

We have forgotten many of the ancient cooking traditions. Among them important one is, we have lost the tradition of cooking with sesame oil. Most of us have become accustomed to use vegetable oils in cooking, bringing in a lot of health issues including high cholesterol, increased risk of heart stroke etc.

They contain unsaturated fats that get oxidized on heating, which can cause inflammation, blood vessel disorders, plaques that can lead to heart attack.

If we read Ayurvedic textbooks, all ancient masters - Charaka, Sushruta, Vagbhata, Bhavamishra etc. have specified that sesame oil is the best oil for all purposes - cooking, frying, preparing herbal hair oils, massage etc. We somehow have lost this tradition and it needs to come back to practice as early as possible. Sesame oil is explained to nourish the muscles while helping in burning the body fat, which is the key problem, most of us suffer with these days. Try sesame oil for cooking and share your experience with me 😊

Read related: [Sesame oil and Sesame seed benefits](#)

74. For applying to hair and for preparing herbal hair oils, should we use virgin coconut oil?

Using virgin coconut oil on skin or hair is very fine and is more beneficial than using normal coconut oil. But it is bit of a stretch to use virgin coconut oil for external application. When compared to oral intake of oils, the amount of oil absorbed by skin is less. When an oil is consumed orally, it comes in to contact with oral cavity and then it is gulped down to stomach. The mucosal layer of mouth and stomach are more sensitive when compared to the skin. Hence, for external application of oil, the nature of oil, whether it is virgin or not, does not make much of a difference. The benefit/cost ratio is very less. But when it comes to oral intake, the benefits are more.

So, if you can afford it, then virgin coconut oil can be applied to hair or it can be used for preparing hair oil for sure.

But using normal coconut oil for hair is also a good practice.

[Read more about coconut oil benefits](#)

Only care to be taken with coconut oil is, because it is a coolant oil, it is not suited for people who suffer with frequent cold and cough. It is more suited for people living in hot climate.

[Learn how to prepare Amla hair oil at home](#)

75. Is sesame oil too hot for cooking?

Sesame oil is hot in nature. But it's very fine to use sesame oil for cooking as it has many health benefits. When we line up coconut oil, sesame oil and mustard oil, coconut oil is cool, sesame oil is hot and mustard oil is hotter. Sesame oil, being hot is a good thing to be used in cooking. It helps to absorb the nutrients into the food very well. It also aids in digestion, does not cause any cough / cold threat. Hence, ideal most oil for cooking.

Read related: [Comparison of Sesame Oil, Coconut Oil, Castor Oil, Mustard Oil](#)

76. Do oral herbal oils such as Ksheerabala taila, Gandha taila, Dhanwantaram oil cause weight gain?

Certain Ayurvedic herbal oils are indicated for oral intake.

For example,

[Ksheerabala oil 101](#) - Orally used in the treatment of neurological conditions such as neuralgia, neuropathy, headache, migraine etc.

[Dhanwantaram oil](#) - Used orally to treat osteo-arthritis, rheumatoid-arthritis etc.

[Mahanarayana oil](#) - Used orally to treat body ache, muscle pains, osteo-arthritis, rheumatoid-arthritis etc.

[Gandha thailam](#) - Helps to absorb the calcium better, helps in brown growth, joint strengthening and bone rejuvenation.

[Maharaja Prasarini taila](#) - Used in the treatment of cervical and lumbar spondylosis.

These herbal oils are used in a dose of just 2 - 5 ml per day. These oils

are prepared with sesame oil base. Hence, they do not cause any weight gain. In fact, if co-administered along with weight loss medicines such as [Triphala Churna](#), [Navaka Guggulu](#), [Medohara Guggulu](#) etc., they can assist in fat tissue and weight loss.

77. Can Vitamin supplementation be part of Ayurvedic treatment protocol?

Even though there is no reference of vitamins in ancient texts of Ayurveda, we cannot deny the fact that vitamins are the essential factors for health. So, incorporating the concept of vitamins in Ayurveda treatment protocol can be considered as advancement in the science. Vitamins are part of our diet and activities (Vitamin D - sunlight exposure), which are essential for the body to perform optimally. Ayurveda categorizes food and nutrition based on the tastes. Ayurveda mentions that the food should have all the six tastes. This implies that a healthy balanced diet consisting of vitamins, proteins, fats, carbohydrates, minerals and water is recommended by Ayurveda. Decrease of vitamins certainly causes diseases. E.g.: Decrease in Vitamin D causes low bone density, increased risk of blood pipe and heart disorders, cognitive capabilities in elderly people. It has been clearly observed that the supplementing the depleted vitamin leads to preventing / curing of the disease. Because of these reasons, I strongly believe vitamins can be part of Ayurvedic medicine protocol.

Better to undergo blood test for vitamins, under professional guidance to determine which particular vitamins to supplement and in which dose.

Better to supplement the vitamins for the prescribed period only. Better to avoid over-supplementation which may cause increased vitamin levels, which is also harmful to the body.

Some may argue that because vitamins are not mentioned in ancient Ayurvedic text book, we should not consider it. But Ayurveda, since thousands of years has always incorporated new research and findings to its fold and vitamin supplementation follows the rule of Kshaya - Vriddhi - Samanya Vishesha theory of Ayurveda - depletion, cured by

supplementation.

Read related:

[**Vitamins In Ayurveda - Sources, Functions, Deficiency Disorders**](#)

78. What is the best medium to deliver herbs like Brahmi, Gotu Kola, Jatamansi to the brain and nerve cells?

Let us open the treatment section of Charaka Samhita - Explaining treatment for [**Psychiatric disorders**](#) and [**Epilepsy**](#)

You can see a lot of herbal ghees mentioned there.

For example, for psychiatric disorders, Master Charaka advices

[**Kalyanaka Ghrita**](#),

[**Maha Kalyanaka Ghrita**](#) - Also used in infertility treatment and pregnancy care of the mother,

[**Lashunadi Ghrita**](#) - contains garlic as main ingredient, and Maha Paishachika Ghrita

And for the management of epilepsy, master Charaka recommends

[**Panchagavya Ghrita**](#),

[**Hingu Saindhava Ghrita**](#) - Has Asafoetida and rock salt as main ingredients,

[**Maha Panchagavya Ghrita**](#),

[**Vachadi ghrita**](#) - with sweet flag as main ingredient,

[**Brahmi Ghrita**](#),

Madhukadi Ghrita - contains sweet flag

Many ghrita (ghee) formulations are mentioned in the treatment of psychiatric diseases, where most of the formulations contain medhya herbs which you have mentioned in your question. This is clear enough evidence that, to target brain functions, cow ghee / clarified butter is the

best medium. It passes the blood brain barrier and delivers medicine principles to the brain effectively.

So, if you are an Ayurveda practitioner, planning to administer, say, brahmi to target brain function, ghee is a very good medium. Either you can make herbal ghee with the brahmi or you can administer the brahmi along with ghee, ask the client to make a paste and swallow it with lukewarm water.

Why lukewarm water?

Because, it is advised to take lukewarm water whenever ghee or oil is consumed, for better digestion and absorption of ghee.

[Read more about Ayurvedic description of ghee](#)

79. If I am a vegan and still want to enjoy benefits of ghee, what should I take?

Let us enlist the [ghee qualities and actions](#). This is as per Master Charaka and Master Bhavamishra

Rasayana - anti aging,

Guru - heavy to digest,

Swadu - sweet in taste,

Chakshushya - improves eye health, Vahni Deepana - improves digestion strength,

Sheetaveerya - Coolant, Improves skin health, Ojas (immunity), Tejas,

Lavanya - skin brightness, shine and softness,

Buddhikrut - improves intelligence,

Improves voice quality, memory,

Promotes intelligence and strength

Useful to relieve

Visha - Poison,

Alakshmi - poverty,

Paapa - Sins, bad deeds

Effect on Doshas - Balances Vata and Pitta. Can increase Kapha Dosha

Master Charaka has enlisted that ghee, [sesame oil](#), animal muscle fat and marrow as the four main sources for fats.

As per this, if not ghee, we can consider Sesame oil.

[Sesame oil qualities are](#) -

Guru - slightly heavy to digest, nourishing,

Improves strength, skin health, promotes bowel movement, aphrodisiac, loosens joints, brings clarity to channels (like blood vessels) and joints, sweet, astringent, bitter.

It balances Vata and Kapha.

Hot in potency, can increase Pitta Dosha.

Improves digestion strength, intelligence, heals ulcer, useful in diabetes, good for skin, eyes etc.

So, sesame oil has some matching qualities with ghee but it is hot. To counter this hotness and to make it more brain function improving, we can make an herbal oil of it with a coolant, brain function promoting herb - [Brahmi \(Bacopa monneiri\)](#) or [Gotu Kola](#). Coolant Brahmi nullifies the hotness of sesame oil and adds in more brain function improvement benefits.

How to blend sesame oil with brahmi?

Take Sesame oil - 1000 ml

Brahmi powder or fresh brahmi paste - 100 grams

Water - 2000 ml

Boil everything together till complete water evaporation. Filter.

[Watch an oil making video here. It will be very clear](#)

Another option:

Because coconut oil has very similar brain function improving effect, it is also a good contender, especially in hot climate places.

[Coconut oil has lauric acid](#), which crosses blood brain barrier. So, coconut oil also has brain function improvement effect.

But it is highly coolant. To counter this effect, you can blend it with hot, brain function promoting herb - [Jyotishmati - Celastrus paniculata](#).

Other options for herbs are -

[Cumin seed](#) - promotes digestion strength.

Black pepper - has natural detoxifying effect.

How to blend any of these herbs with coconut oil?

Take coconut oil - 1000 ml

Any one of the herbs - 100 grams

Water - 2000 ml

Boil everything together till complete water evaporation. Filter.

Watch another video of oil making

Can all these three herbs be used together?

That is a bit of a stretch. Remember we are trying to use it on a day-to-day basis. Hence, keeping it mild is a good idea. For the same reason, I have diluted the oil making formula on both the above occasions.

Original herbal oil preparation formula is double stronger.

80. Master Vagbhata has told to avoid Abhyanga when one's digestion strength is weak. Why?

Below is the quote from Ashtanga Hrudaya, Sutrasthana 2nd chapter regarding avoiding oil massage in indigestion.

वर्ज्योऽभ्यङ्गः कफग्रस्तकृतसंशुद्ध्यजीर्णभिः ॥९॥

varjyo'bhyaṅgaḥ kaphagrasta kṛtasamśuddhyajīrṇibhiḥ || 9 ||

It means, massage should be avoided when there is increase of Kapha in the body, soon after Shodhana (Panchakarma procedure) and during Ajeerna (indigestion).

Daily Oil Massage - Balances down Vata Dosha but it can increase Kapha Dosha. Oil massage imparts oiliness to the body, it increases oiliness in the body. Oiliness is a Kapha quality. So, it also increases Kapha Dosha. In a Kapha disorder such as productive cough, the Kapha is already aggravated. Hence, it is best to avoid oil massage there,

which itself could increase Kapha.

Soon after [Panchakarma](#), the pores and channels are opened so that the toxins move out and also the digestion strength is low. So, doing massage then would cause blocking of channels, increases Kapha and decreases digestion strength.

Relationship between digestion strength and oil massage.

Oil → Skin → [Bhrajaka Pitta](#) of the skin → It gets absorbed.

The oil or any medicine applied on the skin gets absorbed with the help of Bhrajaka Pitta (a type of Pitta in the skin).

If the digestion strength in the gut is low → [Pachaka pitta low](#) → Bhrajaka Pitta is also low → Lack of absorption of applied oil → Blockage of sweat and other skin related channels in the body, excessive unctuousness on the skin. The ability of skin to absorb oil or medicine applied, depends on the digestion strength.

[Read related: How to self administer oil massage?](#)

81. You've mentioned that ghee gets rid of bad luck and brings wealth. How?

As per Charaka Samhita Sutrasthana 27th chapter,

Ghee is Medhya - improves brain functions and is useful to relieve Unmada - psychiatric disorders, Visha - Poison and Alakshmi - poverty, bad luck.

Prakriti and Wealth:

All the ancient Ayurvedic masters agree that the Vata Prakriti Person is poor and Kapha Prakriti person is rich. Vata Prakriti means, the person in whom, Vata is naturally dominant throughout his life. A Vata person has more air element. In his body and mind, there are a lot of movements and uncertainties. For example, Vata person's body and mind always have movements. He cannot sit or sleep still.

Whenever he has money, he comes with thousands of ways to spend it quickly. He does not have that storing and stability qualities.

The stability - Sthiratva - is a quality of Kapha Dosha. A person with Kapha Prakriti has a stable mind and body. Whenever he earns money, he always thinks how he can store that money and use it for his long-term purposes. There is no impulsiveness in Kapha person.

So, if Vata person starts consuming ghee on a daily basis, because it is Medhya - improves intelligence and because ghee improves the stability quality, it makes the Vata person more stable. He also starts to think before spending his money. He starts thinking about making long term investments and eventually gets a chance to become rich.

For this reason, ghee is useful to get rid of poverty and bad luck.

[Buy Dr JV Hebbar's Video Course On Prakriti](#)

Apart from this, ghee also has spiritual significance. For this reason, it is used as fuel while performing fire rituals such as Homa.

I think it is the right time to start gulping a teaspoon of ghee every day, followed by half a cup of lukewarm water.

82. Now-a-days, many calcium tablets are added with *Curcuma longa* (turmeric). What is the reason?

It is true that many popular calcium supplement brands such as Corcium plus, are adding [turmeric](#) to their calcium tablets. Here's the logic - Usually, Calcium supplements are advised for people with arthritis, osteoporosis, weak bones, less bone density, porous bones, degenerative joint disorders etc.

These diseases have lot of inflammation. So, adding turmeric to the combination brings in precious anti-inflammatory and wound healing effects of the turmeric. Turmeric is useful to reduce the pain and swelling associated with arthritis and weak bones.

Turmeric is also good for [diabetes](#), [high BP](#) and weak blood pipes (arteries and veins), which many elderly people have.

Read **[How Turmeric Helps in Diabetes Treatment: 7 Ways](#)**

Sandeep Agarwal of PureIndianFoods.com responds aptly -
To me, this medicine reminds me of our traditional **golden milk** (milk, turmeric, ghee). You get Vitamin D from milk and ghee, Calcium from milk, fat from ghee for proper assimilation of Vitamin D which is a fat-soluble vitamin.

The question is - if you are already taking a calcium supplement, should you switch to these new ones - with turmeric?

Yes, only if you do not use turmeric in your daily food. (I think we should... just a pinch, may be).

No, if turmeric is integral part of your diet.

83. How garlic is useful in mercury poisoning?

Beta Mercaptans of garlic are known to bind and chelate the mercury and help to eliminate it out of the body through urine. Garlic offers more hepatoprotective effect to cadmium followed by mercury and least protection to lead through the processes of uptake, assimilation and elimination of these metals.

(<https://pubmed.ncbi.nlm.nih.gov/22101063>)

[Read related: Garlic benefits as per Ayurveda](#)

Ayurvedic textbook mentions using of garlic for the purification of mercury, before its oral usage. This is a way to use only the very micro dose of mercury and to eliminate all the unnecessary high toxic quantities of mercury out of the body.

एकेनलशुनेनापिशुद्धोभवतिपारदः ।

पिष्टोलवणसंयुक्तोसप्ताहंतप्तखल्वके॥

आयुर्वेदप्रकाश १:१:६५

ekena laśunenāpi śuddho bhavati pārada: |
piṣṭo lavaṇasaṃyukto saptāhaṃ taptakhalvake ||

āyurveda prakāśa 1:1:65

The mercury is made into paste with equal quantities of garlic and rock salt. This paste is grinded over a hot pan for seven days. This is one of the methods to purify mercury.

84. What is the best exercise for depression and obesity?

Obesity is often associated with emotional issues, such as sadness, anxiety, and depression. Obesity has been found to increase the risk of depression. depression was found to be predictive of developing obesity.

My definition of exercise is -

You should do it daily, at least for 10-15 minutes. You should be sweating at the end of it with breathing level near to catching-your-breath.

There are many exercise options which fit into this category, such as brisk walking, jogging, hot yoga, quick gym etc. Walking / jogging requires a treadmill or a nice weather. Yoga requires lot of training to hit the postures right.

Gym training requires gym equipment.

What if I recommend you something which requires only a very little space, can be done both indoor and outdoor, which requires an investment of \$10 or 150 Indian Rupees per 3 months?

It is jumping rope or skipping rope. It is ideal to lose weight, very fast paced, good for heart and breathing, strengthens the abdominal muscles, burns abdominal and hip fat fast, also doubles up as an arm exercise, takes only 5 - 15 minutes of your everyday to burn anywhere between 300-500 calories.

Just start it and the exercise itself will take you through the next 10-15 minutes, so requires very less motivation and ideal for patients with depression. For patients with depression, they need some time in which they do not think about their pain point (cause of depression such as financial loss).

During jumping the rope, you are so out of your breath, the

concentration is naturally drawn to your heart and breathing and away from your pain points.

A patient of depression can also use this for motivation, if he thinks as below, while he is jumping the rope.

*"Jumping out of all my troubles,
All the troubles are behind her now.
Reaching new heights with every jump".*

Jumping the rope under the sun also gets you Vitamin D, which is again useful in improving mood by increasing serotonin levels in the brain and is also useful in burning fat.

I think it is not feasible for people who are already overweight. They have to reduce by other less risky exercises before attempting this. The Elderly cannot attempt this. Even the middle-aged may find it difficult.

I would suggest Pranayam, especially Kapalhati. I have personally tried this for the last 2 years and have become more agile, in spite of my age (Today I am 85 years old) and arthritis.

Reply

Every form of exercise has some limitations.

Even kapalhati has limitations in people with high blood pressure and hernia.

Pranayam is only partially useful in obesity.

Premise of me picking jumping rope as the go to exercise for depression and obesity is -

It takes less time and money

Once you start it, it takes you along with it for 5 - 10 minutes, easily.

It takes away all your thoughts and forces you to concentrate on your breath.

Can be done indoors or outdoors. So, very less barrier for trying it and doing it daily. Just take the rope and jump once. You will be forced to

jump the second time due to momentum. It continues and within 10 blinks of time, you've already reached 50!

Jumping rope is good but it is also hard on the knees. However, there's a similar activity without the stress. It is called rebounding, which is jumping on a trampoline specially made for the purpose.

It is true that excessive jumping rope can hurt knees. Trampoline is good but legs are not much exercised on it. Hence less calories are burnt.

85. Can you give a few examples of herbs that improve intelligence and safe for long term.

In Ayurvedic terms, for an herb to be allowed for long term usage, it should have anti-aging and rejuvenation qualities. Anti-aging and rejuvenation qualities are explained as Rasayana. For example, [Chyawanprash](#) is a Rasayana medicine.

Master Charaka has dedicated his [first chapter of treatment section](#) to the explanation of Rasayana. Wherein he explains about four major anti-aging herbs which are useful to improve memory and concentration. He explains as Medhya Rasayana - anti aging+ brain power improving herbs. They are -

Juice of Mandukaparni - [Gotu Kola - Centella asiatica](#),

Powder of [Licorice](#) mixed with milk,

Juice of [Guduchi \(Indian Tinospora\)](#) along with its root and flower,

Paste of [Shankhapushpi - Convolvulus pluricaulis](#)

These, in the forms mentioned, is the best to use for a few weeks to few months time. If fresh herbs are not available to prepare juice / paste, then they can be used in dry powder, capsule or tablet form.

Benefits:

- Increase longevity
- Cure diseases
- Promotes strength, Agni (power of Digestion and metabolism), Varna (complexion) and Svara (voice).

These rejuvenating recipes are Medhya (wholesome for intellect). Among them, ShankhaPushpi is the herb par excellence for the promotion of intellect.

Ghee can be the ideal co drink or ghee and honey together, in unequal proportions.

Ayurveda recommends these herbs after [Panchakarma detoxification](#) procedure.

Read related: [Ayurvedic Medicines For Memory: When And How To Take?](#)

86. Why Smartphone on the bed is bad?

During my childhood, Mysore Pak, a famous sweet dish was my favorite. But one day, I had it and it led to vomiting. From that day on, I hated Mysore Pak as its flavour reminded my sub-consciousness about the vomiting it caused.

If the memory / emotion is attached to a thing, it gets registered in the sub-conscious mind for a very long period of time. With smartphone, the feeling like - social connection, happiness, excitement, expression, love, hate, self-praise, attention seeking, knowledge, appreciation etc. are attached.

With our bed, feelings like calm, rest, detach, relaxation etc. attached. If we bring the smartphones to our bed, the feelings of calm and rest are replaced with Kama (desire) and Krodha (anger).

[Anger: Relation With Body Types, Ways To Control Anger](#)

_This feelings from the smartphone get transferred into the bed. So, whenever you hit the bed, automatically, the smartphone-feelings keep you busy, taking away the rest and relaxation from your mind.

[20 Simple Ayurveda Tips For A Better Sleep - Easy Ayurveda](#)

This is the reason, people with insomnia are advised to use the bed only at bed time at night. And this is the reason we should have designated place for studying, work, playing, relaxing etc. Thereby one set of emotions do not get mixed by the other set, due to the influence of our surroundings.

Related: [Relieving Negative Feelings With Self Awareness - Case Study](#)

87. How can hotness and coldness of an herb be altered?

The qualities of herbs can be altered by

a. Making a combination with opposite quality herbs.

For example, in [Chyawanprash](#), raisins and [Amla](#) bring in the coolant factor, while most of the rest of the herbs are hot.

In [Triphala](#), the [Haritaki](#) and [Vibhitaki](#) are hot while Amla is coolant.

b. Using opposite quality [Co-drink \(anupana\)](#)

For example, [long pepper](#) is very useful in [alcoholic liver damage](#), obesity, etc. But in higher doses, it is too hot for the body to handle. So, cow milk is given as a co-drink.

[Hingwashtaka churna](#) - a famous Ayurvedic medicine with spices is given for treating flatulence and colic pain. The hotness of spices is countered by the ghee as co-drink, which brings in the soothing and coldness.

C. Preparing a right medicine form

If you want to administer spices - say, [Trikatu churna](#), but the client cannot tolerate it, making it a hot infusion (adding 4 times hot water, macerate and filter) would be a better option.

If you want to further reduce the hotness, cold infusion can be made (adding 6 times cold water, kept overnight and filter).

If you have a coolant herb like [Shatavari - Asparagus racemosus](#) but cold property is not desired in a client, then make it a decoction / herbal tea (boil with 8 times water, reduce to 1/4th, filter and administer when it is hot)

A patient of fever is there, but hotness (Pitta) is very high in him, then prepare a kashaya (decoction such as [Tiktaka kashaya](#)), allow it to cool down and then administer.

88. Why people with bone tissue dominance are told to have high tolerance to grief and life-challenges?

First, let us understand what bone tissue domination is. You might have heard that certain people have domination of certain Doshas, called [Dosha body type](#). Like some are Vata type, some are Pitta-Kapha type etc. Similarly, in all of us, one or the other tissue can be dominant.

Example:

In a [blood tissue dominant person](#), the palm and feet look very red.

A [muscle tissue dominant person](#) will be natural muscular. Some minimal gym workout is sufficient for them to bulk up their muscles. Similarly, the bone tissue dominant person will have prominence of bone in joints, chin, knees, elbows, etc. When you see them, bones stand out.

Probably, Mahatma Gandhi can be an example for such a person.

It is told that bone tissue dominant persons are "**Klesha Saha**".

They do not get depressed very easily. They can withstand challenges, opponents, trials and tribulations of life without getting stressed.

Read: Signs of person having enriched bones (Asthi Sara Purusha Lakshana)

Reason?

They probably produce good amount of serotonin in the brains. Serotonin - a nerve signal transmitter chemical, produced in the brain is directly related with relieving stress, depression, improved mood and it is also related with healthy bone formation. This is the reason they hardly get depressed and have strong bones.

Another reason could be, their skin and body absorb good amount of **vitamin D** easily. Low levels of vitamin D is linked to high levels of stress and anxiety. Vitamin D is also required to maintain good bone health.

Another reason could be - they have strong calcium deposits in their bones. Ayurvedic calcium medicines such as **Pravala Bhasma (Coral calx)**, **Shankha Bhasma - Conch calx** etc. are very effective in keeping the Pitta and Vata under balance. Aggravated Pitta leads to short temper and aggravated Vata leads to indecisions, anxiety and depression. So, these are used both to increase calcium in the bones (as in osteoporosis) and also in treating stress, depression and anxiety.

So, strong calcium deposits in the bones, naturally leads to strong mind to tackle depression, stress and anxiety.

This is the reason why people with bone tissue dominance are said to be highly tolerant to grief and life-challenges.

89. What role do relatives / friends play in the healing of depression?

For love, care and support that the patient needs the most, friends and relatives have to become the wall of strength. Though the patient might have made some mistakes or had been rude to you, but if you are called to the psychiatrist's office and the doctor has explained that your friend/

relative is in depression, it is time to forget all bitter experiences and show him/her 100% love. Remember, if not treated correctly and if you do not show your love, he may end up in suicide.

Relatives also play a major role in stopping alcohol/ smoking / drugs. Helping the depression patient to sleep and wake up at right times, to lend a shoulder when her tears start rolling to take the medicines regularly, to ensure regular visits to doctors, to encourage in sports and hobby activities, to keep a watch on her to avoid any suicide attempts, to listen to his feelings and be totally understanding of his confusions and negative mindset etc.

A supportive relative / friend can do more than what the medicines and treatments can do to pull a patient out from depression. If you know someone with depression, the least you can do is, be kind to her and do not take the matter lightly.

90. How can blood donation therapy helps with hypertension?

As per Ayurveda, every healthy individual has to undergo seasonal detoxification (Panchakarma) to keep the body free from disease causing toxins. High BP is associated with blood tissue, which in turn, is related with Pitta Dosha. Blood tissue and blood pipes are directly controlled by Pitta Dosha.

Read: [Hypertension: Causes, Symptoms, Ayurvedic Treatment](#)

Pitta Dosha naturally increases in all of us during Autumn season (September end to November). During this season, [Virechana - purgation therapy](#) is advised to everyone, to keep Pitta under balance. Virechana expels toxic Pitta out of the body. Similarly, bloodletting is also useful in expelling out Pitta Dosha from the body. Blood tissue related diseases such as hypertension, bleeding disorders, allergies such as repeated hives, chronic skin diseases such as psoriasis are immensely benefited by bloodletting therapy.

[Autumn Season Healthy Regimen](#)

If you are averse to get [blood-letting therapy](#) in an Ayurveda center, you can easily donate your blood once a year, during autumn season. Though blood donation is not exactly equivalent to blood-letting therapy, it is useful to some extent for sure.

For this reason, many healthy people are advised to donate blood by their Ayurvedic doctors. For all healthy people, blood donation, at least once a year is good. It improves your health and also saves someone else's life. Then why not do it in Autumn season?

Note: This applies only to healthy people. For patients, it is advised to go with the advice of your consulting doctors. There are several conditions such as low haemoglobin levels, viral hepatitis, etc., where blood donation is contra indicated.

91. Should we worry about Dosh effect of each ingredient or net Dosh effect of a medicine, with respect to patient's Dosh body type?

Let me simplify the question. Suppose the patient of Vata body type goes to an Ayurveda doctor. The doctor prescribes a Pitta decreasing medicine. Now, should the Vata patient worry about it?

a. Doctor concentrates on disease. The main criterion that the Ayurveda doctor considers while choosing a medicine is, the disease. The primary aim of the doctor is to treat the disease. If a patient of Vata body type, gets a Pitta disease such as [acid peptic disorder \(hyperacidity\)](#), then the medicines that the doctor chooses could be Pitta decreasing, not necessarily targeting the Vata. For example, [Tiktakam kashayam](#) - a bitter tasting, stomach calming, Pitta medicine targeting stomach and intestines.

When the disease is very aggressive and over-powering the patient, the primary target should be the disease causing Dosh and of course the secondary target can be the [Prakriti - Dosh body type](#).

b. Poly-herbal medicines target multiple Doshas at a time.

Ayurveda prefers poly-herbal medicines over single herb products. Single herbs could be targeting one or two Doshas. For example, spices like cumin balance Kapha Dosh, Licorice balances Vata Dosh etc.

But in a poly-herbal combination, the combination of medicine will be having effects on multiple Doshas. In the above example of Titkakam Kashayam, all the bitter herbs are effective against Pitta Dosha, but it also contains long pepper, which has its effect on Vata Dosha as well. So, when a polyherbal medicine is chosen, it is usually effective against the disease-causing Dosha and also the Dosha body type (Prakriti) of the person.

Read related: [**Ayurvedic Medicine: Introduction, Importance, Types and Myths**](#)

c. What if the patient went specifically for the Prakriti based advice?

In this case, assuming you do not have any underlying disease, which could over-power your Prakriti, the Ayurveda doctor would recommend herbs, remedies, therapies, lifestyle and diet advice, solely on the basis of your Dosha body type.

Considering the above points, it is clear that, sometimes the Dosha body type of the person and dosha causing the disease could be different. Under such circumstances, the medicines prescribed might not target your natural Dosha, as they would be targeting the disease causing Dosha. Any Ayurveda doctor will keep your Dosha body type in mind, while suggesting the medicines.

92. What is the ideal number of Ayurvedic medicines in a prescription? How much is too much?

We cannot predict an ideal number of medicines for any disease. Number of medicines depend upon nature of the disease, severity, strength of the patient etc. factors. Even though there is no standard number of medicines in a prescription for any of the disease, but a smaller number of medicines is preferable and considered ideal. Unnecessary administration of excess medicines will result in developing adverse drug reactions and it will be an economical burden to patient. There are many Ayurvedic doctors who would prescribe 8 - 10 Ayurvedic medicines. The number of medicines depends on the strength and chronicity of the disease. If the disease is strong, if the patient has symptoms related to multiple organs and systems, then usually the list of prescribed medicine will be plenty.

On an ideal scenario, if all the factors are kept constant, then lesser number of medicines, in higher doses is better than big number of medicines in small doses. Because,

1. In Ayurveda, one medicine acts on many diseases

Ayurvedic medicines usually has multiple indications. Most of the Ayurvedic medicines are poly-herbal by design. It is done so as to target multiple organs at a time.

For example, [Ashwagandharishta](#), a famous nervine, muscle strength improving, stress relieving Ayurvedic tonic is used for the treatment of epilepsy, vertigo, hemorrhoids, weak digestion, arthritis etc.

[Sanjivani vati](#), an Ayurvedic tablet is used for the treatment of snake bite poisoning, weak digestion and chronic fever.

[Chandraprabha Vati](#) is used in urinary tract infection, liver and spleen disorders, allergic skin diseases etc.

2. Prescription of Ancient masters:

Probably the ancient Ayurvedic masters were prescribing only 1 - 3 medicines, usually, 1 or 2 among them would be the main medicine and other one as co-drink.

For example, [Vettumaran Gulika](#) with a co-drink [Amritarishta](#) for the management of fever.

It is almost unseen in any ancient Ayurvedic textbooks, wherein a combination of 5+ medicines are prescribed together.

3. Easy patient compliance

Lesser the number of medicines, easier for the patient to remember the timing and more the compliance. If there are 10 medicines with 5 different timings to take them, it may create a lot of hassle to the patient, especially in elders and in children.

4. Easy to catch side effects and do adjustments.

If the patient develops side effects, then it is easy for the doctor to point out the side effect to the particular medicine and do the adjustments.

But if there are numerous medicines in the prescription list, it is

impossible to point out the medicine causing the side effect.

Read related: [Thank The Doctor Who Cuts Your Medicines Down](#)

93. What can I do to uncomplicate myself and de-clutter my mind?

There is a book called **Shoe Dog** - The biography of Phil Knight, the founder of Nike (A wonderful book by the by. Though it's a biography, it reads like a novel. I think you should read it. [Amazon link](#)).

Initially when Phil Knight and his coach started the company, they were striving to cut off even 10 grams from the shoes. Their hypothesis was, if you are running a marathon, that 10 grams can become very heavy and could cut down your running speed.

The shoe story is true in real life too. If you carry excess luggage (in your body / mind), running the marathon of life becomes increasingly difficult day by day.

Mental luggage that we carry all the time -

1. Fights over politics that we do on social media.

Remedy: Unfollow politics pages.

Read: [Do You Concentrate On Improving Concentration? 14 Easy Techniques](#)

2. Distractions of news in newspapers and social media.

Remedy: But for the news regarding your city, such as coronavirus rules update etc., most of the news that you read is not useful beyond one day period. For example, Donald Trump once tweeted "Covfefe" It was a misspelling. How much of this news makes a difference to your life? Nil. Stop reading all that news which are not useful to you beyond that day.

3. Too many friends.

You only need 5 - 10 friends who watch your back and you watch their backs. Rest all are excess. You need not ditch the rest of them totally. Just maintain good distance from them.

This rule also applies to facebook / instagram friends. Unfriend those whom you do not know or barely know.

Read: [Cluttered Mind - Get Rid Of The Big Hurdle Between You And Success](#)

4. Netflix / tv shows -

It's okay to spend 30-60 minutes a day for entertainment. But if your Netflix binge is tending towards infinity, time to control yourself.

5. Too many online chat groups in whatsapp, snapchat, facebook discussion groups etc.

At least once a month, you should be thinking deeply about leaving unnecessary groups.

Read: [How to improve brain speed and memory space](#)

Always remember. Lesser the luggage, faster the journey, quicker we reach our lifegoals. The most valuable asset of our lives is "**time**". The most important mental theme that I will be working on 2021 is "**focus**".

94. What is the ultimate man-management principle?

I want to steal Sri Sadhguru's quote here. He was asked this question in a management school in the USA. For which he said a story, which goes with these lines. (not exact quote).

"Suppose if I lockup a person in the ashram, then there will be news in the newspaper about it. If I lockup a person in the kitchen of the Ashram, the news will be bigger. But if I lockup someone in a wash room, the news will be the biggest. On a normal day, Ashram is more important than kitchen, which is more important than wash room. But in the above example, the wash room becomes more important. So, the bottom-line is - NEVER LOOK UP or LOOK DOWN on any person. Do not think high of any person and do not think low as well. Always be neutral and accept things and persons as they behave."

Read: [Best Stress Relief Tip - Just Be Truthful And Avoid Lies](#)

If you ask my personal opinion about principle of man management, first of all, let me tell you that I only have 6 full time employees. So, I am not a big management guru. But my answer would be, first test the

employee if he is trustworthy and totally honest. Encourage the person to tell the truth, how bitter it might be. Once you know that she is honest, show her ultimate compassion, support, and encouragement. When I give a project to my employee, I will have a time frame to finish this, in my mind. But when the employee takes longer time than my projection, I totally believe that it was my mistake and completely back the employee to finish the project at her own pace.

Even in personal life also, if we want to win over our elders, children or friends, harsh instructions, strict rules, fear of punishment rarely work. Ultimate compassion, support, love and encouragement are the ways to make people do what we like them to do.

Read: [Effect of Stress, Anxiety on Stomach And Intestines: Remedies](#)

95. What are the differences between red and white sandalwood?

They are very similar in qualities.

Qualities of red sandalwood:

Raktachandana medicinal Properties:

Rakta chandan is quite similar to sandalwood in its qualities.

Guna (qualities) – Guru – heavy to digest, Rooksha – dryness

Rasa (taste) – Tikta (bitter), Madhura (sweet)

Vipaka – Katu – undergoes pungent taste conversion after digestion

Veerya – Sheeta (cold potency)

Effect on tridosha – Balances Kapha and Pitta dosha

Prabhava – Special effect – Chakshushya – improves vision, good for eyes, useful in eye disorders

Vrushya – Aphrodisiac, improves vigor

[Read related: Red sandalwood benefits](#)

Qualities of white sandalwood:

Rasa (taste) – Tikta (bitter), Madhura (sweet)

Guna (qualities) – Laghu (light), Rooksha (dryness)

Vipaka – Katu – Undergoes pungent taste conversion after digestion

Veerya – Sheeta – Cold potency

Effect on Tridosha – Balances Kapha and Pitta Dosha

[Read related: White Sandalwood benefits](#)

Usage as per medicine form:

As per Sharangdhara Samhita, if you are preparing herbal powder for oral intake or fermented infusion (Asava), or herbal ghees or herbal oils, white variety is to be used by default.

Whereas if you are preparing cream for external application or herbal decoction for oral intake, then red variety is the default choice.

This is probably based on the phyto-chemical affinity of the two types to different mediums - water, fat and alcohol.

96. Were soaps mentioned in ancient Ayurvedic text books?

No. The soap is a modern invention. Master Charaka, Sushruta and Vagbhata have advised to

- a. Apply oil to the body
- b. Do powder massage on the body
- c. Then wash off the powder with bathing. Cold water for washing hair and face. Lukewarm water for the body. The idea of applying powder and taking bath was to get rid of the massaged oil from the body and

also to get benefit from the powder massage. Powder massage is called Udvartana (Ubtan), it improves skin complexion, blood circulation and is also useful against fat deposits underneath the skin in a patient of obesity.

Read related: [Udvartana – powder massage benefits, how to do?](#)

With the change that time brings, herbal bath powders gained popularity.

Read: [How to make your own herbal bath powder](#)

97. As part of healthy daily routine, oil pulling, eye-salve (collyrium) and nasal drops are mentioned. What is the order of doing these things? What is the best time to do these?

Answer:

We need to address the organs from top to bottom.

So, Eye-salve / collyrium is to be done first. For this, many modern variants such as Aloe vera soot mixed with olive oil etc. are available. One can use that or use any of the Ayurvedic eye drops that are available in the market. One drop to both eyes, once a day.

[Read: Anjana – Collyrium Benefits, Method, Side Effects](#)

Next to attend is, nose. **So, next to collyrium nasal drops should be administered.** Anu tailam is the standard oil used for daily nasal drops. For this, take a few drops of sesame oil on to your finger tips and do gentle massage on the face for one minute. Then wash the face with hot water. Then put 2 drops of Anu taila oil to each nostril. Avoid this during cloudy, rainy days.

[Read: Nasya – Nasal drops application, benefits, method, side effects](#)

Next to nasal drops is oil pulling. Sesame oil or Irimedadi tailam can

be used. Take a tablespoon of the oil in your mouth, rinse it until you feel secretions in nose and mouth. Then spit out. Wash mouth with lukewarm water.

Read: Oil pulling method, benefits

All the above procedures should be done in the morning, preferably in a warm weather and when the sun is out. The warmth of the sun is needed to liquefy the toxins in the head and neck and to eliminate them out of the body.

98. In the preparation of herbal teas (Kashaya), is 1/4th is the strongest potency?

- No. There are three standard boiling and water reduction
- 1/4th reduction = 10 grams + 80 ml water → 20 ml (10 grams → 20 ml)
- 1/8th reduction = 10 gram + 80 ml water → 10 ml (10 grams → 10 ml)
- 1/16th reduction is also there → 10 gram + 80 ml → 5 ml (10grams → 5 ml of kashaya)
- **Does boiling more time make the kashaya stronger?**
Yes. Boiling decreases the water component and increases the herbal concentration → stronger kashaya.
- **More the boiling, stronger the kashaya. Harder the wood material of medicinal herbs, more boiling and reduction is required. Softer the herb material (like gotu kola), lesser the boiling required. Just 1/4th reduction should be good enough.**
- More the boiling, more the ushna guna - more the heat component embedded in it.
- Even for example, sandalwood kashaya - Sandalwood kashaya
- 1/4 → good kashaya
- 1/8 → not only it is higher in concentration, the amount of hotness in this is more compared to 1/4 reduction kashaya

- Fire treatment is used as a way of injecting hotness into the medicine.

99. How to choose between cold infusion and herbal tea (decoction) of the same herb?

When one has to choose between cold infusion and decoction, condition of the doshas must be evaluated first. Cold infusion and decoction, prepared out of same herb, differ in qualities and action.

Let us take the example of Sandalwood.

- Sandalwood + 6 parts of cold water → Chandana hima → filtered → here the hot component is not there.
- Sandalwood + water → boiling → kashaya → hot component is there embedded here.
- Thus, Sandalwood kashaya is easier to digest and show its effect than Sandalwood hima.
- Sandalwood hima → indicated in highly aggravated Pitta.
- Sandalwood kashaya → indicated in aggravated Pitta associated with little Kapha, i.e., Kapha anubndha Pitta.
- Because of slight Kapha, kashaya medicine form is preferred here.
- Because Pitta is the main dosha, I am choosing sandalwood, which is coolant and I will allow this decoction to cool down and only then I will administer it.
- Sandalwood hima is not equal to cooled down sandalwood kashaya.

100. Apart from taking nutrition rich diet, what are the ways to improve body nutrition?

To improve the body nutrition, only intake of nutrition rich diet is not sufficient. Because absorption of nutrition is very important for the body to utilise it. So, healthy state of Agni and proper digestion are very important for the absorption of nutrition. When Agni is intense, food will be digested beyond the level of nutrients. Healthy number of spices help

to keep the digestion strength strong. This ensures that the food is well digested and nutrition from food is well absorbed by the body.

Healthy amount of exercise - ensures that the nutrition absorbed is utilized by the body and converted to energy, rather than getting it stored in the form of fat, which can lead to obesity.

Healthy amount of mental activity - healthy stress activities, like playing sudoku, chess, crosswords etc. also act as a calorie burner and can improve utilization of nutrition.

Fasting - Fasting once a month, or doing intermittent fasting once in a while is good to keep the digestive system sharp and active. This helps in absorbing good amount of nutrition.

Fatless buttermilk - Especially at night, is useful to provide the body with healthy probiotics and also ensures good digestion strength.

Regular oil massage and sweating treatment (like sauna), avoiding day sleep, sleeping at night for 6 - 8 hours, except during summer, not eating till the previously eaten food is digested, seasonal panchakarma detoxification therapies - are also ways to ensure healthy nutrition levels.

Other products:

260 video classes to learn Ayurveda step by step:

<https://www.easyayurveda.com/previous-classes-webinars-video-ebook/>

11 Ayurveda EBooks – Mega offer

<https://www.easyayurveda.com/my-book/>