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In this issue:

Article of the month -	1
Ayurveda and Spring Cleansing	
Herb of the Month -	3
Curcuma longa	
Products of the month -	4
GUGGUL MAX Tablet & ALLERFRI Tablet	
Bliss News and Events	5

AYURVEDA AND SPRING CLEANSING

Ayurveda is the most ancient system of healthcare with its roots extending to 5000 years. Its fundamental principles and approaches in spite being very old are equally contemporary and futuristic. Ayurveda is based on the theory of harmonious blending of the body, sense organs, mind and soul, which is defined as life.

Ayurveda considers environment to be a major factor in health care. Effects of climate, weather are considered as factors in the diagnosis and treatment of diseases. To counteract the effects of doshas accumulating in each season Ayurveda gives specific guidelines called "**Ritucharya**" or **Seasonal Routines**. It is based on some adjustments to diet and life styles.

As earth moves /revolves around the sun in 365 ¼ days it brings changes in the seasons and also changes the doshas predominance in our body. Each season brings with it, its own challenges with respect to your health and needs for balance. The time when the seasons change is the best time to do a home cleansing regime which helps you to remove the earlier season's accumulated Ama and prepare your body physiology for the new season.

Ayurveda advocates a range of promotive, preventive and curative measures in terms of life style, diet & medications (Herbal food Supplements) to cleanse the body and to restore the eco-bio balance. Ayurvedic cleansing essentially refers to bio purification of the body aiming to cleanse the macro & micro channels of the biological system known as **Shrotas**, which is essential to permit free flow of nutrients, energy and benefits of herbs besides permitting the free passage of toxins out of the body

Why need to cleanse your system:

Aggravation of **doshas i.e. Vata, Pitta, Kapha** and accumulation of Ama are the prime cause for malfunctioning of shrotas. Due to deleterious influence of different seasons, continuous wear & tear, incomplete digestion & effect of allergens, dust & pollution in environment, toxins (Ama) may build up in the body and gets adhere to body tissues which in turn can get vitiated. This Ama becomes toxic to the physiology if allowed to stay in the body or build up over time. Ama is not only inherently toxic in itself; it also clogs the channels of the body called shrotas. This interrupts the shrotas functioning i.e. supply of energy, nutrition & oxygen to body tissues & excretion of toxic waste . If such a condition is allowed to continue it gives way to different kinds of diseases depending upon the nature and the extent of shrotas distortion and its site. In general Ama is fertile ground for infections and disorders to take root and flourish.

What happens when you have Ama build up?

The following are general indications or signs that you may have Ama in your physiology:

1. Your tongue has a white coating in the morning when you wake up.
2. You feel tired and lethargic all day long, even though you eat well and sleep well.
3. Your appetite is poor.
4. You feel a general lack of motivation or zest for life.
5. You feel "spaced out" and your mind is cloudy and unable to focus on things.
6. You experience abdominal bloating and gas, especially after a main meal.
8. You have a general sense of malaise, with vague aches and pains.

If you experience two or more of the above on a regular basis, your physiology would probably need a cleansing regime. Cleansing in the form of oral administration of herbs or herbal food supplements enhances the digestive power that reduces the possibility of production and assimilation of Ama and helps expel the accumulated toxins from the body.

When to go for Ayurvedic cleansing:

Ayurveda recommends a seasonal routine (ritucharya) as well as daily routine (dinacharya). Each season brings with it its own challenges with respect to your health and needs for balance. The time when the seasons change is the best time to do a home cleansing regime which helps you to remove the earlier season's accumulated ama and prepare your body physiology for the new season.

Spring, especially, is considered an ideal time to rejuvenate the physiology, in keeping with Nature's own calendar for rejuvenation. With the melting of the snows and the thawing of the ground, the fluids in the body also start flowing more freely, and performing an internal cleansing routine at this time accelerates the process of flushing out toxins from the physiology.

Detoxification also reverses the negative effects of stress and slows down the ageing process. It induces deep relaxation and peace of mind. It enhances your self reliance and self esteem and helps you become more enthusiastic for life.

Moreover into the beauty of spring you may confront with multiple problems related with this season like Pollen allergies, hay fever, skin infections, bronchial asthma, gastrointestinal infection, dehydration and sunstrokes and thus the spring cleansing regimen helps strengthens the immune system to become more resistant to illness.

Self Cleansing

Ayurvedic cleansing is not only a procedure for internal detoxification but also a fundamental basis of treatment in Ayurveda. Cleansing even can be achieved by following some daily routines like regular elimination of bowels and urine, daily body massage, application of oil to the scalp, nasal inhalation of herbal oil, regular exercise routines, Yoga etc.

Moreover Good Digestion is very important to avoid the accumulation of ama and facilitating cleansing mechanism. Hence stop taking all foods that can create ama.

The ama causing food are leftovers, junk foods, cold food, cold water, cold milk, heavy desserts, red meats and cheese, deep-fried foods, candy, chocolate, white sugar, carbonated drinks. Avoid non-compatible foods like Milk and Fruit Juice, Milk and Fish, Milk and Yogurt etc and maintain some time interval between them.

To avoid Doshas imbalance and clogging of channels-

1. Follow ama cleansing diet routines.
2. Eat freshly cooked warm food and more natural food.
3. Drink warm water especially after meals. Warm water in itself is self detoxifying.
4. Drink milk boiled with a slice of fresh ginger and ¼ teaspoon of turmeric.
5. Avoid Ice cold water or soda especially with the meals; instead take small sips of warm water or herbal tea.

Herbal Food Supplements for Cleansing

BLISS AYURVEDA has a range of safe and effective herbal formulations which help detoxify your body at the deepest organic levels without depleting the body reserves. These synergistic herbo-mineral formulas not only eliminate the existing impurities but also rejuvenate the body by producing a desired Rasayana or Rejuvenating effect. They open up the clogged channel permitting the free flow of nutrients & energy as well as facilitate the elimination of toxins.

1. **GUGGUL MAX Tablet**- Combination of traditional Ayurvedic detoxifying herbs. Helps cleanse toxins from G.I. tract, body tissues & shrotas. Helps reduce high cholesterol & triglycerides.
2. **ALLERFRI Tablet**- Helps increase body's immunity against various allergies like Pollens, Dust, Food etc. & reduce the symptoms.
3. **ALLERFRI NASAL OIL**-Quick Nasal decongestant, cleanses & lubricates the Nasal & Sinus region. Acts as a barrier against external allergens.

Curcuma longa

Latin Name: *Curcuma longa*

English Name: Turmeric

Hindi Names: Haldi

Habitat

Turmeric (*Curcuma longa*) is a rhizomatous herbaceous perennial plant of the ginger family, Zingiberaceae. It is native to tropical South Asia and needs temperatures between 20° C and 30° C. It is cultivated extensively in India, China, and other Asian countries with a tropical climate.

Habit

The plant grows to a height of three to five feet. It has oblong, pointed leaves and bears funnel-shaped yellow flowers. Plants are gathered annually for their rhizomes, and re-seeded from some of those rhizomes in the following season. The rhizome is the portion of the plant used medicinally; it is usually boiled, cleaned, and dried, yielding a yellow powder. Dried *Curcuma longa* is the source of the spice turmeric, the ingredient that gives curry powder its characteristic yellow color.

Turmeric is widely used as a food coloring and is one of the principal ingredients in curry powder. Rhizomes of the turmeric are used in medicinal and food preparations.

Constituents

The active constituents of turmeric are curcumin and volatile oils including tumerone, atlantone, and zingiberone. Curcumin comprises 0.3 to 5.4 percent of raw turmeric.

Pharmacological Actions

Extracts of turmeric root reduce secretion of acid from the stomach and protect against injuries such as inflammation along the stomach (gastritis) or intestinal walls and ulcers from certain medications, stress, or alcohol. Early studies suggest that turmeric may prove helpful in preventing the atherosclerosis. Turmeric may also prevent platelet build up along the walls of an injured blood vessel. There has been a substantial amount of research on turmeric's anti-cancer potential. Evidence from laboratory and animal studies suggests that curcumin has potential in the treatment of various forms of cancer, including prostate, breast, skin, and colon.

Current research has focused on turmeric's antioxidant, hepatoprotective, anti-inflammatory, anticarcinogenic, and antimicrobial properties, in addition to its use in cardiovascular disease and gastrointestinal disorders. The volatile oils and curcumin of *Curcuma longa* exhibit potent anti-inflammatory effects. Oral administration of curcumin in instances of acute inflammation was found to be as effective as cortisone or phenylbutazone, and one-half as effective in cases of chronic inflammation. *C. longa*'s anti-inflammatory properties may be attributed to its ability to inhibit pro-inflammatory arachidonic acid, as well as neutrophil function during inflammatory states. Curcumin may also be applied topically on skin to counteract inflammation and irritation associated with inflammatory skin conditions and allergies. Turmeric is currently used in the formulation of some sunscreens. It has fluoride which is thought to be essential for teeth.

In recent years Western scientists have increasingly recognized the medicinal properties of turmeric. In the latter half of the 20th century, curcumin was identified as responsible for most of the biological effects of turmeric. According to a 2005 article in the Wall Street Journal, research activity into curcumin is exploding. In that year supplement sales increased 35% from 2004, and the U.S. National Institutes of Health had four clinical trials underway to study curcumin treatment for pancreatic cancer, multiple myeloma, Alzheimer's, and colorectal cancer.

Turmeric in Ayurveda

Turmeric has long been used in Ayurveda as a blood purifier, Ama-pachak, Pitta-samaka, antiallergic, anti-inflammatory, appetite stimulant, antiarthritic, antibacterial, liver stimulant, and antibacterial and as an antiseptic agent. Curcumin, which has shown significant anti-inflammatory properties due to its ability to reduce histamine levels and possibly increases natural cortisone production by the adrenal glands. Curcumin is potent blood purifier and thus cleanses the Ama (toxins) from body. Water- and fat-soluble extracts of turmeric and its curcumin component exhibit strong antioxidant activity, comparable to vitamins C and E.

Turmeric is widely used in India during wedding ceremonies particularly. Turmeric paste is applied to bride and groom before marriage, where it is believed turmeric gives glow to skin and keeps some harmful bacteria away from the body. As a traditional home remedy in any type of joint or muscle pain, turmeric powder is used by mixing with warm milk or warm soup.



"Benefits of Turmeric (Curcuma longa) can be experienced in: ALLERFRI Tab., ALLERFLU GARD Tab., GUGGUL MAX Tab., EASYMOVE Tab., PROSTABLISS Tab., GLUCOGARD Tab. & URIGARD Tab."

GUGGUL MAX Tablet

The modern urbanized mode of living expose us to many things like fast foods, packaged eatables, fatty and left over food, excessive consumption of hot, spicy processed foods, heavy drinking and smoking habit, and polluted environment. It results in overloading the body with harmful substances (toxins or Ama) and increases the incidence of illnesses like high cholesterol, allergy, asthma, diabetes, obesity, cardiovascular diseases etc. Ayurveda mentions the accumulation of toxins (Ama) inside the body resulting from unhealthy diet and lifestyle as the cause of disorders.



GUGGUL MAX - a herbal formula with traditional detoxifying herbs like Guggul, Turmeric, Triphala and Trikatu - kindles the digestive fire, digests Ama, and improves absorption of nutrients. It clears blockage in microcirculatory channels and allows free flow of nutrients to tissues. It helps to metabolize fats, cholesterol and triglycerides by improving the functioning of liver, pancreas and intestine. This supplement has anti-inflammatory, healing and cleansing properties.

HOW IT HELPS

1. Very effective in eliminating Ama (Toxins) and helps remove the obstruction of micro circulatory channels (Shrotas) of the body.
2. Works like a natural Detox.
3. Helps normalize high Cholesterol and Triglycerides level.
4. Regulates bowel movement, useful in Irregular bowel habits.
5. As an adjuvant in Obesity.
6. Useful in Hemorrhoids (piles) and IBS.

Recommended Dose: Take 1-2 tablets two times a day after meals with warm water.

Suggested Duration: Take it for 1-3 months for best results. For Detox and cleansing, use one tablet two times a day after meals with warm water for 1-2 months. This can be taken once or twice every year for cleansing purpose.

Dietary Advice: Take warm food and warm water. Take plenty of fresh fruits and vegetables. Avoid excess of fatty and fried foods; canned, leftover and preserved foods.

Ingredients:

1. *Commiphora mukul* (Indian Bedellium) Guggul
2. *Curcuma longa* (Turmeric) Haldi
3. Triphala - *Emblica officinalis* (Amalaki), *Terminalia chebula* (Haritaki) & *Terminalia belerica* (Vibhitaki)
4. Trikatu - *Zingiber officinale* (Ginger), *Piper nigrum* (Black pepper) & *Piper longum* (Long pepper)

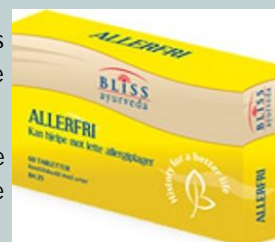
ALLERFRI Tablet

Are you worried about your nose which starts watering every now and then or with some skin rashes which appears as soon as you eat your favorite dish or play with your dearest pet? Such problems are due to different kind of allergies which are characterized by a variety of symptoms.

According to Ayurveda, allergy results due to impairment of immunity by accumulated toxins (Ama). The immune system becomes oversensitive and responds with allergic symptoms to substances that were harmless before.

AllerFri Tablet is an Ayurvedic answer to various allergies, especially nasal allergy. It reduces the severity of allergic reactions and strengthens the immunity. It not only relieves the distressing symptoms of sneezing, itching and watering of eyes and nose but also removes the root cause of allergy.

The synergistic herbs in this formula reduces the inflammation of nasal mucosa, provides soothing effects, decreases the intensity of allergic reactions, removes the toxins present in the blood and from the micro-channels of respiration, food passage and skin.



HOW IT HELPS:

1. Normalizes the symptoms of pollen, dust and pet allergy like nasal blockage, running nose, sneezing & throat irritation.
2. Good immunomodulator, strengthens immunity against various allergens and decreases the intensity of allergic response to allergens.
3. Reduces the inflammation and congestion of mucosa of the naso-pharyngeal and respiratory tract.
4. Removes the toxins (Ama) present in the airway passage, food passage, blood and skin.
5. Beneficial supplement in Nasal Allergy, Urticaria, Food Allergy, Sinusitis, Eosinophilia, Hay fever and Allergic skin diseases.
6. Also helpful in sun burn, freckles and prickly heat.

Recommended Dose: Take 1-2 tablets two times a day with warm water.

Suggested Duration: Minimum 3-6 months. Once allergy is relieved, take it every year for 2-3 months during allergic season to build the body resistance.

Dietary Advice: Eat fresh vegetables and fruit of nourishing nature to strengthen the body resistance. Drink warm water. Try to find the allergen and avoid its exposure. Avoid direct exposure to dust, wind and cold. For best and faster results, use these tablets with Allerfri nasal oil.

Ingredients:

1. *Ocimum sanctum* (Holy Basil) Tulsi
2. *Curcuma longa* (Turmeric) Haldi
3. *Glycyrrhiza glabra* (Licorice) Mulethi
4. *Hemidesmus indicus* (Indian Sarsaparilla) Anantmoool
5. Triphala - *Emblica officinalis*, *Terminalia chebula* & *Terminalia bellerica*
6. Trikatu - *Zingiber officinale*, *Piper nigrum* & *Piper longum*
7. *Cinnamomum zeylanicum* (Cinnamon) Dalchini

Dear Friends,

From this issue of our Newsletter we have changed the layout & improved upon the content of articles so as to provide you more knowledge about Ayurveda, Herbs & Ayurveda Products.

We will appreciate your comments and feedback regarding our Newsletter to serve you better next time.

Thank You.

Best Wishes

Dr Nitin Agrawal & Bliss Ayurveda Team

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Bliss Ayurveda News and Events

Dr. Nitin Agrawal's tour of Norway & Italy

Dr. Nitin Agrawal will be travelling to Norway & Italy in April, where he will be giving evening courses of Ayurveda for Health professionals and Therapists in Stavanger, Bergen & Trondheim on April 20, 21, 22 respectively. He will also give series of lectures in a full day weekend course for Health professionals and Therapist on April 18 & 19 in Oslo.

Homeopaths conference in Oslo Norway

The association of Homeopaths is organizing a conference in Oslo on 17th April where they have invited Dr Nitin Agrawal to give lecture on **"ALLERGY – An Ayurvedic perspective"**.

ASK THE DOCTOR – Free Online Consultation

Bliss Ayurveda started free online consultation. Your health concerns are being discussed by our panel of Ayurveda experts and you get free reply. You have to log on Bliss Ayurveda website http://www.blissayurveda.com/experts_advice.html or Bliss Ayurveda blog <http://blissayurvedaindia.blogspot.com>

Dr. Vikas Kuntail's tour of Norway from March 15

As a part of Bliss Ayurveda strategy to promote awareness of Ayurveda in Nordic countries Dr. Vikas Kuntail our Ayurvedic Doctor, is visiting various cities of Norway for Ayurveda consultations & lectures.

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