



Bliss Ayurveda Newsletter

21st January 2009

Dear Friends,

Happy New Year and Makar Sankranti!

In this issue of Bliss Ayurveda Newsletter, we introduce you with Kanchanar Herb and Lymphocare Tablet along with current news and events.

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Herb of the Month



Kanchanar or Bauhinia variegata or Mountain Ebony According to Ayurveda, it is an astringent tonic useful in scrofula (swelling of lymph nodes of the neck), tumors, skin diseases, ulcers, leprosy, diarrhea, dysentery and hemorrhoids. It is a safe and effective herb known for its anti-inflammatory, healing and laxative properties, which makes it a natural choice against conditions like fistula in ano, hemorrhoids, fissures etc.

In ayurvedic texts, it is mentioned to have special affinity towards lymphatic system as it is found to be useful in infective and inflammatory

conditions of lymph glands, especially effective in swelling of lymph nodes of the neck due to tuberculosis (Scrofula).

The chemo preventive and cytotoxic effect (on tumor cells) of extract of Bauhinia variegata was evaluated in N-nitrosodiethylamine induced experimental liver tumor and human cancer cell lines.

Oral administration of extract of Bauhinia variegata effectively suppressed liver tumor and decreased the elevated levels of liver enzymes. The extract also produced an increase in enzymatic antioxidant (superoxide dismutase and catalase) levels and total proteins when compared to those in liver tumor bearers. The histopathological changes of liver samples were compared with respective controls.

Extract of Bauhinia variegata was not only effective against liver tumors but also found to be cytotoxic against human epithelial larynx cancer and human breast cancer cells. The antitumour activity of the extract of Bauhinia variegata (EBV) has also been evaluated against Dalton's ascitic lymphoma (DAL). It was found to enhance peritoneal cell counts and was able to reverse the changes in the hematological parameters, protein and PCV consequent to tumor inoculation. A glycoside O-beta-galactopyranoside found in Bauhinia showed excellent anti-inflammatory activity.

Product of the Month - LYMPHOCARE TABLET



Lymphocare is an effective and safe remedy based on traditional ayurvedic principles as well as modern clinical studies on herbs.

It helps reduce tumors - the inflammatory and non-inflammatory swellings or enlargements (tumors) occurring anywhere in the body.

It especially cleanses the whole lymphatic system and is undoubtedly best formulation for glandular enlargement including thyroid gland. It helps loose the hard cystic and fibrous swelling and can show cytotoxic and anticancerous effect on few malignant cells.

It uniquely detoxifies at the deepest level and can help reduce the untoward effect of radiation and chemotherapy. This herbal blend can also promote healing mechanism in tuberculosis, hemorrhoids, fistula, ovarian cyst and in uterine fibroids.

Ingredients: The formula of Lymphocare contains following herbs...

1. Purified Guggul (Commiphora mukul) or Indian Bedellium
2. Mountain Ebony or Kanchanar (Bauhinia variegata)
3. Asphaltum (Mineral Pitch) Shilajeet
4. East Indian Globe-thistle or Gorakhmundi (Sphaeranthus indicus)
5. Cutch Tree or Khadir (Acacia catechu)
6. Triphala –
 - a. Amalaki or Indian Gooseberry (Embilica officinalis);
 - b. Haritaki or Chebulic Myrobalan (Terminalia chebula); and
 - c. Vibhitaki or Beleric Myrobalan (Terminalia belerica)

7. Trikatu –
 - a. Dry Ginger or Sonth (Zingiber officinale);
 - b. Long Pepper or Pippali (Piper longum); and
 - c. Black Pepper or Marich (Piper nigrum)
8. Cinnamon or Dalchini (Cinnamomum zeylanicum)
9. Indian Cassia Lignea or Tejpatra (Cinnamomum tamala)
10. Greater Cardamomum or Badi Elaichi (Amomum subulatum)
11. Praval Panchamrit – A classical ayurvedic preparation which is a mixture of
 - a. Corallium rubrum (Coral) Praval;
 - b. Pearl (Mukta);
 - c. Mytilus margaritiferus (Pearl oyster shell) Mukta shukti;
 - d. Turbinella rapa (Conch Shell) Shankh; and
 - e. Cypraea moneta (Cowrie) Kapardik

How it helps:

Lymph Cleansing: It is useful in all inflammatory and non-inflammatory Swelling or Enlargement. It helps cleanse the lymphatic and circulatory system. Also beneficial in infective and inflammatory conditions of lymph glands and lymphatic vessels.

Thyroid Health: Balances the functioning of Thyroid gland and helps reduce its enlarged size.

Acne and Tonsils: Due to its cleansing and anti-inflammatory properties of the herbs present, Lymphocare helps in problems like Tonsillitis, Nasal Polyps, Boils and Acne.

Supportive Supplement in Various Tumors: It has several herbs that exhibited cytotoxic action against some of the cancerous cells. Moreover, it helps reduce the harmful effects of radiation and chemotherapy.

Women Health: Lymphocare has shown good results in women suffering from Ovarian cyst and Uterine fibroids.

Ano-Rectal Health: It is beneficial in Hemorrhoids, anal fistula and fissure and promotes healing.

How To Take: Take one to two tablets two times a day after meals with warm water.

Suggested Duration: For best results, use Lymphocare tablets for a period of at least three months. One box contains 60 tablets of 1000 mg each.

News and Events

Dr. Nitin Agrawal returned on 12th Nov. 2008 after completing 12 days tour of Norway and Italy. He delivered lectures to different groups of therapists in six cities. He imparted the knowledge of Ayurveda to more than 500 health professionals.

Dr. Vikramaditya Tomar completed one-month long Norwegian tour on 30th Nov. 2008. He provided pulse reading and Ayurveda consultation.

Future Visits:

Dr. Ravi Raghuvanshi is scheduled to visit Norway from 25th Jan. 2009 to 23rd Feb. 2009. He will provide Ayurveda Consultation with Pulse Reading all over the country.

Dr. Nitin Agrawal will embark upon European tour of Norway, Russia and Italy in February 2009 to propagate the cause of Ayurveda. He will be providing Consultations and Lectures to help the message of Ayurveda reach every nook of world.

We will always love to hear from you and serve you in the best possible manner.

Warm Regards,

Dr. Vikrama Aditya Tomar

Editor,

Bliss Ayurveda Newsletter

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