



BLISS AYURVEDA NEWSLETTER

February 10, 2009

Dear Friends,

This issue of Bliss Ayurveda Newsletter contains...

1. A widely used Ayurvedic herb *Alpinia galanga* (Kulanjan)
2. RespiBliss Tablet for improving Respiratory Health
3. Current News and Events

We are glad to inform you that Bliss Ayurveda products can be ordered online through our website (www.blissayurveda.com/order-products.html). We are receiving orders from all over the world and plenty of feedbacks from our Bliss Ayurveda family of happy consumers.

Herb of the Month: *Alpinia galanga*

Hindi Name: **Kulanjan**

English Name: **Greater Galangal, Java Galangal**

Alpinia galanga (Kulanjan) is a small tropical plant of 5-7 feet height. Its root is widely used for medicinal purpose. It is very popular as Eastern and Caribbean herbal remedy.

The creamy white rhizome of galangal contains a volatile essential oil quite similar to that of the ginger. The chemical constituents of this oil are Methyl cinnamate, Cineole, Camphor and D-pinene. The root contains three flavones – Alpinin, Galangin and Kaempferide. The root of greater galangal has bitter taste and hot active principle that makes it suitable for Vata and Kapha disorders.



Ancient ayurvedic texts mention its use for Kapha and Vata disorders of respiratory tract starting from nose to sinus to throat to trachea and lungs.

“Kulanjan is very good herb for Kapha dominant cough. It is beneficial for throat. It cleanses the excess of mucus tendency from chest, throat, nose and mouth area.”

(Ref. Bhava Prakash, Classical Ayurveda Pharmacology Textbook)

“Kulanjan is very good for Vata and Kapha disorders of respiratory tract like cough, cold and asthma.”

(Ref. Nighantu Ratnakar, Classical Ayurveda Pharmacology Textbook)



Greater galangal has been used Ayurvedic medicine in a traditional manner for long time. The rhizome is used in rheumatism, bronchial catarrh, bad breath, ulcers,

whooping cough in children, throat infections, and to control incontinence, fever and dyspepsia. The essential oil is active against gram-positive and gram-negative microorganisms in pharmacological studies. Bronchospasm induced by pilocarpine is counteracted by small doses of a tincture of galangal.

The seeds have anti-ulcer activity. It has irritant action on mucous membrane of stomach and this may be used in producing reflex increase in

bronchial secretion. Volatile Oil present in *Alpinia* is excreted through lungs; it acts as expectorant. Even small dose produce as dilatation of bronchioles and this effect is more pronounced when the dose is increased.

It has irritant action on mucous membrane of stomach. It may be used in producing reflex increase in bronchial secretion. Volatile Oil present in *Alpinia*, is excreted through lungs and **acts as an expectorant**.

Even small dose of galangal when injected intramuscularly produces **dilatation of bronchioles** and this effect is more prominent when the dose is increased. The **anti spasmodic** action of Galangal is particularly beneficial in bronchial asthma and chronic bronchitis.

Galangal with honey **eases the paroxysm of cough** in children suffering from whooping cough. Administration of Kulanjan relieves the distressing symptoms in children suffering from bronchitis.

Product of the Month: **RESPIBLISS TABLET** – *The Packaged Respiratory Health*

Ayurvedic Concept of Respiratory Health and Disorders:

Ayurveda is an ancient system of medicine that considers entire respiratory system as 'Pranavaha Shrotas'. Here **Prana** is vital energy (life-energy) and **Shrotas** means channels through which this vital energy flows.

According to the ancient ayurvedic textbooks, the exposure to the dust, smoke, sun, wind and cold are important causative factors for respiratory discomfort.

The most important causative factor that disturbs the respiratory health is excessive accumulation of Ama. This **Ama** or "toxins" is a sticky foul smelling material that is produced because of weak digestive fire (Agni) and faulty diet and lifestyle.

This sticky material or Ama enters into Prana Vaha Shrotas or respiratory passage. It is mixed with Shleshka Kapha there, and vitiates this Kapha resulting in excessive production of the phlegm. Excessive phlegm obstructs the passage of air in Pranavaha Shrotas causing numerous respiratory discomforts.

Moreover, this accumulated Ama inside respiratory passage creates a favorable environment for bacteria and virus leading to respiratory tract infection, cold, flu and asthma.

Respi bliss maintains the free flow of Prana or vital energy inside respiratory tract as well as normal production of mucus of healthy quality. With these two benefits, you can remain assured of having good respiratory health.

Ingredients:

1. *Alpinia galangal* (Kulanjan)
2. *Iris germanica* (Pushkarmool)
3. *Glycyrrhiza glabra* (Licorice)
4. *Zingiber officinale* (Dry ginger)
5. *Hyssopus officinalis* (Jufah)
6. *Ocimum sanctum* (Holy basil)
7. *Saccharum officinarum* (Sugar candy)
8. *Piper nigrum* (Black pepper)
9. *Piper longum* (Long pepper)
10. *Cinnamomum zeylanicum* (cinnamon)
11. *Amomum subulatum* (Greater cardamom)

Benefits of Respi bliss Tablet:

Respi bliss tablet is a natural remedy for complete respiratory health. It helps **cleanse/detoxify the whole respiratory passage** extending from nose to lungs.

Long-term use of Respi bliss tablet can heal the damage in lung tissue and reinforce the respiratory immunity. It uniquely reduces the damaging effect of environmental pollution and smoking. It works well as a **complete Respiratory tonic**.

It eases the breathing mechanism by **releasing the spasm or constriction** of respiratory channel. This property is useful in **asthma**.

Digestion of Excess Mucus and its Expulsion: Respi bliss promotes digestion and helps digest toxic ama, the root cause of all respiratory troubles. It



soothes the whole respiratory passage and helps make the hardened phlegm thin, thereby promoting expectoration of excessive mucus from respiratory passage. This property makes it beneficial in **Cough, Cold and Flu**.

Recommended Dosage:

In acute respiratory discomfort and severe cough and breathlessness, take two tablets 3 times a day with Luke warm water for 1-2 weeks. Then, continue one tablet 2 times a day for 1 month.

In chronic condition like asthma and bronchitis, take two tablets two times a day after meals with warm water for 4-6 months.

Dietary Routine and Lifestyle Modifications:

1. Use Luke warm water for drinking and bathing.
2. Boil water with Eucalyptus and Mint oil and Inhale steam.
3. Spices such as ginger, pepper etc which are hot in nature, are very useful in respiratory discomfort.
4. Avoid direct exposure to cold wind, dust and smoke.
5. Go for breathing exercises like Pranayama that enhance the functioning of lungs and improve immunity.

News and Events

Dr. Ravi Raghuvanshi visited Norway from Jan 25 to Feb 23, 2009. He will provide Ayurveda Consultation with Pulse Reading to the peoples all over Norway.

Dr. Nitin Agrawal is visiting Norway and Finland from 5th-17th Feb. 2009 for propagating the cause of

Ayurveda. His schedule is packed with Ayurveda Consultations, Seminars and Lectures on Ayurveda.

We uploaded video of an interview of Dr Nitin Agrawal, which broadcasted on Croatian National TV Channel. You can see this video on our home page (www.blissayurveda.com/index.html).

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

Thank You.

Kindest Regards,

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