

DISEASE-WISE INFORMATION IN AYUSH SYSTEMS

S. No	DISEASES	UNANI	AYURVEDA	SIDDHA	HOMOEOPATHY	YOGA
1	Rheumatoid arthritis	√	√	√	√	X
2	Osteoporosis	√	√	√	√	X
3	Osteoarthritis	X	√	√	√	X
4	Bronchitis	√	√	√	√	X
5	Bronchial asthma	√	√	√	√	X
6	Diarrhoea	√	X	√	√	X
7	Psoriasis	√	√	√	√	X
8	Leucoderma	√	X	√	√	X
9	Eczema	√	X	√	√	X
10	Diabetes mellitus	√	√	√	√	X
11	Hypertension	√	√	√	√	X
12	Obesity	√	√	√	√	X
13	Hepatitis	√	√	X	√	X
14	Urolithiasis	√	√	√	√	X
15	Malaria	√	X	√	√	X
16	Post menopausal syndrome	X	√	√	√	X
17	Conjunctivitis	√	√	√	√	X
18	Insomnia	√	√	√	√	X
19	General debility	√	√	X	X	X
20	Leucorrhoea	√	√	√	√	X

DISEASE-WISE INFORMATION IN UNANI MEDICINE

1. RHEUMATOID ARTHRITIS

Treatment in UNANI

Definition

Wajaul Mafasil (Rheumatoid arthritis) is an inflammation of one or more joints associated with pain. It may be Balghami (phlegmatic) or Damavi (sanguine) and Murakkab (compound) according to predominance of Akhlat (humours).

Causes

- Predominance of Haar (hot) and Ratab (moist) Akhlat (humours) - Dam (blood), Balgham (phlegm).
- Soo-e-Mizaj Azwi (Imbalance of temperament of organ).
- Martoob Aab-o-Hawa (Humid climate).
- Accumulation of Fasid Akhlaat (morbid humours) in blood due to Soo-e-Hazm (indigestion).
- Infialat-e-Nafsania (Psychic influences).
- Excessive intake of hot and moist food such as meat and dairy products.
- Samn-e-Mufrat (Obesity).
- Naqs-e- Taghzia (Deficient nutrition).
- Kasrat-e-Sharab Noshi (Excessive consumption of alcohol).
- Zarba-wa-Saqta (Injury).
- Mauroosi (Hereditary).
- Certain diseases affecting body immunity e.g. Aatshak (syphilis), Suzaak (gonorrhoea), etc.

Preventive Measures

- Maintain body weight.
- Avoid oily/fatty diets.
- Maintain normal Ihtibas-o-Istifragh (retention and evacuation) through intake of high fiber diet to regulate daily bowel movement.

Health Promoting Tips

- Do Riyazat (exercise) regularly as per instructions.
- Adequate Naum (sleep).
- Hijamah (cupping) is very beneficial. It decreases the inflammation of joints.

Curative Herbs

- Izkhar Lemon grass (*Andropogon schaeenar* linn)
- Arand root Castor (*Ricinus communis* Linn.)
- Ajwain khurasani Henbane (*Hyoscyamus alba* Linn.)
- Madar flower Madder (*Calotropis gigantea* (Linn.) Ait. f.)
- Zanjabeel Ginger (*Zingiber officinale* Roscoe)
- Suranjan talkh Colchicum (*Colchicum luteum* Bak.)
- Joz masil Datura (*Datura stramonium* Linn.)
- Asgand Withania (*Withania somnifera* (Linn.) Dun.)
- Ispand Wild Rue (*Peganum harmala* Linn.)
- Khulanjan Galangal (*Alpinia galangal* (Linn.)Willd.)
- Biskhapra Hogweeds (*Trianthema portulacastrum* Linn.)

Treatment in AYURVEDA

Definition

Ayurvedic name: Amavata

Due to the hypo-functioning of ushma (Agni), the first dhatu viz. the rasa or chyle, is not properly formed and the anna-rasa undergoes fermentation or putrefaction (dushta) being retained in the amashaya. This state of rasa is 'Ama' where the impaired vatadi doshas being mixed up with one another lead to the ama-dosha- According to Vagbhata (A .H. Su. 13/25).

The disease 'amavata' is formed due to such vitiated ama-doshas. 'Madhav-nidana' explains this disease descriptively

Rheumatoid arthritis (RA) is a long-term disease that leads to inflammation of the joints and surrounding tissues. It can also affect other organs.

Causes

- Foods/habits incompatible with your constitution
- Poor digestion
- Sedentary lifestyle
- Consuming too much fat

Preventive Measures

Don'ts (Apathyas)

- Avoid Curd, fish, jaggery, milk, flour of mash (black gram)
- Avoid dushit jala (contaminated water)
- Avoid viruddha bhojan (incompatible food), asatmya food, visham bhojan
- Avoid control of natural urges (vegavrodh), ,
- Avoid heavy, slimy foods (pischhil).

Health Promoting Tips

Do's (Pathyas)

- Food like Yava (barley), Kulattha (horse gram), Raktashali (rice), Vastuk
- Fresh vegetable like shigru (drum sticks), punarnava, karvellak (bitter gourd), parawar, ardrak (ginger)
- Usage of hot water, rasona or ginger (shodhit with takra), Jangal mansa (meat).

Curative Herbs

- *Guggulu (Commiphora wightii)*
- *Nirgundi (Vitex negundo)*
- *Eranda (Ricinus communis)*
- *Shallaki (Boswellia serrata)*
- *Shunthi (Zingiber Officinalis)*
- *Guduchi (Tinospora corifolia Willd.)*
- *Shigru (Moringa oleifera)*
- *Rasna (Pluchea lanceolata)*
- *Rasona (Allium sativum)*
- *Prasarini (Paedaria foetida)*

1. Rheumatoid Arthritis

Definition:

Rheumatoid arthritis is a chronic, [systemic inflammatory auto immune disorder](#) that may affect many tissues and organs, but principally attacks [synovial joints](#).

Causes:

- Accumulation of morbid matter in the body which is of acidic nature.
- Psychological stress.
- Genetic.
- Environmental factors.
- Wrong eating/ living/ thinking habits are the principal causes of this painful disease.

Preventive/ Health Promotive Measures:

- Maintain Stress-free life and relaxed State of mind
- Avoid undue pressure on joints.

Curative Tips:

- Enema
- Sukshma Vyayama to the affected joints.
- Hot fomentation when pain exists.
- Ice cold applications to reduce swelling and congestion.
- Hot full Immersion Bath-20 mts
- Jacuzzi-30 mts
- Sun Bath.
- Plantain leaf bath-45 mts
- Bare Foot Walking
- Hot oil application and light massage to affected joints.
- Full wet sheet pack – 30 mts.

- Hot arm & Foot bath-20mts
- Partial Hot Mud Application.
- Epsom salt bath.
- Laughing Therapy.
- Long & Intermittent fasting on juices and fruits.
- Avoid stress, anger, worry, hurry, depression, anxiety etc.
- Regular Yoga Practices such as Asanas, Pranayamas like Suryabhedana pranayama, Nadishodhana pranayama, Bhramari pranayama. Relaxation techniques.
- Prayer /Meditation twice in a day.

SIDDHA

Definition

Santhu Vatha Soolai (Rheumatoid Arthritis) is a disease, which mainly affects the joints (santhu) by vitiating the vatha humour (vatha) resulting in severe pain (soolai).

Causes

Excessive intake of sea foods, especially fish. Excessive consumption of egg, mutton, tubers, arrack and toddy. Insufficient exercise, which leads to the vitiations of vatha and pitha humours causes Santhu Vatha Soolai.

Preventive Measures

- Avoid curd, fish, jaggery, milk, flour of Mash (black gram)
- Avoid durnaatra neer (contaminated water)
- Avoid ova unavugal (incompatible food),
- Avoid control of natural urges (vegavrodh), ,
- Avoid heavy, slimy foods (kadina unavugal).

Health Promoting Tips

- Food like parli (barley), arisi (rice)
- Fresh vegetable like murungai (drum sticks), pakarkai (bitter gourd), inji (ginger)
- Usage of hot water seeragam (cumin seeds).

Curative Herbs

- | | | |
|--------------------|-------------|---|
| • Amanakku | Castor | (<i>Ricinus communis</i> Linn.) |
| • Amukkara | Withania | (<i>Withania somnifera</i> (Linn.) Dun.) |
| • Erukku | Madder | (<i>Calotropis gigantea</i> (Linn.) Ait. f.) |
| • Ezhumicha pul | Lemon grass | (<i>Andropogon schaeenar</i> linn) |
| • Inji | Ginger | (<i>Zingiber officinale</i> Roscoe) |
| • Oomathai | Datura | (<i>Datura stramonium</i> Linn.) |
| • Perarathai | Galangal | (<i>Alpinia galangal</i> (Linn.) Willd.) |
| • Seemaiyaravandi, | Wild Rue | (<i>Peganum harmala</i> Linn.) |
| • Shaarani | Hogweeds | (<i>Trianthema portulacastrum</i> Linn.) |

HOMOEOPATHY

Definition

It is chronic inflammatory condition of joints primarily affecting synovium, characterized by bilaterally symmetrical polyarthritis with various extra-articular manifestations and positive test for Rheumatoid factor.

Causes

- Exact cause is not known but evidence points to autoimmune etiology
- Genetic predisposition is common
- Precipitating causes-
 - Physical or emotional stress
 - After child birth (remission during pregnancy)
- Hormonal disturbance like at puberty and menopause
- Age: 20-45 years
- Sex: Predominantly female

Health Promoting Tips

Encourage Range of Motion Exercises located

During acute stage:

- Rest during the day to prevent tiredness
- Local rest to joint with splints (to prevent deformity)
- Allow extra time for daily activities, especially in the morning
- Well balanced, high protein, easily digestible diet

Rehabilitative Measures

As acute swelling subsides

- Start physiotherapy (to avoid contractures)
- Local infra-red radiation or short wave diathermy (for relaxation of muscles and relief of pain)
- Occupational therapy
- Let patient carry out various activities of daily life independently
- Encourage range of motion exercises of the joints affected

2. OSTEOPOROSIS

UNANI

Definition

Takhalkhul-e-Izaam (osteoporosis) is a condition in which bones become porous and weak due to lack of intake of calcium.

Causes

- Soo-e-Mizaj Azwi (Imbalance of temperament of the organ).
- Naqs-e-Taghzia (Deficient nutrition)
- Khilti Khalal (Humoural imbalance)

Preventive Measures

- Maintain body weight.
- Maintain Tabae Mizaj (Normal temperament) through lifestyle modification.
- Make use of sea foods.

Health Promoting Tips

- Do Riyazat (exercise) regularly as per instructions.
- Follow guidelines of Asbab-e-Sitta Zarooriyah (Six essential prerequisites).
- Take calcium rich diets.
- Take milk and dairy products.
- Take Ghusl-e-Shamshi (sun bath) regularly.

Curative Herbs/animal products

- | | | |
|---------------|--------------|------------------------------------|
| • Tal Makhana | Hygrophila | (<i>Euryale ferox</i> Salisb.) |
| • Chobchini | China root | (<i>Smilax china</i> Linn.) |
| • Khashkhas | Poppy | (<i>Papaver somniferum</i> Linn.) |
| • Kishmish | Raisins | (<i>Vitis vinifera</i> Linn.) |
| • Sadaf | Oyster Shell | |
| • Marwareed | Pearl | |

AYURVEDA

Definition

Ayurvedic Name: Asthisoushirya

Vitiated Vata causes fragility in the bones and increases the susceptibility to fractures, this condition is known as Asthisoushirya (Osteoporosis)

Preventive Measures

Don'ts (Apathya)

Excess use of following should be avoided:

- Pungent and astringent or salty food.
- Excessive exertion
- Excessive consumption of coffee, alcohol and smoking

Health Promoting Tips

Do's (Pathya)

- Life style modifications regular, slow and gentle exercises
- Masha (Black Gram), Tila (Sesamum seeds), Milk, milk products and other dietary articles in regular diet.

Curative Herbs

- Asthi shrinkhala (*Cissus quadrangularis*)
- Shallaki (*Boswellia serrata*)
- Ashwagandha (*Withania somnifera*)
- Shatavari (*Asparagus racemosus*)
- Amalaki (*Phyllanthus emblica*)
- Guduchi (*Tinospora cordifolia*)
- Eranda (*Ricinus communis*)

SIDDHA

Definition

Elumbu uluthal (Osteoporosis) is caused due to deranged Vatham in where the Enbu thathu (bone mass) is affected. It literally means increase porosity of Bones. It is described as a systemic skeletal disease characterized by low bone mass and micro architectural deterioration of bone tissues with a consequent increase in bone fragility and susceptibility to fracture.

Causes

- Genetic.
- Personal lifestyle factors like smoking and alcoholism.
- Lower intake of calcium.
- Non-exposure to sunlight.
- Certain diseases predispose this disease.
- Lack of regular exercise.
- Family history.

Preventive Measures

- Regular exercise.
- Regular exposure to the evening sunlight to trigger Vitamin D, the pro-hormone of calcium synthesis.
- Regular use of immuno-modulators.

Health Promoting Tips

- Consume liberally the soya products which contain Phytoestrogen and calcium rich food items.
- Consume the uterine tonics like Ashoku (*Saraca indica*), Velli Lothra Pattai. Thanneervittan kilangu (*Asparagus racemosus*).
- Consume liberally leafy vegetables and greens.
- Eat liberally pomegranates, carrot, fennel walnut, fish oils like cod liver oil and honey.

Curative Herbs

- Amukku-ra (Withania somnifera),
- Seenthil (Tinospora cardifolia)

- Thanneer-vittan kilangu (Asparagus race-mosus),
- Pirandai (Cissus quardan-gularis)
- Nathaisoori (Borreria hispida).

HOMOEOPATHY

Definition

Osteoporosis is the thinning of bone tissue and loss of bone density over time. This leads to an increased risk of fracture. In osteoporosis the bone mineral density (BMD) is reduced, bone micro architecture starts deteriorating, and the amount and variety of proteins in bone gets altered.

Causes

Risk factors

- Nutritional deficiency (calcium, vitamin D, protein)
- Postmenopausal women (most common)
- Hypothalamic amenorrhoea (athletes, anorexia nervosa)
- Cigarette smoking
- Excessive alcohol intake
- Certain drugs like – Corticosteroids, Anticonvulsants, Heparin, etc.
- Renal disease
- Immobilisation
- Lack of exercise
- Malabsorption syndrome
- Hepatic disease
- Gastric or intestinal resection
- Senile

Preventive Measures

- Avoid risk factors for osteoporosis
- Adequate calcium intake during adolescence has shown to reduce the risk of osteoporosis in old age

Health Promoting Tips

- Calcium supplementation is recommended
- Sun rays exposure to make up for Vitamin D deficiency
- Risk factors for osteoporosis such as smoking and steroids should be eliminated
- Walking and light exercises
- Avoid having coffee

3. OSTEOARTHRITIS

UNANI

AYURVEDA

Definition

Ayurvedic Name: Sandhi Vata

It is a joint-disorder caused by vitiated Vata, usually manifest as pain difficulty in joint movements and localized swelling. Arthritis characterized by erosion of articular cartilage, either primary or secondary to trauma or other conditions, which become soft, frayed and thinned with calcification of subchondral bone and out growths of marginal osteophytes; pain and loss of function result mainly affects weight-bearing joints.

Preventive Measures

Don'ts (Apathya)

Following should be avoided:

- Pungent and astringent or salty food and Yava (Barley) etc.
- Exposing to too cold atmosphere and consumption cold water, chilled soft drinks etc.
- Excessive exertion, awaking at night and sleeping at day, long walks.
- Suppression of natural urges

Health Promoting Tips

Do's (Pathya)

- Adequate rest
- Maintenance of posture and flexibility of the involved joints.
- Diet should be simple, nutritious and easily digestible.
- Kulattha (Horse Gram), Palandu (Onion), Rasona (Garlic), Sunthi / Ardraka (Ginger), Mudga (Green gram) etc. should be added in regular diet.
- Fruits like Dadima (Pomegranate), Amra (Mango), Draksha (Grape), etc.

Curative Herbs

- Nirgundi (*Vitex negundo*)
- Eranda (*Ricinus communis*)
- Shallaki (*Boswellia serrata*)
- Shunthi (*Zingiber Officinalis*)
- Shigru (*Moringa oleifera*)

- Rasna (*Pluchea lanceolata*)
- Rasona (*Allium sativum*)
- Prasarini (*Paedaria foetida*)

SIDDHA

Definition

Azhal keel vayu or Degenerative joint disease is a group of mechanical abnormalities involving degradation of joints including articular cartilage and subchondral bone due to deranged vatha thosam in the body.

Causes – Subdivided as Primary and Secondary

Primary

- Hereditary (60%)
- Senility

Secondary

- Metabolic (DM , Gout, Perth's Disease, Lyme Disease)
- Mechanical (Trauma,Sports Injuries)
- Obesity
- Congenital
- Infectious(Gonorrheal,Septic)
- Obesity
- Hemochromatosis

Preventive Measures

- Regular exercises
- Regular Purgation
- Reduction of Body weight
- Avoiding underground tubers and Excess usage Sour substances
- Yoga
- Thokkanam(Oleation Therapy)

Health Promoting Tips

- Rest during pain
- Fomentation
- Advocation of fibre foods
- Avoidance of Carbohydrates
- Regular Purgation with Purgatives to reduce Vatham

Curative Herbs

- Amukkara *Withania simnifera*
- Amanakku *Ricinus communis*
- Notchi *Vitex negundo*
- Vatha narayanan *Delonix elata*
- Mudakkatran *Cardiospermum halicabum*
- Chukku *Zingiber officinale*

HOMOEOPATHY

Definition

It is defined as non-inflammatory degenerative disorder of synovial joints and is characterized by wear and tear of the articular surfaces and new bone formation (osteophytes) at joint margins.

Causes

- Primary: Idiopathic
- Secondary:
 - Congenital disorders of joints
 - Mal-alignment of joints
 - Perthe's disease
 - Osteochondral fracture
 - Torn menisci
 - Obesity
 - Senility
 - Occupation involving repetitive strain
 - Damaged articular cartilage from
 - Pyogenic arthritis
 - Rheumatoid arthritis
 - Haemophilia
 - Neuropathic arthritis
 - Diabetes mellitus
 - Acromegaly
 - Hypothyroidism
 - Gout

Preventive Measures

- Reduce weight
- Avoid trauma and specific sports activities
- Avoid occupation involving hypermobility of particular joint (e.g. Miners develop OA of hip, knee and shoulder and Cotton workers develop OA of hand more frequently)

Health Promoting Tips

- Exercise regularly
- Weight control to prevent extra stress on weight-bearing joints
- Heat/cold therapy for temporary pain relief

4. BRONCHITIS

UNANI

Definition

It is a type of Sual-e-Muzmin (chronic cough) in which patient expectorates for a long period. It may be accompanied by Usr-e-Tanaffus (dyspnoea) in advance cases.

Causes

- Extreme cold and hot weather.
- Amenorrhoea (Ehtabas-e-tams) (in women).
- Different disease like common cold, sinusitis, pharyngitis, etc.
- Smoking
- Recurrent attack of Nazlah (Cold)
- Hypersensitivity to Ajsam-e-Ghareebah (Foreign bodies) e.g. dust, pollen grain
- Hawa-e-kaseef (Polluted air)

Preventive Measures

- Avoid use of Baarid Aghziyah (foods having cold temperament)
- Avoid residing in over-crowded/less ventilated houses.
- Avoid exposure to cold for long period.
- Stop smoking.
- Avoid dairy products.

Health Promoting Tips

- Do lung exercises as per instructions.
- Walk in clean and healthy atmosphere.
- Take Haar Aghziyah (foods having hot temperament).

Curative Herbs/Animal Product

- | | | |
|-------------|--------------|--------------------------------------|
| • Gaozaban | Cow's Tongue | (<i>Onosma bracteatum</i> Linn.) |
| • Mulethi | Liquorice | (<i>Glycyrrhiza glabra</i> Linn.) |
| • Khatmi | Marsh mallow | (<i>Althaea officinalis</i> Linn.) |
| • Sapistan | Sebestens | (<i>Cordia myxa</i> Linn.) |
| • Unnab | Jujube | (<i>Zizyphus sativa</i> Linn.) |
| • Zanjabeel | Ginger | (<i>Zingiber officinale</i> Roscoe) |

AYURVEDA

Definition

Ayurvedic Name: Kasa

Kasa is forceful reflex during respiration, associated with specific sound in the form of coughing caused by “Udana Vayu”.

Preventive Measures

Don'ts (Apathyas)

- Sweets, chilled food items, curd, contaminated water, mustard leaves, incompatible food.
- Exposure to cold, humid atmosphere, smoke, dust and fumes.

Health Promoting Tips

Do's (Pathyas)

Ahara (Dietary items):

- Godhuma (wheat), Mudga (green gram), old Rice
- Usage of Garlic, Turmeric, Ginger, Black pepper
- Goat milk, honey, luke warm water, fruits like Amala and Draksha are beneficial

Vihara (Lifestyle):

- Regular physical and respiratory exercises, Pranayama, Yoga

Curative Herbs

- Yashtimadhu (*Glycyrrhiza glabra*)
- Kantakari (*Solanum xanthocarpum*)
- Tulsi (*Ocimum sanctum*)
- Pippali (*Piper longum*)
- Pushkaramula (*Inula racemosa*)
- Vasa (*Adhatoda vasica*)
- Haridra (*Curcuma longa*)

SIDDHA

Definition

Erumal (Bronchitis) is a lower respiratory infection that causes reversible bronchial infection of larger airways, the trachea and bronchi.

Causes

- Smoking
- Infection
 - Viral – Influenza virus and para influenza virus, Adeno Virus, Rhino Virus.
 - Bacteria – Streptococcal Pneumonia.
- Foreign body in the Lung Field.

Preventive Measures

- Pranayamam (Breathing Exercise) should be carried out .

Health Promoting tips

- Drink boiled and hot water.
- Do Pranayamam
- Avoid chill water, sweets, smoke, dust and day sleep citric items and sea foods.

Curative Herbs

- Thulasi *Ocimum sanctum*
- Karpooravalli *Coleus aromaticus*
- Adathodai *Adhatoda zeylanica*
- Adhimathuram *Glycyrrhiza glabra*
- Arathai *Alpinia galanga*
- Kandankathiri *Solanum surattense*

HOMOEOPATHY

Definition

Bronchitis is the inflammation of mucous membrane of bronchial tubes characterized by fever, purulent expectoration and loud rhonchi.

Causes

Causative organisms

Viral:

- Haemophilus influenzae
- Rhinoviruses
- Adenoviruses

Bacterial:

- Mycoplasma pneumoniae
- Bordetella pertussis
- Pneumococcus
- Staphylococcus aureus

Predisposing causes

- Smoking
- General debility
- Preceding viral infections
- Lack of immunization for measles and pertussis
- Damp cold weather, dusty environment
- Immuno – compromised persons

Preventive Measures

- Avoid exposure to cold, damp, foggy, stuffy places
- Eat well balanced, nutritious, easily digestible diet
- Regular deep breathing exercises
- Reduce weight, if obese
- Wearing mask, if occupation demands

Health Promoting Tips

- Stop smoking
- Encourage hot drinks

- Steam inhalation, if tenacious mucus
- Drink hot saline water, followed by postural drainage

5. BRONCHIAL ASTHMA

UNANI

Definition

Zeequn Nafas (Bronchial asthma) is a common disease of lung's airways characterized by recurring symptoms and Ushr-e-Tanaffus due to obstruction in the air way.

Causes

- Soo-e-Mizaj Balghami (Impairment of phlegmatic temperament).
- Accumulation of viscid mucous (Balgham) in the airways.
- Zof-e- Hararat-e- Ghareezi (lack of innate heat).
- Recurrent attack of Nazlah (Coryza).
- Hypersensitivity to Ajsam-e- Ghareebah (Foreign bodies e.g. dust, pollen grain).
- Hawa-e-Kaseef (Polluted air).
- Excessive use of cold and moist diet.
- Extreme cold and hot weather.

Preventive Measures

- Use of Muqawwi-e-Mana'at (immunomodulating) agents.
- Avoid use of Baarid Aghziyah (foods having cold temperament).
- Avoid residing in overcrowded/less ventilated houses.
- Avoid exposure to dust, pollens and fumes.
- Avoid spicy and Martoob Ghizae which may increase the formation of Balgham (phlegm).
- Stop smoking.

Health Promoting Tips

- Do lung exercises as per instructions.
- Take Haar Aghziyah (foods having hot temperament).
- Take Mufatteh Urooq Advia (Bronchodilators)

Curative Herbs/Minerals/Animal products

- Juice of Zanjabeel Ginger (*Zingiber officinale* Roscoe)
- Flowers of Madar Madder (*Calotropis gigantea* (Linn.) Ait. f.)
- Joz Masil Datura (*Datura stramonium* Linn.)
- Katan Linseed (*Linum usitatissimum* Linn.)

AYURVEDA

Definition

Ayurvedic Name: Tamaka Shwasa

Bronchial Asthma occurs due to the vitiation of vata and kapha doshas, which manifests as repeated episodes of breathlessness, a feeling of tightness in the chest resulting from narrowing of the airways.

Preventive Measures

Don'ts (Apathyas)

- Fish, heavy diet, Masha (black gram), fried items and mustard leaves
- Cold & humid atmosphere, smoke, dust and fumes.
- Sweets, chilled water, stored food items and curd
- Suppression of natural urges
- Excessive physical exertion
- Exposure to dust, pollutants, pollens, fumes, smoke, cold & humid atmosphere

Health Promoting Tips

Do's (Pathyas)

- Godhuma (wheat), old Rice, Mudga (green gram), Kulatha (Horse gram), Yava (barley), Patola
- Usage of Garlic, Turmeric, Ginger, Black pepper
- Uses of Luke warm water, Goat milk, Honey are beneficial
- Respiratory exercises, Pranayama, Yoga and regular physical

Curative Herbs

- Kantakari (Solanum xanthocarpum)
- Vasa (Adhatoda vasica)
- Shunthi (Zingiber officinalis)
- Bharangi (Clerodendrum serratum)
- Pushkaramula (Inula racemosa)
- Karkatshringi (Pistacia integerrima)

SIDDHA

Definition

Eraippu noi as per Siddhars is caused When there is an exposure towards allergic trigger the Pitha dosam responsible for prevention to let out the allergy /foreign body resulting in Stagnation of Kapham and Vatham leading to derangement of pranana. Chronic airway inflammation and increased airway responsiveness, resulting in airflow obstruction.

Causes

- Genetic
- Environmental Changes
 - Indoor – House dust mites, pet derived allergens, cockroach antigens.
 - Outdoor – Emissions from diesel vehicles, burning of fossil fuels, flower pollens.
- Infections
- Smoking
- Psychological factors - Anxiety & Stress

Preventive Measures

- Care has to be taken for dust suppression in the living environment.
- Dam dusting has to be carried out routinely.
- Avoid contact with domestic pets.

Health Promoting Tips

Do's

- Drink boiled and hot water.
- Do Pranayamam

Don'ts

- Avoid chill water, sweets, smoke, dust and day sleep, citric items and sea foods.

Curative Herbs

- Adathoda Adhatoda zeylanica
- Chittrarathai Alpinia galanga
- Akkaragaram Anacyclus pyrethrum
- Kandankathiri Solanum Surattense
- Thuthuvalai Solanum trilobatum

HOMOEOPATHY

Definition

It is a chronic inflammatory disease of the airways that causes periodic attacks of coughing, wheezing, shortness of breath and chest tightness.

Causes

- Exact cause is not known.
- The disease is usually associated with or with positive family history of
 - Bronchial asthma
 - Allergic rhinitis
 - Eczema
 - Urticaria
- Predisposing factors
 - Environmental Pollutants or Inhalants: House dust, pollens, animal hair, feathers, mites, smoke, fumes.
 - Ingestants: Egg, fish, prawn, crab, milk, nuts, mushroom, strawberry, chocolates.
 - Infection
 - Worm infestation like ascariasis, filariasis
- Precipitating factors- Emotional stress, physical exertion, fatigue, change in temperature, exposure to cold, heavy meal, cigarette smoking, hormonal (menarche, menopause), lowered immunity
- Onset in childhood
- Sex- equal incidence in both sexes.

Preventive Measures

Avoid the following:

1. Exposure to –
 - Common outdoor triggering factors: pollens from trees, plants and grasses, including freshly cut grass and moulds etc. Avoid going outdoors between 5 to 10am to prevent the exposure to pollens especially.

- Common indoor triggering factors: animal dander from pets with fur or feathers. Dust and dust mites in carpeting and pillows etc. cockroach droppings. Indoor moulds etc. keep the food and garbage in closed, tight lid containers to prevent cockroaches from entering the house.
- Dust mites and moulds can be dealt and controlled by using airconditioners to maintain the room humidity below 50%.
- Keep the mattresses, curtains and carpets clean by regular washing.
- Exercise: running or playing hard especially in cold weather.
- Upper respiratory tract infections - colds or flu.
- Emotional upset
- Irritants- cold air, strong smells and chemical sprays; Perfumes, paint and cleaning solutions. Chalk dust, lawn and turf treatments; weather changes; cigarettes and other tobacco smokes.

Health Promoting Tips

- Keep calm and reassure the patient.
- Let the patient adopt the position that he/she finds most comfortable, which is often sitting up.
- Ask him/her to breathe slowly and deeply; which may help.
- Advice to stop smoking altogether.

• Burnt Suhaga	Borax	Salts of Boron
• Rind of Amla	Emblic	(<i>Phyllanthus emblica</i> Linn.)
• Mastagi	Mastic tree	(<i>Pistacia lentiscus</i> Linn.)
• Kernal of Aam	Mango	(<i>Mangifera indica</i> Linn.)
• Mayain Kalan	French Tamarisk	(<i>Tamarix gallica</i> Linn.)
• Maroor phalli		(<i>Helicteres isora</i> Linn.)
• Azraqi	Strychnine tree	(<i>Strychnos nuxvomica</i> Linn.)
• Kishneez	Coriander	(<i>Coriandrum sativum</i> Linn.)
• Badyan	Fennel	(<i>Foeniculum vulgare</i> Mill.)
• Khashkhas	Poppy	(<i>Papaver somniferum</i> Linn.)
• Chharela	Lichen	(<i>Usnea longissima</i> Ach.)
• Tukhme-Hulba	Seed of fenugreek	(<i>Trigonella foenum-graecum</i> Linn.)

AYURVEDA

SIDDHA

Definition

Diarrhoea is a major clinical conditions, which deprive the water content significantly from our body leaving us tired and sick. This is because of the extreme loss of vital nutrients, minerals and essential flora from our intestines.

The beauty of Siddha medicines lies in the holistic phenomenon of approaching the disease conditions as a whole and not on symptoms alone. Siddhars, the divine scientists have prescribed certain medicines along with adjuvant like buttermilk, curd made out of Buffalo's milk, which is enriched with intestinal friendly Lactobacilli.

Causes

- Water borne and ingestion of unhygienic foods
- Intake of putrified fish and vegetables
- Nunpuzhukkal (Worms/Parasitic infection)
- Oozhi Noi (Cholera)
- Mantham (Indigestion)
- Kudal Azharchi Noi (Irritable Bowel Syndrome, Crohn's Disease, etc.)

Preventive measures

- Always prefer boiled and cooled water
- Ensure clean hands by washing them with soap especially before a meal
- Maintain a clean living environment

Health Promoting Tips

a. Do's

- Drink plenty of water
- Follow bland and liquid vegetarian diet
- Have steam boiled vegetables
- Have adequate rest
- Have Oral Rehydration Salt [ORS]

b. Don'ts

- Avoid fried and spicy food substances
- Avoid Non-vegetarian food
- Avoid excessive greens, pulses and cereals

- Avoid strenuous work
- Avoid beverages including milk

Curative Herbs

- Athividayam *Aconitum heterophyllum*
- Poduthalai *Phyla nodiflora*
- Kudasapaalai *Holorrhena antidysenterica*
- Vilva Pazham *Aegle marmelos*
- Kaichukatti *Acacia catechu*
- Saathikkai *Myristica fragrans*
- Maasikkai *Quercus infectoria*
- Vaazhai Poo *Musa paradisiaca*
- Chundai *Solanum torvum*
- Ganja *Cannabis sativa*
- Abin *Papaver somniferum*

Rehabilitation

The loss of fluids through diarrhoea cause severe dehydration and electrolyte imbalance, which lead to tiredness, fatigue etc., Though the prime aim of administering a drug is to control the loose stools, they should also act in such a way to energise the system by strengthening the seven Udal Kattugal [Seven Vital Strata], as told in Siddha system.

HOMOEOPATHY

Definition

Diarrhoea is the passage of loose, liquid or watery stools frequently (usually more than three times in a day). The nature of stool is more important than the number of motions. Diarrhoea is typically acute which can lead to dehydration. Less severe diarrhoea but continuing for more than two or three weeks is referred to as chronic diarrhoea.

Causes

- Infective diarrhea
 - Bacterial: E. coli, shigella, salmonella.
 - Viral: enteroviruses.
 - Worm infestation.
 - Miscellaneous
- Malabsorption syndrome.
- Thyrotoxicosis.
- Iatrogenic.
- Psychogenic disturbance
- Dietetic diarrhea
- Lactose intolerance
- Excessive intake of fat.
- Food allergy.
- Overfeeding.

Preventive Measures

- Ensure washing of hands after passing stool.
- Wash hands before and after eating food.
- Drink safe clean water or boil water before drinking.
- Wash fruits and vegetables thoroughly.
- Keep food covered.

Health promoting Tips

- Drink plenty of water

- Have Oral Rehydration Solution [ORS], which can be prepared at home also. Add 1 level teaspoon of salt and 8 level teaspoons of sugar in 1 litre or 5 cupfuls of boiled and cooled water and stir well to dissolve. Solution should be consumed within 24 hours of its preparation. **Discard the leftover solution.**
- Should have easily digestible food and preferably liquid diet.
- Must take adequate rest.
- Pulses, cereals and food rich in roughage are to be avoided.

7. PSORIASIS

UNANI

Definition

Daa-us-Sadaf is a skin disease characterized by the presence of sharply demarcated, dull red scaly plaques particularly on extensor prominences and in the scalp caused by imbalance of Sauda (black bile), which is excreted towards the skin and forms crust.

Causes

- Ghair Mo'tadil Khilt-e-Sauda (Impaired black bile).
- Safra-e-Ghair Tabyaee (Impaired yellow bile).
- Naqs-e-Taghziya (Malnutrition).
- Fasad-e-Madda (Impaired matter).

Preventive Measures

- Adhere to the principles of Hifzan-e-Sehat (Hygiene).
- Avoid food causing excessive production of Sauda (black bile) like salted and roasted meat.
- Avoid foods causing Ghalyaan-e-Dam (excessive heating of blood).

Health Promoting Tips

- Take Tursh (bitter) and Musaffi-e-Dam (blood purifying) diets.

Curative Herbs

- Unnab Jujuba (*Zizyphus jujuba* Linn.)
- Gul-e-Nilophar Water Lily (*Nymphaea alba* Linn.)
- Charaita Indian Gentian (*Swertia chirayita* Roxb. ex Flem.)
- Hiran khuri Lilac tasselflower (*Emilia sonchifolia* (Linn.) DC.)
- Mundi Sphaeranthus (*Sphaeranthus indicus* Linn.)
- Ghongchi Crab's eye (*Abrus precatorius* Linn.)
- Tukhm-e-Panwar Seeds of ring worm (*Cassia tora* Linn.)
- Leaves of Inderjoo Shireen (*Wrightia tinctoria* (Roxb.) R. Br.)
- Palas Bengal kino (*Butea monosperma* (Lam.) Taub.)
- Papita Desi Papaya (*Carica papaya* Linn.)

AYURVEDA

Definition

Ayurvedic Name: Kitibha

Psoriasis has been identified as a distinct clinical feature and is a very common non-specific skin disorder. Usually characterized by rounded, red plaques with silvery scales

Features of Kitibha

- Reddish/blakish rounded patches of skin with silver scales and itching.
- Rough or slimy and sometimes associated exudation.
- Recurrent in nature.

Preventive Measures

Don'ts (Apathyas)

- Urad (black gram), curd, tomato, brinjal etc.
- High fat diet, fried food, fish, meats etc.
- Irregular dietary habits
- Sour, spicy food

Health Promoting Tips

Do's (Pathyas)

- High protein diet
- Old Rice, Wheat, Munga dal

Curative Herbs

- Guduchi (*Tinospora cordifolia*)
- Khadira (*Acacia catechu*)
- Neem (*Azadirachta indica*)
- Haridra (*Curcuma longa*)
- Bakuchi (*Psoralea corylifolia*)

SIDDHA

Definition

It is a noncontiguous common skin condition that causes rapid skin cell reproduction resulting in red, dry patches of thickened skin. The dry flakes and skin scales are resultant of rapid buildup of skin cells. Psoriasis commonly affects the skin of the elbows, knees, and scalp.

Its graded from mild to crippling.; Mild psoriasis (small, faint dry skin patches) that they may not even suspect that they have a medical skin condition. Others have very severe psoriasis where virtually their entire body is fully covered with thick, red, scaly skin.

Psoriasis is considered a non-curable, long-term (chronic) skin condition. It has a variable course, periodically improving and worsening. Sometimes psoriasis may clear for years and stay in remission. Some people have worsening of their symptoms in the colder winter months. Many people report improvement in warmer months, climates, or with increased sunlight exposure.

Psoriasis is seen worldwide, in all races, and both sexes. Although psoriasis can be seen in people of any age, but most commonly patients are first diagnosed in their early adult years.

Patients with psoriasis face social embarrassment, job stress, emotional distress, and other personal issues because of the appearance of their skin.

Causes

The exact cause remains unknown. There may be a combination of factors, including genetic predisposition and environmental factors, and extreme climates trigger the disease. It is common for psoriasis to be found in members of the same family. The immune system is thought to play a major role. Extensive research is going on to track the hidden agent and until the common etiology goes idiopathic. Rapid skin cell reproduction is 4: 1 when compared with normal skin production in the epidermis.

Preventive Measures

- Advocacy of cotton garments
- Avoiding soaps and substituting Bath powders made of Green gram and Bengal gram

- Avoiding exposure to extreme heat and cold
- Abstinence from Smoking and alcohol

Health Promoting Tips

- Respiratory and oral infections are to be immediately treated.
- Stress free life is advocated.
- Yoga and Meditation relaxes stress.
- Pranayamam reduces build up stress.
- All allergic foods are to be avoided(Marine foods/ Underground tubers)
- Fat foods are to be avoided and Protein foods are to be taken.

Curative Herbs

- Sivanar Vembu - *Indigofera asplathoides*
- Senkottai - *Semecarpus anacardium*
- Poovarasu - *Thespesia populnea*
- Avuri - *Indigofera tinctoria*
- Amukkara - *Withania somnifera*

HOMOEOPATHY

Definition

Psoriasis is a non contagious, chronic autoimmune disease of the skin. It occurs when the immune system sends out faulty signals that speed up the growth cycle of skin cells. There are five types of psoriasis: pla-que, guttate, inverse, pustular and erythrodermic. The most common form, plaque psoriasis, is commonly seen as red and white hues of scaly patches appearing on the top layer of skin, the epidermis. Some patients, though, have no dermatological symptoms.

Causes

- Exact cause is not known.
- Genetic predisposition common.
- Exacerbations in winters and remissions in summers.
- Remission or definite improvement during pregnancy.
- Worse at or after menopause.
- Common in non – vegetarians.
- Precipitating causes:
 - Mental stress.
 - Physical trauma.
 - Fever.
 - Infection.
- Drugs
- Age: onset in young adulthood.
- Sex: equal incidence.

Preventive Measures

- Avoid exposure to cold.
- Moderate, warm climate is beneficial.
- Adequate exposure to sunlight.
- Avoid undue stress and adopt relaxation techniques.
- Diet- Avoid fats, highly seasoned and salty dishes. Take high protein diet.
- Maintain good hygiene.
- Hot bath in winters, drying, rubbing with towel and oiling.

Health Promoting Tips

- Education and reassurance to be given to the patient, to relieve the disease related anxiety.
- Infections of the skin and mucous membranes to be treated with promptness.
- Cotton garments to be used.
- Look for the foods that cause any kind of allergy and avoid them.
- Avoid tea, coffee and alcohol. Alcoholic beverages to be avoided completely.

8. LEUCODERMA/VITILIGO

UNANI

Definition

It is white discoloration of skin in which white patches start to appear on the skin and slowly may involve different parts of the body giving an abnormal look of complexion.

Causes

- Derangement of Khilt-e-Balgham (phlegm).
- Weakness of Quwwat-e-Mutaghayyerah.
- Heredity.

Preventive Measures

- Maintain Ta'deel-e-Mizaj (Normalcy of temperament) by following guidelines of Asbab-e-Sitta Zarooriya (six essential prerequisites).
- Avoid incompatible foods like sour food items with milk and fish.
- Avoid sunburn and physical trauma.
- Avoid Fasad-e-Dam (derangement of blood).
- Practise general hygiene.
- Avoid excessive use of Badi Aghziya (air producing foods).

Health Promoting Tips

- Take Zood Hazm /Lateef Aghziya (Easily digestible/light foods).
- Take oral rehydration fluids.
- Take Hamiz (Citrus) and Qabiz (Astringent) fruits.
- Take Muhammira Aghziyah (Rubeficient foods).

Curative Herbs/Mineral

- | | | |
|------------------|--------------------|--------------------------------------|
| • Babchi | Psoralea fruit | (<i>Psoralea corylifolia</i> Linn.) |
| • Geru | Red Ochre | |
| • Kalongi | Black cumin | (<i>Nigella sativa</i> Linn.) |
| • Tukhm-e-Panwar | Seeds of ring worm | (<i>Cassia tora</i> Linn.) |
| • Mundi | Sphaeranthus | (<i>Sphaeranthus indicus</i> Linn.) |
| • Oil of Narjeel | Coconut | (<i>Cocos nucifera</i> Linn.) |

AYURVEDA

SIDDHA

HOMOEOPATHY

Definition

Depigmentary disorder characterized by appearance of white ill – defined patches of varying sizes and shapes.

Causes

- Exact cause is not known.
- Evidence points towards auto-immune etiology.
- Genetic predisposition common.
- Age: onset between 10-30 years.
- Sex: equal incidence in both sexes.
- Associated with:
 - Addison's disease.
 - Thyrotoxicosis.
- Predisposing causes:
 - Emotional stress.
 - Nutritional deficiencies.
 - Chronic diarrhea, dysentery.
- Focal sepsis.
- Drugs.

Preventive Measures

- Treat associated disorder.
- If iatrogenic, identify and withdraw offending agent.
- Avoid physical trauma.
- Improve general health.

Health Promoting Tips

- Reassurance and education.
- Adequate mental rest.
- Protein rich diet consisting of sprouted grams, cheese etc.

9. ECZEMA

UNANI

Definition

Naar-e-Farsi (Eczema) is a chronic condition of skin inflammation due to Khilt-e-Haar (hot humour), which includes dryness and recurring skin rashes, characterized by one or more of these symptoms: redness, edema (swelling), itching and dryness, crusting, flaking, blistering, cracking, oozing, or bleeding.

Causes

- Predominance of Khilt-e-Safra (yellow bile).
- Ta'diya (Infection) (Ajsaam-e-Khabisa).
- Deedan-e-ama (Worm infestation).
- Chronic constipation.
- Indigestion (Fasad-e-Hazm).
- Toxic fluid of intestine (Ijtima-e Mawad-e-Fasida).

Preventive Measures

- Adhere to the principles of Hifzan-e-Sehat (general hygiene), exposure to fresh air (Hawa-e-Jayyadul Johan) and adequate sunlight.
- Avoid foods causing Ghalyaan-e-Dam (excessive heating of blood).
- Avoid spicy and refined/processed food items.

Health Promoting Tips

- Eat Hamiz (citrus) and Qabiz (astringent) fruits.
- Use Musaffiyat wa Moallid-e-Dam (Blood purifiers & Blood producers).
- Use Muqawwi-e-Aam medicines (body faculties enhancing medicines/ immunomodulators).

Curative Herbs/Mineral

- Tulsi leaves Holy basil (*Ocimum sanctum* Linn.)
- Fresh Mehndi Henna (*Lawsonia inermis* Linn.)
- Gandhak Sulphur
- Latex of Madar Giant Milkweed (*Calotropis gigantea* (Linn.) Ait. f.)
- Tukhm-e-Panwar Seeds of ring worm (*Cassia tora* Linn.)
- Palas Bengal kino (*Butea monosperma* (Lam.) Taub.)

- Papita Desi Papaya (*Carica papaya* Linn.)

Regimens

- Fasd (Venesection)
- Qai (Emesis)

AYURVEDA

SIDDHA

HOMOEOPATHY

Definition

Eczema is non contagious chronic inflammatory skins disorder that forms red oedematous plaques with grouped vesicles with itching. Commonly it is also called dermatitis. The most common type of eczema is atopic dermatitis. It is an allergic condition that makes your skin dry and itchy. It is most common in babies and children.

Causes

- Exact cause not known.
- Psychogenic.
- Allergic.
- Precipitating causes:
 - Extremes of heat, cold, humidity.
 - Change of season: autumn, spring, summer, monsoon.
 - Emotional disturbance.
 - Dietetic indiscretions.
 - Exposure to allergen.
 - Vasomotor disturbances.
- Associated with:
 - Bronchial asthma.
 - Allergic rhinitis.
 - Urticaria.
- Familial predisposition to allergic diseases:
 - Eczema.
 - Bronchial asthma.
 - Allergic rhinitis.
 - Urticaria.
- Age: onset in early childhood.
- Personality: sensitive subjects.

Preventive Measures

- Education and reassurance.

- Identify offending agent and avoid contact with it.
- Maintain strict hygiene.
- Avoid scratching.
- Cut nails short.

Health Promoting Tips

- Adequate nutritious diet
- Use cotton clothings
- Use herbal products for washing and cleaning
- Not to have contact with harmful chemical products

10. DIABETES MELLITUS

UNANI

Definition

Ziabetus (diabetes) is a condition characterized by “Abnormal increase appetite and collapse of sexual function in association with Atash-e-Mufrit (polydypsia), Kasrat-e- Baul (polyuria) and weakness in body.

Causes

- Soo-e-Mizaj (deranged temperament) of certain organs. This may be Soo-e-Mizaj Saadah or Maaddi due to this Soo-e-Mizaj (deranged temperament), functions of certain organs like Kabid (Liver), Me'da (stomach), Masaareeqa (Mesenteries), Baanqaraas (Pancreas) and Kuliya (Kidney) are affected.
- Soo-e-Mizaj-e-Kuliya.
- Soo-e-Mizaj-e-Kabid.
- Excessive use of alcohol.
- Infaalat-e Nafsania (psychological functions) e.g. stress, worries & emotion.
- Negative emotions and fear.

Preventive Measures

- Follow measures of Asbab-e-Sitta Zarooriya (six essentials factors) of healthy lifestyle should be practiced accordingly.
- Maintain regular aerobic exercise for required period.
- Should follow diabetic diet chart for specific calories.
- Quit smoking as it increases the risk.
- Avoid consumption of alcohol.
- Avoid stress and strain.
- Avoid sedentary lifestyle.

Health Promoting Tips

- Take meals at short intervals instead of three large meals a day.
- Perform vigorous exercise once a week.
- Avoid stress and fear.
- Sleep 7-8 hours at night.
- Special attention should be given to the hygiene of feet.

- Maintain your weight according to age, sex and height.
- Lifestyle modifications and health education can minimize the risk of diabetes.

Curative Herbs

- Kernel of Jamun Jambolan plum (*Syzygium cuminii* Linn.)
- Kernel of Binola Levant cotton (*Gossypium herbaceum* Linn.)
- Falsa Phalsa (*Grewia asiatica* Linn.)
- Bark of Karela Bitter gourd (*Momordica charantia* Linn.)
- Tender shoot of Neem Margo (*Azadirachta indica* A. Juss.)
- Leaves of Belgiri Bengal quince (*Aegle marmelos* Correa ex Roxb.)
- Hulba Fenugreek (*Trigonella foenum-graceum*)
- Kalonji Black cumin (*Nigella sativa* Linn.)

AYURVEDA

Definition

Ayurvedic Name: Madhumeha

Diabetes (Madhumeha) is a metabolic syndrome that interferes with the body's ability to process carbohydrates and sugar into fuel. It is characterized by high blood glucose levels.

Causes

Hereditary proneness (Beeja Dosha)

- Excessive intake of freshly harvested food articles
- Sleeping for long time specially during day time
- Environmental toxins, autoimmune disorders
- Intake of freshly prepared alcoholic drinks
- Excessive intake of sweet/starch
- Indulging in extra luxuries, laziness
- Sedentary occupation
- Lack of exercise
- All Kapha aggravating factors
- Manas Hetu : Strain, stress, worries, grief, anger, anxiety, fear, depression

Preventive Measures

Don'ts (Apathyas) – Excess use of following should be avoided:

- Alcohol, milk, oil, ghee, flour, syrups, curd
- Amla, madhura, lavana rasa pradhana dravyas
- Naveena Anna (Freshly harvested grains)
- Ikshu rasa (Sugarcane juice)
- Guda (Jaggery)
- Meat of animal which are living in water
- Sedentary life style
- Divaswapan (Day sleep)
- Supression of urine
- Overeating
- Riding & walking for long time (Exertion)

Health Promoting Tips

Do's (Pathyas)

Diet to be promoted:

- Take low fat diet
- Barley wheat
- Fruit and leaf of patola, shigru, karavellaka

Lifestyle to be adopted:

- Morning walk
- light exercise
- Yoga - Shavasan, Pranayam
- Meditation

Curative Herbs

- Methi (*Trigonella foenum-graecum* L.)
- Bimbi (*Coccinia indica* Wight. & Arn.)
- Gudamar (*Gymnema sylvestre* (Retz.) R.Br. ex Schult.)
- Jambu (*Syzygium cumini* L.)
- Karavellaka (*Momordica charantia* L.)
- Udumbara (*Ficus glomerata* Roxb.)
- Guduchi (*Tinospora cordifolia* (Willd.) Hook.f. & Thoms.)
- Triphala (Myrobalans)

SIDDHA

Definition

Neerizhivu (Diabetes mellitus) is defined as disease of metabolism (metabolic disorder), in which sugar is present in large amount in the blood and is excreted often in the urine. Due to derangement of Pitham Bio combustion is challenged leading to Neerizhivu. Types of diabetes are as follows:

1) Insulin dependent (IDDM) 2) Non dependant (NIDDM) 3) Gestational

Causes

- Obesity
- Sedentary life style
- Genetic factor
- Over eating
- Intake of heavy sweets and carbohydrates
- Lack of exercise
- Day time sleep
- Mental stress
- Lack of seriousness
- Repeated infections

Preventive Measures

Do's

- Siddha advocates specific dietary and life style changes for Neerizhivu (Diabetes mellitus).
- Diet must be moderate with regular intervals.
- Fiber rich food is advised and hence lot of vegetables such as brinjal, cu-cumber, lady's finger, green tomatoes, plantain flower, drumsticks, cabbage, spinach and green leafy vegetables can be taken.
- Milk products can also be taken in moderation to maintain the normal health of the affected.
- When there is diarrhea, athippinju (tender fruit of Ficus racemosa), mam-paruppu (seed of Mangifera indica) and sundaikkai (Solanum torvum) to be given.

Don't's & Avoid

- Over eating
- Sweet, cold, unctuous food, milk products etc.
- Fried food.
- Preserved and canned food.
- Alcohol should be avoided.
- Yoga should be practiced (Yoga mudra, Vakrasanam, Patchi mothan asanam)

Curative Herbs

- Avarai (Cassia curiculata)
- Konraiver (Root of Cassia fistula)
- Naval (Syzygium cuminni)
- Kadal azhhlinal (Salacia oblonga)
- Sirukurinjan (Gymnema sylvestre)
- Maruthampattai (Bark of Terminalia arjuna)
- Kadukkai (Terminalia chebula)
- Vilaver (Root of Aegle marmalos)
- Seenthil (Tinospora cordifolia)
- Santhanum (Santalum album)
- Thamarai mottu (Bud of Nelumbo nu-cifera)
- Korai kizhangu (Cyperes rotundus)

HOMOEOPATHY

Definition

Diabetes is a chronic disease, which occurs when the pancreas does not produce enough insulin, or when the body cannot effectively use the insulin it produces. This leads to an increased concentration of glucose in the blood (hyperglycemia).

Type 1 diabetes (previously known as insulin – dependent or childhood onset diabetes) is characterized by a lack of insulin production.

Type 2 diabetes (previously known as non - insulin dependent or adult onset diabetes) is caused by the body's ineffective use of insulin.

Gestational diabetes is hyperglycemia that is first recognized during pregnancy.

Causes

- Primary Diabetes Mellitus (Type 1 or Insulin dependent diabetes mellitus (IDDM))
 - Juvenile onset.
 - Associated with autoimmune disorders
 - Resulting in destruction of pancreatic islet cells by anti – islet cell antibodies.
 - Association with HLA-DR3 and HLA- DR4 (Human Leucocytic antigen)
- Type 2 or Non-insulin dependent diabetes mellitus (NIDDM):
 - Exact cause is not known.
 - Predisposing causes like obesity, sedentary life style
 - Familial predisposition
 - Ageing i.e. Maturity onset diabetes of young (MODY)
 - High calorie diet
 - Pregnancy
 - Physical and mental stress
- Associated with endocrine disorders, Acromegaly, Cushing's syndrome, Thyrotoxicosis, Pheochromocytoma, Chronic pancreatitis etc.
- Haemochromatosis
- Pancreatic destruction due to excessive iron accumulation.
- Iatrogenic - Steroids, Contraceptive pills, Thiazide diuretics etc.

Preventive Measures

- Sugar levels to be checked every six months, or as advised by the consulting physician.
- Avoid fried, sweets and fast foods.
- Avoid mental stress. It is a known aggravating factor for diabetes.
- Rather than taking 3 large meals, try eating small meals frequently.
- Exercise daily for at least 30 minutes. (If you are a heart patient, you must ask your doctor for the exercises you should or you should not).

Health Promoting Tips

- Relaxation techniques to avoid undue stress.
- Regular exercise regimen and balanced diet which is low in carbohydrates and contain vitamins and minerals
- Routine medical check ups to avoid complications

11. HYPERTENSION

UNANI

Definition

Zaqtuddam Qawi (Hypertension) is a condition in which the veins of body become hard due to the pressure and amplitude of the blood flows in it. It is also called as Salabat-e-Urooq (hard pulse disease).

Causes

- Mauroosi (hereditary) factors.
- Obesity (Siman-e-Mufrit)
- Alcoholism (Kasrat-e-Sharab)
- Smoking (Kasrat-e-Tambakunoshi)
- Certain diseases (Khilti Amraz) e.g. diabetes mellitus, gout or kidney disease.

Preventive Measures

- Follow guidelines of Asbab-e-Sitta Zarooriya (six essential prerequisites).
- Avoid tobacco in any form.
- Avoid alcohol consumption.
- Avoid oily, fatty and salt rich diets.
- Avoid stress.
- Maintain body weight.

Health Promoting Tips

- Do Riyazat-e-Motadil (moderate exercise) as per instructions.
- Stop oily, fatty and salt rich diets
- Adopt healthy lifestyles.

Curative Herbs

- | | | |
|----------------|-----------------|---------------------------------------|
| • Khaskhas | Opium poppy | (<i>Papaver somniferum</i> Linn.) |
| • Tukhme kahoo | Lettuce | (<i>Lactuca sativa</i> Linn.) |
| • Kishneez | Coriander | (<i>Coriandrum sativum</i> Linn.) |
| • Asrol | Serpentine wood | (<i>Rauvolfia serpentina</i> Benth.) |
| • Seer | Garlic | (<i>Allium sativum</i> Linn.) |
| • Sankaholi | Morning-glory | (<i>Evolvulus alsinoides</i> Linn.) |

Regimens

- Fasad (Venesection)
- Irsaal-e-Alaq (Leeching)
- Idrar-e-Arq (Diaphoresis)

AYURVEDA

Definition

Ayurvedic Name: Vyanabala Vaishamya

A systolic blood pressure equal to or greater than 140 mm of Hg and /or a diastolic pressure (phase V) equal to or greater than 90 mm of Hg

Causes

- Family history
- Faulty dietary habits (fatty diet)
- Stress, anxiety, tension
- Obesity

Preventive Measures

Don'ts (Apathya)

- Don't suppress the natural urges to pass urine, flatus stools
- Avoid stress

Dietary

- Junk food, salty snacks
- Canned vegetables
- Excessive condiments, fried food etc.

Lifestyle

- Stress
- Addiction of Alcohol, Tobacco, Tea, Coffee
- Night awakening
- Day sleeping

Health Promoting Tips

Do's (Pathya)

Dietary changes

- Low salty diet
- Low fatty diet
- Fruits & vegetables
- Coconut
- Butter milk

Lifestyle changes

- Meditation, Pranayama
- Moderate exercise
- Positive attitude
- If obese-weight reduction

Curative Herbs

- Shankhapushi (*Convolvulus pluricaulis*)
- Jatamansi (*Nardostachys jatamansi*)
- Ashwagandha (*Withania somnifera*)
- Sarpagandha (*Rauwolfia serpentina*)

SIDDHA

Definition

Blood pressure is the pressure exerted by the blood against the wall of the main arteries. The normal blood pressure level is 120/80 mmHg. Hypertension is the blood pressure, which is above the normal level, consistently for more than six months. According to Siddha philosophy the vitiation of Azhal humour is the main cause for Athi Rattha Azhutham. Hypertension is one of the major causes of death and disabilities worldwide and hence it is rightly called as 'Silent Killer'.

Causes

- Hereditary
- Cardiovascular diseases
- Obesity
- High blood cholesterol
- Diabetes mellitus
- Hectic and stressful life
- Mental agony
- Insufficient sleep and rest
- High salt intake

Preventive Measures

- Avoid excess intake of Salt
- Reduce the intake of Oil, Meat and Egg
- Avoid Smoking & Alcohol

Health Promoting Tips

- Take plenty of water & fruit Juice
- Drink decoction of cumin and coriander seeds
- Walking
- Breathing exercise
- Meditation
- Yoga

Curative Herbs

- Cirakam - *Cuminum cyminum*
- Maruthampattai - *Terminalia arjuna*
- Musumusukkai - *Mukia maderaspatana*
- Ven Thamarai - *Nelumbo nucifera*
- Sarpagandha - *Rauwolfia serpentina*
- Vellai pundu - *Allium sativum*
- Elam - *Elettaria cardamomum*
- Kothumalli - *Coriandrum sativum*
- Sataamaangil - *Nardostachys grandiflora*
- Elumicam Pazham - *Citrus aurantifolia*
- Venkayam - *Allium cepa*
- Seenthil - *Tinospora cordifolia*

HOMOEOPATHY

Definition

Hypertension or high blood pressure is a chronic cardiac medical condition in which the systemic arterial blood pressure is elevated. Blood pressure is a measurement of force against the walls of arteries as the heart pumps blood through the body. Condition is characterized by systemic arterial pressure consistently above 140 mm Hg systolic and 90 mm Hg diastolic.

Causes

Primary (essential) hypertension

- Idiopathic.
- Predisposing causes
 - Family history of high blood pressure
 - Life style (Smoking, extra salt intake, lack of exercise and high calorie diet)
 - Mental stress.
 - Type A personality (ambitious, impatient, competitive, time-conscious etc.)
 - Hyperlipidaemia.
 - Obesity.

Secondary hypertension

- Renal diseases – Acute and chronic, Polycystic, Hydronephrosis Renal artery stenosis
- Endocrine
 - Thyrotoxicosis.
 - Acromegaly.
 - Cushing's syndrome.
 - Hyperaldosteronism.
 - Pheochromocytoma.
- Neurological
 - Brain tumour.
 - Psychogenic.
- Disease of blood vessels like atherosclerosis
- Polycythaemia.

- Iatrogenic.
- Pregnancy induced.

Preventive Measures

- Avoid excess alcohol, smoking, high calorie diet, extra salt and oily fried food.
- Adopt relaxation techniques to avoid too much mental or physical stress.
- Diet including fruits, fibers and containing more vitamins and minerals.
- Reduce chances of being Obese by regular exercise.

Health Promoting Tips

- Lose weight. Reduction of weight also modifies other cardio-vascular risk factors like diabetes and dyslipidemia.
- Restrict intake of salt, fried food and other foods rich in saturated fats (like ghee, butter, cream, coconut oil).
- Avoid stressful situations as far as possible.
- Take plenty of fruits and vegetables.
- Abstain from tobacco & alcoholic beverages.
- Take regular morning walk or adopt a particular exercise regimen.
- Practice yogic exercises, pranayam, meditation, etc.

12. OBESITY

UNANI

Definition

Siman-e-Mufrit (Obesity) is condition in which excess body fat accumulates to the extent that it may have an adverse effect on health, leading to reduced life expectancy and/or increased health problems.

Causes

- Kasrat-e-Ghiza (overeating): Overeating leads to weight gain, especially if the diet happens to be Kaseer-ush-Shahm (high in fat).
- Ghair Mtaharrik Tarz-e-hayat (Sedentary lifestyle) results in Qillat-e-Ihteraq-e-Ghiza (fewer calories' burn) which leads to accumulation of Shahm (fat) in the body.
- Istehala-e-Bati (slow metabolism).
- Soo-e-Mizaj-e-Barid (cold temperament).

Preventive Measures

- Taqleel-e-gGhiza (diet restriction) is most important measure. Ghiza-e-Lateef qaleel-ut-taghziayah (light and low calorie diet) is to be used and Ghiza-e-Kaseef Kaseer-ut-taghziayah (heavy and high calorie diet) is to be avoided.
- Motadil Badani wa Nafsani sukoon (normal physical and psychic rest).
- Motadil Naum-o-Yaqzah
- Keep a balance in Harkat wa Sukoon Badani Wa Nafsaani (body and psychic movement & repose).
- Take Hammam-e-Haar (Hot bath).
- Practice Kasrat-e-Saum (frequent fasting)
- Fasd (venesection)
- Ishaal – As per the individual requirement.

Health Promoting Tips

- Riyazat-e-Motadil (physical exercise) is the second most important measure for Tahzeel (weight loss). Physical activity and exercise help burn calories, regular exercise is an important part of a healthy lifestyle to maintain a healthy weight for the long term.

- Avoid oily & fatty diets.
- Adopt healthy lifestyle.
- Hot bath at empty stomach
- Diaphoresis

Curative herbs/Animal product

- | | | |
|--------------------|-------------|--|
| • Luke-e-Maghsool | Laakh/Luk | (<i>Coccus lacca</i>) |
| • Utraj | Lemon | (<i>Citrus limon</i> (Linn.) Burm.f.) |
| • Zeera Siyah | Caraway | (<i>Carum carvi</i> Linn.) |
| • Kalongi | Black cumin | (<i>Nigella sativa</i> Linn.) |
| • Ajwain Khurasani | Henbane | (<i>Hyoscyamus alba</i> Linn.) |
| • Seer | Garlic | (<i>Allium sativum</i> Linn.) |

Regimens

- Idrar-e-Arq (Diaphoresis)
- Idraar-e-Baul (Diuresis)
- Hammam-e-yabis (Hot and Dry Bath)
- Riyazaat (Exercise)

AYURVEDA

Definition

Ayurvedic Name: Sthaulya

Excess deposition of fat on the body causing discomfort in routine activities and/or adverse effects on health is called sthauilya (obesity).

Causes

The lifestyle, mainly food habits contribute. Heredity is also an important factor in causing obesity.

Dietary habits:

- Over eating
- Intake of heavy, sweets, cold & unctuous food

Life style causes:

- Lack of exercise
- Day sleep
- Purposeless cheerfulness & lack of seriousness
- Lack of mental exercise

Preventive Measures

Don'ts (Apathya)

Dietary:

- Over eating
- Heavy, sweet, cold, unctuous food, milk products etc.
- Fried Food
- Preserved, canned food

Lifestyle:

- Day sleep
- Physical rest
- Mental rest
- Sluggish routine, lack of exercise

Health Promoting Tips

Do's (Pathya)

Dietary:

- Fresh healthy food at regular intervals
- Low fat diet
- High fiber diet
- Plenty of fresh vegetables and fruits
- Yava (barley), chana (black gram) etc.

Lifestyle:

- Gradual increase in night awakening i.e. vigil
- Physical exercise (regular & moderate)
- Mental exercise
- Strong motivation and will to loose weight

Curative Herbs/Animal Product/Mineral

- Guduchi (*Tinospora cordifolia*)
- Musta (*Cyperus rotundus*)
- Haritaki (*Terminalia chebula*)
- Bibhitaki (*Terminalia belerica*)
- Amalaki (*Phyllanthus emblica*)
- Takrarishta
- Honey
- Shilajatu
- Vidangadi Lauha

SIDDHA

HOMOEOPATHY

Definition

Term obesity is derived from Latin word 'obesus' meaning 'having eaten'. Root cause of obesity is overeating as suggested by its very name.

Abnormal increase in proportion of fat cells in viscera and subcutaneous part of body due to excessive intake of fat as compared to burning of calories.

Causes

Causes

- It is common in middle age due to
 - Continuation of gregarious eating habits of youth into middle age.
 - Less of physical activity.
 - Lowering of BMR (after 20 years, BMR drops by 2 % per decade)
- Equal incidence in both sexes.
- Family history of obesity
- Food habits like over eating, intake of high calorie diet, excessive consumption of fat, carbohydrate, and protein.
- Dietary fat is most important contributor to adiposity (It provides 9 cal / g compared with around 4 cal / g for carbohydrates and proteins)
- Use of fat in food preparation makes it appetizing and hard to stop eating.
- Excessive consumption of alcohol, especially beer with high caloric value.
- Common in people with sedentary habits.
- Psychological disorders
 - Bulimia nervosa.
 - Anxiety.
 - Depression.
- Endocrinal:
 - Cushing's syndrome.
 - Hypothyroidism.
 - Polycystic ovarian disease.
 - Menopause.
- Iatrogenic - Corticosteroids and oral contraceptive pills

Preventive Measures

- Reduce calorie intake below the requirement
- Fasting or rigid fasting for few days
- Eat at regular intervals with frequent small feeds for maintaining feeling of satiety.
- Fasting one day per week, drinking only low calorie fluids.
- Good amount of fiber to be consumed.
- Eat more fruits and vegetable which are low in calories
- Ensure the treatment for underlying diseases.

Health Promoting Tips

- Supportive therapy is important in achieving favorable results and avoiding distraction and it includes:
 - Creating motivation in the person and family
 - Reassurance
 - Health education in the family
 - Creating discipline in the person regarding eating habits and exercise schedule
- Moderate regular exercise keeps person fit and burns calories. Increasing graduated exercises should be advised.

13. JAUNDICE/HEPATITIS

UNANI

Definition

Yarqan (Jaundice/Hepatitis) can be defined as a condition in which body fluids come towards the skin and reflect as yellow or black.

Causes

- Obstruction in bile duct (Suddah-e-Baab-e-Kabid).
- Soo-e-Mizaj-e-Kabid (impairment of liver function).
- Soo-e-Mizaj-e-Haar (impairment of hot temperament).
- Excessive secretion of bile.
- Indigestion.
- Excessive secretion of black bile.
- Heat stroke.
- Foreign bodies (Ajsam-e-Khabisa)
- Disease of gall bladder (Amraz-e-Marara)

Preventive Measures

- Avoid use of Maa-e-Kadir (contaminated water).
- Adherence to principles of Hifzan-e-Sehat (hygiene).
- Avoid alcohol intake.
- Avoid mukhaddiraat (sedatives) like sleeping pills, hypnotics, etc.
- Wash hands properly before meals and after defecation.
- Dispose off Baraaz (excreta) properly.
- Avoid Fasd (venesection).
- Avoid constipation, use Mullayinat (mild laxatives) e.g. Gulqand, Anjeer, etc.

Health Promoting Tips

- Drink boiled water
- Take Zood Hazm/Lateef Aghziyah (easily digestible/light diets).
- Take optimum Sukoon Badani (physical rest).

Curative Herbs

- Fresh Gilo Tinospora (*Tinospora cordifolia* Miers)

- Turb Raddish (*Raphanus indicus* Linn.)
- Seeds of Kasni Common chicory (*Cichorium intybus* Linn.)
- Revand Chini Rhubarb (*Rheum emodi* wall.)
- Zeera Cumin (*Cuminum cyminum* Linn.)
- Afsantin Common sagewort (*Artemisia absinthium* Linn.)
- Fresh leaves of Mako Black nightshade (*Solanum nigram* Linn.)
- Chirchita Matrimonyvine (*Lycium barbarum* Linn.)
- Haleela zard Myrobalan (*Terminalia chebula* Retz.)
- Kishmish Raisins (*Vitis vinifera* Linn.)
- Shahtra Fumitory (*Fumaria officinalis* Linn.)
- Sumbulut-teeb Velerian (*Valeriana jatamansii* Jones)
- Badyaan Fennel (*Foeniculum vulgare* Mill.)
- Zarishk Barberry (*Berberis aristata* DC)
- Arand Castor (*Ricinus communis* Linn.)

AYURVEDA

Definition

Ayurvedic Name: Yakrit Vriddhi

Causes

Faulty Diet Habits & Lifestyle

- Consumption of unwholesome
- Dry, stale and more spicy food
- Excessive and regular consumption of alcohol
- Improper use of certain drugs

Preventive Measures

Don'ts (Apathya)

- Fatty, heavy diet
- Food with pesticide contamination
- Excessive consumption of alcohol
- Day time sleep

Health Promoting Tips

Do's (Pathya)

- Patient may be kept on restricted diet for few days
- Food consists of- Sali variety of rice, Yava (Barley) Mudga (Munga dal),
- Cow milk, butter milk
- Adraka (Ginger), Rasona (Garlic)
- Leaf & fruit of Patola (*Trichosanthes dioica*),
- Punarnava (*Boerhavia diffusa*)
- Leaves of Shigru (*Moringa olifera*)
- Leaves of Makoya (*Solanum nigrum*)
- Fruits- Amla, Anar (Pomegranate)
- Draksha (Grapes), Papita (Papaya),
- Santara (Orange), Nimbu (Lemon) etc.

Curative Herbs

- Katuki (*Picrorhiza kurroa*)
- Bhumyamalaki (*Phyllanthus amarus*)

SIDDHA

HOMOEOPATHY

Definition

Hepatitis is swelling and inflammation of the liver. It is a disease condition attributed to a viral infection of the liver.

Causes

- Infection with viruses
 - Hepatitis A virus (HAV) - transmitted through faeco-oral route
 - Hepatitis B virus (HBV) – transmitted through Blood, sexual contact, vertical, saliva
 - Hepatitis C virus (HCV) - transmitted through blood, saliva
 - Hepatitis D virus (HDV)- transmitted through blood, sexual contact, vertical
 - Hepatitis E virus (HEV) - transmitted through faeco-oral
- High risk groups
 - Health care workers.
 - Laboratory personnel.
 - Homosexuals.
 - Prostitutes.
 - I.V drug abusers.
 - Tattooing.
- Acupuncture
- Alcohol abusers
- Infants
- Auto immune diseases
- Obstruction in the bile duct due to tumors or stones
- Iatrogenic – drugs which are hepatotoxic

Preventive Measures

- Hands should be washed with soap and water following bowel movements and before food preparation.
- Sanitation should be maintained for prevention of hepatitis which spread through feco-oral route.

- Vaccines are available for Hepatitis A and B.
- Adequate intake of fluids
- Rest until the symptoms, signs disappear and Liver function tests come with in normal range
- Patients should avoid alcohol for six months after recovery

Health Promoting Tips

- Diet consisting of pulses, beans, eggs, fish, meat, fruits, vegetables.
- Avoid tea, coffee, smoking, alcohol.

14. UROLITHIASIS

UNANI

Definition

According to Ibn Sina it is a condition in which stone is formed in the (Qanat-e-Bauliyah) urinary tract, in Kuliya (Kidney) and Masana (urinary bladder).

Causes

- Zof-e-Quwwat-e-Dafia (Weakness of power of expulsion).
- Sue-Mizaj-e-Haar (Impairment of hot temperament).
- Iltihab-e-Kuliya (Inflammation of kidney).
- Zof-e-Kuliya (Weakness of kidney).
- Qurooh-e-Kuliya (Renal sepsis).
- Ehtibas-e-Mawaad fasida Retention of excreta.
- Ghaleez Madda (Viscous matter).
- Sedentary Lifestyle.
- Indigestion.
- Soo-e-Mizaj-e-Jigar (liver function disorder).
- Ehtibas-e-Madda-e-Ghaleez (Retention of purified matter).

Preventive Measures

- Take plenty of oral fluids.
- Avoid diet rich in calcium salts e.g. spinach, tomatoes, etc.
- Avoid deferring micturition calls.
- For bilateral stones, rule out any underlying cause.

Health Promoting Tips

- Avoid use of Chikoo and Asphanaakh (spinach).
- Take Mufattit (lithotriptic) and Mudarrat (diuretic) dietary items like Habbul Qilt (horse gram), Barg-e-Turb Sabz, Namak-e-Turb, Nausahdar, Tukhm-e-Kharpaza, Tukhme-e-Khayar, Arq-e-Anannaas.
- Take Muqawwi-e-Gurdah (Nephro tonic) dietary items.

Curative herbs/minerals

- Hajar-ul-Yahood Fossil Stone Silica of lime
- Seeds of Kheera Garden cucumber (*Cucumis sativus* Linn.)

- Seeds of Kakri Snake cucumber (*Cucumis utilis* Linn.)
- Seeds of Kharbuza Cantalope (*Cucumis melo* Linn.)
- Gokhru (Small Caltrops (*Tribulus terrestris* Linn.)
- Kulthi Horse gram (*Dolichos biflorus* Linn.)
- Turb Raddish (*Raphanus indicus*)
- Sarpoka Purple Tephrosia (*Tephrosia purpurea* (Linn.) Pers.)
- Kateeli Yellow Vetching (*Lathyrus aphaca* Linn.)
- Pakhan Baid Sessile joy weed (*Bergenia ciliata* (Haw.) Sternb)

AYURVEDA

Definition

Ayurvedic Name: Mutrashmari

Urolithiasis usually arises because of the break down of a delicate balance between the conservation of water and excretion materials that have a low solubility. When the urine becomes supersaturated with insoluble materials, crystals form and may grow and aggregate to form in to a stone.

Preventive Measures

Don'ts (Apathya)

- Tomato, pea, black gram, spinach
- Jamun, mustard, sesame, jaggery, excess hot and spicy food items
- Suppression of natural urges
- Exposure to excess heat

Health Promotive Tips

Do's (Pathya)

- Wheat, old rice, mudga (green gram) juice, kulatha (Horse gram), yava (barley) water
- Usage of Garlic, Turmeric, Ginger, Patola (snake gourd), Shigru (drum stick), Coconut, Cucumber, Watermelon, Coriander, Cumin Seed, Sugarcane, Grapes, Buttermilk etc.
- Usage of adequate water

Curative Herbs

- Varuna (*Crataeva nurvula*)
- Gokshura (*Tribulus terrestris*)
- Ikshu (*Saccharum Officinarum*)
- Narikela (*Cocas nucifera*)
- Shigru (*Moringa oleifera*)
- Pashanabheda (*Saxifraga ligulata*)
- Aragwadha (*Cassia fistula*)
- Shunthi (*Zingiber officinalis*)
- Kulattha (*Dolichos biflorus*)

SIDDHA

HOMOEOPATHY

Definition

Urolithiasis is the condition where urinary calculi/stones are formed anywhere in the urinary tract. Calculi consist of aggregates of crystals containing small amount of protein and glycoprotein.

Causes

- Idiopathic.
- Concentrated urine : high ambient temperature or hot climate and low fluid intake
- Diet: high protein intake, high sodium and calcium
- Chronic diarrhea.
- Urinary stasis and obstruction.
- Prolonged recumbency.
- Recurrent urinary tract infection.
- Polycystic kidney disease.
- Hypercalcaemia of any cause.
- Hyperparathyroidism.
- Vitamin D toxicity.
- Excessive intake of calcium, e.g. milk, cheese, eggs.
- Hyperoxaluria.
- Excessive intake of oxalate, e.g. tomato, radish, spinach, strawberry, tea, chocolate, cola drinks.
- Myeloproliferative disorders.
- Excessive intake of purine rich foods, e.g. red meat, fish.
- Age: peak incidence between 30-50 years.
- Sex: common in males.

Preventive Measures

- Intake of plenty of fluids.
- Maintenance of hygiene to prevent urinary tract infection.
- Avoid food rich in oxalates, urates and calcium.

Health Promotive Tips

- Eat food and fruits which have good quantity of fluid/water in them, e.g. Coconut, Cucumber, Watermelon, Sugarcane, Grapes, Buttermilk etc.
- Drink atleast 3-4 litres of fluids everyday.
- Eliminate food like meat and meat products, shellfish and dals, whole grain cereals, oat meal, dried peas and beans, spinach.
- Large and impacted stones require surgical removal, if found so it should not be avoided, else will damage kidneys.

15. MALARIA

UNANI

Definition

Humma Ajamiyah (Malaria) is a type of fever in which Akhlat (humours) of the body have dearranged. It is also called as Humma-e-Khilti. It is one of the fevers usually observed in localities/ houses of unhygienic surroundings having stagnant water lodgings surrounded by bamboos and other shrubs in the vicinity. Hence it named as Humma-e-Ajamiyah (fever related to shrubs).

Causes

- Unhygienic conditions around the living.
- Ajsaam-e-Khabisa (Foreign bodies).
- Aab-e-Praganda (Contaminated water).
- Fasaad-e Khilt (Derangement of humor) mainly bile (Safra).

Preventive Measures

- Household water should be disposed properly and insect breeding fields in nearby areas should be managed properly.
- Avoid Ijtimaa-e-Maa (water stagnation).
- Use mosquito net/repellent.
- Keep body covered as much as possible.

Health Promoting Tips

- Use of Lateef and Saree-al-Hazm Aghziya (light & easily digestible diets) during the disease will help Quwwat-e-Mudabbera-e-Badan (matrix naturae) to combat/ overcome the disease.
- Use food items that are Muhafiz-e-Kabid (hepatoprotective) e.g. orange, papaya, Amla.
- Maintain heamoglobin level through dietary intake like jaggery, Amla, roasted grams, etc.

Curative Herbs

- Dikamaali Gummy gardenia (*Gardenia gummifera* Linn. f.)
- Zarishk Barberry (*Berberis aristata* DC)
- Zaranbad Champoo Ginger (*Zingiber zerumbet* Rosc ex Smith)

- Sumbulut-teeb Valerian (*Valeriana jatamansii* Jones)
- Neem Margo (*Azadirachta indica* A. Juss.)
- Filfil siyah Black pepper (*Piper nigrum* Linn.)
- Gilo Tinospora (*Tinospora cordifolia* Miers)
- Tabasheer Bamboo (*Bambusa arundinacea* (Retz.) Roxb)
- Chariata Indian Gentian (*Swertia chirayita* (Roxb. ex Flem.)
- Chirchita Matrimonyvine (*Lycium barbarum* Linn.)
- Aspand Harmal (*Peganum harmala* Linn.)
- Afsantin Common sagewort (*Artemisia absinthium* Linn.)
- Karanjwa Fever Nut (*Caesalpinia bonducella* Flem.)

AYURVEDA

SIDDHA

Definition

Malaria was known even in the ancient days and has been mentioned as *Murai Suram* by *Yugimuni* in his classical text *Yugimuni Vaithiya Chinthamani*. Malaria is a parasitic disease. As the malaria parasites enter blood stream they infect and destroy red blood cells.

Causes

- Derangement of three humours viz., Vali, Azhal and Iyam; chiefly Azhal predominance.
- Malarial parasite is transmitted by the bite of an infected female anopheles mosquito. (As per Modern text)

Preventive Measures

- Ensure general hygiene
- Avoid water stagnation to prevent breeding of mosquitoes
- Regular Herbal fumigation
- Use of mesh / net for windows

Health Promoting Tips

- Siddha system of Medicine says “yq;fzk; guk mtpo;jk;” (*Langanam parama avizhtham*) which means fasting is the best medicine for any type of fever.
- Solid foods should be avoided.
- Take adequate amount of Congee / Medicated porridge.

Curative Herbs

- Nilavembu - *Antrographis paniculata*
- Athividayam - *Aconitum heterophyllum*
- Masikkai - *Quercus infectoria*
- Vembu - *Azadirachta indica*
- Parpataakam - *Mollugo cerviana*
- Vasambu - *Acorus calamus*
- Naabi - *Aconitum ferox*
- Arathai - *Alpinia officinarum*

HOMOEOPATHY

Definition

Malaria is an infectious disease presenting with fever, chill and malaise, due the attack on red blood cells by Plasmodium, a single celled organism. This is transmitted through bite of mosquito.

Causes

- Causative organism: A parasite known as plasmodium (P. vivax, P. ovale, P. malariae, P. falciparum)

Transmission:

- Bite of female anopheles mosquito.
- Contaminated blood transfusion.

Types:

- Benign tertian malaria: Caused by P. vivax and P. ovale (Commonest in India), paroxysm after 48 hours.
- Benign quartan malaria: Caused by P. malariae (Rare in India), paroxysm after 72 hours.
- Malignant malaria: Caused by P. falciparum, periodicity not marked.

Preventive measures

- Prevent the growth of mosquito by
 - remove water which is stagnant around the premises like coolers, containers, with the garbage and other waste at least once in a week.
 - If it is not possible to completely drain the water off from room cooler put about 10ml of petrol or kerosene oil into them. This will prevent mosquito breeding.
 - Discard items that can collect rain or run-off water, especially old and discarded tyres, broken pots, etc.
- Prevent entry of mosquitoes into the house by using screen on doors and windows.
- Keep unscreened doors and windows closed.
- Let the spray workers conduct the spray, whenever they come to spray house.
- Use mosquito nets, mosquito repellent creams, liquids, coils, mats etc., even while sleeping during day time.

- Travel to malaria risk-area during pregnancy is not recommended as malaria tends to take a more severe form in the pregnant females.

Health Promotive Tips

- Do not allow water to collect around homes to eliminate mosquito-breeding site.
- Do not wear clothes that expose arms and legs.
- Do not let the garbage collect near house.
- Do not allow children to play outdoors in shorts and half/without sleeves clothes.
- Should keep hygiene in and around the house

16. POST MENOPAUSAL SYNDROME

UNANI

AYURVEDA

Definition

Ayurvedic Name: Rajonivritti Janya Lakshana Samucchaya

Menopause is a natural phenomenon in elderly women, defined as permanent cessation of menstruation usually occurs in the age between 45-55 years. The related physiological & psychological changes due to the above reason are termed as Menopausal Syndrome.

Preventive Measures

Don'ts (Apathya)

- Heavy and unwholesome food, excess pungent, salty & sour food items, mustard oil etc.
- Alcohol, smoking, intake of excess tea, coffee and hot bath
- Excessive physical exertion

Health Promoting Tips

Do's (Pathya)

- Balanced diet, fresh seasonal fruits, ghee, milk treated with turmeric
- Godhuma (wheat), old rice, Mudga (green gram), Soyabean
- Medicated oil massage, walking, yogasanas and meditation breathing exercises, practicing personal and social good conduct.
- Physical exercise likes walking, Yogasanas and meditation, Avagahana (Tub bath).

Curative Herbs

- Ashoka (*Saraca indica*)
- Shatavari (*Asparagus racemosus*)
- Amalaki (*Phyllanthus emblica*)
- Guduchi (*Tinospora cordifolia*)
- Yashtimadhu (*Glycyrrhiza glabra*)
- Mandukaparni (*Centella asiatica*)
- Kumari (*Aloe vera*)
- Ashwagandha (*Withania somnifera*)
- Asthi shrinkhala (*Cissus quadrangularis*)

SIDDHA

HOMOEOPATHY

Definition

Menopause is the transition period in a women's life where production of hormones becomes less (oestrogen and progesterone) and permanent stoppage of menses occurs around the age of 50. Most of the women suffer from moodiness, depression, forgetfulness, insomnia, irregular menstrual cycle, hot flushes, vaginal dryness and a decrease in sex drive during this period. Hot flushes are the most common reason to seek medical attention. The risk of developing osteoporosis (bone softening) is high during this period. Women have tendency to gain weight during this period.

Causes

The transition from reproductive to non-reproductive phase in women's life which over a period of years, and is a natural consequence of aging. Around the menopause, the natural menstrual cycle become less predictable and ovulation may not occur in every cycle. Oestrogen level fall and, as a result of the negative feedback system of the pituitary and hypothalamus glands, more and more FSH is released in attempt to stimulate ovarian function. When oestrogen level falls too low to stimulate endometrial growth, bleeding stops altogether and menopause occurs. Decrease in oestrogen creates sense of hot flushes in the body. Surgical removal of ovaries also create artificial hormone withdrawal as in case of total hysterectomy done because of uterine fibroid or menorrhagia and/or metrorrhagia.

Health Promotive Measures

- Counseling of the woman suffering with health problems of menopause is a must alongwith thorough medical examination.
- Her diet should be rich in Calcium, Vit. A, D and E.
- Weight bearing exercises (walking and aerobic) helps in preventing or delaying osteoporosis.
- Yoga, meditation, social work can reduce mental stress.
- Natural oestrogen preparation can be used if the health problems are severe.

17. CONJUNCTIVITIS

UNANI

Definition

Iltihab (Inflammation) of Tabqa-e-Multahima (Conjunctiva) is known as Ramad (Conjunctivitis). It may be haar (hot) and barid (Cold)

Causes

- Humma-e-Shamsia (Heatstroke).
- Ajsam-e-Khabisa (Foreign bodies).
- Predominance of yellow bile (Safrā) and Dam (blood).
- Sue-e-Mizaj-e-Safrā (Impairment of yellow bile).
- Sue-e-Mizaj-e-Sauda (Impairment of black bile).
- Sue-e-Mizaj-e-Balgham (Impairment of phlegm).
- Extreme cold breeze.
- Cold and coryza.
- Some systemic diseases such as Khunaq (diphtheria), Aatshak (syphilis), Suzaak (gonorrhoea), etc.

Preventive Measures

- Keep the eyes clean.
- Avoid frequent rubbing/ touching of eyes.
- Apply Kohl (Surma) in the eyes.

Health Promoting Tips

- Use Arq-e-Gulab (Rose water) as eye drops frequently.
- Wash eyes frequently.
- Apply Asl (Honey) in the eyes.
- Muslin cloth dipped and dried in Chob Zard Mehlool (turmeric paste) used for wiping the eyes.

Curative Herbs/Minerals

- Suhaga Borax (Sodium baborate)
- Flowrs of Mundi Spaeranthus (*Sphaeranthus indicus* Linn.)
- Unnab Jujuba (*Zizyphus sativa* Linn.)
- Rind of yellow Halaila Chebulic myrobalan (*Terminalia chebula*)

- Zarishk Barbelly (*Berberis aristata* DC)
- Phitkari (Alum)
- Chaksu (*Cassia absus* Linn.)

AYURVEDA

Definition

Ayurvedic Name: Netra Roga

Ayurveda has identified three important factors being responsible for the causation of all types of diseases which include ophthalmic problems too:

- Incompatible contact of sense organs (*eyes*) with their respective sensations (*Asatmya indriyatha samyoga*)
- Misuse of intellect (*Pragnyaparadha*)
- Abnormal cycles of seasons (*Rituviparyaya*)

Preventive Measures

Don'ts (Apathyas)

- Excessive consumption of alcohol
- Chewing of betel leaf with tobacco
- Food rich in saturated fat.
- Day sleep
- Splashing water furiously into the eyes
- Touching eyes after the move or touch the things that hurt people's eyes.
- Sharing personal items such as towels, glasses, handkerchiefs, cosmetic eye or contact lenses with other.

Health Promoting Tips

Do's (Pathyas)

- Wear sun protective glass to protect the eyes from harmful ultraviolet (UV) rays during the peak hours
- Eyes should be protected from dust, smoke and strong wind.
- Consume adequate green vegetables and fresh fruits rich in antioxidants (vitamin C and vitamin D).
- Exercise regularly
- Use safety spectacles as and when required.

Curative Herbs

- Haritaki (*Terminalia chebula*)
- Amalaki (*Emblica officinalis*)

- Guduchi (*Tinospora cordifolia*)
- Triphala (Myrobalans)
- Yashtimadhu (*Glycyrrhiza glabra*)
- Mahatriphala ghrita
- Saptamrita lauha

SIDDHA

HOMOEOPATHY

Definition

Conjunctivitis is the inflammation of membrane lining the inner side of the eyelids and the white part of the eye (conjunctiva).

Causes

There are many causes of conjunctivitis. Viruses are the most common cause. Other causes include:

- Allergens (allergic conjunctivitis)
- Bacteria
- Chemical exposure
- Chlamydia
- Fungi
- Use of contact lenses (especially extended-wear lenses)

"Pink eye" refers to a viral infection of the conjunctiva. These infections are especially contagious among children.

Newborns can be infected by bacteria in the birth canal. This condition is called ophthalmia neonatorum, and it must be treated immediately to preserve eyesight.

Preventive Measures

- Avoid contact with the infected person.
- Wash your hands with soap if you have met any infected person.
- Use two handkerchieves, separate for each eye.

Health Promoting Tips

- Personal hygiene should be maintained.
- Cleaning of eyes with cotton soaked in boiled water.

18. INSOMNIA

UNANI

Definition

Sahar (insomnia) can be defined as difficulty in sound sleep.

Causes

- Fikr-o-Taraddud (Mental Stress).
- Sue-e-Mizaj-e-Safra (Impairment of bile).
- Qillat-e-Ghiza (Inadequate diet).
- Fasad-e-Hazm (Indigestion).
- Soo-e-Mizaj-Haar (Impairment of hot temperament).
- Soo-e-Mizaj Khusk Sada
- Kasrat-e- Mutala (Excessive study)

Preventive Measures

- E'tidal-e-Mizaj (normalcy in temperament).
- Avoid any thing causing Yaboosat-e-Dimagh (dryness of brain).
- Avoid stress.
- Avoid sedentary lifestyle.
- Maintain regular bowels.
- Follow the guidelines of Asbaab-e-Sittah Zarooriya (six essential prerequisites).
- Try to lay down for sleep at a fixed time daily.
- Avoid tea, coffee especially at night.
- Take dinner at least 4-5 hours before bed time.

Health Promoting Tips

- Regular use of Hammam-e-Murattib (Humectant bath).
- Local application of Musakkin Roghan (soothing oils) at bed time e.g. Roghan-e-Badam (Almond oil), Roghan-e-Kadoo, Roghan-e-Kahoo and Roghan-e-Laboob-e-Saba.
- Hareera Maghz-e-Badam at breakfast.
- Dalak (massage) and Riyazat (exercise).

Curative Herbs

- Barg-e-Kahoo Leaves of Lettuce (*Lactuca sativa* Linn.)
- Khashkhas Poppy (*Papaver somniferum* Linn.)
- Kishneez Coriander (*Coriandrum sativum* Linn.)
- Ajwain Khurasani Henbane (*Hyoscyamus alba*)

AYURVEDA

Definition

Ayurvedic Name: Nidranasha

Inability to take adequate amount or quality of sleep during the period one should sleep to relieve the tiredness, is called Insomnia.

Preventive Measures

Don'ts (Apathyas)

- Avoid smoking, coffee, tea, alcoholic drinks and stimulants
- Avoid day sleeping, irregular and hectic daily routine
- Avoid, overexertion, excessive sexual indulgence and aggressive behaviour

Health Promoting Tips

Do's (Pathyas)

- Diet should be simple, nutritious and easily digestible
- Meals should be timely and dinner at least two hours before going to bed
- Bed should be comfortable in accordance with the seasons and surroundings
- Positive thinking, peaceful & mentally relaxed attitude, walking after dinner, washing feet with warm water, head and feet massage and drinking milk, particularly buffalo milk at bed time, are advisable

Curative Herbs

- Shankhapushpi (*Convolvulus pluricaulis*)
- Jatamansi (*Nardostachys jatamamsi*)
- Ashwagandha (*Withania somnifera*)
- Tagara (*Valeriana wallichii*)
- Sarpagandha (*Rauwolfia serpentine*)
- Brahmi (*Bacopa monnieri*)

SIDDHA

Definition

Thookaminmai (Insomnia) is caused due to elevated Vatham and Alosakam (Pitham) due to which Mind is in Kinesis .Insomnia is not a disease. It is body's way of saying that some-thing is not right. It causes trouble in sleeping, may not be able to fall asleep, may wake up during the night, or may wake up early in the morning. It is a dreadly symptom in all diseases where anxiety prevails.

Causes

- Stress.
- Too much of caffeine.
- Depression.
- Changes in work shifts and pain.
- Ageing.
- Hypertension and anxiety disorders.
- Neuro-psychiatric diseases.

Preventive Measures

- Maintain a normal sleep Bioclock - Go to bed and wake up at the same time everyday.
- Do the same thing every night before going to bed to help your body to get ready for sleep.
- Use bed room for sleeping. Don't eat, talk on phone or watch TV while you are in bed.
- Make sure your bed room is quiet and dark.
- Avoid trying to fall asleep.
- Exercise more often. But do not exercise with in few hours before going to bed.
- Do not start worrying about this when you go to bed.
- Try eating a light snack before going to bed. But do not eat too much before bed time. A glass of warmish and crackers may be very useful.
- Don't nap during the day. It is likely to make your insomnia worse.

Health Promoting Tips

- A glass of warm milk increases sleep rhythm
- Pranayama and Meditation helps in Insomnia

Curative Herbs

- Amukkara - *Withania somnifera*
- Sadamanchil - *Nardostrachys jatamansi*
- Vallarai - *Centella asiatica*
- Brahmi - *Bacopa monerii*
- Sankupuspam - *Clitoria ternatea*
- Kasakasa - *Papaver somniferum*

HOMOEOPATHY

Definition

Insomnia is difficulty getting to sleep or staying asleep, or having non-refreshing sleep for at least 1 month. Primary insomnia refers to insomnia that is not caused by any known physical or mental condition.

Causes

- Alcohol, opioid and some herbs
- Physical discomfort like pain or changes in weather
- Major illness with pain or distress
- Anxiety due examination fear
- Too much intake of Coffee
- Stress due to divorce, greif, working for alternating shifts
- Hyperthyrodism
- Insomnia due to underlying medical condition like Depression, Parkinson's disease, Dementia and Mania.

Preventive Measures

- Avoid caffeine, alcohol, or nicotine before bed.
- Don't take daytime naps.
- Eat at regular times each day (avoid large meals near bedtime).
- Go to bed at the same time every night.
- Keep comfortable sleeping conditions.
- Remove the anxiety that comes with trying to sleep by reassuring yourself that you will sleep or by distracting yourself.
- Do something relaxing just before bedtime (such as reading or taking a bath) so that you don't dwell on worrisome issues.
- Do not watch TV or work on computer which may be stimulating to some people and interfere with their ability to fall asleep.
- If you can't fall asleep within 30 minutes, get up and move to another room. Engage in a quiet activity until you feel sleepy.

Health Promoting Tips

- Adopt relaxation techniques for reducing the stress

- Encourage positive thoughts and read good books
- Practice mild to moderate exercise as a routine
- Involve in group games – indoor / outdoor

19. GENERAL DEBILITY

UNANI

Definition

Zof-e-Aam (General Debility) refers to the lack of strength and energy in people. This refers to Naqahat (weakness) and inability to perform day to day function smoothly

Causes

- Qillat-e-Ghiza (Inadequate diet).
- Soo-e-Hazm (Indigestion).
- Soo-e-Mizaj-e-Haar Medah (Impairment of hot temperament of stomach).

Preventive Measures

- Use Taqviat-e-Manaat Advia (Body faculties/immunity enhancing medicines)
- Take Maghziyaat (dry fruits).
- Follow the guidelines of Asbaab-e-Sittah Zarooriya (six essential prerequisites).

Health Promoting Tips

- Use Maa-ul-Laham (meat soup).
- Eat balanced, variety food and highly nutritious diet.
- Do Riyazaat-e- Motadilah (moderate exercise) regularly.
- Take Dalk-e-Laiyan (soft massage)
- For convulsant stages, use Muqawiyat-e-Aam (general tonic). Khameera Marwareed, Khameera Gaozuban, etc.

Curative Herbs

- | | | |
|-----------------|-----------------|--|
| • Doodhi Booti | | (<i>Euphorbia thymifolia</i> , Burm.) |
| • Kahu | Lettuce | (<i>Lactuca sativa</i> Linn.) |
| • Kishneez | Coriander | (<i>Coriandrum sativum</i> Linn.) |
| • Mughilaan | Gum Arabic | (<i>Acacia arabica</i> Willd.) |
| • Salab Misri | | (<i>Orchis latifolia</i> Linn.) |
| • Aspaghol husk | Spogel | (<i>Plantago ovata</i> Forsk.) |
| • Asrol | Serpentine wood | (<i>Rauwolfia serpentina</i> Benth.) |
| • Asgand | Winter Cherry | (<i>Withania somnifera</i> Linn.) |

AYURVEDA

Definition

Ayurvedic Name: Daurbalya

It's main feature is feeling of weakness without or with mild exertion.

Preventive Measures

Don'ts (Apathya)

- Incompatible, unwholesome food.
- Excess spicy, salty, astringent food items
- Stored food items
- Suppression natural urges and irregular sleep habits
- Smoking, alcohol, excess coffee/tea

Health Promoting Tips

Do's (Pathya)

- Godhuma (wheat), old rice, Mudga (green gram), green leafy vegetables, Milk, Ghee
- Usage of Almond, Kharjura, Anjeera, Kaju and other seasonal fruits,
- Usage of Goat milk, cow milk, buffalo milk is beneficial
- Oily massages, pranayama, yoga, good social and personal conduct.

Curative Herbs

- Ashwagandha (*Withania somnifera*)
- Badam (*Prunus amygdalus*)
- Amalaki (*Phyllanthus emblica*)
- Vidari (*Peuraria tuberosa*)
- Shatavari (*Asparagus racemosus*)
- Kharjura (*Phoenix sylvestris*)
- Kali musali (*Curculigo orchioides*)

SIDDHA

Definition

General debility means the lack of strength and energy in people. This refers to general weakness and the inability to perform day-to-day functions normally.

Causes

- Shortage or lack of food is one of the most common reasons for general debility. If a person doesn't eat properly they may develop general debility
- Rigorous work
- Mental stress
- Chronic bronchitis
- Diabetes mellitus
- Tuberculosis
- Anaemic Conditions
- Irritable Bowel Syndrome
- Other chronic diseases
- Acute Viral infections

Preventive Measures

- Avoid excess intake of salt, sour and pungent foods
- Reduce the intake of Oil, Meat and Egg
- Avoid Smoking & Alcohol

Health Promoting Tips

- Drink plenty of water
- Eat plenty of vegetables, greens, fruits, whole grains and legumes. These consist of immune strengthening nutrients and Anti-oxidants like zinc, folic acid, vitamin B6, selenium, vitamin C, vitamin E and beta carotene.
- Eat fibre-rich food substances
- Ensure adequate intake of Milk, Egg and Animal Proteins

Curative Herbs

- Amukkara Kizhangu - *Withania somnifera*
- Thanneervittan Kizhangu - *Asparagus racemosus*
- Nellikkai - *Emblica officinalis*

- Thetrankottai - *Strychnos potatorum*
- Ellu - *Sesamum indicum*
- Kaezhvaragu - *Eleusine coracana*
- Orithazh Thaamarai - *Ionidium suffruticosum*
- Maramanjai - *Coscinium fenestratum / Berberis aristrata*
- Koraikkizhangu - *Cyprus rotandus*
- Nilappanai - *Curculigo orchioides*

Rehabilitation

Siddha concept says that *Udal Vanmai Kuraivu* (General debility) is mainly due to the derangement of anyone or all of the Seven *Udal Thaathukkal* (Seven Vital body constituents). This ultimately results in both physical and mental stress. Hence the Siddha treatment aims at achieving both physical and mental well being.

HOMOEOPATHY

20. LEUCORRHOEA

UNANI

Definition

Sailan-ur-Reham (Leucorrhoea) is a condition in which thick, whitish or yellowish fluid discharges continuously from vagina due to Warm-e-Muzmin (chronic inflammation) of Ghisha-e-Mukhati (vaginal mucosa).

Causes

- Qillat-e-Dam (Anaemia).
- Zof-e-Aam (General weakness).
- Waram-e-Reham (Endometritis)
- Weaknes of faculty of Ghaziya
- Unhygienic condition
- Hamal-e-Nau Umri (Early pregnancy)
- Aatshak (Syphilis)
- Suzaak (Gonorrhoea)
- Wajaul Mafasil (Rhuematoid Arthritis)
- Humma-e-Mevi (Typhoid).

Preventive Measures

- Maintain general health.
- Taqviat-e-Aam (Enhancement of body faculties).
- Strengthening of Quwwat-e-Ghaaziah (nutritive faculty) of Reham (uterus).
- Follow healthy toilet practices.
- Follow Hifzan-e-Sehat (personal hygiene).
- Treat Faqrudam (anaemia).
- Do not avoid even the smallest gynecological problem.

Health Promoting Tips

- Use Qabizat (astringents) and Habisat (styptics).
- Use Fufal (betel nut) frequently.
- Use Muqawwi Aghziyah (nutritive diets) e.g. Iron & calcium rich diets.
- Avoid constipation.
- Avoid sour and spicy food items.

Curative Herbs/Animal products

- Mochras Red silk cotton tree (*Bombax ceiba* Linn.)
- Dhak gum Flame of forest (*Butea monosperma* Lam.)
- Inderjao Shireen Sweet Indrajao (*Wrightia tinctoria* Roxb.)
- Asgand Winter Cherry (*Withania somnifera* Linn.)
- Mazu Aleppo oak (*Quercus infectoria* Olivier)
- Mughilaan Gum Arabic (*Acacia arabica* Willd.)
- Burnt kernel of Imli Tamarind (*Tamarindus indica* Linn.)
- Dried singhara Singhara nut (*Trapa natans* Linn. var.)
- Moosli While Musli (*Chlorophytum arundinaceum* Bak.)
- Sembhal (Silk Cotton Tree (*Bombax ceiba* Linn.)
- Burnt Sadaf (Oyester Shell)

AYURVEDA

Definition

Ayurvedic Name: Shweta Pradara

Leucorrhoea, refers to a whitish discharge from the female genitals.

Preventive Measures

Don'ts (Apathyas)

- Avoid fried and spicy food recipes
- Avoid fasting
- Avoid sour things specially pickles and curd
- Avoid excess of sexual indulgence
- Reduce anxiety and stress

Health Promoting Tips

Dos (Pathyas)

- Maintain good hygiene of vaginal area
- Eat a nutritious meal rich in fresh vegetables and fruits. Avoid high fat meals.
- Consumption of cow's milk, cow's ghee is useful
- A brisk walk in the morning is advised
- Sanitary and hygienic measures should be followed

Curative Herbs

- Vasa (*Adhatoda vasica*)
- Chirayata (*Swertia chirata*)
- Triphala (Myrobalans)
- Musta (*Cyperus rotundus*)

SIDDHA

Definition

Leucorrhoea is a condition, which is characterized by the white discharge from the female genitals. Usually the normal secretions are slimy and slightly sticky like that of nasal secretions. The vaginal secretions vary throughout the menstrual cycle peaking at ovulation and also increasing when under emotional stress.

Causes

- Nunpuzhukkal (Bacterial / Viral infection)
- Koobaga Thabitha Noi (Pelvic inflammatory disease)
- Karuppai Kazhundhu Thabitham (Cervicitis)
- Vankazhalai (Malignant tumors pertaining to female reproductive organs)

Preventive Measures

- Avoid exposure to unhygienic water like drowning in the rivers and ponds.
- Avoid worry and mental stress.
- Avoid intercourse during treatment
- Avoid intercourse with infected persons

Health Promoting Tips

- Personal hygiene
- Adequate intake of water and fruit juice.
- Soak 2 to 3 tsp fenugreek seeds in a glass of water or buttermilk overnight. Take it early morning in empty stomach.
- Take plenty of fresh, raw lady's fingers (*Hibiscus esculanthus*).

Curative Herbs

- Kattrazhai - *Aloe vera*
- Venpoosani Kaai - *Benincasa hispida*
- Venthayam - *Trigonella foenum –gracum*
- Vellilodhra Pattai - *Symplocos racemosa*
- Vellarugu - *Enicostemma axillare*
- Nellikkai - *Emblica officinalis*
- Atthi Pattai - *Ficus glomerata*
- Thaneervittan Kizhangu - *Asparagus racemosus*

- Asogu

- *Saraca asoca*

HOMOEOPATHY

Definition

Leucorrhoea is an abnormal condition of the reproductive organs of women, characterized by discharge of whitish liquid from the vagina. This discharge can be thick, whitish or yellowish.

Causes

- Physiological leucorrhoea
 - At the time of ovulation and in early pregnancy
 - During sexual excitement
 - In girls during puberty due to hormonal changes especially oestrogen
 - In a newborn baby for a week due to maternal estrogens
- Infection in the uterus and upper part of vagina caused by bacteria, virus, clamydial infection and candidiasis
- Due to underlying disease like diabetes
- General ill health and under nutrition
- Diseases of the genital tract
- Post delivery and infected IUCD
- Menopause

Preventive Measures

- Correct dietary habits, adequate sleep, exercise, fresh air and sunshine can help combating the problem in many ways.
- Proper hygiene should be maintained. The practice of washing the private parts after urinating should be adopted.
- Wearing only cotton undergarments to allow better ventilation and to keep the part dry is also advisable.
- Include soya products, whole grains and legumes, lignin- rich foods like flaxseeds, millet and barley

Health Promoting Tips

- Maintain hygiene
- Mild to moderate exercise
- Relaxation techniques