

PRASIDA AYURVEDA CLINIC

Founder's Day Newsletter

This year, July the 5th, marks the auspicious Guru Pūrṇimā and, the 75th Birth Anniversary of our dear founder Dr. C.E. Muralidhar. As a tribute to our Guru and Founder, we are releasing the first volume of Prasida monthly newsletter.

In the present context, COVID19 infection and it's management needs utmost importance, read on about how Ayurveda helps, starting from home remedies to managing a Pandemic.



Dr. C.E. Muralidhar

1945 - 2009

Founder

Prasida Ayurveda Clinics



The transition of summer to monsoon marks the onset and surge in cases of viral flu, and episodes peak post monsoon. Cough, running nose, fever and throat infections are the classic symptoms, home remedies or simple prescriptions would usually suffice. This year, in the back of everyone's mind lurks an extreme anxiety of COVID-19. The good part is, the new disease shares common symptoms, and perhaps responds well to similar remedies too, and certainly we are now better prepared to tackle infections, than ever before!

We are at the same level of risk as on day one and now, if we did not make use of these 100 days to improve our mental and physical health, to sail through this Pandemic storm. Time was sufficient to inculcate life changing habits through simple



हरीतकीसमं धात्रीफलं किन्तु विशेषतः ।
 रक्तपित्तप्रमेहघ्नं परं वृष्यं रसायनम् ॥३६॥
 हन्ति वातं तदम्लत्वात्पित्तं माधुर्यशैत्यतः ।
 कफं रुक्षकषायत्वात्फलं धात्र्यास्त्रिदोषजित् ॥३७॥
 यस्य यस्य फलस्येह वीर्यं भवति यादृशम् ।
 तस्य तस्यैव वीर्येण मज्जानमपि निर्दिशेत् ॥३८॥



आर्द्रकं शृङ्गवेरं स्यात्कटुभद्रं तथार्द्रिका ।
 आर्द्रिका भेदिनी गुर्वी तीक्ष्णोष्णा दीपनी मता ।
 कटुका मधुरा पाके रुक्षा वातकफापहा ।
 ये गुणाः कथिताः शुण्ठ्यास्तेऽपि सन्त्यार्द्रकेऽखिलाः ॥४६॥
 भोजनाग्रे सदा पथ्यं लवणार्द्रकभक्षणम् ।
 अग्निसन्दीपनं रुच्यं जिह्वाकण्ठविशोधनम् ॥४७॥
 कुष्ठपाण्ड्यामये कृच्छ्रे रक्तपित्ते व्रणे ज्वरे ।
 दाहे निदाघशरदोर्नैव पूजितमार्द्रकम् ॥४८॥

and effective guidelines of **Ayurveda** and **Yoga**. By revisiting **Dinacharya**, hygienic habits like daily shower, a simple *Nasya* – instilling two drops of Anu Tailam or pure sesame oil, in each nostril, once daily; wearing fresh set of washed clothes, freshly prepared, healthy, habituated, freshly prepared home foods for a diet plan; and efforts to get better at āsanas, prāṇāyāma, or advance into 12 rounds of SūryaNamaskāra, to regularise workout, sleep patterns and to de-stress.

There's a lot of clutter on social media misleading people into consuming immunosuppressants, which are strictly prescription drugs, to manage a critical stage of infection, in a conditioned environment only. Else, those who put efforts to improve immunity, may start doing the opposite by mindlessly resorting to such drugs. The other problem is, professional looking but fake information that discourages doing all the good things like sipping warm water, daily bath, masks and gloves, also misleads people into believing immunity can't be influenced, and just frequent washing of hands is sufficient.

In reality, 'Immunity' is not a loose term to be misunderstood during this calamity. There is no alternative to a healthy and alert immune system, it is the best line of defence we can gift ourselves during health.

The Ayurveda advantage comes from the most scientific dietetics, herbs and mineral based 'immuno-modulators' that fine-tune immunity, to resist microbes and to protect life. New clinical

trials and studies are only reiterating the effective way of herbs discovered by our *Rishi*-Scientists, and in the following days there will be plenty of such success stories from Ayurveda.



While Triphalā, Āmalakī, Harītakī, Ginger, BlackPepper, Turmeric and Nigella Seeds can be used during health; Guḍūchī, Tulasī and Ashvagandhā are found effective in managing clinical conditions of COVID-19 infection.

Find an *Ayurvedāchārya*, a clinician who can guide you best about how to use these wonderful herbs.

It is not without reason that big Pharmas are at war to own patents to market these effective herbs, it is time to use them judiciously, and take good care of ourselves and stay safe.

दाडिमः करको दन्तबीजो लोहितपुष्पकः |
तत्फलं त्रिविधं स्वादु स्वाद्वम्लं केवलाम्लकम् |
तत्तु स्वादु त्रिदोषघ्नं तृडदाहज्वरनाशनम् ||८४||
हृत्कण्ठमुखगन्धघ्नं तर्पणं शुक्रलं लघु |
कषायानुरसं ग्राहि स्निग्धं मेधाबलावहम् ||८५||
स्वाद्वम्लं दीपनं रुच्यं किञ्चित्पित्तकरं लघु |
अम्लन्तु पित्तजनकमम्लं वातकफापहम् ||८६||

Dr. C.M. Pradyumna BAMS; M.D
Ayurvedāchārya, AyurvedaVāchaspati

Dr. Mrs Sabitha Pradyumna BAMS; M.D
Ayurvedāchārya, AyurvedaVāchaspati

