

Session 6. Herbs for Immunity

AYUR 1000
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Trividh Bala (Strength)

Sahaja - *To be born with*; By the virtue of species, sex or heredity, Prakriti

Yukti krit - The planned vitality and strength, with food, lifestyle, herbs or Panchakarma

Kalaja - By the virtue of time

Contd...



Kapha is Strength



Ojas from Dhatus & Mindset



Three forms

Physical
Mental
Immunity

Herbs for General Immunity

Neem

Tulsi

Ashwagandha

Triphala

Ginger

Guduchi

Turmeric

Black Pepper



Herbs for Tridosha Management

1. Vata– Trikatu (Black Pepper, Long Pepper, Dry Ginger), Ashwagandha, Shatawari, Gugulu, Castor Oil, Rasna
2. **Pitta** - Licorice, Guduchi, Nimba, Amlatas, Triphala, Isabgol / Psyllium Husk
3. **Kapha** - Trikatu, Tumeric, Gugulu, Triphala, Isabgol

Obesity / *Sthaulya*

- The most relevant disorders of today
- Rampant in all societies, races, geographies and ages
- The excessive fat accumulation in the body
- Leads to serious health hazard affecting vital organs

Herbs

- Guggulu
- Triphala
- Isabgol
- Haridra
- Trikatu
- Punarnava



Anaemia / *Pandu*

- Fall in the haemoglobin level for the given age and sex
- Commonest Disease worldwide
- Females suffer more



Herbs

- Amlaki
- Punarnava
- Aloe vera
- Haridra
- Dark coloured vegetable, fruits



Rheumatoid Arthritis / *Ama Vata*

- Ama means Unripe; Vata is Vitiated
- Stiffness and inflammation of the joints
- Ama is produced and settles in joints & subsequently into other organs

Herbs

- Guggulu
- Rasna
- Castor
- Ashwagandha
- Guduchi



Acidity/ *Amla Pitta*

- When Agni is not in a pure form and is corrupted by Ama, then it can cause Amla Pitta
- Indigestion, heart burn and abdominal colic etc
- Usually, Pachaka Pitta and Samana Vayu are vitiated

Herbs

- Liquorice
- Kshara / Alkali
- Clove
- Black pepper
- Senna Leaves
- Isabgol
- Triphala

Vibandha / Constipation

Common
condition

A decrease in
bowel
movements

Can directly
lead to
haemorrhoids

Herbs

Haritaki

Isabgol

Senna leaves

Nishoth

Castor oil

Diabetes Mellitus / Madhumeha



A pandemic world over



Deranges all metabolism



Abnormally high levels of blood glucose and its subsequent excretion through urine.

Herbs

- Turmeric
- Daruharidra
- Neem
- Gurmar Leaves
- Bitter gourd
- Amlaki
- Mahamajjak
- Sadabahar

Depression / *Avasada*

- One of the most common emotional disorders
- Manifested in varying degrees; from feeling of slight sadness to utter misery and dejection
- The triguna satva, raja and tama decide the psychological outlook
- Depression is a disorder with aggravation of tama.

Herbs

- Ashwagandha
- Brahmi
- Jatamansi
- Shankhapushpi
- Tagara



Eczema / Vicharchika

Acute or chronic

Dry - dry and scaly skin

Weeping- discharge with severe itching

A number of causes

Herbs

Manjishtha

Butea

Guduchi

Neem

Turmeric

Aloe vera

Cancers

The derangement of Doshas; *All three together*

Injury to 6th skin layer 'Rohini' (epithelium)

Mandagni – More of Kitta Tissue

Lifestyle errors,

Unhealthy foods,

Poor hygiene

Bad habits

Stress

Research Info on Ayurveda Herbs

70 Anti Ca Herbs by Central Drug Research Institute

Andrographis paniculate - Kalmegha

The extracts andrographiside and neoandrographolide

Annona atemoya/muricata – Ramphal

Bullatacin induces apoptosis, muricins A–G, muricatetrocin A and B, longifolicin, corrossolin, and corrossolone are significant in bringing in vitro cytotoxicities to tumour cells

Phyllanthus niruri/ Bhui-Amlaki

Increases the life span of the tumour bearing rats, plays a major role in disruption of HBsAg mRNA transcription and post-transcription which could be beneficial against viral carcinogenesis



Piper longum

Piperine, an active alkaloid has anti-oxidative potency in both in vitro and in vivo conditions

Curcuma

Kanchanar

Ginger



Tinospora cordifolia - Guduchi

Enhance host immune system by increasing immunoglobulin and blood leukocyte levels and by the stimulation of stem cell proliferation

Has the ability to reduce solid tumour volume by 58.8%, which is comparable to cyclophosphamide, a known chemotherapeutic agent.

Semecarpus anacardium - Vatsanabha

The chloroform extract of *S. anacardium* nut possess anti-tumour action with increased life span against leukaemia, melanoma and glioma.

The milk extract of *S. anacardium* produces regression of hepatocarcinoma by stimulating host immune system and normalizing tumour markers including alpha-fetoprotein levels

Q & A