



SKM VAIDHYA AMIRTHAM

News Letter of SKM in Siddha, Ayurveda and Unani

Vol : 9 Issue : 36

OCTOBER - DECEMBER 2021



Director :

Mr. SKM. Shree Shivkumar B.E.,

Editor - in - Chief :

Mrs. Kumutaavalli Shivkumar M.Sc (Psy).,

Advisory Board :

Doctor's Panel :

Dr.L.Mahadevan M.D (Ayur).,
Dr.G.Sivaraman B.S.M.S., Ph.D.,
Dr.T.Thirunarayanan B.S.M.S.,
Dr.K.S.Mohammed Nijamudin B.U.M.S.,
Dr.K.Gurunathan R.I.M.P.,

Multi - Disciplinary Panel :

Prof.Dr.K.Raja Mani M.Sc(Hor)., Ph.D.,
Dr.R.Radha M.Sc., M.Phil., Ph.D.,

Associate Editors :

Dr.V.M.Ravichandran B.S.M.S.,

Members :

Dr.Vishnu K Nair B.A.M.S.,
Dr.I.Kumaranandan MD(S)

Production & Design :

R. Deepak Chakravarthi B.Sc.,

Our Vision

We, SKM siddha and Ayurveda, the trusted market leader, are committed through our dedicated team to continually grow and enhance excellence in holistic living through ethically sourced, affordable, accessible, safe and effective herbal products and services.

Articles are invited in Siddha, Ayurveda and Unani fields about clinical experience, rare medicinal preparations, successful treatments, Herbal informations and AYUSH Foods for our "SKM Vaidhya Amirtham" News letter which has around 10000 copies of circulation.

Please send your Articles/Suggestions to:

SKM Center for Ayush System Research and Education

Saminathapuram (Post), Modakkurichi,
Erode - 638 104. Tamilnadu, India.
email:techsupport@skmsiddha.org



Dr. Shreekanth Sharma B.A.M.S.,
Ayurvedacharya (GRAU, Punjab)
CPC(Panchkarma Chikitsa) Maharashtra
Ayushree Ayurvedic Multi-speciality
Clinic, Shikohabad(UP)



MANAGEMENT OF ICHTHYOSIS THROUGH AYUSH SYSTEM OF MEDICINE

According to present day medicine's understanding, Ichthyosis is a genetic skin disorder that causes dead skin cells to build up in thick, dry scales on the skin's surface, like that of fish scale. 'Ichthy' in latin means fish, so is the name fish skin disease. These scales may be present from birth, may disappear for long to come back again in later years of life. Ichthyosis affects people of all ages, races and gender. Ichthyosis can be correlated with ayurvedic skin disorder Eka Kushtha. It is one of condition of skin disease out of 11 types of skin disorders mentioned under the title of Kshudra Kushtha (Skin lesions) in classical ayurvedic text. In Eka Kushtha condition, skin resembles like that of fish skin and it spreads on the larger area of the skin and mostly there is absence of sweating on affected part. According Ayurveda this disease is mainly due to imbalance in Vata and Kapha. (1) (2)

Case Study:

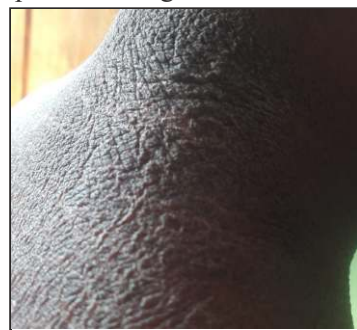
A 29 years aged male patient came to our hospital with the complaints of itching, redness, scaly skin, cracks over skin & dryness of skin in the back of the neck region since Nov.2020. He tried many medications for his skin patches but could not get recovered. These problems have been developed gradually and progressive in nature since Sept.2021. He can't sleep during night time because of itching and pain. During this period patient took allopathic consultation and treatment but didn't get relief. Patient was advocated the following treatment regimen and advised to take this medication up to ten days. Also we advised some diet restriction that to avoid Tamarind and non-veg foods.

Treatment given:

Mahathikthakam kashayam Tablet 1 tablet twice daily before food.
Blodpurwin Tablet 1 tablet twice daily after food
Sivanar vembu kuzhi thailam capsule 1 capsule twice daily before food.
Chirattai thailam 10ml mix with 100ml of plain coconut oil to be applied on the affected skin lesions once daily.
Tejas Neem soap for bath regularly

Result/ Discussion:

The medicines show remarkable improvement after ten days of treatment and the patient had been relieved from skin patches completely. The patient had started improving during treatments particularly from 3rd of external application of Chirattai thailam and at end of 15 days' treatment the Reddish patches and scaling of skin nearly get disappear. Later his skin becomes normal. This case report showed that combined ayush regimens potent and effective in treatment of icchthyosis skin rashes. No adverse effect and aggravation of the symptoms was found in the patient during and after the treatment.



Before Treatment



During Treatment



After Treatment

- (1) Ref: www.ayurvedabansko.com/ichthyosis-vulgaris-treatment-in-ayurveda/
(2) Ref: www.healthline.com/health/ichthyosis-vulgaris-causes-symptoms

NEW DEPOT, MADURAI

The SKM Siddha and Ayurveda company (India) Private Limited has started a new depot in madurai for Siddha & Ayurveda health care and personal care product. Inaugurated on December 8. 2022

120/2, Theni Main Road, HMS Colony, Viratipathu, Madurai - 625 016. Ph: 95245 86473.





YOGA THERAPY FOR THE MANAGEMENT OF MENSTRUAL DISORDERS



Dr. Kavitha Prakash BNYS.,

Junior consultant,
SKM Chikitchaalaya Clinic
No. 14 - 15, Veerabathra Street,
V.O.C. Park Road,
Erode - 638 003, TamilNadu.



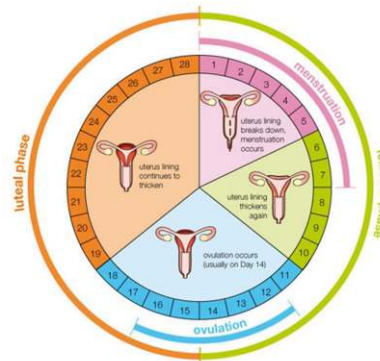
Introduction:

Yoga is the science of right living and as such, is intended to be incorporated in daily life. It works on all aspects of the person: the physical, vital, mental, emotional, psychic and spiritual level. The union of the individual consciousness with the universal consciousness is done through the practice of asana, pranayama, mudra, bandha, shatkarma and meditation. Today in 21st century, a spiritual heritage is being reclaimed of which yoga is very much a part. Physical, mental cleansing and strengthening is one of yoga's most important achievements. According to medical scientists, yoga therapy is successful because of the balance created in the nervous and endocrine systems, which are directly influences all the other systems and organs of the body.

Menstrual disorders are characterized by disruptive physical or emotional symptoms just before and during menstruation including heavy bleeding, missed periods and unmanageable mood swings. Common menstrual disorders are: Poly cystic ovarian syndrome, Dysmenorrhoea (painful menstrual cycle), Menorrhagia (heavy menstrual cycle), Oligomenorrhea (irregular menstrual cycle), Amenorrhea (absence of menstrual cycle), Prolonged menstrual bleeding etc.

Common causes of abnormal menstrual cycle:

- Obesity
- Stress.
- Sedentary life style
- Contraceptive pills
- Thyroid problems
- Inappropriate food habits



Clinical experience:

Menstrual disorders are most common among women in reproductive age group. Condition increases due to stress and sedentary lifestyle. Nearly 287 patients who visited SKM Chikitchaalaya Erode were observed with this condition in past one year. Menstrual disorders are most commonly seen among both working women as well as home makers. Females whose job related with prolong sitting or standing, lifting weights, improper food habits.

Case study:

A 26 years old female had visited SKM Chikitchaalaya Erode with irregular menstruation since one year along with symptoms of weight gain, anxiety, fatigue and hair fall. The patient disclosed plans for fertility.

USG abdomen/pelvis shows:

Polycystic appearance of ovaries- bilateral ovaries are normal in size shows multiple tiny follicles distributed in the periphery.

Uterus is antverted. Cervix is normal in size.

On general examination patient is non-diabetic and hypertensive. Appetite is normal, sleep disturbed due to mood swings. She is advised to undergo proper course of therapeutical yoga along with dietary regimens



Yoga therapy given:

Phase I: First 3 weeks

Loosening exercise for whole body

Surya namaskar – slow rounds 2
Fast rounds 2

Asanas:

- Tadasana (palm tree pose)
- Parivrtta trikonasana (twisted triangle pose)
- Vayu nishkasana (wind releasing pose)
- Chakki chalanasana (churning the mill)
- Baddha konasana (butterfly pose)
- Padotthanasana (raised leg pose)

Pranayama:

- Nadi shuddhi (alternate nostril breathing)- 5 rounds
- Sheethali – 10 rounds

Relaxation:

- In shavasana- Deep relaxation technique- 10 minutes.



Phase II: Second 3 weeks

Surya namaskar- slow rounds 4
Fast rounds 4

Asanas:

- Ardha chakrasana (half moon pose)
- Padahastasana (hand to foot pose)
- Malasana (garland pose)
- Upavistha konasana (wide angle seated forward bend)
- Ustrasana (camel pose)
- Marjariasana (cat stretch pose)
- Shava udarakarshanasana (universal spinal twist)
- Bhujangasana (cobra pose)
- Dhanurasana (bow pose)

Pranayama:

- Kapalbhati – 3 rounds
- Brahmari – 5 rounds

Relaxation:

- In shavasana – Deep relaxation technique – 10 minutes.

Conclusion:

Yoga is a holistic science and art of living. Yoga's focus on breathing is also beneficial for stimulating the endocrine system, helping it to function more effectively. Yoga is the best way to maintain the hormonal level in body, hormones are the one which regulates menstrual cycle, and so, yoga is the ultimate key to maintain the normalcy of the regular menstrual cycle. Lifestyle changes and regular practice of yogasanas, pranayama and relaxation helps to reduce stress level and to regulate menstrual cycle properly.



SIDDHAR DAY CELEBRATION

The SKM Siddha and Ayurveda company (India) Private Limited has participated in the celebration of Siddhar day in Nandha Siddha Medical College and Hospital in Erode on 18.12.2021. We had a put stall to showcase the Siddha and Ayurveda medicinal products manufactured by us.





HERBODAYA NEW OUTLET

The SKM Siddha and Ayurveda company has started a new outlet in Tirupur for our Herbodaya and Tuya products in which all the Siddha & Ayurveda health care and personal care product are available. Inaugurated by our Managing director Mr. Shree shiv kumar on 24.10.2021.



Door No.304, Saravana Street, Avinasi Road, Pushpa theatre bus stop, Tirupur - 641602. Ph:96556 10540.

ALL INDIA AYURVEDIC CONGRESS - 2021, KANYAKUMARI

The SKM Siddha and Ayurveda company (India) Private Limited participated in a seminar conducted by All India Ayurvedic Congress, Tamil Nadu Chapter held in Kanyakumari.



ALL INDIA AYURVEDIC CONGRESS - 2021, THENI

The SKM Siddha and Ayurveda company (India) Private Limited participated in a seminar conducted by All India Ayurvedic Congress, Tamil Nadu Chapter held in Theni.



Ayurveda helps to Improve overall well-being

Following Ayurvedic practices in disease prevention by instilling a sense of overall well-being and good health. This includes adhering to suggested diet plans, exercises, breathing exercises, sun exposure and other daily routines.



5 Reasons to make Ayurveda an integral part of your lives

Ayurveda considers Food a powerful medicine'

Ayurveda considers food to be potent medicine. Our bodies can enjoy the maximum benefits if we consume foods that are specifically suited to our physiology and follow a sattvic routine that improves digestion.

Ayurveda The Mother of All Healing'

Ayurveda is a 5000-year-old therapeutic system with its own comprehensive philosophy embracing the mind, body and soul of individuals. To promote a healthy life, the approach, which is largely centred on illness prevention and treatment, combines a suitable diet, healthy lifestyle, daily routines, natural treatments, detoxification therapies and herbal medication.

Ayurveda helps to Manage Stress

Ayurveda's approach to stress management lies in the attainment of peace. It doesn't see the body and the mind as two different entities but as reflections of each other. An Ayurvedic lifestyle encourages you to take care of your needs, such as reducing your stressors, starting your day with a self-care practice & cultivating peace of mind.

Ayurveda helps to Cleanse the body

When we do not pay attention to our diet and nutrition, our bodies become flooded with 'Ama' (toxins). This Ama buildup causes health problems and ailments. Ayurveda offers a variety of treatment options that promote cleansing of the body while also improving overall functionality & balance. Panchakarma, massage therapy, enemas and other methods of removing toxins from the body are all effective.



Free Medical Camp for Joint and Skin Disorders

Free Medical camp for Joint and skin disorders has been conducted in our clinic SKM Chikitchaalaya on 11.12.2021. On this medical camp our physicians gave free consultation to the patients. we offered free pain relief therapy and ottradum to the patients. Medicines are also given with 20% discount price.



ALL INDIA AYURVEDIC CONGRESS

Coimbatore Zone

6th NATIONAL AYURVEDA DAY CELEBRATION 2021

The SKM Siddha and Ayurveda company participated in the 6th National Ayurveda Day celebration held in RVS Health Science Campus, Sulur, Coimbatore on 11th December 2021. Consultations made by our doctors team to the people's visited the stall.





ASPARAGUS RACEMOSUS

Distribution:

The word 'Shatavari' comprises two Sanskrit words which literally mean “she who has hundreds (Shat) of partners or husbands (var)” however in therapeutic benefits it is perceived as “she who has the potential to cure hundreds of diseases” or “she who has one hundred roots”.

In Ayurveda, Shatavari herb is perceived as a female tonic since it is a rejuvenating herb. It plays a crucial role in the physiological events of women's life. From female infertility to pregnancy and from menarche to menopause Shatavari benefits are astounding of which managing the reproductive health of women is major.



Description:

Asparagus racemosus (satavar, shatavari, or shatamull, shatawari) is a species of asparagus common throughout India and the Himalayas. It grows 1–2 m (3 ft 3 in–6 ft 7 in) tall and prefers to take root in gravelly, rocky soils high up in piedmont plains, at 1,300–1,400 m (4,300–4,600 ft) elevation. It was botanically described in 1799. Because of its multiple uses, the demand for Asparagus racemosus is constantly on the rise. Because of destructive harvesting, combined with habitat destruction, and deforestation, the plant is now considered "endangered" in its natural habitat.

Chemical constituents:

The major bioactive constituents of Asparagus are a group of steroidal saponins. This plant also contains vitamins A, B1, B2, C, E, Mg, P, Ca, Fe, and folic acid. Other primary chemical constituents of Asparagus are essential oils, asparagine, arginine, tyrosine, flavonoids (kaempferol, quercetin, and rutin), resin, and tannin

Benefits of Shatavari:

- Anti-inflammatory (reduces oedema)
- Antioxidant (help in fighting against free-radicals).
- Anti-anxiety effects (balances hormones)
- Anti-tubercular
- Boosts Immune System
- Cough relief
- Helps in the treatment of ulcers (oesophagus, stomach, small intestine etc)
- Helps in the treatment of kidney stones by preventing the formation of oxalate stones

Uses of Shatavari:

- It is traditionally used for Premenstrual syndrome and sexual illness.
- It helps in strengthening the female reproductive system and thereby resolves infertility related problems.

Important formulations:

AYURVEDA: Brahma Rasayana, Mahanarayana Taila, Shatavari Guda, Puga Khanda, Saubhagyasunhi, Bracchagalyadi Ghrta, Shatavari Ghrta, Shatavari Kalpa, Ashwagandharishta, Narasimha Churna.

SIDDHA: Narasimha Legiyam, Varma Kudineer Chooranam.

(1) Ref: The Ayurvedic Pharmacopoeia of India.

NAMES:

Hindi	English	Telugu	Kannada	Malayalam	Tamil	Marathi
शतावरी Shatawar	Buttermilk Root	తోలా-గడ్డలు Toala-gaddalu	ಮಜ್ಜಿಗೆಗದ್ದೆ Majjigegadde	ശതാവരി Chatavali	சீமை சதாவரி Shimaishadavari	शतमुली Shatmulu



Ayurvedic remedy for **PAIN RELIEF**



- Provides relief from sprained ligaments & strained muscles.
- Alleviates discomfort of arthritis, bursitis and rheumatism.
- Relives inflamed joints, muscles, tendons and ligaments.

Printed & Published By:

SKM Center for Ayush system Research and Education

Saminathapuram, Modakkurichi, Erode - 638 104. Tamilnadu., India

Tel Fax: +91 424 2500590, 2501238 Website URL : www.skmsiddha.org

Feedback your comments to the E-mail: techsupport@skmsiddha.org | designs@skmsiddha.org