



DR. SODHI'S AYURVEDIC NEWSLETTER

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Himachal Pradesh region of India.



AYURVEDA PHILOSOPHY

Skin Regeneration with Ayurveda

Evid Based Complement Alternat Med. 2009 Feb 20.

Theories and Management of Aging: Modern and Ayurveda Perspectives.

Datta HS, Mitra SK, Paramesh R, Patwardhan B.

Aging is a complex phenomenon, a sum total of changes that occur in a living organism with the passage of time and lead to decreasing ability to survive stress, increasing functional impairment and growing probability of death. There are many theories of aging and skin remains the largest organ of the study. Skin aging is described as a consequence of intrinsic and extrinsic factors. The most common amongst visible signs of skin aging are wrinkles and there are various therapies including antiaging cosmeceuticals, sunscreens, chemical peeling, injectable agents, such as botox, fibrel, autologous fat grafting as also few surgical procedures have been used. Ayurveda, the Indian traditional medicine, describes aging with great details.

Dr. Sodhi's Comments:

You see them all over. Anti-wrinkling creams, anti-aging medicine, anti-aging hormones, bio-identical hormones and more. Do they really supply what they promise? Do they list any side effects or consequences that many of them carry? Aging is a natural phenomenon but can we slow the process? Ayurvedic medicine provides tools like "Achar Rasayan" (rules of good conduct), "Dincharya" (daily routines), "Ritucharya" (seasonal routines) and "Rasayans" (anti-aging herbs). My Grandmother was a master herbalist using lots of herbal therapies to keep skin radiant. She most commonly used herbs such as turmeric, amla, gotu-kola, neem and holy basil. All of them have anti-oxidant, anti-aging, anti-inflammatory and skin rejuvenating properties.

I had a patient with systemic lupus erythematosus (SLE) the result of which is skin disfigurement and hardening of the skin with no known cure. Using this combination of herbs, the skin became normalized in nine months.

Studies show gotu kola increases collagen strength many fold and increase collagen 1. Decrease in collagen 1 is associated with skin aging. Turmeric is a powerful anti-inflammatory. My mom has used henna and amla for her hair for many years and her hair is still dark and lustrous.



AYURVEDA & NATUROPATHY

Ayurvedic Medicine is very Helpful for Diabetic Patients

Altern Ther Health Med. 2006 Sep-Oct;12(5):24-30. Randomized trial of a whole-system ayurvedic protocol for type 2 diabetes. Elder C, Aickin M, Bauer V, Cairns J, Vuckovic N.

The aims of this study were to determine the feasibility and clinical impact of a whole-system, Ayurvedic intervention for newly diagnosed people with type 2 diabetes. Patients were randomly assigned to either an experimental or control arm. 60 adult patients with baseline glycosylated hemoglobin (HbA1c) values between 6.0 and 8.0 were recruited. Treatment for the experimental group included exercise, an Ayurvedic diet, meditation instruction, and an Ayurvedic herb supplement. Control patients attended standard diabetes education classes with primary care clinician follow-up. Clinical outcomes were assessed at 3 and 6 months and included HbA1c, fasting glucose, lipids, blood pressure, and weight. Ninety-two percent of randomized patients completed the study, and there were no significant adverse study-related events. Using analysis of co-variance (ANCOVA), we found no significant differences for clinical outcomes at 6 months between on-study patient groups, though trends favored the Ayurvedic group. When we included a factor measuring how much baseline HbA1c exceeded the mean (6.5%), however, we found statistically significant improvements in the Ayurvedic group for HbA1c ($P = .006$), fasting glucose ($P = .001$), total cholesterol ($P = .05$), low-density lipoprotein (LDL) cholesterol ($P = .04$), and weight ($P = .035$). Of a special note this study was done at Kaiser Permanente Center for Health Research, Portland, Oregon, USA.

Dr. Sodhi's Comments:

This is a wonderful study showing how effective Ayurvedic medicine is in controlling Type 2 diabetes and was done in neighboring Portland. HbA1c, used in this study, is a better parameter to see the control of diabetes. This study shows an overall improvement in all the parameters of diabetes. In our clinic, we get even better results with nutrition, exercise, yoga, breathing exercises, Ayurvedic herbs combination like Biogymnema™, Neem Plus™ and Shilajit. HbA1c has dropped from 12 to 6.2 in four months in cases we have treated. Patients were able to cut insulin by as much as 75% and people on oral hypoglycemic drugs were able to get off completely. Again, Type 2 diabetes requires that one take a very active role in self-management. Without that commitment, the disease creeps in again.



YOGA & MEDITATION

Yoga Improves Sexual Function

J Sex Med. 2010 Jul 14. Yoga in Male Sexual Functioning: A Noncomparative Pilot Study. Dhikav V, Karmarkar G, Verma M, Gupta R, Gupta S, Mittal D, Anand K.

Study was carried out to study the effect of yoga on male sexual functioning. 65 males (age range = 24-60 years, average age = 40 +/- 8.26 years) who were enrolled in a yoga camp and administered a known questionnaire, i.e., Male Sexual Quotient (MSQ) before and after 12 weeks session of yoga.

It was found that after the completion of yoga sessions, the sexual functions scores were significantly improved ($P < 0.0001$). The improvement occurred in scores of all the domains of sexual functions as studied by MSQ (desire, intercourse satisfaction, performance, confidence, partner synchronization, erection, ejaculatory control, orgasm). It was concluded by the authors that Yoga appears to be an effective method of improving all domains of sexual functions in men as studied by MSQ.

Dr. Sodhi's Comments:

It is interesting that yoga has never been portrayed as sexy, when in actuality, it has a tremendous role in enhancing sexuality. Yogic teachings promote celibacy. However, since culturally everyone is seeking to promote sexuality, yoga should be at the forefront as a healthy practice that can enhance sexuality as the scores indicate in this study. Wahoo! This is the best Viagra™ you can ever find with added health benefits and without the side effects of the drug!



AYURVEDIC HERBS

Amla, A Wonder Ayurvedic Herb

J Basic Clin Physiol Pharmacol. 2010;21(1):93-105.

Therapeutic potential of *Phyllanthus emblica* (amla): the ayurvedic wonder.

Krishnaveni M, Mirunalini S.

Medicinal plants are nature's gift to human beings to promote a disease free healthy life. Many medicinal plants are present in a group of herbal preparations of the Indian traditional health care system (Ayurveda) named Rasayana proposed for their interesting antioxidant activities. *Phyllanthus emblica* Linn. (syn. *Emblica officinalis*), commonly known as Indian gooseberry or Amla, family Euphorbiaceae, is an important herbal drug used in Unani (Graceo - arab) and Ayurvedic systems of medicine. The plant is used both as a medicine and as a tonic to build up lost vitality and vigor. *Phyllanthus emblica* is highly nutritious and could be an important dietary source of vitamin C, amino acids, and minerals. The plant also contains phenolic compounds, tannins, phyllembelic acid, phyllembelin, rutin, curcuminoids, and emblicol. All parts of the plant are used for medicinal purposes, especially the fruit, which has been used in Ayurveda as a potent rasayana and in traditional medicine for the treatment of diarrhea, jaundice, and inflammation. Various plant parts show anti-diabetic, hypolipidemic, antibacterial, antioxidant, antiulcerogenic, hepatoprotective, gastroprotective, and chemopreventive properties.

Dr. Sodhi's Comments:

Amla is a wonder herb. Standardized extract of fresh Amla extract has an ORAC (Oxygen Radical Absorbance Capacity) value close to 5400. Compare this to Resveratrol, which has an ORAC value closer to 3500 and about which you hear a lot. Amla Plex™ and Amla Plus™ both contain fresh Amla standardized extract. No wonder Amla is revered by Ayurvedic physicians as one of the best anti-aging herbs. It lowers cholesterol, protects from free radical damage, protects the pancreas, liver, and intestinal linings. Amla is very effective in cutting the side effects of chemotherapy and radiation, yet enhances the efficacy of chemotherapy and radiation. It protects normal, healthy cells from damage but at the same time enhances chemotherapy and radiation making it more effective against cancer. I use this herb frequently with my cancer patients in the form of Amla Plex™ and Amla Plus™ for this reason.



CURRENT NEWS

Lower Levels of some B Vitamins Linked to Increased Lung Cancer Risk

JAMA. 2010;303:2377-2385. June 16, 2010

Individuals with lower serum levels of certain B vitamins are associated with a higher risk of lung cancer, reports a study in the June 16, 2010, issue of The Journal of the American Medical Association.

The analysis was based on 519,978 participants in the European Prospective Investigation into Cancer and Nutrition (EPIC) study between 1992 and 2000, of whom 385,747 were blood donors. Of these, 899 were identified as lung cancer cases by 2006 and matched to 1,770 controls. With adjustment for smoking, participants with higher levels of vitamin B6 were at lower risk of lung cancer. These protective effects were similar for all 3 smoking status groups. The risk remained similar with increasing length of follow-up, suggesting that the effect was not explained by preclinical lung cancer. Higher serum Folate levels were also associated with a lower risk of lung cancer.

B-vitamins and other factors involved in 1-carbon metabolism are involved in maintaining DNA integrity and gene expression. These nutrients may play a role in inhibiting cancer development, raising the possibility of altering cancer risk through changes in diet. Most previous studies of B vitamins and cancer prevention have focused on Folate and colorectal cancer. Higher serum levels of vitamin B6 and methionine are associated with a lower risk of lung cancer, the new results suggest. Participants with above-median levels of both B6 and methionine are about 50% less likely to develop lung cancer. High Folate levels may have an additional protective effect.

Dr. Sodhi's Comments:

In this study Vitamin B6 and the amino acid methionine appear to be associated with a decreased risk of lung cancer. Higher methionine levels were also associated with a reduced relative risk of 50%. Higher folate was associated with lower lung cancer. Deficiencies in B vitamins are thought to increase the likelihood of DNA damage and subsequent gene mutations, the researchers said, which means they may have a potentially important role in inhibiting cancer development. Dietary sources of B6 include beans, grains, meats, poultry, fish, and some fruits and vegetables. Sources of methionine include animal protein, vegetables, nuts and seeds. Similarly, folates are present in chicken liver and beef liver. Vegetarian sources of folates include soy flour. One cup of soy flour has more folic acid than 3.5 oz of beef liver. Other rich sources are chick peas, pinto beans, spinach, lima beans, papaya, avocado, wheat germ, asparagus, pears, orange, peanuts, tomatoes, green peas, bananas and cashews. It comes back to eating wholesome nutrition. There are numerous studies showing that vegetarians have less cancer, heart disease, hypertension, obesity and even diabetes. Although I am not against using synthetic vitamins, the best source of these important nutrients are in your vegetables, fruits, nuts and seeds.



Virender Sodhi, MD (Ayurveda), ND

was the first Ayurvedic and Naturopathic physician in the United States. He received his MD in Ayurveda in India in 1980, and then in 1986, he came to the West to share Ayurveda as part of a cultural exchange program. In 1988, he graduated from Bastyr University with a degree in Naturopathic Medicine. Dr. Sodhi treats thousands of patients from the United States and around the world. He lectures extensively throughout the U.S. and other countries including New Zealand and Australia, as well as conducting classes and seminars in Ayurvedic Medicine. He also writes regularly about the latest Ayurvedic Science updates and has also been featured in the Townsend Letter. Recently, he was appointed as an official advisor of Ayurveda to the government of Australia.

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