

# Ayurvedakarmayoga

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## **Fourth Article –Italy 2**

In **January 2017 issue**, we have discussed role of IAAN and treatment of obesity in Italy. In 1984 and 1985 two important events were organized by IAAN, Italy.

**1. Euro Natura Congress** –This was organized in Milano in 1984. Every year this congress is being organized by several Nature loving Institutions and Pharmaceutical companies who were propagating, natural products, Ayurveda, Yoga and Naturopathy. We not only gave lectures in this congress but also promoted activity of IAAN in this congress. Later in June 1994 we also participated in the similar type of conference in Italy called as ‘**Fiera Sana**’ (Health Expo). This International exhibition of organic and natural products is organized in Milano every year. ([www.sana.it](http://www.sana.it)). We attended similar type of conference known as ‘**Fiera Bologna**’ in June 1998 (<http://www.bolognafiere.it>)



**2. World Federation of Societies of Holistic Medicine** –This was formed in Italy with following office bearers- Founder President – Dr. E. Pierangeli (Italy), President – Prof. K.N. Udupa (BHU), Vice President- Prof. Subhash Ranade (India), Dr. G. Dostalek (Czechoslovakia) and Dr. R. Monro (UK), General Secretary – G.F. Barabino (Italy).

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It was decided by the federation to organize ‘**First World Congress Holistic Approach Health for All**’ at Republic of San Marino in 1985 June 8 th to 11 th. (<http://www.yoga.org.mk/WFHHS/congresses/INDEX.HTM>). San Marino is separate state in Italy situated on northeastern side of Apennine Mountains. It is the oldest state and constitutional republic in the World. Dr. K. N. Udupa (BHU) was the president, Mr. Claudio Patrucco was Secretary General and Dr. Subhash Ranade was scientific secretary of this conference. Twenty Indian delegates and around 80 European delegates were present for 2 days conference. Prominent persons who attended the conference from India were, Late Prof. G. V. Purohit (Author, *Sharira Rachana*), Late Dr. K.V. Kulkarni (Well know surgeon), Prof. P. H. Kulkarni (Ex. Dean Ayurveda Faculty, Pune).

**Interview on RAI Uno** -As curtain raiser for this conference our Interview was telecasted by **Italian National Television Channel –RAI UNO**. Every evening the channel broadcasts popular television show ‘Italia Sera.’ Famous Italian actress Enrica Bonaccorti was the compare of this show. In 45 minutes of interview we all including Mr. Giorgio Barabino and Mr. Claudio Patrucco talked about Ayurveda, the science of life and how it can be applied to all persons all over the world. We talked about the importance of pulse examination in health and disease diagnosis and channel examination (*srotas pareeksha*). A video of manufacturing Ayurvedic Medicines was also shown in the background. We also talked about the upcoming First World Conference on Yoga and Ayurveda, in Republic of San Marino.

We have good experience of giving interview on Television. Perhaps today’s generation may not be aware of it, but on *Mumbai Doordarshan* we have given 44 Television interviews on three programs –*Arogya Sampada, Niramay, (Marathi)* and *Apaka Swasthya (Hindi)*. For TV interview in Italy there was no prepared script and we just walked into TV studio in Roma 30 minutes before the interview. Enrico Bonaccorti talked to us for 15 minutes. During TV interview, randomly questions were asked to us. This interview became very famous all over the Italy and IAAN received many enquiries about the conference and Ayurveda.

Because of the popularity on Television, we received invitation by **Junior Chamber of Commerce in Bari**. It is on southeastern cost of Italy in Puglia region and situated on the Adriatic Sea. We travelled from Milano via Roma by

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train. After our lecture we were also invited to participate in **Television program** at small city in **Barletta**.

After few more visits to Italy, we found that the situation of availability of Ayurvedic medicines has improved at IAAN. The improved situation was better than Germany. German FDA rules are strictest in the world and therefore during that time not a single herbal tablet was available for our patients in Germany. While IAAN was able to import few powders of single herbs, some herbo- mineral tablets, medicated oils and chyavanaprasha from Shri Dhootpapeshwar Co. Mumbai and Arya Vaidya Sala, Kottakal.

**Chernobyl disaster in Ukraine, Russia** - Between 1986 to 1990, we treated many patients of thyroid problems and skin diseases with low digestive fire, (*rakvaha sroto dushti*) in Germany and Italy. The cause of this sudden upsurge was initially baffling. We had never faced this situation before. The reason was Chernobyl disaster. On 25 th April 1986, Chernobyl Nuclear Plant situated in city Pripyat exploded. Due to explosion of Reactor 4, large quantities of radioactive particles were released in the atmosphere. More than 10,000 people died and 5 million people in Europe were affected. The radioactive cloud spread all over Europe affecting many countries like Belarus, Sweden, Finland, Austria, Germany and Italy. Initial radiation exposure in contaminated areas was due to radioactive iodine-131 and 129, caesium-137, strontium 90 and neptunium 239.

## Explosion of Atomic reactor at Chernobyl



These highly radioactive fission products were consumed through food. All Plants and crops, fish and dairy was polluted. For next 6 months, all dairy products were

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banned for consumption. It was found that these products had affinity for affecting Thyroid Gland. Hence we received many patients having thyroid complaints.

Most of the patients suffering from thyroid were girls in the group of 15 to 25. The main symptoms were -Weight gain, fatigue, constipation, joint and muscle pain, hair loss or thinning of hair, brittle hair, irregular or heavy menstrual periods and depression. There were many patients of Hashimoto's Thyroiditis also and they had symptoms of lump or swelling in the neck, pain in the neck or ears, their voice became hoarse, had problems of swallowing, and suffered from frequent cough and cold.

For treating these patients, we used local herbs like bugleweed or *Ajuga reptans* (*Lycopus virginica*) along with Eluthero root (*Elutherococcus senticosus*) 1 gm. mixture along with Tab. Arogyavardhini 500 mg. and Tab. Kanchanar Guggul 500 mg. twice day. We gave these medicines for 2 months.

We also gave lifestyle advice about exercise, yoga, with changes in food and drinks mainly Pitta pacifying. With this treatment patients did not develop symptoms of hypothyroidism and there was good clinical improvement. However all patients were not fortunate.

More than 30 % patients, who did not respond to treatment, developed Thyroid Cancer. For those in stage I and II papillary and follicular thyroid cancer they had to take surgical treatment of total or near-total thyroidectomy, with or without radioactive iodine therapy. Lobectomy and removal of lymph nodes that contain cancer was also performed followed by hormone therapy. After consumption of radioactive contaminated food products, there were many patients complaining of rash on the skin, itching, boils, low grade fever and lack of appetite. This was because of aggravation of Pitta, resulting in Vitiating of *Rakta* and Liver.

For treating patients with skin problems (*rakta dushti*), first we did *poorvakarma* by giving medicated ghee prepared from bitter herbs like rocket salad, arugula or rucola (*Eruca sativa*). Depending on the *koshtha* and the *Prakruti* of the patient we gave this for 5 or 7 days in increasing dose, starting with 30 ml. Later on Virechana with Rhubarb root (*Rheum palmatum*) and Senna leaves (*Casia alexandria*) was given.

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For liver problems the traditional herbs used in Italy are Tarassaco (*Taraxacum officinalis*), Milk thistle, Gentian root and Burdock root. Leaves of chicory and tarassaco are used in salad and the root of chicory is used in coffee and for making beer. For medicinal purpose leaves and root are used. Tarassaco is known as Dandelion (*dente di leone*) in English. Research done on dandelion roots has proved that it improves liver function, removes toxins and works as cholegauge also. Similarly in other European countries Gentian root (*Gentiana leutea*) and Burdock root (*Arctium lappa*) or *radice di bardana* are also used for purification and detoxification of liver. In Japan traditionally an appetizer is prepared with burdock root, carrot, soy sauce, sugar, sake and sesame oil for increasing appetite and improving liver function.

Milk thistle (*Cardo mariano*), is also used from the time of Romans to treat liver ailments. It is the best alterative (blood cleansing herb) and has also best Pitta pacifying action. It strengthens the liver and protects liver cells from various toxins, and repairs the liver damage caused by liver diseases, drugs and toxic chemicals. We used all these herbs along with Tab. Arogyavardhini 500 mg. two times day for 3 months and found good results.

Without mentioning about important food ingredient like tomato (*pomodoro*) and parmesan cheese (*parmigiano*) we cannot conclude this article. *Pomodoro* in Italian language means golden apple and *parmigiano* cheese is type of hard and granular cheese from the region of Parma and Reggiano. Please note that specific foods have special relation with aggravation of doshas and diseases. Tomatoes are an excellent source vitamin C, biotin, molybdenum and vitamin K. They are also a very good source of copper, potassium, manganese, dietary fiber, vitamin A (in the form of beta-carotene), vitamin B6, niacin, vitamin E and phosphorus. However according to Ayurveda they have sour taste (especially raw ones) and can increase Pitta and cause acidity. In Italy you will find tomato, tomato ketchup and tomato sauce in practically all food dishes. In *Marathi* there is proverb that God is everywhere (*Jali, shtali, kashthi, pashani*), in the same way you will find tomato and parmigiano cheese in all food dishes from pasta to pizza. Both these products contain vinegar, garlic and other ingredient which are more acidic.

Every Italian is habituated with these foods (almost addicted to them). We remember a male patient of 50 years having severe acidity. After examining him,

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we told him to avoid products related to tomato like ketchup and sauce. When he heard this he started crying and said what is the purpose of living if I cannot eat tomatoes (*Qual è lo scopo della vita se non posso mangiare i pomodori*). Such is the affinity of people with certain foods and many times they are not ready to accept don'ts advised by the physician. However after convincing him about the effects of tomato ketchup and tomato sauce on acidity he said he will try to avoid them. We advised him to eat lot of asparagus vegetable and asparagus soup with green gram (*grammo verde*). We also advised him to eat handful of puffed rice (*riso soffiato*) with black resins in the morning and chewing two dry figs slowly at bed time. We also gave him mixture of powder of shatavari and amalaki 1 gm. each three time's day. Within three weeks his condition was improved.

**La Salve Project** - For treating patients of Obesity many health Institutions and clinics are working, as day by day this problem is becoming serious all over the World more in European countries and in USA also. We would like to inform our readers a novel project that was implemented by the well known magazine in Italy known as La Salve (soothing) in Sept. 1990. This magazine prepared project to treat obese patients by Ayurveda. Under this project first they published our 10 page article on 'Concept of Obesity in Ayurveda' accompanied with questionnaire for identifying Prakruti and General Case Taking form that is used in Ayurveda. The magazine informed their readers that Dr. Ranade's will be available for consultations in 3 important cities of Italy – Milano, Roma and Palermo (*Sicilia*) in October 1990. They also informed that those who need our consultations should fill up the questionnaire form and send it to the Magazine. Over 400 patients responded to this appeal and then in October 1990 we visited all the three cities and gave consultations to more than 250 patients.

## One of obese patients in Italy



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Most of the patients we consulted were having extremely bad life style including improper eating habits like consuming excessive fatty foods, meat and sausages; pizza with four types of cheese (*quattro formagio*), eating lot of hard cheese with excess of salty preparations like potato chips; drinking cold soft drinks containing carbonated gas, and lack of exercise.

During this time many good Ayurvedic remedies were available in Italy. Hence we were able to use Tab. Triphala Guggulu starting from 1 gm dose per day to 4 gm. dose per day. For selective patients we used powder of Triphala 3 gm. per day or only powder of haritaki 2 to 3 gm. per day along with Shilajit powder in dose of 250 mg. to 500 mg. per day. In some centers facilities for Panchkarma were available. In these centers patients were given massage with the use of mixture of dry powders (Vacha  $\frac{1}{4}$  part + Red lentil powder 1 part) with medicated oil of dashmoola. Life style changes and changes in food, exercise, meditation with Yoga exercise were also given. Those who followed our advice were able to get good results.