

# Ayurvedakarmayoga

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## **Article-3 –Italy, Indonesia, Thailand**

In the last article we have discussed the treatment of *Grahani* and the role of *Boswellia serata* or Shallaki guggulu for joint problems. Heilpraktiker Association in Germany organizes National and International conferences once every year. During one of Heilpraktikers Conference at Nanweiler in Germany we were introduced to Prof. Dr. Dr. Ted H. Kettermann, Director of German-American Academy of Preventive and Homeopathic medicine and Natural Therapeutics (*Deutsch-Amerikanische Akademie*). He was oncologist and was practicing in Fussen (small town in Bavaria in the district of Ostalgau) in Germany and Fort Lauderdale in USA. He was very powerful person both in Medical and Political fields of these countries. Because of his reference, we were appointed on this Academy (May 1984) and hence later on we were able to get USA Visa without any difficulty. His wife Dr. Rose Kettermann was Naturopathic practitioner.

With him we went to visit three hospitals in Karlsruhe, Baden - Baden and Swiss where there were special wards for treating Neurological patients. Prof. Dr. Kettermann had studied Ayurveda and hence he was conducting research on the effects of Bhallatak with Chyavanaprasha on Brain Tumors. We asked him about this combination and he explained that since Bhallatak is extremely hot and penetrating in potency, it will definitely have scrapping action on brain tumors. As it was not well tolerated by most of German patients he was using mixture of 3 ml. of Bhallatak oil in 5 gm. of Chyavanaprasha for his patients of brain tumors. This mixture was given twice every day to the patients. In his opinion, effect of chyavanaprasha as rasayana was also important in all cancer patients. The pilot study showed that the tumor size got reduced within one month.

We were also introduced to Mr. Giorgio F. Barabino, Founder and Director of **International Association of Ayurveda and Naturopathy (IAAN)**. His secretary was Mr. Claudio Patrucco. They told us that they have an institute that propagates

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science of Yoga and Ayurveda in Italy, and would like to invite us there for lectures and giving consultations to Italian patients.

## **Villa Era, Italy**



Mr. Giorgio Barabino himself was a good yoga teacher. He had established this Institute in Villa Era, in Vigliano Biellesi, small village between Milano and Torino. Villa Era was constructed between 1884 to 1888. Later on Mr. Ermanno Rivetti from Torino purchased it. Mr. Rivetti was well-known industrialist in Italy. He was ardent follower of Yoga. For few years he used it for himself and then gave it to Mr. Barabino for conducting activities of IAAN. Villa Era is situated on the hill top surrounded with beautiful sprawling lush green garden and has large Palace and another building in which IAAN office was situated. On the slopes of adjacent hills there was big vinery and they were producing excellent wine which was exported mainly to France and other European countries. The main building had large kitchen, yoga room, Ayurveda treatment facility centre and another 25 residential rooms which could easily accommodate 50 people at one time. When required the patients were admitted in these rooms. It was mandatory for all residents to attend early morning yoga and meditation class. The rule was simple –

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breakfast would not be given to those who do not attend morning yoga and meditation practice. Weekly evening yoga classes were conducted at IAAN for outsiders.

The institute was also publishing quarterly journal called as ‘Ayurveda e Yoga.’ During 1982 to 1999 it was one of the best yoga and Ayurveda journals in entire Europe.

In Oct. 1983 we first visited IAAN and stayed there for one month. We were very happy to stay in beautiful atmosphere of Villa Era. From 1983 till 1994 we regularly visited this center in Italy twice every year, once between April- May and again in October –November. During our visits to IAAN we had given consultations to more than 2000 European patients from Italy, Austria, Nice and Swiss also.

Initially Italian language was barrier between the patients and ourselves and we required translator every time while consulting the patients. Therefore as first step we asked our translator to translate the case taking form that we use while examining the patients, starting from Name, Age, Sex, Principle complaints, General Examination, Specific examination of each srotas, diagnosis, do’s and don’ts in Italian language. Then we studied the Italian names of ingredients of food, various vegetables and how to give advice about taking the medicine. After two more visits to Italy, slowly we were able to ask case taking points and little more about their diet, habits, past history, family history, and present medication to the patients in Italian language. Although the translator was still with us, we were able to gain the confidence of the patients that we are not total foreigner (*straniero*) but good Ayurvedic physicians (*Medico Ayurvedico*).

In the beginning very few Ayurvedic herbs were available at the center. Also the available herbs were not proper for the treating the specific condition of the patients. Always remember in this situation, Ayurvedic physician can achieve good results by giving them the advice of Life style changes including diet, exercise, yoga, meditation and social behavior.

Here we would like to narrate a true story of Dr. Vinay Huilgolkar who was deputed to ‘**Fundacja Promocji Zdrowia**’ Foundation for Health Promotion ([www.fundacjapromocjizdrowia.pl](http://www.fundacjapromocjizdrowia.pl)) Institute in Warszawa, Poland by International

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Academy of Ayurveda. Between 1997 to 2000, IAA was regularly deputing Ayurvedic physicians for 3 months period in rotation (IAA had deputed 18 Ayurvedic physicians in this period). Each physician had job of giving Ayurvedic medicines after consultation to the patients and giving week end lectures on Ayurveda for common people during their stay in Poland. Unfortunately during 3 months tenure of Dr. Huilgolkar's stay in Poland we could not export any Ayurvedic Medicines to Poland. For Dr. Huilgolkar the situation was critical. How he was going to handle his patients for the next 3 months? However he took up the challenge without making any complaints and was able to treat and satisfy all his patients only on the advice of Life style changes, yoga, meditation and proper Panchakarma procedures. When he came back to India, Mrs. Zana Kisner, CEO of Foundation for Health Promotion reported to us that unavailability of Ayurvedic medicines during Dr. Huilgolkar's stay did not hamper the working of the Ayurvedic department in Warszawa. This was really a Great achievement by Dr. Vinay Huilgolkar.

It is our experience of last 35 years of treating patients in foreign countries that, Life style management with Ayurvedic principles were able to give relief to more than 60 % our patients.

We received many patients of Obesity. Most of these patients were of Kapha-Pitta constitution. However guggulu or shilajit were not available, hence we gave advice about excluding cold, heavy diet in breakfast, lunch and dinner. Most of the European people have the habit of eating cold yogurt or kefir (type of thick yogurt) along with cold fruit juices, bread, cheese or butter, sausages and salami (It is a type of cured sausage consisting of fermented and air-dried meat, typically beef or pork.). Salami is popular in Italian people because it stores at room temperature for up to 40 days once cut, supplementing a potentially fresh meat. All cold foods and drinks destroy agni and create ama or toxins that helps the disease process. Hence we asked these patients to avoid eating cold foods and drinks and eat boiled fish and bread with warm herbal tea.

We also asked them to attend yoga class at least two times every week with meditation. (Many patients told us that yoga helped them to reduce the craving for excess food and drinks). Along with this we gave strict instructions to drink warm water or boiled water with ginger and drink the same for the entire day when they

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feel thirsty while it is warm like tea. Our readers will be surprised to know that in most European and Countries like USA people have the habit of drinking cold water or drinks like cola, soda etc. If you ask them to drink warm water they resist this idea and say that it does not taste good.

In Italy many traditional herbs are used for reducing weight such as – Horsetail (*Equiseto -Equisetum arvense*), Bladderwrack (*Fucus -Fucus vesiculosus L.*),– Mangosteen fruit seeds (*Garcinia -Garcinia cambogia*), Juniper berries (*Ginepro -Juniperus communis*), Tuberous herbaceous plant containing dietary fiber- (*Glucomannano -Amorphophallus konjac*), Karaya gum (*Gomma karaya -Sterculia urens*), Couch grass (*Gramigna -Agropyron repens*), Guar gum (*Gomma di guar -Cyamopsis tetragonoloba*), Restharrow leaves (*Ononide spinosa -Ononis spinosa*), Stinging nettle (*Ortica -Urtica dioica*), Hawkweed (*Pilosella -Hieracium pilosella*), Plantago ovata (*Psillo -Plantago psyllium*), Butcher's broom (*Rusco -Ruscus acuelatus*), Yohimbe bark extract (*Yohimbe -Pausinystalia yohimbe*).

There is also tradition of eating raw salads at the end of meal. We asked them to include Artichoke leaves (*Carciofo -Cynara scolymus*), Cherry fruit (*Ciliegio -Prunusavium*), Red pepper (*Peperoncino -Capsicum frutescens*), Parsley (*Prezzemolo -Petroselinum crispum*) and add turmeric while cooking the food. Also for drinking we advised them to drink green tea (*Tè -Camellia sinensis*) or Java tea –(*Ortosiphon -Orthosiphon spicatus*).

We were able to get the herbs for reducing weight like *Garcinia* seed powder, Karaya gum (similar like guggulu but not having too much hot and penetrating potency) and Guar gum. We used these herbs along with triphala powder. Depending on the constitution of the patient we mixed these herbs in different proportion and also gave them Triphala powder in dose of 3 gm. in divided doses for losing weight. We explained them that this is powder of three fruits or Myrobalans and we assured them that it will be beneficial to them if they observe strict diet control and drink warm water.

We also used triphala powder for gastric problems and as rasayana for people above 40 years age. Main property of triphala is purification of systems (which is required in many patients) hence it worked better with most of the types of diseases and brings good purification of channel systems.

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In three weeks time 70% patients came back happily and told us that they lost between 4 to 6 pounds of weight, feeling light and more energetic. Patients with other problems were also happy with triphala.

After coming back to India, Mr. Barabino told us that triphala powder is getting popular with many patients and everybody was asking for (*polvere di triphala*) - powder of triphala.

Our every day routine was to do yoga in the morning and after breakfast patients were lined up for our consultations. Twice a month we used to organize seminars of various topics of Ayurveda and Yoga. Patients were coming from all the corners of Italy and even adjoining countries like Nice, Germany and Swiss also. Seminars were always accompanied with Sitar recital by Adalberto Zapala who has now established center for yoga training.

We participated in second ICTAM –**International Conference on Study of Traditional Medicine** conference at Surabaya –Indonesia in 1984 and later on visited **Thailand**. After the conference we visited Bangkok, Jakarta and Bali and studied traditional medical systems in these countries.

Thai Medicine is a system of methods and practices, such as herbal medicine, bodywork practices, and spiritual healing that is indigenous to the region currently known as Thailand. While not all Buddhist medicine is Thai, Thai medicine is considered Buddhist medicine. From pre-history indigenous regional practices with a strong animistic foundation, of the Mon and Khmer peoples who occupied the region prior to the migration of the T'ai peoples. Buddhist medical knowledge came via the Mon peoples, and Chinese medical knowledge from China has been absorbed into the Thai system. There are two main branches –Internal medicine

(Diet and herbs) and External medicine (Thai massage, bone setting, spiritual medicine). Thai massage is now popular in many countries. In Thai language it is called as *nuat phaen thai* or *nuat phaen borat*. For massage they do not use any oils. Patient lies with clothes on the body and the body is compressed, rocked, pulled or stretched at different points. During this treatment acupressure points and reflexology areas are treated.

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They have also another special massage known as *Nuad Boran*. In this system body is stretched in many ways that are difficult to attain through individual exercise and yoga practice.

*Womb lifting* is special technique used for treating problems of post natal health and fertility problems. In this technique uterus is directly manipulated with hands on abdomen. They also apply special herbal packs on the abdomen. For treating patients Thai system also uses various herbs their powders and decoctions.

## **Womb lifting Thai massage**



Indonesian traditional medicine is known as Jamu (Ancient times it was called as Djamu). It is predominantly herbal medicine made from natural materials, such as parts of plants - roots, bark, flowers, seeds, leaves and fruits. Materials acquired from animals, such as honey, milk and village chicken eggs (*ayam kampung*) are also often used for the treatment. Nowadays herbal medicine is also sold in the form of tablets, caplets and capsules. These Jamu brands are available through

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Indonesian Herbal and Traditional Medicine Association, locally known as *Gabungan Pengusaha Jamu* (GP Jamu). It is heavily influenced by Ayurveda.

In October 1989 our first book in Italian language 'Cure Ayurvediche' was published, by Ibis Publication in Milano.

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## CURE AYURVEDICHE

