

# Ayurvedakarmayoga

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## **Article - 5 – Italy, Hungary, Czechoslovakia, Romania, Our experience of treating patients in foreign countries**

In **the last article**, we have discussed the treatment of Thyroid problems, Hashimoto's Thyroiditis in Italy and Germany.

Before discussing other types of treatment we have done at Villa Era, in Italy. We would like to mention few important events that took place in Italy between 1986 to 1991.

**World Congress on Neurophysiology and Yoga at Gubio** - In Oct. 1986, we participated in this congress which was held at Gubio. It is small town in far Northeastern part of the province of Perugia. We presented paper at the conference. The title of the paper was 'Vata dosha in relation to Neurophysiology and Yoga.' The paper was well accepted by the delegates attending the conference.



**CILUS' - Centro International Lavori Umano Sociale**- In April 1987, we were invited by this Institute in San Vito di Narni (TR) a small town near Roma. Lucia Tomasini Mattiucci is the President of this Institute. The name of her school is 'School of Naturopathy and Biodynamics.' We took part in the two day seminar on Ayurveda and during our stay there also consulted few patients. ([www.acronymfinder.com/Centro-Internazionale-Lavori-Umano-Sociali](http://www.acronymfinder.com/Centro-Internazionale-Lavori-Umano-Sociali)).

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**Strange Patient** -In Roma we were also invited by Dr. Monro , where we gave consultation to many patients. We remember one very high profile lady patient from ‘La Stampa’ newspaper in Roma. She was 46 years of age and was suffering from hypertension, insomnia, obesity and lack of appetite. When we asked about her daily routine we came to know the cause of all her problems was excessive stress and strain. Being one of the Chief Editors of the news paper, she had to stay in the office till late at night almost 2 a.m. every day till the entire work of daily edition of the paper is finished. She would go home and eat late night dinner consisting of lot of pasta and red meat or salami with plenty of red wine. She was chain smoker and was smoking 40 cigarettes every day with 15 to 20 cups of coffee. Italian people like to drink black coffee in small dose of 30 ml. However it is very strong and naturally contains lot of caffeine. She was on anti-hypertensive medicine and had to take tranquilizers for sleep. When we asked how many tablets she takes each day, her answer was astonishing. She said, she does not count the tablets but takes ‘handful’ of them every night. When we told her to change her life style and slowly adopt changes in food and drinks she refused it. She said that she is used to this luxurious lifestyle and cannot change her life style. She said that after lot of struggle in life now she is at the highest position in the news paper and was expecting some miracle from Ayurveda which will allow her to continue this routine and get rid of diseases. Then we told her that we will prescribe few medications but Ayurveda is the science of life and unless she is ready to change her life style Ayurvedic medicines will not be helpful for her. She paid our consulting fee and left.

In Italy there is strong movement of Yoga Institutions and teachers. At that time the main organization was called as FIY (*Federazione Italiana Yoga*) ‘**Federation Italiana Yoga**’ and its main office is in Roma. In April 1988 we participated in the National congress organized by this organization in the town of Bellaria. The theme of the conference was ‘Yoga e salute.’ Bellaria is town and commune in the province of Rimini in Northern Italy. Later on we visited few Ayurveda Institutes in UK.

**Third World Congress Holistic Approach Health for All** -In May 1989 IAAAN organized this conference in Villa era, Italy. Prof. K.N. Udupa (BHU) was the president of the congress and Mr. Claudio Patrucco and Prof. Subhash Ranade was scientific secretary. Mr. Giorgio Barabino was secretary general of the conference.

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More than 40 delegates from India attended the conference. Amongst them were Dr. M. H. Paranjape, Dr. Kishor Saraf, Dr. Prashant Suru, from Pune; Gayatri Puranik (Shree Dhootpapeshwar Co. Ltd. Mumbai), Prof. Suresh Kumar (Editor JREIM) Shimla; Dr. Jayprakash Narayan and Dr. Ballal from Karnataka; and around 50 delegates from Italy and other parts of Europe attended two days conference. There were deliberations on holistic approach in medicine and health and the role of different systems of medicine, Yoga and traditional health practices as well as the need of their scientific revival.

**Fourth World Congress Holistic Approach Health for All** –This was organized from 28 th to 31 December 1991, at Bangalore by Dr. Jayprakash Narayan, organizing secretary. Prof. Dr. Citbor Dostalek, Prague (Czech Republic) was the President. The conference was great success. More than 1000 delegates from all India and abroad attended this conference. The main theme of the Congress was ‘Holistic Medicine and the global application of the concept of Holism in all aspects of life’. We both were invited for this conference.

While we were at IAAN we received many patients of Psoriasis. We have seen these patients in two extreme climatic conditions in the World – extreme cold (Countries like Norway, Sweden, Northern parts of Italy and Countries around Alps mountain like Germany, Austria and Swiss), extreme dry and hot climates like Texas, USA, Indonesia, Ecuador and Brazil.

Psoriasis is characterized by skin cells that multiply up to 10 times faster than normal. As underlying cells reach the skin's surface and die, their sheer volume causes raised, red plaques covered with white scales. Psoriasis typically occurs on the knees, elbows, and scalp and it can also affect the torso, palms, and soles of the feet.

### **Patient of psoriasis**

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Psoriasis is long lasting auto-immune disease characterized by abnormal skin patches. It is a non-infectious, non contagious, disease of the skin. It is characterized by well-defined erythematous (reddish) plaques with large adherent silvery scales.

**Types of psoriasis** – Plaque psoriasis, Pustular psoriasis, Guttate psoriasis, Inverse psoriasis and Erythrodermic psoriasis.

More than 80 % of patients that we have seen were of Plaque psoriasis. They had plaques of red skin, covered with silver colored scales, with lot of itching and sometimes bleeding also. As the disease progresses, the plaques merge in each other covering large areas. Patient becomes distressed and cannot sleep properly. Emotional disturbance was also common.

**Causes of psoriasis** -We found that excess drinking of alcohol and smoking along with contradictory food (*Viruddha ahar*) and diet provoking Pitta dosha and vitiating Rakta dhatu was the main causative factor in majority of patients. Improper life style and psychological distress was common in all the patients.

Some examples of Contradictory food (*Viruddha Ahar*) in Europe -These people have the habit of eating various food dishes that includes marinated fish with yogurt or spicy fish tacos with avocado yogurt. Most common dish is fried fish with yogurt. For preparing this dish, the seasoned fish is fried until it is crisp on both sides. Then yogurt is mixed in the fried fish. After that salt is added and the dish is served hot, garnished with fresh cilantro.

In European people wine consumption is highest. France produces 45 million hectoliters of wine while Italy produces 41 million hectoliters. (USA consumption is the third in the World). There are several types of wine like red wine, white wine, sparkling wine, champagne, rose wine, sweet wine, port wine (It is a Portuguese fortified wine produced exclusively in Douro Valley in the northern provinces of Portugal, it is red wine served as dessert), fortified wine (in which alcohol is added),

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sherry (It is fermented white wine in which alcohol is added), cognac (It is high quality of brandy distilled in the region of cognac, France) and Armagnac (It is distilled wine). Brandy is spirit that is distilled from grapes. Practically 6 out of 10 people consume wine and excess consumption leads to aggravation of Pitta and vitiation of Rakta dhatu. This is the main causative factor in many diseases like obesity, hypertension, some types of arthritis, various liver and skin diseases.

According to Ayurveda it is Vata-Kapha disorder. (Some experts call it as *Kitibha Kushtha* or *Ek Kushtha*). Aggravated doshas and toxins (ama) accumulate in the skin and disturb plasma (*Rasa*) blood (*rakta*) muscle (*mamsa*) and lymph tissues and cause the disease.

**Treatment** - We started treating the patients of psoriasis with Powders of Sariva, kamadugha, amalaki, shatavari mixture of 1 gm. twice day and Tab. Arogyavardhini 250 mg. three times day. Externally we advised to use Brihanmarichyadi tail. After applying this medicated oil, there was relief from intense Pruritus. We also advised them to follow Anti-Pitta diet.

We also asked them to practice regular meditation with yoga postures. Periodical Panchakarma is necessary in this disease and we told them to take Virechana with prior consumption of Tikta ghee (ghee medicated with bitter herbs).

We have discussed the role of few local Italian herbs for treating skin conditions in January 2017 issue of Ayurveda Patrika. According to Ayurveda bitter (with cold potency) is best for treating Pitta and Rakta. Traditionally many bitter herbs are used in the cuisine and they are used as medicine in local tradition as well. Bitters are also used as stomachic and tonic. Some important herbs are Angelica (*Angelica archangelica*), Chamomile (*Matricaria chamomilla*), Dandelion (*Taraxacum*), Goldenseal (*Hydrastis Canadensis*), Horehound (*Marrubium vulgare*), Milk Thistle (*Silybum marianum*), Peppermint (*Mentha piperita*), Rue (*Ruta graveolens*), Wormwood (*Artemisia absinthium*), Yarrow (*Achilles millefolium*), Gentian root (*Gentiana lutea*), Blessed thistle leaves (*Cnicus benedictus*), Anise seed (*Pimpinella anisum*) known as Sambuca, Endive (chicory), Arugula (*Eruca sativa*) known as rucola in Italian. There are many famous bitter preparations available in Italy which is used as digestive. Fernet Branca is the most popular. In the last article we have discussed in detail about many herbs mentioned above.

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In the last article we wrote that IAAN was able to import many Asava and Arishta from India. However in those days these products came in glass bottles and more than 50 % of the bottles were broken during surface transport by sea. Frustrated by these heavy financial losses, one day, Mr. Barabino asked us why can't we produce excellent Asava out of the local bitter herbs available here for treating skin and liver conditions?

We said we can suggest the formula and the procedure for making Asava is the same as making any wine. Since they had big factory of making wines, for them making Asava was no problem at all. What we did was to ask them to prepare decoction of *Eruca sativa* (*rucola*), endive, anise seeds, gentian and dandelion (*tarasacco*) and after filtering add specific amount of sugar and filter again. Since Dhataki flowers (*Woodfordia fruticosa*) were not available, we asked them to add yeast powder and then add powders of spices like cinnamon and keep the mixture in wooden vessel for fermentation for 45 days. Once this Medicated Asava was available, we started giving this for selective patients of skin diseases having Vata-Kapha problems and soon we found good results from this product.

Another problem of patients of psoriasis was they required some soothing ointment as their skin was extreme dry and it was always covered with flakes. We prepared our own Ayurvedic cream by mixing powder of licorice, sariva and kamadugha in Bee wax. We asked all the patients to apply this at night and if possible after taking bath also. Most of the patients received good benefits after using this ointment.

We were working with **Manassero Foundation** in Verona from 1994 to 1997. Verona is very ancient town, famous for the old house of Romeo and Juliet. During this time we gave lectures in various cities like – Padova, Milano, Brescia, Perugia, Verona, Torino, Bologna, Florence, and Rovigo. We visited this Institute 11 times in three years.

### Verona city

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**S K Ayurveda** –This Institute is in Milano and we both worked in this Ayurveda Centre from 1998 to 2005 (<http://www.ayurveda-ska.info/home/en/>). IAA deputed Dr. Salil Joglekar, Late Dr. Rajan Rawat, Dr. Vinay Huilgolkar, Dr. Sachin Sarpotdar for conducting one year Ayurvedic Massage course. Dr. Sandeep Shirwalkar was also deputed to Manila (Philippines) for developing Herbology project of SKAyurveda.

## **Hungary -**

**Hungarian Ayurveda Medical Foundation** – This Ayurvedic Institution is in Budapest and we both were invited by them in October 2005. This Institution is founded by Mr. Istavan Riesz. ([www.ayurveda.hu](http://www.ayurveda.hu)). Institute has also another activity of importing Ayurvedic Medicine under Garuda Trade. ([http://www.datanet.hu/garuda-trade/e\\_garuda.htm](http://www.datanet.hu/garuda-trade/e_garuda.htm))

In 2009 we were again invited in Budapest for launching of our book in Hungarian language –‘Ayurveda Wellness’ was published by this association.

## **Czechoslovakia -**

**Centre for Veda Research** – We were invited by this Institute in Prague by Mr. Pavan Kumar. He is the founder, director of this Institute. We conducted one day seminar on Ayurvedic diagnosis and general treatment methods. Our book-‘Ayurveda and Marma Therapy’ was published in Czech language in 2010.

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## **Romania -**

We both visited Bucharest on the invitation of famous lawyer and our student, Daniela Sion and her nuclear scientist husband Prof. Dr. Catalin Stan Sion in May 2014. First we conducted one day seminar in the city and next week our seminar was organized in the Horia Hulubai National Institute for Research & Development in Physics and Nuclear Engineering, (*Institutul National de Fizica si Inginerie Nucleara Horia Hulubai*) for nuclear scientist. We both also gave extensive **television interview on National TV station B1** in the popular program called as **360 degrees**.