

SMRITI BHRANSHA

ALZHEIMER'S DISEASE

In Alzheimer's brain
shrinkage and
deterioration happens
quickly



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Ministry of AYUSH
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Government of India

What is Alzheimer's Disease?



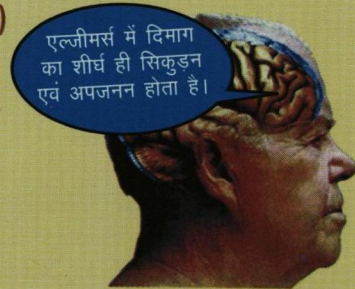
A progressive degenerative disease of the brain in the form of dementia seen in elderly. This may be comparable to the clinical entity of initial stage of *unmada* described in Ayurveda.



What are the features?

The common clinical features

- Confusion / Impairment of intellect (Dhi-Vibhrama)
- Extreme Fickleness of mind (Satva pariplava)
- Anxious looks / Agitation of eyes (Akula-Dhrishti) Impatience (Adhirata)
- Incoherence of speech (Abodha vakyam)
- Mental Vacuity (Hridaya Shunyam)
- Insomnai (Nidranasha)
- Forgetfulness / Loss of memory (Smritibhransha)



What are the causes

Ayurveda attributes this to some faulty life style and dietary habits like Regular intake of

- Contradictory & Incompatible food (Virudha Ahar)
- Contaminated, unhygienic food (Dushta, Ashuchi bhojan)
- Ununctuous, Cold food (Ruksha & Sheeta ahar)
- Atheist attitude (Pradharshanam devgurudwijanam)
- Affliction by excessive fear, exhilaration and anger (Bhaya, Farsha and Krodha)
- Negative attitudes, worries (chinta)



How it is managed through Ayurveda?

1. Ayurveda Management includes :

Daivavyapashraya Chikitsa (Divine Therapy):
The use of mantra, japa, other religious activities like wearing of Precious stones etc.

2. Sattvavjaya Chikitsa :

Assurance therapy (ashavasana) psycho therapy :
Positive thinking and purposeful life

3. Yuktivyapashraya Chikitsa :

- A** Body cleansing therapy by panchakarma: This should be done under the supervision of Ayurvedic Expert
- B** Samshaman therapy : The drugs used ar mostly medhya drugs or medhya rasayanas e.g. : Haridra (Curcuma longa), Mandukparani (Centella asiatica), Brahmi (Bacopa monnieri), Panchagavya ghrta, Smritisagar rasa



Turmeric
(Curcuma longa)



Jyotishmati
(Celastrus Panniculatus)



Ashwagandha
(Withania somnifera)

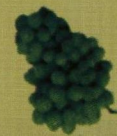


Brahmi
(Bacopa monnier)

DOs (Pathya) ✓

Life style :

- ✓ Meditation and Yoga asanas
- ✓ Prayayama
- ✓ Engage in purposeful activities



Dietary :

- ✓ Leaves and fruits of Patola (Trichosanthes cucumerines)
- ✓ Fruit of Kushmand (Benincasa hispida)*
- ✓ Draksha (Vitis Vinifera)
- ✓ Fresh cow milk
- ✓ Shali variety of rice
- ✓ Mudga (Phaseolus bean)



Don'ts (Apathaya) ✗

Life style :

- ✗ Use of alcohol and tobacco
- ✗ Suppression of nature urges like sleep hunger and thirst
- ✗ Hurting others



Dietary :

- ✗ Incompatible food
- ✗ Hot and Spicy Food
- ✗ Canned Food

