

Ayurveda gives effective recovery from autoimmune diseases

Maintaining a healthy diet and lifestyle is the basis for healthy and disease-free living. Immunity is a body response that is a boon for humans that provides the ability to survive against natural odds over a period. But on the contrary, autoimmune responses are the challenge to deal with for living a sustainable life. The autoimmune diseases demand urgent medical attention as if not treated can eventually create inflammations and can cascade into a variety of diseases.

Autoimmunity is a term associated with the immune system which plays an important role in generating responses against foreign antigens. Autoimmune diseases occur when the body defense mechanism recognizes healthy body cells as foreign antigen and thereby generates an adaptive immune response against these self-antigens. When having an autoimmune disorder the body system loses the ability to recognize or distinguish between healthy tissue and potentially destructive antigens. The consequences of autoimmune diseases include the destruction of healthy body tissues and abnormal growth of the organs. Some of the common autoimmune diseases are rheumatoid arthritis, psoriasis, inflammatory bowel disease, type 1 diabetes, and celiac disease.

Dr Mukesh Sharda Founder of Dr Sharda Ayurveda is practicing for more than 15+ years and successfully treated more than 50k+ patients worldwide for all chronic diseases.

The symptoms of autoimmune diseases are non-specific at the onset of the disease. But progressively if timely treatment is not given can lead to ~~Broader and~~ complications. Allopathic medications work on the symptomatic treatment which is merely the suppressing of disease causes. But on the other hand Ayurvedic treatment is done by first discovering the root cause of autoimmune disease and treatment then progresses accordingly. ~~Ayurveda follows a holistic approach that helps systematic approach of the body through Ayurveda, and effectively all the variety of disease symptoms and restores a healthy condition as the result. Signs of the best Ayurvedic treatment can provide the best and most effective results are:~~

~~Avoidance of food~~ Autoimmune disease reverse Autoimmune disease with the Ancient wisdom of Ayurveda

~~Ayurveda believes that by visiting grossed to the immune diet that is an avoid was prohibited to use this up a bit of the immune disease body in Thus on the decreasing the immune and depletion of health. Meditation for health was no far benefits of the type. Thus restricting the development of the various Samskara of the body through the use of the Ayurvedic medicine, Ayurvedic diet and herbs to which is the knowledge of the Ayurveda to fill~~

Practice meditation

It is believed that practicing meditation daily helps in recovering from neuropathic conditions such as stress, anxiety, and depression which are

I get patients in my practice who are frustrated with the limitations their autoimmune disease and leaky gut has placed on their dietary choices. I always feel nothing but compassion for these frustrated patients of mine. Navigating the dietary changes necessary to reverse inflammation, hormone imbalances, digestive issues, chronic pain, and autoimmune disease can feel very overwhelming. I know I was completely frustrated and overwhelmed when I was first diagnosed with rheumatoid arthritis. People trying to figure out life with an autoimmune disease can also be overwhelmed by the conflicting information out there. Why is it conflicting? Because we are all different and there is no one-size-fits-all diet for autoimmune reversal. That's why I do individualized testing for my patients so they know exactly what their immune system is attacking and what they can safely eat.

Fear not if you are one of these frustrated people. Your food can be easy to prepare and absolutely delicious. An autoimmune diagnosis does not banish you to the inner wasteland.



Dr. Keesha Ewers, PhD, ARNP is a Doctor of Sexology, Psychotherapist, is board certified in Functional medicine and holds an advanced certification in Ayurvedic medicine, and is the founder and medical director of the Academy for Integrative Medicine Health Coach Certification Program.

Dr. Keesha has been in the medical field for over 30 years. After being diagnosed with rheumatoid arthritis—an incurable disease according to Western medicine—she discovered how to reverse autoimmunity using her Freedom Framework® Method, which she has now used with thousands of her own patients and teaches to her health coach students in her online certification program.

Dr. Keesha is a popular speaker, including at Harvard and from the TEDx stage, and the best-selling author of *Solving the Autoimmune Puzzle: The Woman's Guide to Reclaiming Emotional Freedom and Vibrant Health* and *Your Libido Story: A workbook for women who want to find, fix, and free their sexual desire*. You can listen to her Healthy YOU! Radio Show and find her programs at DrKeesha.com.

Reader Interactions

Ayurvedic treatment for Autoimmune disorders

Autoimmune disorders are those where the body's own immune system acts against its own body activities. This means to tell that 'the things which are meant to protect and take care of us in our body turn against our system and start destroying it. Here will discuss Ayurvedic treatment for Autoimmune disorders and how it's beneficial

This can be of two kinds –

- abnormally low immune activity or
- overactive immune mechanism

Because of these reasons the body's ability to fight against bacteria, virus, and pathogens decrease and makes the body very susceptible to infections. Due to many known and unknown factors, the body's immune system may begin to produce antibodies that instead of fighting against invaders start attacking the body's own tissues.

Early symptoms of autoimmune disorders

A few early symptoms of many autoimmune diseases are

- Fatigue
- Painful muscles
- Painful and swollen joints
- Swelling and redness in joints
- Low-grade fever
- Skin rashes
- Hair loss
- Difficulty in concentrating

Individual disorders may have specific signs and symptoms which are unique to the disease.

Causes of autoimmune disorders

Researchers around the world have been constantly looking at the proper understanding of the reasons behind the autoimmune activity and they have listed a few reasons. They are

- Certain ethnic groups are susceptible to a few disorders
- Recent studies show that women are affected twice as men
- Lupus affects more American African and Hispanic people than white people

- Certain diseases run in the family though all may not be affected by them. But the susceptibility to inherit the diseases will be present.
- Consuming high-fat, high-sugar, and highly processed food items is linked
- Researchers are suspecting the involvement of environmental factors like exposure to chemicals or solvents.

Some common autoimmune diseases

1. Rheumatoid arthritis

Here the immune system produces antibodies that attach to the lining of joints causing inflammation, swelling, and pain. If untreated Rheumatoid arthritis may cause permanent damage to joints.

2. Multiple sclerosis

The immune system attacks nerve cells causing weakness, muscle spasms, blindness, pain, and poor coordination.

3. Type 1 diabetes mellitus

The insulin-producing cells are attacked by antibodies and they get destroyed. Patients with this condition require insulin injections to maintain optimal sugar levels in the body.

4. Gullian-Barre syndrome

The nerve endings controlling muscles in the legs and sometimes the arms and upper body gets attacked by the immune system and causes weakness, and tingling in hands and in feet, and in some situations, the symptoms are so severe that the body might get paralyzed completely.

5. Psoriasis

The immune system activity stimulates skin cells to produce silvery, scaly plaques on the skin.

6. Inflammatory bowel disease

Here the lining of the intestines is attacked by the immune system causing episodes of rectal bleeding, the urgency to pass stools, abdominal pain, and fever. Ulcerative colitis and Chron's disease are the two major types of IBD.

7. Systemic lupus erythematosus

People with this problem develop autoimmune antibodies that attach to tissues throughout the body affecting joints, lungs, blood cells, nerves, and kidneys.

8. Graves' disease

In this condition, the immune system produces antibodies that activate the thyroid gland to produce an excess amount of thyroid hormone into the bloodstream. The chief symptoms of this condition include bulging of eyeballs, weight loss, irritability, nervousness, weakness, rapid heart rate, and brittle hair.

9. Hashimoto's thyroiditis

In this condition, the antibodies produced by the immune system attack the cells of the thyroid gland and slowly destroy the cells that produce thyroid hormone. The main complaints are weight gain, fatigue, constipation, dry skin, depression, and sensitivity to colds.

10. Myasthenia gravis

The antibodies produced by the immune system affect the nerves and due to this the nerves are unable to stimulate the muscles properly. The patient experiences weakness which gets worsened after the activities.

Ayurveda's understanding of autoimmunity/ Ayurvedic treatment for Autoimmune disorders

From time immemorial Ayurveda has been talking about immunity in its own language and has offered rich concepts and understanding of the same. . Now let us see what immunity is. Immunity is the inbuilt capacity of the body to resist harmful micro-organisms from entering their body and fighting against the pathogens if entered thereby resisting the manifestation of disease.

Vyadhikshamatva vis-a-vis immunity against a disease can be defined as a combination of – vyadhi bala virodhitvam i.e. components of the body opposing the strength of a disease and vyadhi utpatti pratibandhakatvam – capacity of the body to check or oppose the process of formation of the disease.

When the body or components of the body programmed to do this job doesn't do it properly it will lead to lessened immunity which will lead to the causation of many diseases in the long run. Many things contribute towards immunity as per Ayurveda – balance of doshas and tissues and the digestive fire, proper and timely excretion of the excreta/waste products, balance of mind, senses and their perception and pleasantness of the soul, the balance of ojus and many more factors.

Understanding autoimmunity too is based on the same factors. We need to understand how the same components meant for taking care of us have turned hostile and have started damaging our system and causing many diseases.

The components of autoimmunity are as below explained –

. The tridoshas are the most important functional components of our body. They also determine our physical constitution or body type. All functions of the body are carried out in a smooth and uninterrupted way when the doshas are in a state of balance. . Dosha aggravation and imbalance will cause autoimmune disorders.

Ashraya Ashrayi Bhava – Each dosha will have a residence in one or more tissues. Kapha resides in lymph, muscles, fat, bone marrow, and semen (also in urine and feces). Pitta resides in the blood (also in sweat). Vata resides in bones. But these doshas will not damage the tissues. They share a compatible relationship. But when dosha aggravation is severe and tissue strength is less, the doshas invade the tissues and damage them causing many diseases.

Kapha imbalance – One of the functions of balanced Kapha is bestowing ‘vyadhikshamatva’ vis-a-vis immunity. When there is Kapha imbalance it will put Vata and pitta into a state of imbalance. This will lead to many degenerative and inflammatory diseases of autoimmune origin.

Other components –

Mandagni – Weakened / imbalanced digestive fire and also tissue fire (which controls tissue metabolism)

Mala sanchaya – accumulation of waste substances in the body

Ama – formation of immature products of metabolism after the improper or partial digestion of food (due to weak digestion capacity) which tend to clog the cells and channels of the body while in circulation

Ojas depletion – Ojas is the essence of all tissues which determines our immunity to a greater extent.

General Ayurveda principles of treating autoimmune disorders / Ayurvedic treatment for Autoimmune disorders

Nidana Parivarjana – identifying the causative factors of the concerned autoimmune disorder and isolating them (keeping them away).

Panchakarma Therapies – The five specialized treatments of Ayurveda are the ultimate weapons to tackle autoimmune disorders. They expel the morbid doshas, detoxify our system, prevent tissue damage, prevent occurrences and recurrences of autoimmune disorders and provide longstanding immunity against autoimmune disorders. Therapeutic emesis, purgation, decoction and oil enemas, and nasal medication are the five measures.

Administration of Rasayanas – tissue rejuvenators and immune-modulating therapies and medicines.

Improving Agni, regulating dietetic patterns, and implementing lifestyle changes

Psychotherapies and counseling, mindfulness therapies, Yoga and meditation sessions, and other stress-relieving measures

What we offer at Adyant for treating autoimmune disorders? Ayurvedic treatment for Autoimmune disorders

We at Adyant Ayurveda follow the traditional Ayurveda methods of identifying and treating autoimmune disorders in a comprehensive way by advising effective and customized therapy (Panchakarma), diet, medicines, and lifestyle changes.

Experience to believe it.

How Ayurvedic Treatment help in Curing Autoimmune Disease?

We all know the functioning of the immune system. It helps us in staying healthy and disease-free but what would it be like when this system attacks the body instead of serving it. These types of diseases in which the immune system malfunction and attacks some of the organs and the cells of the body are called autoimmune diseases. The immune begin to recognize them as foreign cells. Reportedly, there are about 80 to 100 diseases caused due to the issue of the immune or autoimmune disease. For curing such issues in an allopathic way, there are certain types of antibiotics that are used but the right and effective treatment can only be attained by the autoimmune disease treatment in Ayurveda. In this blog, we will find out the way in which the treatment is done in Ayurveda.

How does the immune system work?

The immune system is said to be the security system of the human body that continuously works for the prevention and protection against diseases

and infections. This function is carried out by discharging a cluster of proteins. They are called antibodies. These antibodies work for the destruction of harmful microorganisms that somehow invades the human

Primarily in, Autoimmune diseases, the cells of the immune system, forgets this difference between friend and foe. Therefore these cells start killing the healthy normal cells. These cells are capable of eating and destroying, because these are “born to kill” type parts of the body. Thus these start eating up the normal cells of the body. Decay of normal cells obviously leads to different diseases.

Here we is a list of the conditions to better understand the process of disease.

Immune System Impacts Disease because of this
Lacrimal glands (Tear glands) Sjogren's disease Salivary Glands Sjogren's disease Joint
Cartilages Rheumatoid Arthritis Myeline Sheath of Nerves Autoimmune Neuropathy Nerve Cells in Central Nervous System Multiple
Sclerosis Intestinal Mucosa Lining Celiac Disease Mucosal lining of colon Ulcerative Colitis Lining of Blood Vessels Systemic lupus
erythematosus Skin Cells Psoriasis

These are few examples of autoimmune diseases. How the cells of the immune system impact a system and a disease occurs. This list is endless. The autoimmune system can involve in conditions like – Parkinson's and Alzheimer's too.

So this process of autoimmune can impact any system and can cause problems with any system.

Understanding Immune System

Immunity is important to be understood for a better understanding of Autoimmune Disorders.

As said above, immune is intelligence.

Intelligence works on memories and experiences. What we experience that we memorize. This is the first step of decision-making for human beings as a whole or on the cellular level.

We have two systems of this physiological intelligence. Nervous System and Proteins. The nervous system is responsible for the storage of sensory memories. And body stores the memory of physiological activities as proteins. These proteins we know as immunoglobulins, antigens, etc. These proteins, store memories of body activity.

For example, in celiac disease body collects a lot of tTG IgA. As soon as wheat or gluten comes in contact with body. This protein, activates and start killing cells of intestines. This is process of disease.

Immunity is a fence of the cells and proteins and some other attributes. These all together make the defensive line against the invasion of the different disease-causing bacteria or attributes. This line should be intelligent enough to differentiate between friends and foes. Because before attacking someone this knowledge of selectiveness is important.

So excessively active, the hyper-sensitive immune system is responsible for causing immune-related problems.

This is the reason, immunosuppressive medicines are drugs of choice for allopath doctors for all of these autoimmune diseases.

Why does Immune System Attack healthy cells?

When this selectiveness of the immune system impairs. The immune system targets healthy cells and leads to problems.

Why do cells go crazy.

There are different approaches.

1. Genetics
2. Diet and Lifestyle
3. Stress
4. Infections and other events

We have these three factors, which we can consider. But nobody knows the exact pathological process, according to modern medicinal sciences. This is the reason, all autoimmune conditions are incurable for western medical science. To understand the treatment, we need to understand the pathology of a disease.

Ayurveda About Immune System

As we have talked about the immune system to better understand the concept of autoimmune disease. Similarly, we need to about the concept of the immune system in Ayurveda.

There cannot be an exact analog for the immune system in Ayurveda. Among three doshas, all three are partially involved in the process of the immune system. But among these three, Kapha (the strength provider) works like “Bala (Strength) of the body. Therefore, Kapha is closer to the concept of the immune system.

The second most famous concept is- Ojus/ Oja. Ayurveda text mentions it as “Nectar of life”. It gives us the strength to fight against all external causative factors. It works like a defense line. Just like the immune system.

“Increase your immunity” is most commonly used though, by practitioners of natural medicines. But Ayurveda doesn't recommend anything like this. If something is increased beyond a point, it is never good. The best thing is- harmony and balance.

We fall ill due to imbalance. The dis in disease has one meaning and that is to not to feel well. This dis-ease of cells of the immune system is because of imbalance.

There is a big gap between- physiology and psychology in western medical sciences. Concept of Dosha bridge this gap beautifully. Because Doshas are dual in nature. These control, physiology as well as psychology. This is the reason, Ayurveda has more scope for working on intelligent-immune-system.

The other concept which works on the decision-making process is- Agni. The concept of Agni in Ayurveda is unique.

Agni “discriminates”. Between good and bad. Friend and enemy. When metabolism is low. It produces excessive Ama (biological toxins). These toxins are the root cause behind the irregularities of the Agni. Which further causes autoimmune diseases.

Ayurveda About Autoimmune Condition

Ayurved looks at the human body from a “holistic” approach. Body as a whole. And here body comprises a triad of- body-mind and soul. Therefore every disease is associated with all these three factors. All the three doshas cover the complete approach of Body and Mind too.

As per Ayurveda- the body is a working organization. Here all cells contribute to the performance of this organization.

These cells are individuals too. Therefore these cells have all possibilities to perform all biological activities on their personal level. Here the best example to understand this uniqueness of a single cell is the working of Amoebae, a single cell animal.

These cells work together for a commitment that we know as Life. This commitment maintains the working of the body.

These individual have their own intelligence and intellect. Once this intelligence and intellect is changed due to repetitive mistakes of Diet and Lifestyle. These cells start behaving “wrongly” and this causes the problems like Autoimmune Disorders.

How to know- it is Autoimmune Disease?

The list of Autoimmune diseases is long. We cannot discuss symptoms of all these in one go. Therefore symptoms of respective diseases are mentioned on their pages only.

Besides the uncommon signs and symptoms, autoimmune diseases have some unique signs and symptoms. Here are discussing some of the main signs and Symptoms which are present in most autoimmune disease sufferers. Here goes the list.

- Lethargy
- Extreme Fatigue
- Muscle and Joint Pain – pain and stiffness in muscles and joints
- Weakness in muscles
- Swollen Glands – especially in the throat area, under the arms, and at the top of the legs in the groin area.
- Inflammation
- Susceptibility to Infections like-. Frequent colds, bladder infections, ear infections, sore throat, sinus problems and yeast infections with a slower recovery
- Disturbed Sleep – Difficulty falling asleep and/or frequent waking
- Change in body weight: weight gain and loss both are possible.
- Change in Blood Pressure – Mostly low blood pressure
- Candida Yeast Infections – as digestive disturbances, sinus infections, vaginal yeast infections or thrush. Because immune system doesn't have capacity to fight against disease.
- Allergies. As a result of hyperactive immune response.
- Digestive Problems. Abdominal pain, bloating, tenderness, heartburn, cramps, constipation, diarrhoea and excessive gasses.
- Anxiety and Depression
- Problems with memory
- Thyroid Problems – can manifest as low body temperature and excessive hair loss.
- Recurrent Headaches
- Low Grade Fevers
- Pre-menstrual Syndrome
- Recurrent Miscarriage

This list can be multifold long. Because of the involvement of many things with pathology. And this is not necessary that all should be present there.

A particular system might affect, depending upon where the immune system is affecting the most.

Mostly these symptoms are found in groups. Because immune system works in the whole body. Therefore there are greater chances of involvement of more than one system in case of autoimmune disease.

Why does Modern Medicine not able to treat Autoimmune Diseases?

Lifelong medicines and no solution- is the fate of a patient with autoimmune condition; in modern medical science. This is because of certain reasons.

- Uncertainty about pathological process of the disease.
- Improper understanding about cellular level psychology.
- Missing link between immunity and intelligence.
- Lack of knowledge about impact of diet on human body.

These are few reasons, which have made autoimmune diseases- incurable in today's time.

When we can answer all these questions, we can find the right treatment for autoimmune diseases.

Ayurveda Treatment for Autoimmune Diseases

Ayurveda recommends working on the root cause of the disease. And the reversal of pathology. In the case of autoimmune disease root cause is- improper working of the defense mechanism of the body. Therefore, primarily we need to correct the behavior of the defence system. Secondly we need to season the system to not to collect any toxic elements for a flare-up of the disease. Ayurveda treatment of autoimmune diseases

One can differentiate between the friend and enemies of the body. Disease won't progress further. Besides this, treatment should be aimed to recover the decaying healthy cells.

So the line of treatment according to Ayurveda will be as follows:

Detoxification of the body

Whatever disease it might be, toxins are always involved in a disease. Therefore the best way to treat a disease is to remove the deep-seated toxins.

As per Ayurveda poor metabolism leads to the production and deposition of Ama – an endotoxin. When this Ama associates with the immune cells of it result in their abnormal behavior. This causes autoimmune diseases. So for proper treatment of any autoimmune disease, this Ama needs to be expelled out of the body.

Panchakarma is the tool for this. Not just massages. Deep cellular level removal of toxins should be planned for this. Selection of the right Panchakarma procedure is possible by a Vaidya only.

Working on Cellular psychology

As discussed above, immune is intelligence. Therefore we work on bringing back the natural "wisdom" of the cells in function. This is not teaching work. This is all about providing the right environment to the cells.

Once we change the in-vitro environment of the body. Cells can get proper nutrition. This helps the cells to behave normally.

This we do with, Panchakarma and medicines both.

Correcting the metabolism of the body

Only expelling toxins will not be enough. We need to work on the source of production of toxins i.e. disturbed metabolism.

So correcting the metabolism is also mainline of treatment for Autoimmune Diseases.

Increasing the Ojus in the body

Ojus is the essence of the body which nourishes the immune system and thus helps in body defense. Normally it is availed to the body from the foodstuffs we are taking. But due to the impaired metabolism; Ojus is not formed properly in the body. So we should also ensure proper supply of the Ojus to the body.

Harmonizing the Immune system

At last, the behavior of the immune system also needs to be corrected. Without harmonizing the Immune system all the measures will be inadequate for the treatment of Auto-Immune Diseases.

Our Vaidyas at Sukhayu Ayurved, under the guidance of Vaidya Pardeep Sharma, have done continuous research on these conditions and the solutions for Autoimmune Diseases have been brought. These are not miraculous supplements, these take long enough time to fight against the diseases. But this is for sure that these will treat the condition from the root.

All About Ayurveda Treatment for Autoimmune Diseases

Can Ayurveda treat autoimmune diseases?

Yes, Ayurveda treatment can treat autoimmune conditions. The main thing is for the treatment of autoimmune disease is to know about the causative factor behind the treatment.

Is it important to admit for the treatment of autoimmune disease?

No. It is not important to admit for the treatment of these diseases in every condition. We advise admission of the patients for Panchakarma where it is required only. Otherwise you can come and consult and medicines will be prescribed.

Does Ayurveda believe in increasing immunity, in case of autoimmune disorders?

Ayurveda believes in "balancing" the immunity. Immune system remains hyperactive in case of autoimmune disorders

Ayurvedic Treatment of Autoimmune Disease - Planet Ayurveda

Autoimmune Disease, Auto Immune Disorders - Types and Ayurvedic Treatment

The Immune System is the most composite biological system in the body. Immune system deliberately protects the host from invading pathogens and eliminates the disease. Immunity is divided into two parts, although in practice there is much interaction between them.

The two types of immunity are:-

1. The inborn immunity
2. The adaptive immunity

An autoimmune disease means the immune system start producing auto - antibodies to an antigen, which is usually produced in our body due to some injury to tissues of the body. The connective tissues like muscles, skin and joints are prone to wear and tear. Some persons have a tendency for these connective tissues to undergo degenerative transformation that are initiated by inflammatory and immunological mechanisms. Some diseases are related to immunity like systemic lupus erythematosus, rheumatoid arthritis, myasthenia gravis, diabetes mellitus and vitiligo. Modern medical approach for autoimmune disorders rests primarily upon the use of NSAIDs and corticosteroids. Prolonged usage of NSAIDs damages the liver cells, irritates the gut wall and corticosteroids depress immune functions.

The natural immunomodulators appear to be the best and appropriate option in autoimmune conditions. Medicinal plants play a significant role in preventing human beings from various pathogenic microorganisms and diseases. Nature has provided numerous medicinal plants which have immunomodulator properties. In Ayurvedic literature number of plants are mentioned to promote physical, mental health and defensive mechanism in the body. These herbs are categorized as 'Rasayan' (immunomodulator or adaptogenic). These rasayans are effective in enhancing immunity and respond well in many autoimmune diseases such as rheumatoid arthritis, nephritis, cancer, sclerosis, uveitis, thyroiditis and early stages of insulin dependent diabetes mellitus. To enhance immune system the underlying energetic principle related to dhatu and dosha must be considered according to Ayurveda. All the three doshas (Vata, Pitta & Kapha) are balanced by these natural herbs known to work as rasayana.

Unfortunately, persons with autoimmune disease go through a weakened state of body as well as mind. Keeping this in view Planet Ayurveda prepared a combination of ayurvedic herbs, which is effective in enhancing immunity and keep your body free from toxins. These herbs possess anti-inflammatory, healing, hepato-protective properties along with adaptogenic property.

Herbal Remedies for Autoimmune disease

According to Ayurveda autoimmune diseases are formed due to production of excess ama in body. This ama penetrates certain body tissues that are responsible for autoimmune disorders. Planet Ayurveda offers the best combination of effective herbal remedies such as Autoimmune Care Pack for Ayurvedic treatment of autoimmune disease. These herbal remedies are prepared from using best quality herbs and strictly follow the principles of Ayurveda. All these herbal remedies of Planet Ayurveda are 100 percent pure, natural and vegetarian. These are free from chemicals, additives and preservatives. These are safe to use as these are free from side effects.

Dosage

1. Giloy Capsules - 2 capsules twice daily with warm water after meals.
2. Immune Booster - 2 capsules twice daily with warm water after meals.
3. Curcumin Capsules - 2 capsules twice daily with warm water after meals.

Products Description

1. Giloy Capsules

Giloy is the Hindi name of a climber 'Guduchi', which is widely used in Ayurveda to boost immunity. Its scientific name is *Tinospora cordifolia*. Giloy is mentioned among rejuvenators (rasayan herbs) in Charaka Samhita. It helps in building up strong immune system. Giloy is magnificent herb, which balances all three doshas i.e. Vata, Pitta and Kapha. It helps in maintaining pH of the body and flushes out the toxins due to its diuretic property. Its stem is used for medicinal purposes. Researchers have found its ability to care Swine flu and effective in enhancing strength in cancer patients. Giloy capsules are therapeutically beneficial as anti-pyretic, anti-arthritis, anti-inflammatory and blood purifying agent. The herb possess tonic, diuretic, stimulant, digestive, stomachic, bactericidal and aphrodisiac properties. Giloy capsules also enhance memory and bring a face with natural glow by its soothing property. These capsules give positive results when used in auto immune diseases. Various ailments such as hyperacidity, abdominal pain, colitis, excessive thirst, liver disorder, hot flushes are treated with Giloy capsules. These Giloy capsules produce right amount of mucin, which protects lining of duodenum and stomach. Giloy increases immunity by enhancing the combating power of macrophages (type of white blood cells).

2. Immune Booster

The Ayurvedic formulation Immune Booster capsule by Planet Ayurveda is 100% pure manufactured goods taken from the best quality immune-modulating herbs. The ingredients used in this formula are Grape seed (*Vitis vinifera*), Go-Piyush (Bovine colostrum), Bhumi amla (*Phyllanthus niruri*) and Amalaki (*Emblca officinalis*) that build immunity naturally. These have been known since centuries for the wonderful actions for enhancing immune power. Pure organic herbs are used for getting their extract, which delivers quality and effectiveness in the best possible way. The processing and packaging of these capsules are done by using best technology and with minimal human intervention. Immune Booster capsules are pure herbal supplement for boosting your immunity. The ingredients are very well known and used in Ayurveda and worldwide. Grape seed extract enhances immunity. Bovine colostrums is rich source of many vitamins like A, E, D and natural immunoglobulin, which increases strength and immunity effectively. It is regarded as the best natural body guard. *Phyllanthus niruri* have antioxidant and is capable to fight against viral infections. It enhances immunity and beneficial in asthma, cough, cold, liver disorders, jaundice, skin ailments and blood impurities. It helps in flushing out free radicals and cures a number of health ailments. These Immune Booster capsules provide longevity by improving strength. The regular usage of Ayurvedic Immune Booster capsules reduces the chances of recurrent illness and enhances immunity.

3. Curcumin Capsules

The Ayurvedic formulation Curcumin capsule is a 100% pure organic product from the best quality Curcumin. Curcumin is a common household spice in India known for its rich flavor. It is popularly known as turmeric. These Curcumin capsules contain standardized extract of organically grown turmeric. Curcumin capsules give its effective results in the best possible way. It has numerous health benefits. The Curcumin capsules are completely natural product. Due to its affluent medicinal properties, curcumin is a widely used in cancer, auto immune diseases, diabetes, liver disorders, chronic infections, inflammations, allergies and various skin ailments. Anti-oxidants present in it remove free radicals from the body and improves the health and enhances immunity. It also works as a natural antibiotic and cures many infections and allergies. These capsules give natural shiny glow to the skin as it is a wonderful blood purifier.

To buy Autoimmune Care Pack, please visit store.planetaryurveda.com/products/autoimmune-care-pack

How Ayurveda can help to treat autoimmune diseases? | Chandigarh Ayurved & Panchakarma Centre

- What are autoimmune diseases?
- Ayurvedic concept of Auto immune diseases
- How Ayurveda helps to treat autoimmune disorders:

- Removal of toxins:
- Metabolism correction:
- Increase in ojus production:
- Immune system correction:
- AYURVEDIC TREATMENT OF AUTOIMMUNE DISORDERS AT CAC
- Description of medicines
 - Detox Premium Powder:
 - Curcumin capsule:
 - Trikatu Syrup:
 - Giloy capsule:
 - Rasayan vati:
 - Nerve up tablet:

What are autoimmune diseases?

- Autoimmune diseases occur when the body's own cells fail to recognize each other and mistakenly start reacts against the tissues of its own body. In this the immune system of the body works against the body's own cells. In other words we can say, the body becomes its own enemy.
- The immune system of your body keeps fighting against the disease causing germs and bacteria, but in rare cases, the due to the malfunctioning of the immune system and it fights against own body causing different disorders. These disorders may be caused due to various changes in genetic issues or due to mutations. If this condition left untreated, this leads to inflammation in the body tissues and also can cause variety of diseases.
- The progression of autoimmune disorders may vary from person to person. Non-specific symptoms at the onset of the autoimmune disorder process make it difficult to diagnosis the condition. When the inflammation completely spread all over the body and the disease is well-established, allopathic medicine starts treating the symptoms (inflammation) of the disorder. However, providing only symptomatic relief can suppress the cause and complicate the underlying condition.

Ayurvedic concept of Auto immune diseases

- To treat the root cause of any disease, Ayurveda looks the cause of occurring disease first and then after treatment is decided. Same in autoimmune disorders, Ayurveda looks for the causative factors that lead to the inflammation and then works accordingly.
- According to Ayurveda ,inflammation is caused by due to lack of cellular recognition, the breakdown in this communication occurs due to cells being covered with "Ama" (a Sanskrit word used for free radicles in the body or toxic waste product); Weak or low "Agni" (digestive fire) leads to ama formation and that further leads to low "Ojas" (immunity).
- Thus in ayurveda the root causes of auto-immune disorders are considered as low Agni and weak Ojas and hence the Ayurvedic principal for the treatment of autoimmune disorders focuses on restoring Agni and Ojas. By strengthening Agni and Ojas, one can naturally prevent their malfunctioning and correct the metabolism that balances the system.
- According to ayurveda, unhealthy lifestyle and dietary habits leads to autoimmune disorders. Ayurveda works at the root cause of the disease that starts treating the malfunctioning immune system.

How Ayurveda helps to treat autoimmune disorders:

Removal of toxins:

- In Ayurvedic treatment removing the toxins from the body is the first step to treat the condition. Toxins or ama that accumulates in the body may disturbs the functioning of the immune system and leads to autoimmune diseases. Ayurvedic herbs like, shunthi, pippali, maricha, triphla, hingu and saindhav lavan are used to detoxify the body.

Metabolism correction:

- Ayurveda not only detoxify the body, but it will also correct the metabolism of the body which gets disturbed due to an autoimmune disorder. Vasa, patola , guduchi , Neem, guggulu, guduchi and ghrita are used to correct the metabolism.

Increase in ojus production:

- Ojus is received or produced from the food that we eat. Ojus is the component that nourishes the immune system. A distubed immune system cause impairment of metabolism and decrease the production of ojus.
- In ayurveda many herbs are given to strengthen the ojus production and hence the immunity. There immune booster herbs include – Guduchi, haridra, yashtimadhu, pippali, amalaki, manjishtha, nirgundi etc.

Immune system correction:

- It is important to correct the functioning of immune system. If the immune system is not corrected, then all the above treatments are useless. Ghrita, dadima, haritaki, bahera, amalaki, ela are helpful to calm the immune system and its rejuvenation.
- Autoimmune disorders may not be easily treated, but that doesn't mean that you cannot cure it or live a normal life. You just need to have

some faith and confidence in ayurvedic treatment.

AYURVEDIC TREATMENT OF AUTOIMMUNE DISORDERS AT CAC

- At Chandigarh Ayurvedic centre, many patients get cure that are suffering from many kind of autoimmune disorders like SLE, Multiple sclerosis, Muscle Fatigue Syndrome, Raynaud's Syndrome, Multiple Sclerosis, IBS, Sarcoidosis etc. These diseases are treated through Panchakarma therapies as well as medicinal treatment. Lifestyle and dietary modifications are also advised to patients that based on Ayurvedic Guidelines.
- Our main goal at Chandigarh Ayurved Centre is to provide the effective treatment for the ailments by arresting the progress of the disease along with symptomatic relief.
- So if you are dealing with any kind of autoimmune disease then you should start treatment with Ayurveda that will deal with the root cause of disease. Chandigarh Ayurved Centre provides Combination of medications for the natural and safe treatment of Autoimmune diseases that may include
 - Detox premium powder
 - Curcumin capsule
 - Trikatu syrup
 - Giloy capsule
 - Nerve up tablet
 - Rasayan vati

Description of medicines

- **Detox Premium Powder:**

Detox premium powder is a composition of herbal ingredients that detox your body by removing the toxins naturally. It contains ingredients like jahar mohra, akik pishti, gandhak rasayan, shankh bhasma, moti pishti, kamdudha ras, etc. It is the best medicine in reducing the redness, tenderness, stiffness, swelling .

- **Curcumin capsule:**

Curcumin capsules are prepared from the standardized extract of herb Turmeric. These capsules show antioxidant, anti-inflammatory, analgesic properties. All these properties will fight against the unwanted reaction of body cells. It will build up a strong immunity in an individual dealing with the disease.

- **Trikatu Syrup:**

This syrup has best results in anti-inflammatory, pain-relieving, and expectorant. It can modulate your body's immune response while cutting the characteristic inflammation associated autoimmune disorders.

- **Giloy capsule:**

Giloy herb due to its medicinal properties is widely used to treat ailments in Ayurveda. The capsules are made up of extracts of the Giloy (*Tinospora cordifolia*). Giloy is a universal herb that helps to boost immunity. It improves digestion, reduces stress, anxiety, respiratory system, hence it maintains overall immunity of the body.

- **Rasayan vati:**

Rasayan vati contains various herbs such as Aswagandha, Shilajeet, Amla, Kesar, Musali, Shatavar, Brahmi Abhrak Bhasam, Swarn Makshik Bhasam, Yashad Bhasam, Saunth, Mirch, Pipli, Amla, Kesar, Manjith, etc. These ingredients show antioxidant, aphrodisiac, anti-inflammatory, antipyretic, analgesic, immuno-modulator properties.

- **Nerve up tablet:**

Nerve up tablets help in balancing the vata doshas and kapha dosha, and acts as nervine stimulant. It shows effective results in improving the central nervous system.

For more details you can visit our website

www.chandigarhayurvedcentre.com

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