



# ALTERNATIVE MEDICINES & BIOTECHNOLOGY FOR OVERALL WELLNESS

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Published in India by Prowess Publishing,  
YRK Towers, Thadikara Swamy Koil St, Alandur,  
Chennai, Tamil Nadu 600016

ISBN: 978-81-945086-6-3  
eISBN: 978-81-945086-5-6

Library of Congress Cataloging in Publication

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# Statement of research problems

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Before to describe the research problems we would know about Alternative system of Medicines and know how biotechnology helps to generate or production of medicines or support to therapy and overall wellness. Alternative system of medicines which is also known as complimentary drug therapy as using Ayurveda in Indian, homeopathic which developed in western culture including herbal extracts and naturopathy, traditional herbal extracts is also using in the China termed as Chinese medicines.

The herbs or medicinal plants has some pharmacological active ingredients or phytochemical molecules which acts as medicine generally without any harmful effects or side effect. We have to know about that molecule as well as mode of action and uses.

Some points are given below regarding to the research problems:

- i. Clinical investigation of complementary and alternative medicines are made difficult by factors such as use of complex, individualised treatments and lack of standardisation of herbal medicines.
- ii. Many early clinical trials investigation complimentary and alternative medicines have serious flaws.
- iii. Difficulties in accruing, randomising and retaining patients and in identifying appropriate placebo interventions.
- iv. Despite these complexities, rigorously designed clinical trials are possible including paramagnetic studies of complimentary and alternative medicines.

- v. Strong commitment is required from the research community to provide information about complimentary and alternative medicines to the public health professionals.
- vi. Recently the biotechnology is helpful in the production of medicinal plants by tissue culture and plantation of them. The fine molecules is isolated by suspension culture and biotechnology also support to pharmaceutical industries called as pharmaceutical-Biotechnology or Medicinal Biotechnology, the various kinds of enzymes, antibiotics, vaccines, proteins or peptides and recombinant drugs or medicines are produced by tools of biotechnology which are also subject of research works.

# Research Coverage

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Our aim to write the thesis on “Alternative Medicines and Biotechnology for overall wellness” which are based upon recent research as follows:

- i. Collection of research facts on food elements including particular vitamins, minerals, fruits, grains, fibres etc., to cure or management of diseases.
- ii. Recent research coverage on diseases including symptoms and their treatment with Alternative system of medicines like Ayurveda and herbal medicines, fruits and foods as the source of vitamins, minerals, alkaloids, secondary metabolites and flavonoids etc., homeopathic medicines based on potency and electro homeopathy.
- iii. Side-effects of allopathic or chemotherapy can be cure or reduce by alternative medicines.
- iv. How Biotechnology helps to produce healthy herbs or plants (which have medicinal property) for proper farming and generate the herbal medicine.
- v. Biotechnology involved in medical diagnosis as confirmatory test of diseases.
- vi. On the basic fundamental thought as prevention is better than cure, we have to focused on how biotechnology involved on vaccination including the production of DNA Recombinant vaccines today.
- vii. The tissue culture is one of the best tools and technique of biotechnology which involves to produce phytochemical as

fine molecule as drugs and on the other hand the DNA Recombinant technology also supporting to Medical science today.

- viii. Comparative study between the Modern and Alternative system of medicines.
- ix. Analysis of some brands of pharmaceutical companies of Alternative medicines which are available in the market.

# Review of Literature

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Alternative Medicines practices are used instead of standard medicinal treatments and it considered as complimentary therapy based upon includes dietary supplements, mega dose vitamins, herbal preparation, special teas, massage therapy, magnet therapy and spiritual healing.

Examples of Alternative Medicinal system that have developed in western cultures including homeopathic medicine and naturopathy, none western including traditional Chinese medicine and traditional Indian medicinal therapy like Ayurveda.

Our aim to write this synopsis on “Alternative Medicines and Biotechnology for Overall Wellness” which are based upon recent research as follows:

1. Various research articles to prove that the Alternative System of Medicines are highly effective to cure and maintain the overall wellness.
2. Thesis on Alternative Medicines can be develop by the modern techniques of Biotechnology.
3. Some research articles to prove that the Alternative system of medicines are harmless & free from side effect and comparative studies with slandered medicines like allopathic chemotherapy etc.
4. Side effects of slandered medicine can be treat, manage, prevent or cure by the alternative system of medicines.
5. Discussions on Alternative Medicines and Biotechnology applications involved to prevention and cure or management of diseases categorised as communicable, non-communicable and degenerative diseases.

6. How Biotechnology helps in medical diagnosis as confirmatory test.
7. Discussions on common or some vital diseases and there remedies and therapy by Alternative system of Medicines.

The Word Biotechnology was coined in mid 1970's as a mixture of "biological technology" and in other words the biotechnology may be defined as "the applications of scientific and engineering principles to the process materials by biological agents to provide better goods and services". Another definition of biotechnology is "the application of organisms or biological system and process for manufacturing and industrial services and other human benefits". The utilization of Biotechnology in pharmaceuticals, pharmacognosy and medical as well as diagnosis (that is diagnostic kits for confirmatory test and fast result) are considering as "Medical Biotechnology". The natural active biological compounds (like secondary metabolites, alkaloids, and other biological active ingredients) are prepared by the help of tools and techniques of biotechnology which are using as the medicine or drugs. Certain hormones, Phyto-alkaloids, flavonoids, terpenoids and other secondary & tertiary metabolites used as therapeutic biological compounds which are manufacturing by the biotechnological process. Our aim to write thesis also with this regards.

The molecular and immunological techniques of biotechnology involve in the medical diagnosis and identify certain hormones and drugs as well as production of vaccines. This section of biotechnology is highly advanced and recent. The ELISA kits are manufacturing nowadays and DNA recombinant vaccines are prepared which are economically cost effectively as well as advanced and improved. We need to brief discussions on that also. The humanoid peptides and hormones or metabolites are also prepared by this tools and techniques of biotechnology. Example: Insulin prepared by DNA recombinant technology such kind of humanoid peptide using as medicine.

We need to gather detailed information from Bio-pharmaceutical industries who are manufacturing such kind of medicines as standard as well as alternative also.

The medicinal plants are the natural source of bio-pharmaceutical compounds which has described above. The parts of medicinal plants which bio-mass has preoperatively medicinal values and active ingredients.

So the bio-mass of medicinal plants are using as alternative and traditional medicines since ancient time. Recently the biotechnology involves propagating them by tissue culture and save their germ-plasm of endangered species of medicinal plants. We can improve the alternative medicines by biotechnology to use isolated bio-active ingredients to make capsule, tablet, and liquid which has less weight, shaped and size but more effective than simply bio-mass.

Pharmacognosy is subject to study and discussion with respect to recent research with this regards.

Fermentation, culture and cloning are also involve in bio-pharmaceutical and medicine.

We need to visit authentic research sites and internet, research journals, medical practitioners, clinical research articles of practitioners and bio-Pharmaceutical companies to prove and write articles of our thesis. The statement “Prevention is always better than cure” give us great message to us. So we also think and do work on that by the help of Alternative Medicines and Biotechnology for overall wellness that means active mind and healthy body can be maintained by “Alternative Medicines.”

Some general diseases of human beings which are treated and cure by the Alternative Medicines are listed below and their research based analytical reports as given below.

## **Fever**

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Factors such as menstrual cycle in the female or heavy exercise can affect your temperature. **Fever** or elevated body temperature might be **caused** by: A virus. A bacterial infection. Rest and drink plenty of fluids.

Medication isn't needed. Call the doctor if the fever is accompanied by a **severe** headache, **stiff** neck, shortness of breath, or other unusual signs or symptoms. A simple cold or other viral infection can sometimes cause a rather high fever (in the 102°–104°F/38.9°–40°C range), but this doesn't usually indicate a serious problem. And serious infections, especially those in infants, might cause no fever or even an abnormally low body temperature (below 97°F or 36.1°C). A **fever**, not surprisingly, indicates that your child is fighting off some kind of infection, such as a simple cold, the flu, or an ear infection. It is not an illness in itself. In fact, a **fever** may do some **good**. More importantly, according to the AAP, a **fever** can help your child's body fight off infection. Mild or moderate states of **fever** (up to 105°F [40.55°C]) cause weakness or exhaustion but are not in themselves a serious threat to health. More serious **fevers**, in which body temperatures rise to 108°F (42.22°C) or more, **can** result in convulsions and death.

## **Causes of fever**

- An infection – such as strep throat, flu, chickenpox or pneumonia
- Rheumatoid arthritis
- Some medications
- Over-exposure of skin to sunlight (sunburn)
- Heat stroke – may be caused either by exposure to high temperatures (non-exertional heat stroke) or prolonged strenuous exercise.
- Silicosis – a type of lung disease caused by long-term exposure to silica dust.
- Amphetamine abuse.
- Alcohol withdrawal.

## **Therapy of Fevers**

Many homeopathic fever remedies are available. **Aconite**, **Belladonna**, and Ferrum phosphoricum can alter the course of earaches, sore throats,

and other feverous infections. **Aconite** calms sudden high fevers, especially when associated with anxiety or exposure to cold wind. In viral fever, there are infections caused due to raised body temperature. There are several number of infections from which some are recognized by their symptoms. These viral infections show universal signs, but they target to the particular body parts. Most of the infections are transmitted when you inhale air, consume contaminated food, or water. When this virus enters into the body it multiplies to a higher level and causes infection. The first sign of viral fever are strong chills, and a fever of 100 to 102 degree F.A. That proceeds with fatigue, anxiety, weakness, muscle aches and fever with cold and cough.

Viral infection also causes fever with abdominal pain and diarrhea, cough and shortness of breath. The signs and symptoms of coughs can be acute or persistent, some are dry and others are productive. In the productive cough sputum or mucus is common. A cough causes lung infections such as pneumonia or acute bronchitis and sinusitis. Here are some recognized homeopathic medicines that are generally advised for viral fever and cough.

**Bryonia alba** cures the headaches and body aches. It reduces the irritation caused due to fever, chills or a fever spike around 8–9 pm. Bryonia is one of the best homeopathy medicines for cough also. It cures a dry and concussive cough, chest pains and pain in other parts of the body.

**Arsenicum album** cures illness caused in the middle of the night especially between 1 and 2 am. It is best for the patients who may wake up with chills, diarrhea or vomiting and restlessness.

**Nux vomica** is also an effective homeopathic medicine for viral fever. It reduces the symptoms of chills and digestive complaints like nausea or cramping pains without causing any side-effects.

**Rhus tox** is best when the fever approaches on and after exposing to cold and damp wet environment and restlessness is increased to tossing and turning on the bed. Belladonna cures the sudden onset of high fever around the midnight, pulsating type of a headache and redness of face. It is also a good homeopathy medicine for cough and to cure the soreness, tenderness,

and viral fever. When there is catarrh in the nose with thick discharge, ears are blocked and it is worse at night but better in the fresh air, Pulsatilla is the best remedy to treat these symptoms of cough. In the end please remember, that it is always best to consult a homeopathic doctor before taking these medicines. Homeopathy cures these acute symptoms of fever and cough by using common medicines at times.

## **Cinchona [Cinch.]**

This remedy is most suitable in epidemic and endemic form of chills and fever, being of little if any use in the general malarial cachexia. The paroxysms are irregular and it corresponds more to the tertian type, if to any. The precursory symptoms to the chill are nervous excitement, anxiety, headache, nausea and irritability.

According to Ayurveda, the generator of the bodily temperature is located in the forehead. In Ayurveda, a disturbance to the regulation of body temperature is called Jwara, which is correlated to the medical concept of fever. In most cases fever relates to a situation of diminished heat inside the gastrointestinal tract (i.e. the amasaya), and a high peripheral temperature. According to Ayurveda, fever can either be a disease or a symptom of another disease. Fever as a disease is classified into eight categories: Vata, Pitta, Kapha, Vata-Pitta, Vata-Kapha, Pitta-Kapha, Vata-Pitta-Kapha, and Aghantuja. Fever as a symptom is found in infectious diseases or diseases classified within the character of Pitta.

Another simple fever treatment is **Vasaka leaf** (*Adhatoda vasica*) mixed with 10% **Shukti Bhasma** (oyster shell ash/*Ostrea gigas*), taken in doses of 1–2 grams twice daily with warm water.

Vataja fever is treated with general treatments and diet to reduce Vata along with antipyretic herbs. A typical formula for treating vataja fever is **Sudarshana churna**, 1–2 grams twice daily. Based on signs and symptoms, treatment can be modified by using specific herbs such as **Nagarmotha** (*Cyperus rotundus*) and **Pippali** (*Piper longum*) or a decoction of **Guduchi** (*Tinospora cordifolia*) and **Punarnava** (*Boerhavia diffusa*).

Pitta fever treated with general treatments and diet to reduce Pitta (page 51) along with general antipyretic herbs (page 126). Specific formulations include equal parts **Sudarshana churna** and **Chandanadi vasa yoga**, given in doses of 1–2 grams twice daily. Another simple formulation is equal parts **Kutki rhizome** (*Picrorhiza kurroa*) and **Indrayava seed** (*Holarrhena antidysenterica*), 1–2 grams twice daily, taken with honey.

Jwara with the character of Kapha is concerned with the aggravated function of the artery system. Symptoms include a feeling of heaviness, lethargy, coldness, nausea, difficult respiration, a sweet taste in the mouth, and whitish discoloration of the eyes, all of which are more prominent mid-morning and evening. Kapha fever is common in the Spring and is easy to cure, but if this same fever occurs during another season, however, it becomes difficult to cure. It is caused by the excessive consumption of cold foods and beverages, foods and beverages with a sweet, sour or salty taste, sleeping during the day, and a lack of physical exercise. Kaphaja fever is treated with general treatments and diet to reduce Kapha along with the general antipyretic medicines. Herbal therapy for Kapha fever includes **Sudarshana churna**, as well as specific herbs such as **Amalaki fruit** (*Phyllanthus emblica*), **Haritaki fruit** (*Terminalia chebula*) and **Chitraka herb** (*Plumbago zeylanica*).

## **Ayurvedic and herbal medicine for jaundice and hepatitis**

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Jaundice is a disease caused due to vitiation of the pitta dosha. It is called as *kamala*. When there is an excessive circulation of the bile pigments in the blood, then this disease is caused. Pitta dosha controls the bile pigments.

Hence, jaundice is a disease of the liver. It can occur when there is an obstruction in the bile duct, or if there is destruction of the red blood corpuscles. When a person has jaundice, their skin becomes yellow in color. This characteristic yellowness is seen even in the eyes and the

fingernails. Stools and urine also get colored. The yellow color is an indication that the circulation of bile is in excess.

Along with the yellowness of the skin, there are other symptoms associated with jaundice. Indigestion occurs and the person becomes very weak. Jaundice may also cause the body to itch.

## **(1) Useful Herbs in the Treatment of Jaundice**

### **Berberis (*Berberis vulgaris*)**

Berberis is a very effective herb for all kinds of liver ailments, especially jaundice. So effective is the herb that it is nicknamed 'jaundice berry'. It is a bitter tonic which must be given to a jaundice patient several times a day in dose of quarter teaspoons. The fluid extract of the fruit also has similar properties.

### **Chicory (*Chichorium intybus*)**

All parts of the chicory plant are useful in the treatment of liver ailments. The flowers, seeds and roots are the most often used. The juice of the chicory can help in the treatment of sluggishness of the liver, obstruction of the flow of bile and the enlargement of the spleen; all of which are associated with jaundice. Chicory can also promote the healthy secretion of the bile.

### **Gokulakanta (*Hygrophila spinosa*)**

The root of the gokulakanta plant is potent in the treatment of liver diseases such as jaundice and hepatitis. An infusion of the root of the herb in water is prepared and is given to the patient twice or thrice each day.

### **Indian Aloe (*Aloe barbadensis*)**

Indian aloe is an excellent remedy for liver problems such as jaundice. For effective treatment, the pulp of one of its leaves is to be taken with black salt and ginger every morning for a period of ten days.

### **Indian Sorrel (*Oxalis corniculata*)**

The herb is useful in treatment of jaundice. It is taken with buttermilk that is prepared from cow's milk.

### **Picrorrhiza (*Picrorrhiza kurroa*)**

Picrorrhiza is one of the two best Ayurvedic remedies for jaundice. It is known as *kutki* in Ayurveda. Powder of this herb is mixed with hot water and taken twice a day.

### **Snake Gourd (*Trichosanthes anguina*)**

Snake gourd is taken as an infusion of its leaves for the treatment of jaundice. It is generally to be taken with coriander.

### **Turpeth (*Operculina turpethum*)**

Turpeth is the other best Ayurvedic remedy for jaundice. It is known as *nisoth* in Ayurveda. The powder of this herb is prescribed mixed in hot water twice a day.

## **(2) Dietary Treatments for Jaundice**

Sweet foods are suitable for a jaundice patient. For easy digestion, sweet foods in liquid form must be consumed, such as sugarcane juice, orange juice and juices of other fresh fruits. Dry grapes are also beneficial. Pomegranate is good for jaundice, though it has a slight sour taste.

Fresh vegetables must be included in the diet. They must be cooked in minimum oil and kept as green as possible. That is, the use of spices should be curtailed. Bitter vegetables like bitter gourd and the bitter variety of drumsticks are suitable to a jaundice patient.

The fat intake should be limited. Even curds must not be given to the jaundice patient. Buttermilk can be given if the butter has been carefully removed from it.

Alcohol is very dangerous to a jaundice patient. It can seriously complicate the disease, with fatal consequences. Hence, alcohol in any form must be avoided.

### **(3) Ayurvedic Treatments for Jaundice**

Ayurvedic treatments for jaundice begin with a purgation therapy. This helps to remove the toxins accumulated in the liver and the rest of the body. Strong purgatives are avoided.

The drugs of choice for the treatment of jaundice are *nisoth* and *kutki*. Their roots are administered to the patient in powder form. The two herbs can be taken either together or individually, depending on the seriousness of the jaundice and the internal strength of the patient.

*Avipattikara choorna* and *Arogya Vardhini vati* are the usually prescribed medicines in jaundice. These are to be taken in teaspoonful quantities twice a day with water or with honey.

Another general medicine which can be used in all kinds of jaundice is the *Bhumyamalaki*. This is a short herb which is very rarely available. Its juice is given mixed with honey in a teaspoonful quantity thrice a day. *Vasaka*, *Kakamachi* and *Triphala* are the other drugs used.

### **(4) Home Remedies for Jaundice**

Juices of bitter vegetables like the bitter gourd are very effective in treating jaundice. Mash the vegetable and extract their juices by pressing with a cloth. This juice must be ideally had in the early morning. One glassful of juice per day is recommended.

Prepare a cupful of juice of beetroot and lemon in equal proportions. Having this juice for a few days will definitely cure jaundice.

Extract juice of *amalaki* (Indian gooseberry, *Emblica officinalis*). Have this juice thrice in a day in a teaspoonful quantity. This is a potent remedy for all kinds of liver ailments.

The table shows the management of **Jaundice** and Liver.

Herbs	<ul style="list-style-type: none"> <li>✓ Ghritkumari (Aloe vera)</li> <li>✓ Kakmachi (Solanum nigrum)</li> <li>✓ Jaundice Berry (Berberis vultaris)</li> <li>✓ Bhumiama (Phyllanthus niruri)</li> </ul>
Ayurvedic Supplements	<ul style="list-style-type: none"> <li>✓ Liverol Syrup</li> <li>✓ Bhumiama Capsule</li> <li>✓ Kumariasava</li> </ul>
Diet	<ul style="list-style-type: none"> <li>✓ Go for the boiled &amp; spiceless diet. With vegetables-radish leaves, tomato, lemon. And dry fruits-dried dates with almonds &amp; Cardamoms.</li> <li>✓ Have plenty of sugarcane juice, orange juice, bitter Luffa and barley water. This enhances urination which helps eliminate excess bile pigments in the blood.</li> </ul>
Lifestyle	<ul style="list-style-type: none"> <li>✓ Take complete rest</li> <li>✓ Avoid heat, sex and psychic factors like anger and anxiety.</li> </ul>
Yoga	<ul style="list-style-type: none"> <li>✓ Fish (Matsya Asana)</li> <li>✓ Shoulder Stand (Sarvang Asana)</li> <li>✓ Hidden Lotus (Baddha padmasana)</li> </ul>

The above Data collected from Patanjali.

## **Homeopathic Medicines for Jaundice**

Top grade Homeopathic medicines for jaundice include Chelidonium, Phosphorus, Myrica, and Chionanthus. Chelidonium is an effective Homeopathic medicine for jaundice with constant pain under the inferior angle of the right scapula. Phosphorus works well for jaundice, fatty degenerations and acute hepatitis. A very weak, empty, gone sensation in

the entire abdominal cavity is also attended well with Phosphorus. In case of complete jaundice, with bronze-yellow skin and loss of appetite, Myrica is one of the best Homeopathic medicines for jaundice to prescribe. Chionanthus has also shown remarkable results in jaundice and other hepatic derangements. The person complains of gripping pain in the umbilical region, along with clay coloured stool and dark urine in such cases.

### **Lupulus – Effective among Homeopathic medicines for jaundice in newborns or neonatal jaundice**

Lupulus is one of the most effective Homeopathic medicines for jaundice in newborns, also known as neonatal jaundice. Lupulus is also a tested Homeopathic medicine for infantile jaundice. The symptoms to look out for are yellow pigmentation of the skin and a slow pulse.

### **Chelone and Chelidonium – Top Homeopathic medicines for jaundice with pain in liver**

The most prescribed Homeopathic medicines for jaundice where it is accompanied by pain in the liver are Chelone and Chelidonium. Homeopathic medicine Chelidonium is recommended where the symptoms include yellow pigmented skin, especially for constant pain under the inferior angle of the right scapula. The white of the eye (sclera) appears dirty yellow. Other symptoms include a yellow tongue, imprints of teeth and a bitter taste in the mouth. Chelone is one of the most effective Homeopathic medicines for jaundice with pain and soreness in the liver. The pain extending downwards from the left lobe of the liver is also treated well with Homeopathic medicine Chelone.

### **Leptandra and Nux Vomica – Best Homeopathic medicines for jaundice with diarrhoea**

Natural and safe, Leptandra and Nux Vomica are two well recognised Homeopathic unsatisfactory stools.

### **Phosphorus and China – Homeopathic medicines for jaundice with great weakness**

Homeopathic medicines for jaundice with great weakness are Phosphorus and China. China is one of the most prescribed among Homeopathic medicines for jaundice with great weakness and exhaustion. Liver weakness due to alcohol or poor diet is also treated well with China. Phosphorus works best for jaundice with great weakness and a pale, sickly complexion. The person feels especially weak after passing stool.

**Fill the Comment Form below** – medicines for jaundice with diarrhoea. Leptandra is prescribed in jaundice cases with profuse clay coloured, fetid stool. The person experiences severe pain at the umbilicus. Symptoms that merit prescription of Nux Vomica as the best suited among Homeopathic medicines for jaundice with diarrhoea are pale or yellowish coloured skin, a yellow tongue.

### **Biotech products as vaccination for hepatitis-B**

The recombinant DNA hepatitis vaccines are developed and manufacturing in India as brands like: The Gen Biotech of VHB group in Mumbai introduce a vaccine brand called Hepabig.

Hepabig from VHB (GenBiotech) [Vaccine, Hepatitis B]			
Strength	Volume	Presentation	Price*
Hepabig	1	Hepabig INJ	3890.00
Hepabig from VHB (GenBiotech) contains Vaccine, Hepatitis B.			

Below are some of the details of Vaccine, Hepatitis B (generic).

Hepatitis B vaccine is a vaccine developed for the prevention of hepatitis B virus infection. The vaccine contains one of the viral envelope proteins, hepatitis B surface antigen (HBsAg). A course of three (3) vaccine injections are given with the second injection at least one month after the first dose and the third injection given six months after the first dose. Afterward an immune system antibody to HBsAg is established in the

bloodstream. The antibody is known as anti-HBsAg. This antibody and immune system memory then provide immunity to hepatitis B infection.

Immunization via vaccine is good for the health because the prevention is the better than cure.

## **Anxiety, Stress and Depression**

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Anxiety is a psychological and physiological state categorized by somatic, emotional, cognitive, and behavioural components. The basic meaning of the word anxiety is ‘to vex or trouble’. Anxiety is a feeling of uneasiness, nervousness, or fright. The foundation of this uneasiness is not always known or recognized, which can add to the suffering you feel.

### **Other Names**

Anxiety, Stress, Tension, Apprehension, Depression

Anxiety or a little stress is a normal part of life. In small quantities, stress is helpful—it can motivate you and help you be more productive. However, too much stress, or a strong response to stress, is harmful. It can lead you to poor health, as well as physical and psychological illnesses like infection, heart disease, and depression. In its progress stress can lead to anxiety and harmful behaviours like overeating and misuse of alcohol or drugs. Emotional states like grief or depression, and health conditions like an abnormal thyroid, low blood sugar, or heart attack can also cause stress-like symptoms.

### **Symptoms of anxiety disorders**

Symptoms of anxiety disorders are often chronic, and include difficulty in concentrating, high irritability, tense muscles, disturbed sleep, and trouble overcoming worries.

### **Treatment for Anxiety**

If no physical illness is found, you may be referred to a psychiatrist or psychologist, mental health professionals who are specially trained to diagnose and treat mental illnesses. **Treatment for anxiety** most often includes a combination of medicine and cognitive-behavioural therapy.

### **Ayurvedic Treatment for Anxiety**

- One should use, apply Ayurvedic Massage Oils such as Hibril Oil,
- Appliance of Paste of Ayurvedic Herbs (Tagara, Vacha, Rakta-chandan and Nilotapala—these four herbs mixed with lukewarm Ghee). Take Ayurvedic medicines internally, such as,
- Ashwagandha which is one of the most effective Ayurvedic resource,
- Vacha (*Acorus calamus*),
- Jyotishmati (*Celestrus paniculatas*),
- Shankhapushpi (*Convolvulus pluricaulis*),
- Tagara (*Valeriana jatamansi*),
- Jatamansi (*Nardostachys jatamansi*),
- Brahmi (*Centella asiatica*),
- Haritaki (*Terminalia chebula*) etc.
- In addition, relaxation techniques, such as deep breathing and biofeedback, may help to control the muscle tension that often accompanies anxiety.

### **Don'ts during Anxiety**

1. Don't use nicotine, cocaine, or other leisure drugs.
2. Eat a well-balanced, healthy diet. Don't overeat.
3. Do Yoga exercises (including Pranayama) and Meditation habitually.
4. Find self-help books and go through.

5. Get enough sleep without fail.
6. Learn and practice relaxation techniques like progressive muscle relaxation, yoga, tai chi or meditation.
7. Avoid caffeine and alcohol as much as you can.
8. Take breaks from work. Make sure to balance fun activities with your responsibilities. Spend time with people you enjoy.
9. Take Relaxing baths, spas or healing therapies.
10. Press the soothing pressure points.

## **1. Ashwagandha and Gingko biloba Capsules for Anxiety**

The extracts of Gingko biloba is very good medicine to cure Anxiety and memory loss and degenerative nervine disease.

Ashwagandha capsules can be extra contributing if you are looking forward to quick anti depression or anti anxiety Ayurvedic remedies. Its explanation is given below: Ashwagandha, a herb that has widespread use in Ayurvedic medicine has, been traditionally used to care a variety of diseases. The plant's roots, leaves and berries have been used in Ayurvedic treatments. Legend has it that Romans used to add it to their wines. Its Latin name is 'Withania Somnifera'. It has been found to be efficacious in the treatment of anxiety, depression and other psychiatric disorders. The plant's roots, leaves and berries have been used for years in Ayurvedic treatments. Now scientific studies have confirmed that it has many medicinal properties are as given below:

1. Reduces anxiety.
2. Acts as an antioxidant.
3. Improves brain function.
4. Have antibacterial properties.
5. Lowers cortisol levels.

6. Boosts sexual vitality. It is good to give Ginkgo biloba with Ashwagandha to treat the Anxiety, memory loss and depression and stress.

## **Homeopathic medicines for Anxiety and depression**

The most common remedies for nuisance anxiety and nervousness are listed below but chronic anxiety disorders will need a course of treatment so for best homeopathic results do make an appointment with a qualified homeopath.

As always, homeopathy treats animals just as effectively as humans so if your animal companion is prone to anxiety or panic, the appropriate remedy will help him or her also.

Instructions on how often to give a homeopathic remedy for mild or transient anxiety is available at the end of the remedy list.

### **1. Aconite napellus (Acon.)**

Aconite is one of the best remedies for waves of fear or outright panic. Symptoms are sudden, intense and may follow a shock such as an accident or natural disaster. The person is agitated, restless, and fearful. They can think they are about to die and may even predict the time of death. Other symptoms may include: dry skin and mouth; thirst; pounding heart. Aconite can also treat ongoing anxiety caused by a past traumatic event.

**Remember: Rapid onset, intense symptoms, agitation, fear of death, panic attacks.**

### **2. Argentum nitricum (Arg-n.)**

Apprehension and nervousness when the person is unsure of what is likely to happen. The more they dwell on the anxiety, the worse it becomes. They are hurried, feel the heat, and crave sugar or sweet things. Sugar can lead to digestive upsets and diarrhoea and

flatulence may be triggered by anxiety. People who do well with Arg-n may also have strange compulsions. These can include things such as stepping into a line of traffic, throwing themselves from a height, or poking something into a power outlet. Anxiety worsens with overheating and they feel better in cool fresh air and away from crowds.

**Remember: Apprehension and anxiety. Strange imaginings and “what if ...” thoughts. Craving for sugar. Worse when overheated.**

### **3. Arsenicum album (Ars.)**

The Arsenicum anxiety focuses on issues of security and safety, what will happen in the future, especially at night and when alone. They tend to worry about health, robbers, or money. To manage this anxiety, they become overly fastidious, perfectionists and selfish in their insecurity. They feel better in company but become critical of others and controlling in behaviour. They are usually overly neat and tidy, chilly and better for warmth.

**Remember: Anxiety about health, security, the future; perfectionists; critical; chilly; desire company.**

### **4. Calcarea carbonica (Calc.)**

Those who need Calc. have a fear of change and of losing control. As a result they insist on routine and struggle to keep things the same which can make them seem stubborn or obstinate. Frequently heavy in build, they tire easily on exertion or when walking uphill or climbing stairs. They sweat easily on exertion or during sleep, especially on the back of the neck. Fear of the dark, insects, spiders, and animals, especially dogs, are common. They can't stand hearing about or seeing unpleasant things and acts of cruelty. They can sometimes struggle with confusion and worry that they are going insane.

**Remember: Fear of change and losing control; tiring on exertion; perspiring easily; anxiety on hearing about unpleasant things.**

## **5. Gelsemium sempervirens (Gels.)**

People who need Gels. suffer from performance anxiety that leads to weakness of muscles. Any exertion produces trembling of the muscles—knees may knock, legs may shake, and hands can tremble. They can feel paralysed by the anxiety, helpless and want to hide away. Gelsemium is one of the remedies used for agoraphobia (fear of wide open spaces) and influenza when the sufferer has weakness and trembling.

**Remember: Anxiety, weakness, trembling, desire to hide away, unable to cope.**

## **6. Kali arsenicosum (Kali-ar.)**

Anxiety about health, especially about heart disease or a heart attack. This can result in panic attacks or make them sleep with their hand over their heart. Anxious thoughts can increase at night making them avoid going to bed. They can even imagine that they see dead people. Frequently feel chilly.

**Remember: Anxiety about heart problems. Anxiety worse at night.**

## **7. Kali phosphoricum (Kali-p.)**

A remedy for those with anxiety from feeling overwhelmed. Easily, stressed, startled and frightened. Oversensitive and delicate. Easily exhausted and irritability from exhaustion or anxiety. Physical ailments from worry, overwork, and over excitement. They can fear having a nervous breakdown or fear something bad will happen.

**Remember: Oversensitive, overwhelmed and anxious.  
Exhaustion and irritability with anxiety.**

#### **8. Lycopodium clavatum (Lyc.)**

People who need lycopodium suffer from anticipation anxiety and stage fright. Lack of self confidence. However, once in the middle of a presentation they frequently relax and do well. Anxiety in new groups and situations that is covered up with bravado or over talking. Anxiety often accompanied by bloating. Craving for sweets.

**Remember: Lack of self confidence; boasting and bragging;  
bloating and desire for sweets.**

#### **9. Phosphorus (Phos.)**

Many fears and anxieties but especially of being alone. Fears and anxieties always relieved in company. As a result, those who need Phosphorus are generally sensitive, sociable and friendly. Fear of the dark, ghosts, thunderstorms and many other things. Startle easily. Sensitive to odours and sounds. Vivid imaginations. Highly suggestible and highly empathic. Phosphorus types generally enjoy cold drinks, sweets (especially chocolate), ice cream and spicy food.

**Remember: Many fears and anxieties, especially of being alone.  
Friendly, empathic, suggestible.**

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