A
PROJECT
ON

"Ayurveda"

Submitted to

Rashtrasant Tukadoji Maharaj Nagpur University,
NAGPUR
In the Partial Fulfillment of

B.Com. (Computer Application) Final Year

Submitted by
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G. S. College of Commerce & Economics
Nagpur

2019-2020

G. S. COLLEGE OF COMMERCE & ECONOMICS

NAGPUR

CERTIFICATE

(2019 - 2020)

This is to certify that Mr. /Miss. Bitti Shastri & Pratiksha Borkar has completed their project on the topic of Ayurveda prescribed by the Rashtrasant Tukadoji Maharaj Nagpur University for B.Com. (Computer Application) - III course in G. S. College of Commerce & Economics, Nagpur.

Date:

Place: Nagpur

Pravin J. Yadao

Project Guide

External Examiner **Internal Examiner**

ACKNOWLEDGEMENT

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We are also grateful to our teachers Prof. Rahul Tiwari, Prof. Sushma Gawande, Prof. Preeti Rangari, Prof. Prajkta Deshpande and Prof. Haresh Naringe for their encouragement, help and support from time to time.

We also wish to express our sincere thanks to Principal Dr. N. Y. Khandait for providing us wide range of opportunities, facilities and inspiration to gather professional knowledge and material without which this project could not have been completed.

Date: Bitti Shatri

Place: Nagpur Pratiksha Borkar

DECLARATION

We **Bitti Shastri & Pratiksha Borkar** hereby honestly declare that the work entitled **"Ayurveda"** submitted by us at G.S. College of Commerce & Economics, Nagpur in partial fulfillment of requirement for the award of B.Com. (Computer Application) degree by Rashtrasant Tukadoji Maharaj, Nagpur University, Nagpur has not been submitted elsewhere for the award of any degree, during the academic session 2019-2020.

The project has been developed and completed by us independently under the supervision of the subject teacher and project guide.

Date: Bitti Shastri

Place: Nagpur Pratiksha Borkar

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INTRODUCTION

Introduction

Ayurveda is said to be an enternal science that first existed in the universal consciousness (Brahma) before it was passed from the creator to the ancient Indian mystics through meditation.The origins of Ayurveda stretch deep into antiquity. From 3300–1300 BCE; a Bronze Age civilization flourished in the Indus Valley in today's Pakistan. Many of the foods and spices we associate with Ayurvedic cuisine, including rice, mung beans, urad dal, ginger, and turmeric, were already being cultivated in this ancient period.

Later, the center of civilization shifted to the Ganges basin, where a people who called themselves the Arya or noble ones practiced a positive and life-affirming spirituality encapsulated in the Vedas. Composed between 500 and 1000 BCE in an ancient form of Sanskrit, the Vedas celebrate the elements of life, especially fire, wind, and water, as well as Mother Earth and the plants and animals who dwell upon her. Many herbs, some now unknown and some still used in Ayurveda to this day, were originally described in the Vedas.

As the Vedic or Gangetic civilization entered into the Iron Age at around 600 BCE, a spirit of reason and awakening dawned across the known world, with Plato and Aristotle giving their teachings in Greece, the Hebrew prophets in the Middle East and the Buddha in Northern India. Indian methods of healing shook off age-old trappings of superstition and acquired a clarity, depth of reasoning, and profound philosophical basis that have characterized Ayurveda ever since.

From this awakening of empiricism and reason, the texts of Ayurveda, specifically Charak Samhita and Sushrut Samhita, arose. After centuries of clarification and refinement, thtexts assumed their current form during India's Golden Age, under the Gupta Empire, 320 to 550 CE. India, the fabled land of spices, gems, peacocks and rich textiles, has always been a tempting prospect to traders and invaders alike.

OBJECTIVES

OBJECTIVES

The main objective of this project is to introduce people with “Ayurveda”,its use and working. It includes following points:-

1. To maintain the health of a healthy person.
2. To cure the health issue of a diseased person.
3. Healthy life through diet management according to Ayurveda medicine.
4. Simplified way to practice Ayurveda medicinal instruction with a busy lifestyle.
5. To live gracefully and harmoniously in balance of body,mind and spirit.
6. Developing a food identification related to Ayurveda medicine.
7. Developing a close relationship between valueable traditional ayurvedic medicine and modern generation through modern technology.

PROJECT OF “AYURVEDA “provides all information about above points. It is a main objective of the project.

PRELIMINARY SYSTEM ANALYSIS

PRELIMINARY INVESTIGATION

Investigations were carried out to confirm or otherwise disprove the view held by many Ayurvedic and other traditional medical practitioners in Sri Lanka, that Asterucunt~us lo~g~fo~~ possesses hypoglycaemic properties. The effects of an aqueous extract of the whole plant on fasting blood glucose level and glucose tolerance were investigated using Sprague-Hawley rats. The results indicate that aqueous extracts of A. Zongifolia can significantly lower the fasting blood glucose level and markedly improve the glucose tolerance of the rats. The hypoglycaemic effect produced by a therapeutic dose (equivalent to 5 g/kg of starting material) was comparable to that produced by a therapeutic dose (15 mg&g of tolbutamide. The magnitude of the hypoglycaemic effect was found to vary with the dosage administered and the storage time of the prepared extract. .

NEED OF NEW SYSTEM

When I selected to develop this project of Ayurveda in web page desiging opted to gather information by visiting several website reagarding this needs of new system there are many website providing educational information of various fields viz engineering may be there are some website reagarding Ayurveda in india but there are lots of modification users friendliness required.the preliminary investigation in my case revealed that the search for new system for medicinal trees is those who want to gather information about indian medicinal trees.

FLAWS IN PRESENT SYSTEM

In the present system while searching anout the medicinal trees not enough information available on single website,there were many flaws in present system in my project I tried to overcome all this flaws. In present system the website that gives the information about Ayurveda can olny provides the theoretical information,some website provides only images related with all the medicinal trees,no website provides all above information together.in present system though the information is available but it is not complete and we have search many website to collect the proper information about the Ayurveda

IDENTIFICATION OF NEED

The success of depends largely on how accurately a problem is defined thoroughly investigate and properly and properly carried out the choice of solution .user need identification and analysis are concerned with what the user need that what user what.it includes many factors, such as information in the specific manner with images and also provides sanctuaries to give information about location of each zone of Ayurveda in as such manner that will help to the user to gather correct information regarding the Ayurveda.

There is a need of proper website which provides correct and important information regarding the Ayurveda and sanctuaries of the India for helping the tourist of India and other users of this websites.

TECHNICAL FEASIBILITY

Technical feasibility center around the existing computer system the availability of the required hardware software and operating system this project is developed in html which can be easily copied and run on any system with the required configuration.Technical feasibility also includes the

technical configuration of the hardware software and other technical things which are helpful to the system will perform error free operation with the help of the technical feasibility.

Technical feasibility this project or a system is also developed by the html which is very easy to run the system and provide the graphical interface to the users and the visitors of the websiteThe project is totally approved by the technically feasibility with regarding the system which is technical studied for the developing the project or the system or the website for providing the effective and informative system to the users or the visitors.

OPERATIONAL FEASIBILITY

The proposed System/software is user friendly in nature. This system will be helpful for the user to perform all necessary operation efficiently and effectively .the graphical user interface is a self-explanatory the software provided the user is a computer literate.. The user interface is self-explanatory as result there is no need of providing any kind of training to the user about the software provided the end user is a computer literate hardware of the system or software once to the user will definitely makle the user operate the software efficiently the system is very operational to the users of the developed operationally so the project is totally approved by the operational feasibility study for developing the project for providing the informative tool to the visitors or any another users of the system.

ECONOMICAL FEASIBILITY

The cost of installing this project is not higt onve insatalled,the project gives long term benefit cost of hardware and the software that is required to build Technical feasbibility the is very much within the reach of the organization

so it possible to go ahead with the proposed system from economic point of view.

the system is totally studied economically before the project is developed and operate by the users because this project cost effective in comparison of the other and project is so economically and help them to get right information from the system and other economic feasibility.the cost of hardware and software is totally cost effective and installing this project is not high.

once inastalled the project gives long term benefit cost of hardware and the software that is required to build the system is very much within the reach of the organization.so it is possible to go ahead with the proposed from economic point of view the system is economic the the the available project in market now beacause the project is totally gone through the economic feasibility

PROJECT CATEGORY

This project “AYURVEDA” use in html and css the website is informative .any useful information can be populated using a website .the website is developing in html.

HTML

Hypertext ,mark-up language is use for designing different web pages and appearance due to html tags different special effects of text ,pictures ,animations ,effected,colors,text sixe and font style can be define to make more effective web page .

Html is set of special codes that can be embedded in text to add formatting and linking information called tags.HTML it is collection of platform-independent style used to create a document for the world wild web page [www] .HTML is language is used to describe and format the structure of web pages .

BASIC STRUTURE OF HTML

< HTML>: This tag indicates to the browser that the file is an html file .A basic HTML document consist of opening <HTML> and closing</HTML> tag all the contained of the web pages contained within these tag

Eg.

<HTML>

Html tag and contents

</HTML>

<HEAD>: A html documention a pair of opening <HEAD> and closing </HEAD> tags.the <HEAD> tag contains the option <TITLE> tag.

Eg.

<HTML>

<HEAD>

<TITLE>

Demo of html

</TITLE>

</HEAD>

</HTML>

<TITLE> :The contains of this tag is this play the title bar of web browser window .it should be unique and descriptive and descriptive it used to search engines as a search carier ion for any information in the absence in this tag .

Eg.

<HTML>

<HEAD>

<TITLE> Demo of html<TITLE>

</HEAD>

</HTML>

<BODY> : this body tag are basically block level tags that specify what the web browser should display in the web browser window ,style and formatting applied to the content using tag .such as heading tag, paragraph tags, font tags. most of the part of body tag.

Eg.

<HTML>

<HEAD>

<TITLE>heading</TITLE>

</HEAD>

<BODY>

<H1>heading levels </H1>

<HR> horizontal rule

</BODY>

</HTML>

<STYLE>: The <STYLE> tag is used to define style information for an HTML documents. Inside the </STYLE> elements you specify how HTML element should tender in a browser each HTML document can contain multiple style tags. style sheets are important component of html that makes web page dynamic .

SOFTWARE AND HARDWARE REQUIREMENTSPECIFICATION

HARDWARE AND SOFTWARE REQUIREMTS SPECIFICATION

HARDWARE:

Hardware is being defined as under it conatins how much processor speed and how much RAM will be used for the better perfomace of the website

Processor pentioun 4 or newer wersion

Processor speed: 2.00 gigahertz [GHz]

RAM: 2GB

HARDWARE: 250GB

SOFTWARE:

Software is being defined as under it conatin in which opertaing system and on which web browser has supported for the performance of the website.

A.Hardware is being defined as under it contain.

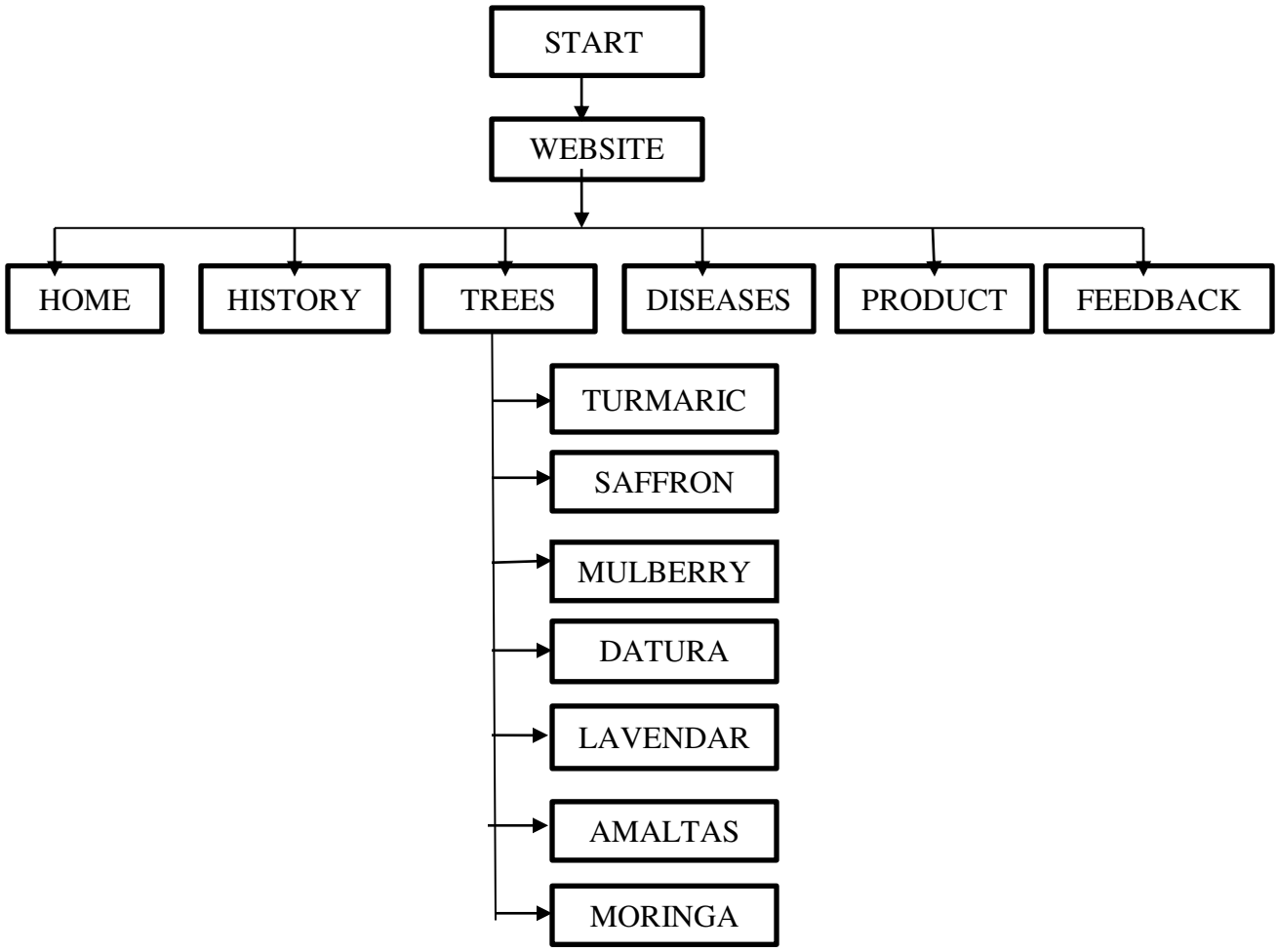
B.Internet explore 6.0 or higher

C.Notepad ++

D.Goggle chrome

DETAILED SYSTEM ANALYSIS

STRUCTURE OF WEBSITE:



SYSTEM DESGIN

HOME

```
<html>
<head>
<body>
</head>
<style>
@import url('http://fonts.googleapis.com/css?family=Open+Sans:400,700');
 *{
padding:0;
margin:0;}
 html{
background-color: #eaf0f2;}
 body{
font:16px/1.6 Arial,  sans-serif;}
 header{
text-align: center;
padding-top: 100px;
margin-bottom:190px;}
header h1{
font: normal 32px/1.5 'Open Sans', sans-serif;
color: #3F71AE;
```

```
padding-bottom: 16px;}
header h2{
color: #F05283;}
header span{
color: #3F71EA;}
/* The footer is fixed to the bottom of the page */
footer{
position: fixed;
bottom: 0;}
@media (max-height:800px){
footer { position: static; }
header { padding-top:40px; }}
.footer-distributed{
background-color: #2c292f;
box-sizing: border-box;
width: 100%;
text-align: left;
font: bold 16px sans-serif;
padding: 50px 50px 60px 50px;
margin-top: 80px;}
 .footer-distributed .footer-left,

.footer-distributed .footer-center,
.footer-distributed .footer-right{
```

```
display: inline-block;
vertical-align: top;}
 /* Footer left */
 .footer-distributed .footer-left{
width: 30%;}
 .footer-distributed h3{
color:  #ffffff;
font: normal 36px 'Cookie', cursive;
margin: 0;}
 /* The company logo */
 .footer-distributed
.footer-left img{
width: 30%;}
.footer-distributed h3 span{
color:  #e0ac1c;}
 /* Footer links */
 .footer-distributed .footer-links{
color:  #fff;
margin: 20px 0 12px;
}.footer-distributed .footer-links a{
display:inline-block;
line-height: 1.8;
text-decoration: none;
color:  inherit;}
```

```
.footer-distributed .footer-company-name{
color:  #8f9296;
font-size: 14px;
font-weight: normal;
margin: 0;}
/* Footer Center */
.footer-distributed .footer-center{
width: 35%;}
.footer-distributed .footer-center i{
background-color:  #33383b;
color: #ffffff;
font-size: 10px;
width: 38px;
height: 38px;
border-radius: 50%;
text-align: center;
line-height: 42px;
margin: 10px 15px;
vertical-align: middle;}
.footer-distributed .footer-center i.fa-envelope{
font-size: 17px;
line-height: 38px;}
.footer-distributed .footer-center p{
display: inline-block;
```

```
color: #ffffff;
vertical-align: middle;
margin:0;}
.footer-distributed .footer-center p span{
display:block;
font-weight: normal;
font-size:14px;
line-height:2;}
.footer-distributed .footer-center p a{
color:  #e0ac1c;
text-decoration: none;;}
 /* Footer Right */
.footer-distributed .footer-right{
width: 30%;
text-align:left;}
.footer-distributed .footer-company-about{
line-height: 20px;
color:  #92999f;
font-size: 13px;
font-weight: normal;
margin: 0;}
.footer-distributed .footer-company-about span{
display: block;
color:  #ffffff;
```

```
font-size: 20px;
font-weight: bold;
margin-bottom: 20px;}
.footer-distributed .footer-icons{
margin-top: 25px;}
 .footer-distributed .footer-icons a{
display: inline-block;
width: 35px;
height: 35px;
cursor: pointer;
background-color:  #33383b;
border-radius: 2px;
font-size: 20px;
color: #ffffff;
text-align: center;
line-height: 35px;
 margin-right: 3px;
margin-bottom: 5px;}
/* Here is the code for Responsive Footer */
/* You can remove below code if you don't want Footer to be responsive */
 @media (max-width: 880px) {
 .footer-distributed .footer-left,
.footer-distributed .footer-center,
.footer-distributed .footer-right{
```

```
display: block;
width: 100%;
margin-bottom: 40px;
text-align: center;}
 .footer-distributed .footer-center i{
margin-left: 0;}}
body,html {

 font-family: Arial, Helvetica, sans-serif;
 height: 100%;
 margin: 0;}
.header{
padding:70px;
font-size:50px;
text-align:center;
font-family: Arial Black;
background-color:seagreen;
.bg {
background-position: center;
background-repeat: no-repeat;
 background-size: cover;}
.navbar {
overflow: hidden;
 background-color:black;}
```

```
.navbar a {
 float: left;
 font-size: 30px;
 color: white;
  text-align: center;
  padding: 10px 13px;
  text-decoration: none;}
.navbar a:hover, .dropdown:hover .dropbtn {
  background-color:blue;
  Background-size:15%;}
* {box-sizing: border-box;}
.footer{
padding:5px;
font-size: 20px;
text-align:center;
font-family: Arial;
background-color:;
color : white;}
.content {
  padding:16px;}
p{
font-size:20;
text-align:justify;}
.container{
```

```
max-width:1500px;
margin:auto;
overflow:auto;
float:left;}
.image{
margin:4px;
border:10px soild#ccc;
float:left;
width:440px;}
img {
float:left;
margin:0px 0px 15px 20px;
width:300px;
height:300px;}
.desc{
padding:4px;
text-align:center;}
center{
font-family:"forte black";
font-size:60px;}
</style>
<html>
 </style>
</head>
```

```
<body>

<div>

<center>AYURVEDA</center>

<div class="navbar">

<font size="7">

<a href="#">Home</a>

<a href="his.html">History</a>

<a href="TRE.html">Trees</a>

<a href="Diseases.html">Diseases</a>

<a href="product.html">product</a>

<a href="feed.html">Feedback</a></font>

</div>

</div

<br></br>

 <img src="C:\Users\hp\Desktop\sf\you.jpg">
```

 Ayurveda is considered by many scholars to be the oldest healing science inSanskrit Ayurveda means “the science of life.”Ayurvedic knowledge origin inated in indiA more than 5,000 years ago and its oftyen called the “mother of all healing.”it steams from the ancient vedic culture and was taught for manY thousands of years in an oral tradition from accomplish masters to their disciples some of,this knowledge was set to print a few thousand years ago.but much of it is inaccessible the principles of many of the natural healing system now familier in the west have their roots in Ayurveda including homeopathy and polarity therapy.The survival of the species demands that simultaneously with the appearance of disease, all living things must have also evolved the means to combat disease. The higher animals are guided by instinct to seek remedies for illness in plants and herbs. Man with his superior intelligence must necessarily have extended the scope of this search for remedies. So if we discount the myth of a Garden of Eden which man had to abandon when he fell from grace, “the thousand ills that flesh is heir to” must have afflicted man from his birth and the dawn of medicine must have synchronized with the dawn of disease.Ayurveda is more than just a popular form of alternative medicine. It is a system of holistic healing unlike any other. Thought to be over five thousand years old, Ayurvedic medicine teaches us to see the world as it relates to the elements—or doshas—of vata, pitta, and

kapha. According to Ayurveda, everyone is born with a mixture of these three doshas.Determining your primary dosha is the first step towards finding your optimal state of balanced, natural health.If you don't know your own unique Ayurvedic body type, we encourage you to take our free dosha quiz.

<head>

<meta charset="utf-8">

<meta http-equiv="X-UA-Compatible" content="IE=edge">

<meta name="viewport" content="width=device-width, initial-scale=1">

<meta name="keywords" content="footer, address, phone, icons" />

<title>Responsive Footer</title>

<link rel="stylesheet" href="style.css">

<link rel="stylesheet" href="http://maxcdn.bootstrapcdn.com/font-awesome/4.2.0/css/font-awesome.min.css">

<link href="http://fonts.googleapis.com/css?family=Cookie" rel="stylesheet" type="text/css">

</head>

<body>

<!-- The content of your page would go here. -->

<footer class="footer-distributed">

<h3>Ayurveda</h3>

Directions

About Us

|Contact Us

© 2020 Ayurveda Learning Solutions Pvt. Ltd.

```
</div>
<div class="footer-center">
<div>
<i class="fa fa-map-marker"></i>
<p><span>Plot No:3,Dlf Industrial Area,Nagpur</span>
Maharastra-440015.
</p>
</div>
<div>
<i class="fa fa-phone"></i>
<p>9588653186</p>
</div>

<div>
<i class="fa fa-envelope"></i>
<p><a href="ayurveda@guide.com">ayurveda@guide.com</a></p>
</div>
</div>
<div class="footer-right">
<p class="footer-company-about">

<span>About the company</span>
We will be happy to support all aspects of your health and well-being.</p>
<div class="footer-icons">
```

```
<a href="#"><i class="fa fa-facebook"></i></a>
<a href="#"><i class="fa fa-twitter"></i></a>
<a href="#"><i class="fa fa-instagram"></i></a>
<a href="#"><i class="fa fa-linkedin"></i></a>
<a href="#"><i class="fa fa-youtube"></i></a>
</div>
</div>
</footer>
</body></html>
```

HISTORY

```
<html>
<head>
</head>
<style>
body{
text-align:justify;
background-color:black;
color:white;
font-size:20px;}
.image{
margin:4px;
```

```
border:10px soild#ccc;
float:left;
width:440px;}
img {
float:left;
border:1px dotted black;
margin:0px 0px 15px 20px;
width:200px;
height:250px;}
.image img{
width:540px;
height:400px;
padding:15px;
text-align:right-side;}
body,html {
font-family: Arial, Helvetica, sans-serif;
height: 100%;
margin: 0;}
.header{
padding:70px;
font-size:50px;
text-align:center;
font-family: Arial Black;
background-color:gray;}
```

```
.bg {
 background-position: center;
  background-repeat: no-repeat;
  background-size: cover;}

.navbar {
overflow: hidden;
background-color:red;}
.navbar a {
float: left;
font-size: 30px;
color: white;
  text-align: center;
  padding: 10px 13px;
  text-decoration: none;}
.navbar a:hover, .dropdown:hover .dropbtn {
  background-color:blue;
  Background-size:15%;}
* {box-sizing: border-box;}
.footer{
padding:5px;
font-size: 20px;
text-align:center;
font-family: Arial;
```

```
background-color:;
color : white;



}.content {
  padding:16px;}
p{
font-size:20;
text-align:justify;}
 .container{
max-width:1500px;
margin:auto;
overflow:auto;
float:left;}
.image{
margin:4px;
border:10px soild#ccc;
float:left;
width:440px;}
img {
float:right;
border:1px dotted black;
margin:0px 0px 15px 20px;
width:100px;}
```

```
.image img{
width:440px;
height:300px;
padding:15px;}
.desc{
padding:4px;
text-align:center;}

body {
background-color:;}
</style>
<body>
<div class="header">AYURVEDA</div>
<div class="bg">
<div class="navbar">
<a href="#">Home</a>
<a href="his.html">History</a>
<a href="TRE.html">Trees</a>
<a href=" Diseases.html">Diseases</a>
<a href="product.html">Product</a>
<a href="feed.html">Feedback</a></font>
  </div>
 </div>
```


<h1>History</h1>

<img
src="C:\Users\hp\Desktop\sf\pic2.JPG"alt="pic2"style="height:30%""widht:300%">
</br>

History of medicine is a fascinating subject as it is a saga of man's struggle against disease. As the civilization advances and as the disease pattern changes, the medical science also changes. Ayurveda is the system of medicine that evolved in India with a rationale logical foundation and it has survived as a distinct entity from remote antiquity to the present day. The fundamentals on which the Ayurvedic system is based are essentially true for all times and do not change from are to age. These are based on human actors, on intrinsic causes. The origin of Ayurveda is attributed to Atharva Veda where mention is made several diseases with their treatments. Later, from the 6th Century BC to 7th Century AD there was systematic development of the science and it is called Samhita period, when a number of classical works were produced by several authors and during this period there is evidence of organized medical care.
</br>

Medicine is as old as life itself. The survival of the species demands that simultaneously with the appearance of disease, all living things must have also evolved the means to combat disease. The higher animals are guided by instinct to seek remedies for illness in plants and herbs. Man with his superior intelligence must necessarily have extended the scope of this search for remedies. So if we discount the myth of a Garden of Eden which man had to abandon when he fell from grace, "the thousand ills that flesh is heir to" must have afflicted man from his birth and the dawn of medicine must have synchronized with the dawn of disease.
</br>

<h1>Types Of Ayurveda</h1>
</br>

According to Ayurveda, each person is born with a life force that comprises the five elements or building blocks of nature: Earth, Air, Water, Fire and Space. We possess a unique balance of thesefive elementsin varying degrees. This balance of elements is known as a Dosha. There are three fundamental doshas: Vata, Pitta and Kapha, and good health is considered to be a perfect state of balance between these three doshas.

</br>

Vata

<b><p>Vata is considered as the leader of the three Ayurvedic principles in the body. As the principle of mobility, Vata regulates all activity in the body, mental as well as physiological. It is responsible for breathing, blinking our eyes, beating of our heart and many more functions. When in balance, the Vata is lively and energetic.

Adequate rest and relaxation is needed to keep the vata in balance. Dry skin, cough and dry hair are some problems that one may face when the vata is imbalanced.

Pitta

<b> Pitta is the fire element. It is responsible for regulating the body temperature through the chemical transformation of food (governing digestion, absorption, assimilation, nutrition and metabolism), promoting vitality and appetite. Those dominated by the pitta dosha are strong willed, determined and tend to have leadership qualities. If the pitta is imbalanced, it can lead to anger and agitation, and may even cause burning disorders such as ulcers and inflammation.To maintain a balance, meditation, massages and inhaling cooling scents such as rose, mint and lavender can help relax the body.

Kapha

<b>

This dosha maintains body resistance. Those dominated by kapha are said to be thoughtful, calm and steady. To maintain a balance, gentle exercises, stimulating activities and an extra intake of fluids can keep the energy flowing. Kapha is primarily responsible for anabolism, the process of building the body, growth and creation of new cells as well ascell repair.

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MEDICINAL TREES

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<title>Ayurveda</title>

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<a href="feed.html">Feedback</a></font>
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<h1>MEDICINAL TREES</h1></font>
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<li><a href="tur.html">Turmaric</a></li>
<li><a href="saffron.html">Saffron</a></li>
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<li><a href="mulberry.html">Mulberry</a></li>
<li><a href="datura.html">Datura</a></li>
<li><a href="Lavendar.html">Lavendar</a></li>
<li><a href="Amaltas.html">Amaltas</a></li>
<li><a href="moringa.html">Moringa</a></li><br></br>
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TURMARIC

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Turmeric is a very important spice in India from ancient times.Turmeri Spice India produces nearly whole world's turmeric crop and consume 80% of it. With its inherent qualities, Indian turmeric is considered the best in the world. The fresh spiceis much preferred to the dried in South East Asia, The fresh rhizome is grated and added to curry dishes; it is also used as yellow curry paste in Thailand. Due to Indian influence, turmeric has also made its way to the cuisine of Ethiopia. Besides

flavoring food, to purify the blood and remedy skin conditions is the most common use of Turmeric in Ayurveda.A yellow spice with a warm and mellow flavor, turmeric is related to ginger. Modern Indian cooking employs turmeric liberally.It is added to nearly every dish, be it meat or vegetables. Yellow rice is popular on the Eastern islands of Indonesia; it derives its colour from fresh or dried turmeric. Western cuisine does not use turmeric directly, but it forms part of several spice mixtures and sauces; it is also used to impart a bright yellow colour to mustard paste.

Turmeric is an important spice for many vegetable curries, rice preparation and other dishes. In some part of India, turmeric root is used to make a tasty vegetable dish. It is a most important spice in Indian recipes.Hindi Name: HaldiBotanical name: Curcuma longa LFamily name: ZingiberaceaeTurmeric has been used medicinally throughout Asia to treat stomach and liver ailments. It is a natural blood purifier. It is also used externally, to heal sores, as a cosmetic and for many other health benefits; it aids digestion, and helps to fight against infection and many more…

<b>

<h2>History And Distribution</h2>

<p>Turmeric has been used in Asia for thousands of years and is a major part of Ayurveda, Siddha medicine, traditional Chinese medicine, Unani,[10] and the animistic rituals of Austronesian peoples.[11][12] It was first used as a dye, and then later for its supposed properties in folk medicine.The greatest diversity of Curcuma species by number alone is in India, at around 40 to 45 species. Thailand has a comparable 30 to 40 species for example, but is much smaller than India. Other countries in tropical Asia also have numerous wild species of Curcuma. Recent studies have also shown that the taxonomy of Curcuma longa is problematic, with only the specimens from South India being identifiable as C. longa. The phylogeny, relationships, intraspecific and

interspecific variation, and even identity of other species and cultivars in other parts of the world still need to be established and validated. Various species currently utilized and sold as "turmeric" in other parts of Asia have been shown to belong to several physically similar taxa, with overlapping local names.[14][15]

Furthermore, there is linguistic and circumstantial evidence of the spread and use of turmeric by the Austronesian peoples into Oceania and Madagascar. The populations in Polynesia and Micronesia**,** in particular, never came into contact with India, but use turmeric widely for both food and dye. Thus independent domestication events are also likely.</p>

<img src="C:\Users\hp\Desktop\sf\turr2.jpg">

Turmeric powder, a bright yellow spice from the rhizome of the CurcumaTurmeric Powderlonga plant, has a long history of traditional Ayurvedic usage. Turmeric powder is made from dry Turmeric Rhizomes.Turmeric's main ingredient is 'curcumin' which exhibit a wide range of medicinal activities. Turmeric is useful for its colour, flavor, cosmetic and medicinal properties. The yellow color of Turmeric is due to Curcumin and related compounds, Curcuminoids present in rhizomes of turmeric in the range of 3 to 6%. The quantification of Curcuminoids in turmeric and its products is normally based on spectrophotometric measurement.Turmeric promotes the flow of bile from the liver. Bile is

one vehicle of the body, uses to excrete fat-soluble toxins. Curcumin, a potent antioxidant, is believed to be the most bioactive and soothing portion of the herb turmeric.

<h1>Use of Turmeric powder</h1>

The use of turmeric dates back nearly 3000 years to the ancient Vedic culture of India. Since then, it has been used as important spice, beauty products and in spiritual ceremonies. There are various benefits and uses of Turmeric Powder from food to medicines. There are hardly few recipes in which Turmeric Powder is not used in Indian Dishes. Almost all Indian vegetable and meat dishes use turmeric either as separate spice or in the spice mixture. A small pinch of turmeric powder would add an orange-yellow hue to salad dressings. It is also a great spice to complement recipes that use rice, lentils and dry beans

Turmeric powder is one of the most significant colouring material of India. Turmeric colour also serves as a chemical indicator since it changes its colour on adding acids or alkalis. Turmeric powder can be used for encapsulation and preparing highly beneficial Turmeric health tablets. It is an essential ingredient in various Indian food preparations for taste and colouring and in various herbal preparations. Turmeric powder, extracts and curcumin also exhibit antioxidant property. Turmeric powder's flavor could also be described as peppery, or even warm in the mouth.

<img src="C:\Users\hp\Desktop\sf\turr.jpg">

<h1>Processing Care</h1>

It is necessary to care raw turmeric rhizomes freshly unearthTurmeric Powderfor its attractive yellow colour and the characterized aroma. Without proper care turmeric lacks both.The fingers and rhizomes of turmeric are boiled separately for 30-40 minutes until bubbles and white fumes come out, then drained and dried in the sun for 10 to 15 days, until they become dry and hard. The dry turmeric then cleaned and polished mechanically in a drum rotated by hand or by power to make powder.

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SAFFRON

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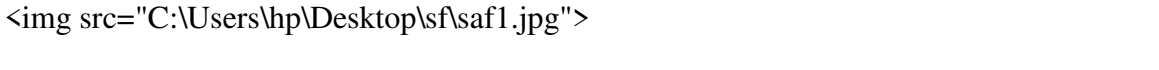
<h1>Saffron</h1>



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Are you looking for health benefits of kesar? If yes, then you have come to the right place. But, first let's learn some important facts about this wonder spice. Saffron is a small, bulbous, perennial spice, a member of the lily family. To produce saffron, the stigmas [the part of the flower, which catches pollen must be painstakingly handpicked, cut from the white style and then carefully laid on a sieve and cured over heat to deepen the flavor- a process so labor intensive that saffron is the most expensive spice in the world. Currently saffron is commercially produced in Iran, Greece, Morocco, Spain, Kashmir and Italy.

Iran is the most important producer of saffron both, in terms of volume and quality, and Spain being the largest importer of the spice. Saffron is a labour intensive crop, which makes it so expensive. It has three delicate crimson stigmas in the centre, which are hand-picked, placed on a riddle, and cured over heat to amplify its flavour. Apart from being the most expensive spice, there are many benefits of saffron, which makes it even more special.

<h2>Here Are 7 Health Benefits Of Saffron (Kesar):</h2>

The benefits and medicinal properties of this highly priced spice, make it a valuable culinary ingredient worldwide. Modern research suggests that saffron canbe used as an aphrodisiac, diaphoretic [to cause sweating], carminative [to prevent gas] and to bring on mensuration. Some other benefits are mentioned here under:

1. Protects against cancer: Saffron contains a dark orange, water soluble carotene called crocin, which is responsible for much of saffron's golden color. Crocin has been found to trigger apoptosis [programmed cell death] in a number of different types of human cancer cells, leukemia, ovarian carcinoma, colon adenocarcinoma, and soft tissue sarcoma. Researchers in Mexico who have been studying saffron extract have discovered that saffron and its active components display an ability to inhibit human malignant cells. Not only does the spice inhibit cells that have become cancerous, but it has no such effect on normal cells and actually stimulates their formation and that of lymphocytes [immune cells that help destroy cancer cells].

2. Promotes learning and memory re

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MULBERRY

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<font size="4"><b>

<h1>Mulberry</h1></font>

<font size="3"><b>

<h2><p> Mulberry, (genus Morus), genus of about 10 species of small to medium-sized trees in the family Moraceae and their sweet edible fruits. Mulberries are native to temperate Asia and North America, and several species are cultivated for their fruitsand as ornamentals. Mulberry plants are also important as food for silkworms.Physical Description Advertisement Mulberries are deciduous and have toothed, sometimes lobed leaves that are alternately arranged along the stems. Individuals can be monoecious (bearing both male and female flowers) or dioecious (bearing only male or female flowers). The minute flowers are borne in tight catkin clusters. Each fruit develops from an entire flower cluster and is formally known as a multiple. The fruits somewhat resemble blackberries and ripen to white, pink, red, or purple.Major SpeciesThe red mulberry (Morus rubra) of eastern North America is the largest of the genus, often reaching a height of 21 metres (70 feet). It has two-lobed, three-lobed, or unlobed leaves and dark purple edible fruits.</p></font></h2>

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<h1><p>Introduction to the United States</h1>In 1733, General Oglethorpe brought 500 mulberry trees to Fort Frederica, Georgia. General Oglethorpe was hoping to increase the silk production in the United States by providing the silkworms with their favorite food, mulberry leaves. Unfortunately, silk production in the United States did not achieve the level of success that General Oglethorpe had hoped for

Mulberry Trees in the United States American explorer and botanist William Bartram wrote about his experience with mulberry trees in his book, "Travels," published in 1773. In 1774, Prince's Nursery began selling commercially grown white and blackmulberry trees. George Washington, the first President of the United States, purchased fruit from this same nursery. PresidentThomas Jefferson had mulberry trees planted every 20 feet at his home in Virginia.</p>

<font size="4"><b><h1>Cultivars</h1>

The two main cultivars of mulberry trees are the white mulberry and the black mulberry. The leaves of the white mulberry are larger than those of the black mulberry. However, the fruit of the black mulberry is much sweeter than the fruit of the white mulberry. Another cultivar, the paper mulberry, is used extensively in Japan for the production of paper products. Unfortunately, the paper mulberry does not produce fruit and is considered an invasive species in some states in the United States.Ads by Revcontent You May LikePartner</h1>

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<h1>Uses & Benefits of Mulberry</h1>
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Mulberry fruit is used to treat weakness, dizziness, tinnitus, fatigue, anemia, and incontinence.Its leaves are used to promote sweating, and the branches and bark help lower blood pressure.It can help treat chronic diseases of the digestive tract, improve digestion, stimulate the appetite, promote gastric juice secretion and eliminate constipation.White mulberry leaves are used as feedstock for silkworms. They are also cut as food for livestock, such as cattle and goats, especially in areas that experience dry season, restricting the availability of fodder.The fruits of Mulberry plant are eaten raw and also used to make wine, by drying them.The fruit has much significance in traditional Chinese medicine, which uses it to treat prematurely graying hair. It is also used to purify blood and treat constipation and diabetes in Chinese medicine.The bark is used to remedy cough, wheezing, edema, fever, headache, and red, dry and sore eyes. It also promotes urination.The leaves of the plant work to stimulate the nervous system and help in maintaining proper functioning of the digestive tract. It also has a positive effect on the respiratory and cardiovascular system, as well as the uterine system.

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DATURA

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Datura is a genus of nine species of poisonous Vespertine flowering plants belonging to the family Solanaceae. They are commonly known as daturas, but also known as devil's trumpets[1] (not to be confused with angel's trumpets, which are contained in the closely related genus Brugmansia). Other English common names include moonflower, jimsonweed, devil's weed,hell's bells and thorn-apple. The Mexican common names Toloache and Tolguacha derive from the Nahuatl name Tolohuaxihuitl meaning "the plant with the nodding head" (in reference to the nodding seed capsules of Datura species belonging to section Dutra of the genus). Datura species are native to dry, temperate, and subtropical regions of the Americas and are distributed mostly in Mexico, which is considered the center of its origin.Although Datura ferox occurs in Argentina, Datura metel in Asia, and Datura leichardthii in Australia, these species were probably introduced from Mexico.[2] Its distribution within the Americas and North Africa, however, is most likely restricted to the United States, Mexico and Southern Canada in North America, and Tunisia in Africa where the highest species diversity occurs.All species of Datura are poisonous, especially their seeds and flowers which can cause respiratory depression, arrhythmias, hallucinations, psychosis, as well as death if taken internally.

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<h1>Health Benefits and Therapeutic Uses of Datura</h1>
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Datura effects can improve your health and that is why it is used in Ayurvedic medicine. However, since most parts of the plant are toxic, they should be ingested with extreme caution. In case of poisoning from datura plant, immediate medicalassistance should be

sought. Always consult a doctor before consuming any part of the plant, especially if you are pregnant. Datura is ideal for the treatment of asthma. The leaves are burnt and the fumes are inhaled to take in the antispasmodic properties of datura. Traditionally, datura leaves were rolled and smoked to improve the symptoms of asthma.Datura fruit can be used to treat specific types of malarial fever. Since the fruit is not considered edible, only specific parts of it are used for treatment. The fruit is burnt before consumption.The leaves of a datura plant can be used for relieving the various heart problems. They can be used for treating palpitations,hypertension, distress, and various aortic disorders.The juice extracted from the leaves of the datura plant can be used to treat earaches. You can extract the oil from datura leaves at home, or you can purchase commercially prepared salves and oils. Putting a few drops of the oil in your ear can help suppress ear infections.Traditionally, datura effects have been useful for the treatment of impotency. The seeds from ripe datura fruits are removed and dried. These are then added to cow's milk and boiled to obtain the extract of the datura seeds. These can help improve the blood circulation to the genital organs, thus helping in the treatment of impotency to some extent.

Datura seeds can also be used to make a preparation for the treatment of baldness. The oil extracted from the datura seeds can be applied on the bald patches to stimulate growth of hair. However, this juice is highly poisonous and should not be consumed in any way.Women who have a problem with secreting sufficient breast milk can use this herb for treatment. Accumulation of breast milk in the breasts may cause a lot of discomfort, and the warmed leaves of the plant can be used to improve milk production and release without pain.Parts of the datura plant can be used to intoxicate and sedate a person in pain, helping them relax. This is a very effective pain reliever and is used for patients battling chronic disease or severe physical injuries.

<img src="dat6.jpg" alt="dat6" style="width:350px">

<h1>Treatment</h1>

Due to their agitated behavior and confused mental state, victims of Datura poisoning are typically hospitalized. Gastric lavage and the administration of activated charcoal can be used to reduce the stomach's absorption of the ingested material and the drug physostigmine is used to reverse the effect of the poisons. Benzodiazepines can be given to curb the patient's agitation, and supportive care with oxygen, hydration, and symptomatic treatment is often provided. Observation of the patient is indicated until the symptoms resolve, usually from 24–36 hours after ingestion of the Datura.

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LAVENDAR

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A shrubby plant is cultivated widely for its aromatic flowers all across the globe, in France, Italy, parts of England and as far as Northway, is native to the hilly areas of the countries neighboring the Mediterranean. A genus of around 39 species with over 200 varieties, Lavender is a flowering plant belonging to the family Lamiaceae. Considerably superior in its aroma than that of its paren

augustifolia and L. latifolia, the hybrid lavender Lavandula spp was unearthed first by the French farmers in 1930. Also known as “Big Lavender” or “Lavadin”, this specie is an indispensable constituent of perfume factories at Grasse because of its strongly fragranced oils.

<h1>Historical Beliefs</h1>

In ancient Greece, Rome and in the countries of Middle East, lavender was widely used as an antiseptic medicine to treat loss of memory, vertigo and seizures, fainting, infertility and insomnia, ulcers, headaches, sprains and toothaches.The poultice soaked in lavender herb was applied over snakebites, dog bites and all sorts of wounds. It was believed in the ancient times that this plant is preferred by the dead and hence mummies were wrapped in lavender. Derived from the word Lavare – to wash, lavender was considered ideal for bathing by Romans.

It was a tradition to decorate the floors of churches and houses on auspicious days to keep evil spirits away. Even today, it is believed by many that growing lavender in the backyard brings good luck as the fragrant smell of its flowers attracts fairies.
Even more, scented bundles of lavender were placed in the hands of women during childbirth considering that it would give them strength and courage.

<img src="C:\Users\hp\Desktop\sf\lav3.jpg"><h1>Description of the scented plant lavende</h1>

Lavender is a small perennial shrub that grows 2 to 3 feet tall with evergreen linear and hairy leaves serving as assets in survival of the plant in hot dry places, and the delightful violet-blue spiking flowers. The stem of the plant is coated with yellowish grey, peeling bark.You will find whorls of six to ten short stalked lovely flowers on blunt spikes. The scented smell of the flowers and leaves of lavender makes it unappetizing for insects and foragers; thus you find this herb commonly used in sleep pillows and sachet bags, put inside to protect clothes from moths.

<h1>Associated medicinal uses</h1>

The soothing and sedative aroma of lavender shows immediate effects as soon it reaches the sensitive membranes inside the nose. Bathing in lavender fragranced bath eases the effects of mild depression and anxiety. Its use is approved by German Commission E in internal treatment of insomnia, restlessness and stomach annoyances.Lavender oil is the most preferred oil in aromatherapy as it is enough to apply directly on the skin. Massaging your senseless feet with lavender oil can bring back circulation. A little amount of lavender sugar can help decorate baked goods, adding a unique flavor to the food.

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<h1>Benefits</h1>

Lavender oil is believed to have antiseptic and anti-inflammatory properties, which can help to heal minor burns and bug bites.Research suggests that it may be useful for treating anxiety, insomnia, depression, and restlessness.Some studies suggest that consuming lavender as a tea can help digestive issues such as vomiting, nausea, intestinal gas, upset stomach, and abdominal swelling.In addition to helping with digestive problems, lavender is used to help relieve pain from headaches, sprains, toothaches, and sores. It can also be used to prevent hair loss.

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AMALATAS

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Amaltas (Cassia fistula) complete detail. Description and medicinal uses of Amaltas – Cassia fistula. Classification of Amaltas (Cassia fistula). Habit and habitat of Amaltas (Cassia fistula). Cassia fistula tree is well known for its impressive yellow flowers that cover the entire canopy. Leaves are useful in skin diseases. The wood Cassia fistula is durable, hard and heavy , is suited for cabinetwork, farm implements, inlay work, posts, wheels, mortars etc. In many countries, people are use this tree as a firewood.

The flowers appear mainly from March to July. Flowers are bright yellow in color, and growing from pendulous 20 to 40 cm long racemes, each flower 4–7 cm in diameter with five yellow petals of equal size and shape. Fruit is legume, pendulous, cylindrical, and brown in color, 20 to 60 cm long, 1 to 2.5 cm broad, with a pungent odor and containing several seeds. Seeds lenticular, light brown, lustrous. Flower buds are green when immature, and…….

Cassia fistula also grown as a ornamental tree. Cassia fistula also used in the treatment of cancer, constipation, convulsions, delirium, diarrhea, dysuria, epilepsy, gravel, hematuria, pimples and glandular tumors. Pest of root is useful in skin diseases, burning sensations and syphilis. Bark is useful in boils, leprosy, ringworm affection, diabetes, strangury and cardiac problems. Leaves are useful in skin diseases, burning sensation, dry cough and fever…….

<h1>Medicinal Uses</h1>

Cassia fistula has many medicinal properties like are astringent, cooling, purgative, febrifuge, tonic, laxative, anthelmintic, emetic, antiperiodic, febrifuge, diuretic, depurative, carminative, anti-inflammatory, diuretic and ophthalmic.Used in many medicinal treatments skin diseases, burning sensations, syphilis, boils, leprosy, ringworm affection, colic, dyspepsia, constipation, diabetes, strangury, cardiac problems, dry cough, bronchitis, malaria, rheumatism, fever, leprosy, Stomach disorders, inflammations and intermittent fever.Pest of root is useful in skin diseases, burning sensations and syphilis. Bark is useful in boils, leprosy, ringworm affection, diabetes, strangury and cardiac problems.Leaves are useful in skin diseases, burning sensation, dry cough and fever. Fruits are used in flatulence, colic, dysentery, inflammations and intermittent fever. Flowers are useful in cardiac disorders, intermittent fever and general debility.

Cassia fistula also used in the treatment of cancer, constipation, convulsions, delirium, diarrhea, dysuria, epilepsy, gravel, hematuria, pimples, and glandular tumors.The wood Cassia fistula is durable, hard and heavy, is suited for cabinetwork, farm implements, inlay work, posts, wheels, mortars etc. In many countries, people are use this tree as a firewood. Cassia fistula also grown as a ornamental tree.

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MORINGA

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<b>

<h1>Moringa</h1>

<p>Moringa is a plant that is native to areas of India, Pakistan, Bangladesh, and Afghanistan. It is also grown in the tropics. The leaves, bark, flowers, fruit, seeds, and root are used to make medicine.Moringa is used for asthma, diabetes, obesity, symptoms of menopause, and many other conditions, but there is no good scientificevidence to support these uses.

Oil from moringa seeds is used in foods, perfume, and hair care products, and as a machine lubricant.Moringa is an important food source in some parts of the world.

Because it can be grown cheaply and easily, and the leaves retain lots of vitamins and The immature green pods .(drumsticks) are prepared similarly to green beans, while the seeds are removed from more mature pods and cooked like peas or roasted like nuts. The leaves are cooked and used like spinach, and they are also dried and powdered for use as a condiment.The seed cake remaining after oil extraction is used as a fertilizer and also to purify well water and to remove salt fromseawater.

<h2>Uses & Effectiveness?</h2>

<h3>Insufficient Evidence for:</h3>

Asthma:- Early research shows that taking 3 grams of moringa twice daily for 3 weeks reduces the severity of asthma symptomsand improves lung function in adults with mild to moderate asthma.

Diabetes:- The effect of moringa on diabetes control is unclear. Some early research shows that taking moringa tablets along with a type medicine called sulfonylureas does not improve blood sugar control as measured by hemoglobin A1C levels.But it does seem to reduce fasting and post-meal blood sugar levels compared to taking sulfonylureas alone in people with diabetes.

Breast-feeding:- Research regarding the effects of moringa for increasing breast milk production is mixed. Some early research shows that moringa increases milk production after one week of use, while other early research shows no benefit.It's also not clear if moringa is beneficial when used for longer periods of time.

<font size="4"><b>

DISEASES

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AYURVEDA
```

```
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<a href="his.html">History</a>
<a href="TRE.html">Trees</a>
<a href="Diseases.html">Diseases</a>
<a href="product.html">Product</a>
<a href="feed.html">Feedback</a></font>
 </div>
 </div>
</head>
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<center>Diseases</center></font>
<br></br>
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<ul><font size="5">
<h1>Categories</h1></font>
<ul><font size="5">
<li><a href="digestive.html">Digestive</a></li>
<li><a href="hairskin.html">Hair & Skin</li>
<li><a href="Jointpain.html">Joint Pain</li>
```

```
<li><a href="child.html">Child Health</li>

<li><a href="eye.html">Eye,ENT & Oral</li>

<li><a href="Liver.html">Liver & Gall</li>

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DIGESTIVE

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font-family:;}

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<font size="9">

<center>Digestive</h1></font></center><br>

<img src="C:\Users\hp\Desktop\sf\a.jpg">
```

Food is fuel for the body, and the stomach is one of the most important organs for your overall health and happiness. An efficient digestive system produces healthy tissues (Dhatus), which contributes to the formation of Ojas—the essence of

immunity & good health.
</br>

In Ayurveda, weak digestion is known as Agnimandya—meaning weaked digestive fire, which cannot convert rasa (nutrients) to life-sustaining Ojas. In addition to being the causative factor in several diseases, weak digestion is a health problem in itself. Treatment of digestive problems at Jiva Ayurveda is effective because it identifies the root-cause first, and then treats it with 100% customized medicines, along with special diet and lifestyle plans that are designed to complete your treatment.
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<h1>Disease of Digestive:</h1>

<img src="C:\Users\hp\Desktop\sf\b.jpg">

<h2>1.Acid Reflux (GERD)</h2>

Chest Pain
</br>

Heartburn
</br>

Pain Swallowing
</br>

<h1>-What is Acid Reflux?</h1>

Acid Reflux or GERD (Gastroesophageal Reflux Disease) is caused when the valve between the esophagus and stomach becomes weak. Normally, this valve opens to allow food in and then it shuts tightly. With GERD, the valve stays open, allowing stomach acids to flow back up into the esophagus, causing heartburn and many other symptoms.It leads to a condition in which the liquid content of the stomach regurgitates (backs up or refluxes) into the esophagus. If you have heartburn that occurs more than twice a week and/or does not get better with over-the-counter antacids, you mayhave GERD

<h2>2.Anaemia</h2> <img src="C:\Users\hp\Desktop\sf\c.jpg">

Low haemoglobin levels
</br>

Giddiness
</br>

Swelling around eyes
</br>

Whitish skin, nails & eyes
</br>

Palpitations
</br>

Sleeplessness
</br>

Breathlessness
</br>

<h1>-What is Anaemia?</h1>

The word 'anaemia' actually comes from the word 'mia' which means blood. Anaemia means absence of blood and refers to the reduction of haemoglobin level in body. Normal level of haemoglobin in adult females is between 12 to 16 g/dl while in adult males it is between 14 to 18 g/dl. When haemoglobin level falls below the minimum parameter, anaemia ensues. In Ayurveda,Anemia treatment begins with identifying the root-cause of every individual patient.

<h2>3. Anorexia nervosa</h2>

<img src="C:\Users\hp\Desktop\sf\d.jpg">

Dieting despite being underweight
</br>

Obsessed about calories & fats
</br>

Avoiding eating with some excuse
</br>

Dramatic weight loss
</br>

Secretly vomiting after meals
</br>

Over exercising
</br>

<h1>-What is Anorexia nervosa?</h1>

Anorexia means the loss of desire to have food even when one is hungry. This disease is known as aruchi in Ayurveda. This condition can arise due to a sedentary lifestyle, stress and wrong eating patterns. In this condition a person has no appetite for food due to indigestion or psychological causes. In some cases the patient gets a bad taste in the mouth and has no desire to swallow the food.Note that anorexia (simple loss of appetite) is not the same as anorexia nervosa (commonly known as anorexia), which refers to serious psychological and physiological conditions usually seen in women where they develop and aversion to eating and have a distorted body image and a fear of being obese.A person with anorexia nervosa often has severe and even life-threatening weight-loss. In contrast, anorexia (the simple loss of appetite) is usually temporary and does not develop into anorexia nervosa

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HAIR & SKIN

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<font size="7"> <img src="C:\Users\hp\Desktop\sf\e.jpg">

<img src="C:\Users\HP\Desktop\SF\i.jpg">

<center><h1>Hair And Skin</font></h1></center>
```

Use of chemical-based cosmetics, exposure to excessive heat or pollution, stress and lack of proper nutrition can createimbalances in the doshas and lead to common skin and hair problems such as acne, pimples, black heads, wrinkles, dark spots, premature graying, hair loss, alopecia, psoriasis, eczema, hives, and vitiligo. Often what appears to be a superficial problem can have deeper root-causes that may affect your overall wellness. Ayurveda can help.

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 <br></br> <br></br> <br></br>

 <h1>Disease of Hair And Skin:-</h1>

 <img src="C:\Users\hp\Desktop\sf\f.jpg">

 <h1>1.Hair Fall</h1>
```

Stress, worry, anxiety, and inadequate nutrition lead to hair loss and premature greying of hair. A certain amount of hair loss is considered normal, as old strands are replaced by new. When hair loss is excessive, care must be taken. Similarly, the greying of hair after a certain age is a normal phenomenon, but when this starts in the early years of life, one should look into for remedies.Increased intake of fried, sour, spicy, salty, and fermented foods, as well as tea and coffee, aggravate the Pitta Dosha (Ayurvedichumour representing Fire) in the body. This Pitta accumulates in the skin of the scalp, leading to hair falling out and greying prematurely. Factors like excessive anger and stress are also responsible.Excessive consumption of alcohol and meat also aggravate Pitta.

</br>
</br>

<h1>2.Allergies</h1><img src="C:\Users\hp\Desktop\sf\h.jpg">

Shortness of breath
</br>Wheezing
</br>Breakout on skins

</br>Irregular bowel movements

</br>Stomach cramps
</br>Itchy,

watery eyes and nose
</br>

<h1>What is an Allergy?</h1>

Allergies are an overreaction of the body's immune system to specific substances that it misidentifies as harmful. This overreaction of the body's immune system is known as an allergic reaction and the substances that cause it are called allergens. Allergic reactions manifest themselves in the form of commonly seen skin and respiratory disorders such as eczema, hives, hay fever, asthma and food allergies. In Ayurveda, allergy treatment is done by first diagnosing the individual root-cause of every patient.

<h1>3.Dandruff</h1><img src="C:\Users\hp\Desktop\sf\g.jpg">White flakes in hair
</br> Dryness of scalp
</br>Redness and irritation
</br>Continuous itching
</br><h1>-What is Dandruff?</h1>

Excessive shedding of dead skin from the scalp is known as Dandruff. Skin cells die and flake off, so a small amount offlaking is normal. Usually, the scalp skin dies and flakes off in a month, while in those suffering from Dandruff, thishappens every 2-7 days. Apart from being a physical condition, dandruff is also associated with social and self-esteem

problems in many individuals. With proper care and Dandruff treatment, you can get relief from the problem.

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JOINT & PAIN

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<font size="7">

<center><h1>Joint pain</font></h1></center>

<img src="C:\Users\hp\Desktop\sf\j.jpg">
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Once a predominantly old age problem, joint disorders are increasingly becoming common in the youth too. Most joint disorders such as Rheumatoid Arthitis, Osteoarthritis, Gout, Spondylosis, Osteoporosis occur because of an imbalance of Vata Dosha, presence of Ama (toxins) in the joints or weakening of Asthi and Majja Dhatus. The gap between joints are lubricated bySleshak Kapha and when this decreases, stiffness and inflammation occurs in joints accompanied by pain and crepitus. Timely treatment with Ayurveda is very important to get long-term relief and effective result in joint disorders.

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<br></br><br></br><br></br><br></br>

 <h1>Disease of Joint pain:</h1>
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<img src="C:\Users\hp\Desktop\sf\k.jpg">

<h1>1.Ankylosing spondylitis</h1>

Ankylosing spondylitis is a type of arthritis that affects the spine. This is a chronic inflammatory arthritis that commonly affects the sacroiliac joints in young men. The onset is usually rapid with recurring episodes of low back pain and stiffness, which radiates sometimes to buttocks or thighs. Characteristically, the symptoms are worse in the early morning and followinginactivity.The vertebrae may grow or fuse together resulting in a rigid spine. These changes may be mild or severe and may lead to a stooped posture. Early diagnosis and treatment helps in controlling pain and stiffness and may prevent significant deformity. Although it can occur at any age, ankylosing spondylitis most often strikes men in their teens and twenties.

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<h1>2. Cervical Spondylosis</h1><img src="C:\Users\hp\Desktop\sf\l.jpg">

Cervical Spondylosis is a kind of Arthritis that affects cervical vertebrae and is characterized by pain at the back of the neck (radiating towards the upper limbs) and vertigo while bending downwards. There might be sensory loss and numbness in the upper limbs. In Ayurveda, it is known as Grivasandhigatvata. There are some degenerative changes in the cervical vertebrae. This, when coupled with trauma or incorrect posture while sitting or sleeping leads to the manifestation of Cervical Spondylosis. Cervical Spondylosis treatment in Ayurveda works on the root-cause by balancing the doshas and strengthening the Asthidhatu.

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<h1>3.Gout</h1>

<img src="C:\Users\hp\Desktop\sf\m.jpg">Burning sensation
</br>Swollen joints
</br>Pricking pain
</br>Change of skin colour
</br><h1>-What is Gout?</h1>

Gout is a painful metabolic disease resulting in inflammation and the deposition of uric acid in the cartilages of the joints.Gout first affects the big toe causing it to swell and become very painful.

In the next stages it spreads to the ankles, knees, joints of hands and feet, the wrist and elbow.When the human body breaks down the chemicals called purines, it produces uric acid. Purines are found naturally in our body as well as in food. Normally, uric acid dissolves and goes through the urine via the kidneys. But if the body is producingtoo much uric acid or if the body is not excreting enough uric acid, it starts accumulating in the body. This build up results in the formation of sharp, needle like crystals. When they accumulate in the joints or surrounding tissues, it causes pain, inflammation and swelling.

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CHILD HEALTH

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<img src="C:\Users\hp\Desktop\sf\n.jpg">
<font size="7">
<center><h1>Child Health</font></h1></center>
```

Kuamarbhrutya is a special branch in Ayurveda dedicated to child healthcare. Since a child's health is dependent on the mother's health, Kaumarbhrutya also focuses on special aspects of the mother's health as well. Immunity, nutrition, digestion and metabolism are the key concerns in child health. Special cases with respiratory, skin andneurological disorders are also treated in Ayurveda.

</br>
</br>

<h1>Disease of Child Health:</h1>
</br>

<h1>1.Asthma</h1><img src="C:\Users\hp\Desktop\sf\o.jpg">

Asthma is a respiratory disease which is characterized by narrowing of the airways. This happens when the body responses to a trigger such as exposure to cold air, allergens in the air, emotional stress or heavy exercise. When the airways narrow, patients show symptoms such as tightness of the chest, wheezing noise while breathing, coughing and shortness of breath. Asthma treatment at Jiva Ayurveda is completely personalized with customized medicines, diet and lifestyle.Asthma is caused because of excessive intake of vata (cold), consuming kapha aggravating food items, weakening of the lung tissues, and problems caused by lung diseases. Environmental and lifestyle factors also play a role in asthma. Consuming cold or stale foods are not easy to digest and lead to the formation of ama (mucus) thereby causing blockage in the respiratory channel and difficulty in breathing. Living in cold and damp environment is also a reason of asthma

</br>

<h1>2. Bed wetting</h1> <img src="C:\Users\hp\Desktop\sf\p.jpg">

Wetting during the day
</br>

Frequent urgency to urinate
</br>

Straining, dribbling
</br>

Stains on underpants
</br>

<h1>-What is Bed Wetting?</h1>

It is normal for small children to pass urine in bed during sleep. However in some children this tendency persists even after the age of 5 years. If it occurs at least twice a week for 3 months, then it is considered to be a disease and is called

bedwetting or enuresis. Bedwetting is the most frequently seen paediatric problem and is called shayyamutrata in Ayurveda.

Various causative factors responsible for bedwetting include small capacity of urinary bladder, weak bladder muscles,

neurological problems, intestinal worms, psychological factors (like fear, anger etc) and maturation delay. Habit of drinking excessive water and genetic factors too are sometimes responsible for bedwetting.

<h1>3. Childhood Asthma</h1>

<img src="C:\Users\hp\Desktop\sf\q.jpg">

Pain and tightness in chest
</br>

General malaise
</br>

Wheezing &coughing
</br>

Breathlessness
</br>

<h1>-What is Childhood Asthma?</h1>

Asthma is one of the most common chronic diseases of childhood. It is a lung disease characterized by difficulty in breathing, cough with sputum and sometimes fever. Children with asthma typically cough, wheeze, and experience chest tightness and shortness of breath.Asthma in children and infants is a major health problem showing steady increase in prevalence both in developing and developed countries. Seventy-four percent of asthma attacks in children are experienced in children less than 5 years of age and 26 percent in less than one year of age. The ratio of male and female incidence is2:1.

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EYE,NET&ORAL

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<center><h1>Eye, ENT & Oral</font></h1></center>
```

Sight, the sense of smell and soundswe hear, open up the world for us. Nature has given special importance to sense organs byplacing them on the head.Diseases of these special organs are caused by excessive or improper use, or environmental factors which are explained in Ayurveda as AstamyaIndriyarthSanyog and Parinam. Constant use of electronic screens, listening to music, being in a noisy environment, working in dimly lit conditions or being exposed to very bright lights are some examples of improper use of the organs and environmental factors. Eating non-nutritious foods, smoking, improper personal hygiene are also contributing factors.In Ayurveda, these diseases are treated and managed under the special Shalakya Tantra branch.

```
<h1>Disease of Eye, ENT & Oral:</h1>

<img src="C:\Users\hp\Desktop\sf\r.jpg">

<h1>1.Cataract</h1>

Cloudy or blurry vision<br></br>

 Double vision<br></br>

 Seeing colors differently<br></br> Weak vision<br></br>

<h1>-What is Cataract?</h1>
```

A cataract is an eye disease in which the clear lens of the eye becomes cloudy causing decrease in vision. It is a common disease and most cataracts are a result of the aging process. In the development of age-related cataract, the power of the lens may be increased, causing near-sightedness (myopia). Cataracts typically progress slowly to cause vision loss and are potentially blinding if untreated. It usually affects both eyes but one of the eyes is always affected earlier than the other. Cataract treatment at Jiva

Ayurveda offers a combination of personalized medicines, diet and lifestyle which works on the root-cause of the disease.

<h1>2.Epistaxis</h1>

<img src="C:\Users\hp\Desktop\sf\s.png">

Nosebleed
</br>

Blocked nose
</br>

<h1>-What is Epistaxis?</h1>

Haemorrhage or bleeding from the nose is called epistaxis. It is a sign of vitiated body heat and is often associated with high blood pressure and some other systemic diseases caused by excessive heat in the body. Many people suffer from epistaxis during the hot summer months.

<h1>3.Stye</h1>

<img src="C:\Users\hp\Desktop\sf\t.gif">

Lump on eyelid
</br>

Pain and swelling
</br>

Crusting and tearing
</br>

Burning & redness
</br>

<h1>-What is Stye?</h1>

A stye is a small, inflamed boil on the eyelid. It may affect the skin of the eyebrows or the eyelids, more commonly the lower lid. Usually stye is an inflamed hair follicle or an infection of a sebaceous gland in the edge of the eyelid. In Ayurveda, it is known as anjananamika.

</body>

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LIVER

<html>

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<font size="7">

<center><h1>Liver & Gall</font></h1></center>
```

The liver and gallbladder are the primary locations of two subtypes of Pitta (Pachaka&Ranjaka) which are essential in

digestion and formation of blood. Bile juices and enzymes produced by the liver are necessary to break down fats and

fat-soluble vitamins. Improper digestion and lack of proper rest deposits ama (toxins), weakens the Pittic fires and leads

to liver disorders.Use of alcohol and drinking contaminated water are also additional causes that increases the risk factor.

In some cases, genetic disposition for liver problems is also a factor.

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<br></br><br></br><br></br><br></br>

<h1>Disease of Liver & Gall:</h1><br></br>

<img src="C:\Users\hp\Desktop\sf\v.jpg">
```

<h1>1.Gallstone</h1>

Nausea
</br>

Vomiting
</br>

Constipation
</br>

Swelling and tenderness
</br>

Flatulence and indigestion
</br>

Heartburn and abdominal pain
</br>

<h1>-What is Gallstone?</h1>

Ayurveda refers to gallstones as Pittashmari. Gallstone formation is the most common disorder of the biliary tract. The processof formation of gallstones is called cholelithiasis in modern medicine. Though men and women both suffer from gallstones, their prevalence is much more in middle aged women. Formation of gallstones is caused mainly by congestion and obstruction in the flow of bile. Many factors like food habits, body weight and genetic predisposition undoubtedly play a role in formation of gallstones. Gallstones usually occur in conjunction with cholecystitis which means inflammation of the wall of the gallbladder.
</br>

<h1>2.Liver Cirrhosis</h1>

Anaemia
</br>

Jaundice
</br>

High blood pressure
</br>

Digestive complaints
</br>

Liver & spleen enlargement
</br>

Occasional haemorrhage
</br>

<h1>-What is Liver Cirrhosis?</h1>

Replacement of normal liver tissues by fibrous tissues is called liver cirrhosis. Liver cirrhosis may be considered as a stage which liver reaches after confronting with certain causative factors for prolonged period of time. Liver Cirrhosis is many times compared with Kumbhakaamla described in Ayurveda.Due to Liver Cirrhosis, Ojas (immunity) becomes low and as a result he or she becomes more susceptible to diseases. Liver

Cirrhosis treatment works towards improving liver functions as well as boosting immunity (Ojas) in the patient.

</br>

<h1>3.Jaundice</h1>

<img src="C:\Users\hp\Desktop\sf\x.jpg">

Yellowish discoloration
</br>

Drowsiness
</br>

Weakness & fatigue
</br>

Lack of appetite
</br>

Burning sensation in the body
</br>

Mild fever
</br>

<h1>-What is Jaundice?</h1>

Jaundice is a condition where the skin and the whites of the eyes take on a yellow tint. Modern medicine does not considerit to be a disease but a symptom of liver disorders like liver infection, gallstones and cirrhosis of liver. In Ayurveda,Jaundice is known as Kamala. Personalized, root-cause Jaundice treatment has given relief to thousands of patients.

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FEEDBACK FORM

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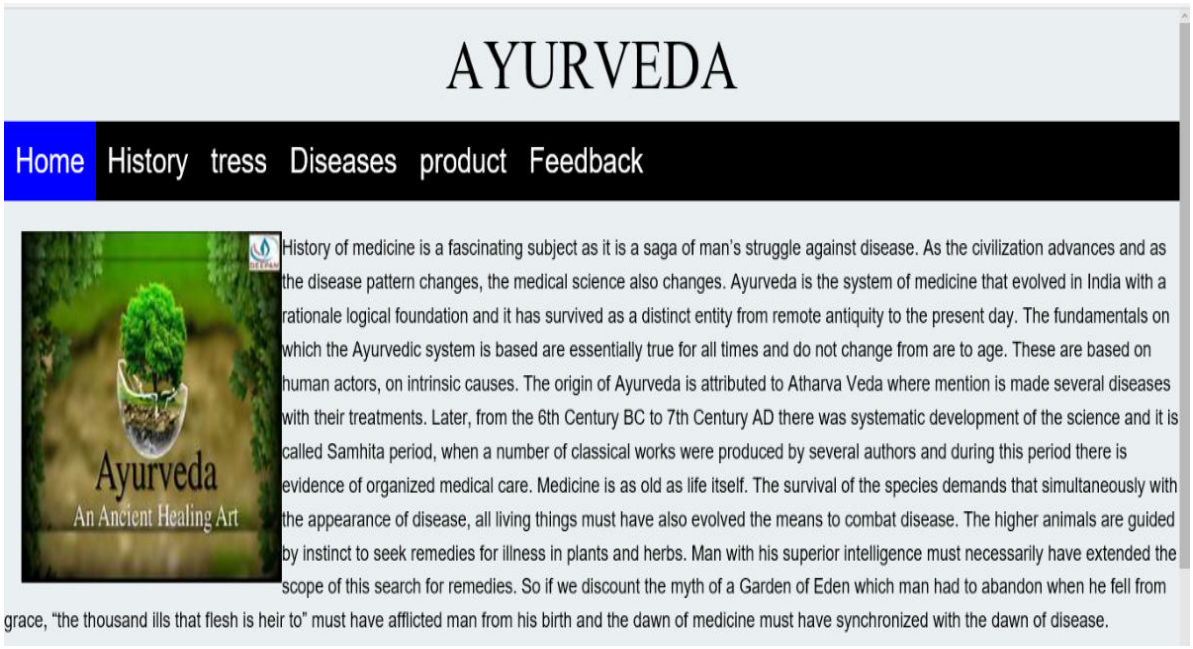
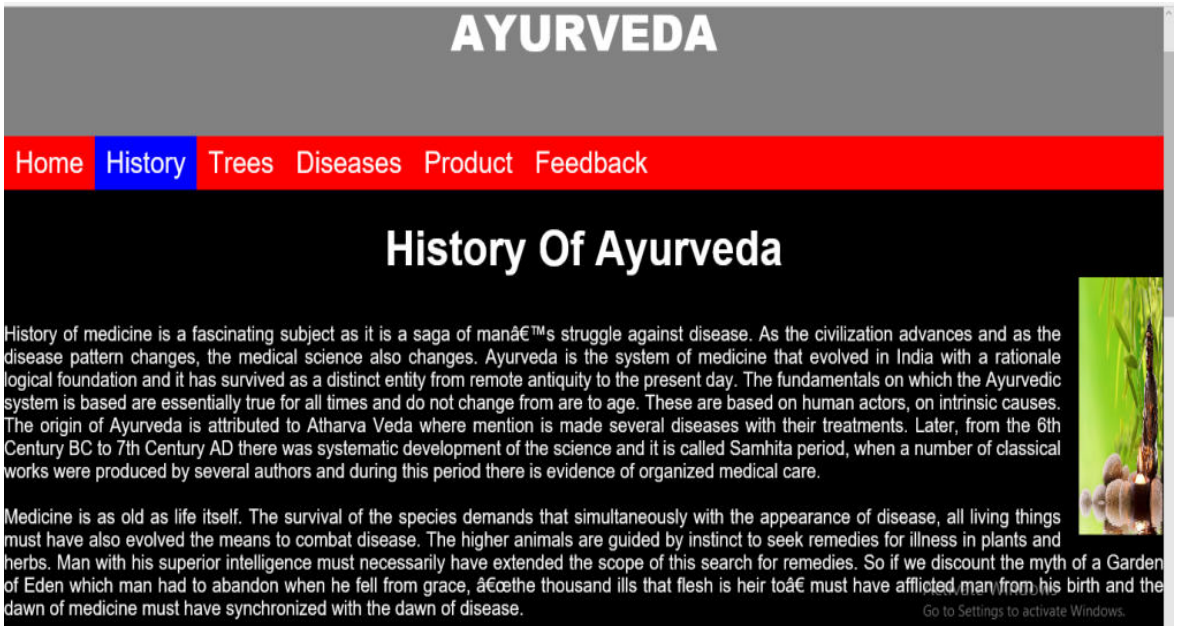
HOME



HISTORY



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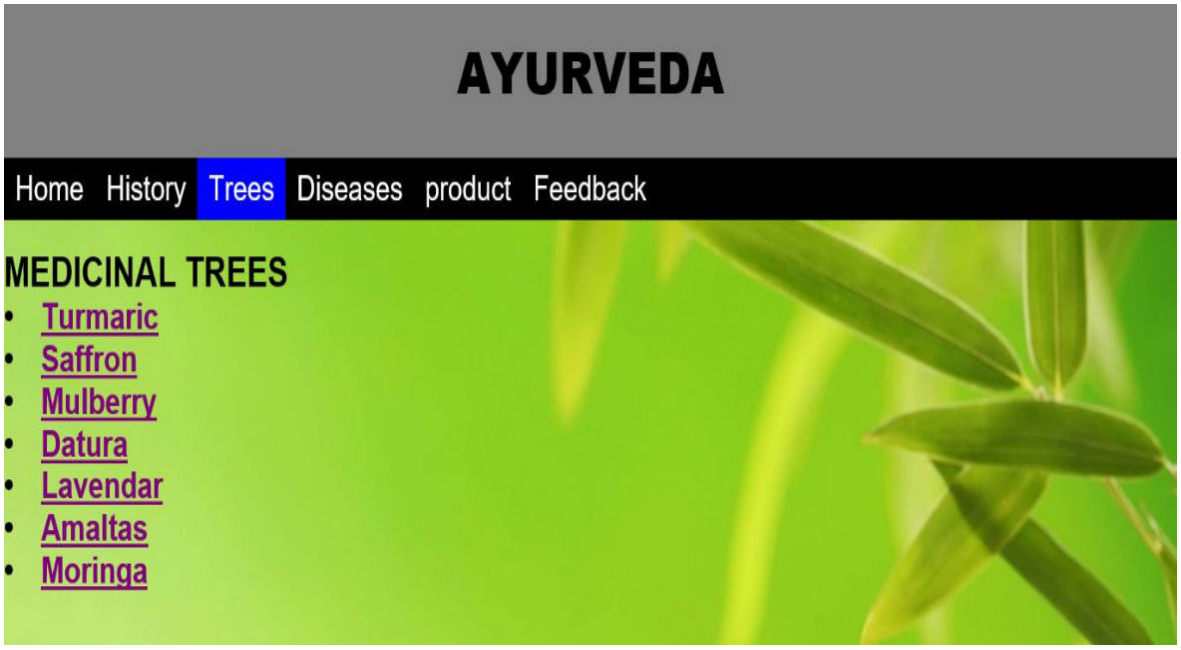

TURMARIC

SAFFRON

Saffron

Are you looking for health benefits of kesar? If yes, then you have come to the right place. But, first let's learn some important facts about this wonder spice. Saffron is a small, bulbous, perennial spice, a member of the lily family. To produce saffron, the stigmas [the part of the flower, which catches pollen] must be painstakingly handpicked, cut from the white style and then carefully laid on a sieve and cured over heat to deepen the flavor- a process so labor intensive that saffron is the most expensive spice in the world. Currently saffron is commercially produced in Iran, Greece, Morocco, Spain, Kashmir and Italy. Iran is the most important producer of saffron both, in terms of volume and quality, and Spain being the largest importer of the spice. Saffron is a labour intensive crop, which makes it so expensive. It has three delicate crimson stigmas in the centre, which are hand-picked, placed on a riddle, and cured over heat to amplify its flavour. Apart from being the most expensive spice, there are many benefits of saffron, which makes it even more special.

Here Are 7 Health Benefits Of Saffron (Kesar):

The benefits and medicinal properties of this highly priced spice, make it a valuable culinary ingredient worldwide. Modern research suggests that saffron can be used as an aphrodisiac, diaphoretic [to cause sweating], carminative [to prevent gas] and to bring on mensuration. Some other benefits are mentioned here under: 1. Protects against cancer: Saffron contains a dark orange, water soluble carotene called crocin, which is responsible for much of saffron's golden color. Crocin has been found to trigger apoptosis [programmed cell death] in a number of different types of human cancer cells, leukemia, ovarian carcinoma, colon adenocarcinoma, and soft tissue sarcoma. Researchers in Mexico who have been studying saffron extract have discovered that saffron and its active components display an ability to inhibit human malignant cells. Not only does the spice inhibit cells that have become cancerous, but it has no such effect on normal cells and actually stimulates their formation and that of lymphocytes [immune cells that help destroy cancer cells]. 2. Promotes learning and memory re

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MULBERRY

Mulberry

Mulberry, (genus Morus), genus of about 10 species of small to medium-sized trees in the family Moraceae and their sweet edible fruits. Mulberries are native to temperate Asia and North America, and several species are cultivated for their fruits and as ornamentals. Mulberry plants are also important as food for silkworms.Physical Description Advertisement Mulberries are deciduous and have toothed, sometimes lobed leaves that are alternately arranged along the stems. Individuals can be monoecious (bearing both male and female flowers) or dioecious (bearing only male or female flowers). The minute flowers are borne in tight catkin clusters. Each fruit develops from an entire flower cluster and is formally known as a multiple. The fruits somewhat resemble blackberries and ripen to white, pink, red, or purple.Major Species The red mulberry (Morus rubra) of eastern North America is the largest of the genus, often reaching a height of 21 metres (70 feet). It has two-lobed, three-lobed, or unlobed leaves and dark purple edible fruits.

Introduction to the United States

In 1733, General Oglethorpe brought 500 mulberry trees to Fort Frederica, Georgia. General Oglethorpe was hoping to increase the silk production in the United States by providing the silkworms with their favorite food, mulberry leaves. Unfortunately, silk production in the United States did not achieve the level of success that General Oglethorpe had hoped for. Mulberry Trees in the United States American explorer and botanist William Bartram wrote about his experience with mulberry trees in his book, "Travels," published in 1773. In 1774, Prince's Nursery began selling commercially grown white and black mulberry trees. George Washington, the first President of the United States, purchased fruit from this same nursery. President Thomas Jefferson had mulberry trees planted every 20 feet at his home in Virginia.

Cultivars

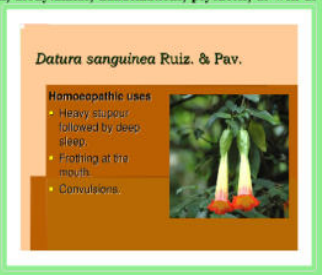
The two main cultivars of mulberry trees are the white mulberry and the black mulberry. The leaves of the white mulberry are larger than those of the black mulberry. However, the fruit of the black mulberry is much sweeter than the fruit of the white mulberry. Another cultivar, the paper mulberry, is used extensively in Japan for the production of paper products. Unfortunately, the paper mulberry does not produce fruit and is considered an invasive species in some states in the United States. Ads by Revcontent You May Like Partner

DATURA

Datura

Datura is a genus of nine species of poisonous Vespertine flowering plants belonging to the family Solanaceae. They are commonly known as daturas, but also known as devil's trumpets[1] (not to be confused with angel's trumpets, which are contained in the closely related genus Brugmansia). Other English common names include moonflower, jimsonweed, devil's weed, hell's bells and thorn-apple. The Mexican common names Toloache and Tolguacha derive from the Nahuatl name Tolohuaxihuitl meaning "the plant with the nodding head" (in reference to the nodding seed capsules of Datura species belonging to section Dutra of the genus). Datura species are native to dry, temperate, and subtropical regions of the Americas and are distributed mostly in Mexico, which is considered the center of its origin. Although Datura ferox occurs in Argentina, Datura metel in Asia, and Datura leichardthii in Australia, these species were probably introduced from Mexico.[2] Its distribution within the Americas and North Africa, however, is most likely restricted to the United States, Mexico and Southern Canada in North America, and Tunisia in Africa where the highest species diversity occurs. All species of Datura are poisonous, especially their seeds and flowers which can cause respiratory depression, arrhythmias, hallucinations, psychosis, as well as death if taken internally.

Health Benefits and Therapeutic Uses of Datura



Datura effects can improve your health and that is why it is used in Ayurvedic medicine. However, since most parts of the plant are toxic, they should be ingested with extreme caution. In case of poisoning from datura plant, immediate medical assistance should be sought. Always consult a doctor before consuming any part of the plant, especially if you are pregnant. Datura is ideal for the treatment of asthma. The leaves are burnt and the fumes are inhaled to take in the antispasmodic properties of datura. Traditionally, datura leaves were rolled and smoked to improve the symptoms of asthma. Datura fruit can be used to treat specific types of malarial fever. Since the fruit is not considered edible, only specific parts of it are used for treatment. The fruit is burnt before consumption. The leaves of a datura plant can be used for relieving the various heart problems. They can be used for treating palpitations, hypertension, distress, and various aortic disorders. The juice extracted from the leaves of the datura plant can be used to treat earaches. You can extract the oil from datura leaves at home, or you can purchase commercially prepared salves and oils. Putting a few drops of the oil in your ear can help suppress ear infections. Traditionally, datura effects have been useful for the treatment of impotency. The seeds from ripe datura fruits are removed and dried. These are then added to cow's milk and boiled to obtain the extract of the datura seeds. These can help improve the blood circulation to the genital organs, thus helping in the treatment of impotency to some extent. Datura seeds can also be used to make a preparation for the treatment of baldness. The oil extracted from the datura seeds can be applied on the bald patches to stimulate growth of hair. However, this juice is highly poisonous and should not be consumed in any way. Women who have a

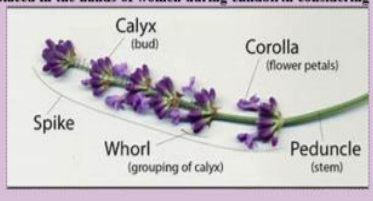
LAVENDAR

Lavendar

A shrubby plant is cultivated widely for its aromatic flowers all across the globe, in France, Italy, parts of England and as far as Northway, is native to the hilly areas of the countries neighboring the Mediterranean. A genus of around 39 species with over 200 varieties, Lavender is a flowering plant belonging to the family Lamiaceae. Considerably superior in its aroma than that of its parents L. augustifolia and L. latifolia, the hybrid lavender Lavandula spp was unearthed first by the French farmers in 1930. Also known as â€œBig Lavenderâ€ or â€œLavadinâ€, this specie is an indispensable constituent of perfume factories at Grasse because of its strongly fragranced oils.

Historical Beliefs

In ancient Greece, Rome and in the countries of Middle East, lavender was widely used as an antiseptic medicine to treat loss of memory, vertigo and seizures, fainting, infertility and insomnia, ulcers, headaches, sprains and toothaches. The poultice soaked in lavender herb was applied over snakebites, dog bites and all sorts of wounds. It was believed in the ancient times that this plant is preferred by the dead and hence mummies were wrapped in lavender. Derived from the word Lavare â€“ to wash, lavender was considered ideal for bathing by Romans. It was a tradition to decorate the floors of churches and houses on auspicious days to keep evil spirits away. Even today, it is believed by many that growing lavender in the backyard brings good luck as the fragrant smell of its flowers attracts fairies. Even more, scented bundles of lavender were placed in the hands of women during childbirth considering that it would give them strength and courage.



Description of the scented plant lavende

Lavender is a small perennial shrub that grows 2 to 3 feet tall with evergreen linear and hairy leaves serving as assets in survival of the plant in hot dry places, and the delightful violet-blue spiking flowers. The stem of the plant is coated with yellowish grey, peeling bark. You will find whorls of six to ten short stalked lovely flowers on blunt spikes. The scented smell of the flowers and leaves of lavender makes it unappetizing for insects and foragers; thus you find this herb commonly used in sleep pillows and sachet bags, put inside to protect clothes from moths.

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AMALTAS

Amaltas

Amaltas (Cassia fistula) complete detail. Description and medicinal uses of Amaltas â€“ Cassia fistula. Classification of Amaltas (Cassia fistula). Habit and habitat of Amaltas (Cassia fistula). Cassia fistula tree is well known for its impressive yellow flowers that cover the entire canopy. Leaves are useful in skin diseases. The wood Cassia fistula is durable, hard and heavy , is suited for cabinetwork, farm implements, inlay work, posts, wheels, mortars etc. In many countries, people are use this tree as a firewood. The flowers appear mainly from March to July. Flowers are bright yellow in color, and growing from pendulous 20 to 40 cm long racemes, each flower 4â€“7 cm in diameter with five yellow petals of equal size and shape. Fruit is legume, pendulous, cylindrical, and brown in color, 20 to 60 cm long, 1 to 2.5 cm broad, with a pungent odor and containing several seeds. Seeds lenticular, light brown, lustrous. Flower buds are green when immature, andâ€¦â€¦â€¦. Cassia fistula also grown as a ornamental tree. Cassia fistula also used in the treatment of cancer, constipation, convulsions, delirium, diarrhea, dysuria, epilepsy, gravel, hematuria, pimples and glandular tumors. Pest of root is useful in skin diseases, burning sensations and syphilis. Bark is useful in boils, leprosy, ringworm affection, diabetes, strangury and cardiac problems. Leaves are useful in skin diseases, burning sensation, dry cough and feverâ€¦â€¦â€¦.

Medicinal Uses

Cassia fistula has many medicinal properties like are astringent, cooling, purgative, febrifuge, tonic, laxative, anthelmintic, emetic, antiperiodic, febrifuge, diuretic, depurative, carminative, anti-inflammatory, diuretic and ophthalmic. Used in many medicinal treatments skin diseases, burning sensations, syphilis, boils, leprosy, ringworm affection, colic, dyspepsia, constipation, diabetes, strangury, cardiac problems, dry cough, bronchitis, malaria, rheumatism, fever, leprosy, Stomach disorders, inflammations and intermittent fever. Pest of root is useful in skin diseases, burning sensations and syphilis. Bark is useful in boils, leprosy, ringworm affection, diabetes, strangury and cardiac problems. Leaves are useful in skin diseases, burning sensation, dry cough and fever. Fruits are used in flatulence, colic, dysentery, inflammations and intermittent fever. Flowers are useful in cardiac disorders, intermittent fever and general debility. Cassia fistula also used in the treatment of cancer, constipation, convulsions, delirium, diarrhea, dysuria, epilepsy, gravel, hematuria, pimples, and glandular tumors. The wood Cassia fistula is durable, hard and heavy, is suited for cabinetwork, farm implements, inlay work, posts, wheels, mortars etc. In many countries, people are use this tree as a firewood. Cassia fistula also grown as a ornamental tree.

back

MORINGA

Moringa

Moringa is a plant that is native to areas of India, Pakistan, Bangladesh, and Afghanistan. It is also grown in the tropics. The leaves, bark, flowers, fruit, seeds, and root are used to make medicine. Moringa is used for asthma, diabetes, obesity, symptoms of menopause, and many other conditions, but there is no good scientific evidence to support these uses. Oil from moringa seeds is used in foods, perfume, and hair care products, and as a machine lubricant.Moringa is an important food source in some parts of the world. Because it can be grown cheaply and easily, and the leaves retain lots of vitamins and minerals when dried, moringa is used in India and Africa in feeding programs to fight malnutrition. The immature green pods (drumsticks) are prepared similarly to green beans, while the seeds are removed from more mature pods and cooked like peas or roasted like nuts. The leaves are cooked and used like spinach, and they are also dried and powdered for use as a condiment. The seed cake remaining after oil extraction is used as a fertilizer and also to purify well water and to remove salt from seawater.

Uses & Effectiveness?

Insufficient Evidence for:

- Asthma:- Early research shows that taking 3 grams of moringa twice daily for 3 weeks reduces the severity of asthma symptoms and improves lung function in adults with mild to moderate asthma.

- Diabetes:- The effect of moringa on diabetes control is unclear. Some early research shows that taking moringa tablets along with a type medicine called sulfonylureas does not improve blood sugar control as measured by hemoglobin A1C levels. But it does seem to reduce fasting and post-meal blood sugar levels compared to taking sulfonylureas alone in people with diabetes.

- Breast-feeding:- Research regarding the effects of moringa for increasing breast milk production is mixed. Some early research shows that moringa

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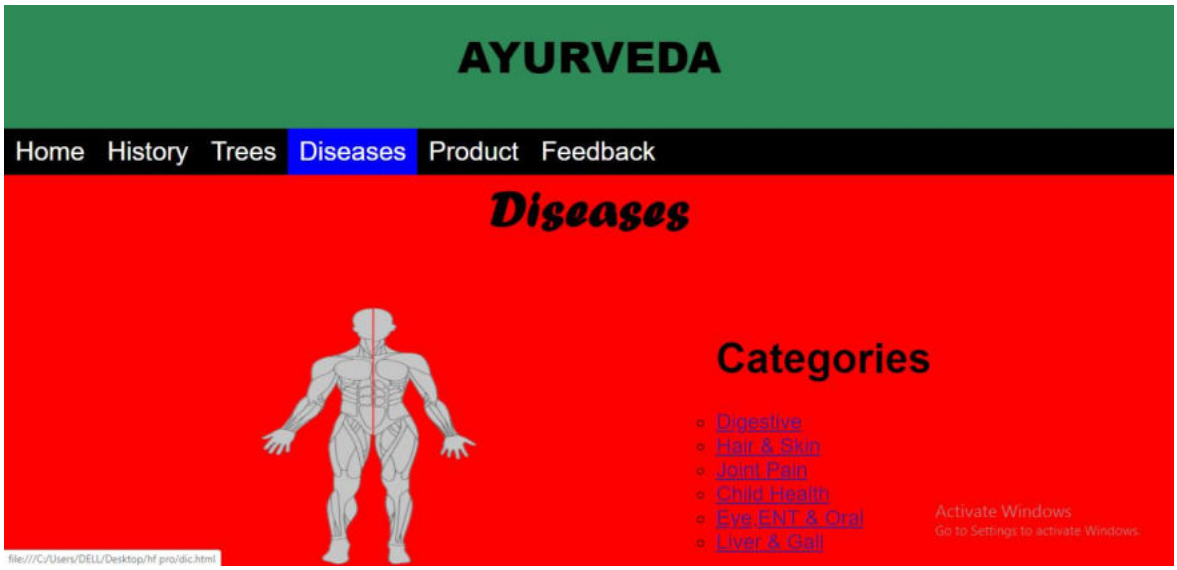
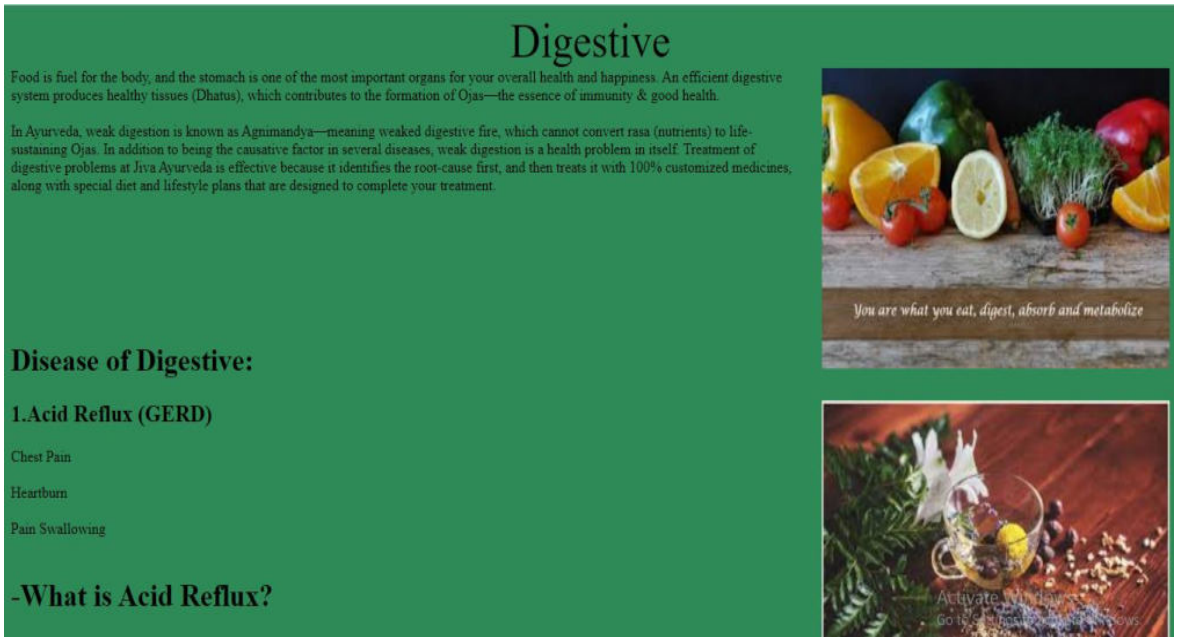
DISEASES



DIGESTIVE



2.Anaemia

Low haemoglobin levels

Giddiness

Swelling around eyes

Whitish skin, nails & eyes

Palpitations

Sleeplessness

Breathlessness

-What is Anaemia?

The word 'anaemia' actually comes from the word 'mia' which means blood. Anaemia means absence of blood and refers to the reduction of haemoglobin level in body. Normal level of haemoglobin in adult females is between 12 to 16 g/dl while in adult males it is between 14 to 18 g/dl. When haemoglobin level falls below the minimum parameter, anaemia ensues. In Ayurveda, Anemia treatment begins with identifying the root-cause of every individual patient.

3. Anorexia nervosa

Dieting despite being underweight

Obsessed about calories & fats

Avoiding eating with some excuse

Dramatic weight loss

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Avoiding eating with some excuse

Dramatic weight loss

Secretly vomiting after meals

Over exercising

-What is Anorexia nervosa?

Anorexia means the loss of desire to have food even when one is hungry. This disease is known as aruchi in Ayurveda. This condition can arise due to a sedentary lifestyle, stress and wrong eating patterns. In this condition a person has no appetite for food due to indigestion or psychological causes. In some cases the patient gets a bad taste in the mouth and has no desire to swallow the food. Note that anorexia (simple loss of appetite) is not the ser
known as anorexia), which refers to serious psychological and physiological conditions usually seen in women where they develop and aversion to eating and have a distort
obese. A person with anorexia nervosa often has severe and even life-threatening weight-loss. In contrast, anorexia (the simple loss of appetite) is usually temporary and doe
nervosa.

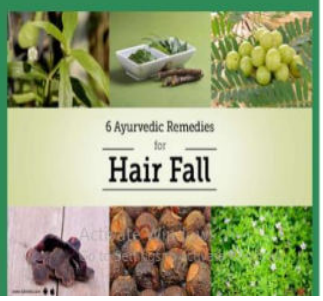
HAIR & SKIN

Hair And Skin

Use of chemical-based cosmetics, exposure to excessive heat or pollution, stress and lack of proper nutrition can create imbalances in the doshas and lead to common skin and hair problems such as acne, pimples, black heads, wrinkles, dark spots, premature graying, hair loss, alopecia, psoriasis, eczema, hives, and vitiligo. Often what appears to be a superficial problem can have deeper root-causes that may affect your overall wellness. Ayurveda can help.

Disease of Hair And Skin:-

1.Hair Fall



Stress, worry, anxiety, and inadequate nutrition lead to hair loss and premature greying of hair. A certain amount of hair loss is considered normal, as old strands are replaced by new. When hair loss is excessive, care must be taken. Similarly, the greying of hair after a certain age is a normal phenomenon, but when this starts in the early years of life, one should look into for remedies. Increased intake of fried, sour, spicy, salty, and fermented foods, as well as tea and coffee, aggravate the Pitta Dosha (Ayurvedichumour representing Fire) in the body. This Pitta accumulates in the skin of the scalp, leading to hair falling out and greying prematurely. Factors like excessive anger and stress are also responsible. Excessive consumption of alcohol and meat also aggravate Pitta.

2.Allergies

2.Allergies

Shortness of breath

Wheezing

Breakout on skins

Irregular bowel movements

Stomach cramps

Itchy, watery eyes and nose

What is an Allergy?

Allergies are an overreaction of the body's immune system to specific substances that it misidentifies as harmful. This overreaction of the body's immune system is known as an allergic reaction and the substances that cause it are called allergens. Allergic reactions manifest themselves in the form of commonly seen skin and respiratory disorders such as eczema, hives, hay fever, asthma and food allergies. In Ayurveda, allergy treatment is done by first diagnosing the individual root-cause of every patient.

3.Dandruff

White flakes in hair

Dryness of scalp

Redness and irritation

Continuous itching

JOINT PAIN

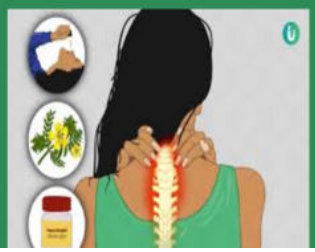
Joint pain

Once a predominantly old age problem, joint disorders are increasingly becoming common in the youth too. Most joint disorders such as Rheumatoid Arthritis, Osteoarthritis, Gout, Spondylosis, Osteoporosis occur because of an imbalance of Vata Dosha, presence of Ama (toxins) in the joints or weakening of Asthi and Majja Dhatus. The gap between joints are lubricated by Sleshak Kapha and when this decreases, stiffness and inflammation occurs in joints accompanied by pain and crepitus. Timely treatment with Ayurveda is very important to get long-term relief and effective result in joint disorders.

Disease of Joint pain:

1.Ankylosing spondylitis

Ankylosing spondylitis is a type of arthritis that affects the spine. This is a chronic inflammatory arthritis that commonly affects the sacroiliac joints in young men. The onset is usually rapid with recurring episodes of low back pain and stiffness, which radiates sometimes to buttocks or thighs. Characteristically, the symptoms are worse in the early morning and following inactivity. The vertebrae may grow or fuse together resulting in a rigid spine. These changes may be mild or severe and may lead to a stooped posture. Early diagnosis and treatment helps in controlling pain and stiffness and may prevent significant deformity. Although it can occur at any age, ankylosing spondylitis most often strikes men in their teens and twenties.



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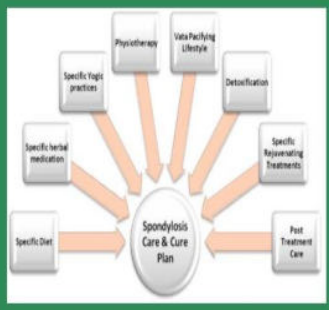
2. Cervical Spondylosis

Cervical Spondylosis is a kind of Arthritis that affects cervical vertebrae and is characterized by pain at the back of the neck (radiating towards the upper limbs) and vertigo while bending downwards. There might be sensory loss and numbness in the upper limbs. In Ayurveda, it is known as Grivasandhigatvata. There are some degenerative changes in the cervical vertebrae. This, when coupled with trauma or incorrect posture while sitting or sleeping leads to the manifestation of Cervical Spondylosis. Cervical Spondylosis treatment in Ayurveda works on the root-cause by balancing the doshas and strengthening the Asthidhatu.



3.Gout

Burning sensation

Swollen joints

Pricking pain

Change of skin colour

-What is Gout?

Gout is a painful metabolic disease resulting in inflammation and the deposition of uric acid in the cartilages of the joints. Gout first affects the big toe causing it to swell and become very painful. In the next stages it spreads to the ankles, knees, joints of hands and feet, the

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CHILD HEALTH

Child Health

Kuamarbhrutya is a special branch in Ayurveda dedicated to child healthcare. Since a child's health is dependent on the mother's health, Kaumarbhrutya also focuses on special aspects of the mother's health as well. Immunity, nutrition, digestion and metabolism are the key concerns in child health. Special cases with respiratory, skin andneurological disorders are also treated in Ayurveda.

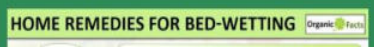
Disease of Child Health:

1.Asthma

Asthma is a respiratory disease which is characterized by narrowing of the airways. This happens when the body responses to a trigger such as exposure to cold air, allergens in the air, emotional stress or heavy exercise. When the airways narrow, patients show symptoms such as tightness of the chest, wheezing noise while breathing, coughing and shortness of breath. Asthma treatment at Jiva Ayurveda is completely personalized with customized medicines, diet and lifestyle. Asthma is caused because of excessive intake of vata (cold), consuming kapha aggravating food items, weakening of the lung tissues, and problems caused by lung diseases. Environmental and lifestyle factors also play a role in asthma. Consuming cold or stale foods are not easy to digest and lead to the formation of ama (mucus) thereby causing blockage in the respiratory channel and difficulty in breathing. Living in cold and damp environment is also a reason of asthma

2. Bed wetting

Wetting during the day



2. Bed wetting

Wetting during the day

Frequent urgency to urinate

Straining, dribbling

Stains on underpants

-What is Bed Wetting?

It is normal for small children to pass urine in bed during sleep. However in some children this tendency persists even after the age of 5 years. If it occurs at least twice a week for 3 months, then it is considered to be a disease and is called bedwetting or enuresis. Bedwetting is the most frequently seen paediatric problem and is called shayyamutrata in Ayurveda. Various causative factors responsible for bedwetting include small capacity of urinary bladder, weak bladder muscles, neurological problems, intestinal worms, psychological factors (like fear, anger etc) and maturation delay. Habit of drinking excessive water and genetic factors too are sometimes responsible for bedwetting.

3. Childhood Asthma

Pain and tightness in chest

General malaise

Wheezing &coughing

Breathlessness

Stains on underpants

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3. Childhood Asthma

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Wheezing &coughing

Breathlessness

-What is Childhood Asthma?

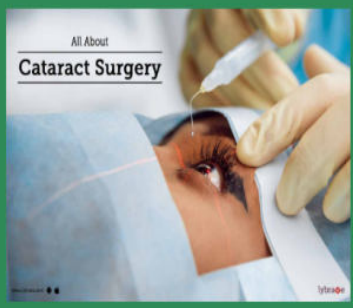
Asthma is one of the most common chronic diseases of childhood. It is a lung disease characterized by difficulty in breathing, cough with sputum and sometimes fever. Children with asthma typically cough, wheeze, and experience chest tightness and shortness of breath. Asthma in children and infants is a major health problem showing steady increase in prevalence both in developing and developed countries. Seventy-four percent of asthma attacks in children are experienced in children less than 5 years of age and 26 percent in less than one year of age. The ratio of male and female incidence is 2:1.

Eye, ENT & Oral

Sight, the sense of smell and soundswe hear, open up the world for us. Nature has given special importance to sense organs by placing them on the head. Diseases of these special organs are caused by excessive or improper use, or environmental factors which are explained in Ayurveda as AstamyaIndriyarthSanyog and Parinam. Constant use of electronic screens, listening to music, being in a noisy environment, working in dimly lit conditions or being exposed to very bright lights are some examples of improper use of the organs and environmental factors. Eating non-nutritious foods, smoking, improper personal hygiene are also contributing factors. In Ayurveda, these diseases are treated and managed under the special Shalakya Tantra branch.

Disease of Eye, ENT & Oral:

1.Cataract



Cloudy or blurry vision

Double vision

Seeing colors differently

Weak vision

-What is Cataract?

A cataract is an eye disease in which the clear lens of the eye becomes cloudy causing decrease in vision. It is a common disease and most cataracts are a result of the aging process. In the development of age-related cataract, the power of the lens may be increased, causing near-sightedness (myopia). Cataracts typically progress slowly to cause vision loss and are potentially blinding if untreated. It usually affects both eyes but one of the eyes is always affected earlier than the other. Cataract treatment at Jiva Ayurveda offers a combination of personalized medicines, diet and lifestyle which works on the root-cause of the disease.

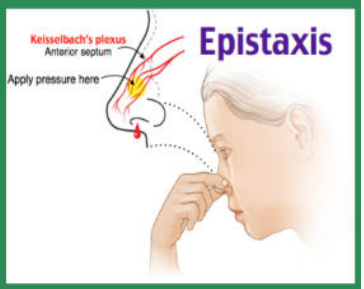
Activate Windows
Go to Settings to activate Windows.

2.Epistaxis

2.Epistaxis

Nosebleed

Blocked nose



-What is Epistaxis?

Haemorrhage or bleeding from the nose is called epistaxis. It is a sign of vitiated body heat and is often associated with high blood pressure and some other systemic diseases caused by excessive heat in the body. Many people suffer from epistaxis during the hot summer months.

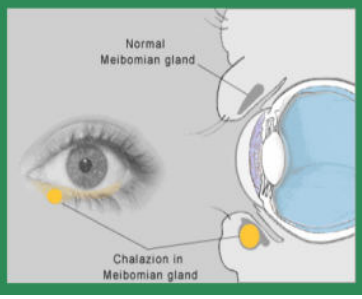
3.Stye

Lump on eyelid

Pain and swelling

Crusting and tearing

Burning & redness



-What is Stye?

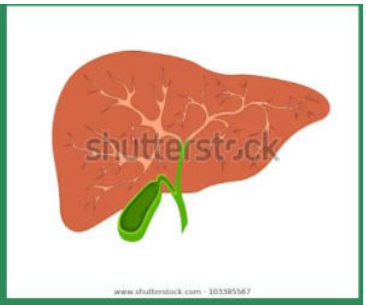
A stye is a small, inflamed boil on the eyelid. It may affect the skin of the eyebrows or the eyelids, more commonly the lower lid. Usually stye is an inflamed hair follicle or an infection of a sebaceous gland in the edge of the eyelid. In Ayurveda, it is known as anjananamika.

Activate Windows
Go to Settings to activate Windows.

LIVER & GALL

Liver & Gall

The liver and gallbladder are the primary locations of two subtypes of Pitta (Pachaka&Ranjaka) which are essential in digestion and formation of blood. Bile juices and enzymes produced by the liver are necessary to break down fats and fat-soluble vitamins. Improper digestion and lack of proper rest deposits ama (toxins), weakens the Pittic fires and leads to liver disorders.Use of alcohol and drinking contaminated water are also additional causes that increases the risk factor. In some cases, genetic disposition for liver problems is also a factor.



Disease of Liver & Gall:

1.Gallstone

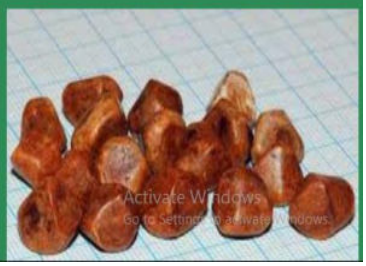
Nausea

Vomiting

Constipation

Swelling and tenderness

Flatulence and indigestion



2.Liver Cirrhosis

Anaemia

Jaundice

High blood pressure

Digestive complaints

Liver & spleen enlargement

Occasional haemorrhage

-What is Liver Cirrhosis?

Replacement of normal liver tissues by fibrous tissues is called liver cirrhosis. Liver cirrhosis may be considered as a stage which liver reaches after confronting with certain causative factors for prolonged period of time. Liver Cirrhosis is many times compared with Kumbhakaamla described in Ayurveda. Due to Liver Cirrhosis, Ojas (immunity) becomes low and as a result he or she becomes more susceptible to diseases. Liver Cirrhosis treatment works towards improving liver functions as well as boosting immunity (Ojas) in the patient.

3.Jaundice

Yellowish discoloration

Drowsiness

Weakness & fatigue

Lack of appetite

PRODUCTS

Ayurvedic Medicinal Product
Turmaric Medicinal Product
Sunfood
ORGANIC
TURMERIC
POWDER
2
PACK
INFLAMMATION
Advanced
Turmeric
500 mg
webber naturals
NATURE'S GARDEN
Turmeric
Organic Turmaric Powder
Rs.419
Turmaric Dr
Rs.270
Webber Naturals
Rs.150
Naturals Garden
Rs.321

Moringa Medicinal Product
MORINGA
Moringa
Osethma
Pure
Moringa
Capsules
Osethma
Moringa
TRADITIONAL
MEDICINALS
Organic
Moringa
with Spearmint & Sage
12
Osethma pure moringa capsules
Rs.212
Organic moringa with spearmint & sage
Rs.250
ALFA
CHILTAN PURE
ORGANIC PURE
MORINGA
NATURAL FOODS
ORGANIC
Moringa Leaf
Powder

Lavendar Medicinal Product

Tea Tree Lavender — Rs.450

Organic Lavender oil — Rs.320

Natural care — Rs.250

Omaxe — Rs.320

Datura Medicinal Product

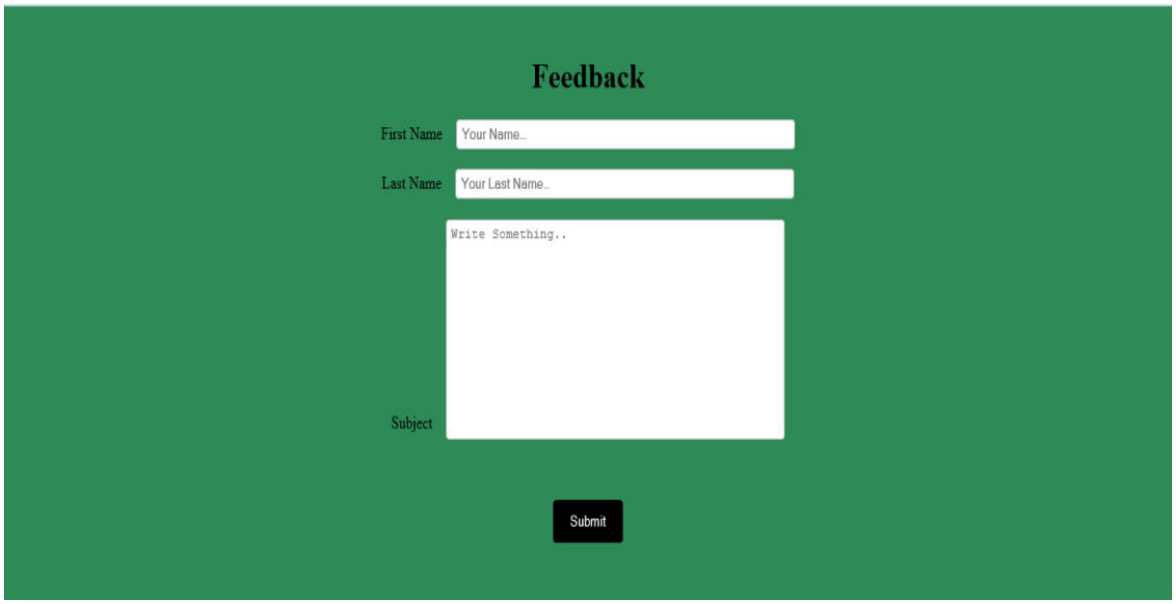
1/4

12

12

12

FEEDBACKFORM



TESTING AND VALIDATION CHECKS

TESTING

Testing plays a very important role to assure the quality of any system .testing give chance upgrade or to improve if any drawbacks are there.testing is generally done at two levels,testing of individual modules and testing the entire system .during system testing,the system is used experimentally to ensure during system testing ,the system is used experimentally to ensure that the software does not fall.that it will run according to its specification and in the way users expect .testing is done through out system development at various stages not just at the end.it is always a good practice to test the system at many different levels at various intervals that is sub-system,program modules as work progresses and finally the system as a whole.

Program testing :

Under this testing,we have to concentrate on the software part.system software should be free from errors.whether it is syntax error or logical error.I have done software testing the output of this test is satisfactory.It fulfils all the conditions,which was required for the program testing.

Security testing:

The security test deals with deals with the data control and various security measurs of the system.it tries to find out what security measures should be adopted in case of damages cost due to power failure or other problem.I have done security test and seen that result is satisfactory.

Documentation testing:

Documentation testing is necessary for the project.It tries to find out whatever document supplied are satisfactory or any further document should be supplied.

IMPLEMENTATION, EVALUATION & MAINTENANCE

MAINTENACE:

Maintenance covers a wide range of activities,including correcting coding and design errors,updating user support.the project needs maintenance in future if any enhancements are made,maintenance of hardware and software is also required.

IMPLEMENTATION:

The system implementation involves the conversion of design into the actual working system .The system implementation stands for conversion are of three types:

1.Conversion of manual system into computerized system.

2.Conversion of existing computerized system into modified version of hardware.

3.Keeping the hardware it and implementing the new technique.

In this project the type of implemention used is conversion of manual system into computerised system.this project is going to implent the manual system into computerised system.which is very easy to handle and saves time,which is very valuable in the today's world.

EVALUATION:

The evaluation process includes the study of the existing system there drawbacks and the various option to improve the system.the conventration

should be on the satisfying the primary requirments of the users.the system is evaluated on the basis of: In this project evaluation is made on theexisting and their drawbacks,what improvments can be provides facility to users.collecting the data required for improvments it in real us**e.**

FUTURE SCOPE OF THE PROJECT

FUTURE SCOPE OF THE PROJECT

As the website provides the correct and factual information, it will be of a great use for any individual or tourist that to know about Ayurveda.

The nature of the website is flexible and so,it can be expanded even further as per the requirement of the the time.

This website has been built with monitory & nonmonetary view and hence it is very useful for preservation and protection of the worlds monuments.

This website will aslo provides the detail wild life of each zone like north india ,east india ,south india and cental India.

The main purpose of desiging this website is that providing information to all.

CONCLUSION

CONCLUSION

All the information provided in the project is true and fair idea behind creating this project is to bring awareness about life security, that people should know about it in detail.in this website we have provided each and every information about Ayurveda.

This understanding that we are all unique individuals enables Ayurveda to address not only specific health concerns but also offers explanation as to why one person responds differently than another. We hope that you will continue to explore Ayurveda to enhance your health and to gain further insights into this miracle we call life.

The results of the present study revealed that Glochidion ellipticum leaves, stem bark and root are a potential producer of cytotoxic 283 secondary metabolites like flavonoids, sterols, alkaloids etc. Therefore, all these extracts might be utilized for the development of novel phytoconstituents drug leads. Although the brine shrimp lethality assay is rather inadequate regarding the elucidation of the mechanism of action, it is very useful to assess the bioactivity of the plant extracts.

Thus, the mechanism of selective cytotoxicity is needed on further studies. These compounds could be further explored as novel leads to cancer chemoprevention and complementary chemotherapy.

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