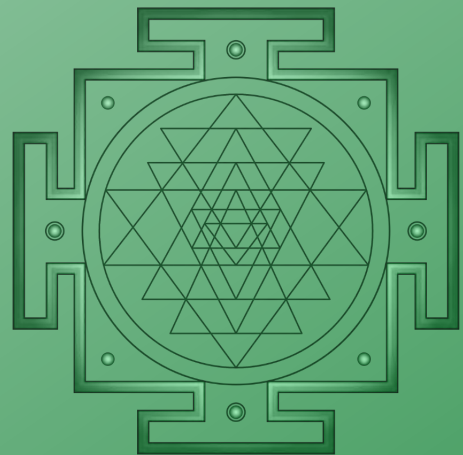


NEWSLETTER



NOVEMBER 2023

Contents

2	Letter from the editor
3	APA website information
4	APA Membership Renewal Information
5	A summary report on the APA CPD event (kindly provided by the URHP)
7	Photographs of APA event
8	Abresham (Bombyx mori) in Ayurveda, Siddha and Unani medicine
12	Review of APA webinar 'Reversing Autoimmunity with Ayurveda & Integrative Medicine'
14	What's Happening in Ayurveda
19	Introducing new faces on the APA Council
21	Interesting herbal article
22	Up and coming APA events '2023'
24	Ayurvedic equipment for sale
25	APA Contact Information

Letter from the Editor

I do hope this edition of the APA Newsletter finds you happy and healthy. This can be the most challenging time of the year, as the nights draw in and the damp and cold start to make themselves felt.

A big thank you to all of our contributors, who supplied articles for this edition. Please do try and contribute something if you can as we aim to produce at least six issues per year, so this means we have a lot of pages to fill to keep readers interested!

If you would like to submit material for the next edition of the Newsletter, please make sure it reaches us by February 15th 2024.

Andrew Mason

From all the APA team, we would like to wish you a Happy, Healthy, Festive Season and look forward to seeing you all in the New Year

Disclaimer: The information contained in this Newsletter is for informational purposes only and is not intended to be a substitute for professional medical advice, diagnosis or treatment. The views and opinions expressed here are those of the authors and do not necessarily represent the views or official policy of the *Ayurvedic Professionals Association*.

MAGAZINE CONTRIBUTIONS NEEDED!



An urgent call for contributions to this magazine.

The APA Newsletter aims to reach you every few months and this requires a lot of work and more importantly - articles. If you think you have an interesting case study, book review, research paper or recipes that others would enjoy, please send it to us.

Other topics of interest include: favourite Ayurvedic herbs and why you like them, book promotion, jokes and amusing stories.

Please send your articles to: info@apa.uk.com

APA WEBSITE INFORMATION

IMPLEMENTED CHANGES & THEIR BENEFITS TO YOUR PRACTICE

Ayurveda ~ the Original System of Healthcare and Medicine

The APA as the largest Ayurvedic organisation for Ayurveda in the UK, are able to help you find the Ayurvedic Professional best suited to your unique needs via [the sitemap of APA member categories and locations](#).

Discover Ayurveda.

Ayurvedic diet, nutrition suited to your constitution and lifestyle practices to help reduce stress or



For a long time, we have been trying to improve the functionality of the APA website for both you as members and the public. With the implemented updates, the site will significantly improve functionality and ease of use. It will now be possible to show more information about your services, as everyone will have a profile page to edit as needed.

The public can use the site to reflect on the questions that are historically and continually sent to the APA office.

Please keep in mind that to renew your APA Membership, you will need to upload a copy of your insurance certificate to the APA website, so please make sure that your insurance is up to date before the renewal.

After successfully uploading your insurance and paying, each member can add more details than previously possible. This is important because the newly added search facilities rely on your description. You will now be able to have pictures of You, your clinic, treatments, as well as a comprehensive description of the way you work and the services you offer.

The description should have as many of what could be described as keywords as possible to describe the work you do, remembering also to include terms that the general public can understand. This is important as the public will have an additional section to search, meaning they will not just be returned members in their area or postcode but the specialist term they have searched for. However, please remember, as an APA member, you can only offer services for which you were trained.

This includes HERBS for which you were trained. Just to remind you, as explained in the APA

membership requirement documents, only categories A and B can offer polyherbal formulations as a treatment protocol. To clarify further, yes, you may have had training in a few herbs or spices, but respectfully, these should be used only for diet and lifestyle, not for disease management. The APA suggests you check with your insurance provider if you are unclear about what you can offer and what you are covered as trained.

The other change is the use of a headshot photograph.

A photo has been introduced to offer the public another level of security and safety and to avoid confusion over names. This will mean that the client will recognise the person they have booked with on an initial meeting. We hope you agree a headshot is a good addition to building customer relations and safety and is in line with current protocols where a headshot of staff alongside qualifications seems to be included on most NHS websites. Of course, if you choose not to add a headshot or expand on your clinic details, that is completely up to you. The list will return your name as an entry if searched for your area but not any more details on an extended public search under the new parameters.

We are excited to offer the new APA updates and hope you will make good use of them to promote and expand your business.


Thank you very much.

With best wishes

The APA


<https://tinyurl.com/46aj9vt3>


APA MEMBERSHIP RENEWAL INFORMATION



THE HEALTHY LIFE
COMPANY DEVIZES

Devizes Wiltshire SN10 1AR

 [Website](#)

 Practitioner Category J

PLUS. [\(more info\)](#)

[View Full Profile](#)

- Ayurvedic Lifestyle Consultation
- Ayurvedic Nutrition and Diet
- Clinical Diagnosis and Lab Testing
- Chronic Disease Management
- Breathing Pranayama
- Mental Wellbeing
- Nadi Pariksha (Ayurvedic pulse assessment)

CLINIC DETAILS

SERVICES

THERAPIES

Dear APA Member,

Renewal Process

Please follow the following three steps to complete the renewal process:

1. Log in to your APA Account using the following link
2. <https://apa.uk.com/wp-login.php>
3. Select your Membership Category on the renewal page
4. <https://apa.uk.com/membership-options>
5. Please Note that Membership Categories A to I are now required to upload proof of insurance prior to payment, so please have this ready as a single file (PDF or Jpeg).
6. We have significantly upgraded the Find a Member facility on the APA website. In order to facilitate this change, all the previous clinic listings have been removed. All the APA members who would like to advertise their clinic details on the APA website will need to add the details again in the new and improved format after renewing the membership. Please note that your listing can NOT be displayed unless you also upload up-to-date proof of insurance using the clinic listing form.

Your new clinic listings can added to this page.

<https://apa.uk.com/members/my-account/new-clinic-listing>

Once added, your Clinic Listings can be found in your Members Area on this page.

<https://apa.uk.com/members/my-account/my-clinic-listing>

On this page, you'll be able to check if the listing is approved and if we hold valid proof of insurance and update your clinic's details. Please allow 48 hours for the clinic listings to be approved. Your clinic listing pages will be listed in the Members Area menu once you have logged in to your APA Account.

Please note that adding the clinic details is optional.

Your renewal process has now been completed.

Thank you very much for renewing your membership and updating your clinic details.

The APA

A SUMMARY REPORT ON THE APA CPD EVENT BY URHP

SAFE PRACTICE FOR ALL SOLUTIONS, NOT PROBLEMS

CORONER'S CRITICISMS	SOLUTIONS DISCUSSED AT SEMINAR
The Ayurvedic practitioner failed to investigate the possibility that the prescribed medicines could harm the patient.	<ul style="list-style-type: none"> Practice personalised medicine It is vital to take an accurate comprehensive history of every patient, which should include all their medical history, medications (prescribed and over-the-counter), diet, lifestyle, chronic illnesses and complaints (.e.g. elimination problems) Do a baseline blood test to determine patient's susceptibility to toxicity
Despite recognizing that the patient's yellow discoloration likely stemmed from a liver issue, the practitioner did not advise the patient to stop the medicines or seek medical help.	<ul style="list-style-type: none"> Understand practitioner limits and boundaries Know when and why a red flag should be raised and patient should be referred; Work with patient's GP Do liver enzyme blood tests to check patient's liver functioning and to ensure what you are prescribing is not causing adverse effects - especially after patient is using the medication for more than 4 weeks Understand detoxification
Ayurvedic practitioners often lack awareness of the potential complications of Ayurvedic treatment, despite the risk of harm associated with all medicines, including herbal ones.	<ul style="list-style-type: none"> Use databases to check medicine reports of interactions, adverse effects, etc. Database examples: NatMed https://naturalmedicines.therapeuticresearch.com/ MRHA – UK Government sites: https://products.mhra.gov.uk https://www.gov.uk/drug-analysis-prints British National Formulary (BNF) used by GPs: https://bnf.nice.org.uk/
Ayurvedic practitioners are not subject to regulation.	<ul style="list-style-type: none"> Although the sector is unregulated, practitioners should work to a standard as if they are regulated There is a need for coordination of standards across all of the different complementary medicine health fields
There is inadequate CPD Lack of compulsory CPD Insufficient hours of CPD per annum e.g. only two hours per year	<ul style="list-style-type: none"> CPD must be mandatory and aligned with government healthcare professional standards Hours, and CPD training should standardised and be in line with government-recognised Healthcare Professionals standards PAs should create a database/platform for online CPD accessible to all practitioners ETHPA is working to expand their CPD provisions online All practitioners, regardless of level of education and years of practice, must engage in continuous learning because science is always evolving Must read widely and not rely solely on what is learnt at school or training course.
There is no evidence of quality control for the medicines prescribed by Ayurvedic practitioners, as they are manufactured abroad.	<ul style="list-style-type: none"> Check databases Check the source of your medicines

A SUMMARY REPORT ON THE APA CPD EVENT BY URHP

SAFE PRACTICE FOR ALL SOLUTIONS, NOT PROBLEMS



The Safe Practice Seminar was held by the Ayurvedic Professionals Association (APA) on 26th September 2023 as a follow up to a Coroner's Report¹ that was issued in July 2022 which attributed the cause of death of a patient to the medicines she had been prescribed by an Ayurvedic herbal practitioner. While the overall focus of the seminar was on Ayurvedic practice, the points raised are relevant to all complementary health practitioners including URHP herbalists.

The Coroner required the APA to respond with action taken or proposed to be taken in order to prevent future deaths and APA Seminar was aimed at addressing and coming up with solutions to the issues raised by the Coroner's report.²

The wide-ranging discussions were chaired by APA President Sue Clark, Vice President, Dr Vijay Murthy, and included a panel of practitioners: Anu Paavola - Jivita Ayurveda, Christopher Etheridge - EHTPA President, Indira Anand - BAAAP, Dr Kanchan Sharma - APA Committee, and Rajiv Raja - Optometrist & Ayurvedic Practitioner. The diverse backgrounds of the panellists in medicine, Ayurveda, Western and Chinese herbalism, and other fields resulted in a list of solutions that are of relevance to all practitioners, which are summarised in the table below.

1. The full Coroner's Report can be accessed on this link: <https://www.judiciary.uk/prevention-of-future-death-reports/seema-haribhai-prevention-of-future-deaths-report/>
2. Ibid.

Conclusion and Next steps

The safer practice issues affect all practitioners of complementary medicine, not just Ayurvedic

practitioners. The profession is vulnerable to scapegoating. So, professional organisations and their members must work together to develop a framework and platform with practical, informative and supportive guidelines and relevant CPD for safe practice.

The APA has made CPD compulsory and is currently reviewing all of its policies and practices. The EHTPA has already started creating CPDs which will be available online.

Practitioners of all professional associations are asked to check their practice methods and habits to ensure they align with best practice.

The URHP will continue working with other professional associations to create a safer practice for all of our member practitioners. Our full summary of the Seminar is available upon request.

Note: The CPD video of the APA CPD Event: Safe Practice for All - Solutions, Not Problems

is available to purchase on this link:

<https://videorecordingAPACPDevent.eventbrite.co.uk>

NatMed

<https://naturalmedicines.therapeuticresearch.com/>

MRHA - UK Government sites

<https://products.mhra.gov.uk/>

<https://www.gov.uk/drug-analysis-prints>

British National Formulary (BNF) used by GPs

<https://bnf.nice.org.uk/>

Note: This article has been reproduced with kind permission of the URHP eHerbalist magazine.

PHOTOGRAPHS FROM THE APA EVENT

SAFE PRACTICE FOR ALL SOLUTIONS, NOT PROBLEMS



Abresham (*Bombyx mori*) in Ayurveda, Siddha and Unani Medicine

By Andrew Mason

Part.1 Introduction to the silkworm

Mankind's historical interrelationship with silk worms is very old, so much so, that thousands of years of selective breeding have produced an insect that can no longer survive without human intervention, known as grainage management.

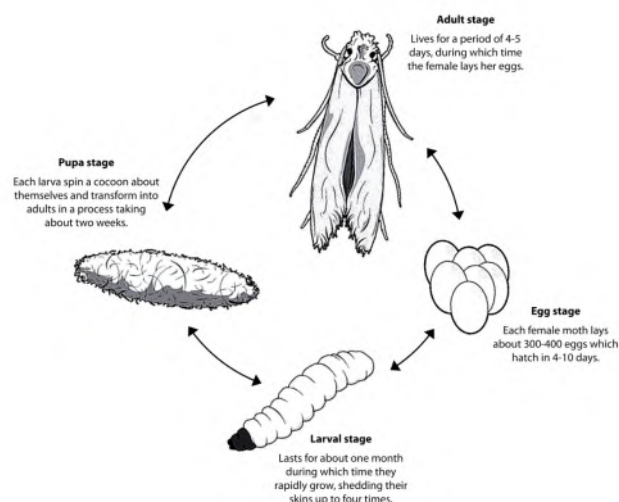
The adult silk moth, now no longer able to fly, must be brought its daily meal; an exclusive diet of mulberry leaves, or perishes quickly. Due to the high level of water in the leaf, the voracious larva does not even need to drink.

Note: the leaves from *Morus alba* or white mulberry, have their own backstory (see white mulberry leaf), and have long been known as a highly nutritious plant with various medical applications.

The life-cycle of silkworms

Adult stage: The adult male silkworm moth is about 20-25mm in length, with a wing span of about 40-50mm. Their bodies are divided into three parts ie: head, thorax and abdomen, and covered in minute scales. The female silkworm is larger, due partly to the amount of eggs her body contains. Both male and female no longer feed at the adult stage, as their sole purpose is the continuation of the species.

The adult stage moth is the last stage in their life-cycle, as the insect mates and the female then lays her spherical yellowish eggs, in most cases between 300-400 are secreted to the underside of the mulberry leaf. As these eggs mature, their colour shifts to a greyish hue. Their eggs begin to hatch after a period of 4-10 days. Silkworm eggs are very small, roughly about the size of a pin head. Having completed the egg laying process, both male and female moths die shortly afterwards.



Silkworm life-cycle

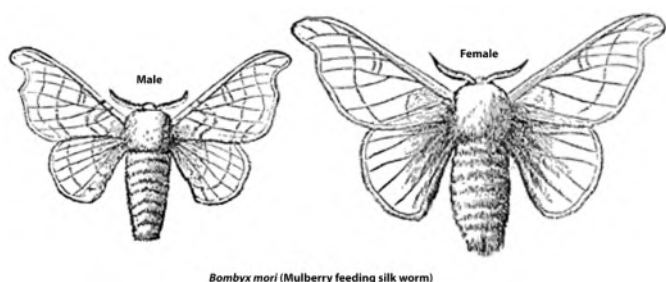
Egg stage: The optimum humidity/temperature range for quick maturity of the eggs in this first stage is between 25-30°C, with around 80% humidity. A sudden variance in temperature or change in humidity can affect embryonic development and so this first stage in their life-cycle is subject to intense human intervention, ie: the egg environment being monitored closely as well as regular turning of the cocoons (with feathers). Regular inspection is carried out for signs of mould, dead larva or other bacterial infections. In general, any specialisation of species tends to exacerbate these types of problems.

Note: some varieties of Silk worm, like other insects have a natural ability to drop into dormancy and so can 'delay' maturity prior to hatching to wait for more suitable conditions to arise.

Larvae stage: After 4-10 days, hungry larvae emerge; this secondary or caterpillar stage lasts for around one month, depending upon conditions and the type of silkworm being bred. During this second phase, the recently hatched larva rapidly increases their bulk.

Abresham (*Bombyx mori*) in Ayurveda, Siddha and Unani Medicine

By Andrew Mason

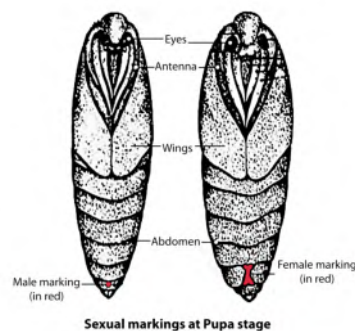


Male (left) - Female (right)

From a small grub they quickly expand their size during their month of intensive feeding. During this time their body changes from a translucent white to an opaque whitish-yellow hue.

The larvae are highly sensitive, and require some level of care and attention. They have a voracious appetite and consume large quantities of freshly cut, white mulberry leaves. This latter point is important as the insects find it hard to digest older, less lubricated leaves and so only the most succulent leaves are given. These leaves are also rich in vitamins and minerals. Getting the feeding balance right is also something of an art form, as overfeeding can lead to diarrhoea and/or bacterial infection. Underfeeding is equally problematic as it can lead to stunted growth. During this larval stage, the insects go into dormancy and molt, shedding skin up to four times in one month. This is mostly done to accommodate their rapidly increasing body mass. During such periods, the insects temporarily stop feeding and raise their front section and remain still. It should also be noted here that caterpillar faeces, which also has a medicinal usage, (see cān-shō), are collected during this larval stage, specifically during the insect's second and third periods of shedding and dormancy.

Having reached the end of this development stage, larva begin to instinctively cocoon themselves by secreting silk thread from two salivary glands situated on its hypo pharynx (note: these too are also extracted for medical purposes in some traditions). The silk itself, is comprised of five micro-filaments twisted and combined in a resinous material known as sericin, which is separately secreted by two additional glands. During the embalming process,



Male (left) - Female (right)

their now bulked bodies, are capable of producing up to 900 metres of thread with which to wrap them in a thick protective casing.

Pupa stage: During this fascinating third stage, the insect undergoes metamorphosis, over a two week period, this will transform the caterpillar into a winged moth. Like many other stages of development, regulated temperature and humidity play an important part in the transmutation to maturity process, so for instance, a temperature increase can cause dehydration, while a drop in temperature can result in dormancy. Conversely, excessive humidity also increases the likelihood of bacterial and fungal infections. While this is a vulnerable point in development, the hefty silk cocoon acts as a buffer against adverse conditions, so for instance, silk is somewhat resilient to moisture, bacteria and handling, its sticky walls also help regulate temperature levels - so it is not all bad news!

After two weeks of metamorphosis, the mature adult moth emerges and the process begins anew.

Part.2: White Mulberry (*Moras alba*)

Moras alba (or Tood, as it is known in Ayurveda) is a mid-sized deciduous tree, with glossy, toothed green leaves which pale in the autumn months. It fruits in early summer, delivering edible, fruits similar to *Piper longum* or raspberries, these are white, or brown black. The white fruits are larger and sweeter, the darker fruits are both sweet and sour.

As part of the stinging nettle family, the name *morus* means black and *alba*, white.

Abresham (*Bombyx mori*) in Ayurveda, Siddha and Unani Medicine

By Andrew Mason



Soaking cocoons in water



Cutting cocoons into small pieces



Lightly roasting cocoons



Powdering cocoons

The Ayurvedic properties of this plant are: heavy and oily. Its taste is both sweet and sour. Medicinally it alleviates both Vata and Pitta conditions (the latter especially when ripened and sweet). The fruit, is both an appetiser, as well as a calmative. The ingestion of fruit relieves flatulence, constipation and helps purgate intestinal worms, especially tapeworm. When prepared as an avaleha (Ayurvedic jam), its fruits are useful in the treatment of heart disease, bleeding disorders, acid reflux and general debility.

The leaves may be applied externally, and are useful in the healing of wounds and sores. A decoction of the leaf (leaf tea) can be useful for the relief of sore throat, or painful, bleeding gums. The bark of the tree has a purgative action and so is also useful in the removal of intestinal parasites.

Part.2: Medicinal use in traditional medicine systems

All parts of this insect have some medicinal use, as this fascinating insect is found in the pharmacopoeia of Ayurveda, Siddha, Unani and Classical Chinese

Medicine. Broadly, this insect is largely harvested for its silk, for both commercial as well as medicinal use. Other harvested parts include: dried caterpillar, caterpillar faeces and salivary glands.

Properties of Resham in Ayurveda and Siddha

Being a drug of animal origin, the whole organism has the following Ayurvedic energetics.

- **Taste:** astringent
- **Qualities:** rough
- **Potency:** heating and drying
- **Post Digestive Effect:** pungent

In general, Resham (silkworms) reduce Kapha through expectoration, it is a cardi tonic, has aphrodisiac properties, and excellent styptic properties. The cocoon (abresham), has additional cardio-respiratory properties ie: calms heart palpitations, reduces bronchitis and asthma conditions. Abresham bhasma (ash) of cocoon, is

Abresham (*Bombyx mori*) in Ayurveda, Siddha and Unani Medicine

By Andrew Mason

especially useful when applied as a Kohl or surma, for various diseases of the eye.

The process of converting Abresham into a medicinal grade is slightly complex and protracted, as silk is actually quite resistant to powdering. The general process is as follows:

Firstly, the cocoons are soaked in warm water for 24 hours to soften them, in some cases this time is reduced by boiling. When soft the cocoons are cut into slivers or small pieces. These are then roasted on a pan until golden, at this stage it is best to not burn the silk. While still hot, the roasted pieces are ground in granite mortars until a fibrous, powdery material is produced. From this state, various additional procedures are undertaken. In some traditions, the aforementioned material is ground with herbal powders to further reduce and formulate it.

The now reduced powder may also be mixed with other powdered minerals and ground with apple juice until a smooth paste is achieved, this can then be calcined at high temperature to produce bhasma, or fine ash. This latter preparation is considered to be an alchemical and so better able to traverse the finer Srotas (channels) within the body.

Uses for Abresham bhasma include: external styptic, reduction of heavy menstruation, leucorrhoea, chronic diarrhoea, as an aphrodisiac, or combined in various confections as an expectorant or for use in various types of eye disease.

Properties of Abresham in Unani medicine

Abresham is not used singularly but again appears in a number of complex Unani formulae. One example of this would be: Sang-e-yashab Qiwan. The recipe for this formula includes: Agate bhasma, ground coral, mastic gum, and shell of pistachio nut, cardamom, and bamboo manna and silkworm cocoon. Again, the above is ground with apple juice and calcined at high temperature. The final medicine is taken along with another medicine known as Khamira Marwareed. This latter formula is itself comprised of a many ingredients, but principally it is a Qiwan, a thin syrup prepared from three fruits and sugar.

Properties of *bái jiāng cán* (silkworm body) in CCM

In Classical Chinese Medicine *bái jiāng cán*, or whole body of silk worm, calls for the introduction of a particular fungus (*Beauveria bassinana*), known also as calcino, during the insect's larval stage. This has the effect of literally mummifying the insect, which is then placed in ash and sun dried to remove any remaining moisture. The name *bái jiāng cán* means - mummified silk worm.

When dried, the powdered whole silkworm may be used without any further processing, however, an additional process of dry frying in bran is sometimes applied. Here the dried bodies are heated in bran until yellowish. This heating process causes the insect to lose some of its ability to dispersion within the bodily tissues, but also strengthens its ability to loosen phlegm.

The acidity of the insect as a medicine is said to disperse and dissolve hardness in the tissues. Entering the liver and lung tissues, it reduces clumping, dampness, swelling and heat. It is also used for convulsions, seizures, cramping, scrofula, and nodal swellings in general.

Properties of *cán-shā* (silkworm faeces) in CCM

As previously mentioned, the faeces of silkworm is collected during the larval stage, and is sometimes referred to as late silkworm sand, or *cán shǐ* (silkworm dung).

Medicinally, their faeces are sweet, acrid and warming, readily entering the liver, spleen and stomach channels. It eliminates dampness and expels wind from these channels. It is useful in the treatment of nausea, paralysis, obstructions, diarrhoea, itchy skin and numbness of limbs. This is considered to be a mild remedy and is suitable for both the young and old.

REVIEW OF APA WEBINAR 'REVERSING AUTOIMMUNITY WITH AYURVEDA & INTEGRATIVE MEDICINE'

By Karolina Raczyńska



On the 20th of September, the APA had the great privilege of welcoming Dr Akil Palanisamy to deliver a webinar titled: 'Reversing autoimmunity with Ayurveda & integrative medicine'. Dr Akil is a well-known speaker, educator and author; he sees patients and conducts clinical research studies in the San Francisco Bay Area, USA.

Some of you might remember Dr Akil's excellent presentation at the APA's Ayurfest in the UK a few years back. After working with patients during his two decades of practice, Dr. Akil was inspired to develop The T.I.G.E.R. Protocol, an integrative treatment approach combining his work as a functional medicine practitioner with his training in Ayurvedic medicine.

This **T.I.G.E.R Protocol**, includes the following five drivers of autoimmunity and inflammation: Toxins, Infections, Gut, Eating and Rest (Fig. 1)



Fig. 1, The components of the TIGER Protocol by Dr Akil Palanisamy

As an introduction, Dr Akil offered some alarming statistics: one in five Americans suffers from some form of autoimmune condition, and there has been a 300% increase in some autoimmune diseases over the last ten years. Most of the risk of autoimmunity comes from environmental exposures rather than genetic susceptibilities, so the modifiable factors are primarily at play. By correcting those modifiable lifestyle factors, one is able to change the inner terrain of the body and reverse many of the autoimmune conditions. The first step is to remove the toxins from the body by selecting appropriate food, water and carefully choosing the products used on a daily basis.

The TOXINS that have an impact on our health come from over 350,000 chemicals that are registered for use and are sold to us on a daily basis. Water can also be a significant source of toxins as it contains perchlorate, pesticides, and pharmaceutical contamination.

Dr Akil talked about a successful healing approach in patients who have eliminated toxins from their system, e.g., there has been a published case of a woman who had rheumatoid arthritis and saw a complete resolution of her symptoms after a year of chelation therapy and removing high levels of cadmium from her system.

He then spoke about the impact that INFECTIONS have in disrupting the immune system; this could include bacterial imbalance, mycobacteria, viruses, fungi, and parasites. The proposed healing approach is to make the body inhospitable to these infections and then the immune system is much better equipped to handle the infections.

The next part of the protocol that was discussed was the GUT as a foundation of the immune system. The microbiome contains trillions of microorganisms from over 1000 species (50% bacterial and 50% human). It is also important to remember that 60% of our immune system is located in our gut. Dr Akil presented the classic gut findings present in the autoimmune disease, which are reduced microbiome diversity, dysbiosis, and increased intestinal permeability (the leaky gut syndrome).

REVIEW OF APA WEBINAR 'REVERSING AUTOIMMUNITY WITH AYURVEDA & INTEGRATIVE MEDICINE'

By Karolina Raczynska

Dr Akil has collated the symptoms of Ama as described in Ayurveda with the symptoms of a leaky gut as described in the modern medicine. He compared the Ayurvedic Samprapti with the modern medicine perspective of how the leaky gut syndrome can affect the rest of the body.

The Ayurvedic imbalance of Agni, which in turn leads to the formation of Ama in the GI tract and then the spread of systemic Ama to the Khavaigguinya parts, can be compared with the leaky gut syndrome, which leads to the antigen-antibody complex that in turn leads to the antibodies being deposited in the distant tissues (Fig. 2).

In both cases of the Ayurvedic Samprapti and the modern explanation of the leaky gut syndrome, we arrive at the endpoint of the **inflammation and the tissue damage**. This helps us to understand the pathogenesis of the autoimmune disease from the Ayurvedic or conventional medicine lens.

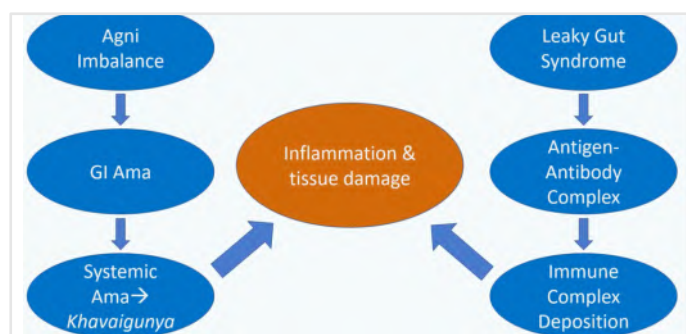


Fig 2. Comparison of Ayurvedic Samprapti with modern take on leaky gut by Dr Akil Palanisamy

Dr Akil has explained how we can implement the T.I.G.E.R protocol by detoxifying the body and improving liver function, identifying and eliminating infections, healing the gut microbiome, and finally managing stress and getting enough sleep. Some of the proposed simple but effective solutions for reducing toxic exposure are choosing organic food, filtering drinking water, cleaning dust regularly, and avoiding cosmetics with phthalates, parabens, and triclosan.

In order to avoid infections, Dr Akil recommended taking antimicrobial spices, e.g., garlic (remember to crush it and wait for 10 minutes to obtain the active ingredients to be synthesised), black cumin, ajwain

and turmeric with its profound anti-inflammatory, antibacterial, antiviral and anti-fungal effects.

Dr Akil offered his experience on healing the gut and the oral microbiome by addressing dysbiosis, reducing pathogen overgrowth and healing the increased intestinal permeability.

The EATING part of this protocol includes having prebiotic foods, fermented foods and increasing the diversity of our food. Dr Akil suggested incorporating for example broccoli sprouts, which are the richest food source of sulforaphane, which reduces inflammation, boosts the immune system, enhances brain function, minimises oxidative stress and encourages antimicrobial activity. He also suggested having certain prebiotic foods which are rich in polyphenols, e.g., black elderberry, blueberry, blackcurrant, blackberry, ground flaxseeds, chestnuts, hazelnuts, as well as leeks, black beans, jerusalem artichokes, millet, plantains, radishes and coconut are some of the examples. Another recommendation was to introduce fermented foods (by those who tolerate them) that can boost the microbiome diversity and significantly reduce the inflammation and markers of immune system dysregulation.

The final part of the protocol is the use of tools for optimising REST. Some of these include: psychotherapy, counselling, biofeedback, guided imagery, mindfulness, meditation, deep breathing, hypnosis, going into nature and many more. Dr Akil shared some research to demonstrate how the practice of meditation can change the brain structure. It has been proven by various studies that meditation increases the size of the prefrontal cortex, the area involved in cognition and decision making. This in turn has a profound effect on addressing the autoimmune conditions.

To research the T.I.G.E.R protocol in greater depth, please read Dr Akil's recently published book 'The TIGER Protocol: An Integrative 5-Step Programme to Treat and Heal Your Autoimmunity.' If you would like to purchase the video recording from the APA webinar with Dr Akil, please email info@apa.uk.com

WHAT'S HAPPENING IN AYURVEDA

A TALK GIVEN IN THE HOUSES OF PARLIAMENT BY DR. VIJAY MURTHY



SOME OF THE KEY TOPICS DISCUSSED IN THIS SHORT VIDEO INCLUDE:

1. Ayurveda has had a rise in popularity (Price Waterhouse Cooper) from 2015 2.85 billion to 2022 10 billion
2. Now used in new high end skincare range, Kama Ayurveda
3. What is needed is translation in easy to understand language, rather than the public having to learn a new language.
4. Dr. Vijay Murthy gave his translation from the classics *Caraka Samhita* and *Ashtanga Samgraha*.
 - Eat well and lightly to improve your health
 - Change your diet with the season
 - Enjoy a variety of natural foods
 - Avoid eating the same things all the time
 - Eat to relieve stress, not to add to stress
 - A balanced diet is the key to good health

Link to video: <https://tinyurl.com/yc68s895>




WHAT'S HAPPENING IN AYURVEDA

AN INTERVIEW IN VOGUE MAGAZINE WITH DR. VIJAY MURTHY

Excerpt from Vogue Magazine: Seek out herbs and spices

Although it's tempting to head to your nearest pharmacy when you feel a cold creeping on, it might be more effective to look inside your spice cupboard. "Ayurveda, one of the world's oldest holistic healing systems, is rooted in the belief that health and wellness depend on a balance between the mind, body, and spirit," says Dr Vijay Murthy, an integrative Ayurvedic doctor and researcher and global scientific advisor for Kama Ayurveda. "Ayurvedic wisdom posits that incorporating warming spices into meals can stoke the digestive fire, which is believed to be central to strong immunity... while drinking herbal teas with immune-enhancing herbs like tulsi, ginger and liquorice is believed to ward off colds." A potent anti-inflammatory, ginger also has antitussive properties which help suppress coughing. While liquorice has similar properties, it's also an expectorant which relieves cough and bronchial mucus build-up. To take a traditional Ayurvedic approach, try an Andrographis Tincture, a blend derived from the anti-inflammatory herb andrographis paniculata, also known as green chiretta. "The primary mechanism of action is believed to be its immunostimulatory effect; it may help enhance the body's resistance to infections by stimulating the activity of macrophages, the cells that are a crucial part of the immune defence system," says Dr Murthy. Just make sure you seek out the tincture form rather than a ground root powder, which can lose its potency within six months.





Murthy Clinic
Transform your health.

INTRODUCTION DR. MURTHY'S APPROACH **DR. MURTHY** SERVICES CLINIC GET IN TOUCH WHAT PATIENTS SAY...

"...very versatile asking what works for you, very patient centred." Read More


World-renowned, with a local touch

Dr. Vijay Murthy heads up our wider team of clinical experts here at The Murthy Clinic.

He integrates 25 years of clinical experience in holistic and personalised health-care to offer transformational improvements in patients' overall health and well-being. Vijay combines the most effective aspects of *Ayurveda* and *Functional medicine*, with special interest in gut-health, detoxification, chronic diseases and autoimmune conditions.

Dr. Murthy promotes the use of lab testing with herbs, food, lifestyle, stress management and nutritional supplements. In this way, he is able to provide scientific testing specifically directed on individual patient needs. He can welcome you in person, at The Murthy Clinic, or consult via any virtual platform you are comfortable with.

He believes deeply in the mind-body connection, and how a personalised targeted approach can truly transform your health.



WHAT'S HAPPENING IN AYURVEDA

APA MEMBER - ANU PAAVOLA



For ayurvedic enthusiasts and anyone with interest in healthier and smarter options for their diet, Jivita Ayurveda (Kensal Rise, NW London) is opening a brand new ayurvedic café where they offer a selection of delicious ayurvedically inspired drinks and foods. Following the main guidelines for an authentic ayurvedic diet, the food, the hot drinks and the juices offered are seasonal with options to custom make them for individual needs.

The owner, Anu Paavola, an ayurvedic practitioner, educator and author has been running her spa-clinic-retail since 2011, creating options for people to come and enjoy ayurvedic experiences. The latest of these is Jivita's Juice Lab which launched this past summer offering seasonal juices and shots with added herbal tinctures for specific needs. The project has now extended to an ayurvedic food bar which is bringing exciting diversity to the food and beverage offer of the local area. Mainly, it is lowering the threshold for those shy to come for a massage or a health consultation but with curiosity about what ayurveda really is.

As an educator Anu knows that learning is best done by experience. One way of guiding people towards healthier options is to have them taste and explain the healing power of delicious ayurvedic food and drinks. Chyawanprash milk, golden milk, dal, kitchari, bone broth and other delicious recipes from the ayurvedic tradition are in company of juices, shots, smoothies, and other signature recipes of Anu such as spicy cacao and cardamom and ghee coffee. Applying the tenets of basic ayurvedic diet, seasonal, organic and local ingredients are mixed in the most creative ways to pacify seasonal disorders and to match individual needs. All hot drinks are freshly made mixed with ghee or coconut oil. The grain for dal is not rice, but a local variety of barley or spelt, as rice has turned out to be one of the most unsustainable food items in use.

Food wise, there is a delightful chai infused gluten free porridge with raspberry coulis and cashew cream for breakfast. The lunch options include bone broth and dal and daily grain with condiments to fit the purpose such as coriander and mint chutney and coconut yoghurt.

It is well known that healing and wellbeing start by feeling safe and comfortable. It's what promotes good flow in the shrotas. Talking about ayurveda in the language that is common to everyone is the key in promoting awareness of the ancient healing system. Jivita Ayurveda has become a lifestyle centre where practical experiences and advice are available in a digestible package. Lowering the threshold to punters, the cafe offers a gateway to explore further opportunities of ayurvedic healing, or just to enjoy a nice cup of home brewed chai and a delicious plate of dal and chutney.



WHAT'S HAPPENING IN AYURVEDA

CELEBRITIES PROMOTING AYURVEDA - JASMINE HEMSLEY



The art of drinking water is something I initially covered in my book *East by West* and I've expanded on more recently with articles including 'How to Bathe, According to Ayurveda' and 'How the Temperature of Water Affects Us'. In short, when it comes to drinking water, choose the best quality (i.e fresh and filtered) water that you can, and if possible boil the water and cool it to the appropriate temperature for you, even better.

The way in which we consume this precious resource has a major impact on our wellbeing - in much the same way as how and when we eat is as important as what we eat. The main bodily function that water can disrupt is our Agni (our digestive fire). Too much or too little water, in combination with it being too hot or too cold, can throw our digestive fire off kilter.

With small adjustments and daily lifestyle tips, you can ensure you are supporting your Agni. Here are some tips from Ayurveda which share the best way to drink water for health in general, followed by the amount according to your dosha type:

- Where possible, sit down to enjoy a drink (just as you should sit down when you eat).
- To keep hydrated throughout the day, drink water in sips which allows our kidneys to completely absorb all the benefits of water, while keeping us comfortable. Gulping water too quickly can lead to bloating.
- To better help your Agni, the water temperature should at least be the same as the room temperature. Warm is always better. Cold and icy waters can shut down your digestive fire - check out this blog post.
- During meals, sip water only if needed. Drinking too much while you eat will dilute your Agni (or hydrochloric acid and digestive enzymes from a Western point of view) and take up space needed for digestive action. Remember this guideline: fill your stomach with 50% food, 25% water and leave 25% empty space for digestion.
- For the same reason, do not drink a lot of water before or after meals, leaving 30 mins either side ideally.
- A healthy human body has its own built-in measurement system: thirst. If you are thirsty, drink more water. When you listen to the signals of thirst and sip water throughout the day you will be more in tune with what is right for your body on any given day.

WHAT'S HAPPENING IN AYURVEDA

CELEBRITIES PROMOTING AYURVEDA - PETER CRONE



I am here to help humanity reach its greatest potential.

I specialize in revealing the limiting beliefs and subconscious narratives that dictate and shape behavior, health, relationships, and performance.

Meet Peter Crone, the mind architect

From individuals to athletes, corporations, and beyond Peter helps transform mindset to align it with higher purpose.

"I highly recommend that all companies who want to bring mindfulness and mental fitness into their companies leverage Peter as an advisor and facilitator for their leaders and teams."

— Kristen Jackson, Twitter



Ayurveda has the most beautiful and all inclusive definition of what it means to truly be vital.

- The Fundamentals of Ayurveda
- Understand the five elements and three doshas, key principles that form the Ayurvedic foundation
- Daily and seasonal routines
- Each of us is impacted differently depending on times of day and year, and even geography
- Learn how to stay balanced for your Dosha
- Personalized Wellness
- Learn to identify your unique constitution (Prakriti) and discover tailored approaches to diet, exercise, and lifestyle
- Ayurvedic Nutrition
- Unlock dietary practices that enhance digestion, energy, and balance
- Mind-Body Techniques

The APA hopes that by providing "What's happening in Ayurveda" in this issue, everyone can see that as Dr Vijay Murthy reported the market and interest in Ayurveda has grown into a multi-billion industry. Sometimes it can feel as if there is not enough, however given the number of people like Peter Crone with a celebrity clientele, also using Ayurveda and actively promoting, hopefully this will give everyone the confidence to grow their practice in a way that suits both you, your clientele, and Ayurveda as we go into 2024.

INTRODUCING SOME NEW FACES ON THE APA COUNCIL

Angela Hope-Murray



Why I put myself forward?

I have spent 46yrs of my life practicing medicine and I would like to encourage/help younger students in their journey in the profession to continually refine and improve their skills. The profession needs to refine its standards to meet the needs of the patients, I believe I can help with this aspect.

How and where do you work?

I work in a multi-disciplinary manner a combination of full Ayurvedic workup and including postural and musculoskeletal assessment. Initially, a patient will be given dietary/herbal advice and lifestyle guidance, and musculoskeletal work depending on the presentation. Marmapuncture if deemed necessary. I currently work from home in Mortimer Berks and The Hale Clinic in London

What do you hope to achieve,?

Raising the bar on standards, encouraging excellence in CPDs, and making them mandatory as advised by the coroner as a first priority.

What my initial impressions are?

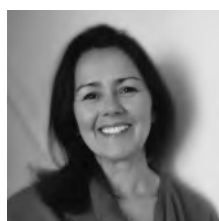
There has been a dedicated team of people who were tasked with an overwhelming amount of work before our November meeting. They need as much help as they can garner to improve the safety of Ayurvedic Practitioners in the future before another tragic event occurs and Ayurvedic medicine can no longer being able to be practised in the UK.

A precis of the meeting?

We spent the day constructively getting to know each other and having an explanation of the terrain within the organisation. The issue of safety standards was mooted throughout the day and we all agreed that this was the most pressing need of the APA.

In the evening Dr Murthy gave an excellent presentation about how we have got to improve safety standards for the profession with a very good analysis of the coroner's report. This led to pointing out the need for even a basic understanding of liver function tests and the possibility of only prescribing a herb for a limited period of 4 weeks.

Lynne Ford



Embarking on my journey as a qualified Ayurvedic practitioner in the UK was challenging. The absence of facilities for continued hands-on learning left me feeling under-prepared, isolated and apprehensive. I decided to turn

these challenges into opportunities for growth and immersed myself in self-study, online webinars, different courses and ayurvedic communities in the search of building a good support network and expanding my knowledge and capabilities. Here I found the APA.

Even after one meeting, being a part of the APA committee has been a transformative experience for me. I found a supportive environment where my

opinions were respected and valued, empowering me to contribute meaningfully.

The APA is keen to establish a collaborative and inclusive community where Ayurvedic professionals, both new and experienced can learn from each other and create a vibrant future for Ayurveda in the UK. The committee members are passionate, dedicated and committed to making a difference. However, the workload is huge. So I would urge anyone in a similar position to get involved, so that together we can lighten the load and amplify our impact to ensure that Ayurveda becomes a significant force for positive change in our communities and beyond.

INTRODUCING SOME NEW FACES ON THE APA COUNCIL

Akanksha Bhardwaj



I have put myself forward to be on the APA Committee because I am committed to the field of Ayurveda. I believe in the power of Ayurveda to promote holistic health and well-being, motivating me to actively contribute to the growth and development of the Ayurvedic community.

I bring relevant experience and in-depth knowledge in Ayurveda, and I am eager to collaborate with other professionals to advance our collective goals. As a part of the committee, I hope to contribute through my skills, ideas, and expertise and embellish my own journey to help shape the future of Ayurveda and ensure that it continues to thrive as an effective and respected healthcare discipline.

Growing up in a household in India where my grandfather always talked about healing herbs, mindful lifestyle routines, and dietary practices based on Ayurveda, I was incredibly drawn towards knowing more about the power of herbal remedies and plants from a very young age.

My grandfather taught me to use spices from the kitchen to fix ailments, and I treated the kitchen as an Apothecary and sometimes a sanctuary for self-care. Whether it was making a turmeric-curd-chickpea face mask, oil pulling, a DIY body scrub, or giving my son a full-body & head oil massage (abhyanga), I was always fascinated by the healing properties of natural remedies.

As a result, I enrolled for Bachelor of Ayurvedic Medicine and Surgery (B.A.M.S.) straight after High school. The comprehensive 5.5-year professional course recognised by Govt. of India, gave me formal training and also an opportunity to do my internship at a Panchakarma unit.

Later, I worked with my research guide to be part of clinical drug research project conducted by Himalaya Wellness company. After gaining more experience, I worked for two years as an Ayurvedic Lifestyle consultant at a multi-speciality clinic.

I took a break from practice to pursue my Masters in Hospital and Healthcare Management (MBA - HHM) from Symbiosis, Pune and travelled the world while working in a Healthcare Digital transformation landscape, exploring the corporate world across US, Singapore and the UK.

I moved to the UK in 2018, where I was working as an Implementation consultant with Allscripts Healthcare Solutions- Electronic patient record in NHS, since then I have moved on to work with Atos Healthcare and Life-sciences (London) where I am currently working as Executive management Consultant supporting NHS England programmes.

Journey to Practitioner

While working in NHS, whenever I interacted with the Doctors and Nurses, they were always intrigued by my background in Ayurvedic medicine and its history which is over 5000 years old. Friends and colleagues started to approach me and asked me questions about alternative medicines and healing practices especially in the context of hair loss, gut issues, skincare, diet, and lifestyle. With my in-depth knowledge and professional background, I was able to educate and advise them on the basic understanding of Ayurvedic principles and its relevance in modern-day life.

I noticed that time and again, the most common question I got asked from these curious minds was, how a 5000-year-old science is still relevant today in this modern fast paced world!!

I love answering this question with this simple statement, "as long as the earth revolves around the sun and rotates on its axis, Ayurveda will always be relevant, as it aligns with circadian rhythm."

Working in the NHS and meeting healthcare providers discussing integrative medicine and complementary medicine options intuitively guided me of my primary purpose and what made me study Ayurveda in the first place.

INTRODUCING SOME NEW FACES ON THE APA COUNCIL

Akanksha Bhardwaj

So, I became a member with APA UK and College of Medicine and Integrated Health, linked myself with the College of Ayurveda UK as an Educator, this is an online faculty where many GPs, nurses, and yoga practitioners learn about Ayurvedic principles authentically from traditional books.

I design and practice tactile approach to Ayurveda by running transformational programmes on menopause, postpartum mother care, gut health, provide guidance on Ayurvedic diet and nutrition, holistic lifestyle, rituals, coupled with face-to-face consultations, body oil treatments - at 'Manor Barn Wellbeing Centre' in Canterbury, where I share my expertise garnered through years of experience in the healthcare sector.

Initial impressions of the Committee:

I would first like to express my gratitude to the APA committee for planning the CPD event and for inviting me to meet committee members on October 26 at the YMCA. I became a member of APA in the year 2022 under Category A, but I wasn't quite sure what I was getting into when I showed interest to be part of the committee. However, after attending the meeting in person, a few things that stood out for me were the individuals involved, the open and honest

communication from the current members, warts and all approach which is the way forward to manage those uncomfortable conversations, followed by brainstorming sessions and activities we carried out, and the overall professional and cooperative atmosphere.

In light of the recent coroner's report, I believe that the emphasis was on reorganising the APA committee's guiding principles, revamping the framework keeping 'Safe practices' at its core and elevating CPD for Ayurvedic medical practitioners, which is need of the hour.

Throughout the day, many creative ideas were put forth and discussed. However, instead of taking on more than we can manage, we ought to be implementing doable solutions that are both within budget and in line with the APA committee's mission and goals.

A good and fruitful committee experience depends on effective communication, the purpose of the committee, how closely it matched my values and objectives, and the degree of participation and collaboration among its members all had an impact on my first impression.

INTERESTING HERBAL ARTICLE - WORTH A LOOK!

Thank you to Dr. Christopher J. Etheridge EHTPA - for sending this in to us!

Just in case you have not seen it, the Daily Mail published a piece today that I have been working with them on for the last couple of years, looking at quality issues in black cohosh products being sold as food supplements on Amazon.

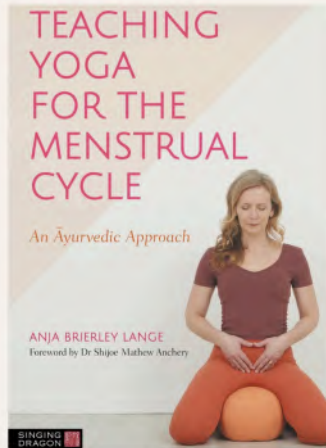
<https://tinyurl.com/mppjhb8u>

The article does not really affect us directly as herbalists (as it shows the issue is with unlicensed food supplements), but it does underline the essential need for quality assurance within the entire herbal medicine sector. We do know that our herbal medicine products are generally good, but do

not always meet the gold standard requirements, so this must spur us on to do more to find and address any issues.

All in all, I feel that overall Rosie Taylor has written a balanced piece and has incorporated a strong pro-THR message (which will make BHMA company members happy). The article and the underpinning research underline the concerns the BHMA has seen as a result of its previous research, that unlicensed herbal medicine products produced by unscrupulous suppliers, can at best be ineffective and at worst potentially dangerous.

UP AND COMING APA EVENTS '2023'



APA WEBINAR

Teaching yoga for the menstrual cycle - an Ayurvedic Approach
by Anja Brierley Lange
Tuesday, 12th December 2023
5.00 pm - 6.00 pm (GMT)



BOOKING LINK HERE: <https://tinyurl.com/yc4hx54x>



APA SEMINAR

**Dravyaguna, Polyherbal Formulations
& Drug-Herb Interactions**
by Vd. P. Rammanohar

Saturday, 20th January 2024
10.30 am - 2 pm (GMT)
In-Depth Seminar
for Ayurvedic Practitioners



BOOKING LINK HERE:

<https://www.eventbrite.co.uk/e/apa-seminar-dravyaguna-polyherbal-formulations-drug-herb-interactions-tickets-697322699967?aff=oddtcreator>

UP AND COMING HERBAL ALLIANCE EVENT '2023'



HERBAL ALLIANCE WEBINAR HOW PUBLIC & HERBALISTS CAN SHARE & LEARN THE BEST SELF-CARE KNOWLEDGE IN LOCAL COMMUNITIES



by Alex Laird BSc DipHerbMed FCPP
Medical Herbalist

Monday, 27th November 2023
5.30 pm - 6.30 pm (GMT)

BOOKING LINK HERE:

<https://www.eventbrite.com/e/how-public-herbalists-can-share-learn-the-best-self-care-knowledge-tickets-642854373737?aff=oddtcreator>



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ROOM FOR HIRE

AYURVEDIC EQUIPMENT - FOR SALE

PANCHAKARMA EQUIPMENT SALE

Longevity Resources Hyperthermic Chamber

This is a brilliant freestanding steam cabinet perfect for anyone offering Svedana (steam therapy) No need for plumbing, it just plugs into the wall and is easy to move around should the need arise. Recently reconditioned with brand new electronic control panel and so in good condition. (Original cost £5200) Price: **£2000**

Oakworks Luxury Extra Wide Memory Foam Massage Table

190cm length x 84cm width x 16cm depth. Table comes with a horseshoe headrest and a full length storage shelf underneath. This table is the ultimate in comfort and perfect for larger clients. The legs are fully adjustable for the comfort of the therapist and an adjustable saddle stool is included. (Original cost £1300) Price: **£400**

Shirodhara Stand and Brass Pot with Square Headrest

A traditional and beautiful carved dark wood stand with brass trim crafted in India. The brass pot holds up to 2 litres. The square headrest attaches to a regular headrest cradle so that the oil used in Shirodhara can be drained away into a bowl. (Original cost £525) Price: **£200**



This is a great opportunity to set up a first class Panchakarma Practice at a rock bottom cost. I also have many other bits and bobs of equipment which I would be happy to pass on free of charge to the buyer(s).

If you would like more information feel free to get in touch either on 07812 084466 or sharon@ayurvedalifestyle.co.uk I'd be happy to Zoom and show you the equipment live :)

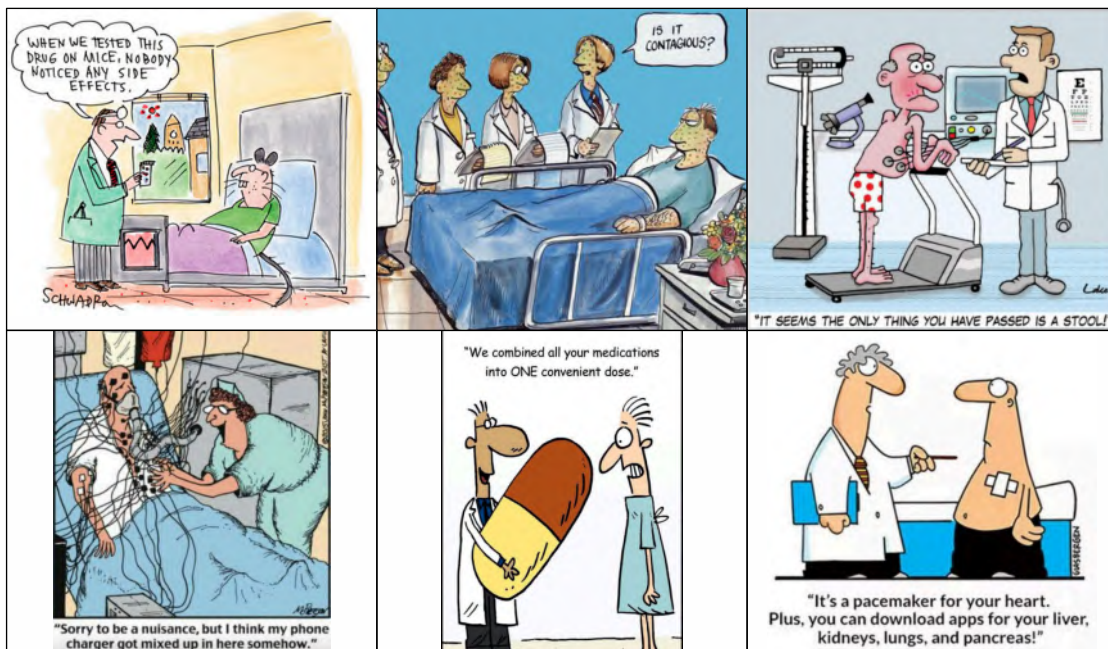


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