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## Traditional Medicines and their Uses

Dr. Sanu Augustine

Traditional Indian Therapist, Dundas Street, Unit# 1, London, Canada.

### Editorial

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#### \*For Correspondence

Sanu Augustine, Traditional Indian Therapist, Dundas Street, Unit# 1, London, Canada. Tel: (519) 697-3593

E-mail: dr.sanu.ca@gmail.com.

## INTRODUCTION ABOUT DR. SANU AUGUSTINE

Hello! My name is Dr. Sanu Augustine. I offer Naturopathic services, along with Traditional Indian Therapies such as Ayurveda, Kalari, and Yoga. I have more than 13 years of experience in different therapeutic fields in India and Canada. I am rendering service for people with issues such as arthritis, sprains, accident recovery, circulation problems, weight management, all stages of pregnancy and post-delivery, developmental issues, migraine, sinus, sleep disorders, stress and many more health problems.

In 2015, I received a Doctorate of Natural Medicine from the World Board of Natural Medicine (WBNM), Canada. Prior to this, in 2007, I achieved my Master of Social Work (medical and psychiatric) from Mangalore University, India. In addition, in 2005, I completed my BSc in Botany from MG University, India, and three years prior to that my Diploma in Ayurveda and Yoga from Bharat Sevak Samaj, India. I also trained for more than 12 years in Kalaripayattu (Traditional Martial Arts in South India).

At 17 years of age I became a Trainer of Kalari Martial Arts and had more than a hundred students whom I taught this ancient form of self-defence and Kalari Marma Treatments. After receiving my diploma in Ayurveda, I worked for more than three years as an Ayurvedic Practitioner at DS Hospital in India. I then went on to work as a Yoga Trainer and Traditional Healer at Malandu Social Service Society. It was a privilege to make use of my knowledge in order to heal people at their homes in the remote villages of the Shimoga District. From there I was granted an opportunity to become Assistant Professor of the Social Work Department in Kuvempu University and eventually became Head of the Department of Social Work in Kodaikanal Christian College.

In my life I discovered the wonders of herbal Ayurvedic medicines in healing people and experienced first-hand how to participate in that healing. I am excited to bring this knowledge and understanding to the people of London!

## TRADITIONAL INDIAN KALARI TREATMENT

Kalari treatment is about 3000 years old traditional and scientific method for physical and mental health. Kalari massage technics is an art which has become popular all over the world. Kalari massage blends the body, mind and spirit. Kalari masters take special care of the nerves and muscles as they have a good idea about its working. Massaging synchronizes the entire biological system of the body. It enhances the circulation of the body fluids and activates the lymphatic system of the body and helps to purify the body. Kalari massage strengthens the body by relaxing and opening up energy pathways.

The action of muscles and nerves are thoroughly studied and made use in the massaging techniques. Muscles and nerves can sense the pain. When muscles get pain due to tear and wear, due to extreme stretching or contraction, accumulation of metabolic poisons etc, it stimulates the nerve endings. While massaging there is an improved vascular movement of muscles and the rub carries away all the accumulated bad metabolic from then pain nerve endings. The students are massaged during the training and also when they are met with accidents during their practice. So the students can actually experience the reaction of each muscle and nerve to a gentle touch by the finger, hand or foot.

Massage gives a feeling of relief due to the development of good endorphins in the brain by suppressing the feeling of pain and replacing it with a healing sensation. When we rub a portion of the body we will feel relieved of pain. And if oil is applied, the

relief is more and long lasting. This is the secret of relief and pleasure. When we massage the body with oil and the like the blood circulation gets increased too. Three methods of massages are usually done for different purposes as detailed below.

Sukha Thirummal (Rejuvenation massage) - (for body comfort, physical relaxation) is good after a hectic activity or travel and fatigue.

Raksha Thirummal (Certain illness or problem) is for curing the disorders connected with the bones swelling due to falls, cuts etc. Medicated oils are invariably used and sometimes affected portion bandaged.

Katcha Thirummal (Body flexibility) is done for those students who practice kalari training, classical dances, sports and the related activities. This is also done as a part of coaching camps of football, volleyball teams etc which will help students gain flexibility, agility etc to perform better.

### **Benefits of Kalari Massage**

Kalari massage keeps the body healthier with flexibility, nimbleness and suppleness. Kalari massage can help relieve various aches like back pain, stiffness, dislocations and injuries. Massage is now a popular item in the tourist itinerary because it helps blood circulation, relaxation of the body, cellular revival etc. Many of the problems of old age and wear and tear of the joints and muscles can be corrected through massages by a trained and experienced kalari master.

Kalari treatments are ideally suited for arthritis, rheumatic disease, back pain, disc problems, Spondilosis, Lumbago, sciatica, muscular pains and ortho problems like cracks in bones, fractures, dislocation, sprains etc. Always make sure that you under take treatments from a specialist Gurukkal.

Benefits of Kalari massage:

- Improves circulation of body fluids.
- Allows energy to flow freely and keeps the body healthy.
- Helps to relax by releasing emotional stress.
- Balances the sapta dhatu (seven tissues of human body; plasma, blood, muscles, fat, bone, bone-marrow and semen).
- Stimulates nadi-sutra (Ayurvedic acu-pressure).
- Stimulates marmas.

Patients suffering from various ailments like rheumatic diseases, back pain, muscular problems, asthma, anxiety, weakness, obesity etc get relief through massage. Massaging promotes sleep and gives relief to depressed patients. Massage can improve the self-defense mechanism of the body, increase immunity from environmental changes and give self-confidence and will power. So massaging can be used just to rejuvenate the body and mind.

## **AYURVEDA TREATMENTS**

### **Pizhichil**

Luke warm herbal oils are applied all over the body by the trained therapist continuously for about an hour.

### **Dhara**

Herbal oils, medicated milk, medicated butter milk etc. are poured over the head in a special method as required by trained therapists of Kalari or Ayurveda background. This is found to be very effective in certain ailments.

### **Kizhi**

Herbs, herbal leaves, herbal powders and Navara rice are made into a bolus and applied to the affected part continuously at intervals as decided by the Gurukkal or the physician.

### **Nasyam**

Nasyam treatment will help people with sinus or migraine issues. For the treatment we use three drops of herbal oil into the two nostrils after steam therapy. That helps to get rid of nasal blocks.

### **Kati Vasthi**

Warm medicated oils are kept over the lower back side of the body as a pack with edges made out of rice powder. This is done for the backache problems. Computer professionals usually get back pain and disorder due to the long hours of work sitting on a chair. This treatment is found to be very useful for such persons.

## **YOGA**

Yoga comprises of simple breathing techniques that help you to know the power of breath, and asanas that keep you fit and fine. Your work out regime may exhaust you but yoga will energize you completely right from day one. Let's get to know this ancient technique better with some mind-Blowing facts:

### **Better Expression**

Yoga helps your relieve your body of tiredness and accumulated stress, thus letting you express yourself better.

## Power of Breath

Yoga helps you recognize the power of breath. The pace of your breath also tells you your state of mind. Taking long and deep breaths calms the mind and relaxes the body.

## Empower with Yoga

Yoga helps you to add quality to life by empowering you with a calm disposition. With a calm mind, you smile with your eyes and spread positive vibes all around. Yes! Yoga empowers the mind to vibe well with people and situations.

## Energize Your Mind and Body

A great lifestyle is all about great energy levels. No doubt, your strenuous workout helps you lose weight or manage it well but it drains you completely. However, yoga does the exact opposite by energizing you.

## Transforms the Mind

Yoga helps to calm the chattering nature of the mind. It de-clutters the mind and it becomes the abode of calm temperament, divine space and creativity. As a result, the present moment becomes paramount.

## Multiply Your Virtues

Yoga helps us to multiply virtues that are an integral part of our natural self. The taxing phases of life make us unkind, self-centered and unbalanced. We attract what we give, and are thus stuck in a vicious circle of negative thoughts and poor health. Yoga helps replace these harmful traits with positive thoughts, better health and balanced mind.

## Aura Strengthening

Aura is nothing but a subtle field of energy enveloping the body. A person with a happy and calm mind radiates a positive aura; and vice versa for a disturbed mind. Daily practice of yoga calms the mind and thus strengthens your aura, letting you beam with positivity.

## Great Optimism

With yoga, you will never feel devoid of positive energy. A yoga practitioner is equipped with faith in the power of optimism and can therefore turn the nature of events in his favor. Yes, yoga equips you to become part of solutions with a brimming optimism. So, think great with your daily dose of simple yoga techniques.

## Strengthen Your Organs

Yoga postures and breathing go hand in hand. A few days of yoga practice will show certain visible improvements, like realizing that your breaths have become deep and long. You will feel less stiff and crumpled as your muscles get relaxed. Your lungs will be stronger than ever, your limbs more flexible and back stronger. Your mind will feel fresh and your heart younger.

## SOME REVIEWS ABOUT MY TREATMENT

Reviews about the treatments are given in Table 1.

**Table 1.** Treatment reviews.

Tiffany Maybury	Dr. Sanu provides incredible treatments which date back thousands of years. He gives his clients the ability to heal naturally with very powerful traditional Indian healing techniques. Top notch health care provider!!
Sue Wilson	Having an Ayurvedic experience in Kerela India I have to say Dr. Sanu is a gift of healing. Highly recommend Dr Sanu for mind body and soul healing. Blessed to have found him Peace n love
Shannon O'Meara	One session with Dr. Sanu beats YEARS of chiropractic visits! My back feels AMAZING! Highly recommend this to anyone with or without pains. Very unique experience. Thank you! I'll definitely be in to see you again!!!
Roberta Rodrigues	Dr Sanu has helped me get back to a life I can enjoy. I have lower and upper back pain and with one session I experienced so much relief, second visit even more. I look forward to my visits with Dr Sanu after a long day at work I feel so relaxed and at ease each time, thank you Dr Sanu

For more information please visit:

[www.drshanu.ca](http://www.drshanu.ca)

<https://www.facebook.com/pages/Dr-Sanu/1398822493778395?fref=ts>

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