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KNOW YOUR HERBS – 2

ALOE VERA – NATURE'S BOUNTY

Dr. Santosh Kumar Bakshi
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Background

In the recent times the therapeutic potential of Medicinal/Aromatic plants has become a subject of great interest as more and more studies are being conducted globally to unravel their potential as medicaments for alleviating human ailments/sufferings by providing herbal based drugs. There is also an environmental "green think" trend which is motivating consumers to purchase all-natural products. Aloe vera (Aloe barbadensis Miller), member of Liliaceae family, is one such plant which has a long history of usage globally and is now gaining importance for its multiple usage as the plant possesses many consistently identifiable active compounds and continues to be extensively studied.

There are over 250 species of Aloe Vera found around the world. However, only two species are grown today commercially, with Aloe Vera (A. barbadensis Miller) and Aloe aboescens being the most popular in commerce.

Aloe Vera, native to Africa, where it is known as "lily of the desert", is an evergreen perennial succulent plant, more like a cactus, growing up to a meter in height with green, compact/tightly packed, thick, fleshy triangular leaves having spikes on the leaf edges. The leaves, having commercial importance, are radially arranged in two to three circles and grow from the base of the plant in the rosette pattern. Each leaf is 30-50 cm long and 8-12 cm broad at the base. Each matured plant usually has around 12 leaves that may weigh more than a kilogram. The adult plants can be harvested every 6 to 8 weeks by removing 3 to 4 leaves per plant.

Aloe Vera has a very long and illustrious history and is virtually linked to human civilization for its usage in various forms. Earlier records reveal that Egyptians used aloe for curing infections, treating skin problems and as a laxative. Alexander the Great was reportedly using it topically on his soldiers for wound healing and on the advice of Aristotle, he captured the island of Socotra in the Indian Ocean to secure aloe supplies to treat his wounded soldiers. The Hindu people thought that Aloe Vera grew in the Garden of Eden and named it the „silent healer“. In India, it is known as ghikawar, gwarpatha or ghratakumari and in Jammu we call it as Kunwargandhal. The Chinese doctors of old thought called it „harmonic remedy“ for having therapeutic properties. In China the juice of Aloe was used to wipe out all rashes. The Russians called Aloe Vera „the Elixir of Longevity“. The native American Indians used Aloe for its emollient and rejuvenating powers.

Owing to its skin care attributes, Cleopatra was said to include aloe cream in her beauty regimen to keep her skin soft and young. Hippocrates and Arab physicians used Aloe in various forms and Spanish explorers carried it to the Western Hemisphere. Aloin, a compound present in the fresh Aloe leaf, in combination with myrrh, was used in Biblical times for their highly perfected art of embalming.

In Mexico the juice was used to treat skin complaints and wounds. In Central and South America people used the juice as an insect repellent and for various medicinal treatments. In the first century AD the Greek physician Dioscorides (41-68 AD), who gained most of his knowledge about Aloe Vera, while traveling with the Roman armies, wrote in his „Materia Medica“ that the Aloe Vera extract could be used to treat burns, wounds, stomach complaints, constipation, hemorrhoids, headaches, all mouth problems, hair loss, insect bites, kidney ailments and skin irritations. These discoveries of Aloe were confirmed by Pliny the Elder, a physician from 23-79 AD, in his „Natural History“. Galen (AD 131-201), a physician to a Roman emperor, used Aloe Vera as a healing agent. He gained his knowledge from doctoring the Roman gladiators. Galen followed after the works of Hippocrates and Aristotle. In the 7th century the Chinese Materia Medicas mentions using of Aloe

Vera for sinusitis and other skin conditions.

What is great about Aloe Vera

The aloe leaf contains over 75 nutrients and 200 active compounds, including 20 minerals, 18 amino acids, and 12 vitamins (A, B1, B2, B6, B12, C and E), Folic acid and Niacin. These vitamins help in building the body's immune system against infections. Besides, it has a high enzyme content (about 92 enzymes), which makes it a rare and valuable resource as the enzymes help the body absorb basic nutrients while also purifying it.

Aloe Vera Gel (or mucilage) present in the fresh leaf is 99% water with a pH of 4.5. It has gained prominence as a commodity used as a base for nutritional drinks, as a moisturizer, and a healing agent in cosmetics and OTC drugs.

The Gel contains:

- Polysaccharides: glucomannan and acemannan

Glucomannan is a good moisturizer, which accounts for its use in many cosmetics.

Acemannan, the major carbohydrate fraction in the gel, is a water-soluble long chain mannose polymer which accelerates wound healing, modulates immune function and demonstrates anti neoplastic and antiviral effects. The gel also contains bradykininase, an anti-inflammatory agent.

- Other include carboxypeptidase, magnesium, zinc, calcium, glucose, cholesterol, salicylic acid prostaglandin precursors (gamma-linolenic acid [GLA]), vitamins A, C, E, lignins, saponins, plant sterols and amino acids. Magnesium lactate, which helps prevent itching, and salicylic acid and other antiprostaglandin compounds which relieve inflammation



Fig.2.1-Fresh leaf of Aloe vera

2.2-Gel exposed after removing outer sheath of Aloe fresh leaf

The Leaf latex (resin or sap) contains:

Anthraquinone glycosides: aloin, aloemodin, barbaloin (15% -30%) that are potent stimulant laxatives stronger than any other herb including Senna but need to be taken under the prescription of a medical practitioner due to side effects like cramping and nausea.

Current Growing places :

Aloe Vera (A. barbadensis) is commonly found in wild state or being grown in warm, dry regions, especially Southern Europe, Asia and Africa. Habitats described include the area surrounding the

some parts of the southwestern United States (Southern Texas), Southern Australia, and the eastern and southern parts of Africa. In India the plant is mainly found in Rajasthan and other dry belts. Initially known as a weed, it has naturalized in the warmer and dry parts of India and is being grown in coastal areas of Mumbai, Gujarat, Rajasthan and South India. In Jammu, a local NGO has taken up its cultivation. The plant has a life span of 12 years.

Present Status

Aloe Vera lost its potential for healing when some importing countries did not find its efficacy because the pulp worked best only when fresh. This hindered Aloe Vera's reputation in the medical community. Europe and North America's medical profession quit using Aloe Vera and replaced it with drugs. The scientists determined that the oxidation process hindered the healing properties of Aloe Vera. However, Aloe gained its revival in the United States in the 1930's with reports of its success in treating X-ray (radiation) burns. By the 1970's there was a breakthrough in processing techniques that led to, successfully; stabilizing the efficacy of the leaf gel by using natural ingredients and cold pressing. Further, processes were developed to separate the rind and Aloin. These new found processing techniques have created a new market for Aloe vera.

Today its gel is an active ingredient in hundreds of skin lotions, sun blocks and Cosmetics and the products are now used with great acceptance. The gel's use in cosmetics has been boosted by claims that it has similar anti-aging effects to vitamin A derivatives. Aloe Vera lotion, Aloe Vera creams, Aloe Vera gel and Aloe Vera natural bathing bars are some of its products in the market. Pregnant women have been known to use Aloe Vera lotion and Aloe Vera gel to make stretchmarks disappear. It has been found good for the generation of collagen and elastin that are needed for skin repair. In hair care, Aloe Vera based shampoos are gaining importance as Aloe Vera acts as a natural hair conditioner. It is also reported to have antifungal and anti bacterial properties. Besides Gel, Aloe Vera juice has also emerged as a valuable product. The benefits of Aloe Vera juice, to be taken orally, include:

- provides vitamins, minerals and sugars to the body
- improves the absorption of nutrients and vitamins
- strengthens the immune system
- lowers the cholesterol level
- helps in overcoming arthritis, asthma and diabetes
- may help with constipation, diarrhea and other intestinal problems

Recently, Aloe extracts have been used to treat canker sores, stomach ulcers and even AIDS. Some natural health enthusiasts promote aloe gel as a cleansing juice. Some naturopaths promote aloe juice as a way to prevent and treat renal stones.

Aloe vera products constitute, currently, a multi-billion dollar business world wide. Sales are hoping with new Aloe based products taking centre stage in the Skin care market. For thousands of years Aloe vera was part of legends but today it plays a role to help improve health and nutrition.

" वलो ग्वर दीव म्याने "

ललिता ब्रूइ

कत्यू छुख सत्व्वर साने, वलो ग्वर दीव म्याने
गोलबन हा माल करयो, जरी केम्खाब वलयो
अश वान्य " बब " खोर ब छल्यो
वलो ग्वर दीव म्याने
कत्यू छुख सत्व्वर साने, वलो ग्वर दीव म्याने !
ब जानय्य न धुप -दीपय, खबर नो मे तप-त -साधना
में अनुग्रह कर यूगीशोरो.
वलो ग्वर दीव म्याने
कत्यू छुख सत्व्वर साने, वलो ग्वर दीव म्याने !
में छोन्धम्य कोहन-त-बालन , वन्य दित्मय हा अस्तानन
दोख युतनम पनिन-हा-पानन,
वलो ग्वर दीव म्याने
कत्यू छुख सत्व्वर साने, वलो ग्वर दीव म्याने !
में आसरा कीवल-हा-चोन्य, क्षमा करत अपराधन्य
ब वोज्जस हा मोहजाल्नेय
वलो ग्वर दीव म्याने
कत्यू छुख सत्व्वर साने, वलो ग्वर दीव म्याने !
ब आसना हेदयस मंज करय
दीप कन्यहा प्राण आलवय
दर्शन चान्य ब हो बल्य
वलो ग्वर दीव म्याने
कत्यू छुख सत्व्वर साने, वलो ग्वर दीव म्याने !

Shiva Linga

Compiled by : Vinod Razdan

Shiva linga is the holy symbol of Lord Shiva that is considered sacred by the devotees of Lord Shiva. The word, 'Lingum' in Sanskrit means, 'symbol'. Shiva Lingum, therefore means symbol of Lord Shiva and is therefore considered most sacred by Shaivaites. Siva Linga has been worshipped in Hinduism since ages. Worship of Shiva Linga is regarded sacred and superior Shiva Mahapurana. This is because the form makes worship simple while maintaining the truth that God does not have any definite form.

Structure of Shiva Linga

Most prevalent icon of Shiva and virtually found in all Shiva temples, Shiva Linga is a rounded, elliptical, an-iconic image that is usually set on a circular base or peetham. According to some scholars the Peetham represents Parashakti, the manifesting power of God.

Shiva Lingas are usually made of stone that may either be carved or naturally existing - svayambhu, such as shaped by a swift-flowing river. Shiva Lingas may also be made of metal, precious gems, crystal, wood, earth or transitory materials such as ice. Some scholars say that transitory Shiva Linga may be made of 12 different materials such as sand, rice, cooked food, river clay, cow dung, butter, rudraksha seeds, ashes, sandalwood, darbha grass, a flower garland or molasses.

Various Interpretation of Shiva Linga

Besides regarding Shiva Linga as the symbol and form of Lord Shiva, religious scholars have given various interpretations of Shiva Linga. Here is the brief description of some of the popular theories and interpretations related to Shiva Linga and its origin

Worship of the Phallus

According to some scholars, worship of Shiva Linga in effect means worship of the reproduction function. For, they say that the other meaning of the Sanskrit word 'Linga' is gender in general and phallus (the male reproductive organ) in particular. They believe that the base of the Lingam corresponds to the Yoni which mean vagina or the female reproductive organ. Correspondence of Linga and Yoni in a Shiva Linga is therefore interpreted as the representation of the process

of copulation. Scholars further opine that the Kalash (container of water) that is suspended over the Shiva Linga from which water drips over the Linga also correspond to the idea of intercourse.

Connecting the origin of Shiva Linga to the early Indus Valley civilization, scholars opine that tribes of the Indus Valley took to the togetherness of Lingam and Yoni in a Shiva Linga as the point of energy, creation and enlightenment.

Interpretation in Tantra

According to Tantra, Lingam is a symbol of Shiva's phallus in spiritual form. They say, the lingam contains the soul-seed within which lies the essence of the entire cosmos. The lingam arises out of the base (Yoni) which represents Parvati according to some or Vishnu, Brahma in female and neuter form according to others.

Interpretation in Puranas

Puranas, especially the Vamana Purana, Shiva Purana, Linga Purana, Skanda Purana, Matsya Purana and Visva-Sara-Prakasha attribute the origin of Shiva Linga to the curse of sages leading to the separation of and installation of the phallus of Lord Shiva on earth. Some also refer to the endlessness of the lingam to be linked to the egos of Lord Vishnu and Lord Brahma.

Interpretation of Shiva Linga as an Abstract Symbol of God

Some scholars of the Hindu scriptures say that Linga is merely an abstract symbol of the God. They point towards several legends in Hinduism where a sundry rock or even a pile of sand has been used by as a Lingam or the symbol of Shiva. Citing a particular instance they say, Arjuna once fashioned a linga of clay when worshipping Shiva. Scholars of Puranas, thus argue that too much should not be made of the usual shape of the Lingam. Scholars say that the interpretation of Shiva Linga as an abstract form of God is also consonant with philosophies that hold that God may be conceptualized and worshipped in any convenient form. The form itself is irrelevant, as the divine power that it represents is all that matters. Scholars thus say that Sivalinga represent the formless Nirguna Brahman or the formless Supreme Being.

Gospels of Shri Shri Bhagwaan Ji

Dr. Roshan Saraf

World of theosophy is a vast ocean of divine theorem – an unscaled Himalaya of spiritual heights; it is a holy realm of deep meditation with a depth deeper than the human thoughts. It is a divine fusion between a deity and a piety having a spiritual valency with a cosmic coherence of faith, truth and alliance. A saint is not bound to exhibit miracles because He is the divine treasure of bliss which pours in a panacea shower of bliss whenever a piety is in pain, distress or trauma. A piety is bound to be true devotee as to follow the gospels of His Master to fulfill the Master's will and get liberated from the nagging cycle of birth and death.

Bhagwaan Gopinath Ji is known as “Bub Bhagwaan” – the Jagat Guru for the entire human society emitting the blissful fragrance with a soothing dew of Simplicity (Syezar), Truth (Pazar) and Purity (Shuzar) bedecked in a rainbow of religious and cultural ethos. These three words – Simplicity, Truth and Purity is a hymn of Hindu philosophy; Yes – a mystic mosaic of Lord in trinity, an immortal essence of ‘Brahma’, ‘Vishnu’ and ‘Mahesh’. Even a naked eye can find ‘Brahma’ in a white attire sitting on the blooming Lotus denoting the peace, composure and serene tranquility for the universe, ‘Vishnu’ in blissful smile and grace as the true caretaker and ‘Mahesh’ in His deep meditation in purity pouring the bliss and cleaning the mush of His devotees; Yes – a truth in purity. These three fathomless words can sound very ordinary to an atheist but to a theist they are an umbel of spiritual inflorescence spreading shade and perfume of a serene saint who in all the simplicity, truth and purity dispels His bliss in an immortal radiance to those who inhale and inherit the gospels of the Master in totality and purify the thoughts within by disbursing the Master's teaching with a fountainous sprinkle of spiritual dew all over the theosophical meadows of a religious culture.

It reminds me of a fact that the towering Pines in the woods are not irrigated by any gardener but by the Immortal nature nourishing the gigantic tree to touch the fleet of skies because of its simplicity, truth and purity in giving all the green grace, soothing shade and true timber to the human world. ‘Bubjee’ advocated

His devotees to create a character of simplicity, a temperament of truth and pious thoughts to dispel and disburse the divine wisdom.

‘Bubjee’ always hissed His simplicity truth and purity and recommended to follow it in tranquility. Yes – simplicity as simple as the relation between a mother and a son as simple as the faith in divine devotion and ‘truth’ as true as the birth and death, joy and sorrow, blooming blossoms, as true as the sky and earth. ‘Purity’ as pure as the sunshine, sacred flames of sanctimonious fire, moon's soothing sparkle beyond cloud nine...

In mid-seventies, once I went to Bubjee's ashram at Kharyar in Srinagar not knowing much of the divine saint, sat in front of Him and looked straight into His mesmerizing eyes, His glistening white turban, His graceful shroud (Pheran) and the tricolor vermilion on His sparkling forehead. I was mesmerized to see such a majestic saint and I asked Him in a murmur – “Sir! Why don't you get up from the Holy seat and bless the devotees?” To this, He replied – “Dear! You have asked me a question with rare simplicity, truth and purity. Don't you feel and find me besides you, I am always with my devotees, have faith in me and follow my gospels”. After these words there was no conversation between Him and me for the reasons known to his majesty. I left His holy court and narrated the conversational episode to my mother at home which she listened with utmost attention and said – “My son, you have been blessed with His bliss, Bubjee is not in his mortal frame, it is His holy bust and your simplicity, truthfulness and purity made you to believe that His ‘live self’ was talking to you. Your future is going to be bright as His bliss has illuminated your ignorant path”. I was spell-bound and shocked to know that it was an illusion of theosophical realm with its divine legislation of spirituality. To me simplicity, truth and purity means to be simple in ideas and thoughts and its presentation as naked and pure as the benign fire. Even today His blessed words ring in my mind and sound a ‘gospel music’ within my heart and those divine vibrations keep me agile and alive as simple, true and pure with gracious grace of Bubjee.



Kashmiri Pandit Sabha registered a protest against granting autonomy to State of Jammu & Kashmir whereas article 370 is already in force which gives special status to the State and failure of state & central Government to protect fundamental rights & interest of minorities (Hindus & Sikhs) in state of Jammu & Kashmir on 22nd of August 2010. The protest rally was organized at Sector 20, Panchkula Park under president-ship of Sh. K K Koul. It was attended by a large members of the sabha. We are thankful to all the press media personal for giving coverage to this protest. By doing this KPS Panchkula has shown the Government and the world that we are and will remain fighting for the noble cause of Kashmiri Hindu Community and for our Country.

- Rajinder Miya (Editor)



Matrimonial

- Alliance invited for our daughter Dec 1982 born 172cm, 12th Pass, 6 months beautician course, working in a reputed Pharmaceutical company at Baddi (H.P). Contact : Rajinder Miya 688, Saini Vihar, Baltana Zirakpur Mohali (PB), PH. 01762-271570, Mob 09988170135, Email rajindermiya@yahoo.co.in
- Alliance invited for 19th April 1983 born Kashmiri pandit boy height 5ft 10 inches, working as FLT. LT. (IAF) presently posted at WEST BENGAL Contact: 1435/24, Sector 29-B Chandigarh Mob. 9872405030
- Alliance invited for 12th Nov. 1981 born Kashmiri pandit girl height 5ft 6 inches, MSc. MEd. Contact: 1435/24, Sector 29-B Chandigarh MOB. 9872405030.
- Wanted a suitable match for (5.4") 22-09-1984 born KP girl B.PT (gold medalist) from Banglore, MBA from Banglore, presently working in reputed MNC Hyderabad. Both parents Bank officers. Interested may call 09816156789, 0191-2532038,0191-2564755

Congratulations

- Sh. K K Bamzai has been promoted as Divisional Manager in United India Insurance.
- Sh. S L Gigoo has been promoted as Divisional Manager in United India Insurance.

New Arrivals

- KPS Panchkula welcomes Sh. Jatinder Kaul. His current address # 16 Shyam Nagar Baltana. Mobile 09216777805.

Condolences

- Sh. Ravi Shankar Wangoo of Ganpatyar B/o Mr. Ashok Wangoo # 811, Sector 4, Panchkula expired on 27-07-2010. Sabha conveys its heartfelt condolences to the bereaved family and their kith and kin. May the departed soul rest in peace. Mobile No 9872081216
- Bhabhi of Sh. D N Pandita Sec 21, Pkl expired. Sabha conveys its heartfelt condolences to the bereaved family and their kith and kin. May the departed soul rest in peace.
- Smt. Shobhawati Bindroo grandmother of Sh. Ravinder Bindroo, New Generation Apartments Dhakoli Zirakpur expired. Sabha conveys its heartfelt condolences to the bereaved family and their kith and kin. May the departed soul rest in peace. Mobile No 9814111179
- Smt. Mohini Bhan w/o late Sh. N.N.Bhan of Habbakadal, sister-in-law of Sh. Om Ji Tikoo, office bearer of KPS, PKL., R/o Himgiri Apartments, Sec. 34 Noida expired. Sabha conveys its heartfelt condolences to the bereaved family and their kith and kin. May the departed soul rest in peace. Mobile No. 09013443105
- Smt. Chuni Zutshi w/o Sh. M. L. Zutshi maternal aunt of Sh. Ramesh Raina 687 Saini Vihar, Baltana expired on 02-08-2010 at Jammu. Sabha conveys its heartfelt condolences to the bereaved family and their kith and kin. May the departed soul rest in peace.
- Smt. Kiran Razdan w/o Sh. J. L. Razdan Bhabhi ji of Smt. Bimla Raina 687 Saini Vihar Baltana expired on 24-08-2010 at Jammu. Sabha conveys its heartfelt condolences to the bereaved family and their kith and kin. May the departed soul rest in peace.
- Smt. Aranjigri Raina w/o Lt. Sh. M. N. Raina Bua ji of Sh. Ramesh Raina 687 Saini Vihar, Baltana expired on 24-08-2010 at Jammu. Sabha conveys its heartfelt condolences to the bereaved family and their kith and kin. May the departed soul rest in peace.
- Smt. Kamlawati Rafiz (Raina) resident of Faridabad Grand mother of Sh. Subhash Munshi sector – 20 Pkl expired on 20-08-2010. Sabha conveys its heartfelt condolences to the bereaved family and their kith and kin. May the departed soul rest in peace.

HUMBLE REQUEST

- * Members who have not renewed their membership are requested to renew their membership.
- * Members and interested KP's across India are requested to get their mobile registered with Mr. Vinod Razdan to get SMS Updates about the happenings at KPS Panchkula

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