

47 - TREATMENT WITH AYURVEDA IN CASE OF LOSS OF CONSCIOUSNESS

• When we lose consciousness

- Generally speaking, a person loses consciousness when the functions of the brain are disturbed due to insufficient oxygen intake. Then people **lose control of their bodies**, they lose sensations and reactions to external influences.
- Moreover, some activities such as breathing, can be disturbed. Fainting can happen as a result of various reasons:
 - Intense emotion – for example, to be terrified
 - Blood loss
 - Poisoning /for example, with drugs or after a snake bite/
 - Trauma as a result of head injury and so on.
- Apart from the accidents, loss of consciousness can also be caused by a number of diseases:
 - Of the blood circulation
 - Stroke
 - Heart attack
 - Disease of the nervous system and the brain
 - Disturbed gland activity
 - Of the digestive tract and metabolism
 - Of the respiratory system, infectious diseases and so on.
- The seizure may last for a few seconds, and even a few minutes. In many cases, it can be life-threatening.
- According to Ayurveda, the loss of consciousness is a result of the disturbance of the harmony in the body, and in particular – the balance between the three vital energies–Doshas. These are the vital energies of the human being, as each one of them is responsible for certain processes in the organism.
- **Vata** is responsible for all **movements**; **Pitta** – **for the transformations**, **Kapha** – **for the liquids**. These three biological forces are set in precisely defined proportions that are unique for every person. When a Doshha goes out of “its proportion”, apart from causing disturbance in the functions of certain organs, also causes imbalances in the other two Doshhas, as all this leads to more disturbances in other organs and respectively – to more diseases, which may result in a seizure.



- **Treatment with the help of Ayurveda**

According to Ayurveda, the loss of consciousness is due to an imbalance of Vata. This Dosha is responsible for the brain and the nervous system, the cardiac contractions and breathing. Any disturbance may lead to **loss of consciousness**



- This condition may also be caused by an imbalance of Pitta – for example,
- when there is a high temperature due to inflammation, overloading – mental and physical, etc. The deviations in Kapha also may cause **brain disturbances** because of the **sedentary life, too spicy and fatty food**.
- This condition may also be caused by an imbalance of Pitta – for example, when there is a high temperature due to inflammation, overloading – mental and physical, etc. The deviations in Kapha also may cause **brain disturbances** because of the **sedentary life, too spicy and fatty food**.
- To help the fainted person, you can use the smell of a powdered root of calamus or onion. According to the different indicators – **lack or presence of a pulse, breathing** and so on, various measures can be taken – **loosening the clothes to ease the breathing process, checking the mouth to see if there is a swollen tongue** and its eventual restoration, cleaning if there is vomit, CPR, spraying the face with cold water, tapping the cheeks, rubbing the ear shells and so on.
- [Ayurveda treats the diseases](#) that lead to loss of consciousness, restoring completely all functions in the organism. Thus, the body becomes again a self-regulating system, which copes with the diseases before they reach a serious development. This happens by returning the balance of the Doshas. For each one of them there are [foods, herbs, spices and plant oils](#) that enhance or reduce them. This should be combined with cleanse of the organism. For the external cleanse are used [oils and herbs](#) – **pouring, massages, rubbing, steam baths with potions** and other. For the internal cleanse are applied laxative and cleansing remedies. The complex of measures also includes yoga.
- The treatment is always individual because it is complied with the specific indicators of the patient. But generally speaking, in order to balance Vata, the patient must avoid the dry and cold foods and replace them with more liquid and warm foods. The patient must avoid *refined sugar and yeast, as the sweet, salty and sour foods are recommended*. Useful foods are *the mustard, hemp, cardamom, ginger, cinnamon, garlic and cumin*.
- To soothe Pitta, the patient must avoid spicy, salty, sour foods, as the meals have to be liquid, cooling, astringent, sweet and bitter. The fresh vegetables and fruits are a very good choice. The suitable [spices](#) are **cinnamon, ginger, cardamom, dill** and so on.
- The food to soothe Kapha should be dry, warm, light, spicy, astringent and bitter, as the **salty, sweet and heavy foods must be avoided**. Depending on the condition of the patient and the specific problem, may be used turmeric, ginger, common balm, lavender and others.