

NVR AUGUST

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NEWS, VIEWS & REVIEWS

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Reduction of delayed onset muscle soreness by a novel curcumin delivery system (Meriva®): a randomised, placebo-controlled trial

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<http://www.jissn.com/content/11/1/31>

Background: Delayed onset muscle soreness (DOMS) due to eccentric muscle activity is associated with inflammatory responses and production of reactive oxygen species (ROS) that sustain both inflammation and oxidative stress. The aim of this study was to test whether curcumin could attenuate damage from oxidative stress and inflammation related to acute muscle injury induced by eccentric continuous exercise

Methods: This was a randomised, placebo-controlled, single-blind pilot trial. Twenty male healthy, moderately active volunteers were randomised to curcumin given as the Phytosome® delivery system 1 g twice daily (200 mg curcumin b.i.d.) or matching placebo. Supplementation was initiated 48 hours prior to a downhill running test and was continued for 24 hours after the test (4 days in total). Muscle damage was quantified by magnetic resonance imaging, laboratory tests and histological analyses on muscle samples obtained 48 hours after the test. Patient-reported pain intensity was also recorded.

Results: Subjects in the curcumin group reported less pain in the lower limb as compared with subjects in the placebo group, although significant differences were observed only for the right and left anterior thighs. Significantly fewer subjects in the curcumin group had MRI evidence of muscle injury in the posterior or medial compartment of both thighs. Increases in markers of muscle damage and inflammation tended to be lower in the curcumin group, but significant differences were only observed for interleukin-8 at 2 h after exercise. No differences in markers of oxidative stress and muscle histology were observed

Conclusions: Curcumin has the potential for preventing DOMS, as suggested by its effects on

pain intensity and muscle injury. Larger studies are needed to confirm these results and further clarify the mechanism of action of curcumin.

Licorice, eat more licorice and enjoy these hidden benefits

Sandeep Godiyal , Naturalnews.com , July 17 2014

Licorice is a favorite snack food for many people. Due to its sweet flavor and chewy consistency, it is the snack of choice for people of all ages. Licorice has been used for medicinal purposes for a number of years. For this purpose, licorice comes in both tablet and capsule forms.

Additionally, there are licorice teas that can be enjoyed.

Even though licorice is sweeter than sugar by fifty times, it contains significantly fewer calories than the refined kind. This makes licorice the ideal snack for someone who wants to satisfy their sweet tooth without consuming a lot of extra calories. In addition, there are modern day benefits to licorice.

Could help clear up the skin

For those people who have acne, increasing their consumption of products that contain licorice could be helpful. Korean research has recently shown promising results of an ointment containing licorice and applied to the face. Scars and spots from acne have been reduced as well as the itching associated with eczema and psoriasis.

Might help with weight loss

Even though studies that are targeted for this benefit are still in their early stages, the preliminary feedback is promising. Licorice contains a flavonoid oil that might help reduce the amount of body fat that a person has.

Could help regulate hormones

As women age, their hormone levels begin to fluctuate. This can result in a range of symptoms including hot flashes, depression, weight gain and more. Recent research has shown, however, that women can find relief from hot flashes by about 80 percent when they consume licorice. This is because there is a compound in licorice that mimics estrogen, helping to reduce symptoms.

May help provide relief from ulcers

Those people who suffer from stomach ulcers could find relief by ingesting licorice. If an individual is feeling stressed, a good way to help reduce the stomach acid that often forms is by relaxing with a hot cup of licorice tea.

Can help stop cold sore formation

Cold sores, caused by the herpes virus, can cause a great deal of social stigma for those who suffer from them. Research shows that licorice can help reduce their severity. Licorice contains

compounds that help increase the production of protein that is released by the body in response to viruses and other types of pathogens.

Licorice has many relaxing and medicinal benefits that make it a vital part of any pantry. While there are a variety of candies available that has licorice in them, tea, tablets and capsules provide better methods that people can utilize to enjoy the benefits of licorice.

Dietary Supplementation with a Superoxide Dismutase-Melon Concentrate Reduces Stress, Physical and Mental Fatigue in Healthy People: A Randomized, Double-Blind, Placebo-Controlled Trial

Julie Carillon , Claire Notin , Karine Schmitt , Guy Simoneau and Dominique Lacan

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www.mdpi.com/journal/nutrients

Effects of superoxide dismutase (SOD)-melon concentrate supplementation on psychological stress, physical and mental fatigue have been investigated in healthy people. A randomized, double-blind, placebo-controlled trial was performed on 61 people divided in two groups: active supplement (n = 32) and placebo (n = 29) for 12 weeks. Volunteers were given one small hard capsule per day. One capsule contained 10 mg of SOD-melon concentrate (140 U of SOD) and starch for the active supplement and starch only for the placebo. Stress and fatigue were evaluated using four psychometric scales: PSS-14; SF-36; Stroop tests and Prevoist scale. The supplementation with SOD-melon concentrate significantly decreased perceived stress, compared to placebo. Moreover, quality of life was improved and physical and mental fatigue was reduced with SOD-melon concentrate supplementation. SOD-melon concentrate supplementation appears to be an effective and natural way to reduce stress and fatigue. Trial registration: trial approved by the ethical committee of Poitiers (France), and the ClinicalTrials.gov Identifier is NCT01767922

AYURVEDA DEVELOPMENT

Modernization of Ayurveda: a brief overview of Indian initiatives.

Mukherjee A, Banerjee M, Mandal V, Shukla AC, Mandal SC.

Nat Prod Commun. 2014 Feb;9(2):287-90.

Ayurveda has been the main guiding force in drug discovery from traditional medicine. In concept, this system is rooted in folk or ethnomedicine and in practice it shows further refinement and development in accordance with local traditions. Isolation of active principles from crude drugs, their pharmacological evaluation, therapeutic proving and clinical application

resulted in the genesis of modern or so called allopathic medicine. To keep the opportunity alive for further development in traditional as well as modern medicines, it is necessary to have an uninterrupted connection with ethnomedicine. Since the practice of ethnomedicine is based on the age-long indigenous knowledge which has been orally transmitted through generations and sustained in traditions there is an urgent need to document such knowledge. The ongoing strategies adopted in India to document the precious traditional knowledge and conserve medicinal plants are discussed in this communication. India with her rich plant wealth and traditional knowledge about the medicinal use of plants has tremendous scope to provide leadership in ensuring human health and longevity.

PMID: 24689312 [PubMed - indexed for MEDLINE]

Changing scenario for promotion and development of Ayurveda--way forward.

Mukherjee PK, Nema NK, Venkatesh P, Debnath PK.

J Ethnopharmacol. 2012 Sep 28;143(2):424-34. doi: 10.1016/j.jep.2012.07.036. Epub 2012 Aug 2.

The literature on the history, principles and current status of Ayurveda has been reviewed. The data have been presented systematically including the initiatives from Government of India. Several aspects of administrative management, education, teaching and related aspects for promotion and development of Ayurveda and other Indian systems of traditional medicine have been discussed.

Presently, there are 2420 hospitals with about 42271 beds, 15017 dispensaries, 429246 registered practitioners, more than 320 educational institutions, 7699 drug-manufacturing units to promote Ayurveda into the health care delivery system in the country. Ayurvedic Pharmacopoeia of India is the official document for single Ayurvedic drugs (540 monographs) and different formulations (152 monographs). Several aspects in this regard for development of Ayurveda have been discussed.

Considering the widespread use and popularity of Ayurveda worldwide, administrative management and infrastructure facilities, indigenous practices and standards for quality control and its evaluation have been highlighted. In India, all such efforts for integration of Ayurveda provide potential role in the health care benefits.

Five herbs and spices to curb a sweet tooth

Sandeep Godiyal , Naturalnews.com ,July 16 2014

Consuming large amounts of sweets can wreak all sorts of havoc on a body. Of course, there is the obesity issue, in which sweets can contribute to a weight problem. The effects of sugar can

also cause health problems, such as throwing the body's system for sugar regulation out of whack or making a person more susceptible to cavities. Eating a great deal of sugary foods also makes the body crave more of the same so that it is hard to cut the sugar habit. However, the below spices and herbs can help satisfy a sugar craving with no harmful side effects.

Fenugreek

Though less well-known than some other spices, fenugreek is one that anyone with a sweet tooth should be aware of. With its pleasant aroma of burnt maple sugar and delicious maple taste, fenugreek is the perfect way to please a sugar craving. It has also been shown to help lower blood sugar levels in those people who use it with regularity.

Cinnamon

Often used in dishes around the world, cinnamon is a highly popular spice that can help stop a sugar craving in its track. While the spice already has a slightly sweet taste that can satisfy a sugar craving, it also has other important health benefits. A benefit that is particularly helpful for those who crave sugar is cinnamon's ability to reduce the glycemic level of the foods that it is eaten with. This can be welcome news for diabetics.

Nutmeg

Though especially popular during the fall when it is often paired with pumpkin pie, nutmeg has lots of great benefits. In addition to its ability to help bring back comforting memories, nutmeg also helps naturally boost the serotonin levels in the body. This can help keep carb cravings in check.

Cardamom

Light and slightly sweet, cardamom is a popular herb, and for good reason. Some people think the spice resembles a spicier version of cinnamon, and it has a vanilla-lemon aroma that makes it truly unique. It is a highly versatile herb and can be added to yogurts, smoothies, puddings and oatmeal.

Ginger

Though ginger has a strong taste that is not at all sweet, it is famed for helping to curb a sweet tooth. It is spicy with strong undertones of sweetness that make it the perfect spice to pair with other spices such as cinnamon, nutmeg and cardamom, making it the perfect spice to bake with. Using ginger not only helps stop sugar cravings but can also help soothe the stomach.

Using the above spices and herbs in cooking and at the table can help curb a sweet tooth naturally.