

Ayurveda

& Health Tourism

COVER STORY

MENOPAUSE

TRANSITION TIME
IN A WOMAN'S LIFE

45-PLUS AND
FEELING DOWN?

FOOD SUPPLEMENTS
TO MANAGE MENOPAUSE

PERIMENOPAUSE TO
MENOPAUSE

AGNIKARMA
THE PAIN
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principles of Ayurveda that sees human beings as an integral part of nature.

Sukhavati, in that sense, believes in the Ayurvedic principle that humans are deeply linked to the universe and hence has the very same elements of the universe like air, space, fire, water and earth. At Sukhavati, every guest is taken through a treatment and lifestyle altering regimen after a close assessment with the in-resident Ayurvedic Physician of their emotional, psychological, physical and spiritual requirements.

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- Organic Ayurvedic vegetarian cuisine
- Yoga classes
- Lectures and workshops

on Ayurveda, Yoga and Vedic Sciences

- Cultural experiences

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They are:

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- Herbal supplementation
- Yoga therapy
- Meditation





- Lifestyle recommendations
- Food as medicine

Facilities at Sukhavati:-

Swimming Pools

Sukhavati has a main swimming pool, located at the centre of the estate, and three Private Pool Villas that also host swimming pools.

Ganesha Yoga & Meditation Pavilion

A day at Sukhavati starts and ends with the healing yoga sessions that take place in the Yoga Pavilion. This location is completely mesmerising and is a perfect place for practising yoga since the view truly sets the scene for rejuvenation. If yoga isn't what you are after, then you can join the staff for a group meditation session before lunch.

River Deck

Sink into the day with a fresh juice and enjoy the panoramic views of the tropical jungle from the River Deck and relax.

The Lawn

The Lawn is the setting for the traditional Balinese performance and gala dinner that is provided to guests once a month. Here, you get to dine under the stars and interact with the dancers while enjoying a beautiful banquet cooked by our

wonderful chefs.

River Spa Treatment Pavilions

The River Spa Treatment Pavilions are located on the lowest tier of the estate overhanging the peaceful Penet River.

Ayurveda Centre, Doctor's Office & Pharmacy

During your stay at Sukhavati, the guests can experience the one-on-one consultations with experienced Ayurvedic Physician, Dr Mithun Raju at the Ayurvedic Centre. This centre includes the Doctor's office that is open for all health consulta-

tions and a pharmacy that hosts all natural, Ayurvedic herbs and medicines. Thus, here the guest gets to enjoy the peace and tranquillity of the centre while meeting the personal needs from an Ayurveda medic.

Vedic Library

Situated next to our Ganesha Yoga Pavillion is the Vedic Library, filled with books on Ayurveda. All guests are welcome to use this space and take time off to read and relax, or borrow some of the books for the duration of their program. The Vedic Library is sometimes used for group talks and Ayurveda Information sessions with Dr Mithun Raju. Here, one can enjoy some down time and serenity, whilst learning more about the magic of Ayurveda and Panchakarma programs.

Thus, Sukhavati takes the guests through a journey that promises a healthy and happy time ahead.

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& Health Tourism

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Menopause and Ayurveda

Societies have made impressive progress but menopause, the stage through which every woman goes after the age of 40. Women dread it and the situation proves near-devastating for families who suddenly realize how important the healthy presence of the homemaker is to the family. Some women adjust to the changes easily and ride over the issues related to it but many, in fact the majority, panic as they believe that they won't be able to lead a normal life once they cease menstruating.

This is a stage when a woman needs a lot of emotional support from people around her, especially from her partner. She needs to understand why she is behaving in a particular manner and why her body or physique seems to be undergoing changes that seem irreversible. But menopause is actually a period of liberation where the women's self-knowledge and self-esteem blossoms. Also, since it marks the end of the menstrual cycle, it is a cause for celebration too. Women no longer have to worry about tampons, pads, leakages or menstrual cramps. It is an end to the guessing game of when your periods would begin or stop. Hence, it is incredibly liberating for many.

It is also a stage when women don't have to worry about wearing their whites any more. They can flaunt them and feel safe and easy about it. It is a time when many decide to take a fresh look at their relationships, their professions, how they care for their health and how they want to expend their energy. Also sharing and talking openly about the events that happen during this stage, whether good or bad, can give women the courage to face the world and they can be clear that the unwelcome symptoms will not last forever.

Ayurveda has much to offer here, without being too interventionist. It tries to address the physical and emotional transition through changes in diet and lifestyle and preparations that are in tune with life's natural rhythms. These are not 'remedies' in the conventional sense, for Ayurveda does not view menopause as a malady that needs to be treated. Everything that Ayurveda offers to support the woman in transition can be done at home, with the least impact on the normal life of women, and men too. Apart from a proper diet and lifestyle changes, Yoga too can be of immense help to make the transition smooth and relieve the aches and pains associated with menopause.

We have featured over a dozen articles on the subject by experts, to enlighten both the informed and the uninformed about the changes and their manifestations in women as they enter menopause, a subject that is seldom discussed in the open or seen as a natural phase in a woman's physiological life cycle. Snippets of information gathered from often unreliable sources can be counter-productive. There has to be proper awareness among the women entering menopause about the diverse connected issues so that the impact of the transition does not have any negative consequence for the woman in question or her professional and personal life.

So, here is a comprehensive fare on menopause and its attendant challenges. Read the articles to feel blessed to be a woman. Remember, this is not just the end, but the beginning of a new life full of happiness. Enjoy it.

C Gouridasan Nair

Group Editor



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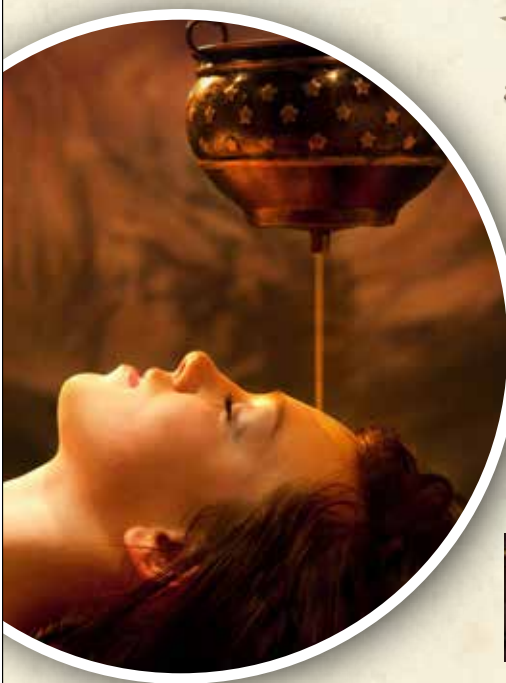
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Ayurveda & Health Tourism magazine's website tops Feedspot survey

Ayurveda & Health Tourism magazine, an FM Media Technologies Pvt. Ltd. publication, has been listed as the No. 1 among the best Ayurveda magazines on the web using search and social metrics.

The website of the magazine was awarded this position due to its active work to educate, inspire and empower readers with frequent updates and high-quality information. The other magazines that came in the second and third positions were nirog.com and simpleayurveda.com respectively. These magazines were ranked based on the following criteria:

- Google reputation and Google search ranking
- Influence and popularity on Facebook, Twitter, and other social media sites
- Quality and consistency of posts
- Feedspot's editorial team and expert review.



Barcelona based Puig partners with Kama Ayurveda



Barcelona-based fashion and fragrance business, Puig announced a minority investment in Kama Ayurveda, the ayurvedic brand of beauty and personal care products.

As part of its investment, Puig will infuse approximately Rs. 100 crore into Kama Ayurveda to further the company's domestic and international expansion, as well as have the option to increase its stake in the years ahead.

This partnership has come about 17 years after Kama Ayurveda took birth in 2002. Puig holds brands like Nina Ricci, Carolina Herrera and Jean Paul Gaultier in its portfolio. With this investment Puig enters an emerging market with vast growth opportunity for beauty and personal care products, as well as fragrances.

Bankura doctor to frame WHO guidelines on Ayurvedic treatment

Dr. Asit Kumar Panja, an ayurvedic genius from an obscure village in Bankura's Joyrambati, has been nominated as an expert by the Ministry of AYUSH to chart the guidelines for the World Health Organisation (WHO) in the field of Ayurvedic treatment and also for the standardisation of international protocols.

Panja is known for his association in the national and international arena for his multi-faceted contributions in the field of Ayurveda. He will be flying to WHO headquarters in Geneva early next month.

As assistant professor of the National Institute of Ayurveda (NIA), Jaipur in Rajasthan, Panja will work towards the formulation of a standard procedure and guidelines for Ayurveda treatment.

Following the completion of the project, Panja will submit the documents to the WHO, which will be eventually published as a standard methodology for the treatment not only in India but also across the world.

lished as a standard methodology for the treatment not only in India but also across the world.

The Ministry of Ayush had already developed National Ayush Morbidity and Standardised Terminologies Electronic Portal (Namaste-Portal) where various Ayurvedic terms have found place with their synonyms in English and Hindi languages.

Many old manuscripts, which were originally in Sanskrit language, have already been digitised to attract attention from the international audience. The ministry has also tied with the WHO for this.



WE CARE For Our Heritage



Because, our rich national heritage deserves to be conserved in its pristine fidelity and nurtured for the future. It manifests in different forms of wisdom, culture and natural eco-systems, be it the time tested Indian health care science of Ayurveda, the universally acclaimed Kerala art form of Kathakali, or the critically important natural resource base of medicinal plants.

Invested with an ardent conviction stemming from our century old traditions in health care services and ethical social responsibility, we are here to CARE for our HERITAGE.

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Global Ayurveda Summit in Kochi

The Confederation of Indian Industry (CII) is organising the third edition of Global Ayurveda Summit 2019 on October 30 and 31 at Kochi.

The main theme of the event will be 'Mainstreaming Ayurveda Startups, Innovation and Branding.' The event will feature an international conference, expo, start-up contest, and a focussed B2B meeting platform. Over 500 industry leaders and experts from India and abroad are expected to participate.

The aim is to create a global market place for Ayurveda, and to position it as a solution for global health challenges, brand it as a way of life, and ensure growth through start-ups as a Rs. 50,000-crore industry by 2025.

Ayurveda & Health Tourism will be the official magazine of the event.



International AYURVEDA Ambassadors' Tour & B2B Meet

The first International Ayurveda Ambassador's Tour and B2B Meet will take place from October 24 to November 4, 2019.

So far, an expressions of interest have come from 100 odd Ayurveda spa operators. From among these, 60 international participants have already been shortlisted. The tour will start from Bekal in North Kerala on October 24 and move to Kannur, Kozhikode, Palakkad, Thrissur, Ernakulam, Kumarakom and Kovalam. It will culminate at the Thiruvananthapuram international airport on November 4.

The B2B meets will be held in Bekal, Kozhikode, Trissur, Ernakulam, Kumarakom and Kovalam. Kerala Tourism has approved a sponsorship of Rs. 20 lakh for this project and the CII has agreed to sponsor the event at Ernakulam. The Ayurveda Promotion Society that is organizing the event have approached KAIL and BRDC to organize the event at Bekal and are looking forward to a positive reply from them. Assistance has been sought from India Tourism too.

The event would provide members a platform to showcase their products in various forms like Co-Partner, Associate

Partner or Sponsor.

All members who contribute to the event will be allowed to display their company logo in all promotions of the society according to the category. Priority will be given to property visits coming in the route. More details can be had from:

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Advantage Healthcare India 2019 – 5th International Summit on Medical Value Travel



The fifth international summit on medical value travel, titled Advantage Healthcare India 2019, would take place at India Expo Centre and Mart, Greater Noida (NCR), UP from 13 to 15 November 2019.

The objective of the summit is to promote India as a premier global healthcare destination and enable streamlined medical services exports from India. The underlying objective is a unique conglomeration of '5Ts' -

Talent, Tradition, Technology, Tourism and Trade.

The medical value travel industry has emerged as one of the fastest growing segment of tourism industry despite the global economic downturn. According to the FICCI – IMS Report, India is one of the key MVT destinations in Asia with over 500,000 foreign patients seeking treatment. MVT can be a 9 billion USD opportunity by 2020 through adequate focus and

effective execution. The endeavour, through the “Advantage Health Care – India 2017” was to showcase India and its immense pool of medical capabilities as well as create opportunities for healthcare collaborations between the participating countries.

Ayurveda & Health Tourism and Medical Tourism, published by FM Technologies Ltd., will participate in the event.



New classification scheme for Ayurveda centers

According to the new classification system for Ayurveda centers, all centers approved by Kerala Tourism will have to append the term “Kerala Tourism Ayurveda Centre’ to the name of their units on brochures, signages, and communications. Thus, this will help holidayers in identifying quality centers and it will further promote wellness-based Ayurveda, the USP of Kerala Tourism.

Based on facilities and quality, the centres will be further classified as Ayur Silver, Ayur Gold and Ayur Diamond. The guidelines and checklist for this classification have been formed by a five-member committee headed by the Director of Tourism. Ayur Silver will offer minimum facilities and Ayur Diamond the maximum.

The criteria for classification have been worked out by the Responsible Tourism Mission.

Ayurveda brand Kapiva enters US market

Mumbai-based food startup, Kapiva, an Ayurveda brand belonging to the 100-year old legacy – AdretRetail Pvt. Ltd. (Baidyanath), has entered the US market eyeing its growing demand for wellness products.

According to Ameve Sharma, founder and CEO of Adret Retail Pvt. Ltd., there is a substantial demand for its high quality traditional Indian foods like ghee, herbal juices, honey and edible oils in the US market.

The idea behind this deal is that this business could account for 50% of turnover for Kapiva in the next few years against its current 20% turnover. This can result in the US becoming a larger market for the brand than India.

Through this deal, Kapiva, will cater to the new-age consumers and seek to merge the ancient Ayurvedic traditions of Baidyanath with modern-day science and technology.

Kapiva is Baidyanath's strategy to reach out to the younger group of consum-

ers who have a slightly different set of problems and requirements from Ayurveda.

The company has close to 200 GMP-certified (good manufacturing practice) products including capsules,



oils and syrups, derived primarily from aloe vera, amla, ashwagandha, brahmi and garcinia. It caters to problems ranging from cough and cold to diabetes and digestive system ailments and skin and hair issues.

Kapiva products appeal most to those

who take pride in the Indian traditions of food and wellness, and are willing to experiment with products that are natural or sourced in line with ayurvedic principles.

It has more than 500K customers since its launch and is seeing a good traction from both India and International geographies. Taking the baton of health even further, Kapiva wishes to expand to the Canadian and European markets in the coming months.

Kapiva Ayurveda was founded by Baidyanath Group scion Ameve Sharma and ex-Bain Capital investor Shrey Badhani. It markets 90 ayurveda food products (known as functional foods) under five categories — juices, ghee, honey, oil and tea.

The products are retailed under the brand name Kapiva — drawn from the three ayurveda doshas — kapha, pitta and vata. "Selling under the brand Kapiva, we do not leverage the over 100-year-old family name, but their retail network," said Ameve Sharma.

International Cancer Care Conference 2019 – An integrative approach to managing Cancer



Cancer is one of the world's most pressing healthcare challenges, with more than 14 million people receiving a cancer diagnosis each year. According to WHO, cancer claimed 8.8 million lives in 2015 and accounted for almost 1 in 6 global deaths. Keeping these facts in mind, the International Cancer Care Conference (ICCC 2019) was devised to bring together global health and cancer care experts to share the best practices and emphasize on the significance of developing an integrative approach to cancer prevention and supportive care to improve the patient's quality of life.

The program's agenda is designed for national and international medical healthcare professionals and oncolo-

gists to facilitate the dissemination and implementation of new research findings related to cancer. The conference invites delegates from leading universities, hospitals, cancer research centers, clinical research institutions, NGO's and healthcare solution companies to share their expertise on all aspects of this ever expanding field and showcasing the latest innovation.

In this event, the focus will be on the latest developments in cancer cure and prevention, adopting the best practices from both traditional and modern medical sciences.

Speakers at the event will include a mix of medical professionals and notable celebrities who are inclined towards the cause of cancer reach and prevention.

The conference also aims to bring hope to the patients who suffer from anxiety and depression post the diagnosis.

Some of speakers for last year's conference who are also cancer survivor's include - Gautami Tadimalla, actress, founder - "Life Again Foundation"; Ananda Shankar Jayant, Padma Shri Awardee, Founder - "Natyarambha" and Steffi Mac, author, founder - "CAN WE NOT" YouTube Channel.

Few of the topics that will be covered at the ICCC'19 are:- Preparing the Body for Cancer Treatment, Multi-Disciplinary Approach, Diet and Lifestyle and Post-Surgical Care.

ICCC 2019 invites participants from across the globe to attend this exclusive event scheduled for 20 October 2019 in Ludhiana, Punjab, India.

Our publication, Ayurveda & Health Tourism magazine is the media partner for this event.

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KTM Managing Committee for 2019-21

Kerala Travel Mart (KTM) Society revamped its managing committee for 2019-21, retaining top functionaries including Baby Mathew Somatheeram as the president, Swaminathan S as vic-president and Jose Pradeep as honorary secretary of the organisation that works for the promotion of the state's tourism with the help of public-private partnership.

The 2000-founded institution that conducts the biennial KTM that hosts the country's largest buyer-seller meet in the tourism segment will have Hari Kumar C as the honorary joint secretary and Scaria Jose as the honorary treasurer.

The appointments were made based on an election held at Kochi. Other members include Bony Paul, Janeesh J, Jobin

Joseph, Jose Mathew, Lalith Viswakumar, Mallika Dinesh Kumar, Muhammed Ansari KA, P M Ross Masood, Rakesh OM, Riyaz UC, Shilendran M, Tejus Jose.



2nd annual yoga and vegan festival at Brussels



The 2nd annual yoga and vegan festival will take place at one of Brussels' most spectacular venues, Be-Here. Among the many activities of the festival are its yoga and meditation sessions. At the festival, participants can treat themselves to some delicious plant-based foods, try henna body art, enjoy relaxing massages, attend talks on subjects of health and well-being (including mental health), and end the day with some fun Bollywood dancing.

The festival will have multiple yoga/meditation sessions that will be taught by experts from different backgrounds. This will give the participants a totally amazing yogic experience. At the festival, one would get to do yoga and repeat chants with like-minded yoga making their experience totally

divine. All classes are tailored for a mixed-ability group and beginners are totally welcome.

The Indian Embassy at Brussels has agreed to buy and distribute our magazine – Ayurveda & Health Tourism (www.ayurvedamagazine.org) at this one-day event focused on well-being, yoga and vegan food.

Date: 15 September 2019

Time: 10:00 –19.30

Venue: Be-Here, Rue Dieudonné Lefevre 4,
1020 Bruxelles, Belgium

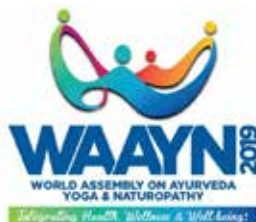
For more details, visit:- <https://yogific.org/brussels/>

WAAYN 2019 – A step towards integrating well-being

World Assembly on Ayurveda, Yoga & Naturopathy (WAAYN) being organized at India Expo Centre & Mart, Greater Noida, will be the biggest platform in the domain of Ayurveda, Yoga, and Naturopathy. It will lay a concrete foundation and set ambitious goals to globally increase market share, customer access and profitability in these sectors.

It will also connect with the best of the natural health experts and academic institutions across the globe. At WAAYN 2019, the most intricate and extensive information on products and insights about Ayurveda, Yoga, Naturopathy & Wellness will find a global audience. It is a golden opportunity for the budding scholars, researchers/practitioners, end users and trading bodies to gain better and deeper understanding of the traditional systems of medicine.

The patrons of the event include some of the bigwigs in the industry like Dr. Veerendra Heggade, Dr. Vasant Lad, Dr. P R Krishnakumar. Some of the members of the advisory committee include Dr. H R Nagendra, Vd. Rajesh Kotecha, Dr. GG Gangadharan, Dr. Pratap Chauhan and many more. Some of the exhibitor categories are:- Ayurvedic Pharma Machinery Manufacturing Companies, Electronic



Wearable Devices & Healthcare Technology, Health Insurance Companies, Massage Equipment, Medical Publications, Panchakarma & Ayurveda Equipment Manufacturer, Nutraceuticals and Food Supplements and lots more.

This is a great platform for showcasing the strengths and potentials of traditional systems of medicine, exhibiting the research and development efforts in the AYUSH sector, to project future trends and requirements in the AYUSH healthcare sector and to create awareness among individuals and professionals about Ayurveda, Yoga & Naturopathy, Unani, Siddha & Homeopathy and to harness the potential of this fast growing and globally emerging sector.

Some of the eminent names among the invited speakers are:- Dr. Satbir Khalsa, Dr. David Frawley, Dr. Dean Ornish, Dr. Naveen KV, Dr. Pooja Sabharwal.

This conference will take place from 7 to 10 November 2019. It will integrate, health, wellness and well-being in a single platform.

Our publication, Ayurveda & Health Tourism magazine is the media partner for this event.

GCC travel agents visit Kerala



As part of promoting tourism in Kerala, the Grace Travel Mart (GTM) will organize the biggest GCC travel agents networking event in Kerala. The event will take place at the Grand Hyatt, Kochi and will end on 9 September 2019. More than 40 GCC agents will take part in this event. The highlights of the program are a family trip, networking event, seminar & interactive session, Kerala album launching and cultural programs that finally culminated in a dinner.

At the event, the tourism promoters of Kerala will get an opportunity to discuss with the delegates about the facilities

on offer for tourists visiting Kerala.

The tile sponsor of the event is Maurya Ayurveda. Event partners are Grand Hyatt and Greenix. The sponsors included Sugati Retreat, Vaidya Health Care and Silver Tips. The event took place with the support of Kerala Travel Mart, Munnar Travel Mart, Ayurveda promotion Society, Ayurveda & Health Tourism magazine, Showcase Munnar, Wayanad Tourism Organization, ATTOI and Thekkady Destination Promotion Council and Destination Kerala.

Kerala Tourism Minister Kadakampally Surendran will officially inaugurate the programme on 9 September 2019. Other officials of Kerala Tourism will also present at the occasion.

After the meet at Kochi, GTM will organise a programme for the tour operators of Kerala to visit all the countries in the Gulf region.

Our publication, Ayurveda & Health Tourism magazine is the media partner for this event.



Confederation of Indian Industry



**Mainstreaming Ayurveda
through Startups
Innovation and Branding**

**30 & 31 OCTOBER 2019,
HOTEL LE MERIDIEN
KOCHI, KERALA**

www.globalayurvedasummit.com

THE SUMMIT

Confederation of Indian Industry (CII) is glad to announce the 3rd edition of the "Global Ayurveda Summit" at Hotel Le Meridien, Kochi Kerala on 30 & 31 October 2019.

It is an international annual event started to serve as a force to galvanize Ayurvedic sector to aspire, plan and achieve greater heights. It is also a Global Knowledge Platform to meet national and global leaders in Ayurveda, Health, Wellness, Nutraceuticals, Medicinal Plants & Tourism fields.

World experts in the field of Ayurveda come together and bring out a new depth of understanding of Ayurveda. New breakthrough scientific researches on Ayurveda are presented, and In-depth formulation of policies to make Ayurveda available in totality throughout the world is discussed.

AYURSTART2019

Ayurstart2019 is the Ayurveda Startup Competition, conducted as part of the Global Ayurveda Summit. The contest will attract young minds to come up with out of the box ideas in the Ayurveda sector. The competition intends to foster & ignite the passion for entrepreneurship in the Ayurveda community.

KEY ELEMENTS

- AyurStart – Startup Competition
- International Conference
- Exposition
- B2B and B2G Meetings
- International Delegation



KEY OBJECTIVE

- Understanding investment opportunities in Indian Healthcare Industry.
- Awareness of Ayurveda in Global Marketplace & position India & Kerala as an emerging hub.
- Unearth Potential for Exports / Imports of Ayurveda Medicines & Services.
- Connecting Eco-Tourism & Health sector seamlessly.
- Acceptance of Ayurveda into mainstream healthcare – Create global market place for Ayurveda.
- Position Ayurveda as a solution for global health challenges Brand Ayurveda as the way of life.

Contact for Participating as Sponsor / Exhibitor / Delegate / Ayurstart contestant

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It's a new beginning!

Ninu Susan Abraham
Editorial Co-ordinator

Menopause is an important stage in a woman's life. Most women look forward to the changes in their menstrual cycle and the related physical and psychological manifestations with trepidation. While some adapt to the changes easily, the majority have a tough time coping with the situation. Irregular or excessive bleeding, hot flashes, severe body ache and frequent plunge into depressive phases make this transition period often traumatic for many.

Menopause is when a woman has not menstruated for a period for 12 months. The term 'menopause' describes changes a woman goes through either just before or after she stops menstruating. After menopause, she no longer releases eggs for fertilization, and her ovaries do not produce estrogen and progesterone, as they once did. It is a gradual process and does not occur overnight. This natural biological transition begins between ages of 45 and 55.

"Nowadays, many seem to consider menopause a medical problem that needs treatment, but it is nothing but a stage in a woman's life. Menopause being an emotional roller-coaster, can be a grenade or volcano thrown into the family as the family is built on the selfless multi-tasking mother who is like a jack of all trades. The family should adapt and change to the needs and feelings of the menopausal woman and support her during this phase," says Vd. Lakshmi Anoop, Consultant Physician & Head of Panchakarma

Department, Chakrapani Ayurveda Clinic & Research Center, Jaipur.

"Menopause is not a pause of femininity, but a woman getting back the freedom that she enjoyed when she was 10 years of age," chips in Dr Nita Sharma Das, Doctor of Naturopathy and PhD in Alternative Medicine.

How can a woman sail comfortably through menopause? There are three basic stages of natural menopause. There are three stages of menopause:

- **Perimenopause:** This occurs just a few years ahead of menopause. At this stage, a woman experiences some of the symptoms of menopause. At this stage, estrogen levels drops radically and the ovaries stop producing eggs.
- **Menopause:** This stage is when a woman has not menstruated for a period of 12 months. The ovaries stop releasing eggs and estrogen.
- **Post-menopause:** In this stage a woman experiences a reduced level of menopausal symptoms. But the risk of health increases as the estrogen secretion stops.

Symptoms of menopause

In addition to changes in her periods, a woman may experience other signs of menopause. These are loss of bone density, hot flashes, or sudden feelings of extreme heat, causing discomfort and sweating, disturbed sleep, mood swings, fatigue, depression and irritation, headache, weight gain, incontinence, thinning of hair, loss of breast fullness, increased heart rate, urine

tract infections, vaginal dryness that may make sex uncomfortable, and lack of interest in sex.

Ayurvedic perspective

Ayurveda considers menopause a natural phenomenon that occurs in the lives of all women. As Ayurveda sees it, menopause is the end of youth or sexual urges. It says that women should enjoy this period as the end of youthful restrictions and welcome the greater freedom that the next stage holds. During this stage, women





should avoid food that have vata and pitta aggravating properties. Spicy and fried food can trigger menopausal symptoms to a great extent. Instead, one should consume food that have cooling and soothing properties.

Here's a list of foods and herbs that can help you manage the symptoms of menopause.

- ***Aloe Vera Gel***

Aloe vera gel is a powerhouse of various essential vitamins and minerals. You can either extract the gel from the

aloe vera plant or buy it from market. The gel in its purest form is high in phytoestrogens and it helps to correct the hormonal imbalance. Aloe vera gel also has the tendency to rehydrate the body helping to reverse the symptoms of menopause.

- ***Shatavari***

Shatavari is said to be very beneficial for women of all ages. Its powder can be consumed with milk for good results during the menopausal stage. Commonly known as women health

tonic, shatavari can help boost mental strength. It can treat menopausal symptoms like vaginal discharge, night sweats, anxiety, hot flashes and mood swings.

- ***Fenugreek Seeds***

These wonder seeds are packed with a lot of health benefiting properties. It has natural hormonal balancing properties that can keep bloating and hot flashes at bay. Soak half teaspoon of fenugreek seeds (methi dana) in



water overnight and consume it early morning on an empty stomach.

- **Ashoka Powder**

Ashoka powder is commonly used in Ayurvedic medication. It is a powerful herb that can improve ovarian functions to a considerable extent. It can be consumed in the form of churan. Vata type symptoms such as anxiety, nervousness, panic, vaginal dryness, mood swings, loss of skin tone etc. can be reduced with the intake of Ashoka tree's bark powder regularly in little amounts in empty stomach.

- **Brahmi**

Bhrami and its uses are extensive in Ayurveda, not only for menopause, but also for many other diseases. It reduces symptoms of constipation, hot flashes, bloating and joint aches, pains and palpitations.

- **Licorice**

The usage of Licorice is very useful for menopausal symptoms. It reduces various health risks that are caused by menopause. It helps in reduction of mood swings, hot flashes and fatigue.

- **Amla (Indian Gooseberry)**

This helps in reducing symptoms during menopause. It also provides nourishment to all parts of the body because it contains good amount of nutrients and vitamin C. It delays aging and enhances the health of the skin.

- **Valerian**
(*Valeriana officinalis*)

Valerian is one of the highly beneficial herbs used during menopause. It helps when the menopause is yet to approach. It reduces complications like hot temper, irritability, anger, hot flashes, feeling hot, heavy periods, night sweats, skin rashes and acne.

Ayurvedic Therapies for Menopause

- **Ayurvedic body massages**

Ayurvedic body massages have very relaxing and soothing effects on the

body. Women in menopause suffer from tiredness, mental agitation, muscle pain and stress. All these symptoms can be relieved with a regular use of ayurvedic body massage.

- **Shirodhara**

This is a wonderful ayurvedic treatment that works towards easing menstrual symptoms. It reduces stress, depression, mental irritation, fatigue, mood swings, sleep problems and headache.

- **Panchakarma**

This is the most effective way to cleanse the body of toxins and reestablish balance. It thus helps the body to restore balance during the menopausal stage.

Lifestyle remedies for menopause

The several lifestyle changes that a woman can try out to reduce her menopause symptoms include:

- Avoiding food known to trigger hot flashes, such as spicy food, alcohol, and those that are 'hot', including soups, coffee and tea.
- Quitting smoking, as smoking cigarettes is associated with anti-estrogen activity, which can aggravate a woman's symptoms.
- Dressing in layers, so one or more layers can be removed if a hot flashes occur.
- Carrying a water bottle with ice water to help cool the body when a hot flash comes on.
- Keeping a portable fan near-by and using a ceiling fan to remain cool when sleeping.
- Avoiding exercise immediately before bedtime, which can cause a higher body temperature that could then make it more difficult to catch sleep. Exercising earlier in the day is associated with better results.
- Breathing in a slow, deep rhythm when a woman feels that a hot flash may be coming on. This practice is

known as paced respiration.

Fast facts on menopause

- Menopause marks the end of a woman's fertility.
- Symptoms of menopause include night sweats, hot flashes, mood fluctuations, and cognitive changes.
- A reduction in estrogen levels can lead to symptoms of menopause.
- There are a number of medical treatments and home remedies that can help with symptoms, including hormone replacement therapy (HRT) and self-management techniques.
- The average age of menopause is around 51 years.

Complications

Menopause can lead to the development of complications, including:

- Cardiovascular disease: A drop in estrogen levels has been associated with an increased risk of cardiovascular disease.
- Osteoporosis: A woman may lose bone density rapidly during the first few years after menopause. Low bone density leads to a higher risk of developing osteoporosis.
- Urinary incontinence: Menopause causes the tissues of the vagina and urethra to lose their elasticity. This can result in frequent, sudden, and overwhelming urges to urinate. These urges can be followed by involuntary loss of urine. Women may involuntarily urinate after coughing, sneezing, laughing, or lifting during menopause.
- Breast cancer: Women face a higher risk of breast cancer following menopause. Regular exercise can significantly reduce the risk.
- Diabetes: Many women face an increased blood sugar level as estrogen progesterone levels are decreased. An increased testosterone level affects the regulation of blood sugar leading to diabetes.

That transition phase in HER life!!

*Menopause is not a disease, just a phase that all women have to go through. Here, **Dr Zankhana Buch**, tells us how Ayurveda helps us manage it effectively and efficiently without much hassles.*



Dr Zankhana Buch, MD **(Kayachikitsa)**

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Ayurveda, a traditional system of medicine has characterized in detail about a woman's life cycle. It offers a structured methodology, based on a 'systems thinking' approach, to arrive at the precise stage of the pathogenesis/pathophysiology of women's diseases and natural phases in a women's life.

This precise disease definition at a holistic level offers a personalized approach that not only helps with a smooth and healthy transition towards menopause but also prevents intensification of conventional hormonal intervention. In addition, it corrects the implications of pre-menopause, menopause and post menopause period and further corrects the deterioration in quality of life parameters often experienced as a sequel.

Ayurveda disease management entails a prescription of personalized diet, lifestyle, predominantly herbal medicines, and systemic cleansing therapies.

Women's life cycle - the Ayurveda perspective

Woman's life cycle is classified into four age groups. The four age groups



are - Kanya, Bala, Rajaswala and Vridha.

- Kanya: upto 12 years.
- Bala: 12-16 years
- Rajaswala: 16-50 years
- Vridha: above 50 years

Changes in Reproductive System

As a general rule, the stages of life in a woman is divided into three age groups, childhood, adolescence and adulthood, during which some specific



feminine changes occur in a woman. These three phases of life can be taken as -

- Birth to menarche (pre-pubertal)
- After attainment of puberty up to menopause (reproductive age)
- Menopause to death (Post-menopausal age)

In Ayurveda, these age groups can be considered as “balya”, “madhya” and “vriddhavastha”. They have been further divided into some sub-groups.

Comprehensive Classifications

- In balyavastha a girl up to eight years is called ‘Gauri’
- She is “Rohini” during the ages of 9 and 10
- After 10 years and up to the time of menarche she is known as ‘Kanya’.
- The time when she attains menarche she is called ‘Rajaswala’ and therefore she is taken as ‘Bala’ until she becomes 16 years old or full maturity (Manusmriti).

- ‘Vriddhavasrtha’ is the post-menopausal age. No sub-division is seen in this age group.

Menopause: Ayurveda Perspective

Menopause/Rajanivritti is one of the Svabhavika Prakriya indicating the change in lifestyle of a woman, due to Jaravastha. This is a natural phenomenon, but, when this stage causes discomfort either to the mind or body, it attains Vyadhisvarupa.

Menopause is not a disease. It is a



normal pause to the rhythm of a body function. Hence, the effects of this pause are to be managed naturally.

Well, Ayurveda has acknowledged menopause as a natural transition. And it states that each woman has unique symptoms during this phase owing to the uniqueness in one's body and mental constitution. Hence, a personalized unique approach is a must to ease the negative effects of menopause.

Ayurveda ensures that menopause can be health promoting, spiritually-transforming and free of signs and symptoms at all the body-mind and spirit level.

Rajonivritti is not described separately as a pathological condition or severe health problem in Ayurveda classics. The ancient acharyas termed it as a normal physiology. The term 'Rajonivritti' is made up of two different words viz. "Rajah" and "Nivritti". Rajah - According to Sanskrit language the root word for "Rajah" is given, which means to give color to the substance

1 . The word Rajah is used synonymously for various substances but here it is taken as Artava or Stripushpa

(Menstrual blood). Nivritti - Hem-chandra have coined the synonyms of the word "Nivritti" like Apravritti, Uparama, Virati, Vyparati and Uparati. In this context, the meaning of Nivritti is understood as end or ceasing. Thus, the term Rajonivritti means end of Artava Pravritti or cessation of menstruation.

Ideal Age: Menarche and Menopause: 12y and 50y

The period of the initiation of the first menses and its cessation are denoted by the term Rajo Darsana and Rajanivritti in simple terms. In Brihatrayee and Laghutrayee description regarding the same in available and there is no controversy regarding time of the first Artava darsana and Artavanivritti Kala. Acharyas have mentioned 12 years as the age of first Artavapravritti and 50 years as the age of Artavanivritti.

Causative factors for Rajonivritti/Menopause:-

- Kala
- Vayu (Apan and Vyan)
- Dhatukshaya
- Swabhava

- Karma or Environment
- Rajasraav

Artava (menstrual blood) is an Upadhatu (secondary constituent), formed from Rasa Dhatu within a month after proper metabolization of Rakta dhatu by its dhatvagni and bhutagni.

The kshaya of Rakta dhatu causes Artava kshaya due to utarottar dhatu kshaya. Kshaya of Updhatu Artava and Shukra, manifest as cessation of menstruation and decreased libido. Further, due to the same reasons, loss of Ojas (body immunity) makes women more susceptible to illness.

Dhatukshaya leads to Vata Vitiatio. With advancing age, progressive vitiation of Vata due to its fundamental properties of Ruksha (Unctuousness), Chala (unstable), Laghu (light), Bahu (talkativeness), Shighra (quick) and Sheeta (cold), further precipitates the Soshana and Kshaya (involution and atrophy) of different Dhatu. This degeneration manifests as Indriya kshaya (loss of this perceptive powers of sensory organs), Bala Kshaya (loss of strength) and Virya Kshaya (loss of reproductive strength). This may explain various symptoms of menopause

related to degenerative changes in body such as urogenital atrophy, thinning of the membranes of the vulva, vagina, cervix, and also of the outer urinary tract, shrinking and loss in elasticity of all of the outer and inner genital areas and skin, breast atrophy, decreased libido, difficult to achieve orgasm and dyspareunia or painful intercourse.

Ama, formed due to mandagni (slow/ hypo- function of digestive fire) causes strotovarodh (obstruction of channels), which in turn increases Medo-dushti (disorders of fat metabolism) and decreases the nutrient supply to subsequent Dhatus namely Asthi (bone/ skeletal system), Majja (bone marrow), and Shukra (sperm/ fertility promoting substance). Increased accumulation of Meda (fat/adipose tissue) and Mamsa (flesh/muscle tissue) Dhātu can cause the weight gain, one of the biggest complaints associated with aging. Body weight increases with age. One of the functions of Dhātu is Shareer Dharan ((bear/ supports the bodies frame). Among the dhātu, Asthi dhātu (bones/ skeletal system) is specific for Shareer Dharan. It gives shape to the body and protects the vital organs. According to the principal of Ashraya-aashreyee bhava, asthi dhātu is the seat of Vata Dosha, and asthi and Vata are inversely proportionate to each other. Increase of Vata vitiating factors will cause decrease of Asthi Dhātu. With advancing age vitiating Vata leads to kshaya of Asthi Dhātu (decreased bone density). It can be compared with osteoporosis. Further, vitiated Vata due to kshaya of Rasa Dhātu when gets lodged in Sandhi (joints), causes Sandhigata Vata (osteoarthritis). It is a type of Vata vyadhi (Vata disorder) and Shula Pradhana Vedana (agonizing pain) is the cardinal feature of the disease associated with Sandhishotha (inflammation of the joints) with Vata Purna Druti Sparsha (lack of movements of the joints or painful movement of the joints), Shula (pain), Shotha (swelling), Stambha (stiffness), Sparsha-asahyata (tenderness), Sphutana (cracking), Akunchana (bending)

Prasarana (stretching) etc. at the joints are other features of this problem. This may explain the increased incidence of skeletal ailments like arthralgia, osteopenia, osteoporosis, osteoarthritis and increased predisposition to fractures as seen during menopause.

Although all the three Dosha (Vata, Pitta and Kapha) are always present in body, their relative predominance changes in different conditions and ages. As per fundamental principles of Ayurveda, Kapha is the predominant Dosha during childhood, Pitta during the adulthood and Vata during old age.

The menopause transition represents a period of dynamic change from middle age to old age. This transition from Pitta dominance to Vata dominance causes most of the symptoms of menopause for Pitta is more akin to metabolic activities and Vata have an active role in degeneration. Resulting imbalance of Dosha during this transition and Kshaya of Medo Dhātu (fatty tissues) may be the cause for hot flushes, excessive sweating; while Rasa Dhātu Kshaya may cause sleep disturbance, irritability, dryness of the vagina etc. which are commonest symptoms associated with menopause. Prakriti of an individual and Dosha predominance play important role in symptom manifestation. Pitta is basically responsible for the decay and degenerative changes due to its specific

properties like ushna (hot), tikshna (sharp), visra (loose), amla (sour), Katu (pungent) etc.

Pittaj prakriti women are susceptible to untimely or premature manifestations of aging and hence may have early menopause. They may experience more exaggerated symptoms also. Kapha is principally responsible for growth and development. Women with Kapha predominance prakriti have a tendency to delayed manifestation of aging and may show delayed menopause and will be less aggrieved by symptoms. If Vata dosha is dominant in Vatik prakriti individual symptoms like sensory motor problems, arthropathies and psychological disturbance like anxiety, irritability, depression and mood swing will be more. In a Pittaj prakriti individual hot flashes will be more pronounced, excessive perspiration and thirst, anger, short temper will be more frequent and in a Kaphaja prakriti weight gain, slow digestion, symptoms related to fluid retention, sleepiness will be more.

Classical Ayurveda Management Of Menopause - Balancing Hormones for Wellness

Major components which need to be addressed in women having problems during menopause are advancing age and allied changes and menopausal symptoms resultant of an impaired



metabolism/imbalanced Doshas.

Process Driven, Precision Based Classical Ayurveda Management of Plan of Care which entails a comprehensive approach, tailor made to the various presentations is best approach for its management.

Aging, though considered Nishpratikriya (changes cannot be resisted) has been dealt scientifically in Ayurveda. Emphasizing Ayu (lifespan), its chikitsa (therapeutics) is called as Vaya Shapana (age stabilizing).

Ayurveda Avatarana (descent of Ayurveda on earth) has been guided by zeal of mankind to have Dirgha Hitakara and Sukhakara Ayu (a longer healthy and happy life). It recommends the countering of aging and related changes by use of Vayasthapak drugs (age stabilizers), to rejuvenate the aged body by Jeevneeya drugs (vitalisers) and for allied aging problems Jarachikitsa i.e. Rasayana Chikitsa (rejuvenating process and formulations).

For menopausal symptoms occurring due to in-equilibrium in Dosha status a wide range of options can be used. This approach should begin with eliciting the potential symptoms at individual level. As related to the concerns of Brain Fog/ Natural Decline in the Menopause, Ayurveda attributes this to the physiological stage of Parihaani (Degeneration) to VATA. Beyond 50 Vata is naturally at its peak, leading to various Vata signs in the body like - anxiety, insomnia (lack of sleep), Diminishing memory, forgetfulness etc.

Ayurveda gives significance to Kala - time in its chikitsa approach in all the diseases. There is always a right time to address the disease. The imbalance of menopause sets in much early in a woman's life - that is in her mid-30s and 40s. Health problems at menopause represent imbalances in the body that were already growing in the body and are unmasked by the stress of shifting hormones. So to minimize the ill effects of menopause and an easy transition get in charge of your health much early in life.

The natural aggravation of Vata in the upcoming stage of Parihaani (Degeneration) should be addressed right on time with a comprehensive prescription that entails: Diet, Lifestyle, Medicine and Panchakarma effectively balances Vata.

Best foods for menopause

Classical Ayurveda states that one should eat according to one's own constitution and status of agni, considering the history of other illnesses as well. One size doesn't fit all. One should have a consultation with an Ayurveda physician to get a plan of food. However, generally going by the principles, one should avoid Vata and Pitta aggravating foods that are dry, very light and gas causing and heat producing in nature.

Herbs for menopause

Classical Ayurveda prescribes herbs and polyherbal formulation based upon the Dosha involved, the type of dhatu and srotases involved, level of impairment and the state of disease, the strength of the patient and various factors intrinsic and extrinsic. Herbs such as shatavari, amlaki, Guduchi, ashok, kumari are important herbs.

What happens after menopause?

After menopause, the vata is at its peak. There is natural degeneration and decline in the reproductive functions of the body. The natural level of estrogen and progesterone declines. There is peripheral aromatization as ovaries become nonfunctional. The feminine characters declines, Due to vata Dosha there is depletion in Rasa dhatu. The level of agni is impaired; Pitta Dosha aggravates and there is reduced moisture content of body. Vata and Pitta aggravation leads to changes in the level of estrogens. Estrogens are known potent neuromodulators of numerous neuronal circuits throughout the central nervous system. Changing estrogen levels during menopause may impact multiple components involved

in maintaining temperature homeostasis, thereby leading to hot flushes, night sweats and other discomforts.

Fitness Tips

Ayurveda system of medicine advocates the following checklist for all women in all age groups, especially 35 years to 45 years for an easy and comfortable menopause.

1. Am I eating the right food that suits my body constitution?
2. Am I following the right lifestyle?
3. Is my mind and body in harmony with each other or is there a disconnect which needs to be addressed?
4. Is my work and life balanced?
5. Is my reproductive health optimum? Menarche at the Right Age, Regular Periods, Age at the time of marriage, Uneventful Pregnancies, Uneventful Post Pregnancy Period, Genital Hygiene, or are there any concerns in above areas which needs a medical supervision?
6. What are the Methods of Contraception adopted during the Sexually Active Period- Oral Contraceptives, Intra Uterine Device? Is there a history of overuse of contraceptive methods and what is its impact on menstrual cycle/fertility?
7. Am I just beyond disease or do I actually possess the good health with all my vital parameters- Weight, Sleep, Appetite, Motion etc. intact?
8. Do I have body complaints that have been continuing for a long time?

If any of the above list poses a risk, address them right on time and one should get in charge of health for a beautiful transition to menopause.

Woman is a creative energy of the universe in almost all of its expressions. Life begins in her womb. It is indeed very important that this unique feature of a woman should be nurtured all throughout her life, from menarche to menopause...

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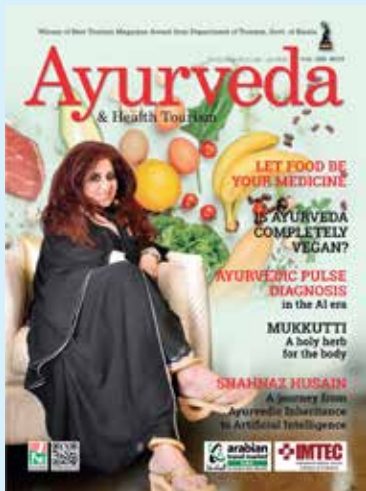
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Perimenopause to Menopause—Rock the change

*Signs of Menopause start as early as the Perimenopausal period. Here, menopause expert, **Lovina Gidwani**, talks about what happens to women just before hitting Menopause and how to handle this stage with poise.*



Lovina Gidwani

Menopause and Ageless Lifestyle Coach.

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Most women are aware that Menopause happens to them with advancing age and, most of the time, women are prepared for this transition in their lives. But how many of them are aware of Perimenopause? Sadly, not too many.

To put it simply, this is a phase that begins for most women around the age 35-40. It begins with them noticing that 'something is changing' in their bodies. They experience mood swings, sudden weight gain and probably become aware, without understanding why, that the current strategies of diet, exercise and stress management are no longer working.

Perimenopause happens when the ovaries start to run out of ripe eggs and progesterone levels tend to drop, making it more difficult for women to stay calm in the face of stress. Sometimes there is also a decline in the thyroid function, which usually starts in the early forties. The most common symptoms are weight gain, chronic fatigue, mood swings, dry skin and hair and, may be, acute hair loss too.

Hence, Perimenopause can sometimes be very tough. It is a time when hormone imbalances are acute and can

disrupt a woman's balance, happiness and confidence.

However, it doesn't have to be this bad. In the ten years or more before a woman's final menstrual period which is defined as menopause, there are a lot of natural ways that can re-balance hormones and save women from this much feared hormonal hell.

Here are the top 6 tips to manage Perimenopause:

1. Mindful eating for hormonal health

One of the best ways to reset the imbalanced hormones is by becoming mindful about how and what is eaten. It is best to avoid food containing too



many refined carbohydrates and grains that often cause hormonal havoc. Instead, a diet with loads of low-starch vegetables, increased fiber and clean protein is recommended. The right food can reduce cortisol (stress-hormone), regulate blood sugar and insulin, and also lower bad estrogens.

2. Movement to defeat physical problems

All through life, movement is known to be important for good health and, during perimenopause and menopause years, it becomes even more important. Michele Olson, PhD, professor of exercise science at Auburn University in Montgomery, AL, says, “When

estrogen dips, belly fat accumulates, heart attack risk rises, bone loss occurs and muscle atrophy accelerates.” A workout plan that combines cardiovascular fitness with strength training is crucial.

3. Sleep for better mental health

Due to hormonal shifts, it is common for some women to experience trouble falling or staying asleep during the perimenopause and menopausal years. There is also an increased risk of mood swings and depression. To have optimal sleep, it is best to avoid alcohol or tobacco close to bedtime. Some winding down and relaxing activities such as listening to music,

reading a book, lighting aroma candles and taking a bath or meditating can be very helpful.

4. Reduce toxic overload on the endocrine system

In today’s world, a woman’s delicate endocrine system is under constant assault by endocrine disruptors - synthetic chemicals that can be found in cosmetics, plastic materials, household cleaning materials, and other products that are commonly used daily. These chemicals can seriously disrupt the production and metabolism of most of the hormones in the body. Their negative effects can be controlled by adopting simple tips like: eating

clean, drinking clean water, taking appropriate nutrient supplements and becoming conscious about using safe products.

5. Yoga and deep breathing for staying calm

Perimenopause is recognized as a phase in a woman's life where she goes through some serious mood swings. This can be easily tackled by practicing yoga regularly. Consistent yoga practice can greatly transform their thoughts and attitude and thus get them grounded, confident and happy, and help them accept these biological changes in their lives.

There are specific yoga poses that can create a mental state that can positively affect the mood. Some poses can even help stimulate the exhausted adrenals and massage them back into hormonal balancing action. Many yoga poses such as Sarvangasana (Shoulder stand), is proven to improve a depressed mood. When it comes to breathing, paced breathing may cut hot flashes by 44%. It is simple, just breathe deeply for twenty minutes, twice a day with a five-second inhale, a ten-second hold, and a five-second exhale.

6. "Tiara Time" - to become the queen of the moment

This is a great concept by Dr Sarah Gottfried who talks about how women never take time out for themselves. So, making "Tiara time" gives women a space to hit their reset buttons, thus helping them relax and allow the brain ease back on the stress hormone - cortisol, that is constantly overworked. Yoga, meditation, or simply deep breathing, are all excellent and proven ways to de-stress quickly during this time. It is all about creating a sacred space where women can find time to do things that they really enjoy and bring 'on' their happiness quotient.

Let's admit it right now - women are multitaskers and that gives them more responsibilities and pressures than men. A woman's hormones are also super complicated. Also, women



Tiara time for peace and happiness

prioritize everyone's needs over their own. The downside of this is that they stop listening to their bodies. Perimenopause is a time when women have to be 'tuned-into' their bodies. It is only then that they can address their symptoms and balance their hormones naturally. A woman will then rediscov-

er her vitality, make a smooth transition into menopause and find herself at the start of a very exciting phase of her life.

This is a time of unlimited opportunities and power. Go claim it!

Luck & Light - Lovina



Practice Yoga each day to stay grounded



Relax, Refresh & Renew

Consultation

Traditional Ayurveda Therapies

New Revitalizing Spa Therapies

Yoga



Cochin Ayurveda Centre

The Fort Ayurveda and Cochin Ayurveda Centre are undertakings of Fort House Hotel operating at two localities in Fort Cochin : at Hotel Fort House, on Calvathy Road and on Santa Cruz School Road behind the Basilica.

Visitors of our centres can combine their treatment with a relaxing holiday in Fort Cochin. They can enjoy the pleasant ambience of Hotel Fort House with modern amenities and undergo pampering innovative therapies and classical Ayurveda treatments with a prescribed diet. The people working at both centres are fully aware of our guests' high expectations regarding cleanliness and hygiene. Treatments are applied by well trained female/male therapists. Necessary directions on potential treatments, diet or lifestyle to be followed will be prescribed by our doctor.

Our centres offer remedies based on preventive, curative and rejuvenative Ayurvedic therapies.

The following are some of the treatments we offer in our centre:

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Kerala Aroma Abhyanga (Massage)

Ayur Rasayana - Rejuvenative Therapy

Shiro Abhyanga - Head Massage

Sirodhara

Swedana - Steam Bath

Nasya - Nasal Infusion

Podikizi (Herbal Powder) or Elakizhi (Fresh Herbs)

Our Specials

Kesha Raksha - Hair Care

Ayurvedic Facial Treatment with Abhyanga

Ayurvedic Facial Treatment

Magic Milk Ritual - Oil Free

Sandalwood Ritual - Oil Free

Rajakumari (Princess) Ritual

Rejuvenation Ritual (Three Days)

Apart from these, we offer 1-4 weeks of special Ayurvedic packages with Ayurvedic diet specifically tailored to an individual's constitution bringing one's whole being into a blissful state of balance. Feel free to seek advice from our doctor.

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Experience a smooth menopause transition



Dr. Minakshi Sharma

She has been practicing Ayurveda for the past 29 years. She is also a streeroga specialist. She runs her own Ayurveda firm - Global Herbals.

*When women reach menopause they experience several changes. In this article, **Dr. Minakshi Sharma** tells us more about this phase in a women's life and how one can enjoy this transition phase.*

In ancient Ayurvedic classics, menopause is a condition termed as "Rajonivrutti" which means the end of 'ArtavaPravritti' or cessation of menstruation. According to Ayurveda, menopause is the result of transition from the Pitta phase to Vata phase of a women's life. If a woman experiences Pitta or Vata imbalance before menopause then things may get worse when she reaches menopause.

The word 'Menopause' comes from the Greek word 'Menos' (month) & 'Pausis' (cessation). This is a natural phenomenon that occurs in women between the ages of 45 and 55 years.

Menopause means permanent cessation of menstruation and the end of reproductive life due to the loss of ovarian follicular activity. Needless to say, this phase also marks the end of the natural fertility in a woman.

In Ayurveda, menopausal symptoms are regarded as an "imbalance of the Doshas" (Vata, Pitta, Kapha), which occur as a natural and gradual consequence of aging. Therefore, the main symptoms that occur while transitioning to menopause depends greatly on the body type of the individual and to that end, the balance of the Trido-shasin the body. Note that no person belongs to a single body type in absolute, but is a combination of the three Doshas in varying proportions.

Menopausal symptoms of a Vata dominant

- Dryness of vagina
- Difficulty in getting continuous sleep
- Mild to variable hot flushes
- Anxiety, panic, nervousness and mood swings
- Dry skin
- Palpitations, bloating and constipation

Menopausal symptoms of a Pitta dominant

- Anger and irritableness
- Excess hot flushes

- Night sweats
- Extremely heavy periods with burning sensation
- Skin rashes and associated complaints such as UTI (urinary tract infection)

Menopausal symptoms of a Kapha dominant

- Weight gain, heaviness and lethargy
- Depression and lack of motivation
- Hormonal changes such as thyroid malfunction
- Fibrocystic changes in uterus or in the breast
- Excessive fluid retention

Ayurvedic diet, lifestyle and herbs

(a) For Vata Dominant

Diet: Increase the use of warm foods, drinks and regular meals. Decrease caffeine, other stimulants, refined sugar, cold drinks and raw salads.

Lifestyle: Go to bed early, massage body and head using Sesame oil, meditate, do yoga and other regular exercises like walking.

Herbs: Ashwagandha, Arjuna, Cardamom, Garlic, Guggul, and Shatavari

(b) For Pitta Dominant

Diet: Have more cooling foods, increase water intake and other sweet juicy fruits like grapes, pears, plums, mango, melons, apples, zucchini, yellow squash, cucumber and organic foods.

Lifestyle: Massage body and head using coconut and chandan oil.

Herbs: Aloe vera, Arjuna, Amla, Shatavari, Sandalwood and other spices like cumin, cardamom and fennel.

(c) For Kapha Dominant

Diet: Go for light, dry and warm foods. Eat more fruits, whole grains, legumes and vegetables. Use spices such as black pepper, turmeric and ginger.

Lifestyle: Get up early. Mustard oil and sesame oil are often recommended for



body and head massage.

Herbs: Cinnamon, Guggul, Mustard, Haritki, Nagarmotha.

General symptoms of menopause include

- Hot flushes
- Night sweats
- Trouble sleeping/Insomnia
- Joints pain
- Fatigue
- Depression
- Palpitation
- Vaginal dryness
- Mood swing
- Loss of libido
- Impaired memory
- Urinary incontinence

More severe symptoms such as frequent hot flashes, continual sleep disturbance, and moderate to severe mood swings, are signs of deep imbalances. Ayurveda describes that these stubborn symptoms are usually due to the buildup of wastes and toxins, referred to as “Aama”, in the body’s tissues. In such a case, a traditional Ayurvedic detoxification programme like “Panchkarma” maybe recommended to clear the body’s channels and gain relief.

Yoga Therapy: Current evidence indicates that women benefit from yoga therapy during menopausal transition in terms of decrease risk of cardiovascular disease, insulin resistance and loss of bone mineral density as well as improved psychological well-being, sleep patterns and emotional modulation.

Exercise: Helps in keeping bone and

cartilage limb strong. Exercise increases the heart and respiratory rate, thereby reduces the risk of heart attack and other cardiovascular disease. Exercise help in the prevention of arthritis and brisk walk is considered a very good exercise for women in post-menopausal phase.

General Tips

In winter, take half a teaspoon of methidana powder.

In summer, soak one teaspoon of methidana at night and drink the same water in the morning on an empty stomach and then chew the seeds.

Take half a teaspoonful of flax seeds.

Drink Aloe Vera gel with water.

Drink coconut water.

Menopause is not a disease, it is just a natural biological



**Ayurveda
Hospital and
Research Centre**

Healthy Habits for Happiness, Wellness

A perfect life is something we all crave for but we often fail to realise that this is impossible as we live in a world full of shortcomings. Expecting to leave a near perfect life can cause us a lot of stress and strain. Living life knowing that it has its bells and breaks can make life much easier. Finally, it is this realisation of being realistic about our expectations that can help us attain wellness.

We all know that for good health of the mind, body and soul we should practice a good daily routine. This can help us achieve not just a good physical health but also great mental well-being.

According to Ayurveda, the science of longevity quotes that one's life revolves around three pillars- right food [Ahara], right sleep [Nidra] and The Daily Regimen (Dinacharya). The stronger these pillars are, the more stronger and healthier your day to day life will be.

- 1. Food** - Ahara can be a medicine or a poison- choice is ours. To attain overall health, it is good to eat good.
- 2. Sleep** - The most important pillar which we miss out in our busy schedule is sleep. We hear as well as talk a lot on good food and health but forget about sleep. To have a healthy mind and body one should get a sound sleep, at least 8 hours.
- 3. Daily Regimen**

- Waking Up: Wake up at the Brahma Muhurtha, i.e. 96 minutes before sunrise.
- Elimination: In the morning, one should urinate and have bowel movement obeying nature's call.
- Brushing: Traditionally, twigs of certain trees like Khadira, Karanja, Arya vepp etc. were used.
- Gargling: With decoction of herbs make the teeth strong.
- Tongue Cleaning: Copper, Silver, Gold or wood should be used to scrape toxins and kapha accumulation.
- Washing Face, Hands and feet: Use lukewarm water.
- Kohl: Application of natural Anjana to clean the eyes, as well as provide a sharp vision.
- Nose Drops (Nasya): Nasya also greatly improves eyesight and the quality of skin and hair.
- Massage: Massage the body by applying warm oil is highly recommended and beneficial in Ayurveda.
- Exercise: Should be done on an empty stomach and after Massage.
- Bath: Mild hot water / Lukewarm water can be used for all body parts below the neck.

In short, take care of your body it is the only place where you live in. Always remember we are what we eat and how we live.



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Food supplements to manage Menopause



Dr. Vinod Verma

Dr. Verma is a neuroscientist who has devoted her life to the research and development of Ayurveda. She has written 27 books on Ayurveda which have been published in different languages. In her books she clearly demonstrates the practical aspects of Ayurveda in its various dimensions. The above piece is from her book 'The Kamasutra for Women' This book was published in 1994.

In addition to the general Ayurvedic rejuvenation practiced during menopause, some of these food supplements also help to manage menopause effectively.

1. During winter, take 1/4 teaspoon of crushed cress seeds every other day. Clean and powder the seeds and store them in a dry bottle. Use it by placing the powder in the mouth and swallowing it with warm water or water at room temperature.
2. During summer, have a glass of Asparagus sharvat (syrup mixed with water) daily. Take 1kg Asparagus, pound it and cook it in one litre of water on low heat with a lid on. Cook until it is reduced to nearly half litre and becomes a decoction. Filter the decoction and add 700 gms sugar to it. Dissolve and cook on a slow heat for about 40 minutes. For making a drink, dilute a portion with eight times the quantity of water or as per taste.
3. Eat about 15 almonds every day before breakfast. They should be soaked overnight and peeled and well chewed on an empty stomach.

4. If you experience frequent hot flashes, avoid pitta-promoting foods like garlic, potatoes, pork, beef, eggs, sour tasting foods and all foods that have a pungent taste (including chilli, pepper etc.).

5. Banana therapy is very popular for menopausal problems in north-west India. Take slightly unripe bananas and cut them and put them into freshly prepared yogurt and eat every morning on an empty stomach for about four weeks. This treatment particularly cures restlessness and hot flashes.

6. Eat foods that are cold in their Ayurvedic nature. Some examples are bitter gourd, endive, onions, spinach, celery, cucumber, sweet apples, banana, pears, beetroot, asparagus, rice, germinated wheat, and red lentils. Avoid sour foods because they are hot in their Ayurvedic nature.

7. Avoid coffee, excess black tea, tobacco and alcohol as they enhance heat in the body.

TRIPHALA

Triphala is a well known remedy for balancing the three principal energies in the body. Most menopausal troubles in women are caused due to the temporary imbalance created due to this changing phase in their life. In an individual who is emotionally and physically balanced and strong with high ojas (immunity and vitality), the passage from one phase of life to another is smooth; be it from childhood to adulthood or youth to middle age. If one is an imbalanced person with low immunity and vitality, the transformation process is problematic. Triphala helps to balance the doshas and is a rasayana (ojas enhancing).

Dosage and method of intake: Soak one heaped teaspoon of the Triphala powder in about 200 ml (1 cup) hot water in a china or glass pot and stir well. Keep it like this over-night. Next morning, heat it slightly and filter it. Drink on an empty stomach.

The effect of Triphala: Triphala is a rejuvenating dietary supplement. It

is a valuable drug that re-establishes the equilibrium of the three doshas. In healthy persons, Triphala enhances smooth excretion of stool and urine after its intake and thus purifies the system.

Other methods of regaining equilibrium through Nutrition

Here are a few simple diet ideas to purify the body system. This diet can be had for about four weeks and if you feel good, integrate some of these recipes in your daily menu.

Breakfast

- Cook 2-3 grated carrots in little water. Add some cardamom to it and cook for about 15 minutes. To this preparation, add a little candy sugar if necessary for sweet taste. Finally, add ½ to 1 teaspoon of ghee to the above mixture. This preparation can be garnished with some chopped almonds in the end. You may add candy sugar or chopped dates if you prefer it to be more sweet.

- Alternatively, have plain yoghurt with some cooked rice. Whip the yoghurt and add a little salt, pepper and ½ a teaspoon of roasted and ground cumin. Eat this with cooked rice.

Meals: Eat fresh, warm, small and light meals. Do not take late dinners; make sure that you have it at least two hours before going to bed.

- Carrot soup is highly recommended for dinner.
- Balanced vegetables like courgette, pumpkin, carrots are always good to

eat. You may add other vegetables to your menu but avoid vegetables like cauliflower, cabbage or others of this family. They are generally hard to digest. Always use fresh ginger along with vegetables and add spices like cardamom, ajwain, cumin, dill, coriander, clove and fennel. It is easy to prepare a spice mixture for your diet: mix all these spices in equal quantities except clove which should be ground and taken in half the quantity.

- Rice or roasted potatoes can be an addition to the above menu. Make sure to have this with bread that is freshly prepared.
- For desserts, eat fruits like papaya, sweet apples, sweet mangoes and pomegranate. Mixed fruit salad is highly recommended.
- Those of you with weak digestion should avoid salads and raw vegetables. Use herbs like coriander, dill, basil and others to garnish the vegetables and soups.

Ayurvedic remedies

1. Take purgatives from time-to-time for maintaining a balance of pitta dosha. The herbal mixtures available for this purpose are easily available.
2. Bark of the Ashoka tree is very beneficial for women in many respects. The classical preparation made from these is called Ashokarishatha.
3. Regular intake of saffron is considered healthy during this period. The daily dose can be 100 mg or a pinch either in hot milk or hot ghee.



Herbs help calm hot flushes

*A hot flush is an uncomfortable condition often associated with the menopausal transition period. Here, **Dr Nita Sharma Das**, tell us how these flashes can be managed with the help of certain herbs.*



Dr Nita Sharma Das

is a Doctor of Naturopathy with a PhD in Alternative Medicine. She is a freelance medical writer with an experience of more than 14 years in Indian healthcare industry with strong niche in Nutraceutical. She has regularly written for renowned national and international magazines on various diseases, their treatments, home remedies, health fitness regime, herbal medicines and wellbeing. Herbal medicine and Nutraceutical are her specialization and area of research.

Hot flushes occur when a women is nearing her menopausal days. These hot flushes usually occur at night, but sometimes it may occur during day too as an interruption to daily activities.

A lot of research has gone into finding out the root cause of this discomfort but the exact cause is still unclear. It is understood that the hypothalamus, which regulates the body temperature misinterprets the heat of the body thus raising it up which further leads to a chain of physiological response that corrects the body temperature by dilating the blood vessels present beneath the skin for increasing the blood flow. This leads to heavy perspiration that in turn helps to cool the body temperature. Consequently, this leads to redness of facial skin, increased heartbeat, chilly feeling followed by profusive sweating.

The duration of menopausal hot flushes, however, varies from person to person. In some, it continues for six months to two years, whereas for some others these may continue even after 10 years of menopause. The outcome of a hot flush maybe easily tolerable, but some women may feel embarrassed by this, while others feel debilitated.

Even though synthetic medications are available for the treatment of these hot flushes, most people avoid them due to their long-term side





effects. So, most resort to natural remedies for treating this embarrassing health condition. Many Ayurvedic and traditional Chinese medicinal herbs have been identified to control hot flushes by cooling the body. These herbs can be used in combination or as stand-alone for treating this ailment. Some of the tried, tested and approved herbs are as follows:-



Black Cohosh

Since 1950, Black Cohosh has been identified as a herbal remedy for treating menopausal symptoms. The potential benefit of Black Cohosh was studied through different small scale animal research and human trials. According to the findings of these studies, it was confirmed that Black Cohosh was effective in treating menopausal symptoms like hot flashes and night sweats by regulating the body temperature and maintain hormonal balance.

The liquid tincture of this herb is readily available in the market. This is prepared from the root or underground stem of this herb. Experts recommend 40 drops once or twice daily to help reduce menopausal symptoms. However, pills, tea and powder formulation of this herbal remedy are also available in the market as Black

Cohosh supplement.



Red Clover

In traditional medicine, over a century ago, the flower buds of Red Clover were enlisted as a herbal remedy. However, isoflavone, a phytochemical present in the leaf of this herb was found to be effective in treating menopause-related symptoms. Depending upon the physiological condition of the individual, Isoflavones can act in both agonist and antagonist of estrogen. Promensil and Rimostil have established products of isoflavone extracted from Red Clover leaf. Both safety and efficacy study of this medication was conducted and some research finding supported its efficacy to treat hot flushes effectively without any significant side effects.

Promensil and Rimostil are usually available in form of tablets. It is always good to consult a doctor before determining the dose of these formulations. The dose varies from individual to individual due to its dual action.

Dong Quai



Dong Quai is a very common traditional Chinese herbal medicine. It is very effective in treating hot flashes. This herb has relatively very little side effects but may have drug-drug interaction with warfarin.

Dong Quai product supplements are easily available in the market. Experts recommended 3 to 6 gm divided dose of Dong Quai supplement thrice a day.



Evening primrose seed oil

An oil formulation is found in the Evening primrose seeds which is extracted and combined with Vitamin E for effective results. This combination gives a longer shelf-life for this product by preventing rancidity. This is a safe herbal medicinal ingredient with very little chances of nausea and vomiting or other gastrointestinal problems. The



recommended dose ranges from 3 to 6 gm per day.

Ginseng

In Asian countries, Ginseng is a popular traditional herbal ingredient. World Health Organization has endorsed Ginseng as a health tonic to restore energy and fortification in case of weakness, mental and physical exhaustion, chronic fatigue condition. This supplement may not have a specific role against hot flushes, but this is a common ingredient in most of the herbal supplements recommended to menopausal women to improve their overall well-being. This drug is relatively safe but rarely causes problems like headache, gastrointestinal



problem, etc. The recommended dose is 100mg to 600mg per day.

Chaste Tree Berry

Chaste Tree Berry extract is another natural treatment that helps combat the menopausal symptoms. It also helps to reduce hot flashes due to its vasomotor functioning. Experts recommend that 500mg to 800 mg of Chaste Tree Berry extract per day is effective in treating menopausal symptoms. Vitex is a herbal supplement capsule formulated from Chaste Tree Berry extract and the essential oil extracted from this tree leaf. The recommended dose of Vitex is one capsule per day.

Maca



Maca is a well-known for its aphrodisiac effects. It is also a natural herbal ingredient effective in treating female hormonal imbalance. Maca-GO is a proprietary supplement of this herbal ingredient effective in treating early menopausal symptoms including hot flashes. The efficacy of Maca-GO as studied by conducting a human trial found that sterol-like compounds present in Maca are effective in balancing ovarian hormone in female. It also reduces menopausal symptoms. The recommended dose of Maca-GO is 1 gm per day, which is effective in treating hot flashes.

Soy

This is a common herbal supplement with multiple benefits for all age groups and for both genders. This herb is found to be effective in treating hot flashes. This is a well-tolerated herbal remedy, but continuous long-term soy supplement may cause endometrial hyperplasia. Experts recommended 50 mg to 100mg soy containing isoflavone per day for an effective result against the hot flush.



Emotions of Menopause

*Menopause is a normal biological function that occurs in all women. Here, **Vd. Lakshmi Anoop**, tell us about the different emotions women go through at this stage of their lives. She also draws our attention to how these emotions are managed effectively with the help of Ayurveda.*



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Hot flushes or night sweats are the most common issues that women face during menopause. But these are not the only changes they experience.

This stage in her life is accompanied by mental and emotional disturbances too. These are the result of various hormonal changes that occur in her body. These emotional disturbances either surprise her or frighten her. They also lead to a host of other symptoms like weight gain, depression, sleeplessness etc. These symptoms are most often irregular. There are associated symptoms such as lack of interest in daily activities, unnecessary mental stress or increasing worries. These impulsive biological changes can leave her agonised and tired.

In Ayurveda, menopause is known to occur in the Hani Avastha (slight decline stage) of a women's life. This is the middle age of her life and is the transitory phase from Pitta to Vata dominance. As she grows older, she experiences physical and mental wear and tear due to external and internal factors. The Dhatus or tissues start to decline and Vata starts to increase, and therefore her physical and mental strength also declines sharply.

LIFE CYCLE OF WOMEN

Balavastha (Childhood) - upto 16 years	Kapha dominance	Infancy	Menarche	Menstruation related depression/ psychological changes
Madhyamavastha (Young & Middle Age) 16 – 70 years <ul style="list-style-type: none"> • Vriddhi (Developmental) upto 20 years • Yuvana (Adult) – upto 30 years • Sampurnata (Full maturity) upto 40 years • Slight Hani (Slight Decline) upto 70 years 	Pitta dominance	Puberty Reproductive Age Climacteric period	School Career Marriage Household duties Child-bearing Child leaving home Menopause	Post-partum depression Burn-out syndrome Menopausal depression/ psychological issues Cauliflower, Cabbages, Raw Onions, Potatoes
Vridhnavastha (Old age) after 70 years	Vata Dominance	Post-climacteric years		Acceptance of ageing

Increase of Vata dosha and Depletion of tissues Stoppage of menses, Increase of Rajas and Tamas in the mind Menopausal symptoms (Physical and psychological problems).

Understanding Manogunas (Qualities of the mind) during Menopause

Ayurveda claims that Vata Dosha and the mind are interrelated. Aggravated Vata which is Rajas predominant along with depletion of tissues affects the emotional health of a woman during menopause.

Apart from the three doshas Vata, Pitta and Kapha, there are three Manogunas (Qualities of the mind). Just like the three doshas, the gunas are also interdependent on each other.



The different gunas are as follows:-

- Sattva – Potential energy of the system e.g., Cloud filled with rainy moisture.
- Rajas – Kinetic energy e.g., Rains
- Tamas – Lack of energy e.g., Water that has fallen on ground is Tamas. Yet at the same time this water is of Sattvic nature as it helps in the growth of crops. Thus Gunas circulate within gunas.

Sattva makes the mind more conscious. False or improper perception of mind is caused by Rajas and Tamas.

Desires and emotional upheavals are caused by Rajas. As we know, the body is influenced by the mind and vice versa. The menopausal phase increases Rajas and Tamas within us due to the doshic changes that occur in the body.

Menopausal Distress

When the nervous system is triggered by stressors (here in menopause, egg supply running out), the body is stuck in the fight – flight mode making its survival mechanism to be thrown into an overdrive. The brain and ovaries misread each other's demand for action causing imbalance in oestrogen production. Thus hormonal imbalances

along with social, familial, professional stressors lead to disturbed coordination between mind and body, causing distress.

The mental and emotional effects of menopause significantly disrupt the equilibrium state leading to change in personality traits. They affect the quality of life, work and relationships.

Menopause affects not just the woman who is going through it but everyone around her. At home, family members may be subjected to bouts of irritable outbursts and may impact relationships around her.

At workplace, feelings like low self-esteem, loss of confidence, insecurity and other issues lead to communication problems with clients and colleagues.

Managing emotional outbursts

1. Panchakarma therapies - Abhyanga (therapeutic massage), Shirodhara (third eye treatment), Nasya (Nasal medication) have a balancing effect on the deepest recesses of the brain. It stimulates the endocrine system, the pituitary and pineal glands which relieves hormonal upsets. It also releases the happy hormones or pleasure neurotransmitters like oxytocin and serotonin which relieves fear, anxiety and other emotional insecurities. It thus calms down the hyperaction of the Vata dosha.
2. Aromatherapy- Lavender oil can be smelt during emotional crisis as it can calm the mind and body.
3. Yoga, Meditation, Pranayama & Exercise – These facilitate the removal of hindrances that afflict the mind. It enables the individual to let go and accept ageing signs like menopause and retain the body's lost harmony.
4. Relaxation- It is good to take intermittent breaks from the usual routine and relax and spend time with nature, friends, relatives and other well-wishers.
5. Recreation – It is good to indulge once in a while in activities that can

make you feel high. Mundane and time-consuming chores should be left aside at times. It is good to continuously learn and acquire new skills.

6. Lifestyle – Staying awake late into the night should be avoided at all costs. Overwork, social isolation, negative thinking, alcohol consumption and too much smoking are few activities that needs to be avoided.

7. Sleep – Sleeping for at least eight hours a day is known to improve mood. It also helps the ability of the mind to deal with all kinds of stress resulting from the hormonal imbalance that happens at this stage in a woman's life.

8. Herbs- Herbs like Brahmi, Shatavari, Yashtimadhu, Mandukaparni are helpful in dealing with stress and related symptoms that can deteriorate the normal functioning of a woman's day-to-day activities.

9. Diet - "We are what we eat" - Our food patterns and dietary habits not only govern our body but also affect our thinking processes. What we eat affects our emotions.

- What "NOT" to eat at this stage? - Refined sugars, sweets, chocolates, stimulants like caffeine, coffee, tea, cold drinks and foods, frozen food, carbonated beverages, processed food, fried or overcooked food, red meat, aged cheeses, spicy food, strong spices like raw garlic and mustard. These are known to increase the Rajas dosha in the body, thus, deranging our emotions and thoughts. Also, the sudden rise and drop in blood sugar levels caused by the simple carbohydrate content of these foods, cause significant changes in our brain creating hyperactivity and negative emotions.
- What to eat? - Ghee, cooked vegetables, fresh fruits, spices – cinnamon, cardamom, fennel, coriander; yoghurt,

milk, nuts and dry fruits soaked in water overnight, flaxseed, sesame seeds, fennel, Vitamins B1 foods – Asparagus, Soy milk, Barley, Oats, Wheat, Sunflower seeds; Vitamin B6 foods – Sweet potatoes, Avocados and Bananas. These are good for maintaining a Sattva guna, which fosters positive attitude and positive emotions.

Explosive emotional outbursts, mood swings and aggression may seem like criminal virtues that do not belong to you. However, it is sad that some women are susceptible to these disruptive and destructive emotions during menopause. Everything depends on how one manages them.

Ayurvedic diet and lifestyle does help women to go through the menopause phase effectively. Applying the ayurveda principles at this stage can help her lead a happy and healthy menopausal life.



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45-plus and feeling down?

*Depressive phases can happen in any stage of a woman's life, but, it is usually uncontrollable during the perimenopause stage due to hormonal changes. Manasroga expert **Dr. Jithesh** explains how this phase can be handled by just managing diet, lifestyle and adopting certain Ayurvedic practices.*

Womanhood is a precious blessing of God since it is they who are endowed with the special duty to mould a human being from its stage of conception in the womb. In a woman's life, the two milestones, menarche and menopause heralds her reproductive phase. Menarche is the first milestone where she attains the capability for reproduction. This usually happens in women between the ages of 12 and 15. Menopause is the second milestone which may be considered as the mere end of the reproductive phase in women. This usually occurs between the ages of 45-55 years.

Perimenopause

Menopause is the permanent cessation of menses secondary to the decreased ovarian performance. In the case of natural menopause, the diagnosis is retrospective, requiring 12 months of amenorrhea. The term Perimenopause is derived from the Greek word peri (around), men (month) and pausis (a brake, stop or rest) indicating the condition. It refers to the stage of transition from the reproductive to the non-reproductive segment in a woman's life. It is usually a brief 3-4 year time frame, encompassing the last menstrual period.

The perimenopausal experience involves a multi-faceted interaction between psychological, socio-cultural and environmental factors as well as biological changes relating to the altered ovarian hormone status or deficiency. In a number of women, menopause is barely a noticeable milestone. Their menstrual cycle ceases uneventfully and the transition results in little or no impact. For others, it is a phase of life, significant for the physical, psychological and the emotional effects. The reason for these differences among the individuals is yet to be fully understood and explored.

Perimenopausal depression

Upto 30% of the women attending the gynaecology clinics during their menopause is diagnosed to have a depressive disorder that ranges in severity from minor depressive symptoms to more severe forms of major depressive disorder. The depressed mood, loss of interest, anxiety, insomnia, suicidal ideations, guilt, somatic symptoms, psychomotor retardation, agitation, diurnal variation of the symptoms and panic attacks are some of the major psychological symptoms. Even though this is not sound



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enough to be diagnosed as a major episode, these symptoms contribute to substantial distress and social as well as occupational dysfunction. The probable reasons include the family history of mood disorders, increased psychological stressors and also the fluctuating levels of hormones as well as the general health of the individual.

Management

A detailed management including sodhana, samana, rasayana, dietary regulations and psychological integrations such as yoga, counseling, music therapy etc. is opted to relieve the condition. The management protocol starts with the preparation for snehapana, which includes drugs with pachana property. After the correction of agni, snehapana is performed. Kalyanaka ghrita, Dadimadi ghrita, Thiktaka ghrita etc. are used to address the condition. Suitable swedas are performed followed by virechana with drugs like Avipathy choorna with draksha swarasa. Several suitable combinations are available which includes kwatha including Drakshadi, Kalyanakam, Sukumaram, etc., and Gulika including Manasamitra vatakam, Dhanwantharam gulika, suvarnamukthadi, etc. After the sodhana, drugs such as Aswagandha, Satavari, Yashti, Amalaki, Abhaya etc. is to be administered as rasayana.

Among the procedures, nasya with ksheerabala taila is ideal as the drug is Vatha pittahara as well as indriya prasada. Seka of siras with Useera kwatha seems really effective as well as economical. If the Vatha seems to be dominating, siropichu with dhanwantaram taila is to be done. If pitta seems dominating, sirolepa with panchagandha churna and triphala churna shows results. If the Kaphaja symptoms dominate, pradhmana will be performed with vilwadi gulika and also takradhara on head.

Dietary regulations

Use of gritha (ghee) in the diet is most beneficial. Fruits such as banana, dates, gooseberry, citrus fruits and

vegetables like koosmanda, leafy vegetables, amorphophalus, fish, soya bean, green gram, etc., are recommended. Fast food, junk food, meat, spices, egg, fried items, alcohol, tobacco, etc., are contraindicated. Plenty of water intake and proper exercise is advised.

Selected yogasanas also have a role in managing the adverse symptoms that occur during this stage. Sooryanamaskaara, Setubandhanasana, Vajrasana, Bhujangasana etc. are advised. Relaxation techniques, breathing exercises and meditation can also be practiced. Exercises such as pelvic floor exercise, walking, swimming, skipping, body stretching, etc., also needs to be practiced. Psychotherapy techniques or more scientifically the Satwavachaya chikitsa propagated by Charaka, is also effective. In this condition, it is good for the individual to opt for counseling, family counseling, group therapy, inter-personal psychotherapy, etc., in keeping with the condition.

Lifestyle modifications

Lifestyle changes to maintain a cool environment and for heat dissipation may help to redress the psychological disturbances, including depression

during perimenopause. The women of this group should take care of their lifestyle and adopt the following habits. Eat quality foods, exercise regularly, sleep regularly, go for periodical health checkups, and be more socially active.

Rajonivrutti occurs in the due course in the life of a woman. The intervention is a must if there are associated symptoms which cause distress to the life of the individual. From the point of view of Ayurveda, these treatments are aimed at not only remedying the perimenopausal disturbances, but also to check the problems of old age. Sodhana followed by the samana drugs, along with the psychological interventions, are intended for this and have been found to be fruitful.

Menopause should and can mark the beginning of a new and promising period of life for women, relatively free from previous obligations, and getting them ready for new career choices, more education and new ventures. Through proper care and management, it is our responsibility to use the eternal Ayurvedic principles to convert the perimenopausal period into a comfortable and productive time of life.



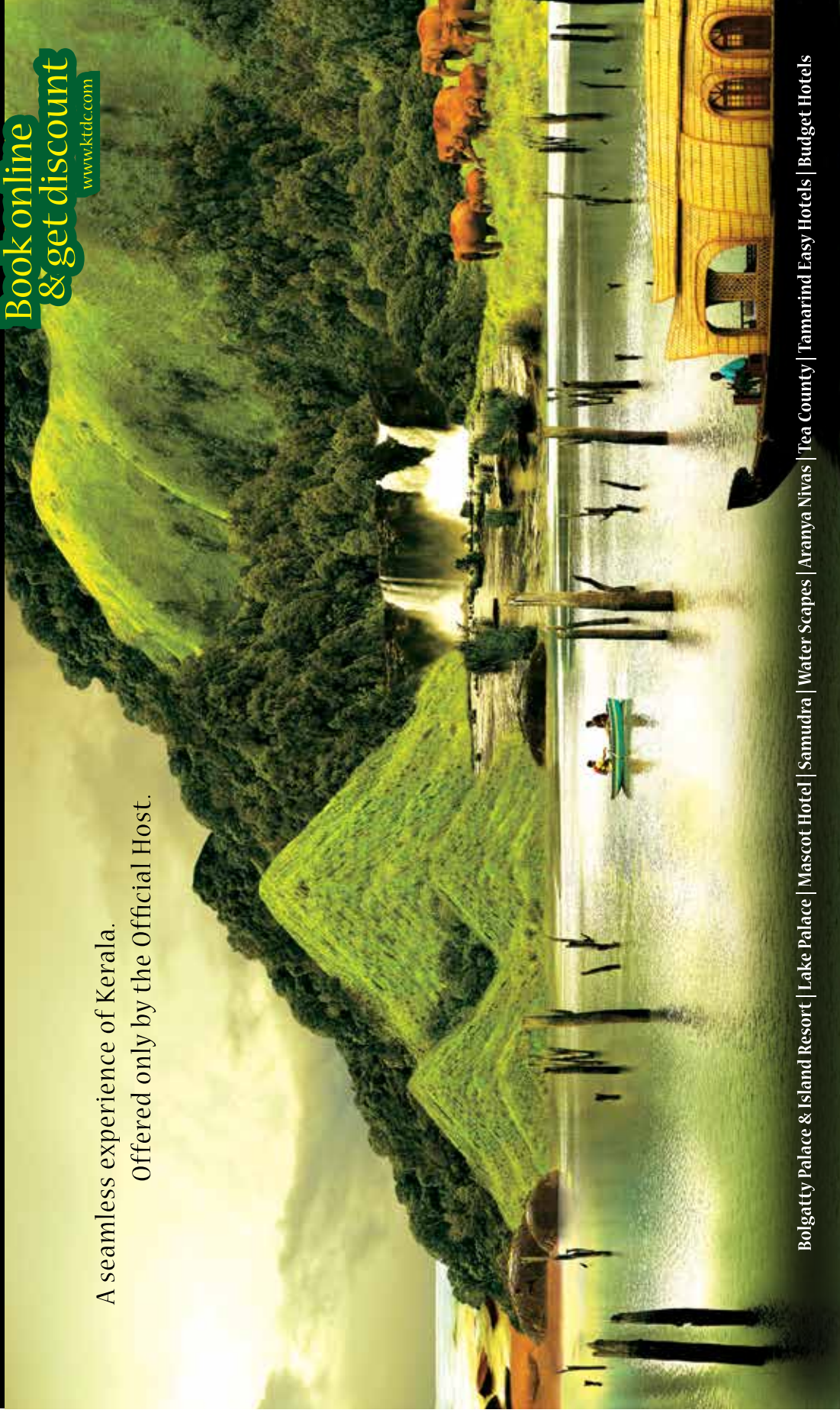
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URINARY INCONTINENCE DURING MENOPAUSE

*Urinary incontinence (UI) can happen to women at any age, but it is more common in older women. This is probably because of hormonal changes during menopause. Ayurveda **Vaidya, Dr. Pretty P,** writes about ways to manage the condition effectively through Ayurveda chikitsa.*



Dr Pretty P

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Women have unique health events, such as menarche, pregnancy, childbirth and menopause. These events may adversely affect the urinary tract and the surrounding muscles. The pelvic floor muscles that support the bladder, urethra, uterus and bowels may become weak or damaged during any of these stages. This is mostly observed during menopause. When the muscles that support the urinary tract become weak, the muscles in the urinary tract must work harder to hold urine until it is ready to be released. This extra stress or pressure on the bladder

and urethra can cause urinary incontinence or leakage.

Estrogen is known to have an important role in the function of the lower urinary tract and estrogen and progesterone receptors are found in the vagina, urethra, bladder and pelvic floor musculature. In addition, estrogen deficiency during menopause is known to cause atrophic changes and may be associated with lower urinary tract symptoms such as frequency, urgency, urgency incontinence and recurrent infection.

Incontinence can happen when the bladder muscles suddenly tighten and the sphincter muscles are not strong enough to contract the urethral opening. This causes a sudden, strong urge to urinate that may be uncontrollable. Pressure caused by laughing, sneezing or exercising too can cause you to leak urine. Menopausal symptoms especially UI can be controlled by changing dietary habits and lifestyle.

DIETARY CHANGES:-

Incorporating estrogen supplements into one's food habits will reduce the symptoms to an extent. Some of the foods to be added to the diet at this juncture are:-

Fruits

Fresh apricots, peaches, red grapes, oranges, blueberries, and strawberries are all great sources of phytoestrogen.

Nuts

Nuts are not only an easy snack full of protein, but also a food high in phyto-estrogen. They can be eaten raw or roasted. Adding nuts like pistachios, peanuts, and walnuts to your daily diet are great since they are excellent sources of phyto-estrogen.

Flax seeds

Flax seed is one of the richest estrogenic foods that is available. It tops the list for the highest amount of phyto-estrogen content among any of the recommended phyto-estrogen-rich foods.

Water intake

Many people with urinary incontinence think they need to drink less water or fluids to reduce the number of visits to the wash room. But, this is untrue as fluids, especially water, is good for health. Reducing liquid and water intake can lead to a lot of other issues like urinary infection. Fluids are good but those like alcohol and caffeine can irritate or stress the bladder and make urinary incontinence worse.

Treatment

Ayurveda can treat menopausal urinary incontinence by considering it as *soma roga* and its complications as *mootra-thisara* (Bhavaprakasa)

1. Juice of ripe banana along with the juice of Dhatri (Indian gooseberry) with madhu (honey) can work wonders.
2. Use of Chakramarda (Cassia tora) pestled with rice water can be taken in the mornings to good effect.
3. Kadalikanda Ghrutha – A single dose of Karsha (14gm) in the mornings before food is effective.
4. Chandraprabha vati 1TID after food too is good.
5. Yoni pichu (Tampon) with Ksheerabala taila.

Kegel's exercises

Kegel exercises, also called Pelvic floor muscle training, are exercises for the pelvic floor muscles to help prevent or reduce any stress of urinary incontinence.

1. Lie down. It may be easier to learn how to do Kegel's correctly while lying down. You don't have to lie down once you learn to do Kegel's correctly.
2. Squeeze the muscles in your genital area as if you were trying to control the flow of urine or passing gas. Try not to squeeze the muscles in your belly or legs at the same time. Try to squeeze only the pelvic muscles. Be extra careful not to tighten your stomach, legs,



or buttocks (because then you will not be using your pelvic floor muscles).

3. Relax. Squeeze the muscles again and hold for 3 seconds. Then relax for 3 seconds. Work up to 3 sets of 10 each day.
4. Practice Kegel's anywhere. When your muscles get stronger, try doing Kegel's while sitting or standing. You can do these exercises at any time, such as while sitting at your desk or in the car, waiting in line, or doing the dishes. Practising Kegel's exercises at the time of urination is not advised since it will weaken the pelvic muscle.

Menopause is a normal process and every woman in her lifetime will experience it. Menopausal symptoms include both physiological and psychological changes. Medication and diet with lifestyle changes can bring down the severity of the symptoms. But, along with this, the psychological disturbances like depression, anxiety, insomnia, mood swings should also be handled. Also, the person undergoing these problems should have good support from family and friends. With love, care and understanding, any women can handle this situation easily.



Heart reveals itself during menopause



Dr. Madhavi H. Rabadia

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As we age, the risk of heart diseases rise. In the case of women, these symptoms can become more evident after the onset of menopause.

Dr. Madhavi H. Rabadia, explains how Ayurveda can help manage this condition.

Cardiovascular disease in post-menopausal women is often under-diagnosed and under-treated as its clinical features differ in men and women. Diagnosis at a later stage makes the condition difficult to manage and, as a result, there is an increase in the number of deaths in post-menopausal women due to heart-related conditions. Thanks to its holistic approach, Ayurveda is very beneficial in preventing and treating this condition.

Management of Menopause in Ayurveda

Ayurveda can work miracles in menopause. Effective herbal remedies are available for controlling the adverse symptoms of menopause. Ayurveda has the best natural health supplements and products to manage the changes in the body right from pre-menopause to menopause. Ayurvedic healthcare is the perfect solution for women to control the aging process. Periodic rejuvenation therapy will keep their health, beauty and zest intact throughout these years.

Diet during Menopause

- * Whole wheat
- * Carrot and beet juice, barley
- * Vitamin E - nuts, eggs, olive oil
- * Vitamin D - egg yolk, fish liver oils
- * Calcium - milk and milk products, green leafy vegetables, cereals, fruits like sitaphala and dates
- * Phosphorus – milk, dry fruits, guava

Sweet juicy fruits like grapes, pears, plums, mango, melons, and apples also serve the purpose to alleviate hot flashes. Summer vegetables like yellow squash and cucumber are also advised.

Food to be avoided

Spicy food, Chocolate, Coffee, Saturated fats like butter, ghee, cheese, tea

Yoga during Menopause

Yoga also plays an important role in alleviating menopausal symptoms. Simple yoga poses help to make the body more flexible, improve posture



and ease many of the menopausal problems. Yoga and breathing meditation techniques like Anuloma Viloma and Kapalabhati may help to reduce anxiety and other psychological disturbances. Aasanas like Trikonasana, Tadasana, Padmasana, Matsyasana and Shalabhasana strengthens abdominal muscles and the pelvic floor muscles.

Yoga exercises have positive benefits on both the physical and mental health of menopausal women.

Rasayana Therapy

The Rasayana refers to the means of obtaining the optimum nourishment to the Rasadi Dhatus. Thus, the Rasayana is a specialized type of treatment influencing the Dhatus, Agnis and Strotas of the body leading to an overall improvement in the formation and maintenance of the living tissues. This helps in the prevention of ageing, improving resistance against diseases, increasing body strength and in improving the mental faculties. Daily consumption of ghee, milk, can increase kapha and thus delay the onset of menopause.

Rasayanas:

Aachar Rasayana – This is basically related to lifestyle management. According to Ayurved Sadvritta and Swasthavritta, by following Dinacharya, Ratricharya and Ritucharya along with taking measures to relieve stress and strain, the ageing process can be delayed and the symptoms associated with menopause can be minimized. Muscular exercise is the most important

for maintaining the strength and mineralization of the bones. Strength of the bone depends essentially on the integrity of the collagen matrix. In terms of reduction of kapha, there is a decline in the collagen matrix resulting in osteoporosis. Sedentary lifestyle enhances osteoporosis. Surya-namaskara, exercise, yoga, pranayama have proved to be beneficial by relieving stress. It can also improve muscle tone and thus improve urinary troubles.

Aahara Rasayanas (food as drug)

– In Menopause, there can be dhatukshaya, which means ojas-kshaya. Dietary items consisting of black grams, milk, ghee and meat soups should be used to overcome dhatukshaya. Ghee has a special role in improving sukradhatu. Ghee is also considered to be a good source of Omega-3 fatty acids. Til (sesame) and its oils are very good for promoting raja. For rajapravartan, Gud (jaggery) + black til can be used. Black til is a good source of zinc and contains antioxidant property. Vegetarian diet helps in the mineralization of the bones. A balanced vegetarian diet is the most important aspect in the preventive management of menopause.



**International
Ayurveda
Ambassador's Tour
& B2B Meet
24 Oct - 04 Nov 2019
Kerala**



A 12-day tour to promote Ayurveda

To promote Ayurveda world-wide, the Ayurveda Promotion Society (APS) has come up with a plan to conduct a 12-day International Ayurveda Ambassador's Tour & B2B Meet that will start from Bekal (North of Kerala) on October 24; 2109 and end in Kovalam on November 04; 2019. This is the first mega event conducted by APS for promoting Ayurveda globally. Selected and renowned Ayurveda tour operators / agents / Yoga teachers along with internationally acclaimed media personnel will participate in the event

The tour will include destination visits, property visits and interactive B2B meet in different locations in Kerala.

This unique program will give Kerala an exposure to its unseen destinations especially North Kerala. As of now, many international participants from different countries have already agreed to be part of the meet.

Also, Kerala Tourism, CII and BRDC have agreed to partner with the event. Co-partners include Somatheeram Research Institute & Ayurveda and Ayurbethania.

Our publication, Ayurveda & Health Tourism will be the official magazine of the event.

The Ayurveda Promotion Society was formed in May 2018 with major all Ayurveda stakeholders as its members. The objective of the society is to promote Ayurveda worldwide and bring all its stakeholders under one umbrella with active participation from both the government and private players.



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Menopause & Work- Why it's so important



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*Some women sail through their menopause with barely a symptom, but it is not an easy transition for all. **Dr. Divya P.** helps us understand how Ayurveda can help in managing menopause at workplace so that it is no longer an issue at all.*

Dynamism and creativity of women play as big role as those qualities of men in any profession in the modern world. Work participation rate of women, though still low, has gone up substantially over the years. We have acknowledged and understood the needs of pregnant and lactating women at work places, but those who have reached the other end of the voyage, the women in the menopause stage, are neither honoured nor accepted.

The main reason for this is that women are able to conceal their symptoms and manage their work, but they do so at a heavy cost to their health and well-being. Research suggests that menopause need not necessarily affect job performance. But there is a strong association between the severity of symptoms and reduced participation and contentment with work. The situation can at times be really bad forcing women to call it quits at the work place and hence menopause is regarded as a 'silent career killer'.

Stress at work might exacerbate symptoms since there is a complex interrelationship between both. There is a lack of awareness and communication about menopause generally at work sites. Scientific evidence suggests that women find menopausal symptoms hard to manage at work and that certain work situations such as formal meetings, working with men and/or younger colleagues, and working in hot or poorly ventilated environments, increase the intensity of menopausal symptom. Some women even experience panic attacks at this time.

Common Menopausal issues at Workplace

Approximately, 75% of women experience symptoms like hot flashes, palpitations, and migraines.

- Hot flashes often last approximately three to four minutes at unpredictable intervals. They may be worsened by alcohol, emotional stress, and exertion.
- Migraines may change in intensity and severity. Other types of headaches may also increase with a change in hormone levels.
- Approximately 60% of women experience symptoms of dryness and itching of vagina, increased frequency of urination and painful urination.
- Approximately 45% of women experience psychogenic symptoms including anger, irritability, anxiety, depression, sleep disturbance, loss of concentration, and loss of self-esteem.

Lifestyle modifications to tackle menopausal symptoms

- Follow healthy lifestyle and a balanced diet
- Drink plenty of water
- Reduce caffeine intake
- Avoid smoking and alcohol consumption
- Avoid processed food and minimize the use of spicy acidic and salty food
- Get adequate sleep and go to bed early
- Use of clothes which are heat and sweat-friendly
- Maintain a healthy weight and have daily exercise. But too much exercise may cause an increase in menopausal symptoms.
- Yoga and Meditation helps to get a balanced emotional state

Organizational Support

Attention to workplace temperature and ventilation: Poor ventilation, high temperatures and unsuitable clothing can aggravate common menopausal symptoms such as hot flushes, sweating and dry skin and eyes. Simple measures such as having suitable clothing, access to cold drinking water, adjustable workplace temperature and additional ventilation or flexible rest breaks can help.

Flexibility in working hours and arrangements: Lack of adequate rest and long working hours may increase risks of ill health, lethargy and tension. Menopause can make women temporarily more susceptible to fatigue and stress at work, which can further lead to reduced immune response and increased susceptibility to infection. Work environments and shift patterns may prevent access to natural light which affects the body's ability to absorb calcium. Ready access to suitable washing and toilet facilities is important for women, particularly during menopause.

Greater awareness: There must be greater awareness within organizations about menopause as a possible occupational health issue. Sickness absence policies should be flexible enough to cover menopause-related sickness absence.

Herbal Supplements in Menopause

- Trigonellafoenum (Fenugreek) seeds is particularly helpful in hot flashes and metabolic syndrome. Rice gruel prepared with it is a traditional Ayurvedic diet.
 - Nigella sativa (Black cumin) is efficacious in the treatment of metabolic syndrome in postmenopausal women; thus, regulating blood sugar and lipids. It may be roasted, powdered and added to regular food preparations.
 - Foeniculumvulgare (Fennel seeds) which is also a spice have been investigated in hot flashes and vaginal atrophy in post-menopausal women.
 - Glycyrrhizaglabra (liquorice) is effective in mitigating hot flashes in menopause. However, prolonged use of this herb is not advisable without the prescription of an Ayurvedic Practitioner.
 - Shatavari (Asparagus racemosus) is a rich source in Phytoestrogens and a good supplement for menopausal symptoms.
 - Khus Root (Vetiverazizanoids) can be put in drinking water and will help to reduce hot flashes
 - Juice of Gooseberry and Aloe Vera is a very good supplement to reduce the menopausal symptoms
- Menopause is a physiological condition and not a disease and creating general awareness about the physiology of menopause is important. Most of the symptoms can be managed by lifestyle modifications and only those who are not able to tolerate the symptoms should be treated. Hormonal agents should only be used for short periods and at the lowest dose to avoid complications.

Agnikarma

The Pain Specialist in Ayurveda

*Efficient pain management is very essential for a pain-free life. Here, **Dr Karthik K Nandan** tells us how 'Agnikarma' in Ayurveda helps to manage pain effectively.*



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 Chief Consultant, Ortho Healing Clinic.

In today's fast paced lifestyle everybody requires an instant result for all kinds of pain. But this is not always possible.

Pain may be the result of several pathologies. It may be acute or chronic. It may originate from a muscle, tendon, ligament, joint, bones etc. Some of them are a result of osteoarthritis degenerative joint disorder, spondylolysis and also wound with hard raised granulation, in cysts, piles, tumours, inguinal hernia, disease of the joints, cutting of blood vessels, sinus and in excessive haemorrhage. Persons of Pitta prakruti, emaciated, children, old aged, sensitive, pregnant, multiple ulcers in the body, anaemic, indigestion, alcoholic, poison affected, low immunity etc are not recommended for this therapy.

Ayurveda considers Agnikarma as a thermal, minimally invasive para-surgical procedure. Here, Agni is applied directly or indirectly with the help of different materials to relieve the patient from the pain. According to classical scholars, Agnikarma is classified as Agni Krita-Karma or the Karma or action carried out by Agni. Acharya Sushruta describes Agnikarma as more effective than any other types of treatment since this assures no relapse of the disease. This procedure is useful in diseases, which are incurable by drugs, surgery and Kshara Chikitsa.

Types/classification

According to Dravya	According to Akriti	According to Dhatu
Snigdha (Madhu, Ghrita, Taila)	Valaya (Circular shape)	Twakadagdha (Pippali, Ajasakrida, Godanta)
Ruksha (Pippali, Shalaka, Ajasakrida)	Bindu (Dot like shape)	Sira and Snayudagdha (Madhu, Jaggery and Sneha)
	Vilekha (Making of different shapes by heated shalaka)	Mamsadagdha (Jambhavsta Shalaka)
	Pratisarana (Rubbing)	AsthiSandhidagdha (Madhu, Jaggery and Sneha)



Benefits of Agnikarma

- According to Sushruta, Agnikarma is considered as the supreme in all the para-surgical procedures.
- The procedure is simple and safe.
- It is applicable to all kinds of musculoskeletal pain.
- It is a cost-effective treatment sans medicines.
- An open-based procedure without side effects if performed skillfully and technically.
- Effective results in 2-4 weeks.

Materials & Methods: Panchalohashalaka made of five lohas {gold (Au), silver (Ag), copper (Cu), zinc (Zn) and iron (Fe)}, aloe vera, ghee, cotton, gauze.

Suitable Season for Agnikarma: Agnikarma can be done in all seasons except Grishma and Sharada. Even in these seasons, during an emergency, cauterization can be done. This method is applicable after taking appropriate counter measures.

The detailed description of the procedure of Agnikarma is available in Astanga Samgraha Agnikarma.

Methodology includes three steps

Purva Karma (Pre-procedure): In all diseases and during all seasons, the Agnikarma can be done after feeding the patient with pichhila diet, and on an empty stomach in case of Mal-presentation of foetus, calculus diseases, fistula in ano, abdominal diseases, Piles and diseases of oral cavity.

Pre Agnikarma-Assessment: This is done before undergoing to any surgical or para-surgical procedure. Complete assessment should be carried out on all factors. Here, the patient should undergo a thorough examination before going through an Agnikarma procedure. The examination includes, shape of lesion, related vital part of the body, the disease and the season etc.

Pradhana Karma (Principal procedure): The principle procedure in Agnikarma, includes swasthik vachanin which the patient is kept in a suitable position by keeping head in the East direction and held by expert assistants to avoid movement. After this, the surgeon should make the different shapes of Agnikarmaviz.: -Valaya, Ardhchandra, Swastika, etc. as per the need by heated Shalaka in a smoke free fire of Khadira or Badara with the help of a blower or a fan. During this period if the patient feels uncomfortable then he should be given assurance through consolations and by giving them water. Thus, the procedure of Agnikarma should be done till the process of complete cauterization.

Paschyat Karma (Post Management): After completion of Agnikarma, Madhu and Ghrita/kumara should be applied on the area of the karma using Ropana or Dagdha Varna.

Mode of Action

Agnikarma (ushnaguna)
 ↓
 Utkleshnam to dhathu
 ↓
 Activates dhatwagni
 ↓
 Digest Ama and achieve nirama vastha
 ↓
 Pacifies Vata & Kapha

Effects of Agnikarma: It increases metabolism, blood circulation, decreases pain, stimulates nerves, relaxes muscles, decreases infections, decreases joint stiffness and inflammations.

Thus, Agnikarma is a pain management procedure described in Ayurveda from the ancient period. However, this procedure is performed in different places with different names. Nowadays modern science uses cauterization like instruments which is nothing but a modified Agnikarma. This is considered a superior treatment in comparison to all other ayurvedic procedures. After treatment, using this procedure the chances of reoccurrence of disease is very low.

Skin and hair

Care and cure in Ayurveda

Beauty expert **Shahnaz Husain** tells us how Ayurveda can help enhance the beauty of skin and hair along with treating beauty-related ailments.



Shahnaz Husain

www.shahnaz.in

Healing with the help of natural products was known and practised centuries ago, and through Ayurveda, the ancient Indian system of herbal healing continues to flourish. After centuries of practising this ancient art, it has been understood that herbal ingredients have many beneficial properties that can actually help to enhance the beauty of the skin and hair. However, the most important aspect of Ayurveda is that it has no harmful side-effects. These benefits have thus established Ayurveda all over the world as a successful and time-tested herbal beauty care system.

Today, Ayurveda has been accepted as a possible and beneficial system in the

natural care and cure arena. Ayurvedic texts are known to contain details of the medicinal properties of thousands of plant products, minerals and other natural substances. It also tell us about the specific combination of herbs that can give good results. Also, the various methods of collection, extraction and processing of different herbs are also detailed in these ancient texts. In fact, these texts also contain prescriptions for various ailments, including those for skin and hair.

Plant-based products and natural substances have properties that can actually benefit the skin and hair. Some have antiseptic and germicidal effects, while others have anti-inflammatory



and soothing actions. Some are powerful cleansers, while others moisturise the skin. Some improve blood circulation, while others promote hair growth. Ingredients in Ayurvedic products contain vitamins, minerals, enzymes and other valuable elements, which restore and maintain the health of skin and hair.

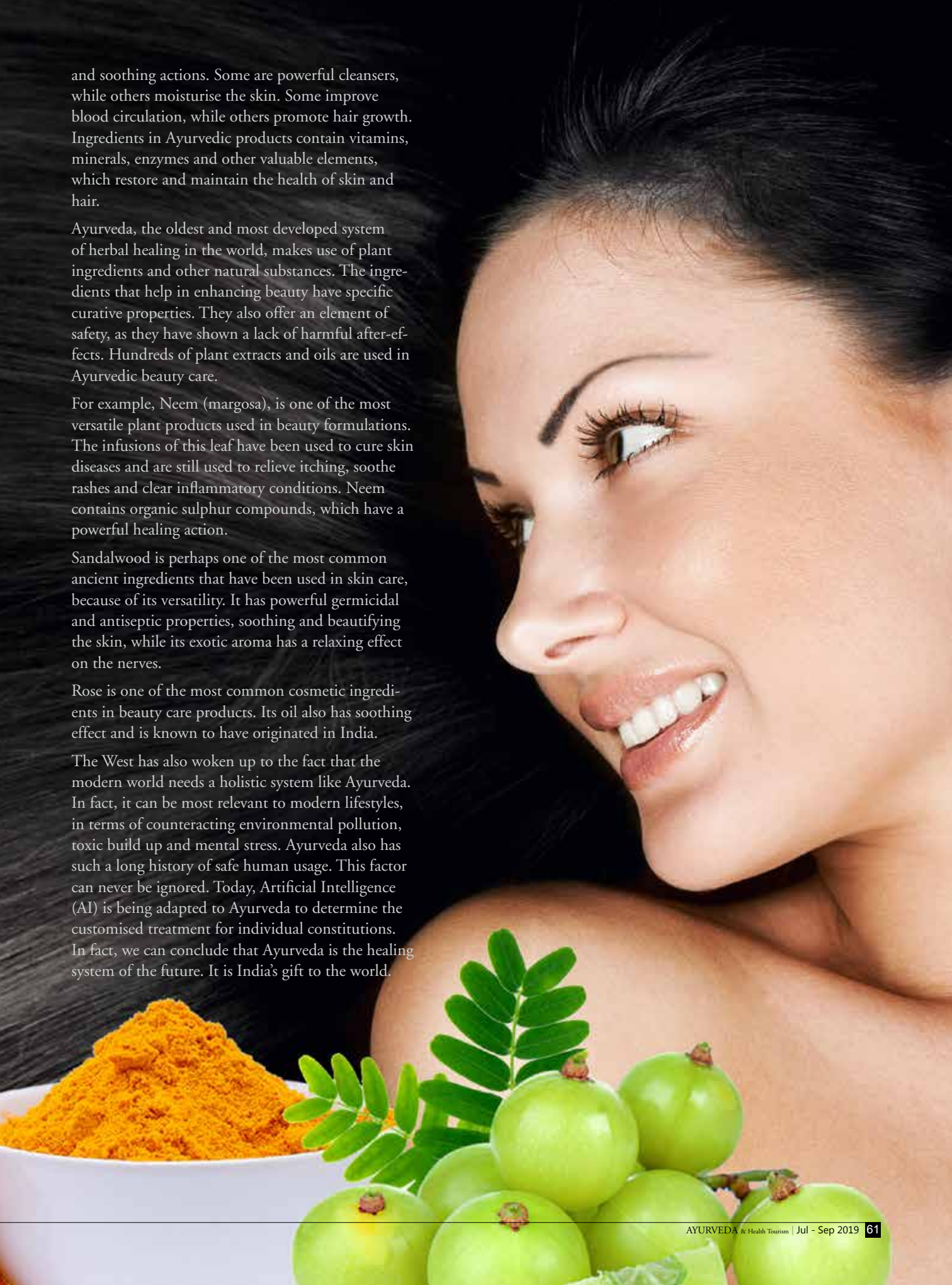
Ayurveda, the oldest and most developed system of herbal healing in the world, makes use of plant ingredients and other natural substances. The ingredients that help in enhancing beauty have specific curative properties. They also offer an element of safety, as they have shown a lack of harmful after-effects. Hundreds of plant extracts and oils are used in Ayurvedic beauty care.

For example, Neem (margosa), is one of the most versatile plant products used in beauty formulations. The infusions of this leaf have been used to cure skin diseases and are still used to relieve itching, soothe rashes and clear inflammatory conditions. Neem contains organic sulphur compounds, which have a powerful healing action.

Sandalwood is perhaps one of the most common ancient ingredients that have been used in skin care, because of its versatility. It has powerful germicidal and antiseptic properties, soothing and beautifying the skin, while its exotic aroma has a relaxing effect on the nerves.

Rose is one of the most common cosmetic ingredients in beauty care products. Its oil also has soothing effect and is known to have originated in India.

The West has also woken up to the fact that the modern world needs a holistic system like Ayurveda. In fact, it can be most relevant to modern lifestyles, in terms of counteracting environmental pollution, toxic build up and mental stress. Ayurveda also has such a long history of safe human usage. This factor can never be ignored. Today, Artificial Intelligence (AI) is being adapted to Ayurveda to determine the customised treatment for individual constitutions. In fact, we can conclude that Ayurveda is the healing system of the future. It is India's gift to the world.



Meditation vs Yoga

*Meditation and yoga are interrelated and often confused. In this write-up, **Dr Sumitra Bentur**, explains what sets them apart from each other.*



Dr Sumitra Bentur

BAMS

Diploma in Yoga Therapy

Dr Sumitra offers holistic health advises by integrating ayurveda, therapeutic yoga, diet and lifestyle. Her main area of expertise is mind-body medicine, yoga therapy modules tailored for individuals, stress management, panchakarma and yogic detox therapy."

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A clear and an enlightened mind is necessary to experience experiencing great beauties of life. Undoubtedly, a calm and composed mind helps surf through the ebbs and tides of life with utmost equanimity.

An equanimous mind improves the power of observation, helps in having a clear vision, a vision not obscured

by wavering thoughts. Such a mind is rich, abundant and exalted.

To the uninitiated, yoga is akin to yogic postures. But yoga in the real sense, goes beyond postures. The discipline of yoga is meant to master the mind and not just the body. Patanjali, the father of yoga, who compiled "Yoga Sutra", a classical guide of verses, defines yoga as, "Yogaha chitta vritti nirodhadha

,Tada drustuha svarupe avasthanam.” This means, yoga is a practice to help still the fluctuations of the mind. Only then the practitioner is able to rest in a state of essential true nature.

Many forms of yoga are practices that help one reach a state of clear and stable mind. There is a tendency to consider yogic postures in itself to be yoga and meditation as a separate discipline. The yogic posture practiced in yoga, is one among the eight paths as outlined by Patanjali. Meditation is the seventh. The other paths are equally effective can be practiced individually but they

duced negative impacts on the body.

Asana (yogic posture) is defined in the yoga sutra as “Sukham sthiram asanam”, a posture which is stable and at ease. Sukha means a sense of sweet comfort and sthira means firm and unwavering.

When a posture is held with awareness for an extended period of time one can easily develop strength and steadiness. Such regular practice will gradually strengthen the muscles that are engaged in the process, but without effort. The breath tends to be even,

where the emphasis is directly on controlling the mind. Meditation helps to explore the truth, it helps to distinguish false impressions from reality and guides one to see things for what they really are.

“When meditation is mastered, the mind is unwavering like the flame of a candle in a windless place.”– Bhagavad Gita

The usual nature of the mind is to wander, to be caught up in all sensory inputs. During meditation the mind drifts but one can gently guide the



complement each other.

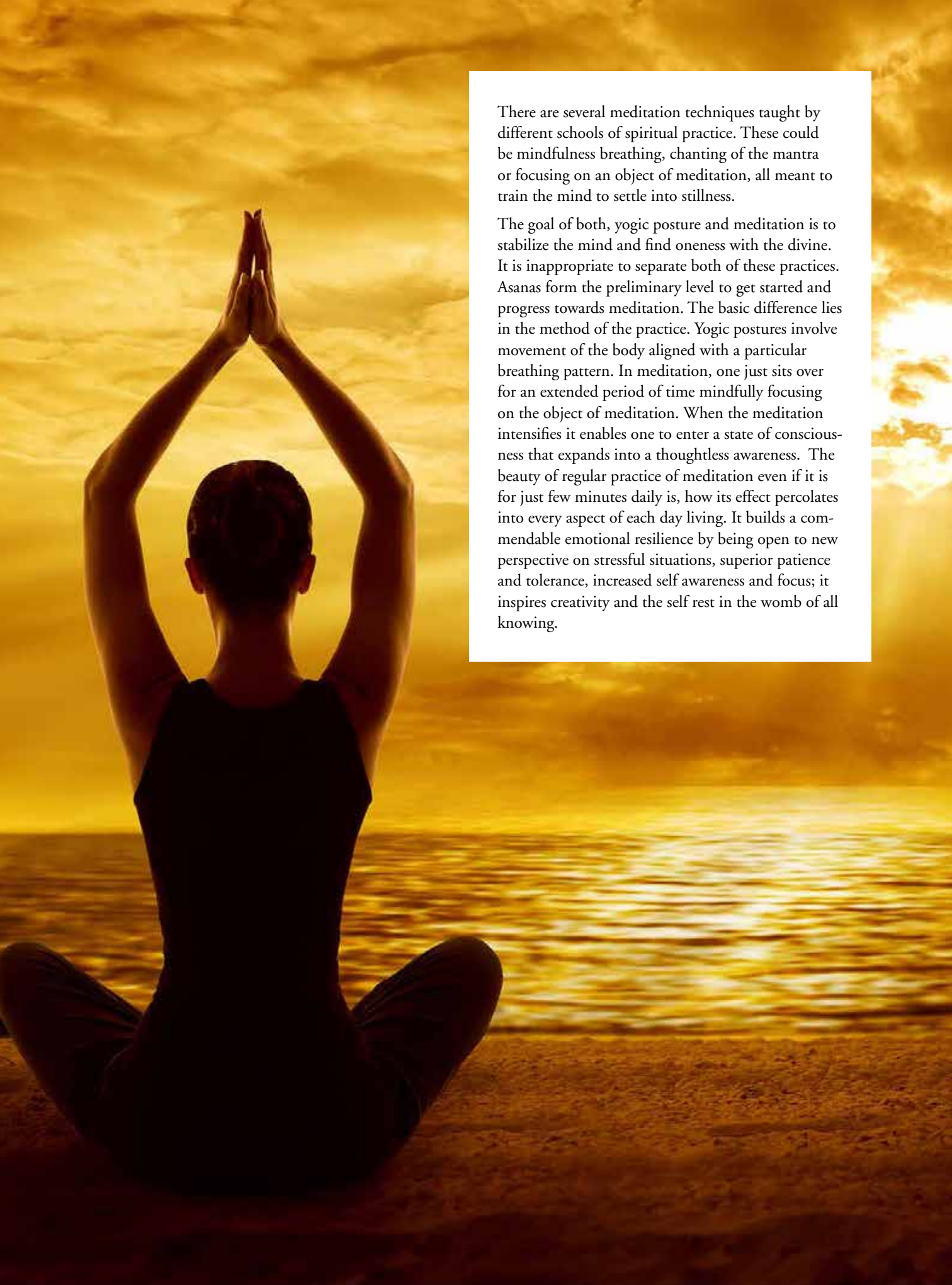
It is also true that most people take to yogasana practice because they are drawn (until they realize the other aspect) to the physical benefits these postures offer. Several studies and scientific researches indicate that yogasanas improves flexibility, our sense of balance, strength and endurance. It also brings down stress and stress-in-

smooth and rhythmic when the effort is minimal.

As one begins to cultivate this inner connection between the body and breath, asana practice can be an extraordinary discipline to bring back to the natural stillness which the ancient yogis so extolled.

Meditation, the seventh path is in continuum with the internal journey

awareness back to the object of meditation. Awareness is the richest part of such a practice. With this training one can strengthen the ability to detach from distractions and abide in the present. As the meditation practice deepens it enables an inner unfolding, where one's awareness begins to expand from conscious state to super-consciousness and ultimately remain in a state of pure joy and serenity.




There are several meditation techniques taught by different schools of spiritual practice. These could be mindfulness breathing, chanting of the mantra or focusing on an object of meditation, all meant to train the mind to settle into stillness.

The goal of both, yogic posture and meditation is to stabilize the mind and find oneness with the divine. It is inappropriate to separate both of these practices. Asanas form the preliminary level to get started and progress towards meditation. The basic difference lies in the method of the practice. Yogic postures involve movement of the body aligned with a particular breathing pattern. In meditation, one just sits over for an extended period of time mindfully focusing on the object of meditation. When the meditation intensifies it enables one to enter a state of consciousness that expands into a thoughtless awareness. The beauty of regular practice of meditation even if it is for just few minutes daily is, how its effect percolates into every aspect of each day living. It builds a commendable emotional resilience by being open to new perspective on stressful situations, superior patience and tolerance, increased self awareness and focus; it inspires creativity and the self rest in the womb of all knowing.

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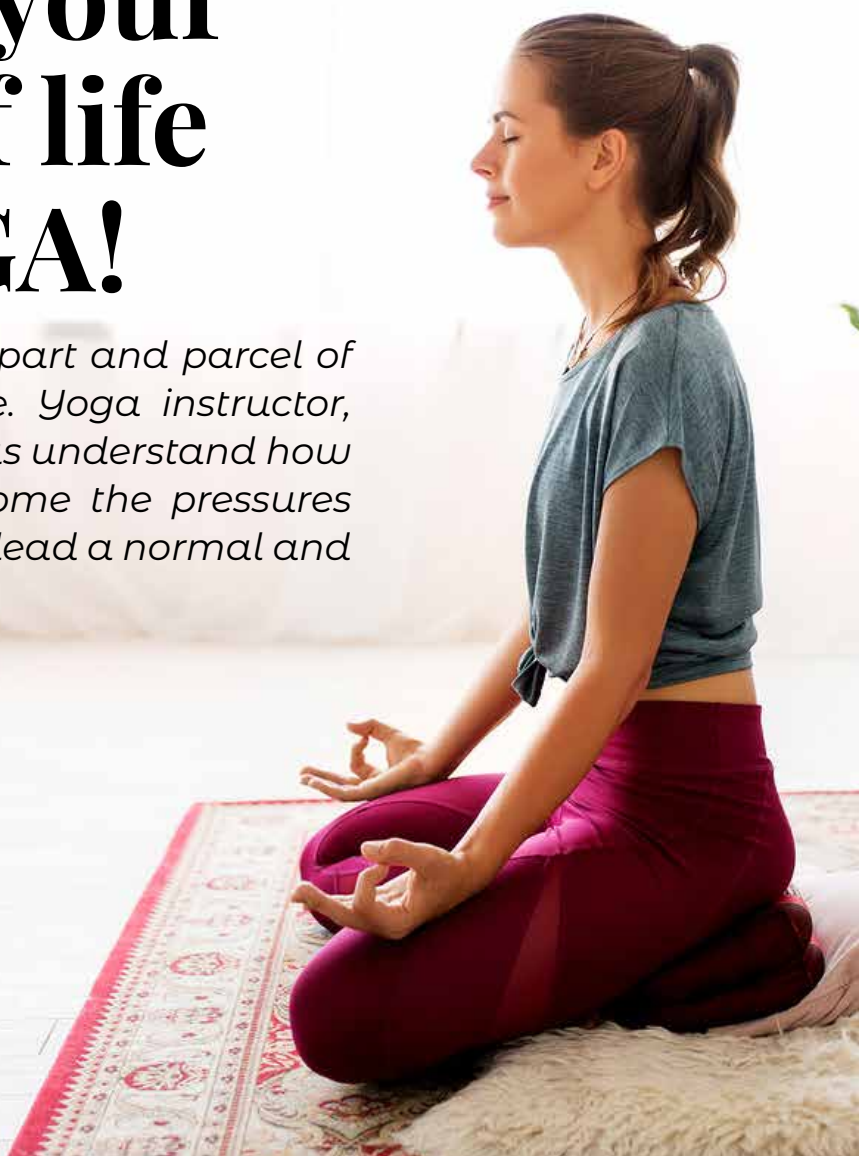
Improve your quality of life with YOGA!

*Stress and anxiety are a part and parcel of the modern day lifestyle. Yoga instructor, **Sanjeev Semwal**, helps us understand how yoga can help us overcome the pressures from this lifestyle so as to lead a normal and peaceful life.*



Sanjeev Semwal

Yoga Instructor at Yoga Therapy & Training Center (YTTC)
Dehradun, Uttarakhand, India



In today's fast paced environment, the stress and responsibilities at home and work are easily known to take a toll on the mental health of an individual making them vulnerable and weak. Research has shown that even something trivial like driving or buying groceries or even trying to bargain at a flea market can make one feel stressed if done regularly. Loss through death or separation from loved ones also triggers depression and this too takes a toll on the mental health of a person. This constant battle of the

mind to accept the harsh and often life changing decisions leave a deep and permanent impression in our minds. According to a renowned psychologist, "Life events determine our mental well-being, to adjust and keep mental health in line, one must take a few minutes out everyday for it, just like going to a gym for physical fitness."

Ancient Eastern practices have necessitated meditation as a regular exercise, to be included along with physical exercises for the overall well-being of an individual. It is perhaps this, that has assured a strong mental wellness

in the people of this part of the world. However, quality of life is seen to be degrading due to the stressful jobs in MNCs. Statistics show that there is an increase in mental illnesses by 25% in 2018-19 as compared to 2008-09 when it was just 12.24%.

Yoga has been embraced by psychologists and is recommended to everyone irrespective of the status of their mental health. There are many institutions that have started courses on Yoga learning and teaching ever since Yoga has been acknowledged universally



for its multiple benefits. According to a Yoga instructor in Rishikesh, the benefits of Yoga are as follows:

1. Blood circulation: Regular yoga practice regulates the blood flow in the body and thus ensures that blood clotting, thickening of blood or problems in blood flow don't occur. Patients with heart diseases, blood pressure, haemorrhage, etc benefit from practising yoga.

2. Organ functionality: Yoga practice ensures that the different organs of the body function seamlessly without any

breaks. Major organs like lungs, heart, kidney, stomach get good exercise by practicing yoga. It ensures that even minor wear and tear of the different organs in the body are repaired through regular yoga practice.

3. Energy deficiency: Yoga boosts metabolism and ensures that the food consumed is broken down thoroughly and absorbed well to give out maximum energy. People who tire easily or have a low metabolism feel energized and refreshed after practicing yoga as it has a positive effect on the stomach and the intestines.

4. Mental health: Stress, anxiety, depression are all lowered or removed through regular yoga practice. Deep breathing, meditation, stretching poses assure that the body is relaxed and ready to remove the negative energy and thoughts that weigh down a person.

5. Sleep disorders: People relying on antidepressants or sleeping pills have claimed to gain a lot of benefit by practicing yoga. Yoga releases hormones that calms and relaxes the body and the mind. As a result, the individual finds it easier to fall asleep without any medications.

6. Deficiency symptoms: People suffering from deficiency symptoms of vitamins or minerals also benefit from yoga practice, even though they consume enough of them through food. The issue here is that food is not easily absorbed by the body leading to deficiency symptoms. By practicing proper yoga, one can ensure that the stomach walls and the intestines absorb minerals and vitamins adequately thus preventing all kinds of deficiency and malnutrition.

From our conversation with the Yoga instructor, it was clear that most of the issues for which we take medicines and consult doctors by paying a high price can be rectified by yoga practice. Apart from this, regular practice of yoga has shown to keep stress and anxiety at bay. Recently, many government mental institutions introduced the practice of Yoga for their inmates so that they experience and celebrate inner calm and peace. It seems that even doctors no longer prefer nor prescribe medications for calming their patients but instead prefer that they do light yoga exercises and meditation for treating even severe and long term mental disorders.

This shows that Yoga and meditation should be an important regime for ensuring mental health for all individuals. Regular yoga practice is a great chance to enjoy quality change in life standards.

The bio-Intelligence of Ayurveda

*Technology has made its mark in all fields and Ayurveda is no exception. Consultant Ayurveda surgeon, **Dr Sharad Kulkarni**, tells us how Ayurveda can make use of the latest advances in technology, especially by using bio-intelligence.*



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Technology is developing at such a rapid pace that most tasks that were once considered humongous and difficult have now become simple and easy. Technology requires very little human intervention and it is observed that in the most developed countries, robots have easily replaced humans in doing mundane functions like that of a waiter in a restaurant.

Yes, today we are living in an era of Artificial Intelligence, popularly known as AI, an era that has already replaced humans with robots for many traditional jobs. Also, we are waiting for a time when these robots will help us reach our far-away destinations in a matter of seconds. And, like all sectors, medical science too has embraced technology.

The use of smart technology in medical science is collectively called bio-intelligence. It is used for a variety of purposes such as examination of a patient, diagnosis of a disease and taking decisions on lines of treatment. Ayurveda is an ancient Indian holistic medical system which focuses on the maintenance of the health in an individual.

Secondly, it believes in treating the disease and not the person with the disease. This science, thus, is enormously popular all over the world for its unique health management techniques. AI hence proves to be an honest effort to conglomerate bio-intelligence and Ayurveda for the benefit of mankind.

Bio-intelligence for predicting diseases

Imagine a situation when we will be aware of what diseases we will suffer from in the future. This is one way in which technology will revolutionize medical science. Improper diet and sedentary lifestyle are making people more prone towards chronic diseases. Let us now consider some of the bio-markers in predicting diseases early.

1. Liquid biopsy test – a diagnostic tool to pre-determine tumor cells in the blood sample through AI algorithm.
2. Determination of heavy metal toxicity
3. Determination of premature aging

Scope of bio-intelligence in therapies:

1. PRP–Platelet Rich Plasma Therapy can be used for alopecia, premature aging, diabetic ulcers, etc.
2. Stem cell therapy can be used for counteracting various diseases through the totipotency theory



Bio-intelligence and Ayurveda

Research in the area of bio-intelligence in Ayurveda is progressing at a fast pace and, if found to be successful, it will help reduce the occurrence of diseases in humans to a very great extent. Suppose, in a specific case, the bio-tumor marker count poses a slight threat to a person, then the detox therapies famously known as panchakarma of Ayurveda and the cleansing therapies of Yoga can be methodically adopted regularly till the count becomes normal.

This can also be clubbed with herbo-mineral preparations. The detox therapies are believed to have signif-

icant action on tumor markers and free radicals. Once the count falls, an overall change in the person's health would become evident. This is as good as servicing the vehicle with different oils. However, good and timely servicing is no licence for rash driving or over speeding.

Discussion

Ayurvedic therapies will become very useful once we are able to predict diseases in advance. However, this will be established only after conducting various research using technology. Sometimes, it is very difficult to conclude the exact mechanism of action of certain herbs or therapies even though the results are positive. Thus,

even though the facts are established scientifically, they will continue to remain as mere hypotheses. So, there is tremendous scope here for unbiased research integrating bio-intelligence and Ayurveda.

Since it is evident that technology is progressing at a fast pace, medical science should also keep pace with it to grasp its crux and utilise the positive outcomes of technological advancements. This will eventually help mankind prevent the worst case scenario called the disease. Notwithstanding all this, Ayurveda will continue to remain a main stream medical system, especially when it comes to the prevention of diseases.

Herbal Mouthwash

Nature's answer to oral dilemma

*Fitness is a key word in the dictionary of its seekers. Fitness is not restricted to just the mind and body. It involves the mouth too. The health of the mouth is so very important in this era where interpersonal communication is crucial in finalizing a deal or a project. In this article, **Dr Sonica Krishan**, tells us how using an herbal mouthwash can be healthy and effective in dealing with mouth odour issues.*



Dr Sonica Krishan

is Author and Speaker in the areas of Healthy and Joyous Living through Ayurveda, Meditation, Yoga and other Contemplative practices. She is a leading Ayurveda Professional in India. She is also Health Writer, Columnist, Editor, Ayurveda Consultant and Holistic Healing Coach. Dr Sonica is open for National as well as International Collaborations with interested people / institutions in fields of Ayurveda, Meditation and Yoga.

A herbal mouth wash is necessary to maintain the health of our mouth. Germs and plaques in the mouth are blocks to oral hygiene. These may lead to gum diseases, swelling of the gums and other bacterial toxicities, which, in turn, can result in bad mouth odour.

Significance of Oral Health and Hygiene

Our mouth is the window to the health of our body. Therefore, no matter how healthy our food intake is, it is absolutely important to ensure the overall health of our teeth and gums and practice a good oral hygiene on a regular basis.

If we do not brush our teeth soon after getting up, after every meal or before bedtime, oral germs and bacteria start

to build up in our mouth. Before we know it, there's plaque, a thin, soft and sticky film of bacteria, settling right there on top of the enamel of our teeth. Over a period of time, this tends to cause serious tooth decay and ultimately leads to cavities, gum diseases and gingivitis. The plaque may eventually turn into a rather thick layer called tartar, causing swelling and bleeding of the gums while brushing. The bones surrounding the gums can get weak and gums can get swollen, resulting in bleeding or redness of gums and many other severe damages eventually leading to loss of teeth.

Preventive healthcare measures should be adopted to reduce risks in oral hygiene. In this context, herbal mouth washes play a key role. They help



sustain oral hygiene. It is a natural oral health treatment that is free of toxic and other synthetic ingredients. It has also been acknowledged as a safe procedure for maintaining oral hygiene and health.

Using herbal mouthwash is regarded as an alternative treatment to cosmetic dental treatment, that is available commercially. Mouth wash, thus, gives us a feeling of freshness, and helps keep bad breath away.

Mouthwash With Healing Herbs!

Herb-based mouth washes are generally made of plant-based ingredients. These could be made from natural constituents such as peppermint oil or

leaf; clove oil; eucalyptus oil; rosemary leaf and cinnamon. These boosts oral health, by killing germs and reducing bad breath. No artificial colours or synthetic materials are used in making these mouthwashes.

The presence of healing herbs are what makes them naturally antibacterial and antibiotic. Unlike their commercial counterparts, these herbal mouthwashes do not contain any hidden, harmful chemicals.

It is strongly recommended to do a herbal mouth wash rinse on a daily basis. These can have clear long term benefits; for example, their anti-microbial property cleans the dental roots and hence is not just a superficial solution.

DIY Herbal Mouthwash

You can prepare a herbal, homemade mouthwash that will not be harmful for your teeth. On the contrary, it will provide your teeth with its much-needed health. To make this, all you need to do is to take one cup of water. Choose any one of the oils from cinnamon, tea tree, wintergreen or clove, and add approximately 20 drops of the same to distilled or boiled and cooled water. This solution can now be stored in a glass jar. Use it as and when you feel the need for a refreshing rinse. Make sure to shake it well just before using it. This easy-to-make herbal mouthwash is helpful in keeping your mouth clean and fresh, while keeping the oral bacteria at bay.

Lakshmana The SHE herb

*It is well-known for treating infertility in both men and women. In this article, **Dr Rajesh B** gives us an insight about the medicinal properties of the Lakshmana herb.*

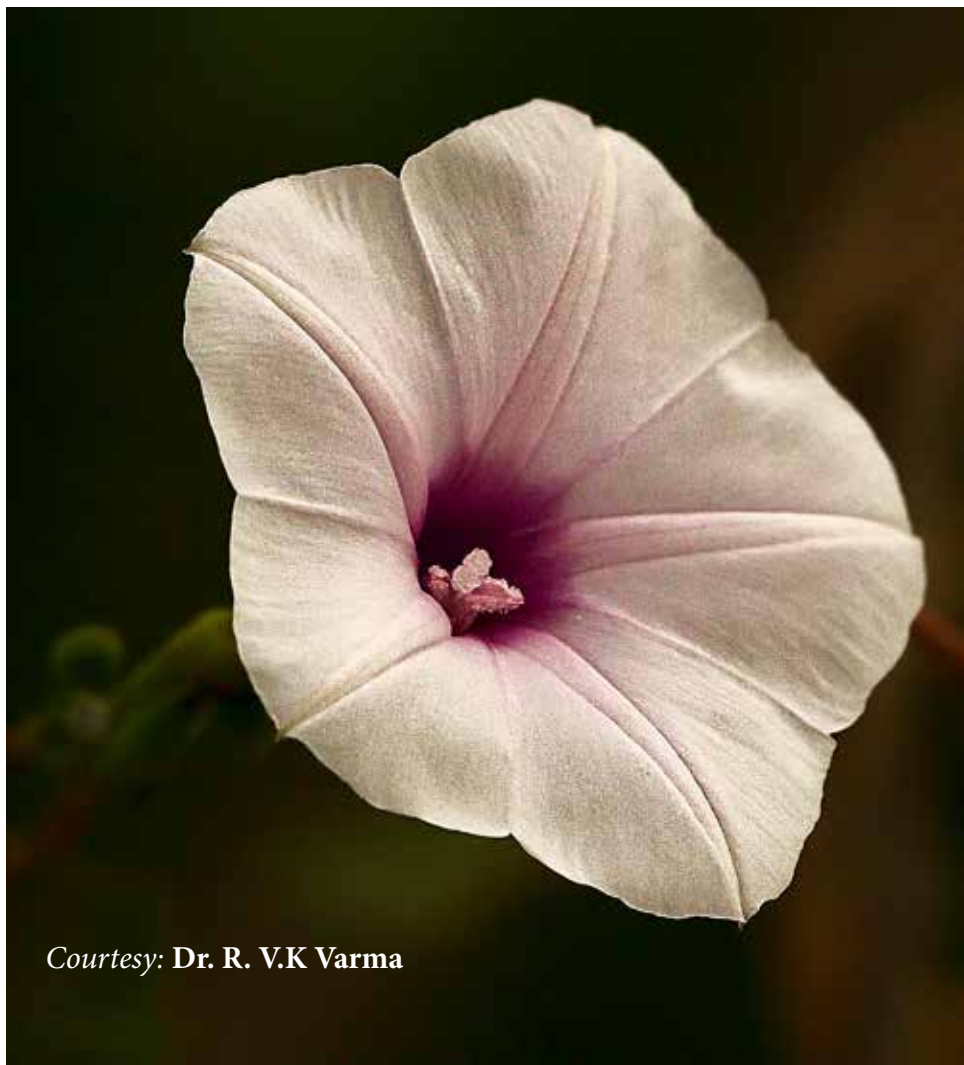
Lakshmana is a slender perennial climber with villous stems and tuberous roots. In Hindu mythology, this plant is said to have properties that protect human beings from toxic materials found in their surroundings much the same way as Lord Lakshmana protected Lord Rama from his enemies in the battlefield.



Dr Rajesh B

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Dr Rajesh B is the co-founder and chief consultant of ayurvedaforall.com. He is a graduate from Vaidyaratnam Ayurveda College (affiliated to University of Calicut), Kerala, India. He also holds a Postgraduate Diploma in Yoga Therapy from Annamalai University and a Masters degree in Business Administration from Mahatma Gandhi University. In addition to his Ayurvedic practice, he is the chief editor of ayurveda-amai.org, the online portal of Ayurveda Medical Association of India and also serves as the state committee member of Ayurveda Medical Association of India. Dr. Rajesh is a regular speaker at Ayurveda related conferences and has visited Germany to propagate Ayurveda.



Courtesy: Dr. R. V.K Varma

Found throughout India, this herb is widely used in Ayurvedic formulations for treatment and management of blood disorders, female infertility as well as for enhancing male libido and as an antidote to counteract the effects of arsenic poisoning. Interestingly, the whole plant can be used for the preparation of herbal formulations. Today, one can find numerous traditional herbal preparations and patented products, which are formulated using Lakshmana.

Botanical name: *Ipomoea sepiaria* Roxb / *Ipomoea marginata*

Family: *Convolvulaceae*

Sanskrit synonyms: *Klitani, Putrada, Nagini, Asrabinduchada*

Tamil: *Mancikai, Naru-n-tali*



Courtesy: Dr. Ajayan Sadanadan

Malayalam: *ChuttiTirutali*

Telugu: *Lakshamana*

Kannada: *Lakshamana*

English: *Ipomoea*

Hindi: *Bankalmi*

Lakshmana, the controversial herb

Although Lakshmana has some rare medicinal properties, it is a controversial drug in Ayurvedic pharmacology, as there are more than three varieties currently used by Ayurvedic physicians. Out of the three, the *Ipomoea* varieties are the ones that are widely used as Lakshmana.

Following are the three varieties considered as Lakshmana:

1. *Ipomoea sepiaria* (marginata) - mainly used as Lakshmana in Kerala
2. White flowering Kantakari (Sweeta Kantakari) - *Solanum surratense*
3. *Smithia conferta*- Ilaikanni (Tamil)

Ayurvedic Properties

Rasa: Madhura

Guna: Guru, Snigdha

Virya: Seeta

Vipaka: Madhura (sweet)

Doshakarma: Vata-pittashamana (pacifies Vata and Pitta dosha) and Kaphavardhaka (increases Kaphadosha)

Plant Description

Lakshmana is a thin twinning perennial with furry stems and tuberous roots. The leaves of this plant are simple, alternately arranged, petiolate and cordate. It also has blotches of brownish/purplish patches towards the center and is therefore called ChuttiTirutali in Malayalam. The flowers are funnel-shaped in umbellate axillary cymes and are pale purple, pink or ivory in color. The fruits are ovoid capsules containing two to four grey colored seeds covered with silky pubescence. One of the botanical sources of Lakshmana is *Ipomoea sepiaria* Koenig ex. Roxb which belongs to the Convolvulaceae family.

Medicinal Properties

Lakshmana is a highly reputed medicinal plant widely used for its various therapeutic properties. It is an aphrodisiac, an antidote to arsenic poisoning, a diuretic, a laxative, and a eutonic. Lakshmana pacifies vitiated Pitta and Vata and is useful in the treatment of



Courtesy: Dr. Ajayan Sadanadan

urinary retention, constipation, and gynecological disorders. It is also considered as the drug of choice in treating female infertility. Lakshmana is a natural source of estrogen and estradiol thus helping to minimize miscarriages and bringing the pregnancy to full term. Lakshmana is also widely used to detoxify the body and is indicated in the management of skin disorders. It is a good choice for the treatment of menorrhagia due to endometriosis.

Recipe for Lakshmana milk decoction for pregnant women

Ingredients

- One part Lakshmana tuber
- 8 parts of milk
- 32 parts of water

Method

Boil all the ingredients together till the decoction is brought down to the measurement of milk (8 parts). The decoction should then be strained and divided equally to be consumed twice daily, once in the morning and once in the evening. This should be taken in the second month of the pregnancy.

Chemical Constituents of Lakshmana

The seeds of *Ipomoea* resin contain non-ergoline type indole alkaloids,

ipobscurine A, ipobscurine B, ipobscurine C., and serotonin. The seeds of *Ipomoea obscura* contain non-ergolin type indole alkaloids.

Active ingredients

Its leaves show the presence of saponins, glycosides, resins, flavonoids, alkaloids, tannins, terpenoids, phytosterols, and other phenolic compounds. The roots of *Ipomoea sepiaria* contain phytoconstituents like carbohydrates, alkaloids, glycosides, flavonoids, phenolic compounds, tannin, and saponin.

Therapeutic Uses

Every part of the Lakshmana plant is used for various therapeutic uses. These include:

- The juice of the plant is used as a deobstruent, a diuretic, a hypotensive, and uterine tonic and as an antidote to arsenic poisoning.
- The extract from the Lakshmana plant is known to be an effective herbal pesticide, which is used to ward off aphids and to treat plants infested with it.
- Seeds of this herb are used as a cardiac depressant, a hypotensive and a spasmolytic.
- The plant is also used to promote fertility in women and for the treatment of urinary retention, constipa-

tion, and various gynecological disorders.

- It is a diuretic and a laxative and is also used to relieve burning sensations and for the treatment of hyperdipsia and general debility.
- The methanolic extract of the root was found to possess significant antifungal properties and is therefore used in the treatment of leucorrhoea. There is a reference to the therapeutic application of root of "Gollajiddaku" (Telugu vernacular name of *Lakshmana*) in the management of *Sweta Pradara* (leucorrhoea) in *Vasavarajeeyam*, an 18th-century record book of herbal plants.

Research Papers

- Lakshmana is mentioned as *Ipomoea sepiaria* Koenig ex. Roxb. (Nishteswar K., 2003)
- It is a herb known to be a good antidote to arsenic poisoning, an uterine tonic, aphrodisiac and a wound healer (Kirtikar K.R. & Basu B.D. 1960)
- It is a diuretic and a laxative (Venkataswamy R. et al., 2010)
- It promotes fertility in women (Prajapati N.D. et al., 2010)
- The roots of the plant are used in the treatment and management of diabetes (Jain S. K., 1991)
- One teaspoonful of root powder administered with rice water is used as a treatment for leucorrhoea (Nalgonda, Mehaboob nagar District of A.P.) (Nishteswar K., 2003)

History and Myth

The name Lakshmana comes from the Hindu mythology of Ramayana. In Ramayana, the brother of Lord Rama, Lakshmana, is the protector of Sita and likewise, the Lakshmana herb is also said to be the savior of the female population. Since the pedigree of the Lakshmana herb is associated with the goddess concept, it is therefore referred to as the She herb. The flowers of the Lakshmana plant are used for beauty

enhancement and is therefore used by women for hair decoration and for beautification processes.

Lakshmana is part of the ten flowering herb group called Dashapushpam. Each herb in Dashapushpam is said to provide varied health benefits. In Kerala, women wear these on their hair to derive health benefits associated with it.

The ten curative properties of Dashapushpam

1. Durva: Mental calmness
2. Poovamkurnnal: Prosperity
3. Musali: Elimination of sins
4. Bhringaraj: Elimination of great five sins
5. Mukkutti: Sexual pleasure, fertility
6. Lakshmana: Cosmetic improvement
7. Uzhinja: Career development
8. Bhadra: Longevity
9. MoyalChevi: Marriage
10. Krishnakranthi: Moksha

If this data collected is analyzed critically, each flower of this group could be used for specific ages for its curative properties. There is great scope for further research on this particular group from ancient manuscripts for better understanding and usage.

Lakshmana is also found in almost all terrains and a scientific understanding of the home remedies tells us that the plant has properties that help to prevent the progression of deadly diseases. Planting, propagating, preserving, understanding and using the goodness of the herbs will surely help in solving many of the puzzling modern day problems that we face in our daily lives.



Courtesy: Dr. Ajayan Sadanadan

A woman with curly hair, wearing a purple tank top and grey leggings, is sitting in a meditative pose on a grey stone ledge. She has her eyes closed and her hands resting on her knees in a mudra. The background shows a sandy beach, the ocean, and a clear blue sky.

Practise meditation, get healed



Vd. Divya Chauhan (BAMS)

Ayurveda Health Counsellor
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*Practicing meditation regularly can lead to health and wellness of the mind and the body. Through this article **Vd. Divya Chauhan** tells us about the different types of meditations, what type of healing can be achieved by following these specific meditative practises and how healing can be achieved by practising this art, which has deep rooted scientific manifestations.*

It is believed that prayer is a communion with God and meditation is a deep transcendental state where one is able to listen to God's voice.

Buddha said, "Peace comes from within. Do not seek it outside."

Your healing power is the magnet for how change happens!! You don't heal with your skills or knowledge but with your presence because you are what you choose to become with a goal of peace and satisfaction.

Ayurveda is a mind-body-soul medicine with spiritual background. Ancient classics do believe that human body is created out of consciousness. Ayurveda does not consider the human body as a mere collection of cells, tissues or organs but views it with a quantum perspective.

As per Ayurveda there are three

powerful techniques, which can cure diseases – meditation, bliss and primordial sounds that cure diseases such as cancer. It is learnt that Ayurvedic principles have been applied to treat Elephantiasis.

However, the initial therapeutics effect of meditation came from yoga. In clinical yoga, meditation serves as a mirror image leading to therapeutic meditation. Integrated yoga of which meditation is a major component has been known for decades as a remedy for various psychosomatic disorders.

Types of Meditation

- **Creative Meditation:** This involves imagining or visualizing images that soothe and calm the mind
- **Mantra Meditation:** Chanting repeatedly a spiritual word or phrase loudly to block disturbing thoughts
- **Mindfulness Meditation:** Involves

free flow of thoughts without judging rather than focusing on one thought

- Qigong: Chinese traditional healing therapy that involves focussing on breath to let energy flow through all organs
- Taichi: Chinese martial art form involving deep breathing and meditation by adopting synchronized postures
- Transcendental Meditation : Involves sitting in a relaxed posture with the back straight and silently repeating a mantra

In recent years , yoga has been used to treat many diseases including breast cancer. It has been demonstrated that yoga is associated with beneficial effects on social functioning among a medically diverse sample of breast cancer survivors. Recently, Iyengar yoga has been used to treat osteoarthritis of the knee with considerable success.

Meditation involves using synchronized breathing and mind power to wipe away negative and unwilling thoughts and to be in a relaxed state. This is achieved when the mind is deeply silent yet fully aware.

For a workaholic, merely meditating using vedic chants can result in immense empowerment. This can be practised to serve as a kind of protection against unwelcome distractions or emotions, and also when battling with sleeplessness or coping with fears associated with their home-life or work-life or even during travel. When your mind is flooded by obstructive thoughts, meditating on mantras is something one should hold on to.

Mantra meditation can also help one move towards a spiritual journey. This should be followed to allow the mind to be focussed on the present rather than getting involved in endless negative self-chatter.

Meditation - the future medication

Meditation is also an effective method of natural healing. Some researchers support the idea of using meditation for certain medical illnesses.

Disease

- Anxiety panic attacks
- Irritable bowel movements
- Pain
- Emotional instability
- Depression

- Troubled sleep
- Heart diseases
- Cancer
- Concentration problems
- Asthma
- Stress

Simple steps to do meditation with mantras

- Find the mantra suitable to your verse pronunciation and your intention
- Stay in a comfortable position
- Focus on your breathing
- Chant or recite your mantra the way you want it to be

Simple words and phrases that will have the power to interrupt negativity and invite change in life. Chanting mantras along with meditation will result in:

- Building self-confidence
- Strength and willpower
- To endure tough times
- To manifest love
- To seek happiness
- To neutralize body-image issues
- To radiate gratitude
- To start your day with a new zeal
- To end your day with a smile and confidence

According to the revered saint Patanjali, the definition of Asana is ‘sthira sukham asanam’ – any pose in which you can sit comfortably for a very long time. While locking your legs up specially in Padmasana, the blood circulation in the lower portion of the body becomes less and the blood circulation is more in upper area – urdhwajatrugata. This is an effect that is necessary while meditating. Meditation thus helps you be a better person. So, get steady and sit straight as this procedure contributes positiveness to your whole system and the only thing that you need to worry about is that while seated for meditation, you should not feel any pain or discomfort. In fact, it should make you a better person than you are now.

You and i are made for goodness, for laughter, for joy.

We are made for transcendence . So fly !!





A woman with long brown hair, wearing a blue tank top with a large black Om symbol, is performing a pranayama technique. She has her eyes closed and her right hand is near her nose, with her index finger touching her nostril. The background is a blurred outdoor setting with trees and a body of water.

Understand Pranayama Better

Pranayama is the practice of controlling the breath in order to gain a stable and balanced inner self. Read on to find out how this breathing technique can help attain a healthy mind and body.



Pranayama is a breathing exercise that helps to get rid of stress and finally achieve true bliss in our lives. Regular practice of Pranayama works on the mind, intellect and deeper state of awareness. This technique helps to tap into the parasympathetic nervous system, which helps to monitor the activities of the body when in a state of rest.

It is a myth that during Pranayama we tend to take in more oxygen and thus increase the capacity of our lungs. What actually happens is that the quality of carbon dioxide increases during Pranayama. This is done through a double exhalation process. During this process, the internal organs of the body are seen to crave for more oxygen and that does not happen during Pranayama. Thus, this yoga technique is the doorway into the internal universe of the mind and body by withdrawing the senses inwards.

Initially, Pranayama may seem like a physical practice as it can

result in aches and pains on the upper back and on the chest. This is especially while doing Bhastrika, an excellent breathing exercise in Pranayama that can be practiced slowly or quickly according to convenience. This leads to the rapid expansion of the diaphragm, which starts to tap on the muscles of the body that remained idle for a long time.

This may also lead to an initial dizziness because of the expansion and contraction in the diaphragm and the brain as well. This further leads to emptying of all the emotions playing in our mind and body like fear, anxiety, tension. Conversely, these tend to affect breathing and the diaphragm movement at a conscious and unconscious level.

Different emotions cause contraction of the diaphragm. So working with the diaphragm during a Pranayama session helps to release all built-in tensions in the body. This is the beginning of the practice of Pranayama, which prepares one for internal practices like meditation and samadhi. Eventually, the senses start withdrawing from outside objects.

In Nadi Shodhana, the energy channels or Nadis are purified. Thereby, opposing energies in our body are united. A first timer may experience anxiety and drowsiness while practising Nadi Shodhana. This usually happens when it is practised without full awareness,

or without a Sattvik mind. If the mind is filled with impurities, there will be an obstruction in the flow of prana. When practised with full awareness, it helps to withdraw the senses and the practice becomes very pleasant. It thus helps to tap into one's internal universe.

Pranayama is also a case of extreme Tapas. Many times, deep emotions or sanskaras are brought to the surface during this practice. When practicing Pranayama our fake selves are broken and we tend to dig deeper within ourselves. In this process, many things surface. Fears, anxieties and tension are specifically targeted in Pranayama due to the working with the diaphragm. With time, love and patience, these sensations become less intense and they are let free and loose. Once a friendly bond is developed with the sanskaras, they release and drift away. So emotions are let loose and our thoughts are silenced. Both the positive as well as negative thoughts are silenced. What will be left are feelings of bliss like love, compassion, freedom.

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Anjit Suhag

Yoga teacher
New Delhi

Ujjayi Pranayama

Calms the mind, warms the body

*Yoga guru, **Anjit Suhag**, tells us how by practicing Ujjayi Pranayama one can calm and relax the mind as well as the body.*

Ujjayi Pranayama is a type of Pranayama that entails deep inhalation through both nostrils with a partially closed glottis. This Pranayama can be done at any time (without retention) and hence called Ujjayi Pranayama. All stages of this Pranayama, except those with retentions (Kumbhaka), may be done at any time.

The prefix 'ud' means upwards or expanding. It also conveys the sense of pre-eminence and power. 'Jaya' means conquest or success and also means restraint from another point of view.

Ujjayi Pranayama is a breath control practice in which the lungs are fully expanded and the chest puffed out.

How to do it?

- Sit in any comfortable position like Padmasana, Siddhasana or Virasana.
- Make sure to keep the back erect and rigid.
- Now, lower the head to the trunk, rest the chin in the notch between the collar-bones just above the breast-bone (Jalandhara bandha)
- Stretch out the arms and rest the back of the wrists on the knees.
- Join the tips of the index fingers to the tips of the thumbs, keeping the other fingers extended. (Jnana Mudra)
- Close the eyes and look inwards
- Exhale completely
- For Ujjayi breath take a slow, deep breath through both nostrils. The passage of the incoming air should be felt on the roof of the palate while making a sibilant sound (sa). This sound should be heard.
- Fill the lungs with air up to the brim. Care should be taken not to bloat the abdomen during this process of inhalation.
- Hold the breath for a second or two. This internal retention is called 'Antara Kumbhaka'.

- Exhale slowly, deeply and steadily until the lungs are completely empty. As you begin to exhale, keep your grip on the abdomen, after two or three seconds of exhalation, relax the diaphragm gradually and slowly
- While exhaling, the passage of the outgoing air should be felt on the roof of the palate. The brushing of the air on the palate should make an aspirate sound (ha). This exhalation is called rechaka.
- Wait for a second before drawing a fresh breath. This waiting period is called Bahya Kumbhaka.
- Repeat the cycle for five to ten minutes keeping the eyes closed throughout.
- Lie on the floor in Savasana

Ujjayi Pranayama may be done without Jalandhara Bandha. It can be done even while walking or lying down. This is the only Pranayama that can be done at all times of the day and night.

Benefits

This Pranayama aerates the lungs, removes phlegm, gives endurance, soothes the nerves and tones the entire body system. Ujjayi without Kumbhaka, done in a reclining position, is ideal for persons suffering from high blood pressures or coronary troubles.

The practice of this Pranayama brings amazing relief to patients with enlarged ventricles and congenital heart defects. Moreover, it stills the fears that beset heart patients who are afraid to make the least movement lest they aggravate their condition.

Important details

- All stages of all Pranayama begin with exhalation and end in inhalation.
- All inhalations are made with a sibilant sound 'ssss' and all exhalations with aspirate 'hhhh'
- While sitting for Pranayama in the initial stages, use a support.
- Savasana is suggested at the end of each Pranayama.



Ayurveda in Hollywood and a Hollywood for Ayurveda



HOLLYWOOD



Dr. Madan

is a genome biologist with an unusually diverse academic background and range of research interests. He is an Inlaks Foundation Scholar (1982 Trinity Hall) and has a Ph.D. in Molecular Genetics. His current primary research interest is the development of single DNA molecule and single cell techniques for genome analysis. He is the inventor of the Molecular Copy Counting technique - very high resolution and high sensitive technique for describing genomic variation at the level of single cell and single DNA of molecules.

In July this year, Director Gita Desai and her husband Mukesh invited me to their serene and very modest home in Los Angeles to view the unedited version of "Ayurveda Unveiled". In addition, I was made privy to the complexities of editing and the many other preparations underway. Hollywood in Southern California with its entertainment industries and Silicon Valley in Northern California with its high technology electronic and computer industries, have methods of achieving a global presence that provide several lessons for Ayurveda. One important lesson for successful globalisation is the need for a rich diversity, depth and quality of skills. Financial capital and the wealth of movie making skills - editors, light and sound engineers and more, are essential ingredients for making high quality movies together with a long history of movie making. Hollywood, with its decades of movie making experiences, was the perfect location for Gita and Mukesh Desai to produce "Ayurveda Unveiled" and will be the best location for other such ventures in the future. Most of us never recognise the need for this essential diversity of creative skills, a need that is recorded in every movie but always lost somewhere in the long list of credits that most of us do not wait to view. On Sunday 20 October 2019 "Ayurveda Unveiled" will be premiered at the Ahrya Fine Arts Theatre, Beverly Hills. The third in a series of documentaries, "Ayurveda Unveiled" promises to be as fascinating and educational as "Yoga Unveiled" (www.yogaunveiled.com) and "Raga Unveiled" (www.ragaunveiled.com).

Ayurveda has been, and remains, slow in its desire for global reach, lagging far behind Yoga, Indian music or even Bollywood! The honing of Ayurveda skills and the perfection of practices, products and skills needs a Hollywood-like skills-rich hothouse. The wish for Ayurveda to rise to levels of global acceptance and perhaps even glamour underestimates such needs. Rich documentaries like "Ayurveda Unveiled" will provide an important backdrop and might even catalyse new thinking, but alongside such efforts, several other essentials have to fall into place in order that Ayurveda's true potential may be realised.

The evidence of Ayurveda's successes and skills is now being documented more diligently. Paadav, a specialty Ayurvedic hospital in Dehradun (<https://padaav.com/>) published in Pancreatic Disorders and Therapy a paper titled "Impact Evaluation of Ayurvedic Treatment Protocol on Three Hundred Nineteen Cases of Different Variants of Pancreatitis." Padmashri Vaidya Balendu Prakash, the founder of Paadav promises by January 2020 a series in excess of 1,000 cases for pancreatitis! The May issue of Global Advances in Health and Medicine has the first ever report of stand-alone Ayurvedic therapy in acute ischemic stroke. The study conducted by researchers from Transdisciplinary University in Bengaluru (an institution featured in several earlier issues of this journal), Sushruta Ayurveda Hospital, Puttur, Karnataka, Christian Medical College and Hospital, Vellore, Tamil Nadu and Baylor College of Medicine and Michael E. DeBakey VA Medical Center, Houston, Texas offers fascinating results of the comparison of management of stroke symptoms using Ayurvedic approaches. Across India many more such results are now being gathered for other chronic and acute conditions.

Vaidya Pardeep Sharma of Sukhayu Ayurveda in Jaipur (sukhayuayurved.com) is documenting their successes in the management of several debilitating chronic and acute conditions. Vaidya Sharma will be presenting at the 12th European Congress for Integrative Medicine ("The Future of Comprehensive Patient Care", Barcelona, Cataluña, Spain, September 13-15, 2019, www.ecim-congress.org) results about managing avascular necrosis of the femoral head with Ayurveda. In my presentation on "Ayurveda for a Healthy Europe" I will elaborate on the signs and science of wellness and lessons from India's traditional systems of health and wellness and how India's Traditional Sciences can inform and guide future European and global

health and healthcare systems, medical education and research.

All good things manifest in the form of an inverted pyramid structure. For clinical Ayurveda, the pinnacle of this upended pyramid could simply be the work of one Vaidya and his or her team and their set of cases studies. These successes will expand and impact more and more people who in turn will then draw in others; interested parties from other disciplines and positive influencers will gather around and join in eventually. Perhaps the scaling up and scaling out of the highest quality Ayurveda should not just be for curing diseases but also for preventing disease, maintaining good health and promoting health. Thus, the Hollywood-Bollywood 'tinsel

another initiative awaiting an injection of life. Prime Minister Boris Johnson's response in the UK Parliament to The Honourable David Tredinnick MP, Member of Parliament for Bosworth, Chairman of the All-Party Parliamentary Group for Integrated Healthcare, is an expression of the mood and the growing interest in Ayurveda and AYUSH systems in the UK. However, the need for research and a "science-based approach" for advancing Ayurveda gaining the much-needed recognition is imperative and should not be underestimated.

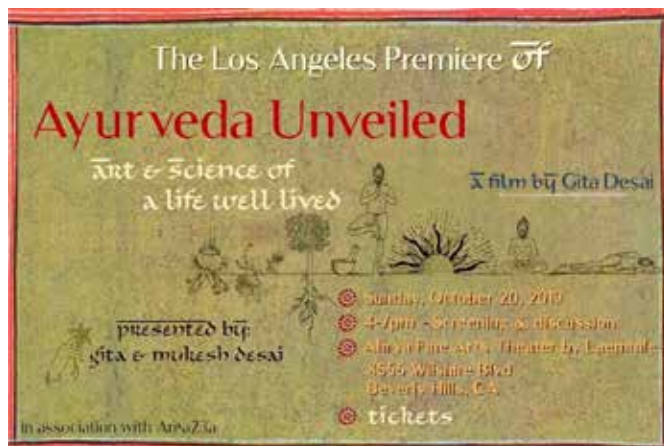
Like Hollywood's movie making skills and Silicon Valley's technology skills, an "Ayurwood" or an "Ayurveda Valley" will have its own rich collection of diversity of skills. Scholars

of the ancient Ayurveda texts and expert teachers, knowledgeable technicians, master oushadhi producers, committed users, discerning customers, growers of medicinal herbs and much, much more is what is needed for the next stage in the globalisation of Ayurveda. Only India has the knowledge and the diversity of skills need for unveiling the deepest science currently misrepresented as a dark art. Kerala, in southern

India holds all these ingredients. Can Kerala become the Ayurveda Valley for the World? The establishment of the International Research Institute of Ayurveda (IRIA) at Kalliyad in Kannur, Kerala and an allied Ayurveda Research institute in Cheruthuruthy, Thrissur, Kerala is a first important step in this much need consolidation towards shaping an "Ayurwood: The Ayurveda Valley for The World". May this Hollywood for Ayurveda happen sooner rather than later wherever it can take shape - and Kerala, it seems, has a head start.

Ref:-

<https://www.youtube.com/watch?v=J7gt-VhmU5s>
https://www.youtube.com/watch?v=xoZltsGdu_8



town' strategy holds several positive lessons for what is needed to present and project the best of Ayurveda to the world. Well-researched and exquisitely compiled and edited documentaries like "Ayurveda Unveiled" will be an important ingredient, but even more important is 'absolute diligence' in appreciating the power and quality of Ayurvedic knowledge and the origins of its wisdom and its practice.

The much-needed changes are starting to make an even stronger presence in locations across the globe. India's AYUSH Chairs in Europe, in Hungary, Slovenia, Latvia and Russia, are an important advance. The Centre of Excellence for Ayurveda and Indian Traditional Sciences in London is

Ask Your Doctor



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My 12-year-old son is suffering from extreme dry skin and wheezing. Is there any ayurvedic remedy to this problem? I have consulted many allopathic doctors regarding this. So far, we could find no permanent remedy. Kindly advise us what we should do.

Rani Victor, Homemaker, Calcutta

You have mentioned two issues here: extreme dry skin and wheezing. In many patients, these two conditions coexist, and any attempt to control one triggers the other. Also, these problems are hereditary and tend to run in families. The best solution for dry skin is to moisturise it frequently using a mixture of coconut oil and olive oil.

Apply the oil mix after washing the body in warm (not hot, ideally) water, before the skin gets dry. Make sure to avoid using any kind of aggressive medications. For wheezing, proper medicines and regular practice of breathing exercises are essential. It is not easy to prescribe any medications without personal assessment of

the child.

Dietary changes can be helpful. It is highly recommended to avoid all sorts of animal products including milk and milk products. Similarly, sour fruits (citrus, pineapple etc.) may be avoided. In many children, the symptoms are resolved spontaneously at the end of teenage.

My six-year-old daughter vomits after every meal. We consulted a nearby doctor and he said that this may be due to the fact that her intestine has not expanded enough. Kindly advise what should be done for this.

Varsha Das, Entrepreneur, Thiruvananthapuram

Vomiting after every meal can be due to many reasons. We need more information about the patient in order to give a final advice. As the child is six-years-old, the chance of any major intestinal defects is quite low. A simple ultrasonography scan or an endoscopy can help us come to some conclusion easily. Similarly, information about the weight gain of the child and other growth parameters are very important before coming to a clear diagnosis.



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