

Winner of Best Tourism Magazine Award from Department of Tourism, Govt. of Kerala



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Ayurveda

& Health Tourism

STAY WELL
WITH AYURVEDA

**IRRITATED
BOWEL?**
LOOK NO FURTHER

DINACHARYA
THERE'S MORE TO IT
THAN JUST ROUTINE

CURCUMIN
WONDER SHOTS
TO CHECK CANCER

**KEEP GUMS
HEALTHY**
WITH AYURVEDA

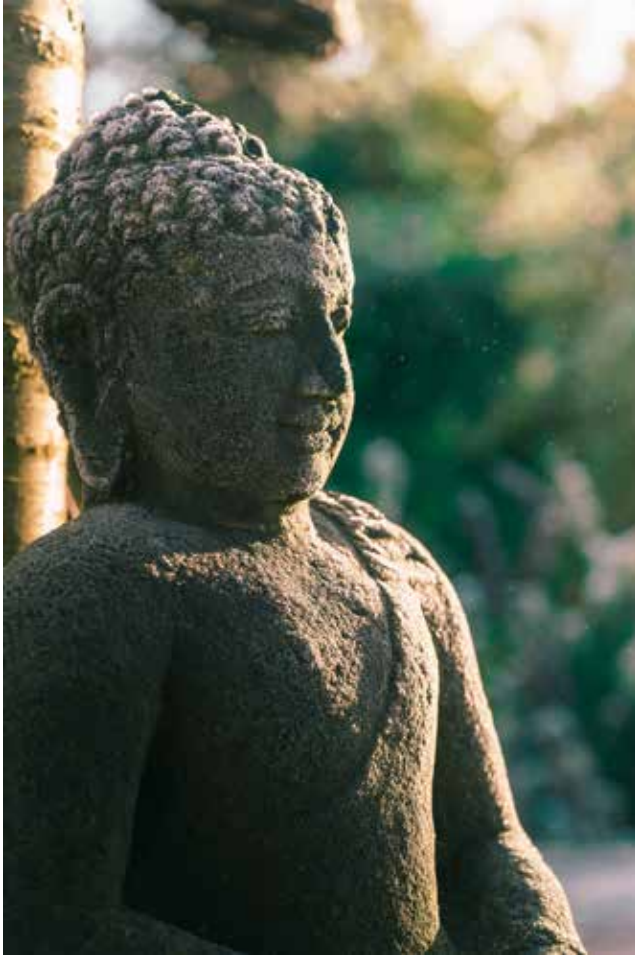
GO NATURAL FOR
SWEETENER

INTERVIEW
BOB BLACKMAN
CONSERVATIVE PARTY MP - UK





The First Step Towards Wellness



‘Nimba Nature Cure’ empowers you to harness the power of healing concealed within our body and unique innate protection mechanism. The name ‘Nimba’ has its roots in the ancient Indian scriptures, ‘Nimbati Syasthyamdadati’ which means ‘to give good health’.

Nimba Nature Cure Village offers physical, psychological and spiritual health overhaul, with the help of the power of the nature. At Nimba, you can benefit from the distinctive synergism between modern science, traditional practices and ancient wisdom; with professional guidance.

Nimba – one of the largest Naturopathy centres in India offers you the chance to revive the crucial equilibrium of the five basic elements of life: Earth, Water, Air, Fire, and Ether. At Nimba, you can treat these elements also known as ‘Panch Mahabhoota’, bringing them back to normalcy, thereby restoring the optimum health of your body.

At Nimba, amid the serenity of the nature and fresh air to soothe your soul, you can experience the goodness of the best wellness programs. Rest in a comfortable wellness centre accommodation, enrich your body with organic nutrition, and enable your body to heal itself, only at Nimba Nature Cure Village.

Naturopathy

Nimba is a unique Naturopathy & Wellness Centre, practicing the art and science of natural healing. Nimba applies best wellness and Naturopathy solutions in their purest and most feasible form. Nimba is a holistic wellness centre offering specialized therapies like colon therapy and Naturopathy massage. Nimba is the largest Nature Cure treatment centre providing the best Naturopathy treatment in Gujarat, at very attractive prices.

Ayurveda

Nimba Nature Cure Village – one of the leading ayurvedic centres in India, offers Panchakarma therapy which is a combination of five detox therapies: Vamana, Virechana, Niroohavasti, Nasya, and Anuvasanavasti. Nimba Nature Cure Village is the best Panchakarma centre for ayurvedic panchakarma treatment in India because Nimba offers a customized course of ayurvedic treatment, as per the individual body type and health status. The long term health benefits of panchakarma treatment are much more precious compared to the panchakarma treatment cost.

Yoga

Yoga therapy is a way to bring all the body systems in sync, thereby obtaining the healthiest state for the yoga practitioner. Nimba Nature Cure Village is one of the best yoga and meditation centres in India which offers holistic rejuvenation for the mind, body and soul. Nimba is a unique meditation retreat and yoga retreat in India, offering the best yoga therapy programs.



Physiotherapy

At Nimba Nature Cure Village, the team of experienced physiotherapists would create the best physiotherapy treatment plan as per your physical health, lifestyle, and medical history. Nimba physiotherapy centre - the best physiotherapy centre in Gujarat offers physiotherapy treatments with the latest equipment like ultrasound machine and quadriceps table. Nimba offers the best physiotherapy treatments in western India, for individual as well as corporate wellness programs.

Special Therapies

Nimba Nature cure is your best option to heal through alternative therapies in western India. Whether it is too much stress in mind or too many toxins in the body; whether it is work related injury or ageing related problems; the experienced health professionals at Nimba would guide you through the best suitable alternative therapy. Acupuncture therapy is considered to be very effective, especially acupuncture for weight loss, acupuncture for back pain, and acupuncture for headaches.

Corporate wellness program

In the era of technology and globalization, every day we have to run faster than ever. With all the corporate stress to achieve the targets or meeting the deadlines, our lives have become so much hectic, the only thing which suffers in this scenario is corporate health and employee well-being. Has the physical and mental well-being taken a backseat because of your professional obligations? Be sure, if you are not maintaining your health, your professional growth might be hampered. All you require is a visit to 'Corporate Wellness Centre'! Come to Nimba for the best corporate wellness programs!

With Nimba's Corporate Wellness Program, you can avail amazing benefits of corporate stress relief and corporate weight loss therapies and get the best performance from the employees:



BENEFITS OF CORPORATE WELLNESS PROGRAMS

- Increased productivity at workplace
- Improved performance and positive attitude
- Reduced instances of leaves due to health problems
- Better recovery from the injuries/ diseases
- Reduced corporate stress and conflicts
- Improved job satisfaction amongst employees
- Improved staff retention as the employees feel the organization cares for them

TREATMENTS

- Respiratory Diseases ■ Gastro Intestinal Diseases
- Musculo Skeleton Diseases ■ Endocrine Diseases ■ Lifestyle Diseases

AYURVEDA TREATMENTS

- Abhyangam ■ Udhvartan ■ Shirodhara ■ Patra Pind Swedan
- Potli Massage ■ Basti ■ Nasyam ■ Pizhichil ■ Herballepam



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Wellness Again!

Once again, we from Ayurveda & Health Tourism family are coming out with yet another interesting, informative and exciting issue. Here again, we hope to engage our readers with our unique content and style. The theme of this issue is – Wellness through Ayurveda. Since wellness is a very broad subject we have approached it with great care and caution. Anything and everything can easily fall into this category. Medical studies vouch for wellness through different methods and methodologies. It is thus difficult for the commoner to understand where to put her/his foot in. A whole range of products and services are available in the market that promise overall wellness. Which means, understanding and knowing what is authentic is a herculean task. Thus, selecting and sourcing articles on wellness to give our readers reliable and authentic information was a creative challenge for all of us. Our goal was to give our readers just the required information rather than bombarding them with a whole lot of nothing. So, we, hopefully have done full justice to this work of sorting and selecting articles for our readers. We also hope that the selected topics and articles will be relevant for all ages and geographies. And we hope that our readers will be able to relate to most of them.

The reason why wellness has been picked as the theme for this issue is that we are participating in an international event, the prestigious ITB (Internationale Tourismus-Börse), Berlin. Since we are going international for this issue, we considered it our duty to cater to the preferences of our readers in that part of the world too. Going by our past experience, we understand that they prefer to know a lot about how to practise Ayurveda and how one can gain wellness of mind, body, soul by practising this ancient treatment system.

Also, to cater to the international Ayurveda stakeholders, we have tried to put in articles that will highlight the culture and heritage of our country, especially Kerala. We believe that, Ayurveda, is thus the cornerstone in spreading this heritage of our land overseas.

Apart from articles on wellness, this issue also has articles related to parenting, meditation, obsessions, health of the mouth and several other subjects. We hope that all the articles are informative and the tips and advices given can be easily practised in the comfortable space that is one's home.

Today, we see a lot of people succumbing to a lot of lifestyle diseases like high blood pressure, obesity, diabetes and many more. The best way to tackle them is by adopting good habits and practices, be it for food or daily routine. This is where Ayurveda comes into play. People prefer to achieve wellness through Ayurveda rather than go to Allopathic doctors who advise short-cut treatments through antibiotics and other medications. By seeking wellness through Ayurveda, one can reduce the health risks from chronic diseases and improve one's quality of life. At work places, it can reduce absenteeism and improve productivity. It can also increase job satisfaction and the lift the morale of employees. Ayurveda helps to attain wellness in different dimensions like physical, social, emotional, multicultural, spiritual, intellectual, environmental and occupational. Thus, the wellness that can be attained through Ayurveda helps to prepare a person or community to deal effectively with current and future demands at work or at home.

In Ayurveda, wellness is not merely just hitting the gym for a few days or resorting to nutritional supplements or getting the help of a dietician. Here, wellness is much more than that. It is a general state of well being, including how you react to your environment and how it impacts the quality of your life. This means healthy-eating, doing "feel-good" activities like community involvement, having a healthy daily routine, being positive and many others.

Thus, Ayurveda is known to be a medical science that provides the ultimate wellness of the body, mind and soul. Now, if you think you need to practise this science in your life, it is good that you see an Ayurveda vaidya close to your home and then start practising activities that can correct your health so that you can achieve the wellness of mind, body, soul soon. You don't need to panic if you think your situation is bad and if you think that you are already late. It is always better late than never.

Happy Reading!

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Shinshiva Ayurvedashram, a genuine Ayurvedic & Panchakarma treatment and Yoga centre established by Dr. V. Franklin with well experienced crew, offers you the real cure and benefit of traditional Ayurveda. Shinshiva having panoramic view to sea and nature.



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NATIONAL AYUSH MISSION

State AYUSH Health Society

State Programme Management & Supporting Unit, Thiruvananthapuram, Kerala



1ST
IAC
2019
INTERNATIONAL
AYUSH
CONCLAVE

Feb 15 to 19

at Kanakakkunnu
Thiruvananthapuram

A GOVERNMENT OF
KERALA INITIATIVE

3000 Delegates
50 Countries
500 Stalls

**FIRST OF
ITS KIND IN
THE WORLD**

Patron

Hon.
Chief
Minister



Shri. Pinarayi Vijayan

Chairperson

Hon.
Health
Minister



Smt. K.K. Shailaja
Teacher

EVENTS

- Arogya 2018 and International trade fair on product and services of Ayush systems of medicine.
- International Seminar on Public health interventions of Ayush systems of medicines.
- Conclave and Invited talks.
- One-day Workshop on Ayurveda (ASU) drug policy.
- One-day Seminar on Role of AYUSH systems in Local self Government activities. (LSG Leaders Meet)
- An educative medicinal plants exhibition featuring Indian Medicinal herbs.
- Good food conclave -The kitchen pharmacy -Health Food festival.
- Conclave on infrastructure development in Ayush based health tourism
- Ayurveda Travel bazaar
- Medicinal plant farmers meet and Buyer seller meet

REGISTRATION FEE

- | | |
|---------------------------|--------------------------------|
| Indian and SAARCcitizens | - 3000 Rs |
| Foreign delegate Regular | - 5000 Rs or USD equivalent to |
| Foreign delegate Students | - 3000 Rs or USD equivalent to |

For more details Contact: Convenor Scientific Committee, e-mail-lacscientific@gmail.com
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WAC 2018: 'Strengthening the Ayurveda Ecosystem'



The 8th edition of the World Ayurveda Congress (WAC) had been held at the Gujarat University Convention and Exhibition Center amid much fanfare. It was organised by the World Ayurveda Foundation and supported by the Ministry of AYUSH and the Government of Gujarat. The event took place from 14 to 17 December 2018.

The theme of the congress was 'Strengthening the Ayurveda Ecosystem'. The congregation brought together stakeholders in the Ayurveda sector from India and abroad.

The event witnessed more than 5000 delegates; 4 plenary, 30 parallel sessions and poster sessions together covering nearly 400 papers; 150 invited and keynote speakers; participation from 40 countries; 20 internationally-acclaimed speakers; international delegates' assembly; international conclave on Ethno Medicine and Traditional Health Practices with over 200 healers who demonstrated the traditional wisdom and exclusively- designed 20 associated events.

The major components of the program were the Policy makers Conclave, Teaching & Research Methodology Workshop, UG Students' orientation, NYASYA Conclave, Practitioners' Capacity- building workshop, Buyer-Seller Meet, international delegates' assembly, and international medicinal plants seminar.

The Expo aimed to provide a much-needed showcase for the AYUSH sector in India, showcase the achievements of the AYUSH Councils,

enable the Ayurvedic industry, allied products and services to interact directly with the consumers, facilitate interaction between the industry and potential buyers, register Ayurveda in the minds of the consumers and motivate students

Apart from the various conferences and sessions, there was a meeting that was held for over 150 traditional healers who demonstrated their medical approaches that have remained relevant to the healthcare challenges of our country. The Arogya Expo also showcased the best that the Ayurveda sector had to offer in products and services to the society. Leading companies from all over the world displayed their best in Ayurvedic innovation.

Medical and Educational institutions demonstrated their healthcare options for a healthy tomorrow.

Gujarat Chief Minister Vijay Rupani inaugurated the 8th World Ayurveda Congress & Arogya Expo on December 14; 2018 in the presence of Union Minister of State for AYUSH Shripad Naik, who launched 'Ayush Guru' portal on the occasion.



WTM London 2018: A global meeting place for travel & trade

The World Travel Market (WTM) London 2018, held from 4 – 6 November 2018 generated a record £3.4 billion in travel and tourism industry deals, surpassing the figure of £3.1 billion at WTM London 2017, according to Reed Exhibitions, the event's organizers. In total, 4,664 exhibitors from 182 countries and regions took part in the event.

“The record visitor numbers at WTM London 2018 alongside the £3.4 billion in business generated shows that WTM London – as it approaches its 40th event in 2019 – and the travel and tourism industry are both in good health,” said WTM London Senior Director Simon Press.

We released our WTM special issue of our publication – Ayurveda & Health Tourism at the event.



WTM special issue of Ayurveda magazine being released at the event.

ITB Berlin: To focus on medical tourism

The ITB Berlin (Internationale Tourismus-Börse Berlin) Convention will once again explore changing tourism demands and shift in consumer interests among a range of other topics that will be discussed at this convention. However, this time the event will largely focus on the global tourism industry and the huge prospects it has to offer to medical tourism. Considering this, for the third time a Medical Tourism Pavilion will be at the event in Hall 21b that will be entirely devoted to this rapidly expanding and important segment.

The wide range of topics that will be discussed here will include ecologically responsible adventure travel, culinary travel experiences, technology, climate change, wildlife conservation, astro-tourism, green certification schemes, participatory tourism and geoparks.

Also taking part for the first time will be the Plitvice Lakes National Park

and Park Krka, national parks from Croatia, and the publisher Delius Klasing Verlag with its wide range of magazines and travel guides for mountain bikers, cyclists, sailing and surfing enthusiasts, to name only a few. Other first-time exhibitors this year will include WWF Germany and WWF Borneo.

This year, the leading think tank of the global travel industry will present an outstanding program. More than 400 leading speakers representing tourism, business and politics will take part in the discussions. Some of the speakers include First Lady of Iceland and United Nations Special Ambassador for Tourism and the Sustainable Development Goals Eliza Jean Reid; Costa Rica's Minister of Tourism, Maria Amalia Revelo Raventos; Member of the German Bundestag and Parliamentary Under-Secretary at the Federal Ministry of Economics and Energy and Federal Government



Tourism Officer Thomas Barej; President of Homes Airbnb, Greg W. Greeley; CEO of Expedia, Mark Okerstrom; Head of Alibaba Europe, Terry von Bibra; and President of the Alibaba Global Business Group and Alibaba Fliggy Group Angel Zhao.

Once again the Adventure Travel Trade Association (ATTA) will be a strong partner of ITB Berlin. As usual, both publications of the FM Media group – Ayurveda & Health Tourism and Medical Tourism will be showcased at the event.

This grand event will take place from 6 to 9 March 2019.

AYUSH Conclave to position Kerala as global hub of health and wellness tourism



Government of Kerala



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RAMAIAH AYURVEDA

Arthritis healing through Ayurveda



RENOWNED AYURVEDA PHYSICIANS
UNDER THE GUIDANCE OF
AYURVEDACHARYA Prof. Dr. G. G. GANGADHARAN
FAIP (USA), PhD, MoM (McGill, Canada)



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Marma Chikitsa



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Visiting Consultant
Netra Chikitsa



Dr Swetha S S
Clinical Registrar
Streeeroga & Prasutitantra



Arthritis is pain, swelling and stiffness in one or more joints. It may be due to inflammation, wear & tear of joints, congenital diseases or secondary to other diseases. There are many types of arthritis, including osteoarthritis, rheumatoid arthritis, ankylosing spondylitis, gout and even psoriatic arthritis.



Ayurveda's unique Purificatory procedures and rejuvenation therapies like Panchakarma, will remove Ama (toxins) and imbalanced Doshas from deeper tissues & significantly decrease the debilitating effects of disease, relapsing or help prevent it from getting any worse. Other external therapies varies depending on the type of arthritis. Osteoarthritis may be treated with Abhynaga, Janubasti, shastikashali pinda sweda Patra pinda swdda etc. Rheumatoid arthritis can be tratered with Virechana, Valuka sweda, Kayaseka etc

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PM launches National Institute of Ayurveda in Haryana

Prime Minister Narendra Modi laid the foundation stone of National Institute of Ayurveda in Panchkula which is being set up at Shri Mata Mansa Devi Temple Complex. It will be a national-level institute for Ayurveda treatment, education and research.

Shripad Yesso Naik, Union Minister of State in the AYUSH Ministry said the project would cost around Rs 270.50 crore and the Institute would provide better opportunities for young people for ayurveda treatment, education and research with a 250-bed IPD hospital. He said in the national-level Institute, over 500 students would get admission in under-graduate, post-graduate and PhD courses every year. Hostel, staff quarters, guest house and other facilities would be provided in this Institute and the construction work on these



was likely to be completed within two years. He said the topography and geo-technical investigation had been completed for this. The concept plan, master plan and architectural picture were being finalised and construction of the building would start shortly, he said.

Expressing gratitude to the Haryana Government and the Mansa Devi

Shrine Board for providing 20-acre land for the project, Naik said two crore people of Haryana, Himachal, Punjab and the tricity would be benefited. He said the project would also generate employment for the youth of these states. He assured that the project would be completed soon and added that there would be no dearth of funds for the project.

Prajnanam 2019 – National seminar on managing infertility through Ayurveda

To tackle the issue of rising infertility in both men and women and to discuss issues plaguing conception and pregnancy a national seminar on managing infertility through Ayurveda was conducted in Kerala, India. Named 'Prajnanam', this was a first-of-its-kind two-day national seminar on the management of infertility with Ayurveda. This seminar was conducted in association with the Amrita School of Ayurveda at Amrita Vishwa Vidyapeetham on February 1 and 2, 2019. The seminar was inaugurated by the Governor of Kerala, P Sathasivam.

Over 1200 participants from across 10 states and 40 Ayurveda institutes across India participated in this mega event which is termed as the first of its kind to be organised in the country on the topic of Infertility in Ayurveda.

The seminar witnessed presentations and detailed discussions on principles, practices, evaluation and differentiation of female and male infertility and various solutions available as well as the advancements made in Ayurveda.

As part of this seminar, there was an Ashtanga Hridaya Pryaa (loka recitation) competition on selected slokas from the chapters Rasyana Vidhi and Vjkaraa Vidhi along with research papers and presentations by participants.

Prajnanam 2019 also witnessed discussions on infertility by various researchers and expert doctors in the area. The selected abstracts of this conference will be published in an indexed scientific journal.

Dignitaries present at the event included Dr Sujatha Kadam, Dean Academ-

ics, All India Institute of Ayurveda (AIIA), New Delhi; Dr Sucharitha L, recognized RAV Guru, Pandit Clinic, Bangalore; Dr MA Asmabi, Govt. Ayurveda Medical Officer, Kerala; Dr Mamatha KV, Medical Superintendent, SDM College of Ayurveda, Udupi; and Dr Jyothi R Pillai, Assistant Professor Department of Reproductive Medicine among others.





Ayurveda start-up from Baidyanath Group gets Rs 17 crore in capital commitments

A clutch of investors, including early-stage investment firms like Fireside Ventures and 3one4 Capital, has helped Ayurvedic healthcare and wellness start-up Kapiva with a capital commitment of Rs. 17 crore.

Kapiva is a three-year-old start-up that was founded by Baidyanath Group scion Ameve Sharma. They have already received Rs. 11 crore from Fireside Ventures, which is a consumer-focused investment firm headed by Kanwaljit Singh. S Kannan Sitaram. 3one4 Capital, an investment firm run by Pranav Pai and Siddharth Pai have also contributed to this Rs. 11 crore.

Fireside Ventures will also pump in further capital in the second capital raising tranche, which is expected to close over the next two months. Kapiva's existing set of backers, a list that includes, Maninder Gulati, chief strategy officer at OYO Hotels & Homes, and Madhusudan Kela, chief strategist at Reliance Capital, among others, have also participated in the latest round of funding.

Founded in 2016 by Sharma, who is part of the family running the Baidyanath Group, one of the country's largest makers of traditional Ayurvedic products, Kapiva is currently present in 12 cities across the country.

The company will use the proceeds from the latest round of equity financing to strengthen its presence in existing markets across major retail formats, while also adding to its product portfolio through the launch of teas and juices, among others.

Till date, Kapiva has raised about Rs 21 crore in financing.

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Welcome to SomatheeramAyurveda Group in Kerala, India. The foremost Ayurveda resort group in the world for authentic Ayurvedic treatments, Yoga and Meditation.

Somatheeram- The world's first Ayurveda resort founded by Baby Mathew with his brother in 1985, today it is having five deluxe Ayurveda resorts and enchanting houseboats in the backwaters in Kerala.

The mission of the Group is "to offer the essence and soul of the ancient medical science of Ayurveda and the art of Yoga and Meditation."

Somatheeram Ayurveda Group is internationally renowned for the efforts taken towards the health of humanity, social responsibility and environmental preservation. Here, Ayurveda treatments comprise therapies, proper diet and herbal medicine, all put together in a disciplined and conventional manner under the supervision of experienced and qualified team of doctors and therapists. Restaurants offer Dosha-specific, organic, vegetarian meals. Daily classes on Yoga & Meditation are conducted in a bid to heal the mind and soul.

Somatheeram has Four times been chosen for National Award as 'India's Best Ayurveda Resort' and it is honoured by "HALL OF FAME" (by Government of India). Also Received National Award for the "Best Ayurveda Hospital in India" by the Ministry of Commerce & Industry (Government of India). It is a six-time winner of 'Kerala State's Best Ayurveda Resort' title (by Government of Kerala). Somatheeram is proud honour of 35 major international and national awards for excellence in the Ayurveda & Yoga.

Somatheeram Research Institute & Ayurvedic Hospital and Manaltheeram Ayurveda Hospital & Research Centre are accredited with NABH (National Accreditation Board for Hospitals and Health Care providers). NABH is given by Quality control (Government of India), it is the highest grading in India for hospitals and health care provides. Also it is accredited with Green Leaf (Government of Kerala), HACCP - Food safety standards (British standard institute - UK) and Ayurveda SPA Europe certificate (European Audit Institute Wellness & SPS e.V. - Germany).

Excellence in Ayurveda & Yoga in India

NABH Accredited & Five-time National Award Winner from the Government of India

"Somatheeram" here people from different nationalities and cultures come together to share the glory of an ancient wisdom – Ayurveda, Yoga & Meditation-which ensures a harmonious balance between your body, mind and soul.

Following resorts belong to Somatheeram Ayurveda Group:

- 1) **Somatheeram Ayurveda Village in Chowara Beach, South of Kovalam, Trivandrum.**
- 2) **Soma Manaltheeram Ayurveda Beach Village in Chowara Beach, South of Kovalam, Trivandrum.**
- 3) **AyurSoma (Opening Soon) in Chowara Beach, South of Kovalam, Trivandrum.**
- 4) **Soma Palmshore in Kovalam Beach, Trivandrum.**
- 5) **Soma Birds Lagoon River Retreat in Thattakadu, Kochi.**
- 6) **Soma houseboats in Alappuzha.**





Chairman and Managing Director Baby Mathew, Sarah & Sanamaya receiving the NABH Accreditation certificate from Deputy Speaker Sri. V. Sasi & Director NABH, Smt. Dr. Gayatri V Mahindroo, in the presence of Minister for Health Smt. K. K. Shailaja .



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Stay well with Ayurveda

Most people live under the impression that Ayurveda is an ancient herbal system where plants and substances are used to fix ailments. This is untrue. Ayurveda literally means the 'Science of Life'. This article by **Nidhi Pandya** explodes the myths about Ayurveda and shows how this science can help one lead a healthy and balanced life.

Ayurveda means 'Science of Life' and its three pillars are right food, right sleep and right amount of sexual activity, which are known as Aahaar, Nidra and Brahmacharya. The goal of Ayurveda is to keep these three pillars strong so that one can be in a state where all doshas, dhatus (tissues) and malaas (waste products) are balanced.

According to Ayurveda, to keep oneself in balance the following should be adhered to:-

- Daily Regimen (Dincharya)
- Right consumption of food (Ahar Vidhi Visheshayatan)
- Brahmacharya (Appropriate amount of sexual activity)
- Sleep (Nidra)



DINCHARYA - THE DAILY REGIMEN

According to Ayurveda shastras, daily regimen as suggested should be followed strictly. The order of these routines should not be compromised as it is designed to keep the Agni protected and the doshas balanced. An imbalance of the Agnis said to lead to an array of diseases. Some of the routines maybe hard to follow and hence the important ones should be chosen wisely and pursued. These routines may be slightly altered for each dosha and season.

WAKING UP

A healthy person should wake up at the Brahma Mahurat (Brahma muhoortham), ie. 96 minutes before sunrise. The timing may differ from season to season. Individuals with Vaatha or Pitta imbalance can wake up a little later, around sunrise. But it is highly recommended for those with a Kapha constitution to wake up at Brahma Mahurta. This is also the ideal time to meditate, introspect, pray and study. At this time, the brain is fresh and open to new and fresh ideas.(Contraindication - If the meal from the previous day is not digested well or if the quantity of sleep has been seri-



ously affected, then a person may need to sleep longer.)

ELIMINATION (Vega Shaman)

After waking up in the morning, one should urinate and have a bowel movement obeying nature's call. After this, the person would naturally feel hungry as the Agni is kindled. This is important for overall health of the person.

BRUSHING (Dantadhavan)

Traditionally, twigs of certain trees like Khadira, Karanja, AaryaVepp, etc. were used to clean the teeth. These do not just serve as a mechanical function but also has several medicinal properties. Additionally, herbs are chosen to clean the teeth depending on the season and the person's dosha. While it is not wrong to use toothbrushes and toothpaste, one must be mindful of the toothpaste used. Chemicals and additives are not only harmful for the teeth but also for the health of the mouth. (Contraindication - Individuals suffering from fever, indigestion, facial paralysis, mouth ulcers, heart diseases are advised not to brush)

GANDUSH (Gargling)

Gargling or rinsing the mouth with

decoctions of herbs like Khadira, Lodhra, Arjun make the teeth strong. If this is not possible, one should use just plain clean water that is warm.

TONGUE CLEANING (Jihva Nirlekhan)

A tongue cleaner made of copper, silver, gold or wood should be used to scrape toxins and kapha accumulation off the tongue after gargling. Tongue cleaning also helps to stoke the Agni. The edge of the tongue cleaner should not be sharp.

WASHING FACE, HANDS AND FEET (Mukha-Hasta-Paada Prakshalan)

Next, the shastras advise to wash the face, hands and feet. Slime accumulates in the pores of the skin at night due to its metabolic process while sleeping. Those with dry skin should use milk to wash their face and those with thick oily skin can use a warm decoction of Amalaki or Udumbar. Hands and feet should then be washed with lukewarm water.

KOHL (Anjana)

It is during the mornings that the Kapha accumulates in the eyes therefore,

Ayurveda recommends the application of a natural Anjana to clean the eyes as well as provide a sharp vision. Sauviraanjana, surma, natural kajal or rasananjana can be used for this purpose. For the eyes to function well, a delicate balance needs to be maintained between the eyes being exposed to excess heat or cold.

NOSE DROPS (Nasya)

Nasya or nasal drops are advised and is safe to be administered every single day. One or two drops can be inserted in each nostril by slightly tilting the head up. The nose is considered to be the gateway to the head and the nasya strengthens the mind as well as enhances the function of the senses. Nasya also greatly improves eyesight and the quality of skin and hair. Anu Thaila is a safe nasya oil that is readily available in Ayurvedic pharmacies. (Contraindication - Nasya is not advised to people in a state of intoxication, those having a running nose, those who are hard of hearing, have worm infestation in their digestive system or those who have to travel excessively).

GARGLING (Gandusa and Kavala)

Soon after Nasya, Gandusa or Kavala are advised. They are both variants of gargling. In Gandush, the substance is held in such great quantity in the mouth that the person is unable to move it. While in Kavala, the substance is swished from side-to-side. Usually, oil, medicated decoction or plain water is used for both processes. Gandush is gaining tremendous pop-



ularity in the west and some dentists advise patients to perform Kavala and Gandush to prevent gingivitis and bad breath. This also help with dry lips, dry mouth and helps develop good voice quality.

MEDICATED SMOKING (Dhumapan)

Medicated smoking is recommended for those who are prone to Kapha and Vaata disorders though it is rarely done today. However, medicated dhumapan prevents cough, cold, running nose, hiccups, discharge from eyes, nose and mouth. Tobacco-free medicated cigarettes are available in Ayurvedic pharmacies. (Contraindications –This is not good for those who are prone to Pitta related diseases, intolerant to heat, have acne, rosacea or dryness and redness in the eyes)

CHEWING PAN (Tambula Sevana)

Most people are unaware that Ayurveda recommends chewing betel leaf or paan for the good health of a person. However, the ingredients in the modern day paan is slightly different from what is used in the ancient days. The ingredients then used were betel nut, lavanga (clove), jatiphala (nutmeg), catechu (katha), kankol, marica (pepper), chuna (limestone) and betel leaves.

The result of this paan can vary according to the ingredients used. But generally, it creates a cleansing action, promotes voice quality, increases libido, promotes digestion and fights mouth odour. (Contraindications – Tambula sevana can produce a lot of heat and so it is not advisable to those

who have heat related disorders, bleeding disorders, are weak or emaciated, have high libido or for children)

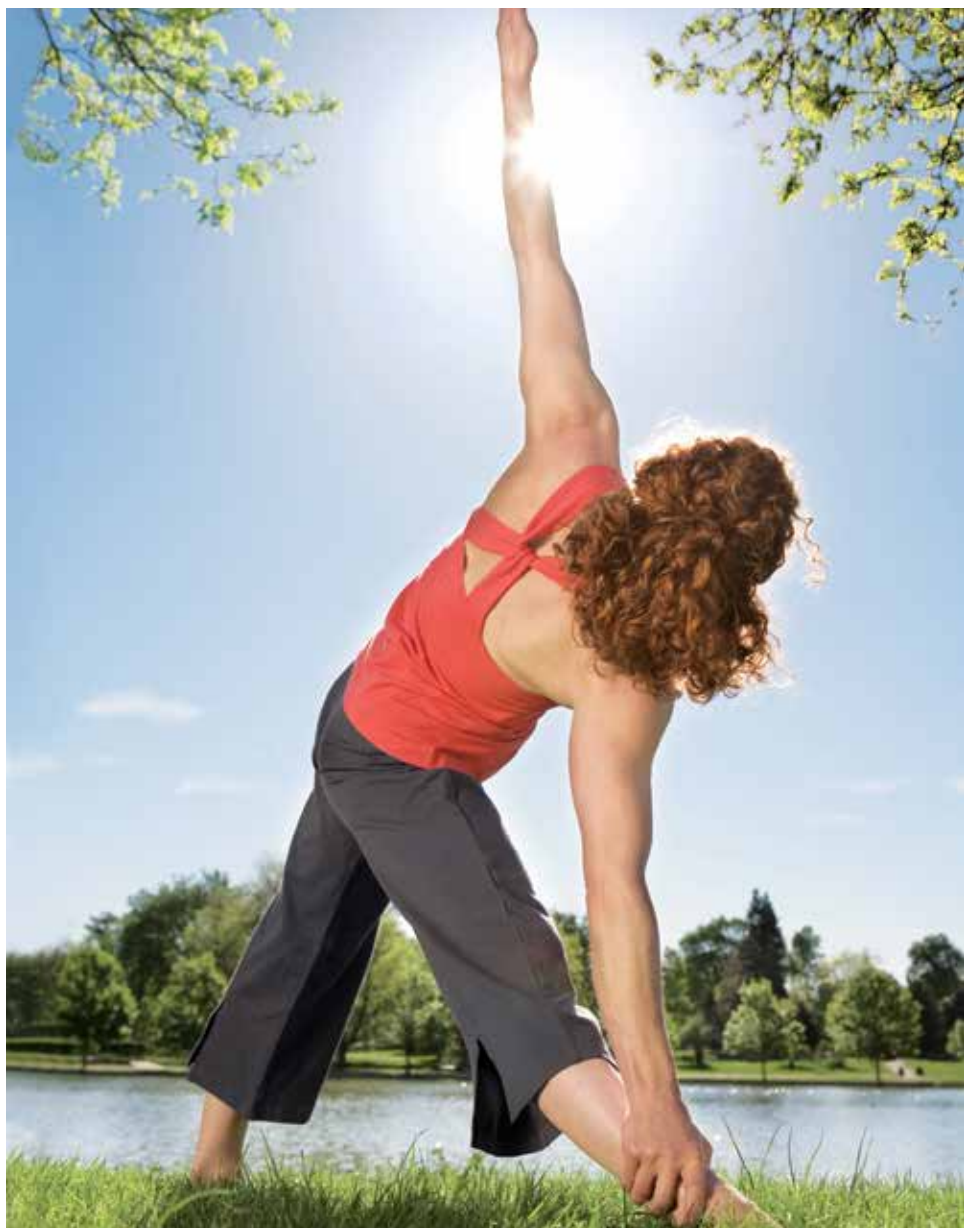
MASSAGE (Abhyanga)

Massage the body by applying warm oil is highly recommended and beneficial in Ayurveda. Abhyanga is usually performed before exercises, bathes or even before having breakfast. It protects the nervous system, skin, muscles and joints. It pacifies vata, delays aging and relieves fatigue. One should massage for atleast 15 minutes and, if this is not possible, then the texts advise application of oil atleast to the soles of the feet, ears and top of the

head. Sesame oil can be used during winter and coconut oil or ghee can be used in the summer. A few drops of fragrant essential oils can be added to the Abhyanga oil and warmed before use. (Contraindications - Abhyanga is not advised for those suffering from Kapha related disorders, excess lethargy or those suffering from indigestion. It is also strictly contraindicated right after having any kinds of food)

EXERCISE (Vyayam-mam)

Decades before the western world discovered the benefits of exercise, Ayurveda recommended exercise. Ayurveda recommends that exercise





should be done on an empty stomach and after Abhyanga. Exercise as we all know, makes the body strong and steady as well as helps to keep all the fluids moving and the joints supple. For individuals who are strong and who indulge in rich fatty foods daily; or in winter and spring, exercise should be done to half of one's strength. In all other conditions, it should be done mildly so that the body's strength and tissues are not depleted. Contraindications –Vyayamam is strictly contraindicated during indigestion, extreme vata or pitta aggravation, when a person is feeling weak, when a person lacks sleep or during excessive sexual intercourse. In the above conditions, mild yoga-asanas can be practiced with discretion)

BATH (Snaana)

Bathing relieves exhaustion, kindles Agni, promotes good hunger, removes dirt and sweat and keeps the thoughts

clean. Mild hot water can be used for all body parts below the navel. However, cool or lukewarm water should be used for parts above the navel. Hot water is strictly contraindicated - especially for the eyes, heart and head and on heat rashes. (Contraindications - Bathing is contraindicated if one has fever, indigestion, excess cold and cough or paralysis. Sariramarjana or sponging is advised in these conditions.)

CLEAN CLOTHES AND FRAGRANCE

Ayurveda advocates the use of pleasant fragrances to keep the mind and senses fresh and active. Clean clothes of one's choice are advised. How one dresses and feels about himself determines his attitude towards the day.

PRAYERS (Pujanam)

Finally, before a person takes on his dharma, artha or activity for the day, he must spend a few minutes praying.

Praying can remind one of the purpose of life as well as invite energies from the universe to support his cause.

NIGHT ROUTINE (Ratri Charya)

Dinner should be eaten within three hours of sunset, ideally, closer to sunset. It should always be the lightest meal of the day. Curds are contraindicated during dinner. Ayurveda texts state that one should end the day with introspection. A person must recall all his activities and emotions of the day and ponder upon how one can become a better person and find true happiness. Progress befriends the person who introspects daily.

Ahar Vidhi Visheshayatan (Factors to be considered before eating)

The Ahar Vidhi Visheshayatan talks about the important factors related to having food. These factors can help us understand whether the food consumed will lead to health or disease. Below are some of the principles of 'ahar vidhi visheshayatan'.

The original state of the food item - Prakriti - Before we consume any type of food, we must understand its basic properties. In Ayurveda, this would mean its Rasa (Taste), Virya (Whether its action is cooling or heating), Vipak (effect post digestion), Gunas (basic properties) and Prabhav (special effect). For example, the rasa of wheat is sweet, its virya and vipak are cooling, its gunas are that it is heavy and nourishing and its prabhav is that it helps to build tissue. Upon understanding this, one can safely say that wheat is a good food for a child who needs to build muscle and fat but may be too heavy for someone suffering from a cold or obesity.

PROCESSING (Sanskar)

Each food is processed differently by the body and so has different effects on the body. This does not include mechanically processed food as these are almost always contraindicated. These processes are specifically mentioned in the Ayurvedic hastras. Below are a few of them.

- **Cooking (Agni Sanskar)**

Cooking makes the food lighter to digest and therefore Ayurveda always recommends cooked foods over raw foods.

- **Churning (Manthan Sanskar)**

Churning can change the molecular properties of a substance. For example, curds can cause edema. But the same curds when churned into buttermilk can reduce edema. Not all foods need churning.

- **Place of Storage (Desa)**

It is important to understand the place of where a substance is stored. Certain herbs are stored in the dark or under a heap of ash to increase their potency. By storing substances in sunlight, they become drier and hotter while the moonlight makes substances cool.

- **Time (Kalas)**

Certain foods need to be stored for a certain period of time before they are made fit for consumption. Grains, especially rice must be stored for one year to reduce its water content. The same process is to be followed for Jaggery. If these are consumed early they can create a slimy undesirable environment in the gut and this will lead worm infestation in the stomach. At the same time, if water or cooked foods are kept overnight, they become stale and unfit for consumption.

- **Form of the substance (Kalpana)**

What is the best form for the consumption of a certain food so that it gives the desired effect. For example, ginger juice is more potent and heating than dried ginger. Therefore fresh ginger can cause ulcers but also be more effective during a cold. Mint is much stronger as a tea than a paste.

Food combinations - Samyoga

Certain foods when combined and eaten together can become a cause for diseases. These are some poor food combinations that should be avoided at all costs.

- Honey + Warm Substance (including teas)
- Lentil + Dairy
- Milk + Fruit (Mangoes and dates are exceptions)
- Milk + Salt (No meals with salt are to be consumed with milk)
- Milk + Fish

Quantity - Rashi – Apart from taste and quality, the quantity of food consumed also should be given serious consideration. Ayurveda advises one to eat till he is full to two-thirds of his capacity.

Place - Desa - The place where the food is grown says a lot about its nature. For example, mangoes grow in tropical climates which are hot and moist. They also ripen in the summer. Thus we can conclude that mangoes are hot and moist for the body. Similarly, grains that grow in wetlands contain more moisture than those in drier places. Also, when we consume foods that don't grow locally, our bodies may not adjust to them. This makes us ponder as to whether we should eat foreign foods like tofu and quinoa. According to Ayurveda - the answer is no. We must always consider the origin of the food before consumption. Therefore, we need to ask the question - where does this food come from and what is the environment of the place where the food is cultivated.

State of the person eating - Kala - The state of health of a person eating the food needs to be considered before consuming any food. Certain foods may not be suitable for all like it is claimed that "spinach is great for good health". One man's bread can be another's poison. Similarly, the age of the person also should be considered before taking in food. Certain foods are not recommended for all age groups. For example, chewing paan or betel leaf is contraindicated in childhood.



BASIC RULES OR UPYOGSAMSATHA **THIS IS THE MOST IMPORTANT PART OF THIS** **SECTION AS IT ENUMERATES SOME BASIC** **RULES.**

- The food should always be warm and cooked as this supports Agni and pacifies Vata.
- Also, food eaten should have enough fat and oils. Dry foods lead to health complications and aging.
- The food should be always be eaten in the right quantity in order to protect the Agni. It should be had in two-thirds of one's capacity.
- A few sips of water or tea during the meal is better than drinking water before or after meals.
- Food should only be consumed after the previous meal has been digested, usually three hours.
- Foods possessing completely opposing qualities shouldn't be eaten together. Example hot spicy soup followed by a cold ice cream.
- The food should be consumed in a proper environment so that the senses are pleased and the mind is relaxed.
- Food shouldn't be consumed too fast as it will lead to Vata aggravation and cause bloating, gas as well as diminish the Agni.
- Food should not be consumed too slowly as this will lead to the food becoming cold and can lead to Kapha aggravation.
- Talking or laughing are not recommended during mealtimes as one can gulp great amounts of air and this can hurt the Agni.
- The shastras also recommend that food should be eaten mindfully and with full concentration.

Only then a person can know the right quantity and quality of food that he should consume. Today, scientists have proven that when we concentrate on our food, our gut and stomach release more digestive enzymes and thus enhance digestion.

- Most importantly, one should assess whether a food is compatible for him. Foods that have been eaten for generations in a family are generally suitable for consumption. When a completely new, foreign food is introduced; there is a high chance that the genes have no memory of how that food is to be processed. Once again, this indicates that we should be wary of introducing too many foreign foods in our diet.



BRAHMACHARYA

(Appropriate amount of sexual activity)

This is a topic that is often talked about undercover although it is an important activity according to Ayurveda as it is one of the three pillars of this ancient medical system. If we can understand about when and how sexual activity is to be undertaken, we can protect the ojas, which is the basic life force that can protect life itself.

Brahmacharya does not mean celibacy.

**Below are some points that talk about
Brahmacharya from an Ayurveda point of view:-**

- A student should refrain from any type of sexual activity.
- Even though sexual urges are normal, it should be addressed within a wedlock at an appropriate age.
- Suppressing sexual urges can lead to depletion of reproductive tissues.
- Similarly, indulging in excessive sex or masturbation can lead to the depletion of ojas, the basic life force.
- In terms of seasons - in the winter, couples can indulge in sexual activity as often as they like. The man must replenish himself with milk and other Ayurvedic aphrodisiacs. In the spring, intercourse is advised only once in three days and in monsoon as well as summer, not more than once in fifteen days.
- In terms of the time of the day, couples should indulge in intercourse only at night. The summer and monsoon season are exceptions to this rule.



NIDRA - SLEEP

Our entire generation is obsessed with talking about health and universal superfoods but we completely miss out on one of the three important pillars of health i.e sleep or Nidra. Considering the busy lives we lead, most people sleep just for 5-6 hours and even believe that this is all what their body needs. But the truth is that only a yogi or a deep meditator can afford to sleep less number of hours. This is because the quality of their sleep is very high and they undergo rest and repair during their spiritual practices.

For all others, bedtime is best before Pitta kala, i.e. roughly around 10PM. If a person stays awake later than 10PM, the body not only gets a fresh wind of energy but also generates an appetite that craves for a late night snack. All these can eventually start affecting the health of the person. However, if a person is unable to sleep well at night, he can take a nap for half the amount of time that his sleep was compromised. But this should not become a habit as it leads to kapha accumulation as well as weight gain.

Additionally, the following ideas can help with better sleep.

- Putting all digital screens off at least an hour before bedtime.

- Keeping the room dark and cool.
- Using a heavy blanket.
- Use of aromatherapy oils like lavender as well as certain herbs like jatamansi, tagar and chamomile.
- Avoiding loud discussions and disturbing conversations after sunset.
- A mild oil massage on the feet and socks to prevent heat loss.
- A warm glass of milk with a pinch of nutmeg can induce sleep.
- The sound of running water.
- Praying or meditating before bedtime. These can draw the senses inwards and thus help with better sleep.

If we can understand these shastras and practice the principles of Ayurveda in an effective and consistent manner, we will all be able to restore balance and live disease free. Ayurveda recommends shastra sabhyas or reading these principles again and again till they can become a part of our subconscious mind, our innate nature, and then their practice will become effortless ■

QUICK TIPSTO ACHIEVE BALANCE

Sometimes we choose to indulge but it is important to bring ourselves in balance. Here are a few simple tips that can serve as an anti-dote or remedy to indulgence.

Balance Heavy Foods - Like Pizza, Cheese, Fried Items and Paneer

By - A brief period of fasting, following up with chamomile tea, taking Triphala churna at night and going easy on the next meal.

Balance Hot Oily Foods- Like PavBhaji, Rasam, Channa Bhatura, Spicy Chinese

By - Following up with one tablespoon of lime juice mixed with one tablespoon of rose water, a tablespoon of aloe vera the next morning or 2 tablets of PrawalPanchamrut right after the meal.

Balance Gassy Foods - Like Popcorn, Cauliflower and Cabbage, Chana

By - Adding ghee and black pepper to food, drinking a spicy tea like ginger or cinnamon, and making sure your next meal is nourishing. You can also take a GandharvaHaritaki tablet if extra support is needed.

Balance Cold Foods - Like Ice creams, milkshakes and coconut water

By - Drinking a warm tea soon after, massaging the sinuses and inhaling eucalyptus oil later. Consuming Sitopaladi with honey can be done if needed.



Healthy habits for happiness, wellness



Ninu Susan Abraham

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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 live 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 practise a good daily routine. This can help us achieve not just a good physical health but also great mental well-being. As a first step to achieve wellness, all we can do is to reduce our emotional and physical burdens. This can easily helps us achieve an overall wellness.

In this article, **Ninu Susan Abraham**, explores certain day-to-day activities that can help us achieve overall wellness.

EAT RIGHT

Food is the fuel for every action of our body and this makes a huge difference to the overall health of a person. To attain this overall health it is good to eat food that is organic and stay away from anything that is processed as these are accompanied with a lot of health risks. Also, overly fatty and salty foods are bad for the body and so it is essential to distance oneself from them. According to a study by the World Health Organization consuming processed meats like bacon and hot dogs lead to a higher risk of developing cancer. Also, a diet rich in fruits, vegetables, whole grains, fish, and healthy fats can improve memory and other cognitive skills. Foods that contain vitamin C and other foliate-rich vegetables are also seen to improve the mental acumen of a person. Food can be your medicine or poison, eat wisely for good wellness.

GET SUFFICIENT SLEEP

According to wellness experts, an average person requires atleast eight hours of sleep at night. However, many people are seen to break this rule and it is to be noted that chronic insufficient sleep is a public health problem. This problem when continued becomes a habit and leads to unhealthy behaviours affecting concentration, memory, difficulty in operating vehicles and handling financial matters. When your body is fully rested and you are getting the deep sleep you



require, your hormones will work together and support your overall health and wellness goals.

THE BEST WAY TO IMPROVE SLEEP HYGIENE IS TO:-

- ▶ Get on bed early and wake up early following the popular dictum – Early to bed and early to rise makes a man healthy, wealthy and wise.
- ▶ Have an early dinner that is light as this will ensure that that you get good and quality sleep. Never eat large meals just before hitting the pillow or close to bedtime.
- ▶ Skip out on caffeine or alcohol before going to bed
- ▶ Limit smoke breaks—like caffeine and alcohol before you hit the couch for the day

HYDRATE REGULARLY

It is understood through research studies that our body is 60% water and so keeping our body healthy means hydrating ourselves to keep our digestive, circulatory and other systems working above standards. This is just like running a car without oil. Research points out that men should drink about 13 cups of beverages per day, and women

need at least 9 cups. While juices and some soft drinks can help hydrate you, remember that caffeine and alcohol have the opposite effect. Skin Inc. suggests starting every day with a full glass of water.

SWITCH OFF YOUR PHONE

According to a study, adults spend an average of 11 hours per day looking at screens. That includes computers, TVs, smartphones, tablets, and gaming.

Psychology today found that all of those hours may be causing damage to the regions of your brain that control emotions, attention, decision making, and cognitive control.

Get away from your phone and other electronics for at least a little while every day- particularly if you are setting an example for a young person whose brain is still developing.

TAKE TIME TO 'LIVE' THAN TO JUST 'EXIST'

Our lives are usually juggled with work, family and other responsibilities. This makes it hard for us to have time for personal goals and dreams. For this, we need to set aside some 'me time' for really living and enjoying our lives

rather than merely just existing. We need to set aside time for travel, hobbies, to have a dinner out with spouse and children, to go for shopping, pamper ourselves at the spa or beauty parlour and other such activities. These engagements should not be set aside as this can later lead to stress and regret. It is good to indulge in some luxury once in a while to break the routine. Thus, we need to set aside some "me time" to relax and focus on hobbies like reading or meditating. These activities can boost our well-being and happiness.

NEVER COMPARE

Comparing ourselves to others is a very natural and human phenomenon. But, what we need to realise is that comparing ourselves with others can steal us of our joy and happiness. Not only does it make us unhappy but it also robs us of our precious time. What we need to realise is that we are all unique and to compare us with each other is very unfair. All it does is to heap our lives with discontentment. So, never compare as it can steal away all the positivity that the world has stored for us.

GET FIT TO BE HAPPY

It is true that happiness is something that is difficult to attain. But, getting fit is a slow and steady process to happiness and wellness. Thus, being fit is not a destination but a way of life. And to be fit we need to workout regularly with commitment, determination and discipline. Studies have proven that exercise helps overcome depression and stops the entry of negative thoughts in our minds. Also, by exercising in a group, we are able to increase our social contacts. Thus, fitness through exercise can help improve mood and sleep patterns. It can also increase the level of happy hormones like serotonin and endorphins in our brain.

HAVE A SOCIAL NETWORK

Having a wide social network will help us have a positive impact both physically and mentally. This is thus the key to a lifetime of wellness. If you are interested in living long and leading a healthy life, start increasing your circle

of good friends. Good friends can increase the positive vibes in your body and thus this can result in the wellness of mind and body. Researchers point out that people with social relationships live 50 percent longer than people who are more socially isolated.

START LOVING YOURSELF

It's about time you recognize and acknowledge how amazing and unique you are. While it's human nature to want the approval and acceptance of others, don't allow their opinions define and limit you. Appreciate yourself for who you are and what you have to offer the world. Love yourself from the inside out and everything else will fall into place.

PRACTISE YOGA

We are usually caught up in the busy schedule of daily life that we often fail to find a meaning in our lives. It is therefore necessary that we adopt a satvic life by interacting with the world around us more mindfully. Accepting and practising yoga can help us lead a spiritual journey and thus find harmony in our lives. Committing ourselves to yoga can help us cultivate yoga's physical, mental and spiritual sides.

SOLVE CROSSWORD PUZZLES WHEN FREE

Mentally challenging activities like reading a novel, writing articles, doing crossword puzzles, solving Sudoku or playing chess makes the brain active and protects it from diseases like Alzheimer's and Parkinson's. It is good to practise these activities when young itself so as to avoid brain complications during old age. Time should be set aside daily for these activities. Other activities like, eating with your nondominant hand, walking a new route home from work and connecting with others by staying socially engaged can protect the brain from disorders like dementia.

BE TRUE TO YOURSELF

Being truthful to ourselves and the world around us is a great virtue. Ultimately, this begins with awareness of our thoughts, as well as awareness

of our whole-body experience and how we interact with the world each day. This requires us to expand and strengthen the awareness and interaction we have with the world around us. This can usually be fortified through introspective practices like meditation, yoga and diary writing. Thus, when we are truthful to ourselves, we reduce the stress and strain in our lives. We also reduce the tension between our mind and body, thus improving the quality of our lives which finally leads to our mental, emotional and spiritual wellness.

SKIP THE LIFT, ESCALATOR FOR STAIRS

If you are living in the top floor of a flat or if your office is on the higher floor of a building make sure to skip the lift or escalator to reach your destination. Climbing the stairs is a great exercise for your body as this will help to increase the pumping of blood in your body and it is a great activity for your muscles and lungs. This is great

physical activity for the body and the good thing about it is that you don't have to set aside extra time for this activity. These are small steps that can add up to a healthier you.

STRETCH IT OUT.

Stretching it out after long hours in front of the television or computer is great for health as it helps you stay limber and agile. It is good to take a few minutes to stretch out before and after exercise. Also, exercise can be easily replaced with a few stretch breaks. Natural ways to stretch would be to reach out for items on a high shelf at the store. It is also good to stretch right before going to bed at night as this can relieve tension and help you catch some good sleep.

Last but not the least, it's never too early — or too late — to adopt healthy habits. Plan out some healthy habits and start practising them today itself to reach the wellness you desire ■

DIETARY SUBSTITUTIONS FOR GOOD HEALTH AND WELLNESS

- ▶ Swap white bread, rice, noodles and pasta for healthier whole grain versions.
- ▶ Have chicken or turkey after removing the skin and use more lean meats like that of beef or pork in your diet. These are protein-rich and are easily digestible.
- ▶ Have less of beverages and sugary juices; instead, replace them with a good glass of water. It is good to drink at least seven to ten glasses of water a day.
- ▶ Snacking on nuts and fruits in between meals is healthy. Always keep aside nuts like almonds or cashews and fruits like carrot sticks for snacking instead of fried items like potato chips or candy bars.
- ▶ It is good to add an extra serving of non-starchy vegetables into the daily diet.
- ▶ Serve broccoli or spinach as a side dish along with rice and mashed potatoes for dinner.
- ▶ Dark, leafy greens vegetables are great for health so adding more of them in your diet helps improve health as they are rich in fiber and contains a lot of water.

Eat healthy, Stay healthy



Dr. Gopikrishna S.

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Wellness of mind, body and spirit are as much talked about as it is sought after. There are many ways to attain wellness. Ayurveda ensures that wellness can be gained through proper food, diet and nutrition, says **Dr. Gopikrishna S.**



Ayurveda has always stressed upon the importance of food and diet in many contexts of diseases and disorders. This is explained through the basic principles of the causes of diseases and their management. It has to be so as Ayurveda has had its origin in a culture that expounds the principle 'aahaara shuddhau satva shuddhih', which means one can attain purity of mind through the purity of the food one consumes.

The various phases of evolution of the humankind has been one marked by the search for food for survival. In fact, in those days, humans ate for survival, but, today it seems that the human species survives to eat. Accordingly, modifications were observed in the nature of diet too. This is reflected in the ancient Ayurveda text books. In an ancient Ayurveda text, the Samhithas, there are references regarding the Hitaahaara (wholesome food) and how it acts constructively on the body when taken properly. However, when taken otherwise, this can be destructive. Today, our diet has become so complicated that we seldom know what we eat and while eating, we forget to follow the principles of eating or diet.

Once upon a time our Indian culture was well-known for our unique table manners. This was considered highly scientific and was widely accepted all over the world.

Aahaara Vidhi Vishesha Aayatana (factors to be considered before taking food), Aahaara Vidhi Vidhaana (general dietary guidelines), Aahaara Parinaamakara Bhaava (factors present in the body for digestion and metabolism), are a few of them.

In Ayurveda, the food we take consists of six rasas (Shadrasa), namely, Madhura (sweet), Amla (sour), Lavana (salty), Katu (hot), Tiktha (bitter), Kashaya (astringent). These when consumed appropriately help in the nourishment of the body through the nourishment and transformation of the tridoshas and vice versa.

Aahaara Vidhi Vishesha Aayatana is mentioned in the Charaka Samhitha explains the concept of Saatmya (wholesome / habituated on diet). Saatmya means the one which is accepted by the body and mind alike without any untoward consequences. This is directly related to the seven Rasas of which six fall under individual Rasas (Ekarasa Saatmya) and the seventh is a combination of all the six Rasas (Sarvarasa Saatmya). Among these, the latter is considered the most appropriate for one's health. This state of health is attained slowly and judiciously by discarding the other Saatmyas.

Aahaara Vidhi Vishesha Aayatana are eight in numbers. They are:- Prakrithi, Karana, Samyoga, Raashi, Desha, Kaa-

(dahi) is guru and not advisable for all. But through a simple process of churning (manthana) it is transformed buttermilk (takra) which is laghu and entirely a new product. This new product has a lot of good aspects and can be advised as pathya (diet) for a lot of diseases. Similarly, apaaka of rice when in contact with water and fire brings about a lot of changes in it.

Samyoga means the combination of two or more substances. According to this, two absolutely harmless food substances when combined together can result in a harmful product. Here, Ayurveda has a unique concept in the name Viruddha (incompatible). This is substantiated by the coastal diets of South India especially that of milk or curd with fish and various combina-



la, Upayoga Samstha and Upayoktha.

Prakrithi denotes the basic gunas (quality) which is a dravya (substances) process. Here, a person exhibits the nature of the food that he /she consumes. For example, green gram (mudga) is laghu (light) in nature while black gram (masha) is guru (heavy). It is very important to know the gunas of an edible substance as this will help us decide what to eat and when. It is good to incorporate this rule into our daily diet for better health and wellness.

Karana means the new product resulting from a processing method that is totally different from that of the base product. For example, curd

tions of tapioca. Thus, Samyoga helps to find the relation between the diet and that of a long-standing disease. This again helps when a doctor finds no result in a patient, in spite of all kinds of diagnosis.

Raashi is the role of proportion of the ingredients in a gross diet or in medicines. In some foods, there are very specific mention of the individual ingredients which, when not followed appropriately will not deliver the desired result.

Desa indicates the basic quality of the substance as per its origin. It is said that the best things are obtained from Himavath pradesha (Himalayan ranges) and the substances obtained



from the Maruth pradesha (desert regions) are basically laghu. Thus, Ayurveda helps an eater to decide and select food items that he can take or avoid to maintain health at a particular time.

Kaala indicates the food regimen to be followed for a specific period (aavasthika) as prescribed in Jwara (delirious fever). Ayurveda advises one to avoid guru aahara like milk till Jwara reaches poorna avastha. Another aspect depends on the season (nityaga) which is applicable during every Rithu and Rithusandhi for adaptability of the body during the respective seasons.

Upayogasamstha details about the rules to follow while eating. It gives tips regarding when and how to take food and what happens when food is taken before the digestion of the previous meal. It says, that when food is not taken correctly, it can lead to ailments of the stomach which, if regularly continued, will end up in a disease. It also directs us to be mindful of what we eat by understanding what we eat, concentrating on the food we eat and not on the surroundings.

Upayoktha is we who follow Aahaara Vidhi Vishesha Aayatana to the best possible way. It bestows one with good health and longevity.

The above mentioned factors when followed with the Aahaara Vidhi Vidhaana, becomes complete. This can be conveyed by the term 'table manners in Ayurveda'.

THE VIDHAANAS ARE:

- Eat warm food (Ushnaahaara - enhances digestive fire and Vata, reduces Kapha),
- Unctuous food (Snigdhaahaara - enhances digestive fire & digestion, metabolism/ shareeraupachaya)
- Eat in proper quantity (Maatra - neither more nor less)
- Eat only after proper digestion of previous meal
- Do not mix foods of opposite qualities (taking hot and cold foods, milk and fish)
- Eat in a suitable place (which pleases the mind), neither brisk nor slow eating,
- Eat silently without laughing and talking or indulging in other works.

These habits help in the proper digestion of food and thereby rendering good health.

Like pure air and water, food is critical to human survival. Today, because of the busy schedule one neglects many things in life and food is one among them. The above facts when followed properly will help one to enjoy the food one takes and thereby enjoy one's life. We have to respect Aahaara as it bestows on us Varna, Jeevana, Prasaadana, Pratibha, Tushti, Pushti, Medha and even Moksha. In short, we are what we eat ■



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Dinacharya, there 's more to it than just routine

The basics of Ayurveda teach us about a healthy routine so as to remain fit physically and mentally. Below are some of the questions we need to ask ourselves to keep our lifestyle hale, hearty and healthy. **Dr. Sharmad Khan** throws more light on this.



Dr. SharmadKhan

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How should we start our day?

What are the healthy daily routines?

What are the benefits of that routine ?

Should it be followed by all or contra-indicated to some?

WAKING UP AT 'BRAHMA MUHURTA'

Ayurveda says that one should wake up one-and-a-half-hours before sunrise as this is known as the brahma muhurta. This is a very important time since there is an increase in nocturnal regimen during this period. This nocturnal regimen is known to disrupt the biological rhythm of the body and so only those who sleep early in the night can wake up in the brahmamuhurta. Studies have revealed it as the best time to learn new things and to sharpen the intellectual ability. It is also regarded as the apt time to start one's day as it helps to prevent disease and thereby improving our immunity. If you feel refreshed when you get up in the brahma muhurta, it means you have got enough sleep. Otherwise, you will tend to feel tired and lethargic. This means you should sleep for some ten more minutes.

BRUSHING TEETH AFTER WAKE-UP

After eliminating the natural urges after wake-up in the morning one should thoroughly brush the teeth, says Ayurveda. Toothpaste or tooth powders are advised for this purpose. Ayurveda advises to avoid the use of gel pastes or anti-sensitive paste unless prescribed by an expert. If the tooth paste used is very sweet it will support the growth of

infective bacteria. Ayurveda insists on using toothpastes that have astringent, spicy and bitter tastes. The best drugs to be used as tooth powder should be from the Indian Banyan (*Ficus bengalensis*), Cutch Tree (*Acacia catechu*), Indian Beach Tree (*Pongamia pinnata*), Arjun Tree (*Terminalia arjuna*), Neem (*Azadirachta indica*) etc. Individual care should be given to each tooth while brushing. Brush bristles should be of soft type. Hard bristled tooth brushes and even medium type ones should be avoided as it can harm the gums. After brushing, fingers should be used to massage the gums so as to increase blood supply to it. After use, the brush must be washed thoroughly and kept in a clean ventilated place rather





than the wash rooms. It is advised not to brush the teeth just before and after having food. Also, brushing the teeth using cold water just after having hot food can break the teeth. Care must be taken to drink sour drinks or sour fruit juices only with straw to avoid any direct contact with the teeth. Teeth should be brushed twice daily, in the morning and half an hour after having dinner. After brushing, tongue should be cleaned without harming it. Never try to wipe off the food from the tongue.

CLEANING THE NOSTRILS

Nostrils and associated areas should be cleaned after brushing by applying three or four drops of Sesame oil. This should be practised daily to prevent the ailments related to the nose and sinuses. Studies have proved that this activity can improve the brain function. After nasya, mouth should be washed with warm water. If a little Sesame oil is added to the water used for this purpose, it can tighten and give strength to the gums and teeth and prevent the diseases of gum and teeth.

OIL ON HEAD, FOOT AND EARS

Oil application is very important in delaying the aging process. It can improve the health of the skin, hair and scalp and thus make them supple. It can also improve the quality of sleep and provide energy and endurance. Ayurveda insists on the daily application of oil on the head, foot and ears. Oil application on the head can improve the sleep, vision and prevent hair fall. By applying oil into the ear, it can prevent the diseases related to it and improve the hearing capacity. It can also improve the sensitivity to the peripheral nerves. But, oil application should be avoided in certain conditions as per an expert's opinion.

YOGA OR EXERCISE

Calm, clean, cool place should be chosen for daily exercise. The selection of place is important as it influences the body and mind. Ayurveda advises to exercise till sweat appears on the forehead and nose tip. Also, it says to use at least half portion of one's strength for doing exercise. Only, physi-



cally and mentally healthy persons should exercise daily. In case of the diseased, yoga practices can be done as per an expert's advice. Techies or people working indoors should exercise in the morning or evening such that they receive the revitalising effect of the sunlight. This will help to avoid diseases caused due to the lack of sunlight. Ayurveda advises exercises either with or without an oil massage.

HAVE A HEALTHY BATH

How many of us are aware that a bath in the morning is necessary for a good appetite? The most important thing to keep in mind is to never have a bath immediately after food. It's healthy to have a bath only after the sweat out of the exercise have subsided naturally. Bathing refreshes our body and removes the drowsiness and lethargy. It energizes the mind and improves concentration, meditation and studies etc. Morning bath also helps in strengthening the body and increasing the appetite. Hot water bath is healthy only for the body and not advisable for the head. Using hot water for the head can cause hair fall, vision problems, premature greying etc. Use only skin-friendly soap during bath. Different soaps should be used for different persons with different skin types. Even the members of the same family should use



separate soap and towel to avoid contagious diseases. Take care to wash off the foam completely during bathing. Also, excess use of soap can cause different skin diseases.

HAVE A HEALTHY BREAKFAST

Breakfast is the most important food for the body irrespective of class or age. A healthy breakfast helps us to be active for the whole day. It should be easily digestible and is beneficial to the body if eaten only after the hunger pangs. A bath in the early morning without any snacks or tea or coffee just after brushing is enough to have a good appetite that can keep us alive for the whole day. Also, tea or coffee should be avoided as the first foods of the day; if needed, it can be had with breakfast. Diet for breakfast should be selected in accordance with the climate or land forms and the quantity should be fixed according to the age also. Continuous use of non-vegetarian food is not advisable. Excess use of sour, hot, salty, spicy, cold or hot food, deep-fried foods, pickles, foods with added preservatives and artificial flavours is not at all good for health. Locally available ripe fruits must be consumed. One's diet should be diverse in nature to include all types of available foods for the adequate supply of the needed vitamins and minerals.

DRINK ENOUGH WATER

The adequate intake of water is also very important. The quantity of water one should drink depends on the factors like body nature, nature of work, type of food like easily digesting, dry or slimy etc. It is a wrong perception that one should drink water only when one is thirsty. Aerated drinks and soft drinks etc must be avoided at all costs. A little quantity of water is sufficient to be drunk along with

food in order to aid the digestive process. Otherwise it is advisable to drink around 100ml water or three cheek-full at a time. But one should obey the advice from an expert regarding the quantity of water, if one is suffering from any disease.

WHAT AND HOW TO EAT DINNER

Now-a-days it is seen that people prefer dinner as the most important food. Sometimes this may be very heavy too. Moreover, people tend to eat the most unsuitable foods during dinner and these may be very difficult to digest too. This is a very unhealthy practice as we do not require much energy while sleeping. This, thus will overload the digestive system storing unwanted fat in the body. We should thus eat the most easily-digestible food with very little quantity as dinner. Also, dinner should be had one-and-a-half hour before going to bed.

SLEEP OR NIDRA

People who work hard and don't have anxiety sleep well every day. If required one can take a short nap for 10 to 20 minutes during the day by just relaxing in a sitting posture. If this exceeds beyond 20 minutes it will disturb the sound sleep at night. Also, if we are confident in the matters we have done during the day, we can sleep peacefully in the night with a calm mind. Staying awake even in the midnight can lead to many prevailing non-communicable diseases. We all know that we have a biological clock and we should take utmost care not to disturb it. Maintaining a consistent sleep schedule can make one stay healthy through. ■





For a prettier face and skin

Our present-day lifestyle requires us to experience health and wellness in the most natural manner and this is true for our face and skin too. Here, **Vaidya Anilkumar** explains how Ayurveda can help us achieve this feat in the most natural way.



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Beauty, cynics say, is skin deep. Turn that sentence upside down and you will find that it is indeed skin deep and that tells us a lot about the need for skin care! There would be none who has not, at some point of time in his or her life, got a little worried about skin going dry or losing its natural complexion and texture.

For the white-skinned, spending lakhs to get a tan is no matter for worry. For the black-skinned, it is often a social statement, about identity. What is important amidst all this is the need to keep the skin healthy, for the overall health of the body and appearance of a person to the discerning eyes out there. For, the skin is the outermost part of our body that is in constant touch with nature. It is generally through this organ that the world outside views us. It is this organ that performs the function of protecting the inner layer of cells of the body. Hence, the health of the skin is essential for a good inner health and wellness too.

Structurally, the skin consists of the Epidermis, Dermis, and Hypodermis or Subdermis. Epidermis is the outermost layer which we can feel externally and it has no blood vessels or nerves passing through it. The next layer is Dermis known commonly as the true skin where the sweat glands, oil glands, nerve endings, blood vessels and major portion of hair follicles are



present. Finally, the innermost layer, the hypodermis functions as a cushion to prevent shocks to the bones and inner delicate structures. The hypodermis stores food and water that are required for the body. According to scholars, beauty does not age but it involves the preservation of the skin, hair and body. More often than not, the skin which is the largest and outermost organ of the human body decides the beauty of a person.

GLANDS OF THE SKIN

The beauty of the skin is often considered by the functioning of its two glands namely:- the Sweat Glands and the Sebaceous Glands. Water Soluble wastes are expelled from the internal system of the body through the Sweat glands. The Sebaceous glands produce the oily or greasy substance thus preventing the skin from extreme dryness. Ayurveda has a lot of solutions to improve the quality of the skin by helping in the proper functioning of its two glands.

SEBUM

The Sebum is a semi-fluid oily substance produced by the sebaceous glands. When the pores of the skin

are covered by the hardened sebum it results in the formation of blackheads. The basic functions of the skin can be described as protection, regulation, respiration, excretion, secretion, hydration, absorption and sensation. According to the modern concept of a cosmetologist, skin can be classified as Dry skin, Oily skin, Combination Skin, Sensitive skin and Normal skin.

When the dry skin is assessed by a cosmetologist the appearance of the surface of the skin will be rough and there will be a tendency for the skin to scale,

wrinkle and for ageing lines to form. There can be two reasons for this kind of skin to form of which the first issue will be due to the inadequate quantity of Sebum production or else its failure to moisturize the surface. Also, dry skin is known to age faster and will cause many issues in cold weather. Oily skin can be easily identified by the oily reflective surface shining in the slight incidence of sunlight incident on the skin. Obviously, oily skin is the reason of excessive production of the Sebum.

SKIN CARE THROUGH AYURVEDA

It is understood that complexion and tone of the skin decides its quality and beauty. This is the basic beauty concept of common man. The natural health and beauty of the skin is usually damaged either by wind or sunlight whichever can cause blemishes or infections or even allergies. Compared to other diseases, skin problems definitely have more significance in health due to its function to protect the internal tissues such as muscle or fat. A healthy skin is one that glows and is supple.

In Kerala, which is often known as the land of Ayurveda, skin care is usually taken care of by making use of the abundance of coconut milk that is available here. As per Ayurveda care, new-borns are bathed and massaged with coconut milk and oil to improve the texture and quality of their skin. This is an Ayurveda technique that has been handed over through generations in this land.



Ageing is a natural process but geriatrics is the science of rejuvenation. The texture and tone of the skin is usually decided by the ageing process of the body. Prolonged exposure to sunlight is a major cause for the darkening of the skin by the ultraviolet rays. Use of natural moisturizers and sunscreens can protect the skin from the wrath of the UV rays of the sun.

Medicinal herbs like sandalwood, redsandal, turmeric etc. can be made into a paste and used on the skin to preserve its glow and luster. Using the pastes of these herbs on the skin is among some of the traditional beauty practices of Kerala. Lemon juice also can be used to protect the skin from sun rays and ultraviolet rays.

Everyone likes to have a fair skin tone, as fairness is often always considered synonymous with beauty. But medically, fairness has nothing to do with health and beauty. According to aesthetics fairness is considered as the ma-

jor aspect of beauty. Washing the face with pure fresh water repeatedly helps to cleanse the skin and maintain or develop fairness. Also, the skin should be protected from direct sunlight and dusty wind.

Natural moisturizers (castor oil, buttermilk, olive oil, cucumbers) sunscreen products and skin packs should be used to prevent the skin from darkening. According to Ayurveda, premature aging of the skin is caused due to the aggravation of vata dosha, which naturally increases with age.

The reasons why ageing occurs in skin early can be divided into internal and external factors. Internal factors include the inability of the skin to retain moisture, decrease in the production of Elastin and low rate of rejuvenation. External factors include the poor lifestyle and environment of the individual like smoking, exposure to sun, exposure to cold, poor diet, too much stress, lack of exercise etc...

SOME ANTI-AGING TREATMENTS THAT CAN BE PRACTISED AT HOME:

- Massage the face with ghee, almond oil or coconut oil before going to bed.
- Apply fresh AloeVera gel onto the skin
- Use grated cucumber as a face pack.
- Massage the face using index and middle finger. It will smoothen the skin and relax the muscles and release the cause of wrinkles from tension and stress.
- Applying a mixture of lemon and honey juice on the face before going for work will help to tighten the skin, feel fresh and smell nice.

And finally, there is no better way to tighten the skin and remove ageing lines than by hydrating yourself with a lot of liquids, including water ■



Keep gums healthy with Ayurveda



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Getting your gum problems right is important and essential for a hygienic, healthy mouth. Here, **Dr. Adithya Babu**, gives an overview of the gum diseases and what Ayurveda can do to prevent as well as treat them.

Gum diseases and their treatments are described in Mukha roga chikithsa, which is a sub division of Salakya tantra, one among the eight branches of Ayurveda. Gum diseases are named as Dante moola roga in Ayurveda. Ayurveda identifies a total of seventy five mukharogas (diseases effecting oral cavity) among which 13 are gum diseases. Gum diseases are important as the health of gums are crucial in the well-being of the teeth and most of the times the disease may progress unidentified. It is very important to detect gum diseases at the earliest and treat it accordingly to prevent severe complications.

Lack of oral hygiene is considered as the major cause of oral diseases, especially gum diseases. Oral hygiene is a part of personal hygiene, though it is neglected very often.

SIGNS OF HEALTHY GUMS

- Firm and pink colour gums fitted tightly around the teeth.
- No bleeding while brushing or flossing.
- Mouth smells good without any unpleasant odour.
- Moreover, one can take food properly and speak with confidence.

CAUSES OF DANTHA MOOLA ROGAS (Gum Diseases)

- Increased and daily use of fish, beef, pork, raw radish, black gram, lentils, curd, milk, vinegar, sugarcane juice, and jaggery.
- Lying with head in a lower position than the body.
- Improper cleaning of teeth and oral cavity.
- Overuse of the above food items especially when combined with poor oral hygiene that can result in vitiation of kapha dosha. This is responsible for oral pathology. This can lead to the formation of dental plaque that cause inflammation of the surrounding gum tissue.
- Items like vinegar can cause erosion of the oral mucous membrane which makes the gums prone to several diseases.
- Smoking, chewing of tobacco, malnutrition, hormonal imbalance.

- The diseases and treatment modalities which lowers the immunity of the individual may also lead to several gum diseases.
- Old age
- Dental restorations that don't fit properly
- Crooked teeth, which are difficult to clean

SIGNS AND SYMPTOMS OF GUM DISEASES

- Swollen or puffy gums
- Dark red or dusky red gums
- Bleeding easily on brushing or flossing
- Bad breath
- Receding of gums
- Tenderness of gums

PREVENTIVE MEASURES

- It is a good habit to brush the teeth at least twice a day using a good quality toothbrush
- Use traditional materials like the twig of a Neem tree, Black Catechu plant, leaf of Mango tree for this purpose.
- This should be used only once and then discarded.
- One end of the twig or rolled mango leaf should be crushed to make a fine brush. This will make the teeth strong and the gums healthy and the mouth clean.
- In case these are not available, a good quality tooth brush with soft or medium bristles may be used. Toothpaste is not essential for brushing.
- The upper teeth should be brushed from above downwards and the lower from below upwards.





- Care must be taken not to give too much pressure while brushing, as this can cause damage to teeth and the gums.
- Mouth should be rinsed thoroughly after brushing and after each meal.
- Flossing should be done at least once a day.
- This is to remove the food remains and plaque in the gap between the teeth.
- Gargling twice daily with lukewarm water, preferably in the morning and before going to bed is good and healthy for the gums and teeth.
- Eating healthily and drinking enough water is essential.
- Boiling 5 gms of triphala churnam in 2 glasses of water and then gargling the mouth with this solution after it is lukewarm or cooled is a good remedy for most gum diseases. Khadira gulika is also a choice.
- Arimedadi thailam, when used for gargling for at least once daily is good for treating oral ulcers, sensitive tooth, and mobility of teeth.
- Gargling the mouth with black sesame paste mixed with warm water is a very good remedy for Gingival diseases.
- Including black sesame in daily food in small quantities is also beneficial.
- Gargling twice daily with lukewarm sesame oil is good in preventing oral diseases and strengthening gums.
- In short, keeping the oral cavity clean and taking a balanced diet and getting regular dental checkups can help to prevent or even reverse gum diseases.
- Never neglect the gum ailments as this may become more serious and end up with loss of teeth and other serious side effects.
- Some research suggests that the bacteria responsible for gum diseases can enter the blood stream through gum tissue and affect the heart, lungs and other parts of the body ■

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Ayurveda helps overcome wheezing worries

Asthma is known as a chronic inflammatory disease of the airways that leads to recurrent episodes of wheezing and breathlessness. In this article, **Acharya Balkrishna**, talks about how this difficult but curable disease can be treated with the help of Ayurveda.



Acharya Balkrishna

An exponent of Ayurveda and an eminent botanist. He is also the co-founder of Patanjali Yogpeeth.

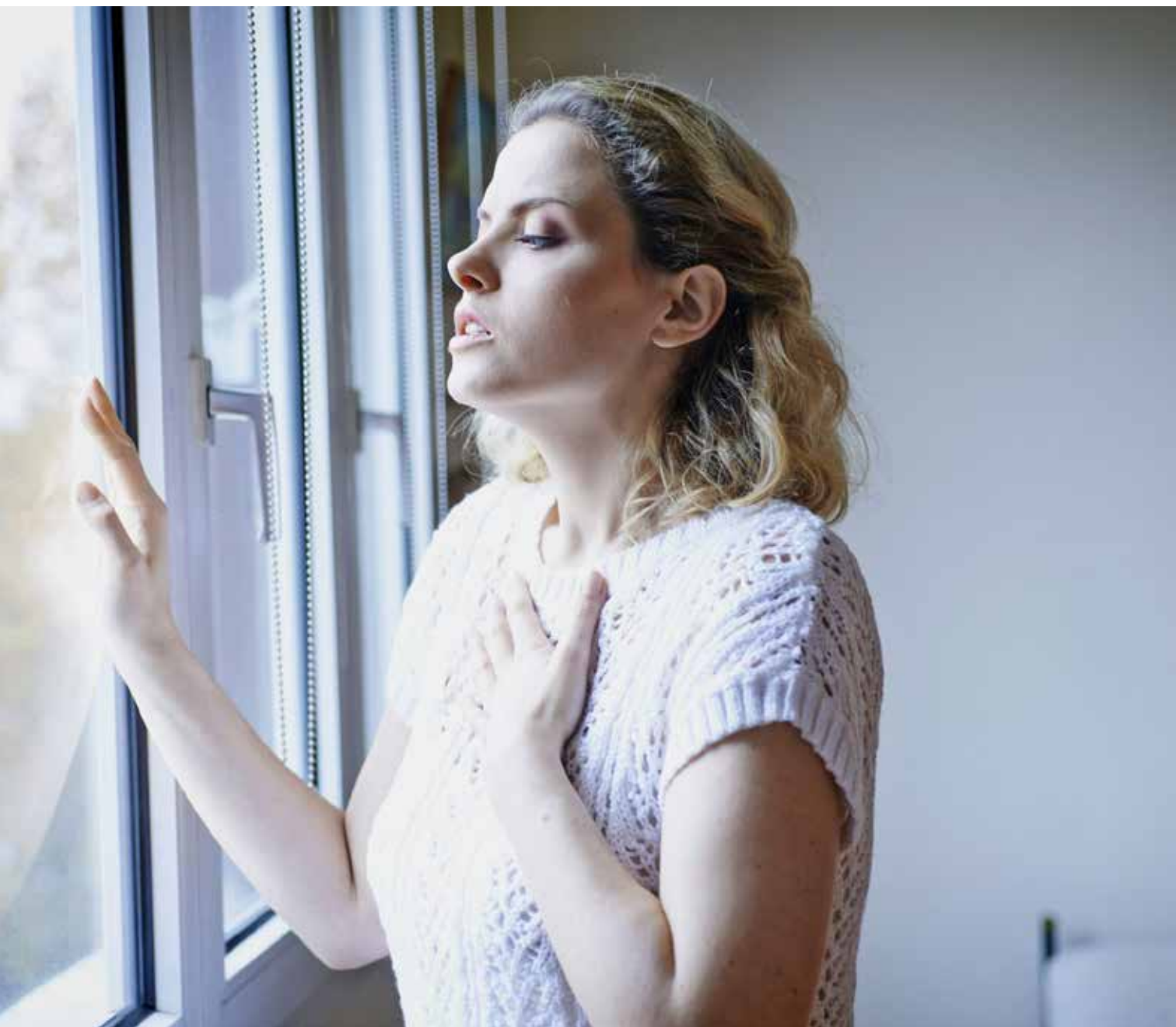
Asthma is a psychosomatic disease and statistics say that approximately 1.5 to 2.0 crore people in India have it. In Ayurveda, asthma is known as Tamak Swash and is understood to be caused due to certain issues in the stomach. Ayurveda says that when the food taken in is not digested properly, the toxic juices produced in the rectum hamper the breathing process leading to what is known as asthma. The most common symptoms of asthma are consistent coughs and a stuffy nose. Considered a genetic disease the chances of getting it are high if it runs in the family. Other than genetics, environmental conditions and certain specific illnesses can also be the cause for asthma.

SYMPTOMS

Difficulty in breathing, heaviness in the chest, bloated stomach, anxiety, nervousness in the entire body, cold, cough, weakness, short breathing intervals, are few of the many symptoms of this disease. Also, asthma cannot be cured by a single therapeutic treatment and so the patient needs to undergo different kinds of therapeutic treatments to get cured from this disease. As a treatment process, the patient is advised to take organic food and undergo yoga therapy. It is good for the patient to follow some principles of naturopathy and Ayurveda therapy to treat this disease. In certain ideal cases, it is seen that 'Asthma is completely curable'.

PRIMARY TREATMENT:

- Asthma patients should start the day by cleaning their bowel (Virechana) for which fasting is a very good option. One should also strictly follow a routine of doing breathing process (Pranayama) every morning.



- After fasting for 1-2 days the patient should gradually move to a liquid or fruit diet. Light diet is advised and only thick wheat Rotis with wheat bran mixed with bottle gourd (Lauki) is allowed.

- ▶ Hip bath, a warm feet bath and massaging the chest with a paste prescribed by the physician gives a lot of relief in the case of Asthma.

- ▶ During an asthmatic attack, hot feet bath is known to give immediate relief.

- ▶ Asthma patients are advised to take the evening meal before sunset.

- ▶ Lukewarm water should be consumed with meals.

- ▶ Asthma patients should not use addictive substances like tobacco, cigarette, pan masala, zarda, etc.

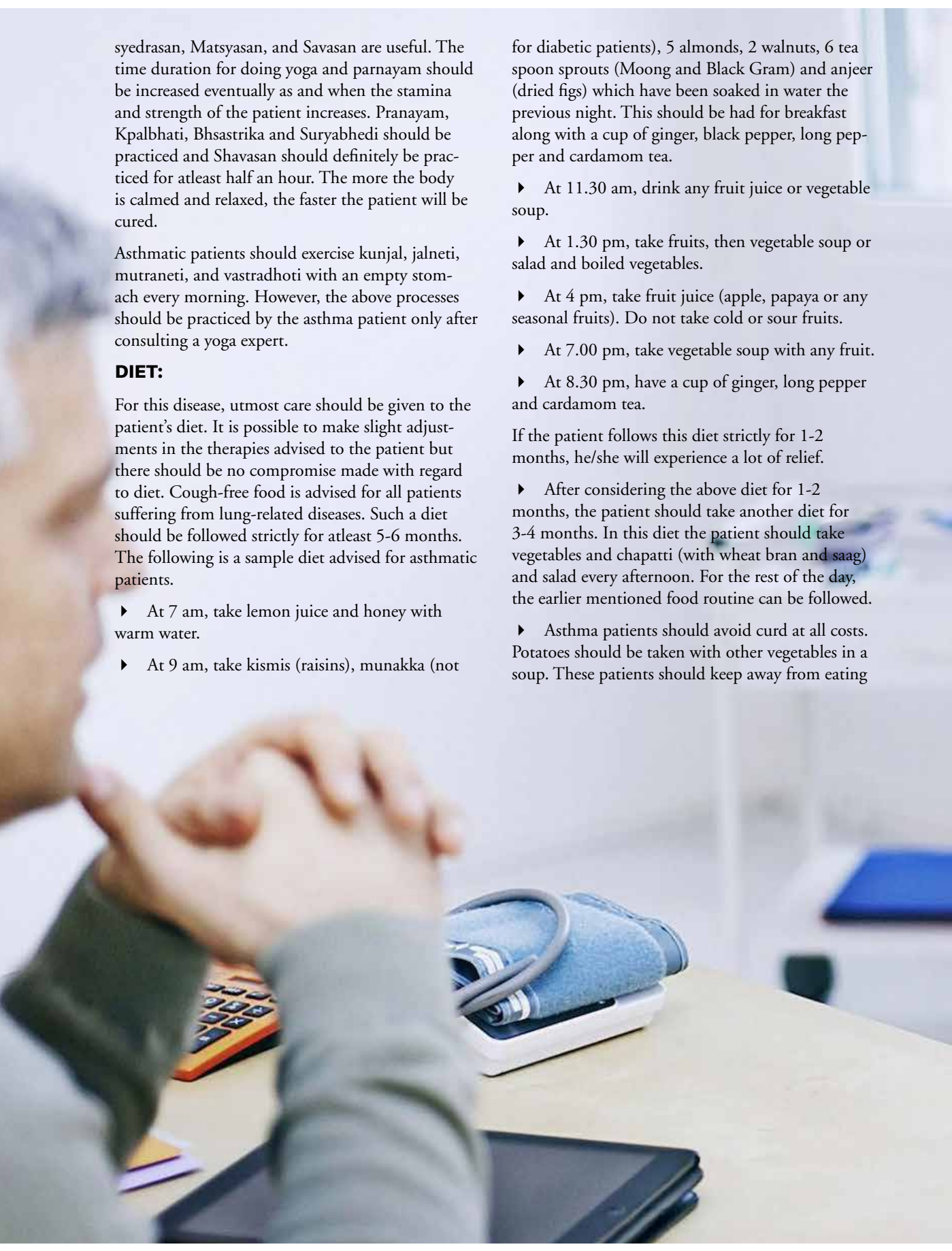
- ▶ Honey should be replaced with sugar for these patients.

- ▶ Going for morning walks is advised for asthma patients. While walking, deep breathing should be practiced.

- ▶ An anxious asthma patient coughs a lot and so kunjal is advised to be taken along with lukewarm water and a pinch of salt. This helps to decrease the severity of the cough and gives the immediate and appropriate relief required.

YOGIC REMEDIES:

If the asthmatic patient is able to do yoga and parnayam, then Tadasan, Ka-tichakrasan, Sarvangasan, Chakrasan, Bhujangasan, Dhanurasan, Brajrasan, Ustrasan, Goumukhasan, Ardhamat-



syedrasan, Matsyasan, and Savasan are useful. The time duration for doing yoga and parnayam should be increased eventually as and when the stamina and strength of the patient increases. Pranayam, Kpalbhati, Bhsastrika and Suryabhedhi should be practiced and Shavasana should definitely be practiced for at least half an hour. The more the body is calmed and relaxed, the faster the patient will be cured.

Asthmatic patients should exercise kunjal, jalneti, mutraneti, and vastradhoti with an empty stomach every morning. However, the above processes should be practiced by the asthma patient only after consulting a yoga expert.

DIET:

For this disease, utmost care should be given to the patient's diet. It is possible to make slight adjustments in the therapies advised to the patient but there should be no compromise made with regard to diet. Cough-free food is advised for all patients suffering from lung-related diseases. Such a diet should be followed strictly for at least 5-6 months. The following is a sample diet advised for asthmatic patients.

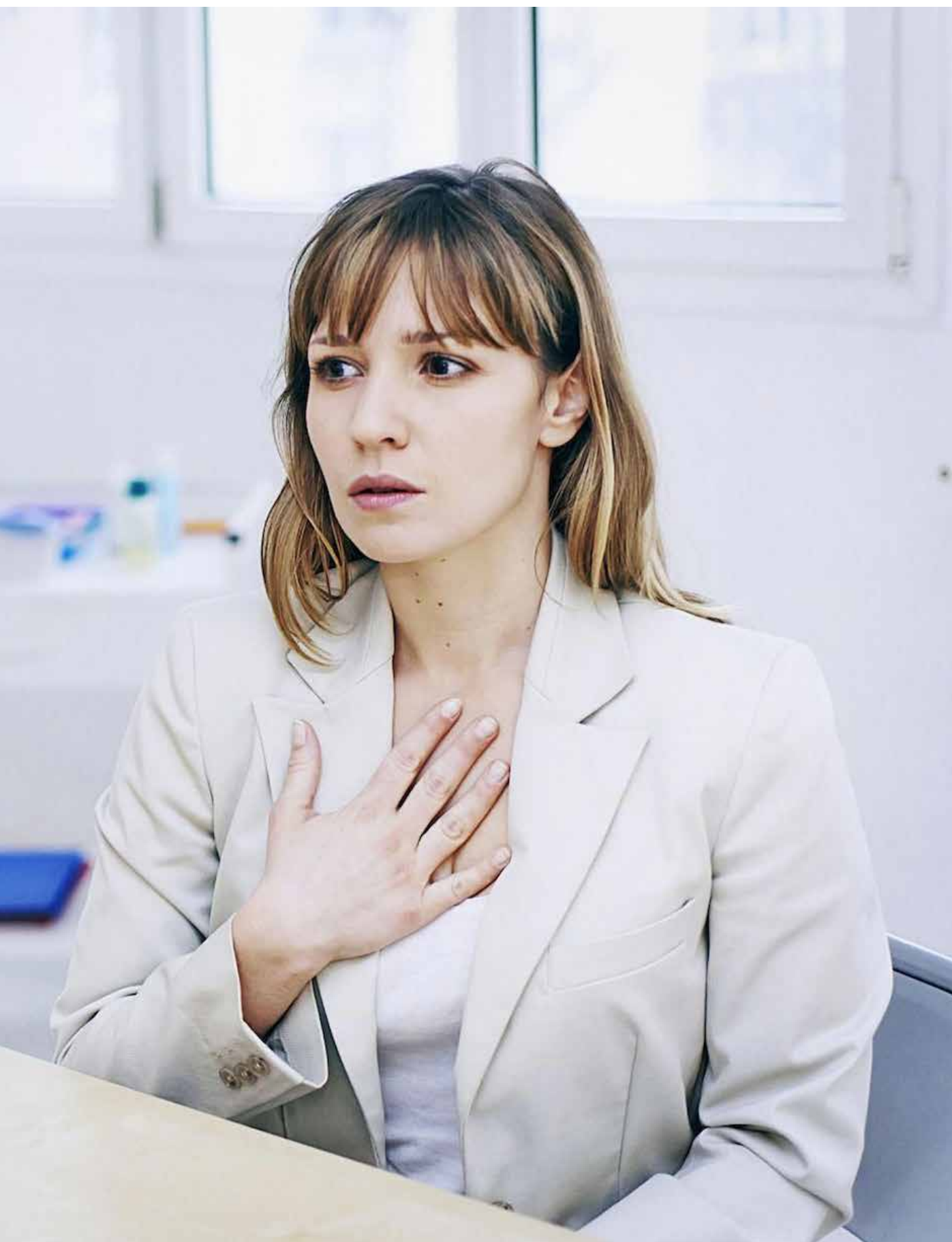
- ▶ At 7 am, take lemon juice and honey with warm water.
- ▶ At 9 am, take kismis (raisins), munakka (not

for diabetic patients), 5 almonds, 2 walnuts, 6 tea spoon sprouts (Moong and Black Gram) and anjeer (dried figs) which have been soaked in water the previous night. This should be had for breakfast along with a cup of ginger, black pepper, long pepper and cardamom tea.

- ▶ At 11.30 am, drink any fruit juice or vegetable soup.
- ▶ At 1.30 pm, take fruits, then vegetable soup or salad and boiled vegetables.
- ▶ At 4 pm, take fruit juice (apple, papaya or any seasonal fruits). Do not take cold or sour fruits.
- ▶ At 7.00 pm, take vegetable soup with any fruit.
- ▶ At 8.30 pm, have a cup of ginger, long pepper and cardamom tea.

If the patient follows this diet strictly for 1-2 months, he/she will experience a lot of relief.

- ▶ After considering the above diet for 1-2 months, the patient should take another diet for 3-4 months. In this diet the patient should take vegetables and chapatti (with wheat bran and saag) and salad every afternoon. For the rest of the day, the earlier mentioned food routine can be followed.
- ▶ Asthma patients should avoid curd at all costs. Potatoes should be taken with other vegetables in a soup. These patients should keep away from eating





colocassia (arbi), potato, lady finger, cauliflower and cabbage or any food stuff made from refined flour.

- ▶ They should have mixed vegetable soups to which tomato and lady's finger can be added and at other times take Bengal gram (Kale Channa) soup.
- ▶ After four weeks of following this routine, keep away from having chapatti and try to spend a whole week without it.
- ▶ Before going to bed at night, make sure to sleep in a room that is well-ventilated.
- ▶ Asthma patients should never sleep with their face and head covered. They should wear loose clothes while hitting the bed at night. Feet should be kept warm at all times. It is advised

that these patients should either sleep on their right or left side as per their preference although sleeping on the left -side is more advised.

- ▶ Never sleep during the day.

HOME REMEDIES:

- ▶ If the respiratory problem is normal, then grate and grind suhagaphool and mulathi separately. Mix equal quantities of these two powders and bottle it. Take half to one spoon of this powder with honey or warm water 2-3 times daily. Children should be given one ratio of this medication or a little more, according to their age. Avoid consuming any types of cold items like curd, ice-cream etc. Also, avoid eating banana and rice.
- ▶ For children above 1 year of age

suffering from asthma: Grind five leaves of tulsi and give it with a little honey during morning and evening as per the requirement for 3-4 weeks. For children below the age of 1 year, mix juice of tulsi leaves with two drops of honey and make the infant lick it twice a day. Apart from asthma, this will also help in curing a number of respiratory related diseases in children.

- ▶ In 'kalai' utensils, soak 3 anjeers (dried figs) for 24 hours. In the morning, boil the anjeer in the same water. Chew them well and eat them and also drink the water in which it was boiled. This gives asthma patients a lot of relief.

- ▶ Before sunrise, complete your excretion, take a bath and then sit in front of the rising sun and do the pranayam with deep breathing for atleast 10-15 times. This kriya should be practiced for a few months regularly to get the best results. One cannot expect good results if the exercise is done for just few days.

- ▶ Roast turmeric in sand and grind it. Take ¼ spoon of this powder along with hot water for good relief.

- ▶ Boil four spoons methi (fenu-greek) in a glass of water. Strain and drink it for good results.

- ▶ Powder the bark of Harsingar (night jasmine) in betel leaf and have this for immediate relief from asthma.

- ▶ Make a paste from four cloves, four black pepper corns and four leaves of tulsi. Have this daily for good results.

- ▶ Boil 5 gm mulathi, one spoon ghee, 5 gm misri, and half spoon rock salt in one cup of water and consume it daily. This is seen to give great results.

- ▶ Mix 5 gm of honey, adusa and ginger juice and take this juice after every three hours for a few days for good relief.

- ▶ Mix one cup of turnip juice, carrot juice and cabbage juice and drink this for a few days. This is a nourishing medicine for asthma patients.

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13 Types of pain directly linked to emotional states



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DIS-EASE (I AM NOT AT EASE) is just an emotional state of mind. Chronic pain is not only caused by physical injury, but also caused by stress and emotional issues. Here, **Dr. Akilesh Sharma** helps us understand what pain in a particular area of the body indicates and how to self-heal.

1. HEAD

Headaches (little or chronic) can be caused by invalidating the self. Self-criticism, Fear.

Self-Heal: Breath with the left nostril (Chandra nadi). Inhale-Exhale through left nostril 2 sets of 10 counts twice a day.

2. NECK

Neck pain represents inflexibility & stubbornness.

Self-Heal: Rotate the neck clockwise and anticlockwise for 50 times.

3. SHOULDERS

Pain in the shoulder indicates that the person is carrying heavy emotional burdens. Shoulders carry everything.

Self-Heal: Rotate the shoulders clockwise and anticlockwise direction for 50 times.

4. UPPER BACK

Upper back pain manifests lack of emotional support. This happens when you experience feelings of not being appreciated or unloved.

Self-Heal: Place the hand in the namaste position in the centre of the chest with the thumbs touching the chest. Apply pressure on the chest using the thumbs and exhale through the mouth. Repeat this 20 times.

5. LOWER BACK

Pain in the lower back indicates fear of money or lack of financial support.

Self-Heal: Do visual meditation (imagine yourself) counting a bundle of notes. Do it daily. (Fake it till you make it).

6. ELBOWS

Pain in the elbows and arms signify lack of capacity & ability to hold the experiences of life. Resisting change of directions and acceptance.

Self-Heal: Just wrap your hands around yourself as if you were hugging your own self and say this to yourself:- "I

trust, love, accept, approve and forgive myself." Repeat this everyday as many times as possible.

7. HANDS

Pain in the hands maybe caused by all ways of dealing with hold & handle, clutch & grip, grasping & letting go.

Self-Heal: Hold a pen/pencil tightly in your hand (image that the object (pen/pencil) is the xyz situation of one's life) then when ready to "Release" the situation just throw the pen/pencil with full force & free yourself.

8. ABDOMEN

Undigested thoughts.

Self-Heal: Place your hands on the belly button(navel) & do 4-4-4-4 count breathing.

4 count Inhale, 4 count Hold, 4 count Exhale, 4 count Hold.

Do it as long as comfortable.

9. HIPS

Major thrust in moving forward.

Self-Heal: Sit on the floor placing the legs straight and try moving by lifting the hips. Do this 25 steps forward & 25 steps backwards.

10. KNEES

Pain in the knee is a sign of pride & ego.

Self-Heal: Lie on the floor, place the left ankle over the right knee & move the right knee up & down for 5 minutes. Then do the same with right ankle placing it above the left knee for 5 minutes.

11. CALVES

Calf pain is caused by stress, emotional tension.

Self-Heal: Press the tender point 20 times located exactly in the centre of the calf (behind). Do this twice everyday.

12. ANKLES

Pain on the ankles mean lack of ability to receive pleasure.

Self-Heal: Lie down on the floor, legs slightly apart & rotate the ankles in the clockwise and anticlockwise direction for 50 counts.

13. FEET

Feet pain represents our lack of ability to understandable oneself or others.

Self-Heal: Take a tennis ball & place it under the feet & roll on it. Repeat this process while sitting or standing.

Do these exercises and observe yourself. Let's help the body heal itself on its own.

90% SICKNESSES are PHYSCOSOMATIC* ■

Curcumin wonder shots to check cancer

Cancer is a disease that attacks a person and kills them mercilessly. Even though medical science has made a lot of advancements in treating cancer all of these treatments seem to be accompanied by side effects. In this article, **Dr. Nita Sharma Das**, explains the role of curcumin in treating and preventing the occurrence of cancer.

Almost two centuries ago, Vogel and Pelletier- the Harvard College laboratory scientists discovered Curcumin during a study conducted on the rhizomes of turmeric. In their study they understood that turmeric, which is scientifically known as *Curcuma longa* has about 2- 5% of Curcumin present in it as an active ingredient. As of now numerous studies have been conducted to discover the various health benefits, including anti-cancer properties of Curcumin. Studies have revealed that treating cancer using Curcumin is a natural and non-toxic alternative therapy.



Dr. Nita Sharma Das

Doctor of Naturopathy
PhD in Alternative Medicine
Specializations - Herbal
Medicine & Nutraceuticals

Chemotherapy, radiation therapy, and surgery are some of the conventional therapies used to treat cancer. These treatments may not be able to treat all kinds of cancer especially that the lungs, pancreas, liver, bones and in an advanced stage of breast and colon cancer. Also, these medical advancements cannot provide complete protection against cancer.

Curcumin, the active ingredients in turmeric provides a wide range of cancer-preventive action due to its antioxidant, anti-inflammatory, antiproliferative and anti-angiogenic properties. Different study results describe that Curcumin is effective in providing the inhibitory effects on almost every type of tumor and carcinogenic cells, including reproductive cancers, digestive cancer, lymphatic cancer, urinary cancer, pulmonary cancer, cancer in the nervous system, skeletal systems, and the skin. It also boosts the body's immune system activity.

HOW CAN CURCUMIN TREAT OR PREVENT CANCER?

Tumor progression is a primary triggering factor of cancer. A malignant tumor is usually aggressive in nature and progression of the malignancy can clinically lead to cancer development. Curcumin can hold back the development, progression, advancement, and metastasis of multiple tumors. These anti-cancer effects are primarily prevailing due to its down-regulating effect on various growth factors, transcription factors, protein kinases, inflammatory cytokines, and other oncogenic molecules. Curcumin also arrests different cell cycle specific phases by initiating apoptosis on the cancer cell. Thus, it restrains the cancer cells proliferation. Overall curcumin is effective to suppress tumor growth by inactivating pro-inflammatory transcription factors like NF- B (Nuclear Factor kappa-light-chain-enhancer of activated B cells),



phospho-STAT-3 (Signal transducer and activator of transcription 3), etc .and provides cancer preventive effect.

RESEARCH EVIDENCE

Following scientific evidence showed the anticancer and cancer preventive effect of curcumin:

- Curcumin present in turmeric, when combined with other chemotherapeutic agents provides an improved approach against breast cancer, colorectal cancer, leukemia and lymphoma, lung cancer, oral cancer, and cervical cancer.
- According to a trial conducted at the University of Rochester, curcumin reduces radiation-induced dermatitis in breast cancer patients and thus decreases adverse effects of cancer therapy.
- Cancer stem cells provide deleterious effect against chemotherapeutic agents and cause drug resistance. But recent study result showed curcumin targets breast cancer stem cells and the addition of curcumin supplementation or turmeric with other chemotherapeutic agents may prevent drug

resistance.

- Curcumin potentially acts against malignant brain tumor prognosis.
- Topical application of curcumin in external cancerous lesion has shown significant symptomatic relief, administration of which includes reduction of itching, the size of the lesion, and pain.
- Several studies provided evidence that curcumin, either alone or in combination with other agents, can fight against potentially active breast cancer, pancreatic cancer, colorectal cancer, prostate cancer, oral cancer, lung cancer, multiple myelomas, and head and neck squamous cell carcinoma.

CURCUMIN AS CANCER ADJUVANT THERAPY

Cancer patients are often unable to tolerate a high dose of chemotherapeutic agent due to their side effects. But the addition of curcumin as an adjuvant therapy with a lower dose of routine chemotherapy is tolerable. Evidence from research study showed that a lower dose of the chemotherapeutic agent with curcumin was able

to provide the same treatment efficacy. This means the addition of curcumin in combination with other chemotherapeutic agents can reduce the risk of severe side-effects. Therefore, curcumin is not only effective as an anticancer agent in single therapy but can act as cancer adjuvant therapy. A research study showed that a combination of curcumin and cisplatin therapy markedly decreased cancer growth. In this case, curcumin inhibits NF- B activity. Moreover, the curcumin also provides a synergistic effect with radiation therapy; because this herbal product arrests the cell cycle and suppresses its growth.

SUGGESTED DOSE OF CURCUMIN

Highly absorbable curcumin formulation can be provided at 400 milligrams daily with food. Curcumin has a small shelf-life and poor water solubility and this causes lower bio-availability in systemic circulation and tissues. The bioavailability of Curcumin is increased by combining it with Piperine from black pepper ■

**Dr Sonica Krishan**

Author and Speaker of
Healthy and Wellness through
Ayurveda, Meditation, Yoga and
other Contemplative practices.
www.drsonicakrishan.com

Go natural for sweetener

Diabetes and obesity are life-style diseases that are threatening the health of the young and old alike. Here, **Dr. Sonica Krishan** tells us about a herb called Stevia and how the nutrients and compounds in this herb can easily help to replace sugar.



Stevia is no doubt, an emerging choice as a sugar substitute as it has a sweet flavour. Although it may not taste same as sugar, it is still acknowledged as a plant-based, zero-calorie sugar substitute. Stevia has a sweetened flavour and can be enjoyed in place of table sugar as a healthier sweet option. A pure stevia extract is about 300 times sweeter than sugar, so it needs to be taken in very small quantity. In this way, it is a low-calorie sweetener that not only has the sweetness level just like sugar, but also is naturally gifted with many associated health benefits.



THE SWEET HERB

Stevia is a sweet-tasting plant/ herb that is believed to have been in use since the sixteenth century. The plant originally belongs to Paraguay and Brazil and is also grown in Japan and China. In fact, China is the biggest exporter of Stevia today. Stevia is in use as a beverage sweetener and as a herbal supplement. It is often referred to as a sweet herb. Stevia is basically a natural sweetener which has no calories. Therefore, it is gaining preference as an alternative to sugar. Apart from its sweet taste, stevia is also used as a traditional medicine to treat burns, stomach disorders, and more. However, it is the use of stevia as a natural sugar substitute that gives this herb much of its enormous credit and reputation.

STEVIA FOR NATURAL SWEETNESS

Stevia leaves contain a glycoside known as stevioside, which makes it pleasantly sweet. The Steviol glycosides or stevioside are the compounds which give stevia leaves much of its sweet taste. Owing to its natural origin and its availability as a low to zero calorie natural sugar substitute, Stevia is now gaining popularity as a potential weight-loss aid. There are many reasons to believe in its weight loss action and capacity.

WHY IS STEVIA SO POPULAR?

To begin with, stevia extracts are about 200 to 300 times sweeter than normal

sugar. This, in turn, makes it consumable in low quantities. Tiny bits of stevia natural extracts can sweeten our cup of tea or can even be used to make healthy baked food stuff.

When used in moderation, stevia does not pose any health risk. Since it has no-calories, it is safer to use regularly and frequently in our daily routine.

The major benefits of stevia include blood-glucose and body-weight control.

Stevia's zero-calorie property, which makes it a sugar substitute in our diet, is not the only reason for stevia maintaining healthy blood sugar levels. It is the phytonutrient properties of the stevia plant which makes it a more dependable source for controlling blood sugar levels, optimally.

BENEFITS MANIFOLD

Recent scientific trials approve that this sweet leaf herb has plant-based phytochemical compounds. This helps in controlling blood sugar, regulating the high cholesterol, maintaining blood pressure, adding to its merit as a natural sweetener. It is, therefore, gaining priority among the health and the fitness conscious.

It is typically the dark green serrated leaves of stevia plant which have a high concentration of sweet glycosides. Stevioside is a non-carbohydrate chemical (glycoside) compound which makes it low in carbohydrates and a sugar-free sweetener.

STEVIA - HERBAL SWEETENER

Even though sugar and low-carb sweeteners are both processed and natural, stevia is being increasingly preferred for its sweet taste and for not raising the blood sugar level. Consuming sugar adds a lot of calories, contributing to weight gain and also resulting in adverse effects on blood sugar. This has an overall bad effect on one's health. On the other hand, further medical research indicates that stevia has more benefits including improvisation of cardiovascular, digestive, and immune health, and thus remains on a lookout for the health and fitness conscious. A high-quality stevia extract is a perfect replacement for table sugar since it is plant-based, a zero-calorie sweetener with health benefits. If you choose to use stevia in moderation, it will considerably reduce your calorie intake, helping you avert health risk factors like obesity or problems associated with diabetes and metabolic syndrome. It is, therefore, a useful replacement for sugar in daily routine ■



Fact-file on meditation

Meditation is an approach to training the mind, similar to the way that fitness is an approach to training the body. Here, **Dr. Ushy Mohan Das**, will guide us into the basics we need to know about meditation.



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To be happy and healthy we need to sleep well, eat right, and exercise. According to the neuroplasticity of the brain, our potential is not set at birth. This potential is strengthened and improved in ways once believed impossible.

However, very few of us realize just how important "human connectedness" is to our overall mental, emotional, and physical well-being.

According to a highly referenced 300,000+ person study published in the esteemed 'PLOS Medicine' journal, people with the most social relationships (both quantity & quality) are not only much happier, but live 50%+ longer than the rest of us lonely folks.

Not only do experienced meditators often look decades younger than their "true" age, but they also live much longer lives than the rest of us mere mortals.

And the reasons why, are nothing short of incredible. We have long known that this due to some kind of uber-complex, multi-leveled hierarchy to the human mind.

Many deep thinkers are highly aware that just below the surface of their conscious mind(s) was a dormant volcano of powerful thought energy just waiting to erupt — with a few of them tapping into, perhaps even somewhat controlling this infinite force to produce their timeless, highly-influential bodies of work. Like an iceberg, there is a great deal under the surface of our conscious, everyday level of thinking — hidden from view. Best known as the subconscious and unconscious, these powerful mind layers do much of our thinking.

Meditation is the best way to train our mind to be a more precise, better in quality, higher functioning data filter thus making one a more mindful, happy person in the process.

OVERCOME LONELINESS:

My interactions showed that "feeling connected" to others strengthens immunity, while other studies have cited lower levels of anxiety and





depression, higher self-esteem and empathy. Because of the human mind's tendency to obsess over the past and worry about the future (instead of simply being present), too much time alone can have real mental and physical health consequences.

Thinking back, when was your happiest times? For most folks, those precious, magical moments with beloved friends and family quickly come to mind.

Whether we are playing games, eating, drinking, talking, or laughing with our loved ones, the natural human connection we feel anchors our awareness firmly into the present (instead of worrying and obsessing when alone). To ensure loneliness doesn't roast your brain, you need to keep your parietal lobe calm, cool, and collected. Thankfully, meditation is up to the task.

LEFT BRAIN vs RIGHT BRAIN:

Your brain has two hemispheres, left and right.

"Each hemisphere is a conscious system in its own right, perceiving, thinking, remembering, reasoning, willing, and emoting, all at a characteristically human level," said Dr Roger Sperry.

While a great deal of Dr Sperry's "left brain / right brain" research still holds true today, certain parts of his model have been updated over the last 40 years. For example, neuroscientists have recently learned that highly creative people are actually "whole brain" thinkers rather than just "right brain" thinkers. However, this "imbalanced" brain findings have stood the test of time.

MEDITATION BALANCES HEMISPHERE FUNCTION:

The "corpus callosum," the grand central station-like cable of nerves cross-linking the brain hemispheres, was remarkably stronger, thicker, and better connected in meditation practitioners.

For those of us looking to maximize

our potential, meditation is one of the best known ways to go ahead. Meditation helps a hyper-connected, ultra-efficient bridge between our brain halves. Harmonizing both brain hemispheres opens the door to a plethora of benefits, with better focus, deeper thought, super creativity, excellent mental health, enhanced memory, and clearer thinking.

PEOPLE WHO MEDITATE SLEEP BETTER:

Soon after beginning a meditation practice, many people report needing less sleep. Why is this the case? Here you will learn why meditation does in fact replace sleep to a very strong degree, the most critical difference between the two, and why no amount of meditation can completely replace your nightly sleep cycle. If you are looking to have a more succinct sleep cycle, then getting more of the highly critical chemical melatonin into your body is key.

Melatonin is a hormone known for creating restful sleep – many sleepless people have problems producing enough of this very vital chemical, and is key if you want to sleep like a log.

What inhibits your body's production of melatonin the most? Stress.

Stress is a real negative vortex — the number one enemy for those looking to sleep fewer hours per night. Thankfully, there is a time-tested, all natural solution.

In a highly cited Rutgers University study, meditation was effectively proven to boost melatonin levels by an average of 98%, with many participants showing increases of more than 300%!

Meditation Builds
A Bigger, More
Emotionally Intelligent
Brain:

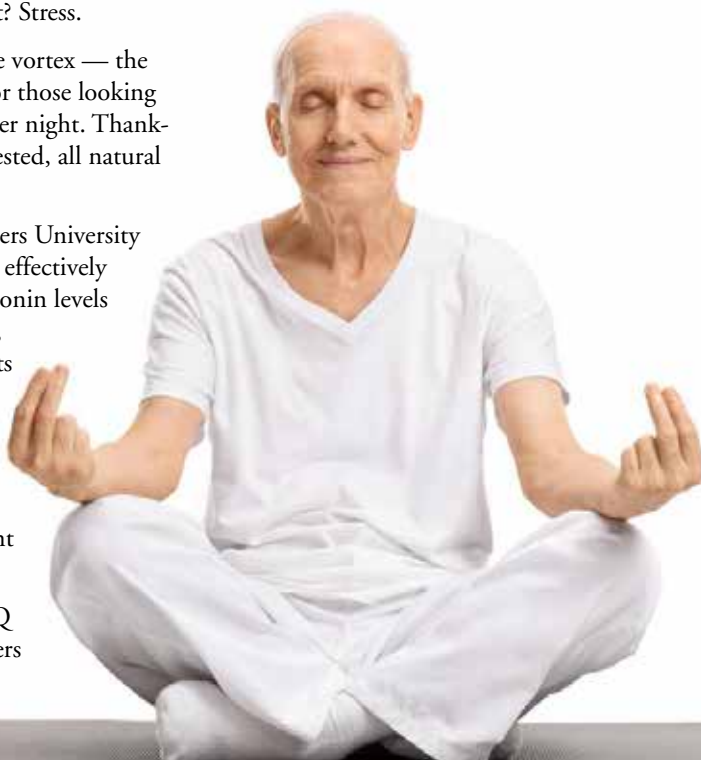
People high on the EQ
chart tend to be masters

of both work and play. They usually have prosperous careers, long-lasting, fulfilling relationships, and tons of friends. They are often generous, empathic, self-motivated, with the ability to love and be loved. Meditators have been the coolest of the cool for millennia, which is now confirmed by science.

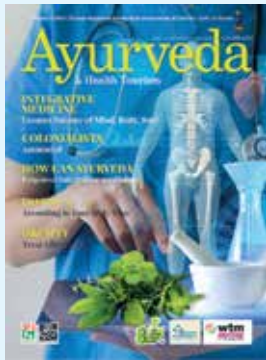
Our brains are still wired much like our stone-age ancestors. While we live in modern cities free of wild animals — our job stress, money problems, and relationship quarrels still trigger our "fight or flight" fear response eight days a week.

There are many highly successful people who are on the record crediting meditation as their technique for generating transformative ideas. While we all want change in the world, the first thing that needs to change is us. Meditation bridges that gap wonderfully, upgrading our minds and reprogramming our thoughts to easily manifest whatever end goal we desire — with abundance, health, and happiness just the beginning.

Change your thoughts. Change your life. Change the world. Discover meditation ■



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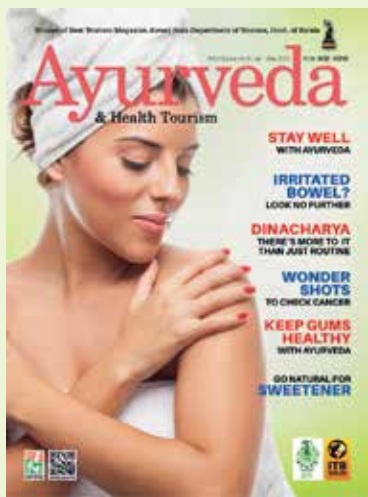
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Are you a good parent?



Dr. Jobby George

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Children are raised depending on the surrounding environment, situations, health status, beliefs, financial stability of parents, genes and social mentality of the people around. Here, **Dr. Jobby George**, gives us an insight into what is required for good parenting.

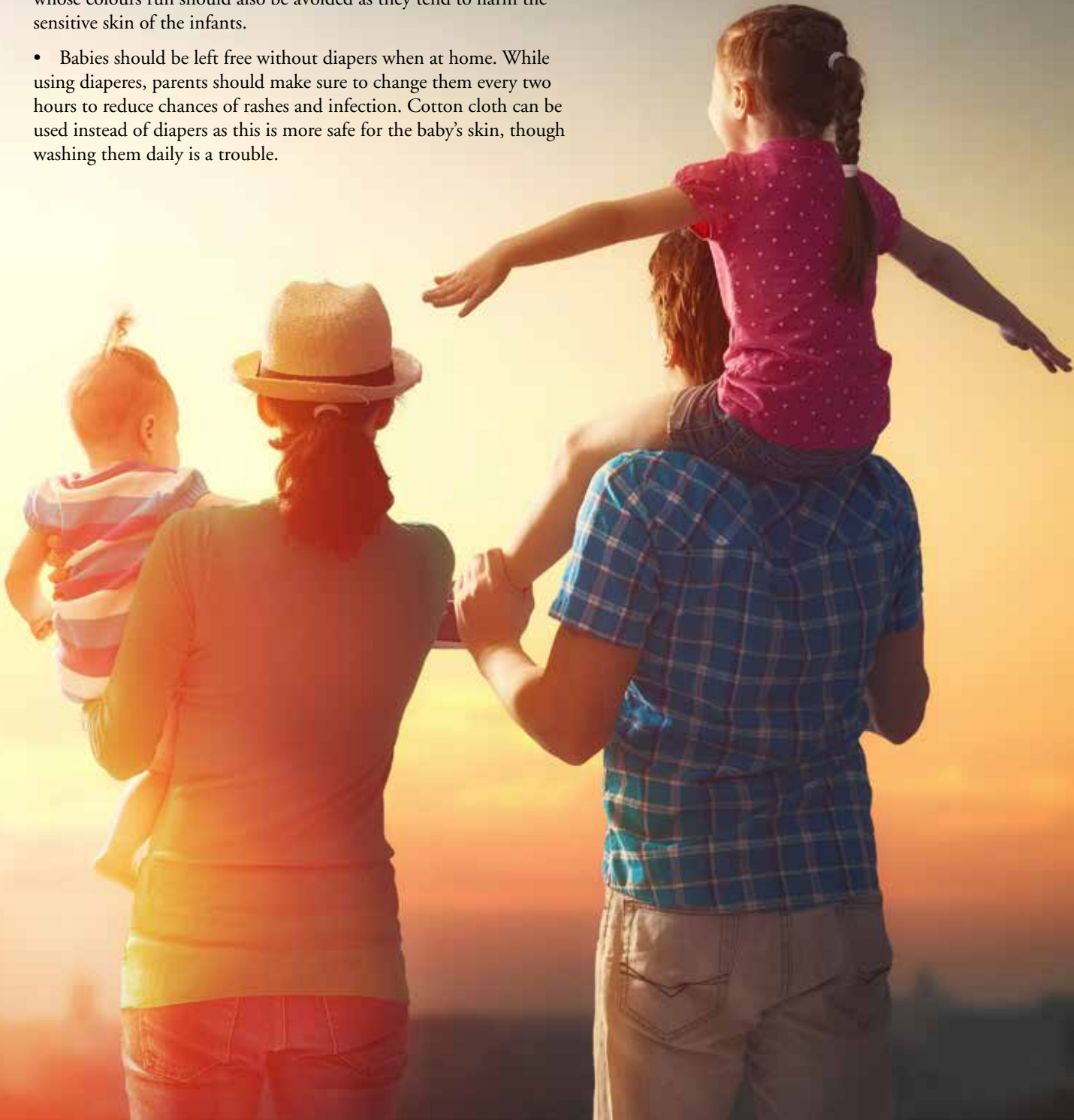
We know that all children are different and unique in personality and habits be they from the same family or even if they are twins. Therefore, it is necessary to have different attitudes and principles while raising each child. But yes, basically what all children need is love, care and impartial and undivided attention. Parenting therefore, means understanding the physical, mental, food, health, social and spiritual growth of child. Here, we can understand how parenting should be done considering the above parameters.

PHYSICALLY

- For the good health of a child, care should start from pregnancy. It is necessary that parents' are in touch with the baby's grandparents as this will make parenting easy as a lot of the health and behaviours of the child are inherited. Grandparents can share their experience on parenting and thus lower the worry of the parents.
- After a few weeks from birth, babies are seen to get adjusted to the surrounding climate. In India, babies tend to feel hot as this is a hot country

and chubby babies feel a lot more heat. Therefore, they should not be swaddled in warm clothes as this might make them sweaty and lead to diseases like asthma.

- Upto six months of birth, only cotton clothes should be used on babies. These should be breathable, white or light coloured. Clothes whose colours run should also be avoided as they tend to harm the sensitive skin of the infants.
- Babies should be left free without diapers when at home. While using diaperes, parents should make sure to change them every two hours to reduce chances of rashes and infection. Cotton cloth can be used instead of diapers as this is more safe for the baby's skin, though washing them daily is a trouble.





- Mothers should watch their infants closely to get signs from them for urinating or to pass stool. Babies should be toilet trained early itself to avoid washing heaps of soiled clothes.
- Breast feeding should be continued till 2-3 years after birth for good health of the mother and child.
- Don't always carry babies, they need to be left on the ground so that they can exercise more and grow stronger and faster.
- Exercise is important for children of all ages. To practise this, children should be allowed to play outside in the evenings under the sun daily to get their quota of Vit-D and immuno-boosters.

MENTALLY

- Make sure to talk to your child always. Listen to them and answer their questions scientifically and logically. Repeat words to babies, sing to them and narrate a lot of stories to them so that their mental acumen is sharpened. Also, speak to them in a normal pronunciation as you would to elders so that they can hear correct and speak correct. Try to avoid speaking to them in babyish language as this will delay their normal speech function.
- Also, babies should be allowed to cry sometimes to increase their lung and heart functions. Parents should never give in to the crankiness and stubbornness of babies. Parents should

always have an upper-hand in all their activities with children. Children should learn to take a NO for a NO or else they will become very demanding and get spoiled easily.

- Children should be made to participate in all activities without a sports-man spirit. Participation is very important though forcing them into activities can lead them to feel inferior to their peers and make them depressed. By the time they are 6 or 7 years of age, parents should understand the likes and interests of their babies.
- Children should be made to understand things and take deep interest in studies. Studies should be introduced to them with a 'fun' element. They



should never fear exams. A child should never be compared to another for their intellectual or physical performance. It is good to compare his present performance with his past but never with others.

- Children should always be made to understand the value of money. Underspending on them leads to insecurity and overspending or hoarding on them can lead them to feel that things are easily accessible and that anything can be bought with money.

FOOD AND HEALTH

- Children who fall in the Kapha stage of aging and are in constant contact with other children tends to be frequented with cold, cough and other

contagious diseases. They are often in the habit of experimenting and thus put things in their mouth leading to worm infestation. This results in low immunity for their bodies.

- Exercise under the evening sun, good sleep according to age, good appetite and having healthy food are the real immunity boosters for children.
- When starting to feed babies solid food, new food should be introduced to them one at a time. Food should be introduced to them during the mornings to rule out any allergies or other problems.
- When children crave for junk food, make them healthier alternatives to these junk foods. This will leave them healthy too.
- It is observed that growing children tend to eat little and thus they lose weight but gain in height. This happens every 2-4 months in little children too. During these days children should be administered light foods and more of soups.
- When sick, they should be given light foods like rice gruel, bread, phulkas, tomato soup, vegetable soups, etc. And post the sickness their appetite should be revived. Ghee with black pepper should be given to rebuild their strength. Ghee is also known to increase their brain functions and intelligence.

SOCIALLY AND SPIRITUALLY

- Children should be taught to be empathetic to the poor and down trodden.
- They should be taught the right meaning of spirituality. They should be taught to love, forgive and respect all religions.
- They should be taught to be disciplined at home, to behave well in society, be safe and know their surroundings.
- They should be made to do works as per their capacity. They can work along with elders so that they can understand safety measures and learn not to be lazy when they grow up.

- Never instil in your child a feeling of inferiority complex be it in colour, sex, marks, disability, etc.
- Never let your child to shop on their own. Give them proper reasons on why they should not buy a certain stuff. Never give in to their fussiness even if it is in public.

ADVICE TO PARENTS

- Make sure to maintain your good health as parenting is always energy draining. Don't ever compromise on your food, rest and sleep.
- Parenting is painful and stressful and this is necessary for bringing up bright and healthy children.
- Learn first-hand home remedies and methods to tackle emergencies.
- Behave the way you want your children to behave.
- Practise what you preach, and watch your words and ways as children are copy cats of their parents.
- Never limit to one child as bringing up one child is more taxing and a sibling is a need for the right shaping of a child's mind.
- Never scold or punish children in public. Never scold the elder in front of the youngsters.
- Strong, healthy, bold and fearless parents make a happy and healthy child.
- When you gift children, always consider their age and not your pocket. Markets are now loaded with toys and goodies, but always consider your child's health and mind first.
- Be a friend to your child, then only they will open up their minds to you. Keep a check of their friend's circle and sometimes invite them home too ■

Is our obsession with being fit endangering our lives?

Being fit has become an obsession more than a desire. Through this article, **Aravind Jain**, tells us how this mania can be a threat to our lives in the long-run.



Aravind Jain

Co-founder and
Director of
AS-IT-IS Nutrition
Bangalore

The phrase "Health is Wealth" will remain eternal till the human race exists. The ideas of good health and well-being have been with us for ages and it was sage Patanjali who realised that yoga could help us lead healthier and better quality lives.

Numerous inventions & discoveries over the last two centuries have made the lives of billions of people easier. In fact, it is not wrong to say that all inventions were created to make people's lives easier. Yet, many inventions have also led people to adopt a sedentary lifestyle; although bad habits have led people to adopt such a lifestyle as well.

Just a few decades ago, the importance of health and wellness entered the limelight in India largely because of the poor lifestyle adopted by many Indians. Today, more Indians are seen suffering from obesity, diabetes, high blood pressure, metabolic disorders, and cardiac issues and this is a result of many adopting unhealthy lifestyles. Since these issues have become common, people have also grown conscious about finding ways to prevent them.

As people's awareness about how to be healthy grew (though a very small fraction of people is aware of how to be healthier), they started to make changes in their lifestyles including taking up exercise, practicing yoga, and eating a proper diet and having health supplements. Gradually, it is seen that health & fitness have become points of discussion everywhere. Now, it's common to see a lot of people discussing ways on how to stay fit and joining fitness centres and appointing personal nutritionists. This have become common among fitness freaks who crave for an attractive physique. This was not the case a few years ago and lingos like crash diets, keto diets, and cheat meals were unheard of then.

However, is this obsession to fitness justified? To answer this question let us first understand and define what fitness is.

A body can be said to be fit if it acts efficiently, is productive in all aspects of life, if it remains healthy and is immune to minor diseases and disorders. The body's ability to respond quickly (quick reflexes) to stimulus is also a definition that a body is fit.

To see if a body is fit we can classify people in two categories. Those in the first category believe that they are healthy and should be unconcerned about their fitness. Those in the second category feel that they are following an unhealthy lifestyle and hence want to adopt a healthier lifestyle. It is people in the second category that adopt activities like crash diets, keto diets, and other rigorous exercises simultaneously.

Though both categories of people are at risk, it is people in the second category whose health is more at risk. In a quest to be fit, lean and healthy they adopt unhealthy habits that lead to diseases like anorexia and bulimia. Anorexia means a complete loss of appetite and bulimia is an emotional disorder in which the body is wrongly per-

ceived as being bloated. These are then accompanied by an obsessive desire to lose weight, eating excessively, followed by fasting or self-induced vomiting or purging. Many people suffering from anorexia and bulimia suffer from poor health and aren't fit at all.

Such an obsession to be fit indicates an imbalance in the body's hormonal system. Hormones like serotonin, dopamine, and cortisol are important to regulate normal body functions. When the body faces an imbalance in these hormones problems are seen to arise.

Cortisol is the hormone responsible for maintaining normal homeostasis (normal body functioning). It helps the body prepare for a fight or flight response whenever it is under stress. Cortisol is released in the body in response to stress and low blood sugar levels. So when people adopt an improper diet or a poor diet, it leads to low blood sugar levels called hypoglycemia. Sensing this low blood sugar, Cortisol is released in the body from the adrenal glands and signals to the body that it is under stress. A chain of reactions is then triggered leading to increased heart rate, high

blood pressure, anxiety, insulin suppression etc. Being anorexic or eating less keeps Cortisol levels high leading to disorders like blood sugar imbalances, weight gain, compromised immune system, heart-related issues, gastrointestinal problems, fertility issues etc.

Also, it is understood that people yearn to be fit by burning more calories than they consume. This leads many of the young fitness freaks to hit the gym or take up rigorous physical activity with the sole purpose of losing weight. While it is a good idea to burn more calories than consumed, it is of the utmost importance to supplement the diet to make up for the calories burnt. If one does not supply the body with the right nutrition, then one is endangering one's health and the likelihood that one will get a chronic disorder or immune deficiency diseases increases.

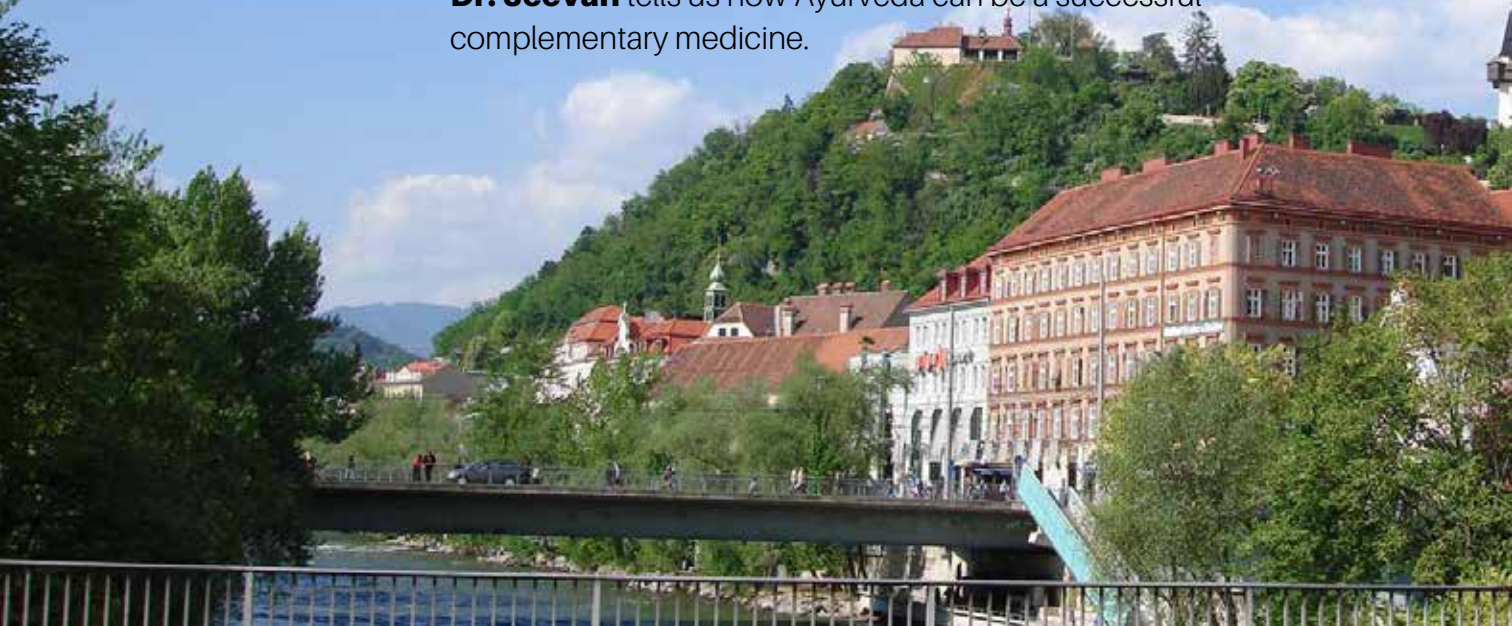
It is good to have a fit and healthy body, yet balancing between the two extremes of fitness and poor health is the best approach to have a healthy and fit body. Importantly, one must understand that our body is designed to be healthy unless we decide to make it otherwise ■





Merging Ayurveda in medical universities worldwide

Merging or integrating Ayurveda in global medical universities is becoming essential as well as common these days. Here, **Dr. Jeevan** tells us how Ayurveda can be a successful complementary medicine.



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Of late, more and more medical universities in Europe are looking at integrating Ayurveda in their medical curriculums. Graz Medical University in Austria is one among them. They have recently included Ayurvedic studies in one semester in their medical curriculum.

This kind of merger is bound to be successful due to the fact that the medical system in the West is not able to give any appropriate solutions to most of the chronic diseases. Also, this medical system does not have any solution in treating lifestyle diseases, teaching lifestyle management or prescribing preventive medicine. Hence, the trend towards including Ayurveda in the modern medical curriculum seems to be the only solution to these problems.

Western medical doctors believe that Ayurveda can be a successful complementary medicine by integrating some of the prominent Ayurvedic principles in the clinics and hospitals.



Below are some of the additions they suggest:-

1. NUTRITION FOR EACH DISEASE

In Ayurveda, the vaidyas are more interested in studying about the different foods and their preparation as explained in Ayurveda. Here, the heating and cooling properties of food items are used to regulate the accumulation of fat and other inflammatory diseases respectively. Managing rheumatoid arthritis, psoriasis and Parkinson's diseases by simply avoiding some food items like red meat and certain junk foods are already successful in the West.

2. HERBS & SPICES

Disorders such as lactose intolerance, gluten allergy, pollen allergy are prevalent in Western countries. Many westerners avoid herbs and spices and just use only pepper and salt in their preparation of food. Although, now there is a growing awareness about the beneficial properties of using ginger and cardamom in

their food. But by and large the anti-inflammatory, anti-allergic or antimicrobial medicinal properties of curcuma, nutmeg, cinnamon etc. are mostly unknown to them. This is another area of growing interest in many medical universities. Many are reacting by integrating Ayurveda pharmacology into their curriculum.

3. PANCHAKARMA

There is nothing equivalent in any medical system to the complete step-by-step internal cleansing of the gastro-intestinal system and the tissues as in Ayurveda's Panchakarma. This detox-therapy is becoming popular among modern medical doctors too. They are also aware that adopting these detoxification methods from Ayurveda can help reduce the use of many chemical medicines.

4. YOGA-ASANA

Various yoga postures act as an element in managing different diseases and these are gaining acceptance medically. Group yoga with several people gives a general feeling of well-being in healthy individuals. But if the person is suffering from any disorders he/she is better off going for an individual based yoga therapy. Yoga-Asana is one-of-a-kind body exercises, which preserves energy. Most of the other exercises are energy depleting. The medical fraternity is accepting yoga therapy, as also are health insurance companies.

5. YOGA-PRANAYAMA / DHYANA

Along with a good posture, properly dealing with the Prana along with Dhyana to calm the mind is the best prescription for complete health in Ayurveda. Diseases like asthma, cardiac insufficiency, migraine, burn out, blood pressure & mental anguish, frustration, insecurity etc. are treated by proper Pranayama & Dhyana. Awareness of the above five factors is increasing and becoming more popular among the public and the medical fraternities in Europe, and especially in Germany and Austria.

During the past 22 years I have seen tremendous progress towards the acceptance of Ayurveda at least as a complementary medicine. This has come about due to the continuous efforts of a group of Ayurvedic doctors. As a faculty member of the Graz University, I greatly appreciate the young medical students for their genuine interest in learning Ayurveda and their willingness to integrate Ayurveda with modern medicine for the well-being of their patients. Our journey will proceed with new approaches that will certainly help mankind in due course.

May that journey end in formulating one integrated medicine, incorporating the positive aspects of all medical systems. Let healing the world be its only target.

****Ano bhadra kratavo yanthu viswatha:****

Let noble thoughts come to all from all sides".

Rig Veda 1-89-i

Irritated bowel? Look no further

Irritable Bowel Syndrome (IBS) is a chronic disease which affects the Gastrointestinal tract (GIT). It is characterised by a cluster of symptoms like abdominal pain/cramps, bloating, indigestion and altered bowel habits. This article by **Dr. Manu** will help us understand the different treatments in Ayurveda that will help in curing this disease.



Dr. Manu

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Irritable Bowel Syndrome (IBS) is not a life threatening disease but it often adversely affects the quality of the patients life causing them to avoid social events, travel plans, work schedule etc because of the fear and embarrassment of unexpected IBS symptoms like abdominal cramps and/or diarrhoea. Found to affect one in five people at some point of their life It can affect both men and women, but is likely to affect twice as many women as men.

THE SYMPTOMS OF IBS INCLUDE:

- Abdominal pain and cramping
- Abdominal bloating and/or heart burn, excessive flatus indigestion
- Immediate urge to pass motion after food
- A feeling of incomplete emptying after bowel movement
- Diarrhoea and/or constipation. Alternating between the two
- Ribbon - like stools or loose stools with or without mucous.

CAUSE OF IBS IN AYURVEDA

As we all know, IBS is a chronic disease that affects our digestive system. Hence, the influence of the food we eat play a huge role in the development of this disease. Thus, it turns out that the primary cause of IBS is nothing other than our food habits. All other factors like stress and pressure at work play only a secondary role in the development of IBS. In Ayurveda, food is called “Mahabheshajam”, which means “the greatest medicine”. The correct kind of food can prevent almost



all chronic diseases, cure most of them, enhance our immunity, help our brain function well, keep us happy, keep us young, repair our DNA, and enrich all the dimensions of our life. But the sad truth is that the incorrect manner of food intake can have a delirious effect on our body.

An ayurveda saying goes like this, “If your diet is right, there is no need for medicine. If your diet is not right, there is no use for medicine.” So the causative factors of IBS according to Ayurveda are connected to unhealthy food habits.

They are:

VISHAMASANAM

Vishamasanam means eating food that is not conducive to the optimal functioning of the digestive system. It can happen in multiple ways

A Wrong types of food:

Unfortunately we don't eat real food anymore. We eat industrially produced, nutritionally depleted food that contains loads of MSG, artificial sweeteners, additives, pesticides, preservatives, allergens etc. Many of our foods are genetically modified too. We don't drink normal water any more. Instead, we drink sodas, fruit juices with loads of sugar and that which poses a great challenge to our digestive system and its enzymes. These kind of foods are detrimental to our GIT and can trigger inflammation of the gut, allergic reactions, food sensitivities and cause motility problems to our intestines.

B Wrong combinations of food:

Our digestive system is not designed to digest complicated and sophisticated food combinations. Digestive enzymes have well defined actions and

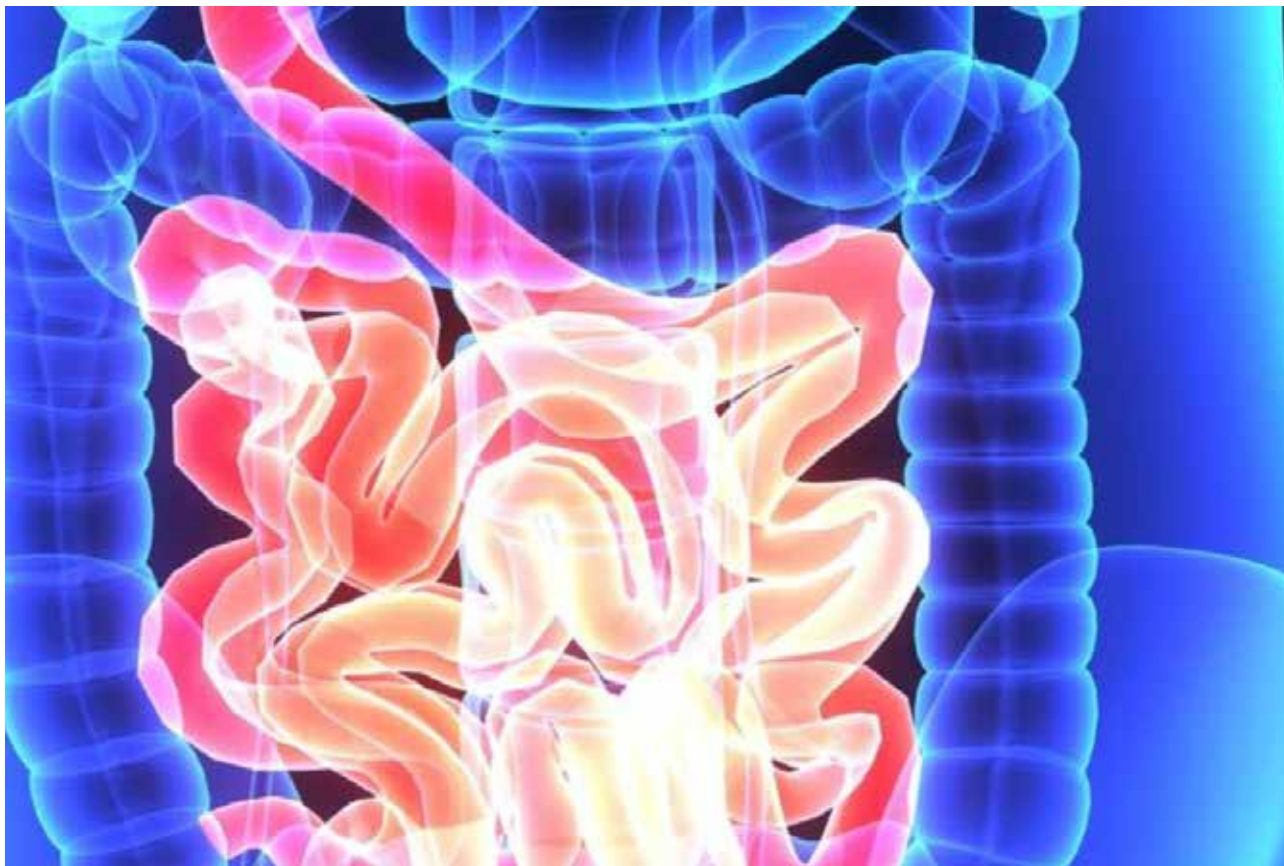
limitations and when we disregard these limitations and eat haphazardly, abdominal distress is bound to happen. Ayurveda says that the wrong combination of food can create toxic metabolites which can cause IBS and/or other chronic diseases.

C Eating food at the wrong time:

We have a biological clock in our genes. It works according to the natural rhythm of our body which is nearly a 24 hour cycle. This rhythm controls and regulates and decides the best time to eat and digest food, time of sleep and every other physiological activity. Eating at the wrong time will disturb the biological clock within us and this can result in IBS or other chronic diseases.

ADHYASANAM

Adhyasanam means eating anything before the previously eaten food is digested completely. This creates a



crisis in the stomach causing abdominal distress and hinders the proper digestion and metabolism of the food consumed.

ANASANAM

Anasanam means not eating in a healthy manner when we need to. Missing the right nutrients repeatedly can cause havoc in the immune system, nervous system and endocrine system which controls and regulates our body and especially digestive system leading to IBS and other nutritional disorders.

ATYAMBUPANAM

Atyambupanam means drinking excessive amount of water. It has become a fad to drink a few litres of water or tea etc daily. This has a detrimental effect on gastric functions.

KRIMI

This means infections by either bacteria, virus, or other parasites in the gut can lead to IBS if not managed properly. For e.g., if one gets an

infectious diarrhoea and gets treated with antibiotics but does not follow the right diet and regimen, the effects of the infection can remain in the gut and lead to a later attack of IBS.

VEGA DHARANAM

Vega dharanam means controlling and postponing the natural urges of Bowel movement, or urination or flatus. In this fast paced world people often ignore the above said urges for hours or even days. This can cause severe dysfunction in the motility and normal functioning of the colon in the long-term resulting in IBS.

AJEERNAM

As a cumulative and repetitive result of one or more of the above, a condition called “Ajeernam” may happen in the gut. “Ajeernam” (also called “digestive sludge”) results from incomplete or partial digestion of food in the digestive tract. This “digestive sludge” turns toxic and can cause innumerable diseases. “Ajeernam” is the cause of many chronic diseases including IBS

and can cause a cascade of adverse events in the colon.

- It can damage the lining of the intestines which is only one cell layer thick. The immune system which is present just below this lining gets activated and responds with food sensitivities or allergies (eg, gluten, casein) in the gut.
- The entire nervous system in the intestines gets irritated by the toxic Ajeernam and can force the intestines to go into spasms causing pain and/or diarrhoea and/or constipation.
- Another adverse effect of Ajeernam is that it attracts harmful bacteria into the intestines (which should be sterile) creating a condition called SIBO (Small Intestinal Bacterial Overgrowth). This SIBO can create symptoms like bloating, cramps, diarrhoea, indigestion, nausea etc which are seen in IBS.

AYURVEDIC MANAGEMENT OF IBS

Ayurvedic management of IBS or any other chronic disease is totally different from conventional medicine. Nobody wakes up one fine morning to find he/she has IBS. It is a chronic disease which takes a few weeks / months or even years to develop. If there are 100 people with IBS, the causative factors and the course of the disease may not be the same for all of them. Ayurveda emphasises the uniqueness of each individual and uniqueness of the disease-causing factors in each person. So a one-size-fits-all solution will not be feasible for IBS or any other chronic disease. Understanding the underlying causes and the mechanism or the patterns of dysfunction of the disease is crucial in developing a personalised treatment for each individual.

IN IBS, TREATMENT IS DONE IN MULTIPLE PHASES:

- **Nidanaparivarjanam** (Removing the causative factors from the diet and lifestyle)
- **Pachanam** (neutralisation or metabolising the Ajeernam)
- **Deepanam** (Stabilising and regaining of digestive enzyme-hormone complex functional efficiency)
- **Sodhanam** (Flushing out the disease causing factors from the colon)

Nidana parivarjanam

IBS sufferers are advised to avoid eating the following:

- All processed, industrially produced food which contains MSG and other additives, trans fats, artificial sweeteners, preservatives, pesticides allergens etc.
- Gluten, dairy products
- Legumes and beans
- Cruciferous vegetables like cauliflower, cabbage etc
- Chilled foods and drinks, alcohol, coffee, chocolate, raw vegetables, raw green juices and smoothies.
- Excessive drinking of water or tea.

Diet and Lifestyle factors to be adopted when attacked by IBS

- Don't eat or snack frequently. Leave a gap of minimum 4 hours between meals. Only drink boiled water between meals.
- Avoid late night dinners. Eat dinner 3 hours before going to bed.
- Eat only fresh, well cooked and warm food which is not dry. Raw, cold or dry food can irritate the sensitive colon and aggravate the symptoms. Basmathi rice, Potato, Kichadi, Porridge, steamed vegetables with a little spices, organic lamb meat, gluten free bread, vegetable broth, bone broth are ideal options.
- Chew your food very well. Nearly 20% of digestion happens in the mouth. Proper chewing of food alone will reduce the severity of symptoms of IBS.
- Try to keep the mind stress free. Soft belly breathing and mindfulness meditation will help to manage stress better.

Pachanam

Pachanam is a unique treatment where specific herbal combinations and personalised food regimen are used to neutralise and metabolise the toxic, disease causing "Ajeernam" and its complications like SIBO (Small Intestinal Bacterial Overgrowth),

food sensitivities, loss of appetite, nausea etc. Once the Ajeernam gets metabolised, the colon returns to a normal state and the symptoms of IBS subside naturally.

Deepanam

In IBS, the enzyme-hormone complex will be compromised so they may be functioning sub-optimally. Deepanam is the Ayurvedic methodology to optimise and regain the functional efficiency of the digestive enzyme-hormone system.

Sodhanam

Sometimes, the Ajeernam may be stubborn and highly toxic and may not respond to Deepanam or Pachanam. Then the next treatment protocol in Ayurveda is to exercise the toxic Ajeernam from the colon. There is a unique method of detoxification called Panchakarma through which even the toughest disease-causing factors can be probed, found and flushed out of the body without affecting the normal physiology. This is found to be very effective in treating most of the chronic diseases. In very chronic IBS, Sodhanam can be a very effective tool in reversing the disease. Once Sodhanam is done, the chances of recurrence of the disease are small.



Chronic back pain? Blame it on poor posture



Dr. Pathrose Parathuvayalil

Chairman & Managing Director
Dr. Pathrose Parathuvayalil Group

Chronic back pain results from a bad posture while sitting or standing. It can also be the result of continuous hours of sitting in front of the PC, laptop, television or any other digital devices. In this article, **Dr. Pathrose Parathuvayalil** tell us how Ayurveda can help us overcome this disorder without surgery and antibiotics.



Spine is a strong, yet flexible structure in the human body. It acts as the pivot to the whole body and the discs interposed between vertebrae acts as shock absorbers. Its most important function is to protect the spinal cord that runs through the whole spinal column.

The spine has four natural curves which help to distribute mechanical stresses as the body moves. The spinal cord is the core of the communication system between the brain and the body.

A great deal of recurring or chronic back pain arises from poor posture. Posture that has developed over many years tend to remain fixed and alters the muscular pattern. This results in tense muscles and may even restrict your breathing.

The common problems of the spine related to daily activities includes disc problems, muscular dysfunction, facet



joint arthritis, sacroiliac arthritis and degenerative conditions of spine leading to instability and causing neural problems of varying intensity. These subset of spinal problems which affects the majority of the population can be very well treated based on Ayurvedic and Marma Principles with a combination of herbal medications and spinal manipulative therapies.

The medicines deal with the inflammatory part where as the spinal manipulations take care of the mechanical aspects of spine in correcting malpositioned disc, facet joints involving the whole spine. The advantage of these manipulations in expert hands can give immediate relief from pain and rigidity of spine.

Ayurveda recognizes this cable network system of the spine. It states that if this disorder is treated at an earlier stage by properly repositioning the progression of the disc, degeneration can be minimized.

The philosophy of ayurveda lies in recognizing the spine as a whole unit. The present standard treatment consisting of drugs, physical therapies and surgery cannot optimally treat a degenerative spine as it focus solely on relieving symptoms and not rehabilitation. Surgical decompression of spinal cord nerve roots followed by stabilization and fusion of certain segments will certainly relieve extreme neurological symptoms but does not fully help in restoring the spinal mobility or reducing inflammation of the nerves completely. This is because the micro circulation pores and channels which nourish the spine and its nerves can

still be in a diseased condition. That is why we came across many patients who suffer from a failed back surgery syndrome.

Moreover, the four natural curves of the spine especially the lumbar lordosis has to be maintained for a proper spino pelvic balance in sagittal and coronal plane. Fusing more number of lumbar segments during surgery may later affect the balance of the entire spine causing junctional kyphosis (forward stoop) at thoraco lumbar junction. Therefore, surgery is the only way to deal with certain kinds of tumours, infections and fracture of spine causing severe cord compression.

For degenerative conditions of spine which affects majority of the population ayurveda is known to work well.

The following sanskrit words of wisdom were quoted by Susrutha the great ayurveda physician in his literature as the general principle for treating spine.

“Sandheen chira vimukthamsthu

saighdha suvinnan

Mrudu krudhan

Ukthair vidhaanair buddhiaja

Yadhaswam sthana aanayen

Karodhi bandhana”

The underlying meaning is that a wise physician would first make the spine

supple realign its connecting joints and binds up the spine to maintain its natural alignment till it becomes strong and flexible.

The above principle is followed after an accurate diagnosis of the disease stage and considering a patient's physical constitution. The patient then undergoes ‘panchakarma therapy’ which consists of many procedures to affect his whole body and to make the spine supple and improve its nutrition. After a two week course of treatment the spine can be easily manipulated under mild sedation and then a moulded plaster corset is bound along the entire thoraco lumbar spine up to the iliac crest. Special care is used in plaster application to maintain lumbar lordosis and to relieve abdominal compression. This cast is maintained for about 30 days during which the spine becomes strong and flexible again. Herbal concoctions (kashayam) are given meanwhile to relieve inflammation of nerves during this period

In my experience I have seen many patients recovering from their pain and leading a normal life following treatment. Some basic spinal exercises, yoga and activity modification will prevent the condition from recurring. After all we believe all diseases are healed by God and that we are mere channels of his blessings to the patient.

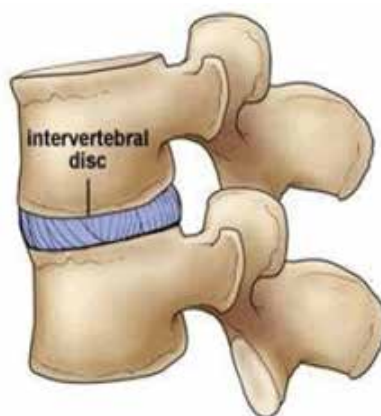
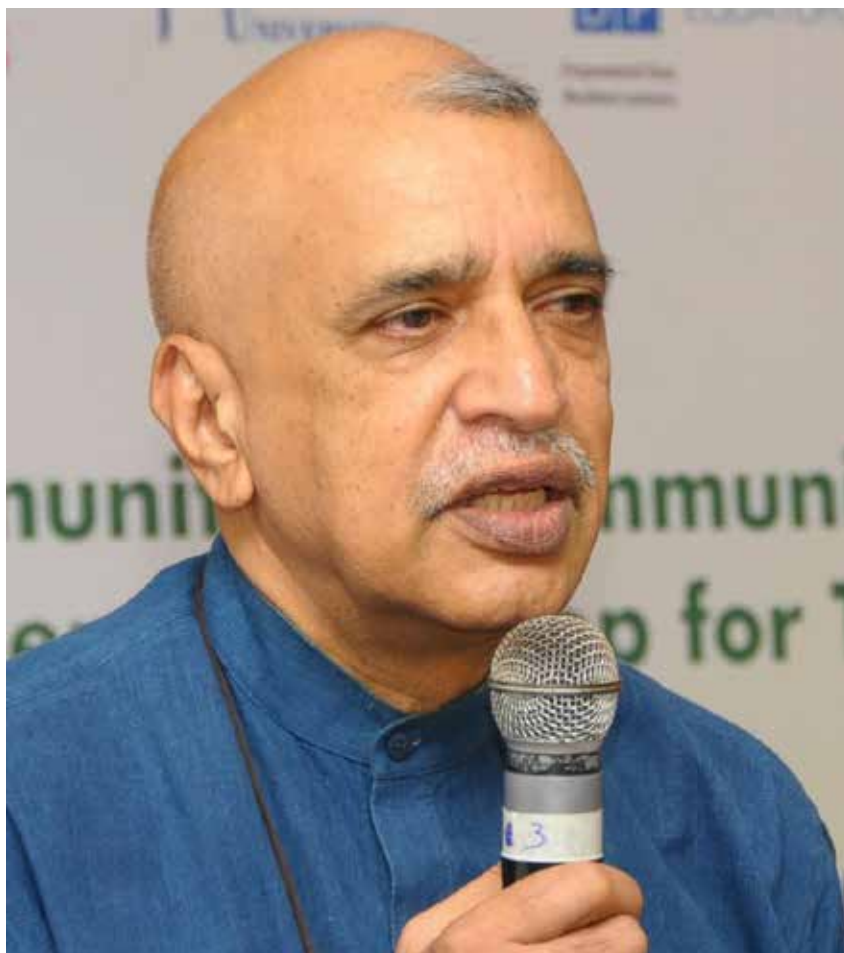


Figure 1. Intervertebral Disc



Ayurveda deeply connects with nature and has an evolved epistemology

All health sciences should integrate and not just work in silos, since it is in unity that we find excellence. This is the reason behind the mushrooming of many new trans-disciplinary health centers around the globe. Here, **Dr. Darshan Shankar**, founder of TDU (Trans-Disciplinary University of Health Sciences and Technology), a private university located in Bangalore, shares with us his experience of Ayurveda and what is required to make it global.



As managing trustee of FRLHT (Foundation for Revitalization of Local Health Tradition) and founder of TDU (Trans-Disciplinary University of Health Sciences and Technology) what is your vision for Ayurveda?

While Ayurveda is our passion, we certainly respect the strengths of modern western health sciences and health care but also realize the limitations of both.

Ayurveda's strength derives from its deep connect with nature and its highly evolved epistemology. Ayurveda's core strength stems from its incredibly holistic world view rooted in the observer-observed framework of Sankhya, its profound five valued logic derived from Nyaya and vaishika, its understanding of systemic change in life processes that use algorithms (sutras) based on refined qualitative parameters and pattern recognition. Ayurveda has remarkably insightful theory on disease progression (shad kriya kal) and chronobiology. It possesses an ecologically sensitive scheme of diagnostics (das-vid-pariksha). It has demonstrated clinical acumen to observe, classify and establish causality (karya karan vivechna). It has core strength in prevention, wellness as well as treatment of NCDs. Its strategies for immunity (vyadi shamta) and tissue regeneration (rasayana tantra) can lead new research at the 21st century frontiers of healthcare. Its systemic pharmacology (dravya guna shastra), its thousands of brilliantly designed food and drug formulations (bhaishaj kalpana) with undiscovered pharmacokinetics and dynamics can feed a new paradigm of drug discovery for syndromes and personalized nutrition science (nutrigenomics) for decades to come. Its deep understanding of the influence of food, metabolism and lifestyle on physiological processes in particular phenotypes which correspond to genotypes, can guide epigenetics and predict health trajectory of individuals. Ayurveda also has an inspiring symbiotic relationship with village based health traditions, wherein millions of homes and community based healers,



use ecosystem specific plant resources for health security of humans, livestock and for agriculture. TDU believes Nobel prizes are waiting to be won from the emerging trans-disciplinary field of Ayurveda-biology.

Despite its strengths, Ayurveda has definite limitations. It's theoretical frame cannot generate solutions for management of emergency and acute conditions. It's understanding of molecular level change is nil. It has to learn a great deal from modern surgical technologies even if in yesteryears it pioneered and gifted surgery to the world. It needs to interface in an epistemologically informed manner, with molecular biology in order to discover its own mode of actions at the structural level. It needs to embrace tools of information technology to organize its enormous multifaceted data, in searchable formats.

Looking ahead, TDU is convinced that Indian Health Sciences because of their systemic perspective combined with the molecular perspective of modern biology will extend and shape some of the frontiers of knowledge in health sciences in the 21st century.

The challenge before policy makers and investors in innovation is to strengthen and create competent institutions which have the capacity to design and execute bold, path breaking strategies, in education, health services and research, with trans-disciplinary foundations in Ayurveda & biology.

How Sam Pitroda and I got drawn to the traditional health sciences of India

Sam's story in quote:

"Even though I was born in India and grew up in Orissa & Gujarat I cannot confidently say that I consciously recognised the fact or potential of India's medical heritage when I was growing up or even in adult life, until it was deliberately brought to my notice. Of course I do know the remarkable fact that I and all my nine siblings were born at home and that we were all delivered safely by traditional birth attendants. It is also a fact that my mother and all of us subsequently lived healthy lives. This is perhaps a testimony to the richness of traditional mid-wifery, but it is only in hindsight that I recognise this experience to be my first direct exposure to India's medical heritage".

"My next exposure happened in the late eighties and nineties and then on, after I met Darshan Shankar. Let me go recount how the encounter with Darshan happened. It was sometime in 1986, twenty five years ago, in the course of mobilizing civil society support for the Technology Mission on Health, that I had convened a meeting with grass-root NGOs in order to motivate them to participate in the implementation of the mission. Towards the end of my introduction on the goals and strategy of the mission, a young, earnest, bearded face got up

from the gathering and asked me in a forthright manner, why is it that a national technology mission on health, has ignored the traditional health sciences like Ayurveda?”

Darshan's story in quote:

“As an urbanite, I had studied the natural sciences in school, college and university. However, this was knowledge inspired by western cultural & intellectual traditions. I was not exposed to any other form of knowledge”.

“Later, while working as a social activist, I lived in the Karjat tribal block, in Maharashtra for 12 years. There, for the first time in my life, I encountered medicinal plants and forests. I could not fail to notice, often with amazement, that the local Thakur, Mahadev Koli, and the Katkari tribals used many local plants and animals for health care. The methods of treatment I saw first-hand were incredible and impressed me deeply. Lactating mothers used *Ipomoea mauritiana* (vidari kand) to enhance breast milk. The leaf of the common plant *Calotropis gigantea* (arka patra) was used to reduce a testicle swollen to twice its size (presumably hydrocele): the treatment worked in four days! The latex of the same plant applied on the skin could draw out a thorn from deep within. The fruits of *Terminalia bellirica* (bibhitaka) were used to treat dry cough. The roots and bark of *Holarrhena pubescens* (kutaja) could cure dysentery. *Helicteres isora* (muradasinge in Marathi) could stop diarrhoea. The ‘touch-me-not’ plant (*Mimosa pudica* or *lajjavanti*) was used to stop uterine bleeding, and the juice of durva grass (*Cynodon dactylon*) could dissolve gall bladder stones”.

“Chemists and pharmacologists unfortunately did not know anything of the biological activity of the entire plant, only of certain chemicals derived from it. The scientists I approached worked in reputed institutions like the IIT, the university of Bombay department of chemical technology and medical colleges. However, they could not help. Hence in my pursuit of validation for local health practices, I was led to the

learned, scholarly traditional physicians of Ayurveda”.

“As an Indian citizen, my exposure to the rich culture and knowledge of my own people inspired me. I felt inspired by the decentralised nature of India's health knowledge and its two streams one oral and carried by millions and the other codified by physician scholars. But along with this pride, I also felt anger that this wisdom and these traditions were being neglected”.

“These feelings kindled in me a desire to do something to revitalise Indian medical traditions and demonstrate their contemporary relevance. In 1993, with the help of a very open-minded telecommunications engineer, who is also a great nationalist, I helped to establish the Foundation for the Revitalisation of Local Health Traditions (FRLHT) which has today evolved into a University.”

Do you think Ayurveda will be the medical system of the future? Please share your thoughts on this.

Yes in the form of “Integrative Health Sciences”. India will need to create a uniquely Indian Integrative Health Science Platform, which is graphically presented below.

The Imperative for creating such a platform arises from Complexity of Human Biome depicted below.

It is evident today that:

- Multiple causative factors are responsible for all health conditions.
- Single molecules for single targets is simplistic biology (with very limited applications for short interventions in acute conditions).
- Observations of molecular changes at cellular level cannot be extrapolated at systemic level
- Despite incredible insights at molecular level, systemic understanding of biology is at its infancy
- Systemic Changes observed by Ayurveda can be interpreted at molecular levels

What do you see as a future for Ayurveda?

I see path-breaking outcomes that can transform health sciences globally. The fields for global impact are listed below.

- AYUR-GENOMICS & NUTRIGENOMICS
- INTEGRATIVE IMMUNO-MODULATION
- INTEGRATIVE REGENERATIVE BIOLOGY
- WELLNESS SCIENCE
- INTEGRATIVE THEORY OF PATHOGENESIS
- FORMULATION-DISCOVERY FOR SYNDROMES
- INTERGRATIVE PROTOCOLS FOR MANAGEMENT OF NCDs
- STRATEGIES FOR REGULATING MICROBIOME
- FUNDAMENTAL AXIS FOR BIOREGULATION & HOMEOSTASIS



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Ghee as a base for most ayurvedic formulations



Dr. Sudheera. S

Assistant Professor
VPSV Ayurveda College,
Kottakkal

According to Ayurveda, ghee, or clarified butter, has the healing benefits of butter but without any impurities. Here, **Dr. Sudheera S**, explains how ghee is used as a base for Ayurvedic medicinal preparations, its chemical constituents and how it helps fight various diseases by bolstering the immune system.

O rigin of medicine is as old as the origin of life on earth and medicine or oushadha is known to have many healing properties and its constituents maybe of animal or mineral origin. It is also the most important instrument at the hands of a vaidya in treating diseases. Cow's Ghee is one such ingredient that is used as a formulation in preparing most ayurvedic medicines. It has many properties and its most important function in ayurveda is that it is an excellent base for preparing Ayurvedic medicines. Different dosages of this ghee are used in different oushadha's for various therapeutic effects.

It is also understood that most of the ayurvedic treatments are aimed at maintaining the kayagni (gut fire) or jataragni (digestive fire) which further helps to maintain and balance the health in humans. In Ayurveda, Sneha (unctuousness, oiliness) are of four types – Grita (ghee), thaila (popular massage oil), vasa and majja(bone marrow). Out of the above four sneha, ghee is considered as the best by virtue of its distinctive properties for preparing ayurvedic medicines. It readily incorporates with the properties of the

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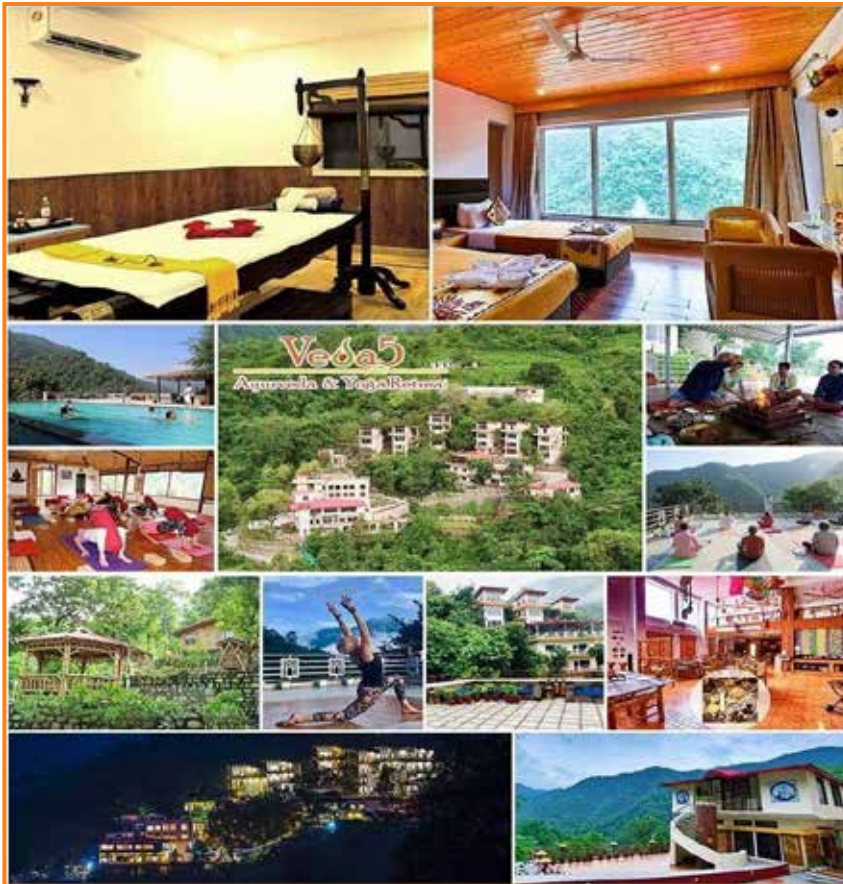
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other drugs to which it comes in contact. These medicines prepared with cow's ghee are known to have a higher shelf-life too. Cow's ghee does this without leaving its natural qualities when it is in contact with other drugs. Hence, it is much sought after for preparing ayurvedic drugs.

In ayurveda, ghee is used in raw form as a base for pharmaceutical preparation. It is used both internally and externally. Internally, ghee can be used as such or as an adjuvant for other medicines. Externally, it can be used as a lepa or tarpana etc. Vedas and other ancient literature describe ghee as one of the most healthiest foods and also the one that has many medicinal properties.

Purification of some metals and minerals are also done by using ghee. If we use ghee as a media for oil preparations then fat soluble principles can be extracted from the drugs. This can later be stored for a very long time.

ON THE BASIS OF TIME PERIOD, THE VARIETIES OF GHEES ARE:-

1. Purana grita :- This ghee is 01 - 11 years old. It has a pungent odour, acts as a good purgative, tridosahara, seeta and intellect promoting

2. Prapurana grita:- 10-100 years old. It is expected to be more potent than the earlier version.

3. Kumbha sarpi:- 100-111 years old. Medicated for many manasika vyadhis.

4. Maha sarpi:- older than 111 yrs. It is believed to give in to all types of bhutha vikaras.

GENERAL PROPERTIES OF GHEE (COWS GHEE):

Madhura rasa, guru, snigdha guna, seeta veerya, madhura vipaka, vata pittaghna etc. are the general properties of ghee.

Freshly made cow's ghee is called as naveena gritha. It act as smruthi budhi vardhaka, agnideepaka, ojo kapha

meda vardhaka, vatapitta nashaka. It is used in conditions like, unmada, rajayakshma, jirna jwara, netrya, balya, swara varnakara and agni dagdha vranahara. Combination of ghee with other herbal drugs are used in many diseased conditions. Here, it acts on a particular disease and then enhances its drug-like properties.

After one year of preparation it is known as purana grita. It now has properties like katu rasa, katu vipaka, mada murcha apasmara unmada gara visha haratwa.

CHEMICAL CONSTITUENTS OF GHEE:

Chemically ghee consist of the following:-

Triglycerides, diglycerides, monoglycerides, ketoacid glycerides, glycerylestes, free fatty acids, phospholipid sterols, vit A,D,E and K. It contains approximately 8% of lower saturated fatty acids which make it easily digestible. These are the most digestible fat which are not found in any other edible oil or fat.

Vit A and E are anti-oxidants found in ghee and these help in preventing oxidative injury to the growth of the human body. Ghee resists spoilage

by microorganisms or other adverse chemical actions. Its digestibility, co-efficient or rate of absorption is 96% which is highest for all oil and fats. Lipophilic nature of ghee facilitates the fast action of herbal ghee preparation in the human body.

Most cow ghee based formulations in Ayurveda are aimed at treating ailments related to the nervous system, digestive system and for psychological ailments too

To conclude...

Ghee comes under vishaghna, deepana, anulomana dravya and is used as a rasayana. It is brimhana, snehana, yogavahi, daha prashamana and medhya. It is medicated in visha, raktha pitta, swasa, kasa unmada, apasmara etc. It boosts the shelf-life of a compound and also enhances the absorption of the drug in the body. It is palatable and has a pleasing odour. Active principles which are present in the ghee helps to augment the bio-availability of the drug. Proper digestion, absorption and delivery to a target organ system are vital in obtaining the maximum benefit from any pharmaceutical preparation. The lipophilic action of Cow's ghee thus facilitates transportation of the drug to the target organ.





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Kerala's Ayurveda has much in it for Britons, says Tory MP

Conservative Party MP of UK **Bob Blackman** thinks that Kerala's Ayurveda and Yoga could together play a major role in altering the lifestyle and health of the British people.



“There is an increasing interest in Yoga and Ayurveda in Britain. When Indian Prime Minister Narendra Modi announced the International Yoga Day, there was not much of a response from the people. Now, however, more people are interested in Yoga for the way it improves one's quality of life,” Blackman, who has been representing Harrow East from 2010 and who is the vice chair of the Parliamentary Group on International Traditional Sciences,

told Ayurveda and Health Tourism in an exclusive interview.

In Kerala recently, Blackman had a first-hand experience of the traditional healthcare regime and hugely impressed by it. “We plan to submit a report to the Health Secretary on how to include traditional medicinal practices like Ayurveda into the mainstream to bring down lifestyle related diseases of the British people,” said Blackman, citing the many health threats that people back home confront today.

Blackman, who was Greater London Assembly member for Brent & Harrow between 2004 and 2008, said he has been working to popularise Ayurveda and Yoga for long. The lukewarm response to Yoga in the first year's Yoga Day observance had given way to greater acceptance from the people. In 2018, there was an impressive turnout of people on the International Yoga Day on June 21, clearly indicating the spread of awareness about the therapeutic values of Yoga, he said.

“There were huge public exhibitions in various parts of the United Kingdom on Yoga day. Several practitioners from India and British parliamentarians too were part of the observance, said Blackman, who hopes to have traditional medicines and healthcare practices added to the Ten Year Plan of the National Health Services (NHS) unveiled in December 2018.

Kerala is already in forefront of healthcare under various streams. In the UK, Ayurveda cannot be considered as an alternative to modern medicine, but as a complementary stream. Yoga already has good acceptance in the UK as a complementary method of lifestyle-based healthcare. The breathing exercises and stretches do help people to have a long healthier life.

Although Ayurveda is a traditional medicine system, it is unlikely to be accepted an alternative to modern medicine. “Our idea is to promote Ayurveda as a complementary means to achieve wellness,” he said, citing the way herbs were used for treatment during the ancient times. In modern medicine, synthesised drugs which are more powerful are used. This results in side-effects. “Throughout the world, in every village, women used to collect herbs to cure diseases. These herbs were used to prepare medicines in traditional methods for natural treatment across the globe,” he pointed out.

Apart from Yoga and Ayurveda, Unani too has great acceptance in the UK. ‘Unani Day’ was celebrated recently, with various practitioners from around the globe assembling at UK to share





their experiences. The Unani practitioners converged at the British Parliament and spoke about its benefits and how this system is helping people to stay healthy. "We have a long tradition of homoeo medical care too," he said.

Several doctors, technicians and nurses from the Indian subcontinent work at several hospitals in the UK. They know how the traditional medicines could be used and its benefits. But there is the great threat of those practising the traditional systems making tall claims about the curative properties of traditional medicines. "I am not sure about the treatment methods of alternative medicines as different methods are used in each sector", he said.

In the UK, one of the major threats today is the addiction to smoking, which has acquired the dimensions of

a serious health problem. The government is now encouraging people to quit smoking as it can lead to cancer. "We are targeting the youngsters to help them quit smoking. Parents are also being made aware of the consequences of smoking and ensure that their children do not fall prey to it," he said.

Another key challenge is obesity with people having unhealthy food habits. There is lack of exercise among children as the majority sit glued to TV screens snacking on junk food and sweets. "Our government is encouraging children to engage in sports and also making parents aware about the need for exercise. The government is considering a ban on advertisement of junk food and steps to place sweets out of reach of children in super markets," Blackman said.

He strongly believed that there is a great potential for medical tourism in the United Kingdom. The number of people coming from UK to India for treatment is on the rise. As technology has developed, the service of Indian doctors can be used at UK itself with the use of telemedicine. The huge cost for the travelling can thus be reduced.

The NHS does not fund treatment outside UK. So there is a need to encourage people to become practitioners of the traditional systems in the UK itself after gaining expertise in India through the technologies developed for diagnosis and treatment of diseases. With the increasing awareness about health issues, people are also increasingly turning to a vegetarian diet. Almost all the restaurants have vegetarian food and, today, Indian vegetarian food is very popular in the UK, the senior statesman said.

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