



# Ayurveda

## & Health Tourism

Eat Mindfully  
**COMPROMISE AGNI**

Correct Lifestyle  
**LIVE HEALTHY**

Shortness of Breath in  
**CHILDREN**

Be Aware of  
**LIVER DISEASES**

Red, Itchy, Flaky  
**PSORIASIS**







# Ayurgreen

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INTRODUCING  
**ROBOTIC**  
REHABILITATION

# A CENTRE OF EXCELLENCE IN ORTHO - NEURO REHABILITATION

PHYSICAL REHABILITATION  
NEUROLOGICAL REHABILITATION  
ORTHOPAEDIC REHABILITATION  
SPORTS & ALLIED INJURY MANAGEMENT  
ACTIVE SENIOR CARE





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## Ciao Lifestyle Diseases

According to Global Ayurvedic Market Forecast 2018-2022, Ayurveda is poised for big boom in the coming years. Although the value of Ayurveda has been underestimated for long, of late, there has been a notable change in this sector. Thus, Yoga and Ayurveda, called the sister sciences, will make huge leaps in the coming years. This is especially true when it comes to lifestyle diseases as these are the biggest problems faced by the generation 'Z'. This is a generation that is often confused about what their limits or 'lakshman rekha' are when it comes to diet or about their sleep or the number of hours they should spend online. They live a life that is completely digital and in due course welcome all kinds of unhealthy lifestyle diseases. It is here that Ayurveda makes a foot print. This is a medical system sans side-effects and its treatment include just altering diets and lifestyles according to the nature of one's body constitution. Among the millennials, it is seen that women are at constant risk of developing lifestyle diseases due to the stress associated with juggling work-life balance. This kind of lifestyle leads to stress, lack of physical activity, sleep deprivation, and unhealthy eating habits can lead to diabetes, hypertension, heart diseases, obesity, depression and even some types of cancer.

A WHO study states that, tobacco claims nearly seven million lives yearly from cancer and other lung diseases, accounting for about one in 10 deaths worldwide. These are clear indicators that we need to change our lifestyle and start adopting the lifestyles of our fore fathers. Despite no technology our ancestors had led quality life and did not age so fast.

Apart from the various articles on lifestyle, this issue will showcase a few articles on parenting, wellness, relationships, beauty column, grandma's remedy and special features on diseases like Psoriasis and Asthma in children. There is also an interesting book review on a book named -Ojas.

An article on monsoon will keep you informed on how you should take care of yourself this coming monsoon.

Some of the other lifestyle diseases discussed in this issue are depression, alcoholism, smoking, fatigue and a lot more. These are very relevant to current times.

Other interesting articles include one on how to beat stress and on mindful eating. These articles are sure to educate our modern readers on how to lead more fruitful and quality lives.

Asthma is another disease that is seen to attack the young due to pollution in the environment. Ayurveda outlines a diet and lifestyle pattern that can help children stay out of this misery.

An article on how to get children out of their addiction to digital gaming provides tips to parents on how parents can guide their little ones to stay away from this addiction.

All the articles in this issue are informative and fact-filled. It is sure to guide you on how to lead healthier lives sans the evils of this world.

We are also happy to announce that for this issue we will be participating in the annual Arabian Travel Market to be held in Dubai. We will also be participating in the IMTEC, Oman, and the Kenya Medical Show.

Also, this issue comes at a time when lifestyles diseases are at its peak. Adequate knowledge about it will help us prevent it or else we will have to shell out a lot of money from our pockets to treat these killer diseases. So go ahead and educate yourselves on these non-communicable lifestyle diseases. We have sure-shot remedies to all your unhealthy habits. Grab yourself a copy of this issue and follow the tips from our experts as it is better late than never.

### Editor

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**NABH Accredited and Three times National Award Winner**  
*The excellence in Ayurveda in India.*



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

Welcome to Somatheeram Ayurveda Group in Kerala, India. They are 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 Mathews in 1985, today they have five deluxe Ayurvedic resorts in Kerala and enchanting houseboats in the backwaters. 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."

The Group is internationally renowned for the effort it makes towards the health of humanity, its social responsibility and its environmental preservation.

The Somatheeram has three times been awarded "India's Best Ayurvedic Resort" (by the India Government). It has six times been awarded "Kerala State's Best Ayurvedic Resort" (by the Kerala Government). Somatheeram has now won 32 major International and National awards for excellence in the Ayurveda & Yoga sector.

Somatheeram Research Centre & Ayurvedic Hospital is 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 (British standard institute - UK) and Ayurveda SPA Europe certificate (European Audit Institute Wellness & SPS e.V. - Germany)

"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.



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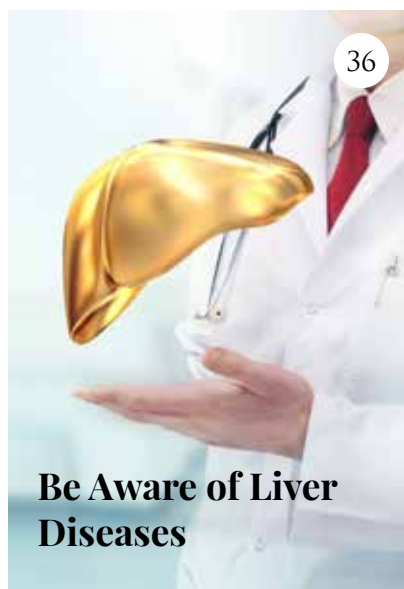
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## Cut down excess smoking



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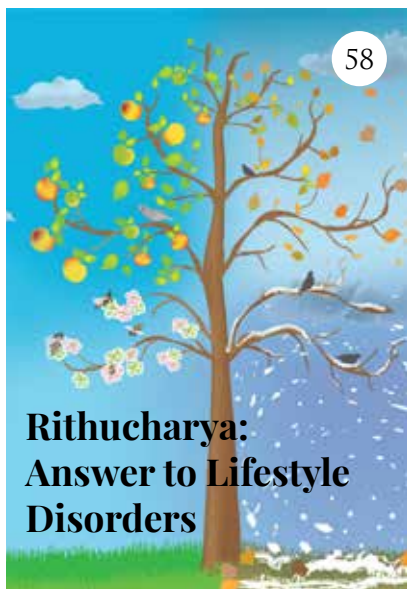
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## **Red, Itchy, Scaly Psoriasis**



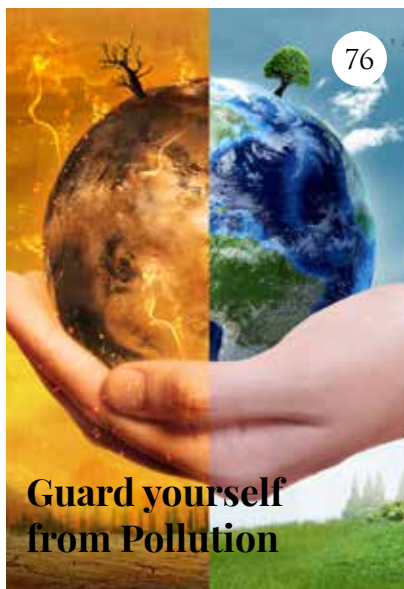
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## **Disciplined regimens fetch robust health**

## Kerala, home to 1<sup>st</sup> International AYUSH Conclave



Traditional medical systems in India are seen to influence their goodness in every nook and corner of our country and AYUSH is supporting them in this regard through their various meetings and conferences held across the globe. As part of these activities, AYUSH plans to spearhead their works in Kerala by holding its first International conclave at Kochi. This is the first ever event that is specifically organized by the Government of Kerala for the ultimate showcase of the growth and scientific development of AYUSH systems of medicines in Kerala. This conclave is sure to enhance the grass root presence of AYUSH systems in this region. Through this conclave, AYUSH aims to create awareness about different public health activities in the AYUSH systems of medicines with an objective of including AYUSH as a mainstream public health option and to establish Kerala as a global hub of Health and Wellness tourism.

It is one of the 1st conference & exhibition on AYUSH systems of medicines organized by Department of Ayush, Govt. of Kerala. National Ayush Mission (NAM) Kerala will be the execution agency on behalf of Government.

This International Seminar will focus on Public health interventions of AYUSH Systems of Medicines in different organizations across the globe. The main objective of this event is to improve the Quality, Safety and Efficacy standards for AYUSH medicines in their areas of Practice, Research, Education and Industry. Well known Ayurvedic, Siddha, Unani, Homeopathy, Naturopathy, Yoga and other Traditional Medicine academics will center on the theme that ISM is an evidence based discipline with scientific data and facts and reveal new scopes and developments in this field of AYUSH system of medicine. More than 2000 Delegates from different parts of the world are expected to participate in this event.

For more details contact: Dr. Kiranlal, Dr. Aravind Nair, 9400765550

## Ayurveda chair to be instituted at Mauritius University

The ministry of AYUSH, India plans to institute an academic chair for Ayurveda at the University of Mauritius to help promote the science for the benefit of the people of Mauritius. India has lent Mauritius \$353 million of assistance and a line of credit in November. India has also financed 950 housing units in the island nation.

On his visit to Mauritius on the occasion of its 50th anniversary, Indian President Ram Nath Kovind and Mauritius PM Pravind Kumar Jugnauth signed a number of MoUs.

In a statement to the media, President Kovind announced, "India has signed an MoU to revive the Nalanda University which was a global seat of learning in what is today Bihar, from where ancestors of many Mauritians came."

According to President Kovind, "India and Mauritius share deep historical links and people-to-people ties. We have now entered a new era of cooperation with 25 priority projects being implemented in Mauritius with Indian assistance."

President Kovind also laid the foundation stone for an ENT hospital here on March 13, 2018 as well inaugurated the World Hindi Secretariat. Prime Minister of Mauritius, Jugnauth informed that India and Mauritius have renewed the Programme for Cultural Cooperation for another four years upto 2021. This will ensure exchanges in culture, arts, literature and languages between the two countries.





## ITB special editions of Ayurveda magazine launched in Berlin



ITB special issues of English and German editions of Ayurveda & Health Tourism magazine being released by honourable minister Shri Alphons Kannanthanam on 8th March; 2018 at Berlin. Shri. Suman Billa (IAS), Shri Prasanth Nair (IAS) and Mr. Benny Thomas, Editor of the magazine were present.

ITB Berlin (Internationale Tourismus-Börse Berlin) is the world's largest annual tourism trade fair. The companies represented at the fair include hotels, tourist boards, tour operators, system providers, airlines and car rental companies.

## ITB Berlin 2018

### Next Agenda to focus on Medical Tourism



With a five per cent increase in business volume compared to last year ITB Berlin 2018 is showcasing that the international travel industry is well on course for a record year. At the conclusion of the event, the global travel industry presented itself in good health and in an optimistic mood. The results of the five-day exhibition on the Berlin Exhibition Grounds confirmed its role as a reliable economic indicator and forward-looking trendsetter. With around 110,000 trade visitors from Germany and abroad, ITB Berlin was able to reaffirm its standing as the World's Leading Travel Trade Show.

The main reason for the industry's positive mood is the positive economic climate in the euro zone which according to leading economic institutes is better than at any time since the turn of the millennium. From

7 to 11 March 2018, over a period of five days, more than 10,000 companies and organisations from 186 countries and regions exhibited their products to visitors in 26 halls on the Berlin Exhibition Grounds.

The huge prospects that medical tourism has to offer the global tourism industry were highlighted at ITB Berlin. Due to high demand, this segment, which was introduced only last year at the World's Largest Travel Trade Show, was relocated to a larger hall (21b). This year again, Travel Technology was one of the segments which displayed strong growth. Exhibitors including eNett, Traso, Triptease and Paymentwall, which increased their display areas, returning exhibitors, among them Travelport, as well as the Hospitality Industry Club, a newcomer,

highlighted the excellent prospects of this fast-growing segment. The large increase in Chinese exhibitors there was particularly noticeable. The online portal Ctrip displayed its products in Berlin for the first time.

For the ITB Berlin Convention, the global travel industry's leading think tank, which hosted around 150 sessions featuring over 300 outstanding speakers, the event was also a success. Messe Berlin had been able to secure Zambia as the Convention & Culture Partner. Situated in the middle of southern Africa, this country is still largely untouched by tourism. However, it is gradually establishing itself as a popular travel destination. Other partners of the ITB Berlin Convention included the World Tourism Cities Federation (WTCF) in the role of co-host, Ctrip.com International, the Federal Ministry for Economic Cooperation and Development (BMZ), and the Ministry for Culture and Tourism of the Republic of Turkey.

Malaysia will be the official partner country of ITB Berlin 2019. "We want to increase tourism and establish Malaysia as a tourism destination", said Dato' Sri Abdul Khani Daud from Tourism Malaysia at ITB Berlin.

The next ITB Berlin will take place from Wednesday, 6 to Sunday, 10 March 2019.



## IMTEC Oman 2018

### Outsourcing healthcare services

IMTEC Oman 2018 Exhibition and Conference that highlights the continued development of the healthcare sector in Oman will be held at Oman Convention and Exhibition Centre from April 24 to 26, 2018.

In the recent years Oman is in the limelight as it outsources billions of healthcare services overseas annually. International players in the medical and healthcare industry are focusing their efforts on exploiting the lucrative Omani healthcare market.

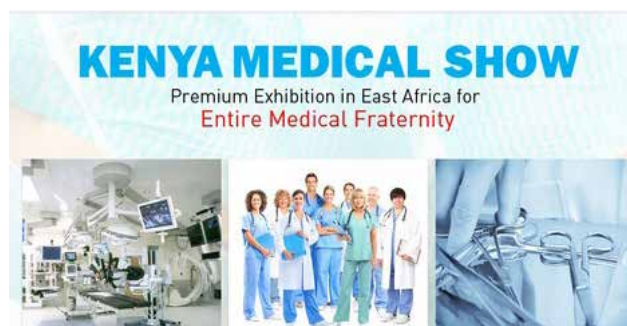
IMTEC Oman 2018 targets all aspects of the health and wellness industry, opening doors for health products, services and facilities, and opportunities for new developments, trends, trade and investment. Under the Government's Health Vision 2050, much could be expected for the industry.

It provides a global platform for hospital groups, medical travel organizations and health services companies to increase their international presence and patient network, and gain market share in this growing industry. This event will play host to more than 100 regional and international exhibitors, and attract an estimated 20,000 attendees from across the world.

It is a common platform that brings together different segments of the health and medical industry to explore new opportunities, showcase the latest technologies, services and facilities, and leverage potential for trade and investment.

## Kenya Medical Show 2018

### Platform for quality and economical treatments



Kenya Medical Show, which is a premium show in the East Africa for the entire medical fraternity, will be held at Kenyatta International Conference Centre (KICC), Nairobi, from May 10 to 12.

Kenya Medical Show 2018 provides a perfect platform for patients who are looking for better treatment with affordable pricing abroad. Some patients travel out of, while others come into Africa for medical care through a growing global phenomenon referred to as medical tourism.

Kenya Medical Show thus, is the best platform for meeting some of the world's best hospitals professionals. World's leading hospitals are participating in this show from India and Middle East.

Participation in Kenya Medical Show will give both African companies & non African Companies a new level of recognition in the East African Sector.

## Arabian Travel Market

### Meeting place for the travel & trade



The 25th Arabian Travel Market, which is the global meeting place for the travel trade, will be held at the Dubai International Exhibition and Convention Centre between April 22 and 25, 2018.

Arabian Travel Market is the market leading, international travel and tourism event unlocking business potential within the Middle East for inbound and outbound tourism professionals. Tourism destinations from around the world showcase a diverse range of accommodation options, breath-taking tourism attractions, travel technology and key airline routes.

Arabian Travel Market (ATM) is the leading global event for the Middle East inbound and outbound travel industry for the last 25 years. The event generates more than \$2.5 billion of travel industry deals.

The annual business-to-business (B2B) exhibition showcases over 2,800 products and destinations from around the world to over 28,000 buyers and travel trade visitors across four days at the Dubai International Convention and Exhibition Centre (DICEC).

Arabian Travel Market helps to discover a world of opportunities, all under one roof. The emphasis of the event is firmly on interactivity, encouraging global travel trade to meet, network, negotiate and conduct business through a series of areas, stages and sessions.



## Lakshmikutty Amma receives Padma Shri for traditional medicine practice



Meet Lakshmikutty Amma, a 75-year-old woman from the Kallar forest area. She is well-known for practicing traditional medicine and has recently received the country's fourth highest civilian honours Padma Shri Award for her breakthrough in practising traditional medicine.

"I feel happy that my country accepted me. I haven't felt happier. The District Collector called and informed me that I was selected for Padma Shri. I am in this field for last 50 years and the Kerala government recognized my work and awarded me as well. A few of the people had claimed that I would win the Padma Shri award," says Lakshmikutty Amma.

Amma also writes poems, dramas and is a teacher in folklore academy. She revealed that she got this knowledge from her mother who was a traditional midwife.

She belongs to Kaani tribe and can remember more than 500 varieties of medicine. She has attained the education of 3rd form and knows Sanskrit.

Amma, whose husband died two years back, stays alone in the forest and grows

medicinal plants around her house. Her two sons passed away and the third one is working in the Railways.

"My mother was also a traditional medicine practitioner. She was a midwife. My mother passed down the knowledge to me. I keenly watch the nature, it has all the remedies. Even animals and fish have medicinal power," she added.

Amma said that she can treat snake poison as well.

"My son died due to snake poison, so I gained all the knowledge I could on it. When one is injected with poison it is important to suck it out at the earliest, but with no roads and no hospitals nearby, it is a dangerous issue in the village as we live amidst wild animals," she said.

Source: ANI

## Silver Jubilee celebrations of Punarnava Hospital inaugurated



The state government is set to put its healthy credentials in Ayurveda to good use and transform Kerala into an 'Ayurveda hub', said health minister K K Shailaja while inaugurating the year-long silver jubilee celebrations of Punarnava Hospital.

To start with, the government will take the initiative to set up an ayurveda research centre at Padiyoor-Karyad village panchayat on 300 acres. The land identified for the project is on the banks of Irikkur River. The international research centre will also have a museum dedicated for Ayurveda. The government has already started acquiring land for the project. The foundation stone for the project will be laid in two months and the work on the project will be completed in three years, the minister said.

The Minister, however, informed that the Ayurveda conclave the government was planning to conduct with private sector participation in Kochi, to tap the international market for the ancient treatment system, has been postponed. The event will now be conducted after the monsoon season, she said.

Dr M R Vasudevan Namboodiri, director of Punarnava presided over the function. The Continuing Ayurveda Awareness Programme Award was presented to the Saudi Arabia-based Al Hokair Group Charman Shiekh Abdul Mohisin Al Hokair by the minister. The medical tourism award was presented to K A Aboobacker Kizakkekara.

## Kerala-based Ayurveda Group ties up with Saudi based Al Hokair group

The Kerala-based Punarnava Ayurveda Hospital has inked a deal with Saudi-based healthcare and tourism giant Al-Hokair group to jointly establish 20 ayurveda rehabilitation centres in the Gulf and to invest Rs. 300 crore in the ayurveda hospitality sector of Kerala.

In Kerala the idea is to set up an ayurveda hospitality chain with global standards in the next two to three years. The number of centres will depend on the availability of land, whether it is leased by the government or bought. Punarnava owns eight hospitals in Thiruvananthapuram, Kollam and Ernakulam districts and a drug manufacturing company in Thrissur. Al-Hokair business group has 34 five star hospitals, 79 entertainment centres and many hotel management and business schools in Middle East, Egypt and Turkey. The group also owns prime entertainment brand Sparkys.

## Narendra Modi inaugurates Ayurvedic Centre of Excellence in UK



Prime Minister Narendra Modi, at an event hosted by Prince Charles, inaugurated a new Ayurveda Centre of Excellence at London, during his visit to the UK from April 17 to 20, 2018.

The Centre is established aimed at creating a first-of-its-kind global network for evidence based research on Yoga and Ayurveda involving Indian and British academics and medical professionals. Modi's visit was for bilateral collaborations as well as to attend the Commonwealth Heads of Government Meeting (CHOGM)..

The idea of the Centre was mooted during the Prince of Wales' visit to India in November 2017.

The APPG (All Party Parliamentary Group) on Indian Traditional Sciences has been at the forefront of raising the profile of Ayurveda in the UK and welcomed the Ayurvedic Centre of Excellence.

for establishing and cultivating business relationships, to be updated about developments in this sector, and for carrying out discussions.

conhIT targets decision-makers in the IT departments, management in the medical profession, nursing, doctors, doctors' networks and medical care centres who wants to understand about the latest developments in IT and healthcare, meet members of the industry and make use of opportunities for high-level advanced training. As an integrated event, over a period of three days, conhIT combines an Industrial Fair, a Congress and Networking Events that are of particular interest to this sector. Launched in 2008 by the German Association of Healthcare IT Vendors (bvitg) as the meeting place for the healthcare IT industry and organised by Messe Berlin, this event recently recorded over 500 exhibitors and around 9,500 visitors and has now become Europe's leading event for the healthcare IT sector.

conhIT is organised in cooperation with the following industry associations: the German Association of Healthcare IT Vendors (bvitg), the German Association for Medical Informatics, Biometry and Epidemiology (GMDS), the German Association of Medical Computer Scientists (BVMI). The National Association of Hospital IT Managers (KH-IT) and the Chief Information Officers of University Hospitals (CIO-UK) provide contributions on the subject matter.

Digitalisation offers patients new ways to access health data and information and makes them more independent. These developments will also be reflected in the IT solutions presented by health IT providers at conhIT – Connecting Healthcare IT 2018.

conhIT 2018 will take place from 17 to 19 April in Berlin. The focus of the event will be on IT-based patient involvement where innovations and evolutionary developments in IT solutions for the healthcare system are concerned.

Some of the topics that will be covered in the event include:-

- IT Workshop: 'Patients and their Data'
- The Electronic Patient File – Diversity or Chaos?
- Digital Discharge Management – Ideally Controlled Processes'
- Tour of the fair: 'The Electronic Patient File'
- Focus on 'How Can the Patient be Integrated in the Telematics Infrastructure?'
- Focus on 'Efficiency Potential through eHealth: From Theory to Practice'

## conhIT 2018 Connecting Healthcare IT



The Kerala-based Punarnava Ayurveda Hospital has inked a deal via conhIT – Connecting Healthcare IT is Europe's leading event for healthcare IT. The Industrial Fair, Congress and Academy as well as numerous networking events take an in-depth look at the latest topics concerning the healthcare IT industry. Along the entire value chain it shows how modern IT can improve Healthcare quality and support institutions in the race against competition.

conhIT is a unique combination of Trade Fair, Congress, Academy and Networking Events. It is the ideal platform



## VLCC plans to accelerate presence in the ayurveda space



Wellness and healthcare services firm, VLCC, plans to accelerate its presence in the rapidly growing personal care ayurveda space and e-commerce which is learnt to be contributing close to 15% of its topline.

Jayant Khosla, who is the new chief business officer of the firm, will be in charge of overseeing the firm's wellness centers, personal care products and its institute of beauty and nutrition across Middle East, Africa and CIS countries.

The firm, with a consolidated topline of over Rs 1,500 crore, is looking at expansion of all verticals across these regions, besides fresh acquisitions in these territories, a company spokesperson said. "VLCC is looking to strengthen its first and second line of management and accelerating spends on advertising budgets, especially on digital," the person said.

VLCC's recent acquisitions include doorstep beauty treatment service provider VanityCube, direct selling dietary supplements producer WellScience Health, majority stake in Singapore-based wellness products and solutions entity Global Vantage, and Malaysian slimming and beauty chain Waynn International.

Jayant Khosla was formerly a top official with retailer Landmark Group. His appointment is made ahead of the company's public listing.

## Salim Pushpanath dead



FM Media Technologies Pvt. Ltd. extends our heartfelt condolences on the untimely departure of Salim Pushpanath. We pray that the almighty give his family the courage to face this difficult situation in their life. May his soul rest in peace.

Salim Pushpanath was well-known as an eminent photographer, publisher and entrepreneur. He was just 52 when he breathed his last on April 10, 2018. He is also well-known as the son of popular Malayalam detective novelist Kottayam Pushpanath.

Salim died of cardiac arrest at his resort, Aanavilasam Luxury Plantation House, near Kumily in the early hours of the day.

Salim founded Dee Bee Info Publications, which published tourism-related illustrated books. He was a regular at the international travel and tourism fairs at home and abroad. He was also a wildlife and nature enthusiast. He published more than sixteen titles of his own including a book titled 'Spectacular homes of Kerala' which includes photographs of 52 notable homes in the state.

Salim is survived by wife Anuja and children Jwala and Jeff.

# Bitter Gourd

## Nature's Insulin

It looks like Cucumber but with ugly gourd-like bumps all over it. As the name implies, this vegetable is a melon that is bitter. This vegetable-fruit turns reddish-orange when ripe and becomes even more bitter.

Bitter Gourd thrives in hot and humid climates, so are commonly found in Asian countries and South America. Try it, at least for all its healthy virtues.

**B**itter Gourds are very low in calories but dense with precious nutrients. It is an excellent source of vitamins B1, B2, and B3, C, magnesium, folate, zinc, phosphorus, manganese, and has high dietary fiber. It is rich in iron, contains twice the beta-carotene of broccoli, twice the calcium of spinach, and twice the potassium of a banana.

Also known as bitter melon, it contains a unique phyto-constituent that has been confirmed to have a hypoglycemic effect called charantin. There is also another insulin-like compound known as polypeptide P which has been suggested as an insulin replacement in some diabetic patients.

If you're thinking of adding bitter melon to your diet, make

sure you limit yourself to no more than two ounces of bitter melon (or more than two melons) a day, as excessive consumption can cause mild abdominal pain or diarrhoea.

If you are considering using bitter melon for glycemic control, you should consult your doctor or healthcare professional first to check that it is safe for use alongside your prescribed diabetes medication, as there is the risk that taking bitter melon together with these drugs and/or insulin could cause hypoglycemia (extremely low blood sugar).

### **Bitter Gourd Consumption Tips**

Choose unripe bitter melons that are firm, rather like a cucumber. Avoid those that have turned orange or have soft spots. Ripe bitter melons can be excessively bitter.

Store bitter melons in the vegetable bin in the refrigerator to prolong their shelf-life. It can be kept in the refrigerator for three to four days.

Keeping bitter melons at room temperature or close to other fruit and vegetables will speed up the ripening process making them more bitter.

Clean your bitter melon under cold running water and brush with a soft vegetable brush. To prepare, slice the melon length-wise and scoop out the seeds. To lessen the bitter flavor, soak it in salt water for about half an hour before juicing or cooking.

The smaller variety is even more bitter than the larger variety. To make bitter gourd juice more palatable, add a teaspoon of honey, or add another fresh juice such as carrot or apple juice. For diabetics, drink the juice with green apple juice.





# Correct Lifestyle Live Healthy





Ancient Indians believed that the four primary objectives of human life are Dharma (to be righteous), Artha (to have material gain), Kama (to satisfy worldly desires) and Moksha (to attain salvation). To earn these, good health was necessary and Ayurveda, the ancient Indian science of healing, helps to achieve this. The starting point of Ayurveda is not diseases. Most of the text books in Ayurveda start with directions for healthy living rather than cure of diseases. Ayurveda describes ways for maintaining health and rendering it beneficial to oneself and the society. It is based on fundamental principles of panchabhoutikata or five elements of which the whole universe is made up of. And thus, it projects human as one with this universe and a minor replica of the macrocosm and in a dynamic relationship with it. This makes Ayurveda a holistic medical science which perceives a patient as a whole and not individual parts of a machine.



According to Ayurveda, human body is made up of Dosha - the functional factors, Dhatus - the structural components and Malas- the waste products of various metabolic processes in the body. When they all are in a state of equilibrium, health prevails and their derangement leads to diseases. The balance of these factors greatly depends upon our food and activities. Thus lifestyle becomes the root cause of all diseases. In this article, we will be looking into some lifestyle diseases like Obesity, Diabetes Mellitus, Liver Cirrhosis etc.

Ayurveda has in detail laid down the regimen to be followed every day and in every season as well as a list of good

conducts or Sadvritta. The ahara vidhi vidhana (method of eating) described by Ayurveda is unique and has significant importance even today. It preaches to take warm and unctuous food in proper quantity at a suitable place after digestion of previous meal. It also says that one should not eat too fast, nor too slow, without talking or laughing with due consideration of self and with full concentration. One should avoid irregular and untimely eating of food and also mixing of wholesome and unwholesome foods and incompatible food items like citrus and milk. There are a lot of diseases that are caused by defective food habits, and obesity is the first in that long list of illnesses.





# OBESITY

Nature has bestowed living beings with the ability to store excess energy that is not required for immediate use but can be used for survival during difficult times. This excess energy is stored as fat at various sites and released as free fatty acids when necessary. The whole system is strictly controlled by the nervous system and hormones. In the present era of nutritional luxury and physical inactivity, this system leads to excess fat storage, which in turn produces many adverse health consequences. This state of excess adipose tissue (fat tissue) mass is called Obesity. It is usually measured using Body Mass Index (BMI-weight in Kg/height in metres squared –kg/m<sup>2</sup>). People having BMI greater than 30 are considered obese and BMI between 25-30 is considered overweight. In the same, fat distribution at central portion of body (central obesity- high ratio of circumference of waist to hip) is more of concern. Obesity is associated with risks like diabetes mellitus, cardiovascular diseases, hyperandrogenism in woman etc.

The major causes of Obesity are high energy storage and low energy consumption, which means consuming more fats and sugars, but not burning off the excess energy through exercise and physical activity. Sometimes medical reasons such as hypothyroidism, cushing's syndrome and medications like corticosteroids, antidepressants also play a major role in causing Obesity. Obesity can lead to simple day-to-day problems like snoring, lethargy, excessive sweating, low self-esteem and other major health problems like diabetes mellitus, hypertension, metabolic syndrome (a combination of diabetes, high blood pressure and obesity), atherosclerosis, coronary heart disease, stroke, asthma, liver disease, kidney disease, osteoarthritis, decreased fertility, depression, cancers etc. Obesity deteriorates the quality of life and also decreases the life expectancy.

Sthoulya is described in Ayurveda as a state in which an individual is significantly overweight, and an excessive amount of body fat has accumulated under the chin and on the breasts, belly, buttocks, and/or thighs. Ayurveda considers obesity/ sthoulya as an abnormal increase of medo dhatu(fat tissue). It is one of the eight undesirable constitutions according to Acharya Charaka. It is part of a vicious cycle which starts from unhealthy food habits. The person who indulges in unwholesome food habits like irregular food intake, excessive food intake, taking incompatible food items together and not following the food intake rules in general



has abnormalities in his Agni(digestive fire). According to Ayurveda, abnormalities in Agni leads to imbalance in Dhatus as Dhatus are formed from food by the action of agni. Thus the medodhatu gets vitiated. Medodhatu and Kapha dosha are mutually dependent and this leads to Kapha dosha vitiation and production of Ama (undigested food that acts as metabolic toxins) in the digestive tract. The Ama blocks the minute channels in the human body which obstructs the flow of Vata dosha and thus vitiates Vata. The vitiated Vata makes the agni more erratic and creates uncontrolled hunger which again adds to production of more medas, Kapha and Ama. To sum it up, there is imbalance in Agni, Vata dosha, Kapha Dosha and Medo dhatu in obesity.

The first aim of Ayurvedic treatment for Obesity is always the correction of Agni. Food

and medicines having bitter, pungent, astringent taste and hot potency are chosen to correct the imbalance in Agni. Kapha and Vata pacifying drugs and food are also advised along with this. Warm water, buttermilk, honey etc. can be used to pacify these doshas and correct the Agni. In the treatment of obesity, Ayurveda advocates shodhana procedures like Kashaya Vasti (Enemas), Rookshana procedures like Udwartana(powder massages) and pacifying medicines like Varanadi Kashaya, Triphala Guggulu, Ayaskriti, Rasa Bhasma, Trimurti Rasa etc. It also advocates specific herbs like Guggulu(Commiphora mukul), Nagara (Zingiber officinale), Triphala (combination of Phyllanthus emblica, Terminalia chebula and Terminalia bellerica) etc for the same. Daily exercises, only eating after the digestion of previous meal and intake of barley is specially mentioned in the management of sthoulya( Obesity).

**Daily exercises, eating only after the digestion of the previous meal and intake of Barley are specially mentioned in the Ayurveda texts for the management of sthoulya (Obesity)**



## DIABETES MELLITUS

Like Obesity, Diabetes is another metabolic disorder caused by complex interaction of genetics and lifestyle factors. According to WHO, in 2017, an estimated 8.8 percent of the adult population worldwide had diabetes. This figure is projected to rise to 9.9 percent by the year 2045. India is considered as the diabetes capital of the world with as many as 50 million people suffering from type-2 diabetes. Blood glucose levels are controlled by a hormone secreted by pancreas called Insulin. When the blood glucose elevates (for example, after eating food), insulin is released from the pancreas to normalise the glucose level in blood. In patients with diabetes, the absence or insufficient production of insulin causes hyperglycemia or high amount of glucose in blood. It is a medical condition that is caused due to insufficient production and secretion of insulin from the pancreas in case of Type-I diabetes and defective response to insulin, impaired insulin secretion, and increased glucose production in Type-2 diabetes. In Diabetes Mellitus, the individual traverses through a spectrum from normal glucose tolerance to impaired glucose tolerance (a period of abnormal glucose homeostasis) to diabetes within a course of 3-5 yrs. Though usually identified during routine blood tests, the major symptoms of the disease are frequent urination, unexplained weight loss, extreme fatigue, excessive thirst and hunger, slow healing etc. It is more dreaded for its deadly complications. It is the leading cause of end-stage renal disease (ESRD), non-traumatic leg amputations and adult blindness. It also predisposes to cardiovascular diseases. The routinely done diagnostic tests are Fasting Blood Sugar (FBS), Glucose Tolerance Test (GTT) and HbA1c.

Exercises like running for 100 Yojanas (1 Yojana=8-10 miles), digging ponds are specially mentioned for Prameha management in obese patients.

Ayurveda describes Prameha as a disease in which there is excess production of sweet and turbid urine which is correlated to Diabetes mellitus. Prameha is a group of diseases characterized by excess turbid urination with progressive deterioration of patients' strength (Dhatukshaya) and ending in Madhumeha. According to Ayurveda, it is caused by sedentary lifestyle, excess sleeping, all factors increasing Kapha dosha and grief, fear, and stress. Foods like freshly harvested grains, curd, meat of big animals like pig and buffalo, jaggery and its derivatives, sweet porridges and bad eating habits like high frequency food intake, excess food intake, heavy improper diet and unwholesome diet can also cause Prameha. These foods and activities increase kapha and kleda (liquid waste) in the body which leads to excess urination and Prameha. With the progression of the disease, there is gradual deterioration in all dhatus and depletion in Ojus (core strength) of the patient making the disease incurable. Ancient Ayurvedic teachers have identified two types of Prameha patients; one obese and the other one lean. The treatment of the disease in starting stages for obese patients is apatarpana. It includes various exercises, fasting, and Shodhana or cleansing procedures like Vamana (emesis), Virechana (Purgation) and Aasthapana (enema). Exercises like running for 100 Yojanas (1 Yojana=8-10 miles), digging ponds are specially mentioned for Prameha management. In lean patients, santarpana or nourishment treatment which doesn't increase fat and kleda are indicated. Food items like barley, wheat, kodo millet, foxtail millet, green gram, horse gram, chickpea, pigeon pea, snake gourd, bitter melon, green vegetables, garlic, black pepper, jamun, gooseberry, meat of small and active animals like rabbits, rock salt etc are considered as wholesome and food items like sugar cane, jaggery, fresh grains, alkaline food, meat of big animals, newly prepared wines, tubers are considered unwholesome. Withholding the urge of urination, day sleep and sitting at one place for long times is strictly contraindicated. The intake of Nisha (turmeric; Curcuma longa) mixed in juice of Amalaki (Indian Gooseberry; Phyllanthus emblica) is specially indicated in Prameha. The medicinal plants like Asana (Pterocarpus marsupium), Nimba (Azadirachta indica), fenugreek, bitter melon, Bilwa (Aegle marmelos), Jamun seeds, Shilajatu (Asphaltum punjabinum) etc. are widely used in Prameha treatment. The Ayurvedic formulations like Nishakatakadi Kashaya, Katakakhadiradi Kashaya, Dhatrinisha Choorna, Vasantkusumkar Rasa, Mehantak Rasa, Asanadi Kashaya, Chandraprabha Vati, Niruryadi Gulika are also used to treat the condition.



# LIVER CIRRHOSIS

This is yet another disease caused by unhealthy lifestyle especially unhealthy foods. A healthy liver does many important functions in the body like removing toxins from blood, producing bile which helps in fat digestion, processing hormones and factors that regulate blood clotting etc. Cirrhosis is the condition in which the healthy liver tissue becomes fibrosed or in other words is scarred. It is a complication of many liver diseases. The condition develops slowly due to repeated injury to liver tissues. Usually years of chronic injury is required to cause cirrhosis. The blood flow to liver decreases and liver becomes functionally impaired. Cirrhosis is the world's twelfth leading cause of death by a disease. The condition affects men more than woman.

There are various causes for Cirrhosis the most common being alcoholism. Heavy alcohol use over several years can cause chronic injury to liver. The amount of alcohol it takes to damage the liver varies greatly from person to person. Chronic hepatitis C, B, D causes inflammation and damage to the liver over time that can lead to cirrhosis. Obesity is becoming a common cause of cirrhosis, either as the sole reason or in combination with alcohol, hepatitis C, or both. In Non-alcoholic fatty liver disease, fat builds up in the liver and eventually causes cirrhosis. This increasingly common liver disease is associated with obesity, Diabetes mellitus, protein malnutrition, coronary artery disease, and corticosteroid medications. Other causes of cirrhosis include prolonged use of medicines or exposure to toxic chemicals or

parasitic infections. There is no specific cause in some cases and in some other cases an inherited disease may be the cause.

Usually there are no symptoms in the beginning or there may be vague ones that are often ignored. Loss of appetite, lethargy, nausea, vomiting etc. are some symptoms which are often overlooked.

Jaundice or yellowing of skin and eyes along with itchy skin, pale stools, dark urine, abdominal pain and bloating etc develops later. Oedema is also a common symptom.

There are many serious complications like ascites (fluid collection in abdomen), weakening of immune system, bleeding, confusion, disorientation, personality changes, hepatic encephalopathy, liver cancer etc.

The diagnosis of cirrhosis is usually based on the presence of a risk factor, such as alcohol use or obesity, and is confirmed by physical examination, blood tests like Complete Blood Count, Serum Bilirubin, Liver function test, and imaging techniques like USG scan, CT scan, MRI scan etc. and liver biopsy.

In Ayurveda the conditions like ascites, jaundice, oedema etc are said to be caused by weakened agni due to unwholesome diet and activities. This leads to derangement in the functions of Pitta (the humor related to digestion and metabolism). So the line of treatment is always aimed at improving agni and bringing the deranged Pitta back to normalcy. For this, herbs which are Deepana (drugs increasing agni), Pachana (digestants) and Pittarechaka (choleric) are used. The patient should avoid exertion and have a low fat diet. Usually rice gruel and green gram is prescribed for them. Vamana and Virechana are prescribed in patients with enough strength. Shamana treatment and wholesome diet are prescribed as well. For Shamana treatment, medicines like Patolakaturhinyadi Kashaya, Punarnavadi Kashaya, Avipattikara Choorna, Pippalyasava, Punaranavasava, Rohitakarishtha, Arogyavardhini vati, Drakshadi Leha etc. are used. The single drugs used in the condition are Bhoomyamalaki (Phyllanthus urinaria), Katuki (Picrorrhiza kurroa), Kalmegha (Andrographis paniculata), Punarnava (Boerhavia diffusa), Kiratatkita (Swertia chirata), Kumari (Aloe vera), Nimba (Azadirachta indica), Aragwadha (Cassia fistula) etc. The wholesome things in liver disorders include red rice, barley, wheat, green gram, pigeon pea, red lentils, coconut water, bottle gourd, light food, and rest. Spicy fried food, excessive salt intake, alcohol, aerated drinks, mustard, exposure to sun, fire, hard work, awakening at night, excess sex, anger and emotions should be avoided. Good rest and light food is the best treatment for all types of diseases in which the liver function is compromised.





## COPD AND ASTHMA

Though Tobacco smoking, air pollution and dust are the major cause of many chronic lung diseases, a key to the effective control of these diseases lie in healthy eating. Lungs are the organ in our body which takes in atmospheric oxygen and delivers it to the blood stream so that it can reach each and every cell in the body. The air we breathe in enters a large pipe called trachea. From there it reaches two tubes called bronchi each one going into lungs on either side. These bronchi divide into smaller tubes called bronchioles which end in a small sac like structures called Alveoli. Alveoli are covered by blood vessels and here oxygen from inhaled air passes into the blood in blood vessels and carbon dioxide in blood passes into the Alveoli. The Alveoli and bronchioles have elastic walls which force out the carbon dioxide filled air out of the body. But an unhealthy lung loses the elasticity or the tubes which carry the air are constricted leading to breathlessness. As this condition develops, gradually it is called Chronic Obstructive Pulmonary Disease (COPD). Chronic obstructive

pulmonary disease (COPD) is defined as a disease characterized by limited airflow to the lungs that is not fully reversible (cannot be brought back to normalcy). Major cause of COPD is smoking. Prolonged inhalation of smoke, dust, toxic chemicals as a part of occupation or from burning fuel, asthmatics and familial predisposition are the major risk factors to develop the disease. The common symptoms are shortness of breath especially after physical activities, wheezing, chest tightness, chronic cough, frequent respiratory infections, lack of energy, unintended weight loss (in later stages), changes in nail etc. People with COPD are also likely to experience episodes called exacerbations, during which their symptoms become worse than usual and persist for several days. It can lead to heart problems, pulmonary hypertension, Lung cancer etc. It is diagnosed by Lung Function Test (usually Spirometry), Chest X-ray, CT scan and Arterial blood gas analysis.

Asthma is yet another disease of lungs caused by the narrowing of airways. Asthmatics on a long run have more probabilities of developing COPD than non- asthmatics. The exact cause of the disease is not known. Some

people are more sensitive or allergic to some common environmental factors or triggers which produce no response in normal individuals. The triggers include Airborne substances, such as pollen, dust mites, spores, pet hair etc or physical activity (exercise-induced asthma), exposure to cold air, air pollutants and irritants, such as smoke, certain medications, strong emotions and stress, preservatives added to some types of foods and beverages and acid regurgitation. Symptoms vary from person to person. The intensity, frequency, time of occurrence and period between two attacks vary greatly among individuals. Symptoms include shortness of breath, tightness of chest or pain, difficulty in sleeping caused by shortness of breath, coughing, wheezing etc. Diagnostic tests recommended for COPD can be done. Allergy test, eosinophil count can also be done.

All conditions involving dyspnoea or breathlessness are categorized under the heading of Shwasa in Ayurveda. It is considered as a disease which starts from ones Amashaya(stomach).Causes of Shwasa roga include dry, heavy diet, excessive intake of cold drinks, excessive intake of food, exposure to dust, smoke and cold air, living in cold areas,



overindulgence in sex, bathing in cold water, diets with excessive use of black gram, sesame and food that produces kapha and Vata kapha vitiating diet and activities like suppression of urges, injury to chest region, excessive travelling etc. According to Ayurveda, all these results in Vata and Kapha vitiation leading to the obstruction of Pranavaha srotas (channels carrying Prana vayu- Respiratory tract). Due to this there is difficulty in breathing and respiratory distress.

The treatment of Shwasa mainly depends on the strength of the patient and according to the increased dosha. Though there is predominance of vata kapha in all Shwasas, the condition in a physically strong patient with increased Kapha is treated with purificatory procedures like Vamana and Virechana. If the patient is weak and has more Vata vitiation, he should be given medicated ghees, gruels, soups and nourishing diet. Oleation and sudation are especially indicated in Shwasa. Medicines like Vyaghryadi kashaya, Dashamoola kashaya, Nayopayam Kashayam, Elakanadi Kashayam, Swasanandam gulika, Eladi vati,

Vyoshadi guggulu, Thaleesadi choorna, Mahashwasari lauha, Shwas Kuthar Ras, Tamra Bhasma, Kanakasava, Vasarishta, Vidaryadi Ghrita, Agastya Rasayana, Kantakari Avaleha etc. are

**Causes of Shwasa roga include dry, heavy diet, excessive intake of cold drinks, excessive intake of food, exposure to dust, smoke and cold air, living in cold areas, overindulgence in sex, bathing in cold water, diets with excessive use of black gram, sesame and food that produces kapha and Vata kapha vitiating diet and activities like suppression of urges, injury to chest region, excessive travelling etc**

used in Shwasa. Medicated smoking or Dhumapana is also specially indicated in this disease. Vasa (Adathoda vasica), Pushkaramoola (Inula racemosa), Dhatura (Datura metel), Kantakari (Solanum xanthocarpum), Pippali (Piper longum), Bharangi (Clerodendrum serratum) are some of the medicinal plants effective in dyspnoea. Having food at night before 7 pm can reduce night episodes. Aged rice, brown rice, horse gram, wheat,

barley, aged ghee, goat milk and ghee made of it, honey, snake gourd, garlic, ivy gourd, amaranth, raisin and cardamom are considered beneficial for the disease. Wind, sheep milk and ghee made of it, contaminated water, tubers, fish, dry, cold, heavy food are considered to worsen the disease. The first line of management should be identifying the triggers and eliminating them. It is more or less described as a manageable disease in Ayurveda rather than a curable disease. Yoga and Pranayama is highly beneficial in keeping the disease under control. Phyllanthus emblica) is specially indicated in Prameha. The medicinal plants like Asana (Pterocarpus marsupium), Nimba (Azadirachta indica), fenugreek, bitter gourd, Bilwa (Aegle marmelos), Jamun seeds, Shilajatu (Asphaltum punjabinum) etc. are widely used in Prameha treatment. The Ayurvedic formulations like Nishakatakadi Kashaya, Katakakhadiradi Kashaya, Dhatriinsha Choorna, Vasantkusumkar Rasa, Mehantak Rasa, Asanadi Kashaya, Chandraprabha Vati, Niruryadi Gulika are also used to treat the condition.



# OSTEOPOROSIS

This is a disease that is usually caused by ageing. It can also be part of eating abnormalities and sedentary lifestyle. Bones give structural stability to our body. Without bones, our body would not be having a definite shape. Bones are made up of Collagen, a protein that provides a soft framework, and calcium phosphate, a mineral that adds strength and hardness to the framework. This combination of collagen and calcium makes our bones strong and flexible. But due to many reasons this sophisticated structure of bones are seen to deteriorate and the bones become breakable very easily. Bone density is the measure of how dense and strong your bone is and the condition of low bone density is called Osteopenia. If this condition advances and the bone density continues to get lower, it is called Osteoporosis. Osteoporosis is a condition in which there is reduction in the strength of bone that leads to an increased risk of fractures. It is prevalent among postmenopausal women due to the decrease in hormones, but it also occurs in men and women with other diseases or chances of bone demineralization. Important causes are family disposition, eating disorders and metabolic errors, medicines, radiations, certain types of arthritis, less physical activity, excessive drinking, smoking etc. It doesn't have any symptoms and the patients are usually diagnosed when she/ he has a fracture. It's chief clinical manifestations are vertebral and hip fractures, although fractures can occur at any site. It is diagnosed by standard X-ray or more precisely by bone density test. As there are no major symptoms, postmenopausal women, men above 60 years of age, adults who have a history of arthritis, who take steroids and persons above 50 years who have a fracture should check their bone density.

Asthi(bone) is considered as the seat of Vata in Ayurveda. So decrease of Asthi dhatu (Bone tissue) is managed by pacifying Vata. Oils, ghees, enemas with milk decoction are especially beneficial in the condition. Sesame, a rich calcium supplement and sesame oil has special importance in managing osteoporosis. Abhyanga(oil massage) with sesame oil or other medicated oils are mentioned as a part of daily routine. It delays ageing signs and develops strength in the body.

Calcium rich diet and Vitamin D supplementation are the two important measures to tackle low bone density. Milk and other dairy products like Yoghurt or Cheese and green leafy vegetables are the richest source of Calcium. Vitamin D is needed for absorption of calcium and other minerals in the body. It is synthesized in body with the help of sunlight. So daily exposure to mild sunrays for 30-45 minutes is good for your bone health. Other than that, fish oils rich in omega 3 fatty acids, salmon, sardines and eggs can be added to the diet as natural sources of Vitamin D. Foods like oatmeal, nuts like peanut, walnut, hazelnut, flax seeds, whole grains, honey, sprouts etc. are other food items good for the condition. Regular exercise, avoiding alcohol, smoking and carbonated drinks also improve bone health. Postmenopausal women who

of which contains plant oestrogens. *Asthisrngala* (*Cissus quadrangularis*) is an important medicinal plant used in depleted asthi as it helps increase the uptake of calcium.

All these common diseases point towards a common cause- the faults in our lifestyle, especially lack of physical activities and defective eating habits. According to ayurveda, a healthy body is a product of healthy eating habits. As the world goes into uncontrollable levels of pollution and climatic changes each with individuals experiencing high levels of stress and pressure, one of the few things humanity can hold on to for better health is the food that they consume. The quality, attention in preparation, cleanliness and the combinations in each plate can have a positive or negative effect in the body. It is important to pay attention to oneself, to be more introspective, to know how one's digestion is going, if certain foods make you more gassy or constipated or emotionally vulnerable etc. Because in long term, unhealthy and unsuitable food can act like poison and create metabolic toxins and diseases, whereas a healthy and wholesome food can be like medicine itself healing and preventing illnesses.

**Sesame, a rich calcium supplement and sesame oil has special importance in managing osteoporosis.**

are at increased risk of Osteoporosis should take soybean, lentils, chickpeas, beans, Shatavari(*Asparagus racemosus*), Ashwagandha(*Withania somnifera*) all



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# Cut down excess smoking

Cigarette smoking is known to affect the cardiovascular system, blood haemostasis and also accelerates platelet count among many others.

Tobacco in all forms is dangerous and harmful to human health causing various diseases like heart attacks, hypertension, strokes, pulmonary disease and cancer. Smoking also leads to lung cancer whereas mouth cancer is caused by chewing of tobacco. Similar to first hand smoking, passive smoking is also seen to affect the health of a healthy human. Various researches have confirmed the presence of about 600 ingredients in cigarettes that produce about 69 carcinogenic compounds on burning. Ayurveda helps to reduce the side-effects of tobacco usage by various ways like the use of Rasayana such as Ashwagandha, Shatavari, Bala and Ginseng. Moreover, practising Yoga also helps in releasing tension and stress and thus, increasing the strength and vitality of the mind and body that are experienced through the use of tobacco. Through this article **Dr. Madhavi** highlights the major facts of using tobacco, its adverse effects and the role of Ayurveda in its reduction.

## EFFECT OF TOBACCO

Various dangerous chemicals of tobacco smoke are known to damage the DNA of a healthy individual. A research corroborated that benzo(a) pyrene present in tobacco damages p53 gene that protects our cells from cancer whereas a research states that polonium-210 becomes concentrated in hotspots in smokers' airways, subjecting them to very high doses of high-energy alpha-radiation that damages the DNA of nearby cells. These chemicals in combined form

(cocktail) are even more dangerous than alone. Toxic metals of tobacco smoke such as cadmium, arsenic and lead stop our cells from repairing from the DNA damage. This worsens the effects of chemicals like benzo(a) pyrene that damage DNA and makes it even more likely that damaged cells will eventually turn cancerous. Various in vitro, in vivo and case studies have suggested that heavy metals present in cigarettes of Indian origin may induce intracellular ROS accumulation and increased expression of PI3K, AKT, NF B, c-Myc which ultimately lead to

unusual cell division or cancer.

## ROLE OF AYURVEDA IN REDUCING THE RISK OF TOBACCO

The basic concepts of Ayurveda are Gunas, Dravyas and Doshas in which Gunas means qualities, Dravya means five elements (ether, air, fire, water and earth) and Dosha means movement (Kapha, Pitta and Vata). Various Ayurvedic approaches are certainly helpful in reducing the adverse effects of tobacco.





**Yoga and other exercises:** Yoga and exercise is a form of relaxation and incorporates various forms like stretching, meditation and the knowledge of the body's full potential. It helps in relieving tension and stress and helps to increase the strength and vitality without the use of tobacco. Moreover, meditating twice a day for a regular smoker can bring remarkable results to refresh his mind and consciousness. Neti-Kriya (nasal cleaning), a cleansing practice of sinus passages, has been practiced for centuries for physical, psychological and spiritual benefits. Performing Neti-Kriya in the mornings and nights with normal saline solution at room temperature helps in reducing and preventing sinus infections and allergy problems that are mainly caused by smoking. Moreover, practice of

Bhastrika Pranayama (bellows breath), the breathing pattern resembles the blowing of bellows in the mornings and nights is helpful in expelling tobacco contaminants in the upper and lower airways.

**Use of Ayurvedic herbs:** Regular use of tobacco causes deposition of nicotine, tar and other toxic compounds in the tissues. To expel such toxic substances, one tablespoon of Triphala powder should be consumed every night before bedtime. This is helpful because it has potency to cleanse the colon and flush out the toxins from the body. Triphala, a well-known Ayurvedic herbal formulation, effectively regulates the functions of digestive system and enhances the strength of immune system, lungs, urinary tract and the muscles. Triphala

is scientifically proven for various activities such as anti-mutagenic activity, cytochrome P450 inhibitory activity and protective activity against radiation oxidative damage. Similar to Triphala, a powder combination of Ashwagandha (*Withania somnifera*), Shatavari (*Asparagus racemosus*) and Bala root (*Sida cordifolia*) taken every morning is helpful in detoxification. This powder is also found to be helpful for the brain, nervous system, chronic pain and sexual health. Moreover, Chyavanaprash, a combination of various useful herbs, is considered to be a strong supplement for boosting immunity and helps to fight against various diseases. The main herbs used in the preparation of Chyavanaprash are Adhatoda vasica (Vasa), Aegle marmelos (Bael), Aquilaria agallocha (Agarwood),





Asparagus racemosus (Shatavari),  
Bignonia suaveolens (Patala),  
Boerhaavia diffusa (Punarnava),

Lilium poliochyleum (Kakoli),  
Martynia diandra (Kakanasika),  
Microstylis muscifera (Jeevaka),

Various researches have confirmed the presence of about 600 ingredients in cigarettes that produces about 69 carcinogenic compounds on burning.

Cyperus rotundus (Musta),  
Desmodium gangeticum (Shalaparni),  
Elettaria cardamomum (Ela), Emblica officinalis (Amla), Gmelina arborea (White teak), Habenaria intermedia (Ruddhi), Hedychium spicatum (Spiked Ginger Lily), Inula racemosa (Pushkara), Ipomea digitata (Vidari), Leptodenia reticulata (Jeevanti),

Microstylis wallichii (Vrishabhaka),  
Nymphaea caerulea (blue water lily),  
Nymphaea stellata (Utpala), Oroxylum indicum (Indian trumpet flower), Phyllanthus fraternus (Taamalaki), Piper longum (Long pepper), Pistacia integerrima (Karkatashruni), Polygonatum cirrhifolium (Meda), Premna corymbosa (Agnimantha),

Santalum album (Sandalwood),  
Sesamum indicum (Sesame or Til),  
Sida cordifolia (Bala), Solanum indicum (Indian Nightshade), Solanum xanthocarpum (Yellow-fruit nightshade), Teramnus labialis (Horse vine), Terminalia chebula (Chebulic Myrobalan), Tribulus terrestris (Gokshura), Uraria picta (Prishnaparni), Vigna trilobata (Wild gram), Vitis vinifera (Raisins), Withania somnifera (Ashwagandha). In addition to purifying blood, stimulating liver and eliminating toxins, this poly-herbal formulation improves respiratory and digestive problems.

Studies show that any amount of tobacco consumption is dangerous to our health and affects our entire body. The total burden caused by tobacco products are also known to outweigh any economic benefit from their manufacture and sale. Although it is a big challenge to stop the use of tobacco completely.

It is however not an impossible task. Proper awareness, education, counselling and herbal treatment can stop or reduce the use of tobacco. In this serious issue, Ayurveda, an ancient medical science, plays an important role. Tobacco addiction is stopped with the help of Yoga or other physical practices including meditation. Moreover, Ayurvedic herbal formulations in the form of dietary supplement or medicine can reduce the side-effects caused by tobacco consumption.



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# Ayurveda Helps Heal Diabetes

We all remember our childhood when we were rewarded with sweet treats, which perhaps formulated habits in us to crave sweets as we progressed with age. This could be one of the leading reasons for the growing statistics of people with diabetes. Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Insulin is a hormone that regulates blood sugar. When we have an excess of sugar in the blood it can lead to various complications for the nerves, heart, kidneys, blood vessels and eyes.

According to the World Health Organization, in 2018, diabetes was the direct cause of 1.6 million deaths and 422 million adults are affected by diabetes.

Diabetes can be treated and possibly prevented with the help of ancient knowledge and natural healing practices of Ayurveda and Yoga. It is always important to consult one's physician when incorporating the natural healing methods to your

daily routine. Five Ayurveda herbal remedies that can help in the healing journey of a person inflicted with diabetes include: Triphala, Amla, Cinnamon powder, Bitter Gourd (Karela) juice and Methi seeds.

Triphala is a powdered combination of Haritaki, Amla, and Bibhitaki, which acts as a natural immunity booster and digestive aid.

Amla is a potent herb, rich in Vitamin C and Chromium and helps to regulate the metabolism of carbohydrates. Drinking a glass of Amla juice or eating the fruit itself can provide the body with calcium, iron and phosphorus that aid the body in dropping blood sugar count.

Cinnamon powder also helps to lower blood sugar by imitating the effects of insulin and increasing glucose transport into cells. Use a few tablespoons of this powder everyday with warm water like a tea. This can help in normalizing the blood sugar levels.

Bitter Gourd is often used as a diabetic remedy as it is loaded with many health benefits that can result in glowing skin, weight loss and blood sugar regulation. While many people cook this bitter lemon to mask the taste, consuming it raw allows the body to truly absorb its medicinal values.

Finally, Methi seeds also known as Fenugreek provide

the body with fiber that slows down the digestive process of the body to break down sugars.

Incorporating these simple ancient Ayurveda remedies can help a person control and reduce symptoms of diabetes. While these herbs are provided with many benefits, it is important to consult your doctor and monitor your progress when incorporating any natural methods in conjunction with exciting medical practices.

Ayurveda and Yoga are sister sciences and when used in conjunction can bring the body to an incredible state of balance and beauty. With the global growing popularity of Yoga, western scientists are confirming the positive benefits of adapting the postural practice as a means to alleviate and eliminate diseases. Both the yoga posture practice and pranayam practice can help with diabetes. When embarking on the posture or pranayama practice, it is important to have the guidance of a well-trained teacher to ensure the practice is in proper alignment.





Yoga practice stimulates our organs which improves metabolism and encourage our body's cells to work more efficiently therefore making this practice highly beneficial for those who suffer from diabetes. Certain postures when practiced provide massage and toning to the pancreas and liver which stimulate the circulatory and nervous system that inevitably helps in controlling the practitioner's insulin levels. Stimulating pancreatic secretions and hormonal secretions can be achieved by practicing postures that compress the abdominal region like Matsyendrasana (seated half twist), Dhanurasana (bow pose).

### **Matsyendrasana Pose:**

Sit on the floor with legs extended in front, fold the right leg in a bent knee position, hold on to the knee with the left hand and turn the trunk of the body while looking over your shoulder. This twisting action squeezes out toxins by providing a massage to the kidneys, pancreas, liver and

gall bladder.

### **Dhanurasana Pose:**

Lie on the stomach, fold the knees and hold the

controlling the blood sugar levels.

Along with asana, practice of pranayama (breathing

helps to control diabetes. It is practiced in a seated posture and inhalation is done through the nose. As the practitioner exhales the naval is pulled deep into the spine for a round of 20, which stimulates the pancreas to release insulin that helps keep diabetes under control.

According to the World Health Organization, in 2018, diabetes was the direct cause of 1.6 million deaths and 422 million adults are affected by diabetes.

ankles. On inhalation, lift the chest off the ground and bring the legs up and back. The body should now be in a bow position for a few seconds and then exhale and release back to the ground. This posture improves the function of the pancreas and intestines which helps in

exercises like Kapalbhatti and Anulom Vilom provide many benefits.

Kapalbhatti (skull shining breath) provides stimulation to the metabolic function of our organs and thereby stimulates the pancreas to release insulin which

Anulom Vilom (alternate nostril breath) provides a calming effect to the nervous system and is beneficial for both heart patients and diabetic patients. This is also a breathing exercise that is practiced while seated. With eyes closed, close the right nostril with the right thumb and inhale deeply through the left nostril with the left ring finger and exhale from the right nostril. This should be practiced with concentration for about 3 to 5 minutes.

While the posture and pranayama practice can help reduce insulin related health concerns by improving digestion, blood circulation, dissolving toxins, and bringing a glow to the face and peace to the mind, it is important to practice them under the guidance of a teacher. Yoga, hence, should be practiced in a relaxed manner with focus on the breath and without any strain or tension.



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# Let go off long-term Sadness

Feeling sad from time-to-time is a normal part of life, but feeling crippled by your sadness on a daily basis could be different. In our day-to-day life, we frequently use the term “Depression”, but this is often referred to as sadness. Sadness is natural and it occurs for various reasons, but depression is a state that is even more severe. By definition, depression is long-term sadness, that persists to a period of more than two weeks. It is a disease that is manifested in mankind due to the drastic alteration of food, thinking as well as other activities. Depression can be overwhelming and prevent an individual from enjoying things that he had an interest in earlier. It affects everyone differently, but it can interfere with the daily activities, work and life in general.

The drastic change of human lifestyle from hunter-gatherer activity to agricultural activity, then to industrial activity moving on to the IT revolution has not been adjusted by the human mind when compared to the human body, resulting in the emergence of new lifestyle diseases among which one is Depression. Depression causes some sort of pain – both to the body as well as to the mind.

## Depression-contributory factors

The explanation to the exact cause of this condition is yet to be understood by the medical community. Depression can run in families and some people will be at an increased genetic risk of the disease. This is caused due to negative or

faulty circumstances in life as well as due to certain negative personal factors. Some people are at risk of depression because of their personality, particularly if they have a tendency to worry a lot, have low self-esteem, are perfectionists, are sensitive to personal criticism, or are self-critical and negative. The stress and worry of coping with a serious illness such as cancer can lead to depression, especially if dealing with long-term management and/or chronic pain. Some people might become depressed due to the death of a loved one or due to loss of a job. Drug and alcohol use can both lead to and result from depression. Everyone's different and it's often a combination of different factors that can contribute to depression in different people.

## Clinical presentation

- Feelings of guilt, worthlessness, helplessness or hopelessness
- Loss of interest in usual activities, including sex
- Difficulty in concentrating and complaints of poor memory
- Insomnia or oversleeping
- Appetite changes, which may include weight gain or loss
- Fatigue, lack of energy
- Thoughts of suicide or death

## Lifestyle changes that lead to depression

- Lack of physical exercise- Physical exercise can lead to





increased level of positive neurotransmitters in the body like serotonin and dopamine. These tend to enhance mental sharpness and has an anti-ageing effect.

- Lack of exposure to sunlight
- Processed foods that have very little omega-3 fatty acids can have a depressing effect.
- Lack of appropriate quality and quantity of sleep
- Lack of social connection due to a life immersed in technology and socializing only through social media
- Living in the bad experiences and feelings of the past

## Managing depression

Treating depression effectively means doing more than taking medications or going for therapy. Here, a change of lifestyle is essential to ensure a healthy mind and body. This will help a person to cope with the challenges of depression.

**Food:** Avoid junk food or food high in refined sugar and saturated fats.

Healthy Food include:-

**Fatty acids** – fish, nuts, fresh fruits, vegetables, olive oil (Omega 3 S and Omega 6 S)

**Amino acids** – meat, dairy products, certain fruits and vegetables (Enhance neurotransmitters)

**Carbohydrates** – whole grains, legume, spinach (stimulates serotonin)

**Exercise:** Exercising for 30 minutes a day and for 3- 5 days a week is recommended. It helps to alleviate depression, reduce stress, improve mood, boost self-esteem and provide restful sleep. It also helps to overcome excessive weight gain which is usually associated with depression.

**Medicines:** Several Ayurvedic medicines are available in the market to overcome depression. These are effective and are reported to have very little adverse effects. Major or moderate in grade depression demands inpatient treatment so as to get results. Snehapana, Vamana, Nasya followed by Rasayana drugs are the main part of the protocol.

**Yoga Therapy:** Selected Asanas and Pranayama schedules are reported to have positive and significant results in depression as per several published studies. These treatments result in stress relief, relaxation and spiritual enlightening. If depression is disrupting the sleep habits, deep-breathing techniques can calm the mind to help sleep better.

**Sleep:** Fatigue from lack of sleep can add to the symptoms of depression. Proper sleep is an important part of a depression treatment plan. Developing a calm bedtime routine can help to wind down at the end of the day. Following a consistent sleep schedule to improve the amount and quality of sleep should be made mandatory.

**Relationships:** Spend time with positive, supportive, and loving people so as to overcome rocky times.

**Overcome stress:** Stress builds upon itself, so it's essential to combat stress with calming, soothing experiences.

Stress management is different for everyone. This can be watching a favorite movie, reading a good book, practicing a hobby, listening to music, writing a journal, exercising etc.

## Conclusion

Depression thus affects the quality of life of the person affected. It is multifactorial and the altered lifestyle is also a major contributor to the condition. Its symptoms of sadness and isolation can be debilitating. So a multidisciplinary approach under strict medical supervision is ideal for managing depression and this is very effective. Lifestyle alterations are the key points to be followed to get rid of depression. Ayurveda has mentioned almost all these approaches of depression many centuries back and hence it is being termed as the science of life rather than a system of medicine.



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# Be Aware of Liver Diseases

People in our society do not have proper awareness about liver diseases as much as they have on diseases like Cancer and Heart diseases. Liver diseases can be cured only if we change our lifestyle of eating, drinking and binging on alcohol.

All are scared of diseases like heart attack and cancer. We all know that the reasons for such wide spread of cancer and heart diseases are due to our wrong lifestyles, food habits and alcoholism. Even though sincere efforts are carried out to cure these disorders by waking up in the morning, indulging in organic farming, going for walks and the like.

## ALL THESE ARE WELCOME

In the coming years, hopefully we may be able to control diseases of the heart, strokes, and deadly diabetes in a healthy manner.

## SILENT KILLER

We are aware of the nuances of major heart diseases and diabetes. What we are unaware of is about the ever increasing liver diseases. The diseases

of the liver like – fatty liver condition, Hepatitis and cirrhosis are seen to even attack youngsters too. The reason for the high increase in liver diseases is unhealthy food habits, lifestyle sans exercise and overuse of alcohol. If we examine the lives of famous people, we can understand that a number of great artists have lost their lives due to the attack of liver diseases. Apart from this there are a lot of unknown personalities who had to succumb their lives due to different liver disorders. Unfortunately, we do not have the know-how on liver diseases like we have about cancer and heart diseases. Only if we correct our lifestyles of excess eating and drinking can we escape from the attack of liver disorders. The need to spread the awareness about how to control and prevent liver diseases is seen to be very essential these days.

## LIVER IS EVERYTHING

Liver only controls the nutrients in the food we eat like carbohydrates, protein and other fatty foods. Liver only gives direction to more than 500 chemical reactions that take place in our body. In emergency situations, liver is able to break down glycogen to glucose. It is only when these systems are not functioning effectively that people with liver diseases face a disturbance in their normal sugar-level.

The production of albumin, which is an element of protein; hormones that are secreted to improve digestion of fatty substances; elements secreted for encouraging the clotting of blood; clearing the toxins from the blood and many more functions are carried out by the big factory called the liver. Liver

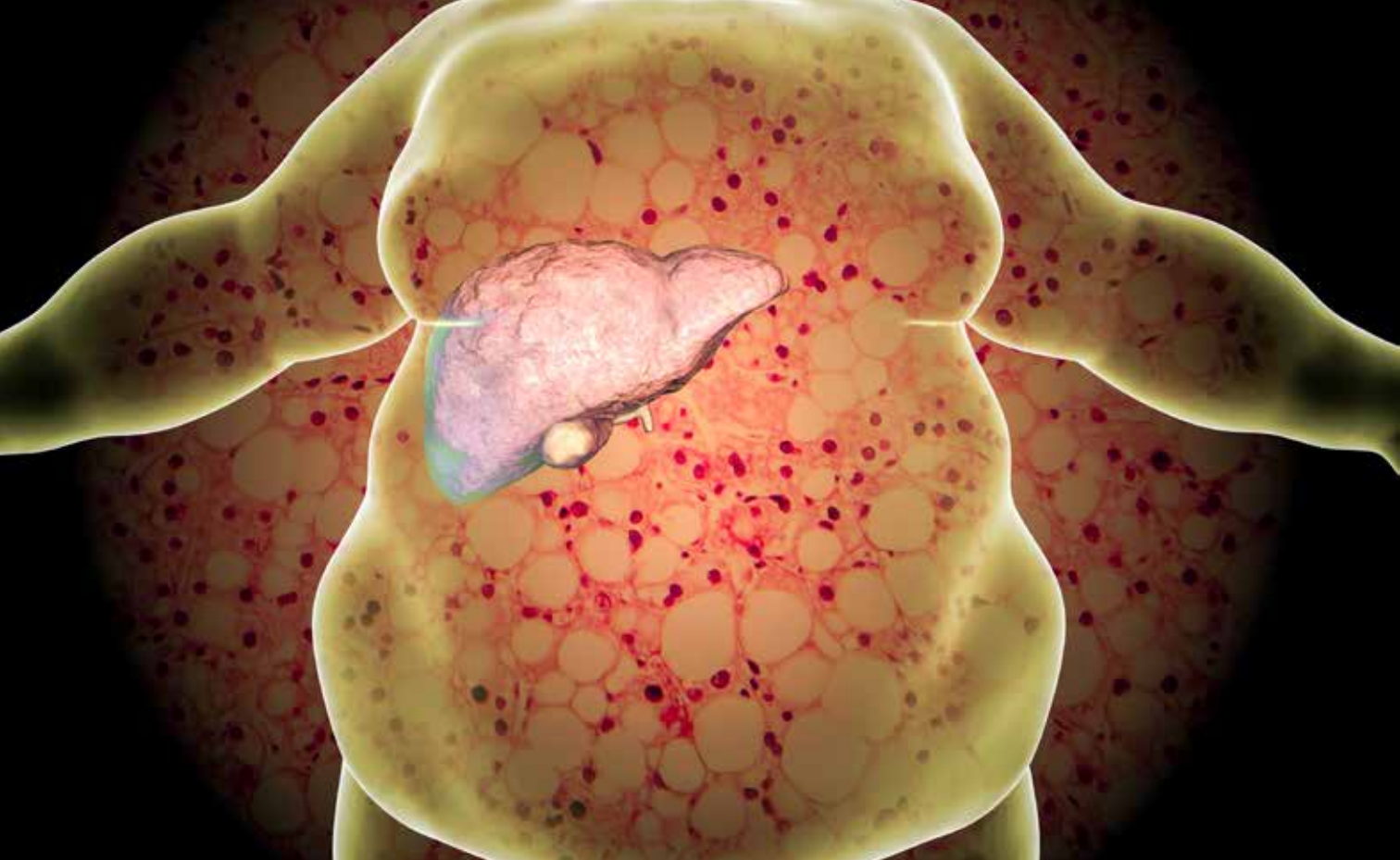
has the magic property of re-birth. Even if three parts out of four of the liver is damaged or cut off it will grow back to its normal state within six to eight weeks.

Liver has a great capacity to endure suffering and restrain itself. Even if 80 percent of this organ is destroyed it can still function to its full capacity. It is this functionally important organ that works for us day and night that we tend to destroy by eating and drinking abnormally.

## COMMON DISEASES

The uniqueness of liver diseases is that they occur in parts. A person does not contract liver disease abruptly. Liver diseases progress only after giving the donor enough time to correct itself. If proper care and attention is given during the initial stages one can easily overcome any disease connected to this organ.





## FATTY LIVER

This is the first stage of liver disease. This is stage when the cells of the liver get filled with fat. This disease might not show any symptoms but can be identified while going for a usual check up. Inflammation in the liver might be the only physical symptom. Other symptoms may be pain on the right side of the stomach, no hunger, nausea, yellow fever and other symptoms. When blood test is done, an increase in the level of the enzymes (SGOT, SGPT) secreted by this organ is observed. Another uniqueness of this condition called fatty liver is that in case we are interested in stopping alcoholism that can lead to this disease, the liver can get back to its original healthy state. But just in case enough precautions are not taken this condition will progress to hepatitis.

## HEPATITIS AND YELLOW FEVER

Hepatitis is a condition when the liver swells or gets inflamed. The main symptom of hepatitis is yellow fever. This is caused by the damage on the

cells of the liver leading to infection and changes in the basic structure of this organ. Apart from yellow fever, other symptoms include, fever, stomach ache and loss of appetite. On testing the blood, an increase in the production of enzymes of the liver will be observed. If the causative factors and symptoms of hepatitis are controlled in the beginning itself, then the health of this organ can be reclaimed.

## LIVER CIRRHOSIS

The last and final stage of a liver disease is Cirrhosis. The liver which is very soft becomes shrivelled and hard because of Cirrhosis. Here, the cells of the liver get destroyed leading to the destruction of the organ itself.

Other symptoms of Cirrhosis include loss of appetite, tiredness, yellow fever, decrease in body weight and muscle weakness. It is the complications of cirrhosis that put the patient in a dangerous state. Also, people with Cirrhosis face hypertension leading to hemorrhage. The patient may also start to vomit blood, stool becomes black, blood being expelled along with stool

and other grave symptoms set in. In patients with Cirrhosis, the liver will completely lose its ability to function and the patient may live in a state of coma. Another dangerous situation that a person with Cirrhosis can face is the Hepatitis Cellular Carcinoma which is a form of liver cancer.

## ALCOHOL - THE MAIN VILLAIN

Consumption of alcohol could be the main reason for liver diseases. Ninety per cent of those who consume alcohol continuously are affected by fatty liver. Ten to 20% of these people who are addicted to heavy alcoholism get Hepatitis. Cirrhosis occurs to those people who are addicted to alcohol for more than 10 years. This disease affects women more than men. In days of yore fatty liver was a condition found in people over 90 years of age, but now-a-days it is found in teenagers addicted to alcoholism. It is a misunderstanding that one can avoid these diseases to an extent by having healthy nutritional food along with their habit of alcoholism.



## Alcohol is not the only reason

The increasing number of liver diseases in today's world is not only because of alcoholism. Change of lifestyle, different food patterns, excessive dependence on medicine are some of the reasons for liver diseases to be put under the category of lifestyle diseases. Consuming excessive fatty foods with high calories tend to make children obese and also result in fatty liver condition among children. Foods like chips, fried items, pastry, cake increases the viscosity of the blood leading to fatty liver condition. Today's lifestyle is stamped with a routine sans exercise and food intake that is full of fat. These two unhealthy habits lead to obesity. This, in turn, leads to a long list of diseases. Thus, fatty liver condition occurs even if there is no alcohol consumption. This condition is called non-alcoholic fatty liver disease (NAFLD).

## Hepatitis B, C

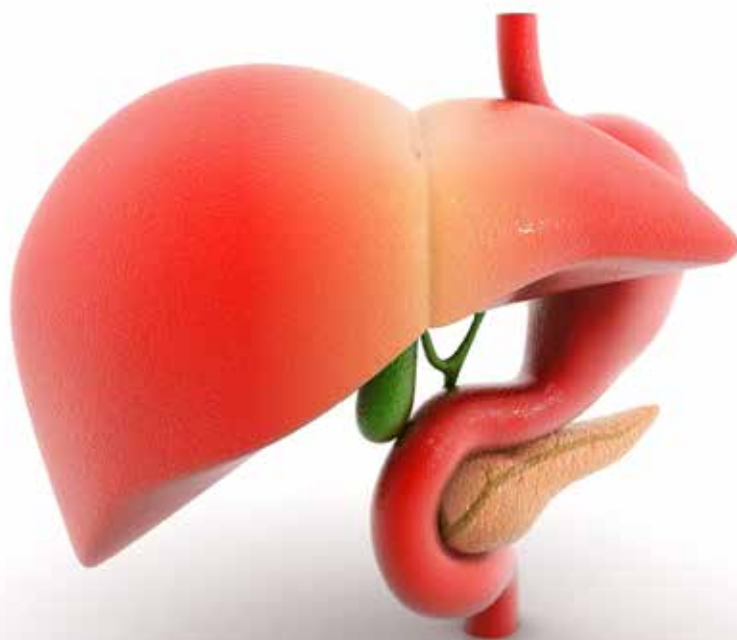
This disease is spread through blood and other liquids of the body. This disease is spread through the blood by virus. But, now since there are strict guidelines formulated for the transfer of blood the option of getting the disease through blood can be ruled out. Using the same syringe for various purposes can be another reason for the spread of the disease. Apart from all these, having sexual encounters with a partner having the disease tends to assist in spreading the disease.

### Increase in the spread of Liver Cancer

Increase in liver disorders like fatty liver, cirrhosis and hepatitis leads to increase in the affliction of liver cancer. It is found that 80% of people who have liver cancer seem to have been afflicted with liver cirrhosis due to different reasons. Also, diseases like Hepatitis B & C can lead to liver cancer. Alcoholism is seen to be a problem adversely affecting our society at large and hence liver cancer is common among people these days.

## Tips to save your Liver

- Avoid alcoholism completely
- Have food that is good and healthy. Completely avoid fried foods, fast foods and junk foods. Also, avoid bakery food items that are fatty and very sweet.
- Restrict eating out to just one or two times in a month.
- Include fruits and a lot of vegetables in your diet.
- Do exercise regularly and thus control your body weight. For the health of the liver, exercise for atleast 30-45 minutes. Walking, Jogging, Swimming, Cycling are some of the exercises that one can indulge in.
- Control diabetes, high BP and cholesterol through proper food and exercise.
- Take necessary precautions while donating blood.
- Use disposable syringe while taking injections. Also, avoid unnecessary injections.
- Take medicines only on the advise of your doctor. Reduce heavy use of steroids and hormones as they are bound to cause destruction to the liver.
- When you see symptoms of yellow fever, consult a doctor immediately.
- Take vaccine against diseases like Hepatitis B & A
- Maintain hygiene while having sex.
- Maintain hygiene while having food also.
- After 40 years, make sure to check the health of your liver annually.



# Understanding Menopause

Each stage in a woman's life is beautiful & diverse. The emotional and physical changes that occur at each stage make her a unique creation of the creator. The different stages in her life include puberty, motherhood and finally menopause. These are some of the important milestones in her life. Each of these stages needs to be embraced with grace. Although many westerners treat some of these as a disease, ayurveda has an outstanding solution for a safe and happy transition into the different stages. Menopause is one such stage that is natural and is also the final stage in her life that marks the end of her natural fertility. Here, **Dr. Gangadharan** tells us more about the nature of menopause and how it can be handled with grace.

The stage between 'menarche' and 'menopause' has significant impact on the physical, emotional & social aspects of a woman. It should also be understood that both these stages require the same amount of care. Many-a-times, menopause poses itself as difficult to handle with lack of proper understanding, comprehensive medical guidance, and good social support. Menopause should thus be understood as a natural phenomenon occurring between the age of 45-55 years.

In Ayurveda, Menopause is termed as 'Rajonivrutti'. Menopausal symptoms are regarded as an imbalance of the Vata, Pitta & Kapha doshas

with kshaya (degeneration) of dhatus, mala and agni (metabolism). Here, the tissues are seen to gradually and naturally degenerate as a result of aging. This is a transition between the pitta stages of life into the vata stage. Depending on the predominance of the dosha, these symptoms can be elicited as follows:

**1. Vata dosha:** In Vata prakriti women symptoms like anxiety, irritability, depression, mood swing, sensory motor problems, nervousness, dry skin & arthropathies are more predominant.

**2. Pitta dosha:** Here, women are seen to experience anger, short temperedness, irritability and hot flashes. Also, women with dominance of pitta dosha experience excessive perspiration, thirst and urinary tract infections.

**3. Kapha dosha:** The Kapha prakriti women are more prone to depression, lethargy, weight gain, slow digestion, fluid retention, and excessive sleep.

## SYMPTOMS OF MENOPAUSE

- Hot Flushes
- Vaginal Dryness
- Insomnia
- Atrophic Vaginitis



- Cystitis
- Drying Out and Thinning Of the Skin
- Thinning Hair
- Palpitations
- Migraine Headaches
- Mood Swings
- Anxiety
- Depression
- Mental Fogginess
- Osteoporosis
- Endocrine Imbalance Until Ovaries Stop Producing Ova

“To dig a well after the house is on fire” is an old proverb that can be related to how a woman faces each stage of her life. She often tends to forget and give necessary time to her needs during these different stages and instead view them as a “crisis” and resort to treatments like hysterectomy or hormone replacement therapies. Educating women on stress reduction therapies through the intake of herbs or external treatments like yoga, pranayama and meditation starting in their 2nd and 3rd decade of life, will help in effortless transition into the menopausal years later in life. Women living with low stress and leading a simple life, like in country side rarely suffer from these syndromes. In villages, physical activities and a healthy diet of fresh



vegetables, grains etc all have a balancing effect on her hormone levels.

Our acharyas have mentioned many effective herbs that are useful to women facing different menopausal syndromes. They are:-

### **Shatavari** (*Asperagusracemosa*)



This the best herb suggested for women as it is known to balance her hormones. Also, its cooling property helps in reducing the hot flushes and mood swings. It also helps to rejuvenate the dhathus.

### **Ashoka** (*Saracaashoka*)



This herb is true to its meaning - the remover of sorrow. It is very useful in the premenopausal stage in regulating excessive bleeding and stress.

### **Ashwagandha** (*Withanasomnifera*)



This is a powerful antioxidant & immune modulator. It improves strength, induces sound sleep and relieves stress. During the menopausal stage, it effectively controls the vasomotor symptoms like hot flushes, night sweats and palpitations.

### **Jeeraka** (*Cumin*)



This is helpful in phyto-oestrogenic activity, and reduces all pitta related symptoms.

### **Bala** (*Sidacordifolia*)



This is best in strengthening the dhathus and bones especially when taken as a medicated milk formulation.

### **Amalaki** (*Embelicaofficinalis*)



This is the best Vayastapan – rejuvenating herb.

### **Yasthimadhu** (*Glycerrhizaglabra*)



This is a Rasayana drug with excellent anti-oxidant, immunomodulatory & anti-depressant and memory enhancer.

## **REMEDIES FOR HOT FLUSHES**

### **Balamoola ksheerapaka**

10 gms of bala moolakwathachoorana should be boiled in 300ml of water and 100ml of milk. This should be boiled and reduced to 100ml. Finally, this can be filtered and used for consumption. In case non-diabetics, jaggery can be used. This can be taken once a day

### **Ksheerabalataila**

This can be applied on the head after warming it. Application should be done ½ an hour before head bath and twice every week.

These herbs have phytoestrogenic activities and mimics the body hormones thus help in reducing the severity of menopausal syndrome and finally improves the quality of life. These medicines when used judiciously under the guidance of an expert helps to overcome the disorders of menopause and also prevent the risk of breast cancer.

In addition to the above, maintaining an equilibrium of the all the doshas, from an early age helps to have an easy menopause. Consuming foods that are suitable to the prakruthi (constitution) of each one's body works as a tool for checking negative symptoms of menopause and other age related diseases.

Osteoporosis, a silent disease, lurks as one of the major issues faced by women above 50 years. As vata dosha seems to be predominant in this stage, women at this stage face asthikshaya or decrease in bone density. This leads to fragile bones that can be easily fractured. For this, proper care has to be taken from the early stages of life. The common sites of fracture are on the hip, vertebral columns and wrist. Osteoporosis-related fractures are

also responsible for excess mortality, chronic pain, reduction in quality of life, need of admission to long term care, along with health care expenditures.

This is the context where Ayurveda is the best with its competent Jarachitsa- Rasayana, helping in rejuvenation. It enhances life span, memory & intelligence. It improves colour & complexion, strength & performance of the sense organs and helps in cognition. Rasayana drugs act by strengthening all the seven dhatus. Whereas modern science deals with hormone replacement therapies and other supplements with adverse effects of the medications. This also gives rise to different set of sufferings.

Ayurveda deals with the all stages of a person's life and special attention is given to women's health. Health is bringing homeostasis of all doshas in the body which can be achieved by following a healthy lifestyle through dinacharya (daily routine) and ritucharya (seasonal lifestyle) along with a suitable diet, herbal preparations, exercise and simple lifestyle changes. Most of the unpleasant side-effects of menopause can be minimized to a great extent by following a healthy diet and lifestyle. Also, this knowledge can help you prepare and stride forward with your life with grace. So, go ahead and embrace your beautiful life!



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## **A Farm full of Medicinal Plants**

Kerala Gooseberry Hills, is an Ayurveda Health Farm created by French citizen, Olga Richards in 2007. The intention of this farm was to grow medicinal plants for clinical research. This project is located in the remote foothills of Western Ghats, South Kerala. It has its own perennial water source and the soil and water conservation is done through bench terracing, mulching and composting in the farm itself. The farm follows a model of natural farming called the Permaculture model with special emphasis to conserve biodiversity of the land that has rare fruit trees like vetiver, wild lemon grass, neelamari and the like that grow here in abundance.

Another uniqueness of the farm is its wild Turmeric and forest black pepper that is grown and processed following ancient traditional methods. The farm also has close associations with an NGO called "THANAL" which is the founder of "Save our Rice" campaign. The Turmeric grown in the farm is dried and is put for sale.

For more details, contact:- **[olga\\_hr@hotmail.com](mailto:olga_hr@hotmail.com)**



# Follow Ayurveda, Overcome Alcoholism



Alcohol is by nature like food and so it nourishes the body just like food but, injudicious consumption of this liquid without following the methods prescribed in the ancient scriptures will lead to diseases of not just the body but also of the mind. If used judiciously, it is beneficial like nectar.

**A**lcoholism is the inability to control drinking due to both a physical and emotional dependence on alcohol. In today's age we see alcohol addicts all around us. We understand how it causes different health issues for our near and dear ones and ends up in ruined families. Although alcohol consumption often starts as a social habit for parties, events and other social engagements, regular and continuous intake of this liquid further turns into dependency and addiction. Alcohol is also considered the drug of choice for entertainment and relaxation for the hard working generations who are often burnt out from assignments at home and work. Alcohol, thus helps to alter the mood of the present day

stress filled sedentary lifestyle of office goers. Although one is well aware of the harmful effects of alcohol on the body, many develop an irresistible urge to drink alcohol thus reducing their capacity to control the frequency and quantity of its intake. This finally leads them to addiction making normalcy very difficult.

Common reasons for alcohol use by teenagers and adults are stress, peer pressure, television, media, desire for pleasure, chaotic lifestyle, etc. It is more likely to be a combination of factors such as susceptibility to addictive behaviour, environment, lifestyle, economic background, etc which increases the chance of addiction in a psychologically

vulnerable person. Common physiological stressors like sleep deprivation, long working hours, night shifts, sedentary job, untimely food, etc and emotional stressors like strained relationships, interpersonal conflicts, divorce, violence, death of a close family member or friends, etc increases vulnerability to alcoholism and other addictions.

## HOW DOES STRESS LEAD TO ALCOHOLISM?

Prolonged or repeated exposure to stress cause decrease in their adaptability and motivates the person to be an alcoholic. It's intoxicating effects makes them feel good and they





of alcohol in an appropriate manner is said to bring health and happiness to the individual. But long- term and heavy drinking causes serious physical and mental health problems like heart problems, hypertension, pancreatitis, depression, and liver problems like cirrhosis, hepatitis, etc. Taking all these into account our ancient scholars have prescribed many rules and regimens for consuming alcoholic drinks.

## **WHY SHOULD WE DRINK WITHIN LIMITS?**

The nature of alcohol is a sour taste and it is said to contain all tastes except that of salt. It has qualities opposite to that of Ojas (vital essence of the tissues). Hence an excess intake of it is known to destroy all the attributes of Ojas which is the abode of Sattva and as a result of this affliction, the mind gets agitated resulting in intoxication.

All the qualities of poison are impregnated in alcohol, hence improper use of this drink causes diseases.

Alcohol is by nature like food and so it nourishes the body just like food even though it consists of all properties of poison. Just like over-eating and improper intake of food lead to diseases, injudicious use of alcohol without following the methods prescribed in the ancient scriptures will lead to diseases of not just the body but also of the mind. If used judiciously, it is beneficial like nectar.

If one consumes alcohol within the prescribed dosage limits and in an appropriate time and manner, with proper food intake and realizing his limits and capacity, he will reap richly from it like one benefits from Ambrosia.

## **WAY OF TAKING ALCOHOL AS DESCRIBED IN ANCIENT AYURVEDA TEXTS**

Alcohol is prepared from different types of ingredients like cereals, fruits, roots, flowers, leaves, sugar, etc. Depending upon the method of preparation its uses are different. Alcohol forms an integral part of the vedic sacrifice called Sautramani in which it is offered as an oblation

to fire. There has been reference in ancient Ayurveda texts about excess intake of alcohol by Lord Indra which leads to his loss of energy which was later restored only after its intake according to the prescribed procedure in the appropriate quantity.

Alcohol thus, should be consumed after bath, after wearing clean clothes and applying perfumes. It should be had after intake of unctuous and hot food in accordance with seasonal requirements and after prayer by comfortably sitting or lying in a cool place surrounded by flowering trees or in a pleasant atmosphere.

While consuming alcohol one should eat delicious refreshments like fruits, green salads with salt and aromatic spices and roasted meat preparations.

One should pour a part of the alcohol with water on the ground and lick some ghee mixed with sugar before starting the drink.

People with a strong mind and good physique, who have taken food before drinking alcohol and who are habituated to drinking large quantity of alcohol, do not get intoxicated easily.

Those who are afflicted with hunger and thirst, who are weak and fatigued, who have eaten less food and have no control over the mind or who are not accustomed to taking alcohol are prone to get intoxicated quickly after drinking even small a quantity of alcohol.

## **DIFFERENT PEOPLE DRINK DIFFERENTLY - WHICH MENTAL TRAIT ARE YOU?**

A person having Sattvic (calm and balanced) mental quality drinks while in a happy mood listening to pleasant songs, indulging in delightful conversations and eating wholesome and delicious food and drinks. This leads to a pleasant type of intoxication which promotes cheerfulness and passion. It terminates as a pleasant event as alcohol is incapable of adversely affecting the powerful minds of Sattvika persons instantaneously.

A Rajasika (passion and activity) person generally talks sometime

believe that it is the alcohol's effect that is making them feel that way. But the truth is that alcohol only creates imbalances in the body and mind. If people learn how to overcome stress and control the mind naturally, they can avoid alcohol or recover from its ill-effects.

## **ALCOHOL (MADYA) AS MENTIONED IN AYURVEDA TEXTS**

The term Madya refers to all types of alcoholic beverages in general. The practice of preparing and drinking alcoholic beverages is a very ancient art and it dates back to times of Rig Veda (3000 BC). Drinking small quantities

gently and at times rudely, sometimes distinctly and sometimes indistinctly and so demonstrates irregular varieties of behavior after alcohol consumption. It terminates as a tragic event.

Once a person with Tamas (destructive and chaos) mental faculty starts drinking alcohol, he is never satisfied and his alcoholic intoxication terminates in unconsciousness and sleep.

For an Ayurveda physician assessing the mental trait or Manasa Prakruti is essential for planning the course of treatment. It also helps the person to have control over his mind.

### THREE STAGES OF INTOXICATION

First stage of intoxication - The person at this stage is happy, exhibits creativity, his sensory perception and memory are not affected. In this stage, Ojas is not afflicted but mental

faculties gets stimulated, hence this stage results in sound sleep, feeling of freshness after waking up and hence is conducive to happiness.

Second stage of intoxication – In this stage Ojas is mildly afflicted hence one's speech, movement, posture, drinking, eating, talking and memory are affected. After crossing the second stage and in the beginning of the third stage of alcoholic intoxication, there comes a stage when there is no inappropriate thing which a person of Rajas and Tamas nature cannot do as the mental faculties become suppressed.

Third stage of alcoholic intoxication – Ojas is entirely afflicted and produces intoxicating effects. The person becomes inactive like a broken tree. Though alive, he resembles a dead person incapable of recognizing pleasing things and friends. He is soon deprived of all happiness for which he had taken alcohol.

## ALCOHOLISM

People being impelled by Rajas (passion & activity) and Tamas (destructive and chaos) qualities of the mind consider drinking alcohol as a source of happiness, being ignorant of the serious adverse effects of the liquid and the serious nature of its intoxication. Their minds get afflicted by the adverse effects of alcohol and become deprived of the Sattva (purity, goodness and balance) qualities. While craving for intoxication, they become blinded by alcohol and lose all happiness of life and suffer from health problems. Body pains, anorexia, severe thirst, unconsciousness, giddiness, visualization of non-existing objects, fatigue, insomnia, trembling of the body are some of the common

A person should withdraw his sense organ, the tongue from its object, alcohol just like a tortoise withdraws its limbs into the shell with ease and spontaneity to protect itself against the possible dangers.

symptoms of alcoholism. Alcoholic intoxication is of different kinds and it is a combination of all the three doshas that are, Vata, Pitta and Kapha.

### ALCOHOL TREATMENT AS EXPLAINED IN AYURVEDA TEXTS

Treatment for alcoholism is a long and time consuming process that can be difficult for both the addict and the people around them. Just like consumption of alcohol can lead to health problems, abrupt stopping of alcohol can also cause withdrawal symptoms like shaking, agitation, vomiting, hallucinations, etc. as the individual becomes physically and psychologically addicted to alcohol. Ayurveda treatments not only help to remove the cause of addiction but help to eliminate toxins from the body and reduce withdrawal symptoms considerably. The aim of Ayurveda treatment for alcoholism is to restore balance of the mind and to correct

imbalances of the three doshas in the body.

**Avoid the causative factor & triggering factor** – Avoid the continued presence of causative or triggering factors like being in the company of friends who drink every day.

**Drink within the limits** - One should be aware about the limits of his drinking capacity and not go beyond it as it will adversely affect his mental activity, intelligence, etc. Once he is aware of his limits he should stop drinking further and should consider that level as his Lakshmana Rekha - the line drawn for safety of Sita by Lakshmana. One should also space drinking.

### Panchakarma

– To flush out the accumulated metabolites and endotoxins, suitable Panchakarma (detoxification procedures) should be done. This will help to cure and prevent diseases related

to alcoholism.

**Shamana Chikitsa** – Proper palliative treatments which comprise of herbs, diet and lifestyle ensures non recurrence of the disease as well as helps in preventing relapse addictions.

**Yoga** – Today, all people have minds that are full of stress and strain due to wrong lifestyle practices. So, yoga along with Ayurveda treatment, helps to restore functional normalcy and correct behavioral fluctuations.

**Proper Nutrition** – Alcoholics are known to consume very little nutritional food since alcohol prevents the body from absorbing nutrients. Alcoholism is also mostly associated with nutritional problems. So an alcoholic is always advised to eat a healthy diet to prevent nutritional deficiencies.

**Behavioral and moral code** - Under the heading Sadvriddhi, behavior and moral codes are explained in Ayurveda

texts which have preventive and curative value. These help to defuse the emotional imbalance by changing the attitude towards the whole situation.

**Avoid stress** - Stress is a well-known risk factor that helps in the development of addiction and in addiction relapse vulnerability. Below are the techniques for dealing with stressors -

## IDENTIFICATION OF WHOLESOME AND UNWHOLESOME OBJECTS

Detachment / Gradual withdrawal from unwholesome practices – Withdrawal from addictions cannot happen overnight as it may cause serious withdrawal symptoms. So one should try to gradually withdraw from alcohol in a minimum period of 7 days. According to Ayurveda, on the first day, replace one fourth of alcohol consumption with healthy drinks and food, and keep three- fourths of the unwholesome practice of drinking alcohol. On the second and third day, substitute one half of alcohol with wholesome diet & drinks and keep drinking one half of alcohol. On fourth and fifth day, retain one fourth of alcohol consumption whereas adopt three- fourths of wholesome diet and drinks. On seventh day, give up alcohol consumption completely and adopt wholesome practice. Sometimes gradual withdrawal may also take more than 7 days of time depending on the patient's mental strength and withdrawal symptoms he experiences.

**Adopting healthy / wholesome practices** – Eating nutritious food, taking timely meals, regular exercise, proper sleep at night, keeping oneself busy without overstrain, developing hobbies and activities like gardening, art, music, etc.

**Company of good people** – Make friends or be with wise, educated men with good conduct who are respected by people.

**Gain Knowledge** – Reading scriptures and books on spiritual health.

**Meditation and Prayer** – Whenever undesirable thoughts or distractions try to crowd your mind, one should

meditate and pray to God.

**Mind control or Sattvavajaya** - This is the restoration of balanced state of the mind by diversion / control of mind from unwholesome objects when the mind is in contact with sensorial apparatus. It will help the mind to deal with environmental stressors and subdue and balance emotional stressors. Just like all the sense organs, the tongue wandering in search of worldly pleasures gets immersed in enjoying alcohol, hence attracts the mind and attaches it to alcohol. As mind is highly active, mind control is a difficult task and needs strong desire, determination and dedication. Only fortitude can help restrain mind from harmful objects. Sensorial abstraction is a vital part of treatment. A person should withdraw his sense organ, the tongue from its object of drinking, alcohol just like a tortoise withdraws its limbs into the shell with ease and spontaneity to protect itself against the possible dangers.

**Constant practice** – When weaned away from one object, mind has a tendency to get attached to another. So when one stops drinking, he will be compelled to indulge into other undesirable activities as the mind is now restless. Only constant practice of mind control methods will help the mind to subjugate to the self.

## OTHER TREATMENTS MENTIONED IN AYURVEDA TEXTS

Intake of Triphala powder with honey at bedtime or fresh ginger and jaggery

in the early hours of the day or Musta decoction relieves alcoholism.

■ Intake of medicated ghee, milk, wheat, barley, green gram, black gram, red variety of rice, chicken, meat soup, grape juice, pomegranate juice, cane sugar in the diet.

■ Therapeutic body massage, sandalwood unction, cold water bath, cold water for drinking, medicated enema are beneficial.

■ While drinking alcohol one should avoid company of Rajasika and Tamasika type of friends because drinking along with them may result in excess consumption of alcohol.

■ “Prevention is better than cure” – So one should practice mental, personal and public hygiene to prevent diseases of the body and mind. Say “NO” to alcohol in the first place.



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# Kill Stress Before It Kills You

Health is much more than drinking green juices and hitting the gym. If you never catch your breath, wake up feeling tired, anxious, emotionally drained, and can't rid stubborn abdominal fat, chances are you're chronically stressed.

Not all stress is bad. Good stress is our best friend, spurring us into action and saving our lives in acute fight-or-flight situations. It helps us when we need to perform our best.

But our body doesn't differentiate between good and bad stress: it can only respond in one way. It's the chronic stress and our body's natural, evolutionary response that's causing all sorts of health problems, including weight gain.

## SO, WHAT EXACTLY IS STRESS?

Much more than an emotion, stress is a hard-wired physical response travelling throughout your entire body. An acute stress reaction instantly activates our HPA-axis while our body quickly releases Cortisol and Adrenaline. These hormones urge our lungs to quickly pump oxygen into the blood stream, raising our heartbeat and blood pressure to deliver the energy we'd need to escape the stressor.

Stress requires so much energy that the body puts all other things on hold. You stop repairing your tissue. You stop renewing your cells.

Now, if our ancestors would escape a lion, they'd return to their daily activities, and their acute stress response would shut down.

But nowadays, we're living in a world with an overdose of non-stop psychological and social stress. We worry about our jobs, arguments at home, upcoming tax bills, annoying colleagues, traffic jams, mortgage, the health of our loved ones, unanswered emails and climate change.

In addition to that, we are collectively overworked, trying to get more done than we've got time for while constantly blurring the line between private and professional spheres with our mobile gadgets.





As a consequence, we consume more sugar than ever before, and live in an overwhelming information age that we can't properly deal with.

This chronic stress is the evil kind of stress but triggers the exact same primitive fight-or-flight response in our bodies as running from a tiger! No matter if good or bad; our bodies know only one way to respond to stress.

## IT'S ALL ABOUT ENERGY

Chronic stress kicks our natural energy distribution out of balance.

Let's say you are stressed over the course of three months. That means your immune system will steal energy from other systems for three months to feed your innate survival of fight-or-flight response. All so that it has enough fuel to feed your muscles, heart and breathing until you 'escape' your stressor.

There'll be no energy left for other essential systems – such as your digestion and reproduction – which is why chronic stress leaves you to feel irritable, forgetful, overwhelmed, isolated and sleep deprived.

Ideally, your immune system only awakes for an acute stressor and isn't

in constant action during the day. Unfortunately, nowadays we shoot in stress mode too often and too long for our bodies to handle. During those typically long episodes of stress, our energy distribution is completely thrown off, resulting in all types of health problems.

## WHAT DOES STRESS DO WITH OUR BODIES?

Our bodies aren't evolutionary prepared to deal with the relatively unfamiliar stressors of modern life. In fact, our human DNA only changes 0.1% every 10,000 years. We haven't been able to genetically adapt to the circumstances we've created since the industrial revolution.

### 1. Chronic Stress Makes It Impossible To Lose Weight

The stress hormone Cortisol increases your appetite not just because of the body's extra need for energy, but also because a stressed body can only run on sugar and metabolise carbohydrates to get energy.

### Sugar Cravings

During a stress reaction, Cortisol increases your blood pressure and together with Adrenaline helps

accelerate your heartbeat and breathing. This sends glucose to the blood to help free up enough energy for the muscles and the brain. Consequently, a fuel shortage arises, and sugar guarantees a quick energy fix, making us excessively crave sweet foods.

Comfort foods and drinks have become the quickest solution to our stress-related energy dips.

### Exhausting Your Insulin Factory

You need insulin to get glucose (sugar) out of your blood and into your cells. Unfortunately, stress hormones make it difficult for your pancreas to secrete insulin. But it gets worse: the overload of sugar (that you consume to make up for the energy shortage during a chronic stress reaction), makes your pancreas hyperactive. Over time this hyperactivity disturbs your cells in the pancreas to such a degree that it won't be able to produce sufficient insulin anymore.

Our absurdly high sugar intake eventually exhausts the pancreas, our insulin-factory, which explains why obesity and diabetes-II have become a silent epidemic of our time.

### 2. Chronic Stress Shrinks Our Brains

The impact of stress stretches beyond the shape of your body. High levels of Cortisol over long periods of time wreak havoc on your brain literally causing it to shrink in size! Chronic stress shrinks your pre-frontal cortex, which is responsible for regulating behaviours like concentration, decision-making, judgement and social interaction. It also kills, shrinks and causes loss of synaptic connections between neurons in the hippocampus, the part of your brain that is vital for learning, memory and stress control.

When the hippocampus weakens, so does your ability to manage stress, as well as to learn and remember things. Shockingly, chronic stress eventually sets the stage for more severe mental problems, like depression and eventually Alzheimer's disease.





### 3. Chronic Stress Makes Us Sick

A chronic stress response not only changes your brain but also damages many of the other organs and cells throughout your body. It lowers immune function, disrupting the body's ability to heal itself, making it vulnerable to infections.

The Adrenaline pushes your heart to beat faster and heightens your blood pressure. Too much of it eventually results in hypertension. At the same time, an overdose of Cortisol disrupts the function of your artery walls, one of the contributing factors of cholesterol plaque in the arteries and even arteriosclerosis. These two processes combined become a ticking heart-attack-and-stroke time-bomb.

Chronic stress also disrupts your intestinal nervous system, which is responsible for moving food through your gut, leading to irritable bowel syndrome. It can also increase your gut sensitivity to acid, making you more prone to heartburn. Stress even negatively affects the quality of your gut bacteria, upsetting your digestion and leading to poor overall health.

Most alarming though is that Cortisol makes us store a dangerous 'visceral' fat layer around our organs. Visceral fat increases the production of your immune system's 'Cytokines', which further increases your risk of developing chronic diseases such as cardiovascular disease and insulin resistance.

Stress even accelerates the ageing process by shortening telomeres (the ends of our chromosomes). Telomeres are responsible for the preservation of your genetic code during cell division. With each cell division, the telomeres

get shorter which is why we naturally age. But when telomeres become too short too quickly, a cell can no longer divide and it dies, resulting in accelerated ageing.

Other health problems linked to chronic stress are anxiety, ulcers in the stomach, headaches, acne, hair loss, sexual dysfunction, fatigue and irritability.

### START REVERSING THE EFFECTS OF CHRONIC STRESS

There's no need to get stressed about being stressed! There are many ways to reverse the effects of chronic stress! Of course, life will always keep throwing challenging situations at you, but what



matters is how you cope with them.

I encourage you to start valuing stress reduction in everyday life; it'll change your life in all sorts of positive ways. And think of it this way:

You cannot be there for your loved ones, team or clients, if you don't put on your own oxygen mask first. You're of no use to this world when you're burned out, depressed, in a constant state of anxiety, and when you lose your health.

### ALPHA FM MEDITATION- THE MOST POWERFUL STRESS-BUSTING TOOL

Need to calm down and get a hold on your stress? Alpha FM Meditation – The Most Powerful Stress-Busting Tools. Music can enhance many experiences. From helping runners keep up their pace to helping writers stay focused. It can even play a key role in mindfulness practices such as meditation. And that's what we're going to focus on here in this post.

Weaved into the most popular apps, courses and many more meditation practices, meditation music is becoming increasingly popular as a way to derive more value from the sessions.

Meditation music was initially introduced to heighten the senses during a mediated state and since then has been further researched to reveal a host of benefits to the practice of meditation. The scientific term given to meditation music is psychoacoustics.

Psychoacoustics is, by definition, a branch of science dealing with the perception of sound and how sound affects an experience.

Understanding the science behind all of this will help increase your confidence in the practice of meditation and also provide you with a few recommendations to improve the sensations you feel during a meditation session. Unlike popular music, meditation music has been carefully crafted to fit certain meditation practices and provide as much sensory value as possible.

Basic meditation music simply provides a way for an individual to go deeper with their meditation by adding a new layer to their experience.



the hour! You surely can realize and tap the Magic in your Mind.

The improved focus you can gain through regular meditation may increase memory and mental clarity. These benefits can help fight age-related memory loss and dementia.

Meditation develops mental discipline and willpower and can help you avoid triggers for unwanted impulses. This can help you recover from addiction, lose weight and redirect other unwanted habits.

A variety of meditation techniques can help you relax and control the "runaway" thoughts that can interfere with sleep. This can shorten the time it takes to fall asleep and increase sleep quality.

Meditation can diminish the perception of pain in the brain. This may help treat chronic pain when used as a supplement to medical care or physical therapy.

Meditation is something everyone can do to improve their mental and emotional health. Trying out a style of meditation suited to your goals is a great way to improve your quality of life, even if you only have a few minutes to do it each day.



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Scientific exploration in meditation music has been going on for many years now, providing us with data and insight into how this affects the brain's activity and mental health of the individual.

By progressively relaxing the body first and then the mind and with some inputs you can educate your brain to lower its frequency from Beta and bring it down to the Alpha Level. You can reach this level by a very Simple Music Driven Relaxation Technique. At this level you will be in touch with your subconscious mind and you will be able to access all the wonderful powers hidden there, waiting to be unleashed!

- Alpha Calming Practice is known to relieve stress automatically and make goal achievements very easy.

- Practicing Alpha regularly will help you to improve your intuitive powers and enhance clear thinking, self confidence and courage.

- Your performance levels will increase as the power of focus enhances, and you

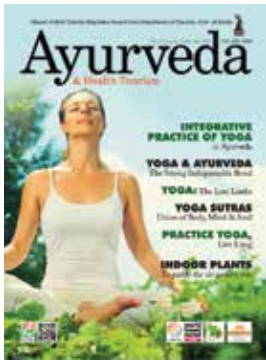
will be able to deal very effectively with any situation in life.

The Alpha Level of our mind enables us better access to unleash that potential. Soon after attaining Alpha, pleasant changes flood our lives where we may soon realize that it is not merely coincidences but the power of our subconscious at work. Practicing Alpha Relaxation regularly helps us retain energy, increase performance levels, relieve stress and enable us with clarity of thought and self confidence. An individual is empowered with better intuition or the "gut" feeling as it is referred to, to deal with any and every situation in life. These include situations at work and at home.

The Alpha State of the Mind surely helps change our thought forms from negative to positive thereby help to transform our energy levels. Problem solving once the mind is in the Alpha state, can be just a few minutes away.

It is surely one of the best known Mind empowering methods. It is the need of

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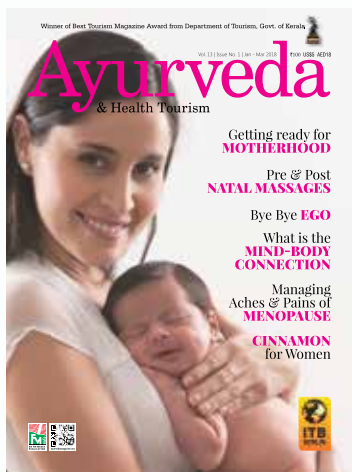


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# Chronic Fatigue & Adaptogens

Life is full of stressful activities that affect both our health and well-being. According to experts, around 10% of the global population at a certain time may suffer from fatigue or persistent tiredness. Fatigue is a physical condition in which an individual faces difficulty in performing his regular physical activity. Most of us neglect fatigue condition to some extent. But chronic fatigue can affect an individual's performance and it can even lead to various serious ailments with delay in recovery.



## TREATING FATIGUE CONDITION THROUGH AYURVEDA

In Ayurveda, adaptogenic herbs are recommended for treating chronic fatigue condition. The adaptogens can be defined as natural metabolic regulators which can increase the work capacity of a person. It remains consistently for a long period. Adaptogens increase adaptability towards alteration of environmental factors and decrease the harm due to them. Unlike stimulants, adaptogens maintain a constant level of performance and after attainment of peak level work capacity, it does not fall below its average level. Therefore, adaptogens assist in maintaining the average work capacity of an individual. However, the dose of adaptogen has to be determined very cautiously as it is the most vital factor to provide the best effective result.

Here are some commonly used adaptogen herbs in Ayurveda, which promote physical energy level, improve physical performance, boost physical energy level and maintain endurance:

### Ginseng (Panax ginseng)



Ginseng is a traditional adaptogen with specificity and acts as an actoprotector. Actoprotector is the subclass of adaptogen and provides following benefits:

- Ginsenosides, the active ingredient of Ginseng, is a steroid-like phytochemical, which counteract the negative influence of stress and improves physical and mental work capacity and endurance.
- The glycosides found in Ginseng extract prevent adrenal gland secretions by decreasing the overproduction of

The current awareness of people towards health & well-being and the advent of modern medical science encourage the use of traditional medicine to fight diseases. This is a better approach to drug resistance and to ensure safety. The introduction of adaptogens is a novel therapeutic practice of Ayurveda.

### WHY DO WE GET EXHAUSTED DURING ANY PHYSICAL ACTIVITY?

Different physiological factors are involved in the development of physical and mental tiredness. Some of them are as follows:

■ Nitric acid and cortisol are biomarkers of stress. In chronic stress condition, prolong secretion of

cortisol (an adrenal hormone) causes a decrease in muscle mass, increase in blood sugar level, and suppressed immune responses. Nitric oxide is a short-lived free radical that releases during psychological or physiological stress and may modulate stress-induced activation of the autonomic nervous system. This causes excessive adrenal hormone secretion.

■ Fatigue condition during exercise is very common. In our body, mitochondria are known as the energy storehouse, where ATP (Adenosine triphosphate), the main energy resource of the body, is synthesized. But during exercise, the accumulated lactic acid in the muscle and the presence of ammonia cause decreased synthesis of ATP in the mitochondria.

corticosteroid hormones. Thus, they assist in restoration after exhaustive physical activity.

- Ginseng also has the ability to improve cognitive functioning and acts as a memory booster by maintaining the blood flow within the brain tissue.

## Ashwagandha

(*Withania somnifera*)



In the traditional medicinal system, Ashwagandha is popularly known as the 'queen of herbs'. The chemical constituents of Ashwagandha are superoxide dismutase, catalase, and glutathione peroxidase and these three naturally obtained very powerful antioxidants improve the hemoglobin content and red blood cell (RBC) count. Thus, administration of this herb helps to maintain the cardiovascular performance and sustain the workability in strenuous condition. The sufficient hemoglobin content and RBC count maintain the oxygen supply throughout the body and significantly improve physical endurance.

## Rhodiola (*Rhodiola rosea*)



- Rhodiola stimulates essential energy metabolites and adenosine triphosphate (ATP) synthesis. This herb also promotes synthesis of ATP in mitochondria of skeletal muscles during exercise.
- Rhodiola also decreases ammonia concentration in muscles and therefore increases their physical work capacity and endurance.

Schisandra berries (*Schisandra chinensis*)

Schisandra berries have a potent antioxidant effect, which acts as a direct scavenger of free radicals. In addition, Schisandra berries activate antioxidant enzymes functioning within the brain, liver, and other tissues. Thus administration of the herbal preparation inhibits free radicals production in major organs and improves physical performance.

- Schisandra berries can increase the stamina during physical activity. They can improve intellectual performance and working capacity in a healthy individual by altering nitric oxide and cortisol basal levels in the blood, and saliva. Consequently, positive effects occur in the CNS and blood circulation. Schisandra berries are also beneficial for improving activity in sports by improving the physical performance.
- Supplementation of Schisandra berries can suppress physical stress-induced lactate level elevation in blood. Moreover, Schisandra berries induce simultaneous eradication of lactate during the recovery period.
- The release of creatine kinase from skeletal muscle causes reduction of ATP concentration in muscular tissue. Schisandra berries suppress the activity of creatine kinase and improve ATP concentration. Thus, an Ayurvedic preparation made with this herbal fruits maintains energy level during physical work and positively influence exercise intensity.

## Yarshagumba (*Cordyceps sinensis*)



Yarshagumba can increase the physical stamina which is directly related to the enhancement of immunity. The improvement of hepatic energy

metabolism and adequate blood circulation are the two very well-established health benefits of oral administration of Yarshagumba preparation. The following advantages of Yarshagumba effectively act against fatigue:

- The improved production of ATP by administering of Yarshagumba helps in the reduction of physical fatigue.
- Administration of Yarshagumba herbal preparation is able to utilize the oxygen more efficiently. This herb also enhances oxygen consumption capacity in the cellular structure. Thus, this herb can support essential physiological activities.

## Advantages of using Adaptogenic Herbs

- Adaptogens can reduce stress and stress-related damage. Adaptogens have anti-fatigue, anti-depressant, and restorative activities. Thus, they provide stress-induced disease protection.
- Administration of adaptogens provides stimulating effects that enhance both physical and mental performance and the working capacity. In addition, they help to fight against fatigue and stress.
- Unlike synthetic stimulant medications, adaptogens do not have negative side-effects such as drug withdrawal syndrome.
- Adaptogens are safe to use as they do not interfere with normal physical functioning.



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# AYURVEDA BEYOND EXPECTATIONS

**W**hen the 70-year-old mother of Jamal Al Mutareb, an Yemeni entrepreneur based in Dubai, was diagnosed with stage 2 herniated disc, he was aghast.

"We had explored all avenues with around 6 – 8 months of intensive treatments and medicines," he says. "Nothing helped. Her problem worsened, and she could not walk. As a last resort, we were asked to go for a surgery which was very risky. I explored extensively for a better option and consulted with various experts in this field. They advised me to go to Dhathri Ayurveda Hospital in Kerala, India. My experience was absolutely beyond what I had expected. My mother underwent a one-month-long treatment at Dhathri Ayurveda. Even before completion of the treatment, she was able to walk again and lead a normal life. Alhamdulillah, she is back with me in Dubai and is still enjoying a normal life. Luckily, we did not have to resort to any other type of medication and surgery. I wish to thank Dhathri Ayurveda for this miracle treatment. I recommend highly the treatment at Dhathri, their excellent staff, and the excellent location."

Similar stories and testimonials abound at Dhathri. Spread across a wide expanse of greenery in Kerala, the Dhathri Hospital & Panchakarma Centre, is a get-away destination for those in search of an authentic Ayurvedic experience away from the cacophony of city life. Dhathri has emerged as one of the front-runners in encouraging a culture of honest & trustworthy Ayurvedic treatment. The serenity of the facility by the backwater, goodness of traditional

Ayurvedic therapies and a healthy diet routine help people recuperate here.

Dhathri began its journey when one of the forefathers of the Dhathri Group, Sri Parameswara Vaidyar, laid the foundations for a long, illustrious tradition of Ayurveda medicines and healing in the small town of Kayamkulam in Kerala. The initial objective was simple - provide expert, holistic care to everyone who needs healing.

Following the footsteps of Sri Parameswara Vaidyar, Dr Saji Kumar now heads the Dhathri Ayurveda Hospital and has become one of the most trusted names in traditional Ayurveda health care. The endeavour is to offer top-quality Ayurvedic healthcare service that seek to not merely cure ailments but inculcate a culture of healthy living in an individual.

Dhathri is the first of its kind to be certified for quality and clinical excellence by the National Accreditation Board for Hospitals and Healthcare Providers (NABH) in Alappuzha District of Kerala.

## AYURVEDA WITH A DIFFERENCE. WHAT SETS APART DHATHRI AYURVEDA ?

- It is an authentic Ayurveda hospital where expert Ayurveda physicians administer treatments based on customized prakriti analysis. It is just not a resort providing wellness therapies.
- Treatments are designed with proper Ahara, vihara, Oushadha and kriya protocols to ensure maximum possible result for patients.
- Treatment methodologies also inculcate physiotherapy, yoga and meditation sessions



- Wide range of ayurvedic therapies offered at Dhathri are fine-tuned to harmonize body, mind and soul.
- Panel of efficient Doctors and well-trained and experienced paramedical team
- Dhathri's very own manufactured – classical & patented medicines
- Treatments are administered based on a Dhathri's very own patented Soukhyavedaphilosophy

## WHAT ARE SOME OF DHATHRI SIGNATURE TREATMENTS?

- Neck, Spine, Lower back and knee joints – eg spondylosis, spondylitis, herniated and prolapsed discs
- Arthritis & Rheumatic Treatments
- Obesity management, Diabetes & PCOD
- Skin : expert solutions for Psoriasis, Eczema and other allergic skin conditions
- Hair : proven treatments for various hair disorders by expert trichologists
- Specialized wellness programs designed to de-stress, rejuvenate and instil a sense of mindfulness

**dhathri**  
**AYURVEDA**  
**HOSPITAL**  
**& PANCHAKARMA CENTRE**  
 An ISO 9001-2015 Certified Hospital

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# Rithucharya: Answer to Lifestyle Disorders

Ayurveda is called life science as it gives importance to healthy living and helps to prevent attack from diseases rather than treating them. If one goes through the ancient classics of Ayurveda, it is evident that all the scholars have explained in detail about 'charya' (Regimen) in its initial chapters. For example, Ashtanga Hridaya is considered one among the most celebrated classics of Ayurveda and by examining the order of chapters in this classic we can observe how the first chapter describes about the quest for longevity (Ayushkameeyam), second chapter describes the daily regimen (Dinacharya), and third chapter describes the seasonal regimen (Ritu charya).

Ayurveda has chalked out various rules and regimens (Charya), regarding diet and behavior for the different seasons without altering a person's body homeostasis. The prime principle of Ayurvedic system of medicine is the preventive aspect and this can be achieved by altering diet and lifestyle practices in response to climatic changes. This is a very important aspect of preventive medicine as mentioned in the Ayurvedic texts.

Acharya Charaka says, "The strength and complexion of the person knowing and practicing the suitable diet and regimen for every season is accordingly enhanced" Now let's discuss in detail

regarding the seasonal regimen and the need for it.

## WHAT EXACTLY IS RITU?

Ritu is a Sanskrit word meaning season. The year according to Ayurveda is divided into two Kaala.

Adana kaala constitutes Shishira (Winter), Vasantha (Spring) and Grishma (Summer). This time period is dominated by fire. It should be understood that the strength of people generally decreases during this period.

Visarga Kaala constitutes Varsha (Rainy season), Sharath (Autumn) and Hemantha (Extreme winter).

In Visarga kala, coolness is the dominant property. Hence the strength of people generally increases during this time.

In short, in summer, the body is weak and in winter the body is strong. During the intermittent period the body is of moderate strength.

## WHY IS IT IMPORTANT TO FOLLOW A SEASONAL REGIMEN?

With every change in season, we experience an evident change in the environment around us. We should understand that nature changes by shedding leaves in autumn, flowering





in spring, and so on. Since we belong to this very same environment our body too gets influenced by it. If our bodies do not adapt to these changes we will experience what is called dosha vaishamya which is an imbalance of the doshas in our body. This is bound to alter the rhythmic functioning of our physical body and mind. Since adaptations to the changes are the key for survival, the knowledge of Ritucharya (regimen for various seasons) is very important.

Generally people tend to ignore to eat food as per the season either due to stress or because of their difficulty



to follow a routine. The lack of knowledge about eating as per the season or laziness in adhering to such activities can easily end up in diseases and in a lack of immunity. The derangement of homeostasis might end up in lifestyle disorders like obesity, diabetes, hypertension, cancer and so on.

In the United States, it is the chronic diseases and conditions and the health risk behaviors that account for most of the health care costs. Chronic diseases and conditions — such as heart disease, stroke, cancer, type 2 diabetes, obesity, and arthritis—are among the most common, costly and preventable of all health problems.

Now let's have a look at each of the regimen in detail.

## HEMANTA RITUCHARYA/ WINTER REGIMEN

Mid-November to mid-January is



considered as the period of Hemanta Ritu. The strength of a person remains the highest grade during this period and the vitiated Pitta Dosha is easily pacified here. Here, it is the activity of Agni that is at its peak, i.e. person will have increased digestive fire and the nights during this period are longer.

Food during this season should be prepared from wheat flour, black gram, products of sugarcane and from milk. Food that is prepared from freshly harvested corn, muscles, fat and edible oils can also be used.

Meat of well-nourished animals, meat soup and wine prepared from jaggery

should be included in the diet.

Due to increased digestive fire, food predominant in sweet and sour taste and which is heavy for digestion is advised. If you do not feed this strong digestion and it will not get the proper fuel, the digestive fire will, in turn, affect the nutritive fluids of the body. It will thus consume the tissues of the body (autolysis) that will aggravate the vata.

Body massage with oils that will alleviate the vata dosha is advised. Exercise, fumigation with Aguru (*Aquilaria agallocha*) and bathing in hot water are also advised during this season.

Dieting or fasting and eating gruel or meals that are too light like kitchdi should be avoided.

## SHISHIRA RITUCHARYA

Mid-January to mid March is

considered as Shishira Ritu.

The same diet and regimen of Hemantha Ritu is advised for Shishira Ritu as well. The intensity of cold and dryness will be more in this season.

## VASANTA RITUCHARYA

The period between mid -March to mid - May is considered as Vasanta Ritu. Strength of the person in this period remains average. Here, there is a vitiation of Kapha Dosha and the digestive fire is low.

During this period the person should consider taking in easily digestible foods. The predominant tastes here



include bitter, astringent and pungent.

Sheeta (cold), Snigdha (viscous), Guru (heavy), Amla (sour), Madhura (sweet) are not preferred. New grains, curd, cold drinks, and so on, should be totally avoided during this period.

During this period one should always have a warm water bath. External application of Chandana (*Santalum album*) powder, Kesara (*Crocus sativus*) powder and Agaru powder is advised before bath.

Among panchakarma, Vamana (Therapeutic emesis) and Nasya (Nasal medicine) are advised.

Honey should be included in diet. Easily digestible meat can be used.

## GRISHMA RITUCHARYA



During the period between mid-May to mid-July is considered as Grishma Ritu. This is basically summer season and the increased heat in this season

decreases the strength of the person. Agni (digestive fire) of the person during this period remains in a mild state. The predominant rasa is Katu (astringent). Kapha dosha gets easily pacified during this season.

Foods that are light to digest are the most recommended during this period. The properties of food to be had in this season are Madhura (sweet), Snigdha (unctuous), Sheeta (cold), and Drava (liquid). Foods like rice, lentil, etc. can be had during this period.

Drink plenty of water, buttermilk etc in this season.

Milk intake is ideal during this season.

Exercise, sexual indulgence, intake of alcohol should be totally avoided.

External application of sandalwood paste is ideal during this season as this provides the necessary cooling to the body.

## VARSHA RITU



This stage between mid-July to mid-September is considered as Varsha Ritu. The digestive fire during this period is highly weak and so measures should be taken to increase the activity of the digestive fire. The predominant rasa here is Amla (sour). During this period the Vata dosha gets vitiated and the Pitta dosha is also known to increase during this season.

Cereals like old grains, barley, wheat and rice are recommended during this season. Meat soups can be taken.

Boiled or medicated water should be taken. Medicated water means water boiled with cumin seeds, thulsi leaves, coriander seeds or ajwain seeds. These can be used alone or in combination.

External application of oil (oil massage) is advised during this period.

Bath should always be in hot water.

Panchakarma procedures like Basti (medicated enema) is indicated during this season to alleviate the vitiated Vata dosha.

Sleep during day time, sexual indulgence, exposure to cold, rain and wind are contraindicated during this season.

strength remains medium and vata pacification takes place during this period. Aggravation of Pitta may also happen.

Foods that pacify pitta should be taken.

Wheat, grams, sugar etc should be included in the diet. Milk, butter and fully ripened sweet fruits like Melon, Grapes, Pears and Mangoes are also good. Vegetables like Cucumber, Zucchini, Asparagus etc. can be used. Food should be taken only when very hungry.

Panchakarma procedures like Virechana (purgation) and Raktha mokshana (blood letting) are advised during this season.

Exposure to moonlight is also advised.



## SHARATH RITU

This happens between mid-September and mid-November. The predominant rasa is lavana (salty). The person's

External application of sandal wood paste is good during this period. A person who practices Ritucharya is ensured of a disease-free, healthy life.



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# Eat mindfully

## Compromise Agni







According to a 2016 study published by the World Health Organization, 39% of the world's population is overweight with 13% being obese. This number is seen to steadily increase despite increased awareness.

Enough has been talked about the obvious causes of weight gain that ranged from intake of processed, junk and high calorie foods to eating disorders. Yet, even the most health-conscious people are seen to struggle with healthy weight loss.

We seem to be missing something here. Optimum weight is not something that we can achieve through depriving food to our body or through excess exercise. It is what is attained from a healthy body with good metabolism. The input (right

When food is consumed mindfully, it will be metabolized effectively and the body will be able to absorb the required nutrients such that everything else will be treated as waste. It's like a blender that is working on the highest setting.

food and exercise) is important but how that input is processed is even more important. Here is where the two secret factors to losing stubborn weight comes in.

■ Compromised Agni

■ Not Eating Mindfully

### **PROMISED AGNI**

We should understand that most people who find it difficult to lose weight or to maintain it are suffering from Compromised Agni. They may try to look for answers to this problem by undergoing extensive dieting and exercising but what they fail to understand is that the answer lies within their body's own framework.



## What is Agni?

Agni is to our body is what the sun is to the universe. Any type of transformation in the universe requires heat and Agni is that heat in our body. Agni is the reason why we Homo-sapiens can maintain our body temperature at 37°C. Agni in the belly can also be called the digestive fire and it has the duty to process our food by dividing it into nutrients and waste.

It doesn't matter how healthy or nutritious your diet is - without the right fire you will not be able to put it to any use. In fact, even the simplest foods may cause symptoms of weight gain.

Going by the above logic, when your Agni is functioning well, even the most complex food is used well by the body. Lack of Agni or variable Agni leads not only to diseases like hypothyroidism and obesity but also to a range of autoimmune disorders.

Agni can be compared to the flame on which you cook food. For your food to cook well, the flame needs to be at the right level for the right amount of time.

## What type of Agni contributes to weight gain?

Low Agni happens when your body does not have the optimum level of Agni required for food processing. Here, digestion may take longer and sometimes be incomplete leading to development of extra bodily tissues or weight gain. It can be compared to cooking food on a stove on a really small flame. Those with a Kapha Prakruti may naturally lean towards low Agni.

Variable Agni is another culprit for weight gain. Variable Agni that is usually caused by irregular eating patterns and yo-yo diets can leave Agni high at times or low at other times. Imagine cooking food on a really high flame and then abruptly lowering it to a minimum. You will end up burning some parts and may leave other parts undercooked. This will be the outcome of your food in the above circumstances. The under transformed food quickly adds to the fat cells in your body.

## Enemies of Agni

Since we have now established that Agni is paramount for optimum

weight and health, let's look at some of the enemies of Agni.

**Snacking** - Snacking does not give Agni a chance to refuel itself.

**Irregular Eating** - There is something called Agni memory. Your Agni functions at its best if it knows when to expect food according to your biological clock.

**Yo-Yo Diets** - Extreme diet followed by extreme bingeing can lead to variable Agni, which in turn can lead to weight gain.

**Raw Foods** - Raw foods require a great level of transformation and hence put a lot of strain on Agni. In the short term, salads may make you lose weight as they are light but they also lower the strength of your Agni leading to weight gain when you switch back to regular food. They also don't provide enough nutrition to your tissues.

**Extremely Heavy Foods** - Heavy foods like pizza and cheese require a lot of heat, thereby utilize a lot of Agni strength.

**Heavy Diet Programs** - Where there is no fuel, there is no fire. If you don't feed your Agni regularly, it will go out. When you finally give up your diet, you'll find yourself easily susceptible to weight gain.

**A Lethargic or Immobile Lifestyle** - Movement stokes Agni, keeping it in good shape. This is why exercise makes you hungry. When you have a very lethargic lifestyle, the Agni does not get stoked and this leads to weight gain.

## What to do to build and restore Agni?

If your Agni is compromised, you can utilize these simple measures to bring it up to speed. Once your Agni is functioning well, make sure to avoid the pitfalls mentioned above.

Use Agni kindling spices like asafetida, cardamom, cloves, pepper, long pepper, cinnamon, cumin, coriander seeds and fennel in your diet.



Consume Ghee in small quantities.  
Ghee is great fuel that keeps the Agni steady.

Bathe and exercise before eating in the morning.

Bhastrika Pranayam and Kapal Bhaati Pranayam can be useful if you don't have excess body heat.

Agni Building asanas like Pawanmuktasan, Ardha-Matsyendrasana, Marichi-asana, Parivritta-trikonasana are good for all.

Check to see if your Agni is functioning well. Timely elimination, regular hunger, asymptomatic digestion, steady weight and the ability to tolerate junk or heavy foods occasionally are signs of a robust Agni.

## NOT EATING MINDFULLY

The second hidden cause of weight gain, or rather the inability to lose weight is Not Eating Mindfully. Even those who make the healthiest food choices may find themselves in this trap.

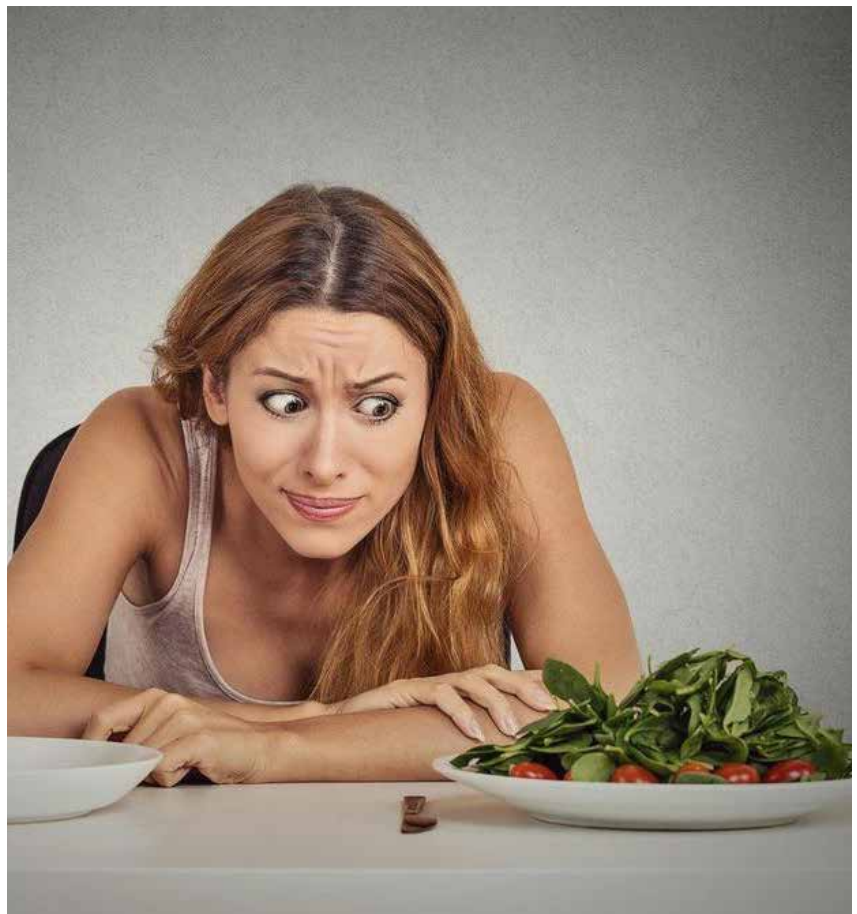
Not eating mindfully does not necessarily mean binge-eating. It means eating without your mind focussing entirely on the food. There are a multitude of reasons why we may eat mindlessly.

As kids, a lot of us were fed at the first sound of a cry. Many-a-time, the cry may not have even been for food. But food was used as a distraction from any discomforts. As this pattern continues into adulthood, it becomes a habit that became what is called stress-eating disorder. Every time we feel uneasy, we may find ourselves reaching for food.

With busy lives with digital and electronic gadgets, multi-tasking during mealtimes is common. This again leads to mindless eating.

### But why does mindless eating lead to weight gain?

When we are not fully tuned into our food and hunger, we allow our minds to be preoccupied by other thoughts.



Thus, we not only tend to overeat, but also end up picking options that are unhealthy. We eat faster, chew lesser and may even adopt the wrong posture. All of these factors can contribute to weight gain.

Another reason is that when you are fully tuned into your food (also called being in the present moment), your body and brain function is in the “rest and digest mode.” Simply put, you produce more saliva, more digestive enzymes, the glucose stays within the cells and is not released into the blood, there is lowered cortisol and adrenaline production and the heart-beat is regular. When food is consumed in such a state, it will be metabolized effectively. You will be able to absorb nutrients effectively and everything else will be treated as waste. It's like a blender that is working on the highest setting.

So the trick is to set some time aside for mealtimes. Start by taking a few deep breaths, tuning in, smelling

your food, touching it, really tasting it and then chewing it till it becomes paste-like. You will eat less, feel more fulfilled and be leaner and healthier.

Let's start looking at weight loss the right way. If we start with Mindful Consumption, Balanced Agni and Active Lifestyles as our primary goals, we will begin to realize that Optimum Weight can be achieved automatically. It will no longer be hard work!



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# Shortness of Breath in Children

The Ayurvedic treatment for Asthma is decided by considering the age of the child, physical fitness and nature of the disease. Panchakarma Rasayana treatment, use of herbal medicines, form a part of the treatment procedure.

Asthma is one among the common diseases found in people. This is one of long-term diseases that affect children. The primary problem of this disease is difficulty in breathing. An important symptom in Asthma is the breathing difficulty while playing or engaging in physical activities. The sudden difficulty in breathing makes them tired and develops coughing. This is found more in boys than in girls. This happens when the tubes that carry air to the lungs get shrunk.

In usual cases, the tubes that carry air are loose so as to carry enough air to the lungs. This is important for the easy passage of air. It is when the trachea shrinks, or is filled with phlegm that results in blockage of air to the lungs which ultimately results in the condition called Asthma. Since the tracheal tube of children is very small, they are easily prone to the above symptoms. In Ayurveda, Asthma is called 'Thakama Shwasam'. In some people certain conditions gets triggered and they develop acute Asthma.

Pollution due to dust, no exercise, obesity, intake of food that has salt and fat along with artificial colours, having foods that are incompatible and wrong lifestyle increase the incidence of Asthma in children. Asthma is also found in children who do not

from developing asthma due to these triggers, the body produces antibodies as a shield against these triggers.

## Symptoms

Children who have Asthma will show the symptoms to the disease before 4 or 5 years. But in 10 percent of children the symptoms appear very late. Breathlessness or suffocation is the main reason for Asthma in children. This breathlessness is different from other forms of

suffocation. Here, children need a lot of energy to breathe out. Others symptoms for Asthma in children are: cough and suffocation lasting for a long time due to common cold, cough at midnights and early mornings, suffocation after physical activities like games and exercises, sleeplessness due to breathlessness, not able to lay on bed due to breathlessness' and using the hands to get up and a whistling sound formed when breathing in. According to the intensity of the disease the symptoms will differ from children to children.

**Prawns, Crab, cold food items will cause allergy and Asthma in some children**

engage in any kind of physical activity and those children who have excess tensions.

## Triggers of the disease

Dust, cold breeze, pollens, smoke from cigarettes, vehicular smoke, cold, furry toys, fungus on leather items, food items that are old and cold, change of climate, sleeplessness, close interactions with pets are all triggers for developing Asthma. To be immune to these triggers and to avoid the body





## All suffocation are not because of Asthma

All suffocation in children need not necessarily be due to Asthma. Physical matter entering the trachea, sterilization of the trachea, swelling, pneumonia, COPD can also result in suffocation. Other forms of suffocation can occur due to heart problems in just born children, hardening of blood, swelling of the trachea due to heart problems and heart failure. To identify the disease correctly an expert investigation is necessary.

## Asthma & Hereditary

It is not necessary that a child should have Asthma if both parents have it. But the probability of children having Asthma in the above case is very high. If father, mother or brother has Asthma, the chances that the child will get the disease are double. If close relatives have asthma then the

probability of the child catching the disease is five times. There are a lot of genes that are causative factors for this disease. Therefore, Asthma is also called Polygenic Disease.

## Asthma in Pregnant Mothers

When women with asthma get pregnant the chances of the increase in intensity of the disease is three in one woman. These women should make the doctor aware that they have the disease in the beginning stage itself. If the intensity of Asthma is high it can affect the child too. If the child in the womb does not get enough oxygen it can lead to growth retardation and low intellect.

## Skin Diseases and Asthma

Certain types of skin diseases are related to Asthma. Children who have a lot of dandruff in the head are easily prone to allergies which can lead to

Asthma. Children having the skin disease 'Karappan' are bound to have allergy that can lead to Asthma. Even if the 'Karappan' reduces the Asthma is bound to continue.

## Smoking and Asthma

In children, one of the main reasons for Asthma is smoking. If someone at home smokes then the children living there is said to have acute Asthma. Children belonging to families with a smoking member is said to be affected with several diseases like, Asthma, Pneumonia, Breathlessness and Congestion. The smoke from cigarette is said to block the function of the cilia. The carbon monoxide and nicotine released while smoking is known to cause suffocation and can lead to death if proper care is not taken.

## Tensions can increase Asthma

In children the increase in intensity of Asthma can be due to tensions. Children born to unhappy families and facing tensions in school due to the curriculum have more chances of being afflicted with Asthma. Along with treatments one should avoid tensions too. Yoga and meditation will prove useful.

## Treatment

The treatment for this disease will vary according to the age of the child, his strength, nature of the disease. The different treatments include: Panchakarma chikitsa, use of medical decoctions, Rasayana treatments, yoga, Pranayama and changing lifestyle. There are also many medicines in Ayurveda that can keep the disease at bay including, Vasharishatam, Kanakavasam, Dhashamoola Kaduthrayam, Elakanadhi. To develop the immunity and avoid relapse of the disease there are other medicines that are recommended. These include: Aghasthya Rasayanam, Chyavanaprasham, Bhramarasayanam, and Indhukanthakritham. These medicines should be had continuously.



## Medicines

- Give a mixture of powdered 'Kacholam' along with honey at intervals.
- Give 10 litre Tulasi juice along with 5 litre honey.
- Melt 5gm Thiphali in 10gm sugar and take it daily.
- Take 10 ml ginger juice along with 10 ml shallots juice along with honey.
- Powder turmeric, pepper, grapes, chitratha, cheruthipali and kacholam. Mix them with gingili oil and jiggery and use them to control Asthma.



## Organize and discipline life activities

Lifestyle and discipline is very important in the case of treating Asthma. Therefore, it is very important to avoid lifestyles that trigger the disease and adopt correct treatment methods to control the increase and intensity of Asthma in children. For this the following can be practiced.

- Make sure your house and surrounding areas are kept clean and tidy. The study room and bed room of children should be dust free. Dust is seen to occupy in carpets, toys and curtains. These items should be cleaned at least once a week. All items that the children use should be wiped and cleaned at least once a week when the child is at school.
- Avoid smoking completely.
- Avoid mosquito repellents and room fresheners.
- Some children get sick in the presence of pollen and fungal attack on wooden items. These can lead to Asthma and so care should be taken so that children are not affected by them.
- Avoid perfumes and talcum powders.
- Do not control children overtly thinking they have Asthma. They should be allowed to mingle with peers and play with them. They should be allowed to play in a place that is dust-free.
- Walking and swimming are good exercises for children. Surya Namaskaram, Bhugamghasanam, breathing exercises that are slow – these will give the desired results.
- In school, the class teacher must be made aware of the child's disease. Parents should advise the teachers on the medication that the child should have in case of emergencies or after games.
- Avoid habits of having junk food, tinned items, cold food, and fried items. These should be totally avoided.
- Children with Asthma should keep a distance from pets.

## Foods that can increase Asthma

Children prone to getting Asthma should avoid foods like prawns, crabs, cold foods and meat. These can lead to allergies and Asthma in some. If antibodies are released against one food at least once then child is sure to get allergies or asthma every time she has that food. Within six months after birth the child should not be given cow's milk, egg, foods items made from wheat flour and other milk items as this can easily increase the intensity

of Asthma. But children growing up with breast milk for two and a half years will not be affected by Asthma. Asthma patients should also avoid food items like dal, and curd.

## To build immunity

To develop immunity to this disease have foods that are easily digestible and full of nutrients. Use grains without removing the bran, apple, grapes, ripe orange, pineapple, ghalipoovan banana, guava, gooseberry, papaya, and other

vegetables. The bioflavonoids found in green spinach and drumstick leaves helps to increase the immunity against asthma. Children should be given these foods at least three times a week. The health of the breathing tubes are strengthened by Quercetin, which is a protein found in apples and onions. To be immune against the free radicals that cause asthma one should use garlic abundantly in one's daily diet. The magnesium found in fish and vegetables is known to protect the breathing tubes.

# Red, Itchy, Scaly Psoriasis

The number of people seeking medical treatment for skin diseases that are known and unknown is plenty. The adulteration found in food, beauty care products, changing lifestyle, climate changes, excessive use of certain medicines are some of the reasons behind this disease. Even though different medical treatments offer some of the best treatments it is difficult to control the increasing rate of skin diseases and this may be due to the ever increasing unhealthy lifestyles. Today, life without pollution seems impossible. Skin diseases can occur due to genetic diseases, infection due to bacteria, due to low immunity,

due to climate change, sexual diseases and allergy. All these diseases occur due to some basic faulty chemical reaction that happens in the blood. This, in turn, affects the skin and related organs thus resulting in various skin diseases.

The Ayurvedic treatment for Psoriasis is to cleanse the body both internally and externally by controlling the excess growth of the cells in the body.

It all starts with itching, burning sensation, colour change, pain and then it leads to flaky skin that starts peeling and falling off. Eczema, Psoriasis, Lichen Planks, Erythroderma are some of the common skin diseases. Among them Psoriasis is the most common. Since the number of people affected by this condition is increasing by the day, so is the number of quacks who

promise to treat this skin disorder. If we get a clear and scientific knowledge about this disease we can prevent ourselves from getting cheated by quacks to an extent.

## When the immunity crashes

It is stated that one-third of the world population is affected by this skin disease. A number of people reach hospitals everyday to seek treatment for this disease. The dry flakes of skin scales resulting from the excessively rapid proliferation of skin cells is called Psoriasis. Even though the real reason behind this condition is very unclear, it is understood that it is due to a breakdown in the immune system of the body. The bruises on the skin, excess heat and cold, infections due to bacteria are some of the reasons for the increase in these diseases.

Usually, it is during cold climates that the symptoms of Psoriasis occur. Initially, this appears as flakes or scales on the skin that easily comes out or as reddish circles or spots around the skin in different parts of the body. In some it appears







in small amounts around the nails and head while in some others it appears in an ugly manner all around the body. The main symptom of this disease is scratching and the name Psoriasis is derived from this word. Another symptom is the increase in thickness of the skin and flakiness when scratching the skin. This is more common among young people. If proper treatment is not done at the proper time it can lead to Psoriatic Arthritis. This can affect the basic movement of a person also.

## Psoriasis and the Mind – How the two are related

All people are conscious about their physical beauty especially about their skin. So, people afflicted with psoriasis tend to have a low esteem, inferiority complex and they feel singled out in their community. Thus the quality of their life decreases. It is understood that skin diseases lead to mental disability and the vice versa occurs. This can be understood by studying a branch of medicine called psychodermatology. Hence psoriasis and other skin diseases need to undergo a treatment pattern that helps to calm the mind too.

## Treatment

Each medical system has their own treatment methodologies. The

English medicines control psoriasis by controlling the excess growth of cells through medicines and applying ointments that can reduce the itching. In Ayurveda, psoriasis is treated differently. Here, the root cause of the disease is understood and thus the disease is nipped off in the bud rather than treating the symptoms as in modern medicine. Ayurveda does this treatment in different ways. It is either done through food, meditation, exercise, Panchakarma treatments and many other such procedures. The skin of various herbs, plants, flowers and trees are used for treating psoriasis. This should be consumed either as a decoction, powder or tonic. Each person afflicted with psoriasis needs to be treated differently. No one treatment can be followed for psoriasis according to Ayurveda. Only when we can be sure that the blood reaches the muscles properly that we can be

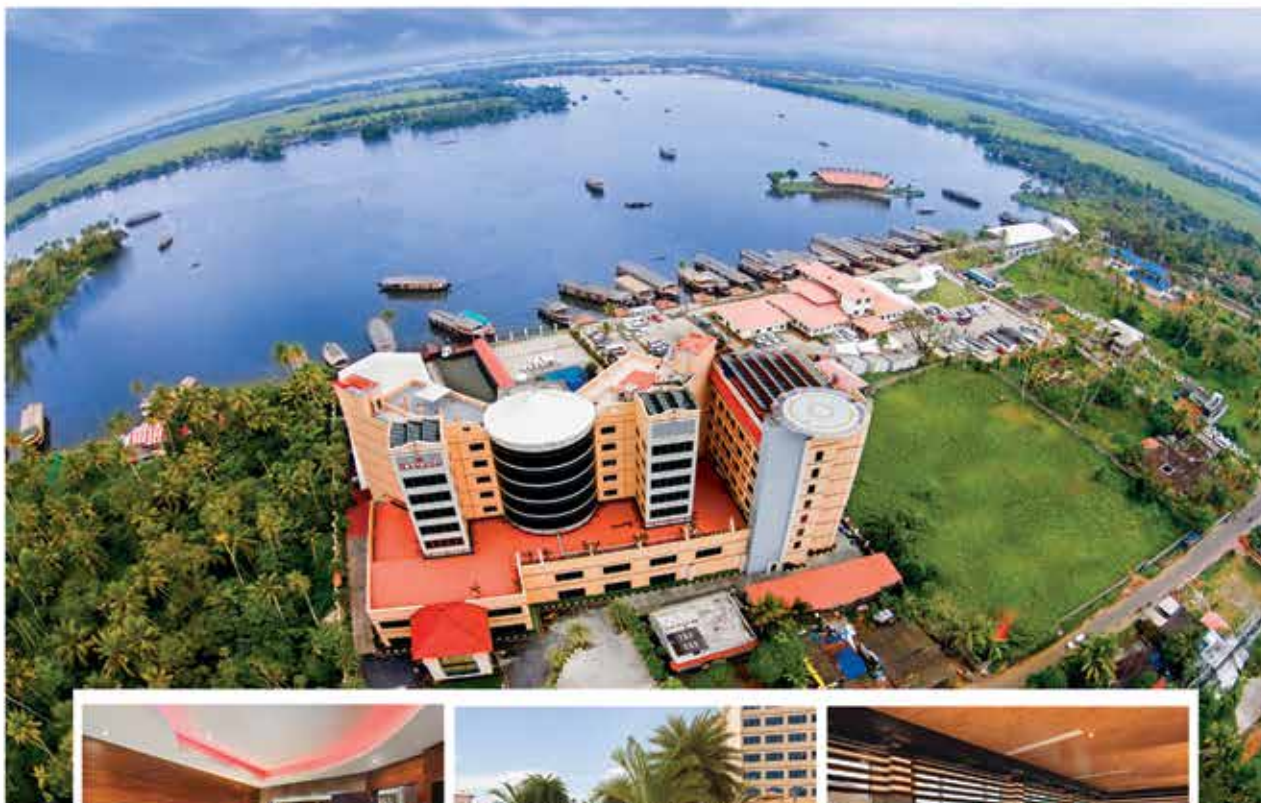
assured that the toxins from the skin are expelled. For this, exercise is very essential. Only disciplined exercise can help to reduce or cure all kinds of skin diseases. It is also good to select certain yogas that can help cure skin diseases. The first part of Panchakarma that helps to release toxins can be practised. Also, medicines that can energise different parts of the body as well as improve digestion can be had. Later, snehapana chikitsa can be practised to loosen the solid toxins. After this, blood flow can be energised through Swedana. Then, vamanam, virechana will help to expel toxins. Since this disease is greatly correlated to the mind, one should indulge in activities that will help to calm the mind. Different kinds of meditation and games can be indulged in for the above purpose. One should do activities that one thinks will suit them the most. Sometimes it is difficult to completely cure this disease. But above all, if proper diet is sought along with proper exercises and meditation one can control this disease to a great extent.

## Control food, follow strict diet

In Ayurveda treatment, food is of great importance. It is good to avoid oily foods, bakery items, meat items so as to decrease the acidity of the blood. Also, food items that are hard to digest too must be avoided. On the other hand, fruits and vegetables can be had after removing the toxins from them. A few of these can be had when hungry.








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# Say good bye to fear and laziness

There is no data that states when fear or laziness became a part and parcel of a man's lifestyle. It is either fear or laziness and this attacks people either partially or wholly. Although it is found in different frequencies among mankind its intensity is a lot more among Keralites.

## Not doing what we ought to do

If we don't do what we ought to do, we will not be able to complete the things we ought to complete. This can leave us feeling frustrated and thus we are termed 'Frustrated Buddies.' This is mainly due to a lack of interest and laziness that can constantly leave us demotivated.

## Laziness due to fear

Don't be astonished when you hear that one of the root causes of laziness is fear itself. This is very true as it is the fear of failure that keeps us away from doing what we want to do. This is because we do not have the mental strength to accept failure. Those people who fear failure tend to be satisfied with their small lives. What most people don't realize is that failure is the stepping stone to success and that one should take interest to understand this fact.

## Procrastination

Procrastination is another sign of laziness. People who have 'Adult Attention Deficit Hyper Activity Disorder' tend to put their heads in different things and are not stable. Later, later or tomorrow, tomorrow is their policy. They start things abruptly and with a lot of confidence. But once they face a setback they will never be prepared to go back to that same path again.





## Tried several times

These are people who have tried something several times but failed at it over and over again. Ultimately, these people will reach a stage called 'Learned Helplessness'. Finally, these people will feel that there is no use trying at it again and again. This thought makes them lazy and fills their mind with negativity. For these people, laziness and back biting will soon become a habit. And finally their life becomes topsy turvy.

## Solution

We need to find a solution to fear and laziness since we all have just one life to live for. We should understand that all the time we waste, the energies we spend and our life span is something that we will never get back. To get rid of

laziness we should indulge ourselves in 'Laziness Eradication Therapies'. To get back the lost confidence it will be good to attend 'Confidence Therapies'. And to get rid of fear and become strong 'Cognitive Behaviour Therapies' are a good option. Also, to strengthen the 'ME' power in ourselves we should attend 'Assertiveness Coaching'. These abilities can be got with the help of a psychiatrist and also through our own efforts.

Since fear and laziness are known to be close relatives, we can remove them from our live with a same and single plan. The plan should be clear and we should be persistent about it. To achieve this end we should manage our time wisely. Reading motivational books and listening to friends who give motivational advices can be a great strength. This will help success come into our lives.






# Guard yourself from Pollution

Ayurveda is a science of healthy living. It is a stream of knowledge that has been passed on from generations. Agad tantra is a branch of Astangayurved that deals with toxic substances present in our environment. Today, most deaths are known to occur due to chronic respiratory diseases that are caused due to pollution. Recent evidence confirms that in developing countries toxic substances in the environment are the major cause of health hazards. The process of pollution is an inescapable consequence in the lifetime of a person. The direct effect of pollution on plants, animals and soil can influence the structure and function of ecosystem, including self-regulation ability, thereby adversely affecting the quality of life.





Major pollutants are from air, water and soil. The presence of pollution in the surrounding atmosphere is in the form of substances like gases, mixture of gases, and particulate matter. These are mostly generated due to the hazardous activities by man. Further, these pollutants are seen to interfere with human health, safety and comfort. They also cause injuries to vegetables and animals resulting in contamination of the food chain. These pollutants are also seen in drinking water which on the other hand causes additional problems to humans.

## SOURCES OF POLLUTION

**Automobiles-** Motor vehicles are a major source of air pollution in urban areas. They emit hydrocarbons, carbon monoxide, lead, nitrogen oxides etc. that are highly toxic to air.

**Industries-** Industries emit large amount of polluted air into the atmosphere. Combustion of fuels by industries and generation of heat and power by them produces pollutants like smoke, sulphur dioxide, nitrogen oxides and fly ash which are lethal. Petrochemical industries generate hydrogen fluoride, hydrochloric acid and organic halides that are again toxic. Many industries discharge their wastes from high chimneys at high temperature and high speed, thus polluting the air we breathe.

**Domestic source-** Domestic combustion of coal, wood or oil are major sources of smoke, dust, sulphur dioxide and nitrogen oxides. Another main source of air pollution is smoke caused by smoking tobacco. Disposal of industrial waste into water is the main reason for water pollution. Overuse of pesticides and insecticides leave our land breathless. Other sources of domestic waste are generated from burning refuse, pollutants emitted during the incineration process and through nuclear energy programmes.

**Air-** Presence of dust, gas, fumes, mist and smoke in the air result in air pollution. These are injurious to human, animal and plant life.

## Causes of air contamination

1. Emission of pollutants like hydrocarbons, carbon mono-oxides etc. from motor vehicle.
2. Air pollution released from various industrial units.
3. Improper and excessive use of coal, kerosene oil etc. in household.
4. Improper sewage system leading to the expulsion of various micro-organisms into the atmosphere.

## Water pollution

Water pollution is known to be caused due to any disturbed chemical, physical and biological change in the quality of water. This has harmful effects on any living thing that drinks, uses or lives in it.



## Major water pollutants

- 1.Organic pollutants e.g. Fats, oils and meat etc.
- 2.Inorganic pollutants e.g. Acids, salts and toxic metals etc.
- 3.Soil pollution due to unhygienic habits, various agricultural practices and incorrect method of disposing of solid and liquid wastes can result in water pollution.

## Soil pollutants

Inorganic toxic compounds, organic wastes, organic pesticides and radio-nuclides.

The most dangerous metals that cause soil pollution are-

Cadmium, copper, nickel, zinc, and molybdenum etc.

## Respiratory tract problem

The health effects caused due to pollution may happen early or may be delayed due to pollution. The immediate effects are borne by the respiratory system, thus resulting in a state of acute bronchitis. In case of intense air pollution the result may be fatal caused due to suffocation. The delayed effects that are usually linked with air pollution are chronic bronchitis, lung cancer, bronchial asthma, emphysema and respiratory allergies.

NOXIOUS AGENT	SOURCES	ADVERSE EFFECT
Oxides of nitrogen	Automobile exhaust, heater, gas stoves, wood burning stoves	Respiratory tract disease, bronchial hyperactivities, impaired lung defects
Hydrocarbon	Automobile exhaust, cigarette smoke	Lung cancer, respiratory disease
Ozone	Automobile exhaust, high altitude aircraft cabin	Cough, respiratory tract irritation, Broncho constriction
Sulphur dioxide	Power plants, smelter, oil refinery	Exacerbation of Asthma, COPD, Respiratory tract irritation

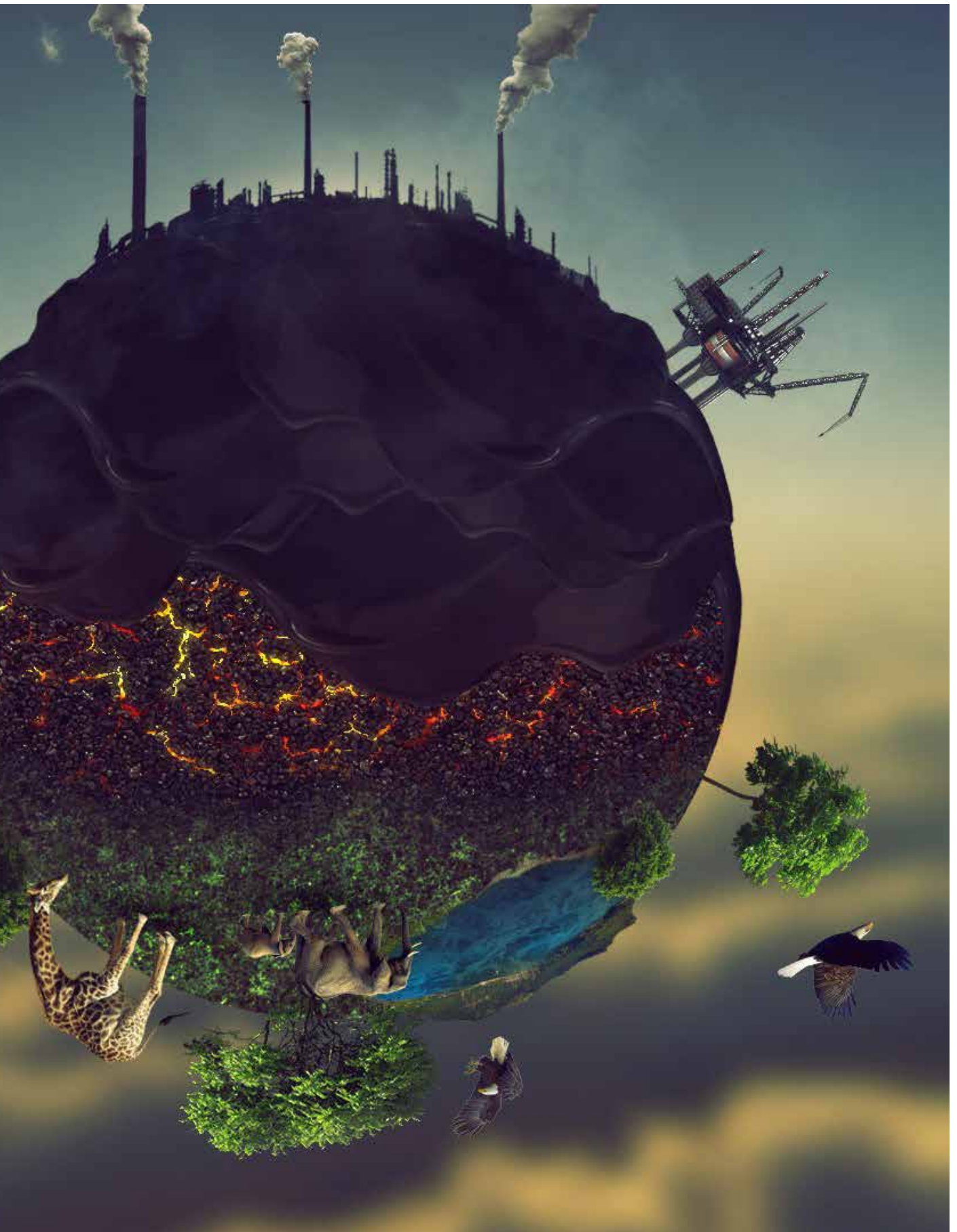
Lead is known to poison the body systems and it is particularly dangerous in children who are just developing their brain and nervous system. Elevated levels of lead in the body of children have been associated with impaired neuropsychological development due to loss of IQ, poor school performance and behavioral difficulties. Ayurveda is a basic science of life. We can understand that pollution is the major cause of respiratory tract infection because it is caused by different pollutants that adversely affect the health of humans. When we are exposed to polluted environments we are subjected to many health hazards that are related to respiratory tract infection. This results in diseases like bronchial asthma, COPD, cough etc. Continuous use of automobiles, refineries, power plant, use of petrol may generate many pollutants like SO<sub>2</sub>, CO<sub>2</sub>, Hydrocarbons, ozone etc. These pollutants cause depletion in the ozone layer and decrease the greenhouse effects. Other reasons of environmental pollution include cutting of plants, continuous use of vehicle, urbanization and industrialization.



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# Monsoon Tourism in Kerala is the Best Ayurveda Vacation

Monsoon in Kerala and Ayurveda are blended as this is the best season to rejuvenate the mind and replenish the body.

Ayurveda vacation in the monsoons is the mode of treatment which works best during the rains. During monsoon season, the atmosphere remains dust-free and cool, opening the pores of the body to the maximum, making it most receptive to herbal oils and therapy.

Kerala is the first place in India to experience the magic of the monsoon season in all its magnificence, and tourists from all over the world travel to enjoy the monsoon tourism in Kerala. Monsoon Tourism in Kerala starts every year on June 1 approximately when the climate is ideal for Ayurveda treatment with maximum impact.

The monsoon season from mid-June to mid-August is considered for any type of Ayurveda treatment for any ailments. Ayurveda is the medical side of yoga and it's India's traditional natural healing system, which has been practiced for over 5,000 years.

Ayurvedic resorts have become popular destinations for relaxation and rejuvenation, while Ayurvedic hospitals cater for people seeking Ayurvedic treatment for more serious health problems. Ayurvedic medicine is most effective for metabolic, stress-related, and chronic conditions.

Treatments are also very helpful in relieving the effects of surgery and debilitating treatments such as chemotherapy. Other popular uses of Ayurveda are for general rejuvenation and beauty care.

Ayurveda is a pranic system of medicine, which works to balance the body's life energy -- referred to as the doshas. This is achieved by diet, different types of massage, pouring herbal liquid onto the body, and covering the body with herbal leaves and powders.

Generally, at least a couple of weeks are needed to complete a full course of Ayurvedic treatment. However, it's also possible to get simple renewal treatments, such as Ayurvedic massage.

There are two main types of Ayurvedic treatment on offer in India -- general rejuvenation treatments catering to tourists and given by resorts in tourist areas, and intensive medical treatments administered by centers in geographic locations with the most suitable climate.

Ayurveda is the doctrine of longevity and religious based science of how to live one's daily life. This ancient scheme, invented by wise men who got together at the foot of the Himalaya Mountains looking for methods to cure diseases, recognizes a close relationship between human and a universe where everything (plants, rocks, animals) is inspired



### DIETARY TIPS

Apart from treatment, a diet suiting your body constitution also helps. Here are some general tips to follow during the monsoon:

#### DOS

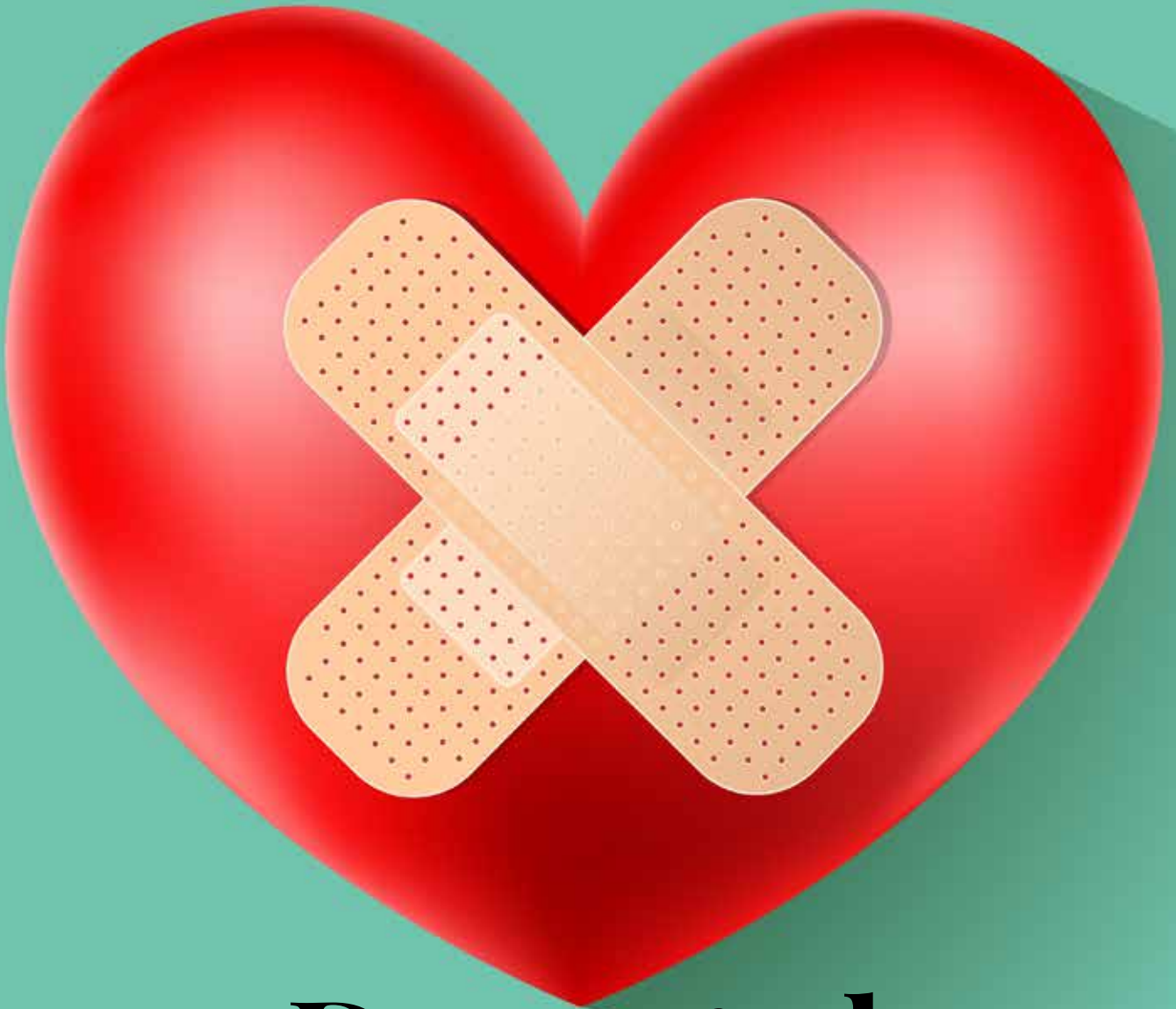
- Drink only boiled and cooled water. Adding a little honey is also good
- Herbal water is recommended
- Drink plenty of water
- Eat only moderate quantity of food
- Use ginger for easy digestion
- Include green gram and plenty of milk in your daily diet
- Spices should be in moderate quantity
- Wash all fruits and vegetables with warm water
- Oil massages are good during the rains
- Bathe in warm water
- Wear clean and dry clothes.
- Keep physical exercise at a moderate level.
- Keep surroundings dry and clean.

#### DONT'S

- Avoid foods that are hard to digest.
- Avoid cold foods and drinks.
- Curds is a no-no during monsoon.
- Strike out raw vegetables and salads from your menu during the monsoon.
- Sleeping during the day is not recommended.



# Heal



# Damaged Relationships

“I don’t think it is possible for me to live with her again. She does not have any thought that I’m the husband and behave to me like I’m just another person. How can we heal the damage caused in our relationship. What can be done?”

“Sir, I have distanced myself from my husband very much mentally. He behaves to me in a manner as though he has some revenge against me. Once upon a time I liked him very much. But now, mentally we are in two corners.”

“Me and my friend had a lot of dreams when we started this business. Initially there was no problem. Slowly I started noticing changes in his behavior. I lost trust in money matters. He started avoiding and started making moves to put the company in his and his wife’s name. I did not feel like backing off because I spent so much money in this venture. But my mind is already distanced from the venture. There is no hope that an institution will survive if the people who pool money do have the same thoughts”.

“We were chunks and very good friends. This relationship soon grew into love. I understood that I cannot live without her. I started using my salary for all her needs. Finally, I never used to have enough money to send back home. But, now I feel that she is avoiding me. I doubt if she is cheating me. Hatred is slowly building in my mind. I do not know what to do”.

It is only natural that you feel that some of the above incidents happened sometime in your life. These are incidents shared by people who loved each other deeply and were not able to get away from each other. These are the lives people who were totally in love and were cheated because of which their life itself turned topsy turvy. We can find many such people around us. Many such people live under one roof. They may be husband-wife, parents-children, siblings and many more.

### **Problem lies in words and actions.**

There are many reasons as to why a relationship should break. The main reason lies with the problems of the short-comings in words and actions. Talking without understanding, behaving as if to kill the other,

neglecting, cheating, blaming and sharp words are some of the most common problems in relationships getting damaged. If two people in a strong relationship break up, it will cause great pain for both involved. But, if at least one person has taken efforts to bridge the relationship but still not succeeded in it, these people feel more pain and live in this pain for the rest of their lives. This pain will cause the relationship to get more distanced and will lead to the blame game of blaming each other, resulting in damages in relationship, marriages and businesses.

### **Can join them together like earlier**

In case a tyre gets a hole due to the piercing of a nail it is only natural that air will escape from it. So immediate action has to be taken to cover it

up. Nobody will refuse the tyre just because it has a small hole in it. What we will do is to cover up the hole and fill the tube with air once again so that the vehicle will move smoothly. If we can repair the hole in a tyre we can do the same in our lives too. For this, first we need to identify the hole in the tyre. This can be found correctly by dipping the tyre in water. After that the damage is mended. In the same manner in relationships too, we need to find out and understand the reason for the wound for which a self examination is necessary. We need to find out the hole through which the damage is happening or through which love is escaping. We need to take initiative to end our broken relationship. We should go ahead with our relationship by mending them rather than keeping them aside to rot.



# Children addicted to



# Digital Gaming



Children getting addicted to the cyber world is very similar to people getting addicted to drugs. By cyber world we mean online games, social media, mobile phone and the like. A child becomes a slave to the cyber world when he forgets his duties of home, school, society and other surroundings for the cyber world. This is bound to cause problems in their private life, studies and surroundings.

## Searching the net for happiness

The dopamine hormone, which is a chemical found in the brain, is the reason behind the happiness of every individual. Whenever we do something that makes us happy the level of dopamine in brain increases. This can be because of the use of intoxicants, going for a trip with friends or while happily playing games. This is the kind of joy got by indulging in these activities. When there is an increase in tension in children, they succumb to the net as a way of running away from problems for fear of facing them. The tensions can be caused due to a tough subject, from home or from the surroundings. This is how children later get addicted to the cyber world. Children with different learning

disabilities too thus become slaves to the cyber world.

These children get addicted and drown themselves in online games, social media and friendly chat on the net with strangers. The main reason that drives them to the cyber world is when they feel they are not getting the appreciation and recognition from close people. They think that they can get

all these from the internet. Some of the reasons behind why children become slaves to this kind of gaming include: no open and sincere relationships with parents, not being mentally sound, insecurity in families, singled out feeling, low social relations, separation among parents. Another factor that causes this kind of addiction among children is due to the parenting style that is followed. Parents that discipline their children too much will find it difficult to say an assertive 'No' to them. Thus, children brought up in this manner, parents who neglect their children completely are the ones who are most probable to get involved in dangerous and addictive online gaming activities.

We should keep in mind to avoid giving crying children our mobiles and consoling them by directing their attention to gaming.





## What parents should do

- Parents should understand even the minutest change in children. Everyday try to spend some quality time with them. Children should feel secure that their parents are with them always.
- Children should grow up with the thought that their parents are always with them to listen to all their problems. They should feel that they can openly talk anything to their parents. This kind of thoughts should be developed in children from their young age itself.
- Parents should be able to understand all activities of children like, sudden changes in their behavior, tiredness, bruises on the body, excessive fear, unnatural behaviours, loss of appetite, studying less, more time spent on computer and television. Thus children should be given the appropriate care. Children should be taught and made to understand that there is solution to all problems and if needed counseling can be sought.
- Both parents and teachers should be aware of the evils of the cyber world and make children aware of this at every stage.
- As part of the syllabus at school, children should be given training on life skills.
- Parents should keep in mind to avoid giving mobiles to crying children and consoling them by directing their attention to gaming.
- Children should be motivated to indulge in physical activities. They should be discouraged from living in closed doors and be encouraged to play with friends. It is not a problem if they have to be in the harsh light of the sun for some time.
- Parents should confiscate mobile phones from children at night. They should be allowed to use them for sometime during the day.







# Hypertension

## The silent killer

What is your lifestyle? How would you describe your normal day-to-day activities, thoughts, feelings, and goals? Health is directly impacted by one's lifestyle. A person's health is shaped by their daily habits, routines, and rituals. Lifestyle diseases are diseases that are borne and fostered by everyday ways of living. And your lifestyle is known to impact your health.

### **The Number One Lifestyle Disease**

High blood pressure (Hypertension) is considered a lifestyle disease by many health practitioners. If left untreated, it can negatively impact a person's health and daily activities. Some of the major causes of high blood pressure (hypertension) are the over

consumption of alcohol, drugs, poor eating habits, and lack of exercise.

### **What is High Blood Pressure (Hypertension)?**

Our body is made up of blood vessels that carry blood to the heart. Blood is responsible for carrying essential nutrients and a wealth of oxygen to the body's vital organs and tissues. Blood vessels are also responsible for removing toxins from the vital organs such as the heart and tissues. High blood pressure (hypertension) occurs when the blood flows through the blood vessel systems at a dangerous speed. The pressure of the flowing blood against the walls of the blood vessels weakens their functioning and processes.

### **Signs of High Blood Pressure (Hypertension)**

High blood pressure (hypertension) is considered a silent killer. It may show no apparent signs or symptoms initially (or at all for some individuals). Always get routine high blood pressure (hypertension) check-ups from a certified medical practitioner and monitor your own using a specialized high blood pressure (hypertension) device gauge. The normal blood pressure range is between 120/80 and 139/89.

**Health Risks Associated with High Blood Pressure (Hypertension)**

**Brain:** Very high pressure can cause a break in a weakened blood vessel,



## Day-to-day prevention of high blood pressure (hypertension)

Ayurveda means the science of life. By practicing good diet and eating habits one can lessen the chances of high blood pressure (hypertension). Ayurvedic medicine is divided into 3 doshas -- pitta, kapha, and vata. A specific diet plan can be created for your dosha type. All of us are unique individuals. Our bodies grow, change, and react in accordance to our lifestyle and experiences. However, ayurvedic medicines have found that we also share similar traits. The 3 doshas are there to help us better understand our mind and body functions. Each particular dosha thrives from a set of specific oils, fruits, herbs, spices, and vegetables to keep you in optimum health. A certified ayurvedic medical practitioner can help you determine which is your assigned doshas. However, there are foods you should reduce from your diet regardless of your dosha type to prevent high blood pressure.

### AVOID

- Canola oils
- Processed foods
- Soda (Carbonated soft drinks)
- Refined sugars
- Soy food products
- Raw vegetables
- Chemical additives
- Alcoholic beverages
- Excess caffeine

which then bleeds into the brain. This can result in a stroke. If a blood clot blocks one of the narrowed arteries, it can also cause a stroke.

**Eyes:** High blood pressure can eventually cause blood vessels in the eye to burst or bleed. Vision may become blurred or otherwise impaired, or be lost entirely.

**Kidneys:** The kidneys act as filters to get rid of the wastes from the body. Over time, high blood pressure can narrow and thicken the blood vessels of the kidneys. The kidneys eventually, filter less fluid, and waste builds up in the blood. The result is that the kidneys may fail to function at all. When this happens, medical treatment (dialysis) or a kidney transplant may be needed.

**Arteries:** As people get older, arteries throughout the body "harden," especially those in the heart, brain, and kidneys. High blood pressure is associated with these stiffer arteries (atherosclerosis). This, in turn, strains the heart and kidneys.

**Heart:** High blood pressure is a major risk factor for a heart attack. The arteries bring oxygen-carrying blood to the heart muscle. If the heart cannot get enough oxygen, chest pain, also known as "angina," can occur. If the flow of blood is blocked, a heart attack results. High blood pressure is also the number one risk factor for congestive heart failure.

Source: Mississippi State Department of Health.



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# Do away with those repulsive stretch marks

Woman is one of the most beautiful creations of God. She is blessed with a kind heart, she is a sea of love and a bundle of affection. She is undoubtedly the symbol of love and pillar of strength. Reproduction is an important part of her life. She undergoes physiological, hormonal and metabolic changes during conception and throughout pregnancy to accommodate and support the life growing within her. In response to these changes she suffers some ailments during the pregnancy period. In this journey she experiences periodical changes some of which can pull her down psychologically. One of the most common amongst them is the stretch marks that appear as a result of pregnancy.

Kikkisa is a common disorder that is clinically characterized as stretch marks and appears on the body, particularly on the abdomen, thighs and breast region, during the second trimester of pregnancy. It appears particularly in the seventh month due to the overstretching. The etiology of Kikkisa is mentioned by various Acharyas under the heading of Garbhini Vyapada (disorders of pregnancy) and has compiled the same cause i.e. vitiation of tridosha due to the growing of the foetus which leads to burning sensations and itching as symptoms and stretch marks as a sign. Above said causative factors and symptomatology of Kikkisa has close resemblance with Striae Gravidarum, as described in modern texts. It is the

major problem of modern conscious era, where more than 90% of the women suffer from this condition that becomes a cosmetic nuisance, and it even may cause them psychological distress.

## CAUSES OF STRETCH MARKS

Besides pregnancy, obesity is also one of the reasons behind developing stretch marks.

Stretch marks occur depending on skin tone and type. For example, fair and dry skinned people develop stretch marks faster.

Crash dieting or abnormal dieting practice also results in stretch marks.

The time period for treating these scars varies depending on its intensity. The longer the existence of the scar, the longer it takes to clear it. And in chronic situations the success rate may be limited.

So, understanding the reason behind the stretch mark before undergoing any treatment is very essential. However, it is understood that yoga and natural treatments go a long way to get rid of these stretch marks.

## HOME REMEDIES FOR STRETCH MARKS

Gently rub olive oil on the areas of stretch marks. This will help to increase the blood circulation and will relax the muscles around the area of the stretch marks healing it naturally and gradually.

You can also massage the abdomen with calendula oil as this also helps in reducing stretch marks and increases blood circulation.

Lavender oil helps to remove stretch marks. This oil is best for stretch marks on the breasts. You can massage your breasts with this oil gently and regularly. Flaxseed oil, cod liver oil and natural creams that contain vitamin C can also be used for massaging the areas of stretch marks. These give positive results when massaged regularly.

## MEDICATIONS

Use of Ksheer Bala taila, Bala taila from the first month of pregnancy itself. These can be used in the form of Abhyanga, from the second trimester. It alleviates leg cramps and low backache, which are the common issues faced by pregnant women. Sciatica is another troublesome problem for which Abhyanga with Bala provides much relief. Using Bala regularly has reported of negligible stretch marks and itching. It also tones the muscles that become weak and saggy after delivery.

Karaveertaila is used for local application and is prepared from

leaves of Karaveer and Til oil. It is prepared as described in the Ayurveda classics for a total period of 3 months including one month of follow up.

**Tailabhyanga** – This is oil massage with Tilor sesame oil, castor oil, coconut oil, etc. and oil from processed herbs. Other oils like Ksheer bala taila, Bala taila, can also be used from the third month of pregnancy till the delivery is beneficial. This will prevent undue exhaustion and takes care of aches and pains that are common during this period. It also enhances energy, improves immunity, build up physical strength and stamina. It also improves muscle bulk and strength, improves the skin texture and prevents the occurrence of any type of stretch marks.

Manjistha in combination with other drugs is also used in the treatment of Kikkisa. Leaves of Nimba, and Manjistha are used for local action on skin. Manjistha is able to bind with Amavisha (free radicals) and Garavisha (xenobiotics) toxins which cause inflammation, skin disease, and other problems. This herb penetrates into the cellular level of tissues and helps in preventing itching, burning and scar formation and acts as coloring agent for de-pigmentation of skin. It is effective in reducing all types of striae marks (linea alba - linea nigra), healing the scars and can be used as cosmeceutical product in combination with other drugs.

A paste of Sandalwood and Usira applied over the abdomen helps to reduce stretch marks.

Powder of the stem or bark of Sirisa plant, flowers of Dhataki, Sarsapa and Yastimadhu are rubbed over the affected area for desired results.

Abdomen and breasts should be irrigated with decoction of Neem, Bottle gourd, Tulsi and Manjishta or leaves and flowers of Jati and Yastimadhu for preventing stretch marks. Repeated cleansing with Daruhridra and Yastimadhu gives good results.

## YOGA FOR STRETCH MARKS

Yoga has overall benefits and it helps heal the mind, body and skin as well. Different yoga asanas like Suryanamaskar and almost all Pranayamas are helpful in relaxing and toning the muscles of the body. As soon as the flabbiness of the skin gets toned up, the stretch marks will eventually become lighter and very soon it will be gone.

It also helps to improve the supply of oxygen into the body, tones up muscles and thus helps to reduce stretch marks slowly but surely. Do not worry unnecessarily about your stretch marks as they will gradually evade if you focus on massaging them regularly with the appropriate herb or oil.

Remember, home remedies and natural methods of getting rid of stretch marks may not give fast and quick results. But they will give positive results slowly and steadily. These are a bit time consuming but completely free from side effects and unnecessary expenses.

Note: All the medicines should always be taken under strict consultancy or as per the guidance by doctors for better results and efficacy.



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# Post-Traumatic Quadriparesis due to Cervical Vertebrae Fracture



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Cervical fracture catastrophes involve multiple dimensions that severely affects the quality of life of the patient. It is not just fatal by making the patient immobile, but also affects the sensory and autonomous control based on the intensity of the injury. The pathophysiology of SCI is considered biphasic in nature. Primary injury results from a mechanical force injuring the spinal cord. Secondary injury occurs via the subsequent edema, reduced blood supply to the injured part of the spinal cord and inflammation. The incidence of a cervical spine injury is reported as 2-4% in all blunt trauma including road traffic accidents and it is remarked as one of the most debilitating musculo-skeletal injury among all external traumas. Fracture or dislocation of the cervical spine should be suspected in any patient involved in a high-velocity injury. The clinical outcome after a cervical spinal injury is related to the level and severity of the injury. Incomplete spinal cord injuries, as defined by the objective motor or

sensory preservation below the level of trauma, have great potential for recovery. Rehabilitation is increasingly recognized as a measure to the overall management of such conditions. In general, the sooner the evidence of return, the better the overall prognosis, though recovery may continue for one year or longer, provided the patient gets enough and good rehabilitative treatment.

## CASE REPORT:

A 63-year-old female patient presented with weakness of bilateral upper and lower limbs with difficulty to sit, stand or walk with support was admitted to our hospital in mid-February 2018. She was mostly confined to bed and attempted to sit for a while with maximum support. She was completely conscious and awake but was unable to move her body. The entire spinal area was stiff and she was unable to turn on the bed or to sit even with support. There was no autonomic dysfunction and the patient was able to feel the urge for

micturition and defecation. Also, there was no added sensory loss anywhere else in the body.

Her history revealed that she was apparently normal before 3-01-2018, before she met with a car accident and had a fracture dislocation of the cervical vertebrae at the level of C4-C5 and subsequent Quadriparesis below the level of Injury. Her Cervical spine MRI showed severe cord injury in the form of an edema, swelling and hematoma extending from C3 to C7 levels. She underwent emergency anterior decompression surgery with reduction of the subluxation along with Anterior Cervical Discectomy and Fusion surgery of C4-C5 with bone grafting and plating. Now, she required intense rehabilitative care for which she visited our hospital.

On physical examination, she was conscious, oriented to time and space and responded to verbal commands and her higher mental functions were intact. No respiratory or cardiovascular involvement was noted.

## ON NEUROLOGICAL EXAMINATION

- Cranial nerve functions were intact.
- Motor examination revealed the following findings.
- Bulk and Tone of muscles- reduced
- Power: Right Upper limb and Lower limb - 3/5
- Left Upper limb and Lower limb- 1/5
- Deep tendon reflexes were diminished
- Babinsky sign and Hofmans sign positive.
- Pronator reflex of left upper limb Absent but present in right upper limb, No clonus,.

Blood investigations done were all found within normal levels except for a low haemoglobin count.

Her clinical condition was diagnosed as Post-Traumatic Quadriplegia status post cervical vertebrae fracture and analysed in ayurveda purview as *abhighataja janya vata vyadhi* and a general and classical line of management for *vata vyadhi* was adopted to treat this condition.

## MANAGEMENT

**Internal medicines:** Initially agni deepana and pachana kashaya like gandharvahaastaadi kashaya, vaiswanara choorna were given and subsequently vatanulomanamedicines and medicines which aids in the strengthening of asthi (bones and joints) were given. This also included mustaadimarmakashaya and maharasnadi kashaya, and concentrated special oil preparations (Avarthy) like dhanwantara and sahacharadi were also included. Then Guggulutiktaka ghritam was given and sandhanakara dravyas were also advised.

**External therapies:** Treatments specified in vata vyadhi were given after analyzing the physical strength of the patient and this included snehana, swedana, and brumhana therapies to improve the muscle bulk, strength and motor functions.

**Physiotherapy:** Sitting training, standing training on tilting bed, balance training, grip training, strengthening exercises and passive and active mobilization were given consecutively based on the day-to-day improvements noted in the patient.

## RESULT:

In a period of 45 days, the patient showed gradual progress in her physical condition. She showed mild movements in her lower limbs in the initial 10 days itself which, later on increased day-by-day. She could now turn on the bed to both sides on her own. Gradually, she also made attempts to get up from the bed with support and later on, on her own which indicated that her upper limb muscles were progressing eventually. In two weeks she started to sit without

support. With progressive intensive ayurveda rehabilitative therapies, she started to stand with external support. At the beginning of the fourth week, she made her first step with support and then the accelerated systematic training and treatment on subsequent days allowed her to walk with support and finally she was seen sitting on the floor and getting up from it with minimal support. Above all, the patient became cooperative and happy and gained enough confidence level to lead an independent life.

Table 1. Clinical Assessment and Changes noted before and after treatment

Sl no:	Signs and Symptoms	Before treatment	After 45 days of treatment
1	Ability to turn on the bed	Affected	Normal
2	Ability to sit with support	Affected	Normal
3	Ability to stand with support	Affected	Normal
4	Ability to walk	Affected	Normal
5	Giddiness	Nil	nil
6	Right hand grip	3/5	5/5
7	Left hand grip	0/5	3/5
8	Muscle coordination	Affected	Normal
9	Muscle Power -upper limb right	3/5	5/5
10	Muscle Power - upper limb left	1/5	3/5
11	Muscle Power - Lower limb right	4/5	4/5
12	Muscle Power -Lower limb left	1/5	3/5
13	Bowel and Bladder control	Present	Present
14	Muscle bulk	Minimal wasting	Improved
15	Tone	Hypertonic	Normotonic

## DISCUSSION:

The case was diagnosed as Abhighatajavatavyadhi affecting the entire body. The rehabilitative techniques adopted in such conditions are composed of various classical taila treatments externally, oil and herbal decoction treatments done internally in addition to oral medications. The general line of the treatment as in pacifying any vatavyadhi included snehanaswedana and matravasthi that were included in the treatment line. Patra potala sweda was aimed at giving a snigdha sweda thereby improving the circulation and also clearing all the channels of circulation thus attaining vata anulomata. Shasthika saali treatment was aimed at giving more strength to the muscles and also providing nourishment to the deeper tissues. Internal medicines that were included were maharasnadikashayagandhataila and avarthy, all of which aimed at

dhatu poshana and vatanulomana. The approach adopted in neuro-rehabilitation was multi-disciplinary and it involved the above said Ayurvedic treatment modalities, Accupunture and physio-therapy.

**Conclusion:** After 45 days of Ayurvedic therapy, the patient was found to have substantial recovery of neurological deficits. Improvement was assessed by observing the level of independence achieved after the therapy. She was able to turn on the bed unaided, able to sit unaided for more than 30 min and was able to walk with support. She was able to move all the joints of the

four limbs and was able to move her fingers. She was able to hold objects using both hands and was able to eat with her hands with minimal support. After the course of treatment, the patient who was previously bed ridden had become more or less independent in daily activities that drastically and satisfactorily improved her quality of life. This case report provides the scope of ayurvedic management towards tough to treat spinal cord injuries induced quadriplegia. The vast reach of Ayurveda in the management of traumatic spinal cord injuries or other neurological and musculo-skeletal condition provided effective result that helped to improve the quality of her life. The scope and scientific approach of ayurveda in such managements is becoming more globally accepted in these days.





By **O.J. George** (*Consulting Editor*)

**Disciplined and orderly  
regimens fetch robust  
health and healing,  
considerably  
enhancing quality of life**





There should be a method even in this bad, mad and savage world of ours, which calls for discipline and order the way one wants to live a pleasant and tranquil life. A little bit of care, vigil and attention to even small details, avoiding fast and turbulent life ignoring the safe pace of activities, would pave the way for goodness leading to a healthy life, with longevity as added attraction.

Ayurveda has fixed regimen for everything from eating, walking, bathing, sleeping and the like.

Sages of yore had prescriptions for every activity of life so that people would enjoy health and happiness. The proof of the pudding is in the eating, they say. Likewise, achievement of robust health and longevity depends on the way one can proceed with a modicum of discipline and decorum.

How even sexual activities should go about for begetting healthy children are mentioned in the sacred texts of Ayurveda. Man and woman should

lead keenly focused way of life from birth to death so as to be successful. Human body is not made of iron or steel, but it incorporates all sorts of organs in the frail structure which should be well-healed and maintained properly so that undesirable results do not creep in.

I have seen people leading disciplined, methodical life and then enjoying near-perfect health. I have also come across a lot of people who don't care or worry a wee bit about orderly life. They proceed with life, without tending to the niceties of any kind of control or regimen so much so that they aspire to pull on anticipating life

on earth as something of an automatic process. They hope to achieve fullness of life, without undergoing restraint, which often is well-nigh impossible. For every action there is an equal and opposite reaction, which is true of the maintenance of life. If one is careful, the results would be affable, otherwise dreadful. Why one should waste away precious life indulging in unmitigated pleasures?

I remember the late Chief Minister C. Achutha Menon's reaction after he suffered some problems of the heart. He had disclosed that during his youthful life he had played football and performed solid exercise, then how he contracted heart disease was the moot-question.

From my own experience, it can be surmised that sports and games activities and vigorous exercises done years ago would not prevent onset of grievous ailments. The exercise and rejuvenation activities should be ensured to continue, though in a little slower pace as one gets older. Which means one should not bank on leading a disciplined life decades ago, but continue to invigorate the body, including bones, muscles and nerves as also cleanse the mind.

Impurities striking the body and mind would cajole the systems to wither away. Strive to achieve a sense of balance in physical and mental occupations so that pulling on with life would be smoother. That is the process of achieving equilibrium, providing healing and harmony. Each individual is taken care of considering a variety of situations which call for a different approach. Treatments are prescribed as something of custom-made procedures to deal with specific health issues. The main protocol would be to instil in the mind a feeling of oneness with nature, which is friendly, and if one goes against the natural traits, the result would be frightful.

Everyone would fly away from this mortal world, and the end comes in



different ways, either malignant or ostensibly- benevolent processes would descend down each individual to snuff out the breath for good. There can be no way to prevent the cocksure stage, of lamentations as one flies off. But there can be a lot of respite for the body and the mind during life on earth if one practices methodical procedures.

In sum, the alternative system of medicine definitely helps in improving the quality of life. Immunity boosting, holistic well-being, stress busting and purifying by eliminating various toxins etc are the hallmarks of the ancient system of dealing with medical conditions afflicting human kind.

It is only comparatively recently that modern medicine protocols have evolved, and until then people were resorting to Ayurveda and related holistic systems only.

An individual is born with a specific constitution which more or less remains the same even as internal, external and environmental factors add their influence causing profound

impact. Seasonal changes, diet, life-style choices and following up with prescribed regimen provide immense consequences which help to prevent ailments. The system enables one to either eradicate or monumentally alter the root of the causative factors.

Once I had an occasion to visit an ailing old-aged person, who had suffered a stroke. He was explaining in simple terms that everyone has a vehicle to proceed to the other world, and his prevalent condition was the exact vehicle. But his family members had seen to it that he was getting Ayurvedic treatment like panchakarma. Within a few months he was able to walk and pull on with his life fruitfully. By then his eldest son had breathed his last owing to heart problems. Nothing works like obstinate assuredness to deal with various medical conditions, all the same one can overcome most of the nagging ailments by following the discipline and decorum in the form of various prescriptions offered by sages of yore to deal with unpleasant physical, mental and spiritual conditions

I had dealt with the unpleasant situation of a member of the family falling down after suffering stroke. He was immediately taken to the neurologist who administered an injection of specified medicine and imparting physiotherapy for a few days. The neurologist himself had advised us to take him to the Ayurveda specialist who offers panchakarma treatment. That was done for two weeks and he could fend for himself even as he had disability in one portion of his body. He used to eat using a spoon with his left hand and survived for more than two decades. This system is definitely a God-given tool to ameliorate variegated sufferings of people.

I am also witness to the alleviation of pain of the muscles, joints etc when oils and ablutions prescribed for panchakarma are used by the suffering people.

Let there be a lot of application of the alternative streams of medicine in situations where other methods have resulted in failure.

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# An Ayurveda cookbook

Today's millennials are obsessed with diets, superfoods, clean-eating, cleanse and detox and this health fad is seen taking over the West too. Ayurveda, an age-old Indian science, has secrets to clean, healthy lives that is cheap and can be accessed through one's everyday kitchen.

Ojas, the cookbook by celebrated chef Nira Kehar (of Delhi's Chez Nini fame), provides a stunning narrative into the world of Ayurvedic eating, and its application in everyday life. The book has 99 insightful recipes that makes it a must-have for the ardent home chef. The book defies all stereotypes about Ayurveda being only about herbs and spices, with absolutely enchanting gastronomy.

"Ayurveda has been part of my personal story since I was a child. I

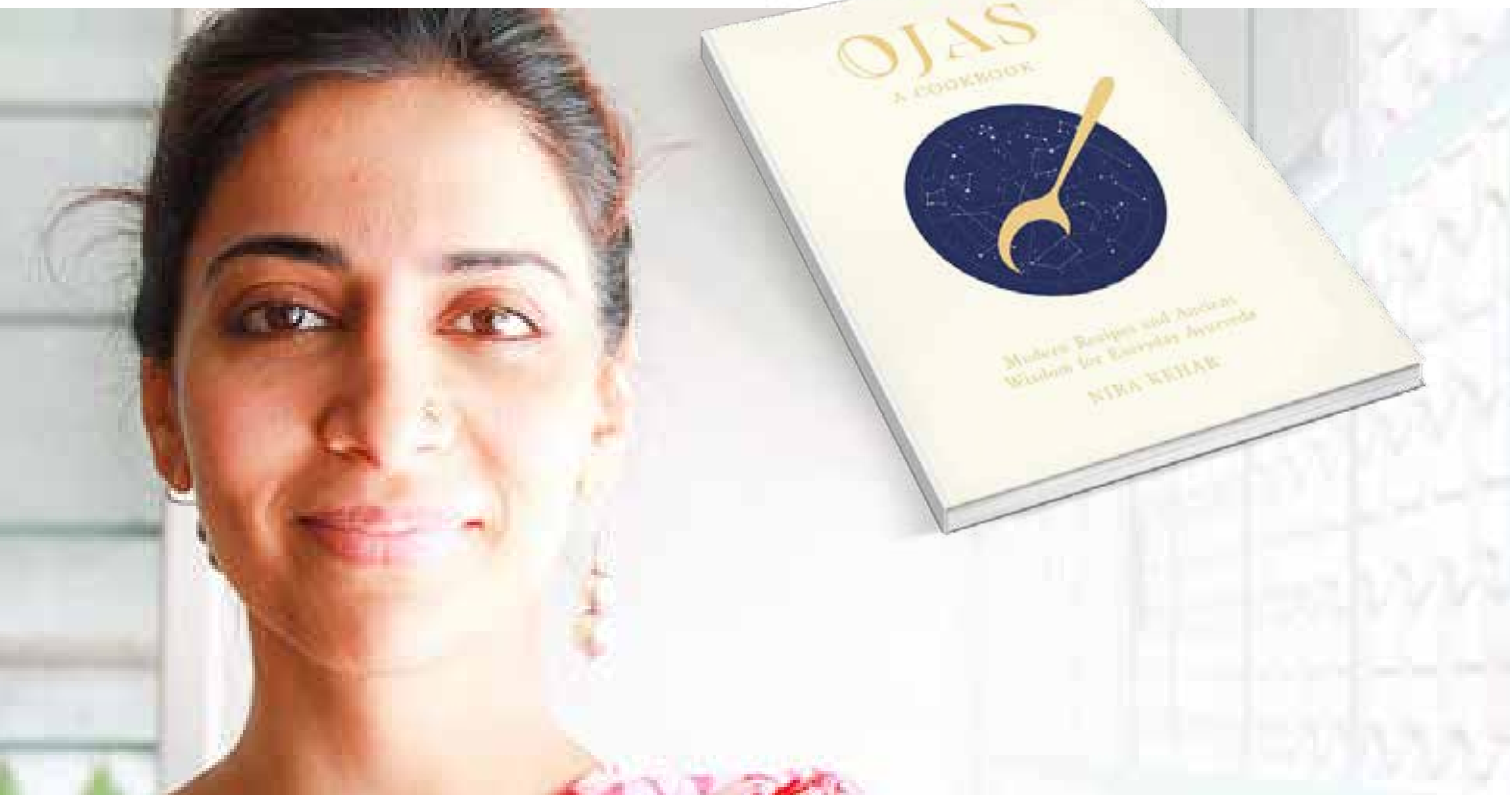
always preferred to live by Ayurvedic principles as much as possible. Over time, it became imperative for me to marry those principles with the food I was cooking for others," explains Nira, who dedicated a year towards the conceptualisation and production of this book, which involves cooking, countless tastings and an extensive research into the 5,000-year-old knowledge.

The book begins with a bird's eye view to Ayurveda, an explanation of the five elements (air, water, fire ether and earth) and finally, the three doshas existing in the human body—Vata, Pitta and Kapha. There is also a questionnaire for one to correctly identify their dominant dosha, followed by a list of ingredients best and worst suited to each. This elemental information is important to

everyone initiating themselves on the recipes that follow.

The select 99 recipes, featuring dishes such as Salmon Khichdi, Avocado and Prune Shake and Carrot Custard Tart, do not take a rustic approach as one would've expected.

This unusual cookbook comes with splendid imagery that gives the readers a spoonful of cosmos with every spread. According to Nira, "This book is not a diet or health book. My hope is to be part of the community that is bringing Ayurveda to the mainstream, making it as accessible and well-understood as its sister science, Yoga. Ayurveda is a perfect foundation to rely on for a healthy balance and making good individualised dietary choices."







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