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# Ayurveda

## & Health Tourism

Ayurveda & Children

**BRING UP THY  
CHILD NATURALLY**

Water Therapy

**STAY HYDRATED  
DRINKING WATER**

Interview- Dr. Rajesh Kotecha

**A SPECIALIST AT  
THE HELM OF AFFAIRS  
AT AYUSH**

Patanjali's

**YOGA SUTRAS**

Shashi Tharoor

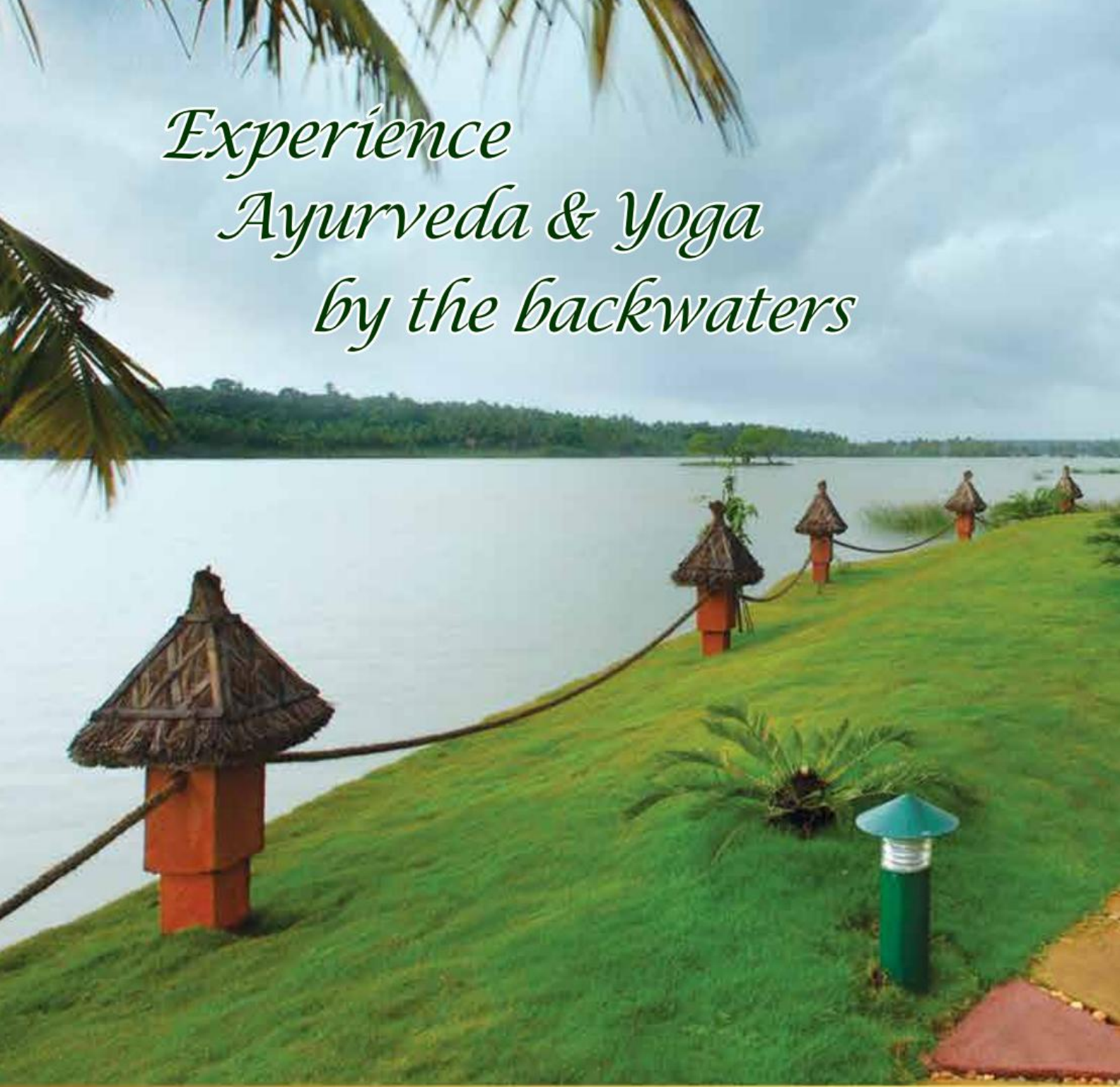
**AYURVEDA GROWS  
RAPIDLY AS MIND-BODY MEDICINE**



An FM Media Publication in association with Ministry of AYUSH, Govt. of India



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## Ayurveda and Children

Boys or girls, kids are the greatest assets of parents. Parents are prepared to go to any extent to improve the quality of their child's life. Ayurveda is one such option that parents should consider to improve the quality of their child's life. Ayurveda was a treatment option considered by parents in the days of yore and it was found to be quite successful.

But today, in this world of short-cuts and instant results people are seeking Allopathy as a cure for various ailments afflicting children. This trend has to change and for this we need to educate the new generation about the goodness of Ayurveda and the need to go back to this age-old medical system. It is this need that has motivated us to bring out a children's special issue. Through this issue, we hope we will be able to do enough justice to how Ayurveda will benefit children. We also hope to enlighten the future generation to take up Ayurveda as a mainstream medical treatment practice.

According to Ayurveda, nutrition and fitness are the cornerstones of a child's health. Fitness can be achieved by engaging children in various physical activities like yoga and sports. It is also important that the child gets involved in some kind of hobbies that will set the spark in him. Other than physical activity, diet is an important factor for healthy living. This includes, encouraging your child to eat a variety of healthy foods.

Ayurveda plays an important role in strengthening the health of children and increasing their immunity. The role of Ayurveda in bringing up children is often swept beneath the carpet and its preciousness or uniqueness is rarely understood. Parents often worry about children and are not sure how to keep them healthy. Some of the techniques involved in keeping children healthy can be understood from the different articles that are comprehensively dealt with in this issue.

In this issue, Ayurveda experts have given their opinions on how different types of diseases affecting children should be treated.

Topics like how to improve memory power in children, how to help them focus on studies are some of them dealt with in detail.

Understanding the nutrients your child needs is also very essential. Parents read up, talk to health professionals and overload themselves with all kinds of information thinking that these tips can help them to make their child's life better. Little do they realise that most of these pieces of information may backfire as they might be hoax.

This issue of our magazine will give you genuine information on different aspects of bringing up a child right from the horse's mouth. Also, you can contact our experts directly as we provide their contact details too.

Among the several stories covered in this issue is a story on techniques involved in making kids practice yoga diligently and in a disciplined manner. It describes how yoga benefits the child physically, mentally and emotionally. Another article talks about how pesticides through different foods can adversely affect the health of a child.

Other than the various activities for children described in this issue, parents should take care to limit the children's time in front of the TV, video games and computer. They should ensure that their kids are more active by setting a good example by being active themselves. Thus, with the help of Ayurveda, let us work towards giving our children a healthy future.

The highlights of this issue, however, are the interviews of two stalwarts of Ayurveda – Dr. Rajesh Kotecha and Dr. Abhimanyu Kumar. The Government of India has taken a unique step by appointing Ayurveda specialist Rajesh Kotecha, as Special Secretary in the AYUSH Ministry, which is a departure from the earlier practice of appointing a senior bureaucrat in the coveted post.

He is former Vice-Chancellor of Gujarat Ayurveda University, Jamnagar, who had also founded Chakrapani Ayurveda Clinic and Research Center, Jaipur, in addition to achieving various other accomplishments.

By appointing a leading figure from the industry, who had received Global Ayurveda Physician Award in 2007, Ayurveda Ratna Award in 2008 and Padmashree Award for Medicine in 2015, to the top-brass of AYUSH Ministry, it is clear the government means business to propel these streams to greater heights in the coming years.

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# In This Issue

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News & Events	8	
Interview	12	
Pesticides make kids sick fast	14	
Cover Story: Bring up thy Child Naturally	16	
Hyperactive Child: Handle with Care	20	
Suvarna Prashana: An Elixir for Healthy Childhood	28	
Keeping child healthy– Ayurveda perspective	30	
Brahmi: Cure for ADHD and Memory Loss	36	
Memory Boosting Herbs	38	
Relax: Herbs, Home Remedies for Children	42	
Take care of your baby	46	
Tackle Bone Disorders in Children	48	
How to stop bedwetting by children	53	
Let kids practice Yoga and grow healthy	56	
Yoga: sharpens kids' minds	60	
Lead Kindly Light	63	
Yoga World: Yoga day celebrations from around the world	64	
Patanjali's Yoga Sutras	66	
Lettuce: Wonder leaf, full of nutrition	68	
Raisins: Fruits in Indian cuisine	70	
Walking: Beats Fat	72	
Stay hydrated drinking water	74	
Ginger Tea: Miracle Drink	77	
They're Precious	78	
MILK AND YOU	80	
Beauty Care for Children	83	
Rich dividends awaiting kids who follow precepts and practices of Ayurveda for physical, mental and spiritual well-being	84	
Know the potential of Ayurveda and follow it	86	
Health & Wellness Around the World	90	
Ayurveda Takes Off	94	
		
		<b>Page 14</b> <b>Pesticides</b> make kids sick fast
		
		<b>Page 20</b> <b>Hyperactive Child</b> Handle with Care
		
		<b>Page 30</b> <b>Keeping child healthy</b> Ayurveda perspective





**Page 38**  
**Memory Boosting**  
Herbs



**Page 70**  
**Raisins:**  
Fruits in Indian cuisine



**Page 48**  
**Tackle Bone Disorders**  
in Children



**Page 80**  
**MILK**  
and you



**Page 56**  
**Let kids practice Yoga**  
and grow healthy



**Page 84**  
**Rich dividends awaiting kids**  
who follow precepts and practices of Ayurveda  
for physical, mental and spiritual well-being



**Page 66**  
**Patanjali and his**  
Yoga Sutras



**Page 94**  
**Ayurveda**  
Takes Off



## Prime Minister Modi inaugurates Patanjali Research Institute



Prime Minister Narendra Modi inaugurated Baba Ramdev's Patanjali Research Institute in Haridwar on 3rd May 2017. The Prime Minister while inaugurating the institute said that he had full faith in the blessings of the countrymen. He lauded Ramdev for his hard work and dedication which made him succeed in life. The PM also praised the power of research and technology. The PM also spoke about the scope of Ayurveda to make its space in the international market.

## Sudarshanam Netrachikitsalayam – Silver Jubilee Inauguration

Union Minister for Health, Shripad Yasso Naik inaugurates the silver jubilee of Sudarshanam Netra Chikitsalayam at Thiruvalla, lighting the ceremonial lamp along with World War II veteran, K G Nair.

Dr. Baby Krishna (AHMA); Swami Shankara Chaitanya (Amritha Institute); Shanthi Gokul; Dr. BG Gokulan (Chief Physician); Kuttoor Prasannakumar; Kummanam Rajashekar; Dr. Rajath Anand; Padmasri. P R Krishnakumar; Unnikrishna Warriar; Prof. G G Gangadharan; V P Unnikrishna Pillai were present at the occasion.



*Hon. Union Minister for AYUSH, Shripad Yasso Naik along with K G Nair, World War II Navy veteran lights the ceremonial lamp inaugurating the silver jubilee celebrations of Sudarshanam Netra Chikitsalayam - the first of its kind of Ayurveda hospital in Kerala; in the presence of Adv. Mathew T Thomas, State Minister for Water Resources Padmasri P R Krishna Kumar, Kummanam Rajashekar, Prof Dr. GG Gangadharan and other dignitaries.*

## New AYUSH Secretary appointed



Renowned Ayurveda physician 'Vaidya' Rajesh Kotecha has been appointed as special secretary in Ayush Ministry for a term of three years on contract basis. This is as per an order issued by Department of Personnel and Training (DoPT).

The appointment is in tune with the efforts of the Center to include specialists from the private sector in the government. This is considered as an unusual appointment.

Vd. Rajesh Kotecha (born 18 July 1963) is an Ayurveda physician who received a Padma Shri Award for Medicine in 2015. Vaidya (or physician/doctor) Kotecha is currently chief consultant of Chakrapani Ayurveda Clinic, Jaipur.



## Symposium in London focuses on introducing Yoga in NHS



A one-day symposium in London sponsored by the All Party Parliamentary Group (APPG) on Indian Traditional Sciences gathered together scientists, administrators, practitioners, and health professionals, to present the scientifically established therapeutic value of different forms of Yoga, particularly with a view to making such approaches available through the National Health Service. Introducing the speakers, the APPG's Secretariat Amarjeet Bhamra explained that the Group, initiated in 2008 by the late Lord King, Lord Patel and himself, had managed to gather many different disciplines of natural medicine and

different factions within each, around one table. The Group now comprises 30 MPs and Lords working to support the introduction of Ayurveda, Yoga, and other Traditional Indian Sciences in health care, education, and other areas of national life in the UK. With the NHS in crisis, overwhelmed by the huge increase in the number of people – currently about 15 million – suffering from long-term chronic conditions, the proven potential of Yoga and its sister therapy Ayurveda to prevent and treat disease should be harnessed and implemented for the health of the population, Amarjeet said.

Minister Srinivas Gotru, Director of the Nehru Centre officially welcomed the speakers and delegates at the Nehru Centre, which had held a number of events in London during this week of International Yoga Day 21 June, following the example set two years ago by India's Prime Minister, Narendra Modi, who had been the principal motivator for the establishment of the UN International Yoga Day in 2015.

Research was presented by Sunita Poddar of the Patanjali Yog Peeth (UK) Trust, measuring the beneficial effect of Yogic breathing techniques on heart-rate variability, an important factor in maintaining autonomic balance.

Ayurveda Professor Venkata Joshi explained the beneficial influence of the primordial sounds of the Vedas, on human health, and called for more research on this. The concluding presentation was given by Dr. Madan Thangavelu PhD, a genome biologist at Cambridge University, highlighted the remarkable congruence between the findings of modern genetics and epigenetics on the one hand and the cognitions of the ancient Vedic and Buddhist sages on the other. His message was: since both disciplines are leading to the same conclusions, we would do well to just follow the advice of the ancient sages regarding diet, lifestyle, and development of consciousness.

## P.K. Warriar is 96

Aryavaidyan P K Warriar, the doyen of Ayurveda, who took Kottakkal Arya Vaidya Sala to global fame celebrated his 96th birthday on May 25th 2017 at Kottakkal. In commemoration of Dr. Warriar's birthday, his disciple Dr K Muraleedharan released a book on Ayurveda. The book, *Ayurvedam: Arivum Anubhavavumis* a collection of essays by Dr. Muraleedharan. Warriar spent an hour at a special function held at Kottackal Arya Vaidya Sala attended by an elite crowd.



Dr. Warriar shared many interesting anecdotes about how practitioners of this traditional medicine made remarkable achievements in their treatments. He called upon doctors to treat patients with their heart.

## AHMA Award



Dr. P Arshad of Daisman Sports Medicine Hospital, Kondotty won the first prize in the All Kerala Clinical Paper Presentation Competition conducted in association with the Ayurveda Hospital Management Association (AHMA). He is seen receiving the award from AHMA State Secretary, Dr. Baby Krishnan; President, Dr. Vijayan Nengilil and Dr. Muhammed Babu



## HolidayIQ Better Holiday Award for Kerala Tourism

HolidayIQ Better Holiday Awards voted Kerala Tourism as India's favourite Waterfront Destination for Alleppey. The award was presented to Venu V, Principal Secretary, Kerala Tourism by Union Minister Jitendra Singh at a function held in New Delhi on May 11; 2017.

Speaking on the occasion, Venu said, "It is an honour to receive an award which recognises the efforts of the Tourism Department. This award reiterates the popularity of the state tourism as it was chosen by over 15 crore Indian travelers," he said. Venu said Kerala Tourism department is always keen on implementing new and innovative ideas and projects for the growth of Kerala as the best destination. "Prestigious awards like these are an inspiration to raise the benchmark in taking up new initiatives which will further enhance our projects to provide best-in-class experience in the future as well." "In 2016, foreign and domestic tourists arrival to Kerala has increased by 6.23 percentage and 5.67 percentage respectively, demonstrating the increasing popularity of Kerala as one of the preferred tourist destinations of India, he said. "Im excited to learn that Alleppey, the evergreen backwater destination of Kerala, continues to be the favourite among the travellers and tour operators, Tourism Minister Kadakampally Surendran said on Kerala tourism getting the award. Getting an award for another individual feature of the state in itself shows how versatile our state is as a tourist destination, he said, adding Im so overwhelmed by the fact that Kerala is gaining popularity and is preferred by people all over". The HolidayIQ Better Holiday Awards is recognition of exceptional experiences provided by millions of Indian Travellers from more than 100 cities and towns of India.

## Ayurveda seeks more recognition in Singapore

Singapore hosted its second International Conference on Ayurveda on June 21, 2017 as part of their interest in making Ayurveda a part of their traditional medicine. Jawed Ashraf, India's High Commissioner to Singapore talked about his hope of Ayurveda getting recognized in Singapore. He calls it unfortunate that Singapore still doesn't have a system in which Ayurveda gets the same recognition as other medical systems.

"People look at the rising costs of medical treatments, the side effects of chemicals, of dealing with the lifestyle diseases which are growing both in developed, undeveloped countries, people are turning to traditional medicines, whether it is Chinese or Indian and Ayurveda is suddenly becoming very popular," said Jawed Ashraf. According to Ashraf, parts of Latin America, Asia and Africa have already accepted Ayurveda as any other healthcare systems.

## 4-day National Arogya Fair



Arogya Fairs are not new to our country especially when it focuses on our traditional healing systems. Chennai hosted one such event on

May, 2017. This 4-day National Arogya Fair happened in the city from May 5; 2017.

Some of the objectives of the event were to create a platform to share the remedies available to general health problems in AYUSH and to integrate AYUSH with the mainstream healthcare delivery structure.

The other attractions of the event were the different exhibitors including naturopathy centers and therapies like herbal and Panchakarma.

The other highlights of the event were a free health check-up and counselling by specialists of Ayurveda, Unani, Homoeopathy, Siddha, Yoga and Naturopathy. Conferences on emerging trends in industry were also held. The key highlight of the event was a live demonstration of Yoga. Other events were the demonstration of home remedies for the treatment of common ailments and display of medicinal plants.

The participants of the event got opportunities to showcase their medicines and their remedies to visitors. The participants also got an opportunity to interact with practitioners, consumers, suppliers and other stake holders from industry. The event created awareness among end users and professionals about AYUSH. The participants got to be a part of a fast growing potential stream of healthcare sector.

This four-day event took place at Chennai Trade Center, Nandambakkam.

By mentioning the memorandums of understanding with Russia, China, Hungary and Poland, MOU's for research with universities in USA, Germany and France, he expressed his hope to get the same recognition in Singapore as well.

He said that once this recognition is got, it would enable the Vaidyas of Ayurveda to practice this medical system in a systematic manner. It would also help in the import Ayurveda medicines in Singapore and enable insurance cover for this treatment.

"Ayurveda like Yoga may have its roots in India, but we want Ayurveda to be seen as an inheritance of the entire world and something that would become a part of Singapore's system," Ashraf concluded.

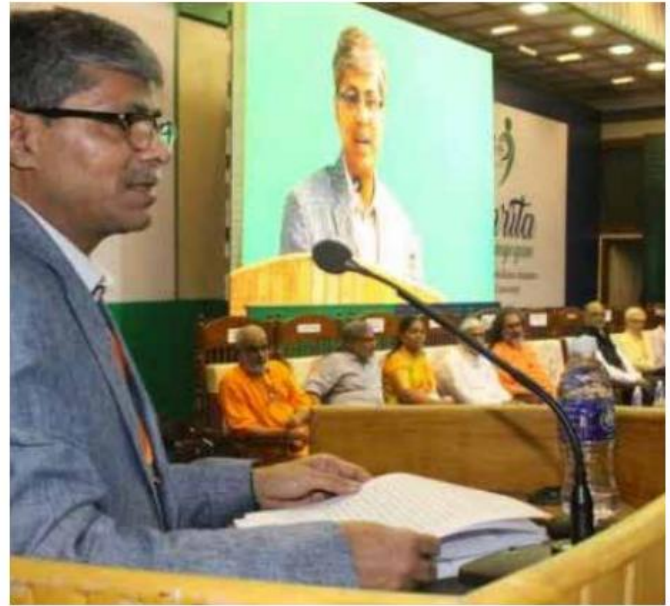


# AYUSH to support integrative medical practice

Ministry of AYUSH will support a new integrative approach with modern medicine, overhauling the practice and teaching of indigenous medicine, including Ayurveda, Yoga, and Unani, and systematically documenting and collecting data said Dr. Rajesh Kotecha, Special Secretary, Ministry of AYUSH, in Kochi last Sunday.

Dr. Kotecha was participating as the chief guest at Amrita Samyogam 2017, an international conference on integrative Ayurveda and modern medicine, organised by the School of Ayurveda, Amrita University, in association with Amrita Institute of Medical Sciences.

Information Technology will be the backbone of AYUSH systems in the country, as it will provide a platform to collate information on various indigenous treatment methods that will help create a database for future research, he said. He added that a national AYUSH grid would be created connecting various hospitals and research labs for data analysis.



This conference was an attempt to bring together practitioners of Allopathy and Ayurveda, facilitating the formulation of a roadmap to develop guidelines for integrative medical practice. It was also aimed at identifying areas and strategies for collaborative integration of Allopathy and Ayurveda in the management of specific diseases like Cancer, Diabetes, Neurodegenerative Diseases, Musculoskeletal Diseases as well as promotion of Mental Health.

The two-day (August 6-7) conference was participated by experts from abroad and India including Dr. Jeffrey White, Director, National Cancer Institute, USA; Dr. Daniel Furst, MD, Rheumatologist, University of California, Los Angeles, USA; Dr. Nereo Bresolin, MD, Neurologist, University of Milano, Italy; Dr. Christian Kessler, Internal Medicine Expert,

Charite Medical University, Germany; Dr. Valdis Pirags, Diabetologist, University of Latvia; Dr. Ravi Mehrotra, Director, Noida National Institute of Cancer Prevention and Research; Dr. B N Gangadhar, Director, NIMHANS, Bangalore; Dr. Rama Jaysundar, AIIMS Professor; Dr. Bibin Nayar, Dean, Amrita University Biotechnology School; Dr. Shanthikumar V Nayar, Dean, Amrita University Research.

The experts also called for a national policy for integration. The conference also discussed evidence based practice guidelines for cross referrals and combination therapy, understanding the biological mechanisms underlying the validated clinical practices for integrative care and integration of modern technological tools in Ayurvedic diagnostics, treatment procedures as well as drug delivery.



# A SPECIALIST AT THE HELM OF AFFAIRS AT AYUSH



*Vaidya Rajesh Kotecha, a well-known academic and an efficient Ayurveda doctor, is the new special secretary in the Ministry of AYUSH. This is for the first time that a specialist has been appointed take charge of affairs at the ministry since its inception. The former vice-chancellor of Jamnagar-based Gujarat Ayurveda University was awarded the Padma Shri in the year 2015. He talks to Nīnu Susan Abraham in an email interview about his new position and his vision for the future of AYUSH. Excerpts from the interview:*

*You are the first Ayurveda expert with vast experience in teaching and practising the ancient medical system to become the new Special Secretary at AYUSH, please share your thoughts for our readers on this new position?*

I understand the level of my responsibility. I feel honoured for the trust in me by the Government of India. There are lot of expectations from the sector which is normal. India will use my experience and exposure to deliver.

*How do you think your experience as Vice Chancellor of Gujarat Ayurveda University will help in your new role?*

I am sure that my experience as Vice Chancellor of Gujarat Ayurveda University will help me a lot to visualise my work in this bigger platform.

*As special secretary, what is your vision and mission for AYUSH?*

My main focus will be to bring in transparency and quality in all sectors of AYUSH.

*How do you think your new role can help in the promotion of Ayurveda in India and overseas?*

The Ministry of AYUSH has already a very good track record of various activities of promotion of AYUSH systems in India and overseas. I will do my best to attract more investments in the sector, quality education and integration of AYUSH systems in public health as an important part of National Health Policy in our country.

For overseas, I will focus on quality improvement in practices, research and export of AYUSH products to different countries of the world. Also, formal recognition of AYUSH system of health in different countries will also be my agenda to work on.

*Will there be a time when Ayurveda is treated at par with modern medicine? Is this a very distant dream?*

I do not think that it is a distant dream. AYUSH system of health and modern medicine, both have their own specialties. As a science, both have tremendous potential to contribute to public health. So, in place of thinking of AYUSH as competitor of modern medicine, integration of all systems of health in the overall improvement of the health of the people of the nation should be considered.

*Finally, your thoughts to our readers regarding Ayurveda and why they should follow this most ancient medical system originated in India.*

AYUSH systems are not just a science of medicine where you take some pills for some illness and as an individual there is no responsibility towards our own health. AYUSH looks at health from a different perspective. We can call it whole system approach where an individual is required to take care of his / her overall health by adopting healthy ways of nutrition, lifestyle, exercise, appropriate sleep to stay qualitatively healthy till late age. With this approach, individual and community health can be qualitatively upgraded so that need of doctors and hospitals is less required for most of the time.





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- Regulators meet with Regulators of select countries
- International Investment Meet
- Industry - Farmer Interactive Meet
- Indian CEOs Roundtable
- Structured B2B Meetings
- Live Demonstrations
- Ayush Healthcare Lectures

### DISPLAY PROFILE

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- Herbal Foods • Siddha Medicines
- Organic Products • Homoeopathic Medicines • Dealers and exporters of medicinal plants and other raw materials
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# PESTICIDES MAKE KIDS SICK FAST

*Effects of pesticides are a lot tougher to be recognised. It is significant to know that the most frequently seen chronic diseases linked with pesticides are cancer, birth defects, ailments of the nervous system and even immune deficiency. Kids are at more risk.*

**I**ndustrial farming finishes the natural assets on which we all depend. It makes us sick and weakens the world's ability to feed itself. It is the very meaning of unsustainable.

This model of farming has persisted for more than 30 years. In the decades that followed, an entire model of farming has taken root — one dependent on ever more (and ever more expensive) chemical inputs.

Almost all the people in the world have heard of pesticides and know what they are used for. Now, there are not several foods which are being

raised without the use of chemicals. More and more agriculturalists do not care about the probable risks that these substances found in pesticides can happen to people. The good thing and the only that the farmers seem to care about is that of the enhanced yield. Pesticides are known to persist inside the vegetables, fruits and other foodstuffs and if one consume an amount which is more than normal, certain effects which are not good for the body will happen.

### **Unsafe to human being**

Almost all people are exposed to pesticides but there are some who are

more exposed than others and these people are farmers. Even the least exposure to pesticides can deliver a lot of adverse effects on a person if his or her condition is not the strongest. Not every person is similar and due to that point some may experience no effects at all from a certain volume of exposure to pesticides, while other may experience severe effects from the same amount of exposure. There are a lot of health issues which are triggered by these chemicals. Some of these are long-lasting, while others are critical. The most frequently seen serious indications in a person are headaches, nausea, giddiness, rashes,





asthma attack and problems of the breathing system. It is a known point that these indications are seen in many other illnesses and that is why it is not unusual for someone to be misdiagnosed. For example, all of these indications are the same for the flu and a pesticide-related disease.

On the other hand, when chronic situations are measured, a person can go on living normally for days, weeks, month and even years without facing any of the signs. Effects of pesticides are a lot tougher to be recognized. It is significant to know that the most frequently seen chronic diseases linked with pesticides are cancer, birth defects, ailments of the nervous system and even immune deficiency.

### **Kids more exposed**

According to the doctors, kids are a lot more exposed to pesticides than grownups. There are a lot of reasons why that is so. One of the

key reasons is because kids eat a lot more than adults. By doing that a child familiarises more foodstuff and increases the contact to the pesticides. Another reason is the difference in the food of a child and a grownup. A youngster wants to consume a lot more vegetables and fruits than adults and by doing that a child also increases the exposure to pesticides.

Parents need to know that not only pesticides can cause harm to the health of their children. There are a reasonable number of ingredients which will also cause damage to the health of the kid, for example certain industrial impurities like dioxins and mercury, microbial poisons, various natural contaminants.

Food is the main source of pesticide exposure for most kids, and that “an organic diet reduces children’s exposure to pesticides.” In one of the studies they describe, when kids switched to an organic diet for five days, levels of poisons in their bodies dropped to almost undetectable levels.

Health experts and health activists are against school pesticide because the use of them can aggravate some severe health evils for the kids. Both their immediate health and the long-term one are endangered by school pesticide.

Kids are more prone to suffering from the effects of chemicals than grownups as they are still in the early phases of organ, nervous, reproductive and immune system growth. In addition

to this, the concentration of poisons in the fatty tissue of children might be larger due to the fact that fat as the percentage of total body weight is not as high as it is in adults.

The behaviour of kids is another factor which makes them more prone to chemical exposure.

Kids are a lot more likely to play and get in contact with grounds, lawns and play area. The children’s breathing area is a lot nearer to the ground than it is of the grownups and that is another reason why children are more prone to this danger.

We found that today’s children are less healthy than they were a generation ago, and science shows that pesticides are contributing to the trend. This is deeply disturbing. As public health experts are raising the alarm about a “silent epidemic” of learning disabilities and disorders, the science linking neurotoxic pesticides to harm of the developing brain grows stronger and stronger.

More organic outlets, places and restaurants where we get non pesticide food stuff are necessary need of our time to protect the future.

Our children’s health must be a priority. It is time.

*Courtesy: [www.aromafresh.in](http://www.aromafresh.in),  
[www.fragrantnature.com](http://www.fragrantnature.com)*





# Bring up thy Child Naturally

*Is your child constantly falling sick even after continuous dosage of antibiotics? Are you looking for alternate forms of medicines that can heal your kid and make a difference in your child's health? Are you curious on how Ayurveda can benefit your kid? Here's a brief guide from Ayurveda by Dr. Jignesh K Kevalia that may seem beneficial to keep your child healthy...*

**A**ccording to Ayurveda, good health is a result of harmony between the mind, body and the soul. Ayurveda believes that all human beings have a specific prakriti, which is the basic constitution of their body. This prakriti is a combination of five elements such as the earth, space, air, water, and fire. The different and specific combinations of these elements make up the main life forces or the doshas in the body, which are pitta, vata, and kapha. All people are said to have one dominant dosha and this forms the basis for their Ayurvedic treatment.

Treating children come under Kaumarbhritya, in Ayurved, which is one of the eight branches of Ayurved that deals with the care of infants and children and their diseases and treatments. Bala Chikitsa or Kaumarbhritya focuses on childcare right from the fetal stage to adolescence.



All children below the age 16, are termed bala and this is further divided into jaatmaatra (new born), pakshatita (1 week-old), atipakshati (More than 1 week old), trimasika (3 year old), shanmaasika (Six months old), ekabda (1 year old), dasaabda (10 year old), and dwaadasaabda (12year old).

According to the above divisions, treating children can be broadly divided into two.

In case the child falls sick within 15 days from birth, the medicaments are given to the mother, since during this term the child is only fed with breast milk. Thus, the medicines given to the mother will be passed on to the child through breast milk.

But, in case the child suffers any kind of severe illness, medicine has to be given directly to the child irrespective of the feeding habits.

### Common Diseases of Infancy and Childhood:

Ayurvedic pediatricians recommend the intake of a good diet along with herbal medicines to safeguard the optimum physical and mental development of children. They recommend the following regimes.

- To promote fetal health, growth and mental development, Ayurved recommends the pregnant mothers to take a diet of easily-digested foods, which is free of toxins.
- During the third trimester, women are advised to avoid hot and pungent foods and consume herbs such as Brahmi or Shankhapushpi.
- According to Ayurvedic medicine, breast milk is extremely important for infants. Lactating mothers are advised to take medicinal herbs that can improve the quality and quantity of the breast milk.
- Kids upto five years of age are recommended to consume ghee, rice and medicines for their brain development.
- Children above five years are advised to take medicines such as Brahmi Gritham and Mustharishtam to sharpen their memory and optimize their brain development.



### Common Childhood Illness and Remedies

#### INDIGESTION, FLATULENCE, COLIC

- Intake of the powder of Ajamoda, saunf and Sowa boiled in water.
- Solution of powdered Jeerak and saindhav (rock salt) dissolved in water.
- Sunthi (dried ginger) powder and Nimbu juice given with warm water.
- Herbal paste is applied to the stomach area in case of gastric troubles.

#### COUGH & COLD

- Juice of Tulsi leaves should be given two to three times a day with honey.
- Powder of Palandu mixed with honey or sugar should be given in case of common cold or bronchitis
- Drops of ginger juice and Nimbu juice should be given with warm water.

#### CONSTIPATION

- Latakaranj seed rubbed in breast milk or water
- Dry black currants soaked in water and given with warm water at bedtime.
- A cup of warm milk with half a teaspoon of ghee given at bedtime.

#### TOOTHACHE

- Clove and asafoetida on a cotton swab to be kept over the carious tooth.
- Eucalyptus oil and camphor oil put on cotton swab to be placed over the carious tooth.



## DIARRHOEA

- Drink the pulp of the Bilwa fruit or its sharbat with sugar water.
- Powder of Pomegranate fruit rind given with the juice of Pomegranate seeds.

## FEVER

- Musta, parpat, usheer, guduchi, ginger and dhania boiled together in water and given frequently.
- Kirattikta and Dhania boiled in water and given 2 to 3 times a day to drink.

## LOSS OF APPETITE

- One Marich and two pinches of Ginger powder boiled in half-a-litre of water and given before meals.
- Two pinches of ginger powder boiled in milk and given to drink.

## THROAT INFECTION

- Yashtimadhu stick given for chewing
- Yashtimadhu, turmeric powder and salt boiled in water and given for gargling.

## VOMITING

- Mix Yashtimadhu powder with elaichi powder and give with ginger and lime water.
- Clove, Saunf and sugar given with Lajamanda (rice water) soaked in water.

## WORMS

- Give vidanga seeds boiled with milk.
- Palash beej powder to be licked along with honey.

## INSOMNIA

- Jayaphala rubbed with breast milk or cow or buffalo milk is to be given for sleeping disorders.

## Classical Drugs–Multiple Drug Formulations:

1. **Baal Chaturbhadra Churna:** Used in case of diarrhoea, dysentery, nausea, vomiting, asthma, cough, common cold and fever. It improves appetite, digestion, immunity, promotes proper nutrient absorption and growth. It is anti-spasmodic and carminative in action. It gives relief from abdominal gas, pain and protects child from recurrent infection.
2. **Arvindasav (Arista):** It is a digestive tonic, carminative, immuno-modulator, natural anabolic and improves appetite.
3. **Sarasataristam:** Enhances memory, immunity & skin complexion, prevents indigestion and is a great heart tonic.
4. **Suvarnaprashan:** This is a process in which Suvarna bhasma (purified ash of gold) is administered with fortified ghee prepared with herbal extracts, and honey in liquid or semisolid form.

Benefits: Immunity enhancer, improves stamina, child's intellect, grasping power, improves digestion, appetite, is a brain tonic, used in various allergic problems and problems occurring during teething.

## Single Drug:

1. **Sweet flag (Vacha)** Dysentery, bronchitis, brain tonic.
2. **Indian Atees (Ativisha)** In diarrhoea, dyspepsia, cough & cold, fever.





3. Indian Birthwort (Ishwarmula) Paste of this leaf is given in constipation, powder root with honey in leucoderma and in times of teething, produces vomiting without causing any depression.

4. **Brahmi, Shankhpushpi, Mandookparni:** Best brain tonic, immunity enhancer, in cough & cold, vomiting and purgation.

5. **Pashanbheda:** Root bark in urinary disorders

6. **Fetid eassia (Chakramarda):** In intestinal trouble, decoction of leaves in teething problems.

7. **Clitoria:** In dysentery, respiratory trouble, asthma, as anthelmintic.

8. **Babreng (Vidanga):** Seeds boiled in milk in tape worms and all other worms, in dyspepsia, colitis, indigestion and rickets.

9. **Kurchi or Ester tree (Kutaja):** In amoebic dysentery, diarrhoea.

10. **Jatamansi:** In colic, dyspepsia, insomnia, improves complexion. It is used for biliousness and controlling digestion of children.

### Quick Look For Follow Up:

According to Ayurved and Yoga, food is responsible for the individual's physical, mental and spiritual development. Since food is the source of vitality, errors in diet will cause disorders. This is why we should be aware of the properties of food that comes into Satvik (guna) category.

Lots of turmeric & all leafy vegetables help to prevent or get rid of poison in food items and also act as the best herbal antibiotic and anticancer medicine.

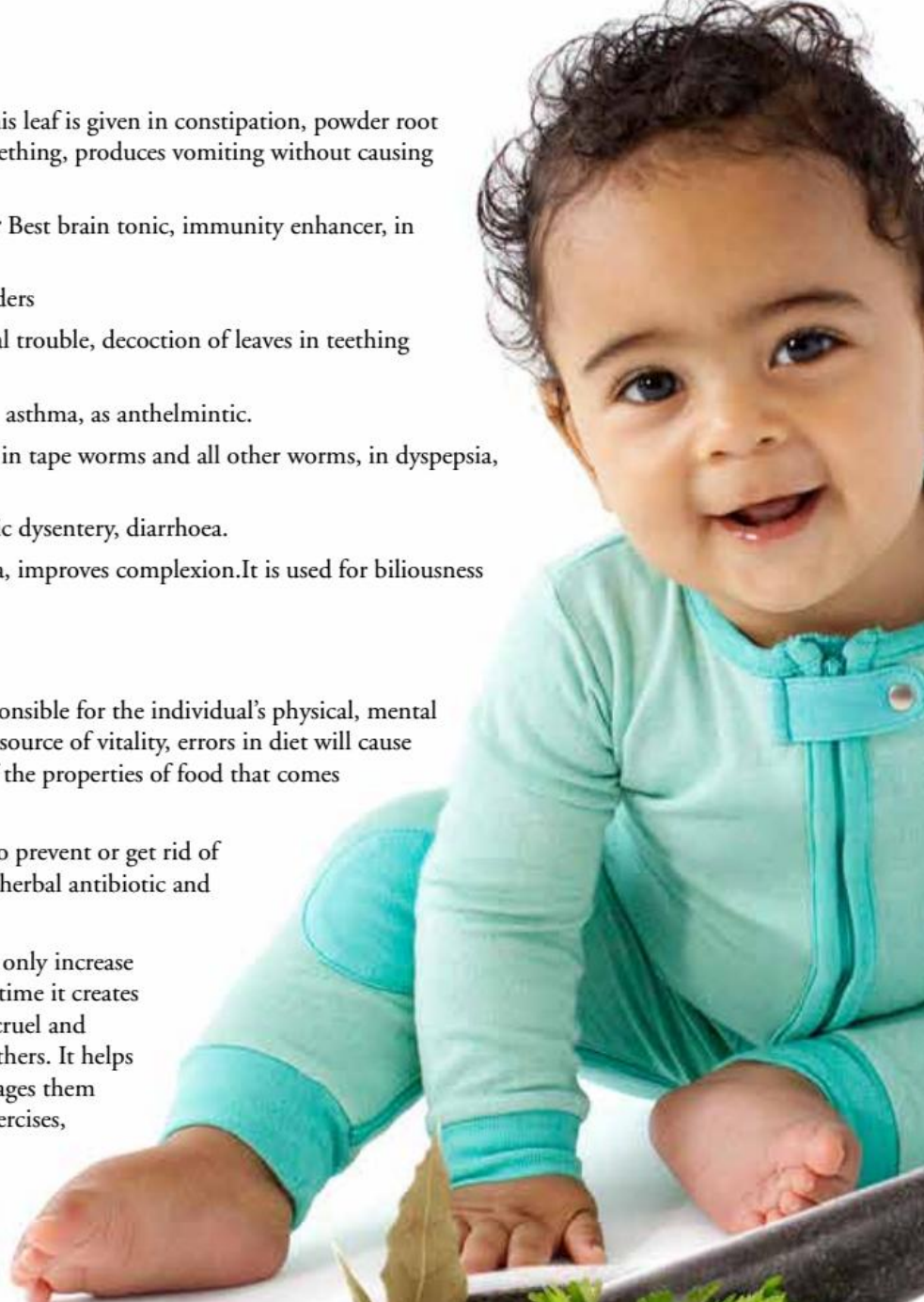
Pranayamas, Yogasanas, Meditation, etc. not only increase general health & immunity, but at the same time it creates Satwika Bhava in all. It also helps to reduce cruel and negative attitudes among students towards others. It helps them to love & respect each other. It encourages them to be a helping hand to everyone. Lack of exercises, daytime sleep, excess intake of food and continuously sitting or lying in front of TV, etc. creates Tamasik nature.

Important Note: Medicines should be taken only under strict medical supervision. Self-medication may prove to be dangerous. The above information is not intended to replace the advice of a doctor, but to create general awareness amongst people about natural medication.



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# Hyperactive Child

## HANDLE WITH CARE

*Hyperactivity in children is a complex mental disorder that can affect the performance of your child both at home and at school. It is a common misnomer that a hyperactive child is considered to be a genius and there are various things you need to understand on handling your high-energy kid. Also, don't get dejected in case your child is hyperactive. All you need to do is to channelize his/her energy and thought process constructively.*

### **Here are few symptoms about your hyperactive child:-**

- They are constantly fidgeting and it is difficult for them to be still
- They trip or fall more frequently than other children
- They Find it difficult to be attentive on things that are not important to them
- Loud noises and strong smells annoy them
- Refuse to wear itchy fabrics or clothes with labels touching skin
- Lose functional things like erasers, water bottles etc.
- Cannot structure their time or organize their belongings well
- Are unconcerned about their appearance or presentation
- Tend to have dry skin
- Do not sleep as well or as much as you would like them to
- Find it hard to melt into your hugs or cuddles
- Frequently use the restroom

Apart from these characteristics, a hyperactive child can be seen to be very creative with a splendid sense of humor. Often their intelligence and natural understanding of complex nuances in the environment may be surprising.

Depending on the degree of hyperactivity or possibly attention deficit, they may be up for ADHD (Attention

Deficit Hyperactive Disorder)/ADD (Attention Deficit Disorder) screening. Ayurveda has a lot of pieces of advice to parents with hyperactive kids. Let's read on.

### **Put on the Ayurvedic Glasses**

Ayurveda attributes the whole range of mild hyperactivity to severe ADHD as a simple imbalance. It is amazing that ancient Ayurvedic Sanskrit texts dating back to 800 AD clearly state all the signs and solutions for this type of an imbalance.

### **Understanding the Imbalance**

According to Ayurveda, human bodies are made up of the five elements of nature which exist in unequal proportions in each person. Each element (Earth, Water, Fire, Air, Ether) has physical as well as psychological functions and manifestations. For example, the main function of the element of Fire is metabolism (energy to convert) and distinct physical manifestation is seen in every cell as well as in the liver and digestive systems. Psychologically, the element of fire makes you more focused but also more angry when it is in excess.

The main principle of Ayurveda is that Like increases Like. So when you exercise and generate more heat (Fire), you speed up your metabolism.

When any element exists in disproportionate amounts, it is capable of causing imbalance in the body and mind.

The hyperactive child is simply one with increased proportions of the elements of Wind and Ether in his body. The main function of Wind is movement of any kind,





including motor and nerve impulses. Light and mobile, wind in the mind is reflected as volatile, active thoughts and creativity.

For those who understand the terminology, such a situation is called “Vata Prakop.” (Aggravation of Vata). This element of wind has the capability to create significant havoc in the nervous system of the Vata child.

The nervous system is the messenger of our brain. Just as we protect electrical wires with thin plastic tubing, our nervous system is also protected with bodily fluids, tissue and muscle. This keeps a check on the receptivity of the sensory inputs and speed of nervous impulses. This protection slows and dilutes stimuli felt by the nervous system to keep it from over-reacting.

The Vata child has a nervous system that is lacking in the aforementioned protection. The system is similar to an electrical wiring with an uneven and flimsy plastic covering. The system thus becomes very sensitive to any stimulus and can even produce a shock.

This translates into exaggerated

interpretations. Slight pressure on the bladder means an urgent need to pee, insignificant events can lead to great anxiety and even minute touch can feel annoying. The nervous system thus tries to read every impulse from the environment and demands appropriate action.

The result is a hyperactive child who is constantly moving and reacting, almost uncomfortable in his own skin.

### **What not to do with this child-in-motion?**

Most parents fail to understand their Vata child and may resort to yelling, punishing or to therapy and medication. While counseling may be very beneficial, medication does not need to be the first resort. Medication lowers the function of the nervous system and leaves it numb, also shutting up the genius in our Active child. And yelling and punishing make the system even more unhappy.

A better solution is to balance the effects of the volatile air and ether elements with nourishment and grounding. (Ayurvedically, elements of water and earth).

When the Wind is channelized and cushioned, these children grow up to be the great inventors and creators of the world.

### **Let’s get Started!**

Hyperactivity can be tamed and grounded with a simple three-pronged approach. This includes some shifts in Lifestyle, changes in the Environment, and Accessorizing their life with certain activities.

### **Lifestyle**

Try to make lifestyle changes when the hyperactive child is still young since habits inculcated in childhood easily becomes a natural part of the value system.

**Sleep –** Sleep is very important as it is the only time when that active nervous system gets its rest. Two nights of compromised sleep and the third day will present you with a child even more restless, fidgety and whiny. Encourage early bedtimes even though you may feel like your child has a lot of energy. The energy could be a result of the inability to tune in to the needs of the body and underlying tiredness making the body more hyper.

**Only Cooked and Warm Food –** Warm and cooked foods are the most nourishing for us warm-blooded creatures. When raw or cold foods are eaten, heat and fluids from the body and nervous system are utilized to convert that food in the belly while still struggling to maintain the standard 98.7F body temperature. This makes an already vulnerable system even more sensitive and depleted. Additionally, ghee, DHA (Omega 3 and 6) and good fats are particularly good for coating the nervous system of the Vata child.

**Listen to that Hunger –** A hyperactive child may be unable to tune into his hunger or may be busy with other things. But hunger can create havoc in their system. The wild wind



in their tummy will become even more volatile unless some of those grounding foods can settle it down.

**Routine** – These children benefit greatly from a systematic routine. A consistent routine is akin to meditation. It puts the nervous system in a comfortable place as there are no unexpected events or red flags when you do the same thing every day. Most Eastern traditions lay great emphasis on routine for this reason.

### **Environment**

This is the easiest change to make as it requires the least amount of involvement on the part of the child. Here are some ideas that may bring grounding elements to his space.

**Classical music** – This is capable of producing serotonin, the mood-balancing hormone that releases tension and eases the nervous system. If classical music annoys your active Vata child, play it in another room. Their nervous system will still pick it up. Another idea is playing it while your child is still sleeping.

**Aromatherapy** – Take advantage of those active senses by giving them the right inputs. Calming scents (essential oils) like lavender or grounding scents like cedar wood can help the muscles to relax and cushion the nervous system.

**Hugs and Cuddles** – Cuddling a constantly moving child may not be easy but it's essential. Human touch is important to even out their nervous impulses and slow down some of that frantic energy. Besides, it also releases the cuddle hormone, oxytocin. Oxytocin increases the feeling of bonding which can help in lowering anxiety and insecurity.

**Accessorize His Life with Certain practices**

This requires direct involvement from your child although they might not always co-operate. Even if you can check off one or two of these three, you are likely to achieve some stillness.

**Massage** – If they are willing, encourage oil massages. It does not have to be an hour-long spa massage but even simply oiling and gently massaging for 5-10 minutes can really help. Massaging with oil improves blood circulation, coats the nervous system, creates calm, grounding and warmth in the body. It makes the crazy wind settle down.

**Dance** – Dance not only adds grace to your "Rough on the Edges" child but it also promotes emotional, social, cognitive and physical integration of the individual. Besides, it is particularly effective in

releasing endorphins that keep you feeling happy!

**Om** – It may be hard to get an active child to meditate or deep breathe, but you can make him a deal if he agrees to Om. The world has finally come to agreement that the sound of Om is capable of producing certain brain wave frequency changes that are capable of creating increased awareness, calm, focus and grounding. Every time your kids get a challenging task, encourage them to close their eyes and say Om three times. As they emerge out of their Oms, they have more clarity and calm to take on the task at hand.

### **But Most Important!**

Being accepted by their parents for their uniqueness is very important for these sensitive children.

When you start thinking nourishment, steadiness, grounding, rooting, calming in every contribution you make in the life of your hyper child, your upbringing will begin to work and the Vata aggravation will be gone with the wind!



**NIDHI PANDYA**

*Ayurveda Wellness Coach based in the US*



shreyas

A journey of self-discovery



## NIDHE SOOD

*Head - Sales & Marketing*

*Shreyas Yoga Retreat, Bangalore*

### WHAT ARE THE HIGHLIGHTS OF FACILITIES AND TREATMENTS OFFERED AT SHREYAS WELLNESS RETREAT?

Shreyas is a complete wellness destination, encompassing various holistic wellness therapies. The entire gamut of Ayurveda & Panchakarma treatments, naturopathy, hydrotherapy, alternative therapies, rejuvenating massages, facials, scrubs are also available.

Shreyas offers many activities, which include Yogasanas, Meditation, chanting of sacred mantras, deep-relaxation sessions, body and breath awareness classes, volunteerism, community service, corporate social responsibility exercises and communing with nature, etc.

### WHAT IS SHREYAS'S WELLNESS MANIFESTO?

Shreyas means "all-round excellence", and its manifestation is the purpose of our lives. Shreyas is inherent in everyone and is achieved by harnessing, refining and purifying our body/mind energies and spiritualizing our actions and emotions, thereby allowing the divine qualities within to shine forth.

"Athithi devo bhava" is the defining philosophy at Shreyas. This literally means "a Guest is to be served as God."

Shreyas is an exclusive retreat which looks to provide guests a spiritual way of life without sacrificing worldly comforts, Yoga being the principal medium through which we communicate the message of "living life completely". At Shreyas, we aim to demonstrate that Yoga can be learnt and practiced by all, irrespective of age, health and faith.

### COULD YOU ELABORATE ON HOW THIS METHODOLOGY IS BENEFICIAL TO THE GUEST?

Yoga asanas will help restore and heal the physical body, and bring about strength, flexibility and balance in daily life. Yoga processes are considered a holistic form of exercise today and have been shown to bring positive changes to our emotional state as well.

Pranayama (Breathing processes) allow for the free flow of Prana (vital force) of life. These processes have the power to help us tackle most psychosomatic stress related problems.

Yoga Nidra, Yogic sleep places one into a state of conscious deep sleep for deep relaxation and subtler spiritual exploration.

Yoga at Shreyas is much more than simply the traditional physical postures and our aim is provide numerous self discovery packages/retreats that aim to catalyze your thinking/living philosophy and harmonize it with the timeless wisdom enshrined within the Indian philosophical tradition. At Shreyas, we practice Yoga as a gamut of spiritual principles and processes that allows us to realize and connect with of our true Self.

Yoga allows us to deal with our day to day living more effectively as it provides us with strength, flexibility and balance on a physical level and calmness, clarity of thought and the ability to withstand greater stress, on an emotional level.

### WHAT IS THE USP OF SHREYAS YOGA RETREAT?

Nestled in a sprawling 25-acre oasis of green, Shreyas is a seamless blend of the modern and the timeless, luxury and simplicity, indulgence and enlightenment. It has been recognized as one of the finest Yoga Retreats in the world. However its beauty lies in providing access to Yoga at all levels



of experience. Shreyas enables guests to integrate the manifold facets and benefits of Yoga into their daily lives without the austerity and rigor usually associated with 'ashrams'. The 25 guests that can be accommodated are lovingly served with unparalleled personalized attention by a staff that are all trained in and are practicing Yoga. Staff are encouraged to serve guests as part of their spiritual discipline and not just as a job or career.

All meals served at Shreyas are made from organically grown ingredients freshly hand-picked from its fields. Meals served at Shreyas are Gourmet vegetarian, from a variety of cuisines like Italian, Mexican, Oriental and Indian.

A member of Relais & Chateaux, Shreyas is the first property in the R&C group that offers only vegetarian food and operates on a no-alcohol policy.

Compared with the traditional spa, what are the highlights in terms of facilities and treatments offered at a Wellness-oriented spa?

With the ever-growing demand for wider range of Ayurveda therapies such as Panchakarma, and to enable us to offer a complete holistic experience to our guests, we have opened a luxurious new Spa, more akin to a Wellness center. Shreyas has recently won an award for Best Boutique Spa in India.

Designed as a 'Retreat within a Retreat', our sprawling new Spa covers 16,000 square feet.

From age-old Ayurvedic treatments to modern therapies, from naturopathy to a wide range of massages, our new spa is designed to offer the best wellness experience.

Ayurveda is an ancient science of life that purifies our body by eliminating toxins. Not only do ayurvedic processes build immunity but they also promote health. At Shreyas these processes are administered after a detailed consultation with the resident Ayurvedic doctor.

Aside from the treatment of illness, we focus on prevention and early intervention of diseases, health promotion and education.

All treatments are authentic, traditional, highly individualised, need-based and even to treat the rare and chronic disease conditions.

Panchakarma is an integral part of Ayurveda which helps achieve a balanced state of body, mind and consciousness through detoxification and rejuvenation. It is highly individualized based on the needs of the individual depending on the Ayurvedic constitutional type, doshic imbalances, age, digestive strength, immune status, and many other factors. Depending on each individual's needs all or only parts of the five therapies are utilized.

Naturopathy comprises of 'natural' healing remedies and techniques. It encompasses a wide range of treatments - acupuncture, herbalism, hydrotherapy, among others.

### **WHY WOULD SOMEONE WOULD CHOOSE A YOGA RETREAT AT SHREYAS OVER ANY OTHER ONE?**

Shreyas is an exclusive retreat which looks to provide guests a spiritual way of life without sacrificing worldly comforts.

Our staff too practice yoga and sacred chants as a part of their daily routine. We have 9 in-house teachers for our 12 cottages, ensuring all guests have sessions customized according to their age and experience. The gourmet vegetarian cuisine from round the world, no-alcohol policy, restricted smoking areas, fresh organic ingredients hand-picked from our gardens all enable a guest to detox the body, while the yoga and meditation classes help relax and de-stress our mind.

### **WHAT WOULD BE THE GREATEST MEMORY A GUEST WOULD RETAIN AFTER STAYING AT YOUR RETREAT? DO YOU OFFER THEM ANY LOCAL EXPERIENCES?**

Set in the countryside, away from the city and the typical tourist circuit, Shreyas is a destination in itself for guests looking to recharge their batteries and unwind in an exclusive and secluded environment. Shreyas is a complete wellness destination by itself, offering a wide variety of activities and services to keep guests engaged for even long stay itineraries and packages up to 4 weeks. The emphasis is on unparalleled personalized attention and customized itineraries for each individual guest, ensuring their goals for visiting Shreyas are fulfilled. Given the fact that we just have 12 cottages at the retreat, all guests are like family and most of them are repeat guests who return year on year to this home away from home. We keep up with our guests after they return home, offering assistance and guidance as they continue on their journey of self discovery.

We offer authentic Ayurvedic treatments and can take on even rare medical conditions. The traditional Panchakarma and special Ayurvedic protocols are followed here.

We offer many outdoor excursions and visits for guests who wish to explore Southern India"

### **WHAT ARE THE PACKAGES OFFERED AT SHREYAS?**

Shreyas offers a variety of packages and retreats, which are individually customized for each guest according to their preferences and level of experience. They include Wellness for the Soul, Yoga Retreat, Ayurvedic Rejuvenation, Panchakarma, The Joy of Giving, Weight Management and Silent Retreat, and vary in duration from 3 nights to 28 nights. All packages are available throughout the year.







Shreyas means 'all round excellence', its manifestation is considered the purpose of our lives. Shreyas is inherent and is achieved by harnessing, refining and purifying our body/mind energies and spiritualizing our actions & emotions, thereby allowing the divine qualities within to shine forth.

**S**hreyas is dedicated to promoting the authentic spiritual tradition of Yoga in a holistic manner and is recognized as one of the finest Yoga retreats in the world. What makes Shreyas unique is that, whilst Yoga is taught in traditional ashram style (daily yoga, meditation sessions, chanting classes, gourmet vegetarian cuisine, no alcohol policy and community service), our guests live in a luxurious environment normally associated with a star hotel. We enable our guests to integrate the manifold facets and benefits of Yoga into their daily lives without the austerity and rigor usually associated with ashrams.

Our facilities include a Yoga and Meditation Hall, Machans and Meditation Huts, Open-Air Amphitheatre, Library, Infinity Pool & Heated Jacuzzi, Indoor Yoga Hall / Conference Room, Gym, Jogging trail, Cricket nets and bowling machine, Nature Farming and a Home Theater.

We have Panchkarma therapies, Ayurveda therapies and Naturopathy treatments.



Excellence is a manifestation of the Divine and Annam (or 'Food') is simply another facet of Divinity. Divinity and food are inextricably linked. You are what you eat. In the Upanishads, it is stated that the subtler part of food makes our mind; the gross part makes our bones and flesh.

How we cook, what we cook and how we serve are important in equal measure. Cooking, serving and eating are divine processes. At Shreyas we are mindful of which seeds are planted,

how land is nurtured and harvested. We care about recipes and the process of cooking, and we understand the mindset of the person cooking is important. All cooking at Shreyas starts with the chanting of a prayer as we remind ourselves of the presence of Divinity amongst our midst.

At Shreyas, our chefs bring you dishes inspired by their travels around the world; Indian, Continental, Mexican and Oriental gourmet Vegetarian cuisine. The process of nourishing our





guests begins outside the kitchen, in our expansive organic gardens, which are lovingly tended with due respect given to nature.

## ANAHA...THE WELLNESS SPA

Anaha Spa and Wellness Centre was born from the desire to offer more holistic healing experiences at Shreyas Yoga Retreat. Anaha, in Sanskrit meaning 'well-being' or 'to breathe freely' perfectly expresses our philosophy. In ancient scriptures, the breath or 'prana' is considered to be a life force, creating a harmony between one's body and the world around.

From age-old Ayurvedic treatments to modern therapies, from naturopathy to a wide range of massages, our new spa is designed to offer the best wellness experience. Let our experienced consultants with knowledge of techniques from across the world, create a personalized, wellness regime to help you chart your own journey towards harmony.

The 16,000 square feet spa includes 13 spa rooms, with dedicated rooms for Ayurveda, some with a personal steam cabinet, rooms for Western massages, and a separate 3-room section for hydrotherapies. Anaha Spa can host a wide number of guests, yet cater to the individual demands of each. There are also separate spa facilities for men and women, including steam rooms and experiential showers.

## SPA FACILITIES

- 4 Ayurvedic therapy rooms (with steam facilities).
- 4 rooms for Western massages.
- 1 room for Mud therapy.
- Thai massage room.
- A Naturopathy section with three rooms for hydrotherapy, acupressure and acupuncture.
- Each spa room measures approximately 600 square feet with peaceful private views of the landscaped gardens of Shreyas.
- 2 indoor Yoga pavilions on the upper level. The larger pavilion is built over 2000 square feet allow natural sunlight from the east to create an amazing setting for morning Yoga sessions.
- Gymnasium.
- Juice Bar.
- Beauty Salon.
- The Boutique at Shreyas which features yoga clothing, mats and selected books on India, Ayurveda and Wellness.
- Herb garden with fresh ingredients used in our scrubs and masks.
- Changing rooms for men and women with showers, steam, sauna facilities and Jacuzzi.
- Semi open lounge spaces and Meditation zones.

Beyond the spa, facilities like a salon offering our signature pedicures, manicures, hair wash, blow dries and facials (with ingredients sourced from our own herb gardens!), a gymnasium for the fitness-conscious, an organic juice bar, and partially open lounge spaces are also available for guests. You could also peruse and purchase literature on a wide range of subjects from ayurveda to health food at our in-house boutique, as also clothes, yoga mats, props, in-house scrubs and other souvenirs, The Shreyas Boutique with our home-grown organic produce, from preserves to munchies, would also be a great place to stock up on healthy fare.

The main block of the Rejuvenation Spa is half submerged into the earth and connects with the light and air elements through a series of sunken courts. Each block then arises from these sunken gardens and seamlessly fuses into the space providing the lightness expected from this serene space.



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Advertorial





# SUVARNA PRASHANA

## An Elixir for Healthy Childhood

Ayurveda covers all the dimensions of health care from the time of conception to the demise of an individual giving equal importance to preventive and curative aspects. When it comes to wellness, child health is a prioritized area as health during childhood sets the stage for adult health. Ayurveda puts forward several regimens to be followed at each developmental milestone from birth to puberty, most of which were in fact followed as a tradition in India. Administering Gold to Newborn is one such regimen covered in the envelope of tradition. Gold is triturated with ghee and honey and smeared to the tongue of new born just after birth. Sometimes an herbal ingredient, Vacha (rhizome of *Acorus calamus*) is also triturated with gold.

The therapeutic benefits of gold preparations were mentioned in Indian, Arabic and Chinese Literature as early as 2000 BC. Swarna Bhasma is used in the treatment of several diseases and

has significant outcomes in the body starting before conception until death. Even when fatal signs are observed, gold is used for its protective action. Trace elements including gold are found in human placenta and new born liver at birth and also detected in hair of new born infants. Gold is also found in human endometrium and decidua, and its levels are observed to vary at different stages of menstrual cycle. Semen is the richest source of gold reported amongst biological materials. Colloidal gold is found to improve cognitive functioning, which has been clinically verified by change in IQ scores.

Administration of processed gold in children is a unique practice mentioned in Ayurveda as Suvarna Prashana. It is mainly used in two contexts – as supplementary feed (lehana) and new born care (Jatakarma Samskara). As Lehana, Gold, either alone or combined with different herbal ingredients, is assumed to improve digestion, metabolism, physical strength, immunity,

complexion, fertility and life span in children. It is supplemented for those children who are healthy, but have been compromised in breast feeding and have minor functional problems of metabolism. It is not advisable in seriously ill children. In the second context, Gold (Suvarna) along with honey and ghee fed to baby as single dose is mentioned as one among the procedures of Newborn care. It may be because of inadequate supply of breast milk for the first three or four days after delivery and so to support the baby and meet his nutritive needs.

Suvarna Prashana can be used from birth to sixteen years of age, since this age group is considered as childhood as per Ayurveda classics. In the earlier classics of Ayurveda that deals with child health and wellness, pure gold rubbed on a stone with ghee, honey and water is suggested to be administered. But in texts from later periods, gold is recommended to be used as bhasma for any therapeutic purpose. This may be due to the advancement of





Pharmaceutical methods in Ayurveda and development of Rasasatra (branch of Ayurveda that deals with preparation of bhasmas from metals). Any form of gold, which is having better bioavailability should be the first choice of internal administration.

Swarna Bhasma is 90% pure gold, and has nanoparticles of crystallite size 28-35 nm. The absorption of gold in gastrointestinal tract is dependent on particle size, that is, smaller particles cross the gastrointestinal tract more readily. It can be presumed that some swarna bhasma particles may get absorbed through sublingual route directly into the blood stream. It has been demonstrated that gold nano particles typically less than 58nm in size reaches various organs through blood. The particles of Swarna Bhasma are reported as non-cytotoxic and there is no chronic cytotoxicity for swarna prashana. Swarna Bhasma alone or honey- ghee- gold and Vacha combination has significant effect on immune system and produces good humoral immune responses and can

be used to improve ones health and immune function efficiently.

There is no specific day or time for administration of Swarna Prashana. But nowadays the common practice is to administer the medicine once in 28 days, in the Pushya Nakshatra (a star in Hindu Calender) of each month. In the context of Rasayana (Rejuvenation therapy), Ayurveda classics mention the usage of Swarna on Pushya Nakshatra. The current popular practice of Swarna prashana only on day of Pushya Nakshatra may be due to the belief that it is an auspicious day to administer any medication. The word pushya is derived from the Sanskrit word Pushti which means nourishment. So astrologically this Nakshatra is considered divine to administer a medicine which is nourishing to body and is believed to potentiate the medicine.

Children are the living messages we sent to a time we will not see. Ensuring their healthy growth and development ought to be a prime

concern of all societies. It should be a multidimensional approach considering their physical, mental and social health and a single medicine could never be a solution to all their problems. But their vulnerability to diseases could be addressed by such interventions which may help to build their immunity and indirectly help them achieve other dimensions of good health.

“It is easier to build up a child than it is to repair an adult”



**Dr. V. D. Divya P MD(Ay)**  
PGD HSR  
*Assistant Professor*  
Ashtamgam Ayurveda Vidyapeedham



# KEEPING CHILD HEALTHY- AYURVEDA PERSPECTIVE





*A healthy, intelligent and well-behaved child is any parent's desire. Most important of all is health since a child falls sick fast for many reasons. Instead of giving treatment to a sick child, it is better to prevent him from falling sick. Ayurveda, an ancient medical system of India, prescribes a lifestyle that includes food, sleep, oil, exercise, bath, dress and cosmetics and behaviour. Read on to learn more about what Ayurveda lays down for children.*



**B**AALACHIKITSA” is an imperative branch, among the 8 major specialities of Ayurveda, which deals with paediatrics, obstetrics and gynaecology. Obstetrics and Gynaecology are now separated and discussed as Prasoothitantram & Sthreerogam, and Baalachikitsa is confined only to paediatric health care. The term “Kaumarabrithyam” is also used tantamount to the same.

### **Child - an incomplete entity**

In Ayurveda, children are considered delicate with incomplete body strength (sukumara), aklesa saha, absence of secondary sexual characters (ajaathavyanjanam), immature (asampoorna dhathu), not taking in all food items as that of a mature healthy adult (sarva anna anupasevane) etc. These differences from a healthy adult make it essential to discuss children's issues separately.

Ayurveda, defines childhood (baalyam) as a period, when the child is attaining maturity -physically, mentally and emotionally. It is considered the phase where an individual has not attained complete strength (balam). This is also a stage of decreased immune status (vyadhikshamathvam) when compared to an adult. Among the three doshas (Vata, Pita and Kapha) which are considered as the basic functional aspects, Kapha dosha has natural predominance in children with respect to other age groups.

The paediatrics of Ayurveda is dealt under Baalachikitsa. Safe and effective herbal or mineral combinations with most appropriate potency, modified formulations with increased palatability etc. make parents choose the Ayurveda approach for their kids' day-to-day health issues.

Today, young parents seem to worry a lot about their child's sleep, sexual development, habit formations, personality development, lifestyle etc. They are confused on what medication or lifestyle to be followed so as to solve the issues that their child faces.

Ayurveda promises evidence- based scientific approach that showcases various possibilities that will help a child receive the required management for their respective sickness. Ayurveda practices for bringing up healthy kids (swasthavrita paricharya for baala) can be very well incorporated into the child's lifestyle with the help of an expert Ayurveda paediatric specialist. Below



are some methods mentioned to bring health in a child through Ayurveda.

### **Food – The best medicine**

Ayurveda strictly envisages the importance of breast milk during

first six months (ksheerada period) of a child's life. This period is equally important for both mother and child. Quality of breast milk should be checked. This is usually compromised due to the unhealthy eating habits of

the mother. Ayurveda gives importance to giving medicine and advises pathya (dietary and lifestyle regimens) for mothers during the lactation period. A lactating mother should be well-fed and healthy in order to ensure good quality





breast milk, which is the only source of food and medicine for a neonate. Absence of this practice can lead to recurrence of disease in a young child.

During the sixth month, once the baby starts showing teething problems,



weaning or gradual addition of semi-solid foods that are easily digestible can be made. “Praasanas” and “modakas” (Semi-solid, easily usable and digestible food substances mentioned in Ayurveda classics) are advised. Banana powder, finger millet powder, fruit juices etc are usually recommended during this stage. During this period, the child has to make a slow transition from breast milk to adult food. This is known as “ksheera annada kaala” in Ayurveda.

By around 1.5 to 2 years of age, there should be a gradual and complete stoppage of breast feeding as this will help the baby to get used to all kinds of adult food. Always remember that what the taste receptors have coded to be tasty may not necessarily be healthy for your kid. To instil health in the child, Ayurveda advocates to avoid using processed or tin foods with artificial colours. Other foods that should be avoided include, roasted items, frozen foods, soft drinks etc. Instead of these unhealthy foods a diet of foods that are easily digested and hygienic should be considered. “Kasyapa”, an important name in Baalachikitsa, mentions healthy food as “Mahabhaishajya” or best medicine. One should also keep in mind that correcting health issues need not always be through medicines alone but instead a good Ayurvedic diet can help a lot. Fresh vegetables, buttermilk, fruit juices and steamed food are well advised. Seasonal fruits are good options. Worm infestation is an important clinical condition seen even in otherwise healthy children. Usage of de-worming (krimihara) medicine at least once in six months as advised by your Ayurveda paediatrician will improve your child’s health status.

### Sleep

Ayurveda declares that a person sleeps usually when there is increased fatigue due to his continuous physical and mental exercise. The duration of sleep varies from person to person. While a new-born baby sleeps for around 20 hours a day, there is no need for such

extended duration in case of an older child. A school-going kid may sleep for about 7-8 hours to overcome his tiredness. While sleeping it is important to note that your child doesn’t have teeth grinding, mouth breathing, snoring etc during sleep. These habits are signs of illness in your kid. Hence it is necessary to consult a paediatrician at the earliest since problems like teeth grinding is usually associated with worm infestations.

Bed wetting or urinating during sleep is yet another serious issue among children. If bedwetting continues even at an age where bladder maturity is achieved, an expert advice has to be sought. Early and late toilet trainings, presence of worms, stress, increased fluid intake just before bed etc contribute to this.

After healthy and sufficient sleep, children should be trained to wake up early in the morning (braahma muhoortham) along with the parent until and unless the child is suffering from any illness. Make your child brush his teeth with less potent tooth pastes. If possible addition of some herbal powders containing black catechu (khadira), pepper in less quantity and salt may help him to maintain oral hygiene and freshness. Tongue cleaning is an indispensable part of this exercise which should also be regularly practised.

### Oil, exercise, bath

Scientific application of oil on the head and body as advised by your consultant prevents your child from getting afflicted with long-term or degenerative group of diseases to a great extent. It also helps in increasing wellness, longevity, improving functions of senses, enhancing good sleep, developing healthy skin etc. While infected with diseases or fever, it is best advised to keep away from oils and ghee both inside and outside unless prescribed by the physician.

Encourage children to play with his friends until he sweats. This not



only increases his strength but will also help to improve his personality. It is advised at all cost to avoid physical activity when the child is sick.

Ayurveda states that bathing increases bala (strength) and longevity. Being kapha sthana and site of major sense organs or indriyas it is better not to use hot water directly over head, instead medicated hot water with nalpamara (barks of four ficus trees), eladi (special group of herbal drugs), Useeram (khus) etc can be used for bathing. It is better to avoid soaps with more foam & froth, as it directly irritates skin by increasing dryness. Chick peas flour, green gram powder can be used instead of chemical soaps. According to the Ayurveda concepts for child care, it is advised to use turmeric powder with freshly churned butter before bath as a cleanser. This was known to be used by our ancestors for cleansing.

### **Dress and cosmetics**

Dress can be selected according to climate and use. Local fumigation with drugs like sweet flag (vacha) can be done in kid's cupboards to check infections. In this era, when supermarkets display special sections for children from paste to hair jells- say a big "NO" to cosmetics. Clinicians advise anjanam (medical application of kaajal) to increase strength of vision.

### **Behaviour**

Train your child to improve his social interactions, understand his society and culture in its true sense. Be true to your kid. Change yourself if needed and be a role model. Practice of certain Yoga procedures will definitely help to overcome stress and improve his physical and psychological performances. Ayurveda references of acharya rasayanam & sadvrithas (Ayurveda guidelines for a happy and moral life) are now gaining importance as topics to be discussed and taught to parents and kids.

### **To end with**

Over enthusiasm and expectations will definitely increase stress quotient of both parent and child. Understand your kid with respect to his age and potential. They are blessed in their own way. Encourage to utilize their blessings. Let us join hands to prevent an era of behavioural dysfunctions, sexual perversions, personality abnormalities and obesity. Make them grow up to love and be loved and find success by following their dreams.



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# Brahmi

## Cure for ADHD and Memory Loss

*Attention deficit hyperactivity disorder (ADHD) is one of the most common childhood disorders and can continue through adolescence and into adulthood. While modern medicines may just suppress symptoms of the disorder, treatment through Ayurveda helps to cure the disease by nipping it off the bud. Here, **Dr. Lakshmi Anoop** explains the role of Brahmi in the treatment of this disorder and also how Brahmi helps to improve memory.*

**B**rahmi is used as a general tonic to fight stress and to treat a broad range of mind-related health concerns, including memory loss, anxiety, attention deficit-hyperactivity disorder, Alzheimer's, Dementia, Parkinson's, Epilepsy, OCD, Depression, etc. There is growing evidence regarding the use of Brahmi for its cognitive and nootropic effects. Brahmi supports normal nervous system activity by protecting and nourishing the nerves.

### Role of Brahmi in ADHD

In Ayurveda, ADHD as an entity is not described. However, there are some references to abnormal behaviour that can be correlated to ADHD. The Charaka Samhita refers to the following - vitiation of dhee (rational thinking), dhriti (intellect/retaining power of the mind), and smriti (memory). This causes abnormal conduct leading to "improper contact of the senses with their objectives." This results in inattention, overactivity and impulsivity, which are characteristics of ADHD.

The fundamental approach of Ayurveda to ADHD is to develop one's full mental potential through Medhya Rasayanas (Rejuvenators of the mind) and herbs that provide powerful nourishment to the mind. Brahmi is one such Medhya Rasayana herb that helps in rejuvenating the mind and thereby increasing the cognitive function of the brain, intelligence quotient of an individual and improving coordination between various mental functions.

Brahmi invigorates the mental process, reduce stress, sharpens the cognitive function by improving transmission of nerve impulses, creating a sense of calmness of the mind and hence it is beneficial for the hyperactive and impulsive tendencies of





people suffering from ADHD. Brahmi is known to improve mental control, attentiveness, working memory and accuracy in children with ADHD. Brahmi improves planning, problem solving, information processing speed, motor responsiveness, decision making and function of Auditory Verbal Learning. These improvements are indication of enhanced function of the brain due to the effect of Brahmi.

### Action of Brahmi in ADHD

- According to Ayurveda, the mechanism of regulating mental performance involves the use of herbs which are predominantly bitter and pungent in taste; light to digest, hot, penetrating with mobility properties; rejuvenative, appetizing, digestive, with dosha balancing and intellect promoting properties.
- Bitter taste has direct action on intellect.
- Hot, penetrating and light to digest property expel the Avarana (clouding) of Tamas and Rajas guna and increase the Sattva guna of Manas (Mind).
- Hot and penetrating property enhance the perception and retrieval by harmonizing Pitta dosha.
- Mobility action of herbs improves channelizing of Vata dosha.
- Three dosha balancing property of ingredients harmonizes especially Vata dosha, thereby regulating the function of the mind and improving attention, working memory and procedural memory.



Brahmi regularizes the functioning of Mana (Mind), Sharira (Physique) and mental abilities - Dhi (the power of acquisition or learning), Dhriti (the power of retention) and Smriti (the ability to recall) that are primitive seat of pathology in the treatment of ADHD.

On examining the pharmacodynamic properties of the herb Brahmi, it was revealed that Brahmi increases the Sattva part of Manas and increases the Medhya (intellect promoting) effect, improves cellular nourishment and creates pleasantness to the sense organs. When the Sattva part of Manas is increased, it enhances the individual's happiness and the channelization of Vata becomes normal and attention span is improved. Brahmi has an unctuous property similar to the lipids in the brain and hence nourishes the brain by increasing the attention span of children suffering from ADHD. Also, Brahmi helps in absorption of micro as well as macronutrients as per the body's requirements. ADHD- affected children have improper perfusion as well as glucose metabolism in the brain. Since, Brahmi improves blood circulation in the brain, it is beneficial for people suffering from ADHD.

Internal administration of Brahmi and Shirodhara with Brahmi oil reduces the reaction time in ADHD sufferers and thus improve their attention span. Therapies like Shiro Abhyanga (Head massage), Shirodhara (Pouring of lukewarm oils on the forehead from a perforated pot suspended above), Shiro Pichu (Placing a cotton pad dipped in lukewarm oil on the vertex or entire scalp), Shirbasti (Retaining herbal oil inside a leather cap fastened on the head), Nasya (Nasal medication) influences hormonal and cerebral blood flow. When these procedures are done with oil medicated with Brahmi it proves to be an effective treatment for ADHD.

Brahmi calms the nerves by regulating the body's production of stress hormones, adrenaline and cortisol. It improves motor learning, acquisition, retention, spatial abilities, reasoning, decision-making and delay extinction of newly- acquired behavior. Brahmi is a safe and efficacious cognitive enhancer, which shows promising benefits across a different ages.



**Dr. Lakshmi Anoop**

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# MEMORY BOOSTING HERBS

*From the time a baby is born, his ability to remember becomes an important and crucial part of his overall growth and development. Through this article Dr. Madhavi H. Rabadia mentions the use of certain herbs that helps to improve his memory power as he moves from a toddler to an adult.*





**A**yurveda is one of the oldest systems of Medicine in the world with its heritage going back to the Vedic times. It adapts a unique holistic approach to the entire science of life, health and cure. The areas of special consideration in Ayurveda are geriatrics, rejuvenation, nutrition, immunology, genetics and higher consciousness.

Memory is perhaps the most vital aspects that differentiates human beings from other animals, and Ayurveda gives a lot of importance to memory. In Ayurveda, the herbs that promote the intelligence and memory are called Medhya herbs. Their action is related to our mind and the mind resides in the brain and nervous system - especially the higher cortical centers of the brain. The Ayurvedic texts also describe a set of rejuvenative measures to impart biological sustenance to the bodily tissues. These remedies are called Rasayana which are claimed to act as micronutrients. Some of these Rasayanas are organ and tissue specific. The Rasayana specific to the brain tissue are called Medhya Rasayana. Such Rasayanas retard brain ageing and help in regeneration of neural tissues besides producing anti-stress, adaptogenic and memory enhancing effect.

The popular Medhya Rasayanas are Ashwagandha (*Withania somnifera* Dunal), Brahmi (*Bacopa monnieri* Linn), Mandukaparni (*Centella asiatica* Linn) and Sankhapuspi (*Convolvulus pluricaulis* Chois).

The herbs acting on the brain are called as Nootropic herbs (Nootropic is derived from Greek and means acting on the mind) and their isolated constituents are referred to as smart drugs. Memory enhancer herbs enhance the memory and increase blood circulation in the brain.

Several treatments, including mental exercises, nutrition, and drug therapy, are being evaluated for their use in maintaining memory function over time. Mental exercises improve memory in the elderly while good nutrition and drug therapy improve general health and increase blood flow to the brain. The following is a list of the most effective herbs used for memory enhancement around the world:



### **Brahmi** (*Bacopa monnieri*)

*Bacopa monnieri* is a nervine tonic famous for its memory and attention-enhancement functions. It is a well-known Indian herb that boosts memory and is commonly given to infants to improve intelligence and mental health.

Brahmi, a name derived from Brahma, the creator God of the Hindu pantheon of deities, is celebrated for its diverse uses. It is said that the use of *Bacopa monnieri* for memory enhancement goes back 3000 years or more in India.



### **Vacha** (*Acorus calamus*)

This is a semi-aquatic, medicinal herb, also called Sweet Flag. It is a valuable medicinal plant found almost throughout India. It is traditionally employed to treat nervous disorders. It is known to increase the overall memory of the person, thus strengthening his or her nervous system.

The rhizomes of *Acorus calamus* are used to treat cases of loss of memory and are given in combination with other drugs like *Centella asiatica*, *Bacopa moneira*



and Rauwolfia serpentine. Acorus calamus is well known for its memory- enhancing activity and enhanced learning performance.



### **Ginkgo biloba**

Ginkgo biloba is also known as maiden-hair tree, kew tree, ginkyo, yinhsing. This memory herb improves brain activity, increase the supply of oxygen and nutrients to the brain. It helps the body to

eliminate free radicals, thereby improving memory, alertness, clarity, reducing depression and apathy in some people.



### **Jyotishmati** (*Celastrus paniculata*)

Celastrus paniculata is found in almost all parts of India. In folk medicine the seeds of this herb are boiled and consumed for blood purification. The seeds here form the drug

and they are bitter, and have an unpleasant odour and are traditionally used for sharpening the memory.



### **Mandookaparni** (*Centella asiatica*) (*Gotu Kola*)

Mandookaparni is a widely available Indian herb that is used for centuries in Indian systems of medicine. This herb is used for purposes like boosting memory, wound healing, as a mild diuretic, to increase concentration, to

improve alertness, as well as for its anti-anxiety and anti-stress properties.

In pharmacological and clinical trials, Centella asiatica has been found to improve the power of concentration and general ability and behavior of mentally retarded children. The clinical trials demonstrated that the extract of this herb increases the intelligence quotient in mentally retarded children.



### **Ashwagandha** (*Withania somnifera*)

Ashwagandha has been used for thousands of years as a popular remedy for many conditions. It is one of the best known and most researched Ayurvedic herbs and holds a place in the

Ayurvedic traditions similar to Ginseng in Chinese therapies. For that reason, Withania somnifera has been often referred to as the "Indian Ginseng". Withania somnifera is used in several indigenous drug preparations for maintaining health as well as treatment of several disease conditions.



### **Yastimadhu** (*Glycyrrhiza glabra*)

This is none other than licorice, the herb already known worldwide for its various curative properties. 'Charaka' – An Authority on Ayurveda (1500 B.C.)-

has termed this valuable herb as 'Medhyadravya' i.e. one which improves memory and intellect. This is an efficient brain tonic and is used as a great revitalizer for the brain. Like most of the other herbs mentioned here, this herb is known to rejuvenate the brain. In times of stress, this herb can stimulate mental functions so as to feel calm and relaxed. It increases the circulation of blood and oxygen into the central nervous system and also balances the sugar levels in the blood. It is usually given to students who prepare for important examinations, as it helps to remember small facts and bits of information.



### **Shankhpushpi** (*Convolvulus pluricaulis*)

This beautiful white flowered plant really enhances the mind's ability to recollect and remember things in a very effective manner. It relieves mental stress, controls blood

pressure and also improves the ability of the mind. Indians have been known to give these herbs for centuries to their children for improving their memory and intellect, especially during exams. Shankhpushpi has, of late, gained popularity worldwide due to its natural memory- enhancing properties.



### **Guduchi** (*Tinospora cordifolia*) (*Giloy*)

This multi-purpose herb is useful for treating many illnesses. It is known to improve the defence mechanism of the body. It repairs damaged cells, gives life to dying brain cells

and rejuvenates the whole body. It is a very good anti-cancer, immune-modulator and memory enhancing herb.





### **Avena sativa (Oats)**

This is useful for rebuilding nervous tissue and brain tissue. It decreases the oxidation of cells and is useful for stroke, blows to the head and severe anorexia where cell death may have occurred. Avoid rolled

oats, as these are a processed grain that has lost most of its nutrient content.



### **Rosmarinus officinalis (Rosemary)**

It has been used since antiquity to improve and strengthen the memory. Even today it is burned in the homes of students in Greece who are about to take exams. Rosemary

is a symbol of fidelity among lovers, due to its ability to improve the memory. It's a warming herb that stimulates circulation of blood to the head, improving concentration and memory.



### **Sunthi/ Adraka (Zingiber officinale) (Ginger)**

It improves memory and blood circulation to all parts of the body and brain. It also helps to increase the supply of nutrients to the brain.

## **Administration of Ayurvedic herbs**

The biggest challenge to drug delivery into the CNS is bypassing the blood-brain barrier (BBB) as it limits access to the CNS. Ayurveda relies on some novel methods of administering herbs or their preparations (or both) to treat CNS disorders. However, proper studies are lacking to demonstrate whether these herbs or their components given orally or by some other means cross the BBB and reach the CNS.

One novel method of herbal delivery, called 'NASYA', which involves intra-nasal delivery of dry herbal powders or medicated oils and is a practical, non-invasive, rapid, and simple method to deliver the therapeutic agents into the CNS. The use of medicated oils requires that the herb should be cooked in four parts oil and 16 parts water over a low flame until all of the water evaporates. Intra-nasal administration offers numerous benefits for drug delivery into the CNS. The delivery is rapid, bypasses the BBB, and directly targets the CNS, thereby reducing systemic exposure and side-effects.

A second, simple method of administration involves application of the medicated oil on the body and massaging the areas with gentle or deep hand strokes. It is not clear whether this technique facilitates the transport and movement of the herbal components through the BBB.

Massage is, however, known to reduce the levels of stress in the body and increase the regional cerebral blood flow. It is tempting to speculate that the application of medicated oil followed by a gentle massage could relax the tight junctions between endothelial cells in the CNS vessels and facilitate the entry of solutes and other components into the CNS.

Ayurveda also relies on several transcranial oleation therapies for nervous system disorders that are non-systemic and non-invasive. Procedures like Shirodhara (gentle dripping of the medicated oil on the forehead), Shirobasti (a special leather cap is placed over the shaved head of a patient and medicated oil is poured and retained over the head for 30 to 45 minutes), Shiroabhyanga (medicated oil is smeared on the head followed by a gentle massage), and Shiroleka (medicated oil is poured over the head in a continuous stream) may also influence hormonal and cerebral blood flow levels to a degree similar to that of Ayurvedic massage as mentioned above.

Aromatherapy is another popular method in the Ayurvedic system that involves the use of volatile plant materials known as essential oils for healing purposes for altering a person's mood and cognitive function. The essential oils are incorporated through steam inhalation or are topically applied to the face and arms. Aromatherapy used with massage may help to calm agitated people with dementia.

## **Tips to take care of a New Born**

According to Ayurveda, a new-born baby has to undergo certain rituals to ensure that its life on earth is healthy and positive. As soon as the child is born holy Mantras are chanted into its ear so that they may be the first words that they hear. Again Snehana is as important to the child as it is to the mother. Almost immediately after birth the baby is massaged with Bala oil. This relieves some of the fatigue and trauma of childbirth. After the umbilical cord is cut he/she is bathed with warm water boiled with fragrant herbs, which are astringent and blood purifying, by nature. This soothes the babies' senses and relaxes him. A pad of cotton dipped in oil (usually Bala) is placed on the babies' head. This is for Anulomana (regulation) of PranaVayu, the most important of the five types of Vayu. Prana controls the sense organs, the mind, intellect and basically all life processes. After this the baby is made to lick a rub of Brahmi, Shankhpushpi, Vacha, Amla with a drop of ghee or honey or in mother's milk. All of these herbs are Medhya or strengthening the brain and nourishing the sense organs. Ghee is very beneficial to the brain.



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# Relax: HERBS, HOME REMEDIES for Children





*Ayurveda is considered as an ancient science that deals with almost all facets of human life. It is structured with eight (8) different limbs and hence is known as Ashtaanga Ayurveda. Out of these eight (8) limbs, Baala chikitsa is considered as the science/branch of pediatrics in Ayurveda. This branch of Ayurveda is also known as Kaumara bhritya and it provides in-depth information about taking care of a child from its birth to its various stages of growth and development. This includes the proper diet of a baby, proper regimens to be followed according to the age and season, and knowledge about various diseases that affect babies along with their remedies. Through this article **Dr. Kunal M Kohil** brings to light the importance of a few herbs and certain home remedies that are useful in treating various pediatric diseases.*

**B**ala chikitsa in Ayurveda gives a lot of emphasis to proper diet and regimen (aahaara & vihaara) for managing various diseases and leading a healthy life. Ayurveda has remedies for the treatment and management of all kinds of diseases. Most health experts, however, suggest that children should not be administered chemical medicines and antibiotics. According to them, herbal or Ayurvedic treatments can assure us a healthy next generation.

Following are some of the common diseases or problems encountered by children or babies along with their Ayurvedic treatment/remedies.

### **Stomach aches**

Stomach ache is a common problem among kids be it in a new-born baby or a few-years-old kid. This problem is easily understood in a few-years-old child, but is a big issue in a new-born baby who is unable to explain what he/she feels. In such cases, the situation is tricky and certain physical changes need to be observed.

If the size/diameter of the stomach has increased, and if the baby starts crying on just touching the stomach, then one should conclude that the baby is suffering from stomach ache.





If the pain is for a baby who is still feeding from its mother, then the main reason behind this situation is the irregular diet of the mother. In such cases, treatment should be given to the mother and not the baby.

A simple herbal remedy for this condition is the application of Hingu churna (asafoetida) along with water. This is a common ingredient found in most kitchens and should be applied in the umbilical region.

Another home remedy is by using Ajamoda (celery). This is also a very commonly used herb in our daily diet. This is applied similar to how asafoetida is applied. Here, powdered celery is mixed with the optimum amount of water and this paste is applied to the stomach.

In addition to these, breastfeeding mothers should take Ajamoda, Jeeraka, Saidhava, Lavana etc. to avoid digestive problems like gas accumulation in feeding babies.

### **Constipation/ Problem in excretion of stools**

Many a times it is observed that a baby faces problem in stool excretion or the excreted stool is usually very hard or the baby has to apply heavy pressure during excretion. Once this is observed, treatment should be done as early as possible.

In such conditions, Eranda taila (castor oil) should be applied to the stomach of the baby.

Draksha or dried black grapes, can also be used in this situation. 10-15 dried black grapes should be soaked in warm water for a while. After some time, this water should be given to the baby.

If it is for a child who is on a full diet, than Haritaki (chebulic myrobalan) powder is suggested. Half teaspoon powder of Haritaki along with an equal amount of castor oil should be given to the child.

Also, applying castor oil to the anus of the baby helps in relieving the problem to an extent. This will smoothen the excretion process and baby will face fewer problems during excretion.

### **Worms**

This condition is identified by the presence of white-colored spots on the face of the baby. This condition usually creates a loss of appetite in the baby.

Here, Vidanga (false black pepper) is considered as the best remedy. Its fine powder should be mixed with honey and given to the baby.



Another drug that is very effective in this condition is Ativish. The root of this plant is boiled and given to the baby. This will kill the worms and will help to improve appetite in the baby.

### **Tonsillitis**

Now-a-days tonsillitis is a common problem found in children. In this condition the various symptoms observed are – pain in throat, problem with eating/drinking, pain during speech, redness in the throat, etc. Main cause of this disease is viral infection. Simple treatments for this problem is to enhance the immunity of the baby as this will reduce the chance of any kind

of infection to the baby.

Haridra – turmeric is very helpful for children suffering from tonsillitis. Its powder is given to the baby along with salt and warm water. Children suffering from tonsillitis should use this water for gargling.

Sitopaladi churna with honey also shows good relief in children suffering from tonsillitis.

### **Wounds**

Children often get wounded while playing outdoor games. In such cases, Haridra – turmeric is the best remedy. Here,





turmeric powder is sprinkled over the wound. This helps to stop bleeding, reduce edema, prevent infection and will help to increase the speed of healing.

### **Prickly heat**

This is one of the most common problems found in children. In summer, due to the extreme heat and sweat, children are known to suffer from skin irritations like itching, burning, etc. Here, a mixture of Nimba – Neem leaf powder, Chandana – Sandalwood powder, Dugdha pashan, Rose water etc are applied to the affected area. This powder will absorb sweat, keep the skin dry, will show anti-bacterial and anti-fungal activity and give soothing relief to the skin during summer.

### **Immunity enhancer**

There are a number of remedies mentioned in Ayurveda to boost the immunity of a baby. Out of those, a few are mentioned below.

### **Gold treated water:**

This is a very simple and effective method for enhancing the immunity of the baby. A small piece of pure gold is kept in one litre of potable water. This water is then boiled till half its portion evaporates. Once the water cools, the piece of gold is removed and this water is given to the baby. This water is known to enhance the immunity of the baby as well as improve the intellectual power of the baby.

### **Suvarna praashan:**

In Kaashyapa samhita it is mentioned that-

*Suvarnapraashanam hyetan medhaa agni bala vardhanam |  
Aayushyam mangalam punyam vrishyam varnyam  
grahaapaham||*

*Maasaat param medhaavi vyaadhibhirna cha dbrishyate |  
Shadbbirmaasaibi shritadharah suvarnapraashanaad  
bhavet||*

This means, the process of Suvarna praashan is very much beneficial. It protects the baby from hazardous infection. The intellectual power of a baby will increase by taking Suvarna praashan for one month duration. While a six-month duration of Suvarna praashan will make the baby so smart that the baby will not forget any lesson or instruction which is given to him/her.

The process of Suvarna praashan is very easy. A piece of 24 K gold of 1-2 g weight is taken. Unused, pure gold piece should be used for this purpose. Ornaments should be strictly avoided. This gold piece is titrated with honey. Titration is continued till the color of the honey changes. This honey should be now given to the baby. When given to the baby on a daily basis this shows miraculous results.

Ayurveda provides a lot more remedies than the above mentioned details of various diseases and their treatments. Here only a bird's eye view of the Kaumaara bhritya or Baala chikitsa is given. Before practising these remedies one should take proper guidance from an authentic Ayurvedic physician so as to assure the safety of the baby or child. Even though some drugs are totally harmless a proper and genuine guidance from a Vaidya is essential. The intention of this article is only to provide some information. Self-medication should be strictly avoided. It is advisable to visit Vaidya for any health issue.

*Stay healthy... stay blessed...*

*Sarve santu niraamayaa....!*



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# Take care of your Baby

*Ayurveda has dealt comprehensively with the lifestyle of parents seeking a healthy progeny. In fact, it is in accordance with the principle of Ayurveda, that rather than treating diseases, ways to promote health is of prime importance. Current day lifestyle and diet have been linked to many diseases occurring in newborns. Simultaneously, Ayurveda has also addressed the health issues of newborns through its simple and safe treatment measures.*

**D**uring the developmental period in the mother's womb, the fetus is dependent on the nutrition derived via the umbilical cord. Mothers' lifestyle and diet directly influence the growth achieved by the baby during this period. Once the child is born, the umbilical cord is cut off and due septic care of the navel region is warranted in Ayurveda to prevent infection.

## Care of newborn

First cry is an important benchmark of a new born child. This event ensures proper blood circulation in the baby and any delay in crying may lead to hypoxic effects on the brain of the child. Once born, the baby should be taken care of in clean surroundings with proper daylight and ventilation. The body of the baby should be anointed with sesame oil or castor oil mixed with rocksalt. Powders of greengram, groundnut, kurunthotti, kanjikottam etc. or paste of chemparathi, vellila, neeruri etc. can be used externally to remove the oil from the baby's body. The baby should also be given bath in light luke warm water.

Breastmilk is the primary diet in this stage. The child should be fed at regular intervals according to its need. In case of scarcity of breastmilk, mothers should eat fenugreek seeds, fried in ghee or uluvakanji. A milk decoction of paalmuthukku, sathavari, paruthi and kovalli is recommended to the mother for the same purpose. A linctus can be prepared out of chuvannulli (shallots) and jaggery and can be consumed along with coconut gratings. In extreme situations, child may be fed with dilute goat's milk or cow's milk.





## Further care

Sufficiency of breastmilk suggests no other diet except for fresh butter for the child till the 56th day. Then onwards, kunnankaya or kannankaya (skin removed) ground with varattumanjal, muthanga, thechippoo and thumbappoo and dried thereafter can be given as puddings (with milk/buttermilk) according to the appetite of the child. The daily anointment of the body during this period can be done with coconut milk or virgin coconut oil.

Juice of brahmi, muthil or kaippa can be given to the child daily in small quantities. This will clear the digestive system and the vocal cord. Svarnapraasha (pure gold with vayambu, erattimadhuram, ghee and honey) is recommended daily to prevent toxic effects and promote the functioning of cardiovascular and neurological systems.

Upto six months, dietary grains are not generally recommended. Njavara or navadhanya powders can be served as puddings (with milk/buttermilk) after the sixth month.

## A few common ailments and their management are summarized below: -

### Fever

- 2 drops of panikkoorkayilaneeru mixed with 6 drops of honey should be administered at regular intervals
- Vayampu ground in kaippayilaneeru and can be applied over the tongue
- GoroChanadi gulika powdered and mixed with thulasiyilaneeru and honey should be administered frequently

### Vomiting, diarrhoea and fever

- Decoction of koovalaveru, kothambalyari, malaru and chukku mixed with honey can be administered frequently
- Gopeechandadi gulika mixed with breastmilk is also good

### Skin ailments

- Kaishikeemadhukadi, mahatiktakam, trayantyadi kashayam can be had internally
- Eladi, neelidaladi, aranyadi, chemparathyadi and coconut oil can be applied externally

## Emaciation

- Daily intake of ricebran, njavara and turmeric is recommended

## Delayed milestones

- Juice of Muthil, karimuthil, brahmi, kudangal can be taken internally

## Disturbed sleep

- Fresh juice of aruthyila or pachamanjal can be had to solve this issue

(None of the above medicines should be consumed without direct medical supervision)

Health is the hallmark of every living being and care of health begins right from birth.



### Ashtavaidyan

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# Tackle Bone Disorders in Children

According to HCUP kids', inpatient database in America, 15.6 million children and adolescents below the age of 20 years were admitted to hospitals for musculo-skeletal related conditions where trauma out number other cases with a toll of 11, 600. If this is the situation in a developed country, imagine the situations in developing or under developed countries. Following a sedentary lifestyle and resorting completely to junk food these days makes the condition even worse. It should be understood that sedentary lifestyle and junk food makes a person's

musculo- skeletal health vulnerable to different disastrous complications. For the last few centuries, it is to be noted that the life of children all over the world has become so sedentary and that these children have become mere living flaccid fatty balls. They are now more accustomed to screen life and spent almost five to six hours in front of computers and mobiles than other outdoor sports and games. This causes a steady decline in the strength, reflex adaptability and stress tolerance to their musculo- skeletal system which is now more susceptible to trauma, strain or other disease conditions. It is here, that the role of Ayurveda comes





to play. Ayurveda has solutions and remedies for almost all the orthopedic conditions and any adversary drug reactions and side effects are nearly close to zero in this medical system. In Ayurveda, diseases of the bone and musculoskeletal system are divided into systemic ( sareeraja) localized ( ekadesaja) and traumatic ( aganthuja) types. These conditions were reassessed on the base of tridosha theory and medicines and treatment procedures were formulated according to the variations in the vitiations of the tridosha. Some of the most common orthopedic conditions and their Ayurvedic management are stated here.



painless bowing. In such situations, Ayurveda employs massaging techniques with medicated oils and the intake of certain herbs. This results in fast recovery without much complications. If the condition is severe, the patient may exhibit lateral knee thrust and a waddling gait. If there is a family history for such a condition then there is a chance that this disorder will progress to adulthood like in knock knee. But again, these conditions can be managed with vitamin c and other nutrient supplements. Along with these, splintage, medicinal paste application, dhara with abhyangam and Indian plaster shows excellent results.



comes with a symptom of knee joint pain with tenderness sand bump at the tibial spine. On examination, fragmentation of the tibial spine will be observed. Modern treatments like NSAID, physiotherapy and in some severe cases surgery are recommended. Giving musthadi kashaya which is a bone healer and anti-inflammatory in nature along with bone re-mineralizing drugs, bandage with anti-inflammatory oil like murivenna, high protien diet and strengthening yoga therapy will show positive results. With this treatment almost all the pain and discomfort subsides within two weeks.



internal medications and rest. Here, again the patient shows no symptoms from the second week itself and shows no complications such as stiffness, deformity, circulatory or neurological disturbances. This treatment is also good in case of recurrent dislocations. In conditions where surgery is advised Panchakarma therapy with Yoga is a great solution. Some patients come back with pain and stiffness even after doing POP , such people get great relief after doing dhara with medicines like murivenna , dhanwanthram thailam or asavenna.

## Deformities

In childhood, one of the most common problem that makes a parent stressed is if their child has varus (bow leg) or valgus (knocking) of the knee joint. This condition is usually recognized when the child starts to walk probably at or below the age of two. Sometimes it is physiological; hallmarked with symmetrical and

## Osgood schlatter's disease

Osgood schlatter's disease is another common disease occurring due to excess strain or repeated trauma in adolescent children who are engaged in sports. This is a self-resolving disease, but most of the time the irritating condition persists till the bone growth ends and epiphyseal plate closes completely. Here, the patients usually

## Fractures and dislocations

Fractures and dislocations are next in the list. Almost all types of fractures and dislocations have treatment in Ayurveda. Some fractures with clear indication for surgery are spared and referred for surgery. In Ayurveda, such conditions are managed with splintage, medicinal paste application, immobilization with bandage and







## Musculo-skeletal injuries



Football is a mania in our countryside and so injuries after playing this sport are high, especially during vacations. Musculo-skeletal trauma like ligament injuries, sprain and strain are another area that Ayurveda has always excelled in. Initially, such situations are managed with rest and support. Then, strengthening the body

with yoga helps the patient to follow their daily routine from the fourth week itself. This is followed even in cases like posterior cruciate and medial collateral ligament injuries. Even after surgery, Ayurvedic procedures are advised to make sure people get reorganized with their routine activities early itself. Injuries of rotator cuff, impingement syndrome are some of the other common traumatic musculo-skeletal injuries. In these cases too, internal medications along with rest, Panchakarma therapy, strengthening, and mobilization with yoga therapy assures perfect relief. These types of injuries can be prevented with proper warm up in sports and by doing exercises for improving muscular strength.



## Perthe's disease

Another condition that Ayurveda easily controls is the Perthe's disease. All the stages of this disease are manageable through Ayurveda. In this condition, pain, inflammation, difficulty in movement settles in two months of intense treatment.

In conditions related to the lower back like muscle strains, early degenerative changes are seen. In case of rheumatic diseases treatment show 70-80 percent results. Again, Ayurveda is not a treatment modality, but a lifestyle rearrangement. Ayurveda believes in natural healing as nature has its repairing power embedded in every leaf and fruit that we come across. Thus, we can overcome diseases by following nature and being natural. Eat simple food, do yoga or exercise regularly, think optimistically, help one person every day, and meditate daily to improve your spirituality. By following this you can experience health naturally. This is the principle of Ayurveda. Live healthy and help others to be healthy.



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# How to stop bedwetting by children

*Waking up on a wet bed can be very distressing for any child, especially for children above 12 years of age. Even though this is not a fatal condition the psychosocial impact that this can have on a child and the parent is unnerving. Through this article Dr. Dhanya explains the types, causes and Ayurvedic treatments available for bedwetting.*

**BEDWETTING IS  
NOBODY'S FAULT.  
IT CAN AND SHOULD BE  
TREATED**





**I**t is understood that by the age of 5 yrs, 90-95 % children are nearly completely continent (able to retain urine and stools) during the day and 80-85% are continent (able to retain urine and stools) at night. Involuntary voiding of urine during sleep usually after the age of five years is considered as bedwetting. It may affect the child's behavior and their emotional and social life. The problem is found more in boys than in girls. There is a tendency among children to hide the problem for fear of shame and this makes it worse. A low level of self esteem is noted in children with bedwetting. The extent of parental concern and child distress is an important factor in the treatment of this condition. 30th May 2017 was world bedwetting day and the motto this time was 'time to take action' in recognition that much more can be done to diagnose and treat those children who suffer from bedwetting.

## Types

It is of two types- primary (75-90%) and secondary(10-25%).

**The primary means the child was never dry in his/ her lifetime.**

**Secondary means the child was dry at least for six months and the symptom reappeared after that.**

## Causes

- Delayed development of neurological balance that controls urination.
- Defective sleep arousal - The child does not waken when his or her bladder is full
- Genetic factors – if both the parents had bed wetting problems there is a 77 % likelihood of the problem to reappear in their children
- Constipation- A full rectum impinging on the bladder
- Overactive bladder or bladder with reduced capacity
- Sleep disorders or sleep disordered due to enlarged adenoids
- Urinary tract infections
- Diseases like Diabetes mellitus or diabetes insipidus.
- Structural abnormality- Bedwetting associated with other symptoms like urgency to urinate, hesitancy, increased frequency and day time incontinence may be due to an abnormality in the urinary tract.
- Emotional problems: A stressful home life, new school, birth of sibling, or moving to a new home, physical or sexual abuse

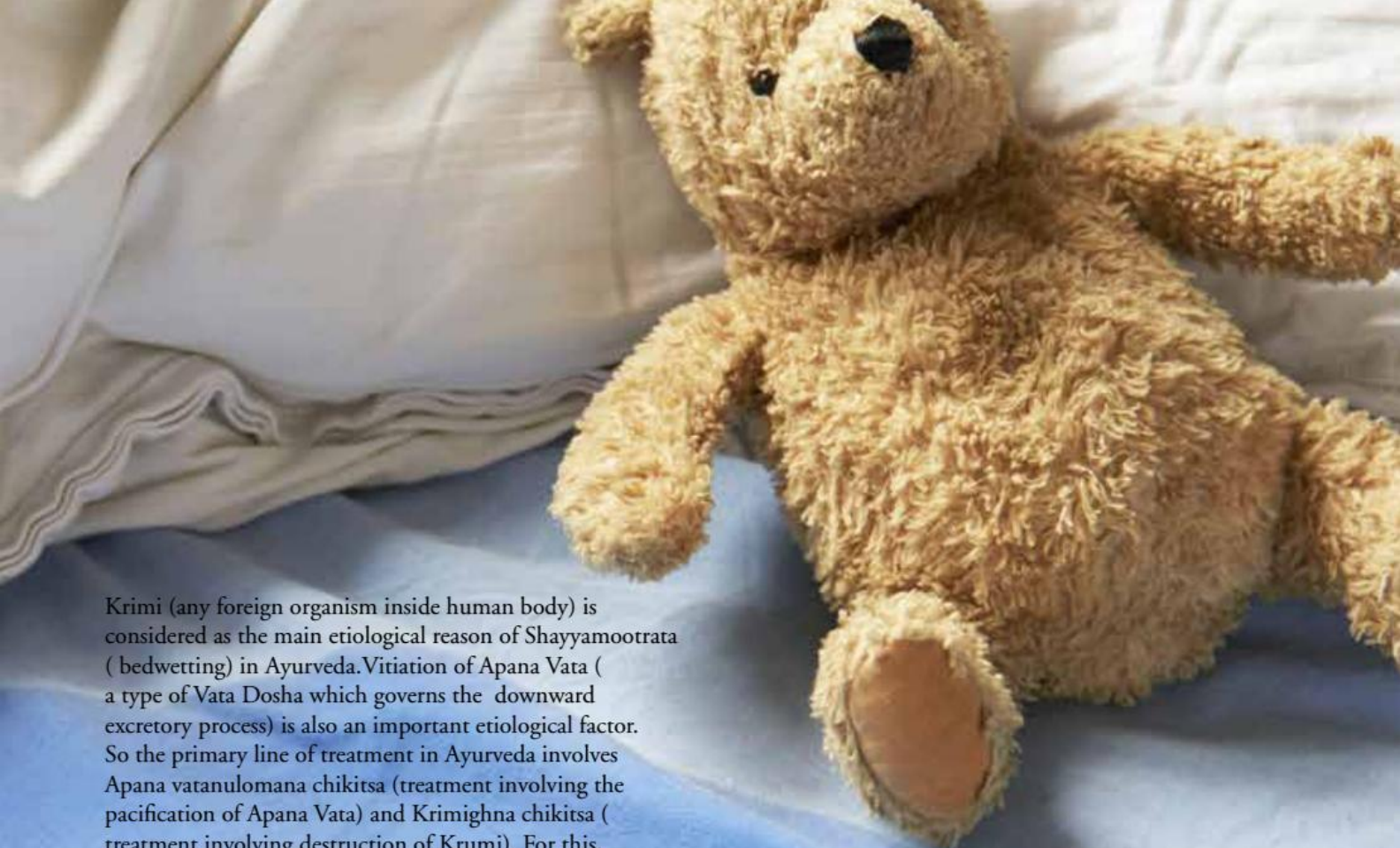
Age, male gender, toilet training with threatening method, deep sleeper, sleep walking, school success, the general approach of the family to children, being introverted and shy - all these factors significantly increase the risk of bedwetting.

## Treatment

Treatment is not needed for bedwetting in children below the age of 6. Causes, if any, should be found and treated accordingly. For e.g., if the underlying cause is diabetes mellitus, diabetes insipidus or some renal disorders, treatment for those diseases should be given. Parental care and emotional support is as important as treatment.

The most primary treatment for bedwetting is motivational therapy. This includes making charts to track the number of dry nights and rewarding the child for dry nights. Punishment and angry responses should be avoided. Conditioning therapy can also be tried in older children. It involves the use of an alarm attached to a moisture sensor in the underwear. It awakens the child and alerts them to void. Persistent use of the alarm for several months is necessary.





Krimi (any foreign organism inside human body) is considered as the main etiological reason of Shayyamootrata ( bedwetting) in Ayurveda. Vitiation of Apana Vata ( a type of Vata Dosha which governs the downward excretory process) is also an important etiological factor. So the primary line of treatment in Ayurveda involves Apana vatanulomana chikitsa (treatment involving the pacification of Apana Vata) and Krimighna chikitsa ( treatment involving destruction of Krumi). For this, treatments like virechana, medicines like Krimighna vatika, Krimishodini, Krimikuthar Ras, Krimimudgar Ras, Vidangarishta, Sanjeevani Gutika, Vidangaasava etc. can be used. Seeds of Palasha (Butea monosperma), Kutaja seeds (Holarrhena antidysenterica ), Vidanga (Embeliaribes), Nimba (Azadirachta indica ), Bhoonimba (Andrographis paniculata ) can be powdered and mixed in equal quantity with jaggery and can be given to the child. Drugs like Vidanga (Embeliaribes), Indrayava (Holarrhena antidysenterica ), Kampillaka (Mallotus philippensis), Dadima (Punicagranatum), Musta (Cyperus rotundus), Bilwa (Aegle marmelos) can be used in combination or individually.

In case of urinary tract infection, drug like Chandraprabha Vati, Bruhatyadi Kashaya, Dashamool Kwath, Varuna (Crataeva nurvala), Shigru ( Moringa oleifera) etc. can be given. In case of constipation castor oil mixed with milk or soaked raisins can be given.

Mootrasangrahaneya Drugs (drugs which decrease urine output) are also used. Jambu (Syzygium cumini), Vangabhasma, Bahumootrantak Ras are some of the other drugs used in the treatment of Shayyamootrata in Ayurveda

Bimbi (Coccinia indica), Vishatinduka ( Strychnos nuxvomica), Kataka (Strychnos potatorum), Shilajatu, Shati (Heydichium spicatum), Haridra (Curcuma longa) Krishna tila (Sesamum indicum) , Amalaki (Phyllanthus emblica), Ashwagandha (Withania somnifera) are also useful in this condition. Bimbi root juice and honey or bimbi and maricha (Piper nigrum) can be used for treating this condition.

The children who are motivated to remain dry are likely to be cured more easily than others. The physician usually has the role of facilitator and active participation by child is critical for the success of treatment. So more than a simple drug therapy the disease can be successfully overcome by a combination of various treatment modalities.

### What parents can do?

- Don't panic. Don't criticize the child. Understand that it is a self-limiting condition
- Fluid intake should be restricted to 2 oz after 7 pm.
- Note the time at which bedwetting happens. Note down the pattern.
- Note whether the child is snoring or has urinary problems
- Make child to void at night time.
- Avoid extraneous sugar and caffeinated drinks like tea, coffee etc and soda after 4 pm
- Waking up the child few hours after they go to sleep and make them void
- Reward them for dry nights



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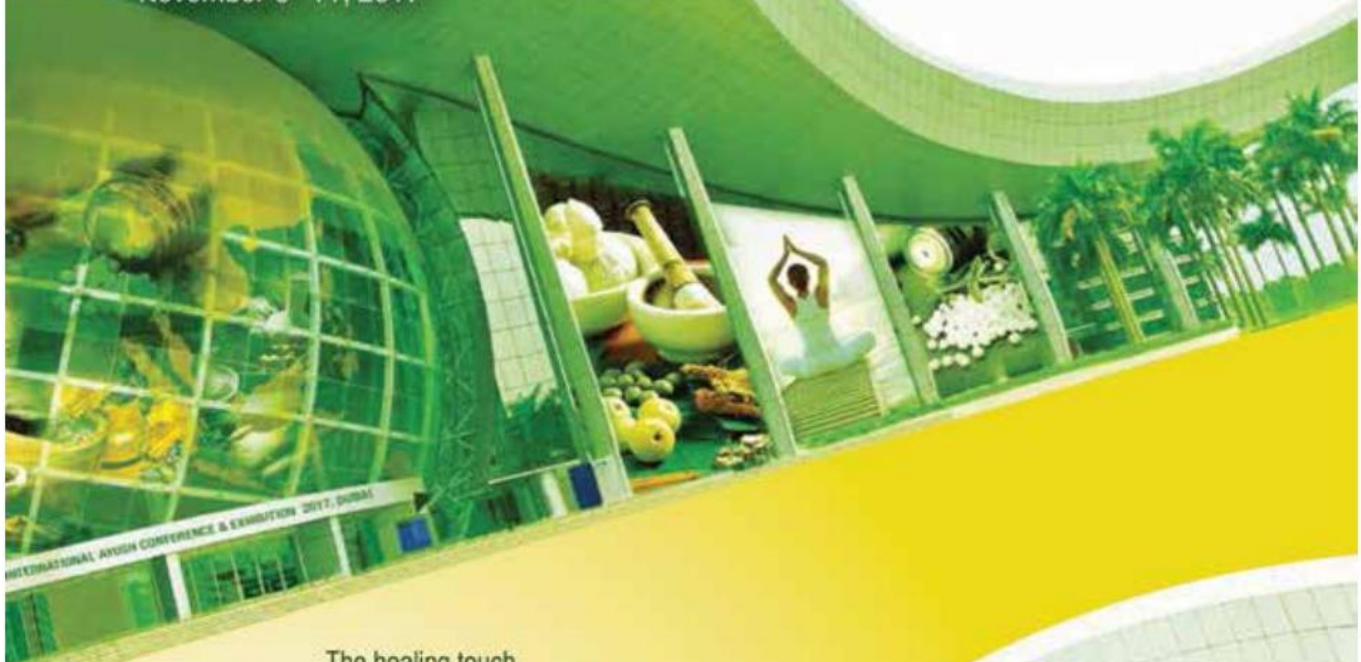
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# LET KIDS PRACTICE YOGA AND GROW HEALTHY

*Yoga is an interesting exercise for any age if done in the right manner. But, making kids practise yoga diligently and in a disciplined manner can be quite a task.*

**T**his article gives details on the age and the type of yoga that should be followed. It also describes the different benefits including physical, mental and emotional. It also talks about what can be done to make yoga interesting for kids.

## **Age:**

People of any age can practise Yoga, however, it is hard for children below 7 years to hold their interest and focus which is essential for Yoga. The younger they are, the less able they are to understand the instructions, to stay focussed on one thing; the less their strength; less their muscle tone and the less their body-mind co-ordination; their body ratios make some postures more difficult for them.

Children are known to practise yoga through imitation more than by following instructions.

A teacher has the ability to put the children into various positions, if only the children are willing!

Young children are flexible in certain ways but donot have the strength to hold the posture.

## **Benefits:**

### **Physical:**

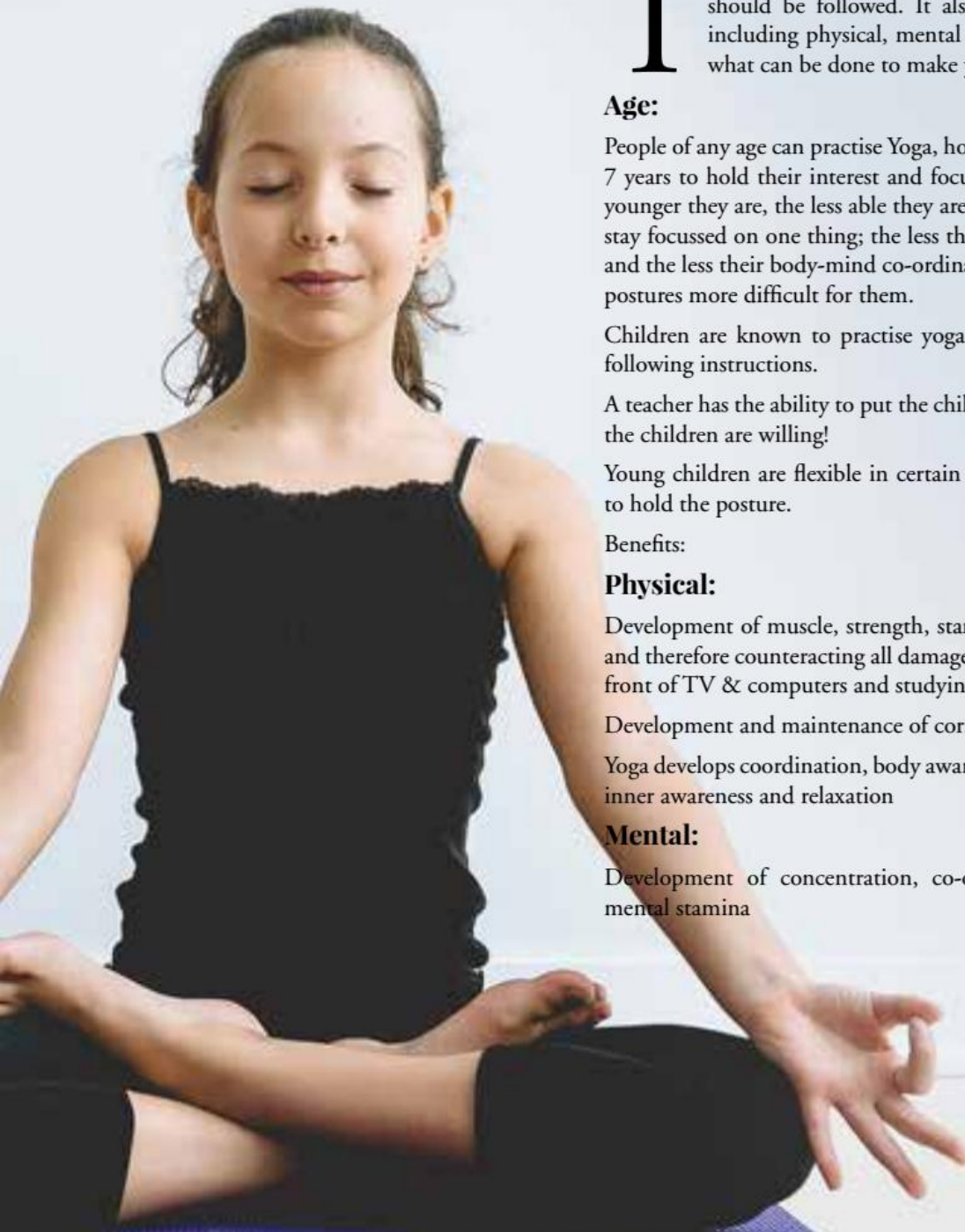
Development of muscle, strength, stamina, flexibility, and good posture and therefore counteracting all damage occurred while sitting hunched in front of TV & computers and studying.

Development and maintenance of correct breathing

Yoga develops coordination, body awareness, strength, flexibility, balance, inner awareness and relaxation

### **Mental:**

Development of concentration, co-ordination, will power, patience, mental stamina





## Emotional:

Helps with hormonal changes in teens (particularly anulomaviloma) and it helps them to be more calm and relaxed, with a more balanced use of energy

## Concentration:

Children are less likely to be inspired or motivated by the benefits of the asanas than adults, although some exaggeration of lack of exercise could be demonstrated. "Do you want to be like this?" (demonstrate some sort of hunched over bow-legged position or getting up from the ground with great difficult moaning and maybe gasping for breath). Kids find it much more difficult to sit still, their minds being so active. This mental energy needs to be channelled into productive physical activity (otherwise it could cause disruption in the class when there is lots of talking and excessive movement). Because of this potential disruption the pace of the class should move along, with various activities and creative ideas to capture their imagination. The less different activities on offer, the shorter the class should be.

## Age Groups:

A mixed age group will make it considerably more difficult to engage all throughout a single class, as it is more difficult to pitch the class. 6 years and below could be one group – very simple, even more like play. 7 years up to 12 years can be another group, where more understanding and effort can be expected. 11/12 year olds are generally able to join adult classes. Even from age 8 this may be possible on their own [i.e. not in groups] depending on their mental and physical ability to join in.

A teenage class could be useful for addressing emotional issues most often occurring in this age group, utilising pranayama, meditation and a little philosophy as solutions.

Parents and children in the same class depend on how distracted the parents will be by the children and vice versa. Younger children often do not want to be separated from familiar people. They can learn by imitating their parents or siblings.

## To create a class, below are a few things to remember. Children naturally have:

- Limited concentration, but increased awareness
- Limit a class to 45-60 minutes
- Reduce posture holding times
- Reduce relaxation times
- Use the breath for concentration
- Focus their attention with a story, songs or mantra chanting in the beginning of class
- Use mantra chanting to re-establish focus
- Increase number of postures each with less time period
- Increased flexibility and energy
- Try using challenging asanas. King cobra, tortoise wheel, etc.
- Do some active exerciseseg. Hopping, star jumps, etc. for warm ups
- Strong imagination
- Work with asana names (animal names, etc.)
- Use stories
- Create simple competitions
- Use visualization during relaxation
- Breathing Exercises

Teach abdominal (balloon) breathing. Place hand or toy on the abdomen.







- Class suggestions
- Create a regular class format so the students can become familiar with it, but which also has room for some variations
- Start with a prayer &/or chanting of mantra (eg. OM) and other spiritual songs – something to help them focus their mind as an initial savasana can be difficult for children.
- Arrange classes according to age groups as much as possible
- Below 7 years – less strength, less concentration. Use more games and stories.
- 7-12 years – better focus, use more postures
- > 12 years – teach adult-style class
- Arrange a demonstration for family. Kids will put more effort into their practise to show to their family
- Naughty kids – enlist their help in setting up or tidying up the studio and to demonstrate asanas.
- A couple of children in the 7 – 12 years class can team with the young ones so the young ones may copy the older ones. If the young ones don't copy and don't stay on their mat, the teacher may have to re-think it!
- Tell a meaningful story at the beginning or end of class, if time allows
- Do some breathing exercises
- Try eye and neck exercises
- Surya Namaskar – develops coordination and focus.
- Creates names for the different positions of suryanamaskar.
- Try creating some general competition to encourage them to do it nicely and uniformly.
- Follow with leg raises and other warm ups and then the asanas
- Follow the usual order of the basic class, although variations can be used as alternative asanas

## Final relaxation

Use an imaginative auto-suggestion, with visualization, in order to help them stay still

Have a playful energy, making the asanas fun but with the aim of practising good concentration and making improvements, which does require some effort

Take advantage of the names of animal postures, use animal sounds if appropriate for age group – e.g. what colour is your butterfly?

Be creative in attempts to improve the asanas: exaggerate wrong and right way; what is in your sitting forward bend sandwich – peanut butter? Or thin cucumber? How small is this posture/animal, etc? how tall...? Etc.

Be imaginative with breathing e.g. big balloon breath for abdominal breathing (in India, imagine a puri and then a roti)

Be snappy with different stretches eg. When doing standing postures with arms up! Then arms shoulder height! arms in front! Arms behind!etc. change directions by jumping, etc. to keep them “on their toes”

Use variations of asanas for mental variety

Kids like challenges and generally love backward bends and balancing postures

Kids generally like the headstand (possible after age 3 year) although some individuals have an aversion to their head being on the ground; younger ones will need to use hands and head, not elbows.

Having: “Demonstration Days” for parents and family. This preparation can work wonders for the children's concentration!

Use plenty of visualisation, especially for final relaxation. This can be the hardest part of the class. Prepare this before hand, if it doesn't come naturally, in order that the visualisation can flow.

## Pranayama:

Kapalabhati (advanced yogic breathing technique) can be started from around 10 or 11 years. Anumola Viloma (alternate nostril breathing) can be introduced from 7 years, with no or very little retention. This requires a lot of encouragement so that they do not strain during retention and long exhale. Some creative ideas as to what they are doing could help to inspire them.

## Meditation:

This can be introduced with Om or Om Namo Narayana (other suitable chanting) out loud and then mentally (not on chakra). Tratak (is a method of meditation that involves staring at a single point such as a small object, black dot or candle flame) could also be practiced using candle or another object for visualizing. Some other suitable visualization could also be done if it helps to focus the mind inwards and make it quieter.

Source: [www.fragrantnature.com](http://www.fragrantnature.com)





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# YOGA SHARPENS KIDS' MINDS

*It is observed that a major segment of our society today is unhappy, miserable, worried and full of stress and anxiety. This happens despite all comforts available and a peak in civilization with the most refined technologies. But sadly, these comforts have, in turn, become the cause for many psychosomatic diseases. Modernization / urbanization take us away from nature and due to this people from all walks of life suffer from different diseases.*

**W**ith the constant bombardment of media and other distractions and the increase in the amount of sugar intake by most children, getting them to focus on anything is truly challenging. The urgent requirement for children today is their need to learn how to concentrate – be it in studies, sports or any other extracurricular activities so that they grow into healthy, balanced adults. Most children today are diagnosed with various diseases and are prescribed drugs which allow them to be attentive and to concentrate. What many parents don't realize is that this method of administering drugs to make them attentive is not healthy and may lead to severe side-effects that can cause physiological imbalances. A better way to tackle this issue is by putting them through a healthy diet and lifestyle pattern by encouraging them to take part in sports, martial arts, dance forms or Yoga.

According to medical scientists, Yoga is a successful method in creating psychological balance in children as it balances the nervous and endocrine systems, which directly influence all the other systems and organs of the body. Yoga is very beneficial since it is both a curative as well as preventive therapy. It is not just a mere exercise, but it also brings about relaxation and rejuvenation. It reduces stress and fatigue, releases tension, increases the range of motion and helps us to adjust our bodies to environmental changes leading to improved immunity. Since Yoga teaches us to live a healthy & happy life it is necessary that it should be imbibed by all.

Our brain is also a muscle and needs exercise for better functioning. Yoga is the best form of exercise for the brain. Stress and anxiety can cause malfunctioning of the brain and





Yoga helps to reverse this effect. Yoga regulates and deals with the body's mood and stress levels. It differs from other brain-improving exercises in its ability to facilitate proper breathing patterns that help a great deal in calming the body and invigorating the mind.

### **Yoga & Concentration**

Yoga and meditation teach us to be in the present moment. It trains us to observe ourselves and our environment in a non-reactionary manner. Over time, it allows us to engage and interact with the present moment without being caught in the past and future; and allows us to accept life as it comes. A consistent Yoga practice improves cognitive function, creativity and memory. It clears the mental clutter thus enabling clarity of mind and the ability to respond thoughtfully rather than emotionally. Children's minds are more malleable than adults' and they respond to new behaviours and experiences more readily. This means that they are more sensitive to overwhelming visual and auditory

stimulation like video games and cell phone screens. At the same time they can easily adapt to new habits. Hence, a regular practice of Yoga is sure to increase their ability to concentrate by balancing the nervous and cardiovascular systems.

Children who regularly practice Yoga breathe more deeply and are less likely to produce stress hormones that damage the nervous systems and interfere with their learning ability. Yoga creates a balance in the endocrine system which regulates the creation and release of hormones. Hormones are part of what creates mood, and mood is what determines children's ability to receive and retain information confined to a particular subject/object/person(s)/relation(s). Over time a regular practice of Yoga can help them relax more easily and develop an increase in will power and self-control, thus teaching them to quiet and calm their mind. This eventually leads to greater concentration and focus in children. In a way, Yoga helps children learn more, retain and recall information and focus better in all aspects of life.



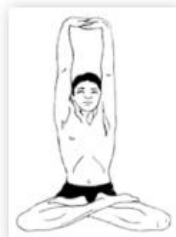




## Top 10 Yoga Asanas for Kids

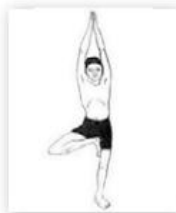


**Dhanurasana (Bow pose)** – This is good for developing confidence and focus in children. It strengthens the back and abdominal muscles. It opens up the chest, neck and shoulders. It tones the leg and arm muscles and adds greater flexibility to the back.

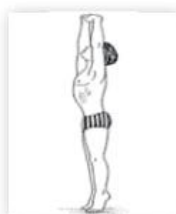


**Parvatasana (Mountain pose)** – This helps stretch the entire body and is good for expanding energy level. It is good for developing a firm body posture. Parvatasana strengthens the muscles of

the arms and legs. It tones the spinal nerves and improves the flow of blood to the spinal region.



**Vrikshasana (Tree pose)** – This posture helps children build balance and alertness. It brings balance and equilibrium to their mind. It helps improve concentration and makes the legs strong, improves the balance of the body and opens the hips.



**Tadasana (Mountain / Palm Tree pose)** – This Yoga asana helps children improve their balance and height gradually. It invigorates the entire body. It stretches the lower abdomen and stimulates digestive function. Walking on the toes improves foot stability and balance.



**Sukhasana (Easy pose)** – Through this asana children learn to sit straight as it gives them the feeling of meditation. It calms the brain and strengthens the back. It helps in stretching the knees and ankles.



**Sethu bandhasana (Bridge pose)**

Children who practise this asana are able to connect with their inner self and remain calm. It strengthens the back muscles by relieving the tired back instantaneously. It gives a good stretch to the chest and spine. It opens up the lungs and reduces thyroid problems and improves digestion.



**Savasana (Corpse pose)**

– It helps in feeling relaxed and enables to handle stress and strain of life efficiently. This posture brings a deep, meditative state of rest, which may help in the repair of tissues and cells. It also rejuvenates both the body and mind. It is the perfect way to end a Yoga session.



**Bhujangasana (Cobra pose)**

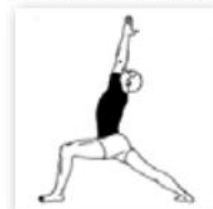
– This Yoga asana allows children to stretch their back and helps in proper digestion and in overall health. It stretches the muscles in the shoulders, chest and abdomen. It decreases stiffness of the lower back, strengthens the arms, shoulders and the spine.

**Ardha sarvangasana (Half shoulder stand pose)** – This

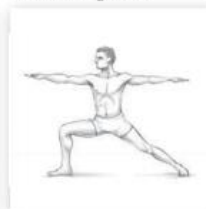


Yoga posture helps children to improve the flexibility in their body by allowing them to perform various activities easily. This Yoga works from head to toe and benefits the entire body. It energizes, stretches the ligaments, muscles in the cervical region, stimulates circulation, rejuvenates the back, stimulates the abdominal organs, relieves constipation and refreshes the mind.

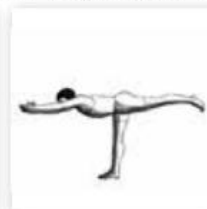
**Virbhadrasana (Warrior pose)** – This helps build a



Variation 1



Variation 2



Variation 3

confident, calm and balance in children. It strengthens and tones the arms, legs and lower back. It improves balance in the body and helps increase stamina.



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# Lead Kindly Light

## Exploring the sunny world of yoga for kids

Have you often looked at your child's report card and thrown your hands up in despair? You reason: he has good tuitions, spends all his time at home with his books. Yet his marks don't seem to reflect his well-intentioned endeavors.

If this is a familiar story, then you must already know the answer to your dilemma: the child is unable to concentrate on academics. While reading about the parts of a flower and understanding the composition of water, the mind of your cherub keeps slipping away for a little walk.

The good news is that while he might not understand how to keep the mind focused on the exploits of Shivaji and Akbar, you know. Just watch his food and physical activity for some time and check: are chips and fried food more favored than greens? Is Facebook winning over a time allotted to a game of catch or badminton?



If students follow a sedentary lifestyle and do not get enough physical exercise, then blood circulation gets affected. Children start becoming lazy. As the body becomes slower, the mind also becomes dull. The result: would be lots of time with the book, but no retention.

As a parent, you can change that. A little bit of gentle (and sometimes firm) reinforcing of good food and exercise habits will change the way your child works through his study and play time. When the body is well provided for and nourished, the learning and retention capacity increases.

It is necessary for students to do Yoga asanas (postures), pranayama (breathing techniques), and meditation for maintaining a healthy body and mind. Surya Namaskar (or

Sun Salutation), a comprehensive and fun-to-do workout, is a set of well-designed and extremely powerful 12 Yoga poses. It is the most simple yet effective, Yoga pose sequence for children - a great way to start the day by thanking the Sun.

## Why Sun Salutation for Children?

**TONE MUSCLES:** The Yoga poses in Sun Salutation individually address particular parts of the body, both anatomically and physiologically. Collectively (as a sequence), Sun Salutation postures help tone the muscles.

**WORKS FROM WITHIN:** Surya Namaskar benefits are not only limited to 'working out' the body; Sun Salutation also works 'within'. It directly works on the solar plexus or navel which benefits the nervous system.

Research has shown that Sun Salutations, when practised regularly, have the potential to prevent over a hundred ailments.

Among the many benefits of regular practice of Sun Salutations here are a few prominent advantages:

- Improved concentration
- Enhanced memory power
- Increased energy levels
- Physical strength
- Calm and focused mind
- A happy state of being
- Better immune system

- Higher efficiency
- Increased learning capacity
- Optimized metabolism

While you encourage your child and initiate him on the path of Yoga and meditation, it would be beneficial if you also roll out your Yoga mat. Stretching together, reaching for the sky and touching the earth... you and your child will enjoy the Yoga sessions. While teaching him to navigate through the outer world of skills, competence and adventures of life, you will also be teaching him to explore his inner space. With some help from Yoga and meditation.

Source: [www.artofliving.org](http://www.artofliving.org)



# Yoga World

## Yoga Day celebrations from around the world



**B**reathe in, breathe out, twist and turn – the third international yoga day was celebrated around the world with much aplomb. A multitude of events has been planned to commemorate the celebrations of the third international yoga day on July 21; 2017. It's been three years since the inception of the international yoga day on 21st June, 2015. Prime Minister, Narendra Modi had initially proposed the idea during his UNGA speech on 27th September 2014. Prior to this, the United Nations General Assembly had made a declaration in December 2014 that every June 21 would be observed as International Day of Yoga, a move that India lobbied hard for. Our PM's proposal was taken heed and today people around the world celebrate and take to practicing yoga in their daily life.



According to our Prime Minister, Yoga is not just an exercise, but a way to discover the oneness with ourselves, the world and nature. It brings about harmony between man and nature and is a holistic approach to health and well-being.

Various events have been planned to celebrate the beauty of Yoga on the third international yoga day. Following are some of them:-

- Despite the rains, Prime Minister Narendra Modi dressed in a white T-shirt and loose white trousers, shared the stage in Lucknow with Uttar Pradesh chief minister Yogi Adityanath, who too performed yoga in the light drizzle. Yoga celebrations in Lucknow were planned on the Ramabai Ambedkar ground.
- School students took out their mats to practice yoga on the Parade ground





near the banks of Sangam, the holy confluence of Ganga and Yamuna performing yoga in Allahabad.

- Uttar Pradesh chief minister Yogi Adityanath spoke at the venue of Ramabai Ambedkar ground and thanked volunteers for waiting patiently despite rainfall.
- Prime Minister Narendra Modi addressed the gathering at the International Yoga Day celebration ground, and conveyed “my greetings to all those joining the Yoga Day 2017 celebrations all over India.”
- Yoga’s immense popularity outside India is high and has connected the world with India: PM Modi.
- Prime Minister Modi says: “I am glad to see several Yoga institutes take shape over the last three years. Demand for Yoga teachers is increasing.”
- In Mumbai, Indian Naval Cadets perform Yoga on the deck of INS Virat on the eve of the International Yoga Day.



- At the Lucknow celebrations Modi says, apart from fitness, wellness is important. Yoga is a medium to achieve wellness.
- In Ladakh, jawans of the Indo-Tibetan Border Police performed a yoga session at 18,000 feet and a temperature of minus 25 degrees Celsius.
- The Prime Minister says that yoga assures good health and it is not expensive to practice it.
- To commemorate the international Yoga day, Yoga was performed at the USA embassy in Delhi.
- Thousands of people of different nationalities took part in various events organised in the United Arab Emirates (UAE) on the eve of the International Yoga Day.
- India’s permanent representative at the United Nations, Syed Akbaruddin, says the mammoth gathering at the



United Nations marks the exponential growth in their awareness of yoga.

- About 150 Yoga enthusiasts practiced various poses of India's ancient physical discipline at China's iconic Great Wall on the eve of International Yoga Day.

Celebrations of the Yoga day will take place in 180 countries with Indian missions coordinating activities in landmark places such as Eiffel Tower in Paris, Trafalgar Square in London and Central Park in New York. Some countries like China and UK have scheduled events through the week to celebrate the Yoga day. The United Nations headquarters in New York has been lit up with images of Yoga postures.

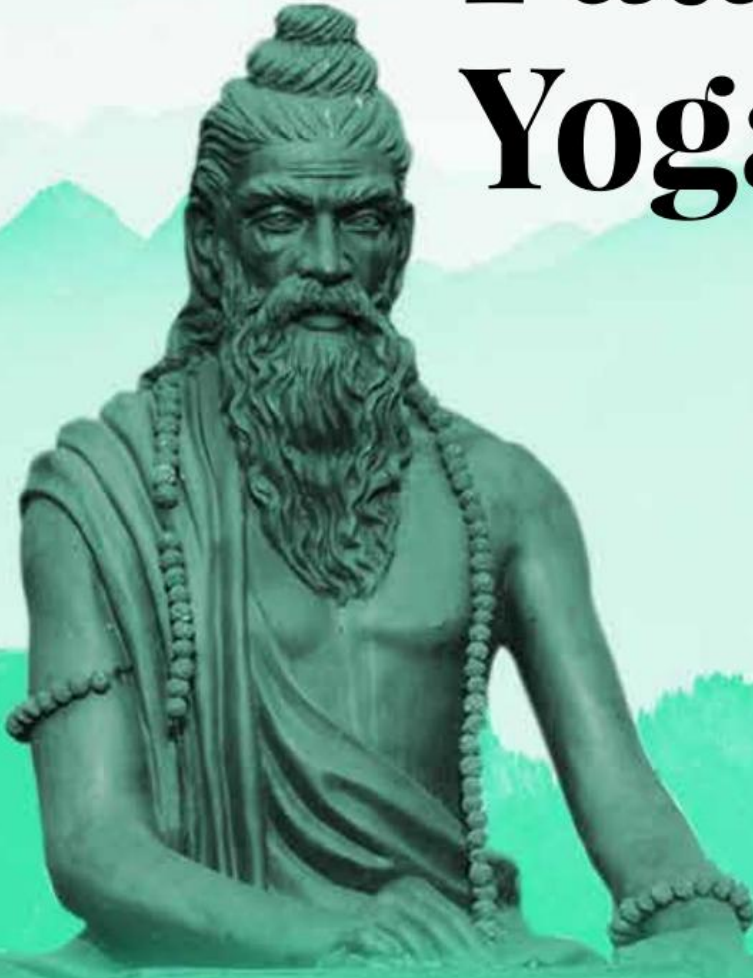
The centrepiece of the first International Day of Yoga celebration on June 21, 2015 was New Delhi's Rajpath. The event made it to the Guinness World Records with 35,985 participants performing asanas at one venue and 84 nationalities being part of it.

Last year, the main function was in Chandigarh.





# Patanjali's Yoga Sutras



**P**atanjali was a legendary Indian saint who lived thousands of years ago. Among his many works are his three important texts that are part of three important areas of human life, namely; language, medicine and psychology. He is also credited for his commentary on the basic Sanskrit grammar book by Panini. Charaka Samhita, the Sanskrit text on Ayurveda is his contribution to the medical field. Yoga Darsana in sutra (aphorism) form is his basic text on Indian psychology. Through this article Kaithapram Vasudevan Namboodiri tells us more about this literary genius and explains in detail

the 33rd sutra from Patanjali's work, Yoga Darsana.

He was a genius, 'three in One' and this is reminded through the invocation chanted at the beginning of every Yoga session:-

Yogena cittasya, padena  
vaacaam, malam sareerasya ca  
vaidyakena.....

This great saint is well-known for helping to remove the impurities of the mind through Yoga, of the language through grammar and of the body through Ayurveda. For this expertise, he deserves a bow down with folded hands.

His physical form was understood to be unattractive and strange. Another invocatory prayer says:-

Aabaahu purushaakaram, sankha  
cakraasidhaarinaam.....

This explains that his upper body had a human form. He held a conch and a disc in his hands. He was crowned with a thousand-headed cobra. (his lower body was that of a snake.) And he was understood to be the incarnation of Aadisesha.

An interesting story about the birth of Patanjali is to be noted. Aadisesha, a thousand (infinite number of) headed serpent, also called Ananta, was the lord of all serpents whose coiled body was the huge couch for Lord Vishnu in the vast milky ocean in his abode, Vykuntha.

Once, Lord Vishnu, while watching the enchanting dance of Lord Siva became so absorbed in it that his body started moving in the rhythm of the music. Aadisesha was watching and enjoying the changes happening in Lord Vishnu. After the dance Aadisesha expressed his desire to learn dance and accordingly Lord Vishnu blessed him with human birth, which will allow him to do amazing things in the field of dance, language, health and psychology.

Aadisesha was excited with the blessings he got and looked forward



to his earthly life and his future mother. In the meantime, there was an old Yogini on earth, named Gonika, who was waiting for a blessing to give birth to a son. One day, after praying to the Sun God to fulfill her desire she offered an oblation to him with a handful of water. After the prayer she opened her eyes to see a tiny snake on her palms. She placed the snake on the banks of the river where it grew into a human male form.

This child was named Patanjali since he was fallen into folded hands. Here, folded hands are called anjali and pata means fallen. He was also called Gonikaputra, the son of Gonika. He was also called an incarnation of Adishesha and of Ananta. He fulfilled the will of the Lord through his study, experiments, and documentation. Enthusiasts have followed his works in the pursuit of developing a refined language, a cultured body and a civilized mind.

Even though his commentary on ashta addhyayi (Sanskrit grammar) and Charka Samhita (Ayurveda) are great works, Yoga Sutra was his most celebrated work. Yoga Sutra used a very compact form of language with bare minimum words and letters. This is very much apt for students since there is very little text to be heart. There are a total of just 195 sutras in Patanjala Yoga Darsana distributed in four chapters.

Here, Yoga is defined as that which arrests and controls the movements or modifications of the mind (Yogah chitta vritti nirodhah) through which one can establish his "real nature" (Swaroopa avasthanam). So taming of the mind has been the essence of Yoga. Patanjali describes in detail the modifications that can occur to the mind and the means to remove them. Patanjali puts forth many means to attain this goal. According to him, one should possess Abhyasa (persistent practice) and Vairagya (absence of desire) to attain this.

Patanjali was not against God. He recommends surrendering to God as a path to Samadhi by silencing the mind and by cessation of mental waves. But the general approach of Patanjali is secular in nature. Patanjali puts forth ashtangayoga (eight-limbed yoga) as a means to attain higher planes of the mind which is comparatively easy for the common man to perform. Yama (self-restraints), niyama (fixed observances) asana (postures) pranayama (regulation of breath) pratyahara (withdrawal of senses) dharana (concentration) dhyana (meditation) and Samadhi (trance) are the eight limbs.

It is understood that it is difficult to understand the details of the sutras in such a short article. But through a single sutra we can taste the sutras of Patanjali. The sutra that will be discussed here is the 33rd sutra from the first chapter, Saadhanaa Paada:-

Maitree karunaa muditopekshaanaam sukha dukkha punyaapunya vishayaanaam bhaavanaatah cittaprasaadanam.

The mind (chitta) becomes graceful (prasaadanam) by cultivating positive attitudes (bhaavanaatah). There are four things that can disturb our mind, distract us from the yogic path and arrest our grace. These are happiness (sukha), sorrows (dukkha), virtues (punya) and vices (apunya) of the people around us. When we see a happy man, our mind becomes envious or malicious and our mental peace is disturbed. Our attitude to him makes our mind turbulent. So it is imperative that the change should take place within us. The things happening outside is usually not under our control and so any kind of outward reaction will not help us in our pursuit for inner peace. For attaining inner peace, we should first understand our attitude towards these four factors. We should try to see the happy man as our friend (maitree). By doing so, we become beneficiaries.

Thus, the mental imbalance caused by seeing the happiness of others is made neutral by our attitude of friendship towards them. Likewise, others sorrows can be cleared from our mind through the attitude of sympathy (karunaa) towards them. When we see deeds of virtues (punya), we should feel glad (mudita). When we happen to see others doing vicious deeds (apunya) we have to cultivate indifference (upeksha) towards them.

One can understand the practical nature of this sutra only when we start practicing this in our day-to-day life. Yes, it is a purely pragmatic psychology.

There are so many such psychological tips in this treatise which can be used successfully in our daily life. They are not to be buried in the pages of books, but to be practiced in each person's life. We can thus conclude that Patanjali's Yoga Sutra is a great work on human psychology and perhaps the best.



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Research Centre.



# LETTUCE:

## Wonder leaf, full of nutrition



*Lettuce is one of the healthiest foods put on this planet. This green leafy vegetable contains many health benefits, which includes maintaining normal blood sugar levels, fighting off inflammation, reducing the risk of heart disease and helping people lose weight. There are many varieties of lettuce available, such as Romaine, Chinese, crisp head, butterhead and summer crisp.*





**R**omaine lettuce has twice the protein, three times Vitamin K, four times iron, eight times Vitamin C and 17 times Vitamin A more than the Iceberg lettuce. Choose the Romaine variety to reap multitude of health benefits. Besides, no salad is complete without a few slices of this green leafy vegetable.

**1) Whole Life Food** - Lettuce is almost always consumed raw, which gives us more micronutrients that would be dissolved during the cooking process. Just make sure you wash the leaves thoroughly to get rid of any lingering chemicals and bacteria.

**2) Good for Your Heart** - Romaine lettuce is considered to be one of the healthiest foods you can consume. Romaine lettuce is a rich source of Vitamin C and beta-carotene, which helps lower blood pressure, combats any plaque build-up in the heart and minimises risks for heart disease.

**3) Helps Promote Weight Loss** - The high amount of fibre contained in the green leafy vegetable helps promote healthy digestion and aids in weight loss. Lettuce is also very filling, which eliminates any hunger pangs in the middle of the night.

**4) Low Calorie Content** - 1 cup of chopped Iceberg lettuce contains approximately 15 calories and zero fat. The low-calorie content makes it an ideal snack to munch on throughout the day or whenever you're feeling a little hungry.

**5) Fights Insomnia** - A crisp bowl of Iceberg lettuce can help you fall asleep much easier at night. Lettuce contains Niacin, which is involved in serotonin synthesis which in turn induces pleasant dreams.

**6) Great Source of Protein** - Romaine lettuce is 20 percent protein, ideal for repairing damaged muscle tissues and preventing inflammation. You can increase the protein intake by eating the Romaine lettuce with beans, meats and assorted dairy products.

**7) Low Glycemic Index** - The GI Index is a measurement carried out on carbohydrate filled foods and their impact on blood sugar levels. Foods that are low in glycemic index, significantly reduce the risk of type 2 diabetes, stroke and cardiovascular disease. Lettuce contains a GI level lower than 15.

**8) It's Delicious** - The crisp and juicy taste of lettuce makes a refreshing snack during the hot summer days or when you're feeling a bit dehydrated. Lettuce can enhance the flavour of any ordinary turkey, chicken or tuna sandwich. Simply put, lettuce tastes delicious.

**9) Rich in Omega 3** - Romaine lettuce has a phenomenal 1:2 ratio of omega-3 to omega-6 fatty acids, which helps treat such diseases like Rheumatoid Arthritis, Alzheimer's and Asthma. The omega-3 fatty acids also prevent blood clotting and promotes a healthy heart.

**10) Lettuce is Alkaline Forming** - The Alkaline minerals contained in lettuce help flush out harmful toxins from your body, sharpens your memory, cleanses your pores and gives you a quick boost of energy when you're feeling a bit drowsy.



# RAISINS

## Fruits in Indian cuisine

*"GRAPES ARE THE BEST AMONG FRUITS..." Ashtanga Hridaya*

*Raisins are dried grapes.*

*One of the star fruits in Indian cuisine, ripe brown raisins are found dotted in rich milk puddings, ensconced inside sweet syrupy cheese balls called Gulabjamuns, and stirred into fragrant rice.*



**A**yurveda says there is a reason why raisins are used so generously in Indian cooking from time immemorial. The ancient sages and rishis of India taught the people to weave the use of raisins and other healing foods into their everyday lives. This enabled them to eat healthy

food without thinking of it as "medicinal". Just like education is very effective when combined with entertainment, healing foods work best when they are tasty too. Just so with raisins.

In Ayurveda, raisins are considered as a highly

nutritious food. They are well-known for their great medicinal value. Below are some aspects of the psychophysiology where raisins work best:

**The lungs:** Raisins lubricate the body's channels particularly the lungs. Therefore, people with less-than-

robust respiratory systems find them very healing.

**The brain:** Raisins have a medhya effect, which supports the brain and nurtures it.

**The mind:** Taken in quantities and combinations recommended by a qualified





Ayurvedic practitioner, raisins can uplift and balance the emotions.

**The throat:** Raisins with milk or water can relieve thirst.

**The bowel:** Raisins soaked overnight and taken in the morning support bowel movements. Ayurveda suggests a healthy raisin recipe: Combine 50% raw milk and 50% cool water. Eat two handfuls of soaked raisins twice a day, and sip two glasses of this water alongside. Besides this, eat light foods like squashes - lauki in particular is good to regulate your bowel movement.

**The womb:** Women who want to get pregnant have been known to benefit by including raisins in their diet - raisins are considered

bringhana foods, supportive of natural fertility.

### What are Raisins Like?

In Ayurvedic terms, raisins contribute the madhura, or sweet taste, to food. They have a cooling effect on the body. They are also heavy to digest. Combined with their high glycemic index, this means that raisins are best consumed in moderation.

An excellent way to reduce the glycemic index of raisins is to combine them with spices like cinnamon bark and cardamom. Cinnamon in particular has the ability to lower the glycemic index, so it is very beneficial to include it when taking raisins.

### Raisins and Your Dosha

Raisins provide gentle nourishment; hence they

are pacifying to Vata dosha. In particular, Apana Vata, the sub-dosha that looks after waste elimination and other abdominal functions, is nurtured by raisins.

Pitta and its sub-doshas derive great benefit from raisins. Soaked overnight and taken in the morning, they support Sadhaka Pitta (which governs the emotions) and pacify Pachaka Pitta (responsible for digestive functions) and Ranjaka Pitta (which balances blood chemistry). Raisins also help protect from Sun damage by supporting Bhrajaka Pitta, which governs skin metabolism. Basically, raisins are useful in healing a whole range of Pitta-related problems, like burning sensation while urinating. Their diuretic effect flushes out urine, cooling the system.

As far as Kapha is concerned, raisins can actually aggravate this dosha, owing to their heavy and sweet nature. Unless combined with cardamom or cinnamon, raisins taken in heavy amounts can increase Kapha.

In her book, *Heaven's Banquet*, best-selling author Miriam Hospodar shares some practical tips on eating and storing raisins:

"Beware of golden raisins: they are ordinarily brown raisins that have been treated with sulphur dioxide to maintain their color. Monukka raisins are large and often crunchy from tiny seeds. Zante currants are actually small grapes, also called Black Corinth. Store raisins in the refrigerator so they don't ferment."



# WALKING BEATS FAT

*Walking is important and it is necessary to make walking an essential part of our routine. The goodness that walking can have on our body and health need to be experienced rather than merely expressed through words. Let's understand more about how walking can affect our whole lifestyle.*

**W**alking 30 minutes a day reduces the number of people becoming diabetic by more than half and it cuts the risk of people over 60 years becoming diabetic by almost 70 per cent. Walking decreases the risk of stroke by more than 25 per cent.

Walking reduces hypertension. Our body has over 100,000 miles of blood vessels. These blood vessels are more supple and healthier when we walk.

Walking cuts the risk of cancer as well as diabetes and stroke.

Women who walk have a 20 per cent lower likelihood of getting breast cancer and a 31 per cent lower risk of getting colon cancer.

Women with breast cancer can reduce their recurrence rate and their mortality rate by over 50 per cent, by walking regularly.

The human body works better when we walk. The body resists diseases better when we walk, and the body heals faster when we walk.

It is not necessary that we walk a lot. Just a thirty minutes' walk a day can have a huge impact on our health.

Men who walk thirty minutes a day have a significantly lower level of prostate cancer. Men who walk regularly have a 60 per cent lower risk of colon cancer.

For men with prostate cancer, studies have shown that walkers have a 46 per cent lower mortality rate.

Walking also helps prevent depression, and people who walk regularly are more likely to see improvements in their depression.

In one study, people who walked and took medication scored twice as well in 30 days as the women who only took the medication. Another study showed that depressed people who walked regularly had a significantly higher level of not being depressed in a year compared to depressed people who did not walk. The body generates endorphins when we walk. Endorphins help us feel good.

Walking strengthens the heart. Walking also strengthens our bones.





Walking improves the circulatory system. It also generates positive neuro-chemicals. Healthy eating is important but too much dieting can trigger negative neuro-chemicals.

Walking generates positive neuro-chemicals. And research shows that fit beats fat for many people. Walking half-an-hour a day has health benefits that exceed the benefits of losing 20 pounds.

When we walk every day, our bodies are healthier and stronger. A single 30-minute walk can reduce blood pressure by five points for over 20 hours.

Walking reduces the risk of blood clots in the legs. People who walk regularly have much lower risk of getting affected with deep vein thrombosis. People who walk are less likely to catch colds.

Walking improves the health of our blood, as well. Walking is a good boost of high-density cholesterol and people with high levels of HDL are less likely to have heart attacks and strokes.

Walking significantly diminishes the risk of hip fracture, and the need for gallstone surgery is 20 to 31 per cent lower for walkers.

Walking is the right thing to do. The best news is that the 30 minutes' walk doesn't have to be done in one lump of time. Two 15-minute walks achieve the same goals. Three 10-minute walks achieve most of those goals.

We can walk 15 minutes in the morning and 15 minutes at night and achieve our walking goals.

Walking feels good. It helps the body heal. It keeps the body healthy. It improves our biological health, our physical health, our psycho-social health, and helps with our emotional health.

Walking can literally add years to your life.

*Finally, it's good to walk!*




# STAY HYDRATED DRINKING WATER





*Without water there is no survival. This article describes how the intake of this liquid potion serves to improve health and wellness for the body as well as that of the mind.*

*“Always be like water. Float in the times of pain or dance like waves along the wind which touches its surface.”*



**W**ater has been held sacred for thousands of years. Holistic rehabilitation is known to use water therapy for healing people. Rituals from various cultures around the world incorporate water as a symbol of spiritual cleansing, purity, and healing. It is one of the main natural resources that our Mother Nature provides us. It is also part of the five elements of nature namely; ether, air, fire, earth, and water. Water can be cool and still. Water can be hot and flowing. Water can be cold and powerful like a tsunami. Thus the qualities and properties of water are different in nature. In certain Ayurveda schools of thought, water represents all liquids. Water also symbolizes blood in the human body which is the main source of life. According to Vaidyas in Ayurveda, the right amount of water consumption is crucial and very important. Let's understand more about how much water we need to drink daily.

Water intake in a person depends on a number of factors. These are one's activity level, health history and body type. If you are a healthy, high-energy person who is always on the go, you will need additional hydration. You will also need to replenish yourself with additional water if you are the type to sweat more than the average person. The above are just few factors that need to be considered for monitoring the water intake in a person.

Ayurveda philosophy talks a lot about the different body-energy types of people. They are mainly - Vata, Pitta, and Kapha. “The warm Pitta types are usually thirstier than the watery Kapha types. Vata types are often constipated or have dry skin and thus need to drink more water”.

Just in case you want to know your Veda for determining your daily water intake, consult a professional Veda practitioner. However, Veda texts describe the three body energy types as the following:

### **Body Type Characteristics**

**VATA (Wind)** *Natural thin build, dry skin, easily fatigued, active.*

**PITTA (Fire)** *Medium build, carries excess body heat, prone to skin and stomach problems.*

**KAPHA (Water)** *Large build, stocky and stable, oily but soft skin.*

The routine of drinking water after a sound night's sleep is highly regarded as a good habit in Ayurveda. Water is considered the source of life and so restoring the body with water is important after a good night's rest. Drinking a full glass of water is considered one of the simplest forms of water therapy.





Ayurveda philosophy advises people to drink lukewarm water slowly and consciously. It encourages people to notice how water flows into the body's system, revitalizing it and giving it a new life. Ayurvedic practitioners encourage drinking a warm glass of water on an empty stomach in the morning to start a healthy day.

Hot water is considered similar to fire and is known to infuse the body with energy. Water that is hot is known to cleanse the body's internal tissues because of its ability to penetrate deep into the body. One of the proven benefits of this water therapy is the acceleration of the body's natural detox system. Water thus heals the body in a number of ways.

### **Ayurvedic practitioners cite the following benefits of warm/hot water:**

- Aids in proper digestion of food
- Improves blood circulation
- Purifies the pores of the skin
- Promotes energy and vitality
- Reduces physical pain
- Supports the detox functions of organs
- Wards off excessive eating

The healing power of water is even used for holistic rehabilitation. It is used for treating a wide range of ailments, from substance abuse (addiction) to stress-induced illnesses. Addiction is a complex disease, and Ayurvedic medical practitioners believe that water therapy alleviates the ailments that accompany an addiction of any kind.

According to the California College of Ayurveda, water is a fundamental element of life. "It is important to take in the qualities of water when you are feeling too warm, ungrounded, emaciated, dehydrated, rough, lacking in self-esteem, obstructed and immobile, irritable with a sharp tongue, transparent and vulnerable, or if your heart has become too hard"

Water therapy has proven to be a source of revitalization for even the toughest disease. It helps to loosen the bondage from illnesses allowing life to flow again. It is the source of life for all of humankind. A healthy intake of warm water therapy is sure to enhance the quality of your life and so don't dismiss it.



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# GINGER TEA: Miracle Drink

This miraculous tea is known to cleanse the liver, dissolve kidney stones and destroy cancer cells. Due to its strong anti-inflammatory, anti-bacterial, anti-viral and anti-parasitic properties, ginger is considered to be one of the most powerful food items in the world. It is rich in vitamin C, magnesium and other minerals which makes it extremely beneficial for one's health. It is used for improving digestion and immunity, relieving pain and fighting cardiovascular diseases, asthma and many other health issues.

A cup of ginger tea can help you to beat many health issues in no time. This tea offers a great number of health benefits, among which are the following:

1. The ginger tea is proven to be an efficient remedy to treat viral diseases like cold, influenza and cold sores.
2. It is very useful to keep the heart healthy and avoid the risk of stroke.
3. The ginger tea is also used to treat headache and sore muscles due to its pain-relieving properties.
4. The ginger tea consists of antioxidants in a huge quantity which helps to improve the immunity and fight the infection.
5. The ginger tea has warming properties which help to improve the circulation and maintain the proper supply of vitamins, minerals as well as oxygen to different parts of the body.

## GINGER TEA RECIPE:

### *Ingredients:*

Organic honey  
¼ teaspoon of ground ginger  
¼ teaspoon of ground turmeric  
Coconut milk  
A cup of water

### *Preparation:*

The preparation of this tea is very simple and easy. First, boil some water, add turmeric and ginger and let it simmer for 7-10 minutes. Next add the milk and then strain the tea in a cup. Improve your tea flavor by adding some organic honey.



# They're Precious

*Perhaps, the most precious thing for you on earth may be your child for whom you have worked hard. He/she is the unerasable evidence that you lived here once as the child carries your legacy forward. But how careful are you in bringing up your sweet little one into a worthy human being? **Ninu Susan Abraham** looks at how important is the role of parents in this regard, especially at this stage of nuclear families.*







**E**motional security is an important aspect of bringing up a child. Today, children are brought up in a highly competitive environment where they are taught that money and position are the most important things in life. A person sans this is always considered a failure. As part of the parenting process children need to be taught that there should be a balance for everything in life and any excess can tip the balance off life leading to disharmony. Along, with emotional security, a child should also be taught to be spiritual as per the religion he/she follows. A child without emotional security can be seen as dull, depressed and inactive.

Ayurveda through its teachings shows great interest in the upbringing of a child. This life science expounds that there is a lot that can be done externally as well as internally for the healthy growth of a child. According to this ancient medical treatment system, the emotional, physiological and psychological aspects of a child vary and so do treatments and upbringing. So, it says that a child's upbringing should be based on his/her mind-body type or body constitution.

Apart from the three main body types – Vatha, Pitha and Kapha, there are seven different sub-body types into which a child easily falls. As per Ayurveda, with its different treatments, adopting a proper lifestyle pattern, and diet are very important for the healthy growth of a child. Ayurveda suggests that a child should always be given fresh foods which will help sharpen his/ her brain thus making him a bright student among his/her peers and more resistant to stress and illnesses.

Refrigerated food should be avoided the maximum for both children and adults. A continuous exposure to fast foods can weaken the child's immunity as well as his/ her IQ and EQ.

Children should be given all kinds of dairy products, nuts and spices. This can be given in different forms as per the interest of the child. It is understood that many spices help in increasing the use of oxygen in the brain and this will in turn improve the sharpness and mental clarity of the child.

Also, the child should be brought up in an environment that is positive and calm as this will help him to be creative and productive. A proper upbringing is required right from the birth of the child to help him grow as a well-behaved, simple and positive person. Above all these rules of upbringing, the best method that can be followed is letting them learn from our daily life. Don't forget that parents are their role models. As children they imitate whatever their parents do, walking, talking, eating, dressing, etc. Children should be encouraged to enjoy their food, taking it slowly and chewing it well. Practicing yoga and meditation from early childhood may help the child gain control of his body and mind. It will also help increase concentration, grow stress-free and disciplined. Again, parents' role is also very important in the upbringing of an emotionally strong child. If Parents behave gentle and respectably at home and in the society, the child, no doubt will follow in their footsteps. Children need to be assured and reassured again and again through constant hugs and loving from near and dear ones for a healthy emotional security. Involving children in all activities at home and sharing family responsibilities with them increase their confidence and courage to take on challenges in the future. It is a joy to be in the presence of a healthy child. He or she is sure to bring positive energy to those around him/her. Thus, apart from the food and lifestyle patterns defined for each child, what's required most for a child is abundant love and care at home. Mother is the most important factor in one's life. Her love and care and father's guidance take him forward. Listen to ancient Indian scriptures that say, Matha, Pitha, Guru, Daivam (Mother, Father, Teacher and God) are the foremost aspects that make a child a worthy human being. Let us not forget that.



# MILK AND YOU

*It is known from time immemorial that Milk is a wholesome diet which should be consumed daily by all. In contrast to having tea, coffee, Colas, adults should have milk at least once a day and children should have it at least twice a day.*

**H**ow marvelous is God's creation that just after birth it is only milk diet- Ksheeraharam, which a baby takes from its mother. And this milk, in turn, is known to develop the mind, body, emotion and spirit of the little baby. So, imagine how divine it really is!

All types of milk- human, cow, goat, etc.- contain fat, protein, multi-vitamins, minerals and water. So if there are any shortage of micro-elements in the body which cannot be found sometimes even in a lab test, it is easily fulfilled by milk. According to Ayurveda, milk provides special and unique nutrition that cannot be derived from any other type of food. Milk, when digested properly, nourishes all the tissues, promotes growth, relieves tiredness, relieves constipation and balances all the doshas. It is one of the most important foods to promote ojas. Ojas builds bones and muscles, strengthens immunity, improves brain cells, memory and energy.



## Who should drink Milk?

1. Vata constitution people, usually lean and restless should have milk lavishly as it has vringhanam (nourishing) properties. It being sheeta-guru, can be mixed with water, black pepper, cinnamon stick or ginger to make it easily digestible.
2. Pitta constitution people, usually dark skinned, medium built and bad tempered, should have milk regularly with a little sweet substance like sugar.
3. Kapha constitution people, usually fat, heavy- built and having oily skin, should take milk after removing the creamy layer, and mixing with water. A little turmeric powder or ginger is good.
4. Children and students of all ages should take milk regularly.
5. Old and ageing people also can get no better nutrition than from milk.

## When to drink milk?

Early morning is Kapha prakopa time in the atmosphere and the body. So milk should be avoided in the morning. But where children, old age and underweight people are concerned, they can take milk without thinking twice. Those with Vata complaints and pains should avoid milk in the evenings, as it is Vata prakopa time and milk being sheeta can increase the pains. The best time is 10/11 am after early breakfast or 1 hour before sleep after early dinner.

In summer (grishma) and autumn (sharat) seasons it is Pitta prakopa time and milk helps to cool the body. While in spring season (vasanta), cold seasons (hemanta and shishira) it is Kapha prakopa and sanchaya time and during rainy season (Varsha) it is Vata prakopa time ,hence milk should be taken with judgement.

Similarly, when we are sick with fever, cold, cough, any inflammation, chest congestion, asthma, or so, milk should be totally avoided. It is Ama sanchya time and proper digestion will not take place, thus leading to improper nutrition and increase of the disease. Start milk when the nirama stage or nirroga (post illness) stage starts. If still the person requires it, dilute it with water or boil it with the required herbs according to the disease.

Milk boiled with little crushed garlic and water is good for those suffering from gas troubles. When boiled with little turmeric powder it reduces phlegm, heals injuries



and purifies blood. Milk with saffron and sugar before sleep acts as an aphrodisiac. During pregnancy, milk boiled with bala (*Sida cordifolia*) and other herbs (according to your Ayurvedic Physician's advice) helps to nourish growing body parts of the foetus and the mother.

### **Wrong combinations**

Milk is heavy to digest (guru), hence should always be taken on an empty stomach. It should never be had along with spicy and salty breakfasts, snacks or dinners. Only sweet substances (madhura dravyas/ aharas) should be combined with milk like rice, sugar, ripe fruits (not chemically ripened).

There is a craze for fast foods, junk foods, outdoor catering and restaurants now- a-days. Milk shakes, milk with raw/chemically ripened fruits, cakes-use of curd or fermenting agents with milk, curries and non-veg mixed with milk are on the rise. This just gives taste to the tongue and is not essentially healthy! Kerala delights like paalappams and stews use coconut milk instead of cow's milk and are served with spicy curries where milk combines with salt, yeast, non-veg and spices. Mulli-ka parantha, radish parothas with milk, is another unhealthy combination. If you read the ingredients of packaged foods like soups, noodles, instant curries the use of milk powders, is seen which are combined with salt, spices and sour ingredients. During evenings people take milk tea with hot sour snacks. Packaged and processed milk also contains preservatives or no milk! All these come under virudha aharas (incompatible foods).

Desserts are mostly prepared from milk or milk products. Desserts include cakes, pastries, puddings, ice-creams, faloodas, rasgullas, rasmalais, halwas, gulabjamuns, and payasams. Eating them on an empty stomach is very healthy. But the trend is to have them after a heavy spicy meal and hence digestion becomes difficult. Here milk reacts with curd, lemon from salads, fish, meat and spices. People think having sweet after food will increase the digestion. This is true, as our Acharyas also have mentioned it. But people confuse with madhura and madhura dravyas. Sweets made without milk or milk products are safer desserts. Hosts in banquets invite all to serve with love. People invited should be more aware and controlled!

### **Consequences of wrong intake of milk**

The instant reaction that we see is in indigestion, include-acidity, belching, gas trouble, late digestion, stomach ache, head ache, burning sensation while defecation, loose stools or constipation. The rasa dhatu (end product of digestion) is vitiated which runs into circulation, hence leading to improper nutrition to other dhatus (tissues).

On regular practice this leads to deposition of ama (toxins), which in future may lead to immunity problems and diseases like- Eczema, Psoriasis, Leukoderma, Leprosy, Piles, Obesity, Diabetes, PCOD, Rheumatoid Arthritis, Infertility, Tumors, to name a few.

People who are allergic to milk please think again, "Are you really allergic to milk, or is it your method of wrong milk intake!?"



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# BEAUTY CARE FOR CHILDREN

SHAHNAZ HUSAIN

Babies and young children have tender skin. Needless to say, it should be treated gently, using mild soaps and shampoos. Massaging the skin with oil, before bathing, goes a long way in keeping the skin soft and clean. Actually, baby massage is probably the most important part of baby care. Apart from benefits to the body, massage plays an important role in healthy emotional development. In Ayurveda, massage is considered to be a form of therapy and a way of maintaining the good health of both body and mind. Modern studies also show that massage helps to strengthen emotional bonds and gives the baby a sense of security and mental well-being. The power of touch is a nurturing power and our need for it is great. Touch is said to actually promote emotional well being. Massage has many physical benefits too. In the initial months, the baby hardly has any physical activity. Massage helps blood circulation, muscle tone and growth.

The Ayurvedic system advocates the selection of oil according to the season. Olive, coconut and sunflower oils are good during summer, while almond and mustard oil are for winter. Sesame seed (til) oil is very popular in Ayurvedic massage in any season. It is said to suit all "doshas." You can choose any of these oils, but make sure that it is pure. Oils with heavy perfumes should not be used on children.

Cleanliness and hygiene are of prime importance. Summer is a time when one should pay even more importance to daily baths. Prickly heat and rashes are common among babies and infants. Babies are prone to rashes in the diaper region. If the rash persists for more than a day, you should consult your doctor before giving a massage. A baby powder would help to keep the diaper region dry. Take care not to use too much powder, which can collect in crevices and folds of the baby's skin.

When the child is small, creams and cosmetics should not be used, except to relieve dryness. A mild moisturizing lotion may be quite adequate. Many anxious mothers write to me to seek advice for excess hair on face and body of their children. Many babies are born with soft downy hair, which usually decreases with time. Obviously, hair removal methods cannot be carried out on children. But, you can mix atta (wheat flour) with milk into a stiff dough, like the dough we make for chapatis. It does not have to be applied on the body. Just hold it in your hand and rub it gently on the child's body before bathing, the way we use a sponge. It is said to discourage fine hair growth over a period of time.



## About SHAHNAZ HUSAIN:

*Shahnaz Husain, pioneer of the herbal beauty movement, has received unprecedented global acclaim for taking Ayurveda worldwide. She heads the largest organization of its kind, with a global network of franchise ventures and 375 Ayurvedic formulations. Harvard Business School recently conducted her video interview, which will be part of the Harvard entrepreneurship curriculum. She has received several prestigious international awards, as well as the Padma Shri Award. Indeed, Shahnaz Husain is a legend in her own lifetime.*





# Rich dividends awaiting kids who follow precepts and practices of Ayurveda for physical, mental and spiritual well-being

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

“**C**heruppakaalangalil ulla sheelam marakkumo maanushan ulla kaalam” is part of a Malayalam poem emphasising the importance of childhood habits, which would not be forgotten till one becomes extinct.

Coming to English, impressions got imprinted in the minds during childhood last till one's last breath. That was why poet William Wordsworth had quoted these lines in the sonnet, *Rainbow*: “Child is father of the Man”, meaning positive images that get stamped in the child's mind would survive till one dies. Early life- sustaining memories form the foundation of our adulthood and determine our personality. Pleasant associations in happy childhood function as the father or creator, or the architect of a mature adult, the man.





How meaningful such depictions are about bringing up kids in a positive, healthy and honest atmosphere free from manipulations and pollutions which are the hallmarks of a majority of adult beings!

There is not a day left otherwise than with reports about progeny perpetrating cruelty against parents who had nurtured them, brought them up facing great difficulty.

The son of a Mumbai policeman recently stabbed his mother several times and killed her and then left a note, "Tired of her, catch me and hang me".

Also, murder of parents and a relative by a young man in Thiruvananthapuram in Kerala had hogged headlines earlier.

Frustration can lead to aggression, especially in young people. Parents should pay close attention if their children have trouble controlling their impulses and emotions, according to counselors.

These and other such instances occurring almost on a regular basis could be the outcome of lack of training, guidance and instruction from early childhood. Kids learn many things from their parents and family members and those living in the immediate surroundings. That means there should be apt examples for them to follow through in life.

Religions as well as materialistically-minded dogmas definitely attach significant role for good upbringing of the child to enable it to bloom into worthy human beings.

Children, if reared properly, instilling traits of character and morality in their minds, would be an asset not only to their

family, kith and kin, but also to the society and the nation at large in the form of good and reliable citizens who would discharge their functions with utmost integrity.

In this connection, one should note that Ayurveda principles and practices attach great importance to upbringing of children in the proper way, maintaining good life-style and ethics.

When Allopathy flourished immensely, it was true Ayurveda had a saga of step-motherly treatment for some time.

Now the situation has changed, opening up clear avenues for the propagation of the system of Ayurveda, the Science of Life, to enable young generations to catch up with the wisdom enunciated by sages thousands of years ago to pull on with life in ways of prevention and treatment of diseases sans debilitating side-effects.

Children could be groomed, conditioned and in a way tailor-made in accordance with the precepts and practices of a system that gives the elixir of life to them to lead a life with physical, mental and spiritual solace, which is lacking for many of them in the fast-paced world of ours.

The Government of India has formed the Ayush Ministry to provide sturdy backbone to the functioning of various streams like Ayurveda, Yoga and Naturopathy, Unani and Siddha, for propagation of Ayush systems of healthcare to enable people to propel through life in the most systematic and trouble-free ways at comparatively lesser expenses.

A unique step has been taken by the Government of India by appointing Ayurveda specialist Rajesh Kotecha, known as Vaidya (Physician), as the Special Secretary in the Ayush Ministry, which is a departure from the earlier practice of appointing a senior bureaucrat to the coveted post.

He is former Vice-Chancellor of Gujarat Ayurveda University, Jamnagar, who had also founded Chakrapani Ayurveda Clinic and Research Center, Jaipur, in addition to achieving various other accomplishments.

By appointing a leading figure from the industry, who had received the Global Ayurveda Physician Award in 2007, Ayurveda Ratna Award in 2008 and Padmashree Award for Medicine in 2015, to the top-brass of Ayush Ministry, it is clear the government means business to propel these streams to greater heights in the coming years.

Ayurveda and Health Tourism magazine has been striving hard to impress upon the world community as part of an awareness initiative about the special significance of the Ayurveda stream of alternative medicine. And this is a special edition highlighting the aspects enunciated in the system for grooming kids to all-pervasive health and for a rejuvenated life, which would pay great dividends for them all through.

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# Know the potential of Ayurveda and follow it



*Ayurveda, today is becoming more popular among people across the world as a medical system that is natural, herbal and free of all side-effects. Here, **Dr. Abhimanyu Kumar**, tells **Ninu Susan Abraham** the role of Ayurveda in bringing up a healthy child and create a healthy world altogether.*

*Excerpts from the interview:*





***Summer vacation is over. As an expert in Ayurveda and Director of All India Institute of Ayurveda, New Delhi, what are your tips for children back to school?***

Summer vacation usually ends up with the start of rainy season. This season is not very child-friendly. If proper care is not taken during this season, children can get easily infected with gastrointestinal-tract infections. During this season, children should avoid eating snacks, fruits etc. which are sold by street vendors. Maintaining hygiene in all areas, especially in the cleaning of hands is important for preventing the attack of infections. Many water-borne diseases like- jaundice, typhoid are also much prevalent in this season. Humidity may precipitate allergy, asthma and few skin disorders. Those children with a history of asthma should avoid playing outside, especially when the atmosphere is very humid. Regular intake of milk added with turmeric (Haldi) powder may help to increase immunity in children.

***Considering that this issue of Ayurveda & Health Tourism is a children's special, what do you think is the scope of Ayurveda for Children?***

Ayurveda has great scope for paediatric practice. It offers very good treatment to children, especially in the area of boosting immunity. Management of allergic disorders, especially respiratory allergy is done efficiently and effectively in Ayurveda. It also offers good mental health care, including in the management of problems like-learning disabilities, Attention-Deficit Hyperactive disorders, Autism spectrum disorders, academic stress etc. In children, most of the time diarrhoea is not due to infection but affect children due to non-infectious reasons, termed as non-specific diarrhoea. Management of non-specific diarrhoea in children by using Ayurvedic drugs offers a great solution to those children with tender gut. Besides this, metabolic disorders, including obesity, specific untreatable/ difficult to manage conditions, like- cerebral palsy, muscular dystrophy etc. can be managed very efficiently through Ayurveda. Ayurveda also offers a personalised approach of counseling for every child.

***According to you, what can be done to promote Ayurveda globally?***

Recently, in the last few decades, Ayurveda received a big boost in the West due to its unique holistic approach and capability for promoting positive health. If we analyze, there are four areas in which Ayurveda may show its presence globally. These areas are- clinical services, teaching & training, research and export of raw herbal medicines and finished products. Therefore, the national strategy should be to promote Ayurveda in all these four areas to show global presence of Ayurveda at various levels.

However, there are some areas that need to be studied carefully for the global promotion of Ayurveda. In this category, the standardisation in the field of production and practice should be given top priority. It is a time of information technology, therefore various types of authentic information related to Ayurveda should be made easily accessible. There has to be an agency or authority which should be the single source of all the needed information on all aspects of the trade, availability of expertise, data of R&D work.

***Is India doing enough to revive Ayurveda and make its presence at par with other mainstream medical systems? If not, what are your suggestions?***

Govt of India through the Ministry of AYUSH, Ministry of External Affairs, Ministry of Tourism, Ministry of HRD including some other Ministries along with various other agencies are putting their efforts in their own way to revive and establish Ayurveda as a mainstream medical system. We are observing results which are very much encouraging.



Mainstreaming the Ayurveda system is one of the key strategies under the National Rural Health Mission & National AYUSH Mission, under which it is envisaged that all primary health centres, block primary health centres, and community health centres will provide AYUSH treatment facilities under the same roof.

***What do you think are the main objectives of government bodies like AYUSH in spreading Ayurveda?***

The Vision of the Ministry of AYUSH is to position AYUSH systems as the preferred systems of living and practice for attaining a healthy India. The ministry has identified its mission in terms of seven broad thematic areas of AYUSH activities. The thematic areas are: Effective human resource development, provision of quality AYUSH services, information, education and communication, quality research, growth of the medicinal plants sector, drug administration, and international exchange programme/ seminars/workshops on AYUSH systems.

***What are our insurance companies doing to acknowledge and cover Ayurveda as a medical system?***

This has already started. In 2012–13, the Insurance Regulatory and Development Authority (IRDA) recommended that health insurance companies should include alternative medicine in their scope of cover. This would support Ayurveda treatment. Most insurance providers now cover AYUSH systems under their insurance plans. However, a few companies are yet to incorporate the change. Some of them cover only Ayurvedic therapies like Panchakarma procedures.

***How big is the Ayurveda tourism industry? What are the scopes for it to grow further?***

Recently India has grown to be one of the most important hubs for medical tourism. At this point of time adopting a strategy for marketing Ayurveda as part of the 'health tourism' would put it on the global map, especially for treatment of certain chronic and lifestyle related disorders and for wellness.

Presumed to become the fifth largest consumer market globally by 2020, India demonstrates all the demographic advantages of an ideal market for leading international spa, wellness brands and Ayurveda treatment centers. Thus, it

will support the Ayurveda tourism also.

Today, all around the world, Ayurveda has been adopted as a crucial part of the lifestyle and management of diseases. Since Ayurveda has been originated and flourished in India, it is apparent that one gets the world's best Ayurvedic treatment in India.

The available data clearly indicate that in the last two decades, there has been a growing demand for Ayurvedic treatment and medicines in India as well as abroad. As a case study, we may take the example of Kerala state that has a huge potential for developing medical tourism. It has already made achievements in this regard. Ayurveda registered 10–12 per cent growth yearly and contributed around three per cent value addition annually to the manufacturing sector in Kerala. The state made it happen through its systematic production of medicine, institutionalization of education and professionalization of clinical practice. By promoting Ayurveda, the state has achieved about a 30 per cent increase in tourist flow that are availing the Ayurvedic medical care with a 40 per cent increase in tourism revenue of the state. This model may be utilised by other states too.

***What is the role of the Ayurveda tourism industry in increasing foreign exchange? Tourism is linked with foreign exchange?***

Ministry of AYUSH, Ministry of Tourism, Govt. of India and NABH- Quality Council of India have developed quality standards for accreditation of Ayurveda hospitals and wellness centers to ensure quality standardisation of services, a pre-requisite for global medical tourism. The Government of Kerala has put in place a certification scheme for providers of Ayurveda healthcare services. Institutions may get certified with 'Olive Leaf' and 'Green Leaf' certifications based on the facilities on the premises, availability of qualified professionals, infrastructure, etc. There is a need to replicate the model of Kerala in the other States too. Hospitality industry should also join hands with the Ayurveda sector to enrich the Ayurveda tourism concept in a big way.

Forbes India report, 2014 mentioned that medical or health tourism is the crown-jewel to shape the future of economic growth and health care. The report emphasises that medical tourism, including Ayurveda tourism is a booming sector,



which expects to grow to \$5 billion by the current year. Ayurveda tourism in India is to be a major source of income for the country. Hopefully, within a few years India will be the preferred destination for Ayurveda health care services as foreign tourists are greatly impressed by it.

A leading American newspaper daily, 'USA Today' highlighted the possibilities of Ayurveda tourism in India and how Ayurveda treatments generates big bucks in India.

***What's your advices to those who are addicted to mobiles, internet and computers?***

I'll restrict my suggestion for children's addiction to mobiles, internet and computers. It's a fact that human beings have a deep, primitive desire to know everything that's going on around them. Mobile, Internet, computer is the best known devices to fulfil it. But computer technologies can be addictive, because they are psychoactive, alter mood and often trigger enjoyable feelings.

If parents observe the below symptoms, these could easily indicate Internet or computer addiction: losing track of time spent online, experiencing difficulty completing tasks at home or work, isolation from friends and family, feeling defensive or guilty about Internet usage, experiencing a sense of euphoria when involved in online activities. Individuals who have an Internet addiction may also experience physical symptoms like-strained vision, sleep problem, carpal tunnel syndrome, significant weight loss or weight gain, severe headaches etc.

Adolescents are more prone to become addicted to the Internet as they become less dependent on their parents. I would like to suggest some tips for parents of Internet addicts.

- Encourage your child to be involved in other interests and social activities.
- Talk to your child about the underlying issues of excessive use of electronic devices. Monitor their computer use and set clear limits.
- If things are out of control of parents it is advised to take professional help.
- Besides good counselling, some Ayurvedic herbs and Panchakarma procedures may be useful in most of the cases.

***Finally, some do's and don'ts for children to lead a healthy life.***

Parents should inculcate good hygiene practices in children. Cleaning hands before taking food can prevent several types of infections. Encourage physical activities that they'll really enjoy. Limit TV, video game and computer time. Make dinner time a family time. Encourage children to play outdoors. Keep things positive. Parents should try to be a good role model. Try to inculcate good food habits and keep a few things in your mind while doing so, like- don't serve only what your kid already likes, prioritize family meal, mothers should avoid to being a short-order cook, don't force your child to try a bit, don't use food as a reward, make eating healthy a fun activity.





# Health & Wellness Around the World

*By Dr. Madan Thangavelu Ph.D*



The human condition challenges medical practice. The tension between health and wellness, as a fundamental human need, and health & disease, as a business, continue to precipitate conflict in discussions and debates about health and wellness. Ever-growing health budgets, diminishing returns on investment, rapidly contracting financial resources, exploding populations and the associated incidence of ill-health further exacerbates these challenges. For doctors treating patients there are even greater and more complex issues to address: How do I manage to survive the hospital day? How do I become a better doctor? How important are inter- and transdisciplinary competencies in medicine and medical practice? Can you teach compassion? These bigger questions remain - and among these are the ones that have challenged medical practice over the ages.

India and Africa offer the canvas for painting the grand human health projects of the future. With a population growth rate of 1.2% per annum, India by 2025, is set to become the world's most populous country. Africa's 55 nations could well reach 2.5 billion by 2050 and some estimate as much as 4.5 billion 2100. More than 40% of Africa's 1.2 billion today are under 15 years old; in many countries more than half the population is under 25 years of age. With a demographic bias towards the young and children, the future of both India and Africa is in their youth and children. "It's easier to build strong children than it is to repair broken adults", the words of the African-American social reformer Frederick Douglass ([http://en.wikipedia.org/wiki/Frederick\\_Douglass](http://en.wikipedia.org/wiki/Frederick_Douglass)), who escaped slavery in Maryland and was later respected as an abolitionist, orator, writer, and statesman. His enlightened conviction in the importance of child health and disease prevention will remain true for health systems of today and the future.



On 1 January 2017 the 9th Secretary-General of the United Nations took office. The incumbent, António Manuel de Oliveira Guterres, was the 114th Prime Minister of Portugal, and later the 10th United Nations High Commissioner for Refugees. The months that followed have seen some fascinating developments that can affect, in important ways, the health needs of the world and for the future. At The 2017 G20 Hamburg Summit (7–8 July), the twelfth meeting of the Group of Twenty (G20). António Guterres called for more efforts to combat climate change, violent extremism and other unprecedented challenges - reiterating the 21st Century Approach to Health Promotion call, repeated at the World Health Organization's Health Promotion Congresses: "... the best choices for health are also the best choices for the planet; and that the most ethical and environmental choices are also good for health." The growing recognition of the inextricable link between health and the environment has a new re-emergence that is growing in scale, energy, and momentum. The new approaches being developed also help quantify these links. For instance, the study by Dr Cassandra Thiel, Assistant Professor at New York University in



the School of Medicine, the Wagner School of Public Service and the Tandon School of Engineering, on the environmental footprint of cataract surgery at Aravind Eye Care System in southern India - Aravind's carbon footprint for phacoemulsification was 5% of the same surgery done in the United Kingdom!

Established on 7 April 1948, The World Health Organization celebrated its 70th birthday. At the Seventieth World Health Assembly, 22-31 May 2017 in Geneva, Dr Tedros Adhanom Ghebreyesus of Ethiopia (<http://www.drtedros.com/>) was elected as the new WHO Director-General. Born in March 1965 in Asmara, now

in Eritrea, Dr Tedros becomes the First African national to be DG of the WHO. Dr Tedros helped shape Agenda 2063. 'Agenda 2063: The Africa we want' offers the world in 76 points "The Voices of the African People" & "African Aspirations for 2063" and a 50-year vision and action plan to build a prosperous and united Africa. The importance of the environment in human health! An excerpt: "By 2063, African countries will be amongst the best performers in global quality of life measures. This will be attained through strategies of inclusive growth, job creation, increasing agricultural production; investments in science, technology, research and innovation; gender equality, youth empowerment and the provision of basic services including health, nutrition, education, shelter, water and sanitation."

About children in the current state of affairs, the theme of this special issue, Agenda 2063 recognises the need to put children first: ... "And yet children continue to die of preventable diseases; women continue to die whilst giving birth; hunger and malnutrition remain part of the human experience; and underdevelopment, fragility, marginalization and inequality between regions and countries and within countries persist. 'Agenda 2063: and The Voices of the African People and African Aspirations for 2063 has message for all of mankind: To become People-centered and caring, put children first, empowered women







at a time when soaring health costs in all of the developing nations of the world are making governments look for alternatives to arriving at good health and wellness of citizens of every nation.

The sentiments that gave birth to the International Day of Yoga were inspired by Prime Minister Modi's words at the United Nations General Assembly on September 27 in the year 2014 presenting Yoga as ... "harmony between man and nature; a holistic approach to health and well-being. It is not about exercise, but to discover the sense of oneness with yourself, the world and nature". Yoga, India's gift to the world, will now be celebrated the world over for International Yoga Day on June 21, every year. Prime Minister Modi in his June episode of MannKiBaath echoed these sentiments again. From the English rendering of the PM's 'Mann Ki Baat' address of Jun 25, 2017: "... One significant outcome of the way the yoga is being talked about all around the world is the portent that today's health conscious society is now taking steps from fitness to wellness, and they have realized that fitness is, of course, important, but for true wellness, yoga is the best way.(<http://www.pmindia.gov.in/en/tag/mann-ki-baat/>). The World is fast maturing into appreciating not just fitness, but wellness and the links between health of the planet and human health.

The 3rd International Day of Yoga

to play their rightful role in all spheres of life, enable full gender equality in all spheres of life; and to have fully engaged and empowered youth.(<http://www.un.org/en/africa/osaa/pdf/au/agenda2063.pdf>). Nobel Peace Prize winning Kailash Satyarthi and his Bachpan Bachao Andolan, a campaign for the rights of children, ([www.bba.org.in/](http://www.bba.org.in/)) provides a vision: "India has hundreds of problems and millions of solutions"! Such optimism is unique to India and what India wishes for the world.

During the 70th World Health Assembly Health Ministers from Brazil, Russia, India, China and South Africa attended a luncheon meeting and exchanged ideas on furthering cooperation in the health sector and how to push forward the establishment of a cooperation network- increasing the availability and affordability of pharmaceutical products, advancing global prevention of tuberculosis and strengthening the containment of antimicrobial resistance. The Ministers met again in Tianjin, China, on July 6 and 7 at the 7th BRICS Health Ministers Meeting and arrived at a new resolve about international cooperation on the development

of traditional medicine and arrived at a new resolve. "The BRICS will strengthen collaboration on global health platforms to collectively provide BRICS wisdom and BRICS solutions to meet new health challenges." All the five countries have their own traditional systems of medicine and further co-operation can enable new and much needed avenues for the future. The world has never seen this level of collaboration and co-operation and will arrive at a much-needed new perspective on health, wellbeing, and wellness. These welcome developments are evolving





was celebrated across the globe. Notes about the celebrations and The Common Yoga Protocol, in the six official languages of the United Nations, is now available at the Government of India's Ministry of External Affairs website (<http://mea.gov.in/idy-17.htm>). In the UK, The All Party Parliamentary Group on Traditional Indian Sciences championed two events. At the Nehru Centre in Mayfair, participants gathered on 24 June and an even larger number gathered on 10 July in the House of Commons. Indian High Commissioner, His Excellency Mr. Y.K. Sinha addressed the gathering. Swedish-born Carolina Naess, a professional dancer, student and teacher of Dance, Movement & Somatic Well Being, Yoga & Meditation and Art of Living's breath work practices for many years led a group of young children with behavioural spectrum of ADD-

ADHD. The packed Committee Room in Westminster Palace witnessed the Yoga-Movement-Breathing demonstration and heard from the children who achieved relief from symptoms of ADHD using Somatic movement principles. Carolina, who once taught kindergarten, continues to work bringing the arts and healing to children.

When discussing wellness a question often asked ... "Is good health and wellness sustainable?" Many will put their Money to exploit Misery, but who will put their money to keep nations and their citizens healthy and well? Perhaps the tensions in debates about health and wellness will remain, but the brighter future and the bigger and much needed new vision, including business, will emerge from simpler thoughts and perspectives that considers health in a holistic way and

the realization that People and the Planet are a continuum ... a concept recognized and cherished in India's Traditional Sciences.

"There are no patients on Spaceship Earth ... We are all doctors!" An empowering thought, but more correct with the addendum ... "There are no free rides to good health. One's health and wellbeing is one's own responsibility, and one has to engage and participate with one's own health by learning how to promote and maintain good health and prevent disease. It is fast becoming clear that in health and wellness, individuals can achieve what institutions cannot; health and wellness are after all the individuals. And in this approach to good health, building strong children will be an important way to reduce the numbers of broken adults who will need repairing.



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



# AYURVEDA TAKES OFF

*Ayurveda is synonymous with Kerala and it is gaining ground fast as alternative medical system to be on par with mainstream medical systems. Below is an excerpt on Ayurveda in the words of **Shashi Tharoor**, from his book, "The Elephant, The Tiger and The Cell Phone"*



“Ayurveda goes global,” blazed the headline in a leading Indian weekly. The cover story waxed eloquent about the West’s discovery of this five-thousand-year-old Indian discipline, dropping the names of celebrities who have turned to our traditional remedies to cure their postmodern ailments – Naomi Campbell, Demi Moore, Cherie Blair, and the ubiquitous Madonna were prominently mentioned. “Ayurveda continues to grow rapidly as one of the most important systems of mind-body medicine, natural healing and traditional medicine,” the article quoted a Dr. David Frawley as saying, “as the need for natural therapies, disease prevention, and a more spiritual approach to life becomes even more important in this ecological age.” That sounds like an appropriately New Age sentiment, but tellingly, the article calculates the success of this otherworldly science in material terms: Ayurveda, it seems, accounts for \$60 billion of a \$120 billion “global herbal market.”

And therein, if I may coin a phrase, lies the rub. There is no argument about the increasing popularity of Ayurveda: clinics professing to offer ayurvedic treatments are sprouting like herbs in places as far afield as London and Italian Dolomites, and “ayurvedic tourism” is already a significant money earner for our national exchequer.

Kerala has long attracted tourist to its abundant natural beauty, but these days even a glimpse of paradise is not enough to lure jaded international tourists. So Kerala has turned to the past to improve its present. It has resurrected the ancient life-science of Ayurveda, which uses herbs and oils concocted millennia ago to promote health and longevity. The state is now dotted with about as many ayurvedic clinics as mango trees. No Kerala hotel worth its name fails to offer, at a minimum, an ayurvedic massage, with more esoteric treatments – a half-hour drip of oils onto your forehead, medicated oil infusions into your nostril – available at most places. Even several five-star hotels, which not so long ago would have looked down at anything so desi, have cashed in on the rage.

But what exactly is it that they are selling? Tourist brochures show a winsome blonde in a bikini being massaged by a lady in a traditional red-bordered white Kerala sari, with jasmine in her hair and a brass lamp at her side. This is effectively packaged exotica: not Ayurveda as a remedy for disease, but rather as an upmarket beauty treatment – a relaxation cure for the jaded. A five-thousand-year-old science has become the diversion of choice of the era of the fifteen-second sound bite. “Pamper yourself with the wisdom of the ancients,” the slogan might as well say.

“This is not Ayurveda,” says Dr. Ramkumar of the venerable Arya Vaidya Pharmacy in Coimbatore, which offers the more traditional treatments. “This is a travesty of Ayurveda. People are taking what is meant to be a total system of medicine and reducing it to a few superficial treatments. Ayurveda is meant to diagnose and treat the entire person, not one part of his or her body. And the principle behind our treatments is vital. Our massages, for example, are not intended for transient pleasure. In fact, massage is the wrong word for them – they are really oil applications.





A doctor determines what are the right oils you need, and they are then applied systematically over a period of time. The benefit of the treatment comes from the oil, not from the rubbing. But instead it is the massage that is being promoted rather than the medicinal purpose of the oil.”

True enough. Professional ayurveds are also critical of the way in which the cosmetic industry has latched on to Ayurveda. The hottest range of beauty products in North America these days – soaps and moisturizers, anti-wrinkle creams and conditioning shampoos – claims to be based on ayurveda. But it calls itself “Aveda” a more digestible brand name, in order to appeal to a mainstream clientele. “Aveda,” snorts one ayurved dismissively, “that means against the Veda!”

Purists sneer at what they consider the rampant commercialization of a hallowed practise. “Ayurveda is a holistic science,” one expert explained to me. “The oils, the herbs, the foods are all part of the treatment. It’s not something you can dispense with a pill or an oil rub in an air-conditioned spa.”

The Arya Vaidya Pharmacy is doing tremendous work to popularize “real” Ayurveda across the country – both former prime minister Vajpayee and former president Narayanan were beneficiaries of their treatments – but it is more of a challenge to get the word out around the world. Most countries – not just in the West – do not recognize Ayurveda as a system of medicine, which makes it impossible to export medicines and oils except as a “herbal dietary supplements.” Ayurvedic practitioners are also not recognized as doctors (though many of them have graduated from a rigorous four-year course taught by the Central College of Ayurveda in India), and as such would not be licensed to treat illnesses. This leaves them little choice but to offer the cosmetic treatments, especially massages, which have less exacting licensing



requirements. An ancient science has been reduced to a modern fad.

“You wouldn’t go for a bypass and ask the doctor to short-circuit some of the procedures,” says Dr. Ramkumar. **“Why should you ask an ayurved to do so?”**

The answer is that no one has a bypass for pleasure, but some ayurvedic treatments are indeed pleasurable, whether or not they serve a larger medical purpose. One August day, I drove up to the Tamil Nadu hill resort of Kotagiri to spend a blissful twenty-four hours at the Arya Vaidya Pharmacy’s Ayurprastha retreat, the former palace of the Travancore Maharajah. I walked in the bracing mountain air, ate organic vegetarian Kerala meals, and treated myself to

two ayurvedic massages by an expert therapist. I knew perfectly well that twenty-four hours was not going to redress anything fundamentally wrong with my constitution, but twenty-four hours was all I had, and even if the effects could not possibly be lasting, I felt reinvigorated for the next few days. Is that such a bad thing for India to offer the rushed visitor?

Our ancient traditions evolved in ancient times; if we can adapt them to the present and in the process bring a few of those sixty billion dollars into our country, what’s the harm in doing so? We’re never going to become a major tourist destination because of our beaches or our shopping malls; no one is going to come to us for our spectacular historic sites because they are so badly maintained and so poorly supported by our infrastructure. The one commodity we have in abundance that the world wants is our ancient wisdom – the spiritual teachings of our sages, including the practise of Ayurveda. The pursuits like Dr. Ramkumar are right that what is being promoted is really “Ayurveda Lite,” but let us not allow the best to become the enemy of the good.



No one wants the basic principles of Ayurveda to be compromised. But perhaps by popularizing Ayurveda in this way we will generate the resources the ayurveds need to do their serious work better.

“The palace?” the excitement in my mother’s voice was palpable. “We’re going to stay at the palace?”

“I suppose so,” I replied. In booking my annual holiday in India, I opted this year for a change from the usual round of visits to friends and relatives. My mother, my sons and I would instead play tourist in our native Kerala – and check in to the tony resorts that have recently sprung up around the state. How, I wondered, had the backwater I knew as a kid become a tourist destination?

Each winter, my sisters and I round up our British and American-reared children and head for Kerala, rather self-consciously “renewing our roots” and instilling in the new generation our same sense of obligation.

But this time, as we visited our crumbling two-hundred-year old ancestral home in a seemingly timeless village, it was Kerala that had changed. Savvy tourism promoters have lately

come to appreciate the region’s exceptional beauty. And because Kerala is also the spiritual center of the ancient life-science of Ayurveda, with its aromatic oil massages and yoga, New Age travellers have come flocking.

I worked out our itinerary: five top-class resorts in fifteen days – a trip “home” doubling as a real vacation, with us trying out ayurvedic treatments at half a dozen different resorts, many run by the ecologically savvy CGH Earth Group, which offers its guests tours of the compost-processing biogas plants at its hotels.

Some resorts definitely traded authenticity for a more cosmopolitan allure: you could sip a Singapore sling poolside before going in for a massage, blissfully unaware that alcohol is prohibited in Ayurveda.

But the majority have clung to ayurveda’s origins as Kerala’s indigenous medical system, insisting on an on-site interview with a registered ayurvedic practitioner before arranging the appropriate treatments. And only one, the newly restored Kalari Kovilakom in Kollengode, went the whole way, offering its guests all Ayurveda, all the time.

My mother couldn’t believe it when I e-mailed her: “The palace!” “What’s the big deal?” I asked. “Tourists in Rajasthan have been staying in converted palaces for decades. It’s the one thing palaces are good for in our democratic age – serving as hotels.”

“You don’t understand,” Mother replied, “this is the Kovilakom in Kollengode.”

Then I caught on. Kollengode, a tiny town miles from anyplace, was where she was born. “When I was a little girl, I used to walk along the outer walls of the palace every day on my way to school,” she said. “It looked so immense, so forbidding. It was unimaginable that I could even step into it, let alone stay there. The biggest thrill of my life was when your father and I were invited to tea by the rajah nearly fifty years ago. But even then







we sat on an open porch. Visitors were not allowed inside. And now we're going to stay there?"

"Four nights," I said. "The authentic ayurvedic spa experience." As lunch arrived I looked covetously at the steaming dishes placed before my sons. "I'd like some of what they are having," I said. The waiter grinned a bit sheepishly. "Sorry, sir," he said, "the doctor has prescribed a different lunch for you."

"You mean my lunch requires a prescription?" I exclaimed. The waiter nodded, unabashed. Welcome, his smile seems to say, to the serious world of ayurvedic tourism.

No sooner had I checked in than I was interviewed by the resident doctor, Dr. Sreelatha. Her searching questions about my medical history sought to establish which of the three basic ayurvedic "humors" my body ran to – vaata (air), pitta (bile), or kapha (phlegm). Then she determined the types of treatment I'd undergo and the precise combination of oils that would be mixed for my massages. Dr. Sreelatha prescribed the last thing I'd drink at night and the hot water, lemon, and honey with which I'd be roused at 6 am. And as I found out at my first lunch, she decided what I was allowed to eat. "Ayurveda is not like Western medicine, which treats an individual symptom," she explained. "Your entire lifestyle has to be treated."

And so it was. I sat with my sons on yoga mats with coconut trees swaying in the gentle breeze around us as an Australian swami in saffron robes took us through our exercises. Mother woke up in an royal bedroom and had her breakfast on the very porch she'd visited when young. And just down the road, our ancestral village slumbered on, as farmers with yoked bullocks ploughed the fields as their

forebears had done for centuries.

I smiled at my mother when she returned from an hour-long ayurvedic massage meant to ease her arthritis. "Welcome home," I said.

Under the good doctor's care, and with wholesome organic vegetarian fare, I began to glow – and even to lose weight. But we were on holiday and five days after checking in, it was time for me to move on to the beach.

Dr. Sreelatha wouldn't accept my thanks. "You should have stayed at least a month," she said disapprovingly. "Five days of Ayurveda isn't enough."

"I'll be back," I promised.

That, of course, is the point of ayurvedic tourism. Don't just get people to come in and breeze out: get them to stay, and to return. In Dr. Sreelatha's words, treat their lifestyle. Even if it means denying them what they want for lunch.

### Dr. Shashi Tharoor



An author, politician, and former international civil servant, Dr. Shashi Tharoor straddles several worlds of experience. Currently a second-term Lok Sabha Member of Parliament (MP) representing the Thiruvananthapuram constituency and Chairman of the Parliamentary Standing Committee on External Affairs, he has previously served as Minister of State for Human Resource Development and Minister of State for External Affairs in the

Government of India. During his nearly three-decade long prior career at the United Nations, he served as a peacekeeper, refugee worker, and administrator at the highest levels, serving as Under-Secretary General during Kofi Annan's leadership of the organisation. Dr. Tharoor is also an award-winning author of sixteen books of both fiction as well as non-fiction.

Dr. Shashi Tharoor was a pioneer in using social media as an instrument of political interaction. Till 2013 he was India's most-followed politician on Twitter, until being overtaken that year by the current Prime Minister, Narendra Modi. He was the first Indian to reach 10,000 and 100,000 followers on the medium, and currently has 4.5 million followers.





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Indic Specialty Ayurveda  
RESTORATION HOSPITAL

# BANGALORE'S FIRST TRULY INTEGRATIVE AYURVEDA HOSPITAL



Authentic Ayurveda supported by 24x7 nursing care, diagnostics and modern medical expertise from multi-specialty Ramaiah Memorial Hospital and Ramaiah Medical College Hospital

- 50-bed hospital with semi-private, private, deluxe & suite rooms.
- Special facilities for wellness and for International Patients.
- Classical Panchakarma with expertise in Special Kerala treatments.
- Wellness & Yoga • Physiotherapy • shortly upgrading to a 100-bed hospital.

## CLINICAL SERVICES

Monday to Friday: 10:00 am – 2:00 pm: Saturday: 10:00 am – 4:00 pm

### PANCHAKARMA TREATMENT

Monday to Saturday: 07:00 am – 07:00 pm: Sunday: 07:00 am – 05:00 pm

### YOGA THERAPY

Monday to Saturday: 07:00 am – 11:00 am / 04:00 pm – 07:00 pm

## OUR SPECIAL INITIATIVES

### TRAINING PROGRAMS

Tailor-made short-term certificate programs for national and international, medical, allied health and life science professionals.

### RESEARCH

Dedicated research team with current research project on fundamentals of Ayurveda, investigating relationship between Gut microbiome and Koshta Prakriti, funded by Science & Engineering Board, Govt. of India. Projects in Integrative Medicine are under development.

### FRANCHISE

Options available with good return of investment for interested parties in India and abroad.

We specialize in evidence-based authentic Ayurveda consultation and services. Qualified Ayurveda experts with upto 30 years of experience are available for consultation in the following specialties:

### PANEL OF DOCTORS

#### Dr. G.G.Gangadharan

Director Ayurvedacharya, FAIP (USA), PhD,

Master of Management (McGill, Canada) General Medicine

#### Dr. T.K.Girijakumari

Asst. Director, MD (Kayachikitsa), MBA (Hosp. Admin) General Medicine

#### Dr. Sriranjini S. Jaideep

Clinical Registrar MD (Kayachikitsa), PhD General Medicine

Dr. Shashidhara G Consultant MD (Kayachikitsa) General Medicine

#### Dr. Swetha S. Suvarna

Clinical Registrar MS (Prasuti Tantra & Stree Roga) Obstetrics & Gynec

#### Dr. Rekha Ramankutty

Clinical Registrar BAMS (Ayurvedacharya), D.Pharm Ophthalmology

#### Dr. Yogidas K

Visiting Consultant MBBS, Traditional Marmachikitsa specialist Pain management

Dr. B.G Gokulan Visiting Consultant Ayurvedacharya, Eye specialist Ophthalmology

Clinical Team: Dr. Vinayaka Holechi, Dr. Kusuma T.V., Dr. Vidya A.M.R., Dr. Ramya B.H., Dr. Anisha E.P., Dr. Ambili V, Dr. Binu

### KAYACHIKITSA (General medicine):

Neurological, Musculoskeletal, Respiratory, Skin and Gastrointestinal diseases; Allergies, Obesity, Diabetes mellitus etc.

### PRASUTI TANTRA & STREE ROGA (Obstetrics and Gynecology):

Menstrual problems, Infertility etc.

### KAUMARABHRITYA (Pediatrics) Developmental disorders etc.

### NETRA CHIKITSA (Ophthalmology): Refractive errors, Retinitis

Pigmentosa, Diabetic Retinopathy, Glaucoma, Allergic eye disorders etc.

### SPECIAL CLINICS: Eye, Diabetes, Obesity and Pain management (including Marma)

**PHARMACY:** In-house fresh medicine preparation unit and a pharmacy with Ayurveda medicines from certified manufacturers.

Healing touch of Ayurveda  
in sync with modern times

+ PREVENTIVE

+ CURATIVE

+ PROMOTIVE





# KERALA HOME OF AYURVEDA

Of all the places on earth there is just one that is literally shaped by a thousand-year-old unbroken tradition of Ayurveda. Home to the world's largest number of qualified and certified Ayurveda physicians, here this ancient system of medicine is practised to perfection. Here, the humid air, fertile soil and tropical rain forests nurture over 500 species of rare medicinal herbs. Here, centuries old Ayurveda regimens come alive every day. Welcome to the home of Ayurveda. Welcome to Kerala.



[www.keralatourism.org](http://www.keralatourism.org)