

# Ayurveda

Vol.11 | Issue No. 3 | July - Sept. 2016 ₹50 US\$5 AED18

## & Health Tourism

Techie's Life:  
**Stress unbounded**

Blame it on  
**lifestyle**

Professional at **work**,  
unprofessional in **life**

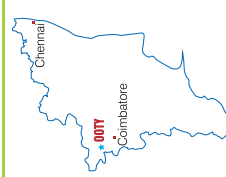
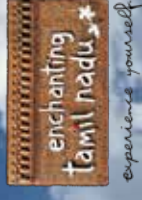
Horror of  
**blackheads**

**Spice Route**  
culinary festival  
hits high note



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SUNG IN THEYYAM



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WHERE THE SMELL OF TEA WAFTS



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WHERE AYURVEDA MASSAGES MORE THAN YOUR EGO

WHERE EVERY RESORT IS  
AN EXPERIENCE



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## IT's your life, take care

IT jobs are very lucrative and tempting considering the fat pay packages they offer. But, is that all to it? Apart from those monetary benefits there is a lot to lose in terms of health and a normal life for those managing an IT job. But, one can strike the right balance if correct advices are sought and practice a healthy lifestyle. Ayurveda has a lot of remedies to offer to IT professionals. Most of these are free of side-effects. Hence one can practice this without any fear, but an expert advice is always necessary. Ayurveda can help you enjoy all the perks of an IT job without losing your health.

This ancient Indian treatment system does this through specialised yoga practices meditation and diet. These are sure to help the techies manage their physique and psyche easily. In this issue, we have focused on some of the best practices for techies from Ayurveda experts. These simple and effective tips will sure turn their world stress and anxiety-free. Ayurveda helps you manage stress, anxiety, insomnia and many other lifestyle disorders so that you experience a better and more promising quality of life.

Life is indeed a struggle and with new lifestyles the struggles have only worsened. It is time we adapted old habits like Ayurveda into our new lifestyles for a better tomorrow. Ayurveda lifestyles have been etched by the sages with a long-term vision. These practices were successful in the days of yore and are good even today. It is true that money and financial security are important in life but it should not allow you to compromise on the quality of your life. Through this edition of our magazine, experts talk about how you can continue to make money in your jobs without sacrificing your health and happiness.

The different articles for techies cover various subjects like anxiety blues, myths of adolescence, eye-care, fertility issues, obesity, insomnia and many more.

Apart from different articles for techies, this issue also contains our regulars on beauty, herb, grandma's remedies, yoga, food court and opinion.

KTM – 2016 is back in Kochi. The 9th edition of the mart will be inaugurated on 27th September 2016 and will go on for three days from 28th September 2016 to 30th September, 2016.

We are also proud to announce that we will be the official magazine for the 7th World Ayurveda Congress & Arogya Expo from 1 to 4 December, 2016 at Science City, Kolkata. Enjoy Reading!

- Editor

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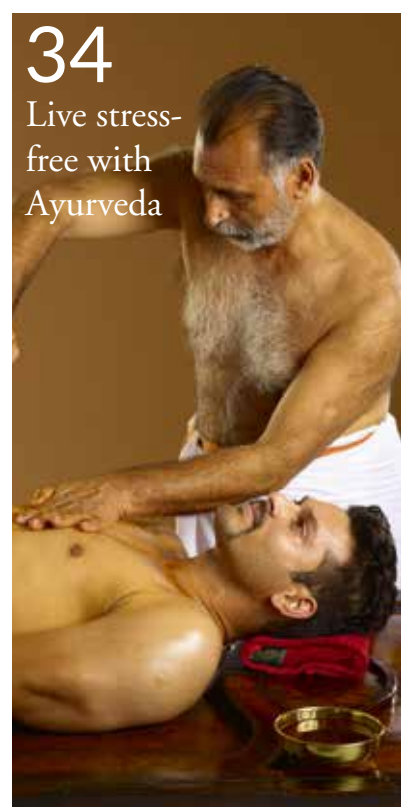
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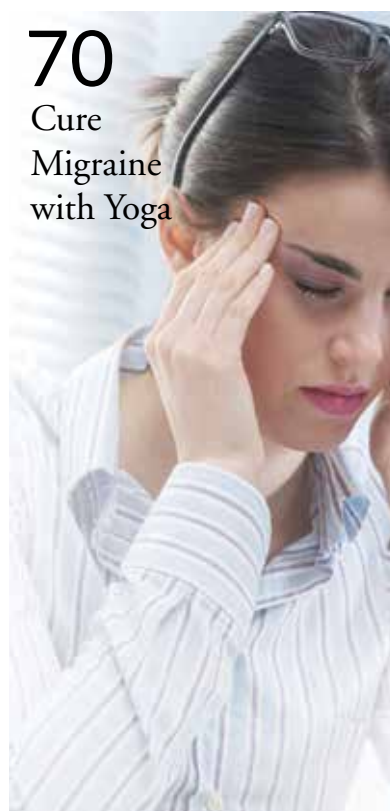
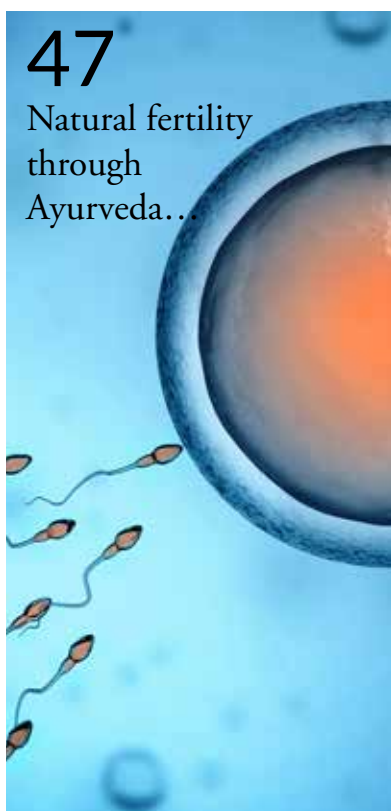
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# KTM – 2016: An event to be reckoned with

Kerala Travel Mart, launched in Kochi in 2000 aiming at further boosting the God's own Country's fame as one of the most sought after tourism destinations, is in its very successful 9th edition. Held in Kochi from September 27 to 29, KTM – 2016, one of the major tourism fairs in the world, it brings together the big names in the tourism sector to display their products and services. This is also a great opportunity for the business fraternity and the entrepreneurs behind Kerala's unparalleled tourism success to discuss and formulate new ways and strategies to lure more visitors to Kerala.

Once again, Kerala Travel Mart is back with a bang. The inaugural function of KTM – 2016 will be held at 6.30 p.m. on September 27 (Tuesday) at the Le Meridien Convention Centre, Kochi. It is one of India's largest tourism Buyer-Seller mart. The mart will go on for three days from 28th September to 30th September, KTM 2016, the 9th edition of the Kerala Travel Mart will be held at Samudrika Convention Centre, Willingdon Island, Kochi.

The Kerala Travel Mart Society in partnership with the Department of Tourism, Government of Kerala hosts this mega event which brings together the business entrepreneurs behind the tourism products and services of Kerala on a single platform. It is perhaps the largest gathering in the tourism Industry of Kerala that facilitates the meeting and interaction of the buyers, sellers and the media. Tour operators, hotels, resorts, homestays, houseboats, Ayurveda resorts, cultural art centres and many others are showcase their products at the mart.

Apart from tourism destinations, Ayurveda and leisure, KTM will also project Kerala as the ideal breakaway destination for weddings and honeymoons. These emerging segments are being viewed very seriously by tourism enthusiasts and KTM intends to increase Kerala's market share to an additional Rs 5,000 crores.

The Hosted Buyer programme is a unique component of the show and it provides the Buyers an opportunity to meet with the exhibitors of their choice for focused one-to-one sessions





## KTM 2016 - PROGRAMME SCHEDULE

The inaugural function will be held at 5.00 p.m. on 27th Sep.16 (Tue) at Le Meridien Convention Centre, Cochin  
Venue: Samudrika Convention Centre, W. Island, Cochin, INDIA

### 28<sup>th</sup> September 2016

9.30 am	Inauguration of the Venue
10 am – 5.30 pm	Business hours
3 pm - 4 pm	Seminar 1 - Responsible Tourism
7.30 pm	Networking Dinner at Crowne Plaza Kochi

### 29<sup>th</sup> September 2016

10 am - 5.30 pm	Business hours
11 am - 12 noon	Seminar 2 Buyer's perspective of the evolving Kerala destination
3 pm - 4 pm	Seminar 3 - Muziris Heritage Project
7.30 pm	Networking Dinner at Kochi Marriott Hotel

### 30<sup>th</sup> September 2016

10 am - 5.30 pm	Business hours Venue is also open to visitors
11 am - 12 noon	Seminar 4 The changing role of Marts/CSR Innovative projects - (Jatayupara)
4.30 pm	Valedictory function
6 pm	Mart closes

Entry is permitted to only the Buyers and Sellers (Exhibitors) who've been registered prior to the Mart. There will be no Spot registration.

with pre-fixed appointments. Selected Buyers will receive complimentary accommodation, local transfers, a Post Mart FAM Tour and participation at networking evenings.

The pre-registration of Buyers and sellers was commenced in January and February respectively. The response was overwhelming. 268 stalls of various sizes are already set up in an air conditioned area of 75000 sq.ft which includes food courts, press room and other necessary facilities.

Kerala is home to millions of rare species of plants, herbs and gifted with unique climate and heavenly tasting water. This is one of the billion reasons for this south Indian state to be a great tourist destination for the rest of the world. For centuries Kerala has been the most demanded destination in the worldwide as the birthplace of pepper at a time when the tasty spice was far more valuable than gold. Kerala's liberal and intelligent rulers welcomed trade settlers and set up seaports from the days of King Solomon. Incidentally, the entire American continent was discovered by the western world in its frenzied quest for a direct sea route to Kerala! That explains why Native Americans are mistakenly called Red Indians to this day. As descendants of settlers from the Middle East, China, Europe and Africa since centuries mingled with the local populace, it gave rise to a multi-cultural mix that reflects in the everyday life here, even to this day.

Among the different interesting facts of this state are that Christianity hit Kerala within years of Jesus's death on the

cross, Arabic settlers were here even before the advent of Islam, Hindus, Catholics, Protestants, Jews, Muslims, Jains, Buddhists and others have lived here since the last 2000 years and more, in great harmony.

One of the ways of projecting this uniqueness of Kerala to the rest of the world is through Kerala Travel Mart or KTM. Over the years, it has grown to an increasingly popular event and has been a stupendous success since its launch in 2000. Over the years, the mart has evoked an overwhelming response from both national and international participants. KTM 2014 was attended by more than 1100 buyers from across the world. It is the only mart in the country focusing on a single destination. What makes KTM unique is the fact that it is organised by the various tourism stakeholders in partnership with the Department. of Tourism, Government of Kerala.



## AYURVEDA PER LA SALUTE - ITALIAN EDITION OF AYURVEDA LAUNCHED IN MILAN



Ayurveda Per La Salute, the Italian edition of Ayurveda magazine was launched in Milan, Italy during the third International Congress on Ayurveda, 16th - 19th September. Ayurveda Per La Salute, is the seventh language edition on Ayurveda.

## CALIFORNIA COLLEGE OFFERS DOCTORATE PROGRAMS FOR AYURVEDIC MEDICINE



Many Americans have heard about Ayurveda, and some of them may even have decided to try different cures for their illnesses. However, until now, no U.S. citizen has been able to phone a certified, licensed Ayurvedic practitioner for a prescription that's officially approved and recognized by the state. Recently, however, Grass Valley College in California decided to take the first steps towards an integrative understanding of medicine.

The institution has officially introduced a three-year doctorate program in Ayurvedic Medicine. This first-of-its kind program is a full-time doctorate that will take six semesters to complete. By the end of this degree, graduates will be thoroughly acquainted with the principles of Ayurveda, the necessary skills and knowledge to diagnose patients, as well as be able to prepare traditional cures.

Accredited by the National Council of Ayurvedic Education, this doctorate is a step forward in an age when people think a pill is always the answer. Instead of promoting a mentality that everything holistic, herbal, alternative or integrative is wrong and even harmful, higher education institutions should be leading the way and providing a standard for everyone else. In this respect, Green Valley College is definitely a breath of fresh air. [Science.NaturalNews.com](http://Science.NaturalNews.com)

## KERALA AYURVEDA PROMOTION CLUB



Ayurveda is an ancient medical system of Kerala which should be promoted in its true and authentic form. For this a body is necessary to look into the affairs of this ancient medical system. Though a lot of discussions have taken place in this angle, it is only now that a body called the Kerala Ayurveda Promotion Club (KAPC) has been found. The first meeting of this club took place on 16th July 2016 at Hotel Merlin International, Thrissur. This meeting was attended by bigwigs of Ayurveda from Kerala. Several important points were raised during this meeting. The points that were discussed ranged from the poor standard of treatment from many Ayurvedic centres in spite of them having a Green Leaf Certification to

Kerala Ayurveda brand being misused inside and outside the state which is damaging the good will of ethnic Ayurveda. The club proposed that positive steps should be taken from the part of the state and central government to promote this ancient art. The members of the club mentioned that the country would be able to increase their foreign exchange if Ayurveda is promoted properly in the correct manner.

The meeting also appraised the need for uplifting Ayurveda treatment in its true sense. A mention was made about the need for re-branding Ayurveda to get more space in the international market and also the necessity to have a PR company outside India to promote Kerala Ayurveda. The need for Insurance Coverage for Ayurveda as a requirement in the coming days was also raised.

Also, a need for improving the quality of training in training centres for Ayurveda therapy has become necessary. Some members suggested that importance should be given for GMP certification for Ayurveda products. Several members said that there was a need for documenting the history of Ayurveda and its significance in Kerala.

The meeting ended after constituting a committee for framing by-laws and other registration formalities.

## SPICE ROUTE CULINARY FESTIVAL A CELEBRATION OF DAZZLING CULINARY PROWESS



The international cooking competition – the centerpiece event of the Spice Route Culinary Festival proved to be exceptional with the laying out of a bevy of delectable dishes. This was a fresh beginning to the ambitious Spices Route project – an initiative of Kerala Tourism in association with UNESCO and the Union Tourism Ministry.

This international competition was kick started by S. Sharma, honourable MLA, Vypeen, by lighting the traditional lamp at Bolgatty Palace and Island resort in the morning.

The MLA invited those who represented the 15 participant countries to explore and discover not just the cuisines but also the cultures of the Spice Route.

The inauguration was attended by Ambassador of the Netherlands to India H.E. Alphonsus Stoelinga, Shigeru Aoyagi, Director and UNESCO Representative to Bhutan, India, Maldives, Nepal and Sri Lanka, Ms Moe Chiba, Culture Head at UNESCO India and U.V. Jose, Kerala Tourism Director.

Noting that chefs are transmitters of culture, Aoyagi said, “The Spice Route initiative celebrates not only our common legacy, but also our differences.”

The crowds milling at the competition venue were treated to dazzling displays of culinary prowess and a selection of the choicest cuisines from along the historic Spice Route.

Leading chefs from Egypt, Iran, Lebanon, Germany, Spain, Portugal, Thailand, Oman, Turkey, Qatar, Netherlands, France, Malaysia, Italy and Japan poured their formidable kitchen talents into cooking three dishes – an entrée, main course and dessert – within the three-and-half hour allotted period.

On Sunday (25th September) crowds enthusiastically devoured the kahwa and cookies that were served at tourism stalls manned by representatives from the countries participating in the Spice Route Culinary Festival on the Bolgatty Palace premises.

Every stall served products unique to the represented country. Qatar treated the visitors to kahwa, a traditional tea, and savouries made of dates. Turkey served an array of ethnic Turkish halwa.

Cookies were a big draw at the Netherlands stall.

The stall also had miniatures of the wooden clogs used in the European country. “We have marshy land and usual shoes cannot be used. Hence, we use wooden shoes there,” said Stoelinga.

The stalls also handed out recipe books of traditional dishes from each country.

Even amongst the standout chefs cooking up a storm at the international cooking competition on Sunday, Gianluca Mennella had no trouble separating himself from the rest of the pack.



*Hon'able MLA - Vypeen Shri S. Sharma lights the traditional lamp at the inauguration ceremony for the international cooking competition. In attendance were Netherlands Ambassador H.E. Alphonsus Stoelinga, UNESCO Director Mr Shigeru Aoyagi, Kerala Tourism Director Shri U.V. Jose.*

The 26-year-old Italian chef – the youngest and brashest participant in a pool of veteran culinary masters – was the fastest to finish, tabling his dishes for the judges at 1 hour 17 minutes. Contestants were allotted three and a half hours to cook three dishes: an entrée, the main course and a dessert.

After serving up a Crudit  of King Prawns and Kiwi for an appetiser, Mennella, a tattooed, blond self-described “food artisan”, followed up with a three-culture risotto main course that married Italian food with Indian spices. For dessert, a tiramisu garnished with saffron, cinnamon, curry leafs and vanilla.

Besides showcasing the choicest cuisines from 15 nations on the ancient maritime tradeway the Spice Route Culinary Festival served as an introduction to best practices and prowess in the kitchen for the next generation of Indian chefs.

Around 34 young chefs-in-training from the Food Craft Institute (FCI), Kalamassery and the Institute of Hotel Management and Catering Technology (IHMCT) at Kovalam were volunteering as guides and assistants to the international chefs.

From helping the chefs source fresh ingredients from the local markets on Saturday through to plating the final dishes for the international cooking competition on Sunday, the students had been learning at their assigned chef team's side.

Rohan Tonpe, an IHMCT student volunteering with the Malaysia team, echoed the sentiment. “The experience of working together in a kitchen from internationally renowned chefs has motivated me. I want to represent India on the big stage one day like these chefs are representing their countries,” he said.

Voicing appreciation for the volunteers' efforts, Iranian chef Samira Janatdoust said, “They were very helpful in the kitchen. I'm sure they picked up a few tricks from working with professionals that will help them in their careers.”





# Super Food Recommended For **TECHIES**

Pasta, pizza, burger, French fries and chocolates may be varieties of food that satiate your taste buds. These may be easily available in and around your office premises. But, do take note that these are not healthy and can ruin your health, intellect and youthfulness in the long run. We have selected some food items that are delectable, nutritious and which will help you de-stress and keep you going for a very long time. Check out some of the super food we have recommended for you.



**Cucumber:**

This is great food to have during the hot sunny summer. It can recharge with energy and thus replenish your thirst and hunger at the same time. So, instead of grabbing some fast food like French fries or a burger get yourself half a kilo cucumber. These are easily available around offices in India. And just in case you think that these are a rare commodity around your office premises, bring them from home. These can be had alone or with salt and red chilli or pepper powder to spice it up.



**Oats:**

Oats are good replacement for the elaborate and heavy breakfast that we usually have. It is quick to make and is an excellent source of soluble fibre. This super food is said to reduce one's cholesterol levels, which would reduce the risk of contracting any kind of heart disease. They also help regulate the digestive system and blood sugar levels, which are adversely affected by stress.



**Almonds & Raisins:**

These are healthy and highly rich in vitamins. Almonds are known to be great for skin and together with raisins can make you remain youthful for a long time. This combination can amply nourish your body because of its rich nutrition. It is advised that this should be kept on your table in a closed glass bottle.



**Amla:**

This is said to be one of the extensively used herbs in Ayurveda for beating stress. It has multiple benefits and is a power house of vitamin C. Thus this herb fights stress by keeping the walls of the capillaries flexible. Experts recommend that a person has at least two amlas a day for nourishment. This can be had also in dried form.



## FOOD THAT TECHIES SHOULD AVOID

Mithai, cakes and pastries, whether home-made or otherwise, is harmful if you consume them regularly. Never use them as a snack to munch at the office.

Even sandwiches with heavy potato fillings are bad for health. They must be consumed in very less quantities and that too occasionally.

Pizza, burgers and baked/fried samosa as a snack can be very dangerous. These are very high fat foods and can be more dangerous when consumed as a substitute to food.

*The sedentary lifestyle pattern of techies goes a long way in causing many disease that will drain him in a few years leaving him unproductive. Here are some tips to help them be healthy as well as efficient at work:-*

- Do not eat in bulk. Eat in small portions.
- Remain hydrated all the time.
- Avoid heavy lunch.
- Try to skip candies offered by colleagues and go in for a fruit like cherries or grapes.
- Park your vehicle further away from office so that you can have a short walk to work in the morning and evening.
- Also, take the stairs instead of the elevator.
- Use a speakerphone, a shoulder cradle, or use a headset at work when you're on the phone to avoid tension neck syndrome that can cause neck and shoulder pain, muscle tightness and tenderness.
- Increase the font size of the text on the computer screen to prevent strain of the eyes.
- Keep your computer screen at an arm's length away from you to prevent headaches and focussing problems.
- Keep away from work atleast twice a year and plan a compulsory vacation to de-stress



**Air popped popcorn:**

Use air popped popcorn instead of the ones available in multiplexes as they are often buttered and come with lots of salt. The air popped popcorns that are cooked on the stove are healthier and tastier. These can be packed along with your lunch and had at office especially when you are on a night shift.



**Apples:**

Due to the high content of phosphorus and iron, this fruit helps to reduce stress. Apples help in building healthy skin and hair tissues since these are the first organs to show signs of stress. Thus, consuming one apple a day also helps reduce stress due to its high-fibre content. However, apples must not be consumed on an empty stomach as this may trigger indigestion.



**Water not coke:**

Constantly sipping water instead of coke can definitely improve your health. Thus, it is mandatory to always keep a bottle of water at your desk. Take a sip of this water every half an hour to keep your body perfectly hydrated. This is good especially during the summer months. Apart from the nutritious food you eat, water is what the body needs. Also, while eating, it is always advisable to drink water instead of coke to avoid serious health consequences as the latter can never replace the replenishment that the water provides.



**Bananas:**

Bananas are rich in potassium and carbohydrates and these have a soothing effect on the body and mind. Carbs are the main ingredients in this fruit that relax the body and produce the neurotransmitter, serotonin, which gives out a sense of calm. The high potassium content in this fruit helps in fighting breathlessness, fatigue, insomnia and low-blood sugar which are often the most common diseases that techies face due to high stress. Potassium also helps in building healthy heart muscles. Experts recommend that consuming two bananas a day can beat stress.

~ *Ayurveda Desk*



# PROFESSIONAL AT UNPROFESSIONAL

CAVING IN TO HEALTH MISERY;  
TRY AYURVEDA AS WELL TO SALVAGE  
SITUATION

By: O.J. GEORGE





# WORK, IN LIFE

We have to count our days allotted to us on Planet Earth for a fruitful life, for if the life span is 50 years, we would have lived only 18,250 days with our kith and kin, dears and nears. How silly it would be like, to snuff out days of meaningful work, enjoyment, endearment and satisfaction? Don't we want to have at least 25,000 days, close to 70 years, breathing, frolicking and doing something really rewarding? Not so for all, it seems.

Project deadlines, need for cocksure results, attending to calls from the bosses at the other end of the continent and solutions to be offered to an unending line of clients all over the world usually make the IT professionals fall flat on the dark side of hell. Occupational disorder would turn out to be nerve-racking, indeed.

Slouching on a chair, glued to the computer for hours on end, finding net solution, regularity of habits is alien to the techies who are perennially immersed in a workaholic ambience disregarding personal, family, and social life, for they have no time for even small mercies.

Undesirable food habits, stress and pressure hang-ups, finding short-term and instant relief sometimes through hard liquor consumption, smoking and what more could shorten the life-span of an average techie who does not take care of his health, both physical and mental.

If not, the IT geek would be like the protagonist of Faust who had sold his soul to the devil, Mephistopheles, in exchange for unlimited knowledge and worldly pleasures. Goethe and



Christopher Marlowe had dwelt upon the futility of such an exercise, for there would be no respite for the character unless proper care is taken in the nick of time, preventing one's fall into the deep abyss of a hell of a life.

Ayurvedic way of life, diet, medication, Yoga practice and elimination of undesirable habits can offer the body and mind proper nourishment, relief from stress and balanced state of affairs that would ensure fitness, longevity, keeping ailments on a leash. You would find a host of explanatory articles on these aspects from specialists in this issue.

It would be hard to find many techies who manifest a happy-go-lucky attitude while banging on a software glitch or a brainteaser. Their body and brain, nerves and blood vessels are over-worked and stressed-out. Consequently, within no time their system would go awry, resulting in grave problems of the heart, skeletal system, nervous system, bowels and the like.

Neck pain, back pain, dwindling of eye-sight, deep vein thrombosis in the form of blood clots causing stroke, Carpal Tunnel Syndrome manifested by compression of major nerve on the wrist, onset of heart diseases, attack of cancer, obesity leading to diabetes, indigestion, all beckon the techies prematurely.

Since I have come to understand some of the problems faced by these professionals, I should say that what appears in the media is only the tip of the iceberg.

In India, rules have not been framed to ease the hotbed of sufferings of the IT sector, resulting in no regular work schedule hours fixed for these professionals. Anyone can be called for work any time, and so there is no respite for them, in the normal course.

The eating habits come down to gobbling up something, drinking a lot of soft drinks all on a sudden and bouncing back to work, not bothered about the mean effects of the diet. For them work could not be for worship since this is not being undertaken for enjoyment, but for earning a livelihood. Their job is not comparable to what is available in the government sector. Hire and fire norm is the order of the day, and so they slave during day and night. Leave is not a right or privilege. Having taken a day's leave with the permission of the immediate boss, one techie was asked by overseas supervisor whether his father had popped off!!!

A techie girl has been in tears off and on remembering the fate of her father who had prematurely breathed his last. The father was working abroad, drawing good salary in the IT sector. In his forties, he had expressed his desire to quit the job and settle down in India with wife and daughter who had prodded him to cling on with the job. Before long, he had died of a heart attack.

One person has been recounting the riddles of commutation from office to home in Bangalore. If he drives his car to destination, it would take two hours, but if he rides a motorcycle along pedestrian lane, it would be a half an hour journey. At night while returning home like this, a call would come from abroad, which he takes, riding the bike, disregarding the lurking danger of a traffic accident.

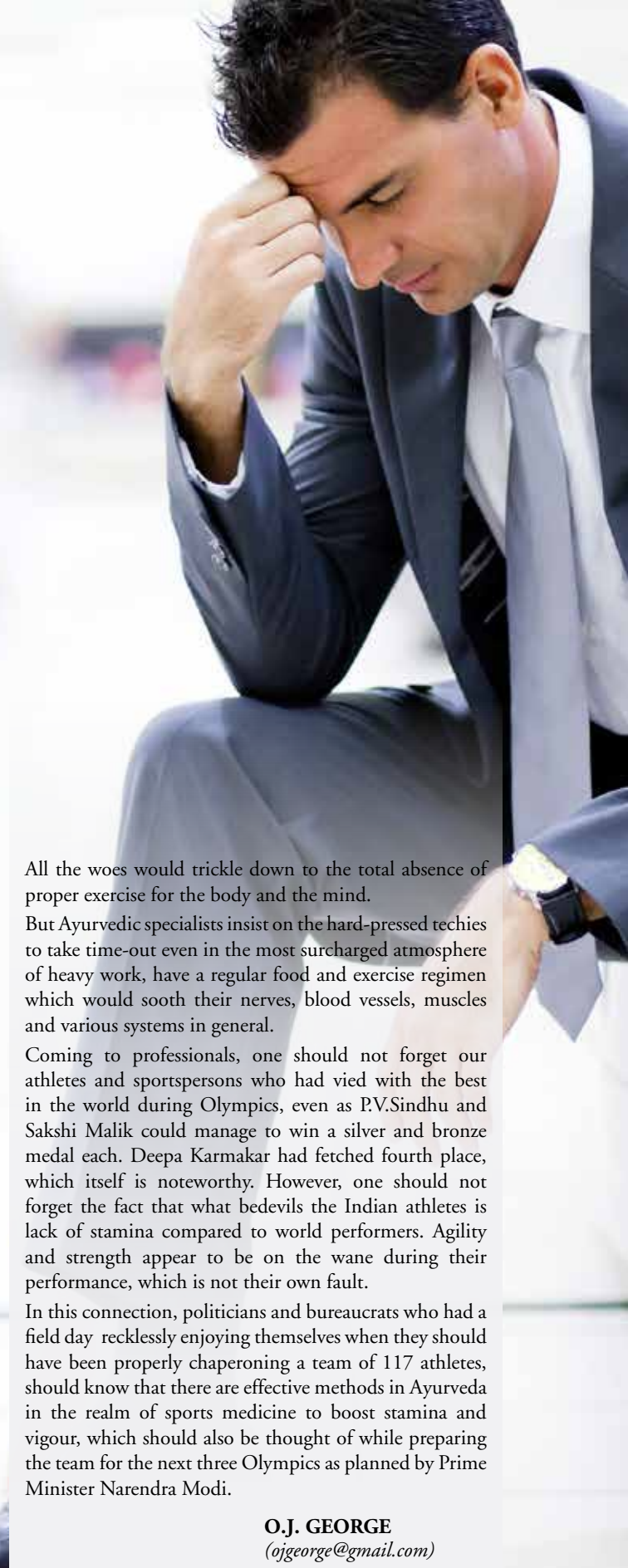
All the woes would trickle down to the total absence of proper exercise for the body and the mind.

But Ayurvedic specialists insist on the hard-pressed techies to take time-out even in the most surcharged atmosphere of heavy work, have a regular food and exercise regimen which would sooth their nerves, blood vessels, muscles and various systems in general.

Coming to professionals, one should not forget our athletes and sportspersons who had vied with the best in the world during Olympics, even as P.V.Sindhu and Sakshi Malik could manage to win a silver and bronze medal each. Deepa Karmakar had fetched fourth place, which itself is noteworthy. However, one should not forget the fact that what bedevils the Indian athletes is lack of stamina compared to world performers. Agility and strength appear to be on the wane during their performance, which is not their own fault.

In this connection, politicians and bureaucrats who had a field day recklessly enjoying themselves when they should have been properly chaperoning a team of 117 athletes, should know that there are effective methods in Ayurveda in the realm of sports medicine to boost stamina and vigour, which should also be thought of while preparing the team for the next three Olympics as planned by Prime Minister Narendra Modi.

**O.J. GEORGE**  
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# Techie's life: Stress unbounded

Long working hours, unchangeable deadlines, sleepless nights and junk food make a techie's life unhealthy and stressful. Though huge pay packages at the end of the month may bring a smile to the tired and pale faces of the IT professionals, if they lose their health, their material gains have no value. The age-old tradition of Ayurveda has time-tested solutions to make their life stress-free. Here's what Ayurveda experts **Vaidya Prof. Mita Kotecha and Lakshmi Anup** tell techies on how to get rid of their work-related health problems...

**R**ecent days, there is an alarming rise in the number of health problems among young adults, especially techies. Common work-lifestyle diseases of techies include lumbar spondylosis, calcaneal bursitis, general debility and weakness, tennis elbow, neck pain, vision problems, sleep disorders, ulcers, allergy and obesity. A study conducted by SolHealthCare, a wellness firm in Technopark, Thiruvananthapuram has found that a large number of techies has complaints of lower back pain, neck pain, carpal tunnel syndrome, sleep disorders and even some have stress-related behavioural problems. Ending our career is not a solution. It is high time we changed our lifestyle. Almost 90% techies have work-related health issues. Sedentary lifestyle, work stress and prolonged sitting are causing a lot of work-related diseases among techies. Changing ergonomics at the work station, taking breaks for exercises, dumping junk foods etc are some of the steps that have to be immediately taken before lifestyle diseases take a toll on you. Below are some simple Ayurvedic advices for techies to enjoy better health. It's time to think and act accordingly.

## PAIN MANAGEMENT

At least 4 out of every 10 persons who complain of back pain are either students or young IT professionals. What was once considered to be a problem for those in the age group of 40 and above is now attacking youngsters too. Earlier, the disc of a person used to be healthy even at the age of 60 because of a healthy lifestyle. The scene has changed drastically in the past one decade, due to stressed lifestyle. Nowadays, mostly young people come with work-related injuries caused due to stressful life, hectic work schedules and constantly working on computers, adopting improper postures at workstation, travelling on the bumpy roads. All these factors put pressure on the disc and spinal cord. Consequently, the spine undergoes premature ageing and this leads to severe back and neck pain.

Ayurveda gives comprehensive description of food substances and herbs that can increase physical strength. Bramhana (Stoutening promoting), Jivaniya (Vitalizing), Balya (Strength promoting), Sramahara (Fatigue relieving), Rasayana (Rejuvenating) herbs are mentioned by Acharya Charaka. Ayurveda formulations for different types of pain are explained in ancient Ayurveda texts like Ashtanga Hridaya, Susutha Samhita, etc. which are clinically effective and very beneficial, as a supplement to strengthen and heal the system internally.

## USE OF EXTERNAL THERAPIES

External therapies like Parisheka, Lepana, Upanaha, various types of Basti, etc. are effective in improving body strength as well as in pain management. They help reduce pain and inflammation while rejuvenating the body thus brings ultimate healing.

### PATRA PINDASWEDANA

(Leaf bolus steam) - It is a process by which the whole body (or any specific part) is made to perspire. This is done by external application of medicinal boluses, which are tied in a cloth bag. This treatment is useful in localised pain, swellings, muscular cramps and muscular stiffness, etc.





**NADI SWEDANA** (Localised steam) – Nadi swedana is usually done for localised conditions like sprain, cervical stenosis, muscle cramps or to relieve localised pain. Here fomentation is done with the vapours generated out of a medicated decoction being applied to the affected area with the help of a rubber tube following a gentle massage.

**KATI BASTI** - Dough of Urad (black gram) is put around the lower back in such a way that a dam like appearance is seen. This well is then filled with warm oil and kept for specified period of time. This is beneficial in low back pain, slip disc, compressed disc, injury to low back region etc.

**GREEVA BASTI** - This is also carried out in the same way like kati basti but for cervical stenosis, pain and injuries.

**JANU BASTI**- This is carried out in the same way like kati basti but for the knees. It helps in relieving knee pain, runner's knee, ACL tear and other knee injuries.

**PIZHICHIL OR KAYASEKA** (Oil bath) - In Pizhichil / Kayaseka, warm medicated oil / herbal liquids are poured on to the body of the person in a rhythmic manner. This treatment is very useful for nerve weakness, body ache etc. It provides optimum relaxation and strengthens the nerves.

**SHASTIKASHALI SWEDANA** (Rice bolus steam) - Shastikashali is rice cooked in milk and an herbal decoction that is tied in a cloth bolus and dipped in warm herbal liquids and applied on the affected part or the whole body after a massage. This is nourishing, helps in gaining strength and is useful in muscular pain and muscle wasting.

**AVAG AHANA** (Exotic tub bath) - It is a kind of immersion bath where the patient is made to sweat while sitting in a tub filled with a specific warm medical decoction for the whole body or different parts of the body like the hips or feet. This therapy is useful in treating many vata disorders, body aches, pains, stiffness in the joints etc. and is also very relaxing and invigorating.

**ANUSHAstra KARMA** (Para surgical procedures) in Ayurveda - Para surgical procedures like Rakta mokshana (Bloodletting) using Jalauka (Leech) or Siravyadhana (Venesection) and Agni karma (Medical cauterisation) are effective in pain mainly musculo-skeletal and inflammatory joint conditions. Rakta mokshana (Blood letting) is beneficial in pain, oedema, bursitis, synovial effusion, tendinitis, muscle sprain, golfer's elbow, sciatica, ankle sprain, etc. Agni karma is effective in plantar

fasciitis, frozen shoulder, tennis elbow, calcaneus spur, runner's knee, carpal tunnel syndrome and trigger thumb. In Ayurvedic texts it is stated that diseases cured with Agni karma will never relapse.

**LEPANA** (Medicinal paste application) - Application of warm medicinal paste of fresh herbs like Shigru, Nirgundi, Eranda, Dhatura, Rasna, etc or herbal compound formulations like Nagaradilepa, Jatamayadilepa, Dashangalepa mixed in suitable liquid medium is effective in subsiding pain and inflammation. It is beneficial in synovitis, bursitis, soft tissue inflammation, ligament and tendon pain or injury.

**UPANAHA SWEDANA** (Poultice) - In this procedure warm herbal paste is applied to the affected part / joint followed by bandaging while the paste is wet. The application of warm herbal paste and bandage produces heat thereby causing relaxation of the muscles and tendon and improves the blood supply. It is effective in pain, stiffness and inflammatory conditions. This is generally beneficial when the knee, ankle, elbow or wrist is affected.

## HERBS FOR PAIN MANAGEMENT

Many Ayurveda herbal supplements like Shallaki, Yogaraja guggulu, Simhana da guggulu, Dashmool, etc and herbal oils like Mahana rayana oil etc are effective in pain management.

### AYURVEDIC SUGGESTIONS FOR PAIN MANAGEMENT

- Drink dry ginger tea once or twice daily.
- Gently apply warm oil on the affected area and do hot fomentation.
- You should always look at your posture when you are sitting, standing, or laying down, Adjusting your position slightly can be advantageous. It is good to always be on a firm surface when you are sitting or laying down.
- A firm mattress will provide you with good back support.
- Use thin pillows while sleeping.
- When sitting down, it is ideal to have an ergonomic chair to sit on so that your back is supported, straight and flat.
- Use flat shoes, avoid high heels.
- Do simple stretching exercise when you wake up and also when you sit for long hours.
- Avoid refrigerated food and drinks.
- Avoid exposure to cold breeze.

## EXERCISE

### *Knee exercise*

Exercise 1 - Sit up straight in a chair. Extend one leg horizontally while flexing your foot toward you (be careful not to lift your thigh off the chair). Hold this position for 10 seconds, then release. Repeat the same in other leg also.

Exercise 2 - Lie on your back on the floor / bed and place a cushion / thick towel roll under one of your knees, so that the knee bends slightly. Now try to squash the cushion / thick towel roll and hold for 10 seconds. Repeat the same in the other knee also.



### Back exercise

Do the following back exercises daily for 15 minutes (altogether).

Lie on your back

- Slowly raise one of your leg straight, with the opposite side hand, breathing in and out in a synchronized way (approx 80 -90 degrees) and slowly come back to the normal while breathing out. Do the same for the other side.
- Slowly raise (approx 15 – 20 degree) both legs straight and raise your head-end from the shoulders and be in an asana - 'boat position' and come back to normal, this should be done only if you do not have any back pain during the exercise.
- Fully flex one of your legs at the knee joint and turn the knee, with the arm on the opposite side, to the opposite side without lifting your hips, keep the arm of the same side of the flexed knee in the stretched position and turn your neck to the side of the flexed leg and come back to the normal. Do the same with the opposite leg.
- Pawana muktasana – Fully flex one of your legs at knee joint and try to bring it to your chest flexing the leg at the hip joint , bend your head and try to touch your fore head on the flexed knee. Come back to normal position and do the same with the other leg, this should be done only if you do not have any back pain during the exercise.

Lie on the stomach

- Slowly raise (as much as you can), one of your leg straight, with the opposite side hand, breathing in and in synchronised way and slowly come back to the normal while breathing out. Do the same for the other side.
- Slowly raise (as much as you can), both legs and raise your head end from the shoulders and be in a boat position and come back to normal, this should be done only if you do not have any back pain during the exercise.
- Bujangasana or cobra posture – Fixing the palm on the floor at the level just below your shoulders raise your chin up without putting weight on your hands and look above like a serpent.
- Avoid sitting on ground. Sit on a chair with supported back and your hip region touching the back of the chair.



### Neck exercise

- Do the following neck exercise daily. (Repeat each step 5 times daily)
- Put your right hand against the right side of your head above your ear. As you press against the side of your head with your hand, also press your head back against your hand. Press firmly, but your head should not move to either side. Hold for about 6 seconds, rest for up to 10 seconds, then repeat.
- Do the same steps as in the exercise above, but press your left hand against the left side of your head.
- Interlock your fingers and place your hands at the back of your head. Press your hands against your head at the same time you press your head straight back against your hands. Press firmly, but not very hard. Do not tip your head back. Hold for about 6 seconds, rest for up to 10 seconds, then repeat.
- Put the heels of both hands against your forehead just above your eyebrows. Press your hands against your forehead at the same time you press your head against your hands. Press firmly, but not very hard. Do not tip your head forward. Hold for about 6 seconds, rest for up to 10 seconds, then repeat.





## GOOD QUALITY OF SLEEP

Research studies have shown that sleeplessness or increased stress can cause stress build-up in our brain, which can lower our immunity, increases our susceptibility to diseases, increase the levels of blood cholesterol and other lipids, exacerbates pain and increases the risk of death from cardiovascular diseases. Ayurveda advises us to follow Achara Rasayana (Code of good conduct) for a healthy and happy life. Overcoming stress is a way to healthy mental and physical health.

1. Exercise is not only good for physical health, but is also good for recreation and relaxation of mind. It changes the levels of hormones in the blood and may elevate the mood affecting brain chemicals. So find time to do simple exercise daily.
2. Taking short breaks in your hectic day and finding time to relax is very important. Yoga pose Shavasana (corpse pose) is a simple way to relax. Lie down on your back with legs a bit apart and hands making a 15-degree angle with the body. Let each and every muscle of the body be relaxed. Close your eyes and focus your mind on your breathing. This posture can be done for five minutes once or twice a day.
3. Go to bed early - A deep and long sleep is necessary. A proper sleep relaxes both body and the mind. It improves mood and recovers the ability of mind to deal with daily stress. Even if you are not sleepy avoid watching television or using mobile or computer atleast 2 hours before bedtime. Also try to go to bed atleast before 11 pm. And make sure you do not go to bed immediately after dinner.
4. Listening to soft music regulates blood pressure, heart rate, & reduces anxiety levels. It is also good to reduce stress & anger.
5. Spending time with family and friends works as a great trauma barrier.
6. Take a break from routine work and spend some time close to nature. Avoid all situations, which are source of stress in the home and office.
7. Replace unnecessary time-consuming chores with pleasurable or interesting activities. Make time for

recreation. This is as essential as paying bills or shopping for groceries. Keep on learning something new all the times.

8. Quit and smoking.

9. Reduce excess coffee & tea. However you can take herbal teas.

10. Drink a cup of warm milk at bed time added with ¼ tsp nutmeg and 1 – 2 pieces of cardamom.



## HERB AL MEDICINES

Common Ayurvedic formulations to reduce stress and promote good sleep include Saraswatvati, Manasamitravatakam, Brahmi ghee, Ashwagandhavati, etc.

Relaxation and rejuvenation therapies

Marma Abhyanga (Therapeutic body massage)–Marma Abhyanga is the Ayurveda way of massaging the body with medicated oil in a therapeutic manner. It is beneficial for generalised body pain, weakness and for maintaining health. It is revitalising and relaxing. Marmamassage provides Prana energy to the body and mind, which gives ultimate healing.

Shirodhara (Third eye treatment) - Following a head massage, there will be slow but rhythmic and continuous dribbling of warm oil on forehead. This treatment is beneficial in mental exhaustion, stress, central nervous system disorders, head injuries and headache.



## MIGRAINE

In most of the individuals stress and time pressure, frustration, depression, monthly periods, birth control pills, menopause, strong smell, too much or too little or uninterrupted sleep, hunger, fasting or untimely meals, excess intake of processed or yeast containing food, continuous exposure to bright light, etc can trigger migraine.

## AYURVEDIC SUGGESTIONS

- Spread your workload evenly during the day to avoid highs and lows of stress at work or at home.
- Do not sleep excessively, especially during Sunday mornings and holidays.
- Do not get too tired.
- Eat at regular times, and do not skip meals.
- Do not eat or drink anything, you think brings on a headache.
- Limit the amount of tea, coffee and painkillers you use.
- Watch your posture. Try to keep your neck straight.
- Keep your muscles relaxed when you are not physically active. Try not to frown or tighten your jaw.
- Restrict your physical activities in hot weather.
- Avoid bright or flickering lights, loud noises or strong smells if they trigger headaches for you.
- Remember the classic advice; “atisarvratrarjayeth” or moderation in all things.
- Instill one drop of medicated ghee into each nostril twice daily, once in the morning and once at night before going to bed

## AYURVEDIC SUPPLEMENTS

Pathyadikwath, Praval, Godanti, Lagusutasekar, etc are some of the herbs that help in migraine, although the underlying causative factor should be treated. For instance, if migraine occurs as a PMS symptom, then PMS should be treated as well.

## INFERTILITY AND SEXUAL PROBLEMS

Instances of infertility among young software professionals in the city seems to be on the rise given the job related stress, lifestyle changes and irregular work hours. Problems related to infertility and impotency can be easily cured if the reasons are identified early. Infertility can be because of many factors and a thorough medical counselling is required to address the problem. This is because, even when both the partners are healthy, they may fail to conceive because of psychosexual disorders. Ayurveda treatments are effective in infertility and sexual problems. However change in diet and lifestyle is a must. Ayurveda herbs like Kaunch, Ashwagandha, Gokshur, Shatavari, etc and formulations like Phalasarpi, Vajikarana yoga, etc are beneficial.

Don't wear tight fitting clothes, avoid keeping cell phones in pant pockets, avoid keeping laptops in lap while working. Exercise regularly, avoid fatty food, quit alcohol and smoking, eat healthy diet. Undergo Panchakarma after consulting an Ayurveda physician.

## PANCHAKARMA

A standard Panchakarma involves five steps — Vamana (therapeutic vomiting), Virechana (purgation), Vasthi (enema), Nasya (nasal medication) and Raktamoksha (blood letting). Not all these steps are mandatory and can be administered only as per the capacity and need of

the patient. It is also contra indicated in many situations.

Panchakarma is a customised therapeutic programme suited to address your unique needs. To do a full Panchakarma is a major health decision that requires the diagnosis and care of a qualified Ayurvedic doctor. Panchakarma can be done for a period of 8, 15, 21 days or even more. During Panchakarma it is important to disengage from the stresses and routines of daily life.

Panchakarma treatments are recommended for the healthy as well as sick people. In healthy people it helps to maintain health, prevent diseases and rejuvenate the body. In diseased persons, it helps to treat the disease, optimise health and prevent its recurrence. Panchakarma procedures help in complete detoxification which cleanses the body systems at the cellular level thereby restoring health, rejuvenating the body and improving one's quality of life. There are three steps in carrying out Panchakarma in the classical way. They are as follows.

1. Purva karma – Preparing the patient for getting full effects of Panchakarma by therapies like Abhyanga (Aroma and MarmaAbhyanga), udwartana, Swedana (pindaswedana, shalishastikaswedana, etc), other procedures like tarpana, shirodhara etc. and oral medications.

2. Panchakarma– Vamana, Virechana, Vasthi, Nasya, Raktamokshana are the five Panchakarma procedures. Out of these, the suitable procedures will be administered according to your health needs and body type.

3. Paschat karma– Suitable herbs and diet are administered. Diet that best support basic constitution and enhance the effect of Panchakarma will be provided. These help in prevention and recurrence of disorders.



### The five main Panchakarma procedures are -

- **Vamana:** Therapeutic emesis is induced by milk and medicines after internal and external oleation. This helps in relieving acidity and ulcers and removing phlegm from the body. It is useful in kapha disorders and skin disorders.
- **Virechana:** Therapeutic purgation is done with administration of medicines after internal and external



*oleation. This helps in removing toxins from the body, good for pitta disorders, skin disorders, constipation, IBS, acid reflux, obesity and arthritis.*

- *Two types of Vasthi (Anuvasana and Asthapana Vasthi): Ayurvedic Basti involves the introduction into the rectum of herbal concoctions of sesame oil, and certain herbal preparations in a liquid medium. Basti, is the most effective treatment of Vata disorders, although many enemas over a prescribed period of time are usually required. It relieves constipation, distention, chronic fever, cold, sexual disorders, kidney stones, heart pain, backache, sciatica and other pains in the joints.*

- *Nasya: Instilling medicines through the nostrils are called Nasya. The nose is the doorway to the brain and the medicines which are administered through the nose enters the head and cures diseases above shoulders especially chronic cold, recurrent upper respiratory tract infection, disorders of brain, eyes and ears.*

Panchakarma is the single most powerful healing process utilized in Ayurvedic medicine. Panchakarma has significant preventative and therapeutic value. Despite achievements of modern medicine and pharmacology, this coherent method of purification and detoxification of every cell of the body remains relevant to the present day. Many people hear about miraculous results of

Panchakarma, but not everyone knows how the treatments work and what stages it includes. When properly applied, Panchakarma can allow for you to make a giant leap

forward in your health and well-being. It is utilized for the purpose of eliminating Ama (biological toxins) and excess Doshas (vital energies) from the body and mind in order to prevent and treat diseases. Thus regular Panchakarma will help techies to enjoy optimal health.

Young techies are more prone to various health problems. By following a healthy diet and lifestyle – Eating healthy, doing regular exercise, having a good night's sleep, reducing stress, doing everything at pace will help achieve a balanced state of physical and mental health.



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മാംഗല്യത്തിനു മാറ്റുകൂട്ടുന്ന  
അഷ്ടദശശതാബ്ദമായി  
സിൽക്ക് വില്ലാജിയോ



ദിർഘമാംഗല്യത്തിന് അഷ്ടദശശതാബ്ദങ്ങളോടു  
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ഭാരതത്തിലാദ്യമായി സിൽക്ക് വില്ലാജിയോ  
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കൂടിയ മാംഗല്യപ്പട്ട്... സുലക്ഷണപ്പട്ട്.

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# What makes a techie SNEEZE

Sneezing is usually considered as a process of getting pollutants out of your body. It happens to people for different reasons. Here, **Dr.Sharmad Khan**, Senior Medical Officer at Govt. Ayurveda Dispensary, Thiruvananthapuram talks to Ninu Susan Abraham about how sneezing and Sinusitis affect the IT professionals and about the remedies. This will guide you on how this problem can be solved through Ayurveda.

Stress is always a techie's companion for life. There is no escape from it. Stress, along with a combination of other issues, makes techies susceptible to diseases. It is found that due to the constant use of air conditioning, IT professionals tend to experience chronic Sinusitis. Acute infection may occur along with chronic Sinusitis leading to symptoms like heaviness in the head, mild fever and pain in the face or around the nose region.

Techies also tend to experience increased dryness of the eyes and mouth due to over-exposure to computer screen or constant communication with clients over phone. Since the eyes, nose, ear and throat have the same lining membrane (mucosa) this may aggravate the symptoms of Sinusitis.

Another problem that is identified is that inflammation of the Sinus may lead to cervical spondylitis, i.e. inflammation of the cervical region. This may lead to degenerative disorders of the neck leading to carpal tunnel syndrome, tennis elbow etc.

If we examine the change in lifestyle today, especially that of the food pattern we can understand that this is very drastic in our society and that our conventional eating habits are obsolete now. Together with this, an increasing rate of urbanisation also plays an important role in making our surroundings more polluted.

## SNEEZING

When the effect of unhealthy living outweighs the power of immune mechanism, some manifestations start precipitating

and sneezing is one among them. Today, there seems to be a sharp increase in the number of patients visiting general practitioners and allergy clinics with the complaint of sneezing.

## ALLERGIC RHINITIS (Stuffy Nose)

It is an IgE (immunoglobulinE) mediated immunologic response of nasal mucosa to allergens. It is characterised by sneezing, watery nasal discharge, nasal obstruction and itching in the nose. Associated complaints are itching in the eyes, palate and pharynx. Some may experience bronchospasm.

## AETIOLOGY (Cause of disease)

Inhalant allergens like pollen grains from the trees and grass, mould spores, house dust, debris from insects or house mite etc. are the triggering factors for this allergy. Cosmetics like perfumes, powders etc. soaps, heat, cold and emotions can also act as allergens.





Allergy from food is also very common. People who like to eat cold foods, cold drinks, ice creams, milk and milk products and tin foods are prone to the disease. Also, food items like egg, bread, biscuits, cake, cashewnut, drumstick, fish like mackerel, tuna, prawn and crabs may increase sneezing in some people. Inhalation of some substances may irritate the nasal mucosa and this causes sneezing. Smell of chemicals, frying of food substances like chilli etc. are some examples. Excessive exposure to Sun, sudden change of temperature, altitude, humidity are also the causes for sneezing.

## SIGNS AND SYMPTOMS

**Nasal (nose) signs** –Pale and oedematous mucosal lining membrane, swollen turbinates, thin watery or mucosal discharge.

**Ocular(eyes) signs** – Oedema of lids, congestion, allergic shiners.

**Otologic(ear) sign** - Refracted tympanic membrane.

**Pharyngeal (pharynx) sign** – pharyngitis

**Laryngeal (larynx) signs** – Hoarseness of voice, Oedema at the vocal cord.

Other symptoms include, frequent running nose, persistently stuffy nose, loss of sense of smell. Post-nasal drip, chronic cough and hearing impairment are also seen in perennial type but are not so severe.

## Complications

Recurrent Sinusitis

Nasal Polyp

Serous otitis media

Orthodontic problems

Bronchial asthma

Vasomotor rhinitis

This occurs when the blood vessels inside your nose dilate, or expand. It is a clinically stimulating allergic rhinitis. The condition usually persists throughout the year and all the tests of nasal allergy are negative. Emotions play a great role in vasomotor rhinitis.

At present, there is a general trend that most of the patients of sneezing primarily select allopathic treatment and their line of management is three fold.

1. Avoidance of precipitating causes
2. Medical treatment
3. Immunotherapy



The first method gives tremendous results in avoiding the recurrence. Even though medical treatment gives some relief, the unwanted side-effects nullifies it. The patient is compelled to increase the dose of medicine gradually as the chronicity advance. Furthermore, the adverse effects of the strong medication affects the quality of life so seriously that, finally the patient opts to live with the disease than to go for the medicines. The immunotherapy, even though useful in some cases, is not a dependable method for all the patients. Apart from all these, some surgical measures are also depended upon, but with the minimum output.

All these factors together make it necessary to explore newer horizons for safe and effective management that is in Ayurveda. Ayurveda has very effective management for sneezing and correcting structural issues like turbinate hypertrophy, nasal polyp, deviation of nasal septum and chronic Sinusitis for all age group of patients.

Enhancement of immunity is also easy by using very safe

Ayurvedic management. Nasya is of immense therapeutic value for the management of sneezing by any cause. The use of the drugs or medicated oil by the route of nostrils is known as nasya. It is one of the main treatments in 'Panchakarma' therapy. Nasya has a great role to play in the preventive as well as curative aspects as far as head is concerned.



Dr. Sharmad Khan

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## SNEEZING - HOME CARE

Avoiding exposure to the allergen is the best way to control sneezing caused by allergies. An allergen is something that causes an allergic reaction.

Tips to reduce your exposure:

- Change furnace filters.
- Remove pets from the home to get rid of animal dander.
- Travel to areas with low pollen counts.
- Use air filters to reduce pollen in the air.
- Wash linens in hot water (at least 130 degrees Fahrenheit) to kill dust mites
- Do damp dusting rather than dry dusting.
- Dust always after Sweeping.

In some cases, you may need to move out of a home with a mold spore problem.

Sneezing that is not due to an allergy will disappear when the illness that is causing it is cured or treated.



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Somatheeram Ayurveda Resort's research Team has designed and developed special treatments and packages for its clients who want youthfulness, good health, fine complexion, stoutness, intelligence, power of retention, strength and long life span.

Ayurveda literally means science of life. Emerged as a branch of "Atharvaveda" about 5000 years ago, Ayurveda deals with prevention on cure.

The cells of a body undergo many changes as age advances. To be healthy, it is essential that we keep our body, mind and soul in perfect harmony. It is necessary to rejuvenate the body systems to achieve this state of 'health'. The philosophy of Ayurveda is to establish good health rather than just curing diseases.

Ayurveda is also known as Ashtangaveda for its eight branches of specialities. One of them is Rasayana chikitsa. This is an active step towards slowing the ageing process and to improve the vigour of body. This suggests a method to repair the wear and tear of body from the ageing process.

Strengthened by long years of research and developments, Somatheeram Ayurveda Group offers a highly effective Ayurveda Anti-Ageing and traditional Panchakarma packages.

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# Live STRESS-FREE with AYURVEDA

Changes in lifestyle bring in stress and tension according to the nature of work, one does, however lucrative it is. It requires retuning of mind and body to cope with the challenges posed by the changes. The IT sector is such that where one falls sick with mental stress fast. Renowned Ayurveda expert Ashtavaidyan **Dr.V.N.Vasudevan Nambudiri** suggests some remedies to live stress-free for IT professionals

**L**ast two decades did bring out considerable changes in the life-style of an average Indian. IT profession had emerged as the biggest happening in job and industry sector then. This led to radical changes in work culture, income generation, spending habits etc. Along with these, also was evident the burden that this profession put on a human being's life. His body, psyche etc. had to be tuned up to meet the demands of the job. This gradually has led to several health issues like early aging, stress-induced disease conditions, occupational diseases etc. Among these

conditions a common association has been identified by medical community and these were termed as life-style diseases. World Health Organisation (WHO) has already sent out alarms to the mankind, to focus on measures to prevent and tackle non-communicable diseases.

## Challenges for an IT professional

Continuous hours of sitting, withholding of natural urges (defaecation, urination etc.), untimely food, physical inactivity, mental stress are common to all kinds of IT professionals. These gradually exposes

them to the risk of developing low back ache (LBA), stiff neck, urinary calculi, haemorrhoids, obesity, eating disorders, infertility, essential hypertension etc.

In females, endocrine disorders like thyroidism, depression, arthralgia etc. may also add up to the burden. All the above conditions are better prevented than treated and this realisation holds the key in IT Professionals.

## Tackling the challenges

Ayurveda endorses a life style to all and its ultimate utility is to ensure that each and every living being lives up to its full life span. In this,





a personalised, adaptable life style is to be incorporated as per demands. Our body and mind has to be tuned up according to the biological clock rather than those on the walls. Sufficient thought has to be put in the design of a daily routine for each; careful allocation of judicious time for relaxation, exercise, eating, sleeping etc. has to be done.

Relaxation can be achieved by measures of meditation, *nadeesudhi pranayama* etc. A morning walk in to a fresh, natural atmosphere contributes to both physique and psyche. Also, one should realise that all the fun in life is lost when you give up your hobbies or

activities of interest. Interacting with like-minded people, family members and people on the other extreme of the society also have been recommended to keep your focus on good living.

A routine morning walk of 45 minutes daily does more wonders than proteins and vitamins. Other forms of exercise suitable to one's physique can also be made a habit. It will compensate the long hours of inactivity to those in this sedentary job.

Eating habits also need to be refined with focus on mindful eating. Eating while at work, movies etc. are discouraged. Plenty of fluids ensure good diuresis. Time-table has a good role in ensuring the right balance being energy intake and output.

Sleep is an important aspect of healthy life and sleeping conditions with a right frame of mind ensures that you keep away stress from your life. Day-sleep is discouraged unless you are engaged in night shift jobs.

To sum up, Ayurveda says "*Ardha-roga hareenidra, Sarva-roga hareekshudha*" – meaning that half the disease is cured if one has good sleep and total cure is sure if one has good appetite.

### Ayurveda treatment

Ayurveda offers lot of options in treatment modalities to cop up with

those already affected with life-style disorders. Also, focus is given to addition of value to the daily routine in one's life like application of oil before bath over head and body.

Treatments like *Pizhichil (oil-bath)*, *njavara-kizhi (medicated bolus sudation)*, *shiro-dhara (oil bath for head)*, *takra-dhara (medicated buttermilk bath for head)* etc. are some among the common treatments advised in these conditions. Yearly health tune up can also be planned by devoting 15-20 days in a year for these kind of treatments. Care should be taken while selecting the treatment facility and ensure that all treatments are done under an accomplished Ayurveda physician.

Positive health is a concept; unless you dream about it throughout the life, it eludes you every time.

(Ashtavaidyan  
**Dr. V.N. Vasudevan Nambudiri**  
is partner, Vaidyamadham  
Vaidyasala and Nursing Home,  
Mezathur, Palakkad)





## DE-STRESS with AYURVEDA

Ayurveda is a great stress buster. It helps de-stress naturally with the use of oils, herbs or with just using tender coconut water. The results obtained this way can be amazing. The following may make you understand more about the relation between stress and Ayurveda, says Dr. LP Anil Kumar

**U**nlike other sciences Ayurveda defines the concept of well-being as:- “Balanced existence of constituents or elements of the body”. When we consider the balanced existence, it happens when the sense organs are pleasant and the soul and other body functions are at peace.

Ayurveda thus suggests different health maintaining techniques that focuses basically on the ideal functioning of the body, mind and soul.

In this context, practising the daily routine proposed by Ayurveda is very significant to attain the desired balanced condition of body, mind and soul.

By following the simple module suggested by Ayurveda one can attain the valued health which will help the body to resist various diseases and improve longevity of a person as well.

To attain this, one needs to inculcate certain Ayurveda habits to achieve a healthy body and mind. According to Ayurveda, daily routine means exercise and application of oil to the different parts of the body to get the desired results.

Oil massage in Ayurveda is called Abhyangam and this is an ideal technique for overall health and particularly for stress removal.

Stress can thus be defined as a feeling within that which can be evaluated by any instrument or method. This feeling can be controlled or regulated through Ayurveda practices like oil massage or Shirodhara – a flow of liquid that is either an oil or Kashaya (Decoction of herbs) or even tender coconut water.

Thus, Shirodhara is the flow of liquid particularly to the forehead area. This is found to be very effective in reducing stress and improving the peace, energy and thus enhancing a positive feeling in a person. Generally, Shirodhara with oils is done to cure many kinds of headache that are related to tension and stress. Sleep disturbances are very much resolved through Shirodhara. Oils like Ksheerabala, Dhanwantharam, etc are commonly used formulations for treating through the Shirodhara method.

Recent observations have shown positive effects of this procedure. Shirodhara is done on forehead since this is known as the area of intuition. According to the Yoga concept, this is the seat of our inner vision and is true to the theory of physics which states that energy can neither be created nor be destroyed-but can be transformed from one form to another.

According to an interpretation, when there are confusions there occurs clogging of thoughts, hence the energy at that time and seat of vision called as Ajna Chakra becomes blocked due to stress and thus the energy here is in the form of potential energy. When dhara is done, which is flow of liquid, it converts the potential energy to kinetic energy and thus any form of block in the body is removed and thus the condition of stress is also removed.



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# BEAT ANXIETY BLUES

*Anxiety is a condition that originates in the mind. Ayurveda offers time-tested wisdom to help bring balance to the body and ease anxiety. It teaches the tools to lead a natural, healthful life by first identifying and removing the cause of anxiety. Dr Satheesh K MD (Ay) suggestions on this subject will come very handy for techies.*

## WHAT IS ANXIETY?

Anxiety is a strong feeling or emotion of worry, nervousness, or concern to do something or for something to happen. Everyone gets anxious from time to time. Many people feel nervous when faced with a problem at work, before taking a test, or making an important decision or facing other people etc.

David Barlow, renowned American Psychologist at the Center for Anxiety & Related Disorders, defines anxiety as "a future-oriented mood state in which one is not ready or prepared to attempt to cope with upcoming negative events". In brief, we can say that anxiety "is a fear of no adequate reason".

## WHAT ARE ANXIETY DISORDERS?

When the feeling of anxiety crosses its barrier in one's life, it becomes a disorder. Usually we can't make a demarcation line between normal emotion and anxiety disorders, but when it affects one's personal, social relationships and occupational functioning; it becomes a serious mental disorder.



Anxiety is always accompanied by muscular tension, restlessness, irritability, fatigue, palpitations, improper sleep, headache and problems in concentration. Anxiety disorders include, Generalized Anxiety disorders, Panic Attacks, Anxiety with Depression, Phobias, and Obsessive compulsive disorders. Anxiety disorders are usually associated with depression.

Severe anxiety may even lead to suicide attempts in some patients especially in adverse life events such as loss of job, divorce, love failure or financial disaster.

## CONCEPT OF ANXIETY DISORDERS IN AYURVEDA

Ayurveda conceptualizes mental disorders mainly in the purview of rajas and tamas. Tridoshas are also having important role in the pathogenesis of anxiety disorders. The symptoms such as restlessness, palpitations, headache, phobias, improper sleep and problems in concentration can be attributed to Vata dosha. While irritability, insomnia and headache come under Pitta dosha and the symptoms such as depression and fatigue under Kapha dosha. The major symptoms of anxiety such as fear, fatigue, depression and difficulties in concentration are mainly Tamasika in nature, while irritability, restlessness, insomnia are mainly Rajasika.

Moreover, there is a strong role of Satvabala in the pathology of anxiety disorders. According to Ayurveda, Hnasatveea (weak minded) persons are more prone to develop anxiety disorders. Chittodwega (anxious state of the mind) which is included by Acharya Charaka while describing different types of Manasarogas, is the perfect term to denote anxiety disorders in Ayurveda.

## MANAGEMENT OF ANXIETY DISORDERS

Ayurveda believes in holistic approach in the management of all mental disorders. Yuktivyapasaraya chikitsa (drug based treatment) and Satvavajaya chikitsa (Counseling & Psychotherapy) are the prime measures of anxiety management.

Shodhana (elimination therapy), Shamana (Pacifying therapy), Medhya rasayana (Intellect, mental health promoting therapy) and Satvavajaya are the treatment principles that can be effectively adopted in anxiety management.

## ROLE OF SHODHANA IN ANXIETY

Ayurveda considers there is an obstruction in the Manovaha srotas (channels of mind) in the pathology of all mental disorders including anxiety disorders. So in order to clear that obstruction, Shodhana therapy is very much essential. So the first line in the management of anxiety is, Virechana (purgation therapy), either after proper Snehapana (oleation therapy) or even without Snehapana. Avipathya choorna is the ideal drug of choice for this condition.

## SHAMANA THERAPY

After proper Shodhana, then Shamana drugs can be employed. Some of the Yogas found effective in managing anxiety in current practice are;

1. Drakshadikwatham
2. Kalyanakaghrita
3. Mahakayanakaghrita
4. Mahapaisachikaghrita
5. Chandanadi taila, Himasagara taila or Ksheerabala taila for Head Application

These medicines are selected on the basis of symptoms exhibited by the patient.

## ROLE OF SIRODHARA

Sirodhara has got tremendous effect in pacifying anxiety symptoms. It has got both medicinal as well as procedural effect. Sirodhara can be done with taila, or takra or ksheera and the drugs selected for doing dhara is based upon the symptoms shown by the patient. There are so many research works being published regarding the effectiveness of Sirodhara in anxiety disorders.

## MEDHYA RASAYANA

Medhya Rasayanas are mainly indicated as a shamana therapy as well as to prevent further recurrence of the disease condition. Some of the useful Medhya Rasayana that is found effective in managing anxiety disorders are;

1. Combination of Aswagandha, Bala and Sweta Sankhpushpi choornam
2. Combination of Aswagandha, Kushta and Sweta Sankhpushpi choornam

## ROLE OF SATVAVAJAYA CHIKITSA

Heenasatva (weak minded) persons are more prone to develop anxiety disorders. So to manage as well as to prevent its further recurrence, mental strength (satvabala) of the patient is to be enhanced by doing different types of counseling and psychotherapy.

Yoga practice, especially pranayama (breathing exercises) and meditation helps to relax and release stress and strain. It enhances the satvabala in a person and thereby helps to achieve overall mental health.

## ROLE OF DIET

Diet plays an important role to ease panic disorders, phobia and other forms of anxiety disorders. There are lots of foods or food products that exaggerate the condition. So foods like fried, over cooked and spiced ones should be avoided. Ayurveda says "Ahara sudhousat vasudhihi"; i.e., clarity of mind comes from good quality food.

## CONCLUSION

Anxiety disorder is considered as a serious mental disorder. Persons suffering from anxiety have worry and fear which can disable their daily day-to-day activities. But with proper Ayurvedic treatment, they can manage these feelings and get back to a normal life.



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# For a Better

*Are you in danger of developing computer vision problems? Is your lifestyle which is associated with watching television constantly and monitoring work on computer without taking breaks resulting in eye disorders like running eyes, drying of eyes, itching and other eye related problems? Here a few Ayurvedic remedies to your eye problems as expounded by renowned Ayurveda Physician, Dr. Lakshmi Anup of Chakrapani Ayurveda Clinic and Research Center, Jaipur, India*



Vision is the priceless gift from God, a blessing to enjoy the beauty of the world. Eyes are the most delicate organ in the human body and they need special care. With the advancement in electronic technology, we have luxuries of better software and the use of computer, television, mobile and other electronic gadgets is growing exponentially. We spend more time looking at the computer, television, etc. But the human vision system is not designed for such long hour usage. Although these modern appliances and gadgets for work and entertainment enable us to be more efficient and productive, it comes at a price of heavy toll on the general health and well-being of the eyes. Eye disorders are emerging as a pandemic. Today, a large section of children are myopic, the major culprit for this being television. Also while using computers, many people even forget to blink their eyes. Prolonged use of computer or television for long hours can be very dangerous to the eyes. Also inadequate sleep, poor eating habits, long and frequent journeys, inappropriate head position while lying, continuous reading of small prints, etc can cause eye disorders. Practically most of the computer or television or lifestyle related eye problems are preventable and correctable.

Ayurvedic ophthalmology or 'Netra Chikitsa' is a well-documented branch of Ayurveda, the ancient holistic medical

science. Seventy six eye disorders are explained in Ayurvedic texts. Ancient text 'Susrutha Samhitha' provides the most profound knowledge on this branch of treatment.

Ayurveda treatments are very effective in eye disorders. Different treatment procedures like Tarpana (Nourishing eye bath), Seka (Eye wash), Aschyotana (Eye drops), Pindi (Poultice), Bidalaka (Anointment), Anjana (Collyrium), Shirobasti (Retention of oil in the head), Nasya (Nasal medication), Shirodhara (Third eye treatment), especially Tarpana are very effective in eye disorders. All these procedures help to maintain eye health and improve vision.

## SIMPLE REMEDIES FOR COMMON EYE PROBLEMS

**For blepharitis and sty:** Wet a clean cloth with warm water. Hold the cloth over your eyes for five minutes. Then re-wet the cloth with warm water and gently rub the wash cloth over your eyelids to loosen any debris.

**For itching with inflammation:** Dip cotton in rose water and place it on the closed eyes for 5 minutes. Repeat twice daily. Alternatively, you can use rose water as eye drops for instant relief. Rosewater is one of the most effective home remedies for itchy eyes.

**For eye irritation:** Cucumber helps in reducing irritation, inflammation, puffiness, swelling and irritation happening in

# Vision

your eyes. Wash cucumber properly and then cut it into thin slices and then put them over your eyes. Repeat the process once or twice daily.

For itchy eyes: Soak fenugreek seeds overnight in water and grind them into a smooth paste. Apply this paste over the eyes and leave it for fifteen to twenty minutes and then wash it off with cold water. Repeat it twice daily.

For conjunctivitis: Application of warm water compresses over the eyes three to four times daily is beneficial. As many



bacteria cannot survive the heat, warm water compress is the best option. But make sure that the compress isn't too hot.

For fatigue eyes: Wash your eyes with plain water once every 2 – 3 hours. This soothes the eyes, cleanses the eyes and relieves congestion. Also avoid prolonged use of computer or television.

For dry eyes: Apply one drop of lukewarm cow's ghee in the eyes at night. This will help.

For burning sensation in eyes: Dab a cotton ball in cold milk and rub it around the eyes. You can also place a cotton ball soaked in milk on the eyes as a compress for an instant cooling effect.

For puffy eyes: Place a slice of cucumber or potato over the eyes for 15 minutes. This can be done once in a week.

For dark under eye circles: Apply Aloe Vera gel around the eyes. Aloe Vera gel is moisturizing, cooling and healing. It is also an antioxidant and hence delays aging signs too.

Easy to follow tips at home, work and while going outside to maintain eye health.



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- Use glasses with anti-reflective coating while using computers and while driving.
- Wear sunglasses to protect your eyes in bright sunlight.
- Do not pour hot water over head during bath. Pouring hot water over the head and face reduces the strength of the eyes and decreases vision.
- Avoid reading, watching television, using computer or working in dim or bright light. Make sure that you have a proper light source.
- Adopt an ergonomic posture at work.
- Adopt proper sitting postures while watching television. Watching television in improper postures can also cause decrease in vision and lead to eye disorders.
- Watch TV from at least ten feet away, not too near and not too far.
- Avoid reading small prints continuously for long hours.
- Splash your eyes and face with plain water before going to bed and after waking up in the morning. Also you can splash water on your eyes twice or thrice in between work.
- If you're hot and sweaty, wait 10-15 minutes until your body adjusts before splashing water on your face and eyes.
- If your job is computer based, then take a short break of 2 minutes every one hour and look away from the computer. Rub your palms and place them on your eyes.
- Once in a week, place a slice of cucumber or cotton pads dipped in rose water over closed eyes and relax for 10 minutes. This is helpful for tired eyes.
- Include more protein of vegetarian origin in diet. Green leafy vegetables should be a part of your daily diet. Include 1 – 2 tsp of pure cow's ghee in your diet. Drink 10 – 12 glasses of water.
- Go to sleep at least before 11 pm. One of the main causes of eye problems is inadequate sleep.
- Apply one drop of pure cow's ghee in the eyes before going to bed. This helps to lubricate dry eyes and improves vision too.
- Chlorine and other pool sanitizers-as well as bacteria found naturally in any type of water, including oceans, lakes and rivers - can wreak havoc on swimmers' eyes. If you are prone to red eyes, use swim goggles before taking a dip to avoid irritated, bloodshot eyes after swimming.

*Following Ayurvedic suggestions will help to improve vision, reduce eye strain, and heal eye conditions. Though age related degenerative eye disorders cannot be prevented, by adopting suitable Ayurvedic Rasayana (Rejuvenation and strength promotion techniques), they can be delayed.*

# ADOLESCENCE

## myths, facts and solutions

*In today's scenario, with both parents going for work, children are either left in daycare centers or with babysitters. Often, children are left to manage themselves considering the tight schedules of their parents. They are thus forced to eat foods straight out of ready-to-eat packets which are mostly unhealthy. Children thus turn obese and face other lifestyle problems. Here are some solutions to various problems that adolescents of working parents face.*

*By Dr. Shyny Thankachen*

**A**dolescence is a beautiful transitional stage of human life between childhood and adulthood. It is the transitional journey where many parents struggle to understand. This is the toughest and crucial period in the development of a species. Physical changes occur during this stage that includes development of sex organs and appearance of secondary sexual characteristics such as development of deeper voice and large Adam's apple in boys and development of breast and more curved and prominent hip in girls. The period is marked by increase in height and weight and muscle mass. At this time the children establish the way he/she thinks about himself/herself, one establishes his or her romantic and social relationship. They thus try to find out where they fit in the world.

---





At this stage, children seek more independence and responsibility at home and at school. They wish to spend less time with family and more time with friends, peers and are seen to constantly argue with parents.

Also, as a child enters into teenage his/her food habits also varies. This scenario leads to a drastic change affecting them in two ways (1) malnutrition- we can consider malnutrition in different ways, over nourishment and under nourishment (2) over nutrition- it is also a form of malnutrition in which some of the nutrients are over supplied relative to the amounts required for normal growth, development and metabolism

#### Malnutrition

Here, some children due to their nature of being overly beauty conscious tend to imitate or mimic their favourite models and film stars. Because of their innate desire to look like them, they start to diet and skip meals. Other reasons for malnutrition among these children are because most of these kids don't have enough time to eat as they are constantly shuttling from one tuition class to another. Due to this they tend to skip breakfast and other important meals of the day. They thus, they wind up just having a glass of milk or cornflake's or a piece of burger or pizza which are not nutritious.

#### Over nutrition

Working parents especially parents working in the IT sector hardly get any time to spend with their children or don't have any time to make nutritious foods for them. So, most of these parents opt for the ready-made foods as this is most convenient for them. It is also seen that these kids spend more time in front of TV and develops a habit of snacking foods like chips, popcorn, ice cream, chocolates etc. while watching TV. These junk foods (junk foods - high calorie food with more content of carbohydrate, fat and sugar. But less content of fibre, protein, vitamin and minerals which are necessary for growth and development) contain imbalanced proportion of nutrients which when consumed in excess leads to obesity. These children also lack physical exercise due to sitting lazily in front of television, computers and other visual media. This thus aggravates the situation. Now-a-days most schools offer transporting facility for their children, hence kids lack the opportunity of walking and cycling. Moreover, most of the schools lack any proper physical education hours.

Thus, teens or adolescents growing up in this manner commonly suffer from functional gastrointestinal disorders with chief complaints of abdominal pain, which is usually experienced recurrently in the middle of the abdomen. Sometimes this pain may lead to missing school and other events. Now-a-days, most of the teens are also seen to suffer from IBS (irritable bowel syndrome), probable 6% to 14% of all adolescents have symptoms of IBS, which affects more girls than guys. The real villain here is the new generation foods (junk foods) made with highly-processed ingredients to provide high shelf-life, to hold consistency, to enhance flavor and to stimulate gustatory and olfactory perceptions. This means that it is not only the calories in fast food that damage the health but also the chemical additives like aspartame and



MSG (monosodium glutamate) which also have a major role in health destruction. This thus may lead to a combination of extra sensitivity of the GI tract and changes the motility or movement of the digestive system.

Fast foods absolutely do not have any nutritional value. It simply feeds hunger without adding usable energy or building materials.

Also, using these foods continuously leads to obesity and other lifestyle disorders like cardiovascular diseases, DM, high triglyceride, cholesterol, high blood pressure etc. In addition, overweight children may lack concentration, suffer from drowsiness and tiredness etc.

## REMEDIES

By practising a healthy diet many of the known health issues can be avoided. So the diet should have both micro and macronutrient

Also, foods consumed should be foods in their natural state like fresh organic cuts of meat, fresh organic fruits and vegetables, essential fats, and plenty of water.

Bulk of the diet should be enriched with fresh and organic foods so that there is no need to worry about the excess calories.

## SOME TIPS

1. Never skip breakfast- breakfast is considered as a brain food
2. Exercise adequately
3. Consume more cereals like wheat, rice, barley, oats etc. in your diet
4. Add more vegetables like carrot, tomato, beans, leafy vegetables in your diet
5. Add vegetable salads and mixed vegetable curries
6. Avoid food with added-preservatives
7. Nuts like ground nut, peanut, cashew, almond can be consumed in appropriate amounts
8. Replace bakery items and biscuits with cut fruits and nuts for our children



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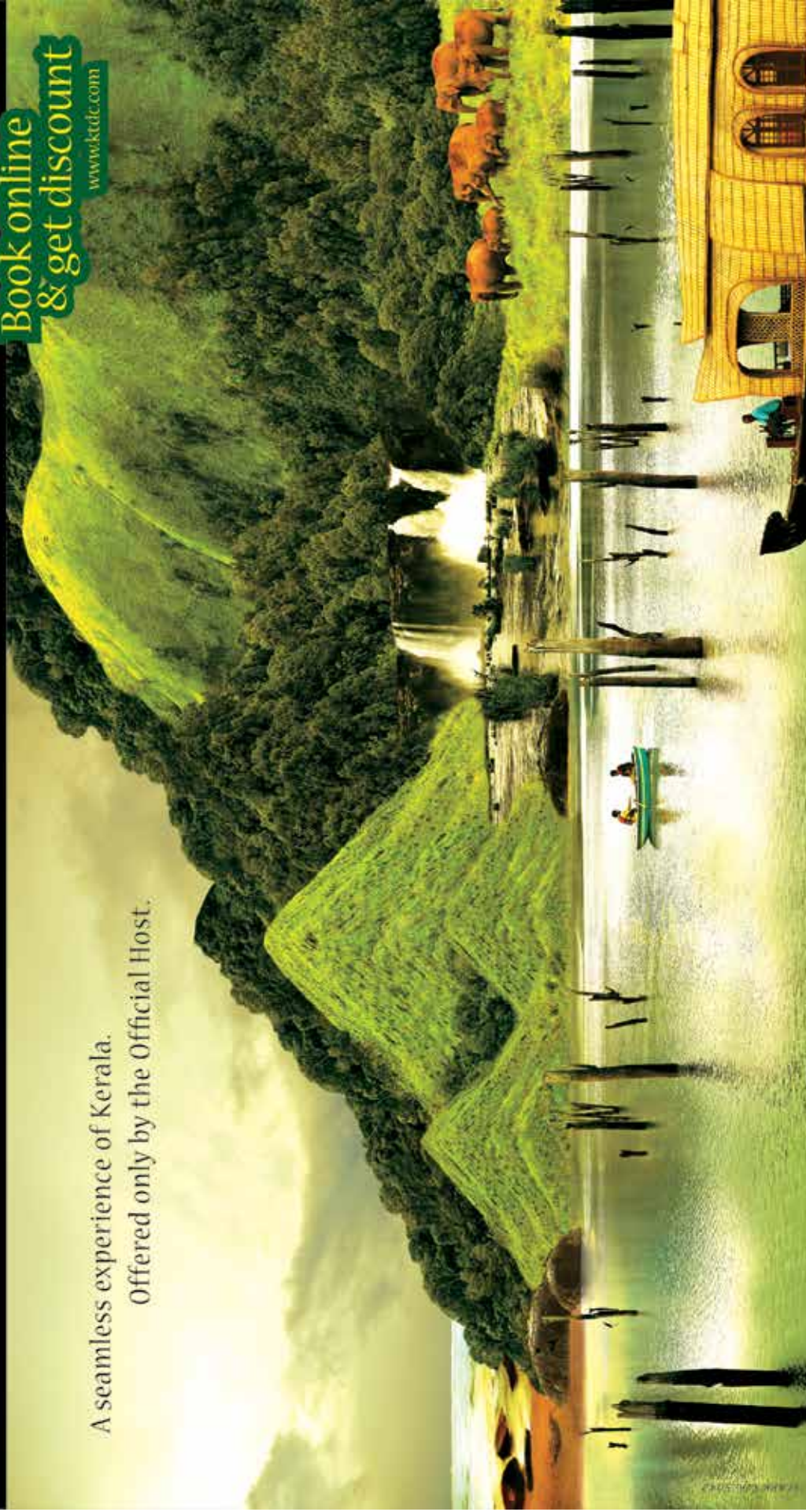


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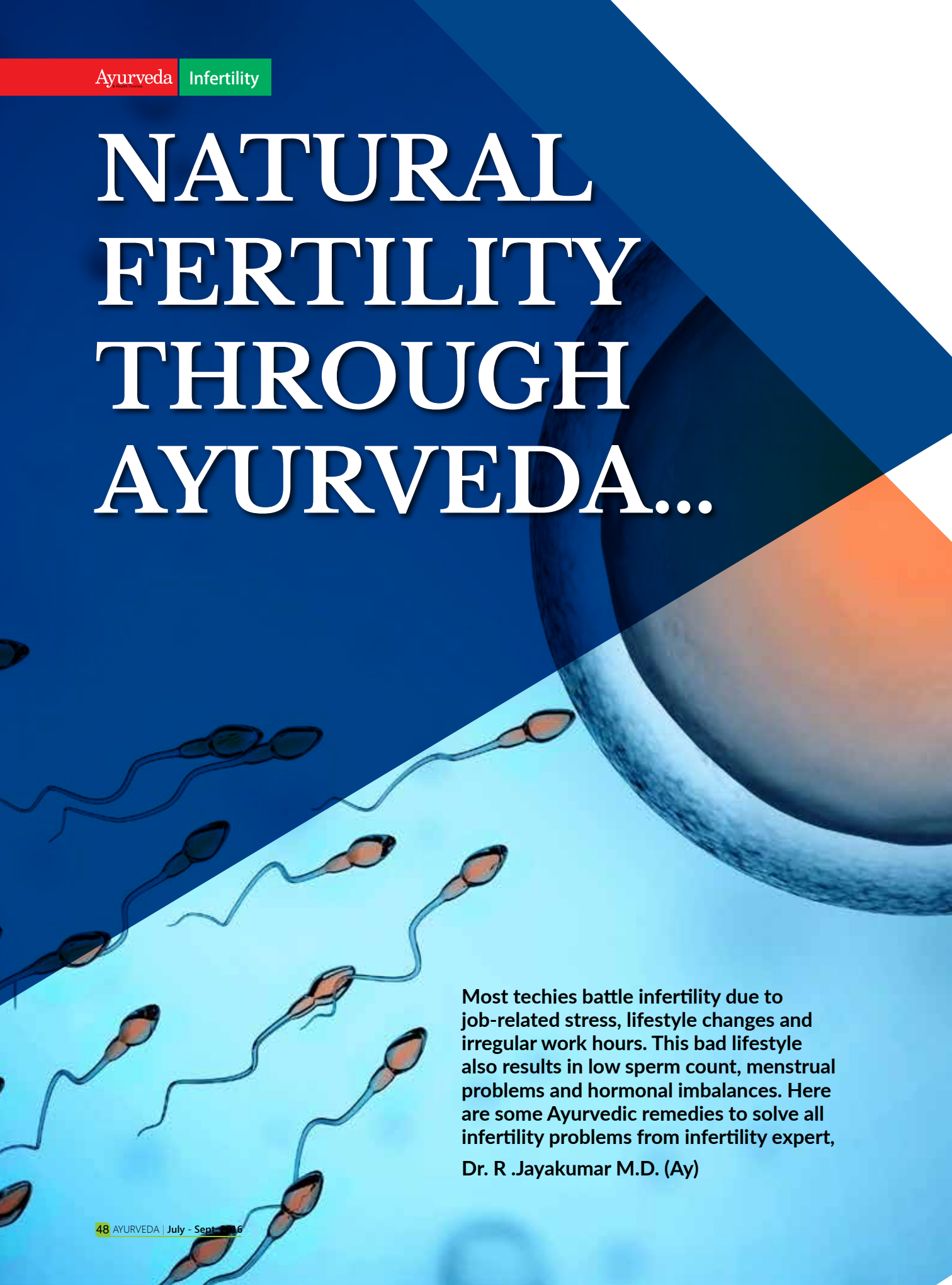
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# NATURAL FERTILITY THROUGH AYURVEDA...



Most techies battle infertility due to job-related stress, lifestyle changes and irregular work hours. This bad lifestyle also results in low sperm count, menstrual problems and hormonal imbalances. Here are some Ayurvedic remedies to solve all infertility problems from infertility expert, Dr. R .Jayakumar M.D. (Ay)

The desire for a child and urge to nurture him/her are innate in our biological system. The ability and inability to fulfill this instinct has a great impact over human relations. Fertility and parenthood are psychosomatic conditions, so also their failure. Infertility is a serious issue in the present socio-cultural scenario. Statistics estimate that 1/6th of the total couples in the world suffer from infertility. Out of 100 infertility cases in India 40% cases are due to male and female factors each and 20% due to both.

The basic question that needs to be answered is: What is infertility and when should it be tackled?

Infertility is defined as the inability to conceive after one year of unprotected regular intercourse. But, this may vary according to age. If female is above 25 years and do not conceive after 6 month of unprotected sexual intercourse she should get treatment. Similar is the case of a female above 36 who does not conceive within 3 months and of males above 40 years within 6 months.

Infertility problems may be due to male factors or female factors or both. Infertility can be primary or secondary. Primary is a delay for a couple who have had no previous pregnancies. Secondary is a delay for a couple who have conceived previously, although the pregnancy may not have been successful (eg; miscarriage, ectopic pregnancy)

As per the Ayurvedic approach the goal of human life is attained only when one begets a progeny.

The pathologies that are seen in male and female reproductive systems have been separately mentioned in the specialties of Vaajeekaranam and Streerogam.

Acharya Sushruta has described four essential factors for fertility.

- 1) Beeja /seed - The active sperm atozoa and the healthy ovum.
- 2) Kshetra/place- The uterus where the fertilized ovum gets implanted.
- 3) Ambu/water - Blood and nutrients to nourish the growth of fetus.
- 4) Kala/season- The suitable time for fertilization.

Infertility is caused if any one of the above four factors is absent. Maternal and paternal beejadusti has a major role in streevandyatha and purushavandyatha respectively. Paternal beejadusti can be considered as shukradusti.

Concept of male infertility in Ayurveda

In ancient time probably because there was no microscope, sperm and seminal fluid were not known as separate entities. Both were known as shukradhathu. The shukradhathu is the last hierarchical tissues and therefore its quality is influenced by the quality of earlier tissues. Further, any abnormality in the shukradhathu leads to either infertility or congenital anomalies in the child.

Ancient physicians have described certain features for a fertile shukradhathu. These are that the semen should be produced in larger quantities, should be thick and viscous in consistency, sweet in taste with a sweet honey like odour, heavy and white in colour.

Susrutha Acharya has also described different types of abnormalities in semen, including

- Kshina : congenitally less quantity
- Alpa : decreased quantity due to any disease
- Dushta: acquired pathology in quality
- Vishushka : decreased quantity due to age Male infertility has a wide variety of reasons. According to Ayurveda, it can be dealt under two topics - mental and physical factors.

## PHYSICAL FACTORS

- Erectile dysfunction
- Improper sexual act
- Alcoholism
- Smoking
- Use of drugs and steroids
- Excessive use of two wheel vehicles will increase the temperature of scrotum thereby affect the sperm production.
- Use of skinfit dresses will also affect the temperature of scrotum
- Excessive use of high caloric diet such as fast foods that are spicy, pungent, sour and salty will decrease the production of semen.
- Vitiated semen, decreased amount of sperm, decreased amount of semen, absence of sperm or structural abnormalities of sperm



- Increased stress
- Not having interest in sexual contact
- Early ejaculation
- As a side effect of treatment of major diseases

## SCROTAL HYPERTHERMIA AND INFERTILITY

The scrotal temperature is at least one degree cooler than body temperature. Sexual stimulation and desire does not raise sperm counts or motility of normal men or those with elevated scrotal temperature.

The scrotal temperature of the infertile men with varicoceles was significantly higher than those of the fertile men.

It is clear from many studies that increased scrotal temperature is detrimental to the normal sperm dynamics. Ayurveda believes that shukra(semen) should not be subjected to heat stress.

### Psychosocial aspects of infertility

Infertility is frequently perceived by the couple as an enormous emotional strain and counseling may prove helpful. As a part of the initial infertility evaluation, an adjunctive measure during treatment, or a final measure to help patients cope with acceptance of their infertility problem is necessary.

Very little is known about the effects of acute psychological stress on the production of reactive oxygen species (ROS) by human phagocytic cells and the interplay between subjectively perceived stress, mediating hormones, variations in the number of peripheral leukocytes and ROS production.

The equilibrium of saumya and teekshnabhava is very essential for the normal functioning of the reproductive system. Any derangement from this balanced state will lead to changes at the subtle level of this system. Any abnormal variation in saumya and teekshnabhava of mind will cause derangement in the saumya and teekshnabhava of the reproductive system. Manasika factors are in focus in today's hectic life. Ayurveda also gives equal importance to them. Chintha(anxiety), bhaya(fear), shoka(depression), krodha(anger) are said to be responsible for sukradushti.

Bhaya and shoka provokes the vatadosha and krodha provokes the pittadosha. Moreover, they also disturb the process of digestion and causes indigestion. This will lead to

malnourishment of dhatus and subsequently to sukradhatu. Psychosocial stress may depress testosterone level. Stress related to work or family, psychosomatic complaints may reduce the semen quality.

## AYURVEDIC MANEAGEMENT

In Ayurveda, the treatment is given considering a variety of aspects. Before starting treatment:-

- The unhealthy lifestyle is normalised.
- Advice is given on the daily regimen and the regimens to be followed before sexual intercourse.
- Ayurveda diet is considered.
- Counseling plays a major role in infertility management.

### First line of approach to shodhana (cleansing)

Before using rejuvenating medicine, oelation (snehana) and fomentation (swedana) are given after which emetic therapy(vamana), purgation therapy (virechana) and enema therapy (vasthi) are administered. Panchakarma therapy which is very useful for cleansing the body and the entire system is also directed.

### Shamana line of treatment

Here according to the condition specific medications are suggested.

Eg; 1) In case of Asthenospermia (reduced sperm motility) vatasamaka medicine should be given since aggravated vata afflicts the quality of shukram. Thus, the sperm become weak and non-motile.

2) In case of increased viscosity of semen, the treatment should be focused on kaphasamana.





## Rejuvenating and vajeekarana treatment

After cleansing the body and correcting metabolism at reproductive systemic level, the vajeekarana medicine should administered.

### MEDICINES SHOULD MAINLY FOCUS ON:-

- Improving sperm production, increasing the quantity of semen and number of sperms, increasing motility of sperm etc.
- Correct erectile dysfunction.
- To arrest the early release of semen.
- Purification of semen – In problems like disorders in liquefaction of semen, high viscose semen, pyospermia, decreased motility of sperm and abnormal morphology of sperm etc.

## CAUSES AND MANAGERMENTS OF FEMALE INFERTILITY

Vandhyatva (infertility) is also an independent disease, rather a cardinal feature of so many diseases. In Sushruta Samhita, the Vandhyatava has been included in twenty yoni vyapada (garbhashayaroga). Acharya Charaka and Vagabhatta have referred Vandhyatva due to abnormality of Beejamsa (Gamates).

Childlessness is described as Vandhyatva and is termed as Infertility in modern science.

Female infertility can also be dealt under two topics mental and physical reasons.

### PHYSICAL FACTORS

- Cervicitis (inflammation of the neck of the womb)

- Menstrual disorders
- Deranged genital tract
- Amenorrhoea (an abnormal absence of menstruation)
- Reduced thickening of endometrium
- Anovulatory cycles
- Coital errors
- Pelvic inflammatory disease
- Tubal block
- Abnormalities of uterine tract
- Polycystic ovarian disease
- Fibroid in uterus
- Endometriosis

### MENTAL FACTORS

Stress may vary the hormonal production and thereby inhibit production of ovum and decrease the quality of ovum.

Management in female infertility

The treatment comes under include normalising the daily regimens, regimens to be followed on menstruation.

Ayurveda doctors should first try to ascertain the exact cause of infertility. This will help to plan specific Ayurvedic treatment in all the conditions.

Garbhashayaroga (uterine disease) do not originate in garbhasaya itself, rasadushti (dysmetabolism) also results in garbhashayaroga.

So always correct the metabolism and then cleanse the system through panchakarma.

Vatadosha is considered to be mainly responsible for yonivyapad (gynaecological disorders), so basthi treatment is adopted for treating yonivyapad. But local treatments have a very important role to play in ensuring success in treatment.

For a healthy offspring a healthy lifestyle and stable mind are required.

Mostly it is natural conception that will lead to a healthy offspring and this will contribute to a healthy generation.



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# HOW AYURVEDA HELPS TECHIES FIGHT OBESITY

**OBESITY IS A MAJOR ISSUE THAT MOST TECHIES FACE TODAY. THEIR WORK CULTURE FORCES THEM TO BE OBESE AND THIS IS A MAJOR DRAWBACK TO THEIR SELF-ESTEEM. HERE'S WHAT AYURVEDA CAN DO TO HELP THESE DEPRESSED OBESE TECHIES TO OVERCOME THIS ISSUE.**



**A**ccording to Ayurveda, agni (digestive fire) is the root cause for all diseases. If agni is normal in the body everything else will be normal too. It is the abnormal agni that leads to the formation of ama (undigested food) which causes diseases. From the point of view of physical constitution of the body, ayurveda explains eight types of undesirable persons: too tall (atideerkaha), too short (atihrusva), too hairy (atiloma), hairless (aloma), too black (atikrishna), too white (atgoura), too corpulent (atisthool), too emaciated (athikrish)

The stout and emaciated have more of unwanted distinctive features than other undesirable type of persons. Those who are corpulent are deficient in longevity, slow in movement, find it difficult to indulge in sexual intercourse, weak, emit bad body ordure and sweats too much, have heavy hunger pangs and are extremely thirsty. These are their eight defects. Obesity is traced to be a major risk factor for so many other lifestyle disorders too. Obesity influences morbidity and mortality primary through different complication affecting various systems of body.

## CAUSES OF OBESITY

- Over intake of heavy, sweet, cold and unctuous (oily) food
- Lack of physical and mental exercise
- Abstinence from sexual intercourse
- Heredity

Derangement of agni or digestive power leads to production of ama (undigested food) which disturbs formation of fatty tissues. Improperly formed fatty tissue accumulates in the body causing sthoulya (obesity). Accumulated fat causes disturbance to the movement of vata which in turn increases appetite. And the food that is consumed is then converted into improper fatty tissue which continues the cycle.

## OBESITY & TECHIES

WHO (World Health Organization) in its 2015 survey shows that obesity is an alarming problem. Approximately 2.3 billion people are obese and the majority among them is IT professionals. The Techies are known to have more mental stress and less physical activity. Their food habits and sleep habits are bad due to their tight work schedule. All these cause them to become obese by affecting the digestive fire.

## MANAGEMENT OF OBESITY

### 1) Do and Don'ts

DON'TS	DO'S
Cool Drinks	Raw Salads
Fried Items	Steamed Food
Chocolates	More Pulses
Too Much Salt	Walking and Jogging
Milk Products	Citrus Fruit juices
Red Meat	Fiber Diet
Alcohol	Drink Water Prior to Food
Smoking	Yoga and Meditation
Skipping Meals	
Late Night Work	
Day Time Sleep	

### 2. Tips for cooking:

- Use basmati rice, honey, green gram, red gram, horse gram etc..
- Honey can be replaced with all other sweeteners
- Use warm water instead of refrigerated
- Use sesame oil or mustard oil
- Use vegetable with astringent and bitter taste
- Avoid refined wheat flour (Maida)
- Avoid deep oil fry
- Use skimmed milk instead of milk products

### 3. Oral remedies

Diet and drinks that alleviate vata and kapha and which reduces fat.

Intake of Guduchi (Tinospora cordifolia), Musta (Cyperus rotundus), Hartaki (Terminalia Chebula), Vibhitaki (Terminalia belerica), Amalaki (Emblica officinalis)

### Administration of Takrarishtha

Intake of Vidanga (embekia ribes), nagara (zingibes officinale), yavaksara (Preparation of barley), Power of black iron along with honey and powder of yava (Hordeum vulgare) and Amalaki (emblica officinalis)

Administration of varanadi kashayam and punarnavadi kashayam

### 4. Therapies

- Enema (vasti) with drugs that are sharp, unctuous and hot
- Powder massage (udwartana)
- Podi kizhi
- Vamana (Vomiting)
- Virechana (Purgation)
- Swedana (Steam bath)
- Langhana (Fasting)

### 5. Yoga and Meditation

- Kapalabhati Pranayama
- Paschimottasana
- Dandasana
- Poorvothasana
- Novkasana
- Salabhasana
- Halasana

## CONCLUSION

There is no shortcut remedy to obesity. Any shortcuts to this will surely harm your body. Obesity requires a long term management that has to be handled with patience and a devotion to its treatment. Here, the body should be brought under control by following a proper lifestyle. Skipping meals is not a solution for obesity. Fasting done by skipping/avoiding food is very different from the fasting (upavasa) defined in Ayurveda.



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Work-life balance is necessary for leading a proper life while earning handsomely. Here is what Ayurveda advises techies to maintain this balance.

**W**ork-life balance among technology professionals is very much in the news following a much-discussed New York Times article 'Inside Amazon: Wrestling Big Ideas in Bruising Workplace' about workday conditions at Amazon. The article indicates about a harsh workplace where employees literally cried at their desks. Remarks from various employees offer a clear picture about the story. One employee who worked on projects including Kindle and employed at Amazon said 'The joke in the office was that when it came to work/life balance, work came first, life came second, and trying to find the balance came last.'

#### WHAT THE TECHIES SAY?

The Dice, a human resource company of USA did a survey recently on 1,600 technology professionals to find out the status of 'work-life balance in Techies' and found that nearly half (47%) techies wanted more of a work-life balance.

Work-life balance is also prevalent in EU as the study indicates that 27 per cent of workers perceived that they spend too much time at work, 28 per cent felt that they spend too little time with their families while 36 per cent felt that they do not have enough time for friends and other social contacts. About 51 per cent believed that they do not have enough time for their own hobbies and interests.

In relation to gender differences, women were more likely to report that they have too little time for daily life activities, whereas men perceived that they spend too much time at work. However, this gender disparity was not present in the Nordic countries. A significant number of workers have difficulties in performing family responsibilities due to work intensity and time. Women were more likely to cite these pressures than men. Approximately 50% of workers perceived that family and work time demands overlapped due to long working hours.

#### WHAT IS WORK-LIFE BALANCE?

Work-life balance is a broad and complex phenomenon, lacking in a universal definition. Greenhaus and colleagues define work-family balance as the "extent to which an individual is equally engaged in -and equally satisfied with- his or her work role and family role".

Work-life balance consists of three components; time balance, involvement balance and satisfaction balance. Time balance refers to equal time being given to both work and family roles, involvement balance refers to equal levels of psychological involvement in both work and family roles and finally,

# WORK-LIFE BALANCE: AN AYURVEDA APPROACH TO MAKE IT HAPPEN







satisfaction balance refers to equal levels of satisfaction in both work and family roles. Therefore, in order to achieve a work-life balance these components should be considered.

When individuals struggle to maintain and satisfy the demands placed on them by both the work and life/family domains, an imbalance may occur. Work-life/family conflict can be defined as a source of stress resulting from irreconcilable pressure from the work and family spheres. This can take two forms: work to family conflict and family to work conflict. Work-life/family conflict may assume the form of time-based, strain-based and behavior-based conflict

### **IT TAXES YOU-**

Long working hours is a main culprit of this problem. European Heart Journal (2011) found that, compared with people who did not work overtime, people who worked 10 or more hours a day had a 65 percent higher risk of heart-related problems such as death due to heart disease, non-fatal heart attacks and angina. Scand Journal of Work and Environmental Health (2011) opines that Work periods >8 hours carry an increased risk of accidents 50% by 12 hours and 100% by 14 hours

Review of more than 1000 Research articles shows that long and lopsided working hours are linked with bad health, anxious relationships, poor parenting and divorce. Overwork is deadly.

Work-family conflict may be viewed as a stressor for individuals. Research has established and documented that conflict between the work and family/life domains has a number of significant negative consequences for individuals. Research has observed work-life conflict to be associated with a myriad of indicators of poor health and impaired wellbeing including-poor mental and physical health, less life satisfaction, higher levels of stress & emotional exhaustion, less physical exercise, higher likelihood to engage in problem drinking, increased anxiety and depression levels, poor appetite and fatigue.

Both work to family/life conflict and family to work conflict are associated with negative effects for the individual. Frone and colleagues conducted a study examining the relationship of work to family conflict, and family to work conflict on health outcomes. The results indicated that both are associated with depression, poor physical health and heavy alcohol use. No significant gender differences were found in this study.

Levels of work-life conflict have also been associated with workaholism. It is interesting to refer another study on two groups of workaholics. Bonebright, Clay and Ankenmann examined the differences between two typologies of workaholics in relation to work-life conflict, life satisfaction and purpose in life. These groups were- enthusiastic workaholics and non-enthusiastic workaholics. Both of the groups exhibit high work involvement and a high drive to work but

with the enthusiastic workaholics differing in high enjoyment in work, and the non-enthusiastic workaholics reporting low enjoyment of work. The study found both types of workaholism report higher levels of work-life conflict, but enthusiastic workaholics have more life satisfaction and purpose in life.

These studies provide evidence for the negative consequences experienced by the individual as a result of work-family/life conflict. However, there are disparities on whether or not

gender differences exist. In their recent literature review, Rose and colleagues concluded that while both genders experience negative consequences, the relationships are stronger in women. Not only does work-family/life conflict cause problems for individuals, but it is also detrimental to organizations.

There can be many knock on effects for organizations in many areas as a result of employees experiencing work-family/life conflict. Work-life conflict has been found to be associated with decreased employee job satisfaction, increased staff turnover and absenteeism, lower performance and increased job stress levels; and intention to leave the organization. Work-life conflict may also incur economic costs for the individual, society and the organization.

Know yourself before you plan to restore balance to your Life?

Ayurveda clearly considers your uniqueness and describes that no two individuals are exactly alike either in appearance or physical and mental aptitudes, abilities and inborn abilities. As every person is born with a definite genetic constitution, similarly each person is born with definite constitution of Dosha (biological entities composed of relative dominance of five basic elements) that influences a wider range of attributes of persons. Each person thus enters into life with a peculiar mode of reaction to the environment and susceptibility to physical and psychic influences, based on his/her prakriti.

## WHAT IS PRAKRITI?

As per five basic elemental theory of Ayurveda, the composition of each individual is from five basic elements (Akash, Vayu, Agni, Jala & Prithvi). The unique proportional combination of five basic elements differentiates physical and mental characters of one person from another. The three biological entities called 'Doshas' classified into three- Vata, Pitta and Kapha are also derived of five Mahabhuta and represent the attributes of basic elements in living thing through their action. Just like the unique elemental constitution of any substance, unique Dosha constitution in a person is called Prakriti. It differentiates the biological trait of an individual from another. The Prakriti is vital in determining our body type, behavior, needs, and the compatibility with diet, exercise and other lifestyle entities.

## IMPORTANCE OF KNOWLEDGE OF PRAKRITI

Knowledge of Prakriti is invaluable for preservation of physical and mental health, prevention of diseases and adopt individualized treatment approach. The initial diagnosis of an Ayurveda physician lies in determining the Prakriti of an individual. This information allows the physician to ascertain inherent weaknesses/vitiations and an effective and appropriate mode of treatment. For the individual, basic knowledge of the Prakriti is a vital

tool to determine the most appropriate lifestyle factors to ensure wellness and longevity; appropriate foods, herbs, exercise regimen, medicines, therapies and even selecting suitable profession and making themselves compatible with other persons also. Knowing one's Prakriti holds the key to health, liberation and ultimately self-realization.

According to Ayurveda, Prakriti reveals almost everything about a particular individual. We can therefore assess his/her status of health, such as strength (physical and mental), appetite, adaptability, compatibility etc. On the basis of these observations we may form some conclusions about his/her health status. Analysis of Prakriti is also very important to diagnose the underlying disorders and to treat the patient. By observing the Prakriti the diagnosis of that disease becomes very simple and it provides an idea about vitiated Dosha. This helps to customize the treatment.

A person belonging to a specific Prakriti type can adopt an individualized approach for his/her lifestyle management. Various Prakriti types have susceptibility with specific disorders; like- Kapha dominating Prakriti persons are more susceptible for respiratory system disorders (e.g. recurrent sore throat, bronchial asthma), Pitta dominating with more stress related disorders while Vata with diseases of nervous system (e.g. Parkinson's, memory related problems etc). It happens more due to faulty dietary habits or lifestyles or not following the regimen according to Prakriti.

## KNOW ABOUT PRAKRITI CHARACTERS-

Though based on combinations and permutations, types of Prakriti are innumerable. However, these are broadly classified into seven categories with dominance of either three doshas. Vata type of people have rough & dry skin, mostly skinny, hasty initiation, with innovative ideas, less sleeping hours and irregular bowel habits etc. Pitta types have good digestion capacity, very logical, prone to anger, workaholic, hyperacidity etc. Kapha types have heavy body, monotonous lifestyle, affectionate and calm. These are a few examples. Your Ayurveda doctor can tell a lot about this and also help to identify your Prakriti type.



## FINE-TUNE YOUR LIFESTYLE WITH YOUR PRAKRITI TO MAKE BETTER BALANCE BETWEEN YOUR WORK AND LIFE/FAMILY:

‘What type of Prakriti is best to develop better adaptation between work and life? This is a very common question from most people coming to us. Each time answer is same- ‘every type of Prakriti is best’. But the condition is that there should be balance for any Prakriti. When your lifestyle is according to your Prakriti, you get the best from your body and mind. It is reverse in case of non-accordance with the Prakriti.

Ayurveda approach for selection of food is mainly based on its taste, which has direct linkage with the composition of five basic elements. For example a Vata person should not consume those food items in excess which are of bitter, pungent and astringent in taste but sweet, sour and salty food items are good and compatible with their Prakriti. For Pitta person sweet, bitter and astringent is good and they should avoid sour, salty and pungent taste food. Kapha dominating people should take more bitter, astringent and pungent taste food items while sour, salty and sweet should be avoided.

Light exercise is good for Vata dominating persons, moderate for Pitta while heavy exercise is more compatible for Kapha persons

The work-life balance can mean different to different people. It can also change and mean different to you at various points of time in your career. This variation depends on your Ayurveda constitution (Prakriti).

- Vata dominating people find difficult to cope up and feel more problem to overcome it.
- Pitta dominating is more prone to develop health complications than their counterparts.
- Kapha dominating people have less issues but if have needs a lot of motivation and support to manage.

Ayurveda approach to have better Work/Life Balance

1) Negotiate a Change with your Current employer- changes can include flexi time, job-sharing, telecommuting or part-time employment as per your Prakriti. Vata type feel more comfort at front desk, Pitta-Kapha are good for programming while Kapha could do best where long sittings are required.

2) Find a New Career- some careers are simply more stressful and time-consuming than others. If it is not compatible with your Prakriti in any way try to find a new one. Explore careers that are less stressful and more flexible.

3) Slow Down- Life is simply too short. Take steps to stop and enjoy the things and people around you. Find some ways to distance yourself from the things that are causing you the most stress. It is more applicable to Vata and Pitta people.

4) Learn to Better Manage Your Time- Avoid Procrastination. For many people, most of the stress they feel comes from simply being disorganized and procrastinating. Kapha persons need special attention in this aspect.

5) Learn to set more realistic goals and deadlines and then stick to them.- Vata types may get involved with it more in comparison to other types, as these are flooded with original ideas and want to achieve instantly. Kapha people are very poor to achieve deadlines, therefore need constant follow ups.

6) Share the Load- Even though we may sometimes feel we're the only ones capable of doing something, but it is usually not the case. Get your friend/co-worker or other family members to help you with all your personal/family responsibilities. Pitta people should apply this technique more meticulously.

7) Let Things Go- Learn to-let things go every once in a while, recognize the things that don't really have much impact in your life and allow yourself to let them go. Pitta as well as Vata people should give more importance to it.

8) Your Options- You should be open to get help. In many cases you do have options; you just need to take the time to explore them. Kapha people need support to explore option while Vata needs to get the best one among several they have in their head.

9) Take Charge! Set Priorities- Sometimes it's easier for us to allow ourselves to feel overwhelmed rather than taking charge and developing a prioritized list of things that need to get done. More applicable to Kapha and Vata peoples.

10) Simplify- It's human nature to take on too many tasks and responsibilities, to try to do too much and to own too much. Multitasking is real problem for Vata and Kapha type people. Best approach applicable to Pitta dominating persons. It will reduce stress and agitation.

11) Find a way to simplify your life- Change your lifestyle. Get rid of the clutter and baggage in your house – and your life. Difficult area for Kapha persons. Family members may help a lot to overcome with it.

12) Diet according to your Prakriti to balance Doshas- Start with something you enjoy in accordance to your Prakriti type. It helps to overcome the physical and mental ailments due to work-life imbalance.

13) Exercise- Make it regular. Start slowly ... and build gradually. Always make time for exercise. Vata needs light exercise, Pitta moderate while Kapha do best with heavy.

## FINAL THOUGHT ON THE WORK/LIFE BALANCE....

**A) Find the right balance that works for you**

**B) Celebrate your successes and don't dwell on your failures.**

*Life is a process .. and so is striving for balance in your life.*



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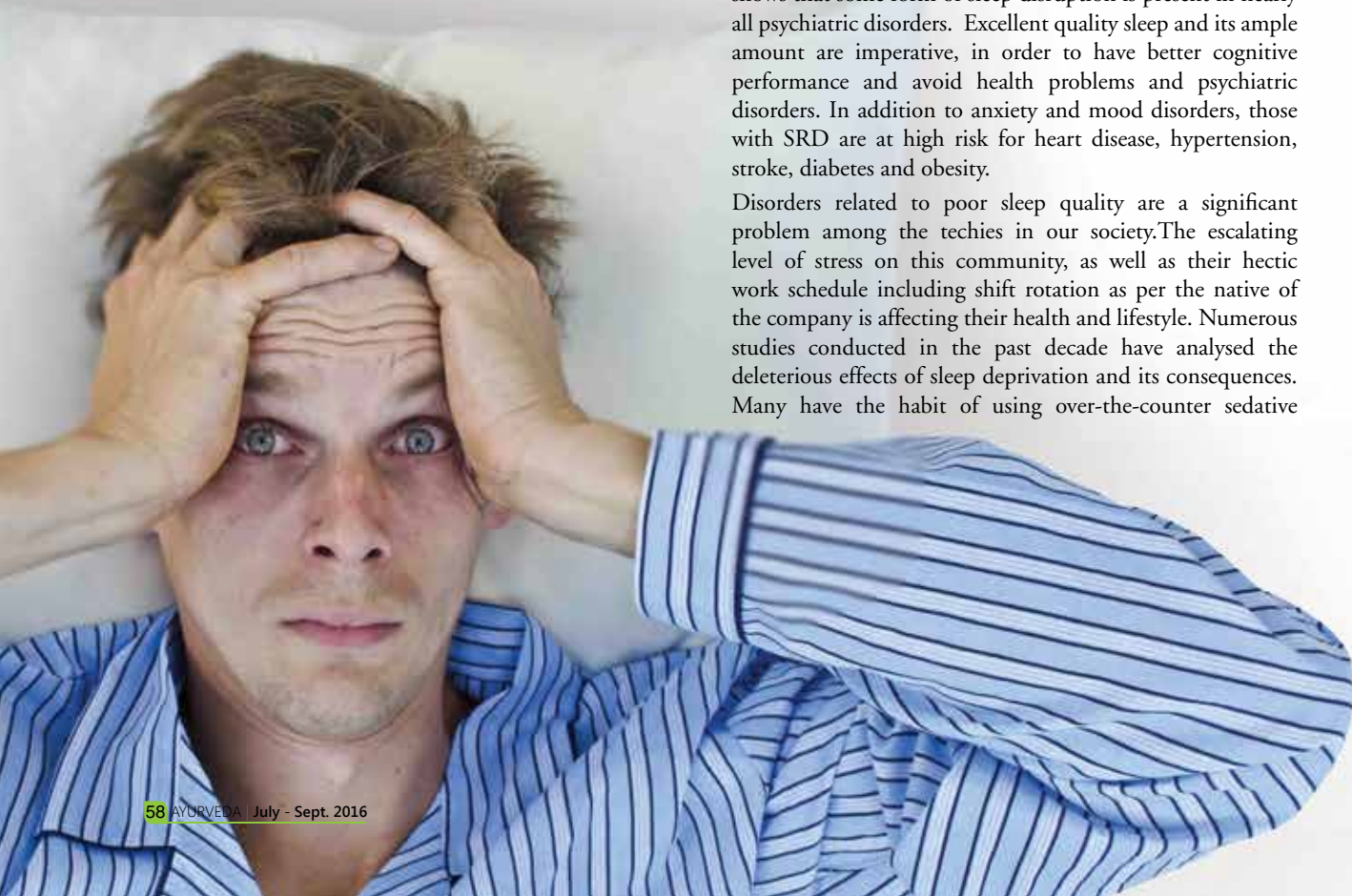
# Ayurveda's Advice to **SLEEPLESS TECHIES**

Poor sleep can lead to poor health and this is exactly what techies suffer from. To recover from this disorder most of them depend on sleeping pills which have severe side-effects. Here **DR JITHESH MD, PhD** looks at what Ayurveda wants techies to do to improve the quality of their life by developing long and sound sleep.

**S**leep is a physiological process essential to life. Its quality is strongly related to psychological and physical health and other measures of well-being. Almost one-third of adults report difficulty in sleep and in the last few years, there has been a growing attention to sleep and Sleep Related Disorders (SRD). Sleep disorders are characterised by abnormal sleep patterns that interfere with physical, mental and emotional functioning of a person. SRD results in sub-expected performance, irritability and pretentious lifestyle as well as weak interpersonal relationships.

Insomnia is the clinical term for people who have trouble falling asleep, difficulty staying asleep, waking too early in the morning, or waking up feeling unrefreshed. Research also shows that some form of sleep disruption is present in nearly all psychiatric disorders. Excellent quality sleep and its ample amount are imperative, in order to have better cognitive performance and avoid health problems and psychiatric disorders. In addition to anxiety and mood disorders, those with SRD are at high risk for heart disease, hypertension, stroke, diabetes and obesity.

Disorders related to poor sleep quality are a significant problem among the techies in our society. The escalating level of stress on this community, as well as their hectic work schedule including shift rotation as per the native of the company is affecting their health and lifestyle. Numerous studies conducted in the past decade have analysed the deleterious effects of sleep deprivation and its consequences. Many have the habit of using over-the-counter sedative



medications or narcotics for compensating this condition. This is a real area of health concern and has to be tackled in a solemn manner.

Studies report a significant positive correlation between sleep disturbances and body mass index (BMI), coffee consumption, alcohol intake, smoking, age, male gender, anxiety and use of mobile/laptop. Also, it is seen that the mean BMI seems more among IT professionals as they are refrained from regular exercise and are on a high-calorie diet that includes junk food and soft drinks.

*As mentioned earlier, continuous use of mobile phones/laptop is habits that adversely affect the sleep in these groups, which is quite unavoidable. But what one can do is to stop using these devices at least half an hour before going to sleep and thus improve their sleep patterns.*

IT professionals also suffer from high level of stress due to work demands, particularly during closing periods as they are forced to meet unexpected targets. Thus, this stress, can cause significant sleep disorders in this community. Stress associated with insufficient sleep and excessive daytime sleepiness and unrefreshing sleep can lead to difficulties in interpersonal relationship, depression, anxiety and alcohol and drug abuse.

## AYURVEDIC VIEW

This eternal health science of India flourished in our culture by visualising health from all angles. Its preventive aspect is equal in status with its curative aspect and this has been agreed by the modern medical community only recently. Ayurveda is a science of rectification at the functional level rather than the structural level, thus this treatment science is ideal in managing functional conditions like SRD.

As per Ayurveda, sleep is one of the three pillars of our life which needs to be preserved for maintaining a quality life. Ayurveda says that, sufficient sleep enhances special senses, growth, immunity, promotes fertility and cognition. Sleep is normalised by factors like Tridoshas, mainly Pitta and Vatha, Agni, Manas, the Tamoguna and certain ahara and vihara.

Stress, which is the main factor for sleeplessness is known to alter the function of Vatha along with Pitta and thus disturbs the sleep. Similarly the dietary habits such as Ushna, rooksha like junk and spicy food, soft drinks also create the same effect. The excess use of laptop, tablets, phones etc aggravates Vatha and the ophthalmological strain alters Pitta. The shift rotation in work timings of IT professionals alters the normal functioning of the doshas. Here the ahara, vihara and the manasika factors are responsible for a disturbed sleep.

## MANAGEMENT

The disturbances caused due to sleep may be approached in a systematic manner after assessing the condition, including the contributing factors. The protocol is to be fixed after analysing the doshas and the bala of the patient. The intensity of the conditions decide whether the management is at the OP level or as the inpatient.

The management is of two types – external and internal mode. The external mode includes oil application or

Abhyanga, Nasya, Tala, Dhara on siras etc. The internal mode includes Virechana, Vasthi as Sodhana and also drugs as per the condition. Single drugs such as Aswagandha, Jatamamsi, Kusmanda, Sarpagandha etc and also combinations such as Saraswatachoorna, Aswagandharishta, Manasamitravataka, Kalyanakagritha, Naladadigritha etc. are worthy here, as per the instructions of the physician. Along with this, the psychological approach in Ayurveda called Satwavachayachikitsa should be done.

If one suspects to have a sleep disorder, he/she should visit a primary care physician, mental health professional, or sleep disorder clinic. Treatment options include supportive medicine and also cognitive-behavior therapy, which teaches how to identify and modify behaviors that perpetuate sleeping problems.

The weak understanding of SRD reflects on the poor knowledge and awareness about sleep disorders and their health-related negative consequences in India. Changing lifestyle, work profile, eating habits and leisure activities influence sleep patterns and result in Sleep Related Disorders. The sleep habits of techies are not conducive to good health and sleep disturbances are an important issue among them. This is considered as an unmet public health problem. Proper awareness, counseling, better planning and medical support should be provided to this affected group who suffer from sleep disorders. The change in lifestyle, food, mental relaxation and following good sleep hygiene helps one to recover from the same. One has to stick on to the Ayurvedic way of life for the prevention as well as management of the sleep related disorders.

### MEASURES OF SLEEP HYGIENE


- Apply oil on head daily and on body once a week. This may be medicated or not as per the condition.
- Save seven to nine hours for a full night of uninterrupted sleep, and try to wake up at the same time every day, including weekends. Avoid daytime naps.
- Establish a regular, relaxing bedtime routine. Avoid stimulants like coffee, chocolate, and nicotine before going to sleep, and never watch TV, use computer, or mobile phones before going to bed. Read a book, listen to soft music, or meditate instead.
- Make sure your bedroom is cool, dark, and quiet and make sure your mattress and pillows are comfortable.
- Use your bedroom as a bedroom only and get into bed only when you are tired. If you don't fall asleep within 15 minutes, do something relaxing.
- Regular exercise will help you sleep better, but limit your workouts to mornings and afternoons and avoid looking at the clock in between sleep.
- Practise yoga including medication under expert advice so as to overcome stress and sleep irregularity.



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# Eat right foods, **LIVE HEALTHY**



It is said that techies seldom smile except when they get the fat salary cheque. Their work schedule is such that they don't find time for a normal life where healthy food and exercise are a must. Renowned dietician Usha Madhusudan looks at how a good diet can keep them less stressful

Software engineers or programmers, who are conveniently called techies or the IT people, are known to basically lead a sedentary lifestyle, spending most of their time sitting in front of the computer. Their job is very stressful and it requires strong application of the mind and a sound memory.

Due to the peculiar nature of their job, they spend more time at office and very little time for their dear ones at home. Thus, most of their lives are terribly disarrayed and they struggle hard to keep a balance between family and work commitments. Their jobs also hardly leave them any time to attend to their health needs. Regular meetings and deadlines make them skip meals as well as a good sleep, forget any physical exercise. The result is contracting diseases.

There is a solution to every problem and so it is for the problems that techies face. All what needs to be done for

techies is to practise healthy food intake. This can reduce their problems to a certain limit. It is advised that individuals engaged in this profession should follow a special diet that includes all the nutrients from all food groups.

A wrong diet will not only bring deficiencies of important nutrients in the body, but will also contribute to other health factors such as skin problems, obesity, diabetes and other lifestyle diseases. Thus a techie's diet should include a variety of foods from major food groups, such as fruits, vegetables, whole cereals, dairy products, fish, nuts, pulses, oils etc.

The diet should compulsorily include plenty of complex carbohydrates in the form of whole grains, legumes, pulses, beans as well as fresh fruits and vegetables. Diet should also include plenty of protein in the form of low fat dairy products, eggs, poultry etc.

Care should be taken in the consumption of fats. Fats should



be taken in the form of Mono Unsaturated Fatty Acid and Poly Unsaturated Fatty Acid.

Daily intake of fresh fruits and vegetables will provide the body with the required amount of nutrients to replenish the brain and to keep the individual overall healthy. Oily, spicy and fried foods tend to result in weight gain which in turn could lead to various medical conditions, so these should be avoided at all costs.

The use of sugar, packaged foods and white carbs should be minimised and there should be an increase in the intake of complex carbohydrates (cereals, pulses etc.).

Techies should also increase their intake of iron and vitamins levels by adding fruits, greens, dry fruits etc. and meat, beans, grains, potatoes, corn, watermelon (include seeds) etc. in their diet.

The important vitamin -- vitamin K called the fat soluble vitamin, is absolutely essential for the proper functioning of the body. This vitamin is also known to manage blood clots.

IT people may need to supplement their body with fish oil and vitamin D in case their diet is weak and the intake of fish is very rare. Also, since they are constantly in front of the computer and inside AC rooms their exposure to sunlight is rare. Thus, they need constant supplementation of vitamin D which is obtained from sunlight. A lack of vitamin D in their nutrient supplementation can leave them with a variety of skin disorders.

Apart from all the nutrients and minerals mentioned, a techie should drink plenty of water to replenish his body with minerals and flush out toxins and waste products from the body. An inadequate intake of water may result in dehydration which could be observed in the form of headache, tiredness, as well as low energy levels.

Also, techies are highly prone to excess intake of caffeinated beverages such as tea, coffee and other fizzy drinks for relaxation.

But these are known to dehydrate the body and hence they are advised to take 6-8 glasses of water daily to stay hydrated.

For better performance in work, the blood should flow equally in the body as well as the brain and for this the body should be amply hydrated.

Breakfast is the brain food for everybody and hence high protein foods is recommended for breakfast. The breakfast should consist of cereals, pulses, egg/fish/milk, fruits and vegetables.

Mixed nuts, raisins, dried fruits, or bananas are the best item for snack. These items can be had along with work and hence can be kept at the techies' desk. This will keep a techie healthy throughout the day.

Lunch time is the best time to take in carbohydrates (main source of energy) and this can be taken in the form of brown rice with fish or chicken, vegetables, lentils, greens etc.

For evening, green tea, fresh fruit juice, tender coconut water,

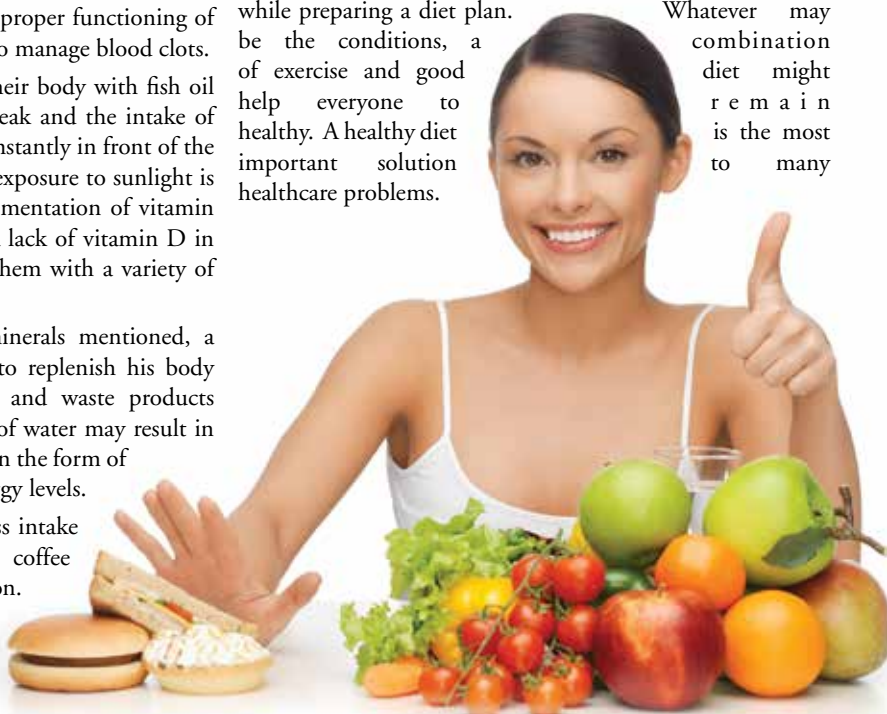
vegetable soups etc. are the best options. Also crispy items like plain biscuits can be had along with the afore said items.

Most of the people end up buying unhealthy food for dinner. Needless to say, one should try to get the highest quality food possible for dinner. Vegetables, greens, fish/pulses, whole cereals, roots or tubers etc. should be included in the usual item as well as special items.

Diet is known to impact the physique. Along with a healthy diet, IT professionals should also take up some form of light exercise such as jogging, swimming, cycling, skipping etc. It is okay to binge once in a while, if you are very hungry, but prolonged binge eating can make you obese. Avoid reaching out to snacks while watching TV. If you take your diet seriously, your body will respond positively.

The health risks of a person, such as high blood pressure, diabetes, high blood cholesterol etc. should also be considered while preparing a diet plan.

Whatever may be the conditions, a combination of exercise and good diet might help everyone to remain healthy. A healthy diet is the most important solution to many healthcare problems.



- Choose foods that are low salt, low fat and low sweet
- Drink plenty of plain water
- Have 3-4 cups of green tea/day
- It is better to avoid alcohol



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# Sudarshan Kriya



*Peace of mind is a BREATH away*

*Sudarshan Kriya is a unique breathing technique that helps to eliminate stress, fatigue and negative emotions such as anger, frustration and depression. This is highly recommended for techies as it can leave them energised and focused. Here's a look at how this exclusive breathing technique can be practised*



*Mounting* scientific research suggests that health, quality of life, and even the very length of life, are all profoundly affected by our mental and emotional states. The emerging field of mind/body medicine explains how our thoughts and emotions can powerfully affect brain, endocrine (hormone), and immune system function. This influence is facilitated by chemical messengers called neuropeptides, which are released with one's every emotion. They are rapidly picked up by cells in the immune, endocrine, and autonomic nervous systems, and directly affect their functioning.

For example, "positive" emotions, such as joy, love, and enthusiasm, produce chemical messengers that can affect the brain, endocrine, and immune systems in positive ways, resulting in improved resistance to disease and better overall health. In contrast, "negative" emotions, such as anger, fear, and sadness, produce chemicals that can adversely affect the brain, endocrine, and immune systems, resulting in less resistance to disease and poorer overall health.

In a fast paced age where stress and depression are widespread, the toll of these on physical and mental health can be extremely high. Stress, anxiety and depression are known to be significant factors in the onset and progression of a wide spectrum of illnesses ranging from cancer and HIV-1 infection, to asthma and cardiovascular disease.

One of the first sciences to recognise the impact of mind and emotions on creating and restoring optimal health is the yogic science of breath which is a 5,000+ year-old science of health promotion. Derived from this science and taught by the Art of Living is one of the most comprehensive breathing techniques - Sudarshan Kriya.

Sudarshan Kriya is understood to use specific rhythms of breath to eliminate stress, support the various organs and systems within the body, transform overpowering emotions, and restore peace of mind. Just as emotions affect our patterns of breathing, we can bring about changes in our mental and behavioural patterns by altering the rhythms of our breath.

Independent medical research has demonstrated significant benefits of these programmes. A study by All India Institute of Medical Sciences (AIIMS), Delhi, recorded significant increase in beta and alpha activities among Sudarshan Kriya practitioners, indicating a state of relaxed and heightened alertness. It's also found that Sudarshan Kriya improves the blood cholesterol profile with significant drops in total cholesterol and LDL (harmful) cholesterol, as well as increases in HDL (beneficial) cholesterol. Research has also shown that SK&P significantly:

- ▶ **REDUCES LEVELS OF STRESS**  
(reduce cortisol - the "stress" hormone)
- ▶ **SUPPORTS THE IMMUNE SYSTEM**
- ▶ **INCREASES OPTIMISM**
- ▶ **RELIEVES ANXIETY AND DEPRESSION**
- ▶ **INCREASES ANTI-OXIDANT PROTECTION**
- ▶ **ENHANCES BRAIN FUNCTION**
- ▶ **ENHANCES WELL-BEING AND PEACE OF MIND**

These simple, yet powerful breathing practices have a unique advantage: they are free from unwanted side-effects, can cut health care costs, and are easy to learn and practice in daily life.

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



# Feeling unwell? Think of **YHM**

It is observed that one in every 20 IT and MNC employees (5%) has contemplated suicide. Really shocking! The fast pace at which the IT industry is progressing has its own side effects and the employees are at the receiving end. To reverse this process, it is important to introduce Yoga and Ayurveda which will help the techies to manage stress and anxiety on their own at their leisure. Here's what Dr. Jose of i-Chrysalis, Bangalore has to say:-

**Y**ogatriggs Health Module (YHM) is a unique procedure of Integrated Holistic Approach with multiple disciplines which is used in the protocol of treatment. Regular practice of YHM will bring back the Homeostasis condition in the body. This is an ancient wisdom in a modern format.

Modern studies have reported that 85% of the present diseases are psychosomatic in nature which are an occupational hazard of IT and other MNC employees. Here the ideal solution to their health issues can only be achieved through an Integrated Holistic Approach with various disciplines like Yoga, Ayurveda, Naturopathy, Acupuncture, Homeopathy, Siddha etc. The combination of the discipline will be decided by the practitioner according to his logic, intelligence and expertise depending upon the situation or of the nature of the disease. Here more than the medication, education with right direction is needed.

Time has come to think differently in the area of treatment of diseases. Today, although every patient is chasing modern medical systems to address their ailments, they have seen limitations. Patients have started looking for alternative

healing methods. They switch over from one discipline to another without correcting their food habits, sleeping pattern or lifestyle.

Persons who are obese due to their junk food eating habits, have accumulated a lot of fat around their waists, and over a period of time they develop resistance to Insulin. This may raise the metabolic syndrome and contribute to high blood triglycerides, BP, Diabetes, heart diseases, stroke, asthma, infertility related problem or even cancer.

A global study done by NIMHANS, Bangalore, says 50% of the employees in India Inc are under stress and 30% of software engineers in the city show signs of psychiatric disorders. One in every 20 employees (5%) has contemplated suicide. Really shocking! The fast pace at which the IT industry is progressing has its own side effects and the employees are at the receiving end.

To take care of our health, we need to have a firm decision to spare just one hour a day for the rejuvenation of our body and mind. Because however rich you are, you can't buy 'health' in kilos from the market.



## THE IT REVOLUTION IN INDIA

Our organisation, i-Chrysalis is based in Bangalore, the IT capital of India. 85% of our patients belong to the IT sector and their average age is below 35 years. The IT revolution in India for the last 30 years, has created lot of opportunities, growth potential, financial freedom, social status, wealth acquisition, international level exposure etc. for the young generation of India. This also created a major shift in their attitudes and values regarding human relationship. They develop high stress levels due to targets and competition at work place and a desire to be comfortable in their personal lives. Recreational parties end up in fast food culture, use of drugs, alcohol consumption, sex abuse etc. Over a period of time they are sick, depressed and develop suicidal tendencies and will need heavy medication to continue in their profession

## YOGATRIGGS HEALTH MODULE (YHM)

By observing this trend of stress and related ailments, and knowing that these can be effectively prevented or treated with alternative healing methods, about 20 years back we have developed an innovative module—the Yogatrigger Health Module (YHM). This module, an appropriate combination of alternative medicinal procedures, is tailor-made to address any health related issue of a particular person, and needs to be practised daily, to achieve complete cure.

‘Yogatrigger’ means triggering of our major chakras (Endocrine glands) to achieve perfect body rhythm. YHM in modern connotation, is a ‘Tool’ or ‘Procedure’ to check all psychosomatic disorders acquired out of modern day lifestyle. It is important to understand that whenever one’s body systems / constitution are corrupted or suffering, it is the time to wake up and go in for a total assessment of the body. This is done by first analysing one’s Pulse rhythm. This is done physically by the practitioner and then the Pulse Metabolic Analyser Software which gives a Four dimensional view of the person’s

body and the function of the 12 organs. YHM is designed to address the imbalances of your body. Once you learn this procedure you can practice it anywhere at any time in 45 minutes and can burn more than 2000 calories without producing much lactic acid in the body. This knowledge can be mastered and used throughout life. Consistent practice will help in delaying the ageing process also.

Basically practice of YHM, will help to keep one’s

Alimentary canal system in perfect order and this will contribute to total wellbeing.

ie ingestion, digestion, assimilation and excretion in our body. If the digestion has not taken place properly, acidity increases and this is the root cause of any diseases.

When the assimilation in the small intestine is not completed properly it contributes to imbalances in the chemistry of various organs in the body. Whenever the malfunction starts at the organs level, the diseases will appear at acute level. Excretion is very vital to cleanse our system. In other words respiration, perspiration, urination, defecation and menstruation are very important functions in our body and these have to take place as per the order. Any problem in these functions will develop into various symptoms in the body and finally show up as chronic diseases.

Yogatrigger Health Module (YHM) is a unique procedure of Integrated Holistic Approach with multiple disciplines which is used in the protocol of treatment. Regular practice of YHM will bring back the Homeostasis condition in the body. This is an ancient wisdom in a modern format.

## THE PROCESSES DONE BEFORE & DURING THE YHM PROCEDURE:

- Body constitution assessment (prakruti)
- Stress level auditing
- Study the history of heredity
- Designing the Health Module content accordingly
- Increase the inter-intra cellular communication
- Resetting the psychic centres (Chakras)
- Synchronisation of body & mind
- Food correction counselling as per the body prakruti
- Prescription of Ayurvedic medicines if needed
- Counselling and special care to the sex related problems
- Counselling and special care for infertility problems
- Provide techniques to combat
- Repetitive Stress Injury /Chronic Fatigue Syndrome /
- Burn Out Syndrome
- Counselling

## BENEFITS OF YHM PROCEDURE:

- Cuts high cholesterol level
- Reduces the risk of heart disease
- Increases the level of haemoglobin in blood
- Keeps weight under control by raising the BMR
- Enhances the muscular efficiency and endurance level
- Increases the digestive power
- Prevents and manages high BP
- Strengthens the Pancreas function and maintain sugar level
- Prevents osteoporosis and maintain BMD
- Improves skin texture and makes one look young
- Increases respiratory efficiency
- Eliminates toxins from the body– so no aches
- Increases the immunity level
- Increases the energy level
- Decreases the pulse rate
- Increases the eye-hand co-ordination
- Normalises the endocrine glands function
- Maintains the sex hormone level at its best
- Improves concentration and thinking power
- Reduces the chance of cancerous growth in the body
- Helps to reduce anxiety / depression through the yogic relaxation technique
- Provides better sleep at delta level

YHM procedure has been widely accepted as a treatment module both in India and abroad. It has been very much appreciated by the western communities for its simplicity and high effectiveness. Over a period of 20 years, thousands of professionals from IT industry and other MNCs, businessmen, students, housewives etc., have benefitted immensely after practicing this health module.



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# Do **YOGA,** live a peaceful **LIFE**

Yoga is known the world over for its transcending and healing effects. It is particularly recommended for techies who follow a hectic work schedule and find it difficult to maintain a proper work-life balance. Inner peace is something that is exclusive to yoga. Here's how techies can master this and consequently get rid of those puffiness under the eyes and the heaviness in their minds. **Sudeep B. Chandramana**, looks at how techies can benefit from this ancient Indian method of stress relieving.

**Y**oga means uniting, uniting with your own center. This can be achieved by practicing the eight limbs of yoga of which asanas (yoga poses) are a part of. Most people understand yoga as just a set of body postures though in reality it is much more than that. Pranayama and meditation are also limbs of yoga that brings harmony to the deeper level of existence which is beyond the physical. Yoga thus is all about being natural and spontaneous. It is a state of harmony in every aspect of life whether physical, mental, emotional or spiritual. It brings a transformation from stress to happiness, not just at an individual level but at the level of society too.

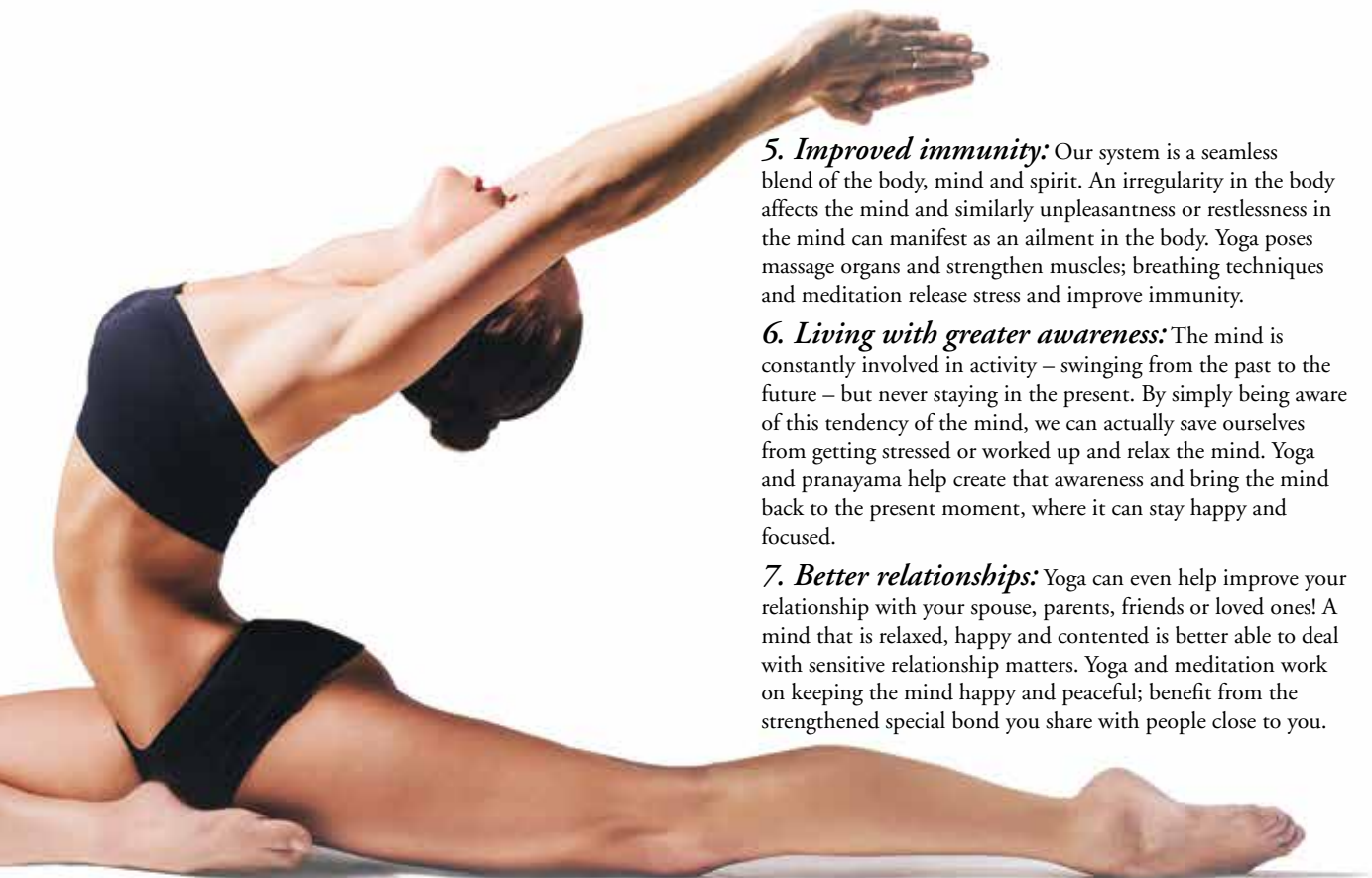
Another feature of yoga is that it is holistic i.e., it includes everything. Thus, it is not a separate theoretical subject to study in life but, it enriches your very experience of living. Pranayama and meditation are great at improving concentration and memory and thus is highly advisable for techies. Practice them daily and develop a keen insight and strong receptivity which are essential to survive in today's stress-packed atmosphere. These are also great at enhancing intuition and eradicating all mental fatigue and anxiety that techies go through. Yoga thus is also helpful in freeing the mind from all inhibitions while interacting or performing with people. It also helps to develop a strong and palatable personality.

Inner turmoil and hectic work schedule are part and parcel of the lives of techies and Yoga acts as a good

friend to ease this out. For people who spend most of their days sitting behind desks, practicing physical exercise or stretches daily are essential and very fruitful too. Pranayama and meditation also help techies to keep their energy levels stable and high through the day and these high energy levels keep the mind clear and sharp. It is also recommended that offices practice group meditation before having meals together. This is very fruitful in promoting team work at the workplace. It is also good to spend some time daily with nature and do things that are irrelevant not important. This helps to unleash the hidden creativity within a person.

Weight loss, a strong and flexible body, glowing beautiful skin, peaceful mind, good health – whatever you may be looking for - yoga has it on offer. However, very often, yoga is only partially understood as being limited to asanas. So, its benefits are only perceived to be at the bodily level and we fail to realize its immense benefits in uniting the body, mind and breath. When you are in harmony with yourself, the journey through life is calmer, happier and more fulfilling.

With all this and much more to offer, the benefits of yoga are felt in a profound, yet subtle manner. Here, let's look at the top 10 benefits of yoga practice.



**1. All-round fitness:** You are truly healthy when you are not just physically fit but also mentally and emotionally balanced. As Sri Sri Ravi Shankar (Spiritual leader and founder of the Art of Living Foundation, an NGO which aims to relieve individual stress, societal problems, and violence) puts it, “Health is not a mere absence of disease. It is a dynamic expression of life – in terms of how joyful, loving and enthusiastic you are.” This is where yoga helps: postures, pranayama (breathing techniques) and meditation are a holistic fitness package.

**2. Weight loss:** What many want! Yoga benefits here too. Sun Salutations and Kapal Bhatipranayama are some ways to help lose weight with yoga. Moreover, with regular practice of yoga, we tend to become more sensitive to the kind of food our body asks for and when. This can also help keep a check on weight.

**3. Stress relief:** A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily - in both the body and mind. Yoga postures, pranayama and meditation are effective techniques to release stress. You can also experience how yoga helps de-tox the body and de-stress the mind at the Art of Living Yoga Course.

**4. Inner peace:** We all love to visit peaceful, serene spots, rich in natural beauty. Little do we realize that peace can be found right within us and we can take a mini-vacation to experience this any time of the day! Benefit from a small holiday every day with yoga and meditation. Yoga is also one of the best ways to calm a disturbed mind.

**5. Improved immunity:** Our system is a seamless blend of the body, mind and spirit. An irregularity in the body affects the mind and similarly unpleasantness or restlessness in the mind can manifest as an ailment in the body. Yoga poses massage organs and strengthen muscles; breathing techniques and meditation release stress and improve immunity.

**6. Living with greater awareness:** The mind is constantly involved in activity – swinging from the past to the future – but never staying in the present. By simply being aware of this tendency of the mind, we can actually save ourselves from getting stressed or worked up and relax the mind. Yoga and pranayama help create that awareness and bring the mind back to the present moment, where it can stay happy and focused.

**7. Better relationships:** Yoga can even help improve your relationship with your spouse, parents, friends or loved ones! A mind that is relaxed, happy and contented is better able to deal with sensitive relationship matters. Yoga and meditation work on keeping the mind happy and peaceful; benefit from the strengthened special bond you share with people close to you.

**8. Increased energy:** Do you feel completely drained out by the end of the day? Shuttling between multiple tasks through the day can sometimes be quite exhausting. A few minutes of yoga every day provides the secret to feeling fresh and energetic even after a long day. A 10-minute guided meditation (now available online at [www.artofliving.org](http://www.artofliving.org)) benefits you immensely, leaving you refreshed and recharged in the middle of a hectic day.

### **9. Better flexibility & posture:**

You only need to include yoga in your daily routine to benefit from a body that is strong, supple and flexible. Regular yoga practice stretches and tones the body muscles and also makes them strong. It also helps improve your body posture when you stand, sit, sleep or walk. This would, in turn, help relieve you of body pain due to incorrect posture.

**10. Better intuition:** Yoga and meditation have the power to improve your intuitive ability so that you effortlessly realize what needs to be done, when and how, to yield positive results. It works. You only need to experience it yourself.

Remember, yoga is a continuous process. So keep practising! The deeper you move into your yoga practice, the more profound are its benefits.



(The author is Trainer, The Art of Living Foundation and Assistant Professor, Department of Management Studies, MACFAST, Tiruvalla)



Migraine is a disorder that is affecting mainly the youth. This can be attributed to the long hours spent in front of the computer, television and other digital appliances. Coupled with stress this result in acute headache or migraine that has hardly any cure in Allopathy. Here are some tips that help you to deal with this problem at home without any medications and purely through Yoga.

# Cure **MIGRAINE** with **YOGA**

**M**igraine is a neurological disorder that causes recurring headaches ranging from moderate to high intensity. Typically it effects only one half of the head and can last from 2 hours to up to more than 2 days. When under a migraine attack, the sufferer may become extremely sensitive towards light or noise. Other common symptoms include vomiting, nausea and pain aggravation due to physical activity.

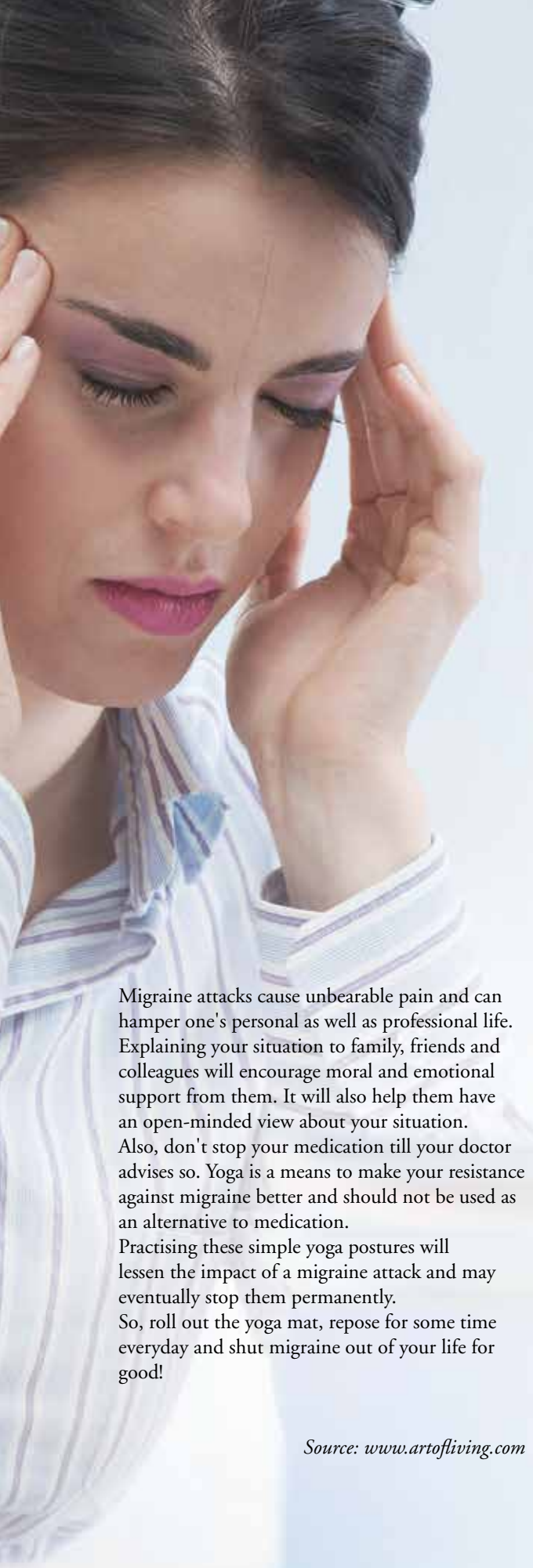
According to a UK based trust, about eight million people in UK alone suffer from migraine and almost 0.2 million migraine attacks happen everyday in UK. It is also believed that migraine is the most common neurological condition and is more common than asthma, epilepsy and diabetes combined together.

## What's the way out?

If you have been suffering from head-splitting ache for years or have recently been diagnosed with migraine, there are ways other than medication to help overcome your pain. Arterial surgery, muscle surgery, Occipital nerve stimulation, Botox, beta-blockers and anti-depressants are a few of the various preventive methods available today to fight migraine attacks. But beware: Not all of these methods come without side-effects. Opting for some of these methods may increase the risk of hypertension, heart attacks, insomnia and nausea to name a few.

So, is there a natural way to fight against migraine without hurting the body in the process?

Luckily, yes. The answer is Yoga.



Migraine attacks cause unbearable pain and can hamper one's personal as well as professional life. Explaining your situation to family, friends and colleagues will encourage moral and emotional support from them. It will also help them have an open-minded view about your situation. Also, don't stop your medication till your doctor advises so. Yoga is a means to make your resistance against migraine better and should not be used as an alternative to medication. Practising these simple yoga postures will lessen the impact of a migraine attack and may eventually stop them permanently. So, roll out the yoga mat, repose for some time everyday and shut migraine out of your life for good!

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

## Yoga to the rescue!

Yoga is an ancient technique that promotes holistic living through a combination of postures and breathing techniques. Yoga is a side-effect free method to fight migraine. Practising these simple yoga postures for a few minutes everyday will help prepare yourself better for the next migraine attack:



**Paschimottasana**  
(Two-legged Forward bend)

The Two-legged Forward bend calms the brain and relieves stress. This yoga posture also relieves headache.

**Hastapadasana**  
(Standing Forward bend)

The Standing Forward bend invigorates the nervous system by increasing blood supply and also calms the mind.



**Adho Mukha Svanasana**  
(Downward Facing Dog pose)

The Downward Facing Dog pose increases blood circulation to the brain and thus relieves headache.

**Setu Bandhasana**  
(Bridge pose)

The Bridge pose calms the brain and reduces anxiety.



**Shishuasana**  
(Child pose)

The Child pose calms down the nervous system and effectively reduces the pain.



**Padmasana**  
(Lotus pose)

The Lotus pose relaxes the mind and alleviates headache.



**Marjariasana**  
(Cat stretch)

The Cat stretch improves blood circulation and also relaxes the mind.



**Shavasana**  
(Corpse pose)

The Corpse pose rejuvenates the body by bringing it into a deep state of meditative rest. The yoga routine should be ended by lying down in this pose for a couple of minutes.

# HORROR of BLACKHEADS

Have you been suffering from blackheads with no clue on how to get rid of it? This skin disorder is known to occur due to several factors with stress being one among them. Here are the main causes and remedies



**B**lackheads usually occur during the teenage time of a person. But, today it is seen in adults too. This can be due to stress at work or home. In today's families where double income is the norm, stress related to work and family is natural, and it can cause tiny black eruptions on the face. These tiny, dark spots appearing on the surface of the skin are usually caused by blocked pores or blocked hair follicles in the skin and occur around the nose and face area. These are commonly found among adolescents or among people with excessive oily skin. Usually, this is the first stage of acne formation.

## GET RID OF BLACKHEADS NATURALLY

Here are some simple ways to get rid of blackheads naturally using ingredients found at home.

**EGG WASH:** Fresh raw eggs can be used to get rid of blackheads easily. This is vouched as a very effective method too. All you need to do is to beat one or two egg whites and mix it with one tablespoon of honey. This mixture can then be applied on the area of blackheads. Leave it there for half an hour and then wash it off with warm water for good results.

**TOOTHPASTE RUB:** Apply toothpaste over the area of blackheads and leave it like that for 25 minutes. Then wash the face gently with warm water. Repeat this therapy for two weeks and find yourself free from blackheads.

**HONEY MASSAGE:** The antiseptic properties of honey can work like magic for all with oily skin and for those with blackheads too. Smear honey onto the affected area and wash with warm water after 15 minutes to get the desired effect.



**TOMATO WASH:** The natural antiseptic properties of tomato can help to desiccate blackheads. Peeled and smashed tomato can be applied on the blackheads before going to sleep. This can be left as it is overnight. Wash it off the next morning with clean water.

**OATMEAL PACK:** Get rid of blackheads by applying a mixture of oatmeal and yogurt on the affected area. This helps to remove blackheads and is great at improving the health of the skin. As in all cases, this can be applied on the face and left there for 10-15 minutes after which it can be washed with cold water to get best results.

**LEMON SCRUB:** Another natural ingredient that is effective and highly recommended for treating blackheads is lime. A few drops of lime can be squeezed into a bowl to which salt is added and then stirred. This mixture can be applied on the blackheads after washing the face with warm water. This can be left as it is for 20 minutes and then washed with warm water for good results.



**CINNAMON PACK:** Prepare a mixture of equal parts of cinnamon powder and lime juice to form a thick paste. Apply the paste on the affected parts and leave it overnight and then wash off with warm water in the morning.

**BAKING SODA MASK:** Prepare a paste of baking soda and water by mixing it. Apply this gently on the areas of blackheads. Let it dry for a few minutes and then wash the affected area with warm water to get rid of all oil and dirt that cause blackheads.



### Some of the main causes of blackheads are as follows:

Stress

Hormonal changes

Unclean skin

Alcohol

Caffeine

Inheritance

Smoking

Cosmetics

### Fast facts on blackheads Here are some key points about blackheads.

- Blackheads form as a result of excess sebum produced at the base of hairs, often as a result of hormone changes, especially during puberty.
- Sebum contains a dark pigment, melanin, which oxidizes and turns black when exposed to the air; this is why blackheads have a dark appearance.
- There is some evidence that blackheads are more likely to arise when poor diet or disease leads to increased insulin levels and rapid growth of skin cells that lead to clogged pores.
- Blackheads are also known as open comedones and are considered a mild form of acne unless accompanied by more severe types of acne lesions.
- Simple blackheads do not normally cause pain or other symptoms, but the development of more severe acne can result in such symptoms, along with social and psychological effects.

**Source:** [medicalnews today.com](http://medicalnews.today.com)

~ Ayurveda Desk



Koblenz

## World Ayurveda Congress to Explore opportunities for AYUSH systems of health and well-being in Europe

The 2nd European World Ayurveda Congress organised by the European Ayurveda Association kicks-off in about two week times. The Scientific Congress and Health Fair will be held in Koblenz Kongress: Rhein-Mosel-Halle, Julius-Wegeler-Straße 4, 56068 Koblenz).

By Dr Madan Thangavelu Ph.D

**T**he event will begin with a pre-Congress event – a boat trip and dinner for guests on the River Rhine on Friday October 14. Koblenz the host city, is at the confluence of the Rhein and the Mosel – two important rivers in Germany. The Upper Middle Rhine Valle and the city with a history of more than 2,500 years is recognized by UNESCO World Heritage Site. Visitors and delegates are assured the opportunity to engage with Ayurveda scholars and practitioners and “learn from the best” at one of Europe's most comprehensive Ayurveda events. The vision according

to the organisers - EWAC2 - An event and a meeting place in Europe for the world to reach out to the 48 nations of Europe: EWAC2 and future editions - a platform and a meeting place in Europe for participants from around the world to reach out to 48 nations across Europe comprising: EU-28, the five EU accession countries (Albania, the former Yugoslav Republic of Macedonia, Montenegro, Serbia and Turkey), the four EFTA Member States (Iceland, Liechtenstein, Norway and Switzerland) and the eleven members of the Commonwealth of Independent States (CIS; 9 members: Armenia, Azerbaijan, Belarus, Kazakhstan,

Kyrgyzstan, Moldova, Russia, Tajikistan, Uzbekistan and the two associates: Turkmenistan, Ukraine). The Congress will provide an excellent forum for all to explore more about the rapidly growing opportunities for AYUSH systems of health and well-being and cure here in Europe.

The Scientific Congress will have workshops, presentations and discussions about four themes that span the breadth and depth of Ayurveda:

- **Health Promotion:** Improve your good health & well-being every day, Wellness and Wellbeing & Health and Wellness Literacy
- **Health Maintenance:** Saying No to Disease and Avoiding Disease, Personalizing Health, Personalization of health maintenance & Prophylaxis
- **Disease Prevention:** Prevent disease before they arise, including Ayurveda's perspectives on Public Health, and Ayurveda & AYUSH Education
- **Cure:** Getting back to Good Health, Therapy, Controversies and Ways Ahead

• **Ayurveda Dialogues** – there will be eight sessions 90 minutes each on diverse topics: Panchakarma; [Cardiovascular Diseases | Hypertension | Stroke]; Cancer; [Diabetes | Metabolic & Chronic Diseases], Ageing | Inflammation | Arthritis | Osteonecrosis | Neurological Diseases, Psychosomatic Diseases | Spirituality | Wellness/Mental Health, Ayurveda Pedagogy & Training | Ayurveda Research-Present & Future, Holistic

Meta-medicine based on Ayurveda & AYUSH Systems There is more in the pages related to the Health Fair & Trade show too - please do visit and review.

Organising such multinational events is impossible without dependence on technology. The world is now irrevocably embedded in the 21st century's techie-driven Digital Age and Digital Revolution has its hallmarks. And as with all ages the Digital Age and its offerings also has its unintended consequences and its diseases. Revolutions: Every age has its revolutions - that both liberates and incarcerates.

The average working citizen in many countries around the world spends many hours each day with devices.

The average executive spends even more. In some countries even children on an average spend three to five hours a day in front of a screen

Such activities are relatively new for mankind and is burdened with consequences - both intended and unintended. One of the consequences is its costs to the health of the average citizen now irreversibly embedded in its designs. We are not only in the age of technology but we have also entered the age of digital-detox: In South Korea, the most wired country in the world with the world's fastest data speeds and 24-hour gaming cafes and the governments push for digital supremacy - with average connection speeds of 27 Mega bits per second (almost 11 times the average for India) ... one in ten children between the ages of 10 and 19 are addicted to the Internet.

Internet and online-gaming addicted children are sent to addiction rehabilitation centres to overcome their addiction - from full-time gaming to 'zero screen time'. The collateral damage to health takes on many

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*"The average working citizen in many countries around the world spends many hours each day with devices. The average executive spends even more. In some countries even children on an average spend three to five hours a day in front of a screen. Such activities are relatively new for mankind and is burdened with consequences - both intended and unintended. One of the consequences is its costs to the health of the average citizen now irreversibly embedded in its designs."*

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dimensions that are at the heart of Ayurveda and ancient Indian systems of health and wellness.

Food: Techie and technology have subliminal links to fast food, high calorie nutrient poor industrial foods and snacks - most times at addictive levels.

Activity: The sedentary periods extend to many hours a day - in combination with calorie-rich

Stress: The volume and velocity of data exchanges are enough to precipitate stress in the mind and in the body.

At conflict with all the major pillars of the ancient science of health and wellness it is not surprising that the science of yesteryears hold answers to today's and future problems to health and disease and this is fascinating.

Two recent developments are particularly significant in this context. The recent agreement between the Ministry of AYUSH and the World Health Organization. The second is news that Ayurvedic treatment will have insurance coverage. Both these offer the early stages for the further globalisation of the India's soft power – the AYUSH Systems.



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.



# Blame it on **LIFESTYLE**

Lifestyle diseases, sometimes called diseases of longevity or diseases of civilization, are diseases that appear to increase in frequency as countries become more industrialised and people live longer. They include arthritis, atherosclerosis, cancer, chronic liver disease or cirrhosis, chronic obstructive pulmonary disease, type 2 diabetes, heart disease, infertility, metabolic syndrome (obesity), chronic renal failure, osteoporosis, stroke, depression, eye problems, back pain, cervical and lumbar spondylitis. Dr Joy T Verghese gives below an overview of health problems faced by techies of IT sector

## **CERVICAL SPONDYLOSIS**

This is very common among IT professionals. Unfortunately, the bones and protective cartilage in one's neck are prone to wear and tear that can lead to cervical spondylosis. Most people with cervical spondylosis don't show any significant symptoms. One common symptom is pain around the shoulder blade. People suffering from this disorder complain of pain along the arm and in the fingers. Other common signs include a stiff neck that becomes worse, headaches that mostly occur in the back of the head, tingling or numbness that mainly affects shoulders and arms, although it can also occur in the legs. Symptoms that occur less frequently often include a loss of balance and a loss of bladder or bowel control. These symptoms warrant immediate medical attention

## **OBESITY**

Obesity is a condition where a person has accumulated so much body fat that it might have a negative effect on their health. If a person's bodyweight is at least 20% higher than it should be, he or she is considered obese. If your Body Mass Index (BMI) is between 25 and 29.9 you are considered overweight. If your BMI is 30 or over, you are considered obese. The BMI measurement can sometimes be misleading - a musclemán may have a high BMI but have much less fat than an unfit person whose BMI is

lower. However, in general, the BMI measurement can be a useful indicator for the 'average person'.

## **ARTHRITIS**


14-15% of people in India suffer from arthritis. An infection or injury to the joints can exacerbate this natural breakdown of cartilage tissue. Your risk of developing Arthritis may be higher if you have a family history of the disease. Another common form of arthritis, RA [Rheumatoid Arthritis] is an autoimmune disorder. It occurs when your body's immune system attacks the tissues of the body.

## **CARDIOVASCULAR DISEASE**

This generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke. Other heart conditions, such as those that affect your heart's muscle, valves or rhythm, also are considered forms of heart disease.

## **CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)**

Lung conditions are defined by an inability to exhale normally, which causes difficulty in breathing. Chronic bronchitis is a form of COPD characterised by a chronic productive cough. Emphysema: Lung damage allows air to be trapped in the lungs in this form of COPD. Those



who indulge in smoking as a time pass [as a stress reliever], later develop addiction and may result in this. Most of IT professionals are chronic smokers.

## **CHRONIC LIVER DISEASE OR CIRRHOSIS**

The liver plays an important role in many bodily functions from protein production and blood clotting to cholesterol, glucose (sugar), and iron metabolism. Those people who are fond of eating out are likely to develop liver problems due to repeated use of oils, excessive use of artificial flavors, food colours and preservatives.

## **DIABETES MELLITUS TYPE 2**

Is a long term metabolic disorder characterised by high blood sugar, insulin resistance and relative lack of Insulin. Common symptoms include increased thirst, frequent urination, and unexplained weight loss. Those who lead a sedentary lifestyle tend to deposit fat on abdomen which in turn leads to pancreatic dysfunction and diabetes.

## **CHRONIC KIDNEY DISEASE (CKD):**

Also known as chronic renal disease, is progressive loss in kidney function over a period of months or years. The symptoms of worsening kidney function are not specific and might include feeling generally unwell and experiencing a reduced appetite. CKD is generally seen in persons who are taking less water and those who control their urge to pass urine, which results in kidney stones.

## **OSTEOPOROSIS**

This is a medical condition in which the bones become brittle and fragile from loss of tissue, typically as a result of hormonal changes, or deficiency of calcium or vitamin D. Vitamin D deficiency is most prevalent in people who remain indoors. Even lack of exercise can also be considered as one of the reasons.

## **INFERTILITY**

This refers to an inability to conceive after having regular unprotected sex. Infertility can also refer to the biological inability of an individual to contribute to conception, or to a female who cannot carry a pregnancy to full term.

Primary infertility is defined as the absence of a live birth for women who desire a child and have been in a union for at least five years, during which they have not used any contraceptives. The World Health Organization also adds that 'women whose pregnancy spontaneously miscarries, or whose pregnancy results in a still born child, without ever having had a live birth would present with primarily infertility.

Secondary infertility is defined as the absence of a live birth for women who desire a child and have been in a union for at least five years since their last live birth, during which they did not use any contraceptives.

## DEPRESSION

Depression is a common but serious mood disorder. It causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working. To be diagnosed with depression, the symptoms must be present for at least two weeks.

## ATHEROSCLEROSIS

Is a disease in which plaque builds up inside your arteries. Arteries are blood vessels that carry oxygen-rich blood to your heart and other parts of your body. Plaque is made up of fat, cholesterol, calcium, and other substances found in the blood. Over time, plaque hardens and narrows your arteries. This limits the flow of oxygen-rich blood to your organs and other parts of your body. Atherosclerosis can lead to serious problems, including heart attack, stroke, or even death.



**Dr. Joy T Verghese, (Vice-President)**  
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# Homemade Ghee

## Yummy for the Tummy



Home-made ghee is something that is a rarity today. But, this does not rule out its benefits. It continues to be an evergreen elixir with a lot of health benefits. Below are some home remedies with ghee that a grandmother might have suggested:-

Do you find yourself sneezing continuously on monsoon days? Don't worry. Help yourself with a teaspoon of warm ghee mixed with two-three ground black peppercorns. You will see this working wonders.

According to Ayurveda, ghee is a natural remedy for constipation as it aids in digestion and helps in the excretion of toxins. Half teaspoon of ghee daily is a great way to detox.

One teaspoon of ghee given to kids every day is great for strengthening immunity, bone development and muscle growth.

For people suffering from rheumatoid arthritis a teaspoon of desi ghee daily keeps joints lubricated and prevents inflammation.

Finally, home-made ghee is known to be a 'fat that makes you thin'. It helps to burn stubborn fat in the body while regulating your metabolism.

~ Ayurveda Desk







# The magic of 'Gifted Hands'

Dr. Pathrose Parathuvayalil Group (PPG Life Solutions) has a century-old tradition in Ayurveda specialising in Orthopedic treatment. Based in the small town Keezhillam in Perumbavoor, PPG is proud to have the first ISO 9001:2000 certified Ayurveda Hospital in India--Parathuvayalil Multispecialty Ayurveda Hospital.



## **PARATHUVAYALIL HOSPITAL**

Parathuvayalil Hospital, established in 1955 in Keezhillam, has the facility to treat 100 in-house patients. The major treatments available here are for Arthritis, Cervical Spondylitis which affects neck and backbone, Osteo Arthritis, Diabetic Neuropathy (A Disorder of Nervous System caused by severe diabetes). A Panchakarma Therapy course of Kerala Government is also carried out in association with hospital.

## **MILESTONES IN PPG'S GROWTH**

Apart from Parathuvayalil Hospital, the group has three other companies : Pam Labs India Health Care (P) Ltd. which is the Pharmaceutical division, Ortho Care Products Pvt. Ltd. which is the Techno-medical division and Herbig India Marketing Pvt. Ltd. which is the Marketing division of PPG. Pam Labs is the only Indian Company which has recognition from the Drugs Control Department of the Ministry of the Sultanate of Oman.



## **PRODUCTS**

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## **Dr. Pathrose**—the innovative mind behind PPG Life Solutions

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# LEAFY VEGETABLE SOUP

## *Recipe*



Are you a techie having trouble in getting the required amount of nutrition for your body? Are you racing against time and find no time to grab a grub? Here's an easy-to-eat and easy-to-cook leafy vegetable soup recipe that will keep your body well-nourished and won't take much of your time.

This is light and non-spicy and is sure to nourish your body with iron, calcium, magnesium, potassium, vitamin C, vitamin K, vitamin A and also has antioxidant properties. These vegetables are beneficial to boost up the immune system and to fight against diseases. It has been found that green leafy vegetables contain chlorophyll which is quite effective in reducing the risk of cancer. They are also beneficial for people suffering from asthma, blood pressure, skin, bone problems. It will also improve digestion.

### Ingredients of LEAFY VEGETABLE SOUP RECIPE

- Water 5 cups
- Olive oil 1 teaspoon
- Chopped spinach (Palak) 3 bowls
- Fenugreek (methi leaves) 1 bowl
- Broccoli ½ bowl
- Coriander leaves
- Corn flour ¼ to half tablespoon
- Tulsi leaves (Optional)
- Chopped onion
- Chopped garlic
- Chopped ginger
- Black pepper
- Salt according to taste

### PROCEDURE

1. Wash all the leafy vegetables 3-4 times in water.
2. Chop all the vegetables.
3. Pour water in a deep pan and add the vegetables.
4. Cook all vegetables on a reduced flame for 8-10 minutes.
5. Heat olive oil in another pan.
6. Add chopped garlic and onion in another pan and sauté for 3-4 minutes.
7. Add boiled vegetables and corn flour in pan which contains the mixtures of garlic and onion.
8. Cook all the ingredients at reduced flame for at least 10-15 minutes.
9. Add black pepper to enhance taste.
10. Add salt according to taste.
11. Delicious vegetable hot soup is ready to serve.

### TIPS

- Don't throw the extra water which is left after cooking the leafy vegetables. Instead, use that drained water in the recipe.
- Hot servings of soup are good in the case of congestion.

### SUGGESTIONS

Leafy vegetables like spinach are rich in oxalate. Hence, not good for people who have kidney stone problems.

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





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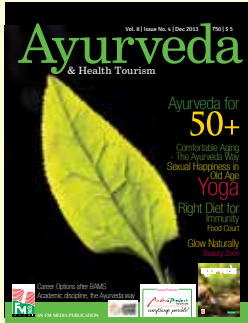
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