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Ayurveda

& Health Tourism

Interview:
Ayurveda leads the Chopras

Distinct Treatment
for Rheumatoid Arthritis

RA ends up in
Depression too

Emerging out of
Lupus troubles

Interview with David Lammy:
Bowled over by Ayurveda

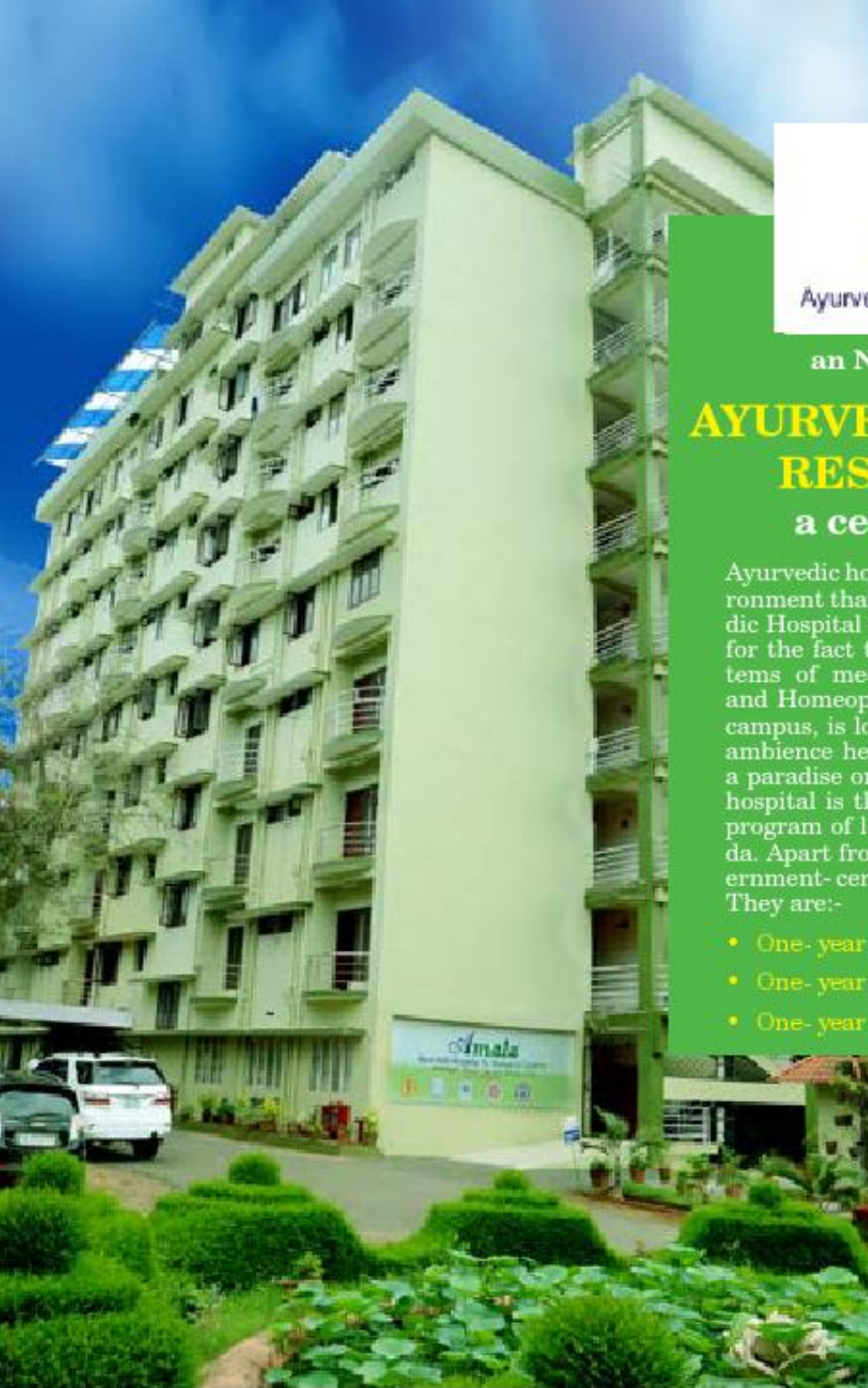
Turmeric
works wonders for Arthritis

New Dharma of
Healthcare



ayurvedamagazine.org





Amala
Ayurvedic Hospital & Research Centre

an NABH accredited hospital

AYURVEDIC HOSPITAL AND RESEARCH CENTRE a centre par excellence

Ayurvedic hospitals are known for their serene environment that is very close to nature. Amala Ayurvedic Hospital is not different. The hospital is unique for the fact that it handles the three principal systems of medicines, namely, Ayurveda, Allopathy and Homeopathy. This hospital, with its sprawling campus, is located in Amalanagar in Thrissur. The ambience here can transcend you to the feeling of a paradise on earth. Another unique feature of the hospital is that it provides foreigners a residential program of learning the basic principles of Ayurveda. Apart from this, the hospital also conducts Government-certified paramedical courses in Ayurveda. They are:-

- One- year program in Ayurveda nursing
- One- year program in Ayurveda pharmacy
- One- year program in Ayurveda Therapy

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Ease of access

The hospital is easily accessible from all over the world through air, rail and road. The Cochin International Airport at Nedumbassery is just 60 km to the south, while Calicut International Airport is 95 km to the north. Thrissur railway station is at a distance of 8 km. The hospital is connected by road to all major cities of Kerala.

A must-see

The hospital has a herbarium named after the founder-director of Amala, Fr. Gabriel, which contains more than 500 medicinal plants. The hospital also allows one to watch how the GMP-certified medicines like kasha-

yams(decoctions), grithams(ghee preparations) and thailams(oils) are prepared in their highly sophisticated manufacturing units.

Amenities

- The hospital provides to- and- fro taxi services from the airport.
- Credit cards are accepted here for any kind of monetary transactions.
- People visiting the facility are allowed free internet browsing facility.
- Individuals or parties seeking treatment here are also allowed sight-seeing facilities

The staff and the doctors here are trained to treat the patients coming here with a cheerful and ever-ready-to-help attitude. From the moment the patients seek solace here they start feeling at home. Their problems are listened to and a solution is provided and the treatment is said to start from day one. The hospital complex was founded by the Carmelite Fathers (CMI) as Amala Cancer Hospital and Research Center. It was started in 1978 as a non-profit charitable institution, aimed at the treatment and management of cancer. Today it has grown to become a major hospital having modern diagnostic, therapeutic and research facilities to combat cancer and other ailments. This exceptionally-unique 1000-bed hospital handles on an average 4000 new cancer cases and 6000 cancer inpatients a year. The center handles around 35,000 cancer outpatient visits per year.

The ambience here is far from that of a regular hospital. Here you are sure to get pampered with their fresh and non-polluted atmosphere that is full of greenery. This, in turn, helps to easily rejuvenate your mind and body keeping the external stresses to a minimum. And hence there is no need to worry about having to experience the regular hospital atmosphere.



Brian Philips,
Australia,
on the jewel that is Amala

My wife and I recently stayed at Amala Ayurvedic Hospital, Kerala, and I would like to relay our experience with you.

My wife recently underwent treatment for breast cancer in our home country, Australia, and was seeking a rejuvenation treatment. I have suffered irritable bowel syndrome for the past 30 years and have had no success with varying modes of treatment. We chose Amala as we wished to attend an authentic center - one committed to the pure application of Ayurvedic principles and treatment.

We have been whole-heartedly satisfied with the professionalism of the doctors that treated us. Their in-depth knowledge and experience were impressive and, together with that, they are seen to possess a deep compassionate streak.

The rest of the hospital staff follow in the same vein as the doctors. Everyone here, and I mean everyone, is courteous, friendly and was attentive to our every need. The result was a pleasant and relaxed atmosphere and a beautiful environment in which to heal.

We felt very much at home in the accommodation provided to us, and the natural beauty of Kerala provided the perfect setting.

We will be back and we will inform our friends of the jewel that is Amala!

Yours sincerely

Brian Phillips



- Free accommodation for one bystander.
- Green Leaf Accreditation from the Government of Kerala provides authenticity to Amala Ayurveda Hospital as a center of excellence, although it is an ISO 9001-2008 certified center.
- NABH accredited hospital
- 83 bedded hospital.
- The Property includes:-**
 - Super-speciality hospital
 - Medical college
 - Ayurvedic Hospital & Research Center
 - Cancer Hospital & Research Center
 - Homeopathic Hospital & Research Center
 - Nursing College
 - Teaching Hospital
 - Pharmacy Production Unit
 - Bethanygram (Home for the aged)

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Ayurveda for Rheumatism: the liaison

Rheumatism is known for its irreversible bone damage to people but Ayurveda is known to have reversed this fact. This ancient system of medicine has proved that its treatment methodology for rheumatism can completely cure a person suffering from this disease. This, they claim is not just word play but a reality that has been vouched for by leading medical institutions as well as expert practitioners. Research has identified that rheumatism is a disease affecting one percent of the world population. It is also observed that this disease is more common in women than in men and that it afflicts people of all races equally. The disease has been termed as progressive as it has the potential to cause joint destruction and functional disability.

Considering these findings, we at 'Ayurveda & Health Tourism' have based this issue of our magazine with the theme 'Rheumatism & Ayurveda' and how both interplay. Even though a lot has already been written and spoken about this subject, our purpose is to once again remind our readers that rheumatism is not an end and Ayurveda has a lot of curative measures for the sufferers of this disease. The simple steps expounded by the many experts who have written for us will be a guiding light to all our readers.

It is also observed that treating this disease in Allopathy can sometimes be debilitating with the patients advised to take medication life-long. But Ayurvedic treatments promise a cure to this disease by nipping out any symptoms of this disease right at its inception. Also, its curative methodologies are so proficient that the patient can be confident of not having a relapse, on the contrary he would feel rejuvenated than ever before. His/her immune system will function in a much healthier manner after any Ayurvedic treatment. It is also seen that there are many scientific validations to the Ayurvedic treatment of this disease which has increased the market for Ayurveda in the Western world too. Apart from just oral medication, Ayurveda recommends a whole lot of life-style changes so that the patient remains healthy, peppy, happy and youthful.

Considering the peculiar features that nature has bestowed upon Kerala, it has remained a cradle of pristine traditional knowledge, culture and heritage, including Ayurveda. This is one among the million reasons for the GAF 2016 to be hosted in Kozhikode. We, at Ayurveda & Health Tourism magazine are also happy to announce that we have got the opportunity to be the official magazine for this fest. This international fest will show-case Ayurveda on a global platform which is multi-dimensional comprehensive with everything from textual traditions to healing traditions, from policies to products and from research to economics, made available for discussions, deliberations and decisions. Thus this fest will be a great boost for the Ayurveda fraternity the world over. We would also like to inform our readers that we would be participating in ITB-Berlin to be held from 9 to 13 March, 2016.

So, a final word to our readers: read our magazine thoroughly and at leisure, pick out those snippets, apply them to your daily life and see the changes that can happen. Good Luck and Happy Reading to all.

- Editor

Ayurveda has distinct treatment for Rheumatoid Arthritis



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An auto-immune disorder occurs when the body's immune system attacks and destroys healthy body tissues by mistake. Rheumatoid arthritis is the best example for this. The immune system produces anti-bodies against antigens that enable it to destroy harmful substances which form in the body. Sometimes the immune system does not distinguish between healthy tissue and antigens. As a result, the body sets off a reaction that destroys normal tissues, a phenomenon called Auto-immunity. The equivalent term for this in Ayurveda is Amavata. The above phenomenon can be understood through the concept of AMA (Undigested or improperly digested part of diet). Ama is the main causative factor for Rheumatoid. There are many causes for this; it can be never of unknown aetiology. Ayurveda has very distinct identification of causes for this disease. The following are the aetiological factors.

The probable causative factors are excessive intake of saline, sour, pungent, alkaline, unctuous, hot and uncooked food, excessive intake of oil-cake preparations or radish, intake of foods causing burning sensation during digestion, excessive intake of curd, sesamum paste, sugar cane, Aranala (kanji), Sauvira (sour preparation of dehusked barley), Sukta (vinegar), butter-milk, alcohol and wine, intake of

contradictory food, intake of food before the previous meal is digested, omission of the purification of body, sexual intercourse in improper ways, resorting to anger in excess, sleeping during day time and remaining awake at night. Generally people of tender health who indulge in sweet food, leisurely eating and sedentary habits get afflicted by this disease. In the present scenario, factors such as sitting in air conditioned space for a long time after a heavy meal and stress also play a major role in auto-immunity and cause Rheumatoid.

Prevention of Rheumatoid through Ayurveda:

As Ayurveda is not merely a medical science, it is more a life science, where guidelines for healthy and happy life are explained in detail. A person with Rheumatoid arthritis should prevent the following things to restrict the progress of the disease or to get rid of the disease.

Sleep during day time, exposure to heat, exercise, sexual intercourse, and intake of pungent, hot, heavy, abhishyandi (ingredients which cause obstruction to the channels of circulation like curd, yogurt etc), saline and sour ingredients should be avoided.



Diet recommendation for Rheumatism:

1. Cereals like old barley, wheat, old rice
2. Soup of the meat of viskira (gallinaceous) and pratuda (pecker) birds
3. Soup of pigeon pea, Bengal gram, green gram, masura (Lentils) and makustha (kidney beans) added with ghee in liberal quantity
4. For vegetarians- Leafy vegetables like suni-sannaka (deccan hemp), tender branches of vetra, kakamaci (black night shade), satavari (flax hemp), vastuka (goose foot or wild spinach), sizzled with ghee. These are to be given to the persons who are habituated to vegetable diet for making side dishes;
5. Milk of cow, buffalo and goat is more useful in rheumatoid patient.

Treatment of Rheumatoid through Ayurveda:

As per modern sciences, there is no cure for rheumatoid arthritis. Medications can reduce inflammation in joints in order to relieve pain and prevent or slow joint damage. Occupational and physical therapy can help in protecting joints. If joints are severely damaged by rheumatoid arthritis, surgery may be necessary. Many drugs used to treat rheumatoid arthritis like NSAID and DMARDs have some side effects. So the management of this disease by other systems of Medical sciences is not sufficient to

control the further progression of disease. Ayurveda with its holistic approach can help in a better way by improving the quality of life and restricting progression of disease.

There are three approaches in Ayurveda for this disease

- Prevention through healthy diet and life- style
- Medication – internal medicines
- Panchakarma

Herbs useful in Rheumatoid arthritis

1. **Castor oil:** Eranda taila is having Vata- Kapha passifying property, which is more specifically required in the disease RA. Along with this it is also having Ushna Virya and Ama Pachana properties. Ricine present in the castor oil has action on lipase enzyme, it gets hydrolyzed to Rectionic acid which is responsible for purgation.
2. **Guduchi:** Heart- leaved moon seed or Tinospora cordifolia. It is a very useful plant for Rheumatism as it has disease- curing property and rejuvenating property also. Because of its character, it pacifies all the dosha and it is also the best medicine for blood which helps in reducing auto-immunity.
3. **Guggulu:** guggulu gum resin is mainly recom-

manded for pain and inflammation in Rheumatoid. It also prevents further progression of disease. There are many combinations of guggulu which are prescribed in the text for this disease like Yogaraj guggulu, kaishor guggulu, according to the condition.

Panchakarma: These are some cleansing methods for purification of the body called as Panchakarma in Ayurveda. It plays a vital role in the treatment of Rheumatoid Arthritis. Some are the local procedures for swollen joints or painful joints and some are the major purifications for whole body. This is the solution to cure disease from its root or to avoid recurrence of the particular disease.

1. **Massage:** A gentle massage with specific oil in specific condition is very useful in painful joints followed by fomentation.
2. **Parisheka (Pizhichil):** Pouring liquid like decoction of medicines, oil, milk etc over the part affected or whole body is better treatment in Rheumatoid.
3. **Lepa:** Applying the paste of particular med-

icines over swollen joint is very beneficial in Rheumatoid.

4. **Dry Ginger:** it is the premium medicine for AMA, the best thing is, its pungency in taste but not harmful for the gastro-intestinal tract, so plays a vital role in the treatment of Rheumatism.
4. **Virechana (Purgation):** Therapeutic Controlled purgation is the best purification for Rheumatoid described in Ayurveda. It gives relief to the patient not only in symptoms of disease; also it improves the quality of life of the person and restricts the further progression of the disease. It helps in removing the disease through its root. The best time to undergo this procedure is autumn when it is advised for healthy persons also.
5. **Basti (Enema):** There are many therapeutic enemas which are explained for the treatment of Rheumatoid. Basti is half of the treatment for this disease. It is found to be very effective in curing this disease.

NEWS

Natura Hospital, the first AYUSH Hospital in the Country



Ramesh Chennithala, Hon'ble Home Minister of Kerala Inaugurating Natura Ayush Hospital in Kochi. Joseph Vattakunnel (CMD, Natura Ayush Hospital), Rajesh Sharma (Executive Director), Dr. Joy Varghese (Vice President) & T.J. Vinod (Dy. Mayor, Kochi) are also seen.

Kochi: Natura Ayush Hospital becomes the first AYUSH hospital in the country to commence operations at Palarivattom on Tuesday (19.01.2016). The hospital aims at healthy lifestyle treatments through Ayurveda, Yoga, Unani, Sidha and Homeopathy. The hospital is well equipped with modern amenities such as ac/non ac rooms, WI-FI, laundry services, cafeterias, organic shoppers, yoga hall and library.

The Hospital is led by Mr. Joseph Vattakunnel, Chairman & Managing Director and Mr. Rajesh Sharma, Executive Director of Natura Bio Science Group who is engaged in the areas of Complementary/Alternative Medicines and Classical Proprietary Medicines. The hospital was officially inaugurated by Shri Ramesh Chennithala, Hon'ble Home Minister of Kerala on 22nd January by 8.45 am at Palarivattom.



General do's and don'ts of Rheumatoid arthritis

Do's:

1. Take light, healthy fresh food.
2. Use warm water to drink and for routine purpose.
3. Continue light exercise in the morning and evening.
4. Yoga practice daily for one hour.
5. Relax mind by meditation at least once or twice in a day.
6. Follow the above mentioned diet and life-style.

Don'ts :

1. Avoid stress
2. Avoid food articles prepared with maida flour, cheese, curd, fermented food items.
3. Avoid curd in diet especially in night.
4. Milk product or milk should not be taken with salty and sour food articles.
5. Avoid continuous use of air conditioners.
6. Avoid hot and cold things at a time.

With this, it is clear that Ayurveda has better management methods for Rheumatoid arthritis. This article is to provide general information regarding Rheumatoid arthritis and its management through Ayurveda for the general public. If anybody is suffering from the disease, kindly consult the Ayurveda physician for particular treatment of Rheumatoid arthritis.

Indian Laburnum – the tree with the GOLDEN SHOWER

“This is a deciduous tree native to Southern Asia and known as ‘Golden Shower’ due to its abundant yellow flowers that fall like chandeliers.”



Mughul kings of India had it in their gardens. They wore them as bracelets on their wrists. It is also mentioned in the many romances of olden days. It is abundantly found in the Shalimar gardens of Lahore. This tree is also one of the few trees mentioned in the Hindu texts. It is known not just for its beauty but also for its many miraculous properties too. Commonly known to Indians as the Indian Laburnum or The Tree with the Golden Shower, it is seen to be very useful as it gives shade to the pedestrians on Indian roads.

Also known the world over as the Pudding Pipe Tree it is seen to bloom during the spring in long trailing chandelier-like sprays with golden or yellow blossoms. Thus this alternative name, Pudding Pipe tree owes to its long hanging pipe shaped pods with shiny seeds in a dark brown sweetish pulp.

Very commonly found in India, this tree enjoys the status as the state flower of the southern state of Kerala and the national flower of Thailand. It is thus regarded as a symbol of Thai royalty. In Kerala, it takes central stage in the state's new year called Vishu that is celebrated in March – April. In this part of the country it is also called ‘kani konna’ as it is said to be part of their lucky sight. This kani kanal or lucky sight if religiously practiced is said to bring good fortune for the rest of the year.

The flowers of this tree are seen to blossom during late spring. And when it flowers it is very prolific with the flowers occupying most of the tree other than the main branch. Once the flowers of this tree are in full bloom one can hardly spot the leaves in the plant. The tree grows well in dry climates and is said to be drought resistant and salt tolerant.



“In Ayurvedic medicine, the golden shower tree is known as aragvadha, meaning “disease killer”. The fruit pulp is considered a purgative, self-medication or any use without medical supervision is strongly advised against in Ayurvedic texts.”



Being a relative of the bean family it is known to have long seed pods. Monkeys are responsible for the pollination and fertilization of these plants as these animals are quite fond of the sweet pulp found around the seeds in this tree. It is to be noted that the seeds of this plant are poisonous unlike the flesh.

The pulp from these pods is used to flavor tobacco and is also a potent laxative that should not be consumed in large doses. The flower of this plant gives off a sharp but delightful smell.

Apart from being a popular ornamental flower, it also has a number of medicinal properties to its credit. All parts of this tree are used for traditional medicinal preparations and hence considered very scared and special. It is believed that it is for this reason that cattle and goats avoid the flowers and leaves of this tree. Other than the flowers, leaves and seeds; the wood of this tree is greatly used as firewood and charcoal and the trunk wood is used to make fences and posts. Also, the trunk wood of this tree is used to make agricultural tools. The bark is rich in tannins (an astringent), and is used to cure boils, leprosy, ringworm, and colic, to lessen constipation and diarrhea, as well as dyspepsia and heart problems. The elements of the roots of this tree are used to cure skin diseases like psoriasis and eczema. The flowers of this tree are also good for curing skin diseases and acts by releasing toxins from the body thus cooling the body. The roots also help to ease burning sensations, and to cure syphilis.

The tree is also a good store house of minerals like manganese and iron; amino acids like lysine and glutamine.

The fruit of this tree has a lot of nutrients and energy that at present remains unused. Thus it is seen that most parts of this tree are used for treating heart disorders, growth or tumors in the stomach, glands, liver and throat. Parts of this tree are used to cure delirium, convulsions and any irritation in the different body organs. Even though science has proved that the different parts of this plant have high medicinal and healing properties it is advised that excess use of any part can induce vomiting, aches in the stomach, nausea and cramps.

Sree Sankara Ayurveda Hospital opens new branch at Palarivattom

Famous cartoonist, Yeshudasan inaugurated the new hospital at Palarivattom by lighting the lamp. This is the 5th branch of the hospital. The hospital has other branches in Kumily, Changanassery, Kaloor and Paravoor. At present the hospital is run by the four sons of the late Dr. MS Chandrasekharan Nair, an eminent Ayurveda expert and founder of Sree Sankara Ayurveda Vaidyasala in Changanassery, Kerala.



Cartoonist Yeshudasan inaugurates the new branch of the Sree Sankara Hospital by lighting the lamp.



New Building of Sree Sankara Hospital at Palarivattom.

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- ▶ Publication Department
- ▶ Vaidyaratnam P.S. Varier Museum
- ▶ Support to VPSV Ayurveda College at Kottakkal
- ▶ PSV Natyasangham for nurturing Kathakali

AYURVEDA - THE AUTHENTIC WAY



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Holistic Ayurveda Care for Rheumatism



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Ayurveda is complete system of healthy living that originated in India. In this system, healing addresses not only physical, but also the emotional, mental and spiritual, aspects of health where all of these are interlinked. Hence practices of Ayurveda and its holistic principles are primarily focused on personalized health. One experiences the adorable feeling towards Ayurveda, only after a period of experimentation with other health systems. Practically speaking it is a system of medicine which is totally integrated, which also includes Yoga as a spiritual component and looks at an individual as a complete human being. Ayurveda is one of the oldest yet living traditional health systems of medicine. Commonly referred to as the 'science

of life' because the Sanskrit meaning of Ayu is life and Veda is science or knowledge. It is understood that Ayurveda is a science that is verified and true beyond any doubt. In Ayurveda the medicines are classified on the basis of their taste, quality, potency, nature of its metabolite and the characteristic of its action. The physiology in Ayurveda depends on the three vital humors (vata, pitta, and kapha) which cannot be quantified or measured. Another important fundamental concept in Ayurveda is the body constitution of a person, which the Ayurveda experts understand after considering numerous physical and mental attributes. But, this also cannot be quantified or measured. In a broad sense Ayurveda is an extremely pragmatic science that



Antioxidants like anthocyanins rich in berries and bromelain in pineapple can help reduce inflammation in arthritis.

concerns itself mainly with functions and mechanisms within the body and ways and means to change, modify or maintain these functions. Hence the treatment regimen of Ayurveda accommodates the holistic approach. That includes the multiple component of management like diet, life-style, medicine therapies and yoga. The advantage here is that, if correctly applied, these are able to effect a functional change of an individual within the body without harming it in any manner. In other words Ayurveda understands and treats human body through functional theories, whereas allopathic medicine treats human body on structural theories; both have their own distinct advantages. It is understood that the structural understanding

of allopathy played a significant role in its success over the last century in the fight against communicable diseases. However, now the burden of disease has undergone a dramatic shift, from communicable to non-communicable diseases as these diseases are characterized by multi-factorial causality that does not have an underlying microbial cause. The derangement of functions within the body may occur due to multiple causes like diet, life-style or environment, and the resultant disease in such a case is typically characterized by gradual progress and complex manifestation, involving more than one organ system and chronicity. This includes chronic metabolic disorders like Diabetes, Hypertension, Arthritis, Cancer etc. It is now becoming quite



evident that, there can never be a one wonder drug to cure all of these diseases instead that they have to be tackled through a multi-dimensional strategy involving dietary changes, life-style modification, changes in one's immediate environment and medicine, which is precisely the forte of Ayurveda. Hence people suffering from these disorders, are now resorting to Ayurveda for help.

Let us now discuss about Ayurveda and Rheumatism.

As mentioned earlier, the derangement of functions within the body may occur due to multiple causes like diet, life-style etc. This is a gradual progress characterized by complex manifestation that involves more than one organ system and chronicity. Some of the typical examples of these diseases, which are now being referred to as chronic metabolic disorders is Rheumatism (rheumatoid arthritis). However, in Ayurveda, vatarakta/sandhi-gata vata is considered as Rheumatism, especially rheumatoid arthritis. This comes under the domain of vatavyadhi mostly affecting the extremities. The site where vatarakta is manifested are hands, feet, fingers, including toes and all joints. Here, hands and feet are seen to be affected in the beginning

Vata-rakta is a problem representing metabolic disorders which are caused due to the change in the life-style, diet, environment etc. that gives rise to the pain in all the joints which becomes unbearable as time passes.

and later spreading to all the other parts of the body because of the fluidity, mobility and subtle pervasive nature of vata and rakta. While they move through the vessels, they get obstructed in the joints, which make them further aggravated because of the tortuous nature of the course in the joints and the morbid matter that gets lodged there. Being localized in the joints it gets further associated with pitta and produce different types of pain characterized by the nature of these elements. Hence, we can consider vatarakta as a problem representative of metabolic disorders which are caused due to the change in the life-style, diet, environment etc. that gives rise to the pain in all the joints which becomes unbearable.

Ayurveda defines a disease as a disturbance of vata, pitta and kapha in an individual from once homeostatic state, which in turn allow to decide the therapeutic regimen suitable to an individual depending on these body humors. This is a major challenge with Ayurveda treatment. We cannot say with certainty how many days a treatment will require since this treatment is customised to a patient. However, patients undergo Ayurveda therapy as either an in-patient

or an outpatient basis for stipulated number of days as per the direction of the physician. The therapy is advised either immediately or after internal medicine. But once the therapy is advised the patient is required to be either admitted or visit the physician on a daily basis until the completion of the treatment. Subsequently, they are advised to come for a follow-up. The results of the treatment are fully appreciable after the specific restriction and regimen of post treatment. But how long do they remain pain free? From the experience of clinicians, it is observed that in acute cases and relatively young patients, the pain is completely relieved and never comes back unless the patient continues to indulge in an unfavourable dietary or life-style pattern. However, in chronic patients, it is usually advisable to undergo treatment once a year. Ayurveda expert analysis of dosha pre-dominance depending on Ayurveda fundamentals and also on



the basis of symptoms observed and on its intensity. The physician well versed in appropriate permutation and combination of therapies should apply the therapeutic measures after determining its location and relative strength of doshas responsible for the causation of ailment.

Ayurveda Remedies for Rheumatism

External therapy: Alepana (ointment), Abhyanga (oil massage), Pariseka (pouring of medicated oil/ decoction), upanaha (poultice) in baseline condition.

In sever condition: Virechana (purgatives), Asthapana (decoction enema), Snehapana (intake of medicated oil internally).

Raktamokshana (blood-letting) as per the symptoms.

Internal medications:

Kashaya/decoction: Kokilakshaka kashayam, Balaguduchiyadhi kashayam, Manjistadhi kashayam (if associated with skin ailments, usually given at later stages); Rasnerandadhi kashayam (used in the initial stages when it is associated with pain and oedema); Rasnasaptaka kasayam (used in initial stage); Punarnavadhi kashayam.

Shad-choor-choornam;

Choorna:
dharana
nam; Asta-

choornam. These are given in tastelessness, distension of the abdomen and downward movement of vata.

Arishtam: Abhayarishtam (downward movement of vata); Punarnavarishtam (when associated with swelling); Amritharishtam (when associated with fever); Bala arishta (can be given in later stage);

Guggulu: Kaisora guggulu (when associated with exudation, dryness crepitations); Punarnavaguggulu (useful when associated with swelling); Amrutha guggulu; Simhanada guggulu.

Rasaoushadas: Vataraktantaka rasa; Mahatarakeshvara rasa;

Lepana: Jatamayadhilepana (when associated with swelling); Kottamchukkadi lepana; Manjistadhi lepa.

Do's:**Food habits:**

Pegion pea, chanaka, green gram, Old barley, Wheat, Red rice, Milk of cow, buffalo and goat.

Regimen

Abhyanga, seka, upanaha, virechana, raktamokshana

Don'ts

Foods which are pungent, salty and sour and foods which are difficult to digest, like black gram, horse gram, peas, curd, sugarcane, alcohol, radish, sour gruel, alkalies, flesh of aquatic animals are incompatible diet for rheumatism. Other than classical reference in day-to-day practice, yoga, certain juices, and some simple drugs act wonder in the management of rheumatism.

Most of the fruits and vegetables contain anti-oxidants like the anthocyanins which are found in berries and bromelain in pine-apple are helpful in lessening inflammation in case of arthritis.

Contribution of Yoga: Chronic pain, joint instability, gait difficulties and deformities disturb daily activities of the patient, and consequently the quality of life is impaired. This chronic pathological process in turn affects mental health resulting in stress, depression etc. As an integral part of Ayurveda, yoga here plays an important role. Many yogic postures and meditation are advised in this aspect.

Hence we compile this list of resources for you to help you access the care you need to get—and stay—healthy with a chronic condition. Ayurveda Treatment for rheumatism at MSRICAIM is better because it has no side-effects; it is the holistic way of treating. Here, we offer a 21- day treatment which is in-house; with this the condition might be completely cured or may need more sessions for better results depending on the severity. We are happy to inform you that we have specialized



consultants for the cure. MSRICAIM offers special Ayurveda treatment with body purification, with the help of different treatments like: lepana (application of ointments), abhayanga (oil massage), snehapana (taking medicated ghee), pizhichil (full body massage), and bastis (enema) with a strict diet regime called pathya, as the part of the protocol of Ayurveda treatment.

The doctor will suggest to you the internal medicines required to continue and doctor will also advice the next course of treatments, for better results depending on the severity.



Experience Exotic Ayurveda at Ayur Bethaniya Ayurveda Hospital

Ayurveda is an often talked about topic in Kerala and there are numerous hospitals that promise Ayurvedic wellness, splattered in every nook and corner of this State. All these centers promise customers authentic Ayurveda. But how can one be assured of the best Ayurvedic treatment? Ayur Bethaniya is one among the hospitals that assures you the best Ayurveda treatment. It is a one-stop hospital for all your Ayurvedic needs. It provides you the best treatment for diseases, including wellness. This is done through the age-old Ayurveda practices that are hardly diluted or manipulated. This hospital is well-known for their way of approach of treating diseases through authentic Ayurveda. A patient leaves this center feeling energetic, cured and rejuvenated. They also follow the holistic method of Ayurveda treatment such that a relapse of a disease is very rare and the person does not suffer from any kind of side effects. The hospital offers several treatment packages, including Post Natal Care, Slimming Package, Rejuvenation Pack-

age, Detoxification Package, De-stress Package, among others. The different facilities provided by this hospital include a/c and non a/c villa type rooms, luxury treatment rooms, personalized diet prepared from organic vegetables grown in their own farm, pharmacy & laboratory, swimming pool, laundry, health club and herbal garden.

Among the numerous services this institution provides are the treatment for many life-style diseases like Obesity, Stress disorders, Psychiatric complaints, Hypertension, Cholesterol, Diabetes, along with neuro-muscular degenerative disorders, vertebral disc disorders, rheumatic complaints, skin diseases like Psoriasis, Eczema etc. and respiratory complaints. The hospital management is led by Mr. C.C. William Verghese, who is the CEO of Ayur Bethaniya. Mr. CC Williams, together with his business associates, has been running the whole show of the hospital from its initial days to what it is today. They continue with this mission even today.

Facilities

- ☞ A/C and Non A/C rooms- villa type
- ☞ Luxury treatment rooms
- ☞ Personalized diet prepared with organic vegetables from our own farm
- ☞ Pharmacy and Laboratory
- ☞ Swimming pool
- ☞ Laundry
- ☞ Health Club
- ☞ Organic Farm & Herbal Garden

Value Added Services

- ☞ Travel Desk
- ☞ Reflexology and Thermal massage
- ☞ Yoga and meditation sessions
- ☞ Pick up-drop
- ☞ Major credit cards are accepted
- ☞ Foreign currency exchange
- ☞ Beauty care
- ☞ Physiotherapy
- ☞ Organical store- where all organic products like juices, food products etc are available



Dr. Sr. Donata MD (Ay)



Dr. O. Sreenivasan MD (Ay)

Doctors' Panel

1. Dr. Sr. Donata MD (Ay)- Medical Director- Post graduation in Panchakarama. More than 40 years' experience in the relevant field.
2. Dr. O.Sreenivasan MD (Ay) - Senior Physician - Post graduate in Toxicology. More than 35 years' relevant experience.
3. Dr. Nimisha Solomen BAMS, MHA - Administrator.
4. Dr. Jomi Joseph BAMS
5. Dr. Dhanya Sethumadhavan BAMS, DYN
6. Dr. Dane T. Davy BAMS
7. Dr. Mohammed Shafeeqe Gurukkal BAMS
8. Dr. Vidya Sudhir BAMS

Ayurvedic Physicians

Contact us

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E :- info@ayurbethaniya.org
W :- www.ayurbethaniya.org

✈ By Air

Cochin is the nearest airport. (64 kms away from Cochin airport)

🚗 By Road

14 kms away from Thrissur Town

🚆 By Train

Thrissur Railway station is the nearest Railway station which is 14 kms away from Ayur Bethaniya

INTERVIEW



David Lammy

British Parliamentarian falls for Ayurveda in a big way

Five times British parliamentarian and former Minister David Lammy talks to our magazine about what it was about Ayurveda that made him travel all the way to Kerala. This young MP also shares his romance with Ayurveda in Kerala and what it is about Ayurveda that he wants to take home with him.

Tell us about your tryst with Ayurveda?

I have had a very busy year in the UK being Member of Parliament. I represent a state of London which is a very busy and active seat with a lot of social issues. This year there was a general election in the UK where I won my seat for the fifth time. I am also seeking the Labour nomination to be the Labour candidate as the Mayor of London. So in short I have had a very busy year and my family had not seen much of me. Hence I have chosen to come on a two-week break to Kerala.

Tell us more about your Kerala connection?

Back in the UK, I used to work with the UK-Kerala Business Forum to help promote Kerala business links in the UK. We hold events in the House of Commons in London with the local Kerala business men. Here, I try to promote several issues like that, there is no direct air link between London-Heathrow and Kochi. This does not exist at the moment. Kerala was my destination because of a number of recommendations from my friends in The UK who belong to the UK-Kerala Community. I realized through my Kerala friends in the UK that coming to Kerala is an opportunity to relax by the beach.

What/Where did you visit during your trip?

Our first visit in Kerala was at the Udaya Samudra Beach resort in Kovalam. Then we went to Thekkady to see the elephants and have a ride on them. At Udaya Samudra, both my wife and I had Shirodhara treatments with medicated milk and massages too. This has been highly relaxing.

Could you share your experience about any of your earlier trips to India?

Earlier I have been to India on three or four occasions generally with work. This is, however, my first visit to Kerala. And since Kerala is known as the home for authentic Ayurveda, it was a reason for us to visit this place.

Tell us more about your treatment package at Udaya Samudara?

It was a 10-day rejuvenation package and it was quite relaxing. Both my wife and I underwent this package that included massages and Shirodhara.

How do you feel after the treatment?

Both my wife and I feel stress-free. We had good sleep and feel much relaxed.

Any particular treatment that you focused on?

Nothing in particular we wanted just a general rejuvenation treatment that would help us to relax and de-stress.

Does this experience with Ayurveda keeps you wanting to come back every year?

Yes, definitely. We want to come back next Christmas. We would like to bring along my wife's parents along with us. My wife's mother has a deep appreciation for India. She had photographed the whole of India through an Indian tourist agent when she was 25. She is now 68 years. So it will be wonderful to come back with her. I have also found this trip culturally very rewarding for my young kids too.

Tell us more about your family?

Let me say that my family originally is from Ghana. This is a country with a large Indian population who left India close to 129 years ago. My maternal grandmother is from Calcutta. So, we have this deep Indian connect.

Something about Spice Valley, Thekkady?

At Spice Valley, Thekkady, it was a good time for the children. They enjoyed the animals – the monkeys and the elephants.

About Kovalam?

In Kovalam, it was interesting to listen to the rhythm of the fish and wake up to their chantings and songs. Also, we enjoyed the different sea food like lobster, fish and prawns.

Your experience of Kumarakom?

We went house boating in Kumarakom where we got to experience the tranquility of nature first-hand. And for a second I believed that this should be one of the wonders of the world.

Does your experience here trigger you to take this goodness home along with you?

Yes, that's very interesting because Indians are at the fore front of medicine in the world and Indian doctors are world-renowned. Back in the UK, the National Health Service (NHS) would collapse if not for the Indian doctors. But what I think a lot of people do not appreciate is that the heritage and vocation to medicine is not just something that is arrived at with modern medicine and Western concepts of medicine is something that is ancient, historic and old. I think that is probably where Ayurveda needs to step-in. Also there needs to be that breakthrough moment when the West fully understands the

full virtue of what India can offer. There is also an increasing demand for medical tourism in India and Ayurveda should also be put along-side with this. This could allow people to come to India on a combination trip which is very practical because of the expertise and experience India has for Ayurveda and modern medicine.

Also, Indians have the knack to pull off both traditional medicine and modern medicine at the same time unlike the Chinese.

Tell us about your first romance with Ayurveda?

My first experience with Ayurveda was in Delhi around 15 years ago. My wife and I got to experience Ayurveda in London too. It was a great feeling and from then we realized how authentic this medical system is.

There is a 'Prince Charles Foundation' in London promoting alternative medicine. Can you say something about the activities of this foundation?

I hear a lot of activities happening at this foundation. This includes Acupuncture, Reflexology, Herbal medicines and a lot more under one single roof. But the biggest political point that I would like to make is that Ayurveda is cheaper anywhere in the world. It is cheaper for countries and governments to invest in alternative medicine than to pay the huge medical bills of Western medicine. And actually, I think Ayurveda can help prevent a lot of ailments if had on a regular basis.

Many years ago, you were the Minister for Health in the UK. Considering this, is there any chance for you to introduce Ayurveda as an alternative medicine in UK?

There has been a push to promote alternative medicine in the UK, but it seems there is some difficulty in funding them, but there is a push to encourage people to take up this issue. Also, we need more Ayurveda practitioners in the UK.

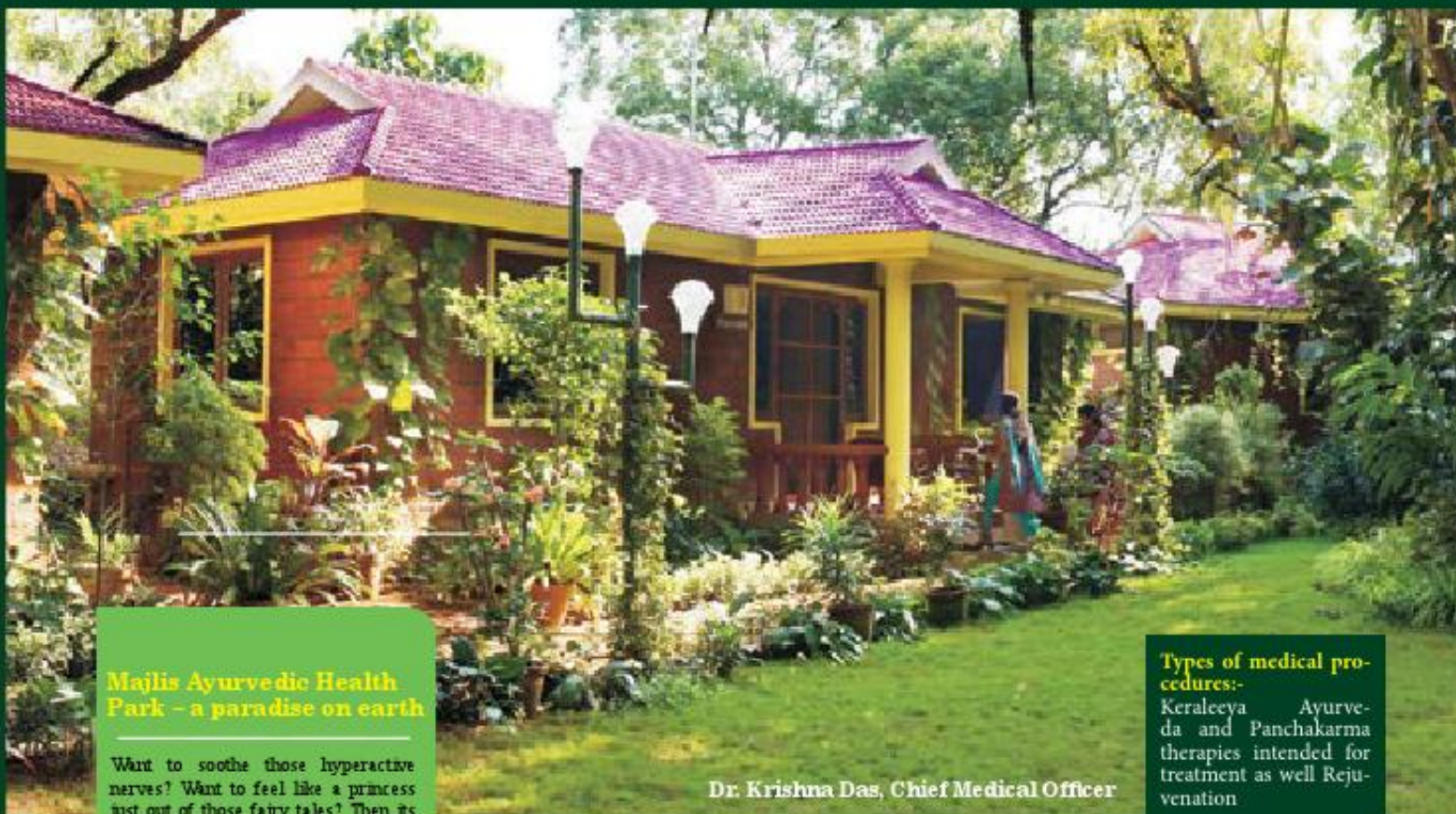
Any suggestions on how to promote Ayurveda globally?

Ayurveda can always be promoted as a cheaper alternative to Western medicine considering the soaring costs of Western medicine in the world all over. It should be understood that pharmaceuticals cost a fortune and technology is driving costs up. Consequently, it should be understood that alternative medicine needs to get a better exposure than what it is getting now. There should also be sharper awareness and reach for alternative medicines like Ayurveda.



MAJLIS

Ayurvedic Health Park



Majlis Ayurvedic Health Park - a paradise on earth

Want to soothe those hyperactive nerves? Want to feel like a princess just out of those fairy tales? Then its time you splurge and pamper yourself at the Majlis Ayurvedic Health Park at Thrissur. Not just a treatment Kiosk, an ambience serene and calm, with medicated plants and rare herbs, where the air carries the scent of tulsi and neem, the Majlis Ayurvedic Health Park, an experience of unwinding the inner self and taking a rebirth. It's Ayurveda the forgotten way. It's nature in its big hearted abundance. "A Shangrila with everything at the right places" Take a break from the usual targets, the deadlines, the Monday morning blues. Come back to nature, wipe away your tensions, the worries of growing up, the anxieties of bringing up, the sadness of setback, the burden of success, the gloom of loneliness, the trial of crowd, the fatigue of miles and the heaviness of dreams. Feel young once again. Get blessed by nature, watch your worries disappear, seek within, nurture your soul, bring back the health, the hope, the harmony and the inspirations. Our establishment is Green Leaf Certified, approved and accredited by the Department of Tourism

Dr. Krishna Das, Chief Medical Officer

SERVICES OFFERED

Hospital 22 hospital beds, with a team of highly qualified and experienced professionals, well-trained therapists and attentive staff. The proposed treatment is adjusted to the unique characteristics of your body and mind and helps prevent disease and improve overall health and breathe in your new strength for better and more harmonious life. Luxurious cottages are built in accordance with international standards, with well-balanced architecture and aesthetic design. They will give you a feeling of comfort and convenience. The hotel has 11 rooms, including cozy superior rooms ("de luxe") and the numbers "lux" with all modern amenities, all day registration, wi-fi, laundry, etc. Also available accessories for yoga and meditation.

We offer treatment of following diseases :

- Neurological disorders
- Rheumatological disorders
- Digestive disorders
- Cardiovascular & pulmonary disorders
- Gynaecological disorders & infertility
- Lifestyle disorders
- Psychological disorders



Types of medical procedures:-

Keralaveya Ayurveda and Panchakarma therapies intended for treatment as well Rejuvenation

- Abhyangam
- Snehapanam
- Pizhichil
- Sirodhara
- Thakradhara
- Podikizhi
- Elakizhi
- Narangakizhi
- Navarakizhi
- Pichu
- Sirovasti
- Kativasti
- Januvasti
- Greevavasti
- Kashayavasti
- Snehavasti
- Tarpanam
- Ksheera Dhoomam

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Rheumatoid Arthritis ends up in depression too...

Chronic exposure to inflammatory cytokines and persistent alterations in neurotransmitter systems can lead to neuropsychiatric disorders and depression.



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Rheumatoid Arthritis (RA) is a common disease in India and the world. It is an autoimmune, chronic inflammatory disease associated with multiple physical and chemical changes in the body. It includes a host of signs and symptoms. Pain and impaired mobility are one of the most distressing ones. Depression is associated with it not only due to the pain and chronicity but also a host of chemical factors released due to the inflammatory process.

Introduction to RA and Depression:

RA is a chronic systemic inflammatory polyarthritis that primarily affects small diarthrodial joints of the hands and feet in a symmetrical pattern. It is a heterogeneous disease with variable severity, unpredictable course and a variable response to drug treatment.

In India prevalence of RA is 0.5 % to 0.75%, peak age for onset being fourth and fifth decade of life. It typically results in warm, swollen, and painful joints. Pain and stiffness often worsen following rest.

It is believed to involve a combination of genetic and environmental factors. The underlying mechanism involves the body's immune system attacking the joints. This results in inflammation and thickening of the joint capsule. It also affects the underlying bone and cartilage.

People with rheumatoid arthritis (RA) are about twice as likely to be depressed as people without this

**Exercise
may make
you feel
good by
release of
endorphins.
Even
stretching,
walking,
swimming
are good
options.**



inflammatory autoimmune disease.

Inflammation itself may cause depression or add to depression by various pathogenic mechanisms.

Pathophysiology of RA and Depression:

The main site of inflammation in RA is the synovium. The intimal layer becomes hypertrophied. The subintimal region shows features of microvascular injury with thrombosis, neovascularisation, and hyperplasia with increased cellularity. This synovial tissue is edematous, overgrown with villous projections into the joint cavity (pannus). Lymphocytes aggregate in the perivascular region. These consist of CD4+/Th-1 and Th-17 Helper cells, Regulatory T cells, Cytotoxic T cells, variable number of B cells and Plasma cells.

The phases of RA are:

- 1) Initial phase : non-specific inflammation
- 2) Amplification phase due to T cell activation
- 3) Chronic phase with cytokines like TNF-alpha, IL-6, IL-1 and others

Increasing evidence indicates that inflammatory cytokines contribute to development of depression in both medically ill and healthy individuals. Cytokines are important for the development of normal brain function and have ability to influence neuro-circuitry and neurotransmitter systems to produce behavioural alterations. Chronic exposure to inflammatory cytokines and persistent alterations in neurotransmitter systems can lead to neuropsychiatric disorders and depression.

A high level of TNF-alpha in the blood is associated with increased risk of depression in RA patients.

Stretching it further, it can be said that inflammatory states can provoke depression. People who are depressed are less likely to adhere to their regimen. This can lead to a vicious cycle of worsening of pain and depression. Antidepressants in RA can have an additional analgesic in patients with RA.

Few tips that, can help to ease you out in case you are diagnosed as having RA as well as Depression:

- ① Exercise may make you feel good by release of endorphins. Even stretching, walking, swimming are good options, whichever suits you best.
- ② Sleep tight: Go to bed at same time every night, avoid caffeine and cigarettes 3-4 hrs before bed.
- ③ Losing weight might help but provided weight loss is under doctor's supervision.
- ④ Meditation and Pranayam will help.
- ⑤ Having a proper diet regimen will be great.
- ⑥ All these in addition to medications should be under strict supervision of a doctor.
- ⑦ Last but not the least is having a positive attitude towards life which definitely helps a lot to face any situation.



**Come out of Lupus that
leads skin, joints, kidneys,
blood vessels into disarray**

One among the many symptoms of lupus is swollen joints due to arthritis. This is the relevance of this article for this issue. It is understood that arthritis is very common in people with lupus. This is usually accompanied by pain, with or without swelling. Arthritis may occur in this disease for only a few days or weeks, or may be a permanent feature of the disease. Fortunately, the arthritis usually is not crippling. This article is sure to educate the reader regarding the different causes, symptoms and treatment methods available in Ayurveda for this disease.

SLE is otherwise called as disseminated lupus erythematosus or simply called lupus. It is a chronic inflammatory connective tissue disorder that can involve skin, joints, kidneys, mucous membranes and blood vessels. This resembles pitta pradhan-ya vata rakta in practice. The problem involves the skin, blood, muscles, nervous system, joints and kidneys (Uthanam).

Doctors used to perform blood test count and check the presence of auto immune antibodies. In modern medicines, they give corticosteroids. 70 to 90% of the people who have the lupus are young women in their late teens. I have not seen a child with lupus or a man with lupus in my practical experience. Certain drugs produce lupus, for e.g. Hydralazine, procainamide which are used to treat heart conditions and isoniazid which is used to treat tuberculosis. Drug-induced lupus usually disappears after the drug is discontinued. The number of antibodies that can appear in lupus are greater than those in any other disorder. Discoid lupus erythematosus is a form of lupus that affects the skin. The raised round rashes which are scarring in nature are seen. These resembles the "bavishyata kushta sama avastha" very well.



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Malar Rash



Discoid Lupus Erythematosus



Symptoms vary from person to person. Symptoms begin with fever, infection like feature. It may develop gradually. There are sudden flare-ups (bhuthva bhuthva). There will be joint symptoms, intermittent joint pains, arthralgias, but not arthritis as seen in rheumatoid. Very lately deformities are seen which are called as jaccqud arthropathy. It is very rare. Butterfly-like redness appears across the nose and cheeks which is called malar rash - reddish raised patchy appearance on the skin.

Blisters and skin ulcers also commonly occur. Ulcer can occur inside the cheeks, on the gums and inside the nose. Purplish spots may occur because of the bleeding in the skin as a result of low platelet levels in the blood. Photosensitivity occurs in many people. They all resemble pitta issues. They also get headaches, psychosis, epilepsy, etc.

Lungs will be affected. Patient feels pain when breathing deeply. Pain is due to recurring inflammation of the sac around the lungs. Thrombosis occurs very rarely. Pericarditis, coronary artery vasculitis which can lead to heart failure are rarely seen. Lymph nodes are enlarged. Enlargement of spleen occurs in 10% of the people.

There is a condition called neuro psychiatric lupus which can cause headaches, impairment of thinking, personality changes, stroke, epilepsy, psychosis, etc.

There will be protein leak from the kidney which is called as lupus nephrosis.

Pancreatitis is also rarely seen. Pregnant women have a higher than normal risk of miscarriage and still birth.

Clinical picture in young women – Evening fever, fever around 99o (as a constitutional feature), poly arthralgia than poly arthritis, low hemoglobin and high ESR. There is a test called anti-nuclear anti-

body which will be present in almost all the people who have lupus. This antibody occurs in other diseases also. Then double standard DNA is seen. There is a test for other autoimmune antibodies like anti smith antibodies. A high level of dsDNA almost definitely means the person has lupus. Other blood tests like measuring the complement are also performed. In women with miscarriages we write anti-phospholipid antibody IgM and IgG. These blood tests which detect the antibodies to phospholipids can also identify the people as the risk of recurrent blood clots. Women with positive antibodies to phospholipids should not take estrogen containing oral contraceptives and should choose other methods of contraceptives. There will be anemia as well as glomerular nephritis.

Sometimes kidney biopsy is done. The disease is chronic relapsing in nature. There will be symptom-free period that can last for years. Flare-ups can be triggered by Sun exposure, infection, surgery, pregnancy. After menopause the intensity comes down. NSAID, hydroxyl chloroquines, steroids, sun screen lotions are used. Sometimes cyclophosphamide, mycophenolate mofetil, another immune suppressant, is given. These are all from the modern perspectives. People who take corticosteroids have the risk of getting osteoporosis and blood sugar.

CHARACTERISTICS OF LUPUS

At least four of the following symptoms are usually present for a diagnosis to be made.

- Red, butterfly-shaped rash on the face, affecting the cheeks
- Typical skin rash on other parts of the body
- Sensitivity to Sunlight (for example, rash or persistent burn)
- Mouth sores
- Joint inflammation (arthritis)
- Fluid around the lungs, heart or other organs (serositis)
- Kidney dysfunction
- Low white blood cell count, low red blood cell count, or low platelet count
- Nerve or brain dysfunction
- Positive results of a blood test for antinuclear antibodies
- Positive results of a blood test for antibodies to double stranded DNA or to phospholipids or for anti-smith antibody.

AYURVEDIC VIEW

Vataraktham is actually grouped under joint disorders. There is an amalgamation of agni and marutha. It is considered as a mahavata vyadhi. It is called "Adyavata" because of the predominance of the vata in the pathogenesis of the disease. It affects the joint so it is called "Khuda vata". Vata attains bala in the disease, hence it is called as "Vata balasa". It affects sukumara prakrutis. Women are considered as sukumara prakrutis. It is chronic in nature which is compared to "akhu visha". There is reference about remission and relapse – "bhutva

bhutva pranasanthi muhur avir bhavanthi". There will be polyarthralgia, various types of pain, etc.,

Basically etiology is related to spicy, oily foods which are auto immunogenic in nature. Travelling after eating spicy, oily food, etc., Manasa nidana also play a vital role.

It affects people with tender prakruti. They get localized either in bahya roga marga or in madhyama roga marga. Pain, erythema, discoloration of palate, cutaneous eruption, pidaka are commonly seen. Sandhi comes in madhyama roga marga.



Guduchi - *Tinospora cordifolia*



Kokilaksham - *Asteracantha longifolia*

SAMPRAPATHI GATAKAS

- DOSHA – Vatapradhana tridosha (more pitta-ja)
- DUSHYA –
 - Uttana vatarakta - rasa, rakta, mamsa.
 - Gambheera vatarakta – rasa, rakta, mamsa, medas, asthi, majja
- AGNI – Jataragni janya, dhatuvagni janya
- AGNI DUSHTI – Mandagni
- AMA – Agni janya
- SROTAS – Vata vaha, rasavaha, rakta vaha initially, later all dhatuvaha srotas
- SROTODUSHTI – Sangha, vimarga gamana
- ADHISHTANA – Janu, janga, uru, kati, amsa, dhamani, hastha, pada, anga sandhi
- UTBHAVASTHANA – Pakvasaya, amasaya
- SANCHARA STHANA – Rasa, rakta vahini
- VYAKTHA STHANA – janu, janga, uru, kati, amsa, dhamani, hastha, pada, anga sandhi
- SVABHAVA – Chirakari
- PRABHAVA
 - Eka doshaja – sadhya
 - Dvidoshaja – yappa
 - Tridoshaja – asadhya
- ROGA MARGA – Madhyama
- ROGA BHEDA – Uttana, gambheera, ubhay-
artha

Purvarupas shows mixed symptoms like cutaneous manifestations, pain and other systemic manifestations or arthritis related manifestations.

Uttanam affects the skin and muscle tissues. There will be red coppery skin. Skin will become black, there will be burning sensation, there will be toda (pricking pain), there will be contraction of muscles. We have seen microstomia, etc., (in MCTD disorders). Sometimes vatarakta starts not as uttana directly it will start with gambheera.

DIFFERENTIAL DIAGNOSIS

In Raktadhika vataraktham the pain will be much severe. Kroshtaka seersham is a mono articular disease so it can be ruled out. In ama vata there is no deformity, rasa dhatu is involved and there will be fever. So that can be ruled out.

TREATMENT PRINCIPLES

- Usually in vata rakta equal importance given to bloodletting and snehapana (Snigdasya bahu-doshaharat). Controlling the vata is very important. Usually in the practice we select tikta rasa pradhana oushadhas, madhura rasa pradhana oushadhas, ksheera yukta snigdha virechana (mrdu virechanam), yapana vasti, ksheera vastis, rasayana prayogam, etc.,
- Guduchi is the agraya oushada. Guduchiyadi ksheeram can be given internally. Ayapathra guduchi, Ayapathra triphala will reduce and handle the anemia issue and erythropoietin issue. Anemia that is commonly seen in MCTD spectrum. Kokilaksham panam will be useful. Panchamoola kashayam with amalaki will be useful.
- Here drugs like Rasna, Tippali, Bhallatakam are avoided. Then mrdu svedam is done after snehana.



SNEHAPANAM

Snehapanam is useful. Samana vicharana vyadhi prathyaneeka snehapanam is more useful. In few cases accha snehapanam can be done. Ghrtapanam is highly useful in SLE.

Tiktakam, mahatiktakam, vajrakam are the choice of ghritas.

SNEHA SVEDANAM

- o For external application
- o Aranala tailam
- o Pinda tailam
- o Maha pinda tailam
- o Madhuyashtiyadi tailam
- o Amirthadi tailam
- o Guduchyadi tailam

Actually svedam is contra indicated. So we do ksheera kashaya dhara like type of svedana.

- Dhanyamla dhara are also useful.
- Guduchi pathradi lepam, ellunishadi lepam with ksheeram are useful.
- Prapoundarikam, manjishtam can be used as lepam dravyas. Krisara kalpana can be used for external applications.

VIRECHANAM

Nimbamrtha erandam taila virechana (30-50ml) done based on koshta.

Trivrt lehyam with drakshadi kashayam is given in more pitta predominant conditions.

VASTI

Bruhatyadi ksheera vasti, guduchiyadi ksheera vasti is given in the following way.

Brhatyadi yapana vasti (C.S. Si. 12/16(4))

Dravyam	Quantity
Maksikam	200 ml
Lavanam	15 gm
Sneham	
Madhuyastiyadi tailam	100 ml
Sukumara Ghrtam	100 ml
Kalkam (Yashti or Puti yavani)	30 gm
Ksira kashayam	450 ml
Total Quantity (appro)	900 ml

Guduchyadi yapana vasti

Dravyam	Quantity
Maksikam	150 ml
Lavanam	10 gm
Sneham	
Madhuyastiyadi tailam	150 ml
Kalkam (Yashti or Puti yavani)	20 gm
Ksira kashayam	300 ml
Total Quantity (appro)	600 ml

RASAYANAM

At the end chyavanaprash rasayanam is given as an evening food.

MEDICINES

As it is pittaja in nature we will be selecting

Tikta rasa kashayas

- Amruthothara kashayam
- Amruthadi kashayam
- Guduchiyadi kashayam
- Manjistadi kashayam
- Maha manjishtadi kashayam
- Navakarshikam kashayam (Darviguluchyadi kashayam)
- Nimbadi kashayam - vasculitis, ulcer, ray-nauds
- Pancha tikta kashayam - Jwaram
- Sonithamrutha kashayam - Vasculitis

Madhura rasa kashayas

- Drakshadi kashayam
- Mrdveekadi kashayam
- Saribadi gana kashayam

Madhura rasa Curnam

- Drakshadi curnam - anemia

Madhura Tikta / Tikta Madhura rasa kashayas

- Satavari chinnaruhvadi kashayam - Vyadhi prathyaneeka
- Vari tiktadi kashayam
- Yasti curnam with Guduci ksheera kashayam - Vyadhi prathyaneeka
- Bala satavaryadi kashayam
- Bala guduchiyadi kashayam
- Laghu panchamoolam kashayam

Pitta samana group

- Sadangam kashayam - Vyadhi prathyaneekam, Pitta samanam
- Sudharsana curnam - Fever - Pitta Samanam
- Gokshuradi guggulu - Pitta samanam, sula-gnam
- Kaisora guggulu - Pitta samanam, vata rakta

haram

- Pravala pisti - Pitta samanam, rasayanam
- Maha tiktakam - Pitta samanam, Rasayanam
- Satavari ghrtam - Pitta samanam, Rasayanam
- Tiktaka ghrtam - Pitta samanam
- Kooshmanda rasayanam - pitta samanam
- Satavari lehyam - pitta samanam

Pitta Sodhana group

- Patoladi kashayam (patola katukaabhiru...) - Pitta Sodhanam
- Avipathikara curnam - virechanam with milk - Pitta sodhanam

Sophaharam

- Punarnavadi kashayam - Sopham - Pitta Sopham

Vata Pitta Samanam group

- Vidaryadi ghrtam - Vata pitta samanam
- Narayana tailam - Vata pitta samanam
- Bala guduchyadi tailam - Vata pitta samanam, Rakta prasadhanam

Rasayanam group

- Rajata chandrodayam - Rasayanam
- Chyavana prasam (Bhargava rasayanam)- Vyadhi prathyaneekam
- Drakshadi rasayanam - anemia in MCTD

Loha dravyas

- Saptamrutha loham - Anemia seen in MCTD
- Dhatri loham - Anemia seen in MCTD

Ksheerabala avarthi is an ideal medicine for this condition. With this methods sastric dosha prathyaneeka method will bring down the intensity of SLE. Many of the symptoms can be very well handle. rashes are handle with lepas and virechana, etc.,

Mouth sores are more, we can give saphthachadadi kashayam with yashtimadhu as internal medicines for gargling. Arthritis can be managed with ksheera vasti, pinda tailam, abhyangam, sekam, chyavanaprasham. It will reduce serositis of the disease. Panchamoola kashayam with amalaki and silajith are useful for kidney dysfunction for the disease after giving the chyavanaprasha for quite large number of days will increase the white blood count (WBC) and low platelet count. Ksheerabala is highly useful for brain dysfunction.

SOMATHEERAM AYURVEDA GROUP

Again bags tourism awards



Mr. Baby Mathew, Chairman & Managing Director and Mrs. Sarah Baby Mathew, Director of Somatheeram Ayurveda Group receive Award from Hon'ble President of India Shri. Pranab Mukherjee.

Somatheeram Research Institute and Ayurveda Hospital of Somatheeram Ayurveda Group bagged the prestigious National Tourism Award 2013-14 instituted by Government of India for the "Best Wellness Centre". Mr. Baby Mathew, Chairman & Managing Director and Mrs. Sarah Baby Mathew, Director of Somatheeram Ayurveda Group received this prestigious Award from Hon'ble President of India Shri. Pranab Mukherjee at a function held at Vigyan Bhavan in New Delhi on 18th September, 2015. The Group had earlier bagged awards from the Government of Kerala - 'Best Ayurveda Center Award', 'Best Approved and Classified Ayurveda Centre in Kerala' and 'Best Innovative use of IT Award' for the year 2013-2014.

The group has continuously bagged the Kerala Government Award for "Best Approved and Clas-

sified Ayurveda Centre in Kerala" for representing a unique harmony of Kerala's spectacular heritage and ancient wisdom of Ayurveda.

"Somatheeram" is also the winner of twenty five National and International Awards for excellence in Ayurveda. These awards were conferred to the group considering its excellent performance towards Quality and Standard Assurance, Hospital Hygiene & Safe Management Policies, Corporate Social Responsibility, Eco-friendly Concept, Innovative ideas in Ayurveda, Environmental Preservation, Customer Satisfaction, and best use of IT in the Kerala State Health & Tourism sector.

Somatheeram Ayurveda Group Resorts are internationally renowned for the conscious efforts taken towards the Overall Health of Humanity, Social Responsibility, Eco-Friendly Concept and Environmen-



“The essence and soul of Somatheeram Ayurveda Group is the ancient medical science of Ayurveda and Art of Yoga”

tal Preservation. The essence and soul of the Resort is the ancient medical science of Ayurveda and Art of Yoga. The Resorts are located at the superb locations in the Beach, Backwater, Evergreen Forest and Birds' Sanctuary in God's own country "Kerala".

Established in 1985, the group has won many national and international awards including Kerala Government's Ayurveda Awards continuously thus placing Kerala on a significant spot in the global health tourism map.

Ever since Somatheeram Ayurveda Group opened its doors for Health and Wellness clientele, it has been amassing numerous National and International Awards.

Somatheeram Ayurveda Group Resorts & its Holidaying options are internationally renowned for the conscious efforts taken towards the Overall Health of Humanity, Social Responsibility, Eco-Friendly Concept and Environmental Preservation.

With Ayurveda being the soul and essence of Somatheeram, this Health & Wellness destination has been providing Ayurvedic treatments the traditional way for more than 30 years and has rightfully earned the name 'The Ayurveda People'.

According to Mr. Baby Mathew, Chairman & Man-

Somatheeram Ayurveda Group Resorts & its Holidaying options are internationally renowned for the conscious efforts taken towards the Overall Health of Humanity, Social Responsibility, Eco-Friendly Concept and Environmental Preservation.

With Ayurveda being the soul and essence of Somatheeram, this Health & Wellness destination has been providing Ayurvedic treatments the traditional way for more than 30 years and has rightfully earned the name 'The Ayurveda People'.

aging Director of Somatheeram Ayurveda Group, Somatheeram is dedicated to providing uninterrupted health and wellness services to its vast clientele. All the medicines are prepared as per the traditional Yogam (authentic recipe from the traditional palm scripts) in its own Ayurveda medicine manufacturing unit (GMP licensed), which is under close supervision of their team of doctors. A research and development wing is in operation and new Ayurveda packages and special Monsoon packages are developed by the team. Further, Baby Mathew adds, "Our prime concern has been to provide the ancient healing methods of Ayurveda in its purest form to our guests. To make it true, now we have more than 23 efficient doctors, more than 160 well-trained Panchakarma therapists and the friendliest staff for you." Much of the food offered here is as fresh & organic as it can possibly be and the food not only delicious but healthy and refreshing.

The resorts also host Ayurvedic seminars, Ayurveda cooking and workshops to promote this ancient system of medicine. It has its own garden of unique medicinal herbs and plants as well as offers special courses on various Ayurvedic treatments, Diets and Yoga.

For more information:

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Turmeric works wonders for Arthritits



Turmeric's combination of antioxidant and anti-inflammatory effects explains why many people with joint disease find relief when they use this spice regularly.



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Traditionally called Indian saffron or Haldi, turmeric has been used throughout history as a condiment, healing remedy and textile dye. Its deep yellow-orange color is similar to that of the prized saffron. It is the root of the *Curcuma longa* plant and has a tough brown skin and a deep orange flesh. Its flavour is peppery, warm and bitter while its fragrance is mild yet slightly indicative of orange and ginger, to which it is related. Turmeric has long been used as a powerful anti-inflammatory substance in both the Chinese and Indian systems of medicine.

Today, turmeric is widely cultivated in the tropics and goes by different names in different cultures and countries. It is also known as the miracle drink that treats arthritis.

In Ayurveda, turmeric is useful to treat many ailments, including arthritis, stomach problems, poor circulation, and skin diseases. Turmeric is mixed with liquids, made into a paste or ointment, or burned for the patient to inhale. Turmeric contains about 100 different properties that account for its long-lived success.

Chemical composition

The most important chemical components of turmeric are a group of compounds called curcuminoids, which include curcumin (diferuloylmethane), demethoxycurcumin, and bisdemethoxycurcumin. The best-studied compound is curcumin, which constitutes 3.14% (on average) of powdered turmeric. In addition, other important volatile oils include turmerone, atlantone, and

zingiberene. Some general constituents are sugars, proteins, and resins.

Arthritis

Arthritis is a chronic disease that results from the inflammation of one or more joints. It usually results from deregulation of pro-inflammatory cytokines (e.g., TNF, IL-18) and pro-inflammatory enzymes that mediate the production of prostaglandins (e.g., COX-2) and leukotrienes (e.g., lipoxigenase), together with the expression of adhesion molecules and matrix metalloproteinase. Although more than 100 different kinds of arthritis have been reported, the three most common forms are osteoarthritis, rheumatoid arthritis, and gout.

The available data on the activity of Turmeric in Arthritis is described below-

1] First study of curcumin against arthritis was reported in 1980 in a short-term, double-blind, cross over study involving 18 young patients with rheumatoid arthritis. In this study, curcumin's efficacy was compared with drug phenylbutazone. Patients were randomly assigned to receive either curcumin (1.2 g/day) or phenylbutazone (0.3 g/day) for 2 weeks. Curcumin was well-tolerated, had no adverse effects, and exerted an anti-rheumatic activity identical to that of phenylbutazone as shown by improvement in joint swelling, morning stiffness, and walking time.

2] Another recent study suggests that curcumin alone (0.5 g) and in combination with diclofenac sodium (0.05 g) was found to be safe and effective in 45 patients with rheumatoid arthritis, the level of CRP was suppressed in these patients after curcumin administration.

3] Meriva at a dose that corresponded to 200 mg of curcumin per day, a study in 50 patients with osteoarthritis evaluated. The signs and symptoms of osteoarthritis were evaluated with use of WOMAC scores, an indicator of pain level. The mobility was assessed by walking performance (treadmill), and inflammatory status was assessed by measuring the levels of CRP. After 3 months of treatment, the global WOMAC score was decreased by 58%; walking distance was increased from 76 m to 332 m, and CRP levels were significantly decreased. In comparison, only modest improvement in these measurements was observed in the control group.

4] In long term efficacy and safety of Meriva in a



longer (8-month) study involving 100 patients divided into the control group (50 patients) and the curcumin group (50) patients with osteoarthritis was investigated. Results suggest that the WOMAC score was decreased by more than 50%, whereas treadmill walking performance was increased almost threefold compared with the control. Serum inflammatory biomarkers such as IL-18, IL-6, soluble CD40 ligand, soluble vascular cell adhesion molecule-1, and erythrocyte sedimentation rate were also significantly decreased in the treatment group. In addition, remarkable decrease in gastrointestinal complications, distal oedema. The use of NSAIDs/painkillers by the patients were also decreased.

[5] 367 primary knee osteoarthritis patients were investigated with a pain score of 5 or higher. 185 and 182 patients were randomly assigned into C. domestica

extracts and ibuprofen groups, respectively. Results suggest that the mean of all

WOMAC scores at weeks 0, 2, and 4 showed significant improvement when

compared with baseline in both groups.

Mode of Action

Clinical studies have substantiated that curcumin also exerts very powerful antioxidant effects. As an antioxidant, curcumin is able to neutralize free radicals, chemicals that can travel through the body and cause great amounts of damage to healthy cells and cell membranes. This is important in many diseases, such as arthritis, where free radicals are responsible for the painful joint inflammation and eventual damage to the joints. Turmeric's combination of antioxidant and anti-inflammatory effects explains why many people with joint disease find relief when they use the spice regularly. In a recent study of patients with rheumatoid arthritis, curcumin was compared to phenylbutazone and produced comparable improvements in shortened duration of morning stiffness, lengthened walking time, and reduced joint swelling.

Conclusion-

From the above review it is evident that Curcuma domestica/turmeric is very effective as preventive and curative agent for arthritis. It has been extensively used by Indian system of medicine and in other countries since thousands of years.

Revolutionary changes are under way in RA care

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Care is an important condition for the treatment of any disease. It is also understood that care for the different diseases are witnessing revolutionary changes with changing times. Same is the case for diseases like Rheumatoid Arthritis where life-style and diet has been put in the fore front for the complete healing of the disease through Ayurveda. This article pours out more wisdom in this area of disease handling.

It is understood that Rheumatoid arthritis (RA) is a chronic inflammatory form of arthritis. It is one of the auto-immune disorders that affects a number of tissues and even organs, but primarily it damages the flexi-

ble synovial membrane of the joints. Typical symptoms of the disease include stiffness, pain, inflammation and swelling of joints leading to deformity. The most commonly affected joints are small joints of the hands, feet, knee, ankles, wrists and elbows. The incidence of RA in India is for 0.8% of the total population. Women are seen three times more likely to develop RA than Men. Young adults and children can develop Juvenile Rheumatoid arthritis.

The American Rheumatic Association has mentioned 7 criteria for diagnosing RA which are shown in the table. If 4 or more of these criteria are present, then a confirmed diagnosis of RA can be made.

Criteria	Description	Duration
Morning stiffness	Stiffness in and around the joints, lasting at least 1 hour before maximal improvement	>= 6 weeks
Arthritis of 3 or more joint areas	At least 3 joints areas simultaneously have soft tissue swelling or fluid observed by a physician. 14 possible areas include left and right PIP, MCP, wrist, elbow, knee, ankle and MTP joints.	>= 6 weeks
Arthritis of the hand joints	At least 1 area swollen in a wrist, MCP or PIP joint	>= 6 weeks
Symmetrical arthritis	Simultaneous involvement of the same joint areas on both sides of the body	>= 6 weeks
Rheumatoid nodules	Subcutaneous nodules over bony prominences or extensor surfaces or in juxta-articular regions	
Serum rheumatoid factor	Increased rheumatoid factor	
Radio-graphic changes	Characteristic changes on posterior and anterior wrist radiograph with erosions or unequivocal bony decalcifications localized in or most marked adjacent to the involved joints. osteoarthritis changes alone do not qualify	

Rheumatoid Arthritis in Ayurveda

Amavatha, a disease mentioned in Ayurveda, shares a lot of similarities with RA. Symptoms in Ayurveda include Shotha (Inflammation), Shula (Pain), Sabdata (Stiffness) and Ragata (Redness). Amavata is an agonizing disorder resulting from formation and accumulation of metabolic toxins (Ama - free radicals) and aggravation of Vatado-sha. Contribution for accumulation of ama includes:

- Life-style
- Diet
- Stress and psychological factors
- Poor digestion and metabolism

The accumulation of Ama combined with aggravation of Vata leads to Amavatha or RA. Several studies as well as experience at the Institute of Ayurveda and Integrative Medicine (I-AIM), suggest that Ayurvedic treatments have a potential for improvement in RA.

Ayurveda based Treatment Approaches

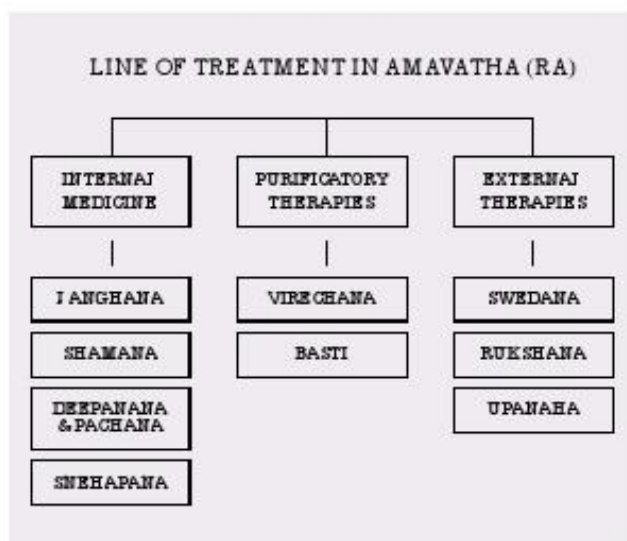
The lines of treatment of RA or Amavatha in Ayurveda are focused on reducing Ama and correction of Vata imbalance. The three broad classes of treatments employed for Amavatha treatment

Current standard of care for RA in modern medicine are:

- **NSAIDS** - can relieve pain and reduce inflammation. Which include internal administration of ibuprofen and naproxen sodium etc.
- **DMARDS** - These drugs can slow the progression of rheumatoid arthritis and save the joints and other tissues from permanent damage. Common DMARDs include Methotrexate, Leflunomide, Hydroxychloroquine and Sulfasalazine.
- **STERIODS** - Corticosteroid medications, such as prednisone, reduce inflammation and pain and slow joint damage.
- **SURGERY** - If medications fail to prevent or slow joint damage, surgery may help restore your ability to use your joint. It can also reduce pain and correct deformities.
- **REHABILITATION** - The rehabilitation management of individuals with RA is imperative to decrease the potential long-term disabilities. Specifically, individuals with rheumatoid arthritis are at risk for decreased flexibility, muscle atrophy, decreased muscle strength and reduced cardiovascular endurance.

approaches include internal medicine, purification therapies and external therapies. The goals of these treatments in Ayurveda is:

1. Elimination of Metabolic toxin (Ama)
2. Restoring Normal Metabolism (Agni)
3. Improving immune response to protect articular structures
4. Symptomatic relief: pain, inflammation, stiffness, swelling etc.





The treatment modalities explained in Ayurveda for Amavatha are:

- Langhana (Fasting)
- Shamana (Internal medication)
- Deepana and Pachana (Appetizer, Digestive)
- Snehapana (oleation)
- Virechana (Purgative)
- Basti (Enema therapies)
- Swedana (Fomentation)
- Rukshana (Dry therapies)
- Upanaha (Application of poultice)

Expected Outcomes in RA

A quick review of RA cases treated at I-AIMHealthcare (www.iaimhealthcare.com) based on a whole systems approach which include internal medications, external treatments, diet modification, physiotherapy, acupuncture and yoga, that documented subjective parameters like Pain, Stiffness, Swelling and objective parameters like Hb%, ESR, RA factor and CRP show the following outcomes:

- Pain was observed in 100% of patients and 60% of them had some or significant relief after Ayurveda treatment
- Stiffness was observed in two-third of patients and 75% of them had appreciable relief
- Swelling was observed in 60% of patients and 70% of those find some or appreciable relief after treatment

After treatment with Ayurvedic Therapies, these are the objective changes that occurred in diagnostics parameters that are greater than would be expected by chance and found to be significant:

- RA Factor remission was seen after the treatment
- Favourable response was obtained in the levels of CRP
- ESR, one of the golden marker for the diagnosis of RA, had a remission after treatment
- Improvement in Hb% after Ayurvedic therapies

Efficacy of Ayurvedic treatment for RA is well documented in the literature and I-AIM has seen similar outcomes in treating RA patients. The All India Institute of Medical Science (AIIMS) has indeed recently found certain Ayurvedic formulations effective in treating RA. The outcomes are better when physiotherapy, acupuncture and yoga are combined with Panchakarma and Ayurveda based treatments. In moderate to severe cases of Rheumatoid arthritis, internal medications, internal purification therapies may be the best choice. External therapies are effective in case of mild RA. Nevertheless, RA is a maintainable disease where diet and life-style changes with regular follow-up and adherence to prescriptions can definitely help manage it effectively.



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Get Rid of Facial Hair through Ayurveda

Rather than confusing yourself about which Ayurvedic product to choose it is better to opt for home-made products that are usually recommended by physicians. This is proved to give long-lasting results and the patient will not have to suffer from any form of side-effects.

Facial hair can be very disturbing especially for women. It feels unattractive and makes women have a low morale. Many chemical and modern practices have been recommended but most of them are seen to have side-effects. Hence most people now resort to Ayurveda for getting rid of this mess of unwanted facial hair.

Ayurveda is known for its holistic treatment and is highly recommended by experts for all kinds of beauty solutions. Also, most Ayurveda products use only ingredients from one's backyard or kitchen, hence one can vouch for its purity. Ayurveda thus recommends some unique methods of getting rid of facial hair. But it also recommends that treatment for removing facial hair varies from individual to individual since the reasons for this are many. The different reasons for this facial hair growth can be broadly classified as due to depression or hormone changes occurring in women. But for some women hair growth occurs as something purely natural. Use of turmeric paste is a custom that is religiously followed by most Indian women. One needs to understand that this is used instead of soap and is completely free of chemicals and helps to halt hair growth on the face or in any part of the body for that matter. This custom is most



often integrated with the Hindu culture of the women of south India. The turmeric paste has to be continuously used for months together to get the desired effect. While using this paste on the body is also good, it is believed that this will leave a yellow tinge on the body which will stain clothes. Another point to note is that the turmeric used should not be the spice that is used in the kitchen for cooking. Ultimately, for all Ayurvedic remedies consultation with an expert physician is required before zeroing in on any solutions.

Another Ayurvedic remedy recommended mostly for those with hormonal imbalance is drinking one cup of spearmint tea every morning. This helps to reduce the hormonal imbalance, especially testosterone and thus decreases the unwanted hair growth anywhere in the body or face.

Also, using a paste of dry neem leaves and applying it on the face daily at night before going to bed is generally said to be good for removing facial hair. This paste can be peeled off from the skin the next day morning for good results.

Another remedy that is recommended is a paste of turmeric and salt which is seen to be highly effective

for removing facial hair. This is a slow process and may take time. Continuous application of this paste gives the desired results.

Other recommended remedies include making a paste of chickpea flour, milk, turmeric powder, fresh cream and applying this paste on the face.

Also, using the juice of peeled and crushed potatoes along with a bowl of crushed lentils that is soaked overnight in water with lemon juice and honey is a great remedy for removing facial hair.

Using Safflower oil is another recommended remedy for removing facial hair. For this purpose, all unwanted hair is first removed by shaving or with the use of any hair removal cream. Apply the oil paste of Safflower oil on this area and massage well till it gets absorbed into skin pores. The area where the paste is applied should not be washed or wiped. The paste has to remain here for at least 3-4 hours, preferably before going to bed at night. This process has to be repeated continuously for 100 days without any break and the result will be no hair growth in these unwanted areas.

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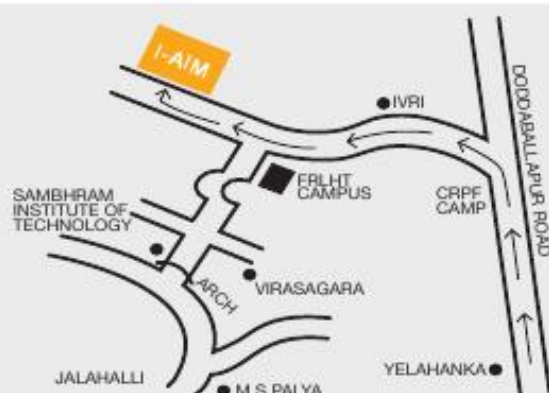
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Nava Arogya Siddhantham – The New Dharma of Healthcare



Swami Gurudharma Jnana Tapaswi

(The Author is the Head of Santhigiri Healthcare Research Organization, Santhigiri Ashram, Thiruvananthapuram, Kerala)

The mind of a true physician helps the healing through a course of love and dharma. He can understand the soul of a person through the mirror that is Guru. Through that mystical mirror, he clearly sees the afflictions of a patient without resorting to modern diagnostic methods and equipment.



Ayurveda is an art in medical science that is successful only through the hands of those gifted through its practice. This article takes one along the dharmic nature of Ayurveda and reasons with the reader on why its practice and healing methods should be adopted and practiced. The article explains the whole science of Ayurveda through a spiritual foundation. Here, Ayurveda is explained through the eyes of Navajyoti Sri Karunakara Guru (1927-1999) of the well-known Santhigiri Ashram who received a great spiritual vision about Ayurveda. The article highlights the spiritual basis of this Indian treatment system.

Ailments begin when the flow of life force (prana or vayu) gets disturbed owing to wrong life styles, sinful actions, tension, etc. This prana is the vital air in the human body, like the air inside a football. If the air becomes too much or too less it would not be possible for the ball to remain in shape. Its proportion should be accurate. Vayu is centered in different parts of the body. There would be problems if its flow becomes disturbed. The disturbed vayu

When the prana affects the points in consciousness (brain), the patient might be subject to the influence of other supernatural spirits such as pitrus (ancestral souls), deities, curse of preceptors etc., for which the physicians would not be able to provide a cure.

affects three parts in the body – namely the chest, stomach and head.

This can be explained through an incident that the Guru had encountered. Once, a weaver went to Thenkashi to sell his cloth. He sold the cloth and got a good amount of money, which he wanted to use for his daughter's marriage. He had sweated for many months to earn the required money. Unfortunately, on the way back, he

lost all his money. The shock was so much that he lost his mental balance and lost all sense of time and place. He would stand on the road unaware of the surroundings. Guru knew this person. One day, the Guru saw him standing on the road-side in this bad state. Guru picked up a stick and hit him on his head. The man blinked with shock. With that, he became normal. What happened with the blow on the head is that the aggravated vayu in his head came down to normalcy and the man recovered his health.



'Aadhi becomes vyadhi.' Worries and tensions leads to disturbances in the flow of the vayu or prana, which affects the head, the digestive system and the heart. The different treatments suggested in Ayurveda like snehapanam, vamanam, virejanam etc. seek to lessen the stiffness of vayu. When the prana affects the points in consciousness (brain), the patient might be subject to the influence of other supernatural spirits such as pitrus (ancestral souls), deities, curse of preceptors etc., for which the physicians would not be able to provide a cure. When the problem becomes acute, then it would be difficult to cure that person. The physician who cures such cases should have atmbalam (spiritual strength).

These systems had become nearly extinct in the face of modern medicine. It was as if a curse had fallen on the science of Ayurveda and Siddha because of the errors that had crept into its practice and application in the Guru-sishya tradition.

This is an age in which there is a global discussion on Ayurveda. What is Ayurveda? Is it simply a branch of natural medicine or is it a life science? According to the definition in the Ashtanga Hridayam, the treatise on Ayurveda, Ayus means the soul of a person. The knowledge about the sustenance and protection of the soul is to be understood as Ayurveda. As we know, the soul has both good and bad qualities, instincts and karma. Ayurveda is the liberating science that helps the nourishment of the jeeva (soul), rectifying its infirmities and deficiencies. Life is a mixture of sukha and dukha or happiness and sorrow. Happiness is experienced as fortune or luck in life that leads to contentment and peace. It is a reflection of the punya in one's soul. Similarly, sorrow is caused by the impurities, infirmities and afflictions in the jeeva, which appear as diseases, difficulties and other misfortunes in life. The shortcomings in the soul lead to vexations and worries, which in turn permeate the body as tridosha. Tridosha means the imbalance in the three vital energies in the body - vata, pita and kapha - which causes diseases. This is the fundamental basis of Ayurveda.

The rishis of ancient India handed down this sci-

ence to us. The rishis could through their ascetic life realize the cause-effect principles of the universe in its subtle and gross nature. They were mahatmas who could transform the jeeva with the radiance of dharma and punya. When the jeeva becomes radiant with the Divine Light and positive energy, sorrows and diseases disappear. Only by such a fundamental cleansing the jeeva can be freed of diseases and misfortunes. This liberating culture was lost to India somewhere down the ages. As time passed, people began to view Ayurveda merely as a system of treatment which describes about medicines and diseases. The decadence of Ayurveda occurred when its dharmic base got degraded.

All religious ideologies, social and political movements aim to achieve happiness for man. It is for happiness that we seek freedom from diseases too. However, happiness can be attained only through Dharma. Truth and Dharma are the same. The search for truth and happiness should be through the path of Dharma. Treatment for a disease is only the karmic or application part. Dharma comes from Guru. The ways of Dharma undergo a change according to the time. Previously, we used to burn a torch made of shrubs or a candle to see in the dark. Today we have flashlights in mobile phones! The Dharma practised in the Satya Yuga, Treta Yuga and Dwapara Yuga would not be practical and fruitful today. The way of reaching happiness is to understand the Dharma of Kali Yuga and earn punya (virtue) through karma. What is the Dharma of Kali Yuga? This should be known from a sage who has realized it.

The acharyas (teachers) have divided diseases under three categories:

- (1) Diseases from clear material causes.
- (2) Diseases caused by prior actions (immoral or adharmic acts).
- (3) Diseases caused by a combination of both of the above.

Of the three, treatment is available only for the first. Remedy for the remaining is available only through the dharmic course. It is this part, which has been lost to Ayurveda.

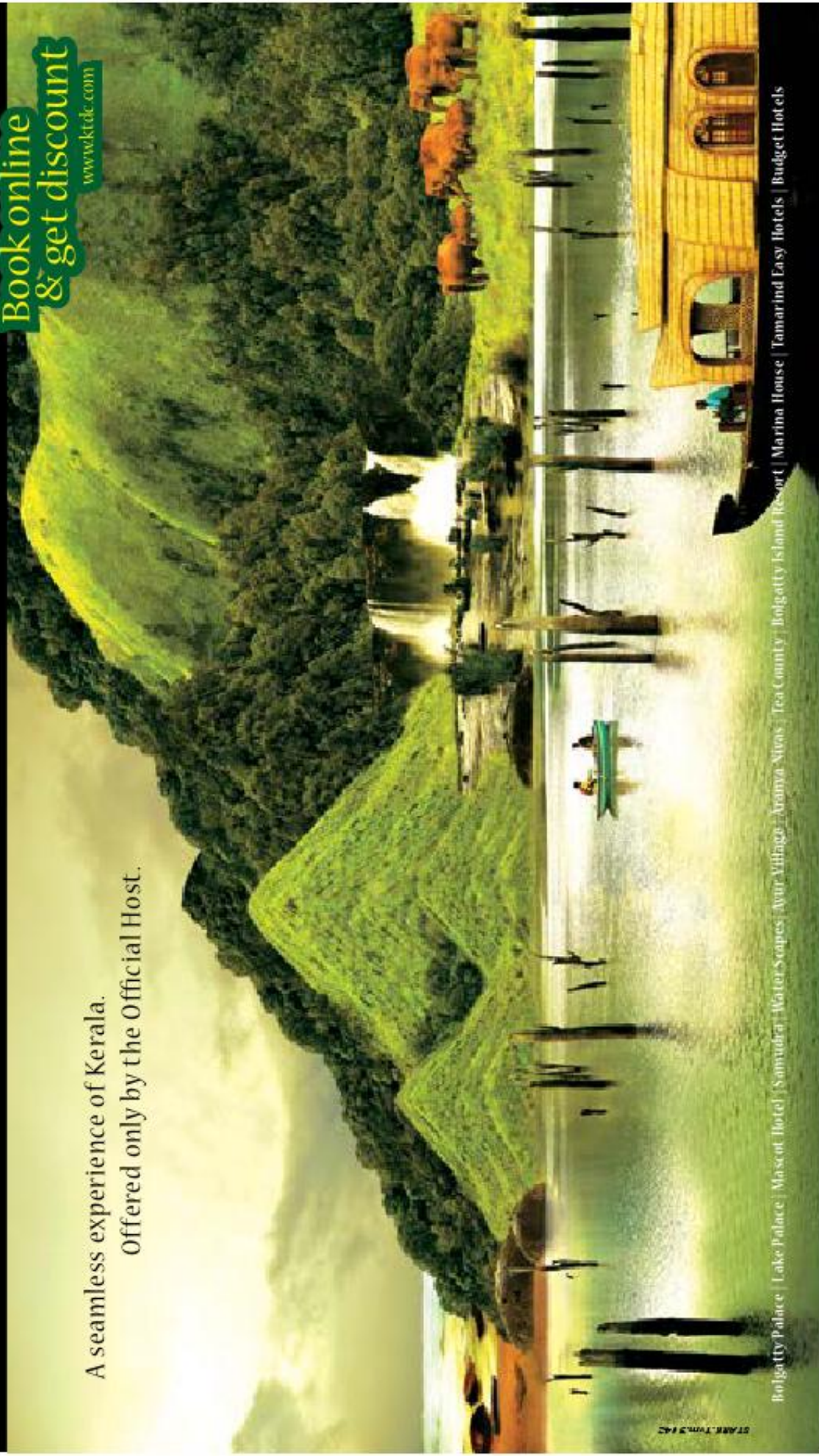
The heart of a physician can be likened to that of a mother who nurtures her child with love. Likewise is the mind of a true physician who helps the healing through a course of love and dharma. He can understand the soul of a person through the mirror that is Guru. Through that mystical mirror, he clearly sees the afflictions of a patient without resorting to modern diagnostic methods and equipment. This is the pure essence of Ayurveda, on which Navajyotirri Karunakara Guru has based His Nava Arogya Dharma Siddhantham.

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In

India, Kerala is known as the home to Ayurveda. But, today we can no longer restrict Ayurveda to this wedge-shape state of India. Globally, Germany is known to many as the home to Ayurveda. Dr. Jeevan's Ayurveda academy in Germany is the reason for this status. Now, Germany is also known as the second home of Ayurveda. This crown that Germany wears today did not come easy. A lot of effort and homework has gone behind this and effort needs to be done continuously to keep it going this way. Despite the high number of academies, research programs and private clinics in Germany it can be seen that many institutions and individuals in Germany practice Yoga therapy along with Ayurveda. Yoga here is often reimbursed if practiced under a qualified Yoga instructor who is registered under BDY (Berufsverband der Yogalehrenden in Deutschland e.V.). It can be presumed that in future Ayurveda may also be reimbursed if one undergoes treatment under a registered medical doctor too. And when that happens, Germany also becomes the first home of Ayurveda.



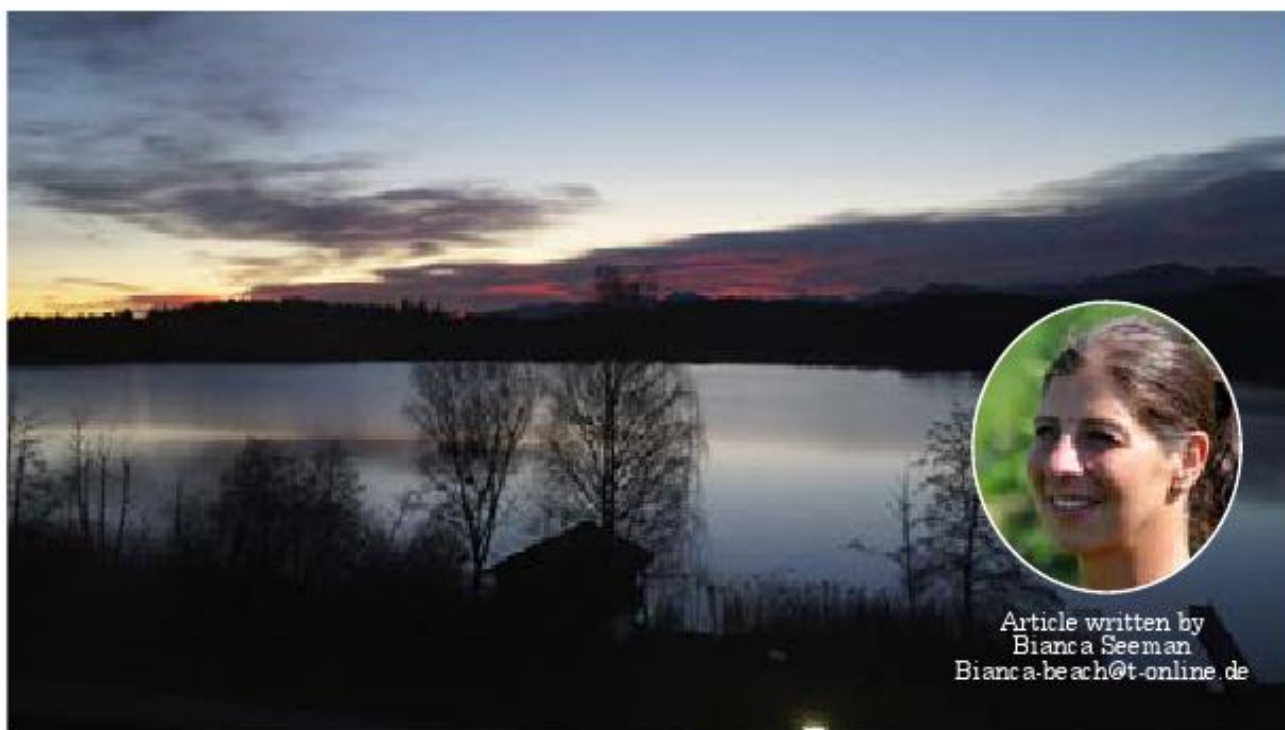
About 'Ayurveda Care'

This is a German based private academy and treatment center that will be 20 years this year in 2016. It is run by Dr. Jeevan, who is an experienced Ayurveda physician. This center has witnessed several students who have done basic and advanced course in Ayurveda medicine here and are practicing it in several parts of Germany in a traditional Kerala style. This means that they use Ama Pachana with decoctions, Purva and Panchakarma with traditional oils and Rasayana with herbal Ghees and Elixirs for their treatment procedures. Ayurveda is practiced here considering the nutritional guideline that suits the climate of Germany and the availability of local organic foods. Yoga asana & Yoga dhyana that is suitable to the specific individual. Dr. Jeevan is said to be the motivating force behind this 20 year-old academy in Germany.

Apart from his Academy, Dr. Jeevan also manages an Ayurveda Panchakarma center

at Germany. Various treatments including treatments for multiple sclerosis, poly arthritis, burn out, infertility are practiced at this center. Dr. Jeevan also owns a network of small clinics at Berlin, Munich, Frankfurt, Ingolstadt etc. His main center or a referral center is at Pelham, Bad Endorf- an hour drive from Munich, which is the Final Destination of Ayurveda in Germany.

What is more special in Ayurveda Care at Pelham is: It is not just an Ayurveda clinic or hospital, it is a Home where Ayurveda Care is done. This is why Dr. Jeevan calls it 'Home Care Ayurveda'. He only treats 5 patients per month and thus gives them the most of Ayurveda care. Yoga in the morning and Dhyana in the evening is regularly practiced here. Food is cooked based on Ayurveda principles using organic substances that are locally obtained. Panchakarma treatments, conferences on self-care and daily care are part of this Special Home Care. One can understand the Ayurveda principles by living with this Indian family. The patients who are treated here not only experience a good Panchakarma but also a healthy Living. Here, a patient



Article written by
Bianca Seeman
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diagnosed with a disease is easily cured due to the lifestyle practiced here which is that of living close to nature. Here, the reason for the basic cause of a disease is expounded to be due to the erratic nature of lives that people practice with no space for love. It is understood here that a disease cannot be cured by just doing a Panchakarma or consuming some herbal capsules or tablets diseases. This home care center focuses on living with the rhythm of nature and respecting the laws of nature. The proximity to the beautiful Alps and the Pelhamer sea at the Chiemsee region helps one escape from the concrete jungles of Munich & Frankfurt for a while and nourish not only the body but also the mind.

What should one focus on for a healthy living in Ayurveda? If you consider the first element ether or space: This place is absolutely free from sound pollution.

The second element air: Chemsee region of Bayern is a smoke free light air and very good for asthmatic patients. If you come from Berlin or Frankfurt you can actually feel this. Fire element: No Wireless LAN which makes the atmosphere Electro smoke free. The center faces the east and also to the Alps. So you see different colors in the sky during the sunrise and sun set. Pelhamer sea is stamped as healing water and is just 5 KM away from the Healing thermal water where people can go for bath or swim. The earth: Pollution free, plastic free ground. Most of the organic plantations from different companies have their seats in Chiemgau region. The vegetables are locally grown and not imported.

Milk is from the farmer in the neighbor. Mineral water is just 5 KM away but provided in glass bottles. They also prepare oils and ghee with locally available medicinal plants. So the five elements concepts is well kept as much as possible in this Home Care Ayurveda.

This opportunity is utilized by many of the Germans for the prevention and cure of diseases and also to understand the Indian way of life.

Dr. Jeevan is an Ayurveda physician with more than 26 years of experience in both teaching and consulting. He graduated as an Ayurveda physician from Coimbatore Ayurveda College. He is an expert in providing Ayurveda consultation to find out dosha imbalance in a person. With the help of Ayurvedic principles he can understand the disease process in a person and thus guide them to select the best nutrition and life style management with the Ancient healing methods of India.

More than that, you can spend a day with Dr. Jeevan to understand Ayurvedic way of cooking, individual Yoga practice and a consultation. If you are interested to do something more to detox your body and mind there is also customized Panchakarma packages after the consultation. If you are tired of long flights to Kerala, or not young enough for a flight to Kerala, India A small Kerala is in at Pelham!

For more information, you can check at www.Ayurveda-care.de or call directly to Ayurveda team +49 8053 3990485

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Crippled and crawling he came; spick and span he left after intensive Ayurvedic treatment



O.J. George
o.j.george@gmail.com

He was as good as dead for his colleagues and local people, for the very look with swollen joints, muscles and systems was something that did not offer promising, health-wise. Rather his posture, decrepit and double-bent for a middle-aged man, was far from offering life, let alone an active one for that matter, for the rest of what was in store for him.

He could not sit up, could not move about, had problems dealing with daily chores and ablutions even. News had spread that he was about to breathe his last. But that was not to be, for he had overcome the terrible sufferings.

His colleagues at an electrical goods distribution centre in Kottayam in Kerala, South India, were ruing with each other about the fate and predicament of this well-behaved gentleman who had wife and children to fend for.

Still Benjamin Daniel, Thankachen being his pet name, recovered from the extreme form of Rheumatoid Arthritis,

or Aama Vaatham in local parlance, after going through the rigmarole of various vexing and taxing procedures of treatment and adopting a life-style that is in tune with nature, as prescribed by his Ayurvedic physicians. It was something like a rebirth for him and solace and happiness for his family, kith and kin, colleagues and friends.

The torture of arthritis started as swelling on the big toe or the Hallux and there was considerable pain. Not in his wild imagination, had he thought that this was Rheumatoid Arthritis or Aama Vaatham. There was a family physician for the inhabitants of the locality with whom he consulted about the problems. He, a licentiate in medicine during the times, could surmise that there was no permanent cure for this malady in his kitty of tablets and potions in Allopathy, and Homoeopathy which also he was practising. He gave the agonizing patient a strip of 10 brufen tablets, telling him this would alleviate the pain temporarily, but he should check up with



some credible Ayurvedic experts.

Our patient religiously took the tablets and there was relief from pain for 10 days, but the problem of excruciating pain and considerable swelling on the joints relapsed again within no time. He was lying down on the bed at home.

Four of his friends carried him on an autorickshaw, for he could not walk on his own, and took him to one of the Ayurvedic specialists in the Government Ayurvedic Hospital. Ayurvedic specialist Dr Mithra was there who did not mince words about the sequences and consequences of pursuing this form of treatment for about 56 days of inpatient care..

The doctor told him that his woes of pain and swelling and difficulty in movement would be doubled for some time once the treatment procedure started. The patient was advised to take the decision whether he would like to get admitted or go to the Allopathic medical college to gain temporary relief.

The patient decided to get himself admitted to the Ayurvedic hospital and bear the brunt of the procedures.

The pain and swelling worsened for one week after commencement of treatment, all the same he felt

some relief after undergoing 15 days of continuous procedures.

The day started with intake of a mix of decoction (kashaayam), herbal tablets and powder at 6 am. This was repeated at noon and evening. There was this treatment just before he was to go to bed as well.

There was particular form of dealing with the swelling on all the joints and body, with herbal paste being applied on the swollen parts by 6 am. The swelling would subside after 10 minutes of application of the herbal paste. This procedure would be repeated several times, but by noon, there was the feeling of the paste sticking on to the body. Still, the paste would continue to be applied. By evening there was hot water bath when the technicians would try to remove the paste. Actually there was the feeling of peeling away the herbal paste from the body.

There was strict dietary regimen, with food restrictions, for there was no permission for having food to his liking. Oily food and coconut ingredients were banned. Food was strictly vegetarian and the items were in half-cooked form. Rice gruel and salted green gram were allowed.

After undergoing the rigorous regimen of potions,

Ayurvedic tablets, decoction, powder and the like for 50 days, there was an elaborate steam bath conducted on him.

Cow's urine, horse gram and certain green leaves were boiled in a copper vessel and the steam from the boiling cauldron would trickle out through special hose pipe attached to it and applied on all the joints. The procedure continued for two hours. The patient was profusely sweating and at the end of the steam bath, the swellings would get suppressed.

He had undergone Njavarakizhi, which is a deeply invigorating massage, involving fomentation of the body with a bolus of cooked Njavara rice. Njavara is a particular kind of rice known for its nutritional and therapeutic value which is cooked with milk and a herbal decoction made from herbs. Boluses are made of this cooked rice and tied up in linen bags.

Massage treatment starts with the application of oil to the body after tying a piece of cloth around the head. Two attenders stand on each side of the patient and conduct massage using the prepared boluses and the process will be continued in several standard postures. Movement of the hands during both fomentation and massage would always be in accordance with the precepts prescribed by the Acharyas or erudite physicians.

After the massage, all the linen bags are opened out and the remaining content of Njavara rice and herbal mix is taken and applied to the body of the patient and rubbed by the hands. The paste is wiped off with palm leaf scrapers and the patient is given bath after some time. The whole procedure is rejuvenating for the patient.

After completion of 40 days of systematic treatment, the patient was able to sit up and after 50 days he was able to commence walking by holding on to some support.

Just when he was being discharged, there as heavy rain on a day when his right hand could not be moved. It appeared to have set in due to the



sudden change of climate; for cold climes are apparently not good for arthritis patients. There was clogging of muscles like a lump or ball which refused to abate by itself in the course of regular massage and application of herbal medicine. Then two trained men, after telling him that he would feel pain, applied their full force using their hands and squeezed the lump of muscles. He had felt excruciating pain, but afterwards, the ball-like swelling was no more there.

He stayed there in the hospital for 60 days undergoing systematic and rigorous methods of treatment, including restricted diet all the while, and exercise during the fag end of hospitalization. He would make out round balls of the towel and hold on to the balls strongly, reducing the size of the cloth balls by and by. Which means he could fold his hands and ensure movement of the fingers.

On discharge, the physician told him to undertake some work regularly involving physical exercise. He is happy that he could dig a trench for the foundation of his new house building and later on completed the construction work with the help of others.

The hospitalization was in 1992 and from then on there was no looking back for him, even as he had an annual visit of the Ayurvedic hospital for consulting with the specialists there.

One knows that there are umpteen number of forms of rheumatism and those who suffer them are often feeling depressed that there is no permanent cure for them.

One should not lose heart, but hop on to the bandwagon of Ayurveda, consult with specialists who have sufficient experience in dealing with this terribly debilitating and degenerative disorder and follow their directives meticulously for a definitely time-consuming term of treatment. Patience and perseverance would pay rich dividends by way of relief from the most vexing problem.

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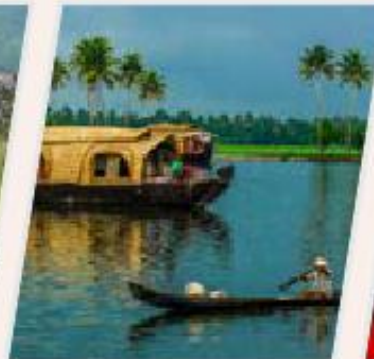
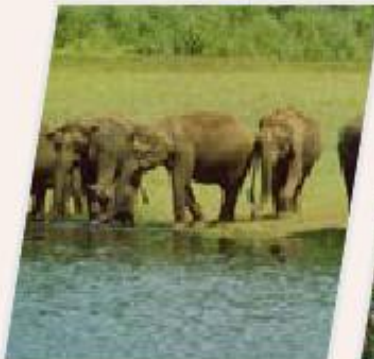
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Get close and familiar with Pomegranate

A human study found that 237 ml (8 oz) of pomegranate juice per day increased the PSA (prostate specific antigen) doubling time from 15 months to 54 months, which is huge.

Pink is the first word that is used to describe or relate to this nutrient-rich sweet fruit. There is a lot more to this fruit than its otherwise rich looks. Like most fruits this one too is seasonal and is mostly available during the season from September through January. Discussing about what is edible of this fruit, one can notice its outer tough layer which is often discarded and only the juice and seeds found inside are edible. Other than for eating the seeds of a ripe pomegranate, it is

also used as nutrition additives to salads giving them a rich color. This fruit has a long shelf life and lasts up to two months when refrigerated.

Seeding this fruit is the most difficult part of eating it even though it is worth all

the effort. This fruit is said to be rich in phytochemical compounds, flavonoids, polyphenols and potent anti-oxidants, offering protection from heart diseases and cancer. It is said that a glass of pomegranate juice has more anti-oxidants than red wine, green tea, blue berries, and cranberries.

Punicalagin is a rare anti-oxidant found only in Pomegranate. It is supposed to have great health benefits and is said to be responsible for lowering cholesterol, blood pressure and increasing the speed at which heart blockages (atherosclerosis) melt away. Research also says that an ounce of Pomegranate juice each day for a year eases severe carotid artery blockages. Not only does this help in easing the blocks in the heart but it also lowers blood pressure by over 12 percent.

Also, powerful anti-oxidant compounds found in this fruit are said to naturally reduce platelet count and thus help the heart from attacks and strokes. Pomegranates are not just good for the heart, they are said to inhibit other disorders and diseases like breast cancer, prostate cancer, colon cancer, leukemia and also prevent vascular changes that promote tumor growth in lab animals. This fruit has shown remarkable anti-cancer effects and this is said to have fascinat-



The phytochemical compounds found in Pomegranate juice are said to excite serotonin and estrogen receptors, thus improving symptoms of depression and increasing bone mass.

ing effects on humans. The phytochemical compounds found in Pomegranate juice are said to excite serotonin and estrogen receptors thus improving symptoms of depression and increasing bone mass.

This fruit contains compounds called punicalagins and punicic acid that are unique substances that account for most of its health benefits. Their potent anti-inflammatory properties, which are largely mediated by the anti-oxidant properties of the punicalagins help reduce chronic inflammation in many diseases like heart disease, cancer, type 2 diabetes, Alzheimer's disease and even obesity. Lab studies reveal that the extract of this fruit weakens cancer cell reproduction and even stimulates apoptosis (cell death) in cancer cells. The prostate-specific antigen found in this fruit is mentioned as a blood marker for prostate cancer which is the most common type of cancer in men.

A human study found that 237 ml (8 oz) of pomegranate juice per day increased the PSA (prostate specific antigen) doubling time from 15 months to 54 months, which is huge. And for women Pomegranate extract is said to stop reproduction of breast cancer cells and even kills some of them. However more research is necessary in this area.

Studies also show that anti-inflammatory effects of plant compounds in this fruit are said to help in the treatment of arthritis. Studies also reveal that Pomegranate extract can block enzymes that are known to damage joints in people with osteoarthritis. Also, regular intake of Pomegranate juice is said to lower blood pressure in less than two weeks. Research is in process on how Pomegranate juice can reduce symptoms of erectile dysfunction. At the end of the day, pomegranates are among the healthiest fruits on the planet. Their wide-ranging benefits help to reduce the risk of all sorts of serious diseases.



Seeding a Pomegranate

1. Cut the crown (protruding blossom end) off the pomegranate, removing with it some of the pale-yellow pith. Take care not to pierce the seeds within.
2. Lightly score the skin in quarters from stem to crown end.
3. Immerse the scored fruit in a large bowl of cool water and soak for 5 minutes. Holding the fruit under water, break sections apart with your fingers, separating the seeds from membrane. The seeds will sink to the bottom of the bowl.
4. Discard skin and membranes. Drain the seeds and dry on paper towels.



MSR-ICAIM

(MS Ramaiah – Indic Centre for
Ayurveda & Integrative Medicine)

a hospital where tradition meets modernity



Health seeking behavior in the current era is leaning towards pluralism; it is becoming increasingly apparent that no single medical system is able to wholly cater to the wide range of health issues plaguing this generation. Thus, new age medicine needs to efficiently and effectively integrate multiple systems in the best interests of humanity. The MS Ramaiah Indic Centre for Ayurveda & Integrative Medicine is one such institute that adopts an integrative approach for promoting wellness and treatment of diseases.

The vision of this institute is to establish a world-class center of excellence in Ayurveda based on integrative and holistic healthcare. It endeavors to develop, promote and popularize safe, efficacious and cost-effective solutions for the current health care challenges through creative application of Ayurveda appropriately integrated with advances in science, technology and bio-medicine.



The Promoters

The MS Ramaiah group has been providing Ayurveda treatment under the banner Gokula Ayush Arogyadharma for the last decade. It has now metamorphosed as the M S Ramaiah Indic Centre for Ayurveda and Integrative medicine (MSR-ICAIM). It is a part of the larger Gokula Education Foundation (Medical), GEF (M), a trust with the objective of establishing educational Institutions and providing affordable holistic healthcare for the betterment of mankind.

The Executive team

The dynamic force behind this renowned institute is veteran Ayurvedacharya Dr. G G Gangadharan who is at present the Director of the institute. Dr. GG as he is fondly referred to, has been in the field of Ayurveda for the last 30 years and has vast experience and expertise in clinical management of chronic, debilitating diseases. In addition, he has also contributed significantly to the development of Ayurveda through various research and academic activities. He is an integral part of several national and international organizations and committees that are striving to restore the glory of Ayurveda. His immensely dedicated to the cause of propagating and promoting the use of Ayurveda and local health traditions at the grass root levels in rural parts of India.

Dr. T K Girijakumari is the Assistant Director of Clinical Operations. She has experience in clinical practice and teaching of over 25 years and has contributed significantly to the development of this institute.

Dr. Sriranjini S Jaideep is an Ayurveda clinician with a passion for research. She has an MD in Kayachikitsa (internal medicine) and a PhD in Neurophysiology from NIMHANS, Bangalore. Her interest is to understand and interpret the concepts of Ayurveda with contemporary scientific tools. In addition to providing clinical services, she spearheads the research activities of the institute.

Dr. Swetha S Suvarna, MS is specialized in Prasooti tantra and Stree roga branch of Ayurveda that caters to the health and disease of women. She is specially trained in unique procedures for various obstetric and gynecological diseases. Her interests include comprehensive care and management during Garbhadharana (pre-conception care) and Garbhini and Sootika paricharya (care for mother during pregnancy and postnatal period).

Dr. K Yogidas and Dr. Gokulan are specialist consultants at the institute. They bring with them a vast experience in specialized care and management of musculoskeletal problems and eye diseases respectively.



Dr. G. G. Gangadharan
Director



Dr. T. K. Girijakumari
Asst. Director,
Clinical Operations



Dr. Sriranjini S.
Jaideep
Clinical Registrar



Dr Swetha S. Suvarna
Clinical Registrar



Dr. K. Yogidas
Marmachikitsa specialist
(Visiting)



Dr. Gokulan B. G.
Netrachikitsa specialist
(Visiting)



Dr. Lavanya Vijayaghavan
Research Coordinator



Facilities

The Indic Centre is situated on a sprawling 65-acre campus in the heart of Bangalore city. It is a 25-bed Ayurveda hospital affiliated with the 700 bed MS Ramaiah Memorial Hospital. There are seven senior consultants, assisted by six junior doctors in the branches of Kayachikitsa (General Medicine), Prasuti Tantra & Stree Roga (Obstetrics & Gynaecology), Nethra Chikitsa (Eye disorders), Marma chikitsa and Panchakarma. There are 13 therapy rooms and 45 therapists to administer Ayurveda Panchakarma treatments under the expert guidance of consultants. The in-patient facility with room categories to suit everyone's needs – shared-semi private, private, deluxe and suite. A hygienic canteen facility is available here that provides food as per the diet prescribed by the physicians. Wifi facility

and TV is provided for select categories of rooms.

Clinical services are efficiently supported by an in-house medicine preparation unit, where fresh medicines are prepared according to classical guidelines. The facility also houses a herbal garden to ensure availability of fresh herbs for the various therapies. A pharmacy is also attached, where proprietary medicines are dispensed. The holistic approach of management is supported by a Yoga Centre. MSR ICAIM also has access to state-of-the art medical laboratory and imaging services provided by the MS Ramaiah Memorial Hospital. The Indic Centre works in close co-operation with Allopathic specialists in all fields of medicine.

Departments

Kayachikitsa (Internal medicine): Kayachikitsa is the foremost of the eight disciplines in Ayurveda (Ashtanga Ayurveda). It caters to all diseases of the body and the mind. It is interesting to note that the word 'Kaya' implies the entire metabolism that takes place in the human body and as Ayurveda considers most diseases as an offshoot of errant metabolism, Kayachikitsa literally aims at correcting this aberration. It is essential to note that the basic tenet of Ayurveda focuses not only on curing/managing a disease but also gives equal emphasis to maintenance of health and prevention of diseases. Therapeutics in Ayurveda is a judicious combination of interventions like Panchakarma, medications like churna (powder), vati (tablet), kashaya (decoction), asava-arishta (fermented preparation), avalehya (concoction) etc. and diet and lifestyle modification. These are tailored to suit the individual and thus Ayurveda is a more personalised system of medicine. It is also very important in Ayurveda medicine to focus on enhancing

the host factors for defence rather than merely targeting the disease mechanisms.

At , the Department of Kayachikitsa offers service in the following areas amongst others

- Respiratory allergies and infections
- Gastro-intestinal problems like acidity, irritable bowels, hepatitis
- Bone and joint problems like arthritis, spondylitis, disc prolapse
- Neurological illnesses like migraine, paralysis, Parkinson's disease, ataxias
- Ano-rectal conditions like piles, fistula, fissure

Panchakarma (Five-fold therapies): Panchakarma treatments are very integral to Ayurveda and form a part of the treatment protocol for most diseases. These procedures overarch all the sub-specialties in Ayurveda and are administered differentially based on many factors. They may be in the form of external

physical treatments to the body – entire/ part/local or medications administered to the body via oral/ nasal/anal routes. Panchakarma is believed to cleanse the system, thereby addressing the root cause of the illness and also helping better absorption and assimilation of nutrients and medicaments. The five core procedures that constitute Panchakarma include Vamana (therapeutic emesis), Virechana (therapeutic purgation), Basti (medicated enema), Nasya (nasal instillation of medicine) and Raktamokshana (leech therapy). It is not surprising that owing to the antiquity of the science, some of these practices were a part of tradition in earlier generations. Panchakarma procedures are taxing to the human system, thereby warranting preparatory procedure (purva karma) to acclimatize the body to the therapy and also post treatment care (paschat karma) to allow the body to recuperate from the therapy. The therapies are usually administered over a course of few days to few weeks depending on the disease/health condition being addressed. Periodic adoption of Panchakarma therapies provides



prophylaxis against seasonal diseases like asthma and allergic rhinitis, lifestyle disease like obesity, early diabetes etc. Some of these procedures are also used in isolation in select conditions. The main objective of Ayurveda panchakarma procedures is to achieve optimal health and well-being through a comprehensive approach that addresses mind, body, behaviour, and environment.

MSR-ICAİM promotes authentic Ayurveda panchakarma procedures conducted by certified therapists, under the supervision of trained and experienced doctors. Some of the procedures that we offer include

- Snehana (oleation)
- Abhyanga (massage with oils)
- Kaya seka (pouring of medicaments over the body including Dhanyamla dhara, Pizichil)
- Shirodhara (pouring of medicaments over the head)
- Kati/Greeva basti (retention of oil on the back/neck)
- Swedana (sudation)
- Patra pinda sweda (sudation with fresh medicated herbs)
- Churna pinda sweda (sudation with medicated powder)
- Shashtika shali pinda sweda/navarakizhi (sudation with special rice cooked in herbs)

- Avagaha sweda (tub bath with decoction of herbs)
- Bhashpa sweda (sudation in steam chamber)
- Vamana (therapeutic emesis)
- Virechana (therapeutic purgation)
- Basti (medicated enema)
- Nasya (nasal instillation of medicines)

Prasooti tantra and Stree roga (Obstetrics and Gynecology):

This specialty is the equivalent of Obstetrics and Gynecology in modern medicine. Ayurveda has elaborate explanations of women's health across age groups. The details of Pre-conception care, Pregnancy care, Post-natal care are very intricately detailed. In addition, various gynaecological issues that cause much distress to women can be safely and effectively alleviated with the aid of Ayurveda treatments. Highly unique procedures like Yoni prakshalana (vagina douche), Yoni pichu (medicated tampon), Uttara basti (intra-uterine enema) are recommended to ensure optimal drug delivery and quick relief.

At MSR-ICAİM, we offer special services including Garbhadharana (pre-conception care) and Garbhini and Sootika paricharya (care for mother during pregnancy and postnatal period). A well-equipped procedure room is made available to perform the unique Ayurveda pro-

cedures under hygienic conditions. Some of the conditions catered to are

- Infertility
- Polycystic ovarian syndrome
- Irregular menstruation
- Dysfunctional uterine bleeding
- Uterine prolapse

Shalakya tantra (Ophthalmology and ENT):

Shalakya tantra is the branch of Ayurveda which deals with the management of diseases of structures above the neck viz. ear, nose, throat, mouth, eyes and head. Elaborate descriptions of aetiopathogenesis and treatment for such diseases in Ayurveda literature can be applied for effective management of these diseases. The department has state-of-the-art diagnostic equipment for eye and ear examination and offers unique Ayurveda treatments for

- Eye disorders (refractive errors, early cataract, diabetic retinopathy, macular edema, eye allergies and infections, computer vision syndrome, glaucoma)
- Ear disorders (Hearing problems, ear infections)
- Nasal disorders (Deviated nasal septum, nasal polyp)
- Throat and oral cavity disorders (tonsillitis, laryngitis, pharyngitis, tooth and gum infections)

Research and Education

Evidence based medicine is the way forward and hence Indic Centre is extensively involved in research activities to promote scientific understanding of Ayurveda. Dr. Sri-ranjini S Jaideep and Dr. Lavanya Vijayaraghavan conduct and co-ordinate the research activities at the institute. The focus of research here is to develop paradigms for research in Ayurveda and Integrative Medicine for various clinical areas and also use contemporary methodologies and tools to delve into the fundamental principles of Ayurveda.

Currently, researchers at the Institute are involved in understanding aspects of Prakriti and Koshta in relation

to the human microbiome. The project is being undertaken under the prestigious Ayurveda Biology scheme of the Department of Science and Technology, Govt. of India. A partnership is also being established with the renowned University of Illinois, Chicago for collaborative research in the areas of metabolic syndrome, rheumatoid arthritis and neurological diseases.

Training and education are an integral part of the institute's activities. It is proposed to undertake activities at different levels including short term courses for Ayurveda therapists, introductory courses on Ayurveda for allied health practitioners and also an extended training program for Ayurveda graduates.



If you want to know further details, Get in touch with us.

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An integrated approach in managing Rheumatoid Arthritis



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About rheumatoid arthritis ...

Rheumatoid arthritis is a chronic multi-system disease of unknown origin. The characteristic feature of rheumatoid arthritis is persistent inflammatory synovitis involving peripheral joints in a symmetric distribution, although there are varieties of systemic manifestation.

Usually this disease starts insidiously with fatigue, generalized weakness and vague musculo-skeletal symptoms till synovitis symptoms appear. In this disease the joints involved are usually hands, wrist, knee and feet and the involvement on joints occurs in a symmetric pattern.

In the joints these cause pain, swelling and the character of this pain is that it increases with movement. Another peculiar symptom of this disease is morning stiffness of more than one hour. Systemic symptoms like weakness, loss of appetite, weight loss, mild fever, atrophy of skeletal muscles etc occur in majority of patients.

Lacunae in present management...

Incidence and morbidity of Rheumatoid Arthritis is increasing world-wide, even though many therapeutic advances like early diagnosis and sophisticated management are achieved in this modern era. This led the clinicians and investigators



to rethink the role of psychosocial stressors in the aetiopathogenesis and prognosis of this disease. Without considering these stressors it is very difficult to manage this disease fruitfully and also to increase the quality of life in these patients.

Stress and rheumatoid arthritis...

Psychosocial stressors play a very important role in the aetiopathogenesis of Rheumatoid Arthritis. This is because in the present era, even though a clear genetic link is present for the expression of this disease, these evidences are not sufficient for the manifestation of this disease. Role of these stressors in disease manifestation is explained well through the interrelationship of stress with immunological mechanism of body. Chronic and severe stress causes impairment in both humoral and cellular immunity and thereby the body becomes viable to the infection by many viruses especially Epstein – Barr virus. This chronic psychological stress also causes an increased production of Th2 cytokines, IL-4 and IL -10 and this produces hypersensitivity reaction in human body. Autoimmunity also comes on the other end of immune-deficiency and psychological stressors play a very important role in activation of the same.

On the other hand, in chronic debilitating disease like Rheumatic arthritis psychiatric manifesta-

tions are common during the course of the illness. Major symptoms usually seen are decreased sleep, nervousness, emotional liability, confusion, depressive features like loss of interest in activities, loss of enjoyment, etc.

Integrated approach based on Panca-kos'a theory ...

Indian philosophers investigated the human being through five levels of subtlety varying from the gross layer, such as the physical layer which they called the Annamayakos'a, to the subtlest layer of man's true nature of bliss ie Anandamayakos'a.

Annamayakos'a is the first layer of our personality. This layer is made up of essence of food (annarasa), and it grows because of the same, and at the end it goes back into mud. Pr'anamayakos'a is the energy layer of our body ie physiological system which gives us energy backup for our existence. Manomayakos'a is the layer of our personality which we called as our mind. It is basically the thought layer of our personality. The modern day epidemic of stress is basically a problem at the level of mind. Vijnanamayakos'a include our intellect and it deal with the present. Anandamayakos'a determines our personality, attitude and aptitude. They are the resultant drive of the seed of residual potencies or impression of previous birth. However, Upanishad says that



Systemic symptoms like weakness, loss of appetite, weight loss, mild fever, atrophy of skeletal muscles etc occur in majority of patients.

this is not the ultimate, because how much we experience ananda, we basically remain as a seeker and is still in bondage. So going beyond this kos'a and become one with Super consciousness is the ultimate.

As per the pancakos'a theory the concept of disease is understood as following that the seeds of diseases are sprouting at Vijnanamayakos'a in the form of ignorance. Gradually it affects the Manomayakos'a as negative thoughts and stress. Subsequently the stress creates an imbalance in the Pr'ananamayakos'a that leads to many functional disorders. Later it percolates into Annamayakos'a to manifest physical disorders.

Since Ayurveda and Yoga are the sciences of Life, which clearly touches every aspect of human being beyond the much restricted circle of physical body, by the principles of Yoga S'astra and Ayurveda, one can effectively manage every layers of an individual.

For managing this disease at Annamayakos'a, Tridosha theory of Ayurveda can be used well. First step of management of every disease in Ayurveda is the correction of digestive power and bowel habits, and at the same time management of Aamaavasta is also given prime importance. Aama lakshana in the body is identified by increased fatigability, heaviness, constipation, fever, loss of appetite, redness and tenderness of affected joints etc. for managing this aamaavasta, aamahara chikitsa like upavasa, pachanaushadhas, aamahara vasti etc can be used according to the strength of disease and patient. After correcting the disease at this stage cleansing therapies like snehapana, vamana, virechana, vasti etc and samana therapies

using kashaya, gutika, arishta, choorna etc are done. External procedures can also be used like lepas(anointing with medicinal pastes), oil massage, swedana procedures using different kizhis like elakizhi, shashtika pinda sweda, pizhichil etc. In all cases treatment should be done after considering the doshas involved, strength of disease and of patient and also stage of disease. Rejuvenation therapy is also recommended due to the chronic nature of this disease.

Vijnanamayakos'a should be corrected because every stress sprouts from here. Since stress plays a very important role in the aetiopathogenesis by acting through the neuroimmunological pathways, it is very important to correct the way a person perceives the circumstances and also built awareness about our self. Only with this way can one could produce a change in his character. For this, the principles of Jnana Yoga, Bhakti Yoga and other Yogic principles and also Codes of conduct said in Ayurveda can be effectively used.

Manomayakos'a automatically get corrected when Vijnanamayakos'a are purified. Again this kos'a gets purified with the practice of Yama (abstinence), Niyama (observances), Pranayama, Dhyana etc. Pranamayakos'a can be cured by Pranayama especially Naadisudhipranayama.

Conclusion...

Whenever anyone makes a significant change in their Pancakos'a, they usually experience a natural "high" – i.e. a higher level of consciousness. Therefore it is the time to coin a holistic approach with Ayurveda and yoga, which will work at the level of all kos'as and can effectively manage this disease at physical and at psychological level.



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Amazing Ayurveda

“I have been undergoing Ayurvedic treatments from the late 80’s. I find it to be the most magical way of treatment. I get a lot of benefit, lot of beauty and peace from the Ayurvedic treatment programs.

Dr Deepak Chopra has taken the lead in propagating Ayurveda in America and the Western world. What were the challenges that you faced in popularizing Ayurveda there?

In the 80’s Dr Deepak Chopra took an interest in transcendental meditation and met Maharishi Mahesh Yogi. He joined the movement and at the Guru’s instance started the Maharishi Ayurveda Health Center at Boston. It was a conservative place and at first people there did not understand the concept of Ayurveda. The medical fraternity and the drug industry also tried to block the moves to popularize Ayurveda there.

But Dr Chopra was persistent in his efforts. He was always willing to talk to people and to give interviews on TV to build awareness about Ayurveda. Soon it became a celebrity thing with people like Michael Jackson, Elizabeth Taylor and George Harrison taking to it.

Later, in the 90’s we moved to California which was much more open-minded, and set up the Chopra Center. The Chopra Center conducts educational programs and offers products that improve the health and wellbeing of body, mind and spirit. It takes an integrative approach to healing by combining the practice of Yoga, meditation and Ayurveda. Doctors qualified in modern medicine are trained in these techniques and they attend to patients at the center.

Mrs Rita Chopra, wife of renowned holistic healer Dr Deepak Chopra, has been the strength behind his efforts to popularize Ayurveda in the US. She has been regularly undergoing Ayurvedic treatments for quite some time now. Ayurveda & Health Tourism talked to her about Ayurveda and the acceptance it is gaining in the Western world.



Mrs. Chopra with Vikas Primoo General Manager, The Gateway Hotel, Calicut and Dr. M S Mahadevan, Sr. Physician.

How does an average American view alternative systems of medicines, such as Ayurveda, today?

Today the situation has changed tremendously. There is absolutely no resistance to Ayurveda at present. In fact, the Massachusetts General Hospital is in talks with the Chopra center and other medical specialists to set up an institute for wellness and brain research.

For how long have you been undergoing Ayurvedic treatments? What benefit did you gain from it?

I have been undergoing Ayurvedic treatments from the late 80's. I find it to be the most magical form of treatment. I get a lot of benefit, lot of beauty and peace from the Ayurvedic treatment programs.

Why did you choose and keep coming back to the Ayurveda Center at Gateway Calicut?

Kerala has the oldest, ancient and authentic form of Ayurveda. I was introduced to the Ayurveda Center at Gateway Calicut through a friend. I first came here in 2003-04 and have been coming here every year since then. I opt for the 21-day program offered by the Center. The Center also offers a pleasant atmosphere, where you get a lot of privacy. There is an amazing team of doctors here, led by Dr. M.S. Mahadevan, who can identify the problems just


by reading the pulse. That is why I keep coming back here.

Lack of standardisation in Ayurvedic treatments is often cited as a factor that affects the acceptance of Ayurveda. How do you view it?

Lack of standardisation creates confusion in the minds of people. The problem is present in modern medicine too to some extent. So that should not be a big issue. The key is to find a doctor that suits your requirements. The relationship with your doctor is very important. You should have faith in the doctor and respond well to the demands of the treatment procedure.

The Kerala government is trying to promote the state as an Ayurveda destination. What steps should the government take to make the program successful?

Kerala is considered the "Home of Ayurveda". The climate and the beauty of the place make it an ideal destination for Ayurveda. You should not be shy in marketing the State. People should be willing to appear on TV and other media and talk about Ayurveda. Being active on social media could be another option. I have met people from all over the world, who have come for Ayurvedic treatment here. So "word of mouth" publicity could also be a good way to attract people to the State.



Disturbing Rheumatoid Arthritis

Rheumatoid Arthritis in Ayurveda is 'Amavata', meaning aggravated or get disturbed. It is known as the disease of the connective tissue. In advanced stages, it could affect the skin, musculature, ligament system and at last it develops pores into the bony skeletal system. Rheumatoid Arthritis is also a dietary factor affecting digestion and obesity. It is known to aggravate the Vata and Pitta doshas. Initially, the joints are seen to get swollen and stiffened leading to deformity of joints or bones. When Rheumatoid Arthritis gets severe it is due to Shleshmic Kaff which is Synovial inflammation or Synovitis.

It also causes irritation, redness and pain at that point. This is usually caused by hormonal imbalance which is similar to Adrenal exhaustion (Vrik Granthi). In the long run, it may affect the other body parts and systems. It also interrupts the functioning of the liver etc. So by improving the liver function we can minimize the symptoms of Rheumatoid Arthritis. And the interesting fact is that our body gets attacked by chance. When chemicals such as Cytokines etc are released by White Blood Cells (Shwet Rakta Kan) of our body then it is called Autoimmune Disorder.



Initially,
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Treatment of Rheumatoid Arthritis

In Ayurveda we can treat Amavata (Rheumatoid Arthritis) internally or externally. Internally, we can treat it with the help of Ayurvedic herbal medicines which are very effective and have no side effects. This is done without the use of any hormonal or steroid content but with the use of herbs like Guggulu, Shalaki, Kuchla, Triphala Guggulu etc. Externally, massage oils are used to ease the localized pain. These oils include Lohbaan Oil (Frankincense), Eucalyptus Oil, Neelgiri Oil and most effective Gandhapura Tail (Winter grun) etc. These reduce the imbalance of the Vata-Pitta doshas. Some special pastes such as Arinda seet paste, Turmeric paste, etc reduce inflammation.

Dietary Requirements

- ❶ Avoid Gharishta Bhojan (Heavy Food), Tobaccos and other uretic products such as Urad Dal, Curd, Fish, Heavy Quantity Heat, Pickles, etc.
- ❷ Avoid too much drinking of alcohol and tomatoes
- ❸ Do light exercise or some light movements of knees or joints instead of heavy exercise
- ❹ Completely avoid steroids



By improving the liver function we can minimize the symptoms of Rheumatoid Arthritis.

What to eat?

- Honey, Sun Flower Oil, Turmeric and fruits like Avacado, which has anti-oxidants also, pine-apple, artichokes (Sitaphal), potatoes, etc
- By taking hot water fomentation we can reduce pain also
- Two pearls of garlic and turmeric powder can help in reducing inflammation and by massaging butter, ghee we can help in improving movement of legs, shoulders (upper extremities and lower extremities)

There are some natural juices containing natural enzymes which help in Rheumatoid Arthritis, such as juice of tart cherries, Raspberries, Pine-apple, Apple cider, as also Vinegar juice like juice of Cherry having Anthocyanin which helps to reduce inflammation and get rid of pains in Rheumatoid Arthritis





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DM Patient comes out from plethora of troubles



Dr. Anvar A M BAMS MD(Ay)
Chairman and Managing Director
Punarnava Ayurveda Hospital

Mr. Mohammed Abdulla Khateeb Abdulla Al Shammakhi is a 19-year-old gentleman who was apparently normal 3 years back. He suffered an acute ache on the lower back following a fall on his back. He was evaluated and was put on analgesics in an LHC. The very next day his pain aggravated and developed symmetrical proximal weakness of extremities along with skin lesions. He was diagnosed as suffering from Fulminant Dermatomyositis, a connective-tissue disease related to polymyositis (PM) that is characterized by inflammation of the muscles and the skin. DM frequently affects the skin and muscles, meanwhile it is a systemic disorder that may also affect the joints, the esophagus, the lungs, and the heart. The incidence of DM is estimated as 5.5 cases per million people.

Mr. Mohammed was also seen suffering from respiratory and oropharyngeal muscle involvement after presented with generalized rhabdomyolysis causing renal and liver injury. He required intubation and prolonged admission to ICU. During his admission his condition was complicated by HAI and GI bleed. Gradually he improved from the condition. After



intensive rehabilitative treatments his condition improved comparatively in due course.

He was admitted in our hospital on 04/12/2015 with the complaints of weakness of upper and lower limbs, unable to stand or walk without support, erythematous skin lesions over mid face, both elbows, shoulders, over pinnae and periauricular region, both thumbs, extensor surfaces of MPJ's, IPJ's and scaling of scalp. He also complained about severe pain in lower back, both elbows, knees, difficulty in getting up from sitting position. He was on various steroids and immunosuppressive drug Tab. Azathioprine 50 mg twice daily and on calcium supplements.

In Ayurvedic perspective Dermatomyositis is a disease condition with the involvement of all the three Doshas viz Vata, Pitta and Kapha along with Rasa, Rakta and Mamsavaha srotodushti and can be considered as an Avarana Vata disorder (Type of disease condition with complicated multi-tissue involvement).

He was initially treated with various external treatments like Kashayadhara, Lepana, Ksheeradhara etc which helped to reduce the inflammation along with amapachana medicines internally along with diet modifications. Pain gradually reduced, skin lesions started healing and tiredness also reduced.

In the second phase he underwent a special preparative treatment called Samana snehapana (administration of medicated ghee in a specific manner with diet and lifestyle modifications) followed by the Panchakarma procedure Virechana. In the final phase of treatment appropriate rejuvenative medications were given.

With the treatment severity of pain gradually reduced, skin rashes over eyelids and extensor surfaces started healing, spasticity of extremities reduced and started to walk with the help of walking aids, then with the aid of Quadripod and later without.

At the time of discharge patient was able to walk without support, scaling of scalp relieved, rashes over eyelids healed completely, pain in shoulders, elbows, knees and lower back, small joints of upper limbs, TA tightness reduced and strength of upper and lower limbs improved. He was discharged on 15/01/2016 with follow-up advice and review after 4 months.

With the comprehensive approach of Ayurveda which includes internal medications, external applications, diet modifications, life style modification along with permitted therapeutic exercises after 3 years he started walking without support and able to do daily activities without any trouble.

NEWS

VegMed 2016: For a longer life-span

Vegetarianism and Medicine have always been related and casually talked about, but rarely has this been a subject for an international conference. But, VegMed 2016 has taken a bold step to throw light as well as discuss profusely on this subject. This convention will witness world's leading and most renowned experts in the field of vegetarian nutrition share their insights on this subject. The participants will include internationally-renowned scientists and nutrition experts who will present their latest research findings on this subject.

This unique three-day European international scientific conference on medicine and vegetarian nutrition will be from 22nd April to 24 April, 2016. It will be organized by the Charité university outpatient

clinic for naturopathy at Immanuel Hospital Berlin as well as VEBU (German Vegetarian Society). The program is aimed at physicians, medical students and scientists as well as nutritionists and people from related disciplines. Also, academic health-care professionals are invited. Conference venue is the Henry Ford building of Freie Universität Berlin. The deadline for the early bird registration will be February 29, 2016. The workshop will be an exciting package of conferences with new research insights. In addition to the above and other scientific presentations, practice-oriented workshops and platforms for professional networking will be part of the program.

For more information, logon to: www.vegmed.org



A CASE OF GAMBHEERA VATHASONITHA



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Ayurvedic understanding, not Allopathic descriptors or prognosis, is the perfect path for optimal clinical outcomes

Vathasonitha Arthritis is a common health issue in the present life sans urban-rural divide. It appears in different forms, in different joints and with different gravity. Its management is always a challenge to the treating physician and the outcome is dependent on a multitude of factors like age, sex, chronicity and the like. Generally patients with arthritis come for Ayurvedic treatments as the last resort. And this makes the management quite difficult and the outcome limited. Still, as a matter of fact, it may be seen that the Ayurvedic management of arthritis is quite effective, safe and sustainable. Moreover, it is quite economical as well. Let me share with the reader one outstanding example of managing arthritis on Ayurvedic lines.

50-year-old Satheedevi, a resident of Theni District of Tamil Nadu, a Keralite by birth, came to our OPD in June 2015 with complaints of severe pain

on almost all of her joints, more pronounced on finger joints, wrists, and elbows which she was suffering for last 4-5 years. There was marked swelling on the affected areas, and the fingers looked deformed. She had a history of recurrent feverishness along with the flaring up of joint pains. Satheedevi was a lady with an obese body frame, not on any specific medicines for other systemic illnesses like Diabetes, Hypertension or the like. Her only concern was the joint pain and related problems. She had tried almost all branches of medicines from different practitioners of Tamil Nadu and Kerala. She had even attended an In-Patient treatment in an Ayurvedic hospital. But the outcome was not at all inspiring. But still she had a feeling that IP therapies will help her, and she expressed her willingness to get admitted in our centre. She was on some Allopathic medications like Hydroxychloroquine Sulphate (HCQs), Methotrexate (weekly once)

and a moderate daily dose of corticosteroids along with analgesics for the management of pain.

On detailed case taking the findings were like this: her appetite was not satisfactory; normal thirst and sweat; sleep disturbed because of the pain; and bowels and urine normal. She had tenderness of the involved joints and their movements showed restriction of moderate extent. She had her menopause a couple of years back. She was feeling her body heavy; moving around was not comfortable. The skin over the finger joints showed deep brownish hyper-pigmentation.

This was a case of Vathasonitha as per Ayurvedic diagnosis, in the stage of Gambheera. Considering the long history of the complaint and the tendency of developing deformities, the case was repeatedly evaluated for the line of management and possible outcome. Though the patient was volunteering for admission, it was not a case to be treated with conventional types of Sneha-Sweda (oil-application & fomenting) treatments. And I did expect a worsening of the condition with that line. The patient was admitted in the hospital for two days for further observations along with oral medicines; and she was discharged on the third day with a prescription for next two months. The main choice was Guduchi in different combinations with other selected herbs. Basic dietary modifications were also suggested. And she was advised to withdraw HCQs and analgesics immediately. She was reporting positive changes over phone every fortnight and came for a review after 2 months. The condition was stable with significant reduction in pain and swelling. She looked more comfortable and confident. The steroid dose and methotrexate were withdrawn this time, and the prescription still revolved around Guduchi. After another two months, the pain and swelling subsided completely; and the fingers looked normal except for the mild deformity. Other joints were moving freely without pain. Her general health was also better with the body weight reduced to 5-6 kilograms, and the hyper pigmentation over the skin resolved completely. The dietary changes continued. Now after 7 months, she is totally symptom-free. Kashayam still continuing and purgation with Nimbamruthadi



Erandam is done once in two weeks.

The case of Satheedevi is an example which shows that-

1. a proper evaluation of the disease and its stage is the most important exercise that the physician should practice before rushing to a prescription;
2. more medicines should never be mis-equated with better outcome;
3. hospitalised treatments and therapies are not essential for the management of Arthritis always;
4. Ayurvedic understanding of the condition is the perfect path for the optimal outcome, not its Allopathic name or prognosis. (here in the case of Satheedevi. Allopathy had a diagnosis of Rheumatoid Arthritis which is an incurable type of autoimmune disease)

GAF

- Once Again



It is necessary for people belonging to any art or craft to keep themselves updated about their field. This is impossible if not for symposiums, seminars, conferences, workshops and the like. The third Global Ayurveda Festival 2016 is one such biennial event when the Ayurveda fraternity around the globe get together to share, collate, discuss and understand what is happening the world over about Ayurveda. This international seminar is thus an ideal platform for bigwigs of Ayurveda to share their insights and research findings. The quality of this mega international event can be easily judged by the progressively increasing number of papers submitted and participation of distinguished national & international scholars.

GAF seminar draws on both clinical tradition and modern scientific research to offer the best of both worlds; embracing our traditional roots; challenging our current thinking; and inspiring us to move positively into the future. The seminar includes keynote addresses, plenary lectures, CME programmes, and oral & poster presentations.

It is with pride that the GAF has taken the issue of promoting Women's Health through Ayurveda as the focal theme for Global Ayurveda Festival 2016. Thus it is glad to position this great Indian medical system as a major tool to achieve the higher goals of our country.

Another special attraction of this event is that individual practitioners and representatives of leading clinical establishments will present rare/complex cases in the presence of experts, which will be followed by discussion on the process and correctness of the diagnostics and treatment decisions.

The various talks here are meant for sharing life-time experience and mantras of success of the internationally acclaimed clinicians and visionaries. The idea is to allow the students to listen, interact and draw inspiration from people who have achieved tremendous success and visionary leadership in the field of Ayurveda.

The conclave will be from Jan 31st to Feb 3rd, 2016. The venue is Swapna Nagari, Kozhikode.



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Rheumatoid Arthritis: Myths and Realities

The long history and prevalence of rheumatism can help identify and understand some widely held misconceptions about this complex disease

- 01 Rheumatism is a single disease:** This is a big mistake since there are over 120 different types of rheumatism. Also, different types of this disease require different treatments since the symptoms of all these are also different.
- 02 Rheumatism is only for the old:** This is another age-old myth since rheumatism can affect people as young as a child.
- 03 Rheumatism is a problem only with the joints:** People believe that rheumatism is a disease of the joints and has no connection with the overall health of a person. This is wrong because rheumatism makes it difficult for a person to lead a normal life. This includes difficulty to exercise, to sleep and to earn a living. Thus, the quality of a person's life is fully affected. Rheumatism can also damage skin, eyes, parts of lungs, heart and other internal organs. Also, people with rheumatism are more prone to heart diseases and type 2 diabetes.
- 04 There is only one single test for rheumatism:** This is also a wrong concept as there is no one medical test to fully diagnose rheumatism in a person. It is seen that doctors use a variety of tests to confirm rheumatism in a person. The different tests include rheumatoid factor (RF) test, the erythrocyte sedimentation rate (ESR or sed rate) test, and the C-reactive protein (CRP) test.
- 05 There is no cure for rheumatism:** This is also wrong since there are many modes of treatments for different types of rheumatism. These include medicines, physiotherapy, mind-body techniques, exercises and research



tests, community programs that help treat and improve the quality of life of people suffering from rheumatism.

06 People suffering from rheumatism are easily prone to get Cancer:

This also is not very true as the connection between rheumatism and cancer is very complicated. Experts find it difficult to figure out what exactly of rheumatism that causes cancer, whether it's the disease, the medicines used to cure it or a combination of all these factors that raises the cancer risk.

07 People suffering from rheumatism end up being disabled: This is another myth since a person diagnosed with rheumatism today has many medicines and other treatments available to help stave off this fate. More than anything else, this thought of being disabled itself can lead to depression and anxiety. It is seen that a very few people with rheumatism suffer serious problems which can land them on a wheel-chair temporarily. But early treatment and consistent self-management can lower the risk of the problems that make it difficult to maintain independence and enjoy a fulfilling life.

08 The more number of children the more prone a person is to rheumatism: This is again another false story. It is true that children born to people suffering from rheumatism have a small risk of ending up with the disease but the chances of this are as low as 4%. This can be tackled by being cautious of rheumatism symptoms appearing in children so that it can be treated early itself. By not worrying about this uncertainty you can avoid unnecessary stress.

09 Exercise for getting rid of this disease is bad: This was something that was mentioned in ancient texts. Recent research works have found out that exercise actually helps to reduce pain and fatigue for a person suffering from rheumatism. It is really helpful in increasing flexibility. But, any exercise can be done only after consultation with a doctor. Basically it is good to start slow and then gradually increase the amount and intensity of the exercise. In case of a swollen joint, exercise must be done to increase flexibility but one should take care not to overdo it.

10 Rheumatism affected joints should rest most of the time: This also not true and rheumatism affected joints should need some activity every-day in order to avoid stiffness, weakness and pain. Only thing one must note is not to overdo anything. Over-activity can result in pain and fatigue that may take several days to recover from. Occupational therapists advice people suffering from rheumatism on "the four p's" — pacing, planning, prioritizing, and problem-solving — to help them maintain a good balance between activity and rest.

11 Inflamed joints need joint surgery: A person suffering from rheumatism experience inflamed joints and this is not necessarily a condition requiring surgery. However, in case the inflammation is bad the doctors may advice a surgery. This depends on the severity of the swelling, and the length of time that joints are swollen. Though joint replacement can dramatically increase mobility and decrease pain, avoiding the need for joint surgery in the first place is clearly preferable.

12 I am a complaint-box if I continue to worry about my pain: All people suffering from rheumatism need to talk about it sometimes. While this may cause people to say you are a confirmed complainer it is absolutely necessary to talk it out. Bottled up emotions can further lead to stress, guilt and worry.

Compiled by our desk



Yoga for Arthritis

Geetha Balakrishnan
Email: geeths95@yahoo.in

Arthritis is a general term that describes inflammation of the joints, which can manifest as variable amounts of pain, stiffness, and swelling. Practising yoga regularly can reduce pain, increase flexibility, improve function and lower stress caused by arthritic problems. Yoga can really work to improve physical arthritis symptoms like pain and stiffness.

Recent scientific studies of people with various

types of arthritis show that regular yoga practice can help reduce joint pain, improve joint flexibility and function and lower stress and tension to promote better sleep. Yoga comes in many different forms, but generally involves positioning the body in various poses along with coordinated breathing and meditation exercises.

Following few asanas are good for people suffering from arthritis:



1. Trikona-asana (Triangle posture)

This posture is also known as the utthita trikona-asana.

Sthiti: Stand erect with feet close together, hands along the thighs, fingers stretched out.

Instructions:

1. Stand with the feet together and the arms by your sides (see the tada-asana).
2. Raise both the hands slowly till they reach the horizontal position as the right foot is moved to about a metre away from the left foot. Inhale.
3. Slowly bend to the right side in the same plane. The fingers of the right hand should touch the right foot. The left arm is raised straight up, in line with the right hand with palms facing forward. Stretch up the left arm and see along the fingers.

*After returning to the vertical position, first with hands horizontal and then downwards

*Repeat on the left side.

2. Parivartita Trikonasana (Triangle Posture)

Sthiti: Stand erect with feet close together, hands along the thighs, fingers stretched out.

Instructions:

1. Stand with the feet together and the arms by your sides
2. Separate the feet slightly further than shoulder distance apart.
3. Inhale and raise both arms straight out from the shoulders parallel to the floor with the palms facing down.
4. Exhale slowly while turning the torso to the left, bend at the waist and bring the right hand down to the left ankle. The palm of the right hand is placed along the outside of the left ankle. The left arm should be extended upward. Both legs and arms are kept straight without bending the knees and elbows.
5. Turn the head upward to the left and gaze up at the fingertips of the left hand. Inhale and return to a standing position with the arms

outstretched.

6. Hold this position for the duration of the exhaled breath. Exhale and repeat steps 4 - 6 steps on the opposite side.

Benefits:- This Parivrutta trikona-asana is an excellent posture to do early in your routine. The forward bending and lifting stimulates blood flow and helps to stretch and relax the back, shoulders, legs and arms as well as increases the flow of blood to the head. The muscles of the thighs and calves as well as the hamstrings are stretched. The slight twist of the spine creates suppleness in the spinal discs and relieves discomforts due to arthritics.



3. Pada Hasthasana

Come to Thadasana.

Instructions:

1. Stand erect with legs together, raise the arms parallel to the ground.
2. Raise the hands. Inhale while going up. Stretch the body from the coccyx.
3. Making the back concave, bend forward till the body comes to horizontal position. Attempt to push the bottom of the spine forward while bending. Breathe out while going down. Then inhale.
4. While exhaling go down, till the palms can rest on the ground and forehead can touch the knees. Retain the position for about 2 minutes without allowing the knee to bend and then return to Sthiti.

Benefits : Makes the spine flexible, helps to remove back pain and the stretching of the legs and joints promotes circulation to the lower side of the body whereby relieves pain due to arthritics.



4. Vriksha-asana (The Tree Pose)

Instructions:

1. Stand with the feet together and the arms by your sides (see thadasana).
2. Bend the right leg at the knee, raise the right thigh and bring the sole of the right foot as high up the inside of the left thigh as possible.
3. While balancing the left foot, raise both the arms over the head while keeping the elbows unbent and joining the palms together.
4. Hold the posture while breathing gently through the nostrils for about 10 complete breaths.
5. Lower the arms and right leg and return to the tadasana, standing position with feet together and arms at the sides. Pause for a few moments and repeat on the opposite leg.
6. The challenge of the vriksha-asana is maintaining balance on one leg. Poor balance is often the result of a restless mind or distracted attention. Regular practice of this posture will help focus the mind and cultivate concentration (dharana).
7. Aim to achieve the "rootedness" and firmness of a tree. Regular practice of the vriksha-asana improves concentration, balance and coordination. Because the weight of the entire body is balanced on one foot, the muscles of that leg are strengthened and toned as well.

Helps in curing arthritic problems.



5. Garudasana: Eagle Pose

Instructions:

1. Stand in Sthiti bend your knees slightly, lift your left foot up and, balancing on your right foot, cross your left thigh over the right. Point your left toes toward the floor, press the foot back, and then hook the top of the foot behind the lower right calf. Balance on the right foot.
2. Stretch your arms straight forward, parallel to the floor, and spread your scapula wide across the back of your torso. Cross the arms in front of your torso so that the right arm is above the left, then bend your elbows. Snug the right elbow into the crook of the left, and raise the forearms perpendicular to the floor. The backs of your hands should be facing each other.
3. Press the right hand to the right and the left hand to the left, so that the palms are now facing each other. The thumb of the right hand should pass in front of the little finger of the left. Now press the palms together (as much as is possible for you), lift your elbows up, and stretch the fingers toward the ceiling.
4. Stay for 15 to 30 seconds, then unwind the legs and arms and stand in Tadasana again. Repeat for the same length of time with the arms and legs reversed.
5. Press the right hand to the right and the left hand to the left, so that the palms are now facing each other.
6. The thumb of the right hand should pass in front of the little finger of the left.
7. Now press the palms together (as much as is possible for you), lift your elbows up, and stretch

the fingers toward the ceiling.

8. Stay for 15 to 30 seconds, then unwind the legs and arms and stand in Tadasana again. Repeat for the same length of time with the arms and legs reversed.



6. VEERABHADRASAN

Instructions:

1. Stand in Tadasana. With an exhalation, step or lightly jump your feet 3 1/2 to 4 feet apart. Raise your arms parallel to the floor and reach them actively out to the sides, shoulder blades wide, palms down.
 2. Turn your right foot slightly to the right and your left foot out to the left 90 degrees. Align the left heel with the right heel. Firm your thighs and turn your left thigh outward so that the center of the left knee cap is in line with the center of the left ankle.
 3. Exhale and bend your left knee over the left ankle, so that the shin is perpendicular to the floor. If possible, bring the left thigh parallel to the floor. Anchor this movement of the left knee by strengthening the right leg and pressing the outer right heel firmly to the floor.
 4. Stretch the arms away from the space between the shoulder blades, parallel to the floor. Don't lean the torso over the left thigh. Keep the sides of the torso equally long and the shoulders directly over the pelvis. Press the tailbone slightly toward the pubis. Turn the head to the left and look out over the fingers.
- Stay for 30 seconds to 1 minute. Inhale to come up. Reverse the feet and repeat for the same length of time to the left.

Greetings from Cambridge!

The recently concluded COP21 | United Nations conference on climate change | www.cop21.gouv.fr/en/ offered important glimpses into the interconnectedness that both enabled Life on this planet and continues to shape Life on our planet. This also impacts on the quality of life and health. The Punarnava Trust's 5th INTERNATIONAL AYURVEDA CONFERENCE ~ Where Science Meets Consciousness: Exploring Interconnectedness of Man and Nature (Coimbatore, December 11-18, 2015, <http://www.ayurvedaconference.com/>) offered important perspectives on this subject. One of the ambitions highlighted at this event was the "contemporization, modernization and globalisation of ancient knowledge and wisdom".

These ambitions were further reiterated at the 21st INCOFYRA - International Conference on Frontiers in Yoga Research and Its Applications (<http://svyasa.edu.in/jan-2016-21-incofyra/>) with a theme "Integrating Best of East with Best of West in Medical Practice" held at Prashanti Kutiram, International Headquarters of VYASA, Bengaluru and home of S-VYASA: Swami Vivekananda Yoga Anusandhana Samsthana - The Yoga University (svyasa.edu.in/) and reinforced by Prime Minister Modi in his address: "... We must also apply the techniques and the methods of modern science to test and validate results, assure quality, and explain benefits. And this is why we are placing emphasis on our efforts to increase average acceptance and adoption of AYUSH systems of Medicine and in doing so we will create better wellness among people, rely more on local resources and reduce healthcare costs" (<https://www.youtube.com/watch?v=jov-cY-Q4fCU&feature=youtu.be>)

The translation of this vision into tackling five major non-communicable diseases : diabetes, cancer, psychiatric conditions, hypertension, cardiovascu-

lar diseases is explicit in Narendra Modi's address at Yoga Research and its Applications (<https://www.youtube.com/watch?v=AQ2nUKPoC70>). Though attention is now being focused on inflammation and errors in communication between cells in the human body as the basis of all these diseases, this concept is well appreciated in Ayurveda and alluded to in several articles in this issue of Ayurveda & Health Tourism. The Agenda for the International Symposium on Inflammation and Health (https://med.ucf.edu/inflammation-conference/files/2015/02/International-Symposium-on-Inflammation-and-Health-9_24_15.pdf) provides a powerful layout for how different systems of medicine and understanding can come together to benefit mankind.

In India and across the globe today, in Government, in Industries, in Civil Society, in Citizen Groups and in other quarters there is a deep, strong and urgent call for the contemporization, modernization and globalisation of ancient knowledge and wisdom particularly in the arena of health sciences - environment, plant animal and human. This is also consistent with the WHO's call for promotion of Traditional and Complementary Systems of Medicine in different nations of the world. The call, in brief "Everyone has a role in building a health creating society". These themes also resonate deeply with the Prevention Action now in operation in Germany which will hopefully be replicated in other nations of the world.

However, there is a need for data to support the call - evidence for standards, manufacturing standards, quality, and quality control to enable effective action by providing baseline for future reference. Without a baseline all horizons and trajectories are meaningless and there is no possibility of having the consensus of where to begin.

This call accommodates the AYUSH portfolio of



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 cells and single DNA molecules.

Madan Thangavelu Ph.D.

health promotion, health maintenance, disease promotion and cure - the bold themes of the 2nd European World Ayurveda Congress in October 2016 in Koblenz, Germany. How Ayurveda & Yoga (and AYUSH systems) helps prevent disease will be a theme at this Congress and clearly a challenge for

the future. The forces that shaped and enabled Life on this planet must also hold the solutions. This event is organized by

European Ayurveda Association (EUAA - www.euroayurveda.eu/).

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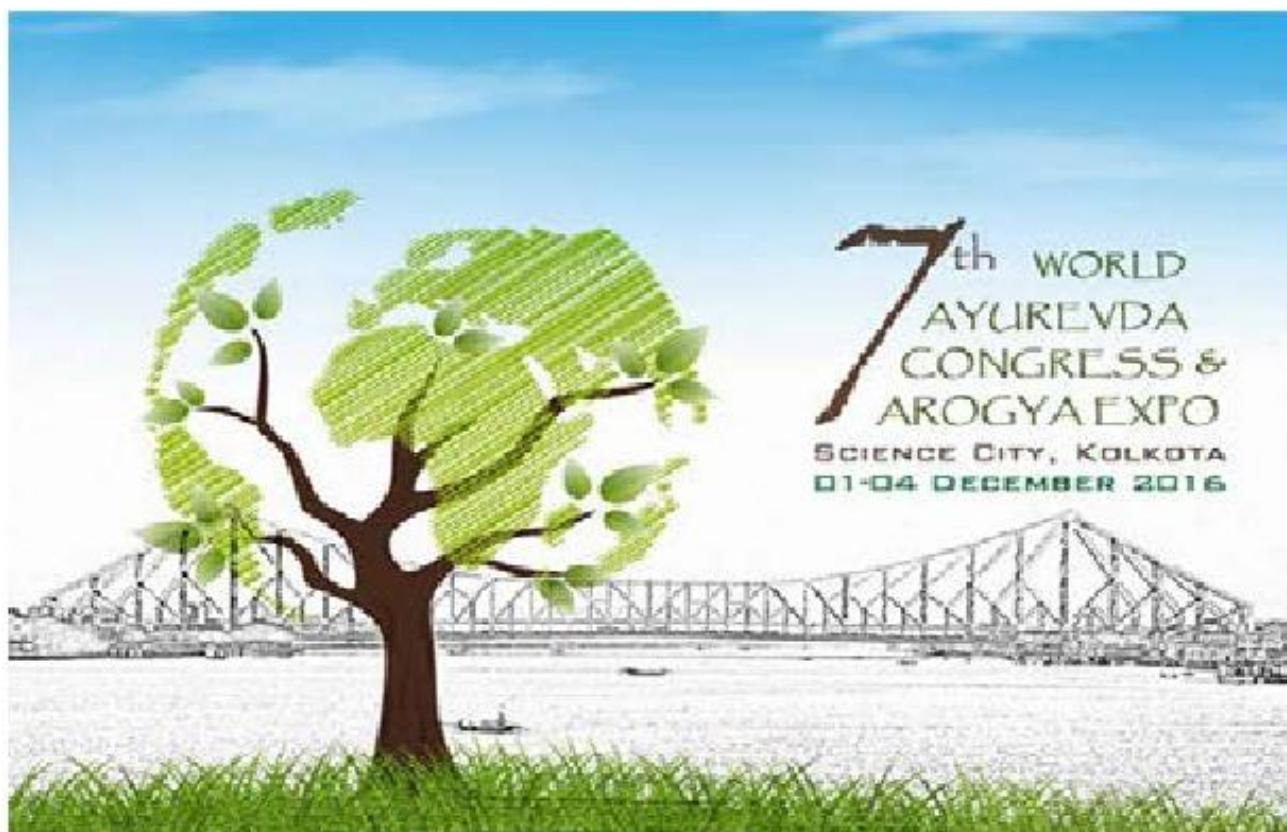


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I, Benny Thomas, hereby declare that the particulars given above are true to the best of my knowledge and belief.

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Shri. Taleb Rifai, Secretary General, UNWTO with Shri K V Rao IAS, Secretary, Department of Tourism, Government of Kerala while he visited Kerala Pavilion at WTM-London.



Shri. Vinod Zutshi IAS, Secretary, Ministry of Tourism, Government of India with Mrs. Roma Singh, regional director, Incredible India Frankfurt and other officials.

Shri. Vinod Zutshi IAS,
Secretary, Ministry of
Tourism, Government
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