

Vol. 11 | Issue No. 4 | October - December 2015

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Ayurveda

& Health Tourism



Be Hale & Hearty
with Herbs

Yoga
for a fit, athletic heart

Ayurveda's
approach to hypertension

Green Leaf Tea
experience the right heart pulse

Avoid Heart Crash
follow salubrious lifestyle of Ayurveda



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Ayur Bethaniya Ayurveda Hospital

– an institution with an edge



Dr. Sr. Donata MD (Ay)



Dr. O. Sreenivasan MD (Ay)



Hospitals have a mission to fulfill and that is of promising good health to all those patients who approach them. Ayur Bethaniya Ayurveda Hospital does just this but differently. Apart from good health it also provides fullness of life. It accomplishes this through Ayurvedic principles that have been proved and practised since ages. The hospital treats its patients based on Ayurvedic principles that have been evolved through intuitive knowledge from nature and transcendental knowledge from God. According to Ayur Bethaniya Ayurveda Hospital, its success lies in imparting the knowledge of treatment of various diseases from the practical experience of sages of ancient India thousands of years ago. This institution is far from just money-making and seeks to full-fill the well-being of people and bestows good service to the public. The institution also aims at being authentic in all its services and is run by a team of veteran doctors who are experts in the field of Ayurveda.

The services provided by the institution include the treatment of many life-style disorders 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 comprises Mr. C.C. William Verghese, who is the CEO of Ayur Bethaniya. Mr. CC Williams together with his business associates runs the whole show of the hospital from its initial days to what it is today. They continue with this mission even today. He also dons other roles like the Managing Director and Chairman of BRD-SML Group. Mrs. Mary Williams, who is also part of the management team, supports the CEO in his activities to promote the institution and his passion towards Ayurveda.

Packages

- ⊙ **Post Natal Care** - Post delivery care to mother and baby (14-28 days treatment). Post delivery oil massage and medicated bath along with internal medications. Maid nurse service is also included in this package.
- ⊙ **Slimming Package** - Special treatment offered for weight reduction (14-28 days)
- ⊙ **Rejuvenation Package** (7 - 12 days)
- ⊙ **Detoxification Package** (7 - 28 days)
- ⊙ **De-stress Package** (7 - 21 days)



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- ⊙ A/C and Non A/C rooms- villa type
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- ⊙ Pharmacy and Laboratory
- ⊙ Swimming pool
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- ⊙ Health Club
- ⊙ Organic Farm & Herbal Garden

Value Added Services

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- ⊙ Yoga and meditation sessions
- ⊙ Pick up-drop
- ⊙ Major credit cards are accepted
- ⊙ Foreign currency exchange
- ⊙ Beauty care
- ⊙ Organical store- where all organic products like juices, food products etc are available

Doctors' Panel

1. Dr. Sr. Donata MD (Ay)- Medical Director- Post graduation in Pan-chakarama. 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.

Ayurvedic Physicians

4. Dr. Jomi Joseph BAMS
5. Dr. Dhanya Sethumadhavan BAMS, DYN
6. Dr. Dane.T. Davy BAMS
7. Dr. Mohammed Shafeeque Gurukal BAMS
8. Dr. Vidya Sudhir BAMS

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By Train

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Contact us

P :- 7034099999, 9946829999
E :- info@ayurbethaniya.org
W :- www.ayurbethaniya.org

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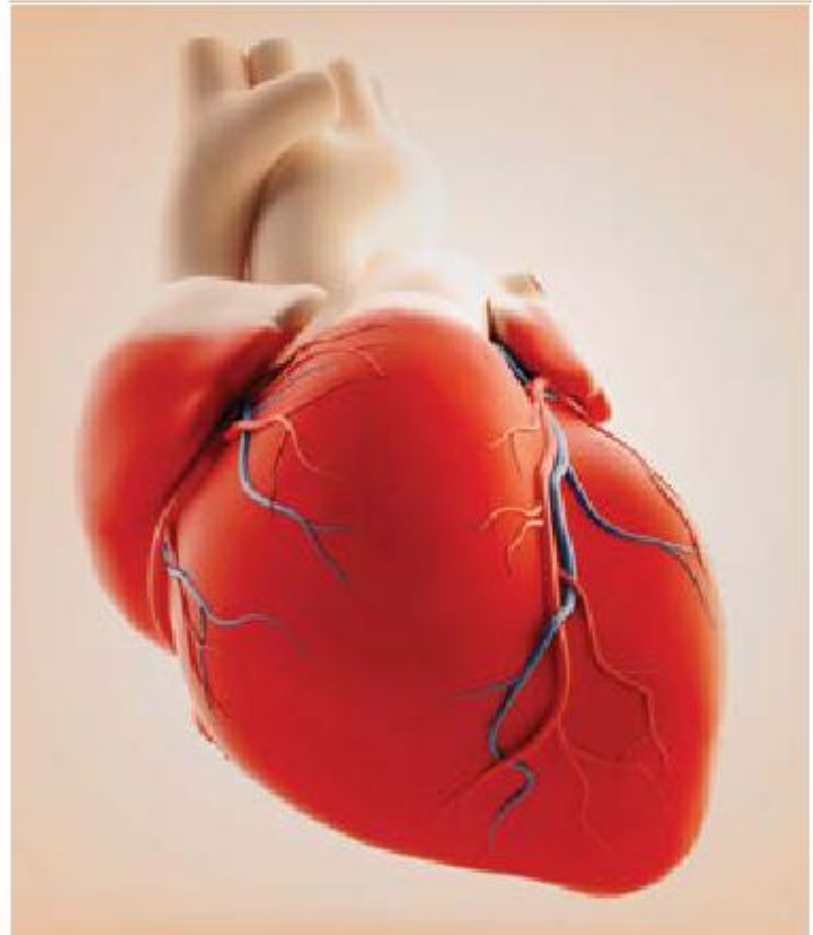
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Editor & Publisher
Benny Thomas

Consulting Editor
O.J. George

Editorial Co-ordinator
Ninu Susan Abraham

Design & Layout
Jithin Jacob

Panel of Experts

Mrs. S. Jalaja IAS (Retd)
Dr. Madan Thangavelu (Cambridge University)
Dr. G.S. Lavekar (Former Director General, CCRAS)
Prof. (Dr.) K. Muraleedharan Pillai
Dr. P. K. Mohanlal (former Director,
Ayurvedic Medical Education, Kerala)
Prof. (Dr.) K.G. Paulose (Former Vice-Chancellor,
Kerala Kalamandalam Deemed University,
Cheruthuruthy, Thrissur)
Dr. M.E. Sarma (Professor, Ayurveda College, Kottakkal)
Dr. Antonio Morandi (Ayurvedic Point-Milan, Italy)

Legal Advisor

Adv. Biju Hariharan

BUSINESS ASSOCIATES Overseas

USA : CHICAGO: Vincent Joseph
Mob: 847 299 9954
USA : HOUSTON: Shaju Joseph
Mob: 847 899 2232
USA : NEW YORK: Vincent Sebastian
Mob: 917 992 9629
USA : CALIFORNIA: Wilson Nechikat,
Ph: 408 903 8997
Canada : Jose Sebastian, Ph: 416 - 509 - 6265
UK : Philip Abraham, Ph: 020 85021281
Switzerland : Dr. George Sebastian, Ph: 527204780
Ireland : Thomas Mathew
Mob: 00353 87 123 6584
UAE : M/s Malik News Agency LLC
Ph: 04 2659165
Singapore : Mahesh A, Ph: +65 906 22828
Germany : Thomas Vallomtharayil
Ph: 02305 4455 100
Austria : Monichan Kalapurackal
Ph: 0043 6991 9249829
Korea : Dr. A. Thomas, Ph: 0082 10 5822 5820
Australia : S. Mathew, Ph: 61247026086

BUSINESS ASSOCIATES India

New delhi : Virendra Jagtab, Mob: +91 9654593521
Mumbai : Mohan Iyer, Mob: +91 22 6450 5111
Ahmedabad : Madanan MA, Mob: +91 98980 02522
Hyderabad : Vinod Menon, Mob: +91 08143617672
Trivandrum : Balagopalan, Mob: +91 9544181188
Chennai : C N Ramachandran, Mob: +91 9841726257
Puducherry : K. Ramasubramanian, +919894977161
Goa : Dilva Edviges Lobo - 9822589237

Healthy Heart through Ayurveda

Another World Heart Day has passed by since September 29th. It is sad to note that even though a lot of advancements have been made in this area the number of people dying with heart disease is not decreasing. Considering this sorry plight, Ayurveda has come to the forefront by promoting lifestyles and diet that will help to prevent this disease. An alarming trend seen today is the rising number of youngsters suffering from heart disease. Studies also quote that heart disease in the country has increased four times in the last three decades. The reason behind this is seen to be the unhealthy lifestyles, bad eating habits and use of alcohol and tobacco. Ayurveda recommends a healthy diet plan and lifestyle pattern to fight this killer disease. Ayurveda also recommends Yoga as this helps to prevent lifestyle diseases like diabetes, hypertension, obesity which in turn cause heart problems. So, controlling these diseases can help to maintain a healthy heart. Ayurveda states that Yoga soothes and calms the mind which in turn helps in reducing our over-eating habits that will control obesity. Ayurveda also states that a disciplined life and better ability to manage stress are essential to control heart disease.

Taking into account the above factors, our team has made a deliberate move to base this issue of our magazine on heart care. So, we thought it is very essential to inform and educate our readers on heart care – causes, prevention and cure. On the other hand, this issue will definitely be a value-addition for our European brethren who are unaware about what the goodness of Ayurveda can do to sustain a healthy heart. Kerala is home to Ayurveda and so it should be the first destination for anybody wanting any kind of Ayurvedic treatments. This lush green land with its mesmerizing climate and sweet water is sure not to disappoint you. The world-class facilities and ambience provided by some of our Ayurvedic centers will not let down our Western, Eastern and European friends. Ayurveda provides a healing that is transforming, rejuvenating as well as curative. The climate, water and medicines of this land work together like magic to make the healing process complete. The Ayurvedic approach here is in oneness with nature. So, buck up and get ready to read, understand and practice as to how to achieve a Healthy Heart through Ayurveda.

- Editor

CORPORATE OFFICE

FM Media Technologies PVT Ltd,
Penta Square, Opp.Kavitha, MG
Road, Cochin -682016, Kerala, India.
Tel/Fax: +91 484 4034055
Email ayurvedamagazine@gmail.com
www.ayurvedamagazine.org

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Green Leaf Tea for the right heart pulse

Consumed and hailed for its benefits for centuries, GREEN TEA has been a native of China and India. It is made from unoxidized leaves and is one of the less processed types of tea and therefore contains considerable anti-oxidants and beneficial polyphenols. Traditionally, green tea was used in Chinese and Indian medicine to control bleeding, heal wounds, aid digestion, improve heart and mental health, and regulate body temperature. Earlier studies had concluded that Green tea consumption is associated with reduced mortality due to all causes, including cardiovascular diseases. This drink is also found to widen the artery which runs from the shoulder to the elbow by four per cent within 30 minutes, thus reducing the risk of blood clots. Dilatation of the artery shows better functioning of the endothelium, the layer of cells lining blood arteries that stops clot forming. Green tea is consumed less in the western world than black tea, but it could be more beneficial because of the way it seems to improve endothelial function. Other research shows that drinking green tea lowers bad



cholesterol and blood pressure and reduces harmful liver enzymes. Research has shown that green tea offers cardiovascular benefits as the flavonoids are known to promote heart health by improving blood vessel and endothelial function and by improving cholesterol levels. Tea drinkers who consumed more than 375 ml of tea daily had a lower relative risk of incident myocardial infarction than non-tea drinkers. The inverse association with tea drinking was stronger for fatal events than for non-fatal events. Also, it is seen that the anti-oxidants in green tea help to burn fat. The fat accumulation leads to blockage of heart. If we drink green tea at least once a day we can reduce the risk of heart ailments. Green tea is also recommended for those who have suffered from heart ailments as this tea can make the heart strong. This type of tea increases the good cholesterol and reduces the bad cholesterol in one's body.

Go Green : It is also seen that the steaming process of green tea destroys the enzymes that break down the color pigments in the leaves, allow-

ing them to maintain their green color. The leaves then are rolled and dried, preserving their natural polyphenols, the potent anti-oxidants. Most of the polyphenols in green tea are in the form of flavonoids, specifically known as catechins, the plant chemicals responsible for green tea's heart-healthy properties. Because of the differences in processing, green tea contains the most catechins than other tea varieties. Of the six types of catechins in green tea, epigallocatechin-3-gallate (EGCG) is the most studied and most bioactive for heart benefits. Several recently published studies show that the powerful anti-oxidants in green tea, particularly EGCG, may help prevent atherosclerosis, specifically coronary artery disease, because of their anti-inflammatory effects on plaque build-up in the blood stream and arterial walls, which can lead to heart disease and stroke. Green tea catechins also work together to lower cholesterol. In addition to lowering inflammation in the blood stream and reducing LDL cholesterol, tea protects LDL particles from becoming oxidized, which causes plaque build-up in the arteries and can lead to atherosclerosis.



Stay healthy with Virgin Coconut Oil (VCO)



Medium Chain Triglycerides (MCTs) known as lauric acid, identical to a special group of fats found in human breast milk, are more easily and rapidly digested than other types of fats, as they require lower amounts of enzymes and bile acids for intestinal absorption.



Virgin coconut oil (VCO) is described as the healthiest oil on earth. Currently, across the world, it is widely used as a medicine and food as it is a treasure trove of vitamins, minerals and anti-oxidants. Virgin coconut oil is extracted from coconut milk obtained from fresh, mature kernel of the coconut, by mechanical or natural means, with or without the use of heat, without undergoing chemical refining, bleaching or deodorizing. This preserves all the natural goodness of this oil and ideally it is as clear as water.

The health advantages of using virgin coconut oil are many. VCO is free from trans fatty acids, high in medium chain fats (MCFA) or medium chain triglycerides (MCTs) known as lauric acid, which is identical to special group of fats found in human breast milk. MCT's are more easily and rapidly digested than other types of fats, as they require lower amounts of enzymes and bile acids for intestinal absorption.

Numerous studies suggest that substituting MCT Oil for other fats in a healthy diet may help to support healthy weight and body composition. Research studies show that VCO lowers cholesterol because of its lauric acid content that safeguards the heart through

the increase of good cholesterol and decrease of total cholesterol.

Studies show that VCO can even reverse the symptoms of diabetes, because of its ability to improve the insulin secretion. It is also good for the skin when it is directly applied, as it makes a shielding anti-bacterial layer which protects the part of the body that is infected. It also quickens the healing of bruises, as it repairs tissues that are damaged. Aside from moisturizing the skin, virgin coconut oil also moisturizes the lips and the body and is great for body massages.

Consumption of VCO enhances cognitive function thus nourishing the brain. It also reverses or stalls neuro-degenerative diseases during the early stages. It has been used for five milleniums in India as Ayurvedic medicine. It also speeds up recovery from illnesses as shown by residents of Panama who drink it to guard themselves from health problems. Some oncologists have also started advising their cancer patients to apply VCO after chemotherapy to avoid loss of hair. Thus the umpteen health advantages of using virgin coconut oil prompt people to make it a part of their daily life.

The Miracles of Virgin Coconut Oil

Alzheimer's

While there is currently no clinical data showing the benefits of coconut oil on the prevention and treatment of dementia, Dr. Mary Newport -- whose husband Steve was diagnosed with Alzheimer's at age 51 -- said she began to see improvements after starting him on four teaspoons of coconut oil per day. He walked normally and he was able to start running again. He was able to start reading again, his conversation improved dramatically and then over several months we saw improvements in his memory," Newport said. "Hopefully this is something that people can incorporate into their diet that can delay the onset of the disease or slow down progress of the disease for several years said," said Newport.

Autism

Over the years a number of parents have report-

ed that coconut oil has helped their special needs children overcome developmental disorders such as autism, ADHD, and epilepsy. Rosemarie Rosales attributed the improvement she saw in her son Homer to coconut oil's ability to rebalance the microbial environment in his digestive tract and heal damaged tissue. Studies have shown that autistic children have a high population of bad microflora such as candida, E. coli, and Clostridium tetani (tetanus), and lower populations of good microflora than normal children. These bad micro-organisms cause chronic inflammation and damage the intestinal wall, interfering with digestion and nutrient absorption. Coconut oil helps re-establish a healthy gastro-intestinal environment by killing the bad bacteria, encouraging the growth of good bacteria, and stimulating the healing of the damaged intestinal lining.

Coronary artery diseases



Studies have shown that feeding VCO decreases lipid levels, regulates the lipid metabolism, reduces oxidative stress and lowers the blood clotting tendency. Recent studies revealed that consumption of virgin coconut oil decreases total cholesterol and LDL cholesterol and increases good (HDL) cholesterol and apoprotein A1 secretion. These observations suggest that virgin coconut oil enhances reverse cholesterol transport.

Diabetes

Population studies of societies that consume much of their calories from the saturated fats of coconut oil show that diabetes is very rare. A diet rich in coconut oil protects against 'insulin resistance' in muscle and fat.⁴ A diet rich in coconut oil, which is high in medium chain fatty acids, also avoids the accumulation of body fat caused by other high fat diets of longer chain fatty acids of similar calorie content. The type of fatty acid in the dietary oil determines its deleterious or beneficial effects. Lauric acid present in

coconut oil may protect against diabetes-induced dyslipidemia.

AIDS

Coconut oil is composed of a unique group of fats known as medium chain triglycerides (MCTs). When eaten, our bodies transform MCTs into medium chain fatty acids (MCFAs) and monoglycerides, both of which possess powerful antiviral properties. HIV-infected individuals have reported success lowering their viral loads and improving their overall health by adding coconut oil or coconut products into their diets.

Thyroid

Virgin Coconut oil is high in (healthy) saturated fat, lauric acid, and medium chain fatty acids. Its unique structure makes it a highly usable source of energy for the body and its particular fat balance is nourishing to the thyroid. Virgin Coconut oil can help people with low thyroid function since it stimulates metabolism and boosts energy

Source: Coconut Development Board, Ministry of Agriculture and Farmers welfare, Govt of India.

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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 Arogyadhama 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 Vijayaraghavan
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-ICAIM 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/nararakizhi (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-ICAIM, 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.

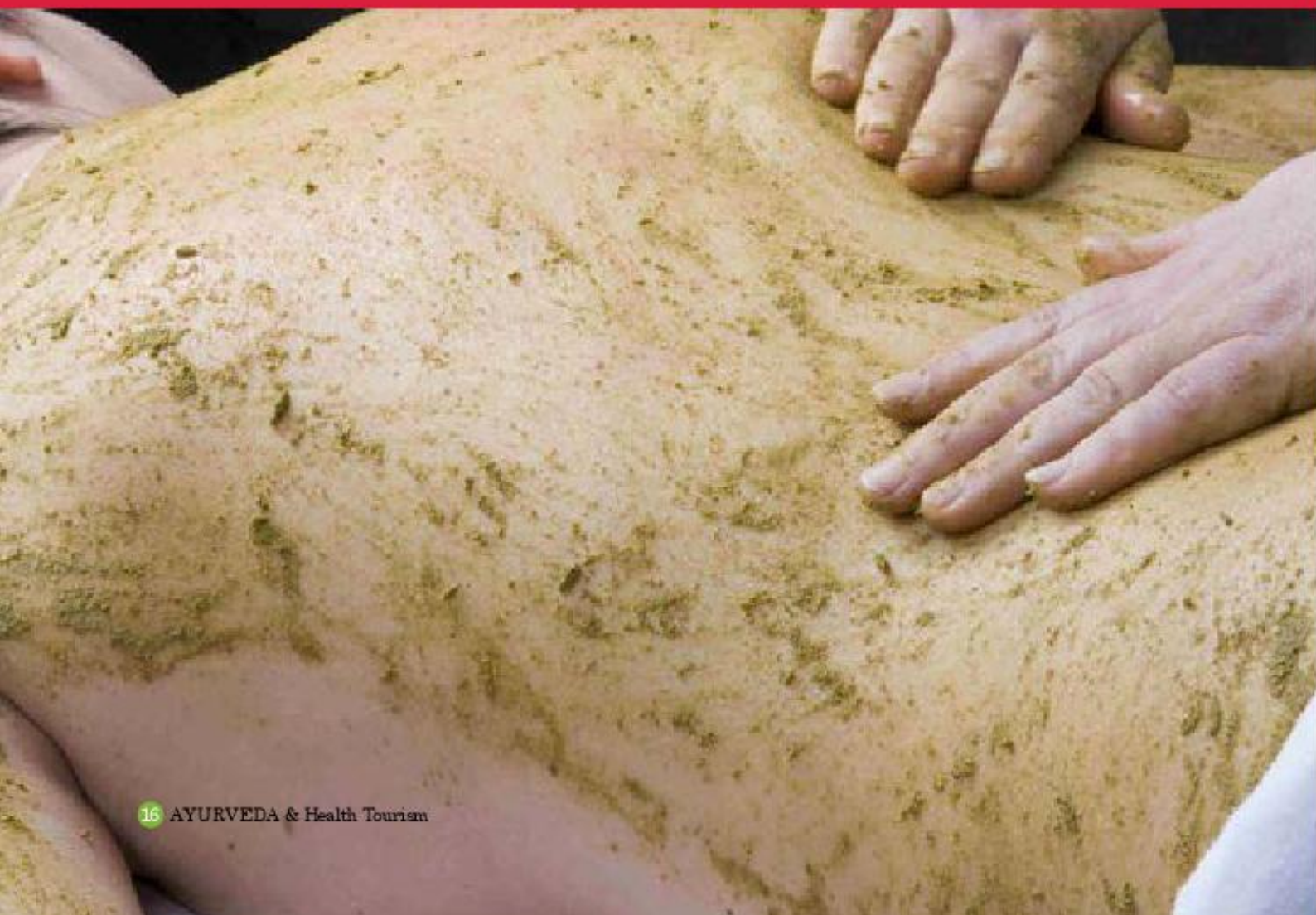
If you want to know further details, Get in touch with us.

M S Ramaiah Indic Centre for Ayurveda and Integrative Medicine (MSR ICAIM)
A unit of Gokula Education Foundation (Medical)
New BEL Road, MSR Nagar
Mathikere PO, Bengaluru - 54
Tel: +91-80-22183456; Mob: +91-9632128544



How to avoid heart diseases? How Ayurveda can treat heart diseases with less cost?

Sriranjini SJ, Clinical Registrar, MSR-ICAIM
Gangadharan GG, Director, MSR-ICAIM



N

on-communicable diseases (NCDs) are fast becoming a growing health-care concern globally and disproportionately so in the developing countries (Sheikh Mohammed Shariful Islam et al, *Global Health*. 2014; 10: 81). It is projected that by 2020, 80% of the global disease burden will be attributable to NCDs and seven out of every 10 deaths in developing countries will be caused by NCDs (Mathers CD, Loncar D. Projections of global mortality and burden of disease from 2002 to 2030. *PLoS Med*. 2006). The four major NCDs, cardiovascular disease, diabetes, cancers and chronic respiratory disease (WHO, 2011) are often co-morbid and share common modifiable risk factors, such as smoking, excessive alcohol use, unhealthy diet and lack of exercise. Cardiovascular diseases are the number one cause of mortality worldwide. It is estimated that by 2030 approximately 23 million will die from cardiovascular disease (http://www.who.int/healthinfo/global_burden_disease/en). It is also suggested that early intervention in the primary healthcare setting can significantly contribute to prevent the burden of this disease.

Ayurveda recognizes heart disease as 'hridroga' primarily; however, symptoms suggestive of cardiac involvement are present in other conditions too. The functioning of the heart is governed by an incessant co-ordinated activity of the tridosha – vata, pitta and kapha. Acharya Charaka states that hridaya (heart) is the origin of the ten vessels of circulation, controls, respiration, mind, intellect and soul. It plays the role of an axle around which a wheel rotates to keep an object moving, in other words it plays a pivot to the maintenance of human body. The hridaya is considered as an uttamanga (prime organ) and hence needs it to be protected for a long and healthy life. The structural and functional elements of the hridaya are chiefly rasa, rakta, mamsa, ojas, prana and vyanavata (sub-types of vata), sadhaka pitta (sub-type of pitta) and avalambakakapha (sub-type of kapha). Unwholesome ahara (diet), vihara (lifestyle), and manas (psychological) are factors that affect the functioning of the hridaya leading to hridroga. Hridroga is categorized based on the pattern of involvement of dosha.

Efforts to protect the heart should ideally be started early on in life, more so in the case of people prone to undue cardiac events. Constitutionally, people of vatakapha and kaphaprakriti have been demonstrated to have a strong correlation with cardiac disease risk factors like insulin resistance, cytokine (IL6) and inflammatory markers (Mahalle NP et al, 2012). High levels of triglyceride, total cholesterol, VLDL and low levels of HDL are also found in otherwise healthy kapha individuals when compared with other


prakriti types (Prasher B, *J Transl Med*. 2008 Sep 9;6:48). Kapha-prakriti individuals also possess the poor metabolizer genotype (Ghodke Y, *Evid Based Complement Alternat Med*. 2011;2011:249528). Ayurveda advises periodic cleansing in such individuals by panchakarma therapies to ward off undue events in advance age. Following ritucharya (seasonal regimen) may effectively prevent the accumulation of dosha, vamana (therapeutic emesis) in vasantarutu (cold season), virechana (therapeutic purgation) in sharadrutu (spring season) and basti (therapeutic enema) in varsharutu (rainy season) is best advised in such individuals. Other rukshana (drying) therapies like udvartana (powder massage), vyayama (exercise), etc are also advised. The above therapies may be conducted under supervision even in case of patients with a history of cardiac events for promoting cardiac health and preventing further mishaps. Individuals of vataprakriti and/or indulging in unwholesome diet and life-style that can cause an aberration of vatadosha like eating dry foods, excessive physical and mental stress are also susceptible to cardiac diseases due to under nourishment to the hridaya. Such individuals will benefit by panchakarma therapies like abhyanga (therapeutic massage), shirodhara (pouring of medicaments over the head) and yoga (therapies for physical and mental health).

Some of the herbs that are cardioprotective include arjuna (*Terminalia arjuna* (Roxb.) Wight and Arn), pushkaramoola (*Inula racemosa* Hook.f.), bala (*Sidacordifolia* Linn.), nagabala (*Sidahuimilis* Linn.), shunthi (*Zingiberofficinale* Roscoe.), pippali (*Piper longum* Linn.), yashtimadhu (*Glycerrhizaglabra* Linn.), haritaki (*Terminalia chebula* Retz.), dashamoola (group of ten herbs) etc. Prescriptive use of these medicines is recommended for preventive and promotive cardiac health. Treatment also aims at controlling concomitant contributory risk factors for cardiac disease like obesity, diabetes mellitus and hypertension. The strength of Ayurveda lies in the application of person-centric approach rather than disease-centric approach and hence will be beneficial across different patient populace.

At the MSR Indic Center for Ayurveda and Integrative Medicine, our mission is to develop, promote and popularize safe, efficacious and cost-effective solutions for current health-care challenges through Ayurveda appropriately integrated with advances in Science, Technology and Biomedicine. The Center has the unique advantage of being placed in close proximity of the MS Ramaiah Hospitals, with state-of-the-art facilities for cardiac disease diagnosis and management. Our integrative approach helps deliver timely, appropriate care with the patients' best interests in mind.

Skin Care at Home this Winter

Winter is up again and it's time we change our regular routine for skin care. We need to protect our skin against the chilly wind and cold climate, if not we will end up looking like a slut. A lot of tips regarding the winter skin care have already been talked of and written. However, we will discuss a few things that are easy on your budget and easy to do as well. Often beauty consultants advise that skin care be most natural and never through medications. This is because medications can leave you with a lot of unmanageable side-effects that can be disastrous. The skin is seen to be awry during the winter by getting cracky, flaky and irritated and this is no fun. And so, to get back to track, there are a few home remedies that one can easily follow. Yes, for serious issues of the skin consulting an expert in the field is necessary. But before things get serious and when winter is on its way, there are Ayurvedic steps that can be followed to prevent seasonal damages of the skin. Below are a few tips that will help you to remain flushed and moisturized this winter.

- 
- 1) Guzzling down water frequently can moisturize skin and help it look hydrated.
 - 2) A 10-minute-long shower in luke warm water helps skin and body look rejuvenated.
 - 3) While planning to go outdoors on a chilly weather, make sure to wear a jacket, scarf and gloves to avoid wind burn and prolonged exposure to cold air.
 - 4) Fill up the store in your home with food that are full of mono-saturated fats and omega-3 fatty acids like fish, nuts, olive oil, flax, sardines and avocados.
 - 5) Avoid dry and raw foods especially salads.
 - 6) Exercising during this period is very essential as it will give a healthy blush. It also helps in improving blood circulation and digestion. Exercise can be anything like jogging, dancing, yoga or boxing. But make sure whatever exercise you do, it does not exhaust you.
 - 7) Get at least seven hours of sleep every day to achieve a healthy and glowing complexion.
 - 8) Washing the hair and scalp with tea tree oil can help to get rid of dry and itchy head naturally.
 - 9) Cleansing and moisturizing are the most crucial ways to keep your skin healthy and young. Apricot oil applied 2 – 3 times a week at night makes skin feel very smooth and healthy.
 - 10) Having an Abhyanga (full body oil massage) during winter calms the mind and leaves you focused and alert. It also helps to balance emotions. For Abhyanga it is always advised to use natural organic oil rather than chemical loaded lotions from the pharmacy.
 - 11) For cleansing the body, avoid harsh soaps. Soaps with high content of natural oils and glycerine can leave the skin soft and supple. Gram flour with milk, cream or rose water is another alternative for soap.
 - 12) Anuvasan Basti or Sneha Basti serves as an excellent internal and external oleation.
 - 13) Herbal face packs that have Shatavari, Yashtimadhu, Anantamool, Rose petals, Nagarmotha, Amla, Aloe in milk or cream have a great moisturizing effect for the skin.
 - 14) An Amla a day also keeps you fit and replenishes the body. Consumption of Chyavanaprash also helps skin look fit during winter.
 - 15) Incorporating a balanced hatha yoga practice daily helps circulating the lymph and blood, tones the muscles, and helps you connect with your breath. These three actions help to improve the glow on your face and skin.
 - 16) Breathing exercises are also good for skin. It is seen that shallow breathing pales the complexion while heavy breathing makes it flush. So it is good to practice heavy breathing exercise for a good glow of the skin. Over time, this will make you feel ageless and eternally vibrant.
 - 17) Take a warm bath before and after exposing your skin to freezing temperatures for a long period of time. Any time it's freezing outside, the pores of the skin freeze shut and heat is retained in the deeper layers. This heat dries out the skin and lowers its resistance to the sun. Drink plenty of water, and avoid hot water if your skin is photosensitive.
 - 18) The most common area that affects your skin during winter is your lips. People suffer from chapped, dry and rough lips during winters. Olive oil applied on your skin is a natural lip balm and saves your lip from cracking and peeling.



Be Hale & Hearty with Herbs

Dr Abhimanyu Kumar MD, PhD
Director, All India Institute of Ayurveda, New Delhi

The incidence of diseases of Heart and blood vessels (Cardiovascular system or CVS) is alarmingly increasing every year. Recent statistics from World Health Organization shows that the burden of chronic diseases, including coronary heart disease, cancer, diabetes and obesity, contributes 59% of the 56.5 million deaths reported in 2001. All the increasing trends in CVS morbidities and mortalities are attributed to faulty life-style. In this scenario Ayurveda, with its holistic approach, is the way out to reduce the incidence of Cardiovascular system.

Ayurveda is a traditional and most commonly practiced form of medicine in India. Ayurveda suggests a unique combination of food, exercise, meditation and herbs for the management of

cardiovascular diseases. Cardiovascular problems have been dealt with in detail in Ayurveda. The basic unit of this system is described as Hridaya (heart) as a body organ governing emotions and circulating blood to keep a person alive and healthy.

Important medicinal plants recommended in the management of Disease of Cardiovascular diseases are Amala, Garlic, Arjuna, Guggulu, Sarpagandha etc. The details are as follows:-

Amala: Amala (*Emblca officinalis*), commonly known as Indian gooseberry, is widely used in Ayurveda for a variety of disease conditions, including cardiac (heart) health. In various studies, it has shown potent anti-oxidant effect against several test systems. Important constituent of Amala includes flavonoids that effective-



Amala

ly reduce lipid(fat) levels in serum and tissues. Elevation of HDL (good cholesterol) has also been observed in the study. Its regular use helps to keep heart healthy by way of various mechanisms.

Garlic: Garlic (*Allium sativum*) is believed to have originated in Central Asia. It belongs to the Alliaceae family. It is used universally as a flavoring agent, traditional medicine, a spice and a functional food to enhance health. The beneficial effects of garlic consumption in treating a wide variety of human diseases and disorders have been known for centuries. Garlic is reported to inhibit the disease process of cardiovascular abnormalities and to prevent cancer and other chronic diseases associated with ageing. Over the last one-quarter century the role of garlic in treating cardiovascular disease has received much attention.

Regarding the constituents, it contains a majority of water (65%). The bulk of the dry weight is composed of fructose-containing carbohydrates, followed by sulphur compounds, protein, fiber, and free amino acids. It also contains high levels of saponins, phosphorus, potassium, sulphur, zinc, moderate levels of selenium and Vitamins A and C, and low levels of calcium, magnesium, sodium, iron, manganese, and B-complex vitamins; garlic also has a high phenolic content. Over the years different garlic preparations have been studied and investigated for their prevention and treatment of cardiovascular disease both in vitro and in vivo (clinical trials). The common preparations that have been investigated are raw garlic, garlic powder, oil of garlic (steam-distilled garlic, oil-macerated garlic, ether-extracted and aged garlic extract).



Garlic

The four randomized studies conducted at Harbor-UCLA Medical Center, USA, suggest that garlic extract is both beneficial for slowing atherosclerosis (negative changes in blood vessels) and reversing the early stages of heart disease.

Arjuna : The scientific name of Arjuna tree is *Terminalia arjuna*. It is a tree belonging to genus *Terminalia*. It is about 20–25 metres tall with oblong conical leaves which are green on the top and brown below. The bark of Arjuna contains arjunic acid, tannic acid, tannins, saponins, flavonoids and gallic acid. It's rich in calcium, magnesium, zinc and copper. It also contains a lot of phytosterols, biologically active compounds which are very helpful in prevention and treatment of cardiovascular diseases.

Arjuna is considered as the Perfect Tonic for the Heart. In Ayurveda its bark is used for keeping heart healthy. Many Ayurveda physicians use Arjuna for the treatment of circulatory problems and arrhythmia. It's also used in management of hypertension and angina. Studies have shown that Arjuna prevents heart attacks, even when used in parallel with diuretics and drugs that dilate blood vessels. It strengthens and improves tissues after surgery or heart attack. Due to presence of phytosterols, Arjuna effectively reduces the level of cholesterol thus helpful in atherosclerotic conditions. One of the important herbal preparation is Arjuna ksheera pak which is very useful in management of CVS ailments.

Clinical studies have shown that Arjuna lowers systolic blood pressure and body mass index to a significant level. It also exerted symptomatic relief in coronary heart failure. On long term



Arjuna



Pushkarmool



Sarpagandha

evaluation, Arjuna appeared to be safe and caused long lasting improvement in symptoms and signs of heart failure with definite improvement in quality of life.

Sarpagandha: The scientific name of this herb is *Rauvolfia serpentina*. Popularly it is known as Indian snakeroot. This species belongs to family Apocynaceae. The plant contains more than 50 different alkaloids which belong to the monoterpenoid indole alkaloid family. The major alkaloids present in this plant are ajmaline, ajmalicine, ajmalimine, deserpidine, indobine, indobinine, reserpine, reserpiline, rescinnamine, rescinnamidine, serpentine, serpentinine and yohimbine. Sarpagandha is used in management of hypertension. The anti-hypertensive alkaloid present in sarpagandha is reserpine. Sarpagandha Ghana vati is a formulation made up of sarpagandha which is widely used in the management of hypertension and insomnia.

Pushkarmool: Pushkarmool is popularly known as *Inula*. According to Ayurveda, it is very useful in the treatment of heart and respiratory disease. It is very effective Herb for management of angina pain, dyspnoea and palpitation of heart. *Inula racemosa*, a member of compositae family, has been in use since centuries as heart attack- preventing medication. The sesquiterpene lactones from the herb improves rhythm of the heart, prevents anginal episodes, and controls cholesterol levels. Recent developments have claimed that *Inula* may be helpful

in cases of congestive heart failure.

Pushkarmool (*Inula racemosa*) root powder was investigated in patients with proven ischaemic heart disease. The powder prevented ST-segment depression and T-wave inversion as observed in the post-exercise electrocardiogram. This indicates that one of the constituents of *Inula racemosa* may have adrenergic beta-blocking activity. In these trials, the efficacy of *Inula* was compared to nitroglycerin for the prevention of anginal symptoms. Pushkarmool is used for cardiovascular diseases, especially combined with *Commiphora mukul*.

Guggulu: Ayurveda recommends guggul in management of diseases of cardiovascular system, as it has a positive effect in preventing heart arteriosclerosis, or narrowing of the arteries along with its cholesterol- lowering properties. In fact, some research shows that the herb actually improves cardiac muscle functioning and improves the pumping activity of the heart. Guggul is a resin extracted from the mukul myrrh (*Commiphora mukul*) tree. The guggul tree produces a gum from its bark which is harvested by tapping. This resin known as Shuddha Guggulu in Sanskrit has been used in Ayurvedic medicine for various metabolic disorders, including diseases of cardiovascular system. Ancient Ayurvedic texts refer to guggulu as the treatment for medroga - a set of ailments related to obesity and high cholesterol.

Guggulu is also said to be beneficial for the heart muscles. Myocardial ischemia occurs when heart muscles are depleted of oxygen. An enzyme called SOD produced by the body to neutralize free radicals gets depleted during myocardial ischemia. Guggulu has been shown to counteract this depletion of the enzyme by more than two-fold. It is also effective in treating atherosclerosis, which is a leading cause of angina. This is because of guggulsterone, which is a compound found in the guggulu plant.

Herbs/ medicinal plants prescribed in Ayurveda help to restore various heart functions effectively which is well evident from clinical practice and scientific studies. It is recommended to use them under supervision of Ayurveda expert.

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Contact info:

Roopesh Nair- Managing director +919744466555, mruthasanjeevani@gmail.com

Jibin Thomas- General manager +919400203555, +919443636009, mruthasanjeevanitvm@gmail.com



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Avoid HEART CRASH - Follow SALUBRIOUS LIFESTYLE of AYURVEDA

O.J.George
Consulting Editor

The hearts of human beings everywhere are hardening and weakening resulting in heart attacks, problems of heart muscles, valves or connected systems and stroke caused by rupture of blood vessels or failure of proper blood circulation.

Internationally, the condition is one of life and death and there can be no laxity in facing the fact squarely and finding remedies that will enhance life span considerably. There can be no dilly-dallying on this vital issue.

The world over the condition has become very grave, be it the developed world, including the US and the UK, or Africa or India.

Fortunately, there is increasing awareness among the people about the need to have a healthy heart which

enriches the mind, the spirit and the soul. All these go together to sustain man or woman in all glory and fullness. There can be no isolated existence of various systems of the human body without nurturing and nourishing the heart to function the proper way.

But the awareness is being directed mainly regarding high-end treatment methods of Allopathy which has definitely improved upon earlier methods to take care of various problems, particularly when the problems aggravate to unmanageable heights otherwise.

Now-a-days the attempt is to innovate and find substitute gadgets for all organs, including the heart. You have pace-maker, replacing the battery of the pace-maker after a few year's use, angiogram test and angioplas-

ty, inserting stents to remove the block. If the blocks are in multiples, there would be bypass surgery, which till recently was done by cutting open the chest bones. Now-a-days in select hospitals, key-hole surgeries are available for bypass surgery which eliminates cutting open the chest.

Within no time, a patient would look like an automaton or robot carrying substitute ones for the failed organs. There could be substitutes for pancreas, heart, liver, kidney and the like. Think about a situation when we would look like Martian beings carrying various accoutrements of the sort which are being described in scientific fiction circles.

Consider the cost of entertaining the methods of Allopathy for protecting the life of the people, which would be enormous and unmanageable for an ordinary mortal.

For replacing the heart and the lung or kidney, the cost would go up to Rs fifty lakh as per present rates and if there is a situation under which multiple organ replacement is necessitated, the expense would cross over to Rs one crore. In addition there would be life-long care protocol that would deplete the pockets of any rich man, let alone the ordinary people who would find it impossible to put up with the fascinating facilities.

These are times when the wealthy and mighty beings alone can afford to go through the high-end methods of Allopathy. There could be medical and health insurance policies that would partly take care of the expenses, in the developed world. But even in the US automatic medical care facilities appear to be lacking. Healthcare is an insurmountable task even in highly-developed capitalist countries. Then one need not speak about the lack of facilities for the common man or woman in less developed and developing countries, in the African and Asian continents and those in India.

Speaking about the increasing awareness one should apologetically acknowledge the fact that the same is almost with regard to Allopathy. In the circumstances, there is need for giving thrust to alternative systems like Ayurveda to take care of various ailments, including life-style-induced diseases. Diabetes, hyper tension, obesity, stress and strain, depression and the like take a toll on the health of human beings.

The in-thing should be to give emphasis on adopting healthy life-styles enunciated by Ayurvedic rishis or sages that would prevent onset of heart diseases or allied ailments. People should be convinced about following precepts that would not aggravate problems like diabetes, hyper tension and obesity, when they don't have to call on the Allopathic physician to pull on with their lives.

Mind you, there are medical institutions offering the heaven for all kinds of health issues at rates unafford-



able to the populace. I know people who have pawned or sold their precious plots of lands and buildings (and they don't have any other residential slots to sojourn afterwards) to make payments to hospitals for taking care of their parents, spouses or children.

It seems there should be proper counseling at the grass-roots level so that people would follow the best practices to ensure a healthy life-style so that they won't sell



their souls to the devil. Although in a different context, the legend of Faust and the figure of Mephistopheles regarding selling of the soul to the devil should be kept in mind while disregarding the tenets of a life-style which would be salubrious to the body and the soul. The emphasis should be on keeping off the devil of lavish living ignoring the needs of the heart, the mind and the soul. If this Satan is not kept at bay there would be no going back and nobody would be able to save the trapped being hemming and hawing in agony medically,

familially and economically.

When the condition worsens, there is no option but to follow Western medicine, but why indulge in unhealthy life-style and practices which would invite the devils of diseases like cardiac problems? Especially those who cannot afford to pay hefty fee to the hospitals and institutions should make it a point to ward off the foes of healthy life. And those who can afford economically should be suffering the pains caused by the deadly diseases if they would be ignoring the principles and practices of alternative medicines.

There is a belief that onset of heart disease before the age of eighty is not God's will, but it is due to our own faults, of disregarding healthy ways.

The body system bestows major role for the heart which as far as Ayurveda is concerned, goes beyond physical value, but mental and spiritual aspects as well. It is considered the seat of consciousness, and all components of the human body are dependent on proper functioning of the heart

Achaar(normal conduct), Ahaar(diet), Vyaayaam(physical exercise) and Yoga practices have pre-eminent roles for upkeep and maintenance of the body, including the most crucial organ, the heart, according to sages. These would act as preventive measures that would go a long way to supporting the health of the cardiac system.

There are umpteen number of do's and don'ts prescribed by Ayurvedic experts, as described In this issue of the magazine, which would go a long way in protecting the fist-sized organ which should not in any way be stressed out by over-eating and maintaining sedentary habits. Going after fast food culture may be easy, but the consequences of ignoring the golden rules would be disastrous.

We have in our neighborhood everywhere bed-ridden patients who came to this plight after suffering heart attack and stroke which should remind us of the need for being wise and healthy. We should open our eyes wide to look at the stark facts and prevent a similar situation for us looming large like an ugly figure.

There are wise-crackers among us who would ignore suggestions for improvement. While driving about in a vehicle for various family purposes, the driver used to crack jokes regarding ailments highlighted by me. The fellow would simply say, Sir, having a heart attack is the best possible way for popping off to the nether world. But he does not know that the attack can also debilitate the person and keep him bed-ridden for years together, being a burden for himself and others.

Therefore, the best possible way should be to follow a holistic life-style free from stress and strain and over-indulgences that would keep the heart hale and hearty.

A large, leafy Arjuna tree in a natural setting. The tree is the central focus, with its thick trunk and dense canopy of green leaves. The background shows a grassy area and a clear sky.

Arjuna Tree for your perfect heart

Sheela Rani Chungath IAS

(Retd. as Additional Chief Secretary to Govt. of Tamil Nadu)

This tree is considered to be the sthalavriksham of the Shiva temples in Thiruvudaimaruthur in Kumbakonam, Thiruppudaimarudur temple in Ambasamudram and the Sri Sailam temple in Andhra Pradesh.

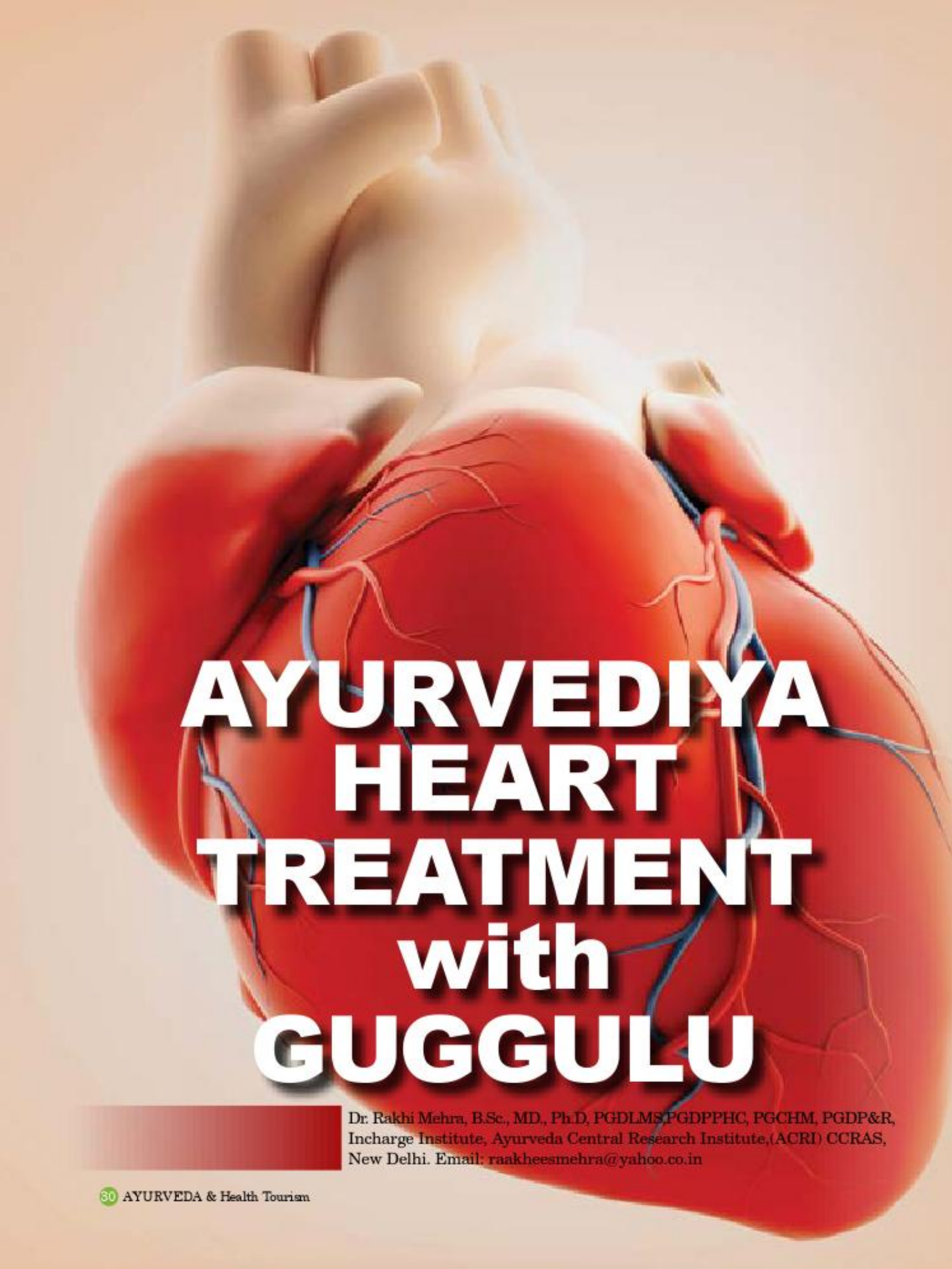


trial has shown that Terminalia arjuna tree bark powder has significant anti-oxidant and hypocholesterolaemic effects.

My vaidyar always tells me that heart disease is not considered a major health problem in Ayurveda since it can be easily treated with the help of different medicines and therapies, detailed in classical Ayurvedic texts. Conditions like paralysis and strokes are considered to be major health issues and are more difficult to treat. Many people are surprised when I tell them that both Siddha and Ayurveda have wonderful remedies for heart disease. Of course, if you have been diagnosed with multiple vessel disease and the blocks are significant you may opt for a surgery. When surgery cannot be an option because of age or it is a disease of the small vessels, Ayurveda and Siddha are viable alternatives. In case of minor blocks as well, Siddha and Ayurvedic medicines offer effective remedies. Guggulu tikta ghritam is prescribed along with other medicines for those with ischaemic heart disease. It is considered one of Ayurveda's most important medicinal ghees as it is also used in treating acute vayu problems. Terminalia arjuna (Neer marudhu in Tamil) is considered an important tree in the treatment of heart disease. It is a pretty tree with flowers like that of a mango tree. The bark of the tree is used in the preparation of various medicines. In fact, those who have altered lipid profiles, mild to moderate hypertension, mild angina will profit from a kashayam made from the bark of this tree. Any shop selling traditional drugs and herbs will stock the bark. A shop near

my house calls itself the 'Country Drug Shop' being a literal translation from the Tamil Nattu Marunthu Kadai. Buy about 100 gm of the bark of Terminalia arjuna. Grind it to a coarse powder. Take 1 tbsp and soak it in 100 ml water for about 15 minutes. Then boil the water with the powder in it for about 5-10 minutes. Strain and drink the liquid. Those who have had a bypass surgery can also have the kashayam as it helps prevent future blocks from occurring. The kashayam is not very bitter or astringent and has a mildly sweet flavour making it easy to drink unlike many other Ayurvedic kashayams which are terribly bitter. A randomised placebo-controlled trial conducted in 2001 in India has shown that Terminalia arjuna tree bark powder has significant anti-oxidant and hypocholesterolaemic effects. Arjuna arishtam is also prescribed by many Ayurvedic vaidyars for heart disease. I have planted several Arjuna trees. It is one tree which needs to be grown in every village and town in India. Cardiac treatment will be so much easier if this important drug is available freely everywhere. The Hindu scriptures prescribe that those born under the star Swati should plant an Arjuna tree. This tree is considered to be the sthalavriksham of the Shiva temples in Thiruvudaimaruthur in Kumbakonam, Thiruppudaimarudur temple in Ambasamudram and the Sri Sailam temple in Andhra Pradesh. Must say that our forebears did try their best to popularise our native flora.

The writer is Sheela Rani Chungath IAS (Retd as Additional Chief Secretary to Govt. of Tamil Nadu).



AYURVEDIYA HEART TREATMENT with GUGGULU

Dr. Rakhi Mehra, B.Sc., MD., Ph.D, PGDLMS, PGDPPHC, PGCHM, PGDP&R,
Incharge Institute, Ayurveda Central Research Institute, (ACRI) CCRAS,
New Delhi. Email: raakheesmehra@yahoo.co.in

**T**

he gum of Guggulu is insoluble in ethyl acetate and is chemically characterized as carbohydrate. The resinous portion dissolves in ethyl acetate and possesses both anti-inflammatory and lipid-lowering properties.

The Coronary Artery Disease or Coronary Heart Disease is the single biggest killer (60%) and the most common cause of maximum morbidity, ironically. In fact, this is a disease controlled by us and is most lifestyle dependent. In accordance with the latest reports more than 13.7% of the adult population is suffering from coronary heart disease in India, and this figure is constantly on the rise year after year. The main cause of the disease is obesity in terms of enhanced circumference, deposition of cholesterol and fat in the inner smooth lining of the coronary arteries supplying blood to the heart resulting in their blockages and obstruction to blood flow through them. Atheromatous plaque is formed which constricts the flow of blood, oxygen, and nutrients to the heart muscles. With significant blockages, about 60% to 70% of the vessel wall and exertion, the increased demand of blood by the heart is not met. More than 100 numbers of risk factors responsible for the development of CHD are documented. Williams in 1981 identified 246 risk factors that directly or indirectly lead to the development and onset of heart disease.

The excess risk is closely related to the plasma concentration of LDL, cholesterol and is inversely related to the plasma concentration of HDL cholesterol. There is also a weak correlation between plasma triglyceride concentration and the incidence of coronary artery disease. Moreover, numerous clinical trials have shown that lowering high cholesterol concentrations by diet or drugs can reduce the risk of cardiac events. Moreover, many allopathic antihypertensive drugs have been shown to reduce coronary mortality but less than that might have been anticipated, possibly because many of

these agents have potentially adverse effects on lipid and glucose metabolism.

Ayurvediya care from both the preventive and therapeutic ways like primary protection in terms of Swasthya Vritt with Aushadha along with Pathyapathya gives tremendous results with secondary protection in cardio-protective by their anti hyperlipidimia, antiatherosclerotic, antihypertensive action. All the patients who were already on prescribed allopathic medicine and on cardiac diet were observed.

The Coronary Heart Disease is the most common form of heart disease and the single most important cause of premature death in the developed world. In the UK one in three men and one in four women die from this disease, an estimated 330,000 people have a myocardial infarct each year and approximately 1.9 million people have angina. The death rates from coronary heart disease in the UK are among the highest in the world. Nearly 170 000 people died from coronary heart disease in the UK in 1992. Unfortunately the incidence of the condition is increasing rapidly in Eastern Europe and in India too.

Disease of the coronary arteries is almost always due to atheroma and its complications, particularly thrombosis. Atheroma or atherosclerosis is a patchy focal disease of the arterial intima. Hyperlipidemia also known as hyperlipoproteinemia or high cholesterol, is a disorder characterized by abnormally high concentrations of lipids (fats) in the blood that are correlated with the development atherosclerosis, the underlying cause of coronary heart disease (CHD).

Atherosclerosis or hardening of the arteries results from

Guggulu lipids have been found to have the capacity to lower the VLDL, LDL and triglycerides while simultaneously raising the HDL revealing that Guggulu is useful in providing protection against atherosclerosis.

the build-up of cholesterol on the interior walls of the blood vessels. It is the LDL that leads to this build-up and HDL takes the cholesterol back to the liver. Guggulipids have been found

to have the capacity to lower the VLDL, LDL and triglycerides while simultaneously raising the HDL revealing that Guggulu is useful in providing protection against atherosclerosis. Ayurveda has a tremendous wisdom of friendly medicine. Commiphora mukul and Withemnia somnifera have a long history of use in Ayurveda, in particular, to hyperlipidemia and for cardiac disorders.

The Atharva Veda is the earliest reference for medicinal and therapeutic properties of both the drugs separately and for the cardiac disorders. Detailed descriptions regarding its actions, uses and indication as well as the varieties of Ashwagandha and Guggulu have been described in numerous Ayurvedic treatises, including Charaka Samhita (1000 BC), Sushruta Samhita (600) BC and Vagbhata (7th century AD).

An approach of both Ayurveda texts is considered to be responsible for reducing fat, atherosclerosis, hyperlipidemia, hypertension and ultimately beneficial in heart diseases by lipid lowering, bradycardiac and antiatherosclerotic properties. Therefore, it can become an important addition to the various antihypertensive agents, platelet adhesiveness and aggregation and thus is beneficial in coronary heart diseases. Excessive platelet activation may be involved in acceleration of hypertensive arterio vascular damage and atherosclerosis.

The effect is proclaimed to result from the trial drug action on liver and thyroid, wherein, thyroid is stimulated to increase body's metabolic rate and the liver is stimulated to metabolize LDL

cholesterol. Being anti-oxidant helps to stop the oxidation of cholesterol and subsequent hardening of the arteries. Moreover, reduction of the stickiness of platelet, also lowers the risk

of coronary artery disease.

It stimulates the LDL receptor binding activity in hepatocytes and enhance its catabolism. It also inhibits oxidative modification of LDL due to its constituent guggulsterone. Increased thyroid stimulation improves digestion and accelerate metabolism to pass the food along with the GIT tract quickly.

It also prevents the transformation of undigested carbohydrates into triglycerides and reduces cholesterol in blood by metabolizing the existing fatty acid. These are correlated with the development atherosclerosis, the underlying cause of coronary heart disease (CHI) and stroke. This markedly inhibits liver cholesterol biosynthesis and causes inference in lipoprotein formation and lipid turnover.

The oleoresin of Guggulu contains 0.37% essential oil which includes mainly myrcene, dimyrcene and polymyrcene. Solvent extraction, hydrolysis, and column chromatography over silica gel of guggulu resin identify a number of compounds such as diterpene hydrocarbon, a diterpene alcohol, Z-guggulsterone, E-guggulsterone, guggulsterol-I, guggulsterol-II & guggulsterol-III, cholesterol. Sesamin and camphorene. Moreover, Guggulu is having Ushna and KaphaVata which are properties which ultimately scrape or Lekhan the Medodhatu.

The gum of Guggulu is insoluble in ethyl acetate and is chemically characterized as carbohydrate. The resinous portion dissolves in ethyl acetate and possesses both anti-inflammatory and lipid-lowering properties. It was further separated into acidic, basic and neutral fraction that comprised approximately 4%w/v, 0.3%w/v and 95%w/v of the ethyl-acetate soluble resin, respectively. The basic fraction is devoid of any activity, while acidic fraction possesses significant anti-inflammatory activity; the neutral ketonic fraction possesses lipid-lowering activity.

The lipid lowering activity of guggulu was first reported and an active lipid lowering agent, a standardized fraction from ethyl acetate extract of guggulu gum containing guggulsterone mixed with some other steroids, diterpene, esters and higher alcohols named as guggulipid was developed. The hypolipidemic activity could be attributed to several mechanisms, including inhibition of cholesterol biosynthesis and enhancement in cholesterol degradation and / or excretion.

Guggulu compounds are antagonist legend for bile acid receptor called farnesoid X receptor (FXR), which is an important regulator of cholesterol homeostasis. It is likely that this effect accounts for the hypolipidemic activity of these phyto steroids. Guggulsterone has the capability of inhibiting oxidative modification of Low Density Lipoprotein. The hypolipidemic activity could be attributed to several mechanisms including inhibition of guggul gum containing guggulsterone mixed with some other steroids, diterpene, cholesterol biosynthesis and enhancement in cholesterol degradation and / or excretion. Guggul compounds are antagoaist ligands for bile acid receptor called farnesoid X receptor (FXR), which is an important regulator of cholesterol homeostasis. It is likely that this effect accounts for the hypolipidemic activity of these phyto steroids. Guggulsterone have the capability of inhibiting oxidative modification of LDL.

Protective and anti-oxidant properties of Guggulu also play a part in its lipid lowering activity and reduce lipid peroxides, Xanthine oxidase and increases superoxide dismutase. have been found to have the capacity to enhance production of thyroxin (T4), Guggulu triiodothyronine (T3) (thermogenic activity), which also account for its lipids. A keto steroid, 2-guggulsterone was found to counteract the thyroid suppressant activity of carbimazole. Preclinical studies have reported guggul's effect on biogenic amines, catecholamine and dopamine liable to attribute to its lipid lowering properties. It has been noted for helping the hyper cholesterol B rabbits to recover the decrease in catecholamine synthesis. Guggulu significantly lowers serum triglycerides and cholesterol as well as LDL and VLDL cholesterol.

Atherosclerosis or hardening of the arteries results from build- up of cholesterol on the interior blood

S.NO	NAME OF THE PLANT	FAMILY	VERNACULAR NAME	PART USED
1.	Zinziber officinale	Zinziberaceae	Ginger, adark	Rhizome
2.	Trigonella foenum graecum	Pipillionaceae Leguminosae	Methi Fenugreek	l eaves and seeds.
3.	Terminalia arjuna	Combretaceae	Arjun	Bark
4.	Saussurea lappa	Asteraceae	Kustha, kut	Root
5.	Pterocarpus marsupium	Papilionaceae	Malbarkino, Vijaya sar	Gum l eaves
6.	Plantago ovate	Plantaginaceae	Isabgol	Seeds
7.	Picrorhiza kurroa	Scrophuariceae	Kulki, Katakai	Root
8.	Phaseolus mungo	Facaceae	Black gram	Seed
9.	Phaseolus aureus	Fabaceae	Green gram	Seed
10.	Momordica charantia	Cucurbitaceae	Bittergourd	Fruits
11.	Juglans regia	Juglandaceae	Walnut, Akhor.	Kernel Oil
12.	Emblia officinalis	Euphorbiaceae	Amla, Amlki	Dried fruit
13.	Curcuma longa	Zingiberaceae	Turmeric, Haldi	Rhizome
14.	Commiphora mukul	Burseraceae	Gugglu	Gum resin
15.	Capiscium frutescens	Solanaceae	Chilies	Fruit
16.	Capparis deciduas	Capparaceae	Karli, Tint	l eaves, Fruit
17.	Canjanus cajan	Fabaceae	Red gram	Seeds
18.	Brassica Var capitata	Cruciferae	Cabbage	Oil
19.	Bosswellia serrata	Burseraceae	Salai guggal	Gum
20.	Bambusa arundunaceae	Gramineae	Bamboo	l eaves
21.	Aloe barbadensis	I liliaceae	Ghee kumar	l eaves
22.	Allium sativum	I liliaceae	Garlic	Bulb oil
23.	Allium cepa	I liliaceae	Onion	Bulb
24.	Agave vera-cruz	Amaryllidaceae	American aloe, bair-khawaar.	Roots, l eaves, gum
25.	Aegis marmelosa	Rutaceae	Bael fruit, Bel, Bilwa	Fruits root bark, l eaves, gum

vessel walls. It is the LDL that leads to this build-up and HDL takes the cholesterol back to the liver. Trial drug has been found having capacity to lower the VLDL.

Being anti-oxidant helps stop the oxidation of cholesterol and subsequent trial drug inhibits platelets aggregation and provide protection against myocardial ischemia.

Hyperlipidemia is caused by abnormal lipid and lipoprotein metabolism, On the other hand, the cardioprotective HDLc were elevated by the trial therapy . The guggulu has given result to reduce the weight as such.

Plants exhibiting Antiatherogenic activity

S.NO	NAME OF THE PLANT	FAMILY	VERNACULAR NAME	PART USED
1.	<i>Zingiber officinale</i>	Zingiberaceae	Ginger	Rhizome
2.	<i>Ternstroemia</i>	Camelotaceae	Anjana	Bark
3.	<i>Solanum ligo</i>	Compositae	Goatua	Root
4.	<i>Pterocarpus mazaruniensis</i>	Fagaceae	Indian mahoeakine	Gum, leaf
5.	<i>Mucuna pruriens</i>	Fagaceae	Albida	Seeds
6.	<i>Ischa racemosa</i>	Compositae	Pushkarmool	Root
7.	<i>Ficus bengalensis</i>	Moraceae	Banana tree	Leaf

These drugs possessing Sita, Hridya and Balya properties which have proved to be cardioprotective, cardio-nutritive and support to the myocardium. Thus, it is wise to use integrated approach of Ayurveda in order to minimize risks of other complications and prove as having cardioprotective properties. These are advocated as a protective drug against atherosclerosis, hypertension and coronary heart disease. It reduces the sensitivity of the heart to adrenergic stimulation and thereby protects the heart against sympathetic outbursts.

Pathya :The diet should be Vata-Kapha-Meda Hara. Ruksa Ubtana, Ruksa,,Ushna Basti Vihar are indicated for those obese in Ayurveda. Pathya Vihar : Lack of sleep, exercise and mental fatigue are the key resources for reduction of weight.

Ayurvediya pathyapathya have given based on Ayurvedic Chikitsa Sutra- "Guru Charpanam Chestam Sthulam Karshanam Prati." Ca. Su. 21/20. Carak has instructed

that Guru Ahar and Aptarpana measures are the best regimen for obesity. This principle is contradicted with modern regimen in which they stress on light food, but it is a fact that light food is increasing the intake and frequencies.

Ayurveda wisdom and its drugs like Guggulu have all potential to help in heart care, especially in atheromatous care

NEWS

EWAC#2 (2nd European World Ayurveda Congress) : To realize a healthier world

Health and personal well-being are fast becoming priority values for more and more people in Europe. Along with increased consumer-consciousness, demands for sustainability, for food from certified organic cultivation, health and personal well-being is increasingly the central issue for more and more individuals. Eastern wisdom and especially the millennia-old Ayurveda offer just that: a health doctrine that considers the individual human, a system for human health which considers not only curative approaches but also prevention and one that also describes a variety of measures and methods of treatment more than any other health system in the world.

The 2nd European World Ayurveda Congress (EWAC#2) offers an unprejudiced venue for connecting with a whole variety and range of Ayurvedic and related healing meth-



ods and life-styles: from Yoga and meditation to massages and manual treatments to food supplements, nutrition counseling and cooking classes. In addition, EWAC#2 also provides an opportunity for those interested in meeting Ayurvedic practitioners from around the world and to interact with them and share and learn from their experiences and results. EWAC#2 was organized by the European Ayurveda Association e.V. (EUAA) in cooperation with sev-

eral partners.

EWAC#2 and future editions of EWAC, to be held every two years will not only offer an "open and unbiased space" for those wishing to be introduced to the Indian systems of health and well-being but will also offer the opportunity for consultations, to try out treatments, experience more deeply the benefits of Yoga and meditation and also learn in greater detail about specific areas of AYUSH system of medicine.

Thus, the EWAC events will provide a framework to bring Yoga and Ayurveda to greater public attention, a platform for practitioners of Ayurvedic methods and manufacturers of products to present their services and products and a lively forum for Ayurveda specialists to engage and interact.



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HEALTHCARE PERTAINED TO HEART DISEASES

It is a fact that contemporary living conditions contribute many diseases such as heart

disorders, kidney disorders, liver disorders and brain disorders. Ayurveda explains that the three marmas siras, hridayam and vasti as having pivotal role in maintaining healthcare. Siras means brain, Hridayam means heart and Vasti means Kidney on presumption. Here the heart act as a nourishing agent to the whole parts of the body (Rasadi dhatus) involving circulation of the blood. But it is done by the support of vyana vayu which is located in the area of heart and incessantly working for the function of heart. Srotas-rasa and rakta means lymphatic system and circulatory system, traverse throughout the body including brain becoming the feeding factors for other dhatus – mamsa medas etc.

Contemporary living conditions lead to many diseases like hypertension, diabetes melitus, thyrotoxicosis etc. Basically this diseases originated from food habits and lack of exercises. Prime rule of nature is to live with sufficient nourishing food to satisfy the required energy which is exhausted while doing exercises or physical and mental exertions. Compared to animals, human beings are always violating these rules and also exposed to stress factors in our fast world. It may be noted that heart is named as mahamoola and mahaphala in charakasamhitha and told that cognitive and conative organs with mind along with athma in a subtle manner positioned in heart. Ojas is a concept in ayurveda which is the comprehensive form of total nectar of the body and mind. When it is reduced emotional upsurges may raise and when it is increased euphoria may occur.

Dinacharya, Ritucharya these are all the rituals and regimens which can be adopted

when body is exposed to different climates, places or habitats and also there are ritu sandhis for the preparations to resist changing climates. Acharyas opined that if you are strictly adhering to the principles of these rules you can live peacefully and devoid of many ailments especially heart diseases. The procedures mentioned in dinacharya like abhyanga (oil massage), dhoomapana (inhalation of medicinal smoke), anjana (medicinal collyrium) etc. are useful in stimulating the circulatory system and hence the functioning of heart. The procedures like virechana, nasya etc. which has to be done during the ritusandhis are helpful in purifying the bodies which is essential to prevent diseases like life style disorders. It is told that suppression of certain natural urges may lead to some diseases in which heart disease is prominent.

“Thritchardimootraanilasukrakasodgarasramaswasavidasruvegavan”

Thrit	Thirst	Atherosclerosis Coronary heart diseases Hypertension Myocardial infarction Angina
Chardi	Vomiting	
Mootra	Urine	
Anila	Flatus	
Sukra	Semen	
Kasa	Cough	
Udgara	Belching	
Sramaswasa	Exertion	
Vit	Feces	
Asru	Tears	

Tremendous changes had occurred in our Kerala style of living. Formerly we were

acquainted with minimum oil and fried items, ofcourse we were not relying upon more sweetly or chocolate products. I am still remembering that one of my patients who was 90, and was regularly walking a distance of 10 kilometers and two times eating food which is less in oil preparation. He was not having heart complaints and diabetes melitus and even no minimal hypertension. So heart health is always connected with wholesome food with nutrition consist of pulses, cereals, fish, vegetables and drinking pure water along with regular exercises.

Yogasanas can also be suggested for a person who can follow minimum “achara rasayana” translated to yama and niyama. If they find time to do pranayama they may get good solace in stressful conditions of life.

Dr. M.P.Eswara Sarma

Principal, VPSV Ayurveda College, Kottakkal



Coronary Artery Diseases – Symptoms, Diagnosis and Treatment in Ayurveda

Dr. Sainalabdeen
BAMS, PGDGC (Guidance & Counselling)
Mail: drsainua@gmail.com

Coronary Artery Disease is also called heart disease and is the single most killer disease in the world. This year, a lot of importance is given to creating a healthy heart as the theme adopted for this year's World Heart Day is to create a healthy-heart environment and thus prevent heart diseases. This message underlines the fact that the places we live, work or play should not increase our risk of cardiovascular diseases (CVD). The World Heart Federation has pointed that heart disease and strokes are the world's leading cause of death, killing 17.1 million people every year – this is more than victims of cancer, HIV and AIDS and malaria taken together.

Ayurveda views heart as a downward lotus that can contract and relax. The coronary arteries, problems of which are the main cause for heart disease, are situated in the heart. And according to Ayurveda, heart is the centre of life and is the vital organ of the body. As it is one of the three sudden death vital points (sadya prana hara marma) and the origin of Aorta, coronary arteries and pulmonary vessels (mula of rasavaha and pranavaha srotas,) any injury including injury due to rupture of plaque in the heart leads to severe complication, even death.



Thazhthama



HEART FACTS

The heart is also considered the body's engine room, responsible for pumping life-sustaining blood via a 60,000-mile-long (97,000-kilometre-long) network of vessels. This organ works ceaselessly beating 100,000 times a day, 40 million times a year-in total clocking up three billion heartbeats over an average life time. It keeps the body freshly supplied with oxygen and nutrients, while clearing away harmful waste matter. About the size of its owner's clenched fist, the organ sits in the middle of the chest. Normally the heart contracts and relaxes between 70 and 80 times per minute. Each heart beat fills the four chambers inside with a fresh round of blood.

A major coronary arterial disease is the Myocardial Infarction (MI) which is caused by Atherosclerosis. In Ayurveda, heart diseases are of five types according to the vitiated dosha (humor). The reason behind the occurrence of heart diseases is traced to unhealthy food habits and lifestyle. Oily food, fried food, junk food, salts and salty food, stress, tension, sedentary works, excessive sleep and unhealthy modern life style. Today's lifestyle is the main reason for this, where people are in a mad race against time causing a lot of worry.

SYMPTOMS

Symptoms of any heart disease are several and includes excruciating pain, trembling, unconsciousness, perspiration, giddiness, heaviness in heart, weight in the cardiac region, nausea etc. as per the vitiated humor. The modern warning signs of heart attack can be identified as discomfort in the chest (angina pectoris), discomfort in other areas of the upper body, shortness of breath, cold sweat, nausea and light headedness. Coronary Heart Disease has been identified as the single largest killer of males and females and amount to around 500,000 deaths per year. It has also been observed that half of the people die within one hour of the onset of these symptoms. The risk factors of this disease can be identified as both alterable and unalterable. The alterable risk factors include:- age, gender and heredity; while the unalterable risk factors include:- sedentary lifestyle, high blood pressure, high blood cholesterol, smoking and diabetes mellitus. Diabetes, hypertension, hyper-cholestremia are the main reasons for M I in Ayurveda. Diabetes Mellitus is identified as a main reason for heart diseases and the reason for diabetes mellitus include:- inactivity, laziness, lack of exercise, excessive sleep, excessive use of yogurt, meat and soup of domestic, aquatic and marshy land animals, consump-



Orla



Caggl

tion of immature grains, products of jiggery and sweets and all kapha-promoting factors.

AYURVEDA means science of life and has two parts that include SWASTHA VRITHAM means prevention and ATHURAVRITHAM means treatment. Ayurveda follows the principle that 'Deviation is better than washing after walking in mud or Prevention is better than cure'. Ayurveda also defines a daily routine or din charya for a healthy lifestyle. The following are the daily routine:- Wake up early in the morning, at least 45 minutes before sunrise, satiate the natural urges, brush teeth and scrape tongue, gargle using tila oil. This is beneficial for the strength of jaws, depth of voice, flabbiness of face and to experience good taste for food. Along with this a regular massage with oil and medicated powder in the head, ear and foot is necessary. For the obese oil is contra indicated, so that the medicated powder sinks for massage in a special manner that is against the hair course. Today all people are seen to follow improper diet regimen. Ayurveda advices a very strict regimen to remain healthy. According to Ayurveda if you consider the stomach as four parts two parts can be set aside for solid food and one part for water, and leave one part for the easy movement of the stomach. Light foods can be consumed less than the requirement and

heavy foods can be had about half of the requirement. And avoid contra indicated foods. Ayurveda also advices that one should not regularly use dry vegetables, meats and never take meat of diseased animal. One should not use milk simultaneously with fish, sour fruits and black gram. Therefore, avoid dosa and iddilly with fish curry and chicken with curd. It is observed that today most fast foods are made by chicken and curd. Also Ayurveda prescribes dietetics and regimen for every season. One common factor is that one should not suppress or compulsory expel natural urges.

Contra-indicated food.

- Fish or meat in watery land with uzhunnu/ milk/ honey.
- Prawn, sour fruits, black gram, thina, mullanki, vegetables with milk
- Chicken with curd
- Plantain with curd or butter milk
- Mushroom with mustard oil
- Equal quantity of honey with ghee

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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”

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’.

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-

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:

Somatheeram Ayurveda Group, Chowara P.O. | South of Kovalam, Trivandrum, Kerala, India, Pin 695 501.
Email: mail@soma.in, mail@somatheeram.in | www.soma.in, www.somatheeram.in
Tel: +91 471 2268101, Mob: +91 9447755077



Ayurveda Approach to Hypertension

Dr. Subin Vaidyamadham M.D. (AY)
Assistant Professor in Panchakarma

“

A number of studies have demonstrated that garlic helps in lowering blood pressure, inhibiting platelet aggregation, enhancing fibrinolytic activity, reducing serum cholesterol and triglyceride levels, and protecting the elastic properties of the aorta.



Hypertension (HTN) or high blood pressure, sometimes arterial hypertension, is a chronic medical condition in which the pressure blood in the arterial walls is elevated. This burdens the heart by making it work harder than normal to circulate blood through these blood vessels. Blood pressure comprises of two measurements, systolic and diastolic, which depend on whether the heart muscle is contracting (systole) or relaxed between beats (diastole).

It is one of the most frequent causes for cardiovascular, cerebrovascular morbidity and mortality. Also called as a silent or hidden killer because most of sufferers (85%) are asymptomatic and as per some reports, more than 95% cases of hypertension under lying cause is not found. Recent report is indicated that nearly one billion adults had hypertension in 2000, and this is predicted to increase to 1.56 billion by 2025. It is estimated that 600 million people are affected worldwide with hypertension. By the year 2025, approximately 1 in 3 adults aged over 20 years, totally 1.56 billion people worldwide, will have hypertension.

All these are facts well recorded and presented by Modern Medicine. Now, let us see what's in offer from Ayurveda. There is no direct reference of hypertension in any of Ayurveda text but Academicians of Ayurveda suggested different names to demonstrate the phenomenon like Raktagatavata, SiragataVata, AvritaVata, DhamaniPrapurnata, RaktaVridhhi, RaktaVikshepa, Rakta Chapa, RaktaSampida, VyanaBala, Dhamanipratichaya, Rasa Bhara, RudhiraMada, Raktavata. These are all complex Sanskrit terms coined to suit the pathological pathway of hypertension.

Let us see it in a simpler way. Ayurveda had recognised Rakta as the most mobile component among the basic structural units. It is Vata that propels the Rakta through the channels. This being the normal state in health, any factor (food/activity/climate etc.) causing direct/indirect negative influence on Rakta or Vata can alter the normal movement of Rata in the channels. Few such factors are alcohol intake, salt intake, sedentary life style, mental stress, physical strain, exposure to extreme seasonal variation etc.

Modern medical science has categorised hypertension based on the measurements and staged them accordingly.

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

Management of an acute and/or high hypertension is dealt as an emergency situation by modern medicine. On eliciting the exact pathology behind the raise in blood pressure, the underlying cause is managed. Even though this protocol is relied upon in most conditions, management on a long term basis in modern medicine has several limitations. Conventional antihypertensive drugs are usually associated with many side effects.

Ayurveda offers a safer, long term approach to hypertension along with management of underlying pathology. Herbal medicine has made many contributions to commercial drug preparations manufactured today including ephedrine from *Ephedra sinica* (ma-huang), digitoxin from *Digitalis purpurea* (foxglove), salicin (the

source of aspirin) from *Salix alba* (willow bark), and reserpine from *Rauwolfiaserpentina* (snakeroot), to name just a few.

A number of plants have been described in Ayurveda for the treatment of hypertension.

Sarpagandha: The root of *Rauwolfiaserpentina* (snakeroot), the natural source of the alkaloid reserpine, has been a Hindu Ayurvedic remedy since ancient times. In 1931, Indian literature first described the use of *R. serpentina* root for the treatment of hypertension and psychoses; however, the use of *Rauwolfia* alkaloids in Western medicine did not begin until the mid 1940s. A powdered whole root of 200 to 300 mg orally is equivalent to 0.5 mg of reserpine.



icant antihypertensive effect both systolic and diastolic without any side effects. Therefore this plant is safely recommended for a longer period to the patients of mild to moderate hypertension mainly associated with fluid retention. Whole plant and fruits of Gokshura (*Tribulusterrestris* Linn) in the form of ghanasatwa (solid water extract) as administered orally at the dose of 3 gm/day in three divided doses has been shown to produce the beneficial effects mentioned earlier.

Asvagandha: Stress, as a major cardiovascular risk factor leads activation of

hypothalamic pituitary adrenal (HPA) axis and causes oxidative stress. Supplementation of Ashwagandha (root powder 2gm) with milk is more effective in treatment of hypertension.

Panchakarma: Panchakarma is the unique intervention in Ayurveda which basically aims at purifying the body from morbid elements. By virtue of Panchakarma therapy Dosha, (toxins and waste material) are eliminated naturally through nearest orifices in the body.

Virechana (purgation) is the shodhana karma indicated in raktajaroga. Virechana is best treatment for pitta Dosha, which is functionally related to rakta and hence, virechana is highly beneficial for raktajaroga. On the other hand, virechana is also fruitful for vata involvement in the manifestation of hypertension.

Shirodhara is a treatment procedure of slowly and steadily dripping medicated oil or other liquids on the forehead. A standardized Shirodhara leads to a state of alert calmness similar to the relaxation response observed in meditation.

Coexisting diseases reported are obstructive respiratory disease, degenerative disc disease, radiculopathy, coronary artery disease, heart failure, stroke, diabetes, epilepsy, neurotic disorders, and mood disorders. Many of these conditions are well managed with different kinds of internal medicinal formulations containing Dashamula, Brihatyadigana, Guduchyadigana etc. and other procedural interventions.

Apart from the above described medical management, the message from Ayurveda is clear and loud. Leading a healthy life style with due considerations to diet, activity and mind along with modifications according to seasonal changes will prevent occurrence of hypertension and this should be focused more by the society.

Arjuna: *Terminalia arjuna* (Roxb.) Wight & Arn. (Arjuna) bark is used as medicine²⁸. Six teaspoonfuls of Arjunarishta are given to the patient twice daily after food with an equal quantity of water²⁹. Arjuna is a cardiac tonic used in Ayurveda for a variety of heart conditions. Arjuna is a coronary vasodilator, protects the heart, strengthens circulation, and helps to maintain the tone and health of the heart muscle. 1/2 teaspoon (500 milligrams to one gram) 3 times a day is given with honey and warm water. Administered at a dose of 15 mg/kg, arjunolic acid could protect against damage wreaked by myocardial necrosis, which translates into irreparable damage to heart cells.

Lashuna: Garlic has also been studied in hypertensive patients as a blood pressure-lowering agent. *Allium sativum* has been valued for centuries for its medicinal properties. Garlic is one of the herbal medicines that has been examined more closely by the scientific community. In recent decades, research has focused on garlic's use in preventing atherosclerosis. Garlic has demonstrated multiple beneficial cardiovascular effects. A number of studies have demonstrated these effects that include lowering blood pressure, inhibiting platelet aggregation, enhancing fibrinolytic activity, reducing serum cholesterol and triglyceride levels, and protecting the elastic properties of the aorta.

Consumption of large quantities of fresh garlic (0.25 to 1.0 g/kg or about 5-20 average sized 4-g cloves in a person weighing 78.7 kg) has been shown to produce the beneficial effects mentioned earlier.

Punarnava: *Boerhaaviadiffusa* is the source of the drug, Punarnava. Punarnava is reported to cure hypertension, angina and cholesterolaemia. The whole plant, fresh or dried, is also a known diuretic agent.

Gokshura: *Tribulusterrestris* Linn. is having a signif-

Kerala bags 10 National Awards

Kerala Tourism received four awards at the National Tourism Awards 2013-14. Private entrepreneurs from the state won six awards, making Kerala's share of honours ten. Tourism Minister, A P Anil Kumar and Secretary, G Kamala Vardhana Rao received the awards from President, Pranab Mukherjee.

The minister, after receiving the award, said that the state had submitted before the Centre a multi-project proposal worth Rs 568 crore to boost the its tourism profile. The state had also sought the clearance of a Rs 283-crore pilgrim tourism circuit with focus on SreePadmanabhaswamy Temple, a coastal tourism project of Rs 108 crore, an eco-tourism project of Rs 77 crore (of which Rs 52 crore is for Vagamon-Thekkady and the rest Rs 25 crore for Gavi in Pathanamthitta) and Rs 100 crore for Nila tourism project.

The Kerala tourism department was recognized for its excellence in publishing initiatives in foreign



language (German brochure kit 'Eat Shop Trek'), best tourism film (The Great Backwaters of Kerala), most innovative use of information technology in tourism (for the portal www.keralatourism.org) and successful responsible tourism project (Thekkady initiative).

In the private sector, the winners

include Dravidian Trail (in foreign exchange earnings category), Coconut Creek Farm (bed and breakfast category), Coconut Lagoon (heritage classic category), Marari Beach Resort (3-star hotel category), Vivanta By Taj, Kumarakom (4-star category) and Somatheeram Research Institute and Ayurveda Hospital (wellness centre category).

Tamil Nadu bags National Tourism Award

Ministry of Tourism, Government of India, New Delhi has selected "Tranquebar" in Tamil Nadu for the National Tourism Award under the category of "Best Civic Management of a Tourist Destination" for 2013-14. His Excellency the President of India gave away the awards on 18.9.2015 at Vigyan Bhawan,

New Delhi. The award was received by Dr. R. Kannan, I.A.S., Additional Chief Secretary to Government, Tourism, Culture and Religious Endowments Department, Secretariat, Chennai and Thiru Har Sahay Meena, I.A.S., Commissioner of Tourism and Managing Director, TTDC.





AGNI: the ultimate tool of health.

I

It is a popular belief that good-quality food is the essential pre-requisite for maintaining good health. No doubt, it is true. But it is not the only truth. The capacity of an individual to handle food-stuff is equally important. This capacity is known as his/her digestive power. Ayurveda calls this power as Agni. Agni is a Sanskrit word which means fire. As long as the Agni is working properly, everything else is secondary. We may see more about the functioning of this unique faculty.

The food we eat is converted to the body by a series of changes. This is an essential mechanism of survival of any living system. Body needs lots of energy for the repair of

its daily damages. It needs regular nourishment of the depriving elements. Newer tissues are replacing the old and aged ones. That is why we need food. So what is food? Food is a substance which can be utilised by the body-systems to make its basic tissues so as to ensure its survival. (Of course, this definition excludes the socio-cultural aspects of food). But such a substance can deliver its duty only if it is acceptable to the biological system. Consider the example of poisons. They may be proteins in their content. But these proteins are not acceptable to the body and if consumed they kill the system. This is because, Agni cannot process a poison. The capacity of the

**Vaidya. M.Prasad, MD(Ay.),
Principal, Ashtamgam Ayurveda Vidyapeedham,
Vavanoor, Koottanad, Palakkad district.
email: sunethriayurveda@gmail.com**

Agni to process food is miraculous. It breaks the complex structures into simpler forms. Makes a pool of basic elements. And facilitates re-organization of such basic elements to form the body-tissues. In this process, it adapts in a thousand ways to make sure that every stage of this complex transformation is executed properly. It tries to nullify the toxic elements of the food stuffs. If failed in this effort, it makes sure that such things do not get entry into the system. Any object, unacceptable to Agni, is rejected by the system. So, in short, agni processes the food, detoxifies it, digests it, re-organizes it, assimilates it, and makes sure that re-building of tissues takes place unhindered. In short, the very survival of an

individual is based completely on the capacity of his/her Agni to perform. That is how Agni became a representation of divinity, if not God himself.

Ayurveda gives the topmost priority to the capacity of Agni to perform; in healing as well as in health. Chikitsa (healing) is, in effect, nothing but Agnichikitsa (maintenance of Agni). And the ultimate aim of any chikitsa is to preserve and sustain Agni. It may be interesting to note that all the seven types of Samanachikitsa (treatment by pacifying the doshas) in Ayurveda are based on the manipulation of Agni.



Yoga Fete at Sanskriti University



Dev Sanskriti Vishwavidyalaya
Gayatrikunj-Shantikunj, Haridwar-249411.
Tel: 01334-261367 (Ext-5407)
Mob: +91-9258369724,
Email: info@dsvv.ac.in
www.awgp.org www.bsgp.org

Culture has been a part and parcel of India, and it has certainly celebrated culture in different ways and forms. While India has witnessed international and national festivals for drama, music, dance and many others it is rare to have a festival on Yoga, Culture and Spirituality. With Yoga gaining international fame it is only imperative that we celebrate and have festivals on Yoga. The Dev Sanskriti University, Haridwar, is one of the pioneers in this field. It is all set to celebrate its 5th Annual International Festival on Yog, Culture and Spirituality. This festival is scheduled for October 1 to 6, 2015. The presentations by many internationally-acclaimed

speakers will adorn the festival. These speakers are experts in Yoga and related fields and hence will keep the audience engaged with their wise words. This university is located on a sprawling 90-acre campus set in the Himalayan surroundings in Haridwar. The teachings here are based on the vision of Pt Shri Ram Sharma Acharya Ji, who was a groundbreaking scholar and one of the greatest philosophers of recent times in India. He started this mission by providing free education to deserving students who would, in turn, contribute to the society in the form of a mandatory social internship. The university is unique for its teachings that are a dynamic blend of ancient and modern approaches. The university stands apart in providing and enriching the personal and intellectual developments of the students. These rare approaches have set apart the university, which is now gaining international acclaim. Among the infrastructure of the university are a herbal garden, a functioning dairy farm, wi-fi campus, computer labs, state-of-the-art libraries, laboratories, and a multi-modal Poly-clinic. The university offers a number of undergraduate, postgraduate and post-doctoral programs in a wide array of subjects such as Film and Media Studies, Journalism and Mass Communication, Computer Science, Animation, Yoga and Human Consciousness, Holistic Health, History and Culture, Tourism, Rural Entrepreneurship and Development, Environmental Science, Linguistics, Humanities, Education, Psychology etc. Apart from the subject knowledge through the different degrees, the university gives importance to character building of the students by making them practice and understand spiritual practices of the East and the West. The result of this methodology has been quite effective and is in accordance with the vision and mission of the university. The students graduating from the university are seen to be eager to channel their skills towards serving the needs of the society. Today the University has International Collaborations with esteemed International Institutions in the US, Germany, Italy, Latvia, Lithuania, Indonesia, Japan, Russia, Spain, Portugal, Korea and Greece.

The University is also a member of the Association of Indian Universities (AIU) and proudly hosts high number of International students from more than 10 nationalities in the current academic semester.

The University is funded solely by an International socio-spiritual organization, All World Gayatri Pariwar, which includes over 4000 social reform and social service training centers and an International research institute dedicated to the study of spiritual science. Hundreds of programs are being conducted by more than 500000 volunteers worldwide in one of seven

major areas of social reform. These include rural development, women's empowerment, marriage reform, village autonomy, cultural revitalization, self employment and education for all. The movement as a whole is fuelled by the active participation of over 110 million members and has branches in more than 40 countries. Two of the last convocations of the University were presided over by the H E President of India, including the most recent one, which witnessed the august presence of President of India, Mr Pranab Mukherjee as the Chief Guest.

Our Mission's founder, Pandit Shriram Sharma Acharya (1911-1990), was a groundbreaking scholar and a visionary social reformer of the Indian spiritual renaissance. In his early twenties, he worked alongside Mahatma Gandhi as a volunteer in the Indian Independence Movement. In 1935, with Gandhi's blessing, he commenced what was to become his life's work, a program to



Kaliji met with Dr. Chinmay Pandya to hear the story of Dev Sankrit University (or Devi Sanskriti Vishwavidyalaya).

achieve the moral and social upliftment through a revival of the wisdom and practices of ancient India. In addition to a complete translation of the Vedic scripture, his prolific literary contributions

include over 3000 discourses on every aspect of human culture and well-being. To date, his books have been translated into more than 24 languages.

It's time for Ayurveda to grow in Europe.
Enter new markets!

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your products and services to 5,000 expected visitors

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Punarnava beckons citizens of any nation

Ayurveda is the traditional asset of Kerala where Punarnava has turned out to be one of the leading institutions providing credible services at their many centers of treatment.

They are the fastest growing Ayurvedic infrastructure and amenities provider, lately adding their services at Vytilla and Kumarakom.

Punarnava has the wherewithal to welcome patients from any nation, whether Arabs, Africans, or Europeans. They have different properties to cater to the specific needs of all these people.

They have fine-tuned their services in a professional manner for which they have apt certifications.

Among them are the NABH, ISO 9001 – 2008 and Green Leaf Certification by the Department of Tourism, Government of Kerala. They are also the only NABH- accredited Ayurveda hospital in Kochi. Their quest for perfection has not ended with these certifications.

Among their many accomplishments are establishment of their six branches in Kerala. They are also the Ayurveda counterpart of KIMS Hospital, Trivandrum. It is with the intention of welcoming patients from various continents that one more new branch at Kumarakom was launched. These offer luxurious facilities and target high-end international customers. These centers are all decked up to take in customers from abroad who will have a gala time, with proper treatments and diet that are true to the tradition of Kerala Ayurveda.

Apart from treatments, these customers can undergo rejuvenation therapies after doctors assess their specific needs. Punarnava also provides their customers holistic procedures of Ayurveda treatment that include prevention, cure and rejuvenation.

Ayurveda has been an integral part of Indian tradition since the last 5000 years and Punarnava has been trying to do justice to this tradition in many ways. Punarnava provides this ancient treatment in its purest form without deviation. Thus, Ayurveda is seen to have revived in the State after a short period of dullness, with Punarnava brand chipping in with their contributions. Ayurveda has been understood globally as a treatment that is natural and with no side-effects and hence the global crowd seeking this treatment is ever-flowing and this number seems to be increasing year after year.

Punarnava also believes that they have become pioneers in their field due to the dedicated service provided by expert physicians from both streams – Ayurveda and modern science. They also claim to have experience garnered by generations involved in Ayurvedic treatment. The medicines provided here are home-made and genuine. They have adopted most modern technologies for fool-proof diagnosis. Their well-trained and amiable staff and therapists have added value to their service. And finally, they have an uncompromising approach to quality and class. Besides specialty treatments, Punarnava offers wellness programs such as rejuvenation, body purification therapies and slimming programs every year.

**The only Ayurveda Hospital in India
to have these 4 Accreditations**



Accredited by
Quality Council of India
for Safety and Quality



ISO 9001-2008

**CGHS (Central Govt. Health Scheme)
Approved & Empanelled Hospital**



Expert Team

Apart from a team of expert Ayurvedic and Allopathic doctors, they also have a team of consultants and a team of Physiotherapy and Naturotherapy specialists. The hospital is equipped with Allopathic and Ayurvedic Doctors and all treatment procedures are decided after thorough discussion. The Ayurvedic therapists are trained in-house for a minimum period of six months before being put into professional practice. Their performance is strictly monitored from time to time to ensure a regimen followed in Ayurvedic treatments.

Senior Consultants

- ◉ Dr Anvar A M, BAMS, MD (Ay)
- ◉ Dr Jaseela Anvar BAMS, MS (Ay)
- ◉ Dr Vasudevan Nambhothiri MD (Ay)
- ◉ Dr Jiji Prasad BAMS

Punarnava Bamboo Lagoon Ayurveda Village, Vytilla



This is a recent entrant in the Punarnava space. This facility of Punarnava has eight elegantly- designed independent villas situated on the banks of a river. Each villa has four air-conditioned double bedrooms with a private wash room. Amidst the lush greenery is a mini swimming pool. This is set inside a serene environment with calm, pleasant atmosphere. This center, equipped with full-fledged treatment rooms and physiotherapy department, is just 3 kilometers from Vytilla, Cochin.

Speciality Treatments

Arthritis & Rheumatic Diseases | Osteo Arthritis
Knee | Osteoporosis | Spine Related Disorders
Multiple Sclerosis Management

Psoriasis Management Program | Sports Injuries
| Respiratory | Allergic Diseases | Degenerative
Disorders

Musculo Skeletal Disorders | De-addiction Program
| Parkinson's Disease | Hemiplegia

Supportive Therapy for developmental delay in
children | Avascular necrosis of femur head | Liver
Dysfunctions

Digestive Diseases | Obesity Management | Age
Related Diseases | Student Care Wing

Wellness Programs

Rejuvenation Therapy | Body Purification
Therapy | Fem 40 Care (For Females of
Menopausal Age)

Relaxation Program | Body Immunity
Program | Healthy Spine Care | Slimming
Program

Sports Fitness Program | Special Package
for IT Professionals (Solution for WRULD &
Stress)

Post Delivery Mother Care | Rasayana
Chikitsa | Life Style Clinic | Beauty Care
Program

OUR CENTRES



Punarnava Ayurveda Hospital
Edappally North P. O.
Kochi, Kerala, India



Kripa Hospital
Kairunagappally, Kollam
Kerala, India



Punarnava
Ayurveda Hospital
Kaloor, Kochi, Kerala, India



KIMS Ayurveda & Research Centre
Thiruvananthapuram
Kerala, India

Punarnava is also launching backwater treatment centre at Kumarakom with 30-pax inpatient facilities. Located at Vembanad Islands (Vechoor, Kumarakom), this will be the only authentic ayurveda hospital in the Kumarakom region once commissioned. Plans are ahead to open a new Ayurveda Hospital at the heart of Kochi city in a short while. Punarnava Ayurveda Hospitals targets to have 15 full-fledged hospitals worldwide by 2020.

Punarnava Kumarakom Lagoon Ayurveda Village



The different centers of this Ayurvedic hospital include:-

- **Punarnava Ayurveda Hospital, Edappally North, Cochin:** Punarnava Edappally is located in a heritage environment with standard air conditioned and non -air conditioned double bed rooms with private wash rooms. Well -equipped treatment rooms and physiotherapy departments are set here.
- **Punarnava Bamboo Lagoon Ayurveda Village, Vyttila, Cochin:** Nestled at the banks of a beautiful river, this center accommodates eight elegantly -designed independent villas. Each of these villas embraces four air-conditioned double bed rooms with a private wash room. Landscaped with lush greenery and a mini swimming pool, Punarnava Bamboo Lagoon is set inside a serene environment with a calm and pleasant atmosphere. This center, equipped with full -fledged treatment rooms and physiotherapy departments, is just 3 kilometers from Vyttila, Cochin.
- **Punarnava Ayurvedic Hospital, Kaloor, Cochin:** This Ayurvedic center is located at the heart of Cochin. It provides accommodation that is at par with global standards. These are well furnished with air-conditioned double rooms with private wash rooms. It also houses fully- fledged treatment rooms and physiotherapy departments.
- **KIMS Ayurveda and Research Center , KIMS Hospital, Trivandrum:** KIMS Ayurveda & Research Center is a joint venture of KIMS Healthcare Management Ltd. and Punarnava Ayurveda Hospital Pvt. Ltd. and features the most advanced treatment facilities of Punarnava. A true union of inter-disciplinary sciences is achieved here. We also conduct awareness classes on Ayurveda for other professionals at KIMS Ayurveda
- **Kripa Hospital, Karunagappally, Kollam**

Punarnava Ayurveda Hospital Pvt Ltd

Edappally, Cochin, Kerala , India
Pin: 682024
Mob: +91 94469 05065
Tel : +91-484-2801415
Mail : mail@punarnava.net

Nearest Railway Stations

Edappally: 0.5 Km
Ernakulam Town (North): 7 Km
Ernakulam Junction (South): 12 Km
Ernakulam Alway: 24 Km

Nearest Airport

Cochin International
Airport,
Nedumbassery : 24 Km

Yoga for a fit, athletic heart

Yoga is the art of reposing in different postures while keeping focus on the breath. As a result, every yoga posture has a particular effect on the respiratory system; and therefore affecting the heart as well.

The following postures begin with mild ones, gradually increasing to more demanding ones that require greater stamina and strength. The body gets relaxed and rejuvenated with the concluding postures.

1. Tadasana (Mountain pose)

The Mountain pose helps strengthen the heart and also adds flexibility to the body.

2. Vrikshasana (Tree pose)

The Tree pose calms and brings equilibrium to the mind. Reposing in this yoga pose is useful as a calm mind leads to a steady and healthy heart functioning.

3. UtthitaHastapadasana (Extended Hands and Feet Pose)

This yoga posture requires more focus and strength to balance.

4. Trikonasana (Triangle pose)

This is a heart opening standing yoga posture designed to promote cardiovascular exercise. The chest gets expanded while breathing deep and in rhythm increases stamina.

5. Veerabhadrasana (Warrior pose)

The Warrior pose improves balance

in the body and increases stamina. It also releases stress while calming the mind and helps keep the heart rate in check.

6. Utkatasana(Chair pose)

In this yoga posture, you can feel the heart and respiration rate increase. It is a heating and strengthening posture.

7. Marjariasana (Cat pose)

This yoga posture is a welcome relief after the Chair pose as it allows the heart rate to settle and become soft and rhythmic again.

8. AdhoMukhoSvanasana (Downward facing dog pose)

This yoga posture is used as a resting position as it calms the system and energises the body.

9. Bhujangasana (Cobra pose)

This yoga posture increases the stretch to the chest and requires more strength and stamina

than the Sphinx pose.

10. Dhanurasana (Bow pose)

Stimulating and a deep stretch for the whole body, the Bow pose opens and strengthens the heart region.

11. SetuBandhasana (Bridge pose)

Less demanding than Bow pose, the Bridge pose facilitates deep breathing, opens and improves blood flow to the chest region.

12. SalambaSarvangasana (Half Shoulder stand)

The Half shoulder stand pacifies, activates the parasympathetic nervous system and creates space in the chest. It is a restful and rejuvenating posture.

13. ArdhaMatsyendrasana (Sitting Half Spinal Twist)

The Sitting half spinal twist works on the whole spine and opens the chest sides alternately.



14. Paschimottasana (Two-legged forward bend)

Serving as a resting posture, the seated forward bend brings the head lower than the heart facilitating the reduction of the heart rate and respiration while allowing the system to rest.

15. Dandasana (Stick pose)

Countering the previous postures, this yoga posture facilitates general posture, strengthens the back and at the same time stretches the shoulders and chest.

16. Dolphin pose

The Dolphin pose is a little more demanding than Downward facing dog pose as it helps by increasing stamina and strengthening the upper body in preparation for more heart opening postures.

17. Dolphin plank

The Dolphin plank pose gets the heart pumping again.

18. Sphinx pose

The Sphinx pose allows the chest to open again. It is a mild backbend that gently opens the chest, stretches the lungs and shoulders.

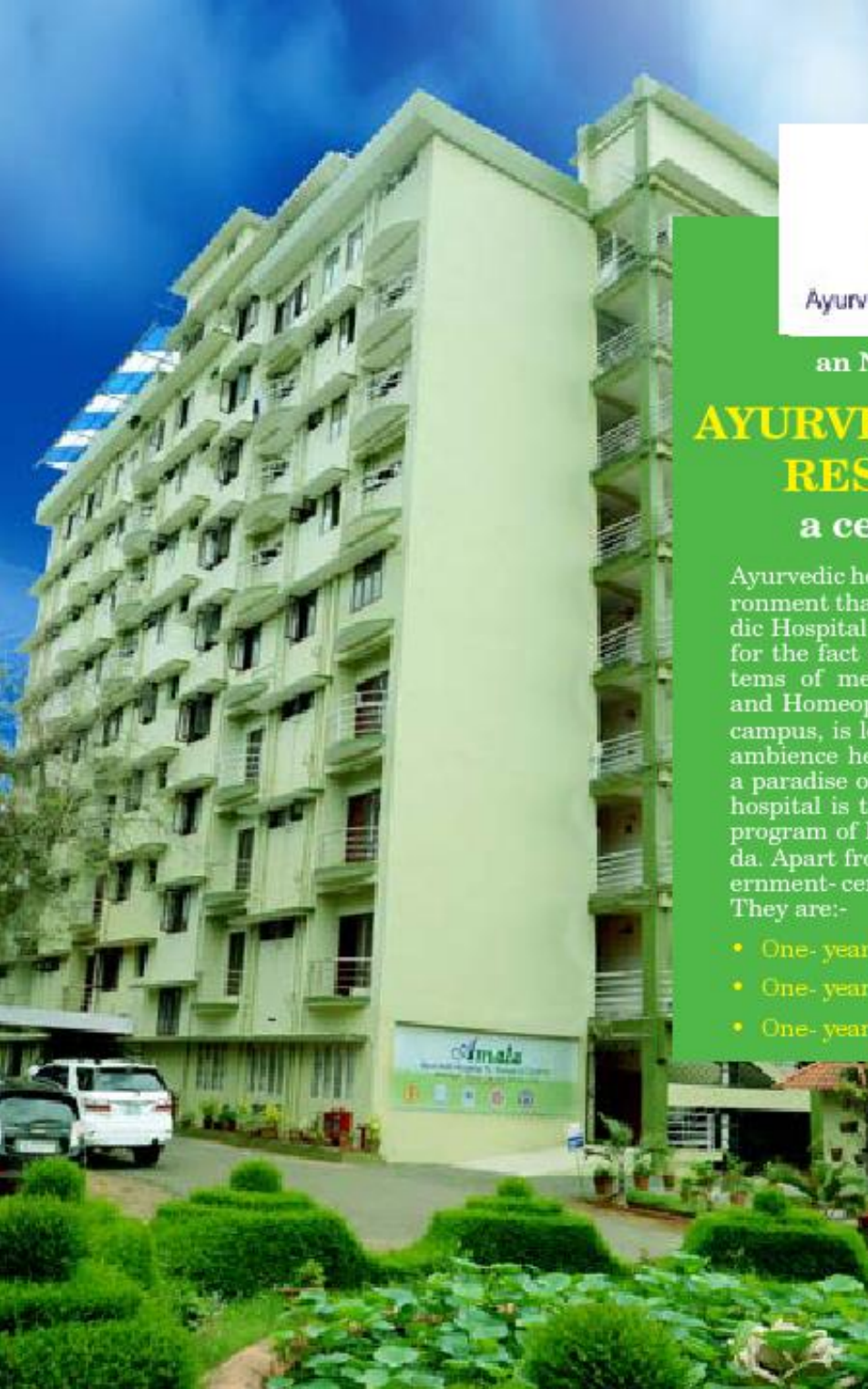
19. Shavasana (Corpse pose)

Deep rest is the counter pose for all yoga postures as it allows the body and breath to make the subtle adjustments necessary for the overall health of the system.

20. Anjali Mudra

The Anjali mudra opens the heart, calms the brain and reduces stress and anxiety. It also prepares the body better for pranayama and meditation.

Source: www.artofliving.org/yoga



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

Amala Ayurvedic Hospital and Research Centre
Amala Nagar, Thrissur HO,
Thrissur - 680 555, Kerala, India
Tel: +91 487 2303000
Fax: +91 487 2303030
Email: amala@amalaayurveda.org
www.amalaayurveda.org

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 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)



Papaya for Preventing HEART DISEASE

Incidence of heart disease has seen a phenomenal rise in the last couple of years and doctors and experts on the subject blame it on bad diet and life-style. A study into its history has pointed out that fruits available in our gardens when consumed in appropriate amounts will help to control as well as prevent many heart diseases. It is found that fruits low in calories and rich in dietary fiber are good in preventing and controlling heart diseases. Fruits rich in anti-oxidants are good for the heart as these are said to mop up damage-causing free radicals in the body. Also, fruits that deliver vitamin C and fiber also lower the risk of suffering a stroke. All berries like strawberries, blueberries and blackberries are great choices for the heart. Other fruits like bananas, peaches, raisins and oranges are also good for the heart due to high levels

of potassium in them as this helps to maintain normal blood pressure. It also helps to trigger your heart to squeeze blood through your body. More than that, it helps your muscle to move, your nerves to work, and your kidneys to filter blood.

In this article we can discuss in detail the benefits of Papaya for preventing and controlling heart diseases. This has been our choice of fruit since this is a fruit that is readily available throughout the year either in our markets or in our own yards.

Papaya is known for its deliciously sweet pulp with musky undertones and soft, butter-like consistency. It is no wonder that it has the sobriquet, "fruit of the angels". It was once considered as exotic but now it can be found in markets throughout the year. They are spherical or

pear-shaped fruits that can be as long as 20 inches. The ones commonly found in the market usually average about 7 inches and weigh about one pound. Their flesh has rich orange color with either yellow or pink hues. Inside the inner cavity of the fruit there are black, round seeds encased in a gelatinous-like substance. Papaya's seeds are edible, although their peppery flavor is somewhat bitter. The fruit, as well as the other parts of the papaya tree, contain papain, an enzyme that helps digest proteins. This enzyme is especially concentrated in the fruit when it is unripe. Papain is extracted to make digestive enzyme dietary supplements and is also used as an ingredient in some chewing gums.

The possible health benefits of consuming papaya include reduced risk of heart disease, diabetes, cancer, aiding in digestion, improving blood glucose control in diabetes and improving wound healing.

It is found that the fiber, potassium and vitamin content in papaya all help to ward off heart disease. An increase in potassium intake along with decrease in sodium consumption is the most important dietary change that a person can make to reduce one's risk of cardiovascular disease. The vitamin C and vitamin E in papaya, along with anti-oxidants, like beta-carotene and lycopene, can help reduce the oxidation of cholesterol in your arteries and contribute to the fruit's many health benefits. Cholesterol oxidation is considered a dangerous process, potentially leading to arteries blocked with plaque that can result in heart attacks. Increasing your intake of these anti-oxidants from health foods like papaya may help improve blood flow to the heart and reduce your risk of developing heart disease. Papaya is also a good source of folate which helps control homo-cysteine levels in the bloodstream. High levels of homo-cysteine in the blood is known to damage blood vessels and is considered another potential cause of cardiovascular disease. Additionally, the beneficial fiber in papaya can help lower undesirable LDL cholesterol levels in the blood by inhibiting its absorption during digestion. This is yet another way, eating this amazing super-food can help protect us from heart disease and stroke.

Papayas may be very helpful for the prevention of atherosclerosis and diabetic heart disease. Papayas are an excellent source of the powerful anti-oxidants vitamin C and vitamin A (through their concentration of pro-vitamin A carotenoid phytonutrients).

These nutrients help prevent the oxidation of cholesterol. Only when cholesterol becomes oxidized is it able to stick to and build up in blood vessel walls, forming dangerous plaques that can eventually cause heart attacks or strokes. One way in which dietary vitamin E and vitamin C may exert this effect is

through their suggested association with a compound called paraoxonase, an enzyme that inhibits LDL cholesterol and HDL cholesterol oxidation.

Papayas are also a good source of fiber, which has been shown to lower high cholesterol levels. The folic acid found in papayas is needed for the conversion of a substance called homocysteine into benign amino acids such as cysteine or methionine. If unconverted, homocysteine can directly damage blood vessel walls and, if levels get too high, is considered a significant risk factor for a heart attack or stroke.





**NEEM:
AN AYURVEDIC
WEAPON AGAINST
CANCER**

Dr. Vishwas B. Chavan

Neem components have excellent anti-cancer effects against many human cancer cell lines and animal models for human cancers, including colon, stomach, Ehrlich's carcinoma, lung, liver, skin, oral, prostate and breast cancers.

INTRODUCTION

Cancer continues to be a major health problem in the entire world. There were an estimated 14.1 million cancer cases around the world in 2012, of these 7.4 million cases were in men and 6.7 million in women. This number is expected to increase to 24 million by 2035. Though there have been advancements in cancer diagnosis and treatment in the recent years, cancer remains a formidable challenge for clinicians and scientists. Major reasons for this are : no or vague symptoms in the initial stage (hence disease diagnosed at advanced stage), high cost of treatments & monitoring and side-effects of treatments.

Therefore, there is an urgent need for finding cheap and non-toxic anti-cancer compounds, which can treat cancer at the advanced stage also. Thus scientists are turning towards nature and traditional medicines. Studies have revealed that mother nature has effective weapons against many human diseases, including cancer. One such weapon is Neem.

The aim of this article is to inform the people that Neem can act as a potent weapon against cancer and there is a solid scientific experimental background to support this statement.

Neem (scientific name *Azadirachta indica*) is a tropical evergreen, profusely branched tree with oblique leaves and stout trunk. It is a commonly- found plant in many semi-tropical and tropical countries, including India, Pakistan, and Bangladesh.

MEDICINAL PROPERTIES OF NEEM

The components extracted from Neem plant have been used in traditional medicines for the cure of multiple diseases, including cancer, for centuries. More than 140 compounds have been isolated from different parts of Neem. All parts of the Neem tree- leaves, flowers, seeds, fruits, roots and bark have been used traditionally for the treatment of inflammation, infections, fever, skin diseases and dental disorders. The medicinal utilities have been described especially for Neem leaf. Neem leaf and its constituents are effective against diabetes, inflammation, ulcer, malaria, infections (due to bacteria, viruses and fungi), and cancer. In this article, I am focusing only on anti-cancer properties of Neem.

ANTI-CANCER COMPONENTS OF NEEM

Chemical compounds in Neem with identified anti-cancer effects are limonin glucopyranoside, azadirone, azadirachtin, nimbolide and deoxonimbolide, quercetin, and kaemferol, as well as the anti-oxidants beta-carotene and vitamin C.

MAJOR ANTI-CANCER EFFECTS OF NEEM

Neem components have excellent anti-cancer effects

against many human cancer cell lines and animal models for human cancers, including colon, stomach, Ehrlich's carcinoma, lung, liver, skin, oral, prostate and breast cancers. The extracts of Neem plant parts have shown anti-cancer effects in many types of cancer. These anti-cancer effects include:

1. Inhibition of growth and proliferation of cancer cells.
2. Induction of apoptosis (cell death) in cancer cells.
3. Suppression of angiogenesis (growth of new blood vessels), which is essential for tumor growth and spread.
4. Repair of body's metabolism (working),
5. Helping the immune system in destroying the cancer cells.
6. Making cancer cells sensitive to treatments like immune-therapy and radiotherapy, which increase the effectiveness of many cancer drugs, without increasing their side- effects.

Also, regular use of Neem prevents onset of cancer by producing anti-oxidants and detoxification chemicals.

HOW NEEM EXERTS ANTI-CANCER EFFECTS?

Neem and its components exert their anti-cancer effects in many ways. Suggested mechanisms of action include:

1. Boosting of immune response,
2. Anti-oxidant activity,
3. Inhibition of cancer cell division called mitosis,
4. Decreasing inflammation

Scientists have found that Neem and its products induce the cancer cells to commit suicide (this process is called apoptosis).. Neem also alters important signaling pathways involved in growth of cancer cells, new blood vessels and receptors on cancer cells. It was observed that Neem affects the cancer at deeper genetic levels also, such as controlling genes involved in cell growth and development.

STRENGTHENING OF BODY'S IMMUNE SYSTEM

Cancer has often started by damaging the immune system of the body. One of the mechanisms by which Neem exerts its anti-cancer effects is enhancing the immune system of the body. Following studies support this view:

1. A study found that Neem activates immune cells to destroy cancer cells.
2. Neem leaf glycoprotein (NLGP) repairs immunological damage in cancer. It was found that in

Scientists have found that Neem and its products induce the cancer cells to commit suicide (this process is called apoptosis)

patients with advanced cervical cancer, NLGP rectifies suppressed immune cell functions and improves their efficacy. Working with head and neck cancer patients, scientists have found similar results with NLGP. NLGP also increases anti-cancer immunity by generating immune memory response and maintains stability of normal immune system.

3. Neem leaf preparation (NLP) activates natural killer (NK) cells to enhance their ability to destroy cancer cells. NLP also induces cell death in cancer cells.

In summary, it is clear that this plant (Neem or *Azadirachta indica*) can act as a safe and powerful weapon against cancer. If properly developed, it can serve as a cheap source of effective anti-cancer medicines. Majority of scientific data are indicating that Neem can be the answer of the tough problem: developing cheap and safe therapies for cancer.

OBITUARY

Ashtavaidyan Brahmasri Alathiyoor Narayanan Nambi passed away

Kecheri, Thrissur: Renowned Ayurveda guru, Ashtavaidyan Alathiyoor Narayan Nambi (76), breathed his last on October 21, 2015 (Wednesday) in the wee hours at his residence at Choondal Thayankkavi. He is known for propagating genuine Ayurveda and had dedicated his life for upholding this cause. He was also a pioneer in different areas of Ayurveda, and had contributed a lot to spread this knowledge to European countries too. His consistent efforts in promoting genuine Ayurveda were lauded greatly by the Ayurveda community.

Among his rich career experiences is his practice as a Vaidya (physician)

for over a decade at Kottackal Arya Vaidyasala. He was also visiting professor at the European Research University of Maharshi Mahesh Yogi. Apart from this, he was the chief physician at SNA Pharmacy.

His funeral was held on October 21, 2015 (Wednesday) at his residential compound. He is survived by his wife, Sreedevi, and children, Jayakrishnan Nambi (Marketing Head, SNA Pharmacy), Dr. Vasudevan Moose (MD, SNA Pharmacy), Dr. Narayan Nambi (Academy Director, SNA Pharmacy), and daughters-in-law – Usha, Suni and Dr. Devi.

We, at Ayurveda & Health Tourism Magazine, respectfully pay homage to the memory of the departed soul.



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Email: franklin@shinshivaresort.com

Website: www.shinshivaresort.com

How to avoid angiogram and angioplasty

Dr. Praveena PJ (BSc, BEd, MSc Microbiology, BAMS)
Mob: +91 894 341 1000, Mail: ayurheart@gmail.com
www.ayurheart.com



If a person wants to reduce the heart blocks, then the most effective way to remove those heart blocks is to change his life-style.

Take the case of a person who can run long distances without any breathing issues. He is usually termed as having a healthy heart because his heart gets enough blood to it through this process of running.

But if he shows symptoms of pain in the back, heaviness in chest, breathing issues etc, then we can say that he has blocks in his heart and his heart is getting less than 30 percentage of blood it requires.

Suppose he feels all these troubles during a speed walk or while doing something in a hurry. Then we can say that there is eighty percent chance that he has blocks in his heart and that his heart is getting less than 20 percentage of blood it requires. If he experiences these issues while involved in daily chores then he can be assured that there is about 90 percent chance that he

has blocks.

In order to understand or diagnose these cases, it is not necessary to undergo an angiogram. An angiogram is supposed to be done only when the patient is interested in an angioplasty or by-pass surgery. During an angiogram, there are many chances that the blood vessels can get scratched or punctured by the wire inserted and it may even lead to heart attacks. Angiogram is used only to find out where the block is situated to perform angioplasty or by-pass surgery.

If a person wants to reduce the heart blocks, then the most effective way to remove those heart blocks is to change his life-style so that he will easily find out the heart problems and thus reduce them gradually and then reach a stage in which he can continue his normal life

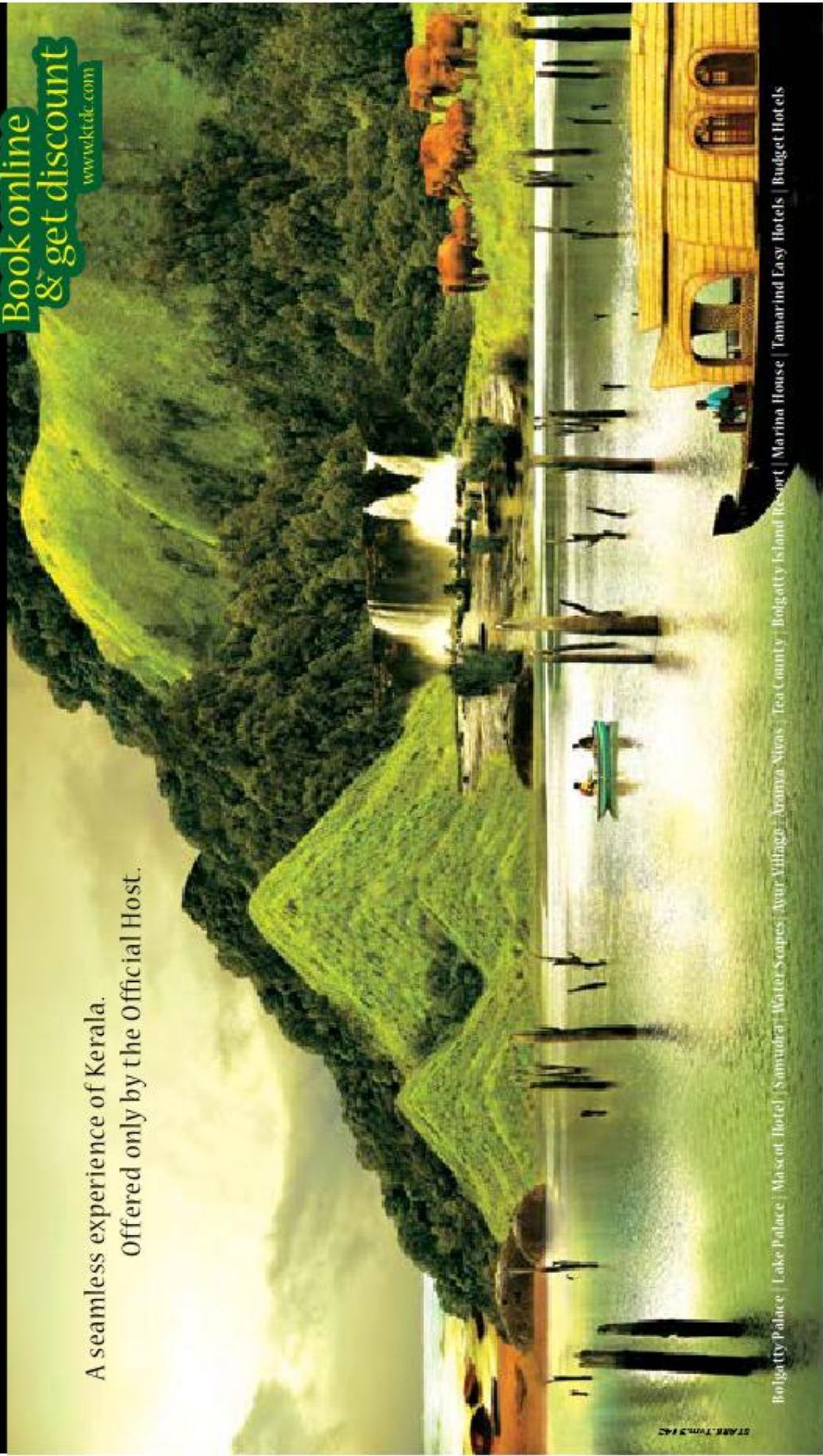
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Symptoms of heart blocks

Coming to the symptoms of heart blocks, some of them are as follows:- breathing problem during running or speed walk, heaviness in chest, back pain, joint pain, knee pain, feeling uneasy while climbing heights, trouble while climbing steps. Getting emotional, easily irritated, short temper etc. All these are related to heart blocks. Unfortunately, most people are confused and think that major symptom of heart block is chest pain. But chest pain is seen only in a few people and it is usually felt only in the final stages.

How are these heart blocks formed?

The chances of fat deposition are high after 20 years and the cell deaths are also seen to increase after the age of 40. Along with the aging process, cholesterol levels and triglycerides rise to high levels. Personal emotions like high stress, short temper, over anxiety etc will lead to the gradual development of heart blocks. Diet without proper fiber and vegetables will also add to these problems. Smoking is identified as the prime reason for most heart blocks.

Since we have already discussed the symptoms and reasons of heart blocks, we can now discuss about how to reduce these heart blocks.

How to reduce heart blocks

First basic thing to be done is to quit smoking. This will bring drastic changes and the patient will feel very good. For the diabetic patients whose sugar levels are not in control even after balancing their food it is suggested that they take a mixture of turmeric powder in 100 ml

of gooseberry extract and have it two times a day after their food. This is to control the death of cells in these patients and not just to reduce diabetics. Also they are requested to take 3 tea spoons of avipathyakara choornam diluted in coconut tender juice or hot water, once in a week or in 15 days to get proper bowel movement. Patients who suffer from indigestion, should take ashtachooranam diluted in hot water to about 10 minutes before their meal. This will help them to have proper digestion and will reduce the tendency of cholesterol formation in the blood.

Most patients coming to my clinic come after they have had severe heart attacks due to the blocks, cardiomyopathy, pulmonary artery hypertension. Most of these patients were advised by allopathic doctors to replace their hearts, but fortunately most of them recover by our treatments. We mainly treat them so that they recover the strength of their heart muscles. Most of them leave us later feeling better even after their first set of medicines. The pumping is seen to increase in 5 to 6 courses of medications. In one or two years, they will experience a healthy heart. Our heart has its own process to create a lot of collateral to get enough blood, so we can manage all these heart blocks if we alter our life-style as stated above. We should develop such life-style by ourselves.

Is Heart transplantation effective?

Now-a-days you may have heard of heart transplantation cases from the Media and the daily. Have you ever checked or heard about the success rates of these cases? Being an Ayurvedic heart specialist, I gathered all the reports of most cases, in which I identified that most of the cases were a failure. Only a few cases survived and



For the diabetic patients whose sugar levels are not in control even after balancing their food it is suggested that they take a mixture of turmeric powder in 100 ml of gooseberry extract and have it two times a day after their food.

continued with proper medication and regular check-up.

Heart transplantation is a complex process unlike other organ transplantation like kidney, liver etc. After spending around Rs 20 lakh for the transplantation itself, the patient needs to stay so close to the clinic or hospital for three months in a condition that he can quickly reach the hospital for any check-up due to emergency and with no visitors allowed. There are lots of chances in which the heart can be rejected by the body at any time even due to small infections which may have been transferred from visitors or from family members themselves.

After three months the patient is advised to take medicines and go for check-up periodically. During this period the patient is not allowed to do hard tasks like lifting weights, washing etc and they can't continue a normal life or return to job. Also, there are chances that the patient is attacked by other diseases caused by the side-effects of the medicines they are taking.

So my question is why are you going for transplantation if you can live with your own heart for a long time?

Being a doctor specialized in heart treatment I have been consulting so many patients who have weak pumping hearts or those patients who were advised for heart transplantation from Allopathic doctors. These patients may have 10-50 percent of pumping, some may have dilated, restrictive, hypertrophied cardio-myopathy etc.

After taking 5-8 sets of our medicines, the Echo reports of these patients show immense difference from the reports taken on their first visit to our clinic. Many are

surprised at these quick changes since the pumping of blood usually shows improvement from 9 to 50 or 55 percentages. Also the common myth among all is that myopathy has no cure.

Everybody thinks about how a heart with destroyed muscles can regain its previous healthy condition. Amazingly our treatment can bring back the weak, ruined heart muscles regain their original strength and shape so that the heart and pumping will improve accordingly.

Also patients who even can't walk and suffers from severe P.A.H levels of more than 70,80,120 get effective treatment so that they can lead normal lives and do their routine tasks with the first set of medicines. After completing the treatments, the patient will feel more comfortable. The doctors are usually surprised to see the reports of these patients as it shows that there are no signs of P.A.H or they can't find any trace of previous P.A.H issues the patient had.

So my advice for you is to think twice before deciding to do a heart transplantation or even when you face heart pumping issues.

How to achieve a normal life-style without any heart issues?

Go for a Walk or jogging in morning and evening for 20 minutes. If you are comfortable with walking and feel it easy, then you should move to higher level and should run as much as he can. Try to increase speed daily. Walk with holding weights of 1 kg or 2 in hands. This is to develop more collateral and make the heart muscles strong and thus prevent heart attacks. Heart attack is



not fatal as long as the heart muscles are strong. The major aim is to retain the strength of heart muscles during the echo test taken after heart attack. These walking and activities helps heart to create so many collaterals so that the heart will get sufficient blood through these collaterals even if heart blocks are formed in main blood vessels. The heart muscles will not be dead as long as it is getting blood and oxygen through the collateral blood vessels. We do not need to fear heart attacks in such cases.

But unfortunately doctors create fear in patients saying that the angioplasty or by-pass is the only option left, and in most cases the patients are forced to do that. Stents are inserted in the blood vessels and this may cause the formation of blood clotting or may be rejected by the body since it is a foreign object and eventually leads to rest enosis.

Patients come in our clinic with 3 to 4 stents inserted, even after this they still face issues related to heart blocks. So my question is – if these stents are not providing a permanent solution, then why is it are they inserted? Even after inserting the stents, the patient

need to take medicine lifelong, alter his life-style, he should walk and control diet etc. So what is the difference with and without the stents?

So my conclusion about avoiding heart blocks or reducing heart blocks is to

1. Walk or jog twice a day
2. Avoid smoking
3. Control PPBS level of diabetic patients
4. Intake of gooseberry extract
5. Intake of avipathyakara choornam
6. Intake of Ashtachournam
7. Avoid stress
8. Do meditation or yoga or relaxing activities for short tempered patients
9. Formation of heart blocks is the part of aging process. All we need to do is to bring it reduced to lower levels. Always try to select food with lots of anti-oxidants and fibers, eat lots of fruits, vegetables, pineapple juice, apple juice, papaya juice, green tea, orange, lemon, ginger, garlic, wheat, brown rice etc.

10. Try helping others if you get a chance, this will make you happy, proud and this emotional feeling will help to increase H.D.L cholesterol and produce more anti-oxidants in the body.

When someone had heart attacks, he may wonder how it happened so quickly since he was feeling no difficulties for the past minutes. The symptoms and severity of heart blocks may vary for different persons. Their pressure level variation will effect all these.

The inner blood vessels get thick in those patients who have higher pressure levels and the inner membrane bursts or gets scratched which will cause the formation of plaque or clot, which will develop gradually to block the blood flow completely which causes heart attack. When you get a heart attack and is admitted to a hospital, don't panic when your doctor says angioplasty is the only option left. Don't let them to do angioplasty or insert stents, instead tell them to do balloon plasty. In balloon plasty no foreign bodies are kept in blood vessels, it reduces blockage present at that time.

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