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Ayurveda

& Health Tourism



Ayurvedic Marma Therapy in
Neuro-Muscular Disorders

Ayurveda's ways
to take care of bones

Gurus of Ayurveda
Kerala's Ashtavaidyas

The Scope of Ayurveda
in Sports Medicine

Management of
Sports Injuries in Ayurveda

Wholesomeness
Drum Stick Plant

Interview: VC, PVC
Kerala University of Health Science



ayurvedamagazine.org



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PUBLICATION



Pacific Area Travel Association



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 does 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.

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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 Gurukul BAMS
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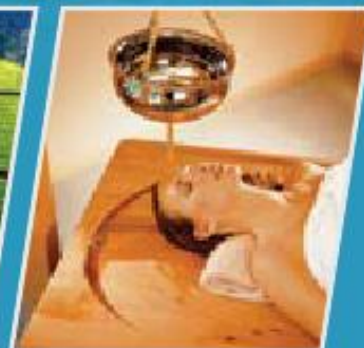
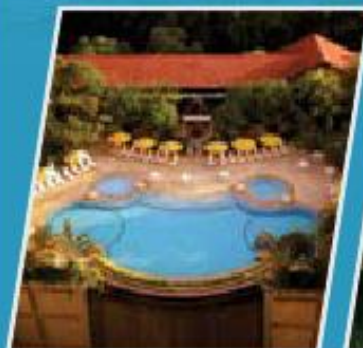


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Ayurveda & its milestone in sports medicine

Ayurveda has come a long way since its inception in Vedic times. After many years of languishing under the shadow of modern medicine, the hidden benefits of Ayurveda have been scientifically proved and hence popularly accepted.

Along with many other promoters of this ancient traditional system of medicine, we at Ayurveda & Health Tourism magazine have joined the bandwagon to popularize this ancient traditional system of medicine. Despite the increasing advancements made in the field of modern medicine, Ayurveda continues to remain an important resource of holistic healthcare around the world. Selected techniques of Ayurveda are practised as a daily health regimen all over the world.

Keeping this in mind, we at Ayurveda & Health Tourism magazine have decided to enlighten our readers on the practices of Ayurveda in Sports and Orthopaedics through this issue. Our writers have tried to make sure that the articles are written in a lucid and interesting manner so as to impart knowledge and information with an extra edge. Our experts discuss the goodness of Ayurveda and its advancement so that it is at par with modern medicine.

We decided to settle on this subject of Sports and Orthopaedics keeping in mind the popularity of Ayurveda among sportspersons throughout the world. One of the many reasons for this is that the healing mechanism of Ayurveda in Sports ensures lasting cure with minimal side-effects.

To top it all, Yoga which is closely associated with Ayurveda, has become a globally-accepted health practice, all thanks to the UN declaration of International Day for Yoga (21st June). Yet, its goodness is yet to convince many health practitioners in the Western and Eastern worlds. Our magazine has already taken baby steps in this regard and we want to further spread the knowledge, goodness and wellness of Ayurveda all over the world, especially in the field of Sports and the medical speciality of Orthopaedics. And the requirement for Ayurveda practitioners to be respected and treated on par with other doctors is the need of the hour. Ayurveda practitioners should also be provided with more funds so as to advance their research and collaborate with modern medicine to come up with integrated health sciences.

Thus, we are sure that this edition of our magazine will enlighten our readers about Ayurveda's role in Sports and Orthopaedics.

- Editor

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AYURVEDIC MARMA THERAPY IN

neuro-muscular disorder management



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AYURVEDIC MARMA THERAPY IN neuro-muscular disorder management

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In Ayurveda, marma therapy is a science that deals with trauma management and post trauma rehabilitations. In our day-to-day activities we experience a lot of injuries and trauma problems that may lead to death or disabilities. One experiences marma injuries due to road traffic accidents, fall from height, injuries from weapons, from animals and insects, fire and chemicals etc. Marma therapy is considered as a complete science that can deal with the above said problems. These therapies are said to be designed by holy rishis and acharyas of yore. Identification and treatment of marmas are detailed in classical ayurvedic texts like Charaka Samhitha, Susrutha Samhitha, Ashtanga Hrudayam etc. In ayurveda, it is the duty of the physician to save the life and minimize the problems experienced by the patient due to disability. Therefore, marma therapy has an important role in trauma (abhighata) management. Thus we can conclude that, the casualty and post casualty management is marma therapy. Though this was found many years back this ayurvedic marma therapy

has relevance even today.

According to ayurveda the human body has around 107 marmas. These are said to be some vital points where prana – the life is seated. Prana moves all over the body but, in marma points it is more predominant and powerful. Therefore, marmas are classified into 5 types based on the complication that would happen after abhighata. They are Sadhyapranahara (sudden death), Kalanthara pranahara (death within 14 days to one month) Vaikalyakara (making disability), Vaisalyagna (death while removing the weapons which made injuries), Rujakara (severe painful).

The area or size of each marma varies. Complications also vary according to the force or shock of the abhighata and marma position. Hence it is necessary to protect the marma points so as to prevent yourself from injuries or any other kind of shock it experiences. Marmas are also defined as the meeting point of Mamsa (Muscle), Asthi (Bone), Snayu (tendon), Dhamani (Arteries), Siras (Veins), Sandhi (bonny joints). Ayurveda sareera rachana sastra (anatomy) describe that, the marmas are placed in living body only, as it is only the living body that has prana and there is no prana in a dead body. Therefore, marmas are not active in dead body.

If an injury happens to any of these marma points, it disturbs the flow of prana and will lead to death or disability. The treatment principle of marma therapy is thus able to rectify the disturbed prana of that marma point. So at the time of treatment, the Guru or Physician tries to re-structure the injured area by bringing it back to its normal course so as to get free flow of prana energy.

Thus marma therapy has 6 stages of treatments. Marma adangals, marma maruthattu, kaipakam, kacha, use of internal and external medicines, food and food supplements. The success of the marma treatment is in its timely application of the treatment procedure. During trauma management the physician gets very little time to save the patient's life. So it is the selection of medicines and the speed of treatment procedures that decides the fate of the patient during trauma management. If this management is not done properly, the patient may get back his life but can remain handicapped lifelong.

Marma adangals are special manipulation techniques developed as first aids by Tamil marma acharyas. In this technique, the physician stretches and applies high pressure in particular injured body point to stimulate the prana. 13 types of marma adangals are mentioned in the tamil classical texts. If the physician performing these techniques has no thorough knowledge in human anatomy or any practical experience in the field the patient can suffer from a lot of complications in the future.

Tapping on the opposite side of the body part where the injury occurred is named marma maruthattu. Here the physician is said to apply sufficient amount



of pressure on exactly the opposite part of where the patient received his abighata. This elicits the stopped prana and starts its normal functions. In tamil marama therapy the maruthattu comes under Ilakkumurai.

Kaipakam is a massage that includes both hand and foot. This is helpful in correcting any complications that has happened to the muscles, tendons, bones and joints. Foot massage is more useful for strong and stout patient. Oils, powders, specially prepared herbal combinations are used during massages. The Kalari martial arts massage is specially designed for marma protection.

After correcting the deformities of marma abhigata

there is a need of immobilization. For that purpose kacha or bandage are used. It is understood that there are around 80 varieties of bandage based on its style and the materials used. In war field as a defensive mechanism from enemies' attacks, different kacha are used. It is an identification mark of each army troupes.

Medicines have an important role in treatment of marma abhigata. There are different types of medicine. Excitatory or stimulant medicines, anaesthesia drugs, healing drugs, antibiotics, body toning drugs, muscle building items, wound scar minimizing drugs, skin colouring medicines etc. Selection and use of drugs are very important and so is the



According to Ayurveda the human body has around 107 marmas. These are said to be some vital points where prana – the life is seated.



treatment procedures.

Food and its supplements contribute a lot in marma therapy. For healing the wounds additional food is required. This helps fast healing and reduces any kind of complications. The recipe of number of soups and rasayanas are detailed in marma therapy. There are vegetarian as well as non-vegetarian soups effective in marma therapy. Soups are easy to digest and help in body building. Details of soups are mentioned in Tamil classical marma texts.

Marma therapy is highly cost effective and efficient. It is effective in fracture management, dislocation management like in shoulder, elbow joint, knee joint, hip joint, cuts and injuries, sprains, cervical

spondylitis, cervical spondylosis, disc prolapse, low back ache, avascular necrosis etc. Chronic body pain and severe head ache after trauma can be treated with marma therapy. Knee joint ligament problems are also rectified with marma therapy. Sports injuries management is highly effective by marma therapy. X-ray, MRI, CT, nerve conduction study etc and all other modern lab tests are helpful in marma therapy. Propagation of marma therapy globally is the need of the era. The benefits of marma therapy should reach the necessary patients. It is time tested treatment system. So we can expect a global acceptance of this treatment method in the future.



This tree can be grown cheaply and easily, and the leaves retain lots of vitamins and minerals when dried. The tree is used in India and Africa in feeding programs to fight malnutrition.

Wholesomeness of Drum Stick Plant

D

rum stick is a plant that is grown for its nutritious leafy-greens, flower buds and mineral-rich green fruit pods. It possesses horseradish like roots and hence known to the western world as horseradish tree. This tree is drought-tolerant, medium-sized, evergreen tree that prefers warm, frost free climates to flourish. This tree is well-known since every part this tree has some nutritional value.

Health Benefits of Drumstick

- It is a rich source of highly digestive proteins, calcium, iron, Vitamin C, and carotenoids.
- Drumstick soup helps to control any kind of chest congestion, coughs and sore throats.
- Juice extracted from drumstick leaves, when mixed with milk and offered to children will greatly helps to strengthen their bones as it is said to be a great source of Calcium.
- Drumstick leaves juice gives a good glow to your skin and face also drumstick is said to be a great blood purifier.
- Drumstick leaves are used to treat many problems such as the wheezing of asthma, bronchitis, and tuberculosis.
- Soup made with drumstick leaves and flowers are highly beneficial in preventing infections of throat, chest and skin.
- Drumstick-leaf juice is also very beneficial for pregnant women as it can help them to overcome sluggishness of the uterus, easy delivery, and reduce post-delivery complications.
- Inhaling steam of water in which drumsticks have been boiled helps to control asthma and other lung problems.
- Because of the high calcium, iron, and vitamins, drumstick leaves can be used as a wonderful tonic for infants, growing kids and teens to promote strong and healthy bones.
- Pregnant women should often eat drumsticks as it helps to ease any kind of pre and post-delivery complication.

Drumstick Plant in a Nutshell

Moringa is a plant that is native to the sub-Himalayan areas of India, Pakistan, Bangladesh, and Afghanistan. It is also grown in the tropics. The leaves, bark, flowers, fruit, seeds, and root are used to make medicine.

Moringa is used for "tired blood" (anemia); arthritis and other joint pain (rheumatism); asthma; cancer; constipation; diabetes; diarrhea; epilepsy; stomach pain; stomach and intestinal ulcers; intestinal spasms; headache; heart problems; high blood pressure; kidney stones; fluid retention; thyroid disorders; and bacterial, fungal, viral, and parasitic infections.

Moringa is also used to reduce swelling, increase sex drive (as an aphrodisiac), prevent pregnancy, boost the immune system, and increase breast milk production. Some people use it as a nutritional supplement or tonic.

Moringa is sometimes applied directly to the skin as a germ-killer or drying agent

(astringent). It is also used topically for treating pockets of infection (abscesses), athlete's foot, dandruff, gum disease (gingivitis), snakebites, warts, and wounds.

Oil from moringa seeds is used in foods, perfume, and hair care products, and as a machine lubricant.

Moringa is an important food source in some parts of the world. Because it can be grown cheaply and easily, and the leaves retain lots of vitamins and minerals when dried, moringa is used in India and Africa in feeding programs to fight malnutrition. The immature green pods (drumsticks) are prepared similarly to green beans, while the seeds are removed from more mature pods and cooked like peas or roasted like nuts. The leaves are cooked and used like spinach, and they are also dried and powdered for use as a condiment.

The seed cake remaining after oil extraction is used as a fertilizer and also to purify well water and to remove salt from seawater.





Jack fruit

– the miracle food crop



Jackfruit is a high source of energy. It provides a quick boost of oomph without upsetting the sugar levels in the body significantly.

Jack fruit has been a plant that has been found on the yards of Kerala house hold for long and its ease of availability made it less respectful than other fruits. This sweet fruit, which is born in summer is known for its ability to quench thirst and hunger and thus rejuvenate oneself. It is also seen to decorate the tree from top to bottom once it is borne thus, a definite feast for the eyes as well as the stomach. Other than its property to satisfy taste and hunger, it is well-known for its medicinal values and its ability to cure all kinds of diseases. Earlier, a big jack fruit along with a few mangoes were used during Vishu as the kani. But today these fruits have easily replaced Apples and Oranges.

When talking about the uses of the jack fruit, they are umpteen. It is mainly used for consumption. It can be used to make payasam or to make chips. The raw Jack fruit cooked with coconut is used as a side dish with meals or can be eaten along with the Kerala style fish curry which is a delicacy. This particular dish which is a favorite of Malayalees is available in restaurants throughout Kerala. The seed is also cooked as a side dish that is eaten along with meals. The fruit is also known for its energy, dietary fiber, minerals and vitamins. It is also free from saturated fats or cholesterol, making it one of the healthy summer treats to relish! Apart from the fruit the tree is known to give shade and its wood is used for construction and many other things. To sum it up, all parts of this plant are seen to be useful in one way or the other. Because of its great importance jack fruits festivals are conducted to spread awareness of its importance.

It is also rich in nutrients. Jackfruit is known to be loaded with dietary fiber, which makes it a good bulk laxative. The fiber content helps protect the colon mucous membrane by binding to and eliminating cancer-causing chemicals from the colon. Further, its fresh fruit is a good source of potassium, magnesium, manganese, and iron. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure.

Speaking of its size, it is a huge tree that grows as high as 30 meters and is believed to be indigenous to the Southwestern rain forests of India. Today, it is widely cultivated in the tropical regions of the Indian subcontinent, Thailand, Malaysia, Indonesia and Brazil for its fruit, seeds, and wood. The tree grows best under tropical humid and rainy climates but rarely survives cold and frosty conditions.

Also, this tree is known to bear as many as 250 large fruits at a time. It is also supposed to be the largest tree-borne fruits in the world. The fruit varies widely in size, weigh from 3 to 30 kg, and has oblong or round shape measuring 10 cm to

60 cm in length, 25 to 75 cm in diameter. While unripe fruits are green, they turn light brown and spread a strong sweet, fruity smell once ripe.

Jack Fruit Facts

- Jackfruit is known to be the national fruit of Bangladesh and Indonesia.
- This pulpy fruit is known to be a great alternative to rice and therefore the tree is known as "rice tree".
- The raw Jackfruit is very similar in texture to chicken thus making it an excellent vegetarian substitute for meat. Thus, it is often passed off as "vegetable meat".

Health & Goodness of the fruit

- It is a high grade anti-oxidant due to its intense accumulation of vitamin C. It builds up the immune system and is said to protect one from cold, flu, infections and critical conditions like Cancer and tumors.
- Jackfruit is a high source of energy. It provides a quick boost of oomph without upsetting the sugar levels in the body significantly.
- The potassium of the fruit controls the sodium thus maintaining the ion balance along with regulating muscle function. Thus potassium plays a great role for arresting high blood pressure and maintaining a healthy heart.
- The elevated fiber content of the fruit enhances healthy digestion and is effective in avoiding constipation thus keeping the gastrointestinal tract clean and healthy.
- It contains dietary fiber that is seen to reduce the toxin effects in the colon thus protecting it from colon cancer. Added to this, its constipation preventing properties averts piles.
- The fruit has a high content of Vitamin A and its counterparts that guards the eyes from disease, improves eye sight and prevents vision related medical problems.
- The fruits anti-oxidant properties and high water content keeps the skin healthy and moisturized thus reducing wrinkles and dryness.
- The root of the plant has been found to be an effective remedy for asthma symptoms.
- The fruit also preserves the bone health by maintaining the calcium content and increasing its density by reducing the calcium loss owing to healthy potassium content.
- Jackfruit eases anemia by increasing the iron content along with the absorption of Vitamin C in the body.



SNEAK PEAK INTO THE CELEBRATIONS OF THE FIRST INTER- NATIONAL YOGA DAY



Did you know that Indian ways are starting to go global? Yes, the first international Yoga day was celebrated all over the world with a lot of pomp and reverence. Yogis around the world were seen to take their mat to show their love for yoga. This is a sign that Indians are fast becoming part of the global culture and that we are no longer separated as just the land of omens and snake charmers. This is also a proud moment for India as it leads the world into Yoga. It is also a fascinating fact that the world easily accepted to tread the path that India paved with respect to Yoga. It should be noted that it was Indian Prime Minister, Narendra Modi who was the driving force behind the event. "Yoga is an invaluable gift from our ancient tradition," Modi said when he first proposed International Day of Yoga during the opening of the 69th session of the UN General Assembly.

In the US, Times Square witnessed thousands participating in a Yoga session on the first international Yoga Day on June 21, 2015. Many practiced yoga during six different classes held throughout the day to mark the summer solstice.

The inmates of Tihar jail participated in an event showing their solidarity for the first international Yoga day. It has been noted that around 40,000 people was part of the first international yoga day celebrations that took place at Rajpath lead by PM, Narendra Modi. Also, NCC cadets were seen to perform yoga on the banks of river Ganga in the Jhusi area, at Kriyayoga Ashram in Allahabad.

Thousands of yoga enthusiasts in Israel took part in the mass yoga program to show their consent for the first international Yoga day. The yoga day celebrations took place in Tel Aviv.

Chinese people also showed their co-operation by taking part in a mass yoga session at Qishan lake on June 21, 2015 in Xingtai. Oga enthusiasts in China were also seen to perform yoga by twisting their bodies in complex posture at a hotel banquet hall in Changping District, on the outskirts of Beijing.

Paris also did not stay behind in the Yoga day celebrations. Here, yoga day celebrations took place on the square at the foot of the Eiffel Tower on June 21, 2015 in Paris in France.

Afghan students were seen to perform yoga during the first International Yoga Day, at a private school in Kabul, Afghanistan.

Yoga enthusiasts were seen to perform yoga to mark the International Day of Yoga in Colombo, Sri Lanka .

Kashmiri students were seen to perform Yoga to mark the first international yoga day at Indian controlled Kashmir.

Thus, 192 countries joined in for a mass yoga session to mark the first International Yoga Day. The yoga celebrations are being organised after the United Nations had in December last year declared June 21 as International Yoga Day.



MANAGEMENT OF SPORTS INJURIES IN AYURVEDA

Dr. T.S. Jayan

Sports injuries management through ayurvedic principles are a highly popular mode of treatment as it strengthens the person than ever before. Management of Ayurvedic sports injuries are broadly divided into temporary and emergency treatment. The basic treatment principle of any musculoskeletal problems are PRICE :- Protection, Rest, Ice, Compression, and Elevation:

1. Protection: for example, Guard the shoulder to prevent further injury.
2. Rest: Reduce or stop using the injured area for 48 hours.
3. Ice: Put an ice pack on the injured area for 20 minutes at a time,
4. Compression: Compress the area with bandages, such as an elastic wrap, to help stabilize the shoulder.
5. Elevation: Keep the injured area elevated above the level of the heart. Use a pillow to help elevate the injury



Conditioning of sports person & prevention of sports injuries

Conditioning means to increase flexibility, endurance, strength and muscle development. The conditioning in ayurveda includes ahara, abhyanga and yoga. Sports massages, Kalari massages like katcha, raksha, sukha thirummu etc. helps in conditioning of the body and increasing flexibility. Yoga asanas helps to increase the flexibility of muscles & to attain mental strength.

Conditioning of sports person in ayurvedic terminology is **KARMA SHAKTHI, KARMA SAMARDHYAM**

It includes

1. **STRENGTH** – Ability to exert force
2. **SPEED** – Ability to react or move quickly

3. **ENDURANCE** – Ability to maintain function over a period of time.

4. **FLEXIBILITY** – Optimum degree of joint mobility

Most common areas vulnerable for sports injuries

The knee joint is the mostly affected joint in sports. It is most vulnerable, fully weight bearing & inherently unstable joint. Most of the injuries on the knee occur during games like football and rugby. Mostly ligament injuries happen in the knee joint. Shoulder is prone to rotator cuff injuries, ankle joint to sprains and muscles suffer from muscle cramps

Knee joint

Prevention of injuries in knee regions include

- Protective padding, support and use of safety aids
- Practice of local abhyanga, dhara with suitable medicated oil to increase muscle tone & flexibility.
- Ekanga Shashtika lepa to increase strength of supporting muscles.
- Regular stretching exercises

Shoulder & Rotator cuff

The rotator cuff is a group of muscles which work together to provide the Gleno humeral (shoulder) joint with dynamic stability. It includes supraspinatus, infraspinatus, teres minor, and subscapularis. It holds the ball and socket and provides mobility and strength to the shoulder joint. Sports involving a lot of shoulder rotation like bowling in cricket, pitching in baseball, swimming and kayaking are prone to shoulder injury.

Prevention of injuries in shoulder region,

1. Regular pratimarsa nasya to protect urdhvanga, & shoulder regions.
2. Local abhyanga & dhara
3. Shashtika lepa
4. Stretching exercises

CONDITIONING OF SPORTS PERSON FOR SPECIFIC EVENTS

The Ayurveda system of approach is to prevent injuries rather than a symptomatic approach of treatment. This system helps cure and prevent the recurrence of injury. Various kinds of Ayurvedic modalities like marma procedures, panchakarma, rasayana and other formulations can be used for better results. The types of emergency managements mentioned in these contexts are incorporated in Sports Ayurveda making necessary alterations in tune with time.



SPRINTERS

1. Abhyanga with suitable muscle relaxant oil one month prior to the event regularly.
2. Patra potala sweda 15 days before the event.
3. Udwartana for weight loss if there is excess fat in the body.
4. Pranayama & yogasanas for cardiovascular endurance & to reduce mental stress.

In throw events like volley ball, bowling in cricket

1. Abhyanga with suitable oil concentrating more on the shoulder region.
2. Pizhichil once in a month.
3. Nasya once in 15 days
4. Patra potala sweda 30 days prior to the event.
5. Ekanga shashtika lepa to increase muscle strength

In soccer players

1. Abhyanga regularly prior and after the play to reduce possible muscle injuries.
2. Pizhichil 15 days prior to match.
3. Shashtika pinda sweda around knee region once in 15 days.
4. Udwartana to reduce excess accumulated fat.
5. Patra potala sweda 30 days prior

to the event.

Distant Runners

1. Abhyanga at regular intervals particularly on lower limbs to reduce muscle strains & cramps.
2. Pizhichil once in a month.
3. Patra potala sweda 15 days prior to event.
4. Pranayamas for cardiovascular endurance

Therapies beneficial to sports personnel

Abhyanga/ Massage

Abhyanga - This is smearing of oil, or external oleation as a pre-operative procedure. Massage is done by applying gentle pressure over the body to get pleasurable pain. Abhyanga is defined as an ayurvedic procedure of application of snehadravayas over body with certain amount of (very mild) pressure in specific directions. It can be applied to the whole body or locally. Many of the prevalent modern massage techniques are the modified forms of abhyanga. These are developed from Keraleeya Kalari Chikitsa, Kathakali massage and martial arts. Sports massage mainly meant for the fitness of athletes.

UDVARTANA

Udwartana is deeply penetrating herbal paste through lymphatic massage. This full body massage uses a paste prepared from ground

grains to cleanse the skin, improve circulation, and help weight loss. Helps to reduce excess fat accumulated in the body thereby increasing the flexibility of muscles in sports persons. Udwartana balances kapha, liquefies adipose tissues, smoothes the skin, strengthens and tightens the body.

It is almost similar to Abhyanga but more invigorating, it uses herbal paste instead of oil. The paste is made with various organic grains, flours, herbs and oils and applied with upward strokes during massage. Udwartana helps to eliminate lymphatic toxins out of the body and also improves sluggish circulation and digestion. It increases the metabolic rate of the body and activates the rasa dhatu (lymph), which in turn enables the vayus (gases) to flow and make the nadi system more efficient.

SHASHTIKA PINDA SWEDA

Pinda sweda refers to the sudation performed by bolus of drugs. Shashtika pinda sweda is performed in ekanga or sarvanga with the bolus of boiled Shashtika shali with Balamoola kwatha and ksheera. The main properties of Shashtika are snigdha, guru, sthira, sheeta tri-doshaghna. Though a sweda karma, it has brimhana guna.

PATHRA POTTALI SWEDA

Swedana is performed by using specially prepared bundle of medicinal



leaves. This is a form of ooshma sweda that is useful in chronic muscle strains & sprains, overuse of injuries, nerve injuries, increases muscle tone, flexibility with added effect of physiotherapy.

JAMBEERA PINDA SWEDA

An ooshma sweda performed with the bolus of jambeera fruit piece. Found effective in chronic inflammatory conditions of joints, spine etc

MANAGEMENT OF SPORTS INJURIES

Emergency Action Plan

First Aid

Diagnosis, medication, physiotherapy

Rehabilitation and alternate activity program.

Return to activity

FIRST AID

For life-threatening problems e.g CPR. It is done in the first hours of soft tissue injury Rest and cold application (RICE).

TREATMENT PRINCIPLE

For Acute stage

sadyovrana chikitsa,

bhagna chikitsa

armabhigata

For Chronic stage

Vatavyadhi chikitsa

Rasayana chikitsa

Fracture treatment

Reduction & immobilisation

manjishtadi lepana

mahatpanchamoolaksheerapaka dhara

murivenna abhyanga

Soft tissue injuries

In wounds, lacerations etc.-sadyovrana chikitsa

In sprains & strains.

In acute stage kshatoshmahara chikitsa is needed. In sub acute stage chikitsa like bandhana , snehan, sweda etc.

Rehabilitation

Rehabilitation is done to prevent further damage, to increase strength, flexibility, lifting power, cardio pulmonary function, to normalize activities of daily life, to assist in return to work and vocational activities. The field of sports medicine has had vast expansions in recent years as ayurveda has given remarkable results to sports men enhancing their performance and increasing the durability of life.

Merits of Sports Ayurveda

The merits include

- Management of day-to-day health issues of sportsmen.
- Treatment of sports injuries by

external and internal medications.

- Application of Rasayana therapies (Ayurvedic Nutraceuticals) for the enhancement of fitness of body and mind.
- Marma procedures for injury management and rehabilitation.
- Various Ayurveda therapies for boosting the flexibility and vital power of the body.
- Pranayama and Yoga for conditioning of body and mind.
- Dinacharya and Ritucharya (dietary and seasonal regimens) to enhance the potential outcome of sports personal.
- The herbal formulas and rejuvenating ahara-viharas mentioned in Ayurveda helps to maintain proper health of each performer. In Sports Ayurveda, according to the individual and the type of event, the patterns of food, medication and regimens are altered.

In soft tissue injuries including tendon, ligament, and muscular injuries, the Ayurvedic system ensures minimal scar formation and fast tissue regeneration. The main treatment in Ayurveda regarding sports injuries is 'prakritisthapana' that is to regain physical fitness of a sports person and to bring him back to the field as early as possible.

Speedy and spot recovery is now a reality through Sports Ayurveda.

Congratulations to Shri. Ajit M Sharan IAS



A promising stint awaits Mr Ajit M Sharan in the capacity as new Secretary of Ayush, Government of India, where he can contribute much to the improvement of the state of affairs prevailing in the indigenous medicine and health sector.

Innovative ideas and meticulous implementation of various schemes to strengthen the sector are expected from him. Hats off to the 1979 batch Haryana cadre IAS officer, Mr Ajit M Sharan, who is being given assignment as the new Secretary of AYUSH. Prior to this posting, he was Secretary (Sports), Ministry of Youth Affairs & Sports in the Government of India.

He is a graduate in electronics from IIT, Delhi, and has post-graduation in Management from Louisiana State University, US. Apart from his educational qualifications, he has held very important and prominent positions under the Government of India. Previously, he had the good fortune to don several crucial positions at different departments of the government like Power Department, Technical Education Department, Finance & Planning Department and many more. His first posting with the Government of India was in the Land Revenue Management and District Administration. From then on he had efficiently discharged his duties assigned to him in various sectors where he had performed excellently well in making major decisions and successfully executing them.

We, at Ayurveda & Health Tourism Magazine, take this opportunity to congratulate Mr. Ajit Sharma on his new posting in the AYUSH Ministry and extend our full co-operation during his tenure.

NEWS



Somatheeram Ayurveda Group bags State Tourism Awards

Somatheeram Ayurveda Group has once again bagged the prestigious Kerala State Tourism Awards in the categories "Best Approved and Classified Ayurveda Center in Kerala" and "Best Innovative use of Information Technology" for the year 2013-2014.

These awards were conferred to the group considering its excellent performance towards the Quality and Standard Assurance, Hospital Hygiene and 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.

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

Maiden B2B Meet on Home Stay in the State



K-HATS (Kerala State Home Stay and Tourism Association) is organizing a maiden business to business meet for home stays and serviced villas with the support of Kerala Tourism from September 1 – 3 at Bolgatty Convention Centre, Kochi.

The event will witness the participation of around 100 tour operators from different states in India and around 300 home stay entrepreneurs. The event was inaugurated by Union Tourism Minister, Mahesh Sharma.

There will be seminars and workshops on various issues faced by home stay entrepreneurs. K-HATS has planned to hold this meeting annually. Through this meet K-HATS aims at exhibiting home stay products of different districts and different regions of Kerala to offer the seekers a different experience.

In spite of only a total of around 300 – 400 licensed home stay entrepreneurs and 50 – 60 service villa operators in the state, the meet aims at exhibiting over a 1000 entrepreneurs.

How to beat your Back Pain Blues?



Are long hours in front of the PC giving you a strain on the back? Watching movies and television serials are no longer pleasurable for you and giving a twinge to your back? Then it's time you check yourself with a doctor. The Ayurvedic remedies for the problem can be much better than Allopathy since you can be assured of no side effects. Also, Ayurveda treatments are holistic and hence will rejuvenate your whole system. Better than checking for solutions to the disease online it is advisable to consult a doctor who will provide expert advice. Ayurveda treatment methods are said to be long-term but if you are consistent in the treatment patterns the results can be wholesome. Allopathy on the other hand only suppresses the symptoms of the disease rather than uprooting it. Ayurveda mostly recommends home-remedies for back ache in contrast to Allopathy that prescribes high-dose chemical pills that can have adverse side-effects if consumed in the long term. Ayurveda recommends Yoga as well as a regular massage apart from other remedies to cure back pain.

Though back pain is associated with middle-aged people today we hear a lot of youngsters complain about it. Researchers point out that this is mainly due to the sudden life-style changes and change in dietary patterns seen



today. Today children are seen glued to the television or a tab for long hours during holidays than enjoying an outdoor sport. Outdoor sports today are seen to be very rare and because of this children lack a regular physical exercise. This leads to a lot of bodily disorders among which back ache is seen as a key disorder. Due to this pain children are seen to absent themselves from school for long days. Also the assignments given in school today are mostly linked to research on the net and this adds to the misery of back pain students suffer from.

If we consider the case of working professionals the case is no different. The long hours they put in front of the PC in order to get a promotion can sometimes be quite debilitating. The increment they get through their hard work is often flushed down to paying hospital bills. Unlike many other diseases Ayurveda recommends a lot of preventive mechanisms that can help avert this disease. The following are some of the remedies Ayurveda suggests to keep back pain at bay.

Keep yourself warm

According to Ayurveda, back pain is caused due to a vitiated vata and the main quality of vata is that it is cold and so it is necessary to keep yourself warm to prevent this disease. Therefore it is very necessary to dress yourself appropriately during cold winter months as the vata dosha is seen to aggravate itself during this season.

Avoid intake of spicy/chilly food

Another feature of a vitiated vata dosha is dryness. To keep yourself hydrated it is necessary to keep a check on your diet. Chilly or spicy food like green chillies and wasabi can have a drying effect on the body which can in turn cause constipation, resulting

in back pain. So, it is necessary to have a check on your diet to reduce or prevent back ache.

Perform and Practice Padahasthasana

Padahasthasana (standing forward fold pose) is a great Yoga pose for lower back pain as this prevents the restriction of the stool-carrying channels that causes both constipation and lower back pain. Most of the reasons of back pain are not muscular and Padahasthasana helps in elimination of the toxins from the body.

Oil your body

A vitiated vata causes stress, exertion, depletion and tiredness which in turn causes back pain. Also excess



build-up of vata dosha leads to early ageing, and pain in various parts of the body. So to keep yourself young, supple and warm it is very necessary that you oil your body daily before a warm shower. This will not just reduce the pain in your back but will also slow your ageing process and make your skin healthy and strong.

Drink Bishop's weed seed tea

Bishop's weed seeds (called Ajwain seeds in Hindi) are found in any Indian store and in many health food stores. This Ayurvedic spice is highly beneficial for reducing and preventing pain in the back, as well as checking constipation. This can be included in the diet of a person not suffering from heat-related diseases. This is especially good to be consumed during the time of periods by women. Ajwain seeds can be boiled in water and consumed as a decoction. It is an instant pain reliever.

OBITUARY



**Dr. Polly Mathew
Arampankudy**

Ayurveda & Health Tourism expresses its heart-felt condolences to the kith and kin of Dr. Polly Mathew Arampankudy who breathed his last early morning on July 31. He was 66. We pay homage to him reckoning the services rendered by him for propagating genuine Ayurveda at the global level.

Dr. Polly Mathew Arampankudy was the founder and chairman and managing director of Somatheeram Ayurvedic & Yoga Centre Pvt Ltd, Thiruvananthapuram.

We are indebted to him in many ways as he had close relations with Ayurveda and Health Tourism magazine and had contributed much to its expansion. We had drawn inspiration from him, particularly for the launch

of the German edition of the magazine, and the services he had rendered to the cause of Ayurveda in general.

He will be remembered as the pioneer in promoting authentic Ayurveda in European countries. It was through his efforts that Ayurveda has been highlighted as a brand in Europe. His pioneering efforts in this regard has been greatly appreciated by the Ayurveda community.


His Childhood

Polly began his primary education at the local school in Nadukani, attended the Kothamangalam High School then and completed his schooling from Keerampara High School. In 1979, he went to Germany and worked there for six years before turning again to business. He owned two supermarkets in Germany before taking a plunge into the Ayurvedic resort tourism, popularly known as Health Tourism.

Polly has left an indelible mark in the business world of Kerala. From his childhood days in Kerala to the establishment of business in Germany, he proved himself Industrious, studious and intelligent. While raising the profile of his professional endeavors, he has raked in the rewards through his unconventional approach.



Sports medicine is not a single speciality and hence has always been difficult to define. It is an area that involves health care professionals, researchers and educators from a wide variety of disciplines. Its most important purpose is preventive although it has other functions like curative and rehabilitative.



THE SCOPE of AYURVEDA in SPORTS MEDICINE

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AYURVEDA AND SPORTS MEDICINE: Sports medicine, as a separate medical specialty has a fairly recent origin and it is quite pertinent to ask how a medical system, that is more than five thousand years old, can make any contribution in a field like sports medicine which, by any stretch of imagination, is not more than a few decades old.

When we go through the Ayurvedic doctrines we definitely do not find direct references regarding a specialty called sports medicine nor do we have ready made management plans for sports related ailments. It requires a lot of close observation and correct percep-

tion of the implied meaning of the ancient words of wisdom to appreciate the scope of Ayurveda in this field. Hence a blind critique can easily shut the doors on any exploration on the topic concluding that "Ayurveda has nothing to do with sports medicine". But when we observe with the open mind of a curious scientist, we find enormous possibilities. It makes us appreciate a very significant contribution that Ayurveda can make to improve the effectiveness of sports medicine as a whole. If a systematic and dedicated research happens in this direction, Ayurveda could revolutionize and contribute a great deal to the sports medicine.



Dictum of Ayurveda for an athlete

Practise makes a man perfect. If one has to perform he has to undergo rigorous practices.

A concept that is quite unique to Ayurveda is the concept of Daily and Seasonal regimen mentioned very elaborately to promote a healthy living. This regimen is quite exhaustive, giving very fine details like:

- When a person should get up in the morning.
- The necessary activities to be done in a day.
- The amount of exercise he should perform.
- The type of food he should consume in a particular season.
- Seasonal purificatory therapies to be performed to detoxify the body periodically.
- To avoid incompatible food stuffs
- Sleep
- Celebacy

Ayurvedic recipe for sports people

Three primary factors that influence athletic performance are genetic endowment, state of training and nutrition. Even though good diet cannot guarantee

success, poor diet can certainly undermine training. Ayurveda gives comprehensive description of food substances that can increase muscle mass and physical prowess. Food should be taken according to eight factors such as nature of food, processing of food, combination, quantity, place, time, dietetic rules, constitution, and combination (C/Vim ½.) Sarvagraha and parigraha are two nomenclatures used for total quantity of food and quantity of individual items of food respectively. The list of wholesome items in food would be red Sali rice among cereals, green gram among pulses, rock salt among salts, Jeevanti among herbs, meat of deer among animal meats, meat of quail among birds, meat of Iguana among the animals living in holes, Rohita among fish, Amalaka (Fruits) barley, water, cows milk among milk, ghee among clarified animal fats, sesame oil among vegetable oils and honey are prescribed

Natural performance enhancing agents (Bio-steroids)

One of the most exiting prospect that needs immediate exploration is the drugs (of pure herbal origin) mentioned for enhancing the physical prowess of a person. There were apparently widely used in ancient times by warriors to enhance their performance during war and from getting tired easily. Among the 50 Mahakashaya Brimhaneeya dasaimani (Muscle builder), Jeevaneeya





Dasaimani (Vitaliser) Balakara Dasaimani(Promotes strength) and Sramahara dasaimani (Promotes cheer)drugs are said to have components that can enhance the performance level. These drugs are non-steroidal and probably act by increasing the secretion of the biological hormones and enzymes. Here it is significant to note that research in the field of micro-biology has revealed a group of naturally occurring substances in many plants classified as biological-steroids that have actions very similar to steroids sans their dangerous side-effects.

Preparing for the big event.

Ayurveda has also mentioned certain rituals that a person who is about to go for a combat should undergo prior to a fortnight. They include staying alone in a lonely place. The person will be allowed to interact only with his trainer and not even his nearest relatives. He will be fed with a peculiar prescribed diet that includes the following 1.Time 09 am to 10 am Porridge with ghee

Porridge with Chunda ver, or Jeera fried and powdered, or porridge prepared with sida cordifolia or cherupanchamoolam Porridge + green peas +cooked vegetables

11 am Soup Payary

1pm Lunch with more vegetables

7pm Dinner

These could be introduced for sports person before any major event to naturally boost his performance

Ayurveda for off season and for early recuperation

Also, these are a host of rejuvenative treatment modalities which a sports person could undergo during his off season, which can prepare him to efficiently handle the physical and mental stress involved in competitive sports.

Marma and sports medicine

Injuries in the sports are increasing with the popularization of sports of all types. Though the sports are professionalized and commercialized, the amateur sports are even now the main stay in India. The mental trauma that will gripe those unfortunate, otherwise healthy young adults is very much demoralizing. The following are the most common injuries 1 Injuries to ligament 2. Injuries to tendon 3. Injuries to muscle. Ayurveda has got very effective remedies that can either be used principally or as a supportive therapy in numerous orthopedic problems encountered by sports persons.

The use of pressure points called marma forms an important part of treatment in ayurveda. Just as acupuncture points are used by Chinese medicine and Chinese martial art, marma points are used by physicians to heal and also by martial art traditions like Kalari payattu. This is also done to inflict maximum possible debilitating injury to the enemy and also to defend oneself from getting injured.

Ayurveda has very simple herbal formulations that can hasten the process of recuperation after a surgery, rehabilitation of an injured muscle, bone, performance levels. A lot of systematic and sincere research needs to be done to explore the scope of Ayurveda in the field of sports medicine.

Conclusion

Ayurveda incorporate several principles that can be effectively used for improving the sports medicine as practiced today. Detailed studies using modern principles of investigation should be initiated as a combined project between the practitioners of different systems of medicine so as to bring out the benefit or otherwise of these tenets enunciated in Ayurveda.





Gurus of Ayurveda: Kerala's Ashtavaidyas

Ayurveda is a collage of ancient medical practices and systems some of which are unknown to many. One such tradition is the Ashtavaidyas who are significant for their ancient methods of medical practices. These are the Ayurveda gurus of Kerala that practice this traditional art of disease treatment called Ayurveda. These gurus are known to practice Ayurveda without any compromise on its fundamental principles and thus they are known for contributing richly to this traditional medical system in the Indian public health system.

These Ayurvedic gurus are known

to represent the Brahmin scholar physicians who have mastered the eight branches of Ayurveda. These are seemingly mentioned in the classical texts and Ashtangahrdayam, which is the primary text of Ashtavaidyas supposedly deal with these eight branches of therapy.

History reveals that eighteen upper caste families of Kerala were initially chosen as Ashtavaidyas. Each of these families were said to build up their own therapeutic area of expertise and its specific methods of transmission. Most of these specialties were guarded closely as family secrets. Another



feature of these Ashtavaidyas was that they trained students outside the family as disciples and this helped in the propagation of knowledge beyond the family circle. These Ashtavaidyas are also well-known for enriching Ayurvedic literature through their discourses in Sanskrit based on the Ashtangahridayam such as Hridayabodhika and Vakyapradipika and compendiums in Malayalam such as Alattur, Manipravalam, Cikitsamanjari, Sahasrayogam and Sindhuramanjari.

In the 20th century, noted Ashtavaidya scholar, Vayaskara N.S.Moos made noteworthy contributions to the

Ayurvedic literature by publishing ancient texts together with his own works that were said to be original. Recently, it was noted that Vaidyamadham Namboodiri in his quest to inform the public about this ancient system of Ayurveda has written books and over a hundred newspaper articles.

Today this ancient system of being trained as Ashtavaidyas is declining and it has become rare that Ashtavaidya physicians are being trained in this ancestral system of study. Also at present its very existence is threatened by lack of governmental and other support and the thinning of the number of practitioners.

This indigenous Ayurvedic medical knowledge is a combination of its ancient written work and that which is practiced among the folk medical tradition of India that still remains un-published.

It is understood that the social structure and the temple culture of the Namboothiri Brahmins in medieval Kerala provided a conducive environment for the Ashtavaidyas to live and practice their culture here. They were said to interact with the local vaidyas of the land and thus developed aspects of local therapeutic techniques and thus a new style of healing evolved. These gurus are also known to have enriched Ayurveda through their local elements which later became a pillar of strength to their tradition.

The Ashtavaidyas are known for practicing the eight angas or branches of Ayurveda. They are general medicine, pediatrics, toxicology, surgery, medicosurgery dealing with supraclavicular diseases, promotive therapy, aphrodisiacs, and ailments caused by invisible agents. But due to many reasons including local competition some of the angas have lost importance among the Ashtavaidyas.

Today, few among the remaining Ashtavaidyas of Kerala include Olas-Chiratomon Narayan Moos, and Vayaskara Aryan Moos who are from two famous Ashtavaidya families of central Kerala.

The Ashtavaidya training is said to start by learning the traditional texts by heart. Then they master one or two texts widely. Following this there is a long apprenticeship under a senior member of the family or a student of the family lineage. The intuitive skill that is part of the training for the diagnosis of a disease is usually developed during the training period. This is developed by observing teachers diagnosing and prescribing medicines. Each family of Ashtavaidya is said to have their own formulations for medicine for particular diseases that are written and stored on palm leaves. But the basis of their treatment is the Ayurvedic text – Ashtangahridayam of Vagbhata.

Another threat to the Ashtavaidya tradition is the shortage of medicinal plants. Earlier these Ashtavaidyas had special suppliers who would bring them these medicinal plants or these gurus grew most of them in their own yard, but today the market for medicinal plants have become commercial bringing a change to the entire system. Today we can see dwindling numbers of Ashtavaidyas in each of these families and the prestige they held earlier is no more seen. There seem to be no takers for this system of medicine and there aren't people who are willing to devote their time and energy for this.

Despite of all the threats these Ashtavaidyas face they continue to train outsiders and practice their unique form of medical system so as to preserve this knowledge for prosperity.



Ayurveda's different ways to take care of bones

Activation of Mar- mas, massages, bandages called “Vachu Kettu” are among myriad ways of Ayurveda to take care of bones

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W e are what we are and moving about because of our bones which support and protect various organs of the body, produce red and white blood cells, store minerals and enable mobility, they say.

We know that bone tissue is a type of dense connective tissue and that bones come in a variety of shapes and sizes essentially protecting the vital and fragile organs; the chest protects the heart, the skull encapsulates the brain, keeping it safe and free from harm. We breathe, we think and we act only because of the great protection offered by the bones.

Imagine for a second we won't have bones, then the body would have no frame, and it would be nothing but an immobile mass of flesh and tissue, not worth anything.

Bones alone cannot provide locomotor function, but aided by the brain and the nervous system passing through the skeletal system, circulatory and other systems, the bones pair up with the joints, ligaments, tendons and muscles enabling us to move about.

Bone-marrow contained in the central cavity of the longer bones is significantly important for producing both RBC (Red Blood Corpuscles) and WBC (White Blood Corpuscles).

Not to speak of other things, bones are important for conduction vibrations which allow us to hear.

All these points speak volumes for protecting the bones and maintaining them as we grow old, so that the faculties remain as in tact as possible. Otherwise, life would be miserable without being able to walk and go about in our own ways.

Remember Dr Johnson's famous quote: "While I was perambulating through the quadrangular fields of London during the nocturnal hours of the previous day, I espied a rustic to whom I interrogated some queries to which he made no response and with the rapid rotation of my walking cudgel, I changed his perpendicularity into horizontality". With a shove of Dr Johnson's walking stick, the rustic had fallen down on the ground.

What I mean to say is that our bones should be



spick and span so that there would be no easy fall.

Not one of his bones would be broken, it was prophesied about Jesus Christ. When God gave Moses and Aaron the rules for the Passover—some might have sounded unconventional—for example, the clear prohibition against breaking any bones of the lamb that was sacrificed and eaten by each household.

This command that the Passover lamb does not have its legs broken carries symbolic weight. When Jesus, whom John the Baptist proclaimed to be “the Lamb of God, who takes away the sin of the world” (John 1:29), was crucified, not one of his bones was broken. John 19:31-34 tells us that when the soldiers came to Jesus to break his legs to hasten his death, they found that he was already dead, so they pierced his side with a spear but did not break his legs.

As John testifies, “These things happened so that the scripture would be fulfilled: ‘Not one of his bones will be broken’” (John 19:36). The Exodus 12:46 rule is also echoed prophetically in Psalms 34:20: “He protects all his bones, not one of them will be broken.” To the last detail of his death, Jesus fulfilled the prophecies concerning the Messiah, verifying that he was, as John the Baptist claimed, the sacrificial Lamb of God. Bones are therefore extremely important.

Human beings are not like divine Jesus Christ, they are this-worldly and so prone to break the bones. No doubt life-style diseases are on the increase, with hyper

tension, diabetes, osteoporosis, osteoarthritis, diabetic neuropathy and the like overtaking them on the fast lane of life, there is every possibility that at one time or the other they would have problems with their bones.

Often the bones would be broken and it would be prudent to keep the bones as strong as possible so that there would be no breakage.

A friend of mine has confided in me that we consume a lot of Allopathic medicines, often inescapable, which contain many substances that cause side-effects. Some of these have steroid elements which cause some harm one way or the other.

Ayurveda has myriad ways of dealing with bone protection, management of broken bones and the like. There are procedures by which bone density can be improved upon. Here are some of the observations Ayurvedic experts offer.

“With age, our skeletal system becomes brittle, due to loss of bone density, which can lead to fractures and a compressed spinal column, thereby affecting posture and resulting pain in the back and the spine.

Ayurveda considers this deficiency disorder to be dominated by the air humour of Vata. When this condition worsens, it can even impact other functions and organs in the body, causing some associated symptoms of osteoporosis, such as breathing difficulty, anxiety, nervousness, constipation, forgetfulness, physical and emotional instability, degenerative arthritis, low back pain, loss of height, insomnia, bladder and kidney weakness, frequent urination and dental problems.

According to Ayurveda, bone density can be improved through wholesome nutrition, herbs, healthy activities, and with some good home therapies, without depending on drugs or hormones. In fact, osteoporosis is considered to occur due to the same causes as impairment of Vata dosha, which contributes to menopausal disorders in women.

Some of the nourishing herbs recommended by Ayurveda for this condition, and to maintain good hormonal balance in the body are, Ashwagandha, Shatavari, Dashamula, Triphala, Saffron, Gotu kola, Brahmi, and Amalaki.

A few of the other common herbs that can boost the hormonal system are horsetail, nettles, ginseng, Siberian, hawthorn, berries, dandelion root, motherwort, milk thistle, ginger, sage, raspberry leaves, and valerian.

These herbs can be had either in single, or can be combined and used in the form of tea, wherein one tablespoon of the herb can be boiled in two cups of water.

Allow to steep for ten minutes, before straining, and drinking after meals. Add a dab of honey if desired.

Other general Ayurvedic formulations recommended are Balarishta, Vadagajankuja Rasa, Vadha vithvamsini Rasa, Yogaraja Guggulu, Vadha Rakshasa, Navagrahi sinduram, Loha soveram, Swarna vadha rakshasa, Bhaskara lavanam, Maharasnathi kwatha churanam, Panjathiktha gugglu kritham, and Brihachakalathyam krutham.

Abhyanga or self-massage using sesame oil, and Dashamularishta are good for Vata pacification. The Ashoka bark which has sodium, silica, phosphate, potassium, iron, magnesium and calcium, is also considered good for improving bone density and uterine disorders in menopausal women. However, these preparations should be taken in consultation with an Ayurvedic physician." There would be problems with self-medication, no doubt.

There are other Ayurvedic prescriptions for protection of bones.

"Eat calcium-rich foods such as organic dairy foods, green leafy vegetables and beans, foods high in Vitamin D such as organic dairy foods, and trace minerals manganese (mostly found in oat meal, pine-apples, nuts and cereals) and boron (found in nuts, soya beans, fruits, and honey).

As far as possible, stick to whole foods, rather than supplements and avoid all refined foods, refined sugar, excessive caffeine intake, antibiotics, alcohol, and anti-inflammatory drugs.

Some food items that are particularly recommended for improving bone health are: dairy foods, cereals (particularly oat meal), whole grains, leafy greens, broccoli, Brussels, cabbage, sprouts, beans and urad dhal, black gram, chickpeas, mung, soya, fruits such as pine apples, apples, oranges, and nuts such as almonds, hazelnuts, peanuts, seaweeds, and honey.

Chewing a handful of sesame seeds daily in the morning provides natural calcium".

They also say:

"Practise Yoga, meditation, exercise regularly and use Vata- pacifying essential oils on a regular basis".

There are methods under the Marma Chikitsa system which would take care of the muscles, bones and the nervous system protected by the skeletal system. Marmas are vital points or pressure points which when activated by an expert would provide needed succour. The Marma System may work in its own way just as the Chinese system of acupuncture with pins and needles works. The only difference is that there are no pricks

and needles, for the tools are the physicians" fingers or toes.

Years ago, I had seen how the system works miraculously when my brother's son, when he was a child, had some sort of a sprain on one of his feet. He could not put his foot down on Mother Earth, for he was limping. Immediately we took him to our traditional Ayurvedic physician, Vasudevan Vaidyan, who was an expert in massage and Marma treatment. When we went to his work place, many patients were waiting there with their individual problems. By then his sons had mastered the art and craft of traditional Ayurveda and massage and Marma ways of treatment. They were massaging patients in a row balancing themselves on ropes made of clothes, hung from the roof of the special enclosure for massage. Their toes were doing wonders on the oil-dripping patients who were undergoing massage.

Without waiting for a minute they enquired about our problem which we explained. They told us to wait for completion of the massage of the patient currently under way.

Afterwards, they put the child on the massage structure and the younger physician put some oil on his affected foot and nudged the inner side of his foot with his toes a few times. With no doubt in his mind, he asked the child to walk around in the courtyard. It was a miracle, the child who could not put his foot on the ground was then walking around with ease. There was no prescribed fee, perhaps we were known to them, but only some contributions.

The elder physician himself had massaged me some 20 years previously when I had fallen from a cashew tree of considerable height. My father immediately took me to the Ayurvedic physician who, after applying many oils, had massaged me from head to foot thoroughly. And I had no problem from the fall, of course, there were no broken bones.

Even if there are cracks in the bones they have procedures to take care of them. They would bandage the portion with wooden splints and supports called in Malayalam as "Vachu Kettu".

It is said there are umpteen stations in Tamil Nadu and Andhra Pradesh as well where traditional Ayurvedic physicians follow the system successfully.

The traditional systems remain untapped so much so that the possibilities are not exploited to the fullest extent. Let there be all other systems and practices, but there is the bounden duty to preserve the traditional systems which offer succour to a lot of people.



Repeated Strain injuries; an Ayurvedic Perspective

Dr. Mathews Vempilly
MD (Ay)

Sports medicine is a broad and vivid area that encompasses various concepts like prevention and first aid for a sports person, injury management, strength & endurance improvement programme, psychological counseling, etc. In spite of all these concepts we may still have to depend on modern medical science for surgical correction of injury. On the other hand, conservative management has got its own merits and possibilities that play a definite role in injury management.

Repeated strain injuries (R.S.I.) are the most common injuries that we come across in Sports medicine. This may even restrain the sports person from exploring his own area of excellence. In this regard, Modern medical science or surgical correction becomes only a last choice, whereas Ayurveda has got its own conservative techniques, which can assure a 'scar less' as well as non-invasive kind of management. This has been mentioned under the light of experience of last 5 years, treating over 3,000 patients in IP and over 10,000 patients in OP as well.

Injuries are common in sports. The more involved a person is in sports the greater the risk of traumatic injury. However, the most common cause of injury in an athlete is overuse and these overuse injuries are termed as Repeated Strain Injuries or Cumulative Trauma Disorders (CTD).

Imagine every shot of a batsman. He continuously uses his extensor group of muscles of the forearm (originating from lateral epicondyle of humerus bone).

The continuous forward drives cause a cumulative stress on his lateral epicondyle leading to inflammation of the tendo-osseous junction. This causes pain and affects his performance. This is a similar case that happened to Sachin

Tendulkar. The same happens with tennis, badminton, hockey players, in all throwers, even in carpenters and housewives.

Causes of RSI/CTD

- Overuse to a particular body part.
- Lack of proper warm up and warm down sessions.
- Absence of/ inadequate stretching
- Dehydration
- Incorrect practice techniques
- Practice with improper gears

- Variations in body symmetry

Most Common RSIs

Repeated /cumulative stress can cause pain and inflammation in the soft tissue components of the locomotor system; i.e. tendons, ligaments, capsule, fascias, bursa etc.

RSI from Bone to Skin

Bone	- Stress fractures
Joint	- Sinovitis, capsulitis
Ligament	- Strain, instability
Tendon	- Tendinitis, tendon rupture, enthesopathy
Muscle	- Muscle sprain, herniations
Bursa	- Bursitis
Skin	- Blisters

Pathology of RSI

1. FRICTION – A tendon or bursa may (during joint movement) be subjected to excessive friction within a fibrous sheath or over a bony prominence.
2. STRESS - Repeated or unguarded stress may result in tears of muscle or tendon fibres, fracture, articular cartilage lesion etc.
3. ISCHAEMIA –May be relative, arising only when excessive activity makes demands on blood supply which cannot be met or absolute when intramuscular oedema causes swelling in a tight compartment.

Diagnosis

An accurate diagnosis depends on taking a careful history.

Examination requires some knowledge of anatomy and physiology of soft tissues such as joint, muscle, tendon, capsule etc.

Soft tissue lesions may be a part of generalised disease requiring further investigations like:

Polymyalgia rheumatica

Early phases of RA, S.L.E, other inflammatory arthritis.

Viral/bacterial infections.

Generalised OA

Endocrine diseases

Osteo malacia

Paget's disease

Malignancy

A kinetic phase of Parkinsonism

Fibrositis

Psychogenic rheumatism

Laboratory and advanced investigations are usually unnecessary for most of the local lesions. But in case of stress fractures some advanced investigations like BONE SCINTIGRAPHY etc may be needed. Main diagnostic tools are USG, MRI CT etc.

Treatment:

The treatment for an injury can be divided into two steps.

Treatment before 48 hours

The immediate treatment is universal RICE protocol itself.

REST –Withdraw the player immediately from the game/ stop practicing further. Give support to the injured area by immobilising it using a splint or any other methods to prevent any further injury.

ICEPACKS – Apply icepack over the injured area to reduce pain and bleeding at an interval of every 10 to 15 minutes. Crushed ice should be used and it should be covered by a cloth or towel for avoiding frostbite/ burns. Longer application produces vasodilatation.

COMPRESSION – The injured area should be bandaged using an elastic compression bandage 20cm above and below the injury to control internal bleeding and reducing swelling.

ELEVATION – Elevate the affected limb above the level of heart which helps to reduce swelling .

Non Steroidal Anti Inflammatory Drugs (NSAIDS) are used to check inflammation and reduce pain.

TREATMENT AFTER 48 HOURS

HEAT – Helps to control pain and muscles spasm and promotes healing by increasing vascularity. Eg: Hot packs, lamps, Shortwave and Ultrasound

PHYSIOTHERAPY AND EXERCISE PROGRAMMES

à Mobilising and strengthening exercises can be started after pain has settled. Isometric exercises, increasing the time and load of each contraction, are followed by isometric and stretching exercises. Stretching exercises must be continued long after the injury has healed to prevent recurrence.

à Swimming provides excellent strength and stamina training without the stresses of impact and with reduced gravity, which is particularly important in lower limb injuries, including stress fractures.



Ayurvedic Approach to RSI

Ayurvedic management of RSI is derived from three classic textual interpretations.

Marmabhighata chikithsa

Bhanga Chikitsa

Uthana Vatharaktha chikithsa

Snayu sandhi gatha vatha chikithsa

There are 108 vital points (Marmas) in our body and any injury to these Marma is called Marma abhighatha. Injury to vital points can also be caused by repeated/ cumulative stress. The signs, symptoms and treatment of Marmabhighatha are elaborately described in ayurvedic classical texts.

Conclusion:

- Various classical as well as clinically proven herbo-mineral combinations like Lakshaguggulu, Gand-

hathailam, Murivenna, Dhanvantharam kashayam, different marma lepas etc helps faster tissue healing without (or with minimal) scar formations.

- Different types of bandages mentioned in ayurveda combined with latest orthosis seems to be user friendly and helps in faster healing.
- Non invasive techniques like Rakthamoksha, Agnikarma etc is highly beneficial in managing acute conditions as well as sustained clinical result in chronic diseases.
- Yoga, nutritional medical support and ayurvedic internal medicines gives a better prophylaxis in RSI.

Ayurvedic management of RSI should be a field of research and has tremendous scope in this era of vivid developments in sports and allied activities. Sports medicine should necessarily be included as a post graduate discipline in Ayurvedic studies for scientific exploration and clinical practice.

Ayurveda

& Health Tourism



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Home Remedies for the removal of Skin Tags

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kin tags are little flaps of tissue that adhere to parts of your neck, under-arms, eye lids, groin folds or under breasts. Although they may look a little strange, they often do not hurt and pose no known medical problem. If, however you want to remove your skin tags because you view them as unsightly, there are a number of ways to remove them, both at home and by visiting a doctor.

OREGANO OIL: - Create a mixture of four to six drops of coconut oil and two to three drops of oregano oil and apply this directly to your skin tag three times a day. This

should dry out the skin tag so that it falls off on its own. Make sure to always use a carrier oil to dilute the oregano oil or else you risk redness and irritation. This oil also must never be used near your eyes

TEA TREE OIL:- Tea tree oil provides a painless way to remove skin tags from your body. Soak a clean cotton ball in water and then add three drops of tea tree oil to it. Thoroughly clean the skin tag and the surrounding area with soap and water and then completely dry the area. Use the cotton swab that has water and tea tree oil on it and gently massage the skin tag and





the surrounding area three times a day. It is important to use the water because tea tree oil should always be diluted or else you are at risk of suffering skin irritation.

LEMON JUICE:- Lemon juice is a powerful anti-septic and it also contains citric acid which helps to dry out skin tags by decomposing the cells. Take half of a fresh lemon and apply the juice to a cotton ball. Apply this directly to the skin tag and leave it on without washing it off. You can apply this up to three times a day and continue the routine until the skin tag falls off.

FIG STEM JUICE:- Fig stem juice is widely

used for skin issues because it helps to balance the alkaline-acid balance. To create this juice, grab some fresh fig stems and blend them to extract the juice. You can apply this juice to the skin tag up to four times a day. On an average, you will notice the results within four weeks.

GARLIC:- Fresh garlic has anti-fungal and anti-bacterial properties which help to improve skin health and dry out skin tags. You need four fresh garlic cloves and then grind these up into a paste and apply the paste directly to the skin. Place a bandage over this to keep the paste in place.

Destination KERALA



Kerala is home to pristine greenery all around and is known for its natural beauty. It is famous for its natural surroundings and for the purity of air and water. It is thus blessed with so much goodness naturally that it is aptly called 'God's Own Country'. It is termed this way considering all what nature has bestowed on it to make living here a blessing. It is also called as a paradise on earth and is home for the age-old science of Ayurveda. These different phrases are coined this way to provide spotlight to this enchanting state with hills and dales as well as captivating backwaters and coasts. No doubt, these epithets which are true representations make it an attractive destination for tourists around the world. These features of this land definitely made it a hub for top IT companies and their back offices. As with its diversity one can experience the feeling by travelling the length and breadth of this state. It is fascinating that each place in this paradise has a story to tell. Also, the climatic condition of the place makes it conducive for the breeding and existence of many birds and animals. Besides the fauna, a large variety of flora beckon the tourists here adding to the scintillating beauty of the land. The life-style followed by the people provides variety and is healthy. Ayurveda is one of the popular life-style modes adopted by the people here. This has attracted many tourists to this land. Most of them on their return have a success story to tell about this land. And most of them want to keep coming back here. The land also has a number of spots for sight-seeing and to relax. The romantic climate of the place though slightly varying in different regions is said to mesmerize English and European tourists who want to escape from the extreme climate of their mother-land. The monsoons are said to be the most romantic seasons of the land and these are apt times for tourists to explore the place. It is during this period that people can effectively experience the goodness and richness of Ayurveda.





Glimpse of Kerala

This wedge-shaped narrow strip of land surrounded by the Arabian Sea and Western Ghats is a definite destination for tourists and no amount of money spent to visit this land can be considered as squander. The place will definitely bowl you over for its timeless beauty. Places such as Munnar, Thekkady, Kovalam, Varkala, Vagamon, Kumarakam, Kuttanad are great tourist destinations of this tiny strip of land called Kerala. One of the great wonders of this land is its varying geographical features and culture. The land is also bestowed with a pleasant and affable climate throughout the year which is another attraction for tourists to roam around the whole state. It is a tropical land with coasts running its entire length and being surrounded by Western Ghats. Apart from beauty and geography, Kerala is said to hold India's most advanced society. It is well-known for a literacy percentage that is 100%. It is also well-known for world class healthcare systems, lowest infant mortality and highest life expectancy rates. The state also has the highest physical quality of life in India. Among its many other features it is also considered as India's cleanest state. The land is a pioneer in using innovative means of technology to promote its various destinations. Most of the campaigns of Kerala Tourism aim to focus on the rural lives of Kerala and show how 'Responsible Tourism' initiatives have helped the local people market their products to the tourists.



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BOOK REVIEW

CLEAR-OUT

a vital holistic detox guide

Dr. Shyamaraj Nidugala

₹150

shyamaraj nidugala



clear-out

A VITAL HOLISTIC DETOX GUIDE

Detox Your Body
Reset Your Health
Feel Your Best

Modern lifestyle is witnessing an increase in diseases like obesity, diabetes, hypertension and cardiovascular diseases. Also there is an increase in stress related mental illness like headache, neck and back ache etc. There are very little preventive and curative methods for the above ailments as the demand of health care systems has overwhelmed the capacity and capability of modern medical systems in the developed as well as developing countries. Thus there is a pressing need to do research and develop preventive measures towards reducing the prevalence of the ailments of modern lifestyles. This book has justified the above mentioned need of people towards lifestyle diseases through different methods of detoxification. The name of the book 'clear-out' rightly matches with the content and as one navigates through the book you will find that the facts expressed in the book are precise, accurate and can be practiced at one's home.

For easy understanding and comprehensibility the author has neatly divided the book into several chapters with each chapter discussing in detail a particular subject or idea. All the chapters in the book are seen to start with a quote that is connected to the central idea of the chapter. The writing is lucid and clear and hence there is great motivation for the reader to read the complete book at one go. .

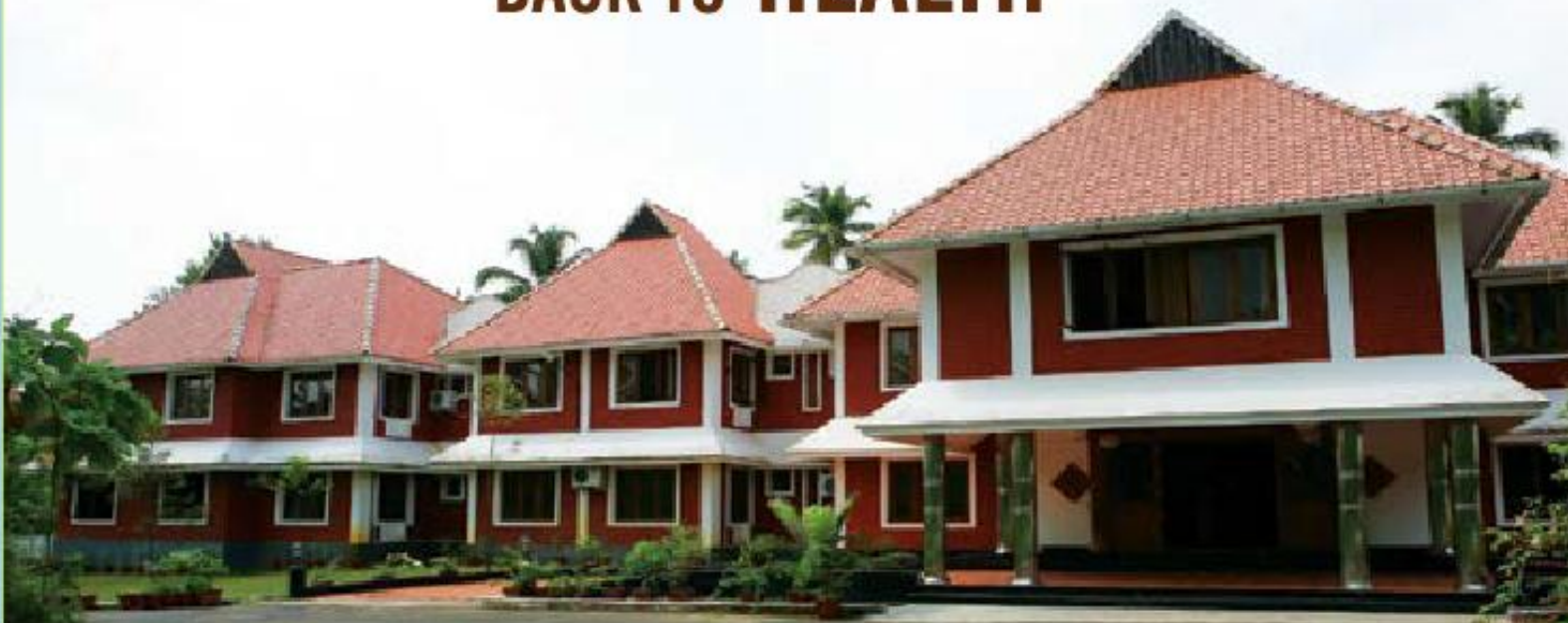
The first chapter interestingly delves into the characteristics of a toxic person followed by a toxicity quiz at the end of it. The result is evaluated in three different scales of 0-8, 9-16, 17-26. This helps the individual to understand his/her toxicity level. He/she can read and understand the rest of the book keeping in mind the toxicity level. As we progress more into the book we can understand that the book touches upon interesting facts like the difference between true hunger and emotional hunger. The book also gives interesting statistics about the sweetener market, consumption of high fructose corn syrup, per capita intake of refined sugar and the like.

The book also gives recipes of healthy foods and foods that can be used to detox one's bodies. To add to it, the author has suggested meal plans for three weeks that will not only detox the body but will also burn those extra calories. Also recipes of around five detox vegetable soups and ten detox fruit juices have been mentioned. The best part of these recipes is that it can be easily made in our Indian homes as the ingredients are the ones that are readily available in our gardens or in the near by grocery store. The author has made special mention about wheat grass juice and its nutritional value. This is a unique addition to the long list of recipes mentioned in the book. The author states that one fluid ounce of wheat grass can provide the equivalent health benefits of 2 ½ lbs of fresh vegetables. It is also said to be rich in amino acids and contain 92 minerals, enzymes and vitamins. The book is highly recommended for those who want to get back in shape since it gives them detailed step by step method for weight loss. This book is a great source of information not just on detox but also on a wide range of preventive health care methods. The writing used by the author is free of jargons and with very few scientific terms and hence can be understood by all. The book addresses a wide range of factors that interact and contribute to the evolution of toxins that result in poor health and the consequences there of. Thus the book is a comprehensive guide to integrated detox programs.

Those who are interested in grabbing a copy of this book can note that it is written by Dr. Shyamaraj Nidugala, Director, Zen Holistic Wellness Pvt, India. It presents a comprehensive and vital practical guide to detoxification practices and procedures. This book has been written to provide a comprehensive educational and practical guide to integrated detox programs at Holistic Wellness Centres, addressing the wide range of factors that interact and contribute to the evolution of toxins that result in poor health and consequences there of.



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Integrated Health Science:

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The Kerala University of Health Sciences located in Thrissur has been established with the goal to ensure systematic instruction, teaching, training and research in Modern Medicine, Homeopathy and Indian Systems of Medicine including Ayurveda, Sidha, Yoga, Naturopathy, Unani and other allied sciences. It also aims to have uniformity in the various academic programs in medical and allied subjects in the State of Kerala. The university is unique since it is the youngest in the field. So far 249 professional colleges have been affiliated to the university. The processes of the university are highly digitized with hardly any room for loop holes. The university also exhibits a student-friendly and faculty-friendly approach such that the atmosphere here is free of tensions and is highly relaxed.

To know more about this university, its processes and future plans, we at Ayurveda and Health Tourism Magazine decided to have a chit-chat with the VC and PVC. The excerpts of this communication is what follows:-



Dr. MKC Nair

Vice Chancellor of
Kerala University of
Health Sciences

Dr. MKC Nair is a renowned pediatrician and took charge as VC of Kerala University of Health Sciences in October 2014. His appointment was highly welcome by the Indian Medical Association, Kerala. His appointment was in recognition to the notable work done during his career. Prior to this appointment Dr. Nair held positions as Director and Professor of Pediatrics, Child Development Centre, Government Medical College Hospital, Thiruvananthapuram. He also held positions as Program Director, Clinical Epidemiology Research and Training Centre at the institute. Dr. Nair is well-known as an academic in the field of child development and pediatrics. He also held positions as academic editor for IAP Text Book of Pediatrics, Bhav's Text Book of Adolescent Medicine and Partha's Text Book of Pediatrics. He was also the editor-in-chief of Sexual Reproductive Health of Young People and had edited the Special Supplement on Child Development, Indian Paediatrics, published by Indian Academy of Paediatrics, Mumbai, January 2009. Dr. Nair is also editor of TEENS — Lifecycle Approach Journal for Child & Adolescent Development.

Q As the new VC what is your vision for this new University and its allied institutions (over 205 colleges)?

A I wish to thank Dr. Mohan das and his team for doing three things

- Affiliating more than 200 institutions under this university

- For establishing an almost perfect examination system and the same has been published in a National Medical journal of India .

- For realizing the HQ building in a record 4 year time period.

My vision is three things

- To establish a system which includes rules, regulations so that all will go by the rule book
- Further improve the standards of health science education, research and publication by promoting community relevant post graduate research and an excellent Phd program.
- Enhance the reach of the university by establishing 8 research centres, an academic staff college in the university HQ building and establishing 3 research schools at Trivandrum, Thripunithra and Kozhikode that will represent all three regions of Travencore, Kochi and Malabar in Kerala.

Q Integrating health systems is being given much prominence. What are your views on this new and much needed trend?

A We believe that all systems of medicine has an important and respectable role to play in health delivery and that no system is inferior to the other. However, we cannot ignore the fact that some systems are excellent for emergency care, critical care, surgical excellence etc. whereas another system maybe excellent for positive health. The crux of the matter is to identify the strength, weakness, opportunities and threats for each system by seniors of the system and thereby pledge to improve our system and make it the best. Modern medicine was quick to adapt technological development and make it suitable for diagnosis of diseases and the same must be adopted by other systems.

Q In your area of specialisation, paediatrics, there is much that Ayurveda can offer – for instance in care during pregnancy and care during the early years of the infant. Will such ancient knowledge be welcome and can these find a place in contemporary education and contemporary living?

A Traditionally, pregnancy care has been the forte of Ayurveda and child care that of homeopathy. Evidence-based medicine is the in-thing in the modern world and hence all systems should strive to promote research and evidence-based medicine.

Q What in your opinion is the contemporary relevance of traditional system of medicine?

A The traditional system of medicine in any society has evolved over centuries and some distillation of good ideas have emerged in all these systems including 'natt arivu' 'herbal remedies'. Further discovery and development of new Ayurvedic medicines can come from some of these traditional but not yet codified

knowledge. Our Indian history shows that all systems can develop and thrive provided we practice each system in its pure forms and for relevant indications.

Q What plans do you have and what are your wishes for raising the platform for Ayurveda and other Indian systems of Medicine (Siddha, Unani, Homeopathy, Tibetan) in the state, in other parts of India and globally?

A Fortunatkey, KUHS has given equal importance to education of all health systems. For Ayurveda and AYUSH development, we are planning a state-of-the-art research centre at Thripunithra and is in the process of preparing a detailed project report that will spell-out the future R&D plans. Our focus would be not just producing evidence for efficacy and effectiveness but also pharmacological interaction, therapeutic dosage and potential side-effects.

Q Will integrative health system be the way of the future? What role do you think Ayurveda will play in this?

A The word integration is understood by different people differently. Whereas, some would have a superficial approach of unscientific mixing of systems, the authorities in the subject would say it is enriching each system by assimilating the positives in the other systems to our system. Ayurveda can play a stellar role in integrating 'natt arivu', folk medicine and many other still not properly recorded knowledge into our Indian system of medicine.

Q Are there any new educational programmes structured in integrative medicine? If yes, name a few? If no, are there any plans in establishing new courses in this line in the future?

A From the perspective of the university, integration is a vision whereby faculty from all systems sit together, discuss together and learn together new knowledge and technology in health science education. For eg:- we have four programs every month for capacity building of all health science faculty in bio-statistics training, research methodology training, medical education technology training and guidance and support services for students.

Q A few words about your personal journey and wishes you want to realize in this University?

A Ten years of medical education in my formative years at Christian Medical College, Ludhiana has taught me to be friendly with the students, be empathetic to the patients and to do everything in the name of God. 35 years as medical teacher at Medical College, Trivandrum has taught me to bring clarity while teaching students, to understand the emotional needs of the patients, and to be always socially relevant.

25 years of research from 1987 lead to the establishment of Child development center and publication of more than 130 publications in the national and international journals .

My vision for KUHS is to bring it to a leadership position among health science universities, demonstrate a healthy symbiosis of all systems of medicines, education, training and research under one roof, create a generation of self-empowered health science specialists who would show empathy to their patients, show respect to all systems of medicine and respond to the felt needs of the community.



Dr. A Nalinakshan
Pro Vice Chancellor
of Kerala University
of Health Sciences

This can be achieved by adhering to the following principles:- go by the rule book, donot compromise on the standards of the university, always follow a student-friendly approach.

Q Any other comments thoughts for readers of Ayurveda & Health Tourism?

A Nothing can sustain unless there is substance in it. Health tourism should be built on pure scientific techniques that are relevant to visitors and are provided in the most hygienic fashion.

Dr. A Nalinakshan has served as the Superintendent of the Government Ayurveda College Hospital for Women and Children at Poojappura for 10 years and as Principal of Government Ayurveda College for one year. He was the recipient of the best ayurveda teacher award by the State government in 2007. He has also served as member on the Apex Central Council of Indian Medicine and was the former Dean of Ayurveda faculty at Kerala University. He was also member in different academic bodies like board of studies, faculty and academic council in different universities in Kerala. He was appointed as Pro-Vice Chancellor while working as Professor and Head at Amritha Ayurveda Medical College, Karunagappally.

Q It's just been few months since you have taken charge as Pro. VC of Kerala Health University. What are the challenges you face and how do you plan to overcome them?

A As Pro VC I have faced challenges from different angles, one from the health university level and the other from the Ayurveda sector including its treatment and education. It is only five years since the university has been established and hence there are many bottlenecks to be overcome. There is a lot to happen before the university starts functioning in full swing. Right now the university is highly understaffed and has only ¼ of the actual strength. Other universities have around 1500 staff but here the staff strength is below 150. The university is completely digitized and all its process are online and thus this has made the university very student-friendly. Anything and everything related to student affairs is computerized and modernized. Along with the HQ building that was built in a record three year time period quarters for staff and family has

also been built partially.

Q What plans do you have in raising the platform for Ayurveda in India and globally?

A Pure and classical Ayurveda is practiced only in Kerala and in few pockets like Gujarat and Rajasthan.

In other places we have found that Ayurveda doctors practice Allopathy instead of Ayurveda and in many states in India like Maharashtra, UP, Himachal Pradesh, Karnataka, Orissa, we have seen that adulterated Ayurveda is practiced.

We would like to bring this to the notice of Government of India and the Central Council of Indian Medicines. Also, in many other states the syllabus for Ayurveda doctors is a lot tainted with Allopathy. This should be changed and a legislation to the effect of including and giving importance to Ayurvedic portions should be brought out.

Q Also, as the new Pro. VC deeply embedded in the traditions of Ayurveda what are the steps you want to take for the betterment of the University? How to you plan to execute them?

A There are many things I wish to do to take the university to the next level. As I mentioned earlier I would first want the university to be adequately staffed. For this I will have to approach the government so as to get the staff appointed through PSC. Also, I would like to focus on constituting the senate for the university. Steps in this regard have been started and it will be finalized within two months. The University currently boasts of an examination system that is completely online and devoid of any loopholes. All process related to examination including conducting, valuation and result publishing are done online. Active plans are being discussed for the curriculum and syllabus for all medical and allied courses. Another feather in the cap for this university is that the evaluation is centralized and there is no delay in result publications. Thus there is zero allegations in this regard since the pattern followed here is that of double evaluation. In case of any kind of disparity between the two examiners by more than 15% marks the answer sheet will be sent for a third valuation. Also, the faculty are paid a remuneration that is much higher than that of other universities for paper valuation. They are also handsomely paid TA and DA. Apart from other universities where the time taken for the finalization of payments is long here it is done quickly. Steps are also being taken to include Ayurveda lessons in school syllabus. Already, sanction has been given for including Ayurveda lessons in 6th and 8th standards. Sanction have been sought for including it in the text books of 9th and 10th standards next year.

Q Kerala is seen as the home for Ayurveda. So, what initiatives do you think should be taken from Kerala so that other health universities in India can also give Ayurveda a lot of prominence?

A First and foremost all states should be requested not to promote mixed treatments but to promote real Ayurveda. Government should be approached to provide incentives for farmers to cultivate raw herbs that are essential for Ayurvedic treatments. Also, the system of pure Ayurveda practiced in Kerala should be followed in India and reflected in other countries.

Q How is it possible for Ayurveda and Allopathy to share the same space? What steps should be taken in this regard?

A What I suggest is that we should adopt the Chinese model where all systems of medicine come under one roof even though there is no mixing in the treatment. Here the patients are educated and are given the choice to select the treatments they wish. The doctors are

educated on other streams so that they can understand the possibilities and chances of other treatments too. This ensures that the patients are benefitted the most. In this under one umbrella system all can use common platforms with regard to lab and investigation technologies like ultra-sound, ECG and x-ray. This will help the patients as well as the government to save a lot of time and money.

Q Also, what do you think is the contemporary relevance of traditional system of medicine?

A Traditional medicine has a lot of relevance today due to its value and mode of treatment which is mostly natural and devoid of any chemicals. But most of the time doctors practicing traditional medicine face unhealthy competition. This leads these practitioners to take commissions from patients to satiate their greed for money and materialism. I believe that traditional knowledge should be passed on to generations. The GoI is taking initiatives for this by digitizing traditional text books and knowledge written on palm leaves (thaliyola grandhas). Also, the GoI is encouraging research in many areas of Ayurveda.

Q A few words about your personal journey and wishes you want to realize in this University?

A I want to bring about a positive change in the attitude of all involved in the university. Students are in a pensive mood. They are afraid of superiors in the academy including HODs, research guides. This gap or fear should be dissolved and I am working in this direction. I want the university to be more student friendly and steps already taken in this direction includes the complete computerization process of all student activities. This makes the student highly empowered and do all process from home and he/she does not necessarily have to visit the office. Also, I would like to promote a healthy and friendly relation between teachers, students and the university to enable its smooth functioning. The quality assessment of students, institutions and research can happen only with whole-hearted support of the teachers. As part of the university, we would like to support self-financing colleges and private sector without compromising on quality. We cannot function without the support from the private sector as they are the ones coming out with new initiatives supporting the present job-market.

Q Any other comments thoughts for readers of Ayurveda & Health Tourism?

A Try to understand real Ayurveda and promote it. Support and popularize Ayurveda outside India as this in turn will help health tourism.

Ask Your Doctor »



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Ayurveda and Health Tourism readers may send in their queries relating to health conditions. The letters should contain age, sex and a brief description of your health condition.

The letters may either be emailed to us: ayurvedamagazine@gmail.com

or sent to:
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1. Sir,

I am a retired senior executive in my sixties. Around three months ago, I was diagnosed with fever and excruciating body pain that subsided in a few days. A month later I was suffering from severe pain in the knee and angles. I tried a gamut of treatment options - physiotherapy, yoga and herbal concoctions in that order - and felt relief after eight weeks. Soon after, I began to experience pain in the shoulder again. Kindly advice on what I need to do to get back to normal.

Maneesh Malhotra, Mumbai

Dear ManeeshJI,

The details in your letter are not sufficient enough to suggest some medicines. The persisting pain in shoulder could be due to many reasons. Sometimes it may be a sequel of the fever you had. It is very common these days. And as you advance in your age, the gravity of such problems appears exaggerated. Some other times, the pain may be due to a different factor. For example, persisting shoulder pain can be a major issue in chronic diabetes. Your diabetic status is not specified in your letter. Again, an old trauma in the shoulder, more specifically, a repetitive stress injury can cause persisting pain. This can be more pronounced after a fever attack. So we need a proper evaluation of your condition. So, you may consult an ayurvedist locally and get the correct diagnosis and treatment without delay.

2. Sir,

I am in my forties working as a domestic help. An attack of chikunguniya about three years ago has left me with a persistent knee problem. From quack doctors promising miraculous cures to erratic physiotherapy and massages, I have given it all a shot but find no relief. The fact is that I am over weight and my knees are wearing out has only

aggravated the situation. Kindly provide me an Ayurvedic home remedy.
Pankajakshi, Ottapalam

Dear Smt. Pankajakshi

You may keep a proper timely diet and routine. Especially, the time of head bath is very crucial. Don't go for a shower when it is very hot outside. Also, it is dangerous to have the practice of bathing soon after a meal or after a sweaty walk. These habits can cause irreversible damage to the joints and blood vessels. So take care. As of now, you may try Sahacharadi kashayam twice a day before your meals, diluted with 45 ml of pre-boiled cool water. Put 5 drops of gandhathylam in this kashayam each time. Try this for a month.

3. Sir,

I am 22 year old student and I have just completed my post graduation in Mass Communication from a prestigious college in South India. My face was always supple and I always had a flawless fair skin. But off late I have been experiencing dark spots on my skin which certain doctors claim that it is pigmentation. Also I have been told that this will take long to recover. Kindly advise me on a quick-fix herbal remedy for this. Also let me know of a solution that will prevent future spots on my face.

Devi Dutta Bhose, Calcutta

Hello Devi

Skin mirrors the interior of your body. so I am afraid, there is some early metabolic error setting in inside. Take a proper account of your diet and daily routine. Eat properly in time. Use traditional food stuffs, prepared in the traditional style to the best level possible. There are no quick fixes for any metabolic errors. Plan things from the basics. Don't depend on any medicines for the time being.



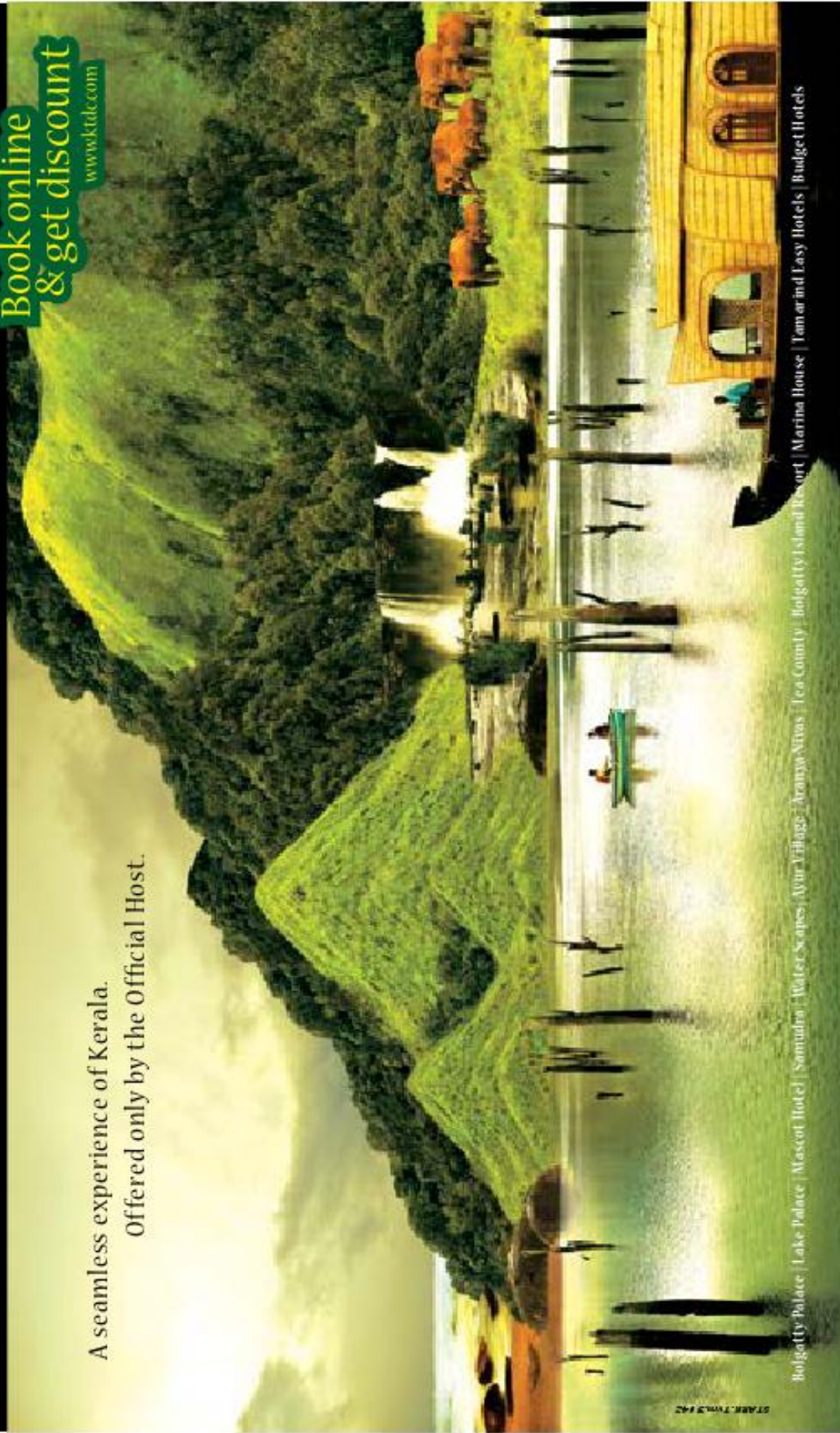
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