

Vol. 10 | Issue No. 2 | April-June 2015 ₹50 | \$ 5

Ayurveda

& Health Tourism

The Other Side
of Monsoons

Ayurveda in
the USA

Kerala Monsoon
-the Ayurvedic Way

Sleep Tight with
Ayurveda this Monsoon

Have a date
with DATES

Yoga Day:
The Guiding Theme



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MAJLIS

AYURVEDIC HEALTH PARK



Majlis Ayurvedic Health Park – a paradise on earth

Want to soothe those hyperactive nerves? Want to feel like a princess just out of those fairy tales? Then it's time you splurge and pamper yourselves at the Majlis Ayurvedic Health Park at Thrissur. Here you will find yourself lost in the different treatments, facilities and services offered. Instead of feeling like a home away from home, here you will feel like 'a palace away from home'. Also, this Ayurvedic Health Park provides all kinds of modern amenities to suit all wallet sizes. There are eleven rooms here, including cozy deluxe rooms and a suite that is quite modern and up-to-date. You will be surprised at the different modern amenities offered here. These include round-the-clock check-in, wifi internet and laundry. Although you will find yourself uprooted from daily life for some time, the wifi internet service at Majlis keeps you updated on the daily happenings around the world. The serene and calm atmosphere here, in the presence of medicated plants and rare herbs, will leave you spell-bound. The very air you breathe is so full of natural oxygen that you can see the difference in the glow on your face from the time you step into this paradise called Majlis. It is definitely a stress-buster for professionals, entrepreneurs and working people who otherwise have daily nightmares of deadlines, targets and Monday morning blues. It is definitely a place to explore your inner-self considering the serene, calm atmosphere here. It is a world away from worldliness. It connects you with nature, wiping away your tensions, anxieties and worries of growing up. It helps you sit back and relax and enjoy all those small moments of success that you hardly had any time to think about. It takes years back away from your mind and body, thus making you feel young and chirpy once again. Here you will find yourself getting blessed by nature by nurturing your soul, and thus regain the health, hope and harmony of your life, feeling inspired and motivated.

Dr. Krishna Das, Chief Medical Officer

Majlis Ayurvedic Health Park is Green Leaf Certified and approved and accredited by the Department of Tourism. It has a 22-bed hospital endowed with a team of well qualified and experienced doctors, therapists and staff members. The treatments here are customized to the uniqueness of each individual. It thus supports prevention of ailments, improves overall health and invigorates your senses for a better life. The posh cottages located here are at par with international standards with well-balanced architecture and aesthetic design.

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Monsoon Mélange

By expanding his Cabinet and creating a separate AYUSH portfolio, Prime Minister Narendra Modi has alerted the world economies about the importance of Yoga and Ayurveda for promoting health and wellness in a unique manner. He emphasized that the traditional and ancient medical practices are more holistic than the modern-day medical practices which are merely curative. Keeping these thoughts in mind, our Monsoon special edition contributions are sure to take our readers on a journey that will enrich them with the various practices of Ayurveda during the Monsoon.

This edition also throws light on the dietary practices as well as life-styles that need to be followed during this Malayalam month of Karkidakam. Yoga, which is regarded to be synonymous with mental and physical well-being, is another important content in this issue. Through this issue we would like to enlighten our readers on the various Yoga practices, keeping in mind the celebrations of the first international Yoga Day on 21 June 2015.

At this juncture, it should be noted that efforts are being taken to awaken the world regarding the practice of Yoga that belongs more to India than any other country. Yoga is well-known world-wide for its capacity to improve health, mood, will -power, life-span and immunity among the many others. Thus, Yoga is considered a good reason for foreigners to visit the country.

With the onset of Monsoons come the rain and all the colors associated with it. Also, with it comes the influx of tourists who are around to witness and experience this rare and mesmerizing sight. Their take-away from the Monsoons and Ayurveda are large. Today, a majority of them, out of their very personal experience, also believe that the focus of modern medicine is just on curing the symptoms while Ayurveda focuses on treating the cause and thus relieves the patient of further relapse. It is their interest along with yours that has motivated our team to write about topics and matter related to this subject that is very close to your heart.

We are also proud to mention that our magazine will be the official magazine at the National Arogya Expo - 2015 to be held at Thiruvannanthapuram from May 21 - 24. You can also be sure of our presence at the prestigious ATM (Arabian Travel Market), Dubai from 4 - 7 May, 2015. To cater to the multi-lingual crowd in Dubai, we will be show-casing both our English and Arabic editions here.

We would also like to mention that apart from our regular columns, this issue has a lot to talk to you about weight loss, how to get over insomnia, the Ayurvedic approach to monsoons, Yoga during pregnancy and the like. Apart from the various issues discussed, our advertorials are bound to keep you informed about the what and where of Yoga and Ayurveda in India. Experts have voiced their opinion in the magazine on different aspects of Ayurveda, Health and Yoga. Their views and facts in this magazine are expressed in a lucid and light manner and we hope our style and authenticity will see you coming back to us for more.

- Editor

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The other side of monsoon

We are what we are only because of the monsoons; but beware there are discomforts and diseases aplenty during the times



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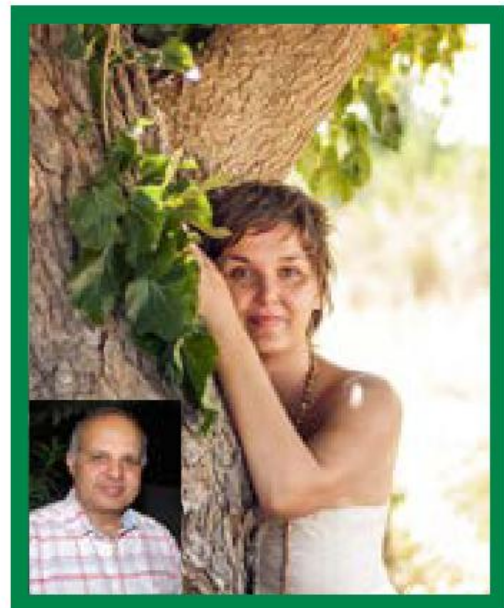
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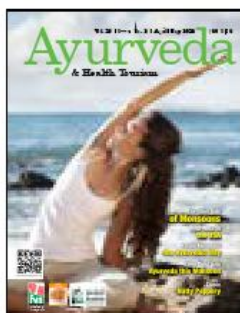
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THE OTHER side of MONSOON



We are what we are only because of the monsoons; but beware there are discomforts and diseases aplenty during the times



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Come June, the first of the month was sure to have onset of the south-western monsoon, in olden days. Also those times, schools re-opened after mid-summer vacation on the first day of June itself. Later on, the schedule got postponed for a few days for a variety of reasons. It was all bonhomie for students for the first opportunity to mix and mingle with themselves after two months of living at home. No doubt, many of them had some avocation, games or extra-curricular activities in the interregnum. But the pleasures of schooling had their commencement on the first of June, when in the evening they depart for home dabbling in copious showers. Those times the monsoons settled in, not a day before or after June 1. Gone are the days, but still the rains, winds and cold characteristics, though belated, have a sway on the populace, their health and living conditions.

The month of June is considered to have derived its name from the Roman Goddess Juno, wife of Jupiter, and is believed to have been sacred to the goddess. She is the Roman counter-part of Hera, the Greek Goddess. Virgil's Aenid depicts the Goddess as cruel, all the same there is the concept that she is the goddess of marriage and child-birth.

Agriculture was considered as a gamble on the

monsoons, meaning there could be good harvests only if there were plenty of rains, which are crucial to the growth of paddy, wheat, vegetables and other items of cultivation. That means the mouths are filled only if the monsoons arrive on the dot and do not play spoilsport with the farmers.

So much for June, which heralds the monsoons, also bringing with them all sorts of discomforts and diseases associated with the weather and climatic conditions. Of course, there is relief from the scorching heat of the summer as the showers splash down from the skies on to Mother Earth, sounding pitter-patter.

Often our activities are restricted and we are held up in our homes when the feeling of weakness creeps in. Ayurveda classics term the monsoon season for its low immunity levels for people. During the times various discomforts and diseases are waiting at the door-step to barge in and bedevil us with severe consequences. But don't be scared of the worst-case scenario, for there are ways to deal with any seasonal despondency. Mind you, there is a season for everything, says the wise man in Ecclesiastes in the Bible. We cannot turn the clock of climate back, but we have to tune in, in consonance with the seasons, salubrious or harsh.



From the point of view of Ayurveda, the beginning and end of the rainy season are troublesome periods. So take heed and wait for the rains to fall down, in all care and precautions, and bid farewell to them happily, cocooning ourselves in all preparations.

To tackle the monsoon fury, first of all, do everything possible to prop up our immunity level, when one can keep the body resistant to diseases of the times. It is always better to take precautions against attacks of diseases, as the adage, prevention is better than cure, spells out.

Now-a-days when wastes are dumped carelessly on streets and roadsides, these turn out to be beehives of mosquitoes, worms, beetles and other vectors carrying fungus, virus and other germs which are quick to transport themselves to all possible systems of the human body. The weak body embodies only a weak mind, soul and the being neither different.

Mosquitoes are excruciating pests, not only pricking and biting, but also drawing away the costly blood, and in turn infecting the victim with germs. Dreaded diseases like dengue fever, chikungunia, and the like afflict human beings through bites of varieties of Aedes mosquitoes. Some other diseases like malaria, jaundice, typhoid, dysentery, diarrhoea, dysentery are all associated with the monsoons.

Of course, viral infections like cold and cough, as also breathing troubles, asthma etc are prevalent, paradoxically during times of the blessing of the rain gods.

Mosquitoes flourish in conditions wherein there are puddles of water in and around the household areas. Mosquito curtains can be used to keep off from the bites of the insects. A few decades ago, I was visiting a class-mate at his home in Thiruvananthapuram by noon, when the mosquito-scared gentleman was found sitting inside a mosquito curtain, reading the text-books. Such fads may not be seen around now-a-days, all the same the fellow was doing something perfect to function as a bulwark against the pest. The curtains are definitely better, healthwise, than using mosquito mats and coils. Mosquito repellent creams are available, including the Ayurvedic variety, to keep them at bay, particularly when one is away from home, or on holiday.

Also burn dried neem leaves for a few minutes at home to drive them away. Smoke of incense burnt in a vessel at home can also scare the insects off.

During the monsoons, one has to be extremely careful not to have water-borne diseases which are aplenty at the time.

Therefore, an important aspect to prevent water-borne diseases is to drink pure water, for which boiled and cooled water is the best. We have seen that drinking water from wells, tanks and taps are subject to easy pollution during monsoons. Diarrhoea, gastro-enteritis and other intestinal infections occur owing to unhygienic drinking water habits.

Not only that, one has to be very careful as to not walk in muddled water in puddles, potholes and crevices, otherwise fungal infections are sure to set in, particularly with regard to weak people like diabetic patients. Therefore one must take special care to keep the feet dry and clean. Old people should wear socks on feet even when they are sleeping at night. During the monsoons, sleeping during the day time is not advised by health fads. Also keep the toes and nails clean, remove the dampness and find yourself dapper as well, while maintaining a routine of care-taking during the monsoons.

Neem leaves are also found to be very good at hygienically drying clothes, which if held against fumes of the leaves are found to be germ-free.

Food habits have to be strictly maintained to prop up the digestive system. Dehydration during the summer results in low digestive power which gets worsened during the onset of the monsoons owing to vitiation of doshas, elements or humors.

Ayurvedic doctors prescribe light foods prepared out of old barley, rice and wheat, sour and salted soups of vegetables, drinking boiled and cooled water, adding ginger and green gram in daily diet, and eating only warm food items.

One should scrupulously avoid sleeping during day-time, indulging in extra physical exertion and over-exposure to Sun.

Another routine prescription goes like this:

Use castor oil or sesame oil for cracked feet and skin, apply a paste of turmeric, neem and sesame seeds for fungal infection between toes. Also drink a glass of warm water mixed with a tea spoon of honey on an empty stomach for flushing out accumulated toxins. For treating cold, fresh reddish juice has been found to be an efficacious remedy. Cough can be taken care of with a pinch of long pepper powder and rock salt mixed in warm water.

Well, various treatment methods are specified by specialist Ayurvedic doctors in the Ayurveda and Health Tourism issue to take care of the perils of the monsoon seasons.

Rains are a magnificent phenomenon for the sustenance and well-being of nature and all its inhabitants, including plants, animals and human beings.

Reports say, in olden days Arab Sheikhs used to come to Mumbai and stay in star-hotels to witness the fall of rains all around, for their desert domicile could not have the blessing of the downpour from the skies. A senior IPS officer from Rajasthan, where rains are sparse, has said he visited Kovalam often simply to feel the rains falling down.

The seasons may have turned topsy-turvy, with climate changes, when the deserts have unseasonal rains, and the Western Ghats may have refused to toe the monsoon line of schedule. All the same, we are what we are because of the onset of rains. ①

KSIDC paving way to promote Ayurveda globally

Research on how to effectively combat the increasing threats of diseases all over the world has resulted in a general understanding that a holistic approach to diseases and their treatments is necessary. Discussions and debates on this topic have resulted in a perception that Ayurveda, the ancient system of medicine in India, would be able to provide a solution to the problem the world faces today.

However, the spread of Ayurveda faces several obstacles, and they need effective intervention by committed agencies to remove them. There must be efforts to sort them out and also to package Ayurveda solutions to suit the requirements of the modern world without compromising on its authenticity and quality.

It is in the light of these observations that KSIDC plans to take a leading role in the propagation of Ayurveda across the world. As a premier investment and industrial promotion agency of the government of Kerala, KSIDC has also identified Ayurveda as an engine of economic growth, given its potential to attract investment and create employment using raw materials and human resources available locally.



KSIDC meeting on Ayurveda at Hotel Marriott, Kochi on April 9, 2015



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KSIDC to forge a common platform for Ayurveda.

KSIDC conducted a meeting of experts and stakeholders in Ayurveda to develop a common platform for the sector. The meeting chaired by Shri. T.K.A Nair, Chairman, KSIDC was attended among others by Dr. M.S. Valiathan, National Research Professor, Manipal University, Dr. Kim Sung Chol, Regional Adviser, Traditional Medicines, WHO, Dr. M. Beena IAS, MD KSIDC and Secretary AYUSH, government of Kerala and leading players in the sector, in the country.

Speaking at the Meet, Dr. Valiathan, urged the Ayurveda fraternity to take urgent measures to prepare evidence-based documents for Ayurvedic treatments by replying on Ayurveda's inherent strengths in

preparing protocols for treatments. Dr. Kim Sung Chol explained the global strategies and methods adopted in strengthening traditional medicines. Dr. M. Beena IAS wanted the factors that limit the use of Ayurveda that offers lasting solutions to many of the ailments, to be sorted out. The platform, aimed at making Ayurveda the most sought after Complementary and Alternative Medicine system in the world, will:

- ⊗ Prepare and propagate "evidence based documents" in Ayurveda in line with the requirements of WHO Traditional Medicine™, and other global standards
- ⊗ Standardize procedures for manufacture of medicines and Ayurvedic practices in line with the WHO (TM) Strategy
- ⊗ Enable members to get national and international accreditations
- ⊗ Undertake promotional activities for the growth of Ayurveda
- ⊗ Conduct Kerala Ayurveda Mart (KAM) as an international biennial event and participate in such events abroad.

Towards this end, the meeting decided to identify bottlenecks in areas such as regulation, developing standard protocols for treatments, standardization of drug manufacturing, preparation of evidence based documents, and conduct of Kerala Ayurveda Mart, to take the sector forward.



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Kerala Ayurveda Mart

Together with governmental agencies, national and international, the 'Kerala Ayurveda Mart' aims to bring all the stakeholders of Ayurveda under a single umbrella. This is to promote long-term sustainability and growth of Ayurveda. Thus the mart also intends to reposition Ayurveda as the most sought after Complementary and Alternative Medicine (CAM) in the world.

The possible way intended for this are as follows:

- ❶ To bring out the first edition of KAM in December 2015 as Kerala Ayurveda Mart 2015- (and the second edition in 2017).
- ❷ To form a society and finalize a master plan for undertaking the key activities of KAM.
- ❸ Conduct Roadshows in hand-picked foreign countries and Metros in India.
- ❹ Facilitate KAM TRIP: Experts from other streams of medicines, members of prominent health associations such WHO, CAMbrella, NCCIH, World Diabetic Association, Arthritis Association, Parkinson, American Society for Clinical Oncology, International Foreign Media experts on Healthcare etc.
- ❺ Release of the Master Plan during the KAM 2015

The several meetings held by KSIDC regarding the global promotion of Ayurveda are highly lauded by its different stakeholders. This ten year plan, though a short time period, is reasonable enough to popularize the Ayurveda system and bring about tangible and concrete results.

Members of the proposed KAM includes:

- ▶ Hospitals
- ▶ R & D Institutions
- ▶ Medicine Manufacturers
- ▶ Educational Institutions
- ▶ Industry Organisations

Kerala Monsoon

and the Ayurvedic life

Ayurveda is seen to follow a prototype that makes the unhealthy healthy through certain rituals and routines.

During Karkidakam, the last month in the Malayalam calendar (July 16 to August 16), we observe that the body is made weak by the heavy rays of the summer sun and so it needs to be rejuvenated during the monsoons to make it healthy.

Kerala Monsoons are just around the corner and there is no better way to celebrate it than the Ayurvedic way. Today we live in a society where tasty food is given more importance than healthy food and this kind of living pattern has given rise to a number of lifestyle diseases. Ayurveda is seen to follow a prototype that makes the unhealthy healthy through their rituals and routines. According to Ayurveda physicians, people need to re-work on their diet and lifestyle pattern in order to experience a holistic health. Doctors and acharyas of Ayurveda recommend that more importance be given to the nutritional value of food rather than tastes as this can increase the immunity and health of the body. The monsoon seasons in Kerala which are just a foot-step away need to be dealt with by following healthy lifestyle patterns. The Kerala monsoons are termed as a bad omen as it brings with it a

baggage of diseases, death and poverty. Also, the first thing that comes to mind of the people of Kerala when they think of monsoons is the 'Karkidaka Kanji' or rice gruel. This gruel is highly recommended during this season for their high medicinal value, digestive capacity and for increasing one's immunity during the season.

Edavam, Mithunam, Karkidakam thus goes the order of months in Kerala. During the month of Edavam, Kerala faces high rainfall and in Mithunam, due to the specialty of the climate, one faces high pangs of hunger and so one is said to eat whatever they find to pacify this hunger. People eat a lot during this month under the myth that all this is good for health.

During Karkidakam or monsoons, high precaution on diet should be followed since the attack of disease during this month is very high. In earlier times people were not afraid



of this season since they followed a certain kind of discipline in diet and lifestyle during this season. But now-a-days the case is different. People face different kinds of diseases during this season, some that have been unheard of. This is attributed to the fast food culture and the environmental pollution that one faces. This makes the attack of diseases very strong. And so, to overcome these problems one must follow a strict diet pattern along with other treatments during this season.

This season is also said to reduce the immunity of the person drastically and to overcome this as mentioned earlier a strict traditional diet pattern that is highly controlled needs to be followed unlike during other seasons. The diet should be one that aids digestion and should be strictly followed all round the season. During Karkidakam we see that the body is made weak by the heavy rays of the

summer sun and so it needs to be rejuvenated during the monsoons to make it healthy. This is a season during which the body should be comforted with treatment even if it does not have any diseases. The Karkidaka kanji (rice gruel) is very important in improving the immunity of a person and is very good in aiding digestion. Along with the rice gruel, it is important to have other Ayurvedic medicines to improve one's immunity during this season. The rice gruel is said to be very important in the monsoon diet since its digestion level is very high.

Ayurveda also recommends a scientific way to prepare the rice gruel. Rice should be boiled with 14 parts of water and this in Ayurveda is termed as kanji or rice gruel. The rice gruel along with Ayurvedic medicines is termed as 'Yavadhu'. This means appropriate amount of medicines boiled along with the required amount of water and rice



that is added to it which conserves the energy of the body. This kanji is important during monsoons because the medicines that are used during this period in the kanji are used to increase the fire power of the body. It is also said to strengthen each and every vein and artery of the body and thus conserves and rejuvenates the energy in the body. The rice gruel is prepared in different places in a different manner.

Most rice gruels are said to have the following herbs:- Bulb of *Holostemma creper* (*Adapathiyam kizhangu*), dried Ginger (*chukka*), Pepper (*kurumulaku*), long Pepper (*thappali*), green leaves (*pachila*), Cardamom powder (*elathari*), Indian ginseng (*amukkuram*), roots of Morning Mallo, Dill (*shathakuppa*), *Vignapilosa* (*kattupayar*) and Gooseberry (*nellika*) all these are used in different proportions in the kanji in different places so as to aid healthy digestion. The medicinal gruel is prepared in different places in different manners. But the general preparation method is as follows:- Boil the required amount of medicines in 14 parts of water and make sure to boil it down to half the amount to form a decoction or *kashayam* and finally add rice to it to form the kanji or gruel. Today this mix is easily available in the market. The Karkidaka kanji is thus believed to be a gift from the past and a rainbow of the unhealthy Karkidakam season. It is surprising that its preparation and consumption is accepted by the new generation too. Karkidakam for malayalees is thus season to rejuvenate the health of the body and mind.

editorial team

Sneak Peek into ATM 2015



It's been 21 years and the ATM (Arab Travel Market) has grown exponentially year after year with increasing standards. Each year has seen an increase in participants and professionals from the travel and tourism sector. This year the market is being conducted in Dubai during 4 -7 May, 2015, and promises to be bigger and better than ever before.

Key Events at ATM-2015 include:-

- 1) Arabian Travel Market – Captains of Industry Lunch
- 2) UN WTO & ATM Ministerial Forum on intra-Arab Tourism
- 3) Speed Networking
- 4) Travel Tech Show comes to ATM

The theme for this year's ATM is 'Family Travel' with focus on Travel technology, Business travel, Luxury and Wellness. The theme 'Family travel' is of great relevance to the Gulf region since it is stated that the world-wide family tourism market is valued at US \$ 140 billion in 2013 and has been predicted to rise to \$ 180 billion by 2018. Considering the huge potential in this market segment there will be a number of family travel seminars at ATM 2015. Panelists will also offer their opinions on how cities such as Dubai, Abu Dhabi and Doha can attract more families in the face of strong competition from notably, the BRIC nations.

This year's ATM will also greatly focus on the International Luxury Travel Market (ILTM). The ATM will show-case the integral role technology plays in the travel industry which will be displayed by 'Travel Tech Show', which provides a platform for leading industry figures to discuss the latest technological developments

in a series of interactive seminars. Another exciting feature of this year's ATM will be the 'Captain of Industry' lunch which will be participated by senior travel industry representatives. This will be a debate of the developments within the highly competitive travel and tourism industry and the parallels that can be drawn with other industries.

An event called 'Speed Networking' will allow buyers and exhibitors the opportunity to hold multiple five-minute meetings with each other. Here buyers will have a personalized, dedicated table to hold these meetings from and the exhibitors will move from table to table walking the room. The objective of this program is that buyers meet as many exhibitors as possible in the 40-minute session and identify common business interests. This will thus enable them to exchange business cards and arrange to meet again at a date and time of their preference.

As ATM's fastest growing sector, travel technology will be brought together into a single event as 'The travel Technology Show'. The RateGain Travel Technology Theatre will hold dedicated Travel Technology seminars. Sessions will feature Google, Digital Tourism Think Tank, Genesys and presentations from the Professional Travel Bloggers Association.

ATM has also unveiled, Sabre as its Innovation Technology Partner, within the Travel Tech Show element of this year's show. Sabre will demonstrate wearable tech on its stand as well as offering feature activities through the Travel Tech show floor.

Today ATM has grown into one of the most important events of the Middle East. This year it is expected to showcase more than 2,700 companies representing over 130 countries



Monsoon: The Right Time for Ayurveda

Dr. Rakhi Nagaar | Maharishi Ayurveda Hospital | New Delhi



Due to changing patterns of life-style the common man is facing threats to his health and due to the severe side-effects of Allopathic system of medicine, people are rushing back to the age-old Ayurveda system of medicine. Also, with Ayurveda's holistic approach of treatment, preference to this system is seen to come naturally. Ayurveda also seems to fight the health threats that people are facing through natural methods that are least harmful.

The primary objective of Ayurveda is to safeguard the health of a healthy individual. To achieve this, Ayurveda recommends different diets and life-style models in each season which help maintain the health.

Acharya Charak has compared our body to a vehicle which requires regular cleansing and occasional servicing. The former is compared to Dinacharya (daily routine) and the latter to Ritucharya (seasonal routine)



that one needs to observe and adopt.

The year according to Ayurveda is divided into Six Ritus and 2 Kaalas. The six Ritus or seasons are Shishir, Vasant, Grishm, Varsha, Sharad, and Hemant. The two Kaalas are Aadan Kaal (Uttarayan) and Visarg Kaal (Dakshinayan). Each Kaala or time period comprises three Ritus. This division of the time periods is according to the position of the Sun. In Aadan Kaala, the shlokas in Ayurveda Texts describe that the Sun and Wind are powerful; the Sun takes away the strength of the people. It is a depleting period.

In Visarg Kaala, the Sun is supposed to release the strength to the people. The moon is more powerful, the earth becomes cooler due to rain and cold wind. Varsha Ritu is the Ritu of Visarg Kaala.

Ayurveda describes aggravation of Vata dosha in Varsha Ritu, so the food and life-style should thus be such which help in balancing the Vata.

Agni is weak during the Varsha Ritu so the metabolism becomes sluggish. Water available in the reservoirs is also comparatively heavy to digest. That is the reason that an individual is likely to experience digestive problems during this period.

To deal with this situation, diet needs a little bit of change and modulation. One can try these suggested changes:

- Consume light and fresh food, include preparations made from barley, rice and wheat.
- Include cow's ghee, lentils and green gram in daily diet
- Consume small piece of ginger with rock salt before every meal
- Eat warm food and avoid eating uncooked foods and salads
- Avoid leafy vegetables during monsoon
- Drink boiled and cooled down water mixed with honey
- Avoid curds, one may take buttermilk instead of curds
- Avoid drinking excess of fluids at this time as this further slows down the metabolism


- Ginger, black pepper and lemon juice may be taken to reinforce appetite. Use of honey is recommended
- Maintain a balanced diet comprising foodstuffs of 6 different tastes but increase intake of sweet, sour and salty food
- Classics state that consuming haritaki (Terminalia chebula) with rock salt is beneficial for in this season

Diet and Life-style are like pillars of Ayurveda-based treatments; only adopting a healthy diet may not provide best results unless supported by a healthy life-style.

Some important changes are recommended specifically for monsoons:-

- Avoid over-exertion and over-exposure to sun. Avoid moving out in afternoon sun.
- Always keep the surroundings dry and clean. Don't allow water to get accumulated around.
- Avoid sleeping during day time.
- Wear light cotton clothes and keep yourself dry and warm.
- Go for an oil massage regularly and have warm water bath daily.
- Panchakarma treatment can be done. This season is ideal for Basti treatments; Vaman and Virechan are also recommended.
- Avoid getting wet in rain. If you happen to get wet, change into dry clothes as soon as possible to avoid getting infections as immunity is low during this season.
- Drying clothes with fumes of Lobhan and dry Neem leaves is also recommended in Ayurvedic texts. Use of natural perfumes is advocated in this season.

It is also important to understand that changing lifestyle and diet is important with the changing season, but the change should be gradual, stretched over a period of time, approx. 15 days. This allows the body to adopt and get used to the changes. ❶



Sleep tight with Ayurveda this monsoon

Kerala monsoons are just a small-step away and Ayurvedic centres in the State are gearing up for its monsoon activities. According to Vaidyas, this period is the right time for treatment of many illness as mother nature is at its wildest self. The wild character of mother nature is said to lead to an increase in a lot of imbalances in the humors of a person, thus resulting in discrepancies in the mind-body balance. Keeping this in mind a variety of chikitsas (treatments) are performed during this season. Among the many diseases that are treated during this season is insomnia. This disease is seen to be increasing with the changes in lifestyles. With increasing stress patterns, overtime working hours and demands for

leading high lifestyle – stress and anxiety- are not far away resulting in insomnia. Gorging on heavy oily food can result in obesity and insomnia during the monsoons. Simple food that is easily digestible is highly recommended during this season. Panchakarma treatment is said to be more effective during monsoons and its preparatory phase involving Snehana (oil application) and Svedhana (steam treatments) are usually prescribed for an insomniac. The success rate of this treatment is said to be very high especially during the monsoons as the climate in the State is very conducive during this period. This treatment results in the tissues becoming soft, moist and pliable which results in the elimination of toxins and excess doshic energies from the body and mind easily, effortlessly and completely. The Shirodhara



The Shirodhara therapy is one that is done for the treatment of neurological disorders like insomnia, depression, chronic headaches and burning sensation in the head. During this process medicated oil, milk etc. are poured in a continuous stream in the forehead. This process results in cooling the head and improving the blood circulation in the head resulting in a cure to insomnia.

therapy is one that is done for the treatment of neurological disorders like insomnia, depression, chronic headaches and burning sensation in the head. In this process medicated oil, milk etc. are poured in a continuous stream in the forehead. This process results in cooling the head and improving the blood circulation in the head resulting in a cure to insomnia. Other treatments for insomnia in Ayurveda includes Abyangam, which involves massaging of the head, body and foot using medicated oils. This helps in removing toxins and promoting sound sleep. The foot massage or PadaAbhyangam is usually done with Ksheerbala oil which promotes mind and body relaxation and encourages a good night's sleep. Another treatment for stress, anxiety and insomnia includes applying medicated oils mixed with herbal powder in the centre of the head. The above treatments are usually done for acute insomnia, stress and anxiety. Breathing techniques practised under the supervision of a yogi or vaidya helps eliminate insomnia. The most effective breathing technique to root out insomnia is SudarshanKriya. This powerful breathing technique helps in clearing stress at the physical, mental and emotional levels.

It thus relaxes the nervous system enabling the person to have a quality sleep. For a general lack of sleep Ayurvedic treatment can be done at home after consultation with a Vaidya. This includes:-

- An oil massage before your morning shower to relax your mind
- Warm shower or bath before retiring to bed at night
- Meditation before going to bed is seen to calm the mind and body thus reducing anxiety and stress
- Ensure strict bedtime routine and stick to your routine seven times a week

Ayurvedic herbs used for treating in somnia

- Ashwagandha (*Withaniasomnifera*)
- Brahmi (*Bacopamonneri*)
- Jatamansi (*Nardostachysjatamansi*)
- Tagara (*Rhizome*)
- Shatvari (*Asparagus racemosus*)

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The What and Why of Kerala's **Karkidaka Chikitsa** (monsoon treatment)



Monsoon is supposed to be the most romantic of all seasons in Kerala. The rains during this season are thought to make one feel spell-bound and so are a host of diseases. This season is a time when Kerala gears up for monsoon treatments to ward off seasonal diseases and remain healthy. With the rain comes water stagnation which leads to the breeding of mosquitoes which, in turn, invites hordes of mosquito-bitten diseases. The Karkidaka Chikitsa or monsoon treatment during this period, though a laborious process, is usually diligently followed by a lot of Malayalees. It is usually said to start from June 5th and lasts till August. This Ayurvedic process is intended for body-mind detoxification as well as beautification thus rejuvenating the whole body through the various therapies of Ayurveda. This treatment usually takes seven to 14 to 21 days. Some Vaidya's take it up to 40 days.

Different centers of Ayurveda have a different approach to following this principle in their own traditional style or manner.



**Other than
the rice gru-
el, the typical
diet recom-
mended for
monsoon,
Ayurveda
endorses a
whole lot of
dietary pat-
terns that
needs to be
followed.**

Why treatment during monsoons?

It is understood that during monsoons the tridoshas namely, vata, pitta and kapha, are aggravated and hence the monsoon treatment is followed to bring about a balance in the body thus bringing about harmony with nature. The monsoon treatment also helps to flush out all impurities in a person making his body-mind-soul healthy and balanced. Also, it is understood that the high humidity in the air during monsoons tends to drain out the ojas leading to breathlessness and weakness. So, Ayurveda, with its holistic and natural healing pattern called Karkidaka Chikitsa during monsoons is the obvious choice. But not all is bad during monsoons, its moist qualities soften and ripen the seven tissues of the body making it ready and acceptable for the various monsoon treatments. It is also considered best for internal focus or introspection, a naturally supported time to turn inside for meditation and spiritual study, as well as for taking Ayurvedic treatments.

The different monsoon treatments

The different treatments in monsoons include Snehapana, Abhyangam (General massage), Nasyam (medicated oils poured through the nostrils), Pizhichil, Dhara, Virechanam, Njavarakizhi, Tharpanam (Medicated ghee or medicines kept over the eye), Karnapooranam (medicated fumes applied to ears), Medicated steam bath and Vasthi. Also, the diet for the treatment includes 'Karkidaka kanji' or the rice gruel during monsoons.

Other than the rice gruel, the typical diet recommended for monsoons, Ayurveda endorses a whole lot of dietary patterns that needs to be followed.

- Drink lots of water that is boiled and cooled prior to drinking
- Indulge less in eating and more in drinking. But cold food and drinks should be avoided at all costs.
- Feel fresh and rejuvenated during these times through the regular oil massages.
- Abstain from raw vegetables and salads in your diet.
- Consider to take in appropriate amounts of ginger in your diet to ease digestion.
- Avoid spicy and salty foods as they lead to indigestion, hyperacidity and bloating.
- Avoid junk foods that are heavy and deep fried.
- Eat vegetables that are light and easily digestible and are good to eat and yet light on the stomach.

Now that you have understood most of what happens during monsoons in Kerala, jump over here and experience for yourself what can leave you awe-stricken. You will surely not be let down. We are waiting for you.

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Ayurveda and Dengue fever



Dr. Rakhi Mehra

Mosquitoes are the reason for many acute diseases especially so during Monsoons and one among such is the Dengue fever.

This disease is caused by a family of viruses that are transmitted by mosquitoes. This acute illness is characterized by symptoms such as headache, fever, exhaustion, severe muscle and joint pain, swollen lymph nodes (lymphadenopathy) and rash. Its presence is characterized by fever, rash and headache (the “dengue triad”). Other symptoms include bleeding gums, severe pain behind the eyes and red palms and soles. Dengue or Dandy or bone breaking Fever is due to bite of an infected Aedes mosquito *A. aegypti* and *A. albopictus*. Its incubation period is three to 15 (usually five to eight) days before the signs and symptoms of dengue appear.

Dengue fever is characterized by: Fever

Rash

Muscle and
joint pains

Diagnosis

1. Clinical- High fever with the temperature rising quickly as high as 104 F (40 C), with relative low heart rate (bradycardia) and low blood pressure (hypotension). The eyes become reddened with no localising source of infection, a rash with ($<100,000$ platelets per mm^3 or estimated as less than 3 platelets per high power field) thrombocytopenia and relative leukopenia - low platelet and white blood cell count. Dengue infection can affect many organs and thus may present unusually as liver dysfunction, renal impairment, meningo-encephalitis or gastro-enteritis.

2. Evidence of plasma leakage (hematocrit more than 20% higher than expected, or drop in hematocrit of 20% or more from baseline following IV fluid, pleural effusion, ascites, hypoproteinemia).

Attention tips

- Weak rapid pulse,
- Narrow pulse pressure (less than 20 mm Hg)
- Cold, clammy skin and restlessness.

Alarming sign : Close monitoring of vital signs in the critical period (up to 2 days after defervescence - the departure or subsiding of a fever) is critical

Prevention

- Use mosquito repellent sprays that contain DEET when visiting places where dengue is endemic.
- Limiting exposure to mosquitoes by avoiding standing water
- Staying indoors two hours after Sunrise and before Sunset will help.
- Put Oil carosene on the top of water.
- Neem bath: Boil Neem leaves in the water till the color comes green and bathing from this water gives good mosquito repellent.
- Neem leaves fumes at the surrounding of home during Sunset.
- Kopal (New tender leaves and buds)of Neem is giving best immunity to all during monsoon.
- Fumes of Guggulu, sarso, vacha, neem in the form



Aedes aegypti mosquito



of (Yagya, Hawan Samagri) is best to remove environmental microbes.

Treatment

The mainstay of treatment is timely supportive therapy

Individual's tip: Increased oral fluid intake is recommended to prevent dehydration.

Supplementation with intravenous fluids may be necessary to prevent dehydration and significant concentration of the blood if the patient is unable to maintain oral intake.

Emergency tips.

The presence of melena may indicate internal gastro-intestinal bleeding requiring platelet and/or red blood cell transfusion. A platelet transfusion may be indicated if the platelet level drops significantly (below 20,000) or if there is significant bleeding

Alarming tips: Aspirin and non-steroidal anti-inflammatory drugs should be avoided as these drugs may worsen the bleeding tendency associated with some of these infections.

Fever tips: The affected person is treated with Paracetamol to bring down the fever. Ayurvedic Tribhuvan Kirti, Kiratiktadi tab are safe option.

Immunity Tip : Tulsi Rasa, + Adrak Rasa, + Shahad in equal quantity early in the morning gives sufficient immunity

Manjan : cleaning of teeth and gums with Sarso tail(Mustard oil two drops ,one pinch of salt and two pinch of haldi (Turmeric powder) early in the morning gives proper oral hygiene and immunity.



Seasonal regimen:

- Anar , Bela, aloo bhukhara, Chiku and apple gives sufficient micro nutrients to make body sufficient to fight with dengue.
- Orange juice helps with digestion, increased urinary output, promotes antibodies for faster healing and recovery. It gives energy and vitamins, over all a great source for fighting fevers.
- The raw papaya leaves, two table-spoon per serving once a day. Do not boil or cook or rinse with hot water; it will loose its strength. This will prevent dengue fever.

Diet tips

Porridge and baked toasts (not fried) can be had for allaying hungers in the course of the day. Biscuits with tea can be had. The tea must be herbal, with tulsi, ginger, cardamom and other such fever-reducing herbs in it.

Ayurvedic tips:

Kakamachi is syrup can expel negative toxins. A cup twice daily is the recommended dosage.

The symptoms of Dengue can be treated with bed rest, fluids, and medication to reduce fever, such as acetaminophen; Aspirin should be avoided.

Research Tips :

Central Council for Research in Ayurvedic Sciences (CCRAS) has recommended Preventive measures for building immunity and protection from flu like conditions-

- Avoid diet like curd, cold food , cold drinks , fruit , juices , fermented food, ice-cream etc.
- Drink luke warm water.
- Use decoction made up of Tulasi, Adrak (Ginger) , Kali Mirach (Black pepper), Pip-pali (Long pepper), Haldi (Turmeric) and Guduchi (Giloy) 20-30 ml in the morning and

evening .

- The ayurvedic medicines like Sudarshanaghana Vati, sudarshana Churna , Samshamani Vati (Guduchi Vati) mainly improve the host defence mechanism (Immunity).
- For Cough: Sitopaladi Churna half teaspoon, (2-3gms) with honey in the morning and evening for 3-5 Days.
- For Fever: Nardiya Lakshmi Vilas Ras- 1 tablet (250mg) morning and evening for 3-5 days.

Note: The Ayurvedic Medicines should be used under the supervision of qualified ayurvedic Physician. Please contact a qualified doctor or any of the designated hospitals/dispensaries in case of serious symptoms.

Nutty Peppery Cumin

It is small and rather unassuming and is a herb that is usually associated with Mexican and Spanish foods. However, it is widely used in Middle Eastern and Indian cooking. Its distinct flavor and health -supporting properties make it an impressive herb among many. Its history takes us 5000 years back when Egyptians used it not only as a spice but as an ingredient in their mummification process. The greenish brown powder of this herb is known to be pungent, sharp and slightly sweet. As a medicine it is used as a diuretic to treat stomach upset and flatulence. Consumption of cumin seeds are also said to enhance menstruation. It also acts as a medicine to treat laryngitis.

In Ayurveda, cumin with ghee is smoked to relieve hiccups. As per the Bible, cumin was so precious that it could replace money when it came to paying tax to the church. Cumin is also found to be a stimulant in the production of pancreatic enzymes and so is effective in increasing insulin sensitivity and thus beneficial to diabetics. It is also said to have anti-asthmatic properties by working as a bronchodilator. Its pungent properties have the ability to significantly change the trajectory of a dish. It was said that the spice-crazy European soldiers carried loaves of cumin bread in their satchels for good luck.

Apart from the above mentioned uses and benefits, it is a good source of Iron, Manganese and other vitamins and minerals. Its anti-oxidant content is more effective than other common anti-oxidants, including

Vitamin C. Its high anti-oxidant content is seen to have a role in fighting cancer. It also acts as an anti-glycation agent as well as anti-osteoporotic.

The scientific name of cumin is *Cuminum cyminum*. It is an excellent source of iron, which is an integral component of hemoglobin, which transports oxygen from the lungs to all body cells and is also part of the key enzyme system for energy production and metabolism.

These seeds can be described as having a penetrating, peppery flavor with slight citrus overtones. The unique flavor complexity of this seed has made it an integral spice in the cuisines of Mexico, India and the Middle East. Its anti-carcinogenic properties are due to its free radical scavenging ability as well as its ability to enhance the liver's detoxification enzymes.

Cumin is native to Egypt and has been cultivated in the Middle East, India, China and the Mediterranean countries for millennia. Throughout history, cumin has played an important role as a food and medicine and has been a cultural symbol with varied attributes. Cumin seeds were highly honored as a culinary seasoning in both ancient Greek and Roman kitchens. Cumin's popularity was partly due to the fact that its peppery flavor made it a viable replacement for black pepper, which was very expensive and hard to come by. Thus this ordinary looking seed is anything but ordinary when it comes to health benefits.



editorial team



Ayurveda

For the perfect face-lift this monsoon



A wrinkle-free face is something everyone desires. Many believe that this is out of reach and so is hardly attainable. While there are a lot of curative techniques for this in allopathy, this generally comes with a bag of side-effects. Experts suggest panchakarma through Ayurveda during monsoon as the right approach to getting that perfect face-lift, removing wrinkles and thus restoring the youthful look. The monsoon is said to affect each of the doshas in different ways. The three doshas are said to be aggravated during this season causing an imbalance in the body. As with all Ayurvedic treatments the first step is to maintain a mind-body balance for which all the three humors/doshas are involved.



Test how wrinkled you are



FaceLift: before and after



Why wrinkles?

Wrinkles are usually caused by a lack of collagen in the skin and also due to sleeplessness. It is also caused if the skin is not hydrated well and moisture escapes from it. Excess exposure of the skin to sun and pollution also causes the skin to turn unhealthy. Another major reason for the appearance of wrinkles other than due to aging is due to seasonal changes. When the climate is hot and humid the skin feels sticky and the sweat released during this period increases microbial activity leading to pimples and wrinkles. Also, the moisture level of the skin is low when the climate is cold, leading the skin to crack and sag. An unhealthy diet of junk, spicy, oily foods also spoil the beauty of the skin. Chemicals like preservatives, dyes and artificial flavours in the diet enhance wrinkles in the skin.

Why monsoon for this treatment?

Monsoon is the best time for this kind of treatment as it is the time when the tridoshas are vitiated the most. It is during this time the doshas should be expelled or pacified to regain youthfulness. Ayurveda's approach to treatment is holistic and hence for rejuvenation or for retaining youthfulness Rasayana tantra, which is one of the eight branches of Ashtanga Ayurveda, which deals exclusively with rejuvenation should be followed.

Diet for wrinkle-free skin

Drink plenty of fresh clean water (2-3 litres daily). It helps to eliminate body wastes and toxins. It keeps constipation at bay. Diet should be composed of fresh fruits and vegetables. Avoid sweets, chocolates, junk foods, deep fried, oily and spicy foods. Consumption of a piece of ginger with 2 tablespoons of honey once a day preferably in the morning can help the skin to glow. A mixture of pineapple and apple juice will prevent wrinkles from occurring. Also, an application of sugarcane juice mixed with a teaspoon of turmeric has proved to be successful.

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AYURVEDA IN THE US



About Dr Akhilesh Sharma

Dr. Akhilesh Sharma is a qualified Ayurvedic physician with experience of more than 25 years. He is on the advisory board of California College of Ayurveda and a teaching faculty at Hindu University of America. He is an internationally renowned physician, who received The Dhanvantari Award, highest honor in the field, given to him by President of India. He is a regular speaker at yoga and Ayurveda conferences. He has travelled to more than 23 countries spreading the seeds of Ayurveda far and wide. He was formerly an associate of Dr. Deepak Chopra's father, Dr. K.L. Chopra at Moolchand hospital, Delhi. Dr. Sharma also served as Advisor to the Minister of Health Govt. of Delhi and Chairman of the Scientific Committee of the All - Indian Medicine Graduates Association. Currently he is the Director at Pranaveda Foundation, an Ayurvedic centre for teaching training and treatments, in Goa, India.

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Despite the stunning advances in modern medicine, the world is becoming increasingly aware of the limitations of mainstream health care. Americans too are realizing that Western medicine has some answers, but not all the answers.

It is in this scenario that Ayurveda—along with yoga and meditation—has entered the American consciousness.

Ayurveda's holistic *modus operandi*—that mind, body, and spirit are intimately connected—is revolutionizing the way Americans understand health. According to Ayurveda separating the mind and spirit from the body creates physical imbalance, which is the first stage in the disease process. It naturally follows that re-integration is the first step toward healing. Based on the principle that disease is the natural end result of living out of harmony with our environment, Ayurveda views symptoms of disease as the body's

normal way of communicating disharmony. With this understanding of disease, Ayurveda's approach to healing becomes obvious: to re-establish harmony between self and environment and create an optimal environment for health.

Meanwhile, the emerging integrative medicine movement—which calls for restoration of the focus of medicine on health and healing and emphasizes the centrality of the doctor-patient relationship—also reflects the basic tenets of Ayurveda. It is no wonder that the National Center for Complementary and Alternative Medicine (NCCAM) of the National Institutes of Health (NIH) summarizes the present status of Ayurveda in America quite well, identifying it as one among "Whole Medical Systems" that ought to play an important role in the present Complementary and Alternative Medicine (CAM) scenario. I am a personal witness to this since I had the opportunity to lead a delegation of NIH who came to India few years ago to visit Ayurvedic industry Dabur that proudly boasts of the its biggest research foundation with the most advanced and well-equipped research lab in the country. We also took them to Ayurveda's leading Hospital and Medical research Institute, AryaVaidyashalaKotakkal in their east Delhi branch in Karkarduma.

Many doctors and research scientist were so fascinated to see the specialized branch of Ayurveda massage modalities known as Panchkarma and their healing effects on the human body with simple method of treatments of purification and rejuvenation of the body which gave them new meaning to understand health from preventive healthcare approach.

I have had the opportunity to introduce Ayurveda in various leading massage schools in America. I graduated as a professional massage therapist from the state of Florida and now I am an eligible teaching faculty there and has introduced Panchkarma modalities as a module of Ayurveda of which the western world was not aware of before.

This is very fascinating for many massage therapists, chiropractors and osteopaths to know that this healing modality uses more than 400 types of oils during massage applications for the management of various diseases.

The Early Years

Interest in Ayurveda emerged as Americans started to question the tenets of their own health care system. Today, nearly three decades after it was first transplanted in American soil by Indian pioneers such as Dr. Vasant Lad, Maharishi



Mahesh Yogi, Ayurveda is still struggling to establish roots as well as legitimacy.

In the late 1980s Dr Deepak Chopra wrote for the public his famous book, "Perfect Health". This opened the door of India's ancient healing science to many westerners. Furthermore, several American pioneers helped attract attention to Ayurveda and influenced its growth.

The dissemination of Ayurveda in America continues as a result of the confluence of several trends: Indian and American doctors and health scientists approaching the tradition on a more scientific basis; Western doctors and researchers recognizing that Ayurveda offers much that they do not know; Ayurvedic doctors (vaidyas) from India setting up consultations; and patients seeking non-Western healing modalities.

Most importantly, the signing of the Health Freedom Act (SB 577) in California was seen as a landmark event towards the legitimization of Ayurveda and other forms of CAM in America. The bill, which became effective in January 2003, allowed trained practitioners of alternative and complementary health care to legally provide and advertise their services. It provides that a person is not in violation of certain provisions of the Medical Practice Act (that prohibit the practice of medicine by anyone who is not a licensed physician) as long as that person does not engage in certain specified medical acts. Similar laws have also been passed in Rhode Island and Minnesota.

Today, many American medical colleges offer introductory Ayurvedic education in the form of seminars and workshops. Many renowned medical hospitals, including the Mayo Clinic, offer courses in Ayurvedic therapies. Hundreds and thousands



of yoga practitioners are partial towards the Ayurvedic lifestyle. There is an increasing demand for Ayurvedic products and massage procedures. All these are signs of Ayurveda gaining acceptance in the United States, and hence revitalizing the health scene.

But getting Ayurveda licensed is the need of the day, says Dr. David Frawley (VamadevaShastri),

author of Ayurvedic Healing and co-author, with Dr. Vasant Lad, of the first book on Ayurveda published in America, The Yoga of Herbs (1986). Frawley agrees that the main obstacles confronting Ayurveda in America is the lack of proper recognition and limited acceptance by the public. Meanwhile, medical researchers recognizes a great potential for integration of Ayurvedic therapies into the healthcare system in

the United States.

A modern medical perspective

Because of increasing interest and evidence of its efficacy, it is in America that we may be witnessing the first tentative attempts to integrate Ayurveda into the mainstream establishment.

That's exactly what Dr. Michael J. Balick and Sarah Khan of the New York Botanical Garden projected when they examined clinical studies relating to 166 medicinal plants from a standard Ayurvedic repertoire. Their results, published in the 2001 issue of the *Journal of Alternative and Complementary Medicine* contradict the generally held notion that herbal remedies used in Ayurveda have not been evaluated in human or in vivo trials. The problem, as they pointed out, was one of accessibility, because the findings are not published in Western journals and are not available in English. According to Balick and Khan, the clinical studies already available do suggest that at least 100 of the 166 plants studied are appropriate for larger and better-controlled clinical trials. As if to prove this point, our recent survey of Medline and Pubmed databases reveal that over the past decade a large number of clinical studies on Ayurvedic plants are being published, not only from US and Indian laboratories, but also from research centers in China, Japan, and Europe. Surprisingly, it is China that is most aggressively pursuing research into Ayurvedic plants.

Americanization of Ayurveda?

Sita Reddy, who wrote her PhD dissertation at the University of Pennsylvania on the reinvention of "Ayurvedic Medicine in New Age America," makes an important observation: "Ayurveda's spread in the United States relies primarily on its appeal beyond exclusively South Asian constituencies. Its uniqueness, in other words, lies in the fact that it is reproduced for non-Asian American audiences and clients rather than for immigrant South Asians."

She adds: "... transplanted Ayurveda is marketed not simply as effective medicine but as a cultural commodity, as a uniquely Indian ethnomedicine for primarily Western audiences." Furthermore, she notes that as Ayurveda gains legitimacy, the practice itself is being transformed into an American composite.

What I feel personally is that we must always walk in the spirit of sanatana dharma, honoring its es-



sential teachings of truth and ahimsa, of reverence for the indwelling mystery within all things animate and inanimate, and of striving for lokasangraha, the welfare of the Whole.

Future of Ayurveda

Today there are at least 15 institutions that teach Ayurveda in America—from certificate to the masters degree level.

California College of Ayurveda is one of the oldest and premier institute formed in United States in 1995. It has been one of the leaders in clinical practitioner training with intentions of training its students to be fully qualified practitioners capable of disease management as well as preventive medicine life-style training.

Some other Institutes like Hindu University of America in Orlando and Florida Vedic College are also taking efforts to bring about the training programmes even though they are more oriented into the theory and philosophical aspect of Ayurveda.

Ayurvedic institutions claim that a well-trained Ayurvedic practitioner may choose to enter into private practice in compliance with the laws of the state where he resides, join other health care practitioners at a wellness center, teach public education classes on Ayurvedic principles, supervise a Panchakarma center, teach at an Ayurvedic college, and conduct workshops, seminars and retreats—everything short of a licensed independent medical practice. In this respect, one might say that Ayurveda's current status in the United States is analogous to traditional Chinese medicine and acupuncture during the 1970s.

"I am very hopeful that in time Ayurveda will



become recognized, and Ayurvedic physicians will be able to enter into full professional practice," says Dr. Sharma.

Dr. Akhilesh Sharma is noted as a qualified and experienced Ayurvedic physician who has travelled to 23 countries and is the first Indian Ayurvedic physician to travel to the west, earn a massage degree in America and was formerly an associate of the father of Dr. Deepak Chopra in Moolchand hospital in New Delhi and a Clinical Research Associate and an Ayurveda physician.

He even treated Dr. Deepak Chopra's mother with amazing results.

Dr. Sharma now runs a small Ayurveda center named Pranaveda Foundation in Goa that provides advanced clinical exposure on Ayurveda to both his students and patients.

He is convinced that Ayurveda is as valid here in America as it was 5,000 years ago in India. Dr. Akhilesh Sharma who is an Ayurvedic Practitioner and on Advisory Board of California College of Ayurveda predicts that It will be one of the main healing modalities of the next century in the US.

Already, Dr. Bharat Aggarwal's prolific efforts are along those lines. He has become the first mainstream medical researcher to recommend that Ayurveda can be used in combination with modern

medicine to provide better treatment for cancer. Referring to Aggarwal as "Spice Healer," the February 2007 issue of the Scientific American reported that Aggarwal's chapter in a new textbook is entitled "Curcumin: The Indian Solid Gold." From the humble haldi (or turmeric, from which curcumin is derived), Aggarwal is now exploring the biochemical basis of a whole range of perennial favorites in Ayurveda's repertoire of cancer fighters—including tulsi and all of the commonly used Indian spices—with astonishing results.

Nobel prize or not, with disease mongering on the rise, and with the hazards of modern medicine well documented, it is worth speculating that perhaps America is where Ayurveda's 21st century avatar will emerge triumphant. In this context too it is worth noting that Native American medicine shares Ayurveda's philosophy of healing, based on the re-establishment of harmony between self and environment.

May everyone be happy;

May everyone be healthy;

May everyone be holy;

**May there never be disharmony of any kind
anywhere.**

This is the ultimate message of Ayurveda. ①

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Ayurveda

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Kerala:

A must- see destination for tourists

Celebrated for its rich nature, greenery and unpolluted surroundings Kerala continues to be known as God's Own Country to outsiders. The onset of technology and IT has not changed the pristine beauty of this lovely land. Apart from the breath-taking natural beauty, every corner of the State is rich with history, fascinating customs and culture. The different parts of this State seem to have a story to tell and captivate its tourists. Among all the fascinations and rich history is its age- old science - Ayurveda that has made the State a popular tourist destination. The tourists come here not just to enjoy the beauty and architecture of the land but also to get energized and revitalized through Kerala's own Ayurveda. This system of holistic approach to treatment is today known all over the world. Our government, confirming the potential of Ayurve-

da for the State, has heavily invested in it clearly understanding that they will get a huge turn- over. By now Kerala has emerged as a major tourism spot in India considering the royal Ayurvedic treatment provided here. Even though Ayurveda is practiced all over India it is the Kerala Ayurveda that has become a brand on its own.

Besides Ayurveda, the beaches, backwaters, the hills, the spices, Kathakali, houseboats, the monsoon, coconut trees – concepts like eco-tourism, home stay, farm stay and health tourism have become major features of Kerala tourism. Foreigners simply find the life-style of the people of Kerala fascinating that they don't mind splurging to experience it. The land is truly magical for its visitors who find the entire State a worthwhile tourist destination. Since Ayurveda has promoted so much tourism in Kerala the blue-chip restaurants of the State have

moved to providing Ayurveda and its allied services for its customers most of whom are foreigners. To be authentic, the Ayurvedic health spas or outlets tend to keep practitioners certified in the trade thus assuring its clients genuine treatment. Due to the great demand for Ayurveda, guidelines have been put into force for a classification system for Ayurvedic centers. A Green Leaf signifies the best in terms of facilities, authenticity of method and materials employed, and an Olive Leaf denotes the second rung. In Ayurveda, the most sought-after therapy is the Panchakarma. It is reckoned as a method of treatment of removing the toxins accumulated in the body through five karmas or actions. It thus helps to revitalize the body, strengthen the immune system and resist illness. One can also be assured that to invest time and effort for Ayurveda will definitely be not like drawing lines on water.

Tourism in Kerala: Kerala Tourism is not just a money-making initiative, the Government has encouraged tourism in the land expecting it to change the lives of the tourists as well as to touch the lives of the people of the land in a positive manner. To promote tourism in Kerala, the Gov-

ernment has come out with several campaigns at the national and international levels. The State now aims to promote 'Responsible Tourism' and this is supposed to be the first of its kind in the State. To expand its horizons, the tourism campaigns have gone online using the different IT platforms. Kerala Tourism is a pioneer in

using the innovative means of technology to promote its destinations. Most of the campaigns of Kerala Tourism aims 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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Herbs & Spices for Weight Loss



Certain herbs and spices can promote weight loss and including these powerful little ingredients in your daily diet can help you reach your weight loss goals.

According to Ayurveda, the ancient system of medicine developed in India, an individual with a Kapha body type, having more of water and earth in their constitution, have broad shoulders and are heavy boned and find it difficult to lose the weight once gained. Individuals with Vata body types have more of air and ether and are generally skinny and devoid of much fat; along with the Pitta dosha personalities who are generally gifted with proportional body weight, could also gain weight just in case they lose their balance, however they can shift the gain easily.

All individuals can suffer from an imbalance in any one body type resulting in various conditions and disorders. An imbalance in the Kapha dosha generally causes weight gain or obesity, due to a lowering in fat metabolism leading to the danger of developing this dreadful lifestyle disorder. A Kapha pacifying diet is therefore most ideal for weight loss. A simple and yet effective group of Kapha pacifying foods that are easy to incorporate in our day- to- day meals are herbs and spices.

Using herbs and spices when preparing your food, adds much more than just flavor. Herbs and spices contain a whole array of anti-oxidants, minerals and vitamins that have unique medicinal properties. There are certain herbs and spices that can actually help promote weight loss and help you maintain a healthy body weight. Make sure you include these powerful little ingredients in your daily diet to help you reach your weight loss goals.





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Indian Fat-burning Dal Recipe

This hearty traditional staple Indian Meal combines many of the fat-burning metabolism-boosting spices into one simple low-fat meal. You can eat on its own like a thick soup or serve with whole-grain chapattis or bread or brown rice. Throw in any of your favorite vegetables like spinach, carrots or peppers to increase the nutrient value.

220g Red Lentils	2 tbsp Extra virgin Olive Oil
1 Onion, thinly Sliced	2 tsp Turmeric Powder
2 tsp Coriander powder	2 tsp Cumin Powder
1 tsp Cayenne Pepper	1 tsp Black Pepper, freshly ground
4 cardamom Pods	4 Cloves
2 inch Cinnamon Stick	2 Tomatoes, quartered
2/3 cup water	Rock Salt

Method

Wash lentils well and put in a saucepan with enough water to cover. Bring to the boil, and boil gently until the Lentils are soft.

Meanwhile, heat the oil in a frying pan and fry the Onion and Garlic. When the Onion softens add the Coriander, Cumin, Turmeric, and Cayenne, mixing well. Cook for two minutes, then add the Cardamoms, Cloves, Black Pepper and Cinnamon. Cook for another 5 minutes stirring constantly. Add more oil if it is sticking.

Strain the lentils and add to frying pan stirring rapidly to mix in all the spices. Add the water and pinch of salt to taste and cook for a further 5 minutes.

Add chopped tomatoes and stir. Remove from heat and serve.

Herbal Infusion

Nothing like a warm refreshing drink that can be had anytime of the day with wonderful health benefits to offer. This is yet another way to include a burst of these wonderful healing spices.

- 4-5 pods Black pepper
- ¼ tsp Fenugreek seeds
- ¼ tsp Dry ginger powder
- 2 pods Cardamom
- 2 mugs of water

Method

Boil the ingredients till the water reduces to half and enjoy your tea. You could dilute the tea if the infusion is too strong. ①

Have a date with DATES

W

onderfully sweet and nutritiously elevating, these fruits, abundant in the Arabian deserts, are teemed with much-needed minerals and energy to help you stay fit and healthy. It is said to be an all-rounder in the composition of nutrients, and a daily consumption a few of these can lead to a healthy life. These highly nutritious dates have a history of being used as sweeteners and a quick snack. They are also energy boosters for those who are in dire need of energy and vitality.

Dates or Kahjur, as it is known in the Middle East, is a widely-accepted fruit all around the world, especially in the tropical oasis. They can be consumed in different forms according to one's taste and liking. No doubt, dates are a reservoir of nutrients and these help

to beat the sugar-craving in you in a healthy manner. Their high iron content make them an important item prescribed for those suffering from anaemia. As a delicacy, it can be used as chutney, a sweet dish or simply in fresh or dry form. These are a great healthy substitute for those having sweet tooth as they are free of sodium, cholesterol and fats. They are also considered to have high calories when compared to other fruits and so too much quantity of them consumed can lead to weight gain. A few of their qualities are listed below:-

- They are rich in vitamins and minerals
- Greatly aid digestion as these contain soluble and insoluble fibers and different kinds of amino acids.



- They are known as energy boosters as they contain natural sugars like glucose, fructose and sucrose.
- Also, children can have them as a tasty nutritious drink after their hectic school schedule by adding chips of dates to milk.
- They also are rich in potassium which helps in regulating the nervous system and thus helps to reduce the risk of stroke to a certain extent. Also, it is understood that potassium intake to a certain extent can reduce the risk of stroke.
- Their high iron content also treats anaemia in patients and their fluorine content helps slow down the process of tooth decay.
- Dates soaked in water overnight and later consumed help relieve constipation.
- Dates also help in weight gain and are of great advantage to those suffering from slimming problems.

The best thing about dates is that these act as a completely natural tonic for the body and is said to have refreshing results than medicine. It is also said to be great in improving eye sight and for curing night blindness. There are different ways in which dates can be consumed. Their chips can be sprinkled on sweet dishes, cakes and puddings, thus improving the delicacy of these dishes. Also, dates can be had in the normal way as a snack

Dry dates when eaten would replenish the energy and revitalize the body instantly. This quality of dates had been considered while breaking the fast of Ramadan since ancient times. Allergy to this fruit is a rare occurrence. These can be safely had by both infants and pregnant mothers. To sum it up, they are wonderfully delicious, popular fruit, packed with an impressive list of essential nutrients, vitamins and minerals that are required for the healthy growth and development of the body and for its overall well-being.

© editorial team



Glow Naturally

“Keep your face
always toward
the sunshine-
and shadows will
fall behind you”

– Walt Whitman

There is not a bright face on earth that is devoid of beauty. The countenance reflects the inner spirit of the individual, making it the threshold to the world outside. A physically and mentally fit self thus glows with a glorious face.

Treating the human body as a whole, Ayurveda provides a wide range of tips to help maintain a healthy face in the most natural and close-to-earth way. One need not go too far to build it up; home-made remedies have proved greatly effective in beautifying the skin and keeping it fresh. The milk squeezed out of grated raw

coconut, when applied on the lips and face, adds glow to the skin. For cleansing, all you need to do is dip a piece of cotton wool in unboiled milk and wipe all over the face. The unseen dirt can be removed, also cleaning the pores. The skin of apple alone can perform as a cleanser. Pure castor oil applied and massaged upward can help slow down the wrinkling process. Marks and pigments on the face can be easily removed if rubbed with raw potato. A homogenous mixture of cucumber juice, glycerine and rose water works wonders, acting as a sunscreen.



Face Packs

There are a wide variety of face packs that help maintain healthy and beautiful skin. Depending on its nature, one can take great care of the face using home-made and Ayurvedic panacea.

A paste made out of a table spoon of orange juice and lemon juice each mixed with a cup of yoghurt applied on the face as a mask for 15 minutes can work wonders. Clean it off with a wet tissue and this helps enhance the complexion.

Urad dal and 5 or 6 almonds soaked overnight and grinded into a fine paste the next day, when applied as a protein mask for half an hour too serves the same purpose.

A mix of sandalwood powder, turmeric powder and milk (a table spoon each) when made into a paste and applied as a face mask becomes an effective skin rejuvenator.

For normal skin

- 1) The juice of half an orange or tomato mixed with two table spoons of curd can be applied to the face and neck. After it dries up, wash with cold water and wipe off gently.
- 2) Apply the white of an egg after beating it up, in an

upward direction. After it dries up, wash off. It prevents premature wrinkling of the skin.

- 3) Carrot face packs (the juice of a carrot after grinding it) when applied for 15 minutes and then washed off help the skin look incredibly young.

- 4) Cabbage face packs (half a cup of grated cabbage juice) can be applied for 10-25 minutes and then cleaned with cold water. This helps the skin tighten up, preventing the occurrence of wrinkles.

Oily skin

Oily skin causes problems like acne, pimples and greasiness. It should be noticed that while applying packs that this type of skin is to be washed with lukewarm water and then with cold water. During this process the pores on the skin shall open up and the oil can be washed off. Be careful not to use soap while cleaning the mask.

- 1) Smash half an apple and add one table spoon of lime juice. The mix can be applied to the face and let set. After 10 minutes wipe it off with lukewarm water and then with cold water.
- 2) Tomato juice when mixed with 1/3rd cup flour and applied to the face works well on oily skin. The pack can be left to set for 10 minutes and then cleaned up.
- 3) A table spoon of multani mitti mixed with adequate



amount of potato juice can be applied on oily skin. The mask should be set to dry for 15 minutes.

4) An egg white without beating can be applied on oily skin and let dry. After 10 minutes wipe off with lukewarm water and then with cold water.

5) Two or three table spoons of mint juice mixed with equal amount of cucumber juice help get rid of oily skin troubles. After 10 minutes the pack can be removed and cleaned.

6) The paste made of two spoons of wheat flour and water is yet another commonly used face pack for oily skin. Make sure the paste is applied in an upward direction. After it dries up, remove and clean the face with cold water.

7) Mix two table spoons of raw milk with a few drops of lemon and cucumber juice. This pack too leaves oily skin refreshed and trouble-free.

8) Two table spoons of fenugreek seeds soaked overnight and grinded into a paste in the morning can be applied on the face. After 10 minutes remove and clean with cold water.

(The above pack can be made with red gram as well)

Dry skin

It is recommended that people with dry skin should not use soaps much that have strong cleansing agents as they add to dryness and roughness. Natural exfoliates like besan gram powder help retain the moisture, so

better opt that.

1) The pulp of ripe mango mixed with two table spoons of sugar made into a paste and applied on the face works effective on dry skin. Keep the mask for 20 minutes and then wash off.

2) A slice of papaya smashed well and applied is the best fruit pack. No more ingredients, just keep this pack on for 15 minutes and then wipe off with a damp cloth helps regain the freshness and glow of the face.

3) A slice of ripe peach rubbed all over the face and left to dry for 20 minutes also is a good caretaker of skin. After 15 minutes, wipe off with a damp cloth or with lukewarm water.

4) Mix one and a half table spoon of whisked honey, an egg white, two table spoons of glycerine and 1/3rd cup of flour until it becomes a thick paste. Apply this to the face and rinse after 15 minutes. It moisturizes and tightens the skin making it soft and smooth.

5) A tea spoon of honey mixed with a mashed ripe banana can be applied and washed when dry.

6) Two table spoons of poppy seeds soaked overnight can be grinded the next day and add milk to this. Apply the paste and wash off after 15 minutes.

7) A table spoon of milk cream mixed with a few drops of olive oil and a pinch of turmeric can be applied. Wash it after it dries up.

8) Mix raw milk with grinded peanuts (2-5). Add a few



drops of honey to this mixture and apply on the face. Wash it after 20 minutes.

9) Applying raw milk alone rejuvenates dry skin.

Wrinkled skin

People with wrinkled skin are always advised to wash face with lukewarm water. Instead of water, rose water is better mixed while preparing face packs. And not to use soaps while cleaning it up.

1) A table spoon of rose water can be added to a mashed ripe banana and applied on the face and neck. After 10 minutes clean it up. This can be done twice a week for regaining healthy skin.

2) Half a table spoon of honey mixed with a table spoon of onion juice when applied on the face and neck also help deal with wrinkled skin. After the mask dries up, wipe off with a damp cloth.

3) Take around 4-5 almonds and grind well. A table spoon of honey and an egg white can be added to this. Apply on the face and wash after 15 minutes.

For people with sensitive skin, oatmeal pack is best advised. Three table spoons of yoghurt mixed with equal amount of oatmeal can be applied on the face and neck. In case the paste is too thick, dilute it using water. After 15 minutes rinse it off for smooth and healthy skin.

Other fruit face packs

1) For oily skin, the pack made of a ripe banana with a table spoon of honey and lemon juice each can be used.

Citrus fruits have acids that help cut down oil from the sebaceous glands.

2) Two or three strawberries mixed with three table spoons of lime juice can be applied on oily skin and washed off after 20 minutes. This prompts anti-aging and rejuvenation.

3) Rich in Vitamin C, orange pulp/ juice/ peels stop rapid aging, improves skin texture, fights tanning and helps gain a fair complexion. They also decrease the oil content and remove blemishes and dead skin cells. Orange extracts can be mixed with lemon juice and honey for better results.

4) Another natural skin aid is besan/ gram flour powder. Apart from removing oil from the skin, it also helps in cleansing and moisturizing.

5) Besan and rose water mix (cud too can be added) can be applied on the face for 15 minutes. This is an effective cleanser.

6) Two table spoons of besan with a pinch of turmeric powder, four drops of rose water and lemon extract deal with tanning troubles.

A healthy skin is a natural protector of body. In order to maintain it, one has to develop a healthy life-style devoid of unhealthy habits. Proper sleep, exercise, reduced stress, meditation, proper diet, water intake and cleanliness are some of the best habits that help sustain a perfect skin texture as well as body's beauty.

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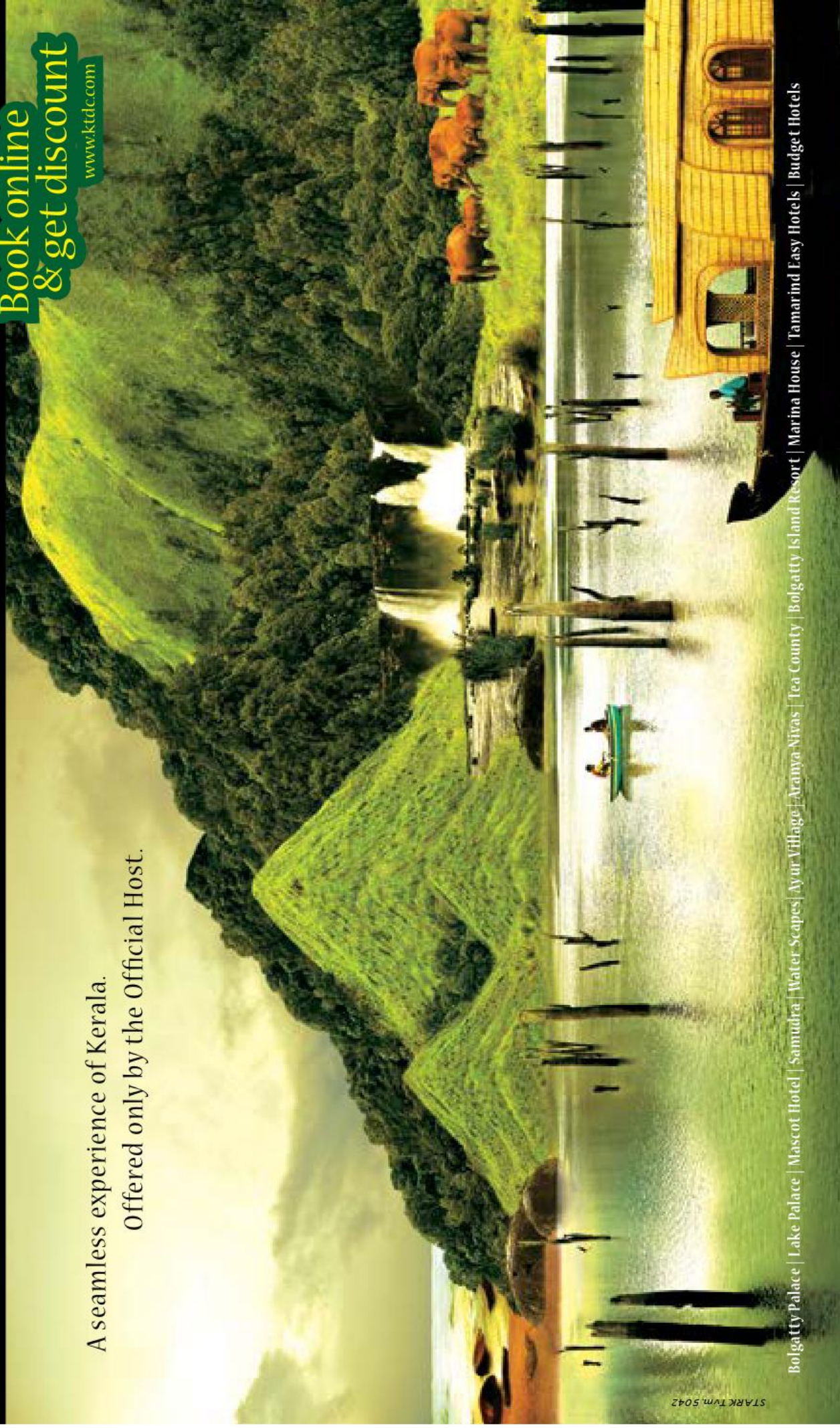
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Yoga Day: The Guiding Theme

Key point to note is Ayurved treats the individual and not the disease; because the same disease would cause imbalance in the tridoshas differently in different individuals and there is no one pill for one-symptom-fits-all approach.

Concluding his address to the UN General Assembly in New York on 27 September 2014, Prime Minister of India, Mr. Narendra Modi said:

“We can achieve the same level of development, prosperity and well-being without necessarily going down the path of reckless consumption. It doesn't mean that economies will suffer; it will mean that our economies will take on a different character. For us in India, respect for Nature is



C.M Bhandari
Former Ambassador of India

an integral part of Spiritualism. We treat Nature's bounties as sacred. Yoga is an invaluable gift of our ancient tradition. Yoga embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and Nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the World and the Nature. By changing our life-style and creating consciousness, it can help us deal with climate change. Let us work towards adopting an International Yoga Day.

Finally, We are at a historic moment. Every age is defined by its character; and, each generation is remembered for how it rose together to meet its challenges. We have that responsibility to rise to our challenges now. Nowhere is this more pronounced than in this great assembly, we should ask ourselves whether we should wait until we are 80 or 100. Let us fulfill our promise to reform the United Nations Security Council by 2015. Let us fulfill our pledge on a Development Agenda so that there is new hope and belief in us around the world. Let us make also a new watershed for a sustainable world. Let it be the beginning of a new journey together.”

There cannot be a better interpretation of what Yog practice can do for us. While we practice Yogaasans and Praanaayaam



for maintaining good health, we must also realize that thereafter, there has to be a care and share approach in life while we move about leading our individual lives. Prime Minister Modi, since assuming the onerous responsibility of the office of Prime Minister of World's largest democracy, India, just about a year back, has reflected such clarity and transparency about his vision and mission and gone about realizing it by creating more and more public awareness and seeking their participation in nation building. It is no wonder that while addressing the United Nations General Assembly, the whole world was Mr. Modi's concern. Those living a life in Yoga philosophy are the torch-bearers for a bright future for mankind.

Senseless environmental pollution and exploitation of natural resources, wasteful use of scarce energy resources, total discard to laws of Nature and self-serving attitudes of people, the rise of terrorism and extremism, the divide between the rich and the poor, failure of governments to provide an efficient, transparent and just administration, etc. have led the world to the door-step of catastrophe. What should be done to stop this suicidal march the world over of humanity against Nature? How can we talk less and work more to reverse the current unsustainable greedy mind-set of people and direct it towards building a healthy happy human resource and society that would join hands to create a newer practical approach to a just, caring and sharing society that works towards a sustainable world in balance with Nature? Mr. Modi's call for observing an International Day of Yoga was inspired by such a vision. Mere practice of Yogic postures should not be confused with a Yogic way of life, which encompasses a much broader understanding of cultivating personal life-styles where we, besides maintaining good physical health, are also at peace first with ourselves and then with our family, society at large and finally with the Nature as a whole.

Let us ask the questions: What has been the biggest contribution of modern education? Hasn't it made human race self-centered and selfish? Are not our actions pursuing these twin goals in utter disregard for Nature's laws and human values? Just think of the senseless destruction Scientific, Technological and Industrial development have caused on Planet Earth because of human greed? Today, there is a serious drive towards checking Environment Pollution, reducing carbon emissions, saving rivers and farms from the chemical poisoning, indiscriminate mining, etc. We have to recognize basic reasons for having come to this painful state of affairs and introduce changes in the curriculum of school education to teach children about human values and need for bringing sustainable balance in our life-styles in tune with Nature.

A small section of Humanity lives in extraordinary luxuries and physical comforts but are they really comfortable, satisfied, enjoying inner Happiness? Certainly not! The richer are afflicted by that much more. Only a fraction of them who have the wisdom to respect Nature's Laws and are guided by the Vedic Knowledge, who spend their wealth for public good, are the enlightened

ones living in perpetual bliss. They recognize the Truth stated unambiguously in 'Yog Sutras' that the real practice of Yoga lies in purifying our thought process towards peace and tranquillity. At the root of all sufferings lies one or more of the five causes, viz. Ignorance, Illusion, Attachment, Enmity and Fear (fear of death being the highest of all fears) and there is nothing like permanent happiness in this material world of desires, anger, jealousy, greed, lust, delusion, etc. Overcoming these weaknesses to move towards permanent bliss is the true practice of yogic way of life. This is possible only if we recognize the clear separation between the material world and the spiritual world and learn and practice the way to maintain a fine balance between them. The first five steps of Ashtaang Yoga help to detach us from the material world and then the last three steps help us to understand the spiritual world where we learn to refine the individual ego or 'I' and transform it closer and closer to the Aatman or soul. When 'I' finally attains purity, it merges with the soul and that is the real union, the true fulfillment of the Yogic process.

If Yoga and Ayurveda practices are now drawing world-wide attention, it is primarily because of the fact that both sciences are based on natural laws and not man-made follies. If we remain aware of all the activities and actions going on 24x7 within our own body and deeper in mind, intellect, memory and ego, called the inner world, it empowers us to learn all that goes in the external world. "Yathaa Ande Tathaa Brahmaande, meaning As is within the body, so is in the Universe", exclaim the Vedic scriptures. This is the fundamental truth about Yoga practice, it not only provides us sound health but also empowers us to live in balance with everything around us. Medical practitioners also now recognize therapeutic benefits of Yogic postures, Praanaayaam and meditation (Dhyaan) that provide miraculous





recovery and rehabilitation of patients suffering from chronic diseases or coming out of trauma of surgeries and/or painful chemotherapy/radiation treatments. But if these basic sciences that have existed since the beginning of life of planet Earth, are properly taught in schools, practiced and understood in public at large and governments world-wide join hands to propagate this preventive knowledge rather than proliferate chemical drugs in the name of modern health services, I am confident that Life on Planet Earth can be safe and enjoyable for all creatures.

All Religions of the World are equal and provide diverse roads to that One God. The simplest path to God is serving humanity selflessly. There is no other way of understanding the concept of 'Surrender to God' than recognizing the fact that God resides within every living and non-living object. Selflessly serving God's creation helps realizing Him. The first verse of Ishaavaashya Upanishad unfolds this Truth so succinctly. It explains

about God (Purush) and Nature (Prakriti) and tells that everything in Nature is God's creation; consequently God permeates all and everything in the world. So, we have to be very sensitive to Nature and pay utmost respect to it. Further, everything in Nature has been created for our use and enjoyment but it has to be done with a sense of detachment – never ever think of claiming ownership of it or exclusive right of use in self-interest alone. No one should greed about it, for it does not belong to anyone.

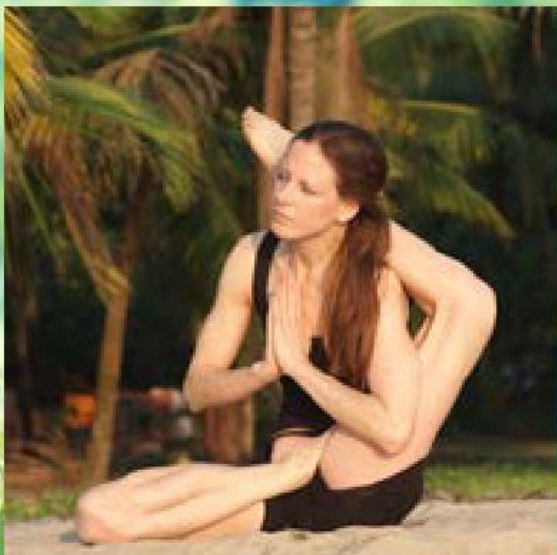
Also, the last three mantras, 15-17 are very educative. Mantra 15 highlights the inevitable consequence each one of us has to face, that of death. But it is the body alone that perishes and returns back to Nature whereas the Self is ever living. Having got human birth, it should be the ultimate goal of everyone to realize this Truth about his/her existence in body and beyond body, and seek release from the cycle of death and birth. Mantra 16 provides some advice about purpose and means



of our actions, which should be fair and led by purer and purer thought. Each individual has to constantly perform ordained duties and continuously upgrade his/her living on path of God realization. Finally, Mantra 17 once again highlights the fact that ours is an illusory world. It is like a pot covered with gold lid and ordinary humans want to covet it thinking of the whole pot as gold. Seekers on path of God realization have to remove this lid of illusion first and constantly strive to arrive at the eternal Truth. We need to realize that after having earned all the wealth, if it is not put to good use for benefit of God's creation and, instead remain attached to it, we can never be happy. By surrendering all our actions and results thereof to God, called Nishkaam Karmayog in Bhagwat Gita, we can lead the most uplifting life and

after death, get release from next birth; in other words attain liberation or Nirvaana.

Scientific minds will be amazed at knowledge revealed by Upanishads about our Universe and beyond. I have been a student of Physics until my Masters degree from Indian Institute of Technology, Kanpur, India, in 1970 and have always looked at every aspect of my living with scientific glasses. The Wisdom of Upanishads, if followed in earnest, can get us all the pleasures of material world and yet, on leaving it, also get liberation. It is a Win-Win situation and costs no money except sincere life-long practice that must be shared and spread far and wide so that we leave a richer legacy for future generations. There is no better practical path than Ashtaang Yog as



codified by Sage Patanjali in his Yog Sutras to progress on this path. Yog science deals with human existence in an integrated way at the three levels – Physical, subtle and Causal. It not only deals with the body exercises (Yogaasans), breathing (Praanaayaam) and meditation but also helps adopt a healthy life-style. How to regulate your thoughts? How do thoughts arise in your mind in the first place? You learn about the first two steps of Yam and Niyam, as also the Shatkriyaas, as the key essentials onto the Yog path.

Eating, Drinking, Breathing and Sleeping are important sciences for maintaining good physical body health and you must obtain full knowledge of it. Other Yogic practices will help progress towards higher states

of realizations about oneself. The Ayurved science is specifically dealing with Physical health of the body and treatment of individuals when struck with diseases. Key point to note is Ayurved treats the individual and not the disease; because the same disease would cause imbalance in the tridoshas differently in different individuals and there is no one pill for one symptom fits all approach.

The second level of living is called the Sookshma Shareer or Subtle body, which you cannot see but you are aware of it's activities. Mind, Intellect and Memory are knowledge faculties that process the information gathered by the five senses of perception, namely ears, skin, eyes, tongue and nose and the five action organs, namely speech, hands, legs, anus, and sex organ. You are continuously using these faculties and are aware of their existence but I do not think you have any clue about the subtle way of working of these faculties and the way they impact on the physiology and biochemistry of the body.

The third level of existence is the Ego level, called the Kaaran Shareer or Causal body. Ego is the reflected image of the Self or the Soul on the brain's memory plane called the Chitta. The Self is a pure entity, a detached on-looker and non-doer, representing the link in your body with God. But when it enters a given body, the individual's Trigunaatmak Chittavrittis or three-fold personality traits from past births also come enveloping it. So, it's pure identity as an embodiment of God gets transformed to that of the individual and is called the 'Ego' or the Jeeva or simply the 'I'. Thoughts evolve with time in tune with your Chitta's knowledge enrichment and correspondingly the Chittavrittis also evolve and determine the changing nature of Ego, called the Consciousness.

Causal body's food is your thought process, which when refined and purified to higher and higher levels of Eternal Truths, transforms the Ego to become closer to the Self. This is possible by acquiring deeper and deeper knowledge/wisdom from the Vedic literature, scriptural texts of other religions and attained Gurus. Spirituality is all about this process of refining your understanding of the Self through continuous study of the self (ego), then meditating over every new knowledge you acquire for refinement of the self for first-hand experience of it, so that it becomes pure wisdom that can tranquilize your Chittavrittis responsible for mental distractions and destabilizations. When Chitta reaches a pure state, it reflects the Self in its pure form because there is no more the envelop of ignorance. This is the state of union or Yog of the self or 'I' with the pure Self, called the state of Self-realization. The state of God-realization is one more step away where the seeker has to rise from the Pure Self state to that of merger of Self in the Supreme Self, the Parmaatman. That is the state of Kaivalya Samaadhi or Tooriya state. This is the state when the Yogi sees own Self in everyone/everything else and everyone/everything else in own Self, means rises above the concept of mine and yours. This will be evident in his/her thoughts, speech and action. Everything for him/her transforms from 'Aham Brahmaasmi' or I am God to 'Brahmaasmi' where I no longer exists and everything is seen as God.①



WONDERS OF YOGA IN PREGNANCY



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Pregnancy, a god-send on woman, is an awesome spiritual experience, a blissful miracle and a jubilant act of procreation. To be a mother is more than just an illustrious feeling. There is no greater ecstasy known to mankind than that of a mother cradling her little one in her arms.

From that very first precise moment of conception to the ultimate fulfillment of birthing, the mind and body of the mother undergo a couple of renovation. Pregnancy, a voyage of self-discovery, although being a natural phenomenon, is met with a huddle of physical and psychological tribulations. As that journey ends in

labour, the aches and pains reach the zenith. The stress and strain underwent by the mother throughout this expedition, definitely imparts negative influences on the physical and mental growth of the baby. Proper antenatal care is hence stressed upon.

Being a woman of short stature (148cm) and small frame, I always feared of a dreadful labour. But my faith in Ayurveda was fervent. When my first conception was confirmed, I opted for Ayurvedic antenatal modalities with a special yoga package. The outcome was miraculous. I relished the entire antenatal phase distress-free and had a normal labour with short duration. The



following article is based on my dissertation "THE EFFICACY OF YOGA AND ABHYANGA TO PROMOTE ANTENATAL WELLBEING AND NORMAL LABOUR".

Pregnancy, is one of the most beautiful aspects of womanhood. Even though a natural phenomenon, the antenatal period is met with a lot more discomforts, the severity varying from person to person. Some of the common discomforts of pregnancy may be enlisted as: Morning Sickness, Heart Burn, Constipation, Backache, Haemorrhoids, Varicose veins, Muscle Cramps, Pedal Oedema, Frequency of Micturition, Lower Abdominal Pain, Itching of Skin, Insomnia etc.

Each pregnancy is a special opportunity for a woman to discover within herself great strength and flexibility. Yet, surprisingly, the experience of conception often leaves the woman physically shattered, emotionally bereft and mentally confused. It is at this very right point where, yoga and abhyanga (the ideal gentle ayurvedic oil massage), can do wonders.

Yoga takes a distinctive view towards pregnancy. Instead of a sometimes-unpleasant prelude to a consecrated event, pregnancy is itself seen as an integral part of the blessing. Yoga tells that a woman can enjoy her pregnancy as a unique opportunity for self-development – a chance to devote herself not only to her own health, but also to that of the new personage taking form within her body.

Asanas work great for pregnancy. They gently work on the reproductive organs and pelvis to ensure a smooth pregnancy and relatively easy childbirth. At the subtle level, these ensure optimum supply of blood and nutrients to the developing foetus, which in turn does wonders on the physical and mental development of the foetus.

Prenatal asanas augments blood supply to the genital organs and muscles, helps in regulating the metabolism, restores calmness and focus, strengthens the birthing muscles, decreases anxiety and dread associated with labour, improves sleep, relieves oedema and muscle cramps, strengthens and massages the abdomen

thereby stimulating the bowel action, micturition and appetite, reduces backache by stretching and toning the spine and muscles of back, helps to relieve tension around the cervix and birth canal, influences the position and turning of the fetus, focuses on the widening of the pelvis to make labour easier and quicker, ensures possibility of a healthy birth and hasten the post-partum recovery.

The regular practice of pranayama can be used to great advantage during pregnancy. Prenatal pranayama controls the prana and thereby controls the mind, calms the nervous system, improves blood circulation, ensures abundant supply of oxygen for both mother and child, soothes the nerves and muscles, aids digestion and improves the appetite, improves the breathing capacity, increases stamina and vitality, combats fatigue, improves the quality of sleep, relaxes the mind, stabilizes the emotions, helps control pregnancy anxieties and fear, renders a sense of tranquility, promotes easy delivery with minimum distress and fatigue during labour and helps to release emotional tension during labour.

However, certain precautions must be taken while practicing yoga:- One should avoid all inverted and back bending postures, better avoid asanas in the first three months, perform asanas gently and slowly without straining, slightest discomfort should be given due importance, in between each posture go for frequent short breaks to relax the body. Considering the rapid physical changes occurring during pregnancy certain modifications has to be adopted in asanas in the late months of pregnancy rather than adhering onto the conventional view.

Abhyanga, meaning massage, is a therapeutic procedure advocated in Ayurvedic classics. It is the most natural and powerful method of relaxing and rejuvenating the body. Due importance is given by the Ayurveda acharyas for the administration of abhyanga during the pregnancy period, as the chance of vata vitiation is high in this period. Abnormal vata is the main cause for the complications related to pregnancy and delivery like obstructed labour, retained placenta etc. Strengthening the normal functions of vata is, hence highly essential



in ensuring healthy pregnancy period and normal, easy labour. Abhyanga should be done on the whole body, giving emphasis on head, feet, ears, lower abdomen and spine. From the ninth month of pregnancy, oil should be applied on the vagina also.

During pregnancy, the vata dosha plays a key role, in maintaining health during the antenatal period and promoting normal and easy labour. It is the vata that facilitates cervical dilatation and uterine contractions in labour. Any factors adversely affecting the normal functioning of vata, causes distressing prenatal phase as well as problematic labour. So every care should be taken to prevent vata vitiation and simultaneously strengthen the function of vata.

Administration of abhyanga during pregnancy softens the lower abdomen, waist, flanks and back, promotes elimination of urine and faeces, promotes sleep and cures insomnia, prevents and cures fatigue, cures muscle cramps and pain in joints, relieves pain of lower limbs, relaxes the pelvic and vaginal muscles and thus enables easy delivery. Effect of abhyanga is enhanced by the quality and properties of the oil used for the purpose. Oil ideal for antenatal care is Dhanwanthara Taila. As Dhanwantharam Taila has the action of alleviating and preventing all types of vata disorders, the usage of this oil for abhyanga during pregnancy is quite commendable.

It has been proved that, Yoga combined with abhyanga is highly effective in relieving all the antenatal variables under study, except varicosity. Overall considering the outcome of labour, yoga with abhyanga is highly effective in promoting normal labour with least degree of pain and short span of duration. However, patients opting to only abhyanga during the pregnancy phase had more chances for over weight babies, while those combining yoga with abhyanga had better chance for normal weighing babies. Yet the chance of normal weighing baby imparted by combining yoga with abhyanga was praiseworthy than those of the control group. It was also observed that, by administering yoga with abhyanga during the gestational period, the post-natal health of the mother was enhanced and fortified, resulting in a healthy puerperal phase.

On concluding, it becomes evident that a combined practice of yoga with abhyanga during the pregnancy phase is highly effective in upholding the antenatal well-being and ensuing normal and easy labour. Combined practice of yoga and abhyanga is appreciably safe and cost-effective mode of antenatal care, accessible to all economic class of the society. This factor of advantage should be taken into consideration at the health administrative levels to make it available to all socio-economic classes. To accomplish this, emphasis should be given on such an antenatal care at every primary health centers and MCH clinics. ❶



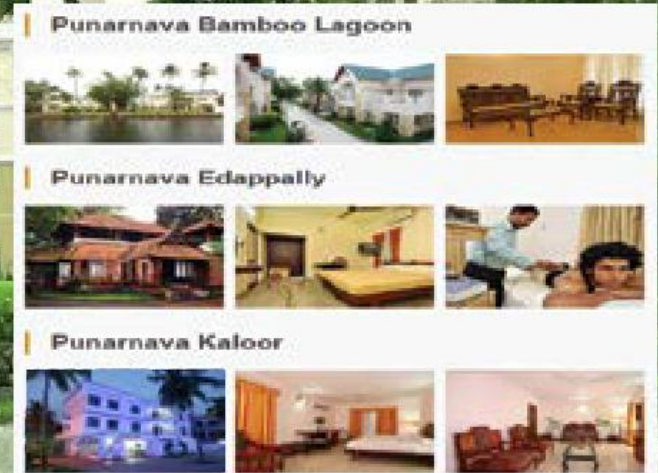
Punarnava

Authentic, Classical, Ayurveda treatments

Nothing can beat an Ayurvedic treatment, especially when it is done in Kerala's Punarnava Ayurveda Hospital. Punarnava – this name has been associated with Ayurveda since generations. Ayurveda, the ancient medical science of India, is practiced here with great respect and divinity. This Ayurveda hospital, located in Edappally at Kochi, boasts of six branches in Kerala and an expertise of around 20 years. It is spread over a natural ambience of multiple acres with a greenish lavishness in the State of Kerala. The hospital is well-known for its Panchakarma treatment and its practices with sublime discipline. The different Panchakarma treatments like Vamanam, Virechanam, Vasti, Nasyam, Raktha Moksham and Poorvakarmas like, Pizhichil, Njavarakizhi, Sirodhara, Udvartanam, Abhyangam are executed here under the strict supervision of the doctors. The Hospital proudly boasts of being the Ayurvedic counterpart of KIMS Hospital, Trivandrum, considering the quality service it provides. We can understand and observe that they provide service that is uncompromised on quality. This has made them a brand that is not just local or national but one that is truly international. To provide quality treatment is also part of their many missions and this has helped them to be accredited with NABH (National Accreditation Board for Hospitals & Healthcare Providers), ISO 9001 – 2008 and Green Leaf Certifications.

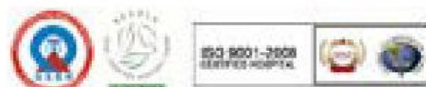
Among being leaders in many areas much mention is given to "PRECISE", a program through which they incorporate all modern diagnostic modalities along with Ayurvedic methods so as to have fool-proof diagnosis and also to re-evaluate the results of their treatments after a period of time.

They also claim to be the first of its kind to combine authentic classical Ayurvedic treatments with physiotherapy, rehabilitation therapy and Yoga. Together with all these they also practice and promote both the wellness and curative aspects of Ayurveda, thus focusing on holistic treatments. Apart from life-style disorders their areas of expertise include various Musculoskeletal, Neurological, Dermatological and Pediatric disorders.



The different centers of this Ayurvedic hospital include:-

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



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A CLINICAL STUDY OF CEREBRAL PALSY WITH MICROCEPHALY

Cerebral palsy is the major childhood disorder which affects both the motor functions and cognitive activities of the child. Any non-progressive disturbance during the pregnancy or delivery of the baby can lead to cerebral palsy. Since CP is the condition due to underdevelopment or damage to the brain the nourishing treatments of Ayurveda can contribute well in its management.

PATIENT PROFILE

Baby Noor is 2 ½ years old and was admitted to the hospital with complaints of delayed milestones, no neck control, unable to stand or walk, low response to sound, socially introvert and severely constipated.

PREVIOUS HISTORY

The baby's history observed that the mother had an attack of UTI and was on antibiotics from the fourth month of pregnancy. Also, the parents were seen to have a consanguineous marriage.

Baby Noor was admitted and discharged from the hospital for treatment in four sessions. The following are the date of the sessions:-

1st session - 09/09/2012 to 27/09/2012

2nd session - 01/07/2013 to 15/07/2013

3rd session - 18/02/2014 to 03/03/2014

4th session - 16/03/2015 to 01/04/2015

DIAGNOSIS

On admission to the hospital Baby Noor was diagnosed of Cerebral Palsy with Microcephaly (Contracted Cerebellum).



CLINICAL PROFILE DURING THE DIFFERENT COURSE OF TREATMENT

BEFORE TREATMENT	AFTER 1ST SESSION	AFTER 2ND SESSION	AFTER 3RD SESSION	AFTER 4TH SESSION
No neck control	Partial neck control	Neck control almost all the time	Good neck control	Good neck control
Sit with support in kyphotic posture	Sit without support in cross leg for shorter time	Sit without support for longer period	Sit without support in slight kyphotic posture	Sit straight without support
Unable to stand or Unable to walk	Stand with support and walk 4-5 steps with support	Stand with support and intermittent buckling of knees walk in parallel bars	No more buckling of knees while standing and walk with support of someone else	Stand using wall support and walk using U walker
Severely constipated, was on allopathic medicines.	Bowel movements become regular with herbal medicines	Bowels movements become regular without medicines	Regular bowel movements	Regular bowel movements
Poor appetite	Appetite improved	Good appetite	Good appetite	Good appetite
Least comprehension	Comprehension improved	Developed the sense of space and directions	Respond to jokes with smile	Recognize everybody, more expressive
Has no eye contact and socially introvert	Eye contact improved, happy with children	Eye contact improving, more social	Good eye contact	Very pleasing kid, and look straight to face with proper eye contact

CONCLUSION

- The patient has been improving physically and the cognitively.
- In developmental delay disorders it is always advisable to take treatments before the age of 4 for getting maximum results.

COURSE OF TREATMENT

Baby Noor was treated in the conservative line of management of Ayurveda with internal medications and external therapies.

She was given intensive physiotherapy sessions including play therapy and occupational therapies were given during the courses of treatment.

Her treatment protocol includes ksheeradara (medicated milk), abhyangam (medicated oil), patrapotala swedam (medicated leaves and oil), shastika panda swedam (medicated rice and drugs), mamsa panda swedam (medicated milk and meat) and siropichu (head treatment) and matra vasti (oil enema).

The treatment line is focused initially to correct the metabolism, then strengthen the nervous system and nourishing the brain.

Internal medication given were kalyanaka kashayam, saraswatharistam, gopichandanadi gulika, rajanyadi choornam, ashta choornam, brahmi ghritham, mahakalyanaka gritham and indukantham gritham.

The patient was advised to take given medicines and continue physiotherapy. The occupational therapy and play therapy has to be continued.

A

CLINICAL

CASE

OF

DIABETIC

FOOT

Diabetic foot ulcers

Foot ulcers continue to remain a challenging and serious complication of diabetes mellitus since there is an increased risk of lower extremity amputation from foot ulceration. The mission of the WHO Diabetes Programme is to prevent diabetes whenever possible and, where not possible, to minimize complications and maximize the quality of life. Factors that predispose to the development of foot ulcers include older age, lack of awareness and mostly peripheral neuropathy.

According to ayurveda

Those foods which are medomootrakaphavaha (aggravating the formation of fat, urine and kapha) and swadu (sweet), amla (sour), or lavana (salty) and having the qualities of snigda (Unctuousness), guru (Difficult to digest), pichilam (slimy), and seethe (cold) along with lack of physical exercise contribute to diabetes and the complications in turn. Lack of foot hygiene is one of the predisposing factors causing diabetic foot ulcer. Diabetic foot ulcer can be correlated as a 'prameha upadrava' or consequence of 'supti vata'.



Patient profile

Mrs. Sharifa Saif Mohamed Al Akhsami is 46 years old and seeks clinical treatment for complaints of blackish discoloration of right big toe, numbness in both feet and swelling over both lower limbs. Her health history showed that she has been suffering from Type II Diabetes Mellitus for the past five years. She was also seen to be suffering from Dyslipidemia (A disorder of lipoprotein metabolism, including lipoprotein overproduction or deficiency) for the past four years. She was admitted for her condition on 21/02/2015 and discharged on 05/04/2015.

On diagnosis it was observed of Dimorphic Anemia, PAOD and Gangrene on her right big toe.

After clinical examination the following were observed:-

RS-NAD; BP: 120/80 mm of Hg; Pulse Rate: 72/minute

On examination it was also observed that there was Gangrenous changes over right big toe, Ulcer over left pad of foot (2x2cm), Dorsalis pedis – left palpable, right – feeble.

Previous investigations included a Doppler study of Bilateral lower limb arteries on 19/02/2015 that concluded a diffuse atherosclerotic changes in bilateral lower limb arteries, short segment stenotic segment noted in bilateral dorsalis pedis arteries with monophasic wave forms with forward flow and good velocity to distal stenotic segment.

Course of the treatment

Mrs. Sharifa Saif Mohamed Al Akhsami was treated on the conservative line of management of Ayurveda with internal medications and external therapies.

She was referred to consult a Diabetologist and was put on a diabetic diet. She underwent debridement and amputation of right first distal phalanx.

During the course, her blood sugar was regularly monitored and under aseptic precautions, C & D was done as per the instructions of the Diabetologist.

The treatment procedure done comprised Adhakaya kashayadhara, Thripkala kwatha kshalanam, Thilakalkam, Mrdu udwarthanam, Thakradhara and Sirokhsheeradhara.

Internal medications given were Sahacharadi kashayam, Syp. Cardorium plus, Cap. Viscovas, Tab. Guggulupanchapalam, Tab. Kaisoraguggulu, Cap. Sigru and Cap. Guduchi

The patient was advised to maintain foot hygiene, use Footpro chappals and follow Diabetic diet with regular blood sugar monitoring.

Clinical profile before and after ayurvedic treatment

Haemoglobin showed an increase from 7.1 gm/dL to a moderate level of 10 gm/dL after the course of treatment

ESR which was at a peak value of 100 mm/hr at the time of admission was also brought down to 68 mm/hr gradually within the limited period of the course of the treatment.

Increased values were also noted for RBC count, Mean Corpuscular volume, Mean Corpuscular Haemoglobin and P-LCR after the course of treatment

At the time of discharge, wounds were healthy and healing, swelling and numbness of lower limbs reduced.

Conclusion: The infected diabetic foot ulcer got healed and the blood circulation to the site also improved to a remarkable extend.

Good foot hygiene & diabetic control coupled with classical Ayurveda treatment are the sole effective solutions for the management of diabetic foot and thus an improvement in the quality of life.



'National Arogya Expo-2015'

May 21 - 24

Thiruvananthapuram, Kerala

To ensure the world-wide promotion of Ayurveda and other traditional medical practices many organizations like the Ministry of Ayush, Govt. of India, and World Ayurveda Foundation have been teaming up to promote traditional medicines in India as well as at the global level. This is done by conducting a number of comprehensive fairs on AYUSH systems through exhibitions, satellite seminars, workshops, free health check-up and lectures. National Arogya Expo- 2015 is one such exhibition. This will be an embodiment of the glorious tradition of Ayurveda in Kerala and will take place at Putharikandam Maidan, Thiruvananthapuram, from 21st to 24th May 2015. This comprehensive fair on Ayush systems will include satellite seminars, workshops, free health check-up and lectures. This event is likely to draw a lot of media attention as people here believe in Ayurveda which promises one a rich physical and mental health. The different activities and events being held at this expo are sure to enlighten one's current knowledge of Ayurveda. One can also seek assistance or clarifications on this age-old tradition from the experts present at the

venue during this expo. Experts here will be able to convince you on why they believe that this age-old system of medicine has exemplary qualities and that many aspects stand head and shoulders above other systems of medicine that are practiced world-wide. This will be one of the largest Arogya Expo till date to come up in South India.

Kerala has been sought as the venue for such a big event since it boasts of an Ayurvedic tradition that dates back to several centuries. The importance of Ayurveda is due to the fact that it is a timeless science and is widely resorted to for the healing of many ailments. Also, Kerala is well-known for its deeply-rooted heritage of Sanskrit that enabled the practitioners of Ayurveda to interpret the original Ayurvedic Sanskrit teachings. This has added to the strength of Kerala's supremacy in the practice of Ayurveda.

The venue is likely to embrace world-class expo arrangements and the different stalls are expected to attract more than 3 lakh visitors. The importance of the event is due to the presence of pavilions by the Department of





AYUSH,
National
Medicinal
Plants Board
and various
state governments
and PHARMEXCIL.

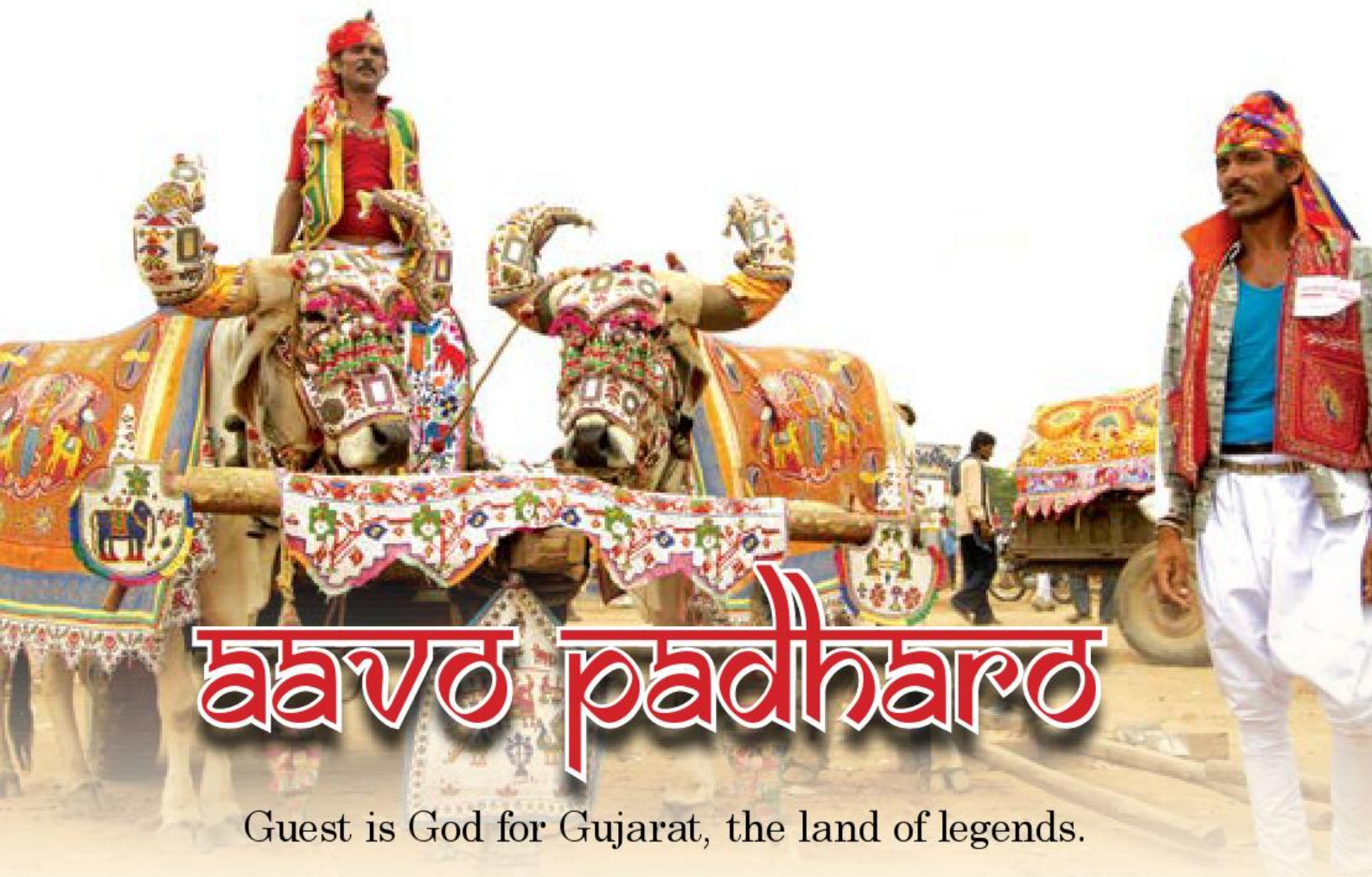
The major highlights of this
Arogya Expo include:-

- Largest fair in complementary and alternative healthcare in the world since 2002
- Unique standing in terms of scale, exhibit variety, buyer attendance, buyer distribution, business turnover and credit standing
- Actively supported by the Ministry of AYUSH, Government of India and various state governments
- Business opportunities for manufacturers and suppliers of medicines, herbal products, cosmetics, medicinal plants and raw- materials, herbal extracts, equipment, instruments, allied utilities, publications etc.
- Business opportunities for service providers such as hospitals, clinics, consultancy firms, research outsourcing centers, production outsourcing companies, product development institutions, national and international universities and educational institutions, laboratories, resorts and spas, trade houses and knowledge bank services
- Diverse visitor profile including medical practitioners, students, marketing strategists, professionals and consultants, policy makers, diplomats, scholars, representatives of foreign business corporations, industry associations and trade delegations from India and abroad, businessmen, manufacturers, retailers and the general public
- The visitors benefit from an array of exhibits by AYUSH pharma segment, practitioners and hospitals of all AYUSH systems, AYUSH-based service institutes and centers, research institutes and departments, laboratory equipment and machinery manufacturers, makers of hospital and surgical equipment, insurance companies, health tourism industry, herbal traders and medicinal plant cultivators , Involves all trade and business associations of national and international importance in this sector, and major government and private organizations.
- Backed by the involvement and support of these major associates, this year's Expo is expected to bring in half a million visitors.
- Free health check-up, lectures and Counselling by specialists of Ayurveda, Unani, Homeopathy, Siddha, Yoga and Naturopathy, Prakriti Pariksha and Nadi Pariksha (pulse diagnosis).

The expo aims to:-

- Showcase AYUSH sector in India
- Showcase the achievements of AYUSH councils
- Enable the Ayurvedic industry and its allied products and services to interact directly with the consumers.
- Facilitate interaction between the industry and potential buyers.
- Register Ayurveda in the minds of consumers
- Motivate students.

With all its components, this edition of AROGYA is expected to attract larger participation from leading AYUSH drug manufacturers, healthcare products manufacturers, health food producers, herbal cosmetic products, medical practitioners, hospitals, clinics, research institutes, naturopathy centers, lab equipment & machinery manufacturers, State & Central Government Departments, Councils and the general public. This National-level event at Thiruvananthapuram will be organized by World Ayurveda Foundation in association with the Ministry of Ayush, Govt. of India , and Rajiv Gandhi Centre for Bio-technology.



Aavo padharo

Guest is God for Gujarat, the land of legends.

'AavoPadharo', words of welcome in the language of Gujarat, means 'we welcome you by heart... please do come'. The people of Gujarat are so friendly that you will be enticed to go back there again and again.

India is a mystic land of wonders. Being one of the most ancient civilizations of the world, India has interacted with virtually all the world's races, creeds and ideologies over the years, yet has preserved the unique flavor which underpins and unites the diversity that is India. The diversity of India's natural and cultural richness makes India one of the most sought after country in the world by travelers.

Gujarat stands bordered by Pakistan and Rajasthan in the north east, Madhya Pradesh in the east, and Maharashtra and the Union territories of Diu, Daman,

Dadra and Nagar Haveli in the south. The Arabian Sea borders the state both to the west and the south west.

The land with colors of joy

Gujarat is one of the most diverse States in India. Gujarat's endless journey from Roots to Wings is timeless with historical and cultural traditions glorifying the State.

Art, history, music, culture, all dovetails within each other to form a wondrous matrix that is the cultural exuberance of the people of the state.

Traveler's Paradise

Tourism in Gujarat offers a Traveler's Paradise. It offers a wide spectrum of Tourism sectors which sing in the glory of Gujarat's rich culture and heritage.

Gujarat is one of the most popu-

lar tourist regions in India and the seventh largest state in the country, which is located in the western part of India with the longest coastline of 1600 km. Being blessed with everything a tourist looks forward to, Gujarat is a package by itself which includes Archaeological/ Historical Destinations, Beautiful beaches, Cultural centers, Hillstations, Wild life, Religious places, fairs and festivals. Gujarat offers scenic beauty from Great Rann of Kutch to the hills of Saputara. Gujarat is the one and only place to view pure Asiatic lions in the world.

The journey in Gujarat is unique relating to the vibrant culture and helps in learning diverse culture traits with picturesque landscapes, historical sites, and long stretches of coastlines. It leaves the traveller with spellbound memories, lasting impressions.



Why Gujarat?

Travelling is therapeutic in Gujarat

Travelling is educational in Gujarat

Travelling is rejuvenating, relaxing, inspiring in Gujarat

Legacy

Gujarat has a unique geological and topographical landscape. From volcanic outpourings through bedrock to fossil fields of indigenous dinosaurs; from the art of the Neolithic cave painter to the stone masterpieces of a series of civilized architecture, Gujarat has it all.

The rich tradition of song, dance and drama are preserved in the folk arts of Gujarat which form a major part of the culture of the state. Handicrafts include Bandhani, patolas of Patan, Kutchhi work, Khadi, bamboo craft, block printing, embroidery, woodcraft, metal crafts, pottery, namda, rogan painting, pithora and many more handicrafts. The Arabs, Portuguese, Dutch, Mughals and British as well as Parsis have left their mark on Gujarat's culture.

Ahmedabad- Manchester of the East

Nestled in the heart of Gujarat, this zesty city provides one with a generous buffet of stimulation that swears to enliven all the five senses. Ahmedabad is known for its rich past and its association

with the Mahatma Gandhi. The metropolis of Ahmedabad is the most convenient entry point into Gujarat. Ahmedabad, easily accessible from the other important cities of India, has the excellent road network, railway system and the air links which makes it a popular travel destination of western India. Ahmedabad, also known as the 'Manchester of the East' because of its textile mills, offers the traveler a unique style of architecture, a wonderful blend of Hindu and Islamic styles.

Tourists can visit Ahmedabad throughout the year. What is remarkable about Ahmedabad is its harmony between art and industry, between a reverence to the past and a vision for the future. One end the noise of industrial growth and readily sprouting malls will amaze you and on the other end the serenity of the Gandhi ashram on the banks of the Sabarmati River will calm you.

The Land of the Legends

Gujarat, the Land of the Legends, is the birthplace of many Freedom fighters like the legendary

Mahatma Gandhi, Sardar Vallabhbhai Patel and many others who fought the freedom struggle, infusing the qualities of tolerance, brotherhood, non-violence and patriotism into Indians.

Tourism Hubs

Eight tourism hubs have been created, for convenience of tourists visiting Gujarat. They are: Ahmedabad Metro, Ahmedabad Rural (North Gujarat), Surat (South Gujarat), Vadodara (Central Gujarat), Rajkot, Junagadh, Jamnagar (Saurashtra) and Bhuj (Kutch).

These hubs are well equipped with the modern infrastructure, facilities and services in the areas of commerce, communication, connectivity, hospitality, transportation, medical facilities etc.

Main attractions

- The Walled City in Ahmedabad is a living testimony to its heritage of crafts. It boasts off the city's glorious past, as women walk by in dazzling embroidered garments and flashing ethnic silver jewellery.



- Calico Museum of Textiles is considered as one among the world's finest museums.
- Traditional Ahmedabad combines mosques of inspired workmanship, wooden Jain temples, unique stone step wells and houses with ornately carved wooden balconies and window screens.
- Modern Ahmedabad, just across the River Sabarmati spanned by four bridges, is a showpiece of contemporary architecture with designs by Le Corbusier, Louis Kahn and the best known Indian architects.
- Modhera, set along the backdrop of River Pushpavati is one of the very few sun temples in the country.
- City of festivals and celebrations: The tourists always get a chance to enjoy any of the celebrations like traditional Navratri, Rath Yatra and International Kite Festival, to name a few.

Facets of Gujarat Tourism

Health Tourism Ayurveda and Yoga

Ayurveda is India's contribution to mankind in its quest towards longevity and well being, developed through thousands of years of medical practice and theoretical learning by saints, physicians and general practitioners.

Gujarat has been the home of Ayurveda for centuries. Nearly 786 species of medicinal plants like Aswagandha, Aloe Vera, Isabgol, Jeevanti, Neem, White Musli, Sankhapushpi, Sonamukhi and Shatavari, are grown in the state.

Jamnagar is one of the most important places to study Ayurveda in India. The Gujarat Ayurveda University in Jamnagar is one of the best spots in India to learn Ayurveda, and it is the only statutory university exclusively devoted to Ayurvedic studies and research.

Tourists can avail authentic Ayurvedic treatments from the state-of-the-art Spas located in cities like Gandhinagar, Mehsana, Ahmedabad etc.

In addition to this, Gujarat has world class Yoga centers across the State. Tourists are offered

Yoga training as well as Yoga therapy.

There are excellent centers for other holistic practices like naturopathy, homeopathy, pranic healing, reiki, etc in Gujarat.

Medical Tourism

Ahmedabad is known for its best medical tourism destinations. With world class health facilities, zero waiting time and affordable cost, Ahmedabad is becoming one of the most sought after medical tourism destination in India. Apart from the world class amenities, Hospitals offer pick up and drop service and ambulance services also. The 108 Service is the highly appreciated 'Medical at doorstep' Service. More than 1500 foreigners visit the state per year for various treatments in the state. Ahmedabad Civil Hospital is the biggest hospital in Asia, located at Ahmedabad.

Archeological and heritage tourism

Some of the greatest historical and archaeological monuments



are there in Gujarat. While Lothal offers an unparalleled insight into the Harappan civilization, Ahmedabad has specimens of Indo-Saracenic architecture, Palitana has a profusion of temples in the Jain style, Junagadh displays Buddhist caves and Rajput architecture appears all over different parts of Gujarat. A major Tourist destination of immense potential, it's historical monuments represent the great religions of Asia – Hindu, Buddhism, Jain, Islam, Parsi and Sikh.

Hill Stations

Saputarain the Dangs District of Gujarat is a beautiful hill station in the Sahyadri Range. Located on the second highest plateau of the Sahyadri range with cool bracing climate and a scenic view of the verdant valley, it offers the tourists all the experiences of a hill station like Sunrise and Sunset Points, Boating Facilities, waterfalls etc. Saputara has been developed as a planned hill resort with the necessary amenities like hotels, parks, swimming pools, boat club, theatres and a museum to ensure an enjoyable holiday in a coolest atmosphere.

Gujarat has extensive coastline and hence, many hills are located

in Gujarat. Holiday Homes are planned by Gujarat Government to enjoy vacations in places like Tithal, Bulsar District, Ubhrat, Surat and Chorwad in Junagadh District.

Pavagadh has a hill top and TulsiShyam which is known for hot springs is in the heart of Gir Forest. Girnar in the Junagadh District of Gujarat is a collection of mountains. The tallest of these (3600 feet) is the highest peak in Gujarat. The first peak of Girnar has a collection of Digambar and Shwetamber temples. Wilson hill station located in Valsad lies at an altitude of 750 m above sea level. The main attraction here is a marble "chhatra". The hill offers the best vistas of the nearby hills, with rich flora and fauna, as well as the Arabian Sea. The hill is also an ideal place for rock climbers and mountaineers.

Beaches

Gujarat is the state with the longest coast line in India (around 1600km). The beaches are spread all over Gujarat mainly in the Kutchh, Saurashtra and the South Gujarat Region. Some of the important beaches in Gujarat are:

- Ahmedpur-Mandvi

- Kutch-Mandvi
- Chorwad
- Gopnath
- Tithal
- Dumas
- Ubrahat
- Porbandar/Dwarka
- Somnath

To add value to these beaches, there are historical centers like Portuguese forts, shore temples, princely port cities and beach palaces. This gives a unique experience of beaches and heritage to the tourist.

National Parks & Wildlife Sanctuaries

Gujarat is unique in its rich variety of habitats which includes forests, grasslands, wetlands and marine ecosystems. Gujarat also has wild life sanctuaries which have extremely rare wildlife like the Asiatic Lion, Wild Ass, great Indian bustard, black buck, four-horned antelope, dugong and the boralia species. These species can be seen in their natural habitat in Gujarat. Gujarat is symbolically known for its wildlife icon of Lions and SasanGir is the only



place in the world where you can see the Asiatic Lions in their natural habitat. Outside of Africa, it is the only place with wild lions. But to truly experience Gir and the lions, you must explore their natural habitat, with everything from tiny wild birds, not easily seen, but heard singing in the forest canopy, to crocodiles floating in the marsh waters.

The Wild Ass Sanctuary of the Little Rann of Kutch, spreading across nearly 5000 square kilometers of the Little Rann, is the only place on earth where the endangered Indian Wild Ass (*Equus hemionus khur*), still lives. Now Gujarat has 4 National Parks and 21 Sanctuaries. Nalsarovar is the largest water bird sanctuary of the country lying at a distance of 70kms from Ahmedabad. Nal is a wetland supporting a large number of species of birds of great importance due to the location on the migratory route of the birds.

Spiritual Tourism

Gujarat is the only state which

has a mix of Hindu, Muslim, Jain, Swaminarayan, Parsi and Christian pilgrimage centers. Some of the renowned being Somnath, Dwarka, Ambaji, Dakor, Palitana, Girnar, Pavagadh, Vishwamitra, Kapila, Dadhichi and Akshardham.

- Gujarat has important sites like two jyotirlingas at Somnath and Dwarka (Nageshwar), one of the four dhams at Dwarka, two of 51 Shakti Peeths at Ambaji and Mahakali at Pavagadh, one of the five holy lakes of India is at Narayan Sarovar, and one of the seven holiest rivers for Hindus is the Narmada which flows through Gujarat.

- There are also important temples at Dakor, Virpur, Khodiyar, Sarangpur, etc. The Bhuvaneshwari temple of Gondal is among the two in India.

- Three of the four most important pilgrimages for Parsees – Sacred Iranshaw Fire Temple at Udvarda, Navsari Atashbehrum and Surat Atashbehrum – are in Gujarat. Besides these, Sanjan

where the Parsees landed in India is also in Gujarat.

- Akshardham, Gadhada, Bachosan, Gondal, Sarangpur, etc are some of the famous Swaminarayan temple.

- Two of the five important Jain sites in India are at Palitana and Girnar. In addition to these, there is a regular flow of Jain pilgrims to Sankeshwar, Taranga, Kumbhariyaji, Badhreshwar, Mandvi 79 Jinalaya, Naliya, Mahudi, etc.

- The dargahs of Sarkhej and Unjha are among the much visited Islamic sites of India.

- The ashrams of Morari Bapu, Rameshji Oza, Asharam Bapu, etc are also some important spots on the spiritual tourism map of India.

Events, Fairs and festivals

Event Tourism enhances Destinations and Visitor Economy



Tourism. Gujarat has major Business Events, Trade shows, Conferences, Cultural Events, Fairs and Festivals round the year. Gujarat is the rarest state blessed with ample opportunities for Tourism which is blend with flavors of business, pleasure and leisure with entertainment.

Gujarat could well be termed the 'Land of Festivals and Fairs' with almost 3,500 of them being celebrated in different parts of the state every year. Some of the predominant ones are Navratri, Kite-flying and Tarnetar. These festivals have created a brand by itself and huge number of tourist visit Gujarat for this one time experience.

Adventure and Sports Tourism

Gujarat has its special place on the global map with Adventure and Sports Tourism with Proactive Governance promoting the growth of the Sector. Gujarat promotes Aero Sports like water

sports, rock climbing, paragliding, wildlife sanctuaries and more.

- Aero Sports – Saputara, Pavagadh, Junagadh
- Beach Water Sports – AhmedpurMandvi, Ubhraat, Dwarka, Nargol, Tithal, Chorwad, Dumas, etc.

Urban and Rural Tourism

Urban tourism is getting more ecological as Gujarat finds alternatives to urban sprawl with an eye from gateways to parks, protected areas and rural communities. Enhanced development in Urban areas, Rural tourism in Gujarat allows travelers to visit areas outside of urban areas. Gujarat traditional Arts and Crafts are world popular and has found place in the hearts of people all over the world. Rural tourism offers opportunities for tourists to experience people, events, culture, cuisine and crafts that are not available in cities and larger

towns.

Business tourism

Gujarat known as 'Growth Engine of India' is one of the most industrialized states in the country and has attracted huge investments in recent years, resulting in tremendous growth in business tourism. 51 SEZs in the state reflects an increased share of business tourists, air traffic and road traffic.

'Vibrant Gujarat' is biennial investors' summit held by the government of Gujarat. It has become a model for economic success for many states. The event aims at bringing business leaders, investors, corporations, thought leaders, policy and opinion makers together in a single platform.

Official Gujarat state portal:
www.gujaratindia.com

Home tourism website:
www.gujarattourism.com

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 24 year- old single woman. I had long thick curly hair that looked black and healthy once upon a time. Despite its beauty and my ambitiousness of looking better I decided to straighten my hair and got it done one fine day. I had been advised on how to take care of my hair post straightening. In spite of all my efforts, the original beauty and lustre of my hair did not last long. Now I am experiencing hair fall, greying as well as increase in dandruff. Kindly advise some Ayurvedic treatment to help me repair my hair and bring back its lost lustre.

Swathi Mohan, Palakkad

Dear Ms. Swathi

If I am right, the straightening of the hair is a type of hair ironing. And the results are temporary but it can cause permanent damage when done repeatedly. There are permanent methods which are not in wide practice here in our country. Of course, they are also not safe. In your case, I think they used the hair ironing technique causing permanent damage to the texture of the hair. Generally this problem will be reversed along with the growth of new hair. You may try taking 25 ml of punarnavasavam twice daily after food, and 10 GMS of Sukumara rasayanam at bedtime. Apply coconut oil on head.

2. Sir,

I am a 32 year- old married woman with two children. Of late I have been experiencing regular attacks of headache. Along with this I feel severe congestion in my chest and nose. I have been steaming using Tulsi leaves that

is only giving me temporary relief. I feel weak, unhealthy and find it hard to do daily chores. Kindly advise a solution that would make me feel better and energetic.

Lakshmi Bhanu, Irijalakkuda

Dear Mrs. Lakshmi

I feel that you are going through a stage of general ill- health. It is difficult to suggest any specific remedy with the given information. Any way, you may do de-worming with prior medicines, and then maintain a healthy dinacharya (daily routine). If required, don't hesitate to consult an Ayurvedist locally.

3. Sir,

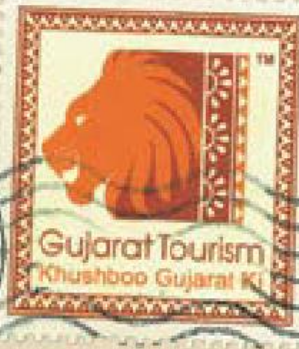
I am a 63 year old married woman with four children and six grand-children. I have been suffering from Diabetes from when I was 49 years. Now I have moved into type 2 Diabetes and have been taking insulin injections twice a day. Of late I have been experiencing stiffness in my joints and facing difficulty in walking and moving. I feel very rigid and inflexible. Kindly advise a solution to overcome this.

Uma Maheshwari, Kottayam

As you may be aware of, Prameham takes its toll on all systems and organs of your body. Prameham is not just an elevated level of sugar in the blood. It is a very complex disease process. And the level of blood sugar indicates the gravity of the problem. I believe that you are maintaining good control of your blood sugar level. In that case, you may try Maha Manjishtadi Kashayam twice a day before food. It can be helpful.

In Patan there is a structure called Rani Ki Vav. An elaborate step-well. So ornate are its walls, it almost feels like one is in a temple.

I asked for the architect's name and no one seemed to know. I asked about the sculptors. Even their names were unknown. Here, art precedes the artist. The creation is above the creator!





KERALA HOME OF AYURVEDA

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