

KTM14  
Special Issue

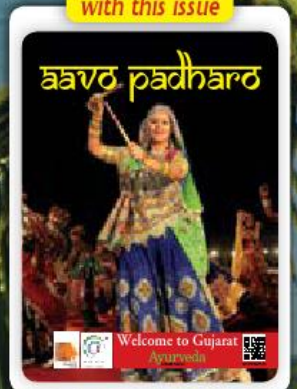
Vol. 9 | Issue No. 3 | July-September 2014 ₹50 | \$ 5

# Ayurveda

## & Health Tourism



with this issue



### The Treatment of **Diabetes**

Ayurveda in Europe:  
**A personal perspective**

Ayurveda needs  
an institutionalized approach:  
**Aruna Sundararajan IAS**

Deepak Chopra's  
**"Brotherhood"**



ayurvedamagazine.org



AN FM MEDIA  
PUBLICATION



# KALARI KOVILAKOM

A NABH (NATIONAL ACCREDITATION BOARD FOR HOSPITALS AND HEALTHCARE PROVIDERS) ACCREDITED AYURVEDIC HOSPITAL

“

The changes that happened to me are life-changing and mind-shaking. I hope to save the feelings and knowledge so long as I can and implement as much as I can ... I want to thank you All ! Especially the therapists... It's amazing experience!

(Mr. Alexy Gridim)

An ancient Palace of Vengunad Kings transformed into an Ayurvedic Hospital

Kalari Kovilakom is an Ayurvedic Hospital which offers intensive treatment programs addressing the root causes, based on the ancient Indian Ayurvedic science. We offer Ayurveda in its most authentic and substantive form adhering to the strict tenets of Ayurveda. Our approach to health is as relevant to the modern world as it was to the ancient world. Nothing has been reinvented, nothing diluted. The Ayurveda treatments are complimented and supported by yoga and meditation practices.

## **Panchakarma (Treatment for cleansing and rejuvenation)**

Panchakarma is the classic five-point cleansing and rejuvenation treatment in Ayurveda. The general rejuvenation process we offer is intensive and closely follows the early texts of Ayurveda like the CharakaSamhita and the Sushutha Samhita. There are five basic Shodhanas or cleaning methods, which are Nasyam, Vamanam, Virechanam, Vasthi and Rakthamoksham.

## **Sthoulyagana Chikitsa (Treatment for obesity)**

This program is the Ayurvedic way of treating obesity which works by increasing the metabolism. The prescribed non-Kapha producing foods relieve the system of excess Kapha and also control Vata. The program, which includes medicated steam baths, herbal teas and yoga, works to create genuine metabolic change



The Palace For Ayurveda  
| a cghearth experience |





# KALARI RASAYANA

“This is my third visit to Kalari and first to Rasayana. Each time I come here, my experience is richer and healing deeper. This is truly a unique place and hope that it will always be here as my place to escape when the world and life become so much to bear. I felt cradled and loved by every single member of the team here. As if you all were my mothers! I realized that I spent a lot of time making others feel special in my life in an unconditional way. Thank you to each and every one of you! I love you all and will see you next year.

(Ms. Wilma Basta)

Situated on the banks of the panoramic Paravur backwaters Kalari Rasayana offers Ayurveda treatment identical with Kalari Kovilakom combining Ayurveda and Yoga in a holistic, natural and unhurried setting. The facility combines the ancient healing traditions according to its strict tenets in a facility that is modern and a purpose built construction. The facilities adhere to the accreditation standards prescribed for Ayurvedic healing centres. In keeping with the healing science of Ayurveda the diet is strictly Sattvic and made with the purest naturally grown organic ingredients.

## **Manasanthi (Treatment for stress and stress related ailments)**

A 14 day Ayurvedic program designed to de-stress the combat systems of stress such as insomnia, lack of concentration, fatigue and headaches that seem to partner today's hectic lifestyles. The Manasanthi treatment consists of classic Ayurvedic treatments, such as Uzhichil (massage), Sirodhara (pouring oil on the forehead) and Nasyam (herbalized oils and liquid medicines are administered through the nostrils).

## **Rasayana Chikitsa (Treatment for healthy aging)**

A special type of Ayurvedic treatment containing various methods of rejuvenation which prevents old age, restores youthfulness etc. Our program starts with a two week cleansing treatment to eliminate toxins. Only then does the rejuvenation treatment start, with medications and diet. The aim is to arrest the degeneration of body cells and increase immunity. In fact, this treatment helps to keep individuals free from disease even at an advanced age.



**KALARI RASAYANA**  
VENAD

The essence of ayurveda  
a csh earth experience



# Back to NATURE

# Back to HEALTH



## break from the relentless pressures of life

Sopanam Multispeciality Ayurvedic Hospital beckons you to recoup the physical hardiness and mental tranquillity in an ambiance that calls for nothing else other than joy and peace of mind.

## Ailments and treatments are offered

- |                               |                 |                           |
|-------------------------------|-----------------|---------------------------|
| ● Rheumatoid Arthritis        | ● Obesity       | ● Facial Palsy            |
| ● Osteo Arthritis             | ● Skin Diseases | ● Sinusitis               |
| ● Gout                        | ● Psoriasis     | ● Migraine                |
| ● Spine related disorder      | ● Eczema        | ● Bronchial disorders     |
| ● Lumbar Cervical Spondylosis | ● Hemoplegia    | ● Rejuvenation Programme. |





Editor & Publisher  
Benny Thomas

Consulting Editor  
O.J. George

Editorial Co-ordinator  
Krishna bhana A.

Design & Layout  
Jithin Jacob

#### Panel of Experts

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

#### Legal Advisor

Adv. Biju Hariharan

#### BUSINESS ASSOCIATES Overseas

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

#### BUSINESS ASSOCIATES India

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

## "Constant Vigilance", the clarion call against diabetes

Ayurveda which enunciates the science of life has myriad ways of dealing with the dreaded diabetic condition for prevention, cure and sustenance without causing side-effects. This edition is a compendium of experts' articles dealing with multifarious ways of taking on diabetes. The focus is on changing life-style, choosing proper diet-using needed food items, avoiding deleterious stuff- and going in for Yoga for maintaining robust mind and body.

The health of the world is generally improving, with fewer people dying from infectious diseases and therefore in many cases living long enough to develop chronic diseases. This is not a negligible situation and we must tackle this problem step by step and we must start now. As the first step, it is essential to communicate the latest and most accurate knowledge and information to front-line health professionals and the public at large. It is vital that the increasing importance of diabetes is anticipated, understood and acted upon urgently. The rapid changes that threaten global health require a rapid response that must above all be forward-looking. The "invisible" epidemic of diabetes and other chronic diseases would, in the foreseeable future, take the greatest toll by way of deaths and disability. The risk of new outbreaks should be avoided at any cost, for which constant vigilance is a must.

Death is inevitable, but a life of protracted ill-health is not. Chronic disease prevention and control help people to live longer and healthier lives. Existing interventions are used along with complementary medicines to develop a comprehensive, integrated approach which is the need of the times. As Dr. Nagarathna has mentioned in her article, "WHO research and researches across the globe say that life-style change (LSC) could be the key. According to Yoga, the root-cause of all diseases is imbalance of thoughts in the mind. There have been a good number of studies which have depicted the efficacy

of Yoga on various physiological, biochemical and psychological problems in Type 2 diabetes." Like a 'Trojan Horse', Ayurvedic medicines and life-styles could transport the guardians of health into the camp of almost every disease and effectively prevent diabetes, if the strategy is initiated early and practiced properly.

However, it is by no means a future without hope. As Dr. Mohanlal advises us, "Even if the disease has progressed up to the stage of Diabetes Mellitus, and the physician has ruled out the chance of survival, one should not lose hope." An optimistic approach to life and diabetes is what is needed. And most importantly, constant vigilance and a will to prevent it at the earliest should be the motto.

- Editor

#### CORPORATE OFFICE

FM Media Technologies PVT Ltd,  
2B, Relcon Retreat,  
Prasanthi Nagar, Edappally,  
Kochi - 682024, Kerala, India.  
Tel/Fax: +91 484 2341715  
Email: ayurvedamagazine@gmail.com  
www.ayurvedamagazine.org

Printed, published and owned by  
Benny Thomas  
FM Media Technologies Pvt. Ltd,  
2B, Relcon Retreat,  
Prasanthi Nagar, Edappally,  
Kochi - 682024, Kerala, India.  
Editor: Benny Thomas

Printed at Sterling Print  
House Pvt Ltd, Door No.  
49/1849, Panakkara-  
Cheranellur Road, Aims,  
Panakkara P.O,  
Cochin - 682041,  
Ph: 0484 2800406.

Disclaimer: The statements in this magazine have not been evaluated by the Food and Drug Administration of USA or any other country. Information provided in this magazine are not intended to diagnose, treat, cure or prevent any disease. If you have a medical condition, consult your physician. All information is provided for research and education purpose only.





## The Treatment of Diabetes in Ayurveda

Dr. P.K. Mohanlal, M.D. (Ay)  
Director (Retired), Ayurveda Medical Education, Kerala.

08



- 20** Silicosis, a National challenge; an Ayurvedic perspective  
Dr. Shajeev BAMS, Sr. Physician, Kottakkal, Alappuzha
- 32** Diabetes is not the death sentence,  
but probation, a wake-up call to proceed with life differently  
O.J.George
- 36** Brotherhood of Medicines  
V.N.Prasanna
- 48** Diabetes, a global crisis
- 54** A personal note on Diabetic Gangrene  
Dr. Suseela Sr. Consultant Physician Nagarjuna Ayurveda Group





## A Study on the Efficacy of Yoga-Based Life-Style Modification Program in Type 2 Diabetes and The Stop Diabetes Movement

14

Dr. Nagarathna Raghuram, MBBS, MD, FRCP(UK)



## 59 Ayurveda in Europe : A Personal Perspective

Dr. Antonio Morandi MD, PhD



## Diabetic? Go From Sweets to Sweet-"Nothings"... with Yoga

Art of Living International Center, Bangalore.

28

Cover picture courtesy: Somatheeram Ayurveda Resort



Euro	: € 5
USA	: \$ 5
UK	: £ 3.8
Singapore	: S\$9
Canada	: C \$7
UAE	: Dh 17
Korea	: Won 7500



Scan the QR Code with your smart phone or log on to [www.ayurvedamagazine.org](http://www.ayurvedamagazine.org)

Follow us on :

<https://www.facebook.com/ayurvedamagazine>

<https://twitter.com/MagazinAyurveda>



# THE TREATMENT OF DIABETES IN AYURVEDA



Dr. P.K. Mohanlal, M.D. (Ay)  
Director (Retired), Ayurveda Medical Education, Kerala.

The diseases which cause permanent and irreversible damage to the Sareeradhatus (body tissues), which are more chronic in nature compared to other diseases and have severe and sometimes fatal complications and other deteriorating peculiarities, are grouped as Maharogas (grievous maladies) by Ayurvedic scholars. Eight such Maharogas are mentioned in Ayurvedic classical texts. Prameha (which includes Diabetes Mellitus mentioned in Allopathic system) is one among these Maharogas. From this classification itself one can understand the chronic consequences of Prameha. It is degenerating and gives rise to severe complications, among which vascular complications are more fatal. It deteriorates the body day- by- day.





Sweet, sour and salty food materials are essential, providing energy and building materials for the growth and existence of the body. Sweetness is accustomed to the individual from birth onwards and it provides basic strength to the body tissues.

".....madhuri rasa: ajanma-sathmyat kurute dhatunam prabalam balam"

It provides major nutritive factors for all dhatus. The body is built up by madhurarasa (sweet taste), and essential food items such as carbohydrates, proteins, minerals, vitamins and water are mainly obtained from sweet, sour and salty food substances which, if used in excess quantity, according to Ayurveda, will vitiate kapha. Vitiated sleshma will inhibit proper digestive processes and the annarasa (chyle), which is formed and carried to the blood circulation, will contain these sweet substances in large quantity. The chyle formed after digestion of sweet food substances will also be sweet, indicating predominance of sugar in the chyle. The same is applicable to salty substances too.

The Sareera dhatus (body tissues) are continuously nourished by the annarasa which is formed and carried to the blood. Nutrients of each dhatu contained in this is being converted to respective dhatu by dhatwagnis, the internal fire or energy, or the particular substances/enzymes which act upon the nutrients of each dhatus contained in the chyle circulating along with blood. Thus the whole body is being nourished. If the dhatwagni is absent or fails to function, the metabolic processes will be seriously deranged.

The entire etiological factors of Prameha mentioned above have qualities which vitiate kapha (the fluid diversities of the body), pitta (digestive and metabolic factors of the body), mamsa (flesh and muscles), rekta (blood), sukra (semen), majja (marrow), etc. In short, all body constituents – especially those which build the body – will be vitiated. This will cause obstruction

in all srothamsis (body channels) resulting in the derangement of all the metabolic processes of the body. The dhatwagni, which act on the sweet ingredients of the annarasa, is deficient or absent in the case of Prameha. As a result, the sleshma and madhura bhavas (sweet ingredients in the blood) will not be converted into the sareeradhatu. It remains in the blood and is excreted through urine. Hence there will be madhuramsa (sugar) in the urine. The presence of this madhuramsa causes turbidity of urine, and makes the individual micturate frequently. This condition is Prameha. Due to the malnutrition of dhatus, dhatukshaya (decrease of the nutritive factors of the body) occurs and the individual becomes weaker. As the dhatukshaya progresses, oja (immunity) lessens and finally exhausts. As a result, various types of upadravavikaras – related ailments – will manifest. Especially, the circulatory and nervous system will suffer much and the patient may die mainly due

to vascular diseases.

As the sweet substances are not metabolized into sareeradhatu, the reserved sareeradhatu will be utilized for existence, and when it also is exhausted death occurs. As explained by Ayurveda, "Agni (digestive fire) digests food. In the absence of food, agni digests the doshas (humors) and in the absence of doshas, agni digests the dhatus and when the dhatus are completely exhausted, agni engulfs the life itself and thus occurs the death."

"Aharamagnir pachati doshanaharavarjitha

Dhaton ksheeneshu dosheshu jeevitham dhatusamkshaye"

Over-sweating, foul smell of the body, progressive weakness, feeling frequently to sit, lie down or sleep, feeling sticky substance in the chest, eyes, tongue, and ears, heaviness of the body, over-growth of hair and nails, likeness of cold, dryness of throat and palate, sweet feeling

**"The dhatwagni (internal fire or energy), which act on the sweet ingredients of the annarasa (chyle), is deficient or absent in the case of Diabetes. As a result, the kapha and madhura bhavas (sweet ingredients in the blood) will not be converted into the sareeradhatu (body tissues). It remains in the blood and is excreted through urine. Hence there will be madhuramsa (sugar) in the urine. The presence of this madhuramsa causes turbidity of urine, and makes the individual micturate frequently."**





in the mouth, burning sensation of hands and feet, etc. are the main prodromal symptoms of Prameha. Presence of ants in the places where the patient urinates is common. As the disease progresses, these symptoms will persist and increase. Weakness of the patient increases day-by-day. While walking he will like to stand a while and while standing he would sit. While sitting he will wish to lie down and then he falls asleep. Such is the condition of a typical Prameha patient.

Ayurveda describes 20 types of Pramehas on the basis of vitiation of doshas. Actually these three - kapha, pitta and vathamehas - are the three stages of Prameha. In the beginning, due to the peculiar etiological factors of Prameha, kapha will be much vitiated. Hence in the beginning it is Kaphaprameha. As the disease progresses dhatukshaya will occur, and this will vitiate pitta, and the disease will have paitthik features. As the dhatukshaya irreversibly progresses, vatha will vitiate and the disease will have vatha- predominant symptoms.

In short, Prameha starts as Kaphameha, continues as Pithameha and ultimately climax into the stage of Vathameha in which Madhumeha is the final stage. Irreversible dhatukshaya produces numerous upadrava rogas (related diseases and symptoms). From Kaphameha onwards all mehas, if left untreated, will progress upto the stage of Madhumeha (Diabetes Mellitus). Madhumeha is the last stage of Prameha. But in all Pramehas (from Kaphamehas to Vathamehas) there will be variable quantity of madhuramsa (sweetness- sugar) in urine and hence all Pramehas



shall be called as Madhumehas. But when the disease becomes so chronic, the urine will be similar to honey and the patient will be too weak. Along with all Prameha symptoms mentioned earlier, polyphagia, polydipsia, debility, weight loss, impotency, constipation, disturbed sleep, and giddiness will be present in this condition. Also related symptoms and diseases will manifest.

Digestive disorders, loss of appetite, vomiting, sleepy mood, cough, sinusitis, etc. are the complications in the early stages (Kaphameha). Pain in the vasty (urinary bladder), mehana (urethra) and testes (mushka), feverishness, burning sensation, amlapitha, loose motion, and occasional unconsciousness may be seen in the second stage (Pithameha). Udavartha (intestinal obstructions), tremor, abdominal pain, sleeplessness, atrophy, cough, dyspnoea, etc will be seen in the third stage (Vathameha).

If the prodromal symptoms are not completely manifested, the Kapha pramehas are susadhya (curable).

If all the prodromal symptoms are present it becomes incurable (asadhya). Pithamehas are yapya ie, the treatment is to be continued so that the patient shall survive without much complications. Vathamehas are generally incurable, especially the Madhumeha and Sahaja (hereditary) meha.

## Treatment

In short, the prognosis of Prameha is negative. But if treatment is started from the very beginning, the progress of the disease can be arrested, if not Sahaja and relapse of the disease can be prevented. Treatment is to be divided according to

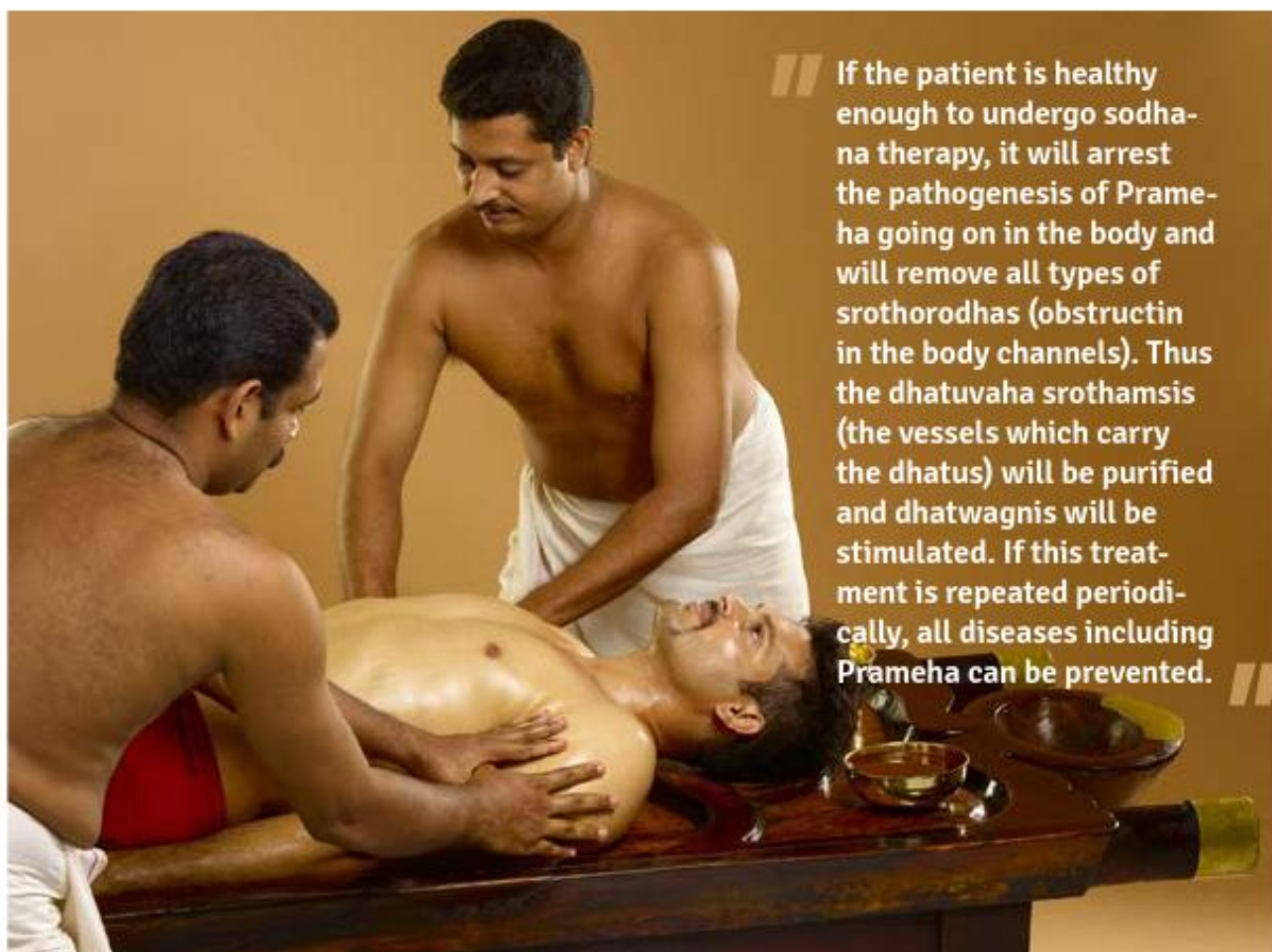
the physical condition of the patient. If the patient is healthy enough, sodhana (purification) treatment – Panchakarmas shall be done. If he is unhealthy he shall be given medicine for the symptoms to subside and which will provide strength and health.

For Snehapana (internal administration of medicated oil preparation – oleation), which should be done prior to Panchakarmas, peculiar oil preparations are prescribed viz. sarshapathaila (mustard oil), neem oil (arishta thaila), nikumbhathaila (oil of spermum montanum), ashathaila (oil of Terminalia bellerica), or karanjathaila (oil of Odina woodier). These special oily preparations are particularly prescribed for Prameha patients. They may have more effect to stimulate the dhatwagnis, especially those which metabolises the madhuramsa (sugar) of the blood. Thrikantaka sneha is also specially mentioned for snehapana.

Then after suitable swedakarma (sudation therapy), vamana (emetics), virechana (purgation), anu-

1. vasty - medicated enemas, anuvastana vasty - nourishing vasty, nirooha vasty - cleansing vasty





**If the patient is healthy enough to undergo sodhana therapy, it will arrest the pathogenesis of Prameha going on in the body and will remove all types of srothorodhas (obstruction in the body channels). Thus the dhatuvaha srothamsis (the vessels which carry the dhatus) will be purified and dhatwagnis will be stimulated. If this treatment is repeated periodically, all diseases including Prameha can be prevented.**

vasana vasthy and nirooha vasthy<sup>1</sup> shall be done. But it should be noted that these shall be done only if the patient is healthy enough to undergo the treatment. Otherwise it will be fatal to the Prameha patient.

If the patient is healthy enough to undergo sodhana therapy, it will arrest the pathogenesis of Prameha going on in the body and will remove all types of srothorodhas (obstruction in the body channels). Thus the dhatuvaha srothamsis (the vessels which carry the dhatus) will be purified and dhatwagnis will be stimulated. If this treatment is repeated periodically, all diseases including Prameha can be prevented. It purifies and rejuvenates the body.

After sodhana therapy, suitable medicines should be given.

Samana (alleviating) medicines should be given to those who are not

healthy enough to undergo sodhana treatment due to weakness and also to those who are healthy enough but could not undergo sodhana therapy due to other reasons.

As Prameha progresses kapha will be decreased and the body will become vathapitha predominant and gradually vatha will become more predominant, and the patient will become too weak. At these stages so many anubandha vikaras (related complications) will be manifested. Swedana (oil massage) and sodhana therapies are contraindicated at this stage.

In general, patients who had become too weak and whose body is much emaciated due to Prameha should be given non-fatty and antidiuretic foods and medicines to develop the body and to improve the health. (Brimhayedoushadhaharairamedo

mutralai: krisam).

Nisakathakadi kashaya, Kathaka khadiradi kashaya, Ekanayakashadanga kashaya, Ekanayakasdhira quadha etc. are much effective in Prameha. The continuous use of such kashayas will nourish the body and will gradually reduce the blood sugar level. Chandraprabha gulika, neeruryadi gulika, vasanthakusumakara rasa, mehamudgaravati, Dwanwamtharaghritha, salmalighritha, gugguluthiktaka ghritha etc. also are effective.

Innumerable kashayas, gulikas, ghrithas, thailas, arishtas, etc. are mentioned in Ayurvedic classical texts. The physician can choose those which are suitable to the condition of the patient and the disease. The desirable diets and contraindicated diets are also listed in Ayurvedic classical texts for Prameha.



Hard udvarthana (massage with specially prepared medicinal powder in the opposite direction) is important in Prameha chikitsa. It generates the internal fire (dhatwagni) by which kapha will be decreased. It metabolises the meda (fat) and provides strength to the body. It also provides fairness of the skin.

Amalaki (*Embilica officianalis*) and Nisa (*Curcuma longa*) are most effective drugs for Prameha. Prameha patient may take powder of nisa (*Curcuma longa*) mixed in Amalaki swarasa (juice of *Embilica officianalis*) every day. It will provide strength and vitality. The swarasas (juices), kashayas (decoctions) or drinking water prepared with Ekanayaka (*Salacia primoides*), Asana (*Brdielia montana*), kshadira (*Acacia catechu*), vilwa (*Aegle marmelos*), veera (*cephalandra indica*) etc. are good for Prameha.

In the case of upadrava vikaras, suitable medicines should be given.

In vascular and cardiac problems sringabhasma, prabhakaravati, sdhira quadha, arjunayaukt rasonadi quadha etc shall be given.

In Karapadadaha (burning sensation of palms and feet) Amrithashadagam kashayam and kaisoraguggulu gulika are found effective. If the patient is weak and emaciated and is having this karapada daha and padasupthi (numbness of feet), rookshaswedas as patrapottala sweda etc. are not advisable. But abhyanga with pindathaila, ksheeradhooma, shastika pinda sweda, mamsayukta shastkapinda sweda etc. are found very effective. It will nourish and rejuvenate the patient.

Abhyangasweda (oil massage and luke-warm water bath) should be done regularly as daily routine (dinacharya). It will relieve numbness and burning sensation.

Even if the disease has progressed up to the stage of Madhu meha,

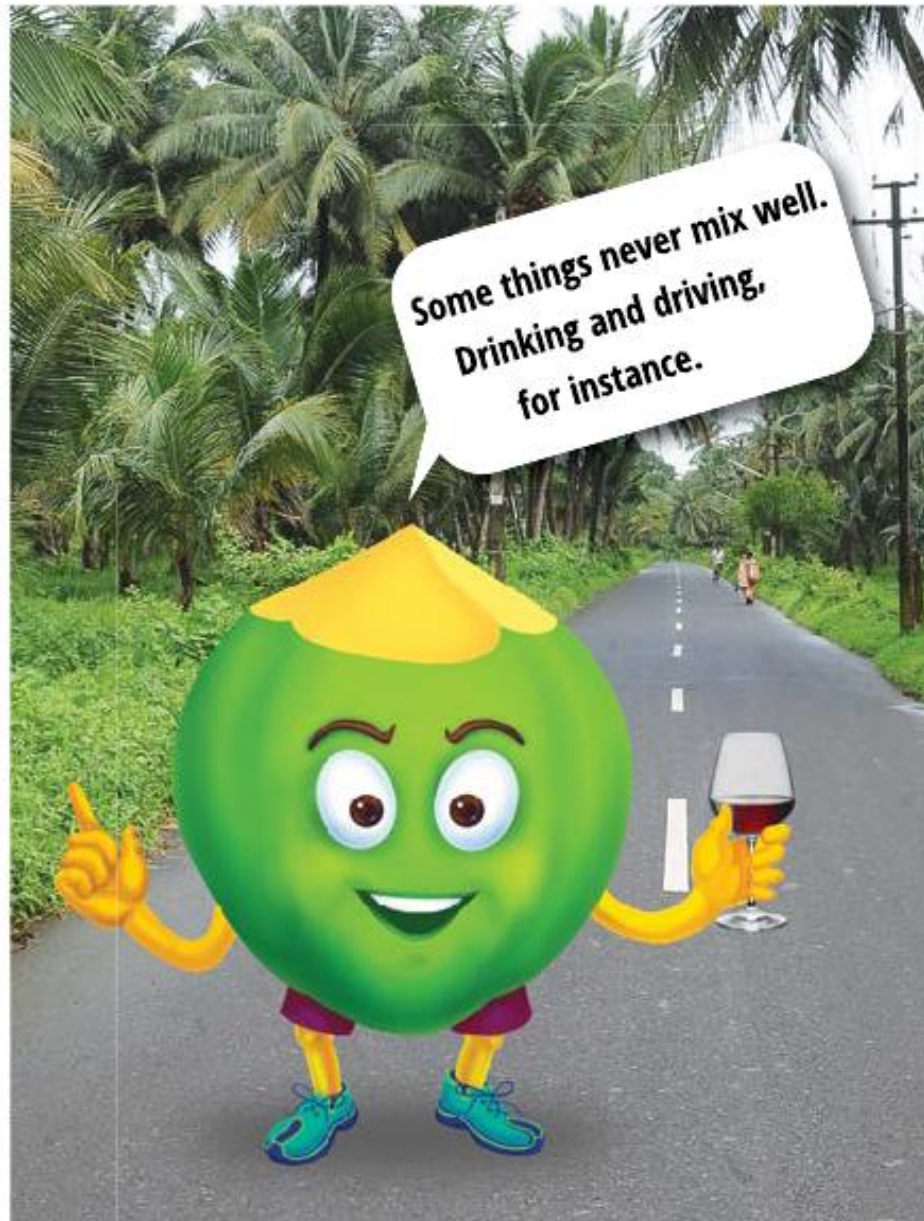
and the physician has ruled out the chance of survival, one should not leave hope. The patient can be advised to take silajith (mineral pitch, asphalt) regularly for long duration, with suitable kashayas or any other form. It will definitely nourish and rejuvenate the patient. Silajith is another foremost effective drug for Prameha.

Rigorous vyayama (physical exercise) is an inevitable part of Prameha chikitsa. By physical activities body heat (sareeroshma) will be generated which will stimulate the dhatwagnis, by which the metabolic processes will improve and the dhatus which are formed through the metabolism of madhuramsa will be nourished. All these will reduce the blood sugar level. Ayurveda advises every pre-diabetic to exercise rigorously and follow the diet schedule of munis (sages) strictly so that the Prameha can be successfully overcome.



**“ Rigorous vyayama (physical exercise) is an inevitable part of Prameha chikitsa. Ayurveda advises every pre-diabetic to exercise rigorously and follow the diet schedule of sages strictly so that the Prameha can be successfully overcome. ”**





Naarlu Bab says, "Drive safe!"

**If Goans won't do it for Goa, who will?**

In case of emergencies,  
call 108 (Ambulance) or  
100 / 2428000 / 2426545 (Police).



Issued in public interest by Goa Tourism

[www.goa-tourism.com](http://www.goa-tourism.com)

 @TourismGoa

 officialgoatourism



# A Study on the Efficacy of Yoga-Based Life-Style Modification Program in Type 2 Diabetes and The Stop Diabetes Movement



Dr. Nagarathna Raghuram, MBBS, MD, FRCP(UK), Dean, Division of Yoga and Life Sciences at SVYASA (Swami Vivekananda Yoga Anusandhana Samsthana), Bangalore, India, combines her medical knowledge with her deep knowledge and experience of yoga as the head of the 160-beds residential yoga therapy health home at SVYASA. She has established yoga therapy protocols for asthma, diabetes, hypertension, heart disease, digestive problems, and cancer. She has, to her credit, numerous clinical publications on yoga therapy.

Email: [rnagaratna@gmail.com](mailto:rnagaratna@gmail.com)





Several studies have documented the beneficial short-term effects of yoga in type 2 diabetics. Although many studies point to the efficacy of yoga in achieving better metabolic control in type 2 diabetes (DM2), there are no studies that have directly compared the effects of exercise with yoga on medication requirement and lipid profile in an urban population in South India. Hence the present study was planned with an objective to compare the efficacy of a Yoga-based Life Style mod-

ification Program (YLSP) with conventional Exercise-based Life Style modification Program (ELSP) in type II diabetics, with the hypothesis that YLSP will be better than ELSP, in achieving better control of diabetes with favourable changes in medication requirement and lipid profile.

In this prospective two-armed interventional randomized control study, 277 type 2 diabetics of both genders aged above 28 years who satisfied the study criteria were recruited from 5 zones (east, west, north, south and

central) in and around Bangalore city, India, between 2003-2007. They were allocated to YLSP or ELSP. Integrated yoga special technique for diabetes included yogasanas, pranayama, meditation and lectures on yogic life-style. Control intervention included physical exercises and life-style education. Medication score, blood glucose, glycosylated hemoglobin (HbA1c) and lipid profile were assessed at baseline and 9th month. The study was funded by the Department of Ayurveda, Yoga, Unani, Siddha and Homoeopathy (AYUSH), Ministry of Health and Family Welfare, New Delhi, India under the 'Extra Mural Research' scheme. The AYUSH technical expert committee had reviewed the study design. The research protocol was approved by the Ethical Committee of SVYASA (Swami Vivekananda Yoga Anusandhana Samsthana) University, Bangalore, India.

Diabetes mellitus is a major global health problem affecting 150 million people worldwide. In India, the prevalence of DM2 and premature coronary artery disease is rapidly escalating in all socio-economic groups parallel with the obesity epidemic. The primary reasons for this rapid global epidemiological transition include aging of the population, genetic factors, changing life-style with altered dietary patterns with decreased physical activity, and psycho-social stresses. The associated lipoprotein abnormalities such as elevated concentrations of triglycerides and Low Density Lipoprotein (LDL), with decreased High Density Lipoprotein (HDL), and the oxidative stress play an important role in occurrence of early atherosclerosis in diabetics. Hence the primary role of life-style modification programs that include exercise, diet, and stress reduction has been widely accepted to reduce the incidence of type 2 diabetes. There are reports that the physician's advice in a diabetic clinic is usually ineffective. Studies have also shown that people have considerable interest in life-style interventions than pharmaceutical trial. Incidence of type 2 diabetes has reduced by 40 to 60% over 3 to 4 years in high-risk population in USA after modest weight loss through diet and physical activity.

Yoga has been explored since nineteen seventies as a widely-available resource for life-style-related problems such as hypertension, bronchial asthma, diabetes and coronary artery disease. A critical review of all published literature from 1970 to 2006 on the effects of yoga-based programs on





the risk profiles in adults with DM2 showed that yoga reduces the risk profiles and may help in prevention and management of its cardiovascular complications. These beneficial effects of yoga seems to be due to the relaxation response that has the potential to reduce the heightened stress responses through techniques that promote mastery over the modifications of mind.

Inclusion criteria for this study were, (a) type II diabetics of both sexes above 25 years, (b) fasting venous blood glucose level > 120 mgs% at the time of diagnosis (checked from their records), (c) DM2 of more than one year, (d) those stabilized on a stable dosage of oral hypoglycemic agents or insulin for at least three weeks and (e) no prior exposure to yoga practice. Those with major complications of DM2 such as chronic infections (tuberculosis, HIV, etc.), coronary artery disease, severe hypertension, nephropathy, proliferative retinopathy and/or cerebrovascular disease were excluded. Those with peripheral neuropathy, mild urinary or cutaneous fungal infections, mild to moderate hypertension and obesity were not excluded.

The modules of intervention for the two groups were carefully developed by a team consisting of two senior yoga experts of the university, a physiatrist and a diabetologist.

The interventions for both modules were aimed at achieving, (a) conventional diabetes education, (b) stress management, and (c) empowerment for adherence to long-term life-style change. The specific yoga module for YLSP was the same as that used in our earlier study on yoga in diabetes. This 'Integrated Approach of Yoga for Diabetes (IAYD)' is based on the knowledge culled out from yoga scriptures (Patanjali yoga sutras, Bhagavadgita and Mandukya karika).

The practices included (i) physical practices such as cleansing



techniques (kriyas), loosening practices (shithilikarana vyayama), Sun salutation (suryanamaskara) and yoga postures (asanas) to provide mild- intensity physical exercise effect, (ii) Pranayama and meditation (dharana and dhyana) for calmness of mind, (iii) devotional sessions (Bhakti yoga) for better emotional stability and (IV) lectures and yogic counseling for notional correction through self analysis (Jnana yoga). The ELSP module consisted of (i) standard PT exercises and walking designed to achieve a comparable intensity of physical

exertion, (ii) non-yogic breathing exercises used in physiotherapy and (iii) supine rest. Both groups had access to reading material on conventional diabetes education.

Out of 520 screened, 277 (87

females) participants (141 in YLSP and 136 in ELSP), were randomized into two groups; 264 completed the initial 12 weeks of training and 173 (88 in yoga and 85 in control group) completed the study. Oral hypoglycemic drug requirement reduced in 30 participants in YLSP and 14 in ELSP with significant reduction of mean scores in YLSP (12.8%,  $p < 0.001$ ) and non-significant reduction (3.7%) in ELSP. There was significant difference between groups at  $p = 0.05$ . The 'total medication' that included all categories of drugs reduced by 10.9 % in YLSP ( $p = 0.004$ ) with no significant difference in ELSP or between groups. It reduced in 35 patients in YLSP and 19 patients in ELSP. Amongst those who were taking insulin (16 in YLSP and 10 in ELSP) at the time of recruitment, five in YLSP group and one in ELSP had





discontinued (no significant statistical change).

HDL increased by 7 % in YLSP ( $p=0.002$ ) with significant difference between groups ( $p=0.007$ ). LDL reduced significantly in YLSP by 12.3 % ( $p<0.001$ ), with difference between groups at  $p=0.003$ . Triglycerides, total cholesterol and VLDL (Very Low Density Lipoprotein) reduced significantly in both groups with non-significant differences between groups and better effect sizes in yoga group.

### Changes in Blood Glucose

There was a significant reduction in FBG (Fasting Blood Glucose) by 7.2 % in YLSP ( $p=0.016$ ) at 9th month. PPBG (Post Prandial Blood Glucose)

reduced significantly in both the groups, 14.6 % in YLSP ( $p<0.001$ ) and 8.9 % in ELSP ( $p=0.019$ ) groups, with non-significant difference between groups. The concentration of HbA1c reduced in both groups, 14.1 % in YLSP ( $p<0.001$ ) and 0.5 % in ELSP ( $p=0.002$ ) with no significant difference between groups.

After 9 months of intervention there was significant difference between groups ( $p<0.01$ ) in HDL, LDL and medication requirement with higher effect sizes in YLSP group. There was reduction in PPBG and HbA1c, triglycerides, total cholesterol and VLDL in both groups with better effect sizes in yoga group (non-significant differences between groups) whereas FBG reduced significantly only in the yoga group. A review by Innes KE et al of 25 yoga studies on type 2 diabetics, concluded that yoga practice was associated with reduction of 6.1–34.4% in blood glucose and 10.5–27.3% in HbA1c. Our study adds evidence to the efficacy of yoga in a south Indian diabetic population. This is the first study that has documented significantly better reduction in oral hypoglycemic agents (12.8 %) in YLSP than ELSP.

Several studies have proven the efficacy of different types of exercises in increasing HDL and decreasing LDL. It appears that moderate intensity exercises (and not vigorous intensity exercises) are effective in reducing VLDL complex of triglycerides, whereas sustained increase in HDL may occur only after vigorous exercises such as jogging. This may explain the non-significant changes in HDL and LDL in our ELSP group. This also seems to indicate that the increase in HDL found in the YLSP group may involve pathways other than its exercise component. Activation of HPA (Hypothalamic Pituitary Adrenal) axis and sympatho-adrenal system is known to inhibit glucose uptake by peripheral tissues by inhibiting insulin release, inducing insulin resistance and increasing hepatic glucose production. Better sympathovagal balance, better insulin receptor sensitivity and reduced

oxidative stress may have contributed to the beneficial effects of the integrated yoga practices.

Alternative methods of exercise, stress reduction, and relaxation techniques, including cognitive behaviour therapy, have been shown to improve the mood with better glycaemic control and prevention of complications of the metabolic syndrome. Psychological stresses resulting in depression contributes to poor compliance and outcome of therapeutic measures and its treatment has shown better glycaemic control and improved quality of life. Intention to treat analysis showed better reduction ( $p<0.05$ , Mann-Whitney test) in oral hypoglycemic medication (Yoga-12.8 %), LDL (Yoga-12.3%) and increase in HDL (Yoga-7%) in Yoga than control group; FBG reduced (7.2%,  $p=0.016$ ) only in yoga group. There was significant reduction within groups ( $p<0.01$ ) in PPBG (Yoga-14.6%, Control-9%), HbA1c (Yoga-14.1%, Control-0.5%), Triglycerides (Yoga-15.4 %, Control-16.3%), VLDL (Yoga-21.5 %, Control-5.2%) and total cholesterol (Yoga-11.3 %, Control-8.6%). Thus Yoga-based life-style modification program is similar to exercise-based life-style modification in reducing blood glucose, HbA1c, Triglycerides, total cholesterol and VLDL. Yoga is better than exercise in decreasing oral hypoglycemic medication requirement and LDL; and increasing HDL in type 2 diabetics.

In conclusion, YLSP is better than ELSP in reducing the requirement of oral hypoglycemic agents, increasing HDL and decreasing LDL and YLSP is similar to ELSP in reducing blood glucose, HbA1c, triglycerides, VLDL and total cholesterol levels. Our study suggests that yoga, a non-expensive technique that has become popular around the globe with good acceptability and generalizability, may be incorporated in all primary and secondary prevention programs for type 2 diabetics in clinical practice.



## Stop Diabetes Movement

SDM (Stop Diabetes Movement) is an ambitious program to prevent India from becoming the world capital of Diabetes Mellitus through YOGA BASED LIFE STYLE CHANGE, undertaken by Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA) a Yoga University, Bangalore. The Aim of SDM is to "mitigate the sufferings of diabetics through Yoga Therapy". SDM is a community (Public - Private Partnership) effort to prevent India from becoming the world capital of Diabetes Mellitus using the Integrated Approach of Yoga Therapy (IAYT) approach. SDM envisages identifying, motivating, training and organizing - Volunteers (organizers), Diabetics, Yoga Instructors, Doctors and Researchers.

Type II Diabetes Mellitus (T2DM) is a group of metabolic diseases characterized by hyperglycemia resulting from decreased insulin secretion and/or increased cellular resistance to insulin. T2DM is part of human civilization for a long time but the scenario has been worsening in recent years. The number of patients with diabetes mellitus was 246 million in 2006 and was predicted to reach 380 million by 2025 (IDF atlas, 2006). But by 2013, the number of individuals with diabetes rose to 382 million (IDF atlas, 2013), a number which was predicted to happen in 2025. Diabetes is increasing greatly in low and middle income countries,

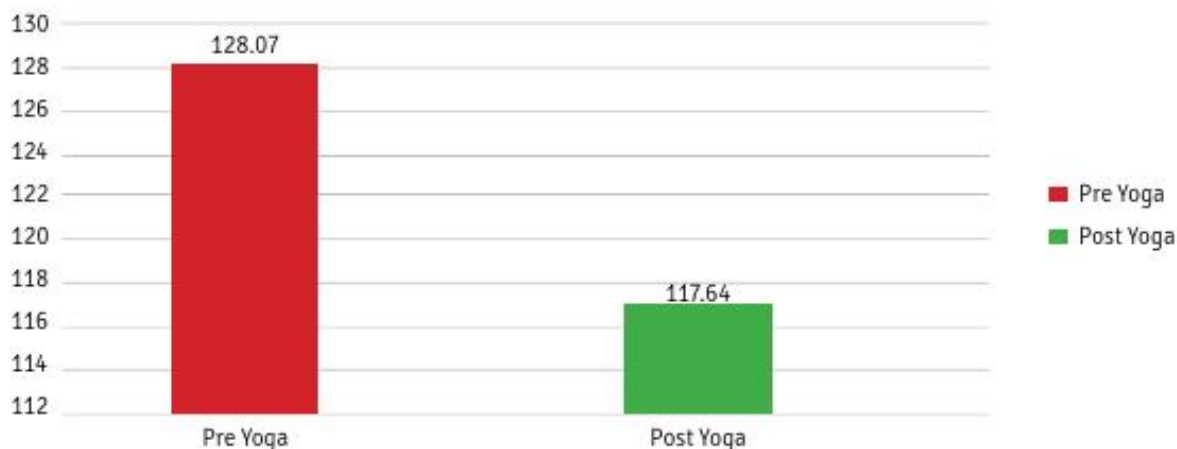
particularly in Asia. The prevalence of diabetes is high among urban Indians than rural Indians, higher in men than women, younger age people are also not spared of it.

Every 6 seconds, a person dies of diabetes complications. In every 10 seconds, 2 people are diagnosed as diabetics. One in every five diabetics in the world is Indian. Diabetes is on the increase and has reached epidemic proportions.

WHO research and researches across the Globe says that life-style change (LSC) could be the key. LSC includes diet, exercise, stress reduction, and freedom from alcohol and smoking. According to Yoga the root-cause of all diseases is imbalance of thoughts in the mind. Thus it emphasizes on mind management through different layers of existence designed as IAYT Technique. There are various data of research evidence saying yoga-based life-style change is better than exercise-based life-style change. Yoga is a way of life, mainly focusing on life-style management, including corrections of eating habits, sleeping habits, exercise, stress management, moderation in entertainments etc.

Research in the last decade has found yoga to be effective in the management of DM. There have been a good number of studies which have depicted the efficacy of yoga on various physiological,

**The number of patients with diabetes mellitus was 246 million in 2006 and was predicted to reach 380 million by 2025 (IDF atlas, 2006). But by 2013, the number of individuals with diabetes rose to 382 million (IDF atlas, 2013), a number which was predicted to happen in 2025.... Every 6 seconds, a person dies of diabetes complications. In every 10 seconds, 2 people are diagnosed as diabetics. One in every five diabetics in the world is Indian. Diabetes is on the increase and has reached epidemic proportions.**







biochemical and psychological in Type 2 DM, and the results has been summarized as: It normalizes blood glucose level (FBS/PPBS), HbA1C, weight, Body Mass Index (BMI) and Nerve Conduction Velocity (NCV). Increases good cholesterol. Decreases depression and anxiety. Reduces oral medication. Stimulates parasympathetic nerves giving deep rest to body organs, increases insulin sensitivity, glucose tolerance. Reduces perceived and oxidative stress and visceral adiposity, reduces heart rate and blood pressure. Improves quality of life.

The main objective of this is Stop Diabetes Movement is both primary and secondary prevention in which primary prevention focuses on preventing pre-diabetics from becoming diabetics whereas Secondary prevention focuses on preventing complications by converting Diabetics from severe to moderate, mod-

erate to mild, and then from mild to normal. So the economic burden is reduced to a greater extent.

We believe that this nation - wide Stop Diabetes Movement project will target all the above needs at the various phases of the project along with testing the effectiveness of the yoga module and reducing/ controlling the prevalence rate of Type 2 DM in India. SDM project plans to impart yoga training not just to persons suffering from diabetes all over the country of India but also to local community volunteers who in turn would act as trainers to train and reach out yoga to all people suffering from diabetes in their localities/ villages. SDM is conducting special training to the yoga instructors exclusively for diabetes prevention and management, with the certification called as YIDM (Yoga Instructor for Diabetes Mellitus).

A total of 1566 patients from different states of India took part in the SDM camps, conducted in the year 2013 and earlier part of 2014. Out of which, 1228 pre- and post- FPG readings were available. A sharp decrease in the FPG was observed in the patients within a short duration of 10 days, which motivated the patients to continue to practise the yoga-based life-style modification in the long run.



# SILICOSIS, A NATIONAL CHALLENGE; AN AYURVEDIC PERSPECTIVE



Dr. Shajeev BAMS, Senior Physician,  
Kottakkal Arya Vaidya Sala, Alappuzha.  
Email : drshajeevkk@gmail.com

**Silicosis is a fibrotic lung disease caused by inhalation of crystalline silica. The highly fibrogenic crystalline silica is the most abundant mineral world-wide. The silica dust is chemically known as silicone dioxide (SiO<sub>2</sub>). Silicosis is considered as an occupational disease. For occupational purpose, silica is commonly used in the ceramic - and glass - industry, in foundries, chemical industry, electrical industry, natural stone industry, jewellery industry and for working methods such as sand jet polishing, abrasive techniques with sand and many more. People employed in various mines, ceramics, potteries, metal grinding, stone crushing, slate-pencil industries etc. are exposed to silica dust on a large volume and immensely victimised to silicosis. Insufficient technical protection measures in the past to this day resulting in exposition of countless workers over considerable spans of their lives to silica have made silicosis one of the most important occupational diseases world-wide. Although protective measures have resulted in declination of death rate due to silicosis in developed countries over the past decades, new outbreaks still occur in emerging nations.**





## Types and Symptoms

Common signs and symptoms of silicosis are dyspnea, cough, palpitation and general weakness and immunity loss. Chronic Silicosis, Accelerated Silicosis and Acute Silicosis are the types of Silicosis. Chronic Silicosis, the most common form of this disease, is distinguished from the other two by its low severity and rapidity of progression and it usually develops after 10 - 30 years of low-concentrated exposure to silica dust. Patients may initially be asymptomatic and may show shortness of breath at later stages. Accelerated Silicosis develops 5 - 10 years after initial exposure to higher concentrations of crystalline silica dust. Clinical symptoms are similar to Chronic Silicosis but these tend to progress more rapidly. Acute Silicosis (Kshata Kasa variant), also known as silicoproteinosis, develops after exposure to high concentrations of respirable crystalline silica dust for a few weeks to 5 years. Most affected by Acute Silicosis are sandblasters and quartzite millers. It can cause dry cough, fever, fatigue, weight loss, respiratory insufficiency, and even death within months.

### A threat to common man

Clean dust- and smoke- free environment is most essential for healthy living. Air pollution has become a major concern for those who live close to roads and highways and to the common man who spends a major part of his daily life in unprotected open surroundings. Here we are not mainly concentrating on the automobile pollution but on the unexpected dust-threats confronting one from every side. We all might

have seen heaps of construction materials of all kinds on the borders of the roads, dangerously dumped by tipper lorries, illegally encroached by many. For months or more the metal heaps pollute the entire area. When the vehicles ply over the spill-overs spreading the Asphalt, and emit silica dust to the surroundings, these put lives of many in extreme risks, altogether making the social life enigmatic. This is not only a legal issue but severely a medical one also. The inhaled silica dust passes through the nostrils and finally

enters into the small passages of the lungs, eventually leading to irreversible damage to the lung tissues, destroying the plasticity of the lung tissues. This is called Fibrosis. The silica particles can gradually be absorbed by the phagocytes and these also accumulate in the lymphatic channels. Sometimes silicosis causes respiratory manifestations and pleural thickening and adhesions. Silicosis has been associated with several disorders, of which tuberculosis and lung cancer are the most important ones.

**Air pollution has become a major concern for those who live close to roads and highways and to the common man who spends a major part of his daily life in unprotected open surroundings.... We all might have seen heaps of construction materials of all kinds on the borders of the roads, dangerously dumped by tipper lorries, illegally encroached by many. For months or more the metal heaps pollute the entire area. When the vehicles ply over the spill-overs spreading the Asphalt, and emit silica dust to the surroundings, these put lives of many in extreme risks, altogether making the social life enigmatic. This is not only a legal issue but severely a medical one also.**



## Emerging as a National Challenge

Silicosis is the commonest and most extensively- studied occupational disease of the lung, and even today it continues to be among the most- serious occupational diseases. The problem of silicosis, which is confined not only to the developing nations, but is also not that uncommon in industrialized nations, has emerged as a national challenge.

Distribution of silicon in nature is similar to the distribution of carbon in organic matters. Silicon contributes to about 28% of the Earth's crust. Silicon, being very reactive,

does not remain in the element form but combines either with oxygen alone and forms free silica ( $\text{SiO}_2$ ) or with oxygen and other elements and forms silicates. Silica and silicates constitute the bulk of most kind of rocks, clays and sands. Mining, tunneling, sand stone industry, stone quarrying and dressing, iron and steel foundries, flint crushing are the occupations most closely related to the hazard of silica exposure. Some of the occupations such as slate pencil industry and agate grinding industry, which carry high risk of silicosis, are peculiar to India. Exposure to large amount of free



silica can pass unnoticed because, silica is odorless, non-irritant and it does not cause any immediate noticeable effect and hence is confused with ordinary dust. Chronic exposure to silica predisposes onset of tuberculosis, which is still a major health problem in developing countries, including India. Silicosis increases the risk of contracting Tuberculosis and possibility of developing lung cancer in the future.

The problem of silicosis is much more severe in the unorganized sector of industries like slate pencil cutting, stone cutting and agate industry. Most industries belonging to the unorganized sector, and they do not fall under the purview of statutory tools such as the Factories Act aimed to protect the health and safety of the working population. Moreover, the employers are not willing to provide safe working environment for the workers. Out of

economic compulsions, the workers choose to work in hazardous environments and are subjected to exploitation. Considering the huge population employed in mines, surface industries and unorganized sector that are at risk of silica exposure, it can be presumed on the basis of available studies that several hundred thousand workers in India suffer from silicosis.

### Different Manifestations and Preventive Measures

The lung manifestations include dyspnea, cyanosis and constitutional health disturbances. Repeated silica dust contact in eyes causes watering, itching, redness, pterygium and loss of vision. Regular exposure to silica dust leads to itching of the skin, dryness, allergic manifestation, rough skin eczema.

Preventive measures to be consid-

ered to avoid public health problems are:

- Keeping building materials away from the roadside
- Finding separate campus for road building materials
- Staying away from dumping areas
- Using masks, spectacles and long cotton clothes to avoid direct contact with silica dust

A curative treatment for silicosis does not exist, therefore, treatment options focus on preventing complications. In recent years, enormous efforts have been made to improve the understanding of pathogenetic mechanisms in silicosis. Nevertheless, a scientometric approach to the topic "Silicosis" has not been available despite an increased need to evaluate quality and quantity of scientific accomplishments.



## Ayurvedic Perspective

The Ayurvedic treatment of silicosis is aimed at treating symptoms and preventing long-term complications like chronic bronchitis, cor pulmonale, respiratory failure and lung cancer. Management of silicosis in the Ayurvedic way can be:

1. Lungs: Medicines like dasamoolakaduthrayam, elakanadikashayam, haridrakhandam, vilwadigulika, dasamoolarasayanam, agastyarasayanam can be administered. Sodhanachikitsa like vamanam is found very effective. Pippalirasayana may also be included. Yoga therapy also is recommended.

2. Eye care: Externally wash with triphala decoction, mukkadipaste around eyes, vilwadigulika, padoladighritham, purgation, pterigium correct with surgical procedure.

3. Skin care: Wash with triphala decoction, nalapamarathi keram, eladi thailam for external application. And internally padoladi kashayam, manjishtadi kwatham, gulgu thiktakam, vilwadi gulika can be used. Panchakarma and rasayana treatment found essential in chronic cases.

The success of prevention program will largely depend upon the active

cooperation of all the stake-holders. Silicosis is an age-old occupational disease and it remains a major occupational health problem in India. It is responsible for high morbidity and mortality in industrial workers. Since there is no specific therapy for this progressive and irreversible disease, all steps should be taken for its prevention. In the absence of specific therapy for silicosis, there is a need for planning a national strategy for the prevention and control of silicosis. The population at risk nationwide in various sectors, specially in the unorganized sector, should be identified. Creating awareness among all stake-holders and sensitizing community consciousness for Silicosis are of extreme importance. Print, TV media and NGOs should be actively involved and above all vested environmental activism should be discouraged. A mechanism must be established for addressing compensation issues and rehabilitation of affected workers. The benefits of prevention will mark increased production by health workers, reduction of sickness, absenteeism and less expenditure on health-care leading to economic growth and, above all, alleviation of human suffering.



## Ocean expanses & Orchid wonders!

A palm fringed hillock gently sloping down to a warm and inviting sandy beach surf, washed by the invigorating swells of the Arabian Sea. The setting is picture perfect, the view marvellous and the ambience rustic, irresistible and laid back.



Welcome to Nikki's Nest. Located off an ancient fishing village at Vizhinjam on the south-western sea board of the Indian peninsula.



Vizhinjam, Trivandrum, Kerala, Tel: 91 471 2268822, Email: nest@sancharnet.in



**Nikki's Nest**  
A SEA SIDE RESORT

Our sister concern:



Annapara Trivandrum Kerala, Tel: 91 472 2859273, Email: nest@sancharnet.in www.dukesforestlodge.in





**T**he knowledge of Diabetes has been existent in India since Vedic age in mythological form. Anyway, the great Ayurveda Acharya, Charaka, had described Diabetes about 3000 years ago. The association of frequent urination with a sweet-tasting substance in the urine was first reported in Charaka Samhita, the ancient Ayurvedic medical text. Classic Ayurveda has described Diabetes under the heading 'Prameha'. The word, Prameha, is derived from the "Miha sechane," which means watering. 'Pra' means excess of urine in both quantity and frequency. Prameha, thus, holds the twin meanings of "Prabhutha mutratha" or excessive urination and "Avilmutratha" or turbid urine.

According to Charaka, the cause of Prameha is "Navannapanam Gudavaikritamcha Pramehahetu Kaphakriccha Sarvam" (4th shloka/6th chapter Chikitsa sthana: Charaka Samhita), which means excess of newly- harvested food grains, jaggery preparations and factors responsible for aggravation of Kapha, may contribute to the development of diabetes. Ayurveda has described that, when a hungry person takes the food containing all six tastes, i.e. sweet (madhura), sour (amla), salty (lavana), bitter (tikta), pungent (katu) and astringent

(kasaya), only one taste, i.e. sweet, is predominant and it can increase Kapha and medas (fat) and cause Prameha. Charaka had described that "Asyasukha" and "Swapnasukha" would lead to Diabetes. In this context, Asyasukha means enjoyment of taste with the tongue, eating food which is sweet, salty, sour in taste. Swapnasukha means sleeping in the day for more than 30 minutes and sleeping more at night.

According to another great Acharya, Shushruta, Prameha is caused by "Divaswapanam Vyayama-malasya Prasaktam, Sheetasnigdha, Madhurdryapanasevinam Purusam Janeeyat Pramehi Bhavishyteeta" (Sushruta Samhita Nidanasthana 6), which refers to day- time sleeping, lack of exercise and laziness, too much of cold, sweet, lipidemic and alcoholic foods and beverages as the causative factors for development of diabetes later in life. Acharya Madhava described Prameha as "Prakarshena Prabhutam Prachuram Varam Varam Va Mehati Mutratyagam Karoti Yasmina Roge Sa Pramehah" (Madhava Nidana 33/1), which can be interpreted as repeated (Prakarsha), excessive (Prabhoota) and turbid (Prachura) urination in terms of frequency, quantity etc.





# Ayurveda Had Zeroed In On Diabetes Thousands of Years Ago

## **Madhumeha or Diabetes Mellitus**

Diabetes Mellitus in Ayurveda is referred to as 'Madhumeha' or 'Kshaudrameha'. Aetiological factors, clinical features, and complications of Diabetes Mellitus and Madhumeha are very much similar. Madhumeha consists of two words - 'madhu' and 'meha' where 'madhu' denotes sweetness and 'meha' stands for urination. So, the disease in which the urination is having urine quality concordant with madhu (honey) in its color, taste, smell and consistency called along with the pathognomonic features of Prameha (i.e. increased frequency and quantity of urine) is Madhumeha.

On the other hand, the word "Diabetes Mellitus" consists of two words - 'Diabetes' and 'Mellitus', the word, 'Diabetes,' is derived from Greek which means 'excessive discharge of urine' and the word, 'Mellitus,' is derived from Latin, which denotes 'mellite' (i.e. sweetened with honey or honey-sweet). Mr. Thomas Willis (1675) added 'Mellitus' to the word, 'Diabetes,' as a designation for the disease, observing that the urine of a diabetic had sweet taste.

The clinical picture of Prameha is similar to Mad-

humeha. Madhumeha is discussed under twenty types of Prameha in Ayurvedic texts. The synonyms mentioned for Diabetes in Ayurvedic texts are - Madhumeha, Ojomeha and Kshaudrameha. Regarding the etiology of Madhumeha, like any other disease in Ayurveda, this too is the result of 'dosha' (humor) vitiation, particularly the 'Vata dosha,' although there is common etiology for all types of Pramehas, wherein all those factors which increase the quantity of 'Kapha' in the body are said to be the causative factors of this disease. Madhumeha is included among the 'astamaharoga' (eight major disorders) by Charaka (Charaka Samhita Indriyasthan 9/8-9). Acharya Charaka, while describing the prognosis of Madhumeha, described it to be a 'kulaja vikara' (meaning a disease occurring due to some genetic defect and hence may be inherited) resulting due to defect in the 'beeja' (either the sperm or the ovum) (Charaka Samhita Chikitsasthan 6/57). Shushruta also mentioned the term 'sahaja' (hereditary) in the context of the genetic predisposition in the pathophysiology of Madhumeha.

## **Classification of Prameha**

Classic Ayurveda texts such as Charaka Samhita,



Sushruta Samhita, Astanga Sangraha & Hrudaya, Hareeta Samhita etc. have described Prameha in three major categories: (1) Hetu Bhedas, (2) Deha Prakriti Bhedas and (3) Mutra Bikara Bhedas, which are further divided into sub-groups.

### 1. Hetu Bhedas (Etiological classification)

#### (a) Sahaja/Jatah prameha (Hereditary):

Due to the genetic factors. Certain defects in the ovum and sperm results in a genetic disorder which is referred to 'Beej Dosha'. It can be compared to Type 1 Diabetes and mostly found in lean individuals. It is also known as Juvenile or congenital diabetes or insulin-dependent Diabetes Mellitus. Genetical view of prameha is clearly mentioned in Charaka Samhita using the specific word, 'Beej dosha, which' means 'defect in genes'. Beej means seed and dosha means defect. Charaka has described anatomy of 'Beej' as Semen or Sukla and 'Beej bhaga' as Chromosome. According to Charaka, congenital case of Prameha or one inheriting the disease from his Diabetic Parents is incurable because of genetic factor. Whatever diseases are familial are said to be incurable.

#### (b) Apathyanimittaja (Acquired):

Due to improper dietary habits and unwholesome life-style. It is quite similar to Type 2 diabetes, and also known as adult-onset diabetes or non insulin-dependent diabetes mellitus.

### 2. Deha Prakriti (As per features of the body or Physique)

According to Charaka Samhita, the two types of Prameha patients on the basis of

their physique or body constitution are -

1. Sthula Pramehi: This category refers to obese diabetic patients and similar to the patients with Type 2 diabetes.

2. Krishna Pramehi: This category refers to asthenic diabetic patients, who are lean

and corresponds to patients with Type 1 diabetes.

### 3. Mutra Bikara Bheda (As per urinary abnormality or on the basis of dosha)

According to Shushruta Samhita as well as Ayurvedic literature, Prameha has been classified into 20 types depending on the various signs and symptoms manifest-

ed with urine. These twenty types of Prameha - Kapha (10 varieties), Pitta (6 varieties), Vata (4 varieties) - get manifested depending on the basic constitution of the patient, indulgence of varieties of causative factors and type of tissues affected among the following: Medas (Adipose), Vasaa (fat), Rakta (blood cells), Shukra (spermatozoa), Ambu (cytoplasm), Lasika (protoplasm), Majja (bone-marrow), Rasa (lymph), Pisita (muscle), Ojas (gene/proteins/factors responsible for immunity).

Prameha has been described elaborately in Charaka Samhita Chikitsa sthana's 6th chapter, Shushruta Samhita Nidana sthana's 6th chapter and Madava Nidana Prameha Nidana's 33rd chapter. According to Ayurveda, the basic principle or Chikitsa Sutra of Prameha are Shodhana (Purification) and Shamana (Suppression). Aetiological factors of Diabetes Mellitus are still uncertain. Genetic factors, viral infections, life-style, over-eating; especially when combined with obesity and under-activity are associated with the development of Diabetes Mellitus. Ayurveda describes that the aetiological factors of Diabetes Mellitus are hereditary causes and insalubrious activities. Excessive sleep, use of soft cushions etc. for a long period, consumption of curd, milk, jaggery, sugar, food made out of fresh grains, flesh of domestic and aquatic animals, use of fresh rain water, and also stress generated through unsatisfied sexual urges etc. are considered as insalubrious activities.

**Diabetes Mellitus is a perfect example for life-style diseases... No doubt, a predominantly sedentary life with stressful mental conditions has led to the emergence of various life-style disorders, foremost amongst them being Diabetes Mellitus. In such a scenario, the ancient Ayurvedic principles of preventive (Nidanparivarjan) and purificative measures (Shodhana Chikitsa) with due consideration of appropriate single/polyherbal formulations (Aushadi), diet (Pathya-Apathya) management have proved to be efficacious for Madhumeha (Type-II diabetic) patients.**

Diabetes Mellitus is a perfect example for life-style diseases. Modern life-style trends are heavily inclined towards a comfortable life-style, with decreasing opportunities for physical exertion, prominence of processed foods in daily diet, irregular sleeping patterns. No doubt, a predominantly sedentary life with stressful mental conditions has led to the emergence of various life-style disorders, foremost amongst them being Diabetes Mellitus. In such a scenario, the ancient Ayurvedic principles of preventive (Nidanparivarjan) and purificative measures (Shodhana Chikitsa) with due consideration of appropriate single/polyherbal formulations (Aushadi), diet (Pathya-Apathya) management have proved to be efficacious for Madhumeha (Type-II diabetic) patients. With conven-

tional therapies, managing diabetes may not always be easy, but with Ayurvedic management for Madhumeha, which is oriented towards prevention, health maintenance and treatment, one can stay healthy on the basis of a personalized treatment plan, diabetes-friendly diet, and life-style.

□ Staff Correspondent



# Vijayasara

## (Pterocarpus marsupium)

Vijayasara also known as Indian Kino tree/ Malabar Kino tree is one of the best recommended Ayurveda herbs to correct the metabolism. It helps in expelling out the unwanted fats from the body. By correcting the metabolism Vijayasara helps in better regulation of blood glucose level. It is called the "Miracle cure for Diabetes". It is very beneficial for skin so it benefits a lot in alleviating diabetic complications, especially diabetic ulcers and diabetic foot.

Be it for treating skin conditions or serving as an astringent, the herb is popular for its diverse health benefits. Vijayasara, along with Khadira, is the best herb to alleviate all skin diseases. It has many therapeutic and medicinal properties and is used in treating conditions like elephantiasis, diarrhea, leucoderma, rectalgia, cough, dysentery, and grey hair. The crushed leaves of the plant are used externally for the treatment of boils, sores and certain types of skin diseases.

One of the major effects of Indian kino in human body is that it helps to prevent cell proliferation and induces apoptotic effect in tumor cell lines. It is also used as an astringent and it helps to cure dental problems like toothache. The herb cures ailments like leprosy, leucoderma, rectalgia, constipation, hemorrhages and even rheumatoid arthritis.

Vijayasara exhibits strong antihyperlipidemic properties and helps in reducing total cholesterol, Low Density Lipoprotein (LDL), Very Low Density Lipoprotein (VLDL) and serum triglyceride levels in the human body. It, however, does not cause any change in the High Density Lipoprotein (HDL) cholesterol levels.

The herb also has antimicrobial properties and is used to act against certain types of bacteria and virus.

Parts of the Indian kino (heart wood, leaves, flowers, gum) have long been used for their medicinal properties in Ayurveda. Vijayasara is a safe and cheap method to take care of Diabetics, by way of weight control and reduction in joints pain. Vijayasara was first introduced by Sushruta 1000s of years ago. Since ancient times, Ayurvedacharyas used blocks/pieces of Vijayasara



to control diabetes. Pieces of Vijayasara were soaked in water overnight and in the morning, the same was sieved with cloth and given to the diabetes patient. Such a practice carried out regularly had dramatic results in controlling diabetes.

About 50 C. C. water extract should be given in divided doses three times a day. It provides a sense of well-being and keeps normal health along with prompt symptomatic relief. The heart wood is used as an astringent and in the treatment of inflammation and diabetes. The leaves, bark, and gum are used for curing a number of ailments.

### Uses in Ayurveda:

- **Kushthaghna:** This is very useful as an Ayurvedic dietary supplement in management of all skin diseases
- **Rasayana:** This Ayurvedic herb rejuvenates body and thus it is kept in Rasayana category
- **Keshya:** A natural supplement for healthy hairs
- **Tvachya:** As a natural home remedy it imparts glowing skin to the body
- **Raktasodhana:** By removing all the toxins this Ayurvedic herb purifies the blood and removes all toxins from it.
- **Krimirogahar (Antihelmenthic):** Useful against diseases which are caused by worms
- **Pramehaghna:** It is the best natural remedy for diabetes, it reduces the complications of diabetes.
- **Medohara:** A good herbal remedy for dissolving unwanted fats from the body.

Vijayasara does not cause any allergic reactions or any other side-effects on consumption. Vijayasara pacifies Kapha and Pitta Doshas, so it can be used effectively in management of the diseases which originate from aggravation of Kapha/ Pitta or both.

### Important formulations

- Nyagrodhadi churan
- Asanabilvaditaila

from the desk





# **Diabetic? Go From Sweets to Sweet-“Nothings”... with Yoga**

Art of Living International Center, Bangalore.



**D**iabetes – a word that is no longer uncommon. It is a condition that can happen irrespective of age, place, or genetic history. Yet it is a condition that can be controlled with a little awareness and care. Know more about the important role of yoga and meditation practices in fighting a common condition called diabetes.

How do you detect whether you have diabetes or not? Look out for these common symptoms:

Are you undergoing unusual weight loss?

Do you need to urinate frequently?

Do you feel hungry or thirsty too often?

If the answer to these is 'yes', it is quite likely that you have high blood sugar, either due to low production of insulin in the body, or lack of response from the blood cells to the insulin produced. In either case, it's always good to consult a doctor at the earliest.

Diabetes can be classified as Type 1 or type 2 or it can even be gestational - occurring during pregnancy. Whatever the type, the earlier the condition is treated, the better it is for the individual. Along with medical treatment, Yoga, meditation and good lifestyle practices can be of invaluable help in the management of diabetes, and prevention of complications.

#### **Golden rules for Diabetes !**

There are three golden rules to remember if you are a diabetic:

- Following the prescribed food protocol (Strictly!)
- Regular exercise
- A few minutes of Yoga practice everyday

#### **How can Yoga help fight Diabetes ?**

Regular yoga practice can help reduce the level of sugar in the blood, lower blood pressure, keep a check on weight, and reduce the symptoms as well as slow down the rate of progress of diabetes. Most heartening news is that it lessens

the severity of further diabetic complications. Let's see how.

1. "Keep the stress away" :- Stress is one of the major reasons for diabetes, as it is in most lifestyle diseases. It increases the secretion of glucagon hormones in the body, resulting in increased blood glucose levels. Consistent practice of yoga asanas (body postures), pranayamas (breathing exercises) and a few minutes of daily meditation can help reduce both physical as well as mental stress. This, in turn, reduces the glucagon hormones and can also help improve insulin action.

2. "Keep a tight hold on your weight":- The practice of yoga is also proven to reduce weight as well as control the tendency to gain weight, two factors particularly important to keep diabetes in check. Surya Namaskar (Sun Salutation) and Kapal Bhati Pranayama are two of the best ways to reduce excess weight.

3. "Calm Yourself":- High blood pressure, or hypertension can worsen Diabetes. Yoga asanas such as Corpse Pose, Bridge Pose, Child Pose, and Yoga Nidra are all helpful in controlling hypertension.

4. "Purify Yourself":- Nadi Shodhan Pranayama is also good for diabetics. It helps release stress and flush out toxins from the body.

5. "Let us Meditate regularly":- A few minutes of regular meditation practice also acts as an excellent stress-buster for the mind and body. Interestingly, while stress is the major cause of diabetes, the condition, in turn, results in patients getting highly stressed about it, which further aggravates the problem. It has also been observed that most diabetics lose self-confidence and end up brooding over their condition. This is where regular meditation can help, first, in restoring their confidence levels so that they gain the strength to fight the condition and live well, and second, by reducing the craving for sweets - a common occurrence in diabetes.





Other yoga postures that are helpful in diabetes include Vajrasana (kneeling pose), Shoulder Stand, Plow Pose, Lying-Down Body Twist, Bow Posture, Two-Legged Forward Bend, and Sitting Half-Spinal Twist.

#### Regular Exercise also helps !

- Diabetes is triggered when the blood cells stop responding to the insulin produced. When you follow a regular exercise regimen, your body starts responding to insulin, helping in reducing blood glucose, and also, in some cases, the dosage of medication required.
- Exercise helps improve blood circulation in the system, particularly in the arms and legs, where diabetic patients mostly complain of problems.
- It is an excellent way to fight mental and physical stress which, in turn, helps keep glucose levels down.
- Regular exercise can be very beneficial to older patients with diabetes as, in their case, the condition is

**Regular yoga practice can help reduce the level of sugar in the blood, lower blood pressure, keep a check on weight, and reduce the symptoms as well as slow down the rate of progress of diabetes. Most heartening news is that it lessens the severity of further diabetic complications.**

partly caused by lack of physical activity. A few minutes of brisk walking and joint movements, coupled with some gentle yoga postures – Triangle Pose, Standing Spinal Twist, and Butterfly Pose – followed by relaxation in Yoga Nidra can help.

#### Eating right matters

The type of food you eat and how much can be greatly responsible for diabetes and other lifestyle diseases. It is, therefore, important to:

- Eat at least three meals a day, along with one or two snacks evenly spaced out throughout the day.
- As far as possible, have each meal/snack at about the same time every day.
- Avoid skipping your meals.
- Keep about the same amount of carbohydrate intake in each meal every day.

**For more details logon to [www.artofliving.org/yoga](http://www.artofliving.org/yoga)**

## 6th World Ayurveda Congress & AROGYA Expo 2014 6-9 November 2014, Pragati Maidan, New Delhi, India

**The event is being organized by the Dept. of AYUSH, Ministry of Health & Family Welfare, Govt. of India with World Ayurveda Foundation as co-organiser.**

This edition of WAC is expected to be the biggest ever Ayurveda event with approximately 4500 delegates representing over 30 countries. The 6th WAC will hold 4 plenary sessions, 25 Oral Abstracts sessions and 1 continuous Poster Session covering 25 Keynote Lectures, 25 Scientific

Lectures, 200 oral presentations and 400 posters. There are 14 Associated Events, a Business Meet, International Delegates Assembly, etc. as part of this event. The AROGYA Expo 2014 associated with WAC is expected to have participation of over 300 companies apart from

Govt and Semi-Govt. organisations from across the country. Among the several focal themes considered, 'Health Challenges and Ayurveda' has been finalized to be the theme of this edition of the Congress.



# 6<sup>TH</sup> WORLD AYURVEDA CONGRESS & AROGYA EXPO

06 - 09 NOVEMBER 2014

PRAGATI MAIDAN  
NEW DELHI



500000  
**VISITORS**

ACADEMICIANS  
PRACTITIONERS  
STUDENTS  
RESEARCHERS  
MANUFACTURERS

BE A PART OF  
WORLD'S **LARGEST**  
AYURVEDA CONVENTION

INTERNATIONAL  
REPRESENTATIVES

500  
**STALLS**



4000  
**DELEGATES**



40  
**COUNTRIES**

INVESTORS  
INSTITUTIONS  
INVENTORS

HEALTHCARE  
PROFESSIONALS

BOOK YOUR  
**SPACE TODAY**

Mob : 9765383735  
Tel : +91 80 2346 7439, 4214 0442  
Email : arogya@ayurworld.org

REGISTER NOW!  
**DELEGATE** *Registration*  
*will close shortly*

You can register at  
our website **www.ayurworld.org**



DEPT. OF AYURV.  
MINISTRY OF HEALTH  
& FAMILY WELFARE  
GOVT. OF INDIA  
*Organizer*



WORLD  
AYURVEDA  
FOUNDATION  
*Co-organizer*



SUJARAT AYURVED UNIVERSITY  
*Co-organizer*



PHARMACEUTICAL EXPORT PROMOTION  
COUNCIL, MINISTRY OF COMMERCE  
& INDUSTRY GOVT. OF INDIA  
*Partner*



DHARMAPARAM  
*Institutional Patron*



MINISTRY OF HEALTH  
& FAMILY WELFARE  
GOVT. OF INDIA  
*Institutional Patron*





# Diabetes is not the death sentence, but probation, a wake-up call to proceed with life differently



— **O.J. George**

Email : ojgeorge@gmail.com

Scary thoughts like a diabetic is destined to go blind, die of heart disease, and have all the limbs chopped off are worst-case scenarios. It may be a vehicle that slowly takes one towards the end, but there are a few milestones where we take stock, rest and relax and proceed further. It is not an abrupt snuffing out of life.

Proper diet, exercise and positive thinking are essential for healthy living, be one ailing or not. In the case of a diabetic, these are essential factors which would re-activate weakening conditions. Just refuse to accept the feeling that everything has collapsed, but then one must have holistic thinking and the will to lead a meticulous life. Yes, you may feel a little scared and unsure. Once you feel petrified and you think your life is over, you are

simply giving up. It is quite normal to feel that way initially, but once you decide to face the fact with determination, things would turn for the better, be different and helpful. All the bad stuff can happen only if you don't take your diabetes seriously and fail to do something about it.

The all-important gland, pancreas, if it refuses to produce adequate quantity of insulin, will render our life topsy-turvy. Ultimately, blood circulation won't be enough through all the organs which may gradually wither off. Don't be despondent, this condition would take scores of years to pervade one's life. Anyway, one day a human being has to pop off, but we can decide not to fly away instantly, if proper remedial measures are taken.



There is so much to absorb... you don't have to rush into anything. Begin by using your best weapon in this war, your meter. You won't keel over today, you have time to experiment, test, learn, test and figure out just how your body and this disease are getting along. The most important thing you can do to learn about yourself and diabetes is test, test, test. More than most anything, what you eat will affect your diabetes and your blood glucose numbers. And more than anything you eat, carbs will affect your diabetes and your blood glucose numbers. So, the most important information you can begin to compile about yourself is how your body handles carbs.

### **This sounds like you would need a low- carb food plan, right?**

You don't... what you need to uncover is YOUR Personalized Carb Number. Which actually works better for most of the people. Low to one person may be wildly high to another, but way too low for someone else.

Is low carb less than 30g a day? Is it anything less than the Pyramid recommendations?

Finding your Personalized Carb Number is easy. Here's how you can figure out your own Personalized Carb Number.

The single biggest question a diabetic has to answer is: What do I eat?

Unfortunately, the answer is pretty confusing.

What confounds us all is the fact that different diabetics can get great results on wildly different food plans. Some of us achieve great blood glucose control eating a high complex carbohydrate diet. Others find that anything over 75 - 100g of carbs a day is too much. Still others are somewhere in between. At the beginning all of us naturally feel frustrated. We wanted to be handed the way to eat, to ensure our continued health. But we all learned that there is no one way. Each of us had to find our own path, using the experience of those that went before, but still having to discover for ourselves how OUR bodies and this disease were coexisting.

Ask questions, but remember each of us discovered on our own what works best for us. You can use our experiences as jumping off points, but eventually you'll work up a successful plan that is yours alone. What you are looking to discover is how different foods affect you. As I'm sure you've read, carbohydrates (sugars, wheat, rice... the things our Grandmas called "starches") raise blood sugars the most rapidly. Protein and fat do raise them, but not as high and much more slowly. So if you're a T2, generally the insulin your body still makes may take care of the rise.

You might want to try some experiments. First: Eat whatever you've been currently eating, but write it all down. Test yourself at the following times:

Upon waking (fasting)

1 hour after each meal

2 hours after each meal

At bedtime

That means 8 times each day. What you will discover by this is how long after a meal your highest reading comes and how fast you return to "normal". Also, you may see that a meal that included bread, fruit or other carbs gives you a higher reading. Then for the next few days, try to curb your carbs. Eliminate breads, cereals, rices, beans, any wheat products, potato, corn, fruit... get all your carbs from veggies. Test at the same schedule above.

If you try this for a few days, you may find some pretty good readings. It's worth a few days to discover. Eventually you can slowly add back carbs until you see them affecting your meter. The thing about this disease is that though we share much in common and we need to follow certain guidelines. In the end, each of our bodies dictate our treatment and our success.

The closer we get to non-diabetic numbers, the greater chance we have of avoiding horrible complications. The key here is AIM. Everyone is at a different point in their disease and it is progressive. But, if we aim for the best numbers and do our best, we give ourselves the best shot at health we've got. That's all we can do.

### **What numbers to aim for, they are non-diabetic numbers.**

Fasting	Under 100
One hour after meals	Under 140
Two hours after meals	Under 120

### **or for those in the parts of the world:**

Fasting	Under 6
One hour after meals	Under 8
Two hours after meals	Under 6.5

Listen to your doctor, but you are the leader of your diabetic care team. While his /her advice is learned, it is not absolute. You will end up knowing much more about your body and how it's handling diabetes than your doctor will. Your meter is your best weapon. Just remember, we're not in a race or a competition with anyone but ourselves. Play around with your food plan... TEST TEST TEST. Learn what foods cause spikes, what foods cause cravings. Use your body as a science experiment. You'll read about



**The key here is AIM. Everyone is at a different point in their disease and it is progressive. But, if we aim for the best numbers and do our best, we give ourselves the best shot at health we've got. That's all we can do... Many, many people live long and good lives with diabetes. It's these people you need to learn from. And you can be one of those people too. If there is acceptance of the fact, there is something different than being bed-bound, ultimately one may end up thinking diabetes is the best thing that ever happened to you as it has already transformed life.**

a lot of different ways people use to control their diabetes. Many are diametrically opposed. After awhile you'll learn that there is no one-size-fits-all around here. Take some time to experiment and you'll soon discover the plan that works for you.

Of course, there are several herbs which help to lower blood sugar levels. Some of these are: Bitter melon (*Momordica charantia*), Bael (*Aegle marmelos*), Gurmar leaves (*Gymnema sylvestre*), Fenugreek (*Trigonella foenum graecum*), Turmeric (*Curcuma longa*), Niyantatra (*Vinca rosea*), Neem (*Azadirachta indica*), Garlic (*Allium sativum*), Sagar gata (*Cesalpinia cristata*).

We also have Ayurvedic experts' advice: Drinking at least one tablespoon of bitter melon juice daily will reduce blood and urine sugar levels. A tablespoon of Indian gooseberry juice mixed with a cup of fresh bitter-melon juice, taken daily for two months will enable the pancreas to secrete insulin. Drinking a glass of water with 10 tulsi leaves, 10 neem leaves and 10 belpatras early morning on an empty stomach helps in keeping sugar levels under control. Mix and grind seeds of Fenugreek (100 gm), turmeric (50gm), white pepper. Take one teaspoon of this powder with a glass of milk twice daily. All these will help the patient manage the malady to tolerable levels.

In addition, there are Yoga, Panchkarma, Pranayam, Acupressure, Meditation, Magneto therapy, Naturopathy, and Diet therapy.

Grit and determination to enjoy life, which offers a chiaroscuro of

contrasting experiences, acts as a bulwark against sudden fall into the abysmal pit of organ failures consequent on being diabetic. We have seen plenty of diabetic people living a life of fullness, even crossing the threshold of being centenarians. Diabetes has slapped you hard, but it has also motivated you to live a different life. Relax. Don't panic. Take it slow. Learn about diabetes. Take small positive steps. You'll do great. Many, many people live long and good lives with diabetes. It's these people you need to learn from. And you can be one of those people too. If there is acceptance of the fact, there is something different than being bed-bound, ultimately one may end up thinking diabetes is the best thing that ever happened to you as it has already transformed life.

Go through the lines of Coleridge's "Rime of the Ancient Mariner", there are descriptions of Death which represents complete death, and Life-in-Death which represent a state of death that exists in life. The Mariner lives, although he suffers because Life-in-Death wins him. Of course, there is Death which takes away the life of the sailors, resulting in their instant extinction. That is the final destination for all of us, but we can happily go about our ways, with gradual slowing-down, a sort of degradation overtaking us after scores of years, even if we are diabetic.

This wonderful world has plenty of things for everyone to enjoy and witness, therefore, don't lose heart, for in that case the loss would be total.





# General Diet Tips for Diabetes

Here are a few general diet tips for diabetes



- Smaller, more frequent meals throughout the day work to keep the blood-sugar level steady.
- Although the diet does not need to be sugar-free, soft drinks, cordials, lollies and other sweets should be limited.
- Limit or eliminate processed and convenience food.
- Let your diet contain mostly high-fiber carbohydrate foods – wholegrain cereals and bread, vegetables and fruit.
- Replace saturated fats such as butter, cream, cheese, cooking margarine, palm oil, coconut milk and cream with olive oil.
- Limit or eliminate meat and replace it with high-protein lentils such as moong dal.
- Limit fat and oil intake.
- High-fiber items such as wholegrain breads, oats, spinach, beans, cereals and almonds reduce the body's need for insulin and lower the fat levels in the blood.
- Garlic, onions, cabbage and pumpkin seeds help to reduce blood glucose levels.
- Garlic and raw vegetables help normalize blood sugar.
- Use Papaya, Apple, Pineapple, Bitter gourd etc.

□ from the desk



# BROTHERHOOD OF MEDICINES



V.N. Prasannan

Email: vnprasannan8@gmail.com



Deepak Chopra



Sanjiv Chopra

**D**eepak Chopra and Sanjiv Chopra are brothers and renowned personalities too, Deepak in the realm of spirituality and Sanjiv in Western medicine. They have written a combined autobiography, "Brotherhood - Dharma, Destiny, and the American Dream", a unique one of that genre where Western medicine meets other medicines, especially Ayurveda.

Deepak Chopra was a Western medical practitioner who turned to Ayurveda after he became the disciple of Maharishi Mahesh Yogi. He was an endocrinologist. He is now a New Age Guru who has authored more than seventy books, most of them best-sellers, translated into more than thirty-five languages. "The Chopra Centre for Well-being" founded by Deepak Chopra and neurologist David Simon has Ayurveda also in its regimen. Sanjiv Chopra is a world-renowned medical expert on liver diseases and professor of medicine and faculty dean for continuing education at Harvard Medical School and the author of books like "Leadership by Example: The Ten Key Principles of All Great Leaders."

This autobiography is dedicated to the memory of their "amazing and loving parents, Krishan and Pushpa Chopra". Krishan also was a famous doctor and author of books like "Your Life is in Your hands". Deepak says, "My father's religion was medicine". He was a medical adviser to Lord Mountbatten, the last

Viceroy of India. It was through Mountbatten that he got an opportunity for advanced training in cardiology in London. Both the sons got the inspiration to become doctors from their father. They are Western-trained. They remember, "The two of us chose to leave India with no money or property except a medical school diploma and some dreams".

The first chapter is by Deepak, the elder brother, and the second by Sanjiv. Entire book follows this pattern. Sanjiv's memories are direct descriptions of what happened in his life which portray the rich life experiences of a great doctor. Packed with enormous information about diseases and medicines, he deals very little with philosophy or discourses on religions or spirituality. He has no qualms in admitting that some wonder cures have occurred in alternative medicine. He himself has confronted with a few. One of them is from an Ayurvedic 'Vaidya' named Triguna who was an expert in diagnosing diseases by feeling the pulse with three fingers. From the pulse of Dr. Sanjiv he found that Sanjiv's eyes used to turn red while he takes showers. At another time an acupuncturist cured the swelling on his right knee. But he remains firm on his preference for Western medicine even though he was astonished by the incidents. He holds his own reasons for that and asserts, "to me it's not a replacement for Western medicine". He prefers the term 'complementary medicine' or 'integrated



medicine' to alternative medicine.

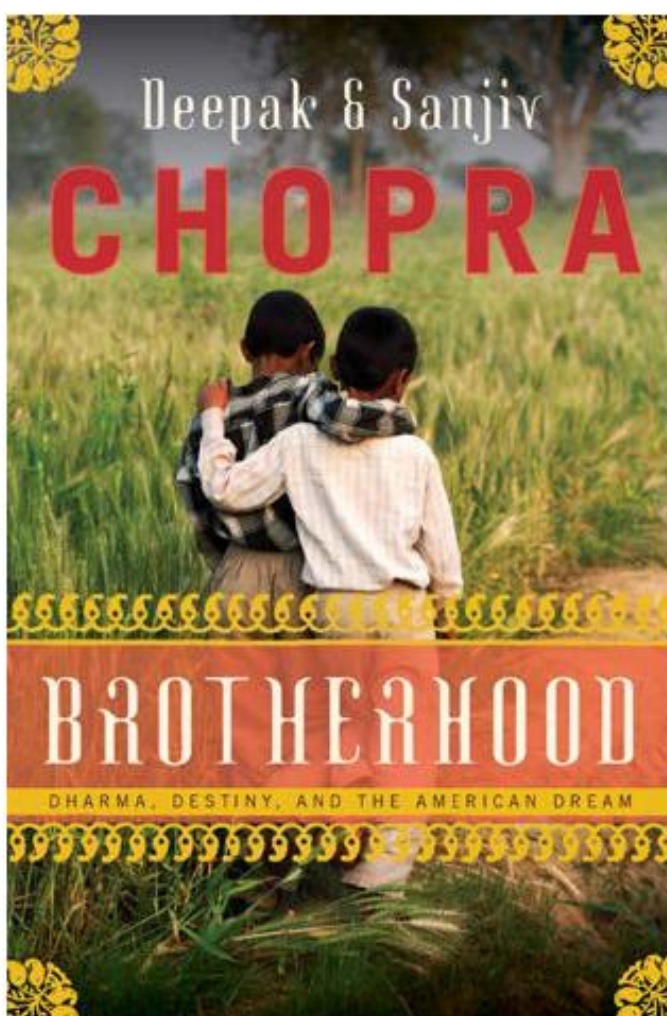
The most curious thing about the book is the twists and turns in the life of Deepak Chopra. He loses two years on his way to endocrinology residency because of a quarrel with his senior adviser who was a legend in the field. Eventually Deepak became a 'doctor machine'. He was stressed-out. Life was so mechanical and busy. He wanted 'an alternative to Scotch and cigarette'. This search led him to learn Transcendental Meditation (TM), 'The McDonald's of meditation'. He becomes an intimate of Maharishi Mahesh Yogi. He says, "If enough people meditated, Maharishi believed that walls of ignorance and hatred would fall as decisively as the Berlin Wall."

It was Maharishi who turned him to Ayurveda. Maharishi wanted him to be the chief spokesman to change the picture of American medicine (Deepak Chopra was then chief of staffs at New England Memorial Hospital in Stoneham). He accepts. Even his wife, Rita, was taken aback at this sudden decision. Deepak Chopra devotes a whole chapter to describe his life - changing decision, its results and his views on Ayurveda. He explains, "Maharishi insisted that I was the right man to tell the world about his new initiative. He had made a snap decision singling me out of a crowd. Who resists an enlightened master?" He adds, "Because he had made TM a house-hold name, Maharishi wanted to do the same with another aspect of India's cultural tradition: Ayurveda."

He goes to Washington to learn everything about Ayurveda and becomes the medical director of a facility that the TM movement had bought outside Boston. He describes the situation, "The real connection to this ancient tradition came from the Ayurvedic Vaidyas who were brought over in a steady stream from India. Needless to say, they were thrilled that the West was finally paying attention to them." Deepak also details the wonderful skill of Triguna who impressed Sanjiv with his ability to diagnose by just feeling the pulse. He says, "My anchor was an eminent Ayurvedic authority named Brihaspati Dev Triguna, the most powerful ally in the field that Maharishi could have hoped for...It was startling to watch him touch three fingers to a person's wrist and immediately diagnose all kinds of maladies, congenital disorders, predispositions to weakness, and so on."

Visited by many celebrities including Elizabeth Taylor, the institution rose to fame. In Deepak Chopra's own words: "Triguna also dispensed Ayurvedic remedies of the highest quality, prepared according to meticulous ancient formulas. In essence his practice came down to taking pulses and writing prescriptions all day. I couldn't adopt such a practice without years of practical training, but I did

**It is a journey from Western medicine to the mind-body-spiritual healing. Both the narrations are real feasts for readers... "Brotherhood" is the story of two healers: one is of the body and the other of the soul.**



immediately begin to learn pulse diagnosis. The clinic in Lancaster began to offer 'Panchakarma', the 'five actions' used in Ayurveda to balance the body and avert illness. Unexpectedly, this became a major attraction. Going through panchakarma was more like a spa visit for the people who came to us. Daily massages with warm sesame oil and a treatment where sesame oil is gently dripped over the forehead were part of the regimen, along with constant personal care. Dietary advice was tailored to each person's individual needs. Without knowing anything about Ayurveda's heritage, celebrities got the word and began to come. When Elizabeth Taylor came for panchakarma, she was so delighted that a regal scene ensued. In departing she slowly descended the huge main staircase of the mansion, with staff members lining her way as she gave each one a silky pashmina shawl embroidered with her monogram."



Later he writes a handbook on Ayurveda for the general public named "Perfect Health". The book is mainly about body type characteristics, diet and health suggestions. This was done with the help of associated doctors. Though not an Ayurvedic doctor he became the public face of it. The challenge was to 'reframe Ayurveda for the West', as Maharishi wanted. But he saw the other side of Ayurveda also. He criticised the behavior of Vaidyas. "The Vaidyas presented a contradictory face, as Indians do. They acted like authorities while breaking out into heated arguments among themselves. They could be charming and wise, but they also liked to keep their professional secrets to themselves."

Later, we could see him parting with Maharishi also. Though recognising the greatness of Ayurveda, he couldn't agree with Maharishi's adamant stand on Ayurveda. According to him Maharishi wanted to project it "as the one and only solution" which resulted in the first friction between them. Sanjiv Chopra's life is a straight line; continuing in the field of medicine and becoming a world authority in it. Whereas Deepak's is full of twists and turns; starting as a Western medical practitioner, quarrelling with one of the giants in the field, turning to spirituality and Ayurveda, leaving even his Great Guru and becoming a legend by himself in

spirituality.

The same quality reflects in their writing style also. When Sanjiv simply depicts the life of a great doctor, Deepak's descriptions are interspersed with philosophy, observations, comments, opinion on God, arguments against materialists etc. Some chapters are kept only for these than life story. It is a journey from Western medicine to the mind-body-spiritual healing. Both the narrations are real feasts for readers. On medicine, Deepak observes, "The real revolution in medicine would come about only through consciousness". Sanjiv opines, "All medicine should start with the healer- whether it is a physician, a nurse, a practitioner, an Ayurvedic physician-listening to the patient. It starts with listening to their story, listening with heart as well as mind."

"Brotherhood" is the story of two healers: one is of the body and the other of the soul. It is a conversation between medicinal systems. Western medicine meets other medical systems, especially Ayurveda, in its pursuits. Thus, above all, the book conveys the message of the need for the brotherhood of medicines.

(The book was originally published in the United States by Amazone Publishing and first published in India in Tranquebar Press by Westland Ltd.)



*feel life 's potential*

### Kamalaya Wellness Sanctuary & Holistic Spa, Koh Samui, Thailand

**Is Expanding and Currently Recruiting: Senior Ayurvedic Therapist - Full Time Position**

KAMALAYA, the #1 Wellness Sanctuary and Holistic Spa in Asia and Australasia ("Best Destination Spa", World Spa Awards 2014) has an immediate opening for a highly experienced female Ayurvedic Therapist, to join our award – winning wellness team.

The ideal candidate will be well educated and skilled in the practice of Ayurveda and related treatments and have a background working in a top end hotel / resort spa or Ayurveda wellness center. A team player with a personable disposition, strong customer service orientation and excellent people skills is favored, including the ability to relate to guests from around the world in a friendly, understanding and professional manner.

Qualifications: good written and spoken English, a formal education in Ayurveda therapies with an up-to-date knowledge of therapies, including Royal Ayurvedic Massage, Marma Point Massage, Shirodhara, Kati Vasti, and Pathanganjaly, confirmed by a Degree, and at least three years experience serving as an Ayurvedic therapist in a top Ayurveda Resort or five star hotel / resort health spa in India or internationally.

Please forward a current CV with photo to: [wellnessdirector@kamalaya.com](mailto:wellnessdirector@kamalaya.com); [gm@kamalaya.com](mailto:gm@kamalaya.com)

[www.kamalaya.com](http://www.kamalaya.com)



We are delighted  
to inform the readers that  
our **HINDI EDITION**  
will be launched in November at  
the prestigious venue of the 6th  
WAC (World Ayurveda Congress)  
in New Delhi, 2014.



**Articles are invited for  
the 6th WAC special  
English edition of  
November.**

Articles can be sent to [editor@ayurvedamagazine.org](mailto:editor@ayurvedamagazine.org)

**before 20th October 2014**  
Cover Story of the next edition – "Panchakarma & Rasayana"

### To Subscribe English Edition

Name: Mr./Ms. ....  
Address: .....  
City: ..... Pin: .....  
State: ..... Country: .....  
Email: ..... Tel: .....  
Please find enclosed here with cheque/Draft No: ..... Dated: .....  
Bank: .....

India : ₹50 | USA : \$5 | UK : £ 3.8 | Singapore : S\$9 | Canada : C\$7 | UAE : Dirham 17 | Korea : Won 7500

Period	India	Overseas
One Year	₹ 190	
Three Years	₹ 550	US\$ 55/-
Five Years	₹ 900	US\$ 90/-
Including postal / courier charges		

Subscription English

### contact

F M Media Technologies Pvt Ltd, 2 - B ,  
Relcon Retreat, Prasanthi Nagar Rd - 2,  
Edapally, Kochi - 24, Kerala, India.  
Tel : +91 484 2341715  
Email: [marketing@ayurvedamagazine.org](mailto:marketing@ayurvedamagazine.org)

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





Somatheeram Ayurveda Group Resorts are internationally renowned for the conscious efforts taken towards the Overall Health of Humanity, Social Responsibility, Eco-Friendly Concept and Environmental Preservation. The essence and soul of the Resort is the ancient medical science of Ayurveda and Art of Yoga. The Resorts are located at the superb locations in the Beach, Backwater, Evergreen Forest and Birds' Sanctuary in God's own country "Kerala".

## The Ayurveda People

Established in 1985 by Mr Baby Mathew, Somatheeram is the first Ayurveda Resort in the world. Somatheeram Ayurveda Group's contributions to the Indian Wellness and Health Tourism Sector run deep and varied. Based on inherent talent and innovative spirit Mr Baby Mathew's inspiration is charged by an extraordinary combination of precision and creativity. Mr Baby Mathew imparted valuable information about the science of Ayurveda to the world through the concept of 'Ayurveda Resort.' It worked wonders in the field of Indian Tourism Industry. Somatheeram Ayurveda Group has been aptly named, "The Ayurveda People."



Mr. Baby Mathew  
(Chairman and MD)

The inspiration behind the success story of Somatheeram Ayurveda Group.





## THE PRISTINE SHORES OF AYURVEDA

Relaxing under the effects of Somatheeram Ayurveda Group Resorts, one realizes why Kerala is so mystical. Here, various cultures and nationalities come together to share the glory of an ancient wisdom which ensures a harmonious balance between man and body, man and nature.



The Award goes to the Pioneer Champions Again- Somatheeram Ayurveda Resort 'Best Approved and Classified Ayurveda Center in Kerala 2012-13'

Ever since Somatheeram Ayurveda Group opened its doors for Health and Wellness, it has been amassing numerous National and International Awards for excellence in Ayurveda including Kerala Government Award consecutively for "Best Approved and Classified Ayurveda Center in Kerala".

Amid the overwhelming experience of serenity, the Somatheeram Ayurveda Group resorts embrace comfort and opulence built with a touch of Kerala's tradition and designed with superior facilities throughout God's Own Country "Kerala".

Somatheeram Ayurveda Group has genuinely retained the traditional sanctity of Ayurveda and aspires to promote it further for the benefit of the global community.

### Centers of Excellence of Somatheeram Ayurveda Group

- Somatheeram Ayurveda Resort, (Chowara beach, Thiruvananthapuram)
- Manaltheeram Ayurveda Beach Village (Chowara beach, Thiruvananthapuram)
- Soma Palm Shore, (Kovalam beach, Light house road)
- Soma Kerala Palace Lake Resort (Chembu, Kochi-Kumarakom Road)
- Soma Birds Lagoon Resort (Near Thattekkadu Birds sanctuary, Kochi)
- Soma Houseboats (Near Finishing Point Alappusha & Chmbu - Kochi)

For more  
information:

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





**EMERALD**  
HOTELS & RESORTS

**Emerald Ayurvedic Health Resort By Semantha, Perinthalmanna**

*Rejuvenate your mind  
and soul with our exclusive  
Ayurveda Packages....!*

For Reservation : [reservations@emerald.in](mailto:reservations@emerald.in) / [gmsvr@emerald.in](mailto:gmsvr@emerald.in)  
Mob: +91 98472 64392. web: [www.emerald.in](http://www.emerald.in)

Concept of Raj Hospitality



***The fastest growing hotel brand in INDIA***



**EMERALD**  
 HOTELS & RESORTS

**COCHIN**



EMERALD BY KALUVA

**MUNNAR**



EMERALD BY SEMANTHA

**WAYANAD**



EMERALD BY SEMANTHA

**PERINTHALMANNA**



EMERALD BY SEMANTHA

**OOTY**



EMERALD BY SEMANTHA

**WAYANAD**



EMERALD BY SEMANTHA

**DELHI**



EMERALD BY MANDHARAA

**ALAPPUZHA**



EMERALD BY SEMANTHA

**CHENNAI**



EMERALD BY MANDHARAA

For Reservation : [reservations@emerald.in](mailto:reservations@emerald.in) / [gmsvr@emerald.in](mailto:gmsvr@emerald.in)

Mob: +91 98472 64392. web: [www.emerald.in](http://www.emerald.in)

Concept of Raj Hospitality



## KERALA TOURISM WINS PATA GOLD AWARDS

Kerala Tourism's e-Newsletter and the Responsible Tourism initiative at Kumarakom have won the prestigious Pacific Asia Travel Association (PATA) Gold Awards in the categories for Marketing Media and Corporate Social Responsibility, respectively. The PATA Gold Awards recognize exceptional achievement in a variety of endeavors, bringing acclaim to the best that the region's travel industry offers. The award-winning projects set industry standards for excellence and innovation. This is the second consecutive PATA Gold Award for the e-Newsletter from Kerala Tourism which has now become one of the popular travel and tourism newsletters in the travel world. Its subscribers include international and domestic travelers, journalists, travel writers and tour operators.

"A remarkable achievement for Kerala; we are proud of this top International honor, which will inspire us to continue with our efforts in rural tourism development and also take the brand of Kerala far and wide. Through the Kumarakom model, we have shown the world that it is possible to successfully link the local community with the hospitality industry and various government departments for empowering the people and developing an area while sustaining eco-friendly tourism," said Mr. A.P. Anilkumar, Minister for Tourism, Kerala. Mr. Suman Billa, Secretary, Kerala Tourism, said, "We were lucky to be the first Tourism Board in the country to take advantage of the internet technology to reach a global audience."

## Bhishak Rathna Award to Dr. K. Muraleedharan Pillai



Dr. K. Muraleedharan Pillai has been selected for Dr. K.V.Sitalakshmi Memorial Bhishak Ratna Award, 2013, for outstanding contributions in the medical-educational sectors of Ayurveda. Dr. Pillai has served in significant positions for the past 40 years, especially as Principal at Vaidhyarathnam Ayurveda College, Ollur, and Vishnu Ayurveda College, Shornur. Many articles on medical subjects and popular books are in his credit. 'Kerala Ayurveda Chikitsa', 'Panchakarma Chikitsakal' etc. are a few among them. He explains the nuances of Ayurveda in simple language so that even the common reader can appreciate and understand the value of Ayurveda. He is the recipient of many prestigious awards among which Padmasree Raghavan Tirumulpad Award, Dr. N.V.K Award, Dr.K.R.Raman Nampoothiri Award, Dhanyanthari Award by Kerala Government etc. are a few to name.

## ASHTANGA 2014 – AYURVEDA EXPO ORGANISED



**ASHTANGA 2014 – AYURVEDA EXPO** was organized from August 6 to 12 in connection with the 125th Anniversary Celebrations of the Government Ayurveda College, Thiruvananthapuram, Kerala. Honorable Chief Minister of Kerala, Sri. Oommen Chandy, inaugurated the exhibition.

The exhibition focused and elaborated eight branches of Ayurveda, first of its kind, and also there was special orientation on research and development, clinical advance-

ments and manufacturing section. The seven-day international expo show-cased more than 150 stalls, medical plant expo, AYUSH clinics, Ayurveda education expo, public awareness programs, cultural programs, seminars, competitions, Ayurveda food courts, photography exhibition and Ayurveda book fare, which were altogether visited by more than 3,00,000 people. The expo was an excellent platform for the exchange of vintage and futuristic ideas in Ayurveda which was

equally beneficial to academicians, scientific scholars, healthcare professionals, medicine manufacturers and the general public. Thiruvananthapuram Ayurveda College is the world's largest Ayurveda hospital and research hub which has contributed many legends to the field of Ayurveda. The 125th anniversary celebrations will be a year-long program beginning October 17 and will include public health initiatives, workshops, national and international seminars, literary and scientific discourses, cultural meets, exhibitions and other programs.





# Feel rejuvenated. Rid yourself of stress and strain.

Set amongst the tranquil landscaped gardens complemented by the awe-inspiring traditional architecture, Krishnendu brings a personalized and fulfilling experience for every guest who comes here for treatment. While they immerse themselves in pure indulgences, our expert doctors meet their every therapeutic need. As an Ayurveda center with a century old tradition, our focus is towards curing ailments through a holistic approach. It's little wonder that our clients walk out with a wholesome sense of well-being.

KRISHNENDU ayurveda K  
HOSPITAL SINCE 1908

| Ayurvedic Wellness Center | Ayurvedic Spa | Beauty Salon  
| Yoga Centre | Herbal Garden

call now: +91 9544144199



Chingoli, Karthikapally, Alappuzha (Dist.), Kerala, India, Tel: +91 479 2486337, 2485577 & 2485588,  
e-mail: [info@krishnendu.org](mailto:info@krishnendu.org) [krishnenduhospital@gmail.com](mailto:krishnenduhospital@gmail.com) [www.krishnendu.org](http://www.krishnendu.org)





## B.K.S. Iyengar passed away

Legendary Yoga Guru B.K.S. Iyengar died on 20th August 2014 in the western city of Pune at the age of 95 due to heart failure. He was largely responsible for putting Yoga on the global map, making the ancient Indian discipline more accessible to people of all ages. Mr. Iyengar revitalized the ancient Indian discipline and codified Patanjali's Yoga Sutras in an innovatively dynamic Yoga style which came to be known as "Iyengar Yoga", winning millions of followers in more than 70 countries of the globe in the process.

Bellur Krishnamachar Sundararaja (BKS) Iyengar was born on December 14, 1918, into an impoverished rural family in the village of Bellur, in the southern Indian state of Karnataka as the son of a school teacher. Mr. Iyengar was a sickly child, riddled with diseases, including tuberculosis, malaria, typhoid and influenza. At the age of 16, he took up the practice of Yoga for finding respite from his ailments, which he learned under the tutelage of his brother-in-law, Tirumalai Krishnamacharya, a revered Yoga teacher, Vedic scholar and Ayurvedic healer. He spent his mid-teens demonstrating "the most impressive and bewildering" positions in the court of the Maharaja of Mysore, he had later recalled. He was a sincere and committed practitioner. His own practice helped him to explore and achieve perfection in Yoga Asanas. Gradually Yoga became the mission of his life.

"The Father of Modern Yoga", as he was often called, B.K.S. Iyengar drew on the earliest accounts of Yoga practices, breaking them down into digestible chunks with an emphasis on props such as ropes, blankets, blocks, bolsters and belts to achieve proper alignment and physical rigor. Mr. Iyengar's trademark improvisations — like the use of blocks, blankets and straps to assist in holding difficult postures — were adopted taking care of the needs of students abroad. Mr. Iyengar's practice is characterized by long Asanas, or postures, that require extraordinary will and discipline. The no-

nagenarian Yoga Guru was instrumental in introducing the practice of Yoga to the Western world, inspiring them to awake to the notion of an inner life.

A meeting in 1952 with the renowned violinist Yehudi Menuhin, an early Yoga devotee, proved to be a turning point, and Mr. Iyengar began traveling with Mr. Menuhin, eventually opening institutes on six continents. Fame followed, both at home and abroad, as Iyengar's repute spread, and the Yogi taught classes in cities across the United States and in Europe. Iyengar's

**Most importantly, he opened the doors for his discipline, making it accessible to all regardless of class, caste and religion.**

rising popularity led to the opening of hundreds of Iyengar Yoga schools (currently spread over 72 countries). His 1966 book, *Light on Yoga*, highlighting more than 200 Asanas was translated into 19 languages and became an international best-seller with interested people gobbling up more than three million copies. Numerous accolades followed, including an entry on his style of Yoga in the Oxford Dictionary and his inclu-

sion in Time magazine's 2004 list of the 100 most influential people in the world. Mr. Iyengar taught several other eminent personalities such as Aldous Huxley (writer), J. Krishnamurti (philosopher), Jayaprakash Narayan (freedom fighter), Achyut Patwardhan (commandant of National Defence Academy) and also many physicians and industrialists. Mr. Iyengar was honored with Padma Shri in 1991, the Padma Bhushan in 2002 and the Padma Vibhushan in 2014 in recognition of his services to spreading knowledge of Indian culture and tradition globally.

He was like an ocean where all rivers of Yoga practices were unified. Though deeply religious, he always kept Yoga and religion separate. Mr. Iyengar revolutionized the entire modern history of Yoga when it was viewed as mystical pursuit by proving that it had something for everybody, not just the intellectually or spiritually inclined. Most importantly, he opened the doors for his discipline, making it accessible to all regardless of class, caste and religion.

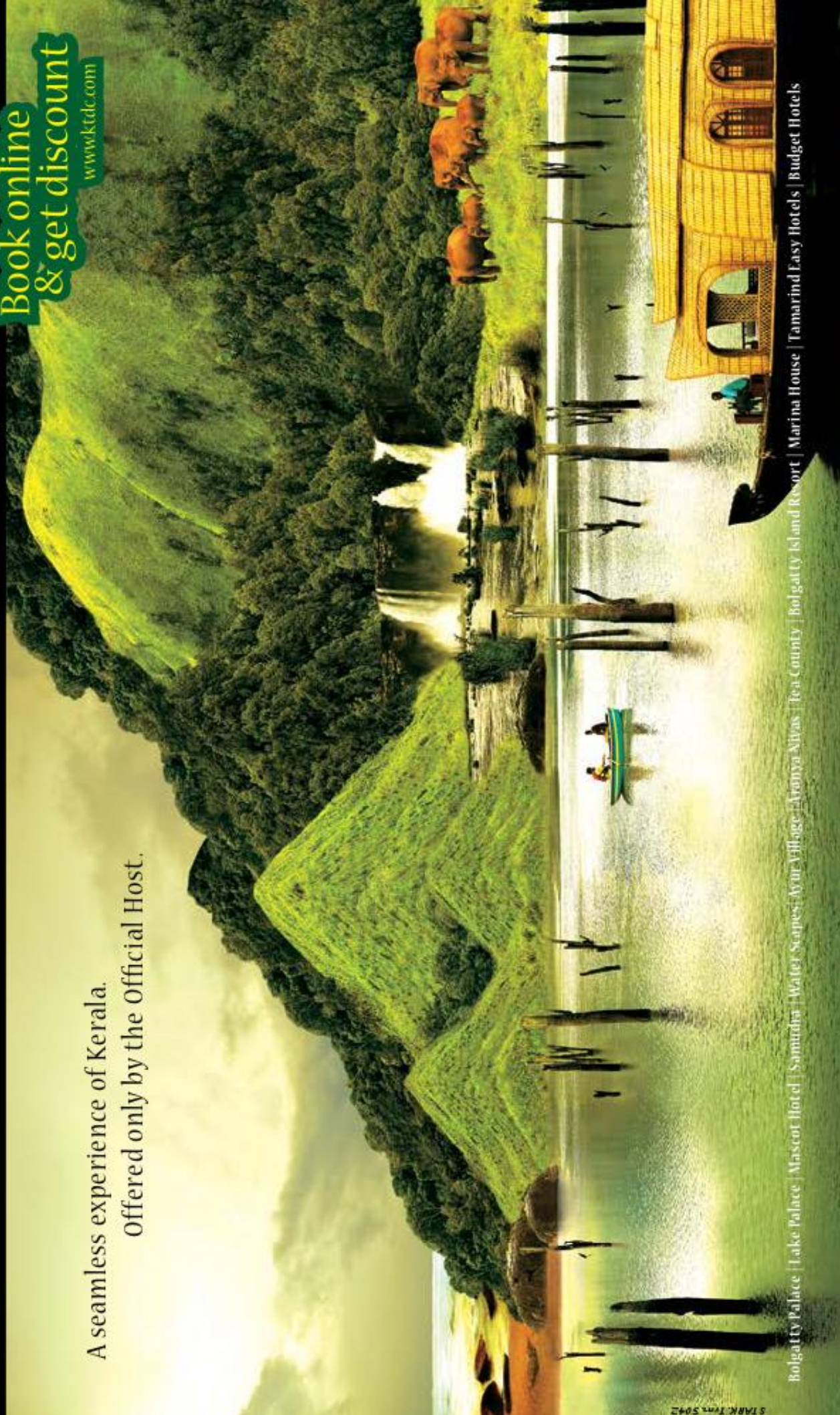


Over 30 properties across the beaches, backwaters, hill stations, wildlife sanctuaries and islands of Kerala  
Exclusive tour packages | Authentic Ayurveda | Comprehensive MICE facilities

Central Reservations, KTDC Hotels & Resorts Ltd., Mascot Square, Thiruvananthapuram 695 033 Kerala Phone: +91-471-2316736 Email: centralreservations@ktdc.com

A seamless experience of Kerala.  
Offered only by the Official Host.

Book online  
& get discount  
[www.ktdc.com](http://www.ktdc.com)







# Diabetes, a global crisis

Diabetes is the world's fastest growing chronic disease. Prevalence of diabetes is rapidly rising all over the globe at an alarming rate. Over the past 30 years, the status of diabetes has changed from being considered as a mild disorder of the elderly to one of the major causes of morbidity and mortality affecting the youth and middle-aged people. It is important to note that the rise in prevalence is seen in all six inhabited

continents of the globe. Although there is an increase in the prevalence of type 1 diabetes also, the major driver of the epidemic is the more common form of diabetes, namely type 2 diabetes, which accounts for more than 90 per cent of all diabetes cases.

Type 2 diabetes is a global crisis that threatens the health and economy of all nations, particularly developing countries. The dynamics of the diabetes epidemic are changing rapidly. Once a disease of the West, type 2 diabetes has now spread to every country in the world. Once "a disease of affluence," it is now increasingly common among the poor. Once an adult-onset disease, almost unheard of in children, rising rates of childhood

**Diabetes, being a chronic progressive disease with an epidemic character, causes considerable human, as well as social and economic losses. It concerns people of all ages and in all countries.... Diabetes can no longer be considered as a disease of the rich. The prevalence of diabetes is now rapidly increasing among the poor in the urban slum dwellers, the middle class and even in the rural areas.**

obesity have rendered it more common in the pediatric population, especially in certain ethnic groups.

Diabetes, being a chronic progressive disease with an epidemic character, causes considerable human, as well as social and economic losses. It concerns people of all ages and in all countries. Fueled by rapid urbanization, nutrition transition, and increasingly sedentary lifestyles, the epidemic has grown parallel with the worldwide rise in obesity. A chronic disease not only impairs the patients' organism biologically, but, above all, it causes permanent psychological changes. Diabetes

can lead to frustration, and to a feeling of otherness and solitude. Such changes very frequently result in temporary or chronic depression.

Permanent health deterioration related to the disease often results in restricting patients' daily tasks, and in extreme cases it makes their performance impossible. In the societies of developing countries, diabetic patients constitute 4–6% of citizens, which causes not only several health problems, but also social problems related to the daily functioning of diabetes sufferers. The disease unquestionably increases mortality and morbidity rates and causes losses in social and economic areas, and in consequence it influences the national



income, reduces mean life expectancy among citizens and results in the need for constant medical and social care.

Diabetes is often called a “family disease” since the necessity to comply with therapy instructions requires changes not only in the functioning of patient, but also in the functioning of the entire family. Apart from appropriate therapy, in the everyday struggle with the disease diabetic patients need the help and support of their family. In the case of patients with a lower income the disease interfered with their daily routine and with the fulfillment of everyday tasks and needs, as well as disturbed social life, more frequently. Diabetes is an equally important problem in the individual level also due to its influence on patients’ daily and family lives, as well as on their relationships with other people.

In countries with high diabetes prevalence, such as those in the Pacific and the Middle East, as many as one in four deaths in adults aged between 35 and 64 years is due to diabetes. Diabetes has become one of the major causes of premature illness and death in most countries, mainly through the increased risk of cardiovascular disease (CVD). Cardiovascular disease is responsible for 50% to 80% of deaths in people with diabetes.

#### **Diabetes in Indian Society**

India leads the world with the largest number of diabetic subjects earning the dubious distinction of “diabetes capital of the world”. The most disturbing trend is the shift in the age of onset of diabetes to a younger age in recent years. This could have long-lasting adverse effects on the nation’s health and economy. In India, the type of diabetes differs considerably from that in the Western world. Type 1 is considerably more rare, and only about 1/3 of type II diabetics are overweight or obese. Diabetes is also beginning to appear much earlier in life in India.

Several studies say they Asian Indians have an increased risk for developing type 2 diabetes and related metabolic abnormalities compared to other ethnic groups.

Even though the exact reasons are still not clear, a few

of them can be:

#### **The epidemiological transition**

The dramatic rise in the prevalence of type 2 diabetes and related disorders like obesity, hypertension and the metabolic syndrome could be related to the rapid changes in life-style that have occurred during the last 50 years. Although this “epidemiological transition”, which includes improved nutrition, better hygiene, control of many communicable diseases and improved access to quality healthcare have resulted in increased longevity, it has also led to the rapid rise of the new-age diseases like obesity, diabetes and heart disease. The intrusion of Western culture into the lives of traditional indigenous communities has also had devastating results in terms of the rise in diabetes and related metabolic disorders.

#### **Fast food culture and Sedentarism**

The ‘fast food culture’ which has engulfed Indian cities and towns is also a major driver of the diabetes epidemic. The fast-foods that are fat and calorie-rich are easily available in the numerous food joints. As a majority of the immigrants in Indian cities depend on these unhealthy ‘junk’ foods, this may be a major factor in the rising prevalence of diabetes and cardiovascular diseases in urban slums.

The next factor driving the epidemic is what has been referred to as ‘sedentarism’ or the adoption of sedentary behaviour. Over the past few decades, a huge number of the working population has shifted from manual labour associated with the agriculture sector to physically less demanding office jobs. With the advent of highly addictive computer and video games, sedentarism is now affecting the children and youth as they tend to spend more time in front of television sets or computers than playing outdoors. Numerous epidemiologic studies show that increased physical activity reduces risk of diabetes, whereas sedentary behaviors increase risk. Increased mechanization and driving have displaced physical activity over the last century in industrialized nations. This trend is increasing in developing countries as well.

#### **Smoking**

Cigarette smoking is an independent risk factor for type 2 diabetes. Several possible biological mechanisms may explain the association between cigarette smoking and diabetes.

#### **Alcohol use**

However, high rates of heavy drinking are also starting to appear in the urban middle and upper classes as the alcohol industry increases social marketing to encourage more people to adopt Westernized life-styles, which are symbolized by drinking and affluence. To-date, many countries in Asia, including China and India, do not have





public health policies regarding alcohol consumption. Concurrent alcohol and tobacco use, which could have a synergistic effect on diabetes risk, is highly common in Asian populations. These trends underscore the need for policy changes and effective education programs for tobacco and alcohol use in developing countries.

Diabetes is a leading cause of blindness, amputation and kidney failure. These complications account for much of the social and financial burden of diabetes. Although diabetes is sometimes considered a condition of developed nations, the loss of life from premature death among persons with diabetes is greatest in developing countries. The burden of premature death from diabetes is similar to that of HIV/AIDS, yet the problem is largely unrecognized. It is important to note that the studies that have shown an increase in prevalence of diabetes have also reported a very high prevalence of undiagnosed diabetes in the community. The individuals who are unaware of their disease status are left untreated and are thus more prone to microvascular as well as macrovascular complications. Hence, it is necessary to detect the large pool of undiagnosed diabetic subjects in India and offer early therapy to these individuals.

#### **Terrifying facts**

- 382 million people had diabetes in 2013; by 2035 this will have risen to 592 million
- The number of people with type 2 diabetes is increasing in every country
- 80% of people with diabetes live in low and middle income countries
- The greatest number of people with diabetes are between 40 to 59 years of age
- 175 million people with diabetes are undiagnosed
- Diabetes caused 5.1 million deaths in 2013
- Every six seconds, someone dies from diabetes-related complications
- 79,000 children developed type 1 diabetes in 2013
- More than 21 million live births were affected by diabetes during pregnancy in 2013
- In Africa, 76% of death due to diabetes are in adults aged under 60 years
- Europe has the highest prevalence of type 1 diabetes

in children

- In the Middle East and North Africa, 1 in 10 adults has diabetes
- More was spent on healthcare for diabetes in North America and the Caribbean than in any other region
- In South and Central America, the number of people with diabetes will increase by 60% by 2035
- In South-East Asia, almost half of people with diabetes are undiagnosed
- In the Western Pacific, 138 million adults have diabetes – the largest number of any region.

Diabetes can no longer be considered as a disease of the rich. The prevalence of diabetes is now rapidly increasing among the poor in the urban slum dwellers, the middle class and even in the rural areas. This is due to rapid changes in physical activity and dietary habits even among the poorer sections of the society. Unfortunately the poor diabetic subjects delay taking treatment leading to increased risk of complications.

To curb the diabetes epidemic, primary prevention through the promotion of a healthy diet and life-style should be a global public policy priority. Interactions between Westernized diet and life-style and genetic background may accelerate the growth of diabetes in the context of rapid nutrition transition.

In Asia, traditional dietary patterns are being lost as the population adapts to more industrialized and urban food environments. There is an urgent need for a more effective understanding of these disease processes and their management, including the use of natural strategies that are affordable and efficacious. The health care system known as Ayurveda has much to offer in this regard. The etiology, classification, pathogenesis, and management of Prameha are discussed at length and in detail in the Ayurvedic texts. The theoretical background and comprehensive set of strategies Ayurveda utilizes to treat Prameha may be valuable in managing obesity, metabolic syndrome, and diabetes mellitus in an efficacious and cost-effective manner.

Although inconsistency in the definition of complementary and alternative medicine and varying research designs make estimation of usage prevalence difficult, evidence suggests that a high proportion of people with diabetes use these therapies concurrently with conventional healthcare services. Healthcare professionals need to be aware of this issue and may need to incorporate complementary and alternative medicine information into patient assessment and intervention.

□ Staff Correspondent





Experience  
the true healing  
power of  
Nature!



REJUVENATION • IMMUNITY BUILDING • STRESS MANAGEMENT • DISEASE-SPECIFIC TREATMENTS



Nagarjuna Ayurvedic Centre, Kalady, from the House of Nagarjuna Ayurvedic Group, where a natural healing environment compliments therapeutic excellence. Located on the banks of the fabled Pooma Nadi (the river Periyar), just 10 kms from Cochin International Airport.

### Holistic healing at its traditional best ...

**Medical** Clean and fully equipped treatment rooms (for men and women separately) with post-treatment facilities | Round-the-clock doctor's service | Lady doctor.

**General** Spacious, tastefully-furnished rooms - airconditioned and non-airconditioned | Cafeteria serving tasty and nutritious Kerala vegetarian food | Well-stocked library | Herbal garden | Complimentary classes on Ayurveda, Yoga and Ayurveda cookery | Broadband Internet facility with Wi-Fi | Communication facilities including email service, telephone with ISD | Airport pick-up and drop-off facilities for guests.

### What is NEW? SPINE SPECIALITY commenced at the Centre

The prevalence of various spine related ailments of varying intensity, seriously disabling work and life performance, has led Nagarjuna Ayurvedic Group to develop the concept of NAGARJUNA AYURVEDIC SPINE CLINIC, modelling a set of unique treatment protocols. While using modern diagnostic tools, the conventional Ayurvedic know-how connected with the management of spine disorders is also being suitably enriched with different speciality techniques in spine treatment. This includes manipulation and traction techniques from the 'Marma' and 'Kalari' treatments, which are a part of Kerala's martial arts system. The rehabilitation techniques of 'Yoga' along with suitable 'Yogasanas' are used during the convalescence stage, thereby helping to reduce the chances of relapse.

To know more, please visit: [www.backpainayurveda.com](http://www.backpainayurveda.com)



**NAGARJUNA**  
AYURVEDIC CENTRE

Kalady, Kerala, India - PIN 683 550

Tel: ++91 484 2463350, Mobile: +91 9961860005

Email: [treatments@nagarjunaayurveda.com](mailto:treatments@nagarjunaayurveda.com) Website: [www.nagarjunaayurveda.com](http://www.nagarjunaayurveda.com)





# Indian traditional herbs for diabetes

Krishna bhanu A.  
Email: bhanu.tyaga@gmail.com

Traditional Medicines derived from medicinal plants are used by about 60% of the world's population. Though there are various approaches to reduce the ill-effects of diabetes and its secondary complications, herbal formulations are preferred due to lesser side-effects and low cost. Herbal drugs are gaining popularity both in developing and developed countries because of their natural origin and less side-effects. Many traditional medicines in use are derived from medicinal plants, minerals and organic matter. A number of medicinal plants, traditionally used for over 1000 years named rasayana, are present in herbal preparations of Indian traditional healthcare systems. In Indian systems of medicine most practitioners formulate and dispense their own recipes.

In Ayurveda, plants are always an excellent source of drugs; in fact many of the presently-available modern drugs were derived either directly or indirectly from them. There are large number of drugs made of herbal and mineral origin mentioned in Ayurvedic texts, which were advised for treatment of Madhumeha (Diabetes Mellitus). Some plants preparations used as antidiabetic medications show significant effect on lowering the blood sugar levels with minimal side-effects. These drugs also improve general ability along with providing

**Traditional Medicines derived from medicinal plants are used by about 60% of the world's population. Though there are various approaches to reduce the ill-effects of diabetes and its secondary complications, herbal formulations are preferred due to lesser side-effects and low cost. In Ayurveda, plants are always an excellent source of drugs; in fact many of the presently-available modern drugs were derived either directly or indirectly from them.**

tanical garden of the world.

The medicines having tikta, katu, kashaya taste are generally considered good in Diabetes (Prameha). There are many popular herbs with medicinal value and which still continue to be used in India. A few such medicinal plants with anti-diabetic and related beneficial effects in Madhumeha are given below:

**Vijayasara (Indian Kino tree)** - The bark of the tree is made into a wooden glass and the glass is termed as "The miracle cure for diabetes". Some water is kept in the wooden glass overnight and is consumed early morning by diabetes patients.

**Jamun (Black plum)** - The powder of the seeds of Jamun fruit is very effective in controlling sugar levels. Astringent is useful for disease caused by concessive sweet-

much needed anti-oxidant property in diabetics.

The World Health Organization (WHO) has listed 21,000 plants, which are used for medicinal purposes around the world. Among these 2500 species are in India, out of which 150 species are used commercially on a fairly large scale. India is the largest producer of medicinal herbs and is called as bo-





ness like obesity and diabetes. Jamun has been reported to be used in numerous complementary and alternative medicine systems of India and, before the discovery of insulin, was a frontline anti-diabetic medication even in Europe. The brew prepared by jamun seeds in boiling water has been used in the various traditional systems of medicine in India. Jamun is one of the widely-used medicinal plants in the treatment of diabetes and several other diseases.

**Bel/Bilwa (Bael fruit tree)** - The leaves of Bilva are excellent for diabetes. Administration of aqueous extract of leaves improves digestion and reduces blood sugar.

**Karela (Bitter gourd)** - Decreases blood glucose level. Reducing the risk of diabetic complications. It is commonly used as an anti-diabetic and anti-hyperglycemic agent in India as well as other Asian countries.

**Tulsi (Holy Basil)** - It is commonly known as Tulsi. Since

ancient times, this plant is known for its medicinal properties. Every part of the plant is used as a therapeutic agent against several diseases. Anti-diabetic properties of tulsi were appreciated in Ayurveda. Regular use of leaves of this plant controls blood sugar levels very effectively.

**Daruahaldi (Indian Barberry)** - The herb powder stimulates pancreas to pump more insulin into blood. It also helps in preventing insulin resistance among cells. It acts as a channel opener for glucose into the cells. By purifying the blood, channel opener, helps in reducing the insulin resistance.

**Haldi (Turmeric)** - Turmeric powder is an effective anti-allergic, anti-cancer, anti-inflammatory and one of the best natural anti-diabetics.

**Amla (Indian Gooseberry)** - It prevents ageing and therefore delays the onset of complications of diabetes.

**Bar (Banyan Tree)** - It is used in Ayurvedic medicine for diabetes due to its anti-diabetic activity, lowering blood sugar level.

**Garlic (Rason)** - As per Ayurveda it is a miraculous plant used against a variety of problems including insect bites, intestinal worms, headache, and tumors. Garlic is also used in folk medicine for the management of cardiac diseases, cancer, parasitic, fungal diseases, and diabetes.

**Fenugreek (Methi)** - It is found all over India and the fenugreek seeds are usually used as one of the major constituents of Indian spices. Administration of fenugreek seeds also improves glucose metabolism. This plant also shows antioxidant activity.

To-date, over 400 traditional plant treatments for diabetes have been reported, although only a small number of these have received scientific and medical evaluation to assess their efficacy. Major hindrance in amalgamation of herbal medicine in modern medical practices is lack of scientific and clinical data proving their efficacy and safety. Many different plants have been used individually or in formulations for treatment of diabetes and its complications. One of the major problems with this herbal formulation is that the active ingredients are not well defined. It is important to know the active component and their molecular interaction, which will help to analyse therapeutic efficacy of the product and also to standardize the product.

There is a need for conducting clinical research in herbal drugs, developing simple Bio-assays for biological standardization, pharmacological and toxicological evaluation, and developing various animal models for toxicity and safety evaluation. It is also important to establish the active component/s from these plant extracts. It is of paramount national importance to preserve, practice and study the ancient and vast treasure of Indian herbal knowledge.





### Dr. Suseela

Sr. Consultant Physician  
Nagarjuna Ayurveda Group  
Email: drpbsuseela@gmail.com

# a personal note on DIABETIC GANGRENE

Prameha pitaka, the diabetic gangrene is a secondary disease associated with diabetes formed due to the hampered blood circulation to the lower extremities. The ultimate treatment in western medicine for this condition is the amputation of affected part when the infection becomes severe and incurable. But with strict diet and medication we could manage to treat diabetic gangrene with complete cure of the wound and without any amputation.

Even though there are ten types of Prameha pitakas according to the tridosha combination, a common line of treatment can be done with a little variation as mentioned below:

- 1) One hour avagaha sweda dipping the affected part in the medicine water with the cold decoction of nalpamara, Vara choorna, Thankan followed by Kshalanam.
- 2) Guggulu, Nisha, Nimba, Sarjaras etc. are made into dhoomavarti and burnt after dipping in gugguluthikthaka tailam and dhoopan of vrana is done (Antimicrobial)
- 3) Bandaid with Jathyadi ghruth (Ropan)
- 4) Medicines like Nimbadi kwath, Mahamanjishtadi kwath, kaishora guggulu, chandraprabha, manduravatakam, gugguluthikathakaghruth etc. can be given in appropriate dose.

A long term treatment using these medicines cured almost 99% of diabetic gangrene cases. After complete healing of the wound the patients are advised to take gugguluthikthaka ghrutham for a long term, helped to prevent the recurrence of gangrene and bring diabetes into control.

**CASE STUDY** A success story from my professional life:- The patient was a lady of 53 years. She has undergone personal treatment under my surveillance after having told by a private hospital to ampute above the knee. One of her leg fingers was removed and she was left hopeless. Given 10 days medicine initially itself showed significant changes. Later she was sent home providing medicines for 3 months. Now she is completely cured and leading a happy and normal life like any other person.

### MEDICINES

1. Nishakattakadi Kashaya tablets – Before food
2. Arjuna ghrutha – in the form of Vicharana sneha pana at night (avoid heavy dinner)
3. Tab Diarid, tab diamel, tab Melhar, tab Sweeton, Man-



Midst of the treatment



After the treatment

doora vatak in appropriate dose after the evaluation of blood sugar level can be given.

Along with these medicines if the patient is following proper diet and exercise, the gradual changes in the condition of patient and blood sugar level can be seen. It is observed that the high blood sugar level can be brought down to a normal level and insulin intake can be stopped in about 10-15 days by giving a course of IP procedures like Abhyang, Thakradhara, Bidalak etc. And on the last day of Snehapana a mild purgation can be given after a light steaming therapy.

Arjuna ghrutha, tab Diamel, tab Diarid, cap Melhar, are some of the very effective medicines for diabetes which were undergone the research procedures for almost 6 years at Nagarjuna Research Laboratory. It is also observed that after a course of Arjuna ghrutha the high cholesterol level also used to come down to normal and heart improves the function. Within one or two years of treatment the patient may get relieved from diabetes troubles and could start a normal and healthy life.

It is a fact that Prameha can be cured completely and effectively only at first two years of disease by attaining the full function of the pancreas and further following the diet restrictions and exercises to prevent the recurrence.

Even though there are a lot of medicines available on Prameha, a few only mentioned here. When diabetes is detected or when the symptoms like general weakness, excess hunger and thirst, polyurea, excess sweating with a fruity odor, emaciation etc. are observed, one should consult a good Ayurvedic physician and get treated. After the treatment one should take medicines to prevent the recurrence of the disease. If the whole treatment course is completed successfully, one can live a long and healthy life like any other individual, with a restricted diet.





# Papaya

## ((Carica papaya))

The Papaya is a versatile fruit. A slice of ripe Papaya for breakfast is a great way to start your day, for this fruit is literally bursting with healing and rejuvenating enzymes. Not only do these enzymes stimulate the liver for proper functioning, but also cause an overall improvement in the digestion and as a result provide an increase in the health and vitality.

It is orange-yellow when ripe and used in jellies, preserves, and fruit juices. The green, unripe fruit is used in curries and salads, while the leaves and root of the plant are also used in a variety of dishes.

Papaya contains a digestive enzyme called 'Papain' which has a unique property to digest proteins and fats. There is an abundance of vitamins viz. vitamin A, vitamin B complex and vitamin C found in this fruit. Not only this, the fruit could benefit by increasing the blood pressure as well as the blood sugar levels. This is highly suggestive for those suffering from the symptoms of fatigue, lack of vigor and occasional loss of sleep.

Papaya diet is advisable in the urinary disorders in which there is a decrease in the normal flow of urine. In case of excessive pain during menstruation or an irregular or decreased flow during the cycle, papaya again comes to use. The seeds and leaves of papaya are believed to be helpful in decreasing pain and swelling. In case of joint pains, the leaves are to be warmed and applied as a hot fomentation onto the affected joints or the seeds can be crushed and mixed into mustard oil for massage.

To get rid of intestinal worms mix papaya latex with castor oil and take this mixture in the early mornings. This time tested remedy for intestinal worms is very effective and has no adverse side effects. The latex from the unripe fruit is also excellent for the rapid cure of stubborn ulcers in mouth, tongue, and throat. To treat skin diseases, especially scabies and scalp eczema, papaya latex is mixed with alum powder and the paste is applied on the affected areas. The area is then cleaned with warm

water after an hour. One simple way to lose weight is by consuming unripe papaya fruits both raw and cooked.

Ayurvedic physicians use Papaya used for treating digestive problems and intestinal worms. It is a remedy for flatulence, liver disorders and infection of the pancreas, as well as for gastro-intestinal problems and enzyme deficiencies. Ayurvedic medicines for arthritis use Papaya too. Fresh cuts or wounds are treated with applying the juice of a fresh fruit. The dried latex collected from unripe papaya fruits are used in the preparation of some Ayurvedic medicines that are effective in the treatment of warts, moles, eczema and skin allergies. Apart from the fruits, the roots and leaves of this tree also have medicinal properties.

The fruit of Papaya is a destroyer of the vata and kapha doshas (air and phlegm body humors). This is in accordance to the special properties it sustains. All the more, in the ripe state, papaya also tends to combat an aggravation in the pitta dosha or the fire body humor. Papaya creates 'virja' or hot energy and kindles 'agni', the digestive fire. Toxins are burned by better digestion. A person with excess Vatta should eat Papaya.

According to Ayurvedic texts, a powder prepared by pounding the seeds of the fruit is to be taken along with warm water in a dose of half to one gram. Also, the lactating mothers need to supplement the fruit in their daily diet regimen. This could result into a better production of milk.

Papaya fruits offer many benefits to diabetics, including a low sugar food choice and an antioxidant source. Choosing to eat papaya for diabetes is especially helpful since it has low sugar amounts compared to other fruit. Many diabetics need to reduce their fruit intake since natural fruit sugars cause high blood sugar levels. Although papayas are sweet to taste, the glucose levels are relatively low throughout the fruit's edible portion.

□ from the desk



# Nurturing Kerala Ayurveda

KSIDC makes decisive intervention to promote Kerala Ayurveda at the global level

**T**he global alternative medicine industry is of the size of approximately \$80 billion. Of this, 64 per cent is cornered by the Chinese systems. Ayurveda, despite its reputation as an effective healthcare system for a lot of medical conditions, holds a paltry 4 per cent of this burgeoning market. Kerala Ayurveda, by far the best brand in Ayurveda, clocks an annual turnover of less than Rs 500 crore.

With the world looking up to alternative medicines for a number of ailments, especially in the lifestyle diseases as well as chronic ones, there is immense scope for the industry to grow. And Kerala, which has a great tradition of nurturing Ayurveda, and in turn nursed by it, is best poised to make use of this opportunity.

It's in this background that the Kerala State In-

- \* Holds international business meet
- \* Promotes Global Ayurveda Fest
- \* Holds stake-holders meet
- \* To set up Kerala's first Ayurveda Park

dustrial Development Corporation (KSIDC) has identified Ayurveda as one of the engines of growth of Kerala's economy and has decided to make a forceful intervention for the development of the sector.

"Kerala has immense potential for the development of the Ayurveda sector, and KSIDC is taking the initiative to help it forge ahead," said Ms Aruna Sundararajan, IAS, Managing Director, KSIDC. (See interview)

KSIDC, the investment promotion arm of the Government of Kerala, has in the past hand-held several industries such as tourism and information technology in their infancy. At a time no financial institution was willing to come forward to promote these industries, KSIDC stepped in, and the results are noteworthy. "We are planning to take Ayurveda also to a global level," Ms Sundararajan said.



## » Ayurveda Park

KSIDC is setting up an Ayurveda Park at its Industrial Growth Centre at Pallipuram, Cherthala. It plans to offer all infrastructure facilities to companies with a global vision to start their manufacturing units or hospitals. KSIDC's plan is to host an institution which will be showcased as the signature product of Kerala Ayurveda.

 **Kerala State Industrial Development Corporation**

## Head Office

Kerala State Industrial Development Corporation Ltd.  
T.C XI/266, Keston Road, Kowdiar,  
Thiruvananthapuram-695 003  
Ph:0471-2318922 (EPABX)  
Fax:0471-2315893  
Email:ksidc@vsnl.com



**Why Ayurveda:** KSIDC, which has made studies into the potential of Ayurveda to develop as an alternative branch of medical science, has listed the advantages they perceive will take Kerala Ayurveda forward. They are:

Ayurveda is the world's most ancient methodical Medical knowledge system. Earliest doctrines of Indian Medicine, Charaka Samhita & Sushruta Samhita, show that science of Ayurveda was well developed as early as BC 1500.

Ayurveda & Chinese medicine top the list of Complementary and Alternative Medicine / Traditional Medicine system across globe. And they are growing at a CAGR of 30 per cent.

**Why Kerala:** Kerala is home for Ayurveda: Kerala's Ashtavaidya tradition, geographical spread, availability of medicinal plants, presence of renowned Ayurvedic centres & Centres of Excellence, well-trained medical & para-medical staff make the solid foundation on which Kerala Ayurveda can grow.

Good Manufacturing Practices for medicinal preparations: Ayurveda medicine manufacturing has a strong history in Kerala with many players following GMP norms. This would help standardise the products and sell them to an international clientele.

**CARE Keralam:** The Government of Kerala has already taken the initiative to form a consortium of service providers to consolidate the strengths of Kerala Ayurveda and showcase it to the world. Named CARE Keralam, the consortium is working on selected areas such as documentation, standardisation of manufacturing practices etc. The efforts of CARE Kerala has already paved the way for better marketing of Kerala Ayurveda, and another decisive push could take it to further heights.

For the last one year, KSIDC has been studying the possibilities in which it can make an effective intervention. As a proper understanding of the strengths and weaknesses of the sector is a necessary precondition for an effective intervention, KSIDC made several interactions with the industry leaders. It actively promoted the Global Ayurveda Festival, an expo of Ayurveda services and products, held in Kochi in February 2014. As part of the event, KSIDC organised a business summit with delegates from India and abroad. It also signed memoranda of understanding with seven countries -- Russia, Japan, France, UK, Canada, Nepal and Slovenia -- for promotion of Kerala Ayurveda in these countries.

The meet also witnessed prominent Ayurveda brands in Kerala such as Dhathri, Pankajakasturi, Punarnava and CARE Keralam also signing MoUs with various international companies.

To make a focused approach to the sector, KSIDC has also set up a special cell for the promotion of Kerala Ayurveda in overseas destinations. This is expected to

initiate a new process of partnership in the Ayurveda industry with KSIDC playing a proactive role.

With the potential in mind, KSIDC organised a stake-holders' meet on August 1, 2014 to give an institutional format for the marketing of Kerala Ayurveda globally. The decision to hold such a meet stemmed from the fact that decisive intervention by the government in sectors such as information technology and tourism has proven to be very effective in tapping the potential of those sectors. In information technology, the government created infrastructure and the industry picked it up. In tourism, the government launched a ferocious marketing programme, which resulted in dramatic turnaround. Kerala Ayurveda is known all over the world as an authentic stream of alternative medicine. Another potential area of growth for the State is Ayurveda, the untapped reservoir of opportunities for growth.

Delivering the key note address, the KSIDC Managing Director explained KSIDC's future plans of promotion of Ayurveda and the challenges Ayurveda sector has been confronting nationally and internationally. The meet deliberated on four most critical areas of the industry - products & standardisation, wellness, education and research and development. It also decided to prepare a detailed road map for the Ayurveda industry.

The meet provided practitioners of Ayurveda -- physicians, service providers, manufacturers, educationists, hoteliers and representatives of the tourism industry -- a forum to share their thoughts about the industry while for KSIDC, it gave critical inputs for its way forward. Speakers said Ayurveda had a lot of scaling to do to catch up with international standards in healthcare industry. There should be a mechanism to monitor and ensure the quality of Ayurvedic treatment. Ayurveda should also enter the public health arena, they said.

Industry leaders suggested that Ayurveda should be able to win recognition from more International companies. Insurance companies must be encouraged to recognise Ayurveda so that more foreign patients would fly in, they suggested, adding that a more close collaboration with modern medicine would be advantageous to the patients. Medical acceptance of Ayurveda in India itself is a necessary precondition for its growth across the globe, the Government-level support and promotion are crucial in every ways they suggested.

The institutional mechanism would promote necessary industrial infrastructure such as Ayurveda Parks for units with R & D, educational and start up facilities for the faster development of the sector.

**Among its mandates are:** To Undertake promotional activities that are required for the development and growth of Ayurveda as a true Complementary and Alternative system of Medicine (CAM).

To make key intervention, wherever required, for the standardization of procedures for manufacture of medicines and its practices.

To enable members to get necessary accreditations, both national and international, if necessary with help from agencies like NABH, NAPB etc.

To act as a mentor for the sector for its overall development

## Regional Office

2nd Floor, Choice Towers,  
Manorama Junction,  
Kochi-682016  
Ph:0484-2323010/2323101 (EPABX)  
Fax:0484-2323011  
Email:ksidckochi@eth.net





## **KSIDC Managing Director Ms Aruna Sundararajan, IAS, says Ayurveda needs an in- stitutionalised approach for its promotion**

KSIDC has the mandate to promote industries in the medium and large sector in Kerala. However, it has also identified sunrise sectors such as tourism, IT, healthcare and financial services in the past: some of the best brands of Kerala's industry had KSIDC as its mentor. Under Ms Ms Aruna Sundararajan, IAS, Additional Chief Secretary and managing director, KSIDC wants to repeat the same success story in Ayurveda, too. And the organization has solid plans for the sector, Ms Sundararajan said in an interview.

### **How do you see the prospects of Ayurveda taking shape as an engine of Kerala's growth?**

We have interacted extensively with representatives of the industry. The signals that we get from the markets in India and abroad point to the presence of a huge untapped market for Ayurveda. What we gathered from our exchanges with foreign as well as Indian delegates at the Global Ayurveda Festival is that it's time that Kerala Ayurveda got ready for a global presence. Ayurveda's wellness and well as curative treatments have wide recognition across all regions and that we need to work hard towards that.

### **What are the challenges the Ayurveda industry is facing now?**

The challenges are many...there is little standardisation in treatments as well as products. There is hardly any documentation that matches global standards even for the often-prescribed medicines. The understanding of our service providers on the demands of the visiting patients/clients needs to improve. We need to work keeping a global audience in mind. My observation is that the Ayurveda industry needs international collaborations to move ahead.

The government can also help Ayurveda get better recognition. It must be included in the primary health-care and the relevant scientific initiations have to be supported. Clinical data should be documented and for this purpose suitable software has to be developed.

### **How can KSIDC help in this?**

We believe that it's time we took an institutional approach to promote Ayurveda in the global market. It would be done with the collective participation of the stakeholders. We have already taken some initiatives in this direction. We have formed a society of various service providers and manufacturers and are thinking about launching a platform for global marketing of Kerala Ayurveda. It must also be able to address the other issues that Ayurveda is facing now.

Tourism has grown in Kerala after the government took specific efforts to market it. In that process, it also took the industry and private investors into confidence. We believe that Ayurveda can take a similar approach. That Kerala Tourism has become an established brand will Kerala Ayurveda an initial momentum and we must devise ways to sustain and improve on it.

Apart from all these KSIDC has set up a special cell to help investors in Ayurveda. We will offer all the services to investors who want to set up their units in Kerala.

### **What has been the response of the industry and the government?**

We have received very good response from the Industry and the government. Entrepreneurs have responded very enthusiastically to our suggestions; established players such as Kottakkal Arya Vaidya Sala have also come on board. Our discussions with the Health Ministry officials were also fruitful.





Dr. Antonio Morandi

Dr. Antonio Morandi, MD, PhD, was born in Florence, Italy. He studied Medicine and Surgery at the University of Florence, specialized in Neurology and Neuropathology. He then continued as a researcher in Cleveland Ohio, USA working on "Aging changes in neuronal structure and function and synaptosomes and axons". He returned to Italy to Fida Research Laboratories, Abano Terme in the province of Padua, heading their research laboratory of neuropathology of aging and later the Research and Project Management. He is also an Ayurveda Vaidya (Ayurveda Academy, Pune, India, and Joytinat International College of Ayurveda). He is the President, CEO and Founder of Ayurvedic Point srl ([www.ayurvedicpoint.it/](http://www.ayurvedicpoint.it/)), Milan, a leading institution in Italy and Europe for therapy, research and education in Ayurveda. Dr. Morandi is also Founder President of the Italian Scientific Society for Ayurvedic Medicine (S.S.I.M.A.), an association of medical doctors practicing Ayurveda, which is a founding member of the Italian Permanent Consensus Committee on Non Conventional Medicines. He is also the Ayurveda Project Leader for the European Research Group on Metaphysical Medicine.

Email: [dr.morandi@ayurvedicpoint.it](mailto:dr.morandi@ayurvedicpoint.it)

## Ayurveda in Europe : A Personal Perspective

**The Background** Despite the apparent complexity of Ayurveda in all its aspects, the superficiality of information, unfortunately often linked to commercial reasons, has created problems for its legitimacy and for a serious training in Europe and particularly in Italy. Ayurveda has been, and still is often confused with simple massage techniques and is not conceived and implemented as a real system of medicine.

Ayurveda has spread to Europe about 40 years ago in the wave of Yoga and meditation techniques that began to reach out from India. Unfortunately, the image that has taken place has been so simplistic and incorrect to the point that most of the time Ayurveda is unfortunately associated only with the so-called "Ayurveda massage". The economic interests led by the "Fashion India", have helped define a folkloristic as well as superficial image of Ayurveda that does not take into account its medical, scientific as well as social value. This situation has generated over time considerable confusion in the roles, practice and in general knowledge of the science. This has led to the proliferation of erroneous interpretations about

the real possibilities and applicability of Ayurveda, misleading to the idea that learning a few manual techniques could be sufficient to become an Ayurveda Therapist, that the knowledge of the merely symptomatic effects of some herbs would have been sufficient to become an Ayurvedic Doctor.

The education has been therefore for a long time, limited to short and superficial courses, sometimes purely aimed at the sale of related products. The result has been a fragmentation of correct knowledge and practice of Ayurveda in Europe. In fact, despite Ayurveda being a discipline practiced across the globe in more than 140 countries, its development at the international level has been acted out in an irregular and uneven way. In some areas of the world it has been solidly and traditionally established and legalized; in other areas, which include most of the Western countries, it is present only due to the strong public demand. In Italy or Germany for example, the absence of a law contributes to an often illegal practice of Ayurveda.

In the last fifteen years, however, thanks to the cultur-



al and scientific teaching of experienced professionals, the contribution of leading professional associations, private institutions and schools and their coordination at European level, intense work has gone into standardizing the practice and training in Ayurveda and its medical system which allowed for greater visibility and legitimacy. The most important initiatives have been made in Italy, Germany, Switzerland, Austria and England. We may cite important activities in recent years of institutions such as the British Association of Accredited Ayurvedic Practitioners and Ayurvedic Practitioner Association in the United Kingdom, however very special and unique initiatives that are of great importance in Europe have been taken on by Ayurvedic Point in Italy and the Rosenberg European Academy of Ayurveda (REAA) in Germany. Both institutions have given important contributions from the perspective of academic, political and scientific points of view, always trying to achieve an integration with the Modern Medicine and Science and at the same time maintaining a strong connection with Indian institution and tradition. All of this without losing attention to the respective local political requirements. An example of the strength of this commitment is evidenced in Italy, where since 2002 the acknowledgment of Ayurveda as a medical act by the National Federation of the Associations of Physicians has been obtained. In this context it is worth mentioning also the collaborative openings in the teaching of Ayurveda that have occurred both in Italy and in Germany with the Universities. In Italy with the opening of post-graduate courses, such as the High Level Training Course in Sociology of Health and Non Conventional Medicine, University of Bologna, the Master in "Health Systems, Traditional and Non Conventional Medicine" of the Faculty of Sociology and in collaboration with the Faculty of Medicine, Milan, Bicocca, a Master in "Natural Medicine", Faculty of Medicine, University of Florence, which all provide an education in Ayurveda. In Germany, the cooperation between the REAA and the Charité University, and among the REAA at Middlesex University for the higher education of physi-



**Ayurveda in Europe is going through a crucial time and of great importance. The conditions are particularly favorable and may coincide with the end of the pioneer period and the beginning of a mature stage. After all these goals, that have been achieved by trying to keep the ontological and epistemological matrix of Ayurveda intact, the situation in Europe is now at a crossroads. At this point, can Ayurveda definitely become a part of the health-care landscape and gain the necessary scientific epistemological legitimacy or will it be incorporated and annihilated in the cauldron of unconventional techniques for the use of modern biomedicine?**

cians with expertise in Ayurveda is of great significance.

It is also important to note how the collaborative and synergistic action between these institutions has led, for example, to a study for the definition and standardization of training in Ayurveda at an European level. Ayurvedic Point (Milan, Italy), the European Academy of Ayurveda (Birstein, Germany) and the Middlesex College of Ayurveda (Middlesex, United Kingdom) have drawn up a unified document in which the syllabus and number of teaching hours for the post-graduate education in Ayurveda have been defined. This study was one of the inputs taken into consideration by the International Working Group on Education (IWGE) of AYUSH (Ayurveda, Yoga, Unani, Siddha and Homeopathy department, Ministry of Health, Government of India) established within the Project of Global Propagation of Ayurveda and has served as a basis for discussion and comparison with the World Health Organization (WHO) for the definition of the Benchmark for Training in Ayurveda that was recently published. The WHO document, which was, among other things supported economically and technically with great and admirable foresight by the Lombardy Region, Italy and prepared in collaboration with the WHO Collaborative Center for Traditional Medicine, University of Milan, is very comprehensive and is a key reference both for schools and for the institutions





and legislators. The proposed guidelines are the result of a long study that has been reviewed by numerous Indian and international experts.

From the scientific point of view, in addition to numerous publications in major scientific journals, it is worth citing the "International controlled and multi-centered study on the effectiveness of Ayurvedic medicines in the treatment of osteoarthritis of the knee". The project is conducted by the Charité Medical University, Berlin, supported by the Central Council for Research in Ayurveda (CCRAS) of the Indian Ministry of Health and organized with the collaboration of REAA and Ayurvedic Point.

The trial, designed as a 4-year study, is the first comprehensive study on Ayurvedic Medicine in Europe. The importance of this study resides not only in the clinical results that will be published soon, but also in the novel protocol of clinical study specifically structured for this trial, which due to its scientific importance and portability to other clinical studies in Traditional Medicines, has already been published.

In this context, an event of great importance was the first "International Congress of Ayurvedic Medicine - the meaning of life" organized by Ayurvedic Point and Italian Scientific Society for Ayurvedic Medicine - SSIMA with the participation of the SNA Oushadhasala Thrissur, Kerala, held in Milan, Italy in 2009, an event dedicated to doctors and therapists endorsed by the Lombardy Region and the Municipality of Milan as well as by the Board of Physicians in Milan and Bologna and several local health authorities. The Congress, which saw more than 400 participants from all over the world, was opened by Nobel Laureate Professor Brian Josephson, director of the Mind-Matter Unification Project at Cambridge, UK, and presented reports from the world's leading experts in Ayurveda, Physics and Biomedicine. The Ministry of Health and Welfare of the Government of India sent a delegation led by Dr. SK Panda, Joint Secretary of the Department of AYUSH who expressed great admiration and satisfaction with the suc-

cess of the event. This Congress was of such significance that it has laid the foundations for a proper integration between modern Western medicine and the ancient Ayurvedic science. This Congress had a second edition in 2010 in Thrissur, Kerala, organized by SSIMA, Ayurvedic Point and SNA Oushadhasala.

### **The current situation**

After all these goals, that have been achieved by trying to keep the ontological and epistemological matrix of Ayurveda intact, the situation in Europe is now at a crossroads. At this point, can Ayurveda definitely become a part of the health-care landscape and gain the necessary scientific epistemological legitimacy or will it be incorporated and annihilated in the cauldron of unconventional techniques for the use of modern biomedicine?

Everything depends on how a proper integration with modern medicine will be managed in order to respect the epistemology of Ayurveda and to contribute significantly to the redefinition of political science and health.

After the above described dissemination phase of Ayurveda, we at Ayurvedic Point together with the REAA decided to speed up this process of legitimization that, due to the prevailing misinformation primarily driven by aberrant trading strategies, is currently experiencing many delays and considerable difficulties. The strategy that we have decided to undertake is to spread the knowledge of Ayurveda as a system of scientific knowledge and to "translate" its ancient and traditional principles in a language accessible to the modern scientific system in order to achieve a synergy that could lead to the overcoming of barriers, and through a higher development, to a paradigm shift of science. Ayurveda cannot be practiced in isolation in the modern world, and it needs to demonstrate its relevance to the modern concerns of health and disease. Moreover, Ayurveda needs to be contextualized in space and time according to functional as well as different cultural knowledge systems, in order to bring its benefits to the whole humanity.

The International Symposium on Ayurveda held by REAA every year has been the incubator of such ideas, leading to the spontaneous birth of a think tank composed by scientists from all over the world like Anand Dhruva, Jorge Luis Berra, Ram P Manohar, AN Narayanan Nambi, Martin Mittwede, Carmen Tosto, Tanuja Nesari, Madan Thangvelu besides myself and Mark Rosenberg. The first concrete steps in this strategy have been taken by us and they can mainly be summed up in two points functionally related to each other. The first is conceptual and is the publication of the book "An Integrated view of Health and Well Being - bridging Indian and western knowledge". The other is practical and interactive; the organization of the first International Research Seminar on Ayurveda - IRSA to Birstein in Germany connected with the 16th International Symposium of Ayurveda. (will be continued)





# Beauty sleep is not a myth

Sleep quality and healthy, youthful skin are deeply linked. Chronic lack of sleep can play a major role in ageing your skin prematurely. When you don't get enough sleep, lots of chemical changes take place that affect your skin health. Chronic sleep debt can dramatically impair skin function, integrity and firmness stealing its youthful, healthy appearance.

## Women at risk

To keep your skin healthy and youthful, most experts recommend you get at least 7 to 8 hours of restful sleep each night. Women, in particular, are at risk from sleep disorders. Sleep deprivation is one of the most crucial issues today's women face. The resulting exhaustion is undermining women's creativity, judgement, and relationships. In addition, it damages health leading to greater risk of heart cardiovascular disease, weight gain and depression.

## Ayurveda, Sleep and Beauty

The Ayurvedic definition of beauty is "subhanga karanam" - transforming all aspects of body and mind to the most auspicious level. Beauty, in the Ayurvedic sense, is more than just skin-deep; instead, turn inwards and confront the endless beauty within you. Ayurveda believes that the secret to true beauty lies in blending your inner self with your outer self, for that perfect and timeless glow of balanced health - body, mind, and soul. On a physical level, Ayurveda has always described beauty to be the product of general good health and a daily regi-

men of Ayurvedic care, appropriate to one's constitution.

The body needs rest in order to rejuvenate itself. Modern research is finding out that sleep deprivation has very adverse impact on health and well-being, which Ayurvedic practitioners knew centuries ago. Quality of sleep is as important as quantity. In Ayurveda, the nidra (sleep) has been said to be due to Ratriswabhabha Prabhava. Acharya Charaka has rightly told that the sleep caused by the nature of the night is the sleep par excellence and is called as Bhutadhatri and it nurses all the living beings. In Patanjali yogasutra the physiology and importance of nidra was described as a state of deliberate absence of thought waves or knowledge.

More elaborate description regarding the sleep, its role in the maintenance of health is found in Ayurvedic classics. Acharya Kashyapa has highlighted the importance of nidra as the timely implemented sleep is an indicator of good health as it brings the normalcy in body tissues and relaxes the person. Yogaratnakara says that a person who is enjoying sleep does not easily become a victim of diseases and his life will be with health, vigor and longevity.

## Beauty sleep, the solution

It is not just how many hours you sleep but the quality of the sleep you get that matters. When mind merges into deep sleep, then does the soul see no dreams and at that time great happiness arises in the body. Ayurveda recommends waking before sunrise, usually between





**Ayurveda has intimately related inner and outer beauty, the balance of which makes a person genuinely beautiful.... An understanding of how to care for oneself, along with the development of sound sleep, good eating and living habits, will bring out the real beauty in us.**

5 a.m. and 6 a.m. Detox while you sleep and create the refined biological substance (ojas) that supports beauty and bliss. True beauty emanates from a relaxed, peaceful and calm interior. It is essential to regulate your lifestyle before you can begin to seek beauty in your self or your life. Ayurveda recommends a daily regimen of health and beauty care appropriate for your Ayurvedic constitution type including a proper diet, lifestyle habits, meditation, exercise regimen, basic herbology, simple home remedies, massages and rejuvenation therapies. Stress management is critical. Practice meditation, listen to uplifting music - anything you can do to balance the mind and emotions will be reflected in your appearance.

A few tips to attain sound and beautiful sleep:

- Go to bed before 10 p.m.
- Drink a soothing cup of herbal tea before bed
- Don't take your work into your bedroom
- Focus on calming activities as bedtime draws near
- Take a relaxing warm bath a couple of hours before bed
- Eat a light meal at dinner, at least 2-3 hours before bedtime
- Start your day with a full-body massage with an herbal or aroma massage oil

This will help you feel rested, alert and beautifully fresh each morning.

Gunam - inner beauty - reflects the beauty of the mind and the soul. Serenity, a positive attitude, and purity of thought, word and action - all of these contribute to making you beautiful. In a time when beauty is often equated, in many cultures, with a "fair" complexion or a fashionably thin figure or the shape of the nose, it is interesting to look back to a time when beauty was defined in holistic terms, and beauty was within every woman's reach. Ayurveda has intimately related inner and outer beauty, the balance of which makes a person genuinely beautiful. It has always expressed beauty to be the product of general physical health and appropriate daily care rather than just a cosmetic facade. An understanding of how to care for oneself, along with the development of sound sleep, good eating and living habits, will bring out the real beauty in us.

□ from the desk



# Karkadaka Kanji



As per the Malayalam calendar (Providing seasonal details of Kerala), Karkadakam is the last month falling in July or August. With the starting of Karkadakam, monsoon rainfall enters the final phase in Kerala.

In Karkadakam, the ritucharya (seasonal routine) should be strictly followed as the health of a person will be minimal due to environmental influences on the body. During this time, the strength and immunity will be very weak. General health and digestive power will be reduced remarkably due to drastic climate changes. This could make anyone even more disease prone. Ritucharya includes specific diet and regimens aimed at improving the immunity in each season surpassing the negative influence of the environment, and thus modifying the body according to the climate. For all these reasons, Karkadakam is the month that has been identified for the preventive treatments and rejuvenation therapies of Ayurveda.

One of the highlights of the preventive therapies in Kerala is "Karkadaka Kanji" – a type of gruel that is made from a special type of medicinal rice called Njavara rice and specific herbs. Njavara rice is a unique variety found only in Kerala and is widely acclaimed for its medicinal properties. In addition to Karkadaka Kanji, Njavara rice is used in the 'kizhis' or poultices of Panchakarma therapy, and also for the procedure known as Navarathheppu – the two major treatments in Ayurveda for conditions such as arthritis, paralysis and neurological disorders.

According to Ayurvedic texts, Kanji in general cures thirst, hunger, fatigue, general weakness, stimulates the appetite and promotes digestion. It is helps in curing all the diseases which originate from the abdomen, including fever. It also helps in facilitating bowel movements. While Kanji in general is endowed with such qualities, Karkadaka Kanji does all this and more to ensure

good health and immunity. If it is used in any other form other than the gruel it will not give this much result. As it is used in gruel form, more quantity can be taken compared to other forms of medication. Thus it acts as ahara (food) and aushadha (medicine) at a time.

## How to prepare?

Ingredients (for one person):

Njavara rice	: 50 gm
Coconut	: 250 gm
Ghee	: 1 table spoon
Jaggery	: Sufficient

Aushadha choorna [ powder of aya-modaka (bishop's weed), chukka (dry ginger), ashali (garden cress), uluva (fenugreek), jira (cumin), elavangam (cinnamon tree), jati (nutmeg tree), malli (coriander), grammbu (clove tree), kurunthotti ( common sida) etc.]: 7 gm

## Method of preparation:

- Boil njavara rice. Add Swarasa (Juice – dashapushpam (ten sacred herbs-flowers), thazhutama (hogweed), etc. when half boiled and the powder of herbal medicines.
- Add jaggery (in liquid form, strained)
- Add coconut milk and ghee. Those who suffer from high cholesterol can use coconut oil instead of ghee.
- Simmer on low heat for about 5 minutes. Add the salt and stir well to combine.

It may be taken either early in the morning in empty stomach, or at the night time as dinner, or both times if possible, for a minimum of seven days continuously. The course can be continued in multiples of 7 days, till 28 days. For patients, the ingredients will be varied in accordance with the disease. For a diabetes patient, uluva and cherupayar (green gram) can be taken as the main ingredients.

□ from the desk





# Curbing gestational diabetes

When a pregnant woman develops diabetes during pregnancy, gestational diabetes is diagnosed. It is thought that gestational diabetes might affect 3 to 10 percent of all pregnancies, usually during the final trimester.

Eating well is a great way to stay healthy during pregnancy. If one has gestational diabetes, choosing the right food is especially important. Gestational diabetes can be controlled by eating well and exercising regularly without extending to education. During pregnancy, hormones reduce the effect of insulin, so the body has to make more to be able to use any sugar in the blood. In gestational diabetes, the body will not produce enough insulin. As a result, the blood sugar levels can get very high and that can lead to problems for the baby. It's possible to keep the blood sugar levels under control by changing the diet and combining with regular exercise.

The food should be high in complex carbohydrates and low in saturated fat. Eat plenty of high-fibre foods. This may help to keep the blood sugar levels from going too high after meals. High-fibre foods include:

- fresh fruit and vegetables
- wholegrain breads and cereals
- dried peas, beans and pulses

Try to have wholegrain varieties where possible. They

provide extra fibre, which is important for digestion.

## The Ayurvedic way

Though there is no direct reference of Gestational Diabetes in Ayurveda but Garbha Vriddhi is described as a complication.

Following can be included in the diet (in moderation):

**Vegetables :** Bitter gourd, fenugreek leaves, tomatoes, bell pepper, spinach, cucumber, radish, sponge gourd, drumstick leaves & fruits, broccoli, kale, lettuce, cauliflower, cabbage.

**Pulses :** Mainly beans – green gram, bengal gram, black eyed pea, garbanzo beans, chick pea.

**Spices :** Turmeric, cinnamon, garlic, fenugreek seeds.

**Cereals :** Wheat, barley, pearl millet, oats.

**Fruits :** Plums, kiwi, lime, orange, guava, java plum / black plum, apple, peaches, gooseberry.

**Dry Fruits :** Almond, apricot, walnut.

Eat Neemguard regularly. It is anti-diabetic and completely herbal. A regular dosage of Neemguard is safe and will prove very beneficial.

□ from the desk





**Valdyia Prasad M.**  
**Ayurveda Vachaspathi**

sunethriayurveda@gmail.com  
website: sunethriayurveda.com

## Ask Your Doctor >>

Dr M Prasad, BAMS, MD (Ay), is the chief physician and director of Sunetri Aurvedashram and Research Centre, Thrissur. Dr Prasad, who specialises in Shalakayatanthra, also edits Bharatiya Vaidya Samvadam, a Malayalam quarterly on principles and practices of Ayurveda.

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:

Editor, **AYURVEDA** & Health Tourism  
F M Media Technologies Pvt Ltd,  
2 - B, Relcon Retreat, Prasanthi Nagar Road - 2,  
Edapally, Kochi - 24, Kerala, India. Ph: +91 484 2341715

### 1. Sir,

I am 32 years old IT professional. I have insomnia for the past three years. It has been putting a lot of stress in my life. Before, I was taking western medicines to alleviate my conditions. I started on 3 pills every night. This put me more into a coma than sleep, became unable to wake when I needed to. I've weaned myself down to a 1/4 pill 2 nights, then no pill the third night but with or without the pills I don't sleep now. I also suffer from side effects. I try to maintain a balanced diet most of the time and have been drinking a lot more water as well, but none of these seems to improve my sleeping. I most commonly experience being half awake the whole night and remember every toss and turn that I make. I find it so hard to concentrate at my work and do basic things at day time. My constant exhaustion is negatively affecting my marriage and social life and I'm sick of it. I don't want to be an exhausted hopeless sleeping pill addict anymore. Please help.

Regards,

Nagendra, Hyderabad.

Dear Mr. Nagendra,

*It seems that you have lost the natural rhythm of sleep. It is really wonderful that you are managing with such a severe loss of sleep. Your problem could be due to severe work stress, either present or past. In that case the best option may be to take a short break from your present assignments and go for a basic living in a slow-paced setting. I think this is very essential for you. There are effective treatment options and therapies for chronic loss of sleep available in ayurveda. But most of these programs are personalized. So there is no sense in prescribing this or*

*that. Sometimes you may have some basic deficiencies in your body. A possible culprit can be a low Vitamin D3 level. You may get it checked with some good lab there. If that is the case, you can have some supplements for some specific period and that may help. In any case, it is ideal to consult some good ayurvedic clinic and get a proper treatment.*

### 2. Sir,

I am 27 years old now. I had gradual headache which later turned to migraine. There were minimum two to four attacks of migraine each month lasting two to three days. I used to have attack of migraine if I missed or delayed a meal by chance or exposed to sun or used oily/fried food or underwent any type of Mental and Physical stress and weather changes. During the attack I had nausea, vomiting, photophobia, phonophobia, tinnitus and sweats. I had to take strong pain-killers during each attack to get relief otherwise vomiting was the end point of it. Kindly help me to find a way out.

Regards,

Sunaina, Bombay.

Hello Sunaina,

*As you propose, it seems that you have a migraine. You have identified many triggers for an attack. Great! At least it will be wise to avoid them whenever it is practicable. Continue searching for some silent triggers. Sometimes a stuff which we presume as safe may be the real culprit. Cases are there in the record, where grains like Wheat, Oats and Corn triggered bad migraine attacks. So you can keep a watchful eye on your present food stuffs. Sometimes the attack may have direct connection to the status of the bowels. If you are consti-*

*pated, do correct it by modifications in your food or by using some mild laxative for a limited period. And making postural corrections, correcting the numbers of the spectacles in you use them are all important in the management of chronic headaches. In any case, you may try Pathyakshadhthraydi kashayam, a herbal decoction orally, 15 ml twice a day before your breakfast and dinner, diluted with 60 ml pre-boiled and cooled water. Of course consulting a local ayurvedist may also be considered.*

### 3. Sir,

I am 34 years old and convinced that I have parasites although for the past two years I have been back and forth to the doctors and not taken seriously. I can feel blade like crawling and wriggling in my shoulders. Over the past few months I have started itching all over the body and can't cope with it. Constant problems with one eye and swelling/wriggling movements in eyelid are experienced. I have headaches very often and general aches/pains. My hair is also falling out and have developed allergies which came on at the same time this all started. I have been fobbed off with anti depressants and told that it is all in my head. I have young children and want to get normal again, not haunted by the terrible itching. Kindly help me.

Thanking you,

Roshini, Trivandrum.

Dear Ms. Roshini,

*I am sorry to say that the details given in your letter is inconclusive. I strongly believe that you need a thorough evaluation. Please plan for it.*



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. Welcome to the home of Ayurveda. Welcome to Kerala.



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

STARK Tvm.6285