

vol 7, issue 1 January - March 2012

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# Ayurveda

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Physician's Diary:

Treating cancer in the eye

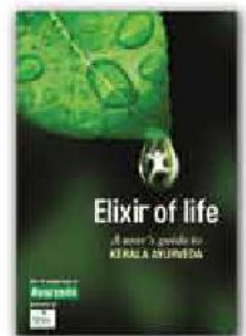
Vaidyamadhom

Regulating Ayurveda

Food Court | Beauty Zone

# Eat healthy

Ayurvedic principles of  
managing food



**Mitt**

SPECIAL ISSUE



AN FM MEDIA PUBLICATION



A black and white photograph of a herd of elephants standing in a line, facing the camera. The elephants are of various sizes, with the largest one in the foreground on the right. The text "YOUR MOMENT is WAITING" is overlaid in the center of the image.

YOUR MOMENT *is* WAITING



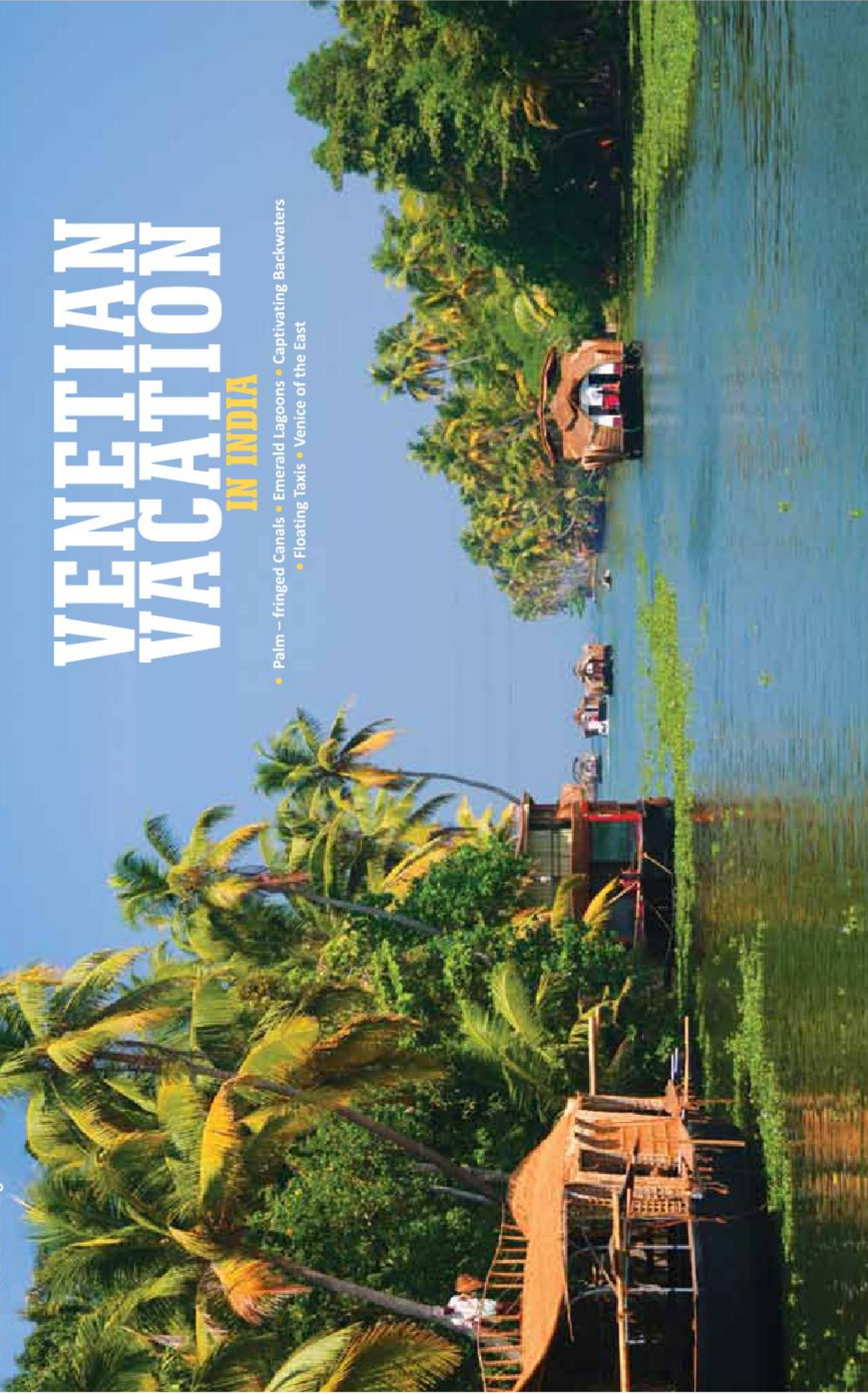


  
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## New horizons

This is the age of lifestyle diseases. Studies show that the incidence of lifestyle diseases such as diabetes, obesity, blood pressure, cholesterol, diseases of the heart and cancer is increasing rapidly even in our country. The fast-paced life, and the resultant stress, are the main reasons for this phenomenon. The food we consume is another major contributing factor. Foods laden with chemical pesticides and preservatives do much harm to our body. Fast foods and refrigerated and microwaved foods add to the problem. This issue of Ayurveda magazine focuses on the effects of food on our body.

Ayurveda offers a holistic solution to the problem of lifestyle diseases. Even though it offers a lasting solution to the problems of this age, its potential has not been realised even in our country - the birth place of this traditional system of medicine. But the situation is changing and that too fast. Governments, businesses and the public are waking up to the potential of Ayurveda. Ayurveda has been cited as one of the 10 potential growth areas for Kerala by Mr Sam Pitroda, Advisor to the Prime Minister on Public Information, Infrastructure and Innovations. The Kerala government is launching a seven point scheme to promote Ayurveda in the State. Corporate houses such as Tatas and Birlas have also woken up to the opportunities in the sector.

At the same time, the growing interest among the public for Ayurvedic products has attracted a lot of dubious players also to the sector. From aphrodisiacs to miracle pills that cure any of the common ailments that people suffer from, anything goes in the name of Ayurveda today. Our media is awash with advertisements of such products. It is the responsibility of genuine players in the field to scale up to the opportunity that is coming up in the sector, leaving as little of it as possible to the quacks. This is not the time to be complacent or conservative in approach. For the future of this pristine branch of knowledge is at stake.

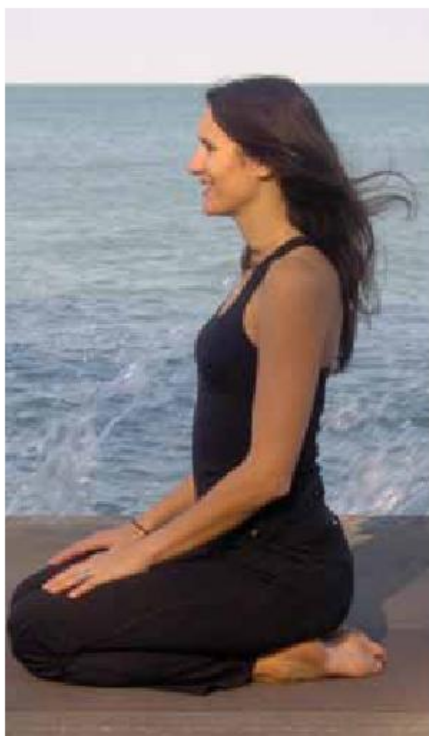
Ayurveda and Health Tourism has been propagating the merit of authentic Ayurveda and its relevance in our times, across continents. More people from around the world want to know more about Ayurveda. The enthusiastic reception the German and Arabic editions of the magazine has received is a pointer to the interest people have in Ayurveda.

One of the most promising land for Ayurveda to prosper is Russia. There are regular visitors to India, and especially Kerala, from Russia seeking Ayurveda treatment. We would also like to be part of the movement to spread the message of Ayurveda there. We are very happy to inform you that we are launching a Russian edition of the magazine, to coincide with the MITT, the largest tourism expo in Russia. We hope our readers and well-wishers will continue to support our efforts to carry the message of Ayurveda further.



# CONTENTS

## COVER STORY



### 23 Cover

#### Manage your food Be Healthy

"When diet is wrong medicine is of no use. When diet is correct medicine is of no need."

#### Choose Your Right Food

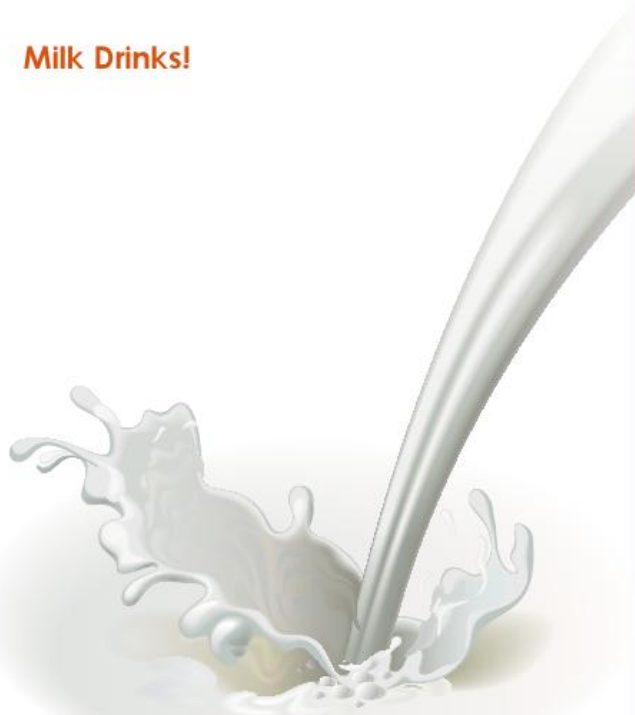
#### Do Yoga Fight Obesity

'If practiced with conscious breathing, yoga postures balance the sympathetic and parasympathetic nervous systems which govern the digestive system'.



## 55 FOOD COURT

### Milk Drinks!



## 13 Akshigatharbudam

## 16 Keeping it Pure

## 38 The Screen Fast

## 40 Ask the Doctor

## 42 Pancha Karma

Detoxification at cellular level

## 50 The elixir tree

Moringa is used as a source of nutrition and powerful medicines

## 53 Home-made health

## 59 Beauty Zone

De stress your face

## 60 Ayurveda: The Art of Being

## 20 I googled Ayurveda in India

Janna Thorström

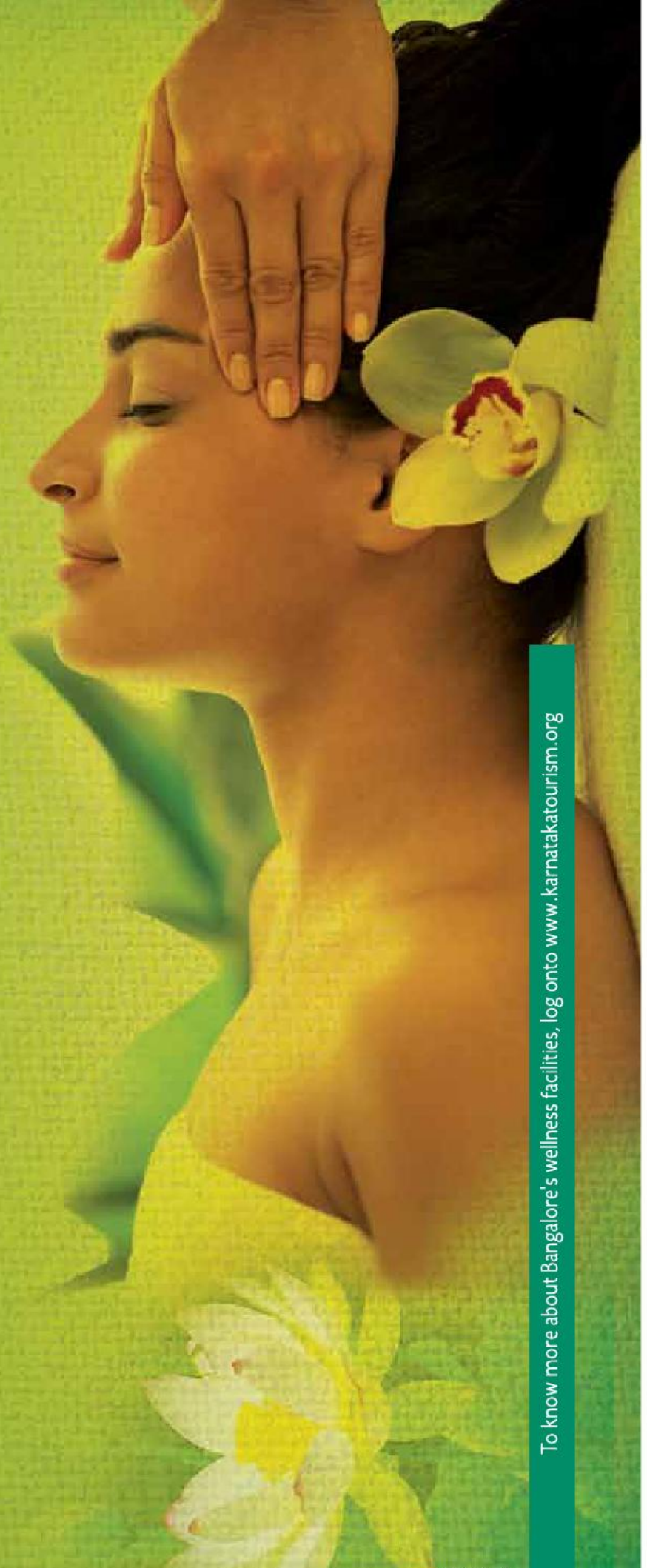




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# The health potion

Ayurveda will play a bigger role in expanding Kerala's tourism sector



The government considers Ayurveda as a very unique product of Kerala, according to Mr T K Manoj Kumar, Principal Secretary, Department of Tourism "We are taking several steps to promote health tourism in the State and Ayurveda has an important role in it."

Quarter of a century back, the waterways, the lakes, the hill stations and the backwaters were mere labels in the geography textbooks in Kerala. Monsoon was an occupational hazard for many except for the farmer. Households which inherited houseboats considered them a liability. Its high ranges were the last resort of the failed and the super ambitious, except for the planter community.

It's all changed now. Kerala has successfully converted everything that is unique to it as a tourist attraction. Its geography has become the byword of international travel magazines. Houseboats are a fascination for the visitors from all over. Monsoon is a busy tourist season many look forward to for rejuvenating their body and mind.

And the biggest beneficiary of the burgeoning tourism sector, hold your breath, is a government department. Kerala Tourism is not

just another government department, it's a Super Brand now. It has shown to the world the possibilities when imaginative steps by governments are matched by entrepreneurial talent from the private sector.

The department has now set its eyes on Ayurveda, another unique offering of the State. "The government considers Ayurveda as a very unique product of Kerala," Mr T K Manoj Kumar, Principal Secretary, Department of Tourism, told Ayurveda and Health Tourism. "We are taking several steps to promote health tourism in the State and Ayurveda has an important role in it. Though the private sector is the most important player in the sector, the government will do all it can to promote it, he said.

The government is planning to launch a marketing campaign, especially aimed at the West, to spread the message of Ayurveda, he said. Apart from promotional

activities, the government will arrange a visit of journalists connected with the industry to familiarise with Ayurveda. The government has sought the cooperation of the Ayurveda service providers in the State for this initiative and the response has been encouraging, he said. "The direct campaign is too costly and has only limited reach, and hence we are aiming at spreading it by the word of mouth," he said. The fact that most visitors seeking Ayurveda treatments in the State are repeat visitors points to the quality of the service offered here, he said.

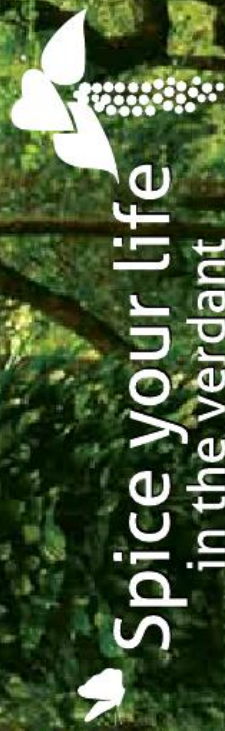
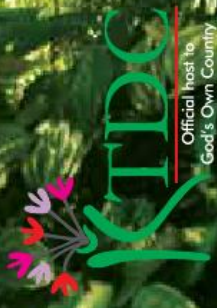
The success of Kerala Tourism in converting many adversities to its advantage is a point of strength, he said. "Earlier, monsoon was a lean season for tourism in the State. Today, it attracts people from all over the world, and Ayurveda plays an important role in it," he said. "It is dream season for many." The department, in fact, launched a 'Dream Season' campaign during the monsoon, with attractive offers.

Kerala, with its very sensitive ecology and fragile biodiversity, will take a calibrated approach to promoting tourism, he said. "We cannot afford to make the State a crowded place with visitors. We believe in the sector creating real value in the economy."

With respect to the difficulty visitors from several countries face in getting visa, the tourism secretary said the department is working towards easing the restrictions. "However, given the global security scenario, we have to be cautious on this front."



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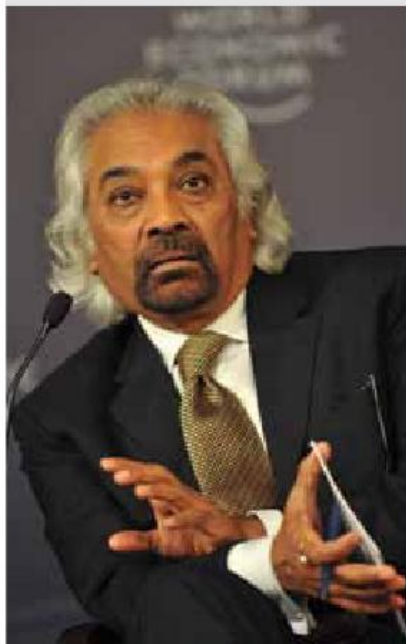
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chrysalis



# Ayurveda to get its due in Kerala, finally



**I**t might be the cradle for authentic Ayurveda, but the science has long been neglected in the State. But all that is set to change if the words of the top of-

ficials in the State are to be believed.

Sam Pitroda, Advisor to the Prime Minister on Public Information, Infrastructure and Innovations and Mentor to the State, has included Ayurveda in the 10 specific areas of action for growth that he proposed to the State cabinet. Mr Pitroda insisted that Kerala should take Ayurveda to greater heights, not only for meeting its health requirements but also for its economic growth.

The government also seems to have taken the advice in the right spirit. Inaugurating the Global Ayurveda Festival held at Thiruvananthapuram recently, Chief Minister Oommen Chandy said that the government has selected 7 specific areas in Ayurveda for its wholesome development.

The chief minister cited scarcity of medicinal plants as one of the

biggest threats that Ayurveda faces in the state. He added that the State government would bring in legislation to accord special sanction for the cultivation of Ayurvedic plants in estates in Kerala. As per its provisions, five per cent of the land in estates will be set aside for the cultivation of medicinal plants for promoting Ayurveda.

The chief minister hoped that the sector would help generate jobs in the State and also have a positive effect on the State's economy. In view of its potential, the government is seriously looking at providing tax relief for Ayurvedic medicines.

The State well known for its brand of Ayurveda, will stand to gain much if the proposals are fulfilled. It can supply authentic products and provide curative and wellness services to the world and profit from it.



*Mr Baby Mathew, Chairman and Managing Director, Somatheeram Ayurvedic Group, receives the award for "Best Herbal Garden, Ayurveda Antique Collection And Staff" at the Global Ayurveda Festival held in Thiruvananthapuram from Kerala Industries Minister Mr P K Kunhalikkutty.*

## Somatheeram Ayurvedic Group bags award at Ayurveda meet

**S**omatheeram Ayurvedic Group has bagged the award for "Best Herbal Garden, Ayurveda Antique Collection And Staff", during the Global Ayurveda Festival at Kanakakkunnu Palace, Thiruvananthapuram. Mr Baby Mathew, Chairman and Managing Director of the group, received the award from Kerala Industries Minister Mr P K Kunhalikkutty.

The Award was bestowed on Somatheeram Ayurvedic

Group for excelling in the categories of a splendid exhibition of a large variety of medicinal herbs native of Kerala. Every year, the Somatheeram group plants hundreds of trees and herbs as part of its environment preservation and conservation programme. All the resorts of the group, built on sprawling green acres of marvelous beauty, have adopted eco-friendly practices such as use of solar energy.



# Akshigatharbudam



**Dr Susheela Saji** is a renowned Ayurvedic expert of Central Kerala. She is reputed for her successful treatment of Cancer with combining Siddha medicines and Ayurvedic herbal formulations. After completing the B.A.M.S. studies from Govt. Ayurveda College, Thripunithura in Kerala, she

had completed the Diploma course in Siddha Medicine from Chennai. Besides this she had traditional training on Siddha treatments for 3 years from late Sri Krishnankutty Vaidyar, one of the main disciples of late Sri Ramananda Swamikal, a famous Siddha Bhishagwara in Kerala at that time.

Currently, she is running a 10 bedded hospital at Poonkunnam at Trichur named Sowparnika Ayurnikethan. Since last 20 years, she has been working as Senior Consultant Physician of Nagarjuna Ayurvedic Group. She is also rendering her service as the Project Research Officer of the successful 'Ayurgram' project, which targets to control the malaise of 'Sickle Cell Anaemia', which is common among the tribals of Wayanadu in North Kerala. She has so far

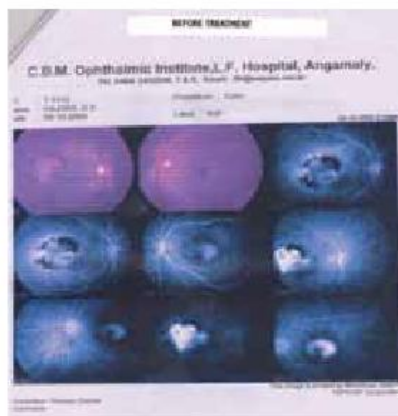
completed trial treatments successfully.

She is a renowned lecturer on Ayurveda and is very active in the field with CME classes, Health education classes and Television programs. She has bagged many Awards. The Govt. of Kerala 'VAG-BHATA' Award for the Best Ayurvedic Medicine Practitioner in the Private Sector of Kerala for the year 2010-11 has been awarded to Dr. Susheela Saji. She was selected as 'the Best Ayurvedic Physician of Kerala' and has been awarded with the prestigious 'Dr. K. V. Seethalakshmi Memorial Bhishakrathna Award' instituted by the Ayurvedic Medical Association of India. The coveted recognition was awarded during the 32nd State Meet of AMAI at Thiruvananthapuram, Kerala.

## Cancerous Growth – Inside Cornea a Case Study

A 48 year old lady Hajira from Kochi came to me with complaints of dimness and blurred vision with intolerable breaking pain inside right eye. Her pain often had radiated to head, more to back side of forehead. She sees objects in different shapes esp. in spiral form.

She was also suffering from chronic type II Diabetes, Hypertension, Gastric Ulcer, continuous cold and wheezing, severe hip ache, frozen shoulders, memory loss, irritable bowel syndrome etc.



She has undergone fibroidectomy 1½ year back due to heavy hemorrhage.

Her complaints were not hereditary except the eye problem. One

*Eye Doppler study and other investigations revealed it as ulcerative cancerous growth inside cornea and they had suggested immediate surgery with full eye ball removal. She was reluctant to do the surgery*

of her brothers had same cancerous growth in eyes 2 years back, and cured by Ayurveda treatment by myself. She came here for treatment because of this.





Her eye problem started as excess tearing, pricking pain inside the eye, continues headache as breaking pain etc. Before coming here, she had consulted an ophthalmologist. After some preliminary checkups he directed her to an eye care hospital. Eye Doppler study and other investigations revealed it as ulcerative cancerous growth inside cornea and they had suggested immediate surgery with full eye ball removal. She was reluctant to do the surgery.

Then she decided to seek Ayurvedic help and came to my hospital. When she came here she was under anti diabetic, anti hypertensive antihistamine and painkiller tabs.

Ayurvedic treatment aims at cleaning, repair, healing and rejuvenation. I started my treatment according to this. Her treatments started with the following medicines:

- Tab Pathyaksha Dhathriadi
- OP Cap
- Tab easinophal
- Tab sumenta
- Tab maxcal
- GH padoladi

#### Other Treatments given

- Dhanyamla Dhara – ½ hr each over full body and head
- Sarvanga swedam with Abhayangam by kayathirumeni + Llakshadi + Karpooradi oils for body and Thriphalathailam for head.

A pack was put on eyelids (Bidalakam), with pavizha Gulikas and Manikunthrikkadi medicines. Her diet was diabetic diet with more vegetables, ragi soup and sprouted dry nuts. She had IBS with

*After sixteen day's treatments, remarkable cure was noticed. Almost all complaints were cured and discharged from hospital. I had advised to continue all medicines except CMS at home*

5-6 times loose motion, abdominal pain etc. To address those problems Kaidaryadi Kashayam was given in the evening. Butter milk boiled with curry leaves and turmeric powder also was given. Same medicines and treatment repeated on the next day.

Third day she had given one day purgation by tab clear out. Fourth day I have started giving Siddha medicine Chandamarutha Sindhoora- 10 dose of 5 day course with Kricharapathya. All other medicines repeated.

#### Treatments:-

- Local choorna pinda swedam for hip & shoulder
- Bidalakam (Application of medicated paste on the eyelids)
- Sirolepam

All pain reduced day by day. On the sixth day her headache, eye pain, hip ache, shoulder pain and all other complaints were cured more than 90%.

Again a kateevasthy (Oil Bath on Back) started for hip ache for 7 days. On seventh day did a jaloukavacharanam (blood-letting by Leech) for her eyes, one by one in alternative days, 2 times in each eye.

#### Like this, within 15 days, following treatments were given:

- Kateevasthy – 7
- Choornapaindaswedam – 11 days
- Jaloukavacharanam – 4 times
- Bidalakam and fine eye drops application in each eye 3 – 4 times per day.
- Sirolepam – 10 days
- 5 Day course of Chandamarutha Sindhooram

After sixteen day's treatments, remarkable cure was noticed. Almost all complaints were cured and discharged from hospital. I had ad-

vised to continue all medicines except Chandamarutha Sindhooram at home. Prescribed Bidalakam with Varachooranam in ghee and carrot. Cream application was suggested daily on early morning and evening Head oil prescribed was Gulguluthikthaka thailam.

After 3 months she was re-admitted here for a second course of treatment. In between she had developed some pricking pain more in left eye with headache after a break of medication for some days. I had repeated all medicines and treatments. Instead of Kateevasthy Upanaham with Dhanwanthram was given. Other prescriptions were Kayathirumeni Karpooradi oil mix for hip for 12 hr/day and choorna pinda swedam for ½ an hour. On tenth day, she was discharged with complete cure of all complaints.

#### I had advised her to continue following medicines.

- Tab Pathyaksha Daathriadi
- Kanchanara Gulgulu
- Tab Diarid
- Tab Flunil
- Tab Chandraprabha
- Tab Kaidarya
- Thulasi Swarasadi Keram for head

In Oct 2010 she came with a special OCT/SLO Report revealing 100% clear image of her eye, without any ulceration but only having a mild Senile Rectinal Atrophy. Now she has a mild dimness of vision, but no blurred vision or change in the shape of objects. She is taking only one antidiabetic tab of Western medicine. Her general health also improved much. She is capable of doing all her duties at home.

*Doctor can be contacted at:  
drpbsusheela@rediffmail.com  
Mob: 9447778870*





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# Keeping it Pure



*Ashtavaidyam Cheriya Narayan Namboodiri*

Vaidyamadham Cheriya Narayan Namboodiri is one among the most popular Vaidyas of Kerala now. He has many recognitions and awards to his credit. His two most recent major awards have been the Vazhakunnam Award in 2009, and the Kerala government's "Ayurveda Acharya" award for contributions to the field of Ayurveda in 2010.

He has written and translated many books. He translated the first 14 chapters of the Ashtangahridaya, in the name Ayurvedathinte Prathama

Padhangal (The Fundamentals of Ayurveda) and the famous "Palakapyam" treatise on Ayurvedic treatments for Elephants, in the name Hastiayurvedam. Translations of Garga Bhagavatam and Adhyatma Ramayana are two other works. On his 70th birthday, Ayurvedavum Deerghayussum, a collection of essays on "Ayurveda for Longevity" was published.

82 year old legendary physician who has contributed much to Kerala's Ayurveda share's his thoughts here with our readers.

Last month one person from Mumbai called me and asked that if I can do the treatment Kuteepravesikam (reverse ageing treatment) for his relative. Thinking on the difficulties in the preparatory works and procurement of right materials, I said, no. It is so difficult to do it strictly according to science today. I had witnessed one such great treatment in my younger age, done by my grandfather and father. I remember, after the treatment the patient's skin was shining like gold, his hair became black and it was so till his death at 77. Some unexpected results were also there.

## Can Ayurveda cure cancer?

Most of the people have this doubt, but those who know Ayurveda don't. It is obvious that results may vary, but with my experience, I can say Ayurveda can help a lot in cancer cure; in many cases, complete cure. Our trust has been conducting a free cancer clinic on the last Sunday of every month. The camp is not conducted here. But people sometimes come to our hospital here.

Around five months back, a patient from south Kerala came here. His reports said: liver sclerosis with growth. He had taken treatments from Vellur Christian Medical College, Karnataka. He came to me when the doctors said to him that they had done all they can. I started treatments according to my diagnosis. After two month's treatment I felt positive changes in him. I asked him to go back to the hospital and recheck the growth. The scan results showed that the growth was reduced to 25%. Surprised by seeing such a result, concerned doctors enquired



him about it. He said he has been in my treatment for two months. Then they called me and came here to meet me after some days. Since that incident, within three months, those doctors had referred more than 100 cancer patients to me.

I have developed some special yogas for cancer treatments. Texts prescribe medicines like Guluchyadi yoga for this problem. I have made some changes in the ingredients and that medicine is found much effective in cancer treatment. Some more medicines were developed among which one is named 'Vijayadi'. It was named after the boy who had very good cure with it!

I have firm belief in the effectiveness of Ayurveda. It is not all about medicines. It is lifestyle, which helps us to be in harmony with nature – internal and external. There is a vast science behind it, which should be preserved pure, which should be the mission of youngsters in this field.

#### **Regulate bad tendencies**

I have started my first day of this year reading a disturbing news which said Central government is about to control manufacturing of Ayurvedic medicine. After reading the whole news, one thing was sure that these regulations will adversely affect traditional vaidyas like me and other manufacturers as well. I have been practicing Ayurveda for more than 62 years. I had learned Ayurveda from my grandfather in the traditional gurukula way and my whole training was with him, and now I am an old vaidya. For more than 50 years, I have been manufacturing medicines, and with experience, I have been trying different formulations, which all were proved effective in my patients.

In this circumstance, the new move from the government may adversely affect not only vaidyas like me but also thousands of patients who are benefitting from our treatments. Authorities have to remember that the whole building should

## Vaidyamadhom

Vaidyamadham is one of the famous Ashtavaidya families in Kerala. It is the only family belonging to the Bharadwajeeya group of vaidyas (who don't do surgery). It is believed that this family was brought here as Sala Vaidya (resident physician) by the famous Mezathole Agnihothri. Sala Vaidya is a special status conferred on those who are responsible for the health of the participants of yajnas or yagas (vedic sacrifices).

Many of the members of this family were the official physicians of some of the reigning families of Kerala. In the current times also, members of the state and central governments, political leaders, famous personalities from every walk of life are in touch with this family either for consultation or treatment.

Ashtavaidyan Vaidyamadham Valiya Narayanan Namboodiri –1 (1882 - 1959), the grandfather of Vaidyamadhom Cheriya Narayanan Namboodiri was a great physician with astonishing diagnostic skills whose treatments were simple but effective. He was so confident a physician and brought many complicated treatments back into practice. One such treatment was Kutipraveschikam - a treatment to arrest the ageing process. He had started the Vaidyamadham Vaidyasala & nursing home in 1912.

Ashtavaidyan Vaidyamadham Valiya Narayanan Namboodiri –2 (1912-1988), the father of the present chief physician was also a legendary figure. Unlike his father, he travelled throughout the country to treat patients having chronic and complicated diseases. He had delivered lectures on Ayurveda, participated in discussions and seminars pertaining to the propagation of various treatment modalities cited in the Ayurveda texts. He had extensive knowledge on various subjects. He performed Kutipraveschikam for his friend and close companion, the late Poomully Vasudevan Namboodiripad, some fifty years back.

Sri Cheriya Narayanan Namboodiri, the present chief physician of Vaidyamadhom Vaidyasala is committed to furthering the principles the family stands for, he expanded Vaidyasala & Nursing Home to its present form and style. Due to the lengthy exposure to the medical profession, starting from the early days of childhood, Cheriya Narayanan Namboodiri can diagnose most of the ailments at first sight of the patient. He is sharp in timing the treatment and his decisions are not generally disputed.

With respect to modernizing Ayurveda, Cheriya Narayanan Namboodiri is fully aware of the challenges that Ayurveda faces in making its practice and theory accepted today. In his own domain, he has been instrumental in modernizing the Vaidyasala (pharmacy) and Nursing Home founded by his grandfather, and expanding them to their present form and style. The pharmacy now has a unit for the production of medicines. These are prepared in strict adherence to the principles and procedures prescribed in Ayurveda texts. More than 700 kinds of medicine are prepared at the Vaidyamadham pharmacy.

Though he treats all types of diseases with a great deal of success, treatment of Arthritis is considered as his specialty. He has initiated research on cancer. He has devised two kinds of tablets to treat cancer.



not be burned to kill a rat!

All Ayurvedic medicines prescribed by traditional vaidyas like me are made strictly according to the sastras, they are made in the way as explained by acharyas. Still, on some occasions, according to the nature of disease, we may have to add some new ingredients to a particular yoga. This is done based on the nature, intensity and development of a disease. In some emergencies, additions are made to the yogas in the light of our experience, backed by logical thought.

This is not a new model; it was in practice from the very beginning of this science. Here is an example for this: there is a famous yoga known as 'pachanamrita' used in the treatment of fever.

"AmritoseeravaasaabDaviswabhoonimba valakail

Sa parpataka dhanvaaka dhanvayaashairvipaachitham

Paakam jvareshu paathavyam paachanamrita sannitham"- this is that yoga. Ten types of medicines are used here. Vaidyas have been using this formulation for treating fever, with excluding or adding some of the ingredients according to its nature. This is seen described in the old manuscripts of my family.

Like this, chitkaadi kashaayam is a special yoga (formulation) for Vata roga (disease caused by vata aggravation) mentioned in Susrutha samhitha. The same yoga is mentioned in Ashtangasangraha by acharya Vagbhata, in the name shaddharanam, with a slight difference in ingredients: abhaya in chitrakkadi yoga is substituted by daarvi in shaddharanam. The change in ingredient is prescribed by Acharyas.

In situations, where one yoga is not enough to cure the disease, it is the duty of vaidya to give other suitable yogas/formulations. Our great acharyas, had mentioned this many centuries back.

"abhyasal prapyathe drishtih karma siddhi prakaasanah

Rathnaadi sadasadjaanam na saastradeva jaayathe"- says acharyas.

**Another verse says:**

"vyaadhe thatvaparijnaanam vedanaayaascha krinthanam

Etadvaidyasya vaidyatvam na vaidyah prabhuraayushah"

Ayurvedic medicines have no serious side effects. But modern medicines are not so. It is seen that sometimes they bring really dangerous side effects. Recently 2 or 3 such patients came here in a very pathetic condition, due to the medicines they took for Chicken guinea which produced undesired results. Raktha vata was their condition and it was the side effect of the medicine they took for Chicken guinea. I had many similar experiences before. But in my six decades of Ayurvedic practice, never had such a negative experience with formulations made according to sastras.

Lack of side effect- this may be the main reason for Ayurveda's current popularity in Western world. We don't know much about the origin of this ancient Vedic legacy -a treasure house of health- but we are lucky to still have this science in its pristine form in Kerala. And I am fearful to foresee decay in its purity.

Some days back two persons from Holland came here to know about the traditional gurukula education of Ayurveda. One of them asked me that would I be able to teach his son if he send him to me after primary education! Similarly some 2 or 3 years back, some officials from AYUSH came here to meet me and we had discussions on several subjects. I remember, they asked me that if they send some people to me, would I train them directly. I am bit disappointed that, the same department takes such immature decisions as in new regulations!

In ancient days, Vaidyas prescribed the medicines and the patients procured all the herbs from surroundings and prepared it them-

selves. In today's fast world, none has time to do this and this caused the beginning of institutionalised mass production of Ayurvedic medicines. Traditional vaidyas like me are also forced to get into the institutionalised manufacturing of Ayurvedic medicines.

Commercialisation of Ayurveda has some negative impacts also. Through massive advertisements in print and visual media in the name of Ayurveda on products for hair growth, joint pain, slimming etc, some are misleading and exploiting common people. The five purification procedures of Ayurveda are being exploited in the name 'sukha chikitsa'. Rules and regulations should be made against such people who are the real threats for Ayurveda, the science of life.

Today, world community seeks help from modern medicine as well as Ayurveda for their healthcare. And all these health sciences are mutually complementary. We need to understand this. It is a pity that an ancient science for health and life is being deformed and exploited in its place of origin!

It can be seen that the number of vaidyas who strictly follow the science in medicine making and treatment is decreasing gradually. In these circumstances, authorities should support such sincere vaidyas who strictly follow the scriptures for the betterment of mankind. At the same time, authorities should take strict action against all unethical, fake practices happening here in the name of Ayurveda. I am sure the current regulations which are intended to control the whole Ayurvedic medicines will adversely affect the common people here. A democratic government should act for people's welfare only.

I humbly request that all people, parliamentarians and ministers from Kerala should act together to protect Ayurveda. Kindly understand the situation and act accordingly.



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ditional heritage of Kerala. Legend has it that this serene getaway by the sea was the work of the Goddess with the Green Thumb!

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Mr Baby Mathew  
Chairman & Managing Director



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# I googled Ayurveda in India

JANNA THORSTRÖM



Ten years ago I was for the first time on my way to India. I had bought my ticket and was spending some time in Bangkok before I was going to set off on my journey. I was going to fly to Trivandrum and there I was planning to look for an ayurvedic centre to have some treatments at. Many friends were mailing me sounding concerned; their fears ranged from me risking food-poisoning, contracting an epidemic to being caught in the endless traffic snarls. In the end I chickened out, and headed to China instead to spend some time with Master Lu, a martial arts teacher and acupuncturist that a friend of mine knew of.

Five years later, in 2006, I spoke to my friend Salla and asked her if she might be willing to come to an ayurvedic centre in India with me. After getting a positive reply from her, I started to search for a good ayurvedic place for us to have treatments at. I had no idea how many were there until I googled 'ayurveda in India'. I felt like I ended up in a jungle. However after spending several hours a day, a few days in a row on the internet I repeatedly returned to the website of Nagarjuna. Not because it was such a good or beautiful website but because my gut feeling was telling me that I might find the "real thing" there. I found that there were several wellness centres or spas but not many serious ayurvedic clinics. I wrote an email to Nagarjuna with many complicated questions and queries with



regards to muscular dystrophy and received a very good answer from Dr Krishnan Nambodiri, at that time chief physician at the Kalady centre. I was satisfied and was hoping that the place would be what I was looking for.

I got diagnosed with a muscular dystrophy at the age of 18 and according to my diagnosis I was likely to be in a wheelchair already by the age of 30. By changing my life style, doing meditation and some yoga and qigong I had been able to stop the progress a bit and was still walking with a stick as I arrived in India the first time. The muscle bulk was however all the time slowly getting smaller, my muscles were atrophying. There was no cure for this in the West. I also had a very poor digestion and had been under weight for all of my life without being able to put on weight.

I felt very nervous as we were setting off on our journey with Salla in early 2007. I remembered what my friends had said the last time and now there were just as many warning me again. As soon as we arrived in India and had spent a few days at the Centre, I knew that my worries had been unnecessary. I was met by people with a lot of warmth and knowledge of the body, and not just knowledge of the body as a separate entity but knowledge of how the human being as a whole was constructed of both body, mind and spirit and how all illnesses were a combination of causes found in all of these different parts. I was also very well taken care of by the staff, and the friendliness here is one that I have not found somewhere else in the world.

My digestion started to balance after the very first course of treatment. I made it a point to come back every year. Now, after five years with treatments once a year, my digestion is more or less normal. I have put on weight; in fact, for the first time in my life, the weight stays at normal levels.

Ayurveda is the first means of treatments that has been able to enhance a regrowth of muscle bulk in my body, something I myself thought was unlikely to happen. My physiotherapist in Finland says that she has never really heard about something like this in a case like mine. I am still walking with a stick, but all progress, even though maybe for an outside and untrained eye small, is big in my case. It is also such a wonderful way of getting better. What could be more pleasureable than lying in a dim room with only a lamp lit in front of a small shrine and being massaged by two pairs of skilled hands, or having six liters of oil being pored over you from small coconut shells with holes at the bottom?

Over the years all of the different members of my family have accompanied me here and undergone treatments here. My father and mother very much enjoyed their time in India and received general well being from their treatments. My father still recalls all the vivid talks he had with Dr. Manoj Kumar, the current chief physician, and he was highly impressed by the knowledge of the doctors. Both of my sisters also really enjoyed their stays. My sister Nillas legs that were very stiff on arrival got much softer and more flexible and my other sister Helenas high blood pressure normalised within the three weeks that she underwent treatments. My sister Helenas' two daughters who were along one time still talk about their time in India and wish that they can come back here another time. The word has also spread amongst my friends and many have joined me over the past years for longer or shorter stays here. We have enjoyed joint talks at a balcony by the river side, walks in the afternoon, small shopping trips and many many nice dinners in candle light at somebodys veranda.

I have been trying out many different cures over the years and noth-

ing has proved to be as effective as the treatments that I have undergone here in Kerala. I have not tried ayurvedic treatments in other parts of India or outside of India, but my feeling is that Ayurveda will be best in the country where it originated. As soon as certain forms of treatments are moved to another part of the world with for example a different climate some of the original strength in most cases will be lost. I am again and again impressed by the effectiveness of the medicines and ointments within Ayurveda. No matter what the complaint might be there seems to always be an effective way to deal with the problem. And what I like the most is that the medicines are one hundred percent natural. I can highly recommend a course of ayurvedic treatments both for those that are suffering from some form of disease and also for those that are just looking for a way of improving their general health and receiving some rejuvenation.

It's not just the treatments and all the wonderful people here that make me come back every year, but India as a whole. This country has grown on me and each year that I come here I sit down at a bench by the river side, listen to the temples and the sounds of all the insects humming at the fall of the evening and feel like I am once again at my home away from home. In the West true generosity is a scarce thing these days and spirituality is something that has been pushed out from the main roads of society. Here there is still a natural and not forced warmth within most people and it seems to me that people live more from their hearts than their heads in India. So each year as I arrive I take a deep breath, let out a sigh and think, wow, three months here again, I must be the luckiest woman in the whole wide world!

Janna Thorström,  
graphic designer/writer  
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10600 Ekenäs, Finland





*Kerala Tourism Minister A P Anil Kumar launches the WTM special issue of Ayurveda and Health Tourism at a function held at the Kerala pavilion at the expo.*



*Kerala tourism Minister Mr. K P Anil Kumar with secretary, Sri. T K Manojkumar IAS, and other exhibitors from Kerala*



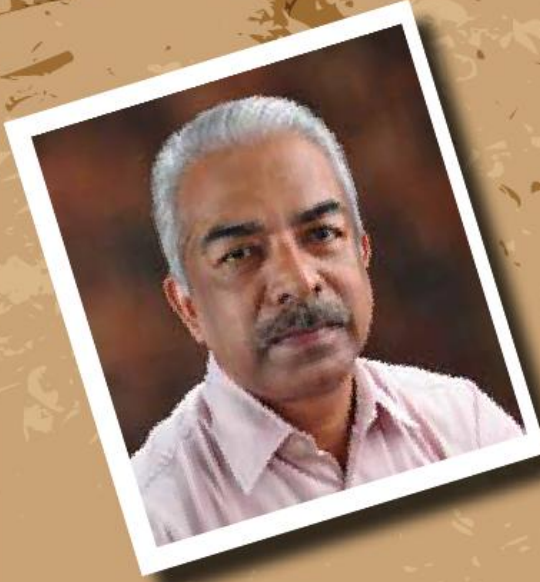
*Tamil Nadu Tourism Minister Mrs Gokula Indira goes through the pages of the WTM special issue of Ayurveda and Health Tourism. To her left is Mr Benny Thomas, Editor.*



*Dr. Jyotsna Suri with Central tourism Minister Subhod Kant Sahayi*



## COVER STORY



Dr K Sasidharan MD (Ay)  
Director  
Sreepadam Ayurveda  
Chikitsalayam

**F**ood is essential for life. It provides the building blocks that create new dhatus (basic tissues) in the body. The dhatus constantly grow and break down to energize the body. Eating balanced food is necessary to replenish healthy dhatus and sustain our energy levels and life force.

In Ayurveda, eating is a ritual. Food is often called 'brahma' in Vedic tradition. It not only nourishes the body, it nurtures the soul and the mind. Food energizes the mind. Our strength, health, and life depend on Agni (the digestive fire). The food we eat constantly replenishes Agni and when balanced helps us maintain Sama or balanced Agni. The food we eat determines our experience of strength, energy, mental clarity, radiance, immunity and sharp senses.

Our diet is critical in instances of disease. Different foods have different qualities (gunas). Unhealthy or inappropriate food choices can easily become the cause of several diseases. Healthy food choices can reverse this and serve as a treatment for disease. The right diet is critical to maintain health or prevent disease and combat illness, especially when illness arises as a result of improper food choices.

Our body is made of the five basic elements, called Panchamahabhutas. Because of this, our diet should consist of a proper balance of these elements. After we categorize the foods we should eat according to their taste and relationship to the Doshas, we should look at them according to the elements, or Bhutas.

The body needs the five elements at every moment of our life to heal normal wear and tear, so it is important that we replenish them regularly through our diet.

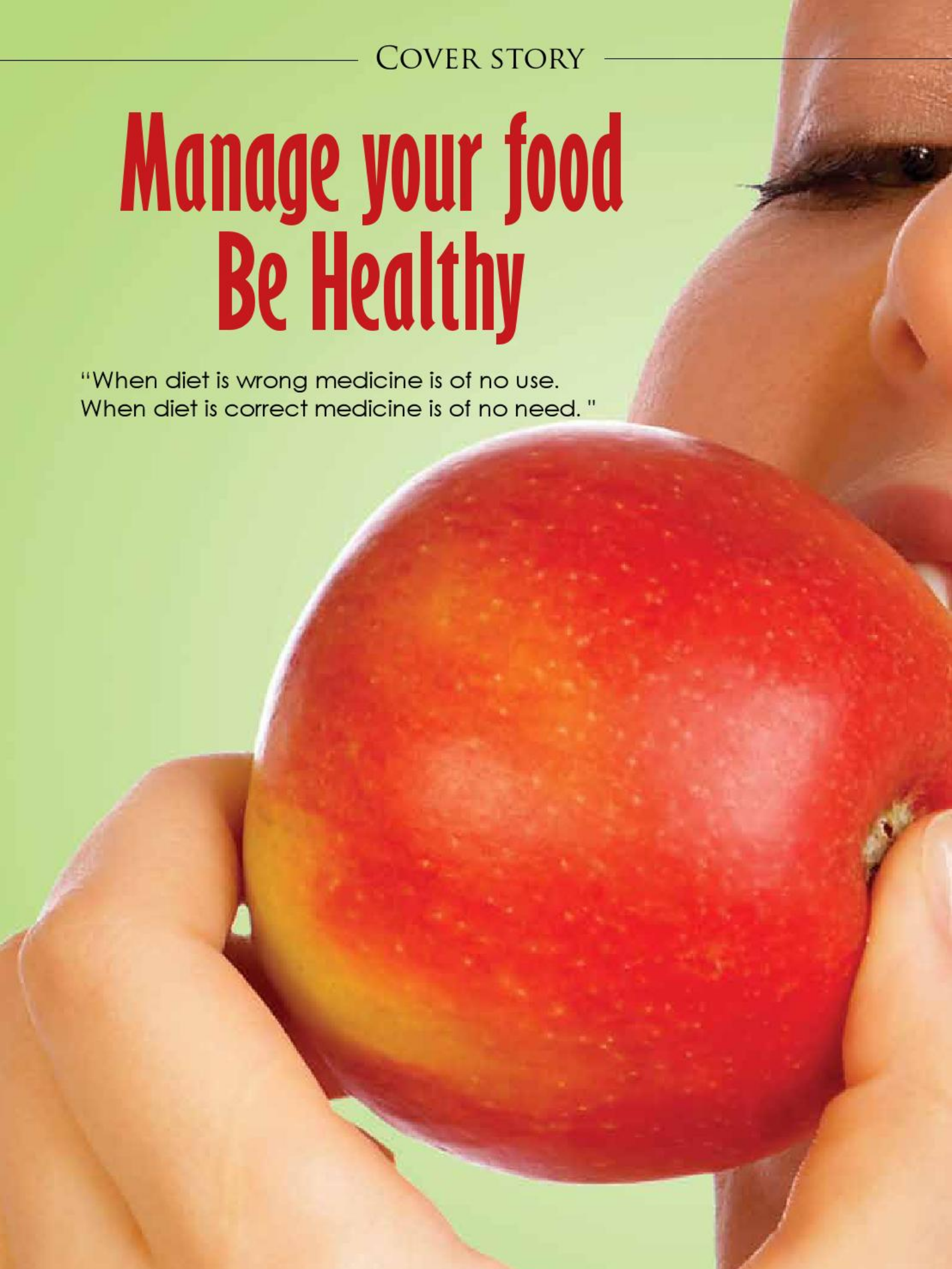
Dr K Sasidharan, Professor and HOD at Nangelil Ayurveda medical college Kothamangalam elaborates here on Ayurvedic dietetics.





# Manage your food Be Healthy

"When diet is wrong medicine is of no use.  
When diet is correct medicine is of no need. "









The life of all living beings is evolved from food. Complexion, clarity, good voice, long life, understanding, happiness, satisfaction, growth, strength and intelligence are all established in food. Human body undergoes continuous depletion in order to generate energy needed to perform life activities. The depleted body tissues are supplemented by food. Food has been equated to fuel of sacred fire. Being the source of energy for life food is said as life of living beings.

Our diet is an essential factor for the formation of a healthy body. It is clearly mentioned in 'Charaka Samhita' that consuming improper diet in improper way is the main cause of 'Disease'. According to Charaka, an appropriate and suitable diet for a disease is equivalent to hundred drugs and any quantity of drug hardly compares to good results in disease without following proper dietetic regimen"

The principle of three doshas Vata, Pitha and Kapha is the basis of health. The balance of these factors constitutes the health and their imbalance cause disease. The seasonal changes, the improper sensual interaction with environment, strenuous physical and mental activities etc. produce imbalance in the systems. Hence Ayurveda proposes seasonal and daily regimens to preserve the normal health condition. Ayurveda elaborates on healthy dietary habits and it proposes an ethical lifestyle for well being of all.

Vata represents motion and the physical and mental activities, Pitha relates to enzymatic and digestive processes and Kapha maintains the cohesion and solidity of various structures of the body.

According to Ayurveda, every substance is composed of five subtle elements (Panchabhoota) and this is so in respect of food also. It consists of six tastes, which is sensed by the organ of taste.

Taste is the effect of food on the body on ingestion and before digestion. The choice of food is determined principally by its taste. One should consciously select those tastes and qualities of the food, which keep doshas balanced.

Food and drinks, as per the dietary code of Ayurveda, are the sustainers of life. Wholesome food promotes health while unwholesome cause emergence of diseases. Wholesome food is that which maintains the balance of doshas (humors), dhatus (tissue principle) and unwholesome food is the one that causes disturbance to these factors.

Food is evolved from 5 elements (earth, water, air, fire, and ether). It consists of Six tastes viz. sweet, sour, salt, bitter, pungent and astringent. Generally tastes represent the properties of a substance which influence the doshas in the system.

Every food has one of six predominant rasas: sweet, sour, salty, pungent, astringent, or bitter. Each rasa is a blend of two of the five elements--air, space, fire, earth, or water--and this plays an important part in choosing foods.

Functions of Taste (pics taste chart, six tastes and the elements are for this portion)

1. Sweet (madhura rasa)- Sweet taste is agreeable to the body. It increases blood, fat, muscles, ojas(vital energy) and semen. It pacifies increased Pitha, Vata and reduces toxic reactions. It is bulk promoting and its excessive use gives rise to increase of kaphaja disorders like obesity, loss of appetite, sleepiness, phlegmatic disorders, deposits in the vessels and causes swelling.

2. Sour (amla rasa) - It contains element 'fire', improves digestive fire, salivation, and energizes the body. The excessive use of it can lead to aggravation of Pitha and causes blood disorders, inflammation, and burning sensation in stom-

ach and heart region. Due to its qualities it can melt Kapha.

3. Salt (lavana rasa) - It causes moistening, water retention, enhances appetite, digestion, and opens the body channels. It liquefies kapha and over use leads to blood disorders, skin diseases, inflammation, wrinkles, grey hair and baldness.

4. Bitter (tikta rasa) - It is a good slimming & reducing agent and destroys poison, worms, burning sensation, thirst and itching. It reduces Pitta and Kapha. And excessive use causes roughness, desiccating effect on rasa, blood, muscle, fat, bone marrow and semen. It causes loss of strength, emaciation, giddiness and Vata disorders.

5. Pungent (katu rasa) - It contains fire element. It stimulates secretion and reduces swelling, obesity and improves appetite. It retards blood clotting and reduces Kapha. The overuse of it leads to impotency, depression, debility, giddiness, burning sensation and provokes Vata diseases, tremors and pain.

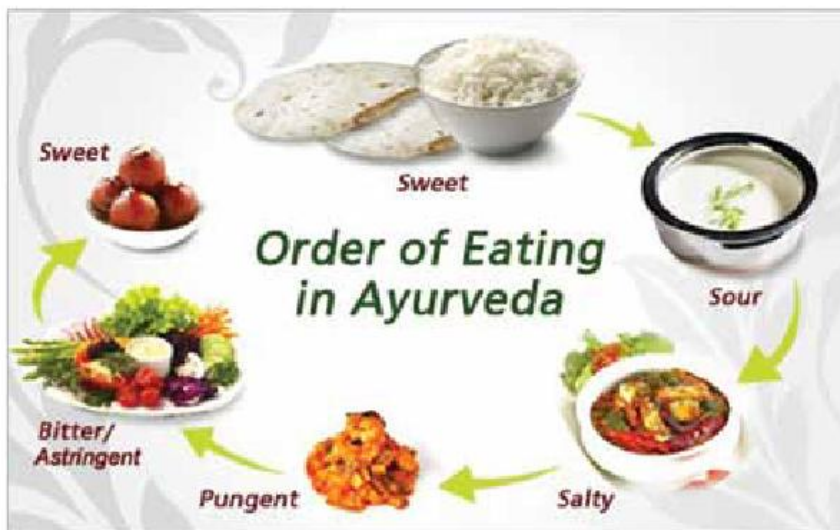
6. Astringent (Kashaya rasa) - It has the qualities like healing, restraining and compressing and it causes lack of mobility, reduce Kapha, blood and Pitha. The overuse of it leads to dryness of mouth, headache, blackish discoloration, constipation, wasting and Vata disorders.

#### Rasa-Dosha Interaction

| Dosha | Aggravating rasas           | Alleviating rasas           |
|-------|-----------------------------|-----------------------------|
| Vata  | Pungent, Bitter, Astringent | Sweet, Sour, Salty          |
| Pitha | Pungent, Sour, Salty        | Sweet, Bitter, Astringent   |
| Kapha | Sweet, Sour, Salty          | Pungent, Bitter, Astringent |

How you eat your food is even more important than what you eat. Even foods, which normally cause greater imbalance, will be digested reasonable well if the proper rules





are followed. Likewise, if you eat the correct foods in the wrong way, your digestion will be compromised and gas, indigestion and the formation of toxins will follow. If you follow these food habits and choose the correct foods then your digestion will be maximized and you will experience optimal digestion.

#### Diet Rules

○ Food should be taken warm as it stimulates digestion and eases the passage of flatus.

○ Food should be unctuous as it stimulates digestion, strengthens the body, firms up sense organs and clears the complexion.

○ The quantity of food should be adequate neither too much nor too little.

○ One should eat only when the previous meal has been digested as premature eating disturbs all the doshas.

○ The food components having opposing properties should be avoided.

○ One should eat in an agreeable place and with agreeable accompaniments and utensils.

○ One should not eat very fast lest one aspirates and fail to notice the shortcomings in the food.

○ One should not eat very slowly because one tends to eat too much and food becomes cold and unsatisfying and the digestion is

impaired.

○ One should not talk and laugh while eating so that the mind is focused on food.

○ One should always check whether a particular diet or food item is suitable

○ Walk a while after meal to help digestion

○ No travelling, exercise or sexual intercourse within one hour after meal.

○ Avoid meals when thirsty and water while hungry.

○ Avoid meals after exertion

○ Avoid meals when you are having no appetite.

○ Don't suppress the appetite as it leads to body pain, anorexia, lassitude, vertigo and general debility.

○ Don't suppress the thirst as it leads to general debility, giddiness and heart diseases.

#### Influence of preparatory methods on food

The quality of food varies depending on the mode of preparations:

Kakoolam (food prepared in heated ash)

This is heavier and does not get digested properly.

Karpoora (preparing using wood fuel)

These preparations are relatively easily digestible than the former.

Bhrastam (preparation in ves-

sels)

These preparations are easily digestible than the former.

Chulha (preparing in the ovens)

These are relatively more digestible than the former.

Angaram (preparing over hot fire cakes)

Similar to the cooking of rotis and pappads. These types are the most easily digestible.

#### Norms for the quantity of meals

Food eaten, chewed, licked, swallowed and drunk gets digested in the passages of the gastrointestinal tract before it reaches various parts of the body. The sound basis for meals is to fill a one-third of the stomach with solids, a third with liquids and the remaining third for flexibility. This is known as the one-third rule on eating.

When solid food is taken to the full, it leads to serious imbalance in Vata, Pitha and Kapha and produces serious illnesses. The quantity of food taken depends on the quality of food and digestive fire.

#### Prohibited food habits

##### Adhyashanam

It is the intake of large quantity of food before the digestion of previous meals or frequent meals.





### Athi-ashanam

It is the intake of large quantity of food and over eating at a time.

### Visamashanam

It is the intake of large or small quantity of food without timing.

### Samashanam

It indicates intake of unwholesome and wholesome food together.

The above habits lead to chronic digestive problems and further pathological conditions. In these situations fasting is recommended till further urge to take food. Even with the prescribed dietary regulations if one takes food under the following conditions one can succumb to the serious digestive disorders.

- ⊙ Food that is not pleasing to one's mind.
- ⊙ Food that leads to abdominal distension.
- ⊙ Improperly cooked foods.
- ⊙ Extremely cold items like frozen ice-creams.
- ⊙ Rotten and damaged foods.
- ⊙ Water logged foods.
- ⊙ Stale foods.
- ⊙ Intake of food while one is mentally disturbed.
- ⊙ Frequent heating and cooling of food of the same type foods.
- ⊙ Food prepared in repeated heated oils.
- ⊙ Successive heating of foods.

### Incompatible food combinations

Incompatible food combinations produce metabolic problems, typical poisoning effect in the system and varieties of disorders like skin allergies, persistent fevers, swelling; eye, spleen, blood and liver disease, impotence and sometimes can turn fatal also.

**Some common examples are given below:**

| Food articles                     | Incompatible combination                      | Effects                                                         |
|-----------------------------------|-----------------------------------------------|-----------------------------------------------------------------|
| Milk                              | Fish, horse gram, black gram, sprouted seeds. | Severe indigestion, gastric problems, allergic problems         |
| Curd                              | Banana, chicken meat, fish                    | Indigestion, skin problems                                      |
| Meat                              | Honey, sesame, milk, jaggery, black gram.     | Ear and eye problems, tremors, Nasal voice and chronic diseases |
| Pigeon meat fried in mustard oil  | Honey, milk                                   | Blocks blood circulation, causes seizures, goiter, death.       |
| Mango, coconut and all sour items | Milk                                          | Gastric problems, blood disorders                               |
| Rice cooked in milk               | Fermented drink                               | Kaphaja diseases and blood disorders                            |
| Honey                             | Equal quantity of ghee                        | Poisonous effect, skin allergies                                |

Those who are doing proper exercises, purification therapies, having good digestive system the above combination will not do any harm.

### Directions for the use of foods

The consequences of food and drinks that are ill chosen, ill prepared and ill served will be much harmful. A broad classification of a

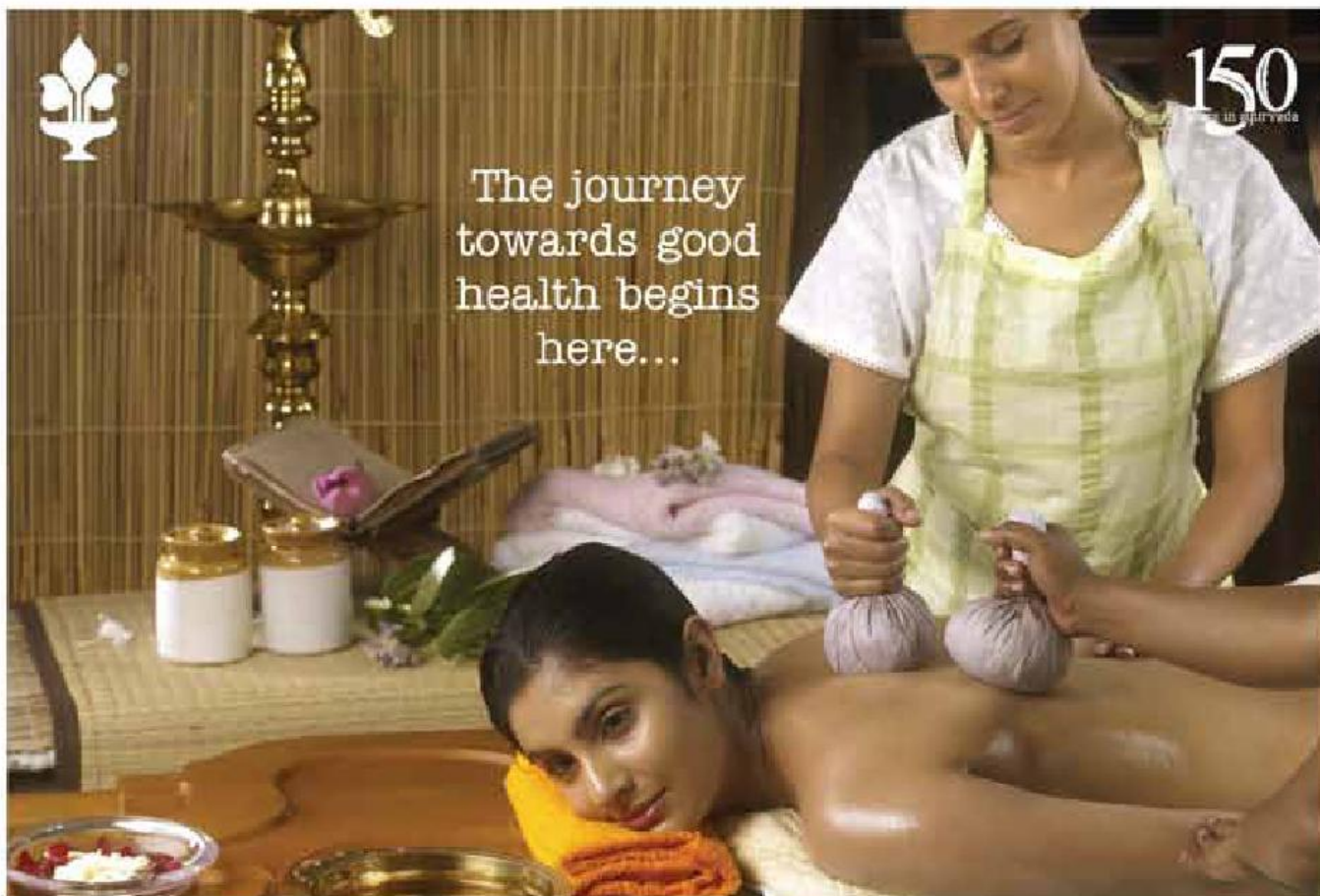






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wide range of food is essential for designing diets.

**According to Ayurveda dietary articles are grouped as follows:-**

- Shooka dhanya (grains with husk)
- Sami dhanya (pulses)
- Mamsa (meat)
- Shaka (vegetables)
- Phala (fruits)
- Harita (greens)
- Madya (alcoholic drinks),
- Jala (water)
- Gorasa (milk and milk products)
- Ikshu (sugar cane products)

Ayurveda proposes that acceptability of the nutrients depends on the type and properties of food item from which it is derived; hence some will be rejected and others are accepted easily by the body. Rejected food particles causes disease process in tissue level and if unnoticed it can lead to serious ailments. Some examples

How and when we take a particular food, it is important. The usage of particular food articles can decide their effect on the body. Some such examples are given below:

| Food        | Usage                                                                                    |
|-------------|------------------------------------------------------------------------------------------|
| Curds       | Avoid during night time, shouldn't be heated for intake or used along with hot items.    |
| Edible oils | Re-usage should be avoided on heating                                                    |
| Ghee        | Excessive quantity should not be used in digestive disturbances and on loss of appetite. |
| Milk        | Avoid with sour substances                                                               |

## Ayurvedic Diet Planning

The diet is an essential factor for the formation of the human body. According to Ayurveda, there are positive and negative attributes of diet. Ayurveda has a holistic approach of healing; therefore it covers the diet factor in detail. It considers food as medicine. And according to Ayurveda, no medicine will work without proper diet. Diet along with the daily habits is crucial to the health of an individual. But there is no specific diet for all people in general.

Each food item contains doshas and the five elements in different proportions. Therefore, one man's food may act as poison to the other. The consumption of different food will affect the elemental balance in both positive and negative manner. The various benefits of personalized diet are:

- Better digestion, metabolism and elimination
- Improved sleep, concentration and memory
- Strong immune system
- Controlled weight
- Better health

The diet should always be planned keeping in mind one's body type. There are various foods that should be avoided and some are preferred in different doshas. A good Ayurveda physician can help you to choose right food for your family.

| Groups      | Easily acceptable to the body | Not easily acceptable to the body |
|-------------|-------------------------------|-----------------------------------|
| Suka dhanya | Red rice                      | Yava (barley)                     |
| Sami dhanya | Green gram                    | Black gram                        |
| Mamsa       | Goat meat                     | Beef meat, dove meat              |
| Saka        | Jeevanthi (Adapathiyan)       | Mustard                           |
| Phala       | Grapes                        | Sitha phala                       |
| Harita      | Ginger                        | Radish                            |
| Madya       | Grape origin                  | Vinegar                           |
| Jala        | Rain water                    | River water                       |
| Gorasa      | Cow milk & ghee               | Sheep milk & ghee of sheep.       |
| Ikshu       | Sugar                         | Phanita                           |





# Choose Your Right Food



**W**hat we eat is of much importance. Where, how and when we eat is also important to our health. This concept is unique to Ayurveda. Ayurvedic eating is “person” specific. Some guidelines for choosing the right foods for you are:

- Eat according to your age and body constitution.
- Eat fresh and seasonal vegetables and fruits.
- Eat freshly cooked and warm food. This strengthens Agni, improves digestion and reduces excess Kapha and Vata.
- Eat food that is sufficiently oily and moist (not fried). It tastes better, supports agni, builds the dhatus and increases physical and neurological strength.
- Study food combinations and never eat foods in wrong combinations.

## Food qualities

Ayurveda says about different qualities of food. Before making a food choice, it is important to consider its quality.

**Prakriti:** The natural basic quality of a food, usually indicated by its taste (rasa), potency, digestive and post-digestive actions. For example, Udad dal and wheat grains are heavy, so they benefit Vata. Mung dal and millet grain are light, so they benefit Kapha.

**Karana:** The processing of a food. The qualities change according to processing. For example, roasting grains lightens them, while evaporating milk increases its heaviness.

**Samyoga:** The principle of food combination. When two foods combine, their qualities change. For example, honey and ghee in equal quantities become poisonous. Sour

fruits combined with milk curdle it.

**Rashi:** The quantity of food. Light foods should be eaten in larger quantities and heavy foods in smaller quantities.

**Desha:** The environment where the food is cultivated. This affects its qualities.

**Kala:** The effects of time on food. Time changes the quality of a food. For example, unripe food has a different quality than ripe food. Mango is sour when unripe and sweet once ripened. Also, foods like meat become toxic and begin to spoil if not eaten in a certain amount of time.

**Upayogasamstha:** Using the guidelines of food and eating. Not doing so can change the way the food is assembled or recognized by the body. This means:

- a. Do not eat while on the go,
- b. Do not eat too fast or too slow and
- c. Eat only when hungry.

**Upayokta:** Take the person who is eating the food into consideration. Which foods are suitable for that person and which should they avoid? For example, take into consideration if a Kapha individual has never eaten spicy foods before. With this in mind, it is un-advisable for that same person to begin eating very spicy foods all of the sudden, with no prior history.

## Be careful on processed food

Food preparation and presentation is now vastly different from what it was a century ago. Today many go for ‘Fast Food’: pre-packaged “meals” that take only a few minutes to prepare. Sure, some of them are mouth watering but what we



lose here is the chance to enjoy fresh, natural and healthy food!

Processed foods are riddled with high fat, sodium and carbohydrate contents. The recent surges in arterial and coronary diseases in the western part of the world are a clear symptom of this dangerous type of food.

Most produce grows in an abundance of artificial fertilizers, hormones and pesticides. Animals used for meat receive high dose injections of hormones and antibiotics. Because of their inorganic origin, these foods carry toxic residue that blocks the channels and causes a host of diseases.

#### a) **Frozen Foods**

Busy life with hectic schedules makes the modern man a no time-man. Timelessness drives one to the habit of cooking one large meal and freezing the leftovers. When frozen, the water molecules in our food become ice molecules. Since ice has a greater volume than water, the food molecules separate and expand, breaking the bond between them and rendering the food lifeless.

#### b) **Chemically Preserved Foods**

Chemically preserved food is even



worse than frozen food. Most chemicals are carcinogenic. Prolonged use of these chemically-laden foods often leads to a host of cancers.

#### c) **Fermented Foods**

Fermentation is a popular method of flavor enhancement. Our everyday diet includes many fermented foods such as vinegar, alcohol, soy sauce, yogurt, cheese, yeasted bread or crackers, pickles and ketchup, to name a few. Fermentation is the chemical transformation of an organic substance by agitation or intense activity. In fermented food, the disintegration process has begun before our own ingestion. Once eaten, this type of food disturbs the sweet and sour phases of digestion, aggravates the pungent phase and dulls the mind. Alcohol offers a good example of the effects of fermented substances on the quality of the mind.

#### d) **Refined Foods**

Refined foods are now part of the modern diet. The refinement process includes the stripping of the fibrous covering of a food, which







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diminishes the food's benefits. The fibre surrounding the nutritive component of a food is essential for the process of peristalsis in the colon. Constipation is one of the most common results of ingesting this type of food. The end product is also small and highly potent, which aggravates Vata. Children who eat too much refined sugar (for example in candies, chocolates and cookies) become hyperactive due to the excess Vata now moving through their system.

#### e) **Raw Foods**

Many people live on raw foods, thinking that cooking destroys the food's natural enzymes, vitamins and minerals. What they may not realize is that raw foods aggravate Vata, causing an upsurge in anxiety, nervousness, restlessness and dryness in the body. Often the body cannot digest certain raw foods at all, making them useless as nourishment.

*Carbonated Beverages*



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

Kochi  
28.02. 2012

Benny Thomas  
Publisher

#### f) **Fried Foods**

Fried foods are so tasty. But while frying, the oil binds with the food, making it heavy and difficult to digest. This reduces agni's ability to metabolize it. Also, frying creates acidity. When oil is heated beyond its natural boiling point, its natural structure changes and often causes the molecule to become carcinogenic. Always discard frying oil once used. Never reheat it.

#### g) **Carbonated Beverages**

Carbonated beverages are a fashion today. The carbonation process injects carbon dioxide into flavored, chemically-sweetened water. This enhances the taste but vitiates Vata and produces hyperacidity in the GI tract, a dangerous condition that can result in decreased nutrient absorption, Candida and/or die-off of beneficial intestinal flora.

#### h) **Microwaved Foods**

Microwaving alters the nature of food, which directly affects us. Microwaves break the bonds between food molecules, dispelling its life energy.





# Do yoga fight obesity

Jayadevan AP

'If practiced with conscious breathing, yoga postures balance the sympathetic and parasympathetic nervous systems which govern the digestive system'.

**T**he absolute unity of life in all its different forms of expression is the basis of the holistic view of health, disease and healing. And the ultimate aim of life is nothing but realizing this state of oneness. According to those ancient seers of this holistic wisdom, our bodies, indeed our whole lives, are nothing other than a reflection of our spiritual situation. Each symptom or suffering, whether mental or physical, is an exact indication of the point we have reached in our life's journey. Sufferings teach us what we are lacking to become whole. Health means having the physical, intellectual, emotional and spiritual aspects of one's personality integrated into a seamless whole.

Food is the main source of en-

ergy for the human body and regulation of food intake forms the first practical step in creating health. One can eat to live or live to eat. Everyone talks about eating the right food, but another important aspect that is generally ignored is the amount and quality of food that needs to be eaten. 'Let your food be your medicine; let your medicine be your food,' said Hippocrates, the father of Greek medicine. Taittiriya Upanishad (2.2.1) says, 'food was verily born before all creatures; therefore it is called the medicine for all'. For those ancient sages, food was really a divine thing. This age old holistic approach towards food is almost lost in today's fast-food world.

Food provides happiness. When a mother feeds her baby, food is an



expression of love and care. Sharing of food is of much importance in all social or religious functions. Recent studies proved that persons lacking love resort to eating as a substitute for love. Up to an extent food gives temporary relief from emotional problems. All these facts point towards the necessity of developing a proper attitude towards food. Rather than for its taste, food should be loved for the nourishment it provides. Bhagavad Geeta classifies food into satvika, rajasa and tamasa among which satvika food is the best.

Obesity, which is the result of improper food habits, is becoming the single most cause for all ailments in modern times. It is simply defined as an excess of fat in body. Lack of exercise, fast food and stress altogether increase the number of obese people in society. Though we can hear many excuses from obese people like gland's problem, metabolism or inheritance, in most cases, the only problem is with the salivary glands, which work too well! Obese people are slower, more lethargic and inactive. Obesity leads to a number of problems like hypertension, diabetes, cardiovascular problems, arthritis etc.

The key to lose extra weight depends upon two factors- eating behavior and proper exercise. These two factors can be corrected with regular Yoga practice including Pranayama and Meditation. The postures which really enhance our vitality, stamina and beauty of the body are but the least part of yoga. When rightly understood, it is a process which elevates oneself into something nobler and more wholesome. Yoga is a way of life to develop a deeper awareness of one's own self, by virtue of which one can master the forces internal and external. It helps us to live a 'full' life.

The pressures in day to day life agitates mind and that disturbs the flow of prana through nadis which results in improper digestion and

that is the starting point of diseases. So, with postures, breathing and meditation, one can fix all these problems.

There are a wide variety of asanas, each one dictated with distinct stretches, counter stretches and resistance. Each pose results in an alignment of the skin, flesh and muscular structure of the body with the skeleton. If practiced with conscious breathing, the postures balance the sympathetic and parasympathetic nervous systems which are governing the automatic functioning of the internal organs, heart rate, blood pressure, respiration and digestive system.

Among various asanas, Vajrasana is having a special influence upon digestion. If you sit in this Asana for fifteen minutes immediately after food, the food will be digested well. Flatulence is removed. For doing this, sit on your knees on a blanket, placing your heels under your hips. Let the heels be opened but the toes should be joined and the feet are on the ground. Keep the spine straight, place palms on your knees while keeping arms straight. Have normal, full breathing. This pose will give relief to your tired legs. This is meditative posture and can be done at any time and is very

good for improving digestion.

Another pose which improves digestive fire is Bhujangasana. For doing this, lie on the floor in prone position. Stretch the legs with feet together, knees tight and the toes pointing. Place palms by the side of shoulders. With inhalation lift the body up from the trunk, look upwards. Tighten the thighs and with normal breathing stay for 20 seconds. Exhale, bend elbows and come to rest. Repeat this for three times and relax. This pose improves agni and digestion, decreases gastric difficulties, gynecological problems, back pain; strengthens respiratory muscles; stimulates liver and spleen.

There are a number of asanas which can wonderfully help obese people. Forward bending, twisting and backward bending asanas help reduce the fat near abdomen, hips and other areas. Sun salutations are highly beneficial in fighting obesity. With that kriyas like shamkha-prakshalana and agnisara and bandhas like uddiyana and moolabandha are helpful. Pranayamas like kapala bhati and bhastrika can be practiced. The most important thing regarding this is that, all these practices should be done only with the help of an expert.







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# The Screen Fast



"We use digital cameras, cell phones and movie players to filter our experience. And we have become so accustomed to the view that we prefer pixels to sublime reality ... we are addicted to the screens we use to dampen the rawness of life".

- Deconstructionist philosopher Avital Ronell

"Silence in homes has become virtually impossible to bear, and both children and adults find themselves "virtual slaves" to the electronics in their possession".

- Nancy Levant

In Western world, a good percentage of youths are addicted to e-world; a world of vibrant colors, on screens. Diana Bayless, from USA shares her thoughts on screen addiction here.

Hi, my name is Diana, and I'm an addict. A screen addict. And I'm quite certain I'm not alone.

In our modern world full of incessant news feeds, online video clips, facebook posts, emails, scrolling tickers, news stories, texts, Twitter feeds, and television shows, where's the incredibly important silence? That oh-so-important space where we can still our minds, digest our thoughts and emotions, and just reset. It's no wonder our world is full of vata derangement! The never-pausing, media-frenzied world in which we live is so full of babble that we are never able to fully rest, allowing our senses to rejuvenate so that we can live our lives wholly and presently with fellow people and not with machines.

When we feel lethargic and



full, we routinely detox our bodies. Therefore, it's only fitting that we should occasionally do the same for our minds. Here, I offer a ten-day program I've designed and followed a handful of times, and it's helped me tremendously each time. I've experienced, first-hand,

a shift in my perspective from what I call this "screen fast." And much like a physical detox that allows us to shed material excess, this more subtle effort is to lose mental heaviness and agitation – by eliminating mindless and constant chatter. This is your ten day journey to finding



a refreshed, rejuvenated, and reset state of mind.

So, here are the details of the "Screen Fast":

#### FOR TEN FULL DAYS:

- No TV of any kind – unplug it, if it helps. This includes DVR, movies, video games, Netflix, and anything else that displays on a television or is projected. If you are like me, and the thought of missing some of your favorite programs is unnerving, then program your shows on your DVR to watch later or plan to watch them online in a few weeks. (Surprisingly, I have found that after some time away from the tube, I no longer even miss my favorite shows!)

- No Internet between the hours of 7pm and 7am, and if possible, no internet at all for the full ten days. However, if absolutely necessary and for business-related activities only, computer usage is allowed – but only between the hours of 7am and 7pm (or whenever you conduct your business). The important thing here is to set a heavy restriction on Internet and computer usage, preferably for at least a consecutive 12 hours. And be sure to keep usage strictly to required, business-only activity.

- No Facebook (or insert social obsession here). Here's looking at you, Twitter, YouTube, Etsy, Slick-Deals, Myspace, and on & on..

- Here's a tricky but necessary one: Unplug and power off your phone, ipad, and computer at 7pm (or whatever time you have determined for your consecutive hours). There should be a total lights out

on all screened devices during your off-business hours.

- No talk radio. Now this one's hard for me. I love NPR in the mornings. But, no news is important for these ten days. No chatter of any kind. Radio is permitted, but only for music – and preferably soft, soothing music that is either uplifting or inspiring.

A few optional, but helpful, things you might want during the fast:

- An alarm clock (a must if you rely on your phone to wake you up, like I do!) Since all screened devices will be off during those important, quiet 12+ hours, an alternate form of alarm is really useful.

- A landline phone. Remember those? Now, this isn't really necessary of course. If there's an emergency, you can simply turn on your phone and dial away! However, I wanted the ability to chat with a long lost friend or call up my mom for a chat without having to turn on that all-Internet mobile device. (I think I just knew I wouldn't be able to resist quickly checking a few apps if I already was using the phone). The point here is: If you use a phone, use it the good old-fashioned way, voice to voice contact only.

- A good book or put-off project. This is a must.

While you rejuvenate your senses, slow down your pace, and free yourself from the constant chatter of the monkey world, you may notice – especially in the beginning – some struggle to adapt to the peace. I usually feel restless, bored, and unsure of what to do in those first few days. This is necessary. It's

a part of the withdrawal from the frenzy.

During this time, it's important to do things you might normally not do. Go for a long walk, sip tea on your patio, and watch the world around you. Take up a new hobby, knit, read a book for pleasure, read a book for business, call your sister to catch up, clean the bathroom, make bread from scratch. Savor every slow moment without technology and background chatter.

Lastly, and this is important: Keep a journal. Write in it every single day for the ten days. Write how you feel, what thoughts pop up, and what you miss or don't miss about the technology from which you are fasting. Keep a log of your emotions, dreams, anxiety levels. It will help you gauge your progress.

There is a constant humming of our electronic devices, and we all fall prey to constantly using them. What is all this constant "connection" to the outside world really doing to us, and what will it do to young America? We are all alone in our rooms, falsely connected to millions – but really just all alone in our rooms. And if we turned it all off and unplugged, what might happen? We'll feel alone? But we are! We're all alone in our rooms! Perhaps the digital disconnection, though frightening and uncomfortable at first, will eventually allow us to finally have a real and fulfilling connection, and actual human interactions will happen once again.

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# Ask the 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 Shalakyatanthra, 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  
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**Dear Sir,**

I am 37 year old now, having a problem with my knees. It all started from 3 or 4 years back. In the beginning it was just a slight pain on knee, and it was felt only on one knee. And this pain was there just for 2 or 3 days, and then disappeared. This pain was appearing in 2 or 3 months gap in the beginning and it was on either left or right knee. Since last year, the intensity of pain was bit high and still it was not long lasting. I have been applying some rheumatic balm, when there was pain. But now, my left knee is having severe pain and I have difficulty to climb steps. But when standing still or walking there is no much pain. Pain comes when I flex my knees and now I can't squat. Kindly help me with an Ayurvedic solution for my problem.

*Yours faithfully,*

*Sandeep PK, Dharmadom, Kannur*

**Answer:**

Dear Sandeep

There is some significant weakening of your legs. There is no detail in the letter about your general health. Hope it is all fine. If you are over-weight, try to reduce it. Take Sahacharadi kashayam orally, two times a day adding

10 drops of Gandhathylam in it. Do some regular exercises which do not hurt. Swimming will be the best. The thigh muscles will be weak. We have to make them stronger. Avoid trying sit-ups. Do not kneel down on the floor or similar hard surfaces. Clear constipation if you have. Apply a warmed mixture of Sahacharadi thylam and Mahasneham on the thighs and knee joints and do gentle massage for 20-30 minutes in the evenings.

**Respected sir,**

I am 35 years old now. I have a strange problem. I am feeling a buzzing sound (a bell like sound) in my ears all the time. It could be heard so clear, when I am alone, in a silent place. And sometimes I see shining spots flying around me. More often it occurs when I stand up or sit down suddenly. And also when I stare to sky, I can see these bright, moving spots. All these started at least around 10 years back. I was shy to ask about this to any doctor, and last month, one of my friends told me that this may be because of any neuro-problem. Mine is an average built body and have an average health status. Is this indicating any serious problem? Kindly help me with your opinion.





*Thanks and regards,  
Sivadas N, Kalady,  
Ernakulam.*

**Answer:**

Dear Sivadas,  
The condition that you are suffering from is not so strange or rare. It is known as Karnanadam. It is to be treated after proper evaluation of the situation. I hope you have consulted some doctors and excluded the chance of impacted wax in your ear canal. The bright spots in front of your eyes need not be a significant clinical problem. If it is increasing further or start affecting your vision, then it should be attended. For karnanadam, you may try the following medicine. 1.) Nayopayam kashayam two times a day before food with one Goro-  
chanadi gulika dissolved in it. 2.) Aswagandharishtam 25 ml with one Manasamithram gulika at bedtime. 3.) Balm warm balathylam around the ears at bedtime.

**Sir,**

I am a regular reader of this magazine and like all other readers, I am

so grateful to have an opportunity to seek advice from a doctor like you, through this column. I have a serious doubt, and I hope other readers also may have same doubt. Now a day we can see a number of advertisements from Ayurvedic industry, promoting the use of immunity enhancing products like Chyavanaprasa. They say that regular use of this product will keep us healthy. And surprisingly, some companies offer Chyavanaprasa in different flavours! Sir, my doubt is that is this medicine advisable to all regardless of their age and body conditions? Kindly let us know what is written in ancient scriptures regarding the use of Chyavanaprasa.

*Thanking you,  
Abdul Rasaque,  
Karunagappally.*

**Answer:**

Dear Mr. Abdul Rasaque,  
Hats off, you raised a question with a social hue. As you rightly understood, Ayurveda is propagated in umpteen numbers of ways these days, majority of which are unethi-

cal. Believe me, Ayurveda is not a product at all. It is the way of intervention. It is a philosophy of assessing the health/disease status of an individual. Unfortunately this is not discussed. Instead, products are marketed with labels which read 'Ayurvedic Product- 100% safe'. Of course there is a need of marketing of medicinal preparations as it is not practicable for everybody to prepare their own medicines. But there should be some ethical standards and regulations. Even though there are rules at present to regulate the marketing of these preparations, they are breached more often than obeyed. As far as Chyavanaprash is considered, when used as per the Ayurvedic principles, it is a rasayana which can improve the 'ojus' (immunity may be a possible translation). It is not a food. Age and conditions of the body are to be considered while using it. As the legendary physician Vaidyabhushanam K Ragahvan Thirumulpad opined in one of his published interviews, "What exploited is the ignorance of the public, not Ayurveda".

## HOLIDAY HOME @ KOTTAYAM



A posh and spacious villa available for short-term rental. Close to Kottayam Railway Station. Ideal for family vacation or social celebrations like wedding, etc.

*Contact:*

Thomas Mathew Vazhapalliyil, Republic of Ireland,  
Telephone: +353 1 457 9864 (Res.), +353 87123 6584 (Cell)  
Email: tomatt3@yahoo.com, Website: www.parishvilla.info



# Pancha Karma

## Detoxification at cellular level



*Dr P Mohanan Warriar;  
Dy Chief Physician  
and Dy Superintendent,  
Ayurvedic Hospital  
and Research Center,  
Arya Vaidya Sala Kottakkal.*

**A**yurveda which originated in ancient India, has gained worldwide recognition as an effective alternative or complementary system of healthcare. The popularity of Ayurveda has brought Panchakarma (five purificatory procedures) into prominence more than ever before. This unique therapy has a scientific basis and its principles and rationale have been well accepted.

Ayurveda is a dynamic medical system. It has a wide axiomatic frame which can accommodate both ancient and modern trends for the development of medical science. One may find roots of Vedic medicine in Ayurveda. But it has undergone a sea change over time and as a result today it has a strong basis of yukthi vyapasraya chikitsa (medical management), daiva vyapasraya (spiritual therapy) and satwavajaya (psychiatric measures).

Yukthi vyapasraya chikitsa requires strong scientific basis, demonstrable in accordance with stringent scientific norms and parameters, which have universal acceptance. It does not mean that Ayurveda should always be interpreted in terms of modern basic science. Ayurveda has its own unique fundamental theories and approaches.

A quick overview of Ayurvedic basics would be interesting. The whole universe is constituted of matter. And the term for matter in Ayurveda is Bhuta (element). Bhuta connotes that evolved through

function. Everything in the universe including animates and inanimates are constituted by the five Bhutas, five forms of matter - Ether (akash), Air (vayu), Fire (agni), water (jalam) and earth (prithvi) - each with specific properties.

'Ayu' or life is defined as a dynamic condition-a going on flux. The whole universe is always in a moving state. Everything is changing. Life is possible only when the living thing can be in tune with changing conditions of universe. Man is a microcosm of the macrocosm. Health is that condition when the organism is in harmony with the changes in the nature around and disharmony means illness.

Two opposite processes- creative and destructive -happen continuously in a living body i.e, building up and disintegration. In a dynamic state, energy is lost and so disintegration takes place. So to replenish energy we have to supply food. Body can make use of food for replenishing lost tissue and energy, if it is properly digested and assimilated.

If the jadharagni is weak or dhatwagni which promotes the transformation of digestive food to different body tissues is weak, the whole metabolism of the body is obstructed. Then 'ama'(toxin) is formed. This ama is the cause of all diseases. So in Sanskrit a disease is called 'aamaya', that originates from ama.

It is being now reported that most of the grave diseases are created by the action of free radicals



in the molecular level. As per the modern researches, free radicals are radicals set free from oxygenated substances. We want oxygen but substances with excess of oxygen radicals set them free, which in molecular level harm the molecule, and the deranged molecules create or promote diseases as Cancer, Hyper tension, Diabetes Arthritis, Ageing, Alzheimer's diseases, Parkinsonism etc. This free radical theory has very much similarity with Ayurvedic concept of ama.

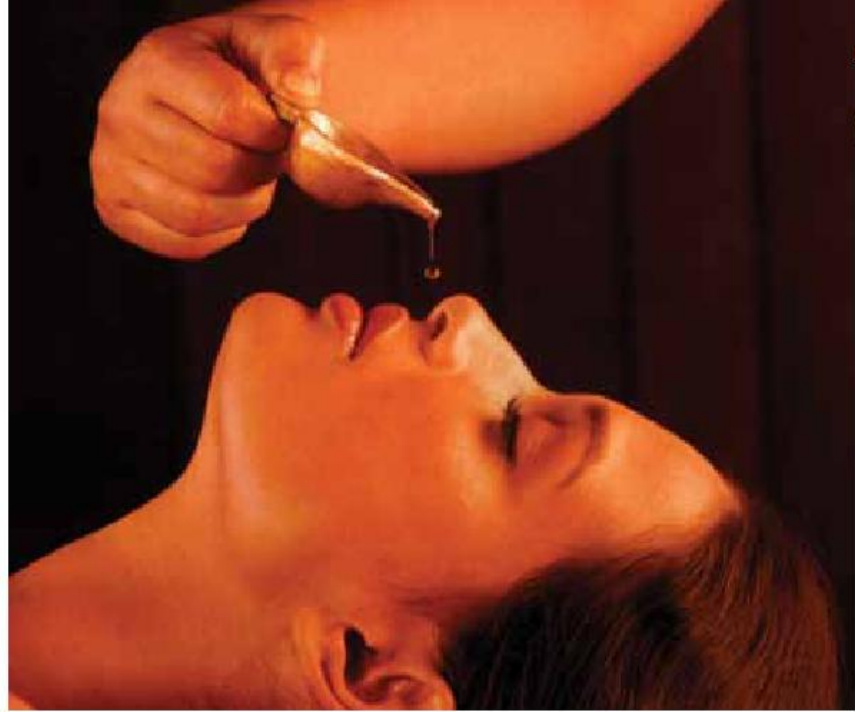
This ama exerts its influence through doshas in the body. The doshas Vata, Pitha and Kapha are functional factors, which show how the body responds to the stimuli from external and internal conditions. The proper balanced state of the doshas shows a healthy state. Increased, decreased or irregularity of the state of the doshas are shown by the symptoms corresponding to each condition.

It is said that Pitha and Kapha are lame and Vata makes them move. Most of the diseases are caused either by blocking or forcefully initiating the vegas (natural urges) and here also it is Vata that is provoked.

So, all panchakarma techniques are directed at creating favourable conditions in the body for the proper Vata functioning. This is accomplished by preparatory steps such as lubricating and heating which stimulate the energies to shake and bring the morbid factors to Kosha (alimentary canal), so that such toxins can easily be purged out. This allows Vata to work properly.

Even though the imbalanced doshas are the immediate cause of the diseases, the root cause is ama. So to cure and to prevent disease ama is to be removed. For eliminating ama and for preventing the accumulation of ama, purificatory methods are to be evolved. There lies the importance of Panchakarma (five purificatory therapies).

The five therapies included in



panchakarma are

**1-Vamanam (Emesis)** - Induction of emesis by oral administration of emetics.

**2 Virechanam (purgation)** - Induction of purgation by oral administration of purgatives.

**3 Vasti (Enema)** - Administration of medicaments through anal rout.

**4 Nasyam (Errhines)** - Nasal administration of medicaments.

**5 Rakthamoksham (Blood-letting)** - Blood-letting using appropriate devices.

**Before doing these therapies preparatory procedures are to be done. They are:**

**1 Snehanam (Oleation)** - Intake of Ghee, sesame oil etc in a prescribed schedule.

**2.Swedanam (Fomentation)** - With steam or by pouring hot water boiled with herbs continuously all over body.

After completing the main procedures of panchakarma one has to come to the normal diet gradually in a specific schedule.

Apoptosis - programmed cell death - is another interesting phenomenon occurring in a living body. It helps in the maintenance of the body. Planned cellular death is a natural process where the organism itself, persuades the cell that has lost its proper tract or course to

commit suicide so as to protect the organism. It confirms the Ayurvedic concept that destruction of noxious elements by elimination is not a passive phenomenon but an active one sustained and promoted by vital energy.

Viewed from this angle, sodhana (purification) therapy is not an arbitrary step imposed by men but a well thought out process intended to enhance and support body's own effort to purify itself discouraging the undesirable elements. It represents the comprehensive purificatory treatment methodology which primarily aims at the exhaustive elimination of morbid materials accumulated in human tissues owing to varied causes.

Eradication of toxic debris is done without causing any harm to the healthy structures and functions of the body. This helps to maintain total health, making every particle of the body active to the fullest possible extent. Stated in brief, panchakarma therapy, together with its pre and post operative procedures is an effective tool for prevention of diseases and curing diseases. Detoxification at cellular level is a good remedy for chronic lifestyle related diseases rampant in modern world.

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# ITB Asia to take place at Marina Bay Sands in 2012



Messe Berlin (Singapore), organizer of ITB Asia, 'The Trade Show for the Asian Travel Market', has announced that this year's show will take place at The Sands Expo and Convention Center, Marina Bay Sands, Singapore, from 17 to 19 October. Suntec Singapore, which has been ITB Asia's home for the past four years, is currently undergoing major refurbishment, and the show plans to return to the newly renovated venue in 2013.

"We look forward to ITB Asia 2013 at the all new Suntec Singa-

pore, and in the meantime plans are well underway for this year's show at Marina Bay Sands. With its fantastic location, state-of-the-art facilities, and proactive attitude, we are confident that the new venue will continue to create an optimal business environment for ITB Asia exhibitors, delegates and buyers, and ensure a high quality show to our partners, who support this initiative," said Nino Gruettke, Executive Director of ITB Asia.

Exhibition floor space at ITB Asia 2012 will increase by about 15% this year after a record performance in 2011. Last year's show attracted over 7500 trade visitors, representing more than 90 countries, 50% more compared to 2010.

The 2011 show also had the largest conference line-up ever

including the inaugural TTG Asia Travel Agency conference, the second edition of Association Day as well as panel sessions on 'Loyalty Programmes', 'Boutique Hotels' and 'Women in Action'.

"ITB Asia 2011 achieved strong attendance of 150 – 200 delegates on average for each panel session, along with positive feedback about the quality of these sessions. For ITB Asia 2012, we aim for an even higher number of delegates, and strive for a more robust conference programme, to ensure concrete year-on-year growth," added Gruettke.

ITB Asia is also a partner event of TravelRave, a mega travel and tourism festival week organised by the Singapore Tourism Board and Pan Pacific Singapore is the Official Partner Hotel for this year's show.



## Somatheeram Ayurvedic Health Resort won once again the prestigious National Tourism Award – 2010 / 11

*CMD Dr. Polly Mathew & Mrs. Tresa Polly \_ Director \_ jointly receiving the National Tourism Award from the President of India Smt. Pratibha Devisingh Patil.*

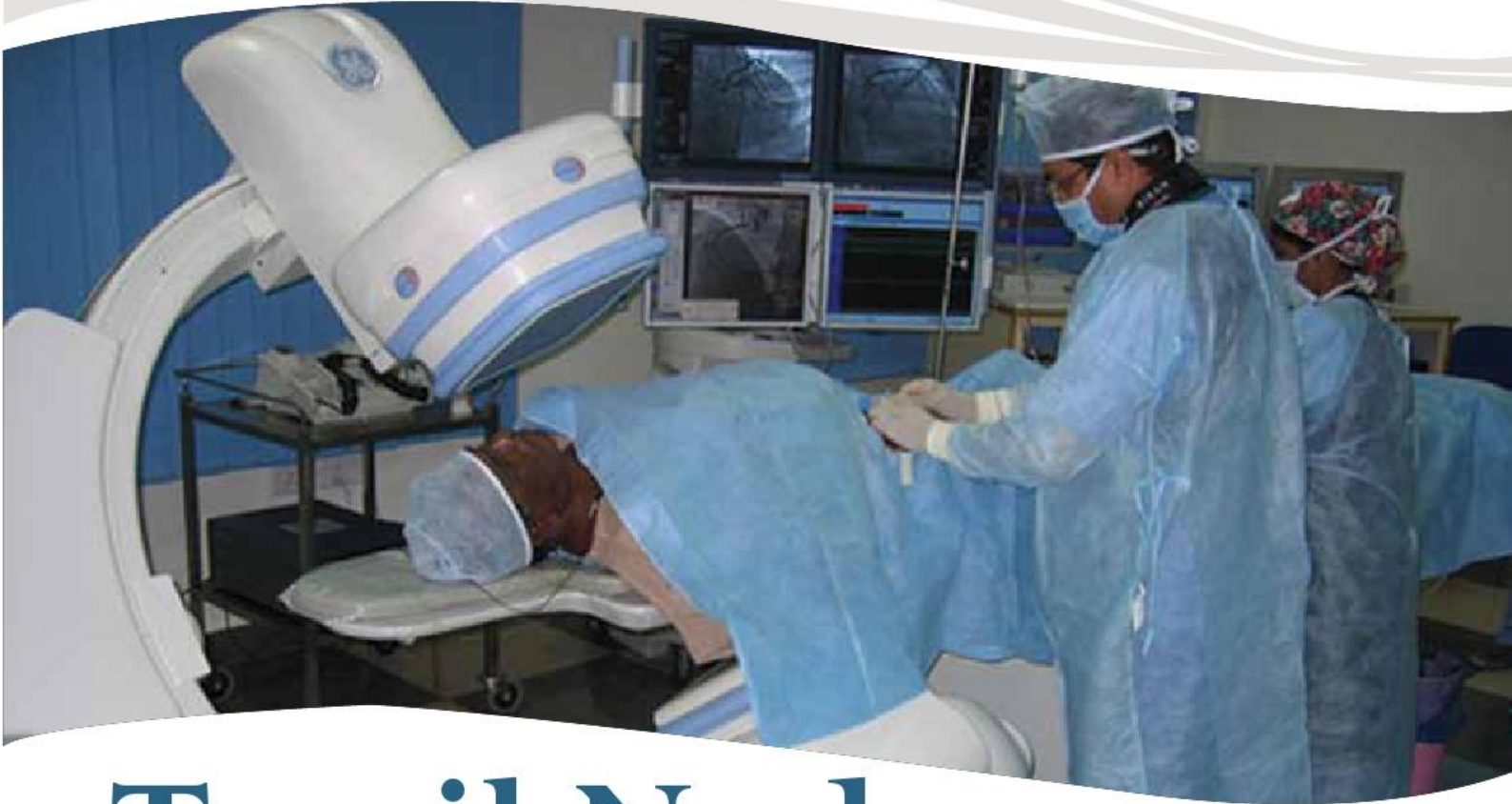


*"This is a most impressive institution, blending harmoniously with great technological skills. I have greatly appreciated the opportunity of seeing around the hospital and wish to convey my congratulations and best wishes to the entire staff."*

Sir Robert Shields,

President, Royal College of Surgeons, Edinburgh, U.K.,

After visiting Madras Medical Mission Hospital



# Tamil Nadu

## India's healthcare capital

**B**e it organ surgery, transplant or treatments, Tamil Nadu leads the way in healthcare tourism in India. With a number of approved world class hospitals, highly-skilled doctors with international experience, state-of-the art infrastructure, dedicated departments for taking care of international patients and technology-aided consultations, the State has become one of the fastest growing health tourism destination.

One of the most progressive States in India, Tamil Nadu, with

a culture more than a millennium old, is all set to receive people from all over the world and offer them affordable medical care. Its truly cosmopolitan cities—several of the Fortune-500 companies have a presence in this industrially advanced State—will ensure that patients feel they are at home in Tamil Nadu.

Should you want to experience alternative medicine, Ayurveda or take lessons in yoga, the State has dedicated institutions for them.



# Healthy ways

Tamil Nadu has a well-designed system to take care of international patients

**M**edicare has become the latest tourist attraction of Tamil Nadu, adding to the list of its rich history, enchanting wildlife and mesmerising scenic beauty. The State has a large number of well-equipped hospitals offering diagnostic, technical and treatment expertise of international standards, manned by doctors with global experience. All available at relatively low cost.

Tamil Nadu has readied an excellent health care infrastructure for the traveller who want to combine attending to his illness with his urge to see exotic places. While Chennai and other top cities have established hospitals with world class infrastructure and ensured services of the best medical professionals, historical spots such as Mamallapuram have set up several health resorts offering Ayurvedic medicare which can

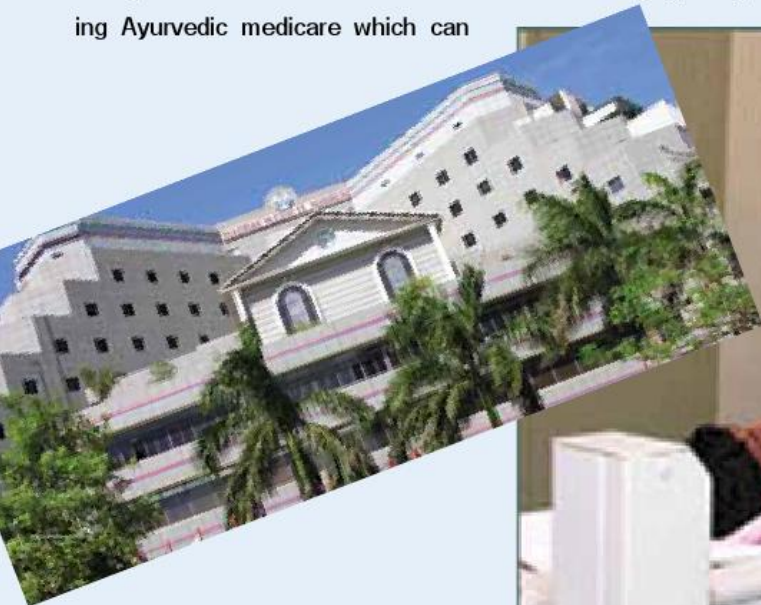
be compared to the best anywhere in the world.

#### Why Tamil Nadu:

- World class hospitals
- Dedicated care for international patients
- Availability of doctors with global experience.
- Minimum waiting time for consultation and treatment
- Cost-effective (even if the travel expenses are added)
- Availability of effective alternate systems of medicine
- High air connectivity
- Hospitable and conducive society
- Efficient law enforcing machinery with minimum crime rate
- Attraction to combine treatment with tours/pilgrimage

#### Major treatments /surgeries offered

- Assisted reproductive procedures
- Bone marrow trans plant
- Cardiac care
- Dialysis
- Kidney transplant
- Dentistry(all streams)
- Eye and refractive surgery
- Gynecology and obstetrics
- Joint replacement surgery
- Medical, surgical and radiation oncology
- Minimal invasive surgery
- Nuclear medicine
- Osteoporosis
- Preventive health care
- Trauma and neuro surgery
- Urology
- Vascular surgery
- Cosmetic surgery





## On offer for an international patient

**M**ost hospitals have representatives receiving you and your family at the airport and escort you to the hospital in an air-conditioned vehicle. International Patient Coordinators dedicate themselves to ensure that the patients from overseas experience world-class treatment and a comfortable stay. They put at ease your anxiety relating to your travel and stay.

**Translation Services:** You will find multilingual coordinators conversing with you in your own language. They will render translation assistance throughout your stay, making things smoother for you as well as your doctor during the length of your hospital stay.

**Accommodation:** Hospitals help you find long or short-term accommodations that best suit your individual preferences and budget.

**International Patients' Enclave:** Some hospitals have a dedicated place for international patients where they enjoy the comfort of having interacting with compatriots.

**International cuisine:** Personalised attention is given to ensure that your diet is prepared hygienically as per your taste, as it forms an integral part of the treatment. Experienced and capable dieticians will prescribe your diet to suit your daily nutritional requirements. Your family who accompany you can avail of the following facilities:

**Local Tour Services:** The friendly coordinators will be happy to make arrangements for your sightseeing, shopping etc. In order to extend a more personalized service, they would be delighted to accompany you on your exploration of Chennai, the capital of Tamil Nadu.

Guided tours in and around the city are arranged for you as well as those accompanying you, once the treatment phase gets completed and your condition stabilises.

### Ayurveda

If you want to experience Ayurveda, the ancient Indian system of medicine, then Tamil Nadu has several institutions which offer authentic treatments. Whether you are looking for wellness Ayurveda such as rejuvenative therapy or cure for chronic diseases such as psoriasis, arthritis, diabetes, obesity, lifestyle diseases or infertility, these hospitals with well-qualified physicians offer you the best treatments.

### Yoga

Yoga has a undeniable link to Tamil Nadu: One of the absolutely amazing carvings at the coastal town of Mamallapuram has Patanjali, considered the father of Yoga, depicted as half-cobra, half sage. The modern institutions have taken Yoga to its heights, offering lessons that help you de-stress and rejuvenate.

*Sage Patanjali, considered father of Yoga, on a carving in Mamallapuram*

## How to make your visit easy

Visit Tamil Nadu Tourism Development Corporation website ([www.tamilnadutourism.org](http://www.tamilnadutourism.org))

It has a list of hospitals approved for transplantation, super specialty hospitals and general surgery hospitals. Pick the hospital of your choice, and intimate them about your requirements

**Tamil Nadu**

**Fact File**

**Total land area:** 130,058 km<sup>2</sup>

**Population:** 72,138,958

**Capital City:** Chennai

**International Airports:** Chennai, Tiruchirapalli, Coimbatore

**Airports:** Madurai, Salem, Tuticorin





One can find everything in Tamil Nadu, except snow-capped peaks. It hosts one of the oldest civilisations in the world and is the cradle of Indian art and culture. The State has a literary tradition that spans a couple of millennia. Its temples made of stone and decorated with sculptures and paintings are a treat to watch. Its festivals are colourful and lively. Its people are friendly and welcoming. No wonder that tourists flock to the Tamil Nadu, making it one of the most visited States in India.

**Tamil Nadu Tourism  
Development Corporation,**  
Tourism Complex, No.2, Wallajah Road,  
Triplicane,  
Chennai-600 002.  
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25384444, 25381286  
Fax : 044-25361385, 25381567  
E-Mail: [ttdc@vsnl.com](mailto:ttdc@vsnl.com)  
Online Booking: [www.ttdconline.com](http://www.ttdconline.com)  
[www.tamilnadutourism.org](http://www.tamilnadutourism.org)

## THE LAND OF TEMPLES

Tamil Nadu is known as the land of temples with more than 30,000 temples, many of which date back to a thousand years. And the world has come to recognise these architectural marvels: UNESCO has accorded the title 'World Heritage Site' to five temples in the State. Among them are the Brihadishwara Temple in Thanjavur, the Airavateswara temple in Darasuram and the Shore Temple in Mamallapuram. The other major temples are the Madurai Meenakshi Amman Temple, Sri Ranganathas-

wamy Temple, Srirangam which is the largest functioning temple in the world, the Rockfort Temple at Trichy, Chidambaram temple and Rameshwaram temple whose 1.2 km long corridor is the longest of all Indian temples in the world.

The government of Tamil Nadu has declared 48 centres as heritage towns. Then there are innumerable heritage monuments protected by the Archaeological Survey of India and the Archaeology Department, Government of Tamil Nadu.



*The Brihadishwara Temple in Thanjavur is one of the five 'World Heritage Sites' in Tamil Nadu*

## WATERFALLS

They are nature's stress busters. Your eyes could feast on the splash of surf and your ears would love the

music. And you could even crave for a shower that can wash your fatigue off.



## HOGENAKKAL

Hogenakkal, means 'smoky rocks'. Here, the water falls from a height of 20 meters and then gushes through tunnel-like outlets for miles. The mist-like air that covers the rocks, the thundering sounds filling the air, the whole area surrounded by hills...you have the recipe for an out-of-the world experience of Nature. And should you choose to bathe in the waters, then there are facilities for the same also. You can also cruise through the crevices on country dinghies, an experience hard to find anywhere else. And when you are tired, you can feast on the fresh fish caught from the river, cooked and served right on the river banks.

**Other waterfalls:** Courtallam, Tirparapu, Silver Cascade



*Hogenakal, or smocky rocks, has never ceased to mesmerise visitors*



*Kodaikanal (in pic) and Udhagamandalam are two most popular hill stations in South India*

## HILL STATIONS

It is straight out of the pastoral poems. Walk through the meadows and watch the flock of sheep grazing on them. Marvel at the mighty rocks and deep valleys. Enjoy the cool climes near a lakeside.

**Udhagamandalam:** The queen of Hill Stations

Founded by the British in the mid 19th century, Udhagamandalam is dotted with lush gardens, lakes, waterfalls, mountains and valley views. Located at 2240 metres above sea level, the hill station has salubrious weather throughout the year. The Botanical Garden spread over 55 acres is home to a variety of rare flora. The Garden is best known for its annual flower show, usually held in May. The largest rose garden in the country with over 2500 varieties of roses and the Ooty lake are the other attractions.

The Ooty Heritage Rail offers tourists breathtaking views of the Nilgiris hill ranges.

The other hill stations: Kodaikanal, Yercaud, Coonoor, Topslip, Valparai, Yelagiri and Manjulai

## BEACHES

Tamil Nadu's beaches are unique: they are the meeting spots of the old and new. The sun-tanned sands and shallow waters are a refreshing experience. And most beaches are located close to a historical place. A bonus, indeed!

### Mamallapuram

Located just 50 km off Chennai, the State capital, is Mamallapuram, the well known beach temple. The place was once a flour-

ishing port under the Pallava dynasty and today it is famous for its stone-cut wonders. Places to see at include the shore temple, five chariots, Arjuna's penance, and tiger's cave. The monument is today a World Heritage Site. A crocodile bank is located just 17 kms from Mamallapuram. Amusement parks also dot the way from Chennai to Mamallapuram.

The other beaches: Marina, Elliot, Kanniyakumari and Poompuhar

## WILDLIFE

Have you ever dreamt of sauntering through the woods with a green canopy overhead? Ever fantasised about hearing a tiger's growl from close? Cherished a wish to see a peacock dance? Welcome to the wildlife in Tamil Nadu. At any given time, you can spot elephants, tigers, leopards, chital, panthers, gaurs, macaques, common lan-

gurs, deer, antelope, otters, crocodiles, sambhars, hyenas, jackals and porcupines.

And if you are lucky, you will be able to watch a proverbial race between hare and tortoise!

### Mudumalai Wildlife Sanctuary

Located in Nilgiri Hills, the Western Ghats meet the Eastern Ghats in this

sanctuary. This 321 sq km wide sanctuary encompasses a National Park measuring an area of 103 sq kms.

The other sanctuaries: Annamalai or Indira Gandhi Wildlife Sanctuary, Vedanthangal Water Birds Sanctuary, Point Calimere Bird Sanctuary, Kunthakulam Bird Sanctuary, Mukkurthi National Park, Kalakkadu Wildlife Sanctuary, Guindy National Park



# The elixir tree

Moringa is used as a source of nutrition and powerful medicines

**M**oringa, or drumstick tree, is often called ‘miraculous tree’, ‘elixir tree’, or ‘mother’s best friend’ in various part of the world as it meets all the nutritional needs, takes care of health. It even purifies water.

Moringa tree is a native plant of Northern India and since 2000 B.C. it has been described as a medicinal herb. It is in the family ‘*Moringaceae*’. It is a slender tree with drooping branches and grows around 7-11 meter in height. The wood trunk is brittle. It has oval-shaped leaves with small size in a single stalk. Moringa can grow well in the semi-arid tropical and subtropical area. Its flower is white yellowish midrib hood brass and green flowers. Moringa blooms throughout the year.

Moringa is common in India, where its triangular ribbed pods with winged seeds are used as a vegetable crop. It is particularly suitable for dry regions. The drumstick can be grown using rainwater without expensive irrigation techniques. The tree can be grown even on land covered with 10–90 cm of mud.

In developing tropical countries, Moringa trees have been used to combat malnutrition, especially among infants and lactating mothers. Three non-governmental or-

ganisations in particular – Trees for Life, Church World Service and Educational Concerns for Hunger Organisation – advocate Moringa as “natural nutrition for the tropics.” Leaves can be eaten fresh, cooked, or stored as dried powder for many months without refrigeration, and without loss of nutritional value. Moringa is especially promising as a food source in the tropics because the tree is in full leaf at the end of the dry season when other foods are typically scarce.

Scientific research confirms that

Moringa contains more than 90 nutrients and 46 types of antioxidants. With all the health benefits of moringa, it can easily be termed as the most nutritious plant up on this planet



According to Ayurveda, its properties (*guna*) are: light (*laghu*), dry (*rooksha*) and sharp (*tikshna*). Its taste (*rasa*) is pungent (*katu*) and bitter (*tikta*). Its potency (*virya*) is hot (*ushna*)

these humble leaves are a powerhouse of nutritional value. In each gram, moringa leaves contain seven times the vitamin C in oranges, four times the calcium in milk, four times the vitamin A in carrots, twice times the protein in milk and three times the potassium in bananas!

Moringa contains more than 90 nutrients and 46 types of antioxidants. With all the health benefits of moringa, it can easily be termed as the most nutritious plant up on planet earth! It can be consumed by small children and adults alike. Therefore, it is being used in porridge, pastas and breads.

#### Moringa in Ayurveda

According to Ayurveda, its properties (*guna*) are: light (*laghu*), dry (*rooksha*) and sharp (*tikshna*). Its taste (*rasa*) is pungent (*katu*) and bitter (*tikta*). Its potency (*virya*) is hot (*ushna*). It has no toxic effect when consumed in normal dosage. According to Ayurvedic scriptures, it can be used against around 300 diseases.

It is Vata and Kapha suppressant. Due to its hot potency it is helpful in relieving pain and inflammation. It is also helpful against infections in the body. It is very much effective in stimulating the nervous system. Due to pungent taste it is effective in treating the digestive disorders, worm infestation, and constipation.

It stimulates heart and it increases the blood density because of its hot potency. It is also a good anti-tussive and helps remove extra mucus in the respiratory tract because of its bitter nature. It is helpful in



### Moringa as folk medicine around the world

- Rub the leaves against temple to relieve headache.
- A poultice of fresh leaves can stop bleeding from a shallow cut.
- Against gastric ulcers and diarrhea, a tea is made of its leaves.
- It is widely used against malnutrition.
- Dried Moringa leaves treat diarrhoea in Malawi, Africa
- Flower juice enhances the quantity and the quality of mothers' milk.
- Flower juice is used for urinary problems as it encourages urination
- In Haiti, villagers boil Moringa flowers in water and drink the tea to relieve cold.
- Villagers in Oman use Moringa oil to treat stomach disorders. They also use it in perfume and hair oil.
- The roots and bark are used for cardiac and circulatory problems, as a tonic and for inflammation.
- The bark is an appetizer and digestive.
- The gum is diuretic, astringent and abortifacient and it is also used against asthma
- The drumstick seeds are used as a sexual virility drug for treating erectile dysfunction in men and also in women for prolonging sexual activity.

#### Moringa

**Botanical Name:** Moringa oleifera

**Genus:** Moringa Adans

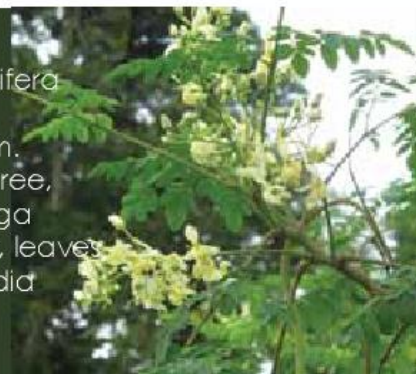
**Species:** Moringa oleifera Lam.

**Popular names:** Horse radish tree,

drumstick tree, sahijan, moringa

**Parts used:** Roots, seeds, bark, leaves

**Habitat:** Found throughout India





Leaves can be eaten fresh, cooked, or stored as dried powder for many months without refrigeration, and without loss of nutritional value

maintaining the proper menstrual cycle due to hot potency. It is also very good against skin related problems as it generates sweat in the body.

#### Inside the Kitchen



Drumsticks are used to prepare a variety of curries in south India

Weste Bengal as in neighboring Bangladesh. It is made into a variety of curry dishes by mixing with coconut, poppy seeds, and mustard. Sometimes the drumsticks are boiled until they are semi-soft and consumed directly without any extra processing or cooking. It is used in curries, sambars, khormas, and dals etc. It is also used to add flavor to cutlets, etc. In Maharashtra, the pods are used in sweet and sour curries called aamatee.

Tender drumstick leaves are used to make many dishes. Finely chopped leaves are used as garnish for vegetable dishes, dals, sambars, salads, etc. It is also used in place of or along with coriander, as these leaves have high medicinal value. In some regions the flowers are gathered and cleansed to be cooked with besan to make pakoras.

### Moringa leaf – a wonderful healer!

- High presence of vitamin A; helps vision, fights blindness.
- Rich source of Vitamin C, calcium, protein, potassium, zinc, iron and essential amino acids. Boosts immunity
- Absolutely safe and organic. Has no proven bad effects.
- Natural enhancer of energy levels for longer duration.
- Remarkable source of nutrition.
- Anti-bacterial and anti-inflammatory. Heals wounds, insect bites, ulcers and tumors.
- Fruit extract or powder can heal bacterial or fungal skin complaints.
- Reduces arthritis pain and inflammations.
- Controls blood pressure and promotes good sleep.
- Heals the skin problems and
- Has detoxifying effect, can purify water.



Experience  
the hidden treasures  
of Malabar coast



Kadappuram Beach Resort is the place to experience the love of nature. The resort built in traditional architecture using locally available natural materials is a village with its own characteristics

Your right choice for classic Ayurveda

Ayurveda classics • 100% pure village holidays • Eco Friendly cottages • Kerala kitchen delicacies

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2397588, 3290539. E-mail: kadappurambeachresorts.com

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# Home-made health

## How to make health tonic @ home

**S**ome decades back, preparation of Ayurvedic medicines at home by patients themselves was in vogue in Kerala. Vaidyas used to give elaborate instructions on how to procure the raw drugs correctly and how to prepare the medicine at home. 'No compromise in quality' was their mantra.

It is not a process which is much difficult or complicated. If you can

spare some time and have patience, you can make these medicines at home with the help of an Ayurveda doctor. And there are a number of preparations which are so easy to make!

Here is one such recipe for you, which is so easy to make and regular intake of it can keep the whole family healthy and energised!

### Ingredients

Gooseberry 1 kg  
Grapes 1 kg  
Banana 3 nos.  
Pine apple  $\frac{1}{2}$  of a small one (ripe)  
Jaggery 1 kg  
Cumin seeds 100 gms

### Preparation

- Ensure that all the ingredi-

ents are clean and dry. Put all the ingredients into a clean, dry airtight glass jar of appropriate size, as shown below. (The glass jar should be clean and thoroughly dried).

- Put some jaggery into the jar as the first layer.

- Spread some gooseberry over that. It will be followed by successive layers of jaggery, grapes, jaggery, gooseberry, jaggery, sliced banana, jaggery, and pineapple pieces, in that order.

- Fill the bottle with the ingredients layer by layer.

- On the top spread the cumin seeds and finally, add some jaggery over that.

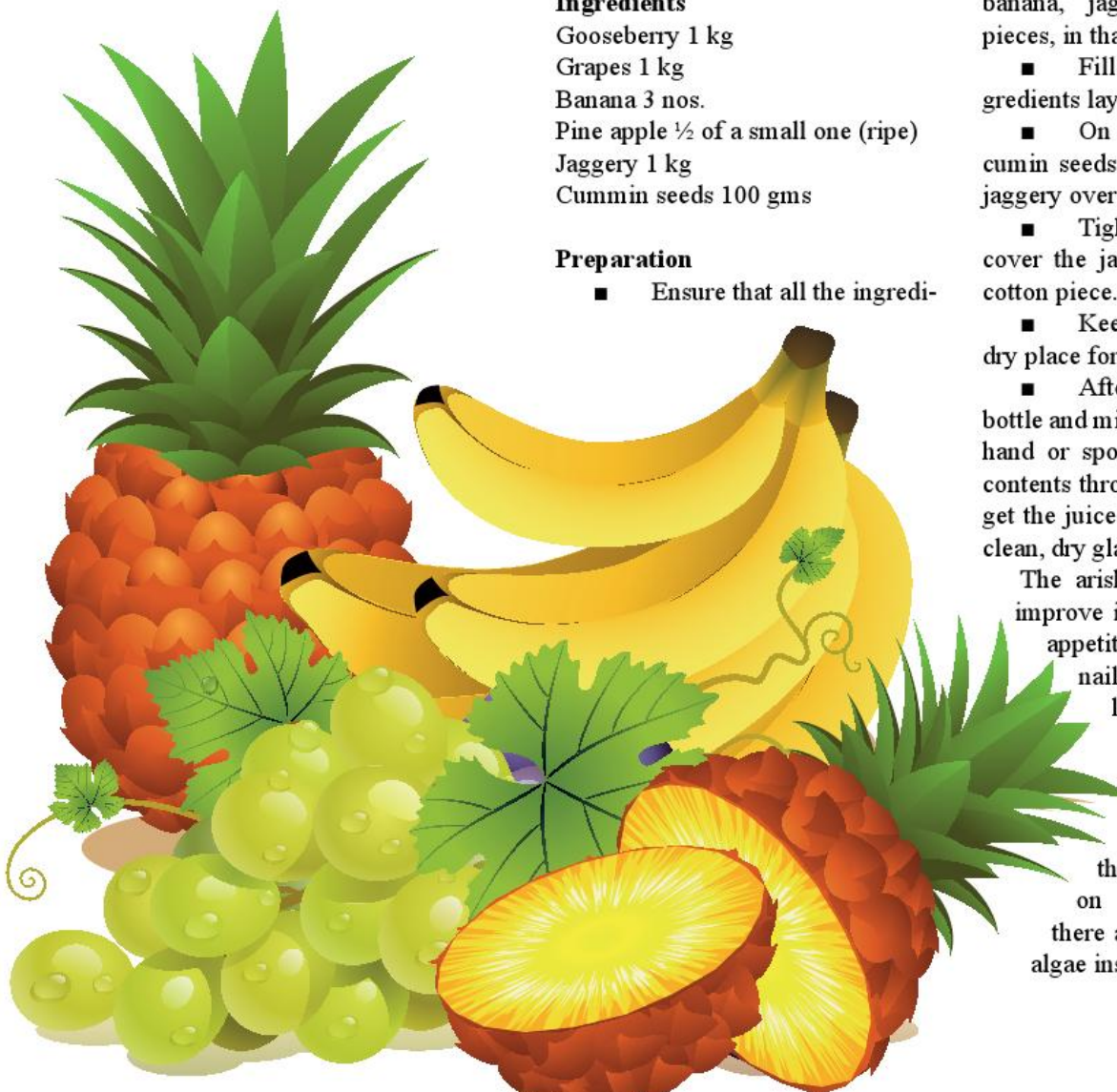
- Tighten the lid well and cover the jar tightly with a clean cotton piece.

- Keep the bottle in a cool dry place for 41 days.

- After 41 days, open the bottle and mix the contents with dry hand or spoon. Then squeeze the contents through a filter in order to get the juice. Pour the juice in to a clean, dry glass bottle. Keep it tight.

The arishtam so prepared can improve immunity and increase appetite. It is good for skin, nails and hair. Its regular use will keep you healthy.

**Precaution:** If the bottle or your hands or the ingredients are wet on the time of packing, there are chances to develop algae inside.





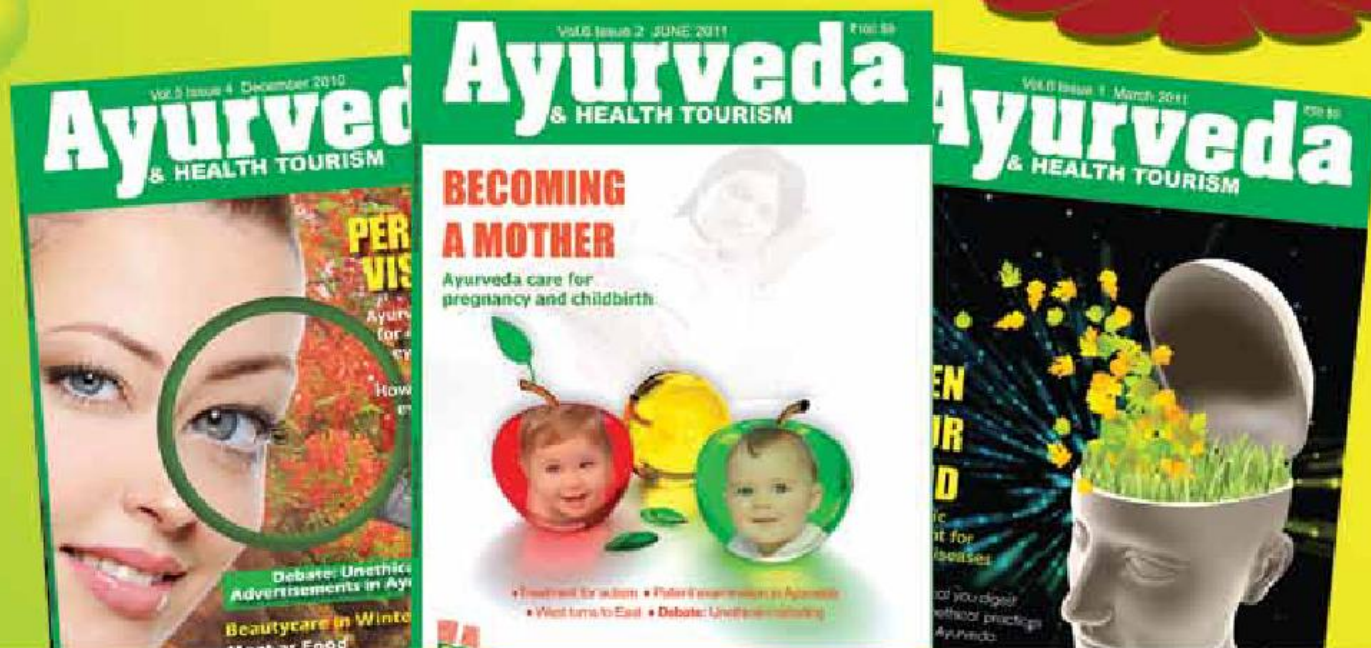
# Ayurveda

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**FOOD COURT**





# Milk Drinks!

## Hot Spiced Milk

Preparation time 10 minutes

### Ingredients:

- 1 Cup raw milk
- 2 teaspoons ghee
- 1 teaspoon or more coriander powder

### Method:

Warm the milk and ghee in a small pot, uncovered. When they are hot add coriander stir well. The drink is ready. This drink is really a fine way to bring down Pitha.



## Hot Milk 2

### Ingredients

- 1 cup milk (goat milk for Kapha persons)
- 1 cup water
- 1/4 teaspoon cardamom
- 1/4 teaspoon dry ginger
- 1/4 teaspoon cloves
- 1/4 teaspoon caraway

### Method:

Simmer all the ingredients in small pot for 15 minutes or more. Strain and drink.

This drink is a good stomachic useful in atonic dyspepsia, Can be drunk after the meals.

## Hot Milk with Nutmeg

Preparation time: 10 minutes

### Ingredients:

- 1 cup raw milk (goat milk for Kapha persons)
- 1/2 teaspoon ground nutmeg

### Method:

Bring the milk to boil, reduce heat and stir in the nutmeg. Simmer for 5 minutes, strain.

Comments: A good drink for calming the nerves or reliving insomnia. It is also used to relive diarrhea in summer. Good for occasional use for Kapha.





## Hot Milk with Caffix

Preparation time 10 minutes

### Ingredients:

- 1 cup milk (goat, cow or soy)
- 1 cup water
- 2 teaspoon Caffix, Roma or other grain beverage
- 2 teaspoon honey or maple syrup
- 1/4 teaspoon dry ginger (for kapha only)

### Method

Bring the milk and water to boil in a small saucepan. Put one teaspoon of caffix in each of two mugs. Pour in the hot milk and water, add sweetener and spice and stir.

This is a nice after dinner drink. Cinnamon, cardamom, nutmeg, or cloves can be added, depending on your taste and constitution. All these spices would be fine for Vata, Pitha or Kapha. Pitha would do best to stick with the cinnamon and/or cardamom.

(For Vata, use cow's milk and either sweetener; for Pitha, use any of the milk and maple syrup, and for Kapha, use goat or soy milk, honey and ginger)

## Hot Gingered Milk

Preparation time 10 minutes

### Ingredients:

- 1 cup cow or goat milk (goat milk for Kapha, cow for Vata)
- 1 cup water
- 1 teaspoon freshly grated ginger root
- 3-4 Cardamom seeds
- 1 teaspoon ghee

### Method:

Put milk, water, cardamom and ginger into a small saucepan. Heat over medium-high heat until boiling. Reduce heat immediately to low and simmer for 5 minutes. Pour into individual cups and stir in ghee.

This hot drink is a good pacifier of Vata and makes a good medium (anupana) for Ayurvedic medications which need to be taken before bed. If u substitute 1/4 teaspoon dry ginger for fresh ginger and use goat milk rather than cow, this is Kapha Pacifying.

# Some Healthy quotes

"When health is absent, Wisdom cannot reveal itself, Art cannot become manifest, Strength cannot be exerted, Wealth is useless and Reason is powerless."

*-Herophilus, 300 B.C.*

"The competent physician, before he attempts to give medicine to the patient, makes himself acquainted not only with the disease, but also with the habits and constitution of the sick man."

*-Cicero*

"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."

*-Thomas Edison, Inventor*

"It is more important to know what sort of person has a disease than to know what sort of disease a person has...let thy food be thy medicine and thy medicine thy food."

*-Hippocrates (460-377 B.C.)*

"The treatments themselves do not 'cure' the condition; they simply restore the body's self-healing ability."

*-Leon Chaitow, N.D., D.O.*

"Health is the proper relationship between microcosm, which is man, and the macrocosm, which is the universe. Disease is a disruption of this relationship."

*-Dr. Yeshe Donden, physician to the Dalai Lama*

"The first question an Ayurvedic physician asks is not 'What disease does my patient have?' but 'Who is my patient?' By 'who,' the physician does not mean your name, but how you are constituted."

*-Deepak Chopra, M.D.*





# Global Ayurveda Festival



*Chief minister Oommen Chandy lighting the lamp*

**T**he Global Ayurveda Festival was held at Trivandrum from 9th -14th February, 2012. The festival, inaugurated by Overseas Indian Affairs Minister Vayalar Ravi aimed to promote Ayurveda - Kerala's own traditional system of medicine - at the national and international levels and restore it to its old glory. Around 3000 delegates, representing the full-spectrum of the Ayurveda sector including practitioners, students, ayurveda product manufacturers, policy makers, researchers, medicinal plant cultivators, medical device manufacturers and various ayurveda service providers attended the meet.

The event was organised by The Centre for Innovation in Science and Social Action (CISSA), with the Ayurveda Department of

the State Government being the co-sponsor. Professional and industry bodies such as the Ayurveda Medical Officers Association and Ayurveda Medicine Manufacturers Association were also partners in the event.

A diverse set of programmes were held as part of the festival. Kerala Chief Minister Shri Oommen Chandy inaugurated an international business meet held as part of the festival. Speaking at the function, the Chief Minister said that the government has selected 7 specific areas in Ayurveda for its wholesome development. Shri Adoor Prakash, the State minister for health, inaugurated the Vision Conclave held as part of the festival.

The international seminar held at the Kanakakunnu Palace as part

of the festival saw renowned practitioners share their experiences. Experts deliberated on current industry practices and regulatory affairs during the meet.

The Arogya Expo, a mega exhibition of various Ayurveda products, was held as part of the festival. It saw the participation of various organisations, both from the government and private sector. The expo which showcased the latest research in Ayurveda, medicinal plants and herbal products, medical devices, books, and journals, etc had over one lakh visitors. 'Ayush' (Ayurveda, Yoga, Unani, and Homeopathy) clinics, consultation by traditional practitioners and Ayurveda tourism stalls were also present. An Ayurveda food festival was also held as part of the expo.

An Ayurveda students' meet, workshops, outreach programmes, and a job fair were also part of the festival.

A 11-point declaration was adopted by the Festival, which calls for the declaration of Kerala as the 'Ayurveda State of India' and to set up a separate ministry for Ayurveda. The meet proposes to make the coming generation aware of this holistic medicine system and teach them preventive health practices by making Ayurveda Biology part of the school curriculum.

It also targets a 10-fold increase in the industry turnover in the next five years. Towards this goal, a global network to promote authentic Ayurveda products and services will be formed. A certification agency for 'Authentic Kerala Ayurveda' products and services is also planned.



# De-stress your face

## Ayurvedic facial Massage



Stress in everyday life can slowly accumulate in our bodies and cause a world of trouble. In an individual who is over stressed it can be seen in his face itself. Stress affects the facial muscles and causes them to contract

Everyone has to face stress in one form or other in today's world. It has become an inescapable part of our everyday lives. It is one of the main causes of death and disease in the modern world. Stress in everyday life can slowly accumulate in our bodies and cause a world of trouble. In an individual who is over stressed it can be seen in his face itself. Stress affects the facial muscles and causes them to contract. This results in an unnatural grimace that lends a very unattractive look to the face. When these facial muscles are continuously contracted under stress, they lose their elasticity and wrinkles are formed. It is no wonder that people tend to look old and wrinkled at a very early age, these days.

Ayurvedic face massage aims at freeing such constrictions within the facial muscles and connective tissue. The massage is carried out by application of massage oil and pressure along specific pressure points on the face. This helps to release all the stress-induced toxins from face and restore it to its natural balance.

Ayurvedic face massage helps detoxify facial muscles. It removes any stress induced blockages that are present in the muscles. It rejuvenates your face. Regular massage can make frown lines disappear and make your skin appear healthy and toned. It also stimulates lymphatic drainage and the circulation of blood.

**Ayurvedic Facial Massage: Technique**



At home, you can seek help from your kins to get a good massage. You can give massage to others also. When you massage the skin, keep in mind that smooth strokes release subtle tension under the skin and pressure points work on the deeper tissues and their related organ systems.

1. Apply warm oil to both palms and begin to massage the face with smooth strokes. Begin at the mid-line of the chin and work outward and upward.

2. Place your fingers under the jaw and rest the thumbs on the jaw line. Ask the person to open his/her mouth slightly and manipulate the chin and jaw area by pressing up and releasing gently.

3. Place thumbs on the jaw at the chin with index and third finger underneath the jaw line. Apply pressure to the top & inner part of the jaw bone. Lightly make small clockwise circles at the temples. The point at the temple is Shankha Marma. Repeat the procedure twice.

4. Place index finger between lower lip and tip of the chin. Ask the person to open his/her mouth slightly. Make small clock wise circles at this point. Continue this type of clock wise massage from cheeks to the temples. Repeat twice.

5. Place the tips of index fingers between the nose and the middle of the upper lip. This is called as Ushtra Marma. Press gently. Then stroke from this point out on both sides up to the corners of the mouth, then under the cheek bones, to the top of the ear, over the ear, to the base of the ear where it touches the head, to the bony bump (Mastoid) behind the ear lobe. Repeat this twice.

6. Hold the left side of the head with left hand. Place right index finger just above the base of the nostril. This point is known as Nasa Marma. Give small circular massage from this point up to the bony prominence behind the ear lobe, but from over the ear. Repeat twice.

7. Here direction of massage is same as before. But start massaging from Ganda Marma i.e. mid way between the eyes and the tip of the nostrils.

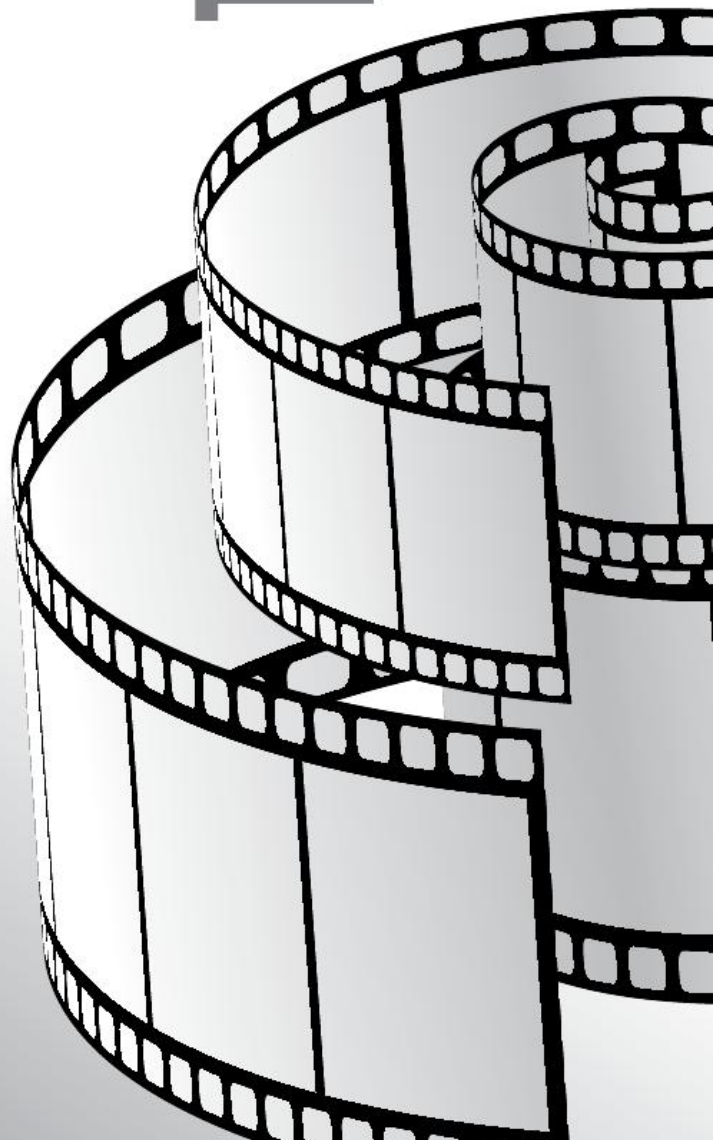
8. Starting at the inner end of the eye brow, pinch along the eye brow to its outer edge with the help of index finger and thumb.

9. Stroke from the tip of the nose to the area of third eye, which is slightly above the mid-point between the eye brows. This is Ajna Marma. Massage this area in gentle clockwise motion for two minutes.

10. Massage the fore head. Make zigzag motions from one side of the fore head to the other. Repeat this from right to left and then from left to right.

# Ayurveda: The Art of Being

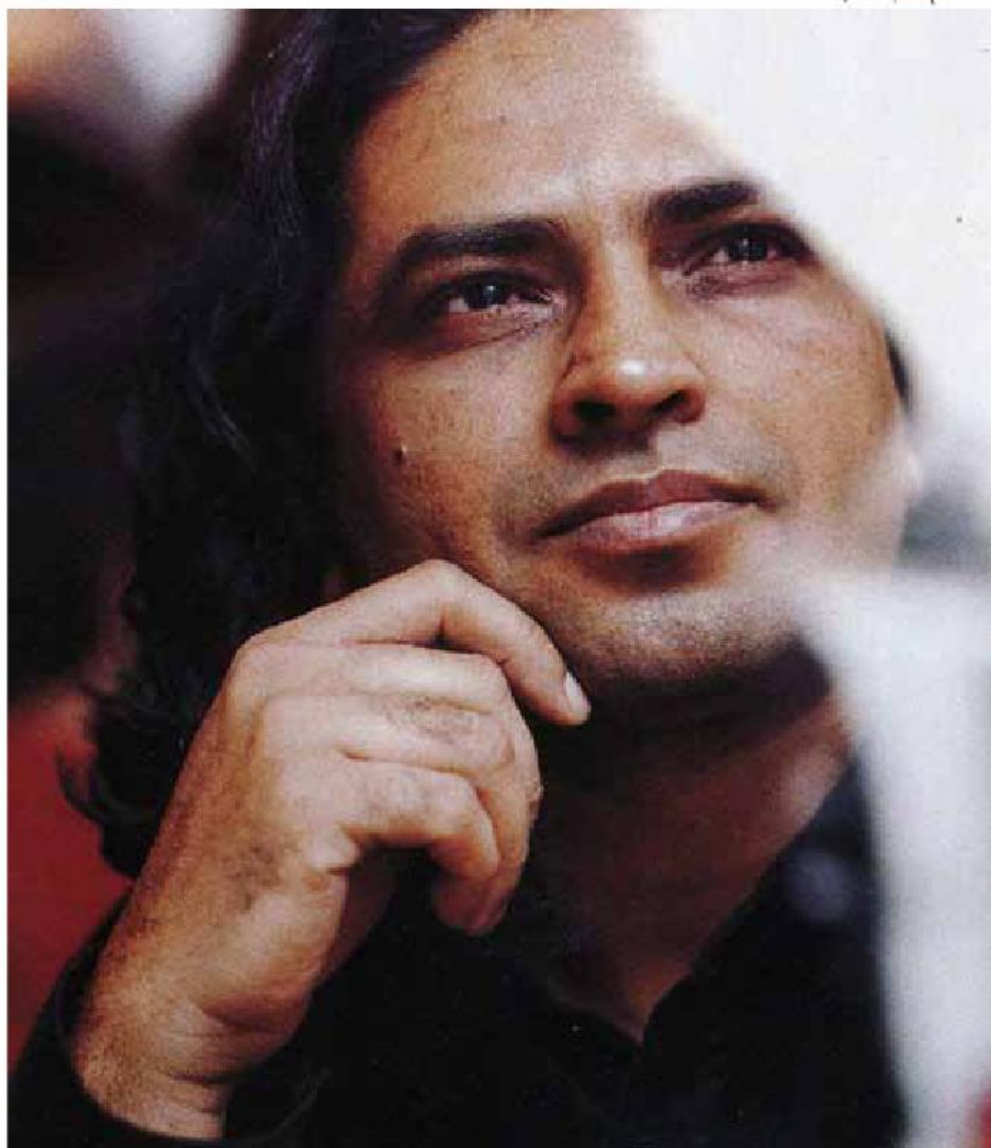
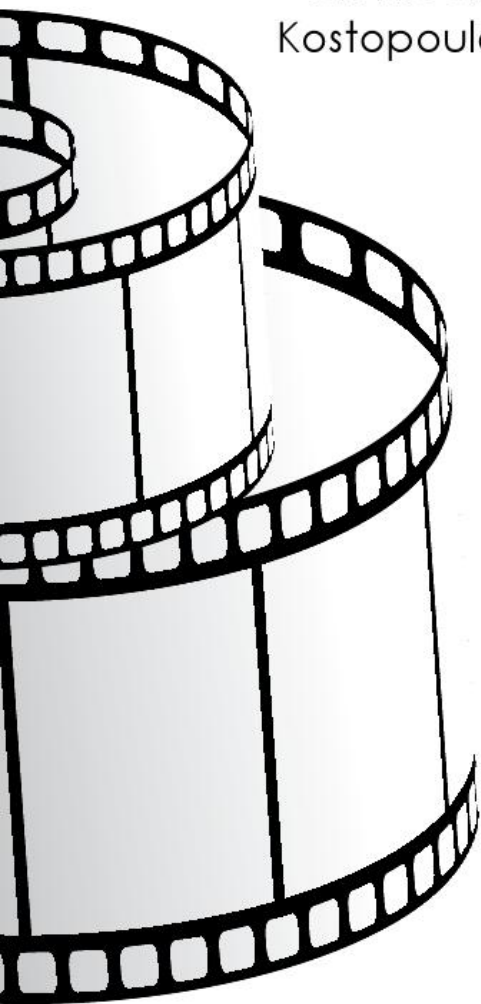
A Pan Nalin Movie





"In Ayurveda... they have said that the first factors that can create a disease are related with human intelligence. How did they know, two thousand years ago ... that stress was going to be such a factor in our life?"

— Dr. Nicolos Kostopoulos



It is around 11 years passed since the release of 'AYURVEDA: THE ART OF BEING', an exceptional movie, probably the first of its kind, which was written, edited and directed by Pan Nalin. The movie celebrates Ayurveda that went almost unrecognized during two centuries of British colonial rule in India, and examines some of the reasons why Ayurveda has become incredibly popular all over the world.

Ten years back, from Paris, Pan Nalin wrote: "During the three long years while preparing the film I have been surprised to discover how scientific Ayurveda is. I per-

sonally believe that our world of today, into a new millennium, is going to need natural arts of healing like it never did ever before. Spirituality and natural balances will play a vital role in governing our happiness in near future". After a decade, his intuitive words claim more relevance than before.

Pan Nalin is an Indian film director, screenwriter and documentary maker. Nalin is best known for directing award-winning films like Samsara, Valley of Flowers, and Ayurveda: Art of Being. His debut film, Samsara went on to win awards like "Grand Jury Prize - Special Mention" at AFI Fest and





## Individuals and Institutions in the Film:

Brahmanand Swamigal  
Ayurveda and Siddha  
Physician

Agasthian Clinic  
Coimbatore, India

Dr. G. Gangadharan  
Medical Plant

Conservation center  
Kerala, India

Dr. Nicolos Kostopoulos  
Holistic Health Center  
Athens, Greece

Dr. V. Arjunan  
Telungupalayam Hospital  
Tamilnadu, India

Rajah Healthy Acres  
Kerala, India

Dr. Dharmalingam  
Dharma Clinic  
Chennai, India

"Most Popular Feature Film" at Melbourne International Film Festival in 2002.

Pan Nalin (Nalin Kumar Pandya), a self-taught filmmaker, was born in a remote village in Gujarat, India. As a child, Nalin disliked schools; instead he used to paint and draw. His mind was wandering through the world of colors, light and shade. He actively staged mythological dramas and folk plays. But it was until he was nine years old, that Pan Nalin saw a film for the first time. He always had dreamed of making movies himself!

At teenage, he left his village in pursuit of cinema. He got a chance to study Fine Arts at the M. S. University of Baroda and eventually got an opportunity to learn Design at the prestigious National Institute of Design.

He made four animation films and twenty short silent films before moving to Mumbai where he worked as production runner until directors realized his potential and started to give him opportunities to direct commercials and corporate films. Pan Nalin, came into global limelight with his debut feature Samsara (2001).

Nalin lived in USA and UK for a short period and then set out for six-month long nomadic existence in Europe. On returning to India, he roamed the Himalayas deep and wide -in search of his voice. After a long process of unlearning, he developed ideas for several feature films -and started writing.

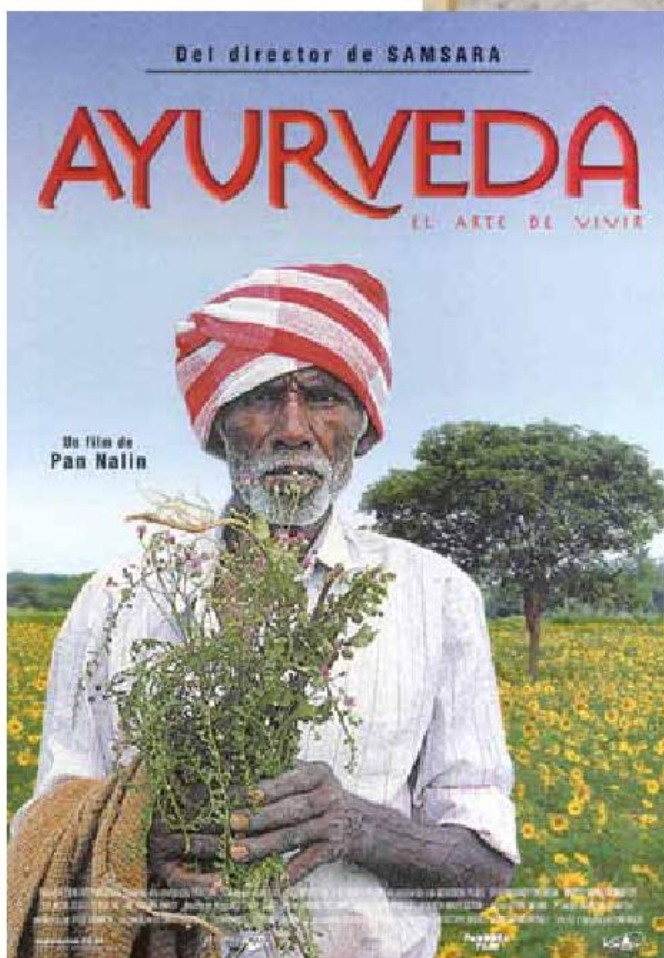
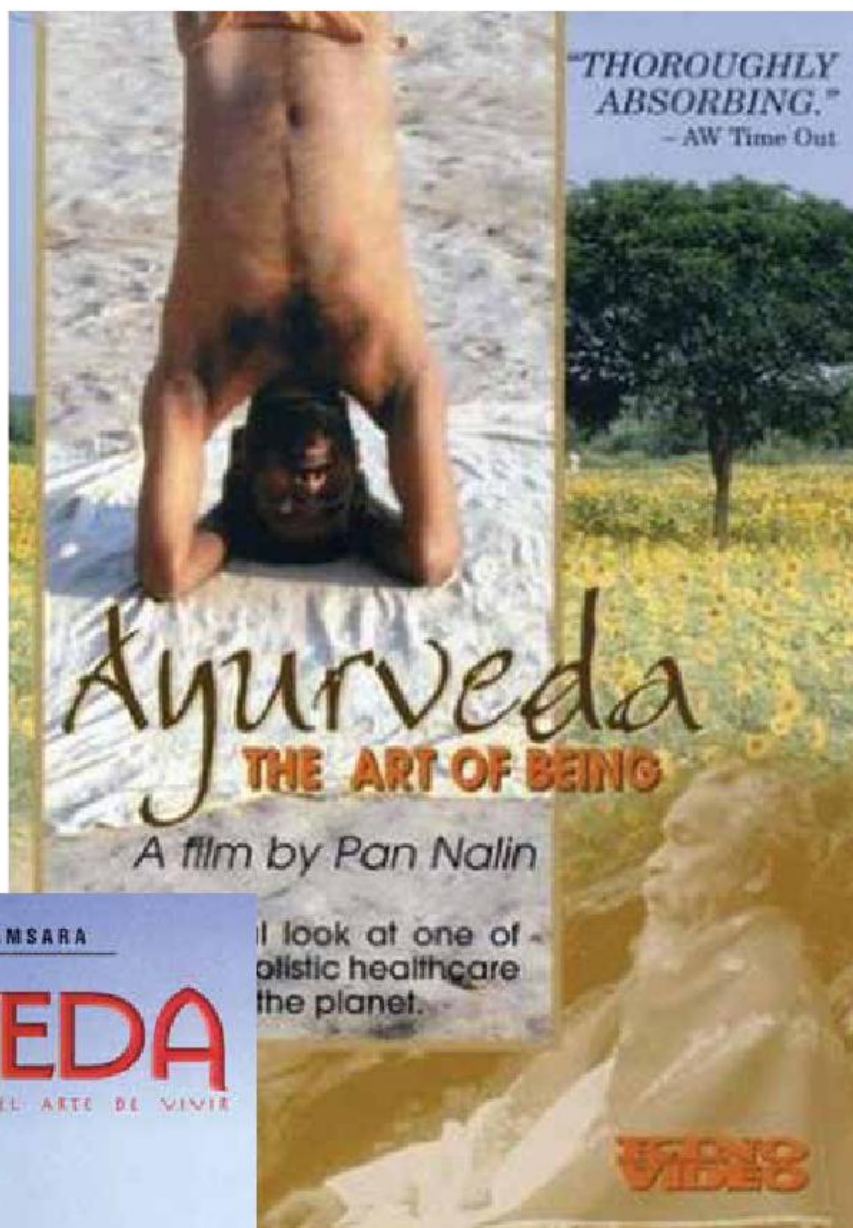
In the year 2001, Pan Nalin made a movie on Ayurveda featuring five elements, earth, water, fire, air and ether in visible and invisible form. The movie was 102



minutes long. It travels nearly 15,000 kilometers through landscapes of exceptional beauty and geographical variety in India, Greece and USA.

Pan Nalin and his research team constantly searched out people and places in order to voice the story of Ayurveda through exceptional 'Vaidyas', patients and experts.

His words pictures that wonderful journey: "Some of the Vaidyas have revealed their secrets and open their home and clinics to us. Plant searching tribes took us into a dark corner of jungle where a rare endangered plant still grows wild. Ancient Palm-leaf manuscripts locked away for three to five centuries were in front of us. Ancient 'Mud-Scanning' method of Diagnosis has been consid-



ered extinct and lost but our months long efforts managed to track down the last surviving place. A rarely seen lost science of Marma, vital points, and how it can kill or cure; was demonstrated on a goat for the first time revealing vital points which can paralyze".

AYURVEDA: ART OF BEING was theatrically released worldwide with major success. The film celebrated a yearlong theatrical run in Spain and record-breaking three-year long run in France. The film met with similar success in USA, Canada, Germany and Holland.

"No single film can do justice to the vast science of Ayurveda but for me the film is just a sharing, but the sharing that inspires, naturally" says Pan Nalin. Presently, this well-known film director lives in India & France.





# Book shelf

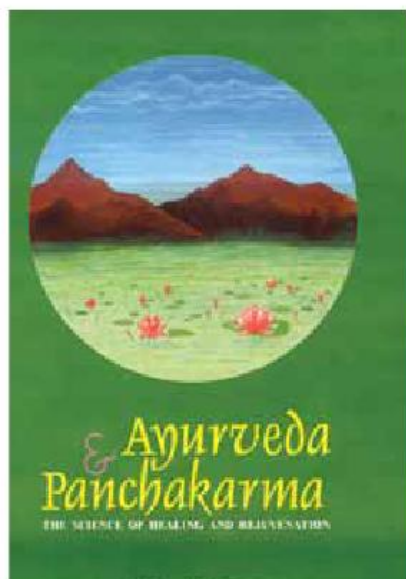
## **Ayurveda and Panchakarma** The Science of Healing and Rejuvenation

*by Sunil V. Joshi*

Published by Motilal Banarssidas Publishers

**Language:** English

**Year of Pub.:** 1998



### **About the book:**

Panchakarma is a comprehensive system of knowledge and practices to purify the body of toxins and restore it to balance with natural law. This book reflects the way the original text of Ayurveda, the Charaka Samhita, first presented this knowledge. The first section explores in detail the principles which define Ayurveda as a science of life and health. The second section delves more deeply into the Ayurvedic understanding and how to treat it. This section begins with an elaboration of six stages of dis-

ease formation and then systematically unfolds the knowledge of Panchakarma, the science of rejuvenation.

## **Ayurveda Revolutionized** Integrating Ancient and Modern Ayurveda Foreword by David Frawley

*by Edward F. Tarabilda*

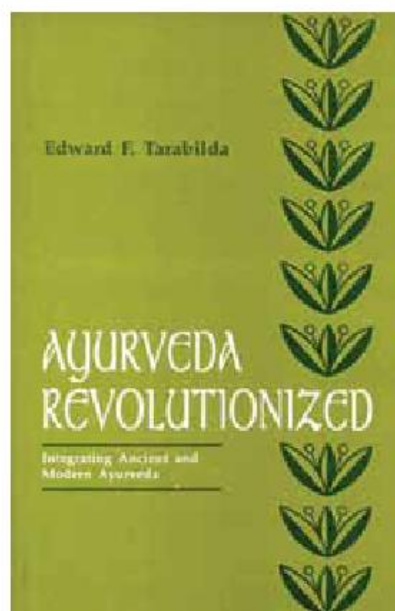
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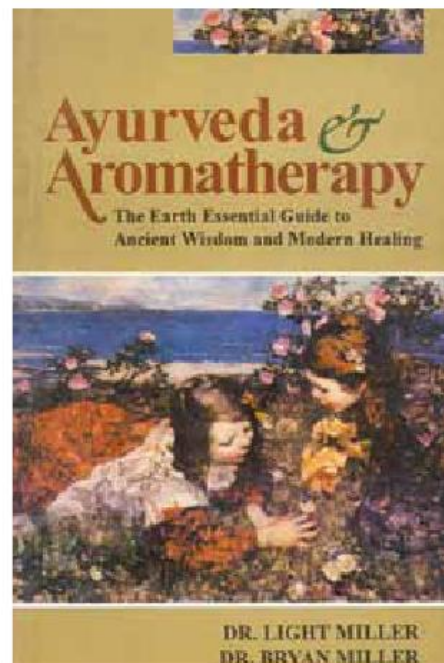
### **About the book:**

This study gives the reader a radical new perspective in the practice of Ayurveda. It is not meant to replace what exists at present, but to be complimentary. This system is not new, but is offered as a revitalized approach to Ayurveda.



The thesis put forth by the author in this text is that it is not Constitution, as modern Ayurveda contends, but rather Seven Disease Tendencies which are fundamental to the treatment of disease. In fact, this approach is mentioned by Charaka, the father of Ayurveda, in his Charaka Samhita the authoritative texts of Ayurveda.

## **Ayurveda and Aromatherapy**



## **The Earth Essential Guide to Ancient Wisdom and Modern Healing**

*by Light Miller*

Published by Motilal Banarssidas Publishers

**Language:** English

**Year of Pub.:** 1998

### **About the book:**

This book is a collection of



twenty-five years of healing experience using aromatherapy and Ayurveda. It includes a self-diagnosis questionnaire to determine your metabolic type, descriptions of essential oils, and recipes for the use of essential oils for common problems. It contains detailed information on over 100 essential oils, as well as over 100 illustrations and photographs.

## Chinese Medicine and Ayurveda

by Robert Svoboda

/ Arnie Lade

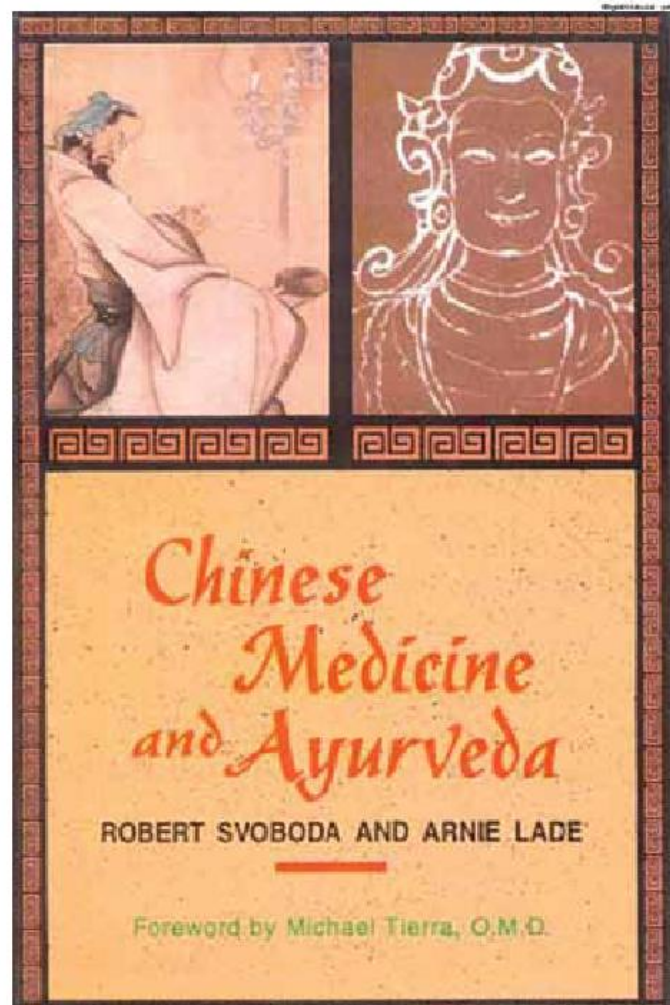
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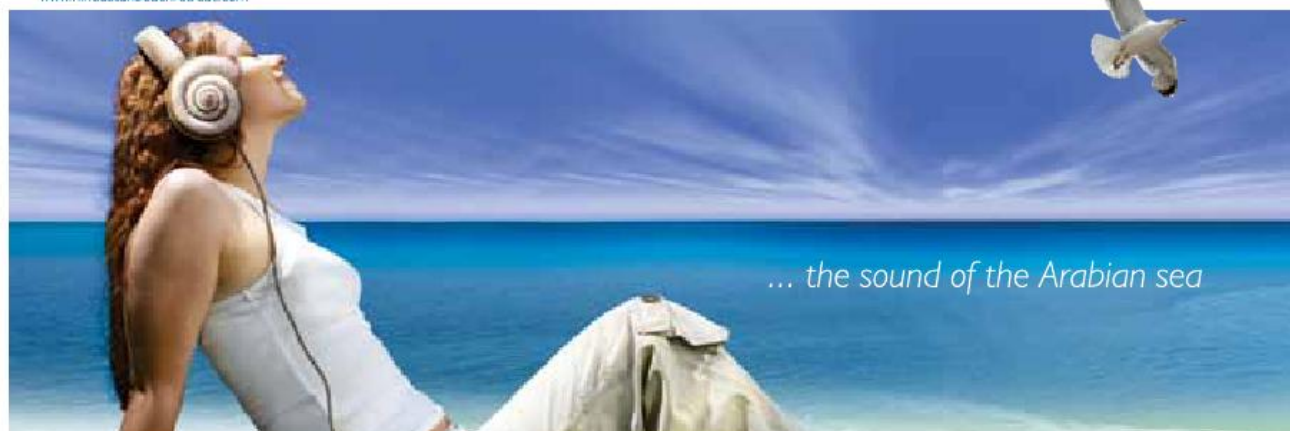
### About the book:

Chinese Medicine and Ayurveda explores the enduring features of humanity's longest and continually practiced systems of medicine. These two indigenous healing arts arising independently in China and India communed and exchanged experience, techniques, and therapeutic substances over the epochs of their development. This book's interesting and valuable comparison provides a pioneer effort in examining side by side two great systems of medicine, studying closely the historical, theoretical and practical relationships. In so doing, it offers these ancient paradigms into the practice of modern healing for a synergistic, inclusive approach.



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**Abhyangam:** An oil massage with medicated oils. The treatment is said to be highly effective in combating obesity, loss of skin luster, sleeplessness and fatigue.

**Anupana:** A fluid accompanied with medicine.

**Ama:** Toxic residue that is left behind as a by-product of poor digestion.

**Asana:** Posture, or position.

**Agni:** Agni is the digestive fire and that is the basis of the digestive system and the process of release of energy. Its functions are transformation, absorption, elimination and discrimination of food.

**Arishta/Asava:** Fermented formulation

**Avagaham:** Immersing your body in a decoction

**Chooranam:** Powdered herb

**Dhara:** One of the preparatory procedures for panchakarma. Specially trained masseurs apply specified medicated oil on the body of the patient

**Dhatus:** Structural units of human body

**Nasyam:** Involves the application of juices and medicated oils for 7-14 days to cure headaches, paralysis, mental disorders and certain types of skin diseases

**Ojas:** The purest expression of metabolism; the final end product of correct digestion and assimilation of food

**Panchakrama:** The five cleansing (purification) methods to get rid of excess Doshas.

**Pizhichil:** Lukewarm herbal oils are poured all over the body continuously for 45-90 minutes a day for 7-21 days. This treatment is most effective in rheumatic diseases such as

arthritis, paralysis, hemiplegia and paralysis-agitans.

**Pitta:** the dosha responsible for metabolism (closely identified with agni, the body's vital heat)

**Poorvakarma:** Procedures done prior

**Shirodhara:** Warm oil is poured onto the forehead for 40 minutes a day for 7-21 days to treat insomnia, loss of memory, headaches, mental tension and certain skin diseases. This is generally applied after a 'vasti' head massage.

**Snehapanam:** The oral intake of medicated oils for body purification.

**Samanam:** Pacification therapy

**Sodhanam:** Purification therapy

**Sirovasthi:** A leather cap is fixed in the head of the patient and in that lukewarm medicated oil is poured and kept for a period of 30 to 60 minutes.

**Swedanam:** Use of medicated steam made with leaves root and twig of herbal plants to generate sweat to detoxify the body.

**Udvarthanam:** A powder massage effective for obesity, hemiplegia, paralysis, skin diseases and impaired circulation.

**Vipaka:** metabolised part of drug, the after taste of food in the body

**Tridosha:** The three functional units of body

**Vamanam:** Decoction, honey and other medicines are given in early morning to generate vomiting. After having 5 to 6 times of emesis, the patient is given herbal bath and specially made herbal diet is allowed to take rest for minimum 3 days.

**Virechanam:** Herbal decoction and herbal powders are given in early morning to evacuate stomach





# Nature's best kept secret

**E**scape into an arcane world tucked away in the hills of Wayanad. Feel the cold breeze that rushes over fields and rivers to rustle your hair, the kiss of mists clinging to mountains. Listen to the brooks murmuring tales of another world. Trek in the wilderness of Wayanad, admiring the sensational variety of the flora and fauna. Step off the greens and into a warm shower. Spend the day daydreaming by one of the spectacular pools.

Welcome to Vythiri Village. The nature's hide-out offering you a real sensation of exclusivity and a unique emotion. A place where the serenity of a resort is perfectly matched by the uncompromising luxury of its cottages and tree house villas perched on a hillside.

Spread over 20 acres at an altitude of 2600 feet above sea level, Vythiri village is one of Kerala's top spa resorts.

## Ayurveda packages

Vythiri village offers Ayurveda, the science of life that evolved since ages. Treat yourself under the supervision of qualified doctors and well trained therapists in hygienically maintained environment designed to boost up your spirit by strengthening your body and mind.

### Rejuvenate in the Tranquillity

This Relaxation programme is a 21-day treatment programme, aimed at restoring the vigor and vitality of the body. Pan-

chakarma treatments with administration of rasayanas eliminate the toxins and enhance the body's immunity through the anti-oxidant and prophylactic properties. It also includes yoga, meditation, Ayurvedic diet and sightseeing.

### Look Smart in the Serenity

This 10-day relaxation programme is designed to detoxify, recover complexion, improve blood circulation, regulate discharge of waste materials, restore skin

tone and revitalise the inner spirits. The package also includes meditation, breathing, yoga exercises and Ayurvedic diet.

### Rejuvenating the Joints

Ayurveda offers a comprehensive cure for bone and joint diseases such as osteoarthritis, rheumatoid arthritis, osteoporosis, spondylosis, post traumatic and accidental problems and sports injuries.

### Stay Relaxed In the Comfort Zone

Ayurveda, combined

with yoga, offers the best cure for stress related ailments. The 14-day package is an absolute stress reliever which controls depressive tendencies, anxiety, and other psychosomatic disorders.

### Find Yourself at Nawa Spa

At Nawa Spa, our wellness team blends treatments to nurture your mind and body through different modalities of wellness. Be it yoga, massage, facial, nutritional advice or wellness consultation.

**Vythiri  
Village**  
a luxury spa resort

## VYTHIRI VILLAGE

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## The Authentic Ayurveda Destination

It might have taken millions of years for nature to persuade  
a lake, a river, a sea and a beach  
to meet at one point. How about enjoying your Ayurveda here?

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