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Ayurveda

& Health Tourism



COVER STORY

LIFESTYLE AND HEALTH

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MAGICAL TOUCH OF SPICES





Ayurvedic Inheritance

FROM 3000 BC.. TO 2020 AD... Ayurvedic Inheritance to Artificial Intelligence



Artificial Intelligence

-Shahnaz Husain



Artificial Intelligence (AI) seems to have taken us into the world of robots, like scenes from a science fiction movie. You may ask, "How does Ayurvedic Inheritance figure in today's Artificial Intelligence." Actually it is a fascinating combination of 3000 BC and 2020 AD. AI can be ideal for Shahnaz Husain formulations, as we are into "Care & Cure" and have become known for our therapeutic products and treatments for specific problems, like acne, pigmentation, scars, blemishes, premature ageing, hair loss, dandruff, alopecia, body care, etc. Our treatments are personalized and prescriptive, taking individual needs into account.

My experience has been in Ayurvedic Beauty Care and Cure. It is possible to formulate a safe, personalized product for each individual, from any part of the world.

I started my career by personally flying all over India, even to the remotest places – often by bus giving free consultations because no two skins are alike. As my work grew I followed the same pattern internationally often doing two countries a day. When I started my first herbal salon, more than four decades ago, I followed the principle of Care & Cure, at a Client Card level. I kept receiving letters asking for advice. People would attach pictures of their skin, hair and body conditions. We noted down details of individual clients in the Client Card, like basic Personal Details, Haemoglobin levels, Allergies, past and current Treatments. Pathological tests, if required. The same work pattern we followed in the Shahnaz Herbal chain. Now, with AI, if a person has an allergy to a certain substance, we can prescribe and customise them.

Artificial Intelligence has made it possible to create personalized products. The "search" for the products must be detailed and specific, so that the customer can find the specific product online. With the help of AI, the custom made product, taking all the details into account, would then be available online. Thus, with the help of Artificial Intelligence, the customer can find a skin or hair treatment profile that is totally personalized. Indeed, the possibilities of Ayurvedic Inheritance, combined with Artificial Intelligence, are limitless.

Today, we must return to the future, because our future lies in turning the time clock back to natural living and Ayurvedic Inheritance, taking advantage of Artificial Intelligence. We are now ready and poised to sell India's ancient civilization in a jar to the world.



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॥ आयुर्वेद ॥



SHAHNAZ HUSAIN

.....COMMITTED TO COMPASSION

*"My philanthropic work has remained the nerve centre of my entrepreneurial success. It cannot be measured in material terms." - **Shahnaz Husain**. Indeed, Shahnaz Husain is the ray of sunshine in a world of darkness for the physically challenged and the under-privileged.*



Shahnaz Husain seen dancing with visually impaired students at home.



At home with the students.



Taking a Selfie with Shahnaz Husain at Delhi Blind School, New Delhi



Signing Autographs with Visually impaired students at Select Citywalk, Delhi

Shahnaz Husain empowers the under privileged by providing free beauty training courses to the speech and hearing, as well as visually impaired, so that they can be financially independent and self-reliant.. She has also written a beauty book, which has been put into Braille. Recently she interacted with the students, while they posed for photographs and also danced to music with Shahnaz Husain at her home. Later, she took them all out for a treat to Starbucks at her favourite Select City Walk. Shahnaz Husain's Beauty Training Academy is giving acid attack survivors a new lease of life by offering free beauty training and also contributes to Government Skill Development Courses in Beauty & Wellness for under-privileged women. They are also provided free Toolkits to start their own business. Over 50,000 women have been trained and certified.

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Ayurveda shows the way out of lifestyle ailments

Communicable diseases were once a part and parcel of every person's life, especially among those living in developing and underdeveloped countries. Those days are gone. Rise in income levels, improvement in health consciousness and advances in diagnostic techniques and healthcare facilities have all helped rein in most communicable diseases. Now-a-days, people rarely suffer from communicable diseases like diphtheria or malaria. But today, the place of communicable diseases has been taken over by lifestyle diseases or Non Communicable Diseases (NCDs).

Non Communicable Diseases are considered ailments of modern times. They are hard to cure once a person gets afflicted. People try different systems and medications to tackle them but, often, without much success. There is only one medicinal system that offers a complete solution for lifestyle diseases—Ayurveda. With its holistic approach to human health, Ayurveda is able to address the core of the diseases and put together changes in lifestyle and medication to bring about complete or near-complete recovery.

In this issue, we have dealt in detail the causes and solutions for lifestyle diseases. Well known Ayurveda experts from different corners of India have written about the several lifestyle ailments and their manifestations such as stress, insomnia, diabetes, hypertension, Parkinsonism, Alzheimer's disease, obesity and infertility and a lot more. We have also included stories on caring for the sick, Ayurveda for a healthy Europe, How to reverse greying, kids' diet, Indian spices and a few more.

Each of the experts writing in this issue are specialists in their chosen branch of Ayurveda. Some of them have suggested home remedies, others have recommended change in diet and lifestyle as the appropriate way forward. Although allopathy has a lot of solutions for lifestyle diseases, the approach there is mostly symptomatic and not holistic. Treatment with allopathy results in the suppression of the symptoms by using mainly antibiotics which can have a lot of adverse reactions later. Also, such a treatment protocol provides just temporary relief and do not address the root cause of the disease.

Since Ayurvedic medicines are made using herbs and barks and products of Mother Nature, possibility of counter indications is next to nil. Hence, the world over, Ayurveda is a strongly recommended and most sought-after system for treating and preventing lifestyle disorders. Fundamental to Ayurveda is the way a person lives, eats and acts and its basic intervention is in the area of lifestyle. It strongly recommends one to follow a lifestyle that keeps us away from toxic habits like the excess use of technology, binging on junk food, and self-sabotage through substance abuse.

It is therefore good to analyse our lifestyle and diet and find the loopholes so that corrections can be made for a healthy life, and at the appropriate time. As mentioned earlier, for a good and healthy lifestyle, a healthy diet is essential. This does not mean complete avoidance of non-vegetarian food or not going for movies, but it means bringing about a balance in our food, lifestyle and basic habits. Food should be consumed not just to appease the taste buds but also to keep the body healthy.

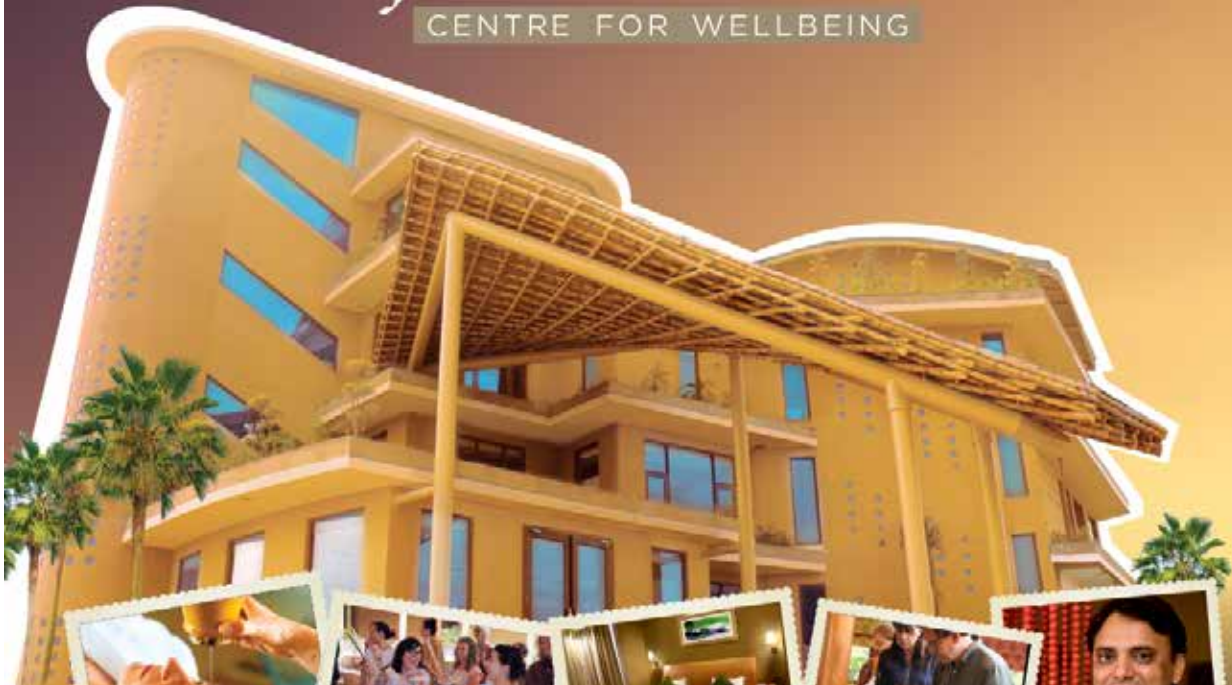
Ultimately, all that is needed for a healthy lifestyle is will power and fortitude to self-correct one's toxic behavioural proclivities before further damage happens. By controlling and fixing our toxic habits and dropping the extra 'stress baggage' we can make our life healthier, happy, meaningful and successful. Read on to see how we can shed our toxic lifestyle and discipline the body and mind for a healthy and happy life.

C Gouridasan Nair
Group Editor



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Kochi beckons! Join the Global Ayurveda Summit!



Industry leaders and experts from within and outside India would converge in Kochi on October 30 and 31 for the third edition of Global Ayurveda Summit 2019 at Hotel Grand Hyatt, Kochi.

Being organised by the Confederation of Indian Industry (CII), the summit has as its main theme 'Mainstreaming Ayurveda Startups, Innovation and Branding'. The event will feature an international conference, expo, start-up contest and a focussed B2B and B2G meeting platform. Over 500 industry leaders and experts from India and abroad are expected to participate.

The aim of the summit is to create a global market place for Ayurveda, position it as a one-stop solution for global health challenges, brand it as a way of life, and ensure growth through start-ups as a Rs. 50,000-crore industry by 2025.

The Global Ayurveda Summit is an international annual event started to galvanize the Ayurvedic sector to aspire, plan and achieve greater heights. Previous editions had successfully showcased Ayurveda on a global platform multi-dimensionally with comprehensive coverage of everything from textual traditions to healing traditions, policies to products and research to economics and events to discussions, deliberations and decisions.

The summit is now acknowledged as the true Global Knowledge Platform to meet national and global leaders in Ayurveda, Health, Wellness, Nutraceuticals, Medicinal Plants and Tourism. The last two summits have heightened corporate interest in Ayurveda and enhanced academic and public expectations in this ancient healing system.

The key objectives of the summit are to identify the investment opportunities in the Indian healthcare industry, unearth potential for exports/imports of Ayurveda medicines/services, connect the eco-tourism and health sector seamlessly, position Ayurveda as a solution for global health challenges, increase the awareness of Ayurveda in the global market place and position India and Kerala as an emerging hub, accept Ayurveda into the mainstream healthcare by creating a global market place for Ayurveda.

Among others, the event has its sponsors Sreedhareeyam Ayurvedic Eye Hospital and Research Centre, Somatheram Health Group, Vaidyaratnam, K P Namboodiri's Ayurveda, and Kerala Startup Mission.

Ayurveda & Health Tourism is the official magazine for the event ■



And then, it's off to WTM-London!



London will be the destination for the who's who of in the tourism industry worldwide from November 4 to 6 with the World Travel Mart-London taking place at ExCel London, Royal Victoria Dock, on these days.

Being organised by Reed Exhibitions, the World Travel Mart-London, is the leading global event for the travel industry to meet industry professionals and cut business deals. Through its industry network and unrivalled global reach, WTM- London creates personal and business opportunities, providing customers with quality contacts, content and communities.

The mart introduces the global travel buyers to over 5,000 of the biggest destinations and brands in the world. Thus, WTM- London prides itself as the hub of travel ideas. It gives the global travel trade an insight into the possible shape of things in the industry in the next five years. It shares innovations and creates endless business opportunities over the course of three days.

The mart would help attendees find and meet new suppliers, build and strengthen their current networks, learn from industry experts and discover tourism trends and innovations.

Senior buyers gain additional benefits with Buyers' Club. It also allows attendees to socialise at the informal networking events from 5 pm

Ayurveda & Health Tourism will be available at the event ■



Mid-November, time for Advantage Healthcare India 2019



From November 13 to 15, the India Expo Centre and Mart, Greater Noida (NCR), Uttar Pradesh, will be the meeting place for the Medical Value Travel (MVT) industry.

MVT has emerged as one of the fastest growing segments of the tourism industry despite the global economic downturn. According to the FICCI-IMS Report, India is one of the key MVT destinations in Asia with over 500,000 foreign patients seeking treatment. MVT can be a 9 billion USD opportunity by 2020 through adequate focus and effective execution.

The Advantage Healthcare India summit is promote India as a premier Global Healthcare Destination and to enable streamlined medical services exports from India. It will showcase India's immense pool of medical capabilities and create opportunities for healthcare collaborations between the participating countries. It will mark the coming together of the '5 - Ts' - talent, tradition, technology, tourism and trade.

Ayurveda & Health Tourism and Medical Tourism will be the media partner for the event ■

International Ayurveda Ambassadors' Tour begins

The International Ayurveda Ambassadors tour and B2B meet started on October 24, 2019 from Kannur International Airport Ltd. Forty five international clients from 30 countries arrived at the Kannur International Airport on October 24 as part of a unique initiative to promote Kerala Ayurveda. The tour is being organised by the Ayurveda Promotion Society with the support of Kerala Tourism Department and India Tourism. The Ayurveda Ambassadors journey will end at Leela Kovalam after interaction with Ayurveda service providers from Quilon and Trivandrum districts on November 2.

Our publication, Ayurveda & Health Tourism will be the media partner of this event. ■



Kerala tourism hopes to increase arrivals with Champions Boat League



Kerala Tourism has added another feather to its much-feted cap with the Champions Boat League (CBL). The CBL, which began in late August, is designed in the IPL format, will be the main driver of monsoon tourism this year. Every weekend, any tourist who comes to

Kerala can witness one in any of the tourist backwaters. It will end with the President's Trophy race in Kollam on November 23, with 12 races during the intermediate weekends.

CBL's snake boat racing schedule began with events on October 5 (Marine Drive, Kochi), October 12 (Kottappuram, Thrissur), October 19 (Ponnani, Malappuram) and October 26 (Kainakari). The show will now move on with events on November 2 (Pulinkunnu, Alappuzha), November 9 (Kayamkulam, Alappuzha), November 16 (Kallada, Kollam) and November 23 (President's Trophy Boat Race, Kollam).

Tourist arrivals in Kerala in the first quarter of 2019 stood at 41,90,468 compared to 38,77,712 during the corresponding Iperiod in 2018, registering an increase of 8.07 percent. Increase in domestic tourist footfalls, especially in Alappuzha and Idukki, the districts that suffered worst on account of the floods last year, is an indicator that Kerala tourism has returned to normal. The two main states that send the largest number of domestic tourists to Kerala are Tamil Nadu and Karnataka, followed by Maharashtra in third place ■

Ayurvedic cure for dengue to be launched within 2 years, says Ayush Ministry

Ayurvedic medicine to treat dengue is undergoing the third and final phase of clinical trials and will be launched within the next two years, a senior official of the Ayush Ministry said. Ayush Secretary Vaidya Rajesh Kotecha said the research on this was being carried out by Ayush (Ayurveda, Yoga & Naturopathy, Unani, Siddha, Sowa Rigpa and Homoeopathy) Ministry and the Indian Council of Medical Research (ICMR). It is made of a variety of ayurve-

dic herbs grown in India and is likely to hit the market within the next two years in the form of a pill.

Details, such as the name of the medicine, how it will be sold – over the counter or through prescription – are yet to be decided. The ICMR and the ministry team will also have to work to standardise the dosage and fix the proportion of each herb used ■

Source: PTI

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Kerala tourism ranks fourth globally in registering social media presence

Driven by brand new content and fascinating visuals, the interactive Facebook page of Kerala Tourism has hit a new high, emerging as the most followed tourism page in South Asia, overtaking Tourism Malaysia, Singapore and Thailand by a fair margin.

The number of 'likes' on Kerala Tourism's Facebook page has tripled in the past two years, touching 3,481,239, thus eclipsing the popular social media platform of Tourism Malaysia that has 3.3 million, Visit Singapore 3.2 million and Amazing Thailand 2.6 million likes.

Internationally, now only three countries Australia with 8.3 million, Go USA with 6.7 million and Visit Dubai with 6.7 million likes are ahead of Kerala, a press release said.

According to Tourism Director P Bala Kiran, the aim is to become the best Facebook page in the world by 2021.



Last year, Kerala Tourism had overtaken Jammu & Kashmir and Gujarat Tourism's Facebook page and secured first spot in the ranking based on total engagement with tourists that included reactions, shares, and comments on the page. It was in August 2014 that it had crossed the one million mark.

Kerala Tourism also has an active presence on Twitter (1.8 million) and Instagram (225K) ■

Source: PTI

AYUSH Ministry proposes to include 19 treatment packages in Pradhan Mantri Jan Arogya Yojana

The Ayush Ministry has proposed the inclusion of 19 Ayurvedic, Yoga, Unani, Siddha and Homeopathy (AYUSH) treatment packages in the cashless health insurance scheme Pradhan Mantri Jan Arogya Yojana (PM-JAY), Union Minister Shripad Naik said.

The proposal to treat neurological diseases, arthritis among others has been submitted to the National Health Authority, AYUSH Secretary Vaidya Rajesh Kotecha said.

The packages include treatments through Panchakarma, cupping therapy and Varmam therapy, the Secretary said.

"A proposal for inclusion of 19 Ayush packages has been finalised and submitted to the National Health Authority," said Mr. Naik, Minister of State (Independent Charge) for AYUSH, while enumerating the achievements of his ministry in the last 100 days.

As of now, while a patient availing modern system of medical treatment (allopathy) is eligible for medical insurance under the world's largest health scheme, PMJAY, the health cover is unavailable to the person who opts for alternative medicine system AYUSH (Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy) ■

Source: PTI

12,500 Ayush Health and Wellness Centres to come up across the country



सत्यमेव जयते
Ministry of AYUSH

Union Government has set a target of setting up 12 thousand 500 Ayush Health and Wellness Centres across the country. Out of which four thousand will be set up during this year. AYUSH Minister Shripad Yesso Naik said this after inaugurating a Unani Medical Centre and Siddha Clinical Research Unit at Safdarjung Hospital in New Delhi.

Mr Naik hoped that the Unani Medical Centre and Siddha Clinical Research Unit will provide holistic health care to patients visiting Safdarjung Hospital from different parts of the country.

The Minister said, the government is taking special interest towards health care of the people through AYUSH systems of medicine. He said, the Ministry of Ayush will cater to 1.5 Lakh Health and Wellness Centres across the country as part of Ayushman Bharat ■

Ayurveda Unveiled – art & science of a life well lived

Ayurveda Unveiled is a comprehensive documentary film on the most ancient art and science of wellness in the world. In support of Yoga, the sages of ancient India developed Ayurveda, one of the most sophisticated body of wisdom which is timeless, changeless and universally applicable to all of humanity. The movie explores how Ayurveda is the only system of well being that uses the confluence of the body, mind, spirit & Mother Nature, in order to achieve the ultimate potential in each living being! It guides one through how Ayurveda prepares the body to realize Yoga which in turn addresses the higher realms of the mind and the spirit. It says that one cannot fully know Yoga without the knowledge of Ayurveda.

The documentary features commentaries from experts in the field of Ayurveda including Vaidya Ram Manohar, Dr Deepak Chopra, Dr. Vasant Lad, Dr. David Frawley, Dr. MS Valiathan, Sadhguru and many more.

Here, Sadhguru says, “Ayurveda is a science of enhancing life that needs a comprehensive approach.” According to Dr. Ram Manohar, “Ayurveda is trans-scientific as it accepts the methods of science but also goes beyond it.”

The movie talks about how patients should be empowered to be their own doctors and how Ayurveda vouches for harmony inside and outside.



It also explores India's rich traditions from food to lifestyle that are an integral part of Ayurveda.

The movie is directed by Gita Desai and promoted by her husband Mukesh Desai. On Sunday 20 October 2019 “Ayurveda Unveiled” will be premiered at the Ahrya Fine Arts Theatre, Beverly Hills from 4pm to 7pm. This is the third in a series of documentaries by Gita Desai and it promises to be as fascinating and educational as “Yoga Unveiled” (www.yogaunveiled.com) and Raga Unveiled” (www.ragaunveiled.com) ■

Kerala one of the top places to visit in 2020, says Airbnb

Kerala has made it to the list of top places to visit in 2020 by Airbnb. Based on booking data, the company has released a list of countries, cities and states to visit across the world.

If you are looking to choose vacation spots for the coming year, this will especially interest you. Airbnb has specifically chosen places that are rich in culture, lesser known and eco-conscious around the planet. They also aim to highlight places that are benefiting from an increase in sustainable tourism. They describe this year's list as “full of surprises and hidden gems”.

Some of them include Guadalajara in Mexico, Courtenay in Canada, Malindi in Kenya, Maastricht in Netherlands and Buriram in Thailand.

Why is Kerala a great destination to visit in 2020?

The Indian state of Kerala is known for its palm-lined coast, rolling coffee plantations and stunning Arabian Sea views.

It has an array of beaches, lakes, mountains and waterfalls. Kerala is also home to some of the best eco-friendly destinations on the subcontinent. The state runs a Responsible Tourism program that encourages residents and visitors alike to enjoy the culture of the place while also conserving it.

Keralatourism.org lists a number of places and activities to look out for when you visit.

This includes the Neyyar Wildlife Sanctuary that is around 32 km from Thiruvananthapuram, the capital of Kerala. This sanctuary holds 12,000 hectares of natural vegetation.

Then there is the Bathery Jain Temple, which dates back to the 13th century, is said to have been built in the prevalent architectural style of the then reigning Vijayanagar Dynasty. It is one of the holiest sites for Jainism across India and lies in the beautiful hills of Sulthan Bathery town.

Chithari is another secluded backwater destination which is lesser known to the outside world but is highly recommended by all locals.

And if you are a wildlife photographer, Kadalundi Bird Sanctuary might be the place for you. It features a cluster of scenic islands, beautiful hills and rare avian species of birds ■



Your lifestyle, your health The choice is yours!

“The elimination of the cause of illness is the obvious and only way to healing and health” ~ Stanley Burroughs, Author

“For 35 years, I did very little sports and I ate a lot. I did not think of the consequences. Later, when I turned 60, I was diagnosed with diabetes. It was a big wake up call for my health. I started exercising every day and carefully managing my diet. I have seen that if you eat healthy foods and maintain a healthy body weight, exercise, eat less sugar, and if prescribed medicines, take them properly, you can completely turn your health around. Of course, prevention is always better than a need for treatment...”

This is a quote from the World Health Organisation’s ‘Tell your NCD stories’ series available to anyone with access to the internet. And there are dozens of such stories out there! All told by people who do not want their fate to befall others, because NCDs (Non Communicable Diseases) are lifestyle-related and they are on the rise globally.

As the narrator says above, these preventable chronic diseases are the outcome of our unhealthy choices, be it in

the diet we follow or the regimen we practice. Identifying the causes of these lifestyle diseases is critical, because the elimination of the causes is the obvious and only way to achieve healing and enhanced health.

Every time we visit a health clinic or when the topic of discussion is health, the term ‘lifestyle diseases’ crops up repeatedly. This is because lifestyle diseases are the diseases of the civilizational moment in which we live today. Be it a headache or a pain in the neck or itchy eyes, these diseases affect all



irrespective of age, sex, physique, caste or creed.

There are several curative processes on offer, but the most sought after among them is the Ayurvedic way, simply because of its healing properties that helps a person deal with these diseases smartly without leaving any trace or side effects. Unlike allopathy, which treats the symptoms rather than the underlying causes, Ayurveda goes to the root of the problem and that means chances of relapse are very dim.



Lifestyle diseases are many and one can prevent their attack by adopting a sattvic lifestyle and following some of the basic tenets of Ayurveda, which advises a person to lead a life that balances the Tridoshas (vata, pita and kapha) of the body. This will bring about a bodily equilibrium leading to a healthy body, mind and spirit.

In Ayurveda, diet and lifestyle are specific to each individual, based on his/her physical and emotional characteristics and it is not a one-size-

fits-all solution that Ayurveda offers, as is the with other medical systems. This is what makes Ayurveda unique and helps it stand apart from other healthcare systems.

Lifestyle diseases are a part and parcel of the lives of the millennials. For them, it is a race to be seen, accepted and respected with smart cards and smarter homes to announce their arrival. Often, they have to pay a cost for this with sleep, food and health deficits. Most are hardly aware of what

is happening to them. The realization comes only when there is a sudden breakdown, emotional or physical.

Studies have shown that over 61% of all deaths in India are due to lifestyle or non-communicable diseases (NCDs). The World Health Organization (WHO), which has identified alcohol, tobacco, poor diet intake and lack of physical activity as major risk factors for NCDs, says that an investment of US \$1-3 per person per year is needed to reduce illness and death from NCDs. ■



aarogyamantra

INTEGRATED HEALING

Ayurveda | Yoga | Naturopathy

www.aarogyamantra.com

The healthcare segment is inundated with nefarious elements out to make a fast buck with little regard for the health of the people. There are quacks who offer panaceas for every ill known to us, and there are self-proclaimed peddlers of holistic medicines who give little regard for medical ethics or propriety. In this scenario, the need for trustworthy and recognized providers of authentic holistic treatment becomes of paramount importance. It is here Naturopathy, Ayurveda, Yoga, Meditation and Spa therapies.

Located at Manjoor in Kottayam, Aarogyamantra is an integrated healing centre which provides high-quality care, primarily offering detoxification and integrated treatment packages in wellness, spa and lifestyle correction treatments for specific health conditions and convalescent care. The centre prides in its integrated system of Ayurveda, Naturopathy and Yoga, as evident from its name Aarogyamantra, which means 'Sacred message of Health'.

Naturopathy is the ancient science of healthy living. It is rooted in the principle that the root cause of all diseases is the accumulation of toxins. Naturopathy seeks to treat the whole individual, which means mind, body, and spirit. Its treatments are based on the five elements of nature that have immense healing properties. They are: earth, water, air, fire, and ether. Naturopathic medicine relies on natural remedies to help the body heal itself, embracing many therapies such as herbs, acupuncture, exercise, massage, and nutritional counselling.

Rich Legacy

Aarogyamantra prides in its rich legacy dating back to several decades. It was formerly known as Mahatma Gandhi



The abode of nature healing

Nature Cure & Yoga Centre run by Dr Aleyamma Punnoose (former 1st female Naturopathy Specialist Doctor employed in the Govt sector at Government Yoga & Naturopathic Hospital in Varkala Kerala) and her husband Mr NT Punnoose since 1976.

Aarogyamantra is the brainchild of their son, Prince P Punnoose, and his wife Bindu. Prince sought to give the decades-old healing centre a new identity all the while retaining its founding principles, original missions and visions. He intends Aarogyamantra to be a one-stop destination for providing high-quality integrated natural healing using Naturopathy, Ayurveda, Yoga and other complementary therapies to the world. Dr Aleyamma Punnoose continues to extend her earned wisdom and knowledge by her active involvement in the operation and management of Aarogyamantra to ensure that high-quality service is delivered to every single individual who avails treatment at the centre.

What makes this family-owned healing centre distinctive is the fact that all doctors and accredited therapists are medically qualified in their respective fields of medicine. They come with wide knowledge, extensive training, and domain expertise, and, above all, are dedicated in and passionate about their respective fields of work. All these practitioners are sufficiently competent to advice on the best treatment suitable for your needs.

Holistic Approach

At Aarogyamantra, the approach has always been different and tailored to each client. Its integrated treatment plans go beyond mere physical symptoms and take into account the state of mind, emotions, physical status, lifestyle and goals. By implementing an appropriate



treatment plan, individuals will be able to restore balance, harmony and achieve complete well-being for an enduring and healthier lifestyle.

Aarogyamantra's holistic healthcare approach puts the physical, emotional, social, economic, and spiritual wellbeing and needs of the person at the centre. The idea is to nurture wholeness and healing by taking care of each individual's unique physical, mental, emotional, spiritual and environmental strengths and challenges. Instead of focussing merely on physical health, the experts at Aarogyamantra attach utmost importance to the emotional, mental and spiritual health of everyone.

The one good effect of this holistic approach is that all aspects of the individual's health is considered and cared for not just the symptoms thereby improving physical, mental, psychological, social and emotional aspects.

Convalescent Care

Convalescent care at Aarogyamantra provides a home-like environment for those looking for complete recovery post-surgery or injuries. It can also be used as a transitional form of care following stroke or a lengthy illness. The centre provides residential and nursing care for those patients who are in need of special care after illness, surgery, etc., by managing their recovery to help to



reduce the risk of complications and further hospital admissions. The programme is about helping people to 'do things for themselves' rather than 'having things done for them'. By adopting the apt treatment plan, clients will be able to restore balance, harmony and achieve personal goals for a healthier way of living.

The centre also specializes in acupressure and acupuncture treatments, providing exclusive traditional skincare therapy under an integrated treatment for improved skin health.

Various Therapies

Prominent therapies provided at Aarogyamantra are hydrotherapy, mud-therapy, fasting therapy and physiotherapy.

A two-storey building that accommodates 5 luxury double A/C rooms and 5 standard double bed rooms, SHANTI- the yoga studio, AMRIT-vegetarian kitchen & restaurant and OJAS- the serene therapy area. There is also a well-maintained indoor swimming pool and a sprawling backyard. The centre provides unmatched facilities such as water-therapy tubs, massage beds and steam/sauna rooms that are maintained with impeccable standards.

Today, Aarogyamantra, reputed especially for its capability in treating obesity, arthritis and spondylosis cases, is a well-known go-to centre on account of its holistic approach tailor-made to provide a heightened sense of peace and happiness about oneself and things around.



Integrated Therapies

Aarogyamantra has an Integrated Clinical Team which is tasked with the duty of conducting detailed evaluation to select the appropriate technique from Ayurveda, Naturopathy, Yoga and complementary therapies. Post-evaluation, the practitioner advises you on the best treatment suited to your needs by the integration of therapies. This integrated approach is designed to achieve a balance between the inner and the outer self.

OJAS: the treatment area, is designed to provide quiet, clean, professional, and hygienic surroundings for all the therapies.

Obesity & Weight Management

The Aarogyamantra Obesity & Weight Management Programme takes care of all the physical and emotional challenges associated with weight gain. A perfect blend of Naturopathy and Ayurveda provides succour to those who suffer from excessive weight gain in a safe and effective manner. Complementing this, is its unique yoga sessions, which will enable the patients to adopt a balanced way of life.

Insomnia Management

Through a harmonised blend of Ayurveda, aroma therapy, personalized yoga and mind-relaxing techniques, Aarogyamantra's expert clinicians will guide you through a lifestyle change which is integral to treating insomnia.

Asthma Management

By stressing on the link between breath and emotion, the combination of yogic Shatkriyas, Yogasanas and Pranayama along with a cleansing dietary regime, acupuncture, Ayurvedic and naturopathic treatments will help an asthma patient to restore depleted and blocked Pranic energy and achieve relief for asthma.

Arthritis Management

The centre's arthritis management programme adopts the three-pronged approach. Management, physiological aids and psychological sessions. It involves various medicated oil massages, acupuncture, aqua fit, wax, mud and medicated poultices for pain relief, healthy diet, Ayurvedic supplements, Yoga Nidra, body healing and meditation sessions.

Cardiac Care

Sattvic vegan detox diet, yogic relaxation techniques, meditation, naturopathic treatment coupled with lifestyle changes will help reverse most cases of high blood pressure, clogging of the arteries, high cholesterol and abnormal lipid profiles.

Spinal Care

Issues like neck pain and low back pain due to various conditions like muscular conditions, Spondylosis, Spondylitis, Ankylosing spondylitis, disc problems etc. are effectively treated through traditional massages with special herbs, nasal drops, medicated steam, medicated spinal baths, acupuncture and internal medications complemented by Yoga, Pilates, aquatics and meditation.

Diabetes Management

Through a harmonized adoption of diet, therapeutic packs, yoga and herbal medicine, Type II Diabetes can be managed effectively.

Aarogyamantra offers a number of packages to choose from. It includes Integrated Rejuvenation Package, Ayuridinam Package, etc. Be in a wellness treatment that will keep you rejuvenated and refreshed or a much-needed holistic treatment that will heal your enduring illness or injury, Aarogyamantra can be the answer.



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Lifestyle diseases and Ayurvedic management

Ayurveda has specific methods to address and remedy each lifestyle-related health condition.

Anxiety

Anxiety is a normal and often healthy emotion. However, when a person regularly feels disproportionate levels of anxiety, it might become a medical disorder. Anxieties now revolve around work, money, family life, health, and other crucial issues that demand a person's attention without necessarily requiring the 'fight-or-flight' reaction.

Ayurvedic management: Anxiety is due to the increase of 'vatadosha' in the body and it can be controlled by having a warm bath, drinking warm milk and indulging in activities that make the body warm. Abhyanga or an oil massage is good to make the body warm. Alternate nostril breathing can control anxiety as it helps to settle the nervous system.



Depression

Depression is a common and serious medical illness that negatively affects the way you feel, think and act. Fortunately, it is also treatable. Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed. It can lead to a variety of emotional and physical problems and can decrease a person's ability to function at work and at home.

Depression affects an estimated one in 15 adults (6.7%) in any given year. And one in six people (16.6%) will experience depression at sometime in their life. Depression can strike at any time, but on an average, it first appears during the late teens to mid-20s.

Women are more likely than men to experience depression. Some studies show that one-third of women will experience a major depressive episode in their lifetime.

Management: Vishada or avasada is caused due to aggravated physiological imbalances and it affects the way a person feels about things and situations. In Ayurveda, it is believed that depression results from vitiated doshas in the brain, as – the Prana Vayu, Sadhaka Pitta, and Tarpaka Kapha, which suppresses Ojus leading to loss of desire to participate in one's life's activities. The treatment modalities includes panchakarma, external therapies, internal medications, activities, food and lifestyle changes. Insomnia

Insomnia is a sleep disorder that is characterized by difficulty in falling and/or staying asleep. People with insomnia can feel dissatisfied with their sleep and usually experience one or more of the following symptoms: fatigue, low energy, poor concentration, mood disturbances, and decreased performance at work or at school.

Management: In Ayurveda, Insomnia is called Anidra/Nidra nasha, an imbalance in Tarpaka Kapha, Sadhaka Pitta and Prana Vata, but the ultimate goal of an ayurvedic approach to Anidra is to fabricate the ojas (a substance produced from the most subtle level of proper digestion, and it brings energy, clarity of thinking, strong immunity, happiness, and contentment). It has been proven from research that only the deepest and most restful sleep, which is called the Stage Four sleep, fabricates ojas. The level of sleep required to maintain a good state of health solely depends on the person's mind-body constitution or prakruti.

Poor sex life

Sex life becomes weak or poor when there is a lack of intimacy between the couples. To enhance this, couples should spend quality time with each other, try and understand the other person's problems, have fun times together, relax in each other's company and basically just chill out. Thus, sex life can be enjoyable by understanding the other's needs both physically and emotionally.

Management: Ayurveda says that, making love should soothe the soul rather than scar it. Violence during



sex is not healthy at all. Sex on empty stomach or after a heavy meal can trigger a plethora of health problems by causing a Vata and Pitta imbalance. The imbalance may give rise to digestive problems, headache, gastritis. According to Vagbhata (the author of a 2,500-year-old classical Ayurvedic text called the Ashtanga Hridayam): "During the winter season, the person can indulge in sex daily as much as they like after making use of aphrodisiacs and obtaining strength; once in three days in spring and fall; and once every two weeks in the rainy season and summer."

Infertility



Most people will have the strong desire to conceive a child at some point during their lifetime. Understanding what defines normal fertility is crucial to helping a person, or couple, know when it is time to seek help. Most couples (approximately 85%) will achieve pregnancy within one year of trying, with the greatest likelihood of conception occurring during the earlier months. Only an additional 7% of couples will conceive in the second year. As a result, infertility has come to be defined as the inability to conceive within 12 months.

Management: The main dosha involved in infertility is Vata. So Vatanulomana (correcting the functions of Vata) is very important in the treatment of infertility. Ayurveda Panchakarma treatments help to eliminate Ama thus corrects Agni. Healthy Agni will also contribute to healthy Ojas leading to a fertile state.

Cardiovascular diseases



26 percent of all deaths in India happen due to cardiovascular diseases. In urban India, young and middle-aged people are at risk, while in rural areas, the elderly population is vulnerable. Lack of physical activity has been identified as one of the biggest triggers of cardiovascular diseases. Depression too has been found to be a risk factor for cardiovascular diseases.

Management: Take 1/2 tea spoon of the bark of White Marudah or Terminalia Arjuna in 1 cup of milk and one cup of water. Boil the mix in an uncovered pan until the total volume becomes 1 cup. This preparation is called Arjun-Ksheer-Paak. Filter and have this one cup in the morning (empty stomach) or at bed-time. Regular intake will help in making the heart stronger and has the ability to free one from any cardiac problems.

Alcoholism

Alcoholism is the most severe form of alcohol abuse and involves the inability to manage drinking habits. It is also commonly referred to as alcohol use disorder. Alcohol use disorder is organized into three categories: mild, moderate and severe. Each category has various symptoms and can cause harmful side effects. If left untreated, any type of alcohol abuse can spiral out of control.

Management: Grapes are the active materials of alcoholic drinks and wines. So, alcohol can be ditched quite easily with this natural ingredient, grapes. It is advised to consume as

much grape juice as the mind wants to drink. This will help one to overcome alcohol addiction. If required, consume grapes in every alternate 4 hours. This is a superb home remedy for alcoholism.

Cayenne is another very common spice used in almost every Indian household. If consumed in juice form it can reduce insomnia, anxiety and irritability. It also increases the appetite and lowers the urge to have alcohol. It also helps to get rid of hangovers. Thus, one can try Cayenne to get rid of alcoholism.

Another superb remedy for alcoholism is using dates. Drop some pieces of dates in warm water. Rub these dates in the water gently for some time. Then drink the liquid. Drink it twice or thrice daily to expect effective result.

Diabetes



Diabetes is a chronic disease that occurs when the pancreas is no longer able to make insulin, or when the body cannot make good use of the insulin it produces. Insulin is a hormone made by the pancreas that acts like a key to let glucose from the food we eat pass from the blood stream into the cells in the body to produce energy. All carbohydrate foods are broken down into glucose in the blood. Insulin helps glucose get into the cells.

Management: The bitter leaves and seeds of *Azadirachta indica* or the neem plant is the best and most beneficial for diabetes patients. It can be used alone or combined with other anti-diabetes Ayurvedic herbs for improving glucose tolerance.

Parkinson's disease



Parkinson's disease is a progressive nervous system disorder that affects movement. Symptoms start gradually, sometimes starting with a barely noticeable tremor in just one hand. Tremors are common, but the disorder also commonly causes stiffness or slowing of movement. In the early stages of Parkinson's disease, the face may show little or no expression. Your arm may not swing when you walk. Your speech may become soft or slurred. Parkinson's disease symptoms worsen as your condition progresses over time.

Management: Parkinson's treatment includes tremor treatment in Ayurveda with the help of below-mentioned methods:

Nidaan Parivarjana: The natural treatment for Parkinson's deals with the treatment of the etiological factors responsible for Parkinson's tremors. In the treatment of Parkinsons, patients are guided to avoid such type of Aahar and Vihar (diet and lifestyle) which increases the Vata in an unhealthy manner. The food having Rookshaya (dry), Laghu (light), Sheet (cold), Daruna (unstable), Khara (rough) and Vishada (clear) is generally not recommended for the Parkinson's patients.

Shanshodhan (removing of accumulated Doshas from the body): In this line of treatment, exaggerated Vata Doshas are expelled out from the body via Snehapana, Abhyanga, Swedana, Nasya and Vasti.

Shaman (balancing of exaggerated Doshas in the body):- In this final step,

the Vata Doshas are balanced with the help of natural Ayurvedic herbs for Parkinsonism Treatment

Alzheimer's disease

Alzheimer's disease is a progressive disorder that causes brain cells to waste away (degenerate) and die. Alzheimer's disease is the most common cause of dementia — a continuous decline in thinking, behavioral and social skills that disrupts a person's ability to function independently. The early signs of

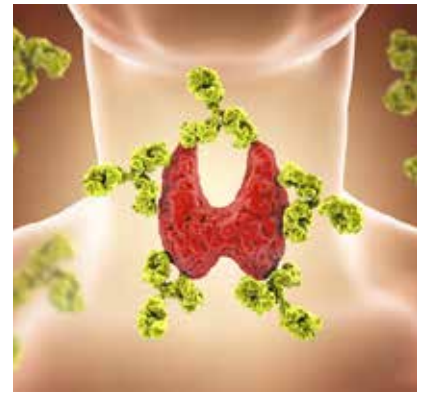


the disease may be forgetting recent events or conversations. As the disease progresses, a person with Alzheimer's disease will develop severe memory impairment and lose the ability to carry out everyday tasks.

Management: Panchakarma treatment in Ayurveda is aimed at removing toxins from the body and servicing it for a better efficacy. Some of the other therapies prescribed for Alzheimer's patients are Vamana, Virechana, Vasti, Nasya, Shirovasti, Shirodhara, Shiro Pichu, and Abhyanga. Internal medications include medicines to prevent degeneration and strengthening of the brain like Brahmi (*Bacopa monnieri*), Vacha (*Acorus calamus*), Ashwagandha (*Withania somnifera*), etc.

Cancer

More than 1.73 million new cancer cases are likely to be recorded each year by 2020 in India. Commonly used household chemicals and cosmetics contain cancer-causing compounds. It is estimated that up to 20 per cent of cancer cases can be linked to environ-



mental exposures of toxins. Tobacco and alcohol, air pollution and diets rich in meat and low in vegetables, are primary triggers. However, these triggers remain largely unaddressed. Moreover, cancer screening and medication remains extremely expensive.

Management: Many herbs like *Andrographis paniculata*, *Annona atemoya*, *Phyllanthus niruri*, *Piper longum*, *Podophyllum hexandrum*, *Tinospora cordifolia*, *Semecarpus anacardium*, *Vitis vinifera*, *Baliospermum montanum*, *Madhuca indica*, *Pandanus odoratissimum*, *Pterospermum acerifolium* and a lot more have scientific evidence of anticancer property. Nine plant-derived compounds including vinblastine, vincristine, etoposide, teniposide, taxol, navelbine, taxotere, topotecan and irinotecan have been approved for use as anticancer drugs.

Respiratory diseases



India had an estimated 22.2 million chronic COPD patients and around 35 million chronic asthma patients in 2016. Other than air pollution from vehicles and industry, global warm-

ing also increases risk of respiratory health. Global warming has extended the duration of the pollen season and altered the timing, production and distribution of aeroallergens. Both pollen and air pollutants have risen simultaneously in the environment, leading to an enhanced airway inflammation, thereby increasing the frequency of respiratory allergy and incidences of asthma.

Studies on the relationship between allergic respiratory diseases, asthma and environmental factors, such as meteorological variables, airborne allergens and air pollution are still limited, but important evidences are emerging.

Management: As per Ayurveda, the respiratory system is governed by Vata. However, an imbalance in the functioning of any of the Doshas (Kapha, Pitta or Vata) in the body can lead to accumulation of toxins (Ama) in the respiratory channels. These toxin deposits cause an inflammatory reaction resulting in the build-up of mucous and blockages in lung tissues. With the specialized Ayurvedic therapeutic procedure called Panchakarma, such toxins can be easily eliminated, and physical well-being of the Patient can be restored. This procedure is supplemented with dosha-balancing diet, stress relieving techniques and immunity boosting medications.

Hormonal disorders

Every 12th Indian is said to be a diabetic. Data on other hormonal diseases are still not available. Small studies suggest that one in 10 adults suffer from hypothyroidism. Hormon-

al balance is very delicate and is easily disturbed by exposure to toxins, air pollution and even food rich in fats, sugar and salt.

Management: Omega 9 fats commonly found in avocado helps in improving the heart health and highly contributes to the daily intake of fiber and essential nutrients. Short-chain fatty acid mostly found in dairy products helps in balancing the hormones in the body. Coconut which has natural anti-bacterial and fat-burning properties helps to control the blood-sugar levels. Gamma-Linoleic Acid (GLA) is a type of Omega 6 fat, found in hemp seeds. It mostly helps in supporting the progesterone levels.

Food allergies



Allergy is an immune response or reaction to substances that is usually not harmful. It's often called atopy. It is an adverse reaction that the body has to a particular food or substance. 25-40 million people in India could be suffering from food allergies. About 170 foods reportedly cause allergic reactions. Food labels that provide detailed information about constituents

could be important in controlling this. Allergen labelling in India has so far been restricted to infant milk substitute. India does not have a mechanism in place that requires Genetically Modified (GM) foods to be clearly labelled.

Management: Ayurveda recommends boosting the digestive fire, detoxification, immune system strengthening, stress management for overcoming allergic reactions. It also recommends having foods that are easy to digest, intake of warm water and leading a lifestyle that does not disturb the natural bodily rhythms.

Food cravings



A food craving is an intense desire for a specific food. This desire can seem uncontrollable, and the person's hunger may not be satisfied until they get that particular food. Some experts believe food cravings last only about 3-5 minutes. An imbalance of hormones, such as leptin and serotonin, also causes food cravings. It is also possible that food cravings are due to endorphins that are released into the body after someone has eaten, which mirrors an addiction.

Management: Cravings occur because of an imbalance in the doshas of the body. These cravings can be managed by discovering the imbalance of the body and then working on it so as to reduce these cravings and then feel better all around. Some of the techniques that can be followed to cut down on cravings are to drink basil and red mango tea, use aromatherapy (vanilla, orange), hug a friend and listen to your favourite music ■





How can you prevent lifestyle diseases?

1. Eat more of green veggies, fresh fruits, calcium and fiber rich foods.
2. Switch to whole grain/multi grain flour.
3. Reduce your portion size and eat at regular intervals (every 2 hours)
4. Eliminate or at least try to limit the consumption of oily food.
5. Replace junk food with healthy snacks.
6. Drink plenty of water.
7. Avoid tobacco Use.
8. Maintain a healthy weight.
9. Maintain daily physical activity and limit time spent watching TV
10. Eat a healthy diet.

Causes of Lifestyle Disease

1. Dehydration - Dehydration of the muscles and tendons is a primary cause of muscle fatigue, strain, tendonitis, and other disorders of the musculoskeletal system.
2. Malnutrition - The lack of living foods in our diet along with the overconsumption of dead foods causes chronic disease.
3. Inflammation – Inflammation is a primary cause of most lifestyle-related disorders, including heart disease and musculoskeletal disorders.
4. Fatigue - Lack of sleep is associated with numerous, serious medical illnesses including: high blood pressure, heart disease, stroke, obesity, and mental impairment.
5. Poor physical fitness - It's widely recognized that there's a direct correlation between poor levels of physical fitness and increased risk of chronic diseases.
6. Poor health habits - Smoking, alcohol, drug use/abuse,

sugar, fast food, soft drinks, chocolate, artificial sweeteners, worry, and stress have a negative impact on your health.

General Ayurveda principles

In the management of lifestyle diseases, Ayurveda offers various regimens including Dinacharya (daily regimen), Ritucharya (seasonal regimen), Panchakarma (five detoxification and bio-purification therapies), and Rasayana (rejuvenation) therapies.

The Sadvritta (ideal routines) and Aachara Rasayana (code of conduct) are utmost important to maintain a healthy and happy psychological perspective.

The inclusive utilization of all these treatment modalities has a great effect on lifestyle disorders.

Moreover, the application of organ-specific Rasayana herbs also provides enough scope not only for prevention of disease, but also for the promotion of health and cure of disease too.

Cardio-vascular disorders are discussed under Hridroga in Ayurveda. Hridaya has been referred to be the site of psyche. Any kind of psychological disturbance will lead to a disturbed patho-physiology of heart. Hence, it has been told to protect the heart from every kind of stressor (Pariharya Visheshena Manaso Dukkhatavah).

On the contrary, conventional western medicine deals with the cardio-vascular disorder with single side of somatic disorder. Hence, Ayurveda has an upper edge in treating the disease with emphasis on its root cause.

The Ayurvedic physician concentrates on achieving the objective of Ayurveda for promotion of health, prevention and management of disease for a healthy and happy life in the ailing society.

Thus, managing lifestyle diseases is simple and all that is required is a firm mind to adopt healthy habits and healthy diets ■



Ayurveda for a healthy Europe

A differentiated approach to lifestyle diseases



The focus of Ayurveda is on the individual rather than the disease, on life quality rather than on mortality as most discussions on lifestyle diseases tend to be, says
Dr. Simone Hunziker, MD

Dr Simone Hunziker, MD

Medical and Academic Director, SAMA-Swiss Ayurvedic
Medical Academy Founding President, Indo-Swiss Ayurveda Foundation (ISA)

In Europe, like in other parts of the developed world, lifestyle has, in an ever-accelerated process, evolved into an omnipresent threat to life, as a consequence of industrialization, digitalization, urbanization, and new social and food patterns. But today, at the global level, as much as two-thirds of the global mortality are due to non-communicable diseases (NCDs). By observing the statistics in the fruitless global debate on lifestyle diseases, the only concern seem to be about the quantifiable aspects like mortality and longevity.

Yet, in a primary care consultation in Europe, one encounters numerous lifestyle disorders that are not directly related to mortality, but, cause suffering on a daily basis, undermining the collective well-being and economic strength as much as mortality. While poor diet, tobacco, alcohol and sedentarism are incriminated for the NCDs that increase mortality, the real villains are stress, inadequate sleep, unorganized hectic life, overwork, overexertion, negative professional environment, social tensions, digital addiction and many more.

Non-communicable or lifestyle diseases are chronic and its treatment most often involves increasing lifespan without actually improving its quality. Therefore, it is good to focus on the quality of life than merely postponing the ending.

How can Ayurveda in this context contribute to a healthy Europe?

Ayurveda, the knowledge of life, rooted in the philosophical schools of Samkhya and Yoga considers that the purpose of any human incarnation is the awakening of the consciousness until one reaches Moksha (liberation) from the apparent and the illusionary scenario of the creation. Consequently, Ayurveda is at the service of quality of life and longevity that ensure optimal conditions for that journey. It considers the trilogy of body, mind and spirit to constitute one inseparable entity. Whatever affects one aspect of the organism will also impact the others.

For maintaining and restoring the life balance of any organism, Ayurveda involves differentiated methods based on time-tested and documented concepts. This includes preventive medicine as well as curative medicine.

Long before the manifestation of any organic disease, one could identify the underlying disorders and manage them at an early stage in an individualized and global approach.

According to Ayurveda, the pathological process evolves through six stages and the organic manifestation occurs only at the fifth stage. This means that any disease can be diagnosed during the first four stages before it can affect at the organic level. Yet, even early diagnosis becomes relevant only when prevention fails.

As a medical system and a philosophy of life, Ayurveda's scope lies in its preventive mechanism. This helps it pursue collective health and wealth. Preventive medicine is the subject matter of the discipline called Svasthavrtta that conveys codified and time-tested concepts regarding seasonal and daily routine in general as well as individual rules regarding nutrition, activities, sleep and sexuality.

Sadvritta is an ethical regimen that gives access to a harmonious individual and social life. Both play an important role in curative medicine too. Without respecting their principles one can neither maintain nor restore health in a sustainable way. Both are based on the universal principles that find their appropriate expression in time and space, every era and every part of the world.

For instance, the traditional rules for healthy lifestyle in Europe, although less differentiated and individualized, are mostly compliant with ayurvedic principles. This applies as much to seasonal rules as to food habits. In contrary, most of modern nutrition and lifestyle concepts do deviate from ayurvedic concepts. Yet, when one applies the latter in the modern Europe,

the results are self-explanatory.

Unlike for the spirit, where the ethical regimen is of general value, there are comparatively few generalized rules for lifestyle when it comes to the whole organism. This is due to the fact that each person has an individual constitution (prakriti) that remains unchanged throughout the whole life, defining his or her strengths, weaknesses, needs and tendencies. On the other hand, any disease or functional disorder can manifest in various forms according to the peculiarity of the individual's patho-physiological disorder (vikriti) that needs to be treated specifically. This manifests from the first stage of the pathological process.

The person is thus understood as a whole in his or her natural and social environment and on the other hand as a unique individuum in a unique situation that has to be assessed and cared for by taking into account all the variables. Therefore, the educational aspect of the therapeutic process involves, encouraging the patient to become an active and responsible partner and this is very crucial. At the same time, it represents the *conditio sine qua non* for life quality and wealth.

Thus, Ayurveda's answer to a health scenario that is dominated by chronic lifestyle diseases of individuals having delegated the responsibility of their health to the system, is thus individualized and differentiated prevention, global approach, education and active participation of the person, early diagnoses and treatment. These are the ingredients for sustainable collective health ■



Practice Yoga, say goodbye to obesity

*A sedentary lifestyle manifests itself in obesity, which has acquired the dimensions of a major global malady. Food habits, desk-bound jobs and several other factors result in obesity. **Dr. Sharad Kulkarni** tell us how obesity can be tackled by practicing Yoga and following the life principles of Ayurveda.*



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Obesity has emerged as one of the most common health issue around the world. It is futile to play a blame game on what causes obesity because in today's lifestyle and diet, it is actually pretty hard not to be fat. In India, more than 10 million people are obese by definition. While little is being done in India to check bulging waistline, in the United States, people are engaged in a constant struggle to keep their bodies in shape and to throttle down the frightening rise in child obesity.

What is obesity? In technical terms, when a person's body mass index (BMI) is higher than 25 they are considered overweight and when it is above 30, they are considered obese. The main reason for this condition is accumulation of excess fat in the body. Thus, obesity is a chronic disorder that can stay with a person for their entire life time and also eventually bring other health complications.

Causes and consequences

Obesity is a physical disorder resulting from the body's habit of retaining excess fat. The most common and generic cause of obesity is the consumption of more calories than that are burned by exercise or other physical activities.

A healthy male needs around 2400 calo-

ries each day and a female roughly 2100 calories to maintain their weight and health. However, in individuals, factors such as the lifestyle, stress and metabolism play a decisive role in determining the appropriate amount of calorie intake. Urban lifestyle often results in poor physical activity and this cannot but lead to obesity. When such a lifestyle becomes common, it becomes a social phenomenon.

Consumption of junk food is another leading cause for obesity. A diet dominated by junk food is severely deficient in necessary nutrients and, when coupled with negligible physical activity, can play a significant role in reducing metabolism in the body. This reduced metabolism would hinder the body's ability to burn the excess calories.

Obesity, by itself, may not be an alarmingly harmful condition. However, the overall negative consequences it begets on the human body is crucial. To begin with, it destabilizes the steady flow of hormones and other bodily enzyme secretions. Obesity is a common harbinger of conditions like Polycystic Ovarian Syndrome (PCOS) in women and problems like infertility and loss of sex drive in men. Obese patients of both sexes are equally vulnerable to cardiovascular diseases and other chronic ailments like diabetes, gastrointestinal problems,

hypertension, and so on.

Prevention

Living in the 21st century has made life very easy for all of us. Automation has come in a big way into our lives physical activity is next to nil in the case of many. Different machines and appliances help us in our daily chores, be it in the kitchen or at work. We travel in sophisticated vehicles to make sure we look and feel fresh through the day. We hardly engage in any physical labour and, most often, our work is intellectual rather than physical. Thus, our body is gradually engulfed by sloth and sloth, and eventually leads to obesity.

The myth about obesity that needs to be debunked is that it is a typical disease that can be cured with med-

ication. To be honest, obesity is not curable in the traditional sense. A lifestyle that is healthy and active and that which is clubbed with a nutritionally balanced diet and regimen are basically all it takes to prevent obesity.

To begin with, one should make sure that the calorie intake and the calorie burnt are equal so that the current body weight is retained.

Processed and junk food are heavier in calories than home-made food and, hence, these high calorie food must be avoided at all costs.

It is good to refrain from junk food and aerated drinks as they are not nutritious and do more harm than good.

Indulging in sports and other physical-tiring activities is good as it helps to burn off the excess calories, promote

muscle development and increase the rate of metabolism.

Role of Ayurveda & Yoga

In Ayurveda, atisthaulya (obesity) is described as a disorder due to excessive accumulation of meda (fat) in the body. When it comes to fighting or tackling obesity, Vedic medicinal practices take a holistic approach to target the root cause of the problem. It strives to increase the metabolism of the body by means of organic elements that encourages the burning of calories.

The practice of fasting is an important method to reboot metabolism and improve the digestive functions of the body. Consumption of fruits such as Amla, Triphala and Vaca is often prescribed by Ayurvedic physicians for tackling obesity. These are devoid of any possible side effects and are also considered natural anti-oxidants. Diet corrections are an inevitable part of the prescription.

Along with treatment, it is important to do proper exercises to get rid of the extra fat. Obese patients also tend to have high cortisol (stress hormone) levels. This is significant because experts believe that stress plays a major role in building obesity in patients. Yoga asanas are also great stress busters. Poses such as Pawanmuktasana, Paschimottanasana and Chalanasana increase appetite and promotes better digestion along with targeting the excessive fat.

Fitness should not be a temporary goal but a way of life. The way to tackle obesity is not just to adopt healthy measures for a certain period of time but to practice them for an entire lifetime. One should understand that only by leading a healthy and productive life can one control obesity ■



Food for Fertility, Pregnancy

Infertility is not a life-threatening condition, but has a huge psychological impact on couples desperately trying to build their families.

Dr. Nita Sharma Das explains what to eat to be fertile and once a woman becomes pregnant.



Dr Nita Sharma Das

Doctor of Naturopathy
Ph.D (Alternative Medicine)
Graduate in Pharmaceutical Science

In Ayurveda, infertility is referred to as Vandhya, which indicates complete sterility and this condition is incurable. Artavanasha (anovulation) is one of the primary reasons for infertility. However, infertility is curable in cases referred to as Apraja or primary infertility. In Supraja, infertility develops during the reproductive age but after conceiving once or more.

Diet along with other lifestyle factors such as physical exercise, stress and

emotional status plays an important role in the menstrual cycle in women. Ojas (vitality)-building foods are essential to maintain and boost fertility, as it helps to regulate ovulation.

Ayurvedic diet for fertility

In Ayurveda, diet is an important aspect of human health. Ayurvedic treatment method suggests that women should eat whole foods that are rich in fiber to maintain the hormonal



level and to nourish the body at the reproductive age. Experts recommend Ojas-building food like ghee, milk, dates, pumpkin seeds, sesame seeds, nuts, avocados, saffron, and honey as essential to maintain fertility. Vegan food items like organic, fresh, juicy fruits (plums, peaches, pears, mangoes) and vegetables (asparagus, broccoli), whole grains, plant-based protein sources (beans, lentils, and peas) are always good to maintain fertility.

Some root vegetables, arugula, watercress, chives, garlic, and onion can improve blood circulation. Tomato and a few other vegetables that contains lycopene improves semen quality in males due to their antioxidant property. Therefore, men should eat a lot of food that contain fresh tomatoes

Herbs are an integral part of Ayurveda and herbs like Ashwagandha (*Withania Somnifera*), Amlaki (*Embllica Officinalis*) and Shatavari (*Asparagus Racemosus*) are recommended to treat infertility.

Combination of herbal ingredients gives a better outcome. Appropriate dosage and the correct combination of herbal treatment are effective to regulate the menstrual cycle (in

females), improve sperm quality and quantity (in males), and improve the overall energy level by reducing stress, normalizing sleep cycle, balancing hormonal functioning, promoting blood circulation in the pelvic organs. Moreover, certain herbal medications are recommended as adjuvant therapy to increase the scope of pregnancy for women undergoing IVF cycle.

Mensu and Chyavanprash are two herbal ayurvedic formulations that have a synergistic effect to establish the balance between two reproductive hormones including Follicle Stimulating Hormone and the Luteinizing Hormone.

Dadimadighrita, Narayanatailam, Kalyanagulam, Kalyana ghrita, Phala-sarpis, Satapushpa tailam, are ayurvedic medicated ghee (clarified butter) or oil commonly used to improve fertility.

In Ayurveda, intake of processed food, canned products, excessive carbohydrate, and chemical or hormone loaded food items such as poultry, dairy, fish and meat items are strictly restricted. Intake of these items is said to diminish fertility.

Ayurvedic diet for pregnancy

The outcome of fertility is pregnancy, which is a precious moment for every parent. The mother's body continues to evolve during pregnancy to support the growth of the foetus. Food plays an important role to nourish both the mother and the foetus for the creation of a beautiful new life. In Ayurveda, a monthly food regimen is recommended for the mother during her gestational period.

First trimester: During this period, foetus is unstable in the uterus. The mother's body also starts to evolve. In this condition, cold, liquid and naturally sweet food items help to cool down the body. Ayurveda suggests having a cup of lukewarm cow's milk with one tablespoon of water chestnut (*Singhoda*) powder and ghee to stabilize the foetus in the uterus. Sufficient amount of cow's milk and ghee is essential to obtain adequate nutrition during this period.

Second trimester: At this stage, the food intake of the mother should gradually increase as it should be able to supply sufficient nutrients to the growing foetus. Curd rice, ghee and





milk are advocated in Ayurveda as healthy food during this period along with fresh fruits, vegetables and whole-grain items. These provide sufficient calcium, dairy nutrients, and other essential vitamins and minerals to the mother and the foetus. It is also advised that food intake should be more during the daytime, which means breakfast and lunch should be heavier than dinner.

Third trimester: Here, the mother's plate should have a balanced amount of green vegetables, fresh fruits, dairy products, and whole-grain items.

Food during pregnancy and lactation:

- To prevent anaemic condition, garden cress seeds roasted in cow's ghee added to lukewarm milk and honey is considered a healthy tonic for all expecting mothers.
- In the second-trimester, soya milk, corn soup, and egg yolk are recommended for the bone development of the foetus.
- Apricot dipped in honey have multiple benefits. This acts

as a nerve-tonic, improves blood circulation, and prevents constipation and infections.

- Black currant juice is a good option to avoid urinary difficulties and infections.
- Intake of four to six dates that are soaked overnight in cow's milk helps to improve haemoglobin level of the mother and also helps blood and bone formation in the foetus.
- Regular intake of spinach reduces the risk of abortion. Six teaspoons of fresh spinach juice is very useful to improve breast milk secretion, prevent anaemic condition and improve the overall health of the child after it is born.
- Moringa (Sahajan) leaf is recommended to breastfeeding mothers, as it acts as galactagogues and increases the flow or production of breast milk.

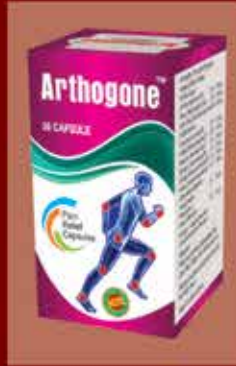
Follow the ayurvedic diet during reproductive age, ante-natal, post-natal and pregnancy, and every woman would be able to give birth to and groom a healthy baby ■

Promoting good Health, Beyond Boundaries...

स्वस्थ नारी
स्वस्थ देश...



इन्द्रियाणि पराण्याहुरिन्द्रियोभ्यः परं मनः ।
मनस्सु परा बुद्धिर्षो वुद्धेः परतस्तु सः ॥



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Your eyes, girl!

*Our eyes are our windows to the world. It is, therefore, very important to take care of them and keep them healthy. Kaumarabhrithyam expert, **Dr. Arun B. Varier**, tells us what children should do to take care of their eyes.*



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The deranged lifestyle and diet of the present day has resulted in various eye disorders in children. These are dealt with in the branch of Salakya Tantram in Ayurveda. They can be prevented if we can encourage our children to follow the nethra samrakshana upayas.

Some of these are as follows:-

- Proper sleep with respect to age and related physical/mental activity is a must for children to maintain good eye health because swapna viparyayam or abnormal sleep can cause a lot of nethra rogas or eye ailments
- Children should not look at distant (dooreksnam) and minute (sookshma) objects for a long time. They should be advised to maintain a minimum healthy distance while watching television.
- Request your child's school teacher to relocate his/her seating position, if required.
- Children should be discouraged from staring at objects for a long time. They should be encouraged to blink their eyes periodically to avoid any strain in the eye.
- Excess intake of theekshna, ushna, bottled drinks, fermented drinks, pickles, etc., are unhealthy for the eyes and so these should be avoided.
- Overuse of amla rasa (sour) also should be checked. It is better to avoid foods



that are baked, fried and difficult to digest, including breads and cakes.

- They should be encouraged to drink plenty of boiled and cool water and they should stay away from stimulants and caffeinated drinks.
- They should completely avoid virudha aharas at the same time, like consuming milk and fish or cold and hot substances together.
- Natural urges like jrimbha (yawning), hikka (belching), kshuth (hunger), asru (tears), chardi (vomiting), etc., should never be suppressed as they may end up in nethra rogas in the long run.
- Over anxiety and its causes should be checked.
- Continuously watching moving objects like TV programmes and videos

on mobiles must be strongly discouraged.

- Children should be encouraged to use goggles while swimming to prevent trauma and protect the eyes.
- They should always use only genuine anjanas or kajals for their eyes. Specially prepared anjanas for children are available in the market. This may be used daily or according to the direction of your child's doctor.
- Children should avoid exposing their heads and eyes to extreme climates.
- Washing the head in cold water immediately after playing or indulging in physical activities that can result in heavy sweating can easily lead to netra rogas. It is good to wait for a few minutes after sweating to have bath. This will give the body ample time to adjust to the change in temperature. Also, never wash the head in hot water.
- Consult a physician in case of the following conditions – excessive tear flow, decreased tears, dryness, itching, redness, foreign body sensation, swelling, pain, pus secretion, etc. Avoid self medication.
- Avoid direct exposure to sunlight, x-rays, radiations, dust and other pollutants.
- Eye health in newborn babies should be checked as there is always a chance of infection due to the trauma at birth. If this is left untreated, it may later lead to serious eye disorders.
- Provide good and proper lighting for your child while studying. This should be pleasant and be from the left side of your child's seating area so as to prevent any image formation on their writing pad. Both dim and bright illuminations are unhealthy. They should avoid reading while in moving vehicles.
- Check the possibilities of having direct trauma (abhighata) to the eyes, especially with sharp objects like pencils. Children should be taught how to use sharp objects without harming the body.

- Encourage your children to use glasses if an advice is made to use it daily.
- Classical treatment procedures in Ayurveda including tharpanam with medicated ghees, aschyothanam, anjanam, sekam, gandoosham, nasyam, padaabhyangam etc are best used under medical supervision to restore eye health in children. Medicines like thriphala choornam, padoladi gritham, thraiphala gritham etc. can be well incorporated for managing paediatric eye ailments.
- Nutritional deficiency should be addressed properly. Food that are easily digestible with all essential nutrients, like leafy vegetables, whole millets, milk, seasonal fruits, etc., should be strictly included in your child's diet. Gooseberry and thriphala fruits, if taken properly as advised by an expert, will have rasayana (rejuvenating) properties.
- Encourage your child to wear protective head gears like helmets when riding on a two wheeler.
- Eye diseases like blepharitis maybe the result of dandruff for which effective management is available in Ayurveda.
- Your children should be encouraged to wash his/her eyes with fresh cool water in the morning and in between while reading or studying for good eye health.
- Following good hygiene for the eyes will help to prevent infectious conditions like conjunctivitis.
- Application of an oil as prescribed by your consultant on the head and foot helps in preventing all types of eye diseases.
- Yogasanas like bhujangasana, surya namaskaram, savasana, etc., can be learnt from a trained Yoga instructor to improve eye health.
- Routine eye check-ups at least once a year is advisable to rule out the possibilities of refractory errors, glaucoma, etc., especially if there is a family history of these diseases ■

Sleep well to feel refreshed

*According to the Ayurveda Samhitas, Ahar (Diet), Nidra (Sleep) and Brahmacharya (Appropriate sensory indulgence) are necessary to maintain a healthy life. **Nidhi Pandya** focuses on why sleep should be given the importance it deserves and how good sleep is an opportunity for the body to heal at the cellular level.*



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Today we have a generation that is at one level harried by the fast pace of life and, at another, obsessed with their diet and exercise. However, sleep is often not given the importance it deserves. Essentially, sleep happens when the body is at rest and it is an opportunity that the body gets to heal itself.

Insomnia or sleeplessness can, therefore, be destructive if left unaddressed. It not only has the power to damage your health, but will also seriously compromise the quality of your day. When the mana (mind), indriya (senses) and sharira (body) are not rested well, they all perform at below optimum level.

Therefore, we need to understand the mechanism of sleep and reset it so that we get a good night's sleep.

Sleep mechanism

As diurnal mammals, our sleep is dictated by the circadian rhythms of the universe, i.e., the cycle of the sun. When the sun goes down and our eyes sense darkness, the brain releases certain hormones like melatonin and it goes into a subtle frequency, slowing down our body and finally putting it to sleep.

The second determinant to sleep is our body's own rhythm or internal clock. This trains the body to sleep at a specific time. So, even if we travel to a different time zone and if the sun is up and bright, the brain will prepare to sleep because it has created its own rhythm. Gradually, the circadian rhythm will take over your body's rhythm and automatically adjust to the jet lag.



or pain involved. It is important to know that when a person wakes up between 2 AM and 6 AM, it is the Vata time of night. Vata is responsible for keeping the mind active and so falling back asleep may automatically become more challenging.

What can be done?

To treat insomnia means to regulate Vata successfully. Vata can be tackled through lifestyle changes, changing food habits and external therapies.

Let's have a look at each.

Lifestyle

- Hitting the bed before the Pitta time of the day, i.e., before 10 pm, can help with a good quality sleep. This is also the time when there is a surge in melatonin and the mind becomes calmer leading one to sleep fast.
- It is good to have a definite time to sleep and wake up everyday. This

can help to set the internal clock and allow the brain to release melatonin more easily, providing you better sleep cycles.

- Keep the room dark and devoid of any sunlight or electronic light. This can help the brain to receive good sleep signals.
- Avoiding all activities for at least 2-3 hours before bedtime is essential. This can calm the brain leading you to sleep easily.
- Wearing socks before going to bed can help to regulate the body temperature as well as the nervous system. This is especially good for those who wake up with sudden anxiety.
- Keep the temperature of the room cool, but use a heavy blanket to cover yourself before sleeping. A heavy blanket can keep the Vata regulated and the nervous system and brain quiet, thus providing better sleep.

- Pray or meditate right before bedtime as this activates the body's parasympathetic mode, thus putting the body in rest and digest mode. This makes it easy to fall asleep and stay asleep for a long time.
- A warm shower early in the evenings, especially during summer days, can relax the mind and make sleeping easier.
- Sleeping on the right side is good as it promotes better sleep. Sleeping on the right side activates the ida nadi or the more cooler, calmer energies of the body.
- Overall stress management is an important factor in determining the quality of sleep. Meditation, cultivating faith, vow of silence for a few hours a day, limiting social commitments etc., are all useful in managing stress and promoting good sleep.





Food

- Consume only warm food after 4 pm as this keeps the Vata regulated. Avoid fruits, yoghurt and anything raw.
- A warm glass of milk right before bedtime can also serve as a good tranquilizer.
- Extremely spicy foods and fried foods can lead to discomfort in the body and can thus keep the mind and body active and hot.

External Therapies

- Shiro Abhyanga or a good warm oil massage on the head can help to significantly quieten the mind and help the body to unwind and fall asleep fast.
- Shiro Pichu or a treatment where a cotton swab dipped in oil is placed on

top of the head also helps to regulate Vata in the head region, thereby providing a significant positive impact on sleep.

- Karana Purana or putting a few drops of warm sesame oil in the ears before bedtime is very soothing and effective in shutting down the indriyas or the senses.
- Putting lavender essential oil on the pillow with the help of a diffuser is extremely powerful in inducing sleep, yet it is seldom used.
- Using white colour or water sounds in your room is especially helpful for those who wake up due to stress.

Still awake?

The most important thing to do is to remember not to worry if you find yourself awake in the middle of the

night. Keep your phone away, your eyes closed and focus on your natural breath. Focusing on your breath will once again quieten the mind and induce sleep.

Once awake, turn on the lights or even keep your eyelids open. This will confuse the brain about the time of day and subsequently the melatonin production will be affected. You may also use lavender essential oil at this point.

But if you do wake up after 4.30 am, you can use this time to meditate or study. This time is Brahma Muhurta or that Vata time when your brain is dominant in the element of ether. This means that your mind will be open and ready to receive. It is also a time when the spiritual energies in the universe are at their highest. So take advantage of it! ■



Manage hypertension without medication

Hypertension is a lifestyle disease that can easily and silently kill a person although it can be managed well through systematic diet and lifestyle.

Vd. Lakshmi Anoop tells us how this disease can be managed without any medication.



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Very common in the current era, hypertension has a multi-factorial origin. Its cause mainly depends on environmental factors but it is also known to respond to our everyday diet, sleep, exercise, work and stress. This is good news as this allows us to be aware of the necessary changes we need to make in our diet and lifestyle so as to keep our blood pressure under control.

Due to its asymptomatic nature, it is often known as a silent killer and it can go unnoticed for many years. It is dangerous as it can cause multiple complications that can affect/damage

different organs of the body if not diagnosed and treated on time.

Anti-hypertensive drugs are good as it not only lowers high blood pressure but also eradicates the risk of any secondary disease. However, Ayurveda, has a holistic approach to this disease, and this helps to minimize the risk factors effectively.

Modern life to be blamed

Modern life is fun, but we pay a heavy price for its goodies by getting afflicted by lifestyle diseases. Faulty lifestyle and stressful psychological conditions affect our mind and the haemostasis of our body. Hypertension, thus, is a psycho-



and lack of physical activity leads to hyperlipidemia causing atherosclerosis which further increases the peripheral resistance.

▶ Anger, stress, anxiety, excess fear, worry leads to disturbed physiological hemostasis and exaggerated cardiac responses. Also, it further causes negative emotions, eating disorders, physical inactivity, obesity, smoking, alcohol, etc.

Food that can increase or decrease blood pressure Strategies to lower blood pressure

somatic disease, where mental factors play an important role in its pathogenesis, progression and prognosis.

Some of the factors that cause this disease are blood vessel elasticity, blood volume, cardiac output and peripheral resistance. This in turn depends on blood viscosity, vessel diameter and vessel length.

Exaggerated contractility of the heart increases the speed/force of the ejection of blood. This results in the forceful expulsion of blood through blood vessels, ultimately leading into increased resistance in vessels causing hypertension.

Diet, stress and exercise

Increased consumption of salt and alcohol and smoking leads to a defective renal sodium hemostasis, thereby increasing cardiac output.

▶ Increased intake of caffeine and spicy food causes defect in the hormonal regulation of blood pressure (Renin– Angiotensin mechanism) leading to vasoconstriction which further increases peripheral resistance.

▶ Reduced calcium and potassium intake in diet and other hereditary factors cause defect in the autonomous nervous system thus increasing the heart rate and the vasoconstriction which further increases cardiac output and peripheral resistance.

▶ Increase in the intake of fatty food

Increase	Decrease
Grains - Whole grains, rice, wheat, oats, barley	Grains – Packaged grains
Spices Cumin, Black pepper, garlic, ginger, use of Himalayan pink salt in moderation	Spices – Salt, Chili, pickles
Legumes Lentils, Beans	Legumes – Canned beans
Vegetables - Green leafy vegetables like spinach, carrot, beetroot	Vegetables - Tomatoes
Fruits – Berries, cherries, papaya, grapes	Fruits – Mangoes
Nuts – Almonds	Nuts – Cashews, groundnuts
Seeds – Sesame seeds, flaxseed, all other seeds	Beverages – Sweetened beverages, coffee, alcohol
Dairy – Low fat milk, buttermilk	Oils – hydrogenated oils and fats
Beverages – Herbal tea	Sweetener – Refined sugar
Oils –Vegetable oils, mustard oil, olive oil, sesame oil	Meat – Frozen meat, red meat, fish (sea water fish) & sea food
Sweetener – Honey, jaggery, Natural unprocessed sugar	Others – Processed food, fatty food, fried food
Meat – Egg white, fresh water fish, lean white meat (poultry)	Lifestyle - Day sleep, Lack of exercise, Too much physical strain / overdoing of exercise, smoking, tobacco, Staying awake late at night, Mental stress – Over thinking, anger, anxiety
Lifestyle – Regular exercise, avoidance of mental stress, timely sleep	

Strategies to lower blood pressure

1. Maintain healthy weight / BMI
2. Limit alcohol consumption, smoking and tobacco
3. Increase physical activity
4. Follow dietary eating pattern –increased intake of fruits and vegetables, low fat dairy products, whole grains, poultry, fish and nuts.
5. Reduce the intake of red meat, sweets, sodium and beverages containing sugar.
6. Reduce stress.

What to do to prevent hypertension?

1. Cut back on fat and eat more starches or complex carbohydrates like grains, beans, vegetables.
2. Limit intake of milk, cheese, poultry, fish and meat.
3. Eat low sodium diet to maintain normal blood pressure.
4. Eat more fiber, fruits and vegetables as they help to lower cholesterol levels. So, include oat bran, rice, wheat bran, barley, beans, oranges, potatoes, tomatoes, okra, etc., in diet.

5. Maintain a healthy body weight as increased body fat increases the risk of heart diseases. Have an active lifestyle as it keeps cholesterol in normal range, reduces high blood pressure, controls body weight and blood sugar levels and reduces stress. Exercise helps cardiovascular system work efficiently. Indulge in gardening, housekeeping, etc. If you do not have sufficient time for those, then use the stairs and avoid lift and walk/use cycle to go to work or buy groceries.
6. Quit smoking as smoking can increase heart rate, blood pressure levels and lower the good cholesterol (HDL cholesterol). Smoking may also increase the tendency of the blood to clot, leading to heart attack.
7. Reduction in stress can help to increase overall quality of life.
8. Reduce alcohol consumption.
9. Reduce the intake of food additives or preservatives such as MSG (Monosodium glutamate), hydrogenated oils and fats. Instead use vegetable oils.
10. Get enough sleep – Disturbed sleep causes imbalance in stress hormones leading to increase in blood pressure ■

Recipes for lowering blood pressure

Recipe 1 - Medicated Garlic milk preparation

Ingredients– 8 – 10 garlic cloves, 40 ml low fat cow's milk or goat's milk, 160 ml water.

Method of preparation – Peel garlic, cut it lengthwise and pound it to make a paste. Mix milk and water in a small vessel and bring it to boil. Add the garlic paste and mix well. Boil on mild heat without covering with a lid or stirring, until only 40 ml remains. Filter and serve hot.

Benefits - This helps reduce blood pressure, improves cholesterol levels. It is rich in anti-oxidants and regulates blood sugar levels as well.



Recipe 2 - Hot cumin drink

Ingredients – 2 cups water, 1 tsp fenugreek seeds, 1 tsp cumin seeds, 1 tbsp jaggery.

Method of preparation – Roast the seeds, crush into coarse powder, cook in water. Add jaggery and mix well. Filter and consume.

Benefits - Good for cholesterol & hypertension, soothes muscle pain too.

As blood pressure exerts burden on the human quality of life, contributes to increased mortality and risk of cardiovascular diseases it is important to make the necessary diet & lifestyle changes to lower it and thus prevent the development of hypertension and reduce the risk of its related complications.

It's time for
KERALA.

It's time to leave the ordinary behind.
It's time to take off on a brand new
voyage and start life anew.
Come, right away.



Stress the silent killer

Stress is a person's physical, mental or emotional response during a challenge.

Dr. Manoj Chandrashekar tells us how to manage stress by applying the Ayurveda principles.



Dr. Manoj Chandrashekar

MarmmaYogi
www.marmmayogi.com

Is stress good or bad?

Stress is good (eustress) if one properly copes with the demand (stressors). It helps to improve performance and efficiency be it at work or in life. It also makes one more alert about the activities indulged in, bringing out satisfaction, excitement and fun while at work.

Stress is bad (distress), if one is not able to cope with the demands (stressors) one faces due to the limited physical, mental and emotional resources.

How distress affects the body?

Chronic unmanaged stress results in chronic illnesses at various levels leading to physical, mental and emotional disorders.

As per Marma Ayurveda, the chronic stress vitiates all the doshas (basic functional units). Vitiated doshas slowly affect the normal functions of the tissues and the organs. It also slows down the metabolic activities resulting in the formation of aama (metabolic toxins) in the tissues and organs.

Later, this leads to lack of immunity, various disorders in the organs and infectious diseases.

Types of stress disorders

Stress can manifest in the various organ systems of our body.

Cardiovascular system

The accumulation of aama (plaque) in the coronary artery can produce ischemic heart disease. It also increases heart rate, blood pressure, blood sugar and cholesterol.

Immune system

Reduced metabolism and accumulation of toxins reduce the immunity of the body. This leads to various infections and organic disorders.

Digestive system

Agni (digestive fire) reduces due to chronic stress. It creates acid reflux, heart burn, stomach ache, loose bowels or constipation.



Respiratory system

Heavy breathing increases the oxygen supply to meet the demands of the body.

Muscular system

Chronic stress tightens the muscles to protect them. This leads to chronic headache, cramps, stiff neck and body ache.

Sex and reproduction

Men develop impotency due to loss of sexual desire, erectile dysfunction, oligospermia. This increases the risk of infection in the prostate glands and in the testicles. In women, it affects the menstrual cycle which becomes irregular, painful and they also experience heavy periods.

Nervous system and endocrine system

Chronic stress ends up in anxiety or depression. It increases the production of emergency hormones like adrenaline and cortisol. This increases the blood pressure and the heart rate.

Ayurveda management

- ▶ Avoid causative factors (stressors).
- ▶ Vata shamana therapies (relaxation therapy) like shirodhara, abhyangam, shirovasti can be practiced etc.
- ▶ Detoxification or panchakarma therapies should be practiced.
- ▶ Perform marma yoga therapy.
- ▶ Practice satsanga and counselling
- ▶ Indulge in satvavajaya treatments

Regimens

- ▶ Avoid tea, coffee and aerated drinks.
- ▶ Avoid sour, salty and spicy food
- ▶ Drink plenty of water ■

Breath well with Shvasan Kriya



The body has different channels (srotas) which conduct materials and nutrients throughout the body as well as carries waste materials out of the body. There are a total of 13 srotas in the human body. Of these 3 are Prana Vaha Srota, Udaka Srota, Annavaha Srota, 7 srotas are responsible for the 7 dhatus in the body, 3 dedicated srotas to carry waste materials out of the body. Pranvaha srota, which is responsible for carrying life bearing air inside the body, has a major role among the srotas.

Ayurvedic definition of respiration

Shvasan Kriya (respiration) is an activity which is defined as the combination of Nishvas (inhalation) and Uchvas (exhalation) which carries prana vayu through the Pranvaha srota and is the key to maintain vital body functions. Problems in the pranvaha srota leads to respiratory disorders.

Functions of the Pranavaha Srota

All 13 srotas in the body are named on the basis of their functions and the pranvaha srota is no exception. Ayurveda considers prana vayu (air we breathe) and ahara (food) as prana (life), hence the channels that are responsible for carrying nutrients and oxygen are known as the pranavaha srota.

The pranavaha srota is the western equivalent of the respiratory system. This helps in the Shvasan (respiration), a process in which shudda vayu is inhaled into the body and ashuddha vayu is exhaled. Disorders of this srota can lead to different problems such as shortness of breath, experiencing pain

when breathing, wheezing sounds, irregular breathing patterns or interrupted breathing.

Common Disorders of the Pranvaha Srota

Respiratory disorders occur when the Pranvaha srotas are blocked. These disorders cause discomfort in the sufferer. Some of the most common respiratory disorders that afflict us are:

▶ **Asthma:** Asthma is a chronic disorder in which the bronchial tubes become swollen and filled with mucus. It makes breathing difficult. Other symptoms include coughing, wheezing, tightness in the chest, trouble sleeping, weakness & fatigue, nasal congestion and pain in chest. Children below 5 years may develop asthma but with proper treatment the conditions can significantly improve. Asthma is not curable but proper treatment can control and manage the symptoms.

▶ **COPD:** Chronic obstructive pulmonary disease (COPD) is a collection of different respiratory disorders that causes breathlessness. Here, patients are unable to exhale or inhale normally



and they wheeze when they breathe. Lack of energy and tightness in the chest are some other symptoms of COPD. Under certain circumstances, especially due to infections or environmental factors, symptoms may worsen suddenly and last for several days. This is called an exacerbation of COPD. Prevention is the best defence against COPD since it is also not completely curable.

► **Bronchitis:** Bronchial tubes in people who have bronchitis make more mucus as a natural defence against germs, which leaves less space in the tube to carry air. This results in breathlessness, shortness of breath, fatigue and cough up discoloured (yellowish-grey, grey) sputum. Causes of bronchitis are weak immunity, smoking, gastric reflux and exposure to irritants.

► **Pneumonia:** Pneumonia is also an infection of the lungs in which the aveoli (air sacs within the lungs) are filled with puss, which makes breathing difficult. Since this is a contagious disease, children as well as adults can become infected when they are in contact with the infected person.

How to keep the Pranvaha Srota Healthy?

All organs in the human respiratory system are important. Throughout the span of our life, we use these organs every day to breathe. Our respiratory system is under constant attack from disease causing pathogens, environmental pollutants, allergens, smoke

and dust. Hence, it is vital to prioritize the respiratory health. Here are some useful tips:

1. Avoid smoking and the company of smokers:

Nicotine smoke is the biggest cause of respiratory problems today. Smoking causes chronic bronchitis, emphysema, chronic lung diseases and even lung cancer. Cigarettes and bidis cause extensive damage to the lung structure and reduces the lung's capacity to extract oxygen from the air and supply it to the blood stream. Second-hand smoke is equally dangerous as smoking. For this, the company of smokers should be avoided especially when they are smoking.

2. Yoga and Pranayama:

Special breathing techniques such as Kapalbhaati and Bhastrika have significant benefits for patients suffering from asthma, bronchitis and lung congestion. Practising these will help to strengthen the lungs, improve immunity and provide relief from mental and physical stress. Daily practice of these yoga asanas can help you to keep the lungs strong and disease-free.

3. **Morning Walks:** If you are unable to practise yoga, try to incorporate 20-30 minutes of morning walk in your daily schedule. Morning time is considered best for mild physical exercises such as walks and stretches. Choose a good location without pollution where you can walk and do simple stretching exercises.

4. Keep your hands clean:

Most contagious diseases are spread by touch. Touching infected surfaces or infected objects is the most common reason for contacting disease causing germs. Use a hand sanitizer to wash your hands before consuming food or after being outdoors or in a public place.

5. Anti-oxidant rich foods:

Seasonal fruits and vegetables are highly beneficial in enhancing the immunity and supplying the body with the essential nutrients. This can strengthen the body's internal defence mechanism and prevent disease causing germs from entering the body.

How Panchakarma Helps?

Panchakarma procedures like Vaman, Virechan, Nasya, Basti are especially effective in treating respiratory disorders. Not just that, pre-emptive Panchakarma therapies can help prevent respiratory diseases in the first place. Ayurveda recommends Vasantic Vaman (Vaman in Vasant Ritu) to prepare the body against natural Kapha aggravation in spring.

Panchakarma therapies become very effective when combined with a personalized diet plan prepared according to the person's Prakriti and specific lifestyle regimen that compliments the therapies. This is where unique wellness centres such as Jivagram come into the picture ■



Dr. Pratap Chauhan

Source: jivagram.jiva.com

Ayurveda is all about Indian culture



Shahnaz Husain

www.shahnaz.in

Cultural industries, like Ayurveda, play an important role in the economy of developing nations, not only in terms of economic growth, but also in achieving social stability, generating employment, creating wealth and, most of all, by preserving culture. India is a country known for its rich cultural heritage and immense economic potential. In the present scenario of globalization, the challenge for the country is to develop Ayurveda so that it can compete in the international market and emerge successful.

Today, the world is looking at Ayurveda with enlightened eyes. The last few decades had witnessed a worldwide 'back to nature' trend. The concept of naturalism and 'total wellness' has come into the lifestyle, with greater emphasis on mental and physical well-being. This makes it only natural for the world to look at the Indian disciplines of Yoga and Ayurveda. In fact, due to the growing global market for alternative medicine and herbal products, the Ayurvedic products market seems to have immense potential. This also includes the use of essential oils, which are used in the related field of Aromatherapy.

Considering India's immense empirical knowledge of the healing power of plants, we have experienced the tremendous potential of Ayurvedic health and beauty care in the international market. In fact, India will be a leader in this field in the future.

My long expertise and experience has been mainly in the field of beauty care and in the treatment of specific skin and hair problems, both in terms of salon treatments, as well as beauty and health care products. There has been an immense growth of our brand of beauty care products



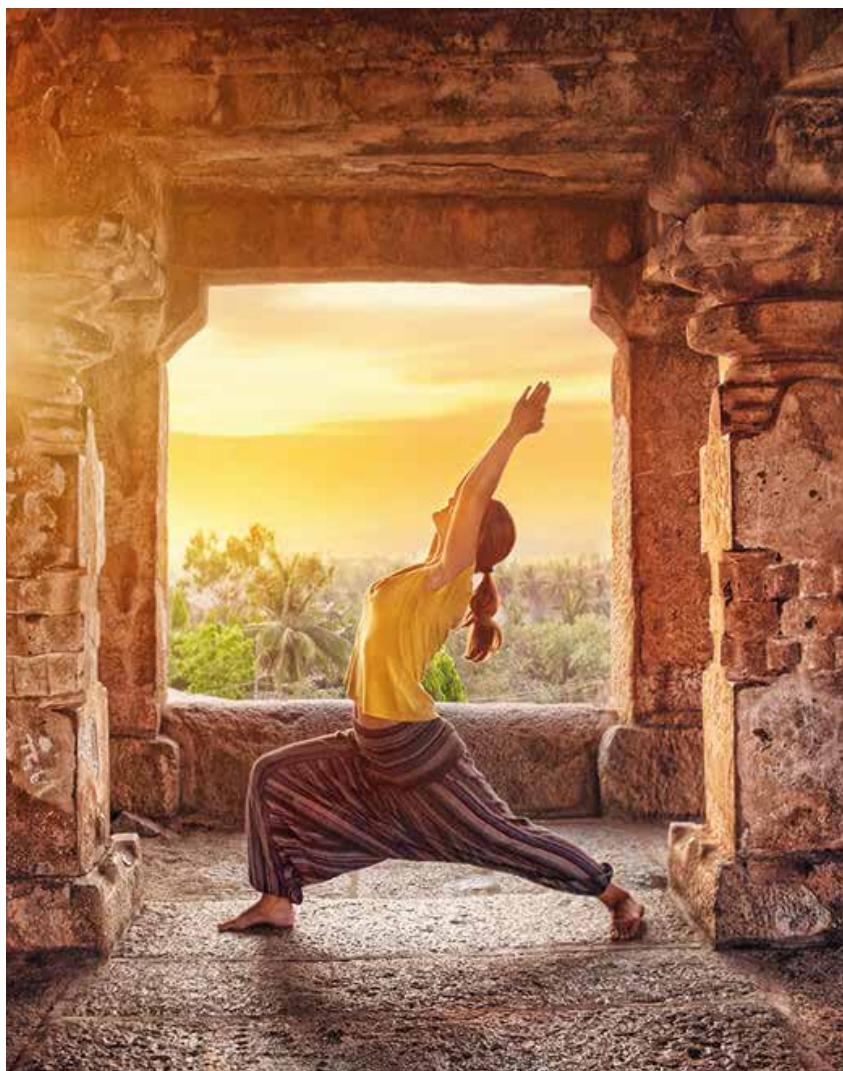
worldwide due to the growing interest in alternative therapies, like Ayurveda.

Thus, the aim of Ayurveda is total well-being of the body, mind and soul. True good health cannot be achieved without total well-being of body, mind and soul. Ayurveda, believes that person must live in harmony with nature to achieve physical well-being, because the human body responds extremely well to everything natural, while it has an in-built resistance to everything synthetic and chemical. A person who lives in harmony with himself or herself can achieve mental, emotional and spiritual well-being.

The ancient Ayurvedic texts contain a lot of details on thousands of plant products, minerals, metals and other natural substances, along with their medicinal properties. They also tell us how to collect and extract them and use them in various combinations. The ancient Indian texts are also full of information on the Ayurvedic use of herbs, aromas, gems, metals, minerals, colours, foods, yoga (exercise) and lifestyle.

During my training in London in cosmetic therapy, I came across instances of damages caused by chemical ingredients. I learnt there that chemical ingredients are risky and dangerous. This understanding changed the course of my life and career. I wanted to come up with a treatment that is totally safe and without any risks. For this, I understood that I needed to go back to my roots. This is how I understood the value of Ayurveda, the ancient Indian system of herbal healing. I studied Ayurveda, and this ancient traditional medicine system convinced me that this science of life could provide all answers to the demands of beauty care.

I understood that Ayurveda has a vast potential for generating income in the beauty and healthcare fields. With the concept of 'total well-being' gaining importance and spa treatments becoming popular, it was understood that service industries like spas, beauty salons and Ayurvedic centres, have scope for growth in the international market. In fact, the west was seen to



look towards India and her herbal traditions for spa and salon treatments.

The growth of medicinal herbs and flowers, both for Ayurvedic formulations and export should be developed as an organized sector, by integrating it with the entire global vision for Ayurveda. This entails creating awareness of the global demand for Ayurveda, providing information and knowledge about the techniques of growing herbs and flowers, as well as providing information and access to markets.

Therefore, in order to develop the skills that are needed in the beauty and spa sector, centres for vocational training need to be set up. This includes professional vocational training in beauty therapy, Ayurvedic treatments, and spa treatments, so as to establish

professional Ayurvedic centres, Spas and Beauty Clinics world wide.

As mentioned, cultural and creative industries related to Ayurveda and Yoga provide great potential for income generation and self-employment. A school leaving certificate is adequate to acquire vocational training for many of these jobs in the service sector. Ayurveda, thus has tremendous market potential worldwide, since interest in herbal therapy, alternative medicine and holistic systems is increasing.

For me, it is a dream come true to see the worldwide recognition of Ayurveda. I, therefore, strongly believe that the Ayurvedic beauty care industry will lead the international cosmetic industry within the next decade. It has been tested by the most exacting test of all.....the Test of Time! ■

Cure Diabetes with Ayurveda



S. Jalaja

Former Secretary,
AYUSH, Government of India

*Diabetes is a chronic disease that is difficult to heal and handle. If proper care is not taken, it can gradually eat into all parts of the body. Here, **S. Jalaja**, former Secretary, AYUSH, Government of India, tells us how Ayurveda can help treat this disease effectively.*

Years ago, as kids, Diabetes was strange to us. It was then considered as the disease of the rich. Today, it is no longer restricted to people of a certain caste, creed or sex. It is widely prevalent among people of all strata of society.

The International Diabetes Foundation states that diabetes currently affects more than 62 million Indians, which is more than 7.2% of the country's adult population. Till recently, India used to have the most number of diabetics in the world, but, today, China has reportedly surpassed India in the incidence of diabetes.

Diabetes and modern medicine

We all know that diabetes mellitus is a chronic disease in which the pancreas no longer produces insulin (Type-1 diabetes) or, when the body is unable to use the insulin it produces (Type-2 diabetes). Blood glucose levels in our body are chiefly regulated by several hormones, including insulin.

Type 1 Diabetes is an auto-immune disease that develops when the body destroys the beta cells in the pancreas that produce insulin. Occurrence of both types results in a medical condition in which the body is unable to regulate the sugar levels, specifically glucose, in the blood. The glucose that accumulates in the blood stream lead to other complications.

Clinical features of diabetes include

1. Increased frequency of urine (Polyuria)
2. Increased appetite (Polyphagia)
3. Excessive thirst (polydypsia)
4. Turbidity in urine

Risk factors

The National Health Portal has listed the various risk factors as 1. Family history 2. Obesity (BMI > 27kg/ m²) 3. Age > 45 years 4. Hypertension (B.P. > 140/ 90 mm of Hg) 5. HDL < 35mg/ dl and/ or triglycerides levels > 250mg/ dl 6. Habitual physical inactivity

Treatment in Ayurveda

In Ayurveda, diabetes is identified as Madhumeha, a condition in which a person passes honey like (sweet) urine or Prameha, a urological disorder in which a person experiences frequent urination. 20 types of Prameha are described in various Ayurvedic classics like Charaka Samhita, Sushruta Samhi-

ta and Ashtanga Sangraha. These texts state that excess use of guru (heavy to digest), snigdha (unctuous), amla (sour) and lavana (salt) rasa, navanna (food prepared from newly harvested grains), new wine, Asya Sukha (sedentary life style), atinidra (excess sleep), avyayama (lack of exercise), achinta (lack of mental exercise), abstaining from samshodhana (purification) therapy are the causes of Madhumeha.

Explanation

A person is considered to have good health when the doshas of the body are in perfect balance. All ailments described in Ayurveda are due to some imbalance in the body's doshas. According to Ayurveda, diabetes can be traced to an imbalance of Kapha energy. The dhatu concerned is Medas and the Mala, Urine. Type 1 Diabetes is described as an imbalance of the Vata (air and wind) dosha.

Type 2 Diabetes:

Type 2 denotes an excess of the Kapha (water and earth) dosha. Development of diabetes is attributed to diminished digestive fire, or "agni," and which affects the ability of the body to carry on metabolic activities, to produce energy and eliminate toxins.

Treatment

As rightly observed by one expert "--The healing system of Ayurveda offers valuable wisdom and guidance that can help us listen to the signals of our body, notice the first signs that we're getting out of balance, and make the necessary changes to reverse these imbalances." There is no cure for diabetes, but it can be regulated. The idea is to reduce Kapha and balance the three Doshas.

It can be managed with medication and lifestyle changes. Eating regimented meals that contain less sugar, starch and fat which reduce Kapha thrice a day is very important. Physicians also advise that one should avoid dairy products and opt for skimmed milk and low-fat yogurt. Vegetables and whole grain intake also are considered beneficial.

The anti-diabetic effect of bitter gourd (Karela) is well researched. It is said to help increase insulin secretion by inducing beta cells of the pancreas to produce insulin. Research studies have shown that the chemical called Curcumin, which is found in the turmeric, helps in blood sugar control. Ginseng, Guduchi, Fenugreek, Psyllium, Cinnamon, Aloe Vera are also used in sugar control. It remains a sad fact that very few authentic research studies have been carried out in support of these claims.

Caution: Many patients who seek Ayurveda treatment are under the wrong impression that the disease can be controlled by simply taking a specific Ayurveda preparation in right doses, as in modern medical system. Sages advised that 'Pathya' (diet and exercise) was the essence of Ayurveda treatment.

As part of Ayurvedic treatment for diabetes, herbal preparations are



recommended by Ayurvedic practitioners. one needs to be cautious about the blood sugar lowering side-effect of some of the herbs, for, if they are taken in combination with blood sugar lowering regular medications, the result could be harmful, if not dangerous.

Ayurveda preparations need to be taken, only after consulting a qualified physician. Only standardized drugs produced by authorized manufactures as per Global Manufacturing Standards (GMP) and duly certified by quality control authorities ought to be used for treatment. Patients should also be wary of unqualified quacks posing as doctors, dispensing uncertified drugs, which can cause permanent damage to the body.

Yoga, meditation and physical exercise - In addition to healthy food habits and herbal medication, regular physical activity, yoga, and meditation are recommended.

Spirituality

In Ayurveda, the mind and body are equally important and practicing Yoga

and meditation is an integral part of diabetic treatment since the mental health can affect the physical well-being too. Raga (attraction) and Dvesha (repulsion) are two aspects of the mind that needs to be mastered to establish harmony between the mind and the body. Otherwise, this can lead to stress that can affect the body functions. Ayurveda also stresses on spiritual aspects of life, including ethical living, that enables a person to lead a stress free life. This is unique to Ayurveda.

Why Ayurveda?

Now that we have a clear understanding of the system, we should ask ourselves -is there a place for Ayurveda in today's technology driven world? Today, modern medical treatment is breaking new frontiers by harnessing cutting-edge technologies. Precision medicine, DNA analysis, gene therapy, robotic surgery, computerized detection and diagnosis, brain-imaging, wireless brain sensors, 3-D printers, health wearables, Cyborgs, (short for "cybernetic organism", which is a being with both organic and bio-mecha-

tronic body parts) are revolutionizing modern medical world on a daily basis.

Despite the fast changes noted above, it is not a surprise to us that even today a sizable majority of people in the world, especially in India, are unable to access affordable healthcare. The simple but profound world view of Ayurveda provides a unique framework to know our own body; it helps to understand where the problem lies and enables us to correct the imbalance, in time. This frame work can explain any disease known or unknown. Ayurveda promotes preventive health, through simple techniques and self-awareness.

Looking at the fast pace with which modern medicine is conquering new heights, it is impossible to say what the future holds for us. As pointed out by Ayurveda gurus, the principles of this science are derived from universal laws of nature that have changed little through time. Since Ayurveda is essentially a way of life, and is thus an intimate part of human existence, it should continue to guide us as long as we live ■





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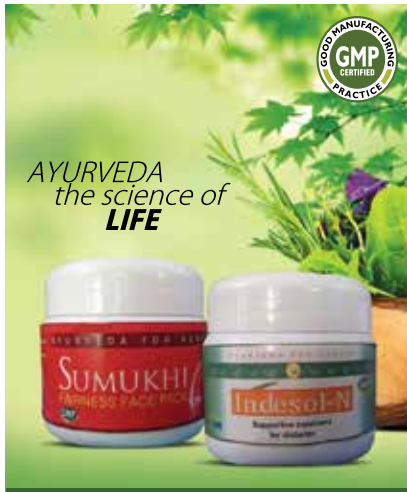


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Alzheimer's and Parkinson's

Heal the person, not the disease

*Alzheimer's and Parkinson's are two neuro-degenerative diseases that affect the aged. **Dr. Natasha S. Lal** tells us how Ayurveda heals the individual and not the disease thus calming those afflicted with these diseases.*



Dr. Natasha S Lal BAMS

Consultant Physician
Ayurvedagram
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“The slower the death the more painful it is” – Anonymous.

Both Alzheimer's and Parkinson's disorders have a slow and painful progress through the end stage in the lives of the afflicted. These diseases don't kill the patient instantly but their life becomes miserable with each passing day. As age advances, the general health of a person deteriorates. This includes both physical and mental strength.

Ayurveda attributes this to the Vata Dosha which is the element of destruction and division among the Dosha Trio (Kapha the element of construction and stability and Pitta the element of maintenance and transformation being the other two.) The angry Vata plays a vital role in making the patient's life miserable in both Alzheimer's disease (Samjnaa-naasa as correlated in Ayurveda) and Parkinson's disease (Kampa-Vata as correlated in Ayurveda).

Knowing Alzheimer's and Parkinson's disorder

Being one of the most common neuro-degenerative diseases, Alzheimer's disease constitutes about two-thirds of the overall case of dementia. It is a progressive neurologic disease mainly afflicting those in the late middle and old age. This disease results in the irreversible

loss of neurons or nerve cells in some areas of the brain. The clinical symptoms are progressive impairment in memory, judgment, decision making, orientation to physical surroundings, and language.

Diagnosis is based on physical examination and the exclusion of other causes of dementia; a definitive diagnosis can be made only at autopsy.

The pathological hallmarks are loss of neurons, senile plaques and neurofibrillary tangles in the brain.

Parkinson's disease today, is the second most common neurodegenerative disorder, after Alzheimer's disease. It is characterized clinically by Parkinsonism (resting tremor, bradykinesia, rigidity, and postural instability) and pathologically by the loss of nerve cells and the presence of peculiar protein deposits called Lewy bodies in the brain. The diagnosis is made clinically, yet other disorders with prominent symptoms and signs of Parkinsonism such as post encephalitic, drug induced, and arteriosclerotic Parkinsonism may be confused with Parkinson's disease until the diagnosis is confirmed at autopsy.

Most common neurodegenerative diseases are predominantly idiopathic disorders of unknown pathogenesis as the examples Alzheimer's and Parkinson's disease demonstrate. It is impossible to conclude a single cause or a single microbe responsible for such neurodegenerative diseases. Current treatments only help to control the symptoms.

Healing the individual, not the disease

Ayurveda is a holistic medical science, and hence its prescription and treatment depend solely upon the individual patient. It not only depends on symptomatic relief or suppressing the disease but also enrooting the cause and route of the disease itself. It is also advised by sages of Ayurveda that *sudha chikithsa* (pure treatment) should not result in discomforts or side-effects while healing the disease.

An Ayurveda vaidya (physician) follows a detailed ten-step examination



procedure which includes all the data of the patient like the place, season, likes and dislikes etc. This helps the physician to better understand the patient's body and mind. By understanding the patient well, it is easy to understand the cause and pathology of his disease. Ancient diagnostic methods such as *naadeepareeksha* (pulse diagnosis), tongue examination, etc also adds precision to the diagnosis.

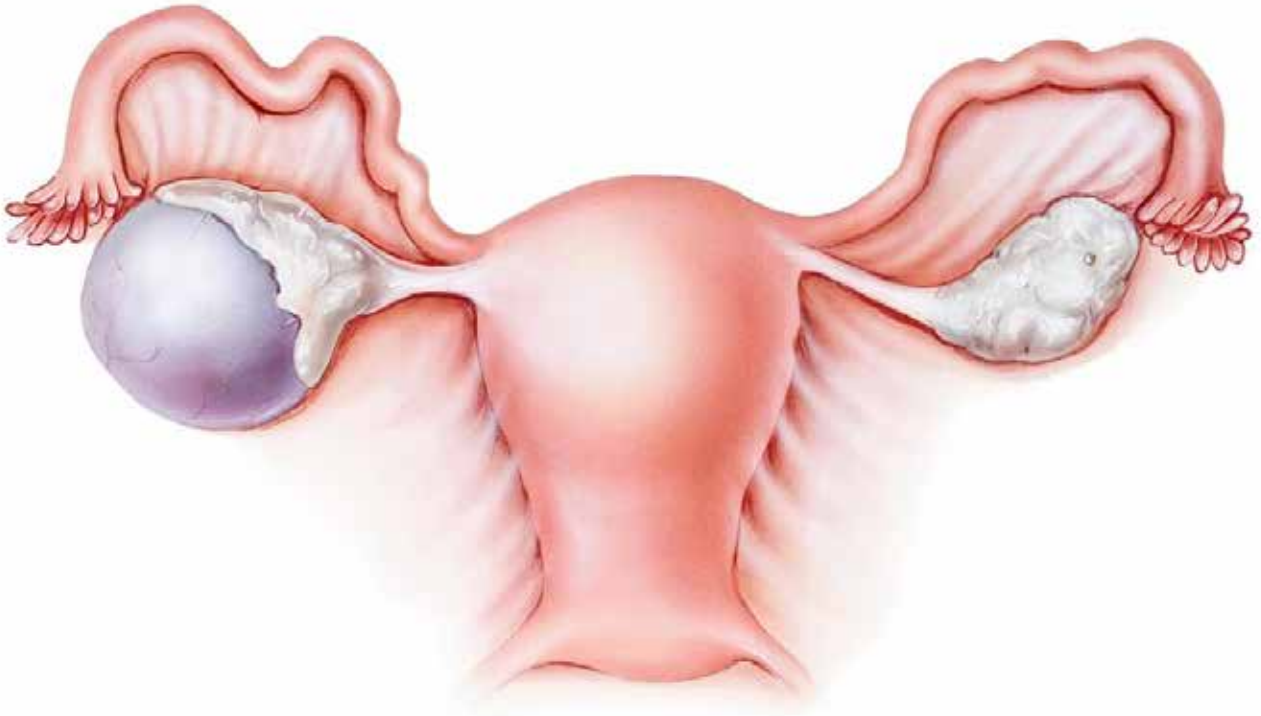
As observed, treatment of neurodegenerative diseases in Ayurveda means to control the Vata dosha and bring back the Tridosha and Triguna into their normal balanced state. Ayurveda helps the body's inborn mechanism to function properly by clearing any obstruction in the circulation. Also, it enhances the body's immunity and resistance power. Some ayurvedic formulations and herbs that have rejuvenating properties can restore the energy and strength of the patient.

In Ayurveda, management of any disease includes internal medicines and external treatment procedures. In degenerative diseases apart from normal medicines like *Kashayam*, *Choornam*,

Arishta-Asava's, *Gulikas*, *Lehyas* and *Ghrtas* special medicines like *Medh-yarasayan* are also used. Herbs like *Brahmi*, *Yashtimadhu* etc has special effect on boosting the functions of the brain. It is found to be effective in reversing the aging process and also reversing the degeneration of the brain cells. Each medicine is suitable on very specific condition of the patient and the disease. That is why a detailed and close consultation and regular follow up with an Ayurveda Vaidya is a must in all these cases.

External treatment procedures should be done under the supervision of an expert Ayurveda vaidya only as there can be some adverse effects if not done properly. Many therapies like *Abhyanga*, *Dhaara*, *Vasti*, *Pindasweda*, *Pizhichil*, *Nasya*, *Sirolepa*, *Thalam* etc are found very effective in many neurodegenerative diseases especially Alzheimer's disease and Parkinson's disease. It is advised to get admitted in an authentic Ayurveda hospital or retreat for such therapies as it needs close monitoring of the patient on a fulltime basis ■

Cyst in the ovary? Ayurveda helps!



Dr. Jeena Aravind U.

Associate Professor,
Department of Prasooti-
Streeroga, Astamgam Ayurveda
Chikitsalayam & Vidyapeedham,
Vavannoor, Palakkad.

*Known among medical practitioners as just PCOS, Polycystic Ovarian Syndrome is a major ailment of women of the reproductive age, with strong links to modern lifestyle. Streeroga expert **Dr. Jeena Aravind** tells us why some women have ovaries that function peculiarly and in abnormal ways resulting in PCOS, and how Ayurveda can help deal with this condition.*

It is one of the most common multi-system involved disorder as well as a panicky reproductive health issue with puzzling patho-physiology. It is complex and works like a jigsaw puzzle with various causes that determines the heterogeneity in its presentations. It can have many manifestations in the metabolic, endocrine and reproductive systems. It is the reason for a majority of menstrual disturbances and anovulatory infertility that we see today. Polycystic Ovarian Syndrome or PCOS is a major cause of worry among women.

Normal menstruation, ovulation and fertility are part of the well-being of women. Different entities of physiology such as metabolic, endocrine, cognitive and repro-

ductive systems are present well in a healthy person. These are often inter-connected too. Hormonal co-ordination and the resultant regular ovulation presents itself in the normal female reproductive physiology.

In the Ayurvedic perspective, the entire edifice of physiology rests on the disciplined state of dosha, dhatu and mala. When the functioning of any of these elements is disrupted, the interplay of hormones and ovulation becomes disorderly. This results in a disturbed hypothalamo-pituitary-ovarian axis that is often multi-factorial.

Drilling down further into the ayurvedic perspective, we can say that agni and vayu have a leading role in the menstrual physiology. Agni is the tool of all subtle and major transformations of the body. Any malfunctioning of the agni can have an impact on every element of the body. Vayu is the other controller and co-ordinator of all bodily functions. This when disturbed, can tilt the physiological balance of the body. Sometimes the functioning of vayu is impaired by stress and strain. It is vitiated when its pathways are obstructed by ill-formed elements, which does not happen suddenly.

Generally, the mental well-being helps reproductive physiology to maintain its normalcy. It can be seen that psychological stress is often associated with menstrual disturbances. Genetic factors also favour the changes from normal ovaries to polycystic ones with a strong support from the erratic physiology. The specificity in the causes and/or the deranged pathways of transforming bodily elements may determine the pathogenesis and clinical presentations of the spectrum. When this erratic physiology forms a spectrum of events that is manifested as hyper androgenic environment with PCO changes and/or infrequent ovulation, the condition may be termed as PCOS.

Key villain: food habits

Of late, frequent snacking, less or excess food intake, frequent dining out, skipping of breakfast, and intake of junks, processed, fast food and

sweetened food stuffs have become increasingly prevalent among females of reproductive age. This can have unhealthy outcomes in the long run resulting in metabolic issues. Such eating habits, coupled with a sedentary lifestyle, can lead to occurrences of PCOS. Favourable genetic background maybe a hidden risk factor that triggers the journey to an altered H-P-O axis, ovarian dysfunction and aberrant follicular micro environment in the presence of etiologies. Thus, health problems may escalate with the cumulative effect of all these entities.

Majority of PCOS women are obese/ overweight in nature. Menstrual abnormalities comprise of oligomenorrhea, amenorrhea, hypomenorrhea or episodic menometrorrhagia. Features of hyper-androgenism are hirsutism, acne and crown pattern baldness. Infrequent ovulation is a common feature in those affected with PCOS. This can also be a major reason for infertility too. Acanthosis nigricans is seen in many PCOS affected women. The PCOS state, if left untreated, can lead to dyslipidemia and Type-2 diabetes mellitus. Gestational diabetes is a common pregnancy complication among those affected with PCOS.

Ayurvedic management of PCOS aims at reversing the disturbed internal environment back to a healthy state. Here, the factors behind the cause of PCOS in a particular subject is explored. Measures are taken to erase this picture using the basic principles of Ayurveda. Such an individualised approach, considering the severity and specificity of causes and manifestations, can result in successful outcomes.

Lifestyle intervention

Lifestyle intervention is always the mainstay of PCOS management. There is no such formula in Ayurveda connecting the PCOS with certain medicines alone. A wide range of medicinal combinations seem to have promising results in this condition. Appropriate ones can be selected after individual evaluation. Those with adverse reproductive profile and obstetric outcomes can be better managed with vasti as a part of the pre-conception care. Psychological well-being is quite essential here. Co-morbidities can also be well managed with medicines along with regular physical activity with diet modification ■



When technology meets Ayurveda



Seema Kannan

www.ayuruniverse.com

Seema Kannan of AyurUniverse, Bengaluru, tells us about how technology can take a centuries-old traditional medical system like Ayurveda to the next level.

Of late, we hear a lot of success stories across industries and in many verticals, from Ayurveda to oil mining. If we examine the success behind each of these enterprises or businesses, we can conclude that technology is the key reason for the accomplishments in each of these areas. Industries or organizations that fail to adapt to new technologies tend inevitably to fade into oblivion.

What is it about technology that makes it imperative for success of any endeavor today? Why hasn't Ayurveda jumped lock-stock-and-barrel onto the technology bandwagon yet? As the American artiste Laurie Anderson says

“Technology is the campfire around which we all gather to tell our stories”. That's the tipping point where industries looking forward to growth are perilously perched. Technology is the tool which helps one to reach out to a larger audience across the globe.

Ayurveda is time-tested

Ayurveda is an ancient traditional Indian medicinal system that has stood the test of time because of its understanding of philosophy, emotions, complications and intricacies of the human system wholly and completely. The ancient Ayurveda Vaidyas and Vidhwans were highly curious and experimental with their knowledge



of Ayurveda. They wanted to explore Ayurveda completely by understanding life, health, ailment and cure. They experimented endlessly with the patients' blood, urine, faeces and saliva and compared it to understand ailments and their root causes. The adoption of this holistic medicine has been on the rise, due mainly to the gaps in modern medicine, to address such complex issues as the root cause and inability to treat chronic conditions and increase in toxicity of food, environment and the mind.

Technology in Ayurveda

The modern Ayurveda Vaidya uses technology to provide online consultations. They advice patients with the help of software packages that are available to help them identify the Prakriti of a person in the absence of Nadi Parikshana. These modern Vaidyas are on par with modern medicine specialists who study pathology reports like blood tests, X-Ray reports

and scans with the help of scientific technology to diagnose ailments with precision.

The ancient herbal formulations that Ayurveda used to prescribe to their patients are now available in tablet form by integrating modern science into their manufacture. These drugs are easily available on the internet for the consumers to select and purchase. Also, Ayurveda doctors, therapists and wellness centres have taken to social media like Facebook and YouTube to promote holistic living as healthy and effective.

Way forward

Though Ayurveda practitioners have adopted the World Wide Web to increase the popularity of this ancient medicinal system, adoption of this powerful IT platform is still in a fledgling stage. The primary reason for this is the non-availability of standard processes, procedures and cases to showcase the success of Ayurvedic treatment.

Data is the new currency of the modern world. Big data is extremely large and can be analyzed computationally. Such analysis reveals patterns, trends, and associations, especially related to human behavior and interactions. Using these patterns and analyses, the Western world has linked modern medical case history, diagnosis, prognosis, symptoms, and medicines. This has empowered the common man across the world to know what can be expected during the course of an allopathy treatment.

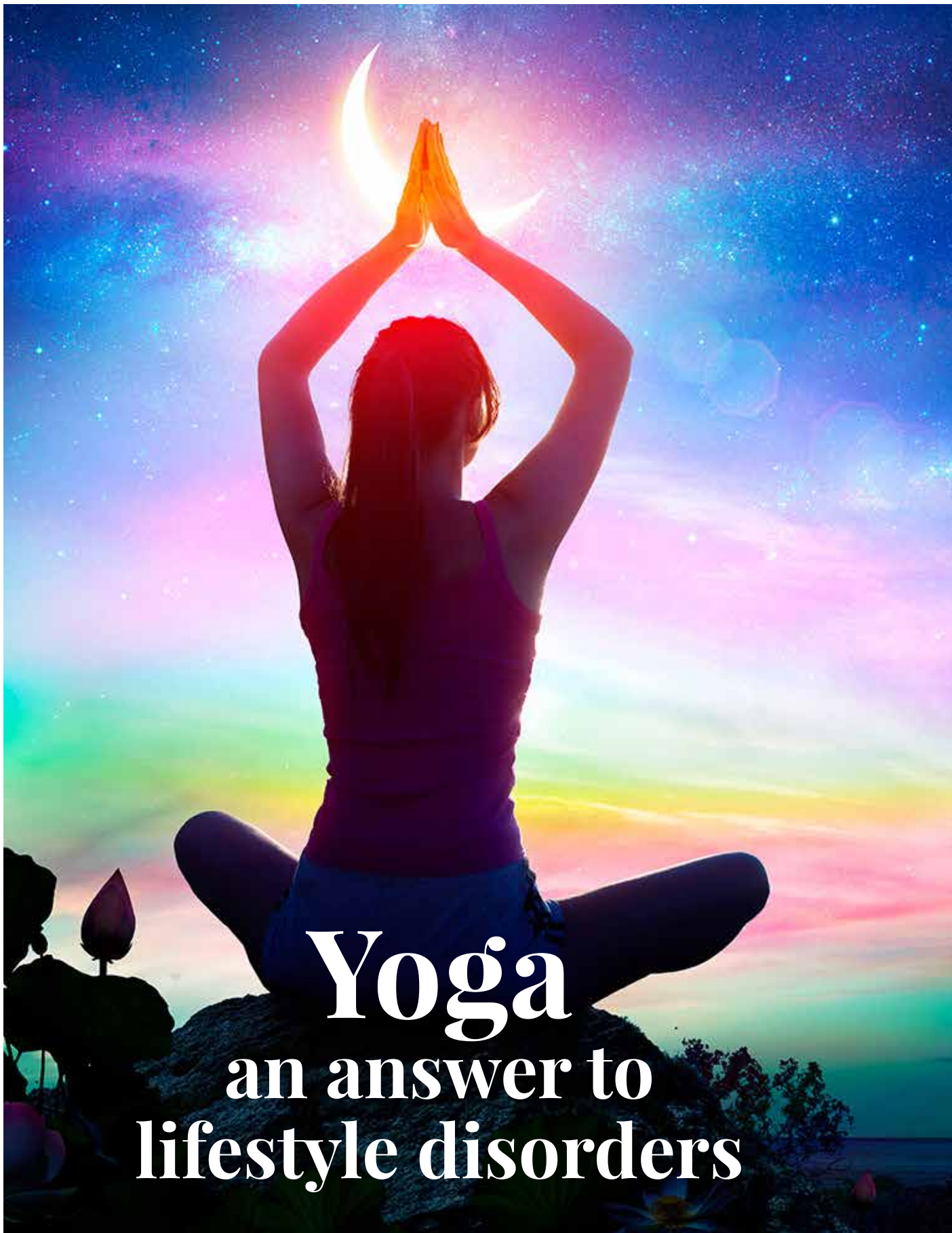
Ayurveda practitioners across the globe need to come together to document their success stories, case studies and use Big Data to analyze what treatment works for which ailment and publish it in scientific journals. There is an urgent need to make integrated and holistic medicine a preferred choice amongst people especially due to the rise in lifestyle disorders. The Ayurveda story now needs corroboration by data. Also, foundational Ayurveda therapies like Panchakarma requires a patient to take two weeks off from their work and is not affordable for citizens of developing countries.

The AyurUniverse Solution

We, www.ayuruniverse.com is a hybrid e-commerce company marketing Ayurveda, Yoga and Meditation to global customers. We bridge the gap between Ayurvedic Centres and Wellness seekers through technology. The site has visitors from 165 countries that clearly shows that there is a rising demand for Ayurveda across the world. AyurUniverse has 325 verified Centres across India, Sri Lanka, Nepal and Bali offering over 3000 wellness programmes to its visitors.

Whatever may be the flipside of evolving technology and the increase in disorders due to excessive use of electronic and digital devices, Ayurveda as an industry should come together as one body to document, standardize and adopt technology to cater to a wide global audience so that they benefit from this wonderful Life Science ■





Yoga

an answer to
lifestyle disorders



Vd. Divya Chauhan (BAMS)

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*Our sedentary lifestyle is the reason for a lot of the diseases that we are afflicted with today. Though medicines are available, these are accompanied with side-effects that further lead to more complications. **Vd. Divya Chauhan** tells us how yoga can provide easy solutions to these health issues.*

Convenience has improved with advances in technology and so has diseases. Our present lifestyle has led to an increase in problems related to psychosomatic and spiritual health. The ancient classical Ayurveda texts have categorized the primary cause of these lifestyle stress-based disorders through the concept of Pancha Klesha (five psychological afflictions). They are:

Avidya: Ignorance

Asmita: A false sense of identification

Raga: Addiction

Dweshha: Aversion

Abhinivesha: Clinging on to life for fear of death

Avidya i.e. ignorance is considered the root cause of all these ailments that enable other Kleshas to manifest in different forms from time-to-time.

5 'Ts' responsible for these Lifestyle disorders are:

1. Tummy
2. Tobacco
3. Tension
4. Trans-fats
5. Torpid routine

Common Lifestyle Disorders:

Some of the most common lifestyle diseases and their treatments with the help of yoga are as follows:

- **Obesity:** Unhealthy eating habits, stressful lifestyle and reduced physical activity translates to obesity. A person with high BMI (Body Mass Index) marks the first step for attracting lifestyle disorders with complaints of breathing issues, blood pressure, cardiovascular diseases, diabetes, etc.

Yoga has all the complimentary benefits to prevent and cure obesity and its related diseases. Yogic kriyas viz. cleansing actions for the entire digestive system like Vamana Dhauti, Vastra Dhauti, and Basti Kriya have great effects on preventing obesity and its related ailments.

Yoga for Obesity:

- ▶ Surya namaskar
- ▶ Ushtasanam
- ▶ Padahasthasanam
- ▶ Sarvangasana
- ▶ Virabhadrasana
- ▶ Trikonasana
- ▶ Adho Mukha Svanasana
- ▶ Setu Bandha Sarvangasana
- ▶ Dhanurasana

These asanas increase the rate of fat metabolism from the abdomen, thigh, and buttocks, etc, hence it is effective in controlling obesity.

• **Type II diabetes:** Type II diabetes is the non-insulin form resulting due to poor eating habits and bad lifestyle choices.

Yoga, pranayama, and mudras that helps to prevent this diabetes are as follows:

- ▶ Kapalbhatai pranayama
- ▶ Surya mudra that helps in controlling diabetes by improving the body metabolism.
- ▶ Linga yoga mudra helps in preventing obesity and diabetes.
- ▶ Prana mudra in combination with Apana mudra helps to cure diabetes through detoxification patterns.
- ▶ Supta-matsyaendrasana
- ▶ Dhanurasana
- ▶ Paschimottanasana
- ▶ Ardha Matsyendrasana
- ▶ Shavasana

Yoga helps to lower blood pressure and blood sugar levels while improving blood circulation and hence manages diabetes effectively.

• **Cardiovascular Disorders:** Any abnormality affecting the heart muscle and walls of the blood vessels results in blood circulation disorders, chest pain and heart attacks. One such condition, Arteriosclerosis is linked to obesity, diabetes, and high blood pressure.

Yoga to prevent cardiovascular disorders:

- ▶ Bhujangasana
- ▶ Sulabhasana
- ▶ Surya namaskar
- ▶ Ardha matsyasana
- ▶ Ardha Pavana-mukthasana
- ▶ Vakrasana
- ▶ Tadasana

• **High blood pressure:** High blood pressure is the non-avoidable gift of our stressful lifestyle and diet leading to a stroke, if proper care is not taken on time.

Yogic ways to balance blood pressure:

- ▶ Meditation
- ▶ Gyan mudra
- ▶ Baddhakonasana
- ▶ Adho-Mukha savasana
- ▶ Janu sirasana

- ▶ Virasana
- ▶ Viparita Karani
- ▶ Supta pada-ang

Regular Yoga can result in a decrease in the body mass index (BMI) and have a persuasive anti-hypertensive effect when tried along with meditation.

• **Cancer:** Due to the stressful & sedentary lifestyle, the body's immunity gets decreased; hence the white blood cell tremendously reduces their power to fight the viruses attacking the body cells, leading to irregular cell growth i.e. cancer.

Yoga can help to reduce the anxiety, depression, tiredness (fatigue) and stress and acts as a complimentary & alternative means to aid in the fight against cancer.

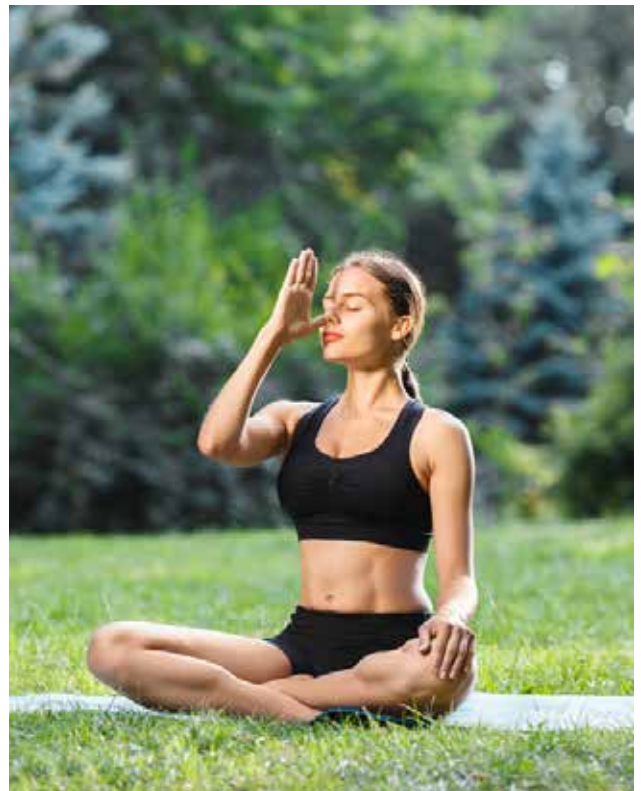
Yoga way to balance mind, body and soul

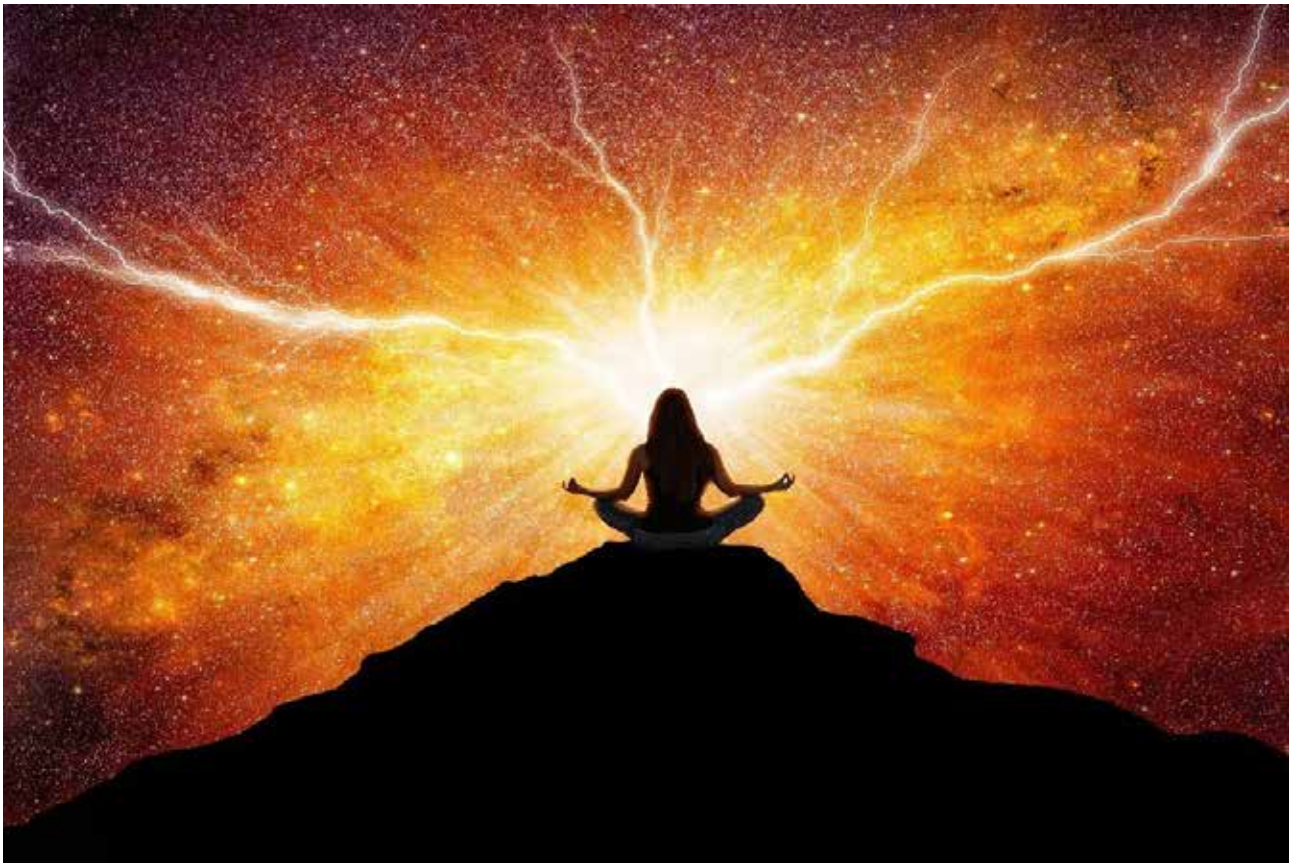
Yoga teaches us to cure what need not be endured and endure what cannot be cured. Following aspects of yoga harmonize the trio viz. mind-body-soul.

Breath coordination

Yoga practices that enhance mind-body harmony through the use of breath-linked movements produce psycho-somatic harmony.

- ▶ Sukshma vyayama
- ▶ Sheetalikarana vyayama
- ▶ Surya namaskar when done slowly with breath awareness
- ▶ Kriya yoga





Yoga Asanas

Yoga is for everyone, but little modifications of the asanas as per the physical condition and other associated health problems need to be considered.

- ▶ Standing postures include tadasana, trikonasana, padottanasana, hasthapadasana, padangushta asana etc.
- ▶ Prone postures include bhujangasana and ardha-shalabasana.
- ▶ Sitting postures include vakrasana, gomukhasana, ushtrasana, shashankasana, and yoga mudra asana.
- ▶ Supine postures include matsyasana, pavana-mukta asana, and eka & dwipada uttanpada asana.
- ▶ Topsy turvy postures/ Headstand help in regulating blood pressure. This may also be achieved by “head-below-heart” postures that do the same if one cannot do postures such as sarvanga and setu-banda sarvanga asana.

Pranayama

Breathing exercise is considered as a warm-up before doing yoga asanas.

- ▶ Vibhaga and Pranava pranayama are beneficial for breath related problems.
- ▶ Chandra bhedana and Chandra-Nadi pranayamas help reduce sympathetic overactivity.
- ▶ Savitri, nadishuddhi (anuloma-viloma), and bhramari

pranayama are excellent to reduce stress.

- ▶ Sheetali and sitkari pranayama promote relaxation.

Mudras

Mudra applies to the use of hand gestures during meditation for channelizing the positive energy flow.

- ▶ Anjali Mudra helps to relieve stress, anxiety and mental disorders.
- ▶ Gyan mudra help to improve concentration, memory.
- ▶ Shuni mudra purifies emotions and thoughts.
- ▶ Surya mudra help in improving digestion and metabolism.
- ▶ Viparita Karani help by balancing the psycho-neuro-endocrine axis.
- ▶ Shanmuki mudra produces a sense of inner calmness.
- ▶ Brahma mudra induces a sense of relaxation that reduces stress.

Happiness dwells in a fit body

Yoga counseling and therapy deals with lifestyle disorders basically by acting as a preventive life science (heyamdukh-kamanagatham- Yoga Darshan II: 16). It includes;

- ▶ Harathisakalarogan- All diseases can be cured.
- ▶ Sthairyam-arogyam-angalavanyam- Yoga helps to make the body healthy and beautiful.

- ▶ Jathara-pradeeptham- Makes digestion easy.
- ▶ Avesha-doshamaya soshaneecha- Yoga is the best way to eliminate impurities and toxins.
- ▶ Kayasya krusatha kanthi- Yoga helps to maintain body weight.
- ▶ Divya-drushtipradayani- Yoga maintains the mental aspects with great concentration and memory.

Prevent, rather than cure

We can understand that almost all diseases are caused by an improper way of taking food, ignoring health due to professional stress & lack of time for oneself. The specialty of lifestyle diseases is that it takes years to develop if occurred once and it is not easy to cure.

Lifestyle modification is considered a sheet anchor for the prevention and management of such types of disorders. Well said as positive health it does not mean mere freedom from disease but is a jubilant way of well-being at all levels viz physical, mental, emotional, social, and spiritual.

Few basic changes to deal with these ailments include:

- ▶ Quit smoking
- ▶ Avoid alcohol
- ▶ Have a balanced diet that includes fresh vegetables and fruits
- ▶ Regular physical activities
- ▶ Stress-free life

In a nutshell, nourish the blossoming divinity within you

Yoga aims to encourage positive health through the development of inner natural powers of body & mind by various eliminative processes that re-conditions the body and mind. Hence, the purification of all channels and removal of factors that disturb the balanced working of the body and mind is essential.

To live a healthy life, it is important to do healthy things and follow a healthy lifestyle that requires changes to be

made consciously in all four pillars of lifestyle, as in:

- ▶ Achara / Good conducts
- ▶ Vichara / Good thoughts
- ▶ Aahara / Healthy food
- ▶ Vihara / Healthy regimen

It has been aptly stated, 'Good health is not something we can buy. However, it can be an extremely valuable savings account' and yoga with no appreciable side effects and multiple collateral benefits, is safe, simple to learn, and can be practiced by even all including ill, elderly, or disabled individuals & is considered as a beneficial adjuvant for all patients ■



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Can Yoga help change your lives?

*Practicing Yoga can bring about physical, mental and spiritual well-being. In this article, Yoga expert **Kaithapram Vasudevan Namboodiri** brings to our notice some of the scientific truths behind the practice of Yoga.*



Kaithapram Vasudevan Namboodiri

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Research Center



Six months ago, Mrithunjay Rathore and Jessy Abraham from All India Institute of Medical Sciences (AIIMS), Raipur, published a research paper on the implications of asanas, pranayama and meditation on telomere stability. Telomeres are located at the terminal ends of all vertebrate chromosomes and can be compared to the plastic tips of shoe laces.

They keep the chromosomal ends from fraying and fusing with each other as this can destroy or interfere with the genetic information. Also, there is a loss of telomere with every successive cell division and unstable telomeres can lead to ageing and stress which, in turn, results in the attack of various diseases like diabetes, cancer, obesity, etc.



Role of lifestyle

Smoking, pollution, stress and unhealthy diet also increases the rate of telomere shortening. Thus, the study proved that regular practice of asanas, pranayama and meditation stabilizes telomeres and reduces the incidence of various diseases in our body.

Rishikesan, Subramania and Nidhi of S-VYASA, Bengaluru, conducted another study on 'Yoga practice to improve sleep quality and body composition parameters of obese male' and the results proved the improvement.

These researches show how curious people are about Yoga, which is a psychological, physiological and spiritual discipline that has been an integral part of Indian culture. It is a complete science of life that originated in India thousands of years ago.

Classical Yoga was a part of the Vedic tradition and Patanjali was only a compiler of the Yoga teachings. The originator of the Yoga system is said to be Hiranyagarbha, who represents the creative and evolutionary force of the universe. Rigveda speaks about yoking our minds and insight into the light of truth or higher reality.

Some of the great teachers of early Yoga were Vasishtha and Yajñvalkyā. Yogeswara and Sree Krishna himself was considered as one of the greatest of all Yogis. His advice to Arjuna in the Bhagavad Gita is called Yoga Shastra, which is an authoritative work on Yoga.

Psychological origins

1. Thirst for knowledge - curiosity to know about self and the reality of life.
2. Quest for happiness - Sukhaprapatti (attainment of happiness) and Dukhanivritti (termination of sorrow and misery).

It was always felt that suffering, misery, frustration and pain are permanent in life while happiness and other enjoyments are temporary. This understanding has led many philosophers to study the nature, type and cause of suffering and pain and also to find out ways to end them. Through their study and

research, they wanted to help others attain permanent happiness and bliss in life. Consequently, Yoga originated and evolved as a means to overcome pain and suffering.

According to 'Samkhya Karika,' there are three kinds of sufferings, namely, 'Thaapa thrayas.'

'Thaapa threyas'

1. Physical sufferings (aadhi bhoutika) - These are the sufferings that are caused by the troubles of the external world, such as animals, people, infections, etc.
2. 'Aadhi daivika' - These are sufferings from the universe and nature like earthquake, floods and some planetary positions (astrological signs).
3. 'Aadhi Aadhyatmika' - These are troubles arising in one's own body and mind such as diseases and other psycho-somatic ailments.

All these sufferings are caused by ignorance (avidya). It makes the mind waver. To get rid of this avidya, the mind should become calm. Yoga plays a vital role in calming the mind. Saint Patanjali suggested that if we practice Yoga regularly, we can get rid of all this mental fluctuations. But, this remedy was found to be fit only for people who have already reached a higher level of mental consciousness. For ordinary and common people, Patanjali suggested the practice of the Eight Limbed Yoga or the 'Ashtaanga Yoga'.

Three Yogas

The Vedic sages gained various divine revelations through the practice of meditation. This meditation, in fact, comprises of three Yogas namely, Mantra Yoga, Pranayama and Dhyana Yoga. Meditation or Dhyana has five characteristics, namely, single thought, effortlessness, slowness, wakefulness and expansion.

Later, some great Yogis like Matsyendranatha and Gorakhnatha proposed to purify the physical system before attaining mental concentration. Hatha Yoga Pradeepika of Swatmarāma, Goraksha Samhita of Gorakhnatha and Gheranda Samhita are some of

the other texts that supports physical purification before mental exercise. This 'Natha' cult is still in practice.

Sri Ramakrishna Paramahansa showed the path of Bhakti Yoga or of divine love.

Sri Aurobindo's integral Yoga emphasized the surrendering to the Divine and allowing it to work and transform one's being.

Bhagavad Gita

According to Bhagavad Gita, Yoga is the state of equanimity (*samatvam yoga uchyate*), Yoga is skill-in-action (*yogah karmasu kousalam*) and Yoga is the method of overcoming sufferings (*yogo bhavati duhkaha*).

Different definitions

- According to Patanjali, Yoga is the cessation of the modifications of the mind (*Yogah citta vritti nirodhah*).



- Vyasa in his commentary of Yoga Darshanam of Patanjali says that Yoga is Samadhi. He sticks to this definition throughout his works.
- In Yoga Vasishtha, Yoga is defined as a trick or method to calm down the mind (Manah prasamana upaayah yogah).
- Saint Yajñvalkya says that Yoga is the union of the individual soul with the supreme soul (Samyogo yogah jeevatma paramatmanoh).
- Kathopanishad says that Yoga is mastery over senses (Sthiraam indriya dhaaranaam).
- For Swami Vivekananda, Yoga is a systematic and conscious process that accelerates the growth of a human being.
- Swami Sivananda says, "Be good and do good." According to him, Yoga is the integration and harmony between thoughts, words and deeds or integration between head, heart and hands.

There are many misconceptions about Yoga. Some people misunderstand it as a religion, dogma, belief, cult or -ism. Some think it is magic, trick or mysticism. Some others think it is aerobics or anaerobics. For a few, Yoga is just for mental concentration and, for a few others, it is for self mortification or self torture.

But, Yoga is not any of these in isolation. It is a complete system or science or a way of life, irrespective of age, gender,

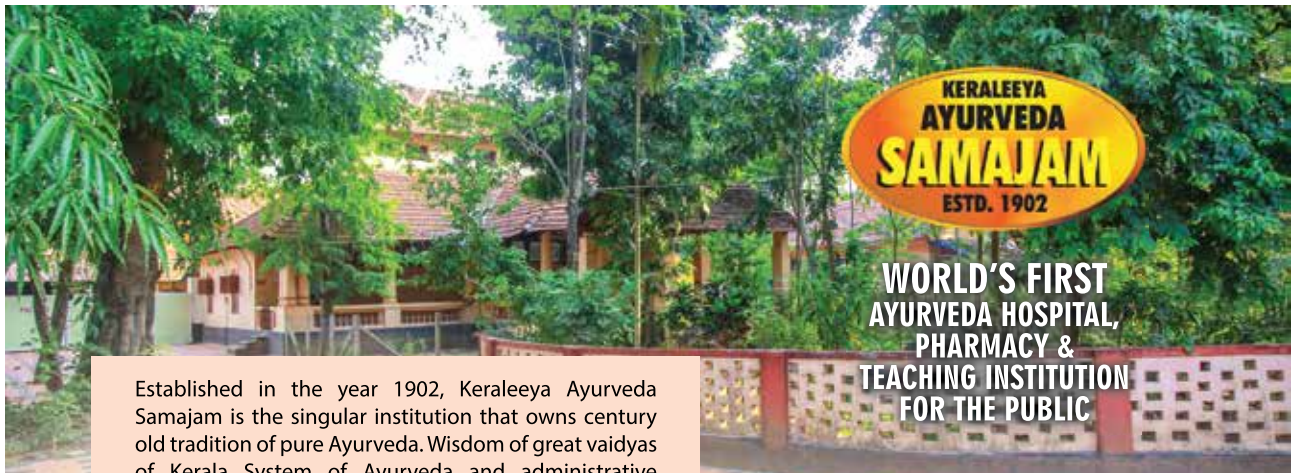
profession, state, conditions, problems and sufferings. It is practiced to eliminate the five afflictions like avidya (ignorance), asmita (egoism), raga (attachment), dvesha (aversion) and abhinivesa (fear of death). It helps a person to enter into the highest state of consciousness. It is therefore the awakening of the real self.

Personality development mantra

Yoga is a process of all round personality development and it promotes:-

- * Deep relaxation at the muscular level (through Asanas)
- * Slow and deep breath (through pranayama)
- * Creativity and will power (through meditation)
- * Sharp intellect and calm mind (through Jnana Yoga)
- * Sublimation of emotions (through Bhakti Yoga)
- * Manifestation of the innate divinity in all aspects of life (through Karma Yoga)

Today, Yoga is known all over the world and it is recognized internationally with the celebration of the International Day of Yoga on June 21 annually. Now, it is the duty of Yoga lovers to defend Yoga from being commercialized and take steps to maintain it in its pure form ■



Established in the year 1902, Keraleeya Ayurveda Samajam is the singular institution that owns century old tradition of pure Ayurveda. Wisdom of great vaidyas of Kerala System of Ayurveda and administrative leadership of eminent personalities grew Samajam to its fame. Samajam began the first Ayurveda treatment center, learning center and medicine manufacturing unit for the public. Samajam still follows the traditional Kerala system of Ayurveda treatment, preparation of medicine and scientific research instituted by its founding Masters of Ayurveda.

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Yoga way to cure Schizophrenia

*International Meditation Trainer **Divya Kanchibhotla** tells us how yoga can help Schizophrenia patients overcome the disease and its symptoms and lead a perfectly normal life.*



Divya Kanchibhotla

International Meditation Trainer
Director, Sri Sri Institute For
Advanced Research.
Twitter: @divya_kanchi

Schizophrenia ranks among the top ten causes of disease-related burden in the age group of 15-44, globally. At any time, 50 million people in the world, including about 8 million in India, suffer from Schizophrenia, and sadly, most such cases go undetected in the backward nations.

Symptoms of Schizophrenia are generally classified into positive (delusions, hallucinations and formal thought disorder) and negative (amotivation, anhedonia, emotional blunting and poor insight). In recent years, clinicians have recognized a third domain of reduced cognition as well.

There is no single cause for Schizophrenia, which means that there is no one treatment which is universally effective in the rehabilitation of those diagnosed with Schizophrenia.

Studies have shown that Yoga has significant benefits for those diagnosed with Schizophrenia. The effects of Yoga therapy are multifaceted, includ-

ing reduced psychotic symptoms and depression, improved cognition and improved quality of life. It also sets off neurobiological changes, such as increased oxytocin levels.

Yoga has demonstrated success in improving cognition and reducing anxiety. Second generation drugs used for treatment of Schizophrenia are known to worsen the condition, cause obesity and dyslipidemia. Yoga can be very effective in managing weight and obesity. Yoga can also help patients who develop endocrinological and menstrual dysfunction caused by prescription drugs.





agement of Schizophrenia.

Useful Asanas and Pranayamas

- Standing Asanas like standing forward-bend, standing backward-bend, triangle-pose and the tree posture.
- The Surya Namaskar and Padmasadhana series
- Relaxation Asanas like Shavasana (Corpse Pose)
- The Trikona Asana and the Pawanmukta Asana
- The Bhramari (bumble bee breathing technique), Ujjai (warrior breath) and Nadi-Shodana Pranayama (alternate nostril breathing) ■



In a study done by researchers at the National Institute of Mental Health and Neurosciences (NIMHANS), it was concluded that the incorporation of a Yoga regimen into the treatment protocol does contribute to a reduction in symptoms experienced by those diagnosed with Schizophrenia.

One study revealed an improvement in social cognition in schizophrenic patients who practice Yoga regularly, allowing them to recognize emotional facial expressions better than those who did not practice Yoga. Schizophrenia is an illness that severely impacts social cognition and hence destroys interpersonal relationships, and Yoga,

here, is an ideal tool to help individuals suffering from Schizophrenia understand how their thoughts negatively influence their perception of the world and in helping them rebalance themselves.

Another study revealed that integrating Yoga-based aerobic and strength exercises into comprehensive Schizophrenia treatment programmes reduce psychiatric symptoms of the disorder, help relieve acute anxiety and psychological distress and improve quality of life.

Yoga has emerged as an attractive and effective add-on intervention for man-



BE A GOOD CARER OF THE SICK



Dr. Jobby George

(BAMS, YIC)
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Caring for the sick is a demanding as well as gratifying service. It is a skill that calls for expertise.

Dr. Jobby George, gives us some tips on how to be a good carer of the sick with ease.

Every family has a Florence Nightingale in the form of a mother, wife, sister, husband or father, to take care of the sick. What the sick person needs is love, care and the close presence of a family member, rather than from someone outside the home. The person taking care of the sick needs to be patient, healthy and must have at least basic knowledge and qualities to render this service.



Types of sickness

When children are sick, all they want is the presence of their mother. A mother's presence and comforting words are enough to soothe all their pain and make them healthy again. Attention, care and love are all that a sick person seeks whatever be the nature of the illness.

If the sick person is mentally strong, they will fight back all the pains and try hard to lead a perfectly normal

life. Such people will usually have the courage and strength to bear the deadliest pain without troubling friends or family.

In contrast, a mentally weak person and will not make any effort to overcome the illness. These people will scare not just themselves but also all others close to them. These people will neither co-operate nor will they be willing to take the advice of a medical practitioner. They will be hostile to home remedies and will not tolerate

even the slightest pain.

There are others who usually wait for some magic to happen in their lives. These people will neither believe in medicines nor in a doctor. Some others buy medicines for the ailments over the counter after consulting close friends or relatives who would have undergone similar problems. They will refuse to go to a hospital and consult a doctor for their illness.

And there are others who doubt the credibility of a doctor. They believe that doctors are there just for making money and that they prescribe many medicines for even simple problems which, they believe, can result in contra indications. Such people refuse to take medicines even when the situation is grave.

Some believe in a specific system of medicine and stick to it.

Points to keep

- Always be patient while caring for the sick. They may be frustrated since they are not able to lead normal lives. Their bad temperament should not disturb the attendant or people close to them.
- Diets for different illnesses are different but there is a basic diet that there is a basic diet that can be followed by all sick people. A simple and light food that is easily digestible like rice gruel is recommended for all sick people. Other food that are recommended include broken wheat gruel, phulkas, broken rice, ordinary biscuits, toasts, boiled vegetables (carrots, beetroots, green gram, beans), tomato soups, vegetable soups, etc.
- Consult an Ayurveda doctor if your loved one has a specific illness. Ayurveda prescribes specific diets for every problem. This is what is called the pathya-apathya diet in Ayurveda. In Ayurveda, pathyam or diet is not person related but disease related.
- Spices like dry ginger powder, black pepper powder can be used along with the food instead of the regular masalas.



- If the patient is not able to take bath, give them a sponge bath using a wet towel. They can be made to sit in the squatting position while giving bath. Normal lukewarm water can be used for bath. This can be poured from the vertex of the head. This will cool the head and stomach and make digestion better and easier. Their hands and legs should also be washed well to prevent all kinds of infections. They should be asked to wash their genital region on their own.
- The patient can be made to sit under the morning and evening sun before it rises and sets. This will ensure that they get the sufficient quantity of Vitamin D. This can easily cure and kill any infection or germs that can cause skin infections.
- Make sure to wash the patient's clothes in hot water daily. These clothes should be dried under the sun for good sterilization. These clothes can be soaked in Dettol prior to washing them.
- The mattress and pillow used by the sick should be placed under the hot mid-day sun once in a while to kill germs and for sterilization purposes. These should be frequently put under the sun in case of a bedridden patient.
- Always turn the sides of the bedridden patient frequently or after every 15 to 20 minutes to avoid bed-sores.
- Play light music or videos of their choice.
- Loud sounds and talking can be disturbing to the patients, so these must be avoided at all costs. The room of the patient should have a calm and serene atmosphere. It is understood that even people in a coma or vegetative stage have sharp hearing sense when compared to other senses. Hence, one should be careful about what they talk near the patient.
- Never discuss the patient's health status in their presence. Always encourage the patient with soothing words.
- Bedridden patients may have cravings that should be satisfied in mild doses.
- Food timings should be followed

correctly and medicines should be given on time.

- Taking the patient to nearby parks or gardens in the evenings (not contagious persons) can develop in them a positive state of mind. The fresh air and sunlight can refresh and energise them.
- Sick people love it when their loved ones and friends visit them. It takes their mind off the pain for sometime.

Take care of yourself too

Having a sick person at home can sap you of all your energy. It can be emotionally draining especially if it is a bedridden or terminally ill person.

- While taking care of the sick, take care not to ignore your health. The attendant should always be energetic, healthy, positive and happy. Always

avoid using harsh words or language towards the patient.

- While preparing food for the sick, it is good to consider your health too. So, eat for your health. Never skip meals to care for the patient. Skipping meals can make you a patient finally. Therefore, eat well and on time to stay healthy and to have the energy to care of the sick.
- While taking care of people afflicted with infectious disease, the caretaker should follow a high level of hygiene. They should use gloves while handling the patient. Dettol should be used for disinfecting your clothes, the room and all articles in it. It is good to swab the room with dettol daily. Fumigating the room of the patient with neem, frankincense or turmeric like anti-biotic substances is very essential.

- The attendant should always be fresh, clean and neat.
- As an attendant, you may be required to wake up many times in the night to care for your patient. Hence, you should take great care to take enough rest so that you don't feel drained out while taking care of the patient. It is good to avoid sleeping immediately after meals.
- The attendant needs to relax and take a break to free the mind of the constant pressure of looking after the sick. It is good to go for a walk, shop a bit, visit religious places or visit loved ones, while someone else looks after the sick person for the time being.
- Prayer is very important and this should be done together with the sick person. It can give the sick a lot of hope and strength ■



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Magical touch of Spices

The incidence of lifestyle diseases is on the rise with every passing day and this needs to be tackled properly before the situation becomes grave.

Prof. Dr. Guntant Yeola says Indian spices can work wonders in managing these diseases.

Lifestyle diseases can manifest at any age and the main cause is faulty lifestyle. Non Communicable Diseases (NCDs) such as hypertension, diabetes mellitus, dyslipidemia and overweight/obesity are known as 'Diseases of Civilization'.

Ancient Ayurvedic treatises have vivid descriptions of disorders and prescriptions for their treatment. According to Ayurveda principle, treatment for these diseases include bio-purification (Shodhan or Panchakarma therapies) and palliation (Shaman treatment). Since these diseases are a result of excess nutrition, reduction therapy is required. Stopping or reducing causative factors (dietary as well as behavioural) is the first line of treatment and Rasayan treatment, which is beneficial for non-recurrence of the diseases, comes next in the treatment line.



Research has shown that turmeric inhibits blood clotting, reduces liver toxins, and helps the liver metabolize fats and thus aids in weight loss. It is the drug of choice for diabetic disorders and blood purifier. Spice milk with turmeric – popularly known as ‘Turmeric Latte’ – is also mildly antiseptic.

Asafoetida (Hing) –



Known as the Devil's Dung, it is a resin taken from a plant belonging to the Celery family. It is a distinctive and pungent spice which, when cooked, has a truffle-like flavor and a roasted garlic aroma. Asafoetida is an important ingredient of the snack called chivda - a mixture of grains, dried fruits, and spices. It is used mainly for its digestive properties, especially in the cooking of beans and lentils, as it is reputed to have anti-flatulence properties. It can be added to increase the flavor of fish and vegetable dishes. A pinch of it can be fried in hot oil before the rest of the ingredients are cooked.

Fenugreek (Methi) –



This is a short, upright plant (related to spinach) with oval leaves. The

The three pillars and 3 sub-pillars of life mentioned in Ayurveda are Vaata, Pitta and Kapha and Ahar (food and nutrition), Nidra (sleep and sleep pattern) and Bramhacharya (celibacy or well controlled sexual act). Ayurvedic food culture, which is one of the sub-pillar of life, has an important place in the Ayurvedic scheme of things. Ayurveda suggests food for the body, food for the mind and food for the well-being of the soul. A balance of these should be maintained for a healthy living.

Indian Spices

Spices and aromatics are at the very heart of Indian cooking and have been used since ancient times for their curative properties. Their use has been mentioned in the ancient Hindu scriptures called the Vedas, ancient Egyptian papyrus and the Old Testament of the Bible. These have always

been believed to have healing qualities. They have been used to cast spells, as incense in religious rites, to embalm corpses, to add aroma to perfumes and as aphrodisiacs. At some point of time in history, they were more valuable than gold or precious stones.

Some spices and their role in treating and curing lifestyle diseases are explained below:

Turmeric (Haridra) -



entire plant has a strong, sweet aroma. The mature leaves have a bitter taste. Ground fenugreek (seeds) has a warm, yellowish-brown color with a strong curry-like taste. It is considered good for lowering the sugar level, preferably in the pre-diabetic stage.

Garlic (Lashun) –



This has a very strong odour and a powerful pungent or hot flavor. Garlic is used as a condiment and as flavoring agent in sauces, soups, stews, pickles, salads, salad dressing and breads. Garlic pickles and freshly ground garlic chutneys are the popular side dishes for rice, snacks and chapattis. Garlic helps to purify the blood and lower blood pressure. It is considered to be a cure for heart ailments. Garlic and its preparations have been widely recognized as agents for prevention and treatment of cardiovascular diseases.

Ginger (Adrak) -



It is the fresh root which is a knobby rhizome with a sweet aroma, hot and with a pungent taste. The length of the root indicates maturity, and the longer

it is, the hotter and more fibrous it will be. It can be used in sweet dishes, desserts, or in piquant dishes such as hot curries and stir fries. Ginger has cholesterol lowering properties.

Cardamom (Elaichi) -



Elettaria cardamomum is the seed of a tropical fruit in the ginger family. Its fruits and seeds leave a pleasant aroma with sweet, pungent taste when chewed. Cardamom has a sweet, lemony, eucalyptus flavor. It is world's second most expensive spice. It is available as a powder, dried pods, or loose seeds. Egyptians chewed cardamoms to whiten their teeth and simultaneously sweeten their breath. The seeds are aromatic, sweet cooling, carminative (cures flatulence), digestive, stimulant and tonic. Cardamom finds usage in indigestion, anorexia, burning sensation, debility. These are primordial signs and symptoms of lifestyle diseases.

Cinnamon (Dalchini) -



It is the dried bark of laurel trees of the cinnamomun family. It is a sweet-tasting spice, with a warm, woody aroma. The smell of Cinnamon is pleasant, stimulates the senses, and yet calms the nerves. Whole cinnamon is used for spacing hot drinks, grounded pow-

der in cakes, sweet dishes, fruit pies (especially apples). Research studies have shown that it is good to lower down HbA1C, which is a marker for diabetes.

Clove (Lavung) -



This is a small, dried, reddish-brown flower bud of the tropical evergreen tree of the myrtle family. It has been used in India for thousands of years, not only in cooking, but to sweeten the breath and to relieve toothache. It has a strong, sweet aroma and hot, pungent taste. Clove is best bought whole and ground, if necessary.

Coriander seeds (Dhaniya)

Coriander is usually sold in powdered form, although whole seeds are also available. Fresh green coriander is



used in bakery – because they aid the digestion process and are particularly effective in the metabolism of carbohydrates like pastries and bread. Coriander is also used in fish and savory dishes as a healthy alternative to salt, and it is a basic ingredient of curry powder. *Coriandrum sativum* (Coriander) has been documented as a traditional treatment for cholesterol and diabetes. It has a long history as a traditional medicine.

Cumin (Jeera) -



It comes from the parsley family. The seeds are oval with ridges, greenish-beige in color, warm, nutty aroma and a taste that is bitter, but not hot. They can be ground to a powder. Cumin has a very good digestive capacity and is usually dry-fried before use (drop the whole seeds into a hot dry pan and cook until the roasted fragrance emerges).

Mint (Pudina) -



It is widely used in chutneys, relishes, salads, sauces and teas. Mint is mostly added to biryanis (Moghul rice preparation). Mint is also perfect as a garnish for desserts, and goes well with fruits, iced tea, and lemonade.

Mustard seeds (Sarshap) -



In Indian cooking, brown mustard seeds are more commonly used, but black seeds contain a higher proportion of the volatile mustard oil and has a stronger flavor. Powdered mustard has no aroma when dry, but a hot flavor is released when it is mixed with water. The seeds can be put whole into very hot oil and popped. Mustard seeds are a popular addition to dishes such as vegetable, beans, and pickles.

Saffron (Keshar) -



Saffron is used to color rice dishes, sweets, puddings, sauces and soups to bright yellow. Saffron flavored milk is considered as an aphrodisiac.

Ancient Ayurvedic proverb is very appropriate to explain the importance of food and to follow certain basic principles while preparing food. It says "When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need". Before 400 B.C., Hippocrates rightly said "Let food be thy medicine and medicine thy food" ■



Wish to reverse greying? Try using sesame seeds

In traditional medicine black sesame seeds are considered one of the best anti-aging foods. Along with nourishing the scalp and stimulating hair growth, black sesame seeds can promote melanocyte activity to produce melanin – the pigment responsible for hair and skin colour.

With a rich nutty flavor, sesame has very high oil content and hence can easily moisturize your dry grey hair. They come in different varieties and, maybe, in black, brown, red, and tan in colour. The nutritional composition of all sesame seeds is more or less the same, except that the black variety has exceptionally high amount of antioxidants and anti-aging benefits.

Research suggests that antioxidants present in black sesame seeds can counteract or neutralize the effect of free radicals that damage cells and cause aging (including grey hair, hair loss and wrinkles).

Sesame seeds are a good source of hair nourishing vitamins and minerals such as copper, manganese, calcium, magnesium, iron, zinc, phosphorus, Vitamin B1, amino acids, selenium, melanin, and dietary fiber. Plus, these tiny seeds also contain natural antioxidants – sesamin, sesamol, and sesamol.

Black Sesame Seed can nourish the body organs and blood and bring nutrition to the hair and skin. Instead of applying creams, oils and hair masks, it is good to regularly eat a tablespoon of black sesame seeds for the health of hair and skin.

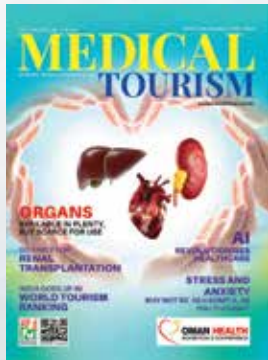
Using sesame oil for hair

1. Mix sesame oil and coconut oil in a bowl.
2. Using your fingertips, start massaging the oil into your scalp and then work it into your hair.
3. Once your hair is covered in the oil blend, wrap it with a hot towel.
4. Leave it on for 30-40 minutes and then rinse the oil out with a mild shampoo.

You will see great results in two weeks. The volume of your hair will increase and your grey hair will start turning black ■



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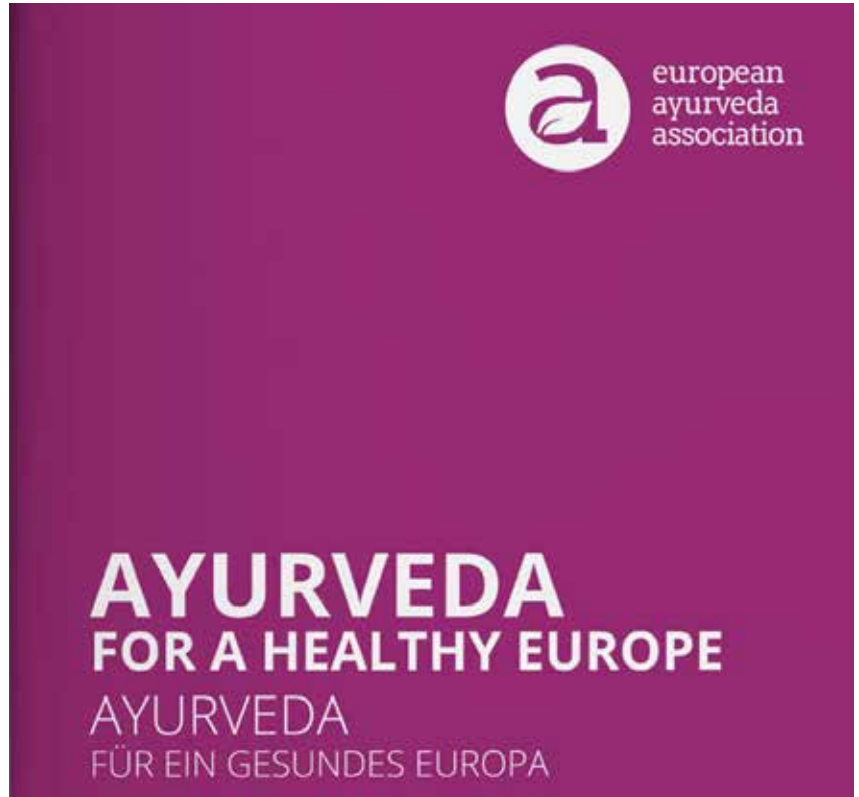
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Food as Medicine: An Inconvenient Truth



Dr. Madan

is a genome biologist with an unusually diverse academic background and range of research interests. He is an Inlaks Foundation Scholar (1982 Trinity Hall) and has a Ph.D. in Molecular Genetics. His current primary research interest is the development of single DNA molecule and single cell techniques for genome analysis. He is the inventor of the Molecular Copy Counting technique - very high resolution and high sensitive technique for describing genomic variation at the level of single cell and single DNA of molecules.



Food as Medicine is an inconvenient truth for many. This central principle at the heart of India's ancient systems of health and well being is gaining a new voice here in Europe. VegMed London 2019 provided a platform for many established doctors of western medicine to present their views in very passionate presentations and discussions. The event was held in King's College, in the famous BBC Bush House buildings, now part of the King's College, Strand Campus.

Welcoming attendees to the event was a poster announcing "The evidence supporting a plant-based diet for optimal health and preven-





tion of chronic disease" authored by Plant-Based Health Professionals UK (pbhp.uk) one of the coorganisers of VegMed2019; their mission: "To educate health professionals, members of the public and policy makers on the benefits of whole food plant-based nutrition in preventing and treating chronic disease." (<https://plantbased-healthprofessionals.com/>). The minds behind this movement come from diverse backgrounds but have a deep commitment and present clearly their voice. Shireen Kassam MBBS, FRCPath, PhD founded Plant-Based Health Professionals UK in 2017. Shireen's father: Amir Kassam, FRSB, OBE - was decorated with a advocate of no-till agriculture and hopefully also open to Zero Budget Natural Farming (ZBNF) and was decorated with Order of the British Empire (OBE) in the

Queen's Birthday Honours List 2005 for services to tropical agriculture and rural development.

The voice of food and health is also being heard more loudly in the European Commission, in Brussels. A second policy brief with the key research and policy questions is now available online (<https://fit4food2030.eu/second-policy-brief-now-published/>). The new Parliament begins their work on 1 November and much is expected to change in policy related to food and health and food and the environment. Perhaps discussions are already underway in the European Commission for developing projects for enabling changes in medical education across Europe. For instance to have more in curricula to enhance competencies in health promotion, disease prevention, plant-based diets, anti-inflammatory diets and much more.

Several of these themes were discussed earlier this year in Barcelona at the 12th European Congress of Integrative Medicine - the work on Ayurveda for management of osteoarthritis for work done in collaboration between Indian and Germany with funding from the Ministry of AYUSH, Government of India and managed by Dr Christian Kessler was awarded the best scientific paper prize. Such themes will be discussed again at the 13th European Congress for Integrative Medicine. "The Future of Comprehensive Patient Care", the Queen Elizabeth Confer-

ence Centre, London, United Kingdom, September 11-13, 2020 (www.ecim-congress.org) and in May 2020 in Berlin, at VegMed 2020.

The voice of the poor people of the world is getting stronger with each passing day. The Economics Nobel Prize 2019 awarded jointly to Abhijit Banerjee, Esther Duflo and Michael Kremer "for their experimental approach to alleviating global poverty": as one considers the fascinating work decorated in this year's Economics Nobel Prize one also sees more clearly the needs for developing and identifying further and submitting to the logic and the corollaries arising from the natural interactions between food and health, food production and the environment and environment and health and the need for a new model of education in all these aspects and more importantly preventing and treating disease with diet is already making an impact. Presentations at the University of Latvia, Riga last week on Ayurveda Day is an expression of the way in which the seeds of Ayurveda are already starting to germinate in European Universities. There is much more to come and the expected policy changes which could happen with great speed ■



Ask Your Doctor



Dr. Muralidharan Pillai

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Chief Consultant, Ortho Healing Clinic.

I am an 18-year-old-boy and I just joined for a B Tech course in Chennai. I am from Kasaragod and so I am forced to stay in the college hostel to attend my B Tech classes. In the hostel, I share a room with two other students. These students are senior to me and so stay late into the night to finish their studies and assignments. As a result, the light in my room is switched on for a very long time. Initially, I was able to manage the light shining in my eyes and I slept soundly. But, now I am not able to sleep even though I cover my face with a blanket. Because of the sleepless nights, I am very tired and drowsy in class the following day and I am not able to concentrate properly in class. I have also developed dark circles around my eyes. Kindly provide me a solution to this problem.

The problem that I have identified in your situation is that your sleep is being disrupted because of the late night studying habits of the senior students. Insomnia—wakefulness or the inability to sleep—occurs in the absence of external impediments, such as noise, bright light, etc. during the period when sleep should normally occur. It may vary in degree from restlessness or disturbed slumber to a curtailment of the normal length of sleep or to absolute wakefulness. If one does not get the required amount of sleep, it can affect the brain of the person leading to loss of concentration in studies. This can

lead to tiredness of the eyes, resulting in dark circles around the eyes. To solve this problem, it is best to avoid very bright lights in the bedroom. It is also good to have a bath by massaging the head using chandanadi oil. Also have 10 gram of Brahma ghrita after supper before going to bed ■

My mother (65-years-old) is highly diabetic and suffers from varicose veins in her legs. Due to this, she has great difficulty standing for long hours in the kitchen and at the church. What is a solution to this problem?

Varicose veins means an abnormally dilated vein due to incompetent valves. Tortuousness and blue colour are seen due to deoxygenated blood that are usually present in the varicose veins of both the legs. Continuous standing is one of the main reason for developing varicose veins. I hope your mother's diabetes is under control through proper medication.

Please understand that diabetes is a disease that badly affects the nerves and veins of the body. Therefore, avoid standing continuously for long and find time to sit in between even when you have to stand for long hours. While going to sleep, place a pillow under the leg to slightly raise it. It is good to tie the leg with elastic bandage atleast once or twice during the day.

Have Adari Sahacharadi kashayam and 10 drops of Sahacharadi thailam (41 times medicated) in the morning and evenings before food. Also, it is good to use Murivenna along with Sahacharadi Thailam in luke warm form and massage the leg in the upward direction by applying slight pressure ■

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