

Ayurveda

Lil Aafiyah



COVER STORY

STAY YOUNG

Media Partner



SAHAM AYURVEDA HOSPITAL AND HEALTH CENTER



Based in Oman but actively contributing to improving the lives of people in the Middle East through Ayurveda



Saham Ayurveda Hospital and Health Center is the pioneer Ayurvedic Hospital in the Gulf region, offering comprehensive rehabilitation programs in 15 different areas of expertise. These programs include post-stroke care, management of brain and spinal injuries, and treatment for developmental delays in children, such as cerebral palsy and autism.

In addition to Ayurvedic Panchakarma facilities and luxurious villas, the center is furnished with a wide range of physiotherapy and rehabilitation equipments.

The center offers comprehensive and genuine Ayurvedic treatments, complemented by excellent services from the departments of Yoga, Physical Medicine and Rehabilitation, Physiotherapy, and Speech Therapy. This collaborative approach allows for the creation of personalized treatment plans for each patient.

The hospital additionally operates a clinic in Muscat, located at Al Sarooj, Shatti Al Qurum. This clinic offers a comprehensive range of integrated treatments including ayurvedic, physiotherapy, speech therapy, and wellness services.

Chandrasahsan T. Menon, Director of the Hospital with over 40 years of experience in Oman, has announced plans to boost the IP bed capacity of their facility from 70 to 100 beds, as well as expand their OP facilities by 2024. These efforts are being made to keep up with the





growing demand for healthcare services, particularly from countries like Saudi Arabia, Kuwait, Qatar, and the UAE.

In addition to enhancing the current amenities within the hospital premises, there are plans to include numerous upscale restaurants, recreational spaces, a compact hypermarket, separate prayer areas for men and women, as well as hydrotherapy pools for both genders.

He stated that their goal is to provide world-class care and exceptional services using the holistic approach of Ayurveda, with the aim of making a positive impact on the lives of people in Oman.



SAHAM AYURVEDIC HOSPITAL & HEALTH CENTRE L.L.C

P.O. Box 3802, Ruwi 112,
Muscat, Sultanate of Oman
WhatsApp: +968-99230005 (Clinic)
+ 968-97000533 (Hospital)
+ 968-77153335
(Marketing Kiosk, Avenues Mall)
Email: info@sahamayurhospital.com

Marketing Office

Mr. Asish Menon
Marketing & Business Development Manager
Phone: +968 7715 3335
Email: asishmenon@sahamayurhospital.com

Ayurveda

Lil Aafiyah

RNI No. KERARA/2012/45863

Editor & Publisher : **Benny Thomas**
 Consulting Editor : **T.K.V Mani**
 Director-
 International Operations : **Binoy Ouseph**
 (+971 56 175 2667)
 Editorial Consultant : **Dr. Madan Thangavelu**
 (Cambridge University)
 Editorial Co-ordinator : **Jayadevan A.P. ***
 Editorial Co-ordinator (UK) : **Dileep Mathew**
 Marketing & Promotion : **Geo Pampackal**
 Layout & Design : **Lal Joseph**

Panel of Experts:

Mrs. S. Jalaja IAS (Retd)**Dr. G.S. Lavekar** (Former Director General, CCRAS)**Prof. (Dr) K Muralcedharan Pillai****Prof. (Dr.) K.G. Paulose**
(Former Vice-Chancellor, Kerala Kalamandalam Deemed University, Cheruthuruthy, Thrissur)**Dr. M.E. Sarma** (Professor, Ayurveda College, Kottakkal)**Dr. Antonio Morandi** (Ayurvedic Point-Milan, Italy)

BUSINESS ASSOCIATES Overseas

USA : Chicago: **Vincent Joseph**, Mob: 847 299 9954
 USA : Houston: **Shaju Joseph**, Mob: 847 899 2232
 USA : New York: **Vincent Sebastian**, Mob: 917 992 9629
 USA : CALIFORNIA: **Wilson Neehikat**, Ph: 408 903 8997
 Canada : **Jose Sebastian**, Ph: 416 - 509 - 6265
 UK : **Dileep Mathew**, Ph: 044 787 743 2378
 Switzerland : **Dr. George Sebastian**, Ph: 527204780
 Ireland : **Thomas Mathew** Mob: 00353 87 123 6584
 Singapore : **Mahesh A.** Ph: +65 906 22828
 Germany : **Gayathri Puranik** Ph: +49 179 127 5002
 Austria : **Monichan Kalapurackal** Ph: 0043 6991 9249829
 Korea : **Dr. A. Thomas**, Ph: 0082 10 5822 5820
 Australia : **S. Mathew**, Ph: 612 470 26086
 Oman : **Joy Vincent**, Ph: 968 9503 5953

BUSINESS ASSOCIATES India

Mumbai : **Mohan Iyer**, Mob: +91 22 6450 5111
 Hyderabad : **Ephram Joseph**, Mob: +91 939 131 5072
 Chennai : **Manjabika Nambiar**, Mob: +91 9677118659
 Bangalore : **Nuzhath Jabeen**, +91 9731116642
 Pune : **Sofea Khan**, +91 9175131042
 Trivandrum : **Joy Joseph**, Mob: +91 9447817193

*Responsible for selection of news under the PRB Act

**CORPORATE OFFICE**

FM Media Technologies PVT Ltd,
 Penta Square, Opp.Kavitha, MG Road,
 Cochin -682016, Kerala, India.
 Tel: +91 484 350 4147
 Email: editor@ayurvedamagazine.org
 www. ayurvedamagazine.org

Printed, published and owned by
 Benny Thomas
 FM Media Technologies Pvt. Ltd,
 Penta Square, Opp.Kavitha,
 MG Road, Cochin -682016,
 Kerala, India.
 Editor: Benny Thomas

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

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

Back to Balance – The Ayurveda Way

The science of Ayurveda addresses an individual as a whole - a wonderful complex of the body, mind and spirit. Ayurveda ensures individual well-being by taking care of all factors that influence the quality of life. It is based on a profound understanding of 'life' and the ways with which it flows through the entire structure of an organism. In its framework, Ayurveda incorporates a wide variety of therapies from simple diet to complex but powerful rejuvenating therapies.

Ever since its inception, 'AYURVEDA Lil Aafiyah' has been promoting authentic Ayurveda all over the world (GCC Countries) . At present the magazine has editions in English, Arabic, Russian, Spanish, Italian and German languages. Its regular presence at WTM London, ITB – Berlin and Singapore, Arab Travel Mart- Dubai and MITT – Moscow , World Ayurveda Congress, Fitur – Spain, and at other important events has been noted well.

It is mainly in the treatment method that Ayurveda differs from conventional medicine. Ayurvedic treatments work at the causative levels while many of the modern medical treatments operate at the symptomatic level. Ayurveda says that everything you interact with has an effect on your health and well-being. So the prime focus of Ayurveda is to bring the body, mind and soul back into a state of balance. Ayurveda provides you with an opportunity to understand and re-discover your own unique nature, and it leads you through the best ways to maintain the state of natural balance within you.

We have been a regular presence at Arabian Travel Market - Dubai, AYUSH Expo Dubai, Oman Health - Muscat and we are so proud to be part of the movement to spread the message of Ayurveda in the Arab world that a change in approach to health issues there is on its way. We hope our readers and well-wishers will continue to support our efforts to carry the message of Ayurveda further.

Editor

KNEESOL MAGIC OIL *for Knee Joints & Muscular Pain*

- 100% NATURAL, SCIENTIFIC COMPOSITION
- CLINICALLY TESTED
- ZERO ADDED STEROID
- NON-GREASY, QUICK ABSORPTION
- TARGETS ROOT CAUSE
- BRINGS MOBILITY, IMPROVES LIFE STYLE
- WITH REGULAR USAGE
CHANCES OF SURGERY REDUCE



OUR OTHER PRODUCTS



DIVYASUDHA
for Gas, Acidity,
Migraines & Headache



DIAJU
Carbohydrate
Metaboliser



DIVYASUDHA
Cold & Flu Drops

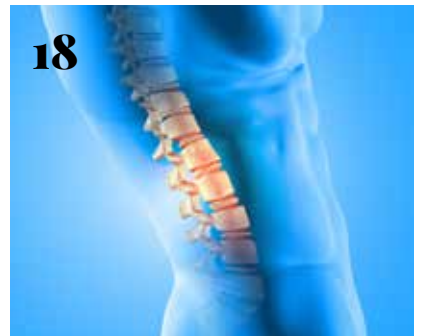


Teaquil

A delicious herbal tea infused with Hibiscus, Lemongrass, Chamomile, and Tulsi, that is enriched with antioxidants, good for your mood & tastes amazing.

Contents

- 07 News & Events
- 10 Kerala: A Haven for the Ultimate Ayurveda Experience
- 12 Cover Story: Stay young
- 18 Mind your Spine
- 22 Low Back Ache? Here is your cure!
- 26 Enhance your digestion
The Ayurveda Way
- 29 Home-made Health drink
How to make health tonic @ home
- 30 Not just skin deep
- 34 Kalaripayattu
The mother of all martial arts
- 40 Meditation
The Key to Ultimate Freedom
- 44 A Brief Introduction to Panchakarma



The 2nd International AYUSH Conference & Exhibition, 2024

13-15 January, 2024 Dubai World Trade centre



The 2nd International AYUSH Conference & Exhibition-Dubai, organized by Science India Forum, is scheduled to take place from 13-15 January, 2024 at the Dubai World Trade Centre. This significant event is being held under the patronage of the Ministry of Ayush & Indian Consulate, Dubai, with the aim of promoting the knowledge of Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homeopathy in alignment with the vision of Prime Minister Mr. Narendra Modi.

Bringing together esteemed AYUSH leaders, professionals, friends, and partners from across the globe, this conference will serve as a platform to discuss the opportunities and challenges in the field of AYUSH. It will also facilitate the development of innovative healthcare strategies to cater to the needs of the community. The theme of the event, 'Non-communicable chronic diseases prevention and management through Ayush', will primarily focus on the healing and wellness therapies offered by Ayurveda, Yoga and Naturopathy, Unani, Siddha, and Homeopathy.

AYUSH systems provide a comprehensive approach to address non-communicable diseases such as cancer, diabetes, hypertension, arthritis, and back pain. The chosen theme emphasizes the importance of collaboration and cooperation among the public, medical professionals, researchers, and health policymakers.

During the event, the Exhibition will provide an opportunity for AYUSH businesses to present their services and products to a diverse range of attendees, delegates, and buyers. The second edition of the conference will be attended by practitioners, policymakers, industrialists, researchers, and students from around the world.

The primary objective of the conference is to highlight Ayush as a credible and dependable healthcare system for Non-Communicable Chronic Diseases. The conference program will include 74 invited talks, 250 oral presentations, and 200 posters on this particular theme. Moreover, the Conference will be attended by over 1200 delegates representing Ayush systems from more than 35 countries.

The exhibition will feature various aspects of Ayush, including Ayush Pharma, FMCG products, Ayush service providers, educational institutions, research organizations, organic products, Ayush equipment, and Ayush systems. This exhibition will be open to the public free of charge for all three days.

Prominent international organizations such as the World Ayurveda Foundation (WAF), Global Homeopathic Foundation (GHF), Emirates Ayurveda Graduates Association (EAGA), and numerous other AYUSH organizations from America, Australia, the Far East, Middle East, and Africa will also participate in the conference.

CAYEIT has developed the world's first 'Ayurveda AI'



What is Ayurveda AI and how does it work?

This Ayurveda AI serves as an artificial intelligence system that has undergone training to offer insights and information regarding Ayurveda, a traditional medicinal system originating from India. By inputting your questions or queries into the chat interface, you can engage with this AI and receive informative responses based on its knowledge and training.

It is important to note that the AI is specifically designed to address inquiries related to Ayurveda and may not be capable of comprehending or responding to unrelated queries.

The information provided by this AI is derived from the most reliable knowledge and research available on Ayurveda. The AI's response may vary depending on the level of detail provided in the question. Given that certain terms in Ayurveda can have different meanings in different contexts, it is advisable to include relevant context when posing your question. However, it is crucial to understand that the AI's responses should not be considered a substitute for professional medical advice, diagnosis, or treatment. We strongly recommend consulting a qualified Ayurvedic practitioner before making any modifications to your healthcare routine.

The Center for Ayurveda Education, Innovation and Technology (CAYEIT) is fully dedicated to the promotion and advancement of Ayurveda. CAYEIT provides a wide range of programs and services aimed at educating, innovating, and enhancing the quality of life through the progressive approach of Ayurveda, incorporating state-of-the-art technological advancements. CAYEIT remains steadfast in its mission to disseminate the wisdom of Ayurveda and its practical application in the contemporary era.

CAYEIT has developed the world's first 'Ayurveda AI', which has been utilized by over 20,000 individuals globally. Also it has launched two groundbreaking AI-based tools: the Shloka Interpreter and AyurChef.

WHO International Standard Terminologies on Ayurveda

The contribution of WHO to Ayurveda in 2023 is the implementation of the WHO International Standard Terminologies on Ayurveda.

The WHO International Standard Terminologies on Ayurveda document offers standardized definitions that can greatly benefit stakeholders in the field of Ayurveda. These definitions support various aspects such as education, practice, regulation, research, drug development, and integration, ultimately contributing to the global advancement of evidence-based and safe Ayurveda.

This comprehensive resource provides standardized definitions for more than 3600 Ayurvedic terms, covering essential concepts and practices within Ayurveda. Its impact extends to Ayurveda stakeholders worldwide.

KEY HIGHLIGHTS:

1. Concise definitions for fundamental Ayurvedic concepts are provided.
2. Core treatment modalities, including panchakarma (five cleansing therapies) and rasayana (rejuvenation therapy), are outlined.
3. Major diagnostic frameworks, such as trividha pariksha (three-component examination) and dashavidha pariksha (tenfold examination), are covered.
4. Clinical conditions and disease classification systems are defined based on Ayurvedic principles.
5. Key pharmacognostic concepts and Ayurvedic approaches to drug preparation are elucidated.
6. Fundamental principles of Ayurvedic pathology, such as samprapti (evolution of disease) and rogapariksha (disease assessment), are explained.
7. Ayurvedic anatomical terminology for the entire body and specific structures is standardized.
8. A glossary of Sanskrit words and terms with English definitions is provided.

European Ayurveda Congress 2024, Berlin



The European Ayurveda Congress 2024, organized by the Embassy of India Berlin in collaboration with the professional society of Indian Ayurveda Graduates (Indische Fachgesellschaft für Ayurveda Deutschland IFADe.V), is scheduled to take place in Berlin on 20 January 2024. This esteemed gathering intends to foster a greater comprehension of Ayurveda and its potential influence on the health and wellness of individuals in Germany.

Over the past four years, IFADe.V has been dedicatedly working towards fostering a greater appreciation for Ayurveda and addressing

the specific concerns of individuals in Germany. This congress provides an excellent platform to engage in formal discussions, establish cordial relationships with professionals in the Ayurveda community, and explore the diverse aspects of Ayurveda.

The theme of the congress is "Ayurveda for One Health Ayurveda for everyone, everyday," highlighting the holistic approach of Ayurveda towards maintaining overall well-being. The event will feature renowned speakers who will share their expertise, informative presentations, engaging panel discussions, and an opportunity for free Ayurveda consultations. Additionally, there will be an exhibition showcasing a wide range of Ayurvedic products.

Kalarithara as Katirmandapa – Kalari Kalyanam



Kerala recently hosted a unique wedding ceremony known as 'Kalari Kalyanam'. This event took place at a training center for 'Kalaripayattu', an ancient martial art form of Kerala. The couple, Rahul and Shilpa, who are both trainers at the Agasthyam Kalari center in Thiruvananthapuram, decided to tie the knot at the training center itself, incorporating Kalaripayattu as the theme of their ceremony.

The wedding, which occurred on December 28, 2023, saw the bride and groom dressed in traditional attire of the martial art form, accompanied by 'Kalaripayattu' students also donning traditional attire. Rahul and Shilpa have been acquainted since childhood and have been deeply involved in the practice of Kalaripayattu. Their mothers are also undergoing training in this martial art form, which further influenced their decision to hold the marriage at the 'Kalari Thara' - the Kalaripayattu performing ground. According to Gurukkal (grand master) S Mahesh of the center, this could possibly be the first wedding of its kind with Kalaripayattu as the central theme.

KERALA: A Haven for the Ultimate Ayurveda Experience



Kerala, renowned for its traditional Ayurveda practices, has established itself as a premier destination for experiencing the best of Ayurveda not only in terms of treatment but also the overall Ayurveda experience. Both traditional and modern practitioners have acknowledged the significant role Ayurveda will play in the future of healthcare and its holistic approach to medical science.

Kerala attracts a diverse range of individuals, from world leaders to ordinary people, in search of Ayurveda's extraordinary healing abilities. The surge in interest towards Ayurveda can be attributed to various factors. Today, there is a growing inclination towards alternative

medicine, with individuals embracing ancient practices. People also acknowledge the advantages of alternative and herbal medicine, such as minimal side effects and comprehensive treatment methods. These factors contribute to the worldwide fascination with these systems. Additionally, India's economic rise has sparked curiosity in all aspects of Indian culture, including Ayurveda.

The authenticity of Kerala's Ayurveda is a result of the presence of highly-skilled professionals and traditional vaidyas who possess inherited knowledge of the system. Additionally, the professionally trained doctors and Ayurveda hospitals in Kerala have played a significant role in promoting the

acceptance of Ayurveda. The favorable climate, geographical location, and abundance of medicinal plants in Kerala create an ideal environment for the practice of Ayurveda.

Monsoon Treatments (Karkataka Chikitsa)

On the very onset of monsoon, Ayurvedic health resorts and clinics in Kerala are ready to pamper and heal tourists from all over the world with their special monsoon treatment packages. Monsoon period is preferred to offer Ayurvedic curative and rejuvenative treatments.

Ayurveda practitioners in Kerala have found through ages of experience that this is the best time to perform Ayurvedic treatments. And they have



Kerala Tourism

Kerala, a picturesque coastal state located in southwestern India, has become a renowned tourist hotspot due to its unspoiled beaches, peaceful backwaters, verdant hill stations, and vibrant cultural heritage. The remarkable growth of Kerala's tourism industry can be attributed to the strategic initiatives and investments made by the state government over the past few decades.

Kerala boasts several captivating attractions that entice both domestic and international tourists. The tranquil beaches of Kovalam, Varkala, and Bekal, along with the scenic backwaters of Alappuzha and Kollam, are among the top draws. Additionally, the mountain resorts of Munnar, Wayanad, and Ponmudi, as well as the wildlife sanctuaries of Periyar and Eravikulam National Park, offer unforgettable experiences. The state's cultural wealth is showcased through captivating performing arts such as Kathakali, Theyyam, and the martial art form of Kalaripayattu.

The Kerala Tourism Department has played a pivotal role in promoting and branding the state through innovative marketing campaigns like 'Kerala, God's Own Country' and 'Your Moment is Waiting'. The department has also prioritized the development of tourism infrastructure through collaborations between the public and private sectors, with a strong emphasis on sustainable and responsible tourism practices. Furthermore, the department has facilitated the growth of unique experiential tourism products, including ayurvedic therapies, culinary tours, and treehouse stays.

scientific reasons to back their observations.

According to Ayurveda, perfect health springs from total harmony between man's inner nature (including doshas) and outside Nature. When this harmony is upset, diseases set in. So, to maintain health, one should lead one's life in consonance with his inner constitution and seasonal peculiarities.

Monsoon treatment (July 15- August 15 period) lasts for 8 to 10 days in which treatment for detoxification, purification and rejuvenation are administered. This is mainly for the healthy people in order to keep fit and to improve the immune system.



Kerala's tourism sector continues to thrive and attract visitors from all corners of the globe, as evidenced by international accolades such as being named one of the '50 Must See Destinations of a Lifetime' by National Geographic Traveler magazine. The unwavering support and initiatives undertaken by the state government have been instrumental in establishing Kerala as a global leader in the tourism industry.

STAY YOUNG

There was a time
when meadow, grove,
and stream,
The earth and every
common sight,
To me did seem,
Appareled in celestial
light,
The glory and the
freshness of a dream.

William Wordsworth.

Ageing is irreversible. But handled carefully, and scientifically, one can retain the blessings of youthfulness. Ayurveda has prescribed ways to do so.

Ayurvedacharya Dr B Rajeev
Ayus Arogya Kendra, Perumbavoor, Kerala.

Rejuvenation (*rasaayana*) and revitalisation (*vaajeeekarana*) treatments are meant to revitalise tissues that were worn out or are in the process of wearing out due to factors like diseases and ageing. Administration of drugs with anti-oxident, immuno-modulation and adaptogenic effects are part of the treatment. It will slow down ageing, provide youthful energy and nourish the blood and body tissues.

As time goes by, we tend to lapse into a sedentary lifestyle which results in the accumulation of metabolic waste. Unless eliminated properly, this waste gets accumulated in the body as toxins. They will hamper the replenishment of dhaatus (body tissues). If the accumulation of toxins is moderate, it can be eliminated in the natural course of the system by milder pacification therapy. But if it is excessive, then one will have to

clear it by evacuative- cleaning treatment. Panchakarma is the most known process of purification therapy.

“Ayur asmin vidhyathe anena vaa aayur vindhathi ithi Ayurveda”
(*Astanga samgraha*)

“What talks about life and its various processes is Ayurveda”

The very definition of Ayurveda denotes that it deals with various aspects of life processes, ageing being one of them. And Ayurveda has a precise definition on the reasons of ageing:

*Kaalasya parinaamena Jaraa
Mrithyu nimittajaah
Rogaah swaabhaavikaa drustaah
swabhaavo nispratikriyah*
(*Charaka Samhita sharira 1/115*)

That is, time (*kaala*) or change (*parinaama*) is the principal causative factor for ageing and degenerative diseases.

Parinaama, or change, is the sequential event of the ageing process which goes through the stages such as infancy (*baalya*), adolescence (*taarunya*), youth (*youvana*), middle age (*proudha*) and old age (*vaardhakya*.) Sage Sharngadhara notes that with each passing decade the body loses, one by one, the following felicities: growth, luster and complexion, intelligence, skin health, strength of sight, virility and valour and sensory perceptions.

While it is impossible to stop the process of change (*parinaama*) or the advent of time (*kala*), it is possible to identify the impact they have on the body and find the ways to slow it down. Ayurveda, which has a holistic approach to life, has thought through this and hence we have Rasaayana tantra, one of the eight branches of Ashtaanga Ayurveda, dealing exclusively with rejuvenation.

Acharyas like Charaka and Vagbhata named the very first chapters of their books *Deerghamjeeviteeyam* (long life) and *Aayushkaameeyam* (Desire of life), respectively, in which the measures to be adopted to gain a longer and healthier life were enumerated. This unusual presentation proves that Ayurveda had long back incorporated viable and vibrant concepts of rejuvenation in its scheme of things.

Rejuvenation (*rasaayana*) and revitalisation (*vaajeeekarana*) treatments are meant to re-energize tissues that were worn out or are in the process of wearing out due to factors like diseases and ageing. There are exhaustive procedures that



enhance immune system, arrest ageing, give luster to the skin, provide youthful energy, nourish blood and body tissues (*sapta dhaatus*), and eliminate senility and other diseases. They also enhance health and *ojas* (vital force).

The procedures include administration of drugs with specific qualities such as immuno-modulation, antioxidant action (which prevents bio-oxidation thereby checking age-related disorders, autoimmune disorders, degenerative disorders), and adaptogenic effects.

The principle

A guiding principle of Ayurveda is that the mind exerts the deepest influence on the body. A state of balanced awareness in an individual leads to presence of the right attitudes, in turn leading to the right actions, culminating in a higher state of health. Disease is seen to be the result of climatic variations, bacterial attack, nutritional deviance, and stress as well as other forms of emotional imbalance; in short, life(style) as a whole. Optimal health is achieved by cultivating mental, physical, and dietary habits that are conducive to physical and spiritual well-being.

Primary concepts of health

Panchamahaabhutas, tridoshas and *sapta dhaatus* are the foundational constructs of Ayurveda. In addition, the concept of *mala*, *agni* and *srotas* add value and strengthen them.

Ayurveda considers that every living being is made from the combination of

panchamahaabhutas, i.e. the five basic eternal substances or elements: solid (*prithvi*), liquid (*jala*), energy as heat and light (*tejas* or *agni*), dynamic energy state of matter (*vayu*) and the time space entity (*akasa*).

Similarly, the universe and everything contained within it is made of the panchamahaabhutas and the universal consciousness.

The human body is composed of three fundamental constructs called doshas (three in number), *dhaatus* (seven), and *malas* (three). The tridoshas (Vata, pitta, Kapha) are composed of the panchamahaabhutas but one or the other is predominant in each one. Thus, the Vata dosha has *Akasa* and *Vayu* dominating; the Pitta dosha has *agni* dominating; and the Kapha dosha has *jala* and *prithvi* dominating. The *saptha dhaatus* are the seven basic tissue elements that make up the structure of the human body and include chyle, lymph, plasma (*rasa*), haemoglobin in blood

(*rakta*), muscle tissue (*maamsa*), fat or adipose tissue (*medas*), bone tissue including cartilage (*asthi*), bone marrow (*majja*), and semen, sperm or ovum (*sukra*). The malas are the waste products of the body. The principal malas include urine, stool, and sweat. The other waste products are fatty secretions of the intestines or skin, ear-wax, mucous, saliva, beard and body hair, nails, tears, etc.

Agni is the primordial digestive fire in the body, tantamount to enzymes, that is responsible for the conversion of food into *doshas*, *dhaatus*, and *malas*. *Agni* thus has a twofold role: help in the digestion (breaking down-catabolic metabolism) and assimilation (synthesis, regeneration and growth-anabolic metabolism) in the body. There are 13 main groups of *agnis*. One among them, *jatharagni*, (in the GI tract) enables the primary digestive process and breaks down the



food. Thereafter the food is broken down into the five *mahaabhutas* by the five *bhutaagnis* (mainly in the liver) so that the essential constituents of the ingested food are ready for absorption and assimilation. Thereafter, the seven *dhaatvagnis* assimilate and ensure renewal/growth of the seven dhaatus which constitute the human body. *Srotamsi* or *srotas* represent the channels in the body through which the doshas, *dhaatus*, and *malas* circulate. The 13 srotas include the big channels such as the GI tract as well as micro channels such as the capillaries.

For proper functioning of the body, the agni has to function in equilibrium (*samaagni* under the influence of the three doshas in equilibrium), and function without weakening (*mandaagni* under the influence of Kapha), or not function excessively (*tikshnaagni* under the influence of Pitta) or not function unstably, i.e. *agni* which oscillates between less and more (*vishamaagni* under the influence of Vata). Further the srotas have to remain unobstructed and circulation must proceed in an uninterrupted way, failing which the process of metabolism is affected and ama or toxins are produced. Usually an organ or tissue that is intrinsically weak or which is similar in *mahaabhautic* composition has a greater tendency to accept the ama or toxin, leading to manifestation of disease in this organ or tissue.

Ageing

The human body sustains vitality through a continuous process of disintegration and integration of each and every tissue in the body, coordinated and enabled by the



doshas. The various kinds of tissues (dhaathus) are replenished in the course of metabolism. The nutritional part is assimilated and the residue is left for elimination through various channels. However, any disorder such as faulty diet and lack of exercise can upset the the system of metabolism. If the metabolic waste is not properly eliminated, it accumulates in a putrefied form, as toxins, in the various tissues and organs and channels. This upsets the balance of the doshas, resulting in disease.

The word dosha has a two-fold meaning: that which instigates proper function in proper conditions of life, and that which pollutes the tissues and disturbs the various functions of the various sub-systems of the body. With proper lifestyle (physical, mental, spiritual), the doshas ensure health. When the lifestyle changes and become vitiated, the

functioning of doshas changes and the balance is lost, resulting in diseases. The symptoms of health denote ease, pleasantness-mental and physical. In disease, as the term itself denotes, the ease is lost and symptoms indicate unpleasantness and pain. Health is the natural state of the mind-body system, and disease is its unnatural state.

Thus, according to Ayurveda, rejuvenation essentially means that the doshas remain in equilibrium, so that the body replenishes itself. When the metabolic process is hampered, the replenishment slows down, speeding up the process of ageing. Preservation of good health is made possible by the observance of the regimen of *Swasthavritta* as represented by *dinacharya* (daily routine) and *ritucharya* (seasonal routine). Further, in the latter half of one's life, the practice of injunctions laid down by Sage Charaka in the



chapter on *Janapadodhwamsaniya* (in the *Vimaanastana*) as well as the adoption of measures, described by him under *rasaayana* and *vaajeekarana* therapies, shall promote vitality, virility, and sustenance of good health.

In Ayurveda, treatment is not just about curing a disease; it also aims at promotion and preservation of health and strength. This is undertaken by 1. Removing the causative factors of the disease, and 2. restoring the doshic (*dosha-dhaatu-mala*) equilibrium. The achievement of these two-fold aims depends upon effective fulfillment of the role of the four essential limbs of therapy or *Chatushpaada*: the Physician, medicinal drugs as well as food substances, the attendant and the patient.

Role of purification therapy

Treatment in Ayurveda essentially means to regain the vital strength; the accumulated waste has to be eliminated to make the tissues (*dhaathus*) pure. If the accumulation of toxins is moderate, it can be transformed by medicine and easily eliminated in the natural course of the system, by milder palliative

treatments known as *samana chikitsa* (pacification therapy). *Samana chikitsa* ignites the vital fire, the *agni*, responsible for digestion and metabolism. A man with good and natural digestive functions and with a correct life style seldom gets sick; and if on account of omissions and commissions, gets disease, it can be easily corrected and cured with simple medication-*yukthivyapaasraya*, the rational application of drugs. If the accumulation of toxins is excessive, lifestyle corrections and medication may not suffice and it has to be cleared by evacuative-cleansing treatment, ie, *sodhana chikitsa* or purification therapy. Panchakarma is the most known process of purification therapy.

Ayurveda, thus, has laid a full roadmap for the rejuvenation of the body and mind through an elaborate process, which includes various treatments such as *samana*, *sodhana*, dietary control and a strict adherence to a proper daily and seasonal routine.

The writer can be contacted at drbrajeev@yahoo.com

Dr.[®] Talat's

A **GENTLE LEAP** TOWARDS A **HEALTHY LIFESTYLE**

SKIN CARE • HAIR CARE • HEALTH SUPPLEMENTS • UNANI MEDICINES



SULPHATE
FREE



PARABEN
FREE



100 % HERBAL
UNANI COSMETICS



+91 99402 35786 (INDIA)



+971 58 869 5845 (UAE) +971 56 857 6463 (UAE)



drtalats

www.drtalats.com



MIND YOUR SPINE

Lifestyle diseases have become increasingly prevalent in modern society. Individuals are compelled to alter their way of living compared to that of their parents. This encompasses the type and variety of food they consume, the amount of physical and mental exercise they engage in, and the levels of stress they experience. The proportion of individuals who rely on strenuous physical labor for their livelihood has decreased as machines have partially replaced them. However, the unfortunate consequence is that stress levels have risen for the majority of people.

The paradoxical aspect of this entire progression is that the human body, despite benefiting from advancements in the overall physical quality of life, has not responded favorably to these apparent improvements.

General physicians often come across these common complaints on a regular basis - difficulty bending and back pain, inability to sit for more than 10 minutes due to back pain, and experiencing severe back pain that travels down to the leg while walking. However, it is important to realize that our

everyday habits have a significant impact on the health of our back. How we sit, stand, sleep, move, walk, eat, drink, and even think can all contribute to the overall condition of our back. It is crucial to have a better understanding of the spine in order to properly care for it and prevent damage.

Mind your posture

Typically, individuals tend to overlook their postures during their daily activities. For instance, many people do not give much consideration to how they stand. In most instances, they may lean heavily on one leg or have one leg positioned completely sideways. Some individuals may place all their weight on their heels or on the inner or outer edges of their feet.

When a person stands, their vertebral column exhibits two convex curves and two concave curves in the neck and hip regions. These curves assist in evenly distributing the body's weight onto the ground. However, this balance can only be achieved when one maintains an upright posture while standing or sitting.

In an improper posture, the body constantly struggles and expends additional energy to counteract the gravitational pull of the Earth. This places



an extra burden on the muscles and ligaments, resulting in swelling and discomfort.

Control your body weight

When you gain extra weight, it can cause the spine to become distorted and compressed, resulting in pain. Additionally, it can impact the pelvis, causing it to tilt forward and potentially leading to the pinching of the sciatic nerve. This is a significant factor contributing to lower back



Know your spine

Have you ever pondered the intricate structure of your spine? It truly is a remarkable feat of engineering. Acting as a versatile pole, it has the ability to bend, twist, and provide support for the majority of the body's weight.

The spine consists of a chain of 33 vertebrae, with each pair separated by an elastic disc. These discs play a crucial role in facilitating movement in all directions and also serve as shock absorbers, safeguarding the spine from heavy impacts.

Out of the 33 vertebrae, the seven in the neck (cervical) and the five in the lower back (lumbar) are the most mobile. The lumbar vertebrae are responsible for carrying heavier loads, such as when we bend down to lift something. This explains why back pain is commonly experienced in the lumbar region. Starting from the top, there are seven cervical vertebrae, and their discs allow for a range of motion of 180 degrees.

The spine possesses a unique curved shape, which actually works to its advantage as the curves act as superior shock absorbers. When you walk with a body weighing seventy kilograms, each step causes the vertebrae in your spine to absorb jolts equivalent to 70 kilograms!

One of the spine's primary functions is to protect the spinal cord, which spans approximately 45 centimeters in length. Countless messages travel along this whitish, one centimeter-thick cable, directing all activities below the neck. If anything were to happen to this vital cord, such as a serious injury, you would unfortunately be confined to a wheelchair for the remainder of your life.

Spinal discs are susceptible to various types of injuries. A particularly forceful impact, such as an auto accident or a severe fall, can compress a disc, often necessitating major surgery to remove the damaged disc remnants and fuse the adjacent vertebrae together.

A less severe injury can result in the rupture of the disc's tough outer layer, causing the inner jelly-like substance to leak out. This can lead to significant discomfort and distress.

issues experienced by overweight individuals, either due to sciatica or the distortion of the spinal column.

Take a break, energize

If you find yourself sitting in front of your computer for extended periods, it suggests a lack of awareness or caution regarding your spine. It is important to ensure that your posture, as well as the chair or bed you use, provides adequate support for your spine. Therefore, while working, it is advisable to take breaks every 30-40 minutes to stretch your body, stand up, perform simple twists, take deep breaths, and then resume your work.

Be positive

Persistent concerns can manifest as a persistent, dull ache in your back. It is worth noting that intense emotions can lead to muscle tension. When your muscles remain slightly tense over a prolonged period, it hampers blood flow and results in the buildup of intercellular fluid and internal swelling. Consequently, the oxygenation of blood is negatively impacted, impeding the adequate supply of nutrients. As a result of these factors, your muscles signal a dull back pain as a warning. Therefore, it is crucial to alleviate your worries in order to maintain a healthy and pain-free back. Engaging in daily meditation can greatly assist in achieving this goal.



Regular exercises

Yoga exercises provide the body and muscles with effortless movements, offering numerous yogic postures that can greatly benefit the back. Even individuals with back injuries can engage in yoga under the guidance of a skilled yoga therapist. Incorporating a small amount of yoga into one's routine can significantly enhance comfort and aid in overcoming back issues.

An oil massage a day

Ayurveda recommends incorporating daily *abhyanga* (body massage with medicated oils) into your routine for overall body health, with a particular focus on your back. Allocating 15-30 minutes each day for an *abhyanga*, which involves a medicated oil massage, can greatly benefit you. For your spine, oils such as *murivenna*, *sahacharadi*, *mahanarayana*, *karpooradi*, and *dhanwantharam* are suggested. These oils can provide significant relaxation to your spine, especially the lumbar region or lower back.

Additionally, maintaining a regular and healthy diet, rich in fibrous food items, is crucial. As you age, you may experience calcium deficiency, and it is advisable to consult a physician to arrange a suitable diet plan.



Back pain - Often linked to specific jobs

Back pain is commonly associated with the nature of one's occupation, making it aptly referred to as an occupational disease. Certain types of workers are more susceptible to experiencing back pain, including those who engage in physically demanding jobs, individuals with sedentary occupations that lack back exercise (such as clerks), workers who frequently bend forward or sideways, individuals who perform repetitive movements consistently, and those who are exposed to vibrations in their work (such as drilling). Furthermore, among these groups, individuals who smoke and have poor nutrition are more likely to experience back pain.

LOW BACK ACHE? HERE IS YOUR CURE!

Low Back Ache (LBA) can hit both those who lead a sedentary life and those who do physically strenuous jobs. Ayurveda has excellent remedy for LBA so that bodily equilibrium can be restored, writes **Dr P. Mohanan Warriar**.



“Difficulty to bend. Back pain.”

“Not able to sit for more than 10 minutes. Back pain.”

“Severe back pain that radiates down the legs while walking.”

These are very common complaints a general physician encounters almost every day.

Pain on the spine and the muscles surrounding it is generally called back pain. Usually, the term ‘back pain’ is used to indicate pain on lower back. So, it is called low back ache or LBA.

To understand back pain from an Ayurvedic perspective, one has to understand some basic principles of Ayurveda.

Ayurvedic structure

Ayurveda considers human body as a combination of dosha (the subtle part of matter), dhatu (the physical body) and mala (waste not transferred as body) kept in equilibrium.

Ayurveda is founded on the Tridosha theory, which says that the balance of the three doshas—the three subtle forms of matter called Vata, Pitha and Kapha—helps the body remain healthy and any imbalance in tridoshas leads to disease.

Among the three doshas, Vata is important in back pain. When Vata gets vitiated and concentrated on the colon, it manifests itself as diseases of the abdomen, rectum, kidney, hip and lower part of spine. Therefore, low back pain is generally called vata-vyadhi or disease due to Vata.

Grounds for back pain

Spine is a chain of 33 vertebrae. In between each pair of vertebrae is a disc which is elastic in nature. These discs help the spine move to all sides. Discs also act as a shock-absorber protecting the spine from heavy impact.

Of the 33 vertebrae, the seven in the neck (cervical) and five in the back (lumbar) are the most mobile. The lumbar vertebrae move while carrying more weight (Eg. when we stoop to pick up weight).

This explains why back pain is experienced most in the area

called the lumbar. Around 70 lakh such back pain patients are admitted to hospitals every year.

The majority of back pain patients visit hospital for problems of the disc. Of the remaining, almost 15 per cent may be suffering from problems of the muscles, ligaments, etc. Arthritis, infections, growths, cancer and disease of the bones and of the nerves make up the rest.

Overweight is often seen as a major reason for low back pain. Women experience back pain related to menstrual period, pregnancy, delivery and menopause. Contraction of muscles causes back pain during menstrual periods.

Hormonal changes after menopause leads to degeneration of bones causing back pain. Back pain is a symptom in diseases like prolapsed or herniated disc, lumbar spondylosis, lumbar canal stenosis, etc.

Pressure on the back bone due to the enlargement of uterus can also result in back pain during pregnancy. Weakness of abdominal muscles is a reason for back pain after delivery. Malnutrition during lactation period, especially calcium deficiency, can also cause back pain.

Pre-natal and post-natal treatments in Ayurveda are very helpful to prevent back pain during pregnancy and after delivery. In these cases, damage of muscles, ligaments, nerves, and vertebral joints create pain. Pain that radiates below knees, aggravation of pain while coughing or sneezing indicate disc prolapse. Severe pinching pain, numbness, loss of sensation, weakness of legs and wastage of muscles are also symptoms of inter-vertebral disc prolapse. Back pain can occur as secondary to constipation, piles, dysentery etc. Back pain is also a symptom in several diseases related to abdomen, uterus and kidney.

Diagnosis

An experienced physician can make out from his initial check-up itself such conditions as muscle pull and protrusion of the disc. But in many cases, this may not be easy and hence the help of X-ray, CT scan, MRI or myelogram is sought. In suspected TB and cancer, blood test and biopsy will also help.

Together with this, the physician would also consider imbalance of Vata. The vitiation can have two origins – obstruction and degeneration. Obstruction can be either due to non-passing of faeces, urine or due to a stone or prolapsed disc, oedema from thecal sac, fascia muscle or skin.

Degeneration can appear primarily in bones as osteoarthritic changes, in nerves as demyelination and in muscles as dystrophy. Local symptoms with obstructed SLR (straight leg raise) usually point to an obstruction.

Vague symptoms and generalised pain which is non-specific with positive signs of degeneration on examination can lead to a diagnosis of degeneration. Investigations such as X-ray, MRI scan and blood test are of great help in differential diagnosis.

Treatment

Back pain has many treatments available now, complete rest





being the most important one. With complete rest for 2-3 weeks, most back pains disappear. So, it is not advisable to venture into an expensive treatment, surgery or panchakarma therapy in the initial stages.

For bed rest, keep a pillow under the knee and lie on a wooden cot. Apply Ayurvedic preparations such as Dhanwantaram kuzhambu, Sahacharadi kuzhambu and Karpooradi kuzhambu in the area of pain and with the help of someone slowly massage from top to bottom. This will help increase the blood supply to that area and relax the tense muscles and help pacify Vata.

Massage and fomenting will also help. In addition, medicines to cure arthritis and muscle pull and relieve inflammation may also be used. Ayurveda physicians use medicines administered through oral and anal routes (vasti), different kinds of massages, yoga and medicated sachets (kizhi) apart from prescribing a belt for back support.

Whatever the treatment plan, the main aim is to reduce pain, prevent disability and avoid recurrence of pain. Avagahasweda (hip bath) is also a commonly used process. This is easy to do at home. Patient should sit in a special tub filled with water boiled with herbal leaves such as castor plant, tamarind and jack fruit tree that have Vata-normalising property.

Along with these external treatments, internal medicines are also to be administered. Surgery should be considered only as a last resort.

Most patients get relief in three to four weeks of such treatment and Yoga. Only if the condition does not improve with both these that a patient needs to start panchakarma therapy, which is a method of cleansing the body of all the unwanted waste after lubricating it.

For this, a solvent in the form of ghee is given in buffer dose for 2-7 days (snehapanam). The ghee is selected weighing the structure (prakriti), weather and nature of disease. Some patients also undergo massage with heat. The selection of the vehicle of heat and the pressure and intensity of massage are decided using ayurvedic principles.

Vasti (medicated pressure enema) and virechana (medicine-induced purgation) are the panchakarma processes that are found to be most useful in the treatment of back pain. The selection of drug for performing vasti and virechana depends on several factors.

A course of treatment lasts 14-40 days, depending on the intensity of the pain. The pain subsides for most patients in 14 days. Simultaneous practice of Yoga and traction are advisable.

Food

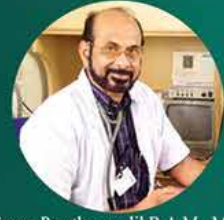
Dietary regimen for back pain is decided on the basis of the body constitution of each person. Traditional food habit is different in different societies. These habits have evolved through centuries according to the climactic and geographical condition of each area. Changing these habits completely can lead to several diseases.

People prone to back pain may avoid dependence on junk food and include sufficient quantity of vegetables and fruits in their diet. Milk, ghee, pulses and buttermilk should be part of diet. There is no harm in including non-vegetarian food in the diet. Sufficient intake of fluids must be ensured so as to keep easy and satisfactory bowel movements.



Back Pain ?

Ruining Your Happiness



Dr. Pathrose Parathuvayalil B.A.M., M.D.(Ay)
Chief Physician & Managing Director



Parathuvayalil Hospital

ESTD
1955

A multi speciality ayurvedic hospital & Orthopaedic centre
THE COMPLETE SOLUTION IN AYURVEDA

NABH ACCREDITED, CGHS APPROVED & ISO 9001 : 2000 CERTIFIED AYURVEDIC HOSPITAL

Keezhillam P.O., Ernakulam Dist., Kerala.

Pin - 683 541 Tele : +91 484 2653041, 9747410292, 9747410272

Email: mail@parathuvayalilhospital.com, medicalsupport@parathuvayalilhospital.com

Web : www.parathuvayalilhospital.com

Parathuvayalil Hospital, Keezhillam, Ernakulam, one of the major hospitals, for Ayurvedic Treatment in the country is lead by Dr. Pathrose Parathuvayalil (BAM. MD(Ay). (Kerala Government Best Doctor Award Winner, Gold & First Rank Holder in BAM.)

CURE WITHOUT SURGERY

- Disc Prolapse-Back pain • Neck Pain-Frozen shoulder • Arthritis and Skin diseases • Recurring joint Dislocation and fracture • ENT and ailed complaints • Neuromuscular diseases (Hemiplegia Facial palsy etc.) • Varicose Vein and Varicose Ulcer • Infertility and women Diseases • Wellness treatment • Sports Injuries • Ano-Rectal Diseases - (Piles, Fistula)





ENHANCE YOUR DIGESTION The Ayurveda Way

Many of us suffer from digestion problems such as gas, bloating, stomach pain, constipation, heartburn, and fatigue after eating every day. Ayurveda provides simple solutions to these common problems by considering two aspects: how we eat and what we eat.

Sit, relax and eat!

Ayurveda considers eating something reverent. And it says: ‘eat sitting down, in a settled environment, without distractions. (Switch off your Television!)

When you sit to eat, your stomach is in a relaxed posture and your awareness naturally will come to the taste, texture, and smell of the food. This will greatly improve the digestion. Ayurveda suggests avoiding eating while standing, walking or driving.



Eating a small piece of fresh ginger (linch) with a few drops of lemon juice and a few pinches of salt in it before a full meal is highly beneficial. This will activate your salivary glands and produce the necessary enzymes so that the nutrients in the food are easily absorbed by the body. (For those who have over-active *agni*, this is not recommended)

Avoid cold drinks at meals and ice cold foods in general, as they can extinguish the digestive fire. Cold drinks and foods mixed with warm cooked foods can cause stomach cramps, bloating and general discomfort in the stomach area.

Breakfast, lunch and dinner



Stimulate and balance your digestive fire (*Agni*)

A person's vitality, strength and general health depend upon *agni*, the primordial digestive fire in his body. *Agni* helps to digest (catabolic metabolism) and assimilate (anabolic metabolism) the food in the body. Imbalanced *agni* results in indigestion and related problems.

'Breakfast' means to break a fast. Have warm, nourishing foods in the morning, but not too much. Never skip your breakfast. Anything that is light on your digestion and adds nutrients rather than empty calories is recommended (fresh fruits, boiled vegetables, freshly cooked warm cereal etc.).

A glass of warm water mixed with honey and lemon on an empty stomach in the morning helps maintain good digestion.

The lunch should be the largest meal of the day. Your digestive fire is at its maximum potency between 12 and 2 p.m. and this is the best time for lunch. Eat heavier foods, such as paneer at lunch.

Have a lighter dinner, ideally before 8 p.m. In the late night, the body is working to burn off toxins and to digest food from the day. If you eat after 10p.m., the food may cause toxin accumulation in the system. If

you are not fresh and clear when wakes up, then it is important to analyze the quantity and the time of your dinner.

Avoid the habit of snacking between meals in a day. Your digestive system needs a rest-and-recharge time to function efficiently at mealtimes and after. Eat fresh fruits in-between meals, if required.

Drinking warm water made with digestion-enhancing spices, helps digestion as well as purification. Eat according to your age and body constitution. Eat fresh and seasonal vegetables and fruit. Eat freshly cooked and warm food. This strengthens *agni*, improves digestion and reduces excess Kapha and Vata.

Cooking foods in the right way

The art of cooking is the perfection in combining the spices, vegetables and the fat-all the different enzymes and energetics, in a way that is not confusing for your body's intelligence to break down and incorporate.

Cook with spices like dried ginger, turmeric, cumin, coriander etc. They help enhance digestion, eliminate toxins, improve absorption and help assimilation of nutrients. Items like lentils which are harder to digest should always be cooked with digestion-enhancing spices to help prevent discomfort and flatulence.

Soaking grains, lentils, nuts and seeds for 30-60 minutes in warm water helps make them easier to digest.

Caution!

Fast Foods are fashion today. Sure, some of them are mouthwatering but what we lose here is the chance to enjoy fresh, natural and healthy food!

Processed foods contain high fat, sodium and carbohydrate contents. Because of their inorganic origin, these foods carry toxic residue that blocks the channels and causes a host of diseases.



Indigestion- causes

- Improper eating habits
- Eating a lot of fried foods, meat, sweets, heavy foods
- Eating incompatible food items
- Eating at irregular times
- Eating before the last meal is fully digested
- Consuming too much tea, coffee and alcohol
- Smoking
- Lack of good sleep
- Emotional disturbances (stress, grief, anxiety)
- Taking drugs like antibiotics, painkillers and steroids.
- Suppression of natural urges

From The Desk

HOME-MADE HEALTH DRINK

How to make health tonic @ home

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

It is not a process which is much difficult or complicated. If you can spare some time and have patience, you can make these medicines at home with the help of an Ayurveda doctor. And there are a number of preparations which are so easy to make!

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

Ingredients

Gooseberry 1 kg
Grapes 1 kg
Banana 3 nos.
Pine apple ½ of a small one (ripe)
Jaggery 1 kg
Cummin seeds 100 gms

Preparation

• Ensure that all the ingredients are clean and dry. Put all the ingredients into a clean, dry

airtight glass jar of appropriate size, as shown below (The glass jar should be clean and thoroughly dried).

- Put some jaggery into the jar as the first layer.
- Spread some gooseberry over that. It will be followed by successive layers of jaggery, grapes, jaggery, gooseberry, jaggery, sliced banana, jaggery and pineapple pieces, in that order.
- Fill the bottle with the ingredients layer by layer.
- On the top spread the cumin seeds and finally, add some jaggery over that.
- Tighten the lid well and cover the jar tightly with a clean cotton piece.
- Keep the bottle in a cool dry place for 41 days.
- After 41 days, open the bottle and mix the contents with dry hand or spoon. Then squeeze the contents through a filter in order to get the juice. Pour the juice in to a clean, dry glass bottle. Keep it tight.

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

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



NOT JUST SKIN DEEP

A woman with her hair in a bun is shown in profile, splashing water onto her face. Her hands are cupped together, and water is falling from them. The background is a plain, light grey color.

SKIN IS THE SEAT OF VATA, WHICH IS VITIATED THE MOST IN MONSOON. SO IT IS THE BEST TIME TO RESTORE ITS BALANCE AND RESTORE YOUTHFULNESS TO THE SKIN.

Skin, the largest organ and the main part of the excretory system in human body, has an important role in body purification, and hence, in retaining its youthfulness. It is the seat of Vata dosha, which gets vitiated most in the monsoon season. So the proper care of vata dosha during this season would add to the health of the skin; if not, it could damage it. Hence Monsoon is considered the best season to rejuvenate the skin.

Skin gets its complexion from '*Bhraajakapitta*', one among the five Pittas, which is situated in skin and gives it the lustre. '*Bhraajakapitta*', also helps in the absorption and transmission of drugs applied on skin. Ayurveda prescribes certain procedures for skin care during monsoon. They are: *Aalepana*, *Abhyanga*, *Seka*, *Avagaaha*, *Udwarthana* and *Snaana*

Aalepana: There are three kinds of *Aalepana* based on the result they offer:

Doshahara which corrects the vitiated doshas

Vishahara which detoxifies the toxins

Varnya which gives lustre and colour.

Abhyanga

Abhyanga is one of the main procedures applied on skin to rejuvenate the whole body. It is done with oils processed by '*Vaatahara*' drugs (which restores Vata imbalance) like

bala (*Sida acuta*) and *sahachara* (*Justicia ecboium*). *Abhyanga* energises *Bhraajakapitha* which in turn helps the skin get its health back.

Abhyanga softens the skin, prevents vitiation of Vata and Kapha doshas, gives nourishment to all dhatus, and provides cleanliness, lustre and strength to the body.

In commentary of 'Susrutha samhita', the action of *Abhyanga* is explained in detail. The oil applied on skin will remain at hair roots for 300 *maatras* (*Akshi nimesho maatra* - time taken for an eye blink), then enters the skin and remains there for 400 *maatras* and at *rakta dhatu* for 500 *maatras*. It acts on *maamsa*, *meda*, *asthi*, *majja* dhatus by 600, 700, 800, and 900 *maatras* respectively. This way *Abhyanga* acts as a rejuvenative therapy for not only the skin but also the whole body.



Seka (Parisheka or Pizhichil)

This is also a skin rejuvenative technique, done by pouring *sneha dravyas* (medicated oils) in a special manner. It clears tiredness, vitiated Vata dosha and relieves the patient from pain due to trauma, blows bruises, burns etc. *Seka* also nourishes the dhatus.

Avagaaha (Bath in a tub filled with *sneha dravyas*)

Avagaaha is helpful in strengthening the body by nourishment through all channels, hair roots, and *dhamanees*.

Udwarthana (massage with powdered drug)

Body massage with powdered drugs (usually with *balya*, *Varnya* and *kaanthikara* drugs) is very useful in skin care. Susrutha says



luster, happiness, well feeling, cleanliness and lightness of body.

Utgharshana: It is a dry powder massage done as a treatment for kandu, koda etc. It helps in removing impurities obstructing the openings of channels.

Snaana

Taking bath is another rejuvenative therapy. Water boiled with 'Vatahara' drugs are used for bathing in 'Varsha' ritu. Rain water and well water are more useful and also advised to take it in hot form. Don't use river water in rainy season.

Detoxification of surroundings and dresses by fumigation with special aromatic drugs like *kundurushka, vacha, aguru, devadaru, guggulu* etc is good to preserve skin and the whole body healthy during rainy season. Staying in rooms which are devoid of cold and moisture is preferred. Susruta warns against walking bare foot in rainy season (*'apadachaari surabhi satatam dhoopitaambara'*)

Selection of oil and other drugs for above mentioned various procedures should be done cautiously by an expert physician by analyzing the factors like *prakruthi, saatmya, ritu, desa, dosha, vikara* etc.

Don'ts

Day sleeping, unnecessary talk, Exposure to heat and sun light, Sorrow, Anger

that 'Udwarthana' corrects 'Vata dosha', dissolves meda, kapha and gives stability and tonicity to body parts and increases luster of skin.

Susrutha explains two types of massage with powder.

Utsaadhana: It is a cosmetic therapy rather than a therapeutic one. Powdered drugs are made into a paste along with oil is mainly used for ladies to improve beauty,



Relax, Rejuvenate & Restart

Visits to Kerala curated by Ayurveda and Health Tourism team

Be you on leisure travel or medical value travel, here's offering you trust-worthy travel guidance and services.

Need a dental treatment at one-fifth the cost in Europe and the U.S? Or a surgery that you long postponed? Trust the world class surgeons and specialists in Kerala to heal you with care.

And, once you are done with you with the must-dos, join us to enjoy the bounteous diversity of Kerala and its rich tradition of authentic Ayurveda in God's Own Country.

Be with us for a week, a fortnight or more. We can guide you. We know the terrain. Ayurveda and Health Tourism has been around for nearly two decades documenting the growth of value travel in Kerala.

Trust us to provide you the most authentic medical and rejuvenation services and the best places to live and visit.

For more information, be in touch with our team in Middle East and India.

Attractive packages for
Ayurvedic vacations ready

For more information,
be in touch with our team in Gulf:

Binoy Ouseph (Dubai)

Mail: binoyouseph@gmail.com

Mob: +971 56 175 2667 (UAE)

Joy Vincent (Oman)

Mail: info@arabianmedicaldevices.com

Mob: +968 9503 5953

Contact in India:

Benny Thomas

Mail: info@indiavaluehealth.org

Mob: +91 984 612 1715

A. P. Jayadevan

Mail: ec@ayurvedamagazine.org

Mob: +91 918 855 5934

Media Partners

Ayurveda
& Health Tourism

MEDICAL
TOURISM



KALARIPAYATTU

The mother of all martial arts

Kalaripayattu is an ancient Indian martial art with roots dating back over 3,000 B.C. believed to have originated in Kerala, the southern part of India, it is said to be one of the oldest self-defence and fighting systems. Bodhidharma, an Indian monk and a master in Kalaripayattu, who lived in the 5th century CE, took this great martial art beyond borders. He played a major role in popularising martial art in East Asia. He later came to be known as the Father of Shaolin Kung-Fu. He had also influenced Zen Buddhism



Dr. K. Sidhanth
BAMS, YIC





The word Kalaripayattu comes from two Malayalam words: Kalari, meaning a training centre or gymnasium and Payattu meaning exercise and art of wielding weapons.

The origin of this ancient fighting system can be traced back to the *Dhanur Veda*, one of the four Vedas in ancient Indian scriptures, which deals with warfare and archery. It is believed that the practice of Kalaripayattu was initially developed as a means of self-defence against wild animals and for protecting kingdoms from enemies. Over time, Kalaripayattu evolved into a system of physical training that included hand-to-hand combat techniques, weapons training and conditioning exercises. It also became a way of life, with a focus on discipline, mental agility and spiritual development.

Kalaripayattu is also deeply rooted in ancient Indian scriptures and traditional medical systems. It is believed to have drawn inspiration from the animal kingdom, for its many movements imitating the grace and strength of wild animals like lion, elephant, horse and snake. This connection to nature is reflected in this martial art's fluid and dynamic movements. The concept of "*Prana*" or life force energy is fundamental to Kalaripayattu. Practitioners focus on controlling and channeling their breath to enhance concentration and stamina. The art emphasises a holistic approach, aiming to develop not only physical strength but also mental discipline and spiritual awareness. In addition to its historical significance, Kalaripayattu has played a role in Indian folklore and history. It is often associated with great epics like *Mahabharata* and *Ramayana*, in which warriors and heroes were said to have mastered this martial art.

Kalaripayattu incorporates strikes, kicks, grappling, weaponry and healing techniques, making it a comprehensive martial art. It also has a role in many of the arts and making of the artistes. This includes *Kathakali*, *Bharatnatyam*, *Thullal*, *Theyyam*, *Kolkali* etc.

Kalaripayattu training

The training of a student at the kalari begins at an early age of 7 years. Kalaripayattu training typically takes place in a specially designed training area called a "kalari," which is



considered a sacred space. The kalari is usually constructed in the east-west direction. The conventional measurement of the kalari is 64ft × 32ft, making it suitable for practising of long weapons and also training the person to protect himself within a confined area.

The practice involves rigorous physical conditioning, including body flexibility, agility and strength training. Techniques are taught through a series of choreographed movements and sequences.

There are four main stages of training

1. Meithari: Body control training that includes exercises to enhance flexibility, stamina and strength. A Kalaripayattu artiste should first master his body and his senses before entering the mastery of weapons.

2. Kolthari: Training with wooden weapons like sticks and staffs, focusing on offensive and defensive techniques. These weapons range from 1.5 - 6ft in length. Kolthari training involves basic strike, blows and parries with weapons as well as footwork and body movements.

3. Ankathari: This stage involves training with metal weapons such as swords and daggers. Practitioners learn intricate techniques and strategies for armed combat. Swords and shields were the primary weapons of the medieval Kerala soldier. As the supreme combat weapon in Kalaripayattu, sword and shield make total use of the full range of body movements learnt in the preliminary physical culture

training. The techniques of *Urumi* or the flexible sword is an extension of the sequences learnt in the sword and shield techniques to be used in mass combats.

The complex and rich repertoire of Kalaripayattu weapons also include highly accurate techniques of spear fighting and the classical sequences of the Mace, the weapon of the epic heroes. There is also the *Marapidicha Kuntham*, a duel between a swordsman and a man armed with a spear demanding distinct skills. Many advanced elements of empty-hand fighting are taught in the different sequences of *Kathiyum Thalayum* in which one learns to defend oneself with a common two-meter-long cloth on one's own shoulder called the *Mundu*.

4. Verumkai Prayoga (Marma Prayoga): *Verumkai Prayoga* is a stage of Kalaripayattu that involves unarmed combat and the application of pressure points or vital points on the body, known as *Marma* points. This stage emphasises self-defence techniques and the practical application of Kalaripayattu for real- situations. Apart from these four stages, Kalaripayattu training also involves physical conditioning and mental preparation. Physical conditioning includes exercises such as yoga, strength training and cardiovascular training. Mental preparation includes meditation and breath control, which are important aspects of Kalaripayattu training, as they help to develop focus, concentration, and control over one's mind and body.

Kalari Marma Chikitsa

The knowledge of the vital points on the human body is used for both offensive and defensive purposes, as well as for healing. Traditional healing methods, known as "*Kalari Marma Chikitsa*," involve massages, herbal treatments and other therapeutic practices.

Kalari Marma Treatment is a specialised Ayurvedic treatment most suited for arthritis, rheumatic diseases backspin (Lumbago, Sciatica, Muscular pain, Neck pain, Spondylosis etc.) ortho problems (fracture, dislocation, sprains) Muscular injuries, energy loss, pain, swelling of joints, etc

Injuries during the Kalaripayattu training is very common, so the *Kalari Gurukkal* should also be an expert healer. Various healing methods and use of special herbs and formulations have been passed down from the past Gurus. People from every corner of the globe have come to know about this healing science and that is the reason for the popularity of *Kalari Marma* Treatment. The very fact that the Kalaripayattu practitioners are still in full strength is proof of the healing techniques adopted by the masters.



Kalaripayattu in films The CVN team is renowned for their exceptional expertise in Kalaripayattu and has been actively involved in captivating performances and movie projects, both in India and abroad. Their journey began with their involvement in the iconic movie *Thacholi Othenan*, featuring the legendary actor Sathyan. This film served as a platform for the team to showcase their skills in stage shows, theatre performances, choreography and action sequences, not only in Indian cinema but also in international films.

In the Bollywood film industry, the CVN Kalari, Nadakkavu team has played pivotal roles in numerous projects, including the acclaimed movies *Rani Padmavati* featuring Deepika Padukone, *Shahid Kapoor*, and *Ranveer Singh*, directed by Sanjay Leela Bhansali and *Bajirao Mastani* starring Ranveer Singh, also directed by Sanjay Leela Bhansali. They have also contributed their talents to other notable films such as *Asoka* starring Shah Rukh Khan, *Dil Se* starring Shah Rukh Khan, *Lajja* starring Ajay Devgan, *Ravan* starring Abhishek Bachchan and Vikram, and *Lahu Ke Do Rang* starring Akshay Kumar, among others

In Hollywood, the CVN Kalari, Nadakkavu team made a significant impact with their contribution to the movie *The Myth*, starring the world-famous actor, Jackie Chan. The film's



intense action sequences and breathtaking stunt choreography garnered a worldwide audience. Another Hollywood movie, *Sword and Sceptres*, also featured the team's impressive Kalaripayattu skills. Their artistry has even graced the stages of leading Opera houses in Europe, where audiences were enthralled by their captivating displays.

The CVN artists and Gurus have taken their Kalari performances to various parts of the world, including Europe, the Middle East, Japan and China, leaving a lasting impression with their grace, precision and combat effectiveness. To promote the art of Kalaripayattu even further, a CVN group embarks on a 6-month trip every year, performing at diverse locations and sharing the beauty of this ancient martial art.

Relevance of Kalaripayattu

During the time of British rule, the practice of Kalaripayattu was banned, as it posed a threat to them. In recent years, efforts have been made to preserve

and promote Kalaripayattu, leading to its inclusion in cultural events, educational programmes, and even contemporary fitness routines. Recently Kalaripayattu has also been included in the National Games competition.

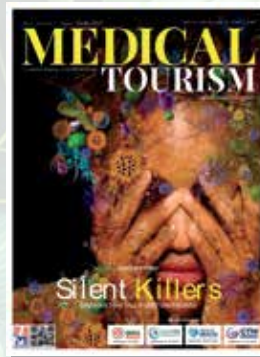
During the time of the Covid pandemic, it was noticed that the people who had regularly practised Kalaripayattu were less affected by the virus. The exercises that were performed in the Kalari had made their mind, body as well as internal organs in their best condition. A sound mind in a sound body can be said as the motto of Kalaripayattu. The body of a Kalaripayattu artiste is said to be all eyes and hence will perceive and react to the environment. This ancient art form has been with us all these years because of the boons that it provided. Even today as we emerge from the era of pandemics, this God's Own Country's martial art is looking forward to more brighter future.

Dr. K. Sidhanth BAMS, YIC

CVN Kalari Nadakkavu,
Kozhikkode

www.cvnkalari.com

FM Media Group Publications



Ayurveda
& Health Tourism

• ENGLISH • HINDI • GERMAN • ARABIC • RUSSIAN • SPANISH • ITALIAN
www.ayurvedamagazine.org | marketing@ayurvedamagazine.org

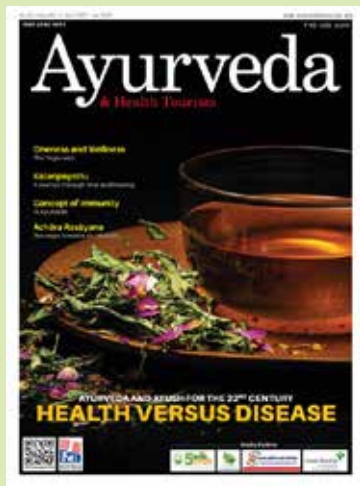
MEDICAL
TOURISM

www.asianmeditour.com



FM MEDIA TECHNOLOGIES PVT. LTD.

Penta Square, Opp. Kavitha Theatre, M.G Road, Kochi-35,
Kerala, India, Tel: +91 484 4034055
Email: marketing@ayurvedamagazine.org
www.ayurvedamagazine.org



SUBSCRIPTION FORM

Period	India	Overseas
One Year	₹ 360 <input type="checkbox"/>	
Three Years	₹ 960 <input type="checkbox"/>	US\$ 60/- <input type="checkbox"/>
Five Years	₹ 1400 <input type="checkbox"/>	US\$ 100/- <input type="checkbox"/>

Including postal / courier charges

Name: Mr. / Ms.

Address:

City:

Pin:State:

Email:

Tel:

Payment Details: DD/MO:

Ayurveda
& Health Tourism

• ENGLISH • HINDI • GERMAN • ARABIC • RUSSIAN • SPANISH • ITALIAN
www.ayurvedamagazine.org | marketing@ayurvedamagazine.org



FM MEDIA TECHNOLOGIES PVT. LTD.
Penta Square, Opp. Kavitha Theatre, M.G Road, Kochi-35,
Kerala, India, Tel: 9846121715 +91 484 350 4147
Email: marketing@ayurvedamagazine.org
www.ayurvedamagazine.org



Jayadevan AP
(Editorial Co-ordinator)

MEDITATION

The Key to Ultimate Freedom

Meditation is a state of profound awareness, where the mind is calm and silent yet fully alert. It is the initial step towards a deeper transformation within ourselves, leading us to a higher level of consciousness. This state allows us to unlock our true potential as human beings. However, the challenge lies in attaining this state. It is not an action that can be performed, but rather a state of being fully present and aware.



Whether we are engaged in our daily tasks or sitting in solitude, our state of meditation is independent of our external actions. It is through meditation that we delve into our inner selves, gaining a fresh perspective and understanding of our true nature. This profound understanding helps us shed the layers of conditioning that have accumulated throughout our lives.

Each of us has been shaped by our unique life experiences, and without truly comprehending our own qualities, abilities, and inclinations, we tend to passively navigate through life's challenges. Spiritual traditions regard meditation as a remedy for such problems, fears, and anxieties, offering a path towards self-discovery and inner peace.

Swami Sivananda emphasizes the significance of concentration in meditation. Concentration is described by psychologists as a focused and disciplined form of attention, where one narrows down their focus and blocks out any distractions. This ability to concentrate is crucial in order to have more awareness of our thoughts and prevent negative emotions and thoughts from influencing our cells.

The benefits

Efficiency can be hindered when one is constantly bombarded with distractions that demand attention. However, by training the mind to concentrate on a single point, we can enhance clarity and sharpness.

The advantages of concentration in daily life are evident. When we concentrate on a task, we are able

to perform it more effectively and retain important details. Many instances of forgetfulness occur because we did not give proper attention in the first place.

In a fast-paced and demanding life, it is challenging to maintain focus and inner balance. By staying centered and connected to our inner selves, we gain control over our actions and reduce the frequency of negative emotions such as anger, anxiety, and worry. Devoting just 15 minutes a day to meditation can greatly contribute to a perfect day overall.

Benefits of regular meditation

- Improved concentration, mental health
- Balanced mind
- Better energy
- Improved physical health, immunity
- Pleasing personality

Simplest method – watch your breath!

There are various schools and techniques available for practicing meditation, and it is important to choose one that suits your level and specific needs. For beginners, the simplest and most effective method involves focusing your attention on your breath. The act of breathing is





directly linked to *prana*, the fundamental life force that governs all bodily functions.

To begin, find a quiet place to sit, either in the lotus position or any comfortable variant.

Alternatively, you can sit upright on a chair with your back straight, hands flat on your thighs, and feet flat on the floor.

Direct your attention to either your nostrils or your abdomen, and maintain your focus there, refusing to be distracted by thoughts or external events. In theory, this may seem straightforward.

Pay attention to the air being drawn in as you inhale, and observe the slight pause between

the in-breath and the out-breath. Notice the air being expelled as you exhale, and once again observe the slight pause, this time between the out-breath and the in-breath.

Allow your breath to flow naturally, without any force or control, and let it gradually settle down and become softer as your mind and body relax into the meditation. If it helps, you can count your breaths up to ten and then back down, as a way to facilitate this process.

Start by practicing this technique for about five minutes initially, and gradually increase the duration to fifteen minutes per day.

As you continue this practice, you will begin to experience an enhanced ability to concentrate and a strengthened power to repel unwanted thoughts.

Deep relaxation Technique

1) Assume a comfortable position on your cushion or chair, ensuring that your spine is straight and your body is perpendicular to the surface you are sitting on. This can be achieved by sitting in yoga poses such as the lotus pose or a simple leg folded pose.

2) Close your eyes gently and take deep breaths to begin the process of relaxation.



3) Visualize yourself sitting in a serene and beautiful room with a positive intention. Even with your eyes closed, imagine the nature surrounding you - the gentle wind, pleasant smells, soothing music, or any other sounds that bring you relaxation. Allow yourself to fully immerse in this peaceful environment. Speak to your heart and affirm your intention to start meditation.

4) Shift your focus to your body. Before diving into meditation, it is important to ensure that your entire body is in a state of relaxation, including even the smallest muscles. By doing so, you can prevent your mind from wandering during the meditation practice.

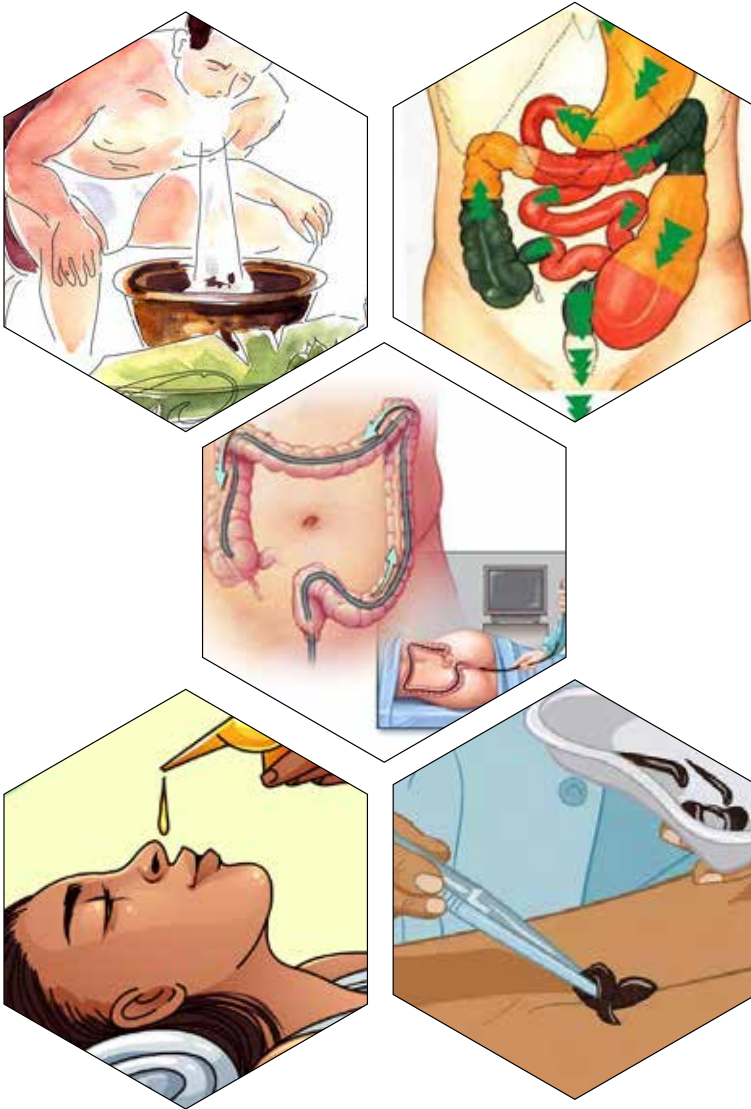
5) To achieve complete relaxation of your body, employ a simple technique of mentally traveling through each part of your body. Begin with your toes, visualizing and mentally touching each toe one by one, while saying the word "relax." Gradually move up to your foot, paying attention to both the upper and lower sides, gently patting them and repeating the word "relax." Continue this process, moving from your ankle to your calf muscles, knee joint, and up to your hip. Repeat the same process with the other leg. Ensure that you have mentally seen, felt, and touched every muscle, bone, and joint in your legs. Extend this relaxation technique to every part of your

body, including your internal organs, until you reach the top of your head.

6) By achieving a state of total relaxation in your body, you have set the foundation for a calm and focused mind, which is essential for meditation. Now, you can choose an object of focus for your meditation practice. There are various options to choose from, such as concentrating on your breath, directing your mind towards religious deities, focusing on ideals like compassion and love, or even using mantras or chants. You may also select a specific piece of music to enhance your meditation experience.

A Brief Introduction to **PANCHAKARMA**

Panchakarma, an Ayurvedic therapy, is a comprehensive approach to detoxification and rejuvenation. Derived from Sanskrit, it translates to "five actions" or "five treatments." The primary goal of Panchakarma is to eliminate toxins (*ama*), restore balance to the doshas (energetic forces), and promote overall health and well-being. This therapy consists of five main procedures:



Panchakarma Benefits

1. Rid your body and mind of harmful toxins and toxic environments to promote overall well-being.
2. Enhance your health and wellness by restoring your body's natural balance and eliminating toxins and toxic conditions.
3. Boost your immune system and increase your resilience against illnesses by eliminating toxins and toxic conditions from your body and mind.
4. Slow down the aging process by reversing the detrimental effects of stress on your body and mind, promoting a healthier and more youthful appearance.
5. Experience profound relaxation and a heightened sense of well-being by eliminating toxins and toxic conditions from your body and mind.

1. Vamana (Therapeutic Emesis):



This procedure involves controlled vomiting to eliminate excess Kapha dosha from the body. It is commonly

used to address respiratory disorders, allergies, and skin conditions.

2. Virechana (Therapeutic Purgation):



Virechana entails the administration of herbal laxatives to induce controlled bowel movements. It aids in the elimination of excess Pitta dosha and proves beneficial for liver disorders, digestive issues, and skin diseases.

3. Basti (Medicated Enema):



Basti involves the introduction of herbal oils, decoctions, or medicated substances into the rectum. It helps balance Vata dosha and is utilized to treat various conditions such as constipation, arthritis, neurological disorders, and gynecological issues.

4. Nasya (Nasal Administration):

Nasya involves the administration of herbal oils or medicated substances through the nasal passages. It aids in clearing the nasal passages, improving



respiratory health, and treating conditions related to the head, neck, and sensory organs.

5. Rakta Mokshana (Bloodletting):



Rakta Mokshana is a specialized procedure that entails the removal of a small amount of blood from the body. It is employed to treat specific blood-related disorders, skin diseases, and to purify the blood.

Purvakarma

Prior to undergoing Panchakarma, a preliminary phase known as *Purvakarma* is carried out. This phase involves the application of medicated oils externally and internally, sudation therapy, and adherence to specific dietary guidelines. These preparatory measures aid in the elimination of toxins and prepare the body for the main Panchakarma procedures.

Caution

Panchakarma is a personalized treatment approach that necessitates the supervision of a qualified Ayurvedic practitioner. It is highly effective in facilitating detoxification, rejuvenation, and restoring harmony to the body, mind, and spirit. It is important to note that Panchakarma should only be pursued after consulting with an Ayurvedic physician, as it requires a thorough evaluation of an individual's health condition and suitability for the treatment.



Fastest Growing
**ONLINE
ACCOMMODATION
DISTRIBUTOR**
MIDDLE EAST
2022

**Inspiring
Destinations...**

ibyta
b2b travel

An AirArabia Group Company

The Leading Travel Industry Service Provider

Welcome to ibyta, the leading B2B global travel distribution platform!

ibyta is a technologically driven B2B system to meet all your travel and accommodation needs at the most competitive prices. We are here to redefine your trust with over 10,000 destinations worldwide.

A well-established group, known for efficiency and consistency, ibyta is an epitome of courteousness in itself. We have prime access to over 700,000 hotel and apartments where our clients' interests are regarded quintessential.

At ibyta, we are focused at driving the business for our partners while enriching their booking experience. Well known for innovations, global reach, immaculate post-sales support, and advanced booking interface, we fulfil and justify your confidence in us.



**Register Online
www.ibyta.com**

**Airport Services
Visas
Hotels
Apartments
Tours, Activities
Insurance
Car Rental
Packages
VIP Handling
Honeymoon
Weddings
Events
Groups**

**+971 4 406 5891
support@ibyta.com**

زيت نيسول السحري

لمفاصل الركبة وآلام العضلات

- تركيبة علمية وطبيعية 100%
- تم اختباره سريريا
- صفر إضافة الستيرويد
- غير دهني وسهل الامتصاص
- يهدف السبب الجذري
- يجلب القدرة على الحركة ويحسن نمط الحياة
- مع الاستخدام المنتظم تقل فرص الجراحة



منتجاتنا الأخرى



ديفيا سودا

للغازات والحموضة والصداع
النصفي والصداع



دياجو

استقلاب الكربوهيدرات



ديفيا سودا

قطرات الزلّة والانتفوزا



تيكويل

شاي عشبي لذيذ مملوه بالكركديه
وعشب الليمون والبابونج
والتولسي، غني بمضادات
الأكسدة، جيد لمزاجكم والمذاق
الرائع



والشخص العادي يستنشق حوالي 500 سم مكعب من الهواء خلال تنفس عادي. ولكن في التنفس العميق يزيد كمية الهواء إلى 3000 سم مكعب ، حوالي ستة أضعاف! مع ممارسة برانايااما تكون تأدية وظائف الجهاز التنفسي في أفضل حالاتها ، ونتيجة لذلك يعمل نظام الدورة الدموية أيضا على نحو أكثر فعالا. وما ينجم عنها من أفضل إزالة السموم يفتح الباب لصحة جيدة.

مع برانايااما يحصل الشخص على التدريب لتحقيق الاستفادة الكاملة من جميع فصوص الرئتين ولتطبيع معدل التنفس. و هو يتعلم كيفية جعل التنفس منتظما ومستمرًا وإيقاعيا. فيما يلي بعض الممارسات الأساسية لأولئك الذين يرغبون في تعلم برانايااما. يمكن ممارسة هذه حتى من قبل الأشخاص المسنين.

التنفس البطني

اجلس بشكل مريح في وضع القرفصاء على الأرض أو استلق على ظهرك في وضع الجثة . يمكنك وضع يدك الواحدة على البطن لتشعر ارتفاعه وانخفاضه. استرخ عقلك وجسمك. ثم استنشق ببطء وبعمق عن طريق الأنف وتشعر بتوسيع البطن وارتفاعه في حين احتفاظ الصدر بدون حركة.



التنفس الكامل

اجلس بشكل مريح في وضع القرفصاء على الأرض أو استلق على ظهرك في وضع الجثة . ضع يدك الواحدة على البطن والأخرى على القفص الصدري للتحقق من التنفس. استنشق ببطء عن طريق الأنف وتشعر البطن يتوسيع أولا ثم القفص الصدري وتشعر أخيرا أن الهواء يملأ أعلى الصدر. يتقاصر بطنك تلقائيا حينما تخرج الصلوع ويتوسع الصدر. ازفر ببطء بتفريغ الرئتين من الأعلى إلى الأسفل. احفظ الجسم بدون الهزات، حاول أن تجعل الاستنشاق والزفير منتظما. لا تقبض تنفسك في ما بينهما. ويتم الاستنشاق من الأسفل إلى الأعلى والزفير من الأعلى إلى الأسفل. يكرر هذا خمس مرات.

الفائدة : هذا هو الأسلوب الذي يمكنك استخدامه في معظم الأحيان لمكافحة التوتر والإجهاد في حياتك. يمكنك استخدامه في أي مكان وفي أي وقت لتهدئة عقلك وجسمك. يستخدم هذه التقنية لتركيز نفسك قبل التأمل وقبل ممارسة آسانا لجعلها أكثر فعالية.

وأولئك الذين يرغبون في تعلم برانايااما ينبغي مراجعة معلم صحح. و لكل هذه الممارسات القديمة لها مغزى ومعنى أعمق مما نتخيله. يمكن الممارسة السليمة لبرانايااما مع وضعيات يوغا تعطيك نتائج رائعة ولكن في نفس الوقت اذا يتم ممارستها بطريقة خاطئة يمكن ان تجعل الآثار السلبية الطويلة الأمد في جسمك. برانايااما تأتي في المرحلة الرابعة في أشتانغا يوغا، حيث أن السابقة منها تتطلب السيطرة الكاملة على الجسم والعقل. و في برانايااما يقوم الشخص بالتعامل مع الطاقة الأساسية للنفس و يفهم أنه لا بد من مصير أميال وأميال.

المؤلف هو معلم اليوغا ري كي. ويمكن الاتصال به على العنوان التالي :
apjayadevan@gmail.com

و عندما تزفر تشعر أن البطن ينخفض. و وسع البطن عندما يستنشق و اخفضه عند الزفير . يرجى ممارسة هذا التمرين لمدة عشر دورات (استنشاق واحد وزفير واحد يساوي دورة واحدة).

الفائدة : التنفس ببطء وبعمق يدخل الهواء إلى أدنى جزء من رئتيك ويمرر الحجاب الحاجز و الذي يمكن تعزيز قدرات التنفس بشكل كبير. و هذا يفيد باسترخاء العقل والجسم و تدليك الأعضاء الداخلية و يهدئ العواطف و يحث النوم العميق.

تنفس القفص الصدري

اجلس بشكل مريح في وضع القرفصاء على الأرض أو استلق على ظهرك في شفاشنا. و تكون اليدان مسترخاة بين الجانبين أو يمكنك وضع اليدين على جانبي الأضلاع لتشعر بها أنها تتوسيع وتتقصر. اجعل البطن يقتصر برفق. استنشق ببطء عن طريق الأنف إلى القفص الصدري و لا تسحب النفس عميقا إلى رئتيك ولكن ابقه يركز بين أضلاعك. و الآن تشعر أن أضلاعك تتوسع خارجيا و أن أصدر يفتح عندما كنت تتنفس، و عندما تزفر تشعر أن الأضلاع تتقصر إلى الداخل. يكرر هذا خمس مرات.
الفائدة: يريح العقل والجسم ويقوي الرئتين.



التنفس بسهولة

جيايديفان آيه بي

أدرك النساخ الحكماء القدماء الأهمية الحيوية للتنفس السليم منذ آلاف من السنين، هاتا يوجا براديبنيكا ينص هكذا: 'طالما يوجد هناك التنفس في الجسم يوجد فيه الحياة، عندما يغيب التنفس، تغيب الحياة أيضا. ولذا يجب القيام بتنظيم التنفس'. يسمى فن التنفس اليوغي باسم 'برانايااما' (رقابة استنشاق التنفس وتدفقه). عادة يترجم برانا كالتنفس رغم أن هذا هو واحد من مظاهره الكثيرة في جسم الإنسان. يقول أوبانينشديس: 'من الذي يعرف برانا يعرف فيداس'. برانا هو المجموع الكلي لجميع الطاقات التي تتجلى في هذا الكون. وهو مجموع جميع القوى في الطبيعة. ليس برانا الهواء فقط ولكنه هو العنصر الدقيق المحيي المستخرج من الهواء. إذا كان أكثر قوة الحياة موجودة لديك في جسمك فتكون أكثر "حيويا"، و إذا كانت قوة الحياة قليلة نقل الحيوية. قوة الحياة موجودة في جميع أشكال التغذية ولكنها متاحة و ثابتة معظما في الهواء.

عرف الحكماء القدماء بأنه يتم تأدية جميع وظائف الجسم بواسطة خمسة أنواع من الطاقة الحيوية (خمسة براناس). ووفقا لهؤلاء الحكماء تكون برانا والعقل والتنفس هي مرتبطة بشكل وثيق للغاية. و برانا هو الذي يجعل الرئتين قادرة على التنفس وعندما كنا في التنفس نحن نتلقي برانا الكوني الذي ينشط الجسم كله. ممارسة برانايااما تنظم تدفق برانا في جميع أنحاء الجسم. وينظم أيضا أفكار الممارس ويمنح له عقلا هادئا.

يمكن لنا أن نعيش بدون الطعام لعدة أسابيع و لعدة أيام بدون الماء أو النوم. ولكن من دون التنفس سوف تتوقف الحياة في غضون دقائق. ونحن نعلم هذا جيدا ولكن معظمنا لا يدركون أهمية التنفس بشكل صحيح. عادة لا يستخدم الناس سوى جزء بسيط من قدراتهم الكاملة في التنفس. الإجهاد و الخلل في الوقفة و الجلوس و ساعات طويلة من الجلوس في المكتب وعاداتنا السيئة - كل هذه العوامل تؤثر على التنفس السليم لدينا. يخلق التنفس الخاطئ خللا في الأوكسجين / نسبة ثاني أكسيد الكربون مما يؤدي الى سرعة التنفس والدوار. إذا كان الدماغ لا يحصل على إمدادات كافية من الأوكسجين فإنه سيؤدي إلى تدهور جميع الأجهزة الحيوية في الجسم.

الدماغ يتطلب المزيد من الأوكسجين من أي أجهزة أخرى، وعدم وجود الأوكسجين يؤدي إلى الكسل والأفكار السلبية والاكنتاب. المتقدمون في السن يواجهون هذه المشكلة دائما. وكثيرا ما يصبحون في غموض وخرف بسبب عدم كفاية امدادات الاوكسجين الى المخ. سوء امدادات الاوكسجين يؤثر على جميع أجزاء الجسم. امدادات الاوكسجين المناسبة يسمح للجسم ايض الغذاء بكفاءة والتخلص من جميع المنتجات الضارة من الأبيض الغذائي وخاصة ثاني أكسيد الكربون. ما هو الخطأ في التنفس لدينا هو أنه ضحل جدا وسريع جدا. الضغط المتزايد من الحياة الحديثة وما ينجم عنها من الحالات العاطفية السلبية تؤثر على معدل التنفس. والنتيجة هي فقر الأوكسجين وتراكم المواد السامة.

(Akshi nimesho maatra هو الوقت اللازم لطرفة العين) ، ثم يدخل في الجلد ويبقى هناك لمدة 400 ماترا، وفي dhaatu rakta لمدة 500 ماترا. وهو يعمل على maamsa وميدا و asthi و مجا لمدة 600 ، 700 ، 800 ، 900 ماترا على التوالي، وبهذه الطريقة يعمل Abhyanga بمثابة علاج التجديد ليس فقط للجلد ولكن أيضا للجسم كله.

سيكا (Parisheka أو Pizhichil)

هذه هي أيضا عملية التجديد للجلد الذي يتم القيام بها بصب dravyas sneha (الزيوت المعالجة بالأدوية) بطريقة خاصة. انه يزيل التعب ، و dosha vata المفسد ويريح المريض من الألم بسبب الصدمات النفسية و كدمات الضربات والحروق الخ، سيكا أيضا يغذي dhatus.

Avagaaha (الإستحمام في حوض مملوء بـ dravyas sneha) Avagaaha مفيد في تقوية الجسم عن طريق التغذية عن طريق جميع القنوات وجذور الشعر ، و dhameenes.

Udwarthana (التدليك بالأدوية المسحوقة)

تدليك الجسم ببودرة الأدوية (عادة بـ Varnya ، balya وأدوية kaanthikara) مفيد جدا في العناية بالجلد. Susrutha يقول ان 'Udwarthana' يقوم بتصحيح 'فاتا dosha' ، يذيب ميذا و كافا ويعطي الاستقرار والقوة لأجزاء الجسم ويزيد بريق الجلد.

Susrutha يفسر نوعين من التدليك بالبودرة.

Utsaadhana : إنه علاج للتجميل بدلا من أن يكون علاجيا. تصنع عجينة من الأدوية المسحوقة مع استخدام الزيت بشكل رئيسي للسيدات لتحسين الجمال و اليريق والسعادة و السرور والنظافة وخفة الجسم.

Utgharshana : هو تدليك بمسحوق جاف يتم القيام به كعلاج للكاندو و كودا وما إلى ذلك، يساعد في إزالة الشوائب التي تحجب فتحات القنوات

Snaana (الإستحمام)

الإستحمام هو علاج أخزلاستعادة الشباب. ويستخدم الماء المغلي بأدوية 'Vatahara' للإستحمام في 'فارشا ريتو'. تكون مياه الأمطار ومياه الآبار أكثر مفيدة، وينصح أيضا اتخاذها في شكل ساخن. لا ينبغي استخدام مياه النهر في موسم الأمطار.

إزالة السموم من المناطق المحيطة والألبسة بالتبخير بالأدوية العطرية الخاصة مثل kundurushka و فاشا و aguru و devadaru و guggulu الخ مفيد للحفاظ على الجلد والجسم كله صحيا أثناء موسم الأمطار. ويفضل البقاء في الغرف التي تخلو من البرد والرطوبة. Susrutha يحذر من المشي بالقدم العارية في موسم الأمطار

اختيار الزيت وغيره من الأدوية لمختلف الإجراءات المذكورة أعلاه يجب أن يكون بحذر من قبل الطبيب الخبير عن طريق تحليل العوامل مثل prakruthi و saatmya و ريتو و ديشا و dosha و vikara الخ الممنوعات

النوم أثناء النهار والحديث الذي يكون غير ضروري والتعرض للحرارة وضوء الشمس والحزن والغضب



ليس في عمق الجلد فقط

الجلد هو مقعد فاتا، الذي يكون مفسدا أكثر في موسم الرياح الموسمية. لذلك فإنه أفضل وقت لاستعادة توازنه واستعادة النضارة إلى الجلد.

الجلد هو العضو الأكبر والجزء الرئيسي من جهاز الإبراز في جسم الإنسان ، وله دور هام في تنقية الجسم ، وبالتالي في الإبقاء على نضارته. وهو مقر vata dosha و الذي يكون مفسدا أكثر في موسم الرياح الموسمية. و لهذا العناية الصحيحة لـ vata dosha خلال هذا الموسم ستضيف لصحة الجلد، و إلا يمكن الاضرار به. ومن هنا يعتبر موسم الرياح الموسمية أفضل لتجديد شباب الجلد.

يحصل الجلد بشرته من 'Bhraajakapitha' ، واحدة من بين خمس بيتا (pithas) التي تقع في الجلد ويعطيه البريق. يساعد Bhraajakapitha أيضا في امتصاص ونقل الأدوية التي تم نشرها على الجلد. الأيورفيدا يصف بعض الإجراءات للعناية بالبشرة خلال موسم الرياح الموسمية. وهي: Aalepana Abhyanga Seka Avagaaha Udwarthana Snaana

توفرها :

Doshahara التي تقوم بتصحيح دوشا المفسد
Vishahara التي تزيل جميع السموم
Varnya التي تعطي اللعان واللون.

Abhyanga هي واحدة من أهم الإجراءات المطبقة على الجلد لتجديد شباب الجسم كله. ويتم القيام به بالزيوت التي تتم معالجتها بواسطة الأدوية من نوع 'Vaatahara' (الذي يعيد توازن فاتا) مثل بالا (sida acuta) وساهاشارا (Justicia ecbohium. Abhyanga) ينشط Bhraajakapitha وهو ما يساعد بدوره على إعادة صحة الجلد.

Abhyanga يلين الجلد ويمنع من إفساد فاتا و كافا و دوشا ويعطي التغذية لجميع dhaatus ، وتوفر النظافة واللعان والقوة للجسم.

في التعليق لـ SusruthaSamhita ' نجد عمل Abhyanga مفسرا بالتفصيل. سيبقى الزيت المنشور على الجلد في جذور الشعر لمدة 300 ماترا

نصف ملعقة صغيرة ملح البحر
ملعقة صغيرة واحدة من زورور الخبز (ثلاثة أرباع ملعقة إذا كان يطبخ على
علو مرتفع)
كوب واحد ونصف من مخيض اللبن، أو نصف كوب من اللبن قليل الدسم
وكوب من الماء
ملعقة مائدة من التفاح المركز

الطريقة:

تنخل المكونات الجافة معا. ثم تخلط جميع المكونات في وعاء. اتركها
مغطاة هناك لمدة ساعة واحدة. يسخن الفرن أولاً إلى 350 درجة. يخبز في
صحن الخبز المدهون جيداً أو في 8 من 8 بوصة مقلاة الخبز لمدة 40-
45 دقيقة. ثم يقدم فوراً.

الملاحظة: هذا الخبز الرطب بالعجين بالنكهة الحامضة قليلاً هو سهل للذين
يرغبون في تجنب البيض. إذا تريد يمكنك إحضار كوب من الماء ليغلي
ويصب على دقيق الذرة أولاً قبل إضافة
بقية المكونات. وهذا يهدئ المرارة الطفيفة لدقيق الذرة ويفيد قليلاً من
الحلاوة.



كعكة بدون البيض

المكونات:

كوب واحد من دقيق أبيض
نصف علبة من حليب مكثف
ربع كوب زبدة (غير مملح)
ملعقة مائدة واحدة من جوهر فانيليا
ملعقتان مائدة من زورور الخبز
نصف كوب من الحليب
الكرز المحلى
(مدة التحضير - 45 دقيقة، الحصص - 12)

التحضير:

يغريل الدقيق مع زورور الخبز. يخلط جيداً بالحليب المكثف والزبدة وينسبط
. يضاف الحليب ليجعل العجين رقيقاً. يضاف ما يكفي من الماء ببطء
لتحقيق كثافة الصب. يمزج الكرز و جوهر الفانيليا. تسخن طنجرة الضغط
لمدة 5 دقائق. يشحم ويغير صحن الخبز. يصب الخليط إليه ويوضع
صحن الخبز في الطنجرة. يوضع الطنجرة على نار هادئة.

بعد نصف ساعة يغمس خلال في الكعكة للتحقق ما إذا كانت مطبوخة. إذا
كان خلال يخرج نظيفاً يتم إخراج الكعكة. يبرد قبل التقديم. يجب أن تكون
الكعكة اسفنجية ترتفع عند الطعم.

خبز الذرة بدون البيض

المكونات

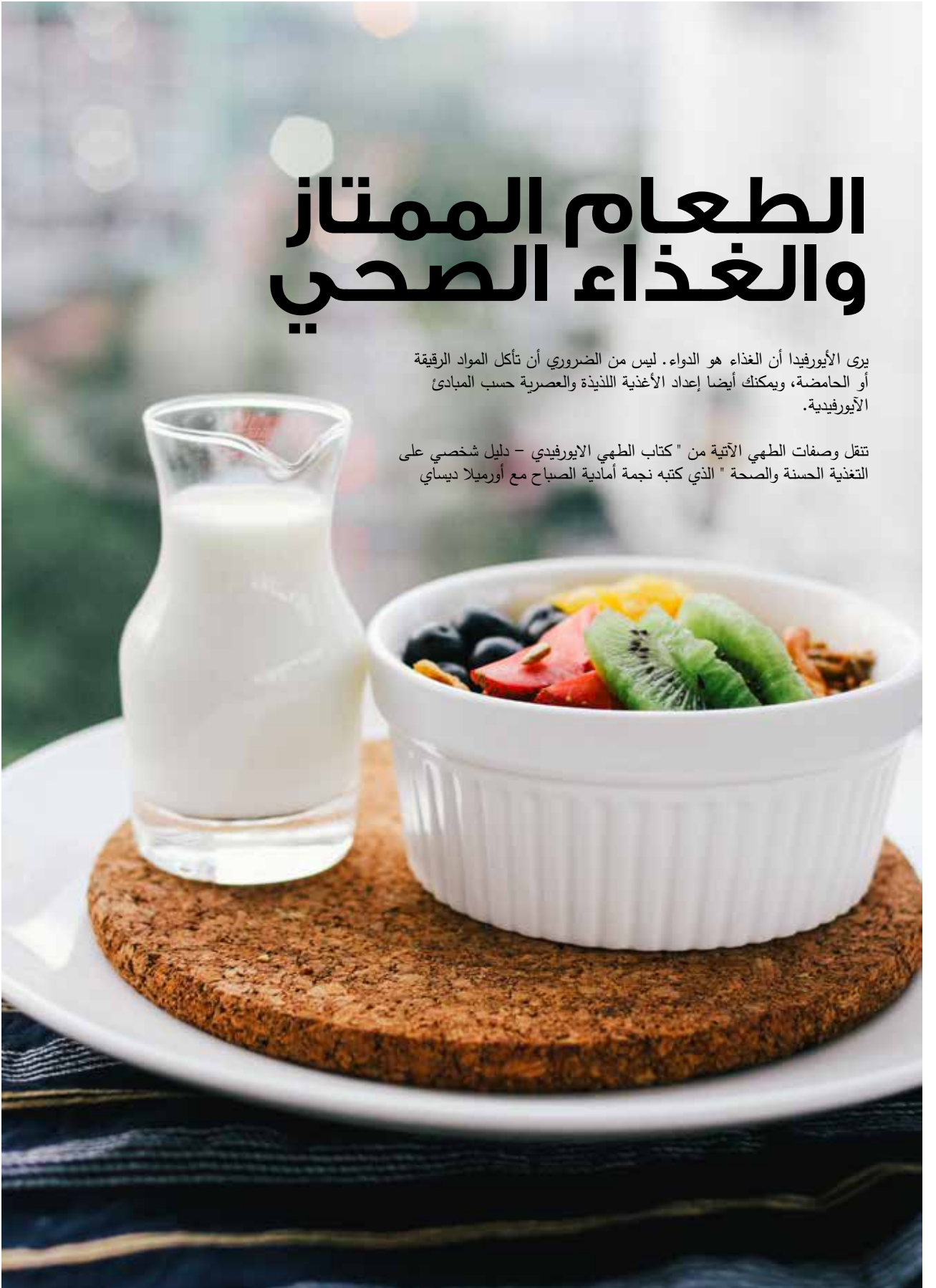
كوب واحد من دقيق الذرة
نصف كوب من طحين الشعير
نصف كوب من دقيق الشوفان



الطعام الممتاز والغذاء الصحي

يرى الأيورفيدا أن الغذاء هو الدواء. ليس من الضروري أن تأكل المواد الرقيقة أو الحامضة، ويمكنك أيضا إعداد الأغذية اللذيذة والعصرية حسب المبادئ الأيورفيدية.

تنقل وصفات الطهي الآتية من " كتاب الطهي الايورفيدي - دليل شخصي على التغذية الحسنة والصحة " الذي كتبه نجمة أمادية الصباح مع أورميلا ديساي



منتجع وملتجأ صحي لاليت بيكال

ملاذ لقضاء شهر العسل وقضاء العطلات



إن منتجع وملتجأ صحي لاليت بيكال وهو أحد أفضل المنتجعات الشاطئية المصنفة بـ 5 نجوم في ولاية كيرالا، يقع في مدينة كاساراغود، ويحيط به نهر نومبيلي الجميل. تم تصميم المنتجع بشكل جميل على مساحة 26 فدانًا مترامية الأطراف مع بحيرة داخلية توفر مناظر خلابة لشاطئ رملي أبيض نقي، وهو مرادف للرفاهية القصورى. تتميز أجنحته الـ 38 الفخمة بتصميماتها الأنيقة. وقد تم تجهيز كل جناح بجاكوزي خاص، مما يضمن مستوى لا مثيل له من الراحة والاسترخاء.



والى جانب أجنحته الفاخرة، يوفر منتجع وملتجأ صحي لاليت بيكال قاعة حفلات واسعة تبلغ مساحتها أكثر من 3500 قدم مربع، وهي مكان استثنائي للمؤتمرات والحفلات.

جناح لاليت التراثي

يُنظركم جناح لاليت التراثي مع مسبح خاص به وغرفة علاج سبا الأيورفيدا وغرفة تواليت ومنطقة عشبية منعزلة.



مطعم نومبيلي

يدلّل ذوقكم في مطعم نومبيلي الرئيسي بالمنتجع، والذي يتفوق في تقديم الطعام يقدم للضيوف تفضيلات طهي متنوعة، ويقدم مجموعة من الاستعدادات الصحية التي تشمل مأكولات ولاية كيرالا الشهية، وتخصصات شمال الهند المثيرة ومجموعة مختارة رائعة من الأطباق الأوروبية. يقع المطعم بجوار حمام السباحة، ويفخر بمجموعة استثنائية من المأكولات البحرية المحلية المصنر. يضم نومبيلي أيضًا بارًا مجهزًا جيدًا مع مجموعة جيدة من النبيذ والبيرة.



بالنسبة لأولئك الذين يبحثون عن تجديد شامل يقدم ريجوفيه - المنتجع الصحي الذي يقع على مساحة 20000 قدم مربع، علاجات الأيورفيدا والعلاجات الصحية على يد الخبراء مع التركيز على التنشيط وإزالة السموم وإدارة الوزن. تتوفر أيضًا حزم مصممة خصيصًا تتراوح من بضعة أيام إلى بضعة أسابيع.

اليوغا

ويقدم المنتجع جلسات اليوغا والتأمل الشخصية. الطريقة المثالية لبده اليوم حيث تفتح الجلسات الجسم الصلب وتملأه بكمية كبيرة من الطاقة للأنشطة المقبلة.



THE
LaLiT

The LaLiT Resort & Spa Bekal
Bevoori Udma, Kasaragod District
Kerala - 671319, India
Ph: +91 467 223 7777
Email: resvbeikal@thelalit.com

www.thelalit.com

إن المرافق الرائعة لمنتجع وملتجأ صحي لاليت بيكال تجعله واحدًا من أكثر المنتجعات الشاطئية الفاخرة المرغوبة في ولاية كيرالا لقضاء شهر العسل وقضاء العطلات.



- ما يبقى من الشعر تلقائياً.
- بعد استخدام الشامبو يستخدم مكيف أو كريم كل مرة. وسوف يخفف الشعر ويعطيه نظرة لامعة. ويوفر أيضا المواد الغذائية للشعر ويساعد على إزالة التوريط.
- يجفف الشعر بعناية و يستخدم دائما مشط بالأسنان الواسعة والمطاط أو البلاستيك الصلب لتمشيط الشعر لإزالة التوريط بلطف، سوف تتلف الأمشاط المعدنية الشعر.
- يجفف الشعر برفق بمنشفة قبل التجفيف بمجفف الشعر. يوضع مجفف الشعر بعيدا من الرأس ما لا يقل عن ست بوصات لتقليل أضرار الحرارة وحوادث أخرى.
- تبخير الشعر بالأدوية الراتنجية العطرة أو أدوية أخرى مثل aguru و صندل الخ مفيد في موسم المطر

الأستاذ ، رقم : 7 ، شمال غيريناغر ،
قسم أعدانندرا، البريد| كادافندرا
الكلية الأيورفيدية الحكومية ، كوتشي ، 020 682 .
تربونيتورا ، ولاية كيرالا. هاتف : (0484) 2203801
هاتف : (0484) 2777489. الجوال : 9447260138
البريد الإلكتروني : krishnannairk@yahoo.com

- تكون عجينة من الحلبة و الحمص الأسود وورق الكركديه و ورق السيدا أو عنب الثعلب الهندي شامبو طبيعيا حسنا .
- يكون الحنا معروفا جدا لخصائصه المعادية للشيب.

يمكن استعمال مزيج من زيت جوز الهند وزيت النيم أن يمنع القشرة. و مزيج من جزء واحد من عصير الليمون وجزئين من زيت جوز الهند أيضا يكون مفيدا

العوامل السلبية

- فرط تناول الشاي والقهوة والكحول واللحوم وفرط التدخين
- تناول الأطعمة المقلية و الزيتية و الدهنية و التابلية و الحامضة الكثيرة
- تناول كثير من الأدوية الكيماوية والانخفاض في الدوران الدموي وفقير الدم والضعف العام بعد الأمراض والإجهاد والقلق والتوتر النفسي. الأمراض المزمنة مثل حمى التيفوئيد
- وجود قشرة الرأس أو القمل وعدم التوازن الهرموني.

النقاط الجديرة بالإشارة

- يرجى استخدام شامبو معتدل دائما بدون الكحول بحيث لا يجعل الشعر جافا. يجب أن يستعمل الشامبو على فروة الرأس والجذور فقط. يتم تطهير

سم في الشهر ويعتمد على الوراثة والعوامل الصحية والتغذية العامة. الشيب في الشعر هو مؤشر عادي للتقدم في السن ولكن ليس دائما. و هناك أسباب كثيرة مسائلة للشيب المبكر مثل الحالة التغذوية و الوراثة والأمراض والإجهاد النفسي والتوتر وعدم التوازن الهرموني. و السبب الهيكلي للشيب هو إما فقدان الأصباغ في مادة النسيج الخلوي أو ظهور فقاعات الهواء.

لا يمكن للمرء أن يفعل شيئا إلا قليلا جدا عندما يبدأ التدهور وبالتالي ينبغي أن تبدأ الجهود للحفاظ على شعر الشباب في سن مبكرة. الوقت المناسب لـ 'Rasaayana' هو في أعمار صغرى أو متوسطة. ("madhye vaa that prayojyam") كي يمكن الحفاظ علي الشباب.

الوصفة الطبية الشائعة لصيانة الجلد والشعر هي الاستحمام الدوري بالزيت.

... و هذا يحافظ على نسيج الجلد خاليا من التجعد ويزيل التعب عن طريق زيادة الدورة الدموية ويعزز وظائف جميع أعضاء الحس والشعور بالرفاهة ويوفر النوم العميق والجمال وتناسق الجلد من دون ارتخاء. لنمو الشعر اللامع السميكة في فروة الرأس يوصف التدليك بالزيوت المعالجة بالدواء، وينبغي أن يكون التدليك بأطراف الاصابع وليس بالأظافر و ذلك لتجنب الجروح الصغيرة والالتهابات الناتجة.

النصائح للشعر الصحي

- زيت الخروع وزيت جوز الهند مفيد لنمو الشعر الصحي.
- الشاي هو صبغة طبيعية ومكيف. لذا ينبغي غسل شعركم به مرة أو مرتين في الأسبوع.
- أبيض البيض واللبن مكيفان طبيعيان نافعان للشعر. ينقع عنب الثعلب في الماء المغلي ويخرج عجينا لصقا منه. ينشر ذلك على الشعر ويترك عليه لمدة ساعة.
- مزيج من أبيض البيض وملعقتان من زيت الخروع وملعقة واحدة من الجليسرين مفيد في فروة الرأس والشعر الجاف. يترك لمدة لا تقل عن 20 دقيقة.
- يغطي الرأس بمنشفة ساخنة ويعطى بذلك البخار مرة أو مرتين في أسبوعين



يمكن للموسم أن يؤثر في النبات سيكون هناك نفس التأثير في الحيوانات أيضا ، ولكن لأنها تتحرك لا يمكن تقدير التغيرات بحرية وسهولة. وفقا لنظرية tridosha في الأيورفيداهذه التأثيرات الموسمية تؤثر أيضا على توازن Tridosha. و لابتعاد الآثار السيئة للمواسم قد تم نص النظام المعين والمعروف يسمى النظام الموسمي (ريتو شاريا).

توجد الشعرات على جميع أسطح أجزاء الجسم تقريبا ما عدا على الراحنتين والأخمصين الخ، وهي تختلف في الطول واللون واللمس والمظهر. هناك الشعرات الطويلة المصطبغة على فروة الرأس، و الشعرات القصيرة و الناعمة وغير المصطبغة و اللينة كما توجد في النساء والأطفال و الشعرات السمكية مثل الفرشاة التي تحرس الفتحات الطبيعية. يكون نمو الشعر هو 2



الوصفة الطبية الشائعة لصيانة الجلد والشعر هي الاستحمام الدوري بالزيت

الطبيب الماهر الأيورفيدي سي كيه كريشنان ناير

الطبيعة الأم تمنح الجمال الطبيعي على كل واحد من خلقها بالاستثناءات النادرة لهذه القاعدة. ومن واجب الخلق الحفاظ على سلامته وصحته. ونفس الشيء هو الحال بالجلد وملحقاته مثل الشعر والأظافر. و يجب علينا ضمان صيانتها المناسبة باتخاذ إجراءات معينة. فهي ليست ليوم واحد أو لمدة أسبوع أو شهر واحد فقط ، ولكنها لمدة الحياة كلها.

ينبغي لوحدات الصيانة المقررة لسفينة الحرب القيام باعطاء الأسمدة الروتينية المعينة على أساس يومي و بعضها أسبوعيا والبعض الآخر كل أسبوعين. وستنفذ هذه الوحدات بطريقة طقوسية وإلزامية بحيث تكون السفينة الحربية جاهزة في أي وقت، و كذلك ينبغي الحفاظ على جسمنا طقوسيا.

ويمكن لنا أن نلاحظ التغيرات الملحوظة للنباتات في كل موسم. وحيث أن معظم أعضاء المملكة النباتية مستقرة، يكون التغير في المظهر حيا للغاية. يكون شكل الشجرة في الصيف والربيع مختلفا جدا. إذا كان

الصحة المحافظة منزليا

كيفية اعداد مقوي الصحة في المنزل



إعداد

- يرجى التأكد من أن جميع المكونات نظيفة وجافة. يوضع جميع المكونات في جرة زجاجية جافة ونظيفة ومحكمة بالحجم المناسب كما هو مبين أدناه. (وينبغي أن تكون الجرة الزجاجية نظيفة وجافة تماما).
- يوضع بعض الجكر في جرة كالتبقة الأولى.
- ينشر بعض عنب الثعلب فوق ذلك. وسيتبع ذلك على التوالي بطبقات من الجكر والعنب والجكر وعنق الثعلب والجكر وشرائح من الموز والجكر وقطع الأناناس و هكذا بالنظام.
- يملأ الزجاجية بطبقة بعد طبقة من المكونات.
- ينشر بذور الكمون فوقه، وأخيرا يضاف بعض الجكر.
- يحكم الغطاء جيدا ويغطى الجرة بإحكام بقطعة من قطن نظيف.
- تحفظ الزجاجية في مكان بارد وجاف لمدة 41 يوما.
- بعد 41 يوما تفتح الزجاجية وتخلط المحتويات باليد أو ملعقة جافة. ثم تعصر المحتويات من خلال مرشح للحصول على العصير. يصب العصير في زجاجية نظيفة وجافة. ويحفظ محكمة.

وهذا الأريشتم الذي تم اعداده هكذا يقوم بتحسين المناعة وزيادة الشهية. فهو مفيد للجلد واللاظافر والشعر. إن استخدامه المنتظم يبقئكم صحيا.

الاحتياط: إذا كانت الزجاجية أو اليدين أو المكونات رطبة في وقت التعبئة فتكون هناك فرص لتكوين الطحالب في الداخل.

كان إعداد الأدوية الايورفيدية من قبل المرضى أنفسهم في المنازل رائجا في ولاية كيرالا قبل شرات من السنين. وكان من عادات وايدياس (الحكماء) إعطاء تعليمات مفصلة حول كيفية الحصول على الأدوية الخامة بشكل صحيح وكيفية تحضير الدواء في المنازل. وكانت التعويذة الخاصة بهم "لا يقبل التسوية في الجودة".

انها ليست عملية صعبة كثيرا أو معقدة. إذا كنت تستطيع تجنيب بعض الوقت والصبر يمكنك القيام بتحضير هذه الأدوية في المنازل بمساعدة طبييب أيورفيدي. وهناك عدد كثير من التحضيرات التي هي سهلة جدا تقديمها

هنا وصفة واحدة من هذا القبيل لك والتي من السهل جدا تحضيره، و تناوله المنتظم يحتفظ العائلة كلها صحيا ونشطا!

المكونات

- عنب الثعلب 1 كجم
- العنب 1 كجم
- الموز 3 عدد
- أناناس نصف من واحد صغير (ناضج)
- الجكر 1 كجم
- بذور الكمون 100 جم



مستقر ، أي اجنى التي تتأرجح بين أقل وأكثر (vishamaagni تحت تأثير فاتا). كذلك لا بد لسروتاس (srotas) أن تبقى بدون عائق ويجب ان يكون الدوران على نحو متواصل ، فإن تعذر ذلك يؤثر على عملية الأيض فيتم انتاج السموم ((Ama. عادة إذا كان الجهاز أو النسيج الذي يكون ضعيفا في جوهره أو يشبهه في تكوينه mahaabhaotic يكون لديه قدر أكبر من الميل إلى تقبل أما (Ama) أو السم ، مما يؤدي إلى ظهور بوادر المرض في هذا الجهاز أو النسيج.

و في الأيورفيدا لا يكون العلاج مقصورا على شفاء المرض فقط بل يهدف أيضا إلى تعزيز والحفاظ على الصحة والقوة. ويتم هذا الإجراء عن طريق 1. إزالة العوامل المسببة للمرض ، و 2. استعادة التوازن doshic (dosh - dhatu) - ملا. تحقيق هذه الأهداف المضاعفة يعتمد على التنفيذ الفعال لدور الأطراف الأربعة الأساسية للعلاج أو Chatushpaada : الطبيب والأدوية الطبية وكذلك المواد الغذائية والمرضى المصاحب والمريض.

دور علاج التنقية العلاج في الأيورفيدا يعني في الأساس استعادة القوة الحيوية و لا بد من إزالة النفايات المتراكمة لجعل الأنسجة (dhaathus) محضة. وإذا كان تراكم السموم معتدلا يمكن تحويلها بالدواء وإزالتها بسهولة في المسار الطبيعي للنظام ، وذلك بأخف العلاجات الملطفة المعروفة باسم علاج سامانا (علاج التهذنة). و علاج سامانا يشعل النار الحيوية ، أعني التي هي المسؤولة عن الهضم والأبيض. و المرء بوظائف الجهاز الهضمي الصحيحة والطبيعية وبنمط الحياة الصحيح نادرا ما يكون مريضا وإذا كان لسبب الهفوات واللجان يكون مريضا ، وأنه يمكن تصحيحها وشفائها بسهولة بالمداداة البسيطة yukthivyapaasraya وإعطاء العقاقير بطريقة عقلية. وإذا كان تراكم السموم مفرطا لا تكفي تصحيحات نمط الحياة والمداداة وأنه لا بد من تطهيرها عن طريق علاج التطهير الاخلاتي ، أي علاج sodhana أو علاج التنقية. و تكون Panchakarma هي العملية الأكثر شهرة لعلاج التنقية.

وهكذا قد وضع الأيورفيدا خريطة الطريق الكاملة لتجديد شباب الجسم والعقل عن طريق عملية مفصلة ، والتي تشمل العلاجات المختلفة مثل سامانا و sodhana و مراقبة النظام الغذائي والالتزام بالصيام بالروتين اليومية والموسمية المناسبة.

الشيوخوخة يحافظ جسم الإنسان على حيويته عن طريق عملية مستمرة من التفكك والتكامل بين كل واحدة من الأنسجة في الجسم منسقة وتمتكنة من قبل دوشاس. يتم تجديد أنواع مختلفة من الأنسجة (dhaathus) أثناء عملية التمثيل الغذائي. يتم استيعاب الجزء الغذائي وترك البقايا للإزالة عن طريق القنوات المختلفة. ومع ذلك يمكن لأي اضطراب مثل النظام الغذائي الخاطئ وعدم ممارسة الرياضة افساد نظام التمثيل الغذائي. إذا كانت النفايات الأيضية لم يتم إزالتها بشكل صحيح ، فإنها تتراكم في شكل متعفنة كالسموم في الأنسجة والأجهزة والقنوات المختلفة. هذا يزعزع التوازن في دوشاس، مما يؤدي إلى المرض.

كلمة دوشا ((dosh) لها معنى مضاعف: و ذلك الذي يمرض على وظيفة مناسبة في الظروف الملائمة للحياة ، وكذلك الذي يلوث الأنسجة ويزعج الوظائف المختلفة في مختلف النظم الفرعية للجسم. و بطريقة الحياة السليم (البدنية والعقلية والروحية) يضمن دوشاس الصحة. عندما يتغير نمط الحياة ويصبح مفسدا يتم عمل دوشا متغيرا و يفقد التوازن، مما يؤدي إلى الأمراض. تدل أعراض الصحة على الراحة و السرور عقليا وبدنيا. و في المرض كما يدل هذا المصطلح نفسه ، يتم فقدان الراحة و تدل الأعراض إلى عدم السرور والألم. تكون الصحة هي الحالة الطبيعية لنظام العقل والجسم ، والمرضى هو وضعه غير الطبيعي.

وهكذا وفقا للأيورفيدا استيعاد الشباب يعني بالضرورة أن دوشاس تبقى في حالة التوازن بحيث يسد الجسم نغصه بنفسه. عندما يتم عرقلة العملية الأيضية يبطئ الإستكمال و بالتالي يتم تسريع عملية الشيخوخة. يتم الحفاظ على صحة حسنة بفضل احترام نظام Swasthavritta كما يمثل

تكون ملابس هي منتجات النفايات من الجسم. وملابس الرئيسية تشمل البول والبراز والعرق. ومنتجات النفايات الأخرى الإفرازات الدهنية للأمعاء أو الجلد وشمع الأذن والمخاطية و اللعاب و شعر الجسم والوجه والأظافر ، والدموع ، الخ.

اجنى (Agni) هو النار الأساسية في الجهاز الهضمي في الجسم مساوية للانزيمات و هي المسؤولة عن تحويل الغذاء الى دوشاس و دهاتوس وملاس (Doshas, Dhaatus and Malaas). وهكذا يكون لاجنى دور مزدوج: المساعدة في عملية الهضم (أيض الكسر الإنتقاضي) والاستيعاب (التوليف والتجديد وأيض النمو الابتدائي) في الجسم. وهناك 13 مجموعة رئيسية من أجنىس (agnis). واحد منها جتاراجنى (jatharagni) (في المسالك المعدي المعوي) تمكن عملية الهضم الابتدائي ويختل الطعام. بعد ذلك يتم تقسيم الغذاء إلى خمسة من مهابهوتاس (mahaabhutas) من قبل خمسة من بهوتاجنىس (bhutaagnis) (أساسا في الكبد) بحيث تكون المكونات الأساسية من المواد الغذائية المستهلكة على استعداد للامتصاص والاستيعاب. و بعد ذلك يتم استيعاب سبعة دهاتوجنىس (dhaatvagnis) وتضمن تجديد / نمو دهاتوس (dhaatus) السبعة التي تشكل جسم الإنسان.

سروتامس أو سروتاس (Srotams أو srotas) تمثل القنوات في الجسم التي تمر من خلالها دوشاس و دهاتوس وملاس (Doshas, Dhaatus and Malaas). وتشمل 13 سروتاس (srotas) القنوات الكبرى مثل المسالك المعدي المعوي وكذلك القنوات الصغيرة مثل الشعيرات الدموية.

و لحسن سيروطناف الجسم لا بد لأجنى أن تعمل في حالة التوازن (samaagni) تحت تأثير ثلاثة من دوشاس في حالة التوازن) ، و القيام بالوظيفة من دون إضعاف (mandaagni تحت تأثير كافا) ، أو لا تعمل بشكل مفرد (tikshnaagni تحت تأثير بيتا) أو لا تعمل بشكل غير



علاج رساينا (Rasaayana) و هي واحدة من ثمانية فروع من أشتانغا أيورفيدا (Ashtaanga) ، والذي يتعامل بإستيعاد الشباب فقط.

الشيخوخ مثل شاراكا (Charaka) و فاكبهادا (Vagbhata) سماو الفصول الأولى نفسها لكتبهم Deerghamjeeviteeyam (الحياة الطويلة) و Aayushkaameeyam (الرغبة في الحياة) على التوالي ، حيث تم تعداد التدابير التي يجب اتخاذها للحصول على حياة أطول وأكثر صحية. هذا العرض غير العادي يثبت بأن الأيورفيدا قد أدرج المفاهيم القابلة و الحيوية لاستعداد الشباب منذ الأزمان في مخططها للأشياء.

والمقصود من استيعاد الشباب (rasaayana) وإعادة التنشيط (vaajeeekarana) علاجات لتنشيط الأنسجة التي تم تهالكها أو تكون في سبيلها للتبلى نتيجة للعوامل مثل الأمراض والشيخوخة. هناك إجراءات شاملة تعزز جهاز المناعة و توقف الشيخوخة وتعطي البريق للجلد وتوفر طاقة الشباب و تغذي الدم وأنسجة الجسم (dhaatus) (sapta)، وتقضي على الشيخوخة وأمراض أخرى. كما أنها تعزز الصحة و ojas (القوة الحيوية).

تشمل الإجراءات اعطاء العقاقير بصفات معينة مثل تعديل المناعة وعمل المضاد للتأكسد (التي تمنع الأكسدة الحيوية وبالتالي تمنع الاضطرابات المرتبطة بالسن والاضطرابات المناعية الذاتية والاضطرابات التنكسية) والآثار القابلة للتكيف

المبدأ

المبدأ الإسترشادي للأيورفيدا هو أن العقل يمارس أعمق التأثير على الجسم. حالة الوعي المتوازن في الفرد تؤدي إلى وجود مواقف صحية و بدورها تؤدي إلى الإجراءات الصحية ، وتبلغ ذروة المستوى الأعلى من الصحة. ويعتبر أن المرض يكون نتيجة للتغيرات المناخية والهجوم الجرثومي و الانحراف التغذية والإجهاد وكذلك الأحوال الأخرى من عدم التوازن العاطفي ، وبالإختصار (نمط) الحياة كله. ويتم تحقيق الصحة المثلى بتشجيع العادات العقلية والجسدية والغذائية التي تؤدي إلى الرفاهية الجسمانية والروحية.

مفاهيم الصحة الابتدائية

tridoshas ، Panchamahaabhutas و sapta dhaatus هي من البنينات الأساسية للايورفيدا. وبالإضافة إلى ذلك فإن مفهوم mala ، agni, srotas. يضيف القيمة وتعززها.

يرى الأيورفيدا أن كل كائن حي يتكون من مزيج

panchamahaabhutas أي خمس مواد أو عناصر أساسية أبدية : الجامد (بريشي) و السائل (جالا) والطاقة والحرارة والضوء (تيجاس أو اجنى) ، حالة الطاقة الديناميكية للمادة (vayu) كيان الفضاء و الوقت (akasa). وكذلك تم تكوين الكون وكل شيء واردة فيه من panchamahaabhutas والوعي العالمي.

ويتكون جسم الانسان من ثلاث بنينات أساسية تسمى doshas (ثلاثة في العدد) dhaatus (سبعة) ، وملاس (ثلاثة). و tridoshas (فاتا) ، بيتا ، كافا) تتكون من panchamahaabhutas و لكن تكون واحدة أو أخرى هي غالبية في كل واحد. وهكذا ، فإن dosha vata يكون فيه akasa و vayu في الهيمنة ، و pita dosha يكون فيه اجنى في الهيمنة ؛ و dosha kapha بجالا وبريشي في الهيمنة. و dhatus saptha هي سبعة عناصر الأنسجة الأساسية التي تشكل بنية للجسم البشري ، وتشمل chyle و الليمفاوية والبلازما (راسا) و الهيموغلوبين في الدم (راكتا) و الأنسجة العضلية (maamsa) والدهون أو الأنسجة الدهنية (medas) و نسيج العظام بما في ذلك الغضروف (asthi) و نخاع العظم (majja) والمني أو السائل المنوي البويضة (sukra). و

كن على الشباب

كان هناك وقت عندما كان المرج و
البستان و الجدول
و الأرض وكل المناظر الشائعة
تبدو لي
مكسوة في ضوء سماوي ،
و المجد ونضارة اللحم.
وليام وردزورث.

ما يتحدث عن الحياة و
عملياته المختلفة هو الأيورفيدا
(أشاناغا سامغراها)

مجرد هذا التعريف للأيورفيدا يدل على أنه يتناول مختلف جوانب العمليات
الحيوية والشيخوخة واحدة منها. ولأيورفيدا تعريف دقيق لأسباب الشيخوخة :

يعني أن الوقت (kaala) أو التغيير (parinaama) هو العامل الرئيسي
المسبب للشيخوخة والأمراض التنكسية. Parinaama أو التغيير هو
الحدث المتتابع من عملية الشيخوخة التي تمر خلال المراحل مثل الطفولة
(baalya) و المراهقة (taarunya) والشباب (youvana) و منتصف
العمر (proudha) والشيخوخة (vaardhakya). يلاحظ الشيخ
Sharnghadhara بأنه مع مرور كل عقد من الزمان يفقد الجسم التسهيلات
التالية واحدا تلو الآخر: النمو واللمعان والبشرة والاستخبارات و صحة الجلد
وقوة البصر والمروءة والشجاعة والتصورات الحسية. ولئن كان من المستحيل
إيقاف عملية التغيير (parinaama) أو مرور الوقت (كالأ)، فمن الممكن
تحديد تأثيرها على الجسم والعثور على سبل إبطاء انتشارها. لقد فكر
الأيورفيدا في هذا، و لديه نهج شامل في الحياة، وبالتالي لدينا عملية

الشيخوخة لا رجعة منها. ولكن سيتم التعامل بها بحذر وعلميا و يمكن للمرء
الإبقاء على نعمة الشباب. وقد شرع الأيورفيدا الطرق للقيام بذلك.
شيخ الأيورفيدا الدكتور بي راجيف

أبرز الملامح :

إستيعاد الشباب (rasaayana) والتثبيط (vaajeekarana) هذه
العلاجات لتنشيط الأنسجة التي تم تهالكها أو تكون في سبيلها للتبلى نتيجة
للعوامل مثل الأمراض والشيخوخة. إعطاء الأدوية بتأثير المضادة للتاكسد
و تعديل المناعية و محدث للتكيف هي جزء من العلاج. وسوف تبطل
الشيخوخة وتوفر الطاقة الشبابية وتغذي الدم وأنسجة الجسم.

مع مرور الوقت ، فإننا نميل إلى انحدار في نمط الحياة المستقرة مما يؤدي
الى تراكم النفايات الأيضية. و إذا لم يكن يتم القضاء عليها بشكل صحيح
تكون هذه النفايات متراكمة في الجسم كالموموم. وسوف تعرقل تجديد
أنسجة الجسم (dhaatus). وإذا كان تراكم السموم معتدلا يمكن القضاء
عليها في المسار الطبيعي للنظام بعلاج التهذئة أكثر اعتدالا. ولكن إذا
كانت مفرطة لا بد من تصفيتها عن طريق علاج التطهير الاخلائي. تكون
Panchakarma هي العملية الأكثر شهرة من علاج التنقية.



أيورثيرم أحد أقسام منتج الشاملني الأيورفيدي أسولا دي كوكو موقع جمالي على ضفاف نهر بوفار . تطل على المياه الخلفية النقية في البلدة الخاصة لله كيرالا، مع بحر العرب المهيبة مباشرة على أقدام المنتج. والحدائق المترامية الأطراف ذات مناظر طبيعية خلابة ومجموعة جيدة التصميم من الممرات الحجرية في المنتج وحمامات السباحة المطلة على المحيط. فإن الفيلات والأجنحة على غرار الهندسة المعمارية التقليدية في ولاية كيرالا توفر مناظر خلابة في كل مكان. يوفر أيورثيرم مرافق أربع نجوم مع كافة وسائل الراحة والرفاهية.

مع الاعتماد من قبل لجنة الاعتماد الوطني للمستشفيات (NABH) تطور المنتج وحقق مكانة عالية بمعايير الجودة والإجراءات التشغيلية. ويديره فريق من الخبراء وأطباء ماهرون للتشخيص وتقديم العلاج المناسب بطريقة منظمة تحت مظلة الضيافة الحديثة والخدمات.

- جلسات اليوغا في الصباح والمساء
- محطة سكة الحديد : 30 كم
- المطار : 35 كم

البريد / بوفار

تريفاندروم - 695525

0471 2210008 ، 0471 2210918

91+ 9567776665 ، 9567770005

البريد الإلكتروني : info@isola.in



www.isola.in | www.ayurtheeram.co.in
www.isoladicocco.com | Info@ayurtheeram.co.in



في لداخل

08

كن على الشباب

11

الصحة المحافظة منزليا
كيفية اعداد مقوي الصحة في المنزل

12

الوصفة الطبية الشائعة لصيانة
الجلد والشعر هي الاستحمام
الدوري بالزيت

16

الطعام الممتاز والغذاء الصحي

18

ليس في عمق الجلد فقط

20

التنفس بسهولة

11



08



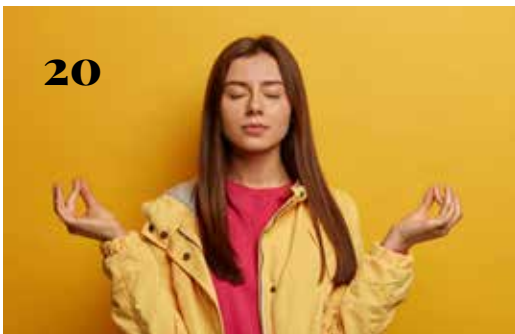
16



12



20



18





كايرالي

قرية الشفاء الايورفيدي

كايرالي - قرية الشفاء الايورفيدي
هي مكان شامل تقدم العلاجات الايورفيدية التقليدية والمعالجات والأدوية إلى جانب
اليوغا والتأمل. يقع في بالاكاد، كيرالا، وسط الجبال الغربية، ويوفر بيئة طبيعية
وهادئة للعافية والشفاء

مجموعة متنوعة من حزم العلاجات المتاحة
الصداع النصفي / التهاب الجيوب الأنفية - العناية بالعيون - ارتفاع ضغط الدم
- الاضطرابات العصبية - آلام المفاصل - التحكم في الوزن - الأمراض الجلدية
- باتشاكارما - تجديد الشباب وإزالة السموم وغيرها الكثير

تجربة تغيير الحياة التي تحتاجها الآن



كايرالي - قرية العلاج الايورفيدي: أولاسيري، كودومبو ، مقاطعة بالاكاد، 678551، ولاية كيرالا - الهند

www.ktahv.com | info@kairali.com | 9555156156 91+

أيورفيدا

للعافية

RNI No. KERARA/2012/45863

Editor & Publisher : **Benny Thomas**
 Consulting Editor : **T.K.V Mani**
 Director-
 International Operations : **Binoy Ouseph**
 (+971 56 175 2667)
 Editorial Consultant : **Dr. Madan Thangavelu**
 (Cambridge University)
 Editorial Co-ordinator : **Jayadevan A.P. ***
 Editorial Co-ordinator (UK) : **Dileep Mathew**
 Marketing & Promotion : **Geo Pampackal**
 Layout & Design : **Lal Joseph**

Panel of Experts:

Mrs. S. Jalaja IAS (Retd)

Dr. G.S. Lavekar (Former Director General, CCRAS)

Prof. (Dr) K Muralcedharan Pillai

Prof. (Dr.) K.G. Paulose
 (Former Vice-Chancellor, Kerala Kalamandalam Deemed University,
 Cheruthuruthy, Thrissur)

Dr. M.E. Sarma (Professor, Ayurveda College, Kottakkal)

Dr. Antonio Morandi (Ayurvedic Point-Milan, Italy)

BUSINESS ASSOCIATES Overseas

USA : Chicago: **Vincent Joseph**, Mob: 847 299 9954
 USA : Houston: **Shaju Joseph**, Mob: 847 899 2232
 USA : New York: **Vincent Sebastian**, Mob: 917 992 9629
 USA : CALIFORNIA: **Wilson Nechikak**, Ph: 408 903 8997
 Canada : **Jose Sebastian**, Ph: 416 - 509 - 6265
 UK : **Dileep Mathew**, Ph: 044 787 743 2378
 Switzerland : **Dr. George Sebastian**, Ph: 527204780
 Ireland : **Thomas Mathew** Mob: 00353 87 123 6584
 Singapore : **Mahesh A. Ph:** +65 906 22828
 Germany : **Gayathri Puranik** Ph: +49 179 127 5002
 Austria : **Monichan Kalapurackal** Ph: 0043 6991 9249829
 Korea : **Dr. A. Thomas**, Ph: 0082 10 5822 5820
 Australia : **S. Mathew**, Ph: 612 470 26086
 Oman : **Joy Vincent**, Ph: 968 9503 5953

BUSINESS ASSOCIATES India

Mumbai : **Mohan Iyer**, Mob: +91 22 6450 5111
 Hyderabad : **Ephram Joseph**, Mob: +91 939 131 5072
 Chennai : **Manjabika Nambiar**, Mob: +91 9677118659
 Bangalore : **Nuzhath Jabeen**, +91 9731116642
 Pune : **Sofea Khan**, +91 9175131042
 Trivandrum : **Joy Joseph**, Mob: +91 9447817193

*Responsible for selection of news under the PRB Act



CORPORATE OFFICE

FM Media Technologies PVT Ltd,
 Penta Square, Opp.Kavitha, MG Road,
 Cochin -682016, Kerala, India.
 Tel: +91 484 350 4147
 Email: editor@ayurvedamagazine.org
 www. ayurvedamagazine.org

Printed, published and owned by
 Benny Thomas
 FM Media Technologies Pvt. Ltd,
 Penta Square, Opp.Kavitha,
 MG Road, Cochin -682016,
 Kerala, India.
 Editor: Benny Thomas

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

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

العودة إلى التوازن - طريقة الأيورفيدا

يتناول علم الأيورفيدا الفرد شاملا - مجمعا رائعا من الجسم والعقل والروح . يضمن الأيورفيدا الرفاه الفردي عن طريق القيام برعاية جميع العوامل التي تؤثر على نوعية الحياة. لأنه يقوم على فهم عميق لـ 'الحياة' والطرق التي يتدفق من خلال الهيكل الكامل للكائن الحي. إن الأيورفيدا يتضمن مجموعة واسعة من العلاجات في إطاره من النظام الغذائي البسيط إلى علاجات إعادة الشباب المعقدة بل القوية .

ومن البداية منذ إنشائها كانت " أيورفيدا للعافية " تقوم بتعزيز الأيورفيدا الصحيح في جميع أنحاء العالم. وفي الوقت الحاضر توجد للمجلة طبعات باللغات الإنجليزية والعربية والروسية والإسبانية والإيطالية والألمانية - ووجودها المنتظم في WTM لندن و ITB - برلين و سنغافورة معرض سوق السفر العربي - دبي و MITT - موسكو و المؤتمر العالمي الأيورفيدي ، فينور - إسبانيا وقد لوحظ أيضا على الأحداث الهامة الأخرى

إنه في طريقة العلاج يختلف الأيورفيدا أساسا عن الطب التقليدي . تعمل علاجات الأيورفيدا على الصعيد المسببة للمرض في حين أن العديد من العلاجات الطبية الحديثة تعمل على مستوى الأعراض. يقول الأيورفيدا أن لكل ما تتفاعلون معه تأثير على صحتكم ورفاهيتكم. وبالتالي فإن التركيز الرئيسي للأيورفيدا هو جعل الجسم والعقل والروح من جديد في حالة من التوازن. إن الأيورفيدا يوفر لكم فرصة لفهم وإعادة اكتشاف الطبعة الفريدة الخاصة بكم ، وأنه يقودكم من خلال أفضل الطرق للحفاظ على حالة من التوازن الطبيعي في داخلكم.

وقد كنا على وجود منتظم في معرض سوق السفر العربي - دبي ومعرض أيوش دبي ومعرض عمان الصحي - مسقط ونحن نفتخر جدا بأن نكون جزءا من الحركة لنشر رسالة الأيورفيدا في العالم العربي وبأن أي تغيير في النهج المتبع في قضايا الصحة هناك في طريقها. نأمل أن قرائنا والمهنيين لنا يواصلون دعم جهودنا لحمل رسالة من الأيورفيدا أكثر.

المحرر



بالإضافة إلى تعزيز وسائل الراحة الحالية داخل مباني المستشفى، هناك خطط تشمل العديد من المطاعم الراقية والمساحات الترفيهية وهايبر ماركت ومكان مخصص للصلاة منفصل للرجال والنساء، بالإضافة إلى مسابح العلاج المائي لكلا الجنسين.

وذكر مدير المستشفى بأن هدفهم هو توفير رعاية على مستوى عالمي وخدمات استثنائية باستخدام النهج الشمولي للأيورفيدا، بهدف إحداث تأثير إيجابي على حياة الناس في سلطنة عمان.



مستشفى ومركز صحي صحم

للعلاج الأيورفيدي ش م م

ص.ب ٣٨٠٢، روي ١١٢

مسقط، سلطنة عمان

واتساب: ٩٩٢٣٠٠٥ - ٩٦٨ + (العيادة)

(كشك التسويق، أمنيوز مول) ٣٣٣٥ - ٧٧١٥ - ٩٦٨ +

البريد الإلكتروني: info@sahamayurhospital.com

www.sahamayurhospital.com

مكتب التسويق

السيد أشيش مينون

مدير التسويق وتطوير الأعمال

٣٣٣٥ - ٧٧١٥ - ٩٦٨ +

Email: asishmenon@sahamayurhospital.com





مستشفى ومركز صحي صحم للعلاج الايورفيدي ش م م Saham Ayurvedic Hospital & Health Center LLC

مستشفى ومركز صحي صحم للعلاج الايورفيدي الرائد في الخليج ، يقدم برامج إعادة تأهيل شاملة في 15 مجالاً مختلفاً من مجالات الخبرة. تشمل هذه البرامج رعاية ما بعد السكتة الدماغية، وإدارة إصابات الدماغ والعمود الفقري، وعلاج التأخر في النمو لدى الأطفال، مثل الشلل الدماغي والتوحد.

بالإضافة إلى علاجات الايورفيدا المعروفة باسم بانشاكارما وتم تجهيز المستشفى بمجموعة واسعة من معدات العلاج الطبيعي وإعادة التأهيل.



يقدم المستشفى علاجات أيورفيدا شاملة و خدمات ممتازة من أقسام اليوغا وإعادة التأهيل والعلاج الطبيعي وعلاج النطق ويسمح هذا النهج التعاوني بإنشاء خطط علاجية مخصصة لكل مريض.

بالإضافة إلى ذلك توجد عيادة خاصة للمستشفى في مسقط والتي تقع في حي الصاروج-شاطئ القرم. وتقدم أيضاً هذه العيادة مجموعة شاملة من العلاجات المتكاملة بما في ذلك الايورفيدا والعلاج الطبيعي وعلاج النطق وغيرها من العلاجات.

أعلن شاندرنا حسن مينون مدير المستشفى الذي يتمتع بخبرة تزيد عن 40 عاماً في سلطنة عمان، عن خطط لتعزيز سعة مرافق المستشفى بحلول عام 2024. يتم بذل هذه الجهود بسبب الطلب المتزايد على خدمات الرعاية الصحية من جميع دول مجلس التعاون الخليجي.

RNI No. KERARA/2012/45863

آيورفيدا

للعافية



غلاف القصة

كن على الشباب

Media Partner

