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RNI No. KERENG/2006/20510

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ayurvedamagazine.org

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 Tel: +91 484 350 4147
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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, Ponekkara-
 Cheranellur Road,Aims,
 Ponekkara P.O,
 Cochin-682041,
 Ph: 0484 2800406.

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Ayurveda reimagined- from an ancient cure to a global promise

A subtle revolution is happening in healthcare that few are aware of. Ayurveda now speaks about your mind and body in a language that modern wellness specialists are finally listening to.

In every facet of health—mental, physical, environmental—the cracks of modern life have become too loud to ignore. Yet as we search for resilience, balance, and meaning, the 5,000-year-old system quietly rises, not as a relic but as a response. The voices in this issue echo a shared truth: Ayurveda is not only relevant—it is revolutionary.

From International Day of Yoga uniting millions in breath, to Akshar Yoga Kendraa fusing tradition and innovation, we witness healing becoming universal. Sleep, that elusive pillar of health, regains its dignity in Dr. Divya P's poetic call for rest. Meanwhile, Dr. S. Ajith and Dr. Divya Vijayan show us that mental wellness isn't about diagnosis—it's about dialogue, belief, and rediscovery.

We travel deeper into the body with insights on respiratory and neurological care, chronic pain, and skin conditions. Through oils, herbs, and ritual, experts remind us that Ayurveda is not one-size-fits-all—it's one-soul-at-a-time. Panchakarma isn't just detox—it's restoration. And seasonal beauty, as Shahnaz Husain illustrates, is not superficial—it's elemental.

Our plates evolve too. Millets return from obscurity as superfoods of sustainability. Plant-based nutrition emerges as a meeting point of science and soul. Ayurveda nourishes not just our bodies—but our values.

And finally, a widening footprint—Ayurveda's journey to the West reaffirms what India always knew: wellness doesn't belong to borders. It belongs to those who seek with sincerity.

This edition isn't a roundup of trends—it's a tapestry of transformation. The writers, healers, and thinkers featured here share not just practices, but perspectives. They offer pathways for healing that are gentle, personalized, and deeply rooted.

So, as the world races forward, Ayurveda invites us to pause. Not to resist change, but to redefine it—one breath, one meal, one moment of stillness at a time.

This edition is both a mirror and a map. It reminds us that the future of wellness isn't new—it's ancient and at the same time, powerful.

Rajaram. S
 Executive Editor

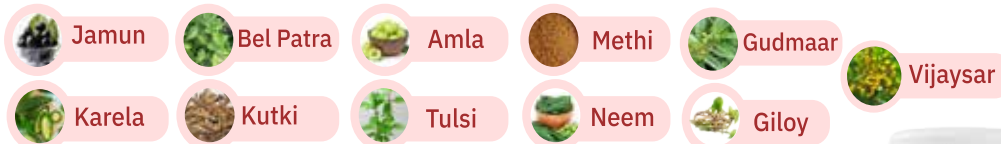


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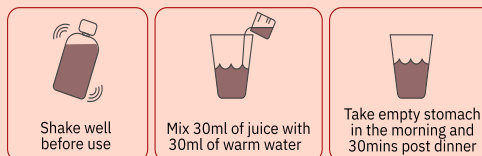


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PRIME MINISTER MODI PROMISES SUPPORT TO MERGE AYURVEDA WITH CUBA'S HEALTH SYSTEM



Prime Minister Narendra Modi met the President of Cuba, Miguel Díaz-Canel Bermúdez on the sidelines of the 17th BRICS Summit in Rio de Janeiro, Brazil and discussed bilateral ties in the areas of economic cooperation, development partnership, fintech, capacity

building, science and technology, disaster management and healthcare.

The Prime Minister expressed happiness at Cuba's recognition of Ayurveda and extended support for integrating Ayurveda into Cuba's public health system. He said Cuba's recognition of Indian pharmacopoeia will lead to access to Indian generic medicines.

The two leaders agreed to work on issues of concern to the global South, including in the areas of health, pandemics and climate change.

PM said in a post on X that it was wonderful to meet President Miguel Díaz-Canel Bermúdez of Cuba.

"In our talks, we covered a wide range of subjects. Economic relations between our nations have a lot of potential to grow in the coming times. Equally promising are sectors like technology, healthcare, and energy. The growing acceptance of Ayurveda in Cuba is surely a great thing. We even discussed ways to strengthen the disaster management apparatus." ■

MAHAYOGI GURU GORAKHNATH AYUSH UNIVERSITY OPENED IN UTTAR PRADESH

The President of India, Droupadi Murmu inaugurated the Mahayogi Guru Gorakhnath AYUSH University at Gorakhpur, Uttar Pradesh on July 1, 2025.

Speaking on the occasion, the President said that the institution was a milestone in the development of medical education and medical services for the entire country with advanced facilities developed at the University now available to a large number of people in addition to about 100 AYUSH colleges affiliated with this university which would also reap its benefits.

Noting that it would be an important step in making India a developed nation in 2047, she said that the popularity of medicine based on AYUSH systems was increasing and such universities would have to play a decisive role in increasing the scientific acceptance of these systems.

The President said that ancient Indian systems like Ayurveda, Yoga, Naturopathy, and Siddha described scientific methods of living a holistic and meaningful life. "In our ancient lifestyle based on



Ayurveda, we pay a lot of attention to a balanced diet, lifestyle, and thoughts. Ayurveda is connected to our earth. Our fields and forests are a treasure of medicinal plants and herbs."

The President urged the people to take every step to make themselves healthy. She advocated regular practice of yoga especially for people who have a sedentary lifestyle. ■

KERALA TO HOST FIRST-EVER WEDDING AND MICE CONCLAVE



Kerala is set to host its first-ever Wedding and MICE (Meetings, Incentives, Conferences, and Exhibitions) Conclave in Kochi from August 14 to 16, in a major initiative expected to boost tourism development in the state.

So far, 60 domestic buyers, 40 international buyers, and 65 sellers have registered for the conclave, with the numbers expected to increase in the coming days. The inaugural session will take place at the Grand Hyatt on Bolgatty Island, Kochi, at 5 pm on August 14, while the business meetings and exhibitions will be held at Le Meridien on the following days.

Tourism Minister P.A. Mohamed Riyas said the conclave is designed to leverage Kerala's unique strengths to position the state as a premier global destination for wedding and MICE tourism. He said the event will bring together a wide spectrum of stakeholders including wedding organisers, corporate event planners, operators of large convention centres, and providers from the tourism and hospitality sectors under one platform.

The conclave will feature training camps and sessions focused on innovative marketing strategies, logistics, and the use of cutting-edge technology, in collaboration with leading MICE and wedding companies.

Highlighting the success of the government's efforts, Mr. Riyas shared that over 1,000 destination weddings were held in various tourist locations across the state last year. He said Kerala's natural beauty, rich cultural heritage, picturesque beaches, serene backwaters, world-class hospitality, infrastructure, and robust road connectivity make it a highly attractive destination for both wedding and MICE tourism. ■

MADHYA PRADESH TO WOO JAPANESE TRAVELLERS WITH HERITAGE AND WILDLIFE TOURISM

Madhya Pradesh is going all out to attract Japanese tourists by showcasing its spiritual landmarks and wildlife reserves.

In May, the Madhya Pradesh Tourism Board (MPTB) organised two promotional roadshows in Tokyo and Osaka. The delegation was headed by Sheo Shekhar Shukla, Principal Secretary – Tourism & Culture and Managing Director, MPTB, accompanied by Vivek Jude, Deputy Director – Events & Marketing.

These roadshows, which featured audiovisual presentations and interactive quizzes, generated significant interest among Japan's travel trade circles. The sessions spotlighted the state's diverse tourism offerings, spanning spirituality, heritage, wildlife, and eco-tourism. The campaign aims to appeal to Japanese tourists who cherish spiritual and cultural journeys.

With attractions like the UNESCO-listed Sanchi Stupa, Khajuraho temples and dance festival, and



the wildlife parks of Kanha, Bandhavgarh and Pench, Madhya Pradesh showcases a rich tourism portfolio.

Madhya Pradesh has already been chosen to host the 21st World Rose Convention in Bhopal in 2028. The announcement came during the 20th convention in Fukuyama, Japan, where a symbolic handover took place.

This prestigious global gathering, expected to draw over 700 delegates from across the globe, could significantly elevate Madhya Pradesh's presence on the international floriculture stage. ■

KARNATAKA TOURISM PLANS SEAPLANES AND 3D VIRTUAL TOURS TO ATTRACT VISITORS

As part of the efforts to boost its tourism sector, Karnataka is planning to introduce seaplane services connecting destinations such as Hampi and Krishna Raja Sagar (KRS) and to develop a multilingual tourism website and immersive 3D virtual tours of its heritage sites.

Together, all these steps are expected to make the state's diverse tourism attractions more accessible to the travellers. The idea is to promote the state's rich cultural and historical heritage through innovative measures, according to the Karnataka Tourism Minister H K Patil.

The immersive 3D films will showcase 20 to 30 temples and historical landmarks protected by the Archaeological Survey of India (ASI). The multilingual tourism website designed to provide information in multiple foreign languages and will be created in collaboration with the Ministry of External Affairs to promote international tourism



At the Karnataka International Travel Expo (KITE) held in Bengaluru in February, Chief Minister Siddaramaiah emphasised the government's plan to promote lesser-known destinations and to strengthen the transport infrastructure network including rail and road connectivity to facilitate the travel of the tourists. The expo served as a platform for B2B meetings for the industry experts to discuss strategies for improving travel and tourism in Karnataka. ■

AYUSH-ITDC PACT TO PROMOTE MEDICAL VALUE TRAVEL IN AYURVEDA



The Ministry of Ayush has signed a Memorandum of Understanding (MoU) with the India Tourism Development Corporation (ITDC), under the Ministry of Tourism, Government of India, to collaborate on promoting Medical Value Travel (MVT) in Ayurveda and other traditional systems of medicine.

The MoU was signed by Dr. Shashi Ranjan Vidyarthi, Director, Ministry of Ayush, and Piyush Tiwari, Director (Commercial and Marketing), ITDC, in the presence of Pramod Kumar Pathak, Special Secretary, Ministry of Ayush, and other senior officials from both organizations.

As per the MoU, the Ministry of Ayush will provide training to ITDC officials to sensitize them to the potential of medical value travel in Ayurveda and other traditional systems of medicine. It will also identify tourist circuits with strong potential for MVT promotion and provide ITDC with technical know-how and guidance on a continuous basis.

On the Ministry's suggestion, ITDC will include historical heritage sites related to Indian systems of medicine in its tourist itineraries under "Knowledge Tourism." ITDC may also develop films and literature relevant to tourists and explore the possibility of establishing Ayurveda and Yoga centres in hotels operated by ITDC. In addition, both parties will collaborate to organize sensitization workshops.

To ensure effective implementation and progress, a Joint Working Group (JWG) will be established, co-chaired by representatives from both the Ministry of Ayush and ITDC. This group will also study and identify best practices from countries like Malaysia, Singapore, and Thailand, which have positioned themselves as leading destinations for medical value travel. ■

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INDIA LEADS THE WORLD ON INTERNATIONAL DAY OF YOGA

From Delhi to Rio, millions mark the 11th International Day of Yoga, celebrating India's living heritage that integrates wellness of body and mind.



PK Krishnakumar



On June 21, 2025, people from all walks of life gathered in the hundreds and thousands across various locations in India and overseas to perform yoga, marking the 11th anniversary of International Day of Yoga (IDY). The widespread participation reaffirmed the global appeal and the growing popularity of this ancient Indian practice that integrates mind and body wellness.

India's 'soft power'

In India, the President and the Prime Minister led the celebrations by participating in mass yoga programmes. The zeal for yoga was no less evident in many foreign countries where Indian embassies and Consulate General offices organised large scale events in public spaces.

Yoga enthusiasts from cities such as New York, San Francisco, London, Paris, Madrid, Frankfurt, Beijing, Tokyo, Kuala Lumpur, Seoul, Jakarta, Colombo, Muscat, Sydney, Wellington, Rio De Janeiro, and Pretoria actively participated in yoga practice in the open-air sessions held in parks, temple compounds and beaches.

Indian Prime Minister Narendra Modi led the national celebration by participating in the Common Yoga Protocol (CYP) session at the beachfront in Visakhapatnam, attended by lakhs of people.

Reflecting on the journey of IDY he said when India proposed the idea of International Yoga Day at the United Nations, 175 countries supported the proposal exemplifying a collective global effort for the greater good of humanity. He expressed happiness at how yoga united the world and became an integral part of the lifestyle of millions across the globe in eleven years.

“I feel proud when I see that our Divyang friends read yoga shastras in

Braille, scientists do yoga in space, young friends in villages participate in Yoga Olympiad,” he said, adding that be it the steps of the Sydney Opera House, or the peak of Everest, or the expanse of the ocean, the message everywhere is the same – Yoga belongs to all, and is for all.

At a mass demonstration at the Uttarakhand State Police Line Maidan, Dehradun, the President of India Droupadi Murmu described yoga as India's ‘soft power’ stating that it connects body, mind and soul thereby fostering healthier individuals, families, societies, and a healthier country. She stressed that prevention through yoga is better than cure underscoring the need to integrate yoga into daily life.

International flavour

At the United Nations headquarters in New York, Ambassador Parvathaneni Harish, Permanent Representative, pointed out the growing global resonance of Yoga over the years, with its appeal cutting across geographies, age groups and backgrounds and attributed the origin of the ancient practice to India's civilizational ethos of Vasudhaiva Kutumbakam - the world is one family. Renowned physician and leading authority on integrative well-being, Dr Deepak Chopra led a guided meditation at the event which also featured Common Yoga Protocol sessions and an advanced Yoga demonstration by The Art of Living set to music. More than 1,200 yoga enthusiasts attended, including PRs, members of diplomatic corps, representatives of various Yoga organizations and members of the Indian diaspora.

In London, The Ayurveda Centre of Excellence (ACE) supported by the All-Party Parliamentary Group (APPG) on Indian Traditional Sciences marked IDY for the 11th consecutive year at the Houses of Commons calling for collaboration on a White Paper on integrative healthcare as an essential contribution to the National Health Service (NHS) reforms.

“Yoga for One Earth, One Health”

Yoga sangam events were held simultaneously at more than 3.5 lakh locations across India. Union Minister for Finance & Corporate

Affairs Nirmala Sitharaman joined the celebrations at the Arun Jaitley National Institute of Financial Management (AJNIFM), in Faridabad, Delhi-NCR, where more than 400 participants performed yoga. Lok Sabha Speaker Om Birla led the Parliament celebrations where hundreds of participants including members of Parliament, former members and employees of Lok Sabha Secretariat and Rajya Sabha Secretariat took part in Common Yoga Protocol.

As part of this year's global theme, “Yoga for One Earth, One Health,” the Union Ministry of Tourism organised events at 40 culturally and naturally significant tourist sites across the country to promote holistic wellness, cultural heritage, and sustainable tourism. Union Ministers attended 11 of these locations.

Yoga at geo-heritage sites

Geological Survey of India organized 50 yoga sessions across 46 locations in India, including regional and state unit offices, training centres, and operational field camps as part of celebrations. The open-air yoga demonstrations were held at 12 major geo-heritage sites. They were the ancient mining site at Zawar, Rajasthan; Rahioli Dinosaur Fossil Park, Gujarat; Bhimbetka Rock Shelters, Madhya Pradesh; Nighoj Natural Rock Formation, Maharashtra; Dudhinala, Jharkhand; Gangani River Valley, West Bengal; Siwalik Fossil Park, Himachal Pradesh; Salakhán Fossil Park, Uttar Pradesh; Arwah-Lumshynna Cave, Meghalaya; St. Thomas Mount Charnockite, Tamil Nadu; Peninsular Gneiss, Lalbagh, Karnataka and Mangampet Barytes Deposit, Andhra Pradesh. ■



AKSHAR YOGA KENDRAA: BRIDGING YOGIC WISDOM AND MODERN WELLNESS

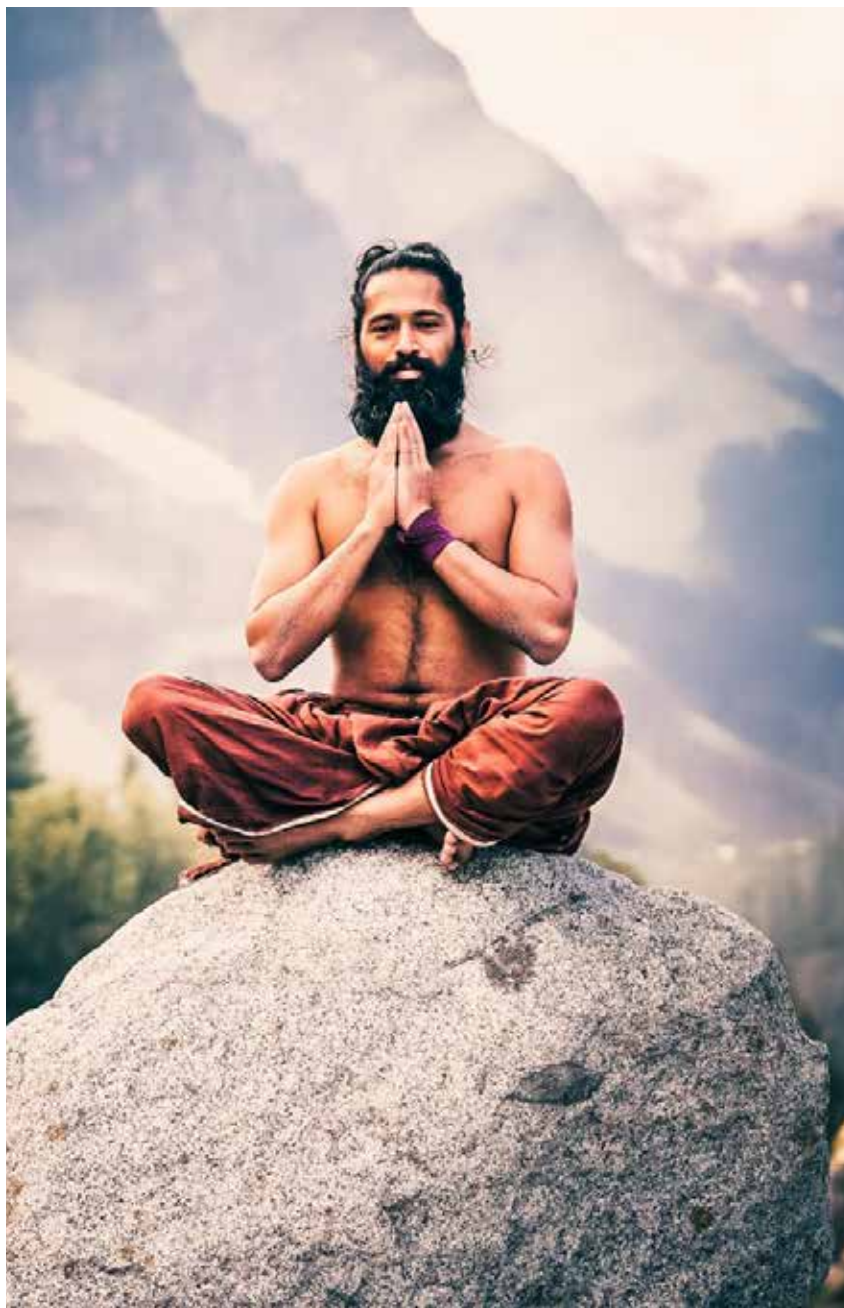
Akshar Yoga Kendraa is reinterpreting Yoga to suit the present-day needs to help maintain physical and mental health and manage stress without diluting its traditional knowledge.



Himalayan Siddhaa Akshar

Yoga, one of India's greatest contributions to global wellness, is also one of its most versatile sciences. While its ancient roots stretch back thousands of years, yoga remains remarkably adaptive, evolving alongside human needs. This convergence of timeless wisdom with modern innovation is shaping a new paradigm in wellness, education, and healthcare.

Innovation in yoga is not about reinventing tradition, but about reinterpreting it in the context of the world we live in today. Modern-day institutions and yoga experts are finding new ways to transmit yogic knowledge through integrative platforms, scientific validation, and therapeutic modules that are customised for the individual.





Yogic touch to wellness

One such example is seen in the growing integration of neurophysiology and yogic practices. Breathing techniques such as Praan Mudra, Bhastrika, or Kapalbhathi are being closely studied for their ability to influence the autonomic nervous system, enhance oxygenation, and even improve memory and cognition. What was once an esoteric practice is now being acknowledged for its neurological impact, with data supporting its effectiveness.

Wellness schools and training academies are also adapting yogic teachings to various life spheres—corporate wellness, children's education, rehabilitation, athletic training, and even space science. This expanding scope demands structured systems of knowledge transmission.

The Akshar approach

Akshar Yoga Kendraa is one such body that exemplifies this approach. Founded under the guidance of Himalayan Siddhaa Akshar, Akshar Yoga Kendraa has blended traditional teachings with contemporary training formats, thereby creating new possibilities in yoga education and lifestyle integration. With over 50,000 globally certified teachers, Akshar Yoga Kendraa has helped spread the transformative reach of yoga across 80+ countries impacting over 2,00,00,000+ practitioners.

Under the leadership of Himalayan Siddhaa Akshar, the organization has successfully achieved 21 Guinness World Records in yoga. These milestones reflect a strong commitment to promoting yoga on a global scale, creating large-scale participation, and setting new standards in discipline, unity, and wellness.

Akshar Yoga Kendraa is actively involved in expanding access to yoga education through online and offline workshops, retreats, community outreach programs, and teacher training certification courses.

This kind of structured dissemination of yoga is, in itself, a form of innovation—where the focus is not on modifying the core principles of yoga, but on making them accessible, experiential, and culturally resonant. Akshar Yoga Kendraa's global outreach and multilingual resources have played a vital role in making traditional Himalayan yoga relevant for the modern world.

What distinguishes this approach is the emphasis on energy alignment, breath-based practices, mental clarity, and spiritual insight—delivered through ancient Himalayan wisdom and traditional methods of teaching that are preserved



in their original depth, purpose, and clarity. The teachings of Himalayan Siddhaa Akshar reflect a deep respect for the sacred origins of yoga, while also responding to the present-day needs of practitioners—be it stress management, emotional regulation, physical rehabilitation, or spiritual growth.

In the field of Ayurveda and wellness tourism, such efforts open vast possibilities. Global travellers are no longer looking merely for spa-like relaxation—they seek transformative experiences, rooted in cultural depth and energetic healing. Full moon meditations, sunrise rituals by the riverside, elemental balancing, and guided energy practices are now being incorporated into retreats, offering a more immersive spiritual experience.

Purantaa model

In alignment with the evolving landscape of conscious wellness, Akshar Yoga Kendraa's upcoming wellness and holistic centre, Purantaa, stands as a pioneering model for integrative yoga and transformative healing retreats. Designed as a secluded facility for energy alignment and healing, it offers curated 15-day programmes that include yogic practices, Ayurvedic detox, elemental healing, vibration therapy, and one-on-one yoga and spiritual mentorship under guidance of Himalayan Siddhaa Akshar. With its complete isolation from external distractions, Purantaa exemplifies how ancient traditions are being preserved in immersive formats tailored for today's seeker.

As we stand at the intersection of ancient science and modern

needs, yoga serves as the bridge. And in this journey, let us ensure that innovation honours its source—grounded in purity, purpose, and peace.

As India continues to be a beacon for global health tourism, it is our responsibility to ensure that the yogic experience offered is not diluted, but elevated. With authentic systems like Akshar Yoga Kendraa leading the way, yoga can continue to serve as a bridge—between past and future, East and West, the seeker and the self. ■



*The author, **Himalayan Siddhaa Akshar**, is an author, columnist, founder of Akshar Yoga Kendraa and a yoga and spiritual leader.*



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WHY YOGA AND AYURVEDA MATTER MORE THAN EVER

Yoga and conscious eating, rooted deeply in ancient wisdom, offer profound solutions for the challenges of our current time.



Beatrice Deschamps

How is daily yoga practice and ayurvedic routines even more relevant in today's world than yesterday?

In today's rapidly moving world, the importance of a daily yoga practice and a healthy diet has become more critical than ever before. With the rise of artificial intelligence, excessive digitalization, and an increasingly sedentary lifestyle, our modern habits are creating a new kind of imbalance — both physically and mentally. Yoga and conscious eating, rooted deeply in ancient wisdom, offer profound solutions for the challenges of our current time.

Reconnecting with ourselves

We are living in an era where everything is moving faster. Technology has brought many conveniences, but it also demands constant attention. Our brains are overstimulated by screens, notifications, and endless information. The overuse of our sensory organs, especially the eyes and the brain, leads to mental fatigue, emotional instability, and a loss of inner clarity. More than ever, we need practices that allow us to slow down, reconnect with ourselves, and maintain our physical and mental health both.

Relevance of Yoga

Yoga, traditionally seen as a union between the body, mind, and spirit, is not just a physical exercise as it is often practiced in the West. It is a holistic system designed to bring harmony at all levels of our being. Daily yoga practice, even as simple as a few conscious movements combined with deep breathing, helps counteract the toxic load that modern lifestyles impose on our bodies. Sedentary activities, hours spent sitting in front of screens, and lack of physical movement contribute to the build-up of "ama" — a concept from Ayurveda referring to undigested foods created by unproper digestion that accumulate in the body and can reach the mind.

When we engage in yoga asanas, we put ourselves into movements, into life itself. We stimulate digestion (agni), circulation, and the lymphatic system, helping the body naturally cleanse itself. The fourth step of Pranayama (yogic breathing techniques) works on calming the nervous system, reducing stress hormones like cortisol, and improving oxygenation at a cellular level. Meditation further brings stillness to the restless mind, offering a sanctuary of

quietness amidst the constant digital vibrations around us.

Moreover, beyond physical practices, the ethical foundations of yoga — Yama and Niyama — are more relevant today than ever. In a world where societies are increasingly polarized, where material success often overshadows personal integrity,



the principles of non-violence, truthfulness, contentment, and self-discipline offer a moral compass to navigate life with grace and purpose. Applying these ethical disciplines can help rebuild not only personal balance but also contribute to healthier communities, societies.

Dietary habits

A healthy, mindful diet is the second essential pillar. Modern eating habits — fast food, processed meals, sugar-loaded snacks, frozen foods — are creating epidemic levels of chronic diseases like diabetes or cardiovascular issues even burn out. Ayurveda teaches us that food is not just fuel; it is the first medicine and source of vital energy (prana). A diet rich in fresh vegetables, fruits, whole grains, nuts, and spices strengthens the immune system, enhances mental clarity, and supports emotional stability.

Eating mindfully, according to one's constitution



(prakriti), seasonal needs and local grown products, enhances the body's natural intelligence to heal and maintain itself alone. Avoiding overeating, eating at regular times, and favouring fresh, warm, and balanced meals helps counteract the negative effects of irregular modern schedules and stress-eating patterns. It acts as a significant help to sustain life, and it is so often forgotten.

Constructive collaboration

By combining daily yoga practice with a wholesome diet, we create a powerful synergy. Yoga cleanses the body and sharpens the mind, making it more receptive to the nourishing and healing effects of healthy food. In return, a proper diet provides the necessary strength and clarity to go deeper into yoga and meditation practices a step deeper.

In a globalized world where health tourism is becoming a major trend, these ancient practices offer a sustainable, holistic, and effective path to wellness. Travelers seek not only beautiful destinations but experiences that transform their lives from the inside out. Integrating yoga and Ayurvedic principles into health tourism programs can meet this deep need — offering healing retreats, personalized yoga sessions, cooking classes based on Ayurvedic nutrition, and mindfulness workshops.

Slowing down is a necessity

The message is simple but powerful: slowing down is no longer a luxury; it is a necessity. Conscious movement, conscious breathing, conscious eating — these are the medicines of our time. Yoga and Ayurveda provide timeless answers to modern diseases of the body, mind, and soul. They invite us to live with more awareness, vitality, and joy, in harmony with ourselves and the world around us.

In today's world, more than yesterday, the call for conscious living is louder. Listening to it is an act of profound self-love and a gift to future generations. ■

*The author, **Beatrice Deschamps** is a dedicated Ayurveda practitioner, yoga and meditation teacher, and founder of Heart of Āyurveda, based out of Paris. She shares wisdom through blog articles, online programs, and co-authored *Le Guide familial de l'Ayurveda* (2022).*

WHEN THE BODY SLEEPS, NATURE HEALS: MYTHS AND SCIENCE OF REST

The article dispels several ingrained myths about sleep, which is an essential ingredient for healthy life.



Prof. (Dr.) Divya P

“Sleep that knits up the ravelled sleeve of care, The death of each day's life, sore labor's bath, Balm of hurt minds, great nature's second course, Chief nourisher in life's feast.”

(Macbeth- William Shakespeare)

In Ayurveda, sleep is revered as one of the three fundamental pillars of life, holding equal importance to diet in maintaining human health. Before the advent of electric lighting, human life was closely aligned with the natural rhythms of sunrise and sunset, and the idea of staying awake for extended hours—and the associated health consequences—was virtually non-existent.

Sleep, like the human eye, is a rare biological function that has evolved independently across species multiple times, highlighting its essential role in survival. Consistently getting less than six hours of sleep per night can severely weaken the immune system, more than double the risk of cancer, and significantly increase the likelihood of developing Alzheimer's disease. Even a single week of reduced sleep can disrupt blood sugar regulation to levels resembling pre-diabetes.





Lack of sufficient sleep is strongly associated with a range of cardiovascular problems, including heart disease, stroke, and congestive heart failure. It is also a contributing factor to numerous psychiatric conditions such as depression, anxiety, and suicidal behaviour. Sleep deprivation increases appetite and can promote weight gain. Astonishingly, the cognitive and physical deficits resulting from just one night of inadequate sleep can be more pronounced than those caused by missing meals or skipping physical activity.

Myths about sleep

**Night owls are just lazy—
they can wake up early if they want to**

Not everyone shares the same circadian rhythm—some are natural early birds, while others are biologically inclined to be night owls. This variation is deeply rooted in evolution; in hunter-gatherer societies, staggered sleep patterns likely evolved to ensure that someone was always awake to guard the group from dangers. Forcing a night owl to rise early or expecting an early bird to work late can impair cognitive performance because their internal clocks simply don't align with those schedules. These patterns are largely genetic, yet society often unfairly criticizes night owls based on the mistaken belief that their sleep preferences are merely a matter of choice.

As long as you get 8 hours of sleep, the timing doesn't matter

While getting 8 hours of sleep is important, when you sleep matters just as much. Sleep cycles alternate between NREM (non-rapid eye movement) and REM (rapid eye movement) stages roughly every 90 minutes, but their proportions shift throughout the

night. The first half of the night is dominated by deep NREM sleep, essential for physical repair and immune support, while the latter half contains more REM sleep, crucial for emotional balance, memory, and brain function. Sleeping at odd hours or outside your natural circadian rhythm can disrupt this delicate balance, leading to incomplete restoration of both body and mind.

Teenagers are just lazy sleepers

Our circadian rhythm naturally shifts with age. During adolescence, this internal clock moves later, meaning teenagers often don't feel sleepy until much later in the evening compared to younger children or adults. It takes additional hours before their brain begins to wind down and allow for deep, restful sleep. In contrast, as people age, their circadian rhythm tends to shift earlier, leading to earlier bedtimes and wake-up times—and more fragmented sleep overall. So, when an older adult criticizes a teenager for sleeping in, it's often a misunderstanding of these biological differences, not a reflection of laziness.

You can catch up on sleep over the weekend

Many people try to make up for lost sleep during the week by sleeping in on weekends. However, sleep doesn't work like a credit card—you can't rack up a debt and expect to pay it off later without consequences. While extra weekend sleep may offer temporary relief, the brain cannot fully recover the sleep it has been deprived of. Chronic



sleep loss leaves lasting effects on your health, mood, and cognitive function, even if you try to “catch up” later.

Alcohol helps you sleep better

While alcohol may make you feel drowsy, the sleep it induces is far from natural. Instead of promoting restorative rest, it leads to fragmented sleep and suppresses REM sleep, which is vital for emotional and cognitive health. These frequent awakenings often go unnoticed but reduce sleep quality significantly. Even moderate alcohol intake can disrupt sleep architecture, making that evening drink more harmful than helpful when it comes to getting truly restful sleep.

Just set an alarm and power through

Waking up abruptly to a blaring alarm jolts the body into action by triggering the fight-or-flight response, causing a sudden spike in blood pressure and heart rate. This is in stark contrast to the calm physiological state of naturally waking. Using the snooze button only repeats this shock multiple times, putting repeated stress on the cardiovascular and nervous systems. Doing this daily, especially on weekdays, can amount to a chronic assault on your heart and overall health. ■

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MENTAL HEALTH VERSUS MENTAL WELLBEING

A timeless path to mental well-being—treating root causes, not just symptoms, for lasting balance and holistic healing.



Dr. S. Ajith

In today's world, mental health issues are on the rise despite significant efforts by the western medical system. Mental health problems range from anxiety, depression, stress, bipolar disorder, schizophrenia, eating disorders, and personality disorders. Western medicine often offers solutions in the form of antidepressants, anti-

anxiety medications, and sleep aids. However, these drugs often escalate to stronger psychiatric medications, and while some individuals experience improvement, many others do not. The core issue lies in the fact that treatments tend to address only the symptoms rather than the root cause of the problem.

This brings us to an important question: Is there another way to support individuals suffering from mental health challenges? The answer is, yes. Instead of focusing solely on mental health issues, we should look at how mental well-being can be achieved. One of the oldest systems of medicine, Ayurveda, offers a holistic approach to mental health, with a focus on prevention and treatment without





allowing mental health issues to spiral into deeper problems.

A holistic approach to mental well-being

Ayurveda, with its emphasis on balance and harmony, provides a comprehensive approach to mental health, which is often more effective than simply addressing symptoms. Ayurveda recognizes the significance of brain function in mental health but places greater emphasis on the mind. While Western psychology has begun to recognize the mind's role, it still does not view the mind as an independent entity. In contrast, Ayurvedic psychology treats the mind as a distinct component that plays a crucial role in mental well-being and mental imbalances.

The mind-body connection

Ayurveda advocates that true mental well-being is achieved when there is harmony between the mind and body. To foster this harmony, Ayurveda encourages a deep understanding of the mind's functions and its effects on the brain. According to Ayurveda, the mind has three primary qualities, each of which impacts its function:



Stable (Clear): A calm, clear, and focused mind.

Stimulant (Turbulent): A restless, agitated, and distracted mind.

Dull (Cloudy): A sluggish, foggy, or lethargic mind.

These qualities are known as SATTVA RAJAS AND TAMAS in Sanskrit language

These qualities influence our thoughts, and thoughts lead to actions. Positive thoughts foster normal health, while negative thoughts are a manifestation of mental imbalance.

The impact of food on the mind and brain

In Ayurveda, it is believed that food plays a significant role in shaping the mind and, consequently, the brain. The food we consume can be classified into three categories based on their impact on the mind's qualities:

- **Stable and clear foods:** Foods that provide life force (Prana) and oxygen to the brain, promoting clarity, alertness, and mental vitality.

Examples: Fresh vegetables, grains like millet, quinoa, rice, nuts, seeds, fruits like grapes, apples, papayas, avocados, milk, and ghee.

- **Stimulant foods:** Foods that burn Prana and create mental agitation, confusion, and fatigue.

Examples: Alcohol, drugs, carbonated drinks, coffee, energy drinks, fried foods, chocolate, and fast foods, pizza, burgers, smoothies, chilli sauce, tomato sauce, chips, peanut butter are few to name.



- **Dull and cloudy foods:**

Foods that lack Prana, causing heaviness, sluggishness, and mental fog.

Examples: Fast food, processed meats, frozen food, excessive sweets, and processed snacks. Red meat, tin food, in fact all stimulant food ultimately will change/promote dull and cloudy qualities in brain.

The foods we consume impact our mental state and, over time, can lead to conditions like stress, anxiety, fatigue, and poor concentration. If an individual consumes 8-10 meals a week from the stimulant or dull categories, they are likely to experience increased feelings of frustration, sadness, nervousness, and irritability.

Next important factor is family environment.

Abusive childhood, unstable childhood, suppressed emotions, relationship problems, insecurity in life, Lack of support around are few such examples that make an individual more prone to get affected easily

Ayurvedic approach to mental well-being

To address mental health from an Ayurvedic perspective, a complete approach that integrates diet, lifestyle, and self-care practices is essential. The following steps can be incorporated into a daily routine:

1. Food and activity

selection: Remove foods from the stimulant and dull categories and include more stable and clear foods.

Similarly, avoid activities that contribute to mental instability and incorporate activities that promote mental clarity.

2. Breathing exercises:

Practice deep breathing at least three times a day to enhance prana (vital energy), calm the mind, and reduce stress.

3. Ayurvedic oils and

herbs: Use natural remedies like black sesame oil for gentle body massage, and take herbal formulations such as Ashwagandha, Brahmi, and Shankhpushpi to support mental clarity and reduce anxiety.

4. Meditation and

visualization: Implement guided meditation techniques, open-eye meditation, and visualization to manage stress, anxiety, and depression.

5. Counselling and

emotional healing: Engage in Ayurvedic counselling to identify and address emotional imbalances. Techniques such as affirmations, introspection, and chakra healing can be used to reset emotional responses and promote mental health.

Clinical trials and ayurvedic treatments

Clinical trials have shown the effectiveness of Ayurvedic treatments in managing mental health issues. Herbal formulations such as Ashwagandha, Brahmi, and Jatamansi have been found to improve mental clarity and reduce symptoms of anxiety and depression. Ayurvedic



therapeutic treatments like Shirodhara (oil pouring therapy), Shirobasti (head oil treatment), and Marma Massage (therapeutic touch) have also demonstrated positive outcomes in restoring mental balance.

Moreover, Chit Yog Sadhana, an ayurvedic meditation technique, has been shown to help clients suffering from panic attacks, fear, and stress. This approach, when combined with Ayurvedic herbs, oils, and diet, offers a comprehensive solution for mental well-being.

The success of the ayurvedic approach

When integrated into daily life, Ayurvedic methods offer a balanced, holistic way of treating mental health issues. Regular use of ayurvedic treatments and practices can lead to significant improvements in mental clarity, emotional stability, and overall well-being. Through a combination of diet, lifestyle changes, herbs, and therapies, Ayurveda provides a sustainable, long-term solution to mental health challenges.

By adopting these principles, individuals can foster mental well-being, reduce the need for heavy psychiatric medications, and find lasting relief from the pressures of modern life. ■

*The author, **Dr. S. Ajith**, a leading Ayurvedic physician, has spent over 40 years advancing Ayurveda globally. He served in Punjab, India, for 20 years before founding Planet Ayurveda and Ayurda Wellness in New Zealand. He developed WHO benchmarks, collaborated with the Australian TGA, pioneered Ayurvedic education, and created Vaidya, an Ayurvedic diagnostic software.*

CONQUERING MINDS - THE AYURVEDIC WAY

Ayurvedic healing transforms lives—breaking stigma, bringing joy, and providing holistic relief for all through compassionate, innovative care.^{3ju}



Dr. Divya Vijayan

Imagine a 26-year-old young man, full of life, yet feeling as if he were 62— his thoughts and vitality drained. The pain of realizing this truth left him feeling hopeless and powerless. He had faced repeated failures since childhood and was diagnosed with depression at the age of 14. When he arrived at our OP clinic, he saw it as his last resort.

After hours of in-depth assessment, our medical specialists uncovered that his suffering stemmed not just from depression, but from the deep-seated belief in the diagnosis—a label that had shaped his identity since childhood. Recognizing this was the turning point, allowing us to guide him on a transformative journey towards recovery, where he reclaimed his strength, success, and happiness. Today, he stands as a testament to the profound power of healing.

Ayurvedic perspective on mental health

Thousands of individuals come to us burdened with the stigma of mental health labels. Yet, as they progress through their treatment, they step into a world of joy and fulfilment. Even in severe cases, there is significant improvement in their quality of life. It is not just depression—Ayurveda addresses a broad spectrum of mental health conditions in both adults and children, offering relief and healing.

The human mind has long been a subject of deep curiosity, explored through various approaches. Ayurveda, now globally recognized for treating numerous physical





ailments, has a distinctive perspective on mental health. Over 5,000 years ago, Ayurveda identified psychiatry as one of its eight core branches, emphasizing the importance of mental illness and its treatment. Rooted in Indian psychology, Ayurvedic psychiatry provides profound insights into the human mind, offering specific methods for diagnosing, classifying, and treating mental disorders.

Contours of ayurvedic approach

The ayurvedic approach is based on the mind-body connection, incorporating the Trigunas (three fundamental qualities of the mind) and Tridoshas (three biological energies governing the body and mind).

Ayurvedic treatment follows three primary modalities:

- **Daiva Vyapasraya** – Spiritual healing through rituals and prayers.
- **Yukti Vyapasraya** – Logical and scientific treatments using herbs, therapies, and diet.
- **Sattvavajaya** – Strengthening the mind through meditation, yoga, and psychological counselling.

Ayurveda integrates all these methods, recognizing the critical role of Sattva Guna (a pure and balanced state of mind) in mental well-being. Beyond herbal remedies, it includes specialized treatments such as Nasya (nasal medication influencing the brain), Vasti (gut-brain therapy), Marma massages, Shirodhara, Talapothichil, detoxification techniques, lifestyle modifications, and dietary recommendations.

Effectiveness

The effectiveness of treatment depends on its duration, choice of therapies, and the integration of various herbal combinations. Ayurvedic intervention not only improves a patient's mental state but also promotes deep cellular repair through Rasayana (rejuvenation therapy).

In today's fast-paced, stress-laden world—where WHO reports that one in every eight people suffers from mental health issues—Ayurveda emerges as a sustainable, non-invasive and time-tested remedy. Indeed, Ayurveda holds the power to heal not just the body, but the mind as well. ■

*The author, **Dr. Divya Vijayan**, Chief Psychiatrist & Medical Director at MindCareDoc LLP, blends Ayurvedic principles with modern therapies to deliver accessible mental health care. With over a decade of experience, she pioneers holistic psychiatric and psychological interventions.*



HEALING THE BREATH, THE AYURVEDIC WAY

Ayurvedic remedies and Yoga can ensure long-term management of chronic respiratory disorders.



Prof. (Dr) Abhimanyu Kumar

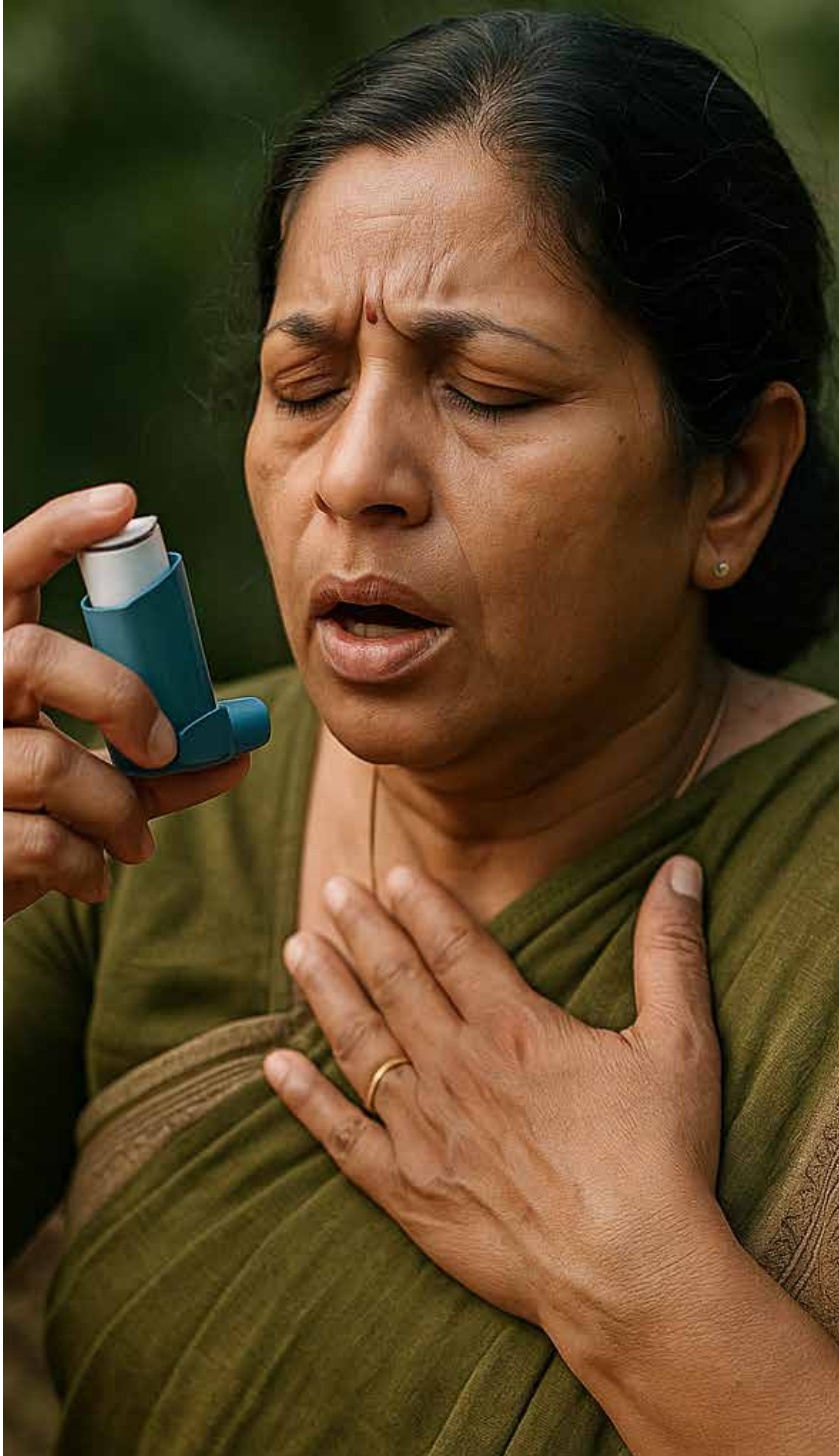
Chronic respiratory disorders (CRDs) such as asthma, chronic obstructive pulmonary disease (COPD), allergic rhinitis, and bronchitis are rising globally, impacting both quality of life and longevity. According to the World Health Organization, CRDs affect over 262 million people, with asthma alone contributing to significant morbidity. Globally, increased air pollution, urbanization, lifestyle changes, and

poor immunity have made respiratory conditions alarmingly common.

Ayurveda provides a complementary, personalized, and often preventive approach to CRDs. This article explores how Ayurveda addresses the pathophysiology, treatment, and long-term management of chronic respiratory conditions, supported by traditional knowledge and emerging scientific validation.

Ayurvedic Pathophysiology of Respiratory Disorders

In Ayurveda, respiratory function is governed by Prana Vayu-a subtype of Vata dosha, which regulates breathing, heart activity, and brain function. Disorders of the lungs and respiratory tract often arise from the aggravation of Kapha dosha (causing mucus accumulation and obstruction) and disturbance in Vata (causing irregular flow of breath).



The following classical categories correlate with modern respiratory conditions:

- **Tamaka Shwasa** – Closely aligns with bronchial asthma and COPD.
- **Kaphaja Kasa** – Productive cough due to excess mucus, similar to chronic bronchitis.
- **Pratishyaya** – Describes allergic rhinitis and chronic sinusitis.
- **Shwasa Roga** – Encompasses breathlessness-related disorders.

Etiological Factors (Nidana):

- Impaired digestion leads to the accumulation of ama (metabolic toxins), which obstructs respiratory channels and weakens immune response.
- Chronic suppression of natural bodily urges like sneezing, coughing, or yawning can disturb the normal flow of Vata and impair lung function over time.
- Regular exposure to environmental irritants, including dust, allergens, and air pollutants, triggers inflammation and increases the risk of chronic respiratory diseases.
- Unwholesome dietary habits, such as frequent intake of cold, oily, heavy, or processed foods, aggravate Kapha dosha, leading to mucus buildup and respiratory congestion.

Scientific Evidence Supporting Ayurvedic Interventions

Several Ayurvedic herbs and formulations have shown pharmacological activity in bronchodilation, mucolytic action, anti-inflammatory effects, and immune modulation:

1. Herbal Medicines for CRDs		
Ayurveda Herbs	Action	Scientific Insight
Vasaka (Adhatoda vasica)	Expectorant, bronchodilator	Contains a natural compound called vasicine, which has been shown to improve breathing capacity and ease airflow in asthma.
Pippali (Piper longum)	Mucolytic, immunomodulatory	Helps improve lung function and also boosts the effectiveness of other herbs used alongside it.
Licorice (Yashtimadhu)	Anti-inflammatory, demulcent	Contains glycyrrhizin, which helps reduce swelling in the airways and supports overall lung and adrenal health.
Shunthi (Zingiber officinale)	Antioxidant, antitussive	Rich in gingerols, which help calm inflammation in the lungs and protect against damage caused by pollution and stress.
Haridra (Curcuma longa)	Anti-allergic, anti-inflammatory	Curcumin, a powerful compound present in Haridra blocks harmful inflammation in the airways, offering relief in asthma and similar conditions.

Several classical formulations such as Sitopaladi Churna, Talisadi Churna, and Chyawanprash have been clinically evaluated for improving symptoms of asthma, bronchitis, and rhinitis in small-scale trials.

2. Panchakarma: Therapeutic Detoxification

When CRDs are chronic or recurring, Ayurvedic physicians recommend Panchakarma, a fivefold purification therapy. Evidence is growing for its systemic benefits:

- **Vamana (Therapeutic emesis):** Especially effective in Kapha-dominant patients. Studies report reduction in IgE levels and eosinophil counts in asthma after Vamana therapy.
- **Nasya (Nasal administration):** Medicated oils like Anu taila clear the nasal passages and sinuses, with clinical trials showing improved peak nasal inspiratory flow (PNIF).
- **Dhumapana (Herbal smoke inhalation):** Carefully administered, it helps in chronic rhinitis and sinusitis.

3. Rasayana (Rejuvenation) Therapy

Post-cleansing, Rasayana therapy is aimed at tissue regeneration and immunity strengthening. In respiratory disorders, specific Rasayanas have been clinically noted to reduce attack frequency and severity.

- **Chyawanprash (with Amalaki as the base):** Enhances pulmonary function and antioxidant status. A published study showed improvement in lung function parameters (FVC, FEV1) in individuals taking Chyawanprash over 12 weeks.
- **Agastya Haritaki:** Traditionally prescribed in chronic bronchitis and asthma, helps in clearing excessive phlegm and enhancing lung resilience.

Lifestyle & Dietary Recommendations:

In Ayurvedic medicine, Ahara (diet) and Vihara (lifestyle) are considered foundational to both the prevention and management of chronic respiratory disorders. These principles are increasingly supported by modern research in nutritional science, chronobiology, and integrative medicine.

- Thermogenic and easily digestible foods, such as freshly prepared warm meals, are traditionally recommended in Ayurveda to reduce Kapha dosha, which is associated with mucus accumulation and respiratory congestion. Contemporary dietary studies also suggest that warm, lightly spiced foods may enhance gastrointestinal motility and immune function, while minimizing postprandial inflammatory responses.
- Avoidance of cold, heavy, and mucus-forming foods-particularly fermented dairy products like curd, cold beverages, and refrigerated leftovers-is advised to prevent Kapha aggravation. Clinically, such foods are known to exacerbate upper respiratory symptoms, especially in individuals with allergic rhinitis and asthma.

- The inclusion of functional spices such as turmeric (*Curcuma longa*), black pepper (*Piper nigrum*), and cumin (*Cuminum cyminum*) is central to Ayurvedic dietary practice. These spices exhibit anti-inflammatory, antioxidant, and mucolytic properties and are supported by experimental studies for their role in modulating gut microbiota, cytokine responses, and respiratory inflammation.

- Dinacharya (daily regimen) and Ritucharya (seasonal regimen) emphasize synchronized routines and seasonal adaptations to maintain homeostasis of doshas and align with the body's circadian and infradian rhythms. This principle aligns with modern chronotherapeutics, where lifestyle routines in harmony with biological clocks are known to improve respiratory function and reduce disease burden.

- Langhana (therapeutic lightening or mild fasting), especially in Kapha-predominant disorders, helps reduce metabolic load and systemic inflammation. Intermittent fasting protocols, when appropriately applied, have been shown to improve pulmonary oxidative stress markers and metabolic profiles, suggesting physiological parallels with Ayurvedic practices.

Yoga and Pranayama: Strengthening the Breath

Pranayama, the science of breath control, is shown in numerous studies to enhance lung function, oxygenation, and parasympathetic tone:



- **Anulom Vilom** – Balances left-right nasal flow and increases oxygen uptake.
- **Kapalabhati** – Improves alveolar ventilation and reduces CO₂ retention.
- **Bhramari** – Calms the nervous system and improves breath-holding capacity.

A study published in the International Journal of Yoga (2020) showed significant improvement in FEV1/FVC ratio and PEFR among patients practicing pranayama for 8 weeks.

Recommended Asanas

- Bhujangasana (Cobra pose): Expands thoracic cavity.
- Matsyasana (Fish pose): Opens bronchial tubes.
- Setu Bandhasana (Bridge pose): Improves circulation to lungs.

Ayurveda offers a holistic, evidence-backed approach to chronic respiratory disorders through personalized Ayurveda herbs, Panchakarma therapies, nutrition, and Pranayama, strengthening respiratory health and immunity naturally. ■

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NATURAL WAYS TO PREVENT ARTHRITIS, JOINT PAIN

Here are some insights on natural ways to manage arthritis using traditional remedies.



Dr. Akhila Bhasu

Arthritis is a condition often characterised by inflammation and swelling of one or more joints. In arthritis an area in or around a joint becomes inflamed, causing pain, stiffness and sometimes difficulty in moving.



Causes of Arthritis

The major causes of arthritis are the following:

- *Wear and tear of a joint from overuse*
- *Age*
- *Injuries*
- *Obesity*
- *Auto immune disorders*
- *Genes or Family history*
- *Muscle weakness*

Symptoms of arthritis

The commonly found symptoms of arthritis are:

- *Joint pain*
- *Stiffness*
- *Swelling*
- *Redness and warmth*
- *Reduced movement*

Types of Arthritis

The main types of arthritis are:

- *Osteoarthritis*
- *Rheumatoid Arthritis*
- *Gout*
- *Ankylosing Spondylosis*
- *Psoriatic Arthritis*

Osteoarthritis is the more common type and is caused by the progressive wearing away of the cartilage that caps the bones in the joints.

Rheumatoid arthritis, on the other hand, is an autoimmune disease in which the body's own immune system attacks the joints causing inflammation.

Diagnosis of arthritis

Your doctor may ask about your symptoms. They may also ask about your overall health and if you have any family history of arthritis.

Tests that your doctor may recommend are:

- *Blood tests*
- *A sample of fluid taken from a joint*
- *An X-ray, ultrasound, or CT scan*

Understanding arthritis in ayurveda

In Ayurveda, arthritis is primarily categorized as a Vata Vyadhi (Vata-dominant disorder), but it may also involve Pitta or Kapha depending on the type. The root pathology begins with:

- *Agni Mandya (weakened digestion)*
- *Ama (toxin accumulation)*
- *Dosha vitiation, especially Vata*

- *Srotorodha (blockage in body channels)*
- *Asthi Dhatu kshaya (depletion of bone tissues)*

According to Ayurveda, arthritis, or Amavata, is triggered by the imbalance or vitiation of Vata, along with the accumulation of the toxic Ama in the joints. This accumulation is the result of poor digestion and metabolism. As such, the treatment for Amavata involves balancing the Vata, while eliminating Ama from the body. The benefits of Ayurveda for arthritis sufferers are numerous. Ayurveda treatment is focused on restoring the balance of the doshas, which helps to reduce inflammation and pain.

Balancing Vata Dosha

Vata imbalance is often associated with arthritis. Ayurvedic treatments focus on calming Vata through warm, nourishing foods like cooked vegetables, soups, and herbal teas. Abhyanga (oil massage) with sesame or mustard oil is also include in Ayurvedic Treatment for Joint pain to soothe the pain.

Reducing Pitta Dosha

Inflammation is linked to Pitta dosha. To pacify Pitta, individuals with arthritis should incorporate cooling foods such as cucumber, mint, and coriander into their diet. Additionally, herbs like turmeric and ginger are renowned for their anti-inflammatory properties.

Management of Kapha Dosha

Kapha imbalance can lead to stiffness and swelling. Ayurvedic recommendations include a diet rich in spicy and warm foods, regular exercise, and herbs like Guggulu to enhance metabolism and reduce stiffness.

Panchakarma

Panchakarma Treatment is a series of detoxification procedures in Ayurveda. It is believed to help remove toxins from the body and balance the doshas (vata, pitta, and kapha). Panchakarma should be done under the guidance of a qualified Ayurvedic practitioner.

Oil massage (Abhyanga)

Regular oil massage, especially with warm sesame oil, is believed to improve circulation, reduce inflammation, and provide relief from joint pain. Massage therapy helps to promote circulation and reduce stiffness in the joints

Herbal remedies for arthritis

Ayurveda boasts a plethora of herbal remedies for arthritis. Ashwagandha (*Withania somnifera*), Shallaki (*Boswellia serrate*), and Haritki (*Terminalia chebula*), Vibitaki (*Terminalia bellirica*), Amlaki (*Phyllanthus emblica*) are among the herbs known for their anti-inflammatory and immune-boosting properties. Consult with an Ayurvedic practitioner to determine the most suitable herbs for your condition.

Dietary modifications

Emphasize anti-inflammatory foods such as fresh fruits, vegetables, whole grains, and nuts.

Avoid or limit intake of spicy, oily, and processed foods.

These factors lead to inflammation, degeneration, and pain in joints.



Ayurvedic classification of arthritis

Modern Type	Ayurvedic Correlation	Doshas Involved
Rheumatoid Arthritis	Amavata	Vata + Ama
Osteoarthritis	Sandhivata	Vata
Gout	Vatarakta	Vata + Rakta
Ankylosing Spondylitis	Asthi Gata Vata	Vata + Asthi Dhatu
Psoriatic Arthritis	Kushta + Vata involvement	Vata

Preventing arthritis through Ayurveda involves a comprehensive approach, including diet, lifestyle changes, herbal remedies, and daily routines (Dinacharya). Ayurveda views arthritis (often classified under conditions like Sandhivata, Amavata, or Vatarakta) because of imbalances in the Vata, Pitta, and Kapha doshas, especially Vata.

Here’s a practical guide to preventing arthritis through Ayurveda.

Ayurvedic diet

Focus on a diet that reduces inflammation and balances Vata.

Favor:

- Warm, moist, cooked foods (soups, stews)
- Healthy fats: Ghee, sesame oil, olive oil
- Anti-inflammatory spices: Turmeric, ginger, cumin, fenugreek, Hingu
- Whole grains: Rice, quinoa, barley
- Vegetables: Cooked carrots, squash, spinach (avoid raw foods)

Herbs like:

- *Ashwagandha*

Anti-inflammatory, strengthens tissues

- *Shallaki (Boswellia)*

Reduces joint pain and stiffness

- *Guggulu*

Detoxifies and reduces Ama (toxins)

- *Turmeric (Haldi)*

Potent anti-inflammatory

- *Triphala*

Aids digestion and prevents Ama buildup

Preventing Ama (Toxin build-up)

Ama is considered a root cause of joint diseases in Ayurveda.

- Eat only when hungry, and avoid overeating
- Avoid heavy meals at night
- Drink warm water throughout the day
- Use Trikatu (dry ginger, black pepper, long pepper) to boost digestion

- Perform seasonal detox (Panchakarma) under guidance to cleanse the system

Ritucharya (Seasonal routine)

Adapt your habits with the seasons:

- Cold, dry seasons (Vata dominant): Increase warmth, oils, and grounding foods
- Rainy season (Kapha-Vata imbalance): Use dry spices, keep joints warm, avoid dampness



Yoga and meditation

Yoga helps maintain flexibility and reduce stress. ■

Akhila Bhasu is a Kerala-based wellness consultant (Veda5 Wellness, Thrissur) and certified Ayurvedic practitioner with over a decade’s experience in holistic healing. She specialises in Ayurvedic nutrition, lifestyle guidance, and preventive healthcare. Beyond her practice, she cultivates medicinal herbs and leads wellness camps in underserved communities. Contact: akhilamanu38@gmail.com

A TIMELESS SYSTEM FOR NEUROLOGICAL CARE



Dr. Shehin Siddique M

Harnessing Ayurveda's timeless wisdom to restore balance, strengthen nerve function, and support stroke recovery through integrative therapies.

Ayurveda, the traditional system of medicine rooted in the Indian subcontinent, is a comprehensive and holistic science of health. Grounded in the balance of three fundamental bio-energies—Vata, Pitta, and Kapha—Ayurveda emphasizes harmony between the body, mind, and environment. Its approach is both preventive and curative, aiming not only to treat disease but also to maintain health through personalized diet, lifestyle, herbs, and therapies. This ancient system remains highly relevant in the modern era, especially in the management of neurological disorders, where conventional medicine often focuses on symptom control. Ayurveda views conditions such as stroke (Pakshaghata), Parkinson's disease (Kampavata), epilepsy (Apasmara), and neuropathies as manifestations of disturbed Vata dosha and dysfunction of the nervous and subtle channels (Srotas). Through detoxification (Panchakarma), rejuvenation (Rasayana), and targeted therapies using medicated oils, decoctions, and mind-body practices, Ayurveda offers an integrative and restorative approach to support nerve function, enhance mobility, and improve the overall quality of life for patients with neurological challenges.

Pakshaghata: Ayurvedic understanding of stroke

In Ayurvedic science, stroke is understood as Pakshaghata, which falls under the broad category of Vata Vyadhi—diseases caused by the aggravation of the Vata dosha. The word "Paksha" refers to one half of the body, and "Aghata" means injury or affliction. Thus, Pakshaghata signifies the impairment of strength and movement on one side of the body, often associated with paralysis, facial asymmetry, speech



disturbance, and stiffness—symptoms closely resembling hemiplegia in modern clinical terms. As described in Charaka Samhita, “Vātāt pakṣaghatastu syān pakṣasyāṅgasya vā gatiḥ, Tathā śaktiḥ ca nāsti syāt stabdhataḥ kampitaḥ kṛśaḥ,” which translates to: “Due to aggravated Vata, movement and strength are lost in one half of the body. The affected part may become stiff, tremble, or waste away.” According to Ayurvedic understanding, aggravated Vata dosha obstructs the Srotas (channels), Snayu (ligaments), and Marmas (vital spots), leading to dysfunction of motor and sensory activity on one side of the body.

Warning Signs: Purvarupa (*Prodromal Symptoms*)

Before the full onset of Pakshaghata, Ayurveda describes certain Purvarupa, or prodromal symptoms, which function as early warning signs. These may include tingling or numbness in the limbs, a weak grip or clumsiness in one hand, slurred or slow speech, dizziness, imbalance while

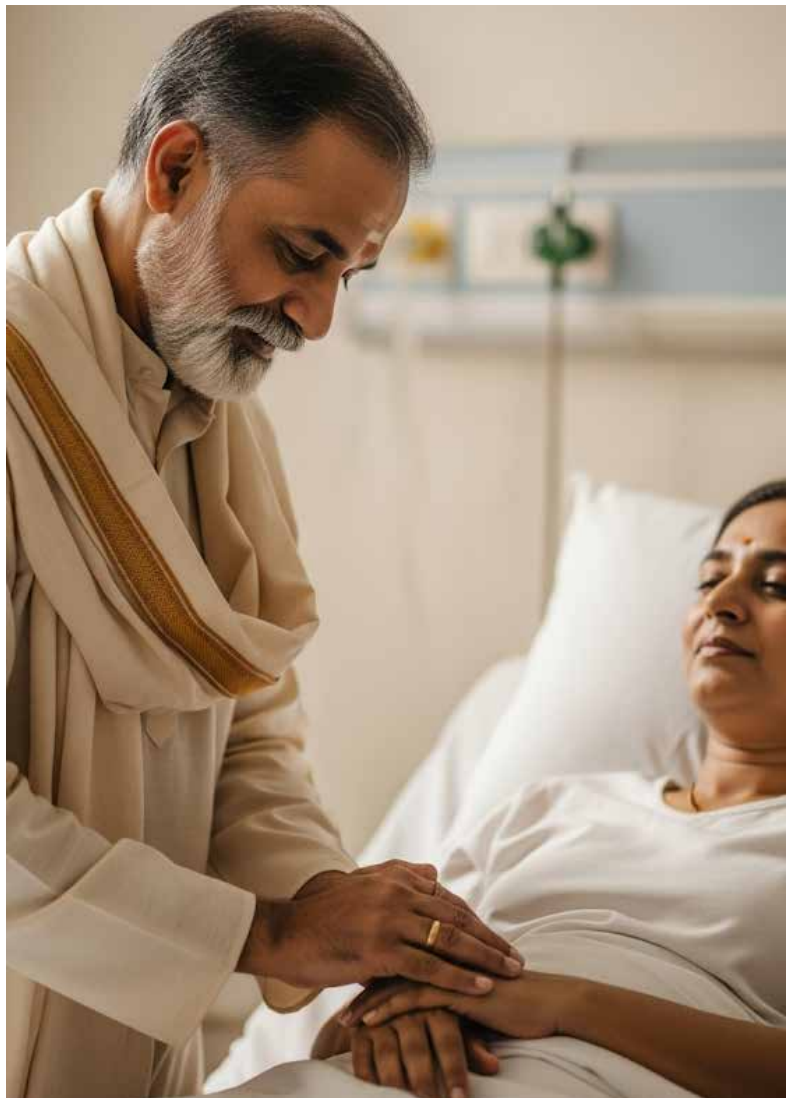
walking, or fatigue and stiffness in a single limb. Often subtle and overlooked, these symptoms are signals of Vata aggravation beginning to affect neuromuscular pathways. If recognized early, this stage presents an opportunity to intervene and prevent the progression to a full-blown stroke with timely Vata-pacifying measures such as diet correction, rest, oil therapies, and stress reduction.

Causative factors and pathogenesis

The causes of Pakshaghata are deeply rooted in lifestyle and dietary factors that disturb Vata. These include excessive exertion, chronic stress or grief, insomnia, irregular eating habits, fasting, intake of dry, cold, or light foods, as well as old age where Vata naturally predominates. Exposure to cold wind, trauma, and suppression of natural urges may further trigger Vata imbalance. The pathogenesis or Samprapti involves vitiated Vata moving from its primary site in the colon and entering the channels and tissues of the nervous system, resulting in obstruction and dysfunction. This eventually causes loss of strength, coordination, and sensation in the affected side. Sometimes, the condition may be complicated by the presence of Kapha or Aama (toxins), leading to additional symptoms like heaviness, sluggishness, and slow recovery.

Ayurvedic approach

Once the patient is medically stable after the acute event, Ayurvedic management focuses on restoring balance, nourishing tissues, and gradually strengthening body and mind. Treatment follows



the principles of Shamana (pacification of dosha), Shodhana (purification), and Brimhana (rejuvenation). Snehana or internal and external oleation using medicated oils like Ksheerabala taila, Mahanarayana taila, and Dhanwantharam taila is applied through Abhyanga (massage) to lubricate and revitalize muscles and nerves. This is followed by Swedana or fomentation with warm herbal steam to reduce stiffness and improve circulation. Among all therapies, Basti (medicated enema) is considered the most effective for Vata disorders. As stated in the classical text, “Vātavyādhīṣu bastiḥ śreṣṭhaḥ,” meaning “In diseases of Vata, Basti is the most superior treatment.” Basti not only helps to balance systemic Vata but also promotes nourishment and coordination of the lower body. Nasya (nasal therapy) using medicated oils and powders is recommended to stimulate the brain and improve speech and coordination, while Shirodhara (gently pouring oil on the forehead) calms the nervous system, improves sleep, and reduces anxiety. Internally, herbs such as Ashwagandha, Rasna, Dashamoola, Bala, Kapikacchu, and Guduchi help pacify Vata and strengthen the neuromuscular system. After the cleansing and stabilizing phase, Rasayana therapy is initiated to rejuvenate the tissues, restore vitality, and prevent relapse.

Rehabilitation: Yoga, diet, and lifestyle

Alongside these therapies, physiotherapy, yoga, and mental conditioning are essential parts of stroke rehabilitation. Yoga postures like Tadasana,



Pawanmuktasana, and Setubandhasana, when practiced gently under guidance, help restore movement and flexibility. Pranayama techniques such as Anulom-Vilom and Bhramari enhance breath regulation and calm the nervous system. Meditation, chanting, and guided relaxation help reduce psychological trauma and support recovery on a subtle level.

Diet and daily routine (Ahara and Dinacharya) are also critical in managing Pakshaghata. A Vata-pacifying diet includes warm, oily, and nourishing foods such as ghee, rice, lentil soup, soft-cooked vegetables, and digestive herbs like ginger, cumin, and turmeric. Cold, dry, leftover, or highly processed foods should be strictly avoided. Patients should follow a regular sleep schedule, maintain a peaceful mental environment, avoid overexertion, and engage in light, enjoyable activities that uplift the mind and strengthen the body.

Personalization and prognosis

What makes Ayurveda unique is its deeply individualized approach. There is no one-size-fits-all protocol. The treatment plan for each patient is customized based on their Prakriti (constitution), Bala (strength), age, stage of disease, associated conditions, and ability to tolerate therapies. The judgment of the Ayurvedic physician plays a key role in designing, pacing, and modifying the treatment process over time.

A holistic path to recovery

Pakshaghata or stroke is a serious neurological condition that requires both emergency medical care and long-term rehabilitation. While modern medicine provides life-saving acute interventions, Ayurveda contributes significantly to recovery and restoration by addressing the root imbalances, nourishing the system, and supporting emotional and physical healing. Through Panchakarma, herbal medicines, lifestyle guidance, and spiritual support, Ayurveda offers a compassionate and integrative path to healing, improving not just bodily function but also the patient's sense of balance, independence, and overall quality of life. ■

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EBBE THERAPY FOR RELIEF FROM DIABETES

EBBE Therapy, an integrated, non-invasive mode of treatment, deals with diabetes by making changes in the lifestyle and food habits and by practising yoga to de-stress the body



Dr. Jose K C

fact, insulin produced by the pancreas, supports sugar (glucose) from the bloodstream to enter the cells for energy, which is used for our bodily functions. If these functions are disrupted, we will end up with high blood sugar levels in our body.

Several factors can create the risk of developing diabetes, like genetic factors, obesity, lack of physical activity, high stress level (either professional/ personal or both), metabolic syndrome, sleep irregularity, junk food habits, alcohol consumption, high acidic nature of body and no discipline in life.

EBBE therapy, a holistic alternative therapy, can address diabetes (Diabetes Mellitus -Type 2, DM) very successfully. It is Comprehensive Alternative Therapy with an Integrative approach using multiple disciplines. It is a well-developed scientific protocol, to prevent, manage and address diabetes (DM) and its future complications. This novel concept has been successfully addressing diabetes and associated complications, for the last 15 years.

What is diabetes (DM)?

When our body can't produce enough of a hormone, called Insulin, our blood sugar level can't be controlled, and it goes up. Diabetes Mellitus situation is caused by either not having enough insulin in the body or the body's inability to effectively use the insulin it produces. In





Is Type 2 diabetes a serious Issue?

Yes, it is a serious disease. It can lead to various complications if not managed properly. Heart disease, stroke, kidney disease, nerve damage, dental, skin, eye and foot problems are some of the conditions a diabetic can face. Early diagnosis and management are crucial to prevent or delay the development of these complications.

What is EBBE Therapy and how does it support a diabetic?

It is a unique health module or a holistic alternative therapy with multiple disciplines. A patient has to undergo a course in a systematic way for 5 days (3 hours per day). During this course we will analyze his/her genetical lineage and the constitution of the body. It is a very vital analysis, and we do that with a scanning system called the Pulse Metabolic Analysis. After the scanning, we can understand the cause of diabetes. Based on this you will have to correct the lifestyle, food habits and learn protocols to de-stress your body. This protocol is developed based on Yogic science. There will be few postures which will stimulate the Marma points in the body, and they are directly connected to the concerned organ meridians. When we stimulate the concerned Marma points in the body, these points will 'switch on' the insulin producing Beta cells 'switch off' glycogen releasing liver cells and control the glucose absorption from the small intestine.

To optimize the benefits of this health module, every individual should adopt a proper dieting methodology. We call this Micro Dieting Techniques (MDT). This will set the ambience for healing in the body, at the cellular level. MDT is designed based on the constitution of your body as well as the present emergency situation in the body. To accelerate the regeneration of the cells, tissue or organs, we also adopt an advanced Acupuncture protocol for diabetes patients. We also teach them Pranayama and meditation techniques to control the mind and stress level.

Finally, we can support the diabetes patient with electro-homeopathy medications, if necessary. It is a molecular medicine,

made out of phytochemicals, from plant extracts. It is organic in nature. These medicines correct the metabolic mechanism of our body. Electro-homeopathy medicines enhance the body's healing system by correcting the chemistry of lymph and the blood in our body. This medicine also corrects the structural damages and reinstates the functions of the organs and finally sets the wellbeing of the body.

What are the benefits of EBBE Therapy procedures?

As per our clinical observation we have seen the following benefits over a period of 4 weeks to 10 weeks.

- Better energy to work –
- Acidity under control –
- Blood sugar level under control –
- HbA1c is within limits –
- Overall health improvement –
- Sound sleep –
- Improved sexual energy –
- Healthy look –
- Keeps weight under control –
- Better control of anxiety and anger mgmt. –
- Satiety even with less quantity of food intake –
- Enhanced muscular efficiency –
- Increased digestive power etc. ■

*The author, **Dr. Jose K C** is a Consultant in Integrative Medicine at I-Chrysalis Integrated & Holistic Therapy Centre, Bangalore. With 30 years of expertise in interdisciplinary approaches like Yoga, Pranayama, Meditation, Micro Dieting, Advanced Acupuncture, and Electro-homeopathy, he can be reached at drjosekc@ichrysalishealthcare.com or +91 9845164750.*

DETOXIFICATION: UTILIZING PANCHAKARMA TO ELIMINATE TOXINS FROM THE BODY



Dr. Arun N K

More than a cleanse—Panchakarma is a journey into vitality, resilience, and inner peace.

The present era is defined by its fast-paced living, the rising number of chronic diseases, and a growing disconnect from nature, thus the global search for an effective, holistic healing has never been more urgent. At the heart of this movement lies “Ayurveda,” an ancient system of medicine which offers time-honoured practices that address the body, mind, and spirit as a unified whole. Among its most revered therapies is Panchakarma, a profound detoxification and rejuvenation system now emerging as a cornerstone in the ever-evolving realm of Ayurveda and wellness tourism. Now, let’s take a journey through Panchakarma, a transformative process that is not only therapeutic but an essentiality in today’s world.



The need for ancient detox

From pollution to regular consumption of processed food, various environmental stressors have become a part of our lives. These elements are the root of many imbalances. These factors over time, can obstruct the vital bodily functions, weaken immunity, and trigger a wide range of physical and mental health issues. Panchakarma steps in as a time-tested answer to this modern dilemma. It's more than a simple cleanse, but a meticulously designed sequence of treatments that eliminate deep-seated toxins, reawaken the body's self-healing mechanisms, and restore the harmony of the body.

What Is Panchakarma?

The word "Panchakarma" means "five actions," it refers to the five core therapeutic procedures it comprises. These procedures are tailored individually and is administered under the guidance of skilled Ayurvedic practitioners, these treatments are designed restore the balance of the body.

The five pillars of Panchakarma

1. Vamana (Therapeutic Emesis): Vamana purifies the body by eliminating excess Kapha and Pitta imbalances, primarily from the stomach and upper digestive tract. This process, initiated after careful preparation, helps alleviate conditions like congestion and lethargy. By thoroughly cleansing the digestive system,



Vamana not only prevents future toxin accumulation but also enhances digestion, improves nutrient absorption and contribute to overall energy, clarity, and well-being.

2. Virechana (Therapeutic Purgation): This deeply eliminates excess Pitta dosha and toxins, restores the body's balance and addresses conditions like hyperacidity and skin disorders. The purges are induced after administration of medicine and is stopped when the medicinal effect is over. The benefits of Virechana extend beyond the physical removal of toxins. By thoroughly cleansing the liver, gallbladder, and small intestine, it significantly enhances digestive fire (Agni), improves nutrient absorption, and boosts the metabolic function. Patients often report a profound sense of lightness, clarity, and relief from chronic symptoms, experiencing not mere physical detoxification but also a renewed sense of mental well-being and vitality.

3. Nirooha Vasti (Medicated Decoction Enema): Vasti, a highly valued Ayurvedic Panchakarma therapy, involves medicated enemas primarily to balance Vata dosha, crucial for overall well-being. This unique treatment purges toxins, restores equilibrium, and promotes systemic rejuvenation by rapidly expelling vitiated doshas while simultaneously nourishing the body. Vasti is widely used for neurological, and musculoskeletal disorders, and contributes to enhanced energy, improved circulation, mental clarity, and optimal weight management, making it an invaluable holistic approach for health promotion and disease prevention across all age groups.

4. Anuvasana Vasthi: According to Acharya Sushruta, Anuvasana is a type of Snaihika Basti which is prepared with Sneha Dravya like ghee, oil etc and in quantity less than Niruha Basti in three quarters. Anuvasana is so called as it is not harmful even if staying in body or it is applied daily.

5. Nasya (Nasal Cleansing): Nasya therapy is a core Ayurvedic treatment involving the nasal administration of herbal oils, powders, or decoctions. This therapy is especially effective for Kapha Dosha, head, neck, and respiratory issues like sinusitis, headaches, and allergies, utilizing medicated substances to clear passages, improve breathing. Daily Nasya in Dinacharya supports

overall well-being and mental clarity. Therapeutically, Nasya addresses respiratory problems (sinusitis, allergies), neurological conditions (migraines, facial paralysis), mental health issues (insomnia, anxiety, poor memory), and ENT disorders, and can even benefit hair health. Its benefits include clearing nasal passages, improving respiration, alleviating congestion, and headaches, enhancing mental clarity, supporting eye, ear, and throat health, strengthening immunity, and promoting overall vitality.

What Sets Panchakarma Apart?

A Deeper Cleanse for a Deeper Life		
Feature	Modern Detox Programs	Panchakarma (Ayurveda)
Duration	1-7 days	7-21 days (Approximately)
Customization	Standardized approach	Tailored to your body constitution (Prakriti) and imbalance (Vikriti)
Scope	Digestive system focus	Whole-body cleanse: tissues, mind, and energy channels
Guidance	Often self-guided	Physician-supervised
Post-Therapy Care	Minimal	Structured recovery +Rejuvenation
Goal	Quick detox	Long-term healing and disease prevention

The Panchakarma Protocol: A comprehensive journey to wellness

The efficacy of Panchakarma lies in its structured three-stage protocol, ensuring a thorough and safe detoxification experience:

Purvakarma (Preparatory Procedures): Purvakarma, meaning "foremost action," is the essential preparatory stage of Panchakarma therapy. Its main purpose is to prepare the body for detoxification by loosening accumulated toxins (Ama) and excess doshas. These toxins, often the root cause of illness, are mobilized and collected, making them easier to eliminate during the subsequent main Panchakarma procedures (Pradhanakarma). In essence, Panchakarma cannot be performed effectively without Purvakarma. These initial steps are vital for preparing the body. Among these, Deepana and Pachana are crucial preparatory steps within Purvakarma. Deepana involves herbs that kindle the digestive fire (Agni) without directly digesting Ama and Pachana refers to drugs that digest Ama but do not necessarily increase Agni. Pachana helps detach morbid doshas from tissues and microchannels. These treatments are essential for addressing Mandagni (improper digestive fire), which leads to the formation of Ama (undigested toxins) – the root cause of many diseases. Next step is to do Snehana (oleation), involving both internal consumption of medicated ghee and external therapeutic massages with medicated oils, helps to

loosen deep-seated toxins. Snehapana is a procedure in which you internally consume medicated ghee or oils. The main goal is to lubricate the body from the inside out, which helps to loosen and liquefy accumulated toxins (Ama). The specific type, amount, and duration of the ghee or oil are customized for each person's unique body type and health needs, usually lasting three to seven days with gradually increasing doses. This process is crucial for getting your body ready for deeper cleansing procedures. It also helps to calm Vata dosha, reduce friction in tissues, and support healthy digestion and elimination. External Snehana (oleation) involves applying medicated oils externally to the body through therapies like Abhyanga (massage). The primary aim of external Snehana is to soften the body parts and make the cells and tissues more receptive to the subsequent cleansing procedures. Following this, Swedana (fomentation), often through herbal steam techniques, liquefies these loosened toxins, facilitating their movement towards srotases (elimination channels).

Pradhanakarma (Main Procedures): This is the core phase where the selected primary cleansing therapies (Vamana, Virechana, Nirooha Basti, Anuvasana Basti, Nasya) are meticulously administered. The choice and sequence of these therapies are highly individualized, ensuring the most appropriate treatment for the specific health needs. These are also performed based

on the seasonal changes. The seasonal changes are believed to influence the biological systems resulting in the accumulation and aggravation of particular Dosha in a particular season like accumulation and aggravation of Kapha in Hemant (winter season) and Vasant Ritu (spring season) respectively, accumulation and aggravation of Pitta in Varsha (rainy season) and Sharad Ritu (autumn season) respectively, and accumulation and aggravation of Vata in Grishma (summer season) and Varsha Ritu (rainy season) respectively. Ayurveda emphasized practicing these therapies to eliminate the vitiated Dosha in accordance with the seasonal variation like Vaman in Vasant Ritu, Virechan in Sharad Ritu, and Vasti in Varsha Ritu.

Paschatkarma (Post-Therapy Procedures): This crucial post-therapy phase focuses on gently transitioning the body back to its normal state. It includes Peyadi, Samsarjana Karma, a specialized dietary regimen that gradually reintroduces foods to restore and strengthen the digestive fire (Agni). Additionally, specific lifestyle guidelines are often prescribed to enhance immunity, promote tissue regeneration, and prevent the re-accumulation of toxins, thus supporting long-term health and preventing disease.

The far-reaching benefits for modern well-being

The benefits of undergoing Panchakarma are extensive and profoundly impact overall



health and well-being, aligning perfectly with the goals of modern wellness tourism:

- **Profound Toxin Elimination:** It systematically removes accumulated toxins from the body, addressing a root cause of many contemporary illnesses.
- **Restoration of Physiological Balance:** By balancing the three doshas, Panchakarma optimizes all bodily functions, fostering a state of internal harmony.
- **Enhanced Digestive and Metabolic Health:** A cleansed digestive system leads to a stronger Agni, improving nutrient assimilation and metabolic efficiency.
- **Boosted Immunity and Vitality:** The purification process naturally strengthens the body's defence mechanisms, contributing to increased resilience and vitality.
- **Mental Clarity and Stress Reduction:** Panchakarma has a calming effect on the nervous system, significantly reducing stress, fostering emotional balance, and promoting mental clarity—essential for mental well-being.
- **Rejuvenation and Healthy Aging:** Regular detoxification and rejuvenation treatments contribute to cellular health, potentially slowing down aging processes and promoting a more vibrant life. For those navigating the complexities of modern life and seeking genuine pathways to health and wellness, Panchakarma offers an unparalleled journey of purification and revitalization. Its integration into wellness tourism provides a structured, ancient approach to disease prevention and holistic healing.

Let Panchakarma be your doorway to total wellness—rooted in tradition, designed for today. ■

The author, Dr. Arun N.K. holds a BAMS from Government Ayurveda College, Kannur, and an MD in Panchakarma from Rajasthan Ayurveda University, Jodhpur. He is currently a PhD scholar in the Department of Panchakarma at All India Institute of Ayurveda, New Delhi.

BEAUTIFUL SKIN, VIBRANT HAIR FOR ALL SEASONS

Here are the tips from a pioneer of ayurvedic beauty products to face the challenges thrown by each of the four seasons and help a person maintain healthy skin and hair throughout.



Shahnaz Husain

Changes in seasons impact hair and skin health, therefore it becomes essential to make adjustments to your skin and hair care routines accordingly. I am often approached for consultations by people concerned about how the dry weather makes their skin dry, or humidity causes frizzy hair or how winters wreak havoc on their skin health. For this reason, I suggest

making changes that would help you manage your hair and skin well in every season.

Summer skin and hair care

Harsh summers with scorching heat and sunrays can damage your skin and hair. I suggest a good skincare and hair care regime that would help you get through this weather. Following tips will help you:





- A good SPF with high shielding capacity above 30+ would be a lot beneficial than your regular one. However, choose an herbal one with moisturising properties that would also provide broad-spectrum protection.

- Moisturising your skin is still essential even if you have oily skin, the difference is that use a lightweight formulation with aloe vera, cucumber, honey, these natural ingredients also protect your skin against the weather and environment.

- Oil your hair prior to the day of shampoo to nourish it and condition it naturally. Choose coconut, argan or castor oil these are well suited for extra nourishment.

- Heat and humidity make the hair brittle and frizzy; therefore, you can manage your mane with leave-in conditioner if you wish to steer off oil. Choosing a shea butter or jojoba oil-based conditioner that would be beneficial in supplementing hair health.

- If you are short on time and still wish to have fresh looking hair then choose dry shampoo to avoid the hassle of washing your hair frequently, it will help remove extra oil and provide a clean look to your hair.

- Keeping your skin refreshed by spritzing face mist / skin toner that is natural like Sharose with rose and date essence is the best way to keep your skin looking dewy without much effort.

- Remember to regularly apply your lip balm every night to keep your lips from chapping.

- Body lotion is essential to keep your skin supple and hydrated; the trick is to apply it immediately after bath for maximum absorption.

- Protect your hair against harsh sun by investing in sun hat and scarf.

Fall skin and hair care

This is the season when the weather is dry, your skin and hair require ample moisture and hydration to keep them healthy. I suggest the following:



- Moisturise your skin with deep moisturising formulation that contains glycerine and shea butter to keep your skin supple and soft.

- Your face needs ample moisture. I suggest using a nighttime hydrating serum that would help maintain optimum level of moisture in your skin and restore / repair it overnight.

- Gentle exfoliation with fine granules and hydrating properties is suggested to remove dead skin cells and rejuvenate the skin.

- Deep conditioning is essential to prevent hair breakage; therefore, I suggest using a conditioner infused with rosemary and thyme these ingredients help restore natural beauty making the hair strong and healthy.

- Keep your lips hydrated using a hydrating lip colour or a tinted lip balm, also remember to apply lip balm prior to bedtime for ample hydration.

- Shea butter for hydrating your body is one of the best after aloe vera gel.

- Hair serums should be applied prior to styling your hair to protect it against any hair damage.

Winter skin and hair care

Cold weather with winter chills is enough to rob your skin and hair off its natural moisture. I suggest proper hydration and recalibrating your self-care routine to match the requirement of this weather in the following manner:

- Choose natural ingredients like glycerine mixed with few drops of lemon that is hydrating and brightening too. This would serve as your all-purpose skincare lotion throughout the winters.

- Applying lip balm at night and a hydrating lip colour should be your routine day after day without fail as it would prevent dryness and chapping of lips. However, choose the one with bee wax and shea butter as key ingredients.

- Deep conditioning of hair is essential and therefore I suggest using egg white mixing it with yoghurt as a hair mask kept for 20 minutes and then a head wash with mild shampoo. It will also help manage any frizz and resolve flaky scalp issues.

- Your hands too require ample moisture and using shea butter-based creams and hand lotions is beneficial, however, reapply it after every hand wash. Alternatively, you can use cold pressed almond oil for nourishment.

- Invest in installing a humidifier in your room or home whichever suits you best to keep your skin from drying out due to chilly weather.

Spring skin and hair care

The season of rejuvenation and newness is the best for your skin and hair with perfect temperature. However, changing your routine of self-care will only help maintain the beauty of your skin and hair, here's how:

- Using light moisturiser along with SPF or a moisturising BB



Cream with SPF would serve the dual purpose of hydrating your skin and keeping it protected.

- Gentle cleanser and exfoliation are required to rejuvenate the skin and cleanse the pores.

- Your hair requires moisturising, I suggest using olive oil for your hair as it is non-greasy, light formulation and keeps your hair in perfect hair health.

- Indulge in a hair mask with natural ingredients, for instance I have Flower Botanics Carnation- Hibiscus Hair Powder that hydrates, nourishes and restores hair health. ■

Shahnaz Husain, founder and managing director of The Shahnaz Husain Group in India, is globally recognized for her pioneering work in promoting Ayurveda and herbal beauty care. She received the prestigious Padma Shri in 2006 for her remarkable contributions to trade and industry.

Shahnaz's global brand success story, achieved without commercial advertising, is now a Harvard Business School case study. She has also lectured at MIT, University of Oxford, and London School of Economics. Shahnaz represented India at President Obama's World Summit for Entrepreneurs and was named "World's Greatest Woman Entrepreneur" by Success Magazine in 1996.

AYURVEDA'S BOOST FOR NEXT-GEN COSMECEUTICALS

Skincare health and longevity can be enhanced by combining the traditional wisdom of Ayurveda and modern scientific methods.



Dr. Nita Sharma Das

In an era where beauty and wellness intersect, both Ayurveda and modern cosmeceuticals emphasize the importance of skin nourishment from within. Ayurveda's Rasayana (rejuvenation) therapies focus on holistic well-being, emphasizing Dhātu nourishment—the essential building blocks of the body, including the skin. Meanwhile, contemporary beauty science integrates bioactives sourced from

nature, marine life, and upcycled ingredients to promote skin health, longevity, and collagen support. By bridging these two paradigms, we can craft a skin longevity blueprint that caters to both traditionalists and modern wellness enthusiasts.



Ayurvedic bioactives for collagen support

Ayurveda has long recognized the role of plant-based bioactives in enhancing tissue health, particularly through adaptogens and Rasayana herbs. These potent ingredients not only promote skin elasticity but also support collagen synthesis:

- **Amla (*Emblica officinalis*)**

—A powerhouse of vitamin C, amla accelerates collagen synthesis and combats oxidative stress, a major contributor to premature aging.

- **Gotu Kola (*Centella asiatica*)** – Widely revered for its wound-healing and anti-aging properties, it boosts fibroblast activity, leading to increased collagen production.

- **Shatavari (*Asparagus racemosus*)** – An adaptogen known for balancing hormones, shatavari aids in maintaining skin hydration and elasticity, addressing key concerns of mature skin.

Marine and animal-derived bioactives

Although Ayurveda primarily emphasizes plant-based remedies, marine and animal-derived ingredients play a significant role in collagen synthesis and skin longevity.

When viewed through a functional lens, these bioactives align with the Ayurvedic principle of nourishing Dhatus:

- **Fish collagen peptides & krill oil** – These marine-sourced peptides provide hydrolyzed collagen, which enhances skin elasticity and moisture retention.
- **Bovine and poultry collagen** – Rich in type I and III collagen, these sources offer structural integrity to aging skin.
- **Bone broth** – A natural source of glycine and proline, bone broth aids in collagen production while reducing inflammation that accelerates skin aging.

The rise of nutricosmetics and sustainable beauty

Modern cosmeceutical innovations increasingly align with the Ayurvedic concept of “beauty from within.” This is evident in the surge of nutricosmetics—oral supplements that enhance skin health:

- **Collagen-infused smoothies and functional foods** – Consumers are turning to nutrition-based beauty regimens, incorporating collagen-rich beverages and antioxidant-packed foods.
- **Fermentation technology in skincare** – The fermentation of ingredients like ginseng, soybean, and aloe vera enhances bioavailability, ensuring better absorption and effectiveness in skin repair and hydration.



- **Upcycling in the beauty industry** – International brands like Fruit d'Or and The Upcycled Beauty Company are redefining sustainability by transforming byproducts like cranberry seeds and brewer's spent grain into nutrient-rich cosmetic ingredients. Their innovative approach not only reduces waste but also aligns with Ayurveda's holistic philosophy of resource utilization, proving that nature's leftovers can be skincare gold!

Bridging Ayurveda and modern science

The convergence of Ayurveda and modern cosmeceuticals presents an opportunity to enhance skin longevity through biocompatible ingredients. By integrating traditional wisdom with contemporary scientific advancements, skincare formulations we can cater to a broad spectrum of consumers—ranging from Ayurvedic purists to tech-savvy beauty enthusiasts seeking clinically validated solutions. From amla and gotu kola to fish peptides and fermented actives, this fusion of holistic bioactives is redefining skin longevity. With an emphasis on sustainability, efficacy, and tradition, the future of skincare lies in embracing both ancient and modern wisdom to achieve radiant, resilient skin at every stage of life. ■

The author, Dr. Nita Sharma Das, is the founder of NitaNaturale (www.nitanaturale.com). She is also the Independent Business Development Director (India & Surrounding Region) of Dr. M. Emerald & Companies. Her social handles are: Instagram: [nitasharmadasofficial](#), Facebook: 'Beauty Zone'



THE KEY TO STRENGTHENING BODY AND MIND

Here's a harmonious blend of ayurveda and modern science for vitality, balance, and holistic health—nourishing the body, mind, and soul through nature's healing wisdom.



Dr. Nitin Ujjaliya

In today's world of wellness, the plant-based diet has emerged as a nutritional cornerstone, not only for ethical and environmental reasons but also for its role in promoting physical health, vitality, and mental satisfaction. Ayurveda have long advocated plant-based nutrition as a pathway to balance and holistic wellness. Integration of modern science with eternal Ayurveda wisdom creates a deeply nourishing approach that supports both the body and mind.

The power of plant-based nutrition

A plant-based diet emphasizes whole, minimally processed foods derived from plants like fruits, vegetables, legumes, whole grains, nuts, and seeds. Scientific research continues to affirm that plant-forward diets are linked to lower risks of heart disease, obesity, type 2 diabetes, and some type of cancers. They also support greater energy levels, clearer skin, faster recovery, and enhanced mental well-being. But beyond the macronutrients and vitamins, plants offer something uniquely powerful: life force, or prana in Ayurveda. When we consume fresh, plant-based foods, we are not just nourishing the body we are feeding the subtle energies that influence mood, cognition, and resilience. Aahara is said to be Prana for all living creatures by Acharya Sushruta.

"प्राणिनां पुनर्मूलं आहारो बलवर्ण ओजसं च" (Food is the basis of life, provides strength, complexion, and immunity).

Ayurveda and the plant-based path

Ayurveda, the 5,000-year-old healing science of India, promotes sattvic (pure, balanced) foods as the foundation of physical and mental health. These plant-based foods that are fresh, seasonal, and prepared with care. According to Ayurveda, a sattvic diet increases ojas (the vital energy responsible for immunity, strength, and emotional stability).

Ayurveda also emphasizes the unique constitution (dosha) of each individual Vata, Pitta, and Kapha and recommends foods that help balance these energies. A personalized plant-based diet, when aligned with one's dosha, can enhance digestion, reduce inflammatory changes, and improve overall vitality.



Herbs to elevate nutrition

Many Ayurvedic herbs, long used in traditional medicine, are now recognized for their scientifically validated benefits. These plant-based additions can enhance the effects of a balanced diet by supporting immunity, cognitive function, muscle repair, and emotional health.

Ashwagandha (*Withania somnifera*)

A renowned adaptogen, Ashwagandha helps the body cope with stress, reduce cortisol, and improve energy levels. Studies supported that it also supports muscle strength and recovery, making it ideal for those engaged in physical training or intense work schedules.

Haridra (*Curcuma longa*)

Turmeric is a powerful anti-inflammatory and antioxidant. It supports joint health, enhances immunity, and promotes flawless skin. When combined with black pepper (which improves absorption), turmeric becomes a daily tonic for longevity and vitality.

Tulsi (*Holy Basil*)

According to studies, Tulsi enhances respiratory health, mental clarity, and immune resilience. It is especially beneficial during seasonal changes and time of emotional stress.

Triphala

A combination of three fruits Amalaki, Haritaki, and Vibhitaki is a gentle digestive tonic that supports detoxification, nutrient absorption, and

regularity and many more.
In Ayurveda, proper digestion is the root of all health, regulate metabolism of sugar and lipids as well.

Moringa (*Moringa oleifera*)

Known as a nutritional powerhouse, Moringa leaves are rich in protein, calcium, iron, and antioxidants. It's an excellent addition for anyone seeking increased energy, better skin, and improved metabolism.

Crafting a holistic plant-based plate

Combining the wisdom of Ayurveda with modern plant-based eating leads to a deeply nourishing, customized diet. Here's how to tailor your approach for maximum vitality:

Balance the six tastes: Ayurveda recommends sweet, sour, salty, bitter, pungent, and astringent tastes in every meal. This ensures a wide spectrum of nutrients and satiety. This also completes the digestion process and Doshik balance.

Eat seasonally and mindfully: Fresh, native, luck warm and seasonal produce is more prana rich. Avoid frozen, canned, or stale foods when possible.

Favour warm, cooked meals: Especially for Vata and Kapha types, cooked foods are easier to digest and assimilate.

Spice it right: Ayurveda spices like cumin, coriander, fennel, pepper, ginger, and cinnamon not only flavour meals but also enhance digestion and reduce toxins (ama). These are proven to increase absorption and metabolism as well of food and medicine.



A plant-based diet, when harmonized with Ayurveda principles, offers more than just physical nourishment, it creates a foundation for vitality, mental clarity, emotional balance, and spiritual well-being. By embracing nutrient dense plant foods and time-tested herbs, we empower the body to heal, energize, and thrive. In a world often driven by convenience and quick fixes, the plant-based Ayurvedic approach offers a return to nature, intuition, and balance. Whether you're transitioning slowly or diving into a full lifestyle shift, this path invites you to eat with purpose, live with vitality, and nourish every layer of your being. ■

*The author, **Dr. Nitin Ujjaliya**, is Associate Professor & Head of Department, Department of Dravyaguna, All India Institute of Ayurveda, Goa. He can be reached at: drnujjaliya@gmail.com*

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WHITE RICE: AYURVEDA'S UNSUNG HEALER

White rice, Ayurveda's quiet healer, restores strength when the body is fragile. Gentle, nourishing, and deeply soothing, it revives digestion and replenishes energy.



Ashma Khanna

Simple. Soft. Subtle. White rice may not dazzle the eye, but in Ayurveda, it's revered as one of the most potent foods for healing — especially when the body is tender, the digestion fragile, and the soul needs quiet restoration.

When illness, surgery, childbirth, or fasting leave Agni flickering, white rice steps in — not to overwhelm, but to gently awaken life again.

Māṇḍa – The first whisper of strength

The translucent water left after boiling white rice is māṇḍa — gentle, light, and deeply replenishing.



Rich in soothing starches, trace minerals, and natural electrolytes

Absorbs effortlessly, even when digestion is weak

Cools inflammation, hydrates tissues, and restores cellular energy

It doesn't demand; it gives. A quiet offering to the gut, calming and stabilizing like a soft lullaby to the body.

Peya – When the flame begins to flicker

Once the body is ready for a little more, peya — a thin, flowing rice gruel — becomes the next step.

Offers steady, grounding energy

Cushions the gut lining with its demulcent nature

Gently nudges digestion without strain

Like dawn after darkness, peya reintroduces nourishment at the perfect pace.

The rhythm of recovery: One spoon at a time

Ayurveda doesn't rush healing. It honours the process:

Māṇḍa → Peya → Vilepi (thicker gruel) → Odana (soft rice) → Yavāgu (medicated porridge)

Each step is a soft deepening — awakening Agni, feeding the tissues, grounding the mind.

Why white rice works when nothing else does

In states of gut sensitivity, inflammation, bleeding, or liver stress:

It cools without dampening

It nourishes without taxing

It rebuilds without risk

Especially in conditions like ulcers, hepatitis, postpartum weakness, or fevers, white rice becomes both food and pharmacy.

Protein can wait

After fasting or illness, protein is hard to digest. It demands enzymes and acids your system might not yet have. White rice meets you where you are — and lifts you gently from there.



When in doubt, begin with white rice.

Let healing be a whisper, not a command. Ayurveda always knew — and now, so does modern science. ■

*The author, **Ashma Khanna**, founder of Anammyaa Wellness (www.anammyaawellness.com), has over three decades of experience in Ayurveda. She is dedicated to reviving ancient Ayurvedic practices, offering wellness consultations globally, and providing chemical-free products.*

MILLETS: OLD WISDOM, NEW WELLNESS

Millets are re-emerging as climate-smart, nutrient-rich grains—offering sustainable answers to rising lifestyle diseases, food insecurity, and the global wellness movement.



Ann Mathew

In the vast landscape of food and nutrition, millets have emerged as a formidable solution to many of the pressing challenges of our time — from chronic health conditions to environmental degradation and food insecurity. These resilient ancient grains were long overshadowed by rice and wheat but now is being re-evaluated for their exceptional nutritional composition, climate adaptability, and therapeutic benefits.

With the increasing prevalence of lifestyle disorders such as diabetes, PCOS, obesity, and cardiovascular diseases, the case for



transitioning to nutrient-dense, low glycaemic, and whole grains like millets has never been stronger.

A diverse family of nutritional powerhouses

Millets are a group of small-seeded cereal grains from the grass family Poaceae. Most cultivated types in India include:

Finger Millet (Ragi): High in calcium (up to 344 mg/100g), excellent for bone health and growth.

Sorghum (Jowar): Rich in iron, antioxidants, and dietary fibre; gluten-free.



Pearl Millet (Bajra): Contains high levels of magnesium, potassium, and insoluble fibre.

Foxtail Millet: Known for its low glycaemic index and high satiety value.

Little Millet, Kodo Millet, Barnyard Millet, and Proso Millet: Each with unique micronutrient profiles and slow digesting carbohydrates.

Millets are inherently gluten-free, making them suitable for individuals with celiac disease or gluten sensitivity.

What makes millets essential in modern diets?

Low glycaemic index and slow-release energy

Millets are rich in complex carbohydrates and dietary fibre, which prevent rapid spikes in blood glucose levels. This makes them particularly effective in managing type-2 diabetes and insulin resistance.

Macronutrient balance

While cereals like polished rice are high in carbohydrates and low in other nutrients, millets offer a balanced profile of carbs, proteins, and fats, with amino acids such as methionine that are often deficient in rice and wheat.

Micronutrient richness

Millets are excellent sources of iron, zinc, phosphorus, magnesium, and B-complex vitamins, critical for metabolic function, immune support, and neurological health. Finger millet's high calcium content makes it superior in supporting bone density, especially in children and post-menopausal women.

High satiety index

Due to their fibre content (up to 18% in some millets), these grains improve digestion and increase satiety, helping in weight management by reducing unhealthy snacking.

Anti-inflammatory and antioxidant properties

Phytochemicals like phenolic acids and flavonoids in millets help scavenge free radicals, reducing oxidative stress and systemic inflammation — a root cause of many degenerative diseases.

Beyond nutrition

Millets are known for their climate resilience. They thrive in semi-arid zones, require 70% less water than rice, and can grow without synthetic fertilizers or pesticides. This makes them ideal for climate-smart agriculture in water-stressed regions.

Short crop cycles

Many millets mature in 60–90 days, allowing for multiple cropping and better yield management for small-scale farmers.



Minimal carbon footprint

As millets require fewer inputs and no flooded irrigation, they emit significantly less methane compared to paddy fields, contributing to climate change mitigation.

Biodiversity preservation

Supporting millet cultivation reduces our overdependence on just a few cereal crops (rice, wheat, maize), and enhances agro-biodiversity, which is critical for long-term food security.

How to integrate millets into daily life

Transitioning to millets does not demand drastic changes. Here are easy and practical ways to incorporate them into daily meals:

Breakfast

Millet-based muesli with rolled oats, ragi flakes, jowar puffs, nuts, and dried berries — ideal for a quick, high-fibre start.

Ragi dosa, kodo millet upma, or foxtail millet pongal as traditional breakfast replacements.

Ragi malt (without sugar) is a nourishing drink for children and elders alike.

Lunch

Replace white rice or wheat chapatis with steamed foxtail millet, little millet rice, or bajra rotis.

Millet khichdi, made with vegetables and moong dal, is a balanced, protein rich meal.

Snacks

Roasted jowar or bajra puffs, millet seed laddoos, and millet cookies with no refined flour



make for excellent guilt-free snacks. Millet flakes can be dry-roasted and used in homemade granola bars.

Dinner

A light bowl of barnyard millet porridge, ragi soup, or millet salad with legumes is easy on the stomach and rich in nutrients.

The future of millets

The declaration of 2023 as the International Year of Millets by the United Nations was a landmark step toward global millet revival. However, the responsibility lies with consumers, educators, policymakers, and food entrepreneurs to mainstream these crops not just as alternatives but as essentials.

At Millicious, our mission is to make millet-based foods accessible, palatable, and practical for modern lifestyles. From sugar-free mueslis and millet flakes to wholesome seeds and rolled oats, we bridge the gap between ancient nutrition and contemporary convenience.

Food for thought

Incorporating millets into daily life is more than a health trend — it is an urgent necessity for our bodies, our farmers, and our planet. Whether you are a parent concerned about your child's health, a

diabetic looking for better carb choices, or an environmentally conscious consumer, millets offer a scientific, sustainable, and scalable solution.

The grain of the past is the grain of the future. Let's bring millets back to our tables — not just occasionally, but every day. ■

*The author, **Ann Mathew** is a food technologist, entrepreneur, and founder of Millicious — a clean-label millet-based food brand rooted in science and motherly instinct. She is currently pursuing a PhD in millets and is passionate about making healthy eating easy and enjoyable for families across India.*

THE EXPANDING FOOTPRINT OF AYURVEDA IN THE WEST

A timeless healing tradition takes root in the West, as Ayurveda's teachers shape practice, policy, and unity across the Americas.



Dr. Bhaswati Bhattacharya

The evolution of Ayurveda in America is an important arm in the field of Ayurveda. While birthed in India, BAMS graduates are proud when they can travel or settle in the USA or in various parts of the western globe to begin teaching, education, and practice of Ayurveda formally or informally. Sharing the wisdom of Ayurveda is the dharma of graduates from this clinical science, and patients who have been disappointed or hurt by the mainstream healthcare system move with interest toward the work of ayurvedic physicians practicing with competence near them.

Since the 1980s, many ayurvedic physicians have created schools and programs to teach interested students about ayurveda. Charging \$5000-8000 for a 200-hour course, teaching one weekend per month for 11-12 months, ayurvedic physicians

will teach basic principles for lifestyle and diet counselling, doshas and dhatus, how to raise the digestive agni, and how to incorporate unique principles of self-care that are unavailable in most medical systems. In addition, these courses teach how to cook with spices and use a limited number of medicinal herbs for respiratory, skin, and gut issues.

Collectively, in the past 30 years, ayurvedic physicians have taught thousands of students all over the Americas, either settling in the USA, or traveling

from India at regular intervals. With good communication skills, deep understanding of ayurveda, good command of English, and sometimes Spanish or Portuguese, these ayurvedic emissaries have captured permanent interest in students and patients now devoted to Ayurveda, and demanding a regular supply of products and services, such as abhyanga, kati basti, and nasya, as well as turmeric shots, triphala, and Dhanvantaram oil. The debate today tackles the issue of who should be allowed to practice





ayurveda as the community looks toward licensure for the Ayurvedic profession.

Thus, the state of Ayurveda in the USA is a topic of interest in global ayurveda platforms. In the first half of 2025, several conferences have been important for the ongoing struggle to establish unity in Ayurveda in the USA. As the oldest organization of ayurveda in the USA, CAAM (California Association of Ayurvedic Medicine) held their annual conference in March in Silicon Valley, accompanied by a health fair open to the public. The conference invited many dignitaries, including politicians and leaders in AYUSH from India. They held a panel discussion on licensure of Ayurveda in the USA. Many of the successful businesses of ayurveda were part of the successful exhibitors. The opportunity to sit together and listen to each other was a great exercise needed for unity in the community.

In May, the Global Ayurveda Conferences group along with the AAPNA (American Association of North America) held a conference in the Arsha Vidya Gurukulam in Saylorsburg, Pennsylvania. The group aims to give less known speakers a platform to rise and gain experience, and to spend time together in a sattvic environment, with excellent food and cordial inclusion.

Also in May, the National Ayurveda Medical Association (NAMA) held their annual conference in Irving, the Indian community central of Dallas, Texas. This was an important event as another organization, the Ayurveda Business Council, refused to allow its members to sponsor either NAMA or NCAM (National Consortium of Ayurveda Medicine) until unity is reached in having one annual national conference. With approximately 200 people in attendance, NAMA had many older members and old volunteers at the conference and had panels and a discussion on licensure of Ayurveda in the USA. Many old faces and new faces showed that the US population is indeed interested in learning about ayurveda.

In September 2025, on the 27 and 28, the 70th International Conference of the Association of Ayurvedic Professionals of North America (AAPNA) is themed, Ayurveda for Perfect Health and will be held for two days at the India Community Center in Milpitas, California. The conference is organized by Global Ayurveda Conferences and has already announced 20 top invited speakers in the field of Ayurveda.

From October 2-5, 2025, the annual Colorado Ayurveda Conference will be held at Monarch Casino Resort Spa in historic Black Hawk, Colorado. With several schools of ayurveda in the state and a

strong state association that has gathered to move toward the right of patients to access health through Health Freedom, the conference aims to bring conversation and discussion for all members of the community with a serene background in the Colorado Rocky Mountains.

From October 15-18, 2025, the third World Congress on Traditional, Complementary, and Integrative Medicine (TCIM) will be held in Rio de Janeiro, Brazil, <<https://wctcim.cabsin.org.br/new/>> with a strong contingent of Ayurvedic community planning to attend.

From November 7-9, 2025, the Ayurveda Association of Florida (AAF) will hold its annual conference in Tampa, Florida. They plan a discussion on licensure of Ayurveda in the USA and an annual panel on Cancer and Ayurveda. Previous speakers include government from the NIH National Cancer Institute and physicians from the Ministry of AYUSH, as well as popular speakers and celebrities of ayurveda.

As these events unfold in the Americas, ayurvedic physicians are learning where unity is needed, what skills are needed to move the field forward in a new land, and how to self-govern and learn governance over their profession. Students, teachers, patients, and practitioners who love ayurveda will continue to collaborate and be part of this growing and enriching community. ■

Dr. Bhaswati Bhattacharya, a Manhattan-based physician and Weill Cornell professor, blends authentic Ayurveda with modern medicine. A Fulbright Scholar and bestselling author, she holds multiple advanced degrees and is now advancing a tech project to codify Ayurveda for clinical applications.

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