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It's all in the gut, time to hone your gut instinct

Yet another Ayurveda Day is round the corner, on September 23. This fixed date aims to give our ancient Indian wisdom a global calendar identity and wider reach. Earlier, it was celebrated on Dhanteras, Dhanvanthari Jayanti, in honour of the Lord of Ayurveda.

The theme this year is Ayurveda for People and Planet. It emphasises the role of Ayurveda in enhancing health of peoples and Mother Earth. And health is in the gut. Even Hippocrates attests to it, "all disease begins in the gut."

You are what you eat. A balanced diet easy on the gut eases metabolism and defecation. As Dr Bhaswati Bhattacharya will tell you, your gut knows it all. She delves into how majority of diseases start in the gut or mind and about the gut-brain connect highlighting the importance of strengthening them by having toxic-free fresh food. Seconding this is Dr Divya who advocates the importance of eating in tune with one's body, environs and roots and opting for more light food than the heavy. Ayurveda considers food as medicine and is a repertoire of recipes, not to forget fermented rice, for problems arising from disturbances in the gut and mind,

Dr Harish Verma enlightens you on the power of Bael fruit in curing ulcerative colitis. Garlic is a common ingredient used in kitchens to enhance digestion. Besides Nature's bounty; yoga helps rid of gastric ailments too. Prof BT Chidananda Murthy suggests ways to tackle gastritis, constipation, diarrhoea, peptic ulcer through simple yoga asanas and a gut-friendly diet. Surya Namaskar is not just about worshipping the sun or exercise, but about becoming like it- selfless, shining behind the clouds or darkness, stress-free, vibrant and full of fire and energy.

Many today are giving a thought for the planet and opting for vegan food and turning to Mother Nature for help.

Ayurveda is a way of life closely knitted to nature to remain healthy. Nature helps heal you from the stress and disturbances caused by every deviation from its path. Naturopathy has a range of solutions for bloating, belching or cramps. When the mind, body and spirit are in harmony, health glows on your skin and hair. The good news is that innovations and inventions are in the offing to make Ayurveda more accessible to modern day needs. This edition is all about achieving bliss the Ayurveda way. Let's heal ourselves and our planet.

Surekha Krishnan

Executive Editor (Coordination)



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AYUSH UTTARAKHAND PROMOTES AYURVEDA AT HIMALAYAN MSME EXPO 2025



Ayush Uttarakhand, made a mark at the three-day Himalayan MSME Expo 2025 featuring Export Promotion Workshop, Agri-Startup Workshop and National Seminar on Chronic Diseases Management in Ayurveda and Free Health Camp. It was organised by BSL Conference & Exhibition Pvt Ltd in Haridwar

from August 22. At the The Export Promotion Workshop on the first day, Dr Rajeev Kurele, Associate Professor Uttarakhand Ayurved University (UAU), was the keynote speaker.

On day 2, at the Agri-Startup Workshop Narendra Yadav CEO, Horticulture Marketing Board

Uttarakhand along with Scientists from ICARI gave information related to Agri-Startup. The event was managed by Eco-fast Agri Solutions.

On the last day, the National Seminar on Chronic Diseases Management in Ayurveda was conducted.

The events were held with the support of Uttarakhand Ayurved University Main & Gurukul Campus

At the valedictory, Ayush Uttarakhand, a global connect platform and Ayurveda Magazine were launched. It would be a strategic association between Ayush Uttarakhand and Ayurveda Magazine for worldwide promotion of Uttarakhand Ayush Industries.

The Ayurveda related workshop, Seminar and Health camp was planned and managed by Ayush Uttarakhand and supported actively by Dr Rajeev Kurele (Associate Professor UAU) and Vivek Chauhan CEO Jeevan Organics. ■

MEDITERRANEAN DIET LINKED TO LOWER DEMENTIA RISK

A new study led by researchers from Mass General Brigham, Harvard T.H. Chan School of Public Health, and the Broad Institute of MIT and Harvard suggests that a Mediterranean-style diet may help reduce the risk of dementia, especially among individuals with high genetic susceptibility to Alzheimer's disease.

Published in Nature Medicine, the study found that people at the highest genetic risk—particularly those carrying two copies of the APOE4 variant—experienced the greatest reduction in dementia risk



when adhering to a Mediterranean diet.

Over the last few decades, researchers have found that the genetic and metabolic basis of Alzheimer's disease and related dementias are among the most

common causes of cognitive decline in older adults. Alzheimer's disease is known to have a strong genetic component, with heritability estimated at up to 80%.

Apolipoprotein E (APOE), has emerged as the strongest genetic risk factor for sporadic Alzheimer's disease -- the more common type develops later in life and is not directly inherited in a predictable pattern. People who carry one copy of the APOE4 variant have a 3-to-4-fold higher risk of developing Alzheimer's and those with two copies of the APOE4 variant (called APOE4 homozygous) have a 12-fold higher risk of Alzheimer's than those without. ■

AYURVEDA DAY ON SEPTEMBER 23 ANNUALLY

The move to fix Ayurveda Day on September 23 is historic, giving Ayurveda a universal calendar identity and enabling greater participation at the global level. The theme this year is 'Ayurveda for People & Planet'

Ayurveda is a life science rooted in harmony with nature, said Union Minister of State (independent charge) for Ayush and Union Minister of State for Health & Family Welfare, Prataprao Jadhav. "The theme, 'Ayurveda for People & Planet', reflects our collective resolve to harness the full potential of Ayurveda for global wellbeing and a healthier planet," Jadhav, said.

Secretary Vaidya Rajesh Kotecha said, "Ayurveda Day has grown into global movement since 2016", the inception year. Ayurveda Day will



be observed on a fixed date, September 23 annually as notified by the Government of India through a Gazette Notification issued in March 2025. Earlier, Ayurveda Day was celebrated on Dhanvantari Jayanti (Dhanteras). He said, "The first all-India NSSO survey reaffirms that Ayurveda is the most commonly used system of treatment across both rural and urban areas."

Ayurveda Day 2025 is envisioned as a step towards positioning Ayurveda as a solution for

contemporary global challenges such as lifestyle disorders, climate-linked diseases, and stress management, he said.

The celebrations will include awareness campaigns, youth engagement programmes, wellness consultations, and international collaborations coordinated by the ministry of Ayush and its institutions. Last year, activities in around 150 countries were organised on Ayurveda Day. ■

KERALA TOURISM SOCIAL MEDIA CAMPAIGN WINS PATA GOLD 2025

Reaffirming the success of its strategy to connect with travellers through digital medium, Kerala Tourism won the coveted PATA Gold Award 2025 for

the 'Most Engaging Social Media Campaign'.

Kerala minister for Tourism and Public Works PA Mohamed Riyas

received the prestigious honour at the Pacific Asia Travel Association (PATA) award ceremony in Bangkok on August 27. Riyas received the award from Peter Semone, PATA Chair, Noor Ahmad Hamid, PATA CEO and Macao government tourism office representative Maria Helena De Senna Fernandes. PATA awards honour exceptional achievements in the travel and tourism industry in the Asia Pacific region.

"Kerala Tourism's efforts to engage domestic and international tourists on the diversity of Kerala's tourist destinations through innovative and trending online content has yielded massive response and this award is a shining recognition of our efforts in that direction," said Riyas stating that this was not Kerala's first PATA award. ■



FSSAI RELEASES AYURVEDA AAHARA PRODUCTS LIST TO PROMOTE TRADITIONAL DIET



The Food Safety and Standards Authority of India (FSSAI), in consultation with the Ministry of Ayush, has released a definitive list of Ayurvedic food preparations under the category “Ayurveda Aahara.” This follows the Food Safety and Standards (Ayurveda Aahara) Regulations introduced in 2022, which recognise foods based on recipes, ingredients, and processes from classical Ayurvedic texts.

The newly released list, under Note (1) of Schedule B, draws from texts in Schedule A, ensuring authenticity and traditional relevance. This move brings clarity to Food Business Operators (FBOs) and enhances consumer confidence in Ayurveda-based nutrition. FBOs can also propose additions to Category A products with supporting references from authoritative Ayurvedic texts.

Ayurveda Aahara, rooted in one of the world’s oldest health systems, offers dietary solutions designed to balance nutrition, enhance immunity, and support digestive health. These products reflect India’s time-tested food wisdom, promoting preventive healthcare and sustainable living.

Union Minister Prataprao Jadhav urged citizens to embrace

Ayurveda Aahara as a means to long-term wellness. He highlighted its role in strengthening immunity and maintaining health in today’s fast-paced world.

Secretary of the Ministry of Ayush, Vaidya Rajesh Kotecha, described this as a milestone in aligning traditional knowledge with modern regulatory practices, empowering both businesses and consumers.

Prof. Sanjeev Sharma, Vice-Chancellor of the National Institute of Ayurveda (NIA), emphasised the scientific and textual rigour applied in developing the Ayush Aahara Compendium, which will guide manufacturers and provide safe, authentic options to the public.

This initiative is seen as a significant step toward mainstreaming Ayurveda-based nutrition, enhancing regulatory clarity, and supporting public health through trusted, tradition-based dietary practices. ■

INDIA STRENGTHENS PRIMARY HEALTHCARE WITH OVER 1.78 LAKH AAMS

A total of 1,78,154 Ayushman Arogya Mandirs (AAMs), comprehensive primary healthcare formed by strengthening Sub Health Centres (SHCs) and Primary Health Centres (PHCs), have been operationalised in India, till 15.07.2025, the Union Minister of State for Health and Family Welfare, Prataprao Jadhav stated in a written reply in the Lok Sabha.

The AAMs provide preventive, promotive, rehabilitative and curative care for an expanded range of services including communicable diseases, non-communicable diseases (NCDs), reproductive and child healthcare services and other health issues.

As part of promoting preventive health, wellness-related activities like Yoga, cycling, and meditation are conducted in AAMs. As on 30.06.2025, a total of 5.73 crore wellness sessions have been conducted at AAMs, the Minister said.

Under Ayushman Bharat Digital Mission (ABDM) an online platform to support continuity of care across primary, secondary and tertiary healthcare in a seamless manner, 79.75 crore ABHA (Ayushman Bharat Health Accounts) IDs have been created and 65.34 crore EHR (Electronic Health Records) have been linked so far in various health portals, he added.



AAMs are equipped with the required resources including upgraded infrastructure, additional human resource, essential drugs & diagnostics, IT systems, etc. to provide twelve packages of primary health care services. The primary health care team at AAMs are trained to deliver comprehensive primary health care services closer to the homes of people. ■

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WORLD'S FIRST OPEN-SOURCE HEALTH AND LONGEVITY PLATFORM



The IIT Alumni Council (IITAC) has launched what it calls the world's first open-source health and longevity platform.

Conceived as a global healthcare common, the platform seeks to integrate ancient medical practices with modern sciences such as genetics and epigenetics, fostering a collaborative ecosystem where healthcare knowledge is openly shared.

The initiative is free, non-commercial and accessible to all, beginning with Ayurveda Revisited:

Process Technology Breakthrough, a five-volume work by Dr Shantaram Kane.

Ravi Sharma, President of IITAC, said at the launch on Independence Day that there is no greater freedom than freeing healthcare from exclusivity. According to him Ayurveda can play the same role in medicine that Linux played in computing — rigorous, credible, and open to all. “This is not about replacing allopathy, but about standing alongside it as part of an integrated, universal healthcare model,” he said

Dr Kane's work forms the foundation of the movement. Over four decades, drawing on expertise in process engineering and nanoscience, he developed methods to transform herbal and mineral formulations into highly concentrated ‘Super-Extracts’, effective in just a few drops.

“My first breakthrough was simplifying siddha taila preparation,” he recalled. “To my amazement, a dose diluted a thousand-fold was equally potent. That discovery drove me to keep experimenting with herbs, minerals and bhasmas. This book brings together those Super-Extracts, process methods and applications as my open-source contribution — knowledge placed in the public domain for families, practitioners and researchers.”

Supporters see the initiative as part of a larger transformation. “Dr Kane combines the precision of an engineer with the vision of a technocrat,” said Satish Mehta, convener of the IIT Alumni Social Fund.” ■

EXCESS SCREEN TIME TIED TO CARDIOMETABOLIC RISKS IN YOUTH

Children and young adults using gadgets for long are vulnerable to higher risks of cardiometabolic issues such as high blood pressure, high cholesterol and insulin resistance, according to research published in the Journal of the American Heart Association.

The two studies with more 1,000 participants in Denmark found that increased recreational screen time

was significantly associated with higher cardiovascular risks and cardiometabolic risks among children and adolescents. Lead author of the studies David Horner, a researcher at the University of Copenhagen in Denmark, provides evidence that the connection between screen time and cardiometabolic diseases starts early and it highlights the need to have balanced daily routines.



Children and adolescents who had less sleep showed significantly higher risk associated with the same amount of screen time. ■

SLEEP REGULARITY CRITICAL IN PREVENTING DISEASES, FINDS STUDY

A new global study has revealed that maintaining sleep regularity is critical to prevent many diseases including liver cirrhosis and gangrene, indicating that the definition of good sleep should include regularity and not just duration. The study also found that sleeping more than 9 hours is not harmful to health contrary to the earlier perception.

The study recently published in Health Data Science, found a link between sleep traits and 172 diseases. The research, led by teams from Peking University and Army Medical University, analysed objective sleep data from 88,461 adults in the UK Biobank, and concluded that sleep regularity -- such as bedtime consistency and

circadian rhythm stability -- are crucial unrecognised factors in disease risk.

The researchers identified that 92 diseases had over 20% of their risk attributable to poor sleep behaviour. Notably, irregular bedtime (after 00:30) was linked to a 2.57-fold higher risk of liver cirrhosis, while low inter-daily stability increased the risk of gangrene by 2.61 times.

The study also challenges previous claims that long sleep of more than 9 hours is harmful. While subjective reports have linked long sleep to stroke and heart disease, objective data revealed this association in only one disease. The researchers found that 21.67% of "long sleepers" actually slept less



than 6 hours, suggesting that time spent in bed is often confused with actual sleep time.

Prof. Shengfeng Wang, senior author of the study, said the findings emphasise the significance of sleep regularity and it was time to redefine and broaden the definition of good sleep beyond just duration. ■

NMPB SIGNS MOUS TO PROMOTE MEDICINAL PLANTS



The National Medicinal Plants Board (NMPB) under Ministry of Ayush has signed two MoUs to promote conservation and spread awareness of medicinal plants.

The first one with IshVed-Bioplants Venture, Pune, Maharashtra, is to conserve and maintain the

germplasm of rare, endangered and threatened (RET) medicinal plants through tissue culture methods. The idea is to raise the cultivation of rare and endangered medicinal plants through tissue culture to preserve and maintain germplasm to facilitate their supply.

The second tripartite MoU signed among NMPB, All India Institute of Ayurveda (AIIA) and All India Institute of Medical Sciences (AIIMS), New Delhi is for starting a national level medicinal plants garden in the premises of AIIMS to spread public awareness about the medicinal plants including among patients, students who come from distant areas and visitors.

Prataprao Jadhav, Union Minister of State of Ayush (Independent Charge) and Minister of State for Ministry of Health and Family Welfare, said, the MoUs, represented a significant milestone in conserving and promoting India's rich medicinal plant heritage by integrating traditional knowledge with modern science. ■

YOUR GUT ALREADY KNOWS

Mind your Gut, Keep Diseases at Bay



Dr Bhaswati Bhattacharya

What you eat, how, when, where, which combinations, with whom, and in what conditions are of utmost importance to keep your gut and mind healthy. 85% of all diseases start in the gut or mind and Ayurveda has a way out

Digestive diseases were the 13th leading cause of Disability-Adjusted Life Years (DALYs) globally in 2019, responsible for 8 million deaths. Recent statistics show more incidence of gut problems, but generally diseases of the gut are being treated better than they were 10 years ago. Treated not cured. When people suffer thinking there is no cure, Ayurveda sits quietly, waiting for the curious health-seeker to arrive.





Decade of the Brain

During the 1990s--declared the Decade of the Brain, a big discovery was the existence of the gut microbiome, an ecosystem of bacteria that share the real estate of the lining of the lower gut. While some scientists had discussed the importance of certain bacteria living in the gut through a person's life, the dominant thinking in mainstream medicine was that bacteria are germs, and the cleaner the gut could be, the healthier a person would be. Bacteria was the source of diseases, so people were given regular courses of antibiotics as preventive and health promotion measures.

When anti-microbial resistance started rising, in which antibiotics needed for severe infections did not work, the role of the gut bacteria which were being killed was re-examined. Maybe they provided some protection to the body against other "bad" bacteria, the disease-causing ones. Research showed that fatty acids from food played a big role in helping bacteria good for the body to grow well in the gut and protect the real estate from being invaded by parasites. In

addition, there were molecules that talked with our immune system and our brain. The idea of a gut-brain axis developed. Multiple studies from different angles gave data that confirmed the communication between gut and brain. Phrases like "my gut instinct told me" and "my gut knew" found new meaning.

The Second Brain

The second brain or the gut brain is a large network of nerve cells--more in number than is found in the brain--that work seamlessly to identify, digest, shuttle, absorb, reject, transform, feed bacteria, and push out whatever you eat. The gut brain also influences you by taking chemicals or nutrients in the foods you eat and informing the brain, which responds through your emotions. Unhappy food digestion produces unhappy emotions. Dead food produces dead emotions and dysfunction.

Ayurveda and Gut Health

Ayurveda has been highlighting the importance of the gut for millennia. Food rules of Ayurveda can be summarised as follows:



1) Know where your food comes from

2) Eat fresh food taken recently from the earth

Modern society violates these two rules because food producers live in the illusion that food is a business, and not a thing of worship. What we digest becomes our bodies and minds. Eating consciously raises our consciousness and yokes our body with our mind, else paves the way for imbalances and ailments.

The condition of irritable bowel syndrome (IBS) has been on the rise, with approximately 40% of university students having strong symptoms of swinging between loose motions and difficult-to-pass motions. IBS is treated systematically by

Ayurvedic physicians by first focussing on the gut-brain axis. By cleaning the residues, stopping intake of processed foods, resurrecting a healthy gut fire, and nourishing the gut lining, most digestive diseases can be shifted and ameliorated.

Diseases Start in Gut, Mind

Ayurveda is a master at the mind and the gut, and advises that 85% of all diseases start in the gut or mind. Yet, most people do not even know that excellent Ayurvedic options are available and effective to treat gut conditions.

Among the inconsequential symptoms dismissed by the conventional doctor are constipation, gas, bloating,

belching, post-food cramps, and swinging between loose motions and difficult-to-pass motions.

A patient complaining of gas may be told fermentation of undigested carbohydrates or sugars like lactose, or swallowing air while eating could be the causes. But modern physiology knows it takes 24-72 hours for a food to get to the large intestine from the time it is eaten, depending on how well you digest. Fermentation then produces gases that create flatulence and bloating. How could fermentation be the culprit when a person complains of gas just after having a meal? But generally, the response is often to suggest an endoscopy or acid blockers.





Improve digestive fire

However, Ayurveda considers gas, bloating, belching, and post-food cramps to be *ajeerna*, or inability of the gut to digest properly. The solution is almost always to improve the fire in the gut, to regulate the acids and digestive enzymes that do the work of transforming food into nourishment. Foods that increase the gut fire include ginger, and many of the kitchen spices. Another category of spices and herbs burns the undigested food in the belly by cutting up the food, or assisting the gut's fire with chemicals that amplify the various components of digestion, such as increasing heat, cleaning the metaphoric soot from the fire, increasing motility, and holding the fire in place so that it can transform food.

Ayurveda has solutions for

inflammatory bowel disease such as Crohn's Disease and ulcerative colitis, or gallstones, liver diseases, cancers of the gut, irritable bowel disease and other gastric ailments.

The power of positivity

The effect of psychologic bias is centred not only in the mind, but also in the brain-gut axis, with the mind's beliefs strongly affecting the gut, and the gut's digestion also affecting the stillness and strength of the mind.

Just as the placebo effect is the suggestive induction of an effect by a person who creates a positive expectation or belief, the nocebo effect is the negative prediction by a respected someone that creates a negative effect in a person. The nocebo effect is so powerful that while

placebos can be used as a gold standard in human research that is considered psychological, unscientific and a form of bias, the nocebo effect is not used in clinical research.

Treasures of Ayurveda

Why don't most people know Ayurveda's approach? For 200 years, people have been taught that Ayurveda has no evidence or systematised treatments. Ayurveda however understands gut physiology effectively because it understands the embryology of the gut and how it grew. It has watched people eat, how, when, where, what, which combinations, with whom, and in what conditions. Ayurvedic wisemen recorded what works well and what does not. These are the detailed rules of Ayurvedic nutrition, *kalabhojanam*, *Ahara vidhi*, all dietary guidelines.

Excellent Ayurvedic options are available and effective for gut diseases. You simply need to find an ayurvedic wiseman who has practiced clinically and is healthy in her/his own body. ■

Dr Bhaswati Bhattacharya,

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YOUR PLATE, YOUR PLAN: EATING IN TUNE WITH YOUR BODY

Appetite and digestion vary in each person, and keep shifting based on diet, age, habit, medication and way of life depending on your gut microbiome. It's time to eat accordingly balancing light and heavy food



Prof. (Dr) Divya P

Digestion is given utmost priority in Ayurveda with treatment beginning by correcting digestion, based on Koshta, the nature of your digestive tract, and Agni, the strength of your digestive fire.

Appetite and digestion differ widely from person to person, and one of the biggest reasons lies within us—the gut microbiome. Unlike our genes, it is not fixed; it shifts



constantly, shaped by diet, age, medications, way of life, and habits. These microbes don't simply coexist—they produce powerful metabolites that affect not only digestion but also the brain, heart, lungs,

immunity, and metabolism. When healthy microbes dominate, they strengthen our well-being. But when harmful species gain ground, they trigger inflammation, weaken defences, and fuel chronic disease. Understanding this dynamic ecosystem is the first step in learning how to truly personalise our diet for better health.

How to Evaluate Your Gut

Unlike blood pressure or glucose, there's no simple lab test for gut health. But you can begin assessing it through mindful observation. Long before science explored the microbiome, Ayurveda placed digestion at the centre of health. Almost every Ayurvedic treatment begins with correcting digestion—guided by two key factors:

► **Koshta** – the nature of your digestive tract

► **Agni** – the strength of your digestive fire

Koshta shows how your gut behaves. Constipation and hard stools indicate a sluggish gut; loose motions point to an overactive one. The healthiest state lies in between—regular, comfortable stools.

Agni, on the other hand, determines how well you digest and metabolise food. Some people rarely feel hungry and still gain weight or face health issues—this signals weak Agni. Others are constantly hungry, eat frequently, and remain lean, yet they may face risks like diabetes or high cholesterol—an indication of overactive Agni.

Then there are those whose appetite swings unpredictably between extremes, pointing to irregular Agni. Only a few enjoy balanced Agni, where appetite is steady, digestion is smooth, and meals leave both energy and comfort.

Koshta and Agni are not fixed traits—they exist on dynamic spectrums.

► On the Koshta spectrum, one end is sluggish and constipation-prone, the other overly sensitive and loose. The balance lies at the centre.

► On the Agni spectrum, one end is weak and sluggish, the other sharp and overactive, with balance again in between.

Importantly, your “normal” may not be the exact centre. If you're naturally inclined toward weak Agni, balance for you may lie closer to that end—but mindful living helps you remain steady and symptom-free. The goal isn't perfection, but finding balance within your unique constitution.

A quick self-check:

1. Do I feel a steady appetite?
2. Am I comfortable after meals?
3. Do I pass stools easily and regularly?
4. Is stool consistency normal—not too hard, not too loose?
5. Are gut movements predictable?

If you answered yes to all—your gut is in balance. Even one no may be your body's early signal of imbalance—worth addressing before it grows into disease.





► Red rice, barley, green gram, lean meat, amla, honey, ghee → light and digestion-friendly.

The Simple Test:

► Hungry again soon → meal was light.

► Heavy and full for long → meal was heavy.

(Heavy ≠ unhealthy—just needs portion control.)

Golden Rule for Portion Size:

► Heavy foods → fill ½ stomach

► Light foods → fill ¾ stomach

► Always leave space for smooth digestion.

If a heavy meal delays your hunger, it's fine to skip or postpone the next one.

Listening to your body is key to balanced Agni. But what about the type of food—vegetarian or non-vegetarian—that best supports your system.

Vegetarian or Non-Vegetarian – What Is Healthy?

The debate isn't simply about whether vegetarian or non-vegetarian food is healthier. Human diets evolved based on geography—deserts relied on animals, cold regions on meat and fish, and fertile lands on plants. Over generations, our bodies adapted to these patterns, which is why digestion often reflects ancestry. If your community traditionally followed a vegetarian diet, plant-based food may suit you better, and if fish or meat was part of your heritage, your body may process that more efficiently. The best approach? Keep your everyday meals close

How to Decide Your Portion Size

Once you understand the state of your gut, the next step is knowing how much food your digestion can handle. In Ayurveda, digestion is compared to fire—Agni—for a reason. Think of a small flame: to keep it steady, you need to feed it the right fuel, in the right amount, at the right intervals. A few drops of oil help it burn brighter, but pouring in an entire can at once will smother it. Your digestive fire, works the same way. To protect and sustain it, you must choose not only the right kind of food but also the right quantity. This is why one-size-fits-all diet plans often fail—because what is “right” for you depends on your unique Agni.

Ayurveda classifies food as light (laghu) or heavy (guru)—not by calories, but by how easily it digests.

► Light foods can be eaten in larger portions, as they strengthen Agni.

► Heavy foods should be eaten in smaller amounts, as they can burden digestion.

Examples:

► Rice is lighter than wheat, but rice flour dishes are heavier.

► Among pulses, green gram is light and suitable daily; black gram is heavy and best limited.

► Puffed rice is light; flattened rice is heavier.

► Paneer, red meat, fish, curd, black gram → heavy, nutritious, but best in moderation or with strong digestion.



to your traditional diet while enjoying global cuisines in moderation.

Why Traditional Diet May Be Best for You

Let me begin with a story. The Inuit of the Arctic thrived on fat-rich diets of seals and whales, thanks to unique genetic adaptations. When scientists first linked their heart health to omega-3s, supplements became a global craze—until later research revealed the real secret lay in their genes. The same holds true for milk: many Europeans and South Asians digest it easily because their ancestors were dairy farmers, while East Asians and Native Americans often struggle due to lower lactase levels. Even rice and roti tell a story—farming communities with more amylase genes digest starch better than populations historically reliant on meat or fish. The lesson? Your body remembers. Generations of eating patterns have shaped your biology, a truth Ayurveda recognised long ago through Desha (region), Kala (season), and Prakriti (constitution). Modern science now echoes this wisdom: your plate should align with your

roots, your genes, and your body's quiet memory.

There is no universal perfect diet—only the one tuned to your body, environment, and

roots. By honouring your Agni, ancestry, and Ayurveda's wisdom, every plate can become your plan, and every meal, your medicine. ■

Dr Divya P, an Ayurveda and health innovator, who is also a management graduate from IIM Kozhikode, is the Managing Director & Co-Founder of Ragdima Academy of Sustainable Health and Research Pvt. Ltd.

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YOGA FOR GASTRIC AILMENTS: HEALING THE GUT THE NATURAL WAY



Gastric issues are a pain in the neck today owing to the modern way of life-irregular eating habits, having processed food, sedentary life and stress. Relax as you heal them the natural way through yoga and balanced diet.



Prof Dr B T Chidananda Murthy

Digestive problems such as gas, bloating, acidity, indigestion, and constipation are common in our industrialised world and present-day cosmopolitan way of life. Irregular eating habits, processed foods, stress and lack of exercise disturb the digestive fire, leading to gastric issues. Yoga offers a holistic solution by addressing both body and mind.

How Yoga Helps heal Gastric Problems

1. Improves Digestion: Gentle twists and forward bends stimulate abdominal organs, increasing digestive enzyme secretion.

2. Reduces Bloating & Gas: Specific postures help release trapped air and reduce abdominal discomfort.

3. Relieves Stress: Stress is a major cause of acidity and IBS.

Yogic breathing (Pranayama) calms the nervous system, reducing gut irritation.

4. Balances Gut-Brain

Connection: Yoga regulates the vagus nerve, improving gut motility and overall digestion.

Effective Yoga Poses for Gastric Relief and Constipation:

Constipation occurs when there is lack of rhythmic peristaltic movements in intestines.

Regular practice of the following asana will help rid of it.

1. Pawanmuktasana

2. Ardha Matsyendrasana

3. Setu Bandhasana

4. Paschimottanasana

5. Balasana

Breathing & Relaxation Techniques

1. Kapalabhati

2. Anulom Vilom

3. Nadi suddhi pranayama

Dietary tips:

1. Drink at least 4 L of water per day- 400 ml at every 2 to 3 hrs.
2. Take one meal of Raw Food -- all fruits, all salads, multigrain sprouts, chutneys, buttermilk, curd.
3. Avoid overeating, processed food, and late-night meals.
4. Consume more of natural fruit and vegetable juices.
5. Avoid all whites - flour, sugar, rice, refined oils, fried foods.

Effectiveness of yoga for Diarrhoea:

Diarrhoea is the passage of loose or watery stools more than 3 times a day, owing to hypoperfusion of

intestine, infection, and food intolerance. The relaxative asanas mentioned below will help soothe the intestines by bringing homeostasis in body and improving circulation of blood to abdomen by regulating the osmotic pressure and fluid secretion.

1. Jyestikasana

2. Siddhasana (*The perineum is pressed by the heel of foot which helps to reduce the motility of sphincter muscles of anus.*)

3. Dhyana veerasana

4. Vajrasana

Breathing and Relaxative Techniques:

1. Nadi shuddhi

2. Bhramari pranayama

Dietary tips:

1. Consume curd and probiotic rich foods.
2. Keep yourself hydrated with safe drinking water without contamination.
3. Eat light easy to digest foods (boiled apples, bananas, curd rice, rice kanji).

Effectiveness of yoga for Gastritis:

To reduce inflammation and pain during acute hyperacidity, short bursts of enhancing sympathetic activity yoga asanas like Ushtrasana, Chakrasana will help but in long term healing and prevention of recurrence will need parasympathetic predominance (rest-and-digest mode) which will reduce gastric secretions.

1. Savasana

2. Balasana

Relaxative and Breathing techniques

1. Yoga nidra



2. Sitali

3. Sitkari

4. Nadi suddhi

Dietary tips:

1. Consume probiotic rich food like fermented rice.
2. Avoid spicy, citrus, tomatoes, excess coffee and processed foods.
3. Ice water drinking helps relieve pain and bleeding.
4. Include buttermilk, aloe vera juice, coconut water, boiled vegetables, papaya, soft cooked rice in your diet.
5. Avoid smoking and alcohol.

Effectiveness of yoga for Peptic Ulcer:

1. Savasana

2. Makrasana

Relaxative and Breathing techniques

1. Nadi suddhi

2. Bhramari

3. Yoga nidra

Lifestyle tips along with yoga:

1. Include coconut water, licorice, bananas, boiled vegetables, and rice gruel.
2. Eat small regular meals.



3. Avoid coffee, tea, alcohol, carbonated drinks, citrus fruits, processed foods and chocolate.
4. Apply Mud pack to abdomen for 10 mins.

Effectiveness of yoga for GERD (Gastroesophageal Reflux Diseases)

Mild exercises help in relieving pain and symptoms while heavy exercises can worsen the condition by causing hypoperfusion of the abdomen.

Individual responses vary based on fitness level, dietary habits, and underlying GI conditions, emphasising the need for personalised exercise and dietary strategies.

1. *Tadasana*
2. *Savasana*
3. *Supta baddha konasana*
4. *Vajrasana*
5. *Sukhasana*
6. *Ardha titali asana*

Relaxative and Breathing techniques:

1. Nadi shuddhi
2. MSRT (Mind Sound Resonance Technique)

Dietary tips:

1. Follow a light soothing diet containing fruits such as melon, plum, guava, and watery vegetable such as gourds.
2. Avoid smoking and alcohol
3. Avoid spicy and processed foods
4. Have fenugreek and aloe vera juice as early morning drink which acts as a coolant and also include licorice in your diet.

To conclude Yoga offers a natural, side effect-free, way to manage gastric issues by improving digestion, reducing stress, and restoring gut harmony. Practicing a few minutes daily can bring long-term relief and enhance overall well-being. ■



Prof Dr B T Chidananda Murthy is retired Director Central Council for Research in Yoga & Naturopathy, Delhi and National Institute of Naturopathy (NIN), Pune, Ministry of Ayush, Govt of India and National Academy of Naturopathy and Yoga, Sahaja Swasthya (NANY) president
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SURYA NAMASKAR IDEAL WORKOUT FOR DIGESTIVE TRACT

When life becomes a rat race, issues such as bloating, constipation, acid reflux or irritable bowel syndrome are not far away. Prevent such gastric ailments by practising Siddhaa Walk, Suryanamaskar and other apt asanas



Himalayan Siddhaa Akshar

In today's fast-paced, pressurised way of life, gastrointestinal ailments such as indigestion, bloating, constipation, acid reflux, and irritable bowel syndrome (IBS) are widespread. Contributing factors include erratic eating habits; lack of physical activity; chronic stress and poor sleep hygiene. While change in one's way of life is beneficial, ancient yogic wisdom provides sustainable, natural remedies that alleviate

symptoms and address root causes as well by nurturing both the body and mind.

Rooted in the holistic principles of Ayurveda and Yoga, these remedies emphasize prevention, self-regulation, and long-term well-being. Among the most powerful tools in this healing system are Siddhaa Walk and Surya Namaskar, ancient practices that have been revived and realigned with contemporary wellness by Himalayan Siddha masters.





Understanding the Gut-Yoga Connection

In yogic philosophy, digestion is a dynamic interplay of energy. Agni (digestive fire) is pivotal—when balanced, it ensures proper assimilation of nutrients and efficient elimination of waste. A disturbed Agni could accumulate Ama (toxins), triggering gastrointestinal imbalances.

Modern research attests to it. The gut-brain axis, a complex communication network between the gastrointestinal system and the nervous system, shows that mental health and digestive function are deeply intertwined. Yoga, through mindful movement, breathwork, and meditative awareness, restores harmony along this vital axis.

Yogic Practices that Revive Digestive Health

1. *Siddhaa Walk*: Rhythmic Movement for Inner Harmony

The Siddhaa Walk, a conscious walking technique based on ancient Himalayan practices, plays a profound role in balancing the left and right hemispheres of the brain while stimulating internal organs. When performed regularly, it enhances digestion, improves metabolism, and aids elimination by regulating the body's biorhythms. Practiced early in the morning on an empty stomach, Siddhaa Walk becomes a deeply meditative experience that aligns the digestive and nervous systems.

2. *Surya Namaskar*: The Ultimate Detox Flow

The dynamic sequence of Surya Namaskar (Sun Salutations) offers a comprehensive workout for the entire digestive tract. The series of 12 postures compress and stretch the abdominal region, boosting peristalsis and enhancing circulation to the gut. It stimulates the Manipura Chakra—the solar plexus energy centre responsible for

digestion and vitality. Regular practice revitalises the digestive fire (Agni), tones abdominal muscles, and supports detoxification on both physical and energetic planes.

3. *Asanas* (Postures) for Gut Healing

Besides Surya Namaskar, the following postures offer targeted relief to gastrointestinal issues:

- **Pavanamuktasana** (Wind-Relieving Pose): Reduces gas and eases bloating.
- **Ardha Matsyendrasana** (Half Spinal Twist): Detoxifies the liver and digestive organs.
- **Bhujangasana** (Cobra Pose): Stimulates digestive juices.
- **Paschimottanasana** (Seated Forward Bend): Calms the nervous system and gut.
- **Setu Bandhasana** (Bridge Pose): Enhances blood flow to digestive organs.

These asanas massage the internal organs and restore balance to the Manipura



Chakra, too fostering both digestion and mental clarity.

4. Pranayama (Breathwork) to Regulate Digestion

Breath control impacts the gut through the autonomic nervous system. Key techniques include:

- **Kapalabhati:** Energizes and detoxifies abdominal organs.
- **Nadi Shodhana:** Regulates the nervous system, reducing gut stress.
- **Bhramari:** Calms anxiety and activates the 'rest-and-digest' response.

Regular pranayama practice enhances vagal tone, boosts digestive resilience, and supports emotional regulation.

5. Shatkarmas (Yogic Cleansing) for Detoxification

Traditional yogic cleansing practices help eliminate toxins from the digestive tract:

- **Kunjal Kriya:** Helps alleviate acid reflux and heaviness in the stomach.

- **Laghu Shankh Prakshalana:** Flushes the intestines using saltwater, offering deep colon cleansing.

These practices should be performed under expert guidance to ensure safety and effectiveness.

6. Mindfulness and Yogic Restorative Practices

Stress is a major disruptor of digestive function. Yoga Nidra, mantra meditation, and focused mindfulness help activate the parasympathetic nervous system, reducing cortisol levels and promoting gut repair. When stress is tamed, the digestive system finds its natural rhythm and strength.

Ancient Tools, Modern Wellness

Yoga, especially when supported by simple practices like Siddhaa Walk and Surya Namaskar, offers sustainable and personalised solutions to

chronic digestive issues. Instead of suppressing symptoms, they enhance awareness, detoxify the body, and restore internal harmony.

In a world seeking natural alternatives to pharmaceutical dependency, these ancient techniques stand as time-tested allies. From enhancing gut flora to calming the mind, yoga truly provides healing from within. It is not just about body bending, but body healing—one breath, one step, one sun salutation at a time. ■

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

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The Fog Munnar Resort & Spa and Vibe Munnar Resort & Spa



Strengthen Hospitality with Ibyta Dubai Partnership



Two of Munnar's most renowned hospitality brands, The Fog Munnar Resort & Spa and Vibe Munnar Resort & Spa, have announced a long-term collaboration with Ibyta Dubai on 28 August 2025, marking a significant step in promoting Kerala as a premier global travel destination.

The partnership brings together the expertise of Dr. Jolly Antony, Managing Director of The Fog Munnar Resort & Spa and Chairman of Vibe Munnar Resort & Spa, and Mr. Binoy Ouseph, Chief Commercial Officer of Ibyta Dubai, (An Air Arabia Group Company) in creating a strategic alliance that focuses on enhancing guest experiences, expanding global market reach, and offering curated travel solutions for international and regional travelers.

Speaking on the collaboration, Dr. Jolly Antony emphasized the importance of building sustainable hospitality experiences in Kerala:

"The Fog Munnar Resort & Spa and Vibe Munnar Resort & Spa have always stood for premium comfort, local authenticity, and world-class service. Partnering with Ibyta allows us to reach new markets while ensuring travelers experience the best of Munnar with ease and elegance."

Mr. Binoy Ouseph highlighted Ibyta an Air Arabia Group Company's vision for strong industry partnerships:

"At Ibyta, we believe in fostering long-term relationships with hotel partners who share our values of quality and innovation. This

collaboration with The Fog Munnar Resort & Spa and Vibe Munnar Resort & Spa strengthens our South India portfolio and gives our clients more reasons to choose Munnar as a preferred destination."

The agreement reflects a shared vision of promoting Munnar's natural beauty, wellness offerings, and unique travel experiences to a global audience. With Ibyta's strong distribution network in the Middle East, Africa, Far East, Europe, US, Canada and LATAM, and Fog Munnar & Vibe Munnar's reputation for excellence in hospitality, the partnership is expected to set new benchmarks for destination travel in Kerala.



Dr. Jolly Antony

Binoy Ouseph

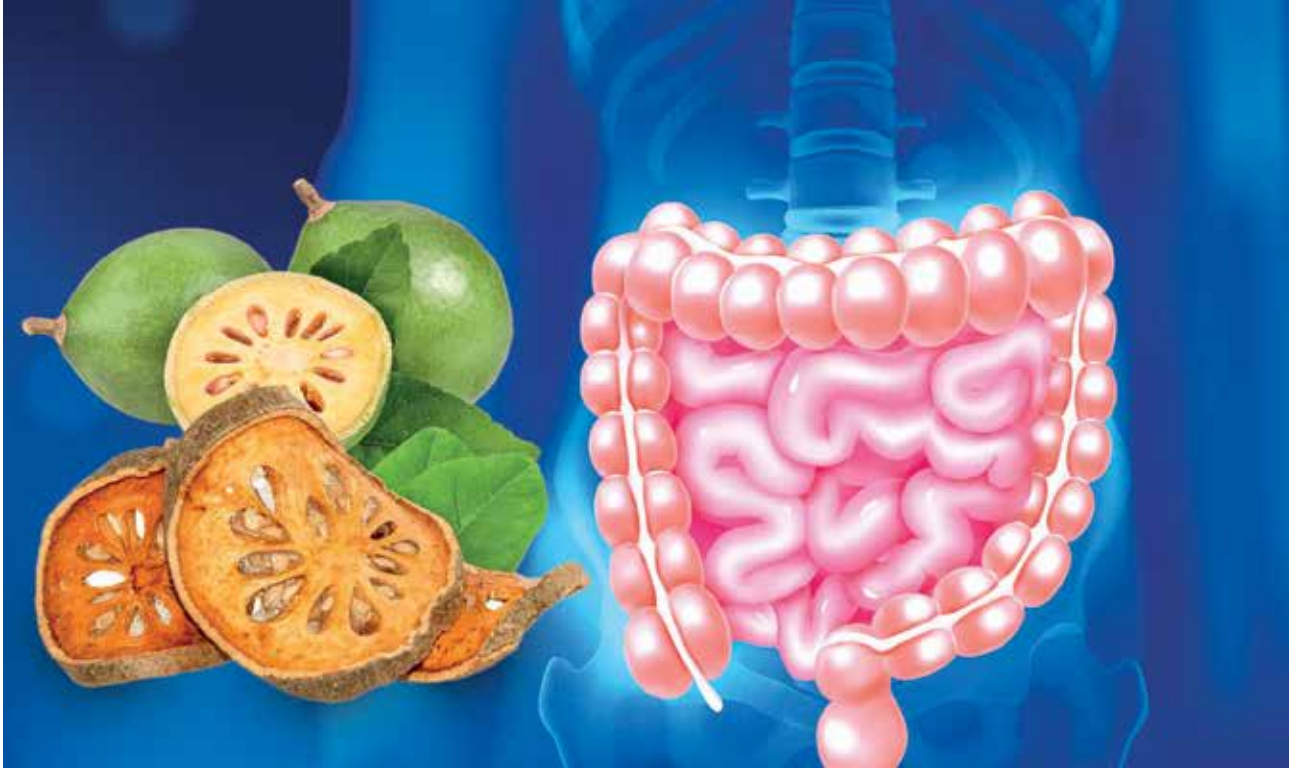
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BAEL FRUIT A BLESSING TO HEAL ULCERATIVE COLITIS

Bael Fruit and Ayurvedic therapies can be effective in managing Ulcerative Colitis



Vaidya Dr Harish Verma

Ulcerative Colitis (UC) is a complex, chronic inflammatory bowel disorder (IBD) that primarily affects the inner lining of the large intestine (colon). It is characterised by frequent bloody diarrhoea, abdominal cramps, urgency to pass stool, weight loss, fatigue, anaemia, mouth ulcers, indigestion, and sometimes fever. Beyond its physical symptoms, the condition can severely impact mental health, social life, and overall quality of life.

Diagnosis is often confirmed through colonoscopy, which helps differentiate UC from other intestinal disorders

such as Crohn's disease. While modern medicine offers various treatment options — from anti-inflammatory drugs to advanced biological therapies — a permanent cure remains elusive.

Ayurveda: A Time-Tested Healing System

India's ancient healing science — Ayurveda — offers a comprehensive, natural approach to managing UC. Ayurveda views the disease as a disturbance of Pitta dosha (heat, inflammation) often combined with Vata imbalance (irregular bowel movements and spasms). The treatment focuses on:

- ▶ Restoring dosha balance
- ▶ Healing and rejuvenating intestinal mucosa
- ▶ Improving digestion and metabolism
- ▶ Reducing inflammation naturally

Bael Fruit: A Cornerstone of Ayurvedic UC Management

Bael (Aegle marmelos) has been celebrated in Ayurveda for centuries for its cooling, astringent, and digestive-healing properties. In UC management, Bael fruit pulp is combined with other balancing herbs:

- ▶ Reduces frequency of diarrhoea and blood in stools.
- ▶ Heals ulcers and inflammation in the colon lining.

- ▶ Improves nutrient absorption and energy levels.
- ▶ Prevents recurrence of symptoms during remission.

The uniqueness of this herbal remedy lies in its effectiveness, safety, and affordability. Unlike allopathic drugs, it works without known side effects and can be used long-term under expert supervision.

Integrative Healing and Lifestyle Support

Ayurvedic management is not limited to herbal medicines. It is supported by:

- ▶ **Dietary modifications:** Easily digestible foods, avoiding spicy, oily, and acidic items, and including cooling foods like rice, moong dal, pomegranate, and buttermilk.
- ▶ **Stress management:** Yoga, meditation, and pranayama

help reduce stress, a known trigger for UC flare-ups.

- ▶ **Panchakarma therapies:** Such as Matra Basti (medicated enemas) to detoxify and rejuvenate the gut.

A Global Shift Towards Natural Therapies

As patients worldwide seek safer, sustainable solutions, Ayurveda is gaining renewed attention in chronic disease management. The Bael fruit-based formula has emerged not only as an effective remedy for UC but also as a symbol of Ayurveda's resurgence in modern healthcare.

While severe cases of UC may still require modern interventions, Ayurveda offers a viable long-term management strategy that reduces drug dependency, minimises side effects, and enhances overall well-being. ■



Vaidya Dr Harish Verma is the Founder and President of Best Ayurveda Limited, Canada. He serves as President of the Canadian College of Ayurveda & Yoga Inc. in Ontario. A Gold Medalist in BAMS from Guru Nanak Dev University, Amritsar, he has dedicated his career to advancing Ayurvedic healthcare globally. He has pioneered treatment methods for Ulcerative Colitis and Arthritis
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KINDLE YOUR DIGESTIVE FIRE WITH LASHUNA

Garlic has been used as a single herb remedy for ages to aid digestion, destroy harmful parasites, enhance nutrient absorption, reduce gut inflammation and oxidative stress



Dr Pannaga N Teragundi

Lashuna, or garlic, is one of the most remarkable gifts of nature, a plant that straddles the worlds of food and medicine, of cosmic tale and science. The story begins with Samudra-manthana, the great churning of the ocean. The Devas and Asuras, eternal rival cousins together churn the milky-ocean using the Mountain Mandara and serpent Vasuki in search of Amṛta, the nectar that arose in a golden pot, but as it was being distributed by Mohini, Rahu, the shadowy Asura, disguised himself to claim a share. But before being almost successful in his deception, the Sudarshana Chakra, the cosmic discus severed his head, the single drop of the nectar fell upon the earth. From that sacred fall emerged Lashuna, born from the body of Rahu yet carrying the divine essence of nectar. This dual origin explains

why garlic is at once pungent, earthy and even controversial, yet revered across cultures

To taste garlic is to awaken more than just flavour. Its sharpness is immediate, but what happens beyond the tongue is even more profound. Ayurveda long recognised Lashuna as a stimulator of digestion, a cleanser of parasites, and a reviver of vitality in terms of its aphrodisiac function. It communicates with the vagus nerve, the great bridge that links the gut, lungs, heart and the brain. When garlic is consumed, its sulphur compounds such as allicin and ajoene activate vagal pathways. This means smoother gut motility, stronger digestive secretions, calmer breathing and steadier heart rhythms.

What makes Lashuna especially fascinating is its role in simple single herb remedies known in Ayurveda as Ekala Prayoga. Garlic has been used this way for centuries. A single clove roasted in ghee can kindle a weak digestive fire. A raw clove crushed along with rock salt helps to expel intestinal worms. Garlic paste with honey supports circulation and strengthens the heart. When simmered with warm milk it eases the normal direction of Apanavata, the downward movement of the gut as well as neutralise the spasmodic pains. Each of these is a direct, accessible, household practice, medicine that requires no elaborate preparation, no pharmacy, only trust in the power of a simple herb.

Yet Ayurveda is careful to remind us the potency comes with responsibility. Owing to



tikṣṇatva of lashuna - the sharp, hot and penetrative attribute, when taken raw and in excess, it can irritate the stomach lining, aggravate burning sensations, or disturb those with sensitive Pitta constitution. That is why the crucial step of śodhana, purification is carried out by soaking the peeled garlic cloves overnight in buttermilk, again this simple yet profound process draws out the excessive heat and harshness leaving the garlic gentler on the stomach and the aroma while preserving its medicinal virtues.

Once inside the gut, Lashuna works like a quiet engineer. It rekindles the digestive fire (dīpana), ensuring that food is broken down fully and nutrients are absorbed (pācana). It destroys harmful parasites and microbes that upset the balance of the intestines (kṛmighna). It steadies chronic looseness of the bowels, yet also helps ease constipation by guiding peristalsis (vātānulomana).

Current research explains the inhibiting action of garlic over H. pylori and E. coli while it can nourish beneficial bacteria like Lactobacillus and Bifidobacterium. It reduces inflammation in the gut wall, protects against oxidative stress, and supports a balanced microbiome.

Still, there is a subtle caution. Spiritual disciplines often advise restraint in consuming garlic. Because of its stimulating quality, it can stir the senses, increasing restlessness in those seeking deep meditative calm. While Ayurveda does not condemn garlic rather it contextualises its use. For the sick, weak, or fatigued, Lashuna is nectar. For those devoted to sattvic practices of clarity and contemplation, moderation or avoidance may be suitable.

In our world, beset by stress, indigestion, microbial imbalance and lifestyle diseases, Lashuna does not arrive as an exotic stranger but as a long-forgotten companion. When you crush garlic, its aroma carries healing and history. Each clove whispers the essence of Amṛta, bridging the gap between the body and the intellect, ordinary and heavenly. ■

Dr Pannaga N. Teragundi, MD (Ayu), is a PhD scholar in Rasashastra (Iatrochemistry) and Bhaishajya Kalpana (Ayurvedic Pharmaceuticals). A trained manuscriptologist, he is dedicated to preserving and documenting Indian knowledge systems)

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BLOATING, BURNING, OR CRAMPS? IT'S NOT JUST STRESS

With irritable bowel syndrome and peptic ulcer getting in the way of today's fast and erratic way of life, it's time to pause and give it a thought; to slow down and live in harmony with nature.



Smita Singh Rajawat



Every day I hear of one common complaint from visitors, “My digestion is just not the same anymore.”

It is no surprise. In today's fast pace of life, meals are eaten in minutes without chewing, comprising mostly junk and heavy food overloaded with preservatives. The more you do

so the more you tag stress and anxiety along with every bite. The result? A digestive system that is tired, irritable, and struggling to do its most basic job, leading to discomfort and ailments.

Improper digestion is the cause of many diseases. From Irritable Bowel Syndrome (IBS) marked by bloating, cramps, and

unpredictable days... to peptic ulcers that burn inside out, and chronic acidity that refuses to leave. These are no longer rare conditions, they are becoming a part of everyday conversations, and sadly, everyday life.

The truth is, your digestion is not just about food, it is about how your body processes life itself. Poor eating habits, irregular sleep, long hours of sitting, and unending stress weaken not just your gut, but your overall health. Pills may give you short-term relief, but they rarely address why these problems began in the first place. Solace is that each discomfort will gradually disappear by changing your way of life, more aligned with nature. It all starts in the mind. Controlling your mind by practising pranayama, yoga and meditation keeps your body fit and strengthens it further with



a balanced diet at the right time, hydration, regular exercise, relaxation, and proper sleep hygiene. Moreover, pranayama helps increase oxygen which plays an important role in metabolism.

Treating digestive disorder from root through Naturopathy

Under the guidance of an expert team, Naturopathy is ideal for treating digestive disorders from the root.

Naturopathy is supported by the science of Ayurveda, the healing rhythm of yoga and meditation and pranayama, helping your mind relax and your body respond better to treatment. *Shirodhara* and *yoga Nidra* bring down stress levels which in turn facilitate digestion and help cure ailments.

Naturopathy helps your body restore its own balance—using time-tested practices, natural therapies, and a way of life that supports long-term health. GH pack, or the gastro-hepatic pack, is a naturopathic technique of applying a warm pack or compress over the abdomen and liver area to improve circulation and digestion and detoxify your body. Depending on the body constitution and ailment, cold hip bath, cold admin pack, full mud bath are found to be effective.

As for healing IBS or peptic ulcer, an integrative approach is beneficial— naturopathy, nature yoga, acupuncture, specific diet augmented by few Ayurvedic treatment, Raga (music therapy)

and of course counselling. Customised treatment is based on clinical investigation and medical reports.

Naturopathy through the wealth of resources from Nature and stress-relief therapies calm the nervous system, which is directly linked to gut health. Freshly prepared, *saatvik bhojan* augments your recovery, while the fresh air and lush green surroundings rejuvenate your body and mind. Cycling through tree-lined paths, soaking in the morning sun, listening to birds instead of traffic, it's not just about comfort, it's about creating the perfect environment for your body to heal.

It is all about tweaking your habits and routine—Having timely food, taking early dinner, a balanced plate with more fibre and pro-biotics, strengthen your gut. Adding more gut-friendly fruit and vegetables to your diet keeps you lighter and cheerful. Naturopathy is all about being in harmony with nature and experiencing the healing process of the mind, body and soul. If your stomach has been sending you signals, do not ignore them. The longer you wait, the more your body struggles.

Listen to your body, give it the care it deserves, and experience what it feels like to live free of discomfort and diseases. ■

Smita Singh Rajawat is wellness consultant, NIMBA Nature Cure and Holistic Centre, Ahmedabad

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THE PATH OF UNITING YOGA AND AYURVEDA

Sage Patanjali believed in connecting Ayurveda and Yoga to purify the body, mind and speech for a holistic path to wellness



Kaithapram Vasudevan Namboodiri

Medicines in Ayurveda are yogas; they are combinations. A list of leaves, stem, or root of plants (oshadhi) is prescribed by the physicians. That is, a yoga (combination) of various herbs into a decoction, oil, or lotion.

But this is not the yoga I am delving into. It is the Raja Yoga itself of Patanjali, dealt with in Yoga Sstras.

Hatha yoga is a little more physical. The shatkriyas (six technics like neti, basti, dhauti, etc.) of Hatha Yoga are for physical purification. Ayurveda also has nasya (instillation of medicine into the nose), basti (introduction of liquid medicine into the abdomen through the anus), and virechana (defecation). These also are for purification of the body.

Sage Patanjali was an expert in three sciences - yoga, linguistics, and medicines.

योगेन चित्तस्य पदेन वाचां

मलं शरीरस्य च वैद्यकेन

योपाकरोत्तं प्रवरं मुनीनां

पतंजलिं प्रञ्जलिरानतोस्मि

आनतः अस्मि - I bow

प्रञ्जलिः - with folded hands

पतंजलिं तं - before that Patanjali

प्रवरं - the greatest

मुनीनां - of sages

योपाकरोत् - Who purified

मलं चित्तस्य - the dirt of mind

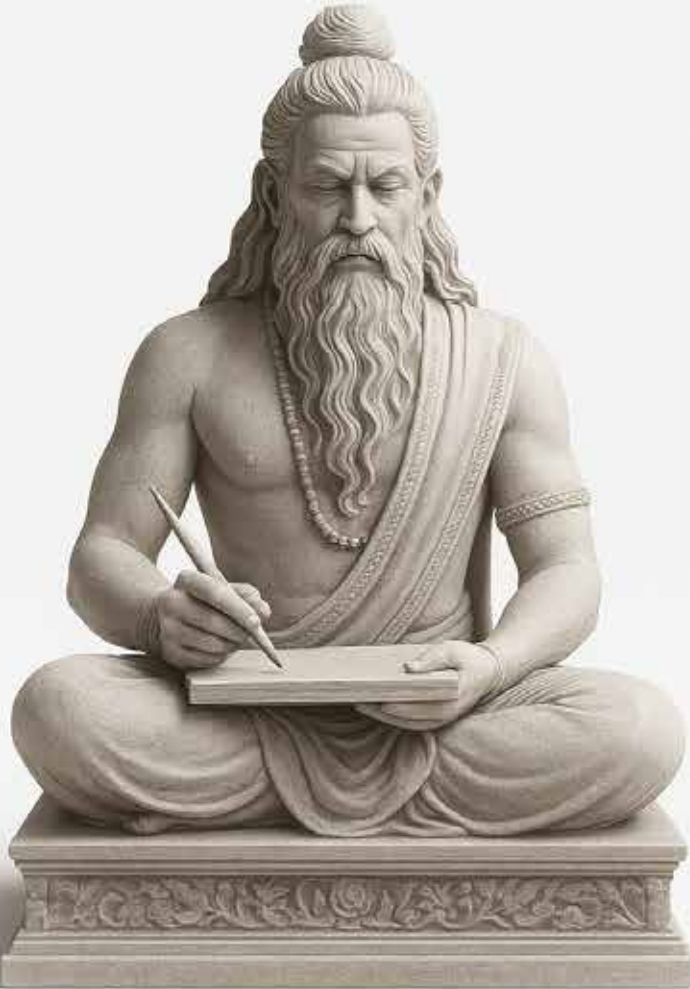
योगेन -through yoga

च वाचां - and of words

पदेन - through grammar

शरीरस्य - and of body

वैद्यकेन - through Ayurveda





Sage Patanjali removed the impurities of the mind through yoga, of the speech through grammar, and of the body through Ayurveda

The association of Pathanjali with Yoga is well established.

Commentary (Bhaashya) of Pathanjali for Panini's Aashtadhyi, the Sanskrit Grammar is authentic and famous in that field. No one can replace him.

It is also said that the Charaka Samhita, an authoritative text of Ayurveda, was compiled by Patanjali. In any case, there are many references to yoga in the Charaka Samhita.

There are eight parts in Charaka Samhita called Sthanams. First

one is Sutra Sthanam. Fourth part is Sarira Sthanam. The first chapter of this fourth part, describes and defines yoga.

आत्मेन्द्रियमनोऽर्थानां सन्निकर्षात् प्रवर्तते ।
सुखदुःखमनारम्भादात्मस्थे मनसि स्थिरे
(4 - 1 - 138)

The Soul experiences happiness and sorrow, when merged with senses, mind, and objects. When it renounces these contacts, the mind becomes stable.

निवर्तते तदुभयं वशित्वं चोपजायते ।
सशरीरस्य योगज्ञास्तं योगमृषयो विदुः
(4 - 1 - 139)

Thus, both happiness and sorrow will disappear. Even in this very body, he will get great control (vasitvam - the eight extraordinary powers). This is called Yoga by great Sages, experts in yoga

The next two verses describe the eight auspicious powers. Patanjali discusses such things extensively in the third chapter, Vibhuti Pada, of the Yoga Sutras.

इन्द्रियाणि च संक्षिप्य मनः संगृह्य
चञ्चलम् ।
प्रविश्याध्यात्ममात्मज्ञः स्वे ज्ञाने
पर्यवस्थितः (4 - 3 - 27)

Withdraw the senses, control the wavering mind, and enter the inner world and be stable in self-knowledge.

Here we should remember the often-repeated definition of Yoga in Yoga Vasishtha -
मनप्रशमनोपायः योगः

Yoga is the trick to tame the mind.

नैष्टिकी चिकित्सा

Psychological (yogic) treatment
This is a type of treatment given in Charaka Samhita

चिकित्सा सा नैष्टिकी या विनोपधाम् ॥
(4 - 1 - 94)

Naishtiki is a treatment without upadha (desire). Upadha or desire is called raga, dvesha and moha. The Charaka Samhita prescribes upayas (technics) for the prohibition of upadha, just as the Yama - Niyamas of Ashtanga Yoga.

इच्छाद्वेषात्मिका तृष्णा सुखदुःखात्
प्रवर्तते ।

तृष्णा च सुखदुःखानां कारणं पुनरुच्यते
॥ (4 - 1 - 134)

Desire, hatred, and pain are the causes of the trishna, pops-up of pleasure and pain. The trishna, which is the cause of desire and hatred, arises due to pleasure and pain. It goes on to say that the solution is to abandon all attachments.

Acquiring wrong knowledge through intellect (prajna) and performing inappropriate actions with that knowledge is 'prajnaparadha' (1-101). This is how wrong actions occur.

Let me point out something that is relevant to today's situation. Air, water, etc. are polluted owing to immorality. The root cause of this is ignorance. Following false philosophies is also ignorance. This was also the cause of the origin of Covid-19.

It is also said that disease arises because of karma. The saying goes, क्रियाघ्नाः कर्मजाः रोगाः Only when karma is resolved, can the disease be cured.

In short, the yogic path of inner purification is preferable. This is an area that requires further study and research. ■

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VEGAN FOOD GAINING RELEVANCE BY THE DAY

A vegan diet sans animal derived food seeped in Ayurvedic wisdom is ideal for your current health goals, gut and environs



Kanupriya Khanna

In today's fast-paced world, conversations around health and wellness are evolving rapidly. Among the many dietary approaches gaining prominence, veganism has emerged not just as a trend but as a conscious lifestyle choice with far-reaching benefits. Rooted in the principle of eliminating animal derived foods, a vegan diet comprises fruits, vegetables, whole grains, legumes, nuts, and seeds.

Beyond being a food preference, veganism aligns beautifully with both modern

health goals and ancient Ayurvedic wisdom, making it highly relevant in today's world.

Rising Consciousness

People around the world are becoming increasingly aware of the impact of food on personal health and planet health as well. Vegan food addresses both. Ayurveda has long taught us that food is medicine and should be chosen with mindfulness. Likewise, veganism reflects compassion, sustainability, and balance — qualities that are much needed in this age of environmental stress and lifestyle diseases.

Health Benefits of a Vegan Diet

The health advantages of vegan food are well established. A thoughtfully planned vegan diet is rich in fibre, antioxidants, vitamins, and phytochemicals, while being low in saturated fat. This offers multiple benefits:

► Supports Heart Health:

Plant-based diets lower cholesterol and blood pressure, reducing cardiovascular risk.

► Weight Management:

Nutrient-dense yet lower in calories, vegan foods help maintain a healthy body weight.

► Blood Sugar Regulation:

Fibre and complex

carbohydrates from whole plants improve insulin sensitivity, aiding diabetes management.

► Cancer Protection:

Antioxidant-rich fruits and vegetables protect cells from damage.

From an Ayurvedic perspective, vegan foods are largely sattvic in nature; calming, energising, and balancing to body and mind. They support ojas (vital energy), build immunity, and enhance mental clarity.

Veganism & Sustainability

Another reason vegan food is so relevant today is its environmental impact. Animal agriculture needs extensive resources, contributing to deforestation, greenhouse gas emissions, and water scarcity.

Choosing vegan helps reduce this strain. Ayurveda has always emphasised harmony with nature and mindful use of resources. Veganism is a contemporary reflection of these timeless values.

Bridging Veganism & Ayurveda

At first glance, Ayurveda and veganism may seem different, since Ayurveda traditionally incorporates ghee, milk, and honey. Yet both share deep respect for nature and health. With a rise in lifestyle diseases, pollution, and ethical concerns around mass-scale dairy and meat production, many are exploring plant-based alternatives. Aligning vegan diets with Ayurvedic principles is simple: focus on fresh,



seasonal, local, and minimally processed foods. Replacing dairy with almond or oat milk, or using cold-pressed oils in place of ghee, can preserve dosha-balancing effects while honouring ethical choices.

The Tourism Connection

As Ayurveda and health tourism gain popularity in India, vegan food is becoming an integral part of the experience. Global travellers seek wellness retreats that provide not just therapies, but a holistic way of life reflecting their values. Vegan Ayurvedic menus — featuring millet porridges, vegetable stews, lentil soups, and herbal teas — offer nourishment that heals body and spirit. Such offerings strengthen the reputation of India

reputation as a global wellness destination, rooted in tradition yet responsive to modern needs.

To conclude, the relevance of vegan food today extends far beyond diet — it is about aligning personal health, planetary sustainability, and ethical values. It resonates with Ayurvedic wisdom of balance, compassion, and respect for nature. For individuals, it offers healing from within. For the planet, it promises sustainability. And for Ayurveda and Health Tourism, it provides a bridge between ancient traditions and global wellness aspirations. By embracing veganism, we are not choosing just a way of eating, but joining a movement that honours life in all its forms — human, animal, and ecological. ■



The author **Kanupriya Khanna** is a practising Consultant Nutritionist and Dietitian with over two decades of experience in fertility nutrition, autoimmune disorders, and food allergies and intolerances. She is the founder of Karamela, specialising in gluten-free, vegan, and refined sugar-free products. Through her work and Karamela, she promotes mindful eating)

PAMPER YOUR DIGESTIVE SYSTEM WITH FERMENTED RICE

The good old fermented rice is back on the dining tables and eateries. Rich in probiotics and nutrition, it strengthens the gut, boosts metabolism and nutrient absorption as well



How is Fermented rice prepared?

Soak a cup of cooked rice in potable water in an earthen pot with required quantity of rock salt and let it ferment overnight. The water enhances digestive enzymes, vitamins, and minerals in the rice. Partially, strain the water, add buttermilk or curd, green chilli, shallots, curry leaf and spice. You can temper it to boost flavour and have it with your favourite but healthy and compatible side-dishes.

Rice fermented for around 12 hours is richer in iron, potassium, calcium, vitamins B6 and B12 content and lesser in sodium than its unfermented counterpart.

In Ayurveda, diet and healing modes change according to seasons. However, fermented rice is good for all seasons and best for summer owing to its cooling properties. ■

Team AHT

Once a staple in the kitchens across south-east Asia, fermented rice is selling like hot cakes today for its nutritional value and gut-friendliness. The probiotics in it help regulate the gut microbiota, increase good bacteria, immunity, and energy. It was once a common breakfast dish in rich and poor homes. Known by different names with slight variations in preparation, it performs the same function, strengthens the gut and prevents gastric problems. It is an ideal remedy for gas, constipation, bloating, acid reflux and inflammatory bowel disease (IBD). Fermented rice is believed to aid weight-loss.

Called *pazhankanji* in Kerala; *Neeragaram*, *neecha thanni*, *soru thanni*, *nisineer pulichathanni* and *pazhaiya sada kanji* in Tamil Nadu, it is celebrated in Orissa as Pakhala Day on every March 20, and called the same in Jharkhand and Chattisgarh.

In Bihar, West Bengal, Assam and Tripura, it is known as *Panta Bhat* or *Poita Bhat* and in their respective local parlance in China, Japan, Indonesia and Philippines.

BITTA BIDS BYE TO WALKING STICK THANKS TO AYURVEDA

Team AHT

Maninder Singh Bitta holds Ayurveda high and considers his treatment in Kerala a blessing. His severe leg pain has eased after undergoing fortnightly Ayurveda treatment during the Malayalam month of *Karkidakam* (around mid-July to mid-August) for the past two years. Now he can walk without the aid of a walking stick.

His words exude joy and relief as he gears up to leave for Delhi after his 15-day ayurveda treatment in Kerala, on July 27. "I feel comfortable. My legs have healed from the wounds caused by the bombings and attacks on me a few years ago, and I can walk without the stick," said Maninderjeet Singh Bitta, chairman, All-India Antiterrorist Front; former minister in Beant Singh's ministry in Punjab and former Indian Youth Congress president. He is grateful to Ayurveda for his state of well-being. He said his doctor had advised him on Ayurveda, and people recommended Sitaram Ayurveda Retreat in Thrissur. After research, he was confident enough to give it a go. "I got the best treatment at the retreat; I consider it a blessing." *Karkidakam* is the best time of the year for treatment. Bitta has been undergoing treatment for 15 days for the past two years as well. "I hope to visit again by the grace of the Almighty," he said. Bitta had severe pain in his



legs and used a walking stick for support. He underwent panchakarma treatment, which included *njavara kizhi*, *pizhichil*, *virechana* and *vasti*. The food was soothing, being oil and sugar-free. The Ayurveda diet helps reduce weight and makes one feel lighter.

He attributes the positive changes to the dedicated treatment and strict diet plan

of Dr Ramathan and Dr Vignesh Devaraj's team.

Bitta said he was happy to see many foreigners returning home after Ayurveda treatment with hopes of returning next year. "I am overjoyed and proud to see people from abroad getting cured by the ancient Indian system of medicine and spreading its goodness across the globe," he said. ■

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- Buyer from Africa, Middle East, SAARC Regions
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HEALTH CARE IS SKIN CARE

A nutritious diet, adequate sleep, stress management and sun protection help keep you and your skin healthy



Shahnaz Husain

A healthy skin is a sign of a healthy body. Aim for optimum level of health, else your skin too would suffer. Therefore, it is essential to follow a nutritious diet and healthy routine to achieve flawless skin. Here are some tips to strike a balance between your diet and nutrition for maintaining health and glowing skin.

Diet and Skin Health

Your skin health largely depends upon what you eat daily. Food impacts the way your skin feels and appears; it is a fact that when you eat healthy, your skin would appear flawless and beautiful. What's inside is always reflected on the outside.

For instance, skin conditions such as eczema, dry skin, premature ageing and even acne are triggered by poor dietary choices or unbalanced diet.

Your skin needs optimum nourishment and nutrition to maintain vitality and healthy glow. A fact backed by scientific proof and decades of research by dermatologists and even nutrition experts.



To get a better insight, here are some factors that will help you understand the link between diet and skin health:

- ▶ **Proper nutrition:** Your daily supply of nutrition for the skin should comprise healthy dose of proteins, vitamins, minerals and healthy fats supplemented through food intake.
- ▶ **Skin elasticity:** The primary reason behind the skin maintaining healthy levels of elasticity and collagen production are the foods that supplement it on a regular basis such as those rich in amino acids, vitamin C, and antioxidants. When you do not follow a proper diet, then your skin suffers.
- ▶ **Hydration:** It is essential to consume fruits that help achieve glowing skin and keep skin hydrated. Lack of citrus fruit in diet leads to dull and dry skin issues.
- ▶ **Inflammatory response:** Often, consuming too much sugary foods and processed foods leads to inflammatory response as these are not good for your skin.
- ▶ **Gut:** Unhealthy gut and imbalances lead to flareups in

the skin that may show up as acne and eczema.

Tips to maintain health, beautiful skin

Your diet plan should be supportive of your skin health and you need to ensure that you are having a balanced diet. The following needs to be done:

- ▶ Consume whole foods—whole grains, seasonal fruit and lean proteins to strike a healthy balance of vitamins and minerals.
- ▶ Include nuts and seeds in your diet to ensure that your body is supplemented with Vitamins A and C and omega-3 fatty acids. These promote healthy and hydrated skin.

- ▶ Limit processed and sugary foods and ensure that your diet contains less of unhealthy fats, added sugars or any refined carbohydrates. This will help ensure that your skin is less prone to inflammation and breakouts.
- ▶ Make a food diary wherein you write down everything that you consume. It would serve as your food tracker and ensure that when you experience breakouts or skin irritation, you can easily refer to it and check the food causing allergy.
- ▶ Reducing stress is essential. When your cortisol level is elevated, it adversely impacts the skin quality leading to acne and breakouts. To achieve a glowing beautiful skin, you should learn to manage stress through deep breathing exercises and meditation.
- ▶ Quality sleep is essential as it would help restore and replenish your skin, for this you should indulge in 6 to 8 hours of sleep.
- ▶ Protect your skin against UV rays by regularly using SPF throughout the year without missing a beat to help prevent premature ageing and sun spots. These tips that help maintain good health is all about food, nutrition, better dietary choices that are supportive of skin health. ■

Shahnaz Husain - Founder, Chairperson and Managing Director - The Shahnaz Husain Group in India is globally recognised for her pioneering work in promoting Ayurveda and herbal beauty care and recipient of Padma Shri in 2006. Her remarkable journey—building a globally recognized brand without traditional advertising—has been featured as a Harvard Business School case study, exemplifying innovative entrepreneurship. She has lectured in MIT, University of Oxford and London School of Economics. Shahnaz represented India at former US President Obama's World Summit for Entrepreneurs and was named 'World's Greatest Woman Entrepreneur' by Success Magazine in 1996

Email: contact@shahnaz.in

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Herbal Ayurveda & Unani
Products
Raw Materials & Ingredients

Essential Oils:

Natural Cosmetics Products

MSMEs:

Global Brands into Wellness &
Health Care & Organic Food
Products Wellness Therapy
Centers promoting Wellness
Tourism



PRODUCT PROFILE

- Ayurveda
- Unani & Siddha Medicines
- Herbal Products Extracts & Ingredients
- Natural Organic products
- Health & Wellness supplements
- Medicinal Plant Growers
- Exporters & Direct Sellers
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Shahnaz Husain

The Ayurveda Pioneer who transformed the Beauty Industry



“

Shahnaz Husain is a name to reckon with. To her exclusively goes the credit of bringing the therapeutic values of herbs out of the mists of antiquity and legend, and combining them with scientific research and practice. Shahnaz Husain has done so much for India's image abroad that she truly deserves the sobriquet of India's Beauty Ambassador.”

- The **Washington Post**

Shahnaz Husain is the first woman in 107 years to receive the prestigious World's Greatest Entrepreneur Award from New York-based Success magazine. The one who was invited by Massachusetts Institute of Technology's (MIT) Sloan School of Management as a key speaker to share her inputs on her entrepreneurial journey. Her passion for Ayurveda, advocating plant-based products revolutionised the skincare industry spreading the benefits of Ayurveda on a global level. She is the one to have gained influence world-wide for proving that nature is full of herbs that has cure for all the ailments.

“I stood up and sold India's 5,000-year-old ancient civilization in a jar.”



Botanical Blends and Herbal Extracts

Based on the principle of 'Natural Care and Cure', the Shahnaz Husain organic formulations comprise herb, flower and fruit extracts, essential oils and even precious minerals and gems. Sourced from organic farmlands, each botanical extract and herb is ensured for its purity. The very reason that Shahnaz Husain products are at optimum efficacy and apt for skincare, haircare, and body care. The products sans the use of harsh chemicals have earned a distinct standing in chemical driven beauty industry. it is imperative to say that she is in fact the one to have pioneered Ayurveda five decades ago that is now a holistic way of life.

Female Entrepreneur Who Leads by Example

Shahnaz Husain as a woman entrepreneur created a distinct identity in the international beauty market that is within itself a phenomenal success story. Her dedicated efforts in enlightening people on benefits of Ayurveda and deployment of its principles in skincare and beauty products earned her successful global presence.

Owing to her efforts Shahnaz is known to be the first Asian woman to have sold at leading stores, exclusive outlets, and franchise salons worldwide. Her products got sold at Galeries Lafayette in Paris, Selfridges and Harrods in London, La Rinascente in Milan, El Corte Ingles in Spain, Bloomingdales in the USA and the Seibu chain in Japan. The Group is exporting to over 100 countries worldwide.

Influencing by Example Not by Marketing

Shahnaz Husain is known to be the one who made her mark in the beauty industry without the use of traditional marketing or influencer advertisement. A Harvard Case Study and Subject, Shahnaz Husain has received several prestigious international awards, while her products have received Quality Excellence Awards in London, Geneva, Cannes, Paris and New York. With a successful track record of five decades and counting, the legendary Shahnaz Husain brand name speaks volumes about how Ayurveda is in fact transforming lives of people daily and bringing people back to nature and natural treatment products rather than surface solutions.



Holistic Approach with Ayurveda

Undoubtedly, Shahnaz Husain being the pioneer in Ayurveda beauty and wellness products is the one to lay the foundation of a holistic way of life. Her approach in going back to nature with essential oil, botanical blends, floral extracts and herbs is where it all began. It would be imperative to say that she is the one who introduced the concept of holistic way of life and wellness through her dedicated efforts in highlighting Ayurveda in the beauty industry. It is only now that youngsters, influencers and health-conscious people are realising the impact of herbal products on health.

When Shahnaz Husain introduced the concept 50 years ago, she was undoubtedly the one who introduced the use of natural products concept way back when people were not aware of detrimental effects of using chemical products.

Amalgamation of Ayurveda and Artificial Intelligence

Adapting to the digital world Shahnaz believes the use of AI in beauty segment is revolutionary, creating immersive experience and customised solutions becoming the need of the day. The applicability of AI in manufacturing Ayurveda products that are suitable and designed to meet individual concerns is taking a technological turn.

With the application of AI, the customer may find it easier to seek personalised and unique solution based on their skin profile. All this is under way at her state-of-the-art R&D labs that ensure deploying technologically advanced inputs for product efficacy.

Shahnaz Husain is therefore a revolutionary Ayurveda expert who is and will always be a trailblazer for holistic way of life paving path to wellness with back to nature products.

www.shahnaz.in

NATURE'S BOUNTY TO REVITALISE AGEING SKIN

Delve into the power of plants in maintaining radiant and healthy skin



Dr Nita Sharma Das

Ageing is natural and opportunities are aplenty to care for our skin in ways that honour its journey. While time makes one wiser with a range of experiences, it also causes changes to our skin—loss of elasticity, dryness, and fine lines. However, nature has gifted us with powerful plants that help maintain vibrancy and health of skin. Let us look at some natural ingredients to nurture and revitalize ageing skin.

1. Rosehip Oil – The Elixir of Youth

Rich in vitamins A, C, and essential fatty acids, rosehip oil is a powerhouse for ageing skin. It helps reduce fine lines, brightens the complexion, and supports collagen production. This lightweight oil penetrates deeply, providing intense hydration without clogging pores.

2. Bakuchiol – Nature's Retinol Alternative

For those seeking a gentle yet effective anti-ageing ingredient, bakuchiol is a revelation. Derived from the Babchi plant, it mimics the benefits of retinol—boosting collagen, reducing wrinkles, and improving skin tone—without irritation or sensitivity.

3. Hyaluronic Acid – The Ultimate Hydrator

Naturally found in our skin, hyaluronic acid holds up to 1,000 times its weight in water, making it a crucial ingredient for maintaining plump, hydrated skin. As we age, our natural levels decline, so incorporating plant-derived hyaluronic acid from sources like tremella mushroom can restore moisture and elasticity.

4. Pomegranate Seed Oil – A Collagen Booster

Packed with antioxidants and punicic acid, pomegranate seed oil helps regenerate skin cells and boost collagen production. It enhances skin elasticity, fights free radicals, and improves overall skin tone, making it a must-have for mature skin care.

5. Aloe Vera – The Skin Soother

A timeless remedy, aloe vera is known for its soothing and hydrating properties. It helps calm inflammation, repair skin damage, and provide deep hydration, leaving the skin soft and rejuvenated.

6. Green Tea Extract – A Potent Antioxidant

Rich in polyphenols, green tea extract protects the skin from oxidative stress, which accelerates ageing. It helps reduce inflammation, prevent collagen breakdown, and improve overall skin texture as well.

7. Sea Buckthorn Oil – A Vitamin C Powerhouse

This vibrant orange oil is loaded with vitamin C, omega fatty acids, and carotenoids. It helps brighten dull skin, improve elasticity, and protect from environmental stressors, making it a star ingredient for mature skin.

8. Shea Butter – Nature's Nourisher

A deeply moisturizing ingredient, shea butter is packed with essential fatty acids and vitamins that replenish dry, ageing skin. It locks in moisture, soothes irritation, and promotes a supple, youthful glow.

Ageing Gracefully with Nature's Touch

Mature skin deserves gentle, nourishing, and effective cure. By incorporating these natural ingredients into your skincare routine, you can age gracefully while keeping your skin healthy and radiant. Remember, beauty isn't about turning back time—it's about feeling confident in your own skin, at any age. ■



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Instagram:
[nitasharmadasofficial](#),
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AGNI – THE FOUNDATION OF HEALTH IN AYURVEDA

When Agni or the entire metabolism process is balanced, life is vibrant, else the very foundation of health is shaken. Steady it by kindling Agni the time-tested way



Vaidya Dr D Srikrishna

***Agni Moolam
Balam Pumsam,
Reto Moolam Tu
Jeevidham***

The founding principles of Ayurveda emphasise the supreme importance of Agni. As long as Agni remains strong and vibrant, no disease can truly disturb the body's harmony.

Understanding Agni

Ayurveda describes multiple factors that influence the strength of Agni, and any disturbance leads to a wide range of disorders. The term Agni goes beyond the literal meaning of fire. It represents the entire process of metabolism — from the ingestion of food, its transformation into chyme, the breakdown into essential metabolites, and finally the absorption of nutrients that

recharge the very mitochondria of our cells.

Thus, Agni is not just digestion — it is the continuous cycle of nourishment, energy production, and vitality that sustains life.

Manufacturing and Logistics of Energy

To simplify Agni's functioning, it can be viewed in two aspects:

► **Manufacturing:** The production of energy, starting from food ingestion, digestion, and nutrient conversion. If this is impaired, the body fails to generate vitality in the first place.

► **Logistics:** The distribution of that energy to various

tissues and organs. Sometimes manufacturing is adequate but logistics is weak, or vice versa. In many chronic cases, both are disturbed.

Modern-Day Gut Challenges

In today's time, we see a sharp rise in gut-related problems — constipation, bloating, sour belching, heaviness, sluggishness, and improper digestion. More significantly, conditions such as irritable bowel syndrome (IBS) are becoming increasingly common. Ayurveda correlates IBS to the classical disorder of Grahani (characterised by alternating conditions of constipation and loose motions,

commonly seen among people in society), which arises from impaired or unstable Agni.

When Agni is balanced, life is vibrant. When it is disturbed, the very foundation of health is shaken.

Ayurveda's Time-Tested Solutions

Ayurveda prescribes highly practical and time-tested methods to preserve and restore Agni:

1. Day-to-Day Activities (Dinacharya)

► Practices like Abhyangam (oil massage) reduce the dominance of Vayu (from Vata and Akasha), which otherwise destabilises digestion. By calming Vata, Pitta



can perform its role in metabolism and distribution more effectively.

2. Diet (*Ahara*)

- ▶ Ayurveda dedicates entire chapters to the science of food — what to eat, how much, when, and how to eat.
- ▶ The concept of fasting (*Upavasa*) is recommended in a refined, balanced way — unlike the extreme forms seen today.
- ▶ Digestive stimulants such as black pepper, ginger, ajwain, mustard, cumin, and jeera play a daily role in kindling *Agni*.

3. Seasonal Regimens & *Panchakarma* (*Ritucharya* & *Shodhana*)

- ▶ Ayurveda uniquely prescribes seasonal cleansing and rejuvenation through *Panchakarma*.
- ▶ The five therapies include: *Vamana* (emesis), *Virechana* (purgation), *Basti* (enema), *Nasya* (nasal therapy), and *Raktamokshana* (bloodletting).
- ▶ Of these, *Vamana*, *Virechana*, and *Basti* directly strengthen gut health, while *Nasya* and *Raktamokshana* serve specific systemic purposes.
- ▶ *Panchakarma* is a distinctive Ayurvedic contribution to world medicine — a deep, holistic cleansing that addresses both root cause and pathways of disease.

Emerging Health Concerns

Beyond gut disorders, there is an alarming rise in conditions like *H. pylori* infections, jaundice, hepatitis, and fatty liver (Grades 1–3). These not only disturb digestion but also weaken core strength (*Ojas*), leaving patients emaciated, fatigued, and unable to perform daily activities.

The Shree Ayurveda Approach

At Shree Ayurveda, we offer customised programmes that rejuvenate *Agni*, restore balance, and help prevent as well as





cure such disorders. These programmes are designed with a combination of:

- ▶ Classical Ayurvedic therapies
- ▶ Personalised diet and lifestyle modifications
- ▶ Seasonal panchakarma protocols
- ▶ Modern infrastructure for patient comfort and safety

As an 11th-generation practitioner from a family of Ayurvedic physicians, I have seen the transformative power of these approaches across thousands of patients. With carefully crafted treatments, we have consistently achieved over 99% positive outcomes, restoring not only digestion but also vitality, stamina, and quality of life. ■

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EFFICACY OF AYURVEDIC POLYHERBAL SUPPLEMENTS IN REDUCING STRESS, IMPROVING SLEEP, AND ENHANCING WELLBEING: A CLINICAL STUDY

The findings highlight the potential of Ayurvedic supplementation for physiological balance, improving sleep, and enhancing energy levels in a natural and holistic way



Dr Anoosha N Shastry



Shivi Gupta



Abstract

Chronic stress is common in today's way of life. It impacts sleep, energy, and overall well-being and is linked to metabolic dysfunction, inflammation, and accelerated ageing. This study evaluates the effectiveness of Vedic Lab® Ayurvedic polyherbal supplements, a unique formulation combining 5000 years of Ayurvedic wisdom with cutting-edge Swiss biotech innovation. Over 60 days, 33 participants demonstrated a 59.52% reduction in perceived stress (PSS), driven by a 46.3% reduction in cortisol levels. It also demonstrated a 22.2% decrease in insomnia severity (ISI), with an improvement in sleep quality by 81.34% (wake time after onset of sleep). The outcomes include an improvement in good mood, reduction in bad mood as well as a positive effect on multiple wellness parameters like HDL, LDL, indicating the benefit of stress and sleep improvement on overall wellbeing.

These findings highlight the potential of Ayurvedic supplementation as a natural and holistic approach to stress resilience and well-being.

Introduction

The prevalence of stress, sleep disturbances, fatigue, and metabolic abnormalities among middle-aged women is a significant concern impacting their overall health and well-being. This demographic faces various physiological and psychosocial changes, including hormonal



fluctuations, work-life balance challenges, and increased caregiving responsibilities, which can exacerbate these conditions. According to a study published in the American Psychological Association, stress can have profound effects on the body, especially for individuals with chronic health conditions like inflammatory bowel disease or irritable bowel syndrome, making it a critical factor in managing overall health (1). Additionally, the American Heart Association highlights the impact of stress on the cardiovascular system, with chronic stress contributing to long-term problems such as hypertension, heart disease, and stroke, emphasising the need for effective stress management strategies to mitigate these health risks (2).

Additionally, stress can disrupt sleep patterns and lead to insomnia, compounding the adverse effects on physical and mental well-being (3). Fatigue and low energy levels are common manifestations

of chronic stress and sleep disturbances, resulting in decreased productivity and reduced quality of life (4).

Chronic stress and sleep deprivation can dysregulate various metabolic processes, leading to conditions such as obesity, insulin resistance, and dyslipidemia, which are risk factors for cardiovascular disease and type 2 diabetes (5,6). There has been a growing interest in exploring complementary and integrative approaches that combine natural remedies with lifestyle modifications (7).

Polyherbal formulations have gained attention for their potential therapeutic benefits in alleviating stress, improving sleep quality, and supporting metabolic health (8). These formulations comprise a synergistic blend of various plant-based ingredients traditionally used in Ayurveda, that may exert their effects through multiple mechanisms, such as modulating neurotransmitter levels, reducing inflammation, and optimising metabolic pathways (9).

Concurrently, the integration of artificial intelligence (AI) into lifestyle interventions has emerged as a promising strategy for personalised and adaptive behavior change support.

AI-based tools (mobile app) can provide tailored recommendations, real-time feedback, and continuous monitoring, empowering individuals to make informed decisions and sustain healthy lifestyle choices (10).

The science behind Ayurvedic stress management

Ayurveda has long recognised stress as a fundamental disruptor of health. It has the depth and width needed in the plant based support systems as well as lifestyle choices which can both lead to a complementary and holistic care restoring physiological balance” – echoing the Ayurvedic concept of “dosha samya” which means the homeostasis of Vata, Pitta, Kapha (i.e core principles behind movement, metabolism and structural stability) to help lower the stress levels, improve sleep and energy resulting in a holistic improvement in wellbeing.

Ayurvedic Perspective on Stress (Chinta, Shoka, Bhaya):

According to classical Ayurvedic texts like Charaka Samhita (Sutrasthana 1.58), mental disturbances such as chinta (excessive thinking), shoka (grief), and bhaya (fear) are classified under Manasika Vyadhi (mental disorders) and are considered important causative factors (Nidana) for both somatic and psychological conditions.

Tridosha Imbalance and Stress:

Prolonged mental stress leads to aggravation of Vata dosha, often in association with Pitta, manifesting in symptoms such as insomnia (Anidra), fatigue (Daurbalya), and disturbed digestion (Agnimandya). This justifies the need for Vata-Pitta shamana (pacifying) therapies in stress-related disorders.

VEDIC LAB® (<https://vediclab.com/>) is a new brand, on a mission to revolutionize wellness by harnessing Ayurvedic science and merging it with Swiss biotechnology to create clinically proven, plant-based solutions. Augmented with AI powered lifestyle App which is provided free with each product for complete care.

The Ayurvedic polyherbal supplements are designed to counteract the negative effects of stress by restoring physiological balance, improving sleep, and enhancing energy levels naturally. This study investigates the efficacy of dual-action supplement system, which includes the Vedic Lab® Energizing Day Formula to enhance energy and resilience, and the Vedic Lab® Sleep Recovery Formula to support deep relaxation and restorative sleep.

The supplement aims to restore “Sama dosha, sama agni, sama dhatu, sama mala” as per the definition of health in Sushruta Samhita (Sutrasthana 15.48).

VEDIC LAB® Sleep Recovery Supplement

Sr.No.	Name of the Ingredient	Scientific Name
1	Gokshur (Fruit) Dry Extract	<i>Tribulus Terrestris</i>
2	Ashwagandha (Root) Dry Extract	<i>Withania Somnifera</i>
3	Turmeric (Rhizome) Dry Extract	<i>Curcuma Longa</i>
4	Amla (Pericarp) Dry Extract	<i>Emblica Officinalis Gaertn.</i>
5	Tulsi (Whole Plant) Dry Extract	<i>Ocimum Tenuiflorum</i>
6	Shatavari (Root) Dry Extract	<i>Asparagus Racemosus</i>
7	Dalchini (Stem Bark) Dry Extract	<i>Cinnamomum Zeylanicum</i>
8	Tagar (Root) Dry Extract	<i>Valeriana Wallichii</i>
9	Flax Seed Dry Extract	<i>Linum Usitatissimum</i>

VEDIC LAB® Energizing Day Supplement

Sr.No.	Name of the Ingredient	Scientific Name
1	Gokshur (Fruit) Dry Extract	<i>Tribulus Terrestris</i>
2	Ashwagandha (Root) Dry Extract	<i>Withania Somnifera</i>
3	Turmeric (Rhizome) Dry Extract	<i>Curcuma Longa</i>
4	Amla (Pericarp) Dry Extract	<i>Emblica Officinalis Gaertn.</i>
5	Tulsi (Whole Plant) Dry Extract	<i>Ocimum Tenuiflorum</i>
6	Shatavari (Root) Dry Extract	<i>Asparagus Racemosus</i>
7	Dalchini (Stem Bark) Dry Extract	<i>Cinnamomum Zeylanicum</i>
8	Draksha (Fruit) Dry Extract	<i>Vitis Vinifera</i>
9	Purified Shilajit (Exudate) Dry Extract	<i>Asphaltum Punjabianum</i>

Both the proprietary formulations utilise a synergistic blend of plant-based bioactives to regulate stress response pathways, optimise sleep architecture, and enhance vitality. This combination of herbs are selected from the classical references in is based on “Rasayana - rejuvenative”, “Nidrajanaka Dravyas - the sleep regulators” and “Deepana - Pachana Gana - Appetisers and carminatives/digestive or metabolic regulators” “Balya - Strengtheners”, “Manobala vardhaka, Hridya - Cardiac tonic and mental health balance”



Stress Adaptation & Cortisol Regulation:

► **Ashwagandha & Shilajit:** Work together to stabilise cortisol levels, improving stress resilience and cognitive clarity.

► **Tulsi & Amla:** Provide antioxidant support and boost immune function, countering oxidative stress from chronic tension.

Deep Sleep Induction & Nervous System Relaxation:

► **Tagar & Valerian:** Promote GABAergic activity, reducing anxiety and facilitating deep, uninterrupted sleep.

► **Shatavari & Gokshura:** Nourish the nervous system and prevent hormonal imbalances that disrupt sleep patterns.

Sustained Energy & Metabolic Optimisation:

► **Draksha & Turmeric:** Support mitochondrial function and combat inflammation for sustained daily vitality.

► **Cinnamon & Flaxseed:** Regulate blood sugar levels, preventing energy crashes and promoting metabolic health.

Justification of herbs used in Vedic Lab formulations, with classical sources:

Herb	Ayurvedic Name	Action (Karma)	Textual Reference
Ashwagandha	Ashwagandha	Balya, Rasayana, Vatahara, Manas shamak	Charaka Samhita, Bhavaprakasha
Tagar	Tagara	Nidrajanaka, Manobala vardhaka	Bhavaprakasha, Raja Nighantu
Amli	Amalaki	Rasayana, Tridoshashhina, Pittahara	Charaka Samhita, Ashtanga Hridaya
Tulsi	Tulasi	Hridya, Kaphahara, Medhya	Bhavaprakasha
Shatavari	Shatavari	Rasayana, Balya, Pittahara, Stanyajanana	Ashtanga Hridaya

By carefully selecting and combining these botanicals, the lab ensures a synergistic interaction that enhances bioavailability, amplifies therapeutic benefits, and provides a comprehensive approach to stress, sleep, and energy balance.

Clinical Study Methodology

The study included 33 female participants with a mean age of 46.33 ± 4.85 years, consuming two Ayurvedic polyherbal supplements daily, and using an Ayurvedic lifestyle via the complementary VEDIC LAB® App. Energizing Day Formula contained adaptogenic and revitalizing herbs, while the Sleep Recovery Formula focused on relaxation and stress modulation. Key health parameters were assessed at baseline, 30 days, and 60 days using validated tools and under doctor supervised assessments.

Dosage and Duration of the Treatment

Polyherbal supplementation along with an AI-based lifestyle intervention tool (mobile app) guiding morning and evening routines, yoga, exercise, diet, meditation, and general lifestyle modifications. These routines reflect core Ayurvedic Dinacharya (daily routine) and Ratricharya (night routine) principles.

► Morning Supplement Capsule A- One capsule in morning after breakfast for 60 days.

► Night Supplement Capsule B- One capsule after dinner at bedtime for 60 days.

Study Visits/Follow-Ups

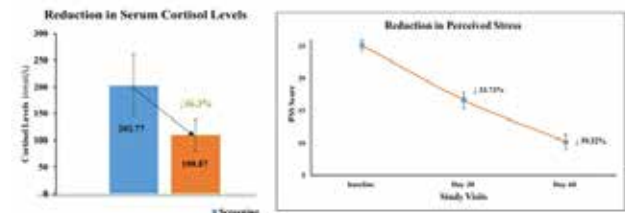
The total study period was 60 days. The visit schedule for this study was as follows:

- Screening visit (-7 to day 0)
- Baseline visit 0: Day 1 (Enrollment)
- Follow-up visit 1: Day 7 2 days
- Follow-up visit 2: Day 15 2 days

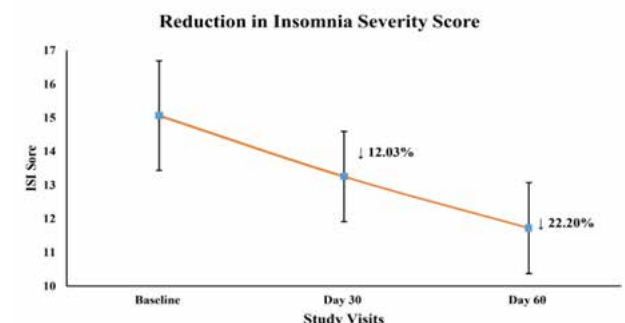
- Follow-up visit 3: Day 30 2 days
- Follow-up visit 4: Day 60 2 days (End of the study)

Clinical study results

► **Stress:** Perceived stress levels decreased by 59.52% over 60 days, showing a significant reduction in stress levels. Serum cortisol significantly decreased (46.30% reduction), indicating reduced stress levels.



► **Sleep:** Insomnia severity reduced by 22.20%, suggesting better sleep initiation and maintenance. Total sleep time increased ($\uparrow 39.48\%$), sleep latency decreased ($\downarrow 42.61\%$), and sleep efficiency improved ($\uparrow 27.85\%$), leading to overall better sleep quality. Number of awakenings ($\downarrow 66.00\%$) and wake time after sleep onset significantly reduced ($\downarrow 81.34\%$), indicating fewer sleep disturbances.

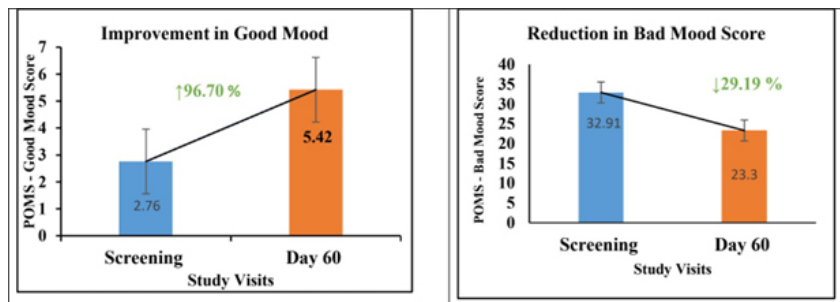


Parameter	Baseline	Day 30	P value	Day 60	P value
Total sleep time (min)	308.03 \pm 36.21	355.97 \pm 31.48 (15.56 %)	< 0.001	429.63 \pm 29.85 (39.48 %)	< 0.001
Sleep latency (min)	91.82 \pm 14.41	78.97 \pm 11.13 (13.99 %)	< 0.001	52.70 \pm 9.84 (42.61 %)	< 0.001
Sleep efficiency (Total sleep time/time in bed x 100)	68.31 \pm 4.83	77.15 \pm 4.21 (12.94 %)	< 0.001	87.33 \pm 2.37 (27.85 %)	< 0.001
Subject reported number of awakenings	2.70 \pm 0.73	1.80 \pm 0.83 (33.21 %)	< 0.001	0.92 \pm 0.59 (66.00 %)	< 0.001
Subject reported wake time after sleep onset (min)	50.15 \pm 14.60	26.05 \pm 12.13 (48.05 %)	< 0.001	9.36 \pm 4.70 (81.34 %)	< 0.001
Sleep efficiency % by actigraphy	68.20 \pm 7.80	77.20 \pm 7.72 (13.20 %)	< 0.001	86.8 \pm 4.54 (27.27 %)	< 0.001
Deep sleep % by actigraphy	13.40 \pm 2.60	18.00 \pm 3.16 (34.32 %)	< 0.001	23.80 \pm 3.19 (77.61 %)	< 0.001

Data is represented as Mean \pm S.D (percent change). The data was analyzed for within group by using Student T dependent test and Wilcoxon Signed-Rank test significant at < 0.05 .

► **Energy:** A 152.34% increase in very high energy levels was observed, while moderate and neutral energy levels decreased by 19.02% and 22.15%, respectively, reflecting a shift toward higher

energy levels and improved overall vitality. A 96.70% increase in good mood scores and a 29.19% decrease in bad mood scores were observed over 60 days, indicating significant mood enhancement.



► **Overall wellbeing:** Symptoms like upper abdominal fullness ($\downarrow 36.62\%$), bloating ($\downarrow 37.84\%$), nausea ($\downarrow 35.44\%$), and heartburn ($\downarrow 41.89\%$) showed significant reductions, suggesting improved digestive health. LDL cholesterol showed a notable reduction at both day 30 and day 60. HDL cholesterol significantly increased, with a remarkable 32.97% improvement at day 60. Fasting blood glucose remained within normal ranges, with a slight but significant reduction at day 30, whereas triglyceride changes were not statistically significant. The Met-Z score demonstrated a significant improvement at day 30, reflecting enhanced metabolic health, and remained stable by day 60, indicating that metabolic health was maintained.

Discussion: A new paradigm in wellness

The significant improvements in stress, sleep, and energy observed in this study underscore the power of a holistic approach to well-being. Polyherbal formulations work in harmony with the body's natural rhythms to create sustainable, long-term benefits reflecting the philosophy of "Prakriti-swasthya rakshanam" (preserving the natural individual constitution of the body).

Future research directions

Further studies should explore the long-term impact of polyherbal supplementation, its effects on metabolic health, and potential synergies with mindfulness-based stress reduction techniques.

Conclusion

The Ayurvedic polyherbal supplements offer a groundbreaking approach to stress resilience and holistic wellness through Ayurveda and Swiss Science, aligning with the approach of treating "Nidana" (root cause) rather than symptoms alone. Future research will continue to unlock the full potential of polyherbal therapy in stress modulation and overall vitality. ■

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AYURVEDA INNOVATION FOR GLOBAL HEALTH



Dr Nitin Ujjaliya

As we move towards a more inclusive and integrative healthcare system, the holistic approach of Ayurveda will be pivotal in preventive care and personalised treatment that align with contemporary health priorities



Today, Ayurveda is increasingly being recognised for its potential to contribute to global health initiatives. Based on the concept of balance among the three doshas—Vata, Pitta, and Kapha representing different energies and bodily functions, Ayurveda provides comprehensive healthcare through herbal drugs, dietary practices, yoga, and lifestyle modifications. Let us explore the innovations in Ayurveda to address contemporary health challenges, promoting a sustainable and integrative approach to healthcare worldwide.

Modern innovations in ayurveda

Key areas of innovation include:

1. Integration with western medicine

A significant advancement in Ayurvedic practice is its integration with western medical practices, integrative medicine models that combine the strengths of both systems. For instance, patients with

chronic diseases such as diabetes or hypertension can benefit from Ayurvedic dietary recommendations and herbal medicines alongside conventional medications. Research studies have demonstrated that such integrative practices can enhance treatment efficacy and improve patient outcomes (1).

2. Research and Evidence-Based Practice

The scientific research that validates its principles and treatments. Modern clinical trials have supported the efficacy of Ayurvedic herbs

like ashwagandha, turmeric, and neem in managing various health conditions, from stress and anxiety to inflammatory diseases (2, 3). Institutions worldwide are conducting studies to establish standardised protocols and dosages, thereby enhancing the credibility of Ayurvedic practices. This evidence-based approach not only bolsters public trust but also facilitates the integration of Ayurveda into mainstream healthcare systems.

3. Personalised Medicine

Ayurveda's focus on individualised treatment plans

is gaining traction in the realm of personalised medicine. By considering a person's unique body constitution (prakriti), lifestyle, and environment, Ayurvedic practitioners can tailor interventions that are more effective. This synergy of traditional knowledge with modern science opens new avenues for addressing complex health issues.

4. Preventive Health and Lifestyle Management

A fundamental aspect of Ayurveda is its emphasis on preventive health and lifestyle management. In an era where chronic diseases such as obesity, heart issues, and diabetes are on the rise, Ayurvedic principles of diet, exercise, and stress management provide valuable insights. Innovative programmes that promote Ayurvedic lifestyle practices, such as yoga and mindfulness, are being adopted globally to enhance well-being and prevent disease (4). This shift toward prevention is particularly

crucial in public health strategies, as it reduces the burden on healthcare systems.

Ayurveda and global health challenges

As the world faces numerous health challenges such as pandemics, mental health issues, and antimicrobial resistance, Ayurveda offers solutions that align with global health priorities.

1. Mental Health

The COVID-19 pandemic has exacerbated mental health issues worldwide. Ayurveda's holistic approach to mental well-being, which includes practices like meditation, yoga, and herbal remedies, provides a comprehensive framework for managing stress and anxiety (5). Innovations in digital health platforms are enabling wider access to Ayurvedic mental health resources, making it easier for individuals to incorporate these practices into their daily life.

2. Sustainable Health Practices

Sustainability is a pressing concern in modern healthcare. Ayurveda, with its deep-rooted principles of harmony with nature, promotes sustainable practices using locally sourced herbs and natural therapies. The cultivation of medicinal plants can support biodiversity while offering effective treatments for various ailments. Moreover, Ayurvedic practices often encourage a plant-based diet, aligning with global efforts to reduce carbon footprints and promote ecological balance.

3. Addressing Antimicrobial Resistance

Antimicrobial resistance (AMR) is a growing global health threat. Ayurveda's emphasis on preventive care and the use of herbal medicines offers alternative pathways to address this issue. Certain Ayurvedic herbs possess antimicrobial properties and could serve as adjunct therapies in managing infections (6). Research into these natural remedies not only provides insights into potential new treatments but also promotes a shift away from over-reliance on conventional antibiotics.

Challenges and considerations

Despite the potential benefits of Ayurveda, several challenges must be addressed to fully integrate it into global health frameworks.

1. Standardisation and Regulation

The lack of standardisation and regulation of Ayurvedic practices poses significant challenges. Variations in the preparation, dosage, and



quality of herbal products can lead to inconsistencies in treatment outcomes. Establishing robust regulatory frameworks and quality control measures is essential to ensure safety and efficacy, fostering trust among consumers and healthcare providers.

2. Education and Training

There is a need for comprehensive education and training programmes that bridge the gap between Ayurveda and Western medicine. Healthcare professionals should be equipped to offer holistic care. Besides, public awareness campaigns can help educate individuals about the benefits of Ayurveda, empowering them to make informed health choices.

To conclude, Ayurveda holds immense potential as a source of innovation for global health. Its holistic approach, focus on preventive care, and emphasis on personalised treatment align with contemporary health priorities. By integrating Ayurvedic principles with modern scientific research and practices, we can address pressing health challenges, promote sustainable practices, and enhance overall well-being. As we move toward a more inclusive and integrative healthcare system, the role of Ayurveda will be pivotal. Embracing this ancient wisdom alongside modern innovations not only honours our diverse health traditions but also paves the way for a healthier, more sustainable future. ■



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A mission to vision...



Ophthalmology in Ayurveda

'Sudarshanam' is not merely a private venture; it arose as part of a nucleus of Ayurveda enthusiasts, scientists, and charitable workers who, in the mid-1980s, conceived it as a shared vision. It is the dream of restoring balance to each of the eight branches of Ashtanga Ayurveda to their ancient glory. The eight divisions comprise Kaya (bodily health), Bala (cardiovascular and growth-related), Graha (psychiatry and mental health), Urdhvaanga (head and neck), Shalakya Tantra (ophthalmology, ENT, and dental), Shalya (trauma and surgery), Damshttra (teeth bite, toxicology), and Jara Chikitsa (geriatric care). Within Urdhvaanga, the subspecialty of Netra Chikitsa – Shalakya Tantra – denotes interventions performed by Shalya Shastras (surgical arts).

In 1990, at the request of the world-renowned Ophthalmic surgeon and Padma Bhushan awardee, late Dr. S. S. Badarinath, who had established the Chennai Sankara Nethralaya, he visited Thiruvalla for two days to understand the strengths and limitations of Ayurvedic Ophthalmology. Based on these insights, he conceived an extensive 26-page project and recommended it for providing scope of Ayurveda in Eyecare.

Consequently, Ayurvedic graduate Dr B. C. Gokulan, was invited to the Medical Research Foundation (MRF) to work with MS Fellows for a year, during which he got trained, taught examination techniques, and studied research models.

With self-criticism and a view to addressing the many limitations of modern ophthalmic care, Dr. Badarinath indicated that many substantial solutions could be contributed by Ayurveda.

After completing training in modern ophthalmic examination techniques successfully, Sudarshanam Eye Clinic began formal operations in 1993.

Now, after over 30 years of service to the public, Sudarshanam has achieved meaningful progress in offering hope for many conditions previously deemed inoperable or untreatable - related to nerve (neural) vision, other eye diseases, and more.

The increasing visual impairments in children, nerve-related visual disturbances in the elderly, numerous allergic ophthalmic diseases, immune disorders, and progressive keratoconus in youths are areas where Ayurveda has demonstrated effectiveness over the past three decades.

Having examined data from hundreds of diseases, treatments and prepared to publish research findings, discussions are progressing with Gujarat's premier Ayurvedic educational institution, Parul University, for collaboration.

Though it is a private venture, Sudarshanam has, in an exceptional manner, been delivering treatment free of cost to local, disadvantaged patients, and treatment at free or subsidized rates for other poor patients. Moreover, as per the decision of the Ayurvedic hospital management association, for the last 4 years treatments have been provided at no profit, to members of the Indian Defence, Army, Police, and their close relatives.



Sudarshanam Ayurveda Eye Hospital & Panchakarma Centre

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