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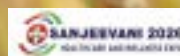
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& Health Tourism

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Ayurveda for Wellness and Changing Climes

As the world prepares to celebrate Ayurveda Day on 23 September, it is time to look at Ayurveda not merely as a system of medicine, but as a way of life in a rapidly changing world. This year's theme, 'Ayurveda for a Healthier Tomorrow,' invites us to reflect on how this ancient wisdom can help address the health challenges of the future.

When climate change reshapes our lives and creates new health challenges, Ayurveda offers valuable perspectives on living in harmony with nature. This edition explores climate change, lifestyle-related ailments and their remedies, alongside Kerala's ambition to become India's leading wellness state through Ayurveda, yoga, healthy cuisine, natural environments and preventive healthcare.

It also examines Ritucharya, the Ayurveda approach to adapting lifestyle and healthcare practices to seasonal changes. Respiratory concerns linked to heat, humidity, pollution and allergens are explored alongside the role of yoga and breathing practices in supporting the nervous system, mental well-being and immunity.

The issue also looks at protecting the skin from excessive sun exposure, sweating and humidity through yoga, seasonal nutrition, naturopathy and hydrotherapy. It delves into dehydration and its impact on kidney health, including urinary tract infections and kidney stones, highlighting the importance of hydration and preventive care.

At the heart of Ayurveda is the promise of healthy longevity—not simply adding years to life, but adding health, vitality and quality to those years. The edition also explores how artificial intelligence could support personalised wellness, research and documentation when traditional knowledge is applied responsibly and guided by scientific evidence.

In a world obsessed with speed, movement must be balanced with rest. Constant rushing, excessive exercise and restless activity may contribute to Vata imbalance, underscoring the value of warming up, purposeful movement, slowing down and mindful routines. Knowing when to pause can be as important as knowing how to move forward.

Wellness should begin in childhood. Parents play a vital role in modelling healthy habits and values that can shape children's lives.

The future calls for a meaningful dialogue between ancient wisdom and modern science. Ayurveda Day is more than a celebration of heritage; it is an opportunity to embrace preventive, sustainable and climate-conscious approaches to health—and make well-being a way of life.

Surekha Krishnan
 Executive Editor



Discover Atreya Ayurveda: *A Blend of Tradition and Modernity*



Atreya Ayurveda stands as the foremost, oldest, and largest a network of healing centers for Ayurvedic medicine and yoga therapy. Atreya Ayurveda boasts a stunning Beach Resort in Kovalam, Kerala, India, showcases the successful application of the ancient system of knowledge in treating human diseases.

We also have Two centers nestled in the heart of Moscow.

Enjoy Ayurveda at its best at Atreya Ayurveda

The Chief Physician is highly knowledgeable and has extensive experience working with Western patients.

- Authentic Ayurveda treatments
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- Providing meticulous care to each patient.

Atreya Ayurveda in numbers:

- 25+ years of bringing back health;
- 87% of patients recommend us to friends and family;
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- Panchakarma packages starting at \$170 per day with accommodation.

*Accommodation prices are dynamic and vary according to season and room category.

Atreya Ayurveda, An Ayurvedic and Leisure Hotel

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The state's only 18 hole golf course, spanning 136 acres, will be utilized for hospitality services featuring waterfront cottages, sporting facilities, a party/conference hall, and a motel aiming to unlock the full potential of golf tourism.



SANJEEVANI 2026 Roadshow held



As part of SANJEEVANI – Bharat Health Global Expo 2026, a special roadshow was held on 13 August 2026 from 3 pm to 5 pm at IMA House, Kochi. The event was organised in association with HOSPEX India. The roadshow aims

to position India's healthcare sector for global patients, international healthcare networks and overseas markets.

The Kochi roadshow marks the South India leg of the international

healthcare and wellness event scheduled for September 7 to 9, 2026, at Bharat Mandapam, Pragati Maidan, New Delhi. Organised by the Services Export Promotion Council (SEPC) under the Ministry of Commerce and Industry, it aims to promote India's medical value travel, wellness industry, and traditional AYUSH systems.

As Medical Value Travel gains momentum, the session focused on how hospitals, wellness centres, healthtech companies and MVT operators could explore Healthcare Services Exports from India. According to the organisers, the event offered insights into global opportunities, international partnerships, and pathways to expand India's healthcare and wellness capabilities.

Hospitals & healthcare providers, wellness centres, medical tourism/ MVT operators, digital health & healthtech companies, and allied healthcare service providers participated.

Ayurveda and Health Tourism and Medical Tourism are media partners.

Ayurveda, Longevity and the Future of Wellbeing Take Centre Stage as GWS set to Celebrate 20th Anniversary

The global wellness movement will celebrate a major milestone in 2026 as the Global Wellness Summit (GWS) marks its 20th anniversary, bringing together the world's leading thinkers, innovators and changemakers to explore the next frontier of health, healing and human wellbeing.

Scheduled from November 10–13, 2026, at the picturesque Angsana Laguna Phuket, Thailand, the landmark summit, under the theme 'The Science, Art and Soul of Wellness,' will delve into the convergence of cutting-edge medical innovation, ancient healing wisdom and the growing quest for purpose-driven living. The programme is expected to spotlight how wellness is evolving beyond fitness and spa experiences to embrace holistic health models that integrate mind, body and spirit.



A key focus is expected to be the growing global interest in longevity and healthy ageing—areas that increasingly align with Ayurveda's preventive and personalized approach to health.

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More Donors, More Lives: India's Organ Donation Gap Calls for Urgent Public Action



India faces a critical shortage of donated organs despite growing transplant needs. On the eve of World Organ Donation Day (August 13), experts from Fortis Escorts, Okhla, and the National Organ and Tissue Transplant Organisation

He stressed dispelling myths about brain death and encouraging pledges. India's donation rate remains below one donor per million, with nearly 90,000 patients on the waiting list as of March 2026. Between 2020 and 2024, 2,805

(NOTTO) emphasized the urgent need for public awareness and participation. NOTTO Director Dr. Anil Kumar noted that one deceased donor can save up to eight lives, while tissue donation can benefit many more.

patients died awaiting transplants.

Although transplant numbers are rising, deceased donors account for only 18 percent of procedures. Experts highlighted that awareness and participation are key to reducing waiting lists. Advances such as green corridors for rapid organ transport show progress, but infrastructure alone cannot solve the shortage.

The challenge is social as much as medical. Addressing misconceptions, promoting discussions within families, and encouraging pledges are vital. For thousands battling organ failure, timely donation can mean the difference between life and death.

Why Learning Slows Down: Scientists Find the Brain's Built In 'Stop' Mechanism



Learning often feels easy at first, then suddenly plateaus. Researchers now suggest the reason lies in the brain's extracellular matrix—a scaffold surrounding brain cells that regulates when learning occurs.

During early practice, the matrix loosens, opening a window for adaptation. Within about a day, it rebuilds, stabilizing what has been learned. Over time, this cycle weakens and eventually stops, shifting the brain from “learn” mode to “protect” mode.

Melissa Caras, assistant professor of biology at the University of Maryland and senior author of the study in PNAS, explained that the remodeling process changes as experience grows. Contrary to older views of the matrix as rigid, the team found it reorganizes rapidly in response to training.

Experiments showed that disrupting the matrix impaired learning, while breaking it down after mastery caused performance to decline. This suggests plateaus may reflect the brain actively closing the window for further change, not a lack of capacity.

The findings may help explain familiar experiences like language learning plateaus. While the study offers no immediate “hack,” it highlights a biological system that decides when to absorb new information and when to preserve existing skills.



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Kerala unveils Arab-focused tourism, ports and knowledge projects

Kerala Chief Minister V D Satheesan announced a series of development projects aimed at deepening Kerala's centuries-old ties with the Arab world and positioning the state as a global hub for tourism, knowledge and healthcare at the inaugural function of the Indo-Arab Connect 2026 conference.

Indo Arab Connect 2026, the country's first and biggest dedicated GCC and West Asia tourism summit, was held in Kochi, from 31 August to 2 September 2026, with familiarisation tours continuing across Kerala and Karnataka until 9 September.

Inaugurating the event Satheesan said under the proposed Mission Samudra, Kerala's coastline, international ports, container terminal and smaller ports will be integrated to create a comprehensive port-city network. In the second phase, 44 rivers and major backwaters will be included. Cruise services are planned between Kochi, Gulf countries and Goa, besides coastal services from Kasaragod to Thiruvananthapuram.

The government also aims to shift 50–60 per cent of freight movement



to waterways to ease road congestion, he said.

Satheesan said Kerala would be developed as an aviation hub by harnessing its international airports. Pilot-training institutes, maintenance, repair and overhaul facilities, and a modern international convention centre near Kochi airport are planned.

The government is prepared to allot 30 acres in Kochi for what he described as India's first oceanarium. An international maritime museum highlighting Kerala's 2,000-year-old trade history will also be established. Archaeological excavations at

Muziris, he said, have revealed evidence of trade links with 31 countries.

Other initiatives include an M T Vasudevan Nair cultural park in Kozhikode and new tourism destinations in Thiruvananthapuram, Thrissur and other cities.

The proposed Knowledge Valley project will invite leading international universities and strengthen healthcare infrastructure. Plans include integrated rehabilitation centres combining Ayurveda and allopathy, caregiver courses modelled on UK, German and Australian curricula, geriatric care centres, and a "Retire in Kerala" programme for elderly residents and foreign retirees.

Tourism Minister P C Vishnunadh said the initiative builds on Kerala's historic spice-trade and maritime links with the Arab world.

The B2B event is organised by the Association of Arab Tour Operators, Indo-Arab Tourism and Hospitality Alliance and Tourism India, in association with Kerala Tourism, the Ministry of Tourism and industry partners.





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Over One Fifth of Indian Teenagers Face Moderate to High Risk of Substance Use: Study



A new study highlights rising concerns about adolescent vulnerability to substance use in India, revealing that more than one in five teenagers may be at moderate to high risk of developing related problems. Conducted across 108 schools with over 6,000 participants, the study found that about 22 percent showed behavioural patterns linked to tobacco, alcohol, inhalants, and other psychoactive substances.

Published in The Lancet Regional Health–Southeast Asia, the research used standardized screening methods.

Key risk factors included peer influence, academic stress, family conflicts, and easy access to addictive substances. Substance use was often accompanied by anxiety, depression, and other mental health issues, underscoring the need for early detection.

Experts warned that adolescence is a critical stage of physical and psychological development, and substance use during this period can harm brain growth, academic performance, and overall well being.

The study recommends integrating routine screening into school health programmes, strengthening counselling services, and increasing parental and community awareness. Preventive education, life skills training, and accessible mental health support were identified as crucial strategies. Public health specialists emphasized collaborative efforts among schools, families, healthcare providers, and policymakers to safeguard youth from substance misuse.

Healing the Forces: Ayush Ministry Pushes Traditional Medicine in Military Hospitals

The Ministry of Ayush has proposed expanding traditional medicine services across India's Military and Field Hospitals to provide preventive, promotive, and holistic healthcare for defence personnel.

Union Minister of State (Independent Charge) for Ayush and Minister of State for Health and Family Welfare Prataprao Jadhav has written to Defence Minister Rajnath Singh, suggesting the establishment of Ayush outpatient departments (OPDs) and treatment facilities in military healthcare institutions.

Jadhav acknowledged the Armed Forces Medical Services' role in delivering care under demanding conditions and noted that while modern infrastructure is strong,

integrating Ayush systems could enhance preventive care, lifestyle management, rehabilitation, and overall well being.

Currently, Ayush facilities exist in only a limited number of Defence Ministry institutions. Expanding them would improve access to evidence based traditional treatments for soldiers. Jadhav emphasized that Ayush services would complement—not replace—conventional medicine, creating a more comprehensive and patient centric healthcare model.

The Ministry has requested the Defence Ministry to set up Ayush OPDs and treatment facilities in all



Military and Field Hospitals, offering technical support, professional guidance, and cooperation, including a possible MoU. If approved, the proposal would mark a significant collaboration between the Ministries of Ayush and Defence, extending traditional healthcare to the Armed Forces.

Breastfeeding and Brain Health: Study Links Exclusive Feeding to Fewer ADHD Symptoms



Exclusive breastfeeding during the first six months of life may be linked to fewer attention deficit/hyperactivity disorder (ADHD) symptoms in children, according to a study by the University of Bergen, Norway. Published in *Biological Psychiatry*, the research analyzed data from over 37,600 families in the Norwegian Mother, Father and Child Cohort Study.

Researchers tracked infant feeding practices and assessed ADHD related symptoms at ages three, five, and eight. Children exclusively breastfed for longer—up to six months—showed fewer ADHD symptoms than those breastfed for shorter periods. The strongest effects appeared at ages three and five, with benefits persisting, though weaker, at age eight.

Breast milk contains nutrients such as long chain fatty acids, amino acids, antibodies, and beneficial bacteria that support brain and immune development. Even after adjusting for family background, socioeconomic status, and genetic risk, the association remained moderate but statistically significant.

Experts caution that the study is observational and cannot prove breastfeeding prevents ADHD. Genetics and environmental factors also play major roles. Still, the findings add to evidence that early nutrition influences neurological health. Global health bodies like WHO and UNICEF already recommend exclusive breastfeeding for six months, citing benefits for growth, immunity, and development.

Young Women Face Rising Fertility Challenges: Lifestyle and Hormonal Imbalance

Doctors are reporting a worrying trend: health issues once common in women in their late 30s—such as hormonal imbalance, irregular cycles, infertility, and ovarian ageing—are now appearing in women in their 20s. One biological driver is the earlier onset of puberty, often between ages 8 and 9, which accelerates ovarian reserve decline. Conditions like polycystic ovary syndrome (PCOS), irregular menstruation, and early ovarian ageing are increasingly linked to modern living patterns.

Lifestyle factors play a major role. Diets high in junk food, sedentary routines, smoking, alcohol, chronic stress, and poor sleep disrupt hormonal balance. Stress elevates cortisol, while irregular sleep



disturbs circadian rhythms, impairing ovarian health. Research in *Lancet Child and Adolescent Health* confirms puberty onset has steadily declined, influenced by nutrition, obesity, and environmental exposures. High stress, performance driven

lifestyles—marked by erratic sleep, excessive screen time, poor diet, and limited activity—contribute to obesity, PCOS, and metabolic disturbances. Behavioral factors such as early sexual activity, multiple partners, and unsupervised contraceptive use further strain reproductive health.



TREATING THE SOURCE, NOT JUST THE SYMPTOMS.

CGH Earth Ayurveda blends the art of holistic well-being with the science of Ayurveda. Where the elements come together in perfect harmony, creating an ecosystem that heals the body, enriches the mind and uplifts the soul. By digging deep to reach the root cause, Ayurveda treats ailments at their source, so that you stay physically, emotionally and spiritually healthy.

AYURVEDA, THE WAY TO DISEASE-FREE LIVING.

Ayurveda prescribes a way of life that goes beyond remedies for ailments. It analyses our biological, psychological, emotional and spiritual personalities, and accordingly arrives at a way of life that helps us realise our vitality. This approach and system was deciphered and established by physicians thousands of years ago and was turned into scriptures, the tenets of which are followed

strictly at CGH Earth Ayurveda. So Ayurveda is the journey to a lifestyle of disease-free living, which starts at recognising the reason for irregularities and then correcting it. Our doctor (Vaidya) does a detailed diagnosis of the patient, based on which he or she determines the course of treatment through therapies, herbal medication, yoga therapies and dosha-specific diet plans for each patient.



TREATMENTS OFFERED

- Specific Ailments and Conditions
- Cleansing and Rejuvenation
- Stress Management
- Weight Management
- Healthy Ageing
- Complete Detox (Panchakarma)

The treatments and medication are an integral part of this journey. But equally significant in the process are the elements that surround the healing experience.

Diet: At CGH Earth Ayurveda, what you eat becomes part of your treatment procedure. The chefs prepare Sattvic meals using fresh and organic produce from the organic garden and surrounding farms for each patient based on the doctor's prescription.

Each recipe follows the principles of Ayurveda, which state that food is an intrinsic element that balances the bio-energies according to each individual's body constitution. Mindful eating is encouraged so that the full essence of the food is assimilated by the body to assist in the healing process. These tenets are imbibed in the cooking process at CGH Earth Ayurveda.

Yoga & Meditation: Yoga is an essential booster of Ayurvedic treatments, as it enhances the effect of the treatments administered. It's a channel of integrating the body, senses, life force, the mind and the consciousness. In that sense, it complements the entire healing process through the practise of Asanas, Pranayama and Meditation. The sessions include slow and steady Asanas that give you control of the mind and help sharpen it. Additionally, meditation techniques are used to calm and relax both the mind and the body.

CENTRES OF GOOD HEALTH

CGH Earth Ayurveda offers Ayurvedic treatments at its two healthcare centres in Kerala - Kalari Kovilakom and Kalari Rasayana, which are certified and accredited by the NABH (National Accreditation Board for Hospitals and Healthcare).

KALARI KOVILAKOM: HEAL IN A 200-YEAR-OLD PALACE FOR AYURVEDA

Kalari Kovilakom, the former palace of the Vengunad Kingdom in Kerala, now lives on as the Palace for Ayurveda under the care of CGH Earth. In the comforts of the palace, you will get a glimpse into the lifestyle and traditions of the ancient kingdom. Located in the Palakkad district, by the majestic Western Ghats, this is where history meets natural tranquillity to nurture holistic healing. The ideal space to revitalise and rejuvenate.



KALARI RASAYANA: HEALING BY A SERENE LAKE

Kalari Rasayana is a place that heals by its very tranquillity and beauty. Located in the lap of the Paravoor backwaters, and surrounded by islands, the treatment centre is an abode of peace, where chirping birds complement the silence. Experience the blissful unfolding of nature's wonders, as you bask in the rhythm of holistic well-being.



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KALARI KOVILAKOM

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Keralam Aims to Become India's Top Wellness State



From Ayurveda, yoga and meditation to forests, beaches, backwaters, food, culture and healthcare, Keralam is an ideal destination for healing and rejuvenation.

Surekha Krishnan

At a time marked by lifestyle ailments, anxiety and stress, travellers increasingly seek destinations that offer healing and rejuvenation. Keralam is positioning itself as a comprehensive wellness destination where health, healing, nature, culture and inner balance converge.

The vision is for visitors to experience wellness from the moment they arrive, through accessibility, accommodation, cuisine, activities and authentic therapies.

“Keralam is not only about Ayurveda and wellness treatments. Visitors can also experience our enchanting nature and monsoon rains. We want to integrate yoga and Kalaripayattu, the state's traditional martial art, and promote Keralam as a complete wellness destination,” said Tourism Minister P C Vishnunadh.

The state is also considering granting industry status to tourism. Vishnunadh noted that Keralam faces growing competition from Sri Lanka, which has aggressively promoted Ayurveda and wellness. “With the right campaign, Keralam can attract visitors heading there,” he said.

Former Chief Secretary Dr V Venu, who played a key role in establishing Kerala Travel Mart (KTM) and advancing Responsible

“ With the right campaign, Keralam can attract visitors heading to Sri Lanka ”

P C Vishnunadh
Tourism Minister



Tourism, believes Keralam remains unmatched domestically in the wellness segment.

“Our branding has attracted visitors seeking quality wellness therapies in clean, well-maintained hotels, resorts and centres,” he said.

Internationally, however, Sri Lanka remains a strong competitor. According to Venu, Sri Lanka marketed itself as a home for authentic Ayurveda even before Keralam entered global markets.

“Wellness holidays and Ayurvedic therapy are not the same. Wellness means different things to different people, whereas Ayurveda, particularly Panchakarma, is a distinct offering. Keralam has built a strong and authentic position as the destination of choice for treatments, from traditional Ayurvedic hospitals to luxury resorts,” he said.

He added that Keralam's strengths lie in its quality Ayurvedic medical education, trained therapists and established Ayurvedic medicine industry.

On industry status for tourism, Venu said the sector's long-standing demand primarily relates to power-tariff concessions. Rather than subsidised electricity, he suggested easier access to preferential loans through government-led financial institutions to encourage tourism enterprises.

As for proposals to create a dedicated Wellness Mission, he sees no urgent need. “We need to continue marketing our products and destinations and strengthen the positioning built over the years,” he said.

Jose Dominic, co-founder and former Managing Director and CEO of CGH Earth, shares that view. A long-time advocate of sustainable hospitality, he argues that Keralam possesses all the ingredients required for wellness tourism.

“Authentic Ayurveda, hills, forests, rivers, backwaters, beaches, history, culture, traditions, literate people and a modern outlook all contribute to wellness. Well-being is a state of body, mind and spirit. Keralam's model of living close to nature, respecting communities and focusing on meaningful experiences appeals naturally to wellness seekers,” he said.

For centuries, people travelled to Keralam in search of medicinal spices, plants and healing traditions. That legacy continues today.

“This historic evolution combined with a modern outlook makes Keralam unique. A traditional meal, a village walk, a trek through forests, a Kathakali performance at dusk or the colours of a temple festival can all become part of the same wellness narrative,” Dominic said.

Global travel preferences are also shifting. Increasingly, tourists seek experiences that lower stress, improve health, restore attention and provide a deeper sense of meaning. Keralam's blend of Ayurveda, nature and cultural richness aligns strongly with those aspirations.

“ We need to continue marketing our products and destinations and strengthen the positioning built over the years ”

Dr V Venu
Former Chief Secretary



The state's wellness credentials have gained international recognition. Travel + Leisure India named Keralam the “Best Wellness Destination” in 2025, citing its Ayurveda heritage, natural landscapes and healing traditions. The International Ayurveda-Wellness Conclave held in Kozhikode in February 2026 brought together more than 120 delegates from 34 countries to discuss the convergence of Ayurveda, yoga, healthcare, research and wellness tourism.

Dominic points to changing tourist profiles. Referring to Peter Aderhold's classification, he contrasts the Alert Independent Traveller (AIT), who seeks discovery and authentic experiences, with the traditional Sun, Surf and Sand (SSS) traveller focused on leisure and relaxation.

“Keralam is equipped for both,” he said. “We have demonstrated our tourism capabilities through growing domestic and international arrivals.”

According to Confederation of Indian Industry (CII) Keralam

“ We have demonstrated our tourism capabilities through growing domestic and international arrivals. ”

Jose Dominic
Co-founder & former
Managing Director &
CEO of CGH Earth



data, of the 7.4 lakh overseas medical visitors in 2025, around 60 to 70 per cent opted for Ayurveda.

The appeal is evident from visitor experiences.

“I had a wonderful experience as a first-time visitor to Kerala,” said Mike Fry from Tennessee, USA. “My wife and I loved the Ayurvedic massages. The resort in Poovar was lovely, and everyone was welcoming. We felt comfortable throughout our stay.”

His wife Jean echoed the sentiment.

“Keralam felt safe while exploring, and people were very polite despite the language barrier. The food was sometimes too intense for me, but most hotels offered alternatives,” she said.

Recent initiatives such as the ‘Be a Malayali for a Day’, other campaigns and the Wellness Conclave highlight not only Ayurveda but also wildlife, Responsible Tourism, sustainable living and lesser-known destinations. The state also maintains a quality classification system for Ayurveda centres through the Ayur Silver, Ayur Gold and Ayur Diamond categories.

Sajeev Kurup, president of the Kerala Ayurveda Promotion Society, believes promotion alone is not enough.

“We need a clear global strategy, sustained investment, stronger quality standards and much closer collaboration between the government, private sector, Tourism Department and AYUSH Department,” he said.

“Keralam's greatest strength is its authenticity. Ayurveda is a living tradition embedded in our culture and daily life. Combined with yoga, traditional healing practices, biodiversity, healthy cuisine, spirituality, beaches, backwaters and a mature hospitality industry, we have the ingredients to become a global leader.”

He stressed the importance of continuous international business development efforts like the recent Indo-Arab Connect 2026 initiative.

Yet the pursuit of wellness tourism also raises important questions about sustainability.





“ I am not against development. But every project must be guided by detailed studies examining environmental impact, resource availability, disaster risks, climate uncertainty and location-specific factors ”

C R Neelakandan
Environmentalist



Jose Dominic argues that a destination can market wellness credibly only if its residents enjoy a healthy environment. “A healthy destination must first be healthy and viable for its people. We must admit that pollution is damaging our land and water bodies,” he said.

Can a place truly be called a wellness destination if its residents struggle with pollution, congestion, waste and shrinking public spaces?

Environmentalist C R Neelakandan believes tourism must be developed with extreme care. Keralam's rich biodiversity, dense population and growing climate risks make sustainability essential.

“Tourism is a key source of income and employment, but it must remain sustainable. Otherwise, it risks destroying the very resources that attract visitors. No tourism industry can thrive without protecting

ecosystems, wetlands, backwaters and coastlines,” he said.

Neelakandan noted that Keralam's long-standing reputation for Ayurveda is deeply connected to its biodiversity. The Western Ghats support an extraordinarily rich ecosystem and provide many medicinal plants fundamental to Ayurvedic treatments. Complementary traditions such as Kalaripayattu and Marma therapy further strengthen the state's wellness offerings.

At the same time, he warned against unchecked development.

Wellness facilities near forests, fragile hilltops, coastlines, lakes or ecologically sensitive regions could disrupt natural systems. Environmental degradation, human-animal conflict and pressures on natural resources are already emerging concerns.

“While Keralam is considered advanced in healthcare, we continue to face diseases such as Nipah, COVID-19, meningitis, leptospirosis and dengue. These realities cannot be ignored,” he said.

According to Neelakandan, wellness tourism cannot succeed if local environmental and public health concerns are neglected.

“I am not against development. But every project must be guided by detailed studies examining environmental impact, resource availability, disaster risks, climate change and location-specific factors,” he said.

Ultimately, proponents agree on one principle: wellness tourism must benefit local communities as much as visitors. If Keralam can preserve its natural wealth, protect its cultural heritage and maintain the authenticity of Ayurveda while pursuing growth, it may strengthen its position as one of the world's leading wellness destinations. ■





Seasonal Regimens in Ayurveda: Understanding Therapies in the Right Context



Prof. (Dr.) Divya P

Ayurveda is a science that gives equal importance to both treatment and prevention. One of its most important preventive concepts is Ritucharya—the seasonal regimen. According to Ayurveda, seasonal transitions influence the balance of the doshas in the body. When the external environment changes, the internal environment of the body responds to it. If the body fails to adapt properly, doshic imbalance occurs, which may eventually manifest as disease. This is why Ayurveda recommends specific Panchakarma procedures for healthy individuals at particular times of the year—not merely as treatment, but as preventive seasonal purification.

Ayurveda broadly describes six seasons: Shishira (Winter), Vasanta (Spring), Greeshma (Summer), Varsha (Rainy season), Sharath (Autumn), Hemantha (Pre-winter).

Today, Panchakarma is often marketed as a “one-shot gut cleansing package,” where multiple procedures are performed together. But classical Ayurveda recommends that these therapies be done in specific seasons because each season causes a specific doshic aggravation, and the therapy is intended to eliminate that aggravated dosha and restore balance.



Understanding Karkataka Chikitsa

One such seasonal therapy that has gained significant popularity is **Karkataka Chikitsa**, a well-known seasonal treatment protocol in the Keralam Ayurvedic tradition. **Karkataka** is a month in the Malayalam calendar, beginning around mid-July and ending around mid-August. This period coincides with heavy rainfall in coastal belt in southern India.

In this region, **Karkataka** marks a major climatic transition—from extreme summer heat to the colder monsoon season. This sudden environmental shift can significantly affect the body, which is likely why Karkataka Chikitsa became so important in this region.

This raises an important question:

If seasonal regimen is primarily based on abrupt climatic transitions, how relevant is **Karkataka Chikitsa** for people living in entirely different climates?

The answer is: not universally relevant.

Karkataka Chikitsa is essentially a regional treatment protocol developed to address the health issues caused by the sudden climatic shift during **Karkataka** in Keralam's geographical context. This does not mean everyone should undergo **Karkataka Chikitsa**. Rather, everyone should follow seasonal regimens according to the climate of their own region.

For example:

- ▶ **Varsha Ritu** (Rainy season) aggravates **Vata**, and hence **Vasti** is recommended.
- ▶ **Sharath Ritu** aggravates **Pitta**, and hence **Virechana** is recommended.
- ▶ **Vasantha Ritu** aggravates **Kapha**, and hence **Vamana** is recommended.

Thus, the concept of “gut cleansing” in Ayurveda is not a single event but a seasonal process distributed across three different phases of the year, helping maintain long-term health and resilience.



The principle is simple:

Observe your environment.

Identify the periods in the year when seasonal transitions are abrupt.

Choose the appropriate therapy and timing accordingly.

Seen in this light, traveling to Keralam for Karkataka Chikitsa may not make practical sense if you live in a completely different climate. It is far more meaningful to undergo seasonal therapy at the time your own body is preparing to face climatic stress in your region.

Ayurveda: Universal Principles, Local Practices

Ayurveda evolved as a traditional medical system. While its foundational principles are universal, its practical applications evolved regionally. This regional evolution depends on:

- ▶ availability of medicinal substances
- ▶ Climate
- ▶ Food habits
- ▶ Cultural practices
- ▶ Political history

The concepts of Ayurveda have global relevance. Its principles can be applied universally. But its practices must evolve locally.



Ayurveda works best when adapted according to the traditions, climate, food systems, and lifestyle of a region. What works for me, living in the southern coastal part of India, may not be suitable for someone living in northern Europe.

Human beings evolved differently based on climate, food availability, environment, and physical demands of life. Our bodies still follow the fundamental principles of Ayurveda, but our adaptations differ.

There is nothing wrong in experiencing traditional therapies from other regions. But if the intention is **treatment or cure**, we need to be more thoughtful. Today, Ayurvedic therapies are often consumed like spa experiences. A spa is primarily for relaxation. But Ayurveda has a deeper intention: cure. Traditional Ayurvedic therapies were originally designed with a therapeutic objective, not merely for experience.

The Example of Kalari Chikitsa

A good example is **Kalari Uzhichil**, the traditional massage associated with the martial tradition of **Kalaripayattu**. Kalari was historically practiced in Keralam and the Tulunadu region of Karnataka. **Kalari Chikitsa** evolved primarily to treat injuries sustained by warriors during training and battle.

One of its well-known methods today is **Chavittithirumal**—a massage technique performed using the therapist's feet. The Kalari practitioners were warriors with highly



conditioned and muscular bodies. Techniques like **Chavittithirumal** evolved to generate deeper therapeutic pressure. But today, these therapies are often offered like spa experiences to people who may not have exercised even for a single day in their lives. In such cases, these therapies can create problems rather than healing. They may even cause injuries.

Seasonal Therapies in the Modern Context

Many Ayurvedic guidelines were developed for lifestyles very different from ours. Today physical activity has reduced drastically, food is available in surplus throughout the year, seasonal food restrictions have almost disappeared, food from any part of the world is accessible at any time, and climate is controlled through indoor environments.

Because of this, many disease patterns have changed. The same applies to seasonal regimens. Today, temperature-controlled environments create sudden shifts that were uncommon in earlier times. So when designing seasonal regimens today, these realities must also be considered.

For example, after coming in from intense heat, avoid immediately switching to extreme air-conditioning. Allow the body to first adapt to normal indoor temperature, and then gradually move into cooler environments. This gives the body time to adjust.

The Core Principle

Seasonal care in Ayurveda should be developed according to: your body, your region, your lifestyle, your environmental exposure and ideally under the guidance of a qualified Ayurvedic practitioner.

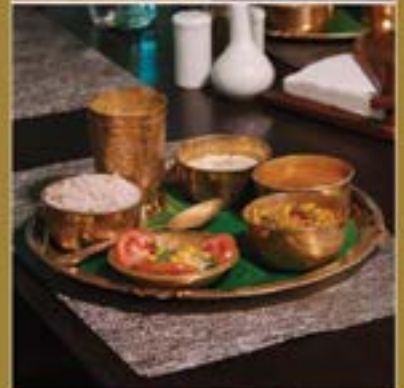
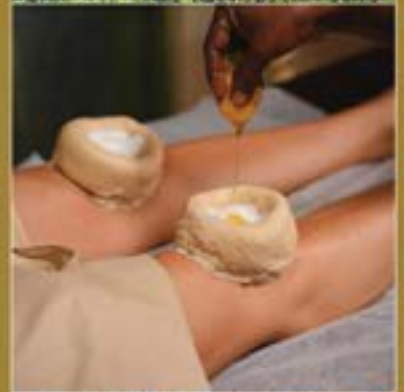
Ayurveda was never designed as a system of standardized packages. It is a deeply personalized and holistic system of medicine. Trying to fit it into rigid operational packages for convenience defeats its very philosophy.

Every individual is different. And Ayurvedic care must reflect that individuality. ■

*The author, **Dr. Divya P** is an Ayurveda and healthcare innovator. She is the chief innovation officer at Dr Krshna Lifesciences Ltd and the Director of Ragdima Academy. She is pursuing an Executive MBA at IIM Kozhikode*



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A Guide to Cope with Keralam's Humid New Normal

Rising heat and humidity is sure to take its toll on health. As Keralam along with the rest of the world faces longer, hotter, and increasingly humid summers, the traditional wisdom of Ayurveda offers a timely guide to staying cool, balanced, and resilient.



Dr Pradeep Kumar
BAMS, MD(AY)

The intersection of rising global temperatures and the humidity profiles of the tropical monsoon environment constitutes one of the most consequential public health challenges of our time. It affects the health, cognition, mood, and functional capacity of vast populations in a manner so consistent, seasonal, and normalized that it often escapes systematic clinical attention.

Keralam, traditionally known for its equable climate and lush landscapes, is currently experiencing an unprecedented shift in its weather patterns and so are places across the world. The state is grappling with extreme heat and a concerning rise in humidity, leading to the phenomenon known as the “wet-bulb temperature” effect. This deadly combination of heat and moisture limits the human body's ability to cool itself through sweating. The Arabian

Sea is witnessing severe marine heatwaves, disrupting ecosystems and coastal livelihoods, while prompting state officials to advise “self-lockdowns” to prevent sunstroke.

As the climate changes, changing our lifestyle and diet becomes crucial. Ayurveda, through the framework of Ritucharya (seasonal regimens), offers what contemporary medicine often lacks: a coherent, integrated, anticipatory model for understanding and managing this burden.

The Ayurvedic Framework: Greeshma-Varsha Sandhi

Historically, summer in Keralam was moderated by pre-monsoon showers and sea breezes. Today, prolonged dry spells and soaring mercury levels are becoming the norm.

Ayurveda has a specific name for this severe climatic transition: Greeshma-Varsha Sandhi, the junction of the hot and rainy seasons. Classical texts describe this period as one of compounded doshic vulnerability, wherein two distinct biological disruptions occur simultaneously: Pitta Prakopa, or aggravation of the metabolic-thermogenic principle, and Kapha Vaishamyā, or destabilization of the anabolic-fluid principle.

This compounded aggravation produces a clinical picture that neither disruption alone could generate. The Ayurvedic explanatory framework—involving Pitta-Kapha Prakopa, Mandagni (lowered digestive fire), Ama (toxin) formation, and doshic psychological dysregulation—maps with striking precision onto contemporary biomedical constructs such as impaired evaporative thermoregulation, gut barrier compromise, electrolyte dysregulation, HPA axis hypercortisolism, and serotonergic disruption.

How Pitta Prakopa Manifests Across the Body

The extreme heat naturally aggravates Pitta dosha while gradually increasing Vata dosha due to the drying effect of the sun. The resulting Pitta Prakopa manifests across multiple organ systems.

Gastrointestinal Tract (Pakwashaya): Elevated Pitta disrupts normal acid-base regulation of the stomach and duodenum, producing characteristic hyperacidity, gastro-oesophageal reflux (Amlapitta), and inflammatory changes in the intestinal mucosa.

The Skin (Tvak): Pitta's heat quality drives inflammatory dermatoses such as urticaria,

contact hypersensitivity, and miliaria rubra (prickly heat), alongside fungal colonization of macerated skin.

Nervous System (Majja Dhatu): At the level of neural tissue, Pitta Prakopa produces irritability, thermal dysphoria, difficulty tolerating noise or bright light, and heightened emotional reactivity.

Ayurvedic Therapeutic Strategies and Ritucharya

The primary goal of Ayurvedic summer management is to pacify Pitta through dietary modification, targeted herbs, topical preparations, regimen adjustments, and breathing practices.

Essential Cooling Drinks: Kharjura Mantha, prepared by soaking dates and dried fruits such as raisins and figs in cold water and churning them into a liquid, replenishes lost fluids and provides natural energy. **Paanak,** traditionally made from jaggery, water, dry ginger, cardamom, and lemon, balances electrolytes, aids digestion, and acts as a natural coolant. Variations using raw mango (Aam Panna) or **Indian sarsaparilla** (Nannari) are highly beneficial for humid heat.

Diet Suitable for Hot Weather

Diet plays the most significant role in Ayurveda for seasonal adaptation. Foods that are naturally sweet, slightly astringent, light, and cold in potency are ideal.

Food Category	Recommended (Pitta-Pacifying)	To Avoid (Pitta-Aggravating)
Fruits & Vegetables	Watermelon, Cucumber, Ash Gourd, Tender Coconut, Sweet Grapes, Melons	Sour Fruits, Excessive Tomatoes, Garlic, Onion, Pungent Peppers
Dairy & Beverages	Fresh Buttermilk, Cold Milk, Tender Coconut Water, Rose Water	Excessive Fermented Foods, Strong Coffee, Alcohol, Carbonated Drinks
Grains & Spices	Rice, Barley, Wheat, Coriander, Fennel, Mint, Cardamom	Excessive Chillies, Mustard Seeds, Heavy Or Fried Foods

Cooling Ayurvedic Therapies & Marma Chikitsa

For intense heat stress, external Ayurvedic therapies provide relief to both the physical body and the nervous system. Shirodhara, in which a continuous stream of liquid is poured over the forehead, is traditionally performed during peak summer using cold medicated milk (Ksheeradhara) or cold medicated buttermilk (Takradhara).

Takradhara is associated with the Shiromarma, vital energetic points of the head, and is traditionally used to calm the mind, reduce stress, and support sleep disturbed by hot, humid nights.



Taking Care of Body and Mind

Lifestyle adjustments are vital for holistic well-being during Kerala's heatwaves. Avoid stepping out between 11:00 AM and 3:00 PM, and wear loose, light-colored cotton clothing. Bathe in cool water and apply sandalwood paste (Chandan) or vetiver (Ramacham) to soothe the skin.

Because heat triggers mental Pitta imbalances such as irritability, anger, and restlessness, calming the mind is essential. Practice Sheetal Pranayama, engage in gentle activities such as early morning or late evening walks, limit excessive physical exertion, and prioritize a peaceful, calm environment. ■

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Why Dehydration Is More Dangerous Than You Think

Climate change and soaring temperature cause dehydration and related uneasiness especially in kidneys. Rehydrate, restore and renew through asanas and proper diet



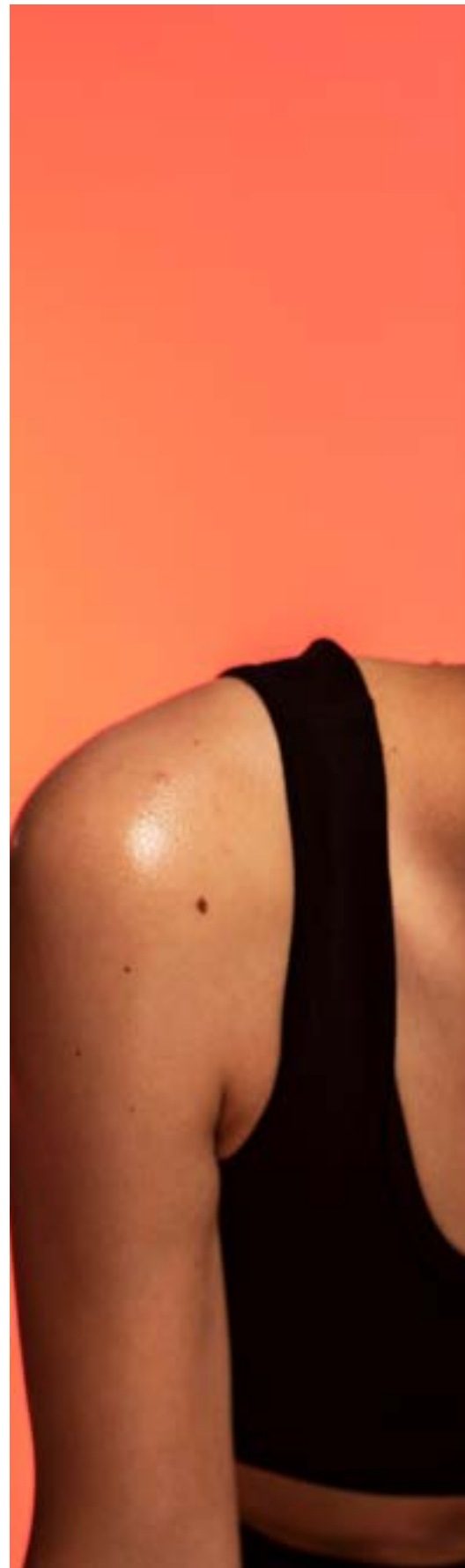
Prof Dr B T Chidananda Murthy

Dehydration is more than just feeling thirsty—it is a systemic imbalance that affects multiple organs, including the kidneys, skin, brain, and gut. Dehydration is defined as a state of negative fluid balance where water loss exceeds intake, leading to disturbances in cellular homeostasis, electrolyte balance, and physiological function. Even a 1-2% reduction in total body water has been shown to impair thermoregulation, cardiovascular efficiency, and cognitive performance.

Even mild dehydration can disrupt physiological functions, while chronic dehydration may contribute to long-term health issues. Understanding its effects and correcting it through diet, naturopathy, and yoga offers a holistic and sustainable approach.

Impact on the Kidneys

The kidneys regulate fluid-electrolyte balance through mechanisms involving antidiuretic hormone (ADH) and the renin-angiotensin-aldosterone system (RAAS). When the body is dehydrated, blood volume decreases, leading to reduced renal perfusion. This can impair filtration, concentrate urine, and increase the risk of kidney stones and urinary tract infections. Chronic dehydration may even contribute to reduced kidney function over time. Adequate hydration ensures proper toxin





elimination and maintains electrolyte stability.

Impact on the Brain

The brain is approximately 75% water, making it highly sensitive to fluid imbalance. Dehydration can lead to headaches, fatigue, reduced concentration, mood swings, and even dizziness. Studies show that even a 1–2% fluid loss can impair cognitive performance. Electrolyte imbalance also affects nerve conduction, leading to irritability and decreased mental clarity.

Impact on the Gut

Water is essential for digestion and bowel movements. Dehydration slows down intestinal motility, leading to constipation, bloating, and poor nutrient absorption. It also affects the mucosal lining and gut microbiome balance, potentially contributing to acidity and digestive discomfort.

Naturopathy Approach

Naturopathy emphasizes restoring the body's natural balance through simple, non-invasive methods.

► **Hydrotherapy:** Techniques like cold sponging, hip baths, and wet packs improve circulation and support hydration at the cellular level.

► **Mud therapy:** Abdominal mud packs help regulate digestion and improve gut function, indirectly supporting hydration.

► **Sun exposure:** Moderate early morning sun exposure helps regulate metabolism and fluid balance.



► **Fasting with fluids:** Short-term fruit or juice fasting (under guidance) can help rehydrate and detoxify the system.

► **Lifestyle rhythm:** Following natural hunger and thirst cues rather than ignoring them is key.

Dietary Measures

Hydration is not just about drinking water—it involves maintaining electrolyte balance and consuming water-rich foods.

► **Fluids:** Aim for regular intake of water throughout the day rather than consuming large quantities at once. Include natural fluids like coconut water, buttermilk, and fresh fruit juices (without added sugar).

► **Infused water:** Pudina, lemon, and lemongrass can be added to water for flavour and additional benefits.

► **Water-rich foods:** Fruits like watermelon, papaya, and oranges, along with vegetables like cucumber, bottle gourd,

and zucchini, help maintain hydration.

► **Electrolytes:** Add a pinch of rock salt and a few drops of lemon to water to enhance absorption and maintain sodium balance.

► **Avoid dehydrating agents:** Excess caffeine, alcohol, fried foods, excessive sodium, and highly processed foods can worsen dehydration.

► **Balanced meals:** Include adequate proteins, healthy fats, and fibre to support fluid retention and cellular hydration.

Yoga and Hydration

Yoga supports hydration indirectly by improving circulation, nervous system balance, and organ function.

Asanas

► **Pawanmuktasana** series – improves gut motility.

► **Bhujangasana and Dhanurasana** – stimulate abdominal organs.

► **Tadasana and Trikonasana** – improve circulation and lymphatic flow.

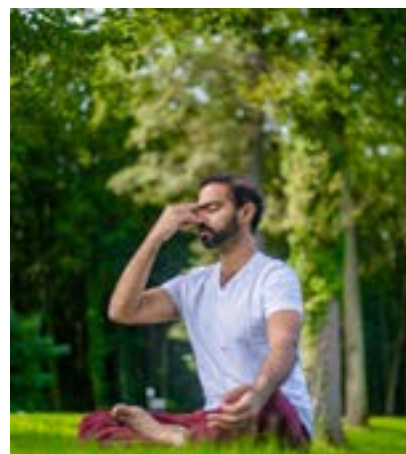
Pranayama

► **Nadi Shuddhi** – balances the nervous system and reduces dehydration-related fatigue.

► **Sheetali and Sheetkari Pranayama**– They cool and help regulate body temperature and fluid balance.

Relaxation Techniques

Practices like Yoga Nidra and deep relaxation reduce stress-induced fluid loss and improve hormonal regulation.



Conclusion

Dehydration is a silent disruptor affecting multiple body systems. Addressing it requires more than just drinking water—it involves mindful eating, natural therapies, and balanced lifestyle practices. Integrating diet, naturopathy, and yoga not only restores hydration but also enhances overall vitality and resilience. ■

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Monsoon Rejuvenation: Healing, Balance and Ailments in a Changing Climate

Let's see how yoga, seasonal nutrition, naturopathy and hydrotherapy can support health and well-being during climate change



Dr. Narendra K Shetty

Climate change is reshaping monsoon patterns, while seasonal infections, inflammation, and lifestyle-related health issues rise. Yet, the monsoon can also be viewed as a season of renewal and rejuvenation. Through an integrative approach combining yogic practices, seasonal nutrition, naturopathy, hydrotherapy, and mindful lifestyle choices, this changing season can become an opportunity to strengthen resilience, restore balance, and support overall well-being.

Seasonal diseases such as respiratory infections, digestive and inflammatory disorders are becoming common owing to climate variability. This change is being discussed in global wellness narratives, with increasing emphasis on preventive lifestyle medicine. Humidity and temperature fluctuations may increase vulnerability to infections and exacerbate chronic diseases owing to immunological dysregulation and systemic inflammation.

Disease Patterns, Climate Change, and the Dynamics of Rejuvenation

By influencing environmental parameters, including temperature, humidity, rainfall, and air quality, climate change alters disease patterns. These modifications increase human exposure to infectious and inflammatory disorders, improve pathogen survival, and expand vector habitats. Climate fluctuations also cause

physiological stress, interfering with immune responses, circadian rhythms, and metabolic stability.

Seasonal transitions such as the monsoon can also offer a window for rejuvenation as mental health and physical recuperation are supported by the cooling environment, enhanced air ionisation, and ecological restoration. Combined with yoga, seasonal





nutrition, and detoxification, the monsoon might shift from a time that promotes illness to one that promotes healing and equilibrium.

Climate Change, Acne Vulgaris, Fungal Infections, and Skin Disorders

Increased humidity, rising temperatures, and an extended

rainy season associated with climate change create a favourable environment for microbial growth. Research studies indicate that high humidity and profuse perspiration compromise the skin barrier, promoting fungal infections such as candidiasis and dermatophytosis. Moist environments increase fungal colonisation, transmission, and recurrence, especially in tropical and monsoon climates.

Climate variability may also contribute to an increased incidence of acne vulgaris. Humidity and heat stimulate sebaceous gland activity, increasing the production of sebum and thus altering the skin microbiome. This promotes the proliferation of *Cutibacterium acnes* and triggers inflammatory pathways, leading to flare-ups of acne vulgaris.

Furthermore, environmental stressors such as pollution, ultraviolet radiation, and fluctuations in temperature increase oxidative stress in the skin. This contributes to inflammatory skin conditions such as dermatitis, eczema, psoriasis, and urticaria. Research studies suggest that these factors impair skin barrier integrity, alter immune responses, and exacerbate

chronic dermatological diseases.

Yogic Science: Governing the Internal Temperature

Numerous studies have reported decreases in indicators including CRP, IL-6, and TNF-alpha, indicating that yoga may have a significant impact on inflammatory pathways.

Regular pranayama and meditation practices may also enhance resistance to environmental stress by reducing inflammatory reactions and improving stress regulation.

Additionally, research studies show that integrated naturopathy and yoga treatments may promote systemic balance by reducing immune cell dysregulation.





Monsoon Diet: Optimising Immunity and Digestion

To compensate for decreased digestive fire during humid seasons, naturopathic nutrition emphasises light, warm, plant-based foods.

When combined with lifestyle modifications, these diets are linked to better metabolic and inflammatory profiles.

Herbs that support resistance to infections include ginger and turmeric, which have immunomodulatory and anti-inflammatory properties.

During the monsoon, avoiding heavy, processed, and uncooked foods promotes gut integrity and lessens gastrointestinal burden.

Hydrotherapy: Home-Based Interventions

When combined with yoga-based care, hydrotherapy, a fundamental naturopathic modality, has proven beneficial for inflammatory and respiratory diseases.

Warm foot baths and contrast showers are examples of at-home techniques that may support circulation and overall well-being.

In naturopathic therapies, cold abdominal packs and hip baths have been demonstrated to lower inflammation and enhance digestive function.

Local applications and mud therapy may also help improve detoxification processes and lower inflammatory load.

Lifestyle Alignment and Detoxification

Short-term fasting, structured eating routines, and naturopathic detoxification procedures can improve inflammatory indicators and quality of life in chronic illness.

By treating the underlying causes of illness rather than its symptoms, integrated naturopathic techniques aim to improve physiological resilience and lessen the burden of disease.

The Conclusion: Turning the Monsoon into a Season of Rejuvenation

Monsoon wellness must develop into an integrative, evidence-based practice as climate change modifies seasonal adverse effects. People can improve immunity, lower inflammation, and restore equilibrium by combining yogic regulation, a seasonal diet, and easily available and socioeconomically beneficial hydrotherapy, transforming the monsoon into a time of genuine rejuvenation. ■

The author **Dr. Narendra K Shetty**, is a lifestyle health management expert with over 25 years of experience in promoting wellness as a preventive healthcare measure. He has been instrumental in rolling out unique Wellness programmes that integrate Yoga & Naturopathy with nutraceuticals, detox plans & retreat plans.

Vata killed the Kung Fu Star



Prof H C Manfred Krames

Before you think this is a joke, no, it is meant to be dead serious. Vata, once out of control, can shut down our entire system, causing malfunction of vital organs and, in extreme cases, even death. Physical fitness has nothing to do with it. Aggravated Vata, or Vayu (the elements ether & wind), can push all other doshas out of balance, even if the patient appears physically strong.

This is exactly what happened to the world's most famous Kung Fu Master – Bruce Lee. When he died in 1973 at the age of 32, millions around the world were shocked. Today, 53 years later, friends, fans and family still ask: What on earth went wrong?

Officially, he died of cerebral edema, but medics and insiders doubt it. Me too.

So when Bruce Lee appeared in my dreams, I decided to diagnose his infirmity from an Ayurvedic viewpoint. As I practiced Karate in Japan and Judo at a young age, I know the basics of martial arts. And yes, I admit it, Bruce Lee is my hero. But was he really that healthy? He worried about ageing and losing his reflexes. Obsessed



with becoming the best fighter in the world, he pushed himself far. In Ayurveda, extremes provoke Vata. A person extreme in several areas therefore accumulates Vata over time.

Then came his diet – yet another extreme and dangerous trigger. Meat and Coca-Cola were his favorites. For days he would have only carrot juice, losing 10 kg in two years. But the worst part was his daily training to enhance his incredible speed. He became so fast that movie producers asked him to slow down. Martial artists like Jackie Chan, who met him personally, confirm that his speed was almost beyond the eye's ability to follow.

If Vata or Vayu is compared to “wind,” then Bruce must have had an internal hurricane, provoking Vata in the long run. And it does

not matter whether extreme movement is physical or mental, such as restless thoughts, anxiety, panic attacks or fear.

I thought to myself: How come some Kung Fu masters live beyond 80 and still teach and beat much younger practitioners? Kung Fu was developed at the Shaolin monastery in China, based on Buddhist and Taoist principles. So how can it be unhealthy?

I even went to a Shaolin head monk at the monastery in China. His answer is quoted in the book. To shorten his lengthy comment: To prevent a reverse health effect, breathing techniques must be mastered before practicing speedy movements. Bruce did not do that. He ignored the warnings of ancient grandmasters and took no precautions.

Over time, Vata accumulated in his cells, causing cell trauma and his body's intelligence to collapse. Again, I did not want to make a mistake in my diagnosis, so I consulted an Indian Ayurveda doctor with many years of hospital experience. Dr. Zankhana Maulesh Buch confirmed my analysis and added that a lack of Ojas could cause a Vata shock (I call it Vata Syndrome) to develop, resulting in sudden death. Her full answer is quoted in my book, *Who Killed Bruce Lee?*

I admire Bruce Lee greatly and don't intend to discredit him. The book cautions Vata aggravations. If it can kill the best fighter on earth, imagine what it can do to less tough, ordinary people.

We live in a fast-paced world – and “fast” aggravates Vata – with fast food, fast breakups and rapidly changing political situations, thanks to “Mr. Vata”

in Washington, who changes his mind faster than the blink of an eye. People anxiously watch bad news on their smartphones and go to bed with worries and fear.

If such a condition becomes chronic and is not regulated through countermeasures, it triggers psychosomatic and nervous disorders. When the point of no return is reached, the damage becomes irreversible. That is because Vata is connected to the element ether – making it infinite.



To those not into Ayurveda I say this: If slowness is the key to longevity, then the opposite – speed – will shorten our lifespan. Turtles move extremely slowly and live over 150 years. Elephants live up to 70. Kingfishers, known for their fast wing movements, live only 6–10 years, while bees may live just two months.

So I am not surprised that humans exposed to, or practicing, extreme speed can cause a health-reversing effect on their cells. Taoist masters are clear about this. If we practice a Tai Chi or Kung Fu style requiring utmost speed, we must prepare our body for many

years – otherwise, we pose a lethal threat to ourselves.

Bruce Lee never went deeply enough into ancient Kung Fu to learn these things. Genuine Kung Fu fighters like Shaolin monks used “Chi” rather than muscle strength. Someone who truly knows how to develop Chi can push an opponent without touching him. But it takes decades of training. Bruce chose the shortcut of developing speed, but in the end paid a high price.

Thanks to Ayurveda, I believe I was able to solve a mystery that has bothered people for 53 years. If only I could prove the existence of Vata in our body, it could set off a revolution in medicine. Once Vata is evidently demonstrated in a repeatable research study, Ayurveda might gain recognition in the same way acupuncture did.

Fifty years ago, MDs in Europe made fun of acupuncture. How could a needle in the foot or head cure a liver or kidney disease? Meridians were invisible and therefore, they argued, did not exist. Later research into acupuncture and its physiological effects changed the conversation, and acupuncture became widely practiced.

I have seen and witnessed what aggravated Vata can do to patients, and those observations are beyond doubt. I hope that my book on Bruce Lee will add to the credibility and popularity of Ayurveda. And perhaps, someday, I will find a sponsor for my evidence study on Vata. ■

*The author **Prof H C Manfred Krames**, practices Ayurveda, gives lectures for Vaidyas (Ayush) at the APOLLO Hospitals, India and at the Gujarat Ayurved University*

The Climate Change— Human Health Conundrum



The HEAL concept (Healthy Eating and Active Living) – represents a foundational framework that integrates scientific evidence into education and prioritises prevention over treatment. It reflects a growing international movement toward lifestyle-first healthcare, where the goal is to create conditions for lifelong health through nutrition, physical activity, education, and person-centred care.



Dr Madan Thangavelu

A web of complex, interdependent pathways shapes the relationship between climate change and human health. The food we eat, how active we are, and the way our communities are designed all influence both personal wellbeing and planetary health. One increasingly important dimension is the role of sustainable diets within public health policy. In this context, the work led by Katherine Wirnitzer sits within a broader global shift toward prevention-focused health systems.

Against this backdrop, the HEAL concept — “Healthy Eating & Active Living” — emerges as a framework that connects scientific evidence, education, and preventive healthcare. It reflects a growing international movement toward lifestyle-first healthcare, where the goal is not merely to manage

chronic disease after it develops, but to create the conditions for lifelong health through nutrition, physical activity, education, and person-centred care.

At its core, the idea is simple: good nutrition, regular movement, adequate sleep, social connection, and mental wellbeing should form the foundation of any health system. Medical treatment still matters, of course, but ideally it should complement — not replace — these basic pillars of health.

From this foundation, a broader set of policy and educational implications begins to emerge. Recent papers published in *Frontiers in Public Health* and *Frontiers in Nutrition* advance several interconnected ideas. First, health systems should adopt minimum first-line standards centred on nutrition, movement, sleep, social connection, and behavioural health before escalating to more invasive or pharmacological interventions where appropriate. Second, education systems should embed practical health literacy from early childhood onward. Third, human biology and medical science should become more “human relevant” — more applicable to real-world lifestyles, environments, and long-term wellbeing. Fourth, chronic diseases linked to inactivity, poor diet, and metabolic dysfunction require societal and environmental solutions, not solely clinical treatment. Finally, prevention is economically and socially more sustainable than a predominantly reactive disease-care model.

Importantly, these ideas are not being left at the level of theory

alone. The “From Science to School” and “From Science to High School and University” initiatives led by Professor Wirnitzer are particularly notable because they address a persistent challenge in public health: translating academic evidence into everyday practice. That translational gap often determines whether health initiatives succeed or fail.

This practical orientation reflects Professor Wirnitzer’s broader systems-level approach. As a specialist in sports public health with a particular focus on child public health at University College of Teacher Education Tyrol, she positions healthy living not simply as an individual responsibility, but as a form of social infrastructure embedded across schools, universities, healthcare systems, workplaces, families, and communities. This perspective is supported by evidence from public health, lifestyle medicine, nutritional science, exercise physiology, and behavioural medicine.

Within that systems perspective, the emphasis on child public health is especially strategic. Many non-communicable diseases — including type 2 diabetes, cardiovascular disease, and obesity-related conditions — are strongly shaped by early-life environments and behaviours. Intervening early therefore offers one of the most effective pathways toward long-term population health.

Taken together, these ideas challenge several deeply embedded assumptions about modern healthcare: that healthcare is primarily about treating disease; that prevention is secondary; that education and healthcare operate independently; and that lifestyle

factors are purely matters of individual choice rather than social design. Instead, the HEAL framework encourages us to view health as something built and maintained collectively through the structures of everyday life.

Seen through this wider lens, climate change becomes not only an environmental issue, but also a public health challenge shaped by everyday systems and behaviours. HEAL contributes one important perspective by linking food systems, physical activity, and health promotion to climate action. In this view, everyday choices become part of a broader strategy for both human and planetary health.

Ultimately, addressing challenges such as climate change and chronic disease will not come from a single solution. It requires integrating diverse forms of knowledge and practice, supported by human creativity, resilience, and cooperation. Strengthening these connections offers a pathway toward a future that supports both people and the planet. ■

Dr. Madan is a noted Genome Biologist. Following a Ph.D. in Molecular Genetics from the University of Cambridge, his recent academic affiliations include Research Fellowships at the Department of Oncology, University of Cambridge, Medical Research Council Cancer Cell Unit, Cambridge, and Leverhulme Research Fellow, Medical Research Council Laboratory of Molecular Biology, Cambridge. He is a Member of the Mind-Matter Unification Project of the Theory of Condensed Matter Group at the Cavendish Laboratory, Cambridge, headed by Professor Brian Josephson

Yoga for mindfulness, mental health and strengthening nervous system

As people struggle to fight rising temperatures and humidity owing to climate change, certain asanas can help adapt to the situation with awareness and inner balance



Himalayan Siddha Akshar

Living Alive: The Foundation Of Awareness

Modern lifestyles continuously stimulate the human system. Information overload, emotional pressure, comparison, irregular routines, excessive screen exposure, and constant mental engagement gradually affect the quality of attention, emotional balance, and nervous system stability. Many individuals continue functioning outwardly while internally experiencing mental fatigue, emotional fluctuations, disturbed sleep, reduced focus, and restlessness.

Within Himalayan Yoga and the Himalayan Siddha lineage, awareness is viewed as the beginning of transformation.



The process starts with observation.

The moment an individual begins observing how they move, breathe, think, react, and respond to situations, a deeper understanding of the self begins developing. This awareness gradually improves behaviour, emotional steadiness, and inner balance. Yogic sciences describe this process as conscious living — a way of functioning where the body, mind, breath, and awareness move in alignment.

Anything performed without awareness slowly creates imbalance within the system.

When awareness becomes active, clarity and stability begin strengthening naturally.

Mindfulness And The Art Of Living Consciously

Mindfulness, in yogic understanding, is the ability to remain connected to one's own life with awareness and balance.

A significant amount of mental exhaustion today emerges from constant comparison and emotional distraction. Attention repeatedly moves outward, creating dissatisfaction, emotional instability, and

unnecessary psychological pressure. Over time, this continuous mental activity begins affecting the nervous system and emotional health.

Mindfulness through yoga redirects awareness inward.

As awareness strengthens, individuals begin responding to situations more consciously rather than reacting impulsively. Emotional steadiness gradually improves. Breathing patterns become calmer. Behaviour becomes more balanced. This directly influences overall mental health and nervous system resilience.

The yogic system views the mind as trainable. With proper practice and disciplined guidance, clarity and emotional balance can be cultivated systematically.

Siddha Abhyaas: Training The Human System

One of the deeper concepts within the Himalayan Siddha tradition is Siddha Abhyaas — a disciplined and structured yogic practice designed to refine the human system through awareness, repetition, observation, and consistency.

Siddha Abhyaas extends beyond physical exercise. It trains the way an individual breathes, moves, responds emotionally, focuses mentally, and utilises inner energy.

In yogic sciences, the nervous system is deeply influenced by daily behaviour, thought patterns, breath quality, emotional reactions, posture, and lifestyle rhythms. Siddha Abhyaas systematically improves these areas through conscious training.



When practices are performed regularly with awareness, several changes begin occurring naturally:

- ▶ Breathing patterns become more stable
- ▶ Emotional reactions reduce in intensity
- ▶ Concentration improves
- ▶ Physical tension gradually reduces
- ▶ Sleep quality improves
- ▶ Response patterns become calmer and more balanced

This process strengthens both the body and the nervous system simultaneously.

Practices such as Seed Meditation help plant awareness deeply within the system, while Moon Meditation supports emotional calming and internal steadiness. These practices create restorative effects on

the body and mind and support nervous system recovery from chronic stress and overstimulation.

Conscious Movement And Nervous System Healing

The body plays an essential role in emotional and mental wellbeing. Sedentary routines and continuous stress often create stagnation within the body, influencing mental clarity and emotional balance.

Within Himalayan Yoga, movement is approached as a method of restoring internal rhythm.

Practices such as Chandra Namaskar combine movement, breath, and awareness in a gentle yet powerful manner. These rhythmic movements improve circulation,

flexibility, coordination, and emotional steadiness while creating calming effects on the nervous system.

likewise, practices like Healing Walk and conscious breath awareness help reconnect the body and mind. As the body becomes more regulated, the nervous system gradually develops greater adaptability and resilience.

This is one of the strengths of yogic sciences— they support the human system as an interconnected whole rather than separating physical, mental, and emotional health.

A Life Of Balance And Inner Stability

In the Himalayan Siddha lineage, growth is viewed as a natural outcome of proper nurturing and disciplined practice.

When awareness improves, behaviour improves. When the body becomes healthier, the mind becomes steadier. When the nervous system becomes balanced, clarity, resilience, and emotional strength naturally begin increasing.

Yoga therefore becomes far more than a physical practice. It becomes a structured method for strengthening the body, stabilising the mind, supporting nervous system healing, and cultivating a more conscious and balanced way of living. ■

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



THE REPUBLIC OF UGANDA
MINISTRY OF HEALTH

CHARITY ASIA EVENTS IN UGANDA 🇺🇬

The Ministry of Health supports the application by Charoensup Interplus Ltd for clearance to conduct a free medical camp at Hotel Africana, Kampala 24th-26th October 2026, as part of the 4th Edition of Charity Asia Events 2026.

Charoensup Interplus Ltd is a Main organiser by having Lotus Medical Solution, ICCIU, Health and Hopes as Co-Organiser

Charity Asia Events is an international humanitarian initiative established 2025 with previous editions held in Sri Lanka (1st Edition) and India (3rd Edition). The Uganda edition, being the 4th in the series will incorporate a Medical Conference and Medical Camp designed to regional collaboration in healthcare, foster medical excellence, and access to high-quality health services for communities in Uganda and the region



Asia Events 2026 is committed to advancing global health standards through international partnerships, specialized medical programs, and cross-border collaborations. Together with an organization dedicated to health care innovation, medical education, and community outreach-we aim to bring world-class expertise to Uganda through this landmark initiative.

Charity Asia Events Uganda 2026 4th Edition show with Medical Conference will gather renowned healthcare professionals, policymakers, researchers, and industry leaders to discuss emerging trends, exchange knowledge, and explore opportunities for cooperation in key medical fields. This annual event/celebration brings together community leaders, industry experts, and stakeholders such as CHAROENSUP INTERPLUS, LOTUS MEDICAL SOLUTIONS, ISLAMIC CHAMBER OF COMMERCE AND INDUSTRY UGANDA, MANSOOR NURSING SCHOOL, MULAGO NATIONAL REFERRAL HOSPITAL, GERMAN MEDICAL WELLNESS ASSOCIATION, HEAL IN KERALA, BLISSD, LAMA GROUP, 7 KING MEDICAL COORDINATION, AMWE: ALL AFRICA MEDICAL AND WELLNESS EXPO AND AMWE MEDICAL WELLNESS FOUNDATION, AKASAA TRAVELS, GLOBAL TREATMENT SERVICES MEDITOUR, MEDIANDTOUR, BOSMA, AFRICANA HOTEL, GLAMORA MEDWELL, HEALTH AND HOPES, PERFECT GLOBAL HEALTH, MCS MEDICAL TOURISM, PARVATHY HOSPITAL, EAST COAST HOSPITAL, SPARSH HOSPITAL, EVD: ETHEHAD VIAR DERMAL, TAJ THAMEEZ MEDITRAVEL AND TOURISM



MEDICAL TOURISM MAGAZINE, NBS UGANDA, MODERN AI-HAMRA HILL PROJECTS, COMPASSION CARE MEDICAL TOURISM to discuss improving health outcomes and fostering medical advancement. Given your esteemed leadership in Health Tourism, we believe your presence would add tremendous value, and we would be privileged

Asia Events Group by Pompanar Nijjanpansri

PARTNERS & MEDIA



Ayurveda Crosses New Frontiers in the Americas

Ayurveda in the Americas is shifting from public stages to private spaces. From Indian groceries and yoga studios to retreats, podcasts, private consultations and wellness marketplaces, it has entered the mainstream—but not without tension



Dr. Bhaswati Bhattacharya

As we sizzle through unprecedented hot summers in the tropics, enter the dry, hot season of summer in the farther northern hemisphere, and the cool, windy fall and winter of the southern hemisphere, Ayurveda continues to flourish in the Americas—but it is taking a twist. As the political atmosphere of “we vs. them” and nationalistic self-protection sweeps across much of the globe in 2026, the trajectory of Ayurveda is shifting in unpredictable ways.

The status quo in the Americas was created in the 1980s by a handful of Indian yogis and Ayurvedic physicians who began exposing the Western world to Ayurveda, among them Mahesh

Prasad Varma, also known as Maharishi Mahesh Yogi; physician-author Deepak Chopra; clinical teacher Vasant Lad; and Indian businessmen who introduced Indian products and services for wellness and beauty care, offering Ayurveda as an exotic alternative to feeling better, often as an offshoot of yoga.



Speakers at the WAVES 2026 conference in Fairfield, Iowa at Maharishi University USA

With the arrival from India in the 1990s of ambitious scholars in technology, healthcare and the arts, particularly in Canada and the USA, the Americas saw shifts in disposable income, family structures and the presence of multigenerational households. Elders demanded their medicinal herbs and foods and received “care packages” from India containing ‘chyavanpraash, triphala, haritaki, decoctions’ and drinks. Patanjali and Divya began importing to New Jersey in 2002; by 2004, they had nine locations offering Ayurvedic herbs and Indian groceries, including ghee, herbal toothpaste, amla murabba, massage oils and baby-care products.

As neighbours and colleagues learned basic remedies and witnessed their efficacy, clusters of Ayurveda developed throughout the Americas. Demand for products grew at Indian groceries, while some companies began importing Ayurvedic healthcare directly, taking “roadshows” into communities with a van full of products, a vaidya and a salesman.



Participants after the WAVES Ayurveda workshop, in Fairfield, Iowa at Maharishi University USA

Today, the Ayurveda ecosystem includes supplement businesses, groceries, wellness entrepreneurs, community organizers, spas, oil massage and marma practitioners, beauty-care providers, researchers and academics. Many arrive through yoga, seeking the medical system that integrated with it thousands of years ago. Others study medicinal plants through chemistry, hoping molecules will validate how Ayurveda works. Still others enter the marketplace simply because Ayurveda represents an opportunity for wealth—and perhaps health.



WAVES conference group photo, Fairfield, Iowa at Maharishi University USA

The mainstream is increasingly discovering Ayurveda through ashwagandha, shilajit, brahmi, turmeric lattes and moringa smoothies, often without understanding its principles, worldview, language or philosophy. This creates both opportunity and tension: Ayurveda can be embraced as cultural wisdom, appropriated as a commercial product, or dismissed by conventional medical institutions. The colonial legacy remains visible in how traditional systems are taught, studied, and validated.



Waves conference held at Fairfield, Iowa at Maharishi University USA

In the past year, the Ayurveda community in the Americas has moved from the public community mandir toward the private altar—the puja sthan, devhara, thakur ghor or ghar mandir. Interest is shifting away from large conferences toward private 1:1 conversations, word-of-mouth consultations, panchakarma centres, experiential

workshops and podcasts. A flurry of podcasts and weekend-trained Ayurveda experts is flooding social media, while more books are appearing in Spanish, French and English.

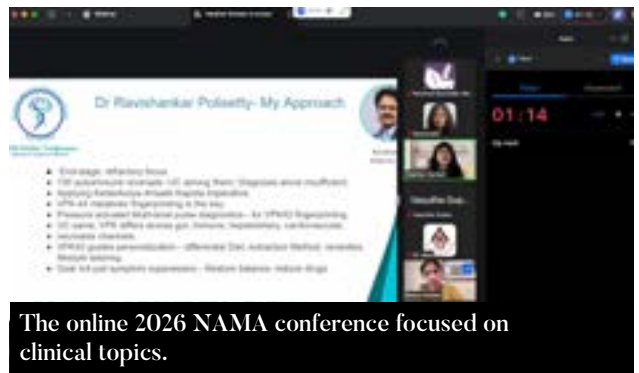
This may be connected to the increasing AYUSH presence in the Americas. The WHO Global Traditional Medicine Summit, held in Delhi in December 2025, brought together experts and participants from around the world, including substantial involvement from Ayurveda professionals from the Americas.

Mexico

Mexico's Ayurveda events, which dwindled after the pandemic, are beginning to return. AyurvedaFest in Malinalco in February 2026 offered four days of workshops on traditional medicine and herbalism. Retreats remain particularly popular, with yoga, Ayurvedic healing, plant medicine, Ayurvedic meals and seasonal living woven into intimate experiences in Tulum, Riviera Maya, Cabo, Playa del Carmen and Quintana Roo. The International Conference on Health, Wellness & Society will be held in Guadalajara on September 10-11, 2026.

USA

In the USA, state associations such as CAAM and NYAYA continue monthly webinars and online programming. Meanwhile, large conferences face declining attendance, high sponsorship costs and changing audience expectations. The NAMA conference moved online in May 2026 amid severe financial difficulties.



The online 2026 NAMA conference focused on clinical topics.

In a social-media world where experts can speak freely to large audiences, organized conferences face new challenges. Supplement companies and Ayurvedic schools are increasingly thriving through private channels and memberships.

Canada

Canada continues to offer both conferences and intimate retreats. Toronto hosts recurring opportunities for global Ayurveda professionals to meet in person, while academic conferences bring researchers together around Ayurveda, traditional medicine and medicinal plants.

Retreats in Ontario, Quebec, British Columbia and the Canadian Rockies offer another model: smaller, personalized experiences that combine Ayurveda and yoga while avoiding the politics and egos of large conferences. On 29 September 2026, the International Conference on Ayurveda, Traditional Medicine and Medicinal Plants will be held.

The Ayurveda movement in the Americas is therefore not disappearing. It is decentralizing—moving from institutions and stages into homes, retreats, private communities and digital spaces. What comes next may depend less on who controls Ayurveda and more on who understands it deeply enough to carry it forward. ■

The author is the Chief Medical Officer at LYBL Healthcare, a start-up tech project that has codified Ayurveda to help people gain clinical individualized healthcare that addresses the root cause. She is a NY- and CA-licensed family physician; assistant professor of medicine at Weill Cornell Medical College since 2002. She specializes in holistic and preventive medicine, and her clinical practice emphasizes integrating the best of practice-based evidence (PBE) of authentic Ayurveda with modern medicine. A Fulbright Scholar, WHO consultant in Traditional Medicines, and bestselling author of Everyday Ayurveda, she holds an MPH from Harvard University, an MD from Rush Medical College, Chicago, and a PhD in pharmacology and Ayurveda from Banaras Hindu University.

Living Breath, Living Soil— Healing in Nature’s Science and Soul



In the tranquil village of Munnoorpilly, near Athirappilly’s famed cascades, LF Saurabhya—the Yoga and Wellness Village of NABH accredited Little Flower Hospital, Angamaly—stands as a living benchmark for evidence based restoration. Spread across 18 acres of lush greenery, ancient rock formations, organic orchards, and herbal gardens, Saurabhya—meaning “fragrance of liberation”—is a sanctuary where medical science, classical Hatha tradition, and natural ecology converge.

Everyday Practice & Global Learning

Saurabhya offers structured pathways for all seekers:

- **Daily Yoga:** Online and offline Hatha and restorative sessions in serene courtyards and study spaces.
- **Yoga Alliance Certified TTC:** Globally recognized 200 hour teacher training, flexible online and immersive residential formats.
- **Government Recognized Education:** Academic programs in partnership with SRC Community College, Ministry of Education.

Yoga Therapy for Modern Living

- **Migraine Relief:** Yogic kriyas like Jala Neti, Kapalabhati, and Pranayama paired with relaxation to ease vascular tension.
- **Lifestyle Disorders:** Modules addressing hypertension, fatigue, metabolic imbalance, and spinal misalignment.
- **Corporate Retreats:** Stress resilience workshops, mindfulness, and outdoor rejuvenation for teams and individuals.

A Living Ecosystem

- **Herbal Plantations & Organic Orchards:** Functional, sensory, and nourishing environments for mindful living.
- **Courtyard & Amphitheater:** Spaces for sunrise practice, meditation, and sacred gatherings.

- **Silent Meditation Rooms & Study Halls:** Dedicated sanctuaries for deep relaxation and intellectual inquiry.

Curated Retreat Immersions

- **Sahaja Dhyanam:** Two day neural reset with yoga, contemplation, and sustainable routines.
- **Anantham (Happiness):** Community renewal through Krida Yoga, shared meals, and collaborative relaxation.
- **Pranayama Mastery:** Intensive breathwork modules for lung expansion and autonomic balance.

Plan Your Experience



Location:

Ezhattumugham,
Munnoorpilly, Ernakulam,

Kerala Parent Group:

Little Flower Hospital & Research
Centre, Angamaly

Contact: info@saurabhya.com

Phone: +91 9544661717

Email: saurabhya@gmail.com

Website: saurabhya.com

LF Saurabhya is more than a wellness village—it is Kerala’s living bridge between tradition and modern science, inviting seekers to breathe, heal, and thrive.

Strengthen Immunity, Restore Balance Through Simple Asanas

When climate uncertainties unsettle the body, it is important to practice mindful regimens for rejuvenation.



Baiju Varghese

After the blazing summer, the monsoon arrives like a breath of fresh air—cool winds, earthy aromas, and rain that feels like nature’s therapy. Yet, this sudden shift can leave our bodies unsettled: humidity slows digestion, dampness tests immunity, and seasonal infections lurk in the background.

That’s why the rainy season calls for conscious rejuvenation. Think lighter meals, warm drinks, and mindful routines that help the body adapt. The monsoon isn’t just about cozy chai moments—it’s also a chance to slow down, nourish yourself, and restore balance after summer exhaustion.

We can keep our systems light, strong, and rejuvenated through these daily yoga practices.

1. For Digestion & Detox

■ **Vajrasana** (Thunderbolt Pose) (sitting posture)

- ▶ Sit on your heels with the spine tall.
- ▶ Place palms on thighs and breathe steadily.
- ▶ Hold for 5–10 minutes after meals.

■ **Pawanmuktasana** (Wind-Relieving Pose) (single leg one by one, then both legs together)

- ▶ Lie on your back and hug the knees to the chest.



- ▶ Hold for 5–7 breaths.

- ▶ Repeat 2–3 times.

2. Lung Support & Immunity

■ **Anulom Vilom** (Alternate Nostril Breathing)

- ▶ Inhale through the left nostril and exhale through the right.
- ▶ Switch sides and continue for 5 minutes.

■ **Kapalabhati** (Skull-Shining Breath)

Helps cleanse the sinuses and improve lung capacity.

(Practice on an empty stomach while sitting comfortably with the spine tall.)

► Forcefully exhale and allow passive inhalation.

► Perform 30–50 strokes in 3 rounds, according to your capacity.

■ **Setu Bandhasana** (Bridge Pose)

- Lie on your back with knees bent.
- Lift the hips and press the shoulders downward.
- Hold for 5 breaths and repeat 5–7 times.

3. Strength & Immunity Boost

■ **Bhujangasana** (Cobra Pose)

- Lie on the stomach with palms under the shoulders.
- Inhale and lift the chest, keeping elbows close to the body.
- Hold for 15–20 seconds and repeat 10 times.



■ **Shalabhasana** (Locust Pose)

- Lie on the stomach with arms alongside the body.
- Inhale and lift the legs and chest together.
- Hold for 15–20 seconds and repeat 2–3 times.

■ **Ustrasana** (Camel Pose)

- Kneel and place hands on the heels.
- Inhale, push the hips forward, and arch the back.
- Hold for 20–30 seconds while breathing deeply.

4. Rejuvenation & Balance

■ **Surya Namaskar** (Sun Salutation)

- Flow through 12 postures with synchronized breathing.
- Practice 4–8 rounds daily.

■ **Shavasana** (Corpse Pose)

► Lie flat with arms relaxed.

► Focus on the breath and remain still for 5–10 minutes.

■ **Cat-Cow Pose** (Marjaryasana–Bitilasana)

- Place hands under shoulders and knees under hips.
- Keep the back neutral and gaze downward.

■ **Cow Pose:**

- Inhale and drop the belly toward the mat.
- Lift the chest and tailbone upward.
- Look slightly upward while keeping the neck relaxed.



■ **Cat Pose:**

- Exhale and round the spine toward the ceiling.
- Tuck the chin toward the chest and engage the abdomen.
- Press the palms firmly into the mat.
- Move smoothly between Cat and Cow with each breath.
- Repeat 10–12 slow and steady cycles.

In short, move with yoga, nourish with wholesome food, restore with Ayurveda, and maintain balance through mindful routines. This way, the monsoon becomes not just a season of rain, but also a season of renewal. ■

■ The author, **Baiju Varghese**, is a PhD Scholar in Yoga.

Climate Change and Respiratory Health: Why Better Breathing Matters More Than Ever

Climate change is increasingly affecting respiratory health with rising air pollution, heat waves, allergens, and poor air quality. These environmental changes contribute to asthma, allergies, and other breathing disorders, making respiratory care more important than ever. In this context, yoga offers a natural and holistic approach to strengthening lung function and improving well-being.



Dr. Sri Ranjani S L

In today's fast-paced world, respiratory health is increasingly challenged by pollution, stress, and sedentary lifestyles. As awareness grows around preventive healthcare, yoga has gained recognition as a practical and scientifically supported approach to improving lung function and overall well-being. By combining movement, breath control, and relaxation, yoga offers a holistic pathway to healthier breathing.

The Breath–Body Connection

Breathing is a vital function that reflects both physical and emotional states. Stress and poor posture often lead to shallow, inefficient breathing, limiting oxygen exchange and reducing lung capacity. Yoga emphasises conscious breathing, encouraging slow, deep, and controlled patterns that enhance ventilation and improve oxygen delivery to tissues.

Scientific research supports these benefits. A 2025 systematic review and meta-analysis of randomised controlled trials found that yoga significantly improves pulmonary function parameters such as Forced





Vital Capacity (FVC) and Forced Expiratory Volume in one second (FEV1), which are key indicators of respiratory efficiency. These improvements have been observed in both healthy individuals and those with respiratory conditions.

The Role of Pranayama

At the heart of yoga's respiratory benefits lies pranayama, or controlled breathing techniques. Practices such as Anulom Vilom (alternate nostril breathing), Bhramari (humming breath), and Kapalabhati (cleansing breath) work to expand lung capacity, strengthen respiratory muscles, and optimise airflow.

Recent evidence highlights their effectiveness. A controlled study conducted in 2026 demonstrated that even a single 60-minute session of pranayama-based yoga resulted in measurable improvements in lung function, including FVC, FEV1, and Peak Expiratory Flow Rate (PEFR). This suggests that yogic breathing can provide both immediate and long-term respiratory benefits.

Clinical Applications

Yoga is increasingly being integrated into respiratory care as a complementary therapy. Studies involving individuals with asthma and chronic respiratory conditions indicate that yoga can improve lung function, enhance respiratory muscle strength, and support better symptom management when practiced alongside conventional treatment.

In pulmonary rehabilitation settings, yoga has also been associated with improved exercise tolerance, reduced



breathlessness, and enhanced quality of life. These findings reinforce its role as a supportive intervention in both preventive and rehabilitative healthcare.

How Yoga Supports Respiratory Health

The positive effects of yoga on the respiratory system can be explained through several physiological mechanisms:

- ▶ **Increased lung capacity:** Deep, controlled breathing enhances alveolar expansion and oxygen exchange
- ▶ **Stronger respiratory muscles:** Regular practice trains the diaphragm and intercostal muscles
- ▶ **Reduced airway resistance:** Relaxation techniques help minimise stress-related bronchoconstriction
- ▶ **Improved autonomic balance:** Yoga promotes parasympathetic activity, leading to calmer and more efficient breathing

Practical Techniques for Daily Life

Incorporating yoga into a daily routine does not require extensive time or expertise. Simple practices can make a meaningful difference:

- ▶ **Diaphragmatic breathing:** Encourages full lung expansion
- ▶ **Anulom Vilom:** Improves airflow and oxygen balance
- ▶ **Bhramari pranayama:** Helps reduce stress and supports airway function
- ▶ **Chest-opening postures:** Such as Bhujangasana (cobra pose) and Matsyasana (fish pose) enhance lung capacity

Consistency is key, and even short daily sessions can yield noticeable improvements over time.

In short, Yoga offers a natural, accessible, and evidence-based approach to supporting respiratory health. By focusing on the breath, it not only enhances lung function but also promotes relaxation and overall vitality. As modern research continues to validate its benefits, yoga stands out as a valuable tool for both prevention and recovery.

In a world where respiratory challenges are on the rise, adopting simple yogic practices can empower individuals to breathe better, live healthier, and improve their quality of life. ■

The author, **Dr Sri Ranjani S L** (BNYS, MBA), is a Naturopathy and Yoga Practitioner, Nirvana Retreat Ras Al Khaimah, UAE



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Artificial Intelligence and Ayurveda: A Deeper Issue Than It May Seem

Artificial Intelligence (AI) has great potential in Ayurveda. But development of epistemologically aware AI tools is the need of the hour. The structure of ayurvedic thought — the centrality of relations, processes, *guṇa*, individual constitution, context, time, and transformation must be given due importance



Dr Antonio Ísvara Morandi

In recent years, artificial intelligence has rapidly entered everyday life, research, education, and even medicine. Tools such as ChatGPT and other large language models are now used to write texts, summarise articles, prepare lectures, search for information, and even explain complex concepts. Inevitably, AI is also becoming increasingly present in the world of Āyurveda.

But this raises a fundamental question: are these tools truly neutral? Can they represent a traditional knowledge system such as Āyurveda, or do they risk altering its deeper meaning without us even realising it?

My articles are on this issue. Their central thesis is that large language models do not learn only words and content: they



also absorb a mental structure. Since they have been trained mainly on English-language and Western-language texts, they incorporate a view of reality typical of that linguistic and cultural context.

English, like many Western languages, organises thought around a subject-verb-object structure: someone does something to something else. This grammatical structure may appear simple and natural, but it already contains a specific idea of the world: reality appears as made up of separate entities, objects with properties, linear causes, and clearly distinguishable effects.

Many traditional systems, however, think differently. Āyurveda does not primarily describe reality as a collection of “things,” but as a web of relationships, qualities, processes, transformations, and contexts. The doṣa are not objects; they are dynamic principles. Agni is not simply “digestive fire” as an isolated function; it is a principle of transformation. Āma is not a “toxin” in a simplistic sense, but the result of an incomplete process of transformation, a sign of metabolic and functional disharmony.

The first article therefore highlights a subtle risk: artificial intelligence may use correct ayurvedic terms while placing them inside a logic that is not ayurvedic. It may speak of vāta, pitta, kapha, agni, or āma, but treat them as separate objects, substances, or linear mechanisms. In this way, it may appear to explain Āyurveda, while actually altering its deeper structure.

This is the decisive point: using the right words is not enough



to think in the right way. A system may simulate relational language while still operating according to a substantialist, reductionist logic. It is like translating a poem word by word while losing its rhythm, breath, and worldview.

The second article brings this reflection onto an experimental level. It presents a protocol called SDI-GOC, or Structured Distributed Introspection – Grammatical–Ontological Cascade. In simple terms, this is a tool designed to evaluate how AI models represent non-Western and non-reductionist systems of thought.

The protocol was applied to ten configurations of large language models from four different companies. Around

480 responses were analysed using questions designed to test whether AI tended to interpret concepts in a relational-processual way or in a substantialist way, that is, by turning processes and relations into “things.”

The results are highly significant. All tested models, without exception, showed a spontaneous tendency to fall back into a substantialist view. This means that, when left to their default mode, they tend to interpret traditional concepts according to the logic of things, objects, and linear causality.

However, when the models are explicitly instructed to reason in relational terms, their answers improve considerably. This is an important finding: it shows that

some ability to represent relational thinking does exist within these models, but it does not emerge spontaneously. It must be guided, activated, and instructed. The problem, therefore, is not simply a lack of information. It is a structural tendency built into the way these systems have been trained.

A particularly clear example concerns āma. Many models tend to define it as a “toxin” or as a substance produced by poor metabolism. This explanation may seem useful to a modern audience, but it is reductive. In Āyurveda, āma is much more than that: it is a sign of incomplete transformation, loss of metabolic clarity, obstruction of the channels, and disconnection between what enters the system and what the system is able to assimilate. Reducing it to a “toxin” means turning a processual concept into an object.

This type of error is especially dangerous because it does not appear as an error. The AI’s answer may seem correct, well written, and convincing. For this very reason, it risks spreading a simplified and distorted version of Āyurveda, especially among students, researchers, practitioners, and readers who do not yet have the tools to recognise the difference.

The problem does not concern Āyurveda alone. It concerns all knowledge systems grounded in relational views of reality: Buddhism, classical Chinese thought, many traditional medicines, Indigenous cosmologies, and, more broadly, all epistemologies that cannot be reduced to the modern Western model.

The risk is a subtle form of epistemological colonisation. Not an obvious colonisation imposed by force, but a silent transformation: traditional concepts survive as words, while being emptied of their original logic and filled with foreign categories.

For this reason, we urgently need to develop AI tools that are more epistemologically aware. It is not enough to train models on more ayurvedic texts. We must teach them to respect the structure of ayurvedic thought: the centrality of relations, processes, guṇa, individual constitution, context, time, and transformation.

In conclusion, these two articles do not seek to reject artificial intelligence. On the contrary, they recognise its enormous potential. But precisely because AI will become increasingly important in the teaching, research, and communication of Āyurveda, it must be used with great awareness. AI can become an extraordinary tool, but only if we do not allow it to transform Āyurveda into something that sounds like Āyurveda, while no longer thinking like Āyurveda. ■





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7 Ways Modern Longevity Movement Combines Ancient Ayurvedic Wisdom & Science

Today, the world's most advanced longevity science is essentially validating the ancient principles of Ayurveda



Dr. Sajeed Nair, PhD

For centuries, humanity looked to the ancient wisdom of Ayurveda for holistic healing, while modern medicine pursued reactive pharmaceutical cures. Today, a profound paradigm shift is occurring: the world's most advanced longevity science is essentially validating Ayurvedic first principles.

As a health-tech evangelist, I have dedicated my career to bridging this gap, merging cutting-edge prevention science with the millennia-old tenets of Indian medicine. By pairing high-resolution biological data—genetic profiling, gut microbiome sequencing and real-time metabolic tracking—with Ayurveda's insights into personalization, circadian rhythms and root-cause healing, our health-tech startup Vieroots is redefining the future of human optimization.



The modern longevity movement is no longer simply about adding years to life; it is about deploying precision technology to decode and automate ancient wisdom for lifelong vitality. Here are seven often-overlooked but shared principles of Ayurveda and modern longevity science.

Prevention & Wellness

Ayurveda taught the paramount importance of prevention and wellness from time immemorial. The ancient Sanskrit tenet, Swasthasya Swasthya Rakshanam (“to preserve the health of the healthy”), stood in contrast to systems that intervened only after disease had taken root.

Today, longevity science has caught up with this ancient truth, shifting from treating symptoms to preserving cellular integrity before metabolic decline. Both Ayurveda and modern longevity prioritize proactive prevention and maximizing healthspan.

Personalization

Ayurveda was rooted in assessing each person's Prakriti—their unique physical, mental and metabolic traits—and tailoring treatment accordingly. A single disease could have multiple formulations, prescribed according to an individual's constitution.

Modern longevity has reached the same conclusion through molecular biology. Genetic testing, gut microbiome analysis and metabolic assessments demonstrate that one-size-fits-all healthcare is flawed. Optimal longevity requires protocols tailored to our unique biological profiles.

Lifestyle Management

Ayurveda recognized that many non-communicable diseases result from faulty

lifestyles. Ancient physicians prescribed 'pathya', or healing lifestyle practices, and aligned human biology with natural circadian rhythms through Dinacharya, rather than relying solely on medicines.

Modern longevity science echoes this approach, demonstrating that personalized lifestyle management can profoundly influence metabolic health and genetic expression.

Gut Health

Ayurveda identified gut health and Agni (digestive fire) as fundamental to physical and mental health. Ayurvedic protocols emphasize diet, digestion and restoring balance in the gut.



Modern longevity science now focuses heavily on the gut-brain axis, using microbiome testing and targeted probiotic and prebiotic strategies. The science is catching up with Ayurveda's recognition of the gut as central to health.

Mind-Body Medicine

Ayurveda recognized the two-way relationship between mental and physical health, understanding that emotional distress can



contribute to physical disease and that mental wellbeing can support healing.

Modern psychoneuroimmunology has mapped many of these pathways. Longevity protocols

increasingly use mindfulness, vagal nerve stimulation and resonant breathing to regulate the autonomic nervous system, reduce stress and support cellular health.



Food as Medicine



Ayurveda viewed food not merely as energy but as a biological healing agent. Modern longevity science has embraced this through nutrigenomics and precision nutrition, using personalized diets to support metabolic health, cellular prevention and healthy gene expression.

All Pillars of Health

Ayurveda emphasized sleep, diet, mental wellbeing and sustainable exercise. Modern longevity research increasingly confirms the importance of consistent sleep and appropriately calibrated exercise. The ancient prescription for balance has become a modern prescription for longevity.

So, What Is Different?

Modern longevity still has much to learn from Ayurveda's first principles of prevention, vitality and health span. Yet it is achieving unprecedented possibilities by combining these principles with rigorous research and advanced health technology.

At Vieroots, our prevention, performance and longevity programs—including the AI-powered EPLIMO and HPO Protocol—and our precision nutraceuticals are deeply inspired by Ayurveda and advanced through modern research.

Our AI-powered health wearables and smartphone app can continuously analyze physiological health and stress in real time.

We are digitizing ancient ways; scaling them and using them to engineer the optimized human. ■

The author **Dr. Sajeed Nair**, is a globally renowned Longevity Researcher and Biohacking evangelist. He is the founder of 'World Biohack Summit' and 'Vieroots,' a pioneer in Personalized Preventive Health using science and technology. He is also the author of 5 bestselling books and internationally sought after speaker. To now more visit <https://sajeednair.com>



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From Earthen Tanks to Plastics: Silent Environmental Shift, Implications

Water is the most universal daily exposure in human life. Every individual interacts with water multiple times a day. While significant attention is given to water purification and contamination control, an important aspect of water safety remains relatively underexplored: the materials used to store water.



Dr Prasanna Kakunje, MD (Ayu)

Many in India are shifting from traditional water storage methods—such as earthen vessels and cement tanks—to extensive use of plastic overhead water tanks. Installed on rooftops, these tanks remain exposed to intense sunlight, fluctuating temperatures, wind, and rain for prolonged periods.

At the same time, the global medical community has observed a rise in metabolic disorders, hormonal imbalances, infertility issues, and certain cancers. While these conditions are multifactorial, growing evidence suggests that environmental exposures, including chronic low-dose chemical exposure, may play a contributory role.

This raises an important question:

Could modern water storage practices represent an overlooked environmental exposure deserving scientific attention?

Historical Perspective on Water Storage

Traditional Indian water storage systems used locally available materials such as earthen vessels (Matka, Ghata), stone-lined reservoirs, cement tanks, and copper and brass vessels.

Earthen vessels provided natural cooling through evaporation, while stone and cement structures offered durability and chemical stability. Importantly, these materials did not undergo polymer degradation under heat.

Ayurvedic texts emphasize appropriate storage vessels (Bhajaniya Patra) and water purity, considering the vessel, storage duration, and environmental exposure. Thus, traditional practices reflected an early understanding that the storage medium influences the quality of stored water.

Modern Shift to Plastic Overhead Tanks

Plastic tanks are lightweight, cost-effective, corrosion-

resistant, easy to install, and require minimal maintenance.

However, most are installed in direct sunlight on rooftops, particularly in tropical climates where surface temperatures can exceed 45°C in summer. Prolonged thermal and ultraviolet (UV) stress raises questions about long-term material stability and chemical safety.

Such tanks are typically HDPE or similar polymers. While considered food-grade, they are not entirely inert. Heat, UV radiation, and aging can cause surface oxidation, microcracking, polymer breakdown, and release of additives and microplastic particles.

Research has demonstrated that elevated temperatures can increase the migration of certain compounds from plastic into stored liquids (Muncke, 2009; Groh et al., 2019).

Among substances of concern are bisphenols, phthalates, styrene derivatives, and microplastics, which belong to or relate to the broader concern of Endocrine

Disrupting Chemicals (EDCs). Microplastics have been detected in drinking water, human blood, placental tissue, and lung tissue, suggesting that environmental micro-exposures are increasingly becoming part of human biological systems (Leslie et al., 2022; Ragusa et al., 2021).

Possible Health Implications

Plastic water tanks are not the sole cause of modern diseases. However, the potential role of chronic environmental exposures cannot be ignored.

Endocrine-disrupting chemicals have been associated with hormonal disorders, including early puberty, thyroid dysfunction, fertility challenges, and PCOS (Vandenberg et al., 2012).

Some chemicals classified as obesogens influence fat metabolism and insulin sensitivity and have been associated with obesity, insulin resistance, type 2 diabetes, and metabolic syndrome (Heindel et al., 2015).

Endocrine-disrupting chemicals have also been studied in relation to hormone-sensitive cancers such as breast, prostate, and testicular cancer. These associations remain an active area of research (Diamanti-Kandarakis et al., 2009).

Ayurvedic Perspective

Ayurveda places considerable emphasis on Jala Shuddhi (water purity) and proper storage methods. Classical texts describe copper vessels, seasonal adaptation in water handling, environmental exposure, and vessel hygiene.

From an Ayurvedic perspective, environmental contaminants





may be interpreted as external toxic influences (Agantuja factors) capable of disturbing internal equilibrium. Chronic exposure to unsuitable substances may contribute to Agnimandya, Ama formation, and Kapha-Meda Dushti.

While ancient texts do not refer to plastics, their emphasis on vessel suitability and environmental purity remains relevant.

Practical Preventive Considerations

Recognizing potential risks does not imply abandoning modern materials but thoughtful use and design.

Possible measures include:

- ▶ Use of certified food-grade, UV-stabilized plastic tanks
- ▶ Protective shading over rooftop tanks
- ▶ Periodic inspection and replacement of aging tanks

- ▶ Regular cleaning to prevent biofilm formation
- ▶ Considering RCC tanks, underground storage systems, and stainless steel tanks where appropriate

Scope for Future Research

The relationship between plastic water storage and long-term health outcomes remains underexplored, particularly in regions with extreme climatic conditions.

Research should examine microplastic levels in stored water, comparison of storage materials, temperature-related chemical migration, and long-term health outcomes in high-temperature environments.

Collaboration among public health experts, material scientists, environmental researchers, clinicians, and Ayurvedic scholars could provide meaningful insights.

Conclusion

Modern water storage practices have improved accessibility and convenience. However, as infrastructure evolves, its health impact needs reassessment.

The widespread use of rooftop plastic tanks represents a silent but universal environmental exposure. While current evidence does not establish a direct link between plastic storage and disease patterns, emerging research on microplastics and endocrine-disrupting chemicals highlights the need for investigation. ■

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Tips to soothe sunburn overnight and Fight Hair Frizz on Humid Days

Here are some easy ways to protect your skin and hair in the time of global warming and sweaty weather



Shahnaz Husain

Summer Care: Tips to Soothe Sunburn and Tame Frizzy Hair

With scorching summer temperatures and rising humidity, your skin and hair often bear the brunt of the heat. Sunburn and frizzy hair can be difficult to manage and may worsen if left untreated. However, with the right care, you can soothe sunburn and tame frizzy hair, making summer more enjoyable.

What Is Sunburn?

Before treating sunburn, it is important to identify its symptoms. Common signs include:

- ▶ Redness of the skin
- ▶ Swelling and tenderness
- ▶ Pain or sensitivity
- ▶ Blistering
- ▶ Peeling

If you notice one or more of these symptoms after spending time in the sun, your skin may be experiencing sunburn. Prompt care can help soothe discomfort and prevent further irritation.

Tips to Soothe Sunburn Overnight

Simple home remedies can help cool, hydrate and soothe sun-damaged skin. Try one or more of the following, depending on the severity of your symptoms:

- ▶ **Take a cool bath:** As soon as you get indoors, take a cool bath or shower. Avoid applying ice directly to the skin, as it can cause further irritation.



- **Add oats to your bath:** Add a cup of finely ground oats to your bath water. Oats can help moisturise the skin and ease irritation.
- **Try baking soda:** Add about 2 ounces of baking soda to your bath water and soak for around 10 minutes. Rinse your skin afterwards.
- **Apply aloe vera:** Aloe vera gel can help cool and soothe sunburned skin while providing much-needed moisture.
- **Use chamomile:** Brew chamomile tea, strain it and allow it to cool. Soak a clean washcloth in the tea and gently apply it to the affected area to help soothe inflammation.
- **Moisturise:** Keep your skin hydrated with a gentle moisturiser or night cream. Ingredients such as aloe vera and cucumber can provide a soothing, cooling effect.
- **Wear breathable fabrics:** Choose lightweight, breathable fabrics such as cotton and linen to prevent further irritation.



Hair Frizz Due to Humidity

Did you know that your hair strands are protected by an outer layer called the cuticle? During periods of high humidity, hair can absorb excess moisture from the air, causing the strands to swell and appear puffy or frizzy.

Curly, wavy and dry hair types are particularly prone to frizz. Fortunately, a few simple hair-care practices can help manage frizz and restore your hair's natural smoothness.

- **Start with a pre-wash treatment:** Massage coconut oil into damp hair and leave it on for about 30 minutes before washing.
- **Try an apple cider vinegar rinse:** Mix one part apple cider vinegar (ACV) with three parts water and use it as a final rinse. This may help smooth the hair cuticle and maintain the scalp's natural pH balance.
- **Use an aloe vera serum:** Create a simple homemade serum by blending 4 tablespoons



of fresh aloe vera gel with 1 tablespoon each of coconut oil, vitamin E oil and argan oil. Transfer the mixture to a small, airtight bottle, refrigerate and use within 10 days.

- **Make a flaxseed gel:** Boil 2 tablespoons of flaxseeds in 1 cup of water until a gel-like consistency forms. Strain the mixture, allow it to cool and use the gel to tame frizz and define curls.
- **Try a green tea and honey mask:** Brew green tea, strain it and allow it to cool. Add 1 teaspoon of raw honey, mix well and apply it to your hair. Green tea contains antioxidants, while honey helps moisturise the hair.

Keep Your Hair and Skin Summer-Ready

Summer is much more enjoyable when you are not dealing with irritated skin or unruly hair. Protect your skin and hair from excessive sun and humidity, stay hydrated and follow a consistent care routine.

While home remedies may provide relief from mild symptoms, persistent or severe sunburn should be evaluated by a healthcare professional. Avoid relying on home remedies for serious burns, extensive blistering or signs of infection. ■

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

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Nourishing Childhood, Building a Healthy Generation

Simple Ayurvedic food habits can help strengthen healthy growth, better digestion, and well-being



Dr Kamini Sehra

Childhood lays the foundation for lifelong health. According to Ayurveda, proper Ahara (food), Nidra (sleep), and Dinacharya (daily routine) are essential for the healthy growth and development of a child. In today's fast-paced world, helping children develop healthy food habits is more important than ever.

From an Ayurvedic perspective, Agni (digestive fire) plays an important role in nourishment. When children frequently eat overly processed foods, foods made with refined oils, or excessively sweet and salty foods, their natural Agni and digestion may become disturbed.

Ayurveda therefore emphasizes:

- Freshly cooked food with good fats such as desi ghee (cow ghee preferred), mustard oil, and coconut oil.
- Properly cooked and prepared food according to the child's age and digestive capacity.

How can we change food habits?

The goal should not be to make food a punishment or completely forbid every favourite food.

Instead, we can gradually develop healthier preferences.

- Keep fruits, nuts, makhana, roasted chana, homemade laddoos, and nutritious snacks easily available.
- Replace packaged juices and soft drinks with water, fresh fruit, or suitable homemade beverages.



► Prepare healthier versions of pizza, burgers, noodles, and snacks at home using whole grains, vegetables, paneer, or other nutritious ingredients.

► Encourage children to eat at regular times rather than constantly snacking.

► Make meals colourful, attractive, and enjoyable.

Most importantly, parents should model healthy eating habits. Children learn more from what they see than from what they are told.

What should we include?

Swaranprashan sanskar

Ayurveda gives importance to Rasayana (rejuvenative and nourishing). In Kashyap

Samhita, Swaranprashan Sanskar is prescribed for children from birth through 16 years of age.

The traditional combination includes Swarn Bhasm, Vacha, Brahmi, ghrit, and honey and is described in Ayurveda in the context of nourishment and development. It is traditionally associated with Pushya Nakshatra and, in some practices, is administered daily for a period of 1–3 months.

Try making healthy & nourishing food at home

Ragi cheela: Mix ragi flour with besan, grated carrot, spinach, and homemade curd and make 'cheela'.

► **Ragi dosa:** Use fermented rice and ragi batter with grated vegetables to make dosa.

► **Ragi energy laddu:** Mix roasted ragi flour in ghee + roasted and ground sesame, halim seeds, and nuts + dates or jaggery and make laddu.

► **Chana laddu:** Chana sattu + almonds + desi ghee + dates.

For savoury lovers

► **Palak Paneer Paratha:** Add finely puréed spinach to whole-wheat dough and stuff with lightly spiced paneer.

► **Green Roti:** Add grated lauki, spinach, or coriander to the dough.

► **Red Roti:** Add grated beetroot or carrot to the dough.

► **Green Idli:** Blend spinach, peas, and coriander into idli batter.

These natural colours can make food more attractive and enjoyable for children.

For sweet lovers

Use natural sweeteners such as dates, ripe bananas, raisins, honey, jaggery, and figs, as appropriate.

► **Lauki halwa:** Cook grated lauki with milk, a little ghee, cardamom, and dates or jaggery.

► **Ragi banana pancake:** Ragi flour + mashed ripe banana + milk + a little ghee. No refined sugar needed.

► **Date-Ragi bites:** Roasted ragi + dates + sesame + almond powder + a little ghee. Roll into small balls. Dip in dark chocolate for extra flavour.

One important principle

Don't try to make every meal 'perfect.' Try to make one healthy swap every day.

LET'S PLEDGE TO BUILD A HEALTHY INDIA THROUGH A HEALTHY GENERATION. ■

The author **Dr Kamini Sehra**, is the CEO & Co-founder – Saarganic; MD - Vaidyam Ayurveda, Sonipat. She is an entrepreneur with over 8 years of experience in Ayurveda healthcare. A certified cosmetologist from the National Institute of Ayurveda, she and her son, Dr. Anirudh, decided to formulate meals and snacks of Ayurveda, to supplement and complement the need for nutrition and immunity in the world during Covid19, leading to their Startup – SAARGANIC..

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Longevity is about leading a healthy way of life. Here are some recipes that can be made part of a nutritious long-term diet.

AHT Desk

RAGI KANJI — South Indian style

Ingredients

- ▶ 2 tbsp Ragi flour
- ▶ 1 cup water
- ▶ ½ cup Buttermilk
- ▶ Pinch of salt
- ▶ Optional: curry leaves, Cumin

Method: Cook Ragi with water until smooth. Cool slightly, then mix in Buttermilk and salt. Add Cumin/curry leaves.

Why: Ragi provides fibre, minerals and complex carbohydrates; fermented buttermilk adds protein and beneficial microbes.



KEERAI (Greens) Poriyal

Ingredients

- ▶ 2-3 cups chopped Spinach/Amaranth/Moringa leaves
- ▶ 1 tsp Coconut oil
- ▶ ½ tsp Mustard seeds
- ▶ 1 tsp Urad dal
- ▶ 1-2 Dried Chilies
- ▶ 2 tbsp Grated Coconut
- ▶ Garlic, optional
- ▶ Salt

Method: Temper Mustard seeds and Urad dal in oil. Add Chilies and Garlic, then greens and salt. Cook briefly until tender. Garnish with freshly grated coconut.

Why: Dark leafy greens provide folate, vitamin K, carotenoids, and other micronutrients.

SUNDAL — Chickpea & Coconut

Ingredients

- ▶ 1 cup Cooked Chickpeas
- ▶ 1 tsp Coconut oil
- ▶ Mustard seeds
- ▶ Curry leaves
- ▶ Green chili
- ▶ 2 tbsp Grated Coconut
- ▶ Lemon juice
- ▶ Salt

Method: Temper Mustard seeds, curry leaves and chili. Add Chickpeas and Salt; sauté for a few minutes. Turn off the heat and add Coconut and Lemon.

Why: Chickpeas provide plant protein + fiber, which makes this a particularly useful snack or side dish.



TURMERIC-GINGER MILK

Ingredients

- ▶ 1 cup Milk or unsweetened Soy Milk
- ▶ ½ tsp Turmeric
- ▶ ½ tsp freshly Grated Ginger
- Small pinch Black Pepper
- ▶ Optional: Cardamom
- ▶ Avoid or minimize added sugar

Intro: Traditional Indian foods that are hydrating, light, rich in vegetables/legumes, and not overly sugary or oily can keep you cool

CUCUMBER—Moong Dal Kosambari

Ingredients

- ▶ 1 cup Cucumber, finely chopped
- ▶ ½ cup soaked yellow Moong dal
- ▶ 2 tbsp Grated Coconut
- ▶ Coriander
- ▶ Lemon juice
- ▶ ½ tsp Mustard seeds
- ▶ Curry leaves
- ▶ 1 tsp Sesame or coconut oil
- ▶ Salt

Method: Mix cucumber, soaked moong, coconut and coriander. Temper mustard seeds and curry



leaves in a little oil and pour over. Finish with lemon.

Why it suits hotter weather: Cucumber contributes fluid, while moong adds protein and fiber without making the meal heavy.

KERALAM-STYLE KANJI with Green Gram

Ingredients

- ▶ ½ cup red rice or brown rice
- ▶ ¼ cup Green Gram (Cherupayar)
- ▶ 3–4 cups water
- ▶ Salt
- ▶ Curry leaves
- ▶ Optional: grated coconut and a little buttermilk

Method: Cook rice and green gram together until soft and porridge-like. Add salt and curry leaves. Serve warm or at room temperature with a small amount of buttermilk.

Why: A simple combination of whole grain + legumes gives sustained energy and protein. Keeping the meal relatively light can be comfortable in humid weather.



TOMATO-BUTTERMILK CURRY (Moru Curry Style)



Ingredients

- ▶ 1 cup plain unsweetened curd
- ▶ 1–2 Tomatoes, chopped
- ▶ ½ cup water
- ▶ ½ tsp Turmeric

- ▶ Ginger
- ▶ Green chili, optional
- ▶ Curry leaves
- ▶ ½ tsp Mustard seeds
- ▶ 1 tsp Coconut oil
- ▶ Salt

Method: Cook tomato, ginger and turmeric briefly. Beat curd with water and add on low heat, warming gently without allowing it to boil. Temper mustard seeds and curry leaves in coconut oil and add.

Why: Curd contributes protein and fluid, while tomato adds potassium and antioxidants. This works especially well alongside rice and vegetables.

WATERMELON- MINT-CHANA SALAD

Ingredients

- ▶ 2 cups Watermelon cubes
- ▶ ½ cup cooked black Chickpeas or roasted chana
- ▶ Fresh mint
- ▶ Coriander
- ▶ Cucumber
- ▶ Lemon juice
- ▶ Pinch of roasted Cumin
- ▶ Very little salt

Method: Combine everything just before eating and serve chilled.



Why: Watermelon and cucumber are high-water foods, while chickpeas provide fiber and plant protein, making this more substantial than a sugary fruit drink.

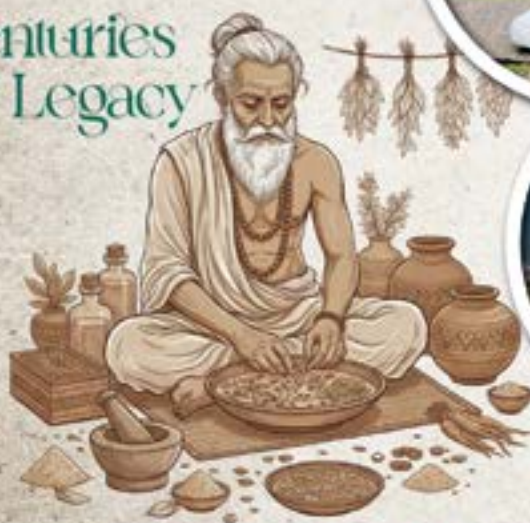
When temperatures soar, drink water regularly and fluids such as buttermilk, coriander water.



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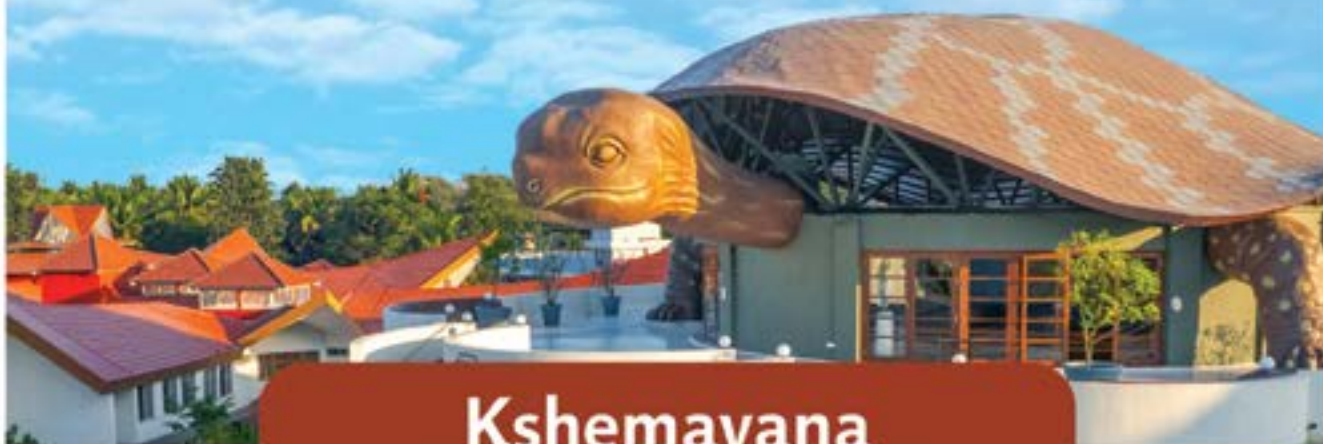
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