

Ayurveda

& Health Tourism

Integrating
Ayurveda and Modern Medicine
Dr. Harsha Grammingar

Diabetes:
Traversing the New-age
Epidemic Landscape
Dr. Somit Kumar

Yoga:
A Natural Approach to
Managing Diabetes
Juhi Kapoor

UNRAVELLING PRAMEHA
An Ayurvedic Approach To Manage Diabetes
Dr. Antonio Morandi



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Together, towards a healthier and more peaceful world.

The prevalence of diabetes worldwide has reached epidemic proportions, with the International Diabetes Federation estimating that there were over 460 million diabetic adults in 2019, a number projected to rise to 700 million by 2045. This alarming increase highlights the significant social and economic burden placed on healthcare systems globally. In the latest edition of Ayurveda and Health Tourism magazine, the focus is on Diabetes, a particularly troublesome disease.

Esteemed Ayurveda experts such as Dr. Antonio Morandi and Dr. Somit Kumar delve deep into the root causes of the problem and explore effective Ayurvedic measures for managing and treating Diabetes. The strength of Ayurveda lies in its holistic approach to health, where lifestyle plays a crucial role. Medications and treatments are considered secondary in Ayurveda, as it emphasizes the importance of adopting a pure lifestyle that is deeply connected to nature.

Ayurveda recognizes the interconnectedness of all beings and the rhythmic cycle of the universe. According to ancient Ayurvedic sages, everything in the universe is interconnected, and individuals are an integral part of this rhythm and vibrations. Our heartbeats, breathing patterns, and thoughts are all influenced by our surroundings. We cannot escape the nurturing embrace of nature or ignore the messages of kindness and care it sends us. If we experience physical ailments or mental disturbances, it is a sign that we are going against the flow of life's all-embracing rhythm.

Ayurveda suggests reconnecting with nature as the only way to find balance. What we see in the external world is also present within us, albeit in a more subtle form. We are composed of the five elements and the three energies known as doshas. Imbalances in these elements or doshas disrupt our internal harmony, leading to disease. The path to healing lies in re-establishing harmony with nature.

Since its establishment, Ayurveda and Health tourism have remained unwavering in our mission to spread the comprehensive wisdom of Ayurveda across the globe. Our role has been to facilitate connections between individuals, physicians, and hospitals from all corners of the world. We have strived to convey the profound teachings of ancient sages to the modern individual in the most accessible manner possible. We are immensely grateful to be able to support those who seek wellness in their lives. The unwavering support of our esteemed readers and followers from around the world fills us with deep appreciation.

We are firm believers that the time has arrived to embrace a new approach to healthcare that includes everyone. As mentioned by Dr. Harsha Gramminger from Germany in our discussion, it is essential to combine all knowledge and scientific advancements for the well-being of all. Sharing is an act of kindness, and we should move beyond competition to establish connections with one another. It is vital that we consolidate all healthcare methods under one unified system for the improvement of society. Let us unite and progress together towards a healthier and more peaceful world.

AP Jayadevan,
 Editorial Coordinator



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ITB Berlin 2024: Resounding success by all measures



Mr. Benny Thomas addresses the audience

The ITB Berlin 2024 event, held on March 7 in Berlin, was a resounding success by all means. As the world's leading travel trade show, ITB Berlin brings together key players and decision-makers in the global travel industry for several days of networking, business deals, and insight into the latest trends. The 2024 edition marked a triumphant return to the pre-pandemic scale and energy after many muted years amidst COVID-19 restrictions and concerns.

Over 150,000 attendees flooded the Messe Berlin fairground, eager to explore new destinations, forge partnerships, and sample innovative hospitality concepts firsthand. Exhibitors showcased immersive technologies like virtual reality that are transforming the travel experience. Sustainability was also a major theme, as operators rolled out carbon-neutral tours and eco-lodges. The food hall spotlighted hyper local cuisine and zero-waste dining initiatives.

With participation from over 180 countries, the diversity and vibrancy of global culture was on full display. The Medical Tourism Pavilion highlighted wellness getaways. Reflecting current trends, experiential travel took center stage via interactive workshops, guided meditations, and cultural

demonstrations. ITB Berlin once again succeeded as the premier global platform for shaping the future of travel.

FM Media Technologies, renowned for its esteemed and authentic magazines, has been at the forefront of spreading valuable information on Ayurveda and modern medicine, and Medical Tourism worldwide. Our magazines, 'Medical Tourism' and 'Ayurveda and Health Tourism' were selected as Media Partners at ITB Berlin 2024.

It was a moment of great pride for us when Mr. Benny Thomas, Editor and Publisher of FM Media Group, was invited to present a paper on "Development of the Indian Medical Tourism Market" in front of a distinguished global audience. Our most recent language edition, an Ayurveda Magazine in Polish language, was unveiled during the event, adding another remarkable achievement to our repertoire.

For the past two decades, we have been promoting genuine Ayurveda globally and supporting Medical



Value Travelers from various parts of the world. We are immensely proud to announce that we have played a significant role in connecting people, uniting numerous stakeholders in the Medical Tourism sector and Hospitality Industry to progress together as a cohesive unit. We have become the voice of a worldwide community of health and wellness enthusiasts.

We express our heartfelt gratitude to everyone who has supported us throughout this incredible journey, and we pledge to continue working diligently to stand by all our fellow travelers as a guiding light on their path.

- Team FM Media

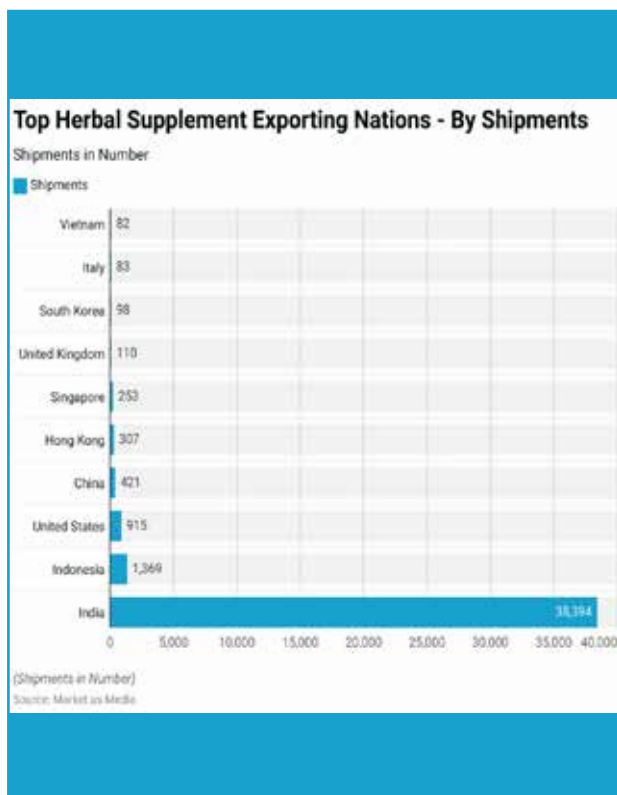
With 38,394 shipment units, India dominates the global herbal supplement export market

Herbal supplements are natural compounds derived from plants that are used for various health benefits, such as boosting immunity, aiding digestion, and improving cognitive health. According to a recent report by Market.us Media, the global revenue of the herbal supplements market reached USD 51.7 billion in 2023. The report highlights India as the leading exporter of herbal supplements, with a total of 38,394 units shipped. The United States emerged as the top import market, with 12,590 units. The report also states that the global health supplements market experienced steady growth, with a compound annual growth rate (CAGR) of 7.10%. Following India, Indonesia ranked second in herbal supplement exports, but with a significantly lower number of 1,369 units. The United States and China secured the third and fourth positions, with 915 units and 421 units respectively. India's export value of herbal supplements increased from 354.68 million USD in 2015 to 624.48 million USD in 2023.

The report further highlights that the popularity of herbal supplements is primarily driven by word of mouth, accounting for 46.8% of the information spread. Media outlets contributed a mere 7.4%, while healthcare professionals had the lowest contribution at 3.9%. The report also notes the growing awareness of holistic health, which led to a 15% increase in sales of botanical-based products compared to the previous year. Online sales of herbal supplements also witnessed a significant surge, with a 20% increase in e-commerce transactions for these products. This reflects the growing interest in self-care and natural remedies. However, the report identifies the varying regulatory framework as the main challenge hindering the continued growth of the herbal supplement market. To overcome these challenges and seize opportunities, collaboration among stakeholders, including manufacturers, healthcare professionals, and regulators, is crucial, as concluded by the report.

Export Value of Ayurvedic and Herbal Products from India

- The export value of ayurvedic and herbal products from India witnessed a steady rise over the period from the financial year 2015 to 2023.
- In 2015, the export value stood at 354.68 million U.S. dollars, which experienced a marginal increase to 364 million U.S. dollars in 2016.
- Subsequently, there was a notable surge in 2017, with the export value reaching 401.68 million U.S. dollars.
- This growth trajectory continued in the following years, with the export value climbing to 456.12 million U.S. dollars in 2018 and then slightly declining to 446.13 million U.S. dollars in 2019.
- The year 2021 witnessed a substantial increase to 539.87 million U.S. dollars, followed by even more significant growth in 2022, reaching 612 million U.S. dollars.
- The positive momentum continued in 2023, with the export value peaking at 628.48 million U.S. dollars.



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Exploring the convergence of traditional Indian dietary practices with modern scientific advancements

The recent Continuing Metabolic Health Education (CMHE) held at AIIMS, New Delhi, brought together renowned experts who delved into the captivating realm of personalized nutrition and its potential to revolutionize metabolic health. The CMHE explored the convergence of traditional Indian dietary practices with modern scientific advancements, shedding light on how ancient wisdom can guide contemporary lifestyles, especially considering that more than half of Indian adults suffer from metabolic disorders.

Dr. K.P. Kochhar, Professor & Head of the Department of Physiology at AIIMS, emphasized the significance of traditional practices such as yoga and Ayurveda in managing metabolism. She elucidated that the human body is a intricate ecosystem, and our ancestors comprehended the importance of living in harmony with nature. Dysfunctional metabolism, the underlying cause of chronic metabolic diseases, arises when external factors such as nutrition, sleep, activity, and stress disrupt vital chemical processes. Ayurveda's concept of 'dosha' acknowledges the unique constitution of each individual. By embracing healthy lifestyles, mindful eating, and incorporating traditional dietary staples like millets and spices, we can foster optimal metabolic health. Prioritizing whole, unadulterated foods enables our bodies to operate at their peak efficiency.

Ms. Kanika Malhotra, a Clinical Nutritionist and Health Advisor, stressed the importance of personalized nutrition plans. She highlighted how the same foods can have different effects on individuals and advocated for considering individual metabolic footprints and micronutrient requirements. Ms. Malhotra also emphasized the significance of nutrition during early life stages for long-term health. She explained that personalized diets can yield different outcomes for individuals and emphasized the role of micronutrients in metabolism and overall health. She suggested combining traditional knowledge with personalized nutrition to improve metabolic health.

The CMHE conference at AIIMS showcased upcoming advancements in metabolic health, merging traditional knowledge with modern technology. Integrating Ayurveda and AI-powered personalized nutrition plans offers valuable insights for achieving optimal well-being. This combination empowers individuals to take control of their health effectively. Personalized nutrition represents a new era, moving away from standardized methods and embracing tailored solutions for vibrant health. It has the potential to reverse chronic metabolic diseases and relies on data-driven approaches, presenting exciting opportunities for personalized and optimal metabolic health.

Ayurveda product market to reach Rs 1.2 lakh crore by FY28



Close on the heels of AYUSH Secretary Padmashri Vaidya Rajesh Kotecha revealing that the AYUSH sector in the country has surged to USD 24 billion in 10 years, a new survey has now found out that India's Ayurveda product market is projected to reach USD 16.27 billion or Rs 1.2 lakh crore by FY28.

At present, this is worth USD 7 billion or Rs 57,450 crore. The overall market for Ayurveda products and services is expected to grow at a CAGR of 15 percent in the next five years. The product sector is expected to grow at 16 percent while the service sector is expected to grow at 12.4 percent.

The value of Ayurvedic manufacturing in FY 22 was evaluated at Rs 89,750 crore (USD 11 bn). This includes exports worth around Rs 40,900 crore (USD 5 bn). The period also saw Rs 8,600 crore (USD 1 bn) worth of Ayurvedic products being imported.

The survey, released by Ayurveda tech startup NirogStreet, saw participation from around 7,500 manufacturers across 10 states — Uttar Pradesh, Bihar, Madhya Pradesh, Delhi, Haryana, Rajasthan, Punjab, Maharashtra, Jammu and Kashmir and Kerala.

Rising demand for natural and herbal remedies in local and international markets, an increase in Ayurvedic medical practitioners, government initiatives, and the emergence of new entrepreneurs are pointed out as the main reasons behind the phenomenal growth of the Ayurveda sector according to the survey.

This data sheds light on the meteoric rise of Ayurveda from being a fringe alternative to becoming a mainstream player in modern medicine. It also indicates the immense potential of the Ayurveda product market in India to become a significant contributor to the country's economy in the coming years.

IRDAI mandate: Insurers must include coverage for AYUSH in their health insurance policies

The Insurance Regulatory and Development Authority of India (IRDAI) has mandated that general insurance companies establish board-approved policy guidelines for AYUSH coverage and offer policyholders the choice to select their preferred treatment. These guidelines are set to come into effect on April 1, 2024.

The policy guidelines should encompass quality standards and procedures for enrolling AYUSH hospitals or day care centers as network providers for cashless treatment. IRDAI emphasized the increasing popularity of AYUSH treatments and recognized them as a well-established branch of medicine. In light of the rising demand for AYUSH treatments, it is crucial to treat these treatments on par with other medical options, as stated in a press release by IRDAI. Furthermore, insurance companies are required to implement adequate

controls and standard operating procedures. The General Insurance Council (GIC), representing general insurance companies, has recently introduced an initiative to provide cashless treatment to policyholders, even in non-empaneled hospitals registered under the Clinical Establishment Act.

IRDAI has instructed companies to revise products that impose restrictions on AYUSH treatments and ensure adherence to the updated guidelines. General insurers are urged to collaborate with the Core Group of Experts for the Insurance Sector, established by the AYUSH Ministry, to develop the necessary modalities for offering AYUSH Coverage.

In a separate development, the Madras High Court directed IRDAI to treat AYUSH treatments equivalently to allopathy when reimbursing medical expenses.

AYUSH-ICMR Center for Integrated Health Research



Union Minister of Health and Family Welfare, Mansukh Mandaviya inaugurated the AYUSH-ICMR Advanced Centre for Integrated Health Research at AIIMS last month. The minister also announced significant collaborative initiatives between the Ministry of Health and Family Welfare and the Ministry of AYUSH. These initiatives include a multicenter clinical trial on Anaemia and the launch of Indian Public Health Standards (IPHS) for AYUSH healthcare facilities.

Moreover, Mandaviya presided over the 27th convocation of Rashtriya Ayurveda Vidyapeeth and the 29th National Seminar on 'Ayurvedo Amritanam.' Expressing his enthusiasm for these collaborative efforts, Mandaviya emphasized the importance of research in AYUSH, bridging the gap between traditional knowledge and modern scientific research. He noted that Ayurveda is an integral part of India's culture and tradition, still practiced in everyday life. The strategic collaboration aims to advance Integrative Health Research, combining traditional AYUSH practices with modern medical science, positioning India at the forefront of holistic healthcare innovations.

Highlighting the government's integrative approach, Mandaviya stated that the Union

Government aims to provide quality-oriented healthcare by adopting best practices from both Ayurveda and Allopathy. Indian Public Health Standards (IPHS) were introduced as uniform standards to enhance healthcare quality. The minister expects that states and union territories will develop AYUSH healthcare services with these standards, enabling the public to benefit from AYUSH medical services.

Integrative Medicine (IM) is a medical care approach that acknowledges the advantages of merging conventional/modern medicine therapies with complementary and alternative medicine (CAM) therapies that have proven to be both safe and effective in promoting overall well-being while considering the unique needs of each individual. IM also tackles the obstacles to healing and equips patients with the necessary knowledge, skills, and support to enhance their physical, emotional, psychological, and spiritual health. Instead of confining treatments to a specific specialization, IM utilizes the most secure and efficient combination of approaches and treatments from both conventional and complementary/alternative medicine, as stated in the announcement.

(AHT desk with ANI inputs)

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India has a dynamic health tourism landscape

The esteemed publications 'Medical Tourism' and 'Ayurveda & Health Tourism' by FM Media Technologies Pvt Ltd in Kochi, Kerala, India were selected as the official media partners for the prestigious global travel mart, ITB Berlin-2024, which took place in Berlin on March 7th. During the event, Mr. Benny Thomas, Editor and Publisher of the magazines, delivered a compelling and engaging presentation on the "Advancement of the Indian Medical Tourism Market" accompanied by relevant slides and data.



Excerpts from the speech:

"India is on exponential economic growth with World Bank and international economic agencies saying that it is today the fastest-growing economy in the world. It could emerge as a developed country by 2047 with a GDP of \$30 trillion. IMF forecasts India will be a \$5 trillion by 2026-27.

It is not surprising that India's health infrastructure is also growing at an accelerated pace. The country has well-equipped super speciality hospitals with internationally acclaimed and well-experienced doctors and nursing staff, most of whom have either studied or trained in Europe and the US.

India has emerged as a beacon in the realm of health tourism, drawing visitors from around the world seeking not only medical treatments but also being attracted by a holistic approach to wellness.

Our nation's remarkable growth in this sector is underpinned by several factors that make India a preferred destination for domestic and international tourists alike.

The most popular treatments sought by medical tourists are alternative medicine, bone-marrow transplant, cardiac bypass, eye surgery, joint replacement, angioplasty, heart valve replacement, hip replacement, hip resurfacing, knee replacement, spinal fusion, and

cosmetic treatments, dental care and in-vitro fertilisation (IVF).

At the core of India's health tourism success story are our world-class hospitals, equipped with state-of-the-art facilities. The commitment to excellence in patient care, coupled with cutting-edge technology and innovative treatment methodologies, places Indian hospitals at the pinnacle of global healthcare standards at a fraction of the cost elsewhere.

India's robust connectivity, both domestic and international, plays a crucial role in positioning the country as a global healthcare destination. Our major cities are well-connected by air, facilitating seamless travel for patients seeking medical treatments.

The ease of access, combined with visa policies tailored for medical tourists, enhances India's appeal as a convenient and accessible destination.

Furthermore, advancements in telemedicine technologies are extending the reach of Indian healthcare beyond geographical boundaries. Patients can now consult with renowned Indian doctors from the comfort of their homes, fostering a new era of healthcare accessibility.

While India offers world-class healthcare, one of the key differentiators is its competitive pricing. Medical treatments in India are often a fraction of the cost compared to many developed countries, without compromising on quality. This value proposition positions India as an attractive destination for those seeking affordable yet high-quality healthcare solutions. The competitive pricing extends to a spectrum of medical services, from routine check-ups to specialised

surgeries. This affordability is a testament to India's commitment to making healthcare accessible to all, transcending economic barriers.

India's affordable healthcare is a testament to its dedication to making healthcare accessible to all, transcending economic barriers. India's health tourism success is rooted in its ability to seamlessly blend tradition with modernity. The coexistence of cutting-edge medical treatments and ancient healing practices creates a unique value proposition for visitors. The integration of traditional Indian therapies, such as Panchakarma in Ayurveda or meditation in wellness programs, adds a distinctive touch to the healthcare experience. This synthesis of tradition and modernity is a hallmark of India's health tourism sector. Patients find themselves in an environment where the best of modern medicine converges with time-tested holistic practices, offering a comprehensive approach to well-being.

India's booming medical tourism industry had attracted 2 million patients annually, generating billions in revenue and is poised for further growth with government support.

The 'Heal in India' initiative which is a government-led program designed to promote India as a global hub for affordable, high-quality medical



and wellness tourism immensely support medical tourism. The emphasis on medical excellence has made India a hub for complex surgeries, organ transplants, and advanced medical procedures.

India has over 1,000 Joint Commission International (JCI) and 700 U.S. National Healthcare Accredited hospitals. They are given this recognition based on best practices in quality and patient safety that are on par with most advanced nations. Another advantage for medical tourists arriving here is that there is no language barrier. English is widely spoken almost everywhere in India.

Apart from that, many hospitals have language translators for patients from the Balkans, Arab and African countries, to make them feel comfortable in communicating with the hospital staff.

While India's modern healthcare facilities shine on the global stage, the country's commitment to holistic wellness extends beyond conventional medicine. Ayurveda, an ancient system of natural healing, yoga, and meditation are integral components of India's holistic healthcare infrastructure. Visitors to our shores can explore these ancient practices, harmonising their physical, mental, and spiritual well-being.

Ayurveda and yoga offer alternative approaches to preventive healthcare and wellness maintenance by emphasizing the balance of the body's energies and promoting physical and mental well-being through postures and breath control. As we navigate the intersection of tradition and progress, it is crucial to embrace a positive outlook and a dedication to excellence. India's health tourism industry has the capacity to not only attract more tourists but also to emerge as a worldwide frontrunner in shaping the future of healthcare.

Mr. Benny Thomas concluded his speech saying, "India's fast-growing health tourism sector is a testament to our nation's dedication to fostering well-being on a global scale. By offering a unique blend of world-class healthcare, traditional healing practices, connectivity, and competitive pricing, India stands poised as a transformative force in the global healthcare landscape.

As stakeholders in this endeavor, let us seize the possibilities that lie ahead and join forces to shape a future where the concept of health transcends boundaries. Collectively, we have the power to unlock well-being, ignite optimism, and pave the path towards a prosperous tomorrow that commences in the present.



Visioning and building transnational ecosystems for incubating AYUSH Innovations and growing AYUSH skills and competencies globally



Dr. Madan Thangavelu

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

Greetings from Zurich, the home of ETH Zurich. Once called the Federal Polytechnic School in Zurich, Albert Einstein studied at the institution from 1896 to 1900. Today, the Zürich Metropolitan Area, with a population of about 1.5 million, accounts for about 17 % of Switzerland's population. More than 30% of Switzerland's population are foreign nationals; this ratio is greater for Zurich.

Banking and finance continue to be the key industries in Switzerland. The country is blessed with a wonderful ecosystem with clean air, snow-capped mountains, and lakes. The DACH region (abbreviated from D for Deutschland/Germany, A for Austria and CH for Confoederatio Helvetica / Switzerland) comprising of the three German-speaking countries Germany, Austria and Switzerland has a combined population of just over 100 million people who share many common traits including language and many other cultural, historical and lifestyle traits with regional variations. The average life expectancy at birth in the DACH countries is in excess of 80 years.

Switzerland's population is anticipated to reach around 10.5 to 11 million by the turn of this century. Currently, about 40% of the population is over the age of 50 years. The population and demographics is similar to countries like Austria and Sweden and many other regions across Europe. Age-related healthcare needs are recognised as a priority for the decades to come, AYUSH systems hold great promise in this area. InnoMedica, a Bern-based company, offers one of Switzerland's perspective and wishes in the area of nanomedicines (<https://innomedica.com/>). The slogan for one of their recent events: 'Nanomedicines from Switzerland for



Switzerland, so that medicines are available and affordable in Switzerland' (Nanomedikamente aus der Schweiz für die Schweiz, Damit Medikamente in der Schweiz verfügbar und bezahlbar bleiben). AYUSH systems have solutions that align well with such needs including the wish for 'gentle cancer therapies and regenerative Parkinson's treatment'.

Switzerland's excellent centres for education, research and learning attract the best minds from around the German-speaking countries and also from other parts of the world. This mix of demographics, population diversity, and historically important financial strength has provided and continues to provide Switzerland a unique global position in innovation and technology and presence in global markets. The Technopark Zurich, is an interesting model to study for visioning, developing and advancing AYUSH innovations, skills and competencies. The spirit of the Technopark campus is introduced best as offered in the web pages (<https://www.technopark.ch/en/companies/>):

"Around 260 high-tech companies, service providers, research institutions and universities with around 2,800 employees work at Technopark Zurich. The successful mix of different industries and disciplines, startups, established firms and research institutions is what makes Technopark Zurich a centre for knowledge and technology transfer and conveys a proven brand – even beyond Zurich. Special attention is given to the fields of medical technology, artificial intelligence, data science and environmental & energy technology."

Among the 23 medtech companies are several that resonate with the AYUSH mandate. Among these are companies developing novel approaches for gastrointestinal healthcare and much more, the spirit of many of these companies resonate with the spirit and soul of AYUSH. Akina (<https://www.akina.health/de/home>) is a spin-off of ETH Zurich and an affiliated startup of ETI AI Centre and works at the interface of AI and physiotherapy. Akina's wish of marketing personalised physiotherapy (Physiotherapy, tailored to you Stay on track with effective exercises to do at home and maintain contact with your physiotherapist (Physiotherapie, auf dich abgestimmt Bleibe am Ball mit wirksamen Übungen für zuhause und halte den Kontakt zu Deinem Physiotherapeuten aufrecht). Akina can benefit from learning about yoga's asanas and Yoga institutions and education in India can learn from Akina.

The Swiss Biotech Association is another network of organisations that represents the interests of the Swiss biotech industry. SBA has today 519 members (<https://www.swissbiotech.org/association/>).

Amongst this is Renaldee, a company aspiring to bring to market the first natural active form of Vit. D (1,25-dihydroxyvitamin D3) extracted from *Solanum glaucophyllum*, one among the Solanaceae group of plants including *Atropa*, *Duboisia*, *Datura*, *Hyoscyamus*, *Nicotiana*, *Capsicum* used in Ayurveda, Unani, Siddha and Homeopathic remedies. Renaldee's attempts to isolate 1,25-dihydroxyvitamin D3 (active Vitamin D) from *Solanum glaucophyllum* is just one example of the treasures that await detailed study in the almost 7,000 plants alluded to in the codified and uncoded systems of the Indian medicines pharmacopeia.

In 2023, the Austrian province of Styria in Graz hosted at the iconic Murinsel (<https://murinselgraz.at/en/>) a "Focus India" program for Business & Industry for fostering stronger economic ties between Austria and India. Former Indian Ambassador to Austria, Shri Jaideep Mazumdar presented and catalysed interactions with members of the industry and invited a large industry contingent to visit to India. Perhaps something similar can now be considered for engagements with Switzerland and in other locations in the DACH region. Perhaps a formula for the future would be a transnational ecosystem that enables a safe and easy exchange of young students between the DACH region and India.

Heal in India (<https://healinindia.com/> & <https://www.india.gov.in/website-heal-india>), Ayushman Bharat Digital Mission (ABDM; <https://abdm.gov.in/>) are initiatives that stand to gain from such global partnerships and transnational ecosystems. Chalo India (<https://www.chaloindia.gov.in/>) for learning AYUSH can add to the portfolio of Chalo India initiatives.

The exact science of AYUSH demands the engagement of the best minds and resources from around the world to advance this excellent science, into technology, research, innovation and enterprises for the future. The business and entrepreneurship skills needed to convey the outcomes to new lands and cultures is part of the outcomes anticipated of the newly established WHO's Global Traditional Medicine Centre (<https://www.who.int/initiatives/who-global-traditional-medicine-centre>) in Jamnagar, Gujarat, India. Within this rapidly advancing global scenarios, international campuses that bring together young students from around the world for incubating AYUSH-innovations and growing AYUSH-skills and competencies are an essential ingredient or perhaps the only way forward to advance AYUSH globally.



Integrating Ayurveda and Modern Medicine

By **A.P. Jayadevan**



Dr. Harsha Gramminger



Prof. Dr. Stefan Brunnhuber



Dr. Parvatheedevy

Dr. Harsha Gramminger is a medical doctor and engineer specializing in production technology. She completed extensive training in Ayurveda medicine in India and has furthered her knowledge in meditation techniques, psychotherapy, massage techniques, and various CAM therapies. Since 2000, she has operated her own clinic in Germany and serves as director and lecturer at the Euroved Academy. She is also president of the EUAA and author of "New Age Ayurveda". Dr. Gramminger is dedicated to establishing Ayurveda as a recognized medical science in Europe.

Professor Dr. Stefan Brunnhuber, a renowned German author, psychiatrist, economist, and sociologist, is actively engaged in the field of sustainable development and transformation strategies. His work is characterized by an interdisciplinary approach, combining various disciplines to address complex societal challenges. In addition to his role as the Medical Director of the Diakonie Clinic for Integrative Psychiatry, Dr. Brunnhuber also serves as a distinguished professor of psychology and sustainability at Mittweida University in Germany.

Dr. Brunnhuber, together with Dr. Harsha Gramminger, is currently undertaking a special mission which involves integrating Ayurveda, a traditional Indian healing system, with modern medicine to provide comprehensive treatment to patients at the Diakonie Clinic for Integrative Psychiatry. This endeavor aims to create a harmonious fusion of two distinct healing approaches, Ayurveda and modern medicine, for the betterment of humanity.

Dr. Harsha Gramminger, Director and lecturer at the Euroved Academy, recently embarked on a remarkable mission during her visit to India - the integration of Ayurveda with Modern Medicine. She firmly believes that by combining the time-honored diagnostic methods, holistic therapies, and herbal medications of Ayurveda with the precise diagnostics of Modern Medicine, remarkable advancements can be made in treating various diseases faced by mankind. Dr. Harsha's visit to Dr. Parvatheedevi, the Superintendent of the Government Ayurveda Research Institute for Mental Health and Hygiene in Kottakkal, Malappuram district of Kerala, was driven by this special purpose.

During her time in Kottakkal, Kerala, Dr. Gramminger engaged in a discussion with Dr. Parvatheedevi, the Superintendent of GARIM Kottakkal, alongside AP Jayadevan, who serves as the Coordinating Editor. Let's delve into those enlightening conversations.

JAYADEVAN: How did you reach Ayurveda from Modern medicine?

In 1987, during my second or third visit to India, I found myself in Pune. It was there that a friend approached me with a concerning issue - an inflamed foot with pus oozing out due to an injury. Surprisingly, she was unwilling to take any antibiotics for her condition. I expressed my concern, emphasizing the potential dangers of avoiding antibiotics, especially in a country like India where hygiene standards may not be up to par. However, she remained steadfast in her belief that natural remedies could be found in India. In search of such remedies, we visited an Ayurvedic pharmacy in Pune. The pharmacy owner informed us that Professor Ranade from the Ayurvedic college was present at that time and suggested that I consult with him regarding this matter. I was familiar with Dr. Subhash Ranade, a renowned figure in the field, and he recommended an Ayurvedic medicine called Sukshma Triphala as an alternative to antibiotics. Although skeptical, I relayed this information to my friend. The pharmacist provided the medicine and advised her to take two tablets three times a day until the inflammation subsided, which could take around 10 days. I handed the medicine to my friend, cautioning her that she assumed full responsibility for her decision, as I couldn't guarantee its

effectiveness. Personally, I viewed this course of action as risky. However, she followed the prescribed regimen, and to my amazement, I witnessed her foot gradually healing day by day. All the pus drained out, and within the span of ten days, her foot was completely healed. It was truly astonishing to witness the power of herbal remedies in treating such a severe inflammation without the use of antibiotics.

I came to understand for the first time that Ayurvedic medicine is effective for treating acute conditions. Subsequently, I witnessed numerous miraculous healings achieved through Ayurveda, prompting me to pursue studies in this field under the guidance of Professor Devanathan from J. B. Roy State Ayurvedic Medical College and Hospital in Kolkata, which was founded on February 10, 1916.

DR. PARVATHEDEVY: Currently, I believe that implementing an integrated approach may not be feasible in Kerala. Nevertheless, I must commend your initiative to establish a psychiatric hospital that adopts such an approach. What inspired you to bridge Ayurvedic Psychiatry with modern psychiatry?

HARSHA: I was thrilled about the opportunity, and all recognition must be given to Dr. Professor Stephan Dr. Brunnhuber, the Medical Director of the Diakonie Clinic for Integrative Psychiatry. He sought my help in establishing an integrated approach at the Clinic. It was truly unexpected to hear this from him. After numerous meetings and thorough discussions about the project, I was appointed as the project manager. My task was to identify the most qualified experts in relevant fields for the project. I began reaching out to different individuals and organizations to locate suitable candidates to collaborate on the integration project.

I was requested to include individuals from Germany in the project, however, I was unwilling to overlook the expertise of professionals from India for the comprehensive project. I had engaged in discussions with the pharmacists and nurses at the hospital regarding the integration, and they were all prepared to participate in this remarkable project. In every department, both the patients and the nurses had the habit of practicing meditation for one hour each day.

I am highly passionate about incorporating

Ayurveda into the integrated project. With over 25 years of experience in Ayurveda, I previously worked in the European Union in Brussels where I engaged with AYUSH authorities in Delhi. Currently, I am playing a pivotal role as a bridge between India and Germany.

The Materia Medica in Europe and India exhibit stark contrasts. Therefore, one must adapt at all levels. I was stationed in Brussels to elucidate this distinction. India's approach to medicine is unique, not inferior or incorrect, but rather equally valuable yet distinct in its own right.

I have been instrumental in organizing the two European World Ayurveda Congresses. In my opinion, this is just the beginning of a long-term project. I anticipate that it will take one or two years to establish a proper foundation, and the project itself has a duration of five years with the possibility of an extension. As this project progresses, other hospitals in Germany will likely take notice and insurance companies may also become interested in participating. I believe that this will mark the start of Ayurveda becoming integrated into Western practices.

Given these reasons, the project holds great significance for us. I am extremely grateful to

Professor Dr. Stefan Brunnhuber for his courage in spearheading this initiative. Despite facing opposition from many allopathic doctors and associations, he remained steadfast and determined. He is a true trailblazer, not only as a psychiatrist but also as a sociologist and sustainable finance expert. He frequently delivers speeches on various stages, shedding light on our finance system.

DR. PARVATHEDEVY: The majority of Antipsychotics are associated with numerous side effects, leading to a decline in the patients' quality of life. However, by consuming Ayurveda medications, which are known to have fewer side effects, their conditions can improve, allowing for a reduction in the dosage of modern medicines and potentially enhancing their quality of life. It is evident that Ayurveda can offer better outcomes in many cases of personality disorders. Consequently, some modern doctors refer patients with personality disorder issues to us. I believe that by adopting an integrated approach, we can anticipate a quicker recovery and an overall improvement in the patients' quality of life.

HARSHA: I believe that our project will have a positive impact on India. We can inform the Indian





population that we have a comprehensive project in Germany, which may also contribute to the integration process there. However, it is important to note that we do not have authorization to import Ayurveda medicines in Germany. Only natural food supplements are allowed. It is quite surprising that in Germany, the birthplace of Homeopathy, herbal medications cannot be used. We have a long list of medicines that we need to procure, but we are uncertain about how to obtain them. Additionally, Ayurvedic medications in Germany and Europe are quite expensive. Before obtaining permission to use them, various tests for heavy metals, bacteria, fungus, etc. must be conducted, which further increases the prices. Consequently, we are only able to sell them in small quantities. Legalizing everything, particularly the import and export of

medicines, is crucial. We will make every effort to accomplish this, but we must proceed with caution. Despite the challenges, we are determined to move forward.

JAYADEVAN: According to you, what are the challenges that Ayurveda faces in Europe?

HARSHA : The main challenge that Ayurveda faces in Europe is gaining acceptance from modern medicine. Ayurveda is not just a medical system, but a comprehensive lifestyle that promotes overall health through practices such as Yoga, Meditation, and a focus on pure food and nourishment. Unlike modern medicine, which tends to focus on diagnosis and therapy for specific body parts, Ayurveda takes a holistic approach, considering the body, mind, and soul as interconnected. This is one of the strengths of Ayurveda. The challenge lies in making Western medicine professionals aware of a system that emphasizes a holistic lifestyle rather than just offering cures. Introducing Ayurvedic principles to modern medicine and helping them understand and accept it can be a starting point. Initially, Ayurveda can be introduced as food supplements rather than medicines, which would facilitate the research process. However, the proper registration of Ayurvedic medicines is necessary to ensure their effective use.

JAYADEVAN: Why don't you think about establishing research labs in India with the assistance of the Indian Government, which could potentially meet the standards required by Europe. Is there a chance that this could become a reality?

HARSHA: Yes, that is the approach we should take. By bringing Western scientists to collaborate with Indian researchers, we can ensure that the research meets the required standards and maintains transparency. Our goal is to facilitate an integrated research process where ideas and expertise are exchanged. I will discuss this possibility with Indian authorities at AYUSH and explore the potential for a proper integration that benefits those seeking natural healing methods. This collaboration could mark the beginning of a remarkable journey, and it would be an honor for Dr. Stefan Brunnhuber, Psychiatry, and the global community. Let us spread this message far and wide, as it would be truly wonderful to see the best minds come together and contribute to a healthier world.

Unravelling Prameha:

An Ayurvedic Approach to Understanding and Managing Diabetes and Metabolic Disorders



Dr. Antonio Morandi

Chairman & Director,
Ayurvedic Point, Milan, Italy

The global prevalence of diabetes has reached epidemic proportions, with the International Diabetes Federation estimating over 460 million adults living with diabetes in 2019, projected to rise to 700 million by 2045. This alarming increase underlines a significant social and economic burden, straining healthcare systems worldwide. Renowned Ayurveda expert Dr. Antonio Morandi looks at the reasons and ways to control Diabetes through an Ayurvedic and holistic approach



Prameha, as conceptualized in Ayurveda, encompasses a spectrum of metabolic and urinary disorders, with diabetes — specifically referred to as Madhumeha — being the most prevalent manifestation. This condition aligns closely with what modern medicine defines as diabetes mellitus and other metabolic syndromes, characterized by disturbances in carbohydrate, fat, and protein metabolism resulting from defects in insulin secretion, insulin action, or both.

Prameha and modern diabetes share common etiological factors, primarily centred around lifestyle and dietary habits. Ayurveda identifies these as the excessive consumption of sweet, oily, and unctuous substances coupled with a sedentary lifestyle, leading to the imbalance of Kapha Dosha. Similar risk factors for modern diabetes include poor diet, physical inactivity, and obesity, which mirror the Ayurvedic perspective. By addressing these factors proactively through dietary and lifestyle modifications, individuals can significantly reduce the incidence of Prameha and, by extension, modern diabetes and metabolic syndrome, potentially alleviating both the personal health impact and the broader social and economic burdens.

Epidemiology and social impact of modern metabolic disorders

Metabolic syndrome, a collection of conditions including type 2 diabetes, hypertension, and obesity, is on the rise in modern demographics due to shifting lifestyles. Urban settings are witnessing a surge in high-calorie diets, increased consumption of processed foods, and reduced physical activity. These factors are contributing to a global increase in metabolic disorders, which are not only impacting health systems but also economies due to the long-term treatment costs and loss of productivity.

Pathophysiology and Etiology

Ayurveda outlines the progression of Prameha as a result of lifestyle and dietary habits that lead to a Dosha imbalance. Over-consumption of sweet, oily, and cold foods, coupled with a sedentary lifestyle, lack of physical activity, daytime sleep, and genetic factors, all contribute to the impairment of the digestive fire (Jatharagni). This impairment leads to the accumulation of dis-metabolic products (Ama) and vitiation of Dosha, primarily kapha, which disrupts



metabolism (Agni) and affects the Rasa Dhatu (nutrient fluids). The vitiation of Kapha Dosha also impacts the Meda Dhatu (body lipids) and Mamsa Dhatu (muscle tissue), influencing the urinary system and presenting variably depending on the dominant Dosha. This disruption is evident in the increased production and altered urine composition, a key diagnostic hallmark of diabetes.

Ayurvedic classical texts detail 20 distinct types of Prameha, which are categorised based on the predominant Dosha and urine characteristics.

- **Kaphaja Prameha:** Characterised by heavy, sweet urine and often associated with obesity.

- **Pittaja Prameha:** Manifests with yellowish or reddish urine and a burning sensation.

- **Vataja Prameha:** Presents with astringent, bitter, or colourless urine accompanied by pain.

These types are further divided into:

Sahaja (hereditary): Inborn tendencies toward Prameha.

Apathyanimitaja (lifestyle-induced): Resulting from unhealthy lifestyle choices and dietary habits.

Lifestyle's role in modern metabolic syndrome

The role of lifestyle in developing and managing modern metabolic syndrome is profound and complex. Metabolic syndrome — a cluster of conditions including increased blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol or triglyceride levels — significantly elevates the risk of heart disease, stroke, and diabetes. The increasing prevalence of these conditions in global populations can be closely linked to modern lifestyles characterized by high stress, poor nutrition, and physical inactivity. Sedentary behaviour, high stress levels, and poor dietary choices directly contribute to the development of these disorders. The increasing dependency on technology and automation reduces physical activity, while fast food and high-calorie diets disrupt metabolic health.

Another lifestyle factor linked to the development of metabolic syndrome is the disruption of natural sleep patterns. Modern habits, such as using electronic devices late at night, disrupt circadian rhythms, leading to poor-quality sleep.



Ayurvedic treatment modalities for Prameha and Diabetes

In Ayurvedic medicine, the treatment of Prameha, particularly when discussing its most commonly understood form as diabetes, incorporates a multifaceted approach that manages symptoms and addresses the disorder's root causes. This approach, which includes lifestyle adjustments, dietary regulations, herbal remedies, and body cleansing practices, has been proven effective in restoring the body's balance through natural methods.

Diet and lifestyle modifications

Central to the treatment of Prameha is the correction of diet and lifestyle that contribute to the Dosha imbalance.

Nutritional Therapy

The Ayurvedic diet for managing Prameha involves foods that pacify the aggravated Dosha responsible for the condition. For example, a diet low in carbohydrates and sugars and high in fiber is recommended for Kapha type Prameha, similar to Type 2 diabetes, to prevent spikes in blood sugar. Foods that are bitter, astringent, and pungent help counteract the heaviness and sluggishness of Kapha.

Activity Recommendations

Regular physical activity is emphasised to reduce Meda Dhatu and improve Agni.

Ayurveda suggests specific exercises that reduce body weight and enhance metabolic activity, which is crucial in controlling blood sugar levels. Yoga, in particular, is recommended due to its dual benefits of physical exercise and stress reduction.

Postures like Paschimottanasana (seated forward bend) and Ardha Matsyendrasana (half-spinal twist) stimulate the pancreatic area, potentially improving insulin sensitivity.

Therapies (Panchakarma)

Panchakarma therapies like Vamana and Virechana expel accumulated Dosha and Ama, effectively cleansing the body and restoring metabolic balance.

Vamana (Therapeutic Emesis)

Vamana is used primarily when Kapha Dosha is dominant, contributing to bodily toxins that can lead to or exacerbate diabetes. By inducing controlled vomiting, Vamana therapy removes Kapha accumulated in the body, helping to reset the body's metabolic processes.

Virechana (Purgation Therapy)

When Pitta plays a role in Prameha, Virechana is recommended. It involves the oral intake of herbal laxatives that help cleanse the small intestine and other Pitta sites, reducing blood sugar levels and clearing out Ama, which is linked to impaired metabolic processes.

Internal Basti (Medicated Enema)

Particularly useful in Vata-dominated conditions and when diabetic neuropathy is a concern, Basti involves administering medicinal substances such as oils and decoctions into the rectum. This method effectively balances Vata and cleanses the colon, which indirectly helps regulate the bodily functions affecting metabolism.

Herbal remedies

Medical herbs and their preparations are prescribed based on the individual's Dosha imbalance to restore physiological balance.

Single herbs

Many herbs are known for their efficacy in managing diabetes in Ayurveda. For instance, Guduchi (*Tinospora cordifolia*) is renowned for its immuno-modulatory and anti-diabetic properties.

Amalaki (*Emblica officinalis*) is another vital herb due to its high vitamin C content and ability to regulate blood sugar levels. Haridra (turmeric), with its curcumin content, offers anti-inflammatory benefits, which are crucial in preventing the complications of diabetes.

Herbal formulations

The Ayurvedic pharmacopoeia includes several compound formulations, such as Chandraprabha Vati, Arogyavardhini Vati, and Triphala churna, that are prescribed

based on the individual's constitution and the specifics of their disorder. These formulations often act synergistically to balance the Dosha and enhance the body's natural healing processes.

Mental and spiritual health

Mental wellness practices, including Meditation and Pranayama (Yoga breath control practices), are crucial in managing Prameha. These practices help mitigate stress and emotional imbalances, which are significant contributory factors in the exacerbation of the disorder. Maintaining a Sattvic mind is essential for making lifestyle adjustments that are crucial in the management of Prameha. Meditation, Pranayama, and other mindfulness practices help manage stress and its impacts on diabetes. Mental health is intrinsically linked to physical health in Ayurveda, and maintaining emotional and psychological well-being is as vital as physical treatment in managing Prameha. Ayurveda also involves spiritual counselling to help



individuals balance their lifestyle and health, which indirectly helps with stress management and well-being.

Addressing the lifestyle factors associated with metabolic syndrome underscores the profound relevance of Ayurveda in today's health landscape. With its ancient wisdom, Ayurveda places immense importance on lifestyle management as a fundamental aspect of health and well-being. This traditional system of medicine offers a holistic approach to preventing and managing metabolic syndrome through its concepts of Svasthavritta and Dinacharya, which provide structured guidance on daily and seasonal routines that promote optimal health.

Svasthavritta refers to the practices in Ayurveda that pertain to maintaining health and preventing disease. These include recommendations on diet, sleep, exercise, and behavioural regulations that help maintain balance among the Dosha within the body. By following these guidelines, individuals can manage their weight, improve their metabolic profile, and reduce the risk of diseases linked to metabolic syndrome. Svasthavritta emphasises the moderation of food intake, the consumption of seasonal and fresh produce, mindful eating practices, and the avoidance of food combinations that can disturb the body's homeostasis.

Dinacharya, or daily regimen, is another cornerstone of Ayurvedic lifestyle management that includes waking up at a specific time before sunrise, practising yoga and meditation to invigorate the body and calm the mind, and using cleansing techniques that purify the body. As Dinacharya prescribes, regular physical activity aligns with modern recommendations for preventing metabolic syndrome by enhancing cardiovascular health and function. These routines encourage regularity and discipline, crucial for metabolic regulation and overall well-being.

Moreover, Ayurveda's approach extends to carefully observing seasonal changes and adapting one's lifestyle accordingly (Ritucharya). This practice ensures that the body can naturally adjust to environmental changes, critical in maintaining immune function and metabolic health. Modern society can benefit immensely from embracing Ayurveda's comprehensive lifestyle management strategies through Svasthavritta and Dinacharya.

These practices mitigate the immediate risk factors of metabolic syndrome and enhance long-term health and wellness. They teach the importance of a balanced life and proactive health management, which is essential in the face of increasing lifestyle disorders. By integrating these age-old principles with contemporary lifestyle modifications, we can forge a path to better health outcomes and a reduced burden of metabolic diseases on a global scale.



Author: **Dr. Antonio Morandi** is a Neurology specialist and Founder/Director of "Ayurvedic Point" in Milan, Italy. He holds a degree in Ayurveda from Ayurveda Academy in Pune, India and Joytinat International College of Ayurveda. He is also the President of the Italian Scientific Society for Ayurvedic Medicine (S.S.I.M.A.) and serves as the Head of Medical Education at the European Institute of Vedic Studies in Switzerland. Additionally, he is a Professor of Ayurveda at the University of Milano-Bicocca in Italy and a member of various scientific committees and editorial boards. Dr. Morandi is actively involved in international clinical research projects in Ayurveda and has authored numerous publications. He is also a co-editor of the groundbreaking book "An integrated view of Health and Well-being - Bridging Indian and Western Knowledge" published by Springer. He was honoured with numerous awards and recognitions for his exceptional contributions to the global Ayurveda community.

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Diabetes: Traversing the New-age Epidemic Landscape

Amidst the rising cases of diabetes, which affected 463 million people across the world in 2019, projections suggest a staggering increase of the dreaded disease reaching 700 million by 2045. Many affected individuals are unaware of their condition, exacerbating the challenge. Exploring holistic approaches, ancient wisdom from Ayurveda sheds light on diabetes as more than just a medical issue. In delving into the ancient wisdom of Ayurveda, this article provides profound insights into the intricate relationship between diabetes mellitus and a condition known as Prameha.



Dr. Somit Kumar
MD (Ayu), (PhD)

Ayurvedic philosophy sees diabetes as more than a mere medical condition; it is a disruption in the delicate balance of life forces—kapha, pitta and vata—that govern our body's vital processes. This imbalance, whether inherited or influenced by lifestyle, mirrors the onset and progression of Prameha, akin to diabetes mellitus.

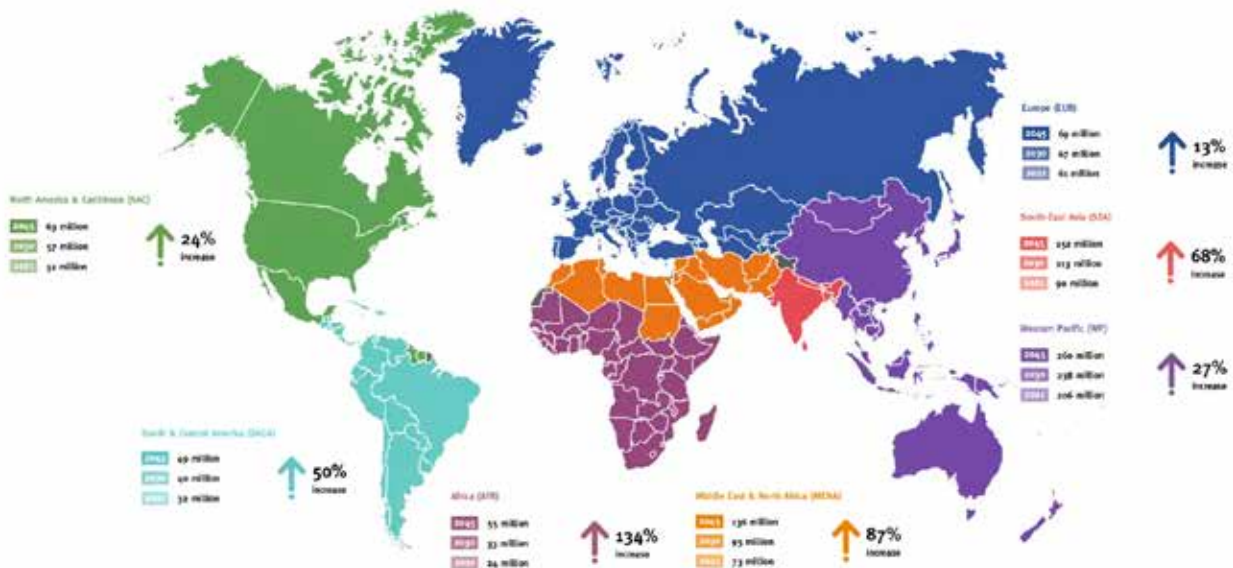
Within Ayurvedic texts like Sushruta Samhita and Charaka Samhita, we encounter a detailed classification of Prameha, distinguishing between hereditary and acquired types. The parallels between Apathyanimitaja Prameha and type 2 diabetes are striking, especially in the trigger outlined in ancient Ayurvedic texts. These triggers encompass dietary habits—such as excessive consumption of certain foods—and lifestyle choices like sedentary behaviour and lack of physical activity. Moreover, Ayurveda acknowledges the impact of psychological factors, including stress, in precipitating Prameha.

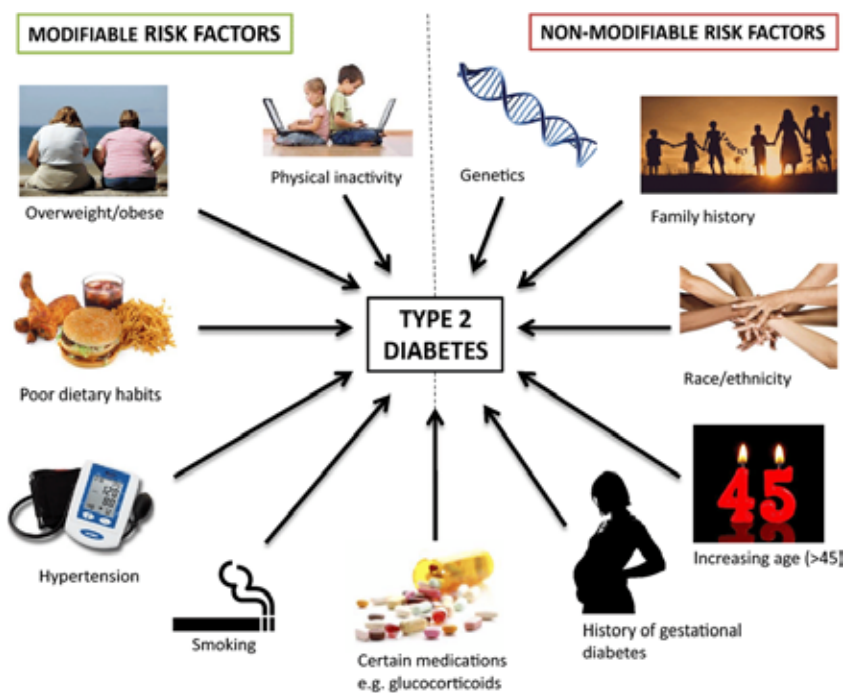
In essence, Ayurveda enriches our understanding of diabetes by recognizing its multifaceted onset and progression. It reminds us that beyond clinical manifestations, individuals contend with a complex interplay of genetic predispositions, lifestyle choices, and emotional well-being. Through Ayurvedic wisdom, we gain insights into holistic approaches to managing diabetes and a deeper appreciation for the interconnectedness of our physical, mental, and emotional health.

Managing diabetes: The Ayurveda way

Ayurveda takes a deeply personal approach to treatment, recognizing the uniqueness of each individual's constitution and the presentation of their disease. Through herbal formulations, dietary adjustments, and lifestyle modifications, Ayurvedic management for conditions like Prameha focuses on tailoring treatment to the individual's needs. This approach resonates with the core principles of Ayurveda, which prioritize customization and holistic well-being.

In managing type 2 diabetes, the holistic approach embraces the idea of health as a delicate balance between the physical, emotional and spiritual aspects of life. Nutrition plays a crucial role, emphasizing whole, nutrient-rich foods to stabilize blood sugar levels and promote overall health. Exercise becomes a cornerstone for improving insulin sensitivity and managing weight, encouraging enjoyable activities like walking or yoga. Stress management techniques, such as mindfulness and deep breathing, help to reduce cortisol levels and foster relaxation. Quality sleep is prioritized for its role in hormonal regulation, with an emphasis on establishing consistent routines and creating a peaceful sleep environment. Additionally, social support networks provide invaluable encouragement and understanding throughout the journey.





As modern research delves into the effectiveness and safety of Ayurvedic interventions for diabetes, promising results emerge. Herbs and formulations prescribed in Ayurveda show potential for hypoglycemic, antioxidant, and insulin-sensitizing effects, offering new avenues for integrative diabetes care. By blending traditional wisdom with contemporary scientific insights, Ayurveda offers a holistic approach to managing diabetes, addressing both symptoms and underlying imbalances with compassion and understanding.

Conventional conundrums: Navigating the limitations of mainstream diabetes care Metformin, primarily effective alongside insulin, reduces hepatic glucose output and enhances insulin-mediated glucose utilization in peripheral tissues. Despite its numerous health benefits, metformin encounters challenges regarding patient adherence and tolerability.

Research indicates that only about half of patients continue metformin long-term, with over 20% failing to reach glycemic targets on metformin alone. Moreover, more than 30% experience gastrointestinal side effects, affecting tolerability. To address these issues, low initial doses and extended-release formulations are recommended. Metformin treatment also impacts the gut microbiome, altering species levels. Additionally, studies reveal a 42% secondary failure rate with metformin among patients, with an average yearly failure rate of 17%.

New therapeutic options for T2DM encompass insulin supplementation (ranging from short to ultra-long-acting), biguanides (inhibiting gluconeogenesis and acting as insulin sensitizers), sulfonylureas and meglitinides (stimulating insulin secretion), alpha-glucosidase inhibitors (preventing carbohydrate digestion), thiazolidinediones (acting as insulin sensitizers), SGLT2 inhibitors

(blocking glucose reabsorption in the kidney), DPP-4 inhibitors (inhibiting glucagon release and increasing insulin secretion), and GLP1R agonists (increasing insulin secretion and inhibiting glucagon secretion). Combinations such as metformin-SGLT2 inhibitors-DPP4 inhibitors are increasingly used.

Modern drugs like GLP-1 receptor agonists, DPP4 inhibitors, and SGLT2 inhibitors are gaining traction in T2DM management.

Despite their proven benefits, these options have limitations. Sulfonylureas exhibit a 50% secondary failure rate within 40 months for patients with A1C levels between 7.0% to 7.9%.

Combination therapies like metformin-sulfonylurea and metformin-thiazolidinedione result in 41.5% secondary failure. Comparative studies on insulin-OHA regimens show no significant differences in hypoglycemic events. SGLT-2 inhibitors are linked to genital infections, amputations, and ketoacidosis, while GLP-1 receptor agonists may cause severe gastrointestinal events. Non-steroidal MRAs may lead to hyperkalemia requiring hospitalization, and tirzepatide may result in severe gastrointestinal events. Metformin, alpha-glucosidase inhibitors, and other agents are associated with severe gastrointestinal events and gut dysbiosis as well.

In Ayurveda, a plethora of herbs offer targeted support for diabetes-related mechanisms. Allium sativum, for instance,

inhibits DPP-4 enzymes, while *Salacia chinensis* and *Salacia reticulata* impede glucosidase activity. *Gymnema Sylvestre* boosts insulin secretion, and *Embilica officinalis* not only enhances insulin secretion but also reduces inflammation.

Terminalia belarica, *Terminalia chebula*, *Tinospora cordifolia*, *Tinospora crispa*, and *Trigonella foenum graceum* help alleviate insulin resistance. Additionally, *Citrullis colocynthis*, *Zingiber officinale* *Rosc*, *Boerhaavia diffusa*, *Berberis aristata*, and *Caesalpinia bonducella* stimulate insulin secretion. *Swertia punicea*, *Curcuma longa*, and *Cinnamomum cassia* aid in reducing insulin resistance. *Nigella sativa* and *Pterocarpus marsupium* support insulin secretion, while *Syzygium jambo* enhances glucose uptake.

From Gut to Glucose: Exploring Diabetes through Microbiome Lens

Metformin, an antidiabetic drug, has been associated with increased abundance of *Escherichia* species in the gut microbiota, contributing to intestinal discomfort. α -glucosidase inhibitors, while aiming to reduce blood sugar levels, may see reduced efficacy due to the enrichment of *Blaubia obeum* in the gut. Additionally, the use of DPP4 inhibitors can lead to an increase in the abundance of the phylum Firmicutes and Bacteroidetes, potentially inducing gut dysbiosis.

Moreover, herbs like *Acacia*, *Chrysopogon zizanioides*, and *Cuminum cyminum* target reducing gut inflammation. Several herbs, including *Allium sativum*, *Curcuma longa*, and *Terminalia belirica*, work to modulate gut dysbiosis and decrease inflammation. *Cassia fistula*, *Murraya Koenigii*, *Piper nigrum*, and *Trachyspermum ammi* act as prebiotics, offering dual benefits of reducing gut inflammation. *Tinospora cordifolia*, *Trigonella*

Foenum, and *Tribulus terrestris* exhibit prebiotic properties while mitigating gut inflammation. Lastly, *Zingiber officinale* serves as a prebiotic, aiding in reducing gut inflammation while supporting overall digestive health.

In essence, the holistic management of type 2 diabetes, blending Ayurvedic principles with modern science, offers hope and support to those living with the condition. Ayurveda's personalized strategies, which consider the unique needs of each individual, aim to restore balance not only in the body but also in the mind and spirit. By integrating herbal interventions and lifestyle adjustments, Ayurveda provides a comprehensive framework for diabetes care, addressing both the physical symptoms and the emotional challenges that come with the condition. Understanding the gut's role in diabetes opens new avenues for intervention, emphasizing the importance of holistic approaches in diabetes management.

Embracing these holistic approaches can not only lead to improved health outcomes but also foster a sense of empowerment and well-being in those managing type 2 diabetes.

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The Youth and the Metabolic Health Crisis:

An Ayurvedic Perspective



Ritika Patni
Founder of ArTH -
Art of Health, Singapore

In an era dominated by convenience and instant gratification, the silent epidemic of metabolic health issues threatens to silently ravage the vitality of our youth. According to the World Health Organisation, “Diabetes is a chronic, metabolic disease characterized by elevated levels of blood glucose (or blood sugar), which leads over time to serious damage to the heart, blood vessels, eyes, kidneys and nerves.” Alarming statistics reveal that while Type 2 diabetes affects a staggering 422 million individuals worldwide, the insidious precursor, prediabetes, afflicts an estimated 97.6 million adults in the United States alone. More than 1 in 3 adults in the US had prediabetes in 2021.

An elevated glucose state in the body triggers chronic inflammatory markers and cellular stress, resulting in insulin resistance. But better blood sugar regulation is not just limited to prevention and management of diabetes; it has also been linked to other health outcomes such as better hormonal health, weight management and improved cognitive performance, amongst other benefits. Recent research even suggests that diseases like Alzheimer's and Cancer can be classified as metabolic disorders, emphasizing the urgency of addressing metabolic health among the youth.



Recently, there has been an increase in awareness around metabolic health, particularly amongst the youth as evidenced by the rise in use of CGMs or Continuous Glucose Monitors as the latest health trend. Ventures such as Levels in the US and Ultrahuman in India have raised millions of dollars helping the youth understand the impact of food and lifestyle on their blood sugar levels with the aim of achieving better blood sugar balance. This is done through the use of subcutaneous bio-sensors that allow real-time glucose tracking and the detection of glycemic deviations and help derive correlations with diet and exercise through the use of advanced app-based analytics.

It is interesting to note that these latest health gadgets are not aimed at those suffering from diabetes but more as a preventative mechanism. Athletes have always been known to be using data-backed insights to improve performance for a long time. Now this technology is being democratised for the common man. How and when people are sleeping, how much they are walking, glucose load, stress, etc. can all be measured to encourage lifestyle changes that can alter the metabolic health of younger adults.

Yet, amidst the promises of innovation lies a formidable challenge – translating data insights into actionable change. While biomarkers highlighted by modern fitness gadgets such as CGMs shed light on the repercussions of our modern lifestyles, their true impact remains latent unless translated into tangible change. Herein lies



an opportunity for synergy – the fusion of modern technology with timeless Ayurvedic principles.

Once CGM sensors capture glucose data and indicate glucose regulation patterns, this can be followed by actionable insights and prompts for diet and lifestyle modifications that are guided by Ayurveda's time-tested principles. By combining the ancient wisdom of Ayurveda with the precision of modern technology, we can empower the youth to truly take charge of their metabolic health.

Synergy of Ancient and Modern Tehcnology

Ayurveda offers a unique perspective on metabolic disorders like Diabetes, viewing them through the lens of the doshas – Diabetes is considered a Kapha predominant condition. The explosion of Western diet rich in sugar and simple carbs has contributed to the rise of Kapha-predominant conditions including obesity. This is further exacerbated by sedentary lifestyles and irregular eating habits that impairs digestive



capacity (Agni) and can result in accumulation of toxins (Ama) creating various metabolic disorders. For treatment of such metabolic disorders, Ayurveda advocates Ahara, Vihara and Aushadh which translates to modern day focus on Diet, Lifestyle and Medicines (as needed).

For instance, under Ahara or Food, Dr. Arkaprava Jana from Kolkata suggests “switching to more complex carbs in the form of grains such as millets that can ensure a more sustained release of glucose thus helping with better blood sugar regulation”. Simple Ayurvedic protocols such as incorporating Ayurveda herbs such as curcumin, dry ginger and fenugreek can help in managing glucose levels. Merely recognizing which flavors to embrace can also make a significant difference. For instance, rather than gravitating towards heavy, oily, and cold foods, individuals with diabetes or prediabetes are better off choosing light, dry, and warm options. Similarly, instead of indulging in sweet, sour, and salty tastes that can exacerbate diabetes, it's advisable to savor bitter, astringent, and pungent flavors. Ayurvedic principles are seen at play in recent health fads such as Intermittent fasting which gained popularity for treating many disorders. The long hours of not consuming food

increases Agni or in other words “metabolic capacity”. This helps improve digestion and burn toxins resulting in better energy and overall health.

Under Vihara or lifestyle, an emphasis on active lifestyle through yoga or other fitness regimes can be helpful. Further, the link between Diabetes and chronic stress cannot be overemphasized. Incorporating stress-reduction techniques such as abhyanga (self-massage with Ayurveda herb infused oils), breathing techniques inspired by pranayama and meditation help calm the nervous system and support metabolic health.

Ultimately, for those who need greater help, they can explore turning to more potent ayurveda herbs such as Triphala or Vijaysar under the supervision of an Ayurveda doctor. For more serious cases, Panchakarma can be very useful as it helps reset the digestive fire, eliminate accumulated toxins, and rejuvenate metabolic functions and restore equilibrium.

Integrating insights from modern gadgets that measure blood sugar variations with actionable, time-tested tools of Ayurveda has the potential to revolutionize the prevention and management of metabolic health conditions. Furthermore, Ayurveda stands to gain significantly from its integration with technology. As

users implement actionable advice rooted in Ayurvedic principles, the resulting changes can be tracked through biomarkers in the app. This approach not only validates ancient practices scientifically but also has the potential to facilitate one of the largest human trials in Ayurvedic medicine.

Conclusion

Many ancient practices are seeing a resurgence in the wellness boom around the world. Yoga and meditation are already mainstream. As patients search for non-pharmaceutical means of managing illnesses, adoption of alternative therapies such as TCM-based acupuncture practice has seen widespread growth in major cities such as New York and London. Is Ayurveda next? Integrating tech with Ayurvedic principles as in the case of CGMs can help avert a youth metabolic health crisis and can unlock the ultimate path to personalised wellness which can empower individuals to take control of their health, revolutionizing healthcare on a global scale.

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Controlling Diabetes: Essential Lifestyle Strategies

In this enlightening article, **Dr. Saraswathy** proposes a pragmatic way of life for individuals battling diabetes, a condition frequently referred to as one of the most feared ailments in Ayurveda.



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Prameha or diabetes is considered as a metabolism related disease characterised by increased levels of blood glucose, leading to serious damage to the blood vessels, heart, kidney, nervous system and eyes. In Ayurveda it is mentioned after mutraghata disease related with the urinary system, because the main symptom is more urination or excessive urination (Prakarshena mutrayati). This is only the symptom but the pathology is very deep. Many are suffering with the same disease because of the derangement in the lifestyle. The changes in the quality quantity and timing of the food intake, sleep, exercise and celibacy.

20 types of diabetes are mentioned in Ayurveda but the core line of treatment will be the same in the starting stage. Dosa 10 types ham sender kaphala dosha six types comes under pitta dosha four types comes under vata dosha.

Ayurveda employs a comprehensive system of patient consultation called dasavidha and ashtasthana pareekshas. These well-established tests are utilized by doctors to gain insight into the patient's health condition. Additionally, modern medical tests will be taken into consideration. At the initial stage, it is recommended for everyone to undergo fasting blood sugar, ppps, and hba1c tests every 3 months. An oral glucose tolerance test is also conducted for patients. For chronic patients, monitoring the kidney function through microalbumin urine tests is essential. Regular check-ups for the eyes, heart, nervous system, and feet should be conducted every 6 months.

Untreated or inadequately managed diabetes can result in a heart attack, kidney failure, neuropathy, diabetic foot and ulcers, stroke, and weakened immune system (increasing susceptibility to various illnesses and higher mortality rates).

Have a proper diet and Life style

The treatment commences with lifestyle adjustments. Simply refraining from adding sugar to tea or coffee will not achieve the desired outcome. Ayurvedic practitioners typically provide the following guidelines: Consume a substantial breakfast, a moderate lunch, and a small, early dinner. Non-vegetarian foods, eggs, heavy root vegetables, fruits, salads, nuts, and other uncooked food items should be avoided during dinner. It is advisable to incorporate locally grown, seasonal vegetables and easily digestible food items into daily meals. Specific dietary recommendations are tailored to individual patients based on their physical conditions. Not every recommendation will be suitable for everyone.

In Ayurveda, a diet for a Prameha (diabetes) patient should focus on balancing the doshas, especially Kapha and Pitta. The diet should include whole grains, vegetables, fruits (in moderation), lean proteins, and healthy fats. It is important to avoid refined sugars, processed foods, and excessive carbohydrates. Additionally, incorporating spices

like turmeric, cinnamon, and fenugreek can be beneficial for managing blood sugar levels. Consulting with an Ayurvedic practitioner for personalized dietary recommendations is highly recommended.

Regular Exercise is Important

Ayurveda recommends gentle exercises such as walking, yoga, and tai chi for Prameha (diabetes) patients. These exercises help improve circulation, digestion, and overall well-being without putting too much strain on the body. It is important for Prameha patients to consult with a qualified Ayurvedic practitioner before starting any new exercise routine.

The degree of flexibility varies from individual to individual. Therefore, it is recommended to only push your body to the extent that is possible for you on a daily basis. Consulting with a knowledgeable individual in the field of exercise is advisable for optimal results. Ayurveda does not recommend heavy weight training for individuals with diabetes, as it can lead to increased stiffness in the body. Overexerting oneself during exercise is also discouraged. It is important to find a balance. Sarva dharmeshu madhyamam.

A good night's sleep is a must

Sleep is considered one of the fundamental pillars of life in Ayurveda, alongside food and love. While the amount of sleep required varies from person to person, it is essential for everyone to get adequate rest. Many individuals nowadays find themselves constantly fatigued





due to staying up late watching movies or waking up early for jobs they dislike.

Depending on your dosha, the recommended sleep duration ranges from 6 to 8 hours. Kapha types typically require less sleep due to their abundant reserves and slow-burning nature, while Vatas need more rest as they are always active and struggle to store excess energy efficiently. Oversleeping can lead to feelings of laziness and lethargy, hindering productivity.

Generally, individuals who are not ill, pregnant, or elderly should aim to get by on 8 hours of sleep, even on weekends or holidays. Ensuring a good night's sleep is crucial for maintaining energy levels throughout the day. It serves as a reliable indicator of whether you are getting sufficient high-quality rest.

Stress matters

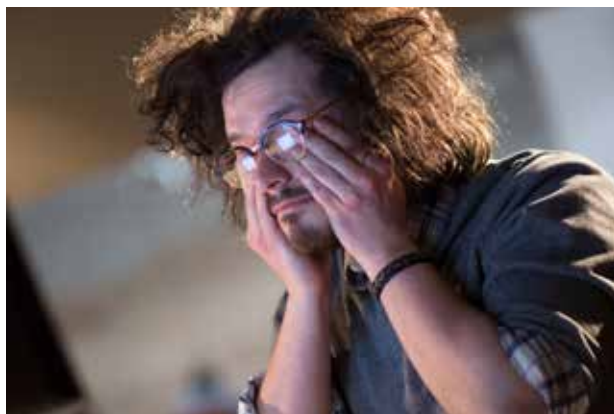
Stress does not directly cause diabetes, but it can impact your blood sugar levels and how you manage your condition. Living with diabetes can already be stressful, especially when others do not fully understand it. While it is impossible to completely avoid stressful situations, there are steps you can take to make it easier to cope. By doing so, you can prevent stress from building up and affecting your emotional well-being.

Stress is known to contribute to chronic hyperglycemia in individuals with diabetes. It has been observed to have significant effects on metabolic activity. The fight or flight response triggered by stress leads to the mobilization of energy. This, in turn, stimulates the release of

various hormones that can cause an increase in blood glucose levels. While this response is beneficial for a healthy individual, it poses challenges for those with diabetes due to the lack of insulin. The inability to properly metabolize the increased glucose levels induced by stress is a result of this insulin deficiency. Additionally, individuals with diabetes may have abnormal regulation of these stress hormones.

Ayurveda recommends Yoga, Meditation, Music and dance to reduce stress levels. Regular Meditations can definitely make you peaceful and relaxed.

Achieving good health requires dedication and commitment. Viewing lifestyle adjustments as



necessary steps rather than limitations can make the process more manageable. Embrace these changes as regulations towards a healthier life, and you will find joy in the journey. Embrace a new way of living, savor life, and break free from the grasp of diabetes.

Author: **Dr. Saraswathy M**, also known as 'Dr. Aparna Poomully Mana', is a highly qualified Ayurvedic physician. She is currently the Chief Physician at Poomully Mana Ayurveda Treatment Centre in Kerala, India. Dr. Aparna received traditional gurukula training from a young age and later pursued formal studies in Ayurvedic medicine. She is dedicated to preserving the ancient texts of Poomully Mana, conducting research on unique ayurvedic formulations, and upholding the heritage of Poomully Aramthampuran. Patients from around the world seek her expertise for ayurvedic treatments.

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Yoga: A Natural Way to Managing Diabetes



Juhi Kapoor
Nutritionist and
Yoga Teacher

Regular practice of yoga can bring about remarkable benefits to the body, extending beyond mere physical strength and toning. It has the potential to safeguard the body against diseases, ensuring a state of wellness. Research suggests that yoga holds significant potential as a therapeutic approach for lifestyle diseases, particularly diabetes. In this context, Juhi Kapoor, a renowned Nutritionist and Yoga Teacher, delves into the nature of diabetes, its underlying causes, and the specific yoga postures that can effectively manage it.

Did you know, in 2021, there were over 131 million people diagnosed with diabetes in India? That's a lot! What is this deadly epidemic that India suffers from?

Diabetes Mellitus or as we call it Diabetes more commonly, is a disease wherein the body is not able to break down and regulate its glucose levels, which results in higher sugar levels in the blood. This can lead to serious problems like high cholesterol, poor cardiovascular health, and weaker bones over time. High blood sugar levels are said to be slow poison to the body.

But, why does this happen? Why is the body not able to break that glucose? Glucose comes from the food we eat, moreover, the body is capable of producing it on its own as well. The pancreas is responsible for secreting insulin, a hormone that breaks the glucose into energy required for us to function. However, when the pancreas cannot make enough insulin or when the body can not absorb it, the glucose doesn't become energy, it becomes unutilised sugar.





What causes the insulin production or utilisation to fail?

While diabetes can be genetic, it is primarily a lifestyle disease. A sedentary lifestyle is the biggest culprit. Poor eating habits – eating foods rich in sugar such as sweets, fatty, oily junk foods. Obesity can trigger diabetes and diabetes can further make weight loss difficult for patients. People who do not move their bodies regularly or exercise less are further restraining their body from consuming sugar and producing energy.

What causes it?: lifestyle, poor eating habits, genetic, obesity, sedentary

How to control diabetes

1. Control diet: While eating less is a way to tackle diabetes, instead of reducing the portion size, we can also increase the amount of fiber and simpler carbohydrates in our diet. Items such as millet contain complex starch which takes longer to digest, in turn, giving your body more time to produce the insulin and break the glucose down. Furthermore, you should include fiber-rich foods like green leafy vegetables, legumes, and whole grains to your staples. While many people believe fructose is a form of sugar and hence a No-no for diabetics, you can actually have most fruits you like, the only condition is to not have them with your meals. That will be an overdose of glucose! Bitter items like bitter melon, cacao, and coffee are beneficial in diabetes.

2. Daily physical activity: Exercise breaks sugar, produces energy. The theory is simple! The more intense the exercise, the more sugar you'll burn. However, you don't have to resort to benching 150 kgs or doing a thousand push-ups.

Exercise done 45 minutes to an hour a day at least 5 times a week is good to go. You can also pick up light cardio like walking and stretching to control diabetes.

3. Yoga:

Don't like the gym? Don't like exercise at all? Don't worry, Yoga got you covered! There are certain asanas and pranayama to help you control and even prevent diabetes.

The good part about picking up Yoga for diabetes is that you're doing more than just that. Yoga is a holistic science of keeping the body and the mind fit at the same time. The asanas don't just work on one thing, but, many. You'll see!

Best Yoga Poses for Diabetes Management

Ardhmatsyendra asana: The half-fish pose. You sit flat on the ground, legs folded at your knee – the Indian style, and slowly start turning to your right, with your left body along with your left leg going as far to the right as possible. It's a twist at the hip. You repeat it in both the directions. This particularly works out your pancreas as it squeezes the abdomen. This posture also improves flexibility, posture, and digestion.

Manduka asana: The frog pose.



For this, you'll first need to sit with your legs folded towards your back and rest your weight on your ankles. You start by joining your closed fists at your navel, and bend forward, squeezing your pancreas again. You hold the posture for a count of 10 and slowly rise up, before doing a rep of 5. Apart from activating your abdomen to digest better, this posture helps with relaxing your back, relieving stress, and sciatica pain.

Malaasana: The garland pose.

You start with a squat, with your knees far apart. Join your hands in a namaskar mudra, in front of



you, so that the elbows of both the hands touch the respective knees as the joined palms press against your belly. Hold it for 20-30 seconds. This asana particularly helps relieve constipation, regulate bowel movements, and smoothen digestive processes.

Vajrasana: The thunder bolt pose.



All you have to do is sit with a straight back, put all of your weight on your ankles, as your legs are bent at the knee, extending behind you. This one is simple and if done right after your meals, it will ensure that the fat circulates evenly around your body. It directs all the blood flow to your stomach to digest better. It also helps with your posture and spine issues.

Heel raises:

Another simple yoga posture! We start with a chair, sit down, spread your legs, and now start by moving your heels up and down. That's it! Your calf muscles will be strengthened as they get more blood, however, did you know, a research suggests



the soleus muscles in the leg utilise glucose more than other muscles? Doing them for 15-30 minutes after a meal can help reduce sugar levels.

Pranayamas

While the asanas above directly target digestion, did you know any malfunctioning is more than just one organ's malfunctioning! The body has 3 types of doshas – vata, pitta and kapha. Increases kapha in the body leads to diabetes. To ensure, the doshas are always balanced, one must do Naadi shodhana or cleansing of Naadis (invisible nerve-like system carrying prana in us). You breathe in from one nostril, hold it for 5-10 seconds, and breathe out. That's it. Doing so will over time balance your doshas and help regulate the flow of s, the vital life force, in your body.

Bhramari – This pranayama gets its name from the buzzing sound of bhamara, the word for Carpenter Bees (Xylocopa) in Sanskrit. You inhale deep, and as you exhale you make a buzzing sound. This activates your vagus nerve, which is responsible for calming us down, reducing our stress. Cortisol, the stress hormone, directly increases the blood sugar levels. *Bhramari* reduces cortisol and increases the flow of healthier hormones in our body.

These Yoga practices will help you not just regulate your diabetes, but, if someone in your family has a disposition to it, getting them started earlier on might even avoid diabetes entirely.

Prevention is better than cure, and lifestyle plays an important role in handling and even mitigating diabetes.



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Ayurveda's timeless affair with gold



Dr. Nimisha Narendran
MD Kayachikitsa (Gen Medicine)

Swarnabhasma, a medicinal preparation in Ayurveda, is obtained from purified gold. It is used in Ayurvedic medicine due to its various health benefits and is thought to have rejuvenating properties.

Swarnabhasma is well-known for its capacity to improve strength, immunity, and vitality. It is frequently used in managing chronic diseases, weakness, and as a general tonic for overall health. **Dr. Nimisha Narendran** explores the extraordinary healing potential found in the radiant essence of gold from a modern scientific perspective in this informative article.

In the annals of medical history, a mesmerizing revelation unfolded in the year 1890, when the brilliant mind of Robert Koch illuminated the scientific world. It was within the confines of his laboratory that he unraveled a striking truth—the toxicity of gold cyanide against the tuberculosis bacillus, a microscopic foe that plagued humanity. This seminal discovery laid a foundation, igniting a relentless pursuit to unravel the enigmatic biological actions and effects of this majestic metal across various pathologies.

Yet, as we delve deeper into the tapestry of time, we encounter a resplendent marvel—a testament to the extraordinary wisdom encapsulated in the ancient Ayurvedic treatises. Centuries before the advent of modern technology and the marvels of scientific advancement, the revered vaidyas of Ayurveda inscribed sacred knowledge upon the pages of history. In these hallowed texts, they meticulously chronicled the utilization of purified Gold, known as Swarna bhasma, in precisely measured quantities for the curative elixir of myriad diseases. The

Ayurvedic Acharyas possessed an innate understanding of gold's intrinsic medicinal properties. Their profound insights passed down through generations, whispered of the remarkable healing potential hidden within the golden embrace of Swarna Bhasma. The luminous aura of gold, once revered by Ayurvedic sages, now beckons us to unravel its secrets through the lens of modern science.

Gold, the illustrious yellow metal, has captivated human fascination for centuries. Even after being buried for centuries or millennia, gold emerges from the ground in the same pristine condition. Its incorruptibility makes it a symbol of immortality and an emblem of unyielding aspirations and wisdom. The Middle East, particularly Dubai, has played a significant role in the global gold market. It is the largest source and the second-largest market for gold worldwide. Dubai, often referred to as the "City of Gold," has contributed to establishing the region as a major force in the gold industry. Its allure transcends continents and cultures, weaving a tale of opulence, prestige, and now, even healing.

The revered stalwarts of Ayurveda bestowed gold with a prominent position in their classical formulations. Inspired by their profound understanding of medicinal alchemy, they harnessed the therapeutic properties of gold to combat ailments and promote well-being. Their contributions paved the way for Acharyas like Kashyapa, who further emphasized the importance of gold in maintaining good health and immune modulation, particularly through Jatakarma Samskara and Swarnaprashana,

practices aimed at the well-being of neonates.

The therapeutic properties of gold, known in Ayurveda as Swarna, have been documented in ancient texts such as Charak Samhita, Sushruta Samhita, and Ashtanga Hridaya. The development of Rasa Shastra in the fourth century further emphasized the use of gold and its profound pharmaceutical and therapeutic benefits. Swarna, considered superior among all metals, is classified as an essence or noble metal. According to the Ayurvedic texts, such as Rasa Ratna Samucchya, Ayurved Prakash, and Rasa Tarangini, Swarna Bhasma is recommended for various indications. These include Kshaya (tuberculosis), Agnimandya (digestive impairment), Swasa (asthma), Kasa (cough), Aruchi (loss of appetite), Sangrahani har (anti-diarrheal), Ojo dhatu vivardhana (rejuvenation), Balakar (strength-promoting), Pandu Roga har (anti-anemic), Sarva Visha har (antidote to toxins), and many others.

Swarna Bhasma, a traditional Ayurvedic preparation, possesses unique properties and characteristics. It is known for its taste, which combines the flavors of sweetness (Madhura) and bitterness (Tikta), with a subtle aftertaste of astringency (Kashaya). In terms of quality, it exhibits qualities of being oily (Picchila) and unctuous

(Snigdha). Swarna Bhasma has a cooling effect (Shita Virya) and a sweet post-digestive taste (Madhura Vipaka). The therapeutic actions (Karma) of Swarna Bhasma are diverse and remarkable. It is considered to be a potent rejuvenator (Rasayana) and aphrodisiac (Vajikarana). It promotes strength (Balya) and nourishment (Brimhana), benefiting the heart (Hridya) and enhancing vitality (Vrishya). Swarna Bhasma is also known for its memory-enhancing properties (Smritiprada) and its ability to pacify imbalances related to the three doshas (Tridosha-ghana).

Moreover, Swarna Bhasma possesses synergistic effects (Yogavahi) and is beneficial for the eyes (Chakshushya). It aids in the increase of Ojas (the vital essence) and promotes overall well-being. These exceptional qualities make Swarna Bhasma a highly valued and sought-after Ayurvedic formulation and it stands apart as a precious gem within the realm of Ayurvedic remedies.

It is important to note that the use of gold in Ayurvedic formulations is not solely based on traditional wisdom but is also supported by scientific research. Studies have investigated the pharmacological actions of gold nanoparticles and their potential therapeutic applications, including anti-cancer, anti-angiogenic, and anti-





inflammatory effects. The study conducted by Singh Neetu et al. in 2012 investigated the effects of gold (Swarna Bhasma) on the immune system, testicular function, rheumatoid arthritis, skin conditions, angiogenesis, and reproductive function. The study showcased the potential therapeutic effects of gold (Swarna Bhasma) in augmenting immunity, improving testicular function, reducing substance P levels in rheumatoid arthritis, influencing skin conditions, inhibiting angiogenesis, and enhancing reproductive function.

Experimental studies have been conducted to explore the pharmacological properties of Swarna Bhasma. These studies have shown that Swarna Bhasma exhibits free radical scavenging activity and analgesic effects in animal models. It has been observed to increase the activity of key enzymes such as superoxide dismutase (SOD) and catalase, which are involved in combating oxidative stress. Additionally, Swarna Bhasma has shown promising results in restoring enzymatic parameters and protecting against ischemic brain damage.

The branch of Rasa Shastra developed a meticulous and systematic approach to purifying gold for safe internal usage. This evolution ensured that gold underwent rigorous examinations and met stringent standards before being deemed fit for pharmaceutical purposes. Strict dosages and anupanas (vehicle substances) were meticulously prescribed by Ayurvedic vaidyas, ensuring calculated and careful administration for both adults and children. Ayurveda has embraced the golden touch in various formulations such as Saraswatharishtam, Vasanta Malati Rasa, and Brahma Rasayana have found their place in addressing ailments like kasa (cough), swasa (asthma), kshaya (emaciation), vatarakta (gout), pandu (anemia), unmada (psychosis), and apasmara (epilepsy). The ancient wisdom of Ayurveda embraces gold as a valuable ally in the battle against these afflictions.

Studies have showcased its remarkable ability to limit adhesions and infiltration of monocytes in

synovium. By inhibiting E-selectin/prostaglandin synthesis by epithelial cells, gold exhibits promising anti-inflammatory properties. Furthermore, recent investigations on Zebrafish exposed to gold nanoparticles have revealed alterations in genome sequences, DNA repair, detoxification processes, apoptosis, and mitochondrial metabolism. These discoveries illuminate the potential of nanotechnology in unraveling the efficacy and pharmacokinetics of gold in biomedicine.

Forging a golden path

As the world grapples with the daunting challenges posed by deadly and incurable diseases, a glimmer of hope emerges from the union of Ayurvedic wisdom and the forefront of scientific innovation. With gold as our guiding light and nanotechnology as our steadfast ally, we stand on the precipice of a medical revolution that promises to reshape the landscape of healthcare in the face of the upcoming health crisis.

In this new frontier, the remarkable precision and targeted delivery offered by nanotechnology enable the utilization of gold nanoparticles as potent vehicles for diagnosis, treatment, and even prevention. Through their minuscule size and remarkable surface properties, gold nanoparticles can traverse the intricate pathways of the human body, reaching the very core of disease with unparalleled accuracy.

Gold, once revered for its shimmering beauty and economic significance, has found a new purpose in health. With its integration into therapeutic formulations, the yellow metal stands as a testament to the timeless wisdom of ancient scholars. As we uncover the potential of gold in addressing future health crises, rigorous research and scientific advancements must be coupled with utmost care in purification and administration. Let's brace ourselves to witness the marriage of time-honoured traditions and futuristic advancements to reshape the boundaries of healing.

*Author: **Dr K Nimisha Narendran** excelled as a 3rd ranked post graduate from the prestigious Government Ayurveda College, Thiruvananthapuram. A Gold medalist with a trail of triumphs in various scientific paper presentations. Having the passion for research and writing, fuels her quest to bridge the gap between Ayurveda and Modern Science.*

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



CHANDRAHASAN MENON
Hospital Director

Touch that heals

Saham Ayurveda Hospital and Health Center, Oman's first In-Patient Ayurvedic Hospital is planning to increase their IP bed capacity from 70 to 100 beds and expand the OP facilities by 2024 to meet rising demand, especially from GCC states such as Saudi Arabia, Kuwait, Qatar, and UAE, says Chandrahasan T. Menon, Hospital Director.

Saham Ayurveda Hospital and Health Center, the first Ayurvedic Hospital in Oman and the GCC, has been at the forefront of integrated rehabilitation programmes across 15 specialties, including post-stroke management, brain and spine injuries, and developmental delay in children such as cerebral palsy and autism.

The 50,000-sq.m hospital, which opened in Saham near Sohar in 2021, offers a diverse range of ayurveda, physiotherapy, speech therapy and wellness programmes for GCC nationals, besides citizens and residents of Oman.

The hospital management is planning separate pavilions to provide

comprehensive Ayurveda rehabilitation services to patients from each GCC state. Multiple high-class restaurants, leisure areas, small hypermarket, men and women's prayer areas, hydrotherapy pools for males and females, apart from upgrading the existing facilities within the hospital premises, are also being planned.

The hospital provides specialty treatments for arthritis, cervical and lumbar spondylosis, inter vertebral disc prolapse, rheumatic disorders, dermatological disorders, and neurodegenerative disorders. It is equipped with multi-disciplinary physiotherapy and rehabilitation equipment under a skilled in-house medical team from India, in addition to comprehensive authentic ayurvedic treatments. The hospital also has a clinic in Muscat at Al Sarooj, Shatti Al Qurum, that provides all integrated ayurvedic/physiotherapy/speech therapy and wellness treatments. The clinic is also planning to expand the speech therapy area into multiple services by integrating speech, occupational and behaviour therapies.

To cater to residents of Muscat and other areas of Oman, the hospital management plans to set up a kiosk in Oman Avenues Mall to enable people to know about the hospital and the services it offers. The Centre provides wellness programmes that include post-delivery care, menopausal care for women, lifestyle clinic, slimming, beauty care, and anti-aging programmes. The hospital has achieved over 30 per cent Omanisation giving Omanis priority to occupy key positions.

Chandrabhasan T Menon, a veteran with four decades of experience in Oman, says that setting up an IP Ayurvedic Hospital was a tough



task. Many are even now unaware that ayurveda can treat arthritis, sports injuries, skin diseases, and stroke through a comprehensive rehabilitation programme.

"We provide customised treatment to patients based on their needs. With the facilities available in Oman, GCC residents need no longer go elsewhere for post-rehabilitation programmes. Our vision is to touch lives in Oman with world-class care and exceptional services using the holistic approach of ayurveda," he says.



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Rasayana: The Key to Overall Well-being



Dr. Lakshmi P N, MD
Rasa Shaastra and Bhaishajya Kalpana

Rasa Shaastra, an integral branch of Ayurveda, deals with the preparation and therapeutic application of herbo-mineral formulations, known as Rasaushadhis.

These formulations are widely used in Rasayana treatment, a specialized branch of Ayurvedic medicine that aims to promote longevity, rejuvenation, and overall well-being. A look at the practice of Rasa Shaastra in Rasayana treatment, including its historical background, principles and methods

Rasayana therapy is one of the eight branches of Ayurveda, and it focuses on promoting longevity, rejuvenation, and overall well-being. Rasasastra, the science of mercury and mineral preparations, plays a crucial role in the development of Rasayana formulations. These formulations, known as Rasaushadhis, are prepared through complex and systematic processes involving the purification and combination of various herbs, minerals and metals.

Principles of Rasa Shastra is based on the principles of Ayurveda, which emphasize the balance of the three doshas (vata, pitta and kapha) and the maintenance of health through a holistic approach. The preparation of Rasaushadhis involves intricate processes that aim to transform the raw materials to potent and bioavailable forms, while mitigating potential toxicity.

Concepts of purification of metals and minerals

Metals and minerals in their crude forms are heavy, non absorbable toxic substances. Pharmaceutical techniques like sodhana (purification), marana (calcination) and jarana (oxidation) pave a way to convert crude metals to very fine bhasma form completely removing the toxicity, improving the absorption and therapeutic efficacy of medicine. These therapeutic bhasma has no specific taste, required only in a very small dose and are also quick acting. In the process of bhasmeekarana the changes occur from gross form to micro form enhancing the therapeutic properties. Different stages in bhasmikanrana bring about wide range of changes in their particle size, from finer to finest.

Methods of Rasaushadhi preparation

The preparation of Rasaushadhis involves several stages, including

- 1. Shodhana (Purification):** This process involves the purification of raw materials, such as metals, minerals and herbs, to remove impurities and reduce toxicity.
- 2. Marana (Incineration):** This step involves the conversion of purified materials into ash or calcined form through controlled heating processes, enhancing their bioavailability and therapeutic potency.

3. Bhavana (Levigation): In this stage, the purified and incinerated materials are triturated with specific herbal juices or other liquids to enhance their therapeutic properties and bio-availability.

4. Formulation: The purified, incinerated and levigated materials are then combined in specific proportions, following traditional Ayurvedic texts, to create the final Rasaushadhi formulation.

Applications in Rasayana treatment

Rasaushadhis are widely employed in Rasayana treatment for various purposes, including:

- 1. Rejuvenation:** Certain Rasaushadhis are believed to possess rejuvenating properties, promoting longevity and overall well-being.
- 2. Immunomodulation:** Some formulations are used to enhance the body's immune system and improve resistance against diseases.
- 3. Metabolic disorders:** Rasaushadhis are employed in the management of metabolic disorders, such as obesity, diabetes, and thyroid imbalances.
- 4. Neurological conditions:** Certain formulations are believed to have neuroprotective and cognitive-enhancing properties, beneficial for conditions like Alzheimer's disease and Parkinson's disease.
- 5. Musculoskeletal disorders:** Rasaushadhis are also used in the management of musculoskeletal disorders, such as arthritis and osteoporosis.



Some commonly used Rasa Shaastra formulations in Rasayana treatment:

1. *Swarna Bhasma (Calcined Gold) :*

Swarna Bhasma is one of the most widely used and highly revered Rasaushadhis in Rasayana therapy. It is believed to possess rejuvenating, immunomodulatory, and adaptogenic properties. Swarna Bhasma is prepared by extensive purification and calcination of gold.

2. *Abhrak Bhasma (Calcined Mica) :*

Abhrak Bhasma is a mineral-based formulation prepared from purified and calcined mica. It is commonly used in Rasayana treatment for its reported benefits in promoting longevity, enhancing memory, and improving overall well-being.

3. *Tamra Bhasma (Calcined Copper) :*

Tamra Bhasma is prepared from purified and calcined copper. It is used in Rasayana therapy for its potential benefits in improving digestion, metabolism, and overall vitality.

4. *Parada (Mercury) Formulations :*

Various purified and processed forms of mercury, such as Parada Bhasma, Rasaparpati, and Kupi Pakva Rasayana, are used in Rasayana treatment for their reported benefits in promoting longevity, rejuvenation, and enhancing overall health.

5. *Loha Bhasma (Calcined Iron) :*

Loha Bhasma is prepared from purified and calcined iron. It is commonly used in Rasayana therapy for its potential benefits in managing anemia, improving blood quality and enhancing overall vitality.

6. *Rajat Bhasma (Calcined Silver) :*

Rajat Bhasma is prepared from purified and calcined silver. It is believed to possess rejuvenating and immunomodulatory properties and is used in Rasayana treatment for overall well-being.

7. *Vanga Bhasma (Calcined Tin) :*

Vanga Bhasma is prepared from purified and calcined tin. It is used in Rasayana therapy for its potential benefits in managing metabolic disorders, promoting longevity, and enhancing overall vitality.

8. *Naga Bhasma (Calcined Lead) :*

Naga Bhasma is prepared from purified and calcined lead. It is used in Rasayana treatment for its reported benefits in managing musculoskeletal disorders, such as arthritis and osteoporosis.

9. *Yogendra Rasa :*

Yogendra Rasa is a complex formulation containing purified and processed forms of mercury, gold, and various herbs. It is believed to possess rejuvenating and aphrodisiac properties and is used in Rasayana treatment for overall well-being.





Safety Considerations

While Rasaushadhis are considered safe when prepared and administered under the guidance of qualified Ayurvedic practitioners, there are potential risks associated with their use. Improper preparation, dosage, or administration can lead to adverse effects, including toxicity. It is essential to follow strict safety protocols and consult qualified practitioners for the appropriate use of Rasaushadhis.

The practice of Rasa Shaastra in Rasayana treatment is a complex and ancient tradition that combines the principles of Ayurveda with the knowledge of mineral and metal preparations. Rasaushadhis, prepared through intricate processes, are believed to possess potent therapeutic properties and are widely used in various Rasayana treatments. However, their preparation and administration require expert guidance and adherence to safety protocols to mitigate potential risks.

10. Rasa Parpati :

Rasa Parpati is a type of Rasaushadhi formulation containing purified and processed forms of mercury, along with various herbs and minerals. It is used in Rasayana therapy for its potential benefits in promoting longevity, rejuvenation, and overall well-being.

It is important to note that these formulations should be prepared and administered under the guidance of qualified Ayurvedic practitioners, as improper preparation or administration can lead to adverse effects and toxicity.

Author: **Dr. Lakshmi P N** demonstrates exceptional compassion in Ayurvedic principles, medicinal preparation, quality control, and treatment modules. Her enthusiasm for exploring innovative treatment modalities in Ayurveda is evident, always adhering strictly to Classical references. She currently holds the position of Medical Officer at Illom Ayurveda Hospital Thanneermukkom, Alappuzha. Contact: +91 9400956267

Poly Scientific Ayurveda (PSA): A Holistic Solution for Lifestyle Diseases



Dr Ravishankar Polisetty

The demand for integrated medical treatment blending traditional Indian treatment systems such as Ayurveda and modern medicine has been in place for a long time. But it has not been given a serious thought by the authorities so far. Recently, Dr Ravishankar Polisetty, a well-known cardiologist and strong supporter of integration of modern medicine and Ayurveda said he has developed an integrated treatment system called Poly Scientific Ayurveda (PSA) that is highly effective in treating lifestyle diseases.

Dr Ravishankar Polisetty is a Cardiac Surgeon turned Translational Ayurvedic researcher and a member of various cardiac surgery associations across the world. Even during his days of acquiring



medical education, he realized that personalized medicine remains one of the important problems in modern medicine and having been influenced by the teachings of Sri Sathya Sai Baba even during the days of his schooling, he picked up Sanskrit, learnt original Ayurvedic scriptures and realized that Ayurveda is a very advanced form of Mathematical biology and invented a new form of clinical biotechnology, Poly Scientific Ayurveda, by putting in many years of work into translational research of Ayurveda.



He was the first in the world to demonstrate regeneration of heart tissue in experimental animal models of MI (Heart attack) and had lectured in many universities world over and authored over 100 scientific publications and holds several patents. Dr Polisetty says that the traditional wisdom of Ayurveda and modern medical advancements can be combined to address obesity.

Cardiovascular disorders continue to be the major cause of mortality, representing about 30 per cent of all deaths worldwide. The National Library of Medicine reports that in India, hypertension, diabetes mellitus, dyslipidemia, obesity as well as cardiovascular diseases are on the rise due to unwholesome food habits and unhealthy lifestyle patterns.

Of these, obesity is one of the key concerns among lifestyle-related diseases globally. According to the World Health Organisation (WHO), worldwide adult obesity has more than doubled since 1990, and adolescent obesity has quadrupled in 2024. The situation also calls for holistic solutions to prevent and manage obesity. In this context, a lot of attention is now being paid to. Poly Scientific Ayurveda (PSA), which blends traditional Ayurvedic wisdom and modern medical science to tackle lifestyle maladies.

“The concept of obesity in Poly Scientific Ayurveda (PSA), underscores the intricate interplay between Ayurvedic doshas and metabolic processes. Individual metabolic characteristics influenced by Vata, Pitta, and Kapha doshas dictate responses to diets and regimens.

For instance, Vata-dominant individuals may accumulate fat due to mobility and excitability, while Kapha-dominant individuals tend to gain weight easily and benefit from light, low-glycemic foods. Pitta individuals with a hyper metabolic state may accumulate fat to balance their increased metabolic rate. This necessitates personalized obesity management strategies, diverging from generic approaches.” says Dr Polisetty.

He says that Ayurveda has already proven its ability to manage lifestyle diseases through well-calibrated diet plans, detoxification, bio-purification procedures like Panchakarma and various rejuvenation therapies, for the mind and body.

“With the growing acceptance of PSA all over the world, we must consider blending the holistic approach of Ayurveda, which focuses on the physical, psychological, and spiritual well-being of the patient, with modern science and technological advancements. This can help in developing healthier and more accurate solutions for preventing excess fat in the human body, which is a major cause of obesity,” adds Dr Polisetty.

Dr Ravishankar Polisetty is a researcher with unique and versatile professionalism. He is not only a renowned Cardiovascular Surgeon and Naturopath but also a Data Scientist, python programmer and has extensive knowledge on Sanskrit scriptures.

Living by Yama Niyamas: A Path Towards Grace



Jayadevan AP
(Editorial Co-ordinator)



The Yogasutras of Patanjali, a seminal text in the realm of yoga, delineates the eight limbs of yoga which act as a roadmap for leading a purposeful and meaningful life. Within these eight limbs, the Yama and Niyama stand out as essential principles governing ethical behavior and moral conduct towards oneself and others. Yamas encompass universal practices that dictate our interactions with the external world, emphasizing values such as non-violence, truthfulness, and non-stealing. Conversely, Niyamas are personal observances that center on self-discipline and spiritual growth, encompassing ideals like purity, contentment, and self-reflection. Embracing and embodying these principles can pave the way for a more balanced existence, nurturing inner peace and societal well-being. This essay will further explore the Yama Niyamas as expounded in The Yogasutras of Patanjali, shedding light on their significance and applicability in the contemporary world.

The Yamas, which consist of five ethical principles, serve as a moral guide for individuals to navigate their interactions with the external world. Ahimsa, the first Yama, highlights the importance of non-violence in all aspects of life. This principle encourages practitioners to develop compassion and kindness towards all beings, fostering harmony and understanding. Satya, the second Yama, stresses the significance of truthfulness. By practicing honesty and authenticity in communication and actions, individuals can establish trust and integrity within themselves and their relationships.

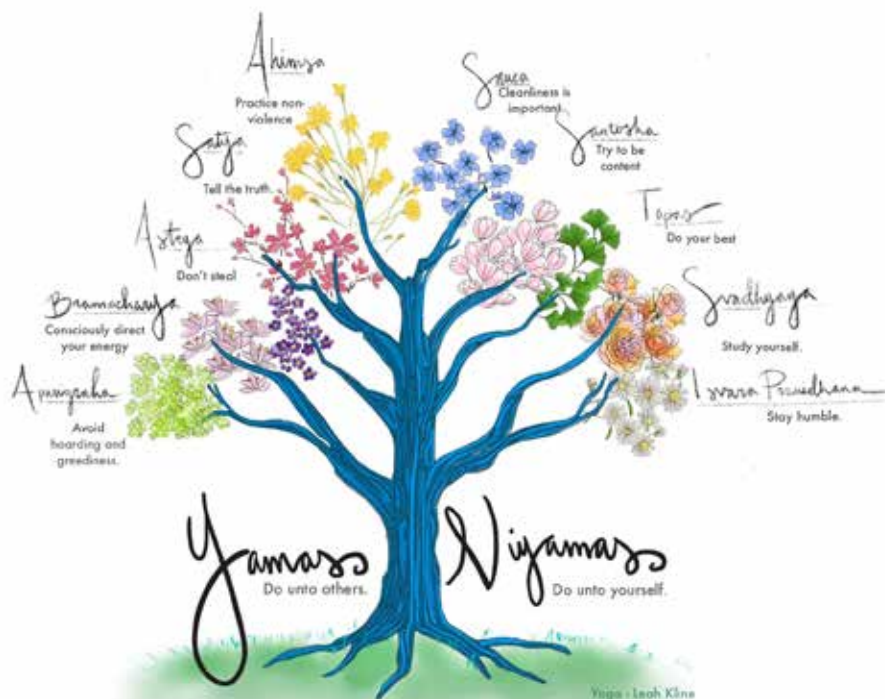
Asteya, the third Yama, centers on non-stealing, not only in terms of material possessions but also in thoughts and energy. Cultivating contentment with what one has and respecting the boundaries of others promotes a sense of abundance and gratitude. Brahmacharya, the fourth Yama, focuses on moderation and the responsible use of energy, particularly in the context of sensual pleasures. By directing one's vital force towards higher pursuits and self-improvement, individuals can harness their inner strength and focus. Aparigraha, the fifth Yama, advocates for non-possessiveness and detachment from material desires. Releasing greed and excessive attachment enables individuals to liberate themselves from the burdens of consumerism and ego-driven desires, leading to a more fulfilling and liberated existence. Embracing these Yamas not only shapes one's character but also nurtures a sense of social

responsibility and interconnectedness with all beings.

The Niyamas, which go beyond the Yamas, consist of five personal observances that serve as a guide for individuals in their journey towards self-discipline and spiritual development. Saucha, the initial Niyama, highlights the importance of cleanliness and purity, not only in a physical sense but also in thoughts and intentions. By maintaining a clear and uncluttered environment, both internally and externally, individuals can foster a sense of clarity and concentration. Santosha, the second Niyama, focuses on contentment and finding joy in the present moment. Practicing gratitude for what one has, rather than dwelling on what is lacking, promotes inner peace and fulfillment.

Tapas, the third Niyama, involves self-discipline and perseverance in the pursuit of one's goals and aspirations. By cultivating resilience and determination, individuals can overcome challenges and achieve personal growth. Svadhyaya, the fourth Niyama, encourages self-reflection and introspection through the study of sacred texts and personal experiences. This practice of self-inquiry leads to increased self-awareness and spiritual growth. Ishvara Pranidhana, the fifth Niyama, centers around surrendering to a higher power or divine consciousness. By letting go of control and ego-driven desires, individuals can find comfort in something greater than themselves, fostering humility and a sense of interconnectedness with the universe. Integrating these Niyamas into daily life not only nurtures personal well-being but also deepens one's spiritual connection and understanding of the self.

The Yama Niyamas, as outlined in The Yogasutras of Patanjali, provide a comprehensive roadmap for individuals who aspire to live a





purposeful and ethical life. By embodying principles such as non-violence, truthfulness, non-stealing, moderation, non-possessiveness, cleanliness, contentment, self-discipline, self-study, and surrender to a higher power, practitioners can achieve a harmonious balance between their inner and outer worlds. These principles not only shape one's character but also have a broader impact on society.

When individuals practice the Yama Niyamas, they contribute to a more compassionate and just world, where honesty, respect, and self-awareness are highly valued. Moreover, by embracing these ethical and moral guidelines, individuals can navigate life's challenges with grace and resilience, fostering personal growth and spiritual evolution. The Yama Niyamas offer a timeless framework for conscious and authentic living, transcending cultural and religious boundaries to resonate with people from all walks of life. As we delve deeper into the teachings of The Yogasutras of Patanjali, let us contemplate

how we can integrate these principles into our daily lives, not only for our own well-being but also for the betterment of humanity as a whole.

In today's rapidly changing and interconnected world, the principles of Yama and Niyamas are highly relevant and significant. In a society where stress, distractions, and societal pressures are on the rise, incorporating these ethical guidelines into our daily lives can offer a sense of stability and direction. The Yamas encourage us to practice compassion, honesty, integrity, and self-control in our interactions with others, fostering deeper connections and understanding. In a world where conflict and discord are prevalent, the principle of non-violence becomes a powerful tool for promoting peace and harmony. By embracing truthfulness and non-stealing, individuals can establish trust and mutual respect within their communities, laying the groundwork for a more united and empathetic society.

Furthermore, the Niyamas provide a roadmap for personal growth and self-discovery in a world full of distractions and material temptations. Embracing cleanliness, contentment, self-discipline, self-reflection, and surrender to a higher power enables individuals to nurture inner peace, resilience, and spiritual fulfillment amidst life's challenges. As the pace of modern life quickens and technological advancements reshape human interactions, the timeless wisdom of The Yoga Sutras of Patanjali acts as a

guiding beacon, emphasizing the importance of ethical behavior, self-awareness, and connection to something greater than ourselves. By integrating the Yamas and Niyamas into our lives, we not only improve our well-being and relationships but also contribute to a more compassionate, balanced, and harmonious world for both current and future generations to flourish.

To summarize, the Yama Niyamas presented in The Yogasutras of Patanjali provide a profound framework for ethical living and spiritual development. By embracing principles such as non-violence, truthfulness, moderation, cleanliness, contentment, self-discipline, and surrender to a higher power, individuals can cultivate inner peace, integrity, and a sense of interconnectedness with the world. These teachings are timeless and transcend cultural and religious boundaries, resonating with truth-seekers and wise individuals throughout generations. In the face of the complexities of modern life, the Yama Niyamas serve as guiding principles that enable us to navigate challenges with grace, compassion, and resilience. By integrating these ethical guidelines into our daily lives, we not only improve our personal well-being but also contribute to a more harmonious and compassionate society. Let us embrace the wisdom of Patanjali's Yogasutras and strive to embody the Yama Niyamas in our thoughts, words, and actions, fostering a world where kindness, honesty, and self-awareness are cherished above all else.

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Understanding the Essence of Wellness in Ayurveda

In the ancient Indian system of medicine known as Ayurveda, the concept of wellness holds immense significance. Ayurveda views wellness as a delicate equilibrium between the body, mind, and spirit, where every aspect of an individual harmonizes with the natural rhythms of the universe. This comprehensive approach to health prioritizes prevention over cure and strives to enhance overall well-being through proper diet, lifestyle choices, and daily routines.

According to Ayurveda, achieving wellness hinges upon maintaining a balance among the three doshas – Vata, Pitta, and Kapha. These doshas represent the elemental forces that govern both physiological and psychological functions within the body. When these forces are in harmony, an individual experiences robust health and vitality. Conversely, imbalances can pave the way for illness and disease. By understanding their unique constitution, or Prakriti, individuals can make informed decisions regarding their diet and lifestyle to uphold optimal health.

Ayurveda goes beyond perceiving wellness as mere absence of disease; it perceives it as a state of vibrant health and vitality. It acknowledges the interconnectedness of the body, mind, and spirit, emphasizing the significance of maintaining harmony in all aspects of life. This encompasses not only physical well-being but also mental and emotional wellness. Practices like meditation, yoga, and pranayama are highly recommended to foster mental clarity and emotional equilibrium.

Ayurveda places great importance on the concept of dinacharya, or daily routine. By following a consistent daily schedule, individuals can help balance their doshas and support their overall well-being. This includes rising early, engaging in self-care rituals like oil massages, and eating meals at regular intervals. Establishing healthy daily habits can aid the body's natural healing processes and prevent illness.

In addition to daily routines, diet plays a crucial role in Ayurvedic wellness. Food is viewed as not just sustenance, but also as medicine for the mind and spirit. Consuming a well-balanced diet that aligns with one's dosha can contribute to optimal health and vitality. Ayurveda also stresses the importance of mindful eating practices, such as dining in a peaceful setting and thoroughly chewing food for better digestion.

Swastha Vritta (Healthy Lifestyle):

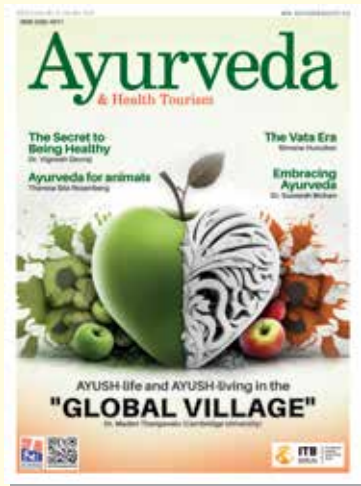
Swastha Vritta is a concept in Ayurveda that emphasizes the importance of maintaining a healthy lifestyle to prevent diseases and promote overall well-being. It includes daily routines, dietary guidelines, and behavior recommendations that help maintain balance in the body and mind. Swastha Vritta focuses on practices such as proper sleep, regular exercise, balanced diet, stress management, and maintaining a positive outlook on life. By following Swastha Vritta, an individual can enhance their health, immunity, and longevity according to Charaka Samhita.



Exercise is another essential element of Ayurvedic wellness. While the type and intensity of physical activity should be personalized based on one's dosha, regular exercise is recommended to boost circulation, aid digestion, and enhance overall health. Activities like yoga, walking, and swimming are all beneficial for maintaining wellness in Ayurveda.

In summary, the essence of wellness in Ayurveda revolves around achieving equilibrium and serenity in every facet of existence. Through a deep comprehension of their individual makeup, individuals can consciously select the most beneficial dietary, lifestyle, and daily regimen choices to enhance their overall health and vigor. Ayurveda perceives wellness as a comprehensive state of existence, where the body, mind, and spirit of an individual are harmoniously synchronized with the cosmic rhythms. By adhering to the fundamental principles of Ayurveda and integrating its methodologies into their daily routines, individuals can attain a pinnacle of robust health and flourishing well-being.

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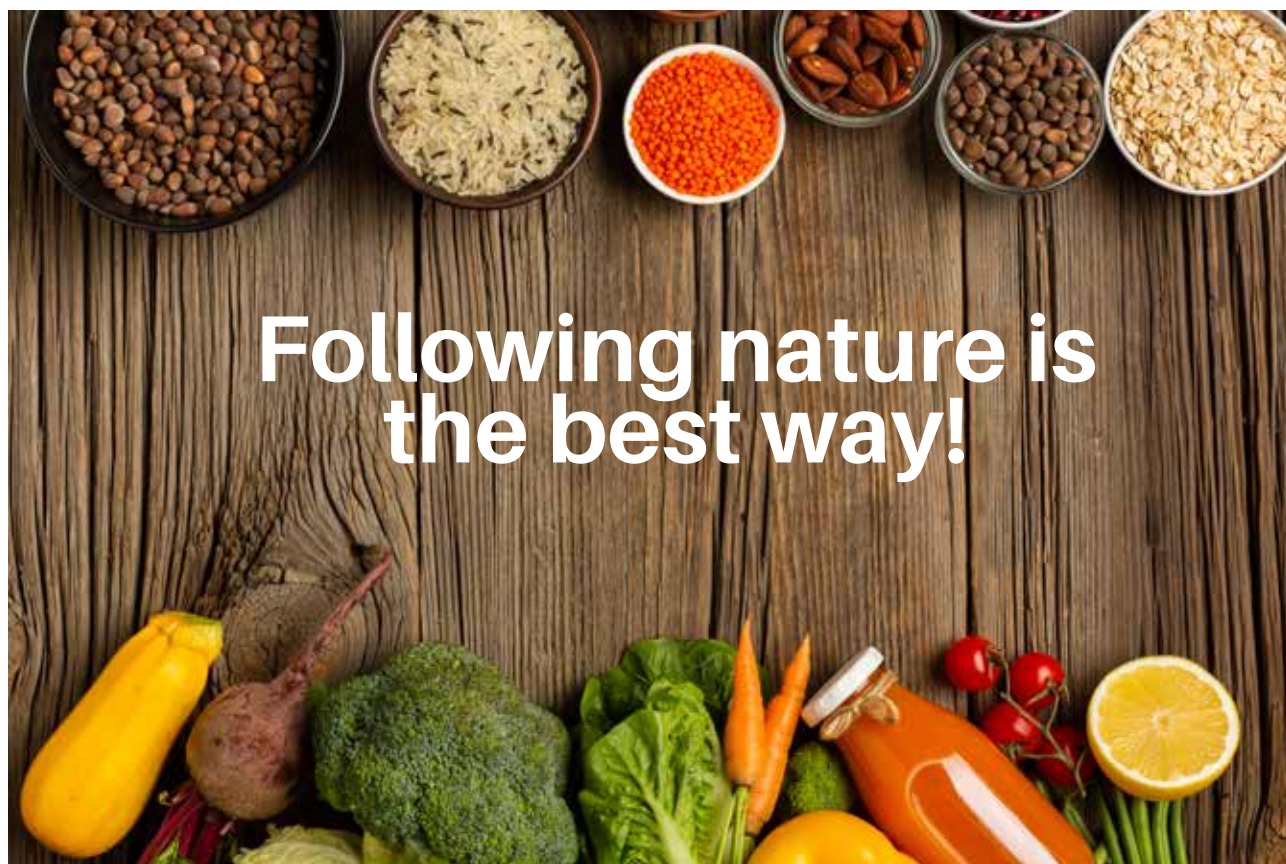
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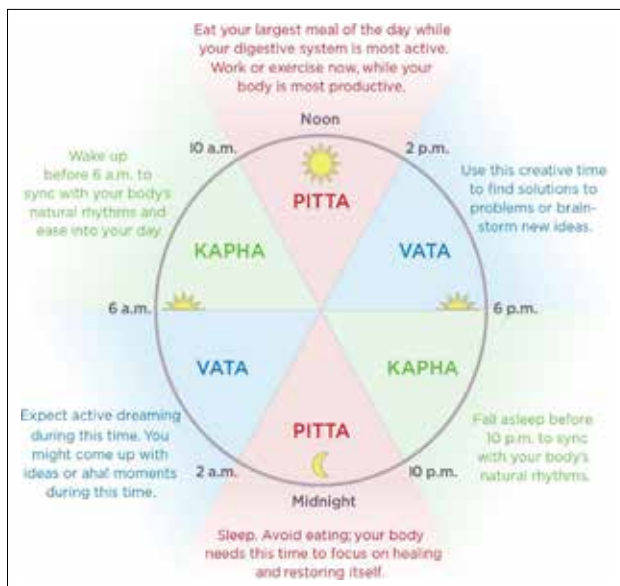


Following nature is the best way!

According to Ayurveda, we are like a tiny reflection of Mother Nature herself. In order to live in harmony, Ayurvedic principles advise us to synchronize our daily activities such as eating, sleeping, exercising, resting, and working with the natural rhythms of the Earth. This also means respecting the Ayurvedic doshas. For instance, during the lunch hour, when the sun is at its peak intensity, our agni (digestive fire) is also at its strongest. Therefore, it is wise to make lunch our main meal, as it will be effortlessly digested, metabolized, and transformed. Here are a few passages from the book 'Ayurveda Made Easy' by Heidi E. Spear, which enlighten us on how we can harmonize ourselves with the natural rhythm.

Follow Nature's Clock

The natural clock mirrors the doshas, just like you. From 2 a.m. to 6 a.m., it's Vata time; from 6 a.m. to 10 a.m., it's Kapha time; from 10 a.m. to 2 p.m., it's Pitta time; from 2 p.m. to 6 p.m., it's Vata time again; from 6 p.m. to 10 p.m., it's Kapha time once more; and from 10 p.m. to 2 a.m., it's Pitta time again. These time periods influence you based on their respective qualities. When your constitution aligns with the current time, those qualities will have a stronger impact on you. However, everyone is influenced by nature's clock, so there are general guidelines for waking up, having your heaviest meal, and going to bed.



to be mindful of your interactions with others and the activities you engage in between 10 a.m. and 2 p.m. During this period, your fiery qualities can be easily exacerbated by the time of day.

The Vata time spans from 2 p.m. to 6 p.m. During this period, individuals with Pitta and Kapha constitutions can effectively engage in work and mental activities. However, if you primarily have a Vata constitution, it is important to be mindful during these hours. Take necessary steps to feel grounded and consider taking breaks from work. Utilize this time to meditate and if possible, take a short nap. Enjoy a cup of hot tea and make sure to allocate some time for relaxation during these hours.

Keeping a Schedule

It is ideal to wake up in a natural manner. By allowing the entrance of natural light into your bedroom, you can awaken to it and maintain harmony with nature. According to Ayurveda, it is advised to rise before 6 a.m. (or sunrise) to avoid waking up during the kapha time.

During the Kapha time, which is from 6 a.m. to 10 a.m., it is ideal to engage in your morning routine as the earth and water qualities of kapha help in lubricating the joints and promoting movement. If you have a predominant kapha constitution, it is beneficial to incorporate some form of physical activity in the morning (between 6 a.m. and 8 a.m.), such as yoga poses or a brisk walk or run, before having breakfast. Have a light breakfast around 8 a.m. and then start your work around 9 a.m. For pitta individuals, begin with a calming morning routine, followed by yoga poses or a run before breakfast. Have breakfast around 7 or 8 a.m. and then start your regular work activities around 9 a.m. after enjoying a leisurely breakfast. If you are predominantly vata, maintain a sense of calm throughout the morning while following your routine, and eat your breakfast slowly. Commence your workday around 10 a.m.

Following the kapha time, the pitta time begins. It is advisable to consume your largest meal during lunchtime, as this is when the pitta qualities of nature are at their peak. Regardless of your dosha, this is the ideal time to have a substantial meal. If you have a predominant pitta dosha, it is important



The period of Kapha energy is from 6 p.m. to 10 p.m. It is an ideal time to enjoy a relaxed dinner, start to relax after a long day, and let the grounding Kapha energy help you wind down for bedtime. It is recommended for everyone to aim to sleep by 10 p.m. during this Kapha time.

- From the Book '*Ayurveda Made Easy*' by **Heidi E. Spear**



Sun protection and sunscreens



Shahnaz Husain

Exposure to the sun leads to sun tan, sun burn and many other effects. Apart from tanning, the skin is exposed to harmful ultraviolet rays of the sun, which has several long-term effects, like early formation of lines and wrinkles on the skin. Sun-exposure can also lead to dark spots or patches. Renowned beauty expert Shahnaz Husain explains how to protect skin from the damages caused by UV rays of the sun

The skin must be protected with a broad-spectrum sunscreen, which provides protection from both UV-A and UV-B rays of the sun. What are UV rays? The sun gives off ultraviolet rays. We divide them into categories based on the wavelength. There are UV-A, UV- B and UV-C rays. Of these, UVC rays are almost completely absorbed by the ozone layer and do not affect the skin. UVB affects the outer layer of skin and is mainly responsible for sunburns. It is the most intense between the hours of 10:00 am and 2:00 pm when the sunlight is brightest. UVA rays were once thought to have a minor effect on skin damage, but now studies are showing that UVA is a major contributor to skin damage.

Sun exposure can also cause loss of moisture from the skin. However, most sunscreens have built-in moisturizers. So, it is not necessary to apply both moisturizer and sunscreen, unless the skin is very dry.

So what is the answer? At the moment, physical protection is the answer. This can be done by applying a broad-spectrum sunscreen. A sunscreen is a product which forms a protective cover between the skin and the sun's rays, while a broad-spectrum sunscreen is one which provides protection from both UV-A and UV-B rays of the sun. Both UVA and UVB radiation can cause skin damage, including premature ageing signs. There are many other effects.

The SPF also must be considered before selecting the sunscreen. SPF is Sun Protection Factor and it is denoted by a number, which should be mentioned on the label. SPF is related to duration of sun-exposure and also to individual skin-sensitivity. For most skins, SPF of 20 to 25 should be adequate. However, sun-sensitive skins that are prone to allergic reactions, redness, or dark spots and patches, should opt for a higher SPF of 30 or 40. In fact, SPF 60 is also available.



Your sunscreen should be according to skin type. Sunscreens and sun-blocks are available in both lotion and cream forms. Sun-exposure causes loss of moisture from the skin, leading to dryness. Most sunscreens have built-in moisturizers. However, if the skin is very dry, you may apply the sunscreen, wait for a few minutes and then apply a moisturizer, or apply a sunscreen cream. A normal to oily skin may need an oil-free sunscreen gel, so that the pores do not get clogged and lead to acne.

You may ask, "What is the difference between Sun-blocks and Sunscreens?" Sun-block contains ingredients that act as a barrier between your skin and UV rays by reflecting them, while a Sunscreen absorbs the UV rays before they can damage the skin's inner layer. A sun-block product may leave a whitish residue or effect, as one sees on sportsmen and athletes.

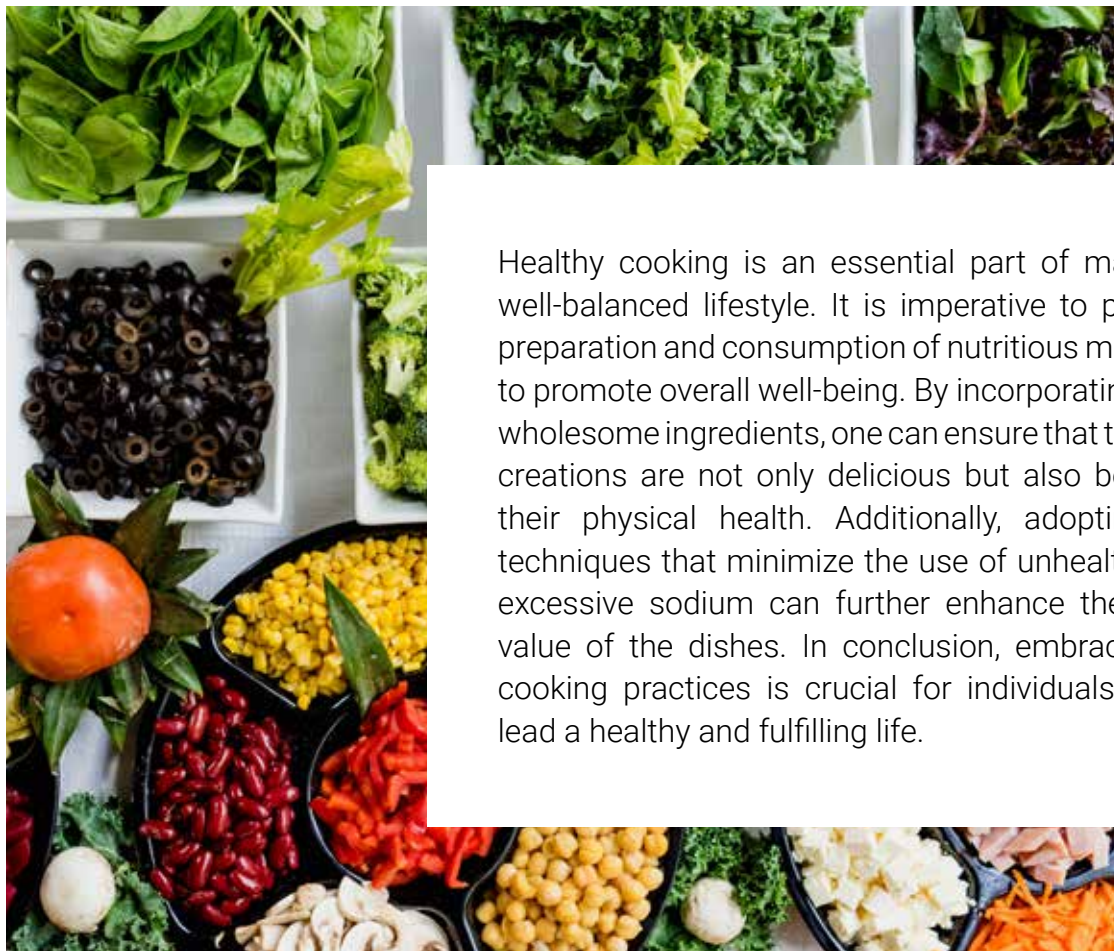
As already mentioned, sun exposure can cause loss of moisture from the skin. However, most sunscreens have built-in moisturizers. So, it is not necessary to apply both moisturiser and sunscreen, unless the skin is very dry. It is essential to apply sunscreen, not only on the face, but also on all exposed areas. The back of the neck and arms are extremely vulnerable to sun damage too. The sunscreen should be applied about 20 minutes before sun-exposure. If you happen to be in the sun for more than an hour, you should re-apply the sunscreen. Try to avoid sun-exposure between noon and 3 p.m. Remember to apply sunscreen while swimming, holidaying by the sea or in the hills. Reflective surfaces, like water and snow actually increase the effects of UV rays.

Remember, that even if Time stood still, the sun, by itself, can cause visible ageing signs on the skin.

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

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

Healthy Snacks



Healthy cooking is an essential part of maintaining a well-balanced lifestyle. It is imperative to prioritize the preparation and consumption of nutritious meals in order to promote overall well-being. By incorporating fresh and wholesome ingredients, one can ensure that their culinary creations are not only delicious but also beneficial for their physical health. Additionally, adopting cooking techniques that minimize the use of unhealthy fats and excessive sodium can further enhance the nutritional value of the dishes. In conclusion, embracing healthy cooking practices is crucial for individuals seeking to lead a healthy and fulfilling life.



Divya Neeraj

1. Aliv Ladoo

Aliv (Garden cress) ladoo is a nutritious, immunity boosting dessert. It should be eaten in the winter season or during postpartum period. It should not be eaten during pregnancy.

Gunas: It balances Vata and Kapha dosha

Benefits:

- Reduces hiccups
- Improves strength and immunity
- Cures anemia
- Helps with hair loss

Garden cress seeds contain phytochemicals that resemble oestrogen. So it is used to treat amenorrhea and irregular menstrual cycle. It is also used by nursing mothers to improve breast milk production. It



improves semen and sperm quality and quantity. It is rich in folic acid, iron, Vitamin E, Vitamin A. (Preparation time: 1 hr. cooking time: 15 min.. soak time: 2hrs. Yield 13 ladoos)

Ingredients:

- ▶ 1/4th cup watercress seeds
- ▶ 1/2 cup coconut water
- ▶ 1.5 cups grated fresh coconut
- ▶ 1/2 cup jaggery
- ▶ 1/2 tbsp chopped almonds (optional)
- ▶ 1/8th tsp nutmeg
- ▶ 1 tbsp ghee

Instructions:

Step 1 –Take watercress seeds in a bowl. Add coconut water and mix well. Coconut water gives a nice flavor to ladoos. You can use regular water too. Cover and rest it for 2 hours.

Step 2 – Heat ghee in a pan on medium flame. Add freshly grated coconut, soaked garden cress and jaggery. Mix well and cook on medium heat until the mixture comes together really good and leaves



the sides of the pan. After cooking for about 15 minutes, the mixture will come together. Turn off the gas and add the grated nutmeg to the mixture. Stir well. You can add cardamom powder instead of nutmeg.

Step 3 – When the mixture cools down a little, roll the ladoos. Do not let the mixture cool down completely or the ladoos won't be rolled. This ladoo will remain good at room temperature for 4-5 days. These will remain good in airtight containers in the refrigerator for 8-15 days.

2. Metkut powder



Metkut is a traditional Maharashtrian recipe. It is like a chutney made from grains, dals and spices. It is eaten with hot rice and ghee. This is a light nutritious meal which can be had to recover your taste buds after any sickness/fever. It also tastes good when mixed with yogurt and tempered with mustard-cumin seeds, curry leaves and asafetida. Store it in an air tight container.

Gunas: Good for Vata and Pitta. Easily digestible. Plasma and Blood purifier

Benefits:

- ▶ Metkut is low in calories and high in iron, folate and an excellent source of protein and dietary fibre.
- ▶ Good after any kind of fever. It's a good baby food and good after post-surgery.
- ▶ It helps prevent constipation and other digestive disorders like IBS.
- ▶ It is an excellent source of protein for vegetarians.



- ▶ ½ tsp raw hing / asafoetida
- ▶ 1" dry ginger crushed
- ▶ 1 tsp cumin seeds
- ▶ 1 tblsp coriander seeds
- ▶ ¼ tsp mustard
- ▶ 1 tsp turmeric powder
- ▶ 1 tsp red chilli powder
- ▶ 5/6 peppercorns
- ▶ 1 tsp salt

Instructions:

Step 1 – Dry roasted rice, wheat kernels, moong dal and urad dal separately and transfer them to a plate. Rice should be roasted till they turn bright white or slightly pinkish in color. Wheat kernels should be roasted until they start popping. Moong dal should be roasted until it releases a nice aroma. Urad dal should be roasted until it gets even light golden colour

Step 2 –Keep a pan on a low flame and slightly toast methi seeds, dry ginger, hing, cumin seeds, mustard seeds, coriander seeds and peppercorns for 2 to 3 mins. Switch

off the flame and add turmeric powder, red chilli powder and salt. Transfer it to a plate and mix well with the above roasted ingredients in Step 1.

Step 3 - Let it cool and grind all ingredients together to make a powder. Sieve/strain grinded powder. Healthy and tasty Metkut is ready to serve ■

- ▶ The dietary fibre helps to reduce blood cholesterol levels and lowers the risk of heart disease.
- ▶ It also contains magnesium, a mineral used in building bones and muscles.
- ▶ It helps to boost metabolism and help keep blood vessels healthy.
- ▶ It has antioxidant properties that ease inflammation.

(Preparation time: 15 min. Cooking time: 30 min. Yield 250 gms)

Ingredients:

- ▶ 1 cup roasted chana dal
- ▶ 2 tblsp rice
(Ambemor – short grain rice)
- ▶ 2 tblsp wheat Kernels
- ▶ 2 tblsp moong dal
- ▶ 4 tblsp urad dal
- ▶ ½ tsp Methi

Divya Neeraj, An IT professional turned Ayurvedic enthusiast, Divya Neeraj is on the path of holistic healing and natural living. Embracing the wisdom of ancient India and harmoniously blending it with modern living, she seeks self-discovery through science, philosophy, and the art of mindful cooking. Founder and CEO of Anantaveda, where Divya along with her team harness the power of nature to create holistic health and wellness solutions. Currently she is pursuing an Ayurvedic Practitioners course at Ayurved Sadhana Vidyalyaya, Colorado, USA.



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