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Ayurveda
& Health Tourism

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Ayurveda for Long Covid Recovery

Humanity is at a crossroads with Covid-19 forcing people living everywhere to come to terms with new health realities. Those who were lucky navigated the difficult phase maintaining social distance and taking the vaccine doses as advocated by modern medicine practitioners and governments. If there was a lesson in this ordeal, it was the need for a wide network of primary care facilities in every country with sufficient number of medical and paramedical personnel to offer care and treatment to the worst-hit.

Sadly, however, this global campaign gave little space to ancient medical sciences such as Ayurveda in the fight against Covid-19. Wherever people practiced the time-tested Ayurvedic principles and remedies to protect their immunity, the outcomes were as good as when they opted for Covid-19 vaccines. Of course, there were no heroes, sung or unsung, there. For, it was just people trying to fortify their disease-resistance capabilities the natural way.

But the story is not over yet. Humanity is now confronted with Long Covid, which affects diverse organs. Modern medicine did provide a quick fix, but that may not be the case with Long Covid, which is a condition that can be handled only by a holistic medicinal system like Ayurveda because Ayurveda is about keeping the body attuned to nature, immune to maladies and capable of realising the full potential of every human being.

Few would disagree with the proposition that Ayurveda is the best suited methodology and healthcare practice that can provide relief from the painful imprints left behind by Covid-19 and to ensure that the body is built back to a better shape. It is not about any quick fix, but about the long-term recovery of the body to its pre-Covid state of health and well-being.

The debilitating long-term impact that Covid-19 has both on the physical and psychological condition of individuals calls for remedial and rejuvenation techniques perfected by Ayurveda. Naturally, therefore, this issue of Ayurveda and Health Tourism is dedicated to role that Ayurveda can play in the battle against Long Covid. We have tried to bring in several experts to give their views on diverse ways in which Ayurveda can play a big role globally in providing relief to people suffering from Long Covid. We are confident that the articles and interactions with experts featured here would be of great benefit to our readers.

The issue also has articles that throw light on other aspects of Ayurveda and its relevance in boosting tourism, apart from the regular columns like Grandma's Remedy, Rare Herbs Etc. Let this be your rare collection. Happy reading.

Krishna Kumar K. E.
Editorial co-ordinator

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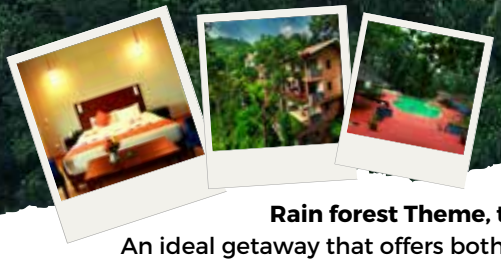
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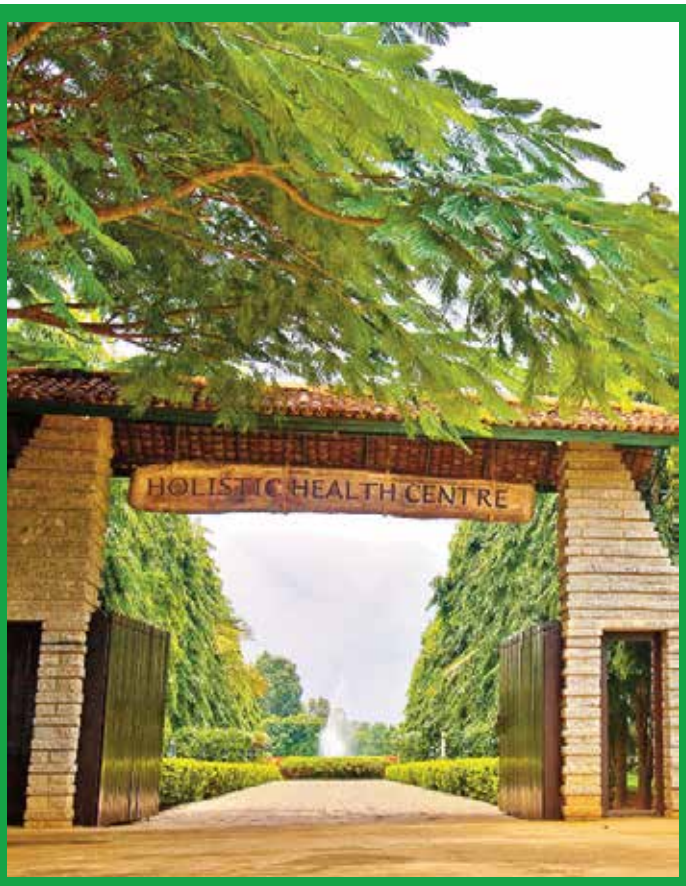


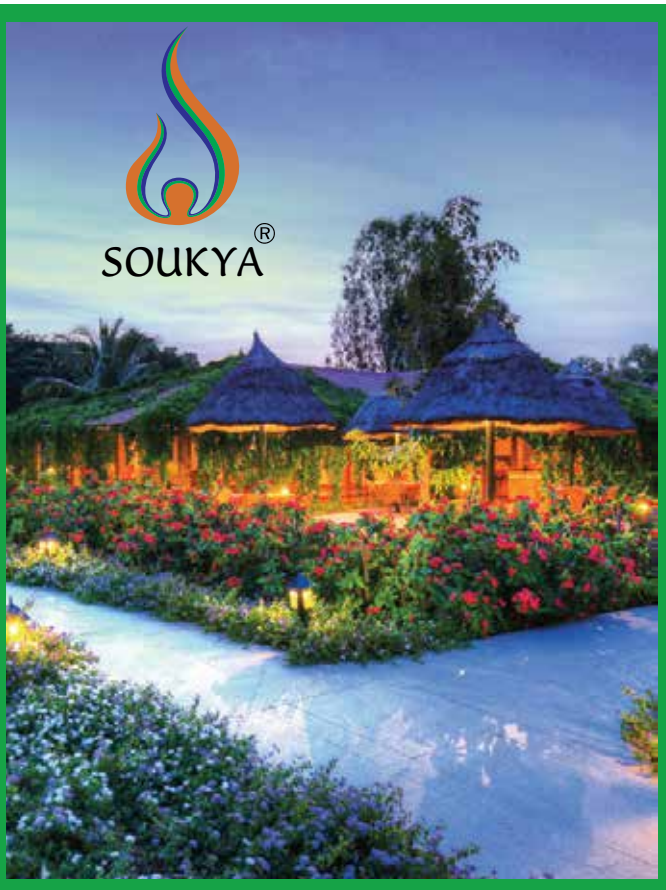














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AYUSH VISA ON THE WAY

Government of India to launch special visa soon for foreigners for Ayush treatment

In a major fillip to medical tourism, the Government of India will introduce a special visa category to facilitate easy travel for foreigners to the country to avail treatment under Ayush methods like Ayurveda and Yoga.

Prime Minister Narendra Modi announced this recently, while inaugurating the Global AYUSH Investment & Innovation Summit in Gandhinagar in Gujarat.

"The role of traditional medicines is increasing the tourism of Kerala. This potential is there in every corner of India. 'Heal in India' can become a big brand in this decade. Wellness centres based on Ayurveda, Unani, Siddha etc. can be very popular," the Prime Minister noted.

To further promote this, the government is taking another initiative for foreign nationals who want to come to the country to take advantage of AYUSH therapy, Modi said. "Soon, India is going to introduce a special AYUSH visa category. This will facilitate people to travel to India for AYUSH therapy," he announced.

The Prime Minister described the unprecedented efforts made in the past years to promote the export of AYUSH products. Emphasis has been laid on mutual recognition of AYUSH drugs with other countries. For this, over 50 MoUs have been entered with different countries in the last few years.

"Our AYUSH experts are developing ISO standards in collaboration with the Bureau of Indian Standards. This





will open a vast export market for AYUSH in over 150 countries," he said.

The government will develop a network of AYUSH parks to encourage the promotion, research and manufacturing of AYUSH products across the country. The parks will give new direction to Ayush Manufacturing in India.

The Food Safety Standards Authority of India (FSSAI) announced a new category named 'AYUSH Aahar' in its regulations last week, Modi said, adding the measure would prove beneficial to the producers of herbal nutritional supplements.

India is also going to make a special AYUSH mark. This mark will be applied to the highest quality AYUSH products made in India. AYUSH mark will be equipped with the provisions of modern technology. "This will give people all over the world the confidence of quality AYUSH products," he added.

The AYUSH Ministry has taken several major steps to encourage startup culture in the field of Traditional Medicines. An incubation center developed by All India Institute of Ayurveda has started full-fledged functioning. Describing the current age, the era of unicorns, the Prime Minister informed that in the year 2022 itself, 14 start-ups from India have joined the Unicorn Club. "I am sure unicorns will emerge from our AYUSH start-ups soon", he hoped.

The production of medicinal plants can be a good means of increasing the livelihood of farmers. Besides, they help in employment generation. Modi highlighted the importance of a facility for the farmers involved in the medicinal plants production to easily connect with the market. For this, the government is working on modernization and expansion of AYUSH e-market place, he said. "India is a treasure trove of herbal plants. It is our 'Green Gold'", he stressed.

The Prime Minister said one of the main reasons behind the prosperity of Ayurveda has been its open source model. Comparing this with the open-source movement in the IT sector, he emphasized that Ayurveda tradition went from strength to strength by sharing of knowledge. He stressed the need to work with the same spirit of open-source, taking inspiration from our ancestors. He hoped that Amrit Kaal of the next 25 years will prove to be the golden period of traditional medicines.

"We are already witnessing an unprecedented growth in the production of AYUSH medicines, supplements and cosmetics. In 2014, where the AYUSH sector was less than $3 billion, today it has increased to more than $18 billion," Modi said.

The PM was inaugurating the Global AYUSH Investment & Innovation Summit in Gandhinagar on April 20. The Prime Minister of Mauritius, Mr. Pravind Kumar Jugnauth and Dr. Tedros Ghebreyesus, Director-General, World Health Organization (WHO) were present on the occasion.

The three-day summit witnessed 5 Plenary sessions, 8 roundtables, 6 workshops, and 2 symposiums, with the presence of around 90 eminent speakers and 100 exhibitors

OSAKA
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The Osaka Group, the leading Travel & Tour management group, has been the trusted and fast-growing entity in the industry since 1993. The group of companies, known for their affordable, innovative and quality services, is set to spread its wings across the globe. Excerpts from the interview with Group Founder & Chairman P.B. Boss.

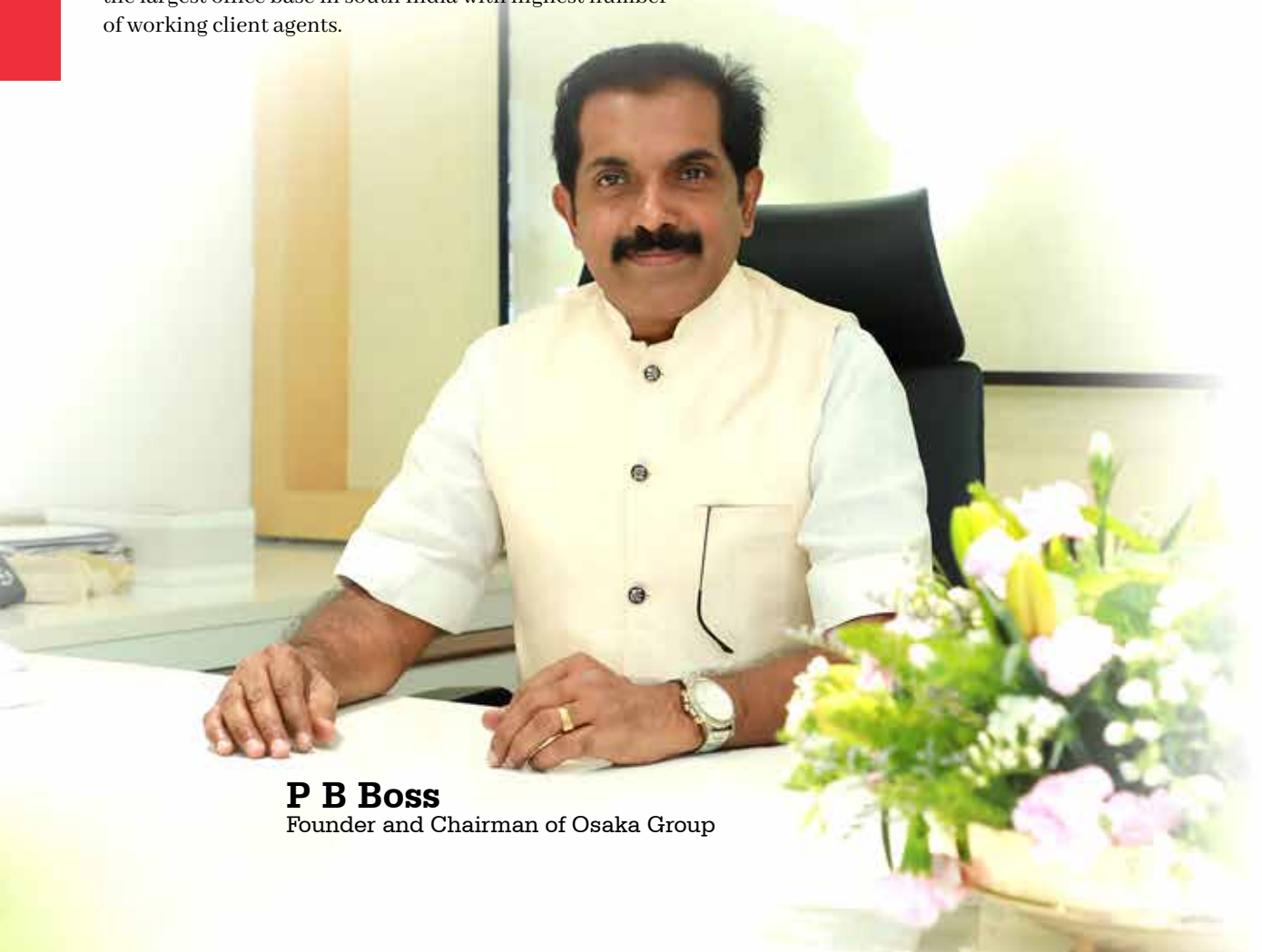
1) Osaka Group is well-known in the Travel Industry. Can you please tell us in a nutshell the various activities of the Group?

Our venture, The Osaka Group, was formed in the 90s, at a time when tourism was not an established industry, and has become an adept player in the Indian Tour & Travel Management field. We provide quick solutions and meet all the travel needs of any category of clients. The merit of our company is that it can bring all the products related to travel under a single umbrella. Because of our hard work and dedication to our customers, we currently have the largest office base in south India with highest number of working client agents.

2) Which are all the Companies under the Osaka Umbrella? Are all the activities confined to travel and tourism?

Our journey started on 31st December 1993, and we have now reached a point where our organisation comprises six vertical companies catering to the various travel needs of the Travelers & Overseas Education industry.

a) Osaka Air Travels: A company specializing in providing visa and connected services. We are the top most visa submission agent through VFS, especially for Australia, Ireland, USA and European countries.



P B Boss
Founder and Chairman of Osaka Group

b) Osaka Air Travels Pvt. Ltd.: The Osaka Air Travels Pvt. Ltd. was set up in 1998 and deals with domestic and international offline and online air ticketing and foreign money exchange.

c) Kerala Tour Mart India Pvt.Ltd: Emerged in the year 2010, offers extensive tour packages to the multiple destinations throughout our world.

d) Osakaconnect.com: The world's first travel hypermarket, which is established with a vision of connecting our customers with our services from any part of the world.

e) Osaka Educare: The Global Educational Consultancy-formed to provide the customers with valuable support required to construct a strong educational background.

f) Jiva Pranava Kendra Pvt.Ltd: was born in the year 200. The ISO Certified organization offers unique social reformation programs, corporate wellness programs, innovative and spiritual wellness services to all wellness seekers through inner transformation.

3) Could you tell us more about your vision behind setting up of a Global Travel Hyper Market?

Osaka Group instantly responds to changes and trends happening around the world, based on that we are restructuring and redesigning our business model. Right now, the world is passing through a period of technological revolution through the usage of artificial intelligence and quantum computing. Our Vision and the Mission is to launch the most revolutionary product that the travel industry has experienced and hence the buying platform for all travel-related services.

Osaka is introducing for the first time in the world a "Global Travel Hypermarket". It is a unique product, a single platform that can provide our customers with service related to 24 different products of travel and tourism industry. Through it, we can provide services in the format of B to B, B to C, B to E, and as a white labelling franchise model.

4) Which countries are you operating in now and what are the future plans?

At the moment, we are operating from India. Our vision is to be an MNC by 2025. For that, we have set up branches inside India in metro cities such as Bangalore, Mumbai, Delhi and Mumbai. Soon we will open new branches in Hyderabad, Chandigarh, Ahmadabad and Kolkata. By 2023, we will expand the service to each continent and by the end of 2025, we intend to complete our global network.

5) Could you tell us more about your Company Kerala Tour Mart?

Kerala Tour Mart is the holiday division of Osaka Group with 15 years of exposure in the inbound and outbound tourism sector. Within five years, we could raise our standard to become a Pvt.Ltd. entity. Kerala Tour Mart is providing several customized packages for the patrons, with complete welfare and responsibility being our hallmarks. Also, we are providing for the first time in India, holiday packages through online platform.

6) Do you plan to offer Destination Management services in the Medical Tourism Sector?

Medical tourism has been a booming sector in India for the past decade, thanks to the high-quality services provided at affordable prices. Consider the matter of stent used in angioplasty. Here, they are produced at high quality for a much lower price than other foreign nations.

As the Osaka group has a client base in about 80 + countries, we harped on the concept of Medical tourism to serve our customers and the patients they refer, who want to have affordable but excellent medical services. Osaka group was already established with good contacts with leading hospitals through our Corporate & Visa Team, and therefore it was easier for us to get excellent services and information needed to execute such tasks within the limited time frame. At the moment Osaka Group offers Medical Tourism facilities including fixing appointment, and assisting in all travel requirements. We mainly focus on Ayurvedic, Allopathic, Dental care, cosmetics and wellness treatments. Our policy is to provide the customers with world class treatment in a cost-effective manner.

Our Vision is to make a user-friendly digital platform connecting patients directly with hospitals. We would like to launch the same by 2023.

7) Who has been your inspiration?

From the initial stage of setting of my company itself, I have been influenced a lot by the ideas and teachings of Mr. Ratan Tata and Steve Jobs. I also look up to individuals like Mr. Bill Gates and Elon Musk who could provide our civilization with innovations, infuse quality to our life and bring in an unprecedented transformation for our society.

8) What activities does Osaka do in Education?

The global educational level is developing at a fast pace. In India, students have a desire to study abroad. So our company is always focusing beyond the business nature of tcouldwere able to create our own footprint in this field by extending valuable guidance to our customers, enabling them to achieve their dream tutelage under venerated universities.

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Advertorial

WHO sets up Global Centre for Traditional Medicine in India



The World Health Organisation (WHO) is establishing a Global Centre for Traditional Medicine (GCTM) at Jamnagar in the Indian state of Gujarat.

GCTM will be the first and only global outpost centre for traditional medicine across the world and is expected to emerge as an international hub of global wellness.

Prime Minister Narendra Modi laid the foundation stone for the GCTM on April 19 in the presence of Mauritius Prime Minister Mr. Praveen Kumar Jugnauth and WHO Director General Dr Tedros Adhanom Ghebreyesus.

The new centre focuses on four main strategic areas: evidence and learning; data and analytics; sustainability and equity; and innovation and technology to optimize the contribution of traditional medicine to global health and sustainable development.

Citing the rising global demand and investment in the Ayush products, Dr Tedros said, the whole world is coming to India and India is going to the whole world.

He emphasized long-term investment in innovation ecosystem in health in general and traditional medicines in particular; developing traditional medicines by innovators, industry and government in environmentally sustainable and equitable manner and protecting the interest of the communities that developed these traditions. The latter should also benefit when these medicines are brought to the market, including by sharing the fruits of intellectual property.

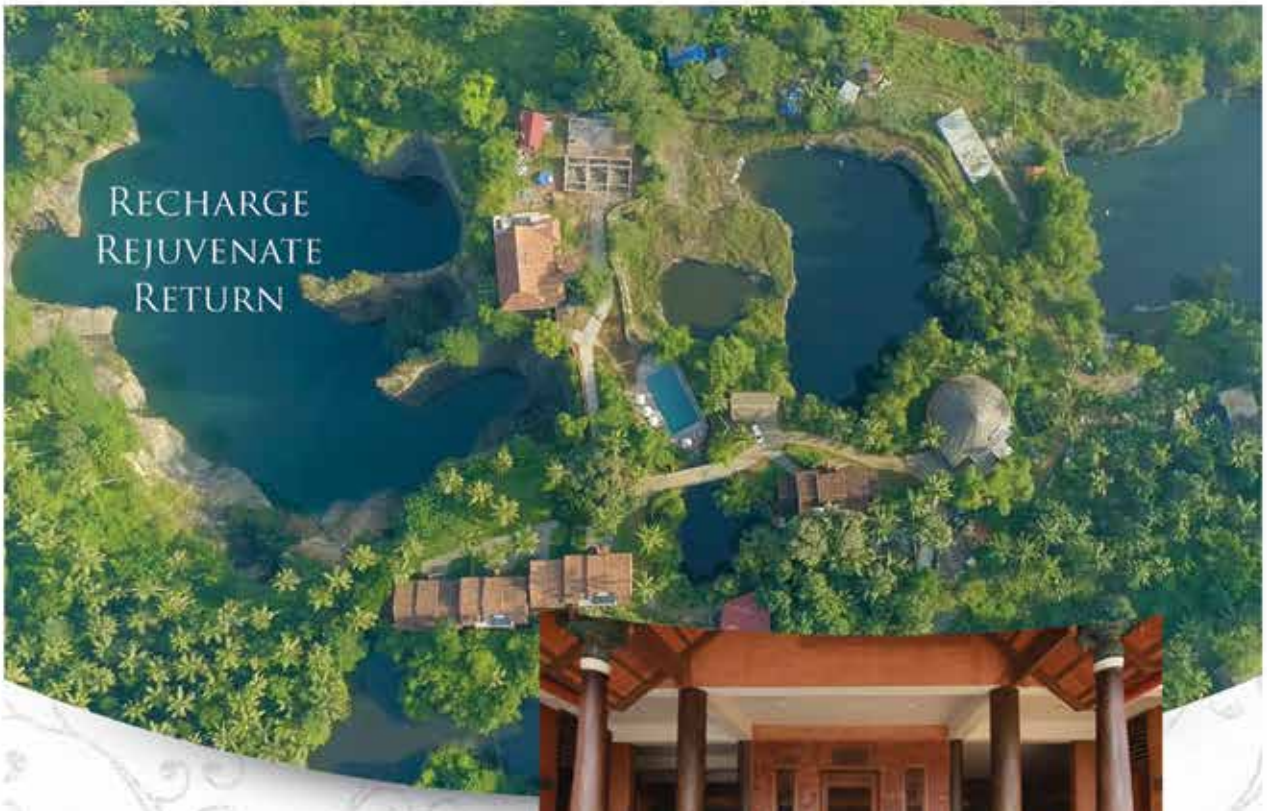
"For many millions of people around the world, traditional medicine is the first port of call to treat many diseases," said Dr Tedros. "Ensuring all people have access to safe and effective treatment is an essential part of WHO's mission, and this new center will help to harness the power of science to strengthen the evidence base for traditional medicine. I'm grateful to the Government of India for its support, and we look forward to making it a success."

By setting up the global knowledge centre for traditional medicine, supported by an investment of USD 250 million from India Government, the WHO aims to harness the potential of traditional medicine from across the world through modern science and technology to improve the health of people across countries.

Around 80% of the world's population is estimated to use traditional medicine. To date, 170 of the 194 WHO Member States have reported the use of traditional medicine, and their governments have asked for WHO's support in creating a body of reliable evidence and data on traditional medicine practices and products.

Traditional medicine is also increasingly prominent in the world of modern science. Some 40% of approved pharmaceutical products in use today derive from natural substances, highlighting the vital importance of conserving biodiversity and sustainability. For example, the discovery of aspirin drew on traditional medicine formulations using the bark of the willow tree. The contraceptive pill was developed from the roots of wild yam plants and child cancer treatments have been based on the rosy periwinkle. Nobel-prize winning research on artemisinin for malaria control started with a review of ancient Chinese medicine texts.

There has been a rapid modernization of the ways traditional medicine is being studied. Artificial intelligence is now used to map evidence and trends in traditional medicine and to screen natural products for pharmacokinetic properties. Functional magnetic resonance imaging is used to study brain activity and the relaxation response that is part of some traditional medicine therapies such as meditation and yoga, which are increasingly drawn on for mental health and wellbeing in stressful times





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The Emerging One Earth-One Health World Order



Dr. Madan Thangavelu



The call for a 'One Earth-One Health' world order is gaining traction globally. This call is now a part of India's AYUSH diplomacy that was presented in an earlier form by Prime Minister Modi at UNGA69, the 69th session of the United Nations General Assembly in 2014. UNGA69 gave the world the International Day of Yoga, while the unanticipated ongoing Covid pandemic has created opportunities in global health narratives, dialogues, debates and discussions and related narratives. The new call is now louder and generating more traction for other AYUSH modalities too, Ayurveda in particular and also Siddha and Homeopathy. AYUSH's new strength is not just from its successes in direct engagement with coronavirus infections but also the post-Covid health problems, the latter whose complexity and intractability is beyond the reach of contemporary modern medicine.

Post-COVID, also called Long-Covid, continues to challenge healthcare systems globally. In a recent study led by scientists at the Sainsbury Wellcome Centre at University College London published in the Lancet's EClinicalMedicine, of… "3,762 eligible participants from 56 countries, the researchers identified a total of 203 symptoms in 10 organ systems; of these, 66 symptoms were tracked for seven months. The most common symptoms were fatigue, post-exertional malaise (the worsening of symptoms after physical or mental exertion), and cognitive dysfunction, often called brain fog."

The Lancet's (https://www.thelancet.com/coronavirus) Covid-19 Resource Centre "… brings together all COVID-19 research, reviews, commentary, news, and analysis from across the Lancet family of journals as it is published. The resource aims to assist health workers, policy makers, and researchers to bring the COVID-19 pandemic to a close." Long Covid remains a worry for health systems globally.

In the USA, the long-Covid discussions have reached the apex body of NIH's National Center for Complementary and Integrative Health, and in Europe, the European Parliament. The NIH has recognized this as a complex problem with the highest number of Covid fatalities being registered in the country, while The European Union's Members of the European Parliament Interest Group of Integrative Medicine (https://cam-europe.eu/mep-interest-group-integrative-medicine-health/) is hosting a special event on June 2 on Long-Covid. Details of the event and how to join online will be available at the Group's website.

Meanwhile, a collaboration between UK and India is looking at an Ayurveda-inspired approach to Long-Covid management. The Belfast Telegraph, (https://www.belfasttelegraph.co.uk/news/uk/research-to-trial-if-tradition-

www.deshadan.com

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al-indian-herb-can-promote-long-covid-recovery-40736109.html) announced the study in this way: "… Researchers are aiming to find out whether a traditional Indian herb can help promote recovery from Long Covid.

The London School of Hygiene & Tropical Medicine (LSHTM) will work with the All India Institute of Ayurveda (AIIA) on a trial to find out whether ashwagandha can help people recover from the condition.… Dr Sanjay Kinra, professor in clinical epidemiology at LSHTM and principal investigator on the study, said: "It's really exciting to be working on this trial of traditional Indian medicine to see if it can help solve a global public health crisis and improve people's recovery from Covid-19.

"Ashwagandha has been shown to reduce symptoms of other conditions that are similar to those of Long Covid, so we are hopeful that it will be an effective way to combat the condition."

The study is funded by the Ministry of AYUSH of the Government of India, with the proposal developed with support from the UK's All-Party Parliamentary Group on Indian Traditional Sciences and the Traditional Complementary and Integrative Medicine Unit at the World Health Organisation (WHO)."

The AYUSH systems offer several other solutions too. Jwara chiktsa is a key part of the classical texts like Charaka Samhita. Jwara, crudely translated as fever, and its many subtypes have been managed differently based on the symptoms, the 'lakshanas' (symptoms), and also the types of jwara. Detailed rational and also practical solutions are offered not just for jwara management but also that for refreshing the body following a bout of jwara. Some of these procedures have similarities with management of chronic diseases; the rational points to a deeper appreciation in the ancient texts of common underlying imbalances. For instance, there are well-established protocols for elimination of the effects of 'alpa doshas' imbalances. In terms of well-established formulations Agastya Rasayana, a polyherbal formulation presumed to be first described by Agastya Rishi, could well be a simple rejuvenator and ease out and erase many of the physiological disturbances.

Yoga's jal neti is now being recognised as a simple intervention not just for the ongoing coronavirus issues but also for the management of seasonal nasopharyngeal issues. The ELVIS Covid-19 Study at the Usher Institute, University of Edinburgh, has shown benefits. Ayurvedic interventions like nasya with either standard oils for general use daily or individualised oils even with varying potencies or other media to match individual needs to be administered in specialised clinics under supervision. The mode of action, whether by reducing residual inflammation, repairing or building damaged tissue, rebalance the compromised immune system and blunted responses and re-establish the delicate harmony lost in Covid remains to be established. The large number of trials listed in The Clinical Trials Registry-India (CTRI, http://ctri.nic.in/Clinicaltrials/login.php) hold even more clues, particularly studies involving Siddha formulations containing the bitter herb Andrographis paniculata. Cultural appreciation, linguistic barriers and also clear and coherent channels for communicating, discussing and refining these protocols have to be established and strengthened.

Several lessons are emerging from these studies and the actionable are being crystallised. Surprisingly, important among these are simple yet formidable and challenging non-pharmacological, behavioural, life-style and health-seeking associated interventions: 1) health-seeking behaviour has to be promoted and encouraged at all stages of life, across the life course and 2) health-seeking has to become the norm not just a reaction to a health issue. It's the 'tapas **(तपस्)'** too - learning to discipline oneself - when one knows what one should be done for one's own good and yet finding it difficult to follow that path particularly when it sets you apart from others' behaviour and certain things you enjoy!

All such matters of great importance for preventing and treating non-communicable and chronic diseases must become part of the mandate of the newly announced WHO Global Centre of Traditional Medicine (WHO-GCTM), Jamnagar, Gujarat. Promoting both health seeking behaviour and the wider determinants of health must become more than a token item in agendas and work plans and programmes, but a proactive and substantial part of the discussions about the proposed One Earth-One Health World Order. Perhaps discussions are already underway on such matters. Daring to act for global health is a challenge and to realize the 'One Earth-One Health' agenda is an even higher peak to scale, but an unavoidable one for all of humanity. AYUSH systems hold relatively simple solutions for all. Every challenge holds opportunities and fortunes for those who dare

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

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WHO Global Centre for Traditional Medicine (GCTM)

A beacon of hope

The WHO Global Centre for Traditional Medicine (GCTM) seeks to blend ancient wisdom and advanced technology for global health and wellness.



S Jalaja IAS
Former Secretary (AYUSH)

A historic agreement was signed between the World Health Organization (WHO) and the Government of India (GOI) on 19th April, 2022 to establish the Global Centre for Traditional Medicine (GCTM), the first of its kind in the world, at Jamnagar, Gujarat, India, that "aims to harness the potential of traditional medicine from across the world through modern science and technology to improve the health of people and the planet'.

The Centre symbolises the hopes and aspirations of millions of people across the world, who are practitioners and beneficiaries of traditional systems of medicine. The historic decision, no doubt, will go a long way in promoting and protecting these systems to enable them to further global health and wellness.

Status of traditional systems of medicine

According to WHO, traditional medicine represents "the sum total of the knowledge, skill, and practices based on the theories, beliefs, and experiences indigenous to different cultures, whether explicable or not, used in the maintenance of health as well as in the prevention, diagnosis, improvement or treatment of physical and mental illness".

Traditional systems were the predominant health systems in different parts of the world till late 19th and early 20th centuries. With the ascendance of modern medicine, traditional systems started facing stiff competition, and in the course of time, were marginalised. They were dismissed as 'non-science', despite the fact that they were used by people for generations for their healing and wellness and that many of the practices were recorded and tried over and over again. Today, with the advancement of technology, traditional systems are facing unprecedented challenges. Their practitioners are often accorded a second-class status, compared to modern medical practioners. Due to propaganda, or because of genuine concerns, even those among the educated look down on these systems with scepticism.

Indian systems of medicine.

Traditional Indian medicine is one of the oldest medical systems in the world, and Ayurveda is the most widely practised among them. The other systems of traditional medicine in India include Yoga, Siddha, and Homeopathy. Recognizing the importance of these systems, the government of India set up a separate department named AYUSH (Ayurveda, Yoga, Unani, Siddha and Homeopathy) in the year 1995 under the Ministry of Health and Family Welfare. It was upgraded to a full-fledged Ministry on 9 November 2014. Although these systems are used widely in India, their global acceptance is still very far of. I am, therefore, happy that the GOI has seized the opportunity and has committed an estimated $250 million (Rs 1910 crore) to support the establishment, infrastructure, and operations. This includes 35 acres of land in Jamnagar for a new building and premises, an interim office, and support for the GCTM operational costs with a 10-year commitment.

Focus

According to WHO, the GCTM 'shall focus on four main strategic areas: evidence and learning; data and analytics; sustainability and equity; and innovation and technology to optimise the contribution of traditional medicine to global health.

The Ministry of AYUSH will seek to set policies and standards on traditional medicine products and help countries create a comprehensive, safe, and high-quality health system.



Significance

Traditional medicine has been a part of communities and cultures across the world for centuries and has been an integral part of our daily lives. "For many millions of people around the world, traditional medicine is the first port of call to treat many diseases. Ensuring all people have access to safe and effective treatment is an essential part of WHO's mission, and this new centre will help harness the power of science to strengthen the evidence base for traditional medicines," stated Dr. Tedros Ghebreyesus, Secretary General of WHO.

- It is estimated that around 80 percent of the world's population uses traditional medicine.
- At least half of the world's population cannot obtain essential health services, according to a new report from the World Bank and WHO. One of the objectives of setting up the Centre will be to make preventive and curative healthcare, affordable and accessible to all.
- Around 40 per cent of approved pharmaceutical products in use today are derived from natural substances.
- Traditional medicine is also part of the growing trillion-dollar global health, wellness, beauty, and pharmaceutical industries.
- 170 of the 194 WHO member states have reported the use of traditional medicine, and their governments have requested the support of WHO in creating a body of data on traditional medicine practices and products.
- The contribution of traditional medicine to national health systems is not yet fully realized as national health systems and strategies do not yet fully integrate the millions of traditional medicine workers, accredited courses, health facilities, and health expenditures.
- Medicinal plants which naturally grow in waste and forest lands are facing the threat of extinction due to human activities, habitat loss, climate change and other factors. Therefore, focus will also be on conserving biodiversity and sustainability.
- In the context of traditional medicines, digitalizing traditional knowledge systems is important. Other countries could emulate the Indian experience in this area.
- Setting up standard procedures for manufacture of drugs, and certifying the quality and safety of medicines are important for weeding out fake medicines to enhance the credibility of the traditional medicines.
- Improving human resources in the area of TM globally will be an important task of the proposed centre.
- Research in traditional medicines will receive a boost with the setting up of the centre. High end research could be taken up with the help of advanced technology. International collaboration could be sought for.
- By systematic training of the workforce, youth from different countries could be gainfully engaged in the area of nursing (both hospital and home nursing), pharmacy, research, food technology, hospital management, wellness centres, medicinal plant cultivation, manufacture of drugs, thereby leading to large- scale job-creation.
- Net- working with countries/ partners who are interested in TM will will contribute to sharing of knowledge and innovation in areas identified
- Although the new WHO centre will be established in Jamnagar, Gujarat, India and will serve as the hub, setting up regional centres in different parts of the world and designating some of the leading institutes as sub-centres within the country can benefit all regions of the country and the world.

The proposed Global centre for Traditional Medicines is a beacon of hope for all those who repose faith in the systems. I do hope that the proposed Centre will help millions of people across the globe to access affordable and quality healthcare at their doorsteps in the near future.

Ref: www.who.int/initiatives/who-global-centre-for-traditional-medicine

Tackling Long Covid the Ayurvedic way

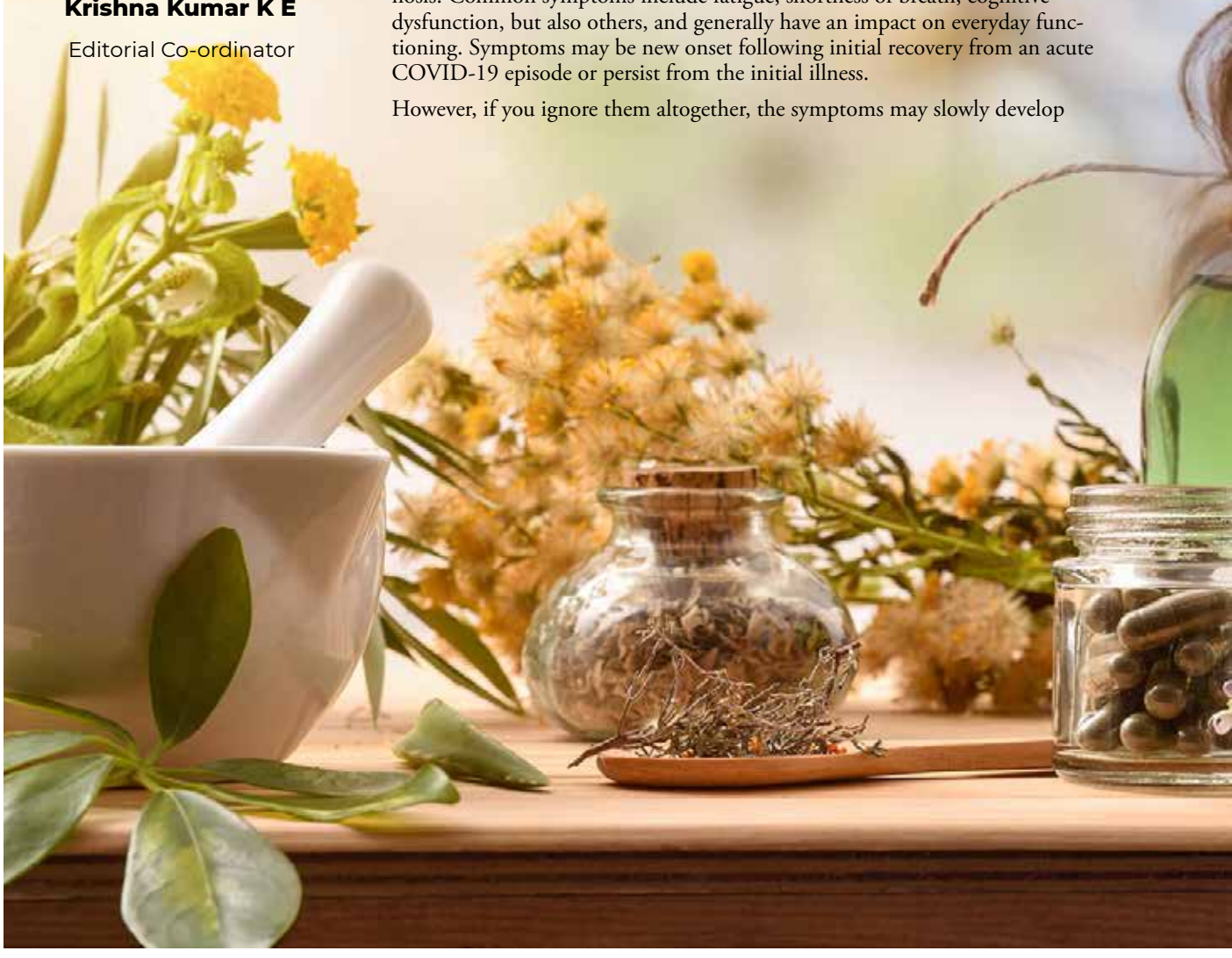


Krishna Kumar K E
Editorial Co-ordinator

How long it takes to recover fully from the deadly Covid-19 varies from person to person. Many feel better in a few days or a couple of weeks, and for another section it may take weeks altogether, but for some, the symptoms can persist longer. It may be as mild headaches, a feeling of unwell, shortness of breath or fatigue, heart palpitations, brain fog, depression and the like.

Post Covid-19 syndrome or long Covid refers to the lasting of symptoms or difficulties weeks or even months after the infection has been cured. According to the World Health Organisation, people with "post Covid-19 condition" have symptoms usually three months after an initial bout of Covid, and that last for at least two months and cannot be explained by an alternative diagnosis. Common symptoms include fatigue, shortness of breath, cognitive dysfunction, but also others, and generally have an impact on everyday functioning. Symptoms may be new onset following initial recovery from an acute COVID-19 episode or persist from the initial illness.

However, if you ignore them altogether, the symptoms may slowly develop





into major complications. It's always advisable that you consult an expert professional if the symptoms persist four weeks or more after the Covid episode.

"When a patient with Covid have lingering or long-lasting effect, the condition is known as Long Covid or Post -acute sequalae SARS-CoV-2 infection (PASC). Exact data of long Covid cases in India is not available, however, a significant number of Covid cases, may be over 40% of the total cases, are suffering from long Covid features. Long Covid has now clearly emerged as a public health concern and is likely to affect many lives. There are no specific strategies available to handle this problem," Prof Sanjeev Sharma, Director & Vice-Chancellor, National Institute of Ayurveda, Jaipur, told Ayurveda and Heath Tourism Magazine.

Citing a Lancet study, he pointed out that the adverse health effects from long Covid range from fatigue and difficulty concentrating, to neurological and neuropsychiatric symptoms, respiratory and cardiovascular problems, and metabolic diseases.

In a study published in the Journal of Infectious Diseases earlier in April, the researchers from the University of Michigan concluded the global prevalence of post Covid-19 condition to be 43%, based on information from 50 studies spanning almost 1.7 million people worldwide. They cited fatigue (23%) and memory problems (14%) as the most common symptoms of individuals with post Covid-19 condition. Region-wise, the study found, Asia had the highest Covid-19 condition prevalence at 51%, followed by Europe 44%, and North America 31%.

Another extensive study by the scientists at California's Stanford University found that about half of infected patients shed traces of the virus in their waste in the week after infection and almost 4% patients still emit them seven months later. The researchers linked coronavirus RNA in feces to gastric upsets, and concluded that SARS-CoV-2 likely directly infects the gastrointestinal tract, where it may hide out. The lingering virus might directly invade cells and damage tissues or produce proteins that are provoking the immune system, the scientists warned.

So, how does the long Covid syndrome affect the general health of an individual and how effective are the Ayurvedic interventions?

"Long Covid syndrome has variegated clinical presentations that affect various systems. In the gut, it is characterized by anorexia, loss of appetite, abdominal pain, and diarrhea. It presents with shortness of breath, lung tissue damage, and restrictive lung failure in respiratory and palpitation, fatigue, chest pain, heart muscle damage, thromboembolic risks, and heart failure in the cardiovascular system. The renal effects of long COVID have also been recently subjected to observations and the effects



are deleterious, resulting in increased risks of Acute Kidney injury, declining eGFR, end-stage kidney diseases and major adverse kidney events," Vaidhya Karthick K P of the Department of Kaumarabhritya, All India Institute of Ayurveda, New Delhi, said.

The long Covid also adversely affects the mental health of individuals, resulting in anxiety, depression, post-traumatic stress disorder, and sleep disturbances.

Traditional healthcare systems like Ayurveda have ample potential in the rehabilitative phase of the disease.

According to Sanjeev Sharma, the management of long Covid through Ayurveda can be planned as follows:

a. General care—It includes the continuous monitoring of the general status of the patient, oxygen level, Blood sugar levels, Renal and liver function tests, etc.

b. Specific care—It will be as per the manifestation, i.e., involvement of Dosha, Dushya, Srotas, Prakruti of the patient under treatment and can be planned as per the need in the following manner:

- Continuous counselling and mental boosting of the patient.
- Vyayama (respiratory exercises - Pranayama, walking and gentle physical exercises without fatigue and injury).
- Ahara vyavstha (these patients require a healthy, nutritious, and light diet according to the Ritu, Prakruti and Agnibala of the patient).
- Shaman Chikitsa—Ayurvedic Medication can be planned as per the need and status of the patient.
- Shodhana Chikitsa—If the patient is having good bala, then gentle Panchakarma procedure can be carried out with utmost care.
- Local procedures like Nasya Karma, Shirodhara, Katibasti, Shirobasti, Janubasti etc. can be carried out as per the requirements.

"Ayurveda has its own method of 'localizing the lesion' or identifying the channel or pathway which the disease has affected. The channel-wise localization of the disease to exhibit channel-specific or tissue-specific symptoms and their line of management have been enunciated in the texts. Those who have suffered a long course of disease or treatment are considered a separate category in Ayurveda, called "Vyadhikshina" and "Bheshajakshapita" respectively. They are advised to be treated with pacifying as well as nourishing modalities simultaneously," Vaidhya Karthick pointed out.

Disease-specific rejuvenation measures are also unique to Ayurveda, and these areas provide a great window of opportunity for long Covid management, he pointed out. A model package for the management of long Covid must include diet and lifestyle, rehabilitation (including exercise, controlled breathing, and other measures as per WHO guidelines and Yoga and Pranayama as per the national guidelines) and drug therapy as per the global standards.

Dr Anand S, Assistant Professor at the Government Ayurveda College, Thuruvananthapuram, a pioneer institute of quality Ayurveda treatment in Kerala and the first ever study centre in India under the Government sector, said they are receiving many cases of long Covid.

"While the majority suffers from respiratory, heart and kidney-related difficulties, a good number of patients also complain about anxiety and sleeplessness. The Ayurveda treatment brings relief to a majority of them. Besides advising strict adherence of Dinacharya, a personalized medicinal strategy is followed as per the nature, root and symptoms of the illness," Dr. Anand, who was the brain behind the popular AyurMasks, said.

New studies on the effectiveness of Ayurveda in treating long Covid syndromes are encouraging. An observational analysis done at the Deenanath Mangeshkar Hospital, Pune, found long Covid symptoms after nine months of the infection were significantly less in patients who received an add-on ayurveda regimen at the hospital as compared to the control group, which only received conventional standard of care.

The study, published in the international journal 'Journal of Ayurveda and Integrative Medicine', was a sequel to a previous ayurvedic interventional trial conducted by the hospital on 99 patients treated for Covid and discharged during the first wave of the pandemic during June-August 2020. Of the 99 patients, 60 were part of the ayurveda regimen plus standard treatment, while the rest had received the standard treatment alone. The primary trial had been registered at the Clinical Trials Registry of India (CTRI).

Ayurveda institutions nationwide have been proactive in managing both the acute COVID phase and long COVID phase. Post COVID outpatient and inpatient facilities have been set up at various National Ayurvedic Institutes. Timely and evidence-based guidelines for all stages of COVID have been published for the reference of practitioners and the public. Implementing all these measures from the ground level can significantly reduce the burden of COVID and its sequelae in the society

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LONG COVID
The 'Heart' of the Matter





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The deadly Covid-19 pandemic has affected millions worldwide and taken thousands of lives, and is yet to be completely wiped out. The virus binds and enters through ACE-2 (Angiotensin-Converting-Enzyme-2), resulting in systemic inflammation, multiorgan dysfunction and critical illnesses.

The cardiovascular system is also affected in a major share of Covid-affected patients with complications like myocardial injury, myocarditis, acute myocardial infarction, heart failure, dysrhythmias, and venous thromboembolic events. No wonder the current therapies for Covid-19 interact with cardiovascular medications, too.

While much focus has been laid on the pulmonary complications, it is important for emergency clinicians to be aware of the cardiovascular complications, as the same would result in less mortality associated with the disease.

Disruption in the immune system regulations, increased metabolic demand and coagulant activity likely account



for some of the increased risk of adverse outcomes in those with Covid-19 related cardiovascular disease (CVD).

Specifically, the systemic inflammation can destabilize vascular plaques, while the viral illness increases cytokine activity, increasing cardiac demand, similar to influenza.

Researches, however, have suggested that the virus may also cause direct damage to the heart utilizing ACE-2 receptors located within cardiac tissue.

The prevalence of CVD in Covid-19 patients is unclear, but pre-existing CVD may be associated with a more severe Covid-19 infection.

In a study involving Covid-19 patients, it was found that a history of CVD was associated with a nearly fivefold increase in the case fatality rate when compared to patients without CVD.

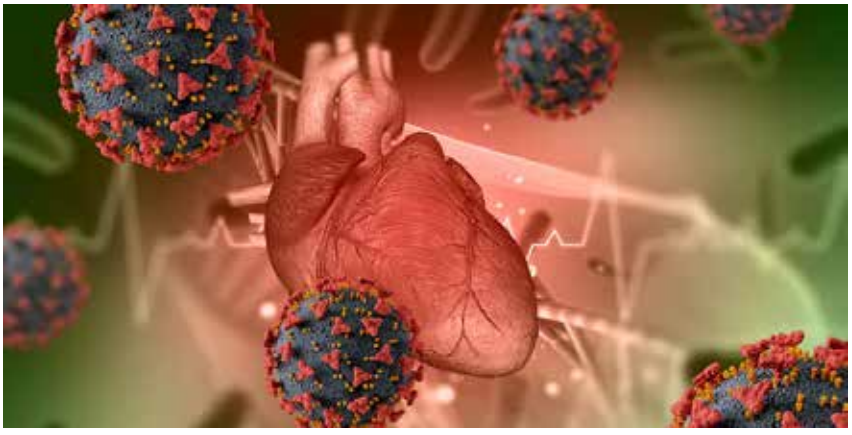
Other studies suggest similar findings with increased risk of mortality in patients with prior CVD. The patient's critical illness may present with severe cardiovascular complications.

Cardiogenic shock is the most severe cardiac complication and may occur in those with critical illness.

Patients with Covid-19 can present themselves with chest pain, dyspnoea, dysrhythmia and acute left ventricular dysfunction.

ECG and echocardiographic abnormalities are markers of severe illness in Covid-19. Also, Tropinin T elevation in Covid-19 infection has been directly associated with an increased risk of adverse outcomes in patients with severe infection, including mortality.

It is of utmost importance that the emerging clinicians should be aware of these complications while treating Covid-19 patients. It is also vital to discuss precautions and safety measures to counter the cardiac complications caused by the deadly disease. As we all continue to adapt to life during the pandemic and get into routine, it is imperative that we don't let our guard down. We all have heard these tips before, but we emphasize on these because currently these are our best defence against the virus.



Apart from our regular precautions like social distancing, washing hands with soap and water frequently, not touching surfaces in public, wearing masks while in crowded outdoor settings, eating home cooked food etc, we should now lay more stress on enhancing our immunity by incorporating Ayurvedic "Dinacharya", "Sadvritti" and "Vyayam" in our lifestyle.

A key objective in cardiac complication management, or as they say long term Covid, is to identify and proactively manage complications and support patients through the recovery phase with the goal of preserving their health status.

Ayurveda has enough potential and possibilities both for prevention and treatment of long term Covid.

Findings of a study reports that the integrative approach to treat hospitalized patients with Ayurvedic interventions too, is expected to improve the treatment outcome and minimize risks. This report highlights that despite prolonged hospitalization in the ICU, Ayurveda intervention can prevent deterioration leading to complications, and enables complete recovery of the patient.

Having said this, I would definitely emphasize on the fact that all the Ayurvedic support should be taken from a certified Ayurvedic doctor so that the help approach is purely authentic and according to the proper protocol.

I would recommend all the hypertension, diabetic, cardiac and elderly patients to keep a close check on their vitals and take all the precautions to stay safe from Covid-19 virus and if they get affected by the infection they should seek help from Ayurvedic doctors to reduce any of the above stated cardiac or long term Covid complications

Long Covid & Neuro effects:

An Ayurvedic perspective



Dr Aparna Poomully Mana

The Covid-19 outbreak has affected all sections of the population, with older persons particularly susceptible to the risk of the deadly infection. While nearly 6.2 million people had died after contracting the virus, the number of persons infected are many times more. In most cases, it will take two weeks for the affected to recover, but may take up to six weeks in severe cases, requiring hospitalization.

But then, a negative Covid test result doesn't mean a complete recovery. One can still experience difficulties related to respiratory, cardiovascular and kidney-related complexities among others, even months or weeks after recovery, a condition called Long Covid. A sizeable portion of such patients also suffer from neurological issues and psychological imbalances. Let's look into such issues and the possible Ayurvedic remedies to cure them.

Most people will take them seriously or speak about them only when the difficulties started affecting their daily routines. We receive many patients who have recovered from Covid, but suffering from anxiety, sleeping disorder, fibromyalgia, muscle cramps, various aches & pains, depression, lung-related problems, etc. One reason why such varied complications appear in them is that the Vata element in them gets vitiated. While these syndromes can be included under the post Covid Management Category, the treatment under Ayurveda will vary from person to person, and it's not possible to form a generalized treatment protocol.

The traditional healing system focus on individualized treatment strategy based on the prakriti of each individual. According to the Ayurveda theory, the name of any particular ailment shouldn't concern one, rather, the Vaidhyas should focus on the individual as a whole attempting to rectify the imbalances present in their body. Any illness can be cured if the Ayurvedic physician goes by the Tridosha Sidhanta.

In those affected by Covid-19, there occurs an imbalance between the doshas and dhatus. The doshas refer to Vata, Pitta and Kapha, which should be in equilibrium. The Vata controls all the functions of the body, which includes the ac-



tivities of the organs too. We can consider it as the Nervous system. Pitta refers to transforming energy / metabolism and is primarily concerned with converting one form of energy into another. This includes digestion, absorption, assimilation, etc. Kapha is the binding energy and deals with the calmness, mental strength and stability. Even the quality of sleep depends on one's Kapha.

The complications or long-covid syndromes in an individual depend on the severity of the Covid-19 infection in them. A person's immunity is a decisive factor in determining his/her ability to fight a disease and the illness turning worse or otherwise. Hence, the first line of treatment is increasing immunity. Immunity depends on our digestion.

The body of a Covid-infected individual reflects an imbalance between the Vata and the Kapha. Hence, the neurological and phycological imbalance is dominant in them.

If we provide medicines like nerve tonic at the initial stage itself, the patient will find it difficult to absorb due to the prevailing weakness. Those suffering from conditions like Fibromyalgia and nerve pain can be administered Abhyangam, massage with gingerly oil, which creates a protective layer in the body. The oil should be collected in a warm vessel before applying in the body. Extending Nasya using Anu Thailam (medicated oil) is good for these two categories of patients. Anu Thailam can be used by almost all kinds of patients. If the same is not available, pure ghee can also be applied. First heat the oil/ghee by dipping the vessel in hot water, then pour three drops in each nostril while closing the other and inhale. Spit the mucus which drops out into mouth following the process. This will stimulate the Nervous system and strengthen it. Vaidyas used to prescribe these two (Abhyangam & Nasya) as regular courses in such patients. It's good to add food supplements that abet digestion in the diet, e.g.) ginger, coriander seed, ghee, etc.

It's observed that those having psychiatric issues face stomach disorders. Acidity, bloating, reflex, constipation are common in them. While it's viewed as a psychiatric issue, it actually poses problems for the body too. If the treatment is administered without considering these aspects, it will cause the patients plunging into depression.

The illness of each person depends on the imbalance of various factors in his body, like that of dosha, body structure, mental and physical strength, metabolism, body constitution, age, gender, habits (food habits and routine) etc. If the treatment is decided after observing all these aspects, it will yield excellent results.

One should follow an expert doctor's directions and not be misguided by the social media messages. Even for mild symptoms, one should seek medical aid for the post Covid issues.

The next stage is purging or Panchakarma treatment. Oral medicines have its own limitations. Our body has seven dhatus/layers. The toxins in these layers (or symptoms of diseases) should be taken down to the stomach and eliminated out of the body through the Panchakarma process. Thereafter, administer the rejuvenation therapy, which will result in a remarkable improvement in patients suffering from these kinds of illnesses.

One shouldn't depend on centres that provide only external treatments. There is no point in returning home after availing just the Uzhuchil. What is important is the combination of the four elements of curing–external treatments, purgation medicines, following padhya (diet and regimen) and a positive atmosphere.

शरीरमाद्यं खलु धर्मसाधनम्. The body is verily the first means of following dharma. So, we should devote some time out of our busy schedule to take care of our body and mind. And to maintain good mental health, regular exercise, rest (sound sleep) and pranayama are needed. We can navigate through the difficulties of this pandemic by sticking to all these practices

An Ayurveda Perspective on COVID-19



Prof. Dr.G.G. Gangadharan

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Director, Ramaiah Indic Specialty Ayurveda – Restoration Hospital

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Introduction:

Ayurveda, a system of Indian medicine, literally means 'the Science of Life'. It does not deal only with the symptomatology of disease, but also deeply explores the science of health, well-being and harmony. From an Ayurveda standpoint, health/Swasthya is a state of dynamic harmony between the body, the mind, the soul and the world. As every individual has a unique body, mind, and relationship with the world, Swasthya is also unique to each individual. There is no prescriptive prototype. Health in the human being is also dependent upon the health of the world he/she lives in, whether it's a tree, the air we breathe or the soil. An Ayurveda understanding of health considers the many strands of the delicate web that constitute the dynamic world in which we live. It is only when these are allowed to thrive and find their own balance, that true harmony of the larger web, of which the human is one part, becomes possible.

Any understanding of a novel disease from the Ayurveda lens must therefore, be based on this unique and holistic understanding of health and disease. An attempt has been made here to analyse the Covid-19 disease from an Ayurveda perspective.



Epidemics in Ayurveda:

Based on causality, diseases in Ayurveda are classified in numerous ways. One is the Asadharana and Sadharana classification – Asadharana – diseases caused by unique individual predispositions, lifestyles, diets and histories; and Sadharana – diseases that transcend individual susceptibilities and affect large populations of people. This is called Janapadodhwamsa, a concept which has been elaborately described in the Caraka Samhita, a nodal text of Ayurveda, and may be correlated with epidemics or pandemics. The causes of Janapdodhwamsa are further classified into two – a) those that occur due to natural causes b) those that occur due to man-made causes. Both of these may further be classified into four – they are vitiation of air, vitiation of water, vitiation of land and vitiation of climate.

These are entities that are not subject to demographic variability and extend over wide geographic regions. Vitiation of any one of these entities therefore, results in widespread disease and spread of infectious agents. The same disease-causing agent may be both man-made and natural. For instance, a landslide may occur due to nearby volcanic activity, or due to extensive soil erosion resulting from unsustainable deforestation.

Another classification of disease due to causality is based on the source of disease – Nija – causes that are specific to individual predispositions and histories (internal causes), and Agantuja – causes that are external and irrespective of individual predispositions (external causes). These include trauma, natural calamities etc. While epidemics, though affecting large populations, still affect different people differently (for example, in case of the Covid-19 pandemic, people with a history of respiratory illness are more susceptible), they fall under the Agantuja disease category.

Understanding infectious agents in Ayurveda

Bhuta is a term that has been used variously in different contexts in Ayurveda. One of them is in the context of the Panchamahabhootas – the fundamental building blocks of the microcosm of this phenomenological world. It is also used to refer invisible microorganisms or 'Jeevanus'. The role that microbes or microorganisms play in disease manifestation has been recognized since Vedic times. Terms such as Rakshas, Krimi, Bhuta, Jantu, Jeevanu and Pishacha have been used to describe them. These have been classified in three ways – based on visibility, based on place of origin and based on the seats of infection.

However, perhaps the most interesting classification of microorganisms is as pathogenic (Vaikarika) and non-pathogenic (Sahaja). Ancient Ayurveda scholars recognized that there are certain microorganisms that remain with us from birth till death and they are necessary for the survival of the human body. Sushruta, in his nodal text, the Sushruta Samhita, describes in detail the disease causing and health sustaining organisms invisible to the naked eye, that colonize the body, further adding that these are innumerable in number – over one thousand crores. Modern science today tells us that there are indeed trillions of microorganisms that inhabit the human body, many of which are vital to human sustenance. Dalhana, in his commentary of the Sushruta Samhita says, that though these agents remain unseen, their presence is inferred through their action on the body. Vyasa, in his epic Mahabharata stated that Krimis were everywhere, and that nobody could avoid them entirely, or stay free of them. While terms such as Krimi etc. denote harmful microorganisms, terms such as Pinga and Paidava denote beneficial microorganisms. Beneficial micro-organisms, Sushruta says,

colonize hygienic and healthy bodies, and also impart cleanliness and health, while disease-causing microorganisms pervade blood, fat, muscle or deeper tissues. While the human microbiome was discovered a mere two hundred years ago, it is incredible to note that similar concepts were mentioned in texts dated at least 3000 years back. Perhaps, therefore, it would be an interesting venture to delve deeper into the Ayurveda lens, to understand better a source of knowledge that has not only survived for over five thousand years, but also yields insights on health and disease that are as relevant today as they were five thousand years ago.

Krimi are said to originate and breed in Sweda (moisture) – an environment conducive to them. During certain periods, such as epidemics, the body undergoes Paka (or physiological and temperature changes) that make it conducive for colonization by harmful microorganisms. Hence, Sushruta considers Krimi to be 'Swedaja', or originating from Sweda. He describes these microorganisms using various terms such as Anu (minute), Vritta (disc-like) etc. In the context of Kushta (a spectrum of skin disorders), it is said that disease progression takes place when Krimis invade the skin (Twak), flesh and muscles (Mamsa), blood (Rudhira), tendons and ligaments (Snayu), and vessels (Siras and Dhamanis). While describing several diseases, Krimija or infective causes have been included – eg. Krimija hridroga (infective causes for cardiac diseases), Krimija Shiroroga etc. However, it is interesting to note that Vagbhata, the author of Ashtanga Hridaya, one of the three nodal textbooks of Ayurveda, used the term 'Avahana' to describe the process of microbial infestation of skin diseases. Avahana means to 'invite or invoke'. This indicates that according to Ayurvedic thought, intrinsic pathological derangement within the body makes it susceptible to colonization by infectious agents – i.e. not all people exposed to an infectious agent will become infected. The body, is called the 'Kshetra' - the field/site, both of health and of disease. It is only when the Kshetra is unhealthy, the Avahana of disease can take place. Thus, the notion of infectious agents colonizing a healthy body and becoming the primary cause of disease is absent in Ayurvedic thought.

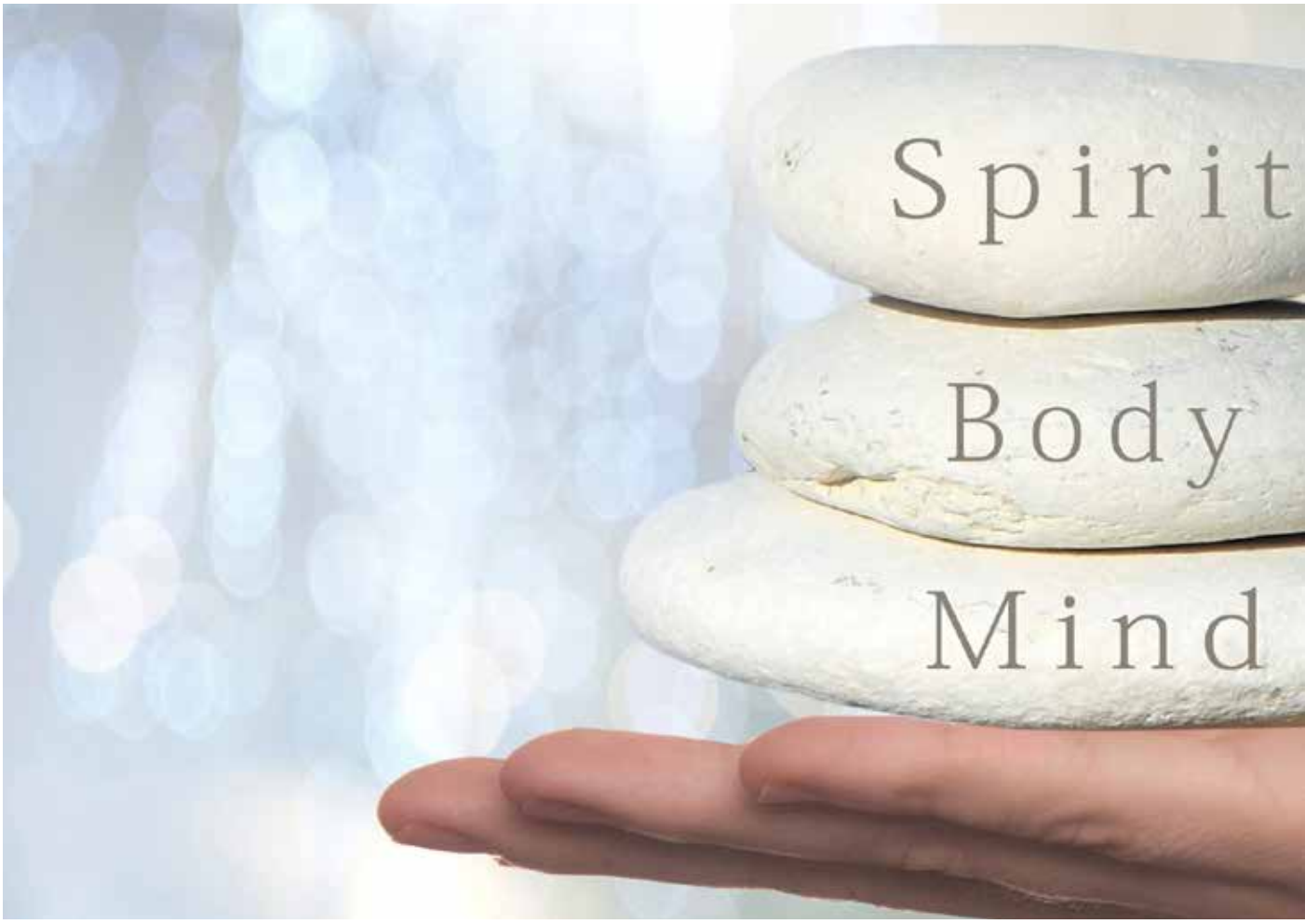
Transmission of infectious diseases

Sushruta describes in detail the modes of spread of infectious diseases. He includes the following in it: -

a) Frequent contact with an infected person

b) Physical contact

c) Respiratory droplets



d) Sharing food

e) Proximity

f) Sharing common items such as blankets, combs etc.,

g) Exchange of body fluids.

Interestingly, the concept of vector-borne disease transmission is also found. While describing ulcers and wounds, Sushruta observes that flies deposit pathogens in wounds that causes their suppuration.

Management of infectious diseases

Caraka elaborates a threefold strategy for the management of pathogenic organisms. These are: -

(1) **Apakarshana** – removal or extraction of pathogenic organisms,

(2) **Prakritivighata** - creating an environment unfavourable for pathogenic organisms to thrive in

(3) **Nidanaparivarjana** – complete avoidance of causative factors.

The methods of Apakarshana includes diet, medication and therapy such as suitable Panchakarmas that are krimighna – help to destroy pathogenic organisms.

Conclusion

Ayurveda in detail enumerates epidemics, infections, their modes of transmission and tools for management. While it is necessary to evaluate the COVID-19 pandemic through the lens of Ayurveda and find effective integrative approaches to its management, it is important to keep in mind the person-centric holistic approach that Ayurveda brings to disease evaluation and management





Yoga in the post-Covid phase





Yogacharya
Kaithapram Vasudevan Nampoothiri

The sage Patanjali, the greatest Yoga master of all times, talks about Soucha, which is included in Niyamas (observances) in his monumental work Yoga Sutras. Niyamas are recommended habits to be followed by Yoga sadhakas (practitioners) to achieve healthy and spiritual living.

Soucha means cleanliness. But Patanjali further defines Soucha as a tendency to hide or cover one's own organs and also the physical detachment from others. (Soucaat swaanga jugupsaa paraih asamsargah) You may remember, at the peak of Covid-19, the flight passengers needed to fully cover themselves with a gown supplied by the airport authorities, and mandatorily wear a multi-layer mask. The mask is still in use in most parts of the world as a disease preventive measure.

Generally, Indians are alert when they travel, and also mingle with others. They take a bath upon returning home. There will always be a pot full of water at the entrance of the house for visitors to wash their feet, legs, hands, and face. If the guest is a respectable one, the host himself will be waiting at the gate to wash the feet of the guest and dry



them with fresh clothes. This is an example of our culture in sublimating the primary rituals connected with health care to spiritual heights.

Yoga is an art and science of healthy living. It leads to perfect harmony between the mind and the body, the man and the nature, the individual consciousness and the universal consciousness.

Nonviolence (Ahimsa), utterance of truth (Satyam), non-stealing (Asteyam), celibacy (Brahmacharyam), non-accumulation of wealth (Aparigraham) are the Yamas — the regulations connected with social life. If you look at it carefully, you understand that by observing the Yamas in personal life, the social life will become disciplined and peaceful, which is essential for the wellness of the society. So Patanjali declares that this is a universal regulation (saarva bhoumaa mahaa vratam).

Pratyaahaara, withdrawing the senses from its objects, will also amount to keeping aloof from internal and external disturbances. Senses are the gateways of all kinds of inputs into the body.

In the post Covid scenario, the regular practice of Pranayama, the yogic practice focused on breath, is of utmost importance. Pranayama, the fourth limb of the eightfold path of Yoga, is primarily the regularization of breath. Whenever we are agitated, the rhythm of breath will be disturbed. This shows that mind and breath are very much connected. (Chale vaate chalecchittam). So, when breathing is made rhythmic, the mind will return to calmness.

Panca Koshas - five different sheaths

In Upanishads, especially in Tyttireeya, it's mentioned that man is the soul covered with five layers or sheaths namely, Annamaya, Pranamaya, Manomaya, Vijnanamaya and Aanandamaya. From the health point of view, the first three are vital. Annamaya refers to the physical body of flesh and blood, Pranamaya the vital energy and Manomaya the mind.

Aadhi and Vyaadhi

When the mind is agitated or disturbed or imbalanced, in other words, if Manomaya kosha is affected, it is called Aadhi, according to sage Vasishtha. So Aadhi is persistent, long-standing emotions (stress) in a Manomaya sheath. This may become a seed of a disease if suppressed for a long time. These types of diseases are called psychosomatic diseases, which are known in Yogavaasishtham as Aadhija Vyaadhi (Vyaadhi means disease). In fact, the word 'psycho somatic disease' is a direct translation of Aadhija Vyaadhi.

If Manomaya kosha is affected, it gets reflected on the Pranamaya kosha. Here is how the manifestation occurs. Prana is the life energy which keeps every cell alive. When this flow of energy is disturbed, the functions of various organs will get affected. The body systems like digestion and blood circulation will not function well. Slowly, it percolates into the physical body, Annamaya kosha, made up of cells, tissues, organs etc. because the whole body is a conglomeration of atoms, quantum pockets of energy. Now the speed and violence started in the mind manifest in the body after affecting prana.

Pranayama

Now we know that the mind is to be calmed in time, so that Aadhi won't get filtered out to Prana and then to body. How can we know Prana is affected? This we can figure out by observing the speed of breath. If the breath is shallow or speedy, we can easily understand that Prana is imbalanced. If this continues for a long period, it will percolate in to body and one becomes sick.

Here comes the role of Pranayama. Pranayama can regulate and regularise breath, which in turn will balance the mind. In fact, Pranayama is not meant for therapy, but for a higher purpose, yet we can make use of it for health care, too. Health or wellness is a precondition for advancement in the spiritual path.

Anuloma - viloma or Naadi Suddhi Pranayama is the preliminary exercise done in Pranayama. Let us see how it is performed:

- Sit in vajrasana, padmasana or sukhasana. Keep the back and neck straight.
- Place the left palm in chinmudra on the left knee.
- Take two or three deep breaths. Keep the eyes closed.
- Close the right nose with right thumb. Exhale completely through left nostril.

Now breath in slowly from left nostril - a long and deep breath. Close the left nostril with ring finger and small finger and open the right nostril and slowly breath out through right nostril. Now slowly inhale deeply through right and exhale completely through left. This is one cycle of Naadi Suddhi.

No sound is produced while breathing in or out. Face is relaxed. Complete concentration is inwards. This is one round of Anuloma Viloma. Do it ten rounds and slowly bring down the hands. Feel the changes in the whole body and mind. Enjoy the inner peace.

There are variations and improvisations for this practice, but this one can be tried by anybody without any fear. If the mind is calmed through balancing the breath, further filtering out of Pranic imbalance down to the body can be avoided.

Prevention is better than cure. This is a famous proverb accepted everywhere in the world. In the medical field, the second one, cure is the highlight. In Ayurveda, both are discussed. But in Yoga, prevention is more important. Life is meant for Sadhana. For that, a sound body is the tool.

Sareeramaadyam Khalu Dharma Saadhanam. Body is the primary tool for Dharma. So, in the traditional Yoga text, wellness is discussed in detail only to equip and maintain the body to do Sadhana. Six types of cleaning techniques (Shat kriyas) are given. The very aim is prevention of diseases. The techniques can be used for cure as well. Then we call it therapy, Yoga therapy, which is more acceptable nowadays.

Having gone through the basics of Yoga therapy, we will look into what one should do to negate the after effects of Covid. This disease is infectious and spreads easily and gives enough and more stress to patients and their near ones, and also the general public. Health care workers too are on a tightrope as there is no successful remedy. The psychological effects can further reduce immunity against infectious challenges and overstimulate host inflammatory responses, leading to tissue damage and even death.

Yoga can naturally reduce mental stress and anxiety in patients or at the post recovery stage. The various Yoga routines, poses and breathing techniques can be a beneficial tool to increase immunity and get the strength back.

According to AYUSH, the Yoga-based lifestyle can contribute to the society in three ways:

- Enhance general immunity among the population.
- Pre-habilitation of vulnerable population (children, elderly and those with comorbid conditions, such as diabetes or hypertension).
- Support Yoga-based interventions and meditation practices.

Each one of us can plan own Yoga protocol, for which the following can be a guideline. This is flexible, as you know.

Yoga protocol

1. Prayer

You can start with a prayer. This may give a good and definite start.

2. Warming up

You can do three or four quick Surya namaskars. Then all the joints of the body should be activated through loosening exercises or sukshma vyayam or yougika vyayam.

3. Yogasan

Two or three asanas each by standing, sitting, lying on the stomach and lying on the back can be practiced. Asanas can be changed, but the four categories should be maintained.

4. Surya namaskar

We can include 12 Surya namaskars in the module. It should be done in slow motion and also with rhythmic breathing.

5. Kapala bhathi, anuloma viloma pranayama and bhramari

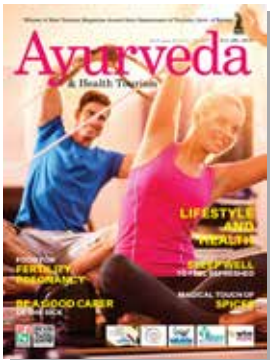
6. Meditation

7. Santhi manthra

Laziness has got no medicine. Eternal vigilance is the price of peace. We have to be vigilant in keeping our body intact. Through this, you are helping yourself as well as the society



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Asanas to keep your body healthy in post Covid period



1. Hasta Uthaanaasana



Hasta means hands and uthaana means raise.

- Stand erect.
- Separate the legs a little.
- Inhale and lift the arms up above the head with the arms touching the ears.
- Hands can be separated or arms joined.
- Bend the head, arms and trunk backward compatibly. Legs should be perpendicular to ground and unbent.
- Exhale and come back.

Benefit:

Body will get a good stretch. Lungs will expand.

2. Ushtraasna



Ushtra means camel. The shape of camel is reminded in this asana.

- Stand on knees.
- Knees and feet can be joined or a little apart.
- Bend back slowly, reaching the right heel with the right hand and left with left.
- Push the hips forward. Thighs are vertical.
- Bend the head and spine backward comfortably.
- Relax the whole body. Both legs and arms should evenly support the weight of the body.

Benefit

Beneficial for the digestive and reproductive systems. Alleviate constipation. Lungs are also benefited.

3. Paada Hastaasana



Paada means foot. Hasta means hands. Palms and feet are joined together in this Asana.

- Stand erect.
- Inhale and lift the hands up.
- Exhale and slowly bend forward and down from the hips until the palms touch the ground. Palms can be kept on either side of the legs or put under the toes. Forehead should be close to the knees without strain. Knee should be straight.

Benefit

It tones and massages the entire abdominal and pelvic region, including liver, pancreas, spleen, uro-genital system, kidneys and adrenal glands.

4. Bhujangasana



Bhujanga is serpent, which is reminded with the shape of final pose.

- Lie flat on the stomach. Legs straight, feet together and the soles of the feet upward.
- Place the palms on the floor under the shoulder, fingers pointing forward.
- Rest the forehead on the floor, close the eyes and relax the whole body.

- Slowly raise the head, tilt it backward so that the chin points forward and the back of the neck compressed.
- Now inhale and raise the chest and shoulders. Elbows are bent a little and they are close to the side of the body. Body below the navel region remain in contact with the floor.
- Exhale and come back to the original position.

Benefit

Improves and deepens breathing. Remove back pain, keep the spine supple and healthy. It also stimulates appetite and alleviates constipation. Tones ovaries and uterus.

5 Chakraasana



Body gets the shape of a wheel in this Asana. Chakra means wheel. The wheel of time is hinted here.

- Lie on the back.
- Bend the knees with heels touching the buttocks. Feet are one foot apart.
- Place the palms on the floor beside the head with the fingers pointing towards shoulders.
- Inhale and slowly raise the body and arch the back.
- Straighten arms and legs as much as possible.
- Let the head hang between the straight arms
- Exhale and come back to the original position.

Benefit

Strengthens legs. Beneficial to nervous, digestive, respiratory, cardiovascular and glandular systems.

6. Ardha Malsyendrasana

This Asana was propounded by sage Matsyendra, a great Yoga Master of the Naatha cult school.

- Sit with the legs stretched out in front.
- Bend the left leg and place the left foot flat on the floor on the outside of the right knee, toes of it looking forward.
- Bend the right leg and bring the foot around the left buttock. The outside edge of the foot should be in contact with the floor.
- Catch the left foot with right hand, with the arm outside the left knee. Left knee should touch the right armpit.
- Sit up straight, exhale and twist the body, trunk and head to the left.



- Bend the left elbow and place the arm around the waist. It should wrap around the right side of the waist.
- Come back to the original position and repeat with the other leg.

Benefit

All the parts of the body experience stretchiness and contraction alternatively. It tones the nerves of the spine. Makes the back muscles supple. Massages abdominal organs, alleviating digestive ailments.

7. Adho Mukha Swaasana



Adho means down. Mukha means face. Swaana lo is dog. The dog with its head turned down.

- Lie on the floor on the stomach, face downwards. Feet should be kept one foot apart.
- Place the palms by the side of the chest, with fingers pointing forward.
- Exhale and raise the trunk from the floor. Straighten the arms.
- Move the head towards feet and place the crown of the head on the floor.
  Legs stiff. Heels pressed down. Feet parallel to each other. Toes pointing ahead.

Benefit

Strengthens ankles and make the legs shapely. Removes fatigue and brings back lost energy.

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Yoga & Covid long-haul effects!





Asha G

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Who can all be termed as healthy? By health, do we mean the absence of any illness? In fact, a healthy state is the complete physical, mental and social well-being and not merely the absence of diseases. Hence, it is important to choose a fitness routine that makes your body as well as mind fit and healthy. Yoga, the 5000-year-old traditional Indian practice, fits the bill perfectly, and its relevance has only gone up in today's world.

Regular practice of Yoga enables one to attain a state of consciousness where the practitioner is in harmony with his or her surroundings. Yoga is not a set of physical exercises and is more than just asanas.

In sage Patanjali's Yoga Sutras, Yoga comprises eight limbs: Yama and Niyama (rules and observances), asana (postures), pranayama (breath regulation), Pratyahara (withdrawal of the senses), dharana (concentration), dhyana (meditation) and samadhi (absorption into the supreme).

The first and foremost thing a practitioner should do is to try to understand the holistic approach and be in sync with the elements involved.

'Stress' is one of the most common words associated with the current generation which is used to the fast-paced world. Perhaps, the minding of the minds would be one issue that the masses sans boundaries faced in unison post the pandemic breakout.

Mental disorders are among the leading causes of the global health-related burden and is associated with life-style diseases to even cancer. So, what is of utmost importance is to realise how a disorder affects the mind first and then percolates to the physical body.

As per the Yogashastra, the human body has five levels — Annamayakosha (physical), Pranamayakosha (energy), Manomayakosha (emotional), Vijnanamayakosha (intellectual) and Ananadamayakosha (bliss).

Stress is a natural feeling when a person finds it difficult to cope with specific demands and conditions. He may experience an emotional baggage, which can be a real barrier in maintaining a healthy lifestyle. He/she may be giving least concern to their health while engrossed in various activities, like meeting the work challenges. They fail to recognize symptoms such as poor sleep patterns, digestion-related issues, excessive tiredness and the like.

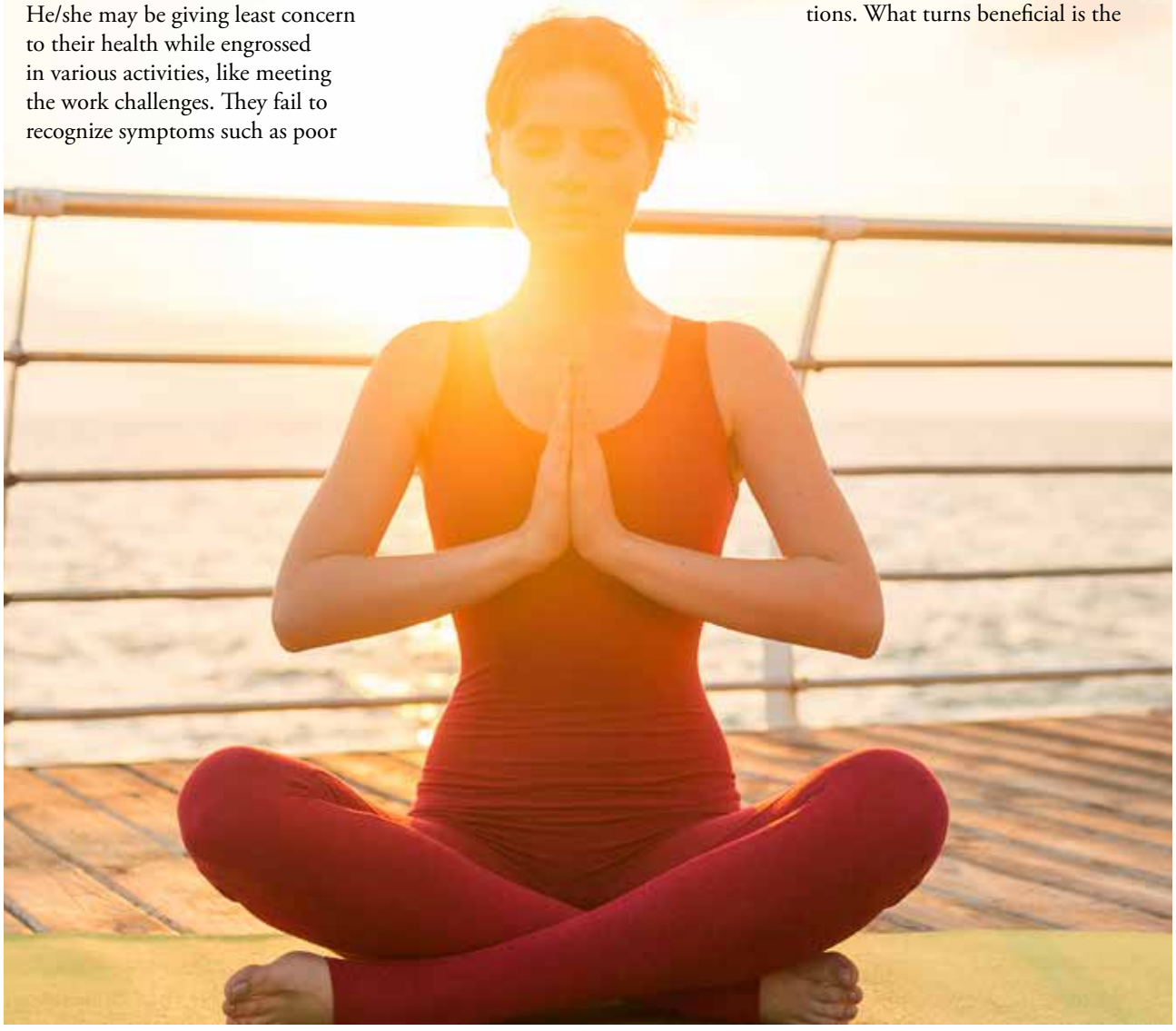
Yoga is very effective at this stage and can cure the disorders undergoing no medications. However, certain section of people show total negligence at this stage too and end up with severe diseases. Perhaps, then it will be too late to make a comeback to good health, even through the intake of medicines.

So, the focus should be given to treat even minor disorders affecting Manomayakosha and prevent it being manifested in Annamayakosha. For that, the yogic practices are of utmost beneficial. One should indulge in a regular practice of Yoga to achieve optimal health, possible when health is achieved at each of above-mentioned five levels.

Yoga and post Covid difficulties

We have seen how Yoga can play a vital role in preventing serious illnesses. Now let's look at how the traditional practices can ease various physical and mental difficulties experienced at the post-Covid stage. The Covid-19 pandemic has impacted the economy, livelihood, physical and mental well-being of the people worldwide. Many lives were lost during the surge of covid waves, and a majority of those who recovered from the deadly disease continue to suffer from its aftereffects, both physical and mental.

Yoga can prove much effective in resolving such post covid conditions. What turns beneficial is the



Yogic practices related to breathe control, and those focused on specific body regions. The breathing exercises that strengthen the diaphragm and stretching asanas help rebuild respiratory muscles that have taken a hit from Covid-19.

The same has been backed by many research studies, like the one by scientists at the Loma Linda University School of Medicine, California. According to the Harvard University Medical journal, Yoga also has a positive effect on cardiovascular risk factors. It resulted in lower blood pressure in people who have hypertension and helped in rectifying imbalances in blood pressure. Yoga has now been included in many cardiac rehabilitation programs because of its cardiovascular and stress-relieving benefits.

There are many cases when Covid patients who got bedridden showed gradual improvement through regular practice of Yoga to fully recover from all the long-haul impact of the deadly disease.

Even those who have no idea of Yoga can easily practice the simple breath-controlled exercises and the series of asanas (yoga postures) and start feeling positive changes in merely a week or two.

A Yoga practitioner only needs to correctly follow the directions of the Yoga instructor and have a belief in the healing power of the traditional system.

Here are five simple, basic practices, if followed daily, can help overcome a majority of post-covid difficulties:

1. You can either stand straight or sit in a relaxed manner. Inhale while raising your hands to both sides as much as possible. Now exhale and return to the original position. (Repeat the process two to three times).

2. Stand or sit comfortably. Now inhale while raising your hands perpendicular to the floor. Exhale and return to the original position. (two to three times)

3. Sit erect. Now breathe in slowly and deeply through your nose, allowing your chest and belly to expand as air fills your lungs. Then exhale slowly through your mouth, like blowing up a balloon. (repeat two to three times. You can do a maximum of six times).

4. Sit up with your back straight. Now inhale and exhale continuously, one after the other.

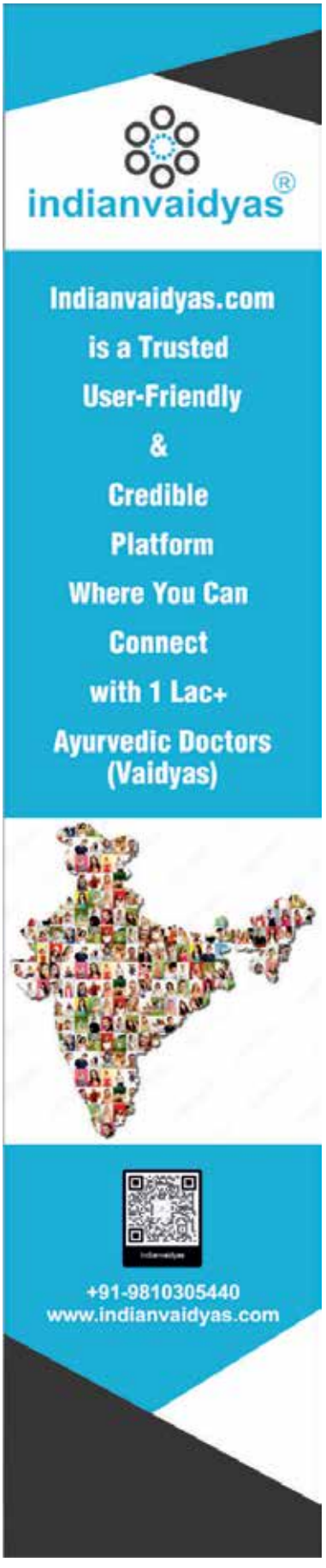
5. Now relax and loosen your body and take a complete rest for five to 15 minutes.

The same can help soothe tension and anxiety in the mind and body, getting rid of the stress factor. Seek the help of a yoga instructor or learn yoga practices for doing advanced asanas like Paschimottanasana (seated forward fold) or Setubandhasana (bridge pose) as you are only recovering from Covid and should attempt the difficult postures only after taking the opinion of a Yoga expert.

Make sure you follow these five simple things that will help you surpass post-Covid ailments with ease: -

- Always be optimistic.
- Disengage from the overspread pandemic headlines and rumours.
- Believe in the immense strength of your mind.
- Abstain from strenuous physical activities.
- Avoid review of Covid difficulties to relatives and other friends.

Experience has shown that personal trainings according to one's physical and mental circumstances are more effective than general training. Moreover, start your day with a constant affirmation that "I'm Healthy, Happy, Peaceful and Provident." Keep in mind that the law of attraction is "What you think you become"





Yogic practices for healthy lungs

There has never been a better time to keep your immune system fit and healthy. The immune system provides us a protection cover from infections like Covid-19 by fighting harmful substances, germs and cell changes. Certain Yoga positions and practices can help support, balance and boost immunity. However, those who are recovering from the pandemic should practice these only under the guidance of a Yoga expert.

Our main respiratory organs are the lungs, and the air passages, leading to them. The lungs are in the upper thoracic cavity of the chest, one on each side of the median line, and are separated by the heart, the greater blood vessels, and even larger air tubes. The lungs are spongy, porous and their tissues are of an elastic nature, containing innumerable air-sacs or alveoli. Each lung comprises an apex and a base. The base is directed towards the diaphragm, the deciding muscular wall between the chest and the abdomen.

The vital force (prana) is the life force of all beings. Prana is subtle, and the breath is gross. Prana is manifested through breath. So, the health or wellness of respiratory system is the most important.
First, the whole respiratory system should be cleansed, so that breathing becomes effortless. There are six types of cleansing techniques in Yoga called shad (six) kriyas - neti, dhouti, nouli, basti, trataka and kapala bhati. The neti and kapala bhati are connected with the respiratory system.



Neti

Neti is for cleaning the nasal passage with water (jala) or string (sutra).

Jala neti

Nowadays, neti- pot is available with Yoga centres. Fill the pot with lukewarm water and add a little salt to it. Insert the nozzle of the pot into the right nostril. Keep the mouth open and breathe freely through the mouth. Tilt the head slightly backwards and then side wards to the left so that the water from the pot enters the right nostril and comes out through the left by gravity. Allow the flow until the pot is empty. Repeat the same with the left nostril. After that, blow out the water by forceful exhalation through alternative nostrils.

Sutra neti



These days, a rubber catheter is used in place of string for practising this. Insert the blunt end of the thin soft rubber catheter horizontally to the right nostril. Gently push it inside until the tip is felt in the back of the throat. Open the mouth and catch hold of the catheter tip at the back of the throat. (Practitioner can make use of a mirror). Pull it out through the mouth and gently massage the nasal passage by catching the two ends of the tube. Then remove the catheter through the nose. Repeat the same on the left side.

Kapaalabhaati



'Kapaala' is skull and ' bhaati' means shines. Here, the skull is the nasal passage through which the air is passed in and out. This is a breathing exercise that makes the skull shine. Forceful exhalation and passive inhalation are done here.

Sit in a cross-legged position, with the back straight and the head erect. Take two or three deep breaths. Contract the abdominal muscles quickly, causing the diaphragm to move up into the thoracic cavity while forcefully pushing the air out of the lungs. Relax the abdominal muscles, allowing the diaphragm to descend into the abdominal cavity. Now passive inhalation occurs. Repeat this pumping quickly, completing a round of 20 to 30 pumping. Have two or three deep breaths, having a retention period of 30 seconds, before starting the second round of pumping.



Breathing practices

To improve and increase the lung capacity, there are exercises making use of the hand movements. These are called Yogic exercises (yougika vyayam).

1. Stand straight, and stretch out the arms in front in level with the shoulders and bring the palms together. Inhale and spread the arms sideways in the horizontal direction. While exhaling, bring the arms forward with the palms together. Repeat this several times. The movements of the hands and the breath flowing in and out should be synchronising, slow, and rhythmic.

2. Stand erect and bring the palms on the chest and interlock the fingers. While inhaling, stretch the arms forward horizontally and also twist the hands so that the palms face outwards. While inhaling, reverse the process. Repeat it five times.

Repeat the same movements with the arms stretching above the forehead at an angle of 135 degrees.

Now repeat the same, stretching the arms vertically above the head. While moving up and down, the palms should touch the tip of the nose.

3. Stand erect with the palms on the front of the thighs. While inhaling, stretch and raise the hands through front above the head and also stretch the ankles up. Hands are parallel to each other and the palms looking forward. And when exhaling, bring the hands and heels down.

There are also asanas (Yoga postures) like dog breathing, rabbit breathing, tiger breathing, sasaankasana breathing, leg raise breathing etc. by which the capacity and immunity of lungs increase.

Dog breathing



Sit in vajrasana. Place the palms of the hands on the ground, beside the knees. With mouth opened wide and tongue pushed out to its maximum, practise rapid and forceful inhalation and exhalation, expanding and contracting the abdomen vigorously like a dog. Repeat it for 30 seconds and relax in savasana.

Rabbit breathing



Sit in vajrasana. Bend forward and rest the forearms on the floor, keeping the elbows by the side of the knees and palms flat on the ground. Open the mouth partially and protrude the tongue partially. Pant quickly like a rabbit. Do it for 20 to 40 breaths. Then relax in savasana.

Tiger breathing



Sit in vajrasana. Lean forward and place the hands flat on the ground in line with the shoulders with the fingers pointing forward. Arms, thighs and heels should be one shoulder width apart. Arms and thighs should be perpendicular to the floor. While inhaling, raise the head and look at the ceiling, spine in concave position. Exhale and arch the spine upwards and bend the head downward, bringing the chin towards the chest. Repeat it five times and relax.

Sasaankasana breathing

Sit in vajrasana. Take the hands behind the back, make a fist of the right hand and hold the right wrist with the left hand. Relax the shoulders. While inhaling, bend backwards, looking up. While exhaling, slowly bend forward and bring the forehead to the ground. Collapse the shoulders. Inhale slowly and come to the vertical position. Continue for ten rounds and relax.



Leg raise breathing

Lie down in supine posture. While inhaling, slowly raise the right leg without bending the knee, if possible, in a vertical position. While exhaling, return the leg to the floor slowly. Repeat the same with left leg. Do it ten rounds and relax.



Ayurvedic Summer Care



Shahnaz Hussain
www.shahnaz.in





Your skin requires a customised skin care routine with the onset of every new season to tackle the specific conditions of that time of the year. And this is especially true with summers. The cleansing, cooling and refreshing of your skin are even more vital to prevent the epidermis from losing its natural glow in the face of sweltering heat, soaring humidity and increased dust pollution.

In summer, there are more chances of the impurities sticking to oily and sweaty skin. The humid summer sun and skin irritants can lead to problems like sun tan, sunburn, skin sensitivity, heat rash and eruptions, like pimples and acne. Ayurveda has identified many natural ingredients that have cooling properties and are ideal for summer. These include rose, khus, mint, sandalwood, coconut, etc. That is why such ingredients are more in use during these months.

The scorching heat also means increased intensity of the harsh UV rays of the sun, which can be much more damaging for your skin. Hence, avoid direct exposure to the sun; especially from noon till about 3 p.m. You can shelter the skin by applying a broad-spectrum sunscreen. It provides protection from both UVA and UVB radiation. Most sun-block products have built-in moisturizers. It is essential to apply sun-block products, not only on the face, but in all exposed areas. The back of the neck and arms are also extremely vulnerable to sun damage. The sunscreen should be applied about 20 minutes before sun-exposure. If you are in the sun for more than an hour, you should re-apply the sunscreen. For normal to dry skin, use a sunblock lotion of about SPF 25. For normal to oily skin, use a sunscreen gel.

Rose water is not only a natural coolant, but is a powerful skin toner and stimulates blood circulation to the skin surface. So, tone the skin daily with chilled rose water, using cotton wool pads. Wipe and stroke the skin with them. Then, pat briskly with the rosewater-soaked cotton wool pads.

Exfoliating the skin once or twice a week works wonders, removing dead cells and brightening the skin. Ayurveda recommends taking sesame seeds (til), dried mint (pudina) leaves and honey. Crush the sesame seeds coarsely



and powder the dried mint leaves. Mix them with a little honey and apply on the skin. Wait for five minutes, then rub gently and wash off with water.

Ayurveda also recommends using clays like Multani Mitti, which is also a natural coolant. Multani Mitti can be mixed with rose water into a paste, to make a summer face pack. It reduces oiliness, refreshes the skin and prevents skin eruptions like pimples, acne or even rash.

Coconut water that can be used for cleansing the face is the water inside a tender coconut. The water is clear and also sterile and contains vitamins, minerals, amino acids, and enzymes. It is highly nutritious. We can wash the face daily with coconut water to refresh and cleanse. It is said to impart a smooth and glowing skin. The water helps to remove oil and other impurities. It is ideal for reducing oiliness and clarifying an oily skin.

Cucumber juice has several beauty benefits. It is an astringent and helps to tone and refresh the skin. The juice closes the pores and reduces oiliness. It also helps to lighten skin colour over a period.

For a cooling face pack, mix Cucumber juice with two teaspoons powdered milk and one egg white. Put the ingredients in a blender, for a smooth paste. Apply the same on the face and neck and rinse off with water after half an hour. It will also help remove the tan. To tone the skin, mix cucumber juice with rose water in equal quantities. Apply on the face and wash off with plain water after 20 minutes.

Mint water has antiseptic and healing properties. It is beneficial in summer. We can mix cucumber juice with mint water to refresh and tone the skin in summer. It closes the pores and keeps the skin free from problems. Mint has anti-inflammatory properties and helps to control acne conditions. Crushed mint leaves can be added to water and left for an hour. Strain and use the water to wash the face.

Ayurveda also recommends fresh, organic, nutritious foods that not only contribute to good health, but give the skin a radiant glow. Most important of all, it will make you feel better. Beauty is not just a matter of how you look, but also how you feel

Simple secrets to healthy, shiny hair!



Dr. Pretty Prabhakaran

Hair is one of the defining characteristics of human beings, and each one of us gives utmost care to keep the mane a head above the rest. Some like short hair while others long, but whether it's short or long, everyone needs thick, smooth and shiny black hair.

Hair is a derivative of the epidermis and comprises two distinct parts, the follicle and hair shaft. Follicle is the living part located under the skin surface and the hair shaft is the keratinized non-living part above the skin surface. Hair is made up of tough protein keratin and is anchored to the hair follicle. The blood vessels nourish the cells in the bulb. Hair follows a specific growth pattern and the hair cycle comprises anagen (growth), catagen (regression), telogen (rest), and exogen (shedding) phases.

Hair fall, dandruff, loss of thickness, split ends and premature graying are the most common problems people face these days. Healthy hair is the combination of a healthy scalp and strong, thick hair. The care is mainly based on the type and texture of hair. Physiologically, hair will shed at a rate of 60-80 per day. Hair fall above this can be considered abnormal. For any hair related issues, one should first understand the specific cause behind the problem and its nature, then only we can avail a proper cure.



Common causes of hair fall

- Improper diet
- Stress and loss of sleep
- Hormonal imbalance
- Age & hereditary
- Scalp infections
- Over use of chemical hair products
- Hair nature
- Thick/thin hair
- Dry/oil hair
- Weak/strong hair

For healthy hair, we have to ensure the following five measures: -

- Hygiene
- Healthy diet
- Avoid stress & follow proper sleep
- Hydrate yourself
- Management of associated disease

Here are a few tips on how to take good care of your hair: -

- *Wash and oil hair regularly*

Usage of hot water for regular hair wash is not advisable. It will damage your hair and affect eyes and other sense organs. Ayurveda always recommends usage of normal cold water above the shoulder level. Application of medicated oil like coconut oil with Bhringaraj (eclipta alba), Kumari (Aloe barbadensis), Kaidarya (curry leaves) etc. will help nourish the hair root and scalp. Apply lukewarm oil (by placing on hot water) in the fingertips and massage the hair root and allow it to absorb for 15-20 minutes. Wash the hair and remove excess oil.

- *Use homemade chemical free shampoo to remove dirt & oil*

Aloe Vera gel or hibiscus flower/leaf paste can be used as a natural shampoo for removing excess oil and dirt.

- *Dry hair properly and comb your hair*

After taking a hair bath, allow your hair to dry naturally. Usage of hair drier will damage and increase the chances of breakage. Tying wet hair will cause infection.

Usage of wide-toothed comb reduces the chances of breakage



- *Healthy diet*

Incorporate a diet including vitamins and minerals (iron, zinc, magnesium). Important vitamins which help hair growth are Vitamin B complex, E, A and D.

Vitamin B-complex

- Mushroom
- Egg
- Nuts
- Dairy products

Vitamin A

- Goose berry
- Carrot
- Beans
- Green leafy vegetables

Vitamin E

- Vit E capsule—apply in scalp
- Nuts—almonds, peanuts
- Vegetable oil- sunflower oil, soybean oil

Vitamin C

- Lemon
- Oranges
- Broccoli

Vitamin D

- Fish like tuna, salmon
- Egg yolks

- Cheese
- Soy milk
- Exposure to sunlight

Avoid stress and sleep properly

Studies have proven that mental and emotional stress will increase the early onset of graying. A minimum of six-hour sleep is mandatory.

Practice Yoga and meditation

Hydration

Hydrate yourself. Healthy skin and hair are mainly the output of a hydrated body. Dehydration results in dry skin and scalp, which will further aggregate the condition.

Management of associated illness

Hair fall sometimes may be an associated symptom of diseases like Iron deficiency Anemia, Hyperthyroidism, Cancer and after effect of radiation, etc. If we treat the main disease, the hair fall will subside automatically.

Home remedies for common hair related issues

Dandruff—too dry and too oily scalp results in conditions like dandruff. Symptoms like scaling and itchiness are common problems. Medicated oils like durdurapatradi taila (with medical advice) and application of onion juice will help get rid of the problem.

Split ends—Apply lemon juice on split ends, wash hair with balloon vine (Cardiospermum Halicacabum) cooked water

Premature graying—kaidarya (curry leaves) medicated oil

Itchy scalp—Eladigana choorna application (with medical advice), wash hair with triphala kashayam

Alopecia—Tulsi paste or onion and honey paste application and wash hair with triphala kashayam

In short, healthy hair is the outcome of a healthy lifestyle and diet. We have to spend a minimum of five minutes on our hair daily to improve the quality and quantity of the same. After all, strong, thick black hair boosts one's happiness and confidence



Pomegranate
The treasure trove of nutrients

Scientific name: *Punica granatum*

Pomegranate has numerous health benefits, thanks to its antioxidant, antibacterial, antiviral, and anti-inflammatory properties. In ayurvedic medicine, it is used as a "blood tonic and purifier" to heal many health issues.

The fruit is a storehouse of nutrients and vitamins, especially Vitamin A, Vitamin C, Vitamin E and folic acid. It contains phytochemical like punicalagin, punicic acid, pedunculagin, ellagic acid, gallic acids, quercetin, rutin, tannic acid, polyphenol, anthocyanins, and catechins. All these combine to make pomegranate the 'Nature's power fruit'.



The antioxidant property of the pomegranate reduces the risk of heart disorders, especially Atherosclerosis (clogged arteries). Research studies show that pomegranate is a natural blood thinner. It prevents the buildup of excess fat in arteries, which may otherwise lead to hardening of arterial walls. It helps reduce cholesterol and blood pressure levels and inhibits abnormal platelet aggression, thus lowering the risk of cardiac arrest, strokes and embolic diseases. Pomegranate is rich in punicic acid, which cuts down the harmful triglycerides.

So, it is advisable for those suffering from lifestyle disorders to have one or two cups of pomegranate juice, preferably with breakfast to keep their heart healthy.

The regular intake of the fruit or fruit juice is helpful; in relieving digestive disorders like diarrhea. It is rich in tannic acid, flavonoids and alkaloids. Its antimicrobial properties inhibit the growth of pathogens like S.aureus and C. albicans that cause diarrhea.

Pomegranate juice is good for diabetes as polyphenol reduces glucose present in the blood. Further the gallic acids prevent cell damage can lead to cardiovascular issues.





The fruit is also much beneficial for rheumatoid arthritis condition, thanks to its anti-inflammatory property. The same reduces swelling and stiffness of joints and gives relief. It is also effective in managing the inflammation of gums. Its antibacterial activity helps inhibit the growth of Helicobacter pylori and Herpes viruses.

Pomegranate also helps in improving memory because of its antioxidant activity. The antioxidants present in the fruit protect brain cells from damage due to free radicals. This might improve the functions of the brain associated with memory and prevent psychological disorders, such as dementia.

Similarly, the fruit juice is good for liver, as regular consumption can prevent conditions such as fatty liver, due to its antioxidant property.

The other benefits of regular intake of the fruit are its anti-cancer and immune-modulating effects. It's found to be effective against skin diseases and many other conditions like depression, osteoporosis, dysentery, obesity.

Pomegranate consumption

1. Pomegranate Fruit Seeds

a. Peel off the Pomegranate and take out its seed.

b. Eat them preferably in the breakfast or in the afternoon.

2. Pomegranate Juice

a. Put the Pomegranate seeds into the juicer or purchase the already prepared juice from the market.

b. Drink it preferably in the breakfast or in the afternoon.

3. Pomegranate Powder

a. Take ¼-½ teaspoon Pomegranate Powder.

b. Swallow it with water or honey after taking lunch and dinner.

One serving of pomegranate contains 64 calories. It has a high content of carbohydrates and natural sugar. One serving of this fruit contains 14 grams of carbohydrates and 11 grams of sugar. It also contains 3 grams of fiber and 1 gram of protein.

Precautions

- People already having low blood pressure should limit its consumption as pomegranate can lower blood pressure.
- Stop taking the fruit/ fruit juice at least two weeks before a scheduled surgery as it can interfere with blood pressure.
- People with plant allergies should also limit its intake

KERALA

FEEL THE BLISS OF AUTHENTIC AYURVEDA



Kerala is set to ride big on its unchallenged repute as the global hub for authentic Ayurveda. Thanks to its remarkable fight against Covid-19 and the scourge of infectious diseases caused by deadly viruses like Nipah, Zika and Black Fungus, the integrative health system adopted by the state has more takers than ever. The Ayurvedic programs implemented systematically, under an organised framework with social participation, played a big role in making it the safest place during the Covid times (0.36% mortality rate).

Here, we look deep into the holistic healing system of Ayurveda and how it results in permanent solutions: -

Ayurveda
An Insight Into Long Living

Ayurveda is a holistic system of medicine that deals with the balance of the body, mind, and spirit of an individual. This traditional alternative system of medicine has been a successful primary health-care modality for millions of people in India for thousands of years. Its age-old curative therapies for a normal healthy living have not lost its significance even today and they remain as popular as they ever were in times of yore.

Today, the popularity of this science of medicine that is completely free of side-effects is increasing. The world is recognizing as well as accepting the merit of Ayurveda, which offers an effective cure for several diseases, including chronic ones. Apart from being merely curative, this science of medicine helps rejuvenate the body, fight stress, and offer relief in life-style related diseases. The key attribute of Ayurveda is that it leaves an individual with no major side-effects while offering relief.



The science of Ayurveda addresses an individual as a whole—it is therefore an amazing complex of body, mind and the spirit. Apart from ensuring individual well-being, Ayurveda addresses all factors that influence the quality of life of a person. The treatment pattern that Ayurveda attempts is based upon a profound understanding of the 'ways of life' and how it ebbs through the entire structure of an organism. Ayurveda thus incorporates a whole range of therapies, from a simple diet to complex but powerful rejuvenating therapies in its divergent framework.

What causes disease?

According to Ayurveda, disease occurs when there is a disruption in the functioning of the inner processes of the body and mind. It happens when harmony is lost within the entire system, called the body. This is very much unlike the modern functional understanding of disease, which states that organs in isolation and bacteria are causes of disease. Although Ayurveda understands the potential of invading organisms and refers to them as worms (krmi) its primary understanding of disease is systemic rather than reductionist.

Ama, the toxic residue

Ayurveda says that the accumulation of ama (toxic substances) in our cells and tissues is the basic cause of disease and illness. Ama is a sticky, toxic residue accumulated in various tissues and organs and channels due to improper digestion. Ama clogs the body's circulation channels, preventing the flow of energy, information, and nourishment throughout the system. It can manifest in a variety of ways. For example, you may experience a build-up of mucus that restricts the air-flow through your nasal passages. Or toxins may accumulate as plaque in your arteries, reducing blood flow and increasing the risk of heart attack.

Symptoms of toxin accumulation include loss of appetite, indigestion, tongue-coating, bad breath, fatigue, depression, inability to concentrate, susceptibility to infections, and generalized pain.

Ayurvedic Healing & Cure

Ayurvedic treatments have a single goal: to bring the troubled doshas/dysfunctions within the body back to normalcy and achieve the



state of balance/health.

To achieve health, Ayurveda employs four procedures:

Treatments via internal medications (herbal medicines, ghee, oils, enema, emesis, etc.)

External applications (various kneading, treatments like oleation, sudation, herbal pastes, etc.)

Diet (according to the body type)

Life-style modulation (daily and seasonal routine, Yoga, meditation etc.)

Panchakarma

(The five purificatory procedures/actions)

Panchakarma is considered the best detox program due to its exceptional quality to efficiently remove both water-based and oil-based poison from the body. Here, the physician administers a series of therapeutic procedures that are adapted to suit the patient's individual constitution or imbalance (prakruti).

Panchakarma *Three Phases*

The first phase is the preparation phase. It includes correcting the digestion, internal and external oleation of the body, and fomentation.

As part of oleation, oil is applied to the entire body through massage. Oil massage also makes the superficial and deep tissues soft and flexible, thus helping the removal of stress and nourishing of the nervous system. It is given daily for three to seven days.

Sudation or sweating through a steam bath or other methods follows oleation. A herbal brew may be added to the steam to loosen the toxins.

Once the patient is ready for the main course, then the therapeutic phase begins. The five cleansing methods are therapeutic vomiting (vamana), induced purgation (virechana), medicated enema (vasti), application of nasal medicine (nasya) and artificial blood-letting (rakta moksham).

Therapeutic vomiting

The primary aim of this therapy is eliminating the kapha, which produces excess mucus. This is induced by taking one, two or three glasses of salt water and then rubbing the tongue to induce vomiting. Once the mucus is released, the patient will feel instantly relieved. It helps relieve congestion in the lungs, wheezing and breathlessness.

Induced Purgation

Induced purgation (virechana) helps relieve excess pitta, which creates bile disturbance in the body. Normally, this treatment is done three days after vomiting. It cleanses the sweat glands, small intestine, colon, kidneys, stomach, liver, and spleen. Several fine herbs are used as laxative as well.

Medicated Enema

Normally, enema is used to flush the loosened humors out through the intestinal tract.

Vasti

Vasti is mainly done for vata disorders. It involves injecting medicinal substances such as sesame oil, calamus oil, or other herbal decoctions into a liquid medium into the rectum. It lightens constipation, distension, chronic fever, common cold, sexual disorders, kidney stones, heart pain, vomiting, backache, neck pain and hyper acidity. Vata disorders such as arthritis, rheumatism and gout can also be treated.

Administration of medicine through the nose

This therapy involves inhaling vapour from medicinal herbs. Mostly, it is done to eliminate kapha-related problems, ear, eyes, and nose and throat disorders such as migraine, sinusitis, and bronchitis.

Nasal administration of medicine helps to correct the disorders of breathing affecting the higher cerebral, sensory and motor functions.

Blood Detoxification

To eliminate toxins absorbed in the bloodstream, a method called blood-letting is applied. This process will purify blood. This

treatment is best for skin disorders such as urticaria, rash, eczema, acne, scabies and chronic itching. (Do not do blood-letting in cases of anemia and edema).

Reintegration is the last phase. This includes specific dietetics, smoking of medicinal fumes and a specific life-style.

Benefits

- Eliminate toxins and toxic conditions from body and mind
- Restore constitutional balance, improve health
- Strengthen the immune system and resist illness
- Reverse the negative effects of stress on the body and mind, slowing the ageing process
- Enhance self-reliance, strength, energy, vitality and mental clarity
- Bring about deep relaxation and a sense of well-being

Goodness of an Ayurvedic Spa

With highly qualified staff and state-of-the-art infrastructure, world -class spas offer you a variety of cleansing and rejuvenation therapies and they ensure the treatments are offered in a very pleasant atmosphere, making it an experience, not just a treatment procedure.

You can avail just a 90-minute de-stress program to a week's Deep Relaxation Procedure from spas, which include the following treatments along with Yoga, meditation and other therapies like Music therapy or Aroma therapy.

Abhyangam (Oil massage)

Abhyangam is a highly effective, rejuvenating massage from head to toe with medicated herbal oils. After this one-hour treatment, you will feel totally relaxed, tension-free, and this treatment removes sleeplessness. It makes your skin very smooth and shining, enhances blood circulation and it provides energy and nourishment to the whole body. The treatment process has great anti-ageing potential, if done regularly, it can delay ageing. It increases your stamina and vitality.





Udvarthanam

Udvarthanam is a special massage using herbal powders. This is the best treatment for reducing excess fat. In this treatment, herbal powders are mixed with oil, milk or medicated juice and rubbed upwards onto the body. It makes your skin healthy, smooth and shining, and cures diseases caused due to toxin accumulation. It is done for 30-45 minutes per day for a period suggested by the physician. This treatment improves the blood circulation, reduces body weight and also helps in curing hemiplegia, obesity, and paralysis.

Elakkizhi

Elakkizhi, is a treatment where various medicinal leaves are cooked in medicated herbal oils. During this treatment, warm bags of medicated leaves are applied all over the body. This is a highly refreshing treatment, and it relieves your body pains and strengthens your muscles. It is an excellent treatment against numbness and shivering. It can improve your complexion and strengthen your joints. It also provides a deep relaxation. It is done for treatments of diseases like arthritis, paralysis, convulsions, relieves pain in diseases like lower back ache, cervical spondylitis, slip disc, sciatica, etc.

Sirodhara

A continuous, mild flow of a steady stream of warm medicated herbal oil on the forehead of a person for 30 to 45 minutes is known as sirodhara in Ayurveda. The oil is poured gently, and this is followed by a gentle scalp massage. Sirodhara, a deeply soothening treatment done in absolute silence, can take you to higher realms of total relaxation and into a balanced state of mind and body. It helps you fight insomnia, chronic headaches, stress, tension, anxiety, anger, rheumatism, hypertension, asthma, and hair problems.

Pizhichil

Pizhichil is a procedure developed in Kerala, which gives the effects of both oleation and sudation. During this, the body is gently massaged for 45 to 90 minutes while medicated oil is being poured continuously over the body.

Benefits: highly rejuvenating, enhances muscular tone and re-tunes the entire nervous system, relieves muscular aches and rheumatic problems, promotes inner balance.

Along with these, many other treatments are there to improve the complexion of your skin and to tone up your body.

Ayurveda & Sports Medicine

Sports medicine, as a separate medical specialty, has a fairly recent origin. However, there are specific areas where Ayurveda can contribute. For e.g.), it can help in the selection of an athlete. Anybody can be an athlete. But if one needs to outperform, there are certain features narrated in Ayurvedic texts that could be handy.

a. Prakruthi (constitution of the body)

b. The physical fitness and performance are highly influenced by the constitution (Diathesis habitus) of the body. The human race can be classified into certain somatotypes. Endomorph, Mesomorph and Ectomorph. Similarly, Ayurveda classifies humans basically into three, — Vata, Pitta and Kapha and their combinations. They will remain unchanged until the death of the individual.

Each person is born with this inbuilt and unchangeable prakruthi. Depending upon the event, a vata prakruthi person can be a better athlete than a kapha prakruthi individual. Similarly, a person specializing in chess should be a kapha predominant person.

Ayurveda for off season and for early recuperation

Also, these are a host of rejuvenative treatment modalities which a sports person could undergo during his off season, which can prepare him to efficiently handle the physical and mental stress involved in competitive sports.

Marma and sports medicine

Injuries in the sports are increasing with the popularization of sports of all types. Though the sports are professionalized and commercialized, the amateur sports are even now the mainstay in India. The mental trauma that will gripe those unfortunate, otherwise healthy young adults is very much demoralizing. The most common injuries are those related to ligament, tendon, and muscle.

Ayurveda has got very effective remedies that can either be used principally or as a supportive therapy in many orthopaedic problems encountered by sports persons. The use of pressure points called marma forms an important part of treatment in ayurveda. Just as acupuncture points are used by Chinese medicine and Chinese martial art, marma points are used by physicians to heal and also by martial art traditions like Kalari payattu. This is also done to inflict maximum possible debilitating injury to the enemy and also to defend oneself from getting injured.

Ayurveda has very simple herbal formulations that can hasten the process of recuperation after a surgery, rehabilitation of an injured muscle, bone, performance levels. A lot of systematic and sincere research needs to be done to explore the scope of Ayurveda in the field of sports medicine.

Ayurveda incorporates several principles that can be effectively used for improving the sports medicine as practiced today. Detailed studies using modern principles of investigation should be initiated as a combined project between the practitioners of different systems of medicine so as to bring out the benefit or otherwise of these tenets enunciated in Ayurveda.



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Advertorial

Moringa:
The incredible superfood



Dr. Jaseela Majeed

The Moringa, known as drumstick tree, is the most common tree in Indian houses. The plant is least explored and there's nothing super-looking about moringa. The moringa tree has fragile branches, sprouts puny white flowers and droop with long twisted pods knobby with seeds. Indian households consume mainly the leaves, flowers and slender foot-long pods of moringa without knowing much about its advantages.

The irony is that if other plants species are superheroes, then moringa is the Iron Man. Researches conducted worldwide suggest moringa tree as one of the most incredible plants ever encountered and is called the Miracle Tree, because of its potential medicinal usage and nutritional properties. It is beneficial to end malnutrition, starvation, as well as to prevent and cure many diseases. The astonishing fact is that every part of the Moringa plant is edible - leaves, pods, seeds, flowers, even its root. The seeds are used to extract oil while the flowers can be cooked and eaten. The feathery leaves alone pack a powerful protein punch—nearly 30 percent by dry weight.

Moringa oleifera, its scientific name, is a well established medicinal plant in ancient systems of medicine, with every part useful for its nutritional and therapeutic value. It is an indigenous and naturalized species in India. In Ayurveda, the traditional Indian system of healing, moringa leaves have been used medicinally to treat everything from anaemia and skin problems to inflammatory conditions and heart diseases.



Different Parts of Moringa: Leaves, Flowers, Pods and Seeds



The moringa leaves are high in amino acids, vitamins A and C, calcium, zinc, iron, magnesium and potassium.The nutritional, medicinal and therapeutic properties of moringa are because of the presence of active phytoconstituents.

The phytochemicals and high levels of antioxidants in moringa have shown in research studies to reduce chronic inflammation and are useful in arthritis and other joint pain (rheumatism). The same reasons would make the tree beneficial for chronic health conditions, including cancer, obesity, diabetes and malnutrition.

Moringa has been known as the "miracle moringa" for centuries in certain African, Asian and Caribbean countries because of its healing power. It is reported to aid in the treatment of over 300 diseases and chronic conditions. Even the World Health Organisation (WHO) has undertaken scientific research on moringa plant and has concluded that it is extremely nutritional and medicinal. Moringa is estimated to have over 90 nutrients and 40 types of antioxidants, with no known side effects. The plant even has the potential to simultaneously treat both malnutrition and obesity.

Moringa as a natural, nutritional powerhouse: Moringa has garnered a lot of interest from health enthusiasts in the

recent years and even described as a "nutrient-packed Superfood" due to its high nutritional value and purported health benefits and became one of the most popular dietary supplement for those looking for natural ways to regain health and fight chronic diseases. The reason behind may be its astounding balance of antioxidants, minerals, vitamins and amino acids, which makes moringa a favourite subject of the scientific world. It also serves as a top source of vegetable protein and a high amount of oleic acid. The high nutrient mass makes moringa such a compelling superfood, especially for people in parts of the world who struggle with undernourishment.

Moringa in Weight Loss: The surprising fact is that this green herb is packed with nutrients to increase the metabolism and this property makes moringa being used by many slimming centres as a natural hunger suppressant; it increases and controls your metabolism and nourishes you with a treasure trove of nutrients, vitamins and antioxidants. Since moringa influences metabolism, which helps to eat less, or the person doesn't feel hungry much, it helps to burn calories at a faster rate and benefits in body slimming. More over moringa is high in fiber, which helps in keeping you full for a longer period. The moringa leaves contain an antioxidant called chlorogenic acid that acts as a natural fat burner.The scientific studies have proved that Moringa Isothiocyanate found in Moringa leaves possess strong biological activity, especially in weight loss. Emerging evidence has suggested this isothiocyanate is the principal therapeutically active constituent found in Moringa.

The moringa tea is becoming a trend among health conscious generation who gulp the decoction, prepared by boiling moringa leaves in pure hot water. The tea can also be made using moringa leaf powder and tea bags. Moringa tea is recommended 30 minutes before the meals. It is advisable that the moringa tea may be consumed warmly, which may help the minerals to mix quickly, help to maintain the fluid balance and eliminating the hunger feeling during the day. It is believed that this plant helps in toxic removal and may decrease the body mass index to the required measurements.

The entire research population has understood the value of the moringa tree in promoting health and sustainability around the world. A recent study conducted in the World Vegetable Center in Taiwan compared 120 types of food and found that moringa had the highest nutritional content of all. Moringa is one plant that virtually contains all the whole nutrients needed by man.

The unique quality of this tree is that every part of the tree is useful and can be called the "Complete tree". Now what is required is the increased awareness of its nutritional and medicinal potential, which has tremendous application, especially in rural areas where cases of malnutrition are prevalent. At the same time, double blinded research is essential to further substantiate the medicinal and nutritional properties of moringa. As the tree is a native to India, it is a matter of pride for the country, and can become a source of income, if the potential as highly nutritional food or as highly effective medicinal agent showing therapeutic effect is exploited by the food industry or pharmaceutical industry or cosmetic industry to do further research on this tree. The most friendly approach is to encourage the cultivation of moringa in courtyards of each house and making it a "Family Companion"



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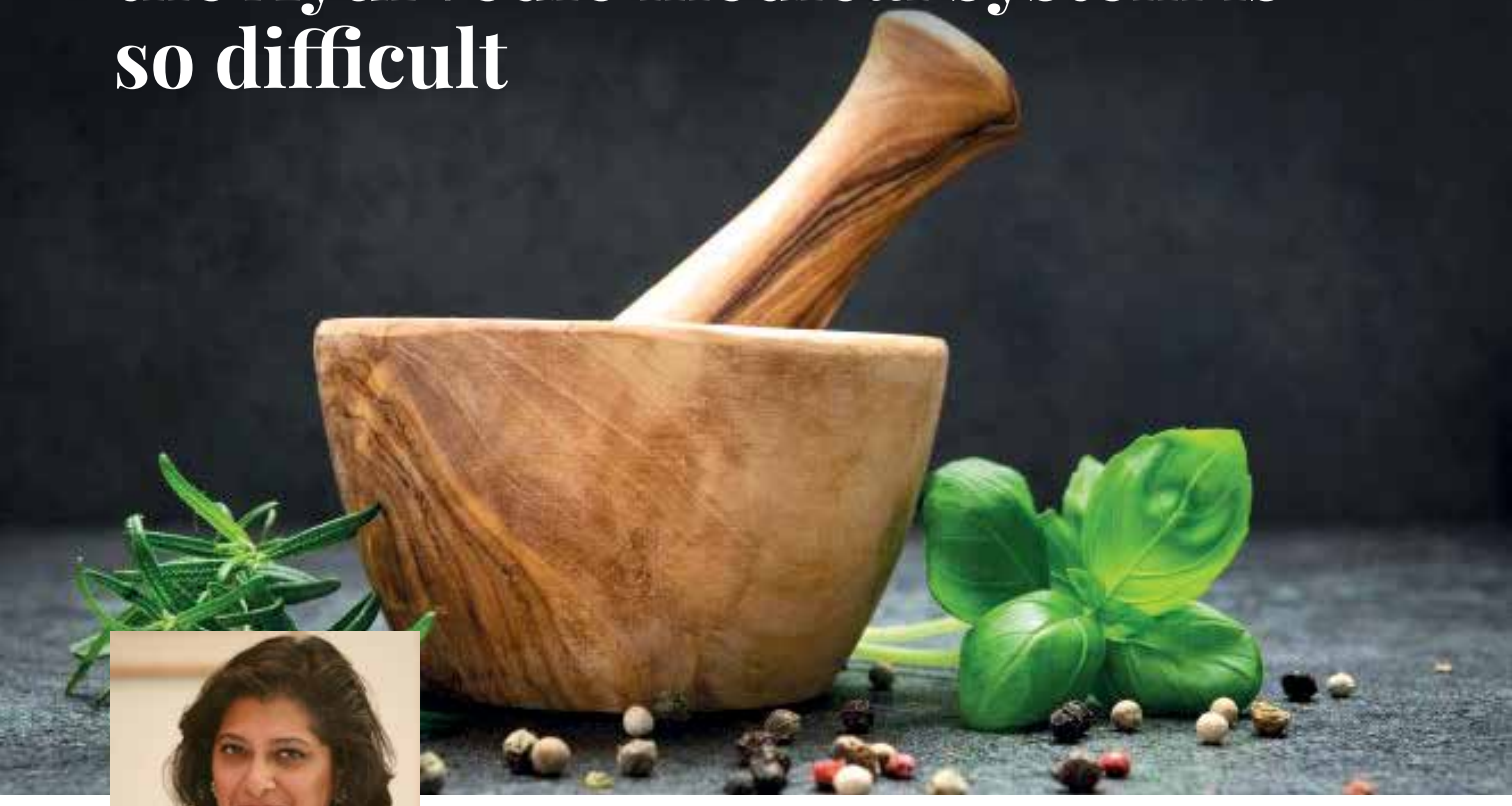
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Ayurveda

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AYURVEDA THE UNTOUCHABLE

Why the patient interface with the Ayurvedic medical system is so difficult



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It is said that Ayurveda is not lacking science or logic; it is lacking champions.

Without champions, the public buys the cacophonic messages that Ayurveda is pseudoscience or an alternative to real medicine. These messages are amplified by ignorant modern physicians of non-Ayurvedic medical systems who are blind to healing, and by the big pharma with its obvious agenda of selling drugs that need continuous purchase, avoiding cure, health, or wellness.

In addition, there are onlookers of health, self-proclaimed experts who complicate the healing process by inserting their assumptions and theories with little or no clinical experience. The patient is left in a confused state.

Patients are no longer encouraged to have the open minds required to perceive healing or grasp the ample evidence of authentic Ayurveda.

In India, as a world leader of Health Freedom, with its eight legal medical systems and the option for patients to choose, the public is freed of the legal he-

gemony of biomedicine, but burdened with trying to understand which system will solve their ailments best.

The patient does not care about the broken education system in Ayurveda. Patients do not care about the deterioration of the science when gurukula was forced into a standardized classroom style, and uniformity was demanded by the newly formed Central Council of Indian Medicine (CCIM) in 1971. They do not care that 50 years of accelerated corruption by people who see ayurveda as a commodity has decreased its place in the world. They do not care about the Ministry of Ayush or the stalwarts' rigid, outdated and unresearched positions about how things should proceed. Memorandums of understanding or research papers in technical journals are not important to them.

Patients want relief from their pain and access to a person who will help them heal.

Indeed, many patients are self-centred, manipulative, and entitled brats. Many are mentally unstable and needy. Many are rude. But almost all are desperate for help. They require the compassion of an authentic healer who can see past their ugliness and embrace the soul that seeks to emerge. Yet, today's general society is informed by a powerful normative media that modern medicine is the only option; they remain ignorant about Ayurveda unless they hear whispers of a neighbour cured of an incurable disease. The health burden of the population forces the entire society to suffer costs that could otherwise be used for wellness, education, and culture to enrich the people.

Health experts that ask for a broadly normative treatment system available to both practitioners and patients resent that the knowledge of healing is kept closely by the physician. Mainstream medicine maintains a patriarchal view in which the patient must surrender to the physician to get treatment.

In contrast, Ayurvedic wisdom belongs to two spaces. One is in the hands and hearts of the people, using remedies for symptoms when they start, when the imbalance has not yet become a disease. Ayurvedic wisdom includes a required perception of the self and knowledge of how one's own body is in its own normative state, and when it is in imbalance. Indeed, many cultural pillars in regional cuisines rebalance the doshas in specific hot vs. cold environments or dry vs. moist-humid climates.

All the spices of India can be used with Ayurvedic medical wisdom packaged in a small seed, bark, or powder. Specific foods growing in specific seasons also rebalance the doshas, such as the use of the tri-dosha-balancing amrud-pey-ara-guava during the monsoon season, when all doshas are especially imbalanced. Daily routines reinforce balance in the physiology, and hygiene rituals keep the indriyas (sense organs and action organs) clean. Sleep rituals rejuvenate the mind and fortify the body's tissues. These Ayurvedic remedies are nothing short of medicine, and they can be managed by the people. This knowledge rightly belongs to all children of Bharata, who have taken the time to learn the tenets of competent use.

The second type of wisdom is in the Vaidya's space. Specific medicines for specific diseases, which can be prepared only with sustained training, belong in the Vaidya's pharmacy, not in a layperson's home. The use of bhasmas that can treat deep-seated and incurable diseases are part of the Ayurvedic repository of wealth as health, but must be monitored, adjusted and perfectly prescribed, which requires years of practice and awareness, and conscience/viveka. The calculations required for proper use of panchakarma therapies and the surgical procedures of Ayurveda belong at the level of a technically and clinically adept person.

Because early symptom-based self-care in Ayurveda is so available, some think all of Ayurveda comprises home remedies or is harmless. While panchakarma is widely touted as a hallmark of ayurveda, some think it is a quick spa treatment or salon experience and do not realize how dangerous, improper overuse of oils can be for the body. These misconceptions can only be corrected by experiencing ayurveda from a competent practitioner, not one who is merely licensed but one who knows how to watch each patient and calculate medicines and procedures that will rebalance their doshas.

The way to find competent physicians is always word-of-mouth and never advertisements or awards, positions of prestige, or self-proclaimed assertions. The best way to find poorly competent Ayurvedic physicians is to listen to television or radio or look at magazines, as people trying to boost their practice cannot get patients by virtue of their work's value, so they use media and modern marketing to amplify declarations of their supposed competence.

When awareness is low, the end-user of Ayurveda - the patient - receives the fruits of the incompetence.

Today, patients do not know where to get good Ayurvedic care. They do not know what to question. Even celebrities who can access and buy almost anything are befuddled on the care they receive in the name of Ayurveda, because qualifications do not require competence. Self-promoting vaidyas boast patient names and violate patient-physician confidentiality. Panchakarma centres give treatments as demanded by the patient, regardless of its medical utility or known parameters focused on patient's



improvement; their focus is on revenue, easy scheduling, and sales of ancillary products. Oil massages are detrimental for patients with ama trapped in their muscles and tissues, yet oil massages are doled out at Rs. 1,500 upon arrival.

Ayurvedic brands filled with ministry-approved fillers and preservatives proudly sell items with no moral restraint. They never consider the detriments to long-term health. They ignore the teachings of Ayurveda because there is no legal enforcement. Toothpastes filled with sodium dodecyl sulfate, a known cancer-promoting foaming agent banned in Europe, are abundant in all commercial toothpastes in India, including the organic and Ayurvedic brands. Turmeric creams are 95+% additives and non-medicinal agents.

Making your own cosmetics and toiletries or getting them from a home-made source is far more elegant and simpler than the chemical-laden products that are advertised. Those who make their own medicines do the best healing. Because their bioelectric energy and their intention are in the medicine they make, the energetic level of healing is accessed, while the chemical components act as a decoy to get the patient closer to the physician. Large-scale manufactured medicines are usually inferior in quality and have the least prana. But who will teach this to the patient?

The few patients who receive true healing from the diamonds of Ayurveda are those who, by luck or by exposure to someone, know how to access authentic vaidyas and their authentic medicines. Patients who search inside themselves for change resonate with a different attitude. They suddenly understand their own responsibility for their own health. This attitude is an altered bioelectrical waveform seen using HRV, heart-rate variability. These changes resonate in the environment. Some cannot understand it. HRV scientists can see it. In response to the shift, the vaidya appears.

What is needed by patients is not a better app or a sleeker hospital interface. Ambitious entrepreneurs have launched large-scale projects after healing from incurable diseases, such as AyurVaid or Kerala Ayurveda. Most of these projects fail to scale up and cannot serve optimally because ambitious consultants are not wise and competent in the authentic principles and clinical practice of Ayurveda. The IT sector makes lifestyle apps, Ayurvedic-nutrition apps, and dosha-diagnostic apps that are off-mark because they are not anchored in authentic Ayurvedic principles of the doshas, kriya sharira, and dhatu poshaka. Huge funding in institutes of technology around the globe starts projects in Ayurveda on tongue diagnosis, pulse diagnosis, and prakrti diagnosis that are shelved after a few years.

Patients need step-by-step instructions on how to prepare themselves so that co-incidences can merge to put them in front of good Ayurvedic care that heals them. Who will teach them that self-care and self-awareness is the path by which healers appear in front of them to help them? This thinking is so contrary to normative healing prescriptions in which one-size-fits-all medicines are touted as cures.

Many amazing vaidyas still exist. They are exquisite in their ability to diagnose and are accurate in their treatment approach and how to prepare the patient to implement it. But these amazing people generally stay hidden to avoid trouble from incompetent Ayurveda authorities, who seek to standardize, unify, and constrict the wide expanse of Ayurveda. They steer clear of the predators in biomedical-pharmaceutical science, who grasp for their own survival by stealing small nuggets of what they think is Ayurveda — a herb formulation, a bhasma, or a process in the large repository of panchakarma treatments. The authentic vaidyas make their own medicines and understand the medicinal power of food. They are foresters, farmers, and gardeners.

The patient who seeks to heal may start by visiting an elder they trust who uses Ayurveda. In the absence of an Ayurvedic wise man in the patient's own environment, they can begin with a book or online video that explains the basics of Ayurveda. Some people begin with yoga, which uses mantra chanting, breath work, attempts at meditation, and the basic postures of hatha yoga to bring the mind back into the body. This is an excellent first step for finding Ayurveda, as it opens the senses to perceive other signals than the ones that mediocre society uses to addict us to their schemes. Subtle energies come alive and become real. When the patient embraces what physicists and chemists, material scientist engineers and nanotechnologists already understand about the power of non-molecular forces, they will discover the medicine of Ayurveda



Eight legal medical systems

1	Ayurveda
2&3	Yoga & Naturopathy
4	Unani
5&6	Siddha, Sowa-Rigpa
7	Homeopathy
8	Biomedicine/ allopathy = mainstream medicine

India Hemp Expo 2022

India's first exhibition on Hemp and Cannabis



Dr Piyush Juneja
Founder
Indianvaidyas.com, Cannabisvaidyas.com & India Hemp Expo

The cannabis industry is presently enjoying a moment of popularity in India. In the wake of the FSSAI regulation in 2021 recognizing hemp oil and seed products as food, the demand for hemp items has seen a sharp rise in the Indian market.

There are over 30 companies or brands working in the hemp space in India and promoting industrial cannabis by manufacturing skincare, beauty products textile, healthcare and building materials.

As per research report, the industrial hemp market is projected to witness a surge at a CAGR of 34 percent from $4.6 billion in 2019 to $26.6 billion by 2025. With more and more people recognizing the potential of cannabis, the state governments have now started seeing its economic potential. So far, Madhya Pradesh, Uttar Pradesh, and Uttarakhand have taken steps to legalize and promote the cultivation of cannabis.

Hemp opportunities

The potential medicinal components of cannabis have been recognized after decades of research, and the hemp-derived products are being used nowadays to treat several disorders including pain management, insomnia, anxiety, and IBS. The global medical cannabis market is projected to touch $46.18 billion by 2027. From foods like protein powder, granola bar, chocolates to beauty products including cream, shampoo, soap to name a few, there are a wide spectrum of consumer items where hemp is being used as a key ingredient. As per latest reports, renewable resource like hemp can also be used to make biofuel.

The growing acceptance of cannabis cultivation and manufacture for industrial and medicinal purposes is a positive development for the industry. It will create more opportunities for farmers and entrepreneurs, and help India become a leading producer of hemp.

To propel the growth of the cannabis industry across the globe, the India Hemp Expo 2022, the first of its kind B2B exhibition, is going to be organized from 13th to 14th May at Leela Ambience Convention Hotel, Delhi. This event will showcase a wide variety of hemp-related products such as hemp food items, cosmetics, textiles, building materials, and cannabis medicines.

This event will also mark the launch of cannabisvaidyas.com, India's largest cannabis platform with 100 doctors across the country. This digital platform is the brainchild of Vaidya Piyush Juneja, a leading Medical Cannabis Practitioner from India. With an extensive experience of healing 10 k + patients with medical cannabis, Vaidya Juneja is one of the highly rated Medical Cannabis Practitioners of India.

In India, the trade and consumption of cannabis is banned under the Narcotic Drugs and Psychotropic Substances (NDPS) Act of 1985. However, the Government has clarified that its use for medicinal and scientific purpose is allowed under the law.

In January, the Centre told the Delhi High Court that the use of cannabis is not completely banned in the country.

The Government told the court, it "adopted a balanced approach on cannabis" by empowering the state governments to "permit, control and regulate the cultivation of any cannabis plant, production, manufacture, possession, transport, import inter-state, export inter-state, sale, purchase, consumption or use of cannabis (excluding charas) for medicinal, scientific and industrial purposes."

"There is no complete ban on cannabis under the NDPS Act, but can be used for medical, scientific, industrial, horticulture purposes by taking requisite permissions from respective state governments," the affidavit filed by the Director, Narcotics Control, Department of Revenue, Ministry of Finance, said.

Interestingly, India, along with a majority of countries, voted at the United Nations in favour of removing cannabis and cannabis resin from the list of most dangerous substances. The UN Commission on Narcotic Drugs (CND) removed cannabis from Schedule IV of the 1961 Single Convention on Narcotic Drugs during the 63rd session held in December 2020

PNNM

MAKING A DIFFERENCE, MOULDING THE FUTURE

Ayurveda, the ancient system of medicine that evolved in India, is finally being recognized the world over for its preventive and holistic curative properties. As a result, there is an increased demand for qualified and authentically trained Ayurvedic physicians.

Located on the banks of Kerala's longest river Nila (Bharatapuzha) in Cheruthuruthy, Shoranur, the PNNM Ayurveda Medical College and Hospital is at the forefront of imparting qualitative and advanced Ayurvedic wisdom and clinical research since 2007. A learning centre par excellence incorporating various streams of the Indian healing system and philosophy, the college is recognized by the National Commission for Indian System of Medicine (NCISM), Govt. of India, New Delhi, and affiliated to The Kerala University of Health Sciences (KUHS), Thrissur.

The untiring efforts of Padmashree awardee Dr. V.R. Gowrisankar - CEO & Administrator, Sringeri Math & its properties, Karnataka, Sri. M. Muraleedharan - President, Keraleeya Ayurveda Samajam, and a team of exponents of Ayurveda, resulted in the establishment of the PNNM Ayurveda Medical College.





The college conducts regular courses in



BAMS (Bachelor of Ayurveda Medicine & Surgery), PG Courses viz MD (Ay), MS (Ay) in Kayachikitsa, Shalyatantra, Prasootitantra & Streeroga and Paramedical Courses. Apart from that, overseas online and residential courses are also extended for aspirants from across the world.

PNNM a bird's eye view

The college is named after late Poomulli Neelakandan Namboodiripad, also known as Aram Thampuran, who served as the President of Keraleeya Ayurveda Samajam, Shoranur, for a long period. It is situated in a locale, blessed with a serene placidity of nature on the banks of river Nila, providing an ambience congenial for academic activities. The well-known hospital unit of the Keraleeya Ayurveda Samajam, Shoranur, functions as the Medical College Hospital.

The institution offers all facilities for students, and eminent and dedicated faculty add strength to the academic wing. Apart from the prescribed curriculum of Ayurveda, the college imparts education in ancient sciences like Jyothisham, Vasthu and Tantra. Besides, the college conducts classes of practitioners and academicians from other allied sciences to share their knowledge and thoughts. The institution is committed to mould efficient Ayurvedic physicians with moral integrity and social responsibility.

PNNM Ayurveda Medical College Hospital

Poomulli Neelakandan Namboodiripad Memorial Ayurveda Medical College Hospital boasts being one of the best places for Ayurvedic treatment, as well as the centre for learning the Indian system of medicine. PNNM Ayurveda Medical College hospital provides top-notch medical caring of Ayurveda in its traditional way under the patronage of Sri Sringeri Sharada Peetham, and Keraleeya Ayurveda Samajam-Shoranur, an authoritative institution in Ayurveda, beholding a century old tradition of pure Ayurveda.

Ever since its inception, the institution has been attracting the very best talents in the field of Ayurveda. PNNM Ayurveda Medical College Hospital nestles on the banks of serene river Nila, Cheruthuruthy, a paradise for those who wish to be far from the raging crowds. PNNM emphasizes sensible lifestyle in harmony with nature, climate, and custom.

PNNM Ayurveda Medical College Hospital provides medical assistance along with manufacturing and dispensing of medicines, runs charitable OP and IP, imparts training to Ayurvedic aspirants globally and conducts research, seminar, workshops and projects related to Ayurvedic system of medicine.

Out Patient & In-Patient Departments

A fully equipped 105-bedded hospital comprising all specialities of Ayurveda serves the needy with a traditional approach, while extending modern facilities. The OP & IP Departments, along with a fully equipped casualty, offer excellent health care and hospitality in its classical and authentic form.

Out Patient Department

Veteran physicians serve the patients with customised classical medications and dietary regimens. It mainly includes Kashayams, Gulikas, Choornams and Thailams prepared and disbursed from the internal factory and pharmacy outlet. An ample number of patients make use of these facilities daily.

Charity medical camps are conducted and free medicines are distributed to the common public from time to time in every nook and corner of the state.

In Patient Department

The hospital with a capacity of 105 beds comprises Deluxe rooms, Suite rooms, A/c & Non-A/c rooms Pay wards, and General wards. The IP Department provides



the health seeker with comprehensive authentic clinical Ayurvedic treatment. The experience and expertise of consulting Vaidyas, the philanthropic approach of nursing and their therapeutic care, and the able assistance of house-keeping staff transcends health care with a humane touch.

Casualty

The hospital boosts a 24x7 casualty having a medical superintendent, deputy superintendent and team of dedicated RMOs along with emergency and ambulance facilities. It serves as the backbone for holistic and comprehensive contemporary patient care.

Well - trained male and female therapists carry out the treatments under the close supervision of expert doctors. Time tested Panchakarma therapy is the major mode of treatment in the medical college hospital.

Besides, Dhara, Pizhichil, Navarakkizhi, and Marma Chikitsa are effectively practiced in the hospital. Special treatment package is also designed for effective management of life-style related disorders.

Charity OPD & IP Ward

The medicines and treatments are rendered free of cost for the patients attending charity out-patient departments. Beds have been allotted in the in-patient departments for charity service under which free treatments are given for socially and economically backward patients.

Numerous patients from various parts of the country are making use of this charitable service.

Speciality clinics, a conclave of eminent scholars in the respective field of Ayurveda and modern discipline, meet once in a month to discuss, share, chart, and document the most amicable remedies.

Pharmacy

A series of formulations, from the old manuscripts of ancient Vaidyas and the knowledge and expertise of physicians that are time-tested, reliable and found effective for various ailments, are prepared in the factory. Medicated decoctions, oils, ghee, powder, tablets, fermented medicines are some of the categories in the production unit.

There are about 500 products prepared by the K.A. Samajam pharmacy. All medicines are produced under the strict vigil and quality control conjuring to the standards of Samajam Sampradayam. Fresh medicated decoctions are prepared in the pharmacy kitchen and supplied in the ward for in-patients.

Cancer Research Project

The college has also launched a new research project focusing on the possibilities of Ayurveda in the prevention and cure of cancer. The project is blessed with the well wishes of His Holiness Jagadguru Shankaracharya Sri Sri Vidhushekhara Bharati Sannidhanam. This mission aims to explore the possibilities of Ayurveda over conventional cancer therapies offering an integrated approach. Eminent physicians of Ayurveda with vast expertise in Cancer cure along with modern Oncologist attend the health seeker as a panel to provide utmost care.

PNNM Ayurveda Medical College and Hospital, Cheruthuruthy in association with Duisburg-Essen University, Germany also conducts Clinical Research Project on Psoriasis under the guidance of an eminent panel of doctors.





X-Ray, Laboratory & Physiotherapy Unit

A well-equipped laboratory with highly advanced diagnostic and investigation instruments, such as an Auto analyzer, ECG, Digital X-Ray, etc. with high precision is installed. Expert technicians are employed in the lab to carry out the investigation procedures. The patients can avail this facility at a moderate cost. Health check-up packages are also available in the laboratory. Modern diagnostic methods and clinical investigations are effectively utilized in the medical college hospital.

The qualified core medical team of the hospital guarantees customized treatment, including physiotherapy under the guidance of a professional trainer. Hence, a blend of tradition and modernity in treatment goes with contemporary needs. Exclusive, well-equipped department for investigating diseases results in prompt, apt decision-making on treatment plans, which is another exquisite feature of the medical college hospital.

Veda - Ayurvedic Spa & Wellness Centre

Spa and wellness centre provide the clients with bespoke transformational experience in a relaxing ambience—the lawn over-looking river Nila. Our expert panel of physicians and well-trained masseurs design personalised regimens to aid the body's innate ability to selfheal.

Spa and wellness centre offer soothing Ayurvedic services to refresh, revive and rejuvenate oneself; a perfect ambience to experience healing cares of Ayurveda in its finest form.

Swasthya - Fitness & Yoga Centre

A well-equipped fitness centre facility is available on the college campus with yoga training. It offers a conscious free environment and focuses on achieving health and fitness goals. A first step towards fitness offering the most comprehensive and customized fitness plans.

OFFICE BEARERS

Chairman:
Padmashree awardee Dr. V.R. Gowrisankar
(CEO & Administrator, Sringeri Math & its properties, Chickmagalur District, Karnataka.)

Secretary: **Sri. M. Muraleedharan**
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Director: **Smt. Sandhya Mannath**
(Handles administration and day-to-day operations of the institution since its inception in 2007)

Principal: **Dr. T. Sreekumar MD (Ay)**

PNNM
Ayurveda Medical College and Hospital, Cheruthuruthy

NABH ACCREDITED PG INSTITUTION

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Ask Your Doctor



Dr. K. Muralidharan Pillai

Chief Consultant, Ayuryogasramam, Vadakkancherry.
Former Senior Consultant, Oushadhi Panchakarma Hospital & Research Institute, Thrissur.
(Former Principal, Vaidyaratnam & Vishnu Ayurveda Medical College & Former Medical Director, Vaidyaratnam Ayurveda Foundation & Research Center.)

I'm a 41-year-old software employee, working from home for the last two years. I had suffered from Deep Vein Thrombosis six years ago and also took blood-thinning medication for nearly one year before stopping the same. For the last five years, I encountered no issues and have taken no medicines for the condition. However, now my blood pressure and cholesterol levels are abnormal for the last over a year. Diastolic blood pressure number is in the 90 to 100 range, while systolic one ranges around 140. Similarly, total cholesterol ranges around 220 mg/dl. The triglyceride is around 215 mg/dl. Dr, is there any Ayurvedic cure for the condition (BP, Cholesterol) as I don't want to take Allopathy medicines again?

Ans: If the deposit of fat, especially cholesterol, in your blood vessels is high, it may lead to several body disorders. Dhamani Pratichaya (Atherosclerosis) is one such condition where the plaque formed by fat, cholesterol, calcium and other substances in the blood hardens and narrows the arteries over time. The passage of oxygen-rich blood to the heart and other regions, like brain, are hampered. The former may cause heart attack and the latter stroke. Lack of exercise and excessive use of cholesterol-rich foods like eggs, red meat and ghee are the usual causes, leading to the condition. Various Ayurvedic medicines prepared using ingredients like Guggul are found effective in reducing the excessive cholesterol level.

Patients suffering from such conditions should regularly do exercises and strictly stick to a laghu guna diet regime, that includes vegetables. They should also do away with habits of smoking and drinking. All these will gradually help in lowering of fat and cholesterol in the body.

My daughter (10-years-old) had Covid-19 three months back. She had a slight fever then and also experienced breathing difficulty in the initial two days. After that, she had at least three instances of severe cough. Doctors said she was having an allergic nature and need to take anti-allergic medicines for one year. Is there any effective treatment in Ayurveda for such allergy in children? She experiences wheezing too during the episodes of such a severe cough.

Ans: The main issue in your child's case is the breathing difficulty she continues to face even after the Covid episode. The persisting cough and breathing difficulty is a serious condition that warrants effective treatment. In severe cases, the lungs may become scarred and result in its stiffness. This can make it difficult to breathe and get oxygen to the bloodstream, resulting in long-term breathlessness.

Agastya Rasayana is one of the best expectorants which is effective in treating dry, persistent or chronic coughs and its underlying causes. The treatments for permanent solutions should be taken in between the times when the coughs don't bother you. One should strictly avoid oily foods or fried food items, besides abstaining from drinking and eating cold foods. It's also not advisable to do activities in cold and damp atmosphere. Such persons shouldn't indulge in strenuous exercises. Also, they should abstain from using curd or buttermilk. Ayurvedic medicines like Kanakasavam, vasarishtam, dasamoolarishtam, vyoshadi vatakam, vidaryadi ghritham are all effective but should be taken only based on the prescription of an expert.

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LIFESTYLE METABOLIC DISORDERS
OBESITY I DIABETES I PCOD I HYPERTENSION I ALTERED THYROID FUNCTIONS ETC

SKIN DISEASES
PSORIASIS I ACNE I ECZEMA I DERMATITIS I URTICARIA I ALLERGIES ETC.

NEUROLOGICAL DISORDERS
STROKE I SCIATICA I MIGRAINE I DIABETIC NEUROPATHY I PARKINSON'S DISEASE & OTHER RELATED AILMENTS

GYNECOLOGICAL DISORDERS
MENSTRUAL IRREGULARITIES I PELVIC INFLAMMATORY DISEASE I PCOD I ANTENATAL, POSTNATAL CARE

EYE & ENT CARE
REFRACTIVE ERRORS | RETINOPATHY | GLAUCOMA | TONSILLITIS ETC

INFERTILITY
MALE & FEMALE INFERTILITY

MUSCULOSKELETAL DISORDERS
SPONDYLOSIS I SPONDYLITIS I ARTHRITIS I FROZEN SHOULDER & OTHER RELATED AILMENTS

RESPIRATORY DISORDERS
SINUSITIS I ALLERGIC RHINITIS I ASTHMA | ALLERGIC BRONCHITIS

WELLNESS
DETOX I DE-STRESS I WEIGHT LOSS I BEAUTY & SKIN CARE I HAIR CARE I OTHER RELATED AILMENTS

GASTROINTESTINAL DISORDERS
ACIDITY | GASTRITIS | COLITIS | IBS ETC

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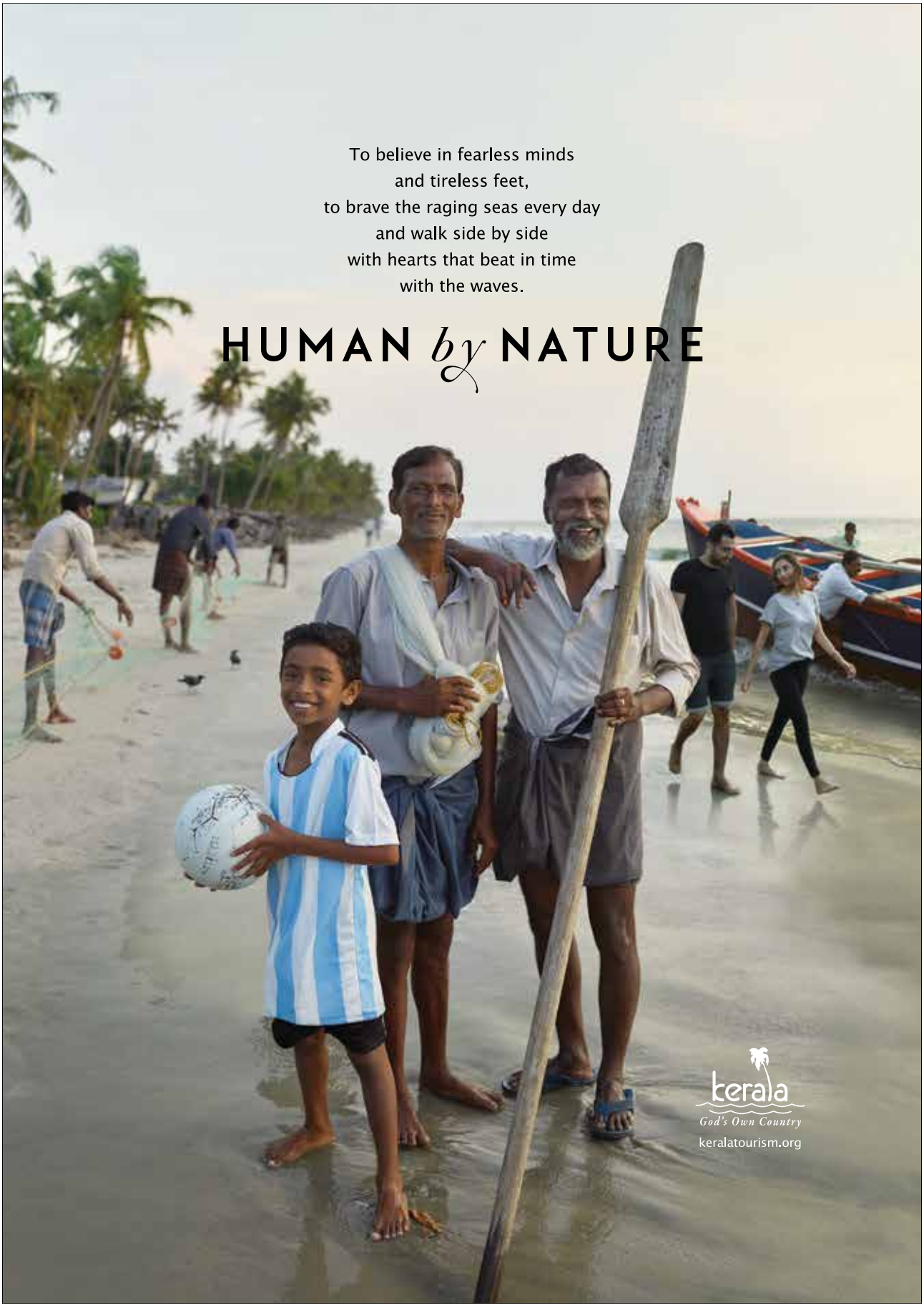
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To believe in fearless minds
and tireless feet,
to brave the raging seas every day
and walk side by side
with hearts that beat in time
with the waves.
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