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Ayurveda
& Health Tourism



Cover Story

CHILD CARE
For a Healthy Mind & Body

WOMEN'S HEALTH
Time For Action

SELF ACTUALIZATION
The Ayurvedic way

GLOWING SKIN, SILKY HAIR
The Ashwagandha Magic

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OMAN HEALTH EXHIBITION & CONFERENCE

Global Health Exhibition By Informa Markets

AN FM MEDIA PUBLICATION

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RĀHĀ Devadaru
Ayurveda Hospital & Integrated Rehab

Authentic Ayurveda at its Best

Raha Ayurveda Hospital ranks among the best in providing authentic Ayurveda treatments and wellness therapies. Located in the central part of Ayurveda's cradle Kerala, Raha Ayurveda is the pioneer in integrating Ayurveda therapy with other treatment systems. It employs modern diagnostic methods for a foolproof diagnosis which is key to detecting the root causes of diseases before forming individualized treatment plans.

Raha chugs forward under the leadership of Dr. Anwar A M & Dr. M R V Namboothiri. Dr. Anwar has more than 25years of experience in delivering Ayurvedic care and is a pioneer in integrating Ayurveda therapy with other complementary systems.

Why Raha?

Raha Ayurveda, which strictly adheres to traditional Ayurvedic principles and practices, is the first Ayurvedic hospital in India in a five-star ambiance. It has an excellent, dedicated team comprising 22 super-specialty doctors, experienced Ayurvedic practitioners, Physiotherapists, Acupuncture Specialists, Speech Therapists, Yoga experts, masseurs, and other service personnel. The four centers – Raha Bamboo Lagoon Ayurveda Village (Vytilla), Raha CFAAR (Panampilly Nagar), Raha Ayurveda (Edapally) & Raha Le Meridien Hotel – together have 200 beds, facilitating in-patient treatments for various chronic illnesses.

Raha Ayurveda has been bestowed with 11 awards for quality treatments. It offers a series of wellness therapies meeting beneficiary requirements, be it Rejuvenation Therapy, Slimming Programme, Immunity Clinic, Post Delivery Mother Care, Healthy Spine Care, Sports Fitness, Geriatric care, De-toxification/ body purification, Stress Management, Fem40 Care, Students Care or Beauty Care. The departments include General Medicine, Pediatrics, Ophthalmology and ENT, Psychiatry, Toxicology, Marma and Para Surgical Techniques, Aphrodisiac Therapy and Family Medicine and Geriatric Care.

It has a well-equipped integrated unit of physiotherapy and rehabilitation.







Testimonial

"This was the last place we stayed in India, and we had a delightful experience; a great place to stay...All the staff were very cordial and helpful. The chef made tasty food for our early morning start... Great to have a pool; the rooms are spacious, neat, and tidy. A lovely short and sweet stay... thank you,"

Sher Ebrahim, UAE.

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الراحة للرفاهية

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visit **www.rahaaayurveda.com** to book an appointment.

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Honorary Consultant



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Senior Consultant
Physical Medicine & Rehabilitation



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MBBS, MD
Senior Consultant Psychiatrist
Department of psychological wellness



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BAMS
Medical Admin & Quality Head

Specialised Treatments at Raha Ayurveda

- Arthritis and rheumatic diseas
- Auto-Immunene Disease Management
- Avascular Necrosis of Femur Head
- Cancer Rehab & Rejuvenative Care
- De-addiction Program
- Degenerative Disorders
- Digestive Disease
- Geriatric Care
- Hemiplegia
- Liver Dysfunctions
- Lumbar Spondylosis
- Multiple Sclerosis Management
- Musculo Skeletal Disorders
- Myasthenia Gravis Management
- Obesity Management
- Osteo arthritis knee joint
- Osteoporosis
- Parkinson's Disease
- Post COVID Treatment
- Psoriasis Management Program
- Respiratory Allergic Disease
- Spine Related Disorders
- Sports Injuries
- Stroke Rehabilitation
- Student Care Wing
- Supportive Therapy for Developmental Delay in Children

Our Centres



Raha Bamboo Lagoon
Ayurveda Village



Raha CFAAR



Raha Ayurveda



West Wing
Le Meridien Hotel

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Ayurveda in Child Care

The advances in technology have transformed the lives of humanity almost everywhere. But the coin has its flip side too. While making our lives easier, technology has made us lazier. It has left our children addicted to gadgets and gaming that cause irreparable harm to their eyes and mental health.

While older generations used to sweat it out on the grounds or in open spaces almost daily, the younger lot is glued to mobile phones with little physical activity. Read on to see how we can address digital addiction in children the Ayurvedic way and what Ayurveda offers to ensure a healthy mental state for your young ones.

While it's true that they enjoy much better treatment facilities, children today are easily susceptible to diseases, both in terms of nature and frequency. The lack of physical activities and the changing lifestyle have resulted in the weakening of their immune defenses.

A look at the attendance registers of children today will reveal the number of days they lose in an academic year because of various ailments. Besides, the little ones are vulnerable to health risks of climate change, what with days getting warmer in summer and biting cold in winter.

Health damage in early childhood might have lifelong consequences. The need of the hour is to build up their immune system and cure their illness with a healthcare system with few side effects. Ayurveda, the ancient healthcare tradition practiced in our country for over 5000 years, can help you with that.

In this issue, we focus on how Ayurvedic science can play a crucial role in maintaining health and curing illnesses affecting your dear ones. There are also articles on how the ancient healing system can be part of our daily lives, especially in managing back pain.

There is a lot to read here. Like the Ayurvedic beauty tips for glowing skin, articles on Yoga practices that can help protect the eyes, our usual columns on Grandma's remedies, rare herbs and what's trending on Twitter, and much more. Happy reading…

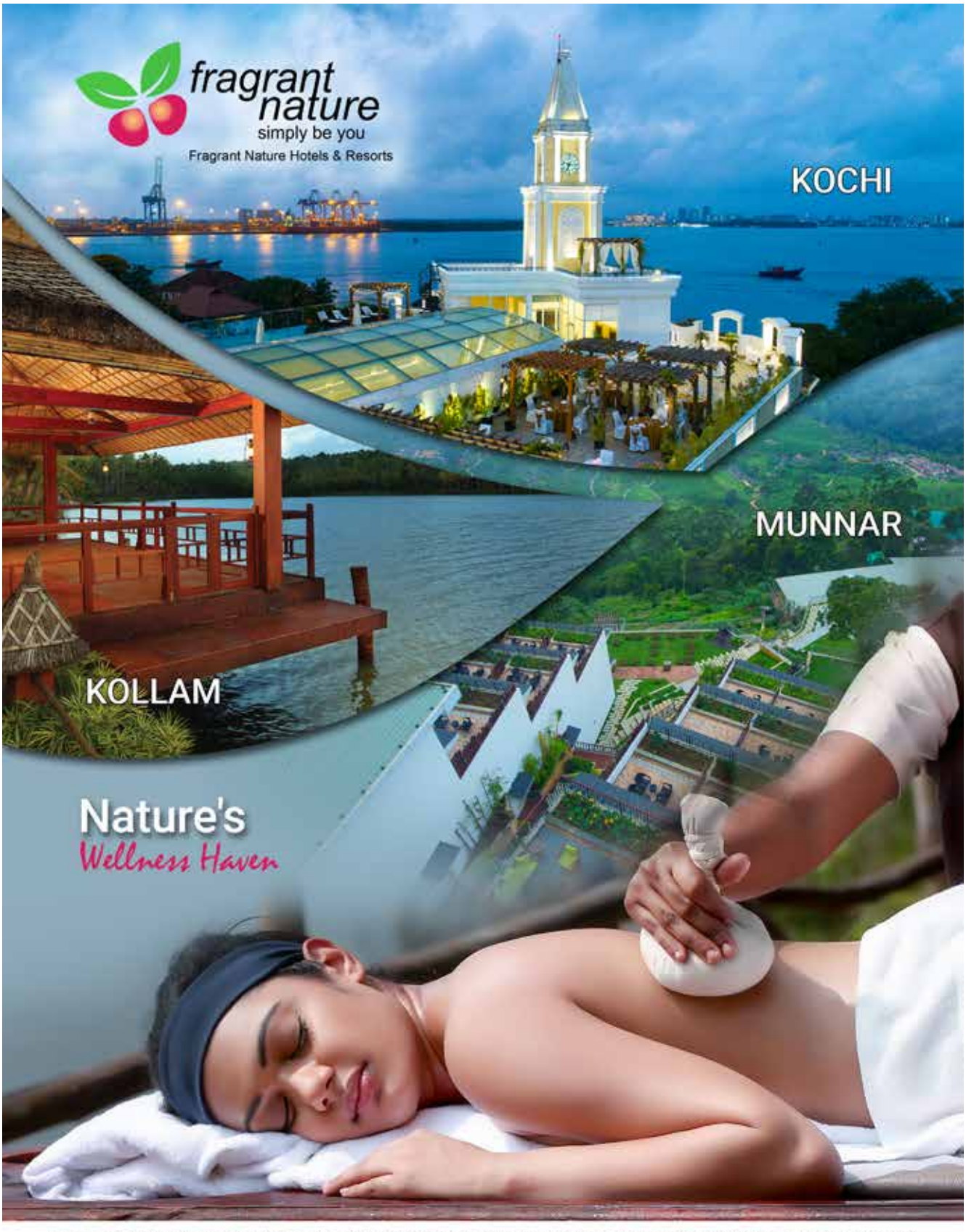
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Contents

07 News and Events

14 Letter from Cambridge

18 Cover Story:
Healthy Mind Right
From Conception

22 Child Health in Ayurveda

26 Digital Addiction in Children

28 Yoga for Kids

32 Yoga for Eyes

36 Five Yoga postures for a healthy heart

40 Trending on The Twitter

42 Ashwagandha,
for glowing skin and silky hair

44 Ayurveda & Skin Care

46 Daily routine for manifesting the unmanifested

48 Ayurveda & Managament of
Lower back pain

50 Ayurveda & Pain Management

53 Grandma's Remedy

54 Ayurvedic Herbs for restoration

59 Ask Your Doctor

60 Fruits -- The Jack of all fruits











Ayurveda, Yoga effective in treating high-risk COVID cases: IIT study



Yoga and Ayurveda may be effective in treating high-risk cases of COVID-19, according to a study done by the IIT Delhi in association with the Dev Sanskriti Viswa Vidyalaya, Haridwar.

A joint team of researchers from the IIT Delhi and the Dev Sanskriti Vishwavidyalaya came up with the conlusion after research among 30 high-risk COVID-19 patients.

Besides the standard care treatment for acute Covid-19, they prescribed Ayurvedic medicines through telemedicine and administered a personalized therapeutic Yoga programme using video conferencing. Almost all of them were classified as high-risk patients owing to one or more co-morbidities such as Diabetes mellitus, Hypertension, Chronic Kidney Disease, and Coronary Artery Diseas, which are known to lead to severe outcomes in cases of COVID-19, especially among those above 60 years of age.

The personalized treatment plan took account of each patient's medical history and symptoms, making it more effective than a fixed standardized treatment plan.

The treatment included Ayurvedic medicines, daily Yoga-sessions including deep relaxation techniques, pranayama, basic asanas, and some lifestyle modifications. Based on the administered treatment, the cases were categorized into YAS (Yoga-Ayurveda based treatment, with possibly allopathic Supplements: 4 patients), YASP (Yoga-Ayurveda based treatment, with possibly allopathic Supplements and Paracetamol: 6 patients), YAM (Yoga-Ayurveda based treatment, and Modern Western Medicine (MWM), i.e., allopathy as an adjunct: 6 patients), MYA (first tried MWM, later switched to Yoga-Ayurveda: 14 patients).

The patients, most of whom presented many symptoms before the Yoga and Ayurveda treatment, were followed up telephonically regularly until recovery. More than half of symptomatic patients started improving within five days (90% within nine days); over 60% reported at least 90% recovery within ten days. Six patients with oxygen saturation (SpO2) below 95% benefited from *Makarasana* and *Shithilasana*; none progressed to composite endpoints (consisting of admission to the Intensive Care Unit, invasive ventilation, or death).

"Most patients reported that the therapy had a profound impact on their recovery process, with many experiencing improvements with respect to their co-morbidities too. By the end of the treatment, several patients had decided to adopt Yoga in their lifestyle, and several turned to the Ayurveda doctors in the team for management/treatment of their co-morbidities", said Dr. Sonika Thakral, who coordinated with the patients for routine follow-up.

"On the whole, the patient's belief in the efficacy of these traditional systems of medicine was extremely enhanced," said Dr. Alka Mishra, who administered Ayurveda treatment to some patients. "We are observing an increasing trend towards ancient systems of medicine," said Dr. Yogesh Kumar, who also administered the Ayurveda treatment.

The study findings have appeared in the Indian Journal of Traditional Knowledge. The authors point out that high-risk COVID-19 patients undergo severe anxiety, which may further aggravate their condition. They further suggest that besides the treatment for COVID-19, Yoga and Ayurveda may help to relieve such patients from anxiety and aid in speedy post-treatment recovery.

Ayurveda Day to be celebrated throughout the country on Oct 23

The All India Institute of Ayurveda (AIIA), under the Ministry of Ayush, has launched the six-week-long Ayurveda Day 2022 programme. The theme for the celebration is 'Har Din Har Ghar Ayurveda'.

"'Har Din Har Ghar Ayurveda' stresses on the need to create an awareness of 'Ayurveda for Holistic Health' in every household. This will help our nation become healthy and strong," said the Minister of Ayush Sarabananda Sonawal.

The AYUSH Ministry celebrates Ayurveda Day every year on Dhanvantari Jayanti and this time around, it falls on October 23. The Ministry has joined hands with all other ministries and government departments so that every citizen realizes the benefits of the traditional system of medicine. AIIA was chosen as the nodal agency for conducting the Ayurveda Day programme this year.

The Ayurveda Day curtain raiser for the six-week long programme (12th September-23rd October) saw the virtual participation of Sarabananda Sonawal, MoS for Ayush Dr. Munjapara Mahendrabhai Kalubhai, Secretary Vaidhya Rajesh Kotecha, Special Secretary P.K. Pathak and NCSIM chairman Vaidya Jayant Deopujari.

"The six-week programme is a noble endeavour to take forward the vision of Prime Minister Narendra Modi. The success of this programme will be possible only if we can reach every citizen of India, and therefore, over the coming weeks, we will focus all our energies to interact with and sensitize people so that the message of Ayurveda can percolate down to all levels," Sonawal added.

"By joining hands with other countries, we aim to take Ayurveda to every home and make true the vision 'From a Healthy India to a Healthy World', Dr. Mahendrabhai said.

New automated equipment for Panchakarma procedure gets patent



An advanced automated instrument that can be effectively used to carry out the complex therapeutic emesis *(vamana)* as part of 'panchakarma' treatment in Ayurveda has been accorded a patent by the Controller of Patents.

The instrument was invented by a team of researchers led by Dr. B Sreenivasa Prasad, President, Board of Ayurveda, National Commission for Indian System of Medicine (NCISM).

The automated system is equipped with monitors which show vital clinical parameters of patients during the procedure, thus aiding in continuous monitoring. It also has provisions to handle vomitus hygienically and as per the biomedical waste management policy.

"The technology is the complete solution for administering the *Vamana* procedure smoothly. The commercialization of the equipment is being looked into so that it can be used in hospitals across the country," Prasad was quoted as saying.

Panchakarma is a complex Ayurvedic treatment administered to expel vitiated *doshas* (toxins) and uproot the disease completely and is done especially when the perturbation of *doshas* is severe.

The term Panchakarma means five processes. The five karmas include *Nasya* (instillation of nasal medication), *Vamana* (emesis/ vomiting), *Virechana* (purgation), *Snehavasthi* (oil enema), and *Kashyayavasthi* (decoction enema).

Vamana is a procedure in which waste products or toxins are eliminated through upper channels, i.e., the mouth.

Initiative to support innovative research in Ayurveda



The Central Council for Research in Ayurvedic Sciences (CCRAS) has launched a unique initiative to support research efforts of bright young minds of the country by developing a Studentship Programme for Ayurveda Research Ken (SPARK) for Ayurveda (BAMS) students of recognized Ayurveda colleges.

Pramod Kumar Pathak, Special Secretary, Ministry of Ayush, and Vaidya Jayant Yeshwant Deopujari, chairperson, National Commission for Indian System of Medicine (NCISM) launched the fellowship scheme and the application portal in the presence of Prof. Sanjeev Sharma, Director-cum-Vice Chancellor In-Charge, National Institute of Ayurveda, Jaipur, and Prof. R.N. Acharya, Director General, CCRAS, Dr. Sulochana Bhatt, Director, CARI, Bengaluru, Dr. M.M. Rao, Director, CARI, Bhubaneswar and Research Officers of the Central Ayurveda Research Institute, Bhubaneswar.

"CCRAS has taken many commendable initiatives in recent times, especially during the COVID-pandemic. The Council has not only developed popular formulations such as Ayush-64, it has 18 formulations and technologies to its credit also," Pramod Kumar said.

"With the guidance and support from the Ministry of Ayush, CCRAS has developed and implemented a wide range of schemes and programs to serve the citizens," Prof Acharya said. By developing meaningful collaborations with premiere academic research institutions within and outside of the country, such as IIT, ICMR, ICAR, JNU, BHU, AIIMS, etc., the Council has sped up quality research activity in the domains of Ayurveda and allied sciences. The SPARK program is primarily developed to help students develop an acumen for research and to further support and incentivize their research ideas," he added.

'SPARK' aims to support the research ideas of young undergraduate students enrolled in Ayurveda Colleges across India. The application process for SPARK will be completely online -- www.spark.ccras.nic.in.

Interested candidates will be required to submit their research proposals through the SPARK Portal. Experts will evaluate the same. The selected fellows will be offered financial support of Rs. 50,000 under the fellowship. Initially, there will be 100 seats per session and further details may be accessed at the program portal.

Prescription must for online sale of Ayurveda drugs

The Central Consumer Protection Authority (CCPA) has issued an advisory to e-commerce entities asking them not to sell Ayurveda, Siddha, and Unani drugs to consumers without them producing valid medical prescriptions from registered doctors in the respective sectors.

According to the regulator, the move is aimed at preventing unfair trade practices in the emerging alternative medicinal fields.

"E-commerce platforms have been advised that the sale or facilitating the sale of such drugs shall be done only after a valid prescription of a registered Ayurveda, Siddha, or Unani practitioner respectively is uploaded by the user on the platform. Consuming such drugs without medical supervision can lead to severe health complications," the CCPA said in a statement.

As per the advisory, the requirement will be applicable to drugs prescribed under Schedule E (1) of the Druga and Cosmetics Rules, 1945. Schedule E enlists poisonous substances under the Ayurveda (including Siddha) and Unani systems of medicine. Besides, the word 'caution' is to be printed in both English and Hindi languages on the label of the container of such medicines.

Earlier in February 2016, the Ministry of Ayush issued a directive, warning stakeholders against purchasing such drugs online without medical consultation and directed that the specified drugs should be administered to patients only under strict medical supervision.

With mainstream medicines, such a restriction is already in place, under which the e-pharmacies or e-commerce portals are not allowed to sell a certain category of drugs without a valid prescription.

The demand for traditional medicines surged during the post-Covid period after systems like Ayurveda have been found effective, especially in their immunity-boosting role.

World Ayurveda Congress and Arogya Expo-2022

Goa is set to host the 9th World Ayurveda Congress (WAC) and Arogya Expo-2022 from December 8 to 11 at Panaji with the focal theme 'Ayurveda for One Health.'

Over 4000 delegates from 40 countries are expected to participate in the world's largest Ayurveda convention. The event will have 150 speakers, including over 20 internationally acclaimed ones, 400 expo stalls, 30 technical sessions, and six plenary sessions. Over 300 Ayurveda patronized companies will take part in the International Arogya Expo. Individuals and institutions from India and abroad will showcase various programs related to Ayurveda.

The World Ayurveda Foundation organizes the mega event with the support of the Ministry of AYUSH. Ayurveda & Health Tourism Magazine is the media partner for the four-day event. More than a platform to connect Ayurveda practitioners, medicine manufacturers, enthusiasts, and academicians, WAC is known to collect feedback, monitor progress, and initiate missions accordingly. Having witnessed a highly welcoming response in the previous editions of WAC, Goa promises to be one of the largest congresses thus far.

The plenary sessions include 'Ayurveda for One Health,' 'Pandemic Lessons for Future Ayurveda Research,' 'Educational Reforms in the Light of NEP,' 'Innovations: Expanding Horizons for One Health' and 'Environmental Footprints of Ayurveda Procedures achieving Zero Emission.'

The World Ayurveda Congress (WAC) is a platform established by World Ayurveda Foundation to propagate Ayurveda globally in its true sense. The first World Ayurveda Congress (WAC) was held in 2002 at Kochi as an outreach program to create greater awareness and opportunities in Ayurveda's practice, science, and trade. The subsequent Congresses organized at Pune, Jaipur, Bangalore, Bhopal, Delhi, Kolkata & Ahmedabad helped promote Ayurveda within the country and significantly impacted the propagation of Ayurveda globally.

For more details: https://ayurworld.org/

Arab Health 2023



Arab Health brings together key stakeholders in the medical industry to collaborate and make healthcare a more sustainable industry that makes positive impacts. The expo intends to discover the way forward through sustainable and innovative solutions that will disrupt existing models while revolutionizing healthcare for future generations. The exhibition will be held from January 30, 2023, to February 2, 2023, at the Dubai World Trade Centre. A total of 3000 exhibitors from 70 countries across 8 product categories, 70 exhibition centers, over 51,000 visitors, and ten conferences will make the exhibition exhaustive. The opportunities to generate new business while networking with industry leaders and potential buyers are opened here. One can launch new products and services at the venue and increase their international presence while increasing brand exposure. Businesses generate new leads, and the event is already 85 percent sold out.

From regional and international healthcare professionals who value the power of learning, all the biggest names in the healthcare industry are gearing up to interact, network, and conduct business with the visitors across four days during the event. The event is being organized by Informa Markets-Healthcare, which has a network of 12 in-person exhibitions and 90 conferences, and a global community of nearly 5.5 lakh healthcare professionals. It has opened an online window also for Arab Health 2023, between January 4, 2023, and March 2, 2023. In the previous 2022 Arab Health, the live edition of the show saw over 80,577 professional visits, of which 40,000 were unique visitors. The event took place from January 24-27, 2022.

For more details:
https://www.arabhealthonline.com/en/Home.html

International Yoga Festival – Rishikesh, 2023

Rishikesh, known as the world's Yoga capital, will host the 17th edition of the International Yoga Festival to be held from from March 1 to 7, 2023.

The International Yoga Festival is the largest event of its kind. Yoga lovers and practitioners participate in different sessions of Yoga classes where one can get all authentic lessons and information regarding Yoga. Apart from the Yoga masters in India, those of the international Yoga schools and styles will also attend the Yoga and meditation classes.

World-class Yoga practitioners will take a total of 60 hours of classes. Learn about the actual way of practicing some of the most useful meditational poses, asanas, and particularly multiple styles of Yoga like Kundalini Yoga, Iyengar Yoga, Power Vinyasa Yoga, and Kriya Yoga. The sessions are full of spirit, motivating the crowds and empowering them with the knowledge of holistic science.

For more details:
https://internationalyogafestival.org/



Herbal & Traditional Medicine Conference-Vienna



The 8th International Conference & Exhibition on Herbal & Traditional Medicine will be held in Vienna, Austria, on October 13 and 14.

The strategic conference will discuss overcoming the current challenges in Herbal and Traditional Medicine development. This year's focus will be on the latest advancements, research, and development to inspect Herbal Medicine, Alternative Medicine, and related areas. The main theme of this Herbal Conference is "Future Advancements in Tradition Herbal and Medicine," which covers a wide range of critically important sessions.

Jeena N. Janardhanan from the Kerala University of Health Sciences, India, will be one of the over 20 international speakers at the event.

World Paediatrics Conference

The World Paediatrics 2022 conference to be held in Tokyo on October 6 and 7 is one of the largest international meetings on pediatrics. More than 100 pediatrics practitioners, including general pediatricians, clinical pediatricians, pediatrics dentists, pediatrics surgeons, nurse practitioners, neonatologists, and pediatric cardiologists, along with researchers, educators, administrators, policymakers, and students expected to attend the conference. The conference theme is “World Paediatrics – A step towards child healthcare ."High-level keynote speakers from around the world, as well as numerous simultaneous oral and poster presentations on health issues and advancements in pediatrics from conference attendees, will be among the event's highlights.

For more details:
https://worldpediatrics.pediatricsconferences.com/





SIDDHALEPA

Siddhalepa Ayurveda Health Resort
Wadduwa.

SIDDHALEPA'S 200-YEAR-OLD AYURVEDA HERITAGE TRANSFORMS INTO A HOSPITALITY LEADER

With a rich heritage of 200 years of authentic Ayurveda medicine spanning five generations, Siddhalepa has carved a niche for themselves as a leading Ayurveda group in Sri Lanka.

Siddhalepa enjoys the distinction of being the only company in the country to have their own authentic Ayurveda hospital, produce their own Ayurveda supplements, medicine and a wide range of herbal products in their factory. Siddhalepa also operates Ayurveda resort hotel and a city hotel. Herb Plantations, OWN Therapist Training Institute

The Hettigoda family has been practicing this medicine for five generations and their vision is to preserve and continue this ancient heritage into the sixth generation, catering to the growing global shift to herbal therapies and ayurveda medicine for a healthy life...

Siddhalepa Ayurveda Resort, Wadduwa

A pioneer and leader in Ayurveda tourism in the country for the last two decades, Siddhalepa offers a holistic experience in healthy living on a holiday combined with the glories of a tropical island holiday.

The Siddhalepa Ayurveda Health Resort and Spa, in Wadduwa, south of the capital Colombo, offers a wide range of authentic treatment packages for most illnesses or health conditions, giving the opportunity for their clientele not only the promise of total relaxation but also a lasting relief for their ailments with Ayurveda medical treatment.

Overlooking the Indian Ocean and spread over seven acres of tropical & indigenous trees, herbal medicinal plants, vines and bushes, the resort offers a holistic experience, provided under the expert care of resident physicians, visiting consultants and hospital trained therapists. The resort's main attraction its Ayurveda centre is the only one in the country affiliated to an Ayurveda hospital with access to a range of traditional Ayurvedic medicines produced to highest ISO standards, using ancient formulae by the Group in their factories.

Built in 1999 by Siddhalepa founder and Chairman Deshabandu, Dr. Victor Hettigoda, the 50 room Ayurveda resort has now evolved into a holistic therapy Ayurveda holiday resort with yoga, meditation and Ayurveda meals, cooking lessons and introductory Ayurveda herbal tours in the property's seven-acre gardens.



The Group has built its clientele on the emerging trend in tourism where holidaymakers are seeking natural cures for their ailments and health conditions on their holiday. Tourists especially from the Developed Countries have discovered the benefits of Ayurveda therapy and Ayurveda medicine and a Holistic way of life and actively seek a destination that offers them an authentic therapy for their ailments while they can still have a great holiday with nutritious, vegetarian meals.

Resident and consultant ayurveda physicians are available for consultation at the Resort and the spas in both the resort and hospital are run by trained ayurveda therapists.

The key factor in these ayurveda therapy and treatment based holidays is the availability of an ayurveda physician on call at the hotel and guests access to the team of specialists at the Ayurveda hospital in Mount Lavinia.



For holiday packages that include ayurveda treatment, communication with the physician begins even before the guests come to the resort with an email questionnaire on their general health record.

Guests are given a one-and-a-half-hour consultation with an ayurveda doctor on arrival. From the diagnosis of your condition, the doctor will prescribe a diet plan, treatment at the Ayurveda Centre, an exercise plan with regular yoga sessions, and meditation sessions for a holistic healing of the body, mind and soul. And a balanced meal plan according to their body type.

Targeting individual parts of the body, the resort offers a series of treatment to relieve and rejuvenate. Treatment ranges from Shareera Abhyanga (body therapy), Akshitharpana (special eye treatment), Udvarthana (peeling treatment), Nasya Karma (nasal treatment), Vasti Karma (enema), Piccichil (Thaila Dhara), Shirodara and many more. Treatments to enhance immunity, for post-chemotherapy, wellness and anti-stress, blood purification and rejuvenation, weight loss, beauty care and anti-aging; to strengthen mobility, and joint care are also offered.



The Ayurveda Hospital in Mount Lavinia

Dedicated to the late Dr. Hendrick de Silva Hettigoda, renowned ayurveda kidney specialist and father of Deshabandu Ayur Dr. Victor Hettigoda Chairman of the Siddhalepa Group, Siddhalepa Ayurveda Hospital in Mount Lavinia is well known for its team of specialist ayurveda physicians and its authentic ayurveda treatment centre in the hospital premises itself. The Siddhalepa Group also has two more ayurveda spas, one in Colombo 7 and another in their recently opened city Hotel Anarva, in Mount Lavinia.

The sate of the art Ayurveda hospital in Sri Lanka offers professional consultation to both local & foreign patients everyday of the week. A wide range of treatments are delivered to patients by a panel of well experienced Ayurveda specialist doctors who are renowned for providing customized remedies combined with personal care & attention. The hospital is the only Ayurveda hospital to have a panel of renowned consultants visiting on a regular basis. Also 90% of the medicine used in our treatments are produced locally by Siddhalepa using all natural ingredients. Keeping up with international standards and ensuring both safety and authenticity, our ISO standard medicine has become a trusted name around the world.



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Within easy reach of the commercial capital Colombo, Siddhalepa ANARVA Mount Lavinia makes for the perfect urban retreat. This centrally located City hotel in Mount Lavinia is ideal for business & leisure with meeting facilities and the Ayurveda spa. The hotel offers all amenities of a city hotel including free Wi-Fi and also features double glazed soundproofing promising a good night's sleep.

Coupled with the opportunity to travel, and ayurveda tourism are even more popular than before; It encompasses hospitality, health, beauty, medicine and fitness, integrating healthful habits into the holiday.

Indigenous Ayurveda medicine is not a fad to fade away... It has survived the test of time and its origins go back 6000 years...



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Deepening, widening, discerning narratives...

TIME FOR ACTION IN WOMEN'S HEALTH GLOBALLY & LOCALLY



Dr. Madan Thangavelu

The 72nd Session of the WHO Regional Committee for Europe was held in Tel Aviv from 12 to 14 September 2022. Its purpose was "to reflect on progress so far and further steps needed to implement the European Programme of Work (EPW) 2020–2025—United Action for Better Health in Europe" and to seek "consensus on actions to be taken in several priority health areas, including empowerment through digital health, health promotion through behavioral and cultural insights, and access to affordable medicines."

In his welcome address, WHO Director-General Dr. Tedros Adhanom Ghebreyesus emphasized the importance of promoting health: "Promoting health does not start in the clinic or hospital, but in schools, in the streets, supermarkets and households. Much of the work you as ministries of health do is dealing with the consequences of poor diets, polluted environments, unsafe workplaces, inadequate health literacy, and the aggressive marketing of products that harm health." It is in such deepening and widening narratives and awareness about health



promotion and disease prevention that women's health is taking a new discerning dimension.

Women's health is a large and growing area of activity here in Europe. The European Union's "The state of women's health in the European Community" report (https://health.ec.europa.eu/other-pages/basic-page/state-womens-health-european-community_en)



in eight sections considers social and demographic trends affecting women (Section 2), an overview of selected health indicators (Section 3), morbidity measures (Section 4), leading causes of death among women (Section 5), various health determinants (Section 6), and emerging health issues for women (Section 7). Section 8 concludes the report.

Women make up 191 million (51.2%) of the European Community's population. Life expectancy has reached 80 years, which is well over six years higher than the corresponding average for EC men. Younger cohorts (18-29 years) are almost five cm taller than older cohorts (60 years and older). Across all ages, the most frequent causes of death among women are diseases of the circulatory system (43%) and cancer (26%). Conditions of the respiratory system are responsible for 6% of deaths among women, and suicide and accidents for 5%. The remaining 20% of deaths are due to other causes. Motor vehicle accidents (for women under 30 years), suicide (for the 30-34 age group), and female cancers of the breast and cervix are the leading cause of death for women aged 35-64 years. For elderly women (65 years and older), diseases of the circulatory system account for most deaths, approximately half of all deaths in this age group. Breast cancer accounts for 21% of all female cancer deaths in the EC, with a mortality rate of about 31 per 100,000. One in every five women is overweight (or severely overweight) as measured by the body mass index (BMI), while 15% are underweight. Being overweight is a significant risk factor for several diseases, particularly heart disease and diabetes; new research provides evidence for the links between highly processed foods and obesity and other chronic diseases.

Among the special issues in Women's health is the paradoxical prevalence of eating disorders (bulimia and anorexia nervosa). The increasing incidence of osteoporosis is another growing concern in many member states. The question of hormone replacement therapy (HRT) and its benefits for preventing osteoporosis is still being debated by health care providers. Following the publication of a Women's Health Report, the UK, too, has taken bold steps. Dame Lesley Regan has been appointed Women's Health Ambassador to drive system-level changes to close the gender health gap. (https://www.gov.uk/government/news/dame-lesley-regan-appointed-womens-health-ambassador). Dame Regan is a Professor of Obstetrics and Gynaecology at Imperial College London, Honorary Consultant at Imperial College Healthcare NHS Trust at St Mary's Hospital, and a former president of the Royal College of Obstetricians and Gynaecologists (2016-2019).

The European Union's "The state of women's health in the European Community" and the UK Government's Policy paper 'Our Vision for the Women's Health Strategy for England' provide valuable guidance on analyzing and developing new thinking globally and defining local solutions.

Dr. Cecil Bernard Colaco FRCP, recently Consultant in Rheumatology at Central Middlesex Hospital, a teaching hospital of Imperial College, has coined "the blindness of resilience" a powerful phrase to capture the essence and sentiments about our current global health predicament. Improving health literacy in the young and youth and innovative community action are potent agents for changing this state of mind. Ritu, a programme developed and coordinated by the Prasutitantra & Striroga Department of PNNM Ayurveda Medical College & Hospital,



Shornur, Kerala (pnnmayurvedacollege.com), is one example of such local action. The College's staff and students have adopted twelve schools and six colleges in the vicinity of the College and are providing Women's Health Awareness classes. They conduct several other public engagement activities, health awareness, and medical camps locally and close to the College. The range of common conditions spans the life course, from mother to child to teenager and women's health issues. Common problems like anemia, dysmenorrhoea, PCOS, uterine fibroids, Dysfunctional Uterine, Bleeding, etc., are effectively managed under this project. They also engage with local tribal areas of Chelakkara, Panjal, and Desamangalam villages and provide free medical advice, care, and medicaments where needed. The panel of Women's Health doctors is drawn from the professors and teachers of the College. Apart from these general activities, a treatment expert panel exclusively for women's health & fertility has adopted women's health protocols unique to Kerala Ayurveda Samajam (samajam.org); "Samajam sampradayam" workshops and awareness camps are now conducted fortnightly.

Better health globally demands more action against the "blindness of resilience" at all societal levels, from the individual upward. The common sense in the call "Promoting health does not start in the clinic or hospital, but in schools, in the streets, supermarkets and households…" will always ring true.

For India, the almost 250 Ayurveda Colleges can be a catalyst for further innovations in nationwide programmes similar to Ritu. Many more Ritu-like programmes that offer the community and individual-level guidance about personal management and education and health literacy early in life might be the best way ahead for all aspects of future health globally. Further inspiration can be from the lives and lessons of the many who live well into the eighth and ninth decades of their lives. As I refine my letter, I am reminded to add, fresh from recent happenings, that Her Majesty Queen Elizabeth The Second, who died at 96 years, five years short of her mother, Queen Elizabeth The Queen Mother, who died in 2002, aged 101 are exemplary models for lives well led and the women's health globally.

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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ENSURE A HEALTHY MIND RIGHT FROM CONCEPTION



Dr. Waldo Castro

It is estimated that nearly five percent of the world population is diagnosed and suffering from some sort of mental health issue, acute or chronic. This puts the global figure at close to 390 million, often with little, if at all any, resources allocated for treatment and far less for prevention.

So, prevention becomes an individual responsibility both for themselves and for the ones who could be under their care. This can be effectively accomplished if each person is made aware of what must be done, most of which are incidentally very accessible and inexpensive.

According to Ayurveda, all individuals possess a unique bioenergetic constitution determined by *Dosha* and *Gunic* makeup, which should always be kept in a state of balance. The Tridosha theory teaches us of *Vata, Pitta,* and *Kapha*, describing the bioenergetic constitution and its qualities or *Gunas*, which can be either Sattvic (ideal, balanced, wholesome, clean, light, clear, luminous, and nourishing) or *Rajasic* (forceful, strong, fierce, often aggressive, and intolerant, still nourishing but less wholesome and with a little more toxic byproducts or *Ama* as it is called in Ayurveda). It can also be *Tamasi*c (dense, heavy, sluggish, lazy, dark, with a lot of *Ama* or toxins and inertial).

They all come into play, *Doshas* and *Gunas,* in a unique symphony of sorts that defines each individual and their own unique characteristics, for even identical twins have very specific defining details. Therefore, it is imperative to understand how these energies, both qualitatively and quantitatively, organize themselves in each person's life as they will indicate the path and routines each person must follow to preserve their health at all levels. These unique characteristics result from a series of conditions that must come together in specific ways.

We tend to overlook the vital role that parental physical and mental health play in defining the *Doshas* and the shifting of *Gunas* in their children. This, of course, is also affected by environmental circumstances, which must be considered when deciding to become pregnant.





Whether or not to have children is one of the most important decisions anyone will make in their lifetime. One that should not be taken lightly, for it carries much responsibility. For instance, no one would want to go through pregnancy and ultimately give birth in a war zone.

It is the responsibility of parents-to-be to start well before conception—that is, once we decide to be parents, and before any concerted effort to procreate is undertaken. Here we must assess if it is the right time and place, determine whether or not we are willing and able to experience and honour the changes to come, and start preparing ourselves both physically and mentally for this process.

This is needed not only for our welfare, which will ultimately impact our children as well, but also for the repercussion our overall balance will have on this child from the moment of fertilization and implanting of the embryo, all the way through gestation and ultimately birth, as well as life thereafter. All energies must, therefore, be appropriately balanced to provide a healthy environment within this new person for them to thrive with health and prosperity throughout their entire life.

Both nature and nurture components can influence one's mental health. From a western perspective, the nature component of an individual's mental health is randomly defined, so there is not much to be done other than making the best of what was dealt to you.

Ayurveda has known for millennia that it is quite the contrary. For instance, in western societies, we know a child born to a mother who uses crack cocaine will be born with a series of health issues, including a physiological addiction to the substance and, later on, behavioral problems, even a greater predisposition to addictions in general.

Following the same principles, everything we do before and during pregnancy will have a measurable effect on the child. And viewing it from an Ayurvedic perspective, we can understand how nature can be guided down a healthy path, and positive/healthy outcomes can be attained by appropriate preemptive actions, behaviors, routines, and lifestyles.

Ayurveda teaches us that our bioenergetic constitution and its qualities are defined early on by our parents' stability and balance, their bio-energetic constitution, as well as their *Gunas,* and the environment with which they interact prior to and during conception and gestation. The energetic imprint a couple puts into the process of procreation is much more important than one realizes. This is true for our mental and physical health, and it involves both parents.

Then we have 'nurture.' Both Ayurveda and Western healthcare understand the value of proper nurturing and rearing in creating a healthy balance that can yield adequate mental health in a child. Nurturing is not only by tangible resources, but the love, smile, and emotions that the hug of a parent can evoke, the language and gestures with which a child is addressed, are all variables that touch on *Manovahasrota* (mind channel), producing either a healthy balance or a lack thereof, which can lead to mental illness.

When a couple decides to have a family, and they find themselves in a healthy relationship with both mental and physical balance, proper communication, financial stability, appropriate nutrition, a healthy and peaceful environment with adequate support systems, and the genuine heartfelt desire to become parents, the product of this will most likely be a healthy fertilization/conception, leading in turn to a healthy gestation, provided of course all possible efforts are made to sustain a healthy, peaceful and happy pregnancy. As a norm, this gestational balance or homeostasis will yield adequate mental and physical health throughout life.

The opposite is also true. There are extensive studies supporting the theory of inherited trauma. For instance, it is often seen that the children and grandchildren of individuals who have suffered severe physical and emotional trauma, such as those experienced by survivors of Nazi concentration camps, often carry similar emotional and mental imbalances to those of their relatives. These are brought on by the stressors suffered by their family members and passed on in an epigenetic modality. It happens even when they have not been raised, had much contact, or even met those relatives who suffered the trauma.



The concept that a portion of our deepest unconscious mind is genetically inherited and not modeled or formed by personal experience was put forward by Carl Jung, the Swiss psychologist, and psychoanalyst who founded the branch known as Analytical Psychology and who was himself a very spiritual person well versed in eastern philosophy and healthcare models—including Ayurveda. He called it the Collective Unconscious—sometimes called the objective psyche.

So proper healthcare always starts by caring for the health and not waiting for the need to fix it. On the other hand, awareness and conscience play critical roles in the early detection and diagnosis of mental health conditions. Western medicine, however, does not facilitate early diagnosis; this is even more true for children and adolescent patients.

For some reason, mental illness is stigmatized in Western societies. As a result, the rendering of a timely diagnosis is hindered by the fear of creating labels that might follow the individual to adulthood and, in turn, be detrimental to their social standing later in life. Not to mention the unwillingness in western society to allocate financial resources for these conditions.

Therefore, if we are to curb the rise of mental health conditions and provide better and more effective outcomes in treating them, we must, as a society, demand better screening at an early age. As soon as a child attends preschool, we can detect imbalances that might suggest the risk of mental health problems. Preteens are the ideal group that can be subjected to early detection of imbalances and intervention before full hormone storms and social demands kick in, creating substantial stress in these young patients.

We should also consider comprehensive outreach programmes to assist parents, especially those planning a family, for they have the best potential for positive outcomes, as they can adequately prepare themselves with healthy and balanced lifestyles and environments. Teachers should also be trained in the early detection of imbalances.

Healthcare providers, starting with Pediatricians and others in primary care, should be given enough leeway and authority for referral of their patients to specialists in mental health. Health insurances must provide better coverage for the early detection and treatment of mental health illnesses.

Schools across the board should implement, as part of their academic curriculum, the teaching of meditation and mindfulness, along with Yoga and Pranayama. These modalities have a proven and scientifically backed trajectory of being highly effective in managing stress, mild to moderate depression, and mild to moderate anxiety at the very least.

Western psychology seeks to identify the triggers and issues that lead to mental health illness. It aims to have the patient face these issues and work on them, often for years, to overcome their deleterious effects. On the other hand, Ayurveda seeks first to identify the imbalances that disturbed the *Doshas* and correct them. It also aims to define the emotional triggers that lead to the appearance of symptoms. Once they are identified, Ayurvedic Psychology seeks to transcend these issues, not linger on them.



About the author

Dr. Waldo Castro, MD, S MD-Ayurveda, PGD in Vedic Sciences, FAAIM, NAMA Professional Member, was a Clinical Medicine and Ayurveda Professor at SAI Ayurvedic College in Miami, Florida, USA, and at Bliss and Light Ayurveda Wellness Center in Merida, Yucatan, Mexico. He was also a Board Member of the Program for Study of Spirituality, Florida International University, Miami, Florida.

(Dr. Castro has written the article for Ayurveda & Health Tourism Magazine before the Covid. However, we couldn't carry the excellent piece due to the temporary stoppage of the magazine in the wake of the two-year-long pandemic. The noted Ayurvedic physician left us on August 23, 2021. We are publishing the article now as a mark of respect to him.)

The Ayurveda & Health Tourism Magazine team expresses its deepest condolences for the departed soul.



CHILD HEALTH IN AYURVEDA

Kaumarabhrithya or *Balachikitsa* is the terminology used in Ayurveda for Paediatric health care. It is one of the *Ashtangas* (eight branches) of Ayurveda. Child Care starts not after birth and not even after conception. As per the ancient healing system, it begins right after the marriage, preconceptionally.

Ayurveda has explained in detail various aspects of Child Care in terms of prevention of hereditary and congenital disorders as well as behavioral and learning disorders, whose etiology and pathology are not well understood in modern medicine.



In Ayurveda, child care can be divided into

- Pre-conceptional Care
- *Ritumathicharya* (Care during menstrual period)
- Care during impregnation
- *Garbhinicharya* (Antenatal Care)
- Perinatal and natal Care
- Care after birth

There are many things that would-be parents should do before the birth of a child. It is the care that you give before birth that lays the foundation of a child's health after birth, both physical and mental.

Pre-conceptional Care

The traditional Indian healthcare system is against consanguineous marriage and the marriage with a person from a family with a history of communicable diseases *(sancharirogakulaprasootha).*

In *Charaka Samhita,* the most authentic treatise on Ayurveda, Acharya Charaka mentions in the chapter *Athulyagothreeyam Sareeram* the importance of *Athulyagothreeyatha* or non-consanguinity for marriage. There are high chances for recessively inherited disorders in consanguineous marriages.

Rithumathicharya (Care during menstrual period)

Specific rituals are mentioned for menstruating teenage girls and women. This is because the follicle starts developing and reaches the meiotic stage during the menstrual period. Specific dos and don'ts are mentioned, which affect the *sthreebeeja* (ovum).

Care during Impregnation

Healthy partners of mature age should perform purificatory measures like *Vasthikarma*. Having observed specific rituals during the menstrual period, the female should have sexual intercourse during the fourth to the sixteenth day of the menstrual cycle *(ritukale).* The hymns (mantras) to be recited before coitus are mentioned. Acharya Vagbhata says that for a healthy progeny, the prerequisites are sudhasukra (healthy sperm) and *arthava* (healthy ovum), sudha *garbhasaya* (healthy uterus), sudha marga (healthy vaginal canal), sudha hrudaya(healthy mental status), and sudha vatha. In opposite situations, there are increased chances of abortions, intrauterine death, congenital anomalies, susceptibility to various disorders in later life, etc.

Antenatal Care

Ayurveda includes extensive advice on a pregnant lady's mode of life and diet. Adhering to the specific diet from the first month of pregnancy to the ninth is advised—factors like living in a well-lighted, well-fumigated house free from mosquitoes, etc. matter. Similarly, the spouses should try to fulfill the desires of *garbhini* (douhrida) whenever possible. A long list of do's and don'ts are given to have a physically and psychologically normal child. E.g.), For pregnant women indulging in excessive sleep leads to *alpagni* (low appetite) in the child. Certain acts and foods are said to increase the *bala* (immunity) of the upcoming child. The mental temperament of a pregnant lady is essential, as it affects the cognitive and behavioral status of the child too. Increased prevalence of behavioral disorders like Autism, ADHD (Attention Deficit



Hyperactivity Disorder), etc., are worth mentioning here.

Perinatal and Natal care

At the beginning of the ninth month, the pregnant woman should be shifted to a well-arranged house with all facilities. It should be clean and fumigated. If possible, she should be left in the care of an affectionate, experienced, multiparous woman. A well-equipped *Kumaraagara* (newborn baby nursery) is also detailed, which emphasizes *Rakshoghnakarma* (prevention of infectious agents) by performing *dhoopana* (fumigation with medicated drugs), tying small pottalies of *rakshoghna* drugs, etc.

Newborn baby care

Newborn baby care is explained in detail in Ayurveda. Extreme precision is taken in dealing with all the aspects of a newborn baby in terms of preventing hypothermia, hypoglycemia, sepsis, jaundice, malnutrition, etc. Specific combinations are advised for baby massage *(balathaila)*, bath *(ksheerivrukshakashaya)*, and the like. Various anti-infective measures are suggested for the routine care of newborns. After cutting the umbilical cord, the application of *kushtataila* is advocated. *Praasa* (lickable medicines) of various drugs are advised, which increases *Medha* (intelligence) and *Bala* (immunity). Different types of fumigation are mentioned for the prevention and cure of many diseases. Small packets made with these drugs should be tied to the child's arms, legs, head, and neck. Drugs such as tila, atasi, sarshapa, and kana should be strewn all around. Acharya Charaka mentions that until the period of the naming ceremony, i.e., for ten days, *tandulabali* (oblation) should be performed continuously in the morning and evening. Packets containing drugs such as Vacha, Kushta, Hingu, Sarshapa, Lasuna, Guggulu, etc., should be hung on the upper portion of the door frame. The entire *Rakshakarma* aims to protect the mother and the child from infectious disorders. The extreme vulnerability of a newborn towards acquiring various infections and the risk of tetanus neonatorum infection through the umbilical stump during the first week of the newborn are addressed by *Rakshakarma.*

Sthanyam (breast milk)

Human breast milk has innumerable immunological and health benefits for the baby. It boosts the host defenses of the newborn. It contains several anti-infective substances, protective antibodies, and friendly lactobacilli, protecting the baby from diarrhea, respiratory illness, and other infections. The anti-infective substances in breast milk are immunoglobulins like secretory IgA, IgM, IgG, cellular elements like lymphoid cells, polymorphs, lyzsozymes, and antiviral and antistaphylococcal factors. The Colostrum is the golden yellow milk secreted during the first three days after delivery. It works like a first vaccine shot by blocking the entry of pathogenic bacteria through the gut.

Ayurveda describes a lot about the qualities of breast milk. Pure breast milk provides unobstructed immunity *(Avyahatha Bala)*, nutrition, and longevity in the child. Purification of breastmilk *(sthyanasodhanam)* is a unique concept in Ayurveda. *Sthanyadushti* (impure breastmilk) causes all sorts of diseases in the child. A specific test is advised to examine the purity of breast milk. Specific diseases affect the baby, according to the *doshic* vitiation of breast milk. In such conditions, treatment is given to the mother for the purification of breast milk according to the dosha.

Qualities of A Mother (Dhatri)

The nursing mother should have all the good qualities in terms of cleanliness, nutrition, good mental status, etc. This is very important for good stimulation of the baby both physically and mentally.

■ Praasam

Praasa or *lehana* are different forms of lickable given to the child as they result in many health benefits such as immunity, nutrition, intellect, longevity, proper development, etc. Acharyas prescribe various drugs and formulations for lehana. Brahmi, Mandookaparni, Triphala, Chithraka, Vacha, Satavari, Satapushpa, etc. Some formulations prescribed for lehana for increasing Bala in a child are Abhayam ghritham, *Samvardhana ghritham*, etc.

• Madhughrithaprasam

Honey and ghee are mixed and given to the child after birth. This is also included under the *Samskaara -- Jathakarma.*



Giving *Madhu* and *ghrita* in equal quantity induces immune responses in the child.

■ Suvarnaprasam

In Ayurveda, gold is given to the child as praasa, combined with various drugs, or honey and *ghee*. The immunomodulatory effect of gold nanoparticles is well known today, and it has been used in many auto-immune disorders.

■ Balasamskaaras

Balasamskaaras are important cultural events in a child's life at specific time periods, and it provides a platform for timely screening of the growth and development of a child. There are 16 *samskaras,* each having specific importance in the child's growth. For example, *Karnavedhanam*, or ear piercing, is insisted to be done in the sixth, seventh, or eighth months. It is for providing both immunities *(rakshaartham)* as well as for beauty *(bhooshanaartham).* The Injury created stimulates the cell-mediated immune response by favoring chemotaxis and phagocytosis.

■ Praakaram

Praakarayogas are mentioned in Arogyakalpdrumam text by Sri Kaikkulangara Rama Varier. These are specific formulations for the child to protect them from diseases. This can be considered an Ayurvedic immunization schedule. The word comes from *'Praakara,'* a wall around a house that protects it from enemies. Various formulas are advised for a child up to 12 years at specific intervals.

Thus, Ayurveda depicts innumerable suggestions regarding a child's physical and mental health. In this modern era, we are encountering a lot of genetic and hereditary disorders in children whose treatment is challenging and, in some cases, impossible. Therefore, prevention is the best way of management of such cases. This is why Ayurveda has explained much about the importance of Preconceptional Care and Antenatal Care elaborately. Nevertheless, the knowledge about Ayurvedic principles regarding the above is not well known by the people. But this is the need of the time because the prevalence of hereditary, behavioral, and learning disorders in children is increasing daily. Hope Ayurveda can contribute much in this regard in the future. The medicines and advice should be taken after consultation with an ayurvedic pediatrician.

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Digital Addiction in Children





Dr. Sharad Kulkarni
BAMS, M.S., (Ph.D.)

During one of my recent consultation sessions at a Bangalore clinic, I came across a 10-year-old child, Ananya (name changed), who was addicted to digital gadgets. She would not keep aside the smartphone even while having food. Her parents were worried about her obsession but could do little to bring her out of the proneness of smartphone addiction.

As a result, the little girl developed a Refractive Error due to overstraining her eyes. She could see near objects, but the distant ones looked blurry. Soon she was introduced to the world of spectacles. However, her ordeal didn't end there. She was struggling with dryness in the eyes and photosensitivity. After administering her artificial tears and steroid eye drops, her parents approached me with little hope of any drastic improvement in her condition.

On evaluation, we figured out that the main 'villain' was the excessive screen time she spent before the smartphone. So, we had to put her on a 'digital detox' session while administering the Ayurvedic treatment for her eyes.

She successfully underwent the 90-day digital detox period, the credit going to her parents, who ensured that the directions were implemented without fail. Soon I realized it's not a one-off incident but the story of almost every alternate house! This made me compile a book in which a chapter is attributed to digital detox, which means controlled usage of smart gadgets so that they won't harm us.

Ayurveda has always emphasized the controlled usage of sense organs, failing which there can be severe consequences. It has been advised in the daily regime to shut the activities down before the sense organs get tired! This is the need of the hour, especially for kids and teenagers.

The Covid-induced lockdowns and the online study mode, instead of the traditional classroom setting, in the last two years, have contributed to Digital Addiction in children. Though social activities have opened up with the deadly disease becoming controllable in many parts of the world, the young generation is yet to come out of the "digital mania."

Such close association with the digital device arouses questions of health consequences. It compels one to analyze the repercussions of being so dependent on the virtual world. For instance, most kids refuse to have food without switching on the TV or the smartphone.

Digital addiction or social media addiction is a common phenomenon faced by millions worldwide today. Too much dependency on social media is the primary symptom of this condition. As they say, too much of anything is bad. The same applies to social media as well. Virtual socializing has grown to become an essential part of our lives. While it is primarily a blessing as it allows one to remain connected with their loved ones, too much dependency on social networking can also have adverse effects. Like any addiction, too much social media or digital presence takes a toll on a person's regular lifestyle and work.

Studies show a tendency among young people to invest their time in virtual interaction rather than real-world communication. This, over time, results in poor communication skills among adults who are more comfortable in virtual interactions than physical ones.

The psychological consequences of digital addiction are worse than the social ones. An increased dependency on the virtual world renders people unable to differentiate between the two. They will slowly become addicted to digital gadgets, and even their networking will be affected. Young adults are more prone to this condition. The digital world is designed to appear more lucrative and attractive to people than the real world. It is created to be so. The fashionable digital world seems more attractive than the dull real world. Less interest in reality slackens the motivation to work and gives way to depression.

Today, social networking is seen as a decisive element behind juvenile depression. Because the real world no longer seems appealing or valuable enough for the younger generation, they tend to lose the wisdom to prioritize between real and virtual and invest time in the unreal world most of the time.

It is essential to take a break from social media occasionally to retain psychological sanity. Experts suggest a digital detoxification every once in a while. During this period, the individual is urged not to interact with any social networking platforms whatsoever. This activity allows one to have a better and sound vision of their surroundings and themselves to remain motivated in the practical world. It is to be reckoned that social media is nothing but an attractive piece of dessert, which is good in small amounts but overeating on this may lead to severe consequences.

■ Harmful effects of gadgets on Kids

1. Deteriorates grasping power and concentration
2. Cyberbullying, crime, sexting, falling prey to online predators
3. Unexplained tumor growth
4. Refractive errors
5. Easy fatigue
6. Mood swings
7. Obesity
8. Reduced cognitive functions
9. Binge eating
10. Depression

■ Eight ways for digital detoxification

Parents are advised to follow this for the sake of their kids:-

1. Turn off Push notifications
2. Delete unnecessary apps
3. Postpone scheduled checking of the screen
4. Turn off the internet, especially when the mobile is with kids
5. Keep gadgets out of the sleep room
6. Teach them reading habits to tackle screen usage
7. Periodically fast from smart gadgets
8. Schedule a time for mobile usage



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YOGA FOR KIDS

The word 'Yoga' is derived from the Sanskrit root 'Yuj,' meaning to unite. Regular Yoga practice has numerous health benefits for an individual -- physical, mental, emotional, psychic, and spiritual.

Yoga is proven science that is much more relevant in the modern era when the stress of fast-paced life has its toll on almost everyone. It is a myth that Yoga is only for adults or those looking for a solution to cure ailments.

Yoga is for all age groups, including kids. As living beings, we all have the need to be connected to our inner self, nourish our souls, keep our emotions aligned, and maintain a stable mind.

Yoga for kids has uncountable benefits and is highly recommended. It not only works on the physical body but also helps improve focus, concentration, alertness, eye-hand coordination, and immunity. It reduces restlessness and personal-social behaviour disorders. Yoga improves logical and reasoning skills, improving the academic performance of students.

Yoga is a set of *asanas, mudras, bandhas, shatkarmas* and meditation. These practices can be adopted as per the children's skill level and age group. Kids as young as four can begin practicing basic asanas of stretching and bending forward and backward. It will also help enhance the flexibility of their body.

Gradually, they can be introduced to the intermediate-level asanas. Even the basic mantra chanting and meditation for 10 to 20 minutes can have a positive effect on the young ones.

Western countries slowly realize the benefits of Yoga for kids. Schools in nations like the UK are introducing it as a separate subject at the primary and secondary levels. India has been a step ahead as Yoga is a part of our culture and practiced widely.

Ideally, Yoga should be done in the morning on an empty stomach. Given the busy schedule of people these days, some of the asanas can be practiced any time of the day, but with a gap of two hours after meals.

Here are a few asanas that can be practiced by kids aged five years and above.

Yoga is divided into beginners, intermediate, and advanced levels. There are many asanas to choose from. A few from the beginners level suitable for kids are listed below:-

Eye Exercise

■ *Palming*

A must exercise for children, especially with so much exposure to phone, computer, or projector screens. Palming means covering your eyes with your palms. Warm up your hands by rubbing your palms against each other. Close your eyes and properly position your hands on your face. Make sure you can breathe. Take deep breaths. Just concentrate on your inhale and exhale cycles. Sit or stand in a position so that your spinal cord is in a straight line. This will enable your body to relax physically.

Benefits

It relaxes and revitalizes the eye muscles, improves blood circulation in the eye area, and aids in vision correction.

■ *Blinking*

This is another easy exercise to relax eye muscles. Sit comfortably with your eyes open. Quickly blink ten times. Close your eyes and relax for 20 seconds while focussing on your breath. Repeat the exercise five times.

Sitting Asanas

■ *Makarasana* (Crocodile Pose)

A Yoga posture mainly done to relax your body and regularize your breathing pattern. It improves lung functioning and strengthens the back.

- Lie on your stomach.
- Stack your forearms on top of each other and rest your forehead on your forearms.
- Separate your legs a comfortable distance apart and turn your toes out.
- Hold your upper ribs and chest off the floor.
- Rest in this pose for 15 minutes.

Makarasana is considered a restorative pose, where the heart rate is technically reduced with the relaxation of the entire muscular system and the calming of the mind.

■ *Sukhasana* (Easy Pose)

It refers to sitting in a comfortable, cross-legged, seated position and is one of the most basic poses used in Yoga practice and meditation. It facilitates mental and physical balance without causing pain or discomfort.

■ *Vajrasana* (Diamond pose)

Sit on your knees with a straight posture and an upright spine. Make sure your feet rest flat on the ground with soles turned upward. Focus on your breathing. Hold the pose for at least 30 seconds. It increases the efficiency of the digestive system and relieves stomach ailments.

■ *Simhagarjanasana* (Lion's roar)

Sit in *Vajrasana* with knees apart. Place the palms on the floor between the knees with the fingers inside. Keep the arms straight. Lean forward, tilt the head back, open the eyes, and gaze upwards. Now inhale and exhale with the focus on breathing. It is ideal for the throat, nose, ears, eyes, and mouth. Very useful in cases of stuttering and nervousness. It also develops a strong voice.

Standing Asana

■ *Tadasana* (Mountain pose)

Stand with your feet slightly apart, giving equal weight. While inhaling, raise your arms above your head, and interlock your fingers with palms facing upwards. Raise your shoulders towards the ears. On exhale, roll your shoulders back and down your spine, opening your chest and straightening your posture. Relax all muscles in your face and eyes. Return to the normal position and relax.



■ ***Tiryaka Tadasana***
(Swaying Palm tree pose)

It's a variation of *Tadasana*. Stand upright with your hands by the side of your thighs. Keep your spine erect. Interlock your fingers of both hands with the palms downwards. Inhale slowly and raise your hand upwards over your head. Exhale while slowly bending sideways (left), keeping the hands straight. Stay at the last point and feel the stretch on the opposite side. Now inhale slowly and come to the center. Again exhale and bend sideways to your right. Stay on the last point and feel the stretch on the opposite side. Inhale again and come back to the center. Bring your interlocked hands downwards while exhaling. Release the finger from each other.

Benefits: Exercises sides of the waist. Works out postural muscles of the right and left sides.

■ ***Meru Prishthasana***
(Spine and back pose)

It involves rotating the upper body while you concentrate on twisting the spine. Stand erect with legs slightly apart. Inhale and raise arms sideways and place fingertips on shoulders. Exhale and rotate the upper body towards the left and bend the upper body forward up to hip level, keeping your back straight. Twist from the waist while keeping the legs and pelvis straight.

Benefits: Stretches the spine, tones back muscles, and redistributes excess weight from the waistline.

Lying down asana

■ ***Padottanasana***
(Raised leg pose)

Stand in Mountain pose. Keep the legs apart with your hands on the hips. Lift through your chest and fold slowly over your legs. Place your hands flat on the floor. Begin to stretch your torso forward. Fold deeper, bringing your head toward the floor. Bend your elbows, stacking them over your wrists.

Benefits: Strengthens abdominal muscles, digestive organs, lower back, and pelvic muscles.





■ ***Padachakrasana***
(Leg rotation pose)

Lie on your back. Raise the right leg from the ground, keeping the knee straight. Rotate the entire right leg clockwise ten times in a circular pattern. Make sure the heel does not touch the floor. Rotate ten times anti-clockwise. Repeat with the left leg, first clockwise and then anti-clockwise. Keep the legs together. Rotate both legs clockwise and then anti-clockwise.

Benefits: Good for hip joints, obesity, and abdominal and spinal muscles.

Children can also practice Surya Namaskar (Sun Salutation), a set of 12 postures. It has numerous benefits for physical and mental well-being.



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YOGA FOR EYES





Mrs. Sheeja Krishnan

"Samadoşasamāgni ca samadhātumalakriyah
Prasanna ātmaindriyamanahsvasthaitiabhidhīyate"

One who is established in Self, who has balanced *dohsas* (primary life force), balanced *agni* (fire of digestion), properly formed *dhatus* (tissues), proper elimination of *malas* (waste products), well-functioning bodily processes, and whose mind, soul and senses are full of bliss is a healthy person.

--- Sushruta Samhita 15/48

The systematic Yogic practice provides a healthy body and mind, which leads to a blissful life. It can address many of the physical and mental ailments caused by the hectic life of individuals.

Technology has taken over our lives, and we depend on it at home, school, and work. The excessive use of electronic gadgets like mobile phones, televisions, and laptops nowadays is resulting in eye disorders. If we ignore the vital organ's discomfort, it may soon snowball into major disease.

It's high time you take good care of your eyes. Yoga is an excellent remedy for eye-related issues. The mind gets calm and regulates all bodily activities by providing exercises for the eyes.

Things to keep in mind:

- Those using specs or lenses do the practice by removing the same.
- Those who have undergone any surgery on parts related to the eyes or have any diseases should first consult a Yoga expert and perform the practices under their strict monitoring.

Preparation:

Relax your spine and neck and sit comfortably on your mat. Enjoy the rhythmic flow of breath and sit with a pleasant face. Relax your eyes and eyelids. Sit at ease for five minutes before starting the Yoga practice. After each posture, rub your palms and place them above your eyes. Then blink your eyes. Upon completion of the practices, rest in *Shavasana.*

Here we discuss the Yogic practices that keep your eyes healthy:-

- *Sukshma vyayamas*
- *Pranayama*
- *Sudhikriya trataka*

Palming

1. Sit comfortably with closed eyes.
2. Rub the palms of your hands vigorously until they become warm, and place the palms gently over your eyelids.
3. Stay in this position until the heat from the hands is entirely absorbed by the eyes.
4. Lower your hands while keeping your eyes closed.
5. Repeat the practice for three rounds.



Moving the eyeballs sideways (sideways viewing):-

1. Look straight.
2. Move the eyeballs to the left side. Look to your left side without moving your face and stare at that position for a few more seconds.
3. Now, look straight. Gently move your eyelids to the right and stare in that direction. Move your eyeballs and look straight.
4. Repeat this five times slowly. Relax your eye by placing your palms over your eyes.

Moving the eyeballs up and down

(up and down viewing):-

1. Relax and look straight.
2. Move the eyeballs up and gaze at the roof. Continue in the pose for a few seconds, and then look straight.
3. Gently move the eyeballs down and look to the floor for a few seconds. Then look straight.
4. Continue this five times and relax your eyes.



Eye rotation or rotational viewing of eyes:-

1. Relax the eyes and make sure you are looking straight.
2. Start the rotational movement of eyes from left, up, right, and down.
3. Repeat the rotational movement in a clockwise direction five times.
4. Rotate the eyeballs in an anti-clockwise direction from right, up, left, and then down.
5. Place the palms over the eyelids and relax.

Pranayama- Brahmari pranayama:-

1. Sit in any comfortable meditative pose, and relax your body.
2. Keep the spine and neck in a straight line.
3. Try to close your eyes throughout the practice.
4. Inhale slowly and deeply through the nose. Listen to the sound of breathing.
5. Close the ears with the index and middle fingers. Press



the central outer part of the ear ligament into the ear hole. Keep the ears closed.

6. Exhale, making a deep soft humming sound like that of a bee.

7. After that, lower the hands to the knees.

8. Perform the whole set 10 to 20 rounds. Upon completion, relax in *Shavasana.*

Trataka:-

Trataka means to gaze steadily. When you are doing *Trataka,* tears will ooze out from the eyes and thus cleanse the entire eyes. Practice in a dark room, free of dust and insects. Place a candle two to three feet before you with the flame at eye level.

1. Sit in a comfortable meditative posture. Relax your body and mind. Make yourself calm and quiet, and be prepared to keep your body perfectly still throughout the practice.

2. Open your eyes wide and gaze at the middle portion of the candle flame just above the wick. Try to keep your eyes steady without blinking.

3. Lower the eyelids if the eyes are tired.

4. Stare at the flame as long as possible, five to ten minutes.

5. Close the eyes after a long stare, that too, only when you feel like closing them.

6. Move to *Shavasana* and relax.



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About the author

MEDICAL TOURISM

MAGAZINE AWARDS 2022



Medical Tourism Magazine, published every quarter in English and Arabic and reaching diverse audiences in India and the Gulf countries, announces **Medical Tourism Magazine Awards – 2022** to honour professionals and institutions in the Indian healthcare and medical value tourism industries.

Major players in the healthcare and medical value tourism industries in India, including diverse service providers and product manufacturers, have bounced back after the debilitating setbacks caused by the Covid-19 pandemic.

This calls for celebration. The awards have been conceived as a celebratory event. The awards are proposed to be presented at a major function to be held in December.

The award winners will be selected by a jury of eminent persons based on nominations.

THE AWARDS WOULD BE GIVEN IN TWO CATEGORIES

Category A

- **Life Time Achievement Award** *(Institutional Leadership)*
- **Life Time Achievement Award** *(Individual Professional-Modern Medicine)*
- **Life Time Achievement Award** *(Individual Professional-Ayurveda)*

Category B

- **Hospital of the Year**
- **Specialist of the year** *(Modern Medicine)*
- **Medical Facilitator of the year**
- **Excellence in Customer Service**
- **Ayurveda Product Manufacturer of the year**
- **Dental Clinic of the Year**
- **Fertility Clinic of the Year**
- **Cancer Care Centre of the Year**
- **Eye Care Clinic of the Year**
- **Ayurveda Centre of the Year**
- **Ayurveda Resort of the Year**
- **Specialist of the Year** *(Ayurveda)*

For details:

Log on to www.asianmeditour.com/awards or mail to: director@asianmeditour.com



Model: **Akshitha Nagaraj**

Five Yoga postures for a healthy heart

Yoga is an ancient system of practice that balances the mind and the body through exercises, meditation, and control of breathing and emotion. Studies have proved that regular Yoga practice promotes strength, endurance, and flexibility. Besides, it helps in addressing several physical and mental ailments.

Whether you are dealing with stress and anxiety or facing issues related to health, Yoga will prove effective. Your heart beats about 10,000 times daily and about 35 million times a year. The human heart will beat more than 2.5 billion times during an average lifetime. Here are five Yoga asanas for improving your heart health.

■ **Bhujangasana** (Cobra pose)

This Yoga posture is most beneficial to software employees as they help counteract the effects of prolonged sitting and computer work. It also helps in toning the abdomen. It expands the chest and is known to improve blood circulation, thereby aiding heart health.

How to be done?

- Lie down on your stomach.
- Raise your trunk and head supported by the palms.
- Bend your elbows straight back and hug them into your sides.
- Arch your neck and look upward gently.
- Press your toes onto the floor.
- Inhale and lift your chest off the floor.
- Hold the posture for five seconds.
- Exhale to release back to the floor.

Bhujanga means snake, and asana refers to pose. Visualize your body as a cobra. This pose is included in '*Suryanamaskar'* as well as *Padma Sadhana.*



■ **Tadasana** (Mountain pose)

The Mountain pose helps strengthen the heart and adds flexibility to the body. *Tadasana*, the basis of all standing Yoga poses, also boosts blood circulation, tones core muscles, and improves agility. Regular yoga practice will also help deal with stress, the underlying factor of heart-related issues in many cases.



- Stand with your feet slightly apart, giving equal weight.
- While inhaling, raise your arms above your head.
- Interlock your fingers with palms facing upwards.
- Raise your shoulders towards the ears.
- On exhale, roll your shoulders back and down your spine, opening your chest and straightening your posture. Relax all muscles in your face and your eyes.
- Return to the normal position and relax.

One can perform *Tadasana* anytime, anywhere. Be it at your home to relax your muscles or in the office to relieve muscle stiffness. It's indeed a comfortable posture with complex benefits.

■ **Makarasana** (Crocodile pose)

The Yoga posture, mainly done to relax your body, helps regularize your breathing pattern and is effective in dealing with conditions including hypertension and heart diseases. It also improves lung functioning and strengthens the back.

- Lie on your stomach.
- Stack your forearms on top of each other and rest your forehead on your forearms.
- Separate your legs a comfortable distance apart and turn your toes out.
- Hold your upper ribs and chest off the floor.
- Rest in this pose for 15 minutes.

Makarasana is considered a restorative pose, where the heart rate is technically reduced with the relaxation of the entire muscular system and the calming of the mind.

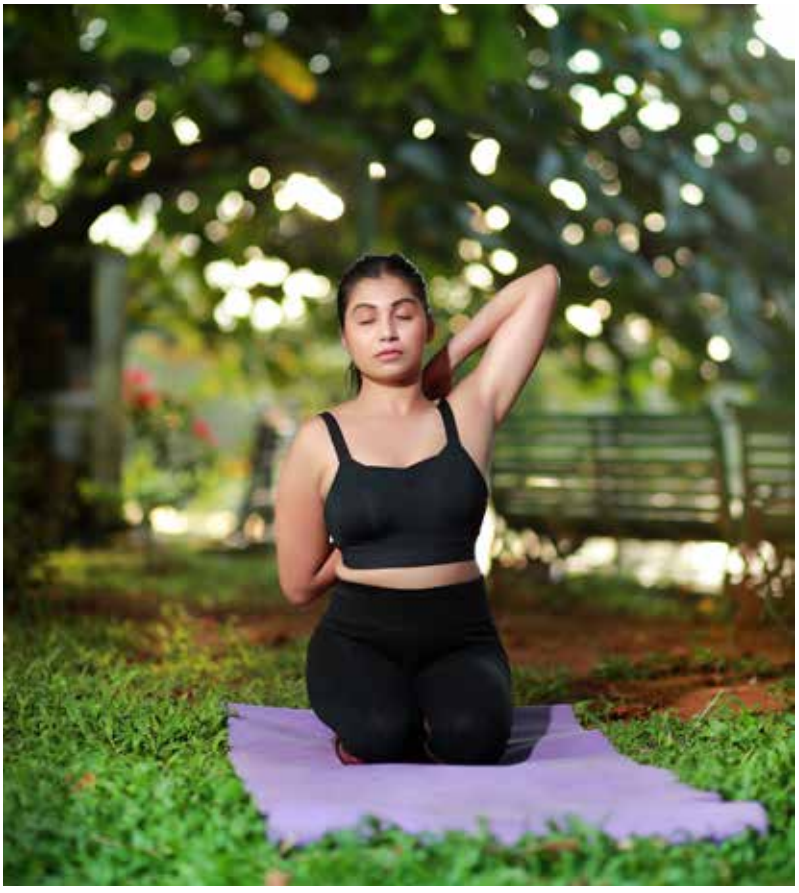


■ **Gomukasana** (Cow-face pose)

Gomukasana is a seated Yoga posture that stretches several parts of the body simultaneously, including the ankles, hips, thighs, shoulders, underarms, triceps, and chest. This asana stimulates the *svadisthana* (spleen) and the *anahata* (heart) chakras. It is beneficial for addressing high blood pressure, reducing stress, and strengthening the spine.

- Sit on the Yoga mat with the spine straight.
- Bent the knees, so the left foot goes under the right knee to the outside of the right hip.
- The right leg similarly goes over the left so that the right knee stacks on top of the left.
- The right arm is bent and brought behind the back, while the left arm is carried over the left shoulder.
- Try to touch behind the back and repeat the process on the opposite side.

The seated Yoga posture is therapeutic and cures sciatica infection (nerve pain in the leg). It also stimulates the kidney and enhances sexual performance.





■ **Malasana** (Garland pose)

The squat pose is ideal if you suffer from constipation, lower back pains, sciatica pains, tight hips, etc. The posture is beneficial for the heart, given that it will result in increased blood circulation, aids in digestion, and reduces weight.

- Stand with your feet wider and your hands at the heart center.
- Bend your knees, pivot your toes out slightly, and slowly lower down into a squat.
- Bring your elbows inside your knees, keeping your hands in prayer.
- Lift and lengthen your torso, keeping your spine straight and shoulders relaxed. Shift your weight slightly into your heels.
- Hold the pose for five seconds. Then bring your fingertips to the floor. Then slowly come back to the starting position.

Malasana is particularly beneficial for pregnant women as it can later aid childbirth. However, it should not be practiced if you have a chronic low back or knee injury.

Yoga is for everyone, but little modifications of the asanas as per the physical condition and other associated health problems must be considered.

Disclaimer: The tips mentioned in the article are only for general information purposes. Always consult your Yoga expert to decide which postures suit you the best.

IT'S FOR YOU, ATHLETES!

Sarvesh Shashi, Yoga trainer to several Bollywood celebrities, including beauty diva Malaika Arora, took to Twitter to share a few Yoga-related insights highly beneficial to athletes.

"Athletes who are wondering if yoga is really for you, here's the answer. The five Yoga asanas that are a must-do for you – Cat-Cow Pose, Utkatasana, Tadasana, Ananda Balasana, and Anulom Vilom," Sarvesh wrote on the social media platform.



■ **Cat-Cow posture** (Chakravakasana)

It involves moving the spine from a rounded position (flexion) to an arched one (extension). Start on your hands and knees, maintaining a body position such that your wrists are underneath your shoulders and the knees below the hip. Keep the spine as straight as possible, and the neck long. Tilt your pelvis so that your tailbone sticks up. Let this movement ripple from your tailbone up your spine. Draw your navel in and take your gaze gently up toward the ceiling; all these without cranking your neck and keeping your spine erect.

Tip your pelvis forward, tucking your tailbone. Let the ripples again move up to your spine. Your spine will naturally be round. Draw your navel toward your spine and drop your head. Repeat the stretch on each inhale and exhale, matching the movement of your own breath. Repeat five to 10 times.

■ **Utkatasana** (Chair pose)

Stand erect with your feet slightly apart. Stretch your hands to the front with palms facing downwards. Do not bend your elbows. Bend the knees and nuzzle your pelvis down as if you are sitting in an imaginary chair. Sink deeper into the 'chair' by gradually going down, but ensure your knees don't go beyond your toes. Finally, sit down in a cross-legged position.

■ **Tadasana** (Mountain pose)

Stand with your feet slightly apart, giving equal weight. While inhaling, raise your arms above your head, and interlock your fingers with palms facing upwards. Raise your shoulders up towards the ears. On exhale, roll your shoulders back and down your spine, opening your chest and straightening your posture. Relax all muscles in your face and your eyes. Return to the normal position and relax.

■ **Ananda Balasana** (Happy Baby pose)

Lie on your back. While exhaling, bend your knees into your belly. Upon inhaling, hold the outsides of your feet with your hands. Open your knees slightly wider than your torso, then bring them up toward your armpits. Position each angle directly over the knee. Gently push your feet up into your hands as you pull your hands down to create resistance.

Anulom Vilom

The specific *pranayama* involves holding one nostril closed while inhaling, then holding the other nostril closed while exhaling. The process is then reversed and repeated.

A black pepper a day keeps the doctor away!

Black pepper is a popular spice used to prepare dishes to give them an aromatic flavor. The active ingredient in it called piperine not only lends tastes to the curries but also can be your magic recipe to keep diseases at bay, thanks to its wonderful antioxidant and anti-inflammatory properties.

"You may not be aware that an item that is in your kitchen right now might have one of the most impressive lists of health benefits out there. But it's true: the black pepper…is an incredibly powerful little spice used for millennia to heal



the sick," writes Ayurveda expert Dr. Dixa Bhavsar in her recent Instagram post.

Black pepper (Piper nigrum) is a strong and pungent spice. It's hot in potency, easy to digest, and balances *Vata* and *Kapha.* Here are the various benefits of the spice that decorates a corner of your kitchen: -

- Improves taste (relieves anorexia)
- Good for cough and cold.
- Improves immunity.
- Works in reducing inflammation in joints & gut.
- Relieves bloating & excess Vata disorders.
- Eliminates toxins.
- Improves digestion.
- Promotes oral health.
- Clears nasal blockage (wonderful for allergies & sinusitis)
- Improves blood circulation (good for skin diseases)
- Melts fat (utmost helpful in reducing obesity)
- Good for the liver and heart (works in managing cholesterol, diabetes & blood pressure)
- Helps with Alzheimer's & overall brain health
- Useful in hair fall caused due to dandruff/fungus.
- Possible smoking cessation aid
- Helps prevent & even fight cancer

"Just one black pepper daily is enough to prevent diseases & maintain good health. It can be consumed in the following ways," Dr. Dixa adds.

- Can be sucked/chewed in the morning on an empty stomach (for hormonal balance, diabetes, amenorrhea, delayed periods & everything else).
- Powder and mix black pepper with one teaspoon of turmeric & honey for immunity & respiratory issues.
- Add a pinch of dry ginger powder and black pepper powder in milk at bedtime for good sleep, immunity & arthritis (relieves joint pain).
- Can be had with one teaspoon of cow ghee at bedtime for improving immunity & mental health.
- You can add black pepper to meals while cooking (the easiest way to consume it).

Rules for drinking water too!

It's common knowledge that drinking water is essential for good health. The benefits are many – carrying nutrients and oxygen to your cells, aiding digestion, normalizing blood pressure, regulating body temperature, flushing liquid wastes and bacteria out of your bladder, protecting organs and tissues, and the like.

Ayurveda too advises staying hydrated, but there are some rules for consuming water. Ayurvedic practitioner Dr. Rekha Radhamony took to Twitter to give a few tips on drinking water.

■ How much water should you drink?

You don't need to drink gallons of water, thinking it's good for your health. Even water needs to be digested, as per Ayurveda. The quantity of water each person needs is subjective and one should look for signs - if you are not sweating well, constipated, your mouth feeling dry, urine is dark yellow - you are probably consuming less water. Drink more.

■ When to drink water?

Drink water 30 minutes after or before a meal. It is ideal for an undernourished *Vata* person to drink water 30 minutes after food. And an overweight *Kapha* person should have water 30 minutes before food.



■ What is in my warm water?

At home, the only drinking water I use is water boiled with cumin (jeera) during all seasons except Summer when I drink water with a handful of vetiver roots added to it!

■ What are the five rules for drinking water?

1. Drink water while sitting
2. drink water sip by sip and never gulp water
3. drink warm water. Make sure you don't drink cold water directly from the fridge. Cold water dampens your digestive fire. Use clay pots, copper, or steel to store water. Never drink running water. Always drink stored water.
4. For enhanced digestion, drink boiled water which is reduced to one-third, or one-fourth, or one-half of its volume.
5. Make it a point to drink water as soon as you wake up.

ASHWAGANDHA, for glowing skin and silky hair



Shahnaz Husain

It is because of the excellent medicinal properties of the Ayurvedic ingredients that I embraced the holistic healing system and made it relevant to beauty care. I felt that Ayurveda is the only alternative for a world staggering under the side effects of chemicals. Innovation has been the basis of our formulations. I started experimenting with Ayurvedic ingredients, combining them with scientific techniques. We also set up our herb and flower farm near Delhi, along with two R&D units to develop products. Our products are also clinically tested in our signature salons.

Ashwagandha, often referred to as the 'Royal Herb,' is one such Ayurvedic ingredient known for its multifarious rejuvenative effects on the human body. It contains antioxidants known to prevent the degeneration of skin and nerve cells. It has many properties, especially in terms of revitalizing the skin and the hair and for external cures of issues concerning them.

I have formulated products in consultation with our Ayurvedic physicians. Many result-oriented products like infusions, decoctions, powders, essential oils, and so on are prepared from herbs like Ashwagandha, strictly adhering to Ayurvedic principles.

The extracts are taken from the roots or the berries. The essential oil is made from the roots. Our Ayurvedic hair cleansers and hair conditioning powders contain Ashwagandha. It is also used in nourishing and anti-aging creams due to its ability to rejuvenate the skin and delay the visible signs of aging.

Ashwagandha, botanically known as Withania somnifera Dunal, is commonly referred to as Winter Cherry or Indian Ginseng. It has been used widely in Ayurveda to treat ailments due to its powerful healing properties and beauty treatments for the skin and hair. It is an ingredient in many Ayurvedic beauty products, like shampoo, hair tonics, nourishing and moisturizing creams, etc. Ashwagandha is a therapeutic herb that helps in achieving mind-body balance. This balance helps to achieve healthy skin and hair. Dry Ashwagandha powder or root may be available online or at Ayurvedic shops.

Ashwagandha for glowing skin

Ashwagandha is rich in antioxidants and iron. It also calms the mind and reduces stress. Therefore, it helps to heal the skin in stress-related conditions. To prepare an Ayurvedic pack for glowing skin, take two teaspoons of dried Ashwagandha powder and add one teaspoon of dried and powdered lemon peels and one teaspoon of dried ginger. Put these in a cup of water and boil until the powders soften. Cool the mixture and apply it to the face. Wash it off with





plenty of plain water after 15 minutes.

■ Ashwagandha for fine lines

Ashwagandha has skin rejuvenating properties and restores the youthful look of the skin. It contains antioxidants with powerful anti-aging properties. Therefore, it helps iron out fine lines and delays visible aging signs. Add a teaspoon of Ashwagandha powder, one teaspoon of honey, and a little rose water. Apply the same on the face, avoiding the lips and the areas around the eyes. Wash it off after 15 to 20 minutes. Aloe Vera gel can be added instead of honey.

■ Ashwagandha for acne-prone skin

Ashwagandha root has antibacterial and antimicrobial properties, protecting the skin from infections or acne. To prepare a face pack, take two teaspoons of Aloe Vera gel and add one teaspoon of Ashwagandha powder and half a teaspoon of cinnamon powder. Mix and apply on areas with acne. Wash off with plenty of plain water after 20 minutes.

■ Ashwagandha for healthy hair

Take 200 ml coconut oil and add half a cup of dry Ashwagandha root. Keep it in an airtight jar under the sun daily for two weeks. Strain and keep aside the oil for applying to the hair once or twice a week, the night before using shampoo. It helps to nourish and soften the hair, cleanse and reduce dandruff.

■ Ashwagandha for white hair

Ashwagandha contains amino acids, which help to maintain and restore the good health of the hair. It has Tyrosine, a form of amino acid that helps to stimulate the production of melanin, the dark colouring matter in our hair and skin. That is why Ashwagandha is said to control premature hair greying. Make a paste of Ashwagandha powder and warm water. Part the hair in sections and apply to the scalp and hair. Wear a plastic shower cap and keep it on for half an hour. Rinse the hair with water.

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Shahnaz Husain has received international acclaim for pioneering the Herbal Beauty Care movement and taking the Indian Ayurvedic herbal heritage before the global platform. For details, log on to ***www.shahnaz.in***

AYURVEDA & SKIN CARE

Ayurveda is one of the ancient medicinal systems with its roots dating back over 3000 years. The main goal of Ayurveda is to maintain a healthy person's health and cure a diseased person's disease.



Dr. Surya Krishna BAMS, MSc (YT)

Skin, the largest sense organ, is likely to get affected by a series of external factors like climatic changes, environmental pollution, fungal attacks, etc. We also experience skin issues due to the malfunction of various internal organs.

The general perception of an ordinary man is that one must undergo cosmetic treatment for all skin diseases. But this may prove ineffective if the root cause is not diagnosed and addressed. So, it is essential to assess the general health condition of a person to find out the root cause.

According to Ayurveda, the skin condition of every individual varies depending on the predominance of three doshas -- *Vata, Pitta, and Kapha.*

A *Vata*-predominant person has dry and rough skin, which tends to wrinkle if not nourished regularly. These people are more sensitive to cold weather. Intake of excess cold, spicy, bitter, and astringent foods may have an adverse effect on their skin condition.

The *Vata* body type needs both internal and external moisturization. The application of oil or oil-based moisturizers will have a positive effect on the health of their skin. In general, oils like sesame oil, almond oil, mustard oil, Avacado oil, etc., are advisable.

Applying the face mask containing licorice (glycyrrhiza glabra), Shatavari (Asparagus racemosus), honey, milk, avocado, yogurt, etc., helps to improve the condition of Vata skin type. Scrubs like chickpea, oat flour, and turmeric are recommended for exfoliating.

Coming to the internal moisturization of the body, a favourable diet will help maintain healthy skin. The diet may include: -

Beverages: Buttermilk, warm teas, nut, milk, and warm or room temperature water.

Grains: Rice, oats, wheat, etc.,

Fruits: Berries, peaches, mangoes, melons, bananas, avocado, coconut, etc.,

Vegetables: Carrots, asparagus, tender leaf greens, beets, sweet potatoes.

Spices: Ginger, Cinnamon, basil, cloves, turmeric, nutmeg, etc.,

Nuts and seeds: Walnuts, hazelnuts, cashews, pumpkin seeds, sesame seeds, and sunflower seeds.

Oil and Ghee: Coconut oil, almond oil, peanut oil, sunflower oil.
Pitta predominant persons are more prone to skin inflammation, rashes, itching, premature wrinkling, an oily T – zone, acne, blackheads, whiteheads, and pigment discolouration. People of *Pitta* nature are sensitive to hot climatic conditions. They should limit the intake of sour, spicy, and salty food as well as excess oily food, coffee, and alcohol.

Drink more water that is at room temperature. Do regular oil massage to soothe the body and skin. Light cooking oils like sunflower oil, coconut oil, almond oil, etc., are advisable for balancing *Pitta.*

Scrubs that contain coconut oil, rose petals, rose water, jasmine oil, brown sugar, etc., can be used for the Pitta skin type. Herbs like *Manjista* (Rubia Cordifolia), *Amalaki* (Emblica Officinalis), Aloe vera, and *Triphala* are recommended for making face masks. Wheat, rice, oats, and barley are best for reducing *Pitta.* Sweet fruits such as grapes, melons, cherries, coconuts, avocados, mangoes, pomegranates, fully-ripe pineapples, oranges, and plums are good choices.

Vegetables: cucumbers, potatoes, sweet potatoes, celery, okra, lettuce, green beans, cauliflowers, etc.,
The *Kapha* skin type is oily, dull, and thick. The skin of such persons tends to have enlarged pores and is prone to cystic acne. *Kapha* dosha may aggravate in a cold and damp environment. Excess intake of milk, sweets and fried and oily food may also increase *Kapha.*

People with this skin type should deeply cleanse their face at least twice daily. *Kapha* skin needs both internal and external detoxification regularly. Some of the best oils for an oil massage for this skin type are sesame oil, olive oil, sunflower oil, mustard oil, almond oil, etc. Scrubs that include sugar, cardamom, ginger powder, honey, etc., can be used for exfoliation.

Face masks with herbs such as turmeric, Tulsi, Bibhitaki (Terminalia bellirica), etc., are effective in reducing excess oil, removing dead skin cells, and tightening pores. A mixture of honey and yogurt facemask also helps to balance *Kapha.*

Adding fresh fruits, vegetable juices, smoothies, herbal teas, and soups is perfect for pacifying Kapha dosha.

Fruits: Apples, berries, cherries, figs (dry), grapes, lemon, mango, peaches, pears, pomegranates, raisins, raspberries, and strawberries.

Vegetables: Bitter melon, Bellpepper, carrots, cabbage, cauliflowers, green beans, lettuce, onion, tomato, spinach, sprouts., etc.,
Nuts and seeds: Almonds, Flax seeds, pumpkin seeds, sunflower seeds

Ayurvedic formulations and therapies for healthy skin

- Mahamanjistadi kwatha
- Khadirarishta
- Mahasudarshana Choornam
- Chandraprabha Vati
- Arogyavardhini Vati
- Kaisora Guggulu
- Neem juice
- Aloe vera juice etc.

Kumkumadi Taila, Dinesavalyadi taila, Nalpamaradi taila, Panchavalkaladi taila, Durvadi kera, etc., are some common oils for external application. (The above formulations should be administered strictly under medical supervision).

Panchakarma treatment is a popular ayurvedic tool to cure many chronic diseases. The following therapies are effective in skin protection and treatment of epidermis-related issues.

- **Virechanam:** Administration of medicated purgatives for the expulsion of *Pitta* through the anal route. It purifies the blood and removes toxins from the body.
- **Vamana:** Waste products or toxins are eliminated (especially Kapha) through the mouth by medically induced vomiting.
- **Swedana:** It is also known as steam therapy. It is the process of inducing sweat with the help of steam generated from medicated herbal decoctions. It is a pre-procedure for panchakarma.
- **Basti:** Administering medicated oil or herbal decoction through the rectum. It helps to eliminate excess *Vata dosha* from our bodies.
- **Udvartanam** is an invigorating full-body massage done in a rhythmic motion using herbal powder or paste. It helps to open pores, remove blockages in the vessels, increase heat in the tissue and stimulate fat metabolism.
- **Herbal face mask:** Applying a creamy or thick paste of herbs to clean or smoothen the face.
- **Potli Massage:** *Kizhi* or potli massage is a therapy where warm poultices are filled with herbal powders, oils, or certain medical concoctions and massaged all over the body.

Our skin is a natural gift; we must take care of it naturally, without using harmful chemicals. Ayurvedic skin care is the practice of maintaining good skin health by using herbal medicines. Healthy and glowing skin reflects and reveals overall health. Ayurvedic treatments can be effective if done correctly in consultation with a qualified Ayurvedic Practitioner.

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DAILY ROUTINE FOR MANIFESTING THE UNMANIFESTED

According to the World Health Organization, the new dimension of health is now being transformed into a concept of complete wellbeing that is inclusive of physical, mental, social as well as spiritual wellbeing. This is very much in tune with the age-old Indian system of medicine – Ayurveda. Ayurvedic wisdom unravels the dimensions of life in a quadrilateral plane – *Sareera* (the body), *Indria* (both sense organs and neuro motor functioning), *Satwa* (the mind) and *Atma* (the spirit) in the age-old treatise on Ayurveda, the *"Charaka Samhitha"*.



Dr. Anand.S. M.D. (Ay)

Ayurveda proposes ways and techniques designed for achieving this goal. It starts with the daily routine of an individual - technically known as "*Dinacharya". Dinacharya* is a scientifically designed routine of life for perfect wellbeing. It demonstrates how to lead a daily routine highly capable of preventing diseases. *Dinacharya* suggests one to wake up early in the morning, more precisely at *"Brahma Muhoortha"* that is 1.5 hours before sunrise. By waking up at that time, one receives optimal energy filled with fresh oxygen. The function of brain activities will be most enriching during the early morning hours. *Prana* that controls the higher mental functions will also be optimized during this time of the day.

The first advise to you after waking up is to think about your physical body - whether it is fit enough or not. You need to check for any problems in any of your body parts. After verifying, you can release urine and clear your bowels, both of which are essential to expel the body waste out of your system. It is important to make the above a habit as soon as you wake up every day. It helps a lot in balancing your physiology. Proper hygiene is instructed including washing of hands, body parts and dental care. Natural sticks from neem trees, or even mango trees are good that can be softened and used to brush clean the teeth. Now all these have been replaced by tooth paste made using synthetic materials. It is best if we can make use of traditional powder like 'umikkari' - ashes of burnt rice bran. Tongue cleaning is mentioned and it is contraindicated if there is upper respiratory infections or fever.

Opthalmic care is advised in every day routine suggested by Ayurveda. Application of "Anjana" or colerium in eyelids and eyelashes helps in eye protection. "Thamboola charvana" – a habit of chewing betel leaf is said to be good for gums and teeth. Sometimes areca nut pieces are used along with betel leaf pasted with a mild coating of slaked lime for chewing. In short, betel chewing induces tuning up of the microbial environment within the mouth. Daily massaging with suitable oils is suggested especially in body parts like scalp, sole and ear. Daily application of one or two drops of medicated oil like "Anuthaila" to each of the nostrils is excellent to stimulate the brachial plexus. It provides a protective coating in the mucosa that



restricts the entry of microbes and even viruses into the upper respiratory tract. In the backdrop of the recent Covid-19 pandemic, it has been effectively used as a preventive measure with the advocacy of Department of AYUSH, Government of India.

Bathing (and its benefits) is included in the daily regimen in "Astanga Hridaya" - one of the primary ancient root texts of Ayurveda. It says bathing contributes to health and freshness. Before bathing, massaging the body with medicated oils specific to each person shall be selected. Daily massages help in the health of skin and peripheral nerves. It also helps retain youth and body complexion as well as prevents ageing. Performance of eyes and eye sight improves a lot with daily massing or "Abhyanga". Those who followed these daily regimens were bestowed with quality of life, fine health and longevity. One such person who followed this life style was Dr. P.K. Warrier - the head of the world renowned Kottakkal Arya Vaidyasala - who lived up to a hundred years. This was also due adherence to an optimal quality of life and with sufficient daily 'Vyayama' (exercise) as prescribed in Ayurveda texts. In Kerala, even martial arts like 'Kalari' have been designed as regular exercises. Kalari, a martial art that originated in Kerala, is based on eighteen steps (or stages). The number eighteen signifies the key to explore oneself – the "Panchamaha Bhoothas", Panchajnana Indriyas", "Pancha Karmendriyas", "Budhi", "Mana" and "Ahankara". When you conquer or attain these eighteen steps, you attain self-realization and that is called "Brahmajnana" or universal consciousness. The irony is that you can also attain the state of universal consciousness simply by tuning your daily routine. By programming your daily routine that aim at your physical, mental and spiritual health, you can attain perfection in life or "Siddhi".

According to Ayurveda texts, during the course of exercise or physical exertion, whenever the tip of the nose starts sweating, it is indicative that your body reached sufficient physical exertion. One should stop at this point or limit yourself at this point. Ayurveda says your body will be fit, fresh and light





when you do exercises as prescribed. Moreover, the muscles that hold and support your body gets tuned up with sufficient exercise when it is executed in a scientific way.

Rubbing the body parts with medicated powders ("Udvarthana") is also mentioned. It helps get rid of excess fat accumulated in your body and can prevent bariatric surgeries. Healthy food habits, sound sleep and healthy sex habits are key to health and longevity.

Along with these regimens, Ayurveda insists the essentiality of practicing the code of ethics. The code of ethics is based on "Dharma" or righteousness. Righteousness even if relative, could be scientific to curb down the negativism around. It helps to spread a wave of positiveness around you, thereby creating a perfect atmosphere of peace and harmony essential for your health. The practice of "Ahimsa" or non-violence is indicated in Ayurveda. This is what Mahatma Gandhi applied as a strategy in India's freedom movement to avoiding bloodshed and massacre. Nature itself, along with every organism and habitants of this Universe has its own freedom to enjoy and experience life. Hence Ahimsa leads to a wonderful concept of "Vasudhaiva Kudumbakam" or the concept of 'global village' where the wellbeing of each one is ensured and a perfect harmony achieved in which each can reach and experience "Paramananda" or the height of ecstasy - the ultimate destiny and experience of being.

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AYURVEDA & MANAGEMENT OF LOWER BACK PAIN





Dr. Preethi S. S.

Ayurveda can play a crucial role in our daily lives as the fundamental concept of the traditional Indian healthcare system is to maintain a healthy mind, body, and spirit, as well as curing of diseases.

The Ayurveda classics advocate adherence to Dinacharya (daily regimen) and Ritucharya (seasonal regimen) for maintaining a healthy state. Charya refers to Ayurveda's various rules and regimens regarding diet and behavior to acclimatize seasonal enforcement without altering body homeostasis.

The ancient healing system uses a wide range of medications and treatment techniques to cure various ailments. One common issue for which the patients seek treatment at our clinic is 'Lower Back Pain.' The term is used commonly to denote a range of illnesses from nonspecific acute lower back pain to Sciatica. The prevalence of lower back pain is increasing day by day due to lifestyle and ergonomic changes.

Lower back pain management aims not only to reduce pain but also to maintain continuous physical activities in routine life. Proper treatment also addresses the risk of disabilities in the future, enabling the patients to manage the work-life balance successfully.

As a general strategy in treating lower back pain, surgery is opted for only when conservative management fails. Let's first understand the common, painful condition and its causes.

Lower back pain is caused by the pathologies of the back and also due to other reasons. The factors relating to the back can be due to congenital, traumatic, inflammatory, degenerative, and neoplastic anomalies.

- **Congenital causes:** Spina bifida, Hemivertebra, etc.
- **Traumatic causes:** Spondylolisthesis, compression fractures, rupture of the intervertebral disc, etc.
- **Inflammatory causes:** Rheumatoid arthritis, Ankylosing spondylitis, etc.
- **Degenerative causes:** Spondylosis, Osteoporosis, etc.
- **Neoplastic causes:** Multiple myeloma, Hemangioma, etc.

Lower Back Pain can also be caused due to abdominal, pelvic, genitourinary, and vascular disorders.

- Abdominal causes include diseases like Pancreatitis.
- Pelvic disorders such as Intrapelvic tumors are the pelvic causes of lower back pain.
- Genito urinary causes include diseases such as renal infection, renal calculi, etc.
- Vascular causes include disorders like ischemic pain from aortic/iliac artery occlusion etc.

Given the wide range of anomalies resulting in the condition, each of these should be managed specifically after assessing the exact disease causative factor.

One day, a young lady came to our clinic OP. She was standing outside the clinic for about 10 to 15 minutes. When asked why she said she needed help climbing even a single stair besides walking. She was waiting there for her father to come and support her.

By that time, her father arrived and helped her enter the clinic. The patient complained of lower back pain and difficulty standing (not even five minutes) and walking. On further interaction, the lower back pain was found to be radiating to both lower limbs.

On examination, tenderness (pain elicited on touching the affected part) was positive over L2-L4, and the patient could not do a straight leg raising test due to excruciating pain.

Due to radiating nature of lower back pain to lower limbs, the case was provisionally diagnosed as Gridhrasi (Sciatica). After making proper investigatory procedures, we arrived at the clinical diagnosis, and the treatment plan was designed. The treatment plan included internal medications and other treatment procedures such as Abhyanga (hot oil massage), Ooshmasweda (steam bath), various Dharas, Pinda Sweda kizhi, and Vaitharana Vasthi (medicated enema).

For Abhyanga, medicated oils that are suitable for relieving pain and stiffness were selected and applied with gentle pressure. Special care was taken to avoid excessive pressure while administering Abhyanga. Ooshmasweda was done using appropriate medicinal herbs, Choornas and Kashayas, to reduce pain, inflammation, and stiffness.

Dhara is a treatment procedure in which appropriate oils or kashaya are poured from a particular height on the affected part at the prescribed temperature.

Pinda Sweda or kizhis were prepared using different medicines such as choornas, herbal powders, leaves, Swastika rice (njavara), etc. They are tied in a muslin cloth to make small boluses and gently applied to the affected spot. These kizhis help the patient to get relief from not only pain but also stiffness and weakness.

Vaitharana Vasthi is known for its effects on conditions such as Amavatha and Gridhrasi. In this case, too, we witnessed a considerable improvement in the patient's condition after administering Vaitharana Vasthi. Vasthi is a treatment in which medicated enema is given after proper oleation and sudation (induced sweating).

After purification therapy (Vasthi), Lasuna Rasayana was given. Adjuvants of Lasuna Rasayana were selected considering the symptoms and provided in a vadhamana pattern. (increasing the dose on a daily basis and then tapering step by step to reach the same dose as on the first day).



Upon completing the treatment, the patient was entirely relieved of the radiating pain from the lower back region to the lower limb. She could walk and stand properly by herself.

After the rest period, the patient started doing appropriate stretching and spinal exercises. She started practicing simple Yogasanas like Merudandasana and Bhujangasana.

A Dietary regimen including black gingelly, nuts, milk, and leafy vegetables that help prevent degenerative changes was followed afterward. The patient was also asked to use hot water for bathing. She was advised to avoid food items that aggravate inflammatory changes, such as curd, pickles, etc.

In the following review, she expressed happiness about her ability to achieve a quality family and work life through the traditional Ayurvedic treatment and by adhering to the Ayurvedic way of living.



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Ayurveda & Pain Management

Many suffering from symptomatic pain and associated swelling opt for temporary relief achievable by analgesic medicines. However, the side effects of such painkillers are harmful to the body. Besides, there exists a situation where the patients are forced to depend on pain medication long-term as they fail to address the illness's causative factors.





Dr. Nita Sharma Das

A recently published PubMed article reported that one in five, or about 1.5 billion people, suffer from chronic pain (CP), with prevalence increasing with age. Often chronic pain interferes with the patient's quality of life by reducing their ability to work, inducing depression and dependability.

[2] Ayurveda is getting clinical attention in the management of both acute and chronic pain associated with multiple underlying conditions. [2] Ayurveda is a well-recognized ethnomedical system with a multi-modal approach that offers customized treatment to every patient depending upon the primary cause of the pain.

Ayurveda treatment modalities are potentially effective in treating chronic musculoskeletal pain, neuropathic pain, ankylosing spondylitis, chronic low back pain, osteoarthritis, and rheumatoid arthritis. [1,2]

Ayurvedic treatment aims to restore an amicable balance between dosha (bio-physiological forces) and Prakriti (constitution), the primary determinants of health and disease. Ayurveda also concentrates on mental health and metabolic functioning of the body to provide holistic benefits in pain management.

■ Ayurvedic Treatment Modalities

Pain management in Ayurveda includes some specific treatment modalities. Following are some therapeutic methods in Ayurveda practice for cleansing and purifying the body to rebuild tridosha (anatomy, physiology, and pathogenesis) stability.

- ***Snehana*** (oleation): This therapeutic procedure lubricates the body primarily with medicated oil. [3]
- ***Swedana*** (sweating, heating): Transient Receptor Potential Channels, responsible for the perception of heat and pain, are present in nociceptive neurons of the peripheral nervous system. Generating heat or inducing sweat through this therapeutic procedure acts on these receptors for controlling pain. [3]
- ***Agnikarma*** (intentional Heat burn Therapy): The perception of pressure and temperature is increased during this therapy, which subsequently reduces the pain





perception. Agnikarma also results in muscle relaxation and increased blood flow, washing out all the accumulated toxins.

- ***Jalaukaavcharan*** (Hirudotherapy): In this therapy, vitiated blood is removed at the site of pain by involving nonpoisonous leeches. [3]
- ***Vedhankarma*** (Therapeutic body piercing): This sterile procedure includes piercing the points with special hollow needles on specific vital points (marmas) and releasing endorphins to relieve pain symptoms. [3]
- ***Lepankarma*** (application of medicated paste on the skin): Transdermal absorption of medicine at the site of application reduces pain symptoms. [3]
- ***Basti karma*** (administration of medicated enema): The rectum has rich blood and lymph supply. The drugs administered through an enema can cross the rectal mucosa and regulate sympathetic activity. Basti karma balances the autonomic nervous system by activating the Hypothalamus-Pituitary-Adrenal axis. Different neurotransmitters like cortisol release and systematically reduce inflammation. [3]

■ Application of Panchakarma in pain management

Panchakarma (Five Processes) is a unique therapeutic feature of Ayurveda, which addresses the root cause of illnesses. This process is applied to cure the dosha imbalance, which is responsible for inducing pain symptoms. Panchakarma procedures administered to treat Vata dosha responsible for arthritic pain include emetics (Vamana), purgatives (Virechana), medicated oily enema (Anuvasana Basti), medicated decoction/dry enema (Asthapana Basti/Niruhana), and oleation/nasal purgation (Shirovirechana/Nasya). [1] However, expert guidance is the utmost requirement in Panchakarma procedures for effective management of the pain condition. Therefore, the patient should consult Ayurveda physicians who can decide on the treatment requirements, depending upon the specific stage of the disease.

Panchakarma has wide applications beyond pain management. It can eliminate morning stiffness, common in arthritis. Panchakarma helps cleanse the body of impurities that can lead to disease. It is an effective detox therapy that gets rid of accumulated waste. Thus, the Panchakarma program improves the functioning of the circulatory, nervous, and digestive systems. [4]

Other Ayurvedic treatment approaches in pain management

Dietary restrictions are included in Ayurveda treatment to support the body's metabolic process. The digestive system is interlinked with the metabolic process. Easily digestive foods are recommended during pain symptoms to avoid the aggravation of dosha. [1]

Agnikarma is recommended explicitly in case of painful, swollen joints by local application of plant extracts or heated probes of gold, copper, or iron to produce chemical cauterization and superficial burn-like reactions. [1]

Massage is a widely used ayurvedic technique to stimulate internal organs. Ayurvedic massage is performed by giving pressure to specific pressure points (marmas) to reduce pain. [1]

Yoga complements Ayurveda, as both have a similar principle to regulate tridosha. Ayurveda physicians often prescribe specific yoga to treat chronic ailments that induce pain symptoms, such as arthritis. [1]

All these scientific explanations have been studied thoroughly during different research studies. Along with these, some Ayurveda formulations containing multiple herbal constituents used for pain relief have undergone human trials. These trial results confirmed the efficacy and safety of the formulations. [1]

■ Where to get holistic Ayurvedic facilities?

All the benefits of Ayurveda depend upon the authenticity of the treatment center, where certified and experienced Ayurveda physicians are available to treat a patient.

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HOW TO TAKE CARE OF COUGHS?

Persistent cough is now common among people who have recovered from Covid-19. Often the illness lingers for quit a while. Even otherwise, it can be worrisome if you or your child seems to be constantly coughing. One may feel breathing difficulty or suffer from a lack of sound sleep due to continuous coughs. The reasons may be minor; on most occasions, they can be the outcome of allergies.

Here are some simple home remedies that were quite popular among the older generation. They were effective too.



■ Adalodakam (Adhatoda vasica/ Malabar Nut/ Adusa)

1. Collect at least half a dozen leaves of adalodakam.

2. Add cumin seeds (jeera), dried ginger, and pepper.

3. Now roast all the ingredients, and add white rock sugar candy.

4.Now powder it and have the same at regular intervals every two hours.

You can even boil the leaves in water and drink it.

In fact, adalodakam is very effective for coughs. Its leaves, flowers, roots, and seeds are used in the preparation of Ayurvedic medicines. The leaves are a rich source of alkaloids -- vasicine and vasicinone, and have anti-asthmatic, antispasmodic, bronchodilator, and expectorant properties.

This is effective in children and can cure the cough and remove sputum in most cases. However, if symptoms like high fever accompany the cough, consult a doctor at the earliest.



■ Honey in ginger juice

1. Take one teaspoon of honey.

2. Add one teaspoon of ginger juice and one pinch of black pepper.

3. Take once in the morning and once after dinner to get relief from a sore throat and cough.

Honey has loads of antimicrobial properties. Since it caters to the taste buds, children will have no difficulty in having the mix. It helps ease a sore throat and is an effective cough suppressant. It also helps in improving digestion and boosting metabolism.

Many grandmas also advise having small onions mixed with white rock sugar candy. Allow the sugar candy to melt and leave the decoction like that for some time. Now, have two to three spoonfuls at least half an hour before food in the morning, afternoon, and night.

One has to follow common standard practices to get quick relief. These include washing your hands with soap and water for at least 20 seconds, having steam inhalation twice a day, increasing water intake (warm water), and having a diet rich in vitamin C, among others.

AYURVEDA HERBS FOR RESTORATION



Prof. Dr.G.G.Gangadharan

As Ayurveda highlights the way of living more than disease management, it explains the dos and don'ts in each season to maintain optimum health. Let us briefly overview the various seasons, especially summer, and the herbs used during the time.



There are six seasons in a calendar year, each extending nearly two months: -

Shishira (late Winter) – Magha and Phalguna (January to March), Vasantha (Spring) – Chaitra and Vaishakha (March to May), Grishma (Summer) – Jyestha and Ashada (May to July), Varsha (Monsoon or Rainy Season) – Shravana and Bhadrapada (July to September), Sharad (Autumn) – Ashvayuja and Kartika (September to January), Hemantha (Early Winter) – Margashirsha and Pausha (November to January) Each of these is identified depending on their association with the characteristic environmental factors.

These six seasons are broadly classified into two groups based on the movement of the Sun. Among these first three constitute Uttarayana (northern solstice) or Adanakala. Adana means taking away/pulling out. During this period, the Sun and wind become strong and dry. This weakens the Earth's cooling properties and drains its strength and energy, besides that of humanity. The period starts with the sisirarutu and ends with grishma. During this period, humans begin to lose their natural strength and energy, which may be at its lowest ebb during grishmarutu.

Rasa, or taste, plays a vital role during these seasons. According to Ayurveda, there are six rasas, namely Madhura (sweet), Amla (Sour), Lavana (salt), Tiktha (bitter), Katu (pungent), and Kashaya (astringent). Each rasa serves a purpose. A balanced diet should have all six rasas in a balanced form with an excess of Madhura rasa. These rasas are also made up of panchamahabhootas like madhura rasa is composed of Prithvi and Teja. However, it is observed that each season has the predominance of a particular rasa, and hence included in our diet and regimen accordingly. The predominance of taste during the summer months is katu, tikta, and kashaya rasas, as the Sun's rays are hot and penetrating in all directions during this season. Due to this extreme heat, roughness (rooksha) quality increases in the atmosphere. These rough (rooksha) and penetrative (teekshna) qualities are predominant in Katu rasa or pungent taste.

All living creatures on Earth experience the pungent quality, causing increased roughness and dryness in the body. Throughout the course, bitter, astringent, and pungent tastes gain predominance and pervade adanakala with fiery (agenya) quality.

The Earth gains its strength back during the other three seasons, from Dakshinayana or Visargakala. Here the moon becomes dominant, and the Sun is weakened. The Earth cooldowns due to dense clouds which hide the Sun, rain and wind began to lash several parts of it. Then the smooth tastes of sour, salty, and sweet influence.

The strength of the body fluctuates depending on the seasons as said above, which is highest in Hemanta and Shishir, lowest in Varsha and Grishma, and at a medium level during Vasanta and Sharad. Each season has a specific effect on the equilibrium of an individual's doshas.

The human body continuously interacts with the internal environment and external factors. It is seen that if this interaction is in equilibrium, human beings enjoy health. When it falls due to internal disturbance or hostile environmental factors, the balance is altered and causes diseases. Hence, humans continuously struggle against the constantly changing environmental conditions each season to adopt optimal health and vigor throughout the year. Medicines and herbs are used to balance them. This is based on the tridosha theory, which explains how the five elements make up physical creation and manage human physiology, these five elements are the base, and through them, we can determine one's fundamental nature or body constitution. Ayurveda says each individual is born with a unique arrangement of tridoshas. Our constitutional balance influences how our body and mind react to a particular stimulus, such as food, herbs, weather, or emotion. The herbs are prescribed based on their twenty attributes and the six tastes. The herbs give subtle nutrition and stimulation to the deeper tissues and organs. The action of herbs on one's health is maximum when fresh. A skillful practitioner identifies one's body constitution (as per tridosha theory), diagnoses the cause of imbalance, and decides the herb, diet, and lifestyle style

to be prescribed. These herbs are also classified according to the dosha predominance, i.e., which dosha they have in excess or low quantity. Hence, let us analyze the summer season, the herbs used, and their benefits.

■ **Summer** (Grishma)

When the summer arrives, the Sun's rays are so hot that they could sap the energy or even destroy living beings. As a result, Kapha diminishes day by day, and Vata casts its influence on the entire system and brings about changes in the equilibrium of the doshas. If the qualities of environmental factors (lifestyle and diet) are opposite to those of the constitutional attributes, the person will be in good health. On the contrary, if the constitutional qualities are similar, it may result in the accumulation of doshas and bring about disequilibrium, leading to diseases.

E.g., cool and dry weather benefits the pitta Constitution but is unfavorable to individuals of the Vata Constitution. But the first heat wave of summer makes us feel the effect of increased pitta or (agneya) quality in the atmosphere by creating more irritability and frustration whether the individual is of pitta constitution or not. Keeping the first elements in balance during the heaty summer is advisable. Pitta predominantly governs digestion, i.e., the metabolism and transformation of the body tissues. Depending on the individualized constitution, summer may alter the internal sense of harmony by aggravating one of the tridoshas, especially Pitta.

Ayurveda addresses all such imbalances. But one has to follow specific habits, routines, and diet in accordance with the season to obtain good health. Herbs that reduce excess Pitta are drying and cooling in nature, with bitter, astringent, and sweet flavours. Herbs that aggravate Pitta have a warm moist nature with pungent, sour, or salty tastes.

The most striking characteristics of summer-the heat, the long days of the bright Sun, the sharp intensity, and the transformative nature of the season-are directly in line with Pitta, which is why summer is considered a pitta season. The cumulative effect of intense heat is to dry things out, so summer is also considered dry. On a more subtle level, summer is a time of expansion, and mobility traits become more characteristic of Vata. The primary focus during the entire season should be on keeping Pitta balanced by staying cool, mellowing intensity with relaxation, and grounding your energy. Summer has some distinct Vata characteristics as well. One should remain hydrated, foster stability, and balance the Vata's natural expansiveness and mobility with quiet, restful activities.

The following herbs are appropriate for most people during the summer.

■ Herbs for Summer

Numerous herbs support Pitta's healthy function, which can be highly beneficial during the summer. Certain herbs are as follows: Amalaki, Brahmi, Bhumyamalaki, Guduchi, Neem, Shatavari, Coriander, Rose, Mint/Pudina, Cardamom, Usheera, Manjistha, and Kutki.

■ **Amalaki** (Emblica Officinalis):

- Removes excess pitta from the system.
- It assists in natural internal cleansing.
- Stimulates digestive fire without aggravating Pitta.
- It acts as a natural antioxidant and potent rejuvenator.



It is a potent rejuvenator that nourishes the tissues and gently removes toxins. Amalaki's cooling action removes excess Pitta from the GI tract, supporting a healthy stomach lining and proper functioning of digestion. It also cleanses the colon, eliminating excess toxins and heat while supporting healthy bowel movements. Amalaki is a highly concentrated source of antioxidants and deeply nourishes body tissue.

■ **Brahmi** (Centella Asiatica):

- Supports memory, intelligence, and concentration
- Supports proper function of the nervous system
- Promotes healthy skin and hair
- It is a renowned mental rejuvenator, traditionally used to promote the intellect, enhance mental performance and support the proper function of the nervous system.



Brahmi is said to improve concentration, memory, and alertness. It is a natural blood purifier and helps support clear, healthy skin. Brahmi is also famous for promoting healthy, lustrous hair and is often applied as oil for this purpose. The herb is cooling and relaxing, making it an excellent tonic for Pitta. It also calms Vata in the mind and reduces excess Kapha in the body.

■ **Bhumyamalaki** (Phyllanthusamarus):

- Supports the proper function of the liver.
- Cleanses the gall bladder.
- Promotes healthy skin.
- Cools and soothes the digestive tract.



It is a classical Ayurvedic herb for the liver. It is very bitter and has a cooling, soothing, and cleansing action. With its special affinity for the liver, Bhumyamalaki acts to cleanse, detoxify and strengthen this essential organ. It also supports the proper function of the gall bladder and promotes healthy skin. An

excellent herb for the body, Pitta, and Kapha, Bhumyamalaki is helpful for those with constitutions that would benefit from its dry and light qualities.

■ Guduchi

(Tinospora Cordifolia):

- Reinforces the immune system.
- Supports the proper function of the liver and kidneys.
- Promotes healthy skin and a clear complexion.
- It helps in digestion and a healthy balance of intestinal flora.
- It supports the comfortable movement of the joints.



Also known as the 'Divine Nectar .' Guduchi is a powerful nutritive tonic and one of the best herbs for balancing Vata and Pitta. It has unusual heating characteristics while simultaneously removing excess Pitta from the body. This heat burns the accumulated natural toxins, purifying the liver, kidneys, joints, and blood. It also helps soothe the skin and promotes a clear, healthy complexion. As a rejuvenator, Guduchi strengthens the tissues, bolsters immunity, and promotes vitality while calming the mind and supporting the proper function of the nervous system. It is also traditionally used to promote longevity and to support healthy reproduction.

■ Neem (azadirachtaindica):

- Maintains healthy skin.
- Detoxifies the liver and blood.
- Removes excess Pitta and Kapha from the system.



It is widely used in Ayurveda because of its effectiveness in dealing with nearly all Pitta and Kapha imbalances. Bitter and very cooling, it is usually combined with other herbs to offset its Vata-aggravating qualities. Neem has traditionally been used to purify the blood, cleanse the liver and support the immune system. It is also commonly used to support healthy skin and maintain healthy blood glucose levels.

■ Shatavari

(asparagus racemosus):

- Nourishing tonic for men and women.
- Maintains a healthy female reproductive system.
- Supports lactation.
- It promotes fertility and libido.



It is a rejuvenating herb that cools the body and strengthens and nourishes the tissues. Traditionally used to maintain the healthy production of female hormones, Shatavari may be translated as: "100 souses", implying its role in promoting fertility and vitality. As a nutritive tonic, it encourages the healthy production of milk in lactating mothers and the healthy production of semen in should-be fathers. It is also helpful during menopause and for women who have had hysterectomies. Shatavari supports a healthy immune system and assists physical and mental digestion.

■ Coriander

(Coriandrumsativum):

- Strengthens the digestive fire without aggravating Pitta.
- Supports the proper function of the urinary tract.
- It eliminates excess heat and promotes menopausal comfort.

It is one of the best herbs for supporting digestion without aggravating Pitta. It kindles the digestive fire while simultaneously cooling and soothing the



GI tract. It removes excess heat in the body, making it useful in cooling pitta-related imbalances associated with menopause. It also supports the proper function of the kidneys and healthy urination. The seeds combine well with Cumin and Fennel to make an excellent digestive tea.

■ Rose (Rosa damascene):

- Taken internally, a rose can cool the body, ease menstrual cramps, and help relieve diarrhea due to its astringent quality.
- Pacifies Vata and Pitta.
- Balances the metabolism.

■ Mint / Pudina

(Menthaarvensis):



Mint supports digestion without raising body heat, although it can help induce sweating during a fever to help it "break ."It also relieves nausea and headaches and eases depression and fatigue.

■ Cardamom

(Elettariacardamomum):

- Supports comfortable digestion.
- Promotes a healthy appetite and fresh breath.
- Promotes the elimination of mucus.
- Supports healthy lungs and clear breathing.

It is an aromatic spice that awakens the appetite and supports healthy digestion



without aggravating Pitta. It supports balanced stomach acid levels and the downward flow of energy in the GI tract. This helps pacify Vata and Pitta and promotes a comfortable post-meal experience. Cardamom removes excess Kapha from the stomach and supports healthy mucus levels in the body. It also eliminates Kapha from the lungs, supporting clear, comfortable breathing.

■ **Usheara** (Vetiveriazizanioides):

- Pacifies Vata and Pitta.
- It supports digestion and relieves Ama Dosha.
- It reduces burning sensation, as in gastritis, neuropathy, burning sensation in eyes, etc.
- It relieves thirst, is a good blood purifier, and is helpful in blood disorders such as an abscess.
- It acts as a diuretic, useful in skin diseases.



■ **Manjistha** (Rubiacordifolia):

This herb is for cooling the blood and removing toxins from the body. It supports liver and kidney function and



soothes pitta dosha, besides acting as a diuretic.

■ **Kutki** (Picrorhizakurroa):

- Supports the healthy function of the liver.
- Assists in proper flow and function of bile.
- Maintains healthy immune system function.
- It aids the smooth functioning of a healthy respiratory system.
- Balances for Pitta and Kapha.



Sugarcane, watermelon, peaches, plums, mangoes, grapes, pears, avocado, berries, cucumber, cabbage, sweet potato, Jasmine, Mogra, etc., can all be used during this season. If one knows the body's constitution, one can take personalized steps to harmonize their internal changes with the changing nature of the season. Hence, we can support our state of balance throughout the year by consciously living in harmony with the cycle of nature and adopting a lifestyle and habits to accommodate the arrival of each new season.



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.)

1) I'm Vinod Kumar from Kumbalam, Kochi. I have a two-year-old baby boy who is very active. But he frequently suffers from fever. Often the temperature soars above 100-degree Fahrenheit. He was even admitted to the hospital on a couple of occasions. The worrying thing is that he would immediately throw up antibiotic solutions, no matter what the flavor is. This left us with no way but to turn to Ayurveda or homeopathy, even during a high fever. Is there any medication in Ayurveda that can reduce fever if the temperature shoots up above 100 to 102 F? Also kindly prescribe Ayurvedic treatment on a long-term basis to prevent having a fever frequently. He is also reluctant to take food, though he likes to drink water four to five times a day. He is lean and the frequent fever episodes are having a toll on him.

Ans: **Mix 'Sudharsanarishtam' with 'Amritarishtam'. Take 5 ml of the solution and add one spoon 'Ashtachoornam' and administer the same to the child in the morning and evening after his having food. You can also give him 5 grams of 'Indukantham' medicated ghee before he goes to sleep. It should be seen that you are not giving any cold food items or beverages to the child.**

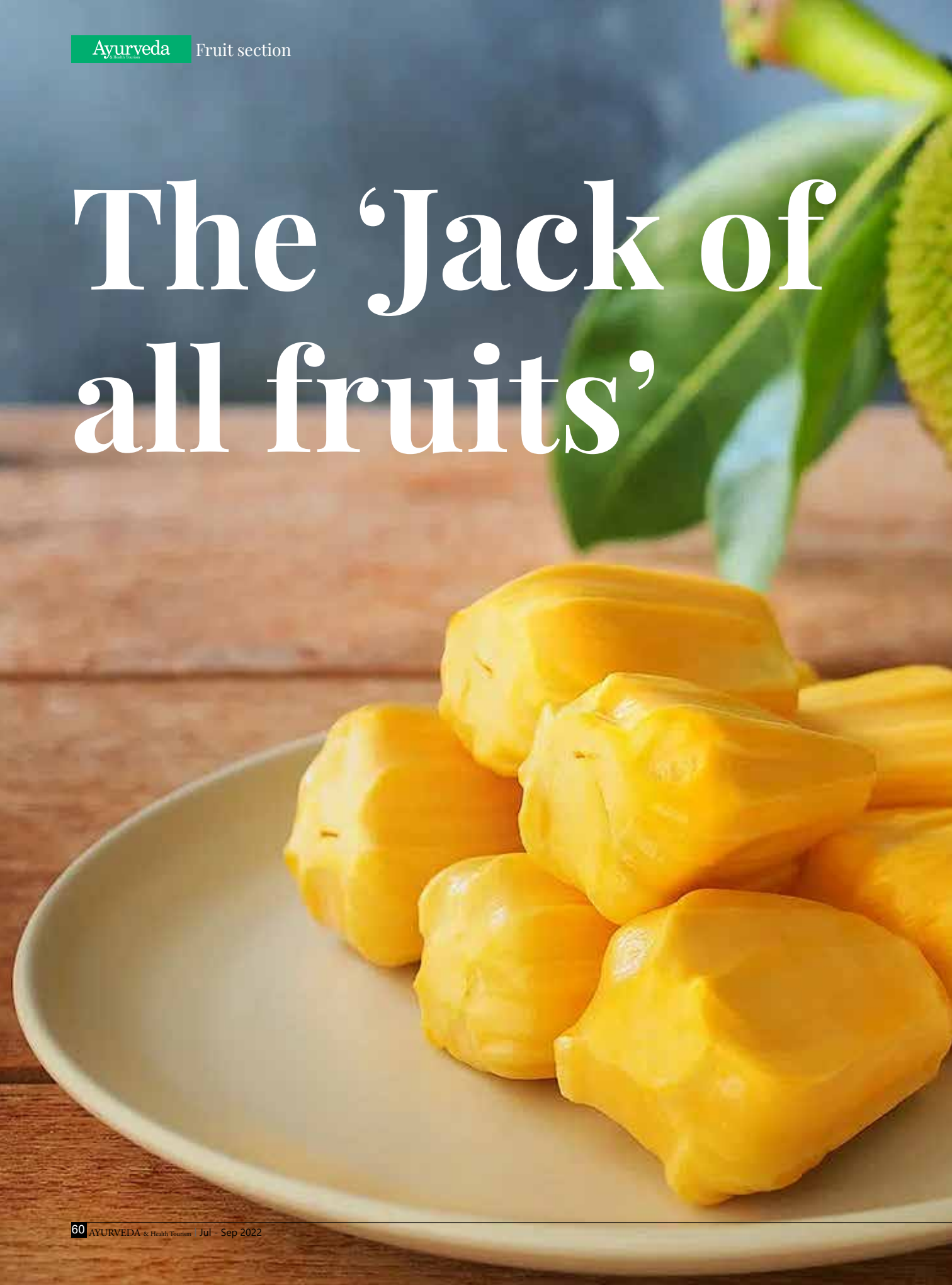
2) I'm Soorya M.S. from Trivandrum. I'm into the third month of pregnancy and, by God's grace, all is well so far. Please prescribe a suitable Ayurvedic regimen. what foods should I take and which food items should I avoid? Also, should I take anything additional for the health of the baby? What about the fruits and dry-fruits items?

Ans: **There is no need for any restriction on food intake solely because you are carrying. You can have all the food in moderate quantities. But ensure they are easily digestible and shouldn't cause gas trouble issues. Grind roots of 'Kurunthotti' and have boiled milk, adding the same, daily. You can also apply warm 'Dhanwantharam Kuzhambu' all over the body before taking a bath.**

3) I'm Ambika Raghavan, currently residing in Thrissur. I'm a housewife. Red (brown) round circles have appeared on the skin on my knees, and there is an intense itching tendency. It's not ringworm since the circles are nearly two months old and remain the same. Kindly prescribe a suitable Ayurvedic remedy.

Ans: **Mix Khadirarishtam, Nimbasavam and Padolarasam. Have 30 ml of the same in the morning and evening after having food. Apply Dineshavaliaadi oil on the affected spots at frequent intervals. Avoid soap, and food items like egg, meat, masala, and curd.**

The 'Jack of all fruits'





Jackfruit is the largest tree-borne fruit in the world. The tree, native to the Western Ghats of India, later became common in Asia, Africa, and some regions in South America. It mainly grows in humid tropical and near-tropical climates.

The word 'jackfruit' was first used by physician and naturalist Garcia de Orta in 1563 in his book, which comprises his conversations with an imaginary colleague to whom he is explaining the drugs, spices, and other natural products of India.

A mature jackfruit tree can produce about 100 to 200 fruits a year. The ripe Jackfruit weighs roughly 36 kgs and is up to 90 cm in length and 50 cm in width. A single fruit may bear 100 to 500 seeds. Due to the presence of laticiferous cells that produce latex, the fruit's axis and core are inedible.

Both raw and ripened fruits are used for consumption. The ripe ones have a milky, sweet taste. The fruit is used to make various dishes and is blended into custards, cakes, ice creams, smoothies, salsas, and slaws. Unripe Jackfruit can be used as a vegan meat substitute.

Ayurveda swears by the excellent medical benefits of Jackfruit. The fruit is a rich source of vitamins (A, B-Complex, C & E), minerals (Iron, Magnesium, Potassium, and Manganese), and dietary fiber. Studies reveal that every 100 grams of ripe flakes contain 287 to 323 mg potassium, 30 to 73.2 mg calcium, and 11 to 19 g of carbohydrates. When compared with other fruits like Apple, Apricot, Avocado, and Banana, the ripe Jackfruit is richer in some minerals and vitamins. For instance, vitamin C is a powerful antioxidant essential for a healthy immune system.

Composition	Young fruit	Ripe fruit
Water (g)	76.2 - 85.2	72.0 - 94.0
Protein (g)	2.0 - 2.6	1.2 - 1.9
Fat (g)	0.1 - 0.6	0.1 - 0.4
Carbohydrate (g)	9.4 - 11.5	16.0 - 25.4
Fiber (g)	2.6 - 3.6	1.0 - 1.5
Total sugars (g)	-	20.6
Total minerals (g)	0.9	0.87 - 0.9
Calcium (mg)	30.0 - 73.2	20.0 - 37.0
Magnesium (mg)	-	27.0
Phosphorus (mg)	20.0 - 57.2	38.0 - 41.0
Potassium (mg)	287-323	191-407
Sodium (mg)	3.0-35.0	2.0-41.0
Iron (mg)	0.4-1.9	0.5-1.1
Vitamin A (IU)	30	175-540
Thiamine (mg)	0.05-0.15	0.03-0.09
Riboflavin (mg)	0.05-0.2	0.05-0.4
Vitamin C (mg)	12.0-14.0	7.0-10.0
Energy (KJ)	50-210	88-410

Jackfruit has anti-carcinogenic, anti-microbial, anti-fungal, anti-inflammatory, wound healing, and hypoglycemic properties. The presence of phytonutrients such as lignans, isoflavones, and saponins in Jackfruit contribute to its anticancer, antihypertensive, antiulcer, and antiaging properties too. Thus, they prevent the formation of cancer cells in the body, fight against stomach ulcers, and slow down the degeneration of cells. Niacin in the fruit is necessary for energy metabolism, nerve function, and the synthesis of certain hormones. No wonder jackfruits are called the “miracle fruits."

In short, Jackfruit is effective in lowering the risk of a series of health issues:-

■ High Blood Pressure

Jackfruit seeds may help reduce low-density lipoprotein (LDL) cholesterol levels and raise lipoprotein (HDL) cholesterol levels. 'LDL' is called the 'bad' cholesterol as it results in the building up of waxy deposits in the artery's inner walls. The same can restrict blood flow, raising blood pressure and increasing the risk of a heart attack or stroke. 'HDL' is the 'good' cholesterol that helps remove the LDL from the blood vessels.

■ Constipation

Jackfruit is rich in dietary fiber, 2.5 grams per serving, making it a good bulk laxative. It prevents the formation of ulcer sores inside your stomach and could keep your bowel movements regular. The fiber content helps protect the colon mucosa by binding to and eliminating cancer-causing chemicals from the colon.

■ Cancer

Various studies found the presence of phytonutrients prevents the formation of cancer cells in your body. Researchers also found that green jackfruit flour, if included in the regular diet of cancer patients, may prove to be a palliative. Pectin, a polysaccharide present in raw Jackfruit, reduces the side effects of chemotherapy, often resorted to during modern medical treatment with a curative intent or to prolong the life of the patients.

■ Diabetes

Consumption of raw Jackfruit in moderation is recommended for diabetic patients, given its low sugar content and calories.

■ Skin issues

The oil from the fruit is now used for various skin issues, including wrinkles, and acne, while the paste (face pack) is suitable for shiny skin and pigmentation while curing dry skin, warts, and blemishes.

The government of Kerala declared the Jackfruit its official fruit on March 21, 2018, recognizing the multiple benefits of the fruit. The State, which produces 28.6 crore jackfruits annually, also introduced the 'Kerala Jackfruit brand' at national and international levels, aiming to increase the production and marketing of jackfruits, which are also the national fruit in both Bangladesh and Sri Lanka. It's considered a versatile crop that can improve worldwide food security amid the climate change effects affecting humanity. In fact, during Covid-19, the Sri Lankan villagers relied on jackfruit crops to sustain their lives after losing their income sources and the governmental aid failing to reach most of them. It will come in handy in the future, too, especially at a time when food productivity is diminishing amid rising demand.

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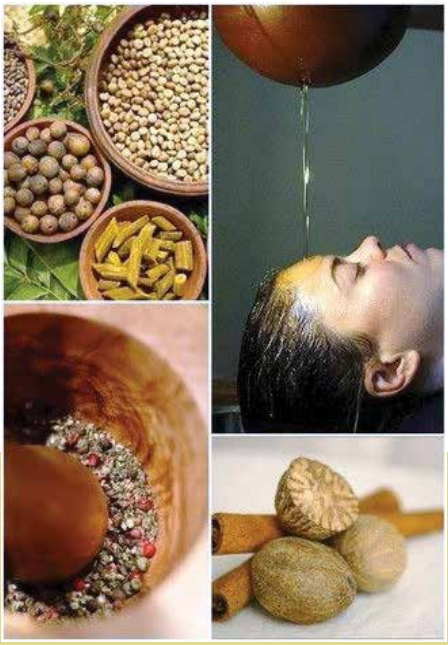
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