Vol.11 | Issue No. 4 | Oct. - Dec. 2016 ₹100 US$5 AED18

Ayurveda
& Health Tourism

CANCER: There is hope in Ayurveda

Ayurveda: Needed re-search or research?

Interview: A Guru in Ayurveda from the US

VEDAS: Treasure Trove of Universal Knowledge



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A FM Media Publication in association with Ministry of AYUSH, Govt. of India

vajra 2016

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PLATINUM JUBILEE YEAR

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FOCAL THEME :

LIFE STYLE DISORDERS & AYURVEDA

13-15 January, 2017
Lulu International
Convention Centre,
Thrissur, Kerala, India

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Focal Theme : Life Style Disorders & Ayurveda

CALL FOR PAPER PRESENTATION

Submit Before 10th December 2016

Guidelines :
Abstract for presentation will be accepted from Registered Candidate only.

Title of abstract should be in sentence case. Do not capitalize the title.

Author(s) name(s)- provide initial first, then name, and then surname. The author who register the form will be considered as the first author.

Affiliated institutions/organisations(s) -
Name of institutions / organisations, city, state and country of origin should be provided without fail.

Email address and mobile numbers of presenting author should be provided.

Text guidelines :

Abstracts longer than 300 words will not be accepted.

A declaration to the bonafide effect of the authorship in the prescribed form should be given by the author along with abstract.

All Scientific abstracts should contain brief but complete statements of Purpose, Methods, Discussions, Results / Conclusions(s).

The abstract must contain sufficient information to provide readers with a precise understanding of the study/report independent of the presentation.

Abstracts stating that results or conclusions"will be discussed" "will be presented" or of similar nature will not be accepted.

Abstracts should be written in the past tense (i.e,should state what was done and not what is being or might be done).

Non-standard abbreviations (NSA) must be defined in the instance of their first use.

Abstracts must be submitted via website not later than **10th December 2016.**

Selection and scheduling

Authors will be notified by the scientific committee regarding the acceptance of their abstracts on or before 20th December 2016. Depending on the quality and the content of the submission, it may be accepted for oral presentation or as a poster. Selection of an abstract for poster presentation does not necessarily mean that it is inferior. The decision of the Scientific Committee will be final in this regard. Negotiations will not be entertained.

Oral Abstracts

Oral abstracts will be presented in separate sessions grouped in accordance with the themes of the conclave.

Select themes from the following :
Fundamentals of Ayurveda
Dinacharya & Rithucharya - Applied aspects
Diet & Dietetics in Ayurveda
Public Health & Psycho Social aspects
Women & Child Health
Diabetes
Obesity
HTN
Cancer
Joint Disorders
Role of Yoga & Yogic Exercise
Role of Shamana Chikitsa
Role of Panchakarma
Role of Rasayana & Vajikarana
Other topics related to LSD

Experts in the field will moderate the presentations and will chair oral abstract session.

Posters

During the Conclave, space will be provided for poster presentation. The criteria will be same as for scientific paper.

The schedule for the presentations of oral abstracts and posters will be intimated to the authors on or before 20th December 2016

Format for oral presentations and posters

All oral presentations will get 7 minutes followed by one minute for discussion, moderated by an expert.

Posters may be made in the dimension 3x4ft and should include all essential information without being too lengthy. It is strongly recommended to include charts, tables figures etc. in the abstracts for effective communication.

Publication of abstracts

All selected abstracts will be published in the post conference souvenir. The organisers will also have the right to publish/decide not to publish the abstracts. However, authors have to register for the conference for the abstracts to be published in the abstract book as well as Vaidyaratnam research journal.

Selection of abstracts and allocations to oral and poster sessions

The author/s can choose his/her abstract to be selected for oral presentation or poster or both by ticking in the appropriate boxes provided. The decision of the review committee will be final. However, if the author wants the abstract to be chosen for poster/oral presentation only, this may be specified.

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CANCER CURE: THE UNFOLDING TRUTH

Modern medical science may seem to have relegated India's 5000-year old traditional healing system of Ayurveda. But latest trends show that herbal-based treatments are catching up worldwide. In this issue, we showcase how Ayurveda can do wonders for health and wellbeing. Our focus is on how cancer can be treated successfully through Ayurveda.

Cancer is considered a killer disease despite major advancements in modern medicine. Even though a number of palliative and rejuvenation packages are offered in allopathic practice to regain health, it is still tough on patients, particularly in the advanced stages of the disease.

It is at this point that we see the role of Ayurveda as a cure for cancer. However, it is very rare to see cancer patients seeking Ayurvedic treatment. This is mainly because of the paucity of recorded success stories about cure through this alternative system of medicine. Hence, people are hesitant to take up Ayurvedic treatment.

In this issue we bring to our readers the effectiveness of Ayurveda in the treatment of cancer. We are sure this will enlighten you about the various causes and treatments that are available today. We have talked to top practitioners of Ayurveda and dwelled into the research work of experts who share their practical experiences. They suggest several Ayurvedic treatment regimes and ways to reduce the side-effects of allopathic medicines.

We also find out from experts about lifestyles that should be followed, including diet, to keep this killer disease at bay. The various cancer snippets included in the magazine throw light on new researches and findings. In this issue, we unveil many natural or home-made herbal remedies that can be taken to prevent cancer.

Our cover story written by Vaidya Prasad explains why it is important to go back to the basics. Dr Madan from Cambridge, in his regular column, discusses how Ayurveda is spreading in Europe and what needs to be done to make this alternative medical system more popular globally. He also talks about the steps being taken by the Ministry of AYUSH to improve cancer care in the country. He says that an integrated cancer care and treatment regime is very crucial as also in-depth research. In her article Ms. Jalaja (IAS) explains the need for research in Ayurveda and how the government must increase the funding for this purpose.

We hope this issue will unravel the truths about cancer and the various treatment methods available in Ayurveda. This ancient medical system is more about preventive methods than curative aspects. However, we have also tried to highlight its curative abilities.

Various researches are being conducted in Ayurveda to reduce the pain and misery that patients face following chemotherapy. It is indeed considered one of the biggest achievements of Ayurveda research. We believe that as most of the authors are experts in different fields of Ayurveda, their insights will definitely add to the basket of knowledgeon this alternative system of medicine.

In this context we would like to request the Ministry of AYUSH to take steps to protect the goodness and wellness of Ayurveda. This medical system should be highlighted and popularised globally while emphasising India's heritage. The government should take steps to promote qualified Ayurveda doctors in India and overseas.

Although this is a Special Issue on cancer, the magazine also carries usual columns, like beauty zone, grandma's remedies, fruit zone and herbs.

Read this issue and feel ENERGISED &INVIGORATED!!

- Editor

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Destination KERALA



Kerala is home to pristine greenery all around and is known for its natural beauty. It is famous for its natural surroundings and for the purity of air and water. It is thus blessed with so much goodness naturally that it is aptly called 'God's Own Country'. It is termed this way considering all what nature has bestowed on it to make living here a blessing. It is also called as a paradise on earth and is home for the age- old science of Ayurveda. These different phrases are coined this way to provide spotlight to this enchanting state with hills and dales as well as captivating backwaters and coasts No doubt, these epithets which are true representations make it an attractive destination for tourists around the world. These features of this land definitely made it a hub for top IT companies and their back offices. As with its diversity one can experience the feeling by travelling the length and breadth of this state. It is fascinating that each place in this paradise has a story to tell. Also, the climatic condition of the place makes it conducdive for the breeding and existence of many birds and animals. Besides the fauna, a large variety of flora beckon the tourists here adding to the scintillating beauty of the land. The life-style followed by the people provides variety and is healthy. Ayurveda is one of the popular life-style modes adopted by the people here. This has attracted many tourists to this land. Most of them on their return have a success story to tell about this land. And most of them want to keep coming back here. The land also has a number of spots for sight-seeing and to relax. The romantic climate of the place though slightly varying in different regions is said to mesmerize English and European tourists who want to escape from the extreme climate of their mother- land. The monsoons are said to be the most romantic seasons of the land and these are apt times for tourists to explore the place. It is during this period that people can effectively experience the goodness and richness of Ayurveda.











Glimpse of Kerala

This wedge- shaped narrow strip of land surrounded by the Arabian Sea and Western Ghats is a definite destination for tourists and no amount of money spent to visit this land can be considered as squander. The place will definitely bowl you over for its timeless beauty. Places such as Munnar, Thekkady, Kovalam, Varkala, Vagamon, Kumarakam, Kuttanad are great tourist destinations of this tiny strip of land called Kerala. One of the great wonders of this land is its varying geographical features and culture. The land is also bestowed with a pleasant and affable climate throughout the year which is another attraction for tourists to roam around the whole state. It is a tropical land with coasts running its entire length and being surrounded by Western Ghats. Apart from beauty and geography, Kerala is said to hold India's most advanced society. It is well-known for a literacy percentage that is 100%. It is also well-known for world class healthcare systems, lowest infant mortality and highest life expectancy rates. The state also has the highest physical quality of life in India. Among its many other features it is also considered as India's cleanest state. The land is a pioneer in using innovative means of technology to promote its various destinations. Most of the campaigns of Kerala Tourism aim to focus on the rural lives of Kerala and show how 'Responsible Tourism' initiatives have helped the local people market their products to the tourists.

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INSURANCE COVERAGE FOR AYURVEDA TREATMENT

The Union Ministry of Ayush has cleared insurance coverage for Ayurveda treatment. The guidelines for the same were formally notified on November 23,

The notification said that the guidelines were finalised after formal talks with representatives of the Insurance Regulatory and Development Authority of India, the Ayurvedic Hospitals Management Association (AHMA), and the insurance companies.

Welcoming the move, general secretary of the Ayurveda Medicine Manufacturers Organisation of India (AMMOI) D. Ramanathan said that his organisation and the AHMA had been following up the issue with Ayush for the past seven years. Dr. Ramanathan said that till 2009, insurance coverage was available for Ayurveda treatment. But the insurance companies unilaterally dropped that facility.

As per the notification, 20 disease conditions needing hospitalisation of patients and indicative therapies have become eligible for insurance coverage. The coverage will be applicable only to Ayurveda hospitals described eligible in the notification.

Such hospitals are Central or State government hospitals, NABH-accredited Ayurveda hospitals, Ayurveda medical colleges recognised by the cntral government or the Central Council of Indian Medicine, and Ayurveda hospitals having registration of a government authority and having a minimum of 15 beds, five qualified Ayurvedic doctors, and adequate number of paramedical staff.

The notification stipulates benchmark treatment rates. The notification also states that similar guidelines for insurance coverage for yoga, homoeopathy, Unani, Siddha, and Naturopathy will also be notified soon.

NATIONAL AYURVEDA DAY CELEBRATED



The Ministry of AYUSH observed October 28; 2016 as National Ayurveda Day. This is on the occasion of Dhanvantari Divas or Dhanteras and the theme this year was 'Ayurveda for Prevention and Control of Diabetes.' A national seminar on this theme was organised to mark the occasion. The event was inaugurated by Minister of State Dr Jitender Singh. Minister of AYUSH, Shripad Yesso Naik presided over the function.

The AYUSH Ministry launched 'Mission Madhumeha through Ayurveda', which is a protocol for treating diabetes through Ayurveda and will be implemented throughout the country.

State governments, state AYUSH Directorates and Ayurveda Institutes have also been asked to mark National Ayurveda Day by holding various events like free medical camps, public lectures and awareness campaigns.

DR S.GOPAKUMAR RECEIVES BEST AYURVEDA TEACHER AWARD

Dr. Gopakumar, RMO at Govt. Ayurveda College, Trivandrum, has received the national best Ayurveda teacher award from the department of AYUSH, Govt. of India. He is also an Associate Professor and an author of several books. He received the award from central minister, Shripad Nayak at a function celebrating National Ayurveda Day held in New Delhi. Along with the award he received a prize money of Rs.500,000. He had earlier received the best Ayurveda teacher award in 2014 from Kerala government.



HERBAL FORMULATION FOR LIVER CANCER

Weeds growing in wastelands usually miss our attention. Here's one such weed that has proved to be a potent cure for liver cancer.

This weed known as Manithakkali in Malayalam has been proved by scientists from four major institutes as having remarkable efficacy in treating liver cancer. It has been reported that a compound called Solanumnigrum, derived from the leaves of this plant, is the agent that is known to fight liver cancer.

Continuous evaluation has found that this compound is 10 times more effective than Sorafenib, which is the drug that is used currently for treating hepatocellular carcinoma. These finding have been published in a journal of the Nature group.

This plant also known as Black nightshade is widely used in traditional medicine for various ailments such as inflammation, jaundice, bronchitis, asthma, leprosy and skin disorders.



The plant was found to be a rich source of anti-cancer molecules which does not have any noticeable side-effects. The research was conducted by a team of scientists from Rajiv Gandhi Centre for Biotechnology, National Institute for Interdisciplinary Science and Technology (NIIST), Government Medical College, Thiruvananthapuram, and the National Chemical Laboratory, Pune.

KERALA TO REVAMP AYURVEDA CARE CENTRE CLASSIFICATION SYSTEM



As part of the tourism promotion efforts, Tourism Minister, A C Moideen, said there is a plan to revamp the classification system for ayurveda care centres

This was disclosed while inaugurating a seminar on tourism and ayurveda organized by the Ayurvedic Medicine Manufacturers' Organisation of India (AMMOI).

He said discussions are on to categorize the wellness and curative care centres into the two groups --green and olive. The minister that inclusion of more parameters into the classification system was suggested by AMMOI and other agencies.

According to Ayurveda specialists, long-term dividends could be reaped in the tourism sector by giving due promotion to centres dedicated in the practise of Ayurveda wellness and curative.

The minister also disclosed that the government had introduced courses in foreign languages like French, Japanese and Chinese as part of the training programmes offered by the Kerala Institute of Tourism and Travel Studies (KITTS).

NABH CERTIFICATION FOR NATIONAL INSTITUTE OF AYURVEDA, JAIPUR

Jaipur's National Institute of Ayurveda received accreditation certification of National Accreditation Board for Hospitals and Healthcare Providers (NABH). This is the first Ayurveda institution in Rajasthan to get this honour. Dr.Sanjeev Sharma, NIA director, said this certification will definitely improve the research facilitates at the organization. The accreditation will help NIA to maintain AYUSH standard level 2, which is considered best in terms of drugs, surgeries and procedures, laboratories and staff.

Also, a three day workshop was held here from November 14; 2016 to keep the staff informed about the new standards in service delivery and research. According to NIA spokesperson, Dr CR Yadav, the hospital receives on an average 1,500 patients everyday for various treatments. Also, the 353 beds in the hospital are usually 90% occupied by patients. To



further support Ayurveda in the state, the government is strengthening its existing drug testing laboratory in Ajmer. Another feather to the cap of Ayurveda in the state is the identification of three villages in Jaipur, Ajmer and Churu to be turned into AYUSH villages.

EUROPEAN WORLD AYURVEDA CONGRESS ATTRACTS MORE VISITORS



The 2nd European World Ayurveda Congress (EWAC#2) attracted more than 2,000 visitors to the Health Fair and some 150 visitors to the scientific and medical congress. Koblenz was the focus of India's Ayurveda Medicine and its international representatives during the weekend, 15 and 16 October 2016. "With EWAC#2, we have set the course for the future of Ayurveda in Europe", according to the organizer Dr. Harsha Gramminger, President, European Ayurveda Association (EUAA). "There were people here who dared to gain and learn something new!" The worldwide Ayurveda community had formed a new, fast-growing network in order to bring Ayurveda further forward.

Among the participants in the conference, the spirit of understanding and exchange was noticeable. – "A spirit that is looking for new goals being shaped these days and which has inspired the participants!", Said Dr. Vasant Lad from Albuquerque, USA, who is a consultant and Ayurveda physician. "For me the second EWAC is not about the importance of an Ayurveda event. It is about the confluence of Ayurvedic wisdom from all over the world!", Ayurveda Therapist Karma Miranda from Zurich enthused. All lectures were of interest to all, but it was hardly possible within two days. This is a pity and the call for the 3rd EWAC has already been loud. "Ayurveda is not static, research is going on, so we need constant exchange with science," urged the Indian scientist, Dr. Vinod Verma.

While at the expert congress, doctors and therapists gathered at international conferences and discussions, the diversity of India presented itself in an exhibition market that filled the entire atrium. Freshly ground spices, self-prepared ghee or handmade "Sweet Laddus" from Swisstal's fast-paced treasures exemplified the Far Eastern wealth for all senses. "Our idea is simple and effective. We are implementing holistic, ecological and social thinking in our offer, and that is what people want today! "

The Strategy Meeting on Monday 17 contributed significantly to the success of EWAC#2, the Indian ambassador to the European Union Manjeev Singh Puri, highlighted the new direction of the Indian government. A video message from Member of the European Parliament Alojz Peterle, former Prime Minister of Slovenia was delivered from the European Parliament.

The next edition of EWAC is expected to be held in Germany in 2018.

TAMIL NADU TOURISM COMMISSIONER TAKES INITIATIVE, TOURISTS RELIEVED OF CASH CRUNCH PROBLEM

To ease the difficulties faced by the Foreign Tourists who visit Tamil Nadu, the Commissioner of Tourism and Managing Director, TTDC, Chennai Har Sahay Meena, communicated to the Regional Director and the General Managers of Reserve Bank of India, Chennai to open Foreign Exchange Counters in Tamil Nadu. This move will help foreign tourists who face difficulties caused due to the demonetisation of Rs. 500 and Rs. 1000 notes by the Central Government.

Based on the request, RBI swiftly acted and arranged the special counters of ICICI Bank for Foreign Tourists to exchange their currency at several branches of the ICIC Bank in Chennai and different parts of Tamil Nadu.

All the Foreign Tourists in Tamil Nadu can avail of this facility



now and make their trip a memorable one. If any tourist has some problem, they can register their complaints @ Toll Free No.1800 4253 1111 (between 10 AM – 6 PM), the press release said.

WTM – 2016



The annual event of tourism - World Travel Market (WTM, 2016) took place with much fanfare in London from November 7 to 9; 2016. This three-day event saw the participation from the who's who in the travel and tourism industry from all over the world. Even though the event was a three day affair the bulk of the content took place on the last two days of the event. What was new to this year's WTM was a new amphitheatre for upto 300 people which was built on the exhibition floor. This new theatre along with the WTM Global Stage hosted the majority of the events programme's content on the exhibition floor.

It is to be noted that World Travel Market London 2016 was the most successful ever with a joint-record attendance of 51,500 and the highest number of exhibitor invitees and buyers in the event's 37 year history. The WTM International Press Centre was moved to the exhibitor floor for the first time to put the media at the heart of the event. Total visitor numbers (excluding press, ministers, ministers' aides and students) stood at 31,951 – a 5% increase on WTM London 2015.

This business-to-business event presented a diverse range of destinations and industry sectors to UK and International travel professionals in the Travel & Tourism industry. Both our magazines, Ayurveda & Health Tourism and Medical Tourism attended the event and received great recognition.

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PANCHAKARMA CHIKITSA

(Treatment duration – 21 to 28 days)

Panchakarma is an intensive cleansing treatment that follows the early texts of Ayurveda like CharakaSamhita. Panchakarma, which literally means five actions, is essentially about purification of the body. The five actions of Panchakarma according to CharakaSamhitha are Vamana (induced vomiting), Virechana (purgation), KashayaVasti and SnehaVasti (two kinds of medicated enemas) and Nasya (nasal medication). It is preceded by a preparatory process called Poorvakarma. At this stage the body is prepared for removing "toxins" first through Snehanam which make the body unctuous or oily internally and externally, and second through Swedanam which means therapeutic sweating. Once the preparatory stage is completed, the doctor will prescribe one or more of the 5 Panchakarma cleansing procedures depending on each individual's condition. The third and final stage of treatment is Samana or Paschatkarma where the patient undergoes corrective measures through medicines, moderate therapeutic treatments, appropriate diet and activities for the body and mind. On completion of the Panchakarma treatment, the imbalances that lead to diseases in the individual is stabilized and brought to equilibrium.

ANTI-STRESS - MANASHANTHI CHIKITSA

(Treatment duration- 14 -28 days)

Literally meaning mental peace, this anti-stress treatment aims at helping you combat the symptoms of stress, insomnia, lack of concentration, fatigue and headaches that are part of today's hectic lifestyles and help in improving your mental health. The treatment course for Manashanti chikitsa/ treatment follows the 3 stages, Poorvakarma- preparatory phase, Shodana – cleansing or eliminating phase and finally Samana which is the corrective and rejuvenation phase.

Treatments

The Ayurvedic treatments offered by CGH Earth Ayurveda follows the eliminative process of Ayurveda called Shodana, and they are offered at both its healthcare facilities in Kerala, India. KalariKovilakom (certified and accredited by NABH-National Accreditation Board for Hospitals and Healthcare providers) and KalariRasayana(the newer property which is awaiting its accreditation) These treatments offered at CGH Earth Ayurveda adhere to the strict tenants of the old school of Ayurveda. A patient is made to understand the complete procedure of the treatment and they are expected to follow through strictly for the best results from the treatment. In keeping with our principles, we take residents of 14 years and above.





During the first stage, the body is prepared for removing toxins through Snehanam- internal and external oleation, followed by Swedanam -therapeutic sweating. Once the body is prepared, the doctor will determine the cleansing or panchakrma treatment based on each individual's body constitution and medical condition. These two stages of treatment will ensure that the imbalances in the doshas (body constitution) are stabilized. The third and final stage of treatment is Samana or Paschatkarma where the body is slowly brought out of the intense cleansing and elimination stage by giving corrective medicines and moderate therapeutic treatments, appropriate diet and yoga aasanas to correct and rejuvenate the body.

Weight Reduction

Sthoulyaghna Chikitsa
(Treatment duration – 21 to 28 days)

This Ayurvedic treatment for weight reduction works by increasing metabolism, which will help in utilizing the fat and increasing the body's vitality so that less fat is accumulated in the body. It is essentially about purification of the body by eliminating excess cellulite deposits and preventing the body from disease.

Healthy Ageing

RasayanaChikitsa

(Treatment duration – 21 to 28 days)

RasayanaChikitsa is the treatment for rejuvenation and regeneration of tissues, mental well-being, intellect and boosting of immune system. Rasayana treatments are done for those who have low immune system and lack vitality. There are two reasons for this treatment: one is to help diseased person get back to normalcy and the other is help a normal person enjoy enhanced vitality, immunity and intellect. This treatment starts with a two-week process of cleansing to eliminate toxins. It is only after this that the rejuvenation treatments start along with the specific medicines and diet. The aim is to arrest the degeneration of body cells and increase immunity. In fact, the treatment helps to keep individuals free from diseases even at an advanced age. During the first stage, the body is prepared for removing toxins through Snehanam, which involves making the body unctuous or oily internally and externally, and through Swedanam which means therapeutic sweating. Afterward Shodhana or elimination is done by appropriate Panchakarma techniques. By making the patient undergo these treatments, his doshas (body constitution) and its imbalances are stabilized before the rejuvenation process is started. During the rejuvenation stage treatments are given to improve vitality.



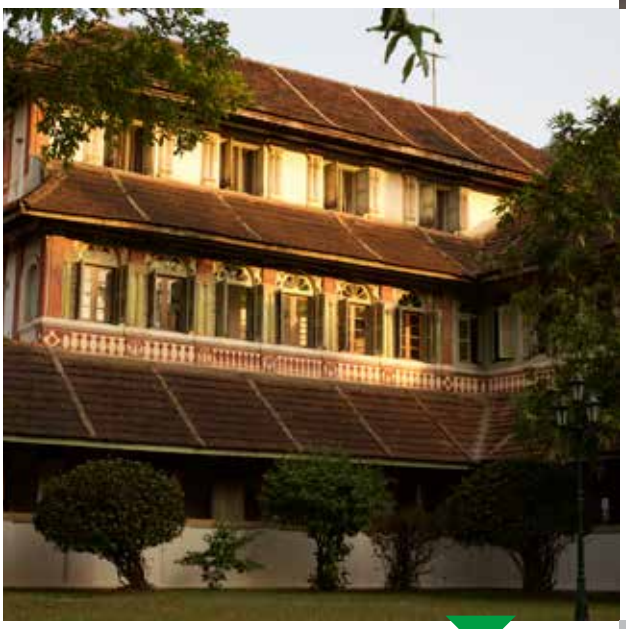
Specific Ailments & Conditions

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- Annavahasrothodushty – Gastro intestinal disorders
- Hrudroga – Cardiovascular disorders
- Kamila and Yakruthvikara – Liver disorders
- MootravahaSrothodushty – Urological Disorders
- Swasanavahasrothodushty – Respiratory Diseases
- VataVyadhi – Neurological disorders
- SandigataVataroga&Vataraktha – Muskulo Skeletal and Joint Disorders

- Anthasravagranthiroga – Hormonal and Metabolic disorders
- Seethapitta, Udwartha&Koda – Allergic Disorders
- Sthreeroga – Gynec disorders
- Vandyatachikitsa- Infertility
- PALANA – Cancer Care and management
- Punarnnava – Mental Health and Post de-addiction Rejuvenation
- Geriatric Care – Healthy aging
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KALARI KOVILAKOM

A Palace for Ayurveda - Mindfulness, awareness, a therapeutic engagement of the senses and an inward integration of the body, mind and spirit. All these and more aspects of the Ayurvedic healing process are what one gains at Kalari Kovilakom. In an ethos where the best of tradition spills over to all aspects of living and an ambience where history and culture are a throbbing, living presence, Ayurveda in Kalari Kovilakom, offered by the CGH Earth Group and certified and accredited by the NABH (National Accreditation Board for Hospitals & Healthcare Providers), is an experiential definition of the traditional standards and values of this system of healing.

Located near Kollengode in the Palakkad District of North Kerala, India, and fringed on one side by the majestic Western Ghat mountain ranges, Kalari Kovilakom the 200-year-old palace, is where history meets natural tranquillity.

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Song of the Lake - An expansive feeling of oneness with the environment, an all pervading sense of openness that envelopes your body and spirit, a gentle throwback to a quieter pace of life where Nature is an ever tangible presence… these are what define the Kalari Rasayana experience. Located in the lap of the Paravur backwaters and surrounded by thick coconut groves and floating mini- islands, Kalari Rasayana or the 'Song Of the Lake' is a place that heals by its very tranquillity and beauty.

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HEED MOTHER NATURE



ELEMENTARY, SHERLOCK HOLMES WOULD SAY, ABOUT REASONING; IF SO, HUMANITY SHOULD FALL BACK ON NATURE FOR PREVENTING CANCER

By O.J. George *(Consulting Editor)*

The often ill-quoted utterance is, 'Elementary, my dear Watson' when Arthur Conan Doyle's famous detective Sherlock Holmes was explaining to his good friend John A. Watson the nature of his deduction with regard to the art of reasoning.

Sherlock Holmes had only quipped, 'Elementary', the rest, 'my dear Watson', is conjecture, although he had addressed him like that on many other occasions during conversations. However, the first recorded use of the phrase was in the 1915 novel, "Psmith, Journalist" written by P.G.Wodehouse, where the usage, 'Elementary, my dear Watson', occurs.

Anyway the significant aspect is with regard to the quintessential need for delving deep into the circumstances of any serious occurrence. And so we can use 'Elementary' in the case of prevalence of cancer on a wider scale never before seen in this diabolic proportion, eating into the body proper of humanity, for our discarding original nature and its mysterious ways of sustaining the race in a healthy way.

We have not heeded to the signals emanating from Mother Nature warning us not to go astray myriad times even as we continued to live a rollercoaster life, full of stress and strain, grabbing everything available ready-made, ignoring the incessant absorption of toxins into the body system which recoiled on us and resulted in all forms of cancer. With the result that the very system has turned malignant. Nature was benign to us, but we had bargained for malignancy, which is by and large self-inflicted malady, as it has lately been observed that a wayward gene is not the only tormentor. The pathetic condition worsens on account of the propensity of the killer disease to relapse after many stints of treatment.

One has to seriously ponder over our battling with cancer on a gargantuan scale and we need not go far to conduct a Litmus



test to prove this outbreak on such an expansive range. The reason rests with our adoption of a tantalizingly easy-going life-style which has expedited the eruption of cancer.

Use of not only tobacco, alcohol and indulging in unwholesome diet, but environmental pollution also adds to the upsurge. That means we have drifted away from the ways of Nature and we are suffering for our prodigality. It beckons us to return to it like the Prodigal Son abandoning the evil ways and embracing his father in all humility.

That animals and birds which entirely depend upon nature for their sustenance do not fall into the vice-grip of the grievous and agonizingly painful disease should be an eye-opener to man and woman.

Ayurveda has plateful of stuff to dish out to mankind to keep clear of this disease, mostly preventive measures. But better keep your vigil and choose genuine Ayurveda precepts and products. Globally Ayurveda has evoked people's interests as an alternative remedy, which in fact should be one of the mainstream medicines, provided adequate attention is bestowed on the aspects of research and systematization of this 5,000-year-old stream enunciated by sages in divine precincts, probably in the wild exclusively in meditative environs.

Such alluring stream of the science of life should not be allowed to be usurped by marauders.

The governments should take steps to sift the grain from the chaff, for there are any number of quacks taking to Ayurveda all on a sudden, particularly overseas where some of them attend short- term courses, say for a few weeks or some months, and run their outlets mixing ostensibly Ayurveda-prescribed contents with some of their own native substances

offering these as a bit of panacea. It has been observed that such unprofessional conduct is rampant in Europe, particularly in Germany and France, and many other locations unvetted.

Such is the practice that people with business acumen, for pecuniary gains alone, go in for this sort of short-cut, bypassing genuine qualification and experience.

It should be the bounden duty of the Ayush Department of the Government of India to see that inexperienced an unqualified people do not hoodwink gullible people in the name of a sanctimonious system.

When events are organized abroad, there should be a system to verify the credentials of the organizers and practitioners about their qualifications, and veracity and quality of their products and services. Those who cheat the public without going through the entire gamut of knowledge and experience required for practising Ayurveda, with their eye on fetching good money easily, should be identified and discouraged.

Such unfortunate episodes occur when there are any number of qualified persons, doctors and traditional physicians, available to impart training and guide genuinely- interested candidates abroad. Vigilance should be exerted for conducting seminars and symposia and even for selection of brochures and publicity materials. Genuine Ayurvedic specialists should be protected and promoted in foreign realms as well.

The government should take steps to protect the data available on palm leaf scrolls largely kept in institutions as well as private Ayurvedic- practitioner- families as secret stuff.

There are valuable pieces of information available with tribal groups, not only in Kerala but also in various parts of the entire country, particularly about their green leaf extracts and roots concoctions, in addition to other remedies, which have been found to be eminently efficacious for many difficult medical conditions. These should be deciphered and recorded using modern gadgets.

We should learn from the Chinese authorities who take genuine interest in propagating Chinese medicines abroad. As far as they are concerned, they do not leave any stone unturned for imparting information on the methodology and application of the Chinese system of treatment. Likewise, the traditions of Indian Ayurveda should be spread all across the world, for which the government and professionals should go in for a headstart.

Indian Embassies and Consulates everywhere should make promotional materials, including CDs and other audio-



visuals, available to those seeking information. Interest should be generated in the minds of the uninitiated as well.

In India, if Ayurveda should be etched in the minds of everyone as a valuable system, the training should commence at the school level, as part of a revival programme.

National Medicinal Plant Board should take the lead in setting up initiatives in schools and colleges in the form of herbariums and medicinal gardens where medicinal plants should be cultivated so that herbal farming would be the order of the day.

As part of social forestry scheme, instead of planting exotic varieties of trees, there should be a serious venture to plant medicinal plants as part of afforestation. Then the environmental degradation should be a thing of the past, as people would be able to breathe fresh medicinal air.

Ayurvedic treatment is no doubt a costly affair, but then the government should offer laboratory test facilities and the like in a way it would be affordable to ordinary people. Ayurvedic raw-materials should be subsidized substantively. It should be noted by all that Ayurvedic treatment does not inflict considerable side-effects to the patient, as opposed to Allopathy. Considerable recognition has come to stay with regard to soothing Ayurvedic mode of handling patients who have undergone chemotherapy. It could be argued that specialists of Ayurveda and Allopathy should work hand in hand with each other for providing succour to the suffering people.

As an aside it should be mentioned that Ayurveda and Health Tourism magazine had provided booklets with basic information at the Central Tourism Department's India Tourism programmes held in Dubai and Johannesburg, South Africa.

Again, the magazine is being published in association with the Ministry of Ayush, as a tie-up venture, which definitely is an endorsement for quality.

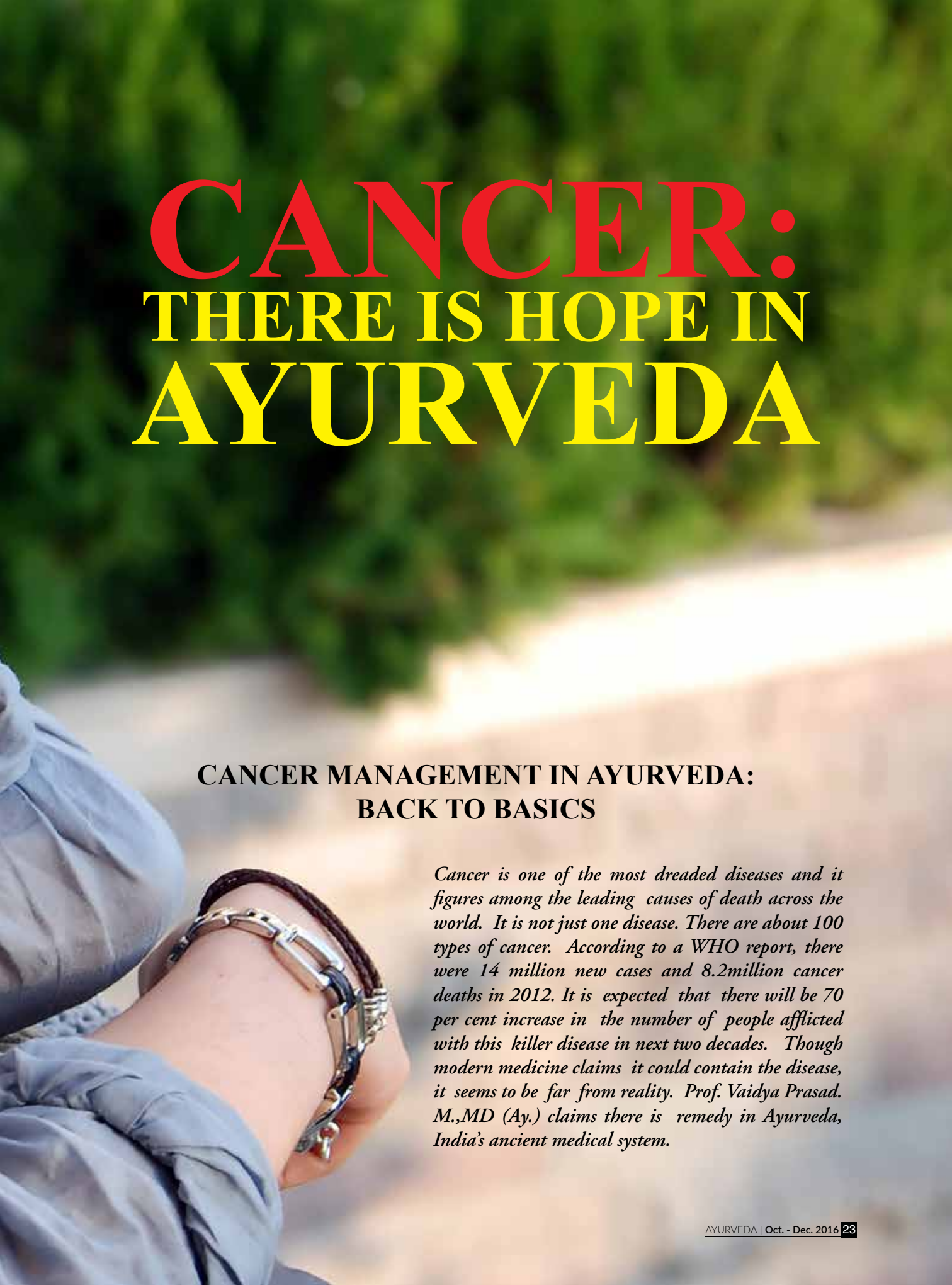
To sum up, we have to become one with Nature, imbibe its benevolence and live peacefully. What does the eminent nature poet, William Wordsworth, had to say? To him Nature was "the nurse, the guide, the guardian and soul of all my moral being"."Nature never did betray the heart that loved her", he had espoused in right earnest. Let us learn lessons from it and prevent excruciating pain and setbacks from Nature's fury.

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CANCER: THERE IS HOPE IN AYURVEDA



CANCER MANAGEMENT IN AYURVEDA: BACK TO BASICS

Cancer is one of the most dreaded diseases and it figures among the leading causes of death across the world. It is not just one disease. There are about 100 types of cancer. According to a WHO report, there were 14 million new cases and 8.2million cancer deaths in 2012. It is expected that there will be 70 per cent increase in the number of people afflicted with this killer disease in next two decades. Though modern medicine claims it could contain the disease, it seems to be far from reality. Prof. Vaidya Prasad. M.,MD (Ay.) claims there is remedy in Ayurveda, India's ancient medical system.



No, cancer is not an 'over-night' affair. It takes months or years to get manifested clinically. Many a time this may get delayed for years together. Of course, bio-chemical diagnosis may be faster. But for many reasons, it's not practicable always. Almost always, the events after the diagnosis of cancer are the same in all situations: panic, denial, emotional breakdowns, surgery, chemotherapy, radiation, hospital stay, expenses, and so on. Many a times it's a fire-fighting situation. It seems that the options for cure are few. But it looks like there is a slow change in this scene and more people are coming forward to explore the alternatives. Ayurveda is a favourite for many. Safe, effective, zero side effect, time-tested, indigenous and what not is said about this alternative traditional medical system! When the conventional medical systems fail, we find a number of reasons for trying out an alternative. Obviously, the fear for trying the chemo and radiation is also contributing heavily to the search of alternatives.

What should the Ayurvedists do when the public start exploring the potentials of the system (or the practitioner?) to address their issue of cancer satisfactorily? What can be the approach of ayurveda to such diseases like cancer? Is there an effective intervention to cancer in Ayurveda? Is there any protocol? Is it just trying some herbal alternative? Or is there any theoretical platform up on which the system addresses the issue?

There are many Ayurvedic practitioners who treat cancer patients. It gives some promising outcome as well. But it seems that the approach is more or less a transliteration of the Western concepts of the disease. Allopathy uses an approach 'X' to treat cancer, then what can Ayurveda use instead of 'X'? This is the way in general. But a more basic attempt to decipher the issue using the basic concepts of Ayurveda will open up a new vista of cancer management.

POINTS TO PONDER

a) Cancer is an 'against-the-rule' growth. It challenges the ecology of the system by channelising all the nourishing elements to its own chest thereby forcing the system to sacrifice its major vital organs and thus to commit 'suicide'.

b) Cancer is not the cause, but the effect of long term degenerative mechanisms in the living system. It has its roots spread to the mental or emotional planes as well as the physical.

c) It is the result of a deranged plane of consciousness, wherein the system fails to appraise the supply-demand cycle properly.

d) A living body in its normal stage of functioning has many elements within the system that regulate the inner ecology to sustain life to the best level possible.

e) The regulatory elements are Ojas, Agni and Manas (Mind). They constitute a functional triangle of existence which may be called as the 'OAM' triangle. When this triangle is balanced, it maintains a healthy ecology within and the system enjoys a state of wellness. With a faulty or deranged OAM triangle, the system is under stress which in turn affects every event of life within. A deficient Ojas affects the integrity of the Agni as well as the Manas; a distressed Agni deranges the Manas and taxes the Ojas; and stressed Manas crumble the Agni and Ojas down. This is the type of relation that these terminals of the triangle maintain. This can compromise the wellness of the person by means of diseases of any type and intensity. Cancer may be considered as one of the worst outcomes of such jeopardy.



AYURVEDA NEEDED: RE-SEARCH OR RESEARCH?

In a world which is increasingly being driven by science and technology, traditional medical systems like Ayurveda are under pressure to stand up to the rigors of modern scientific testing. As we know in nature-based systems multiple factors interact with each other simultaneously, to give rise to complex outcomes. Therefore, it needs to be considered whether these systems can be interpreted in terms of modern scientific method or whether they are beyond such interpretation. Further, it also needs to be pondered as to whether it is possible to undertake research in Ayurveda based on modern scientific principles, if not, what kind of research is possible, writes ***S Jalaja IAS****, former Secretary at Department of Ayush, Government of India*



Since the 17th century, natural science has been characterised by modern scientific method which consists of a series of steps involving systematic observation, measurement, experimentation as well as formulation, testing, and modification of hypotheses. Modern science, with the aid of this approach, has been able to interpret the world around us to a great extent and provide us with an unprecedented standard of health and well-being, extending average human life expectancy to 71 years. However, the limits of modern science have been greatly felt now as never before, especially in the treatment of diseases. A wide range of chronic diseases can only be regulated not cured completely; newer and deadlier diseases keep appearing for which modern medicine has very little to offer.

Traditional systems appear to be beyond objective analysis. They conform to subjective analysis wherein all senses appear to act together providing meaningful insights to the observer. Synergistic effect of interactions amongst constituents of nature-based medicines is not well understood. While the 'observer' and the 'observed' are separate in modern scientific method, there is no such distinction in traditional systems. By seeking evidence-based Ayurveda the accepted principles of one system are being forcibly imposed on another system from which it fundamentally differs. Thus in interpreting traditional systems like Ayurveda perhaps one has to extend the frontiers of modern science beyond what is accepted now. In this realisation lies the basic approach to research in Ayurveda.

Late Raghavan Tirumulpad, the legend of Ayurveda when once asked about research in Ayurveda cryptically replied "Research is re-search". What he perhaps meant was that Ayurveda is a complete medical system and through research what already exists in it can only be rediscovered. The knowledge we have inherited is time- tested which involves compilation of knowledge from various sources, keen observation of the patients, in-depth study of the diseases, standardization of treatment unique to each patient, carefully drawing inferences and recording the practices. Ordinarily, after these steps further confirmation of the practices followed is not needed. However, people influenced by the ethos of modern medicine are sceptical about "untested' systems and of the practices prescribed in them. To make the system widely acceptable to all categories of people and for the benefit of humanity as a whole research or re-testing the efficacy of treatments prescribed in Ayurveda seems to be necessary.

What we know today of Ayurveda is only a part of the vast knowledge system. It is in fact a gold mine of medical knowledge. Research into the classical texts of Ayurveda can throw more light on the plant based medicines and modes of treatments for many more diseases. It may be remembered that Ayurveda is not based on a unitary source; it is a compilation of knowledge which flowed from different regions and cultures in India, both near and far. In fact Charaka Samhita itself is a codification of knowledge from multiple sources available at that point of time. Surprisingly, the different systems which contributed to Ayurveda shared a similar world view. Herein lies the core strength of Ayurveda which enabled it to survive the onslaught by modern medicine for over a century.

Late Tirumulpad had also pointed out in the context of research in Ayurveda that the most important aspect of treatment is



'pathya' (diet and exercise). All research in Ayurveda today, on the contrary, is directed to developing medicines akin to those in modern medicine, with instant curative properties. Research, therefore, needs to be undertaken involving the whole treatment system, including the mental state of the patient. It follows that any clinical trial involving efficacy of nature-based medicines / plant extracts ought to be taken up along with other factors ,including pathya. Although protocols have been developed by the AYUSH Department, clinical trials based on those are yet to be undertaken in a big way.

Integrated medicine is becoming more popular today, especially with regard to chronic diseases. Again it needs to be stressed that research into efficacy of integrated medicine ought to retain salient features of Ayurveda, including classification of body types, treatment tailored to suit the body constitution, as well as pathya.

The unique contribution of Ayurvda lies in its conceptualisation of health-cosmic forces influencing bodily functions maintaining a state of equilibrium, disease being vitiation of that balance, and the categorization of human beings into three body types and the treatment offered based on this concept. This world view has enabled Ayurveda to fit any new disease into that frame work and treat the disease wherein western medicine has so far failed to come up with solutions. This conceptualisation of health has withstood the test of time. This itself can offer an interesting area for research.





TO SUM UP:

1. We need to undertake research in Ayurveda retaining the unique nature of the system

2. Those who undertake research ought to have a clear understanding of holistic nature of research in Ayurveda

3. Freedom, flexibility and funding are pre-requisites of quality research. AYUSH Ministry ought to provide an enabling environment to carry out research.

4. Our research institutions ought to be designed in such a way to carry out high-end research into the efficacy of treatment protocols rather than of single medicines or medicines in combination.

5. Periodic training in research methodology/ research publication ought to be undertaken in partnership with reputed organizations.

6. Research into classical texts of Ayurveda ought to be encouraged; suitable incentives ought to be provided to those interested.

7. Research should not be limited to Research Councils and government organizations. Research by private organisations. Trusts also ought to be encouraged. Large allocation of funds would be necessary to encourage quality research.

8. Industrial establishments too may be provided necessary support to undertake research in Ayurveda.

9. Partnership with reputed universities/organizations outside too could be taken up to enhance the quality of research.

10. Inter-sectoral research ought to be encouraged.

Now that the Central Government has set up a separate Ministry of AYUSH, we can hope that research in Ayurveda and other traditional systems of medicine will receive a big boost.



***S Jalaja IAS** (Retd.)*

Former Secretary at Department of Ayush, Government of India

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DO WE REALLY WANT CANCER TO BE DEFEATED?

(DOES IT MAKE SENSE IN THIS MEDICAL BUSINESS?)

What is cancer? I really do not know! Is it a disease? I don't know! Albert Szent Gyorgii, a Nobel Laureate biologist, says that he does not know what cancer is as he knows that a cancer cell works like a normal cell. He also feels that no one can kill cancer cells without killing normal cells at the same time. Cancer might be an effort by the body cells to survive a hostile environment by mutating. How can you then kill those normal body cells? Linus Pauling, a double Nobel Laureate, feels with strong reasons, that cancer research and cancer charities are both fraud! Nobel Laureate President of the American Cancer Association, Harold Varmus, comes almost to the same conclusion but stops calling it fraud. He has set up a special committee to go into the reasons why well over 85% of cancer research published cannot be replicated? Almost 50% of the diagnosed cancers are not true cancers! They are only incidentalomas, thanks to the scanning industry which tries hard to medicalize normal human life!

"Cancer affects all of us, whether you're a daughter, mother, sister, friend, co-worker, doctor, or patient." – Jennifer Aniston

Preventable risk factors like smoking and alcohol are closely associated with 11 of the 15 cancers in the US, finds a study published in the American Journal of Preventive Medicine. Disability Adjusted Life Years (DALYs) lost to cancer is a new measure. This measure combines mortality, incidence, survival, and quality of life into a single summary indicator. DALYs lost to cancer were mostly related to premature death due to the disease (91 per cent), and only 9 per cent related to impaired quality of life because of cancer or its treatment, or other disease-related issues. Have we made an effort to really ban tobacco and alcohol in society? Certainly not, as it would make 11 out of 15 cancers to vanish from the planet, a big blow to the cancer drug industry which runs into trillions of dollars. Banning them might adversely affect the world economy. Your daily bread loaf might cost double the present price if cancer disappears from this world! In short, the cancer industry has an interest to keep cancer going as it is, if not in bigger numbers to keep the world economy thriving.

I have an appeal to all aspiring medical students and the aspirants for cancereology postgraduate studies to read the following books that might appeal to their conscience if they have one. The present aspirants for cancerology are those that are dying to make big money fast as doctors! The first book is Nature of cancer by Manu Kothari and his associate Lopa Mehta. Second one is Introduction to sub-molecular biology by Albert Szent Gyorgii. What takes the cake of all books is the latest one by a cancer victim, Paul Kalanidhi, an ethnic Indian, a brilliant writer with MA in English Literature from Yale, MD from Stanford and training in some of the top US hospitals and became a brilliant neurosurgeon at Stanford to be struck down by a horrible brain cancer. Kalanidhi's all-time classic 'When breath becomes air' is a master piece of literary genius, in addition. My good friend, almost as close to me as my own son, Dr. Narasimha Bhat, a PhD from Berkeley himself and a personification of all that is humanly good, recommended this book to me and has ordered a copy



for me. I couldn't wait for a few days for the book to arrive. So I could fast read it in Google eBook section but the review section took my breath away.

New York Times writes: "A great, indelible book ... as intimate and illuminating as Atul Gawande's "Being Mortal," to cite only one recent example of a doctor's book that has had exceptionally wide appeal ... I guarantee that finishing this book and then forgetting about it is simply not an option ... gripping from the start ... None of it is maudlin. Nothing is exaggerated. As he wrote to a friend: "It's just tragic enough and just imaginable enough." And just important enough to be unmissable. Kalanidhi's sordid drama of his individual struggle through this hostile cancer treatment and the inhuman cancer specialists' attitude towards a fellow human being in misery in the western pseudo-science should be an eye-opener for the most money minded corporate hospital honchos!

It is a must read for any aspiring doctor and a cancer specialist. The subtle sarcasm and indictment of the inhuman medical world of today, brought out in such lucid mastery of the English language is for the Gods to enjoy. "A vital book about dying. Awe-inspiring and exquisite. Obligatory reading for the living," wrote Nigella Lawson. "Rattling. Heartbreaking. Beautiful." (Atul Gawande, author of BEING MORTAL).

We keep reading occasionally some bites on cancer vaccines. None of the recent hi-tech vaccines have eradicated any disease; rather they have added more iatrogenic diseases like autism. Vaccines are another industry. No vaccine industry can kill the biggest industry in medicine, which is cancer. If cancer vanishes from this world, the world economy will collapse. So far only small pox was eradicated by low-tech ancient Ayurvedic vaccination method taken to the west after 20 years of prospective controlled studies here in The Bengall, in 1767 by an English physician- scientist, T. Z. Holwell MD, FRCP, FRS. That was authenticated by the King to be made universal vaccination method. Holwell's original paper could be read even to this day at the library of the Royal College of Physicians of London of which he was a Fellow. The west projecting Edward Jenner as the father of vaccination has been a myth like many others in western medicine. Jenner used cow pox virus which we know to be distinctly different from the small pox virus. I can only sum this up in a beautiful Kannada couplet by the famous writer D. V. Gundappa:

"Athivaidyadim hosarujina edeyaadeetu'

Mithiyim Naveekarana, Mankuthimma."

(Too much medicine gives rise to new disease; limited medicines might do well.)

Was he not talking of iatrogenesis and adverse drug reactions- the two leading killers in the world today, way back in 1943?

"Cancer can take away all of my physical abilities. It cannot touch my mind, it cannot touch my heart, and it cannot touch my soul." – Jim Valvano



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ROLE OF AYURVEDA IN INTEGRATIVE MEDICINE

The one-sided march of scientific progress in the medical world is detrimental to the world ecology and humanity at large. It is a fact that modern medical model, focused on disease, pathology and germs, is difficult to sustain in future. People are seen living longer and at the same time chronic diseases are on the increase mainly due to abuse of pharmaceuticals. The cost of these pharmaceuticals is skyrocketing and becoming unaffordable to even the rich nations. Adverse reactions to prescribed drugs are increasingly taking toll on the patients. Dr.Arvind Kulkarni, world renowned oncologist, talks about what we should fear about the future, in the world of medicine, especially for cancer treatment.

It is understood that today billions and billions of dollars are spent on laboratory animal research for cancer. This type of research may be good for reductionist pharmacological study models. However, besides being unduly time consuming and expensive, very few have translated into real help to the suffering due to cancer. Laboratory pursuit of The Active Molecule is unnecessary when we are dealing with a holistic treatment model. Herbs and phytochemicals have multiple constituents acting synergistically to produce a benefit. Many are time tested therapies which have been found to work over the ages. While asking for "Evidence Based Medicine" we should not be rigid to enforce our current pharmacological yardsticks of our own self-developed criteria. The round sticks of common-sense evidence may not fit perfectly into the current square boxes of scientific compartments.

Ayurveda is a dynamic science and adaptable to the needs of health care of the world in modern age. Ayurveda forms an integral part of holistic medicine which is the way for future. Holistic medicine does not exclude any evidence based medical methods. These methods may be from various lands and from various times. These are developed to help maintain health and to fight diseases. Holistic medicine also includes allopathic and all the modern medical scientific developments.

Being a Radiation Oncologist who has worked with cancer patients over the past 40 years, we have examined and recorded detailed analysis and observations of more than 11,000 cancer patients. There is a huge computerized data base, ready to be accessed for current and future research projects. We have developed a very dedicated team consisting of more than 50 doctors and research workers in our cancer clinics in India. Our Cancer Centre has been declared as " CENTER OF EXCELLENCE" by AYUSH section of the Ministry of Health of Government of India. We also scientifically manufacture Ayurvedic Medicines at our Atharva Healthcare Product Division in Pune, for our own use and for export across the Globe.

Cancer is a dreadful disease. However, we find that a lot of suffering is related more to current models of treatment rather than to the actual cancer tumor itself. In the pursuit of modern advances and expensive therapies, cost benefit ratio seems to have been ignored by modern medicos. Patients should not be compelled to spend exorbitant amounts and suffer financial ruins. To make life worth living, at certain stage, one has to accept the co-existence with cancer, rather than endless pursuit of eradicating the last remaining microscopic cell of cancer. Costs of radiation and chemotherapy treatments have skyrocketed all over the world. The actual benefits of these aggressive treatments in cancer are questionable. It is the responsibility of the medical team to discuss various options and suggest an individualized treatment strategy for each patient. Finally, the patient needs to have all valid and unbiased information to make his or her own choice.



Besides helping good health, the Ayurvedic care can definitely reduce the side reactions associated with radiotherapy and chemotherapy. Occurrence and progression of cancer can be prevented to large extent by following healthy life styles and nutrition. Ayurveda should not be looked as the last resort of terminal cancer care after other things have failed. Ayurveda should be resorted to right from the beginning. We do not claim that "Cancer can be cured by Ayurveda alone". However, Ayurveda surely helps to improve quality of life and reduce suffering at every stage of cancer.

For further information about Integrated Cancer Treatment and Research Centre, Wagholi, Pune,

Please contact 020-67346000 ,

Refer to www.ayurved-for-cancer.org



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Currently Ongoing Research Projects at ICTRC

Sr. No	Collaborative Project Index
1	Effectiveness of Ayurvedic medicine in reducing side effects of chemotherapy and improving quality of life in breast cancer patients.
2	Effectiveness of Ayurvedic medicines in alleviating side effects of Radiotherapy, improving quality of life in oral cancer patients and its relationship with immune status.
3	Study of cause and effect relationship between antagonistic dietary (virudhhanna) and unusual lifestyle related habits and prostate cancer.
4	Ayurvedic principles and methods in predicting and reducing cancer risk in high risk BRCA1/2 gene mutation carriers.
5	Ayurvedic principles and methods in prevention or delay of Recurrence / Metastasis in Breast and ovarian cancer patients with BRCA1/2 gene mutation.
6	A Prospective Study of Disease Free Survival Rate in Triple Negative Breast Cancer Patients by Ayurvedic Treatment.

CANCER AND THE IMPORTANCE OF PSYCHOLOGICAL CARE

Psycho oncology deals with the psychological, social and environmental factors in relation to cancer. Renowned psycho oncology expert ***Dr Jithesh Madhavan*** *explores the important role of psychological care in successfully treating cancer patients as shock and disbelief are the most common response after diagnosis followed by anger, depression and a feeling of loss or grief...*

Centuries ago, the great Indian sage, Acharya Charaka explained that among the aggravating factors of any disease, the most important one is Vishada, which means nowadays' stressful events. This was the seed for the studies regarding the psychological impact on various diseases and their outcome. That is well certified by the later onset researches as per the modern methodology and medicines. In the event of a person diagnosed with cancer the stress level is always on the higher side and the distress is above a certain level.

It has been reported that about 35% of the affected subjects have a very significant level of psychological afflictions. Earlier, depression was considered as the only emotional response to cancer. But due to the advancement in the area of psychiatry, adjustment disorder is the most common syndrome observed, with major depression, delirium and anxiety disorders. Conditions like personality disorders, psychoses and substance abuse are comparatively infrequent. Earlier studies did not differentiate the psychiatric morbidities related to different types of cancer.

In the early stage, the impact of the diagnosis and treatment had a lot of psychological effects, while in the later stage, the physical symptoms and impending death, assumes magnitude.

Psycho oncology deals with the psychological, social and environmental factors in relation to cancer. The sub areas to be considered here are

- Role of life events, stress in causation and prognosis of cancer.
- Psychological and emotional reaction to the diagnosis
- Psychiatric disorders in relation to cancer and its treatment
- Psychological manifestations for patients and relatives
- Stress and burnout among professionals treating cancer patients

Psychiatric symptoms occur due to the direct effect of the disease process, as the commonest presentation of the Ca pancreas, is that of depression. Shock and disbelief are the most common response after diagnosis followed by anger, depression and a feeling of loss or grief. The psychological issues of cancer affect the family also in a similar way, as such it invades the body of the patient.

The three prescribed methods of treatment are surgery, chemotherapy and radiotherapy and these are associated with some sort of psychiatric morbidity. Anxiety, depression, sexual problems and feeling of personal inadequacy are observed in many who underwent mastectomy. Those receiving radiotherapy has shown significant psychiatric problems in the first three months, which include poor psycho-social adjustment and unrealistic expectation. Chemotherapeutic agents such asVinca alkaloids are especially known to cause depression. Bronchodilators, interferon, steroids etc. results inthe symptoms of anxiety.

Cancer survivors also reports adjustment problems, depression, anxiety, low self-esteem, fear, shame etc.

Adjustment disorder is considered when an acute stress response persists in a stereotyped fashion and interferes with the daily functioning. Depression can occur as a functional response to the disabilities. The severity varies as per the cancer site, clinical course, method of treatment and presence of pain. A diagnostic dilemma exists as a number of symptoms are also attributed to malignancy like loss of appetite, loss of weight, insomnia, loss of concentration etc.

Patient's cognitive and behavioral coping response to diagnosis varies individually. Patients who shows a fighting attitude or denial toward their illness has a positive and favourable outcome, than those with attitude of hopelessness. Long survivors had close personal relationships, were less disturbed emotionally,



complained less and coped better with the illness and its related problems. A generalization is not wholly possible in this area as the patients shifted from one sort to another, during the course of the disease.

Cancer is often called a family disease due to its immediate impact on family functioning and relationships. Almost 1/3rd of the close family members reported head ache, sleep disturbances, loss of appetite, hypertension and chest pain after the diagnosis, as per published studies. The stress level experienced by family members is comparable with that of patients, on evaluation and also extends for a period of time. Behavioural transformations have also been observed in children of cancer patients like scholastic problems; sleep disturbances, increased aggression etc.

Management of psycho-social problems in cancer

When emotional distress associated with cancer exceeds the normal or expected limits, a psychiatric problem may be developed that should be assessed clinically. The psychologist plays an extremely noteworthy role in recognizing the level of the condition and in deciding the approaches that have to be undertaken.

Pharmacological management, psychosocial methods and treatment of specific problems are to be adopted here, as per the demand from the condition. The selection of the pharmaceutical agents in any system of medicine is as per the diagnosis of psychiatric clinical condition. Behavioural therapy, Cognitive therapy, Supportive therapy and Crisis intervention are the commonly used psycho-social techniques, in this regard.

Relaxation exercises like, deep muscle relaxation, various yogasanas, breathing exercises, meditation etc. are obliging in anxiety and related problems like pain, nausea and sleep disturbances. Appropriate behavioural tasks and scheduling of activity is greatly helpful in conditions like hopelessness and social withdrawal. Distraction is another functional technique when the patient has severe emotional distress to a particular time or situation and is asked to involve in pleasurable activities.

In Cognitive therapy, the negative thoughts associated with cognitive distortions are identified in the individual and they are encouraged to explore the various alternatives available. The negative thoughts are thus replaced by more realistic and constructive thoughts in the individual. The supportive therapy done either individually or in groups provides emotional support and also the provision of information regarding the disease and its outcome. It is also a venue for the expression of emotions for them.

A comprehensive package which combines medicines, health education, stress management techniques and treatment of specific problems are to be formulated for the management, in psycho-oncology. Regarding the patients with early cancer, as per studies, those who received psychological treatment had better outcome than the control subjects.

The scope of a psycho oncologist

Oncologists do not have much time for dealing with the psychosocial aspects of cancer after managing its physical aspects. Emotional care is to be provided in an adequate manner for the affected and this is where the scope of a psycho oncologist comes to play. The need of a psychiatrist, psychologist or any other mental health professional is a necessity in a cancer care centre. Even though the development of psycho-oncology is not at the pace as expected by the medical world it is seen that the role of psychosocial intervention is increasing the survival of cancer patients and this is an accepted reality in the medical world. This will definitely result in the development of this branch of medicine, so as to lend a hand to the affected mankind.



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ANTI-CANCER MEDICINAL PLANTS OF KERALA

Cancer is one of the most formidable diseases of the 20th century and it's incidence is drastically increasing in the 21th century. It is considered as the upshot of modernization and advanced pattern of socio-cultural life. The surging incidence of the disease and rising treatment costs make it imperative to steal one's finance.

Any practical solution in combating this dreadful disease is of cardinal importance. An alternative solution to western medicine associated with severe side effects is the use of medicinal plant preparations to restrain the insidious nature of the diseases. Many herbs have been evaluated clinically and are currently being investigated phyto-chemically to understand their tumouricidal actions against various cancers. Thus, cancer patients who already have been tortured with this disease, further burdened by drug-induced adverse effects have now turned to seek help from the complementary and alternative medicine hoping for a better cure.

No	SANSKRIT NAME	BOTANICAL NAME	PART USED
1	Guduchi	Tinospora cordifolia	Stem
2	Tila	Sesamum indicum	Seeds
3	Mandukaparni	Centella asiatica	Whole plant
4	Punernava	Boerhaavia diffusa	Whole plant
5	Amalaki	Emblica officinalis	Fruit
6	Draksha	Vitis vinnifera	Fruit
7	Nirgundi	Vitex negundo	Roots,leaves
8	Haridra	Curcuma longa	Rhizome
9	Vaca	Acorus calamus	Rhizome
10	Kapikacchu	Mucuna pruriens	Seeds
11	Citraka	Plumbago zeylanica	Root
12	Harithaki	Terminalia chebula	Fruit
13	Patha	Cissampelos periera	Root
14	Gunja	Abres precatorius	Root
15	Satavari	Asparagus racemosus	Root
16	Sapthaparna	Alstonia scholaris	Bark
17	Kancanara	Bauhinia veriegata	Bark
18	Palasa	Butea monosperma	Bark, Ash
19	Arka	Calotropis procera	Root
20	Upodika	Bacella alba	Whole plant
21	Sunti	Zingiber officinalis	Rhizome
22	Sigru	Moringa oleifera	Bark
23	Udumbara	Ficus benghalensis	Bark
24	Langali	Gloriossa superba	Rhizome
25	Patola	Trichosanthes dioica	Fruit,root
26	Kasmari	Gmelia arborea	Root
27	Sahadevi	Vernonea cineria	Whole plant
28	Brhati	Solanum indicum	Root
29	Agastya	Sesbania grandiflora	Leaves
30	Kupilu	Strychnus nux-vomica	Seeds

Multidisciplinary scientific investigations are making best efforts to combat this disease, but the sure-shot, perfect cure is yet to be bought into society. Recently, a greater emphasis has been given towards the researches on cotemporary and alternative medicine.

Ayurveda with its evolution through centuries has always fascinated practitioners and researchers for its application in both preventive and curative aspects of diseases. Ayurveda doesn't just deal with the treatment of the physical body but focuses on balancing and harmonizing all aspects of a person's mind, body and spirit as well as that of the society as a whole. In ayurveda, any imbalance in the body system is caused by the over expression or under expression of Thridosha Vata, Pita and Kapha, the fundamental elements. The concept of Arbuda explained in ayurveda can be well correlated to the various stages of Cancer. The literary meaning of Arbuda is a lump or mass.

Ayurvedic classics are the goldmines of knowledge about thousands of medicinal plants. The pharmacological activity of these plants which were explained centuries back are still relevant for newly evolving diseases. Of these some of them are enlisted here that can be recommended as medicine, food, adjuvants and preventive or curative agents against cancer. The sensible usage of these medicines can augment the significant control over various stages of this disease. The medicinal plants tabled here are seen abundantly in Kerala, there are hundreds of other plants with such property are still in the rich flora of Kerala.



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AMAZING FROZEN LEMONS

It is high time we looked at the importance of lemon peels. These are said to have enormous amount of health benefits, including the ability to boost your immune system; lower cholesterol and even help to prevent cancer. This article will tell you more about its cancer killing properties...

Place washed lemon in freezer. Once frozen, get your grater and shred the whole lemon (no need to peel it) and sprinkle it on your foods! On vegetables, salad, ice cream, soup, cereals, noodles, spaghetti sauce, rice, sushi, fish dishes,… the list is endless. All the foods will get an unexpected wonderful taste! Most likely, you only think of lemon juice as vitamin C?? Not anymore! What's the major advantage of using the whole lemon other than preventing waste and adding new taste to your dishes? Lemon peels contain as much as 5 to 10 times more vitamins than the lemon juice itself & that's what you have been wasting! Lemon peels are health rejuvenators ineradicating toxic elements in the body. The surprising element of lemon is its miraculous ability to kill cancer cells! It is 10,000 times stronger than chemotherapy!! Why do we not know about that? Because, there are laboratories interested in making a synthetic version that will bring them huge profits.

Now, you can help a friend in need by letting him/her know that lemon juice is beneficial in preventing the disease. Its taste is pleasant and it does not produce the horrific effects of chemotherapy. This plant is a proven remedy against cancers of all types. It is considered also as an anti-microbial spectrum against bacterial infections and fungi, effective against internal parasites and worms. It regulates blood pressure and acts as an antidepressant combating stress and nervous disorders.

After 20 laboratory tests since 1970, the extracts revealed that it destroys malignant cells in 12 cancers, including colon, breast, prostate, lung and pancreas.

The compounds of this tree showed 10,000 times better effect than the product Adriamycin, a drug normally used chemotherapeutic in the world, slowing the growth of cancer cells. Also, what is even more astonishing: this type of therapy with lemon extract only destroys malignant cancer cells and it does not affect healthy cells. So, give those lemons a good wash, freeze them and grate them. Your whole body will love you for it.





" YOU ARE WHAT YOU EAT"

Many diseases are caused due to unhealthy food habits and regimen; Cancer is one among them. It develops in the body very silently. Healthy lifestyle behaviours that encompass regular exercise, weight control and healthy nutrition have the potential to greatly reduce the onset of cancer and enhance quality of life. ***Dr. Sudheera S, BAMS. MD (AYU)*** *looks at the role of aahara and vihara in preventing and managing the dreaded disease.*

Seventy to eighty per cent of cancer cases are detected in the final stage when treatment is not possible. Most of the cases are mainly due to our habits and activities. Precautionary measures can prevent this. One in four deaths are due to cancer and among them, one in 17 deaths are due to lung cancer, which is commonly seen in men and breast cancer is seen frequently occuring in women. Scientific evidence indicates that physical activity may reduce the risk of several types of cancer, including cancers of the breast, colon, prostate, and endometrium.

What is cancer?

- Cancer is a mass of new cells, which proliferate without control and serve no useful function. A normal cell is concerned more with function than with growth, but the cancer cell is concerned more with growth in the sense of reproduction of itself than with function.
- Cancer is not a single disease, it is a group of diseases. Depending upon the site, cell type, microscopic appearance, extent of spread, cancer can be classified in hundreds of different types. Cancer is a large heterogeneous class of diseases in which a group of cells display uncontrolled and haphazard manner of growth, invasion that intrudes upon and destroys adjacent tissues and often metastasizes. Wherein the tumour cells spread to other locations in the body via the lymphatic system or through the blood stream. The controlled growth ability to invade the adjacent structures and metastasize to distant organs is a unique feature which differentiates a malignant tumour from a benign tumour. Cancer involves almost every part of the body. It arises from the mutation of a normal gene, and it is called oncogenes. Several mutations need to give rise to cancer. Cancerous cells divide rapidly producing millions of new cancerous cells.

Arbuda (Cancer) in Ayurveda

Acharya Sushurta describes Arbuda as "doshas (bioelements) having vitiated in any part of the body and afflicting the mamsa (flesh) and produce a swelling, which is circular, fixed, slightly painful, big in size, broad based, slowly growing and does not suppurate."

Factors related to Cancer

- Genetic
- Immunity
- Dietary
- Environmental
- Physical Activity

Dietary factors

Cancer Initiators: Naturally occurring and added in food preparation and preservation

Cancer promoters: Increased fat intake

Protective factors: Antioxidants, phytochemicals

Cancer prevention and recommendations: Nutrition and physical activity

Estimated percentages of cancer due to selected factors

Diet: 35% to 60%

Tobacco: 30%

Air and water pollution: 5%

Alcohol: 3%

Radiation: 3%

Medications: 2%

Hereditary cancer syndrome: 5-10%

Rogarogyaika karanam:

Heenayoga, Mithyayoga & Atiyoga of Kala, Indriyartha and Karma are the Karanas (reasons) of Roga and Arogya which are mentioned in Ashtanga Hrudaya. All the etiological factors mentioned in modern science can be included under these broad headings.

Ahara & Vihara increase the chance of cancer

- Increased protein and fat-rich diet and less fibre- content food cause various types of cancers.
- Repeated use of oil for frying; boiling and grilling of meat produce carcinogens.
- Naturally occurring carcinogens are aflatoxins in peanuts, and safrol in plant oils
- Consumption of high glycemic–index diet can cause ovarian, endometrial, breast, colorectal, pancreas, and lung cancers.
- Overweight may lead to the onset of breast, endometrial, kidney, colon, prostate cancers.
- Excess meat intake is the main causative factor for colon and prostate cancer.
- Intake of saturated fat may lead to breast, colon, lung and prostate cancer.
- The use of alcohol can cause mouth, pharynx, larynx, esophagus, lung, colon, rectum, liver and breast cancers.
- Pesticides and chemicals, artificial sweeteners and food colors



also play a vital role in the production of carcinogenic cells.

- Stress, anxiety and physical inactivity are the important vihara which may lead to the generation of cancer cells.
- Level of corticosteroids will be increased by stress that reduces the immunity of an individual. Low immunity is a supporting factor for developing cancer.

Ahara & Vihara which reduces the chance of cancer

- Availability of micronutrients and antioxidants from food.
- Fibre containing foods.
- Less glycemic-index and less fat containing diet.
- Yoga, pranayama and positive thinking.
- Fruits and vegetables intake
- Food which contains enough fibre, vitamins and minerals
- Good sources of antioxidants (vitamins C, E, selenium) and phytochemicals.
- Stimulators of anti-cancer enzymes reduce the risk of cancers of the oral cavity, esophagus, stomach, colon, rectum, and bladder.
- Watermelon and pumpkin seeds are effective in prostate cancer.
- Use of grapes, orange, banana, apple, tomato, papaya etc reduces the onset of cancer.

Regular exercise. (4 hours of brisk walking per week reduces the cancer mortality rate by 35%.)

Adults: Engage in at least 30 minutes of moderate to vigorous physical activity, above usual activities, on 5 or more days of the week. 45 to 60 minutes of intentional physical activity are preferable.

Children and adolescents: Engage in at least 60 minutes per day of moderate to vigorous physical activity at least 5 days per week.

American Cancer Society Guide to Nutrition and Activity

- Choose whole grain, rice, bread and cereals etc.
- Limit consumption of refined carbohydrates and sugars.
- Limit snack, chips and fried vegetable products.
- Include a variety of vegetables and fruits at every meal, which are in-seasonand locally grown
- Rinse fruits and vegetables and remove outer leaves before eating.
- Avoid contact of foods with flames while cooking.

  Use lower cooking temperatures with protein foods.

Objectives of nutrition during treatment

- Minimise tissue wasting and weight loss.
- Maintain a healthy weight and be physically active.
- Correct nutritional deficiencies.
- Eat plenty of vegetables and fruits.
- Select food low in fat and salt.

In the present scenario usage of fast food and lack of exercise increases the chance of cancer. Food habits and physical exercise play a crucial role in its prevention and management. A healthy diet and life style can reduce the risk of cancer.



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SINGLE DRUG REMEDY FOR CANCER

Cancer is a major disease that kills many by putting them through a cycle of pain and suffering. Even though medical science has many answers to it, the treatment pattern that includes chemotherapy and radiation are not easy to handle. The individual undergoing these therapies ultimately suffer a lot. Here comes the role of Ayurveda, which helps to overcome the said side effects caused due to different treatment methods. Our nature already provides us with many wonderful remedies for most illnesses. ***Dr. Parvathy S*** *writes about the herbs or drugs in Ayurveda that will help a cancer patient to handle the disease better.*

There are so many anti cancerous drugs explained in Ayurvedic classics. These drugs can be used alone or combined with other systems of medicine. It will help to regain the immunity of the affected body. There are some medicinal herbs that can be used alone without combining with others. These are termed as single drug remedies. Some of the widely used single drug remedies for cancer are briefly explained below.

1. TURMERIC *(Latin name - Curcuma longa)*

This is a rhizome which we daily use in our kitchen for almost all preparations. The anti- cancerous property of curcumin, the active ingredient in turmeric is accepted worldwide.



Properties of turmeric: • Anti inflammatory • Anti infective • Antioxidant

These properties of turmeric help to fight against cancer. The action is mainly seen in pancreatic cancer & cancer of colon. Turmeric also helps to reduce the side effects of chemotherapy such as loss of appetite, digestive problems, reduced immunity, bleeding, anemia, mouth ulcer and infertility. Curcumin helps to shrink the tumor and inhibit the blood supply to tumor. It also act as inhibitor of protein which is essential for tumor growth.

Usage: Dried and powdered drug can be used alone or with suitable solvents such as milk or honey.

2. GINGER *(Latin name - Zingiber officinale)*

This rhizome is usually used as a vegetable or garnish in cooking. The active ingredient in ginger is gingerol which has anti-cancerous action.



Properties : • Acts as anti-parasite • Anti-inflammatory

It helps to reduce the metastasis. Gingerol shows best result in cancer of colon and other digestive tract related cancer. Also found effective in ovarian cancer.

Usage: Fresh juice can be used as alone or added with sugar candy/rock salt



3. GARLIC *(Latin name-Allium sativum)*

Used as a taste maker in cooking.

Properties: • Anti-inflammatory • Anti-bacterial • Anti-viral

This sulphur based active ingredient attacks cancer cells. Garlic helps to reduce the production of carcinogenic compounds. In case of breast cancer, garlic reduces the chances of associated tumors. It shows best result in gastric cancer, lung cancer and skin cancer.

Usage: Fresh paste of garlic itself or added with mustard oil/rock salt.(oral or local application)



4. ALOE VERA

Alorevera is used in almost all cosmetic formulations and it is regarded as a great cooling agent.

Properties: • Anti-microbial • Anti-oxidant

Aloe vera is used mainly in the management of digestive tract related cancer. Also it shows good result in skin cancer. It helps to fight against free radicals and arrests metastasis to some extent.

Usage: Fresh juice/jelly can be used as it is or along with solvents such as honey/sugar.



5. ASWAGANDHA *(Latin name:- Witania somnifera)*

This is a commonly used ayurvedic drug used as an aphrodisiac and energy booster.

Properties: • Improve resistance • Increases energy levels • Fight against free radicals.

The active ingredient slows down the growth of cancer cells. It also inhibits the growth of tumor cells without harming the good cells.

Usage: The dried and powdered rhizome can be used as such or used by mixing with milk or sugar.



6. PEPPER *(Latin name-piper nigrum)*

Pepper is a commonly using spice worldwide. It is a drug which cannot be avoided in ayurvedic formulations.

Properties: • Antibacterial • Antioxidant • Antimicrobial

Pepper helps in the detoxification of the body especially due to over Usage of drugs. It reduces the chance of skin cancer due to exposure of uv rays.

Usage: Dried and powdered drug can be used as itself or along with suitable solvents such as honey, sugar candy etc



7. CLOVE *(Latin name Syzygium aromaticum)*

Clove is a widely used spice.

Properties: • Anti-microbial • Anti-bacterial

Clove is having chemo preventive and anti cancerous property. It will give good support to liver. It will protect the body from free radicals and boost up immune system.

Usage: Crushed clove with rock salt or water boiled by adding clove Oil extracted from clove is used for local application as analgesic.



8. CUMIN (Latin name-Cuminum ayminum)

Cumin is a common ingredient in cooking mainly as a taste maker.

Properties: • Detoxification • Anti-inflammatory • Antioxidant

Cumin has excellent chemo-preventive properties. It accelerates the secretion of anti-carcinogenic enzymes. Cumin contains ample amount of antioxidants like vitamin C and vitamin A. It shows best result in prevention of colon cancer

Usage:Powdered drug can be used as it is or along with suitable solvents such as ghee or sugar

All the above mentioned drugs have anti-cancerous properties. Upto certain extent these can arrest the secondary metastasis in cancer affected individuals. More than a curing agent these all will help to build up immunity and reduces side effects of high dosage medications.



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TRIPHALA
THE BEST RASAYANA FORMULATION IN AYURVEDA

Ayurveda, the science of life, mainly dealing with the preventive aspects of health care also deals with rejuvenation. Ayurveda has the holistic approach towards human body, by maintaining the health with the equilibrium of dosha, dathu and malas. The concept of health buy Acharya Susrutha as "Sama Dosha Samaagnishcha Samadhathu Malakriya / Prasanna Athma Indriya Mana - Swastha Ithybhideeyathe//" reflects the picture.

Ayurveda among the Ashtangas (eight main branches of Ayurveda) has put forward the Rasayana Vajeekarana part which helps in rejuvenation. It includes many rasayana combinations, and the best among them comes as the combination Triphala .

Triphala consists of equal parts of three myrobalans, taken without seed: Amalaki (Emblica officinalis), Bibhitaki (Terminalia bellirica), and Haritaki (Terminalia chebula) which has a beneficial effect on all three doshas. It is well helpful in digestion and supporting regular bowel movements and triphala has a powerful nourishing property to rejuvenate healthy tissues.



Understand Triphala in detail



HAREETHAKI

Hareethaki is one of the important as well as most common herbs used by folk, household and traditional medicine. Its fruit rind is used in medicine and is one of the ingredients in Triphala. Its seen abundantly in North India, Bihar, West Bengal, Assam, Central India and South India. Anthraquinone glycoside, Chebulinic acid, Tannic acid, Terchebin, Vitamin C, Arachidic acid, Behenic acid, Lindeic acid, Oleic acid, Palmitic acid are the main chemical constituents of this herb.

Among the earliest references, Acharya Panini described it for the management of dysurea/anurea and constipation. It is mainly indicated for constipation, respiratory problems, certain skin diseases, eye diseases etc. Acharya Charaka highlighted its Rasayana properties in Chikitsa sthana. He specifically stated Hareethaki is best among the herbs to be used regularly.



VIBHEETHAKI

Vibheethaki also known as belleric myrobalan, is a large deciduous tree, common to the plains and lower hills of Southeast Asia. It is seen distributed over plains and lower hills throughout India. Fructose, Galactose, Glucose, Mannitol, Rhamnose, Beta sitosterol, Edible oil, Gallic acid, Chebulagic acid, Ellagic acid are the main chemincal constituents of this herb.

This plant exhibits several pharmacological effects including anti-bacterial, anti-malarial, anti-fungal, anti-oxidant, and anti-mutagenic effects. Several animal studies shows T. bellerica extract exhibited anti-proliferative effects in several cancer cell .

Vibheethaki is extensively used in ancient medicine and described by all the Nigantu works. Folk consider its seeds as poisonous. In recent studies, edible oil obtained from Vibheethaki seeds justifies the synonym Thailaphala. Acharya Vagbhata described a tincture prepared with Vibheethaki which is known as Akshiki Sura.



AMALAKI

Amalaki known as emblic myrobalan, a shrub or tree, it is widely used in folk medicine in Southeast Asia. Its seen distributed in the wild and is also cultivated throughout tropical India. Ellagic acid, Lupeol, Oleanolic aldehyde, Leucodelphinidin, Tannin, Procyanidin,Vitamin-C, Phyllemblin, Linolic acid, Indole acetic acid, Terchebin, Ayxubsm trigaloylglucose, Corilagin, Ellagic acid, Phyllemblic acid, are the main chemical constituents. This plant exhibits a variety of pharmacological effects including anti-inflammatory, anti-pyretic, anti-oxidant, anti-carcinogenic, and anti-mutagenic effects.

In the Vedic literature, fruits of Amalaki were considered as the best among the fruits. Amalaki is one of the most commonly used and important herbs in Ayurvedic medicine. It is described and used extensively by Brihat trayi as well as Nigantus. Charaka quoted it as the best among the Vayasthapana (rejuvenators) drugs.

Both the classical literature and scientific studies prove that Amalaki is an immuno modulator, antioxidant, tonic, anti-diabetic and hypocholestraemic agent.

Rasayana action of Triphala:

Cancer is the third leading cause of death world-wide, preceded by cardiovascular and infectious diseases. Although there are many therapeutic strategies including chemotherapy to treat cancer, high systemic toxicity and drug resistance limit the successful outcomes in most cases. Accordingly, several new strategies are being developed to control and treat cancer.

One such approach could be a combination of an effective phytochemicals with chemotherapeutic agents, which when combined, would enhance efficiency while reducing toxicity to normal tissues. Several herbs and plants with diversified pharmacological properties are known to be rich sources of chemical constituents that may have potential for the prevention and treatment of several human cancers.

The combination triphala has many properties which will improve the health status of cancer patients to improve their immunity level and health status. In Ayurvedic medicine, Triphala is used as an:-

- Immuno modulator
- Improvement of digestion and assimilation
- Improves bowel movements
- Gastrointestinal tract health is well maintained
- As carminative
- Treatment of diabetes like life style disorders
- Treatment of eye disease, particularly in posterior compartment diseases and as a rasayana in preventive eye care

Various clinical trials are now going on with the topic triphala and its anti-cancerous activities. Ayurvedic classics have well explained triphla which will be one among the prime preventive / anti cancerous medication for the coming eras . It will be a helping hand to improve the health index of cancer patients and others with severe ailments.



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CAUGHT IN THE CLAWS OF COLO-RECTAL CANCER??

Among the spectrum of different malignancies round the globe, Colo-Rectal Carcinoma (CRC) occupies 9.4% of the total cancer cases. It is the 3rd most common cancer in men and 2nd most common cancer in women, worldwide. **Dr. Rahul R. Nair BAMS, MD(Ay)** *looks at how colo-rectal cancer can be prevented through Ayurveda*

In comparison to the previous decades, today, the chance of being diagnosed by cancer is very common. It is becoming very hard to trace a man, who does not know somebody from his social or personal circles, who had not been affected by cancer. Moreover, the diagnosis of cancer extends its claws from a physical realm to psychological,social, emotional, financial and spiritual realms. Thus ,Sidhartha Mukherjee, the winner of Pulitzer Prize, 2011, who had penned a wonderful biography of cancer, rightly characterizes cancer as 'The Emperor of All Maladies , The King of Terrors'.

The human being, as a whole organism, grows, breathes, ingests, absorbs, excretes, reproduces and responds, but behind the curtain, millions of cells work and interact in close harmony to execute these functions. The cell division mechanism, which provides the right number of cells to carry out these multitude of functions, is a very tightly regulated one, with many check-points. To simply put it, Cancer is nothing but a breach in this tightly regulated cell division mechanism, resulting in an uncontrolled multiplication. In addition, these cells stimulate the production of new blood vessels which cater nutrients and oxygen to them, thereby depriving the normal cells. Moreover, the cancer cells will secrete catalytic enzymes to penetrate through the tissues, which willhelp them to reach lymphatic channels and blood vessels, thereby helping them to colonize new areas. Thus, uncontrolled cell division, invasion and metastasis happen to be the pathological hall mark of cancer.

Round the globe, there is a rising trend in cancer incidence. As per the International Agency for Research on Cancer (IARC), the cancer research arm of the World Health Organization (WHO), there were 14.1 million new cancer cases, 8.2 million cancer deaths and 32.6 million people living with cancer round the globe in 2012. Unfortunately, 57% of the new cancer cases, 65% of the total cancer deaths and 48% of the total prevalence were in world's less developed regions.According to Indian Council for Medical Research (ICMR), the projected figure for new cancer cases (incidence) in 2016, in India is 14.5 lakhs and by 2020, it will touch 17 lakhs.

Among the spectrum of different malignancies round the globe, Colo-Rectal Carcinoma (CRC) occupies 9.4% of the total cancer cases. It is the 3rd most common cancer in men and 2nd most common cancer in women, worldwide. CRC accounts for 8% of cancer related deaths and is the 4th most common cause of cancer related deaths worldwide. In India, colon cancer ranks 8th and rectal cancer ranks 9th among men, whereas in women, colon cancer ranks as the 9th most common tumour.



Ayurveda, being a socially responsible medical system, cannot stay back from the emerging challenges in today's health care scenario. Many a time the Ayurvedic science has proved its mettle in combating difficult clinical situations, and has established a role equal to other leading systems in public health care in India. Ayurveda approaches cancer from both preventive and therapeutic possibilities. Ayurvedists, through out the centuries have visualized cancer as not a single disease, but a syndrome, which can have pathologic reflections at various body systems. Solid tumours had been christened in Ayurvedic compendia by various names like granthi and arbudam. The concepts of recurrence of tumours and metastasis find their earliest speculations in the terms like 'adhyarbuda' and 'dwirarbuda'respectively. These also point to the astute nature of clinical observations of the Ayurvedists of the past.

To analyse the growth and spread of tumours, which are deep seated and not directly approachable, Ayurveda had developed unique clinical assessment systems. The clinical assessment is based on the natural history of a particular disease, the probable site and analysis of possible causative factors. In short, the functional reflections shown outwardly by the tumors which are deep seated in the body are closely observed and the tumours are wonderfully incorporated under various disease spectra. Hence, the CRC was diagnosed, progression analysed, and managed by using the spectra of Arsho-roga.

In Ayurveda, Arsho-roga is visualized as a spectrum of disorders, if left untreated, whose final fate will be the obstruction of lower gastro-intestinal tract resulting in imminent death. The major pathological landmarks of this syndrome is the depression in the functional status of the metabolic factors, which is represented by the concept 'agni' (agni-maandyam) and the functional vitiation of the vaatadosha predominant in the pelvic region, which oversees the expulsion of toxic wastes from the body, which is represented as 'apaana-vaata' (apaana-vaatavaigunyam). Whenever there is agni-maandyam, there will be faulty conversion of metabolites inside the body resulting in the formation of toxic metabolites (malaa). These malaa will be improperly eliminated due to the apaana-vaatavaigunya, which in-turn results in their deposition in the lower gastro-intestinal region. The chronic irritation by the malaa on the structural entities (dhaatu) of the colo-rectal tract results in the onset of cancer by causing cellular proliferation. This process does not have the capacity to initiate the carcinogenesis in a single day, but if this becomes chronic, this is potent enough to trigger carcinogenesis. Thus, a chronic depression in the functional status of agni, when co-existing with the vitiation of apaana –vaata is the key operative factors in the genesis of CRC.

A large number of studies have been conducted around the globe towards the identification of the causative factors of CRC. The major factors identified were as follows:-

THE USAGE OF LOW-FIBRE WESTERN DIET-

The high fibre reduces the intestinal transit time. The presence of fiber in the stool tends to dilute the presence of other colonic constituents. Both these effects will tend to minimize the contact between the carcinogens and the colonic epithelium. Consequently a low-fibre diet can trigger carcinogenesis.

HIGH FAT DIET- The proportion of fat in the western diet is significantly greater than that in the diet of low-risk populations. The nutritional statistics on the consumption of fat and meat correlate positively with the incidence of CRC.

HIGH INTAKE OF RED MEAT- The reasons for the association of red meat with CRC is still under investigation, but hypotheses related to total fat content, saturated fat content, or carcinogens derived from their cooking have been advanced. Mutagenic Heterocyclic Aromatic Amines (MHA/HAA) can be generated from heating creatinine with amino acids when meat is fried, grilled or boiled at high temperatures for substantial periods of time, is an example for the generation of carcinogens during the cooking process. The CRC risk of meat-eaters who prefer highly browned surfaces or who cook meat at high temperatures is often elevated.

LOW INTAKE OF VEGETABLES AND FRUITS- The lack of vegetables, in particular those belonging to the cruciferous family such as cabbage, has been put forward as a major dietary cause of CRC. The vast majority of published studies show an inverse association between the intake of vegetables and fruits with the incidence of colon cancer.

EXCESS ALCOHOL CONSUMPTION- The role of alcohol in the causation of CRC had been in debate for decades. An association between alcohol intake and colon cancer risk has

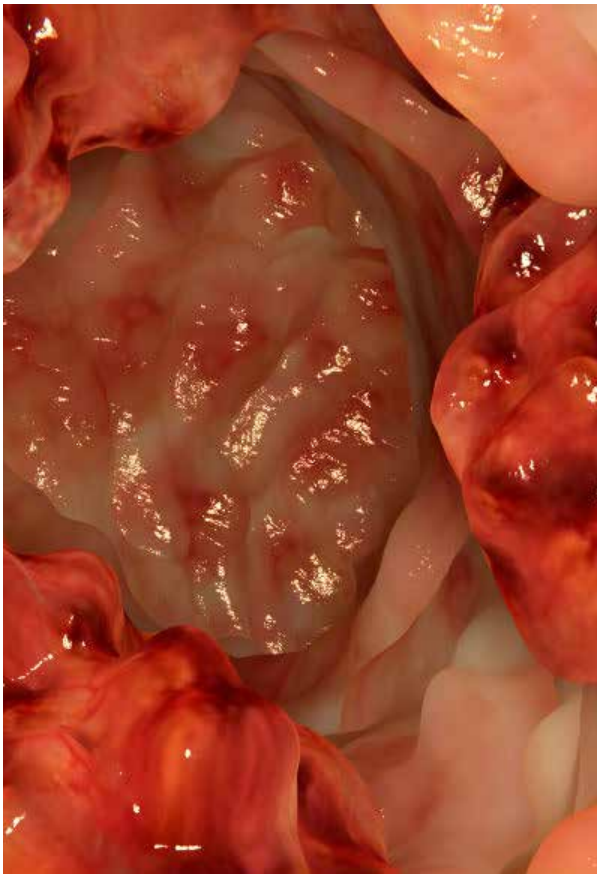
been observed in various ecologic, cohort and population based case control studies.The pathogenetic mechanisms that connect alcohol intake and incidence of CRC are its ability to induce cellular proliferation, block methyl group donation, and inhibit DNA repair.

A REDUCED STATUS OF PHYSICAL ACTIVITY- Many studies have proved the fact that there is an inverse relationship between the incidence of CRC and the physical activity. The physical activity decreases the bowel transit time, reduces the concentration of pro-inflammatory rectal mucosal prostaglandins, and maintains insulin sensitivity. These mechanisms aid in walling off CRC.

In addition, the studies conducted from Ayurvedic parlance focused on factors which are specifically directed towards the pathologic landmarks of CRC – agni-maandya and apaanavaatavaigunya.

Ayurvedists, through generations were of the opinion that the human body is the product of what we consume. Hence, they considered food as the greatest medicine (maha-oushadham), which can maintain the functional balance of multitude of body systems. The capacity to take in the food with a clear judgment of its properties empowers an individual to maintain his/her health status. When we live in an era where, the culinary culture transcends the continents, where the production and processing of food substances are many times adulterated, where new technologies create foods which are a lot more away from the nature, one should have to maintain a clear distinction with regard to one's food and its pattern of intake. The same is the case regarding the life style. Hence, the mis-distinction of factors





in connection with food and life style factors were portrayed as the primary causative factor of CRC. The Ayurvedists explain this concept by using the term anatmavatvam (by word meaning, being irresponsible to oneself).

The causative factor analysis using theAyurvedic methodologies were coupled with the Case-Control Methodology, a modern research technique to identify causative factors of a disease, to have an advanced outlook regarding the causative factors of CRC. 50 cases of CRC were compared with 100 matched healthy volunteers.The following factors are statistically significant risk factors for CRC on chronic usage*

THE FOOD FACTORS

The intake of foods which are 'heavy' in nature.

The term 'guru' signifies heaviness of foods in Ayurveda. It is a quality (guna) which causes a feeling of heaviness of abdomen after food intake. It can result in the depression in the functional status of agni.

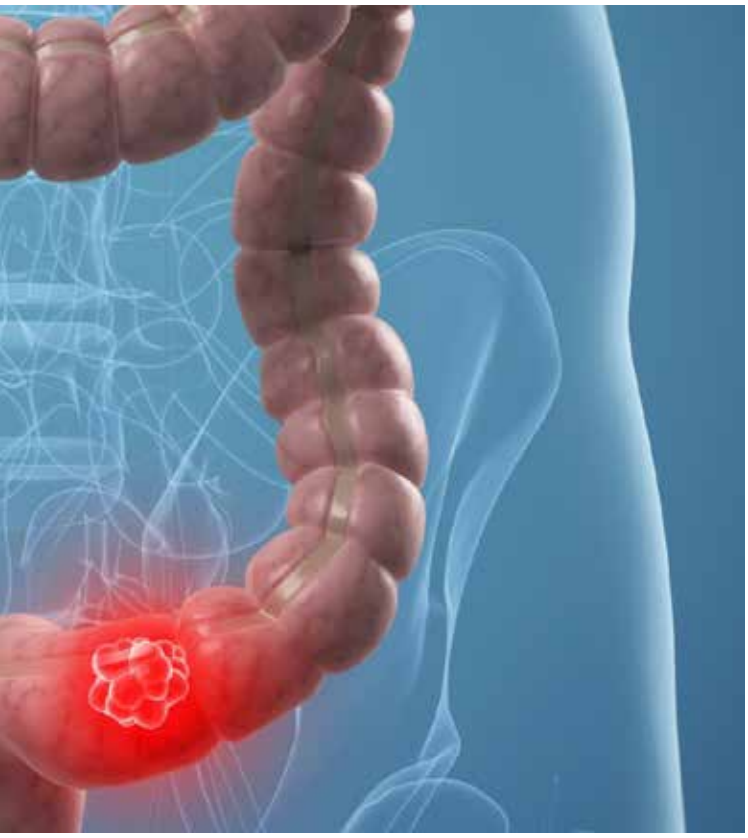
The intake of foods which are predominant in sweet taste.

The term 'madhura rasa', in Ayurvedic parlance, is not simply an intake of foods in sweet taste. Instead it denotes the food substances which can increase the kaphadosha on excess usage. The increased kapha can contribute to depressed metabolism and delayed digestion.

The intake of foods which are oily and slimy.

Such foods definitely have a tendency to vitiate the normal status of kaphadosha. Moreover, by nature, such food items have a tendency to directly hamper the normal status of agni.

Intake of foods before the complete digestion of previous food



Many of us are tuned to take food irrespective of proper appetite, but we follow our clocks to do so. One among the primary indicators of food intake as per ayurveda is the emergence of appetite after the previous intake, which signifies a welcome sign to food from the gastro-intestinal tract.The term 'ajeerna-ashanam is reserved for food intake before the digestion of previous food. Such food intake can result in rapid deterioration of the functional status of agni and vitiate the vaatadosha.

Irregular pattern of food intake

This has been found to be another potent causative factor. The intake of food in a totally erratic fashion with respect to the timing and quantity is known as vishama-ashanam. Our busy and hectic professional life coupled with frequent travels compels us to eat foods in irregular timings and quantity. Taking food in optimum quantity ensures faster digestion before the upcoming meal time. The optimum quantity of food at a time, as per ayurvedic parlance, is the amount that which correctly satisfies our appetite, which is a very subjective parameter. There will be great inter-personal and personal variations in that parameter. One should observe one's pattern and follow suit the rule. If becomes an erratic eater, with respect to timing and quantity, that will trigger the vitiation of vaata and kapha axis of the body and makes the metabolism erratic.

LIFE STYLE FACTORS

Lack of physical exercise & sedentary life

The optimum physical activity balances dosha, augments agni and maintains the balance of all body systems.Total lack of physical exercise coupled with a sedentary way of life is totally damaging to the body systems. The chronic lack of physical activity leads to the non-compact proliferation of maamsa and medodhaatus (rough equivalents of connective and adipose tissue) which can act as a platform for carcinogenesis

Voluntary suppression and initiation of defecation reflex.

Ayurveda categorises and observes bodily reflexes as vegaa, which when translated from the technical language means the automated functions of the body, which can be voluntarily initiated or suppressed due to societal norms. An example is defecation reflex, which has a direct impact on the initiation of CRC. Many of us are having the habit of voluntarily suppressing and initiating the defecation reflex as per our other priorities. Whenever, this becomes a habit, it is highly potent to vitiate apaanavaata and in long time initiate and support colo-rectal carcinogenesis.

The studies emanating from Ayurveda and Western Medicine proves one fact- many a times, Cancer happens when the favourable genetic background for cancer is supported by environmental and physical factors. Though, the cancer is not a disorder with genetic inheritance, individuals will be having genetic factors that trigger carcinogenesis. Hence, to prevent colo-rectal cancer, Ayurveda advises the following things

- **Eat with proper judgement-** meet your Ayurvedist and discuss what to eat, when to eat, how to eat and how much to eat, depending on your physical parameters and need.
- **Be physically active-** remember, human body is evolutionarily designed to be physically active, and not to be a creature working with lap-tops and mobile phones. Select your suitable physical activity that supports your system and follow it
- **Be emotionally stable to avert stress**- classify stress as Eustress and Distress. Shoulder eustress for your growth and avoid distress.

"One who is a regular follower of wholesome diet and lifestyle, who is judgemental regarding his/ her actions, who is at a passive mood with momentary desires, who is kind, truthful and tolerant, and one who follows great persons never succumbs to disease"

AachaaryaVaagbhata,

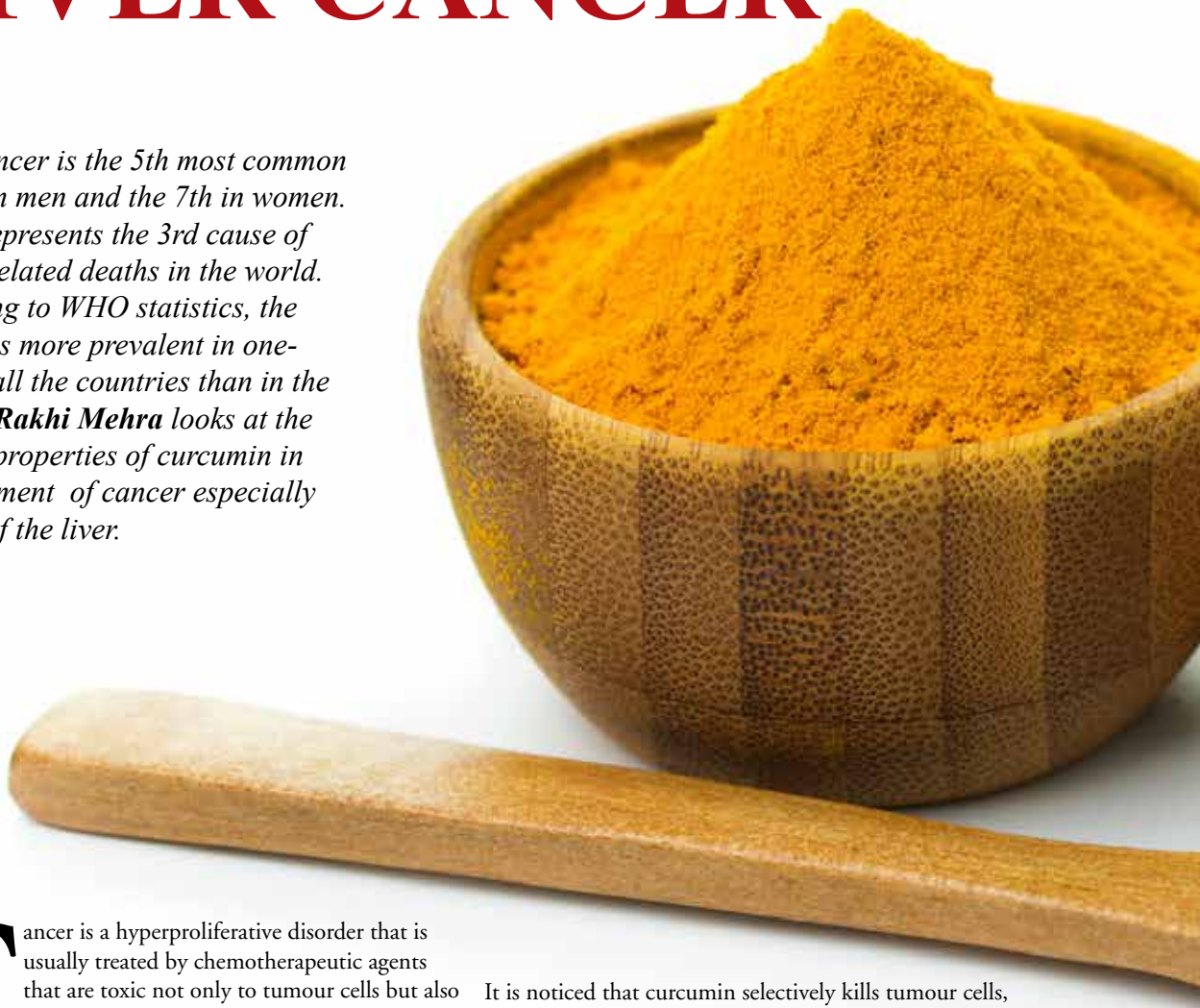
Eminent Ayurvedist who wrote AshtangaHrdaya.



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ROLE OF CURCUMIN IN THE TREATMENT OF LIVER CANCER

Liver cancer is the 5th most common cancer in men and the 7th in women. It also represents the 3rd cause of cancer-related deaths in the world. According to WHO statistics, the disease is more prevalent in one-third of all the countries than in the rest. ***Dr.Rakhi Mehra*** *looks at the healing properties of curcumin in the treatment of cancer especially cancer of the liver.*



Cancer is a hyperproliferative disorder that is usually treated by chemotherapeutic agents that are toxic not only to tumour cells but also to normal cells, so these agents produce major side effects. The drugs used for this purpose usually create a lot of agony besides the killing of cancer cells. In addition, these agents are highly expensive and thus not affordable for most. Moreover, such agents cannot be used for cancer prevention. It is a fact that, traditional medicines under phytochemicals are generally free of the deleterious side effects, very much friendly to the liver function and usually inexpensive.

Hepatocellular carcinoma, most often, develops and progresses in a milieu of oxidative stress and inflammation. It is noticed that curcumin selectively kills tumour cells, and not normal cells. It also inhibits proliferation of cancer cells by arresting them in various phases of the cell cycle and by inducing apoptosis. Curcumin (Cum) is considered as a drug possessing anti-angiogenic, anti-inflammation and anti-oxidation effect. Curcumin is a component of turmeric (Curcuma longa) in Ayurveda mentioned as Haridra or Haldi (Hindi).

This turmeric plant (Curcuma longa), a perennial herb belonging to the ginger family is cultivated extensively in south and southeast tropical Asia. The rhizome, or root, of this plant is processed into turmeric powder, which is 2% to

5% curcumin. Turmeric is widely consumed in the Indian subcontinent, south Asia, and Japan. Curcumin is one such agent of this plant that is safe, affordable, and efficacious.

Curcumin is a phytochemical with immense biological properties. But its hydrophobicity and poor oral bio-availability limits its application as a chemotherapeutic agent. The bio-availability, pharmacokinetics, drug delivery as well as paucity of clinical studies in curcumin is also easy to find out result in better ways.

Primary liver cancer, also known as hepatocellular carcinoma (HCC), is one of the most lethal cancers having world-wide prevalence. Although most HCC cases are reported in the developing countries of Asia and Africa, there has been an alarming increase in HCC cases in Western Europe as well as United States. Liver cancer, one of the most common cancers in China, is reported to feature relatively high morbidity and mortality. Chronic liver diseases, viral hepatitis, alcoholism as well as dietary carcinogens, such as aflatoxins and nitrosoamines, contribute to



HCC. Liver transplantation as well as surgical resection at best offer limited treatment options. Thus, there exists a critical need to investigate and evaluate possible alternative chemopreventive and therapeutic strategies which may be effective in the control of liver cancer.

CURCUMIN ANTI-CANCER BENEFITS

Liver cancer which consists mainly of HC, a malignant hepatoma, is the 5th most common cancer in men and the 7th in women. It also represents the 3rd cause of cancer-related deaths in the world. According to WHO statistics, the incidence rate of HC in men is about 9 times higher than that of women, and the disease is more prevalent in one-third of all the countries than in the rest. The liver is a multifunctional vital organ with the primary role in maintenance of body homeostasis, production of hormones, processing dead red blood cells, detoxification, and glucose and lipid metabolism.

Turmeric in Vedas:

Turmeric was used for long period of time up to one year, to improve memory and concentration.

Turmeric can be used as part of food and also can be applied allover the body.

Because it colours the cloth (Ranjana) – it is called as Rajani.

It is useful in allergic skin disorders.

Turmeric for cancer prevention

A recent study published in the Asian Pacific Journal of Cancer Prevention found that a dose-dependent administration of curcumin effectively activated degeneration of liver cancer cells.

Turmeric side effects:

Excess use of turmeric, especially during summer can cause increase in hotness. Pitta dominant people may sometimes experience increased body heat with turmeric use. They can add a pinch of turmeric to a cup of milk and have it. Coldness of milk will balance out the excess hotness.

Ayurvedic medicines with turmeric as ingredient –

HaridraKhanda – very useful in allergic rhinitis and allergic skin conditions, also used to improve skin complexion.

KhadiradiVati – used in the treatment of bad breath, mouth ulcers.

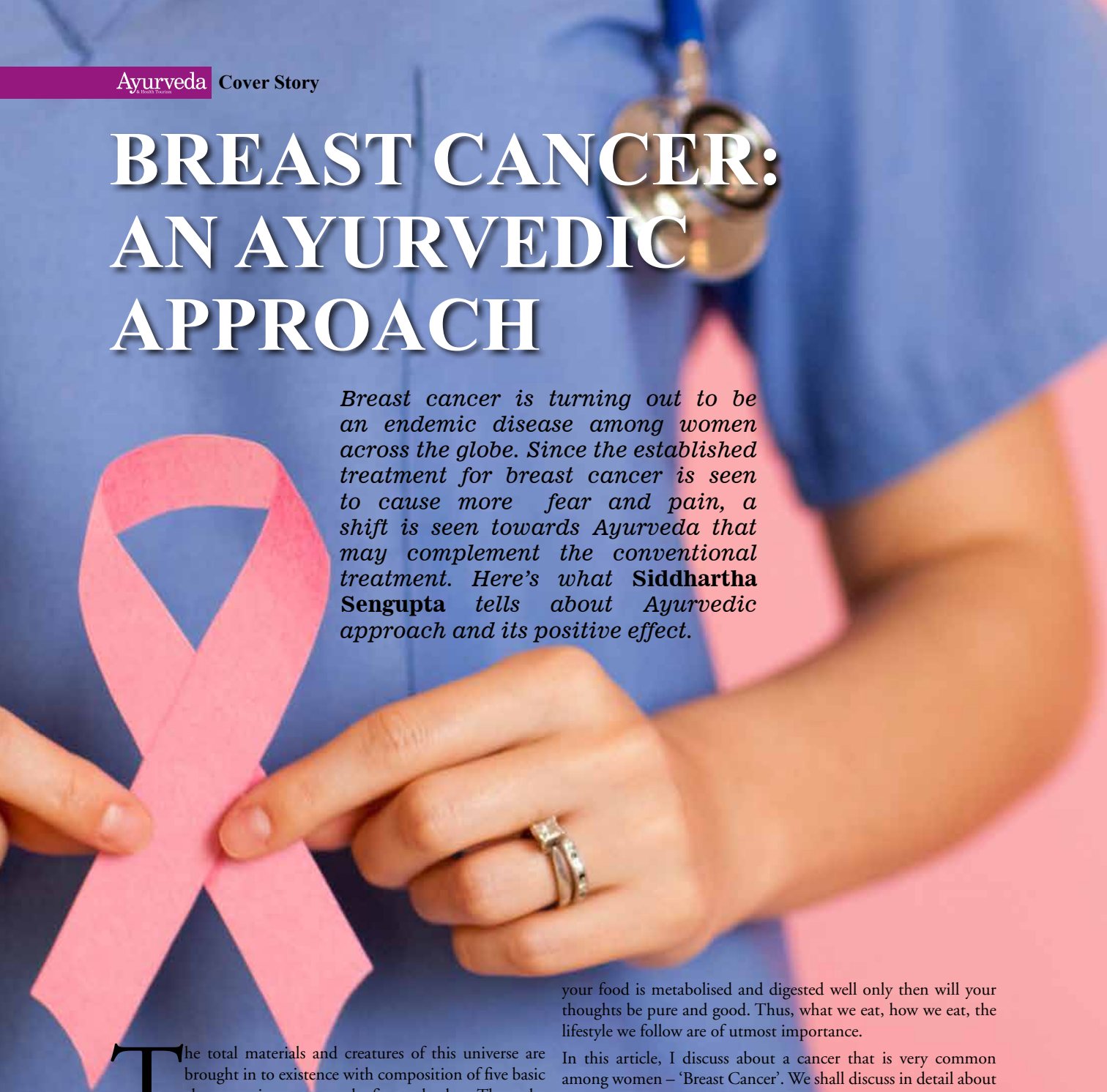
NisaKathakadiKashayam – used in diabetes management

Nishamalaki Churna – used in treating pre-diabetes.

The author is Assistant Director Incharge, Clinical Research Unit, Safdarjung Hospital New Delhi, India.

BREAST CANCER: AN AYURVEDIC APPROACH

Breast cancer is turning out to be an endemic disease among women across the globe. Since the established treatment for breast cancer is seen to cause more fear and pain, a shift is seen towards Ayurveda that may complement the conventional treatment. Here's what **Siddhartha Sengupta** *tells about Ayurvedic approach and its positive effect.*



The total materials and creatures of this universe are brought in to existence with composition of five basic elements air, water, earth, fire and ether. Thus, the human body is composed of these five basic elements. Ayurveda considers body and mind or manas as inseparable entities. Thus physical and mental health is interdependent. This is the unique aspect of Ayurveda which helps in diagnosing and treating diseases with perfection.

This science states that diseases can manifest when the body-mind coordination is disturbed by improper lifestyle and incorrect diet and mental stress. Mental stress and disturbed lifestyle lead to hormonal imbalance, and this leads to impaired immunity. Once the immunity is impaired it leads to manifestation of various di seases.

Ayurveda believes that 'We become what we eat'.Our mind is fed upon the end product of the metabolism of food i.e. Ojas. So if your food is metabolised and digested well only then will your thoughts be pure and good. Thus, what we eat, how we eat, the lifestyle we follow are of utmost importance.

In this article, I discuss about a cancer that is very common among women – 'Breast Cancer'. We shall discuss in detail about its probable causes and what can be done to prevent it.

PROBABLE CAUSATIVE FACTORS

Hereditary

Ayurveda considers the genetic predisposition of the diseases as beejadoshaja disease. This defect in beeja (seed i.e. sperm or egg) which is traced back to the mother's ill-health is said to be developed from her diet /stress or lifestyle.

Menstrual Irregularities

MMenstrual cycle is the monthly cleansing of the female body. If menstrual irregularities are seen, it can cause accumulation of toxins in the body and lead to pathological conditions in breasts.

Dietary Factors

- Excessive intake of sour food e.g. vinegar, soya sauce etc.
- Excessive usage of artificial colours or preservatives
- Food which after digestion increases stickiness and wetness in body leading to clogging of body channels like yogurt, curd, cheese, and oats
- Too much intake of sweets and chocolates
- Heavily cooked or excessive intake of processed meat
- Excessive intake of alcohol, tea-coffee, aerated drinks
- Decomposed food, stale food, prolonged refrigerated food
- Food taken at irregular times and irregular proportion and over eating
- Incompatible food combinations such as fish/meat with milk or curd, fruits with milk.

Lifestyle Factors

- Smoking
- Over exertion
- Lack of exercise leading to obesity
- Staying awake late in the night
- Sleeping during the day especially immediately after meals
- With-holding or forcefully eliminating natural urges

External factors

- Trauma
- Chronic disease
- Artificial breast implants

Psychological Factors

- Over anxiety or worry
- Mental stress and anger
- Negative thinking towards life
- Withholding emotions within yourself

Development and progress of the disease depend on immunity of the individual and magnitude of exposure to the above factors. Because of all above factors, toxins accumulate in the body leading to clogging of channels in the body. The site of accumulation of toxins decides the type of disease. The above mentioned causes can easily lead to accumulation of toxins in the breasts which eventually leads to breast cancer.

BASED ON THIS THEORY, PREVENTIVE MEASURES ARE AS FOLLOWS:-

Yoga and Pranayama

Scientific studies have proved that yoga can alter the gene expression, thus appropriate method and regular practice of yoga can bring optimal balance at physical and mental level resulting in prevention of the disease.

Diet Changes

Freshly cooked food, fresh vegetables, fruits locally available to avoid the cold storage and refrigeration

Avoid Microwaved food

Use food without preservatives (avoid all kinds of packed food that are harmful)

Lifestyle Changes

Regular exercise like walking every day is a very good form of exercise

Maintain proper meal timings especially lunch should be had between 12 and 1.30 and dinner between 6.30 and 8 pm

Following the body clock rhythm i.e. sleeping early around 10 pm and waking up early around 5.30 to 6.30 am

Do not ignore your natural calls (urination, defecation, thirst, sneezing and flatulence). Answer them immediately by excusing yourself

Avoid addictions like smoking, alcohol and drug

Psychological factors

Meditation for stress management

Maintain good relationship with people around you. Learn to let go!

Be at peace, and learn to forget and forgive by practising regular meditation

Express your emotions and communicate your feelings to everyone

Living a healthy and stress-free life will lead to disease free body till old age.

When one wants to avoid disease the first and foremost thing to do is to change one's lifestyle and diet, through which the changes can affect one's health dramatically. Leading a regimental healthy life is the key to good health, freedom and happiness.

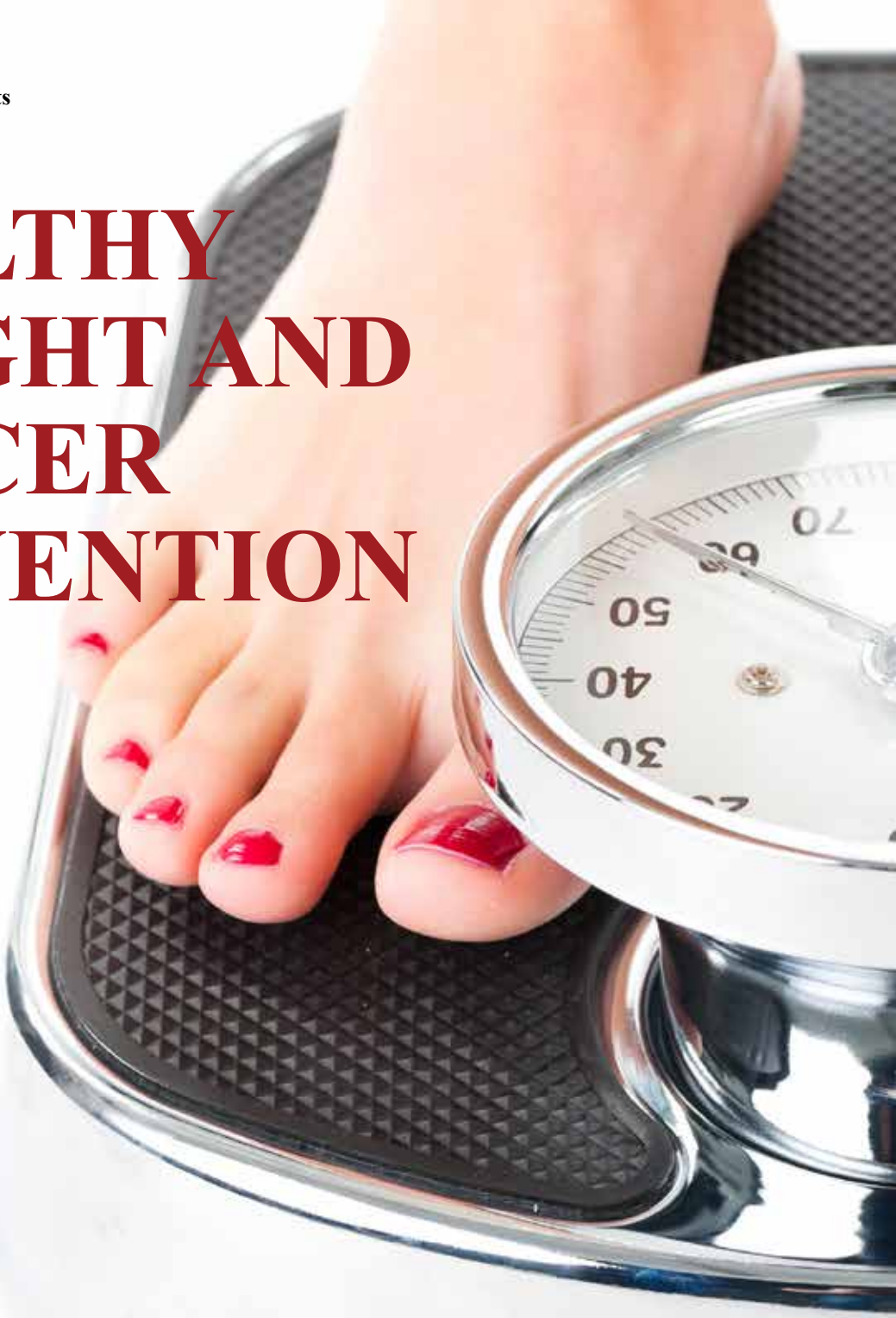


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About SAMSKRT

SAMSKRT is an ayurvedic organization in Mumbai taking an ayurvedic lifestyle to every home using a mobile app. It shows people a way to a disease-free life by reversing all kinds of lifestyle diseases. For this, it adopts the 5000-year old ayurvedic sakalya concept across the world. It empowers your life by placing Health, Happiness and Harmony in your own hands. This organization is the creation of Siddhartha Sengupta who is extremely passionate about bringing this evolved lifestyle to every home in the world so that you can face life's ups and downs with ease. Samskrt's goal is to give you a tool box which allows you to identify and address the imbalances and problems in your life and how to overcome them. So, they define the key to good health, vitality and youthfulness as starting with the knowledge of 'self'. Samskrit helps you to get enlightened about yourself as a person as well as your body. This is the first step towards empowering you which leads to a balanced life and Happiness!

HEALTHY WEIGHT AND CANCER PREVENTION



Are you aware that there is a close correlation between your weight and your risk of being affected by cancer? It is surprising to note that being overweight or obese increases your risk of common cancers like bowel cancer and breast cancer. In fact, after quiting smoking, being a healthy weight is the most important thing you can do to reduce your cancer risk. Being in a healthy weight can also help to reduce your risk of heart disease and Type 2 diabetes.



What is a healthy weight?

One of the easiest ways to find out if you're a healthy weight is to check your Body Mass Index (BMI). This indicates whether you're in the healthy weight range for your height, so it's a useful guide for most adults. A healthy BMI for men and women is between 18.5-24.9. Also, there is strong evidence to prove that being overweight increases the risk of 11 cancers: Bowel, Oesophagus (adenocarcinoma), Pancreas, Kidney, Womb, Breast, Ovary, Gallbladder, Prostate (advanced), Liver, Stomach (cardia)

Research shows there are several reasons for the link between body fat and cancer. For example, we know that fat cells release hormones such as oestrogen – this can increase the risk of cancers like breast cancer. Studies have shown that storing too much fat encourages the body to produce 'growth hormones'. Having high levels of these hormones is linked to a higher risk of cancer. Body fat also stimulates a general inflammatory response, which may contribute to the development of several cancers.

Tips to help you stay a healthy weight

Taking a few simple steps can make all the difference. If you're overweight, losing even a few pounds will make a positive difference to your health.

Cut back on fatty and/or sugary foods and drinks

Foods that are high in fat and/or sugar also contain lots of calories. One step is to avoid fast food and sugary drinks. Try to base your meals on vegetables, fruit, whole grains and pulses instead.

Keep an eye on portion sizes

Too much of almost any food can cause you to gain weight, so only eat when you're hungry and opt for smaller serving sizes to make it easier to control how much you're eating.

Be more active

Keeping active helps burn calories, which are stored as fat if they are not used.

Breastfeed for at least six months to lower breast cancer risks

To reap the health perks of breastfeeding, you should do it exclusively for at least six months, according to the American Institute for Cancer Research and World Health Organization. This means your baby receives only breast milk – no water, other liquids or solids. And, breast milk provides all the energy and nutrients your baby needs during this time to develop and stay healthy.

Most women who breastfeed experience hormonal changes during lactation that delay their menstrual periods. This reduces a woman's lifetime exposure to hormones like estrogen, which can promote breast cancer cell growth.

In addition, during pregnancy and breastfeeding, you shed breast tissue. "This shedding can help remove cells with potential DNA damage, thus helping to reduce your chances of developing breast cancer," King says.

Breastfeeding also can help lower your ovarian cancer risk by preventing ovulation. And the less you ovulate, the less exposure to estrogen and abnormal cells that could become cancer.

After six months, breast milk provides at least half of your child's nutritional needs. So, you can gradually introduce foods, such as baby cereal, fruits and vegetables, but you should continue to breastfeed. "Breastfeeding past six months is not only beneficial for your child's health, but the longer you do it, the more protection you receive against breast and ovarian cancers," says Sally Scroggs, dietician and health education manager in MD Anderson's Lyda Hill Cancer Prevention Center.

Breastfeeding also helps strengthen your child's immune system. Your antibodies pass from your milk to your child. This helps lower your child's risks of ear infections, as well as respiratory and digestive system problems. Plus, research indicates the longer a child is breastfed, the lower his or her chances of developing allergies.

Remember: breastfeeding is about your health as well as your baby's. So, go at it with the knowledge and resources to be successful.

Can being active reduce your cancer risk?

You probably know that being active can help keep your heart healthy – and the good news is that it can also reduce your risk of cancer.

As well as helping you stay in shape, research shows that being active or doing exercise has a direct role in preventing some cancers like bowel and breast cancer.

If you're not used to doing much activity, start by working towards 30 minutes a day – remember that anything is better than nothing.

There is also strong evidence that being active reduces the risk of three cancers:

- Bowel
- Breast
- Womb (endometrium)

Also, about 1 in 9 cases of bowel and breast cancers can be prevented by just being more active.

Investigations by scientists also show that regular activity can help keep your hormone levels healthy. Having high levels of some hormones can increase your cancer risk.

Physical activity also helps us stay in shape. This is really important because if you're overweight you have a higher risk of some cancers.

Physical activity can also strengthen your immune system and help keep your digestive system healthy.

Too much salt intake and cancer risk?

You may be aware that eating too much salt can be bad for you. It can increase the risk of high blood pressure and salt-preserved foods increase the risk of stomach cancer.

How much salt do you need?

Our bodies do need salt but only in small amounts. Our daily intake of salt should be less than 6g (2.4g sodium). We actually need much less than this.

How do you know how much salt is in foods?

Looking at food labels can help you to work out whether a food is high in salt. Some food labels list the sodium content instead of the amount of salt. To work out how much salt a food contains, multiply the sodium content by 2.5. For example, if a ready meal contains 1g of sodium, this is equal to 2.5g of salt.

The new traffic light food labels make it clear if a food is 'low' 'medium' or 'high' in salt.





According to the Department of Health high-salt foods contain over 1.5g of salt per 100g. Low-salt foods contain less than 0.3g of salt per 100g.

Tips for eating less salt

- Check food labels and choose products with less salt or sodium. Also, bear in mind that foods labelled as 'reduced salt/sodium' can still be quite salty.
- Gradually reduce, then cut out, the salt that you add during cooking or at the table. Your taste buds should adjust within a few weeks allowing you to enjoy the true flavour of food and notice more subtle flavours
- Use spices, herbs, garlic and lemon instead of salt. Black pepper, chilli powder, ginger and herbs such as basil and bay leaves all add flavour to food quickly and easily
- Eat fresh rather than processed meats – bacon, cured meats and some sausages all contain high levels of salt and can also cause bowel cancer

Overdose of dietary supplements increase cancer risk

The best scientific evidence shows that taking high-dose supplements of some nutrients can affect your risk of different cancers in unpredictable ways. Some high-dose supplements may even be harmful to your health. That's why we advise against using dietary supplements for cancer prevention and recommend that, for most people, the best source of nutrition is a healthy diet.

It is seen that supplements are usually marketed in a way that might make you think they can dramatically improve your health and wellbeing. A review into the evidence on supplements showed that some high-dose supplements seemed to protect against cancer, but others seemed to increase cancer risk. This is the reason why it is advised that eating a healthy, balanced diet is a better way of reducing your cancer risk than taking supplements.

Eating a healthy balanced diet can help you stay in shape and reduce your risk of cancer too.

Alcohol and cancer prevention

There are lots of good health reasons for cutting down on alcohol and reducing your cancer risk is one of them. Alcohol is linked to six common cancers including mouth and throat, bowel and breast cancer. To help prevent cancer, leading experts advise not drinking alcohol at all. In the UK, the recommendation is to drink no more than 14 units a week, spread over at least three days - this is roughly equal to seven drinks a week. Research also shows that alcohol is particularly harmful when combined with smoking. Scientists are still researching how alcohol can lead to cancer. One theory is that alcohol can directly damage our DNA, increasing our risk of cancer. Remember; a healthy diet and lifestyle can reduce the risk of both cancer and heart disease.

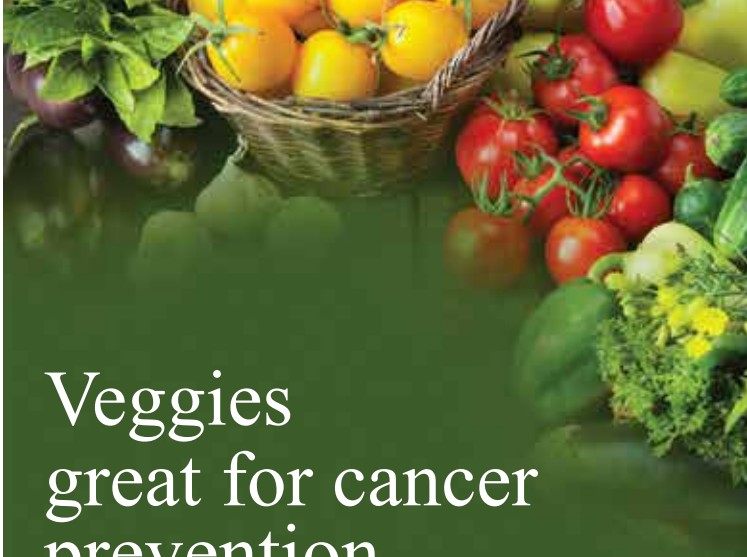
Quit eating red and processed meat and prevent cancer

Research shows that there is a great link between consumption of red and processed meat and cancer. This is because there is strong evidence that eating a lot of these foods increases your risk of bowel cancer and eating processed meat can increase your risk of stomach cancer.

To avoid this condition, it is advised that one should not eat more than 500g (cooked weight) per week of red meat, like beef, pork and lamb, and avoiding processed meats like ham, bacon and salami as much as possible.

As a rough guide it should be understood that 500g of cooked red meat is the same as 700g of raw red meat. Although eating too much red meat is linked to bowel cancer, it is a good source of nutrients including protein, iron and zinc, so it's fine to include up to 500g a week as part of healthy, balanced diet. Research has shown that eating processed meat can increase your cancer risk. As there's no real nutritional need to eat processed meats, if you eat meat, it's best to choose fresh, unprocessed meat. There is strong evidence that eating a lot of red meat is a cause of bowel cancer. One possible reason for this is that the compound that gives red meat its colour, haem, may damage the lining of the bowel. Studies also show that people who eat a lot of red meat tend to eat fewer plant-based foods, so they benefit less from their cancer-protective properties. When meat is preserved by smoking, curing or salting, or by the addition of preservatives, cancer-causing substances (carcinogens) can be formed. These substances can damage cells in the body, leading to the development of cancer.





Veggies great for cancer prevention

Basing your diet on plant foods is a great first step to eating well and reducing your cancer risk.

There are four main types of plant foods:

- Wholegrain foods like brown rice and pulses like lentils
- Vegetables and fruits
- Starchy foods like potatoes. Try to eat these with their skins on and without adding extra fat like butter or cream
- Refined, non-wholegrain foods like white bread

If you can, it's good to base your diet around wholegrains, pulses, vegetables and fruits because they contain more nutrients. These foods also tend to be lower in calories and higher in fibre, which helps fill you up and manage your weight.

Research shows that vegetables and fruit probably reduce your risk of a range of cancers, including: Mouth and throat, Lungs. The most recent science shows that eating fibre-rich foods decreases your risk of bowel cancer. These foods include wholegrain bread and pasta, and oats. Experts think fibre has many benefits, including helping to speed up how quickly food moves through your digestive system. Vegetables and fruit may protect against cancer because they contain vitamins and minerals, which help keep the body healthy and strengthen your immune system. They also contain substances called phytochemicals. These can help to protect cells in your body from damage that can lead to cancer. Plant foods can also help you to stay a healthy weight because most of them are relatively low in calories.

Global Ayurveda Village

An Integrated Centre of Excellence in Ayurveda



Kerala Industrial Infrastructure Development Corporation (KINFRA) is up with a project "Global Ayurveda Village" which attempts to incorporate most modern scientific developments in diagnostic aspects of treatment with classical Ayurveda. Its aim is to bench- mark the project with the Global Centres of traditional medicine and develops it as Integrated Centre of Excellence in Ayurveda. Government of Kerala proposes to develop this project with a motive to transform Kerala as the "World Capital of Ayurveda"at the time when Govt. of India is keen to showcase ayurveda, yoga, and related products as a part of its 'Make in India 'initiative.

Though Ayurveda is well-known as a complementary alternate treatment methodology; the issues faced by the sector have never been addressed methodically, which includes lack of infrastructure to support for development of skills of professional, Standardization, Documentation, International recognition, Global Acceptance, Marketing,Entrepreneurship development, use of modern technologies in diagnosis, Research and Development, etc.

Plans are up to fill this gap through this upcoming Ayurvedic project of KINFRA. The project is planned to be set up in two sites. Site -1 at Veiloor Village, Chempakamangalam, Thonnakkal, Trivandrum in an area of 7.48 acres is 33 km from airport is under possession of KINFRA and the second site at Ayiroor Village, Varkala,Trivandrum in an area of 63.25 acres is 55 km from airport, is under Land Acquisition process. It is blessed with natural greenery and water frontage of 1.25 Km which is one of the best tourist destination centres in the tourist map of India.

The main components of the project are Integrated Ayurvedic Wellness Centre,Knowledge Centre, Research Co-ordination, Clinical Standardization & documentation, Translational Research, Finishing School, International Academy, Digital Library, Tele Health, Incubation Centre, Public Health Intervention, Meditation & Yoga, Music Therapy,Water sports facility, Nature Health Club, Ayurvedic Food Court, Cottages,Conventional Centre, Medicinal Plant Cultivation and manufacturing.
The project is estimated to incur about Rs 152.50 crore, including the project cost of land and will be run by the state on public-private participation (PPP) model. The construction work for the first site at Thonnakkal is estimated to cost Rs 32.5 crores and is expected to begin in two month. The project cost of the second site to be developed at Ayiroor village, Varkala is Rs 120 Cr. Government has begun a survey of this particular land as a part of land acquisition process. Financial and Technical support from central AYUSH department is expected for the development of Integrated Centre of Excellence. The project is expected to provide direct employment to 750 individuals, while indirectly 500 others.

KINFRA plans to operate this project in a PPP model.

KINFRA
INSPIRING GROWTH

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AN APPLE A DAY KEEPS CANCER AWAY

Cancer eats up the life of many people. Though plenty of remedies have been put forward for its prevention, many are yet to be scientifically proven. Here's how by just having an apple you can save yourself from many cancers.

Cancer is a disease which is spreading like terrorism in the world and so are its side-effects. Though no formal solution has been put forth many blame bad lifestyle for its attack.

The treatment of cancer is very expensive and a threat of this disease is in everybody's mind now-a-days. But if someone says to you that if you eat an apple a day then your chances of getting cancer is rare, then how will you feel?

Yes, this is what experts say and it is believed to be completely true. The chances of five types of cancer are very less if you are habitual with an apple a day. Those five types of cancer are:

- LUNG CANCER
- BOWEL CANCER
- MOUTH CANCER
- DIGESTIVE TRACT
- BREAST TUMOURS

A lot of studies are being carried out for so many years regarding this concept. The experts at the University of Perugia in Italy from the review of over 40 previous studies found that apples are really beneficial for the prevention of risk of having cancer in the stomach and esophagus. Some of the data even suggested that the risk of stomach and esophagus cancer can be reduced to as high as 50%.

According to the data of previous studies, chances of having lung tumor is about 25 percent lesser among apple lovers. And the chances of having breast cancer are 20 percent lesser among the persons who take an apple a day. This data completely proves a well-known saying that "An apple a day keeps the doctor away."

Though this data is really surprising it is understood that this has been calculated from a lot of researches and so can't be false. But still, there is a need for more study regarding the compounds present in the apple which are responsible for prevention of cancer.

Till now experts have suggested that your diet should contain proper fruits and vegetables if you want to save yourself from having cancer.

But do not forget to have an apple in your diet. Experts are working to find which other food items contain the compounds which are responsible for the prevention of cancer. Till then you should try to take an apple a day and also encourage all your family members to take an apple every day.

Have a healthy life!

Source: https://mavcure.com/apple-a-day-cuts-chance-of-five-types-of-cancer/

SAPOTA:
NUTRIENTS GALORE



Extremely nutritious and great for health besides being deliciously sweet, this fruit is easily digestible and replenishes the body with energy due to its high content of glucose. The fruit is also rich in vitamins, minerals and tannins. Below are details of some of the different health benefits of this fruit:

1. IMPROVES VISION:

This fruit is said to have a high content of Vitamin A which in turn helps in improving vision even during old age.

2. KEEPS YOU ENERGISED:

The fruit is rich in glucose which provides instant energy to the body. Due to this property it is highly recommended for athletes as they require loads of energy.

3. ANTI-INFLAMMATORY PROPERTIES:

The high content of tannins makes the fruit an important anti-inflammatory agent. It thus helps solving all disturbing conditions of the digestive tract by preventing diseases like esophagitis, enteritis, irritable bowel syndrome and gastritis. It also reduces inflammation by reducing any swelling and pain.

4. PREVENTS DEVELOPMENT OF CERTAIN CANCERS:

The richness of Vitamins A and B in the fruit helps in maintaining the health of the mucus lining of the body and the texture of the skin. The antioxidants, dietary fiber and nutrients found in Sapota provide protection against cancer and tightly bind the carcinogens (toxins) to protect the mucus membrane of the colon. Vitamin A provides protection from lung and oral cavity cancers.

5. HEALTHY BONES:

Since this fruit is rich in calcium, iron and phosphorus, it greatly helps in enhancing and strengthening the bones.

6. CURE FOR CONSTIPATION:

The rich dietary fiber in this fruit is an excellent bulk laxative and hence provides relief from constipation. It also supports the colons' membrane and makes it resistant to infections.

7. PREGNANCY PROFITS:

This fruit is highly recommended for pregnant and lactating mothers since it has a high dose of carbohydrates and essential nutrients. It thus helps in reducing weakness and other symptoms of pregnancy such as nausea and dizziness.

8. HAEMOSTATIC PROPERTIES:

Besides the above mentioned properties, the fruit is well-known for its haemostatic properties i.e. stopping blood loss. It thus helps in reducing bleeding in case of piles and injuries. The ground seeds can be applied as a paste for alleviating stings and insect bites.

9. ANTI-VIRAL AND ANTI-BACTERIAL PROPERTIES:

The fruit has a lot of polyphenolic antioxidants that has several anti-viral, anti-parasitic and anti-bacterial properties. These antioxidants stop bacteria from entering into the human body. The rich content of Vitamin C destroys the harmful free radicals whereas potassium, iron and foliate, niacin and pantothenic acid facilitate proper functioning of the digestive system.

10. ANTI-DIARRHEAL:

Sapota is regarded as an anti-diarrheal due to its purgative properties. A decoction made by boiling this fruit in water can cure diarrhoea. It also helps in the alleviation of piles and dysentery.

11. MENTAL HEALTH:

It helps to calm nerves and alleviate stress as it is a potent sedative. It is thus advisable to be administered to individuals suffering from insomnia, anxiety and depression.

12. COLD AND COUGH:

The fruit is greatly effective in keeping congestion and chronic coughs at bay by removing the phlegm and mucus from the nasal passage and respiratory tract. Thus, it helps in reducing cold and coughs.

13. KIDNEY STONES:

The seeds of this fruit act as a diuretic helping to expel bladder and kidney stones. It thus provides protection against kidney diseases as well.

14. AIDS IN WEIGHT LOSS:

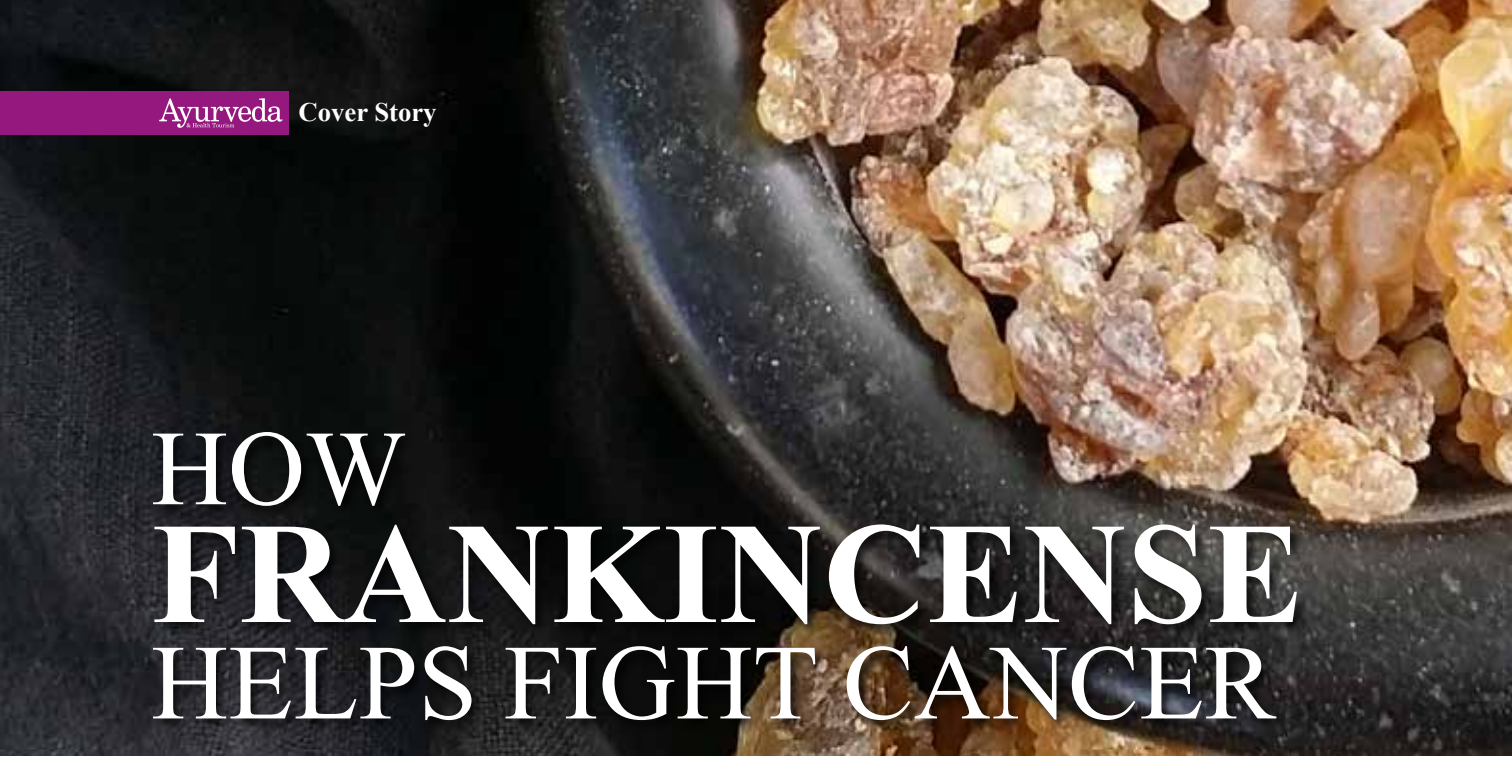
Sapota fruit indirectly helps in weight loss and thus prevents obesity by regulating the secretion of gastric enzymes, thereby improving metabolism.

15. GREAT DETOX AGENT:

Sapota fruit is a diuretic and helps in removing waste materials from the body through frequent urination. It thus prevents Oedemas or water retention by maintaining the water concentration within the body.

16. CAVITIES OF THE TOOTH:

The high latex content of Sapota fruit can be used as a crude filling for tooth cavities.



HOW FRANKINCENSE HELPS FIGHT CANCER

Is there more to frankincense than just an aroma, protecting immune system, fighting infection and curing basic diseases? Yes, there's a lot more to this essential oil than we think. Researches have confirmed a lot on its cancer-fighting properties. This article says a lot on this.

As they made their iconic trek from the Far East to witness the invaluable gift of the new-born King, the three wise men from the biblical account of the birth of Jesus came bearing their own gifts. One of them, frankincense, possesses a value much more significant than just a fragrant incense. It demonstrates powerful anti-cancer effects that even in modern times legitimize this precious oil as being truly fit for a king.

The oil of frankincense has been used for thousands of years to quell disease-causing inflammation, support heightened immunity, and prevent dangerous infections. But many people remain unaware of the added cancer-fighting potential of this precious serum, which researchers from the University of Leicester in the UK (among others), have confirmed through rigorous scientific testing.

Also known as boswellia, frankincense claims as part of its vast nutrient profile a unique compound known as acetyl-11-keto-beta-boswellic acid, or AKBA for short. Scientific tests have determined that AKBA is a sworn enemy of cancer.

With funding from the government of Oman, researchers from the University of Leicester were able to uncover how frankincense may be a safe and effective remedy for women who suffer from ovarian cancer – one of the leading causes of cancer in women.

Even in patients with late-stage ovarian cancer, which is exceedingly difficult to treat using conventional methods, the AKBA found in frankincense oil demonstrated clear efficacy.

Related research into AKBA has shown that this unique substance is also effective against other forms of cancer as well, including breast, colon, and prostate cancers. And the evidence suggests that frankincense isn't just a supplemental treatment to go along with chemotherapy and radiation; in some cases it may actually be preferential as a replacement.

The reason for this is that frankincense shows demonstrable effectiveness in a few areas where chemotherapy isn't all that effective, particularly with regards to ovarian cancer.

Though commonly mixed with a carrier oil such as saponified coconut oil or jojoba oil and applied topically, frankincense can also be consumed orally by putting one or two drops of the oil into a beverage. Be sure to consult with a physician versed in the proper use of essential oils before undertaking such a regimen for cancer-fighting purposes.

Source: https://thetruthaboutcancer.com/frankincense-and-cancer/



THINGS YOUR CANCER DOC SHOULD NEVER TELL YOU

Most cancer docs are very compassionate to their patients but sometimes what they say might misfire. So, while choosing your cancer doctors make sure they don't say the following things. If they do say these things, then it is a sign that they need an attitude adjustment or that you need a new doctor.

I'M AFRAID I DO NOT HAVE GOOD NEWS. You are visiting your doctor because you fear you have a problem. This kind of statement is sure to evoke fear within you. Most doctors make statements like this so that do this so that you will submit to their orders. Skip the drama doc.

YOU HAVE THREE MONTHS TO LIVE. It is not helpful when a doctor tries to predict your life as though he has a crystal ball. Despite the hopelessness showered on you by your doc, there is always hope. There is always a way to extend life or even reverse the disease.

This kind of prediction normally takes away the hope and changes the direction of the dis-ease. Even in the face of the most advanced of cancers, there is usually room for some words of encouragement and support. While there is hope, there is life.

IF YOU DON'T DO "X" YOU WILL DIE. For some bizarre reason, cancer doctors think they know everything. Know that there are many options to managing cancer – so, don't let your doctor bully you. In fact, it is good to point out to your doc that you are more likely to die if you follow only one standard protocol rather than opting for a less toxic treatment plan.

SORRY, YOU HAVE NO CHOICE. This is the usual statement made when a person is detected with cancer. Don't just rely on these statements. It is always good to get a second, third, or even fourth opinion. But, be sure to get at least one from an alternative or holistic doctor. Otherwise, you are still limiting your options and overlooking key lifelines to survival.

CALM DOWN. It is true that a patient diagnosed with cancer is upset. But, the situation becomes grave when you tell the patient to calm down or speak to him or her in a dominant tone of voice. This clearly shows a lack of empathy and offers no chance of a partnership.

THIS TREATMENT WILL CURE YOU. Even though this is a bold statement it is not effective if your doctor does not address your cause for cancer. Only when the root cause for the disease is determined and resolved can the treatment be considered "curative."

CANCER JUST HAPPENS: This kind of statement is very harmful to the patient. It should be understood that this is a signal or a cry for help that tells us something or many things are not right within the body. Don't accept that blanket statement from your doctor. Whether they are saying this out of ignorance or for your emotional protection, it is not helpful when it comes to your healing and survival.

ESTROGEN CAUSES BREAST CANCER. This is simply not accurate. Estrogen has 400 essential functions in a woman's body. While estrogen dominance and hormonal imbalance can allow breast cancer to develop and grow, estrogen does not cause breast cancer. More precisely, estrogen can turn on cancer genes, but only if not opposed by progesterone. So blaming estrogen for cancer is a bit like saying that matches cause fires. You have to light the match, right?

And last but not least…

HERE ARE THE STATISTICS. You are a person, not a statistic. You have your own unique set of circumstances; your own history. Statistics are helpful for doctors who use a checklist to make treatment recommendations. As an empowered person who is committed to make lifestyle changes that can affect your health and outcome, statistics do not apply.

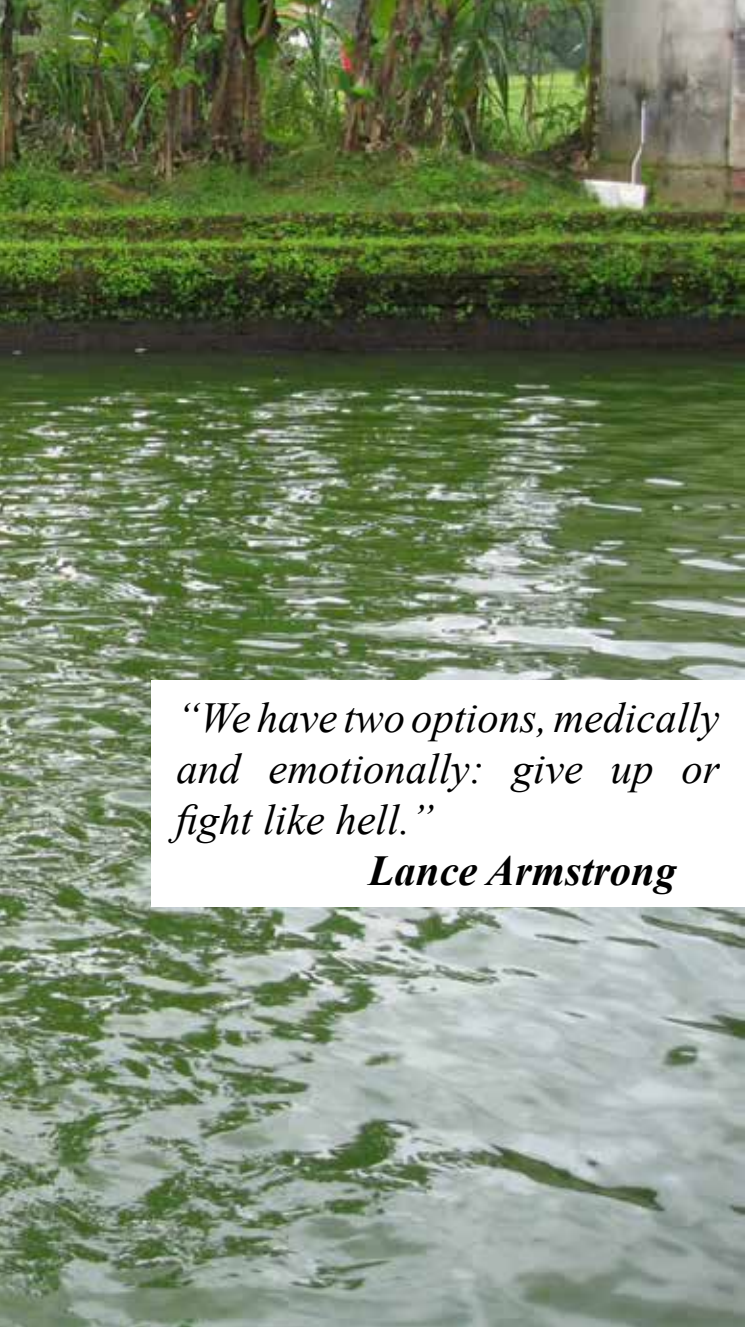
Source: https://thetruthaboutcancer.com/12-things-cancer-doctor/



PAST WAS PERFECT

Blame it on our new-gen lifestyle and eating habits for the alarming stage of cancer across the world. We have no time to live a healthy life today. We conveniently forget to take rest, take healthy food and exercise to let all kinds of diseases into our body.

Cancer is malignant, it can cost a person's life. This and a lot more are said about this deadly disease. We watch helplessly as our near and dear ones say good bye to this world due to cancer. But, what we fail to realise is that most of the time it is some of our actions including lifestyle and food habits that are the reasons for afflicting ourselves with this deadly condition. So, we should examine our lifestyle, our food habits to become more aware of this killer disease. Cancer is due to the excesses in our life and if we can manage that properly we will succeed in combating this disease. As human beings, our wants are more, we want to delay ageing, delay greying, delay death and many other things. It is some of these undesirable desires and what we do to attain them that leads to the development of different varieties of cancer cells in our body. And, it is not just lifestyle and eating habit that are reasons for this



"We have two options, medically and emotionally: give up or fight like hell."

Lance Armstrong

lethal disease, but the thoughts that we carry in our mind too. The continuous flow of negative thoughts in our minds set a thought pattern that are usually toxic, leading to the development of many harmful or toxic substances in our body which in turn can be a reason for some type of cancer.

We also need to examine ourselves on how we are always very overtly conscious about our looks and habits. Instead of accepting some of our flaws, be it in habits or the cosmetics we use, since we are all just human and are bound to have or make mistakes, what we do is try to perfect ourselves in all ways for which we tend to seek the outside help of chemicals or resort to other artificial methods. This, most of the time does more harm than good and by the time we realise this, we maybe too late. Also, during this process we tend to forget our age-old traditions and customs that expound the Ayurvedic way of life. Today, we are living in a world of short-cuts. We just cannot be bothered to be patient and to wait. We need results immediately. This again is a toxic attitude and behaviour.

And when we examine the lives of a few cancer patients we can understand that most of the time this disease is mainly due to some wrong lifestyle patterns. It doesn't mean there was no such disease in the past. It was there and there were also proper treatments in Ayurveda, that could successfully control or cure in most cases.

Blame it on our new-gen lifestyle and eating habits for the alarming stage of the disease today. We have no time to live a healthy life today. We conveniently forget to take rest, take healthy food and exercise so as to let in all kinds of diseases in our body. Earlier people lived a disciplined life. There was time for everything. They worked hard, ate mostly home-made food, took ample rest and the life was enjoyable. It is high time that we started realising the goodness of yore, and became less lazy, more active and stopped leading a materialistic life, so as to experience a more realistic, fruitful and disease-free life.

Of course, we have the urge to live lives that reflected the values and habits of the sages of yore. They followed the Ayurvedic way of life that was quite, natural and peaceful. But the fact is, it is difficult for us to return to the Ayurvedic lifestyles of our grandparents or great grandparents. But if one of us take that bold single step others are sure to follow. It is that one step that we are hesitating to take that can change the whole world.

Ayurveda thus, is more than a mere treatment system. It pronounces to us a whole lifestyle that is rich and fruitful both mentally and physically. This system of treatment was developed by our sages considering the lifestyle changes and diseases that were to come.

It is through their meditation that they have made us understand about the cure or prevention of different types of diseases. Their meditation gave them insights to the natural cure and treatment of many diseases using herbs and other natural methods.

Despite a lot of research that have gone in to the area of cancer treatment using Ayurveda, very little evidence have been collected due to which the credibility of this medical system is often on a swing and is hard to materialise.

We can argue that it is difficult for us to have a disease-free world, but this is not impossible. The past was perfect. Hence don't forget Mother Nature, who designed a lifestyle for us for a better living.

Ninu Susan Abraham

(Editorial Co-ordinator)

Kudrati Ayurved

Health Center Ahmedabad

An ISO 9001: 2008 -Certified First Ayurvedic Centre To Provide VITAMIN-D and Calcium Deficiency Treatment In Ayurveda

Established in 2000 by Ayurveda expert Mohammad Yusuf Shaikh, Treatment at Kudrati Ayurvedic Health Center, Ahmedabad ensures the best treatment for Vitamin D Deficiency and Calcium Deficiency diseases.

At "Kudrati Ayurved Health Center", all kinds of diseases are cured. Our speciality, however, is treatment for:

- **VITAMIN-D and Calcium Deficiency Diseases**
- **Osteoporosis**
- **Osteoarthritis**
- **Parkinsons**
- **Mucopolysaccharidosis (MPS)**
- **Perths Diseases**
- **Scleroderma**
- **Psoriasis**
- **Obesity**
- **Liver Disorders**
- **Mental Health**
- **Cancer Rehabilitation etc.**

Treatment at Kudrati Ayurvedic Health Center is based on perfect analysis of the disease by experts in 'NADI PARIKSHA' and 'PRAKUTI ANALYSIS', two traditional treatment systems of Ayurveda for correct diagnosis. Our diagnostic process is highly effective, which determines the fundamental cause of the illness. We focus on stepwise treatment to remove the root cause of the disease.

Our doctors and other staff members , qualified and well experienced in various disciplines of traditional medicine, provide the right treatment to cure the illness of a patient. The treatment starts with detoxification of the body along with therapeutic cleansing to ensure complete cure.

For the best desirable results, the medicines used here are prepared here with utmost care and strict adherence to authentic Ayurvedic formulae.

Before Treatment



After Treatment



PERTHS DISEASES

Perthes disease is a condition that is seen only in children in which they are subject to less blood supply to the hip. It is generally seen in the children of age group of 4 years to 10 years. Perthes disease is seen in the male child and less frequent in a female child. Probability of the disease is believed five times more common in male child than a female child.

SPONDYLOEPIPHYSEAL DYSPLASIA

Spondyloepiphyseal dysplasia is a descriptive term for a group of disorders with primary involvement of the vertebrae and epiphyseal centers resulting in a short-trunk disproportionate dwarfism. Spondylo refers to spine, epiphyseal refers to the growing ends of bones, and dysplasia refers to abnormal growth.

Before Treatment



After 3 Months Treatment



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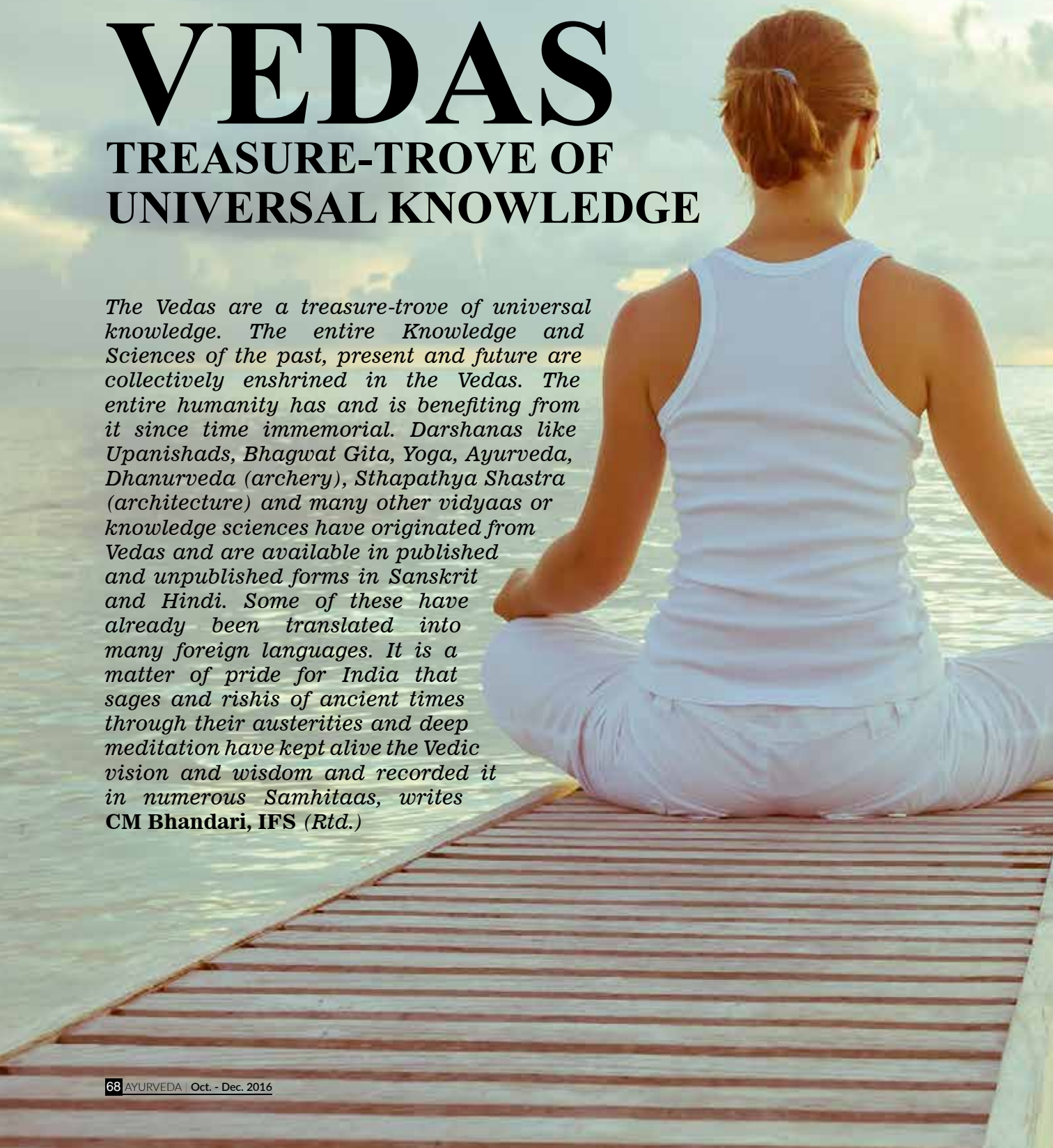
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VEDAS

TREASURE-TROVE OF UNIVERSAL KNOWLEDGE



The Vedas are a treasure-trove of universal knowledge. The entire Knowledge and Sciences of the past, present and future are collectively enshrined in the Vedas. The entire humanity has and is benefiting from it since time immemorial. Darshanas like Upanishads, Bhagwat Gita, Yoga, Ayurveda, Dhanurveda (archery), Sthapathya Shastra (architecture) and many other vidyaas or knowledge sciences have originated from Vedas and are available in published and unpublished forms in Sanskrit and Hindi. Some of these have already been translated into many foreign languages. It is a matter of pride for India that sages and rishis of ancient times through their austerities and deep meditation have kept alive the Vedic vision and wisdom and recorded it in numerous Samhitaas, writes **CM Bhandari, IFS** *(Rtd.)*

The Vedic Medical Science provides for a four-fold classification of healing processes: namely1. Aatharvani, 2. Aangirasi, 3. Daivi and 4. Manushyajaa. The following verse from Atharva Veda states:

(Aatharvanee Aangiraasee Daivi Manushyajaa utaa;

Aushadhayah Prajaayante Yadaa Tvam Praanam Jinvasi. Atharva Veda 11/4/16)

"Oh Praana or the vital energy of life! Only if you are active in the body can the Aatharvani, Aangirasi, Daivi and Manushyajaa systems of medicine can yield results. Atharva Veda thus reveals clearly that the aforesaid four-fold systems of treatment cannot be activated unless Praana flows in the body and brings it to life." It has to be understood that Praanaayaam is not so much the breathing process as monitoring the flow of Praana in the body through the nervous system that activates every cell in the body to perform it's assigned function. Meditation helps to activate body's inherent healing powers encoded in the brain. Aatharvani line of treatment thus refers to the self-healing capability of the body against diseases provided the individual has empowered himself/herself with this Knowledge for keeping the healing process active as per need. The main problem of modern times is that people are so much engrossed in their material and worldly affairs that their mind has no time to connect with the reality, the Jeevaatmaa within.

The second system that treats through the essence/vital force/secretions of the senses and other organs of the body is called Aangiraasee or treatment through endocrinal secretions. Marma Chikitsaa comes under Aangiraasee. The communicating link between the brain and the body is through the central nervous system, which can be successfully stimulated by respective Marma or sensitive point on the body, which in turn activates the connected organ. Besides providing preventive, prophylactic and curative measures, Marma Chikitsaa also fulfils the objective of providing vivacity and exuberance to life energy. The various operating, processing and logistics systems in the human body are kept in perfect rhythm by Marma stimulations.

The third, namely Daivi Chikitsaa is the process of treatment through the Panchamahabhootas or the five basic elements comprising of mud therapy (Prithavi or earth), Jal (water) Chikitsaa, Vaayu (air) Chikitsaa, Agni (fire) Chikitsaa and space therapy, which come under Naturopathy. In Manushyajaa Chikitsaa, various medicines, therapies and other man-made interventions as a result of knowledge, scientific research and experience are included.

The Vedas also mention many other ways of treatments like, Surya (Sun) Chikitsaa, Vaayu Chikitsaa, Agni Chikitsaa, Jal Chikitsaa, Mantra Chikitsaa, Agnihotra (sacrificial fire) Chikitsaa, surgical and other methods like Madhu Vidyaa (reconstructive surgery), Pravargya Vidyaa (preserving severed organs and cross and hetero-grafting), Mrita Sanjivani Vidyaa (reviving dead organs), Hasta Sparsha Chikitsaa (healing through touch by hands), etc. As a matter of fact, the forces of Nature – Praana (life force), Vaayu, Jal, Varun, Chandra (Moon) and Surya (Sun) have been deified and designated as guardians and protectors of humanity at large. Yoga and Ayurveda sciences incorporate all such known and unknown Knowledge of the Vedas.

Marma science from Ayurveda has made significant headway during past one decade because of its ability in providing almost instant pain relief and total cure of many chronic diseases. Dr. Sunil Kumar Joshi, head of surgery department in Government Ayurveda Medical College, Gurukul Kangri, Haridwar deserves highest appreciation for his clinical research in reviving this science and selflessly popularizing it in public interest. By now several thousand commoners have learnt this science of stimulating some 30-40 Marma points of the total 107 vital points on the body. It is also been included in several Yoga and Ayurveda universities' syllabus. I have myself seen it's miraculous results since attending the first workshop in April 2014.

Recently, on 19 October 2016 to be precise, a friend took me to home of an advanced stage cancer patient in prime of his youth. He is in early thirties and was in acute pain, unable to sleep at all. Though his joint family is financially well of and are giving him best possible medical and moral support, he has been tormented from the past two years of chemotherapy and two surgeries, the second being for removal of brain tumor. He told me that no pain-killer now works for him. I being just a student of Yoga Ayurveda practices and a non-medico, was not sure what I could do for him. So, I first tried two upper arm Marma points – Ani and Urvi – stimulations on him. It gave him noticeable pain relief. Thereafter, I gave him stimulation of all the Marma points on both arms, shoulder (Amsa) and upper back (Amsa Phalak and Brihati). He got so much relief from pain that he asked if he could visit me at home in the evening for repeat therapy. I marked all the points on his body and suggested that his wife, sister or uncle who were a witness to my Marma stimulations, could do it for him. But he had got so much relief that he visited me again in the evening claiming he was relieved of the acute pain. His family members felt greater relief as they had been more tormented for months by seeing him in unbearable pain. I again administered the Marma therapy, suggested few simple breathing routines and assured him of good sleep as well.

I was very happy to see him revisit me the second day, especially when he told me that he could sleep the night before and was feeling better. I gave him additional Marma points' stimulation on the face besides those already introduced on arms and back and showed one more breathing routine. I told him that as his faith in this therapy increases with decreasing pain everyday, he will be able to increase his willpower to fight his cancer and recover from it. It was a real joy to find that he too was nursing similar thoughts that he can get better though earlier his stamina and willpower were very low with ever intensifying pain.

He came the third day also and was reasonably cheerful, relieved of the body pain and got good sleep as well. This

time I showed him Marmas of the legs and way to stimulate them. I also taught him easy breathing techniques to calm down completely and come to a deep meditative state in natural way, without any effort. I further strengthened his willpower by telling him simple facts about body's response to promptings from willpower. From this it becomes evident that if such cases can be handled at the start itself and given proper understanding and practice of Yoga Ayurveda practices and therapies, they can be saved from trauma of these dreaded diseases. There can be no better way than this of relaxing and rehabilitating people suffering from chronic diseases or natural aging. In fact, the mounting pressure of looking after aging population the world over can be managed with minimal resources if these therapies are given full recognition and resources by governments. It will provide jobs to millions of people by diverting a huge chunk of health budget to such medicineless therapies that can be administered in village clinics or patient's home by skilled youth in these practices.

I do not for a moment claim that Yoga and Ayurveda can cure all diseases but these two sciences empower people to manage the worse times and become their own health managers. They can after good knowledge and practice of these sciences figure out the cause of any disease that may strike them and will thus be in a better position to fight it in more natural way and where necessary, take support of modern diagnostics and medicines. There is no reason why a person should not take medicines if it can remove the cause of disease. For externally caused body wounds and infections, accident injuries, etc. modern medicines are a boon, quick to provide relief but in lifestyle diseases recourse to Yoga and Ayurveda is a better option in the long run.

The entire human race is now trapped under the clutches of incurable ailments like diabetes, hypertension, cardiac and brain disorders, cancer, and other non-endemic diseases on account of unsustainable environmental pollution, as well as the ill-effects of people's changing lifestyles, including unhealthy foods and beverages and living in virtual spaces rather than living in balance with Nature. No single stream of medical science can effectively treat the very large magnitude and diversity of health problems faced by the world today.



Marma Chikitsa along with Yoga and Ayurveda hold promise to confer holistic health and happiness to the ailing humanity of today. The best part is these are non-invasive, medicineless, can be easily taught and administered and preventive in nature. They are based on sound scientific principles and provide exact results if taken from knowledgeable and experienced Masters of these ancient Vedic Sciences. I will share a brief description of the working of Mind from Vedic scriptures to show the depth of Vedic Knowledge.

MIND

Mind performs the most critical function in each individual, that of showing the state of affairs in each individual's life. Without mind's involvement, nobody will know what is going on within him/her. It is the least understood subtle organ of the body that connects the outside world to the individual or the Kartaa, the causal body, Aham or I living within the body. All inputs of the senses are faithfully communicated by mind to the intellect. Thereafter, whatever is the decision of the individual on that input after deliberations between the intellect (Buddhi) and the memory plane (Chitta), it is communicated to the mind. The latter carries it out faithfully through the senses. Mind is thus a two-way communicator like the computer monitor between the senses and the intellect but does not interfere the least on its own in this process.

The first chapter of 'Rudraashataadyaayi' (book on ritualistic worship of Lord Shiva) has 10 Mantras and last seven of them are called 'Manahsookta' dedicated to the role of mind. The individual tells his/her mind to inspire towards noble thoughts and good deeds. First comparison of mind with the rein of horse is made in 4th Mantra by stating that just as a rider can guide the horse nicely using the rein, likewise the mind has to be used for getting all things done nicely in public good. Without mind, the person has no connectivity with his/her body. The 5th Mantra tells that as soon as a person wakes up, mind travels to far distances and then returns also that fast to him/her during deep sleep. It can travel as far as light, which means as far as the person's knowledge can take it. We know that sitting on bed a person can visualize everything worldwide that is pre-recorded in his/her brain memory.

Mind also activates each of the ten senses' working as without





it, senses' activity cannot reach the memory plane, nor the individual can connect with the senses directly for initiating any action without passing through the mind. This has been made clear in 6th Mantra by stating that even a disciplined, patient and clever person in all his/her actions, is able to perform only after the coordinated decision of the individual's intellect and knowledge shows up on the mind. Likewise, knowledge of the external world becomes known to the individual only after the same is displayed on the mind by his/her senses. For this very reason, average people remain confined to mind and are unaware of the fact that things only show up on the mind but the actual source of the same is elsewhere.

Also, mind does not interfere in the actual decision making process of the individual. It's role is only to show input and output, as is done by computer monitor though the actual action is between the keyboard on one side and the processor + hard disc along with the software and data stored on it on the other. The 7th Mantra makes this point absolutely clear and tells that mind exactly represents the knowledge state of the memory plane and other qualities like patience and habits and that without mind no action is possible. The 8th Mantra then tells that even though all the information of past, present and future is recorded in the memory plane in the brain but unless it shows up on the mind along with directives for action if any through the intellect, the person cannot perform any action in any way.

The last two Mantras are very interesting. They further highlight the fact that ultimately the individual's knowledge decides his/her capabilities but in proportion to his/her subtle and physical capabilities. The 9th Mantra describes the functioning of a wheel where the movement of axel gets transferred to the rim by the spokes connecting them. Without the spokes there will be no transmission from axel to rim. The Mantra tells that verses of Rigveda, Samaveda and Yajurveda are like the axel of the wheel, which help in strengthening the individual's resolve for action in proportion to knowledge and mind is like the spokes that transmits the chittavritti to senses for action. Finally, in 10th Mantra mind's role is again compared to that of the horse's rein stating: just as a clever rider uses the reins effectively to guide the horses to destination, everyone must make proper use of mind to gain enlightenment and perform good deeds. Mind has no childhood, youth or old age because it is not a physical organ. All the seven verses pray to Lord that such a powerful mind should help guide the devotee to perform noble deeds.

Yoga and Ayurveda are time-tested ancient sciences of India that are being constantly vindicated by scientific and clinical research of over a century. Another fact of history is that the land of Central Asia is the origin of civilization. Its geographical spread was not limited by current political borders and the Vedic literature of India is universal in approach and has no other competing parallel literature anywhere in the world. Indian civilization is perhaps the only civilization in the world still connected to its roots with so much of knowledge about the rest of the Universe. Vedic traditions rival in unity in diversity.

It has to be recognized that in Yoga practice, the emphasis is on 'thought management' and not mind management. People need to understand that even though mind is central to a person's holistic identity but the actual source of actions is in memory plane of the brain or Chitta where all the knowledge is recorded and ideas orginate. Had the mind been so critical in decision-making process, the definition of Yoga would have been 'Yogah Manah-vritti Nirodah' and not 'Yogah Chitti-vritti Nirodah'. So mind shows what Chitta is and not vice versa. While practicing Mindfulness Meditation, the awareness shows up on mind but comes from the Chitta. All the intellectual human engineering has to take place in the Chitta plane and nowhere else and not vice versa.



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"Ayurveda is a consciousness based approach to health, a spiritual medicine recognizing the phenomenal intelligence in every grain, all life and every living thing."

Ayuryogashram: Your answer to Ayurveda in God's own Country

by Ms.Priya Unni

Kerala or 'Gods own country' has become synonymous with Ayurveda. And not simply, there is history to it. Because if we were to trace back 1200 years and more, this was where Ayurveda was practiced. And therefore, owing to its lineage, it is but natural that it is in Kerala, Ayurveda and Ayurvedic treatments and therapies have seen immense growth and it is from here that Ayurveda has not just spread to other parts of India but world over.

Over time, this alternative health and wellness regime has grown in size and stature that the importance of Ayurveda and its benefits are known and regarded globally. It is a 'Science of Life' that has been widely accepted, regarded, and followed.

Ayurvedic Resorts Wellness Centres in Kerala

It is now established that Kerala is indeed the 'land of Ayurveda'. Gradually, with awareness building and with Kerala Tourism noticing the importance of promoting Ayurveda in Kerala, we have witnessed the burgeoning growth of Ayurvedic resorts and wellness centres in Kerala, catering to the different needs of the visitor and which were built and created accordingly.

And therefore, if you are visiting Kerala, and want to explore Kerala for its uniqueness and also rejuvenate with Ayurvedic therapies, then, making it an experiential and meaningful journey will assuredly make the difference. So the next logical step is to find a good, dependable Ayurvedic health resort in Kerala and if your search has brought you to Ayuryogashram in Thrissur, then you have actually found the perfect place where you can experience Ayurveda first-hand and also unwind, chill, and relax in very beautiful, verdant, and peaceful settings. And it will not be just any vacation or holiday, if you have decided to reside in Ayuryogashram, then you have made the right choice! Because it will a relaxing holiday and a healthacation where you will be completely rejuvenated, detoxed and de-stressed and that is a given!

Get to know Ayuryogashram- Unearthing a story and a lineage

In the course of your travel, if you are looking for stories, history or back-story, then Ayuryogashram, the Ayurvedic health resort, located in the beautiful, quaint village of Parlikad, about 20kms from Thrissur is yours for the asking.

Ayuryogashram is a health resort that has neatly balanced history, tradition and whatever is the latest out there. Now, here we are referring to the traditional building architecture and one that has stood the test of time. The main building is a 100-year-old heritage building that



was once a 'tharavad' with 'nalukettu' and a nadumittam. Which essentially translates to an old family home built on the premise of Kerala architecture that was followed in those times. The Science of Carpentry or Thatchu Shasthra which served as the primary design sketch and the Indian counterpart of Feng Shui, Vastu shastra finds its bearings here. Both the interiors and the exterior are very captivating and the moment you step in, you feel like you are transported to the quietude of a blissful world.

The heritage building is surrounded by an extension building and cottages but all of which are built along traditional lines. Therefore, there is cohesion of sorts and not to miss, Ayuryogashram offers everything that is there to make your stay memorable also keeping in mind Ayurveda and Ayurvedic principles, that is followed to the hilt here.

Ayurveda- 'The Science of Life' inspired treatments and therapies

Now that you are here in Ayuryogashram, what is the USP of the place? Is it the location, the décor, the old-world charm? Or is it the people and their inviting warmth? And of course, it is the treatment methodology? Well, it is a combination of factors. Everything about the place, the stay, the people and more is what makes the difference. And if you want to experience Ayurveda first-hand in Kerala, then Ayuryogashram it is!

We are sought out for our Ayurvedic treatments and therapies. And the scores of both local and international guests' bear testimony to that fact. And not just guests who come back regularly but word of mouth and also our online presence have also worked in our favour.

Our mainstay of course is Ayurveda. And we have the proven experience too. By way of Ayurveda, there is a complete cleansing of the mind, body, and your innermost self. This follows a predetermined ritualistic process and the pattern is determined as per your needs, your body constitution, and overall composition. And of course, if you want a specific therapy, or a package, then we offer personalised services for that too.

So if you are thinking weight loss, relaxation, anti-aging, detoxification, panchakarma, de-stressing therapies and rejuvenative therapies, you can find it here. And if you have certain illnesses that need to be addressed the Ayurvedic way like arthritis, diabetes, obesity, back pain, knee pain, and migraines. We will help you find relief or offer solutions to it.

Our main Ayurvedic therapies and treatments include, Shirodhara,



Abhayangam, Udwarthanam, Tharpanam, Nasyam, Kati Vasti, Shirovasti, Panchakarma, Uzhichil, medicated steam bath and many more Ayurveda inspired therapies.

A stay here is complete. You are served fresh, vegetarian food that is cooked the satvik way. And we have an in-house Ayurvedic practitioner and experienced therapists and masseurs. We also have a full-fledged Yoga centre where resident guests' can understand the essence of Yoga which of course is like Ayurveda in a way. And this quote will support that even more, "Ayurveda is a sister philosophy to Yoga. It is the 'Science of Life' or longevity and it teaches about the power and the cycles of nature, as well as the elements."

Thus, taking into account the many different aspects Health and Wellness and the meeting points of the alternative, natural healthcare regime Ayurveda and Wellness, and the Science behind it, if you want to be a happy mind in a healthy body, then it is time to give Ayurveda a chance and where else but Ayuryogashram in Thrissur, Kerala!

If you want to know more, check out our website,
www.ayuryogashram.com or
write to us at:
info@ayuryogashram.com



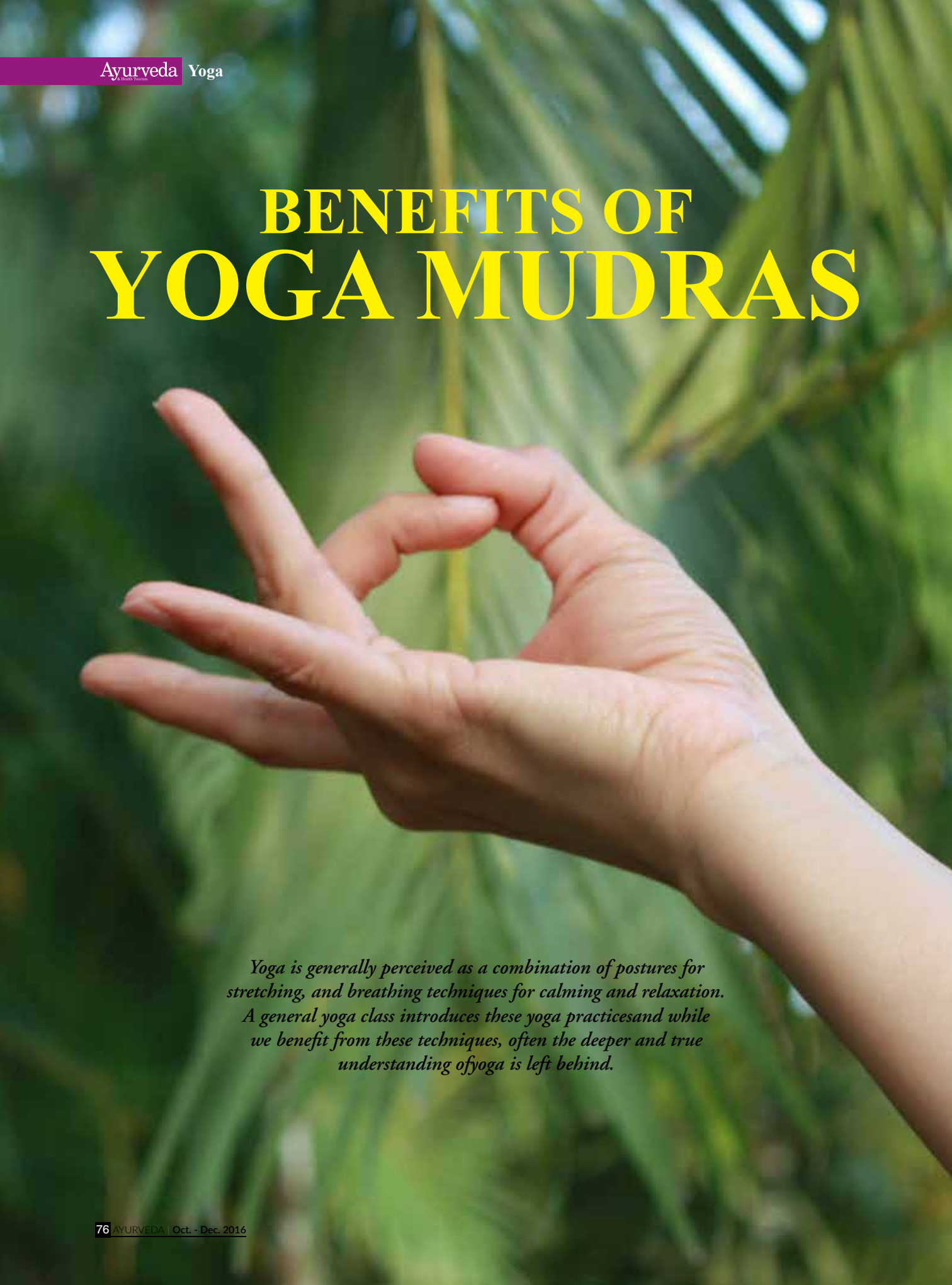








BENEFITS OF YOGA MUDRAS



Yoga is generally perceived as a combination of postures for stretching, and breathing techniques for calming and relaxation. A general yoga class introduces these yoga practicesand while we benefit from these techniques, often the deeper and true understanding ofyoga is left behind.

While the postures are cleverly designed to affect all the body systems and breathing practices bring awareness of the relationship that exists between the body and the mind, there is much more to yoga than meets the eye. As we explore yoga, the importance of the practice dawns and its subtle effect on body, mind and consciousness begins to be experienced.

A lesser known, more subtle and independent branch of yoga is Yoga Tatva Mudra Vigyan - yoga mudras.

Entirely distinct and based on the principle of Ayurveda, yoga mudras are understood as a healing modality. The Sanskrit word mudra is translated as gesture or attitude. A mudra may involve the whole body or could be a simple hand position. Mudras used in combination with yogic breathing exercises enliven the flow of prana in the body by stimulating different parts of the body involved with breathing. Relating directly to the nerves, mudras create a subtle connection with the instinctual patterns in the brain and influence the unconscious reflexes in these areas. The internal energy is in turn balanced and redirected, affecting change in the sensory organs, glands veins and tendons. This adds a completely new dimension to the yoga experience.

Here are some basic yoga mudras you can safely try to experience their effect:

CHIN MUDRA

Hold the thumb and index finger together lightly while extending the remaining three fingers. The thumb and index finger need only touch together, without exerting any pressure. Keep the three extended fingers as straight as possible. The hands can then be placed on the thighs, facing upwards. Now, observe the flow of breath and its effect.



Benefits of Chin Mudra

- Better retention and concentration power
- Improves sleep pattern
- Increases energy in the body
- Alleviates lower backache

CHINMAYA MUDRA



In this mudra, the thumb and forefinger form a ring and the three remaining fingers are curled into the palms of the hands. Again, the hands are placed on the thighs with palms facing upwards and deep comfortable ujjai breaths are taken. Once more, observe the flow of breath and its effect.

Benefits of Chinmaya Mudra

- Improves flow of energy in the body
- Stimulates digestion

ADI MUDRA



In Adi Mudra, the thumb is placed at the base of the small finger and the remaining fingers curl over the thumb, forming a light fist. The palms are again placed facing upwards on the thighs and the breathing repeated.

Benefits of Adi Mudra

- Relaxes the nervous system
- Helps reduce snoring
- Improves the flow of oxygen to the head
- Increases capacity of the lungs

BRAHMA MUDRA

Here both hands are placed in Adi Mudra, then with the knuckles of both hands together, the hands facing upward are placed at the navel area and the flow of breath continued.

In each yoga mudra, take at least twelve breaths and closely observe the flow of energy in the body.

There are numerous different mudras, many mysterious and others contemporary in nature. The main texts concerning the use of mudras are the Hatha Yoga Pradipika and Gheranda Samhita. The Hatha Yoga Pradipika describes 10 mudras and the Gheranda Samhita 25.

Some Yoga mudras come natural to us. Simply by touching our hands to our fingers, we can affect our attitude and our perception and the inherent energetic power can heal the body. There is a direct relationship between the mudras and the five elements of the body.

According to Ayurveda, diseases are caused due to an imbalance in the body, which in turn is caused by lack or excess of any of the five elements. Our fingers have the characteristics of these elements and each of these five elements serve a specific and important function within the body. The fingers are essentially electrical circuits. The use of mudras adjusts the flow of energy - affecting the balance of air, fire, water, earth, ether and accommodating healing.

There are many interpretations of the various finger positions. Whether they are represented as aspects of the self, the three energies inherent in the gunas, the mind, intellect, ego, illusion or karma, remains a mystery. The main point being that they introduce a non-intellectual sensibility.

Yoga mudras are practiced sitting simply cross-legged, in Vajrasana, or in lotus posture, or even by sitting comfortably in a chair. Ideally, Ujjai breathing accompanies the more simple mudras.

Source: www.artofliving.com

A GURU IN AYURVEDA FROM THE US

Dr. Marc Halpern (Dr. Shiva), President: California College of Ayurveda, in an e-mail interview to Ninu Susan Abraham, Editorial Co-ordinator, Ayurveda & Health tourism Magazine, reveals his interest in Ayurveda, the most ancient medical practice originated in India, the treatment of cancer in Ayurveda and his activities to promote Ayurveda in the US

Excerpts from the interview:

What has been your biggest accomplishment in your current position?

Creating a successful College of Ayurvedic Medicine in the United States is my biggest accomplishment. Most recently, the college's Doctor of Ayurvedic Medicine program was approved by the State of California and accredited by the National Council on Ayurvedic Medicine. This is the first of its kind program in the United States.

Who has been the greatest inspiration in your life?

I am inspired personally by my father who has big heart. He had a beautiful capacity to love. Professionally, I have been inspired by Dr. Subhash Ranade and Dr. David Frawley, both of whom supported me in establishing the college. Spiritually, I am inspired by Swami Sivananda, the great teacher from Rishikesh who was both a Medical Doctor and a spiritual master.

Where do you see yourself in Ayurveda, in the next five years?

Over the next few years, I will complete my textbooks on Ayurvedic Medicine and the College's Doctor of Ayurveda program will be fully established. This will then allow me to explore more opportunities around the World.

Tell us about your tryst with Ayurveda? When and how did this love affair happen?

My journey, since I was 13 years old was to understand the cause of disease and suffering. This journey first led me to study Chiropractic Medicine but I did not find what I was looking for here. I continued my post graduate studies in other forms of holistic medicine including Chinese Medicine, Homeopathy and Ayurvedic Medicine. It was in Ayurvedic



Medicine that I found what I was looking for. A clear, complete and well-articulated system that truly understood why we suffer on a physical, emotional and spiritual level and how to address each of these levels of dis-ease. Once I came to learn Ayurveda and I knew that I'd be devoting the rest of my life to this knowledge.

In addition to my professional journey, I was crippled with Lyme Disease in 1987 and that took me on a personal journey to heal myself. That journey led me to many places but it was through Ayurveda and Yoga that I was able to restore my balance, rebuild my immune system and completely heal from this devastating disease.

Since this is a cancer special issue, tell us about the philosophy behind the treatment of cancer in Ayurveda?

We take a five-part approach to managing cancer patients at our center.

- Support the patient to establish a harmonious lifestyle that is appropriate to their prakruti and vikruti and which reverses the nidana of the condition.

• Follow a diet that is not only harmonious to their nature but also one that is very high in vegetables and low in processed foods and sugar.

• Utilize herbs that have shown in laboratory studies to be beneficial in fighting cancer. Some of the herbs are cytotoxic, some have immune modulating actions and some help to restore natural apoptotic processes working in a manner similar to molecular medicines. The specific medicine as well as the mode of administration depends upon the type of cancer as well as the dhatu and srotas involved.

• Patients who are strong enough are brought through Pancharkarma in order to eliminate ama as well as excess dosha.

• We utilize the practice of Yoga Nidra to stimulate the patients innate ability to heal themselves.

How is diagnosis of cancer done in Ayurveda?

We diagnose the prakruti and vikruti of the patient. We utilize Western methodologies to understand the type of cancer and its stage. Patients who come to our center have already been diagnosed and we review the findings.

Do you do Ayurvedic treatments at your institute or is it just restricted to academics?

Our College has a clinic which provides treatments to the community. We have a pharmacy with more than 250 herbal raw ingredients. We make 90% of the medicines for our patients at our pharmacy as we mix together individual formulations for each patient. We also have a panchakarma center on campus with overnight facilities.

How do you convince people in the West that this system is as good or even better than Allopathy?

We do on-going community outreach and public education. We hold introductory classes for the community and educate them about the principles of Ayurvedic Medicine. Many people are not happy with the mechanical nature of Western Medicine and are ready to take greater responsibility for the healing of their own bodies.



Which do you think is the most common Ayurvedic treatment that people opt for?

The most common treatment is not a spa therapy. It is a detailed consultation and on-going follow up visits as we support patients to implement Ayurveda into their lives. These visits include support changing their diet, daily routines and adjusting how they utilize their senses.

Is there any rationale behind integrating Ayurveda and western medicine?

Of course,. Each system has strengths and weaknesses. Western medicine excels in emergency medicine. Ayurveda excels in the management of sub-acute and chronic disease. For many disease, Ayurveda can be the only medicine. When Western Medicines are needed, Ayurveda still plays an important role in maximizing the potential of the body to heal through diet and lifestyle.

Any plans to promote Ayurveda globally? If so, how?

My focus has been in the United States. Perhaps in 5 or more years, my work will shift but at this time my dharma keeps me here.

What are the legal regulations that you face for teaching Ayurveda in California?

We work within the guidelines of the Bureau of Private Post-Secondary Education and under the umbrella of the Health Freedom Act. So long as we comply, we do not have any challenges. There are some limits to what we can do. Education does not include Western Medical Diagnosis and treatments do not include surgery.

Which are the other well-known institutions/hospitals of Ayurveda in the USA?

There are several established institutions of Ayurveda in the United States. Along with the California College of Ayurveda, other institutions include: The Ayurvedic Institute, Kerala Academy of Ayurveda and the Mount Madonna School of Ayurveda.

Moving ahead, what are your future plans for Ayurveda, your institute and personally for yourself?

I am very excited about continuing the development of the Ayurvedic profession in the United States, I plan to continue my work with the National Council on Ayurvedic Education as we establish National Board testing and formalize the accreditation of Ayurvedic schools and colleges. The college plans to continue to improve its education programs and eventually offer post -graduate specialty training certifications in areas such as oncology, dermatology and so on. Personally, I hope to spend more time in ashrams in sadhana and continue my service to the Yoga community as well as the Ayurveda community.





Dr. Marc Halpern

Dr. Marc Halpern is the founder and President of the California College of Ayurveda, the oldest school of Ayurvedic Medicine in the United States. A leader in the development of Ayurvedic Medicine in the United States, he is the co-founder of the National Ayurvedic Medical Association, the National Council on Ayurvedic Education and the California Association of Ayurvedic Medicine. He has written three textbooks on the principles and clinical practices Ayurvedic Medicine used at colleges across the United States.

Marc Halpern received his Doctorate in Chiropractic Medicine in 1987 and his post-graduate certification in Holistic Medicine in 1991. In 1991 he began his studies of Ayurveda with Dr. David Frawley and went on to continue his studies Dr. Subhash Ranade. He has received awards for his service to Ayurveda in both the United States and India including the Best Ayurvedic Physician Award presented by the Hakim Ajmal Khan Society and the Indian Minister of Health and Welfare. He also received the Dhanvantari Award for Excellence in Ayurvedic Practice and the Charaka Award for Excellence in Ayurvedic Teaching by the American Association of Ayurvedic Professionals of North America.

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Author: Healing Your Life; Lessons on the Path of Ayurveda.

Author: Recording; Yoga Nidra and Self Healing

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SAMSKRT is the creation of Siddhartha Sengupta who is extremely passionate about bringing this evolved lifestyle to every home in the world so that you can face life's ups and downs with ease , then you can achieve your life goals and live life to the fullest .

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A GREAT PLACE FOR REJUVENATION



The Majlis Ayurvedic Health Park in Thrissur is a unique concept that ensures an experience of a lifetime to anyone who seeks wellness of mind and body. Established in 1995 in association with Majlis Health Park under the initiative and leadership of Dr Krishnadas, a renowned Ayurveda physician, the Majlis Ayurvedic Health Park offers various rejuvenation and detoxification programmes intended for preventing diseases, improving health in addition to curing ailments.

The Ayurvedic Health Centre here is endowed with well-qualified physicians, therapists and renowned practitioners from the lineage of respected Ayurveda families in Kerala.

The aesthetic cottages, the treatment rooms and the environment have been carefully designed to contribute to the overall natural well being of the guest. The cottages include both air conditioned and non air conditioned rooms. The food served is traditional simple vegetarian cuisine of Kerala.

Literally a Shangri-la, where everything is pleasant, the Majlis Ayurvedic Health Park makes you feel young and energetic and send you home totally rejuvenated and free of all worries, of the mind and the body..

The packages offered here are in tune with the needs of your body and mind, to cure the ailments, improve overall health and invigorate your senses for a better life.

Yoga and meditation classes are also conducted for the physical and mental wellbeing of the guests as per the advice of the chief physician .

The Ayurvedic Health Park and the Health Center pursue the Ayurvedic perspective of "Treating the Patient not the Disease.". The centre set in a calm and serene atmosphere with lush foliage outlying the noises of town gives you an ambiance perfect for the complete relaxation of body and mind. The aesthetic cottages, the treatment rooms and the environment have been carefully designed to contribute to the overall natural well being of the guest.

Other facilities include round the clock check-in, wireless internet, hot water, laundry etc.

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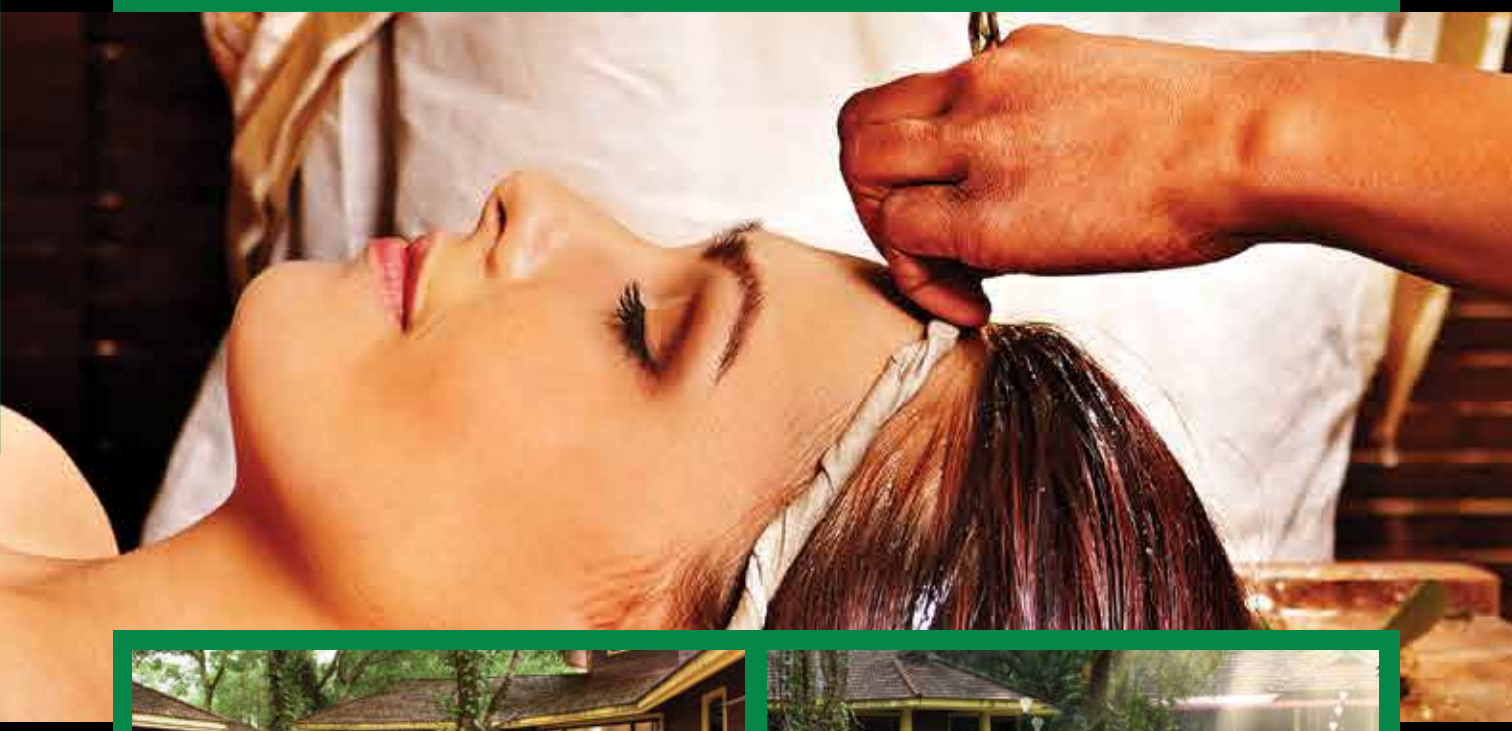
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GET RID OF THOSE STRETCH MARKS

Stretch marks are scars on the skin with a different shade or colour. They are said to be permanent marks and is likely to only diminish. It is hard to remove them completely.
These are mostly formed during pregnancy and appear on the belly, breasts, thighs, hips, lower back and various other parts of the body. It is usually found in women and formed subject to contraction or stretching of the skinny upper layer of the skin. It is caused due to the rapid growth or increase or decrease of weights. Though, they irritate the skin to a huge extent it is not at all harmful to the inner health of the human body. In fact, they do not affect the normal functions of the body. But, the most important point to be made is that they are often considered as a cosmetic nuisance. Just in case this problem is worrying you, don't panic! We have some solutions for you. This article talks about different oils that will help to eliminate the stretch marks. The importance of these essential oils is that it tightens the skin, prevents from aging of the skin, removes dryness and moisturizes the skin to heal damaged cells containing the stretch marks.



ROSE:

This oil is highly effective in toning and lightening the skin. It improves skin health and elasticity by improving circulation and toning the blood capillaries. Regular use of rose oil has a prominent effect on reducing the appearance of stretch marks.



JOJOBA OIL:

Jojoba oil is known to have anti-aging, anti-inflammatory, and anti-microbial properties. When it is used in cosmetic products, these properties promote healthy and flawless skin.

This oil is also very effective in preventing stretch marks. It is recommended that this oil should be applied on the skin especially on the belly region before these marks start to appear. This will also allow the skin to become moisturized and improve its elasticity thus it will avoid the appearance of stretch marks when the mother gives birth to her child.



CARROT SEED OIL:

Carrot seed oil is a very good remedy for all skin disorders. It helps to reduce or treat scars and stretch marks and also helps to improve skin tone and elasticity. It also reduces fine lines and wrinkles. Apart from stretch marks removal therapy, it is a common ingredient used in recipes for eczema, psoriasis and to balance sebum production. The powerful antioxidant properties of this oil help the skin to fight free radicals and improve the skin's ability to age and heal well.



CASTOR OIL:

Castor oil serves as multiple skin care functions. It removes wrinkles, fine lines, sagging skin, acnes. In fact, it is the most effective essential oil for the removal of stretch marks.

It is most effective when used after mixing with almond oil. This mixture is applied on the area of stretch marks and allowed to be left like that for absorption over 10 to 15 minutes.

Best results are achieved when this process is repeated 2 to 3 times a day for two weeks. This is learnt to be the most effective technique for removing stretch marks.



COCONUT OIL:

Natural oil obtained from the fruits of coconut tree is very widely used for the strengthening purpose of hair roots. Apart from its uses for hair, the oil also strengthens skin and enables new skin to grow diminishing the old stretch marks.



CEDAR WOOD OIL:

Cedar Wood Oil works well with the skin's self-maintenance routines. It helps to balance both dry and oily skin conditions and helps to clean the skin of impurities. It also helps to decongest creepy skin tissues and draws out excess fat between the tissues. The oil is very effective for the healing of stretch marks.



SAGE OIL:

Sage oil is obtained from the leaves of this evergreen tree which are dried to extract the oil from it. The method used for this oil extraction is called steam purification. This oil is highly effective for pregnant women and is said to be one of the safe essential oil. This oil also has therapeutic effects and smoothly stimulates the flow of blood.

WARM UP THE WINTER WITH HOT SOUPS

There is nothing quite as comforting as a bowl of hot soup to warm you up in the winter months. These regional Indian soups from different states of the country are both flavourful and healthy.



RASAM

This south Indian staple made with toor dal is thinner and lighter than sambar, and gets its tangy, piquant taste from tamarind, tomatoes and lemon. There are countless variations of rasam, some highlighting one ingredient, such as ginger, tomato, pepper and drumsticks.

Easy Rasam Recipe

INGREDIENTS:

Tamarind -	Small gooseberry size
Tomato -	1
Rasam powder -	1 & 1/2 tsp
Sugar -	1/4 tsp
Turmeric powder -	1/8 tsp
Salt -	As needed
Coriander leaves, chopped -	1 tblsp
Curry leaves -	5

TO TEMPER

Ghee/ Oil -	1 tblsp
Mustard -	1 tsp
Red chilli -	2
Jeera -	1 tsp
Curry leaves -	1 sprig

METHOD

Soak tamarind in hot water for 30 mins and extract its juice and keep aside. Make the total water 3 cups. Chop tomatoes roughly. Heat kadai and fry tomatoes in few drops of oil with a pich of salt until soft. Add the tamarind extract, turmeric, torn curry leaves and half the coriander leaves.

Bring to boil and add the rasam powder, salt and sugar.(refer note-1 for a tip) Mix well and just bring to boil.Switch off the flame and transfer to the serving bowl. Garnish with coriander leaves.Close immediately (otherwise the aroma will escape ;)).

Temper with the items given under 'To temper' table in order and add it to the rasam.



TOMATO SAAR

This tangy vegetarian soup from Maharashtra is made by boiling and pureeing tomatoes, which are then flavored with tamarind, cumin, mustard seeds, curry leaves and peppercorns. Some versions also use coconut milk to thicken the soup's watery consistency. Tomato saar can be had by itself or with rice, and is also good for clearing blocked noses and colds.

INGREDIENTS

Tomatoes - (use fresh homegrown tomatoes for best taste)	2 lbs
Carrots -	2, chopped
Water -	3 cups
White Onion -	1/3 cup, chopped
Ginger -	1 inch, sliced
Garlic Cloves -	3, chopped
Cumin Seeds -	1/2 tsp
Black Pepper -	1/4 tsp
Cayenne Pepper -	1/4 tsp or one Green Chili
Curry Leaves -	3
Salt	

FOR TEMPERING:

Ghee -	1 tbsp.
Cumin Seeds -	1/2 tsp
Mustard Seeds -	1/2 tsp
Hing / Asafoetida -	a pinch
Curry Leaves -	4

METHOD

Mix all the above ingredients together and cook in a pressure cooker on medium low heat. Once full pressure is reached, reduce and cook for a few minutes more.

Remove and cool. Using a high speed blender, blend into a smooth paste.

Heat ghee is a pan. Add the tempering and the blended tomato. Bring it to boil and check for seasoning. Add water, if required, to bring to desired consistency. Serve hot.



ULAVA CHARU OR
HORSEGRAM LENTIL SOUP

This traditional rasam-like soup from Andhra Pradesh is made with horse gram lentils or ulavalu, which are a good source of protein, calcium and iron. Like rasam, it gets its tangy taste from tamarind, and aroma from curry leaves and mustard seeds here

INGREDIENTS

Horse gram lentil, soaked overnight -	½ cup
Oil -	1-2 tbsp
Mustard seeds -	½ tsp.
Cumin seeds -	½ tsp.
Pinch of fenugreek seeds (opt)	
Curry leaves -	1-2 sprigs
Dry red chillies -	1-2
Green chillies, slit -	1-2
Garlic paste -	1 tsp.
Cumin powder -	½ tsp.
Pepper powder -	½ tsp.
Salt to taste	
Turmeric powder-	¼ tsp.
Tamarind water or to taste	1 cup
Sugar (opt)	½ tsp.
Coriander leaves to garnish -	1 tsp.

Method

Pressure cook the soaked horse gram in 3 cups water for 10 – 12 minutes on a low flame after the first whistle. Set aside to cool.

Drain the water and keep aside. Grind 3-4 tbsp of the boiled Horse gram lentils to a smooth paste. Keep aside.

Heat oil in a pan and temper with mustard seeds, cumin seeds and fenugreek seeds. After it stops spluttering, add red chillies, green chillies and curry leaves. Saute for a few seconds.

Add garlic, cumin powder and pepper powder. Saute for a few seconds more. Then add the stock, salt, tamarind water, sugar and the lentil paste.

Mix well and bring it to a boil. Simmer on a low flame for 15-20 minutes. Garnish with coriander leaves and serve hot in individual bowls.

Source courtesy: The Huffington Post

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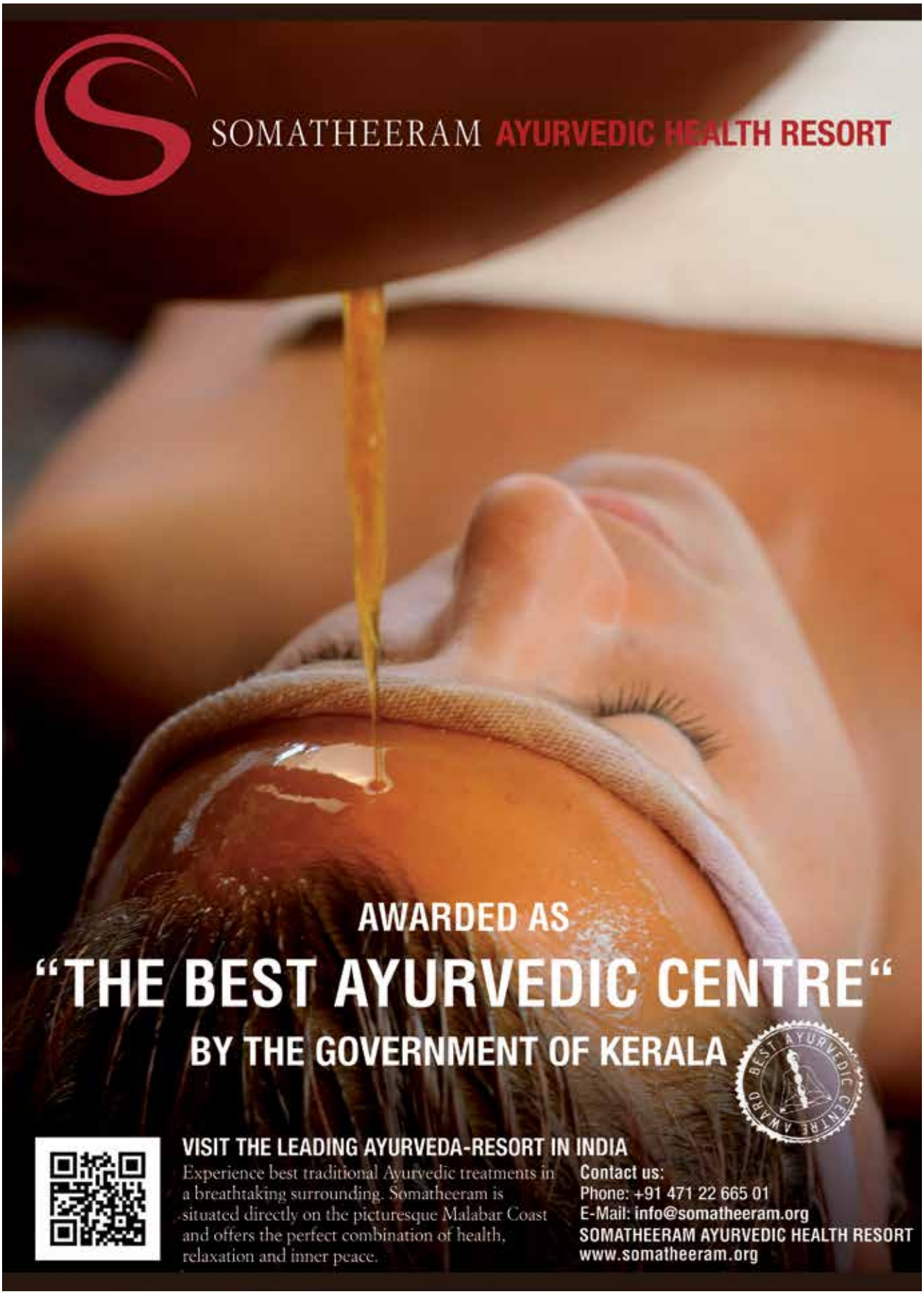
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THE GLOBAL BURDEN OF CANCER: WHAT IS AYURVEDA'S CHALLENGE & WHAT HAS AYURVEDA TO OFFER?

"Ayurveda & AYUSH Systems guiding future cancer treatment and research: Shaping the Science of Cancer Prevention based on Shastra's rich concepts of Prakriti and more"

By Dr. Madan Thangavelu Ph.D

INDIA'S NETWORK FOR AYUSH CANCER CARE (NFACC) – ENABLING THE SCIENCE OF CANCER PREVENTION:

On 19 October 2016, a memorandum of understanding was signed in New Delhi to develop a'Network for AYUSH Cancer Care (NFACC)' – a collaborative effort between the National Institute of Cancer Prevention and Research (NICPR), an autonomous institute under Department of Health Research, Ministry of Health & Family Welfare and All India Institute of Ayurveda (AIIA), an autonomous institute under the Ministry of AYUSH. The comment by Dr. Soumya Swaminathan, Secretary, Department of Health Research (Ministry of Health & Family Welfare) & Director General, Indian Council for Medical Research about the main aims of the initiative are of particularly significance. The main aim of the 'Network for AYUSH Cancer Care (NFACC)' should be to reduce the incidence of cancer, for which preventive aspects drawn from the strengths of AYUSH systems should be explored and the collaborative research should aim at developing traditional medicine as adjuvant therapy to reduce the side effects of chemotherapy. The NFACC and this MoU will add to and carry forward the ongoing bilateral dialogues and facilitate collaboration between the Ministry of AYUSH and The National Cancer Institute (NCI) of the National Institutes of Health (NIH), Bethesda, Maryland, USA.

AYURVEDA TREATMENT FOR CANCER IN INDIA

Ayurveda-specific cancer clinics and cancer treatment facilities dedicated to Ayurvedic approaches are now seen in many locations across India. The Integrated Cancer Treatment and Research Centre in Bharatiya Sanskriti Darshan Trust's Ayurved Hospital and Research Center, Wagholi, Pune, Maharastra is one which even has a Bhabhatron II, 4th generation cobalt Unit for cancer radiotherapy / teletherapy in addition to Ayurved-based care and treatment. Sheth Shri Rasiklal Manikchand Dhariwal Cancer Hospital in Dungri, Valsad (near the Jain temple town of Palitana) handles over



3,500 to 4,000 patients a year. This hospital in Dungri is dedicated to treating cancer patients using panchgavya (prepared from five cow products - milk, urine, dung, curd and ghee). The treatment in this charitable hospitable is almost cost-free –only a rupee a day.KottakkalAyraVaidyalaSala's cancer clinics attract patients for help with improvement of quality of life with Ayurvedic procedures.Treatments range from body cleansing using panchakarma followed by major dietary changes and then medication based on Ayurvedic formulary.

Success stories about Ayurveda-based cancer treatment have been reported at all these locations. One high-profile example is Alojz Peterle, Member of the European Parliament, Former Prime Minister of Slovenia and himself a cancer survivor, following Ayurvedic treatments in India. Alojz Peterle is the Founder and current President of The MEPs Against Cancer (MAC, www.europeancancerleagues.org/mac.html); an informal group of Members of the European Parliament (MEPs) at the European Parliament committed to actions against cancer.

Curating information of this kind in a systematic way can be a great step to identify and develop further the underlying



science and could provide clues in how to manage at least certain kinds of cancer in certain individuals. There might well be excellent lessons here for cancer care in both developed and developing countries and provide opportunities for further research collaborations with very large research programmes in locations like the Fred Hutchinson Cancer Research Centeror other cancer centers around the world.

SHASTRA THAT DEFINES AYURVEDA & AYUSH SYSTEMS GUIDING FUTURE CANCER TREATMENT AND RESEARCH: FROM RICH CONCEPTS OF PRAKARTI AND MORE TO SHAPING THE SCIENCE OF CANCER PREVENTION

Cancer is already challenging all of the current concepts in contemporary biology and demanding a refocus in the search for the answers to the important questions: "Why do some people fall ill and others do not?" and "How can we prevent, slow, or even reverse the disease and its effects?"By undoing the integrity and logic of the tightly knit human body, the errors in biochemistry and cellular and sub-cellular physiology of cancer cells defies current scientific logic and demands a new way of looking at the problem. How can Ayurveda and shastra help outline ways ahead?

Integrating Ayurveda's prakarti analysis with contemporary biochemical procedures and medical and technical advances like serum metabolomics, microbiome and clinical data should enable individual and age-dependent single analysis. One such study was completed and presented recently by Professor Oluf Pedersen, Novo Nordisk Foundation Center for Basic Metabolic Research, University of Copenhagen, showing the link between human intestinal bacteria, type 2 diabetes and insulin resistance, a forerunner state of widespread disorders like type 2 diabetes, hypertension and atherosclerotic cardiovascular diseases. Something similar is possible for cancer.

The "Healing Breath Programme" directed by Prof. Fahri Saatcioglu, Department of Molecular Biosciences at the Institute of Health and Society, University of Oslo is one excellent example of a study to unravel the impact of Yoga and related systems and practices on breast cancer patients. The study hypothesis is that yoga will lead to a measurable effect on psychological distress in breast cancer patients and that a correlation with favorable changes in physiological parameters may impact disease progression. What is the brain-cancer connection – or the pyscho-neuro-immuno-onco axis, for want of a better expression? The language, logic and grammar of Ayurveda offers the best framework for appreciating such new and much needed extensions to contemporary medicine and medical research.

Ayurveda and Yoga both emphasise the need to appreciate the human body as a complex but tightly integrated system. Integration of several factors is necessary to understand and accommodate subtleties of individual-level cause of health and disease, in the form of differences in strength, of causative actors vis a visimmunty, the Prakriti, Seasonal, variations, age and other subtleties. The interlinked triad of Agni-Bala-Ojas is one cardinal concept in Ayurveda. Aatma-Manas-Indriya-Kriya-Agni-Mala-Dhatu-Dosha in health and disease is another, an extended integrated unit to represent and account human health. Other related variations are The "Dosha-Agni-Dhatu-Mala-Kriya-Prasannatva of Atma-Indriya-Manas" Axis (DADMK-PAIM Axis)."DADMKA-PAIM" Axis - Interlinking 'jara' (aging) and cancer". Such questions hold innumerable insights, secrets and promise research directions. Ayurveda'sshadkriyala concept could help offer novel approaches for prevention, early detection and treatment of common cancers.

The concept of "tumours as organs" considers solid tumors as not simply clones of cancer cells but as abnormal organs composed of multiple cell types and extracellular matrix. If the tumour is an organ what kind of agni would it possess– perhaps different from the seven dhatu-specific agnis? If yes, what are the implications for cancer treatment and

prevention? The positive and negative signals to tumor cells which are key in promoting the transition towards a clinically aggressive tumor- now recognized as the angiogenic switch or innervation of tumours and theneuro-neoplastic synapse, or stress (manas&indriya) leading to cancer progression. Much more can be offered by aAyurved-inspired new language and new thinking to provide cures for understanding this disease.

CURES FOR CANCER, TEMPTATIONS AND PRESERVING AYURVEDA'S INTEGRITY:

Acute promyelocytic leukemia (APL), one of the most aggressive and fatal forms of acute leukemia, istoday ione of the most treatable form of leukemiausing Chinese folk treatment based discovery of arsenic tetroxide which is now a front-line treatment for APL. At least three arsenic containing materials - Orpiment (Haritala, As2S3), Realgar (Manashila, As4S4 or AsS) and White arsenic (Gouripasana, As2O3) - are used in Ayurveda's Rasasastra. Moreover, the Ayurved, Siddha and Unnani pharmacopeia now detailed in India's Traditional Knowledge Digital Library (TKDL; www.tkdl.res.in/) holdsmany more of such postential treatments.

Ayurveda, and other AYUSH modalities like Yoga, Unnani and Siddha systems are primarily systems for promoting good health, with aspects which can address ill-health and cures for disease. However, in most contemporary discourses and narratives there is an unfortunate and often misplaced overemphasis on cure, which forces Ayurvedainto corners where demands are placed for it to be projected and promoted predominantly as a system of cure. In this scrabble and misplaced focus, Ayurveda is required to prove its worth by comparisonto Western 'modern' medicine. Such debates and comparisons are inevitably driven by the lure of blockbuster market values for promised cures of the top diseases / causes of death in the world: - can Ayurveda cure ischemic heart disease, stroke, COPD, lower respiratory infections, lung cancer, HIV/AIDS, diarrhoeal diseases, diabetes mellitus, hypertensive heart diseases [the list is very long and detailed as in World Health Organization's (WHO) 10th revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10)]. Emotions and expectations are even higher when it comes to cancer. The current promises of cancer curesalready have a gross market value which can tempt even the Rishis of Ayurveda to rethink their vocations! Such temptations should not corrupt the clarity, logic and rationale offered by the ancient Ayurveda Samhitas.

REFINING THE AYURVEDIC-SHASTRIC PERSPECTIVE OF CANCER:

Maybe cancer is that one disease that will open minds to truly appreciate and recognize the Ayurvedic rationale that every individual is unique, and no two individuals in the course of this Universe will ever be alike. The uniqueness of cancer will also place demands on contemporary research to recognize and integrate the whole of reality and the conflicting, but essential, concepts of unity and continuity within diversity in any world view and all models of health, disease and healing that one sets out to explore and define. Perhaps there are lessons for future research and clinical. All of these are related themes and could well yield a new and important direction on "Causes, Prevention and Cures for Cancer - An Ayurvedic-Shastric Perspective". Cancer-lessons are in this way similar to Ayurveda-lessons – that Life's line is neither straight nor zigzag, Life is holistic!

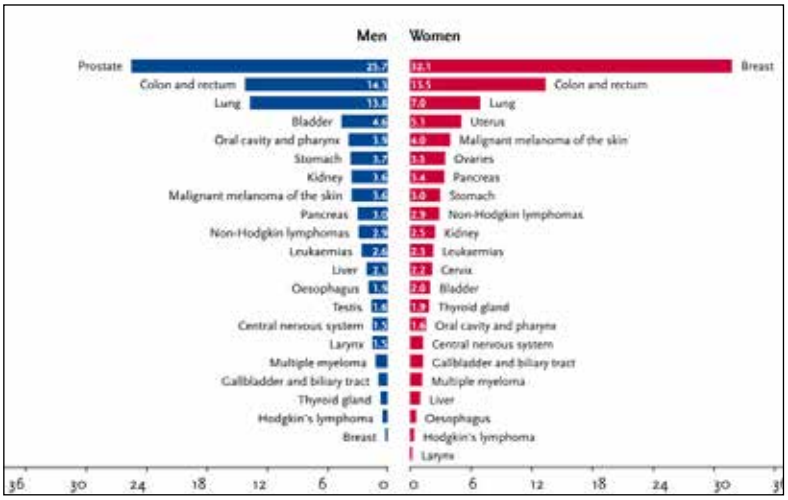




Dr. Madan is a genome biologist with an unusally diverse academic background and range of research interests. He is an Inlaks Foundation Scholar (1982 Trinity Hall) and has a Ph.D. in Molecular Genetics. His current primary research interest is the development of single DNA molecule and single cell techniques for genome analysis. He is the inventor of the Molecular Copy Counting technique - very high resolution and high sensitive technique for describing genomic variation at the level of single cell and single DNA of molecules.

THE CANCER CANVAS

The global cancer burden ,its size, scale, demographics and related statistics are all being unraveled with great power and clarity. The Burden of Disease Cancer Collaboration reported in 2013 that there were 14.9 million incident cancer cases and 8.2 million cancer deathsworldwide (https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4500822/). Deaths annually from lung (1.59 million), liver (745 000), stomach (723 000), colorectal (694 000), breast (521 000), oesophageal cancer (400 000) were reported and these numbers and the associated challenges will only increase in the years to come. The World Health Organization's International Agency for Research on Cancer (http://www-dep.iarc.fr/WHOdb/WHOdb.htm) and the Global Health Observatory now offers cancer-specific and other health-related statistics for over 30 sites on the human body across many of the 194 Member States. Very detailed statistics of most common cancers in men and women in different of the body is also starting to be know, as in this distribution offered at the German Centre for Cancer Registry Data at The Robert Koch Institute in Berlin.



Incidence, deaths, standardised mortality rate, 5-year-prevalence, relative 5-year-survival rates and related statistics of types of cancer and cancer burden in individual countries are compiled and curated by organizations like the Union for International Cancer Control (UICC) the Global Burden of Disease Cancer Collaboration and many others around the world. The annual global cost in 2010 of cancer is estimated at $2.5 trillion, including direct costs related to the prevention and treatment of the disease, economic value of mortality and morbidity and the longer-term costs to patients and their families.

Cancer research and advances and our increasing understanding of cancer:

The 24th World Cancer Congress organised by the Union for International Cancer Control (UICC)which concluded on 3 November in Paris (http://www.worldcancercongress.org/past-congresses) is today the leading international conference for the global cancer control community. The Union for International Cancer Control UICC grew out of the first International Cancer Congress held in Madrid in 1933. In the eight decades and more, since the first Congress, much has changed in almost all aspects of our understanding of cancer, including the treatment and cure of several cancers. The expanse of the cancer canvas and the growing current understanding of cancer and the diversity in the cellular and sub-cellular mechanisms that brings about this disease is staggering. It encompasses almost every aspects of contemporary paradigm in biology and also research tools, techniques and technology. Advancing on an almost daily basis, the research activities continues to offer phenomenal insights and details that expand the breadth, the depth, the complexity of the cancer problem. Genetic contributions and the spectrum of DNA changes in cancers are available via resources like COSMIC: Catalogue of Somatic Mutations in Cancer (cancer.sanger.ac.uk/). Cancer research, clinical and basic and fundamental is now a part of almost ever university of any standing the world over. These advances have been enabled and also speeded the development of new technologies, new opportunities for researchers and research directions and research programmes.

Nonetheless, it is now generally recognized that a bulk of the cancer disease load can be prevent and avoided. Important risk factors include smoking tobacco (including passive smoking), obesity (a diposit as), high consumption of processed meat products, high consumption of alcohol, type 2 diabetes and chronic inflammation of the pancreas (pancreatitis). For stomach cancer, bacterial infection of the stomach with Helicobacter pylori is the most important risk factor followed by a diet high in animal products and low in fruit and vegetable content. All this is particularly important now, at a time when healthcare systems the world over are burdened and in a crisis; they are over loaded and, very expensive, with ever increasing burden of chronic and lifestyle diseases and thus solutions have to be found. Most of these recommendations of prevention before cure are not alien to Ayurveda. What more can Ayurveda offer to solve the cancer challenge, particularly the aspects of cancer that modern biology is not able to resolve? The most significant contribution has to be enabling the growth of the much needed Science of Cancer Prevention.

Dr. Madan Thangavelu Ph.D



"AYUSH PRANA"
Solution for multiple Sclerosis

Do you know which disease will have the longest chronicity (a lifelong disease)?

Do you know the disease that takes maximum number of young adults to the wheelchair? And the disease that needs the longest years of healthcare and the highest health care expense? It is a condition in which women are affected three times more than men.

The answer is Multiple sclerosis (MS). An unknown name until ten years ago in Asia but in the West, MS is immediately understood.

MS starts mostly with mild sensitivity problems like numbness or at times with milder vision disturbances or even temporary total loss of vision. Once the pathology sets in, it starts to progress with time.

The annoying symptoms of MS that hinders the quality of life are balancing problem, walking difficulties (requires walking stick, wheel chair, etc.), vision loss or cloudiness of vision, bladder difficulties (frequency, incontinence and urgency), cognitive disturbances, coordination problems, spasticity, sexual dysfunction, tremor, ataxia, stiffness of limbs, pain that is non responsive to analgesics. At times, antiepileptic medicines are used for the same psychological problems like mood swings and depression.

Even though the average age of onset of the disease is around 28 years, there are also paediatric cases of MS. In Germany alone, about 300 children are diagnosed every year. Unfortunately, the number of MS cases worldwide is escalating. The incidence in India shows tendency to the same record.

The diagnosis of MS is done by MRI and CSF studies (as confirmatory test). Multiple lesions are present in the brain and spinal cord, especially in the white matter of the brain and in the cervical region of the spine. MS is interpreted on the basis of activity and size and number of lesions but a more detailed study considering the whole brain will give more information about the disease in the future.

The ethology of MS is unknown. It is prevalent more in Europe, especially Scandinavian countries, Canada and US where there is less availability of sunlight. In my clinical experience, multiple reasons are to be coined as the cause of MS. Toxic, physical stressors, ingested toxins like heavy metal toxicity and other types of toxins, multiple vaccinations in a short duration of time, too much electronic smog, familial tendencies, injury to head and spine, mental stressors, emotional traumas, practice of sport in an extreme form, chaotic lifestyle with longer period of late sleep, and so on. Immunological disturbances could also be a leading factor for MS.

The ailment could be broadly considered as a Neuro - Psycho - Immuno - Endocrinological disorder. So a wide spectrum of causes have to be eventually considered here.

Even though MS is considered as an auto-immune disease by the allopathic system, the Ayurveda concepts cannot concludethis as the cause. Auto-immune process might be an effect of an ongoing pathology, a chaotic state inside the body not being capable any-more to rearrange the normal functions. Most of the allopathic medicines used in the treatment of MS are based on the assumption that suppressing the immune system would be the way out but I doubt, for the same reason, that they are able to bring much results and also having multiple negative side effects.

In conventional medicine, there is no known cure or to curb the disease. There are only the so called disease-modifying medicines. Most of the MS medicines are "accidentally proven" for the treatment of MS, which are otherwise used for entirely different diseases. The main medicines that are used in the treatment of MS are "Interferon"(originally used in Hepatitis, in tumour and antiviral), "Methoxanthron" and "Alemtuzumab" (both used in chemo therapy in leukaemia with serious side effects), "Amantadine" (antiviral and in Parkinsons disease) "Cortisone" during relapses, "Copaxone", "Tsyabri","Fampyra".

Unfortunately, they are unable to provide any long term benefits to the patients. In fact, those medicines have no known benefits that help the patient even for few years, but have definite side effects that are equally troublesome like the disease itself. The most important and largely sold medicine "Interferon" was studied by the British Government and did not give an insurance coverage for this expensive medicine since it does not give any lasting benefit to the patient. In India, an injection of interferon costs about Rs5,000 (US$73). A single company makes US$2,000mn for three different MS drugs. Interestingly, this is higher than the whole Ayurveda medicine manufactured in India.

The incidence of MS is found one in 150,000 people. There are different types of MS: the Relapse and Remission form of MS (RRMS), Secondary Progressive MS (SPMS), Primary Progressive MS (PPMS), Primary Relapsing type of MS (PRMS). Among all these types RRMS has the best prognosis but before it changes to SPMS. PPMS needs to be treated as a different disorder even though the symptoms are similar.

MS patients are largely turning to alternative therapy owing to the reasons mentioned above. Ayurveda had proven effect for this disease.

MS is a curable disease in the initial stage if there is no considerable motor deficit or bladder involvement. In the later stages, the treatment can stop the pathology process and can improve the various symptoms of MS.

The Aims of MS therapy :

• Control on the progression of MS: To control the pathological process of MS, so that further deterioration of the disease could be stopped.
• Stabilisation of MS and improvement of symptoms: Stabilisation is attained when there is no further progression of the disease. Specific symptoms are considered, like gait disturbance, vision disturbances, bladder problems, etc., which improve during the treatment and are sustained thereafter.
Cure from MS could happen without leaving any residual symptoms in the initial stages of the disease. A periodic follow up at least for three years is an essential component for the success of the therapy. The minimum duration of treatment is 50-60 days a year, which has to be repeated for three years.

Treatment Methods:

The therapy for MS is a system that uses a group of therapies aimed at treating the source of the disease, where palliation of symptoms happens on its own accord. During the treatment period, a patient undergoes various types of therapies involving numerous herbal preparations depending on the constitution, metabolic status, mental state, severity of the disease and symptoms of the patient. The duration of the treatment for a single day is approximately four hours.
The main treatments followed at our centre are Shirovasthi, Thailadhara, Kashayadhara, Oushadha–Njavara, Nasya, Basthi or other Pancha karma (whenever required). Sometimes certain variations in therapy within the framework of Ayurvedic principles are adopted, such as in case of severe balancing deficit, where a Shirovasthi-Shirdhara combination therapy is carried out.
Therapeutic yoga postures are taught to patients supporting the Ayurveda therapy. Patients are prescribed individual yoga postures depending upon the body constitution and symptoms, which helps in improving the coordination, balance, strength in the lower limbs and flexibility. MS specialised physiotherapy is given for individual needs by experts.
The fundamental criteria for success in treating complex disorders in Ayurveda depend on the quality of herbal preparations. Treatment-oriented herbal recipes are made, which are not available for sales elsewhere. These herbal preparations are created in limited quantities to ensure the quality, and are verified by the “Government of Kerala Drugs Control Administration”.
We make custom made oils depending upon the constitution and symptomatology. Most of the herbal oils which are used for MS are custom made and are potentiated several times. Numerous ingredients are used for preparing the herbal oil for Shirovasti. Fresh herbal extracts are abundantly used in preparing these oils to ensure the effectiveness in such a strong pathology like in Multiple Sclerosis.

Ingredients:

Sesame oil as the base oil
Water: added four to eight times
Herbal paste: ¼ the quantity of oil
Herbal decoction: two times that of oil
Fresh Herbal extracts: two to eight times the quantity of oil (for two - eight times potency)

Method:

These ingredients are heated on mild fire in a traditional vessel made up of 5 metal alloy (Varp). The contents are slowly stirred continuously during the entire process to ensure the uniform absorption of heat. When the herbal paste has reached a stage, which is called as ‘MruduPaka’ (soft consistency - where there is percolated water molecules), the oil is filtered. This stage stays only for a few minutes in the entire process, so oil needs to be filtered carefully within this short span of time. The whole process of preparing the oil takes around 12-15 days, during which the temperature of the oil is always kept at 75-80°C.
The medicated oils are highly seasoned and concentrated herbal oils. The repeated addition of herbal extract and herbal decoctions (11 times) makes the oil 11 times potentiated than the normal oil.
While treating MS or other complex disorders, we as Ayurveda physicians face a multitude of difficulties. From propagating a methodology of treatment, making own medicines, having a strict control on making the medicine, and the routine follow up of patients during and after treatment is required. During this time we collect data like the MRI and other lab reports for diagnostic, prognostic and for a future research purpose. Separate interviews in the form of testimonials from the patient at different stages of treatment to evaluate improvement are also carried out. Moreover, we do not have a criteria and standards for any of the above mentioned practical things.

Profile

Dr Prasanth Raghavan is the chief physician of AyushPrana, the specialty hospital for Multiple Sclerosis started as early as 2002 under the guidance of renowned Ayurveda practitioner, his father Dr R Raghavan. He introduced the specialty therapy for MS while he was practicing in Germany.

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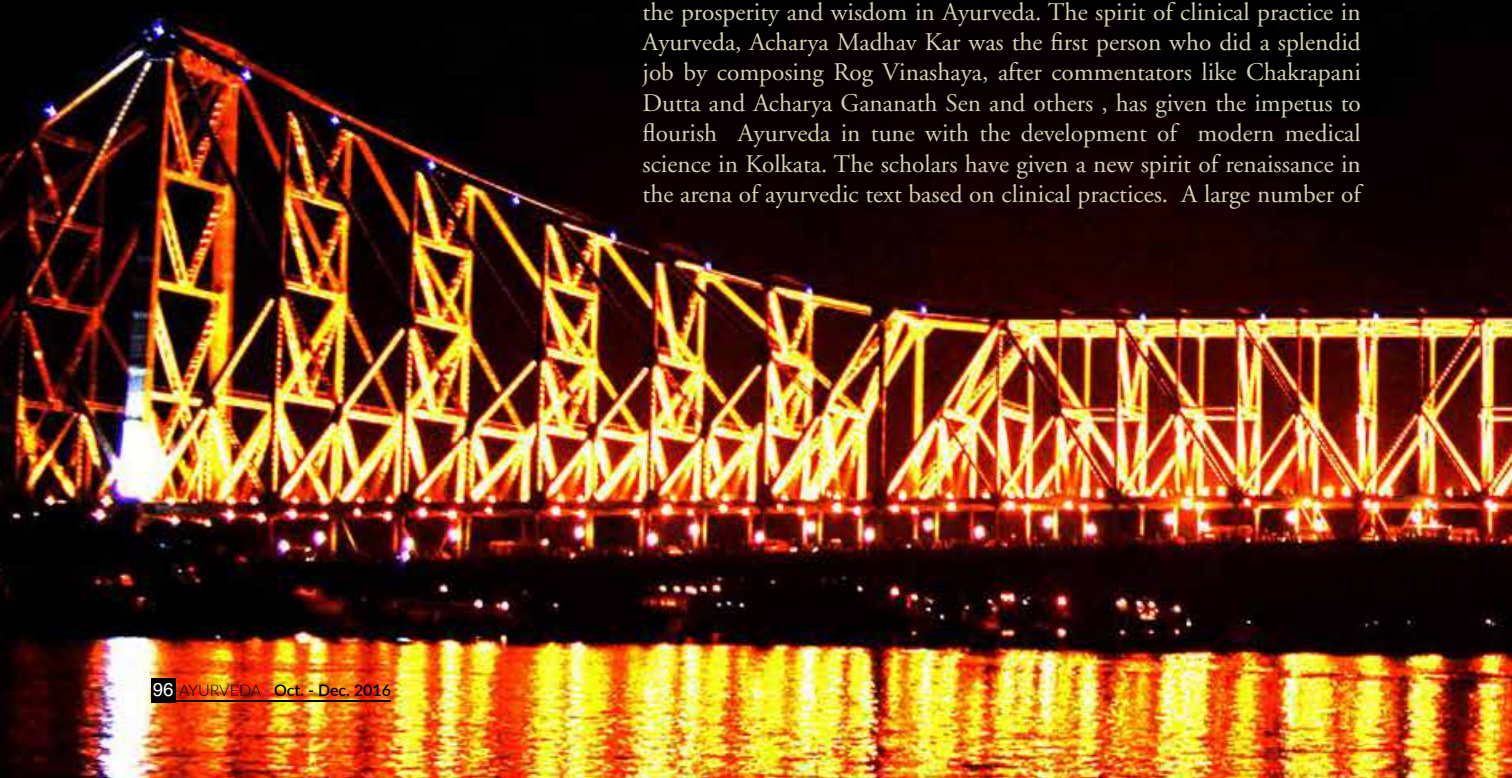
AYURVEDA IN KOLKATA
TIME CHANGES, TRADITION CONTINUES...

Bengal has a long tradition of promoting Ayurveda with a proper blending between the ancient medical system in the country and modern scientific development. Dr. Debasis Panja and Arka Bhattachar writes about the continuing tradition of Ayurvedic practice in Bengal

The continuous flow of what Ayurveda has enjoyed in Bengal was not merely a service to the suffering community but also gained a vast acceptability of integration with the modern science.

In our country, South India (Kerala) is popularly known for practising traditional authentic Ayurveda and Kolkata is known for being a pioneer in blending Ayurveda with traditional Knowledge and modern techniques.

The continuous flow of what Ayurveda has enjoyed in Bengal was not merely a service to the suffering community but also gained a vast acceptability of integration with the modern science. The succeeding scholars with their contemplation, sincerity, and diligence have given the prosperity and wisdom in Ayurveda. The spirit of clinical practice in Ayurveda, Acharya Madhav Kar was the first person who did a splendid job by composing Rog Vinashaya, after commentators like Chakrapani Dutta and Acharya Gananath Sen and others , has given the impetus to flourish Ayurveda in tune with the development of modern medical science in Kolkata. The scholars have given a new spirit of renaissance in the arena of ayurvedic text based on clinical practices. A large number of



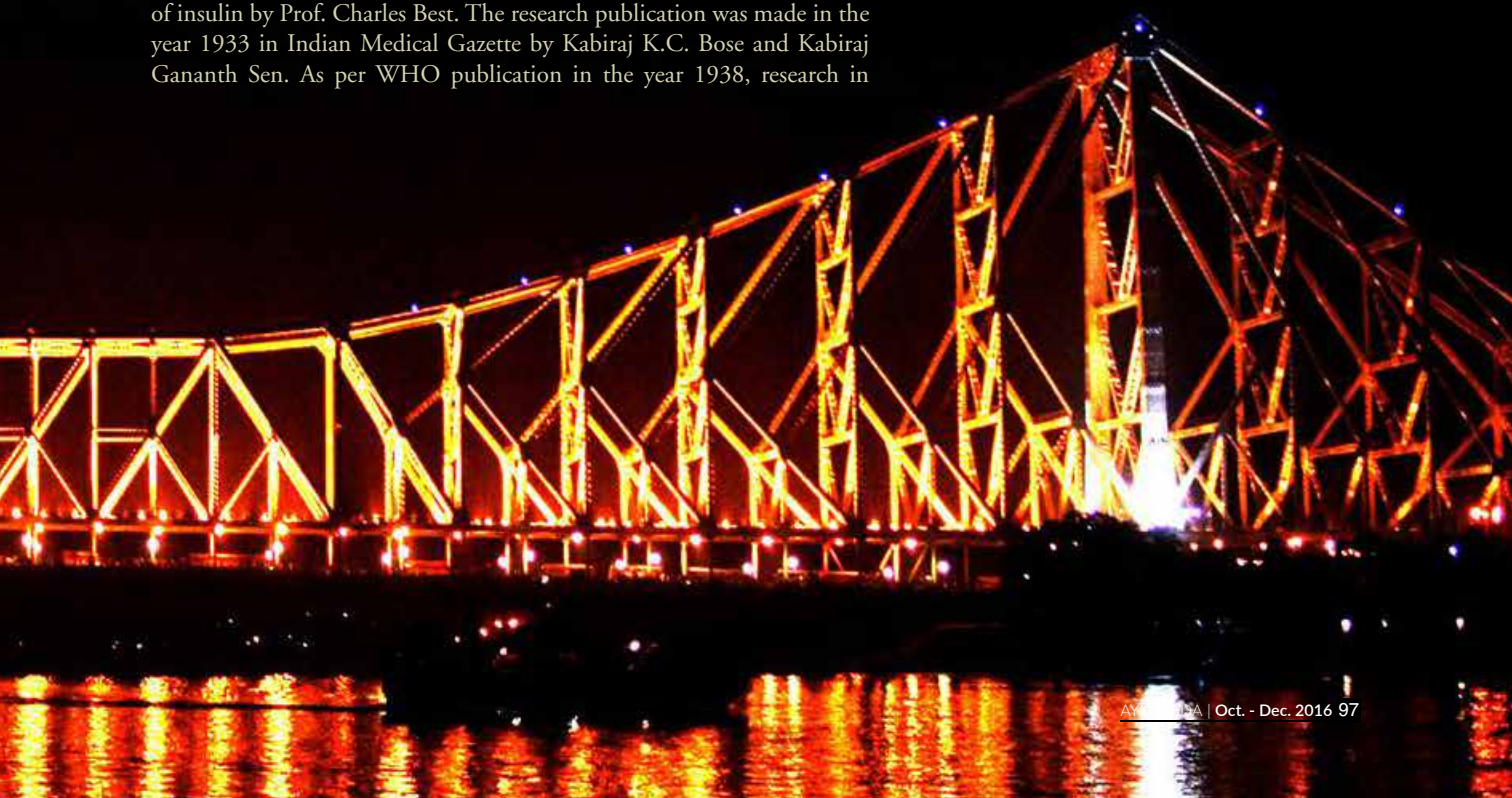
enthusiastic medical fraternities used to visit Calcutta (Kolkata) from all parts of the country to learn the Ayurveda for its authenticity, purity and integrity and flexibility towards other system of medicine.

The principles of Ayurveda in the light of Panniyan Grammar (traditional school of ayurvedic practice), integrative healthcare system made by Bengal scholars has categorically opened a new arena of understanding for modern ayurvedic practice.

In Bengal the acharyas or ayurvedic practioners are popularly known as Kabiraj. Kabiraj Gananath Sen and Kabiraj Jamini Bhusan Roy are two legendary luminaries in modern Bengal who has initiated the integration with the help of modern science and techniques in 19 th and 20 th Century. Kabiraj Gananath Sen wrote a book on anatomy in Bengali, which is still remain a reference text for all concerns and Kabiraj Jamini Bhusan Ray first felt to establish a well equipped hospital and a school for formal ayurvedic medical practice to overcome the limitations of 'toll' education (Gurukul system of Ayurveda). In spite of having an indepth knowledge and formal education in allopathic medicine he was passionate about promoting Ayurveda with the help of modern methods & techniques. Later on in 1916, he established India's first ayurvedic medical college and hospital in Calcutta (Astanga Ayurved Mahavidyalaya -presently known as J.B. Roy State Ayurvedic Medical College & Hospital).

The Ayurveda knowledge mainly based on Charak Samhita, Sushruta Samhita and Asthangana Hridaya are considered to be vibrant scientific document in the development of Ayurveda. The Bengal scholars has developed a Parampara such as Sen Parampara (Shrikhanday), Gupta Parampara (seven generations of Chupi), Chattopadhyay Parampara of Purulia and Debnath Parampara of Birbhum which has a long legacy of fourteen generations and Prof. Pratip K Debnath , the most popular thinker of modern ayurveda is belongs to this parampara. He was a pathfinder in post-independent India, to put ayurvedic research on a common format with the modern drug development protocol.

The J.B. Roy State Ayurvedic Medical College & Hospital became a torch bearer in pharmacological research projects. In the year 1921, clinical research was initiated by Kabiraj Gananth Sen preparing injectables, enemas and aerosols from plants which is contemporary to the invention of insulin by Prof. Charles Best. The research publication was made in the year 1933 in Indian Medical Gazette by Kabiraj K.C. Bose and Kabiraj Gananth Sen. As per WHO publication in the year 1938, research in



pulmonary tuberculosis was done, and documentation of health care was started from 1933 to 1947. In 1960, research on pulmonary tuberculosis was performed with Mallasindura and Bhallatak & Vasaka. The research project was performed by Kabiraj Ananda Ray, Kabiraj K.B. Adhikary and others.

This tradition is still going on. Prof. (Dr.) P.B. Kar Mahaapatra in Inst. Of P.G. Education & Research and the only clinical research unit of the State of Bengal is performing under the leadership of Dr. Tuhin Kanti Biswas and Dr. Srikanta Pandit. In the recent history, a research work was conducted on Prakiti Nirnoy (determination) in comparison with genomic correlation in association with Institute of Genomic and Integrated Biology.

In 1964, the oldest Ayurveda institute in India started running under the direct perview of Government of West Bengal. The visionaries were associated with this developmental programme by the then famous surgeon and Health Minister, Dr. Anath Bandhu Roy. He also initiated the Paschim Banga Ayurvedic Parishad Act, 1961. Later on, in 1975, Ayurvedic Hospital got the ten storied well equipped infrastructure at J.B. Roy under the leadership of great admirer of Ayurveda , former health minister, Ajit Kumar Panja.

The integrated ayurvedic education started its journey in Kolkata and all over Bengal way back in 1921 with a full fledged research unit. The same year Pasimbanga Ayurved Parishad started its journey to recognize the ayurvedic education and in 1939 state council and faculty formed. Now in West Bengal, at least five academic institutes are providing education in UG, PG level. There are one Government Pharmacy education centre and two Govt. run clinical research institutes to cope up with the huge demand for ayurvedic drug development.

Bengal has a long tradition to promoting Ayurveda with a proper blending between authentic Ayurveda and modern scientific development.

A well conversant command in original text- written in Sanskrit is the important component to integrate age old tradition system with fast changing modern health care system is lacking today. The city of joy (Kolkata) is enjoying ayurvedic mode of treatment, education, and research with lots of 'link failure'. The continuation of Bengal's ayurvedic tradition can only be made after solution of each lacuna. But above all, time changes and tradition continues.



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