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Ayurveda
& Health Tourism



FROM INTERNAL HAPPINESS TO
ETERNAL BEAUTY

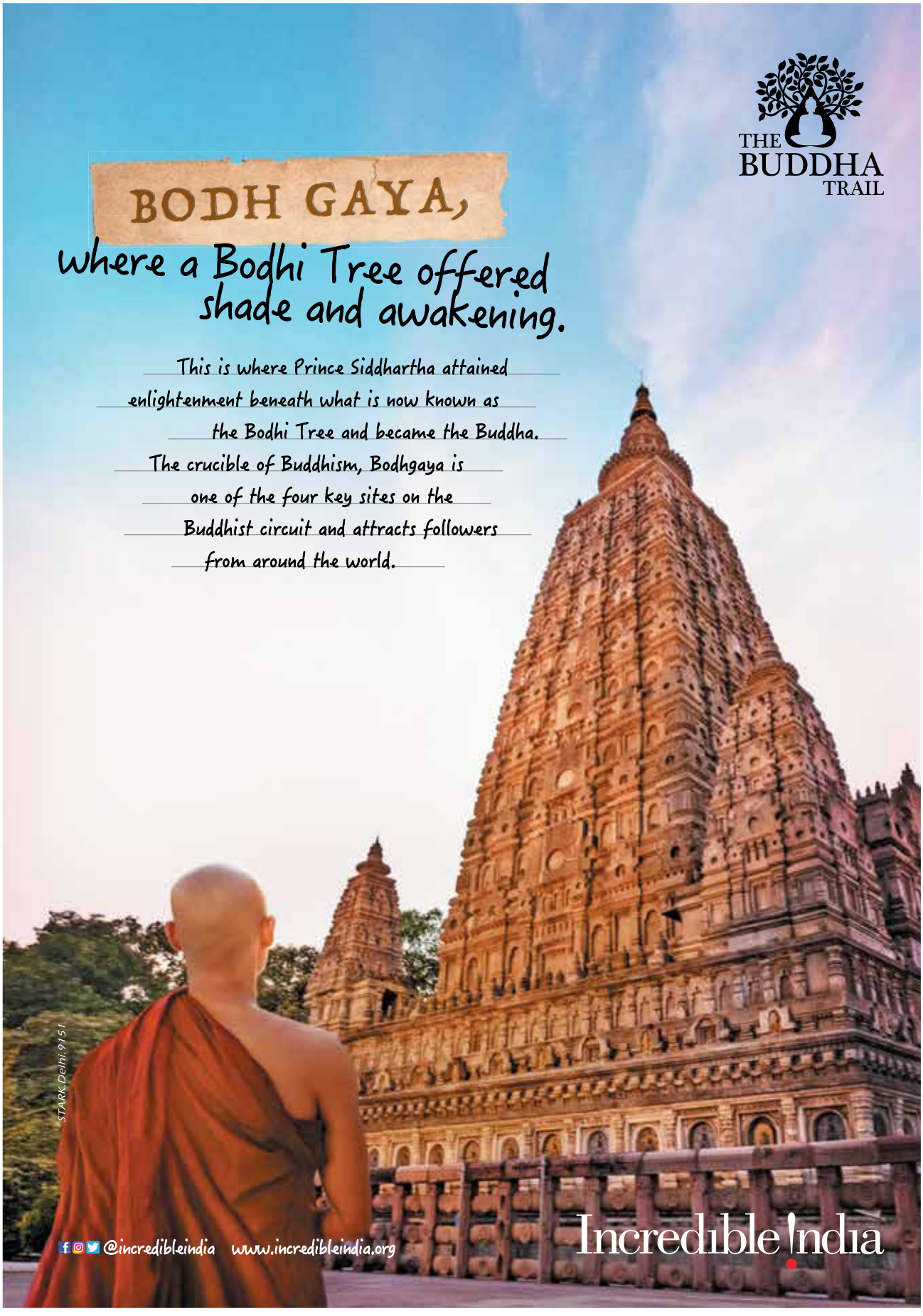
HOW TO GET THAT
BRIDAL GLOW?

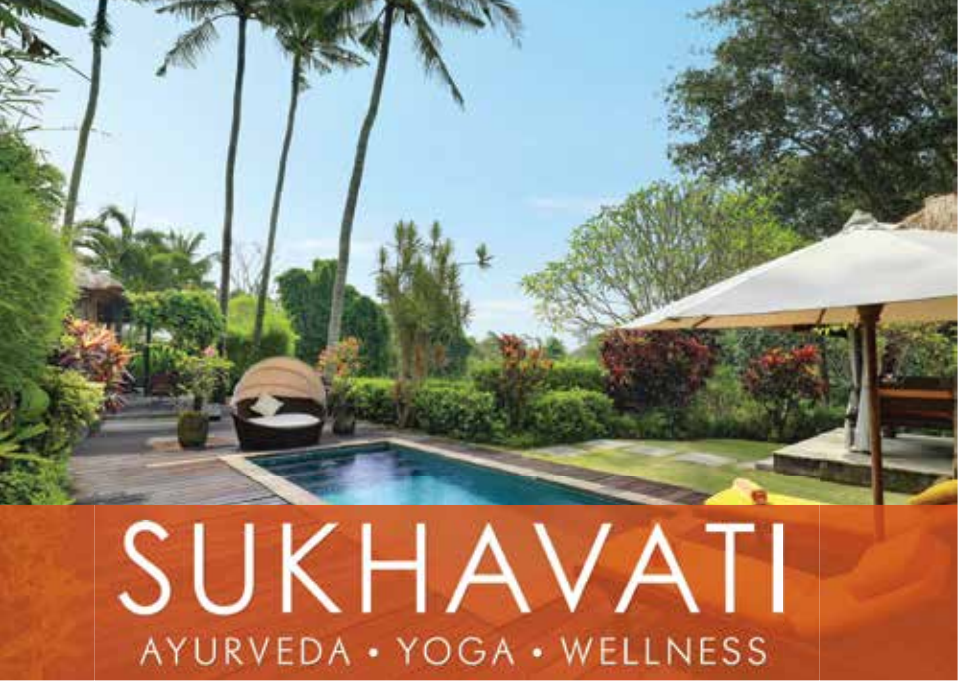
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WHAT TO DO?

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Not just skin deep

Beauty has many definitions and approaches and there are several ways to achieve it. Ayurveda has a natural and holistic approach to beauty and holds that one has to balance one's life to become beautiful.

According to this traditional medical system, beauty has several facets that range from physical aspects such as colour of the skin, glow of the hair and structure of the body to emotions, thought processes and one's self realisation. Nature has ensured that when these work in perfect harmony, everyone will look beautiful. All that one needs to do is to know how this harmony works, and to practice things that will not upset this balance.

Beauty is not a magic pill. Everyone is beautiful in his or her own way. However, by adding a natural and loving touch of Ayurvedic care, one can look and feel beautiful both within and without. Ayurveda regards the face as one of the most important areas to take care of since it has all the five senses. Also, to attain the Ayurvedic beauty, one needs to pamper oneself with exotic herbs, foods that are pure, and beauty care that is natural and simply divine.

As with all beauty systems, Ayurveda too regards skin as the basic element of external appearance and relates beauty to the type and texture of one's skin. There are several other contributing factors too like hair loss, hair colour, wrinkle free skin and the like. But 'beauty', in common, is associated with the skin unanimously. Beautiful skin of a person gives one the perceptual experience of satisfaction.

Ayurvedic science deals with cosmetology in a very precise manner. Medicinal plants like Haridra, Manjistha, Sariva, Chandana, Amalaki, Ghritkumari, Babul, Lavanga, Shikakai, Ritha, Bhringaraj, etc., are prescribed for beautification of the skin and the hair. Panchakarma procedures and Rasayanas are employed for making the skin glow. Diet too has a special role in enhancing and maintaining beauty of an individual.

We have compiled a few articles in this issue that deals with beauty and its enhancement using the tried and tested methods of Ayurveda. The ancient healthcare system is more about wellness and beauty and is less treatment-oriented. Hence, it is the first and final place to go to all your good looks queries. Ayurveda approaches beauty in a holistic manner when compared to other medical systems that gives more importance to physical beauty.

Ayurveda is one of the most ancient medical traditions practiced in India, Sri Lanka and other South Asian countries. It has a sound philosophical and experiential basis. Atharva Veda, Charaka Samhita and Sushruta Samhita are some of the Ayurveda main classics that give detailed descriptions of over 700 herbs and how they can be used to enhance beauty. Ayurveda has several formulations to manage different beauty-related problems and to achieve wellness. Today, this medical system is once again in focus thanks to its preference for natural products. In recent years, there has been a great 'Beauty' is a challenging human experience that is common to everyone. The desire to look young, beautiful and healthy prevails in a majority of us. The latest trends in beauty, health and wellness sectors have given rise to a new realm of possibilities by fusing modern medicine with the traditional Indian medicine – Ayurveda. A number of cosmetic companies have used Ayurvedic knowledge for developing a lot of beauty-related Cosmeceuticals. Ayurveda is thus the one-stop-solution for all beauty related problems.

So, turn to Ayurveda and get your beauty concerns addressed.

We are happy to be the official media partner of major upcoming events including the ITB Berlin 2020 and the Arogya Fest 2020. While the former is the world's largest tourism trade fair to be held from March 4 to 8 in Berlin, Germany, the latter is held at Mumbai from January 31 to February 2. We will be covering the events in detail and bringing you exhaustive report in our next edition.

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Contents

08 News & Events

20 Cover Stroy:
Beauty is within your reach!

26 From Internal Happiness to Eternal Beauty

28 Do these for Wrinkle-free skin

32 Quick fix for BALDNESS!

34 Facial hair issues in women – What to do?

36 Take care of your skin in winter

38 Get that bridal glow

40 Ayurveda massages, what it can do for you

42 White patches on skin?

44 Guard your skin from pollutants

46 Snap back to shape after pregnancy









50 Care for combination skin

54 The health of the fabric!

56 Manjishta The Varnya Herb

58 Mayan Spinach Panacea for many ailments

60 Gut Out of Order?





62 What should your child eat?

63 Sodhana Chikitsa for Body Purification

64 Yoga for a Younger You

68 Ayurveda The spring of old age

72 Interview: Dr.Rajesh Kotecha

75 What to do for period pains?

76 Get beautiful, naturally!

78 Ayurveda, a promise of wellness

80 Ayurveda goes global

84 Letter from Cambridge

86 Ask Your Doctor



'Yoga's effect on brain circuit decoded'



Yoga enhances nerve connections in many of the same brain regions that benefit from aerobic exercise, according to a study reviewing 11 other previous research works on Hatha yoga — which includes body movements, meditation, and breathing.

The researchers, including those from the University of Illinois in the US, said five of the 11 studies engaged individuals with no background in yoga in one or more sessions per week over a period of 10-24 weeks. In these studies, they said, the brain health of participants were compared at the beginning and at the end of the intervention.

The other six studies measured cognitive differences between individuals who regularly practised yoga and those who didn't, using brain-imaging techniques such as MRI, functional MRI, or single-photon emission computerized tomography, they said.

The current findings, published in the journal Brain Plasticity, revealed some of the brain regions that consistently come up in the eleven studies. "For example, we see increase in the volume of the hippocampus with yoga practice," Neha Gothe, study co-author from the University of Illinois, said.

According to Gothe, earlier studies looking at the brain effects of aerobic exercise have shown a similar increase in hippocampus size over time. She said the hippocampus is involved in in-memory processing and is known to shrink with age.

"It is also the structure that is first affected in dementia and Alzheimer's disease," Gothe added. The current study also noted that the amygdala — a brain structure that contributes to emotional regulation — tends to be larger in yoga practitioners than in people who do not practice yoga ■

New unit at NIMHANS to blend Ayurveda, Yoga with Psychiatry

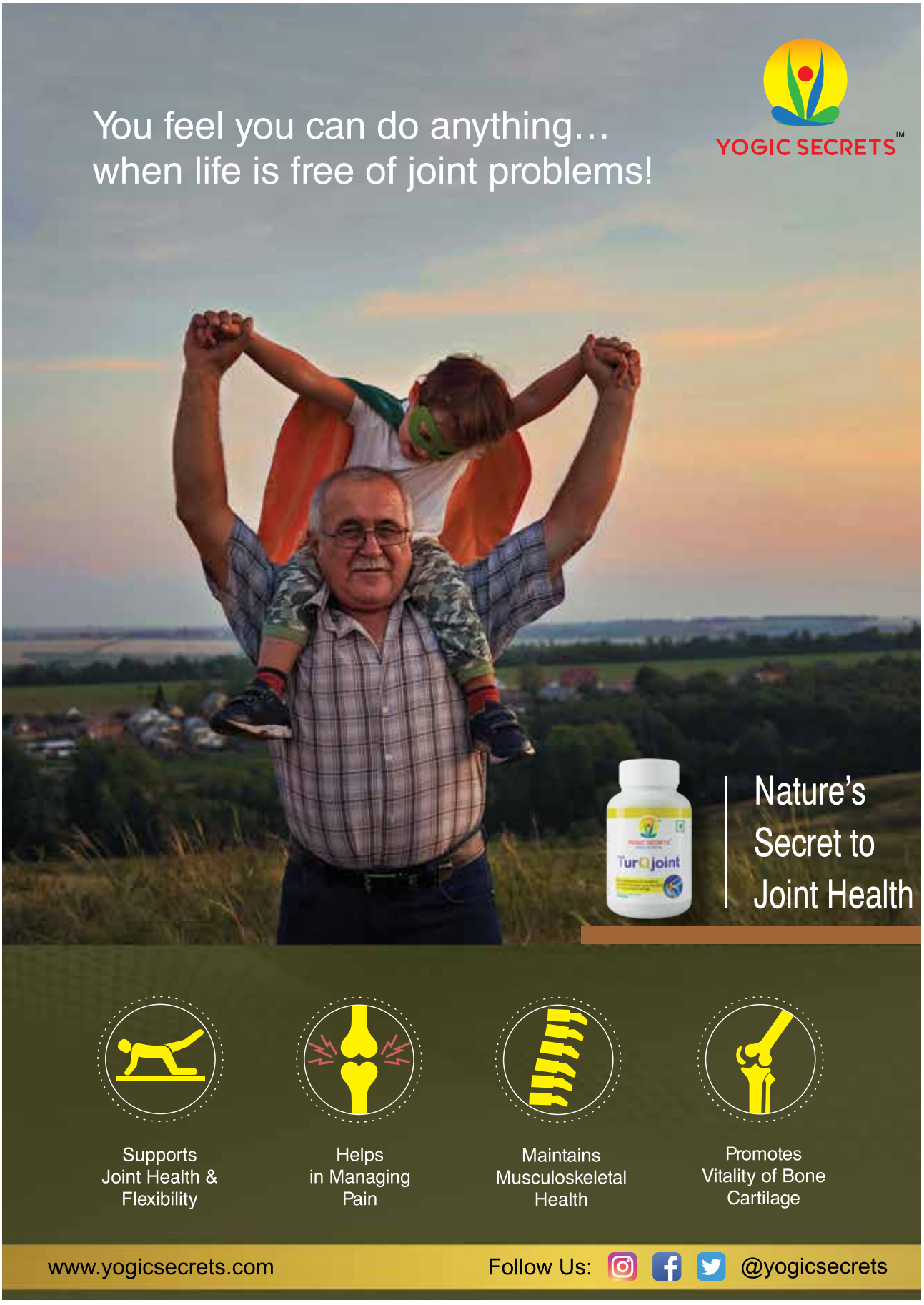
The National Institute of Mental Health and Neurosciences (NIMHANS) recently inaugurated its new unit where doctors will be trained to treat patients in both Indian and Western medicinal systems.

The unit will be fully functional from March 2020. Dr Shivaram V, in-charge of the Department of Integrated Medicine, said the patient will be seen by a junior doctor first, who would refer them to a three-doctor team. "Even now, junior doctors across departments record the patient's basic information and refer them to a senior doctor who treats the patient," he said.

"One of the three doctors would be a psychiatrist and the others would be Ayurvedic and yoga practitioners. We also aim to train the juniors to determine the cases best suited for integrated medicine. This would increase the number of experts in integrated medicine," Dr Shivaram added. The department will have a 30-bed facility for in-patients. The institute will also set up a Panchakarma treatment centre soon. "We'll treat both psychiatry and neurology patients," said Dr Shivaram. "These will include patients who suffer from stroke, Duchenne muscular dystrophy, depression, schizophrenia, anxiety and other mental illnesses. Admission will be done for those needing serious treatment." ■

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Kottakkal hosts rare exhibition of epigraphs

An exhibition of epigraphs organised jointly by the Archaeological Survey of India and Kottakkal Arya Vaidya Sala at Kottakkal recently provided a rare chance for professionals, students and teachers of Ayurveda and history to see the estampages (exact replicas) of invaluable inscriptions.

The first of its kind in the State, the exhibition showcased a wide variety of epigraphs related to Ayurveda and health systems that existed in the ancient and medieval periods of India.

The exhibition featured inscriptions recovered since 1887 throwing light on various aspects of Indian history from Ashoka's period to the 17th Century. While Ashoka's famous rock edicts of Girnar was the oldest estampage on display, the Amaravati inscriptions of Krishnadevaraya threw light on relatively modern period.



S Nagarajappa, assistant superintending epigraphist from ASI, Mysuru, said that the inscriptions were in a wide variety of scripts. "We have epigraphs in Brahmi, Sanskrit, Telugu, Kannada, Tamil and Nagari script. Brahmi is in fact the origin of most Indian scripts," he explained ■

Naropa varsity launches Master's in Yoga Studies

Naropa University has launched a Master's program in Religious Studies with a Yoga Studies concentration that will offer rigorous academic and contemplative training in yoga through a combination of online coursework and in-person retreats.

Naropa's program is one of only a handful of graduate programmes in yoga worldwide and blends the best of a traditional academic training in the history and philosophies of yoga with a deep engagement in the practical applications of yoga's most transformative meditative practices.

The new Master's degree program is intended for yoga teachers and practitioners seeking to develop graduate-level expertise and linguistic proficiency in Sanskrit. It will prepare students for doctoral research in Indian yogic traditions, South Asian religions, and Indology. Those focused on modern postural yoga, such as sociology and anthropology will find the new programmr to be very valuable.

The program is also suited for yoga teachers and practitioners who are interested in developing linguistic proficiency in Sanskrit and theoretical tools to enter the archive of India's pre-modern Yogic traditions ■

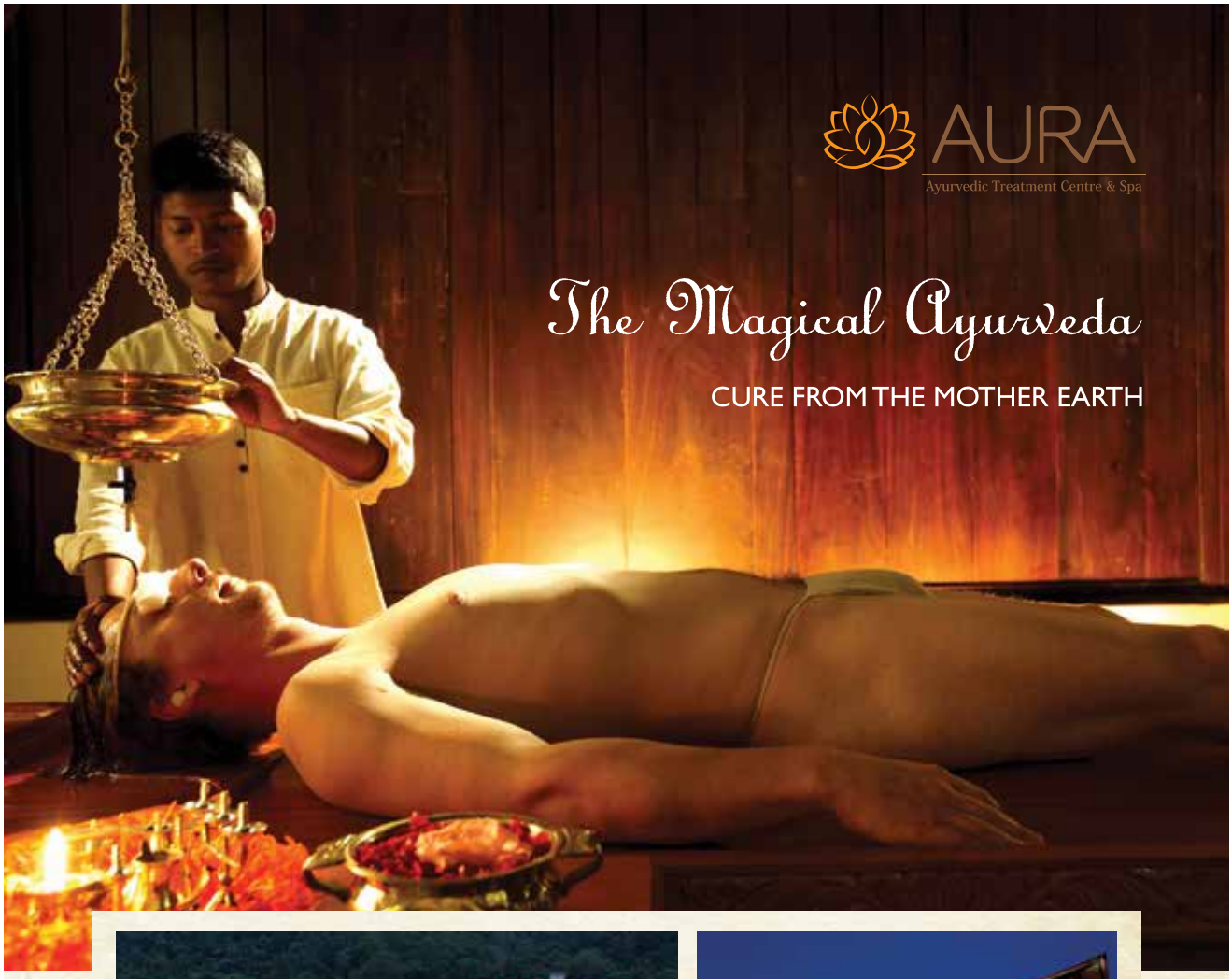
Jiva Ayurveda signs research MoU with THSTI

With the objective of using Ayurvedic diagnostic protocols to detect Non-Alcoholic Fatty Liver Disease at an early stage, and use diet and lifestyle-based treatments to prevent the progression of the disease, Jiva Ayurveda has signed a Memorandum of Understanding with Translational Health Science and Technology Institute (THSTI). The MoU was signed by Dr Partap Chauhan, Director, Jiva Ayurveda, and Prof. Gagandeep Kang, Executive Director, THSTI.

Globally, millions of people suffer from NAFLD. People over the age of 40 are at a higher risk of developing the disorder, but a growing inclination to replace healthy meals with junk food, and towards unhealthy lifestyle choices has made all groups vulnerable to NAFLD.

Diet and lifestyles are the primary reasons behind NAFLD and since Ayurveda focuses on diet and lifestyle for disease treatment, the MoU will enable researchers to integrate the Ayurvedic perspective in order to develop markers for a more efficient early detection system.

Jiva Ayurveda has treated thousands of liver and gall disorders and will contribute data insights along with the Ayurvedic perspective on the disease ■







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BHU to conduct course on 'Bhoot Vidya'



Have you been mystified and intrigued by the paranormal or psychosomatic disorders?

Now you can learn 'Bhoot Vidya' or the 'science of paranormal' at the Banaras Hindu University (BHU) which is starting a six month certificate course on the subject.

Bhoot Vidya is essentially psychotherapy and, in the six-month certificate course, the doctors would be taught about remedies and psychotherapy to treat psychosomatic disorders and abnormal psychological conditions caused by unknown reasons which has traditionally been attributed to influence of 'Bhoot' (ghosts).

The first set of classes will begin from January 2020 and will be conducted by the faculty of Ayurveda.

The remedies to psychosomatic disorders and ailments caused by unknown reasons will be taught to doctors holding Bachelor of Ayurvedic Medicine and Surgery (BAMS) and Bachelor of Medicine and Bachelor of Surgery (MBBS) degree holders.

According to Yamini Bhushan Tripathi, the Ayurveda faculty dean: "A separate unit of Bhoot Vidya has been created in the faculty of Ayurveda for imparting formal education to doctors about the branch. "It deals with the Ayurvedic remedies of treating ghost-related ailments and psychosomatic disorders."

Tripathi further said "Bhoot Vidyaa is one of the eight basic branches of Ashtanga Ayurveda. It mainly deals with psychosomatic disorders, diseases caused by unknown reasons and diseases of mind or psychic conditions. Faculty of Ayurveda at the BHU will be the first in the country to create a separate unit for Bhoot Vidya and design a certificate course on the subject," she said ■

ITB Berlin to focus on 'Smart tourism for future'

Sustainability, digitalisation, shifting customer demands and luxury travel will be the key topics to be deliberated in depth at the ITB Berlin Convention 2020, world's largest tourism trade fair to be held from March four to eight.

Experts, researchers and leading representatives of the industry will present ideas and offer inspiration to visitors for new approaches, projects and products during the five day-event in the largest city of Germany. They will be substantiated by the latest market analyses, examples of best practices and exclusive surveys by the global tourism industry.

The convention offers its participants global trends and latest study results on Travel Trade industry, innovative business model and best practices, over 400 top speakers and more than 200 sessions.

The age-old Ayurveda and Kerala, as a major destination for availing best of the traditional holistic treatment practices, will be promoted during the event.



The slogan of the global travel industry's largest think tank is 'Smart Tourism for Future'. Many tourism companies are focusing more and more on intelligent and sustainable systems for managing tourism flows and including them in their strategies and products. The ITB Berlin Convention has comprehensive information on the current situation, the progress being made, but also on deficits and mistakes.

'Ayurveda' magazine is the official partner of the ITB Medical Tourism pavilion.

ITB Berlin is the world's leading Travel Trade show and the previous edition in 2019 witnessed nearly 10,000 companies and organisations from 181 countries exhibiting their products and services to around 160000 visitors. Admission to the convention is free for only trade visitors and exhibitors ■

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Kottakkal Arya Vaidya Sala celebrates Founder's Day

The Kottakkal Arya Vaidya Sala celebrated its Founder's Day on January 16, marking 150th birth anniversary of P S Varier, with Chief Minister Pinarayi Vijayan among other dignitaries gracing the occasion.

The late Vaidyaratnam P S Varier established the Arya Vaidya Sala at Kottakkal in 1902, essentially as a village clinic but it has now grown into multi-unit, multi-disciplinary and multi-functional organisation, with 26 branch clinics across the country.

"The State government is in the process of setting up an international ayurveda research centre as part of our attempts to develop the sector. The aim is to popularise the traditional healthcare system and make ayurveda treatment available to all," Mr. Vijayan said during his inaugural address.

Ayurveda was deep-rooted in Kerala from time immemorial and the treatment practices were handed over from one generation to another. "But then it was P S Varier who took the initiative to study in depth the exotic Ayurvedic treatment practices that existed then and transformed it into a dependable and efficient system of healthcare," the Chief Minister noted.

A renowned academician-cum-educator, physician and philanthropist, Varier was an ardent follower of Indian traditions. He set up an Ayurveda Pathasala in 1917, which later became the Vaidyaratnam P S Varier Ayurveda College,



currently affiliated to the University of Health Sciences. He was also instrumental in establishing a herbal garden and a Kathakali Academy.

During the function, Dr P M Varier, Chief Physician, Kottakkal Arya Vaidya Sala, handed over excellence awards to students from various Ayurvedic colleges ■

AROGYA FEST 2020: To promote AYUSH medical systems

AROGYA FEST 2020, a large scale business-to-business and business-to-consumer platform for the alternate medication and healing will help businesses and consumers alike to explore and meet industry experts to learn about all aspects of alternate medicine for curative and preventive wellness. The fest will provide a sea of opportunities to participants for their business penetration and revenue growth. The objective of this grand fest is to present the latest trends, research and techniques which have evolved in the AYUSH sector. It will have live workshops, chikitsa clinics, career counseling, business meetings and interaction sessions for enhanced experience of the end users and their businesses.

Apart from the regular meetings and counseling, the event will showcase the practitioners of AYUSH from across India; educate the end users about the various products; promote curative and preventive healthcare using AYUSH and many more.

Mumbai was considered as the ideal location for the event considering Maharashtra's market for the production and consumption of AYUSH in India. Thus, this event will be a comprehensive fair on AYUSH, Organic and Wellness industry in India. It will take place at the Bombay Exhibition Center, Mumbai from 31st January to 2nd February; 2020. This three-day event will be supported by Ministry of AYUSH, Govt. of India. The Association of Ayurvedic Practitioners (AAP) will be the knowledge partner for this fest. Along with several other publications, our publication, Ayurveda & Health Tourism too will be one of the media partners of the event. IndianVaidya and Nirog Street will be the digital partner of the event. The event will be organized by NESCO Exhibitions ■

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2nd International AYUSH Conference & Exhibition 2020



Non-communicable diseases are diverse, chronic and of long duration. They are the major cause of adult mortality and morbidity worldwide. AYUSH systems are known to play an important role in preventing and combating these diseases. Hence, the goal of the 2nd International AYUSH Conference – Dubai is to bring to light AYUSH as an authentic and reliable healthcare system for the non-communicable chronic disease. The focal theme of this exhibition is 'Non communicable foreign diseases, Prevention and Management through AYUSH'. The event will take place from 9 to 11 April 2020 at the Dubai World Trade Center. This is the largest fair in the traditional, complementary and alternative healthcare. It is a great place for developing business opportunities for all stakeholders in the field of medicine, herbal products, cosmetics, medicinal plants, herbal extracts, equipment, instruments, publications etc. This fair will also provide business opportunities for service providers like hospitals, clinics, consultancy firms, research outsourcing centers, production outsourcing companies, product development institutions, national and international universities and many more.

The visitor profile for the event is diverse and includes medical practitioners, students, marketing strategists, professionals and consultants, policy makers, diplomats, scholars, representatives of foreign business corporations, industry associations and trade delegations from India and abroad.

The event will witness the participation of all trade and business associations of national and international importance in this sector and major government and private organizations. It will be inaugurated on 9th April 2020 and will include pre-conference workshops, scientific session with CME accreditation, research paper presentation, international delegates assembly, buyer-seller meet and various cultural programs.

An international gathering of over 1500 experts in the field from India, Middle East, Far East, Africa, Europe, Australia and America is expected for the conference.

The event will be supported by the entire AYUSH fraternity.

The different organizers of the event are the Science India Forum UAE, Ministry of AYUSH – Government of India, World Ayurveda Foundation and Vijnana Bharati ■

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All MCHs in MP to have AYUSH wings

AYUSH wing would be set up in all medical colleges of MP, says Chief Minister Kamal Nath.

The Chief Minister said he had issued instructions for setting up AYUSH wings in all medical colleges in the State. The Chief Minister said though the general public has begun showing greater preference for AYUSH, they were unable to reap benefits from it due to lack of such specialties in the medical colleges.

The Chief Minister granted approval for a herbal mandi at Neemuch district. He said that necessary approvals would be sent to the Government of India. He felt that it could also play a big role in wellness tourism in the tate.

Kamal Nath said that an action plan should be prepared to make disciplines in traditional medicine like Panchkarma Yoga, which make a person physically and mentally healthy, for the purpose, especially by the private sector ■

Suman Billa is new Director of UNWTO

Suman Billa, former Director and Secretary of Kerala Tourism, will join as Director at the United Nations World Tourism Organisation (UNWTO) at its headquarters in Madrid, Spain.

A 1996 batch IAS officer from the Kerala cadre, he will assume his new charge next week as Director, Technical Cooperation and Silk Road Development at the D1 level at UNWTO, a specialized agency responsible for the promotion of responsible, sustainable and universally accessible tourism.

Currently, a Joint Secretary in the Ministry of Tourism, Govt. of India, Billa's appointment has been approved by the PM-headed Appointments Committee of the Cabinet (ACC) at its meeting in New Delhi. He will hold the post for an initial period of two years.

Educated at the Madras Christian College, Jawaharlal Nehru University, New Delhi, and the London School of Economics, he has worked in several capacities at the Centre and in Kerala. His postings in Kerala included Sub-Collector, Devikulam; Director, Civil Supplies; Director, Kerala Tourism; District Collector, Palakkad; Commissioner, Commercial Taxes; and Secretary, Tourism and Civil Supplies.

He completed a five-year tenure as Joint Secretary in the Ministry of Tourism before his new assignment.



While at Kerala Tourism, he pioneered monsoon tourism and the Spice Route project and fashioned Kerala's Responsible Tourism (RT) initiative in a global model which won the UNWTO's Ulysses Award for Innovation in Public Policy and Governance.

As Joint Secretary in the Ministry of Tourism, he is credited with launching the 'Incredible India Version 2' campaign, 'Swadesh Darshan' scheme for developing thematic circuits, and the India Tourism Mart. He had also actively championed for the e-visa launch and reduction of GST on hotels ■

India Heals 2020: to showcase the country as a destination for Healing and Wellness services

India Heals 2020 is a Health and Wellness Initiative launched by Services Export Promotion Council (SEPC) to showcase the capabilities of India as a destination for Healing and Wellness Services. It's a global B2B marketplace created by SEPC, under the Market Access Initiative (MAI) of the Department of Commerce, to showcase and promote the capabilities of Indian Healthcare and Wellness Industry to global markets.

Brand India in Healthcare delivery space is known for its Skilled, Competent and Affordable Treatment destination in the global market. Considering the strengths and capabilities and high level of Service Standards, India Heals is creating annual editions of healthcare services expo to showcase the diverse healthcare service providers capabilities to the Global Healthcare Market. Healthcare services is one of the 12 champion service sectors identified by the Ministry of Commerce & Industry to be promoted for increasing healthcare services exports from the country.

This exhibition will have the participation from the different Indian Healthcare Service Providers, like; Hospitals & other Healthcare Providers; Dental Clinics & Hospitals; Diagnostic Centres; AYUSH Hospitals & Clinics; Wellness Centres & Spas; Traditional Healers, Yoga Centres; Medical Value Travel Facilitators and many more.

India Heals
www.indiahealthcaretourism.com

On the global buyers side, the event shall have participation from 200+ foreign buyers from main export markets to hold focussed pitch sessions & B2B meetings with various segments in the healthcare services.

This event will be held from January 30th January to February 2nd 2020.

January 30th and Feb 2nd 2020 are dedicated for Foreign Buyers Pitches to Indian Healthcare Services Providers as well as facility tours to various Healthcare Services providers in and around Kochi.

January 31st and February 1st 2020 will have exclusive Pitch Sessions by Indian Healthcare Service Providers to Foreign Buyers / Delegates and focused B2B meets for establishing business connects with Global Buyers.

The event will take place at Hotel Grand Hyatt at Kochi, Kerala ■

For more details, contact:-

Mr. Mayank Sharma – 8349417890
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Mr. Mohammed Ilias – 9940553791

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Soukya hosts British royalty for the sixth time



There is perhaps no need for any validation of a health and wellness centre's capabilities than the repeated visit by people who have options galore when it comes to healthcare and treatment. Soukya Ayurveda International Holistic Healthcare Centre has achieved the feat yet again with the British royal couple Prince Charles and his wife and Duchess of Cornwall, Camilla, arriving at Soukya for the sixth time to experience their different wellness treatments.

The Prince of Wales joined his wife at Soukya on 14 November 2019 to celebrate his 71st birthday. The couple, along with a few friends and family, stayed at Soukya for a few days undergoing treatment by Dr. Issac Mathai, a world renowned Holistic Physician and the man behind Soukya. He has been a Holistic Health Consultant to the British Royal Family for more than 15 years. He is also the Official Indian Ambassador for the College of Medicine, UK.

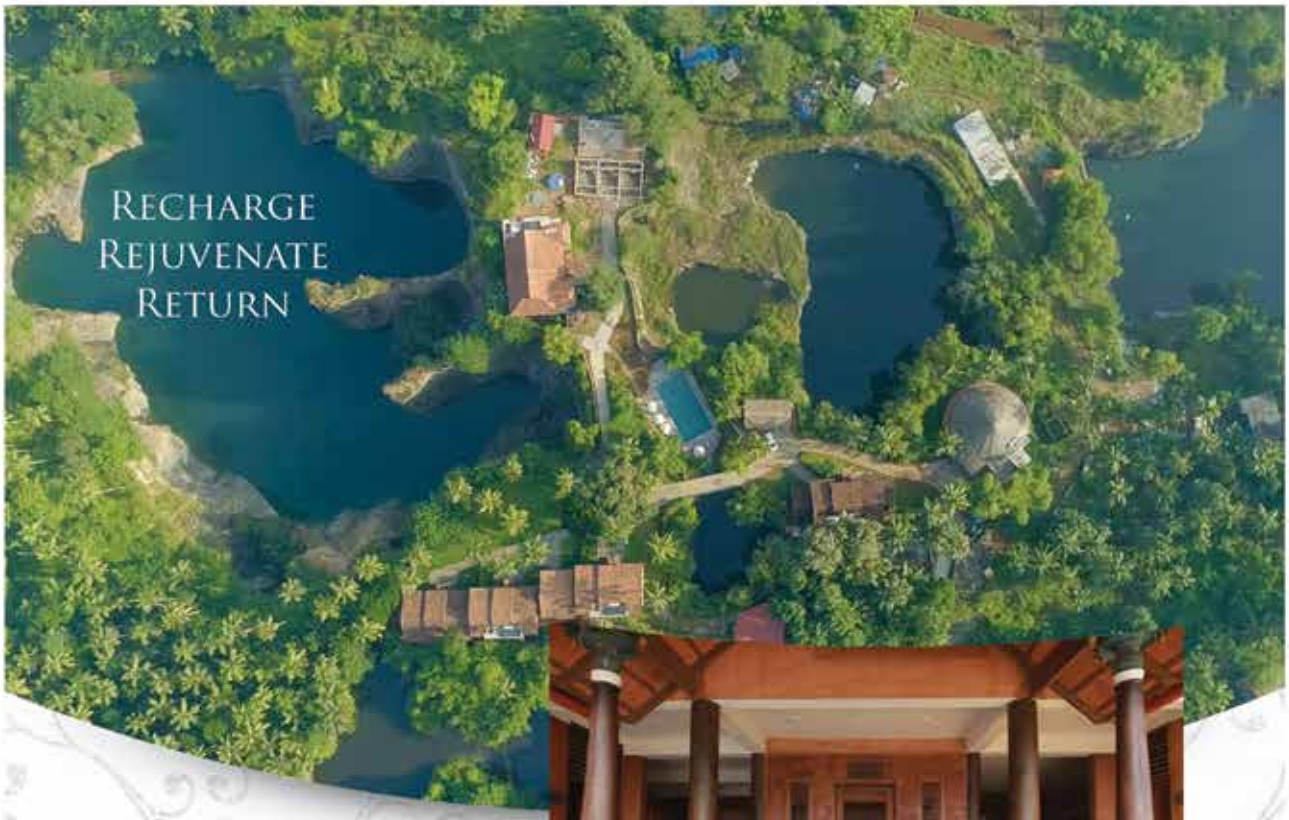
Dr. Mathai's relationship with the royal family goes back to the 1980s when he lived in London. He is credited with having organised the First International Health Conference in collaboration with British Holistic Medical Association for which Prince Charles was a Patron. Dr. Mathai was also instrumental in the setting up of the AYUSH Centre at Saint Charles Hospital, London, which was jointly inaugurated by Indian Prime Minister Narendra Modi and the Prince of Wales in April 2018. Dr. Mathai Advisor of this centre. There are plans to open similar AYUSH centres in all the Common Wealth Countries.

As usual, this time too, the royal couple enjoyed their stay at Soukya. They were fascinated by its organic farm that has over 4000 trees, several vegetable and fruit bearing plants and a medicinal garden where thousands of medicinal plants are grown in a sustainable manner. The Prince was particularly fascinated by the method of preparation of Ayurvedic medicines. He was told that it takes several weeks and thousands of herbs for preparing each of these Ayurveda medicines.

The Prince was also captivated by the sight of the Vechur cow from Kerala grazing on the Soukya grounds. The milk of these cows has special medicinal properties. Before leaving Soukya, the Prince planted a Champa tree on the premises of the centre on 16 November. Many VIPs attended this exclusive tree planting ceremony.

At Soukya, different systems of medicine like Ayurveda, Naturopathy, Homeopathy, Yoga and Complementary Therapies work together under one roof. Because of this holistic and integrated medicinal approach, it attracts patients from more than 100 nationalities ■





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Beauty is within your reach!



Ninu Susan Abraham
Editorial Co-ordinator

The concept of beauty is differs from person to person, cutting across cultures, geographical boundaries and belief systems. To one person, beauty might mean a size-zero figure and to another it might refer to a person with a compassionate heart like that of Mother Teresa. But, often and always, beauty is always associated with women even though men too yearn to look beautiful and attractive.

Ayurveda is one of the centuries old healing systems that gives a lot of importance to beauty and wellness. It helps a person look simple and sparkling in the mind, body and spirit. By following the Ayurveda principles one can look their radiant best all-the-year-round. Also, Ayurveda defines beauty in holistic terms and says that it is within one's reach. It says that beauty is holistic and all-encompassing.

According to Ayurveda, there are three pillars of beauty. Roopam, beauty as seen externally through shining, healthy hair and a clear, radiant complexion. Gunam, referring to inner beauty — the beauty that shines from within, characterized by a warm, pleasing personality and innocence of mind and heart. And Vayastyag, meaning lasting beauty — looking, and feeling, younger than your chronological age.

Ayurveda does not focus only on cosmetics to achieve the state of true beauty. It believes that beauty means having a well-nourished body, a balanced mind, and a peaceful spirit. Balancing the above three is definitely a humungous task but it is achievable. The beauty secrets expounded by Ayurveda are astonishingly simple.

Relax: The first thing to do to attain a beautiful body and mind is to stretch and relax. This can be done when you are at work, home or at a party chilling out with friends or on any other occasion. This should be done frequently, especially by those sitting for long hours in front of the PC. Stretching is a form of relaxation as it helps you to be in the present and also ensures the fitness of the physical body.

It is good to stretch and relax while waking up every morning. This is a great exercise for the mind as well as the body. It will make you active and ready to face the challenges of the day. Also, doing small exercises and yoga every morning can make you alert and active throughout the day. It can help you get out of the drowsiness and laziness that you are bound to feel in the mornings.

Diet: You are what you eat. Ayurveda takes this notion very seriously. In fact, it goes a step further to say "You are what you digest." A radiant, clear complexion begins with proper nutrition, efficient digestion and assimilation of nutrients by the body, and regular elimination. Ayurveda believes that beauty is all about diet.

Some Ayurvedic tips on diet and digestion

- Your largest meal of the day should be your mid-day meal as your digestive fire is strongest at that time.





- Eat only to three-fourths of your capacity.
- While eating, focus should be completely on the food.
- Ice-cold beverages can dampen your digestive fire. Keep away from them.
- Include several different tastes at each meal — sweet, salty, sour, bitter, pungent and astringent.
- Don't skip meals!
- Include lots of sweet, juicy fruits and green, leafy vegetables in your diet.
- Sip warm water through the day to help flush toxins from the body.

Sleep: Sleep is second only to diet. According to Ayurveda, to achieve and maintain true beauty, the body needs rest in order to rejuvenate itself. Modern researchers have found that sleep deprivation has a very adverse impact on health and well-being. Ayurveda practitioners knew this magic many centuries ago. Quality of sleep is as important as quantity.

Here are few tips for getting your beauty sleep:

- Go to bed before 10 pm. Staying up beyond that can impact the quality of rest you get.
- Start your day with a full-body massage with a medicated or herbal oil.
- Have a cup of herbal tea before going to sleep so that you can unwind.
- Never take your work to your bedroom.
- Focus on calming activities as bedtime draws near.
- Take a relaxing warm bath a couple of hours before bed.
- Slip a sachet of dried lavender under your pillow.
- Dinner should be a light meal and it should be at least 2 to 3 hours before bedtime.

Inhale and Exhale: You might wonder how this can bring out the beauty in you. This might be something you have been doing right from the time you were born. But have you been doing this right? Most of the time our breathing is quick and shallow and this kind of breathing will not bring in any difference to your mind or body. One has to breathe slowly and deeply to relax and be calm. Breathing deep and slow can relax the mind by oxygenating the blood that circulates to all parts of the body.

Also, Ayurveda advices that one should not breathe too fast, because if your Vata vahi shrotas, or air circulating channels, are not clear, the oxygen will be distributed unequally in the body. This can easily harm the body. In short, the pace and rhythm of breathing must be easy and steady. It is good to use therapeutic oils while breathing as this can support your deep-breathing activity. This kind of breathing should be practiced twice a day for 10 minutes and you can see the wonders that it does to your skin. Your skin will start glowing with freshness and radiance. Practicing deep breathing can also calm the mind and bring about serenity which is one of the essential elements of beauty.

De-clutter your mind and life: Have you ever wondered why the rich and famous buy or build mansions in remote or serene areas. Instead of buying, some even move to silent and peaceful places like the mountains or remote islands to relax and feel free. This is the kind of holidaying that most of us expect. We want to relax, unwind and de-clutter our lives emotionally and physically. By silencing our lives in this manner we can bring a lot of beauty to our lives. This silence for a few days can relax our mind, body and spirit and this will have an uplifting influence in our lives throughout the year. Therefore, we need to set aside time for this purpose.

We need de-clutter and tune into our inner self once in a while. This means that we should cut ourselves off from the noise of the outer world completely. While holidaying in this manner, we should avoid the use of mobile phones, internet, television, and we should also avoid any conversation with friends or family. Reading books at this time should also be barred as this is a time to reflect, introspect and meditate on our lives. All that is needed at this time is just true, deep silence that connects you to your inner self.

According to Ayurveda, practicing this silence can de-clutter the mind and body and it can also increase your spirituality and make you an authentic person. This will help you to be a reliable person and people at work and home will start taking you more seriously. Practicing this de-cluttering activity will help you gain more self respect and also respect from people around you. Instead of waiting for a few days every year to de-clutter, setting aside 10 to 20 minutes a day to unwind can also help you relax. This is very essential for the mind that craves and longs to be let loose and feel free. Practicing meditation too

can relax your tired body and mind. This can balance your mind and body and ultimately make you look and feel truly beautiful.

Get disciplined: This is one of the most powerful beauty ingredients that is seldom talked about and is largely unheard of. To get disciplined does not mean that you start practicing military marches or cropping your hair short. Simply put, it means not overeating, not being lazy for a long time, having a prescribed time for each activity and many more. It just means that too much of anything in your life can be poisonous and bad. Practicing discipline suddenly might be painful, but by slowly incorporating it in your life can make a lot of difference and you can ultimately see a happier and more beautiful YOU.

Ayurveda approaches discipline in a very appealing manner. It makes you look at the little acts of discipline by helping you to practice them and then making sure they become part your daily routine. Though painful initially, it will look like small favors you are doing yourself in the long run. Some of these practices are like leaving just one-quarter of your stomach empty while eating a big meal, pampering your skin with a massage while bathing by giving it an extra few minutes, rising early in the morning every day, giving more attention to the way you brush your teeth and clean your tongue. To those leading harried and busy lives, these may sound and feel like punishments, but eventually they will start to feel rewarded for these small habits and activities. It is then that you learn to look at beauty with fresh eyes.

Let your skin breathe:

Ayurvedic philosophy believes in being one with nature. This applies to beauty care too. The first few things we need to do to look beautiful is to get our skin look right, our weight balanced and our mane full and fluffy.

We often overdo the work on our skin, hair and body to get that perfect look. Unfortunately all the chemicals that we use for this process eventually leaves us confused and with adverse reactions. What we need to do is to allow our skin to breathe and not be too harsh on it. Our skin tends to absorb all the chemicals that is used on them. Ayurveda says a big NO to these synthetic products. According to Ayurveda, the harm done to the skin and body by these cosmetic products should be understood well in advance. These chemicals seep into the body causing it irreparable harm.

Our skin should be treated very delicately since it is very fragile and needs to be able to breathe. For this purpose, it must be kept clean and devoid of any creams or cosmetics. However, the skin also needs to be protected from the glare of the sun, the friction of the wind and the chemicals in pollutants. For this purpose, heavy layers of creams and lotions are not required. Ayurveda has a solution for all these skin issues that are completely natural and harmless to the skin. Skin-care routine should be geared towards purification and protection. All those lotions and creams you use may not necessarily help you get the look you desire. So, switch to Ayurveda and see how your beauty works and skin glows.

Eat for the heart, mind and body:

Ayurveda insists on spending time and attention on cooking the food you eat. This means choosing the right and healthy ingredients for your food and also cooking it in the healthiest possible manner. Ayurveda also suggests that the food you eat should give you a visual feast. The flavours of the food that is cooked should kept simple and the portions should be balanced enough.

But, apart from this, importance should also be given to how the food is finally presented before you start devouring into it. Ayurveda says again that the act of eating should be an exercise in grace and that one should eat in just small mouthfuls that are dainty and poised. Ayurveda also insists that while eating, our posture should be perfect. The spine should be straight and relaxed as this will give stillness to the body. All these habits help one to eat according to one's physiology and very soon, eating right will become a habit.

Also, most Ayurveda foods have tremendous healing value too. Those like ghee (clarified butter), whole grains, ginger, turmeric, black pepper, legumes and herbal tea are known to have tremendous nutritional as well as healing properties. Most of them possess anti-aging, hair-nurturing and skin-strengthening properties too. So, sticking to an Ayurvedic food and lifestyle can make you not just healthy but beautiful too.

Age gracefully: Ayurveda is a science that gives importance to beauty and grace. It believes that one should age with grace and that there is no meaning in turning the clock back. It believes that there is beauty in ageing. According to Ayurveda, beauty is not just for the young alone. It advises graceful aging right from the beginning, when the body and skin is just youthful and beautiful. The Ayurveda skin care packs recommended are all usually gentle and natural. Most of the ingredients used in these packs are like medicine for the skin. Some of them are mentioned at the end of this article.

Have herbal supplements:

Ayurveda emphasizes on having herbal supplements as it helps to enhance the beauty in a person. There are different types of supplements that can add to the beauty of the skin and hair. There are supplements that can keep the skin clear through the purification of the blood;



or one to internally balance the moisture and elasticity of the skin; or one to pep up the functioning of the liver. An Ayurvedic dermatologist might recommend herbal combinations for any of these, or related purposes.

Bathe for beauty: Ayurveda says that having bath should not just be a routine but instead a pleasurable and healthy ritual. Bath should be had after a 15 to 20 minute warm oil massage with a medicated oil that suits one's skin and hair. This can work wonders for the way you feel. This self-massage can nourish the dhatus of the skin making you feel good and healthy from inside out. This kind of bath and massage ensures longevity and youthfulness. It will also help to increase the firmness of the skin. Further, this massage helps to reduce physical and mental fatigue and promotes purification of the skin thus making it more radiant and attractive.

Accept yourself: Ayurveda reminds us that each one of us is unique and that we need to accept ourselves and be happy with the way we are. It urges us to remember that each one of us is beautiful in our own way. It is sad that most of us are insecure about the way we look. Ayurveda says that we can be a picture of grace and beauty by changing the way we view ourselves. It says that we should work towards developing our inner beauty attributes like elegance, grace, kindness, softness, and creative energy. These should be supplemented with physical elements like graceful movement, good posture, relaxed manner and calm voice. Once we start following these principles expounded by Ayurveda, we are sure to start feeling truly beautiful.

Conclusion

Since beauty is said to begin with good health, Ayurveda advices that one cultivate good eating habits even though this is hard to maintain in our time-constrained, deadline-oriented society. But good diet and digestion are crucial for long-term beauty.

Finally, practicing meditation and listening to uplifting music can balance our mind and emotions and this will reflect in our appearance too. Also, serenity, a positive attitude, and purity of thought, word and action can all contribute to making us look and feel beautiful. With the dawn of a new millennium, let us go beyond the colour of the skin or the height of the cheekbones and find beauty in every person we come across ■



SKIN CARE RECIPES

Here are a few recipes for the skin to kick start your skin-sational adventure:

Cleansing Scrubs

For Dry, Flaky Complexion

- 2 teaspoons quick-cooking oats
- ¼ teaspoon almond powder
- ¼ teaspoon orange peel powder
- ¼ teaspoon lavender flower powder
- 2 tablespoons yogurt

1. Mix all the ingredients together and then apply this mixture very gently on face using your fingertips.

2. Allow the scrub to set on skin, then using very slight pressure, flake the mask off into the basin.

3. If the mask feels too sticky, rinse it using warm water. Now, dab the face with a soft towel, and massage the skin using a good moisturizer.

Instant oatmeal is an excellent exfoliant for the skin. Oats can counter the effect from the damage caused by the sun and replenish the skin with vitamins B & E. Orange peel balances the pH level of the skin and softens it.

Almond powder is a protein-packed exfoliant.

Yogurt contains friendly lactobacilli that pacify an aggravated Pitta.

And the healing aroma of lavender powder makes this a soothing, pleasant mask.

For Oily Skin

- 1 teaspoon toasted wheat bran
- ¼ teaspoon almond powder
- ½ teaspoon orange-peel powder
- 1 teaspoon lemon juice

1. Wheat bran is a very efficient scrub, coaxing the grime out with ease.

2. Combined with cooling yogurt, it helps gently exfoliate the skin.

3. The vitamin C in lemon juice promotes scrubbing activity.

For Sensitive Skin

Make as for dry skin, but substitute whole raw milk for yogurt, and use rose petal instead of orange peel.

Moisturizers

For Dry Skin

- ½ teaspoon cocoa butter or coconut oil
- ½ teaspoon lemon or lime juice
- 1 teaspoon olive oil
- 3 drops lavender oil

1. This is a deep yet non-greasy moisturizer. Lavender oil keeps in the fridge for up to a week.

2. Mix ingredients together and apply lightly to face twice a day.

For Oily Skin

- 1 teaspoon lemon juice
- 2 drops of lemon-peel essential oil
- 1 teaspoon olive oil
- ½ teaspoon cocoa butter

For Sensitive Skin

- 1 teaspoon white sandalwood powder
- 1 teaspoon marshmallow powder
- ¼ teaspoon rose petals
- 1 teaspoon organic rose water
- 1 teaspoon barley powder

(Materials for this article have been compiled from different sources)

Have Sprotone control diabetes



Food should always be had as medicine and never the other way round. Following this principle can help us lead a healthy and happy life. However, the nutritional needs of individuals suffering from diabetes, cholesterol or obesity are often different from normal, healthy individuals. Their bodies require a different set of nutrition and here's where Sprotone comes to play.

Sprotone is a completely natural and healthy food powder that is formulated from sprouted cereals and multi grains which are soaked in water for 48 hours.

It is rich in dietary fibre and is, therefore, easily digestible. The cereals used for this purpose are sprouted as this increases their nutritional value. Its cereal, pulse combination allows it to have a low effect on blood sugar.

Since this food is devoid of added flavours and preservatives found in processed foods, it has a great, positive effect on people suffering from diabetes and obesity.

This food should be used as a daily meal continuously for at least 4 to 12 weeks to realize its full potential. It is available in the market in two forms. One is a sachet of 15gm which can be had before every meal and the other is a 500gm pack that can be consumed as a one-time meal replacement. This can also be used to prepare dishes like chappati, porridge, puttu, ada etc.

Sprotone was developed from a research conducted towards developing a product that would meet the nutritional requirements and improve the lives of people affected by NCDs especially diabetes. The research was directed under the leadership of Dr. Mathew. K. Sam. Studies were conducted to evaluate the anti-oxidant, anti-diabetic property of Sprotone, and its effect on the molecular mechanism of GLUT-4 insulin signalling pathway. During the research, Sprotone, showed excellent inhibiting effects when compared to the most commonly used anti-diabetic drug, Acarbose. Further, observational studies were carried out on diabetic patients under the leadership of Dr.G.Vijayakumar(MBBS, MD), Medical Trust Hospital and Diabetes Care Centre, Pandalam, which helped to conclude that Sprotone reduces post prandial hyperglycaemia in type 2 diabetes mellitus.

Since it is rich in natural bioactive compounds, it provides a therapeutic approach in managing diabetes mellitus. It holds great significance for the larger society, given the rise in lifestyle disorders particularly diabetes. The novel combination of Sprotone therefore holds immense potential in catering to the needs of the society.

Finally, add Sprotone to your daily menu for healthy living ■



From Internal Happiness to Eternal Beauty

Lovina Gidwani

Wellpreneur®
Corporate Wellness Coach| Health & Wellness Speaker| Spa Consultant| Menopause Coach| Gourmet Nutritionist|
Her work is sharply aimed at enabling people live happy, healthy and ' Ageless Lives' through right information and 'Preventive Wellness' techniques.

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Beauty is not really skin deep as many believe. It radiates from within a person. ***Lovina Gidwani*** *helps us understand how certain Ayurveda principles can assist us in this process.*



Have you ever observed that the most beautiful people are also people who radiate happiness? Also, have you noticed that some effortlessly gorgeous people are the most well-balanced and 'cool' people around? The truth is, beauty is much more than what we see on the surface. It actually depends on what's happening within us. This knowledge, if applied correctly, along with a combination of specific Ayurveda herbs, good diet and lifestyle choices, can be truly transformative.

In today's world, beauty is often equated with the colour of one's skin, the height of cheekbones, the shape of the eyes, an hourglass figure or a sharp nose. However, Ayurveda—the 5000-year-old healing system from India—goes beyond the physical attributes and defines beauty in holistic terms as the connection between physical beauty and mental well-being, stressing the importance of 'self-realization' as real path towards beauty.

Ayurveda believes that only a self-realized person is eternally beautiful. And, guess what that means? Well, I understood this very recently. From what I have experienced, I believe everyone can find this state of natural and lasting beauty!

Although I have always nurtured my health and skin, post the mid-30s, I became more conscious and active-

ly started searching for ways to feel healthier and look more vibrant. Thus began my journey of research and studies. I began reading medical and health journals, beauty books, interviewed many experts and also acquired a certification in health coaching and ageless living. And, after years of personal experiments with diet plans, trying many cosmetic brands, testing healthy concoctions, here's what I discovered:

While natural foods, adequate sleep and regular movement are the cornerstones of good health and beauty, I found one other factor that is equally, if not more, important—timely 'stress management'. The fact is that for most of us, stress isn't pretty. You may be wearing the best clothes and the most expensive makeup, but the mirror will tell a different story if you are stressed.

Do you see little lines between your eyebrows because you are holding some thoughts in your head? Is your mouth stooping? Is your heart beating fast? Are you feeling nervous? But most importantly—do you feel beautiful? Can you relate to this?

Some stress is always good as it can propel you to take immediate action in the face of a difficult situation. But, chronic stress traps you in a dark place and negatively impacts you in several ways. Stress makes you eat the junks, ruins your sleep, makes you lethargic, irritable and depressed and robs all the joy from your life. Ultimately, stress destroys your body, peace of mind and is a beauty killer. And you sure don't want chronic stress to take a toll on your outwardly appearance!

So, here are two of the most powerful tips that can help you to cope with stress and make you feel and look more naturally beautiful:

Positive Self-Talk and Affirmations

Don't we all talk to ourselves? I talk to myself, but mostly in my head. Positive self-talk helps to control stress, while negative self-talk fuels it. With practice, shifting negative thoughts to positive ones becomes easy. For example:

- "I can't handle this." > "I will take one step at a time and do this."
- "I'm alone and fearful." > "I can reach out for help. I will not worry and I will stay calm through this storm."



Positive self-talk should be practiced daily. It should start on waking up in the morning, at work, while travelling or whenever you begin to feel anxious. If you wish to make this work for your beauty, then add some affirmations (these are statements which one voices with confidence about a perceived truth).

Affirmations have been proven to be effective, as they can programme your mind into believing a stated concept. Some statements like these can be very empowering:

- "My authentic beauty shines from the inside out."
- "I feel beautiful in my body, mind and spirit."
- "Every cell in my body is beautiful and my beauty is eternal."

Listen to the Quiet Voice of Your Heart

Balance and happiness are integral to our well-being. Living a balanced life helps to maintain beauty, while happiness impacts both our physical and emotional beauty.

How easy is it to create balance and be happy in life, especially as stress is such an integral part of modern life?

It can all begin with listening to the soft voice of our heart that knows us better than we know ourselves.

It is the voice of our innate wisdom that is not concerned with 'the internal chatter' and it only lives in the beauty of the present. When we are still and turn inward we can listen to this voice. It will remind us to keep loving ourselves and take care of ourselves.

Here are some ways that our inner voice can guide us to a state of balance and deep contentment:

- Practice Yoga or meditate
- Spend time in nature
- Play with pets or babies
- Cook a favorite dish
- Talk to a close friend or relative
- Listen to music or break into a dance
- Smile and hug a little extra

Many of us only associate beauty with outward physical appearance. However, when we get to a place of pure joy, learn to stay balanced, and love the guidance of our inner voice, we can look and bring more beauty into our lives. The key is to practice this age-defying beauty ritual daily. This, in my opinion is the most crucial path to self-realization and eternal beauty!



Do these for Wrinkle-free skin



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Bad lifestyle and diet can have adverse effects on the skin, making one look older and unhealthy. This can make one feel depressed and unworthy too. ***Dr. Jobby George*** *tells us what to do to prevent the premature ageing of the skin.*

In the days of yore, wrinkles and sagging skin were usually noticed only during the old age. These days, however, premature ageing resulting in wrinkles and sagging skin are seen even in people who are just in their 30s. The collagen and elastin fibres of the skin tissues break it down thus losing its flexibility. In Ayurveda, this can be termed as the Kaphakshaya Vatavridhi condition.

Why the skin wrinkles?

• ***Working outdoors*** - Farmers, gardeners, labourers, fishers, frequent sun bathers, outdoor sportspersons are the ones whose skin wrinkles fast due to exposure to UV rays. It is false to believe that moisturizers can prevent the onset of wrinkles. People prone to developing wrinkles are advised to wear hats and full sleeve clothes while out in the sun. They should also keep hydrating themselves frequently.

• ***High range areas and frequent flying*** – Those living in the high ranges and those who are in the habit of flying frequently are more exposed to UV rays which in turn can affect their skin leading to premature wrinkles. Such people should take proper precautions for their skin in these times.

• ***Smoking*** – This reduces the blood supply to the skin cells. Also, the constant sucking movement while smoking makes the facial muscles to lose their flexibility.

• ***Alcohol*** – Increases intake of alcohol can dehydrate the skin leading to early development of wrinkles.

• ***Tension, depression, multi-tasking*** – These can cause negative facial expressions leading to the loss of flexibility of the skin muscles that in turn leads to the development of wrinkles. Other reasons for wrinkles are lack of sleep, improper food intake and lack of care of self during such adverse mental conditions.

• ***Lack of sleep, late sleeping or irregular sleep timings*** - These disturb the metabolism of the body leading to tired eye muscles which later reflects on the skin too in the form of increase in wrinkles.

• ***Sleeping face down or on stomach*** – Such wrong positions are also said to cause wrinkles very early itself.

• ***Lack of water intake or dehydration*** – This leads to dryness of the skin leading to wrinkles.

• ***Lack of oleation or snigdhata*** - Due to the sudden weight loss, any disease or reduction of kapha – snigdhadosa leads to the loss of flexibility of the skin. It is therefore advised that people hitting the gym and doing crash dieting should always take the advice of an Ayurveda physician before venturing into such ordeals. Sagging skin resulting from weight loss can be very ugly.

• ***Medicines*** – Medicines like corticosteroids, certain antibiotics, ACE inhibitors, diuretics, anti-seziure medicines are said to increase the aging of the skin. This is the result of the side effects of these medicines.

• ***High sugar Intake*** – This causes swelling in cellular level which further leads to wrinkling of the skin.

Various cosmetic treatments like dermabrasion, laser therapy, botox, chemical peels, facelift, fillers, etc., are available



in the market which have their side effects if not done regularly as prescribed by the cosmetologists.

There are many natural ways to reduce the age on the face and boost one's confidence. These can be easily tried at home.

▸ *Nidanamparivarjanam:*

This is the removal or reduction of the causative factors mentioned above or taking the necessary precautions if these are unavoidable.

▸ *Facial Massages or full body massages:*

When done with medicated oils like Balashwagandhadi Thailam, Ksheerabala Thailam, Kumkumadi Thailam, Lakshadi Thailam, Nalpamara Thailam, Dhanwantharam Thailam, Mahamasha Thailam, etc., (after proper directions from the doctor) these help remove the vatha and induce snighdhata to the skin. Ordinary oils like virgin coconut oil, castor oil, groundnut oil, rice bran oil, sesame oil, ghee can be applied externally and taken internally too to improve the skin texture of the face.

▸ ***Fruits*** like kiwi, papaya, pineapple, tomato, citrus fruits, tender coconut can be taken internally and also applied regularly on face to get that young look. Vitamin A, C and E rich foods are also known to improve the skin texture.

▸ *Face masks*

1. Separate the white of the egg from an organically reared hen (egg hasvrunghanam properties). Mix this with potato starch (After scrapping and extracting the juice from potato keep it aside for some time. The starch can be collected by using the liquid from the bottom) and apply on the face. Leave it for 10 minutes and reapply again. Leave it again for another 20 minutes and wash it off with warm water. This helps to tighten the skin and is very effective in controlling the sagging of the skin. This should be done at least twice a week for one and half to two months.

2. Egg white +Aloe vera pulp + coconut or castor oil can be used. This can be ground into a fine paste in a mixie jar. This should then be applied to the dry skin.

3. Egg white + Aloe vera pulp + lemon juice can be prepared for oily skin.

4. Njavara rice powder boiled in milk (+ghee optional) when applied frequently to the face nourishes the skin and brings it back to its normal tone.

• *Exercises for the face.*

This can be done anywhere anytime. Repeat it 20-30 times a day for good results.

1. Filling the air in the mouth and holding it like that for some time.

2. Filling the air in the mouth and moving it from one cheek to another.

3. Sticking the lips together

4. Tapping the face with fingers till the face gets heated.

5. Oil pulling or gandusha for 10-20 minutes also helps.

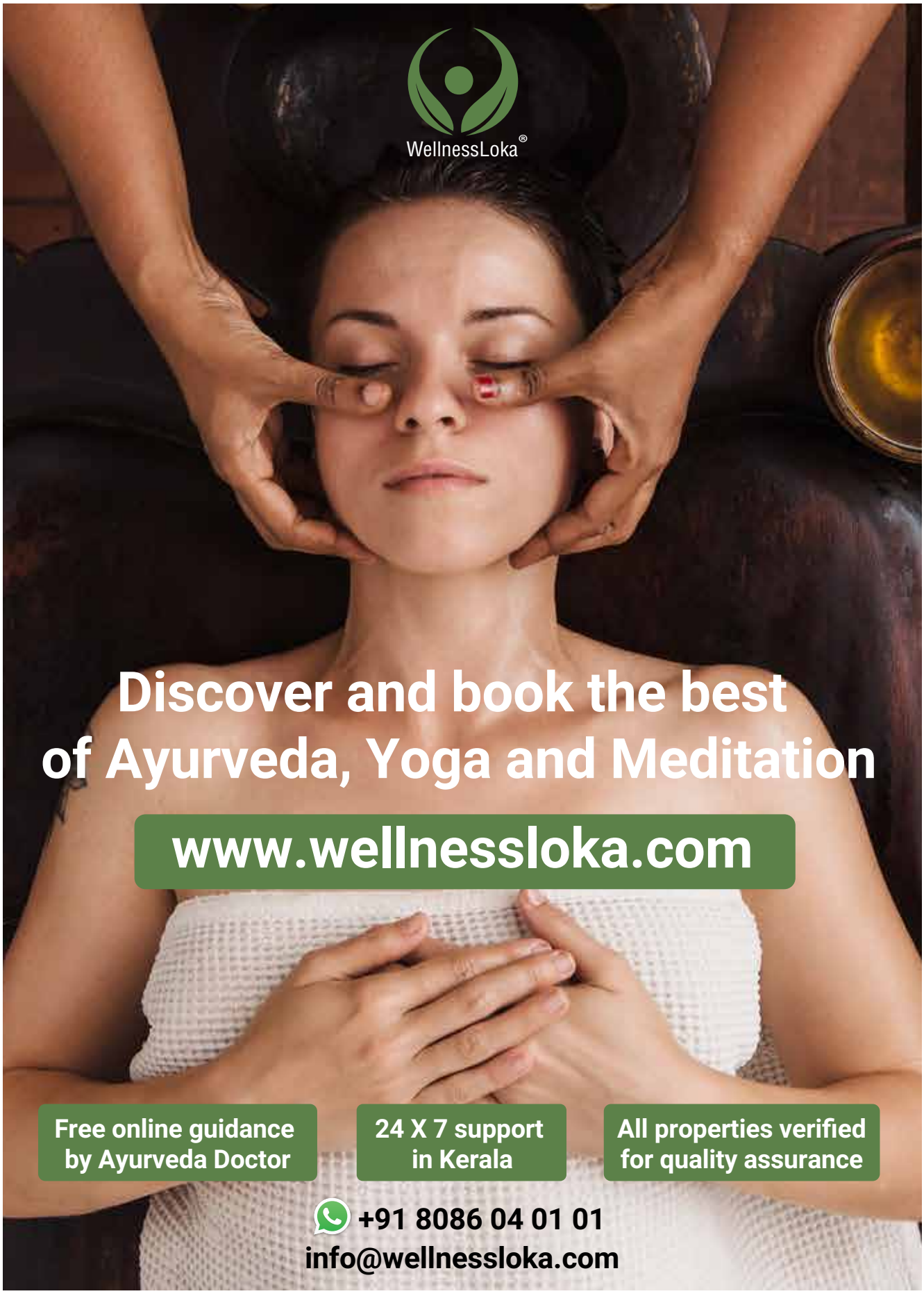
• ***Knuckling***-Oil the face with a suitable oil. Massage it with ones knuckles for 20-30 times. Repeat this by pushing both the cheeks upwards, knuckling the forehead upwards, knuckling the under eyes, massaging the brows and behind the ears all the way to the neck. This should be done for 20 - 30 minutes daily. It will activate the lymph glands and increase the blood flow to the face bringing back the firmness of the skin.

• ***Yogasanas*** – This helps in the rushing of the blood to the face and helps to tone up the face muscles and skin. Patients with BP, Diabetes, Cardiac Problem, Asthma, etc. should do this only under a medical supervision.

Some of the effective asanas are-

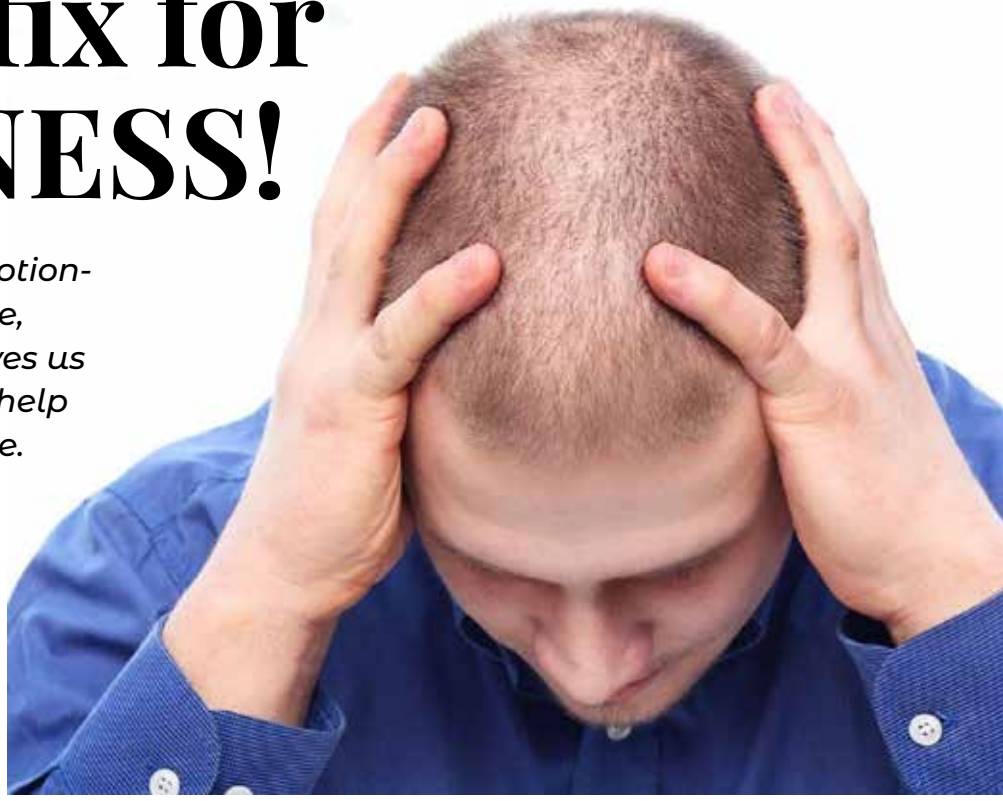
1) Kapol Shakti vikasan
2) Shasankasana
3) Sarvangasana
4) Parvatasana
5) Padahastasana
6) Shadmukhi mudra
7) Brahmari

It is to be understood that all the points mentioned above cannot be practised in a single day. These can be practised at your leisure time to give you that long-lasting youthfulness. The difference can be felt in a month or two ■


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Quick fix for BALDNESS!

Getting bald can be emotionally taxing. In this article, ***Vd. Lakshmi Anoop*** *gives us tips and tricks that can help overcome this nightmare.*





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Hair loss is natural if it is just up to 100 strands a day. Hair lost in this manner re-grows and the cycle continues. But at some point of time you might start noticing that you are just losing hair and there is no new growth happening. When this happens over a period of time and your scalp starts getting visible, then you can confirm that you are losing hair to the extent of getting bald.

Hair loss is natural and happens as we age but if it happens very early, then it is something that we need to worry about. Baldness is quite common by the time one turns 30. It is a distressing experience that can lower one's self-esteem and is psychosocially damaging. Baldness can also lead to mental disorders like depression, anxiety, social phobia, etc. The treatment for baldness is usually prolonged and it is not usually very effective. Thus, this can easily impact one's psychological well-being.

Three things to tell you are balding

1. Excessive hair fall / shedding of hair
2. Receding hairline
3. Noticeably visible scalp

Reasons for baldness

1. Genetics
2. Age
3. Drugs – blood thinners, birth control pills and antidepressants
4. Hair Appliances – blowers, iron and other devices that apply heat to hair.
5. Major stress
6. Poor nutrition – not taking the right food
7. Underlying medical condition – thyroid, autoimmune problems, iron deficiency, etc.
8. Medications or major surgery – chemotherapy, radiotherapy, etc.

Factors like age and genetics cannot be changed whereas diet, lifestyle and stress management are the things we can control.

Solution to male pattern baldness will not only lessen anxiety but prove financially advantageous to people. The few available treatments have limited effectiveness. They only halt the process but do not offer a permanent solution. Hair transplantation is effective but is usually painful and expensive. There is also a great risk of scarring and infection. Due to these reasons, people look for safer alternatives to tackle baldness.

Key nutrients to fight baldness

- Vitamin B (B1, B2, B3, B6, B12, B7 or Biotin, B9 or Folate) help create RBC which carry oxygen and nutrients to the scalp and hair follicles which

is important for hair growth. Vitamin B7 or Biotin is a well-known vitamin for hair health which is also essential for production of a hair protein called Keratin.

- Vitamin A helps skin glands produce sebum which is an oily substance that helps moisturize the scalp to keep hair healthy. This speeds up hair growth, enhances the growth of thicker hair and prevents the excess loss of hair.
- Vitamin C promotes collagen production and iron absorption, the two factors that help strengthen hair strands. It is a strong antioxidant which protects hair strands against oxidative stress that occurs when free radicals overwhelm the body's defence system.
- Vitamin E is an antioxidant that helps combat oxidative stress by neutralizing free radicals. It protects the skin on the scalp from oxidative stress and damage.
- Antioxidants protect the hair follicles against damage from harmful molecules called free radicals. These molecules exist naturally in the body and environment.
- Collagen is a protein that helps strengthen hair to prevent it from becoming brittle and breaking.
- Iron helps RBC carry oxygen throughout the body to fuel our metabolism and aid hair growth and repair.
- Zinc is a mineral that supports hair growth and repair cycle.
- Omega 3 fatty acid is an antioxidant that reduces hair loss and increases hair density.
- EFA is crucial for hair growth.
- Protein is important for hair growth as hair follicles are made of mostly protein.

FOODS THAT HELP	LIFESTYLE RECOMMENDED
• Spinach has folate, iron, Vitamin A & C. • Eggs are rich in protein, biotin, zinc and selenium • Berries are rich in Vitamin C, beneficial compounds and vitamins. Strawberries are rich in Vitamin C. • Oysters are rich in Zinc. • Sweet peppers are rich in Vitamin A & C • All the seeds are rich in Vitamin E, Zinc, Selenium. Flaxseeds and Chia seeds are rich in Vitamin E, Zinc, Selenium, Omega 3 fatty acids. • Nuts are rich in Vitamin B, Zinc and EFA. • Avocado is rich in Vitamin E • Sweet potato is rich in beta-carotene (Beta-carotene is converted into Vitamin A by our body) • Fatty fish like Salmon, Herring, Mackerel have Omega 3 fatty acid, Protein, Selenium, Vitamin D3, B Vitamins.	• Gentle scalp massage with warm coconut or sesame oil every alternate day at night. • Use mild shampoos or baby shampoos for washing hair. Avoid using shampoo daily, you may use them twice or thrice a week. • Gently wash your hairs • Avoid brushing wet hair • Use wide toothed comb. • Brush your hairs gently • Keep away from chemicals • Keep scalp sweat free • Protect hair from sunlight and other sources of UV light. • Avoid harsh treatments such as hot rollers, curling irons, hot oil and permanents. • Avoid tight hairstyles such as braids, bums or ponytails. • Avoid compulsive rubbing of your hairs. • Increase physical activity • De-stress • Reduce alcohol • Quit smoking







Facial hair issues in women – What to do?



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Unwanted facial hair growth is traumatic for women as it is considered unfeminine and unattractive. There are many women who have been suffering from facial hair growth. ***Dr. Gayatri*** *reveals to us some ayurvedic tips on how to overcome this situation*

Even though the adage says 'beauty is not just skin deep' the reality is far from it. Today, we live in a very materialistic world where the size-zero figure, clear skin and long black, thick hair is considered attractive. Physical beauty is still considered attractive and much-required in the marriage market. It is usually associated more with women and hence the pressure to look





good and young falls as a burden on women. Also, we cannot ignore the fact that beauty adds to the self-confidence in a person.

One of the innumerable cosmetic problems that women face today is Hirsutism. This is explained as the abnormal growth of hair in the areas where it should be minimum irrespective of the gender. But most women suffering from this condition are usually psychologically traumatized because of this situation. In Ayurveda, this condition is referred to as 'Atiloma' and is explained in Caraka Samhita or 'Sthulalomashaganda'.

This condition of Hirustism or abnormal growth of hair in women could be due to various reasons but almost always due to some underlying systemic illness. It is mainly endocrine-linked in origin ie, due to the presence of excess androgens or due to the presence of neoplasms in the system. This condition maybe of idiopathic origin. On the basis of origin, it is classified as androgenic, non-androgenic and idiopathic.

Androgenic causes include women with PCOS, adrenal hyperplasia, thyroid dysfunction, cushing syndrome and androgen secreting tumors and also syndromes of severe insulin resistance. Non-androgenic causes are relatively rare and are due to excess production of growth hormones resulting in acromegalics. Idiopathic hirsutism is established clinically on the basis of certain factors which is obvious hirsutism. Here, circulating androgens in either of the two sexes will be normal.

The term 'Loma' in Sanskrit refers to body hairs. The Panchabhoutikata of loma is prithvimahabhuta. It is also considered as one among the shadbhavas of garbha and develops by the sixth month of garbha. It is considered as the mala of asthidhathu and is situated in the sixth layer of the skin. Medications explained for lomashatana are majorly topical applications.

Management

The most important thing to do and remember for managing and controlling this excess hair growth is to never touch the affected region of the face or hair.

While considering the treatment protocol in Ayurveda, it should always begin with Nidana Parivarjana. One of the major causes of facial hair in women is due to PCOS. By treating this condition one can completely overcome this unwanted hair growth on the face.

There are also various herbo-mineral preparations for treating this issue. These applications are explained in detail below.

1. Lomasatanalepa yoga/ taila - application over face

2. Swarasa of arecanut/ picha with turmeric/haridra – make paste and apply on face

3. According to Charaka, Samhita, the phalavarga has keshaghnaguna that could be used for external application and could be taken internally too.

4. Susrutha Samhita – 4 yogas are explained

a. Shankhabhasmadi yoga – paste made out of pounding 2 parts shankha bhasma and 1 part haritala with shukta (vinegar).

b. Samibijadi yoga – bhasma of kadali, syonaka, haratala, saindhava and seeds of shami made into a paste by mixing with cold water and apply on desired areas.

c. Bhallatakadi yoga – external application of mixture of bhallataka taila and snuhiksheera is also useful. Make sure you are not allergic to bhallataka before using it.

d. Aagaragodhikadi yoga – gruhagodhikapucha (tail of house lizard), Rambha (banana), haritala, ingudibeeja are burnt and its ash is collected. Then it is mixed with bhallatakataila and water and then baked in the sun. This paste could be applied.

5. Sharangadara Samhita – 2 yogas are explained

a. Haritaladi yoga – 2 parts of shankha, 1 part of haritala, ½ part manahshila and 1 part sarjikakshara made into paste with water. This will show its wonder in 7 applications.

b. Haritaladi yoga – 2 parts of haritala, 6 parts of shankhabhasma, 2 parts of palasakshara made into paste with mixing swarasa of banana stem and leaves of arka. This will also start showing its wonder within in 7 applications.

6. Chakradatta

a. Romasatana yoga – sankha after burning dipped in the juice of kadali. Then it is rubbed with equal quantity of haritala and applied in the required areas.

b. Romasatana yoga – Powdered tail of Raktanjani bird dipped in mustard oil is used for a week. This is followed by massage with kusumbhataila

c. Various special preparations of aragwadhaditaila, ksharataila and karpuraditaila are found to be effective.

7. Bhaishajyaratnawali

a. Palasakshara, kadalikandakshara and haritala in equal quantity is triturated with kadalikandaswarasa is also useful

Most of the preparations explained above are herbo-mineral in origin. These topical applications enter the lomakupa and vandalize the follicles to cause temporary or permanent depletion. Most of the drugs used carry ushna potency with pitta laguna. Some have chedana and bhedana properties. In comparison to the modern approach by cosmetology with laser treatments etc, these methods are more effective, economical and less time consuming ■



Ms Astha Katpitia
Head - Shankara India
Bangalore

Take care of your skin in winter

Winter is the time to worry about your skin. ***Ms Astha Katpitia*** *shares with us some natural tips that can keep the skin fresh, soft and healthy during winter.*

With the temperature dipping in most parts of the country, it's probably been a day or two since many of us took that courageous step to have a shower. Winter not only brings along the cozy comforts but also the discomfort of dry, dull, itchy, flaky skin and chapped lips. Here are a few simple and effective skincare tips to make the skin happy and smiling during winter.

1. Oiling the machine: Vata (one of the three doshas or bio energies described in the ancient healing system of Ayurveda) is predominantly high in winter season, making the skin dry. The cold dry air of winter can worsen the situation resulting in cracked, rough, dry and dull skin. Ayurveda suggests that regularly massaging the skin with oils like coconut oil, sesame oil, olive oil or almond oil can hydrate the skin and bones. Oil massage brings health and luster to the skin, increases its blood circulation, and also plays an important role in the overall good health of the person. Medicated oils can also be used after consulting an expert, and depending on the skin conditions.

2. Kumkumadi oil for the face: An ancient beauty secret: The key ingredient of this oil is 'kumkum' i.e. saffron (kesar). "Gently massaging the face with kumkumadi oil not only gives a natural glow to the skin, but also prevents early signs of ageing," says Astha Katpitia, Head, Shankara India. Due to its uncanny ability to eradicate a number of skin problems like acne, pimples, dark spots and blemishes, this deeply moisturising and hydrating miraculous ayurvedic recipe has been passed on through generations as a revered beauty secret.

3. Use fingertips for scalp massage: Dry and itchy scalp, often accompanied by dandruff, hair fall and scalp infections are common in winter. A gentle and hot oil massage using fingertips can hydrate the scalp and improve blood circulation of the head. Bhringraj-brahmi or Bhringraj-amla oil is the most recommended for scalp massage. Additionally, steaming the head can also help to fight off dandruff and scalp infections thus promoting healthy scalp and hair. Steaming can be done by wrapping a hot towel around head after a hot oil massage.

4. What to do for your cracked lips?: Natural coconut butter or almond butter is excellent for hydrating the lips. Pure cow ghee also works like a charm in improving the lips' lustre and making them moisturised and soft. Oil pulling as the first thing in the morning helps to strengthen the teeth and gums and also prevent dryness in the mouth. Oil pulling has several other benefits some of which are detoxification of the body, fighting cavities, improved digestion and fighting Vitamin B12 deficiency. For oil pulling, 2-3 teaspoons of pure coconut oil can be used. This should be held in your mouth for 2 minutes and then softly swished around the mouth before being spit out.

5. Don't ignore the feet: Dry, cracked feet and heels are common during the winter season. Cracked heels can lead to painful infections and can also hamper the digestive system. Washing the feet with hot water and massaging them with coconut oil or sesame oil will help to heal them easily. Regular massage will prevent any dryness and cracking.

6. For that spark in your eyes: Washing the eyes with triphala (an ayurvedic preparation) decoction is helpful in treating dryness and allergies in the eyes. This helps to protect the vision of the eye and also the overall health of the eyes.

7. Eating right for the skin: All kinds of seasonal fruits and vegetables are always excellent for the skin and the body and winter season brings along plenty of them. Seasonal fruits and vegetables are rich in antioxidants and these are excellent for a healthy skin in addition to being effective immune-modulators. Fruits and vegetables are rich in Vitamin A and Vitamin C. The most recommended of them are carrots, oranges and gooseberry (amla). These must be consumed, as they are known to work wonders on the skin.

Since vata is elevated in winter season, it is advisable to avoid raw and uncooked food and salads especially from outside. Freshly prepared food like clear vegetable soup should be consumed warm and spices like cumin, turmeric and black pepper must be included in the diet. Including some pure cow ghee in the diet will provide the body with healthy fat and essential amino acids. These are very helpful in hydrating the bones and skin. It is also good to munch on some healthy nuts and seeds like walnuts and flaxseeds as these are rich in omega 3 and omega 6 fatty acids. These are very essential for healthy skin and bones.

While it may be tempting to skip the shower during winter, it is advisable to maintain personal hygiene and use lukewarm water for bathing. Stepping out of your comfort zone into the morning sun will provide you with the much needed vitamin D which can help to fight off any kind of skin infections. It will also add a beautiful sheen to your skin ■

(Based on inputs from Dr. Mitali Madhusmita, Head Doctor at The Art of Living's Sri Sri Tattva Panchakarma)



Get that bridal glow

Feeling like a bride on all days is an awesome experience. Here, ***Ritika Vasudev,*** *an expert in the beauty and wellness industry, tells us how this can be achieved.*



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The word 'bride' brings so many feelings and emotions to the mind of many young and old women. Hence the need to understand about the various aspects of bridal glow is close to the heart of not just every bride-to-be but also to those who have experienced it.

According to the dictionary, this glow is something that gives out a steady light without the presence of any flames. This glow which reflects from within is unmatched and lends a very positive aura to the radiator or the bride-to-be.

For every bride-to-be, the pre-bridal journey is exciting as it starts with the selection of clothes, jewelry and make-up for hair and face. These are just the external contributors that add to the bridal glow. However, the real gleam comes from taking a more holistic approach to beauty and wellness.

As a make-up artist and a beauty and wellness expert, I would advise all brides-to-be to begin their pre-bridal journey in such a way that it balances her internal thoughts and with the changes happening in the outer world.

This is a time when many experience stress and anxiety and hence this can lead to skin concerns like acne, breakouts, dryness of skin, hair fall, etc. To develop, maintain and sustain the bridal glow and the afterglow requires diet, exercise and skin care regimen. Practicing these is of utmost importance. Below are some practices that can be followed to retain and maintain this bridal glow:-

Diet: Start eating in a health conscious manner. Include more freshly cooked foods in your diet rather than packaged food or ready-to-eat junk foods. Avoid convenience foods that are loaded with preservatives to prolong shelf life. According to ayurvedic/yogic diet, eating more fresh fruits, sprouts, nuts, green vegetables is highly recommended. It is good to add soups to the diet especially during winter. Eat light at night for easy digestion and a good sleep. Good sleep is one of the key elements to a healthy and shining skin.

Skin care: The real secret behind a radiant skin begins by practicing the habit of following good skincare regime religiously, twice a day. Cleansing, toning, moisturizing the skin on a daily basis keeps the skin young, soft, supple and wrinkle-free for a long time.

Below are some easily available natural kitchen ingredients that make for excellent skin cleansers, exfoliators, moisturizers and mask.

Coffee powder, finely ground sugar, almond powder, orange peel powder, oatmeal, dry milk powder are some ingredients that can be used to make a good natural skin cleanser. This can be stored in an air tight bottle in your bathroom shelf for easy everyday use.

Method: For dry skin, mix almond powder, dry milk powder, ground sugar using tap water to make a paste. It is good to use lukewarm water instead of cold water. This can be applied to the face and neck by massaging it gently to the skin for a minute. Rinse the face after the cleansing massage using lukewarm water. Avoid rubbing the skin to dry it.



Use rose water for toning: To nourish the skin, hydrate it using essential oils mixed with carrier oils. Use almond oil mixed with a drop of rose oil as this is good for massaging the face and neck until the oil is absorbed in the skin.

Face pack: Banana and avocado works excellently on dry skin. This can be applied to the face and neck using a brush. Leave it like that for about 10 -15 minutes. Rinse off using warm water.

For oily skin: Mix coffee powder with orange peel, add little water to make a paste. Apply it to the face and neck and leave it like that for a minute. Wash off with lukewarm water.

Use diluted apple cider vinegar or neem toner: To make your own neem toner, boil a few neem leaves in water then, cool it and pass it through sieve to collect the neem water in a spray bottle for easy use.

To nourish and hydrate the skin, use tea tree oil or lavender oil mixed with rosemary oil.

Use tomato pulp, honey or papaya for very oily skin.

Method: Use brush to apply face pack all over the face and neck and allow it to rest for 10 -15 minutes . Rinse off with warm water.

Hair care: Massage the head once a week with coconut oil or almond oil. This is very beneficial for healthy scalp and hair. One may opt for hair massage and spa in a salon too.

Eye care: Massaging the eye with VitaminE oil or almond oil can work wonders in keeping the under eye area healthy and erasing the fine lines. Good eye care can be practiced by avoiding long hours in front of the computer and mobile. Blinking and washing eyes at regular intervals can keep the eyes bright , shinning and remove all tiredness.

Under Arms: Rubbing alum cake after bath on under arms acts as a natural deodorizer and also lightens dark arm pits.

Lip care: Regular scrubbing using sugar and water keeps the lips rosy.

Body Care: Regular body polishing using traditional ubtan made with gram flour/ chick pea powder mixed with a pinch of turmeric powder, milk cream or any oil once a week keeps the skin from head to toe skin soft and toned .

Yoga / Pranayama: Last but not the least practicing any form of exercise is good but yoga and pranayama are highly recommended to align the mind, body ad thoughts for a glowing personality.

Investing in good quality, natural make up products can leave your skin and hair healthy, young and beautiful all the year round. Follow these tips to shine your way to new life ■

Ayurveda massages, what it can do for you

Massages are always good for the body as it improves blood circulation. When it is done using medicated oils the results are more obvious. ***Dr. Piyush Juneja*** *tells us about the different Ayurveda massages and their benefits.*



Dr. Piyush Juneja

Ayurveda doctor with an experience of over 12 years. He is currently a consultant to several national & international organizations for Clinical Trials, R&D, Business Development, Regulatory Affairs, Contract Manufacturing.

He has effectively managed various diseases like skin disorders, digestive disorders, Hypothyroidism, Gynaecological disorders, Renal Calculi, Sexual Problems, all lifestyle related problems in children and adolescents.



Ayurveda recommends different massages for different diseases or disorders. The massages are prescribed after assessing the patient and their complaints. Abhyanga (massage therapy) is an essential and most prevalent Panchakarma procedure for ensuring the health of the patients. This is not an ordinary massage done with the simple local application of oil. It involves therapeutic factors such as dosha (Bio-humors), dhātu (Tissues), body constitution, etc. and pharmacological factors like selection of oils, optimum temperature, frequency and duration of application etc.

Daily oil massage, also known as Abhyangam in Ayurveda, has several health benefits like reduction of stress levels, youthfulness of skin, more immunity and improved blood circulation. The therapeutic effect of Ayurveda massage also depends on the appropriate selection of drugs/herbs/oils (according to the disease and the patient), skills and experience of the therapists, support of the patient and certain dietary and lifestyle restrictions to be followed by the patient during and after the treatment.



Benefits of Ayurveda Massage:

- Increases activity of sweat and sebaceous glands
- Mobilizes soft tissues
- Brings down pain
- Increases venous and lymphatic flow
- Breaks soft tissue adhesions
- Increases removal of secretions from lungs
- Removes dead skin cells
- Eliminates metabolic wastes
- Induces sedation
- Lowers stagnation of fluid in tissue space
- Increases growth
- Encourages nutritive exchange between blood and cells

Medicated oils to be used according to body type or prakriti:

Vata - (dry skin) - Use a heavy oil such as sesame, almond, avocado, or bhringaraj.

Pitta- (sensitive/overheated skin) - Use a cooling oil such as olive, sunflower, coconut, or ghee (clarified butter).

Kapha - (oily skin) - Use a stimulating oil like mustard, or a light oil such as flaxseed, corn or canola

Sesame oil, also known as King of Oils is rich in linoleic acid, has anti-bacterial, anti-inflammatory and antioxidant properties. For increasing strength and stamina Mahamash or Bala oil is the best. Mahanarayan Oil is made from 20+ Ayurvedic herbs and is traditionally indicated to be beneficial for movement, pain and stiffness of the joints. Prior to the massage, oil should be warmed and some camphor can be added to it. This can then be applied to the affected joints or muscles. This is tremendously beneficial.

• ***Jojoba oil*** — Appropriate for all skin types. It is not easy for this oil to seep into the skin and therefore absorption of this oil into the skin is a bit difficult. However, this acts as an excellent moisturizer.

• ***Almond oil*** — Almonds are the excellent source of vitamin E, and this oil nourishes the skin completely.

Types of Essential Oils

Addition of essential oils to a carrier oil will enrich the experience of the massage and we can customize it according to our own blend.

Select from a light oil such as grape seed oil or a heavier almond oil and add lavender, rosemary or any other essential oil as per the desire and benefits.

• ***Peppermint*** — Helps to improve circulation and provides relief for eczema and other skin issues. It also has anti-inflammatory properties.

• ***Eucalyptus*** — Has a cooling effect on the body in the summers and hence it is very effective for people with a pitta prakriti and those with over-heated skin types. This is also good for those who want the warmth during the winter months. It has antiseptic properties and helps to reduce the inflammation related to a muscular strain.

• ***Rosemary*** — An excellent oil for reducing muscle aches and pains. By mixing with a carrier oil, it is an effective therapy for relief of stress related fatigue, all types of headaches and migraines and also for anxiety, depression.

• ***Lavender*** — Lavender offers relaxing benefits and the essential oil has been attributed to helping wounds heal faster ■



White patches on skin?

Vitiligo is a disease that results in the loss of skin color in blotches. ***Dr. Pretty P.*** *helps us understand the Ayurveda remedies for this disorder.*



Dr Pretty P
BAMS, MD, YIC
Assistant Professor
Department of Kriyashareera
Sushrutha Ayurveda Medical college
Bangalore



The skin is the largest organ of our body, forming a major interface between us humans and our environment. Its primary function is to protect all organs of the body. Its colour depends on two factors like, pigmentation of the skin and haemoglobin in the blood. Cells of the skin are known to contain a brown pigment called melanin, which is responsible for the colour of the skin. This pigment is synthesized by melanocytes. Melanin, also known as the skin pigment, is the major colour determinant of the human skin.

Our skin colour becomes dark when the melanin content increases and vice versa. Also, skin is the best indicator of general health as it reflects the external and internal pathology, and thus helps in the diagnosis of various diseases. In Ayurveda, switra is mentioned along with kushta which can be correlated with skin disease vitiligo or leucoderma. It is an auto-immune disease against melanocyte characterized by depigmentation or hypopigmentation of the skin.

Vitiligo is a long term skin ailment characterized by patches of skin losing its pigmentation. It may start at any age but usually appears between the age of 20 to 30. The white patches may begin on the face, above the eyes, neck, armpit, elbows, hair or knees. The patches are either white or darkly

pigmented skin due to the complete absence of melanocytes. Several auto-immune endocrine disorders are associated with vitiligo. The affected skin area become white and usually have sharp margins. It is more noticeable in people with dark skin. Vitiligo may occur as a result of psychological stress and those affected may feel stigmatized. The exact cause of vitiligo is still unknown. It is a genetic disorder which is triggered by environmental factors and auto-immune disorders.

Risk factors

- Family history of autoimmune diseases

However, it is not a contagious disease.

Classification according to Ayurvedic classics

1. ***Vataja Switra*** – dry and erythema tous affects raktha dhathu
2. ***Pittaja switra*** - coppery red, burning sensation, hair fall and affects mamsa dhathu
3. ***Kaphaja switra*** – white colour, coldness, with severe itching and affects medo dhathu

According to contemporary science

1. Segmental
2. Non – segmental
3. Mixed

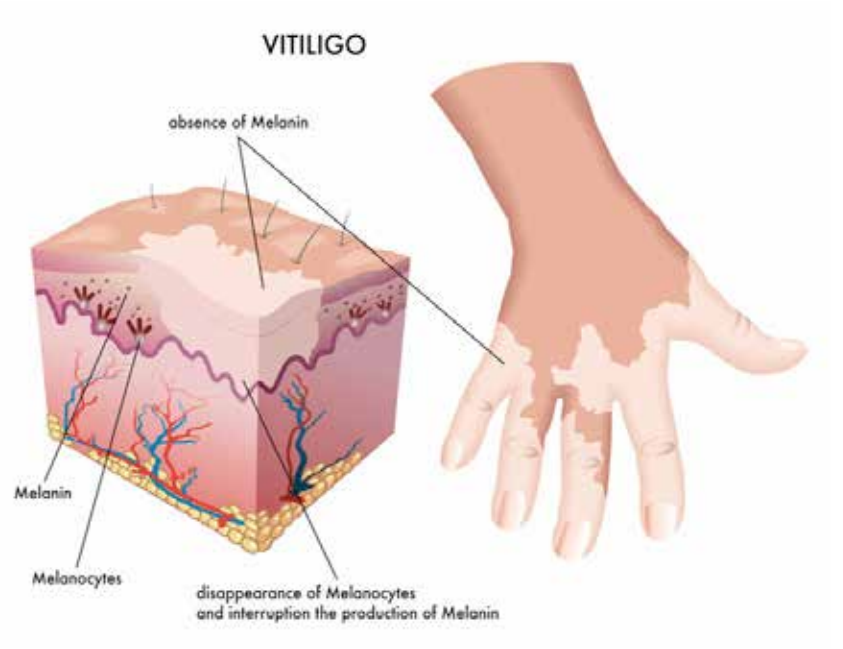
Diagnosis

- Skin biopsy
- Tissue biopsy
- UV rays in early phase

Management

Ayurvedic treatment modality is the repeated application of shodhana as well as shamana therapy

- Snehapanam with Thikthaka grutha or Mahathikthaka grutha
- Swedana
- Virechana
- Shamana oushadha –Hapushadi choorna, Lodrasava, Madhu kasava, Abhay arishta, Punnarnavadyarishta
- Panchagavya grutham – 20ml with warm water at night
- Bhrungaraja choornam – 10gm with honey morning and night after food
- Chitraka choornam – 5gm with warm morning and night after food



External medicines

- Hribera kshara/Gajalida kshara with guggulumarchadi taila
- Gomutra bakuchi choornam with sour buttermilk
- After 1 hour apply Guggulu marichadi tailam

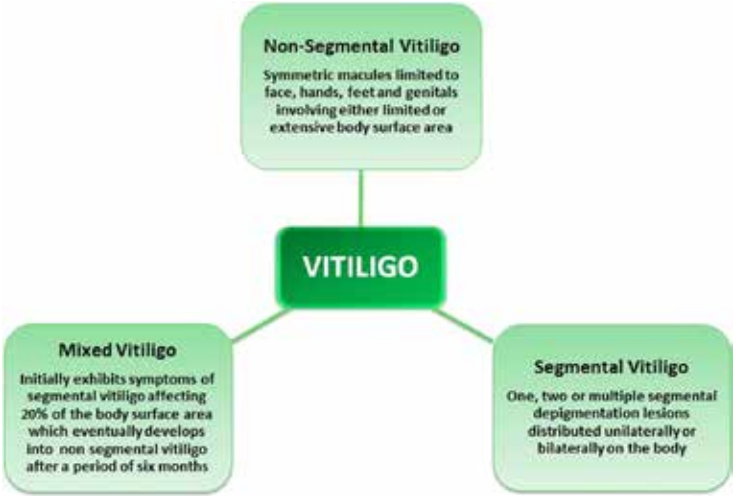


Pathyam

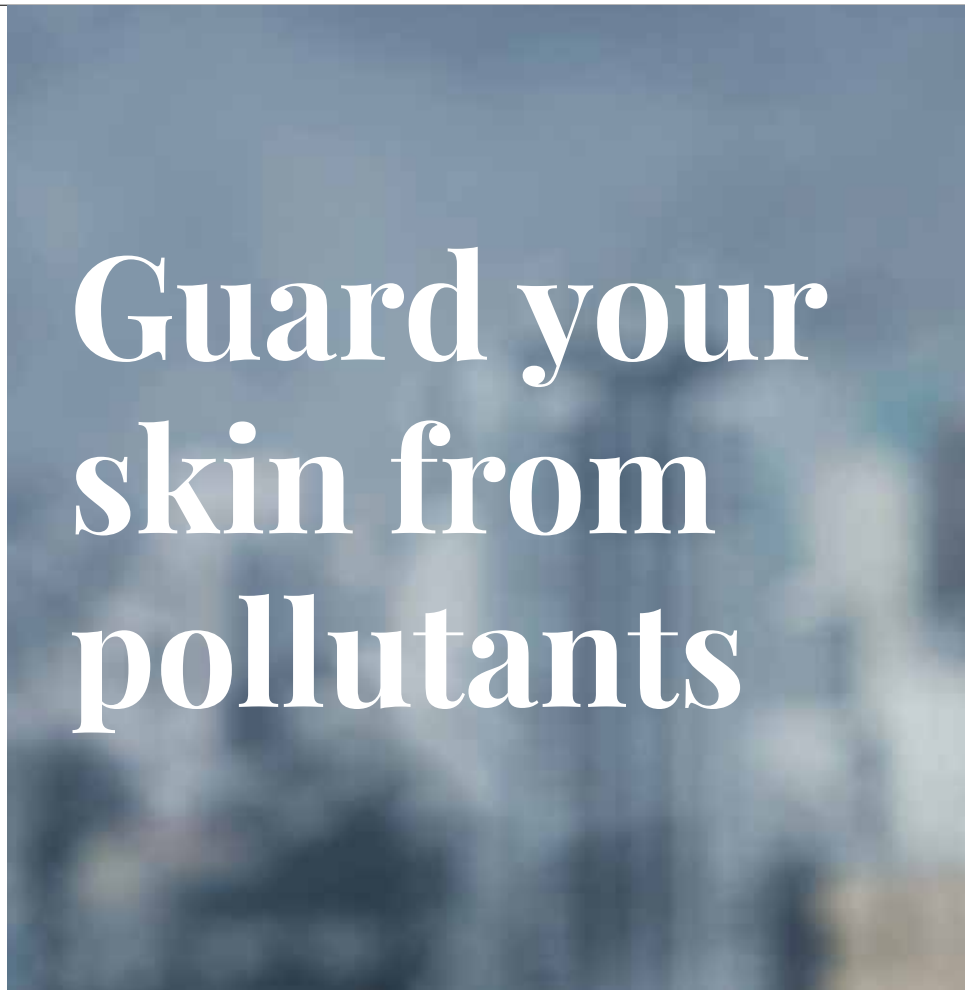
- Reduce stress
- Practice yoga to increase mental strength

Apathyam

- Avoid sour fruits and food items
- Curd, black gram, non vegetarian food



Guard your skin from pollutants



Chhavi Singh
Founder
Sacred Salts
Gurugram, Haryana

Pollution from the air can harm the skin making it irreparable. Chhavi Singh, who runs the Bengaluru-based startup Sacred Salts, tells us how this issue can be resolved.

One of the main reasons behind dull skin, wrinkles and clogged pores is air pollution, another being hormonal problems. Our skin is known to secrete fats and natural oils (lipids) which help in keeping it infection-free, supple, and hydrated. However, high acidic levels in the air and chemicals in the smog, when combined with UVR, can make it very hard for the skin to take in enough oxygen and fight infections, allergies, signs of aging and dryness.

Long-term exposure to air pollution can also cause or worsen skin conditions, resulting in problems such as Eczema, Acne, and Rosacea, and premature ageing. Here's what a few skin experts suggested about some effective ways to protect the skin from air pollution:

Drink Enough Water:

Water not only helps the liver to flush out toxins and waste, but also clears skin, hydrates it and also nourishes it. While dry and dull skin prompts early ageing, hydrated skin repairs damaged cells and fights signs of ageing such as pigmentation, wrinkles, black marks, open pores and dull skin.

Cleanse the skin twice:

Make it a routine to clean the face twice a day, especially if your work requires traveling. Travelling and exposure to smog can make the skin dry. And dry skin is vulnerable and helps in the penetration of harmful chemicals present in the air. Therefore, apart from drinking water, one must rinse the face twice a day using a soft cream-based facewash. The most effective cleanser suggested is that which contains activated charcoal and essential oils like Cedar-wood or Orange. These will help to flush out the harmful chemicals that are deep rooted within the pores of the skin. Using a paraben-free gentle face wash is highly recommended. Activated charcoal regenerates the skin, removes toxins, blackheads and reduces dark spots. It also helps to retain the moisture, balance natural oils and prevent skin pigmentations. Make sure to remove your makeup thoroughly before using a face wash.

Scrub the face two times a week:

Scrubbing is a must to protect the skin from toxins and pollutants. A mild scrub is suggested for exfoliating the skin and removing dead skin cells and other chemical particles. Additionally, scrubbing clears clogged pores, blackheads and removes built-up impurities. Regular skin exfoliation also helps to develop new skin cells and improve skin health. But, everyday skin scrubbing can lead to the skin losing its natural oils, which can further result in acnes and pimples. Therefore, ideally, one must scrub the skin only



twice a week. While any mild scrub is good to go, a charcoal-based scrub will not only remove dirt and dead cells but also address other problems, such as oil balance and flakiness. An activated charcoal scrub minimizes pores, de-tans, destroys acne-causing bacteria, evens out skin tone, and slows down the aging process.

Apply face masks regularly: A Face Mask completes the skin protection process. After cleansing and scrubbing the face, it can become unreasonably dry. As mentioned, dry skin is the root cause of skin allergies and ageing. Therefore, in order to restore the effectiveness of cleansing and scrubbing, one must regularly pamper the skin with peel-off masks. Just a 20-minute application of activated charcoal based peel-off mask can do wonders for the skin. It can refine pores, increase hydration, firm skin, improve its tone and rejuvenate the skin. Peel off masks should be applied only after cleansing and scrubbing, and before toning and moisturizing. Make sure the mask used is made of natural ingredients, such as cedarwood, aloe vera, turmeric, etc.

Apply toner for an even-looking, glowing skin: Just like scrubbing, one should not skip the process of applying a toner to the cleansed face. A good quality toner neutralizes the skin, restores the pH balance and removes acidic particles from the skin surface. Toner also tightens the skin and adds a layer of protection by reducing the penetration of air pollutants and other contaminants. Toners don't have to be expensive or extravagant. The most effective and simple toner available in the market is the rose water. It is good to always keep a small bottle of this solution handy. Spray a little on the face especially when you want a quick skin refreshment.

Moisturize your skin: There is no rule for moisturizing. Apply it on a clean face whenever it feels dry. In case you are in a situation where you cannot cleanse your face, use a damp cloth or wet tissue to remove dirt and oil, and then apply the moisturizer. However, it is mandatory to use toner and moisturizer after every wash, so as to retain the moisture content and even out the skin texture. Use a good quality, heavy moisturizing cream during winter. Alternatively, one can also use olive oil or pure coconut oil to hydrate and nourish the skin. Remember, to apply a thick layer of moisturizer lotion at night to retain the moisture for 7–9 hours at a stretch. Apart from the above routine, one should also use sun protection cream with SPF 50 and above, take an oil bath once a month, and supplement the diet with omega 3 fatty acids, Vitamin C, Vitamin E, and pro-prebiotics ■

Snap back to shape after pregnancy

Shedding those extra pounds after your delivery may not be an easy task. However, it is important to get back to shape in order to boost the morale, feel attractive and good. ***Nidhi Pandya****, tells us about the tips and tricks to achieve this feat.*



Nidhi Pandya
Ayurvedic Practitioner, CAP
Mind - Body Coach



Losing pregnancy weight is important not just for new moms but for babies too. In Ayurveda, "pregnancy and post partum is an opportunity for a woman to heal and reset her constitution. If she does it right, it is like rebirth."

Holding on to pregnancy weight can have serious consequences down the road, putting moms at risk of several chronic conditions. And yet, getting rid of all those pounds after pregnancy can be daunting for most women.

In reality, a woman's body is naturally designed to shed off those extra pounds. The key lies in understanding the science and biology behind those extra kilos:-

Why do we put on weight during the pregnancy?

with poor quality tissues. This kind of baby will also be prone to asthma, eczema and even allergies.

At the same time, it is good to embrace the good weight as your body also needs a little bit of extra cushioning to keep the womb and the fetus within safe and warm. Therefore allow the baby this luxury.

The pregnant mother should not be shy of gathering 10 to13 kgs during the 9 month period. Only thing is that, this should be done with the right foods so that any extra kilos that is garnered goes directly to the baby.

Also, practicing yoga and swimming during the second and third trimester will make the body agile and flexible. I do not recommend a lot of walking during these months as it can lead to wind disturbances in the body.

After delivery

It is how you treat your body once the baby is out that will finally determine how your body deals with those extra pounds. For this purpose, it is extremely important to understand what's happening inside.

Once the baby is delivered, a big gap is created in the womb. Filling this gap in the right manner is very crucial for a healthy recovery.

The body is vulnerable with this new hollow space and the chances of wind getting trapped in this space is very high. This wind will lower the agni or the digestive fire in her body making it hard for her to digest food and thereby making her weak due to the poor nutrition. This low digestive fire will not be able to process foods well leading to an excess of poor quality tissue. As a result, the mother experiences loose skin, flab and even cracking joints.

Most people are under the false notion



What happens during post-partum and

How can we support our body to reset?

Let's dive into the science behind those extra pounds. A women's body is a very intelligent entity and likes to support her in all her endeavors. So while pregnant, the body first makes an assessment of its needs and requirements.

During the complete ordeal of pregnancy, a full human life is built and nourished for nine months in the womb. This exercise requires extra flesh, blood and tissue. In order to meet these requirements, the body starts holding onto the extra flesh and weight to support the new life or the fetus.

There are certain foods like milk, ghee and coconuts that make its way directly to the womb to support the new life. Hence, these should be had abundantly during this period. Fried and junk foods are often rejected by the fetus and this starts accumulating in the body as unwanted or excess tissue. Therefore, these types of foods should be avoided.

In case you go on a diet and eat light foods, chances are that the baby that is born will be underweight or premature



that excess fatty foods can lead to stubborn pregnancy weight and that this stubborn weight caused by excess wind and compromised digestive fire can further leads to the excess production of poor quality tissue.

Our goal is two fold:

To make sure no excess wind enters the body

To eat only foods that do not aggravate the excess wind or vata

Make sure Wind does not enter

This can be confirmed be rerouting all the excess wind downwards and thus protecting the digestive fire. This is done by:-

Tying the stomach with a saree, cloth or a post partum belt. This will naturally bring down the hollowness.

Consume wind-alleviating herbs like vayvading, ajwain, chamomile, dried ginger, dil seeds and fennel seeds.

The gap created between the legs is a great place for wind to enter. So always sit with the legs closed at all times and practice kegels.

Do a full abhyanga for 30-40 days after delivery with a sesame based Ayurvedic oil. This has a natural wind alleviating and nourishing property.

Sleep as much as possible. Lack of sleep is a well-known culprit for excess wind.

Avoid outings as much as possible. The extra time you get should be used for rest and recovery. Yes, pregnancy is not a disease but your body has gone through a lot. It needs time to reset.

Avoid wind aggravating foods

Refraining from certain foods, even though they maybe tempting may go a long way in allowing your body to return to its pre-pregnancy weight. This list is very counter-intuitive as it asks you to keep away from low fast foods. Remember, we are reducing wind as a means to losing that flabby weight. Losing weight rapidly in the beginning when consuming low quality foods can cause a lot of hormonal and weight disturbances eventually.

Avoid all foods labeled as low fat, diet foods, salads and raw foods and cold water or any kind of cool drinks. Fresh juices should be restricted. Also limit the consumption of cruciferous vegetables like cauliflower and cabbage. Limit consumptions of beans and chick peas

Instead, have full foods like whole grains, cooked fleshy vegetables, milk and ghee. Yes, these may add a few pounds in the short term but these are pounds that will help to fill wounds, restore agni and keep up the required milk production. Once the agni is restored, the quality of your skin, tissue and muscle will become better and healthier. You will also become healthier and more radiant.

When can you start to exercise?

Avoid all kinds of exercises during the first 6 weeks after delivery as it is during this time that the body adjusts to its new reality as well as the milk production. Instead, it is good to do some alternate nostril breathing at this time.

For 6 to12 weeks after delivery, it is good to start practicing gentle yoga and some weight training exercises. Make sure to eat well during this period so that the milk quality is not compromised.

From the 12th to 26th week, it is good to do some gentle walking or dancing. This can be added to your daily routine. Hang in there with those good quality pounds and you will be rewarded.

After 6 months, once the baby has started top feed, one can add more cardio to the routine, provided the baby is healthy and eating well. At this point, one can reduce the quantity of the dinner to half. Make sure to add lentils in your food.

At this time, you will notice that you've already lost some weight and are feeling healthier in-spite of eating the so called full-fat foods. Remember, it is healthy and normal for the body to hold onto those five extra pounds as long as you are breastfeeding. Enjoy them and know that this stage will pass soon.

In my case, I have had two successful pregnancies in the last 12 years, and today, at 38,my body is in better shape than it was ever before. This is possible for anybody. Right now, be patient with that extra weight and do all the right things!

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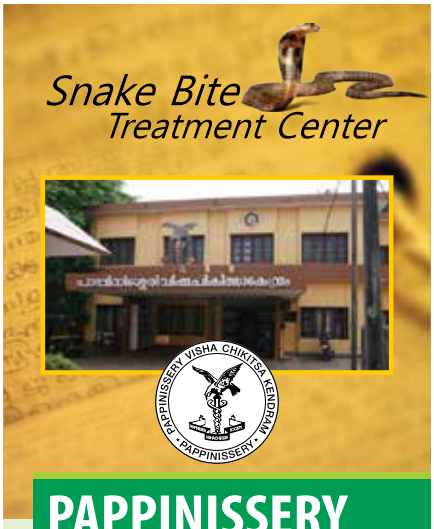
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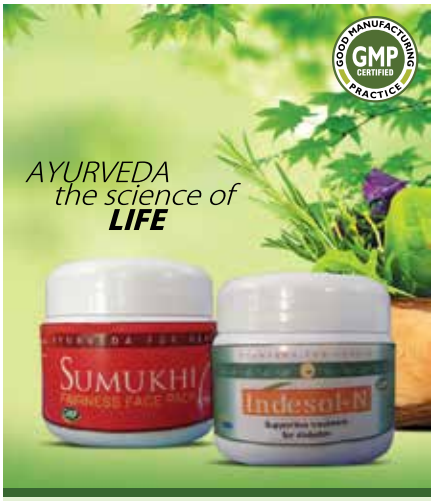


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Care for combination skin

Combination skin occurs when you have oily forehead, nose and chin and dry skin in other areas. ***Dr. Nita Sharma Das****, explains some methods to balance combination skin so as to gain control over this complicated skin type.*



Dr. Nita Sharma Das

A freelance medical writer and a Doctor of Naturopathy. She completed her PhD in Alternative Medicine. Her specialization and area of research include Herbal Medicine and Nutraceutical.

Our facial skin requires constant care as flawless facial skin is a crucial component of our charm and the way it can boost our self-confidence. Combination skin occurs in a few people and there is no one-size-fits-all combination skin care routine, although there are various guidelines on caring for such skin types. However, the four fundamentals of routine skincare include mild cleansing, hydrating, replenishing and protecting.

What is a combination skin type?

Depending upon the skin texture, there are different types of facial skin such as dry, oily, combination, or sensitive skin. Combination type of skin is one which has both oily and dehydrated textures. In this skin type, forehead, nose and chin area (T zone) are oily, whereas rest of the facial skin is dry or dehydrated.

Common skin problems associated with combination skin type

This type of skin is specially sensitive to direct wind or exposure to sun. Cheek, lips and eyes of people with this skin type are usually very sensitive. Greasy look and acne breakout are some of the common skin problems due to increased oil secretion in the T zone. Comedones and blackheads are the some of the skin problems that appear on the forehead, nose and chin area of people with combination skin.

People with such skin types usually have fine lines and skin tightness on their face due to its dehydrated nature. This skin type is usually caused due to certain peculiar climatic conditions or due to a deviation from the routine lifestyle that leads to skin dehydration and other related complications like redness, high-temperature build-up, etc.

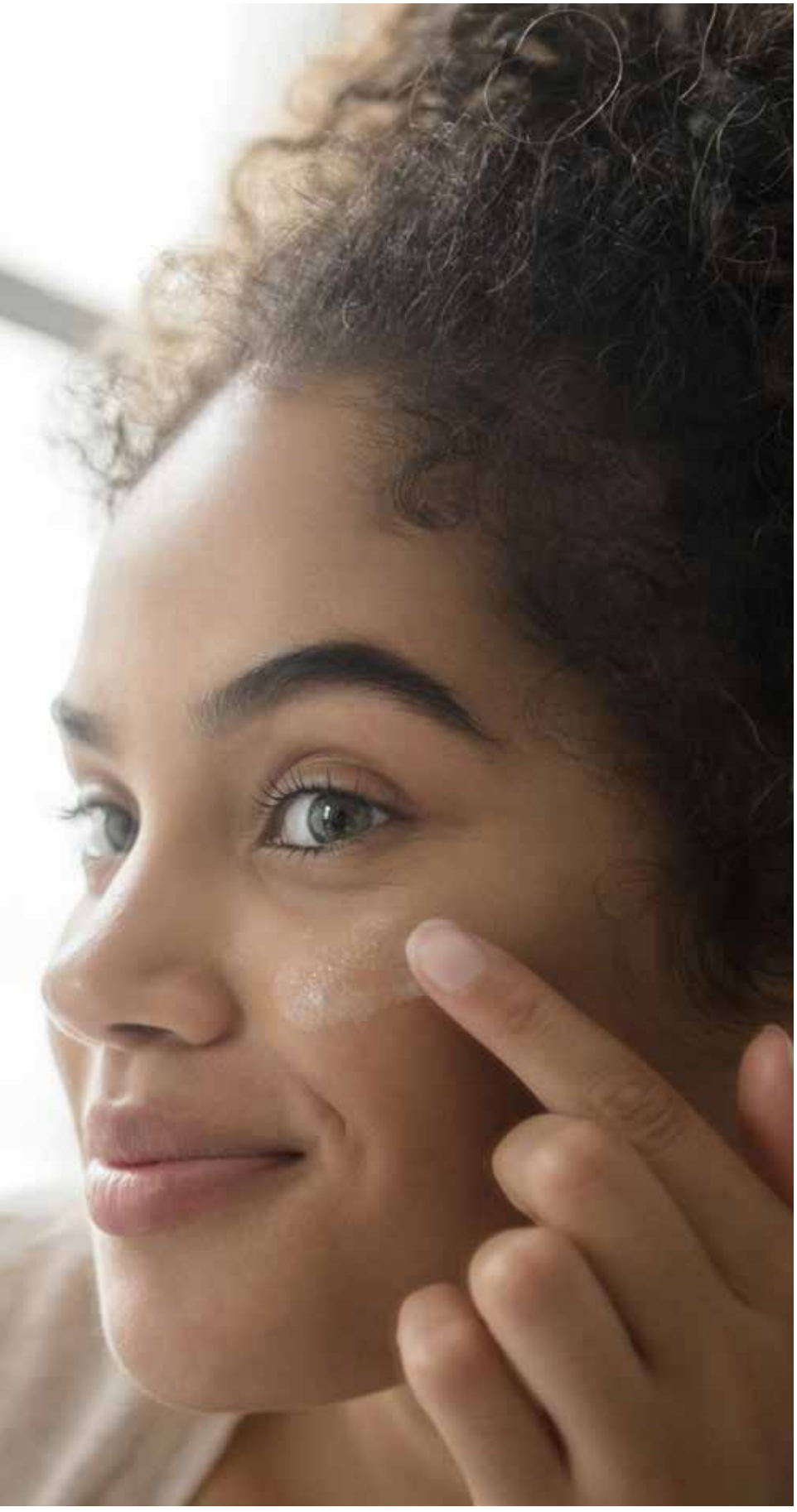
The aim of routine skin care for combination type of skin is to regulate the sebum secretion and to balance it along with maintaining the moisture and skin PH.

Routine skin care regimen

Our beauty cabinet should contain the following items for the routine care of our facial skin to make sure it glows and stays healthy.

Cleanser

The right selection of cleanser is very essential for removing dirt, oil and germs from our face and to affix our facial skin. Facial skin is known to be very sensitive compared to the skin in other parts of our body and it also has a great aesthetic role to play. Due to its sensitivity, ordinary soap or body cleansers should not be used to clean the face as this may lead to dryness.



Facial cleansers should be selected based on the skin type of the person. After gently cleansing the face, it should be washed with cold water. Using warm water to splash the face after cleansing with a cleanser can clear out the essential oils from the skin.

Toner

After cleansing the face, an appropriate toner should be used to smoothen and soften the facial skin by restoring and replenishing it with nutrients. Toner can also reduce the dry patches on the skin and its redness too.

Moisturizer

Skin hydration is essential for smoothening the skin and hence an appropriate moisturizer should be applied after every wash to maintain its hydration level. Moisturizer seals the moistness of the skin and prevents it from drying up. Some trial and error methods maybe required for the right selection of moisturizer to fulfill the individual skin requirement.

Sunscreen

Sunscreen is the most important cosmetic to apply on the skin to prevent the skin from any sun damage. Frequent exposure of the skin to the sun without any sun protection can cause early wrinkle, uneven skin tone, and other skin aging symptoms. Although many moisturizers are available in the market that promises sun protection only a sunscreen below SPF 30 provides effective results. In case of constant exposure, experts recommend reapplying sunscreen every two hours for effective sun protection.

Exfoliation

This is not a regular use skincare product but this should be definitely present in our beauty cabinet. An exfoliant application atleast once every week helps to remove all the dead skin and cells from the face. Exfoliant should be applied not just after cleansing the face but also before moisturizing it. Application of an exfoliant clears the skin pores and improves the smoothness of the skin. But, frequent scrubbing can cause damage to the protective layer of the skin. Therefore, experts recom-

mend chemical exfoliation as a better option to scrubbing.

Serum

This is an additional skin care product which improves skin texture and firmness by supplying it with essential nutrients like retinol. It supports skin health by providing it with the essential antioxidants.

Make-up remover

If you are working or have the habit of applying make-up daily, then a make-up remover should be a must in your routine skincare cabinet. Removal of complete make-up is an important step to skincare as leaving it as it is can result in the clogging of skin pores, puffy eyes, and redness.

Recommendation of routine facial skin care for combination skin

The natural ingredients ideal for routine facial skincare for combination skin are as follows:

Witch Hazel

This helps to tone and tighten the skin pores and is also a good moisturizer. It also has antiseptic and astringent properties and is therefore effective in controlling acne and its antibacterial property. The anti-oxidant property of this herbal remedy is effective in controlling skin aging problems too.

Honey

Honey is a natural moisturizing agent that can nourish the skin due to its vitamin, mineral, essential enzyme, proteins and amino acid contents. Honeyā based skincare products like lip balms, moisturizer are good options for combination skin type. The anti-microbial and anti-oxidant properties of honey are effective in controlling skin infection and skin sensitivity reactions like dermatitis.

Lactic acid

Lactic acid is an active ingredient of sour milk and tomato juice which helps to accelerate the process of skin exfoliation. This natural ingredient reduces the thickness of the outermost layer of the skin and thus decreases hyperkeratinization. Both of these mechanisms make lactic acid an excellent exfoliator for combination skin type. Application of lactic acid containing natural and organic formulation helps to remove blackheads, skin flakes and helps to open the pore congestion.

Tea

Tea that contains bioactive phytochemical quercetin is a potential topical sunscreen. In Traditionally Chinese Medicinal (TCM) system, cooled black tea is recommended to treat sunburns. Research conducted on animals reported that polyphenols present in tea helps to alter adverse skin reactions such as erythema, skin damage, and lipid peroxidation that occurs due to exposure to UV rays.

Jojoba oil

Jojoba oil contains high wax esters that have very good repairing activity. It is good for combination skin type as it stops excess sebum production and hydrates the skin.

All the above mentioned natural ingredients have multiple benefits, which helps to balance the skin physiology of combination skin type ■



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The health of the fabric!

We often change our diet and lifestyle to get healthy, but seldom do we pay attention to the health of the clothes we wear. Using healthy attires in a healthy manner is very significant in these times when health is of paramount importance. What we need to understand is that as the rays of the sun affect our skin, so does the clothes we wear. To wear healthy clothes is the new fad as people are getting more and more conscious about overall health and wellness. Many have taken this thought forward by developing their own range of healthy or what is termed the 'Ayurvedic Fabric'.

People do not seem to mind to shell out money for these healthy fabrics as they are more conscious about their health and longevity today than ever before. It is also seen as a status symbol and people belonging to the elite strata are more interested in wearing clothes made from these fabrics. In spite of the short shelf life of these fabrics, their demand seems to be rising with every passing day. One can use them for a long period of time by caring for them in the right manner as instructed by the manufacturers. This can increase their longevity for some more time.



And, yes, maintaining them is not an easy task. Of late, detergents that are not too harsh are available to wash and maintain these clothes. Thus, retaining their goodness is becoming less of a burden and a lot of research is directed in this area for easy management of these healthy ayurvedic fabrics. Thus, clothes today are not just used as an essential item to cover our shame but are also used for 'health and comfort' too.

Although different clothes are identified for different occasions, now-a-days only the style and fashion of these clothes are changing and the fabric used is usually just the same healthy one. These healthy fabrics are seen to be used for all occasions be it for a marriage, or for a party, a family get together or at work.

People suffering from diabetes, sleeping disorders and skin diseases are the ones seen to use more of these fabrics. Health advocates recommend them to be used as sleepwear and for beddings and linens. These can improve sleep in those suffering from poor sleep patterns. The different herbs or spices infused in these clothes during their manufacture are known to improve mood, increase blood circulation, and generally act as a great energy booster and coolant.

Manufacturers of these fabrics tell us that a lot of medicinal herbs are used while making these fabrics. The roots, leaves, barks of various herbs are used for dying these fabrics and giving them those beautiful and distinct shades that are very cooling to the eyes as well as to the body. These shades are difficult to come by in artificially woven synthetic fabrics. These healthy and ayurvedic fabrics thus has two uses – curing diseases and for total well-being.

Most often, after the manufacture of fabrics that are organic or cotton, they are usually dyed with toxic chemical dyes and this can lead to a lot of diseases like nausea, breathing difficulties, seizures, etc. To avoid these diseases, the bleaching of ayurvedic or organic fabrics are done by exposing them to sunlight on a natural grass base and by the use of animal manure.

For making ayurvedic fabrics, dyes that are natural and made from herbs are used so that they do not harm the skin. A lot of different herbs and plants like neem, turmeric, gooseberry, aloe vera, castor oil, onion, garlic, lady's finger, okra, goat weed, tulsi, pepper, white weed, floss flower, African lilly, ginger, tulsi, sappan wood, bamboo, hemp and soybean are used for making these ayurvedic fabrics. Some of the herbs used for colouring are indigo, turmeric, manjishta and those herbs used that do not impart colour are bala, ashwagandha and the likes.



In Kerala, these ayurveda yarns, also called pomcha, are especially used to wrap new born babies due to its anti-bacterial properties. These are especially good for both the mother and baby. The anti-bacterial, anti-allergic, anti-inflammatory and moisture retaining properties of these clothes make them suitable for both adults and children alike. What's more, they look and feel like everyday fabric. These garments also enhance the body's natural healing and resistance power. Due to their organic, degradable and sustainable nature, they are great to be used for making inner wears and under garments as they are known to be processed from a concoction of herbal extracts. In the same way that the skin may absorb environmental toxins and chemicals from conventional clothing, they have the ability to absorb volatile oils released from herbs used as natural dyes in these healthy fabrics.

Since our skin is the largest organ of our body and the also the most exposed to the outer environment, it should always be in touch with things that make it healthy and which are not toxic. This is where Ayurvedic clothes come into the picture. Due to the medicinal properties of these clothes, the metabolism of the body gets boost. They also aid in expelling toxins from the body. The specific herbs infused in the fabric are good for treating specific skin diseases.

The Ayurveda properties of these clothes are likely to cure any imbalance in the body caused by the tridoshas. More than using these clothes for parties and functions, these give best results when worn at home since we spend most of the time of the day indoors.

Ayurveda fabrics are being exported to countries like France, UK and USA, where they are very much sought-after. But there is a long way to go as not many people are aware of their good properties that generate positive energy in the body ■

Here is a list of a few Ayurvedic/organic fabric manufacturers

1. Ayurvastra – www.ayurvastra.in
2. Ayurtex – www.ayurtex.com
3. Kerala Crafts – www.keralacrafts.co.uk
4. Vasudeva Vilasam – www.vasudeva.com
5. Pickering International – www.picknatural.com
6. Mother Sparsh – www.mothersparsh.com
7. AyurSatwa – www.ayursatwa.com
8. Ayurkruti – www.ayurkruti.com
9. Vastra – www.vastra.us

Ninu Susan Abraham

Manjishta
The Varnya Herb

Beauty is not always the result of a visit to the beauty parlour. There are many alternative and economical ways to look beautiful. Here, ***Dr. Rajesh B.,*** *explains the different properties of the Manjishta herb that can help us look young and beautiful.*



Dr. Rajesh B

- CEO, Co-founder and Chief Consultant ayurvedaforall.com
- Chief Editor - ayurveda-amai.org, an online portal of Ayurveda Medical Association of India
- State Committee Member of Ayurveda Medical Association of India
- BAMS from Vaidyaratnam Ayurveda College (affiliated to University of Calicut), Kerala, India.
- Postgraduate Diploma in Yoga Therapy from Annamalai University
- MBA from Mahatma Gandhi University.
- Regular speaker at Ayurveda related conferences
- Has visited Germany to propagate Ayurveda.

Rubia Cordifolia, commonly called Manjishta, holds a revered place in Ayurveda due to its many beneficial properties, the chief among them being its role as a blood purifier. Shodala Nighantu, the famous book of Ayurvedic pharmacology states "Manjishta Kushta Visarpa Shobhagni Varnada Param".

This perennial creeper herb is an excellent blood purifier and detoxifying agent. It is classified in Ayurveda as a Varnya herb (complexion enhancer). This popular herb is used extensively by Ayurveda physicians and it is one of the main ingredients in most of the herbal preparations prescribed for treating skin and blood disorders.





Plant Details

Botanical name: *Rubia Cordifolia*

Malayalam:

Manchatty, Poovathu, Chovvallikodi

English: *Indian Madder*

Plant Description

This is a climbing perennial plant that can grow up to around 1.5m in height. The stem is square, woody at its base and articulate. The leaves are whorled around the main stem, four per node with ribbed base. It is ovate, cordate at base and acuminate at apex. Its petiole is around 2 to 5cms long. Flowers are small, white and yellow in color and arranged in axillary dichotomous cymes. It has calyx tube turbinate, four lobes, and small ovate corolla lobes, valvate and globose anther. It has a solitary ovule in each cell, two styles and capitate stigmas. This herb can be found in high altitudes except in grass lands and rocky areas.

Useful Parts

Root - Even though the stem of this plant and its powdered form are widely available in the market, it is the roots that are mainly used for medicinal preparations.

Medicinal Properties of Manjishta

The roots of this plant are considered as antibacterial, diuretic, expectorant, aphrodisiac, complexion enhancer, emmenagogue, rejuvenative and haemostatic. It is effective in inhibiting the growth of S. aureus, S. epidermidis, Pneumococci, etc. It is also used in the treatment of various skin disorders, dysfunctional uterine bleeding, internal and external haemorrhage, bronchitis, rheumatism, urinary infection, varicose veins, non-healing ulcers, kidney stones, gall bladder stones, etc. The root is also used for treating throat infections.

The stem of this plant is used in Tibetan medicine for treating blood disorders where the bitter taste and cooling potency of the herb are put to use. Febrifuge, a medicinal decoction prepared out of the stem is used to treat fever associated with indigestion and urinary infections.

The leaves are antiseptic, astringent and vulnerary. They are used as an antidote for poison and to treat mouth sores and intestinal problems such as diarrhoea. A dressing made with the paste of leaves is used to treat cuts and wounds and to stop bleeding. Ashes made of the leaves are applied externally to treat mastitis and skin diseases.

These properties help to address and cure disorders ranging from gynecological diseases, skin disorders, diabetes, eye diseases, and piles to dysuria, inflammation and poison.

Other Uses

Apart from its medicinal uses, Manjishta is also used as a dye. A reddish pigment obtained from its stems and roots is used for dyeing wool, silk, linen, cotton fabrics, as well as basket-making materials.

Chemical constituents

The root extract contains a multitude of compounds which include 1-acetoxy-6-hydroxy-2-methyl anthraquinone-3-O-rhamnosyl

Ayurvedic Medicines with Manjishta

- Balaswagandhalakshadi Tailam
- Bala Tailam
- Chandanadi tailam
- Lakshaditailam
- Manjisthadi tailam
- Pinda tailam
- Aswagandharishtam
- Chandanasavam
- Dasamul arishtam
- Devadarvy arishtam
- Madhookasavam
- Kachooradi churna
- Kalyanaka ghritham
- Mahakalyanaka ghritham
- Manjisthadi Kashayam

Manjishta is widely used in herbal preparations as well as home remedies and its medicinal values are exemplified in folklore scripts and sayings. It can be considered one among the first herbs that has beautified millions of faces in the subcontinent from time immemorial. Fortunately, Manjishta is still used and listed as the top cosmetic herb in this synthetic century ■

Photo credit:
Plants: **Dr. Ajayan Sadanandan**
Raw Drug: **Dr. Rajesh B**



Mayan Spinach
Panacea for many ailments

Mayan Spinach is a rare herbal shrub that is a medicine for various diseases. ***Dr. Jaseela Majeed*** *discusses its medicinal and curative properties.*



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Known as Chayamansa, this God's gift has the properties to cure hundreds of diseases. This tree spinach is a large green leafy perennial shrub originally from Mexico and belongs to Cnidoscolus Chayamansa family.

Due to its high medicinal value it is considered the best leafy vegetable with extremely high nutritional properties. It is also called the Mayan Spinach because of its popularity among Mayan tribes. People belonging to this tribe are known to have hard fingernails for climbing tall, big trees. This protein-rich plant is also popular in Central America, western Caribbean and India.

Importance of consuming this green and leafy vegetable has been mentioned in the Indian system of medicine. It was known for years that eating green-leafy and other colourful vegetables helped one to stay healthy and fit as these are a rich source of essential minerals and vitamins. These detoxify the body and its regular intake develops immunity and keeps the body away from serious illnesses.

Most of us keep away from eating green and leafy vegetables, and for some it is their last choice. It is here

that the significance of Chayamansa leaves, known for its extremely high nutritional content. The nutritional value of this leaf is substantially higher than any other vegetable.

The most notable factor is that it is richer in iron than spinach and is also a powerful source of Potassium, Phosphorus, Protein, Carbohydrates, Vitamin A with more calcium content than in milk and seven times more Vitamin C than in oranges. It also provides several of the essential macronutrients needed for human health.

Its distinct feature is that it is a fast growing shrub that is well adapted to hot, humid and dry tropical climates and grows well on a wide range of soils in both rainy climates and areas with occasional drought. It grows easily and quickly, especially at higher temperatures and new leaves grow quickly even after harvesting and is the perfect plant for north India.

Nutritionally, Chayamansa outperforms most other leafy vegetables. The nutrient levels of the leaves of this shrub are two or three times greater than any other leafy green vegetable. Their edible leaves are known to taste like spinach when cooked but has much more nutritional benefits than spinach which is a common diet of Indians.

The high iron content of this plant makes it a popular and compulsory food for pregnant women, especially during lactation period. The amino acids in this leaf is highly balanced and hence it is important for those suffering from low protein, especially, children and pregnant mothers. Considering these facts, it is good that every Indian household has at least one of these shrubs in their homes. Moreover, cultivating Chayamansa is very economical and low in maintenance as it grows quickly and abundantly. The cultivation of Chayamansa follows the Zero Expense Herbal cooking (Herbal Dietetics method) developed by Dr. Sanjeev Kumar of Kerala which can be followed as a model nationally.

Ethno medical significance shows that traditionally, shoots and leaves of Chayamansa have been recommended as a laxative, diuretic, circulation stimulant, to improve digestion, to stimulate lactation, and to harden fingernails. Several studies have suggested that the aqueous extract of the stem, leaves and roots of this shrub can be used in the management of a number of ailments such as diabetes, obesity, kidney stones, hemorrhoids, acne, and eye problems.

Recently, a study conducted by the Mexican National Institute of Nutrition concluded that by ingesting Chayamansa into one's body one can have many health benefits and can combat diseases like diabetes and arthritis; improve blood circulation; help digestion;improve vision; disinflate veins and hemorrhoids; help lower cholesterol; help reduce weight; prevent coughs; augment calcium in the bones; decongest and disinfect the lungs; prevent anemia by replacing iron in the blood; improve memory and brain function; harden fingernails; blood purifier; prevent kidney stones; acne; ulcers and gum diseases.

The main precaution to be taken before consuming this leaf is that it should be cooked well for before eating as the raw leaves contains a glucoside which is a toxic cyanide. When cooked, this cyanide is volatilized as Hydrogen Cyanide (HCN) making it safe for consumption. It is also advisable not to cook these leaves in aluminium pots ■

Chaya recipes

Chaya leaf is a tasty vegetable with high nutritional value. The immature chaya leaves with their tender stem tips can be cut and cooked like green and red spinach for at least 20 minutes.

Cooked chaya leaves can be added in soups stews, pizza, smoothies, sauces, salads and any other recipes. Spinach can be always substituted with cooked chaya leaves.

Chaya mansa tea:

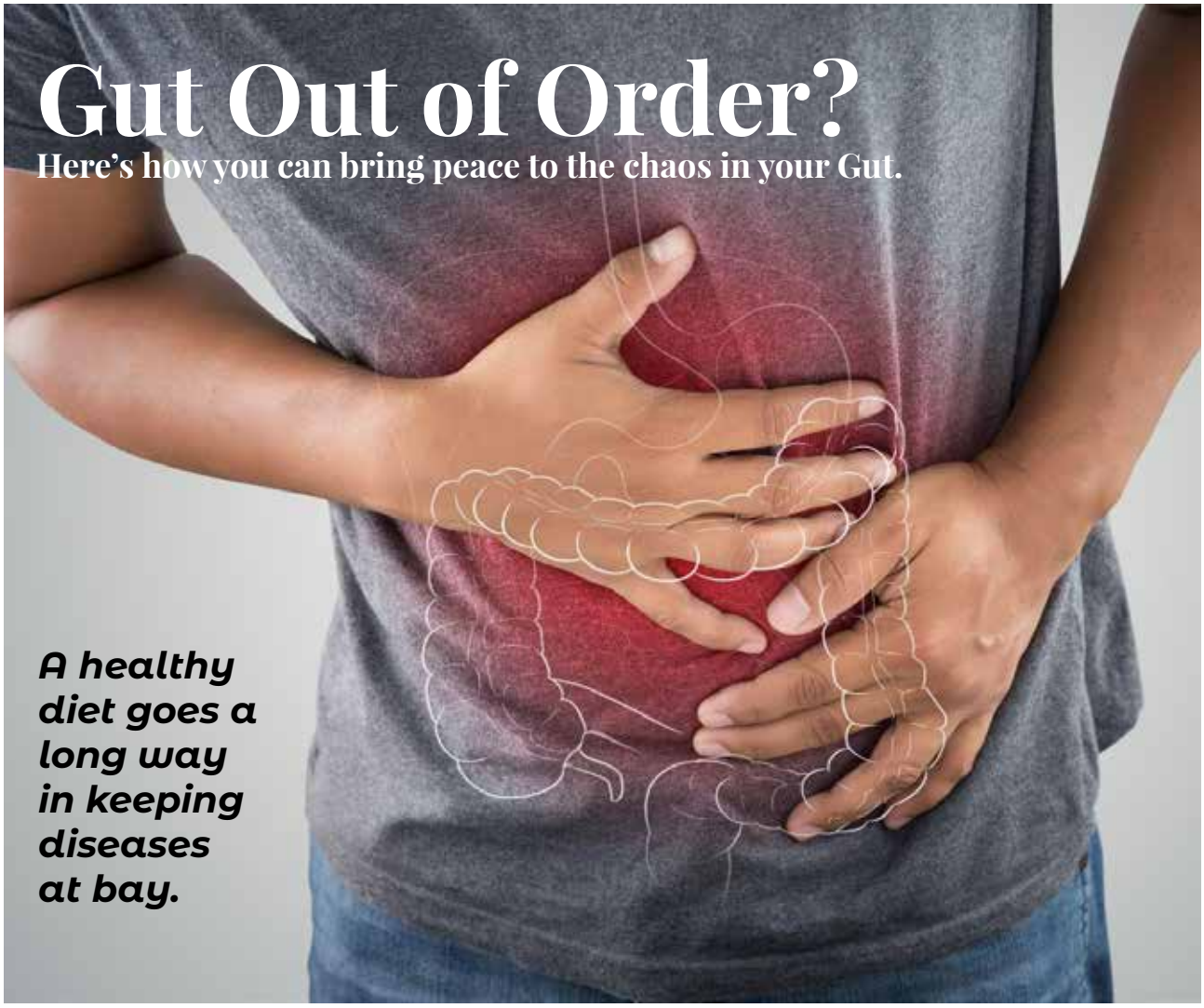
Herbal tea with chaya mansa can be prepared with chaya leaves. Add 1 liter of water to 5 chopped tender chaya leaves and boil it for 20-30 minutes. On cooling, add a pinch of salt and lime juice to make the chaya mansa tea.It can be used as a health drink and for controlling diabetes.

Thus, chaya mansa is getting popular worldwide due to its exceptionally high nutritional value and high protein content. The most common sources of protein are milk, egg, fish, pulses and beans. These are expensive when compared to the chaya leaves. Hence, chaya mansa can serve as a good source of protein for vegetarians. This is affordable as well as accessible too.

Thus, this miracle plant is a protein factory and, instead of spending money on artificial protein supplements, we should grow this miracle spinach in our homes and add it to our regular diet to get the required nutritional values.

Gut Out of Order?

Here's how you can bring peace to the chaos in your Gut.



A healthy diet goes a long way in keeping diseases at bay.

Like all complicated machinery, the digestive tract doesn't always run smoothly.

Common Signs of Unhealthy Gut:

- Stomach Upset- It includes Gas, Bloating, Constipation, Diarrhea etc.
- Weight Changes- Increase or decrease in weight when there are no changes in your diet or exercise maybe a sign of Unhealthy Gut
- Sleep Disturbance- Unhealthy Gut can decrease your sleep quality. The majority of the body's serotonin, a hormone that affects mood and sleep, is produced in the gut.
- Fatigue- Disturbances in the gut may lead to an increase in Fatigue.
- Skin Conditions- Inflammation in the gut due to a poor diet or food allergies may alleviate "leaky Gut" and certain proteins out into the body, which can in turn irritate the skin.
- Food intolerances- Food Intolerances may be caused by poor quality of bacteria in the gut.

Gut and "Me" time

Gut and Me time is very important for your overall health. "When the gut is happy, you are happy."

"What we eat, when we eat and how we eat, can throw off the Gut health."

There are several ways to keep your Gut healthy:





Do Not Overuse Antibiotics.

Overusing antibiotics can lower the good gut bacteria. In general, the elderly community is more susceptible to infections and have more medical problems, so they are more likely to be prescribed antibiotics.

Keep in mind to be not so quick to ask for antibiotics to fight viral ailments like the common cold. Consult with your doctor if he/she can prescribes one, and if you really need it, what is the shortest treatment course or are there any alternative methods.

Fight the Problem at the meal Table

You are probably already enjoying many of the foods and beverages that have been found to promote Gut Health:

- Fruits and vegetables. Most fruits brightly colored vegetables contain high levels of natural antioxidants and polyphenols—protective compounds found in plants.
- Nuts and seeds. Studies have also associated nuts and seeds with reduced markers of inflammation and a lower risk of cardiovascular disease and diabetes.
- Beverages. The polyphenols in coffee and the flavonols in cocoa are thought to have anti-inflammatory properties. Green tea is rich in both polyphenols and antioxidants.

Herbs are a go to for Gut Problems

A number of researches are available for the effect of herbs on Gut Health such as Ginger, Turmeric, Black Pepper, Cinnamon etc.

However, only few Herbal Supplements are at hand which are clinically supported, standardized, free from heavy metals and contaminants to improve the Gut Health.

Yogic Secrets is a company that believes in the power of Nature supported by the science. The Nutraceutical Company has bring forth a range of Herbal Supplements which are clinically supported for various conditions.

Yogic Secrets AyurGut is a combination of 14 herbal extracts to support Healthy Digestion and Gut Health ■

For more info, please visit:
https://www.yogicsecrets.com/ayurgut





What should your child eat?

Your child's health is of great concern to you and hence deciding what goes into his/her body is very important. Here, ***Dt. Srishti Arora*** *helps us in understanding and managing the food and nutrition in our child's lives.*



Dt. Srishti Arora

Managing Director of Nutrivarcity, Delhi that specializes in managing many lifestyle disorders. She is an expert on food and nutrition and has delivered many lectures on the subjects of Food, Nutrition, Clinical Disorders, Beauty and Wellness. She holds a masters degree in Food and Nutrition and a diploma in Community Nutrition with a certificate in Psychology Nutrition.

Children's health is a reason for worry for every parent. Making sure they eat well can support their healthy growth and development. This ultimately depends on what we give them and how they eat it. Children need to eat well and should be allowed to eat a variety of foods for their overall development. This will result in their well-being at the mental, physical, emotional and social levels. Even though there is great variety of foods available today, children seem to be attracted to the unhealthy junk foods that can cause nutritional havoc to their whole mind and body. Continuous intake of these non-nutritive foods (sodas, chips and burgers) that are economical, easy to cook and easily available can make children slow-to-learn and lethargic. Hence, the rule of the thump for eating is 'eat well and eat right'.

Eating right is therefore as important as 'how we eat'. The 'how we eat' is very important today since most children donot know what is in their plate nor do they relish or understand the taste of what they are eating. Most of the eating habits of the millennial children happens in front of digital devices like tablets, television, computers, mobile phones and the likes. These children are most often not aware of what they eat or how much they eat. This is one of the main reasons for obesity in children leading them to become couch potatoes at a very early age.

Hence, while choosing food, it is necessary to focus on variety, amount and nutrition.

Here's how we should make choices for a healthy and wholesome diet for our children:-

- Make healthy food and beverage choices from all five food groups - fruits, vegetables, grains, protein foods, and dairy to get the nutrients and the all round development that the child needs. Thus, variety of food is the key to a healthy life for our child.
- Building and encouraging good eating habits can help overcome overweight and obesity in children and reduce the risks of poor, unhealthy, anti-social habits like anxiety and depression.

How to helps a child adopt an eating style that is low in saturated fat, sodium, and added sugars.

- Allow them to choose drinks that contain a variety of nutrients - coconut water, fresh fruit juices, butter milk, etc
- Let them avoid drinks that have a lot of added sugars like colas and sodas as it can affect their health adversely.

Children should develop a healthier eating style. Some of them are as follows:-

- Fill half their plate with fruits and vegetables.
- Focus on whole fruits.
- There should be a variety in case of veggies.
- Most of the grains included in the diet should be whole grains.
- Move to low-fat or fat-free milk or yogurt.
- Vary their protein routine.
- Reduce technology time - TV, Laptop, Phone, while eating.
- Increase outdoor activity time to burn calories ■



Sodhana Chikitsa for Body Purification

This is an internal purification process and is one of the most important techniques in Ayurveda. ***Dr. Pansy Paul,*** *helps us understand more about this purification process.*



Dr Pansy Paul
Ayurveda Consultant
www.wellnessloka.com



As the name suggests, the Sodhana Chikitsa is administered for purification of the body. By undergoing the Sodhana Chikitsa, those vitiated humors, which are accumulated in body, are expelled out. This helps in the curing of ailments, repairing the body and rejuvenating it. Ashtanga Hridaya, one of the important treatises, explains this idea in one simple slokha or verse.

"Yadeerayedbahirdoshaan……. tat II"

(Ashtanga Hridaya: Suthra Sthana: Chapter-14: Verse-5)

Types of Sodhana Chikitsa

The 5 types of Sodhana Chikitsa are:-

1. Niruha Basti
2. Vamana
3. Virechana
4. Nasya
5. Rakta Moksha

Let us see in detail.

1. Niruha Basti:- Also known as Kashaya Basthi. Mainly different forms of Kashayas or decoctions are administered as enemas. But it is not merely an enema. It is a systemic therapy having a wide range of therapeutic effects. This helps in the elimination of the vitiated Vata Dosha.

2. Vamana:- Emesis therapy. This helps in the elimination of vitiated Kapha Dosha. The individual, after proper analysis, is administered with the emetic drugs at proper time.

3. Virechana:- Purgation therapy. This helps in the elimination of the vitiated Pitta Dosha. Here too, the procedure and the selection of drugs are done after thorough analysis.

4. Nasya:- Errhine therapy. Here the medicines are administered through the nose. This is usually done to eliminate doshas from sinus, throat, nose or head. Nasya is really effective in the treatment of various CNS disorders, facial palsy etc.

5. Rakta Moksha:- Blood-letting therapy. In this method, letting out of the vitiated blood is done. This method is of two types, based on the instrument used. The first category includes methods that use surgical instruments for blood-letting. The second method includes those procedures that use alternative methods for blood-letting, eg. Leeches etc.

Why sodhana is important?

To explain the importance of Sodhana Chikitsa the Charaka Samhitha gives a beautiful example. Consider an unwanted tree or a plant. It cannot be destroyed by just destroying its branches. To destroy it completely, the destruction should be done at its root. The same is the case with the treatment of a disease too. When destroyed from the root levels the disease will not recur. This can be done with the help of Sodhana Chikitsa.

What are the benefits of Sodhana Chikitsa?

- Helps in removing the disease from its roots
- Improves digestion
- Enhanced metabolism
- Helps in the proper action of the medicines administered
- Improves health

The type of Shodhana Chikitsa is to be chosen after a careful examination of the individual by a physician. You can visit www.wellnessloka.com to find the right Shodhana Chikitsa for you ■

Yoga for a Younger You

Are you lost in this materialistic world and is looking for answers and meanings to life? Look no further, as Yoga has answers for everything. ***Vd. Divya Chauhan*** *tells us how Yoga helps to attain both inner and outer beauty in life.*



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"Open your eyes, look within. Are you satisfied with the life you are living?" This is a very famous quote that makes us think deeply. Touching reality through the experience of beauty from within is the need of the hour in this materialistic world that is almost fake.

It is here that the path of Yoga helps to calm the mind and refresh the body. With globalization, the time and money spent on looking good is at an all-time high. As encrypted in literature, one must be healthy inside to be able to look good on the outside.

But, how can this be achieved is the question that often bother us. And the answer to this is deeply seated in our classical literature of Yoga. One may be still doubtful and curious if or whether Yoga can help us achieve all these things. And the answer is a definite 'YES'. Regular practice of Yoga with a proper daily, seasonal regime, discipline and a healthy diet can all help in looking youthful and radiant and thus proving the old axiom that 'Age is just a number'.

How does Yoga work?

The holistic approach to health and radiance both from the inside and the outside requires detoxification of the body, toning of the muscles and a total relief from stress and anxiety. All these can be achieved by the daily practice of Yoga. Although this is considered as a holistic approach to achieve a healthy mind, body and soul, it actually does more than that.

It is to be understood that Yoga does not directly treat just the skin issues. Some of the Yoga asanas or postures increases the flow of blood to the face and the upper extremities of the body. Some of these poses are the shoulder stand, fish pose, child's pose, plow pose and triangle pose. These enhance the blood circulation beneath the skin, making it hale and healthy.

Get to know more about these asanas or poses so that you get a skin that is healthy and clear of all toxins!

Pranayama for damaged skin

To get a radiant and healthy skin, focusing on deep breathing is important. This is a simple and effective meditation technique that takes just a couple of minutes. Its calming qualities are felt instantly. In general, a daily 15-minute pranayama session includes the following:-

- Alternate Nostril Breathing Technique (Anulom Vilom)
- Cleaning Breath Technique (Kapalabhati Pranayama)
- Cooling Breath Technique (Shitali Pranayama)

- Bellows Technique (Bhastrika Pranayama)
- Bee Breath Technique (Bhramari Pranayama)

Yoga for blissful beauty

Yoga is as important for the outer beauty as for the inner self. Follow the yoga poses mentioned below to achieve both inner and outer beauty.

- Surya Namaskar: The 12 poses of the Surya Namaskar helps to remove all stress and toxins from the body and eventually gives a natural glow to the skin.
- Bow Pose (Dhanurasana): This pose improves the body posture with the proper supply of oxygen to all the organs.
- Shoulder Stand (Sarvangasana): This asana improves the skin texture and quality by improving blood circulation to the face. Practicing this asana for 3 to 5 times a day helps the skin to get rid of pimples, acnes, wrinkles and dullness.
- Plough pose (Halasana): This asana helps to improve the digestive process that is essential for a glowing and healthy skin.
- Seated spinal twist (Ardha matsyendrasana): This seated twist pose helps in removing toxins and other



harmful substances from the different organs of the body.

- Legs up the wall (Viparita Karani): This posture improves blood circulation in the head and thus helps in having healthy hair and radiant glow in the face.

For a smooth and soft skin

Practice the following poses for a soft, wrinkle-free, glowing and radiant skin.

- Stand straight with feet apart about one foot from each other.
- Cover the face with palms and breathe deeply for at least ten times.
- Massage the face, eyes, forehead with palms and then continue the deep breathing again for 10 times.
- Massage the whole face starting from the chin to the forehead with the hands and continue to keep breathing deeply.

Get rid of stress

- For this, lie in the supine position on the floor without moving any of your body parts.
- Leave the body loose and close your eyes.
- Free the mind of all thoughts, worries and tensions.
- Practice this daily for 15 minutes.

For good physique

- Stand straight and spread your hands forward parallel to the ground.
- Now, bend the knees like in the sitting posture.
- Make sure your thighs are parallel to the ground and your spine is straight.
- Remain in this position for three minutes.
- After that, come back to the normal standing position.
- Place the feet about 1 foot apart and spread the hands sideways in the level of the shoulders and parallel to the level of the ground.
- Turn the upper portion of the body to the left from the waist upwards, so that you can easily look behind.
- The feet should remain firm on the ground.
- Now come back to the starting position and turn to your right. Repeat this atleast ten times.
- In the next step, place the hands on the waist and bend forwards approaching your thighs. Repeat this 20 times.



For a slender neck

Correct your clumpy neck by performing the following poses.

- Place your feet firmly on the ground.
- Keep your body straight with an erect spine and without moving your shoulders try to turn your neck to the extreme left as much as you can.
- Then move the neck to the extreme right.
- Repeat this exercise ten times.

Yoga is a holistic discipline that has a profound effect on the mind and body. Along with Yoga, proper diet too is important for a healthy skin. Below are a few regimens:-

- Have a balanced diet with organic and seasonal varieties.
- Include a lot of seeds and nuts in your diet.
- Avoid processed foods.
- Include Ayurvedic herbs such as ginger, turmeric, etc., during cooking to promote digestion and boost blood circulation.
- Stick to sattvic food choices.
- Always eat with a happy heart and a beautiful smile.

With yoga and a balanced diet, the saying 'you are what you digest' holds true. According to Ayurveda, a healthy diet and lifestyle is a reflection of our personality and this manifests in our physical appearance. So, seek happiness in nature and yourself and make Yoga a habit!

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Dr. G.G. Gangadharan

Ayurvedacharya, FAIP (USA), PhD, MoM (McGill, Canada)
Director, MSR Indic Centre for Ayurveda and Integrative Medicine (ICAIM) A unit of Gokula Education Foundation (Medical) - MS Ramaiah Group

Ayurveda
The spring of old age

Ageing is a natural phenomenon that everyone faces. ***Prof. Dr. G.G. Gangadharan*** *takes a look at the answers Ayurveda provides to old age problems.*

Demographic trends

The world population of the elderly is increasing and it is estimated that, by the year 2050, adults older than 65 years will comprise one-fifth of the global population. In India 3.8% of the population are older than 65 years of age. According to an estimate, the likely number of elderly people in India by 2020 will be around 113 million.

Global health scenario in geriatrics

The 21st is witnessing a gradual decline in fertility, and with increase in life expectancy, the society will have to grapple with the issues of longevity. Today, the cause of morbidity and mortality the world over is shifting from communicable diseases to non-communicable diseases. Some of the leading causes of mortality among the old are respiratory problems, heart diseases, cancer and stroke. Significant causes of morbidity among this group is chronic inflammatory and degenerative conditions like Arthritis, Diabetes Osteoporosis, Alzheimer's disease, depression, psychiatric disorders, Parkinson's disease and age related urinary problems.

Limitations of conventional medicine

The stupendous success of conventional medicine in the management of communicable diseases, especially in the West, was due mainly to the identification of a single cause in the form of a parasite/causative organism for all communicable diseases. A systematic plan of action was derived to counter the cause which then cured the disease.

However, the biggest challenge with geriatric problems is that, in most cases, the condition cannot be attributed to a single cause or in certain conditions like neuro-psychiatric disorders {Senile dementia, Alzheimer's depression}, the structural cause is unknown. In such cases, the conventional medical therapy fails to come out with effective management plan and hence is severely compromised.

Another challenge with conventional medical therapy is that it does not have health promoting agents. Ayurveda, on the other hand, has interventions that enhance physiological processes that influence metabolic and immunological status (chyawanaprasha, triphala) and such interventions are significant in the context of geriatric care.

Ayurvedic clinical experience

Ayurveda has a focused branch of medicine called Rasayana (Rejuvenation), which deals exclusively with the problems related to aging and methods to counter it. Geriatrics or Jara chikitsa or Rasayana in Ayurveda is a method to control/slow down/arrest the aging process in people during the degenerative phase of their life.

Rasayana is normally advised during this degenerative phase which starts from around 45 yrs in both male and female. A holistic system like Ayurveda approaches this condition through two-fold methods. One is a radical approach in which it recharges the whole metabolic process of the body by eliminating the toxins from the system by a three to four months rigorous and organized process known as Kutipraveeshika Rasayana. However, this process is seldom practiced due to the extreme intricacy of the physiological process involved and the need for utmost care to be taken by the physician and the subject including the environment where the treatment is done. Hence, this Kutipraveeshika remains a textual marvel of Ayurveda than a practical process of contemporary relevance.



The second approach of Ayurveda, which is quite popular today, is called Vataatapika Rasayana – which can go along with the normal day-to-day life. This type of Rasayana is particularly important in the current scenario as it is has a relatively easy mode of administration without any restrictive pre-conditions.

Core strengths of Ayurveda

Undoubtedly the strength of Ayurveda in the context of geriatric care is the Rasayana therapy, which is unique because of its ability to promote longevity and influence all aspects of health in a positive manner. Describing the effects of Rasayana, the classical texts of Ayurveda say that from Rasayana one attains longevity, improved harmony and intelligence, freedom from disorder, youthful vigor, excellence of luster, complexion and voice, optimum strength of physique and senses, command over language, respectability and brilliance. Ayurveda considers the physical structure to be composed of the 7 dhatus starting from Rasa (Rasadi Dhatus) and Rasayana is the tool to create premium dhatus (body tissues).

The main utility of Rasayana therapy is in functional and degenerative disorders that have a chronic or long standing nature. In such cases, in fact, Rasayana is the only solution from the point of view of effective management in any system of medicine. Rasayana becomes more fruitful and effective if it is preceded with suitable panchakarma (purification therapy). The reason we see mixed results in many cases where Rasayana is employed is because



of the fact that either this purification is not done or is improperly done.

Panchakarma is a bio-cleansing regimen comprising of the five main procedures that facilitates better bio-availability of the pharmacological therapies, helps to bring about homeostasis of body-humors, eliminates disease-causing complexes from the body and checks the recurrence and progression of the disease. The five fold measures comprehended in this therapy are-Vamana (Therapeutic Emesis), Virechana (therapeutic Purgation), Asthapana Vasti (Therapeutic Decoction Enema), Anuvasana Vasti (Therapeutic oil Enema), Nasya Karma (Nasal administration of medicaments). Panchakarma procedures are preceded by Snehana (therapeutic Oleation) and Swedana (Sudation) applications to make the body system conducive for elimination of bio-toxins and cleansing of channels. This is effective in managing autoimmune, neurological, psychiatric and musculo-skeletal diseases of the chronic and metabolic origin.

Single Rasayana drugs

Diseases of Eye: Jyothishmati (Celastrus paniculata), Triphala (Three myrobalans), Satavari (Asparagus racemosus), Yastimadhu (Glycyrrhiza glabra) and Amalaki (Embelica officinalis)

Diseases of Heart: Prishniparni (Uraria picta), Arjuna (Terminalia arjuna), Guggulu (Commiphora mukul), Pushkaramula (Inula racemosa)

Skin diseases: Bhallataka (Semecarpus anacardium), Vidanga (Embelia ribes) and Vakuchi (prorelia)

Rasayana for overall Health: Guduchi (Tinospora cardifolia), Amalak (Embelica officinatis), Ashawagandha (Withanis somnifera), Cow's milk and Takra.

Asthma: Sirisha (Albezia lebbeck), Agasthya (Sesbania grandiflora), Haridra (Curcuma longa), Haritaki (Terminelia chebula)

Arthritis: Rasona (Allium sativum), Guggulu (Commiphora mukul), Ashawagandha (Withania somnifera) and Shunthi (Genjiverons officinale).

Neuropathies: Rasona (Allium sativum), Guggulu (Commiphora mukul), Bala (Sida cordifolia), Ashawagandha (Withania somnifera).

Diabetes: Silajitu (Black bitumen), Amalaki (Emblica officinalis), Haridra (Curcuma longa), Tejpatra (Cinnamumtamala), Methika (Trigonella faenum graecum).

Lipid disorders: Guggulu (commiphora wightii), Haritaki (Terminalia chebula), Pushkaramoola (Inula racemosa), Vacha (Acorus calamus)

Hypertension: Rasona (Allium sativum), Sarpagandha (Rauwolfia serpentiana), Aswagandha (Withania somnifera), Jatamamsi (Nardostachys jatamansi).

Brain and Memory Disorders: Brahami (Becopa munirri), Mandook parani (Centela wriatica), Jyotishmati (Celastrus peniculata), Kapikachhu (Mecuna prurens), Tagra (Veleriana Velichai)

Compound formulations that are available in the market with a multi-pronged action are:

- Chyawanaprasha
- Brahmi Rasayana
- Aswagandha lehyam
- Mahatriphala ghrita,
- Triphala Churana

- Ashawagandha Churana
- Narsimha Rasayana
- Agastya Rasayana
- Amalki Rasayana

Contemporary challenges

Ayurvedic treatment as such is very individualistic and one medicine found to be useful in a condition in a particular person may not work well in another. Hence, it is a challenge to come out with generalized management solutions for a condition that would suit all. It is difficult to bring out management plans for a particular disease condition and then implement the same on a large scale.

It is important that we respect both holism {of traditional medicine} as well as reductionism {of modern bio-medicine} because both are ways of looking at nature and, depending on the purpose, both the views can be extremely useful.

Further, the whole and the part are certainly related but it is not a one-to-one relationship. The understanding that it is not a one-to-one relationship and learning how to relate the whole perspective (the systemic theories of Ayurveda & Yoga) with part (structural theories of western biomedicine) is the outlook that should underline the implementation of trans-disciplinary research projects.

Today, nobody in the academic field has all the answers on how to combine and correlate part and whole perspectives in the context of clinical research design, clinical practice, content of courses on Ayurveda and Yoga in the context of laboratory research in pharmacognosy and product development, and in the assessment of community based local health practices.

It is important to understand that drug trials for evaluating efficacy of Ayurvedic interventions is a reductionist approach and is an inappropriate design. Instead, clinical trials should evaluate the efficacy of a whole management package which may consist of drugs, diet, Yoga, Panchakarma including differential diagnosis to identify the specific nature of tridoshic imbalance.

Trans-disciplinary clinical research

The biggest challenge in the contemporary application of Ayurvedic geriatrics would be to come up with protocols to document, diagnose in an integrative frame work and manage geriatric problems. This would require critical investment (the current strategies are subcritical) in establishing advanced research, treatment and teaching centres that have a state-of-the art facility to deal with geriatrics.

Policy issues

It is important for policy makers to first recognize the fact that geriatric health care has to be managed in a pluralistic way because no single system of medicine has the capacity to address the health care needs of the growing size of the aged population. Policy, therefore, needs to clearly identify the key areas for support in Ayurvedic geriatrics and make plans and proposals for critical investments in such areas.

A range of both government and non-government institutions with either promising or outstanding leadership need to be identified and encouraged to prepare ambitious proposals that is commensurate with the magnitude of the social problem of old-age care. It is essential that a multi-dimensional intervention be conceived that will involve (a) trans-disciplinary research (b) advanced treatment centres and (c) specialized post graduate education.

There is a very urgent need to establish centers in the country that would engage in the kind of trans-disciplinary research in order to take Ayurveda globally and also to bring the clinical services of Ayurveda into the mainstream. This would require generous funding for undertaking such research and also to establish centres that would provide effective clinical services. There is also the need to support specialized trans-disciplinary PG researches in centres where PG in geriatrics is offered ■



Our effort is to stay true to our tradition

AYUSH systems deserve to be incorporated into the West's treatment protocols not just for its wellness quotient, but for its therapeutic value, says Rajesh Kotecha, Secretary, Ministry of Ayurveda, Yoga, Unani, Siddha and Homeopathy (AYUSH), Government of India, in this exclusive interview granted to Iris Hüttner, Gayatri Puranik and Ravi Mehra from Ayurveda and Health Tourism on the sidelines of the 21st International Ayurveda Symposium in Birstein. Excerpts from the interview:



Rajesh Kotecha

Rajesh Kotecha is an Indian Ayurveda physician hailing from a traditional Vaidya family. He received the Padmashri Award for Medicine in 2015. He was appointed Secretary of the Ministry of AYUSH in the Government of India in July 2017.He is the former Vice Chancellor of Gujarat Ayurveda University, Jamnagar, a post he held from 2013 to 2016. During his tenure at the Gujarat Ayurveda University he was instrumental in improving the rank of the University from 331 to 29 in a short span of three years, with 'A' rating by NAAC.

Q *Mr. Kotecha, you have been at the helm of Ministry of AYUSH for the past two years in office. Where is the Ministry of AYUSH headed?*

The government under Prime Minister Narendra Modi asked me to join this office. Looking back, we have surely made a lot of progress with the support of the government. Some of the areas in which we made progress are our budget, which is twice as high after two years, we have become part of India's largest aid programme. The aim is to support people and promote preventive interventions from the outset. This is innovative in the sense that the government wants its population to be healthy in the first place and not go to the doctor often. The plan envisages setting up 50,000 health and wellness centres throughout India. From AYUSH's point of view, we contribute to this with knowledge and measures such as yoga, yoga training, information about health and prevention as well as with the ethical ideas of AYUSH on the grassroots level of the Barkas*. But there is something else above all: one tenth of these centres are run exclusively by AYUSH. This means no conventional medicines are used here other than AYUSH medicines. We are creating treatment standards and 4,200 facilities by 31 March 2020. In each centre, there will be an Ayurveda Committee Health Officer and a Yoga teacher. These people will go out to do the health checks. Then a program in cooperation with the health centre takes effect, where we cultivate medicinal plants and spread knowledge about its uses. The idea is that people learn to understand that well-being is their responsibility and that it is their duty to stay healthy. Thus, AYUSH will educate people to stay healthy and avoid getting sick. Today, we pop a pill for the slightest discomfort and we are against this and advice people not to do it.

Q *Are the programmes based on scientific principles?*

Well, all these efforts are evidence-based. We recently completed a three-year programme for a pilot study in India. We treated clinically diagnosed metabolic diseases, either diabetes or hypertension or obesity, either as a single disease or together. We registered 80,000 patients from one million participants in the study. They received their medicine according to the Council Medicine protocol, which includes Ayurvedic medicine, lifestyle changes and yoga. We accompanied these 80,000 patients for over three years - with amazing results. Their average quality of life had improved drastically. Many of the patients were



advised by their doctors not to take their previously prescribed medications. Blood pressure was normalized in most patients. We are now implementing these findings in the public health programme at the national level.

This programme is aimed at the whole population and it is absolutely free...

Exactly. It is completely free of charge with free access. That is why it is considered the largest national health programme. It consists of two components. One is this basic level of promotion, prevention and treatment that is carried out at a tertiary level. Then there is the insurance cover for 500 million people. Only then will the government consider a small contribution. It is a model based on transparency and competence.

Is the reason for this programme high health costs in the West?

Yes, medicine over supply and a great deal of expenditure are unnecessary. That's why India is more focused on well-being. Well, the costs are minimal and there are a lot of positive side effects. AYUSH has developed a set of principles for such health centres. It is called 'Grandmother's Set', which also includes simple medicines. Trained 'health workers' will receive this set with some Ayurveda and homeopathy medicines, which is effective for ordinary problems.

Like having an herb garden at home...

It is very important to use it. Many people use it. It's a simple solution. We don't have to make it more complicated than it is.

You're probably right...

In 90% of the cases, we don't need a doctor if we know how to make use of the household remedies. We are surrounded by medicinal plants. At the beginning of my career, I worked as a doctor in an ambulance in a village in Gujarat. In those six months before my university education, I had wonderful experiences in this remote village, far away from any modern communication. There were no mobile phones and off the main roads, there was no means of transport. Already, after one month, the medicine supply got exhausted and the subsequent delivery presented with many problems. So I had to think of a solution. I said to myself, let's try the local resources. So I went out into the area and to some farms. What I found there were a lot of Ayurveda medicines like Vasa, Kantakari, Gokshura and so on. When a patient came to me, I took him to a place and showed him Kantakari for example. "This is a good medicine for you. You take that for yourself and then I need your help," I said. "What kind of favour can I do for you," the man asked. I replied, "You should take this amount for yourself, but you take more, dry it for me and take it to the government pharmacy." The patients were very happy about it. After sometime, someone brought this and that and someone else tried to imitate someone in making the medicine and so it went on. I was very happy with this first experience in my career.

Looking at Europe, do you intend to enter into a dialogue with the Ministry of Health in Germany?

I just had a very good dialogue with the Director of the Health Authority responsible for Homeopathy and the Regulation of Homeopathy and Traditional Medicine and his staff. For example, we talked about what is necessary to harmonize the Ayurvedic pharmacopoeia with the local pharmacopoeia. Of course, we must not ignore the EU. We will also talk about the opening here, but it was a fruitful discussion. State Secretary Sabine Weiss from the Ministry of Health and I had a very good discussion. The aim was a 'Memorandum of Understanding' between the two countries, so that we can start working together. We are trying to ensure that this agreement is signed when Chancellor Angela Merkel visits India in the near future. Then there will be a MoU between the two countries on traditional medicine. Implementation will then be the responsibility of a joint working group. The first meeting of the working group will take place in Berlin and we have invited the German participants to India for the second meeting. It is a joint project when the Chancellor comes to India. As you can see, a lot of things are happening.





What are your goals in Europe in general and Germany in particular?

One is to establish an AYUSH Chair. Another is that we would like to have insurance coverage in Germany. Then we also talked about importing products. We asked whether, under the joint working group, and since we are currently working on it in India under the national government, there might no longer be a need for a double examination. And, as already mentioned, we discussed insurance coverage for the treatments. I pointed out that it was about the therapeutic value and not, as in the West, about wellness. I felt that this should also be free in the West. And I mentioned the recognition of professions at the levels of therapy and treatment. I suggested that our expertise can be made available for this. We have a good formal system in India and my interlocutors wanted to explore the possibilities.

Wheat are the concrete measures which would enable India to cooperate with Germany?

We have gone to such an extent that we have defined our cornerstones and expressed wishes as to what should be done and are now passing it on to the joint working group responsible for discussing the details.

The German drug approval authority has been in contact with India for years, but there has not progress on that front so far. This is the reason why Ayurveda products are sold as dietary supplements here. They cannot be brought into the market as medicines because our system, our laws are made in such a way that not even big pharma can afford them.

I also discussed the cost of drug registration. That is very hard. So I argued that perhaps Europe could work on it. In principle, we can say that these are still early days; there is no agreement on it and it is not possible to do so in a short meeting. We need to continue the dialogue and remember the basic idea.

What are your goals for the next 5 years?

In my opinion, we should not abandon the original competence of India just to meet the many expectations of Western countries. India has changed in 10 years, but we are talking about just ten years. What we are aiming at in India is to make AYUSH treatment and drug protocols world class. It is not about leaving our own competence and copying the West, but staying true to our competence and making the best out of it. That is the plan.

--

*Barkas is a district of Hyderabad



What to do for period pains?

Period pain can affect the day-to-day activities of a person. It is understood that dysmenorrhea or extreme period pain interferes with the daily activities of one in every 5 women.

Research shows that period pain can at times be as "bad as having a heart attack." Below are some home remedies so that we don't toss and turn in pain every month due to these menstrual cramps.

- Tea made from onion peel is considered great to relieve period pains. It may not taste great, but adding a bit of honey to it can make it easy to have. Thus, onion tea can soothe menstrual cramps faster than any other pill.
- Massaging the lower abdomen with sesame oil also helps to get a lot of relief from period pains.
- Soak fenugreek seeds in water for 12 hours and drink it later. This can help ease one's menstrual pains.
- Applying heat on the lower abdomen helps to relax the contracting muscles in the uterus and thus helps to relieve the period pains.
- Sipping warm fluids or taking a hot shower helps to relieve period pain and thus making one more relaxed.
- This may sound difficult considering that you can hardly move during this time when you are dying in pain. But, exercising increases circulation to the pelvic region and releases endorphins to counteract the prostaglandins (hormone-like substances that cause the uterine muscles to contract during menstruation).
- Doing yoga asanas such as pranayama and shavasana (the corpse pose) while menstruating, helps to ease pain in the pelvic region and helps the body to relax. It also helps if you lie on your back with your knees bent.
- Having herbal tea using dried ginger and black pepper works wonders during menstrual pains. To this, it is good to add a little sugar for taste, but milk should be avoided on all costs.
- Ginger can effectively reduce period pain, as it plays a key role in lowering the levels of prostaglandins. As an added bonus, it also helps make irregular periods regular and fights fatigue associated with premenstrual syndrome.
- Herbal tea made out of cumin seeds can also help to reduce period pain as cumin has a relaxing effect. Its anti-spasmodic and anti-inflammatory properties are useful for getting rid of menstrual cramps ■

Source: AHT Team

Get beautiful, naturally!



Beauty is a natural thing and the best way to get beautiful is by natural means. Beauty expert, ***Shahnaz Husain****, tells us how this is possible.*



Shahnaz Husain
www.shahnaz.in

Nature's vast store house of natural ingredients is ideal for enhancing the beauty of the skin and hair as it contains vitamins, minerals, enzymes and trace elements that can keep you both healthy and beautiful. Today, caring for the skin and hair and using make-up have become a daily activity. In fact, many women dare not dream to face the world without using their cosmetics or make up. But, most often they are unaware of the harmful effect of the chemicals in these cosmetics that can gradually damage both beauty and health. Even in the West, where there is adequate testing prior to releasing the cosmetics into the market, there have been incidents of serious chemical damage from cosmetics. These are just a few of the reasons why we and our team vouch in favour of natural beauty care.

Indeed, cleansers, tonics, nourishers, fresheners, astringents, moisturisers….all do exist in nature. Decades of experience and experimentation in herbal beauty care has prompted me to continue to formulate products that contain active organic ingredients that are suitable for the skin and hair care and can also be used as daily make-up. From the dazzling kohl eye-definers to vivid lip beauty, from satin-smooth skin to lustrous hair, our products are an invitation to the safe and beautiful world of organic beauty care. One of our fast moving products is herbal kajal, which is made according to the Ayurvedic system and does not contain lead. Instead, it contains natural extracts like triphala and almond oil.

While formulating our products, including "fairness creams", the focus of our research has always been on safety and protection. We have identified natural ingredients that can help to remove tan and lighten skin colour. Some of them are saffron, lemon, bearberry, cucumber, etc.

Natural ingredients and herbs are remarkably versatile. They can have a combination of effects, allowing the entire scope of the problem to be treated. Neem (margosa) is one such versatile product and every part of the Neem tree is used for healing purposes. Neem leaf infusions have been used to cure skin diseases and are still used to relieve itching, soothe rashes, create a germicidal environment and clear inflammatory conditions. Neem contains organic sulphur compounds, which have a powerful and versatile healing action.

Many such natural ingredients like Amla, Triphala, Brahmi, Sandalwood, Aloe Vera, Turmeric, Basil, Clove, Eucalyptus, Ashwagandha, Khus, etc., have been used in beauty care.

Over centuries of usage, it has been seen that natural ingredients have many beneficial properties and most importantly, they have shown a lack of harmful side-effects. In fact, the human body actually responds well to plant ingredients, while it has an in-built resistance to synthetic ones. Therefore, the safety factor can never be ignored. The ingredients that have been selected for our formulations not only have curative and beauty enhancing properties, but have shown a lack of harmful after-effects. We take particular care to use ingredients recommended by Ayurveda, like herb, flower and fruit extracts, essential oils and natural organic substances. Indeed natural ingredients have been has been subjected to the most exacting test of all……..The Test of Time!

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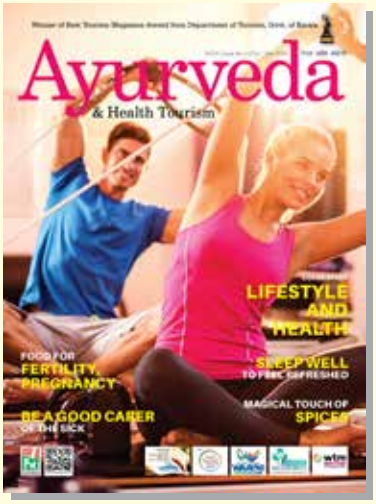
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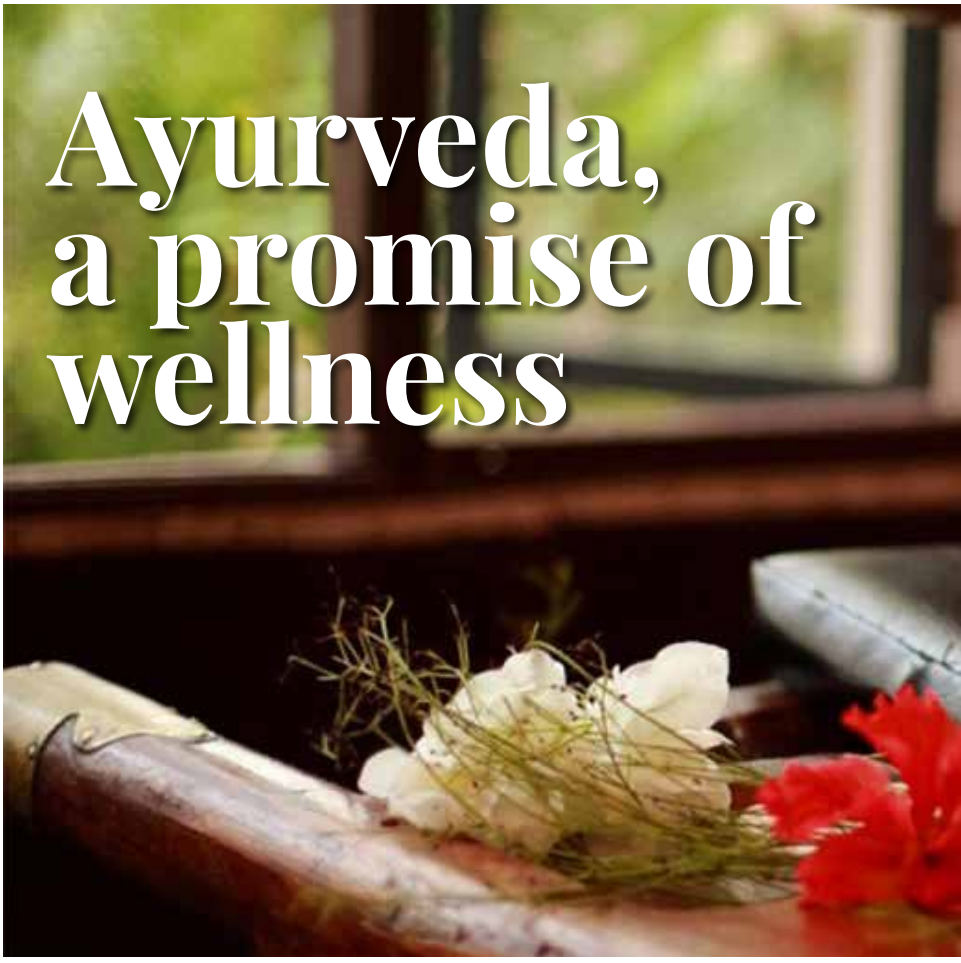
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Ayurveda, a promise of wellness



Total health is that blissful state where body, mind, senses, emotions and spirit all function optimally and in perfect coordination with one another. ***Dr. Krishna Kumar*** *explains how this state can be attained by practicing the Ayurvedic principles.*



Dr. Krishna Kumar

Founder & CEO
Keva Ayurveda Healthcare Pvt Ltd
Bangalore, India
www.kevaayurveda.com

Ayurveda is based on the belief that health and wellness result from 'a balance between body, mind, and spirit.' It is a science that helps people to live life to the fullest potential.

This is attained by following the Ayurvedic guidelines that focus on daily and seasonal routines, diet, behavior and the balanced use of sense organs and self-control by following yoga and meditation. This mental stability is thus attained by approaching life in a positive manner and by cherishing the goals of life with the help of the different Ayurveda principles.

For attaining this mental wellbeing, one has to follow the main goal of Ayurveda, which is the promotion of good health by understanding the root cause of the disease and eliminating it and not by just fighting the disease.

Ayurveda Medicines

Ayurveda is one of the oldest healing systems that employs natural ways to bring back health and well-being in a person's life. Some of the methods of Ayurveda for achieving this goal are as follows:-

Counselling: Seek counselling and quit brooding as brooding can do more harm than good in your life. The healthy communication through counselling with the help of a counselor can transform you to become self-reliant and confident.

Exercise: With proper diet and exercises like jogging, cycling, etc. one can get great relief from stress. These exercises can also support the body's natural mechanisms of rejuvenation – and help you get sound sleep, the ability to relax and thus balance the nervous system.



Other Remedies: Diverting your mind away from anxieties and stress into something you love to do can make your life peaceful and clutter-free. These activities could be a hobby, talking with family or even listening to music. These hobbies and activities can easily relax your mind.

Yoga

Ayurvedic yoga helps to balance the vata, pitta, and kapha dosha of one's body. Yoga is the Vedic system of spiritual practice, which is known as Sadhana in Sanskrit. Yoga therapy (asana) includes the adaptation of the asanas or asana styles to treat particular diseases and improve health.

The Yoga and Ayurveda connection

It is well known that Yoga and Ayurveda are inseparable and both are needed for treating diseases and attaining health. Both treatments focus on physical and mental health that can be attained by:-

- Regular practice of pranayama and meditation
- Use of herbs in food, body purification procedures and chanting of mantras
- Keeping the body healthy is vital for fulfilling the four aims of life: dharma (duty), artha (wealth), kama (desire), and moksha (liberation).

Yoga and Ayurveda are thus two vital elements that keep our mind and body healthy. Yoga is also a fundamental aspect of the daily Ayurvedic routine (dinacharya).

Ayurveda Diet

Like other diets, the Ayurveda diet focus on promoting balance between the mind and body. One of the main characteristics of an Ayurvedic diet is to identify the dosha. Each dosha has a different quality as explained below:

• ***Vata*** (space and air): Vatas are often described as creative, energetic, or expressive.

Diet includes cooked vegetables, sweet fruits, dairy products, peanuts, flax seeds, rice, etc.

• ***Pitta*** (fire and water): Pittas are often described as intelligent, joyful, and decisive.

Diet includes almonds, pasta, sweet or bitter vegetables, raisins, watermelon, coconut, etc.

• ***Kapha*** (earth and water): Kaphas are often described as calm, loving, or loyal.

Diet includes buttermilk, turnkey, granola, bitter vegetables, cottage cheese, etc.

Once you know your dosha, you can customize your diet and meals to build energy and maintain the inner balance in your body ■

Ayurveda goes global

Evidence based approach is the only way that a system can gain global acceptance. ***Dr. Sandeep Nair,*** *tells us how Ayurveda which is now the focus of the world, should follow this approach*



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This 5000-year-old science of life called Ayurveda, is now the focus of the world and its popularity is increasing day-by-day. According to statistics, there are more than 600 Ayurveda centres in the UK and Germany and around 500 modern medicine doctors have included Ayurveda in their clinical practice. Also, Ayurveda practitioners are found in nearly every metropolis in the United States. The number of tourists coming to India, especially to Kerala, in search of Ayurvedic cure is also increasing. These facts and figures project the increasing popularity of Ayurveda across the world.

To understand more about this, we need to comprehend the difference between popularity and acceptance. A leader usually becomes popular through his speech, personality and through advertisement. He will be accepted by the masses only if his leadership benefits the common man. All that is needed for being popular is a name and acceptance. This social acceptance then leads to political acceptance which further leads to global acceptance.

Before we discuss the hurdles in the path of Ayurveda for global acceptance and the steps that can initiate or boost the process of global acceptance, let us understand what's happening in the Department of Neurology and Complementary Medicine, Evangelisches (Lutheran) Hospital, Hattingen, Germany.

Neurology and Complementary Medicine

Complementary medical system is a considerable solution to the challenge to sustain the world's health care. Key to this is integration of medical systems, which can be achieved by providing a combination of medicines and treatment methods from two different medical systems, integrating the treatment principle of one system into another, using one system as an associated treatment along with the main stream of approach or by a combination of all these. This system redefines the health care paradigm and here the emphasis is on what is best for the patient.

It is not so easy to say which treatment helps more. This is no Win or Lose situation because the focus here is on the patient. Rogers and Sheaff remind us that the "justification for integrated delivery systems is to meet patients' needs rather than those of the providers". Organizations that fail to place the patient at the centre of their integration efforts are unlikely to succeed. Integrated health systems should be easy for patients to navigate and it's a challenge for integrated systems to retain a patient focus.

The Visionary

Our Department is currently treating patients with extra pyramidal movement disorders like Parkinson's disease, multiple sclerosis, MND etc.



The idea of establishing an integrated department was the great vision of Univ. Prof. Dr. Med Horst Przuntek. He is the Director of this Department. An Eminent Neurologist and former professor of Neuro-medicine at the Ruhr University, Bochum. He has over 750 certified publications to his credit. He is also a well-known orator, a poet and a great visionary.

How did the idea of integrating two systems originate?

In 2003, a renowned German Anatomist Professor Dr. Heiko Braak came up with his theory of Staging in Parkinson's Disease. The theory states that the earliest signs of Parkinson's are found in the enteric nervous system, the medulla and, the olfactory bulb. Under this theory, Parkinson's only progresses to the substantia nigra and cortex over the years. This theory is increasingly borne out by the evidence that non-motor symptoms, such as hyposmia, sleep disorders and constipation may precede the motor features of the disease by several years.

Simultaneously Professor Przuntek learned the importance of Vasthi and Nasya treatments along with Agni, Ama and Tridosha concepts in Ayurveda. This made him realize that the basic principles of Ayurveda and conventional medicine or modern medicine will help him to find a way to cure his patients.

Working methodology in integrative neurology

The Department for Neurology and Complementary Medicine founded in 2009 has 40 beds in the Evangelisches hospital. The team consists of Professor, Head and Chief Neurologist, Three Senior Neurologists, Two Ayurveda Doctors, Six Assistant Neurologists, Ayurveda therapists, Occupational therapists, Physiotherapists, Speech language pathologists and a psychologist who work hand-in-hand.

The team of doctors (Allopathy and Ayurveda) have combined discussions on their daily visit to the patients. Once a week the whole complementary team discusses the condition and development of each patient in detail.

Ayurveda treatment principles are applied in the form of external and internal therapies based on individual assessment of Tridoshas, Dhatus, Koshta, Agni and Ama. Treatments are done by expert therapists under the supervision of Ayurveda doctors. The highest standards of hygiene as per German hospital requirement are maintained. There is a weekly Ayurveda diet class for the patients by a trained dietician in addition to detailed individual, diet and lifestyle consultation done by the Ayurveda doctors. Yoga is part of the standard repertory.

Research Projects

Apart from analysing the effect of complementary medicine in motor symptoms of Parkinsons patients using different scales like UPDRS III etc. There are some specific ongoing researches like,

- Effect of nasya on hyposmia and psycho-neural disturbances and its influence on the Nose-Brain-Axis
- Effect of vasthi on microbiomes and its influence on the Gut-Brain-Axis
- Colon microbiome research in Parkinson's disease and multiple sclerosis patients



- Effect of Ayurveda diet on microbiomes
- Effect of spices on smelling receptors in the nose and gastrointestinal tract, especially their influence on the microbiomes
- Effect of Propionic acid and Butyric acid on multiple sclerosis.

Evidence Based Ayurveda

It was not so easy to say which treatment helped more, but now as we observe the results in our different specific research projects, we are able to identify the individual benefits. However, it is evident that those affected by primary Parkinson's disease gets more stability when Ayurveda principles and treatment methods are introduced for treating the patient along with the conventional methods. Patients get stable without aggravation in symptoms and maintains an improved lifestyle along with Ayurvedoktha Pathayaharavihara, Dinacharya and Ritucharya. Despite the multitude of instructions, patients do not feel pressured by their physician. Instead, they value the opportunity to cope actively with their disease by contributing to its cure or the alleviation of symptoms. The integrative approach opens large options for the patient. As a person working in such a department where the Neurologists and Ayurveda doctors go hand-in-hand to provide the optimum care for the patients, I can feel the positivity among the patients towards complementary system that satisfy their health care needs.

Ayurveda medicine is accepted by our hospital management, by our Parkinsons patients and their different self-help groups and we were able to create a social acceptance among the community. Delegation from the Ministry of Ayush and Indian Consulate, Frankfurt also recognised and appreciated our work. This acceptance came after 10 years of dedicated and hard work from our team. Unfortunately, ours is the only hospital in Germany, where Ayurveda medicine is equally accepted and considered at par with the conventional medicine. Here, an Allopathy doctor and Ayurveda doctor visit the patients together. My mission is to achieve this acceptance in a global scenario through evidence based Ayurveda.

The factor that helped us to create such a social acceptance for Ayurveda, is evidence. In these 10 years, we could provide clinical evidences in both motor and non-motor signs and symptoms of Parkinsons patients along with other objective evidences. Now, we conduct different tailored research



projects from systematic reviews and meta-analysis to interventional RCTS. Evidence based research approach is one of the keys towards global acceptance of Ayurveda.

Once during his daily rounds, Professor Przuntek asked me if I could provide some recent research evidences in Ayurveda treatment done in the freezing of gait in Parkinsons disease. I told him I am unaware of any such study conducted in Ayurveda, but in classical texts written by our Acharyas, we can find references of gait disorders like skhalitham cha gathaou in Kaphaavarana Vyana etc. Having said that I asked him, "Sir why are you so adamant about recent evidences when our great acharyas have already mentioned these conditions and their treatment?" To this he said, "Yes, I know that great acharyas have written about a vast range of ailments and their treatments in the different Ayurveda classics, which in itself is a great treasure, and I also believe that at that time they were intellectually and socially very much capable of treating such conditions, but I want to know whether today's Ayurveda or Ayurveda doctors can bring the same results."

It is high time that we regain our culture of observation, research and analysis that existed during the period of our great acharyas. Ayurveda withstood all these 5000 years through consistent development and constant changes in the mode of propagation. From verbal mode of teaching scriptures, from Sanskrit versus to commentaries in Sanskrit, Hindi, English and other regional languages. Can you imagine what would have happened if Punarvasu Atreya didn't ask his Agniveshadi disciples to write down the scriptures? What would have happened if Hemadri, Arunadatta, Chakrapani, Indu and other acharyas had not written their commentaries?

Similarly, credit goes to all those personalities who have contributed in one way or the other for propagation of Ayurveda. We all know that necessity is the mother of invention. All these changes mentioned earlier, like from verbal mode to scriptures, Sanskrit versus to commentaries, etc., happened due to necessity, which we call today as social demand.

So, identifying the social demand and initiating appropriate actions accordingly will lead to acceptance. And one of them is evidence-based research. I would like to point out the different approaches towards evidence-based research in Ayurveda.

Evidence based research or evidence-based medicine is "the integration of best research evidence with clinical experience and patient values". In other words, EBM is not just about the literature. Following is the framework for EBM in practice, the 5 A's of EBM.

1. Asses the problem: Meaning identify the clinical problem.

2. Ask the question: Means formulate a clinical question using PICO

3. Acquire the Evidence: Collecting the evidence using different outcome measures

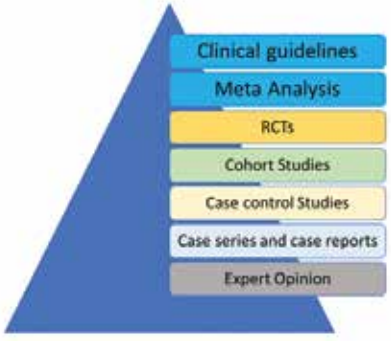
4. Appraise the Evidence: Evaluation of the evidences

5. Apply to the Patient.



This diagram represents the hierarchy of evidence. There are many different variations to it, but this is the most common one. According to conventional wisdom, the most qualitative form of evidence has been ranked low in terms of importance while the most quantitative evidence have more importance. Thus, expert opinion without supporting data rests at the bottom and all the meta analysis and multiple RCTs rests on the top.

In the case of Ayurveda studies, keeping expert opinion at the bottom feels kind of unfair, since expert opinion in Ayurveda (Apthopadesha) is forged from a series of clinical guidelines over the years. There is a revised version of this hierarchy to correct the undervaluing of expert opinion by superseding the meta analysis with clinical guidelines and this suites the research studies in Ayurveda too ■



Democratizing Health:
Differentiating Health from Healthcare



Dr. Madan Thangavelu
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 4th Ayurveda Day will be celebrated in the European Parliament on Tuesday 28 January 2020. The event will be hosted by Brigadier Geoffrey Charles Van Orden CBE, Member of the European Parliament for the East of England, Leader of the British Conservatives in the European Parliament and Former Chairman of the EU Delegation for Relations with India. Other guest for the day will include the Indian Ambassador to Belgium and Luxembourg and the European Union, H. E. Ms. Gaitri Issar Kumar. At a similar event held in the UK Parliament in London late last year High Commissioner Manisha Gunasekera headed a delegation from Sri Lanka. The presentations on the day by the High Commissioner and the delegation from the Hettigoda Group of Companies were inspiring.



Meetings in the UK Parliament to mark Ayurved Day and Yoga Day and Siddha and Unani and other traditional sciences is now routinely organised by the All Party Parliamentary Group on Indian Traditional Sciences. Events of this nature in Parliaments in Europe with the patronage of parliamentarians are important for bringing issue about Ayurveda and the AYUSH Sciences to the attention of members of parliament and in turn to policy makers. In spite of the immense benefits to be had from AYUSH systems the challenges of acceptance of these systems and also integrating these into the formal health systems in Europe remain moment and perhaps other issues also need addressing to make such parliamentary engagements more meaningful and productive for health of the citizens of nations of Europe.

Europe has big plans about health and well-being of its citizens and the many intertwined and related areas including the environment and more. Horizon Europe, the research and innovation framework to succeed Horizon 2020 is budgeted at an ambitious €100 billion. The Horizon Europe process has just begun and aims to identify "key areas for research and innovation support and their targeted impact, Europe-



an partnerships, missions, and areas of international cooperation". The Commission's proposal for Horizon Europe, strategic planning, implementation, news, related details are online and worthy of study. Horizon Europe's five mission areas are wide canvass for engagement some very broad and several very specific, namely, Adaptation to climate change including societal transformation, Cancer, Climate-neutral and smart cities, Healthy oceans, seas, coastal and inland waters, Soil health and food. 'Missions', according to the European Commission, "are a new instrument for research and innovation to increase the impact of research, connect with citizens and show that science matters in day-to-day lives."

This from the Commission web pages about the political wrangling, the final outcome and when the programme is expected to start: "The European Parliament and the Council reached a political agreement on Horizon Europe in March/April 2019. Subject to the agreement on the next EU long-term budget (2021-2027), including on Horizon Europe's budget, and the adoption of the Horizon Europe legislative package afterwards, the programme will start on 1 January 2021." Health and the environment is very high on the European agenda. The demands for a new way of thinking set in Horizon Europe is further extended by Europe's Green Deal - a bold wish of "Becoming the world's first climate-neutral continent by 2050 is the greatest challenge and opportunity of our times." (https://ec.europa.eu/info/strategy/priorities-2019-2024/european-green-deal_en).

There has never been an opportunity as presented now for the voice of AYUSH Sciences to be heard by policy makers in Europe. "Improving health outcomes for people with diabetes in Europe: The role of data, access to innovation and integrated care was another recent event in the European Parliament (21 November 2019). "Brain Health as a Global Priority – time for the EU to act now" is another event in the European Parliament, scheduled for Tuesday, 18th February 2020. These are just a few of the many opportunities available in Europe for AYUSH Sciences to engage with and develop programmes of study and research. As in my earlier letters, all such engagements need to be founded on formal joint agreements between India and the European Union, between Indian and members states of the Union. Ideally such agreements must contain focused objectives from specific domains within the wide expanse of India's Traditional Sciences.

Failing health despite increasing healthcare budgets and costs is one of today's paradoxes! Even in the well-resourced nations of the world this trend seems irresolvable and unstoppable. Tackling this epidemic of increasing disease burden and inflating health budget perhaps needs a fresh approach. Ayurveda's messages and teachings for health promotion, health maintenance and disease prevention are based on a sustainable and harmonious relationship with the environment. Such relationships will reduce disease and ill-health but unfortunately also the large and inordinate profits that certain sectors of the healthcare industry currently enjoy.

What is more urgently needed in the ongoing commercial healthcare driven narratives about health and care is the need to widen the discourse and differentiate health from healthcare. Pragmatic health should democratize health, without furthering the unfortunate conflicts between the advocates for better health and their stifling stranglehold in discussions about health by the interests who view health as a privilege and not a right, and healthcare as health. AYUSH Sciences offers such an approach and Europe has an important role and as an ally for India to catalyse such discussions and to offer a platform for repositioning and globalizing AYUSH Sciences and their benefits. AYUSH Sciences hold huge benefits for the health and well-being of citizens of Europe. Hopefully all this and more about democratizing health and differentiating health from healthcare and collaborative research, public health innovations and other engagements in AYUSH Sciences to match the needs of the 'missions' of Horizon Europe is already being considered and being drafted for discussions by policy makers in India and Europe ■







Ask Your Doctor

Dr. Muralidharan Pillai

Chief Consultant, Ayuryogasramam,Vadakkancherry.

Senior Consultant, Oushadhy Panchakarma Hospital & Research Institute, Thrissur.

(Former Principal,Vaidyaratnam & Vishnu Ayurveda Medical Colleges & Medical Director, Vaidyaratnam Ayurveda Foundation & Research Center)

My mother is 68 years old. She suffered a stroke a year ago. After prolonged treatment, she regained her health. She is continuing her physiotherapy even now. We are interested in giving her Ayurveda treatment. How beneficial is it?

-Minu Philips, Mumbai

Stroke occurs when there is a block in the vein in any part of the brain. It can also be caused by a haemorrhage due to high blood pressure. The chance of a stroke increases as one grows older. This is more common among those who suffer from high blood pressure. Majority of ischemic stroke happens to people who are 60 years and above. This can also occur to people who have a family history of the disease.

Atherosclerosis, which is a process in which abnormal deposits of lipids, cholesterol, and plaque build-up, leading to coronary artery disease and other cardiovascular problems leading to strokes, can occur at a young age and so it is important to follow a healthy diet, lifestyle and exercise to keep such diseases at bay. While treating patients affected with stroke, it is important to examine their children and diagnose if they have any possibility of high blood pressure, blood cholesterol levels, and also the level of sugar in their blood.

After examination, precautions should be taken accordingly. Also, people who are likely to be affected by stroke, should maintain a healthy body weight. Those above 40 years should take great care of their health and should exercise and take proper diet. These people should also completely avoid drinking alcohol and smoking cigarettes.

In Ayurveda, stroke is listed under 'maha rogam'. Ayurveda addresses this disease through careful lifestyle management and diet. Proper use of 'Shaddharana Choorna' can control the increased blood pressure. Sneha Vasti and Kashaya Vasti are good for treating stroke patients. The special treatments like Elakkizhy, Njavarakkizhy, Pizhichil, Shiro Vasthi, done under expert supervision can give good results. While taking rest, the stroke patient should be made to sleep in different directions to avoid bed sores. Using Sahacharadi Kashayam, Maharasnadi Kashayam, Yogarajagulguloo tablets, Kottam Chukkathi Kuzhambu and Mahanarayana Thailam can give good results ■

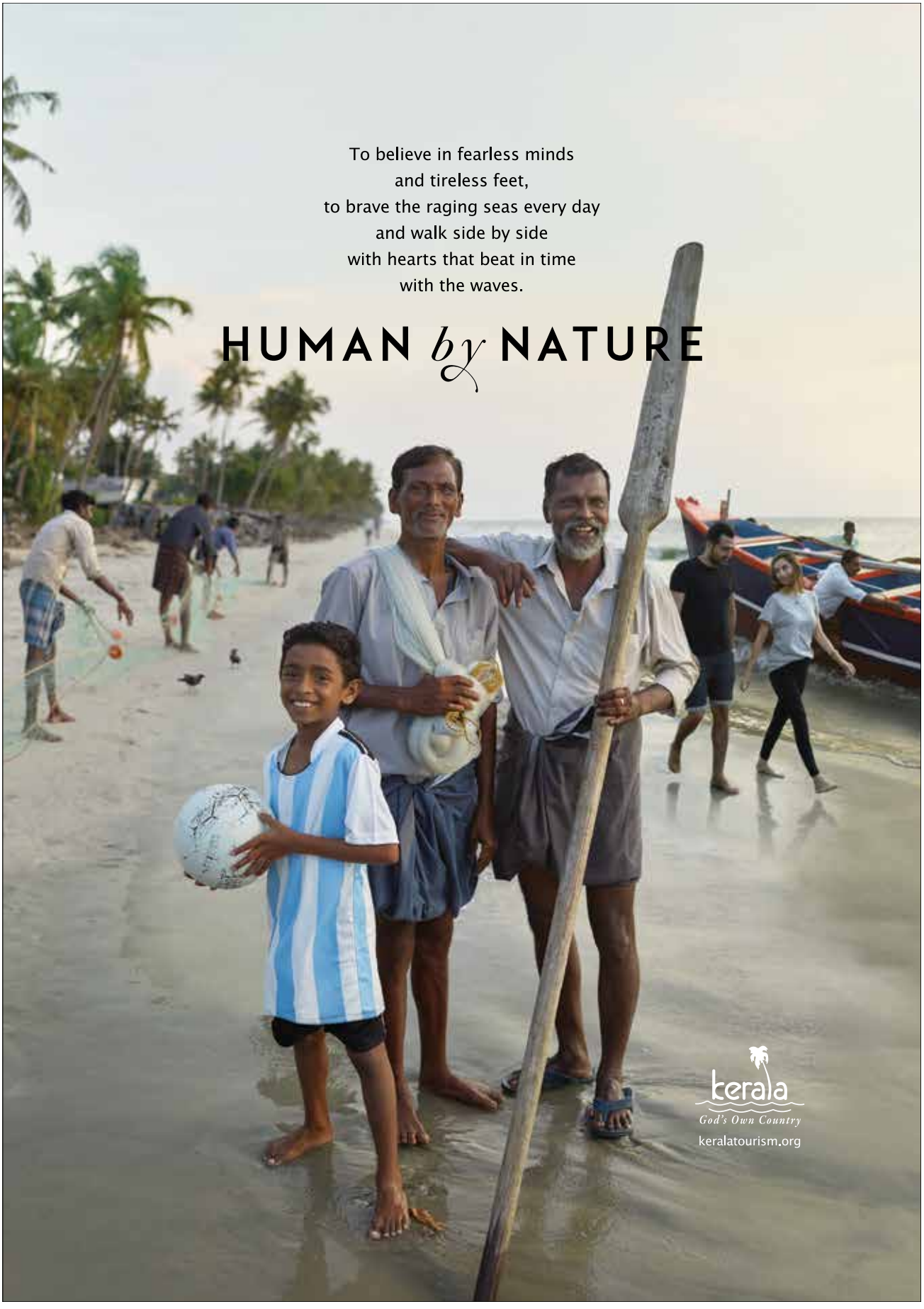
I am a 42-year old working professional who travels extensively. Of late, I am finding it difficult to bend my knees. Is there any treatment in Ayurveda for this? Will taking tablets for rheumatism help me deal with this issue or will it be harmful?

Juno Narayanan, Ottapalam

This kind of joint pain is usually not arthritic in nature. What you need to understand is that the main symptoms of arthritis are pain, swelling and redness of the affected joints and morning stiffness along with increased temperature, anorexia (loss of appetite) and fatigue (tiredness). ESR count in the blood of suffering from these conditions will be high due to inflammation in the joints.

The pain that you experience is observed in most people who always sit in a wrong position, especially for a prolonged period, either at work or while travelling. This can produce swelling of the tendons and ligaments that connects the two bony ends in the joint and thus produce pain. Continuous sitting, keeping the knee joint over the other one, increases the pressure of the joint and increases the pain. You have enquired if tablets for pain can be used for instant relief. What you need to understand is that the pain you experience is the body signifying that you are affected with a disease. If you mask it by using a pain killer, the main disease that causes the pain will develop to the next stage. Moreover, these of tablets will affect the kidney and other vital organs badly. Hence, it is not advisable.

As mentioned in your question, you have been experiencing these symptoms only for the last two months. In such a situation, simple medications along with some changes in lifestyle can help you to overcome the disease. Massaging the affected part with lukewarm medicated oils like Kottamchukkadi, Karpooradi, Likucha Thailam (oil), etc, along with upanaha sweda (using paste of Jadamayadi choorna mixed with hot water for external application over the affected joint at night) can provide great relief. To reduce pain and swelling, decoctions like Rasna Saptaka, Rasnairandadi kashaya with Yogaraja gulgulu gulika can be taken every day based on expert advice after applying hot thailas over the joints. It is also advised to have bath only in hot water. If obese, try to reduce weight by bringing down food consumption ■


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

Dr. P. Alikutty's Kottakkal Ayurveda and Modern Hospital, pioneers in practicing Ayurveda, the ancient science of life in all its purity and sanctity. Established in the year 1965 by the founder Dr. P. Alikutty in a simple way as a clinic with observatory IP and Pharmacy. KAMH became a multi speciality ISO 9001 : 2015 Certified Hospital supported with modern medicine department also. Government of Kerala accredited KAMH as an approved Ayurvedic hospital with Olive certification.



Pain Clinic (back pain, knee joint pain), Weight reduction clinic
Geriatric & rasayana clinic, Postpartum care for mother & baby, Detoxification program
Stress relieving package, Rehabilitation program for stroke, Wellness Packages,

Ayurveda Panchakarma Treatment, Marmachikitsa, Vajeekaranachikitsa (Aphrodisiac)
Ksharasoothra (Para Surgical method for Piles, Fistula)

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