

Vol. 5 Issue 1 January-March 2010

Rs 50 \$5

# Ayurveda

## & HEALTH TOURISM

### SPRING IN THE AUTUMN

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Treatment  
for alopecia

Identify genuine  
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How Ayurveda helped a  
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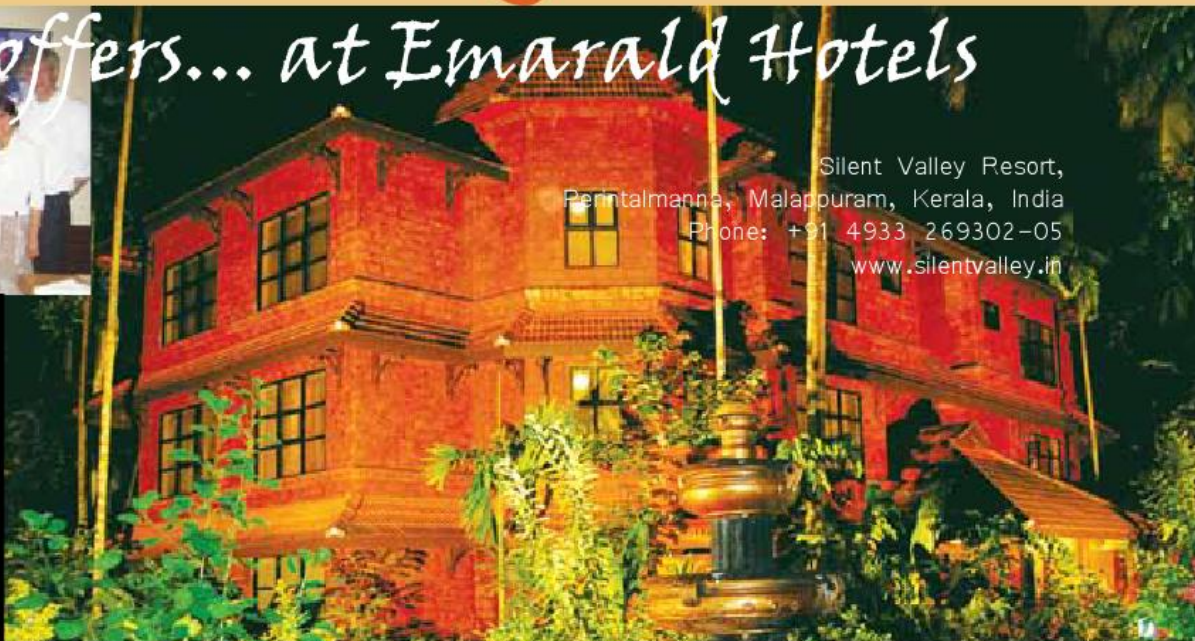
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- **Einfluss von Umweltfaktoren**  
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- **Einfluss von Nährstoffen**  
 - Stickstoff, Phosphor, Kalium, etc.
- **Einfluss von Hormonen**  
 - Auxin, Gibberellin, etc.
- **Einfluss von Krankheiten**  
 - Pilzkrankheiten, Bakterienkrankheiten, etc.
- **Einfluss von Tieren**  
 - Insekten, Vögel, etc.
- **Einfluss von Menschen**  
 - Düngung, Bewässerung, etc.

\_\_\_\_\_

- **Fluoridation, Lead-Pb, As, Cd, Ni, V, Hg, Mn - Maximum allowed limits**
- **Radon - Maximum allowed limits**
- **Drinking water treatment**
- **Contaminants - Drinking water**
- **Drinking water - Health**

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## A holistic opportunity

Modern medicine, in its early stages, used the concept of 'family doctor' to reach out to the people at large, and spread among them the fruits of its advancement. However, with the advent of super specialities, this concept was almost abandoned, especially in the West. Physicians started living in ivory towers and made themselves inaccessible to the masses.

However, new trends suggest that people there have started shunning super specialists and are turning to general practitioners. There is a marked interest in alternative and holistic medicine also.

This is good news for Ayurveda. The ancient Indian medical science has always relied on easily and locally available cheap resources to prepare medicinal formulations that cured even difficult diseases. This is a virtue that we should propagate and get Ayurveda its due among medical sciences of the world. We hope that the Global Ayurveda Summit, being organised by CII, Department of Ayush and the Government of Kerala in Kochi on March 23-25 will come up with new initiatives towards this end. We are happy to associate with the event (ours is the official magazine there) and are looking forward to its success.

Ayurveda and Health Tourism is now available in most European countries and the US. We are happy to report that, with this issue, the magazine will be available in Korea also.



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# Rejoice with the Nature



**W**elcome to a magical experience of goodness and peace.

Relax your body, feel healthy and let your soul connect with the universal force of Nature.

Welcome to the pristine beauty and joy of Somatheeram Ayurveda Group resorts.

**Somatheeram (South of Kovalam, Chowara Beach)**, opened in 1985, is one of the first Ayurveda resorts opened to international travellers. You will enjoy relaxed holidaying coupled with Ayurvedic treatments and rejuvenation packages. The traditional architectural design is a replica of the lifestyle of yore, going back to a century and more. The resort's fine restaurant serves Ayurvedic specialities along with a range of Indian gourmet cooking and continental dishes.

**Manaltheeram (South of Kovalam, Chowara Beach)**, an Ayurveda beach resort with thatched huts and Kerala houses gives you the feel of village life.

**Soma Kerala Palace** at Chempu, Kochi, is a unique combination of 'Lake, Ayurveda, Yoga'. Kerala Palace gives you an opportunity to appreciate the 250-year old Kerala architecture.

**Soma Palmshore**, at the Light House Beach, Kovalam, is a combination of 'Beach, Ayurveda and Yoga Resort'. All rooms have private sundeck/balcony overlooking the sea.

**Soma Kuttanad**, at Purakkad, Alappuzha, is a combination of 'Backwater, Ayurveda and Yoga' and offers the caring and sharing spirit of village life.

**Soma Houseboats** at Finishing Point, Alappuzha, helps you experience a slice of Kerala life in the back waters of Kuttanad.

## Ayurveda

The Somatheeram Group's mission is to promote the many benefits of leading a healthy Ayurvedic lifestyle. Our Ay-



# al Wellness of Ayurveda

'Soma Kerala Palace'



urvedic treatments, offered by a qualified team of physicians, include purification therapies which help balance the fundamental bio-energies of the body and mind.

## Advantages

- Slows down ageing process
- Relieves stress
- Corrects nervous disorders
- Enhances beauty/complexion

## Rasayana chikitsa

If you have a mechanical lifestyle with junk food, inadequate rest and overwork, then we suggest you take a course in Rasayana chikitsa.

The Ayurveda Research Team at Somatheeram Ayurveda Resort has designed and developed special treatments and packages that offer prolonged lifespan, youthfulness, good health, fine complexion, stoutness, intellect, power of retention and strength. The Green Leaf certification by the government of Kerala ensures authenticity of Ayurveda offered in our resorts.



Somatheeram Ayurveda Group Resorts, under the energetic leadership of Mr Baby Mathew, Chairman and Managing Director, has won numerous national and international awards for 'Excellence in Ayurveda'. The group's resorts have been defined as "Model Health Resort" by the Government of India and Kerala.

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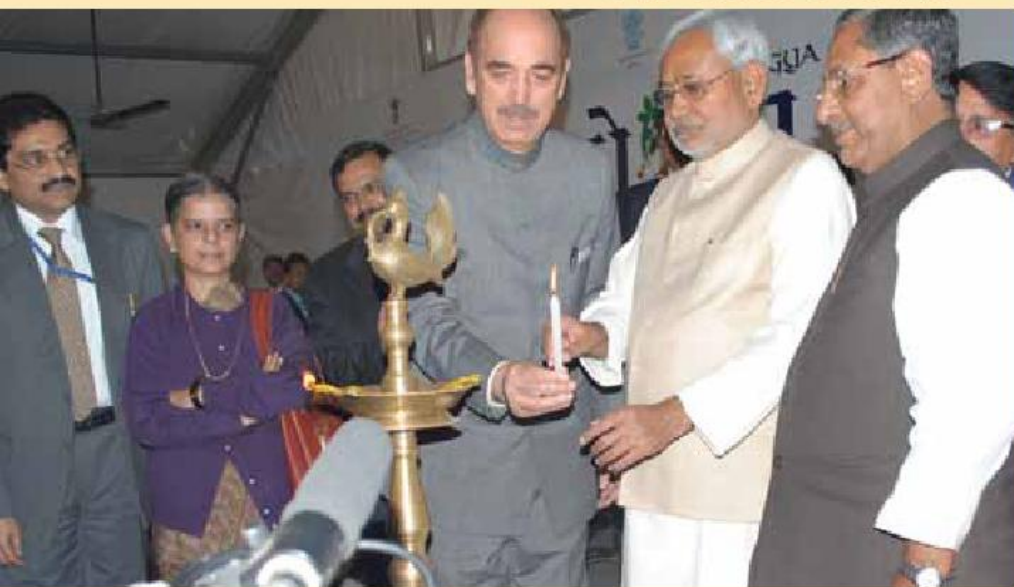
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*Bihar Chief Minister Mr Nitish Kumar inaugurates AROGYA fest, organised by the Department of AYUSH, in Patna in the presence of Union Health and Family Welfare Minister Mr Ghulam Nabi Azad. (From left): Mr B Anand, Joint Secretary, Ms S Jalaja, Secretary, Department of AYUSH, and Mr Nand Kishore Yadav, Bihar Health Minister.*



*Union Health and Family Welfare Minister Ghulam Nabi Azad and Jammu & Kashmir Chief Minister Omar Abdullah jointly inaugurate the building complex of Ayurveda Regional Research Institute in Jammu.*



*Kerala Health Minister Ms P K Sreemathi Teacher inaugurates Nethra, the national seminar on Ayurvedic ophthalmology, in Kochi. Ms S Jalaja, Secretary, is also seen.*

## IN BRIEF:

### Quality control

The Department of AYUSH has launched a voluntary scheme under which manufacturers can avail themselves of certification of quality of their Ayurveda, Siddha, Unani drugs and pharmaceutical products.

### Pact with US

AYUSH has signed an Access Agreement with the US Patent office giving it access to the Traditional Knowledge Digital Library, marking an important step in protecting India's traditional knowledge.

### College norms

AYUSH has approved minimum standards for granting permission to AYUSH colleges from next academic year.

### Unani for anemia

AYUSH has initiated a study on using unani medicines to fight nutritional anemia among women. The study will be held in Hyderabad, Srinagar, New Delhi, Chennai and Patna.

### Amla campaign

AYUSH has launched a National Campaign on Amla in Gujarat, Chattisgarh, Andhra Pradesh, Kerala and Orissa.

### Pact with SOUKYA

The National Institute of Homoeopathy (NIH) has signed an MoU with SOUKYA Foundation, Bengaluru for developing excellence in Homoeopathy care in respiratory diseases. Both the institutions would document cases and create evidence based on use of Homoeopathy in various respiratory diseases.



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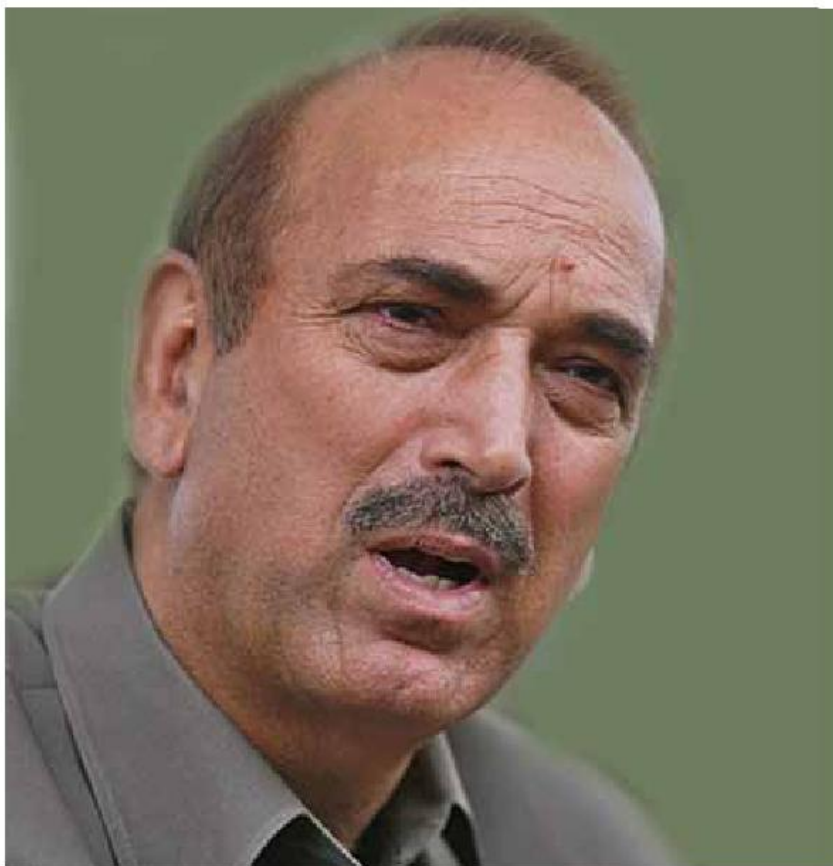
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# Govt to focus on quality education



**A**yurveda has a history of more than 5000 years and ensured generations of Indians the healthcare they needed. However, the advent of modern medicine dwarfed it, and as a consequence, it almost lost the predominant position it used to hold. However, the government is now taking concerted efforts to take Ayurveda to its original glory, Union Minister for Health and Family Welfare

Mr Ghulam Nabi Azad said. In an interview to **Ayurveda and Health Tourism**, the Minister elaborates the steps the government has taken to propagate authentic Ayurveda.

## **How do you assess the scope and possibilities of Ayurveda in modern times?**

Answer: Ayurveda is considered to be one of the oldest knowledge systems of the world. This system

has been in practice in India for thousands of years. With the increase in lifestyle related disorders, there is immense scope and possibility for use of Ayurveda in modern times. Its potentiality for preventive and promotive health care also needs to be fully explored and utilised.

## **Experts talk of an integrated approach to patient care. How does the government view this? Where does the government see Ayurveda in its scheme of integrated medicine?**

Patient care occupies the centre stage of health care. Therefore, giving maximum benefits to the patients with the help of all systems would be a welcome step. Under the National Rural Health Mission (NRHM), we have been trying to make available both the modern as well as traditional medical services to people at the grass root level. Of course, we need to integrate the two systems wherever possible to provide the best feasible care to the patients.

## **The younger generation seldom notices the curative powers of Ayurveda as it is exposed more to the wellness part of it. How will government protect and promote Ayurveda as an effective part of holistic medicine?**

Health tourism and wellness

**“We have set up Centre for Research in Indian Systems of Medicine in the University of Mississippi, USA, for promotion and propagation of AYUSH systems.”**



**“Minimum standards in AYUSH education have been finalised after a lapse of 37 years. A scheme for accreditation of AYUSH colleges and hospitals has been finalised.”**

centres are mushrooming in different parts of the world. These are being developed as a part of tourist attraction especially by the private sector. The Government is trying to promote genuine Ayurveda procedures. Necessary guidelines have been developed and issued to the State Governments in this regard. All round reforms are being taken up in this sector to make Ayurveda education attractive to the younger generation.

**How is the government planning to ensure quality in Ayurveda education?**

I am happy to mention that minimum standards in AYUSH education have been finalised after a lapse of 37 years. A scheme for accreditation of AYUSH colleges and hospitals has been finalised in collaboration with the Quality Council of India (QCI). The Bachelor in Ayurvedic Medicine & Surgery (BAMS) syllabus has been updated. More number of post-graduate courses has been sanctioned. Faculty re-orientation and training have also been taken up on priority. Reforms in AYUSH education have been receiving focussed attention of the Government.

**Are you satisfied with the quality standards of Ayurveda medicines? If not, what is the government planning to improve them and bring in better norms?**

There are different types of Ayurvedic preparations available in the market. The Department of AYUSH has issued guidelines for Good Manufacturing Practices

(GMP). These have been made compulsory for all manufacturers. Pharmacopoeial Standards have been finalised for 690 AYUSH single drugs and formulations. Setting up of a separate Pharmacopoeial Commission is also under the consideration of the Government. The Department has also launched a voluntary certification scheme for Ayurveda, Siddha and Unani (ASU) products in collaboration with the QCI. Therefore, efforts are on to improve the safety, efficacy and quality of ASU medicines.

**How does the government plan to promote Ayurveda abroad? How will you ensure quality of Ayurveda medicines and practices offered in foreign countries?**

We have been organising World Ayurveda Congresses both within and outside India to promote Ayurveda. We have a number of schemes under international cooperation in the Department of AYUSH for promotion of Ayurveda and other AYUSH systems abroad. Under the scheme faculty and staff exchanges are regularly taking place.

We are helping universities abroad to set up a separate chair or department to promote the AYUSH systems. We have set up Centre for Research in Indian Systems of Medicine (CRISM) in the University of Mississippi, USA, for promotion and propagation of AYUSH systems.

Efforts are on for setting up a separate international council for promotion and propagation of AYUSH systems abroad. This newslet-

ter for dissemination of Ayurveda has been launched by the Department. I have already stated the measures taken for ensuring safety and quality of ASU drugs.

**Ayurveda has no strict validation regime. Some even bring disrepute to this ancient knowledge base. How will you make practitioners of Ayurveda accept the importance of validation and curb the spurious practitioners?**

A number of collaborative projects have been initiated by the Central Council for Research in Ayurveda & Siddha (CCRAS) in collaboration with the top institutions of the country. Collaboration with reputed Universities abroad is also going on to validate the system.

We have written to all the State Governments regarding taking action under the Drugs & Magic Remedies Act, 1954 to prevent the entry of spurious products in the market. The Central Council of Indian Medicine (CCIM) is mandated to take action against fake practitioners. I am sure within a short span of time we will be able to make a real headway in this regard.

**There is a shortage of herbs used in the preparation of Ayurveda medicines. What is the government doing to overcome it?**

Keeping in view the difficulty in getting suitable herbs for medicinal preparations, the Government has set up a National Medicinal Plants Board. Two separate schemes for promotion and propagation of medicinal plants in India are under implementation. One is the National Mission on Medicinal Plants and the other is a Central Sector Scheme for Cultivation of Medicinal Plants. A sum of Rs 1000 crore has been earmarked under the 11th Plan for this purpose.





# Amala

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Ayurveda, India's priceless contribution to the world, is known to offer hope where other forms of medicines fail. It has been a refuge to the afflicted since the days of yore. Now avail of its rich traditions in an ultra-modern setting.

The Amala Ayurvedic Hospital & Research Centre, established in 1982, stands as a testimony to the healing powers of this ancient science, and is today highly acclaimed all over the world. It has been awarded the Olive Leaf certification by the Government of Kerala.

### THE HOSPITAL

The over 100-bed hospital has a team of dedicated and skilled doctors to ensure that you get the most effective treatments for your specific problems. The cheerful and friendly staff are ever-ready to go out of the way to serve you with a smile.

### LOCATION

The hospital is easily accessible from all over the world through air, rail and road. The Cochin International Airport at Nedumbassery is just 60 km to the south while Calicut International Airport is 95 km to the north. Trichur Railway station is at a distance of 8 km. The hospital is connected by road to all the major cities of Kerala.

### THE AMBIENCE

Feeling wary of hospital atmospheres? At Amala you can forget the fact that you have come seeking treatment. You will enjoy the great ambience. It has a fresh and non-polluted atmosphere that helps you rejuvenate your mind and body. Its greenery helps keep external stresses to a minimum.

And there is a lot to see our premises!

A must see is the herbarium named after Fr Gabriel, the Founder-director of Amala, which contains more than 1000 medicinal plants.





Or if you ever wanted to watch how Ayurvedic medicines such as kashayams, grithams and thailams are prepared, you are welcome to the GMP-certified medicine manufacturing unit.

### THE STAY

There is a wide choice of well-furnished accommodation to choose from: deluxe suites, suites, Ayurveda Bhavans and ordinary rooms. The exclusive restaurant Haritha offers a menu that basically follows Ayurvedic principles.

### THE WORLD OUTSIDE

Amala is located at easy distances from some of the most beautiful and popular tourist destinations in Kerala, such as the famous Athirappally and Vaazhachal waterfalls, Punnathur Kotta Elephant Sanctuary( the world's largest elephant park), the Chavakkad and Cherai beaches, Chettuva Backwaters, Palayoor St Thomas Church (India's oldest church), Azhikode Mar Thoma Church and the world-famous Guruvayur Temple. Turn your stay into an unforgettable tourist experience by making trips once a week to these spots.

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# The Mind of **AYURVEDA**

The practice of Ayurveda in our country is passing through a significant phase, with the ancient branch of medical science embracing new practices. However, there are legendary physicians who stick to the traditions.

**S Jalaja**, Secretary, Department of AYUSH meets Vaidyabhooshanam Raghavan Thirumulpad, one such practitioner.

**W**e often seek complex solutions to simple problems. This is especially true in the case of the healthcare industry since there are established institutions, specialist physicians and complicated procedures to diagnose diseases. Unaffordable costs and lack of medical resources force us to seek a way out of the present malaise plaguing the not-so-rich public. Here is a man who blended the traditional knowledge of Ayurveda with Gandhi's ideals and offers the mix to those who seek a worthy alternative medical service.

Ayurveda (the oldest branch of knowledge dealing with health tips for the protection of life), describes three humours (Vata, Pitha and Kapha) corresponding to three bodily functions (movement, transformation and storage), the Panchamahabhutas (five elements of air, space, fire, water and earth) acting

upon them, the seven tissues and the three malas or excretions from the body. Vitiating in the three humours will upset the body and lead to diseases. To correct it, Ayurveda emphasises maintaining a positive attitude of mind and a healthy body through following a strict diet regime and exercise.

When I learned about this simple as well as holistic concept of health, I had a desire to meet a real practitioner of such a mode of treatment sprouted in me. I was impressed by a recent interview featuring Vaidyabhooshanam Raghavan Thirumulpad. As he belongs to a rare species

of physicians, I arranged to visit him. Now nearing 90, he lives in a modest house in Chalakudi, Kerala, with his family. Clad in khadi cloth, he looked frail. But his eyes were sharp and alert, reflecting an intelligent and active mind. With the help of his son, he narrated the story of how he learned Ayurveda:

"It was accidental. My family was poor. Being the eldest, the onus of looking after my family members fell on me. I didn't get a proper job after graduating from school in 1937. For the next two years, I tutored schoolchildren. Meanwhile, I learned Sanskrit,

**Gandhi's principles of trusteeship and sarvodaya shaped his world view. Instead of treating diseases with money, hospitals and drugs, he aimed at motivating people to take care of their own health by helping them discover 'the doctor within'.**



philosophy and mathematics. I got a clerical job with the Indian Railways in Madras. After a year, I was diagnosed with tuberculosis. As I didn't respond well to treatment and medication, I was brought back home".

"My neighbour and guru, Venkitachala Iyer, took me to Vasudevan Nambeeshan for TB treatment. Amazingly, I got cured. As per Iyer's direction, I chose Nambeeshan as my guru to learn Ayurveda. I lived with his family, cooked their food, and slowly studied Ayurveda. I did help his children in studies. And the guru taught me at night when he was free."

Traumatic childhood days—his mother sold milk to feed her six children—and the need to learn tough subjects at an early age sharpened his intellect and developed his knowledge.

"As I had sound knowledge of Sanskrit and other related subjects, it was easy for me to ingest Ayurveda. I learnt Ashtanga Hridaya in four years. Then I passed the Vaidyabhushanam examination, conducted by the then Cochin Government, in 1949. And I got registration as an A-class medical practitioner."

His life, after learning Ayurveda, underwent a metamorphosis. "It was the period of the Independence Movement. I was attracted to Gandhian ideals." Gandhi's principles of trusteeship and Sarvodaya shaped his world view. Instead of

**Even in ancient times, there were timely developments and some major inventions too, says Thirumulpad. "Without timely industrialisation Ayurveda could not have survived. No industry can survive without profit. There are, however, ethical issues which need to be sorted out."**

treating diseases with money, hospitals and drugs, he aimed at motivating people to take care of their own health by helping them discover 'the doctor within'.

Shri Thirumulpad's treatment style is known for its simplicity and he was easily accessible to the downtrodden. Following his guru's advice, he practised from his home and used only those herbs available in his neighbourhood for treatment. "From my home, I have practised Ayurveda for the past 50 years." Though he suffers from age-related problems, people from all walks of life still visit him to get a glimpse of that gem. While some come for treatment or counselling, others just want to express their gratitude and respect.

Shri Thirumulpad has written numerous books, articles, and pamphlets on Ayurveda, health, and religion. He writes not only for others but also for his own pleasure. He emphasises that regular exercise for the mind, as for the body, is a must. "I also teach students Sanskrit and Ayurveda without charging fees." Often, students' doubts cause him to write on such topics. The highlight of his work, whether it is writing or methodical explanations, is simplicity and clarity.

Shri Thirumulpad's commentaries on Ashtanga Hridaya bear testimony to his endless search for knowledge in novel ways. For his contributions to the field of Ayurveda, the Kerala Government has honoured him with awards for the best practitioner and the best science writer.

To hold on in the face of tough competition from other systems of medicine, Ayurveda has been experimenting with different ways and it imitates modern medicine to fit in the foot of the present century. Raghavan Thirumulpad's views on this evolution are pragmatic. "Even in ancient times, there were timely developments and some major inventions too. Without timely industrialisation Ayurveda could not have survived. No industry can survive without profit. There are ethical issues which need to be sorted out. A well-known proverb in Sanskrit says: 'satyaanritam tu vanijyam' ("Business is a mix of good and bad"). There should be enough measures to check unethical practices". Having complete faith in Ayurveda, he perceives no threat to it from modern developments.

"The removal or controlling of the causative factors is the core of Ayurvedic treatment. Modern medicine doesn't subscribe to this logic. Ayurvedic practitioners do it by prescribing strict pathya (corrective lifestyle and food) to which modern medicine is allergic."

"Vinapi bheshajairvaydhih pahtyenaiva nivartate na hi pathayvihinasya bhesha-janam satairapi"

(If a person follows strict pathya, he will be cured even without medicines. But without pathya, there is no hope even if he takes hundreds of medicines.)

Shri Thirumulpad stressed that Ayurveda has a strong scientific base as it evolved through experimentation and experiences of centuries.





"It is still being corroborated thorough clinical experiments. Even validation can give something new to Ayurveda. In fact, research is 're-search'. Delving into what is hidden in our texts will nourish Ayurveda. Classical Ayurvedic texts are rich in theories and practices. Hence the need for innovations is less. "Acceptable factors from modern medicine can also be incorporated," he said.

On the future of this ancient medicine system, he said: "Only Ayurveda will survive the challenge of times as, basically, the theories are broad-based and sustainable. Systematic learning, understanding and propagation of [scientific] Ayurveda will protect it from corruption during such transformation".

His message to the young generation was: "The system (sastra) is maintained by learning well (adheeti), understanding to the core (bodha), righteous conduct (achara) and propagating the science among the public and Ayurveda practitioners (paracharana). It is the onus of the young generation to carry out the mission according to the times".

Shri Thirumulpad has proved that Ayurveda's way of handling the vast knowledge in harmony with Gandhi's principles is beneficial to the public. He has recognised that Gandhi's call to the people to live in tune with nature reaffirmed the value of Ayurvedic principles.

No doubt, he reached the zenith by blending his knowledge on the basics of Ayurveda with high-level thinking and experiences he has had from his own life. It requires an extraordinary mind to recognise this unity.

Without doubt, it could be said that his is the mind of Ayurveda.

## INTERVIEW

Ashtavaidyan E T Narayanan Mooss



# Person makes differe

**From diagnosis till the end of treatment, and even afterwards, everything is more personal in Ayurveda compared with modern medicine, says the patriarch of Ayurvedic practitioners, E T Narayanan Mooss. "And it makes all the difference," Mooss, who has been conferred the Padma Bhushan recently, tells K Govindan Nampoothiry.**

Ashtavaidyan E T Narayanan Mooss is a practitioner of authentic Ayurveda. Even at the age of 77, he serves patients forgoing, if need be, his own food and sleep.

Narayanan Mooss was born on 15 September, 1933. His father, Asthavaidyan E T Neelakandhan Mooss, was awarded the Padma Shri by the Government of India in 1992, while his grandfather Ashtavaidyan E T Narayanan Mooss was conferred the title of 'Vaidyaratnam' by Lord Reading, the then viceroy of India, in 1924. Without diluting the ethics and principles of Ayurveda, Narayanan Mooss has been steering the Vaidyaratnam Oushadhasala since 1954. And he ensures that the public get medicines at reasonable rates there.

He is married to Sathi Antharjanam. The couple has one daughter, Sailaja Bhavadasan, and two sons – Ashtavaidyan E T Neelakandhan Mooss and Ashtavaidyan E T Parameswaran Mooss, who have been carrying on the legacy of rich Ayurveda tradition.

Narayanan Mooss learned the



# Personal touch in the science

basics of Ayurveda from his father and also from eminent teacher Kuttancherry Aryan Mooss. He is a connoisseur of the traditional arts of Kerala and a scholar in Sanskrit literature. In an exclusive interview, Narayanan Mooss opens up:

**In all medical systems, three factors – physician, patient and medicine – are vital. Where does Ayurveda differ when it comes to the role of the patient?**

Patients have a big role to play in **Ayurveda treatment**. Nowadays many patients don't know what Ayurveda is and what it is about. Hence patients who are mad after instant results grow impatient when this branch of science does not yield such results. Ninety per cent of people who come for Ayurveda treatment want immediate results while the remaining are allergic even to the system.

The concept and approach of Ayurveda are totally different from modern medicine. It is more a way of life than a mode of treatment and Ayurveda teaches us how to prevent diseases. For example, if a

cancer patient comes to an Ayurveda practitioner in the initial stages of the disease, the science can do wonders. Likewise, many serious diseases can be controlled. What happens often is that people wait till the ailment turns chronic and only then do they opt for Ayurvedic treatment, by which time the disease may have turned incurable.

**The diagnosis of a disease is crucial. And it has become easier nowadays with the advent of modern technology. How was it like when you started practice?**

I try to build up a personal rapport with the patient. Sometimes the consultation time for one patient may extend up to one hour. I'm very particular that I learn all the personal details of the patient before prescribing medicines. I'll study his family life, profession, mental condition, the environment in which he lives, his interests, behaviour, etc. Then I'll enquire when the disease started, the medicines used till then, the hospitals they had visited, etc. Present-day physicians take barely five min-

utes to talk to patients. We cannot blame them or their institutions when patients' crowd is swelling every minute. But, this scenario should change. Sufficient interaction between the physician and the patient is a must.

**Nowadays, so many massage parlours and the like mushroom in the name of Ayurveda. What do you say?**

The trend is immensely worrisome for a true and traditional Ayurvedic practitioner like me. There seems to be no sincere efforts on the part of the Government to curb this fast-spreading epidemic. Though the government passed a law a year ago to regulate bogus institutions, hitherto nothing has happened.

Besides, they should try to enlighten the public on pure and traditional Ayurveda and promote such institutions.

**Do you think that the manufacturing of patent medicines has violated the basic principles of Ayurveda?**

No. Formulations of all patent medicines are taken from classical texts of Ayurveda. Moreover, it is helpful for patients.

**What is the main challenge Ayurveda faces today?**

The business of Ayurveda without knowing the science is the main challenge. Everyone who associates with this field should themselves try to learn this medical system and propagate it.

**We would like to know your response on being conferred the Padma Bhushan.**

It's an award for the Ayurveda community. Students and physicians should understand that there is immense scope for Ayurveda and should try to drink deep its untapped potentialities. I hope this award would motivate them to work hard toward that end.











# Ayurveda has more takers at WTM



*Union Minister for Tourism Ms Shelja receives the WTM Special Issue of Ayurveda and Health Tourism from Editor Benny Thomas at the WTM venue*

**A**yurveda and Health Tourism, the only journal on Ayurveda to attend the World Travel Market (WTM-2009), evoked considerable response among the indophiles who attended the expo. Visitors were keen on the alternative and holistic treatment methods Ayurveda offered while some of them regretted that authentic information about the ancient Indian medical science was hard to

come by.

The WTM, held between November 9 and 11 in the backdrop of a resurgence among the Western economies, succeeded in substantially raising the quality of business visitors with an expected increase in the number of exhibitor invites attending it.

Nearly 46,000 travel industry professionals visited the premier business meet which celebrated its 30th anniversary.

*A delegation representing Ayurveda institution in Germany called on Kerala Health Minister P K Sreemathi Teacher in Thiruvananthapuram. (Standing from left) Dr M R Vasudevan Namboodiri, Director of Ayurveda Medical Education, Dr Usha Titus IAS, Department of Health & Family Welfare, Mr Thomas Vallomtharayil, Managing Director, Medical Park Rhur, Ms Valsamma Thomas, Ms Sreemathi Teacher, Dr P Berlitz, Ms Canan Mavis-Richter and Mr Stephan von Bandemer.*



## WAC-2010 at Bangalore

**T**he 4th World Ayurveda Congress (WAC), the largest and the most authentic event in the sector, shall be held from December 10 to 13, 2010 at Bengaluru.

More than 4000 delegates from 48 countries are expected to attend the event with the focus theme 'Ayurveda for All'.

The plenary sessions will deal with public health, Ayurveda for the world, Ayurveda resource security, and integrative approach and education reforms. The meet will have 14 plenary and more than 200 parallel scientific sessions in six venues. There will be pre-congress workshops on five subjects such as mental health, agni/kshara karmas, panchakarma, international GMP and scientific writing as its topics.

The event will also showcase six special sessions, which are the International Cooperation meet (the largest congregation of people who are stake holders and decision makers for Ayurveda, internationally), International Forestry Congress on Afforestation of Medicinal Trees, International Symposium on Textual Studies, International Colloquium on Padhya and Apadhya, International Seminar on Biomedical Engineering in Ayurveda and Symposium on the Time Tested Health Traditions in Ayurveda.

The delegate fee before 30th August 2010 is Rs 2000 and 100 Euros (for developed countries) after which it becomes Rs 2500 and 250 Euros. Spot registration will be allowed on payment of Rs 4000 and Euro 400.

### Contact :

World Ayurveda Congress,  
Ph : +91- 080- 26995001/5002,  
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# Herbs to the rescue of farmers

Farmers in several parts of India take up cultivation of medicinal plants, with a little prodding from the government.

Dhanya M



Ayurveda employs thousands of herbs and plants in the preparation of medicines and cosmetics. And India has always been a fertile land for some of the world's rarest and most valuable medicinal plants. Among the over 17,000 species of flowering plants identified in India, over 6,000 are estimated to be of medicinal value and are used in preparations such as

drugs and cosmetics; and they form a major resource base for medicinal and herbal industries. Ayurveda has intense knowledge about the immense medicinal potentialities of plants like turmeric, tulsi, and sandal for the care of skin and hair, and of such plants as 'hing' and jeera to cure stomach upsets.

What with scientific research continually throwing up unsettling

discoveries about the harmful effects of chemical and synthetic drugs and cosmetic preparations, more and more people approach the world of plants for their survival. This underlines the need for a concerted effort to ensure that we have a source for the steady supply of such herbs.

Not everybody need be aware of the story behind medicinal plants—the steps involved in their cultivation, care and right use. Hence the National Medicinal Plants Board (NMPB), working under the Department of AYUSH, is mandated with coordinating all matters related to medicinal plants and support policies and programmes for the growth of trade, export, conservation and cultivation of the plants. The major functions of the Board are:

- Providing guidance in the formulation of proposals, schemes, programmes, etc. to be taken up by agencies having access to land for cultivation and infrastructure for collection, storage and transportation of medicinal plants.
- Identification, inventorisation and quantification of medicinal plants.
- Promotion of co-operative efforts among collectors and growers and assisting them to store, transport and market their produce effectively.
- To look into all matters relating to import/export of raw material, as well as value-added products either as medicine, food supplements or as herbal cosmetics including adoption of better techniques for marketing of products to increase their reputation for quality and reliability in the country and abroad.

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*The Ayurveda People*





From right: Dr D R Singh, Principal Investigator, in a farmer's field along with the farmer and Director, CARI, Port Blair.



Distribution of tripartite agreement to a farmer by Director, CARI in the presence of Chairman, HIL, Chennai, at launching of Contract Farming

NMPB, the local population has successfully taken up the cultivation of two medicinal plants of very high demand in the Kutch region of Gujarat and the Andaman and Nicobar Islands.

### The Andaman project

*Morinda citrifolia*, commonly known as noni, is a tree in the coffee family, Rubiaceae. Originally a native of Southeast Asia, noni grows extensively in India too. It favours shady forests and open rocky or sandy shores, and is tolerant of saline soils. With its large, simple dark-green leaves, noni flowers and

produces fruits all year round. The fruit is known to be rich in a number of macro and micro nutrients and vitamins. Noni is believed to be imbued with several medicinal properties and has been employed in treating a variety of ailments such as cold and chronic pains, asthma, high blood pressure, hypertension and arthritis. Recently, noni also turned a lifesaver for the tsunami-wrecked islands of Andaman and Nicobar.

Life for the native people of the islands was devastated by the terrible tsunami of 26 December 2004. Along with extreme dam-

**Farmers in Andaman and Nicobar Islands, devastated by the tsunami, turned to the cultivation of noni. And it has paid off.**

age to human lives, crops and livestock, almost 16 per cent of the total agricultural land was destroyed. The agricultural sector, never very strong, was dealt a heavy blow and the future looked bleak for farmers. It was then that a ray of hope peeped in with the timely identification of the noni plant found to be growing in abundance in these islands. This was done by a team headed by Dr D R Singh of the Division of Horticulture & Forestry, Central Agricultural Research Institute (CARI), Port Blair. The team identified, collected and conserved the germplasm from different parts of the islands and selected the genotypes suitable for saline-affected land, shady land and waste land for multiplication and distribution for intervention in farmers' fields. The technological package from production to marketing was developed by the CARI, Port Blair, and contract farming was introduced. CARI also facilitated and mediated the signing of a tripartite agreement between Health India Laboratories (HIL), Chennai, farmers of these Islands and the A & N Administration. On 17 October 2006 contract farming of noni was launched for the first time in the island's history. To get financial assistance for disseminating the technology for livelihood security of Island farmers, a NMPB-funded project on "*Morinda citrifolia*" was successfully launched on 18 April, 2008 at CARI, Port Blair. Under the tripartite agreement, farmers are growing noni. CARI, Port Blair, is providing technical guidance, quality planting materials and HIL, Chennai, is purchasing these fruits at Port Blair at the rate



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The launching of NMPB funded project on *Morinda citrifolia* at CARI, Port Blair.

of Rs 10 per kg. This will be continued for the next ten years. On humanitarian grounds, the rate offered to the Island farmers was double that offered to their mainland counterparts. Through this programme, a total area of 100 acres has been covered under noni cultivation, involving more than 300 farmers. Since the implementation of contract farming, about 4.5 tonnes of noni fruit has been successfully exported from these islands.

### The Guggal story

*Commiphora wightii* (Guggal, Guggul or Mukul myrrh tree) is a flowering plant in the family Burseraceae. Common in northern India, it favours arid to semi-arid climates and tolerates poor soil. Guggal has been a key component in ancient Ayurveda, and is widely used in modern medicine for the treatment of heart ailments. However, of late, it has become scarce because of its overuse in two of its habitats in India—the desert States of Rajasthan and Gujarat. The Guggal project is thus a timely remedial measure. A project on the conservation and development of guggal in Gujarat was launched on 8 January 2008

at Bhuj-Kutch. At present, eight plantation units, each with an area varying from 250 to 500 hectares, have been developed as part of the project. The units are both in forest as well as farmer's fields. They are Tapkeswari forests, Dhinodhar, Chhapariya rakhhal, Badargarh forests, Bela forests, Kurboi-Nabhoi rakhhal, Tharavada and Mathal. A total of 9.55 lakh seedlings have been distributed among the farmers. At present, most of the farmers have planted the seedlings on field bunds and efforts are on to persuade the farmers to go on for Guggul plantation in their rainfed farms also.

The department also held 12 farmer trainings and one field interactive workshop with Guggal industries.

### Interview

#### We aim for self-sufficiency

The National Medicinal Plant Board conducts extensive market study before choosing herbs for different regions, B S Sajwan, Chief Executive Officer, National medicinal Plant Board, told Benny Thomas, Editor, Ayurveda and Health Tourism in an interview. Excerpts.

**How do you select the plants**

**for different regions?**

We undertook a study on the demand-supply gap and the suitability of various medicinal plants with the help of the Foundation for Revitalisation of Local Health Traditions and found that about 960 plants are traded in India for medicinal purposes. We also found that among them, 178 are in short supply, and that more than 100 of them are used in excess of 100 tonne a year. Guggulu, for example, has a demand for more than 1000 tonne as it is used in more than 200 Ayurvedic preparations. We used to import up to 90 per cent of our requirement from countries such as Afghanistan, Pakistan and Bangladesh. We also found that people in India no longer cultivate it, and hence we decided to focus on it. At present, we are cultivating it in more than 2000 hectares in Gujarat and Rajasthan. We are also studying the scope of massive plantation of Saraka Asoka, a medicine used in Ayurvedic gynaecological treatment.

We decide on the variety based on three parameters: they should be easily cultivable, should have a vibrant market and they bring a quick return to the farmer.

#### How do you help farmers take up the cultivation?

We provide them with seeds/seedlings and extend them help in their rearing. Joint Forest Management Committees are set up for the management of all the related activities such as cleaning, drying, grading, preserving, classifying and marketing of the herbs. In certain cases, we also extend financial help in the form of subsidies also.

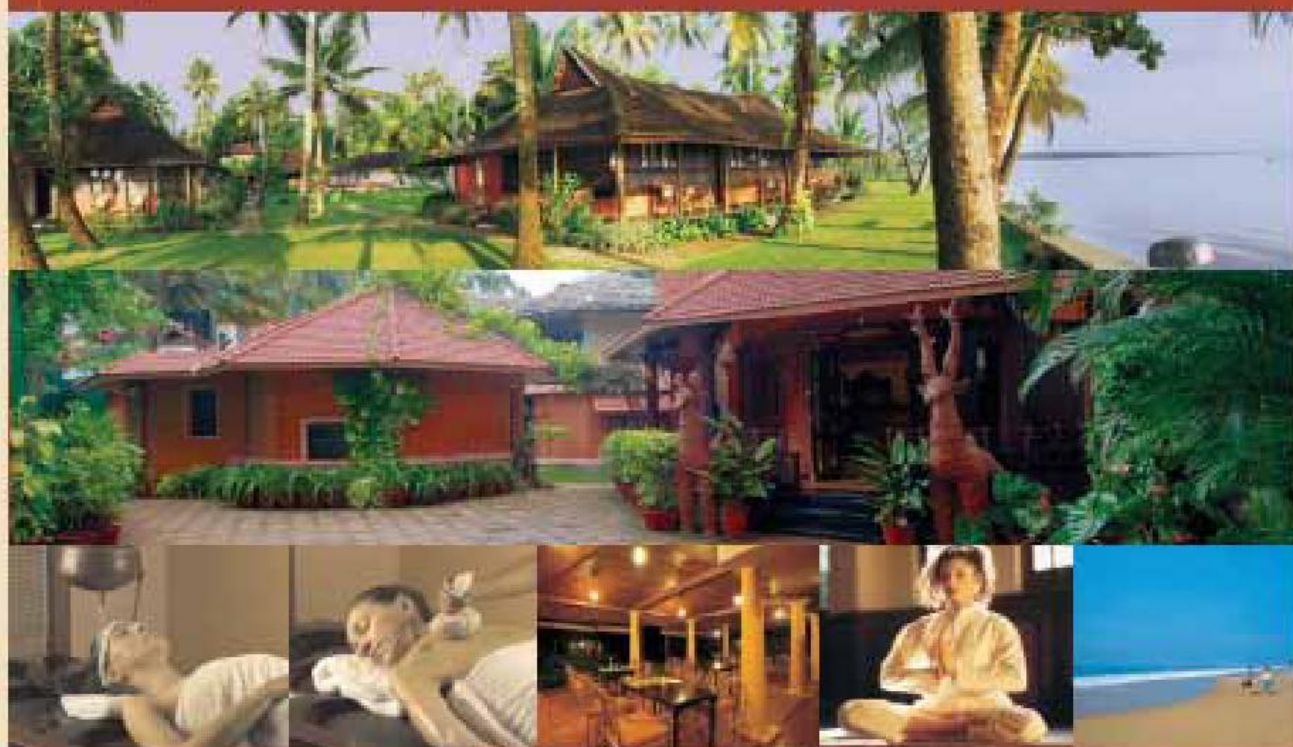
#### What is your larger plan for the sector?

We plan to bring an area between 80,000 and one lakh hectares under medicinal plant cultivation in the 11th plan period (2007-2012) so that we can attain self-sufficiency in most medicinal herbs.



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# The soft option

Dr M S Noushad

**G**hritham is medicated ghee having the medicinal properties of plants, minerals or animal products. It is an integral medium in the manufacture of Ayurvedic medicines.

Ayurveda says that ghritham is better than the three types of fat/oil derivatives, i.e. fat from bone (majja), fat from animal flesh (vasa) and oils (thailam). The unique feature of ghritham is that it retains the potency of the drug without compromising the drug's quality.

## Usage

All people, irrespective of age, can use ghritham. The dosage may vary according to the body constitution of the patient and the severity of the disease. According to Sharngadhara Samhitha, the dosage of ghritham is up to 48 gram. Generally, 10 to 15 gram is administered.

The administration of ghritham formulations is vital in Panchakarma therapy and the dosage will be high. In Snehapana procedure, a single dose will be 25 ml, 50 ml, 100 ml, etc. Ghritham can be used in conditions like peptic ulcer and related ailments, chronic wounds,

**Ayurveda says that ghee and milk can be used regularly for better health.**

joint pains, skin diseases, insanity and epilepsy.

Some well-known ghritham formulations are Mahaathikthaka Ghritham, Brahmi Ghritham, Panchagavya Ghritham and Indukaantham Ghritham.

## Mode of Preparation

During the formulation process, the medicinal properties of the herbs used will be transferred into the ghee and thus the ghee becomes a potent formulation. The ground paste of the ingredients of the medicine (kalkadravya) and liquids (dravadravya) are the two main constituents in the preparation.

Kalkadravya is the ground paste state of the ingredients used after powdering them. The fat-soluble parts of these medicines are transferred into the ghee medium during Snehapaka vidhi (the procedure of the formulation of ghee). Different types of liquids are used in the

**Ghee, which has been kept for 10 years, is called "Purana Ghritha". And it is widely used in treating epilepsy and other neurological disorders.**







## Life begins anew at Thapovan

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## PROPERTIES OF GHEE:

Ghee prepared from cow's milk is considered to have medicinal properties and is widely used in ayurvedic preparations. Dhee kaanthismruthikaarakam balakarm medhokaram shuddhikrudvataghnam shramanaashanam swarakaram pittapaham pushtidam

### Cow's ghee has the following properties:

- It increases intelligence.
- Helps in enhancing memory power.
- Rejuvenates the skin from inside and increases its glow.
- Boosts body energy
- Detoxifies body
- Normalizes vata. (Imbalance of vata causes diseases)
- Increases clarity of voice.
- Normalises pitha
- Nourishes the body
- Improves digestion.
- Increases quality and quantity of semen.
- It is very effective against disorders of the eye
- Acts as a good rasayana
- It is the best form of fat

Name of Ghritham	Usage
Gulguluthikthakam Ghritham (Ref: Ashtamgahridayam):	Effective for rheumatic complaints, skin diseases, E.N.T. disorders, intestinal spasm, piles, diabetes, sinus wounds and fistula-in-ano.
Indukaantham Ghritham (Ref: Sahasrayogam):	For rheumatism, tuberculosis, intestinal spasm, stomach pain, intermittent fever. Improves stamina.
Mahaathikthakam Ghritham (Ref: Ashtamgahridayam):	For skin diseases, fever, epilepsy, fistula-in-ano, piles, jaundice, anaemia, intestinal spasm, oedema.
Brahmi Ghritham (Ref: Ashtamgahridayam):	For insanity, epilepsy, hysteria, mental retardation, aphasia, loss of memory.
Narasimha Rasayanam (Ref: Ashtamgahridayam):	Good for general debility and provides healthy hair growth.
Saaraswatha Ghritham (Ref: Ashtamgahridayam):	For aphasia. Increases grasping power, memory, etc.

preparation of ghritham. This may vary according to each formulation. A few examples of the liquids are: water, the juice of eclipta alba, juice of aloe vera, juice of emblica-officinalis, milk, cow's urine and the decoction of any drug materials explained in the formula.

Ghritham is prepared by boiling ghee along with kalkadravya and dravadravya until all the liquids evaporate thoroughly. Then it will be filtered.

**WARNING:** Ghee should not be administered when the patient is suffering from tuberculosis, indigestion, constipation, fever, diabetes, upper respiratory tract infections and bronchitis when mucus secretion is more.

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*The writer is Deputy Manager, R&D wing, Nagarjuna Ayurvedic Group, Thodupuzha. He can be contacted at [drmsnoushad@rediffmail.com](mailto:drmsnoushad@rediffmail.com).*



# Holistic bliss

## SOUKYA, Dr Issac Mathai's International Holistic Health Centre

**S**OUKYA is an early bird. Much before the world woke up to the virtues of holistic medicine, SOUKYA started twittering about its merits. It offered medical systems such as Ayurveda, homeopathy, allopathy, naturopathy, siddha and unani under one roof. That's not all: the centre also offered over 30 therapies, from acupressure to zero balancing. Truly, the first of its kind in the world.

Renowned homeopath Dr Issac Mathai set up Soukya in 2002 after a successful career in several foreign countries convinced him of the need for a holistic approach—treating the patient's mind, body and soul.

And the experiment paid off: SOUKYA has treated patients from more than 60 countries, including WHO and UN officials, Nobel laureates, royals in the Middle East, UK and India and CEOs of multi-national corporations.

SOUKYA is not just a hospital. It also follows a holistic approach to patient management. Situated on a 30-acre organic farm on the outskirts of Bangalore, SOUKYA produces fresh organic vegetables and milk for its use. It follows eco-friendly practices such as solar water heating, drip irrigation and rain water harvesting. The common dining room has pure vegetarian, nutritious food with less oil and spices personally designed for each guest.

### TREATMENT PROGRAMMES:

Wellness and relaxation programmes for health promotion  
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Every patient undergoes a detailed holistic health evaluation which lasts for a minimum of 2 hours which analyses the person's lifestyle, habits, constitutional and nutritional assessment and sociological, emotional, physical and spiritual factors. Dr Mathai then designs treatments, which

trained therapists supervise.

Dr Mathai is assisted by his wife Suja Issac who is the Executive Director of SOUKYA. Having taught nutrition at the Madras and Bangalore University Colleges, she also heads the Food and Nutrition Department.

The 50-bed SAHAYA is SOUKYA's arm which extends the most authentic traditional medicine to the less privileged sections of society.

Dr Issac Mathai, hailing from a family of homeopaths, graduated from the ANSS Medical College, Kerala and took his MD (Homeopathy) from the Hahnemann Post-Graduate Institute of Homeopathy, London. After completing MRCH (London), he worked with Europe's first and largest Holistic Health Care Clinic for over 10 years. He studied Chinese Pulse Diagnosis and Acupuncture at the WHO Institute of Traditional Chinese Medicine, Nanking, China. He had undergone the Mind-Body Medicine training program of the Harvard Medical School, US. Today, he is visiting consultant at Holistic Centres.

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(For patient feedback, please visit our website)



# Spring in the Autumn



**Cover story compilation:** K Govindan Nampoothiry

**Consultants:**

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Dr Shaji Varghese, Pattarumadom Nursing Home, Kochi

Dr M Prasad, Sunethri Ayurvedic Eye Hospital, Thrissur.





**Childhood is the time of innocence and discovery, youth is a phase of excitement and adventure, middle age is a period of career, family and responsibilities. And old age means time to relax and slow down.**

**This is life, as we would like it to roll itself out.**

**But not everybody is blessed with the pleasures of a perfectly balanced life. Very often the over-enthusiasm and over-exertion of the youthful days take a toll on the body and mind. The years of play, adventure, long working hours, stress, etc, slow the body and may cause aches and pains. As one nears the senior citizen mark, the mind and body sometimes turn weak and become an easy prey to health problems. Geriatrics focuses on such ailments.**

**‘Geros’ in Greek means ‘old man’ and ‘iatros’ means ‘healer’. Thus geriatrics is that branch of medicine which deals with the problems and diseases specific to the old age—how to prevent them, if possible, or, if they have already set in, how to manage them.**

**Jara chikitsa, one of the eight branches of Ashtanga Ayurveda, exclusively deals with measures for retaining agility and vitality in the old age. It suggests that it is possible to achieve this feat through a combination of measures—medicines, food and control over the body and mind.**

**Talking of mind, Ayurveda stresses that the mind exerts the deepest influence on the body.**

**A state of balanced awareness leads to right attitudes, which result in right actions, culminating in a higher state of health.**

**A tough task. But Ayurveda has a way to perform it.**

**It’s possible to have a spring in the autumn.**



**H**ow would you like to live the twilight years of your life? Downcast, as in a European fall, cold and showing no signs of life? Or like an English spring with its vibrant life? A choice that is easy to make but difficult to practise. For, ageing is an unstoppable and irreversible process that Nature has decided for all living organisms. As the body ages, degenerative changes follow. What one can do is to prevent some of these changes or slow down them down.

## Tridoshas and phases

Ayurveda holds that the three Humours or Tridoshas coordinate and enable the changes that visit the body. While the growth-oriented Kapha oversees anabolism, Pitha ensures sustenance and hence metabolism. Vata, which denotes

deterioration, presides over catabolism. And they exert their influence differently at different phases of life: Kapha dominates in the early years, Pitha takes the upper hand in middle age and Vata takes over in the old age.

Thus, the old age is dominated by Vata, wherein the metabolism slows down and energy resources dry up.

Having explained the growth phases of human body, Ayurveda approaches geriatrics from its own perspective. It seeks to ensure a peaceful entry into the twilight years by helping the body retain its Pitha-Kapha combination and keep

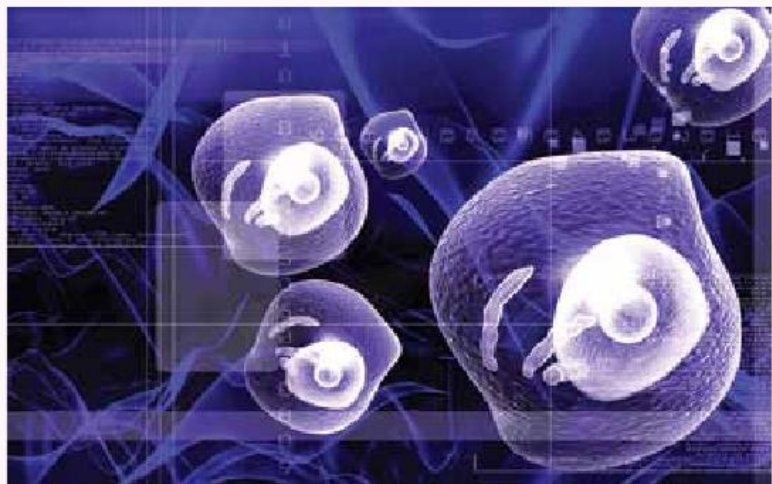
Vata from over-exerting itself. Ayurveda classics by Charaka and Vagbhata begin with chapters named 'How to live long' and 'What prolongs life' that enumerate measures that help prevent diseases and preserve health. Geriatrics or jara chikitsa is one among the eight branches of Ashtanga Ayurveda and it focuses on the diseases and conditions associated with old age. Ayurvedic geriatric procedures aim at curing the physical, emotional and behavioral disturbances that set in with age with the help of well-planned treatment procedures. Ayurveda, however, has always been realistic about the unchange-

**Unlike in other cases, in geriatrics it is difficult to identify one causative gene or one triggering factor. It is an outcome of many factors, among them improper food and lack of exercise.**

## How the cell ages

**A**lmost all living cells undergo transformation: build up (anabolism), conversion (metabolism) and break down (catabolism) processes occur based on their nature and stage of development. Though all the processes take place in all stages, respective process dominates.

In the initial stage, structures that form the skeleton of the cell accumulate. Due to increased metabolic activities and unobstructed channels, assimilation and nourishment take place at maximum pace. The nourishment of cells attains a saturation point. During this stage, cells have maximum nourishment, good metabolic power and easily utilisable energy resource (maximum immune power). As maximum nourishment has taken place, metabolic activities effecting conversion gradually begin to dominate. This



finally results in maturation of cells.

As it is not possible to nourish further metabolic activities become moderate and result in more energy utilisation and depletion of energy source. As more and more energy is utilised for maturation, metabolic power gradually

gets decreased. In the later stage of the cell, energy resource completely gets used up and the cell becomes worn out. As there is no scope for further transformation, metabolic activity failure occurs and thereby stoppage of energy production thus ending up in cell death.



# TRIM YOUR TRUNK

Did you know weight loss through crash dieting programs causes imbalance in your metabolic system? It could lead to doubling of your weight after normal diet is resumed.

According to Ayurveda, overeating, lack of exercise and excessive sleep during daytime result in accumulation of *Medas* (adipose tissue), clogging of body channels and disruption of *Agni* (digestive fire) to other systems. This increases appetite, resulting in obesity.

At Ayurvedagram, nature plays wonders with your mind, body and soul; with authentic Ayurvedic therapies set amidst tranquil green environs and heritage ambiance.

**External Therapy- Udwartanam,** Synchronized massage with medicated oils and herbal steam bath helps lose excess fat, corrects metabolism, cleanses body channels and tones the skin.

**Internal Therapy-** A blend of classical and proprietary medicines of Kerala Ayurveda helps improve metabolism.



**Lose your weight through holistic Ayurvedic therapies**

**Diet-** A planned diet program is vital for weight reduction and also to prevent further accumulation of fat. At Ayurvedagram, breakfast, lunch and dinner provides the required calories.

**Exercise-** Walking around the gardens of Ayurvedagram twice daily helps rejuvenate the system & reduce the fat.

**Yoga and Pranayama-** Yogasanas help balance metabolism. Pranayama techniques such as *Kapalbhaty* and *Bhastrika* helps pump oxygen to the system which in turn stimulates burning of fat.



**A record of 12kg reduction in body weight was achieved in 15 days**



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able nature of ageing. Its underlying thought is very minimal: a trauma-free life and an easy death, as expressed in the prayer of Drona, the guru of Kauravas, to Lord Krishna.

## Diseases

Diseases that fall under geriatrics are of various natures: from joint pains to eye diseases to hypertension to mental anxiety. Unlike in other cases, in geriatrics it is difficult to identify one causative gene or one triggering factor. It is an outcome of many factors, among them are improper food and lack of exercise. Natural degenerative changes in old age accentuated by these factors manifest into old age ailments.

Diseases afflict in two ways: Naturally developing degenerative diseases; and crippling diseases developed during young age becoming conspicuous during old age. Among crippling diseases, rheumatic ailments are one of the most common troubles.

The ageing process may bring along problems like loss of appetite, increased gastric complaints, flatulence, constipation, sleeplessness, difficulty in breathing, dry cough etc. These complaints develop according to one's innate strength or could be an outcome of his/her lifestyle or regimen.

## Treatments

Ayurveda believes that the solution lies in the problem itself. The Ayurvedic way of treatment is based on the theory that Tridoshas or the structures that perform the basic functions in a cell or tissue are responsible for their dysfunction

as well. Ayurvedic preceptors have well studied the causes for proper as well as improper functioning and the treatment principles to be employed in specific situations. Ayurveda observes that optimal health can be achieved by cultivating mental, physical, and dietary habits that are conducive to physical and spiritual well-being.

With age, the metabolic activity becomes moderate and energy source declines. So while treating an aged person, the focus is on increasing the digestive and metabolic power to its maximum as well as supplementing energy requirement by internal and external usage of suitable fatty substances.

Rasayana chikitsa is a process used to enhance health and vitality, thereby re-vitalising tissues that were worn out or are in the process of wearing out due to factors like diseases and ageing. It enhances immune system, arrests ageing, gives lustre to the skin, gives youthful energy, nourish blood and body tissues (Sapta dhatus), and eliminates senility and other diseases of old age. The therapy also includes immuno-modulation, antioxidant action (prevents bio-oxidation by checking age related disorders, auto immune disorders, degenerative disorders), adaptogenic affects and so on. Panchakarma is a very effective process for age-related health problems.

Nowadays mismanagement, medicines' side effects and iatrogenic disease have sidelined the natural old age diseases. These not only cause dysfunction of immunity, but also themselves produce metabolic diseases, tumours and a variety of infections in old age. Lack of awareness of healthy food and

regimen, fast food, heavy spicy food, artificial environment etc. have added a new set of diseases under geriatric ailments.

## Live long, healthy

- Judicious use of ghee, butter-milk, sesame oil, soup, water for drinking prepared with dry ginger and coriander, attending calls of nature on time and regular exercise would definitely increase appetite and energy source thereby enhance immunity.
- Externally applied sesame oil prevents degenerative changes of skin, joints, nerves, blood vessels by its direct action through skin. Proper assimilation takes place when digestive power is normal and so, oil application should be done in empty stomach.
- Regular walking after the onset of appetite and before food increases metabolic power, blood circulation, proper absorption and energy utilisation.
- Practise wholesome food and regimen during middle age.
- Immune suppressant drugs and treatment should be avoided. Wholesome food and regimen to facilitate cure of disease should be practiced. Never try to interfere with natural body processes.
- Administration of rejuvenative and aphrodisiac medicines during young and middle age helps strengthen body tissues.
- Yogic exercises, listening to music, reading and playing games help attain mental strength and stability. Good friendship reduces stress to much extent.
- Avoid stressful situations, restrain mind from inappropriate acts, avoid intoxicating beverages and non-vegetarian predominant diet.

**Ayurveda seeks to ensure a peaceful entry into the twilight years by helping the body retain its Pitha-Kapha combination and keep Vata from over-exerting itself.**



# Heaven

is a place on

# earth...

you only need to find it.

*We could suggest a few choices.*

## KTDC Mascot Hotel THIRUVANANTHAPURAM



A business hotel, Mascot is conveniently located in the heart of Kerala's capital city, Thiruvananthapuram. It offers five star comforts and is set amidst sprawling lush green surroundings.

## KTDC Samudra KOVALAM



Nestling in the middle of three palm fringed coves and placed right on the beachfront, Hotel Samudra is a family friendly resort that offers the best of the world famed Kovalam beach.

## KTDC Water Scapes KUMARAKOM



Waterscapes is a 4 star facility backwater resort nestling in the mangrove woods surrounding the Vembanad Lake. Located in the middle of Kumarakom Bird Sanctuary, it is a holidayers' paradise.

## KTDC Aranya Nivas THEKKADY



Aranya Nivas is located deep inside the Tiger Reserve on the banks of the Periyar Lake. It is an ideal holiday retreat styled as a game lodge set in the heart of a game reserve.

## KTDC Lake Palace THEKKADY



Lake Palace, the summer retreat of the former Maharaja of Travancore is built in the middle of Lake Periyar in Thekkady. Watch wild elephants, tigers and wild buffaloes in their natural wilderness from your balconies.

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Popular as a honeymooner's paradise, Tea County is placed right in the picturesque hills of Munnar. Live in cottages built in typical plantation bungalow style, surrounded by tea plantations.

## KTDC Bolgatty Palace KOCHI



Bolgatty Palace is an island heritage resort located just a short but inspiring boat ride from Kerala's commercial capital, Kochi. Built by a Dutch trader in 1744 it is the oldest existing Dutch mansion outside Holland.

## KTDC Bolgatty Island Resort KOCHI



From the unravelled beauty of Dutch relics to the blissful silence of Chinese nets, what beckons you is the history that continues to live here.



# Be far-sighted

**See, age doesn't matter. A little care and right treatment can keep your eyes healthy and bright, even at 80.**



**W**e see the world with our eyes; we recognize colours, identify faces and places, and gaze at Nature with our eyes. Constant exposure to intense light or extreme weather conditions and pollution and over-strain weaken eye muscles and gradually affect eyesight. The eyes of a 60-year-old person may not be as powerful as the eyes of an 18-year-old. This difference is evident in their vision too. The rate of degeneration, however, varies from person to person: i.e., according to the climatic conditions he/she lives in, their food habits, lifestyle and hereditary factors.

“Cataract, macular degeneration and glaucoma (primary open angle) are the main diseases that usually blind aged people. If a patient is diabetic, the chances of his develop-

ing diabetic retinopathy are high,” says Dr K Prasad, chief physician, Sunethri Ayurveda Hospital, Thrissur, Kerala. “Early diagnosis and right corrective measures are very significant in treating these diseases.” Prevention of diseases is the key and the ideal way, he says as *rasayana chikitsa*, which Ayurveda suggests for eye ailments, is performed on people in the middle age.

## CATARACT

Cataract (*linganaash*), according to Ayurveda, is a condition which is caused due to the aggravation of *vata*. Here, vitiated *vata* dries up the liquid that keeps the eye lens and retina supple. As a result, the eye lens loses its moisture and suppleness. It becomes opaque, leading to cataract.

In the initial stages, vision may be blurred or disrupted. Cataract can lead to total blindness if left untreated. Surgery is the only remedy if irreversible damage has been caused to the lens. Cataract is an age-old, age-related disease and is mostly seen in people above 60.

## Causes

- Temperature variations
- Inflammation
- Constipation
- Decreased ability of the capsule covering the eye to allow fluids to enter and exit
- Diabetes
- Vitamin deficiency
- Irregularities in digestion

## Symptoms

- The vision becomes hazier by the day, and it becomes difficult to focus on objects.



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Ayurveda, harmony of body, mind and soul



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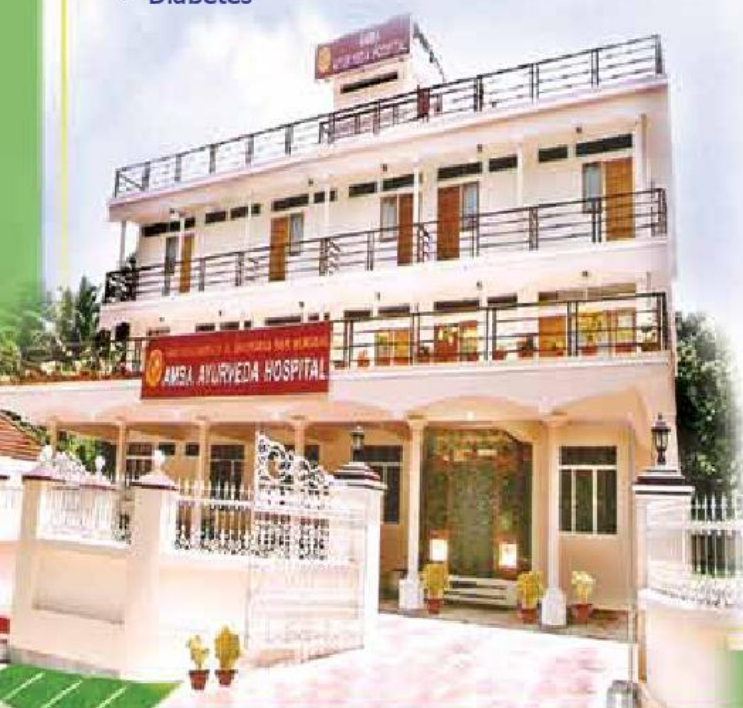
Started as a clinic offering authentic Ayurveda treatment for outpatients, Amba Ayurveda Vaidyasala has now graduated to a full-fledged, well-furnished hospital with excellent facilities for treatment and stay.

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- Piles
- Lumbar Cervical spondylosis
- Digestive disorders
- Eye diseases
- Skin diseases (psoriasis)
- Headache
- Sinusitis
- Gynecological problems
- Frozen shoulder
- Diabetes
- Nervous disorders
- General weakness
- Weight loss
- Diseases of old people
- Obesity
- Insomnia
- Paralysis
- Paraplegia
- Infertility
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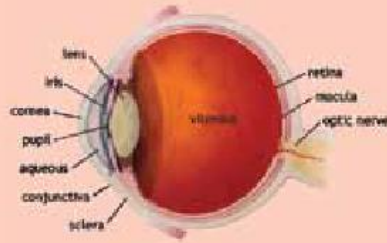
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## Eye lens

The eye lens, an internal elastic part of the eye, is vital and responsible for normal vision. It is transparent and it allows the light rays to pass through it. When the ageing process starts in a person, the eye lens starts losing its transparency and gradually becomes opaque. This condition is called cataract.



## FOOD NOTES

It is advisable to avoid food items which aggravate kapha pitha dosha.

- Avoid curd.
- Avoid fast foods, sour food items and cold drinks.
- Limit intake of alcohol. (Excess drinking of alcohol can impair vision.)
- Avoid smoking as it may lead to eye irritation.
- Have a diet high in lutein-rich foods such as spinach, mangoes, cucumber, tomato, sweet potatoes, carrots, oranges, etc. Include vegetable soups.

- Drink plenty of water every day.

### Health Tips

- Sleeping during the day is not good for health, as it vitiates kapha-pitha dosha.
- Avoid bathing at noon. (Pitha, which controls the functioning of eye, is made up of fire and water elements.)
- Avoid reading or working in dim light or very bright sunlight.
- Limit the time spent watching TV or using computer.

- Eyes become very sensitive to light.
- There may be double vision in one of the eyes.

### Management

- Oil bath (abhyangam) with Thriphaladi coconut oil or Neelibhringadi coconut oil is good.
- Intake of Triphala choornam. It nourishes the tissues and nerves of the eyeball. Drinking Triphala water also helps as it prevents and cures constipation and is good for the eyes.
- Kajayapanam, a combination of several formulations, gives a cooling effect to eyes.
- Use of Chandrodaya Varti, a collyrium, externally will enhance blood circulation and accelerate nourishment to the eye tissues.
- Nasyam with Seetharandathi thailam.

## MACULAR DEGENERATION

Macular Degeneration or Age-related Macular Degeneration (AMD) is a condition where aged people lose vision in the centre of the visual field—the macula. (Macula is the part of the eye that allows a person to see an object in detail. It is responsible for 35 per cent of the visual field and comprises 5 per cent of the retina.) Macular degeneration is primarily caused due to the lack of essential fats that provide nourishment to the eye tissues.

### Symptoms

- Blurred vision
- Distorted vision
- Difficulty in differentiating colours

AMD is a slow progressive condition which damages the cells in the macula, causing difficulty in reading and recognising people. There are two types of AMD – dry and wet.

**Dry AMD:** It is caused by the breakdown of the light-sensitive



*Netra dhara is a very effective treatment for eye diseases.*



# Arya Vaidyan P.V.Rama Varier Birth Centennial Ayurveda Hospital & Training Academy



## Ayurveda as pure as nature

Started to commemorate the Birth centenary of our founder, **Arya Vaidyan P.V.Ramavarier**, the AVP Hospital at Manikarai is literally 'a home away from home'. Here, Ayurveda 'the Science of life' works wonders. Located at the foot hills of the western ghats- in the lap of Mother nature, where the physical world merges with the celestial world, one can feel the healing touch of nature.

In recent years there is a growing demand for well trained and well qualified Ayurvedic doctors and therapists in India and Abroad. Considering all these factors, and looking forward to the bright future, The Arya Vaidya Pharmacy has come forward to set up a training centre for excellence for the doctors and Ayurveda Therapists. The AVP Training Academy & Hospital is located at the foot hills of Western ghats in a most beautiful, natural surrounding, abundant with medicinal plants all around and a serene unpolluted, picturesque environment with the sweet melodious sounds of peacocks, cuckoos and the exhilarating view of the water fall.

### Treatments Offered

Treatments provided in our hospital, popularly called "Kerala Treatments", like ABHYANGAM, DHARA, PIZHICHIL, NAVARAKIZHI, etc. Which are known to bring relief in chronic disease conditions



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- 1 3 months Diploma in Panchakarma for doctors, (after B.A.M.S)
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- 3 1 year Diploma course for Foreign Students
- 4 3-6 months Ayurveda therapy Training course.



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E-mail : [pathanjaliपुरी@gmail.com](mailto:pathanjaliपुरी@gmail.com)



## Eye Exercises

- Look toward the right side, as far as your eye can see, for two seconds. Look to the left side for two seconds. Look to the front again.

### Palming

- Rub both palms together quickly for 8-10 seconds. Close the eyes and gently place the left palm over the left eye and the right palm over the right eye. For one minute. Repeat it 2-3 times.

cells in the macula. In this condition, the person needs more than normal light for reading and to do other things. **Treatment:** Nasyam with Ksheerabala 101 and sirodhara are effective.

**Wet AMD:** It is caused by the formation of new unwanted blood vessels under the macula. This may lead to fluid leak and make the condition very severe, and beyond treatment. **Treatment:** Takradhara, netra dhara, anjanam with ilaneer kuzhambu are effective.

## GLAUCOMA

"Glaucoma, a silent disease, is caused by the pressure rise inside the eye as a result of vitiated Kapha. In normal conditions, eyes allow watery fluid to circulate freely, and enter and exit with ease. Whereas, in glaucoma, the exit route for the fluid gets blocked, and the increased pressure may damage the optic nerve," says Dr Prasad.

### Symptoms

- Blurred vision
- Nausea
- Headaches
- Falling of peripheral vision

### Treatment

Ayurveda effectively manages this disease by various treatment methods such as sirodhara, sirovasti and nasyam.

# Fighting rheumatism

## There is effective Ayurveda treatment for rheumatism and related ailments

**M**ost aged people suffer from rheumatic diseases that seriously affect their mobility. The most common among them are osteoarthritis and osteoporosis.

A freely movable joint has cartilages to prevent friction between two bones. The synovial fluid at the joint ensures nourishment and removal of wastes from the joint. Degenerative changes in the old age may prevent synovial fluid from performing its duty, resulting in osteoarthritis (degeneration of cartilages) or osteoporosis (degeneration of bones). All degenerative joint diseases result in joint deformities and abnormal body postures. Osteoarthritis and osteoporosis along with stroke and parkinsonism are the four main diseases triggered by an aggravated Vata.

Generally it is seen in people who are 65 or more. At this age, the degeneration of tissues would have already weakened the bodies, making treatment difficult.

### Osteoporosis

There is an increased occurrence of osteoarthritis among the aged people for which Ayurveda offers effective treatment. The treatment is generally spread over three phases and will take between eight months to a year depending on the condition of the patient.

The first phase comprises external application of selected oils and internal administration of anti-inflammatory analgesics that bring

**Treatment for osteoarthritis could take up to three sittings and may spread over a year**

down pain and inflammation. In the second phase, the patient will be given anti-degenerative treatments. They include kizhi, pizhichil and oil massage. The treatment generally results in increased lubrication and flexibility of the joints. The third phase will mainly include internal administration of medicines which include kashayams.

In case of osteoporosis, the treatment will be mainly aimed lubricating the affected parts. It is important to maintain Kapha-Pitha balance to avoid serious impairment to the body in old age. This can be made possible by practicing an appropriate daily regimen which includes oil bath and a strict diet.

### Oil bath

Oil bath (abhyangam) helps lubricate the tissues and stimulates lymph nodes in joints. Daily bathing by applying oil on head, ears, hands etc can keep off diseases to an extent. Oils such as asnanadi, dhanwantharam and balaaswagandhadi are most commonly used for oil bath.

### Food

- Vata predominant people should take food items enriched with oil and ghee. If a person has diabetes and cholesterol, then follow diet prescribed by the physician.
- Avoid junk food which increases cholesterol level.
- Mutton is proved to nourish the tissues. Buttermilk, juices of orange, grapes, water melon are advised in summer.
- Avoid curd as it slows flow of blood circulation.





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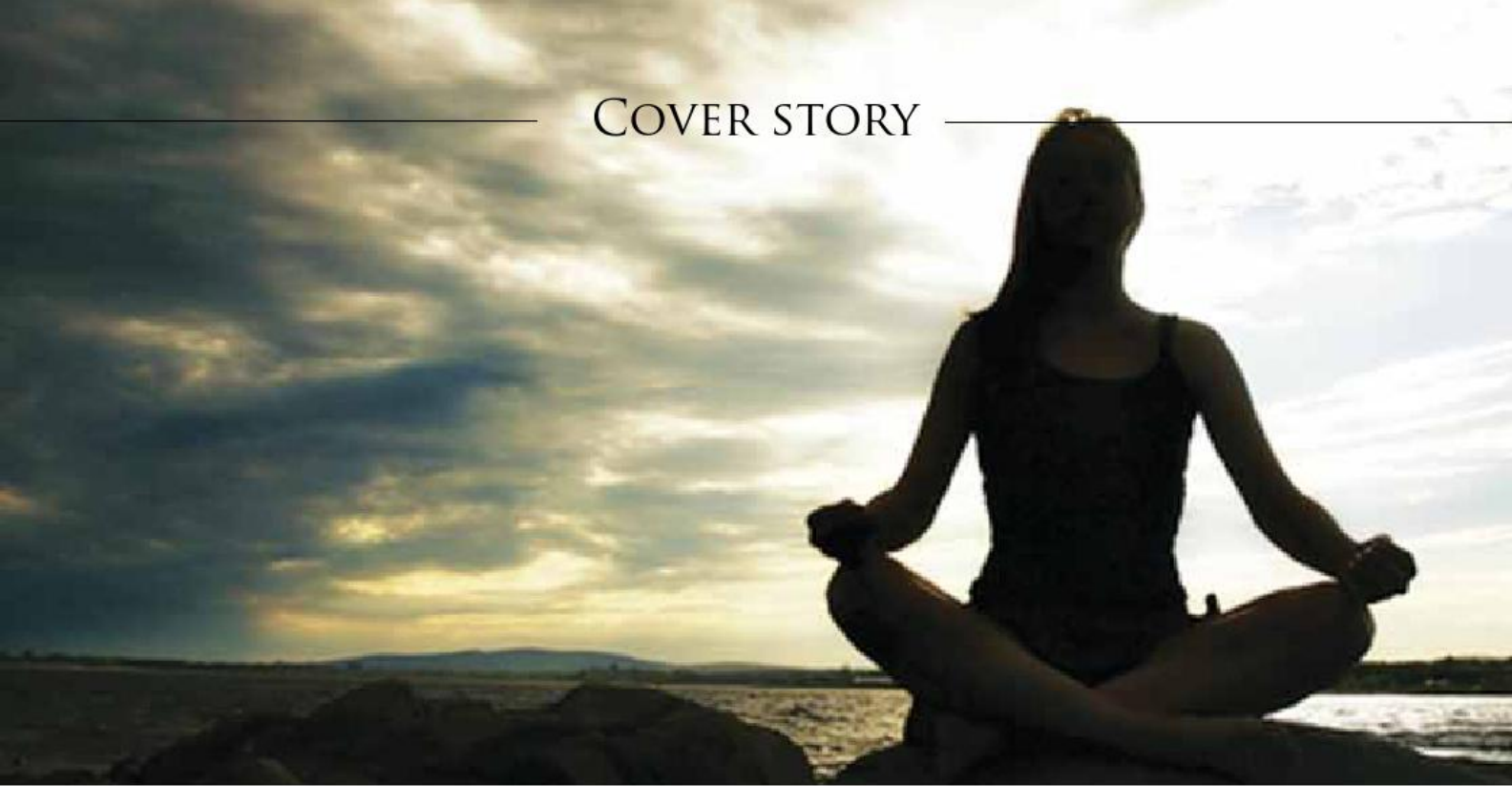
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# Be calm

**Emotional imbalance will hasten deterioration of health, senses**

A guiding principle of Ayurveda is that the mind exerts the deepest influence on the body. Disease is seen to be the result of emotional imbalance and stress as well as climatic variations, bacterial attack and nutritional deviance. In short, lifestyle as a whole.

Mental strength is a result of well formed structures. Mind is present in all cells with which they take in whatever is needed for that cell and expels the metabolic wastes. So proper absorption and expulsion take place in a healthy cell. As metabolic power and energy source decline in cells, their immunity as well as and their selective absorptive and expulsive power decrease. So in general discriminative capacity of cells gradually deteriorates in old age.

Same thing happens on the individual's character also. Aged

people could lack receptivity; inappropriate ups and downs also could develop during old age. Loss of memory and orientation and increased selfishness are prominent in individuals with vatic constitution. They often easily get irritated and become emotionally fragile even in a slightly adverse circumstance.

All sense organs gradually undergo deterioration in old age. Degenerative changes in eye produce cataract, long sight, presbiopia etc. Hearing, appreciation of taste and smell gradually decrease. Due to degenerative changes in skin (which becomes rough and hard) and nerve conduction, touch sensation also declines.

A state of balanced awareness

in an individual leads to presence of the right attitudes, in turn leading to the right actions, culminating in a higher state of health.

Optimal health is achieved by cultivating mental, physical, and dietary habits that are conducive to physical and spiritual well-being.

Ayurveda therapeutics addresses mental disturbances and management of emotional stress through the process of Satwavajaya. Unvirtuous or 'sinful' acts lead to a perturbed mind, according to Ayurveda, in turn leading to imbalance in the system. An emotionally disturbed and agitated mind fights the whole system. Without a calm and quiet mind, the intellect will not function properly leading to the inability to discern the bad and the good. Association with good and wise people, reading good books and scriptures, practising methods of controlling the mind such as meditation are of immense help. In that sense, Ayurveda is 'irreligious' and one may follow one's chosen faith and religion.

**Without a calm and quiet mind, the intellect will not function properly, leading to inability to discern the bad and the good.**



# Eat right Exercise right

Wipe away the aches and pains of old-age with a balanced diet, regular exercise and a happy mind.

**D**oing it right is the key for healthy living. A healthy diet, an active life and a happy mind can go a long way in keeping the body strong and fit. The right nourishment in right proportions is very essential in the growing up stage for any living being. It is often seen that people who have been overly active during their childhood but have not received sufficient nourishment during the growing days are more prone to health problems during old age. Eating less and exerting more is not a healthy practice in the long run.

A person's habituation has a significant impact on his health. Following a routine or inculcating a habit aids healthy living. If an individual has studied his/her body, its metabolic power, and has accordingly been following a wholesome diet with judicious use of fatty substances like ghee, oil, soup etc, he/she is less likely to spend old age in the company of medicines and doctors. Food substances made from grains and healthy adjuvant make wholesome food. Food stuffs that are overly spicy, oily or dry, and heavy foods are unwholesome. Ad-



*Drinking water prepared by boiling dry ginger and coriander in the ratio 2:3 alone can bring down blood pressure.*

dictive and intoxicating substances, too, are best kept away.

Hypertension could easily be controlled by increasing appetite and by practicing food and exercise that facilitate proper and timely expulsion of metabolic wastes. Drinking water prepared by boiling dry ginger and coriander in the ratio 2:3 alone can do this job.

Eating right is important, and equally essential is exercising right and regularly. Brisk walking, a quick jog or run or an hour of one's favourite sport strengthen the bones and muscles and keeps them active. Fitness is a significant but often

overlooked factor. Overall fitness of the body—mind, muscles, tissues, bones—is very important in leading a disease-free life. The fitness level of an individual is assessed by one's digestive power, nourishment gained (eg: Body Mass Index), complexion, sensory activities, ability to tolerate hunger, thirst, hot or cold climate, capacity to do exercises without strain and an active and enthusiastic mind. Internal and external well-being constitutes a fit person.

Proper nourishment during childhood, a good routine and regular exercise can guarantee a comfortable, healthy old age. People with a well-nourished and active body will develop a strong and alert mind, too. Mental strength helps a person to think right, take quick decisions, and be more focused and efficient in everything.

The elderly are advised to avoid or reduce intake of milk, curd and butter as they reduce appetite. A walk before food increases metabolic power, blood circulation, proper absorption and energy utilisation.

Energy supplementation is possible only if a person has a good appetite. Ghee is a good energy source and as it enhances appetite, brain capacity and intelligence. An immune booster, according to Ayurveda, is that which facilitates nourishment, increases metabolic power and contributes to easily utilisable energy resource. Ghee, therefore, is the best immunity enhancer when a person is free of disease.

Regular external oil application on head and body is also equally important to smoothen the physical activities. Thus people having good nourishment at the time of birth as well as during childhood, good habituation and regular proper exercise are less susceptible to develop ailments due to degeneration during their old age.

**Eating right is important, and equally essential is exercising right and regularly. Brisk walking, a quick jog or run, an hour of one's favourite sport strengthen the bones and muscles and keep them active.**



# Breathe... properly

Pranayama is a combination of physical exercise and meditation which brings immense good to the body and mind. In a three-part series, A P Jayadevan illustrates the steps to its meaningful practice.

A P Jayadevan

**W**e may live for many weeks without food and for days without water or sleep. But without breathing, life will cease within minutes. We know this very well but most of us are unaware of the importance of proper breathing. Normally, people use only a fraction of their full breathing capacity. Stress, poor posture, long hours of sitting in office and bad habits – all these factors affect our proper breathing. Improper breathing creates an imbalance in the oxygen/carbon dioxide ratio, which results in hyperventilation and dizziness. If the brain does not get adequate supply of oxygen, it will result in the degradation of all vital organs in the body.

Brain requires more oxygen than any other organ and lack of oxygen results in mental sluggishness, negative thoughts and depression. People in their old age always face this problem. They often become vague and senile because of inadequate oxygen supply to the brain. Poor oxygen supply affects other parts of the body also. Proper oxygen supply allows the body to metabolise food efficiently and to rid itself of all the noxious by-products of metabolism, especially carbon dioxide. What is wrong with our breathing is it is too shallow and quick. The increasing stress of modern life and the resultant negative emotional states affect the rate of breathing. The result is oxygen starvation and a toxic build-up.

The ancient *yogis* realised the vital importance of proper breathing thousands of years ago. *Hatha Yoga Pradeepika* says thus: 'As long as there is breath in the body there is life. When breath departs, life also departs. Therefore regulate the breath.' The yogic art of breathing is called '*Pranayama*' (controlled intake and outflow of breath). *Prana* is usually translated as breath, though this is only one of its many manifestations







**Dr. S. Sajjumar**  
Managing Director, Dhathri Ayurveda (P) Ltd.

## Dhathri Ayurveda (P) Ltd

Ayurveda, is perhaps the oldest authentically recorded healing science in existence today. As a holistic healing tradition, Ayurveda recommends treating the whole person – body, mind, senses, emotions and spirit – instead of following the one-cause-one-cure principle and focusing on the symptoms. Founded on this three-century-old tradition, the pioneering efforts of the Dhathri Group is now enjoyed by millions of people across the globe.

Managed by Dr. S. Sajjumar, the Dhathri Group comprises Dhathri Ayurveda (P) Ltd, Warrior's Hospital & Panchakarma Centre and Dhathri Ayurveda (India) Pvt. Ltd. It is striving to be the first Rs. 2000-crore professionally managed Ayurveda Multi-specialty health conglomerate with interest covering Ayurvedic Wellness Services. Dr. S. Sajjumar is the recipient of coveted Chikitsa Ratna Award for excellence in Ayurvedic-curative services.



# Dhathri Ayurveda (P) Limited

## Dhathri Group offerings

Dhathri Ayurveda (India) Pvt. Ltd. Dhathri Ayurveda (India) Pvt. Ltd. forms a) the healthcare institutions of Dhathri Group, offering pure ayurvedic curative services like Hospitals, Clinics and Panchakarma Centres. Health care treatments administered through Dhathri Ayurveda Kendras make use of medicinal products containing authentic ingredients sourced from traditional herbal gardens and untouched mountainsides. All the treatments are done under strict supervision of Doctors and expert therapists.

Dr. Sajjumar was instrumental in channeling the healing powers of Ayurveda for treating the dreaded paralysis. The focus was on research, treatment procedures and medicine preparation. He put together a team of doctors and therapists who had expertise in rehabilitating paralysis patients.

Today paralysis patients can live a normal and active life. The Warrior's Hospital has turned into one of a few centers in Kerala which treat paralysis and cure it completely.

## Dhathri abc clinic

Dhathri abc clinic offers a large bouquet of branded products and services aimed at health and well being of the individual. The first Dhathri abc Clinic was opened at Thiruvananthapuram. Today it has centers at Kochi and Kottayam, with centers planned for Bangalore and Coimbatore. Soon the clinic will open up branches in the Middle-East.

Those who come to Dhathri abc Clinic for treatment undergo a multilevel screening which includes counselling session, diagnosis, and the methods to be adopted (dieting, internal treatment, beauty or a combination of these three). The Dhathri abc Clinic team includes a physician, body composition analyzer, dietician, beautician, physiotherapist and cosmetologist.

Dhathri abc clinic is a novel initiative to treat lifestyle diseases – which is growing at an alarming pace – by leveraging both Ayurvedic practices and modern treatment methodologies. All aspects, right from treatment to therapeutic to cosmetic will be

addressed. And it will address keeping safety issues paramount.

## Dhathri Cosmetics

Dhathri has successfully developed a whole range of popular products which have captured both the imagination of the people and respectable market share. Dhathri Hair Care Oil and Dhathri Fairness Face Pack are leaders in their respective categories.

After thorough research, hair oil was the first product to be launched by Warrior's Hospital & Panchakarma Centre under a specific brand name, Dhathri. The instant success of Dhathri Hair Oil prompted Dr. Sajjumar to venture into the skin care segment in a big way. Today, Dhathri has over twenty varieties of Ayurveda products both in curative and non-curative segments relating to skin and hair care.

## Awards & Recognition

### By the Group

- Manufacturing units of Dhathri Group are GMP and ISO 9001:2000 certified.
- Warrior's Hospital Registration has got Olive-leaf certification from Government Tourism Department.
- It is a member of Kerala Board of Health.

### By Group's MD Dr. S. Sajjumar

- Chikitsa Ratna Award
- Best Entrepreneur award from S.S. College School of Management Studies
- Excellence in Ayurveda Treatment & Research Award from Union of India Group
- Chairman, Quality Panel of Ayurveda Hospital Management Association
- Co-Chair, Tourism Panel of Kerala State Council

## Dhathri Group Services

### Treatment Services

- Warrior's Hospital
- Panchakarma Centres
- Dhathri abc Clinic
- Therapeutic Oil usage

## Cosmetic Services

- Quality Cosmetics
  - Non-invasive Cosmetics Methods
- Services available under three segments
- Hair care
  - Skin Care
  - Daily Care



in the human body. "He who knows *Prana* knows *Vedas*," say the Upanisads. *Prana* is the sum total of all energies manifest in the universe. It is the sum total of all the forces in nature. *Prana* is not air itself but the subtle life-giving element extracted from air. The more life-force you have in your body, the more "alive" you are; the less life-force, the less "life". Life-force is present in all forms of nourishment but it is accessible and most constant in the air.

The ancient sages knew that all bodily functions are performed by five types of vital energy (Five *Pranas*). And according to Yogis, *Prana*, mind and breath are very closely connected. It is *Prana* that makes the lungs capable of breathing and when we breathe in, we are receiving the cosmic *Prana*, which energises the whole body. The practice of *Pranayama* regulates the flow of *Prana* throughout the body. It also regulates the thoughts of the practitioner and bestows him with a calm mind.

An average person takes around 500 cubic centimetres of air during normal inhalation. But in deep breathing, the intake of air is increased up to 3000 cubic centimeters, about six times greater! With the practice of *Pranayama*, the respiratory system functions at its best and as a result, the circulatory system also functions more effectively. And the resultant better detoxification opens the doorway to good health.

With *Pranayama*, one gets training for full utilisation of all lobes of the lungs and to normalise the breathing rate. One learns how to make the breathing uniform, continuous and rhythmic. The following are some basic practices for those who wish to learn *Pranayama*. These can be practiced even by

**Pranayama trains one for full utilisation of all lobes of the lungs and to normalise the breathing rate. One learns how to make the breathing uniform, continuous and rhythmic.**

aged persons.

### **Abdominal Breathing**

Sit comfortably in a cross-legged position on the floor or lie flat on your back in the corpse pose. You can place one hand on the abdomen to feel it rising and falling. Relax your mind and body. Inhale slowly and deeply through the nose, feeling your abdomen expand and rise while keeping the chest still. As you exhale, feel the abdomen sink down. When you inhale, expand the abdomen and contract it when you exhale. Practise this exercise for ten cycles (one inhalation and one exhalation equals one cycle).

**Benefit:** Breathing slowly and deeply brings air to the lowest part of your lungs and exercises your diaphragm which can greatly enhance breathing capacity. It relaxes mind and body, massages internal organs, calms emotions and induces good sleep.

### **Rib Cage Breathing**

Sit comfortably in a cross-legged position on the floor or lie flat on your back in *Savasana*. Hands may be relaxed by the sides or you can place the hands on the sides of the ribs to feel them expanding and contracting. Gently contract the abdomen. Inhale slowly through the nose into your rib cage. Do not pull the breath deep into your lungs, but keep it focused between your ribs. Feel the ribs expand outward and the chest open as you breathe in. As you exhale, feel the ribs contract inward. Repeat five times.

**Benefit:** Relaxes the mind and body and strengthens the lungs.

### **Complete Breathing**

Sit comfortably in a cross-legged position on the floor or

lie flat on your back in the corpse pose. Place one hand on the abdomen and the other on the rib cage to check your breathing. Inhale slowly through the nose, feel the abdomen expand first, then the rib cage, and finally feel the air filling the upper chest. Your abdomen will automatically be drawn in as the ribs move out and chest expands. Slowly exhale, emptying the lungs from top to bottom. Keep body without jerks. Try to make inhalation and exhalation uniform. Do not hold your breath in between. Inhalation is done from the bottom up and exhalation from the top down. Repeat five times.

**Benefit:** This is the technique you can use most often to combat the tensions and stress in your life. You can use it anywhere, anytime to calm your mind and body. Use this technique to center yourself before your meditation and before *asana* practice to make them even more effective.

Those who wish to learn *Pranayama* should approach an authentic teacher. All these ancient practices have deeper significance and meaning than we could imagine. Proper practice of *Pranayama* with *Yoga asanas* can give you wonderful results but at the same time if done wrongly can lead to long-lasting adverse effects in your body. *Pranayama* comes as the fourth stage in the *Ashtanga Yoga*, where the previous ones require a complete control of body and mind. In *Pranayama* one is dealing with the basic energy of the self and to master that one has miles and miles to go.

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*The writer is a Yoga trainer and research scholar at the Sree Sankaracharya Sanskrit University, Kalady, Kerala.*

**Prana is not the air itself but the subtle life-giving element extracted from the air. The more life-force you have in your body, the more "alive" you are.**



# Precise Ayurveda...



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# Neurological disorders

A lot of research is being done on the efficacy of Ayurvedic herbal medicines for geriatric complaints, especially neurological disorders.

**Dr G S Lavekar**, Director-General of the Central Council for Research in Ayurveda and Siddha, New Delhi, writes about some of the findings.

**T**he twenty-first century is witnessing a gradual decline in fertility, and with increase in life expectancy, society will need to grapple with issues of longevity. The cause of morbidity and mortality world over is shifting from communicable diseases a few decades ago to non-communicable diseases. Among the significant causes of morbidity among the aged people are neurological disorders. Insomnia has troubled people for ages; recent studies have thrown more light on diseases such as Alzheimer's.

## Insomnia

It is estimated that half of all people over the age of 65 suffer from chronic sleep disturbance. Even those who are healthy, the frequency of sleep disorders is associated with an impairment of melatonin production. Melatonin, produced by the pineal gland at night, plays a role in regulation of sleep-wake cycle. A recent study investigated the effect of melatonin on sleep quality in 12 elderly subjects who complained of insomnia. In all 12 subjects, the amount of melatonin excreted during the night was lower than in non-insomniac elderly people. After the subjects were treated with 2mg of controlled-release melatonin each night for three weeks, it was determined that melatonin replacement therapy effectively improved sleep quality in the study population.

## Ayurvedic treatment:

Body massage with medicated oils (abhyanga), foot massage with medicated oils (padabhyanga), head massage (shiro abhyanga) and pouring of medicated oil/liquid on head (shirodhara) are found to be effective for insomnia.

## ALZHEIMER'S DISEASE

Alzheimer's disease is a progressive neuro-degenerative disorder seen in older adults; it is the most common cause of dementia in the elderly and the underlying disorder in over 50 per cent of individual with significant memory loss.

It is not known exactly what causes Alzheimer's. Obviously, a major risk factor is age. Women are afflicted more with the disease partly due to their longer life expectancy. An inherited mutation in some genes (APP, presenilin 1 and presenilin 2) may lead to early onset dementia. Head trauma may be another risk factor. An elevated plasma homocysteine level has recently been described as an independent risk factor.

Free radicals have been linked in a lengthy list of age-related disorders, including Alzheimer's disease. It is believed that free radicals can be neutralised by antioxidants. Vitamins E and C have been shown to decrease the levels of free radicals in the blood.

Antioxidant activity of active principles of *Withania som-*

*nifera*, consisting of equimolar concentrations of sitoindosides VII-X and withaferin A, was investigated for their effects on rat brain frontal cortical and striatal concentrations of superoxide dismutase (SOD), catalase (CAT) and glutathione peroxidase (GPX). Results were compared with effects induced by deprenyl, an agent with well-documented antioxidant activity and was found to be comparable. These findings are consistent with the therapeutic use of *W. somnifera* as an Ayurvedic *Rasayana* and *Medhyarasayana*. The anti-oxidant effect of active principles of *W. somnifera* may explain, at least in part, the reported anti-stress, immunomodulatory, cognition-facilitating, anti-inflammatory and anti-aging effects produced by them in experimental animals, and in clinical situations.

Studies have found that individual pretreatments with chlorophyll and aqueous extracts of *B. Monniera* and *Tagara (Valeriana wallichii)* markedly attenuated ischaemia-reperfusion induced cerebral injury in terms of decreased infarct size, increase in short-term memory, motor in coordination and lateral push response. The results suggest that chlorophyll and aqueous extracts of both the plants prevent ischaemia-reperfusion induced cerebral injury with comparable potency.

*The writer can be contacted at: gslavekar@gmail.com*



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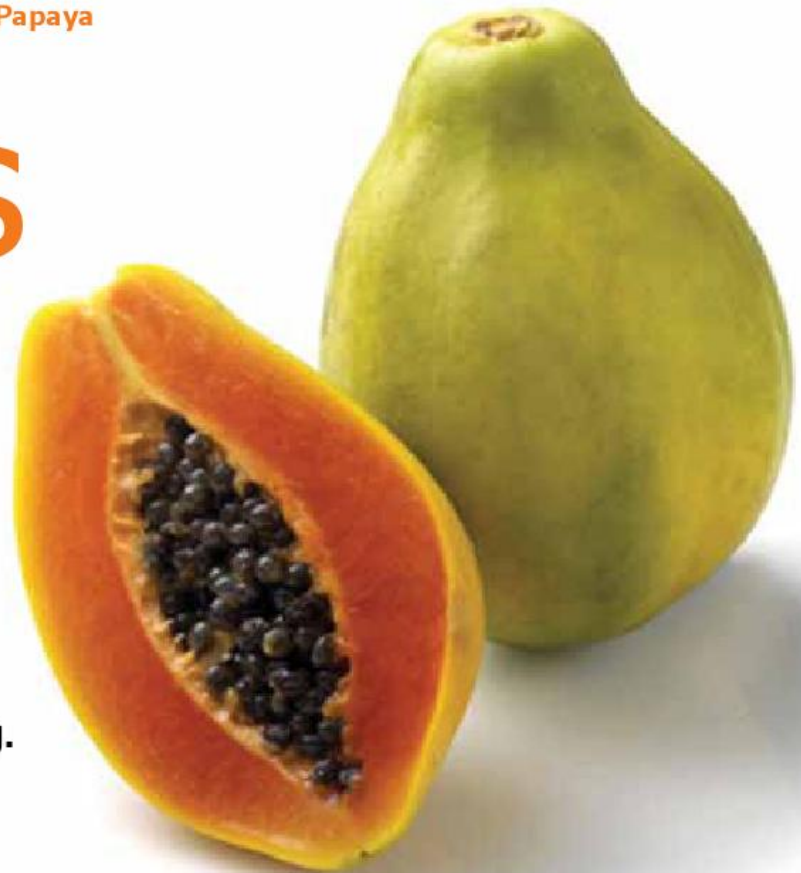
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# Fitness fruit

**A laxative and rejuvenator, papaya is a storehouse of vital nutrients and fights ageing.**

Dr R Radhika



**A** palate cleanser, a refresher, a healthy snack... fruits are packed with goodness and symbolise healthy eating. They are anytime foods—can be taken as an appetiser, a dessert, or even as a meal. Most fruits are a storehouse of nutrition and medicinal properties too. Papaya is one such versatile fruit.

Ayurveda places papaya high on the list of useful fruits based on its nutritious, therapeutic and beauty care aspects. The therapeutic use of a substance is determined based on its taste (rasa), quality (guna), potency (virya), taste at the end of digestion (vipaka) and specific potency (prabhava). The papaya has different properties in its ripe and unripe stages. Based on these properties, it has different therapeutic values and contraindications.

The properties of the unripe papaya make it a pitha-enhancing substance while those of ripe papaya categorises it as pacifying Vata

and Pitha. The sweet taste makes the fruit useful in case of debility (weakness/ tiredness), and is nutritive to the tissues of the body.

## A health food

Papaya is an excellent source of folate, dietary fibre, potassium and vitamin C, E and A. It contains small amounts of riboflavin, niacin and calcium. Papaya is high in ascorbic acid (vitamin C) and vitamin A. It is also low in calories and sodium. It is a laxative, and helps ease constipation. All these properties qualify papaya juice as an excellent health food. In short, a glass of papaya juice twice a week nourishes the body and keeps it fit and healthy.

Papaya juice is an ideal drink to relieve debility. It acts as a rejuvenator and delays ageing. It is good for eyes and vision, nourishes body tissues and increases the vital powers which strengthen the immune system.

Papaya salad can be taken after food, since ripe papaya is a good digestive. Syrups and wines made from ripe papaya are expectorant, sedative and a tonic for cough and debility.

An appetiser, papaya has digestive, anti-inflammatory, and diuretic properties as well.

## Why is it so good?

The papaya fruit pulp contains sucrose, invert sugar, resinous sub-

Properties	Unripe fruit	Ripe fruit
Taste	Pungent	Sweet
Quality	Bitter, light	Bitter, unctuous
Potency	Dry	---
Effect on doshas	Pacifying Kapha, Vata	Pacifying Pitha, Vata





### PAPAYA

Botanical name: *Carica pappaya* Linn

Family: Caricaceae

Sanskrit names: Brahmairandah, chirbhita, erandachirbhata, erandakarkati, madhukarkati and nalikadala.

The papaya tree is a small, soft wooded, fast growing but short-lived tree. The fruit is spherical or cylindrical with a large central cavity filled with numerous seeds which are black in colour enclosed in a sweet pulp and covered by a loose hyaline skin. The fruit, seed, leaf and latex are useful parts.

Papaya can be grown in almost any type of soil if provided proper drainage. However, medium black soil is most suitable. It thrives best in areas where the temperature does not exceed 38 degrees Celsius or drops below 10 degrees Celsius. Papaya trees begin to bear fruits within 10 to 14 months of planting. The mature fruits are harvested when they turn slightly yellow. An average of 30-40 fruits weighing 1.5kg each are harvested from a papaya tree per year.

stances, malic acid, salts of tartaric and citric acids (thiamin, niacin, riboflavin and ascorbic acid), minerals such as calcium, phosphorous, iron and sodium, nutrients such as carbohydrate, protein, fibre and ash. It is a good source of Vit C and Vit A.

The seeds contain proteins, carbohydrates, fatty oil, volatile oil and an alkaloid carpain, a glycoside carposide and an enzyme myrosin.

The leaf latex contains malic acid, papain, fat and resin. The fatty oil of seed contains saturated as well as unsaturated acids. The leaves contain proteins, carbohydrates, fibre, ash and minerals like calcium, potassium, iron, sodium, glycoside, carposide and alkaloid carpaine.

The chemical component papain is a digestive enzyme and is used to tenderise meat (as it digests protein easily). This has medicinal properties, helps in digestion and is used in the preparation of chewing gums.

The milky juice (latex) of the unripe fruit has anthelmintic property and hence is used in pest control. Root juice of papaya has shown nematocidal properties. A mixture of papaya seeds and water repels various kinds of insects.

### Therapeutic uses

- \* Papaya is carminative, and it soothes the gut wall, helps ease gripping pain and reduces production of gas.
- \* Papaya leaves warmed in sesame oil can be applied on painful and swollen joints in gout and osteoarthritis.
- \* The latex is applied to the membrane formed in the throat in children with diphtheria. This aids immediate or easy removal by incision of membrane.
- \* A paste of papaya seeds is effective for skin diseases, particularly ringworm. The seeds are orally given for expelling



## Papaya in pregnancy

Studies have found that consumption of ripe papaya during pregnancy poses no significant danger while unripe or semi-ripe papaya could induce spasmodic contraction of the uterine muscles similar to oxytocin and prostaglandin F, harming the fetus.

Ayurveda suggests that Kapha dosha is responsible for the stability and growth of the fetus. Unripe papaya reduces Kapha and enhances Vata and Pitha, and hence is harmful to pregnancy, especially in the earlier stages. Unripe papaya, rich with pungent properties, could act as an emmenagogue (herbs which stimulate blood flow in the pelvic area and uterus; some stimulate menstruation), and induce bleeding. This could cause abortion.

The pungent properties have the systemic effect of an anticoagulant. The penetrative property found in seeds and latex also provokes bleeding, making unripe papaya, which has a lot of latex, an emmenagogue. (However, the same property makes it effective against amenorrhoea which is the absence of a menstrual period).

However, consumption of papaya enhances production of breast milk and hence it can be given to nursing mothers as salad or juice. It can also be given to a mother who is debilitated due to labour. The recommended quantity is 100-150ml of the juice once in two days. It also helps purify breast milk.



round worms. The seeds may be powdered and given with honey. The milky juice of unripe papaya, mixed with honey and warm water, also acts against round worms.

### Cosmetic uses

The pulp of papaya is used as an ingredient in face creams and hair shampoos. The latex of unripe papaya is used in cosmetics to remove freckles (clusters of concentrated melanin which are most often visible on people with fair complexion) and blemishes such as pimples.

### Beauty tips

- \* Mix the fruit pulp with rose water and apply on dry skin as face pack. Keep it on till it is semi-dry, and then wash with water. This moisturises the skin and gives it a fresh and shining look. Repeat three or four times a week.
- \* Mix the fruit pulp with rose water, add any of the cosmetic materials such as sandal, Indian madder (*Rubia cordifolia*), black cherry (*padmaka* or *ajamoda*, *Prunus cerasoides* D.Don), sariva (*Hemidesmus indicus*) and apply as face pack. This gives a smoother, fairer complexion.
- \* The latex mixed with drugs like *Curcuma longa* and *daruharidra* (*berberis aristata*) helps in clearing pimples on oily faces. One can also apply the latex alone on the pimples, keep it till it is dry and then wash with warm water. This can be done daily on a very oily skin.
- \* The pulp of ripe papaya macerated with bringaraja and mehandhi leaves acts as a good conditioner for the hair.

*The writer is Research fellow, Institute of Ayurveda and Integrative Medicine, Foundation for Revitalisation of Local Health Traditions, Bangalore.*

## Home remedies for skin

Dr Savitha Suri

1. Cucumber is a natural cleanser and moisturizer. When cucumber juice is used with milk it cleanses the skin and increases its moisture level. It is best for dry skin as milk reduces dryness of skin.

2. Lemon has astringent properties. As it is slightly acidic, it cleanses the skin too. When lemon juice is mixed with egg white and milk powder in equal proportion, it makes a perfect face pack. This face pack cleanses bleaches (increases fairness) and tightens the skin. It helps to remove wrinkles and increases glow of skin.

3. Honey is a known antibiotic. Mix honey with equal quantity of milk and stir well until it homogeneously dissolves in milk. Apply this mixture to your face. It is beneficial for persons with dry skin, acne and pimples.

4. Turmeric is known as 'Kanchani' in Ayurveda as it gives skin a glow of gold. Mix turmeric well with milk and apply on face. It increases fairness and glow of the skin.

5. A mixture of milk and green gram powder can be used as a scrub to remove dead skin.

FoodCert India is a Certification Body functioning under the offices of ISACert B.V, The Netherlands. Exclusively Focusing on the Quality Standards related to entire **Food Chain "Farm to Plate"**, offering both National and International Accreditations. Accredited by NABCB (Quality Council of India) for ISO 22000, BHC-Hotel Catering Industry and Agricultural Production and by APEDA for Organic Certification.

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# Restrict (food) ailments

Since lifestyle diseases have become so common and food is one of the causative factors, a moderate and well-planned diet plan will help counter the onset of diseases at an early age.

Dr O P Sharma  
Dr Ananthram Sharma



**K**nowing what not to eat is more important than knowing what to eat. In this series aimed at creating an awareness among the public about the different aspects of food, here, we focus on what type of food items patients suffering from specific diseases should avoid (and why) to keep off diseases.

## Rheumatoid Arthritis

**Edibles:** Avoid black gram preparations, jaggery and nuts in general as they form mucus and hence increase the formation of toxins.

**Vegetables:** Most of them reduce the formation of kapha and toxins. However, they should be consumed along with some spices to counter their cold nature. It is better to avoid brinjal, a variety of spinach, and lady's finger.

**Meat:** The meat of animals from marshy lands is heavy to digest and it may impair the digestive fire and result in improper digestion. And avoid the intake of fish as it leads to obstruction in the body channels, causing impaired blood and lymphatic circulation. This may re-

sult in swelling in different parts of body.)

**Liquids:** Having curd and cold water will vitiate kapha and vata dosha, respectively. As milk is guru in nature, it mitigates the digestive fire and increases kapha.

**Other factors:** Irregular food habits like doing exercise soon after the intake of unctuous food items, excessive eating and consumption of incompatible food items (for example, having curd with fish and fried meat in sesame oil) should be strictly avoided since it is considered to be a chief etiological factor in causing diseases. It is better to avoid excessive water intake after consuming food as it interferes with the concentration of digestive enzymes and slows down digestive process.

## Sinusitis

This condition is caused mainly

by the deposition of kapha (mucus and other secretions) in the sinuses. Food articles which are responsible for the vitiation of all the three doshas (humours), especially vata, along with blood should be avoided.

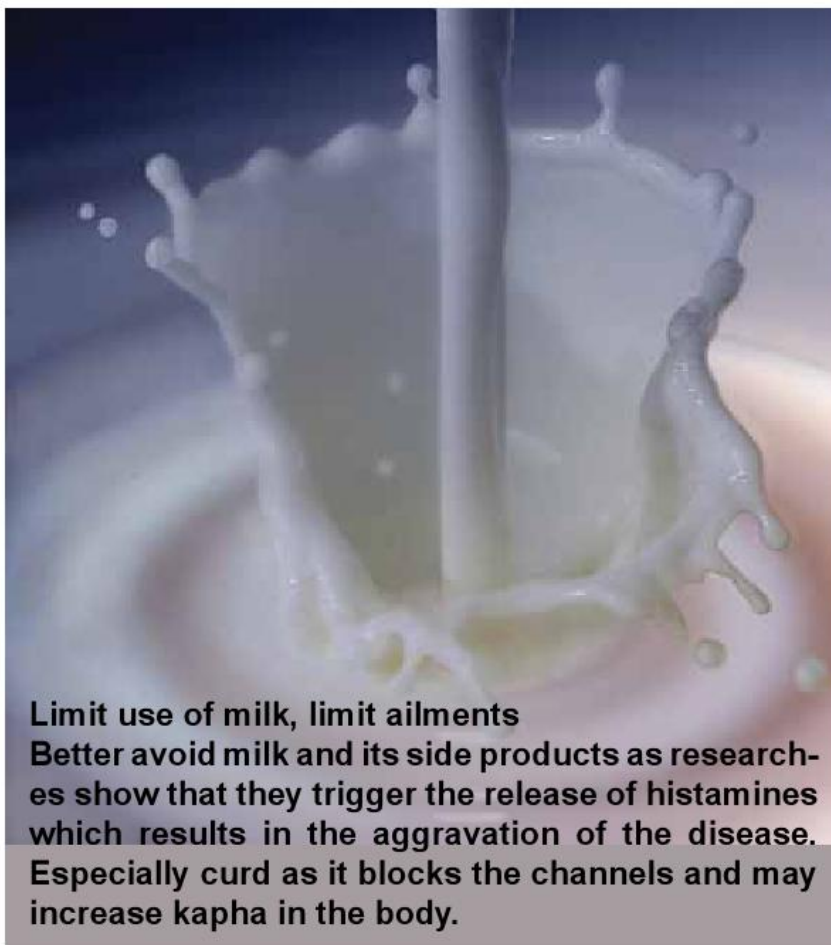
Avoid freshly prepared wines, cold water, food stuffs which are heavy to digest and sweet in taste, excess dry food like snacks fried in oil, cold bath, drinking cold water, sex, foods which are cold in potency, excessive thinking, suppression of urges, grief, exposure to cold, anger, stress, sorrow, excess sleep and daytime sleep, because these will increase

the production of kapha and vata, leading to deposition of kapha in the sinuses which dries up there.

Besides, avoid foodstuffs like curd as they increase kapha and block the fine channels in the body.

**If you have diabetes and take insulin shots or oral diabetes pills, you risk low blood sugar when you drink alcohol. To protect yourself, never drink on an empty stomach.**





**Limit use of milk, limit ailments**  
**Better avoid milk and its side products as researches show that they trigger the release of histamines which results in the aggravation of the disease. Especially curd as it blocks the channels and may increase kapha in the body.**

## Diabetes

A diabetes patient should avoid food articles which contain high fat and sugar. He should avoid everything which increases kapha dosha. **A diabetic had better avoid the following:**

Excess intake of water, as it may increase the secretions in the body and secretions are considered as one of the main pathological factors causing diabetes. It is always better to avoid milk and its by-products as they contain sugar lactose which is converted into glucose within the body. It is the same in the case of various fruits which contain high sugar levels. Regular use of ghee and oils should be avoided as they contain high fat levels.

All sweetening agents like sugar cause a sudden increase in the blood glucose levels. Different types of rice preparations, especially using

fresh or un-matured grain, should be avoided as they contain high levels of sugar. It is also heavy to digest which, in turn, increases kapha dosha in the body.

Meat and soup of domestic (gramya), aquatic (audaka) and marshy (anupa) animals are restricted for diabetics as they are rich sources of animal fat which cause a sudden increase of kapha. Alcohol is also restricted for diabetes patients. If you have diabetes and take insulin shots or oral diabetes pills, you run the risk of low blood sugar when you drink alcohol. To protect yourself, never drink alcohol on an empty stomach.

## Skin disorders

Besides kapha and blood, the main culprits causing skin disorders, the involvement of skin, muscle tissue, lymph and the three excretions i.e. sweat, urine, and stool,

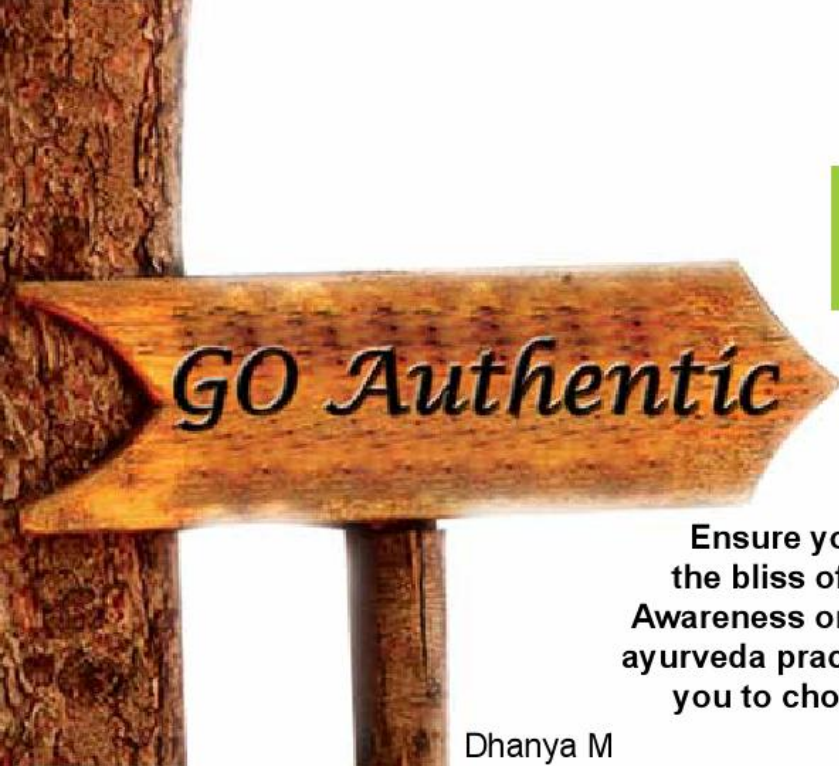
is significant.

**The following food materials are contra-indicated:**

- Guru anna (food which is heavy to digest) such as milk, black gram, etc causes impairment of digestion and produces toxins which results in impaired circulation. It also vitiates kapha dosha.
- Sour taste is the main taste which vitiates blood.
- Fish: All types of fish are contra-indicated in skin disorders as they block the channels and increase kapha, resulting in itching. In the coastal area, people include more fish in their diet. They have the practice of using fish with curd or milk which is considered incompatible. That's why we witness skin ailments in these areas.
- Jaggery and sugarcane products: They vitiate blood.
- Sesame and mamsa (meat): Both are considered kapha increasing materials. The intake of these materials may further worsen the skin disease.
- Kulattha (horse gram), masha (black gram) and pishta-vikara (flour of grain) increase kapha and vitiate blood.
- Incompatible foods like fish with milk or curd, milk with citrus food, etc.
- Pickles, jam and sauce, etc can be grouped in the category of abhishyandi which causes the vitiation of blood.
- Cake, chocolate, bread, etc will impair the digestive fire and further increase kapha.
- Fruits like pear, banana, mango, cherry, orange, sweet lime, etc will vitiate blood.

*The writers are Asst. Prof., Department of P.G Studies in Panchakarma, National Institute of Ayurveda, Jaipur, and Lecturer, Department of Panchakarma, Amrita school of Ayurveda.*





# Realise the real

Ensure you select the right place to experience the bliss of Ayurveda. Or, you will regret forever. Awareness on what is the benchmark for authentic ayurveda practice and where it is available will help you to choose the right place. Go authentic, and enjoy the real!

Dhanya M

“Come to India”, reads the brochure. “And recharge yourself through centuries-old therapies in the land of Ayurveda.” This is followed by the picture of an oil massage by beautiful women in traditional Indian attire, against the backdrop of the setting sun radiating an orange hue. The tourist, seduced enough, welcomes the

chance to unwind and books his ticket to God's Own Country alias Land of Ayurveda. At the earliest, he reaches his dream destination-an Ayurvedic resort in Kerala. In all probability he won't bother to ascertain whether this is a standard one or not.

Ayurveda is one of the biggest tourist attractions of India, and, in

particular, Kerala, where it is most practised. The irresistible package of rejuvenating therapies and treatment system for many disorders not curable by modern medical science, bowls them over. The huge influx of people seeking solutions through the ancient science brings in the much-needed revenue in the form of foreign exchange to the govern-

## Essential criteria for Green Leaf and Olive Leaf accreditation



The centre should be easily accessible and located in an area with suitable ambience.

- **Technical personnel:** An Ayurvedic physician with recognized degree, at least two masseurs (one male, one female), massages to be performed on members of the same sex.
- **Quality of medications and health programmes:** Only approved programmes to be offered and clearly exhibited, medicines to be purchased

from reputed and approved firms, labeled and exhibited.

- **Equipment:** A good quality massage table (minimum size 7feet by 3 feet), gas/electric stove, medicated hot water and sterilization facilities are must.
- **Facilities and medical apparatus**
  - a) At least one well-ventilated treatment room each for male and female (minimum size 100 sq. feet and width 8 feet), an attached bathroom (20 sq. feet) with good sanitary fittings and tiled floors and walls.
  - b) A consultation room (minimum 100 sq. feet and width of 8 feet) with BP apparatus, weighing machine, stetho-

scope, examination couch, etc  
c) A separate resting room (minimum 100 sq. feet and width 8 feet) if the centre is not attached to a hotel/resort/hospital.

### Optional criteria for Green Leaf accreditation

1. Steam bath facility.
2. Meditation/ yoga hall.
3. Herbal garden on the premises.
4. Picturesque location with abundant greenery and quietness.
5. Very high standards of architecture, adequate parking space, superior-quality curtains and fittings.



**Essential criteria for Silver Leaf and Gold Leaf accreditation of panchakarma centres are basically those stipulated for the accreditation of Ayurveda centres, with a few additions as follows:**

- Two massage tables, two panchakarma dronis and two shirodhara vessels.
- A Resident Medical Officer and inpatient ward, at least four technicians.
- Arrangement of short lectures to inform patients of the procedures and therapies.

**Additional criteria for Gold Leaf accreditation are as follows:**

Superior quality construction and architecture in accordance with Vastushastra, an air-conditioned waiting room, jacuzzi, sophisticated steam bath facility, herbal garden park/garden with recreation facilities and a cafeteria/canteen serving food and snacks based on Ayurvedic recipes.

ment. Panchakarma and other therapies are well known the world over.

However, while Ayurveda's popularity has enabled the tourism industry to make rich dividends, it has also engendered an unprecedented malaise: unscrupulous practice of the science. Resorts and spas have mushroomed in the remotest parts of the country, run by people minus training or certification. In many cases massages and therapies are performed in a single room in luxury hotels. Traditional methods are diluted and inaccurate and unscientific methods adopted. In many instances, correct medicines

and unguents are not used, or the resort may not possess the stipulated standards of hygiene and sanitation. There have even been incidents of customers being molested at massage parlours.

Ayurveda being a science that requires extreme precision and skill, anything from slight pain to severe vertebral problems could arise from treatments done by quacks. But the poor tourist will be blissfully ignorant of all this.

### **THE GREEN AND OLIVE LEAF SCHEMES**

In 1998, the Government of Kerala decided to end such malpractices and ensure uniform standards of service by centres across the state. On the basis of quality and standards, centres are today classified as Green Leaf or Olive Leaf.

While the Olive Leaf certification is given to those centres that fulfil a set of essential criteria laid down by the State, the Green Leaf is awarded only to those that go a step ahead and fulfil a set of optional criteria, in addition. The essential criteria cover technical personnel, quality of medicines and health programmes, equipment and facilities while the optional criteria cover additional facilities (such as a steam bath, meditation/yoga centre, herbal garden on the premises) (See Box)

### **PANCHAKARMA AND AYUSH**

Ask any tourist what he knows of Ayurveda and the most likely reply would be 'Panchakarma'. Ayurveda treatment comprises a compilation of thousands of carefully-planned procedures and therapies but there are some which are more well-known than others and are unfailingly associated with it. One such is Panchakarma (literally 'five therapies'), a comprehensive system of purification and detoxification of the body.

Ayurvedic centres advertising panchakarma have mushroomed across the country and attract customers in hordes. However this is not a mere cleansing therapy which

can be finished off within a day by anyone without training and skill. The initial stages of assessing the state of the body and doshas, Purovakarma (preparing the body to get rid of toxins) and Paschatkarma (post-treatment procedures) are as important as the actual treatment procedures of vamanam, virechanam, nasyam, vasti and raktamokshanam. Thus Panchakarma calls for at least a few weeks of treatment by a competent physician in a very peaceful, stress-free atmosphere.

However, with time being a scarce commodity nowadays, most of us would go for such a beneficial therapy at just any centre which promises great results in a short time. But it would be too late when we realize that we have gone to the wrong place. The adverse effects of a Panchakarma done incorrectly, for example, are quite serious.

The rising misuse of Panchakarma has prompted the Govt of India's Department of Ayurveda, Yoga and Naturopathy, Siddha and Homoeopathy (AYUSH) to lay down guidelines for the establishment of centres across the country. As in the case of certification of Ayurveda centres, Panchakarma centres are given a Silver Leaf or Gold Leaf certification, based on the criteria fulfilled. While centres which meet all the essential criteria laid down by the dept are classified as Silver Leaf, those which meet a set of optional conditions in addition are awarded the Gold Leaf status. The essential Ayurvedic preparations (churnas, tailas and avlehas) to be stocked by the centres are also stipulated.

The Govt has forwarded an application to the World Health Organization (WHO) for such classification in other countries too.

Visit the Land of Ayurveda by all means, relax and get recharged and go back reaping all the benefits of this ancient science. But do not forget to make a few enquiries. They may make a lot of difference.



# *Beauty zone*



- ☀ *Have a complete bath*
- ☀ *Alopecia*



# Bath well Be healthy

Never consider bath lightly. From washing off tiredness and laziness, bath not only reenergises our body but also keeps off diseases. Do it daily, be fit...

Dr K Govardhan

**A**yurveda, the holistic science of wellbeing, emphasises Sadvritha, i.e. daily conduct to maintain good health. If a person follows strict dinacharya (daily regimen) and ritucharya (seasonal regimen), he will live longer minus any dreadful diseases, say classical Ayurveda texts.

Sage Susruta has said that bathing eliminates heat, fatigue, sweat, itching, and thirst. Apart from this, it strengthens the heart and cleanses the sense organs. It removes drowsiness and helps improve blood circulation and energy. And it also improves the vitality of the body.

Usually people, due to their ignorance, don't give bath its due. That is one of the reasons for their getting entrapped in diseases. Several things have to be kept in mind when we have a bath, especially regarding using water and soap. The quality of water, whether it is cold or hot, quality of soaps, the ingredients in the soap, etc are crucial.

## Ayurveda concept

Ayurveda says the skin is governed by three subdoshas- vyanavata, brajaka pitha and shleshaka ka-



Pic courtesy: Kerala Tourism



## Use alternative to soap

We can avoid soap by preparing a powder of rice, yellow dal, green gram powder, lodhra and manjishta and neem. It can be applied daily. This helps in softening and glowing of the skin, also helps in preventing the ageing too. The skin looks young and gets nourishment through proper vasodilatation and removal of free radicals from the body skin body.

Powder of methi seeds, moong dal, kulthi seeds and sarshapa seeds also can be used for applying over the body, which helps in removing fats from the skin. This also helps in exfoliating the dead tissues over the body and enhances the circulation. Applying ramacham and thalli also is very useful.



Green gram



Neem



Manjishta



Yellow dal

pha. Vyanavata controls circulation, brajaka pitha governs the metabolic and biochemical activity of the skin and shleshaka kapha is responsible for maintaining moisture balance. The cleansing material should not aggravate any of these subdoshas.

The avabasin layer (first layer of epidermis) gives lustre and colour to the skin as it contains melanoblasts i.e. skin colour pigments.

### How to have bath?

Ayurveda prescribes many ways of bath for different body constitutions and, depending upon the health conditions of various age-groups. Generally, abhyangam (oil bath) is the ideal option, as it is beneficial to the body in many ways. For example, a hot bath will elimi-

nate the toxins accumulated in the body through the skin pores.

Adding herbs to the bathing water enhances the quality of water and aids better absorption and detoxification of the skin and acts against bacteria and fungi. Herbs are added depending upon the requirements. For example, siddharthaka snanam is indicated in kushta. If a person has excessive sweat and bad smell, spices are used.

### For healthy people

For a healthy person, Ayurveda texts advise therapeutic baths using petals of rose, milk, honey, sandal and turmeric, and for patients bath with medicinal herbs such as vitex negundo (nirgundi), azadirachta indica (neem) or ricinus communis

(eranda).

### For women

The practice of women using turmeric for bath is centuries-old. The juice of raw turmeric, added with water, increases the glow of the skin. It is also believed that regular bathing in water containing turmeric reduces the growth of body hair. The Friday oil bath with the application of turmeric was sacred for South Indian women, as it helps in having a beautiful skin and hairless body. A bath with fragrant herbs is indicated before sex because smell plays a very important role in sex.

### For aged

Aged people should have bath everyday, weather permitting. In winter, it is better to skip bath. Bath with water in which nirgundi leaves are boiled is ideal, as it prevents not only early ageing but also gives good relief to muscle and bone dis-

**“Bath is said to increase appetite, life span and sexual desire. It strengthens the sense organs. It also removes itching, sweat, dirt, drowsiness, burning and sin too.”**  
(Ref: Ashtanga Hridayam)





*Leaves of vitex negundo (nirgundi)*

orders and other health problems like arthritis, spondylosis, slipped disc, sciatica and paralytic conditions.

### In Panchakarma

After every Panchakarma therapy, a bath in lukewarm water is advised for good absorption of the oil and strengthening of the body. Mix shikakai, hibiscus, rita and amalaki powder in equal quantity with water to make a paste and apply it on the head. It gives a soothing effect to the head and generates a positive attitude.

### Rules

Bathing should start from the head. Pouring hot water on the body below the head is strengthening, while pouring it over the head diminishes the strength of the hairs and eyes. Bathing should not be done without wetting the head, with very little water or with very cold water. How long should one bathe? As long as one feels comfortable. The individual body type determines the ideal pressure, flow, temperature and ingredients. The determining factor is that one should feel

good during and after the therapeutic bath.

- Vata type: Hot water boiled with the leaves of vitex negundo (nirgundi), eranda, shigru, rasna bala, etc. can be used. Prior to this, warm oil massage over the body is needed. This instantly relieves body pain, tiredness and dryness and smoothens skin, increases lustre and tones and enhances blood circulation.
- Pitha type: In this type, use the plants and leaves of azadirachta indica (neem), vetiveria zizanioides (usheera), sandalwood, rubia cordifolia (manjishta), cynodon dactylon (durva), cassia fistula (aragvadha) and petals of rose or lotus flowers, etc. Besides, have oil massage with neem, sandalwood, ksheerabala, Indian gooseberry, etc. This will improve the lustre, glow and cooling effect of the skin and blood circulation and cures skin diseases.
- Kapha type: In this type, instead of oil massage, it is beneficial to undertake udawar-thana, i.e. external powders

**Bathing after taking food is restricted as it will aggravate kapha dosha and slows down blood circulation. Moreover, the body needs a little rest and relaxation after taking food.**

applications like kolakuluttha choornams, pancha kola choornams, yava choornams and shonti powder. By doing this, fats and excessive toxins will be expelled from the skin layers.

- Kapha-Pitha: In this type of constitution, anushna sheeta, i.e., not too hot or too cold, quality products can be used. They are red sandalwood, lavang, giloya, azadirachta indica (neem), cassia fistula (aragvadha), etc. These are beneficial for skin allergies, burns and other skin infections.
- Vata-Kapha: Here, hot water boiled with leaves of eucalyptus, onion and garlic and yavani is much beneficial. And the main benefits are instant relief from tiredness and weakness, and getting of relaxation and improvement in body strength and power.
- Pitha-Vata: chandana, pittapapada, patola, neem, chameli, aragvadha, manjishta, etc. can be used. Bath is not advisable for people suffering from facial paralysis, disease of the eyes, mouth and ears, diarrhoea, distension of the abdomen, runny nose, indigestion and soon after eating food.

**The Friday oil bath with the application of turmeric was sacred for South Indian women, as it helps in having a beautiful skin and hairless body.**

*The writer is Asst Prof, Kayachikitsa, National Institute of Ayurveda, Jaipur. He can be contacted at drgovardhan@yahoo.co.in.*





# FEEL THE BLISS OF INDIAN MEDICINE

## CENTRAL COUNCIL FOR RESEARCH IN AYURVEDA AND SIDDHA

An Autonomous Organisation under Department of AYUSH, Ministry of Health & Family Welfare, Govt. of India,  
for the formulation, co-ordination, development and promotion of research in Ayurveda and Siddha.

### Publications

- Several original and rare Ayurveda/Siddha books after retrieving them from palm leaf manuscripts.
- Guidelines on Basic Training and Safety in Panchakarma.
- Approximately 100 books/monographs along with 8 volumes of database on medicinal plants used in Ayurveda & Siddha.
- Journals namely Journal of Research in Ayurveda and Siddha (JRAS), Journal of Drug Research in Ayurveda & Siddha (JDRAS) and Journal of Indian Institute of History of Medicine (JIIHM) along with a news letter.

### DRUGS AND PROCEDURES

**Ayush-QOL-2A & C:** HIV/AIDS and in cancer as an adjuvant therapy.

**Ayush-Osto:** For osteoporosis.

**Ayush-64:** Anti-malarial drug.

**777 oil:** An effective Siddha drug for Psoriasis.

**Guggulu:** An anti-hyperlipidemic drug.

**Ayush Face Pack:** Herbal face pack for Melasma (Hyperpigmentation).

**Ayush Ghutti & Bal Rasayana:** For general health and immunity in children.

**Antarctica Herbal Food Supplement and Antarctica Tea (Herbal tea):** To combat stress and to improve the mental & physical endurance in adverse climatic conditions.

### In pipeline

30 new coded formulations for the diseases of priority

### Projects of National Importance

- ICMR-CCRAS collaboration: Feasibility of Introducing Indian Systems of Medicine (Ayurveda & Siddha) in the National Reproductive and Child Health (RCH) Programme at the Primary Health Care (PHC) Level.
- Execution of Reproductive and Child Health (RCH) Programme initiated in Himachal Pradesh
- Validation of clinical safety of Ayurvedic and Siddha herbo-mineral Drugs.
- Multi-centric clinical trials of Ayush-QOL-2C in cancer patients is initiated in four cancer research centres—All-India Institute of Medical Sciences, New Delhi; St. John's Cancer Hospital, Bangalore; Bhagwan Mahavir Cancer Hospital, Jaipur; and the Advanced Centre for Treatment, Research and Education in Cancer, Kharghar, Navi Mumbai.
- Reverse pharmacology of selected classical Ayurveda and Siddha drugs for anaemia.
- Golden Triangle Partnership (GTP) Project.
- Ayurvedic Pharmacopoeia Committee (APC) & Siddha Pharmacopoeia Committee (SPC).
- Extra Mural Research (EMR) Projects on Ayurveda/Siddha and related topics.



For consultation and joint drug development contact:  
The Director-General,  
Central Council for Research in Ayurveda & Siddha  
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# United they fall

**Hair loss or untimely balding is not fatal, but can have psychological effects on men and women**

Dr Devidasan Vellodi

**H**air is as much a part of our body as eyes, ears or skin. But very often hair is associated more with beauty and less with health. Problems related to hair or scalp need to be addressed on time, or else may lead to excessive hair loss, untimely graying, balding or infections.

Alopecia areata is a non-scarring, inflammatory hair loss seen in men, women and children. This condition is commonly manifested by patches of hair loss on the scalp and other parts of the body. In severe cases, it can progress to complete loss of all body hair. While it is not a life-threatening condition, Alopecia areata is a serious problem because hair loss could have psychological or sociological effects on the individual.

The growth of hair follicle is classified in to three phases: Anagen which is the growing phase which lasts for 2-6 years, average being 3 years; Catagen, the transitional phase which lasts for 1-2 weeks; and Telogen, the resting phase, which lasts for 3-4 months. In a normal human scalp, 90 per cent of the hair is in anagen phase while 10 percent are either in catagen or telogen phase at any given point of time.

Alopecia areata primarily af-



**Alopecia areata is manifested by patches of hair loss on the scalp and other parts of the body. In severe cases, it can progress to complete loss of all body hair.**

fects the hair follicle as it enters the anagen phase. Inflammatory cells of the immune system infiltrate around anagen hair follicles and cause them to stop producing hair fibre. The condition is thought to be an autoimmune disorder in which the body attacks its own hair follicles

and suppresses or stops hair growth.

**Symptoms:** An affected person may first develop small, soft, bald patches which are usually round, but can take any shape. It mostly affects the scalp and beard but could occur on any hair-bearing part of the body. There may be dif-



**Ayurveda offers  
specific treatments  
such as panchakarma  
therapy, natural oils,  
shampoos and  
choornams for  
alopecia.**

ferent skin areas with hair loss and re-growth in the same body at the same time. It may also go into remission for a while, or permanently.

The area of hair loss may tingle or be mildly painful. The hair tends to fall out over a short period of time, with the loss commonly occurring more on one side of the scalp than the other.

**How and Why**

Alopecia areata is not communicable and contagious. It occurs more frequently in people who have affected family members, suggesting that heredity may be a factor. In addition, it is slightly more likely to occur in people who have relatives with autoimmune diseases. An unknown environmental trigger such as emotional stress combined with hereditary factors is believed to be the cause of this condition.

One diagnostic technique applied by medical professionals is to gently tug at a handful of hair along the edge of a patch. In healthy hair, no hair should fall out. In cases of alopecia areata hair will tend to pull out easier along the edge of the patch where the follicles are already being attacked by the body's immune system than away from the patch where they are still healthy.

**Ayurveda view:** Hair follicle contains an element called Bhrajak Pitha, one among the five types of Pitha. When Pitha present at the root of the hair increases, in association with Vata, it results in the falling of hair. Kapha and Rakta then together block the follicles of hair by not allowing fresh ones to grow.

Three terms are used to describe

## Types of Alopecia

**T**he most common type of alopecia areata involves hair loss in one or more round spots on the scalp. Diffuse Alopecia areata is a situation where hair may be lost more diffusely over the whole scalp.

In Alopecia areata monolocularis, baldness occurs in only one spot. It may occur anywhere on the head. Alopecia areata multilocularis refers to multiple areas of hair loss. The disease may be limited only to the beard, in which case it is called Alopecia areata barbae.

If the patient loses all the hair on his/her scalp, the disease is then called Alopecia areata totalis. If all body hair, including pubic hair, is lost, it is diagnosed as Alopecia areata universalis. Alopecia areata totalis and universalis are rare.



the symptom of hair loss—indralupta, khalitya and ruhya. According to Sage Vagabhatta, when hair falls suddenly and in a ring shape it is known as indralupta while khalitya is a long continuous process of hair fall. It is also believed that indralupta affects beard, khalitya affects the scalp and ruhya affects the entire body.

**Treatment**

Ayurveda recommends special oils made from specific natural ingredients which are good for the scalp and hair.

**Malathyadi thailam:** Apply the Malathyadi thailam, an ayurveda hair oil on the scalp, massage gently, keep it for 20 minutes, and wash. The main ingredient in malathyadi thailam is Jasminum gradifloeum. The juice of the leaves is used for the preparation of the thailam.

**Hibiscus shampoo:** Use natural shampoo made from Hibiscus' flowers or leaves. Take 3-4 flowers or 5-6 leaves of hibiscus and boil it in a bowl with little water. Let it cool, then squeeze the juice and use

as shampoo.

**Hasti dantha mashi:** This is a burned fine powder of elephant teeth. It has to be applied over the affected area with the juice of Elcipta alba.

Intake of Mandura bhasma, Loha Bhasma, navayasa choorna

and Amalaki rasayana is also an effective treatment for alopecia. A combination of eclipta alba choornam and amalaki churnam is also found effective.

**Panchakarma therapy**

Panchakarma therapies such as Nasyam (administration of medicines through the nose) with anu thailam; blood letting and Ksheera vasti, which is medicated enema therapy using herbal decoction, milk and ghee are also effective in treating alopecia.

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# WILD WONDER

Botanical name:

Family: Liliaceae

Names in other languages: Wild asparagus (English), Satavari, Abhiru (Sanskrit), Satavari (Malayalam).

Dr Reshmi Sarin



**W**ouldn't it be great if you could grow nutrition and wellness in your backyard? Satavari or wild asparagus is an ideal choice. This climbing under shrub with a woody stem and recurved spine also gives the garden an added beauty with its white fragrant flowers. Its fruits are globular, pulpy berries, purplish black when ripe, and seeds with hard and brittle testa. It is classified under Kantaka panchamula group of spinous plants.

From aiding proper digestion to refreshing brain cells, cooling the body, working as an excellent diuretic and helping in sperm generation, wild asparagus offers immense health benefits. It is very useful in treating vitiated conditions of Vata and Pitha, nervous disorders, dyspepsia, diarrhoea, tumours, inflammations, burning sensation, hyperpiesia, throat infections, tuberculosis, cough, bronchitis, gonorrhoea, leucorrhoea, lep-

**From inhibiting cancer to aiding digestion and helping in sperm generation, wild asparagus offers immense health benefits. It is also an immuno-modulator.**

rosy, epilepsy, fatigue, hyperacidity and general debility. It is also an effective medicine for antenatal care.

The tuberous succulent root of Asparagus is used as a vegetable and medicine. The young shoots are edible and are prepared in a number of ways- they may be eaten raw as salad, stir-fried (Cantonese method), grilled, boiled or steamed (French way). Asparagus can also be pickled and stored for a long time.

Asparagus roots contain 22 per cent protein, 6.2 per cent fat, 3.2 per cent carbohydrate, 0.36 per cent vitamin B, 0.04 per cent vitamin C and traces of vitamin A. It contains several alkaloids.

### Health talk

Ayurveda classifies satavari as below:

Guna: Guru (heavy) and snigdha (slimy)

Rasa: Tikta (bitter) and madhur (sweet)

Virya: Sheet (cold)

Digestion: Ayurveda uses wild asparagus in treating dyspepsia (amlapitha) and it has been shown to improve digestion by increasing the levels of amylase and lipase.

Galactagogue: Extract of satavari has increased both the weight of mammary lobulo-alveolar tissue and the milk yield. This effect was attributed to the action of released

corticosteroids or an increase in prolactin.

Satavari gulam, satavari ghritam, satavaryadi kashayam, saraswatharishtam, mahanarayana tailam, asoka ghritam, chandanasaavam, etc are some of the Ayurvedic medications which contain Satavari as the main ingredient.



## RECIPE WITH ASPARAGUS

Asparagus with split pea and saffron

15 1/4 oz corn

### Directions

Dry roast saffron in large deep saucepan about 2 minutes. Add olive oil, cumin and fenugreek. Cook until seeds sizzle.

Add onion, a pinch of asafoetida, curry powder and saute until onion is soft, about 5 minutes.

Add split peas, salt and water. Bring to a boil, cover, turn heat to low and cook until peas are soft, about 40 minutes.

Add asparagus and corn and stir to mix. Cook another 10 minutes and serve.

### Ingredients

1/8 tsp saffron (optional)  
2 tbsp olive oil  
1 medium onion, diced  
1 tsp cumin seeds  
1/2 tsp fenugreek seeds  
1/2 tsp curry powder - use curry leaves (neem) instead if you can find them  
1 tsp salt  
1 1/2 cups dry split peas  
4 cups water  
1 lb asparagus, blanched



The tuberous roots of asparagus are useful as medicine while the roots and young shoots are part of favourite health food across the world.

### Home remedies

- Tubers of satavari boiled in milk is helpful in clinical conditions characterised by dysuria.
- Taking medicated milk with wild asparagus is good for pregnant women. It helps in protecting the implanted foetus in the early stages of pregnancy.
- Decoction of satavari with honey pacifies adho gata raktapitha.
- Medicated ghee taken along with milk containing wild asparagus improves lactation.

## Immunological activity:

Asparagus is an immune-modulator. Animal studies found that the herb is capable of producing leucocytosis with neutrophilia. It also prevented myelosuppression by reducing cyclophosphamide-induced leucopenia. Asparagus has also been shown to inhibit drug induced mammary carcinogenesis (cancer). The hypothesis that macrophages play a pivotal role in the development of intraperitoneal adhesions and that modulation of macrophage activity may therefore prevent adhesions, was tested in an Indian study. The effect of asparagus was evaluated in an animal model of intraperitoneal adhesions. Asparagus reduced the severity of the adhesions and this correlated with a significant increase in the activity of the macrophages.

## Study on Satavari

Recent study shows that asparagus root, as a dietary supplement, offers protection against hyperlipidemia/hypercholesteremia. An animal experiment indicates that the potent therapeutic phyto-components present in asparagus root i.e. phytosterols, saponins, polyphenols, flavonoids and ascorbic acid, could be responsible for increased bile acid production, elimination of excess cholesterol and elevation of hepatic antioxidant status in hypercholesteremic conditions (Nishant. P et al, 2007).

The methanol extract of *Asparagus racemosus* root (200 and 400 mg/kg, p.o.) showed significant antitussive activity on sulphur dioxide-induced cough in mice, the cough inhibition (40.0 and 58.5%, respectively) being comparable to that of 10-20 mg/kg of codeine phosphate (36.0 and 55.4%, respectively).

### Cultivation

Garden Asparagus is a herbaceous perennial. It can be cultivated along with other plants such as the tomato. The cultivation practices are relatively simple. It grows well on soils of average fertility and good drainage. Asparagus should be planted in spring. Planting may be done from seeds or crowns (crowns are the base and roots of 1-year old plants).

*The writer is physician at  
The Arya Vaidya Chikitsalayam &  
Research Institute, Coimbatore.*



# A shot in the head...really!

**A person who was shot in the head near- fatally is recovering well; he can eat and walk with the aid of others. All thanks to Ayurveda.**

K Govindan Nampoothiry

**S**anveer Rajkumar, 23, was a car-racing champion in South Africa. A person of Indian origin, he was enjoying every second of his life by racing towards new horizons. Until destiny razed all his ambitions to the ground.

On February 23, 2008, Sanveer was returning to his Johannesburg home in his car when armed robbers stopped him. Their demand was simple: leave the car with them. A demand he could little approve. A scuffle ensued and the robbers shot

at him. The injury on the head was near fatal. Though surgeons in a local hospital removed the bullets stuck in his head, he continued to be a vegetable.

He remained in the ICU for four months but little changed. His memory screen blanked out for months. He was not able even to blink his eyes or move his hands. Sanveer's family had little hope left on his return to his normal active life.

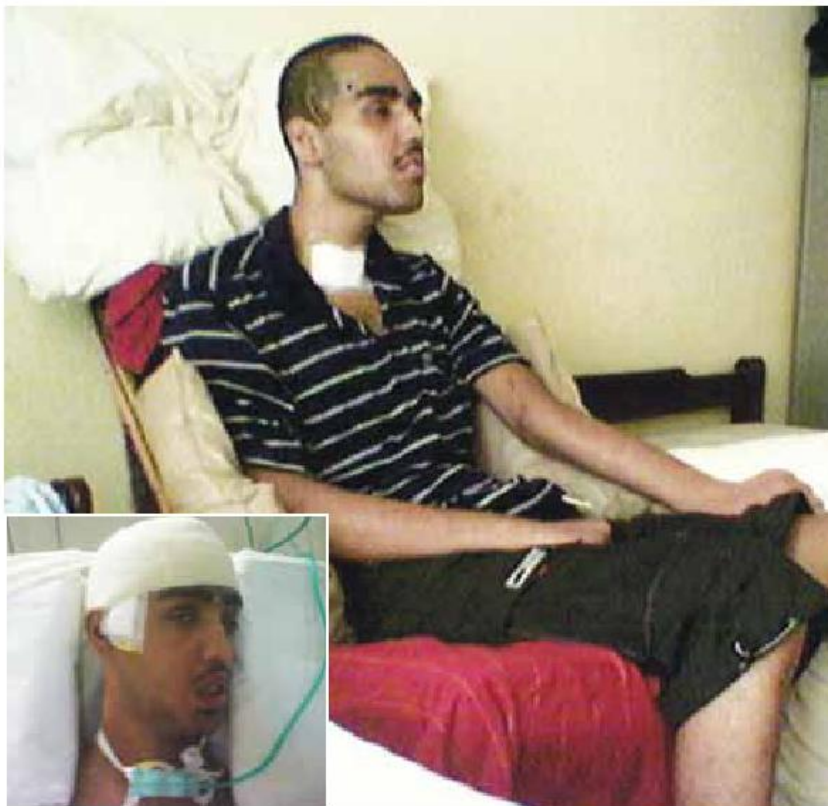
It was then that a family friend of them, who had taken treatment for multiple sclerosis at Punarnava Ayurveda Hospital in Kochi, India, suggested that they try Ayurveda. As a last resort Bijili Rajkumar, Sanveer's mother, decided to go by the advice. That decision turned luck in his favour. Bijli, who was running a profitable business, left it and chose to accompany her son to Kerala.

## Dr Anvar's experience

"I was hesitant to take up the case as Sanveer was in a serious condition," Dr A M Anvar, Chairman and Managing Director, Punarnavasaid. "But Sanveer's mother's words, when she, along with Sanveer and his family members, came to meet me on 30, January 2009, changed my mind. She said: 'Whether the result is positive or negative, you should go ahead. I hope Ayurveda can do it.' These words lifted my confidence level."

There were many tubes such as Folley's catheter and other ones used in gastrostomy, trachostomy. That Sanveer had regular fits made

**Sanveer was almost like a vegetable when he landed in India for Ayurveda treatment. Today, he hopes to go back to his normal life.**





## Special treatments

Thalam is done for ENT problems, insomnia and migraine. This treatment has to be performed before doing external treatments. A special mixture of herbal powder and medicated oil will be applied on the upper portion of the head. It will be retained therefor 20 to 45 minutes.

### Mamsa Kizhi

Mamsa Kizhi, a special treatment in which herbs, herbal powders and flesh of animals are applied on the body along with hot medical oils. It is an ideal treatment for ailments such as arthritis, spondylitis, injuries related to sports and muscular atrophy.



Dr Anvar

the condition more difficult to tackle in the initial stages. Dr Anvar started off giving some special combinations of Ayurvedic medicines and brought it under control.

### First stage

The treatment started with a special treatment for the head (thalam) using a tablet (marma gulika) to stimulate the body. In the next two weeks, the doctor administered two medicinal concoctions (amruthotharam kashayam and alajeerakadi kashayam) along with fumigation. The other treatments included administration of a medicine prepared by boiling and fermenting different pulses and cereals (dhan-yaaamlam), oil massage and bath (abhyangam) and continuous pouring of milk onto the affected parts (ksheeradhara) with a special combination of herbs and oil.

The treatments started showing results: Sanveer slowly tried to

move his eyes; tears started rolling down his cheeks.

### Second stage

“Since Sanveer was able to withstand mild line of therapies we did massaging with sachets containing medicinal mixture dipped in medicinal solutions (Njavarakizhi) and oil bath with sahacharadi oil in the second stage.” After this, Sanveer was able to move his hands and sit. “Then I witnessed a challenging condition – Sanveer’s BP used to drop while sitting. To counter this I prescribed siddhamakaradhwajam by mixing drops of betel leaf juice. And it worked.”

Sanveer got tremendous improvement after mamsa kizhi (in which sachets containing animal meat is used), different kinds of enema such as mathra vasti, dhanwantharam vasti etc were performed. He could then move his neck and take his mobile phone. All these hap-

pened during a 60-day treatment course.

“Once his condition improved to this stage, I advised them to return home and come back after six months,” Dr Anvar said.

After discharge, they came after six months. By this time, he had begun to eat fruits such as banana and could walk to the bathroom with the aid of others.

He underwent a second course of treatment from 20, November 2009. With the 30-day treatment, his memory improved. Sanveer recollected some phone numbers of his friends and wrote them. Besides, he ate food without the aid of others. A remarkable change!

Though Sanveer has not started speaking, his family members are hopeful. “I thank Ayurveda that my son is making steady progress,” said Bijli. “The hospital gave him the best treatment and us, the best hospitality.”

“I’m very confident that Ayurveda can manage trauma and accident-like conditions,” Dr Anvar said. “However, it should be ensured that there is an emergency management team to handle it. Modern equipment and skilled physicians are also vital.”

**Sanveer’s family had little hope left on his return to normal life. It was then that a family friend, who had taken treatment for multiple sclerosis at Punarnava Ayurveda Hospital in Kochi, India, suggested that they try Ayurveda.**



# Back to Nature Back to health

## Central Council for Research in Yoga & Naturopathy

The CCRYN is an apex body and autonomous organisation for the research, propagation, education, training and development of Yoga & Naturopathy under the Department of AYUSH, Ministry of Health & Family Welfare, Government of India.

### The Council activities

#### Academic

- Clinical Research: So far 30 clinical research projects have been completed.
- Literary research/publication/translation.
- Workshops/Seminars/Conferences.
- Scholarship of Rs 5,000 p.m. for studying BNYS (Bachelor in Naturopathy & Yogic Sciences) degree course for 5 or 5½ years duration for 110 students from the States where no BNYS colleges are existing.
- Establishing six Central Research Institutes at Karnataka, Haryana, Tamil Nadu, Manipur etc.
- National Awards - 3 per year since 2003.
- Fellowship for Ph.D. scholars at Rs. 6,000 p.m. for 3

years.

#### Courses

- Diploma in Naturopathy & Yoga Therapy (DNYT): A two-and-a-half year course in about 50 Naturopathy & Yoga Hospitals in India.
- Conducting 2 Yoga Classes at Council's Headquarters and 2 at Udyog Bhawan and 4 at AIIMS.

#### Patient care

- Treatment-cum-propagation centre for 30-bed Naturopathy & Yoga Hospitals.
- Patient Care Centre for 10 or 20-bed Naturopathy & Yoga Hospitals.
- Managing out-patient departments (Y&N) at government hospitals and medical colleges in Delhi such as Dr. RML

Hospital, Safdarjung Hospital, Lady Hardinge Medical College, University College of Medical Sciences, B.D. Sharma P.G. Medical Institute, Rohtak, Haryana, and the Council's Headquarters.

#### Publications

- 11 books in Hindi & English.
- CDs on Naturopathy & Yoga Therapy in Hindi, English and Tamil.
- 9 research monographs.
- More than 30 brochures, leaflets and booklets in Hindi and English for free distribution.
- Yogic Prakritik Jeevan, quarterly Magazine, in English and Hindi.

Participation in various AROGYAs and other health expos.

#### Director

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Tel: +91 11 28520430/31/32 Fax: +91 11 28520435, E-mail : ccryn.goi@gmail.com, btcmurthy@gmail.com Website : www.ccrn.org/



# Campaign to protect Ayurveda in UK



Alan Keen MP speaks at a meeting of Ayurvedic practitioners and herbalists held at the British House of Lords on November 12, 2009. (From L-R) Jane Gray, president, National Institute of Medical Herbalists, Amarjeet-Singh Bhamra, chairman, Save Herbal Medicine, and Sunita Poddar, trustee, Patanjali Yog Peet Trust, UK, are also seen.



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I, Benny Thomas, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Kochi  
28.02.2009

Benny Thomas  
Publisher

Practitioners and followers of herbal medicines including Ayurveda in Britain have demanded that the British government produce a statutory register for herbalists to meet the new European Union norms coming to force in April 2011.

The new EU legislation states that only "statutorily regulated" professionals, such as doctors, would be able to prescribe the alternative remedies. The EU directive will restrict herbal medicines that can be supplied over-the-counter to licensed "traditional" medicines used to treat "mild and self-limiting" conditions.

The regulation would affect Ayurveda, Chinese medicine, Kampo, traditional Tibetan medicine, Unani Tibb medicine and Western herbal medicine, should the UK not introduce its own statutory legislation. The 'Save Herbal Medicine' chairman Amarjeet S Bhamra said, "Many of our patients may choose to use herbal medicine as part of their cultural and religious beliefs," and said if the government failed to produce a statutory register for herbalists, this will significantly and adversely restrict the scope of herbal medicines."

He pointed out that once the register is created, the government would be able to effectively regulate practitioners and ensure that they meet certain standards.

The campaign was launched following a meeting at the House of Lords hosted by Lord King of West Bromwich on November 12, 2009. The meeting was chaired by Alan Keen, MP and Bosworth David Tredinnick, MP.



# In search of new horizons

The CII-sponsored meet to explore Ayurveda's global potential



The Global Ayurveda Summit 2010 to be held in Kochi aims to give the Ayurveda industry a much deserved boost. Organised by the Confederation of Indian Industry (CII) in association with the Government of Kerala and the Department of AYUSH, Government of India, the three-day summit will be held from March 24 at Hotel

Le Meridian, Kochi. The theme is 'Global Health Challenges: Ayurveda Solutions'. On the agenda are an Ayurveda exposition, six plenary sessions and B2B meetings. Over 500 experts and leaders from India and abroad would participate in the event.

The CII seeks to positioning Kerala as a Global Ayurveda destination and building a Brand Icon for boosting Kerala economy as it is the biggest industry feeding tourism. The meet will be a knowledge platform to meet national and global leaders in Ayurveda, share new ideas, find

new customers, underline market leadership, discover partners and collaborators, trace growth trends, study future potential and address bottlenecks.

The meet will showcase products and services such as resorts, spas, wellness and health clinics, tour operators, specialised hospitals, furniture, medicines, health foods, dietary supplements, wellness, beauty and nutraceutical products.

The meet will also examine the global potential of Ayurveda and the use of IT in modernising the ancient branch of science.

## Project the right image

Ayurveda & Health Tourism spoke to Dr S Sajikumar, Convenor of the Tourism Panel of the CII (Kerala), who is also the managing director of Dhathri Ayurveda (P) Ltd. Excerpts:

**What are the objectives of the summit?**

We have identified the key areas to be discussed at the summit. They are: Creating a global market for Ayurveda. Achieving standardisation and quality in raw materials, processes and products. Integrating health and tourism. Leveraging IT for delivering Ayurveda services.

**How do you plan to achieve this at the summit?**

We hope the Meet will help us achieve these goals. We will be sharing global ideas, finding new customers, underlining market leadership, tracing trends in growth, studying the potentials of the industry and addressing relevant issues at the summit.



**What is the shape of Indian Ayurveda as an industry at present?**

The East, and in particular India has always been concerned with the development of the spiritual side of human beings. The importance of a sound body for a sound mind has also been well understood here. The ancient science of Ayurveda originated in India and does exactly this- aim at both mental and physical wellbeing. It is a Veda. Hence it

has always been associated with India. Today India's Ayurveda industry registers a turnover of around Rs 500 crore.

**What are the key weaknesses of the Ayurveda industry? How could they be overcome?**

The problems of the Ayurveda industry stem mostly from incorrect marketing and lack of awareness. Though it is a complete science with a prominent curative aspect, it tends to be projected as a package of rejuvenation and pleasure. This is especially the case with massages which are seen mostly as a means of pleasure. Such misconstructions encourage unscrupulous practices.

The authorities need to take strict action through licensing, accreditation, inspection and other measures. We already have the Green Leaf and Olive Leaf certification system to classify Ayurveda centres. More such needs to be implemented.





Confederation of Indian Industry



Department of AYUSH  
Ministry of Health & Family Welfare  
Government of India



GOVERNMENT OF KERALA

## International Conference & Exposition on Health, Nutraceuticals, Medicinal Plants & Tourism 24-28 March 2010, Hotel Le Meridien, Cochin, Kerala, India

**The Summit:** CI in association with AYUSH (Department of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy), Government of India and Kerala State Government is organizing the first ever edition of the Global Ayurveda Summit 2010 on 24-28 March 2010 in Hotel Le Meridien, Cochin, Kerala.

**Event theme:** Global Health Challenges: Ayurveda Solutions. The Summit, a first major international leadership forum is expected to have a participation of over 600 industry leaders and eminent experts from India and abroad.

### Event components:

- Immigration and Cultural Programmes
- 3 day International Conferences
- 3 day Exposition and Workshops
- Focused Business to Business Meetings
- Special Combined Tours / Facility Visits

### Scope of Endorsement

- Curative, Rajwartha & Preventive
- Palliative, Geriatric, Sports Medicine
- Recuperative & Rehabilitative – Medical Tourism
- Standardization and Quality Aspects
- Regulations & Compliance
- Experts of Ayurveda Products & Services
- Facilities Services: Hotels, Spa & Resorts
- Connecting Local Services – Tour operators

### Focus areas:

- Global potential of Ayurveda: Creating a Global Market Place
- Potential for Export of Products / Services
- Potential of Nutraceuticals in Ayurveda
- Manufacturing & Standardization: Quality in Process Management & Raw Materials
- Good Agricultural Practices: Cultivation, Collection and Storage
- Treatment and Documentation: Scientific aspects in Ayurveda
- HR, Skill development and Marketing

### Highlights: Why Ayurveda? Why India? Why Kerala?

**Ayurveda:** Best choice for Healthcare

**India:** Kheda for modern healthcare, comparable to best in the world. Positioning as Global Ayurveda destination

**Made in Kerala:** Home of Ayurveda institutions, steeped in tradition, purity, and authenticity. Naturally bestowed with ideal climate, natural resources & well qualified practitioners/paramedics

### International Conferences:

Global Knowledge Platform to meet national and global leaders in Ayurveda, Health, Wellness, Nutraceuticals, Medicinal Plants & Tourism fields.

- Share ideas, find new customers, maintain market leadership; discover partners / collaborators
- Trace growth trends, study future potential and address bottlenecks. Eastern vs Western school
- Learn about current expectations of customers and other stakeholders

### Exposition & Workshops:

The exposition and business to business meetings will enable key players in the Ayurveda and related sectors to showcase their products and services.

**Participants & Exhibitor profile:** Ayurveda Product Companies, Tourism and Pharma Industry, Tour Operators, Ayurveda Hospitals, Hotels and Resorts, Specialized Hospitals, Testing equipment manufacturers, Health, Diet food / Dietary Supplements, Wellness, Beauty/Nutraceutical products, Academicians, Educational and Research Institutions, Equipment Suppliers & Accessories, Wellness Centre, Medicinal Plant & Production equipment dealers, Agro, Biotech, Cosmetics, IT, Packaging & allied manufacturers among others.

For Summit details, please visit - [www.ci.in/](http://www.ci.in/) / Contact : Solomon Pushpam, CI, Tel: 0464 – 401 2800 / 0885765117, E-mail: [solomon@ci.in](mailto:solomon@ci.in)

### Key Speakers

**Mr V S Ashokkumar**  
Chief Minister of Kerala

**Mr Gulam Nabi Anwar**  
Minister for Health and Family Welfare  
Government of India

**Mr Manu Singh**  
Minister of Housing and Urban Poverty  
Alleviation and Tourism, Government of India

**Poel E Y Thomas**  
Minister of State for Agriculture & Consumer  
Affairs, Food & Public Distribution, GOI

**Mr Shashi Tharoor**  
Minister of State for External Affairs, GOI

**Mr S Ramakrishnan**  
Minister of State for Health and Family Welfare,  
Government of India

**Mr P K Ananthanarayanan**  
Minister for Health & Social Welfare  
Government of Kerala

**Mr Sam Filder**

Chairman, National Knowledge Commission

**Mr Jitendra Mittal**  
Secretary, Department of AYUSH, Ministry of  
Health and Family Welfare, Government of India

**Dr David Freeman**  
Founder & Director, American Institute  
for Vedic Studies New Mexico

**Dr Shrinivas J Ghosh**  
Secretary General, Quality Council of India

**Dr Pratima C Pandey**  
Executive Chairman, Apollo Hospitals Group

**Dr Shashank Thakur**  
Minister of State, UK

**Dr Richard H. Hersh**  
President, SCI Healthcare, USA

...many others  
to be added

- International Regulations & Policies : Challenges & Solutions
- Supporting Role of Government Agencies to tap the International Market
- Presence of Heavy Metals in Ayurveda Products – The Current Prospective
- Creating Global Standards for Facilities
- Integrating Health and Tourism: Role of Resorts & Spas
- Leveraging IT for Ayurveda Services



Official Magazine

**Ayurveda**  
A HEALTH SCIENCE

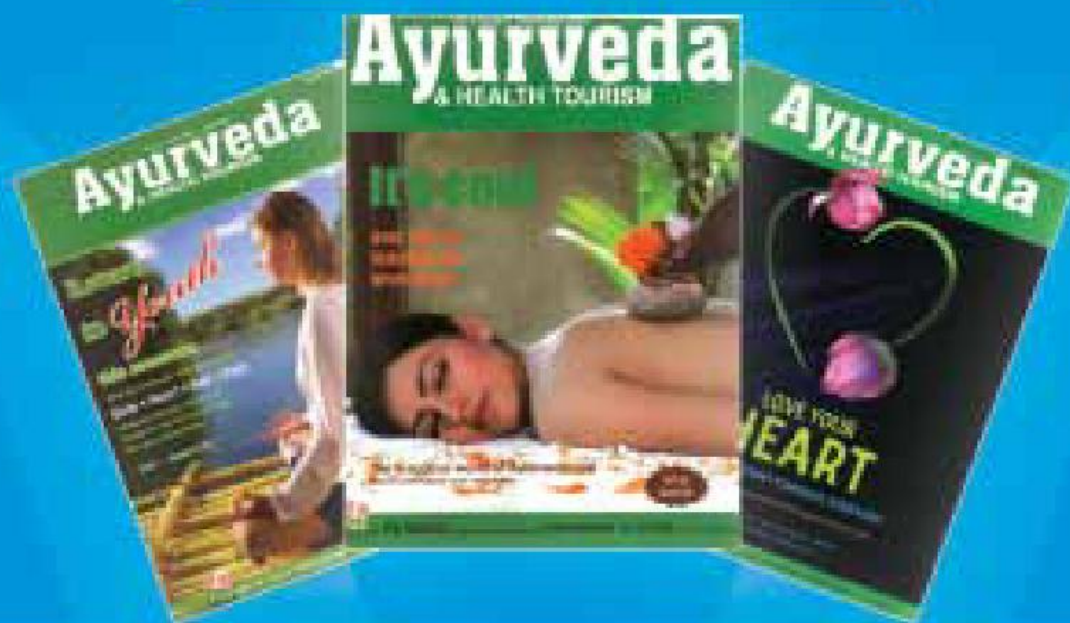






# Ayurveda

& HEALTH TOURISM

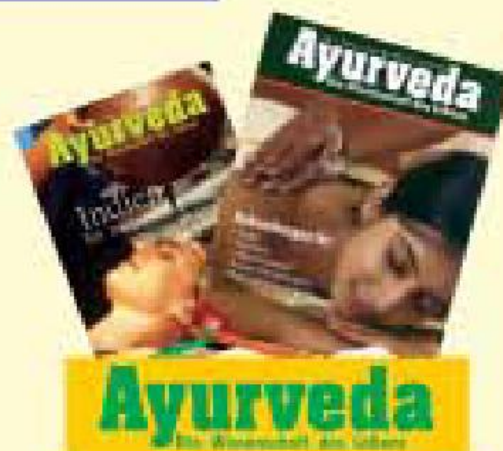


## Group Publications



Malayalee  
**SANGAMAM**

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German Edition

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One Year	US\$ 150/-	Rs. 150/-
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# Glossary



**Abhyangam:** An oil massage given for 45 minutes a day for 14 days. The treatment is said to be highly effective in combating obesity, loss of skin luster, sleeplessness and fatigue.

**Agada tantra:** Toxicology, a branch of Ayurveda dealing with poison.

**Amavata:** A disease caused by ama (toxins) and vata, similar to the arthritis in modern medicine.

**Anupana:** A fluid accompanied with medicine.

**Asana:** Posture, seat or position.

**Agni:** Agni is the form of fire and heat that is the basis of the digestive system and the process of release of energy. The term includes the body heat, body temperature, sight, the digestive fire; its function is transformation, absorption, elimination and discrimination is agni.

**Arishta/Asava:** Fermented formulation

**Avagaham:** Immersing your body in a decoction.

**Choornam:** Powdered herb

**Dhara:** One of the preparatory procedures for panchakarma. Specially trained masseurs apply specified medicated oil on the body of the patient.

**Dhatu:** Structural units of human body

**Ghritham:** Ghee based drug

**Gulika:** Pill

**Kapha:** It is one of the three doshas i.e. the water humor, the intracellular fluid and the extracellular fluid that plays significant role in the nutrition and existence of body cells and tissues.

**Majja:** One of the seven dhatus, bone marrow, it is unctuous and soft, its main function is to oleate the body, to fill up the asthi, and to nourish the shukra.

**Meda:** It is the fat tissue supported by mamsa dhatu. The main function of this one of the seven bodily tissues is to support the human body and lubricate it. meda's presence in excess can cause obesity and physical weakness.

**Nasyam:** Involves the application of juices and medicated oils for 7-14 days to cure headaches,

paralysis, mental disorders and certain types of skin diseases.

**Nidana:** Cause of the disease and investigating it.

**Njavarakizhi:** The whole body, or a specific part, is made to perspire by the application of certain medical herbs applied for 45-90 minutes a day for 14 days. This treatment is given rheumatism, emaciation of limbs, high blood pressure, cholesterol and certain skin diseases.

**Pizhichil:** Lukewarm herbal oils are poured all over the body continuously for 45-90 minutes a day for 7-21 days. This treatment is most effective in rheumatic diseases such as arthritis, paralysis, hemiplegia and paralysis-agitans.

**Shirodhara:** Warm oil is poured onto the forehead for 40 minutes a day for 7-21 days to treat insomnia, loss of memory, headaches, mental tension and certain skin diseases. This is generally applied after a 'vasti' head massage.

**Snehapanam:** The oral intake of medicated oils for body purification.

**Samanam:** Pacification therapy.

**Sodhanam:** Purification therapy.

**Sirovasthi:** A leather cap is fixed in the head of the patient and in that lukewarm medicated oil is poured and kept for a period of 30 to 60 minutes.

**Swedanam:** Use of medicated steam made with leaves root and twig of herbal plants to generate sweat to detoxify the body.

**Svasthavrittam:** Healthy man's regime.

**Takra:** Buttermilk, a drink made by mixing water in yogurt and churning it.

**Udvarthanam:** A powder massage effective for obesity, hemiplegia, paralysis, skin diseases and impaired circulation.

**Thalapothichil:** Herbal pack done on head.

**Tridosha:** The three functional units of body

**Urovasthi:** Warm herbal oil is poured over the chest and kept inside an herbal paste boundary. It boosts the neuro-muscular system and connective tissues.



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