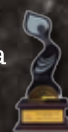


Winner of Best Tourism Magazine Award from Department of Tourism, Govt. of Kerala



Vol.13 | Issue No.3 | Jul - Sep 2018

₹100 US\$5 € 5.50 AED18

Ayurveda

& Health Tourism

When Beauty
Meets the **EYE**

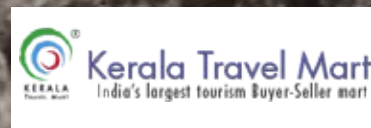
EYE Doorway to
mental health

The Power of
MEDITATION

Ayurveda
remedy for
CATARACT

CHILDREN
Gadgets and Vision

YOGA
helps develop
Personality





ASHTAVAIDYAN THAIKKATTU MOOSS

VAIDYARATNAM



**"Timeless Ashtavaidya Tradition,
for Changing Times"**



ASHTAVAIDYAN THAIKKATTU MOOSS

VAIDYARATNAM



Vaidyaratnam Oushadhasala. Pvt. Ltd.

Thaikkattussery, Thrissur, Kerala - 680 306.

Tel: +91 487 2432732 | Email: mail@vaidyaratnammooss.com

BRANCHES Thiruvananthapuram: 0471-2331187, Adoor : 0473-4216118, Kottayam: 0481-2303317, Emakulam: 0484-2375517, ALUVA : 0484- 2838102, Irinjalakuda : 0480-2820309, Ollur : 0487-2352851, Thaikkattussery : 0487-2432732, Thrissur - Round: 0487-2420382, Thrissur - Kottappuram: 0487-2386479, Palakkad: 0491-2546006, Manjeri: 0483-2769433, Quilandi: 0496-2620410, Kannur : 0497- 2760820, Nileswarem : 0467 2285770, Chennai : 044-28163272, Bangalore : 080-41104359, Secunderabad: 040-66486055, Ahmedabad : 079 48985763, Vijayawada : 0866 - 2844770, Mumbai : 022-25220118, New Delhi : 011-65447707.

TREATMENT CENTRES: Bangalore- HSR Layout : 080-22580020, Mumbai- Chembur : 022-25290203, Delhi- Green Park : 011 4905 8023, Kozhikode- Kallai Road : 0495 - 2302696

Web: www.vaidyaratnammooss.com | E-commerce: www.keralaayurvedamedicine.com

Vaidyaratnam Nursing Home (NABH Accredited): Ollur - Thaikkattussery, Thrissur, Kerala - 680306

Tel : + 91 487 2432832; Email : nursinghome@vaidyaratnammooss.com

- Manufacturing ● Marketing ● Exports ● Hospitals ● Treatment Centres ● Ayurveda College
- Research & Development ● Herbal Gardens ● Publications ● Ayurveda Museum

Relax. Refresh. Rejuvenate.



Fragrant Nature Hotels & Resorts

Nedungolam P.O, Paravur, Kollam
www.fragrantnature.com | enquiries@fragrantnature.com | +91 474 251 4000

Follow us [f](#) fragrantnaturekochi [@](#) fragrantnature



RNI No. KERENG/2006/20510

Editor & Publisher : **Benny Thomas**
 Consulting Editor : **O.J. George**
 Editorial Co-ordinator : **Ninu Susan Abraham**
 Layout & Design : **Lal Joseph**
 Legal Advisor : **Adv. Biju Hariharan**

Panel of Experts:

Mrs. S. Jalaja IAS (Retd)**Dr. Madan Thangavelu** (Cambridge University)**Dr. G.S. Lavekar** (Former Director General, CCRAS)**Prof. (Dr) K Muralcedharan Pillai****Dr. P. K Mohanlal**

(Former Director, Ayurvedic Medical Education, Kerala)

Prof. (Dr.) K.G. Paulose

(Former Vice-Chancellor, Kerala Kalamandalam Deemed University, Cheruthuruthy, Thrissur)

Dr. M.E. Sarma (Professor, Ayurveda College, Kottakkal)**Dr. Antonio Morandi** (Ayurvedic Point-Milan, Italy)

BUSINESS ASSOCIATES Overseas

USA : Chicago : **Vincent Joseph**, Mob: 847 299 9954
 USA : Houston: **Shaju Joseph**, Mob: 847 899 2232
 USA : New York: **Vincent Sebastian**, Mob: 917 992 9629
 USA : CALIFORNIA: **Wilson Nechikat**, Ph: 408 903 8997
 Canada : **Jose Sebastian**, Ph: 416 - 509 - 6265
 UK : **Dileep Mathew**, Ph: 044 787 743 2378
 Switzerland : **Dr. George Sebastian**, Ph: 527204780
 Ireland : **Thomas Mathew** Mob: 00353 87 123 6584
 Middle East : **Anil Nath**, Ph: 506854500
 Singapore : **Mahesh A**, Ph: +65 906 22828
 Germany : **Gayathri Puranik** Ph: +49 179 127 5002
 Austria : **Monichan Kalapurackal** Ph: 0043 6991 9249829
 Korea : **Dr. A. Thomas**, Ph: 0082 10 5822 5820
 Australia : **S. Mathew**, Ph: 61247026086
 Oman : **Legihass Ussain**, 00968 95383199

BUSINESS ASSOCIATES India

Mumbai : **Mohan Iyer**, Mob: +91 22 6450 5111
 Chennai : **C. Shankar** Mob: +91 984 097 8060
 Coimbatore : **Gurumurthy** Mob: +91 989 460 4804
 Eastern India : **Sanjay D. Narwani** Mob: +91 983 120 7202
 Hyderabad : **Ephram Joseph** Mob: +91 939 131 5072
 Bangalore : **C. Sivakumar** Mob: +91 974 000 4932
 Puducherry : **K. Ramasubramanian**, +91 989 497 7161
 Trivandrum : **Kuriyan K. Raju**, Mob: +91 944 610 6644

Your EYES speak a thousand words!

The eye is one of the most precious organs of most living creatures. It is always said that the emotion of a person is best understood by studying his/her eyes, and in Ayurveda this dictum stands true. Considering the depth of how much Ayurveda relates to the eye, we have decided to dedicate this issue of our magazine to this awesome pair called Eyes. This issue is a very special one as we have tried to unravel the mysteries of the human eye through the Ayurveda angle. This is a rare venture and we hope to have done full justice to this unique feat. The different articles in this issue on eye will definitely be a feast for the eyes and minds of our readers. Also, this issue has a unique collection of stories pertaining not just to the beauty of the human eye but also about how to tackle the different health issues of the eyes. Today, we live in a world where this precious and most sensitive organ is attacked daily on the health front. The nature of today's job requires one to be in front of the computer screen or other digital devices for long hours. It is high time that these issues are tackled. Through this issue we provide our readers with natural as well as Ayurvedic solutions to many of the health hazards faced by the human eye. Thus, this issue of our magazine is an answer to the growing demand for pluralistic healthcare of the eyes. Eye health is one area where pluralistic approaches offer immense benefits and these advantages and promises are starting to be recognized globally. Our magazine thus talks about different issues related to the eye in a manner that is simple, clear and candid. The diverse issues related to the eye discussed in this issue of our magazine will definitely attract the attention of our readers and also provide unusual insights to our readers who are keen followers of Ayurveda and AYUSH Systems.

Most of the articles of this issue have been written by subject experts in the relevant areas. Most of them are purely out of their clinical experience or from academic research conducted in that specific area. Some of the articles included in this issue are nutrition for healthy eyes, pain management of eyes, healthy habits of eyes that should be followed routinely, herbs that are recommended for a healthy pair of eyes, how eyes can be treated with ghee, how to overcome night blindness, cataract and several other eye disorders. Apart from articles on the eyes, there are stories on Yoga, meditation, beauty tips, news and events in the world of health, Ayurveda, wellness, Yoga and tourism. Since this issue has come out immediately after the fourth international Yoga day, we have beautifully captured the celebrations of this event through images and interesting write-ups.

Also, we would like to inform our readers and the public that for this EYE special issue, our magazine will be available at the following national and international events.

- Medic East Africa 2018 at Nairobi, Kenya, from September 25 to 27; 2018
- 8th Oman Health Exhibition & Conference in Muscat from 24 to 26 September; 2018
- 10th Edition of Kerala Travel Mart (KTM 2018) at Kochi from 27 to 30 September; 2018

Considering our reader interests and tastes, we would like to cover more serious, challenging and relevant issues in the future so that our readers are satisfied and feel deeply invigorated, rejuvenated and revitalized by the different writings in our issues.

Happy Reading and hope you will come back to us for more!

Editor

CORPORATE OFFICE

FM Media Technologies PVT Ltd,
 Penta Square, Opp.Kavitha, MG Road,
 Cochin -682016, Kerala, India.
 Tel: +91 484 403 4055
 Email: editor@ayurvedamagazine.org
 www.ayurvedamagazine.org

Printed, published and owned by
 Benny Thomas
 FM Media Technologies Pvt. Ltd,
 Penta Square, Opp.Kavitha,
 MG Road, Cochin -682016,
 Kerala, India.
 Editor: Benny Thomas

Printed at Sterling Print
 House Pvt Ltd, Door No.
 49/1849, Ponekkara-
 Cheranellur Road, Aims,
 Ponekkara P.O,
 Cochin-682041,
 Ph: 0484 2800406.

Disclaimer: The statements in this magazine have not been evaluated by the Food and Drug Administration of USA or any other country. Information provided in this magazine are not intended to diagnose, treat, cure or prevent any disease. If you have a medical condition, consult your physician. All information is provided for research and education purpose only.



Ayurveda is a frequently discussed theme in Kerala and Ayurvedic Wellness treatments are offered by so many facilities each and every corner. All these centers promise authentic Ayurvedic Treatment. But how can you be sure that which is the good Ayurvedic centre? Ayur Bethaniya is one of the best among other Ayurvedic centers. We strive hard to ensure our clients get the highest quality treatments delivered by the best therapists in the field under the guidance of Ayurveda panchakarma specialists, in a healing environment. We provide all kind of wellness treatments as well as treatment for specific disease conditions.

We follow the principles of Ayurveda unchanged from the ancient times and the diseases are diagnosed on the basis of "THRIDOSHA" concept in ayurveda. This Hospital is famous for its excellent approach to disease management by authentic Ayurveda therapies. The patients leave the hospital with full energy and rejuvenated.

The hospital offers various treatment packages like rejuvenation, body cleansing, spine care, slimming as well as anti-stress treatments. The

treatments are advised by qualified and experienced ayurvedic physicians based on the health and ailments of patients. So treatment may vary from patient to patient depending on the above mentioned factors.

We provide different types of accommodation options such as air conditioned and non-air-conditioned rooms in three categories. Another unique feature of our centre is that we use organic vegetables in the food preparation grown in our own organic farm which enhances the healing. We also have facilities like roof top garden, laboratory, own medicine production department, herbal garden, swimming pool, fitness centre and Yoga classes.

FACILITIES

- Air-conditioned and non-air-conditioned villa rooms
- Spacious and well equipped treatment rooms.
- Individual diet with organic Home-grown vegetables
- Own pharmacy and laboratory
- Swimming pool
- Fitness centre
- Organic farm and herbal garden
- Physiotherapy
- Yoga and meditation area
- Free pick up and drop
- Acceptance of all major credit cards
- Beauty treatments
- Accupuncture
- Organic Shop



We offer treatments for lifestyle disorders, Neurological diseases like stroke, Parkinsons disease, Multiple sclerosis, Orthopedic diseases like cervical spondylosis, Sciatica, ligament injuries, arthritis, sexual dysfunction, prostate hypertrophy etc. The treatment consists of Panchakarma therapies along with herbal decoctions. Ayurveda can deliver miraculous results for many chronic diseases where other branches of medicine couldn't offer much relief.

Overall we assure our guests the best quality treatments with great hospitality at very affordable cost in a great ambience.

DOCTORS' PANEL

Dr. O.Sreenivasan MD (Ay)

*Senior Consultant Physician
Post degree in Toxicology with over 35 years Experience.*

Dr. Griger Cherry Williams, MD

*(General Medicine)
Consultant Physician (Modern medicine)*

Dr. Anuranj M.A, MD

(Panchakarma) Consultant Physician

Dr. Shincy Kottarathil, MD(Ay)

Consultant Physician

Dr. Sanofer Vaheed, BAMS

RMO

Dr. Sneha Santhosh, BAMS

RMO

Ayur Bethaniya

**Ayurveda Hospital
BRD Meadows, Ambalapuram
Peringandoor P. O., Athani, Thrissur**

**info@ayurbethaniya.org
Ph: +91 703 40 99 999, +91 994 68 29 999**

In This Issue

1) News & Events	8
2) Cover Story: When Beauty meets the EYE!	24
3) Vision, mission, objectives, all filtered through eyes; Of all the senses, sight must be the most delightful; Don't lose sight of this wonderful asset	36
4) Eye, doorway to Mental Health	38
5) Food for Eyes	40
6) Herbs for better vision	44
7) Pain in the eye? Ayurveda helps!	48
8) What to do for dry and tired eyes	50
9) EYES Healthy Habits	52
10) Ayurveda sheds light on Night Blindness	54
11) Treating eyes with Ghrita (Ghee)	56
12) Your Eyes Speak for Yourself	60
13) Good food, Good life for Good eyes	62
14) Ayurveda Remedy for Cataract	64
15) Care for your EYES naturally	66
16) Drinking water from copper vessel improves health	69
17) Children, Gadgets and Vision	70
18) Yoga helps develop Personality	72
19) Power Yoga for your eyes	76
20) How to Reverse Hair Greying	79
21) The power of Meditation	80
22) Yogis united in Kerala to discover the land of Yoga	82
23) 4th International Yoga Day Celebrations: From Paris to Ladakh	84
24) Do It Yourself Natural Face Wash	88
25) How to Deal with those Dark Circles	90
26) Letter from Cambridge	92
27) The Super Fruit	94
28) Promising Eye Health for Future Generations	96





**Pain in the eye?
Ayurveda helps!**

48



**Ayurveda Remedy
for Cataract**

64



**The power of
Meditation**

80



**What to do for
dry and tired eyes**

50



**Children, Gadgets
and Vision**

70



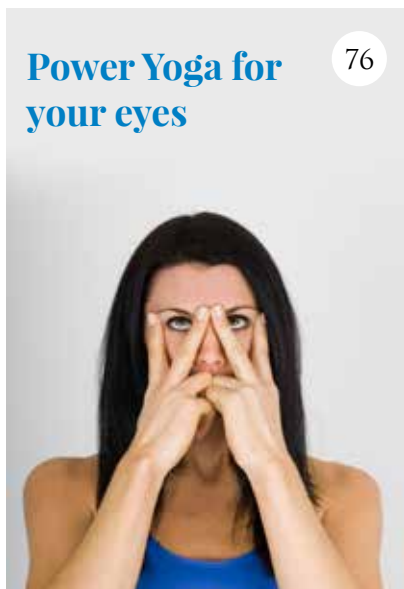
**How to
Deal with those
Dark Circles**

90



**EYES
Healthy Habits**

52



**Power Yoga for
your eyes**

76



The Super Fruit

94

AYUSH Centre at Saint Charles Hospital - Kensington, London

Prime Minister Narendra Modi and HRH The Prince of Wales jointly inaugurated AYUSH Centre at Saint Charles Hospital, London. SOUKYA, a global pioneer in the field of Holistic and Integrative Medicine, will be providing training, logistics and services at this centre.

This Centre is the first-of-its-kind providing Ayurveda, Homeopathy, Naturopathy and Therapeutic Yoga primarily for the local patients following their referral by general practitioners.

Saint Charles Hospital was started as an infirmary for the poor in 1879 and has established itself over the years. St. Charles Hospital already has developed facilities for Yoga and Tai chi and has a strong reputation for innovation.

Dr. Issac Mathai, Founder of SOUKYA, Bangalore is the official Indian Ambassador of the College of Medicine, London and is also an Advisor to this new AYUSH Centre.



Prime Minister Narendra Modi and Prince Charles jointly inaugurating AYUSH Centre at Saint Charles Hospital, London. Seen along are Amarjeet S Bhamra and Dr. Issac Mathai, founder of Soukhya

HRH Camilla, The Duchess of Cornwall, is a frequent visitor of SOUKYA since 2010. Her beneficial experience of Holistic and Integrated Medicine in SOUKYA has been instrumental in initiating this new project.

Ayurveda startup NirogStreet acquires Brahm Ayurved



Online Ayurveda platform NirogStreet said that it has acquired Brahm Ayurved, one of the largest social and professional community of ayurvedic doctors. Following the acquisition, Brahm Ayurved founder Abhishek Gupta will join Nirogstreet as co-founder and chief marketing officer.

Brahm Ayurved promotes learning, knowledge sharing, employment opportunities, industry updates, for the advancement of the community of Ayurveda practitioners. In May this year, NirogStreet launched its ecommerce venture which allows Ayurvedic doctors to order medicines directly from the manufacturers, addressing the issue of the broken supply chain for Ayurvedic medicines. The next step would be the consumer side of the business, enabling online consultations with registered doctors, and then shipping the prescribed medicines to them. According to Ram N Kumar, CEO, NirogStreet, the market for Ayurvedic medicines is at \$3 billion at present, and likely to grow to \$15billion over the next ten years.



IMTEC (International Medical Tourism Exhibition & Conference) special editions of Ayurveda & Health Tourism magazine and Medical Tourism magazine being released at IMTEC Oman venue in Muscat by the Indian Ambassador to Oman, Indra Mani Pandey.

SANJEEVANAM

AYURVEDA HOSPITAL

Welcome to a journey of wellness!

Sanjeevanam is a holistic healthcare centre with a team of qualified Ayurveda doctors, allopathic specialists, dieticians, naturopathy doctors as well as trained and amenable therapists. Our healing process is carefully designed to cater to individual needs of patients. We diagnose the patient with the appreciation of modern investigatory techniques, cross-checking it with Ayurveda and complementary medicine diagnostics to come to a more accurate differential diagnosis. With the selection and incorporation of appropriate therapies, we treat the person physically, mentally and spiritually.

Our Specialities

Musculoskeletal Disorders • Neuromuscular Disorders • Obstetrics and Gynaecology
Obesity Related Disorders • Lifestyle Management • Skin and Hair Care Clinic

- 6 Specialty Medical Departments
- 110 Beds
- Fully Equipped Medical Gym & Physiotherapy Center
- Games Room
- E-library
- Yoga Studio
- Seperate Veg & Non Veg Wellness Restaurant
- Natural Hair & Beauty Care Clinic
- Movie Theatre
- Concierge Service



Baby Victoria's tryst with Ayurveda



Baby Victoria left Hungary for Idukki when she was barely one-and-a-half years old. Since her delivery was premature (being born in the 24th week) half her body remained paralysed and she could not speak.

Here, it was Ayurveda treatment that helped this toddler to get back her movement and speech. Thus, this happy family left back for their

hometown when their baby was three-years-old and was able to move and speak.

Baby Victoria is the daughter of Imrain Markose and Monica of Hungary. Within a week after her birth the left side of her body got paralysed. Subsequently, she was diagnosed with problems in her brain, respiration and heart.

The treatment in Hungary was not successful. It was during this period when they were almost losing hope that they happened to meet a Tamilian doctor named Mahimaraj who told them about the Ayurveda treatment in Kerala.

On reaching Kerala, Baby Victoria sought treatment from Dr. Suresh

who was practising at the Government District Hospital at Paremavill. Later, Dr. Suresh got a transfer to the District Ayurveda Hospital in Thodupuzha as Chief Medical Officer. To continue her treatment, Victoria and her parents too moved to Thodupuzha. In two years' time, there was significant changes in Victoria who was treated in four sections for two years.

Today, Victoria is able to move her hands and legs and say 'mom' and 'dad' in Hungarian language. There is also improvement in the movement of her neck.

Now, the happy family have left for Hungary carrying with them medicines for the next six months after which they will return to Kerala for continuing treatment in November.

Kerala Tourism wins two PATA Gold Awards for Marketing

Kerala Tourism's vigorous efforts to get back on track in the wake of recent devastating floods got a shot in the arm as it walked away with two prestigious gold awards of the Pacific Asia Travel Association (PATA) for its innovative marketing campaigns.

The awards were presented at a glittering function in Langkawi, Malaysia on Friday during PATA Travel Mart 2018.

Sudeshna Ramkumar, Assistant Director, India Tourism, Singapore received the award on behalf of Kerala tourism.

Kerala Tourism got the first gold for its 'Yalla Kerala' travel advertisement print media campaign in the Gulf countries. It showcased the state's greenery and backwaters, a different world from the Gulf, just four hours away. With the punch line, 'Yalla Kerala', the campaign triggered a lot of interest for God's Own Country as a tourism destination in the Gulf countries.

"This is a huge honour for Kerala Tourism. Winning two much sought after gold medals of PATA will give a fillip to our ongoing efforts for a robust rejuvenation of tourism in the state," said Kerala Tourism Minister Kadakampally Surendran.

"Our efforts have already started paying off. Most of our tourist destinations are ready to welcome the visitors from India and abroad. In fact, the first chartered flight of tourists from Australia in this season has arrived in Kochi on September 15," he said, adding: "The state government has accorded top priority to restoring roads leading to tourist places."

Kerala Tourism Secretary Rani George said the prestigious gold awards are a testament to the undiminished charm of



Sudeshna Ramkumar, Assistant Director, India Tourism, Singapore, receiving the PATA GOLD AWARDS won by Kerala Tourism for Travel Advertisement, Print Media and Travel Poster on behalf of Kerala Tourism at the presentation ceremony in Langkawi, Malaysia.

tourist destinations in the state, which attract visitors in droves.

Kerala Tourism Director P Bala Kiran said the award-winning marketing campaigns showcase Kerala as a destination for families to relax, rejuvenate and reconnect. "The awards show that our strategies have struck a right cord with the target audiences," he noted.

The PATA Awards are presented to outstanding entries in four principal categories: Marketing; Education and Training; Environment, and Heritage and Culture.

Conference for Ayurveda experts in Germany



The 20th International Ayurveda Symposium, an annual event will be held this year in Bristein, Germany on September 14, 15, 16; 2018. This international gathering of experts since 1998 provides important impetus in the fields of education, research, and practice in ayurvedic medicine. In 2017, the Symposium was supported by the Indian Ministry of AYUSH, which will be represented by an official government delegation on the congress. In addition, recognized professional associations and academic institutions stand aside as partners for this conference.

Key topics of the symposium include:-

- Ayurvedic therapy strategies for lifestyle diseases
- Ayurveda and detox: The concept of Langhana therapies
- Classical Ayurvedic texts in the light of modern sciences

- Vastu Shastra – Ayurveda for living spaces
- Market place: The world of Ayurveda products

For the 20th year in a row, the symposium is expected to attract more than 250 health professionals. Participants of the event can deepen their professional knowledge and learn more about the latest scientific and best practice findings in the field of Ayurveda.

The symposium will help to:-

- Meet internationally recognized Ayurveda doctors and professors from India and Europe.
- Deepen your knowledge in more than 40 top-class expert lectures, workshops and panel discussions.
- Participate in a stimulating exchange with fellow experts.
- Let yourself become inspired by the lively atmosphere on the campus of the European Academy of Ayurveda.
- Celebrate the Symposium's 20th anniversary with us.

As in previous years, high-class speakers from India and Europe will present new findings from the Ayurveda research and clinical practice – an excellent platform for your further trainings to become an Ayurveda therapist or consultant. Be part of this intellectual affair with Ayurveda and see how modern and ancient healing traditions go hand in hand.

Oman Health Exhibition & Conference Addressing Healthcare Concerns



Health sector all over the world is facing changes due to technology and changing patterns of life-styles. To cater to these changes, Oman Health - Exhibition & Conference will be organised ensuring participation of all stake-holders in the health sector. This annual event will highlight the continued development of the healthcare sector in Oman. It targets all aspects of the health and wellness industry, opening doors for health products, services and facilities, and

opportunities for new developments and trends, and trade and investment. It was launched in 2009 and is now on its Seventh edition. It was certified as a UFI-approved event in 2013.

The Oman Health Conference also aims to address the present and future of the Sultanate's healthcare sector. It serves as platform for industry experts and stakeholders to share and discuss tangible solutions to the variety of healthcare issues and encourage collaborative efforts for the

development, improvement and growth of the Sultanate's healthcare industry.

The event will also provide participants with an excellent opportunity to network with government, regulatory authorities, colleagues, and learn up-to-date information, emerging trends, strategies, innovative approaches, management techniques and technologies that would help them enhance the quality of healthcare services in the country.

This event will take place in conjunction with Oman Medical Association Scientific Conference from 24 to 26 September 2018. It will take place at the New Oman Convention & Exhibition Centre from 11:00 am to 8:00 pm.

Our publication, Medical Tourism, is media partner for this event.



IMTEC Oman 2018 Becomes a Medical Hub for Tourism Industry

When the medical stakeholders from the healthcare services and medical tourism industry gathered at International Medical Tourism and Exhibition (IMTEC) Oman 2018, it has transformed into a medical hub of tourism industry.

Oman's one and only Trade Event for Medical Tourism and Healthcare conference, under the patronage of Ministry of Health, was held at Oman Convention & Exhibition Centre, Muscat, from April 24 to 26. Medical and professionals across Oman, Middle East, Africa, Asia, Europe and US markets participated offering a range of medical marketing solutions to all clients involved in the healthcare sector.

As many as 100 medical institutions took part in the fifth edition of the IMTEC Oman 2018. The Expo was inaugurated by Dr Saleh bin Salim al Rahbi, secretary general of His Majesty the Sultan's Advisor's Office, in the presence of Indian Ambassador to Oman Indra Mani Pandey and other dignitaries.

At the conference, lectures related to medical tourism and other advancements in the sector were prominent. Lectures were held on health insurance, diseases, modern methods of treatment, neurosurgery and medicine. The expertise of India, Malaysia, Thailand, the US, the UK and Iran in the healthcare sector was presented at the conference.



Dr Saleh bin Salim al Rahbi, secretary general of His Majesty the Sultan's Advisor's Office, Muscat, visiting the stall of Ayurveda Magazine and Medical Tourism at International Medical Tourism and Exhibition (IMTEC) Oman 2018.

The conference on Medical Tourism and Healthcare examined international, regional and national 'best practices' towards achieving the goal and charted a way forward towards achieving this objective. It was the only global trade show on Medical Tourism, targeted at Hospitals, Medical fraternity, Medical travel segments and allied services.

The Expo offered attractive and reasonable medical and travel combo packages for patients wishing to seek medical treatment in world-class healthcare facilities in the representing countries.

The medical tourism exhibition was held to attract patients and health care seekers from Oman and Middle East in need of healthcare advice and advanced treatment. IMTEC Oman provided a perfect platform for hospital groups, medical travel organisations and health services companies to increase their international presence and patient network.

India hosted the largest India pavilion at IMTEC Oman, with leading hospitals, doctors and medical consultants showcasing the strength and presence covering diverse medical treatment and healthcare solutions in General and Advanced Medicine, Wellness and Ayurveda - the ancient science from India.

The special editions of Ayurveda Magazine and Medical Tourism were released by Indian Ambassador to Oman Indra Mani Pandey on the occasion.





**Maharishi
Ayurveda®
Hospital**

*Prevention
Rejuvenation
Relief*

With more than 5000 satisfied patients from 81 countries, guests at our center will find profound treatment programs that help restore balance and reawaken the body's natural healing mechanisms and also gain an understanding of how all the various aspects of their lives are interrelated and affect their overall well-being.

Enjoy your stay in the **Maharishi Ayurveda Hospital** in Delhi and go home feeling rejuvenated and renewed in body & spirit.

- ✳ Pulse based Ayurvedic Consultation
- ✳ Panchkarma treatments as prescribed by Vaidyas
- ✳ Leech Therapy
- ✳ Maharishi Ayurveda Rasayana & Medicines
- ✳ Piles and Fistula Clinic
- ✳ Transcendental Meditation
- ✳ Yoga and Ayurvedic Cooking Classes



NABH Accredited Ayurveda Hospital



MAHARISHI AYURVEDA HOSPITAL

(Khosla Medical Institute & Research Society)

BP-Block, Shalimar Bagh (West)

Delhi-110088

TOLL FREE NO. : 1800-300-24125

Tel.: 011-27479501, 27479502, 27479503

e-mail : info@mahospital.org

web : www.maharishiayurvedaindia.org

World Ayurveda Congress & Arogya Expo

Re-Aligning the Focus on Health (December 14 to 17, 2018)



The World Ayurveda Congress (WAC) is a platform established by World Ayurveda Foundation to propagate Ayurveda globally in its true sense. The first World Ayurveda Congress (WAC) was held in 2002 at Kochi as an outreach programme, to create greater awareness and opportunities in the practice, science, and trade of Ayurveda. The subsequent Congresses organised at Pune, Jaipur, Bangalore, Bhopal, Delhi & Kolkata

not only helped in promoting Ayurveda within the country but also had a huge impact in propagating Ayurveda globally.

Previous themes at the Congress have included “Ayurveda and World Health”, “Globalisation of Ayurveda”, “Mainstreaming Ayurveda”, “Ayurveda for All”, “Enriching Public Health Through Ayurveda”, “Health Challenges and Ayurveda” and “Strengthening the Ayurveda Ecosystem”.

This 8th WAC aims to redefine “healthcare” as the basis for health of individuals and populations. This is tangentially different from the current status it enjoys “as the tool for disease management”. In order to have focussed outcomes, activities of this edition of the Congress have been divided into six segments to

accommodate the following categories: International, Inter-Disciplinary, Friends of Ayurveda, Public Outreach, Diplomats, Editors, Manufacturers and Traders, Students, PG/PhD Scholars, Research Officers and Teachers.

Unlike the previous Congresses, delegate registration for this Congress has been made ‘by invite’ to have delegates who are sincerely serious about Ayurveda.

The 8th WAC & AROGYA 2018 is scheduled to be held at the prestigious city of Ahmedabad from December 14 to 17, 2018 supported by Ministry of AYUSH, Govt of India, and organised by World Ayurveda Foundation.

We are also proud to announce that our publication – Ayurveda & Health Tourism -will be the media partner for this 8th WAC & AROGYA EXPO 2018.

Jiva Ayurveda Promotes online healthcare services in rural India

Jiva Ayurveda has partnered with Bharti Airtel under the flagship BharatNet program of the Department of Telecommunications (DoT) to make quality healthcare services available to patients in rural India.

Under the partnership, Airtel and BharatNet have already set up three Broadband Experience Centers in three villages in Uttar Pradesh viz: Ghazipur, Gorakhpur and Varanasi. Airtel has committed to partner with BharatNet in up to 30500 Gram Panchayats.

Airtel will provide 100 mbps connectivity to these Broadband Experience Centers. Through the Centers, villagers in rural settlements will get access to digital and web based services such as online health consultations, online banking and ecommerce. Airtel and BharatNet have partnered with Jiva

Ayurveda for online health consultations.

Under BharatNet, the Department of Telecom (Government of India) has embarked upon a visionary project to connect 2.5 Lakh Gram Panchayat villages with optical fiber connectivity. The second phase of the project aims at connecting the remaining 1.4 lakh gram panchayats which is targeted to be completed by March 2019.



Jiva Ayurveda was founded in 1992 with a vision to create a

healthy, happy and peaceful society by reviving the Vedic Indian science of healing and well-being, Ayurveda in a modern context. The mission of Jiva is to bring ‘high quality, authentic Ayurveda to every home’. Started with a single clinic by Dr Partap Chauhan, today Jiva is a leading and trusted name in Ayurveda.

4th International Ayur-Veda Congress, Leiden (Holland)



The picturesque town of Leiden presented an ideal location for the 4th IAVC. The Congress is organized by International Maharishi Ayur-Veda Foundation, the International Academy of Ayurveda, Pune and International Ayurveda Congress, New Delhi.

Delegates from all over the world were there to present papers as well as to attend the Congress. The selection of scientific papers was well appreciated, in fact as Dr. Geetha Krishnan, representative of India for Traditional Medicine to WHO, Geneva, said: the quality of the presentations and the content was excellent! Indian doctors present seconded his estimation and were highly satisfied with the Congress. Further, as Dr. Krishnan pointed out, Leiden with its exhibition of Hortus Malabaricus, was historically and geographically speaking a worthy choice for a Congress on Ayurveda.

On 2nd September, after a well selected and highly appreciated row of double scientific sessions till shortly after lunch, there was a tour of the extraordinary exhibition Hortus Malabaricus and a visit to the Botanical Gardens of Leiden – the oldest in Western Europe.

The Hortus Malabaricus is an exhibition of 12 Volumes of detailed information on important botanical plants of Kerala. These volumes date back to the 17th century and was thanks to the efforts made by a Dutch

gentleman Hendrik Adrian van Rheede together with numerous Indian and European scholars.

On the political level the organisers spared no effort to ensure that the Congress be a success. Minister of AYUSH Shripad Yesso Naik was present throughout. Stakeholders present at the Congress had the opportunity of having actively interacting with the Honourable Minister.

The political highlight was when the Dutch Minister for Medical Care and Sports Bruno Bruins graced the occasion of a “Seminar on India-Netherlands Collaboration in Healthcare, including Ayurveda” organized by the Indian Embassy under the dynamic guidance of the Ambassador Venu Rajamony.

An impressive talk with thought provoking statements was given on this occasion by European MP Alojz Peterle. Although he has held the prestigious post of Prime Minister of Slovenia in the past, he prefers to be introduced and remembered as an ex-Cancer patient. Since last 18 years he is free of cancer and Ayurveda has played a great role in his health.

Amongst the many impressions the participants take back from Leiden, the Congress will also be remembered for its impeccable organization, warm hospitality and most important: the excellent selection of papers. The high level of scientific content presented at

the 4th IAVC has been praised by many participants. Girish Momaya of the IMAVF, Dr. Gunawant Yeola from the IAA and Dr. Triguna from the AIAC have good reason to be satisfied.

This shall remain an event to watch for Ayurveda on the international scene. The Ayurveda Magazine shall keep you informed.

The German Cooperation Partner of Ayurveda Magazine in Europe - OM Vital Vertriebs GmbH was also present with a stand at the Exhibition. The German magazine- 'Ayurveda Die Wissenschaft des Lebens' was the media partner for this event. As a stakeholder for the promotion of Ayurveda the world over, the Ayurveda Magazine is well poised to connect people of the Ayurveda field internationally.

The next event coming up in Germany is the 20th Jubilee Symposium of the prestigious European Academy of Ayurveda. The event is from 14th-16th September. The Ayurveda Magazine is a media partner at this event as well.

September 2018 is proving to be an Ayurvedic Month in Western Europe - there is an additional event coming up again from 25th to 27th September organized by the Embassy in Vienna and the University of Graz.

(<https://physiologie.medunigraz.at/ayurveda-and-yoga-symposium/>)



Union Minister of State , Ministry of AYUSH, Shripad Yesso Naik, visits "Ayurveda Magazine" stall

Kannur may soon get an Ayurveda village



While Kerala has always been synonymous with Ayurveda and countless healing centres, the state will soon have an Ayurvedic village of its own—a first in the country. Another feather in the cap for Kannur will be the initiation of a clinical and molecular studies by Oushadhi, vouched as the largest producer of ayurvedic medicines in the public sector in India. These initiatives are known to boost the demand for ayurveda products globally.

“The ayurvedic village is perhaps the first of its kind in the country. The state government has already submitted

a proposal for the same to the Ministry of AYUSH and a response is being awaited,” said K R Viswambharan, Chairman, Oushadhi.

He further mentioned that the village would comprise a demarcated space for the cultivation of medicinal plants, ayurvedic product manufacturing units and a state-of-the-art research centre. The concerned authorities have predicted that these initiatives will help to boost the already mushrooming export of ayurvedic products.

The Oushadhi chairman said they have approached the Kerala State Industrial Development Corporation with the demand of allotting funds for establishing research facilities, and also hold talks with the Confederation for Ayurvedic Renaissance-Keralam Ltd at Koratty, Thrissur, for assistance in research activities.

In general, the export of ayurvedic products takes place under the Indian Trade Classification based on harmonised system of coding and has two separate codes for medicants and medicaments. According to Ministry of AYUSH, most of the ayurvedic products are suitably modified for their use in the international market in accordance with the importing country's classification and acceptance.

Ayurveda Ratan award for Padma Shri Prof. Darshan Shankar



The All Party Parliamentary Group – Indian Traditional Sciences (ITSappg)- conferred the prestigious Ayurveda Ratan Award on Padma Shri Prof Darshan Shankar on the occasion of celebrating the UN Int'l Yoga Day and NHS @ 70 at The Nehru Centre, London.

Dr. Darshan is the Vice Chancellor of the Transdisciplinary University (TDU), Bangalore, and this is the first time that this award is presented to the Vice Chancellor of an Indian University.

The ITSappg, in partnership with the High Commission of India and The Nehru Centre, celebrated UN Int'l Yoga Day and NHS @ 70 at The Nehru Centre, London.

A galaxy of scholars and academics spoke of the importance of Indian Traditional Sciences working alongside modern

medicine and their implication in the NHS. The power of these therapies would lessen the financial burden on the NHS and help to target the root cause of disease without side-effects.

Amarjeet S Bhamra, the Secretary at ITSappg, gave a brief overview as it is the original Parliamentary Group that promotes and facilitates informed discussions on Yoga, Ayurveda, Sangeetam, Unani, Vastu and Jyotish since its inception in 2014, by providing a forum for cross-party parliamentarians, policy makers, academics, practitioners, leading community and thought leaders, practitioners of Indian Sciences and other stakeholders for inclusion in the national health architecture.

He spoke about the ability of the APPG-ITS to hold three official events – A Confluence on Preventative Medicines in the NHS supported by the High Commission of India and High Commission of Sri Lanka to celebrate UN Int'l Yoga Day 2018 and NHS @ 70.

Srinivas Gotru, Director of The Nehru Centre and Minister in-charge of Media & Cultural Relations at the High Commission of India, officially welcomed all speakers and delegates.

Prof Shankar delivered his keynote speech, Listening to Voices from the ground – A pathway to transform healthcare in 21st Century and captured the minds of over 100 delegates. He was later conferred with the prestigious award.

The ideal space for healing...

Experience Ayurveda at Shinshiva Ayurvedashram



Shinshiva Ayurvedashram, a genuine Ayurvedic & Panchakarma treatment and Yoga centre established by Dr. V. Franklin with well experienced crew, offers you the real cure and benefit of traditional Ayurveda. Shinshiva having panoramic view to sea and nature.



Shinshiva Ayurvedic Resort (P) Ltd.

Chowara P.O, Thiruvananthapuram - 695 501, Kerala, India.

Ph: +91 471 2267332, 2266423, 2266331, Fax: +91 471 2268164

Email: ayurveda@shinshivaresort.com, franklin@shinshivaresort.com

Website: www.shinshivaresort.com

Wellness India Expo

Bringing Wellness to You



The global wellness economy encompasses many industries that enable consumers to incorporate wellness into their lives - how they live, work, play, travel, etc. Collectively, the global wellness economy was estimated at almost US \$4 trillion in 2018.

In India, life-styles and environmental pressures are giving rise to a host of ailments ranging from high cholesterol, heart and liver-related woes as well as non-communicable diseases such as cancer, diabetes, and chronic respiratory disorders due to air pollution. Sedentary living and work-related maladies lead to stress-related afflictions, and obesity, accentuated by lack of exercise, play and leisure activities.

Escalating consumption levels of fast food, lack of adequate exercise, sedentary life-style and air pollution have resulted in Indians increasingly falling prey to lifestyle-related ailments such as diabetes, cardiovascular diseases, chronic kidney and respiratory diseases, etc. Health and wellness are essential for sustainable future and, in order to thrive, it is vital for societies to be physically and mentally healthy. Alternative therapy and beauty and fitness drives contribute significantly to the wellness industry in India. The wellness industry has a market size of US \$3.7 trillion representing more than 5% of global economic output. The Indian wellness industry was estimated at

close to US \$13.4 billion in 2014-15, and is expected to grow at a compound annual growth rate (CAGR) of nearly 12% in the next 5 years.

Considering the above statistics and facts, Exhibitions India Group, along with India Trade Promotion Organisation, organized a three-day Wellness India Expo in August this year. The exhibitors at the event were those from the health, wellness, nutrition, academia, tourism, insurance and many other sectors. Visitors also included a vast profile of people and organizations from various walks of life related in some way or the other to the wellness expo. Our publication, Ayurveda & Health Tourism was the media partner for this event.

The three-day conference discussed many issues like building a healthier nation, farming and agriculture, AYUSH for a new India, Yoga for wellness, using traditional medicines, vegan for the future and many others. The event incorporated Organic India Expo, Health India Expo and Biotech India Expo efforts. The event took place from 20 to 22 August 2018 at Pragati Maidan in New Delhi.

Kerala Tourism bags two Outlook Traveller Awards

The State, celebrated for its age old Ayurvedic healing tradition, was awarded with The Readers' Choice Award for Best Wellness and Spirituality Destination. Thattekad Bird Sanctuary, Kerala's very first bird sanctuary known for its rich diversity, scored The Jury Award for Best Birding Destination. Mr.P.I Subair Kutty, Deputy Director of Tourism, Delhi received the awards on behalf of The Kerala Tourism Department in an event held in New Delhi. Mr. P K Suraj, Tourism Information Officer, was also present at the event.

Ladakh, Jammu and Kashmir bagged The Jury Award for Best Adventure Tourism Destination. Nagaland (Hornbill Festival) and Gujarat (Rann Utsav) shared the Reader's Choice Award for Best Festival.

The Awards was instituted by Outlook Traveller, one of India's leading travel magazines in 2017. It honours representatives from the travel industry on the basis of consumer preferences. Consumers vote for their favourite travel destination, hotels, places and its services.



Ayurveda to be taken to new heights through Ayurveda Promotion Society



Sajeew Kurup
(President)



Vinod C S
(Secretary)

A group of Ayurveda professionals has formed a society 'Ayurveda Promotion Society' to promote Ayurveda both inside and abroad on one platform.

The members of the society comprise Ayurveda Hospitals, Ayurveda Centre, Clinic, Ayurveda Medicine Drug and Drug Manufactures, Ayurveda Resorts, and Ayurveda Medical institutions. The Society provides proper Guidance in professional services and to become a super brand of Kerala Ayurveda worldwide in association with Health / Ayush Ministry, Industries Ministry, Tourism Ministry and Education Ministry, Government of Kerala .

Society president Sajeew Kurup and secretary Vinod C S said that the main objectives are to give a big boost to Ayurveda in India and abroad by conducting seminars, workshops, exhibitions, study classes, tours, publishing books and magazines.

Ayurveda is the world's most ancient methodical medical knowledge system. It is the oldest and most comprehensive healthcare system that was preached, practised and documented in the ancient times. This ancient knowledge was then dissipated to mankind around 5,000 years ago by sages and seers for the well-being of mankind.

The market size of global herbal industry, which forms the bedrock of Ayurveda, is estimated at USD 80 billion and it is growing at 7% annually .It is expected to reach USD 6 trillion by the year 2050. Herbal industry in India is estimated to be INR 4205 crores and export of Ayurvedic drugs and allied herbal products is estimated to be INR 440 crores. The market size is expected to reach INR 7000 crores by the year 2020 in India. Ayurvedic medicines offer traditional Indian health remedies based on natural and herbal ingredients and services, on diet and nutrition, Yoga, herbal medicine, therapy and spa.

The Ayurveda Promotion Society will undertake the following tasks :

- Organize study tours of domestic , international ayurveda promotion agencies and travel writers.
- Standardize practices with evidence-based documents as per the requirements of international agencies like WHO, CAMbrella and NCCAM
- Conduct Kerala Ayurveda Mart in Kerala
- Promote medicinal plant farms inside and outside Kerala
- Undertake promotional activities required for the development and growth of Ayurveda as a true complementary and alternative system of medicine (CAM)
- Train and bring quality Ayurveda professionals and therapists
- Forge a common platform for the long-term sustainability and growth of Ayurveda by undertaking key initiatives that are required to elevate the sector as one of the best complementary medicines in the world
- Promote Ayurveda in the state of Kerala
- Protect the interests of all in the activities connected with authentic Ayurveda services, Ayurveda promotion agencies and travel writers with the objective if disseminating information on the benefits of pure and authentic Ayurveda.

KTM 2018 to highlight tourism resurgence from flood damage



through large swathes of the coastal state, the tenth edition of KTM will focus on measures that would lead to a strong resurgence of tourism, which is the mainstay of Kerala's economy.

All the tourism destinations in Kerala are ready to welcome tourists in this season. Though there was some damage to these areas

during floods, everything is back to normal in a record time, said Baby Mathew, president, KTM Society.

The response to this edition of KTM has been overwhelming with 395 overseas buyers and 1,095 domestic buyers having registered as participants. As in its previous editions, KTM will serve as a strong platform to showcase its time-tested as well as new products of Kerala and establish firm business links by

bringing together internationally reputed buyers and sellers and tour operators under one roof, Baby Mathew said.

The new products launched by the state government like the Malabar River Cruise project, focusing on nine rivers in north Kerala, will be showcased before the delegates.

The buyers who will be attending the KTM will have the opportunity to witness how Kerala overcame the devastating floods in the tourism sector. As part of its social responsibility mission, KTM Society has set up a Task Force for flood relief and rehabilitation efforts by bringing together 28 organisations from the tourism sector.



BABY MATHEW
President, KTM Society

The 2018 edition of Kerala Travel Mart (KTM) being held from September 27 to 30, 2018 in Kochi gives focus for promotion of Malabar Tourism. The three-day conclave, organised by KTM Society in partnership with Kerala Tourism, gives a big scope for growth of tourism in Malabar with the inauguration of the Kannur airport next year.

Being held in the wake of the devastating floods that rampaged

Donate to Flood Relief Fund

Dear readers,

Kerala, the southern-most State in India, has been devastated by the century's worst flood disaster, killing and disabling a few hundred people, displacing at least eight lakh families, destroying or severely damaging a lot of their houses, and literally decimating all their belongings. It will be a humongous task to rebuild the infrastructure and enable them to start afresh, as everything has been lost for them. All-round global efforts are essential to sustain their lives, for which you are requested to contribute your mite to the Chief Minister's Relief Fund.

Editor

Ayurveda Magazine
FM Media Technologies PVT Ltd,
Penta Square, Opp.Kavitha,
MG Road, Cochin -682016, Kerala, India.



Chief Minister's Relief Fund

ACCOUNT DETAILS

A/c Number : **67319948232**
A/c Name: **Chief Minister's Distress Relief Fund**
Bank: **State Bank of India**
Branch: **City Branch, Thiruvananthapuram**
IFSC : **SBIN0070028** | SWIFT CODE : **SBININBBT08**
Account Type: **Savings** | PAN: **AAAGD0584M**

Exclusive Escapade Packages

Take a trip through the majestic destinations of Kerala, losing yourself in the mountains and later finding your way back in the exotic beaches, all on the same journey. Your perfect holiday package that weaves luxury and culture together to gift you God's Own Country in all its authenticity.



*Terms and conditions apply.



**| BOLGATTY PALACE & ISLAND RESORT, KOCHI | TEA COUNTY, MUNNAR
| ARYANA NIVAS, THEKKADY | WATERSCAPES, KUMARAKOM | SAMUDRA, KOVALAM**

Packages Include*: Room rent with breakfast on fixed menu basis | All transfers, sightseeing & long distance travel as mentioned in the itinerary | Airport or railway station, pick up & drop | Parking, toll and crew allowance | Check-in/checkout time- 12 noon.

For more details and reservations, contact: Central Reservations, Kerala Tourism Development Corporation Limited, Mascot Square, Thiruvananthapuram- 695 033, Kerala Phone: 0471-2316736, 2725213, Fax: 2721254, Email:centralreservations@ktdc.com, www.ktdc.com



Welcome to Somatheeram Ayurveda Group in Kerala, India. The foremost Ayurveda resort group in the world for authentic Ayurvedic treatments, Yoga and Meditation.

Somatheeram- The world's first Ayurveda resort founded by Baby Mathew with his brother in 1985, today it is having five deluxe Ayurveda resorts and enchanting houseboats in the backwaters in Kerala.

The mission of the Group is "to offer the essence and soul of the ancient medical science of Ayurveda and the art of Yoga and Meditation."

Somatheeram Ayurveda Group is internationally renowned for the efforts taken towards the health of humanity, social responsibility and environmental preservation. Here, Ayurveda treatments comprise therapies, proper diet and herbal medicine, all put together in a disciplined and conventional manner under the supervision of experienced and qualified team of doctors and therapists. Restaurants offer Dosha-specific, organic, vegetarian meals. Daily classes on Yoga & Meditation are conducted in a bid to heal the mind and soul.

Somatheeram has three times been chosen as 'India's Best Ayurveda Resort' (by Government of India). It is a six-time winner of 'Kerala State's Best Ayurveda Resort' title (by Government of Kerala). Somatheeram is proud honour of 32 major international and national awards for excellence in the Ayurveda & Yoga.

Somatheeram Research Centre & Ayurvedic Hospital is accredited with NABH (National Accreditation Board for Hospitals and Health Care providers). NABH is given by Quality control (Government of India), it is the highest grading in India for hospitals and health care provides. Also it is accredited with Green Leaf (Government of Kerala), HACCP - Food safety standards (British standard institute - UK) and Ayurveda SPA Europe certificate (European Audit Institute Wellness & SPS e.V. - Germany).

Excellence in Ayurveda & Yoga in India

NABH Accredited & Three-time National Award Winner from the Government of India

"Somatheeram" here people from different nationalities and cultures come together to share the glory of an ancient wisdom – Ayurveda, Yoga & Meditation-which ensures a harmonious balance between your body, mind and soul.

Following resorts belong to Somatheeram Ayurveda Group:

- 1) **Somatheeram Ayurveda Village in Chowara Beach, South of Kovalam, Trivandrum.**
- 2) **Soma Manaltheeram Ayurveda Beach Village in Chowara Beach, South of Kovalam, Trivandrum.**
- 3) **Soma Palmshore in Kovalam Beach, Trivandrum.**
- 4) **Soma Kerala Palace Ayurveda Lake Resort in Chempu, Kochi – Kumarakom Road.**
- 5) **Soma Birds Lagoon River Retreat in Thattakadu, Kochi.**
- 6) **Soma houseboats in Alappuzha.**





Chairman and Managing Director Baby Mathew, Sarah & Sanamaya receiving the NABH Accreditation certificate from Deputy Speaker Sri. V. Sasi & Director NABH, Smt. Dr. Gayatri V Mahindroo, in the presence of Minister for Health Smt. K. K. Shailaja .



For more information:

Email: mail@somatheeram.in

Web: www.somatheeram.in

**Telephone: +91 471 2268101 &
+91 471 2266111**

Somatheeram Ayurveda Group
Chowara P.O, South of Kovalam,
Thiruvananthapuram, Kerala, India,
PIN 695 501

When Beauty meets the EYE!

Eyes are one of the organs of our body that are capable of providing us a visual treat. If not for these sparkling pair, we would never be able to see this magnificent and beautiful world that God has created for us. For a man who is wealthy but blind the day and night are the same. Ayurveda considers eye as the seat of Tejas, that gives us the power of sight. Protecting our eyes from blindness is very important but seldom do we give this the necessary attention it needs. Ayurveda has its own unique principles in preserving the eyes. It does this by advocating various dietary measures, internal and external medications and certain rules on what to do and what not to do for maintaining visual health.

Dietary advice – “A man is what he eats”, said the great ancient physician Hippocrates. However, Ayurvedic sages have recognized the importance of a tailored diet even centuries before Hippocrates made this statement. Food has an important role in health and ill health. In fact, the ongoing modern researches have thrown light into the importance of maintaining a healthy diet to preserve body vitality and prevent diseases. Today's lifestyle takes a big toll on the health of our eyes. Hence, we should ensure that our diet includes all the macro as well as micro nutrients essential for maintaining the vitality of the eyes. These include beta-carotene, bio-flavonoids, Omega 3 fatty acids, trace elements like zinc and selenium and Vitamins A, C, D and E. Sufficient amount of vitamins will help in preventing age related macular degeneration, a condition that can happen with ageing. The list of essential nutrients and their food sources are given in the table below.

NUTRIENT	FOOD SOURCE
Beta-carotene	Carrots, Sweet Potatoes, Spinach, Pumpkin
Bioflavonoids	Tea, Red Wine, Citrus Fruits, Blueberries, Cherries, Legumes, Soy Products
Vitamin A	Beef Or Chicken Liver; Eggs, Butter, Milk, Leafy Vegetables.
Vitamin C	Indian Gooseberry, Sweet Peppers (Red Or Green), Kale, Strawberries, Broccoli, Oranges, Cantaloupe.
Vitamin D	Salmon, Sardines, Mackerel, Milk.(Other - Exposure To Sunlight)
Vitamin E	Almonds, Sunflower Seeds, Vegetable Oils
Zinc	Oysters, Beef, Dungeness Crab, Turkey (Dark Meat)
Selenium	Seafood (Shrimp, Crab, Salmon, Halibut), Brown Rice, Green Vegetables
Omega-3 Fatty Acids	Cold-Water Fish Such As Salmon, Mackerel And Herring; Fish Oil Supplements, Freshly Ground Flaxseeds, Walnuts.





- Ayurveda advocates the use of green leafy vegetables for protecting the eye, as these contain antioxidants as well as some of the essential nutrients mentioned above.
- Leaves of Moringa (*Moringaoleifera* or *Saijana*) is proven to be very effective in improving eyesight and preserving vision.
- In case of salt, rock salt is preferred to ordinary salt because it has protective effect on eyes.
- Dried fruits especially raisins (dried grapes) are deemed very good for the eyes owing to its abundance in antioxidants.
- Regular use of Triphala (*Terminaliachebula*, *Terminaliabelerica*, *Emblicaoofficanalis*) is advised in Ayurveda for preserving the eyes, but it should be consumed only after consulting with an ayurvedic practitioner.

Foods to be avoided

Modern science lay stress mainly on what to eat but seldom tells us about the food that should be avoided. The concept of *apathya* (foods to be avoided) is unique to Ayurveda. Here, foods that are to be avoided according to changing seasons and ones' body constitution are elaborated.

- Regular intake of food consisting of fried, spicy and oily items can lead to vision problems especially disorders like glaucoma, macular degeneration and cataract.
- Sour items like curd, pickles when used on a constant basis can diminish the eyesight significantly.
- Food articles especially fast food that are prepared through deep frying in various oils have to be avoided.
- Fish and other aquatic products that are abundant in our country and that which contains vital nutrients like

omega 3 fatty acids are very good for eyes.

- Food cooked in the deep frying method is harmful, especially when consumed regularly.
- Therefore, the method of cooking has to be taken care of so that it does not neutralize the benefits of nutrients in the particular food.
- Excessive amounts of common salt in food and consuming salted food items regularly can lead to impaired vision in the long run.
- Diet should be tailored according to one's *Prakrithi* or body constitution with the help of an ayurvedic practitioner.

Daily routines

Ayurveda considers human body as a whole rather than as individual units. Here all vital organs and components operate as a single unit along with our

mind in a rhythmic manner. Hence, it is very important to maintain a healthy daily routine. Dinacharya or daily routine is explained in detail in Ayurveda. Ayurveda gives special attention to regimens that are vital for preserving healthy eyes.

Sleep - Ayurveda stresses on the importance of avoiding day sleep as well as contra-indicates staying awake late into the night. Regarding duration of sleep for adults, apart from the present recommendation of essential six hours, if at all, due to unavoidable circumstances one had to avoid sleep at night, he has to sleep the next day for half the duration for which he had been deprived off. Irregular sleep patterns can adversely affect the function of the rods and cones inside the eye eventually affecting the vision. This can also lead to aberrations in the circadian rhythm of the body leading to hormonal and other functional imbalances.

Bathing - Cold water is ideal for bathing since continuous use of hot water on the head may result in diminished vision. Applying medicated oil on head before bath, based on one's body type could be beneficial in preserving the vision and keeping eyes healthy.

Natural urges - Human body is designed in such a way that the waste products have to be evacuated periodically in order to maintain homeostasis and does so in the form of Urine, Feces and Sweat. Of this, we have voluntary control (up to a limit) over the former two, where we can decide when to evacuate depending on our convenience. Even though our current lifestyle and work culture may force us to withhold these urges frequent as well as prolonged suppression of urine and feces can affect the health of the eyes in the long term. Also, suppression of urine on

a regular basis can have detrimental effect on the vision as indicated by ongoing researches.

Care of feet - Protection of the feet is deemed as a vital measure in the guidelines of eye-care in Ayurveda. The concept of relation between feet and eyes is unique to Ayurveda and also finds mention in Chinese medicine. It is assumed that, in the center of the feet (soles), there is a pair of channels that are connected to the eyes. Hence, any kind of trauma to this area caused by stepping on irregular surfaces or sharp objects can affect the functioning of the eyes. Medicines applied over the feet along with a foot massage using medicated oils can benefit the eyes in a long term.

Other activities - Looking at too small or too distant objects, continuous watching of moving images as in case of television and computer screens, reading in a moving





vehicle or in improper posture (i.e. too near or at too distant) can put significant strain on the eyes. Exposing the eyes to varying color temperature is another important risk factor in the current tech -savvy era. People spend a good number of hours looking at screens of various gadgets which have different display types with varying color temperature and frame rates. Hence, necessary care has to be taken while switching rapidly between devices. While using computers for a long time, it is advisable to go with the 20-20-20 rule wherein, for every twenty minutes you look at the screen, try to look away at something that is twenty feet away for a period of twenty seconds. This twenty seconds will help your eyes to relax completely. Prolonged staring at screens can also reduce the blinking rate leaving the eyes dry and irritated. Apart from digital screens, care also should be taken about interior lighting that we use at our offices and home. Warm lights with less blue spectrum are advisable in bedrooms, as blue light can cause impaired sleep. Present -day LED lamps contain more of these blue lights, hence it is not advisable in a setting deemed congenial for sleep. Air pollution is another important factor that can lead to eye disorders, mainly allergic conjunctivitis. Using protective glasses especially while travelling and handling machineries is beneficial in protecting the eyes from direct injuries. Regular eye wash with cold water or medicated decoctions should be made a part of our daily regimen. This will help in keeping the eyes clean and healthy.

Addictions

Alcoholism- Alcohol is one of the most established causes of eye disorders. Prolonged use of alcohol can lead to permanent eye damage. Alcohol also weakens the optic nerve that carry the signals from the eyes to the brain, leading to decreased reaction time of pupils and impairment of the ability to differentiate colors. Moreover, it has detrimental effects on the blood vessels of the eyes. Hence, alcohol should be used in moderation and should be preferably avoided by people suffering from systemic diseases like hypertension and diabetes.

Smoking- Smoking has been a proven risk factor for lung cancer for a long time. But, people hardly know that it has an equally deleterious effect on our vision. Ayurveda has utilized the modality of smoking herbs for therapeutic purposes. Here again, smoking is restricted to not more than three puffs and it contra-indicates exhalation through nostril as it affects the eyes. Tobacco smoke is a known eye irritant and is especially bad for dry eyes. People who smoke regularly have increased susceptibility to develop cataract and macular degeneration. In patients with diabetes, smoking can lead to early manifestation of diabetic retinopathy. Smoking is hence considered a modifiable risk factor for many diseases. Therefore, it is always advisable to keep oneself away from this habit.

Eyes are our window to this beautiful world and we should adopt all possible measures to protect them. Its preciousness can be understood only when we start experiencing something adverse with our sight. By then, it may be too late for any kind of correction. Hence, it is imperative to adhere to the diet, daily regimens and other measures advocated to preserve this beautiful gift of vision that our creator has bestowed upon us.



Dr. Mukesh. EMD (AY)

Assistant Professor
VPSV Ayurveda College,
Kottakkal, Kerala



The loss of sight results in humongous suffering for the individuals affected, and their families. Blindness also presents a public health, economic and social problem for developing economies, such as sub-Saharan Africa, China and India where around 60% of the world's blind live. Cataract amounts to approximately 50% of the world's blindness. The majority of the conditions which results in blindness are glaucoma, trachoma, onchocerciasis (also known as river blindness) and different conditions of childhood blindness. According to WHO estimates, about 80% of

global blindness is avoidable as, either it results from the conditions that could have been prevented or controlled, if the available knowledge and interventions had been timely applied (e.g. trachoma and river blindness); or it can be successfully treated with the sight restored (e.g. cataract). In adherence to this view, World Health Organization has come up with "VISION 2020 -- the right to sight": A Global Initiative for the elimination of avoidable Blindness.

Ayurveda is the oldest medical science with a specialized view on eye diseases. Over centuries, the medical system has created

prophylactic and therapeutic counter- measures to eye ailments, which are not widely understood or recognized in the current era. The potential of Ayurveda, or in specific Shalakya tantra, (the branch of Ayurveda which deals with diseases affecting all organs above the neck) in providing remedies and prevention to conditions of avoid blindness is potentially enormous.

SREEDHAREEYAM: THE PIONEER IN AYURVEDIC EYE TREATMENTS

Sreedhareeyam Ayurvedic Eye Hospital in the state of Kerala, in



India, has successfully leveraged three centuries of traditional Ayurvedic wisdom inherited from “Nelliakkattu Mana”, an illustrious family of Ayurvedic physicians. Generations of dedicated physicians explored the depths of Ayurveda to unearth the treasures in Ayurvedic eyecare and the knowledge remained multiplied as handed down through generations. As modern technological advancements began to take shape with the evolvement of allopathic methods, the physicians of the Mana explored options to take professional training and also find ways to benefit from the technology insurgency. Thus they excelled in the modern diagnostic methods and modern disease descriptions, bringing the best of

both worlds together for the benefit of ophthalmology as a science.

Sreedhareeyam is today one of the largest Ayurvedic eye hospitals in the world. Its 48-acre campus houses an Ayurvedic eye hospital accommodating 400 patients, an approved Ayurvedic Research Centre, a GMP certified Ayurvedic medicine manufacturing plant, an Ayurvedic Village, an Ayurvedic paramedical college, a Yoga club and herbal farms.

A team of 54 doctors, 230 treatment staff, and over 400 supporting staff take care of the patients at Sreedhareeyam. The group has 23 branches all across India and consulting sessions are conducted every day at all these branches.

Combining this profound knowledge of diseases and extensive clinical experience with the most modern technological advancements propelled Sreedhareeyam to achieve incomparable results in the field of ophthalmology. Sreedhareeyam Hospital is the recipient of NABH (National Accreditation Board for Hospitals) which is the most stringent quality measure of hospitals in India. It has also been recognized as the “Centre of Excellence” by the AYUSH ministry of Government of India.

AYURVEDA IN EYE DISEASE MANAGEMENT

The primary areas of avoidable blindness where Ayurveda has a definitive role includes, among





others, Diabetic Retinopathy, Refractive Errors and Glaucoma.

Diabetic Retinopathy

Diabetic retinopathy (DR), a major microvascular complication of diabetes, is the leading cause of blindness among adults of developed countries. Even though controlling the occurrence of Diabetic Retinopathy is interlinked to the proper maintenance of diabetes, Ayurveda can offer specific systemic and eye- specific measures to slow down and repair this condition. Eye- specific Ayurveda treatments such as Nethra seka, Aschothana and Tharpana have proved to be effective in arresting further proliferation of the disease as well as dissolving the cotton wool spots and mild hemorrhages. It is effective in both

early and advanced stages. The observational studies conducted at Sreedhareeyam have shown significant improvement in visual acuity, central retinal thickness and reduction in symptoms of Diabetic Retinopathy such as flashes and

floaters after undergoing Ayurveda treatment.

Refractive Errors

Visual impairment due to refractive errors is the second leading cause of treatable blindness. It





is estimated that globally 153 million people over 5 years of age are visually impaired as a result of uncorrected refractive errors, of whom 8 million are blind. Even after great advancement in surgical ophthalmology, the medical treatment of Refractive errors remains at a standstill. The spectacles, which are used to correct the refractive errors neither cures nor checks the progression of pathology. Ayurveda offers an effective combination of measures in such cases. Various studies have confirmed the efficacy of individual constituents such as Tharpana, Anjana and Nasya as well as its combinations in treatment of refractive errors.

Glaucoma

Primary open angle glaucoma is a progressive disease and is the most common cause of irreversible blindness worldwide. Primary open angle glaucoma (POAG) is a subset of the glaucoma defined by an open angle and raised intraocular pressure (IOP), with no other underlying disease and presents with characteristic

optic nerve damage. Ayurvedic management involves medicines to control pressure, conservation of visual field and rejuvenation therapy (rasayana) for the optic nerve. Treatments such as Nasya, Thakradhara, Shirodhara, Vidalaka or applying medicated paste on the eye lids and Tharpana are found to be effective along with internal medications.

Sreedhareeyam Ayurvedic Eye Hospital provides treatment for 8500 in-patient cases in a year, of which around 6800 patients are eye diseases. Among these 57.5% cases are Refractive Errors, Diabetic Retinopathy and Glaucoma. The treatments have shown a positive outcome of approximately 70%. The remaining 42.5 % cases include all other possible eye diseases such as Uveitis, Retinitis Pigmentosa, Age- related Macular De-generation, Optic Neuropathy, Keratoconus etc. The continuous evaluation and improvement of the methods and combinations is what propels Sreedhareeyam as a model to the medical world, which has already taken a turn towards integrated medicinal systems. It

is not the way that is important, but the solution which is first and foremost to a disease- affected person. There is no limit to the potential benefits that Ayurveda can offer in the management of eye diseases. The need of the hour is to take the light offered by Ayurveda along with the current advancements so as to fulfill the promise of VISION 2020.

SREEDHAREEYAM AYURVEDIC EYE HOSPITAL & RESEARCH CENTRE (P)LTD.

NELLIACKATTU MANA
Kizhakombu P O, Koothattukulam,
Ernakulam Dist,
Kerala, INDIA, Pin: 686 662

+91 485 2253007
mail@sreedhareeyam.com

HOST STATE



सत्यमेव जयते
GOVT OF GUJARAT

SUPPORTED BY



सत्यमेव जयते
MINISTRY OF AYUSH
GOVT OF INDIA

ORGANISER



WORLD
AYURVEDA
FOUNDATION

AN INITIATIVE OF VIJNANA BHARATI



Re-aligning the Focus on Health

14th to 17th December 2018

Gujarat University Convention and Exhibition Center
Ahmedabad, India

The World's Largest Ayurveda Convention!

5000 Delegates | **30** Technical Sessions | **150** Invited and Key Note Speakers | **500** Expo Stalls

More than **35** Countries Representation | **4** Plenary Sessions | Over **20** Internationally

Acclaimed Speakers | **3** Lakh Visitors | **20** Associated Events

WAC Secretariat, World Ayurveda Foundation, 107/1, Margosa Road, Between 13th & 14th Cross, Malleswaram, Bengaluru-560 003

Phone: +91 80 2346 7439, 4214 0442 | E-mail: info@ayurworld.org

For delegate registration details please logon to www.ayurworld.org

For booking space in Expo mail to arogya@ayurworld.org



Media Partner
Ayurveda
& Health Tourism



PARTNER



PRIME SPONSOR

Madhavbaug
Multispecialty Cardiac Care Clinics & Hospitals
Delivery of 100+ States & Territories • www.madhavbaug.org

**Vision, mission,
objectives, all filtered
through eyes;
Of all the senses,
sight must be the most
delightful;**

Don't lose sight of
this wonderful asset

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



We know human beings have five senses, the eyes to see, the tongue to taste, the nose to smell, the ears to hear and the skin to touch, all the same the eyes are our most important organs of sense, which are windows to the soul.

In fact, there is an expression called Sentient beings (humans and animals) which are beings with consciousness, or in contexts life itself. Sentient beings are composed of five aggregates, matter, sensation, perception, mental formations and consciousness.

Nearly eighty per cent of all impressions are perceived by means of eye sight. Loss of vision is, therefore, a mighty setback, and all avenues

should be trodden to keep up the most important organ which provides vision. Vision leads to mission and objectives, they say.

I was in Hyderabad in 1983, to launch the rudiments of my journalistic career, after proper training. Before that I had developed short-sighted vision and I was wearing spectacles. Probably after a year or so, the vision had to be checked to confirm whether short-sightedness had turned worse or not.

I went to see an eye specialist who had private practice. All over the walls of his clinic, Bible verses related to vision were written in bold letters.

I went inside the room and told the specialist of my requirements. Without batting an eye-lid he told me parrot like, "Give me fifty rupees and sit down".

I was bemused, for I thought someone had cheated him earlier and run away without paying him his fee.

He examined my eyes with the help of various instruments and it turned out everything was fine. This is an aside, to exhilarate the readers.

The point I want to drive home is the fact that one's eyes should be checked for vision problems, and if there is any, corrective measures should be taken.

But then how can one remain aloof from developing vision problems? One has to choose to follow a life-style which would be salubrious for the eyes and sight.

John Milton who had turned blind, however, dictated his celebrated works, *Paradise Lost* and *Paradise Regained*, during the period when he was blind. He had complained to God for exacting day labour without giving him light. God doesn't want anyone's praise or words of appreciation, they say.

Then, Patience told his conscience that they also serve who only stand and wait. That was the insight he had got from his inner eye.

Usually while giving caution against any sort of carelessness, elders say something should be given protection like the apple of the eyes. Often children push some objects into their eyes or the eyes of others, resulting in eye injury, sometimes leading to loss of vision.

When an outbreak of conjunctivitis lashes in certain areas, there would be an effort at running away from the "dreaded disease", for it is infectious. Usually the whole family members would be affected if the reddish eye disease, usually contracted by a member of the family from elsewhere, sets in.

It is often stated that the beauty of a woman must be seen from her eyes, because the eye is the doorway to her heart, the place where love resides.

We often describe things as spectacular which means beautiful in a dramatic

and eye-catching way. It is the job of the eyes to notice excellent performances, wherever they are.

And, beauty is how you feel inside, and it reflects in your eyes.

The expression, 'love at first sight', has gathered momentum from time to time. All these aesthetic feelings and consequent action are based upon the perceptions of the eyes. It is not enough that one has eyes, but he/she should have vision as well.

And what if the eyes are neglected or destroyed? Mahatma Gandhi had said that an 'eye for an eye' only ends up making the whole world blind.

There is an adage beauty lies in the eye of the beholder, which means the person who is observing gets to decide what is beautiful. Beauty does not exist on its own but is created by observers.

One may describe what looks good, which means everything is based on appearance as perceived by the eyes.

We may have opticians, ophthalmologists and the like to find out the vision problems and ways of correcting them. But the significant fact is one should try to maintain God's gift of eye-sight.

No matter how brilliant you are, everything depends on how you see the beauty of the world through the eyes. However, one should not underestimate the achievements and literary creations of famous people who were either born blind or they had blindness thrust upon them by injury or other causes. Louis Braille, Helen Keller, Homer, James Joyce, Aldous Huxley and how many others are there who had original contributions to their credit, even as they were blind.

To Nature poet William Wordsworth, even a cursory glance is enough to envision the whole of nature. For, in *Daffodils*, he says "All at once I saw a crowd, a host, of golden daffodils, (It could be something like our own

"*Neelakurinji*" or *Strobilanthes kunthiana*) Beside the lake, beneath the trees, Fluttering and dancing in the breeze". He also speaks about the inward eye. "For oft, when on my couch I lie In vacant or in pensive mood, They flash upon that inward eye Which is the bliss of solitude; And then my heart with pleasure fills, And dances with the daffodils".

No doubt, one can rest assured that, of all the senses, sight must be the most delightful.

The point being driven home is that vision is everything, and one should go all the way to protect eye sight.

Ayurveda is mainly concerned with preventive aspects and there are umpteen ways in which sturdy eye sight can be protected. Articles detailed by experts are aplenty in this edition in this regard.

Life-style, food habits, including nutrition play a big role in providing and sustaining clear vision.

These days even those who are acquainted with and aware of leading a healthy life, eating unadulterated food and drinking such beverages are often at a loss to accessing availability of pure stuff. Those who eat from hotels and other public eateries on a regular basis do not get much choice. Often dispensers of food items get patronage from authorities even if they dole out sub-standard stuff. But then, one can use his/ her gut feeling to savor good food and drinks, as the case may be.

And God said, "Let there be light" and the light came to the world. People could see the light only because they had good vision, because of the fine working of the most dominant sense organ.

(ojgeorge@gmail.com)

Eye, doorway to Mental Health

Sense organs are considered to be a boon to humans because of their importance. Among these, eyes are the most prominent of all. Eyes are considered as the window to the human mind or even the soul. From time immemorial, humans have relied on eye movements to convey and interpret important non-verbal cues at the conscious and even unconscious level. Understanding eye movements has been the key to our evolution and survival. The eyes of Mona Lisa tap into this innate aspect of the human nature.

Staring into the eyes of Mona Lisa is intimidating. Regardless of one's vantage point, Mona Lisa appears to shift her gaze to make eye contact and stare one down. The movements of her eyes communicate several non-verbal cues to everyone. The illusory movement of Mona Lisa's eye's have struck an emotional harmony to onlookers since Leonardo Da Vinci painted this portrait early in the 16th century.

Human beings are the only primates with large, bright and highly visible white part of the eye - the sclera. This sclera makes it possible for us to easily track saccades and eye movements in others. Learning how to pick up social cues unconsciously by paying attention to another person's eyes is primary informative to social connection. The latest scientific researches illustrate that eye movements are an input to our well-being, bonding and survival.

Humans intuitively create a narrative based on the non-verbal cues from the saccadic rhythms, the speed of eye movements, as well as, the amount and angle of sclera that is exposed at any given moment. The amount of sclera, the angle, and the directional speed of eye movements play an important role in the interpretation of human interactions. An averted gaze, as well as a direct eye contact can have a wide range of meanings depending on the situation. Lack of eye contact is also considered to be not normal by many.

A 2003 study at the University of Illinois at Chicago demonstrated that eye movements can be used to detect mental illnesses, since irregular eye movements

Types of Eye Movements Revealing Information as per published studies

1. Rapid eye movements indicate impatience and also impulsive decision-making of a person.
2. Plodding eyes reflect a wandering mind not absorbing the reading material or a mindless reading.
3. A slow eye movement almost indicates the level of fatigue of the individual.
4. Tracking eye movements can shift the moral compass, the decisions can be influenced by where the eyes are focused on the time of decision.
5. Rapid eye movement (REM) sleep minimizes painful memories of PTSD. REM sleep also increases the positive emotions and maintains optimal levels of social and professional mental health of the individual.
6. Jerky eye movements can predict neurodegenerative diseases such as Parkinson's disease. Attention and gaze control are significantly affected in such disorders.
7. Alterations in eye movements are an early indicator of Alzheimer's or even other dementias. They shows less focused visual exploration, including slower eye movements while reading and also longer fixations when processing new information and had to read sentences a second time in order to grasp the full meaning and context.
8. Involuntary eye movements accurately reflect the diagnosis of ADHD. Lack of eye contact is the earliest marker for autism in young infants as the babies typically begin to focus on human faces within the first few hours of life.
9. Abnormal eye movements may help an early diagnosis of mental illness

can suggest abnormal functioning in the brain. Studies point out that irregularities in how the eyes track a moving object reflect specific defects in the neural pathway of the brain that correspond with particular types of mental disorders. It has been known for over a hundred years that individuals with psychotic symptoms in conditions such as schizophrenia are unable to smoothly track slowly moving objects with their eyes. Their gaze tends to lag behind the object and then catch up with it by making rapid skips called saccades.

On the other hand, certain conditions of the eye also aggravate mental illness. For eg. Patients with advanced cataract will withdraw into depression or dementia. This is made worse when a patient's vision is compensated. Dry eye syndrome also alters the mood in certain individuals.

Eye movement tests offer a way to investigate abnormalities in the brain that are causing the psychiatric disturbances. Experts suggest that mental health can be closely linked to eye health, and research also shows how eyes can be used to detect mental health issues. Hopefully, in the near future, a better understanding of eye movements and related brain abnormalities may allow researchers to identify high-risk individuals earlier and to create more targeted interventions for people with mental illness.



Dr Jithesh Madhavan BAMS, MD(Ay), PhD
Associate Professor and HOD
PG Department of Manas Roga,
VPSV Ayurveda college,
Kottakkal, India,
09447882885

Food for Eyes

Short-sightedness and astigmatism are becoming global issues and the leading cause of visual impairment and blindness. One in five children in India is known to be afflicted by these eye problems. Moreover, age-related eye diseases like cataract, diabetic retinopathy, glaucoma, and age-related macular degeneration are some of the vision impairments that are becoming popular around the world. Through this article

Dr. Nita Sharma Das reveals to us the different foods that are required for healthy eyes and vision.



The eye is the most sensitive organ in our body. Poor eyesight reduces self-confidence and the quality of life of an individual. Career-wise, it poses a negative impact and is a significant threat for employment opportunities. Light exposure or high metabolic rate induces oxidative damage due to stress, along with exposure to chemical and environmental toxins. These are the basic reasons for growing vision impairment cases all over the world. In 2002, the government of India collaborated with the World Health Organization and International Agency for Prevention of Blindness, to fight against untreated eye health issues. Evidence from clinical research revealed that nutritional intervention is one of the recognized measures to avoid the underlying cause of

vision damage and can impede the progression of eye diseases.

Nutrients for Preventing Eye Disease

Negligence of early preventive initiation and inadequate nutritional balance are primary reasons for eye disease. There are certain essential nutrients which are identified for maintaining the integrity of eye functionality such as vitamin C, Vitamin E, Vitamin A (-carotene), zinc and copper. There is considerable awareness about the importance of these nutrients for eye health, but there is still an emergent need to know the exact dose to obtain a significant effect. National Eye Institute of America has recommended a daily dosage of these nutrients for people having higher risk to develop age-related macular

degeneration. In general, the daily dosage of these nutrients is mentioned below. However, the daily requirement can vary from an individual's perspective:

- **Vitamin C - 425 mg**
- **Vitamin E - 400 IU**
- **Vitamin A - 28,640 IU**
- **Zinc - 69.6 mg**
- **Copper - 1.6 mg**

All the nutrients follow some specific mechanism of action to prevent eye diseases and maintain eye health. Carotenoids, Vitamin C & E, and zinc have potent anti-oxidant property; whereas Omega-3 fatty acids provide an anti-inflammatory effect, which is effective to ameliorate the risk of age-related eye diseases.



Individuals having high risk to develop lung cancer should avoid excessive intake of β -carotene.

Research evidence supports that 18 per cent of cataract incidences can be reduced by regular intake of sufficient green vegetables and an egg.

Vitamin C

Vitamin C is a water-soluble vitamin and has potent antioxidant property. Oxidative stress induces fundamental structural damage to the body, including protein, DNA, and RNA. This can be prevented by adding sufficient Vitamin C in the diet. The metabolic rate in the eye is high and they have the tendency to get intense oxidative damage. Vitamin C can be easily absorbed in the blood and reach the eye tissues and prevent oxidative damage. Sufficient Vitamin C consumption also enhances production of other antioxidants, including Vitamin E. Different fruits and vegetables such as orange, grapefruit, papaya, strawberries, blackberries, blueberries, broccoli, cabbage, tomato etc. are the naturally- rich sources of Vitamin C.

Vitamin E

Light sensitive cells of the retina present in the inner structure of the eye play a major role in visual perception. The retina is made up of fatty acids and is vulnerable to oxidative damage. Vitamin E is a potent antioxidant and acts as a free radical scavenger and thus it prevents lipid oxidation. It also possesses vasodilatory effect by inhibiting platelet aggregation. Vitamin E prevents inflammation by regulating the immune system functioning. There are different natural food items like almonds, peanuts, wheat-germ oil, soybean oil, and sunflower oil which are good sources of Vitamin E.

Carotenoids

β -carotene, Lutein, and Zeaxanthin are three important carotenoids

essential for healthy eye-sight. The details of each of these carotenoids are described below:

β -carotene present in different dietary products, acts as a pro-Vitamin A in our body and assists to maintain the level of vitamin A in the blood plasma. Vitamin A is essential for preventing eye dryness and night blindness, which can occur in any age group. Lettuce, spinach, kale, carrot, apricots, broccoli, pumpkin, sweet potato, etc. are different fruits and vegetables which contain a sufficient amount of β -carotene. Individuals having a higher risk to develop lung cancer should avoid excessive intake of β -carotene.

Lutein and zeaxanthin: Lutein and zeaxanthin are two carotenoids which are collectively referred to as macular pigments. They are primarily present in the retina and lens of the eye. Any deficiency in these carotenoids can disturb the normal functioning of the eye. Although these two nutritional components are carotenoids, they do not act as pro-Vitamin A. These carotenoids also possess the strong anti-oxidant property and decrease the risk of vision impairment. Dietary food items like Brussels sprouts, broccoli, sweet corn, peas, kale, lettuce, spinach are a few major sources of lutein and zeaxanthin.

Omega-3 fatty acids

Eicosapentaenoic acid [EPA], docosahexaenoic acid [DHA] are two Omega-3 fatty acids which have potent anti-inflammatory properties and can effectively reduce the risk of eye diseases and other related visionary disturbances. These two Omega-3 fatty acids can prevent oxidative stress and improve vascularization. Omega three fatty acids assist to maintain proper blood circulation in the retina. DHA is one of the primary fatty acids abundantly present in retina and assists to regulate thickness, permeability, fluidity, lipid-phase properties. Thus, DHA plays a significant role in photoreceptor-membrane functioning. Fish oil supplement is one of the most convenient ways to achieve the required amount of EPA and DHA. Besides maintaining eye health, it can also prevent cardiovascular diseases. Omega-3 fatty acids have preventive effect against atherosclerosis.

Zinc

Zinc is an essential mineral that can boost immunity and improve the functionality of the natural antioxidant of the body. It reinforces the eye functioning by upholding cell membrane structure. It also has a role in nerve signal transmission, which is essential for sense organ functionality. Therefore, adequate zinc containing foods like multigrain cereals, cooked chicken, yogurt, milk, cheese, corn flakes, cashew nuts, peanuts, and almond should be included in our daily food consumption list to fulfill the requirement of zinc.

Protein malnutrition is another major reason for vision impairment, apart from the insufficiency of these micronutrients and bioactive dietary ingredients. An egg in the plate every day, besides leafy green vegetables and colorful fruits, can help to retain strong eyesight. Research evidence supports that 18 per cent of cataract incidences can be reduced by regular intake of sufficient green vegetables and an egg. This regimen is highly recommended for children too. Several dietary supplements are available in the market, but natural sources for nutrition are the most cost-effective measures to keep our eyes healthy.



Dr. Nita Sharma Das

Dr. Nita is a freelance medical writer and is a Doctor of Naturopathy with PhD in Alternative Medicine.

09711887216

email: nitadassharma@gmail.com



Virgin Coconut oil for **All** ages

Consuming
Virgin Coconut oil
in nominal quantity
makes your body
fit & healthy

Helps to protect your
body from Skin ailments
Keeps skin soft and supple •
Retains moisture •
Anti microbial •
with anti ageing property •



For more details, visit Board's website: www.coconutboard.nic.in

नारियल विकास बोर्ड
(कृषि एवं किसान कल्याण मंत्रालय, भारत सरकार)



Coconut Development Board

[MINISTRY OF AGRICULTURE & FARMERS WELFARE,
GOVERNMENT OF INDIA] KOCHI, KERALA. PH : 0484-2377266, 67


Kisan Call Centre Toll Free Number : 1800-180-1551

Herbs for better vision

Everyday, we 'see' beautiful things around us as we move ahead in our journey of life. Most of the time, we don't just 'see' things but we observe, analyze and then either keep staring at them or choose to ignore them. It is the magical power of those twinkling pair that helps us see things around us and hence they are considered mystical, wonderful and essential.

These pair of eyes were once independent and worked without assistance. Today, this situation has changed dramatically. Now, this pair is mostly assisted with spectacles, contact lens and other devices for better and clearer vision. These devices can mar the beauty of the face or be a hindrance to many daily activities like sports. Ayurveda is known to have solutions that can correct and prevent the disorders of the eye. This article by **Dr. Jignesh K Kevalia** explains to us about the different herbs that help to improve vision and prevent eye disorders.





According to Ayurveda, all five elements of nature play an important role in maintaining the health of the eye. Earth governs the muscular part of the eye, fire rules the blood vessels, air governs the colour, water dominates the white area and space controls the tear ducts and channels. There are various causative factors in our surroundings that directly or indirectly mutilate the eyes. Prevention of blindness and management of visual impairment with the help of ancient Ayurvedic science is very popular today. Ayurveda management of eye disorders helps to prevent and overcome these disorders. Various techniques in Ayurveda like Dincharya, Healthy diet, Yoga, Pranayam help to achieve this end.

Apart from this, selected herbs play an important role in treating the various eye syndromes.

Ahara (food) for improving eyesight

Consuming good amount of apple and grapes helps in improving eyesight.

- Carrots have a good quantity of Vitamin A and making them a regular part of our diet can enhance the eyesight.
- Cucumber juice does wonders for the eyes. It helps to improve the vision of the eyes.

■ Adding spinach to the diet is good. It purifies blood, increases hemoglobin and improves eyesight.

■ Turnip, fresh milk, cheese, butter, tomatoes, lettuce, cabbage, soya beans, green peas, oranges and dates are good sources of Vitamin A. Including them in the diet is good for better eyesight.

■ Almonds are ideal for the eyes. It strengthens the vision and calms the mental chatter. Take 1 to 2 nos. of almonds a day with warm milk or sweet orange juice.

■ Mix cardamom seeds with 1 tablespoon of honey and consume



daily. It improves the health of the eyes.

■ Consuming blueberry juice is also considered to be very beneficial for the eyes. Other important sources are fruits, vegetables and dry fruits.

Ayurvedic Herbs for Chakshushya (improving Eyesight):

Amla: Extract the juice of fresh amla and drink 20 ml twice daily.

Shatavari: Mix 1 teaspoon of powdered asparagus in half teaspoon of honey. Take the mixture twice daily with warm cow's milk.

Yashtimadhu: Take approximately half to 1 teaspoon of Liquorice powder with cow's milk twice daily. This powder can also be mixed with ghee or honey.

Juice of Shigru: Root with honey applied as anjana alleviates Tridosha Netra-Roga. Plant is used for improving vision and provides protection against retinal damage. It also prevents capillary membranes from solidifying; thus avoids retinal dysfunction.

Jivanti: Leaves of this herb are used internally, even as a vegetable to improve eyesight.

Bhringraj: Bhringrajor Amalaki oil or paste is applied over eye, to improve eye vision.

Black Pepper: Black Pepper powder is mixed with honey to improve eyesight.

Ghee: A small amount of ghee is rubbed on the soles of the feet to improve eye vision.

Garlic: The juice extracted from fresh garlic is used for regaining lost eyesight.

Taruni(Rose): Freshly extracted juice of properly cleaned rose petals is used both internally and externally for improving eye vision.

Seed Kataka: Pounded with honey and Karpura, it is applied as anjana (collirium) for drishti-prasadana (imparts clear vision).

Maricha: Pounded with curd and applied as anjana, it alleviates night blindness.

Chakshushya: Seeds are used externally for various eye complaints.

Agasthya: Juice of the flower is dropped in the eye for correcting night blindness and sight-weakness and also for promoting vision.

Mudga: Antioxidant, source of Vitamin A, alleviates Kapha, Pitta in blood.

Honey: Antioxidant, anti-inflammatory, anti-bacterial. It protects eyes from macular degeneration; its regular internal as well as external application prevents glaucoma in the initial stage of disease.

Formulations

Triphala: Yavakutis soaked overnight, and filtered is used to wash eyes for correcting various eye syndromes like cataract, glaucoma, progressive myopia and conjunctivitis. It is an important medicine for eye health, especially for blurred vision or to prevent the development of cataract.

It strengthens the muscles of the eyes and improves sight.

Triphala Ghrita: Ghrita (ghee) prepared with Triphala is useful in conjunctivitis and many other eye troubles. It balances the vitiation of the Vata dosha and normalizes it.

Triphala Eye Wash: A teaspoonful of Triphala powder is mixed in a glass of water (use of distilled water is preferable), and allowed to stay overnight. Strain the water and use it to wash the eyes.

Chandraprabhavati: These tablets can be had after meal for toning the eye.

Pathyadi Kwath: A decoction is internally taken 2 to 3 times before meal or at night to cure various eye diseases.

Saurashtra Netra Bindu: Water or decoction is used as eye drops.

Sadanga Guggulu Ghrita: A formulation used to treat inflammation, pain, suppuration, blurred vision, corneal ulcer, redness, etc.

Patoladya Ghrita: Ghrita prepared is an excellent remedy for eye-lids.

Chandrodaya Varti: A multi-compound formulation cures itch, extra growth of flesh and night-blindness and claimed to cure even three- year old corneal opacity.

Note: Medicines should always be taken under prescribed form or with consultancy and as per the guidance by doctors for better result and efficacy.



Dr. Jignesh K Kevalia

Head, Dept. of Pharmacognosy
Indian Institute of Ayurvedic
Pharmaceutical Sciences,
Gujarat Ayurved University
Jamnagar
M: 9016 4999 52

SANGHAMAM
NEW YORK | CHICAGO | TORONTO | TEXAS



Largest circulated weekly newspaper
Published from New York, Chicago, Texas & Toronto.

To advertise in Sanghamam
Contact:


FM Media Technologies PVT Ltd.

Penta Square, Opp.Kavitha, MG Road, Cochin -682016, Kerala, India.

Tel: +91 484 403 4055

Email: bpampackal@sanghamam.com | www.sanghamam.com

Pain in the eye? Ayurveda helps!



The eyes are one of the most sensitive organs of the body thanks to its special function of sight. Besides the constant contact with nature the cornea of the eye plays a significant role in the health of the eye and in focusing the image. This is the only organ that has the maximum supply of neurons, although it does not carry any blood circulation to nourish the same. The cornea majorly lives upon the tear film and air contact in front and aqueous humor behind. Any unhealthy practices of the eye can cause corneal disturbance resulting in severe pain and sometimes hyper-sensitivity to light. This is one major cause of pain in the eye. This write-up by **Dr. Gokulan** tells us the reason behind eye pain and how we can get rid off it.

In Dry Eye Syndrome or Dryness of the eyes the hyper-sensitivity of the corneal neurons causes a major symptom, i.e. Pain. Another cause of pain is the Increased Intra-ocular Pressure (IOP) that puts pressure on the corneal surface thus stretching the cornea, resulting in severe excruciating pain.

A third common cause of eye pain is Sinus Congestion. The sinuses form the nourishing bed of the sensory organs especially nostrils and eyes. A congestion in the sinuses causes accumulation of phlegm or dooshita kapha which, in turn, results in corneal dryness. Here, the tear film comprising the natural antibiotics, water and unctuous substance get derailed and sensitivity of cornea gets imbalanced.

Another not so common reason for ocular pain is the detachment of the retina which results in retinal nerve disturbance; uveitis and other inflammatory conditions that result in severe scleral infections and also seldom cause eye pain.

Before looking into the management let us examine the route of pain. Pain according to Ayurveda is a Karma of aggravated or Kupita Vata.

'Sramsya vyasa vyadha swaapa saada ruk thoda bhedanam'

When thinking about management in any manner Vata needs to be pacified with Vatahara drugs although the Upachara (modus operandi) may be different.

Dhara :

1. In vatika netra peeda- Shigru patra swarasa and madhu .
2. Eranda moolam and aja ksheera.
3. In paithika netra peeda- manjishta, rajani, laaksha, draksha, arthi, yashti madhu, utpalam - made into kashayam and sharkara is added on cooling and used.
4. Dashamoola ksheerapakam.

Tarpanam :

1. DasaMoola Jeevanthyadi ghritha.

Nasyam :

1. Anu thailam.

Pichu :

Eranda thailam

Talam

Kachooradi in jambheera swarasa

All the above mentioned medications in the management of ocular pain are being clinically used for the past few decades. These are found to be effective in the above mentioned conditions although pain in glaucoma needs monitoring of IOP. A pain management without considering IOP will be equivalent to attacking an enemy without a sword.

The Netra upacharas in Ayurveda is found to reduce IOP without the use of conventional anti-glaucoma drops.

The stability in managing the pain in Ayurveda in the long term is beneficial in killing efficacy of analgesics group.



Dr. B.G. Gokulan BAMS;

(Fellow, ASHOKA Innovators for the Public-USA)

Chief Physician & Founder

Sudarshanam Netra Chikitsalayam

Thiruvalla - Pathanamthitta Dist;

Kerala – 689 105

Mob: 9447163071

www.netrafoundation.com

What to do for dry and tired eyes

Eyes are considered as the windows to this beautiful world. That is the logic behind the saying “When eyes are gone, life is gone”. Among the sensory organs of the human body, eyes are the most supreme, because 90% of the worldly happiness is gained through eyes and life turns to be meaningless without vision. Here, **Dr. Jeena** enlightens us on how ayurveda health dry and tired eyes.

So, Ayurveda gives utmost importance for the care of eyes. Among the eight specialties of Ayurveda, Shalakya tantra describes the care for eyes as well as the treatment of various eye diseases. It is astonishing that Susrutha, the father of modern surgery, had performed eye surgery, including cataract surgery, back in 1000 BC. This is probably the most ancient reference on eye surgery.

Ayurveda elaborates different causes for eye diseases like continuous watching of too- near objects, far objects and bright objects; lack of proper sleep; tiresome work and so on. Even emotional outbursts and mental disturbances are considered to cause eye problems in otherwise healthy individuals. These factors seem much more relevant in the present world where eye strain is pretty common due to the overuse of electronic gadgets like mobile phones, laptops, tablets, television etc. A group of eye disorders like computer vision syndrome has evolved in this era due to continuous use of LED screens of mobiles and computers. Eyes don't get proper rest or care, even at night when it ought to be sleeping. The habit of concentrating on mobile phones even after going to





bed is the practice today. Dryness of eyes is the outcome of such unhealthy habits.

The tear film produced by the eyes should be maintained, protected and lubricated. The tear film has three layers, i.e., the oily layer, watery layer and mucous layer. Proper blinking of eyes helps the tear film to get uniformly spread over the eyeball and this gives protection and nourishment to eyes. Once the tear film gets depleted due to over exposure of eyes to bright objects and also due to reduced blinking rate, the eyes start getting very dry. The patient experiences grittiness, soreness, redness, burning sensation etc in the eyes. He feels more comfortable while washing the eyes with cold water. Discharge from eyes is also a common symptom. Dry eyes may even lead to serious complications such as corneal ulcer and opacity.

Ayurveda explains seven treatment procedures for the eyes. They are:-

- Seka (pouring medicine in the eyes in a thin stream)
- Aschyotana (using eye drops)
- Anjana (application of medicine in semi-solid form in the eye from medial canthus to lateral canthus)
- Tharpana (retaining medicine in the eye for a particular time, especially ghee- based preparations)
- Putapaka (retaining specially prepared medicine in the eyes)

- Pindi (applying medicine over closed eye in the form of a bolus)
- Bidalaka (applying paste of medicine over the eyelids)

All these are indicated for different eye conditions and this can be done as a single procedure or in combination. Seka and aschyotana is the first step adopted in most eye diseases. This provides a soothing comfort for the eyes especially when tired.

Many medicines like:-

- Triphala (a combination of *Embolia officinalis*, *Terminalia chebula* and *Terminalia bellerica*), Chandana (*Santalum album*)
- Lodhra (*Symplocos racemosus*)
- Useera (*Vetiveria zizanioides*)
- Manjishta (*Rubia cordifolia*)
- Draksha (*Vitis vinifera*)

are seen to be beneficial for dry and tired eyes. These can be used as eye wash and eye drops.

Paste of medicines such as:-

- Manjishta (*Rubia cordifolia*)
- Chandana (*Santalum album*)
- Turmeric
- Sariba (*Hemidesmus indicus*)

when applied over the eyes with rose water or milk gives good result.

Tharpana is another procedure indicated in dry eye. Since the medicine used for tharpana is ghee based, it gives good lubrication to

the eye and when done in a course, the patient may get an advantage of stopping the daily eye drops to keep away the dryness and will be free from symptoms for a long period. But tharpana has to be done only under the guidance of an expert. This procedure should be done with utmost care. Tharpana can be followed by putapaka which is very refreshing for the eyes.

Other than the eye procedures mentioned above, nasya (instilling nasal drops) is another treatment modality which prevents as well as cures dry eye. Ayurveda mentions some nasal drops which can be used on a daily basis and which prevents many head and neck diseases and keeps the para nasal sinuses and the sensory organs healthy and properly functioning. Eyes are also kept nourished by applying proper oil on the head and face as well as taking daily head bath in cold water. Hot water head bath is considered one of the unhealthiest practices as far as eyes are considered. The diet must also include fruits, vegetables, milk and meat along with optimum quantity of ghee for preventing dry eye. Those using laptops and computers as part of their profession should give ample rest for the eyes in between their work. Eye exercises such as palming, shifting of focus etc, taking a break from the screen for few seconds in a regular interval, application of wet cotton pads over the eyes are the few things which can be adopted to prevent eye problems. All these habits when practiced, along with proper timely medication when needed, prove to be of great benefit for dry and tired eyes.



Dr. Jeena N J

Associate Professor & HOD
VPSV Ayurveda College, Kottakkal
drjeenanj@gmail.com

A close-up photograph of a person's eyes, looking slightly upwards and to the right. The eyes are light blue with long, dark eyelashes. The skin is fair and the overall tone is warm.

EYES

Healthy Habits

AYURVEDA – the Eternal science of life is unique in its rituals and habits in maintaining a healthy mind and body. According to Ayurveda, human body is equipped with two types of indriyas (senses) namely:-

- 1) *Gyaana indriya*
- 2) *Karma indriya*

Eyes are classified under Gyaana indriya which means that the eyes play a vital role in understanding and gaining knowledge.

According to Ayurveda, “Eyes are the windows to the mind”. Ancient Ayurvedic literature emphasises and describes different ways to maintain the health of the eyes as they are considered as the most significant sensory organ in humans. The ancient Ayurvedic texts also talk a lot about the eyes, including healthy habits, various eye disorders, their probable causes and therapies.

Ayurveda says that the eye is governed

by the Pitta dosha, particularly Alochaka Pitta, which becomes imbalanced as we age. This is the reason why it is important to take special care of those precious and delicate pair that gives us sight.

Now-a-days the primary reasons regarding the ill-health of the eyes are due to their overuse and negligence. Almost all of us spend considerable amount of our time glued to the screen of some or the other electronic gadget. These gadgets emit bright light as well as considerable amount of heat that ultimately tires our eyes. Eventually, this leads to eye dryness and a variety of other eye problems. Some of the other problems include mild headaches, burning sensation, excessive watering and many other such issues. These are nothing but a few warning signals. If this situation is handled well in the early stages itself, further complications can be avoided. Below are some simple steps to prevent eye disease and improve vision.

- Never stare at anything for a long time. Blink periodically and at short intervals. This will prevent all kinds of strain to the eyes. At the same time, closely staring at the TV, computer screen, smart phone, or any other kinds of gadgets can cause myopia (near sightedness). Thus, it is important to watch these gadgets from at least ten feet away.
- Avoid reading/working in either very dim light or very bright sunlight. Optimum light is necessary for healthy eyes.
- Staring continuously for sometime in the distance or close-up is particularly unsafe in bright sunlight. This is worse if you are around water or reflecting objects. In such situations, wearing dark glasses is good to shield your eyes from the bright light of the sun.
- Lack of sleep is another hurdle that can make your eyes unhealthy. Sleeplessness can be corrected by

avoiding the use of gadgets while on bed. Also, one should avoid watching television when you are about to sleep. In addition, try going to bed fifteen minutes earlier. Soon and gradually, you can align to your bedtime.

- Another way to keep the eyes from getting damaged is by avoiding excessive strain to one's feet. As legs are considered the chimneys of the body, they should always be kept clean and warm.

Morning Routine for Eyes:



1. After you wake up in the morning, fill your mouth with water and hold it for a few seconds with your eyes closed. Spit it out and repeat this process 2 to 3 times.

2. Splash your eyes and face with cold or slightly warm water for 10 to 15 times. Repeat this again in the evening when you return from work or school. If the strain is too much, one must wash the eyes with Amla decoction (Indian gooseberry) in the morning. It has excellent soothing and strengthening effect.

Caution: Never use hot or icy water on the eyes. Also, avoid sudden temperature changes.

Yoga for Eyes



Yogic eye exercises are a gentle and helpful way to prevent vision problems. If you are a person who does Yoga regularly, then you can continue with the normal practice, as most

Yogic exercises have a good effect on the eyes.

Yogic Eye Exercises

I Sit in the Sukha aasana (effortless posture) with your legs comfortably crossed and your spine, neck and head in a straight line. Look directly to the front at the parallel level of eye. Breathe normally during this pose.

II Move your eyes upward to the ceiling and stay in that position for two seconds. Look downwards and stay like that for another two seconds. After that, close your eyes for two seconds.

III Look toward the right side, as far as your eye will see, for two seconds. Look to the left side for two seconds, in the same manner. Look to the front again.

IV Close your eyes for 6 to 8 seconds.

V This completes one round. Continue with 2 to 3 rounds and increase it to four rounds.

Palming



I Sit comfortably with your eyes closed.

II Rub both palms together quickly for a few seconds. This friction will generate mild heat.

III Close the eyes and gently place the left palm over the left eye and the right palm over the right eye for one minute. Do not press the eyeballs with the palms. Allow the palms to gently rest over the eyes.

IV Repeat this process 2 to 3 times.

V Other poses that strengthen the eyes include the Bhujanga aasana (snake pose), Surya Namaskara and Shava aasana (rest pose).

Avoid Computer Exhaustion



If your job requires you to stare at a computer screen for a long time or spend long hours doing a job that is detailed oriented like embroidery works or stitching, use the below tips to get rid of eye exhaustion.

1. At intervals, look away from computer screen. Perform the Palming process as mentioned above at an interval of every thirty minutes.
2. Moisten two cotton wool pads with pure Rose Water and place over closed eyes. Relax for 10 minutes with the pads over your eyes. Rose Water has a cooling effect and is especially helpful for tired eyes.

Healthy Foods and Drinks for Healthy Eyes

To strengthen eyesight, or if you face eye strain, add stewed apple, sprouted chickpeas and raw carrot (an excellent source of Vitamin A) to your diet.

Almonds can be used to make a nourishing drink which is healthy for the eyes. Grind almonds, raw sugar and anise seeds and add this to a cup of warm milk.

Drink plenty of water throughout the day. Constipation, or internal dryness, has an adverse effect on the eyes. It is good to stay away from caffeinated drinks.



Dr. Kunal M. Gohil
Sr. Lecturer & I/c H.O.D.
I.I.A.P.S., G.A.U.
Jamnagar

Ayurveda sheds light on Night Blindness

Night blindness doesn't mean that you are completely unable to see at night, but that your vision is poorer then. It is not a disease in itself, instead it is a symptom of a type of vision problem. Certain cells in the eye's retina are responsible for allowing you to see in dim light. If these cells are affected by a disease or condition, night blindness occurs.

Both men and women can suffer from night blindness. Deficiency of Vitamin A affects the eye-sight. Excessive deficiency of this vitamin leads to night blindness. It also happens due to exposure to smoke, dust, light, bright Sunlight etc. for a long time.

Here, the patient is unable to see during night time or after Sunset. He or she can easily see during daylight. The vision is almost zero at night.

Treatment

- The patient should avoid exposure to smoke, fumes, and bright light, reading text with small letters and should use sunglasses during daytime.
- Crush green coriander leaves on the palm and pour the drops in the eyes.
- Pour a few drops of cow dung liquid in the eyes three to four times daily to overcome this problem.
- Pour a few drops of pure honey in the eyes.
- Take two spoons of Triphala powder at bedtime.
- Pour basil juice in eyes. Drink four spoons of bathua leaf juice and pour a few drops in the eyes. This is an effective cure for night blindness.

- Take four dry dates with black pepper daily.
- Take vinegar and honey twice daily.
- Grind Doob grass and pour the water in the eyes.
- Dry Apamarg root in shade and take five-gram churna with water at bedtime to get relief within four to five days.
- Mix one-gram rock salt in 8 grams myrobalan juice, grind nicely, mix with honey and apply in eyes for relief.
- Mix three gram each of Moollethi, Ashvagandhachurna and eight grams of harad juice and take daily for relief.
- Mix equal quantities of harad and sugar candy powder and take ten gram with water for relief.
- Drink 200 gm carrot juice daily to become strong and relieve night blindness.
- Eat ripe mango twice daily or drink its juice for vitamin A.



- Eat 200 gm tomato daily to overcome this problem.

Yogic cure

First and foremost improve your digestion process because stomach disorder is the root cause for all the problems. Let us learn about a few natural processes to keep the eyes healthy and disease free.

- Practice Jalneti and sutraneti everyday.
- Do Kunjalkriya twice or thrice a week.
- Go for morning and evening walks. This should be the daily routine.
- Regular practice of Yogasana keeps the eyes healthy, activate the lungs and chest, it is beneficial for spinal diseases, thyroid, and has good impact on the whole body.
- Regular practice of Shirshasana, Ardhamatysendrasana, Dhanurasana, Hastapodottanasana, Halasana, Sarvangasana, etc. can overcome all the problems of the body along with stomach disorders, which has a good affect on the eye.
- Problems like night blindness etc. get cured automatically.
- Yogasana increase the disease fighting capacity of the body and so regular practice is necessary in today's polluted atmosphere to keep the eyes, brain and body healthy.
- Practice of murchapranayam is beneficial in case of headache, migraine, Parkinson's, nervous weakness etc. It improves eyesight and memory power. Regular practice of these two pranayam cure night blindness permanently and also improves the eyesight. Pranayam gives the strength to fight out diseases.
- Exercise for the eyes - Rotate the pupils of the eye updown, right-left, and in circular motion ten times each. Besides shutting the eyelids at fast pace is also a good exercise.
- Make a bowl like shape with the palms and place the eyes over it. It will appear dark. Bend the neck downward and move right and left from waist. Repeat it twice or thrice. Open the eyes slowly. Our eyes are like camera. The picture is clear only when there is darkness in the camera. Similarly, when the eyes are in darkness the eyesight is clear. It prevents the use of spectacles, improves eyesight and overcomes blurred vision.
- Massage is also a good remedy to keep the eyes healthy. Massage on all four sides of the eyes with the fingers and make sure that pressure is not exerted on the eyes. Wash the eyes with cold water and place a cold bandage. Do it twice or thrice daily. This is beneficial for all the eye diseases.
- Take sufficient amount of vitamin A, and the food should be light and easily digestible. The patient of night blindness should eat 50 percent raw food like fruits, vegetables, juices and salad and 50 percent light and cooked food.
- Rinse the eyes with salt water or Triphala water, or sprinkle this water on eyes.
- Blink the eyes while watching television or reading.
- Neck exercises are also helpful in keeping the eyes healthy.
- Pour a few drops of oil in ears, clarified butter in nostrils and honey in eyes to keep them healthy and prevent any disease.

Source: Internet





Treating eyes with Ghrita (Ghee)

“Sarvendriyanam Nayanam Pradhanam” means, ‘eyes hold a special status among all the sense organs’. According to Ayurveda, eyes are one of the most precious gifts of God to the living beings. Ayurveda is known to provide guidance not just to different lifestyles like eating, daily routine, exercises and Yogas. It also plays a major role in giving strength to the eyes. It has specialized treatment for preventing blindness. It also has both preventive and curative therapies for maintaining the health of the eyes. Panchakarma procedures are used to eliminate the vitiated doshas from the body and especially from the eyes. Prevention of blindness and management of visual impairment with the help of Ayurveda science is very popular. Here, **Dr. Madhavi H. Rabadia** discusses about how Ghrita is beneficial for the eyes.



Snehapana (Ghratapana): This therapy involves consumption of heavy dose of medicated Ghritha. Snehapana is given to the patient on the basis of his/her digestive fire. Intake of old Ghritha is very useful for ocular purposes. After Pana, the Ghritha gets absorbed into the systemic circulation. Due to Chakshushya properties, it has an affinity towards ocular tissues and due to its lipid soluble property it crosses blood ocular barriers. By active and passive transport the ingredients of the Ghritha cross the cell membranes and reach the targeted tissues thereby correcting the abnormalities of ocular tissues, and further lubricates and rejuvenates it.

Ghritha is highly beneficial for the eyes:

Ghritha is one of the most important substances used to prepare Ayurvedic medicines. It is also cited as the best substance used for preparing the body for Ayurveda's internal detoxification (Panchakarma). One of the reasons behind this is that ghritha is considered as the best remedy for diseases caused due to aggravated Pitta and Vata doshas. Ghritha or Ghee alleviates Pitta dosha by its cold, sweet properties and Vata dosha by its oiliness. Ghritha is hence recommended in autumn when Pitta's hot nature can get aggravated after summer. But there is more to ghee than its dosha balancing properties.

Ghritha is especially good for the eyes and helps the functioning of the extra-ocular muscles, eyelids and tears. Internal and external use of Mahatriphalaghrita has been shown to play a significant role in the treatment of eye disorders, such as glaucoma. This formulation is made of ghritha, milk and thirteen herbs, all predominantly sweet in taste and cold in nature and beneficial to the eyes. Ayurveda recommends putting one drop of lukewarm liquid ghee in each eye at bedtime for burning sensations. It not only soothes, but also strengthens the eyes and can help improve vision along with Yoga eye exercises.

Goghrita is Snehonattam. It is Rasayana and Chakshushya. It has properties of Snigdha, Guru and Mrudu. Because of these properties Goghrita is very useful for vitiated Pitta and Vata dosha. It has lubricating properties which may be useful in reducing the symptoms of computer vision syndrome.

It contains Vitamin A 3500/100gm, beta-carotene and Vit E. Vitamin A keeps the outer lining of eye ball moist and prevents blindness. Beta-carotene and Vit E are well known antioxidants.

Ghritha is used in most Ayurvedic formulations

Ghritha is widely used in many Ayurvedic medicinal formulations due to its unusual ability to assimilate the properties of the herbs mixed with it without losing its own qualities. For example, if ghritha is mixed with a drying, heating herb, it doesn't sacrifice its own oily, cold nature.

Tarpana karma is a local therapeutic procedure which if promptly followed shows excellent response. In the modern era, people are exposed to pollution due to heavy industrialization. Also, many people are seen involved in outdoor jobs like marketing and sales. Information technology is also growing fast and providing job opportunities to the young generation. But a drawback of these jobs are that employees have to work in front of computers for more than eight hours a day. Thus, these people get afflicted with eye dryness. Dryness also occurs due to exposure to wind, Sunlight, dust and lack of blinking while working long hours on computers. This hampers the formation of the uniform tear film. This further results in dryness of the cornea, which leads to blurring of vision. If this condition is prolonged, it results in itching, redness and foreign body sensation in the eyes, further resulting in headache, pain in the

Mahatriphalaghrita is a formulation that is made of ghritha, milk and thirteen herbs, all predominantly sweet in taste and cold in nature and beneficial to the eyes.





neck and blurred vision. Netratarpan is a special Ayurvedic therapy to treat these conditions. “Netra-kriyakalpa” is also a unique and effective therapy for treating and preventing eye diseases. Most of the symptoms of dry eye/ computer vision syndrome are due to dryness of conjunctiva and cornea, contact of allergens to the eye and Vitamin A deficiency. Supplementing the eyes with Vitamin A helps to enhance healthy status of eyes.

PROBABLE MODE OF ACTION:
Triphala (important medicine for eyes) and ghrita have netrya properties. Ghrita contains K2 and Lionelic acid. It also has anti-inflammatory and anti-cancer properties. Ghrita is also rich in vitamin A. Supplementation of the eyes with Vitamin A reduces and treats dryness which occurs due to its deficiency. In Netra-tarpan, the conjunctival as well as corneal layers are nourished and dryness and inflammation of tissue of conjunctiva and cornea is avoided. Thus, this treatment smoothes the layers of the conjunctiva and cornea.

INDICATIONS FOR TARPANA KARMA:

- When a patient sees darkness in front of his eyes
- Dryness of the eyes
- Roughness of the eyes
- Stiffness of eyelids
- Falling of eyelashes
- Dirtiness of the eyes
- Deviated eyeball or squint
- Injury/traumatic condition of eye
- Vata – Pitta predominant diseases.

CONTRA-INDICATIONS FOR TARPANA KARMA:

- On a cloudy day
- Extreme hot or cold seasons
- In conditions of worries and anxiety
- In conditions of tiredness and giddiness of eyes
- In complications of eyes
- In the condition of acute pain, inflammation, redness etc.

PROCEDURE:

Poorva Karma: As per procedure, appropriate shodhana karma is carried out. Later local massage & steaming is done.

Pradhana Karma: Netratarpana should be carried out in the forenoon or in the afternoon on an auspicious day after the food (taken by the person) has been digested and after the head and the whole body of the patient have been treated properly with purification measures. Person is made to lie in a supine position in a good lighted, ventilated room free from dust & smoke. Then the eyes are encircled with a firm, compact leak- proof pali (wall) made of the paste of powdered black gram. This is made to a height of two fingers. The person is then asked to close the eyes. Processed ghrita along with appropriate drugs liquefied in lukewarm water is poured into the orbit till the level of the tip of eyelashes. Patient is asked to open & close the eye intermittently & steadily.

Paschata Karma: After retaining of ghrita for a stipulated time, it is drained out through a hole made at the bottom of dough wall, near the outer canthus of the eye and the eye is irrigated with lukewarm water fomentation. The kapha which has already been stimulated by the potency of ghrita is eliminated by shirovirechan (nasya), and fumigation (dhoompana) with kapha-suppressive drugs. The person is instructed to keep away from exposure to bright lights, wind, sky, mirrors and luminous bodies.



Dr. Madhavi H. Rabadia

Lecturer Dept. Dravyaguna,
Indian Institute of Ayurvedic
Pharmaceutical Sciences,
Gujarat Ayurved University, Jamnagar.

Your Eyes Speak for Yourself

The physical appearance of Netra is used as a reliable tool for Ayurvedic diagnosis as it very quickly gives away the prakruti (doshic constitution) and vikruti (doshic imbalance) of a person.

The concept of eyes in Ayurveda goes way beyond the physical organ. Netra or the anatomical eye is only a tool for the Chakshu indriya (the actual sense ability) which is deeply linked to Mana (mind) and Buddhi (intellect).

That being said, both the Netra and the Chakshu-indriya play an important part in the physical and mental health of a person.

The physical appearance of Netra is used as a reliable tool for Ayurvedic diagnosis as it very quickly gives away the prakruti (doshic constitution) and vikruti (doshic imbalance) of a person.

An individual born with a Kapha prakruti often has big, soft eyes and long lashes. They may have good sclera or coating on their eyeballs. Their eyes give them a compassionate and sexy appearance. Often, the whites below their pupils are visible.

A Kapha imbalance however, (vikruti) presents itself as sticky secretions from the eyes that are usually white. A person with excess Kapha may also feel their eyelids get heavy quickly and are also prone to sleep longer. A triphala wash usually works well as a remedy for eyes that are loaded with Kapha.

If born with a Pitta prakruti, a person

usually has sharp almond eyes of medium size. Their eyes may even be of a lighter color than their family members. When they look at an object, their gaze is focused and penetrating.

A Pitta imbalance in the eyes presents itself usually as red eyes, with or without a burning sensation. Allergens like pollen, dust and mold can easily inflame the eyes. A Pitta imbalance may also lead to red conjunctivitis and repeated sties in the eyes. Washing the eyes with rose water regularly can prevent the onset of Pitta symptoms.

An individual with a Vata prakruti usually has smaller eyes. They have a hard time keeping their gaze fixed as their mind is a wandering one.

A Vata imbalance, however, presents itself as extremely dry eyes. Their eyelids too may tend to droop due to lack of muscle tone. The solution to Vata eyes is using an Anjana made from Ghee and regular Netra tarpan practices.

The Netra also has the ability to give you insight into an individual's mental state. Dilated pupils mean that a person is alert, often ready to take on a challenge or focused on a task at hand. As the person becomes calmer, his eyes can become more soft and milky. Similarly, when someone is ready to fight or is in the state of anger, you

may notice his eyes becoming red as his capillaries swell up. When a woman or man is sexually aroused, the eyelids become heavy and often the white under the pupils is visible.

The Chakshu indriya (the sense of sight) and its connectedness with the mind and intellect determine a person's perception. When seeing worldly objects and events that lead to desire and lust, it can be said that the eyes are being used in the most primitive fashion. However, when you allow the Netra to see, but the chakshu indriya to just observe with equanimity, you are truly able to put your eyes to their best use and tap into the third eye or the sub-conscious mind.



Nidhi Pandya

Ayurvedic Health and Lifestyle Consultant
Ayurveda Writer and Educator
T - 917-671-6875
Instagram - my_ayurvedic_life
www.nidhipandya.com



Punarnava[®]

AYURVEDA HOSPITAL

precise care • ayurveda cure

Edappally North P.O. Cochin-24, Kerala, India

Phone: 0091 484 2801415 / 16 / 17, 0091 94469 05065

SPECIALIZED TREATMENTS

- Arthritis & Rheumatic Diseases
- Osteo Arthritis Knee
- Osteoporosis
- Spine Related Disorders
- Psoriasis Management Program
- Sports Injuries
- Respiratory Allergic Diseases
- Degenerative Disorders
- Musculo Skeletal Disorders
- De-addiction Program
- Parkinson's Disease
- Hemiplegia
- Supportive Therapy for developmental delay in children
- Avascular necrosis of femur head
- Liver Dysfunctions
- Digestive Diseases
- Obesity Management
- Myasthenia gravis

WELLNESS PROGRAMMES

- Rejuvenation Therapy
- Body Purification Therapy
- Fem 40 Care (For Females of Menopausal Age)
- Relaxation Program
- Body Immunity Program
- Healthy Spine Care
- Slimming Program
- Special Package for IT Professionals
- Post Delivery Mother Care
- Rasayana Chikitsa



ISO 9001-2015

CGHS
(CENTRAL GOVERNMENT HEALTH SCHEME APPROVED)

Website: www.punarnava.net

Email: mail@punarnava.net



Good food, Good life for Good eyes

Eyes are God's greatest gift that allows us to connect to the beauty and colour of the world. Ayurveda philosophy regards that everything in the universe is made up of Panchabhuthas (Air, Water, Fire, Earth and Space). Among this, the eyes have the predominance of Agni (fire). Surgery is the treatment of choice for many diseases as per Ayurvedic classics. However, protection from diseases is equally important as treatment.

In today's mechanized digital life-style our eyes are always strained either at home or at work. From kids to adults, everyone's life is connected more to the virtual world than to the real one. Televisions, computers and mobile phones have become part of our personal and professional life. Computers are the most powerful tools and one of the greatest innovations man has ever made and it is impossible



to avoid its use. But, while working on these devices the eye muscles require a lot of effort and it becomes harder after the age of forty as the lens of the eye becomes less flexible. Hence, it is important to take care of the eyes and protect them from diseases. But today's problem is that we have hardly any time to take care of our eyes. In this context, it is suggested that a few changes in diet and life-style may help to safeguard our eyes from diseases.

Diet

The two main aspects we need to cover when it comes to diet are the quality and quantity of the food. A balanced diet is a basic requirement for our body. Every food item we consume has an action on our body based on its properties. The only difference between food and medicine thus is that the action of medicine is quick and intense whereas the action of food on our body is mild. Hence, the same food that may be beneficial to some people can be harmful to others. This depends on one's prakriti and disease conditions.

As per Ayurveda, an excess use of salty and sour foods may negatively affect the health of our eyes. The science behind this is not fully explained but we do have some clues. Every taste is said to have a specific action on the body. According to Ayurveda, there are basically, six tastes - Sweet, Sour, Salty, Bitter, Pungent and Astringent. It is scientifically proven that human body has receptors of taste not only in tongue but also in different sites of the body, including lungs, bronchi, intestines, sperms etc. The intake of food with a particular taste stimulates the receptors for that taste in the body. For example, for most of the Ayurvedic formulations prescribed for respiratory diseases the rasa that is predominant is the tikta rasa. It is identified that bitter taste stimulates the receptors in the respiratory system. Hence, we have to say that the predominant taste in the diet has positive and negative effects on the different systems in our body even though the science behind that is not unveiled so far.

Regarding the quantity of diet, the golden rule in Ayurveda is to protect the Agni (digestion and metabolism). Ayurveda says, one should have food that is easy to digest and restrict the quantity so that the stomach is half full. If agni is protected, the body will be healthy and will stay immune from diseases. It is beneficial for the health of eyes to include Grapes, Triphala (a combination of three fruits), and Pomegranate in one's daily diet. Water boiled with dried ginger and coriander seed are also a good supplement for eye health.

Daily Regimens

Wash the eyes every morning with water. It is best to use water boiled, mixed with Amla powder, for washing the eyes. Put one tea spoon of dried amla powder to one glass of hot water before going to bed and keep it closed. The next morning filter and use it to wash the eyes. Triphala powder can also be used in the same manner.

If the eyes are tired and symptoms like blurred vision, dry eyes, red eyes and eye irritation are observed, dip a cotton pad in the above mentioned amla water and keep it on the closed eye lids for 15 minutes and relax.

It is observed that many people use 'Ilaneerkuzhambu', a common Ayurvedic preparation as eye drops, on a daily basis. It is a formulation which is used as a cleansing agent for the eyes. Since this is an irritant it enhances lacrimation. It is advised that such medicines should be avoided on a daily basis. It can be used once a week and after use the eyes should be washed either in cold water or Amla water/ Triphala water. It is also advised to avoid any medicines that can cause irritation to the eyes.

Ayurveda advises to have bath either in the morning or evening. It says, one should avoid bath during afternoons, especially in extreme summers. It is preferable to use cold water for head bath. If it is not possible due to any disease condition, use warm, but not hot water.

Even though not explained anatomically, Ayurveda points towards a connection between foot and eyes. Daily application of oil in foot and use of foot wear is recommended to protect eyes.

Application of oil at scalp before bathing, especially those processed with Amla and Bringaraja (Eclipta alba) is beneficial to protect eyes in healthy individuals

Sleep and Relax

Ayurveda being a holistic medicine doesn't consider mind and body as separate. To relax the body, the mind also needs to relax. Adequate sleep and meditation are the best tools to relax the mind and body. When we focus on nearby objects, the muscles of our eyes are strained. To relax the muscles, one should focus the eyes on far away objects. "Go out-door, view distant objects like sky and stars- Look up and get lost in the depth of sky." You will feel fresh and your body and mind will be relaxed. Enjoy the pleasure of meditation, viewing sky and Sun. Last but not the least, sleep enough so as to give enough rest to the eyes after all the strain throughout the day. The importance of sleep is best emphasized in the words quoted below.

"Sleep that knits up the ravell'dsleave of care, The death of each day's life, sore labour's bath, Balm of hurt minds, great nature's second course, Chief nourisher in life's feast." (Macbeth – William Shakespeare)



Dr. Divya P MD(Ay), PGD-HSR
Associate Professor
Muniyal Institute of
Ayurveda Medical Sciences
Manipal

Ayurveda Remedy for Cataract

Cataract is the clouding of lens in the eye which leads to decrease in vision. It can affect either one or both eyes. If left untreated it may result in total blindness. Cataract is common in the age group of 40 and above. It is the principal cause of blindness all over the world. Here, **Dr. Parvathy** details us about what Ayurveda can do to rectify Cataract



Causes:

- Age related
- Exposure to radiation
- Trauma
- As secondary to diseases like diabetes

Symptoms:

- Cloudy Vision
- Difficulty in bright light/glare
- Troubled night vision
- Seeing halos around light
- Fading of colors
- Double vision

In Ayurveda, cataract is termed Linganasa (Linga – lens and Nasa – Destruction). If diagnosed early it can be cured without surgery.

Remedies for Cataract

1. Triphala :- The combination of 3 fruit triphala (Amalaki (Embllica officinalis), Vibhitaki (Terminalia bellirica) and Haritaki (Terminalia Chebula)) is considered as one of the best medicines for all eye- related issues. Either externally or internally it can show miraculous effect on eye. Washing with Triphala decoction



will keep eyes fresh and makes vision clear. Internal administration in the form of pills, ghee, powder etc is also recommended.

2. **Castor oil** is said to be effective remedy in managing cataract and helping in its prevention also. Apply one drop of pure castor oil inside eyes at bed time. This is recommended for cataract patients.

3. **Punarnava** (Boerhavia diffusa) is said to be an excellent plant in managing cataract. It is used in so many formulations such as pills, ghee etc. for eye disorders. It can also be taken as leafy vegetable.

4. **Poovamkurunnilla** (Cyanthillium Cinereum) is also a good medicine for the management as well as prevention of cataract. Its main usage is in the preparation of Ayurvedic herbal kajal.

Treatment procedures:

1. Tarpanam/Putapakam:

Allowing medicated ghee/ specially-prepared herbal juices to stay over opened eyes in a specific manner to ensure the maximum absorption into the eyes.

2. Kshalanam:

Washing the eyes with medicated decoction to relieve eye strain and to improve vision.

3. Rasakriya/Anjana:

Rasakriya, the semi solid preparation, which can be used for application in eyes for the management of cataract. Elaneer kuzhambu is the commonly using rasakriya in cataract.

Anjana, the medicated kajal prepared out of various herbal products, can be applied in the eyes for the management as well as the prevention of cataract.

But always keep in mind that prevention is better than cure. Cleaning eyes with fresh and cold water, reduces eye straining, practising eye exercises and following a healthy diet will help us to maintain good vision.



Dr. Parvathy S

Proprietor
Ramanandam Ayurvedic Wellness
Vytila-Kaniyampuzha Road, Eroor,
Ernakulam
M: 9633389360, 9497325689
E: drparvathysajiv@gmail.com



Care for your EYES naturally

Close your eyes for a few seconds. You will experience only darkness. Statistics show that forty-five million people around the world perennially live in this darkness. Globally, a person goes blind every five seconds, a child loses sight every minute. India has much to worry, as it is home to about 15 million blind people – the most numerous in the world. This article by **Dr. Adithya Babu**, elucidates us on how to care for our eyes naturally so as to prevent eye disorders.

The major cause of blindness in India is cataract (47.8%), followed by glaucoma, age related macular degeneration, corneal disorders, and diabetic retinopathy.

For all ailments, especially in the case of eyes, preventing the disease is far better than curing it once it happens.

Here are a couple of simple eye exercises that are beneficial for maintaining healthy eyes. These exercises, if practised regularly are extremely useful in relieving all kinds of strain on the eyes. It is also useful in preventing computer vision syndrome, refractive errors and other eye diseases to a great extent.

Sunning



Sun is a wonderful help in relieving all sorts of discomforts of the eye. The well-being of the eye is based on light, like the health of the lungs is based on air. The eye should be exposed to the Sun for a period of 5 minutes daily.

Firstly, one should apply a drop of rose water in each eye. After this, sit facing the Sun with eyes closed and chin raised. Now, sway your body from side to side like a pendulum for 5 minutes or count up to 100. Take care not to look directly at the Sun with open eyes. This may damage the delicate structures inside the eye.

Eye wash



After sunning, come to the shade and rinse your eyes by blinking about 20 times using a pair of eye washing cups filled to the brim with a weak solution of thriphala kashaya or five drops of pure honey in each eye cup diluted in water.

Palming



Sit comfortably, with your eyes closed, covered by the palms of your hands in such a way that the fingers are crossed on the forehead. The elbows should rest on a cushion to avoid pressure on the eyeball. Perfectly black field before the eyes are experienced. Improvement in eye sight and feeling of relaxation, relief of pain, and a sense of calmness can be experienced. This can be practised several times a day. Morning is the best time for practising this exercise. Fatigue, noise, hunger, anger, worry or depression are conditions which make palming difficult. While palming, if possible, listen to some story or music etc.

Taking deep breaths while practising this exercise is good. This will improve the accuracy and sensitiveness of the eyes, nerves and mind. While taking deep breath make sure to keep your mouth closed. Avoid all quick and jerky breathing. Pay more attention to exhalation than inhalation and count up to 100 or 300 numbers.

Swinging/shifting

Moving the eyes from one point to another is called shifting. Stationary objects appear to move in the direction opposite to the movement of the head and eyes. For example, while travelling in a fast- moving train, objects (stationary) appear to move in the opposite direction. The eyes get rest while watching this movement.



Stand in front of a board with bars. Your feet should be about one foot apart and your body should move from right to left or vice versa. During this motion raise the heel of your right foot or vice versa alternatively upto 50 to 100 times. Shift your eyes along with the movement of your head and blink at each end. Observe the bars – they appear to move in the opposite direction.

The right way to swing is to move the eyes from one point to another slowly, regularly, continuously, restfully, easily without any effort. Lazily shift your focus from one point to the other without being conscious that you are seeing the objects. Blink each eye once. Then, move your head, eyes and body rhythmically from side to side.

Candle flame



Sit facing a candle flame about one foot apart and gently move forward and backward with rhythm of respirations while keeping the sight towards the flame. Count to 25 to 100 respirations.

Candle light reading

Fine print reading is beneficial to the eye. Shift the sight on the white line of fine print and blink at each end. Read fine print in day light and candle light alternatively, without spectacles (if any) or with spectacles. The book is held at a distance from which it is best

seen. Move the head a little from side to side and blink often.

Playing with the ball



Toss a ball to the ground and observe the bounce while moving your sight and head at the same speed and blink the moment you catch it. Do this for 50 to 100 counts. Next toss the ball from the hand while moving your head as the eyes follow the ball and blink when you catch the ball.

Vaporization

Put two or three thulasi leaves in boiling water and allow the vapours to strike your face until you perspire well.



Cold pads



Wipe out the perspiration and put cotton pads, soaked in cold water and squeezed, on your closed eyes and relax for 10 minutes.

Note:-thriphala kashaya preparation- take 2 cups of water and add ¼ teaspoon thriphalachurna (available in Ayurvedic medicine stores), boil the water and strain after cooling.



Dr Adithya Babu P T P

Associate professor,
Department of Salakyatantra
Vaidyaratnam P S Varier Ayurveda College,
Kottakkal



Drinking water from copper vessel improves health

Drinking water from copper vessels was a healthy habit among our old folk. But today, this habit is replaced by drinking from plastic bottles or glass bottles. This may be because of convenience, as most of these containers are throw-away pieces. However, this new habit is understood to be unhealthy. In the old days, water was taken not just to quench thirst but also as nutrition, and this nutrition is at its peak when water is drunk from a copper vessel. Let's understand more about the healthy nature of water when taken from a copper vessel.

- 1) Drinking water after it is kept in a copper vessel for at least 8 hours is the most advisable. In the days of yore, people fill a copper container with water before going to bed and drink that water in the morning after waking up.
- 2) Drinking water from a copper vessel is good. But as with everything, too much of it is also not good. Restrict the number of glasses of water had from a copper vessel to not more than three per day.
- 3) Copper container is known to kill certain harmful micro-organisms present in the water, especially, diarrhoea-causing micro-organisms.
- 4) Water stored in copper containers can minimise inflammation and heal the digestive tract.
- 5) According to some sources, copper aids in digestion and prevents acidity and hence drinking water from a copper vessel is said to be good.
- 6) Another benefit is that this water can improve the functions of both the liver and kidney.
- 7) Copper is also known to get rid of unwanted fat from the body, but only when coupled with regular work-out.
- 8) Copper also acts as an antioxidant and combat free radicals, thus slowing down the ageing process.
- 9) Also, this water can detoxify the body and increase the absorption of food.
- 10) Copper also plays an active role in enhancing the brain functions.

Thus, drinking water in this manner helps a lot in the long run.

Source: Internet

Children, Gadgets and Vision



Engineers and developers around the world work day in, day out to update information. Yes, we live in the era of information. And these are all delivered through different gadgets like TV, computers, tablets and mobile phones. Unlike olden days, the survival is reserved for the smartest, and not for the fittest. So we have smart gadgets with us. But we may not know that we are taxed heavily in terms of health for this over-dependence on these smart gadgets. Believe it, the health issues related to this overuse of information gadgets are vast; ranging from lassitude to obesity, diabetes to cognitive impairment, insomnia to depression, dry eyes to Vitamin D deficiency. This set of health issues evolves rapidly to such a level that this could become a medical speciality in no time. In this note, we will look into the issues of vision in children caused by the over usage of electronic gadgets.

We can divide the health issues related to the overuse of electronic gadgets into two: viz. 1) related to eye and 1) other than eye. Major problems of the former group are eye strain and headache, dry eye and myopia (short sightedness). First we shall look into these issues in detail.

Eye strain and headache

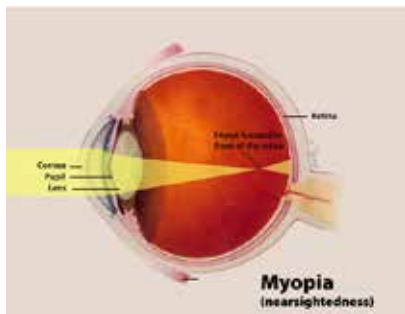
Eyes are having two sets of major sets of movements and one principal function. The two major sets of

movements are 1) the movements of eye balls and 2) for the focusing of light. The principal function is vision. The movements of eyes, within and outside, are facilitated by Vata. Excessive movements, absence of movements and distorted movements cause vatakopa. This causes eye strain and related symptoms like aching pain, difficulty to open and shut the lids, pain around the eyes and headache. When we look on to a fluorescent screen continuously, the movements of the eye balls are either very limited or

distorted and cause results in vatakopa and the clinical symptoms

Myopia

The basic design of eyes is to see far away objects. But when a child look at a screen for hours together in a day and continues to be so as part of his/her studies or entertainment, the movements of muscles related to the focusing of light become strenuous, and they become spastic. Gradually, they fail to relax to see far objects. In short the child becomes short-



sighted. This condition will present with features of eye strain initially, but develops into a visual impairment later. Sometimes, this worsens the pre-existing condition of myopia, but some other times, it presents as a new case.

Dry eye



Eyes have a smooth sheening layer of moisture on it. This has many functions of which prevention of drying is the most important one. We blink our eye lids repeatedly to spread the tears over this layer of moisture. When a child is glued to a screen, he/she reduces the rate of blinking to 5-6 times per minute against a normal of 15-16 times. This increases the rate of evaporation of the tears from the eyeballs exposing the layer of moisture to the threat of drying and developing cracks on it. This is the earliest stage of dry-eye syndrome. Initially, this need not cause remarkable difficulties. One or two face washes in between may seem to improve the situation. Gradually symptoms of eye strain increase.. The cracks in the layer of moistures progresses to permanent ones. Eyes start getting red and they show intolerance to light. This is a debilitating condition which affects studies and activities of daily life.

Issues related to vision

It is already mentioned that the eyes perform the principal action of vision. Eye is one among the five sense organs. Repeated exposure to fluorescent

screens creates fatigue of the sensory organ and can cause degenerative changes.

Problems outside the limits of eye

This is a very serious area of concern. Have you ever thought of the complex procedure of perceiving a light, colour or shape? We shall see. The eyes, indriya (the sense organ), establish a contact with the object of vision, i.e., the light, colour or shape. This image is passed on to the plane of manas (mind) in the next stage. Here, it undergoes certain level of analysis and processing. This processed information then is sent to the atma (soul) and here it is accepted and processed further to initiate an act of response which is further moved to the organs of action. This completes a circle of events wherein the perception and its response is completed. So the indriya or sense organ is the first terminal of receiving a stimulus. If this terminal is over-used or used in a distorted manner, it can have its repercussions in the other terminals as well. This is more pronounced in the very next level, i.e., mind. So over-indulgence in electronic gadgets creates problems of mind as well. The capacity of mind to process the input from indriya will become distorted. Here one point is worth mentioning. Though we have five indriyas, we have only one mind. So the affliction of mind will not be limited to the functioning of one indriya even though the point of origin may be a single one. So a child who indulges in play, entertainment or studies using electronic gadgets may risk into behavioural abnormalities like aggression, boredom, depression and self-imposed social aloofness.

Remedial measures

The specific treatments for the ailments described above need expert intervention and prolonged follow-up.

It may not be easy and advisable to suggest a total abstinence from electronic gadgets these days. Finding customized strategies to limit the use may be the practical option. Primarily, the over-use of tabs, mobiles etc. should be avoided by the parents. When the adults set a bad example, the chance of children following them

is very high. The traditional tools of learning and teaching like books and pens should be reintroduced and promoted by the parents and teachers. This is more important as far as school children are concerned. To the core, majority of the school children use these gadgets not as tools of education, but as tools of entertainment.

A particular time in a day may be permitted for the usage of computers and mobile phones. But this should be done with discipline. Healthy practices of using these gadgets should be communicated with the children. Expert advice and sometimes counseling may be needed to de-addict children from the uncontrolled use of mobiles and other gadgets.

For those who suffer health issues related to eyes like computer vision syndrome, can seek Ayurvedic treatments. There are many effective treatment modalities that can help. Tharpanam (ghee- based nourishing treatment for the eyes), aschyothanam (eye drops), nethra dhara (irrigation of eyes with medicated liquids/decoctions), murdhathylam (oil for head) and internal medicines are used widely for this purpose. Taking 3 gms. of Triphalachurnam with little bit of honey and cow's ghee at bedtime may be an effective preventive regimen.



Vaidya M. PRASAD, MD (Ay.)

Principal
Ashtamgam Ayurveda Chikitsalayam & Vidyapeedham
Vavanoor, Koottanad,
Palakkad District-679533, Kerala, India
drprasad@ashtamgam.org
www.ashtamgam.org

Yoga helps develop Personality

Humans are endowed with the capacity to evolve and resolve efficiently. In this process, they try to understand, evaluate and improvise their traits. Personality is one such trait that imparts a unique identity to every individual. It is a comp odium of behavioral, temperamental, emotional and mental features that outlines and makes an individual state his specific existence. Hence, having a fair awareness regarding one's personality is pivotal in the growth and development of a person. The two terms, growth and development, are not just ornamental for this optimum surroundings and desirable inputs are mandatory to achieve this massive goal.

Influential factors

Temperament, environment, and character are the key contributory points in the context of personality. To begin with, Temperament is a genetically determined trait that determines a person's perception and approach to the world. It is regarded as a natural factor.

While the Adaptive patterns in relation to individual specific environment is the next cardinal component. It is often called nurture component.

The Character component embarks upon emotional, cognitive, and behavioral patterns learned from experience. This factor dictates how a person thinks, feels, and behaves. Interestingly, character phenomenon is committed to continual change and evolution throughout the span of life, yet the lion share impact belongs to inborn traits and early life experiences.

Classification

Type A, Type B and Type AB are the usually recognized personality categories.

Type A persons are portrayed as impatient, dominant, power loving, highly competitive, ambitious, aggressive. They are fond of deadlines, they are time oriented, objective, focused and have difficulty in relaxing. They are passionately committed workaholics and hate delays.

Type B individuals, on the other hand are patient, relaxed, and easy-going. They are not influenced by a sense of urgency. Happiness quotient for them is not labeled as ambition or achievements.

There is also a **Type AB** combination profile for people who cannot be clearly categorized. Type A personality persons are considered as stress creators by Type B and fairly enough the Type A persons consider Type B as lazy and disoriented.

The insight of one's personality type is probably the key to derive maximum benefits from the inherent strong points of the personality and simultaneously there is a pushing need to minimize the negative trends of one's personality.





Thus, the importance of Yoga can be realized in this particular juncture.

Yoga is a time-tested, ancient, philosophical and practical entity, consolidating a quantum

of values, attitudes and techniques. Its prime objective is the attainment of enlightenment of self-knowledge. It has a percolating impact on developing the individual personality. It can be considered as a conducive general methodology for the growth of man towards enviable outcomes. It includes techniques useful for therapeutic applications in making a man healthier.

The term conducive is to be highlighted since it is the regular practice of Yoga that aids in

building up the personality at all levels, i.e. physical, mental, intellectual and emotional. This helps to realize the capability of the highest possible functional harmony in the body and mind.

One is groomed to identify one's own inner resources and thereby draw and channelize the required energy from one's inner self, which puts an end to seeking the source of motivation

from the outside environment. It helps to enhance self-awareness which, in turn, uplifts attention, focus and concentration.

Yoga in a nut shell, promotes individual and social health, enhances physical health, empowers mental and emotional stability, deepens intellectual perfection, focuses on moral commitment and social accountability. Thus, it goes to the extent of extending spiritual gratification.

How does Yoga help in improvising personality traits?

The entire fabric of Yoga seems to wrap the theme of personality development.

Astanga Yoga; the eight limbs of Yoga, the systematic method of practicing Yoga are efficient ways of shaping an individual. Yama and Niyama are ethical and moral guidelines that serve as a manual for personal discipline and the much-needed desirable social behavior.

The Asanas are the stipulated physical postures that enhance the physical strength and stamina.

Pranayama is a set of conscious breathing patterns that invigorates the energy level at physical and psychological sphere.

Pratyahara is the training to control and channelize sensual energy, thereby upholding energy conservation.

Dharana, Dhyana and Samadhi are meticulous training of the higher mental faculties that help to improve concentration, memory, intelligence, psychological stability and finally help to attain bliss.

Panchakosa; The personality of a person can be understood and enhanced through the perception of Kosa as well. The concept of Kosa or sheath is another specialty of Yoga where we find unravelling from the gross to the subtle level.

The Annamaya kosa: This is the outer physical sheath that is subjected to massive manipulation through unhealthy food and improper habits.

The **Shad karma** are mechanisms consisting of Dhauti, Basti, Neti, Nauli, Trataka, Kaplabhati used to purify and detoxify the body. The practice of asanas strengthens and imparts lightness to the body. Thus, a strong and healthy body is known to be the foundation of a solid personality.

The **Pranamaya kosa** is the next inner sheath which serves the substratum of energy domain. The regular practice of pranayama instills control of breath and subsequent control of thought and emotions. Pranayama thus serves as a route to provide energy even at the cellular level.

Yoga brings control over breathing and that works effectively in increasing the psycho-motor co-ordination. Yoga is a conscious process of gaining control over the mind and thus the concentration and attention span improve and it, in turn, improves both IQ and memory power.

Inner to Pranamaya kosa lies **Manomaya kosa**. This is the

domain of emotions which is the focus station of Yoga as judicious control and channelizing the Manomaya kosa is the ultimate aim. The nurturing of positive emotions and dismantling and neutralizing the negative emotions play a pivotal role in reshaping a fruitful personality.

The **Vijnanamaya kosa**, which is the intellectual sheath, is the sector of judicious thinking, analysis and discriminative decision making. The meditative techniques and relaxation help to boost this zone.

Cognitive performance is exponentially increased by meditation. Further, the practice of meditation significantly reduces self-rated perceptions of anxiety and stress by mediators which, in turn, adds to improved decision making. The areas of attention, memory and arousal control the ability to attend to relevant stimuli and recall information that are finely mentored by the systematic Yoga sessions.

The **Anadamaya kosa** or the bliss sheath is the horizon of experiential eternal bliss. Here, the practice of Yoga can help a person to achieve his or her full potential and increase spiritual consciousness. Hence, the practice of Yoga subsequently percolates into five kosa and marks its cult in each level. These interventions are cardinal in shaping the personality of the

individual from the gross to the subtle point.

Shad chakra; The regular judicious Yoga practice works at the Chakra level as well. These are potent functional whirlpools of energy located in the body. The basic instincts being managed at Mooladhara, Swadhistana, Manipuraka chakra and further evolved attitudes, behavioral traits are assembled at Anahat, Vishudi and Ajna chakra.

The propagation of skilled action or mastery over ones work (Karma Yoga) can be considered as another contribution of Yoga in the path of personality development. Yoga acts as a deliberate mechanism to mould one's personality such that the latent potentials are brought to the surface and the individual has an opportunity to nurture them into fine masterpieces.

The inhibitory factors such as overeating, talkativeness, undue exertion, excessive adherence to rules, too much socialization act as inhibitory phenomenon in achieving perfection in Yoga. This can be considered as hindrances in the goal achievement strategy and simultaneously the promotive factors such as enthusiasm, courage, will power, discriminative power, determination, and avoidance of over socialization can be considered

as techniques favorable for target attainment and personality moulding.

Thus, Yoga comprising of psychotherapy, posture training, breathing techniques, meditation and relaxation helps to attain and maintain the state of physical, mental, social and spiritual well-being and not merely absence of disease or infirmity which is the definition of health as per WHO. So we understand that practice of Yoga has direct bearing effect on positive personality temperament. In total, Yoga intends to gift a good physique, high energy and enthusiasm level, sound mind set, good decision making, heightened spiritual entity, all these together create a virtuous human who is undoubtedly happy, contented with himself and would prove to be socially useful and accountable.



Dr Anupama Krishnan
Assistant Professor
Dept of Swasthavritta
VPSV Ayurveda College Kottakkal



Premium Quality Wild Turmeric for Sale

Kerala Gooseberry Hills Ayurveda Health Farm is an ambitious environmental project created in 2007 by Olga Richards (France) to grow medicinal plants for clinical research .The objectives were to introduce water and soil management and to preserve indigenous medicinal plants and spices native to Western Ghats in this hilly, remote area of South Kerala .Soil conservation is done through various methods : bench terracing ,mulching and composting .We exclusively adhere to natural farming with biodiversity(permaculture) to grow rare fruit and spice trees, vetiver, Malabar lemon grass,neelambari and many other indigenous medicinal plants . WILD TURMERIC and Forest black pepper like all our other crops are grown and processed by traditional methods .

please contact
olga_hr@hotmail.com, Tel +919895284578

Power Yoga for your eyes

Your digitally-strained eyes will thank you for these simple yoga exercises. Yoga asanas are known to improve the functioning of our organs. Yoga also happens to have a series of exercises that can improve the functioning of our eyes. These exercises can help overcome various eye-related problems such as short sightedness and long sightedness.



Palming



- Sit quietly with eyes closed and take a few deep breaths to relax yourself
- Rub the palms of your hands vigorously until they become warm and place the palms gently over your eyelids
- Feel the warmth of the palms being transferred onto the eyes and the eye muscles relaxing. Your eyes are being bathed in soothing darkness
- Stay in this position until the heat from the hands has been completely absorbed by the eyes
- Keeping the eyes closed, lower your hands
- Once again rub the palms and repeat the process at least three times

Blinking



- Sit comfortably with your eyes open
- Blink around 10 times very quickly
- Close your eyes and relax for 20 seconds while taking your attention to your breath
- Repeat this exercise about five times.

Sideways viewing



- Sit with legs straight in front of the body
- Now lift the arms keeping your fist closed and your thumbs pointing upward
- Look at a point straight in front of you in level with your eyes
- Keep the head in this fixed position, focus on the following one after the other, by shifting your vision to the:
 - o Space between the eyebrows
 - o Left thumb
 - o Space between the eyebrows
 - o Right thumb
 - o Space between the eyebrows
 - o Left thumb
- Repeat this exercise 10 to 20 times
- After completing this exercise, close your eyes and rest

Observe the following breathing pattern as you perform the above exercise:

- Inhale in a neutral position
- Exhale while looking to the side
- Inhale and come back to the center

Front and sideways viewing

- Sit with legs straight in front of the body
- Now, close the left fist and place it on the left knee ensuring that the thumb points upwards
- Look at a point straight in front of you and in level with your eyes
- Keep the head fixed in this position
- Breathing out, focus your eyes on the left thumb
- Breathing in, focus your eyes at a point in front of you and in level with your eyes
- Repeat the same process with the right thumb
- Close your eyes and rest

Rotational viewing



- Sit with legs straight in front of your body
- Place the left hand on the left knee
- Hold the right fist above the right knee, with the thumb pointing upwards. Keep the elbow straight
- Now keeping the head still, focus your eyes on the thumb

- Make a circle with the thumb, keeping the elbow straight
- Repeat this exercise five times each in clockwise and anti-clockwise direction
- Repeat the process with the left thumb
- Close your eyes and rest

Observe the following breathing pattern during this exercise:

- Inhale while completing the upper arc of the circle
- Exhale while completing the lower arc

Up and down viewing



- Sit with legs straight in front of your body
- With both the thumbs pointing upwards, place both the fists on the knees
- Slowly raise the right thumb keeping the arms straight. Follow the motion of the thumb upwards with the eyes
- When the thumb is raised to the maximum, gradually bring it down to the starting position. Continue to keep the eyes focused on the thumb while keeping the head still throughout
- Repeat the same process with the left thumb
- Practice these five times with each thumb
- The head and the spine should be kept straight throughout
- Close the eyes and relax

Observe the following breathing pattern as you perform the above exercise:

- Inhale while raising the eyes
- Exhale while lowering the eyes

Preliminary nose tip gazing

- Sit in cross-legged pose
- Lift the right arm straight directly in front of the nose
- Making a fist with the right hand, keep your thumb pointing upward
- Focus both eyes on the tip of the thumb
- Now bend the arm and gradually bring the thumb to the tip of the nose, all the while having the eyes focused on the tip of the thumb
- Remain in this position for a while with the thumb held at the tip of the nose with the eyes focused there
- Continuing to gaze at the tip of the thumb, gradually straighten the arm
- This constitutes a single round
- Perform at least five such rounds

Observe the following breathing pattern as you perform the above exercise:

- Breathe in while the thumb is pulled to the tip of the nose
- Retain inside while holding the thumb at the tip of the nose
- Breathe out as the arm is straightened

Near and distant viewing

- Stand or sit by an open window with a clear view of the horizon. Keep the arms by your side
- Focus on the tip of the nose for 5-10 seconds
- Repeat this for about 10-20 times
- Close and relax the eyes

Observe the following breathing pattern:

- Inhale during close viewing
- Exhale during distant viewing

After completing all the above exercises, lie down in Shavasana (Corpse pose) for a few minutes and relax completely. Breathe gently and normally, and do not resist any thoughts or sensations during the exercise.

Source: www.artofliving.org



How to Reverse Hair Greying

All you need

- 1 tablespoon Lemon Juice, newly squeezed
- 2-3 tablespoons Organic Coconut oil

Mix the ingredients well in a bowl and massage it into your scalp and hair. Let it sit for 60 minutes prior to cleaning it out. From repairing harmed hair to enhancing the hair roots, this amazing mix can make your hair better in a range of ways.

Other benefits of using coconut oil with lemon juice on your hair are:-

It combats dandruff

The effective antioxidants of coconut oil integrated with the citric residential or commercial properties of lemon juice can make dandruff a thing of the past. This stellar mix of natural ingredients strengthens your hair roots and allows it to deal with dandruff successfully.

Promotes Hair Growth

The existence of proteins and minerals in both, coconut oil and lemon juice, can enhance the hair roots and promote hair development.

Prevents greying

Coconut oil is known to nurture hair follicles from well under the surface area. And the high content of vitamin

C in lemon juice integrated with coconut oil can prevent greying of your hair. This mix is thoroughly used by people to get rid of bald patches.

Relief from itchy scalp

Blending coconut oil with fresh lemon juice can provide relief from an itchy scalp. Besides soothing itchy scalp, this combination can likewise keep the scalp hydrated and prevent it from getting dry.

Avoids hair thinning

For thin hair, this combination can work like a beauty. Using it on a regular basis can make your hair follicles strong and make it appear voluminous.

Makes hair soft

The deep-conditioning ability of both the components can considerably improve the texture of your hair. Regular application of this amazing combo can soften, reinforce your hair and also make it shine.

Safeguards from sun

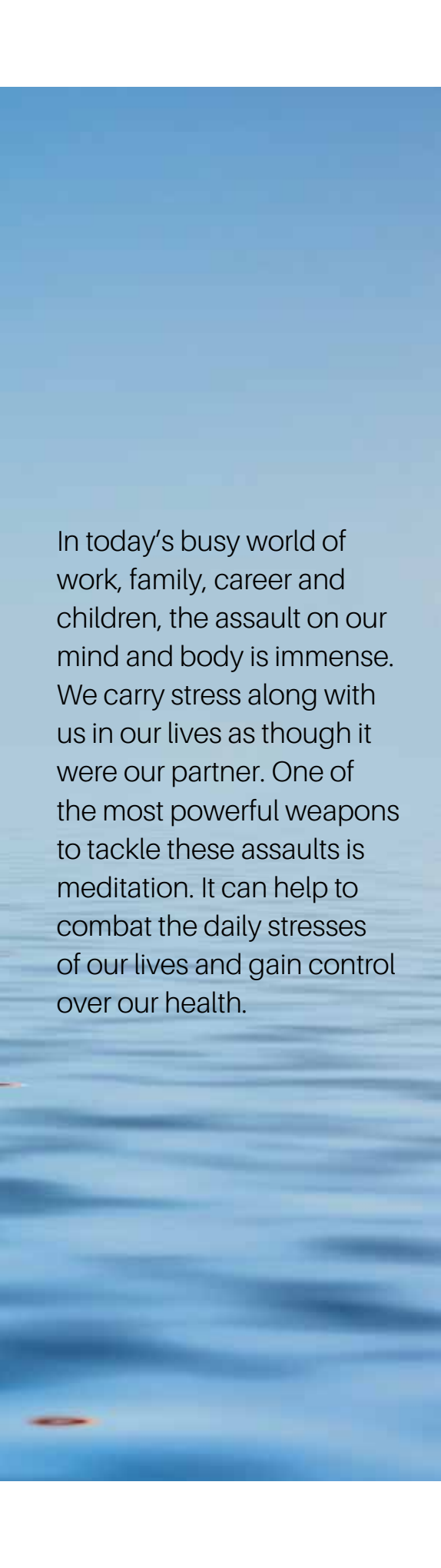
The substances present in both these active ingredients can secure your tresses from the harmful sun rays. Overexposure to these rays can cause permanent damage to your strands and make them vulnerable.

Source : Internet



A person is shown from the waist up, sitting in a meditative pose (Padmasana) on a white cloth. Their right hand is resting on their knee in the Anjali mudra (prayer position). The background is a clear blue sky. The person's reflection is visible in the calm water in the foreground, which also reflects the sky. The overall scene is peaceful and serene.

The power of **Meditation**



In today's busy world of work, family, career and children, the assault on our mind and body is immense. We carry stress along with us in our lives as though it were our partner. One of the most powerful weapons to tackle these assaults is meditation. It can help to combat the daily stresses of our lives and gain control over our health.

It is said that when 100 people meditate together, the waves that are produced, impact up to a range of 5 km. It directly impacts the negativity and produces positive results. It is learnt that today only about 4 per cent people practice meditation. However, it impacts all the 100 per

cent. If we practice meditation, we can experience its positive effects in our family within 90 days. If 10 per cent of the world's population practice meditation, almost all major problems and violence will vanish. Meditation, thus, has the power to have positive impact on the whole world population.

Maharishi Mahesh Yogi proved this by an experiment in front of scientists in 1993. He invited around 4000 teachers to gather in Washington DC and asked them to practice meditation. The outcome was surprising. The crime rate of the city was reduced by 50 per cent. The scientists could not find out the reason for this. It was later labeled as the "Maharishi effect".

This is the Power of Meditation. Meditation has definite powers to impact your physical as well as spiritual life. We can achieve all our goals with minimum efforts. There is a need to start this journey of self discovery earliest possible.

There is no penance bigger than Meditation.

There is no Sadhana bigger than Meditation.

There is no bigger fulfillment than Meditation.

Meditation is the simplest and sure way for a successful life.

Meditation helps to:

- Develop consciousness. It is the path to consciousness.
- All major religions of the

world concentrate on the practice of meditation to access the unconscious.

- It calms the amygdala where our fight or flight emotions live
- It strengthens the impulse control and allows one to self-manage stress, pain, depression, and drug and alcohol issues.
- Meditation increases alertness, energy and keeps one full of life.
- It speeds up recovery from illnesses.
- Meditation clears emotional pollution.
- Meditation brings about spiritual transformation.
- It helps to release negativity and foster inner peace.
- It helps to improve concentration and thus makes one more productive.
- Meditation teaches us to not sweat the small stuff, and helps to really put things into perspective.
- It helps to let go off anger more easily so that it is easy to forgive and forget.
- It helps you to become more alive and self-aware.

Thus, with regular practice, one becomes calm and centered and develops a clearer mind. A sense of joy in the moment prevails and one is able to smile from the heart. Benefits of meditation are innumerable and each and every human being must tap into their inner being for a more enriched living.

Source: Internet

Yogis united in Kerala to discover the land of Yoga

A group of 60 people from 22 countries have united in Kerala as participants of Yoga Ambassador Tour to explore more and study what its benefits are beyond reckoning it as a regular exercise.



where meditation was once practised, with related activities like Ayurvedic/ Naturopathic cooking, trekking, houseboat cruise etc. This would provide a holistic experience to Yoga seekers and project Kerala as a perfect place to practice Yoga while travelling,” said Anish Kumar.

ATTOI joint secretary Janeesh Jaleel, said “The tour agenda of the ambassadors included practising the Ayush Ministry’s common Yoga protocol (a series of simple asanas (postures) that can be easily followed by practitioners of all age-groups), interact with Yoga enthusiasts from across the State and visit several Yoga hubs and natural beauty spots.”

The programme was organised by the Association of Tourism Trade Organisations, India (ATTOI), Ministry of Ayush, and Kerala Tourism from June 13 to 21 aimed at promoting Yoga-centric tourism. The participants were enthusiasts, instructors, researchers and disciples of Yoga, in addition to tour operators and writers from around the world.

During these days, they toured various parts of Kerala, including Thiruvananthapuram, Kovalam, Thekkady, Munnar and concluded at Kochi on June 21, the Yoga International Day. The ambassadors were picked by inviting applications from all over the world, and later selecting the suitable profiles.

The aim of the tour, according to Anish Kumar, president of ATTOI, was to promote fitness and spirituality while on holidays as well. Elaborating on it, Anish says, “Though our aim was to promote Yoga, this entire event

also had a tourism angle to it. Almost more than half the participants of the tour were Yoga tour operators along with being Yoga practitioners, teachers, researchers and disciples”.

“There is tremendous potential to develop a dedicated Yoga circuit in Kerala, combining the existing Yoga destinations like Shivananda Yoga Ashram, the meditation centre at Vivekananda Rock in Kanyakumari and the prehistoric sites in Munnar,

Dr Arun Thejaus, who conducted Yoga sessions for the ambassadors during the travel said that the participants were keen to learn more about the scientific aspects behind the practices from everywhere that they go. “From sharing the feedback on how practising Yoga feels different while on beaches, hill stations and mountains, to learning the Yogic way of eating and life, they explored a lot more than what they already knew. Some of them had thought of Yoga more as an exercise. Next time onwards, more scientific





sessions could be included in the programme, he said.

No doubt the participants had a different experience after the week-long tour in Kerala. Bchini Nihel, a Yoga instructor from Tunisia, said that he suffered from immense back pain a few years ago and was in search of a cure, found Yoga as suitable. The therapy worked and then decided to pursue it full time as an instructor since 2012."

Russian Konstantin Kutarov, who is based in Australia, met a Yoga teacher who inspired him to take it up. Following the training, he came to India and studied Yoga from different teachers and went back to Australia. A Yoga teacher's course was done and then he started teaching it."

Craig Hanauer from New York, who has been part of Yoga for years together and a psychotherapist, says that he was trying to use Yoga to help children with special needs as well.

Paulina Kulikowska from Poland believes that the new style in the discipline in Yoga lead to the same thing. "Just as how we know that the traditional Kundalini or Hatha Yoga is not for everyone, as we all have different issues to deal with, these emerging forms can't be completely judged as positive or negative," she opines.

Krzysztof Stec from Poland, who has been practicing Yoga since 1975, said that the tour gave him ultimate happiness to do Yoga in various places in Kerala as it is gifted with beauty and there is serenity in abundance.

As a Yoga tour operator, Helen Stephani from Indonesia is of the opinion that the tour will promote



Yoga not only as a trend but as a lifestyle for better life in the world. "The trip is an excellent way to promote Kerala as a Yoga retreat and wellness destination. All hard work by the people involved in this event is really appreciated," she says, adding that it was only after she started practicing Yoga that she has got the enthusiasm to work towards her dream.

The participants have lauded the efforts made by the organisers to welcome them and educate them about the culture and tradition of Kerala.

Diana Grohs from Germany says that even though she has been coming to India very often, as she concentrates only on Yoga trips, she used to suggest Kerala as a destination for only those looking to capture the essence of Ayurveda. "But from now on I can tell my clients that Kerala houses some stupendous places to do Yoga as well."

Sharing one of her concerns, Diana says that Indians should understand the significance of Yoga as people in the other parts of the world do. "It is unfortunate that the present generation, though they know the

importance of Yoga, is not keen on understanding it to the core, which in turn has limited it into a means of fitness. I hope that tours of this kind will also become popular in the country where Yoga originated," she adds.

Yoga Ambassadors Tour was inaugurated by Minister of State for AYUSH Shripad Yesso Naik. Inaugurating the programme, Naik said that Kerala's clean environment and the rich tradition of Ayurveda have contributed to the promotion of tourism. Going beyond Ayurveda, Kerala and its neighbouring Kanyakumari district of Tamil Nadu together have a few renowned Yoga destinations like Shivandanda yoga Ashram, the meditation centre at Vivekananda Rock in Kanyakumari and the prehistoric sites of Munnar where meditation was once practised, he said.

There was already a notable segment of foreign tourists who visit Kerala for taking Yoga courses due to its rich Yoga resources, he said. Kerala State Tourism Minister Kadakampally Surendran said Kerala has become a model for the other destinations by introducing Yoga Ambassadors Tour.

4th International Yoga Day Celebrations: From Paris to Ladakh



Yoga Day at Disney Land, Paris



At Disneyland, Paris, the main street was covered with Yoga mats. This was the first time Disneyland, Paris, participated in International Yoga Day welcoming Yoga enthusiasts, amateurs and novices alike. Their wake-up session was hosted by the famous Yogi, Tara Stiles, and 7 like-minded instructors. The extraordinary session took place at the heart of Disneyland Park.

Yoga by PM in Dehradun



Prime Minister Narendra Modi performs Yoga along with participants during the international yoga day celebrations 2018 at Dehradun. He led thousands at the Forest Research Institute at Dehradun. Yoga asanas approved under the Common Yoga Protocol (CYP) was practised at the venue to mark the 4th International Day of Yoga.

Indian Air Force too celebrates International Yoga Day



IAF officials do Yoga in the air. They perform vayu-namaskar and vayu-padmasan. They performed asanas in the sky at a height of about 15,000 feet.

INS Viraat in Mumbai

Navy personnel perform Yoga on board INS Viraat, which is stationed in Mumbai. More than 10,000 officials took part in the Yoga camps that were organized by the Western Naval Command. It was a perfect location for Naval officers to come together and perform various yoga exercises. However, the naval ship was decommissioned but still served as a perfect spot for many to mark the occasion.

The fourth edition of the International Yoga Day 2018 was celebrated with much enthusiasm across the world. From Indian Army personnel at Siachen base camp in Ladakh region of Jammu and Kashmir to officials at the Indian High Commission in Islamabad the International Yoga Day wasn't just limited to the country of its origin but also across the world. Below are glimpses into some of the celebrations of the 4th international day of yoga from around the world.

Yoga at Rajpath, Delhi



Hundreds of people gathered in Rajpath and surrounding parks to perform 'asanas' on the "International Day of Yoga" on Thursday (June 21; 2018) morning. In Delhi, the fourth edition of the celebrations played out at several venues — from the sprawling Rajpath to the lawns of Red fort to old municipal parks and gardens in other parts of the city.

Yoga Day Celebrations in New York



In New York, people gathered at the Governors Island in the backdrop of the iconic Statue of Liberty to participate in the Yoga Day celebration organized by the Consulate General of India. People from various backgrounds, accompanied with their families, participated in the yoga sessions, performing the Surya Namaskar, Pranayama, various yoga asanas and breathing exercises. Among the highlights of the event was an impressive Mallakhambh performance by children. Yoga day designed kits and T-shirts were distributed to those in attendance.

Jerusalem, Israel



Hundreds of Jerusalemites found their inner yogis in the Valley of Hinnom on the evening of June 21; 2018 as part of International Day of Yoga. Against the backdrop of the old city walls, participants spent the evening air practicing sun salutations on the lush green grass of the valley. The yoga event was produced by the Ministry of Jerusalem Affairs and Heritage, the Jerusalem municipality, the Jerusalem Development Authority and the Schusterman Foundation.

India in Pakistan



Pakistan celebrates peace, happiness and brotherhood on the 4th International Day of Yoga. The High Commission of India in Islamabad on Wednesday celebrated the fourth International Day of Yoga. The event, at the High Commission premises, was graced by over 100 guests from both—Indian and Pakistani—community, a statement from High Commission Office said.

Welcoming the guest from various walks of life, High Commissioner Ajay Bisaria highlighted the immense benefits of the yoga practices. The event started with the live webcast demonstration of Yoga by Prime Minister Narendra Modi at Dehradun. This was followed by guided yoga and meditation sessions led by Air Adviser Group Captain JT Kurien and Mr Bisaria. Yoga Day celebrations were witnessed in different cities of Pakistan, including Karachi and Lahore, the statement added.

Handan, China



Yoga fans practice yoga at the Qingquan Park in Handan City, North of China's Hebei province on June 20, 2018 one day ahead of the International Yoga Day.

Nepal



Locals and monks celebrate the 4th International Day of Yoga at 12,500 feet in Muktinath, Nepal. This Yoga camp was organized by the Indian Embassy at Kathmandu. This event took place on June 17, 2018.

Seoul, South Korea



Over 1000 yoga-loving Korean friends gather at Gwanghwamun square in the heart of downtown Seoul.

Amsterdam, Netherlands



Amsterdam witnesses largest ever celebration of International Yoga Day in the Netherlands as thousands flock to the prestigious Museumplein for mass yoga demonstrations. As part of the celebrations there was a group session of traditional Indian yoga followed by a talk and meditation session led by Sri Sri Ravi Shnakar. The grand finale in the evening was amusic concert called "The Soul Shanti Concert" featuring violin maestro Dr. L Subramaniam and Bollywood playback singer Kavita Krishnamurthy.

India in Spain



Yoga enthusiasts in Madrid listen to PMO, India on the occasion of the 4th International Yoga Day celebrations at the iconic Conde Duque MAD.

At Ladakh



In Ladakh, Indo-Tibetan Border Police personnel defied the biting cold weather and performed Surya Namaskar asana (posture), at an altitude of 18,000 feet. The jawans were seen doing yoga

FM Media Group Publications



Ayurveda

& Health Tourism

• ENGLISH • HINDI • GERMAN • ARABIC • RUSSIAN • SPANISH • ITALIAN
www.ayurvedamagazine.org | marketing@ayurvedamagazine.org



Medical

tourism

A Complete Magazine on Healthcare in Asia
www.asianmeditour.com | fmmediakochi@gmail.com



SANGHAMAM

A popular tabloid in Malayalam, Published from New York, Chicago, Texas & Toronto

സംഗമം

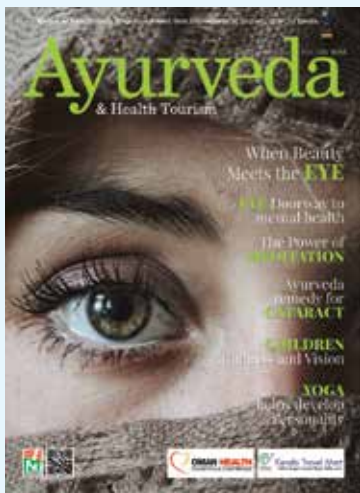
ശിങ്കരം | ന്യൂയോർക്ക് | ടെക്സസ് | ടൊറന്റോ
www.sanghamam.com | kochi@sanghamam.com



FM MEDIA TECHNOLOGIES PVT. LTD.

Penta Square, Opp. Kavitha Theatre, M.G Road, Kochi-35,
Kerala, India, Tel: +91 484 4034055
Email: marketing@ayurvedamagazine.org

www.ayurvedamagazine.org



Ayurveda

& Health Tourism

• ENGLISH • HINDI • GERMAN • ARABIC • RUSSIAN • SPANISH • ITALIAN
www.ayurvedamagazine.org | marketing@ayurvedamagazine.org

SUBSCRIPTION FORM

Period	India	Overseas
One Year	₹ 360 <input type="checkbox"/>	
Three Years	₹ 960 <input type="checkbox"/>	US\$ 60/- <input type="checkbox"/>
Five Years	₹ 1400 <input type="checkbox"/>	US\$ 100/- <input type="checkbox"/>

Including postal / courier charges

Name: Mr. / Ms.

Address:

City:

Pin: State:

Email:

Tel:

Payment Details: DD/MO:



FM MEDIA TECHNOLOGIES PVT. LTD.

Penta Square, Opp. Kavitha Theatre, M.G Road, Kochi-35,
Kerala, India, Tel: +91 484 4034055

Email: marketing@ayurvedamagazine.org

www.ayurvedamagazine.org

Do It Yourself Natural Face Wash

Rainy season is on and so is the time for all kinds of skin problems. This is a time when the skin suffers a lot due to high humidity and a dusty environment. This is again a time for skin infections that are especially fungal. Sweat and oil deposits on the skin make it oily and dull. Numerous skin-care products are available in the market but choosing the right product for the skin is a tedious process. Hence, it is good to shift to natural home-made products that are not harmful to the skin. Below are some natural home-made face washes that can leave your skin glowing.



Priyatama Vijaysing Powar
Pharmaceutics Department,
Assistant Professor
Dr. D. Y. Patil College of Pharmacy
Akurdi, Pune-44.

MULTANAI MITTI FACE WASH



Sr. No	Name of Ingredients	Quantity
1	Fuller's earth/ Multani Mitti	2 teaspoon
2	Sandalwood powder	2 teaspoon
3	Finely powdered Tulsi/ Tulsi leaf paste	10 leaves paste
4	Rose water	Quantity sufficient to form paste

Mix to a paste and wash your face with this.

Baking Soda Face wash

Sr. No	Name of Ingredients	Quantity
1	Honey	1 teaspoon
2	Turmeric powder	1 pinch
3	Baking Soda	½ teaspoon

Turmeric and baking soda clean and purify skin by removing dead skin, infection causing (pimple/ acne causing bacteria) bacteria. Mix the above ingredients to form a paste and then gently massage the face for 2 minutes and wash the face with cool water.



Aloe Vera, Almond face wash for anti-inflammatory action



Sr. No	Name of Ingredients	Quantity
1	Aloe vera gel	1/4 cup
2	Sweet Almond oil	2 tablespoons
3	Rosewater	2 tablespoons
4	Soapwort extract	1 tablespoon
5	Lavender essential oil	5-10 drops

Here, Aloe Vera and Rose water provide moisturizing, anti-inflammatory, antioxidant action on the skin. It can be used to treat allergic reactions. Almond oil is a rich source of Vitamins, so it provides antioxidant and anti-inflammatory action. It also helps to maintain the pH of the skin. Lavender oil has antibacterial, antiseptic, anti-inflammatory, soothing benefits. You can add Vitamin E oil to this face wash as it is an antioxidant, moisturizer and anti-inflammatory. This can be stored in a cool and dry place. Apply in small circles and rub in for 30 seconds, wash off with warm water

Coconut Oil, Honey Face wash

Sr. No	Name of Ingredients	Quantity
1	Coconut oil	1/4 cup
2	Honey	2 tablespoons
3	Lavender oil	5-10 drops

Coconut oil in above formulation provides antibacterial and antifungal action. It helps to fight against skin infections like pimples. It can be easily replaced with Lavender oil or Bergamot oil. This is specially used to treat pimples and for those with excess oil in the skin. Adding crushed sugar or baking soda to the above face wash can act as an exfoliant and helps to remove dead cells.



Castile soap Face wash for oily skin

Sr. No	Name of Ingredients	Quantity
1	Liquid castile soap	½ teaspoon
2	Vegetable glycerin	1 teaspoon
Mix properly Liquid castile soap and Vegetable glycerin to form smooth paste		
3	Hazel extract	¼ cup
4	Apple cider vinegar	1 tsp.
5	Essential oil/ Citrus oil/ Eucalyptus oil	5 drops

Apple cider vinegar, Hazel extract are natural astringent and help to maintain the pH balance of the skin. It prevents excess oil production. Essential oils are especially good for oily skin types. Adding an extract of green tea to the above cleanser can have an antioxidant activity as well as anti-aging activity.

How to Deal with those Dark Circles

The eyes are one of the most important organs of our body. It reflects our beauty and hence it is essential to keep them supple, young and healthy. Through this article, **Dr. Arya Krishna** helps us understand what can be done to keep this beautiful pair glowing throughout our journey of life despite the stressors.

You might be familiar with the panchamahabhuta or the five elements i.e. Prithvi (earth), apu (water), Tejas (Fire), Vayu (Air) and akasha (Sky) which are responsible for the origin and function of all organs and beings according to Ayurveda. Among the panchamahabhutas, Earth (prithvi) governs the muscular part of the eye, fire (tejas) rules the blood vessels, air (vayu) governs the color, water (apu) dominates the white area, and space (akasha) controls the tear ducts and channels.

Among the three doshas - Vata, Pitta and Kapha- eyes are governed by the fiery Pitta specifically Alochaka Pitta.

Along with healthy eyes, everybody wishes for a beautiful eye. The beauty of eyes is described by all poets and writers as the doorway to the heart and the residence of love. Eye helps to express feelings. You are lucky to be born with beautiful eyes, but still, ample care must be taken to keep them beautiful and healthy. The signs of ageing, tiredness, sleep deprivation are all seen in eyes first.

Dark circles under the eyes are a common complaint for both men and women, although these are occasionally seen in children too.


What are the causes for those pesky dark circles? Is it just the tiredness due to lack of sleep or are there any other underlying causes? Let's have a quick look at the major causes of dark circles beneath the eyes.

- Hereditary Conditions – People with Mediterranean backgrounds are more affected by dark circles
- Eczema or skin allergies – Though this is not a direct cause, it is caused due to itching and by continuously rubbing the eye region. It can also trigger inflammation and redness due to broken blood vessels leading to dark circles around the eyes.
- Cosmetic allergies
- Damage caused due to the direct heat of the Sun
- Fluid imbalance or local swelling

In most cases, dark circles under the eyes are not a sign of a serious medical condition.

Ayurvedic perspective of dark circles

In Ayurvedic perspective, dark circles are due to aggravated Vata dosha. As age advances, predominance of Vata in the body is seen. In old age, there is depletion of the subcutaneous fat tissues and thinning of the skin under the eyes causing the



gently in circles. Leave this overnight and wash it the next morning. Almond oil is rich in antioxidants and is known for protecting the skin against UV radiation and damage. It keeps the skin soft and supple.

- In case you use electronic gadgets continuously for long hours, use refrigerated green tea bags as cold pack for the eyes to relax them.
- Mixing orange juice with a few drops of glycerin and applying this mixture over the dark circles can give a natural glow to your eyes.
- Crush a few mint leaves and mix this with cucumber juice. This paste can be applied on the dark circles and left there for 10 minutes. This can later be washed off with cold water. Do this continuously for a few weeks and see the difference.

Ayurveda Medications

- Regular application of Kumkumadithaila under eyes helps in removing Dark circles.
- Use Triphala eye wash once in a week for removing tiredness and puffy eyes.
- Intake of Triphala ghee – 1 tbsp every night at bedtime helps to improve your eye health.
- In case of difficulty while sleeping at night, take ashwagandha choorna with warm milk to ensure good sleep.
- Practice yoga and meditation.

In addition, always use quality cosmetics for eye make-up, and remove them before going to bed. Get proper sleep at least for 6 hours in a day. Include plenty of vegetables and proteins in the diet. Exercise and eat your water, meaning, have plenty of water every day. Prioritize sun protection.

Keep in mind that there is no miraculous cure for dark eyes. With proper diet, regimen and care you can minimize or prevent the dark circles and puffy eyes. Always try to understand the root cause and act wisely.

darkening of the skin of that area. Intake of food that are dry, and use of processed foods can aggravate Vata in the body. Excessive salt intake are the reason often for fluid retention under the eyes resulting in puffiness under the eyes and formation of dark circles.

Dietary tips for reducing dark circles and puffiness of the eyes

1. Stay hydrated
2. Avoid excess salt intake
3. Avoid indulgence in cold drinks, tea, coffee, dry fruits and nuts and cold, dry food like bread. Also minimize the use of beans as it increases Vata dosha.
4. Daily include ghee in diet
5. Drink tomato juice mixed with some lemon juice and mint leaves daily in order to get rid of dark circles
6. Avoid spicy, astringent and bitter foods.

Home Remedies for Dark circles

- Apply a cotton pad dipped in rose water on the eyes for 10 minutes before going to bed.
- Apply a little almond oil on your dark circles and massage



Dr Arya Krishna, BAMS, FOR

Associate Editor, American Ayurvedic Journal of Health
Honorary Ayurveda Consultant, Beri Esthetique
(New Jersey, USA)
Subject Matter Expert, At home with Ayurveda (UK)
Editorial Board,

Beyond Rediscovering Health, Beyond Achieving #HealthForAll: The Age of Commercial ‘Wellness’

The fullness of time can return us to a similar, but improved version of the health our ancestors maintained ages ago, far before antibiotics and beta-blockers were formulated. Modern medicine has conquered disease in astounding ways, yet people are left behind. Open debate might be necessary for revealing the truth that health must be achieved at the level of the individual. It is time for this truth, at the very foundations of Ayurveda and AYUSH systems, to be heard and accepted. It's time to unlog the myths in healthcare, to confront failing health systems in developed and emerging economies alike.

Unraveling Mistakes with #HealthcareforHealth, We're Weaving a Stronger Narrative for Achieving #HealthForAll by 2030



The global health community is shifting from a disease-focused paradigm to an emphasis on living healthily, in an updated version of the way our ancestors learned to do. In departing from medicine that cures what's already become diseased, this novel trajectory toward achieving health goals takes us beyond the status quo. Such shifts will inevitably, sharply and emotionally, divide nations, leaders, industries and individuals—including healthcare companies and professionals. We cannot let these growing pains stall progress toward sustainable, holistic healthcare that can improve life for all humankind.

Large international consortiums such as Health Information For All (#HealthForAll), and mass movements, such as Less-Is-More Medicine (www.lessismoremedicine.com/), touch millions of people through social media.

International bureaucracies have heard the call, as is the case with the imminent 40th-anniversary celebration of the Alma Alta Declaration. The WHO is sending a bold, convincing call to return to the Declaration.

Awareness that the key to attaining #HealthforAll is universal,

primary care undergirds the UHC2030 mission (<https://www.uhc2030.org/>). The United Nations Sustainable Development Goals show recognition for the connections between food and health, including food-production systems (food2030plovdiv.eu/)—and reflect Ayurvedic principles. The wisdom of our ancestors is shaping healthcare and health policy. It is uncovering new avenues for rediscovering and achieving health in the age of Commercial Healthcare-for-Health, even beyond 2030. Time reveals new possibilities, time heals ... even ailing systems and archaic, 20th-century health models!

The European and Global Awakening to Holistic Health

Evidence for the growing awareness of Ayurveda's effectiveness also appears in the form of international gatherings. Friday 14 September was the first day of the 20th Birstein Ayurveda Symposium (<http://www.ayurveda-symposium.org/index.php/en/>). Supported by the Indian Consulate General in Frankfurt, Germany, this event drew more than 300 participants, including Ayurveda masters, teachers from India, enthusiasts, students and practitioners from around Europe.

Concluding earlier this month, the 4th International Ayurveda Congress in Leiden, The Netherlands, hosted an equally rich number and mix of participants. They celebrated a grand theme inspired by the 340th anniversary of the publication of the 17th-century Dutch treatise on medicinal plants of the Western Ghats of South India, Hortus Indicus Malabaricus. Presentations from Prof. Annamma Spudich, a molecular cell biologist at Stanford University, California and Scholar-in-Residence at the National Center for Biological Sciences, Bangalore; and Prof. A Govindankutty Menon, formerly of the Department of South Asian Studies, Leiden University, and now associated with the Natural Language Processing Centre, Amrita University Coimbatore; crowned the opening day. An exhibition, Such Treasure and Rich Merchandise: Indian Botanical Knowledge in 16th and 17th Century European Books, and curated by Prof. Spudich, was a highlight of the event. The exhibit is now permanently installed at the Regional Museum of Natural History in Mysore, India.

On 11 September India's Ambassador to the Netherlands, His Excellency Venu Rajamony (the former Press Secretary to President Pranab Mukherjee), opened the day's presentations



by marking the 340th formal anniversary (even longer in fact) of the relationship between the Netherlands and India. This was an important day in India–Netherlands engagement. Minister Shripad Naik, Minister of AYUSH, leading the AYUSH Delegation, was joined and supported by Bruno Bruins, Minister for Medical Care in the Ministry of Health, Welfare and Sport (VWS) in the Netherlands.

His Ministry's wishes for the Dutch citizens which also echoes the central concept of Ayurveda is presented well in the Ministry's motto (<https://www.government.nl/ministries/ministry-of-health-welfare-and-sport>): "The Netherlands: Healthy and well". The Ministry's ambition is to "keep everyone healthy as long as possible and to restore the sick to health as quickly as possible. The ministry also seeks to support people with a physical or mental limitation and promote social participation".

India, The Netherlands & the WHO



WHO's, Vaidya Dr. Geetha Krishnan Gopal Krishna Pillai, Technical Officer, Traditional Complementary and Integrative Medicine Unit in Geneva; and Vaidya Dinesh Katoch, Adviser, Ministry of AYUSH; shared visions of new directions and the need for future interactions between India and the Netherlands and India and the world. Prof. Vaidya K Rama Chandra

Reddy, Director, Pharmacopoeia Commission for Indian Medicines & Homeopathy, Ministry of AYUSH, Government of India, pointed to a new level of understanding in India's engagements and wishes to globalize AYUSH. A large Dutch delegation included participants from the country's Medicines Evaluation Board, and business fraternities.

This show of inter-governmental recognition of the resonance between the historical and current wishes, and contemporary needs of the Dutch—and of the offerings in the Indian Systems—signals more significant interactions to come.

Another significant happening key meeting was a closed Strategy and Planning Session with the AYUSH Minister on Sunday 10 September. Find further details of the Leiden event is at the Conference website, page (<https://internationalayurvedacongress.com/leiden-2018/>).

Earlier this year (20–22 April), the 14th Conference of the National Ayurvedic Medical Association, <https://www.ayurvedanama.org/>, was held in Dallas, Texas, with a bold theme, "Ayurveda for a healthy world".

The stadium of the 2016 Olympic Games in Rio de Janeiro was the venue for another large event, the 3rd International Ayurveda Congress, from 12–15 March. More than 5,000 participants from across South America gathered there, <https://ayurveda-badems.com/3rd-international-ayurveda-congress/>.

Yoga and Ayurveda: New Levers in Global Politics & Health Narratives



Allied with the popular and growing number of Ayurveda conferences are yoga events across the globe. All European countries celebrated the 4th International Day of Yoga. In London, three events marked this special day, organized by the UK All-Party Parliamentary Group on Indian Traditional Sciences together with the Indian High Commission, London.

A full day symposium in Nehru House, Mayfair, and an event in the historic Committee Room 14 in Westminster Palace, marked the 70th Anniversary of UK's National Health Service and the contributions of AYUSH Systems. A half-day yoga event in the Victoria Embankment Gardens was attended by the Indian High Commissioner, His Excellency Yashvardhan Kumar Sinha; the Deputy Speaker of the Lok Sabha Munisamy Thambidurai (also the leader of All India Anna Dravida Munnetra Kazhagam, or AIADMK, in the Lok Sabha); and Manoj Sinha, Minister of Communication (independent charge) and Minister of State for Railways.

Such events are only a small sample of the growing recognition of India's traditional systems of medicine, of what they have to offer health systems around the world. There is a passionate, new and refreshed desire—a growing momentum—in revisiting traditional natural remedies from India and Europe. Even more important, perhaps, yoga and Ayurveda are fast becoming key levers for inter-governmental engagements between India and governments of the world.



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



Dubbed poor man's apple, Guava is one of the richest sources of dietary fibre. It strengthens and tones up the digestive system and even disinfects it. It can improve the texture of skin and help avoid skin problems.

The Super Fruit

Centuries ago, Guava was introduced to the Asia-Pacific tropical regions and Africa by the European adventurers, traders and missionaries from the Amazon basin. Though it had very little importance in the world trade market it was widely grown in the tropics, enriching the diet of the hundreds of millions of people in those regions. Hence it is no wonder that it was known as the poor man's apple of the tropics!

Thus, this fruit is known for its richness in nutrition, unique flavor, taste, and health-promoting qualities. Due to these qualities it is also called as the "super fruit". This fruit is also known to thrive in both humid and dry climates and can tolerate brief periods of cold spells, but can survive only a few degrees of frost. Adaptability makes it a favourite commercial crop in some tropical areas. Several species are

grown commercially but Apple Guava (Pguajava) and its cultivars are the most common.

This fruit is mainly eaten fresh and made into drinks along with ice creams and preserves. The tree can be easily identified by its distinctive thin, smooth, copper-colored bark that flakes off, showing a greenish layer beneath. The fruit contains numerous seeds that can produce a mature fruit-bearing plant within four years.

The fruit

Guava fruits are usually 4 to 12 cm long, round or oval depending on the species. It is quite similar in shape to a pear and has a rind that is green in color. The rind may be rough, often with a bitter taste, or soft and sweet. Varying between species, the thickness of the skin may change, and it



is usually green before maturity, but becomes yellow, maroon, or green when ripe. The fruits generally have a pronounced and typical fragrance, similar to lemon rind but less sharp. Guava pulp may be sweet or sour with colour ranging from off-white to deep pink. Again, the seeds in the central pulp may vary in number and hardness, depending on the species. Along with human, many mammals and birds too relish this fruit and disperse their seeds in their droppings which helps in the spread and cultivation of these trees.

Nutritional value

A single common guava fruit is known to contain about four times the amount of Vitamin C than an orange. They are rich in dietary fiber, Vitamins- A, C and folic acid. They contain dietary minerals, potassium, copper and manganese as well. The nutrient content varies across guava cultivars. Guavas contain both carotinoids and polyphenols, the major classes of anti-oxidant pigments. Green apple guavas are less rich in pigment anti-oxidants.

Traditional medicinal uses

- The leaves and bark of the guava tree have a long history of medicinal uses that are still employed today. It has been associated with healing wounds, when applied externally.

- Guava has general haemostatic properties and can be used for treating bleeding nose, gums and minor internal hemorrhaging.
- Its traditional use for diarrhoea, gastroenteritis and other digestive complaints has been validated in numerous clinical studies.
- Guava is one of the richest sources of dietary fiber and thus is good for those suffering from constipation.
- Guava strengthens and tones up the digestive system and even disinfects the same. It has been documented with pronounced antibacterial, anti amoebic and antispasmodic activity.
- Guavas can improve the texture of skin and help avoid skin problems. For this, you can either eat it raw or you can wash your skin with a decoction of its tender fruits and leaves.
- Juice of raw and immature guavas or decoction of guava-leaves is known to bring relief in cough and cold.
- The presence of complex carbohydrates and dietary fibers in guava makes it effective in lowering cholesterol and blood sugar levels.

Promising Eye Health for Future Generations



Recent times are witnessing a growing demand globally for pluralistic healthcare. Health and Tourism, the theme of our journal, is a response to one such trend which we identified almost a decade ago. Increasing disposable income, coupled with growing health issues, means demands for faster and sustainable health solutions, including the integration of systems of medicine, not just in cure but also in other distinct and differentiated areas like in health promotion, health maintenance and disease prevention.

Eye health is one such area where pluralistic approaches offer immense benefits and these advantages and promises are starting to be recognized in India and globally.

Ayurveda & Health Tourism is delighted to learn both about the Arunodaya Trust and Arunodaya Deseret Eye hospital (ADEH) and its work over the decades in and around Gurugram in Haryana in blindness prevention in the community and also in particular work in schools with school children. We are additionally excited to learn of your collaboration with the newly- established All India Institute of Ayurveda, Sarita Vihar, New Delhi.

Our readers will be excited to learn about how the Sethi Family, leaders in eye healthcare in Delhi, has set off on this new direction of linking with the All India Institute of Ayurveda, a key and national-level institute of Ayurveda, inaugurated by Prime Minister Modi last year.

The magazine particularly welcomes candid comments that will attract the attention of the lay reader and also provide unusual insights to readers who are keen followers of Ayurveda and AYUSH Systems and also open to how to enable the much- needed integration of systems of medicine that practitioners in India and around the world are looking to achieve.

In an email interview the hospital interacts with **Ninu Susan Abraham**, the Editorial Co-ordinator of this magazine on their achievements and future goals.

1) About Arunodaya Charitable Trust & Arunodaya Deseret Eye Hospital (ADEH).

Arunodaya Charitable trust (ACT) is a registered, not for profit, public, medical welfare trust, working in the field of curable blindness, in the NCR region of India, since 1990. Arunodaya Deseret Eye Hospital (ADEH) is a unit of ACT. The ethos of ADEH is to be a community- based , world class tertiary eye care institute in Gurugram.

ADEH runs a 3- step approach : It provides free primary eye care through its mobile eye care services in the



villages, of the district, and distributes eye medicines and spectacles, wherever indicated. One floor is dedicated to providing subsidized services to the economically- weaker sections of the society. A cross subsidy model enables the profit from the paying section to subsidise the charity services. ACT also manages an eye clinic at a famous temple complex in Mata Ka Mandir, New Delhi.

2) Your role in this venture.

The project was conceived by Drs. Reena & Arun Sethi, renowned Ophthalmic Surgeons, who have a background of doing community work, and started the ADEH in 2006, and Dr. Vaibhav Sethi, after completing his residency in Ophthalmology , from Aravind Eye Hospital , TN, and fellowship in Vitreo-Retina, from LV Prasad Eye institute, Hyderabad, joined ADEH, to assist his parents, in their mission, to reverse the tide of curable blindness, with emphasis on Retinal pathology.

3) About the collaboration between Arunodaya Charitable Trust and All India Institute of Ayurveda.

At present, Arunodaya provides specialised ophthalmic advice & care to patients with specific eye- related problems which require precise

intervention (medical / surgical). Team Arunodaya provides their expertise free of cost, to the institute, at present, as part of the ACT mandate, to reach out to the unreached.

4) Reason behind the recent involvement of Ayurveda treatment in your activities.

When the aim is to restore sight, and we share... eye care is the medium, each branch of healthcare adds value. With this in mind and encouragement from the Ophthalmology department, this involvement of Arunodaya with Ayurveda has been possible, and shown spectacular results, in a short span of time.

5) About restoring sight to the poor & needy.

Already 1.5 million needy patients have had their sight restored, by ACT / ADEH. More on website: Reaching The Unreached | Delhi | Arunodaya Charitable Trust

6) Short message on eye hygiene for our readers.

Wash eyes with clean filtered water, and always wash your hands, before touching your eyes.

Never instill eye drops without proper prescription, and if there is any issue, visit the nearest eye care doctor



yantra
AYURVEDIC RESORT

NATTIKA BEACH



Yantra Ayurvedic Beach Resort is located in the village in Nattika Beach, Tripayar, Yantra Ayurvedic is an ayurvedic resort located by the sea which combines the pleasure of a beach holiday with authentic ayurveda treatment and wellness therapies. The resort has all the facilities to make your stay relaxed, comfortable and rejuvenating. Yantra is providing Panchakarma treatment with well experienced and dedicated Ayurvedic doctors and efficient therapists. Also provide Yoga classes and meditation for good health. The resort is located at very close to gold sand beach frontage with lush green lawn, the ambience of cottages make it in a traditional Kerala style with all modern facilities. We also make number of huts to watch the sun set and sun rise for our valued guests. We are providing Ayurvedic and authentic food in our traditional restaurant and also you can see the beautiful sea view from our restaurant while having your healthy food. Yantra is the epitome of peace tranquillity. We look forward to having you at our beautiful resort.

Nattika Beach, Thrissur 680566, Kerala, India

Phone: +91-99619-75000, Mobile: +91-99951-25000

Email: yantraresort@gmail.com



www.yantraayurvedicresort.com



***Experience an inimitable
ayurvedic retreat at its best!!***



The place where the ayurveda is authentically kept alive. Our Ayurveda symbolized therapies, programs and packages ensure that you will have a Relaxing, Revitalizing and Rejuvenating holiday that just spells Memorable!



Palace Road, Kovalam Beach, Trivandrum, Kerala, India
 Mobile: +91-99619-75000, +91-99951-25000, Phone: +91-471-2488250
 Email: chakreresort@gmail.com, Web: www.chakraayurvedicresort.com

Read this.
Watch that.
Eat this.
Do that.

Step out,
*Come out
and
play.*



God's Own Country

Sail on a houseboat | Chase ducks
Climb a coconut tree
Take a canoe ride | Cross a log bridge
Catch a Pearl Spot

