



Ayurveda

& Health Tourism

Getting ready for
MOTHERHOOD

Pre & Post
NATAL MESSAGES

Bye Bye **EGO**

What is the
**MIND-BODY
CONNECTION**

Managing
Aches & Pains of
MENOPAUSE

CINNAMON
for Women





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Regimen for Bright and Bubbly Beauties

Woman is no more considered as woe unto man, for she has come out strongly, across the ages, to discharge services benevolent to mankind. She can neither be ignored nor bulldozed, even as her health conditions have not been addressed sufficiently. It is time men take proper interest to support the health regimen essential for women.

Today we live in a society that demands equality for both sexes and equality is a point that most of us agree to, but, we need to realise that physically, structurally and functionally, women and men are different. For ages, women have been considered as the weaker sex, even as she is the fair sex, because she might not be able to do all what a man can do with his body and physique. Hence, women need that extra pampering to keep herself healthy. This issue of our Ayurveda magazine has nailed right into this concept and suggests a lot of lifestyle changes and disease prevention techniques that can help a woman remain healthy, young and full of energy.

The therapies and medications prescribed for women in Ayurveda are vast and specific to the dosha of each woman. Hence, for treating any ailment it is a must that a woman consult an Ayurveda vaidya who can easily diagnose her problem and recommend a solution according to the imbalance of any of the doshas detected in her body. Ayurveda is special for women particularly during her pre and post pregnancy period. No other system of medicine gives women the coddling, spoiling and protection she deserves during this period. It is also interesting to understand and learn the different therapies and medication provided to women during this period so that she regains all the vitality lost during pregnancy and emerges out like a phoenix bird.

Also, Ayurveda is again noteworthy for women in today's world where she juggles career, children and family. To keep her constantly on her peak, Ayurveda suggests a healthy diet along with vyayama (exercise) that is very helpful to today's women who are expected to be super efficient.

Considering that today's women contribute nearly equally to the economic progress of her country or the world at large, it is important that due importance should be given to her health so that she can feel empowered and continue to perform excellently and continuously. In this issue, we have tried to comprehensively cover the various health issues that a woman faces and the remedies Ayurveda provides that are cost-effective and free from all types of side-effects. Ayurveda remedies for different ailments can make a woman feel nourished and fill her with positive energy helping her to manage the different chores of family and work without feeling burned out. This is one factor that is exclusive to Ayurveda and no other medical system can make you feel vitalized like the way Ayurveda does. This issue is thus a tribute to the super sonic women of today and discusses how a traditional and alternative medical system like Ayurveda can be a solution to the modern day disorders that a woman faces.

It is also stark fact that only if a woman is healthy – physically and mentally - can her family be in control and further the health of the society in which she lives. This is another reason as to why the health of a woman is so important. It is her energy that is said to hold the society together and the reason to why her health needs to be discussed.

Through the different articles aimed at the different health issues of women our experts have tried to give their best views on how Ayurveda can be a probable remedy for them. A healthy diet is another area that is recommended by Ayurveda. Only when all these are done together can we achieve the desired result of a healthy woman. Any thing done individually can sometimes prove to be a deleterious. To avoid any such health disasters, it is always good to consult a vaidya who can give you good advice for your health.

This issue is a wealth of health articles for every mother, sister, wife and daughter who are facing various health issues. This can also be a good gift for your near and dear ones.

Happy Reading!

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NABH Accredited and Three times National Award Winner
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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

Welcome to Somatheeram Ayurveda Group in Kerala, India. They are 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 Mathews in 1985, today they have five deluxe Ayurvedic resorts in Kerala and enchanting houseboats in the backwaters. 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."

The Group is internationally renowned for the effort it makes towards the health of humanity, its social responsibility and its environmental preservation.

The Somatheeram has three times been awarded "India's Best Ayurvedic Resort" (by the India Government). It has six times been awarded "Kerala State's Best Ayurvedic Resort" (by the Kerala Government). Somatheeram has now won 32 major International and National awards for excellence in the Ayurveda & Yoga sector.

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 (British standard institute - UK) and Ayurveda SPA Europe certificate (European Audit Institute Wellness & SPS e.V. - Germany)

"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.



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Pathanjali's Yoga Sutras

UAE to open AYUSH health centers across the country



The UAE has agreed to open AYUSH healthcare centers and pharmacies across the country, said Sripad Yesso Naik, Minister for AYUSH, Govt. of India in a press conference held in Dubai on November 11. The minister was in Dubai in connection with the first international conference on AYUSH held in Dubai from November 9 to 11. The UAE government and the Ministry of AYUSH has come to an

agreement regarding this and will also promote alternative health care systems across UAE. This agreement was signed during a meeting held at the first international AYUSH conference held at Dubai World Trade Center.

"We've received extremely positive responses, and we are very excited about the prospect and future of Ayush in the region. The setting-up of the chair and student scholarships are only two of the first initiatives. There is much more to come," said Naik.

The UAE government will also award full scholarship to 100 UAE national students wishing to study AYUSH in India.

Also, an agreement was put forth regarding doctors in the AYUSH sector. It said that the doctors can appear for the UAE AYUSH exams in India itself.

According to leading business man and International AYUSH conference organising committee chairman, B R Shetty, AYUSH hospitals will be setup in the UAE before the 2020 Dubai Expo. Shetty also said that there is a plan to start an Ayurvedic city in the Gulf region and to manufacture Ayurveda medicines in the Gulf. Facilities for this will be organised.

AYUSH ministry secretary, Vaidya Rajesh Kotecha and Indian Consular General, Vipul participated in the press conference.

NOUF MARWAAI The woman behind Yoga in Saudi

Saudi Arabia, has recently approved teaching and practicing of Yoga in the country and declared it as a sports item, a report In Times Now said. The credit for the approval goes to Nouf Marwaa, the Yogacharinie dedicated to promoting Yoga and Ayurveda in Saudi Arabia and the Gulf.

Yogacharinie Nouf Marwaa is a Saudi business woman and entrepreneur as well as a leading practitioner and the official promoter of yoga and Ayurveda in Saudi Arabia and the Gulf. A practitioner of yoga for 18 years she was awarded the Yogacharinie title in Kerala, India.

She is also a practitioner of Ayurvedic Indian medicine and is clinical psychologist, lifestyle counsellor, and Ayurveda and Yoga therapist.

In Saudi Arabia, she has started her own medical centre for yoga therapy, Ayurvedic and Chinese medicine 2009. Nouf is also the founder of the Saudi Arabia Yoga School 2008, Regional Director of Yoga Alliance International in the Gulf Region 2009, and together with Swami Vidyananda, the founder of Yoga Alliance International, India they founded the Yoga Alliance Gulf 2009.

She is Honorary Secretary of the International Yoga Federation for Saudi Arabia and Arab Countries 2010, President of



the Arab Yoga Foundation 2010, and Vice President of the Yoglimpic Committee in India 2012.

In addition, Nouf has conducted numerous seminars and educational speeches and has taught more than 3000 students of yoga since 2005 and certified more than 70 yoga teachers between 2009 and 2014. Among her many qualifications in Yoga, Ayurvedic medicine, Natural Medicine and Holistic Health, Nouf holds a Master's degree in Psychotherapy and Lifestyle, Shobhit University India, New Delhi and a Diploma in Medical Yoga, Delhi, India.

DOCUMENTARY ON Indian Ayurvedic Doctor

Ayurveda is one of India's cherished treasures troves for over decades. Many gurus of Ayurveda have taken efforts to spread this medical system globally. One such guru is Dr. Vasant Lad whose efforts in taking Ayurveda globally has been finally recognised. As a mark of recognition of his efforts, he has been accepted as the first person to bring Ayurveda from India to the US most successfully and feature-length documentary "The Doctor From India," has been made on him in the US. This documentary is directed by Jeremy Frindel and is a fascinating story of Lad's mission to bring the ancient healthcare system of wellness from India to the West in the late '70s. It is now acquired by Zeitgeist Films and Kino Lorber, reports Deadline.

In this meditative, immersive portrait, with interviewees, including Indian American author and Ayurvedic practitioner Deepak Chopra, Frindel documents the life and work of Lad who, fulfilling his destiny as foretold by his family guru, became a holistic health pioneer, helping to bring Ayurveda, which was almost unknown when he first arrived in the West, to become one of the most prominent alternative health systems in the world today.

A native of India, Lad was a professor of clinical medicine at the Pune University College of Ayurvedic Medicine for 15



years. He holds a bachelor's degree in Ayurvedic medicine and surgery from the University of Pune and a master's degree in Ayurvedic science from Tilak Ayurved Mahavidyalaya. Lad's academic and practical training include the study of Allopathy (western medicine) and surgery as well as traditional Ayurveda.

In 1984, Lad founded The Ayurvedic Institute in Santa Fe, New Mexico. Since 1986, the institute has been based in Albuquerque, New Mexico, and Lad serves as the director of the institute.

Lad has written 11 books on Ayurveda as well as hundreds of articles and other writings. With over 500,000 copies of his books in print in the U.S., his work has been translated into more than 20 languages.

RISA opens its first branch

The first branch of the Ramaiah Indic Specialty Ayurveda Restoration Hospital at Yelahanka was inaugurated on 22nd February, 2018. SR Vishwanath MLA, Karnataka Legislative Assembly, Govt. of Karnataka and Vani Vishwanath were the chief guests of the event. Dr. MR Jayaram, Chairman, GEF (Medical) and Jayakumari Jayaram were the guests of honour for the event. The hospital will function under the able guidance of Dr. GG Gangadharan, Director, RISA. At RISA, you will be able to experience treatments from world renowned doctors. The team at RISA are in the constant pursuit to expand their family. Apart from their first branch in Yelahanka, they also have a franchise in Bannerghatta and joint venture in Malaysia. Here, you can experience the healing touch of Ayurveda in sync with modern times. Also, Ramaiah Indic Specialty Ayurveda – Restoration hospital receives its NABH Certificate on February 5th, 2018 in Bangalore. This is one of the few Ayurveda hospitals to be NABH certified.



Ramaiah Indic Specialty Ayurveda – Restoration hospital new branch at Yelahanka, Bengaluru, India. Lamp being lit by Dr.M.R.Jayaram, Chairman, Gokula Education Foundation



Ramaiah Indic Specialty Ayurveda – Restoration hospital receives NABH Certificate from Dr.Gayathri Mahendru, Director, NABH, at Bangalore

RISA Hospital Opening avenues for integrated treatment



Sadhguru Jaggi Vasudev lights the lamp and inaugurates the new 100-bedded Ramaiah Indic Specialty Ayurveda Hospital in Bangalore belonging to the MS Ramaiah Hospital group owned by Dr. GG Gangadharan

Sadguru Jaggi Vasudev inaugurated the 100-bed Ramaiah Indic Specialty Ayurveda (RISA) Restoration Hospital in Bengaluru, India, on 20th November, 2017. This super-specialty hospital is run under the able guidance of visionary Prof. Dr. GG Gangadharan, who is also a well-known figure in the field of Ayurveda.

The hospital offers its patients an alternative and more holistic path to healing and helps many recover from chronic conditions. The Restoration Hospital practices the time-tested discipline of Ayurveda, integrating it with other health sciences without diluting or distorting the basic principles of Ayurveda.

This new hospital has seven distinct departments as Kayachikitsa – General Medicine, Jarachikitsa – Geriatrics, Stree Roga & Prasutitantra – Obstetrics and Gynaecology, Kaumarabritya – Paediatrics, Shalakya Tantra – Ophthalmology and ENT, Swasthavrutta – Preventive Medicine and Marma chikitsa – Pain clinic. Highly qualified, experienced and dedicated staff provide their tireless service to the patients seeking treatment here. The hospital focuses on aspects essential for promoting and propagating Ayurveda as a holistic healthcare delivery system.

KAIRALI AYURVEDA'S Delhi Centre gets NABH Certification

The Delhi Centre of the Kairali Ayurvedic Group has been cleared by the National Accreditation Board for Hospitals & Healthcare Providers (NABH) under Panchakarma Clinic (PC) category.

The accreditation recognises the contribution made by the Kairali Center in the Healthcare & Wellness sector in India. It implies that the center maintains the best practices for Ayurvedic treatments, highest degree of cleanliness, customer friendly approach, transparency and professionalism in its dealings with respect to the provided services and the projection of the same.

“The NABH Accreditation will reinforce the Delhi Ayurveda Centre commitment towards quality service and practicing Ayurveda in its truest form. The Delhi Kairali Centre is now the First NABH Accredited Ayurveda Clinic in India and Internationally as well. It raises confidence in the services provided by the Kairali Ayurvedic

Group,” said Abishek K Ramesh, Executive Director, Kairali Ayurvedic Group.

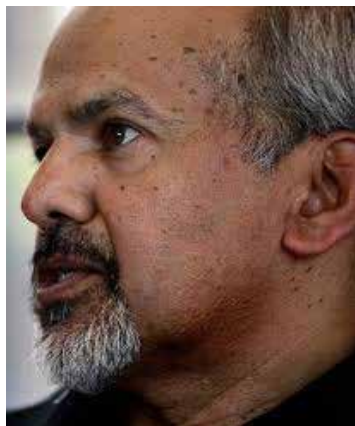
The Kairali Ayurvedic Group imparts authentic Ayurveda treatments based on the inherent ability of human body to rejuvenate, to heal and to restore its natural balance.

For the Kairali Ayurvedic Group, the Delhi Ayurveda Centre was the first one to be established in 1989. And since then the demand for Kairali's Ayurvedic Treatments has led to the opening of 35 further Treatment Centres across the country. National Accreditation Board for Hospitals & Healthcare Providers (NABH) is a constituent board of Quality Council of India, set up to establish and operate accreditation programme for healthcare organisations.



AYURVEDA CURES CANCER PATIENT

Cancer survivor Hari Nath used a herb to free himself from throat ulcers thought to be caused by chemotherapy.



Ayurveda proved the answer to Hari Nath, an Indian chemical engineer from New Zealand, whose immune system was wrecked by chemotherapy.

This cancer patient was underweight by 20 kilograms and in a wheelchair when he travelled to India for a solution to the painful recurring throat ulcers he

developed after being treated with intravenous chemotherapy for non-Hodgkins lymphoma.

He said he tried everything modern medicine had to offer, including controversial drug thalidomide, at hospitals in Bangalore and Kerala, but nothing worked apart from high doses of the steroid prednisone, which worsened his diabetes, and left him prone to infection and in an emotional tailspin.

"After a year of unsuccessful struggle and a life with pain killers and antidepressants, the feeling of hopelessness crept in and I googled to search for a naturally occurring steroid equivalent and stumbled across a herb called ashwagandha (*witheria somnifera*) used in Indian Ayurvedic medicine over thousands of years for improving immune system," he said.

Shortly after starting to take the herb, Mr Nath began to feel better.



Within a week he was able to halve his steroid dose without the ulcers coming back, and a month later his blood tests began to show a remarkable improvement.

Since then he's discovered that clinical trials using ashwagandha to treat cancer patients were in progress in the United States and India, and patents pending in the US and Japan.

"I had contacted the concerned head of clinical trials and was told that they had several positive feedbacks from cancer patients on ashwagandha," he said.

In November last year he was finally able to return home to New Plymouth and has been ulcer and cancer-free since.

"Now I am hoping for a long remission and possibly a complete cure," he said.

JYOTHY LABS Plans for Ayurveda products



Jyothy

According to MP Ramachandran, Chairman & Managing Director of Jyothy Laboratories, maker of the popular Ujala, the company will soon launch ayurvedic products and personal care products by 2021-2022, a report said. This will help them to double their revenue in the personal care space by 2021.

According to Ramachandran, the company is targeting around Rs 400-500 crore of revenues in two-three years' time from ayurvedic products. Speaking about price increase, he said, we have slashed the prices on some of the items to give effect to the goods and services tax (GST) impact, we have passed on the benefit to the consumers and doing very well.

KTM 2018 Exploring Health Tourism



KTM 2018 is around the corner and preparations are on the go to make this event global. Although tourism marts are not new, what is special about KTM is that it is the only mart in the country focussing on a single destination. It is organised by various stakeholders in partnership with the Dept. of Tourism, Govt. of Kerala. KTM brings together the business fraternity and the entrepreneurs behind Kerala's unparalleled tourism products and services. An unmatched range of sellers with varying tourism products of Kerala will participate in this mart. KTM has been a stupendous success since its launch in 2000. Across the years, the mart has evoked an overwhelming response from both national and international participants. The main objective of the KTM 2018, is to help the tourism sector to raise earnings by about Rs. 5,000 crore in the coming five years and enable buyers to make new relationships and partnerships, create new packages and bring more visitors to the State.

Mr. Baby Mathew, the newly elected president of KTM, said that his prime

priority was to develop new marketing strategies to bring more tourists to Kerala. He added that a road map to develop the tourism industry in Kerala will be formulated by the KTM society with the support of Kerala Tourism department, various trade organisations and industry stakeholders.

The new society also plans to practise 'Agenda 9' – a comprehensive 9-point charter adopted by the society during KTM 2016. It calls for measures to tackle waste management, promote organic farming, efficient use of energy and extensive use of local produce and products.

The exhibition at the 10th edition at KTM will have around 400 stalls featuring a range of products, packages and services offered by businesses and entrepreneurs. Public Private Partnership will be the new highlight at KTM 2018. It will offer a platform for stakeholders, including tour operators, hotels, resorts, home stays, houseboats, Ayurveda resorts and cultural art centers to have fruitful meetings and interactions with buyers from around the world.



The 10th edition of the three-day Kerala Travel Mart (KTM) will commence on September 27, 2018 in Kochi and will focus on promoting tourism in Malabar.

"There is more to the KTM than trade exchanges. Being a wonder in the tourism sector, Kerala Tourism's dynamism, energy, cooperative and brotherhood spirit come under one umbrella," Principal Secretary, Tourism, V. Venu said.

First Global Summit on AYUSH & Wellness



The first International Exhibition and Conference on AYUSH and Wellness sector – AROGYA 2017 concluded in Delhi on 7 December 2017. It was inaugurated in Delhi on December 4 by AYUSH Minister Shripad Yesso Naik and Suresh Prabhu, Minister of Commerce & Industry in the presence of Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH; Dr. Sanjaya Baru, Secretary General, FICCI and other dignitaries.

The main theme of the event was “Enhancing the global potential of AYUSH”. It was organised by the Federation of Indian Chambers of Commerce and Industry (FICCI) in collaboration with the Ministry of AYUSH and Ministry of Commerce & Industry and Pharmaceuticals Export Promotion Council (Pharmexcil).

The conference witnessed participation of delegates from India and over 60 countries. More than 250 manufacturers of alternative medicine also showcased their products and services at the exhibition. The event was held in the backdrop of the National Health Policy 2017.

During the course of the event, Suresh Prabhu, Minister of Commerce & Industry stressed on mainstreaming the Indian System of Medicine and integrating the AYUSH infrastructure into the healthcare system to tap the maximum potential of AYUSH systems in imparting preventive, promotive and

holistic healthcare to the people.

Talking about the India opportunity, Prabhu said, “The Indian domestic market of AYUSH is estimated to be Rs. 500 crore, while exports amount to Rs. 200 crore. Young entrepreneurs planning a start-up could find a lot of opportunities in holistic healthcare. The government has allowed 100% FDI in AYUSH. The AYUSH industry is expected to grow in double digits and provide direct employment to one million people and indirect employment to 25 million people by 2020. All stakeholders need to pool their resources to harness this vast potential.”

Shripad Yesso Naik, Minister of State (Independent Charge), Ministry of AYUSH, said, “The patient-centric

approach of AYUSH systems holds significant potential for finding solutions to India’s public health challenges. The government has taken many initiatives to popularize alternative systems of medicine. The National AYUSH Mission was started in 2014. An agreement has been signed with WHO to develop benchmarks for Yoga, Ayurveda, Unani and Panchkarma. Five AYUSH information cells have been set up in Israel, Tajikistan, Peru, Russia and Tanzania. The All India Institute of Ayurveda has been established at Delhi.”

A White Paper “AYUSH for the World” by Frost & Sullivan was launched at the event to offer a roadmap for AYUSH regulations and registration in ASEAN and BIMSTEC countries. It notes that India has the potential to generate 3 million job opportunities. The Indian herbal market is valued at around Rs. 5,000 crore currently, with an annual growth rate of 14%. More than 30,000 branded and 1,500 traditional AYUSH products are available in the country.

A major highlight of International Arogya 2017 was Indian CEOs’ Roundtable, chaired by Shripad Yesso Naik. The event hosted sessions built around themes like: Enhancing the export potential of AYUSH; Business opportunities in integrative healthcare; Building a brand strategy; Standardization and quality control in AYUSH sector; and workshop on essential herbal raw materials required in AYUSH industry. There was also a meet of international regulators, with regulators from ASEAN and BIMSTEC countries, Canada and Switzerland participating.



AYUSH takes the global path



AYUSH which stands for Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy is a system of traditional holistic medicine that is extensively practised in India and is fast gaining popularity the world over.

To support this system of medicine, the Ministry of AYUSH was formed in India on November 9, 2014. To further upgrade the system, the first International AYUSH conference and exhibition was held at the Dubai World Trade Center for three days from November 9 to 11, 2017. Organised by the Science India Forum, UAE, and the World Ayurveda Foundation under the patronage of the Consulate General of India, Dubai, the conference was the first of its kind in the Middle East.

The exhibition was organised with a noble vision to spread the benefits of AYUSH in the Middle East, Europe, Africa and America. This three-day event showcased an exhibition and a conference with the theme, “Lifestyle diseases – prevention and management through AYUSH”. The exhibition witnessed over a hundred booths that introduced AYUSH products and services to the people of this region. The event attracted a large number of

physicians, scientists, paramedics and researchers.

Extending his full support to the event, Navdeep Suri, Ambassador of India to the UAE, said, “This conference will enhance the cooperation between

practitioners, NGOs and governments of various countries to promote AYUSH.”

Congratulating the efforts of the Science India Forum for organising this event, Vipul, Consul General of India in Dubai said that the thought of disseminating the age-old system of medicine for the benefit of the people around the world is commendable.

“The UAE has close relations with India in the field of Culture, Knowledge and Business since time immemorial. I am sure by launching AYUSH’s first ever international summit in the UAE, the relationship will be further cemented between the two countries,” says Dr. BR Shetty, Chairman, AYUSH Conference and Exhibition organising Committee.

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Kochi
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Benny Thomas
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ANVEEKSHIKI 2017 International Seminar on Ayurveda Oncology



anveekshiki 2017 INTERNATIONAL SEMINAR ON 'AYURVEDA ONCOLOGY'

7th, 8th & 9th December 2017
anveekshiki.pkamcpg@gmail.com

Anveekshiki is the seminar series conducted by Pankajakasturi Ayurveda Medical College & PG Centre for the promotion of Ayurveda since 2007. This three day international seminar was held from December 7 to 9; 2017. The seminar was followed by a Post Seminar One day Workshop designed for the practitioners on 10th December 2017 to effectively utilize the outcome of the seminar deliberations by integrating with the best evidence based proven practices in Cancer shared by currently practising doctors/ vaidyas.

Sh. Shripad Yesso Naik, Minister of State (Independent Charge), Ministry of AYUSH inaugurated the function and Smt. KK Shailaja Teacher, Minister for Health & Social Justice, Govt. of Kerala, delivered the presidential address. Other distinguished guests blessed the occasion with their graceful presence. The inaugural function took place at KC Janardhanan Nair Nagar from 3pm on 7th Decemebr 2017.

DR. NPP NAMBOOTHIRI, an Ayurveda doyen, breathes his last

Known as a visionary in Ayurveda and a pioneer in ayurvedic ophthalmology, Dr. NPP Namboothiri passed away on 7th February 2018 in Koothattukulam. He was 68 and had been on treatment following an illness for the past few months. He is well-known as the brain behind Sreedhareeyam Ayurvedic Eye Hospital and Research Centre. He is the son of renowned Ayurveda physician Brahmashri Parameswaran Namboothiri.

After acquiring a professional qualification in Ayurveda, he was in government service for around 3 decades and during this period he made a name for himself as an Ayurvedic ophthalmologist. During his tenure, he was able to treat and cure many eye diseases that other medicinal methods had failed to cure. After retiring from the government service, Dr. NPP Namboothiri along with his elder brother Sri N P Narayanan Namboothiri laid foundation to Sreedhareeyam, the Ayurvedic Eye Hospital and Research Centre, in Nelliakkattu Mana

Among his many national and international accolades were the Vocational Excellence Award for outstanding achievements



in the field of Ayurvedic ophthalmology presented by Rotary International in 2002, Rashtriya Rattan Award for outstanding individual achievements and distinguished services to the nation conferred by the Global Economic Council in 2003 and the Pride of India award presented by the Global Economic Council in 2004. Namboothiri is survived by wife Jayasree P Namboothiri and children Dr Sreekala, Sreeraj, Dr Sreekanth and Sreedevi. The cremation was held on Wednesday evening with full state honours.



Getting Ready for MOTHERHOOD

*Pregnancy is a beautiful milestone in the journey of womanhood and being a mother is the greatest moment in the life of a woman. Motherhood is precious, more than even the most precious diamonds and no amount of money can buy it. It is so valued and only a woman gets to experience this heavenly feeling. A child from the stage of a zygote grows up to be a full human baby and all this happens in a woman's body in a span of just nine months. This article by **Dr. Madhavi H. Rabadia** talks about how Ayurveda prepares a mother through pregnancy and finally to birth.*

Pregnancy brings enormous changes in a woman's life. In today's world where infertility is the buzz word, the good news of conception leaves all spell-bound. The mother-to-be is joyful beyond words on hearing the good news. The development of the fetus brings in changes in her physical and mental health, in a number of ways. While carrying the child in her womb, she learns many things regarding pregnancy. In Ayurveda, foetal development is described comprehensively. Health problems pertaining to the mother, and the child in her womb, as well as dietary recommendations find prominent place in a number of Ayurveda texts.

Couples who wish for just two children get pregnant by choice and not by chance. Data reveals that the increased rate of congenital malformation and genetic disorders in present days are due to custom like marriages are between close relatives, lack of knowledge of dietetics and lifestyle to be followed by couples wanting to get pregnant and negligence of antenatal care. Medical science today is really

worried about the increasing rate of defects in the new born which is posing a huge threat to a healthy society. In Ayurveda, preparatory measures for procreating excellent progeny are described in two phases like (a) preconception measures (b) care during pregnancy.

PRECONCEPTION MEASURES

Method of impregnation: For a healthy progeny, the preparations have to be done days before conception. Following points should be considered for conception.

APPROPRIATE AGE FOR CONCEPTION

A woman of sixteen years and a man of twenty five years are said to be ideal for conception. Though the woman is physically just mature at sixteen years, she is mentally not mature for conception. Hence the best age of both physical and mental maturity for a women is between twenty four to thirty seven years of age. So, it is good for a women to have her first child at the age of twenty four.



CONTRAINDICATED AGE FOR CONCEPTION

Very young or old women should not be impregnated. If a woman below sixteen is impregnated by a man of below twenty five, either she will not conceive, or if at all conceives, she will have chances of an intra-uterine death of fetus; if the child is born, it will not live long or will have weak organs and or any congenital abnormalities etc.

CONTRAINDICATED CONDITIONS FOR COITUS

Care should be taken while performing coitus. Coitus should not be done when either the man or the woman have an over eating disorder, hunger, thirst, chronically ill, anger, grief, fear, terror etc. It is observed that these types of women either do not conceive or if conceived the child born suffers from teratological abnormalities.

Ayurveda also advise that coitus should not be done on days of a meteoric fall, solar or lunar eclipse or other bad days.

DIETETICS AND LIFESTYLE FOR HEALTHY PROGENY

Initially the body of the couples should be purified by Vamana, Virechana and Basti. Coitus should be performed only four days after menstruation and after a bath. Also, coitus should be done on even or odd days of menstrual cycle for son or daughter respectively. The husband should use the ghrita and milk medicated with madhura drugs because such drugs promote the quality of semen. Wife should consume the oil and black gram (masha) which increase the quality of Streebeeja.

During coitus, the couple should think of the person of whom they want their child to be like. The child who is born in the subsequent coitus is likely to inherit the characters of this person. Also, before coitus the couple should create a pleasant environment, wear clothes, ornaments, perform religious rites as per one's belief and constantly think of those persons and places, the

characters of whom they want in their child.

CARE DURING PREGNANCY

Dietetics recommended according to Ayurveda

- Diet should be wholesome, congenial and freshly cooked.
- She should take palatable diet, liquid or semi-solid diet. Sweet food articles, unctuous food articles and food articles treated with appetizing drugs should be avoided at all costs. Such type of diet prevents the vitiation of Vata which is the main causative factor for intra-uterine growth retardation and many congenital abnormalities.
- Pregnant women should consume food with attention and with affection towards the foetus.
- She should always use ghee, butter and milk in her diet.
- She should take the diet according to her digestive capacity, season and the place of living.

MONTH WISE DIET	
1st month	Milk boiled with gold or silver
2nd month	Medicated milk with sweet herbs like Shatavari, Kakoli etc.
3rd month	Milk with honey and ghee, olio prepared with rice and pulses
4th month	Medicated and cooked rice with milk with butter
5th month	Rice gruel, sweet rice, cooked rice with meat
6th month	Sweet curd, rice with ghrita
7th month	Ghritakanda, ghee with Vidarigandha group
8th month	Rice gruel with milk and ghrita, meat soup
9th month	Meat soup with cooked rice gruel with ghee.

DO'S AND DON'TS FOR A PREGNANT WOMEN

DO'S

- She should remain in high spirit. She should make an attempt to cope up with mood swings.
- She should maintain personal hygiene and reside in a place that is fumigated with Commiphora mukul (Guggulu), Aquilaria agallocha (Agaru), Mustard (Sarshap) etc. These drugs are known to purify the surrounding air and keep it free from insects, pests and other contagious diseases.
- She should dress appropriately giving more priority to white or light coloured clothes that sets a cheerful mood which is good for fetal development.
- She should wear clean garments and decorate herself with ornaments.
- She should perform religious and auspicious deeds, acts and worships. She should donate either money or some goods. This generates proper energy to the foetus.
- Her sleeping and sitting place should be covered by soft cushions that make her comfortable.

DON'TS

- She should avoid excessive physical exercise and regular coitus.

- She should also avoid carrying heavy objects or riding vehicles, sleeping or sitting in an abnormal posture, sedentary lifestyle, suppression of normal urges like flatus, erection etc., and also awakening in between sleep.
- She should keep away from grief, fear, anger, terror etc.,

PUNSAVAN SANSKAR

Punsavan sanskara is the 2nd sanskara out of 16 sanskara's. The aim of this sanskara is to direct the foetus towards the righteous path so that the coming generation can move forward with positive thoughts. Science has proven that mother, family and social environment has intense effect on the foetus. Foetus has the ability to hear, to learn, to taste and to develop memory. It is also known that the personality development also takes place within the womb. Foetus also constantly reacts to outer stimuli.



FETAL DEVELOPMENT IN AYURVEDA

According to Ayurveda, the gradual and proper development of foetus is most important for the child's health. The development of foetus depends totally on the mother's health. During the crucial stages of foetal development, it is said that a woman needs to have a sound mind and be in good physical condition. Everything a mother experiences - pleasant thoughts or a negative ones - has a direct influence on the fetal development. The recurring anxieties of the mother about pregnancy are unknowingly passed onto the unborn child. One should never underestimate the power of transferring these emotions into the make-up of the unborn child. As per Ayurveda, the pregnant women should indulge only in gentle leisure activities for relaxation and calmness. This will help her develop stable child both physically and mentally. She should avoid situations that create anger and frustration, circumstances that provoke unnecessary stress and tensions in the body. This science of life also suggests that pregnant women should avoid habits, which are not beneficial for her health, because such habits directly affect the growth of the child. The growing fetus gets all the nutrition from the umbilical cord connected to it, which in turn is attached to the rasvaha nadi (maternal part of the placenta) of the mother. This way, the nutrition is indirectly supplied to the fetus. From the time of conception

until the zygote is attached to uterus, the nutrition depends on the nutritive parts carried by sperms and ovum. Charak, one of the renowned Ayurvedic texts, says that the fetus obtains its nourishment from rasa that is supplied by mother. The nourishment of the fetus depends upon all the six factors of conception, use of appropriate diet and lifestyle of the pregnant woman. Ayurvedic practitioners prescribe herbal concoction of three to four herbs, for the mother, to consume during each month of pregnancy. The combination of the herbs is different for every month and may also depend on the physical health of the pregnant woman as well. The herbs are generally prescribed for the physical and mental development of the fetus as well as to ensure good health of the mother-to-be. One of the most common herbal medicines is *Sida retusa*, which serves as a single drug recommended throughout pregnancy. While consuming any such drug, it is suggested to take advice of an authorized Ayurvedic practitioner.

According to the religious texts in Ayurveda, the belief is clear that the sex of the child is subject to change with the punsavan ceremony. However, modern science disagrees with this aspect of the punsavan ceremony and confirms that the sex of the baby is decided at the time of conception and that the chromosomes are responsible for the child's gender.

A new wave of research suggests that the foetus can feel, dream, even enjoy in the mother's womb. As if overturning the common conception of infancy weren't enough, scientists are creating a startling new picture of an intelligent life in the womb. Among the revelations: By nine weeks, a developing foetus can hiccup and react to loud noises. By the end of the second trimester it can hear and distinguish the mother's voice. Foetus can store different things in their memory. The foetus experiences the rapid eye movement (REM) and dreams just like adults. The foetus savours its mother's meals thus first picking up the tastes of food, a culture started in the womb. Among other mental feats, the foetus can distinguish between the voice of mom and that of a stranger, and respond to a familiar story read to it. Just because the foetus is responsive to certain stimuli doesn't mean that it should be the target of efforts to enhance development. Sensory stimulation of the foetus can in fact lead to bizarre patterns of adaptation later on.

In Punsavan sanskara, pregnant woman should smell or get drunk by the grinded ultra soft part of roots of banyan tree (vata- is the symbol of vastness, stability, strength), one slice of *Tinospora/ guduchi* (giloy- Disease prevention, Invigorating.), and soft strips of poplar leaved tree (pipal- symbol of divinity). These three drugs boosts the health of the pregnant mother and increases the immunity of both the mother and the child. Complaints of indigestion, vomiting, lethargy, headache, sleeplessness, waist pains are common during pregnancy.



Madhavi H. Rabadia

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Does Back Pain ? Destroy Your Happy Hours

Parathuvayalil Hospital, Keezhillam, Ernakulam, one of the major hospitals at the forefront of Ayurvedic Treatment in the country, now has the service of famous chief physician **Dr. Pathrose Parathuvayalil** (BAM. MD(Ay)).
(Kerala Government Best Doctor Award Winner, Gold Medalist & First Rank Holder in BAM)



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BE FERTILE Feel The Joy

*Who in the world do not feel joy while holding a baby! Today's parents crave for more number of children in spite of already having a countable few. This is just because a Baby means "JOY" to every parent and those who are unlucky to experience this joy are often disappointed in life. Statistics show that the rate of infertility has increased lately and so has the number of infertility clinics. Through this article **Dr. Jobby George** explains to our readers on how infertility can be managed with Ayurveda.*

INFERTILITY – The Darker Side

Infertility is a problem that affects a couple in many ways. Some of the many negative issues of infertility are - high cost of infertility treatments and nil or negligent insurance coverage. Also, some couples are against adoption due to all the legal hassles associated with it. Another few are reluctant to visit infertility clinics for fear of their sperm or ovum being swapped with someone else's or for fear that their child will contract some disorders due to errors that can occur in the treatment process. On the other hand,

surrogation also brings with it the fear of emotional attachment and many give up hope after the countless failed trials of procedures like ART, IVF and ICS. Depression begins to well up in these couples who fail to conceive and blame talk from friends and relatives decrease their productivity further. Today, couples are also seen to lack all the pleasure and love involved in making love as it has just become a mechanical act for baby production.

REASONS FOR INFERTILITY

The male and female reproductive systems comprise many organs, ducts







and hormones that work together for fertility to be successful. Hence, obstruction in any of these organs or hormones can lead to infertility. We need to understand that each of the many infertility problems are associated with medical terms like - PCOD, tube blockage, low sperm count, etc.

Let's discuss how these medical conditions ever happen:-

1. It is understood that when a girl child reaches puberty very few parents keep a check on their child's monthly cycles. Parents usually take note of this only after the child complains of severe pain or excess bleeding. This is considered as one of the earliest reasons for infertility.

2. Similarly, in boys, hoarseness of voice and formation of facial and pubic hairs should be monitored by parents and any defect should be noted and corrected immediately.

3. Obesity and low weight leads to hormonal imbalance and this also needs correction as early as possible.

4. Depression due to different reasons can lead to infertility. Some of the reasons for infertility due to depression are -

- a. Tension between husband and wife, daughter-in-law and mother-in-law.
 - b. Loss of a loved one.
 - c. Where career or a child becomes a question.
 - d. Fears and expectations from family and society.
5. Deliberate and repeated abortions.
6. Late marriages or late family planning.
7. Preponing or postponing monthly cycles by medication.

8. Not taking ample rest and nutrition during periods.

9. Constant use of pills, drugs and alcohol.

10. Incorrect ways of trying to keep oneself slim

11. More Intake of seedless and hybrid fruits and vegetables and meat into which chemicals are induced

12. Less or untimely sleep

13. Habit of holding back natural urges like the need to urinate, eliminate flatulence and stool for a long time.

14. Regularly eating from restaurants where taste makers, artificial colours and flavours are used.

15. Having the wrong combination of food at home or outside.

16. Men working in hot temperatures.

17. Any physical or mental illness

18. Lack of physical activities.

19. Parents with ill-health due to carelessness can pass on their bad genes to their children. This in the future generation can lead to Infertility. (This is the reason why preconception care is given a lot of importance in Ayurveda.)

MANAGING INFERTILITY

Modern Ayurveda researchers in Kerala, India, have found that an average 70 per cent of infertility cases are successfully treated with Ayurvedic treatments just by correcting the body conditions. The quality of ovum and sperm is improved and healthy babies are conceived. Cases of fertility are recorded with just Yoga and simple medications. Complicated cases are handled with Panchakarma-Uttaravasti and rejuvenative treatments like in IP levels. Even couples who opt for IUI, IVF like procedures are advised to initially consider an Ayurvedic treatment so as to get a faster and healthier result. Whatever be the case, the first line of management is to avoid the causes mentioned above, live a correct and disciplined life style, and experience joy!



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A pregnant woman is lying on her side, receiving a massage on her back. A therapist, wearing a white short-sleeved shirt, is applying pressure with their hands. The therapist is also holding a small brown glass bottle of massage oil. The woman is wearing a white dhoti-style garment. The background is a plain, light-colored wall.

PRENATAL & **P**OSTNATAL **MASSAGES** for a Healthier You

*Abhyanga or massage is a part of the daily regimen in Ayurveda. Ayurveda advice that massage should be done on a day-to-day basis so as to nourish the body, ensure sound sleep, increase lifespan, relieve strain and improve skin quality. Through this article, **Dr. Lakshmi Anoop**, elucidates on how massage should be done before and after pregnancy.*

Basically, massage is a simple procedure in which oil is smeared all over the body and rubbed gently for some time. During this process, the oil tends to penetrate slightly into the body, increasing the body temperature.

MASSAGE IN PREGNANCY- IS IT SAFE?

Massage in pregnancy is safe, if done cautiously. According to Ayurveda, the fetus is in a jelly-like form in the first three months after conception. During this stage the fetus is feeble and unable to undertake any type of shock or irritation or sudden changes in the environment. Therefore, women at this stage are advised to take complete rest and are not expected to do any work that will cause any kind of physical or mental strain for e.g., eating very hot food or very cold food, taking bath in very hot or very cold water etc. should be avoided. At this stage, the pregnant mother's body should be handled gently and only warm oil should be applied to the body for best health benefits of the mother and child.

As pregnancy progresses, various body parts of the fetus starts getting formed hence, it is necessary that besides the internal nourishment provided by food, external nourishment is also necessary for the healthy formation of various organs. One of the procedures for external nourishment is a gentle massage. Regular massages tones up the body and makes it ready for all the pains and strains caused during pregnancy and labor.

WHAT OILS TO USE?

According to Ayurveda, during or after pregnancy oils that are cooling and that which promotes strength and mitigates vata should to be used for massaging e.g., Sesame oil and Dhawantaram oil. Oils that are hot in potency and that which causes irritation should be avoided. Different oils are recommended for different parts of the body. Sesame oil or Coconut oil or Castor oil is considered the best for the breasts. For head massages, oils that are cooling, induces sleep and calms the body and mind are suggested e.g. Coconut oil, Brahmi oil, Kshirabala oil.

BENEFITS OF PRENATAL AND POSTNATAL MESSAGES

Massage during pregnancy is beneficial in many ways. These are classified into two types prenatal as well as postnatal. Massage helps to relax the body and mind of a pregnant woman. Back massage with particular Ayurvedic oils helps to relieve any kind of back pain occurring during pregnancy. Mild to moderate pressure can be applied over the back during this massage. Breast massage with oil helps to avoid cracks in the nipples and helps to keep an even tone for the breast. Foot massage helps to induce deep relaxation and avoids water retention in the legs. It also eases muscle cramps in the leg and avoids all kind of foot pain. Head massage helps to calm the mind, relieves stress and anxiety. In general, body massage strengthens the muscles, joints and bones, reduces muscle tension and relieves aches and pains, improves mood, lowers anxiety and promotes better sleep. If massages are done daily, starting from early days of pregnancy, stretch marks in pregnancy can be easily prevented.

Gentle pressing of the marma points (vital energy points) on the extremities especially in the second and third trimester are beneficial as this balances the flow of energy. However, it should be avoided in the first trimester.

While there are many benefits of massage during pregnancy, there are a few and important precautions that need to be considered.

WHEN NOT TO MASSAGE DURING PREGNANCY?

It is understood that while taking care of the pregnant body through external nourishment, care should be taken to make sure that no harm occurs to the fetus. Massage should be done in all parts of the body except the abdomen. Fomentation should be strictly avoided on the abdomen and the breasts. However, the process of massage cannot be performed in isolation and has to be done as a part of well-planned procedure, the description of which is found in the Ayurvedic texts and also in the traditional practices of vaidyas (Ayurveda physicians) over the ages.

MASSAGE POSITION & MASSAGE TECHNIQUES

During massage, the body of a pregnant woman needs to be positioned in a very comfortable manner, taking care not to put pressure on the abdomen and the chest. Soft pillows and paddings are essential at this stage.

There are various techniques employed in massaging, before pregnancy, during pregnancy and after delivery. It can be classified into the following four categories.

1. Before conception
2. After conception till 3rd month of pregnancy (1st trimester)
3. From 4th to 6th month of pregnancy (2nd trimester)
4. From 6th to 9th month of pregnancy (3rd trimester)
5. After labor or postnatal massage

MASSAGE BEFORE CONCEPTION

This is applicable for both men and women. This is done like a regular Abhyanga or therapeutic Ayurvedic massage using marma therapy. Here, oils that increase strength of the body like Bala Ashwagandha oil are generally used. Massage as a part of daily regimen is recommended at this stage not just to obtain the regular benefits of the massage but also as nourishment for all the tissues of the body which is one of the requirements for a healthy progeny. If massaging is done properly and regularly at this stage, one can be sure of good health for both the mother-to-be, father-to-be and their progeny.

MASSAGE IN FIRST TRIMESTER

In this stage, mild massage of the head, soles and palms are beneficial for both the to-be-mother and fetus. This is based on the principle of Ayurveda that believes that both mother and child are inter-connected so whatever benefits the mother benefits the child too.

In Ayurvedic texts, this fact is used to stress that if the mother undergoes a physical strain over some part of the body the fetus too undergoes the same strain over the same part of the body. Alternatively, this means that if some beneficial action is performed over a part of the mother's body the fetus too will also experience the same benefit. Hence, in the first three months, since the fetus is not well developed only a mild massage on the mother is advisable. The above principle of Ayurveda holds well for the rest of the pregnancy period especially when the organs starts becoming well-defined.

MASSAGE DURING SECOND TRIMESTER

During this stage, head massage is performed and then the body is massaged in the following six positions in the same order – Sitting, Supine, Left lateral, Supine, Right lateral, Sitting. The above order is followed as long as the pregnant mother is comfortable. If not, then the pregnant mother is massaged by making her sit or lie in her comfortable position.

While massaging the legs, the strokes should be done in the upward direction to improve blood circulation and prevent any kind of fluid retention which is mostly likely to occur in the second and third trimesters. This can be



followed by fomentation with a hot towel. For back pain, the patient is made to sit or lie in a lateral position and the back is massaged gently and this process is also again followed by fomentation. For muscle cramps, spasms and pre-eclampsia, gentle kneading and gliding on the arms and legs are beneficial. To prevent sore nipples, cracks on nipples and sagging of breasts, the breasts are massaged with upward strokes and circular strokes. Also, care should be taken to make sure that the nipples are massaged. On the abdomen, only application of oil is advised to prevent stretch marks. Fomentation should be avoided on the breasts and abdomen.

Ayurveda believes that the heart of the fetus is formed in the fourth month and this is the period when the fetus starts becoming stable. Various rituals and functions are performed at this stage, which concentrate on improving the mental health of the mother. In such cases, mild massages



are beneficial. However, this should be done with utmost care especially in the abdominal region. The pregnant mother should get up and sit before changing from right lateral to left lateral and vice versa, or else there is a risk of the cord entwining the neck of the fetus.

MASSAGE IN THE THIRD TRIMESTER

In this stage, head massage is done with the mother in a seated position. Then the mother is made to lie down with folded knees. Thereafter, gentle massage should be performed on both the legs. The massage should consist of only downward strokes. Following this, the arms and breasts are massaged gently. Oil is gently applied on the abdomen without any pressure. Oil can be applied gently on the vaginal opening or a tampon or cotton pad dipped in Sesame oil can be inserted in the vagina and kept for at least one hour. This will soften the vaginal passage facilitating

normal delivery. It will also mitigate the pathogenic bacteria of the vaginal canal and thus help to prevent puerperal sepsis.

Following the massage, the pregnant mother is given bath with specially prepared warm water boiled with bark of Nalpamara or Dashmoola or roots of Bala.

Massage during third trimester helps to balance the vata dosha in the body thus improving the chances of a normal delivery. Also, it strengthens the body and the reproductive organs, tones up the pelvic muscles, helps to ease the pains of labor, prevents or reduces itching that arises due to striae gravidarum and helps prevent sore nipples and cracks on nipples. Massage is done with utmost care and its main objective should be to provide the body with oleation and the reproductive organs with lubrication in order to minimize the pains of labor.



POSTNATAL MASSAGE

After birth, the process of labor would have exhausted both the mother and the child. In such a case, massage provides instant physical and to some extent mental relief to both the mother and child. For the mother after labor, the body should be gently massaged with oils that mitigate vata like Sesame oil or Dhanwantaram oil to impart strength to the body. Care should be taken while massaging the abdominal region so that no complication occurs on account of the sudden contraction of the uterus. After massage the abdominal region should be tightly wound with a cloth or abdominal belt to help uterus contract and to help the mother stay in good shape. Oil is applied on breasts especially to the nipples to prevent any sores and cracking of nipples which usually occurs after delivery while feeding the baby. Also, daily bath in hot water is highly recommended for both the mother and child. This procedure should be done for a minimum of seven days after delivery and is recommended to be continued for up to 40 days.

Postnatal massage is very important for helping the uterus contract and bringing the body back to perfect shape. This also helps to strengthen the sagging abdominal and the weak back muscles. It also calms the mind and helps regain the strength depleted during the process of labor and pregnancy.



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Yoga Tips for PREGNANT WOMEN

- 1)** Yoga postures can help ensure easy delivery. In the first trimester, opt for standing yoga postures as they help strengthen the leg muscles, improve circulation, increase energy and can also help reduce leg cramps.
- 2)** Do not practice yoga poses that put pressure on the abdomen and difficult yoga postures during the advanced stages of pregnancy. Do not overstretch the abdomen; the emphasis of your twisting poses should be on the shoulders and the upper back and not on the abdomen. Avoid doing inversions. It is also not advised to practice yoga postures from the tenth through the fourteenth week of pregnancy.
- 3)** Relax with breathing techniques. The second and third trimester is the time to relax so draw energy from breathing techniques such as Ujjayi pranayama (Victory Breath), Nadi Shodhan, and Bhramri (Bee Breath). They will help you deal with emotional changes and relax the mind completely.





4) Staying happy is the key. It is important for the baby too! Yoga and meditation will help you stay relaxed and cheerful. You can meditate on your own or try a guided meditation online. Also, take time out to meet friends, watch a good comedy and listen to the soothing music of veena and flute.

5) Fix routine for meals, exercise and sleep. Set a daily schedule for yourself during pregnancy - pick a time that suits you and stick to it. Keep some time aside every day as 'yoga and meditation time'! Go for daily morning walks, followed by some gentle exercise or a refreshing swim in the pool. Daily exercise has greater benefits in strengthening the body and mind rather than sporadic ventures. In the latter half of pregnancy, it may not be easy to sit or stand continuously. Listen to your body and only do as much as you comfortably can.

6) Sit with the back straight and chin up. As the baby grows bigger, its weight is felt more and more on the back and legs. To avoid back pain, it is a good idea to keep your spine, head and neck aligned. Attend to how you stand, sit or walk as every posture makes a difference. When you stand distribute your body weight equally on both feet. Check if you tend to lean more towards one side. Regular practice of yoga postures can help improve your posture and body balance.

7) Eat healthy. Lots of green leafy salads, fruits and water will keep constipation and cramps at bay. A light and easy to digest vegetarian diet is preferable. Consume plenty of yoghurt and milk to keep the calcium levels up. Contact an ayurvedic doctor to know what suits you best.

8) Listen to ancient Sanskrit chants. Vibrations of chants are considered to have a positive and profound impact on the growing baby. It activates the subtle energy centers in your body producing a soothing, purifying and energizing effect. That's why chanting is often considered the yoga of sound.

Source: www.artofliving.org



Managing Aches & Pains of MENOPAUSE

*The cessation of menstruation denotes the end of the reproductive period, which is termed menopause. Cyclic changes no longer occur. Ovulation ceases and so does the monthly formation of the endometrial layer. There is no possibility of pregnancy in a natural way. Here, **Dr. Vinod Verma** discusses on how Menopause is not the end of a woman's sexual life and how it can be managed naturally.*

During the pre - menopausal period (around 45 years onward), a woman's body releases less hormones than usual. This reduction leads to psychological and physiological changes in her body. These changes vary from person to person depending mainly on their general health conditions and lifestyle.

During this stage most women experience pain in the upper part of the neck and the base of the head. Many others experience hot flashes or a sudden, momentary heating of their body even during cold seasons. Such

sensations may occur very frequently or only rarely. Some women feel like they have suddenly grown old and have developed dry or rough skin that is common during this stage of their lives and this is mainly due to an imbalance in the vata dosha.

Nervousness and depression are the other two prominent symptoms during the pre-menopausal period. Some may develop a negative attitude towards life in general, whereas others may begin to complain of high sensitivity to cold, various aches and pains (especially in the back), stomach upset, and a general feeling

of restlessness. A few others are known to suffer from insomnia, hypertension, palpitation, extreme weakness, and low or high blood pressure. Some start to put on weight, without any change in their food habits. Besides these, other non-specific symptoms may arise which cannot be easily designated as ailments.

FOOD SUPPLEMENTS FOR MANAGING MENOPAUSE

In addition to the general Ayurvedic rejuvenation practiced during menopause, women should consider some of the following food

supplements to manage menopause effectively.

1. During winter, take 1/4 teaspoon of crushed cress seeds every other day. Clean and powder the seeds and store them in a dry bottle. Use it by placing the powder in the mouth and swallowing it with warm water or water at room temperature.
2. During summer, daily take a glass of *Asparagus sharvat* (syrup mixed with water). Take 1kg *Asparagus*, pound it and cook in one liter of water on low heat with a lid on. Cook until it is reduced to nearly half litre and forms a decoction. Filter the decoction and add 700 gm sugar into it. Dissolve and cook on a slow heat for about 40 minutes. For making a drink, dilute a portion with eight times the quantity of water or according to taste.
3. Eat about 15 almonds every day before breakfast. They should be soaked overnight and peeled and well chewed on an empty stomach.
4. If you experience frequent hot flashes, avoid pitta-promoting foods like garlic, potatoes, pork, beef, eggs, sour tasting foods and all foods which have a pungent taste (like chilli, pepper etc.).
5. Banana therapy is very popular for menopausal problems in north-west India. Take slightly unripe bananas and cut them and put them into the freshly prepared yoghurt and eat every morning on an empty stomach for about four weeks. This treatment, particularly cures restlessness and hot flashes.
6. Eat foods that are cold in their Ayurvedic nature. Some examples are bitter melon, endive, onions, spinach, celery, cucumber, sweet apples, banana, pears, beet-root, asparagus, rice, germinated wheat, and red lentils. Avoid sour foods because they are hot in their Ayurvedic nature.
7. Avoid coffee, excess black tea, tobacco and alcohol as they enhance heat in the body.



TRIPHALA

Triphala is a well known remedy for balancing the three principal energies in the body. Most menopausal troubles in women are caused due to the temporary imbalance created due to this changing phase in their life. In an individual who is emotionally and physically balanced and strong with high ojas (immunity and vitality), the passage from one phase of life to another is smooth; be it from childhood to adulthood or youth to middle age. If one is an imbalanced person with low immunity and vitality, the transformation process is problematic. Triphala helps to balance the doshas and is a rasayana (ojas enhancing).

Dosage and method of intake: Soak one heaped teaspoon of the Triphala powder in about 200 ml (1 cup) hot water in a china or glass pot and stir well. Keep it like this over-night. Next morning, heat it slightly and filter it. Drink on an empty stomach.

The effect of Triphala: Triphala is a rejuvenating dietary supplement. It

is a valuable drug that re-establishes the equilibrium of the three doshas. In healthy persons, Triphala enhances smooth excretion of stool and urine after its intake and thus purifies the system.

Other methods of regaining equilibrium through Nutrition

Here are a few simple diet ideas to purify the body system. This diet can be had for about four weeks and if you feel good, integrate some of these recipes in your daily menu.

BREAKFAST

- Cook 2-3 grated carrots in little water. Add some cardamoms to it and cook for about 15 minutes. To this preparation add a little candy sugar if you want sweet taste. Finally, add ½ to 1 teaspoon of ghee. This preparation can be garnished with some chopped almonds in the end. You may add candy sugar or chopped dates if you prefer it to be more sweet.
- Alternatively, have plain yoghurt with some cooked rice. Whip the yoghurt and add a little salt, pepper

and ½ a teaspoon of roasted and ground cumin. Eat this with cooked rice.

Meals: Eat fresh, warm, small and light meals. Do not take late dinners; make sure that you have it at least two hours before going to bed.

- Carrot soup is highly recommended for dinner.
- Balanced vegetables like courgette, pumpkin, carrots are always good to eat. You may add other vegetables to your menu but avoid vegetables like cauliflower, cabbage or others of this family. They are generally hard to digest. Always use fresh ginger along with vegetables and add spices like cardamom, ajwain, cumin, dill, coriander, clove and fennel. It is easy to prepare a spice mixture for your diet: mix all these spices in equal quantities except clove which should be ground

and taken in half the quantity.

- Rice or roasted potatoes can be an addition to the above menu. Make sure to have this with bread that is freshly prepared.
- For dessert, eat fruits like papaya, sweet apples, sweet mangoes and pomegranate. Mixed fruit salad is highly recommended.
- Those of you with weak digestion should avoid salads and raw vegetables. Use herbs like coriander, dill, basil and others to garnish the vegetables and soups.

CHANGE IN ENVIRONMENT

Many-a-times, a change in the environment is very helpful in re-establishing the equilibrium of the body and giving it an immediate sense of well-being. Among this water and air are the most important.

It is good to take a holiday to some peaceful and quiet place where the climate is totally different. If you live near the sea or some other place where the humidity is very high, you should take a holiday to the mountains or midlands for a change of climate.

AYURVEDIC REMEDIES

1. Take purgatives from time-to-time for maintaining a balance of pitta dosha. The herbal mixtures available for this purpose are easily available.
2. The bark of the Ashoka tree is very beneficial for women in many respects. The classical preparation made from these is called Ashokarishatha.
3. Regular intake of saffron is considered healthy during this period. The daily dose can be 100 mg or a pinch either in hot milk or hot ghee.



Dr. Vinod Verma holds a doctorate degree in reproduction biology. She studied Neurobiology in Paris and obtained a second doctorate. She pursued advanced research at the National Institutes of Health in Neurology, Bethesda (USA) and the Max-Planck Institute in Freiburg, Germany. Now, she works to spread the message of holistic living.

HAVE FENUGREEK TO INCREASE LACTATION



Fenugreek is a plant widely used in Indian cuisine. Though the whole plant can be used for various purposes, the seeds are mainly used as a spice and as a medicine. This common household spice is mainly used by Indian traditional healers for diseases like Diabetes and Hypercholesteremia. Its seeds are specially given to lactating mothers in the form of ladoos (sweet balls) and other preparations. What makes Fenugreek so special to breastfeeding mothers? Why is it mandatory for women to have recipes of this bitter spice in the postpartum period? Dr. Dhanya deliberates on this and more.

Fenugreek is known as methi in hindi and uluva in Malayalam. In traditional medicine, it is used internally to correct appetite and externally as a poultice for local inflammations. It is also used as an aphrodisiac, diuretic, emmenagogue (a substance that increases menstrual flow), galactagogue (a substance that promotes or increases the flow of breast milk) and tonic. It is used in the treatment of abdominal colic, bronchitis, eczema, gout, dropsy, fever, impotency, chronic cough, liver disorders, wounds and common cold. It is clinically proven adjunct for the management of hypercholesterolemia and hyperglycemia in cases of diabetes mellitus.

LACTATION- A COMPLEX PROCEDURE

Every living being reserves food for its young one in one way or the other. But giving a nutritious immunity booster food for long periods is a distinctive natural phenomenon seen only in mammals. Scientists are still confused why nature has gifted this uniqueness only to mammals. The process of lactation is very complex and preparations for this begin months before the child is born.

In humans, the milk is produced from a structure called breast. The breast is a specialized structure which contains milk producing parts, supporting fatty

tissues and a sucking apparatus. The milk producing parts of the breast are called mammary glands. It secretes milk, which is carried to the tip of the breast by a network of ducts which converge and open into the nipple. The nipple provides a convenient sucking apparatus for the baby. Proper development of these secretory parts of the breasts is important for adequate milk production.

The peculiarity of this milk producing structure is that they produce milk, not regularly but only when it is needed that is after child birth. This arrangement is done by the fine orchestration of a number of

hormones secreted from various glands in our body. Estrogen, progesterone, prolactin, thyroid stimulating hormone, oxytocin are the chief hormones that bring about milk secretion and its let down. Both estrogen and progesterone are needed for the development of milk producing tissues. But their high levels inhibit lactation. It is seen that their levels drop at delivery and remain low for the first several months of breastfeeding. It is desirable for breastfeeding mothers to avoid progesterone or estrogen-based birth control methods, as these may reduce milk supply to the baby. Prolactin is the main hormone associated with lactation. It helps in





the development of milk producing structures and also regulates milk production by inducing many changes in the mother's body. Oxytocin causes milk ejection by squeezing the milk into the duct and further into the nipple. In response to the child suckling, oxytocin is produced in the mother's body. So proper sucking also is required for milk ejection.

Most mothers produce more milk than what is needed by her baby and many others are concerned about whether the milk supply is adequate for her baby. Ineffective feeding techniques are most often the problem of inadequate milk supply. Insufficient breast milk production is an extremely rare condition. Some conditions such as premature birth, maternal obesity, pregnancy-induced high

blood pressure and poorly controlled insulin-dependent diabetes can affect milk production. Doctors consider non pharmaceutical measures first for increasing the milk production. A substance that increases milk supply is called a galactagogue. Various herbs such as shatavari, vidari, and cotton seed are well known galactagogues. Of these fenugreek remains one the most sought after and effective galactagogues.

FENUGREEK- EFFECT ON LACTATION

Researches show that about 75% mothers taking fenugreek has improvement in milk supply. Though the exact mechanism on how fenugreek works is not fully understood, the seeds are known to contain hormone precursors that may

increase milk production. Its steroidal sapogenins (diosgenin, yamogenin, gitogenin, tigogenin, and neotigogen) and mucilaginous fiber are thought to account for many of the beneficial effects of fenugreek. Diosgenin, has been shown to increase milk flow experimentally. One hypothesis states that breasts are modified sweat glands and it is believed that fenugreek stimulates sweat production and therefore it may increase milk production. It is also believed to increase prolactin levels. It has been found that fenugreek can increase a nursing mother's milk supply within 24 to 72 hours after first taking the herb. It fortifies mother's milk with added Vitamins C, A, B1, B2, B3, D, calcium, and iron. Other benefits may include relief of infant colic, digestive disorders etc.



FENUGREEK- FACT SHEET

DOSAGE

Crushed seeds upto 12 g can be taken in divided doses. Most mothers have found that the herb can be discontinued once milk production is stimulated to an appropriate level.

AVAILABLE DOSAGE FORMS

Dried seeds, capsules, extracts, tea and tinctures

SAFETY

Fenugreek is considered safe for nursing moms when used in moderation and is on the U.S. Food and Drug Administration's GRAS list (Generally Recognized As Safe).

POSSIBLE ADVERSE REACTIONS AND CAUTIONS

Allergic reactions to the seeds following ingestion or inhalation have been reported. These reactions range from running nose, wheezing, fainting and facial angioedema. So allergic people should be cautious when using fenugreek in high doses.

Sweat and urine smells like maple syrup; milk and/or breastfed baby may smell like maple syrup.

Occasionally, it causes loose stools which reduce when fenugreek consumption is discontinued.

Sometimes lactating mothers consuming excess fenugreek may

experience an upset stomach and flatulence.

DRUG INTERACTIONS

Fenugreek is known to decrease blood sugar. Diabetes medications are also used to lower blood sugar. Taking fenugreek along with diabetes medications might cause the blood sugar to go very low. Medications that slow blood clotting (Anticoagulant / Antiplatelet drugs) may interact with fenugreek.

During the process of parturition, not only the baby, but also a mother is born. Like the child she is also a fragile being full of doubts and anxieties. Her greatest anxiety is of course whether her baby is getting adequate milk or not. Adequate milk supply is not only important for the child's health, but also for the confidence and psychological tranquility of the new mother. Fenugreek is a safe, non-pharmaceutical method to increase breast milk. It also fortifies the mother's milk and may help in infant colic and digestive problems. During late pregnancy and postpartum period women are more prone to be having increased blood sugar. Fenugreek being a clinically proven hypoglycemic agent can keep the mother's sugar level in check. The traditional practice of giving fenugreek in postpartum period seems to be scientific and important for both the mother and baby.



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CRAMPS, CRAVINGS, MOOD SWINGS AND MORE

The human body is a microcosm of the earth and just as the earth has its seasons, so does our body. While the female body prepares itself for conception every month, there occurs a parallel internal seasonal change. To maintain the health of the female body, it is imperative to understand and honor its internal seasonal changes. Failure to do so, results in hormonal changes in the body, resulting in conditions like PMS, PCOD, PCOS and even some types of cancers.

THE 3 SEASONS OF THE FEMALE CYCLE EXPLAINED

THE KAPHA SEASON

(The Spring time)

This is the first phase of the female cycle and begins at the end of menstruation when you stop bleeding. The Spring time in the universe is marked as a period of regrowth, resurrection and rejuvenation. It is a period when the earth is wet, seeds are planted and flowers bloom. Similarly, after one menstrual cycle, the body

prepares itself again to receive and sow the seeds of creation. There is a surge in hormones leading to the production of fluid filled follicles that contain the female eggs and the endometrium lining in the womb thickens. This is a time when a woman develops an inherent glow and feels grounded naturally. The Kapha predominance also makes her gentler and more tolerant. But when not honored with the right foods and lifestyle, a woman may experience sluggishness and lethargy during this season of her cycle.

THE PITTA SEASON

(The Summer)

This is the period when the earth gets warm and the fruits ripen. Correspondingly, the internal summer begins in the women with ovulation. There is yet another surge of warmer hormones leading to the maturation of the female egg and the engorgement of the endometrium. The body is now ripe to receive and this is known as the ideal time for conception. Dominated by Pitta, the female body may produce a certain smell which may naturally attract the opposite sex. This is the



time when the mind feels sharp, decisive and can be a great time to get things achieved. When not honored with the right foods and lifestyle, agitation and excess heat may build up.

THE VATA SEASON

(Autumn and Winter Season)

When the summer ends and the earth approaches winter, there are destruction and havoc. The animals hibernate and the earth slows down. This cycle of creation must end or become dormant before the new one begins. Likewise, when the egg fails to mature, the lining in the

womb breaks and the woman begins her Raja Pravrutti or menstruation. This is dominated by Apana Vata or downward moving wind. The body must undergo this season carefully, so that the next one can begin well. This happens when the Vata acts up and presents itself with cramps, bloating and anxiety. In order to allow the Vata to work effectively in the downward direction, rest, slowing down and a Vata pacification diet is a must.

As menstruation ends, another seasonal cycle begins. If these cycles are followed with respect to their

dominant doshas, you will not only be able to minimize your PMS symptoms but also attain a healthy body and mind.

STEPS TO UNDERSTANDING AND HONORING YOUR SEASONS

LIVE AND EAT ACCORDING TO THE SEASON

Once you understand the three dominant seasons as explained above, you can easily make a mindful effort to live and eat accordingly. During the Kapha phase



of your cycle, follow a Kapha pacifying diet and make sure to keep yourself active. This is a great time to make internal resolutions and commitments. During the Pitta phase, a Pitta pacifying diet of cooling foods should be consumed. Coconut water and rice can be added to your diet during this time. Even before the Vata phase begins, one must focus on slowing down and shifting to a Vata pacifying diet and lifestyle. Avoiding salads, cold and light foods are a must. Make sure to get enough sleep and consume warm, nourishing foods. As the menstruation begins, understand that a windy storm is brewing the body. Menstrual symptoms may naturally begin to subside as you begin to live according to the internal seasons.

UNDERSTAND YOUR DOMINANT DOSHA

Even though the actual menstruation phase itself is dominated by Vata and Pitta to a certain extent, your personal constitution will certainly contribute by displaying its own distinctive property to your menstrual flow.

Kapha - If your dosha is Kapha, your cycle may be heavier and potentially longer with premenstrual bloating, water retention, and a dull, achy pain. Emotions experienced can include sadness and depression. Emotional eating may be a tendency.

Steer away from sweets and baked goods. Herbs like ginger and black pepper may help stimulate the digestion and help to push the Vata downwards. Even though you need rest during this time, avoid excess sleep and day time napping. Anulom Vilom Pranayam will help to regulate the doshas.

Pitta - If your constitution is Pitta, your periods are probably more regular, with yellowish or red blood. They can be intense, hot, profuse

with fleshy/foul odor. Symptoms can include burning, acne, headache, nausea, vomiting and emotions of anger and irritability. Avoid tea, coffee, spicy food, oily/greasy foods and chocolate. Focus on cooling foods and spices such as coconut water, rice, mint, basil and coriander. Sitali pranayam is recommended for internal cooling.

Vata - If your constitution is Vata, your flow may be irregular. The flow may be dry, dark, thin, frothy, clotted and lighter. Symptoms may include constipation, pain (spasmodic cramps often in the lower back and lower abdomen). Emotions experienced may be nervousness, anxiety, poor concentration and fear. A Vata pacifying diet that includes warming, grounding, cooked foods with ghee is recommended. Anulom Vilom pranayam will help to regulate the Vata significantly. Consuming celery seeds (ajwain) with black salt after meals and a 1/2 tablespoon of castor oil at night can provide dramatic relief.

FOLLOW THE UNIVERSAL PMS GUIDELINES

There are certain universal guidelines to be followed a week before the expected period date. These minimize the PMS Syndrome and provide for a smooth period.

- Do not consume excess sugar or caffeine as these aggravate Vata and may give rise to painful cramps and anxiety.
- Avoid excessively salty foods as they can lead to water retention, making the flow more sluggish.
- Fried, Spicy and Junk foods should also be avoided as they aggravate Pitta making the periods more intense and hot. They can also lead to mood swings and a general feeling of anger and discontentment.

UPON THE START OF YOUR MENSTRUATION

Once your period starts, the Pitta begins to settle and the Vata creates havoc.

- Get plenty of sleep at night and sip on teas made from dried ginger, dandelion and ginkgo biloba.
- Keep hydrated and avoid cold, and light foods.
- Follow the Vata Internal Season guidelines mentioned above.
- Avoid long walks and strenuous exercise as they interfere with the direction of Vata. You may perform gentle forward bending yoga asanas such as paschimottasan, janu sirasana.

Modern life has made it very easy for us to neglect our internal seasonal changes by popping a tablet to tune out of the events in our body. But only when we slow down and truly align our lifestyle with the needs of our body, can health be achieved.



Nidhi Pandya

*Independent Ayurveda wellness coach
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UTI in Women & How to Handle It

*Work management and well-being are closely interconnected. Most employees are seen spending a major share of their daytime at workplace. This work pattern has a strong influence on their mental and physical well-being. Now-a-days women are also seen as a visible part of most workplaces. As far as working women are concerned, significant personal adjustments are required to cope up with her dual responsibilities of career and family. This article by **Dr. Jeena** helps you understand the reasons behind UTI and how it can be managed.*

While trying to balance home and career most women fail to adhere to a healthy lifestyle. This is partly because of her ignorance and partly due to her heavy schedules. Unsurprisingly, working woman, as a standard unit, seems to be a pool of several lifestyle-related diseases. Urinary tract infection (UTI) is one such disease that she acquires due to her unhealthy lifestyle. It is an extremely common morbidity among women of all age groups these days. Structurally, there are differences between the male and female in their urine-voiding tubes, urethra. It's shorter in females. This contributes

significantly to the increasing incidence of UTI in females.

In fact, there are several factors in the routine of a working woman to be concerned about. Females are habituated to withhold their natural urge to urinate during her long working hours. This practice is seen more in working women and students. And in the long run this habit plays a heavy toll on her health and personal life. It is often noted that females get used to suppressing their urinary urge during the daytime from their childhood onwards. This practice is seen to go on to her entire lifetime adversely affecting her health. Among the working class and among



high. Those who work in the outdoors for long hours in summer season and/or hot places may get infection easily. Employment Guarantee scheme labourers (NREGS), field-staffs, surveyors, police women etc. , used to working continuously under the hot sun may get affected by UTI very soon if they donot hydrate themselves frequently. Intake of too much of spicy foods are another reason for UTI infections.

Urinary infections may present as painful micturition, burning micturition, urgency, increased frequency, chills, fever, lower abdominal pain, low back ache, nausea, vomiting, loin pain, blood in urine etc. Symptoms may differ in each case. It can be even asymptomatic in some subjects. Prevalence of renal stones is also not uncommon.

Unhealthy routines like the practice of holding urine are clinically relevant not only in urinary infections but also in the increasing incidence of several other disorders. It's very essential to avoid such bad habits in order to maintain good reproductive health too.

MANAGEMENT

Preventive measures have a prime role in the management of recurrent urinary tract infections. Adequate water intake is the easiest way to prevent them. Void urine whenever you have an urge. Quantity of water to be taken may differ according to individual, season, place etc. Water boiled with coriander is beneficial for drinking in summer. Tender coconut water is an excellent drink for preventing and curing UTI. It's better to opt for cotton garments in summer season as this might prevent dehydration to an extent. Healthy food habits can also help to reduce the risk of recurrent infections. Avoid excess spicy, sour & salty food stuffs. Food habits should be altered according to the season and place. Reduce the use of red chilli, horse gram, sesame seeds in hot weather. Reduce the intake of non-vegetarian stuffs too. It's essential to maintain a digestive health in order to prevent the formation of kidney stones. Avoid those food stuffs which are heavy to digest. Drinking warm or pre-boiled cool water is a good habit for those who are prone to UTIs. Moderate physical activity is excellent. Do not hesitate to seek medical help whenever it is unavoidable. Prompt management will definitely give a complete cure and help to avoid complications.

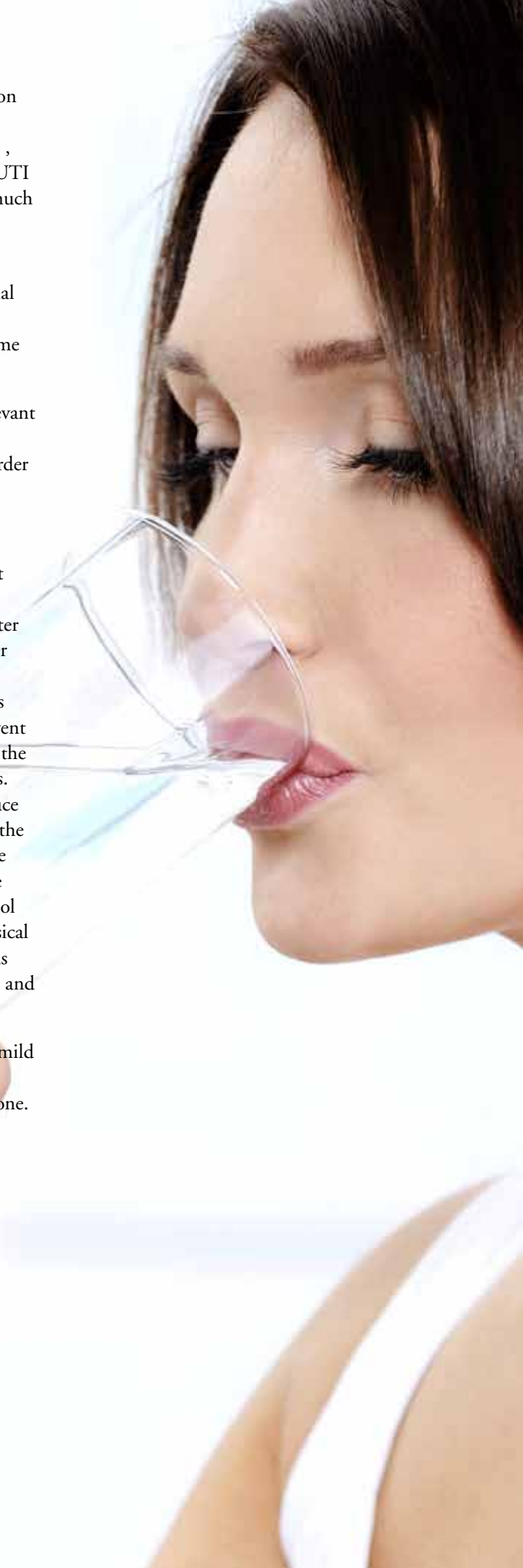
It is also important to maintain excellent personal hygiene. In case of mild degrees of vaginal prolapse, regular practice of pelvic floor exercises is necessary. They can strengthen the lax muscles and will improve the tone.

Ultimately, all women should be aware of their lifestyle and biological peculiarities. They should also be aware of their own health needs.



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Diet fit for the Queen!

In Ayurveda, breast milk is considered as the most nutritive part of a mother's body. It provides total nourishment and nutrition for the infant during the first few months of its life. The milk secreted during the first three days after birth is called Colostrum. This is very essential for developing the immune system of the child as it is rich in protein and antibodies that provide passive immunity to the baby. Breast milk contains complex proteins, lipids, carbohydrates and other biologically active components. The composition as well as the period of lactation is seen to change over a single feed.

An infant needs a minimum of 100 cal/kg and 150 ml of milk/kg/day for proper growth and development. Hence a baby should be fed 6 to 7 times daily and this may vary depending upon its need. Apart from the nutritional aspects the process of breast-feeding fosters a bond between the mother and the child and this acts as a reassurance to the newborn making it feel safe in the new surroundings. Thus, there can be no substitute for the breast milk.

DIET FOR THE LACTATING MOTHER

In order to provide total nourishment to the infant, Ayurveda advocates several super foods for nursing mother to enhance her milk production.

- Cereals, Cow's milk, Rice, Garlic, and Wheat should be included in the daily meals.
- Sweet and sour taste is preferable for the mother.

- Mother should include plenty of water, fresh fruit & vegetable juices in her diet
- Green leaves, especially Drum stick leaves, help to increase milk production
- Milk boiled with Satavari roots (*Asparagus racemosus*) can be included in her diet
- Ashwagandha (*Withania somnifera*) root powder can be taken .
- Porridge prepared with Ragi, Jaggery and milk is also a super food for the nursing mother

HERBS THAT DRY UP THE BREAST MILK

Hyper-lactation syndrome or a condition when the milk supply from the mother is in excess is common in lactating mothers. During this period mothers suffer from engorged breasts that can lead to bothersome leaking and the reflux may be so forceful that the babies choke, gags and sputters.

Though not an Ayurveda remedy, a compress made of fresh green cabbage leaves can relieve the swelling and discomfort due to engorgement. Another effective treatment is to apply fresh, crushed Jasmine flowers (*Jasminum sambac*) to the breasts to decrease milk flow.

DETOXIFICATION OF BREAST MILK

As per Ayurveda, mother's food and activities affect the quality of the milk. If mother indulges in unwholesome diet and lifestyle habits, then the milk

gets vitiated, in turn leading to diseases to the child.

REASONS FOR VITIATION OF BREAST MILK

- Consuming food when you are experiencing indigestion
- Consuming unwholesome food
- Taking food in wrong combinations
- Overeating
- Excessive intake of salty, pungent and alkaline food
- Indulging in factors causing stress and strain to the body and mind
- Not sleeping properly
- Experiencing grief
- Suppressing natural urges
- Sleeping too much during the day
- Alcoholism and other chronic habits

In the above cases mother's health also should be considered along with the child care.

Tridoshas are the fundamental factors that decide the health and disease in every living thing. The diseases associated with vitiated Breast milk is tabulated here. The appearance of the vitiated milk, the features of the suffering child and the recommended drugs are also given.



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Vitiated Dosha	Features of the vitiated breast milk	Disease in the child	Curing herbs
Vata	Colour of the breast milk changes to bluish black to pink, astringent taste, frothy nature	Lean body parts, painful micturation, bloating	Devadaru, Pata, Katurohini
pitha	Blue-copper tinge colour, bitter, sour, pungent taste, bad bloody odor	Excessive sweating, Diarrhea, Jaundice, thirst	Patola, Guduchi, Satavari, Nimba, Sariba, candana
Kapha	Pallor, more sweet/ salty taste, slimy like ghee or oil, appears thread	Salivation, excessive sleep, vomiting, sweating of the face and extremities	Mustha, Vacha, Ativisha, Indra-varuni
Mixed	Mixed	Mixed	Mixed

STOMACH HURTS & BACK THROBS


Inevitability makes the abdominal and low back pain important in the life of each and every woman. According to studies, abdominal pain is common in women with a rate of 49 percent of the total population and among this almost 21-33 percent are women who are affected with low back pain especially during pre or post menopausal age. What we need to understand here is that the abdomen is a Pandora 's Box, facing a lot of conditions ranging from simple dyspepsia to cancer of the organs. Similarly, low back pain is also associated with a lot of disease conditions ranging from simple muscular strain to inter-vertebral disc prolapsed or carcinoma of the spine. Treatments of these conditions fall into prophylactic, conservative and surgical segments. For conditions like appendicitis, hernia or carcinoma of colon, surgery is unavoidable. Ayurveda has a great role in the other two segments as it considers that prevention is better than cure.

CAUSES OF LOWER ABDOMINAL PAIN

Lower abdominal pain usually occurs from the colon, kidney, bladder, uterus and associated structures. Among them, uterine disorders are the most common in women influencing their hormones and altering their mental and physical conditions. Polycystic ovarian disease is another common condition found in young girls causing them abdominal pain along with disturbances in their fertility, making them obese, causing profuse bleeding and hirsutism. In this condition, solitary cysts maybe present in their ovary. Uterine fibroid is also common in women these days causing them back aches along with other symptoms like pressure or pain in the pelvic region, heavy menstrual bleeding, constipation, frequent urination and leg cramps. Another condition found in women is endometriosis where the tissues in the lining of the uterus start to grow outside the uterus causing them severe pain in the abdomen. Pelvic Inflammatory Disease (PID) is the infection on the female reproductive organs, mostly caused by sexually transmitted disease such as Chlamydia and Gonorrhea. It is a main reason for lower abdominal cramps. Then, there is vaginal discharge, fever, pain during sex and irregular menstruation which are also reasons for low back pain. Inflammation of the bladder (cystitis) is very common in women causing pressure and burning sensation in the abdomen followed by infection, with symptoms of a constant urge for urination and pelvic discomfort.

CAUSES OF LOW BACK ACHE

Lower back ache has an approximate lifetime prevalence of 80 percent and the majority of the sufferers of this condition are women. Since it is very difficult to identify or differentiate this condition, 90 percent of the sufferers cannot be given a precise pathoanatomical diagnosis. Most of the presentations are benign and self limiting. The most common symptom of low back pain is strain of muscles or ligaments due to lifting something improperly or lifting something that is too heavy or the result of an abrupt and awkward movement. Abnormal curvature of spine, spondylolysis and other congenital abnormalities of spine also cause chronic pain in the lower back region. Poor posture is another major cause for low back pain among computer professionals and other professionals in similar occupations. Structural defects like spondylo



listhesis, inter vertebral disc prolapse, lumbar spondylosis etc , can also cause low back ache with radiating pain towards lower limbs, making it difficult for patients to walk or do his daily routines. He may toss in the bed with severe pain. Other conditions include cauda equina syndrome, arthritis, cancer and infection of spine.

AYURVEDA – ELIXIR OF LIFE

Ayurveda is a science of medicine, philosophy and spirituality. This belongs not just to the diseased but also to the healthy person. It is a way of life that can prevent disease or correct the faulty lifestyles that leads to diseases. It enables a man to use all his physical, mental and spiritual capabilities in an unblended manner. It acts in the level of molecules that is pancha maha bhuta in tissues to heal the imbalanced homeostasis and free radicals to eradicate the minutest injury factor from the body. Methods of Ayurvedic healing can be divided into 1. preventive 2. Conservative 3. Para surgical methods.

AYURVEDIC LEVEL OF PREVENTION CAN BE CONSIDERED AS FOLLOWS

1. Food (Ahara) : According to Ayurveda, food materials are composed of pancha bhuta like in our own body and to increase the qualities of each bhuta we should take food materials of same or of synchronizing quality or decrease it with opposite quality. Likewise, we should consider the seasons also. Women with menstrual disorders, can include sesame or natural phyto oestrogens in their food. People with low back muscle strain can use strengthening foods like beans, meat or other protein rich foods with bhoomi, agni bhootha quality. In case of spondylosis they can use snigdha and vtha hara food like ghee, milk, ragi, njavara rice etc.
2. Exercises (abhyasa) : Exercise is a great tool to tone body muscles, keep natural metabolic rate and rhythm, regulate hormone levels and to increase pain tolerance as the endorphins make you happy and prevent depression. It will decrease pain at the time of menstruation and give you relief from PMS, prevent fibroids or cysts. According to Ayurveda, exercises should be done according to the capacity of individual (half of the threshold) to avoid fatigue syndromes. It will enhance the health of back muscles and other structures preventing the incidence of back ache.
3. Postures and Mudras(vihara) : Appropriate postures and mudra also have preventive effect on these conditions.
4. Sleep (nidra) : Ayurveda emphasizes on keeping the circadian rhythm of life active for preventing diseases.
5. Proper management of natural urges (vega dharana & udeerana): Ayurveda is against controlling natural urges like defecation, micturition as they are the main causes of disease in women.

CONSERVATIVE MANAGEMENT IN AYURVEDA

Conservative management include medicines and panchakarma therapies. Most of the genitor– urinary conditions and causes of low back pain in women are controllable and curable with these management techniques.

PARA SURGICAL METHODS IN AYURVEDA

Para surgical methods like kshara karma, agni karma, jalookavacharana, etc are also very effective in managing lower abdomen and low back pain in women. Ayurveda is an alternative and effective option if you want a non-interventional therapy for these conditions.



Dr Rejani.H

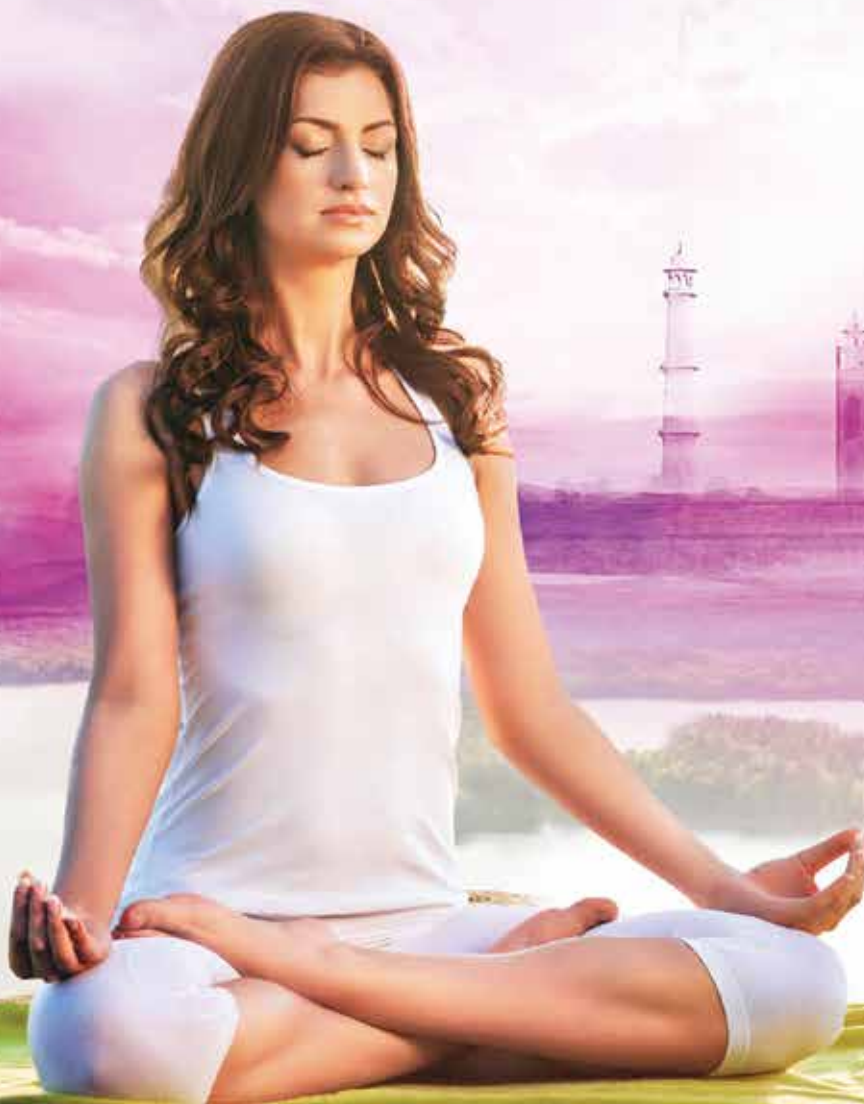
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GET RID OF THOSE UGLY ACNES!

*Acne is one of the most troublesome and frustrating skincare problems of people around the world, especially women. This condition is correlated as Mukhadooshika(which harms the beauty of the face) in Ayurveda. Here, **Dr. Arya Krishna**, explains how Ayurveda helps in the management of this condition so that one can regain their beauty lost due to Acne formation.*

ORIGIN OF ACNE AS PER AYURVEDA

Ayurveda points out certain diets and regimen that are the most common reasons for developing Acne.

- Intake of fried and junk food
- Poor sleep
- Stress and anxiety
- Hormonal imbalances
- Over use of cosmetic products

ROLE OF DOSHAS IN ACNE FORMATION

It should be understood that an improper diet and regimen can lead to vitiation of Vata, Pitta and Raktha

(blood tissue). Acne is thus formed due to the imbalance of the three Doshas: Vata, Pitta and Kapha, but mainly due to the aggravation of the Pitta Dosha. The vitiated Pitta is said to lead to the vitiation of Rakta Dhathu (blood tissue). Also, the vitiated Kapha Dosha blocks the normal excretory function of the skin, thus preventing the release of the waste materials inside the skin leading to symptoms like itching, pustules and nodules formation. The vitiated Rakta (blood tissue) also stagnates waste materials in the skin and produces multiple eruptions, redness, raised local temperature, thick bloody discharge formed from the boils and abscess formation. Finally,

the irritation, blackish discoloration and ugly scar formation are worked out by vitiated Vata.

In Susruta Samhita (Classical Ayurveda Textbook) Mukhadooshika comes under the topic Kshudra Rogas (Minor diseases). And Acharya Susruta mentions the role of Kapha Dosha in Mukhadooshika.

When Vata is the more vitiated Dosha, the formation of Acne is associated with dryness and blackish discoloration. When Pitta is vitiated Acne formation is associated with redness and burning sensation. And when Kapha is vitiated, development of pus will be seen.



DOSHAS	ACNE FEATURES
Vata	Dryness, associated with black heads
Pitta	Inflammation, red eruptions
Kapha	Pus formation, oily appearance



TREATMENT OF MUKHADOOSHIKA

The Ayurvedic method of managing this condition involves purification of the blood and the body by using herbs with astringent qualities and using natural complexion enhancers to enhance the quality of the skin along with herbs that balance the hormonal levels.

FIVE IMPORTANT HERBS USED FOR TREATING ACNE

1. Neem- Well-known blood purifier that prevents further deterioration of the skin
2. Turmeric- Provides luster to the face and helps to reduce oiliness in the skin.
3. Sandal wood – Used to soothe the skin.
4. Nutmeg- Helps to reduce the scar marks formed on the skin.

5. Indian Gooseberry – Nourishes the skin and blood.

AYURVEDIC MEDICINES AND THERAPIES FOR ACNE

How Panchakarma (Purification procedures) can help in managing Acne?

Panchakarma is effective in eliminating toxins from the body. It purifies the skin from a very deep level. This treatment helps in maintaining beautiful skin that is free from pimples. It also reverses the negative effects of daily living and thus helps to attain clear and glowing complexion.

Panchakarma treatment like Vamana (Vomiting), Virechana (Purgation), Nasya are very effective for treating pimples.

Raktamokshan (Bloodletting) is a common treatment for vitiated Rakta Dosha. Here, the circulated blood acts as a carrier of all vitiated Doshas and helps in the process of removing

stagnated blood i.e. Raktamokshan. This is a significant method for the treatment of Acne. Leech application for purifying blood is another para surgical method described by Sushruta.

WHAT ARE THE IMPORTANT AYURVEDIC MEDICINES FOR ACNE MANAGEMENT?

1. *Triphala Guggulu* – It clears the channels and pores and dries up sebum.
2. *Khadirarishta* – Blood purifier
3. *Avipathikara choorna* – Corrects the digestive fire and can pacify the aggravated Pitta dosha
4. *Sarivadyasava* – Blood purifier
5. *Mahamanjishtadi Kashayam* – Excellent decoction for blood purification and cleanses the blood tissue.

External application of Kumkumadi Oil, Nalpamaradi Oil can help in reducing the scars and acne.

AYURVEDIC HOME REMEDIES FOR ACNE

1. Red Ixora flowers and rose flower petals are crushed and made into a fine paste. To this paste a little turmeric is added and then ground well. The application of the final fine paste on the diseased area helps to clear the scars caused due to the Acne.

2. In case of cystic Acne, where there is a local skin infection, application of neem leaf paste or neem – turmeric paste is very useful.

3. The juice of crushed fresh tulsi (Basil) leaves is used for massaging the face. This is then left on the face for 15-20 minutes and rinsed off.

4. Applying a few drops of raw honey on the pimples or the scars and rinsing it off after 5-10 minutes regularly gives good results.

5. Applying lemon juice directly on the pimple overnight clears pimple and protects the skin from further pimple attacks.

Ayurvedic Diet and Lifestyle for Acne

1. Intake of luke warm water is good.
2. Easily digested foods should be consumed.
3. Avoid spicy (spices will aggravate Pitta Dosha), oily food items
4. Intake of fruits like guava, apple, pear can help to reduce acne formation
5. Deep sleep for at least 7-8 hours per day is good
6. Anti-stress techniques like practice of yoga and pranayama can help
7. Washing the face 4-5 times a day with luke warm water can be helpful

DIET FOR ACNE WITH VATA IMBALANCE

- Include more fats and oils in your diet, as these can help to soothe and smooth the digestion and nourish the skin.

- Take low-fat dairy products.
- Go for grains such as rice and wheat.
- Favor sweet, heavy fruits such as: bananas, avocados, and mangoes.
- Asparagus, beets, and carrots are good
- Spices like cardamom, cumin, ginger, and cinnamon can be used

DIET FOR ACNE WITH PITTA IMBALANCE

- Low-fat dairy products can be used
- Skip anything that is fermented.
- Avoid sugar and opt for honey instead.
- Pacify Pitta with olive or coconut oil.
- Wheat, rice, barley, and oats are the best grains to reduce Pitta.
- Eat sweeter fruits such as grapes, melons, guava and cherries.
- Eat cooling, calming vegetables such as asparagus, cucumbers, potatoes, sweet potatoes, and green leafy vegetables. Reduce tomatoes, hot peppers, carrots, beets, egg plant, onions, garlic, radishes, and spinach.
- Choose spices that will cool and soothe. Coriander, cilantro, cardamom, saffron, and fennel are good choices
- Drinking cold water is good

Diet for Acne with Kapha Imbalance

- Eat light.
- Reduce the intake of dairy products.
- Drinking hot ginger tea with meals helps to stimulate slow digestion.
- Intake of beans and green peas is advised
- Favour lighter fruits such as apples, pears, pomegranates, cranberries, and apricots.
- Reduce heavier fruits like bananas, avocados, pineapples, oranges, peaches,

coconuts, melons, dates, and figs.

- In general, all vegetables are recommended but, reduce consumption of sweet and juicy vegetables such as sweet potatoes, tomatoes, and zucchini.
- All spices except salt are pacifying for vitiated Kapha. Use pungent spices like pepper, cayenne, mustard seed, and ginger freely in your diet.
- Keep fats to a minimum.
- Grains: Favour barley, corn, millet, buckwheat, rye. Reduce intake of oats, rice, and wheat.

CONCEPT OF ROSACEA

Rosacea can generally be correlated to a Pitta dominant Acne. An excess of Pitta often manifests in the form of a fiery temperament and hot body. Redness, burning sensation are properties of Pitta. To help both remain calm, cool and composed, include food that's cooling, stabilizing and sweet, and exclude food that's sour, salty and pungent. Focus more on cleansing the body from excessive toxins and excessive heat to cure Rosacea. The Panchakarma procedures can help to an extent along with other dietary advises.

By following the above mentioned treatment procedures the physical and physiological imbalances caused by the Acne can be cured to a great extent.



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CINNAMON FOR WOMEN

*Diabetes (high blood sugar level) and hypercholesterolemia (increased total blood cholesterol level) are two chronic co-related conditions which increase the risk of cardiac complications. According to a 2015 data by International Diabetes Federation, 69.1 million Indians are diabetic; whereas a recent research data found that 25% to 30% of urban population and 15% to 20% rural population in India have hypercholesterolemia. Statistics also prove that women are more vulnerable to these conditions than their male counterparts. Here, **Dr. Nita Sharma Das**, explains how Cinnamon can help lower blood sugar and cholesterol level in women.*





WOMEN ARE VULNERABLE TO DIABETES AND HYPERCHOLESTEROLEMIA

Believe it or not, women are more prone to develop diabetes (high blood sugar) and hypercholesterolemia (high cholesterol level) than their male counterparts. According to the National Cholesterol Education Program Adult Treatment Panel III guideline, a 52.21% of women and 47.42% of men were found to have hypercholesterolemia; whereas the global age-standardized adult diabetes prevalence data of 2008 found only 0.6 percent higher incidence in men than women. Women are also more prone to develop gestational diabetes mellitus. Obesity and sex hormonal changes are suspected to be some of the contributory factors among women in developing diabetes and hypercholesterolemia.

Recent research proves that frequent and unrestricted use of synthetic medications exposes a person to a lot of unnecessary side effects. Due to this, the use of traditional medicines has surged, especially due to its significant lack of side effects. Also, their demonstrated success in treating chronic diseases has put traditional medicines on a higher pedestal. It is also good to note that most of these traditional medicines are easily available in our kitchens. All we need is to know how to use them. Cinnamon is one such magic ingredient available in most Indian kitchens and it can help control blood sugar and cholesterol level in the most convenient and cost-effective manner.

HOW CINNAMON HELPS?

Cinnamon has a sweet and pungent taste. It is obtained from the bark of *Cinnamomum zeylanicum* tree. The major bioactive compounds present in cinnamon are cinnamaldehyde, cinnamate, cinnamic acid, eugenol, copane, cinnamyl acetate, and camphor.

Lowers blood sugar level:

Cinnamon provides 'insulin-like' effect and is able to lower blood sugar level by following ways:

- Increase cellular utilization of glucose (a type of sugar)
- Convert more glucose to glycogen and store them for future utilization
- Reduce the conversion of glycogen to glucose by decreasing the activity of glycogen synthase kinase 3
- Increase the activity of glucosidase enzymes and thus reduce intestinal absorption of glucose thereby regulating the energy level by controlling the intestinal enzymatic activity

Lowers blood cholesterol level:

Cinnamon lowers blood cholesterol by reducing the total cholesterol, triglyceride, and LDL (bad cholesterol) levels; whereas it increases HDL (good cholesterol) level in the blood. Following are the mechanism of actions of cinnamon:

- Reduce cholesterol synthesis by inhibiting the liver enzyme (HMG Co-A reductase, 5-lipoxygenase) activity
- The antioxidant effect of cinnamon reduces lipid peroxidation
- Cinnamon breaks lipids (through lipolysis) and promote phagocytosis (engulf) of LDL cholesterol.
- It has an anti-obesity effect



take the whole stick/bark of cinnamon and prepare a cinnamon tea in your own kitchen, as all the bioactive components remain intact in it.

This can be prepared by taking three inches of cinnamon bark and boiling it in water. Immediately after this, put off the flame and cover the lid of the vessel. Let this stay for 10 minutes. This is now ready for drinking. Cinnamon tea itself is sweet in taste so there is no need for any additional sweetener.

PRECAUTIONS

There is no available data about the side effects of cinnamon, but people who are taking anticoagulants, cholesterol-lowering medicines or having liver disease, or allergic/hypersensitive to cinnamon should consult experts. While taking cinnamon, one should not stop anti-diabetic or cholesterol-lowering medication abruptly without consulting a physician.



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SELECTION OF CINNAMON

Cassia and Ceylon cinnamon are the two varieties of cinnamon which can lower blood sugar and cholesterol level. Coumarin, the bioactive component responsible for liver toxicity, is found in high concentrations in Cassia than Ceylon varieties.

There are some other basic differences between Ceylon and Cassia cinnamon. The color of Ceylon cinnamon is tan brown, with thin paper-like texture and a multi-folded bark that is easily breakable. Cassia has a reddish dark-brown colored bark with uneven texture and few folds that are tough and require high effort for grinding. Ceylon cinnamon is considered the best for treatment, but it is quite expensive. While purchasing cinnamon, it is suggested that only organic Ceylon variety of cinnamon is bought, that too from an authentic supplier.

EVIDENCE

A research published in Diabetes Care demonstrated that cinnamon is effective in lowering blood sugar and cholesterol levels with 1 gram,

3 grams, or 6 grams of dose within 40 days of treatment. The result of the study reported a reduction of 18–29 percent of blood sugar level and 12–26 percent of total cholesterol with cinnamon treatment.

DOSE AND STORAGE

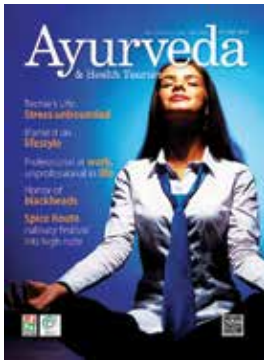
Research evidence recommends that 1 gram to 6 grams of cinnamon per day can reduce blood sugar and cholesterol level without causing any side effects. Apart from this, periodic blood tests are advised to monitor blood sugar and cholesterol level. The dose of cinnamon can be started high and then gradually reduced for maintaining the proper and optimum level of blood sugar and cholesterol levels.

Cinnamon should be stored in airtight container in a cool place. Properly stored whole-cinnamon bark have a shelf-life of 4 to 5 years while powdered cinnamon only have a shelf-life of 2 to 3 years.

CINNAMON AT ITS BEST

Cinnamon is available in the market in many forms - as powder, capsule, and tincture. However, the best way is to

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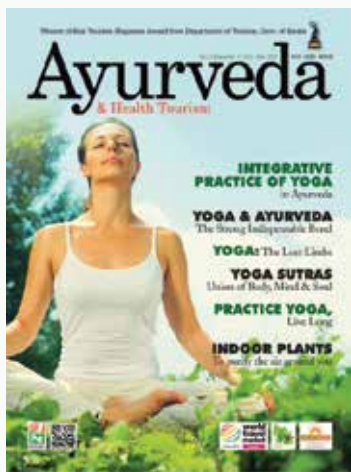


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Restrict salt intake for optimum BP

*Salt is an ionic compound made up of Sodium (Na+) and Chloride (Cl-) with a composition of 40% and 60% respectively. Salt crystals are translucent and cubical in shape and appear normally as white. Throughout history, the availability of salt has been pivotal to civilization and it is perhaps the oldest and most commonly used food additive. It improves the taste of food without adding calories. In larger amounts it inhibits the growth of many microorganisms and has been used to preserve food throughout much of man's recorded history. Recently, large consumption of highly salted processed food, is once again blowing the alarm with an average intake of 9-12 g/day in most countries. Here, **Dr. Gopinath Agnihotram**, tells us how we can maintain our health by restricting our salt intake to the minimum.*



WHAT IS BLOOD PRESSURE?

Blood Pressure (BP) is calculated as the product of a stroke volume of the left ventricle of the heart, heart rate and peripheral resistance in the vessels of the body.

To calculate blood pressure, it is advised to take two measurements in a single heartbeat. Among this is the systolic pressure – the levels of pressure when your heart is pumping blood and the other is the diastolic pressure – the levels of pressure when your heart is resting before it pumps again.

The measurement for blood pressure is in millimeters of mercury (mmHg). If the systolic reading is 120mmHg and the diastolic reading is 80mmHg, then the



blood pressure can be read as 120 over 80. This is generally written as 120/80. If this reading is continually higher than average, then that person may be diagnosed with hypertension. It is estimated that around 30% of people in India have high blood pressure and lead lives without knowing this fact.

RELATION BETWEEN EXCESSIVE INTAKE OF SODIUM AND HYPERTENSION:

It is understood that high consumption of sodium in our diet stimulates the thirst centers in our body to take in

more water. This rise in water level leads to increase in fluid volume and tonicity of blood resulting in the rise of osmolarity and oncotic pressure, which further increases peripheral resistance in blood vessels.

Excessive intake of sodium also declines the function of endothelial cells by inhibiting the nitric oxide synthase enzyme, which is useful in the production of the vasodilator i.e nitric oxide. High dietary salt intake thus stimulates the sympathetic nervous system in our body, and triggers the angiotensin mechanism which further leads to afferent and efferent arteriole constriction which ultimately results in

The DASH Diet for Healthy Blood Pressure

Follow these DASH (Dietary Approaches to Stop Hypertension) guidelines for a healthier, more balanced diet



hypertension. Increased salt diet also deprives the feedback inhibition activity of ADH hormone on further production of renin. Many factors like age, stress, obesity and genetics are also reasons for hypertension but the higher intake of salt is precipitating and advancing these risks of hypertension.

WHAT AYURVEDA SAYS ?

According to shabd kalpadruma –Nirukti of lavana is “luna iti lavanam” i.e having chhedana property.

The Qualities of salt are described as digestive (pachak) liquifacient (kledaka) deepan (stimulant) chyavana (inductive of deflexion) chedan (depletive) bhedana (disruptive) tikshana (sharpness) sara (fluid) vikasa (penetrative) produce avakash (deobstruent) vatanashak (curative of vata).

It alleviates stambha (stiffness), vibandh (obstructions and accumulations), and is sarva rasa pratyaneek (overpowers the rest of the taste) and increases lalasarva (salivation). It liquefies kapha and mucous secretions. It is srotoshodaka (clarifies the passage, softens all the tissues of the body), gives relish to food (ruchikar), and hence is used in food. It is neither very heavy (guru), very unctuous (snigdha) nor hot (ushna).

Apart from the above said qualities, its excessive use provokes pitta, increases blood, heat, thirst, causing fainting, dislodging of teeth, decrease in fertility, impairing the function of sense organs, induces premature wrinkles, grey hair and baldness.

According to Ayurveda, there are several types of salts with distinctive properties. These salts are arranged in a specific order, from the least heating to the most heating; from the one that provokes doshas the least to the one that provokes them the most. And hence salt must be consumed considering its properties and how it affects the chemistry of each person's body.

PRESENT SCENARIO IN INDIA

India has a diverse dietary culture where salt and spices are used extensively. Our traditional cuisines use foods like samosas, kachoris, bhujias and other namkeen extensively. These are rich in salt and are frequently consumed by Indians. Salt is also used ubiquitously in our curries, salads, biryanis and a large quantity of salt consumption is hidden in our processed foods. The frequent and regular use of chutneys, papads and pickles in our daily meals makes this situation even more critical. Hence, we need to examine the circumstances that lead to such critical levels since this current situation can easily worsen if the present epidemic of hypertension due to the high proportion of salt goes unchecked. The existing available data indicates that dietary salt intake is very high across different regions of our country, the average intake being between 9-12 gms/

day. This is extremely high when compared to the World Health Organization (WHO) recommended intake level of 5 grams per day. This figure indicates that it is high time for us Indians to follow a diet pattern that will help us remain healthy in an environment of excess salt intake.

IS IT POSSIBLE TO RESTRICT THE INTAKE OF SALT IN THE LONG TERM?

Yes, this is possible, even though its long term restriction is quite difficult. Sudden sodium changes are hard to accept, but it can be achieved by following the DASH (Dietary Approaches to Stop Hypertension) diet pattern.

Most people like some level of salt in food. Conceptually, there is a “bliss point” at which the effect of sodium in flavor is optimal. However, this bliss point is malleable, and most will adapt to a reduction in dietary sodium. Reducing the salt in diet is perhaps the easiest to implement amongst all dietary habits. Once you start consuming food with low salt content, your tongue starts becoming sensitive to any amount of salt i.e you will start feeling that things are excessively salty and slowly you won't notice the lack of salt in your diet. This change can be experienced in around 30 days.

ALTERNATIVES FOR SALT:

Taste is the driving force behind any salty foods; it is possible to decrease the salt intake by maintaining the same taste. This can be achieved by increasing the other flavors in the food. Recently, nutritionist seems to be proposing TACO seasoning, which is an artificial preparation of salt. This is never an exact alternative for salt especially in taste. But these types of seasonings in our dietary regime will give us a chance to decrease the habit of high salt in our diet.



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PAEDIATRIC RESPIRATORY INFECTIONS

*Acute respiratory infections (ARI) are a major cause of morbidity and mortality worldwide. They are responsible for one in five deaths in children under the age of five years and pneumonia is understood to be the cause of 90 percent of these deaths. Through this article **Dr.Jithesh Madhavan** helps you understand how Ayurveda and lifestyle changes can help children manage and prevent their respiratory infections.*

About one-quarter of primary care consultations among children relate to respiratory complaints. One may think of medical advice if the symptoms such as fever, reduced activity, rhonchi, cough with vomiting, rapid breathing etc. are associated. ARI's in children take a heavy toll on life, especially where medical care is not available or is not sought.

Increasing air, food & water pollution with disturbed immunity due to irregular food and lifestyle increases the prevalence of respiratory disorders in children in recent days. URIs (Upper Respiratory Tract Infections) are the most common respiratory infections affecting children. These include rhinitis, sinusitis, ear infections, acute pharyngitis or tonsillopharyngitis, epiglottitis, and laryngitis. Of this, ear infections and pharyngitis are the most complicated. Since most URIs are self-limiting, their complications are more important than the infections. The most common Lower Respiratory Infections (LRI) in children are pneumonia and bronchiolitis. The respiratory rate is a valuable clinical sign for diagnosing acute LRI in children who are coughing and breathing rapidly. The presence of lower chest wall indrawing identifies more severe disease.

Interventions to control ARIs can be divided into four basic categories: immunization against specific pathogens, early diagnosis and treatment of disease, improvements in nutrition, and safer environments. Multisectoral involvement

regarding the public health system is very essential in such a management. Children who have a cough for more than 30 days are referred for further assessment of tuberculosis and other chronic infections.

AYURVEDA'S APPROACH TO RESPIRATORY INFECTIONS

Balya or childhood is a state of development in a child where the dhatus are in a stage of growth as well as development. Similarly, the developed dhatus contribute to the ojus and its states and hence children are more prone to infections as a result of the natural compromise done on the immune system. Balya is a stage where minimal contributory factors lead to aggravation of the doshas, in particular, kapha. The functional aspects of the respiratory system such as functioning of mucosa, integrity of the epithelial cells, functional capacity of lung also varies from the adults. Even though protective reflexes like coughing, sneezing etc guard the respiratory system from external hazards, the lack of immunity promotes infections in children.

PATHOLOGICAL FACTORS

The altered status of agni is the main reason for many respiratory infections and also the resultant contributory factor i.e. ama. This ama is seen to involve in most of the pathogenesis. Along with the same, snigdha, seetha and guru





aharas results in agnimandya and adds on to aama leading to infections. The infections due to krimi also lead to allergic manifestations and frequent infections in children. The depletion of ojus resulting from other diseases or recurrent infections also makes the conditions worse as well as chronic. The main doshas here are vatha and kapha. In certain infections, pitta is also involved in the pathology and hence it is also considered for management.

MANAGEMENT PRINCIPLES

The Ayurvedic management of respiratory disorders in children varies from case-to-case depending on the prakrithi, dosha, causative factors etc. The correction of agni and the release of aama are the prime things to be done for managing respiratory disorders. Also, the doshas need to be assessed, categorized and managed accordingly with specific medications. In acute cases, a symptomatic approach

needs to be done i.e., treating fever, breathing difficulty, cough etc. as per the condition. Virechana can be administered in case of chronic respiratory disorders with restrictive pathology like the bronchial asthma treatment which can be given in a modified manner for children.

If an obstruction to the respiratory tract is experienced, fomentation of the chest after applying karpooradi tailam should be done and drugs with expectorant effects such as vasa, vacha, maricha, sunti etc. should be the immediate choice. Yashtimadhu is the drug of choice in conditions associated with pitta and it is also a kaphachedaka. Atropine containing drugs like dhatura, and ephedrine containing drugs like soma can be used to reverse Bronchospasm. Early treatment should be sought to prevent any infection from reaching the lower respiratory tract.

Rasayanas for enhancing immunity

such as Pippali, Aswagandha, Guloochi etc. are used after the acute episode to prevent any upcoming infections. Suitable oils can be prescribed for the head to be continuously used as a preventive technique. There should also be a focus on correcting the diet i.e., restricting seetha, snigdha, guru, madhura aahara and avoiding refrigerated items like curd, exposure to dust, fumes etc. Also, one should reduce the use of cow's milk and instead promote the use of goat's milk in their diet as a healthy option.

Practising pranayama is another useful technique for preventing respiratory disorders especially those problems related to alteration of lung volume. This should be practised continuously and heavy exercises and outdoor games should be avoided at all costs.

Respiratory complaints in childhood are quite common and equally challenging to the physician. So a thorough clinical examination, perfect analysis of pathogenesis, with selection of specific approach based on the doshas explained above will yield a fruitful outcome. Hence Vyadhisamana chikitsa during the infection attacks and ojovardhaka chikitsa in between should be adopted to enhance the immune mechanism. Thus, the Ayurvedic management of respiratory disorders in children provides a safe, cost effective, natural and permanent cure to a child facing these disorders.



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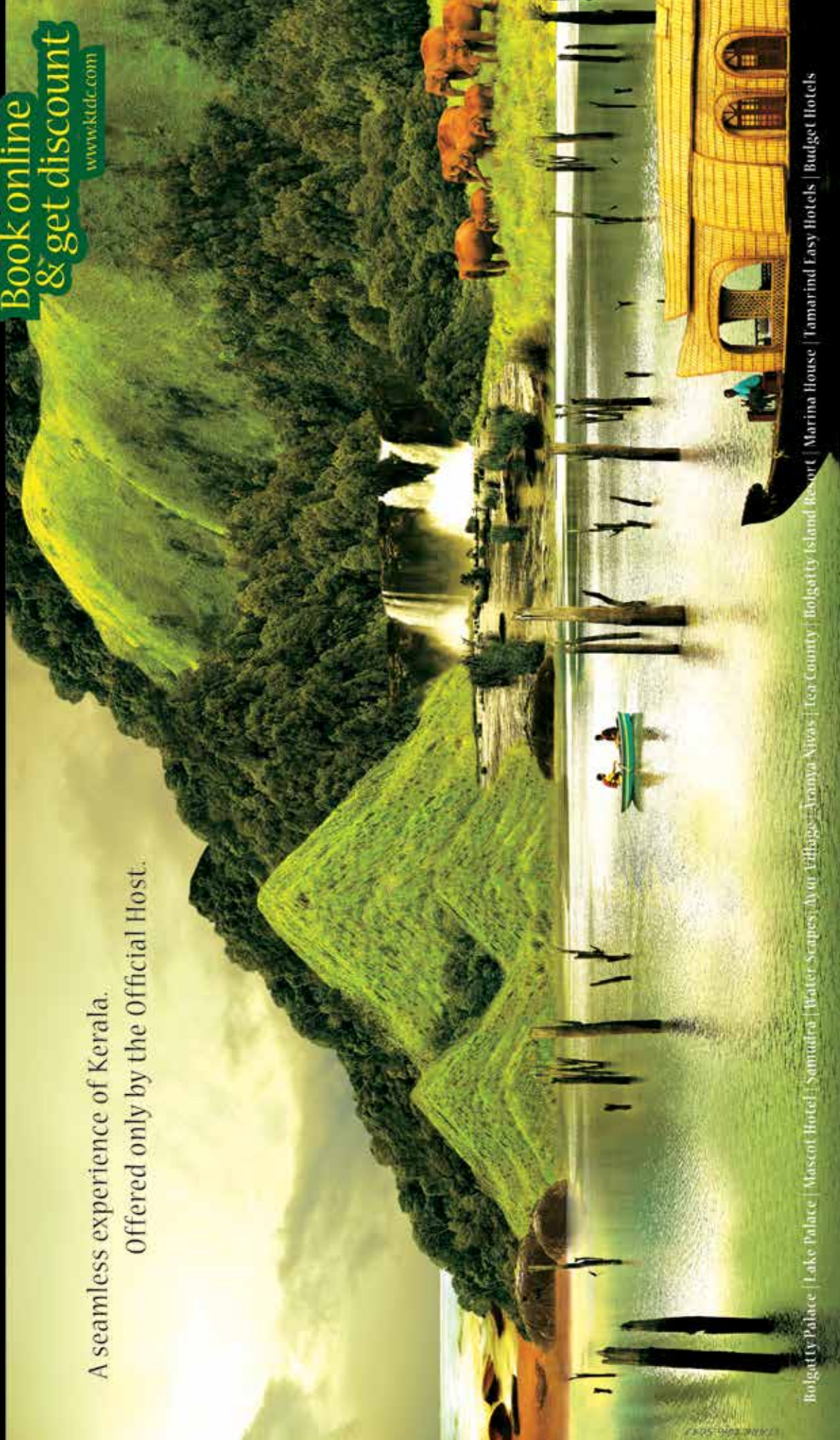
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BYE BYE EGO

In our day-to-day lives don't we often come across people who think they are always right? We should understand that people with this kind of attitude will never accept or listen to other people's opinions. They think they are always right. These are people with high Egos and they need an immediate attitude correction. If this is not detected and corrected at the earliest it can lead to one's own disaster. Therefore, such attitudes should be corrected for a healthy living. The first step to correcting such an attitude is to view the world sans ego. To get rid of any unhealthy ego in our lives we should practice the following habits or make few of the below habits a part of our life.

1) Practice forgiveness

This is very difficult for weak-minded people as it is hard for them to forgive easily. To forgive, one should have a strong mind. Once you believe you have a strong mind this will help you to find happiness which will, in turn, guide you to live a quality life.

2) Talk openly

It is said that if you suppress your mind with emotions and sorrows it will raise your ego automatically. It is important to open up all your frustrations to a close friend who has a positive approach towards life. This will help us to get rid of our shortcomings and finally get rid of all our ego.

3) Practice silence

It is always good to find time for ourselves to sit in a quiet environment for some time every day. This will fill our minds with positive energy and we will soon start feeling good.

4) Be grateful

Daily, be grateful and count your blessings for all the good things in your life. This will help to increase good thoughts in your mind and make you a very positive person.



BOWEL MOVEMENT made easy

The food we take in daily is, by and large, properly digested by our body and the essential and healthy portion are absorbed by the body for its normal and healthy functioning and the rest is thrown away by the process of excretion. This is reckoned as healthy digestion. Any error in this process can lead to hunger pangs or some kinds of constipation or irritation in bowel movement. If a person experiences constipation for a long time it can lead to several disorders like a pot belly, sour taste from the stomach, muscle cramps in the legs, headache, back pain, piles and a lot more of other diseases. To make excretion easy, certain things need to be practiced for purgative purpose. They are:-

- 1) Have a lot of fruits, especially orange and plantain, this will help for easy bowel movement.
- 2) Use food that contains a lot of fibers like plantain stems
- 3) Take 5 gms of 'Sunnamukhi' powder and boil it in 300 ml water. Now reduce the portion to quarter quantity. Filter this and take it at night before going to bed for easy bowel movement the next morning.
- 4) Take 2 tsp of Castor oil along with ginger juice and lime juice in an empty stomach early every morning.

- 5) Consume 10 gms of 'Triphala' choornam along with Jaggery diluted in water before going to bed at night.
- 6) Take 10 nos of raisins. Wash it properly and leave it in water overnight. The next day squeeze the raisins into a paste using the water in which it was kept overnight. This is especially good for children having defecation problems.
- 7) Rubbing castor oil in the anus of small children can help them to pass stool easily.
- 8) Make sure to go to toilet everyday at the same time.
- 9) Exercise daily for half an hour.
- 10) Avoid foods that will hamper digestion.

While visiting an Ayurvedic doctor for problems like constipation, they will try and find the reasons for the problem and prescribe different 'arishtams' or 'choornams'. If these are consumed in the right manner you will find your problem solved. However, the most important factor for good digestion is to maintain a healthy lifestyle.

A statue of a person, possibly a deity or sage, with a glowing forehead and a cracked, textured face. The statue is set against a dark, particle-filled background, creating a mystical and ethereal atmosphere. The text "WHAT IS THE MIND-BODY CONNECTION?" is overlaid in large, bold, black capital letters.

WHAT IS THE MIND-BODY CONNECTION?

The mind is more than random thoughts that flow in and out of us. Our thoughts possess energies that can stay inside us, affecting our bioenergy. The entire universe is made up of energy. This includes our minds and bodies that we use everyday. For hundreds of women that are coping with chronic pain disorders, mind over matter might be a daily reality.

The idea of being strong and independent is held as the standard image in many social groups, and the concept of chronic pain is often ignored. A person that is struggling with chronic pain may feel ashamed to share their discomfort with others.

Chronic pain is usually treated with traditional medicines. Due to the increasing misuse of pain prescriptions, the medical community has been on an alert, and more physicians are seeking alternative forms of pain management. Certain prescription medications for chronic pain can be addictive. This can lead to unhealthy substance abuse, driving people to painkiller misuse.

Fibromyalgia is categorized as a form of musculoskeletal pain. This pain can be so intense that many people try to cope using opioids like oxycodone, but addiction treatment is usually the last thing on their mind—they just want relief. Chronic sufferers of the disease describe their joints being the main source of pain. The discomfort is similar

to those who are afflicted with rheumatoid arthritis. The two diseases are often confused with one another. While fibromyalgia is not exactly an inflammatory condition, it is a condition that involves the nervous system. The pain can become worse without adequate care, causing more and more flare ups.

Points on the body can be extremely tender and sensitive to the touch. Fibromyalgia survivors live day-to-day lives with widespread pain that can be debilitating, affecting the body's tissues and muscles. Stress tends to make the pain worse, since the body's muscles become tense during times of stress. According to most recent surveys, fibromyalgia affects women at higher levels, and it's estimated that over 80 percent of cases involves women. The cause of fibromyalgia remains to be a mystery to the medical community, including the fact that this chronic pain condition tends to targets women.

Accompanying issues with the pain include stiffness, irritable bowel syndrome (IBS), fatigue, plus tingling and numbness of the


extremities. A large percent of women with fibromyalgia report their experiences of painful menstrual cycles, which is complicated due to their illness. Additional, more women experience the common problem of hypersensitivity to both temperatures and light compared to men with the illness. Common psychiatric disorders may develop for those with ongoing pain like fibromyalgia. Sleep problems (i.e. insomnia, sleep apnea, restless leg syndrome) and mood disorders such as depression and severe anxiety are reported frequently by those coping with chronic pain.

There's a strong probability that natural healing practices could be a solution for the women who are coping with certain ailments like chronic pain and other hard to treat illnesses, from psychiatric disorders to addictions. Health and wellness coaches preach alternative practices for pain management, and mindfulness and meditation, are used to regulate the emotions that accompany alternative pain management. Opioids like hydrocodone, vicodin, Oxycodone, and other

addiction treatment that can be prevented with new solutions found from the ancient sacred art of energy. Science has proven the effectiveness of meditation and mindfulness practices for stress, anxiety, depression, brain fog and other imbalanced brain functions.

Prescription oxycodone addiction treatment alternatives include energy arts for the increasing number of female opioid users: "Qigong meditation appears to contribute positively to addiction treatment outcomes, with results at least as good as those of an established stress management program. Meditative therapy may be more effective or acceptable for female drug abusers than for males".

Integrative schools of medicine understand the immediate benefits of certain energy healing arts. The Sacred Energy Arts are believed to heal through the mind-body connection. Qigong is growing in popularity of as a valid alternative medical treatment.



The future of traditional medicine is becoming a unique integration of philosophy, technology, and science from both new and old world.

The “art of energy” focuses on the flow and unblocking of the electric currents that are inside of all us. The sacred art of energy practices balances the flow of energy throughout the mind-body. “According to Traditional Chinese Medicine (TCM), good health is the result of free flowing, balanced Qi (energy) while sickness and pain, arthritis and fibromyalgia, are the result of blocked or imbalanced Qi.”

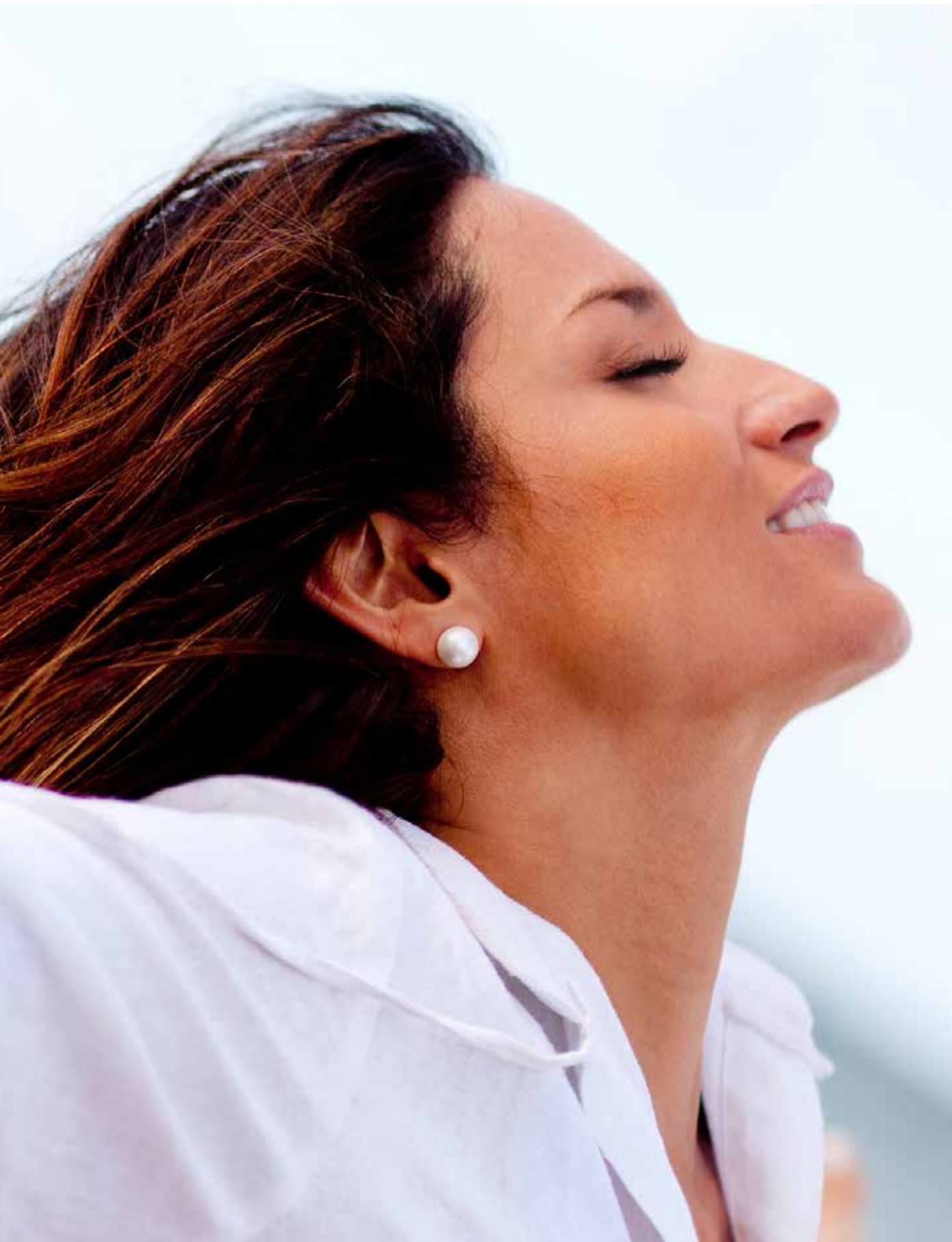
Since energy cannot be destroyed it must be redirected to the right fields within our bioenergy creating a level of balance: “The body has an energy field that is composed of energetic lines called meridians and channels. Energetic blockages in these channels cause imbalances in the energy field, which can lead to dis-ease.” It is fascinating how this ancient art has helped with such complex illnesses like dependency and the growing health issue of chronic pain.

There are more techniques that are available for you to discover to improve your quality of life if you and someone you love wants relief from chronic pain. Every day, millions of practitioners are taking a new lease on life. Dragon and Tiger Medical Qigong is more than 1,000 years old and has proven the 3 following benefits.

- Releases stagnant chi that cannot move freely. Stagnant chi can be located anywhere there is a physical, emotional or psychic blockage of energy.
- Increases the speed, strength, and evenness of the circulation of chi, blood, and other fluids. This balances the body's energy.
- Quickly raises the energy levels of the body to boost your natural healing capacities.

Zena is an online advocate for preventative health measures for women. She enjoys sharing her knowledge of holistic and alternative treatments with other readers. When she is not learning more about women's' issues she is speaking up for abused animals.

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Work
Budgets
Deadlines
Sales

Balance Work-Life



Work-life balance is necessity so that one can live an effective and meaningful life. A severely biased focus on one's job can leave you compromising on relationships, and mental, physical and spiritual well-being. Ultimately, this can leave you shattered making the point of the added attention to work quite pointless. This dictum is the same for trouble in personal life which can finally creep into your profession. People who are unhappy may go through absenteeism, high stress, low productivity and in its worse, job attrition due to the subsequent stress.

The fight between one's professional and personal lives is

an eternal one. Some manage to chalk out a plan to escape the stress, while others try to get some help from their companies, and the policies that their country has to offer. India has been working towards making things easier for the working population and hopefully there will soon come a time when there won't be the need for excessively long working hours.

Let's explore some of the factors that are probably playing into this low quality of work-life balance among and what measures can help to improve this situation.



GENDER ROLES

In today's times women are often at the receiving ends struggling to maintain a proper work-life balance compared to men. There are two factors that trouble working women, especially ones with kids and aging family members. They are Family-Work (FWC) and Work-Family (WFC) conflicts. According to a study, done on urban women employees with a mean age of 38.7 years, with none to two children, both the factors are seen to affect them. FWC, which is a measure of how work negatively impacts ones' family, and WFC, which is a measure of how badly home affects ones' work, were measured and statistically analyzed

for 90 participants. Both the factors showed a significant and troubling pattern of a negative spill over. Subjects, with children, had a significantly bad influence coming from their complimentary sphere of life. Family expectations, household demands, uncompromising company policies, unsupportive supervisors and the inflexible work schedules added to the grief of working women.

What you ultimately see is more women leaving the work force after unsuccessfully juggling these two demanding roles – Superwoman and Teddy Bear! Unfortunate, as it is, in the last decade, the Indian female labour participation has gone down to 27% from the 37%, the decade before, based on data from the International Labour Organization.

Maybe a move in the positive direction would be to make it possible for women, especially mothers, not to be pushed to a corner, making a Sophie's choice between their family and the work that supports them financially. It is not hard to conjure up some measures to help them out. Besides a cultural overhaul where husbands, and the society at large, realize their roles in sharing responsibilities, companies too can do their yearly good deeds by initiating certain policies, which will come later in this article.

Resilience is that ineffable quality that allows some people to be knocked down by life and come back stronger than ever. Rather than letting failure overcome them and drain their resolve, they find a way to rise from the ashes.

POLICIES

A solid work-life balance means having a meaningful participation in all the aspects of a wholesome life – family, work, friends and yourself. According to a study on millenials everywhere, the Manpower Group has gathered data showing the number of hours worked by country. The report says Indian millenials put in the longest number of working hours per week. 52 hours to be exact. Compare that to China's 48, USA's 45 and UK's 41 hours.

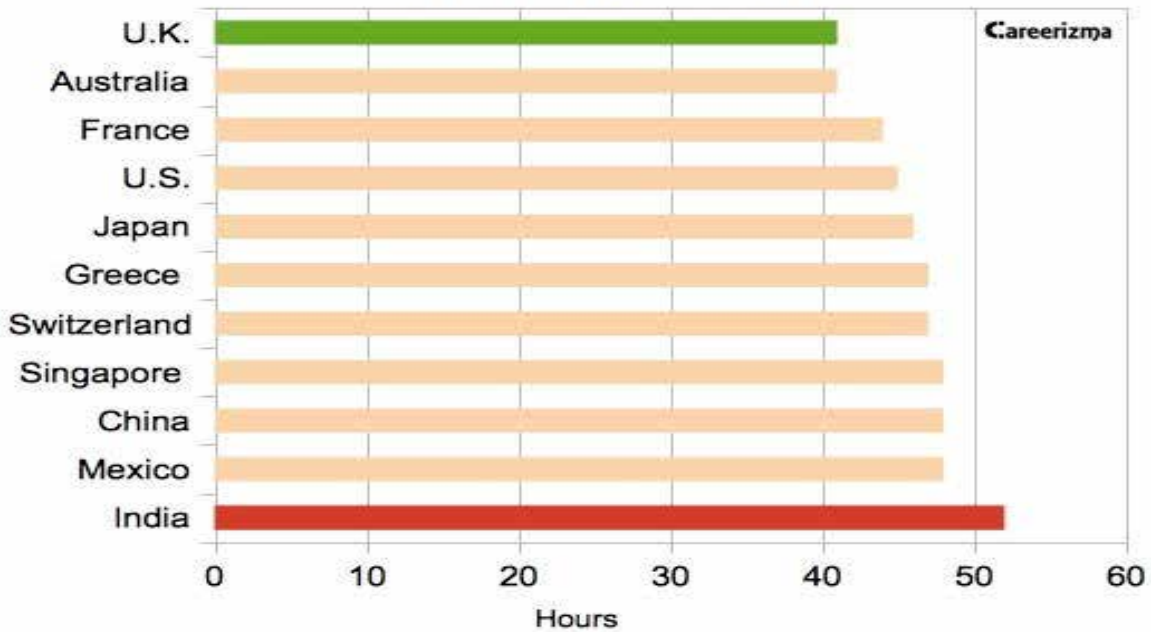
With an average of over 10 hrs at work and sometimes a six day work week, there can be very little time left to stop and relax. Fierce competition, and the fear of losing your job, can make the chance, at having home and job satisfaction, thinner than your desired waistline.

CROSS ROADS AND TRAFFIC SIGNALS:

Indian metros have well-known traffic notoriety. A large number (about 49%) of people surveyed, probed by the Ford Motor Company in various countries, spend over 12 hours a week behind the wheel. The already heavy 52 hour week with the additional 12 hours of slow motion commute can make the time spent at home short enough to make your family members feel like mere acquaintances.

But is there no hope? Well, for starters, companies can come up with certain policies to aid the well-being of their

Hours Worked Per Week



staff. Short, meditative exercises like deep breathing or grounding your senses in your present surroundings, are great places to start. The more you do these, the more you activate your parasympathetic nervous system, which “calms everything down, (and) not just in the moment.

- **Flextime:** It gives you the ability to choose your own alarm o'clock. That way women, and men, can choose to divide their work hours to not have them be in conflict with their children's demands.
- **Child Care:** Takes the pain away from having to leave kids behind. Some of the big corporations, in India, have already adopted serving their staff with facilities to help them house their kids within, or near, the company premises.
- **Maternity leave:** Under the Maternity Benefit (Amendment) Act of 2016, the maternity leave has been raised from 12 to 26 weeks. For women, with more than two children, the leave is compressed to 12.
- **Paternity leave:** India is among the world's top five countries offering days off for new dads. And more

than 75% of Indian based companies have adopted this goodwill gesture, according to data from Mercer.

- **Telecommunicating:** In other words, work from home. Many companies are now open to the idea of letting their employees work from home. This aids, not only parents with kids at home, but also ones with sick or aging family members.
- **Time Management:** This one is as much as a management responsibility as it is yours. Try to prioritize your tasks to get organized about your assignments. That way the likelihood of a conflict, with you having to do it in your leisure time, reduces.

These days, work-life balance can seem like an impossible feat. Technology makes workers accessible around the clock. Fears of job loss incentivize longer hours. In fact, a whopping 94% of working professionals reported working more than 50 hours per week and nearly half said they worked more than 65 hours per week in a Harvard Business School survey. Experts agree: the compounding stress from the never-ending workday is damaging. It can hurt relationships, health and overall happiness.

The balance of work and family needs some focus. One exists because of the other and neither should be responsible for tearing you into two. Find your happy medium and let there be harmony for the most part. It is important for individuals, and the society as a whole, to recognize the value of keeping the two separate and individually content. Habits, policies and even social outlooks can bring about the positive change that so many employees are yearning for. Those are the aspects to focus and work on.



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AYURVEDA HELPS MANAGE CANCER



A recent survey of the global incidence of cancer shows that the age-adjusted cancer incidence in the United States is above 300 cases per 100,000 populations, whereas that in Asian countries is less than 100 cases per 100,000. Also, although the incidence of cancer of the prostate, lung, breast, and colon is highest in Western countries, it is lowest in Eastern countries. 1–3 In spite of the billions of dollars spent on cancer research and the availability of the best healthcare in the world, the reason for such a high incidence of cancer in the United States is unclear. Lifestyle has been named as one of the major contributors to the incidence of cancer. The high incidence of cancer among immigrants from the Eastern world to the Western world further emphasizes the role of lifestyle. Cancer is a highly complex disease whose development may take as many as 20 to 30 years before it can be detected.



Although modern science has made some major strides in understanding cancer and its molecular basis, the knowledge about how to prevent or treat cancer is still unknown. In contrast, whether traditional medicine that has existed for a thousand years has any relevance in today's world or can be used in combination is the focus of this review. Although interruption of a cell signaling pathway, also called monotherapy, has been the paradigm approach until now, experience in the last few years has revealed that multi-targeted therapy has a better chance for success. Conventional

medicine's approach to cancer is to regard it as a foreign body which needs to be annihilated and removed from the body. Hence, the primary treatments are surgery, radiation and chemotherapy. Unfortunately, this therapeutic approach has been largely unsuccessful for the vast majority of malignancies, and the so-called "war on cancer" has been almost a complete failure. An alternative view of cancer is to see it as a total body disease right from the beginning, rather than only after the disease has spread throughout the body. Cancer is symptomatic of a failure of the body's defenses, including the immune system. It represents an imbalance in the body's ability to adapt to adverse external or internal conditions.

By intelligent choices, we can drastically reduce our risk of developing cancer, improve our chances of survival if we already have cancer, and prevent recurrence of cancer in remission. We need to eliminate as many negative factors in our environment and within ourselves as possible, while trying to maximize the factors that will enhance our defenses. We must examine and be willing to change our lifestyle, beliefs and environment.

Specific recommendations include: (1) dietary changes - what to avoid and what to include; (2) oral supplementation, including vitamins, minerals, essential fatty acids, enzymes, herbs, accessory food factors and others; (3) detoxification procedures; (4) injectable programs when necessary; (5) exercise programs; and (6) psychosocial support.

Numerous reports have suggested that Ayurvedic plants and their components mediate their effects by modulating several of the recently identified therapeutic targets. Several chemotherapeutic, cytotoxic and immunomodulating agents are available in Western medicine to treat cancer. Besides being enormously

expensive, these drugs are associated with serious side effects and morbidity. Still, the search continues for an ideal treatment that has minimal side effects and is cost-effective. Today, in Western medicine, only a limited number of plant products are being used to treat cancer. However, some of the widely used anticancer drugs, such as taxol and vinca alkaloids, are obtained from medicinal plants.

Ayurveda says that the unwanted accumulation of toxins (Ama) is the primary cause for any disorder, especially cancer. The prevention is generally targeted with Ayurveda detoxification therapies, diet plans, herbs, lifestyle recommendations, yoga etc.

Ayurveda is the only medical system which realizes that physical factors are not the only cause of cancer, but also psychological factors such as stress, anger, etc.

AYURVEDA GUIDELINES FOR CANCER PREVENTION

1. Ayurveda recommends foods that are whole foods, fresh food, naturally ripened, alkalising and plant based (vegetarian) foods. Western medicine experts too agree with it in terms of availability of anti-oxidants and free radicals.
2. Avoid low glycemic foods and drinks, carbonated, and fast foods.
3. Ayurveda recommends intake of leafy green vegetables with water contents like pumpkin, snake gourd, etc. to remove the toxins from the body.
4. Seasonal purification therapies and regular purification therapies.
5. Daily application of medicated oil all over the body. This helps the blood circulation and lymphatic system.
6. Ayurveda recommends spices like garlic, ginger, cardamom, and clove as part of the diet for cancer prevention.





HERBS THAT CAN PREVENT CANCER

- 1. TURMERIC:** It is clinically proven for its inhibiting action on tumor causing cells and growth of cancerous tumors. The powerful anti-oxidant in turmeric neutralises the free radicals that reduce the risk of cancer and heart disorders.
- 2. GINGER:** It is clinically proven that adding ginger in the diet helps prevent cancer and heart disorders by almost 35 percent and also helps to increase the appetite.
- 3. CORIANDER:** Coriander has a positive impact on the degeneration related tissues that are the most common cause of cancer. It is clinically proven effective against liver and breast cancer. Its detoxification effects are clinically proven against heavy metals, especially against mercury and lead.
- 4. FENUGREEK:** The herb is clinically proven and effective against breast cancer and prostate cancer. Some traditional practitioners claim that it is also very effective for curing bone cancer.

COMMON HERBS AND FRUITS FOR CANCER

Ayurvedic herbs such as Guggulu, velvet bean, amla, Indian ginseng, Indian Asparagus, Sida, Tenospora, and Neem, are claimed to have anti-cancerous benefits.

DETOXIFICATION THERAPIES AND CANCER

The success of any Ayurveda treatment depends upon the detoxification therapies. Depending on the type of cancer and the strength of the patient, one out of the five therapies is selected and administered as strong, moderate, or mild therapy. Usually, the decision is made based on the constitution of the patient, season, disease, and the dosha (Functional element) involved.

MIND-BODY THERAPIES

Ayurveda is the only system of medicine that recommends mind-body therapies such as yoga and meditation for prevention and control of the disease.

Thus we can conclude that the integrated approach for the prevention and cure of all types of cancer is the need of the hour.



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CONVERSATIONS WITH AN AYURVEDA GURU!



***Dr. Vijeyapall J Jonnagadla** is a leading figure in the Ayurveda circle and he is one of the pioneers in spreading Ayurveda abroad particularly in Singapore. He dialogues with us through an email interview on what he thinks about the future of Ayurveda and how this traditional medical system can be exploited to its full potential.*

1) TELL US ABOUT YOUR ASSOCIATION WITH AYURVEDA?

Hailing from a family of Ayurvedic Vaidyas, my great grandfather was a *chaya vaidya* (looks at the shadow and does treatments). My Father was also an Ayurvedic vaidya who worked with the famous Dr. Natesa Iyer of Marwadi hospital, Chennai. After successfully graduating from the Venkataramana Ayurveda college with a gold medal, I joined the Tamilnadu Medical Service as a Medical Officer. I was posted in the Panchakarma ward and subsequently headed it, until I resigned from its service.

2) DO YOU THINK THERE IS A SCOPE FOR AYURVEDA TO BE ON PAR WITH MODERN MEDICINE?

Looking at the larger picture, Ayurveda do have a very good scope in the future. Ayurveda has been the main mode of treatment for the Indians since ages. While all the other systems were invented by humans; Ayurveda was bestowed by the Gods. So it has many references in the ancient scripts. It is thus called the fifth Veda.

With the advent of western medicine, its popularity diminished partly because of the mindset of the people. We lived in an era where we are not interested in fixing

things. Either we try to manage or replace things. Hence, the popularity of Ayurveda came down. But the scenario changed when people started understanding the harmful effects of the chemical medicines and the sufferings caused by corporate hospitals. With shrinking families, now the need of a family doctor who understands the individual and supports them is increasing. Ayurveda can easily and effectively fill this need. Ayurveda is more about altering the lifestyle habits. It emphasizes more on prevention than cure and this can help one save money as well as time.

3) WHAT DO YOU THINK NEEDS TO BE DONE TO SPREAD AYURVEDA GLOBALLY?

By large, people think that Ayurveda is just about Spa massages and health drinks. This image needs to be changed. Lots of awareness has to be brought about in the Ayurvedic system of medicine and its scopes.





People tend to believe in all the wrong information spread about Ayurveda. They should be educated about the goodness of Ayurveda and Govt. should fund Ayurvedic Research & Studies and papers should be published.

Government should revive the native healing practices and document them. These should be patented. This is a long procedure, but these initiatives have already begun.

4) WHAT IS THE SCOPE FOR AYURVEDA IN CONTEMPORARY TIMES?

Super times are ahead. Today, people make sure that Ayurveda doctors are their first choice. Many are willing to adopt the lifestyle changes defined by Ayurveda. They pretty well understand that life is all about living well and

not just prolonging with drugs. People are fed up of having medicines as food. Now, they are willing to follow the changes in food habits and other routines, to maintain a healthy life. Who wants to be a walking pharmacy, anyway?

5) HOW SAFE ARE AYURVEDA MEDICINES?

Ayurveda is Very safe. There are some common myths about Ayurveda. One is that Ayurvedic medicines contain harmful metals.

Not all the medicines are filled with metals. In fact, the metals used in Ayurvedic medicines undergo proper purification and calcification. So the end product will be completely absorbable and organic. But nowadays, when tested, some drugs display traces of lead, arsenic. This is

mainly because of the soil contamination or contamination from handling, utensils etc. The Ayurveda industry is also diluted by quacks who mix chemicals and steroids and give it to the patients. People should be strongly discouraged from going to doctors who prescribe medicines without names.

Mostly the Ayurvedic formulas are poly herbal. Many herbs are added to balance each other. So the question of getting very heated doesn't arise unless your doctor has given you multiple medicines which eventually heat the system. This is the case with other systems of medicines too.

A right prescription, by the right doctor and the right medicines from a certified GMP pharmacy are the safest medicines.

6) IS SURGERY DONE IN AYURVEDA? IF YES, HOW SAFE IS IT?

Though Acharya Sushruta is deemed as the "Father of Surgery", with the advent of western medicine the practice of surgery has almost come to a standstill.

Ayurvedic doctors are trained in allopathic surgical procedures (MS in Salya thanthra). They perform procedures like kshara suthra useful in Anal fistula. With successful healing rates more than 90% this procedure is safest than the in vogue specific surgery for Anal fistula.

7) WHAT ARE THE MOST COMMON TREATMENTS DONE AT YOUR CENTRE IN CHENNAI, HYDERABAD, AS WELL AS IN SINGAPORE?

We do poorvakarmas like Snehana abhyangam (Therapeutic oil massage) swedana (Sudation therapies) Panchakarma

like Virechana (Purgation), Asthapana vasthi (Herbal enemas) sneha vasthi (Medicated oil enemas), Uttara vasthi (Vaginal enemas), parimarjanam (Signature Weight loss therapies), Shirodhara (Relaxing therapies), Takra dhara (Specific therapies for psoriasis), Akshi tarpanam (Specialty therapies for improving eye vision), Nasyam (Nasal inhalation / errhines). By the way specializing poorvakarmas (The preparatory procedures), which have elaborate processes using herbs, Rice bran, Salt, oil etc, many pains have been relieved with these procedures itself.

We also specialize in deciding the exercise programs by the name Triple E for the patients. Not all the pains are same, so we suggest the exercise schedule according to the needs of the individual. We also do exclusive diet counseling because, "If the food is right, you don't need the medicines. If the food is wrong, there is no use of the medicines"

8) IN YOUR OPINION, WHAT IS THE FUTURE FOR AYURVEDA?

All the systems of medicines treat the diseases. They are "Sickcare".

Ayurveda postulates ways for preventive health and hence are truly "Healthcare". If one system can tell you how to lead a healthy life, what has to be done daily, the regimens to be followed on seasonally, the incompatibility of food, what to be done to prevent a particular illness, won't you prefer it, instead of swallowing harmful pills and tiring procedures? Ayurveda will definitely be the future system of medicine!





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Pathanjali's Yoga Sutras

“ATHA YOGAANUSASAANAM”

The Sage Patanjali starts his treatise with a sutra of two words:-

“Atha Yogaanusasaanam” (PYS-I (1)).

“Atha” means now. But this atha is also an auspicious word generally used in the beginning of a text of authenticity. It is also a kind of prayer to God for the successful completion of the book, prayer for blessings; for benediction and also it implies some pre-knowledge or pre- requisite which helps the reader to understand the content of the text better. Here the reader is expected to have a general knowledge of Vedic literature, and other connected literature, especially “Sankhya Darsana” for which Yoga Darsana is a complimentary one. Sankhya and Yoga go hand-in-hand. Sometimes Yoga Darsana is called as “Seswara Sankhya” or sankhya added with the concept of Iswara which is lacking in Saankhya.

What is a Sutra? Sutra is thread; a thread binding together a number of beads of ideas in a treatise. Sutra also means a terse statement or an aphorism with a lot of meaning compressed. These condensed statements will carry all essential aspects of the subject matter and the continuity of the theme presented. This type of exposition was prevalent at that time when printing was not discovered and the students were supposed to memorize the subject matter. But since the language was so condensed and compressed, it is necessary to have an elaborate commentary of each and every sutra. Vyasa is the main commentator for yoga sutras. Yoga- Anusaasanam are the words in the first sutra other than “atha”. Anusaanam means teaching, advice, order, command, direction, exposition, guidance, etc. Anusanam of what? Of Yoga. Yoga is concentration or Samadhi. Samadhi is the nature of the mind (Citta) in all the five planes(bhoomi) . Darkening or dullness (Moodham), Scattering (Kshiptam), gathering (Vikshiptam), One - pointedness (Ekaagram) and concentration (Niruddham) are the five planes (bhoomis) of citta or mind. Dullness (moodham) and scattering (kshiptam) of mind are the nature of demons (asuras). The second one (ksiptam) is the world of activity which results in pleasure or pain.

The third one, gathering, is an attempt or struggling of mind to center itself. This is the quality of Devas. According to Vyasa all these three planes are unfit for Samadhi (Concentration). Fourth plain, one pointed mind (Ekaagram), will lead to Samprajnaata Samadhi, which helps to break the bondages of actions (karma).

Fifth plane, Concentration (Nirodhham) is the final stage where

mind attains Asamprajnaata Samadhi. Here, mind will not function at all. All the modifications of the mind will come to a standstill like a waveless ocean.

So through this sutra, Sage Pathanjali makes clear what he is going to deal with in this text. Now Pathanjali defines Yoga in the second sutra.

‘Yogah Citta vritti nirodhah’ (PYS-I (2)).

Yoga is the cessation or inhibition (Nirodhah) of the modifications or fluctuations (vritties) of mind (citta)

This is one of the most important, often quoted, sutra in Yoga Darsana. Not only in the context of yoga sutras. Where ever yoga is discussed, this sutra, “yogah citta vritti nirodhah” is quoted. This sutra defines yoga with four simple words. What a precision! All the four words are fundamental in nature. In fact, the whole topic of the text is condensed in these four words. In other words, you have to study the whole text to understand these four simple words. So, we have to go a little deep into the meaning and intention of this sutra.

Yoga is the first word. Etymologically ‘yoga’ comes from the root “Yu” which means to join, to yoke (The word ‘yoke’ may be a modification of Yoga!). In an elaborate sense, joining may be of senses and sense objects, senses and mind, mind and intellect and all of them with consciousness that makes them work, and so on. In Vedantic view point, unification of jeevma and paramatma is yoga and naturally yoga is the ultimate goal. In Sankhya and Yoga Darsanas, kaivalyam, the separation of Purusha and prakruthi , is the aim of yoga. Perhaps we get confused whether separation is yoga! But in the ultimate sense, it is also unifying with Purusha , the Atma. Bhagavad Gita also cunningly defines

yoga as separation from the unification with misery (dukham). It means to attain aananda (ultimate sukha). The same thing is said by Vyasa in other words “Yoga is Samadhi”.

The next word is citta. Citta is human mind, the “anthakarana”. Karana means sense. Ears, skin, eyes, tongue, nose- all are outer senses, baahya karanas, external senses. These senses cannot function independently. They depend on inner senses, anthakarana for their functioning. We generally call it mind. But when we study mind deeply, we have to divide it into four functional parts namely manah(mind), buddhi(intellect), ahamkara(ego) and citta (sub conscious). This type of classification is done in Vedantic philosophy. But here, we do not go into such details since here citta, is anthakarana as a whole.

The third word is “Vritti”. “Vrit”, etymologically means “ to exist”. Where does the citta, mind, exist. In fact, the mind is flow of thoughts. Thoughts, here, are the modifications or the functioning’s of the mind.

The last or the fourth word is nirodha. It means to control, to restrain, to inhibit, to cessate, to stop etc.

All these four words will be further discussed in the forthcoming sections of this text so that the readers will understand the sutras better. We will stop here for the time being. We will continue with the other sutras in the coming issues.



Kaithapram Vasudevan Namboodiri



Women's issues can't be ignored any more

Women are meant for giving birth to children and as sexual partner to the men. The male is the giver of seed, nourished by the female, the field, or the vessel. That was the thought among human beings from the very beginning of social life. Ayurveda and other alternative streams of medicine having had their sway for thousands of years before the advent of modern medicine also could have been supportive of the prevalent practices pertaining to women.

That women, on attaining better freedom, particularly economic independence, are vocal with their demands of all sorts, is also relevant.

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



The latest report is that a woman in Raipur who could not be sexually stimulated properly by her autorickshaw driver, wanted him to provide her with a gigolo, on hearing which the man has done her to death. For eons, women used to be plaything of men and could not adequately convince their better halves to satiate her on all ways. Then they used to be 'delivery factories' of children.

Girls, on attaining puberty or even before that, have been given in marriage to boys, a few years older than them in almost all cases or older men in a few instances, maybe for their own protection and survival in the male-dominated world.

In the days of yore, for women, it was a cycle of giving birth to as many children as possible, to the extent

that there were progenies numbering half a dozen to nearly a dozen in almost each family. The concept of marriageable age for boys and girls had not come into being until a few years ago. The more the merrier was the thinking regarding procreation in families. More children meant there was stronger protection for the family, and if there are more male children, that was considered a blessing. Note that a young woman the other day committed suicide as she could give birth to only three girls, and she also snubbed the lives of the infantile girls by jumping into a well, even as the husband was supportive of her throughout. It was her own feeling of disappointment, and not torture in any form against her. The antediluvian concept has, of late, been crumbling as women found themselves to be free, particularly as they also started earning money on a large footing, not being an economic burden on men. Freedom has dawned on them and it seems they are being given everything on a platter.

Now the situation has drastically transformed in the society, for sturdy views have helped women emerge from the concept of being a Wonderful Instrument For Enjoyment (WIFE), for they want more of their role accepted in societal life, not just as sexual objects.

In the Saudi Arabian kingdom, where women used to have been under hideous restrictions, a new dawn has arrived, with women allowed to drive their own vehicles and to launch business enterprises on their own, and much more could be in the offing.

Women are no longer timid and submissive to all the pranks against them in society, judging from the world-wide movement that berates the wrong-doings of men against them. No doubt they had exploited the full potential from particular relationships with men over centuries, but now they blame the men for considering them as sex objects. Excesses they

suffered decades ago are being brought into the limelight now in an effort to free themselves from the sexual machinations of men against them. All these after availing themselves of the munificence of their sex partner at that time. Could be, there is a tinge of vested interests in certain cases.

How such incidents had happened, who had initiated the move to go ahead with physical relationships responding to offers of the moon, and the like are not discussed so much so that all the blame falls on the man.

Definitely all forcible moves to consider women as casting couch for particular roles should be condemned. Rape, all ferocious forms of sexual activities should be condemned and punitive action taken, no doubt about it. But the blame game should not be one-sided, for a decision should be made after studying all angles.

There have been instances when women took the initiative to coax and cajole men to enter into sexual relationships. Many people could recount such instances, but ostensibly, when extra-normal ties come out into the open, the tendency is to blame the men only.

Whether they agree with it or not, anyone would want companionship, for men and women are social animals, interacting with each other as well as getting with each other in the community and society they live in.

Loneliness is loathed by all human beings and in almost all animal fraternity. If there is one which quarrels with others and moves out on one's own, battling it out and failing, such instances are dubbed as rogue behaviour.

In an age of profanity in all respects and disregard for disabling old age and loneliness, hundreds of thousands of people the world over are fighting it out as to how to pull on in circumstances of being alone.





Japan, where old age phenomenon is swelling with attendant woes and deaths being not noticed for even months, their dwelling places turn putrid and nauseating to the extent that a company has come up to take care of the cleaning works. There is no exception as to whether such lonely people were men or women. In the US and the UK also the problem of the geriatrics among the population has been on the rise.

In the UK, The Theresa May Government has appointed a Minister for Loneliness, Tracey Crouch, a woman herself, to try out ways to deal with the woes of loneliness.

Every day evening I see a woman who has considerable wealth and amenities walking up the road to reach the nearby residence of some kin for safe sleeping. Her husband had died a few years ago and they have no children. Loneliness could be killing as well.

In Mumbai, there is a couple, the man is 87 years old and the woman 78, they had decided against having any child. He was a government servant and she was principal of a school, retired long ago.

They have pointed out in a petition addressed to the President of India that they wanted Euthanasia (Mercy killing) done on them so that both of them could escape from this world together. In India, there cannot be Euthanasia according to the whims and fancies of any individual, even though such practices exist in a few countries.

Remember, in Mumbai there was a nurse named Aruna Shanbaug who remained in coma for 42 years, after being raped by an Attendant. A doctor of the same hospital was planning to marry her soon. The hospital staff looked after her for 42 years, quite unwilling to allow her to be administered Euthanasia. The nurse breathed her last in the normal way.

A study has found that in the UK, there are at least two lakh elders who could not speak to anyone or have contact with any of their kin for the last one month.

The situation is depressive not only there, but also in developed countries such as the USA where elders lead life in misery.

There could be so many ways to tackle the difficult problem, but there should be a will for positive action among the powerful players who control governance.

Women are created with the fullest expression of beauty, a lot of them highly intelligent as well, to take care of the woes of the family and society.

They are prepared to shed many parameters of beauty as they go in for child birth, they give away their bodies for the foetus to dwell in and even after being delivered of it, they take care of the young ones until they wean out on their own.

Family budgets are balanced by the brilliant and benign handiwork of the female better half, even as some people complain of they being bitter half jokingly, for there cannot be jovial life for the man without the woman.

No doubt, Ayurveda had taken care of the woes of women for millennia, in the absence of mainstream healthcare, as far as it could, without injecting deleterious side-effects, even as modern day practices chip in to prolong life with the crippling problems.

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Progressing by Accommodating and Exploiting Divides and Divisions:

Evolving Modern Healthcare and ‘Environment-care’ by blending, decoding and recoding Nature’s Wisdom



Divides and Divisions and dynamic “fission and fusion” are Nature’s Rule. Nature progresses and evolves, new systems using such axiomatic rules. The SN Agarwal Natural Birthing Center in the 100-bed Hospital in the Institute of Ayurveda and Integrative Medicine and the Transdisciplinary University in Yelahanka, Bangalore offers one example of such a blending of “Nature, Tradition and Technology”. By combining the time-tested practices based on ancient wisdom and procedures of Ayurveda and Yoga, a unique non-intrusive birthing environment is offered to the mother and the child. The advantages and experiences not normally offered in sterile, over-clinical setting in a modern hospital setting. Such small details based on wisdom-driven adaptations offer both the newborn and the new mother several post-natal advantages. Early results from this hospital

inaugurated by Sir Rattan Tata will now be analysed in detail using modern clinical and basic research tools. Prof. Satish P. Ramachandra Rao, Head of the Center for Clinical Research, I-AIM Healthcare Center, is also the Director, Center for Exosome Research, Institute of Public Health, Girinagar, Bangalore.

Across the I-AIM Healthcare Center site is the home of the Transdisciplinary University (tdu.edu.in), another expression of the Foundation for Revitalisation of Local Health Traditions. The Institute of Trans-Disciplinary

Health Sciences and Technology (TDU) is a Karnataka State Private University Established By Karnataka Act 35 of 2013 offers many more examples of how such engineering Nature’s riches are played out to benefit contemporary society. Padma Shri Prof. Darshan Shankar, the Founding Vice Chancellor juggles, creates and oversees a vast portfolio of transdisciplinary engagements set to impact and change contemporary medicine hospital and health service in India and the world-over.

The verdant campus is sited on red laterite soil. The once harsh and bare landscape is today home to many hundreds of now well-established trees and plants. Signs across campus read boldly “Our Campus is full of Healing Herbs. Please don’t litter and spoil them” and reminds both visitors and residents the value of these plants and demands respects for these rare medicinal. An almost thirty feet high specimen of Saraca Asoka tree and sprawling vines of other medicinal plants form the living centerpiece of the internal courtyard of the Nagarjuna Building, home to the Centre for Functional Genomics and Bioinformatics. Asokaasavam





prepared from the bark of this tree is an ancient formulation rich in medicinal compounds used since millennia for management of several intra-uterine complications.

The Amruth Nursery and the adjoining Ethno-Medicinal Garden holds over 1,000 or more species of medicinal plants and offers for sale quality, authentic medicinal plants for home gardens, parks and layouts. The Institute houses and services the ENVIS database a storehouse of information of almost 7,000 medicinal plants species used in codified and uncoded systems of health, healing and wellbeing and wellness activities across this vast and diverse sub-continent.

The research labs and offices and the environment on campus is surreal – the modern and the ancient are not only physically together but in constant creative dialogue. The team in the Center for Literary Research preserves and researches ancient Indian medical manuscripts – the library now has several thousand such documents. Dr. Navin Sharma, Dean of Research is one of the two Cambridge University alumni, on campus. Dr. Padma Venkat the second, directed earlier studies on the power of copper, a natural antibacterial metal described in India's Ancient Sciences. The Cafeteria on Campus now offers copper lined metal tumblers for those who wish the benefits when drinking water from the water fountain.

The spirit and the messages for the future of education is everywhere in this small campus. The head of the foundation stone has this, an insightful message from Charakasamhita Vimanasthana (8/14): "The Science of Life (Ayurveda) shall never attain finality. Therefore, humility and relentless industry should characterize one's endeavor and approach to knowledge. The entire world consists of teachers for the wise. Therefore, knowledge, conducive to health, longevity, fame and excellence coming even from an unfamiliar source, should be received, assimilated and utilized with earnestness".



The experiments and advance in Yelahanka is a beacon of hope for the future of healthcare and well-being for all of mankind and the environment. Prof. Shankar and his team of academicians-researchers continue to develop and grow even more imaginative initiatives based on the natural and latent "fusion-power" lost in unnatural and artificially divided disciplines in contemporary university and academic settings. The range and diversity of centers and programs of work in this small and verdant campus offers testimony





to the power and impact of what is lost when natural units are divided into powerless and impotent academic disciplines, and a grand testimony to the need to revitalize education systems that is in harmony with societal and social and environmental needs for the future. In this ongoing experiment are lessons for the future of education for India and many other nations of the world. I am enjoying learning from my ongoing brief visit – I encourage to visit the website and also visit the Campus to experience in the Future of Education – Transdisciplinary Education in Health science and technologies that reaches into and touches aspects of education that the formal universities in India or around the world are unable to touch.



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.



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