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Ayurveda

& Health Tourism

WELLNESS

Balancing Mind, Body & Spirit

OVERCOME

Monsoon Maladies

NEEM

Beauty Wonders

INTERVIEW

Dr. Simone Hunziker

SHIRODHARA

Overcome Jet Lag, Insomnia



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Wellness matters

Holistic wellness is the hallmark of Ayurveda which bolsters realms of the body, mind and spirit.

In addition to general well-being, it takes care of individual problems, providing a cushion for even the otherwise incurable diseases, with custom-made remedies, palliative to the patient.

Recent studies have shown that there could be cure for cancer from comprehensive and integrated therapies culled out from the wisdom etched in palm leaves and traditional treatment methods handed down to generations by Ayurvedic physician families. Hermits sitting in meditation in the luxuriant woods, in the company of flora and fauna, wild and humble, had formulated remedies for all medical conditions, suiting all seasons, ensuring propagation of thorough-bred human beings for the general well-being of the whole race.

Health and healing are integrated in this ancient stream of human care, with preventive and curative procedures ensuring disease-free life for races, tribes, clans and even the modern-day computer geeks. We all know that wellness is the sum total of a population living in an atmosphere of ailments-free echelons.

Peace, tranquillity and clarity are essential ingredients to general well being for which there should be prescriptions for physical, emotional, intellectual, spiritual, social, occupational, environmental and even financial wellness. All these factors have been taken care of by prelates of Ayurvedic system of medicine, as enunciated by the wise gurus.

Change and growth are the natural ways of human civilisation from time immemorial which had brought in new varieties of diseases, tackling which was pretty difficult, but the acharyas had prescribed precepts for maximising wellness, be they endowed with strengths and weaknesses as well, all the same without malignant side-effects.

Whoever thought that wellness is cosmetic and can be attained only through Spas in beauty parlours, they are wrong. One can achieve wellness of body, mind and spirit if he/she takes to the path of Ayurveda. Our sages had promised this thousands of years ago. Unlike modern medicine which is purely symptomatic, Ayurveda cures a disease by addressing the problem at the root itself. It is more causative. And today with all the different lifestyle diseases that we encounter, we can conclude that Ayurveda is one sure-shot solution for this. Hence, this alternative model is the need of the hour, which considers a human being as a whole, fine tuned with nature. We have wisdom, ancient and modern as our legacy. The only thing we have to do is to combine and synthesise what we have.

Ayurveda & Health Tourism has been in pursuit of the truth on health since its inception. We are so proud to be in the path of disseminating the all-inclusive ancient wisdom, Ayurveda, across the continents all these years.

The cover-story of this issue, which is Arab Travel Market, Dubai (ATM)) special, elaborates on how spiritual, physical and mental wellness can be achieved through Ayurveda. Other stories related to wellness include, food for wellness, shirodhara for mental wellness, migraine management and how to handle perimenopausal stress

Yet other stories in this issue include Physician's Diary, Fruit File, Herb Zone, Spice, Grandma's remedy and News & Events. There is also a special story on Hyperthyroidism, Amalaki and how to have Almonds effectively..

Ayurveda & Health Tourism is a regular participant of the Arabian Travel Market - Dubai, which begins in Dubai on April 24; 2017. We are so proud to be part of the annual event, which provides us a great platform to spread the message of Ayurveda in the Arab world. Ayurveda & Health Tourism is media partner for the Wellness Lounge at the ATM. This way we hope to achieve a change in the approach to health issues. We are sure our readers and well-wishers would continue to support our efforts to carry further the message of Ayurveda, the most ancient medical practice.

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Kannur all set to get International Ayurveda Research Institute

The Kerala Cabinet has in-principle approved a proposal for establishing an international ayurveda research institute in Kannur. The project, which will be financed jointly by the State and Central governments, is expected to cost Rs 300 crore, press release said.

The institute, International Research Institute of Ayurveda (IRIA), aims to promote researches to ensure the global standard of Ayurvedic medicines. The IRIA would be established in a convenient location identified by the Revenue Department. It is expected to be completed in the 13th Plan period.



Akshay Kumar vouches for Ayurveda



Bollywood actor Akshay Kumar has vouched for Ayurveda, the traditional Indian system of medicine, and said people are not respecting the "God-given" treasure.

Kumar, who shared an over five-minute video on Twitter and Facebook, spent 14 days in an Ayurveda centre. He captioned the video: "Before I sleep tonight, thought of indulging in some pillow talk... Sharing with you all something I swear by... Do give your time and thoughts." In the video, he says: "Today I don't want to share sadness, anger or problems with you. I want to share a big and a beautiful smile. Today I am feeling very light and healthy... Last few days I was away from the city and spent some time in an ayurvedic ashram, it felt heavenly. No TV, phone, junk food or branded clothes. Just simple clothing. White kurta pyjama and simple nutritious food and lots of ayurvedic treasure."

The "Rustom" star said that not many know that he has been following Ayurveda for the past 25 years. "This time (the) Ayurveda healing I have experienced that is just great... That's where I got to know that in the form of Ayurveda, God has given our country a big treasure and we are not respecting it... We are looking for good health by going to an international spa and getting fancy massages." Akshay finds it funny that foreigners are coming to India and are getting Ayurvedic treatments. "Why are we forgetting our traditional methods of medicine? Like Ayurveda, Yoga, Naturapathy, Siddha, Unani... Why are we forgetting the value of Homeopathy? Yes, I have heard that there are people, who cheat in the name of Ayurveda," he said. He urged the public to make use of government healthcare services.

"Our government has a ministry Ayush, which encourages the alternate system of medicines... I have also read that the government announced if you get yourself treated at a registered Ayurvedic centre you will get the same insurance benefits that you do in any hospital," he said. Kumar says the technique is not only natural, but scientific too and that every treatment has a logic. He has also requested his fans and well-wishers to learn to live a simple and healthy life. "Let's show this world that the power our Indian techniques like Ayurveda and Yoga have... Try it. It's my guarantee that you will wake every morning with a smile like I do. Goodnight, Jai hind," he said.

Source: <http://www.news18.com>

Ayurveda awards presented

Dr. K.P. Sreekumari Amma, former Principal of the Government Ayurveda College thiruvnanthapuram has been awarded the Ashtanga Ratna award for 2016.

The Dhanwantari award for contributions to Ayurvedic treatment and research was given to P.K. Ashok, Director of Ayurveda Medical Education.

N. Sreekumar, Chief Medical Officer at the District Ayurvedic Hospital, Kozhikode, received the Charaka award for the best doctor in the Indian medicine department.

The Athreya award for the best teacher has gone to K.G. Vishwanathan, Principal, Vaidyaratnam Ayurveda College, Ollur. M. Natarajan, of Thiruvalla, was given the Vagbhada award.



The awards were presented by Health Minister K.K. Shylaja at a ceremony at the Kanakakkunnu Palace in Thiruvananthapuram on March 27.

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Bitter methi yields sweet results for male libido!

Methi-pak, a Gujarati sweetmeat consumed in winters for strength and energy, is also a colloquial euphemism for a severe thrashing. Interestingly, a survey of over 500 men suffering Erectile Dysfunction (ED) has revealed that methi or fenugreek extracts combined with an amino acid can perk up a beaten libido back into action. A report by INN said.

The study conducted by sexologist Dr Paras Shah over three years from 2012-15 found that 81% of the 540 men between 35-65 years of age who had both ED and high cholesterol reported to experience normal erections after 12 weeks of therapy.

The therapy included 12 weeks of daily dose of 5gm of extract of fenugreek and L-Arginine, an amino acid that helps make proteins.

"Over 80% men with ED reported normal sex life after 12 weeks of therapy while 71% participants also reported a significant drop in the bad cholesterol levels which reduced by around 20%," said Dr Shah. He added the remaining patients may not have responded probably because of co-morbid factors like smoking, tobacco, alcohol, obesity and uncontrolled diabetes. He said there have been national and international research papers on use of fenugreek and L-Arginine to enhance male libido. L-arginine is an amino acid which bedhartha comes the gas nitric oxide (NO) in the body. NO is important to erectile function because this gas helps blood vessels relax so more oxygen-rich blood can circulate through the arteries. Fenugreek has the ability to promote natural testosterone levels and improve libido.



Fenugreek contains phytochemicals called saponins and sapogenins, which are credited with raising testosterone levels and improving libido. "However, fenugreek extract needs to be taken as one will have to eat at least 100 seeds," said Dr Shah.

Ayurveda practitioner Dr Yuva Aiyer said fenugreek helps with libido as it is a hormone regulator both in men and women. "It is also used extensively in treating diabetes, indigestion and inflammation of intestines, among others," said Dr Aiyer.

Want better sleep?

Having trouble falling asleep? Try Ashwagandha, say scientists including one of Indian origin, who have found that an active component in the leaves of the Ayurvedic herb significantly induces sleep. Researchers, including those from University of Tsukuba in Japan, investigated the effect of various components of Ashwagandha on sleep in mice by recording electroencephalogram and electromyography. They found that the water extract of Ashwagandha leaf rich in triethylene glycol (TEG) promoted non-rapid eye movement (NREM) sleep significantly and changed rapid eye movement (REM) sleep slightly, while the alcoholic extract containing active withanolides showed no effect on sleep. The sleep induced by TEG was similar to normal sleep. Commercially available TEG also increased the amount of NREM sleep. Researchers concluded that TEG is the active component that induces physiologically sound sleep. The findings of the study could revolutionise the natural plant-based therapies for insomnia and sleep related disorders, said Mahesh K Kaushik of University of Tsukuba. Ashwagandha or Withania somnifera is a central herb in Ayurveda, the traditional home medicine native to India. Its Latin name somnifera, means sleep-inducing, it has been recommended for sound sleep through centuries, researchers said.

Even though scientific studies also support that crude powder of Ashwagandha promotes sleep, the active component with sleep-inducing property remains unknown, they said.

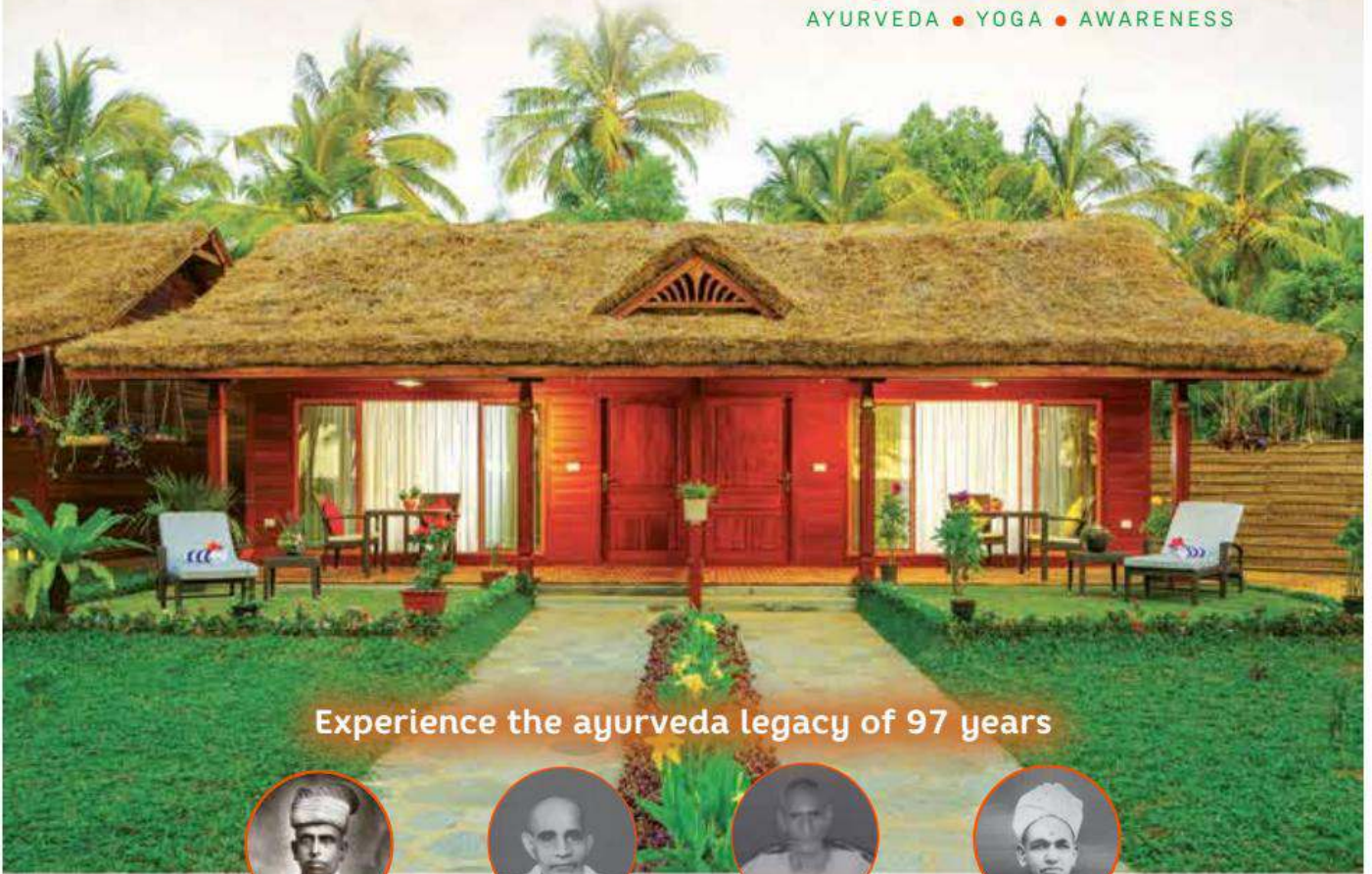


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TAMARIND— *the epicentre of nutrients*

Tamarind is one of the most commonly found kitchen ingredients in every Indian household. Though it is never used as a main course for any dish, its absence from most dishes can make them taste bland and is distasteful for the tongue. Here's a look at what this spice can do to taste and health.



Tamarind is a hardwood tree known scientifically as *Tamarindus indica*. It's native to Africa but also grows in India, Pakistan and many other tropical regions. The tree produces bean-like pods filled with seeds surrounded by a fibrous pulp. The pulp of the young fruit is green and sour. As it ripens, the juicy pulp becomes paste-like and more sweet-sour. Interestingly, Tamarind is sometimes referred to as the "date of India."

Health Benefits of Tamarind

Digestive Health: Tamarind has long been considered a natural laxative, and its dietary fibre content probably has something to do with it. Eating Tamarind as a fruit or as a spice can increase the efficiency of your digestive system, while the fibre can bulk up your stool, making it move through the smooth muscles of the intestinal tract easier. Tamarind is also a bilious substance, meaning that it stimulates the activity of bile, which can help dissolve food faster, and the fibre also stimulates gastric juices to speed up digestion. All of this together means that things run through your digestive tract faster, making it a powerful laxative if you are suffering from chronic constipation. Oddly enough, the fibre can also reduce loose stool, and studies have shown Tamarind to be effective against chronic diarrhoea as well!

Heart Health: Studies done on Tamarind have shown it to be effective in reducing blood pressure and blood cholesterol. The fibre content in Tamarind certainly has



something to do with the reduction in cholesterol, since it is known to scrap excess LDL cholesterol from the veins and arteries. The Potassium in Tamarind may be responsible for the reduction in blood pressure, since it is known as a vasodilator that reduces the stress on the cardiovascular system. The impressive level of Vitamin C in Tamarind also may have something to do with it as well, since Vitamin C is an antioxidant compound that can reduce the impact of free radicals, those pesky by-products of cellular metabolism that have been linked to heart disease and a number of other health conditions.

Circulation: Tamarind is a very good source of iron, and a single serving can provide more than 10% of your daily requirement. A healthy supply of iron in the body guarantees the proper red blood cell count in the body, which can ensure appropriate oxygenation of different muscles and organs that need oxygen to function properly. Also, iron deficiency results in anaemia, which is characterized by weakness, fatigue, headaches, cognitive disorders, and stomach issues. So, eat plenty of Tamarind to keep anaemia at bay!

Nerve Function: One of the most significant Vitamin elements of Tamarind is the B complex. Thiamine, one of the most

important Vitamins, is found in high quantities within Tamarind. Thiamine is responsible for improving nerve function, as well as muscle development, which can help you remain active, maintain your reflexive, and stay strong.

Weight Loss: One of the unique compounds that can be extracted from Tamarinds or gained as a benefit from it when used as a spice is called hydroxycitric acid (HCA). HCA is connected to weight loss because it has been shown to inhibit an enzyme in the body that specifically helps store fat. Furthermore, Tamarind has been known to suppress the appetite by increasing the Serotonin neurotransmitter. Research is still ongoing in these respective areas, but it shows promising signs as a weight loss supplement!

Manage Diabetes: A carbohydrate-heavy diet can increase the chances of uncontrolled glucose and insulin levels, which is the biggest problem for people suffering from Diabetes. Tamarind can help monitor and control these fluctuations.

Anti-Inflammatory

Capacity: The essential oils of Tamarind have been connected to a number of anti-inflammatory abilities, including the reduction of joint pain and inflammation,

Arthritis, Rheumatic conditions, and Gout. It also reduces eye irritation. One of the most common forms of this is Conjunctivitis, also known as pink eye. Tamarind has shown a definite soothing and anti-inflammatory ability, and is therefore used in many herbal remedies for inflammation.

Immune System: High levels of Vitamin C, as well as other antioxidants make Tamarind a wonderful way to boost your immune system and ensure long-term health from microbial and fungal infections. It also reduces the occurrence of parasites in the body due to its antiseptic and antimicrobial effects. It has specifically been linked to eliminating stomach worms in children in tropical areas where Tamarind is cultivated.

A Few Words of Caution:

The main concern is that Tamarind lowers blood pressure and is a blood thinner, so it can be difficult to reduce bleeding in case something happens. If you are taking aspirin or other blood thinners, be careful if you ingest an excessive amount of Tamarind.

HOW TO HAVE ALMONDS MOST EFFECTIVELY

Worried about weight gain?? Many people think that this is because they eat nuts and seeds. But, studies have concluded that eating nuts as part of a healthy diet is good for the heart. It is understood that nuts contain unsaturated fatty acids and other nutrients and are a great snack food — inexpensive, easy to store and easy to pack when you're on the go.

*Among nuts, almonds are one of the oldest and most widely grown crops in the world. Here, through this article **Dr. Jignesh K Keralia** explains the different ways almonds can be consumed for most effectiveness.*



Raw Almonds or Soaked Almonds?

Choosing between soaked almonds and raw almonds isn't just a matter of taste, it's about picking the healthier option. Soaked almonds are better, because the brown outer covering of almonds that peels off while soaking contains tannin which inhibits nutrient absorption and may aggravate acid in blood. Once you soak almonds it can be peeled off smoothly and this allows the nut to release all nutrients easily.

It is advisable to soak enough quantity of almonds in water. Cover them and allow it to soak for at least 8 hours. Drain the water, peel off the skin and store them in a container. These soaked almonds will last you for about a week and you can consume them as per your requirement.

Raw vs. Roasted

Almonds are available in a variety of preparations and it is tough to understand which is the healthier option. Raw, unsalted almonds are a safe bet, but some people prefer the

roasted taste. Both raw and roasted almonds have a high dose of nutrients and minerals. Raw almonds have more naturally occurring beneficial fats while roasted almonds lose some of these beneficial fats while roasting. Dry roasted almonds have the same amount of calories as raw almonds, while almonds roasted in oil contain slightly more calories.

Ways to Consume:

Almonds may be consumed as such or along with dates and raisins to subsidize its hot nature. Because of its hot properties it is advised to consume only a handful of almonds in the day preferably in the morning and evening. It should not be taken as such in an empty stomach, but should always be mixed with other foods such as milk, grains or vegetables, to avoid Pitta imbalance. Since they are so versatile, you can add them to most of your dishes. You can sprinkle and add chopped almonds on puddings and also to muffins and breads.

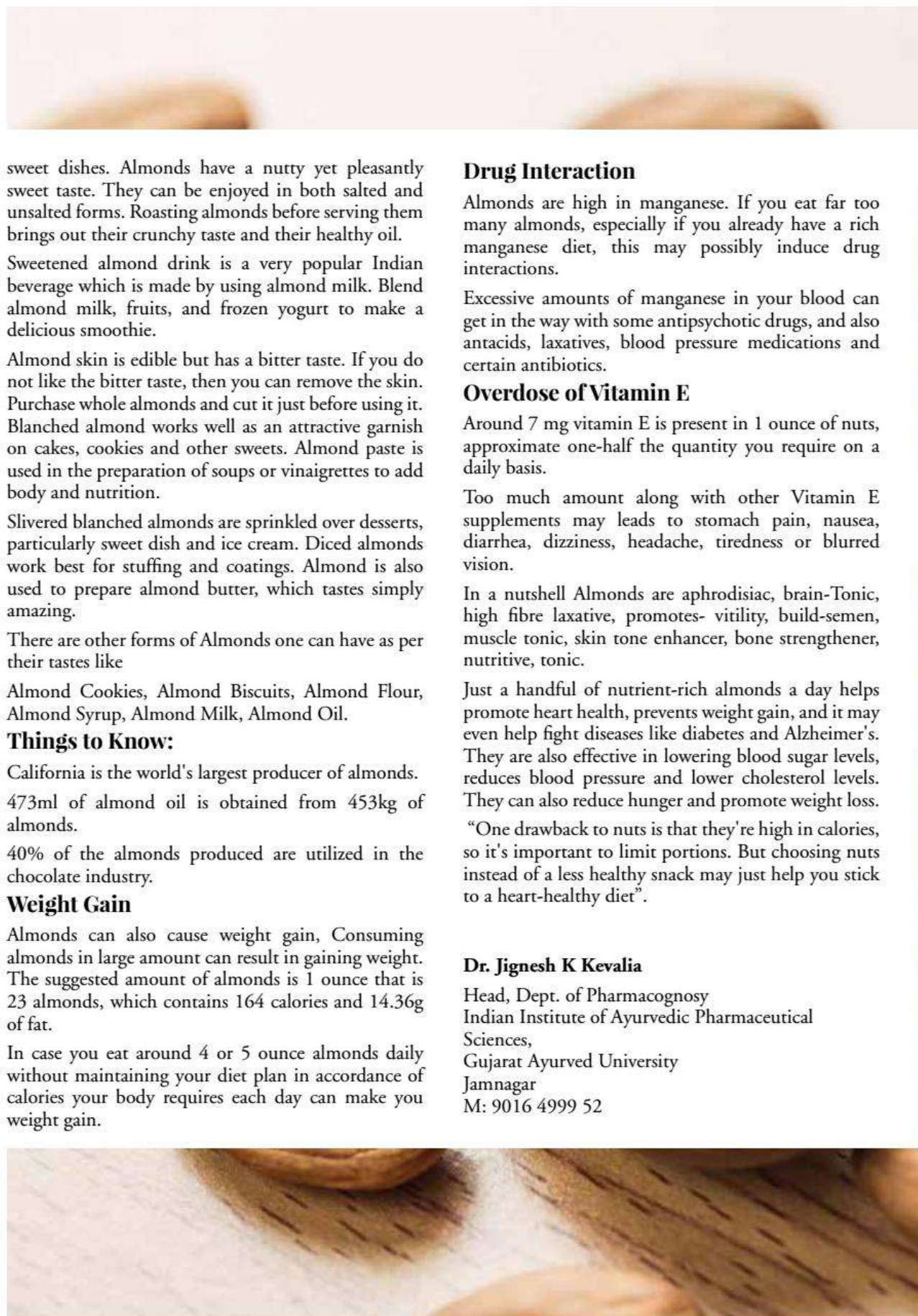
You can even mix them in your grains and cook them together. Add toasted almonds to your salads, or

blend them with the salad dressing. Toasting enhances the flavor of the nuts and helps their digestibility. Make an almond milk shake or a fruit smoothie for a satisfying drink. Mixed with walnuts, sunflower seeds, dates and raisins, they provide a delicious and nutritious snacks. Spread organic almond butter on your bread for breakfast. Since they go with everything, there is no excuse for not including them in your diet.

They lubricate the skin and the microcirculatory channels and support all the seven dhatus (tissues), especially Shukra dhatu (reproductive tissue). Almonds are also good for Pitta, but people with Kapha imbalance should eat them in small quantities. Due to their heavy quality, you need a strong agni, or digestive fire, to metabolize them. If your agni is low, strengthen it first before you take almonds. The only people who should not consume almonds are those with high Pitta in the blood.

You can add almonds to almost every meal and cuisine. Almonds are used in Mughlai cuisine and to prepare





sweet dishes. Almonds have a nutty yet pleasantly sweet taste. They can be enjoyed in both salted and unsalted forms. Roasting almonds before serving them brings out their crunchy taste and their healthy oil.

Sweetened almond drink is a very popular Indian beverage which is made by using almond milk. Blend almond milk, fruits, and frozen yogurt to make a delicious smoothie.

Almond skin is edible but has a bitter taste. If you do not like the bitter taste, then you can remove the skin. Purchase whole almonds and cut it just before using it. Blanched almond works well as an attractive garnish on cakes, cookies and other sweets. Almond paste is used in the preparation of soups or vinaigrettes to add body and nutrition.

Slivered blanched almonds are sprinkled over desserts, particularly sweet dish and ice cream. Diced almonds work best for stuffing and coatings. Almond is also used to prepare almond butter, which tastes simply amazing.

There are other forms of Almonds one can have as per their tastes like

Almond Cookies, Almond Biscuits, Almond Flour, Almond Syrup, Almond Milk, Almond Oil.

Things to Know:

California is the world's largest producer of almonds.

473ml of almond oil is obtained from 453kg of almonds.

40% of the almonds produced are utilized in the chocolate industry.

Weight Gain

Almonds can also cause weight gain, Consuming almonds in large amount can result in gaining weight. The suggested amount of almonds is 1 ounce that is 23 almonds, which contains 164 calories and 14.36g of fat.

In case you eat around 4 or 5 ounce almonds daily without maintaining your diet plan in accordance of calories your body requires each day can make you weight gain.

Drug Interaction

Almonds are high in manganese. If you eat far too many almonds, especially if you already have a rich manganese diet, this may possibly induce drug interactions.

Excessive amounts of manganese in your blood can get in the way with some antipsychotic drugs, and also antacids, laxatives, blood pressure medications and certain antibiotics.

Overdose of Vitamin E

Around 7 mg vitamin E is present in 1 ounce of nuts, approximate one-half the quantity you require on a daily basis.

Too much amount along with other Vitamin E supplements may leads to stomach pain, nausea, diarrhea, dizziness, headache, tiredness or blurred vision.

In a nutshell Almonds are aphrodisiac, brain-Tonic, high fibre laxative, promotes- vitality, build-semen, muscle tonic, skin tone enhancer, bone strengthener, nutritive, tonic.

Just a handful of nutrient-rich almonds a day helps promote heart health, prevents weight gain, and it may even help fight diseases like diabetes and Alzheimer's. They are also effective in lowering blood sugar levels, reduces blood pressure and lower cholesterol levels. They can also reduce hunger and promote weight loss.

“One drawback to nuts is that they're high in calories, so it's important to limit portions. But choosing nuts instead of a less healthy snack may just help you stick to a heart-healthy diet”.

Dr. Jignesh K Kevalia

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Pomelos

Gold mine of Vitamins

Looking for a fruit that will help you rejuvenate and beat the summer heat? Pomelos can be the right choice since this fruit is overloaded with Vitamins which is sure to keep you feeling energised and fresh

The Pomelo is an unusual member of the citrus fruit family that has a surprising number of health benefits. The impressive health benefits of Pomelos include its ability to boost the immune system, improve digestion, lower blood pressure, reduce cramping, prevent anaemia, boost bone strength, reduce signs of premature ageing, prevent cancer, protect heart health, aid in weight loss, and boost oral and dental health.

These citrus fruits are considered as the biggest of all citrus fruits. The fruit is possibly spherical or even oblong having white-coloured thick spongy pith which encloses the delicious area of the fruit. Every fruit is made up of 9 to 14 sections coated along with paper-thin skin. The flesh of the fruit is white-coloured, mild yellow, pink or even rose-red. The juice of this fruit has a fairly sweet bitter or even spicy sweet flavour. Also, much of the weight and volume of Pomelos is tough and inedible, while only the inner flesh is palatable. Below are some of the health benefits of this wonder fruit.

1. Relieve muscle cramps

Pomelos are rich in Potassium and Magnesium and help to relieve muscle cramps. This makes Pomelo one of the best post-workout fruits. If you are seen to suffer from leg cramps once in a while, try adding Pomelo fruit to your daily diet. Also, do not forget to consult your doctor before trying a Pomelo diet since this fruit just like grapefruit can interact badly with numerous drugs.



2. Boost immune system

Pomelos are known to contain more Vitamin C than Oranges. Vitamin C is known for its powerful antioxidant properties that will boost the immune system, reduce inflammation, improve cardiac health and stimulate the production of infection-fighting white blood cells along with antibodies. If you are often seen to be affected by cold and flu and are looking to increase your Vitamin C intake, eating Pomelo might help.

3. Turns Skin Young & Healthy

Vitamin A present in Pomelos is known to thicken the dermis and improves blood flow to the surface of the skin to reduce wrinkles. Regular consumption of Pomelo increases the deposition of collagen and slows the breakdown of collagen and elastin, helping the skin look young and healthy.

4. Fights Dandruff

The high water content in Pomelo keeps the scalp hydrated and well moisturised. Vitamin C in Pomelo fights bacteria and soothes the skin of the scalp to ward off dandruff.

5. Prevent UTI (Urinary Tract Infection)

A urinary tract infection (UTI) is really a bacterial infection which has an adverse effect on the urinary system – the organ system that creates, stores, as well as removes urine. Pomelos, with its extremely high

Vitamin C content assist in fighting against this infection especially among women during pregnancy. Vitamin C is recognized to up the acidity level within the urine thus frustrating the development of bacteria within the urinary tract.

6. Promotes fast healing of wounds

Wound is surely an injury to existing tissue caused by cut, hit, or any other impact, usually one in which the skin is cut or even damaged. Wound healing is probably the most important way to preserve a state of healthy body. To raise the wound healing capacity of the body we need to consume nutritious fruits that may contain Vitamin C just like in Pomelo. Vitamin C is considered important since it's a cofactor of enzymes active in the development of collagen, a protein that fortifies as well as makes skin flexible thus motivating faster wound recovery.

7. Anti-ageing

Ageing is a procedure to become more mature, a procedure which is genetically decided as well as environmentally modulated. Pomelo is a well-liked anti-ageing resource. It combats wrinkles as well as ageing skin making them appear youthful, white as well as soft. It not just assists in the removal of free-radicals that may harm the skin but also assists the body in boosting the manufacture of collagen.



Herbs for Mind and Body

Herbs are highly medicinal and this is one of the many reasons why they are considered sacred in many cultures. In India, the presence of some of these herbs are known to ward off evil eye at home, workplaces and at certain auspicious functions. Apart from their spiritual qualities, consuming herbs are known to bring wellness to both mind and body. Below are some selected and important herbs along with their benefits:-

Aloe Vera:

This is a stemless or very short-stemmed plant that grows 80-100 cm tall and spreads root sprouts. The leaves are thick, fleshy, and green with a ragged margin. This popular medicinal herb efficiently heals wound and burns. Moreover, drinking Aloe Vera juice is highly recommended for diabetes, minor skin infections, cysts, and elevated blood lipids. Aloe Vera extract is an important skin care agent.



Holy Basil (Tulsi):

Holy Basil leaves are probably one of the most ancient herbs used for medicinal purposes. The leaves of this herb are highly nutritious. Its leaves are believed to aid in curing fevers (especially dengue and malaria) very quickly. Since ancient times, Tulsi leaves have been added to tea, honey or warm water to cure colds, coughs, sore throats and respiratory disorders. Holy Basil leaves have anti-inflammatory properties and are also effective in case of kidney stones, cardiovascular diseases, insect bites, skin infections, dental and eye problems. This herb has a special spiritual reverence in India.



Bacopa Monnieri (Brahmi):

Like Tulsi, Bacopa is also another ancient herb used in medicines, especially in Asia. This medicinal herb is extensively used as a mental tonic, body revitalizer, memory enhancer and as a nerve tonic. It is best known for its ability to enhance memory and also helps to cope with the negative effects of stress. Bacopa is an excellent home remedy for a host of skin problems like psoriasis, eczema,





abscess and ulceration. It is good for skin, hair and nail growth. Brahmi considerably reduces the oxidation of fats in the blood, thereby reducing the chances of cardiovascular diseases.

Winter Cherry (Ashwagandha):

Winter cherry is a well-known herb that is commonly used as a diuretic, aphrodisiac, sedative, revitalizing tonic, anti-inflammatory agent, and immune stimulator. It helps to reduce swelling and aids in retaining blood supply in the body. Furthermore, it aids in the proper functioning of the nervous system. It improves concentration, sexual abilities and asthmatic conditions.



Dill:

This herb is an excellent source of niacin, dietary fibre, zinc, copper, and phosphorus, and a host of vitamins and minerals. The herb helps in dealing effectively with issues like indigestion, diarrhoea, insomnia, dysentery, hiccups, respiratory disorders, menstrual disorders, cancer and a number of others. This herb contains 'Eugenol', a volatile oil that has potent antiseptic and anesthetic powers. Dill also helps in the generation of breast milk and increases sperm count.



Chives:

Chives belong to the onion family and are the smallest onions by size. These are enriched with loads of vitamins and minerals. Chives help aid proper digestion and also stimulate the appetite. Moreover, it helps to digest fatty foods, improves



the respiratory system, and prevents obesity through fluid retention. Chives help to keep cancer from developing, especially prostate cancer. It aids in alleviating fatigue issues, has mild anti-inflammatory properties, and kills germs in the intestines and colon.

Rosemary:

Rosemary has numerous health benefits like stimulating the nervous system, improving memory, relieving muscle pain, aiding in digestion, and eliminating circulatory problems, rheumatism, spasms, neuralgia, pain, eczema, wounds, and depression. Rosemary also increases urine production. It is effective in treating migraines and other variations of headaches as well. Rosemary oil is useful for proper digestion, skin and hair care.



Lavender:

This herb is a symbol of purity and cleanliness. Lavender also speeds healing, relieves muscle tension, and reduces stress, while improving the circulatory, immune, and nervous systems. Lavender oil is a great antiseptic, carminative (relieves flatulence) and spasmolytic (relieves muscle spasms). The medicinal properties of this herb include anti-inflammatory, anti-fungal, and antiseptic abilities. In modern times, many stores sell lavender scent for perfumes, diffusers, soaps, talc and other cosmetics as well.



Peppermint:

Peppermint is a good stomach calmer, especially if you are suffering from digestive problems, flatulence or any other related gastric problems. Mint restricts bacterial and fungal growth, as well as helping to relieve allergies and asthma. Many researchers say that mint also shows positive effects for cancer treatment, but further research is required to prove this. Mint juice is said to cure irritable bowel syndrome, thereby preventing constipation and colon ailments. The market has an abundance of mint-flavored toothpaste, juice, chewing gum, squash, ice tea, ice cream, and even medicines like laxatives and digestive syrups.



There are many more herbs found all round the world, and each one of them has special health benefits. Herbs like Azadirachta indica (Neem), Boswellia Serrata (Shallaki), Shilajit, St John's Wort, Terminalia, Triphala, Wheatgrass are just a few more that are being discovered, studied, and added to the vast galleria of herbs that grow in different parts of the world. Use of some of the herbs is banned/restricted in some countries, so consult your local health specialist before use.

Source: www.organicfacts.net



Ashwaganda

a stand-alone longevity herb

Although rasayanas are the most complex formulations that are often consumed as medicines, other simpler combinations of herbs, and even individual herbs, are also considered rasayanas. Rasayana is a high honor for an individual herb to carry and only a few qualify. Ashwaganda is the best known, single-herb rasayana. It is sometimes referred to as Indian Ginseng for its rejuvenative and tonic actions. Numerous studies have documented its antistress, adaptogenic properties; in many of these, ashwaganda ranks higher than Ginseng.

In one study, Ashwaganda was known to increase physical endurance, prevented the stress-induced depletion of vitamin C and cortisol, and prevented stress-related gastrointestinal ulcers. *In Sanskrit, Ashwaganda means "the sweat or smell of a horse," indicating that one who takes it will gain the strength and stamina of a horse—some even say ten horses.* It is quickly becoming well-known as a herb for fighting stress and promoting energy and endurance.

Adaptogenic Properties of Ashwaganda

Although all parts of Ashwaganda have been traditionally used for medicines, the root is the most common part of this plant that is used today. Ashwaganda contains at least twenty-six different bioactive alkaloids, steroidal lactones called withanolides, and sitoindosides. Its complex chemistry, much of which is still unknown, offers a broad spectrum of therapeutic actions: tonic, nervine, sedative, nerve restorative, adaptogen, aphrodisiac, anti-inflammatory, and respiratory stimulant. Traditionally, Ashwaganda is used to treat general debility, arthritis, depression, chronic fatigue, insomnia, anxiety, depressed immunity, sexual debility, infertility, memory loss, breathing difficulties, and hormonal imbalances. It is used effectively for insomnia, but not as a sedative. Instead, its ability to rejuvenate and restore the nervous system provides the energy (prana) needed by the body to settle itself down and sleep. In this way, Ashwaganda's adaptogenic properties help the body deal with stress-related conditions rather than masking them with a sedative.

Source: <http://www.motherearthliving.com>

Virtues of a Berry

Strawberry, the luscious first fruit of spring is generally appreciated for its pleasing aroma and delectable flavour. Its value though is its reputation as the 'angel' among berries. Endowed with some amazing medicinal and healing properties, strawberry found much favour among ancient cultures too.

Besides being pleasing on the palate, its high nutritional value makes it a favourite choice among dieticians and beauticians.

Home Uses of Strawberry

Teeth whitening: Rub fresh strawberry pulp directly on the teeth to clean naturally. When mixed with half teaspoon of baking soda, it is very effective in treating stained teeth.

Acne relief: If acne is a common problem, this remedy is just what you need! Mash five strawberries and add one teaspoon of honey. Apply this mixture on your face for 10 to 12 minutes. Then rinse thoroughly.

Cure for diarrhoea and urinary tract infections: Use strawberry leaves as an astringent. Boil some freshly washed or dried leaves in a pint of water. Drink this infusion to treat diarrhoea or urinary tract infections.

Medicinal Virtues

Helps prevent night sweats

Cools the liver, spleen and a hot choleric stomach

Lowers cholesterol levels

Builds immunity and prevents scurvy

Makes blood vessels supple

Has major antioxidant, anticancer and anti-ageing benefits.



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Arogya Fairs are not new to our country especially when they focus on our traditional healing systems. Chennai is gearing up for one such event this May. This 4-day National Arogya Fair is poised to happen in this city commencing May 5, 2017.

Among the various objectives of the event, one is to create a platform to share the remedies available to general health problems in AYUSH and to integrate AYUSH with the mainstream healthcare delivery structure.

The other attractions of the event will be various exhibitors including naturopathy centres and therapies including herbal and Panchakarma.

The other highlights of the event are a free health check-up and counselling by specialists in the field of Ayurveda, Unani, Homoeopathy, Siddha, Yoga and Naturopathy. Conferences on emerging trends in the industry will also be held. The key highlight of the event will be a live demonstration on Yoga. Other events will be a demonstration of home remedies for the treatment of common ailments and display of medicinal plants.

The participants of the event will get opportunities to showcase their medicines and their remedies to visitors. The participants will also get to interact with practitioners, consumers, suppliers and major stake holders from the industry. The event will also create awareness among end users and professionals, about AYUSH. The participants will also get to be a part of a fast growing potential stream of the healthcare sector.

This four-day event will take place at Chennai Trade Center, Nandambakkam.



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Anorexic:

Take to Ayurveda

Anorexia is an eating disorder characterized by weight loss (or lack of appropriate weight gain in growing children); difficulties maintaining an appropriate body weight for height, age, and stature; and, in many individuals, distorted body image. People with Anorexia generally restrict the number of calories and the types of food they eat. Some people with the disorder also exercise compulsively, purge via vomiting and laxatives, and/or binge eat. Here's what Ayurveda has to say about this eating disorder.

Anorexia is the technical term for the condition where the individual suffers loss of taste in food and loss of appetite. He dislikes food. The modern science does not recognize this condition as an individual disease, it is commonly felt in many diseased conditions as a symptom. Ayurveda possesses detailed description regarding this particular illness. The cardinal features of this condition are loss of desire for food or absence of inclination (distaste) for food, even which may be of one's own liking. In Ayurvedic terms, the condition is called as Aruchi. A means absence, Ruchi means taste (in food).

Reasons for loss of taste:

1. Excess intake of heavy and unctuous (oily) food
2. Indigestion and loss of digestive fire (digestion strength)
3. Psychological causes like grief, fear, stress, dissatisfaction etc.
4. Secondary to worm infestation, anaemia, jaundice, Kapahaja disorders etc.
5. Long persisting illness
6. Food poisoning
7. Incompatible food, unwholesome or polluted food intake etc.

CURE ANOREXIA NATURALLY

Ashwagandha (Indian Ginseng):

Ashwagandha is the best herb that helps in gaining weight and increasing appetite. This herb gives the strength to the nervous system and detoxifies the body by improving the digestive system. It improves the psychological causes of Anorexia.

Black Pepper: This is a digestive stimulant. It helps with digestion in the stomach and stimulates the liver to produce more bile salts to emulsify the fats in the intestines. It corrects the digestion of fats and carbs. It stimulates appetite and suggests the brain to eat more. Therefore, black pepper is an effective cure for Anorexia.

Rock Salt: Rock salt is a remedy to treat Anorexia. It calls forth the appetite and let the individual feel hungry. It is also a digestive Ayurvedic medicine for indigestion, flatulence and gas.

Cardamom: This contains some essential oils that work as digestive stimulant and appetizer. It also works on the brain and reduces stress and mental fatigue. It treats the Anorexia associated mental disorders.

Nagarmotha (Cyperus rotundus): This is also called nut grass. It contains essential oils, Treprenoids, Cadalene, Calmenene active principles. Nagarmotha is carminative, analgesic, diuretic, anthelmintic, anti-dysentric and anti-inflammatory. It induces the desire to eat and stimulates appetite and so it is beneficial in Anorexia.

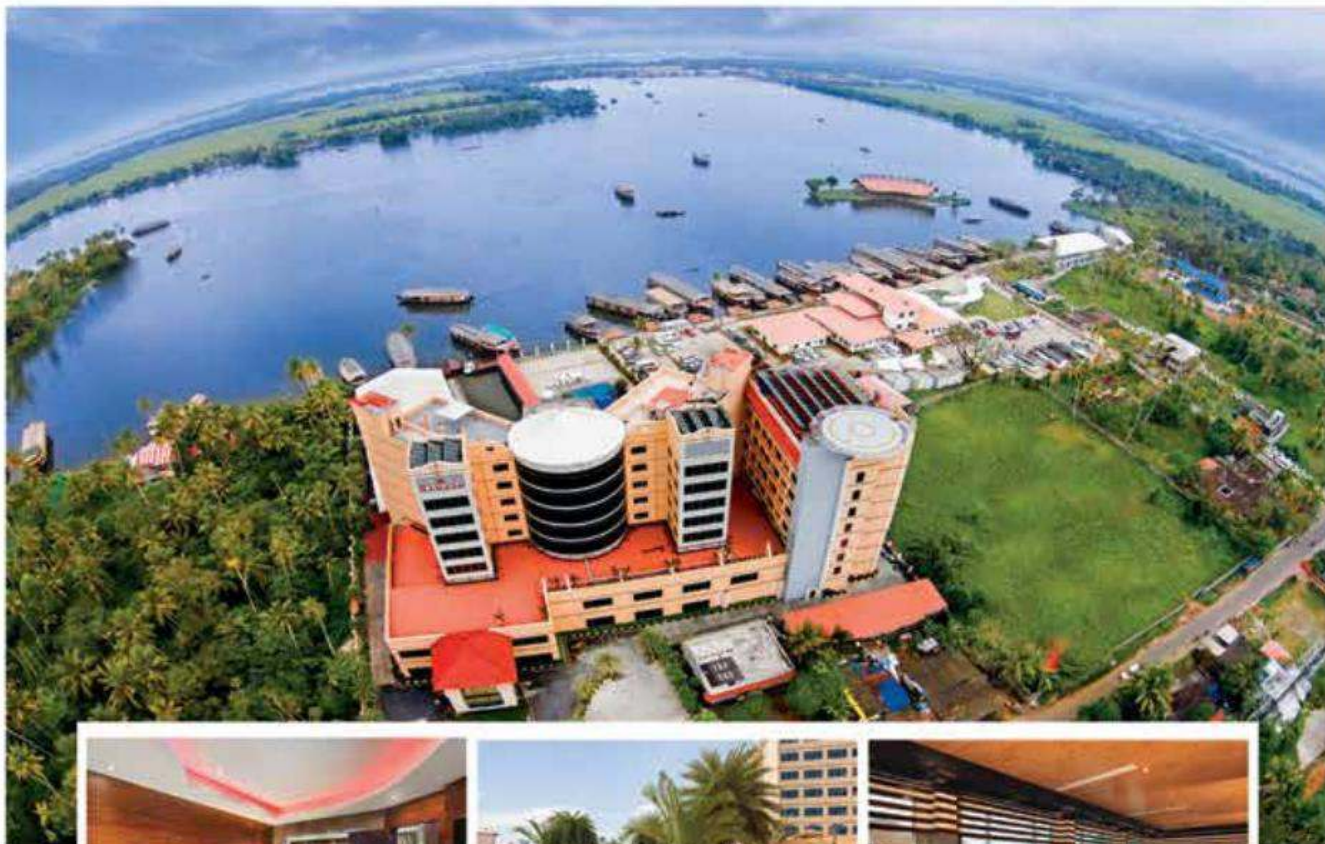
Vacha (Acorus calamus): This is used in mental and psychological disorders including Anorexia. It acts on the brain and stimulates the desire to eat.

Hing (Asafoetida): This is used in a variety of diseases including digestive ailment such as indigestion, loss of appetite and Anorexia. It acts on digestive system due to its digestive stimulatory effects.

Fresh lemon is very helpful for this type of disorder. Squeezing some lemon in a glass of water and adding some sugar and salt to it will make a healthy drink to have before meal in order to get relief from this disorder.

Source: Ayurveda Desk





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Balancing Mind, Body & Spirit

*Wellness is generally used to mean a healthy balance of the mind, body and spirit that results in an overall feeling of well-being. - The World Health Organization says it is "... a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity." Renowned yoga expert **P R Krishnakumar** looks at the process of achieving wellness naturally by reducing stress, reducing the risk of illness and ensuring positive thoughts or interactions.*

Maintaining an optimal level of wellness is absolutely necessary to live a higher quality life. Wellness matters because everything we do, every emotion we feel relates how much we are in the state of our well-being. In short, our wellness directly affects our actions and emotions. It's an ongoing circle. Therefore, it is important for everyone to maintain optimal wellness by reducing stress, reducing the risk of illness and ensuring positive thoughts or interactions.

There are different dimensions of wellness, the main being physical, emotional, spiritual and social well-being.

Physical wellness relates to maintaining a healthy body and seeking care whenever needed. Physical health is attained through exercise, balanced nutrients, proper sleep and paying attention to the signs of illness and getting help when needed.

Emotional wellness relates to understanding your feelings/emotions in a better way and coping effectively with stress/anxiety generated in the mind. It is important to pay attention to the development of inner resources (Self), so you can learn and grow from the experiences. Emotional wellness allows you to accept how you are feeling. Once you accept your feelings, you can begin to understand why you are

feeling that way, and decide how you would like to act in response to those feelings. Being emotionally balanced grants you the power to express feelings without any constraints. In turn, you will be able to enjoy emotional expression and be capable of forming supportive and interdependent relationships with others.

Spiritual wellness allows you to develop a set of values that help you seek meaning and purpose. Spirituality can be represented in many ways, for example, through relaxation or religion. But being spiritually well means knowing which resources to use to cope with issues that come up in everyday life and it typically involves a search for meaning in life.

Social wellness helps you perform social roles effectively and comfortably, and create a support network. This dimension of wellness allows you to not only develop encouraging relationships with peers, but also intimate relationships with partners, parents, children etc.

Yoga and Wellness

Now let's look how Yoga helps to maintain a balance and keep us in proper wellness. According to the experts Yoga sees life as – birth, growth, youth, decay, death and the cycle continues. In the early stages of life the cell rejuvenation rate is higher than







cell decaying and as the age progresses in the older age the body starts its decline. For this reason ancient sages developed an integral system to retard the decaying process and to keep the physical and mental faculties strong. This is the system of yoga, which is a life of self-discipline based on simple living and high thinking, which involves 5 simple principles:-

1. **Proper Breathing**
2. **Proper Diet**
3. **Proper Exercise**
4. **Proper Relaxation**
5. **Positive Thoughts and Meditation**

Proper Breathing: Most of the people still don't know how to breathe properly and use only a fraction of their potential lung capacity. They breathe shallow barely expanding their rib cage with hunched shoulders and suffer from lack of oxygen. There are three basic types of breathing – clavicular breathing, intercostals breathing and abdominal breathing; in which abdominal breathing is the best as it utilises the maximum capacity of the lungs. Breathing is slow and deep with proper use of diaphragm. All full yogic breathing combines all the three types beginning with deep slow breath and continuing the inhalation through intercostals and clavicular areas to fill till the top of the lungs. The abdomen should expand outward as you inhale and contract as you exhale.

So the techniques used in different pranayama begins by controlling the lungs by which prana (vital energy) is controlled. When the prana is controlled all gross manifestations of prana confined to physical body will slowly come under control. So when we are able to do this the whole body comes into our control and we are in a state of well-being.

Proper Diet: The yogic diet consists of pure, simple, natural foods which are easily digested and promote health. Eating foods first-hand from nature, grown in fertile soil, free from chemicals and pesticides and also not genetically modified, will help ensure a better supply of the nutritional needs. Processing and over-cooking destroys the nutritional value of the food. The food which is being directly nourished by the sun has the greatest life promoting properties. It is best if we understand that the purpose of eating is to supply our being with life force or prana, the vital energy. It is always better to avoid foods which are overly stimulating as considering the subtle effect the food has on the mental/emotional and energy body. Those food items which render the mind calm and the intellect sharp are preferred. So the yogic diet will help you attain a high standard of health, keen intellect and serenity of mind.

Proper Exercise: There is various exercise forms designed to develop the physical strength. As in the case of yoga, the physical exercises can be related to 'asanas' which means a steady pose. According to Maharishi Patanjali asana is "sthira sukham asanam", which means a steady and comfortable posture. As yoga regards the body as carrier of soul in its journey, asanas are designed to develop not only body but also broaden the mental faculties and spiritual capacities. Health is a state wherein all organs function properly with the intelligent control of the mind and not just muscular development. Violent movements produce large quantities of lactic acid in the muscle fibres and leads to fatigue. Yoga asanas are done slowly and held steadily for sometime within the comfort limits. The focus is on the health of the spine, its strength and flexibility. The spinal column houses all important nervous systems. So proper maintenance of the spine through proper yoga asanas ensures proper nerve impulses, better circulation and supply of nutrients and oxygen. Asanas work on the internal organs of the body and keep them healthy. Performed slow and consciously with deep breathing, the asanas go far beyond the physical benefits and strengthens the mental faculties thereby creating a balance within the body-mind.

Proper Relaxation: When the body and mind are overworked, their natural efficiency diminishes. The modern scenario makes it difficult for people to relax. Rest and relaxation is the nature's way of recharging and unfortunately many of us have forgotten this. It often happens that the energy produced by the body is consumed by bad moods, anger, injury or stress. The process of eruption and repression of violent emotions often grows into a habit, which is disastrous not only for the body but also for the mind. Techniques like shavasana (corpse pose) or yoga nidra helps to overcome all these problems and makes you completely relaxed. During complete relaxation maximum less energy is consumed, and only little energy is kept for circulation to maintain the body in normal condition, while the remaining portion is stored and conserved.

Positive Thoughts & Meditation: Thoughts are of two types, positive and negative. Positive thinking is a mental and emotional attitude that focuses on the bright side of life and expects positive results. A positive person anticipates happiness, health and success and believes he or she can overcome any obstacle and difficulty.

Negative thinking is a thought process where people tend to find the worst in everything or reduce their expectations by considering the worst possible scenarios.

Practice these simple exercises and suggestions to keep your thoughts on the positive side:-

- Only use positive words while talking. ...
- Push out all feelings that aren't positive. ...
- Use words that evoke strength and success. ...

- Practice positive affirmation. ...
- Direct your thoughts effectively. ...
- Believe you will succeed. ...
- Analyze what went wrong. ...

Meditation is that which gives you deep rest. Meditation is an activity in which the practitioner just sits and allows the mind to dissolve. On the physical level meditation helps to prolong the anabolic process of growth and reduce the decaying process. The rest in meditation is deeper than the deepest sleep that you can ever have. When the mind becomes free from agitation, is calm and serene and at peace, then the meditation happens. There are various methods to meditate. However one becomes more conscious in the daily activities by regular practice of meditation and improves the decision making capacity effectively. Hence the thoughts which are generated can be regulated and controlled to a positive attitude. It has been scientifically proven that positive thoughts bring positive results. As meditation brings about a prolonged positive state of mind, it rejuvenates body and retards decay and maintains the optimum level of wellness.



P.R. KRISHNAKUMAR

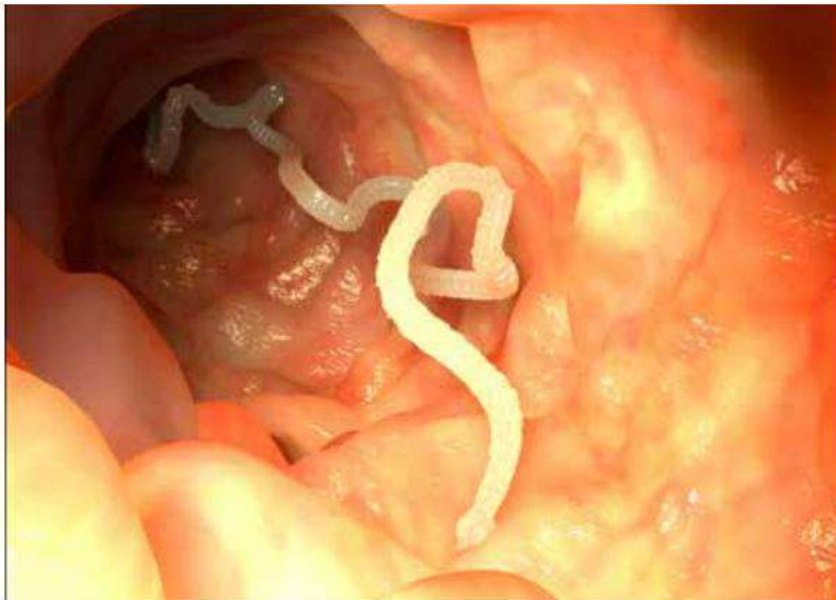
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Flush out those worms

Krimi or worms is one of the most common and important aspect causing health problems in children. Intestinal worms are parasites that can infect the gastrointestinal tract of a child and multiply rapidly. Children are more prone to contract them due to weak immune systems. Worms are the tiny little organisms that are identified in the digestive system, especially in humans. They are often recognized in kids and infect the intestines. Worms lay eggs in the body and sometimes spread throughout. They mainly stick to the walls of intestines. There are different types of worms such as Tapeworms, Intestinal worms, Flatworms and many more.



Causes

- Worm's eggs may enter via contaminated food or water
- Hookworms can enter if the child walks barefoot on the soil
- Eggs enter the body & hatch
- Worms enter the intestine & multiply
- Check your child's stool for thread like worms

• You may notice the child is losing weight

Symptoms

- Diarrhoea
- Bad Breath

- Stomach ache
- Headache
- Dark under-eye circles
- Frequent hunger pangs
- Itching around the anal region
- Girls may experience vaginal discharge
- Irritability & restlessness

Home remedies for worms in children

- Give 1 cup of grated Carrot in the morning 1 hour before breakfast for 4 to 5 days.
- Take 1 tablespoon of raw Papaya juice mixed with 1 teaspoon of

honey (shahad) and give this to the child in the morning on an empty stomach. This should be followed by a glass of warm milk mixed with 1 teaspoon of Castor oil. Do this for atleast 2 days.

- Make the child to eat a small piece of Jaggery (gudha) after each meal.
- Give a piece of Garlic (lehsun) clove a day until the worms are removed.
- Grind a fresh coconut finely and mix it directly into some milk or boil it with milk. Give this decoction to the child for about four times in a day.
- Take a handful of Pomegranate (anar) leaves, crush them and boil with a glass of milk. Drink half of it early in the morning on an empty stomach and the rest after two hours.

Tips

- Make sure that your child plays in a hygienic environment
- Keep the pet's food tray clean and away from the reach of your child
- Get your pets treated regularly
- Teach your child to wash his hands with soap 3-4 times a day
- Ensure that the child does not put dirty hands inside the mouth

Wellness Through Ayurveda

The emerging interest in Ayurvedic medicine as a classical safer option to modern medical drugs focused on preventive as well as curative approach is aimed at building a bridge with the mainstream global healthcare. Application of modern technology and adoption of evidence-based approach makes the age-old wisdom more contemporary for public benefit. Developments in western medicines do not seem to address all the problems faced in global healthcare caused by overemphasis on drug developments and research particularly in the field of preventive and rehabilitative medicine. On the other hand, Ayurveda opens up to incorporate new knowledge and practices which provide a broad-based opportunity to address the majority of the health problems. According to the World Health Organization, about 70–80% of the world's populations rely on unconventional medicines that are purely herbal.

Indian philosophy explains 25 dimensions of life and development of Universe – 25 that was, a perfect theory of ancient intellectuality. The science of Ayurveda is the perpetual sense of the rishis who received and perfectly practiced in life, expressive of the perfect wholeness of Cosmic Consciousness, through religious introspection and meditation. The source material of Ayurveda is based on the Samhitas dated back from 760 BC onwards to the current research databases. The divisions of Ayurveda includes Human life science, Vrikshayurveda and Mrigayurveda. The eight angas of Ayurveda includes Kayachikitsa, Shalyatantra, Shalakya Tantra, Kaumarabhiritya, Agadatan, Bhutavidya, Rasayana, Vajikarana.

These explained the unique genetic code of an individual called Prakruti depending up on the Doshic predominance at the time of conception and the methods for protecting it by means of Dinacharya (Daily regimen), Ritucharya (Seasonal Regimen) and Sadvrutta (Good conduct). Agni (Digestive fire) encompasses all the systems which help in the digestion of food, its break down, production and utilization of micro and macro molecules. A deficiency in agni caused by altered lifestyle will affect Srotas (the micro and macro channels that pass the nutrition and transport) & Dhatus (The essence which constitute the body) and lead to the production of undesirable products in the body which can hamper the normal physiological functioning of the body.

Ayurvedic Concept on Immunity and Vaccination

व्याधिक्षमत्वम् नाम व्याधि बल विरोधित्वम् ।

व्याध्युल्पादक प्रतिबन्धकत्वमिति ॥ (च.सं)

स्थिकाषमत्वम् माव स्थिबल विधितरवम् ।

स्थायुल्पादका प्रधकत्वमिति ॥ (सं.सं)

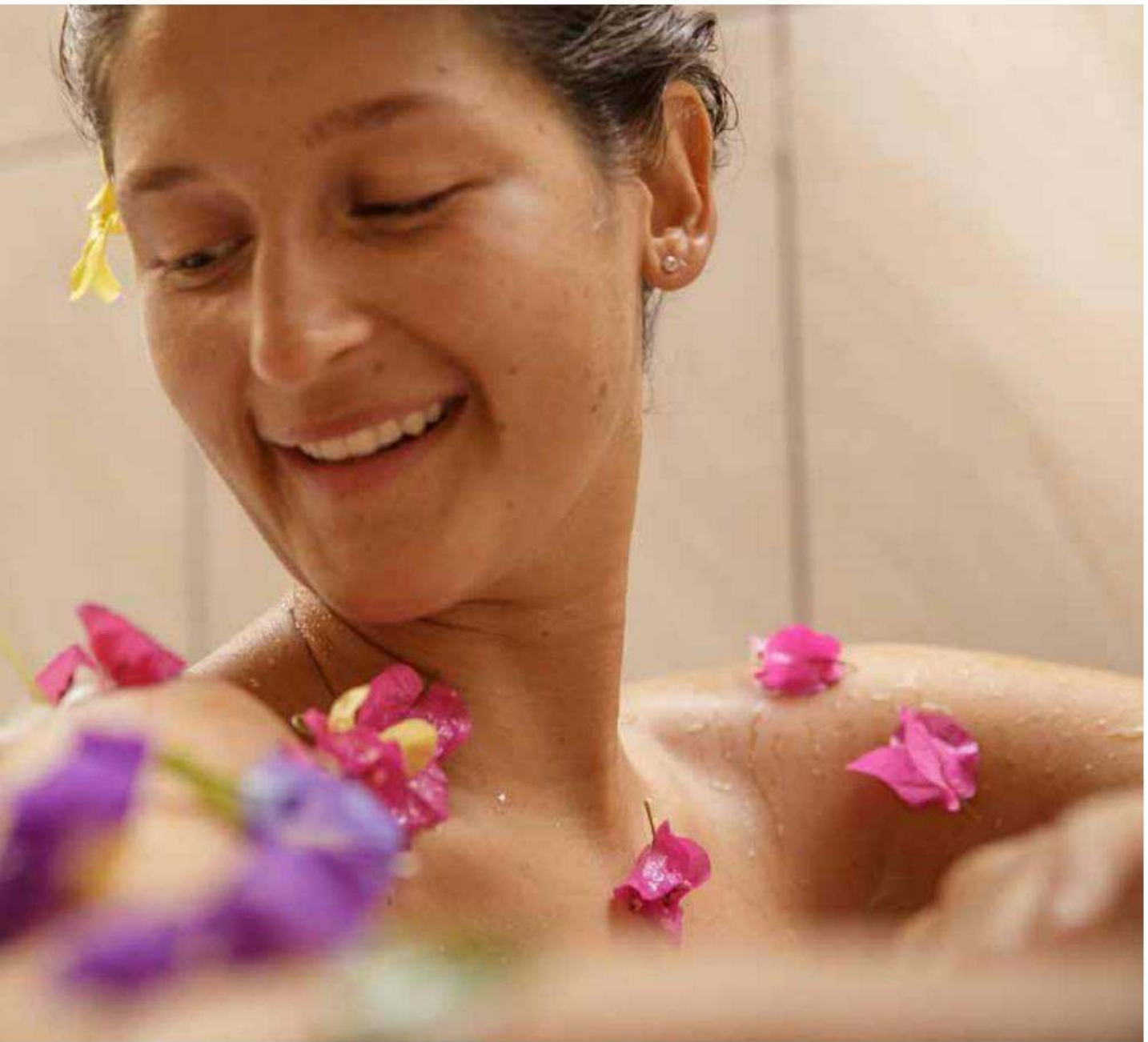
1. Waking up early in the morning and doing Morning Prayer.

Acharya advices to early wake up at bhrama muhurta, which varies with sunrise timings and to do morning prayer which freshens and calms the mind

and provides a positive energy for the body which helps in inducing good thoughts and practice good habits through the day. Sanskrit helps immensely to develop cerebral dexterity through its phonetics. American authority on civilization Dr. Will Durant wrote that Sanskrit is the mother of modern languages. Sanskrit helps students in their overall cognitive development.

2. Proper evacuation of the natural urges.

The habitual suppression of normal eliminatory urges can lead to a



psychosocial form of constipation where by elimination maybe regular but not complete. This will cause a defect in the metabolism that will adversely affect the quality of blood which in turn will nourish the sense organs there by affecting its functional quality.

3. Anjana (collyrium), kshalana, nasya (nasal drops) and gandoosha.

The application of collyrium to the eyes is very important since these days the eyes are always subjected directly or indirectly to many invisible toxins,

strong wind and light, computers and mobile phones. Daily application of medicated collyrium improves eye health and improves the clarity of vision. Periodical cleansing and washing of eyes with triphala kwatha improves eye health. Nostril is the easiest and closest opening for conveying the potency of medications to the brain. Anu taila can be used daily for the neuro-protection, headache and strengthening the nasal channels. Also, if pratimarsha nasya is done properly it will also pacify the strong effects of the anjana used earlier.

4. Abhyanga (external oil application), Vyayama (exercise) & Udvarthana (powder massage)

Daily practice of Abhyanga helps in the stimulation of nerve endings providing more blood circulation and nourishment to the sense organs. Abhyanga with ghee on the soles is especially effective for neuro-protection of eyes. Recent research from UCLA demonstrated that exercise increased growth factors in the brain-making it easier for the brain to grow new neuronal connections.

Udvarthana (powder massage) is kapha samana and it helps in alleviating the excess fat accumulated in the body.

5. Snanam (bath) & Sleep.

Ancient references again and again stress the importance of using cold water for head and hot water for body as they can stimulate non-adrenaline secretion in the brain, which helps in alleviating stress. As per scientific studies those who take bath in the proper way typically exhibit higher white blood cell counts as well as higher concentrations of plasma, T-helper cells, and lymphocytes which help in building the body immunity which in turn helps in preventing diseases. Brain's prefrontal cortex, an area that supports mental faculties such as working memory and logical and practical reasoning, displayed more activity in people having good sleep.

6. Use of umbrellas, turbans and sunglasses

Exposure to intense bright sunlight or ultraviolet (UV) radiation may cause damage to the retinal pigment epithelium similar to that seen in AMD. It can also worsen the condition of dry eyes. You may hate wearing your caps, umbrella or glasses, but it's just for a little while — and it helps to prevent permanent damaging of your eyes!

7. Aahara (food)

Our eyes are highly vascular. So it is very necessary to have a healthy and wholesome diet because minute capillaries provide the retina with nutrition and oxygen.

Wholesome food

Draksha (black grapes)
Aamalaki (Goose berry)
Dadima (Pomegranate)
Karavella (Bitter gourd)
Patola (snake guard)
Shashtika (red rice)
Mudga (green gram)
Ghee
Triphala, Carrots

Unwholesome food

Madya (Liquor)
Masha (urad dal)
Using sour items
Fried items
Select sea fishes
Bakery items
Curd
Cold food
Fizzy drinks

Ritu charya

Though an individual may remain geographically constrained, their environmental exposures may vary dramatically depending on seasons, changing temperature, rainfall, exposure to elements, food availability, diet, and exposure to infectious agents etc. Perturbation of immune function early in life may have important short-term impacts as both birth season and nutritional status have been associated with decreased humeral response to pertussis vaccination. Independent of nutrition or pathogen exposure, seasonality can also change diurnal exposure to sunlight and levels of circulating vitamin D. In the United Kingdom, vitamin D status during gestation and birth month has been associated with diseases with

immune involvement, including rheumatoid arthritis, irritable bowel diseases, and multiple sclerosis.

Conclusion

Reduce the use of antihistamines, pain killers etc. Have regular periodical check-ups. If properly maintained and protected many of the health problems and neurodegenerative diseases can be prevented. Immuno-modulators are considered now as one of the most potent tools in the management of health and disease by modern medicine. Infact, the role of immune-modulators in modern medicine is yet to be fully appreciated or perceived as our understanding of immune system is changing at a rapid pace. The more recent understanding of neuro-endocrine – immune axis or the influence of exercise, circadian rhythms, seasonal variations, different psychological states on immune system are unfolding many such issues which are bringing the modern concept closer to Ayurvedic principles of Vyadhi-ksamatva, Ojas and Bala.

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Postlumbar Myelomeningocele Surgery: Ayurvedic Management



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A 5 year 2 months old male child approached us with complaints of weak bilateral lower limbs, inability to walk independently, neurogenic bowel and bladder, paraparesis of both lower limbs, reduced sensation below both hip joint. The parents noticed the above complaints since the child was 2 years. The clinical features were seen as postlumbar myelomeningocele surgery and child had congenital hydrocephalus. In response to these complaints, the patient was administered with Rooksha swedam (dry potali), Mild udwarthanam (powder massage), Ksheeradhaara (medicated milk therapy), Abhyangam (oil massage), Avagaham, Siropichu, Spinepichu, Matravasti, Elakizhi, Njavarakizhi, Sirovasthi, Mamsakizhi. After the treatment, the child was able to walk independently, gait and posture showed improvement and the patient was more stable with 75% improvement in sensory reception.





Etiology and Description

Myelomeningocele is a hernial protrusion of the spinal cord and its covering membranes (meninges) through a congenital defect in the bone of the spine (spina bifida). The meningomyelocele forms a swelling under the skin and the condition is usually associated with a severe neurological disturbance with loss of function in the legs and bladder. Folic acid taken just before, and during the first few weeks of, pregnancy can eliminate this disaster

Case report

History-The patient approached a hospital in Oman with severe complaints of persistent vomiting since day one with no diarrhea and fever. He has done Repair of L-S meningomyelocele with hydrocephalus on 15/10/2011 and right-sided VP shunt insertion on 29/10/2011. Flap cover in the lumbar region on 12/11/2016. Gradually his condition improved after intensive multi-disciplinary rehabilitative treatments. As per the discharge summary from the hospital the condition of the patient was Congenital myelomeningocele associated with anal incompetence,

deformed feet, knees hyperextended, hips hyperflexed, paraparesis of lower-limbs and closure of Spina bifida defect done on 3rd day as per the history of the reports. The mother did not take folic acid before or during pregnancy and the child was born term with apgar 9 and 10 at 1 and 5 minutes respectively. There was leaking meningomyelocele with hip flexion and internal rotation and bilateral ankle planter flexion, HC -33.5 cm, moving upperlimb well and was kept on cefotaxime, cloxacillin and gentamycin.

Presenting complaints

After 4 days prior to his surgery in Oman he was admitted to our hospital for complaints of weakness of bilateral lower limbs. He was unable to walk independently, and experienced neuropathic bowel and bladder and paraparesis of both lower limbs.

Dosha Dominance and Diagnosis

As the case was congenital type and if a child is born with myelomeningocele, future children in that family have a higher risk than the general population exists. Majjagata sroto dushti was considered and as

the site of the lesion is kunkundara marram (Lumbo sacral area) vata vyadhi in kukundara marma line of management was adopted.

Family history: No significant history.

Ante-natal history: Mother was healthy, no exposure to radiations or other medications except mother did not took folic acid before or during pregnancy.

Birth history: Full term, type of delivery: Lower segment caesarean section, Apgar 9 and 10 at 1 and 5 minutes respectively, birth weight is not recorded in the reports.

Obstetric history: 32 year old mother G6P3A2

Developmental history: Gross motor: Delay in walking; Fine motor: social and language milestone attained at appropriate age.

Personal history: Non-vegetarian diet, good appetite, sound sleep, reduced activity, incontinent bowel.

Systemic examination

Patient was conscious and oriented. On examination his vitals were normal. All hematological and biochemical blood parameters were

Assessment

Sl.No	Course of improvement
Day 1	Moves mostly on buttocks by dragging legs, VP Shunt in situ, Flat foot, Foot Drop, Hip flexion, extension, abduction, adduction (2/5), Knee – Flexion ,extention (2/5). Both ankle-plantar flexion(0/5), dorsiflexion(1/5), diminished sensation over lower limbs.
D 1-3	Can move with holding furniture sideways by waving the hip, mild improvement in muscle tone
D 4-6	Muscle power slightly improved, matra vasti held for only 1 minute
D 7-9	Marked change in muscle spasm, CP Standing frame training started.
D 10-13	Buckling of knee mildly reduced, ankle foot orthotics and parallel bar walking started
D 14-16	Walking easily with support in parallel bars.
D 23-25	Standing with self-support, trunk balance improved
D 29-31	Walking in treadmill with maximum speed of more than 20 minutes
D 35-40	Muscle bulk improved, Joint mobility improved, walking with support, muscle power improved
D 41-43	Started walking independently upto 10 steps, gait improved, posture improved
Second Course in 2017	
Day 1	Walking independently since 9 months, bowelbladder incontinence
D 2-D15	Follow up treatments made the patient more stable. 75% improvement in sensory reception.

within normal limit except Vit D insufficiency, Vit.D3-15.32ng/ml, Serum ASO Titre-618 IU/MIL, Serum Uric Acid:3.3mg/dl

CVS-S1 S2 heard, BP: 120/80mm of Hg, Pulse rate: 111/minute, Saturation 98%, Wt-15 kg, O/E: Conscious, Oriented, Chest – Clear NVBS. Hip flexion, extension, abduction, adduction (2/5), Knee –Flexion ,extention (2/5) .Both ankle- Plantar flexion(0/5), Dorsiflexion(1/5) O/E: Gait: Limping, Lack of response to touch and pain at hips and feet.

Respiratory and cardiovascular system examinations were normal.

USG revealed Mild left hydronephrosis, normal posterior urethra.

Therapeutic focus and assessment

Within a period of five years he underwent treatments in 3 hospitals. Master Al Khalili Ghasun Hamood Salim Hamood, 5yr 2 months old male patient, was treated as a case of Majja vaha sroto dushti and vatavyadhi in kukundara marma in Punarnava Ayurveda Hospital, and subjected to both internal and external treatments along with physiotherapy and rehabilitation. The treatments done were Rooksha swedam, Mild udwarthanam, Ksheeradhaara, Abhyangam, Avagaham, Siropichu, Spinepichu, Matravasti, Elakizhi, Njavarakizhi, Sirovasthi, Mamsakizhi.

Results

On the day of admission, child was unable to walk independently with Neuropathic bowel and bladder. After the treatment, the patient was admitted and evaluated and was given tridoshahara line of management with supportive therapies. He was discharged after 41 days of 1st session and 18 days of second session as he was evaluated to be stable with his condition and was advised for further follow-up. At the time of discharge, weakness of both lower limbs reduced. Muscle power, bulk and strength of

lower limbs increased. Joint motion, trunk balance and posture improved. Slight increase in the muscle tone was noted. He was able to stand without support for few minutes. Gait improved. He was able to walk without support up to 10 steps. Both lower limbs- Hip flexion, extension, abduction, adduction (3/5), Knee –Flexion, extension (3/5). Both ankle-plantar flexion(1/5), Dorsiflexion(2/5). He was able to walk on treadmill with minimum speed for more than 20 minutes. Could maintain upright kneeling position. After the first session the patient was seen walking independently and the follow up treatments made the patient more stable with 75% improvement in sensory reception

Discussion

Neural tube defects (NTDs) accounted for most of the congenital anomalies of the central nervous system, resulting from failure of the neural tube to close spontaneously between the 3rd and 4th week of in-utero development. Myelomeningocele accounts for most serious forms among them. MMC has been described even in the times of Hippocrates and Aristotle, who even recommended killing of the children having such defects. 5 Abnormal function of these organs, with the potential for dysfunction of one pelvic organ leading to functional changes in another can be attributed to Convergent dorsal root ganglia neurons receiving sensory input from multiple pelvic organs which has been identified in the colon, bladder, and reproductive organs. 6 Among tridosha, vata dosha plays an important role both in physiological and pathological actions in its normal and aggravated conditions. 7 Vata is also the driving force for the functioning of all the organs and organ systems.

Acharya Charaka has mentioned repeated use of snehana, svedana, Vasti and mrudu virechana for the treatment of Vatavyadhi. But due to the Kapha dominance in the initial stages rookshana line of treatment is preferred initially with physiotherapy. The internal and external treatments were mainly based on immunomodulatory action along with the sensory and motor rehabilitation. At the end of treatment, the child had the ability to walk without support with better sensory perception in lower limbs. The causative factor of the disease cannot be completely cured as it is genetic but the quality of life can be improved with minimal reliance on others. Early recognition and inference in these cases is known to increase the prognosis in these types of cases.



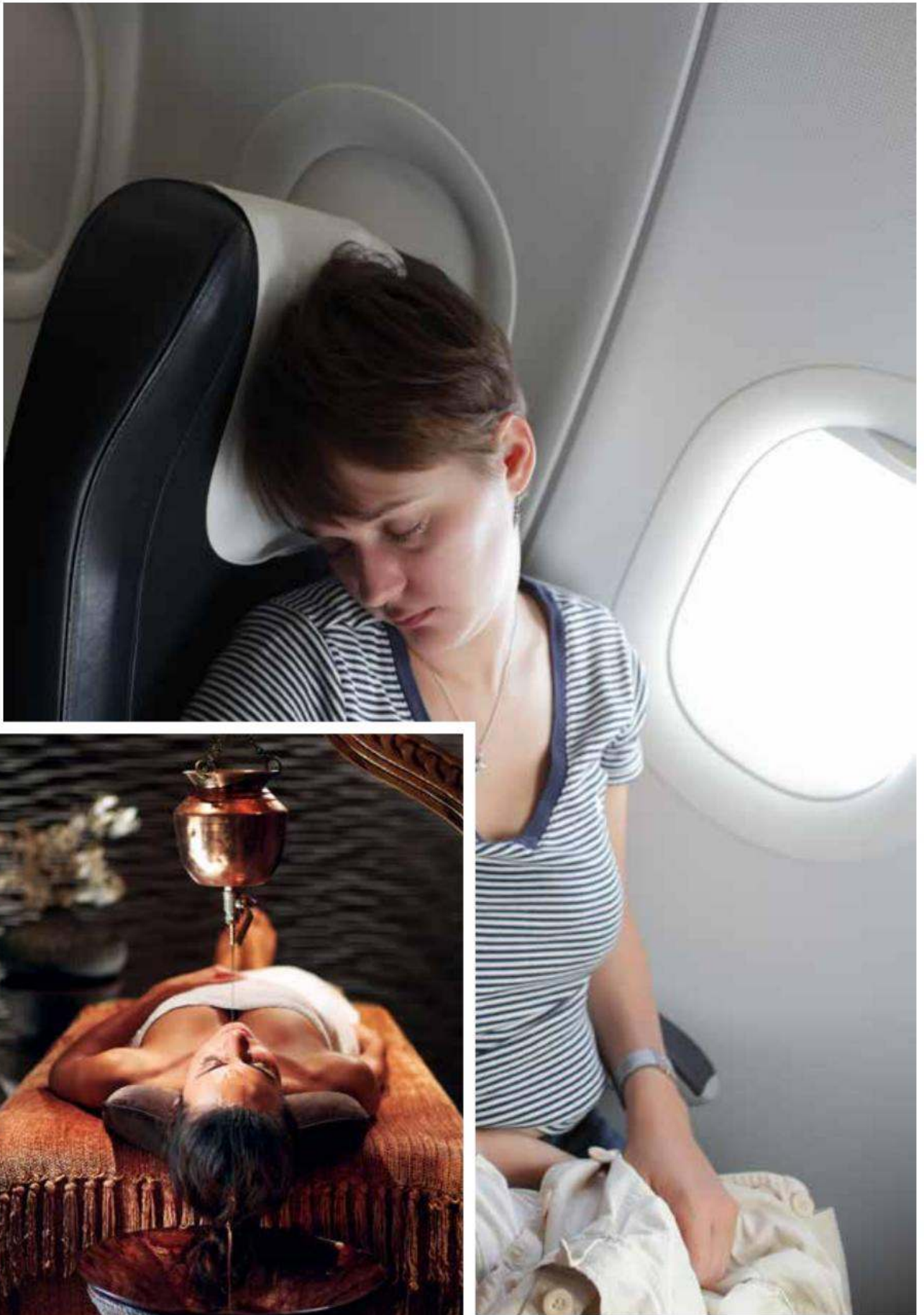
Overcome Jet Lag and Insomnia through Shirodhara

Shirodhara, commonly called as the third eye treatment is a special treatment, where medicated oils are poured on the forehead and head in a systematic manner. The word Shirodhara comprises of two words – “Shiras” meaning head and “Dhara” which means pouring. After a head massage, the soothing and fragrant medicated oils are made to flow in a continuous, rhythmic stream for approximately 60 minutes on the forehead with the patient in the lying position. This article by renowned Ayurveda expert, Dr. Lakshmi Anoop, talks about how Shirodhara helps relieve stress, insomnia, headaches and jet lags.

Procedure of Shirodhara

Shirodhara is a form of Snehana procedure where medicated oil or herbal liquids are slowly and steadily poured on the forehead in a rhythmic manner. Shirodhara is done following a head massage.

A copper vessel or clay pot (Dhara patra) is suspended directly above the forehead of the patient who is made to lie on the dhroni (wooden table). A thread is inserted into the hole at the bottom of the pot, half of which hangs out through the hole. The pot is then filled with warm oil or other liquids. Oil or liquids are poured directly on the forehead of the patient as a continuous stream in a rhythmic manner and the pot is oscillated or moved to and fro from one side to the other, that is from the right lateral to the left lateral part of the forehead and vice versa, while the oil or liquid is maintained at an ambient temperature. This procedure is carried out for about 60 min.





Common Types of Shirodhara

Different liquids are used for the Shirodhara procedure depending on different health conditions. Commonly used liquids include water, various medicated oils, buttermilk, coconut milk, etc.

Shirodhara with oil – Medicated oils are used in the Shirodhara procedure. This is a commonly done procedure in Ayurveda centers and spas across the globe.

Ksheeradhara is with medicated milk - In this procedure, Shirodhara is done with milk medicated with Ayurvedic herbs. This is highly beneficial in relieving anxiety, anger, irritability and other Pitta aggravated conditions.

Takradhara with medicated buttermilk – This procedure is beneficial in disorders of the scalp. Here Shirodhara is carried out with medicated buttermilk.

Shirodhara for Jet Lag

Even though there were no airplane travels 5000 years ago, Ayurveda has a clear understanding about preventing jet lag. Increased altitude, increased air movement and air-conditioning in the airplane increase Vata dosha in the body leading to jet lag. Eventually Shirodhara, which reduces Vata, proves as a big support for jet lag. If you are a frequent flier and if jet lag bothers you, then Shirodhara is the best treatment as it helps to relax the body and mind.

Shirodhara for Stress

Most of the diseases today are attributed to stress. Preoccupied with swarming thoughts, the mind has a difficult time slowing down. This leads to the inability of handling stress. Shirodhara relaxes the mind and brings it to a tranquil state. It reduces stress and helps in better functioning of the mind. All the benefits of meditation are achieved through Shirodhara. The state of calmness achieved in Shirodhara is unparalleled by other relaxation techniques.

The effects of Shirodhara may be related to the tactile stimulation of the skin or hair follicles innervated by the first branch of the trigeminal nerves. Shirodhara has a great positive impact on the manomaya kosha or mental sheath. The metabolic rate drops and the brain waves become slow and coherent. When the brain is calm, the cerebral circulation is greatly improved and access to these mood stabilizing receptors are enhanced. It is based on the principle that gentle but constant application of warm oil stimulates healthy blood circulation to the brain. All mental problems stress, fear, anxiety, anger or irritability dissolve into an ocean of calm as mind is lulled into a state of serenity and expanded consciousness. Deeply stress relieving, Shirodhara pacifies Vata while nourishing and calming the nervous system.

Shirodhara for Insomnia

For overcoming insomnia through Shirodhara, a particular pressure and vibration is created over the forehead. The vibration along with the warm temperature of the oil may activate the functions of the thalamus and basal forebrain, which brings the amount of serotonin and catecholamine to the normal stage inducing sleep. The Sajnavaha srotas is brought to a peaceful state, which helps in inducing sleep.

Effects of Shirodhara are mediated by the brain wave coherence, alfa waves and a down regulation of the sympathetic outflow. The center of the forehead is connected atavistically to the pineal gland. The third eye chakra known as Agnya chakra in the Yoga tradition is located in the center of the forehead near the pineal gland. Focusing on Agnya chakra with closed eyes during meditation leads to psychosomatic harmony. As the oil drips on the Agnya chakra it is proposed that the meditation-like effect is a consequence of stillness of mind leading to adaptive response to the basal stress. If your daily sleep rhythm is often out of sync, Shirodhara will help in readjusting your regular pattern of waking and sleeping as well as get rid of fatigue. Shirodhara process

excites pineal gland, which produces melatonin, the governor of wake-sleep cycle. Shirodhara increases the production of serotonin and endorphin's which eventually improves the quality of sleep and creates a condition of heightened consciousness which is attributed to the fact that these treatments unblocks the Chakra and creates an increased flow of Prana, the vital energy towards the brain.

Shirodhara for Headache

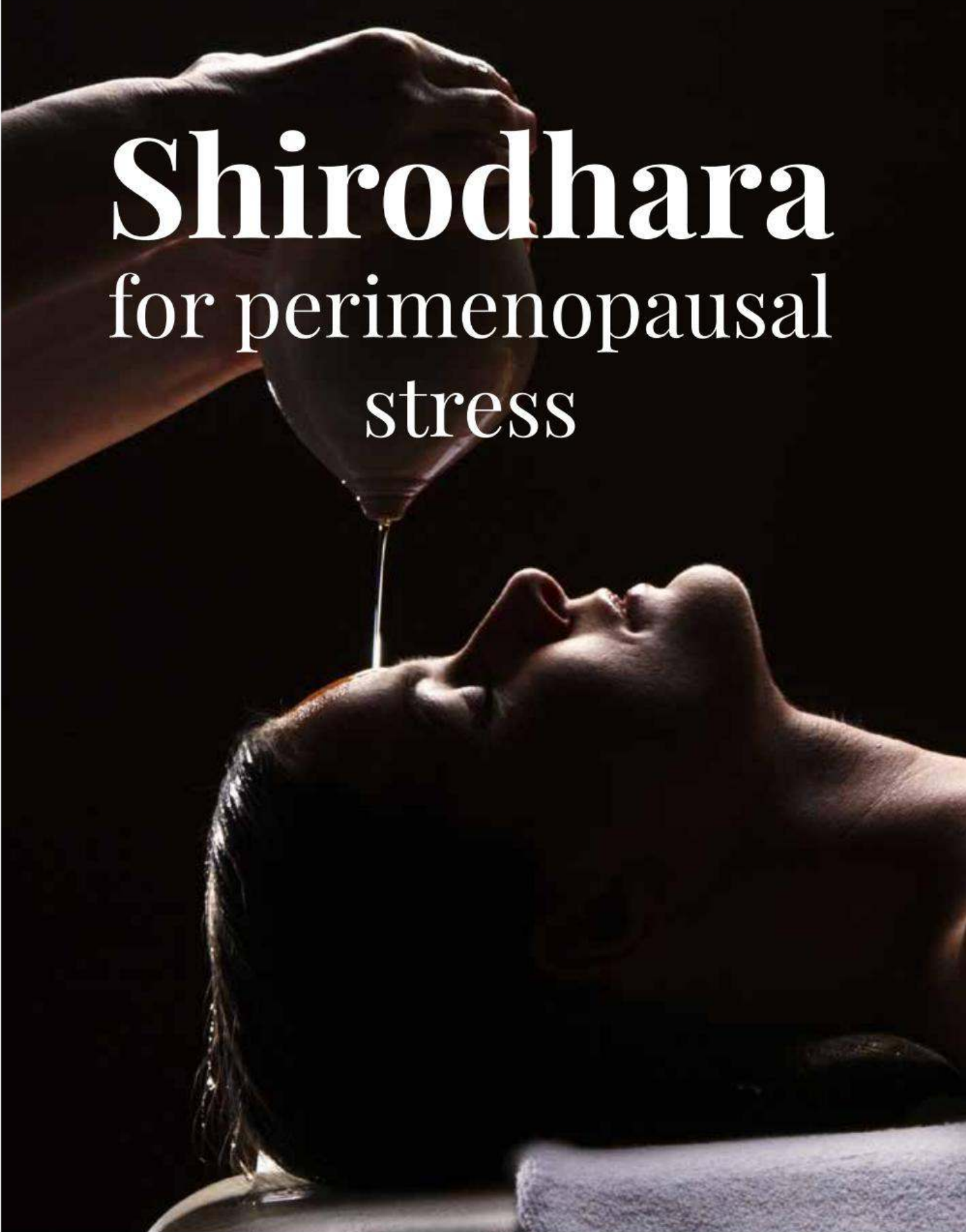
Stimulation of pain centers in head causes headache, which is usually created by a dilation or constriction of blood vessel walls that aggravate nerve endings in the pain sensitive areas. Headaches can be triggered by various reasons like climate change, stress, etc. and can affect our daily life too. Gentle application of warm oil, rhythmic flow of oil creates heat and friction, which enhances blood circulation to the brain, relaxes the peripheral nerves, it produces deep relaxation and helps relieve headache.

Shirodhara is an amazing therapy to experience deep relaxation and tranquility. Just as Abyhanga or therapeutic body massage calms the restless body, Shirodhara calms the restless mind. Shirodhara has multiple benefits and is beneficial in various conditions like stress, insomnia, headaches, anxiety, nervousness, psychological disorders, neurological disorders and problems commonly affecting persons in today's active lifestyle. For people with hectic working schedule or frequent travellers who experience jet lag too often, it helps to alleviate stress and relieve fatigue.



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Shirodhara for perimenopausal stress

A close-up, low-angle shot of a person lying down, their head tilted back. A hand is pouring a stream of oil from a glass vessel onto their forehead. The scene is dramatically lit from the side, creating strong highlights on the person's face and the falling oil, while the background is dark. The person's eyes are closed, and their expression is one of relaxation. The oil is captured mid-pour, creating a thin, continuous line.

Menopause (Rajonivritti) is not a disease, it is a physiological phenomenon and occurs naturally due to decrease of ovarian follicular activity. The term Menopause and Climacteric are often used synonymously but they refer to essentially different conditions. Climacteric is the transitional phase lasting from one to five years during which the genital organs involute in response to the cessation of gonadal activity. During climacteric, ovarian activity declines, ovulation becomes unpredictable and the menstrual cycles become irregular. Oestrogenic activity is reduced and endometrial atrophy occurs, which leads to amenorrhoea. Cessation of ovarian activity and fall in Oestrogen as well as Inhibin levels result in a rebound increase in the secretion of FSH (Follicle Stimulating Hormone) & LH (Luteinizing Hormone) by the anterior pituitary gland. With advancing years, gonadotrophin activity of the pituitary gland also ceases resulting in an eventual fall in FSH level.





Perimenopause refers to the period around menopause during which the body makes the natural transition to menopause. Menopausal transition begins in a woman around the 40's. During this period women face various health problems or discomforts known as Menopausal syndrome. The cause of perimenopausal symptoms are generally ascribed to Oestrogen deficiency and over activity of Gonadotrophin. Women at this stage of perimenopause tend to experience multiple physical or psychological symptoms. These may include irregular menstrual cycles (lengthened or shortened, flow may be light or heavy), hot flushes and night sweats, stress, anxiety, nervousness, irritability, memory loss, mood swings, inability to concentrate, insomnia, dyspepsia, depression, sexual disturbances and osteoarthritis.

When the level of Oestrogen declines it adversely affects the strength of bones and increases the risk of Osteoporosis. Declining Oestrogen level may also lead to changes in the blood Cholesterol levels, with increasing LDL and decreasing HDL, contributing to an increased risk of heart disease.

In modern medicine this condition can be treated by HRT (hormone replacement therapy). This condition can also be managed by lifestyle modifications and a balanced diet.

Rajonivritti.

In Ayurveda, this transition is considered as Rajonivritti and is a natural phenomenon. All the ancient acharyas of Ayurveda have mentioned 50 years as the age of Rajonivritti kala. The menopausal symptoms and hormonal fluctuations are considered as the reflection of Doshic imbalance. Rajonivritti or Artavavirama is the natural transition from a Pitta predominant phase to Vata predominant phase. During the Pitta

predominant phase the menstrual cycles are regular. During perimenopausal stage a woman's menstrual cycles start becoming irregular and less frequent or more irregular. Imbalance of Vata and Pitta occurs resulting in hot flushes, insomnia, mood changes etc.

The predominance of Vata dosha in old age is stated in all the Ayurvedic classical text books. As age increases dhatukshaya occurs which adds to the increase in the Vata dosha. Agnimandya and dhatukshaya are also important causes in increasing Rajonivritti vikaras. As menopause is attained gradually, Vata dosha increases and dhatukshaya occurs. This leads to many psychosomatic disorders like Asthikshaya, Sandhivedana, Insomnia, Anxiety, Fatigue & Mood swings.

Ayurveda is the Indian system of medicine dealing with all aspects related to health care throughout the course of life, including pregnancy and infant care to geriatric problems. Ayurveda has a more holistic approach to health and disease. The health and wellness depend on a delicate balance between the Mind, Body and Spirit. True health refers to wellness of Body and Mind. Rajonivritti janya vikaras (menopausal syndrome) has to be managed by Ayurvedic therapies and can minimize the discomfort. These discomforts can be managed in a better way by stress-relieving procedures like Shirodhara.

Shirodhara

Shirodhara is a Keraleeya traditional Ayurveda therapy and is derived from two words, Shira – head, Dhara – flow. In Shirodhara warm medicated oils, buttermilk, milk or decoctions are poured in a slow and steady continuous stream on the forehead from a specified height for a stipulated time. It is included under Murdha taila (application of oil to the head). Shira (head) is one of the most vital parts (marma) of the body and considered

as a route of all motor and sensory activities of body. Therefore, regulating the functions of the head is the key management of all Psychosomatic and Neurological disorders. So Shirodhara is a highly effective Ayurvedic treatment for disorders affecting the head and sense organs and for the control and prevention of many Psychosomatic ailments. It makes the person physically and mentally healthy and has been found to have anxiolytic, adaptogenic, and tranquilizing effects, resulting in relaxation.

It is a form of restorative therapy for depression, stress, anxiety, insomnia and all other psychosomatic diseases.

Types of Shirodhara

It can be classified in to various types on the basis of liquids or oils used for pouring.

Ksheera dahara	Medicated milk	Bala(<i>Sida cordifolia</i>) Chandana (<i>Santalum album</i>) Shathavari (<i>Asparagus racemosus</i>), Useera (<i>Vetivera zizanioides</i>) Dasamoola etc
Thakra dhara	Medicated butter milk	Mustha (<i>Cyperus rotundus</i>), Amalaki (<i>Phyllanthus embilica</i>) etc
Taila dhara	Medicated oils	Ksherabala taila, Chandanadi taila, etc
Kwadha dhara	Kwadhas	Dasamoola kwadha, vatahara kwadha etc

Depending upon the disease of the patient various other types of drugs can also be used to prepare milk, butter milk and kwadha. In the same way different oils can be used for Shirodhara.

Benefits

1. Shirodhara is a sort of relaxation therapy which relieves stress, anxiety, depression, insomnia and results in a more calm outlook . Continuous pouring of liquid or taila induce the release of Serotonin, Dopamine and Melatonin and also reduces the stress hormone Adrenalin and Noradrenalin.
2. It normalizes Vata dosha reducing restlessness, irritability, fear, worry, headache and tension.
3. Relaxes body and mind.
4. Improves sleep – stimulates and soothes the Hypothalamus thereby regulating the functions of pituitary gland.

Shirodhara is one of the best Ayurvedic therapy used to prevent and manage many Psychosomatic disorders. It is also a highly effective therapy for menopausal stress. It has relaxing effect on nervous system and helps to reduce or relieve anxiety, depression, insomnia and irritability as they affect the women during menopausal period. As it has the effect of relaxation on central nervous system it balances the brain function and hormonal functions. It improves circulation and metabolism and enhances strength of both body and mind. Since the brain and the nervous system controls the entire body functions, Shirodhara therapy produces soothing effect and will keep the body and mind fit and healthy.



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Ayurveda in the land of Chocolate and Cheese

Switzerland, has been a key player in promoting Ayurveda at a global level and Dr. Simone Hunziker has been one of the active campaigners for this ancient science in this land of chocolate and cheese. In an email interview with Nīnu Susan Abraham, Dr. Hunziker tells about how Ayurveda is faring in Switzerland and what the country and its government are doing to take this ancient healing method to a higher platform. Excerpts from the interview:

Considering that this issue of our magazine is based on – Wellness through Ayurveda, we would like you to elaborate on some of the wellness procedures in Ayurveda that you practice at your centre in Switzerland?

We do not focus on Ayurveda wellness and tourism in Switzerland and in our academy, but on the medical, scientific and public health aspects. This is the mandate that Switzerland, SAMA and ISA have taken up. We consider Ayurveda being a medical system that should not be limited to wellness and tourism which have been thoroughly promoted worldwide, somewhat at the expenses of Ayurveda's development on a medical, scientific and academic level. We thus felt that our action should support the latter.

Kindly explain to our readers about the training on Ayurveda that you give to your staff? Is the training done in-house or do you get them trained at any institutes in India?

Our professional school, SAMA-Swiss Ayurvedic Medical Academy based in Vevey on the lake of Geneva, is actually focussing on training of health professionals that according to Swiss regulations and WHO benchmarks will be practitioners in Ayurveda Medicine and therapists in Ayurveda Therapy who will be working in the public health system with focus on curative and specific preventive medicine. Wellness can be practiced on request by such therapists but their main work is therapeutic.

Our unique 3 – 4 year part-time training program for practitioners in Ayurveda Medicine is called and is open to students from all over the globe. Courses are mostly held in India by top level teachers who are experienced Ayurveda clinicians at AryaVaidya Pharmacy (Coimbatore) Ltd, a Kerala rooted leading Ayurveda institution. Focus is given to preservation of traditional knowledge with exclusive reference to classical textbooks on one hand and content of BAMS (Bachelor of Ayurvedic Medicine and Surgery) on the other hand. Besides fundamentals of Ayurveda students will undergo

detailed training in diagnoses and treatment lines for all traditionally described pathologies as well as ayurvedic pharmacology /medicinal plants and formulations. Even Sanskrit written and spoken is part of the syllabus. With additional training in fundamentals of modern medicine these practitioners can go for a Swiss Federal Diploma that entitles them to practice Ayurveda in the Swiss public health system in primary care with the same competences as an Ayurvedic doctor in India.

Our therapists are trained in-house in Switzerland by our local teachers in local language in a 3 year part-time training program where besides fundamentals in Ayurveda they undergo detailed training in individualised nutrition, lifestyle and psychological support according to Ayurveda as well as in various massage techniques. With additional training in fundamentals of modern medicine they can go for a Swiss Federal Diploma and practice therapeutic advise and simple massage techniques independently for patients who suffer from functional disorders. They need to collaborate with a practitioner in Ayurveda Medicine for any advanced disorder and for the practice of manual treatment techniques using external application of medicines (medicated oils, pastes, powders).

Can you please elaborate on your first encounter with Ayurveda?

In January 2001, I was prospecting for new therapeutic opportunities and collaborators for my multidisciplinary centre in traditional medicine in Lausanne. Pushing the door of Kalaguna in Vevey I discovered the then first Ayurveda therapy centre in French speaking Switzerland led by Mr Jean-Pierre Bigler, a Kerala and western trained Ayurveda practitioner and yoga therapist. I was impressed by the truly global approach of the human being and the seemingly boundless knowledge behind the medical system and philosophy of life. The smells in the centre recalled unaltered mother earth and her tremendous potential of healing in contrast to the sterilised world of western medicine and most of alternative methods. In a collaborative effort Kalaguna has over the years evolved



into SAMA-Swiss Ayurvedic Medical academy.

What did you find in Ayurveda that attracted you to take it as a profession?

In 2000, I underwent a deep crisis making me question the association of various alternative therapeutic disciplines for a global therapeutic approach of the human being. In my interdisciplinary centre we practiced since 1996 homeopathy, acupuncture, naturopathy with phytotherapy, osteopathy, kinesiology, various massage techniques, alternative nutrition and psychotherapy. The scope was to offer the patient an environment in which the multiple aspects and the complexity of the human organism were understood at their best and where the various treatment methods offered a complete therapeutic approach. But each of the systems with its therapeutic tools limited to its specificity and having its own concepts and parlance challenged the overall global approach of the patient. The therapeutic relationship which is so important in the process gets altered when split up in too many parts. The overall view and understanding of the patient by the practitioner is not the same. In addition, none of the systems had a profound and documented understanding of the spiritual aspect of the patient, which beside the body and the mind is the third pillar of the human organism.

Ayurveda, in one single parlance reunites on the bases of elaborate, documented and reproducible core concepts the understanding of life, health and disease, of almost all pathologies with respect to their tri-dimensional reality of body-mind-spirit. It offers differentiated tools for effective preventive and curative medicine that cover many of therapeutic aspects found separately in other disciplines. In 2001, I thus decided to change my multidisciplinary centre into a centre dedicated to Ayurveda and thereafter to work for the development and spread of this unique medical system.

Who was your first guru in Ayurveda?

I was initiated into Ayurveda by several teachers to begin with by Mr Jean-Pierre Bigler who opened me also the

gate to Yoga and who is practising his teachings in his own life on a daily bases. Later on the initiation into Ayurveda medicine took place in India with Indian doctors and teachers.

Tell us more about your India-Ayurveda connection?

In 2008, I approached the then Secretary of the Department of AYUSH (traditional medical systems of India) with concerns about the scattered spread of Ayurveda and the threat of getting the knowledge system diluted if the Indian government would not take action. Subsequently in April 2009, the first dialogue with international delegates was organised in New Delhi for two days in the presence of the top delegation of AYUSH and about 100 delegates from abroad and from India. A first dialogue took place, common targets were discussed and standards were set and followed up in international working groups until the following meeting in 2010. I had been nominated as member of the steering committee by AYUSH.

This dialogue initiated various new developments in Ayurveda as a well as a process that in 2013 led to the creation of the Indo-Swiss Ayurveda Foundation (ISA) for the globalisation of Ayurveda as a medical system. The fruit of a first tri-partite MoU between AYUSH and a private foreign institute, joined by AryaVaidya Pharmacy, is DHARA, the first global online database for Ayurveda research articles, online free access since 2011. Further collaboration with AryaVaidya Pharmacy led to the creation of the MedVaidya training program in Ayurveda Medicine which is the first such program of its kind in Europe.

In 2016 the Indian government recognised the Swiss regulatory model – on which we were working since 2005 - for the globalisation of Ayurveda and a new collaboration has been established with the central government to further the process. In this context our Foundation, ISA, has in 2016/17 been given centre stage in major international events such as World Ayurveda Congress and International Conference of National Institute of Ayurveda Jaipur. I am privileged in having received in February 2017 the





Pandit Shive Sharma Oration & Award – given for the first time to a woman and a to foreigner – by the Indian Association for the Study of Traditional Asian Medicine (IASTAM) at Benares Hindustan University.

Since 2008, I incrementally shifted my life to India in order to follow our MedVaidya students and to work on new projects.

What aspect of Ayurveda is most popular at your centre?

In our academy the Ayurveda Medicine training program is currently our most attractive offer.

In the clinic we have patients who are looking for alternative treatment for established diseases, others who wish to restore minor to medium disorders and maintain health through adequate change in their lifestyle and food habits and some who are looking for manual treatments for wellbeing. The latter are a minority whereas the former two are equally important.

Finally, what is your vision for Ayurveda in Switzerland 10 years from now?

In 10 years we will have well trained professionals practicing Ayurveda in the Swiss public health system. A first generation of teachers will be able to help transmit Ayurveda Medicine in Switzerland and take care of the therapy training courses. All useful medicines will be available on the market and consultations as well as therapeutic products will be reimbursed. Switzerland will have set up a centre of excellence for Europe in therapy and professional training that would collaborate with a global reference centre in India for the spread of the Swiss regulatory model for the globalisation of Ayurveda as a medical system.

Dr. Simone Hunziker

Founding President of Indo-Swiss Ayurveda Foundation since 2013

Managing and medical director of SAMA-Swiss Ayurvedic Medical Academy since 2003

Member of the Steering Committee of the International Ayurveda Alliance initiated by AYUSH Ministry / since 2017

Past-President of the Swiss Professional Association of Ayurveda medical Practitioners and Therapists / 2009-14

Member of the Steering Committee created by AYUSH for the International Working Groups on Ayurveda / 2009-10

Dr Simone Hunziker, a Swiss medical doctor, was ever driven by the vision of sustainable global health for future generations. She thus trained and pioneered also in naturopathy, homeopathy and Jungian psychotherapy but Ayurveda brought about her resilience. In 2001 she decided to dedicate her life to the global spread of Ayurveda as a medical system by creating the model for its globalisation in Switzerland - known for its high standards in medicine and education, as a global trend setter and home to European pharma industry.

In 2003 she founded SAMA-Swiss Ayurvedic Medical Academy and involved in professional politics, first at the national level and then internationally, up to the Indian government and incrementally shifted her life to India. Her actions have contributed to decisive



breakthroughs: in 2009 and 2010 the Indian government held in New Delhi the first international meetings with Ayurveda delegates. A dialogue was established, standards were discussed and WHO published the guidelines for professional training in Ayurveda by 2010. The first global online data-base on scientific Ayurveda research came to be in 2011. Under her Presidency the Swiss professional association for Ayurveda (ASMTA) successfully regulated Ayurveda in two new government recognised professions.

In 2013 she created the Indo-Swiss Ayurveda Foundation (ISA) for the global promotion of Ayurveda, with eminent personalities from India and Switzerland. By 2015 ISA launched a unique training program she had designed in Ayurvedic medicine for international students according to WHO and Swiss regulatory directives. In 2016 the Government of India recognised the Swiss regulatory model for the spread of Ayurveda.

She had received the Faculty Award from Lausanne University for her medical dissertation in 1992, was nominated in 2009 steering committee member by AYUSH for the International Working Groups on Ayurveda and in 2016 received lifetime honorary membership at ASMTA in Switzerland and in India felicitations plus memento from Andhra Pradesh Chief Minister Sri Nara Chandrababu Naidu, in February 2017 she received the Pandit Shive Sharma Oration & Award by the Indian Association for the Study of Traditional Asian Medicine (IASTAM).

How to give an Ayurvedic bath for your baby

Giving your baby a bath is not just a time for cleansing but also a time for bonding with your tiny tot. It is a time for us to talk to our baby and see them responding back with smiles and gurgles. It is also always cute to see them in bath tubs enjoying their play with water. This article is all about giving bath to your tiny tots in the authentic Ayurveda style. I myself practice this for my little one and touchwood she has never had any skin issues or health problems since birth.

Your first baby is very special to you since you learn most of the parenting through trial and error method from him or her. Most often new mothers are sceptical about how they should bathe their new born. Bathing, thus is an auspicious occasion and Ayurveda has very specific details on how to bathe your baby so as to get the best results.

Ayurveda says a new born should be given bath in the early hours of morning. Generally, luke warm water can be used for baby bath. As per the traditional practice, boiled water is not used for bath instead water warmed by sunlight with the help of the sun's rays should be used for bathing the baby. But this is often difficult to be practiced everywhere and in every season. So, as a general rule - use moderately hot water for giving bath to your baby.

Oil Massage

Oil massage is one of the must-do things for babies. As per Ayurveda, this is recommended for a healthy child regardless of age. The selection of Ayurvedic oil depends largely on the individual skin tone of the baby, overall built, general health etc. One of the best oil that can be used to massage your child is 'Nalpamaradi Keram'. This is an Ayurvedic medicine that is used as an oil to massage babies so as to relieve any minor skin conditions and to improve fairness and complexion of skin. This is achieved since this oil contains turmeric and sandalwood. This should be used only after testing it on a small area of the

baby's skin. It is very rare that any kind of herbal oils can produce allergic skin reactions.

Virgin coconut oil is also an ideal option for giving a baby massage. Ayurvedically speaking, coconut oil is a coolant and is very beneficial for moisturizing the skin.

For application on the baby's head, virgin coconut oil is ideal. This can be applied by first pouring the oil into your palm and then gently massaging the head with the same palm. The massage should be gentle and too much pressure should be avoided at all costs. Also, make sure that the oil has no contact with eyes as this might cause irritation and discomfort to the baby. Generously apply oil on head, ear pinna and toes first and then, to the other parts of the body.

Ideally, 10 – 15 minutes' gap between oil massage and bathing is good for babies. If you live in a cold area, or during winter, it makes sense to heat the oil to 40 degree Celsius before using for massage.

Do not leave the baby alone after applying oil. Make sure you sit with them and keep talking or singing to them, so that they will be happy rather than cranky while taking bath.

After 10-15 minutes, you can wash the oil off with mild baby soap or herbal powder. Herbal powder used to clean the baby can be prepared at home using some traditional Ayurvedic drugs.

A close-up photograph of a baby crawling on a white, textured towel. The baby is looking towards the camera with a slight smile. The background is softly blurred, showing parts of an adult's arms and hands supporting the baby.

Herbal bath powder for babies

Ingredients:

Green Gram – 2 cups,

Rose petals – 2 cups,

Ashoka Flowers (Saraca Ashoka) – 1 cup

Method of preparation – The above ingredients should be taken in a plate and dried for three days by keeping it outside to be dried with the help of sunlight. After drying, powder it in a blender. Finally, sieve and keep in an air tight container.

While bathing baby, this powder should be used instead of soap. This makes the baby skin soft and moist. Also, it is important to get rid of the oil from the body and head of the baby while bathing, or else they may catch cold.

After bath, a clean cotton towel can be used to dry their body. Don't rub the body of the baby with the towel, instead dry the baby's body by gently patting with towel until the skin is dry.

Feeding after baby bath is highly advisable. Make sure not to feed the baby before giving an oil massage. That can cause indigestion or vomiting. An ideal gap of 30-45 minutes is needed between massaging and feeding.

These are traditional Ayurvedic methods for giving bath to your baby. Ayurveda is called life science since it covers every minute detail of our day to day life. Though simple, this might be very useful for new moms.



Dr. ARYA KRISHNA (BAMS)

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NEEM AND ITS BEAUTY WONDERS

*The concept of beauty and cosmetics is as ancient as mankind and civilization. Women are obsessed with looking beautiful. So, they use various beauty products that have herbs that will help them look charming and young. Indian herbs and its significance are popular worldwide. Herbal cosmetics have growing demand in the world market and are an invaluable gift of nature. Herbal formulations have always attracted considerable attention because of their good activity and comparatively less or no side effects compared with synthetic drugs. Herbs and spices have been used in maintaining and enhancing human beauty since time immemorial. Through this article, **Dr. Madhavi H. Rabadia**, explains about the different uses of the Neem tree as a beauty product.*

Indian women have for long used herbs such as Sandalwood and Turmeric for skin care; Henna to colour the hair, palms and soles; and natural oils to perfume their bodies. Not too long ago, elaborate herbal beauty treatments were carried out in the royal palaces of India to heighten sensual appeal and maintain general hygiene.

Considering its ancient importance, the demand for herbal medicines is increasing rapidly due to their lack of side effects and ingredients that are purely natural. The content in these herbal cosmetics are devoid of all side effects and instead enrich the body with nutrients and other useful minerals.

It is understood that Neem is a natural ingredient that is used in Ayurveda, Unani, Homeopathy, and modern medicine for the treatment of many infectious, metabolic or cancer diseases.

Indian mythology has several stories that talk about how Neem was considered as a sacred tree blessed with the ability to heal all diseases. The most common story tells of the time when God Indra, the king of the celestials, was returning to heaven with a golden pot filled with Ambrosia he had taken from the demons. Some of the precious Ambrosia

spilled from the pot and landed on the Neem tree thereby making these trees blessed with miraculous healing properties for all eternity.

The first indication that Neem was being used as a medical treatment was about 4500 years ago. This was the high point of the Indian Harappa culture, one of the great civilisation of the ancient world. Excavations at Harappa and Mohenjo-Daro in north-western and western India that date to that period found several therapeutic compounds, including Neem leaves, gathered in the ruins.

Among the most ancient surviving documents on Ayurveda that have been translated are the Charaka Samhita (approximately 500 BC) and Shushruta Samhita (approximately 300 AD). In these ancient texts Neem is mentioned almost 100 times for treating a wide range of diseases and symptoms, most of which continue to vex humanity.

The sarira sthana recommends that newborn infants should be anointed with herbs and oil, laid on a silken sheet and fanned with a branch of a Neem tree and Amla leaves. As the child grew it was given small doses of Neem oil and when ill was bathed with Neem tea so as to heal cuts, rashes and lesions.

Neem, thus is a natural insecticide and the leaf and seed extracts are applied topically to treat infestations of lice, a common use in Europe. It is widely used as a treatment for skin disease, inflammation, gingivitis (gum disease), cancer, fevers, malaria, diabetes, controlling gastric hyperacidity and as a spermicide.

Beauty Aids

Bath powders - Neem leaves, Herbs and mineral salts

Bar soaps - Neem and other vegetable oils with caustic soda and fillers, colours and perfume.

Shampoos - Neem extract in a shampoo base.

Toothpastes -Neem extract in water, alcohol and flavours.

Creams - Neem oil in various cream and ointment bases.

Face packs - finely powdered Neem leaf and bark.

Powders - Neem powder with talc and tulsi

Blood purifier - Decoction of Neem and other bitter herbs.

Neem leaves are easy to obtain and can be used to aid beauty and skin care.

Neem Oil Beauty Benefits

Neem oil has been used for thousands of years for its rich healing powers. Neem has served as the cornerstone of Ayurvedic medicine, and Ayurvedic practitioners estimate that a full 75 percent of Ayurvedic remedies contain Neem in some capacity. Though commonly used

today in India, it has remained a lesser known natural ingredient around the rest of the world, at least until now. Neem is making an exciting transition to seek reliable organic skincare solutions that utilise powerful holistic ingredients.

Moisturizes Skin:

The leaves moisturise the skin keeping it soft and supple. They are effective for lightening scars and pigmentation caused by acne and scabies. If you have pimples on your face, apply the Neem leaf decoction. This can even be used to treat minor wounds. To cure any kind of skin infection, mix Turmeric with Neem paste and apply it on your body. Do this regularly for 3 months.

Heals Scars:

Neem paste heals scar tissues, help in the removal of scars left by acne, pimples, burns, and wounds. To reduce the appearance of your scars, mix a pinch of Turmeric to your Neem powder and make a paste of the mixture. Apply this mixture to your scars. You'll see the difference with regular usage.

Fights Acne:

Neem leaf paste for skin not only treats acne scars but also treats existing acne. It also prevents new acne and pimples from breaking out. To fight acne, take some fresh Neem leaves and some fresh Tulsi (basil) leaves and grind them together with a little rosewater. Apply the paste on your face and body (if you suffer from body acne) and





leave it until it is dry and then wash with cold water. Both the herbs have anti-bacterial properties and thus is very effective in treating acne.

Boil a cup of Neem leaves in water till the leaves are soft and discoloured and the water turns green. Strain and store in a bottle. Add some water in your regular bathing water to get rid of acne, infection and body odour. A Neem face pack grinding a few Neem leaves with some water work best to treat the pimple and acne problems.

Treats Pigmentation:

If you suffer from pigmentation and depigmentation issues, try this face pack. Add some gram flour to your Neem powder and prepare a paste with lemon. Apply liberally over your face and body and wash it off after 15 minutes.

Oil-control:

Some good news for oily-skin beauties – Neem helps in controlling excess oil production. Prepare a paste of Neem leaves, yogurt and lemon and apply it on your face. Wash away after 20 minutes.

Exfoliation:

Neem leaves are good exfoliators. They help in the removal of dead skin cells. Add some ground orange peel powder to the Neem leaf paste and mix in a few drops of Olive oil. Use this mixture as a gentle exfoliator and leave it for 15 minutes after scrubbing. Wash away with lukewarm water. This helps in the removal of blackheads and whiteheads.

Clear and Glowing Skin:

Take some Neem leaves and rose petals. Now, grind them with a little rosewater. Apply this paste and let it dry on your skin. Then remove the paste with water. You'll get smooth, soft and clear skin along with a glowing complexion.

Anti-ageing:

Neem slows down the ageing process of your skin as it has regenerative properties. Mix some sandalwood powder in to Neem paste and apply it on your skin. It soothes, cools and keeps all age-related skin issues away.

Dry Skin:

As mentioned above, Neem oil is easily absorbed into the skin, but without making it greasy. So it's a great, natural moisturiser, filled with the goodness of Vitamin E.

Skin Toning:

Neem leaves for skin can also be used as a toner. Just dip a cotton ball in boiled Neem water and wipe your face with it overnight. This will clear acne, scars, pigmentation and black heads. This potion can also be used as a hair rinse to treat dandruff and excessive hair fall.

You can also prepare a face pack using Neem leaves. Boil Neem leaves with small segments of orange peel in a little water. Add little yoghurt, honey and milk to form a smooth paste. Apply this to your face and wash off when it dries. This will clear acne and break outs, white heads and even reduce the appearance of pores.

Benefits of Neem Leaves in Water:

Neem leaves boiled in water provide numerous health benefits. Its application provides gentle and very effective relief from ailments.

For injuries:

A burn injury can be healed faster with the usage of Neem water. The application of Neem water on the burnt surface helps to recover the skin faster and also protects against allergy and infection on the infected area.

Chicken pox:

Post chicken pox treatment, a patient is always advised to take a bath with Neem water to soothe the patient's skin and prevent additional spreading of the infection.

Eyewash:

Boil fresh Neem leaves in water for about ten minutes and let it cool completely. Use this water as an eye wash during conjunctivitis and irritation of the eyes.

To treat sore throat and tired foot:

Gargling with Neem water provides relief to sore throat and soaking the feet in warm Neem water provides relief to the foot ache.

Hair:

Weekly application of Neem oil can result in healthier scalp and healthy hair.

1. Massage the oil well into the scalp and leave it overnight or apply it prior to washing.
2. When using Neem oil, dilute it with some other carrier oils like almond oil or coconut oil as Neem is a very strong oil and has a strong smell which people with sensitive noses might find difficult to tolerate.
3. Apart from the odour, the concentrated nature of Neem oil may cause reactions to people with sensitive skin.

Dandruff Treatment:

Neem oil is a natural cure for dandruff and dry scalp. Many dandruff shampoos utilise Neem oil

and regular usage can prevent the incidence of dandruff.

1. It improves scalp health and maintains the scalp's pH level. As a result, dandruff is treated.
2. Neem shampoo is the most convenient way to prevent other scalp ailments like itchiness and psoriasis.
3. Regular application of the oil can also help to resolve thinning issue as the oil promotes hair growth and strengthens hair from the roots.

Treat Frizzy Hair:

Neem oil can also be used to condition rough and frizzy hair.

1. Add a few drops of oil to the shampoo and then apply the shampoo on your hair and leave it for a while.
2. The hair will retain a nice shine once the hair gets dried.
3. It makes an ultimate hair moisturizing product making hair smooth and hydrated.

Treat Head Lice:

Neem oil is a safe way to remove lice from the head. Other chemical products to remove lice can lead to several undesired effects on the scalp.

1. Leave Neem oil overnight and then comb with a nit comb to remove lice.
2. Neem oil does not have any adverse effects and there is no allergic reaction too.

Promotes Hair Growth:

Neem hair oil is also known for its ability to increase hair growth.

1. It can be used to counter the effects of hair thinning due various reasons including stress, medication, pollution and more.
2. It promotes hair growth and improves the quality of your hair at the same time.

Removes Splits:

Split ends result in stunted hair growth. They also make hair bushy and unmanageable.





1. Neem seed oil offers deep moisturisation.
2. It repairs damaged hair cuticles and hence makes hair manageable.

Neem Oil's Powerful Healing Abilities

The Neem is an evergreen tree native to India, and its fruits and seeds contain bitter Neem oil that is rich in nutrients and antioxidants, including essential fatty acids, triglycerides, vitamin E and calcium. With properties ranging from antibacterial and anti-fungal to anti-inflammatory and antiviral, Neem oil beauty benefits have incredible value for diverse skin-care needs. Since its fatty acids and Vitamin E helps the skin easily absorb Neem oil, its powerful properties can rejuvenate the skin, attack free radicals, and promote soft and supple skin without leaving any greasy residue.

Furthermore, Neem is proven to stimulate collagen production in the skin, which is vital to fighting signs of aging and restoring elasticity and smoothness to the skin. If that

wasn't enough, Neem also serves as a natural remedy for eczema symptoms like red, dry, and itchy skin since it is so soothing. The same anti-inflammatory compounds that make Neem valuable for eczema relief also help Neem oil fight acne, as it can soothe irritation and prevent breakouts.

Neem's Entry into the Organic Beauty Care Market

According to a P&S Market Research, "With the growing awareness among people towards the harmful effects of chemical based cosmetics on skin, hair, and other body parts, the significance of Neem based products have risen to considerable extent. Neem oil beauty benefits are well known in Asia-Pacific and its awareness is percolating to other parts of the globe. With the passage of time, the western countries are increasingly turning toward herbal products for personal care."

Consumers are learning to become savvier and more aware as they make

personal care product purchases, and this new found desire for natural and nontoxic ingredients is the perfect invitation for Neem to grow as a popular and highly sought after ingredient. Neem oil beauty benefits and its strong history in Ayurvedic medicine immediately lends Neem a sense of credibility with consumers. It is the perfect time for beauty and personal care companies to capitalise on Neem oil as the newest and most reliable natural ingredient.



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AMALAKI

GIFT OF MOTHER NATURE

Wellness or healthy life is a need of each and every person in this world. Ayurveda is the only branch which provides various detailed treatments to achieve best health and also to maintain healthy status. A special branch of Ayurveda called Rasayana therapy is especially dedicated to prevent the body from any disease. Not only that, it also helps to keep the body young and healthy for a very long time.



In Rasayana therapy, multiple tools and treatments are practised including specific diet and regimen. Ayurveda, specifies some food preparations and natural fruits which are very easily available all over the globe. Some of these fruits and food items has a very potent Rasayana effect. One of such kind of fruit is AMALAKI.

Amalaki can truly be called as an amazing gift from Mother Nature to humans. It is also known as Indian gooseberry. Its scientific or Latin name is *Embilica officinalis* which belongs to the family Euphorbiaceae.

Ayurveda states that this fruit should be consumed daily for a healthy body. The best thing about this fruit is that, it can be consumed fresh, dried or powdered. In any of the above said form, it is definite to show its magical effect on the body.

Amalaki shows its beneficial effect on almost all physiological systems of the human body. Nutritional analysis of Amalaki fruit is shown below:-

Major Nutrients	
Nutrient	Value per 100 g
Total calories	48
Total fat	0.5 g
Protein	1 g
Total carbohydrate	10 g
Water	86 g

Amalaki can also be used as a drug in daily diet, as a medicinal drug, nutritive supplement and also in the form of a sweet dish (Amalamurabba – an Indian traditional sweet). These diverse uses of Amalaki make it a more consumable food item.

What Ayurveda says about Amalaki health benefits???

Below is a list of uses of Amalaki mentioned in Ayurveda;

- It helps to maintain natural balance of Tridosha (Vata, Pitta, Kapha) of the body.



- The powder of Amalaki fruit is mixed with water and used externally in burning sensation.
- Also the same paste is very much beneficial for any sort of Hair problems.
- Water treated with Amalaki is used to wash eyes. Prolonged application will help to improve eyesight and overall performance of eyes.
- Amalaki powder, if consumed daily, will surely improve the intellectual power. Also it strengthens the process of neurotransmission in the body.
- It is also mentioned that persistent consumption of the powder will expand the ability of all indriyas (eyesight, ears, skin, tongue, nose, etc.) present in the human body.
- Amalaki fruits have shown miraculous effect on the digestive system. As it enhances appetite, along with eliminating the gastric trouble.
- Though it has a sour (slightly acidic) taste, it diminishes hyperacidity in the stomach.
- Along with the above effects on the stomach, it gives strength to the most important organ – Liver. It improves the Hepatic functionality and also recent studies have shown that it slows down the degeneration of fibrous Liver.
- Further this phenomenal fruit executes cardio-tonic effect also. Thus, it can be administered to cardiac patients without any distress!
- In consort with showing its effect on Liver, Amalaki shows blood purifying effect to a great extent.
- The powder of Amalaki is soaked in water for 24 hours. And then this water is used for washing the vagina – this will help tighten the vagina.
- Its internal administration with cow's milk at night will increase the quality and quantity of semen in men.
- Amalaki fruits purify blood, also solve skin problems like Leucorrhea, Itching, rashes, etc.
- It is also beneficial during fever.

- In spite of showing all the above mentioned effects, its benefit extends to the Urinary system also. It shows diuretic effect and thus it is used in anuria, burning micturition and also in other urinary troubles.

- This magical fruit is used in headache or Migrane.
- It helps to maintain skin colour and complexion.
- Further, it is good for vertigo and indebilty.
- Amalaki powder along with Yashtimadhu is used in Cough problems.
- Amalaki reduces blood sugar level, hence it should be given to diabetic patients.
- Amalaki contains good amount of anti-oxidants. This will show anti-ageing effect.
- Insomnia can also be treated with Amalaki containing medicines.
- Amalaki fruit along with curd helps in the treatment of bleeding piles.
- Amalaki juice with misri (sugar candy) will help in relieving vomiting and hiccough problems.

Recent found actions of Amalaki:

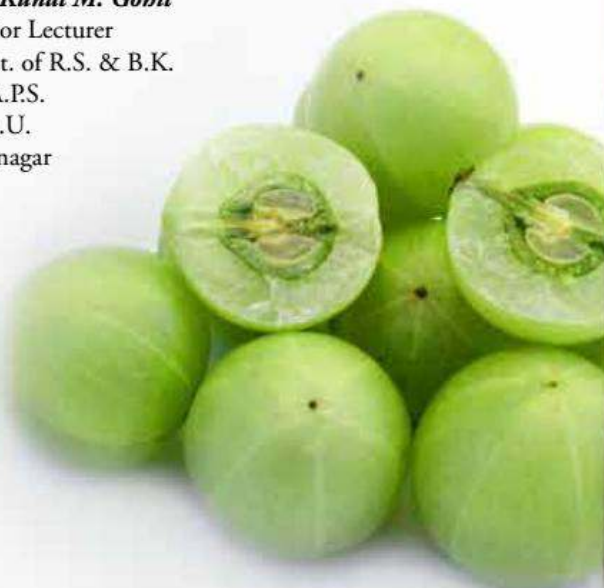
- It is an excellent source of Vitamin C.
- It supports food absorption.
- One of the less discussed benefits of Amla is how it helps the body absorb calcium in a positive way. Calcium is an essential component of our bones, teeth, and nails, and also ensures that we have beautiful lustrous hair.
- Some of the minerals and vitamins in Alma combine to make it very useful in the treatment of menstrual cramps. Since it takes a while for the necessary elements to accrue in the body, it is better to consume Alma on a regular basis so it is always in the system and menstrual cramps can be prevented every month for women.

- Due to its antibacterial and astringent attributes, Indian Gooseberries protect the body against infection and improves the body's immune response. They are also a very good source of vitamin C, which is famous for its impressive antioxidant abilities and its stimulation of the immune system. It increases the white blood cell count in the body, which is the main line of defense for the immune system, since white blood cells attack and eliminate foreign toxins and substances in the bloodstream and throughout the body.

Largely, Amalaki makes you look younger in old age by enhancing immune system. It cleanses toxins and hazardous chemicals from the blood or we can say body. Prolonged and daily use of Amalaki will make you feel fresh mentally, stronger physically and better physiologically. Ultimately this Miraculous...Magical... Marvelous fruit – Amalaki is having Amrit (a supernatural liquid which is said to make one immortal) like properties. Thus it can be said that Amalaki is truly treasurable gift from Mother Nature.



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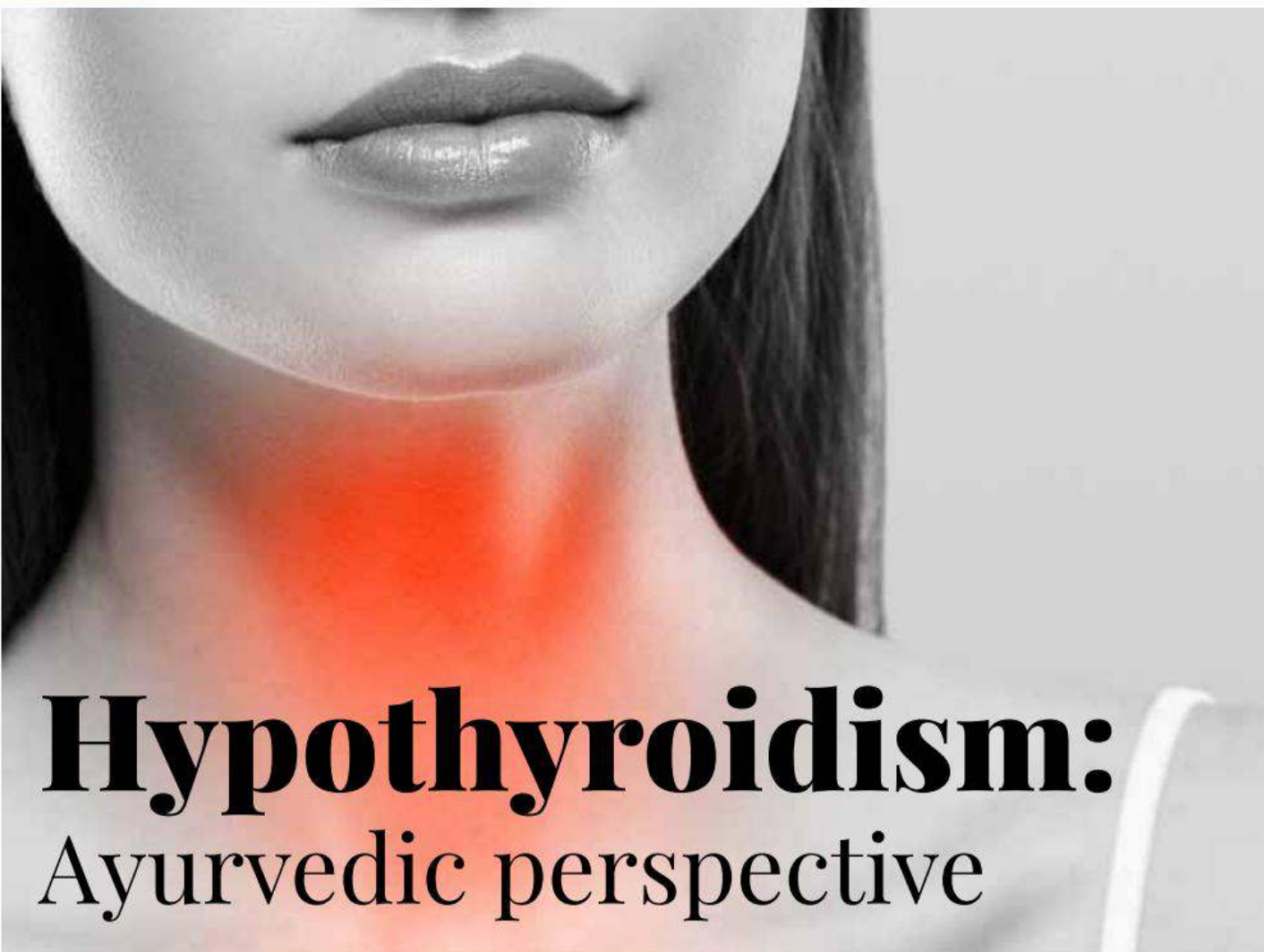
Tips to Overcome Monsoon Maladies

The monsoons are a welcome change from the sweltering summer heat, but they bring some very unwelcome guests which must be avoided at all costs. Read on about overall health tips for rainy season which can make the weather even more enjoyable.

- 1. Follow a healthy diet.** This is the season where the body and especially the digestive system are most prone to infections. Diseases in the rainy season are mostly water-borne so make sure you only drink water that is filtered or boiled. It is also important to maintain a healthy diet in rainy season, which means that your favourite chaat, juices, golas, kulfis and other street food are off the menu. Preferably avoid raw vegetables and salads unless they are consumed at home where you can wash and clean them thoroughly.
- 2. Drink enough water, regardless of your activity levels.** Do not compensate your liquid intake with carbonated, caffeinated, and alcoholic drinks and beverages as the preservatives and sugars in them act as diuretics. Herbal teas with antibacterial properties are a good idea.
- 3. Avoid walking in the rain.** As much as it is tempting, walking in rain water makes you prone to a host of viral diseases such as leptospirosis and can also cause numerous fungal infections at the feet and nails. So if your feet get wet, dry them immediately and do not stay in wet socks or shoes. Diabetics especially must take extra care and avoid walking barefoot as the ground is rife with all kinds of germs. If your clothes get wet, do not sit in an AC environment or change them immediately. Keeping an extra pair of clothes and footwear in the office is a good idea.
- 4. Keep clear of damp indoors:** Damp walls are home to fungus growth and an absolute no-no if you suffer from asthma or any other breathing problems.
- 5. Don't leave home without a mosquito repellent.** Accumulated water is a breeding ground for insects and the monsoons are party time for malaria. Always wear or carry a mosquito repellent. The over cautious can take a dose of anti-malaria drugs.
- 6. Bathe twice a day.** A shower as soon as you reach home in the evening will insulate you against infections caused by the build-up of sweat and dirt due to humidity. Take Vitamin C to boost your immunity.
- 7. Avoid touching your eyes:** Eye infections like conjunctivitis, stye, dry eyes and corneal ulcers are common during the monsoons. This can lead to blindness if ignored. Refrain from touching eyes especially with dirty hands. Those who spend long hours in front of a screen – television or computer – may also experience redness, itching or irritation. Consult a doctor immediately.


Source: www.rewardme.in





Hypothyroidism: Ayurvedic perspective

*Ayurveda is not merely a medical system but it is a complete lifestyle protocol. It prescribes the guidelines for every stage of life from birth to death. Ayurveda lays down the fundamental principles for all the present and future diseases. Diseases like hypothyroidism are not described as it is in the ancient texts; however their understanding and management is done on the basis of principles laid down in the classics. In Charaka Samhita, an ancient text on Ayurveda, there is a separate chapter where eight types of condemned personalities are described like obese-lean, over black-albinism, over tall-dwarfism, hirsute-hair less body which are results of hormonal imbalance. Through this article **Prof. M. S. Baghel** explains to us how ayurvedic physicians manage hypothyroidism successfully.*



Hypothyroidism is the common health problem worldwide with about 4-5% prevalence in Asian countries. It is a pathological state of reduced thyroid hormone synthesis and secretion. Hypothyroidism during pregnancy and infant period can seriously affect the growth and development of body and brain in children.

In modern medicine the underlying cause of hypothyroidism is abnormality in thyroid gland, pituitary defects and hypothalamic dysfunctions and accordingly divided into primary, secondary and tertiary hypothyroidism respectively. Primary hypothyroidism accounts for over 95% of the total hypothyroidism and more than 90% of primary hypothyroidism is caused due to autoimmune thyroid diseases. Hypothyroidism is more common in women than men. People over the age of 60 are more commonly affected.

Worldwide, too little iodine in the diet is considered most common cause of hypothyroidism. In countries with enough iodine in the diet, the most common cause of hypothyroidism is the autoimmune condition (Hashimoto's thyroiditis). Prevention at the population

level has been with the universal salt iodization, however even after significant control of Goitre has been achieved, the number of hypothyroidism sufferers is seen to increase day by day which indicates that there are many other factors involved in causation of this disease. Though modern medicine do not give much importance to other lifestyle factors but with the concept of Ayurveda the main cause of Hypothyroidism in present day after supplementation of sufficient Iodine i.e. autoimmune factor can be explained in the light of faulty lifestyle and non-pursuance of the code of conduct to be observed by mother during pregnancy and after pregnancy (antenatal and post natal care).

Use of various packaged diet items having additives, preservatives, salts and chemicals may cause this disease. Presence of pesticides and fertilizers present in food material may also work as slow toxins in body. Use of refined oils in place of virgin oils may be the other culprit in manifestation of Hypothyroidism. Various types of mental stresses may be the other factor in causation of this disease. Genetic predisposition may be other important factor.

Hypothyroidism, can cause a wide range of sign and symptoms like tiredness, lethargy, weakness, lack of motivation, sluggish movement. It means that a person's mental ability to start the work, finish it and do it with enthusiasm is reduced. Further patient may suffer occasional poor memory, concentration, brain fog, depression, mood swings, nervousness, broken sleep, and poor hearing.

Unexplained body aches, joint pain are also found associated with this problem. Swelling of the limbs, swelling on face, non-pitting oedema of ankle, increase in the body weight and Myxedema (mucopolysaccharide deposits in the skin) are some of the main complaints of this disease. Skin becomes cold/sore/scaly, eye brows become sparse, especially outer end and hairs becomes dry/coarse/brittle, falling of hair is also reported widely. Intolerance to cold/heat/sweating/low body temperature, feeling cold, cool hand and feet, tingling/ numbness in extremities are also reported widely by patients.

Constipation, loss of appetite and abnormal sensation in abdomen are some other common symptoms. Premenstrual tension and /or heavy menstrual periods (and later light periods) are also important signs of hypothyroidism. Hypothyroidism may also result in infertility. Hashimoto's thyroiditis may present with a goiter (enlarged thyroid gland).

Modern management is by hormone replacement in the form of thyroxin. Since 2008, consensus American and British opinion has been that in general people with TSH under 10 mIU/l do not require treatment.

In various studies published during 1990 and 2002 it is reported that management of Hypothyroidism is in bad shape and on an average 18% patients either receive inadequate management or excessive dose of this therapy. In the cases of preclinical hypothyroidism there is always

a dilemma on whether to start with thyroxin therapy or not and in most of the cases to keep taking the drug for lifelong without any assessment. Patients satisfaction with therapy decrease with the increase in the age and patients above 30 year are always dissatisfied with modern therapy due to non-improvement in the quality of life with the thyroxin therapy.

The thyroxin therapy has many unwanted effects like - lifelong therapy and even with the treatment sub-optimal control is there and though the TSH level is within control even then many symptoms of hypothyroidism persist and quality of life deteriorates. Therapy also produces long term side effects and safety during pregnancy is also a major issue. Due to these reasons people turn in search of alternative therapy and Ayurveda being most popular system in India nearly more than 50% patients continue to take advice from Ayurvedic Physicians with or without the knowledge of consultant physician. Many times this leads to a situation where persons are adding Ayurvedic management

i.e. drug, diet, yoga, pranayam etc without the knowledge of modern physicians which is not good for the person health.

Ayurveda considers dietetic faults, stress and genetic factor responsible for the occurrence of this disease. Health is maintained with proper digestion and assimilation of food by Agni (the digestive and metabolic entity in the body). This works at the three levels i.e. digestion and assimilation in the stomach and intestine, tissue metabolism and cellular metabolism. Agni is the main responsible factor for digestion and metabolism in the body which ultimately nourishes the tissues and builds up the immunity. Oja is the essence of the digestion process which is responsible for general strength, virility, immunity, intact sensorial working and happiness of mana (psyche). Thus the improper partial digestion power is reflected in the form of defective secretion of thyroid hormone resulting in poor tissue nourishment leading to loss of immunity (OJAS). Even the happiness is also the outcome of

proper digestion. This phenomenon leads to various physical and mental ailments leading to the poor quality of life and inadequacy of sensorial function (loss of hearing).

Hence, while considering the management of hypothyroidism the strategy is to be planned at three level:

1. Avoidance of the factors responsible the production of disease
2. Support the body to increase the digestion and metabolism at all three level and suppression of Dosha (bio-energies)
3. Replenishment of nourishment (Rasayana) to all the tissues involved in the disease process.

To avoid the things which contain chemicals, additives, pesticides etc like cold drink, stale and frozen food containing lot of chemicals like ajinomoto, oils which has been processed (refined oils), packaged food materials containing preservatives, reduce the use of free sugar in diet which either used directly or is the part of various food items used. Compliance the eating code of conduct i.e. timely eating,





eating in required quantity, eating after proper digestion of previous meals only etc.

Use of the spices and food material which help the body to restore the digestion power (Agni) like Methi (Fenugreek), Haldi (Turmeric), Coriander, Black pepper, Piper longum and cereals like barley, red rice, green gram, Kulattha are very useful. Vegetables like Amalaki, drum stick, Vastuka, Patol, Guduchi should be consumed. Reduce the use of Paneer, cheese and other heavy oily foods. Good virgin oils like coconut oil, sesame oil, mustard oil, olive oil should be used for cooking. The bread and other bakery items made of maida (fine wheat flour) should be avoided. Use of whole green gram soaked overnight in water is very useful if taken along with breakfast with ginger and fenugreek.

In condition of constipation Triphala Powder or Hareetaki Powder can be used in night with lukewarm water or other safe non habit forming laxatives can be used.

Researches done in Ayurveda institutes have reported encouraging results in the management of hypothyroidism by Panchakarma procedures, dietetics, drugs, Yoga and meditation etc. Panchakarma therapy specially Vamana (therapeutic emesis), Virechana (therapeutic purgation) and Shirovirechana (Nasal insufflations) are very effective. These therapies are reported effective in reducing or withdrawing the thyroxin doses, improving quality of life of the patients, preventing the subclinical patients to established hypothyroidism. Either all or any one can be used as per the physician advice and repeat at least twice a year may be required.

Yoga Asana like Soorya Namaskar, Shavashana, SINGHASANA, SHEERSHASANA, ARDHACHANDRASANA, MATSYASANA & Pranayama along with meditation practices have been found very useful in the management of hypothyroidism.

On researches various classical

compounds like Navaka guggulu, Kanchanar Guggulu, preparations of Shilajit, Arogyavardhini, Pippali, Jalakumbhi, Brahmi, Vidanga etc have been found effective. However these drugs should be consumed under the advice of a Physician only.

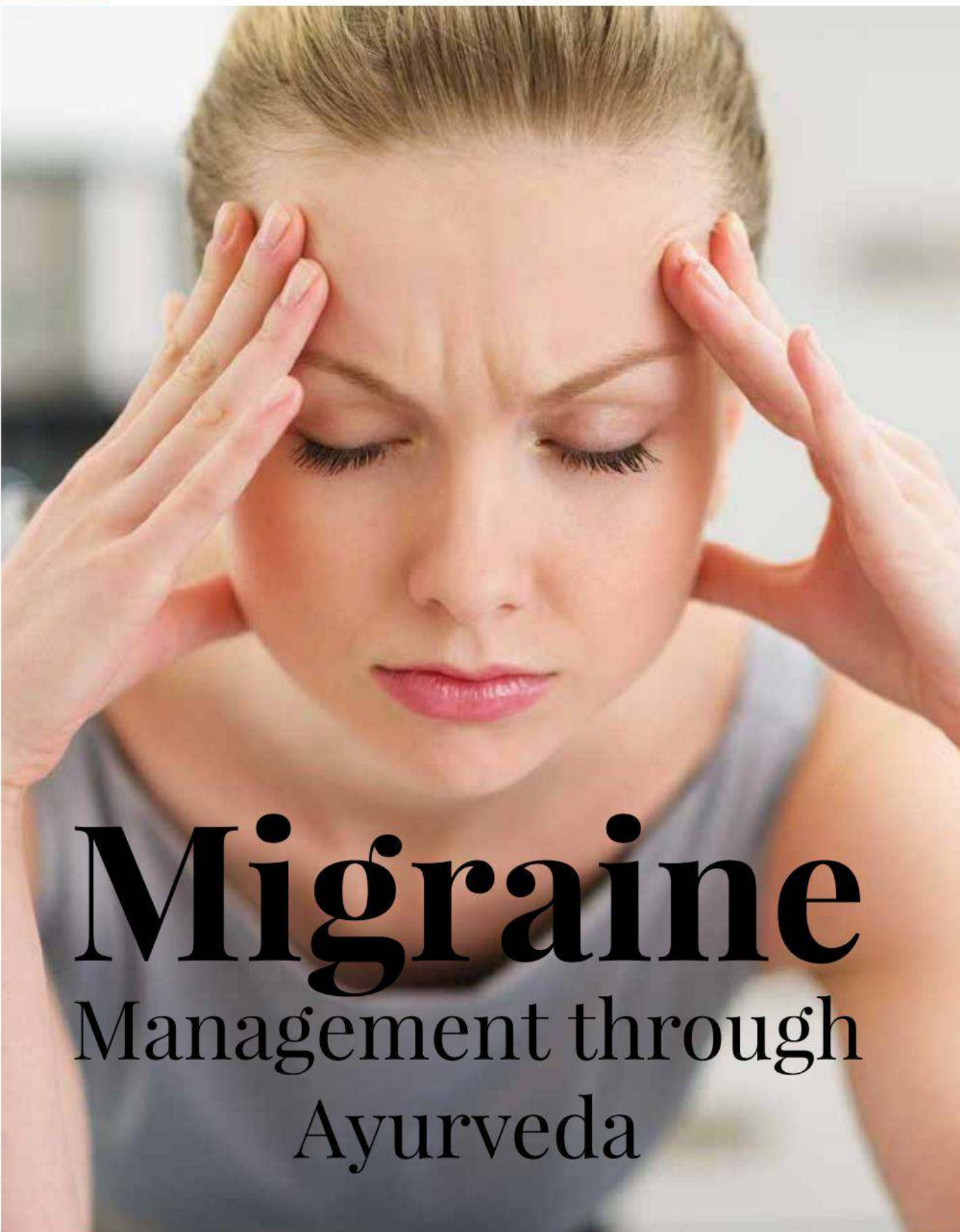
Thus the diseases like hypothyroidism can be better managed with the simple lifestyle intervention and Ayurvedic management without any complication and improved quality of life.



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A close-up photograph of a woman with light brown hair tied back, holding her hands to her temples. Her eyes are closed, and her expression is one of discomfort or pain, illustrating the experience of a migraine.

Migraine

Management through Ayurveda



*Migraine is a widespread, chronic and intermittently disabling disorder characterised by recurrent headaches with or without aura. Recent studies estimate the prevalence of migraine at about 6-8% in men and 12-15% in women. The rate of migraine varies globally, and at present there is a lack of epidemiological data available in many countries. **Dr. Bal** in this article expounds how this chronic disorder can be managed with certain Ayurvedic principles including diet and lifestyle.*

There is a lot of research done in migraine and though it is widespread it is quite complex too. Even, the pharmaceutical treatment of migraine is complex, with no agreed upon guidelines. Most individuals often need medication during acute attacks and some prophylactic measure to reduce severity of attacks. Moreover, the uncertainty regarding treatment and the need to perhaps trial patients on a variety of drugs adds to the escalating costs. Another problem is the actual overuse of such medications which causes further complications to the management of strategies. A large percentage of patients who do not respond to pharmacological interventions for migraine headache, develop unacceptable side-effects, or are reluctant to take medications. As a result many patients resort to Ayurveda treatment.

In Ayurveda, Ardhavabhedaka (literally meaning the unilateral pain) and Ananta vaata, are two situations that very much resemble the classical migraine. It is described as a separate clinical entity in the classics of Charaka and Susruta while Vagbhata included this condition in the classification of vataja- siroroga

From Ayurveda point of view, headaches are because of a problem in the balance of Tridosha viz vata, pitta and kapha dosha. When these dosha especially vata gets vitiated due to improper metabolism, mental and physical stress, sleeplessness, etc causes dryness and emaciation of the structures include blood vessels inside the head. Along with pitta and kapha dosha, vata gets lodged inside the head and the microstructures causes the disease and produces various types of symptoms. Thus, migraine is one of the worse headaches a person can experience. It is described as a throbbing or pulsating pain that can be experienced on one side of the head. It can begin in a specific area and then spread while it builds in intensity. A migraine is associated with nausea and vomiting. The person will also be sensitive to light, sounds and even certain smells. Sleeping can be difficult and many people become depressed. They can last for a couple of hours or for several days. A person that suffers with migraine headaches will most likely have recurring episodes but they usually become less painful with age. There are two main types of migraines. The most common type is the "migraine without aura" and it can be felt on one side of the head or both. This type normally causes photophobia, nausea, vomiting, fatigue and mood swing. The second type is the "migraine with aura". Aura is a neurological phenomenon that is usually visual and they happen between ten and thirty minutes before the pain begins. The person will normally experience hallucinations or wavy images and bright shimmering lights at the edge of their vision. Some people experience a temporary loss of vision

which is accompanied by dizziness, vertigo, numbness of the face, tongue and other extremities along with speech abnormalities and weakness.

Some women suffer from menstrual migraines right before their cycle begin and some will develop this condition when pregnant or after they begin menopause. They usually inherit sensitivity to the “triggers” that can cause inflammation in the nerves and blood vessels surrounding the scalp and brain. These triggers are what makes a person have the migraine for the first time and some of them include certain types of alcohol such as red wine, caffeine, over-exertion, fatigue, environment, perfume, stress and certain medications. Owing to the above problems of management, it is imperative to explore Ayurveda treatment to tackle such disease entities.

The traditional science of Ayurveda considers migraine to be caused by deep-rooted problems, including a sensitive nervous system and impaired digestion. Ayurveda believes in cleaning the body from within and eradicating the disease from its roots. This kind of treatment is known as Panchakarma. In panchakarma the most targeted things is the balancing of tridosha viz vata, pitta and kapha dosha. Ayurvedic treatment of migraine therefore is centered on the pacification of all these dosha. Some Ayurveda classical medicines as well as customized diet and lifestyle patterns helps to control migraine.

The most ideal combination for treating of migraine in Ayurveda is Virechan(induced Puragation) & Nasya karma(Nasal therapy) which is a part of panchakarma (Five fold therapy) .Panchakarma is combination of Vaman, Virechan, Vasthi, Nasyam and Rakthamokshan. A uniform Ayurveda treatment protocol which comprises of a combination of ayurvedic formulations like Narikel Lavan , Sootshekhar Rasa , Sitopaladi Churna , Rason Vati and Godanti Mishran with pathyiksha dhatrayadi kashayam is very effective in treating migraine. Nasyam with satpala churnam or sadvindu tailam is another treatment option. Head massage with ksheer bala Oil or

Balahathadi Tailam is also beneficial. This massage gives a calming effect to your nervous system.

Apart from Ayurveda therapy & medicines certain regulations on ahar & vihar(diet & habit) is very much essential.

Establishing a regular pattern of sleeping and waking is very essential. In fact, get as anal-retentive as you can about this. A regular pattern of going to bed at the same time and getting up at the same time, on weekends as well as weekdays, can do wonders. Change your lighting: Very bright lights can often trigger very migraines. Cheese, chocolate and wine may sound like the ideal ingredients for a romantic picnic, but if you are prone to migraines just avoid these. Avoid hot, spicy foods, fermented foods, white sugar, white flour products, and sour or citrus fruits, because they aggravate the Pitta in your body. Drink more water and eat more fiber, fruits and vegetables, and whole grains. Avoid excessive sugar or salt, refined foods, animal products (meats and dairy), caffeine, tea, and alcohol, as these items will further lead to aggravation of Pitta. Avoid direct exposure to the sun, as migraine headaches are predominantly a Pitta disorder and can be triggered by the hot sun.

Headaches caused due to tension and worry can be alleviated through deep breathing and relaxation, especially in a lying down position in a quiet place. Inverted postures, or those where the head is lowered briefly, increase oxygen to the brain and can reduce headache-causing strain.

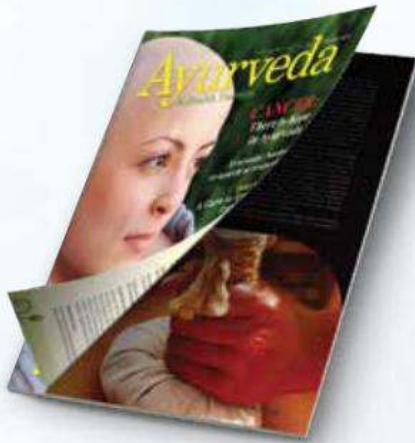


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Role of Nasya in Psychiatric Disorders

Ayurveda aims at both the preventive and curative aspects of the health as well as the disease. Ayurveda states that the balance of the doshas (Vata, Pitta and Kapha) results in health, while imbalance results in disease. In Ayurveda, any disease is based on the extent and severity of the involved doshas in the disease. Sodhana (purification) is deployed in conditions where there is high imbalance in the doshas. Among the five sodhanas, Nasya is the one capable of expelling the doshas from the oordhwanga or the head. It is the method of instilling selected medicines through the nostrils after prescribed preparatory procedures. It is a quite effective technique in Ayurveda in many a clinical conditions, affecting the body as well as mind. Through this article renowned Ayurvedic Psychiatrist, Dr Jithesh Madhavan, MD, PhD writes about the significance and the usefulness of Nasya.

Significance of Nasya

According to Ayurvedic parlance, Nasya has local, general as well as systemic action. The action of Nasya is based on two aspects – the effect of the procedure and the effect of the administered drug. Nasya, thus acts not just on the siras which is not only a core marma, but also on the seat of prana, manas as well as on the indriyas. Nasya acts by stimulating the limbic system, which is the key factor here and this is associated with emotion, memory and learning and hence used widely and effectively for all types of psychiatric conditions.

As per the study conducted by Brennan et al. the olfactory neuron is not just an ordinary neuron. This neuron is the seat of learning and remembering and

replaces every 4-8 weeks, as a part of the protective mechanism. Hence a lot of sinuses drain to the nasal cavity, the instillation of Nasya after proper sweda is capable of cleansing the pathway, to get rid of the morbid doshas.

At the clinical level, Nasya can be classified into three types – Brimhana Nasya to pacify the Vatha and also to enhance the dhatus, Samana Nasya to restore the equilibrium of the doshas and also in minor dosha and the Sodhana Nasya to eliminate the aggravated doshas. The drug varies according to the condition.

In Ayurveda, a special dosage system is mentioned called “Bindu” which ranges from 0.25 – 0.5 ml approximately. This varies slightly according to the viscosity of the drug used. The selected drug is used after assessing the various clinical parameters of the individual and it is advised to be used upto 10 Bindus, on an uninterrupted method of instillation. Sweda should be done before and after the instillation process. The course of Nasya is performed upto Vyadhi Samana or the control of the disease or till the Samyak Lakshanas observed as mentioned in the classics.

Nasya in Psychiatric disorders

In its approach towards any Psychiatric disorder, Nasya has a major role in the management of psychiatric disorders. This is performed in the initial stages of the disease and also after performing the bodily sodhana after snehapana and sweda, on a conditional basis. It is also capable of making changes in the OP level management of certain conditions. Nasya thus acts on the sareerika as well as manasika level and is capable of modifying the physical and psychological symptoms in case of psychiatric disorders.

In conditions like Schizophrenia, where the pathology is far more deep rooted, Nasya is done usually after performing the appropriate snehapana, sweda and either vamana or virechana. If the symptom continues to persist, we need to opt

for the next level of Nasya. If the symptoms are much heavier, with vathika dominance, the option is tailas such as Sahacharadi taila etc. if it is of pitta dominance combinations like tiktaka gritha, gritha manda and in Kaphaja dominance, Vilwadi gulika, hinguadi yoga, rasnadi choorna etc. are used. The Kapha samana nasya is also ideal in the negative symptoms of Schizophrenia such as emotional non-responsiveness, defective social activity, speech etc.

In the management of early stages of depression, Nasya with Vatha samana tailas like sahacharadi, Dhanwantara etc. are effective but in moderate level and in severe presentations, much more Kaphahara drugs mentioned above are worthy and useful. In the management of anxiety and related disorders, Nasya which is Brimhana is much more in the use with a positive response. Here, Ksheerabala taila or grithas such as Kalyanaka are being used for the purpose of nasya.

Nasya is also highly effective in the management of alcohol withdrawal and the associated symptoms. Here Brimhana Nasya with Vathapitta samana drugs such as Ksheerabala taila or Dhatryadi gritha is ideal and effective. It is highly potent in managing the sleep and its associated problems along with the auditory as well as visual hallucinations, reported in individuals who suddenly withdraw from alcohol. Nasya with selected combinations as per the clinical diagnosis is very much effective in child psychiatric conditions such as Attention Deficit Hyperactivity Disorder, Mental Retardation, delayed scholastic skills etc.

Conclusion

Nasya, the sodhana procedure for the head, mentioned in Ayurveda has a very high level of efficacy in both the diseases of the body as well as the mind. It can also be administered for cure of the diseases at a lower dose and is quite effective and can be performed at the OP level itself. Nasya is one of the most effective weapons of an Ayurveda psychiatrist. It is quite effective also in managing the disorders of sleep associated with psychiatric disorders. The mode of action of the performed Nasya can be explained at several levels

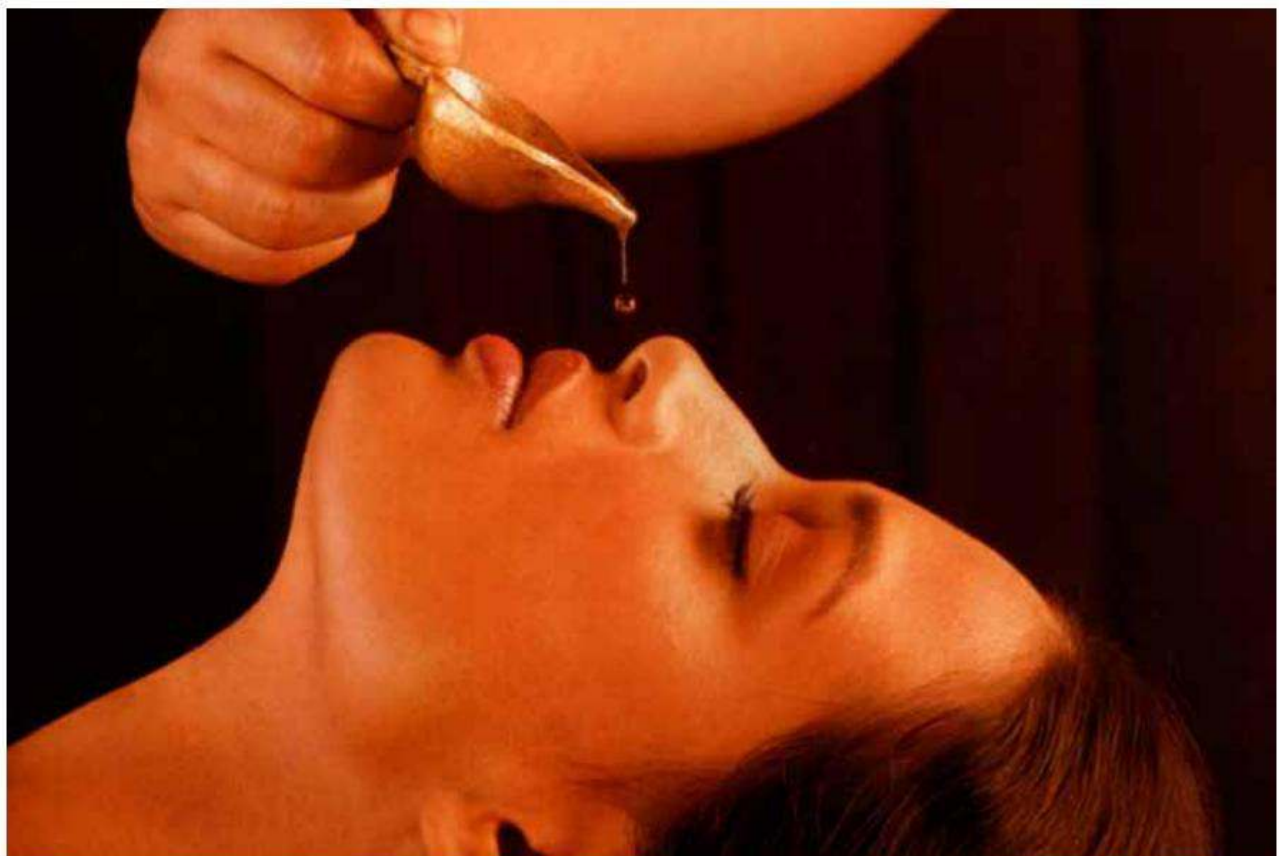
- It clears the channels and removes the congestion of the head
- It stimulates the vital centers of the head
- It corrects the neuro-vascular anomalies
- The drug is capable of nourishing the tissues
- Ultimately, it cures the diseases of the Siras or head, as well as the body.

Nasya if performed in a most scientific manner is capable of performing wonders and is highly useful for the affected mankind.



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Hold your horses

There is a call to get back to nature

The cavalry commander leads a company of horses and their rider-soldiers for a campaign when all at once he alerts them against some danger, and he shouts, Hold your horses, meaning Halt.

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



A hand in a white sleeve reaches out from the left side of the frame towards a blurred green field. The background is a soft-focus landscape of green grass and foliage under a bright sky.

I have used the headline like this to alert the frazzled people, worn out and hassled, to come out of their fiendish cocoon of all burdens, and find solace in the bosom of Mother Nature.

William Wordsworth had held nature dear to his heart as the 'guide, guardian and soul of all my moral being', to take care of all-round well-being, physical, mental and spiritual.

Mahatma Gandhi had immense faith in natural remedies, for example, he had practised mud therapy for various ailments, in addition to meditation for securing inner peace.

The tonic of the wilderness was Henry David Thoreau's classic prescription for civilization and its discontents, offered in the 1854 essay 'Walden: Or, Life in the Woods'. Now there is scientific evidence supporting eco-therapy. The Japanese practice of forest bathing is proven to lower heart rate and blood pressure, reduce stress hormone production, boost the immune system, and improve overall feelings of well-being.

Wellness is nature's gift to fortify strength and stamina; It is bulwark against festering ailments.

When we are in harmony with nature, we will be provided with the gifts of nature, so goes the saying.

There was a time when meadow, grove, and stream,
The earth, and every common sight,
To me did seem

Apparelled in celestial light,
The glory and the freshness of a dream.

That was the insight of Wordsworth on nature saying it is mighty philosopher and seer blest.

Myriad are the ways for mortal men to rejuvenate themselves while being trapped in worries, stress, strain and depression. Take a break, go to the sea-side, walk along a stream, river and what not. Relaxation comes naturally.

Time is like a river, you cannot touch the same water twice because the flow that has passed will never pass again. Enjoy every moment of your life, which should not be wasted away ruminating on all the accumulated woes. Worrying is wasting energy on the things you can't control, leave everything in God's mighty hand.

Also one should learn from life that arrogance can unmake many things you make. One has to be confident enough to be humble.

Remember violence in thoughts is as injurious as violence in deeds.

All these points hinge on the essence of well-being, meaning wellness is actually a state of the mind and the spirit.

We know that life is endless struggling and if you stop struggling you are finished. Struggling does not mean that we should lose sight of rest and relaxation through all available means.

John Milton has described Satan this way in Paradise Lost, Hell follows him wherever he goes, Satan is actually the embodiment of Hell.

Which means our state of mind can bring us close to Hell, if we are immersed in evil thoughts and evil deeds, so stay away and ensure your wellness. The evil would be tempting us, tormenting us, but we should not succumb to thoughtless manoeuvres, for which conscious efforts should be made to keep our mind in leash, equanimity and well-being.

Have you ever thought that rearing pets of all sorts would render relief to the mind and soul? Could be a dog, a cat, a parrot, fish in a small home aquarium, or a cow or goat in the rural setting. Tending to them would be harmonious. Not only human beings, but all the sentient beings (responding to a sense of touch) return the graces offered to them.

In the hot summer, try a little bit of gardening, have a sense of satisfaction watching the gradual growth of the plants in the nursery sprouting fresh leaves each day. While watering the plants you can watch the foliage turning to your side for receiving a little more shower from your sprinkler. They also respond positively.

Treat others like you want to be treated, if someone treats you like crap, just remember that there is something wrong with them, not you. Normal people don't go around destroying other human beings. And don't waste your time trying to impress others.

Also you can render some Acts of Random Kindness (ARK) to the hapless people and observe their enjoyment, satiety. Reference: Evan Almighty starring Morgan Freeman as God Almighty.

These, along with forms of meditation, including indulgence in Yoga practice, are all meant for the mind and the spirit, but physical well-being can also be thought of, taking a cue from the age-old Ayurveda stream.

Massage, 'kayakalpa' procedure, panchakarma and the like help to remove the vitiating factors and detoxify your system. These are far advanced than in procedures provided by other alternative streams like Unani and Siddha. (these definitely have their own strengths) Ayurveda offers a state of well-being, bereft of sickness.

Those coming from abroad for wellness treatment are surely health conscious and their needs could be met by

standardizing various procedures in Ayurveda and strictly following the norms fixed by sages of yore.

A little more about forest bathing would be apt, it seems.

Forest bathing—basically just being in the presence of trees—became part of a national public health program in Japan in 1982 when the forestry ministry coined the phrase *shinrin-yoku* and promoted topiary as therapy.

Nature appreciation—picnicking en masse under the cherry blossoms, for example—is a national pastime in Japan, so forest bathing quickly took a turn for the better.

The environment's wisdom has long been evident to the culture:

Just be with trees. No hiking, no counting steps on a Fitbit. You can sit or meander, but the point is to relax rather than accomplish anything.

Forest air doesn't just feel fresher and better—inhaling phytoncides seems to actually improve immune system function, according to forest bathing literature.

From 2004 to 2012, Japanese officials spent about \$4 million dollars studying the physiological and psychological effects of forest bathing, designating 48 therapy trails based on the results.

City dwellers can benefit from the effects of trees with just a visit to the park. Brief exposure to greenery in urban environments can relieve stress levels, and experts have recommended “doses of nature” as part of treatment of attention disorders in children. What all of this evidence suggests is we don't seem to need a lot of exposure to gain from nature—but regular contact appears to improve our immune system function and our well-being.

I cannot but quote from Wordsworth's Daffodils,
watching which the poet relaxes in raptures.

*I wandered lonely as a Cloud
That floats on high o'er vales and Hills,
When all at once I saw a crowd,
A host, of golden Daffodils;*

*Beside the Lake, beneath the trees,
Fluttering and dancing in the breeze.
Continuous as the stars that shine
And twinkle on the milky way,*

*They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.*

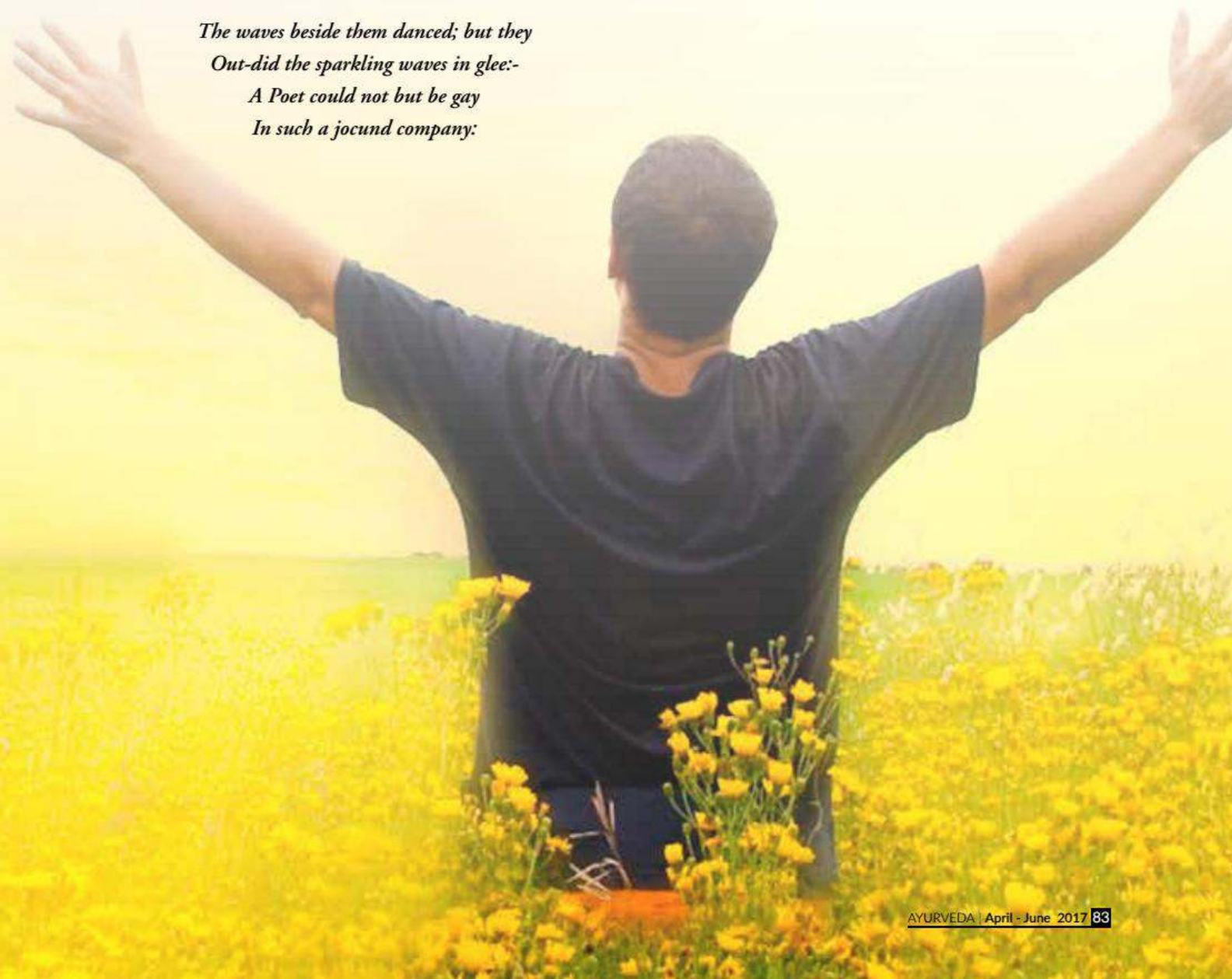
*The waves beside them danced; but they
Out-did the sparkling waves in glee:-
A Poet could not but be gay
In such a jocund company:*

*I gazed---and gazed---but little thought
What wealth the show to me had brought:
For oft when on my couch I lie
In vacant or in pensive mood,*

*They flash upon that inward eye
Which is the bliss of solitude,
And then my heart with pleasure fills,
And dances with the Daffodils.*

One can even enjoy nature's bounty in the mind's eye, far
away from actual locations. Let us all try to remain one
with nature and ensure our composure and well-being..

(ojgeorge@gmail.com)



Summer Skin Care Essentials

*It is necessary to care for the skin in all seasons, as per its needs. But, it is more important to cleanse and refresh the skin during summer since during this season the skin is known to be affected by sweat and oil deposits. Impurities and pollutants tend to adhere to oily and sweaty skin. Exposure to the sun, heat and chemical pollutants in the water and air, lead to sun tan, sunburn, skin sensitivity, heat rash and eruptions, like pimples and acne. Leading beauty expert, **Shahnaz Husain**, tells us how we can care for our skin during summer using certain home remedies.*

Skin fresheners play a crucial role in a skin care routine, specially in the hot and humid season. They restore the normal balances, keep the pores unclogged, stimulate blood circulation to the skin surface and keep the skin glowing. Rose water, cucumber, khus (Vetiver) and many other ingredients make good skin fresheners. You can also use green tea, apple cider vinegar, potato, tomato, lemon and even white wine to refresh and tone the skin. Rose water is one of the best known skin toners.

Protecting the skin from the effects of the sun is important during this season. This is done by applying a broad-spectrum sunscreen. A

sunscreen is a product which forms a protective cover between the skin and the sun's rays, while a broad-spectrum sunscreen provides protection from both UV-A and UV-B rays of the sun. It helps to protect the skin from free radical damage and premature ageing signs. Apply the sunscreen 20 minutes before going out in the sun, to give the skin enough time to absorb it. Apply it, not only on the face, but also on all exposed areas, like the back of the neck and the arms. Apply a sunscreen lotion with high SPF if your skin is prone to pigmented patches or spots. Sun-protection is also required while holidaying by the sea or swimming in open pools. A sunscreen gel is more suitable for oily skin.

For heat rash, pimples and acne, an application of sandalwood paste is useful. This has a cooling effect on the skin. Sandalwood also helps to heal and soothe skin rashes, pimples, acne and boils. A mixture of sandalwood paste with rose water is also good for the skin as it acts as a natural coolant. Another important ingredient for such eruptive conditions is to apply a paste of tulsi or basil. It has germicidal and antiseptic properties and also helps to soothe rash and eruptive conditions. Neem and Mint (pudina) leaves can also be used for such conditions.

During summer, skin toners and fresheners play a crucial role in the skin care routine. They cool the skin



and restore the normal balances. They also unclog the pores and add a glow. Rose water is a natural toner and coolant. Keep a small bowl of rose skin tonic, or rose water, in the refrigerator. This way, it is chilled and ready for use. Wipe the skin several times a day with it. Use cotton wool dipped in chilled rose water as eye pads. It removes fatigue and is most refreshing. Look for a matte moisturizer, or oil-free day cream in summer, especially for oily and combination skin.

Home ingredients can easily be used to exfoliate and brighten the skin, like almond meal, oat meal, wheat bran or walnut power. Cucumber or pumpkin seeds, or orange and lemon

peels, or even mint can be dried and powdered and added to scrubs. Mix with a liquid ingredient like water, rose water, orange juice, curd or milk. Rub the scrub gently on the skin and wash off with water.

Cleansing the skin at night is of utmost importance, especially in summer, when impurities and pollutant tend to stick to sweaty skin. Cleansing helps to remove impurities, make-up and other impurities. Use a cleanser according to the above skin-type.

Carry wet tissues in your handbag during the day, to cleanse, wipe, cool and refresh the skin. Then use compact powder.

Sun burn can be a problem in summer. Sunburns are characterized by dryness and reddening of skin, sometimes leading to blisters. Aloe vera gel or juice can be applied on the skin to soothe and hydrate the skin. Visit a skin specialist if there is rash, or your skin has been severely affected.

Here are some home remedies:

Add 2 drops of Tea Tree Oil to two tablespoons of water or rose water. Apply this on pimples and acne.

For oily skin, a clay pack is ideal. Fuller's Earth can be mixed with rose water and applied on the face, washing it off when it dries. It reduces oiliness and clarifies the skin.

Try coconut water to tone and soothe the skin this summer. It also helps to remove tan and brighten the skin over a period of time. Apply on the skin and leave on for 20 to 30 minutes.

Apply ripe papaya pulp skin like a mask, washing it off after 20 minutes. Papaya contains enzymes and helps to soften and cleanse the skin of dead skin cells. It also removes tan. Add curd or lemon juice to the pulp and apply.

About Shahnaz Husain:



Shahnaz Husain, pioneer of the herbal beauty movement and has received unprecedented global acclaim for taking Ayurveda worldwide. She heads the largest organization of its kind, with a global network of franchise ventures and 375 Ayurvedic formulations. Harvard Business School recently conducted her video interview, which will be part of the Harvard entrepreneurship curriculum. She has received several prestigious international awards, as well as the Padma Shri Award. Indeed, Shahnaz Husain is a legend in her own lifetime.

Mend Your Cracked FEET Naturally



Summer comes along with its share of cosmetic troubles and one such problem is dry and cracked feet. No matter how well-dressed you are, there's one thing no amount of makeup or fancy cloths can cover up – and that's cracked feet! If you have a mild case of dry or cracked heels, act now so it doesn't get out of hand. So stop fretting over why store-bought remedies aren't fixing this problem, go natural, and give your tootsies a real treat. And if the soles of your feet look like an arid desert, your feet will thank you for all these natural remedies listed below:-

Clean Up:



Avoid soaking your feet or having very hot showers as this can cause your feet to dry out. Instead, clean well during a shower or bath with lukewarm water. Some therapists suggest using sugar as a natural exfoliant on dry feet to clean them up well and slough off dry skin.

Be Gentle And Cover Up:



Pat your feet dry when you are done with a bath or soak. Don't be rough, as this could cause threads from the towel to get stuck in the cracks. Put on a pair of clean, soft socks made with cotton or natural fabrics and wear footwear all the time. Don't use rough material like wool directly on cracked skin as it can make it worse. Your footwear could be contributing to the problem, so avoid wearing high heels or flip flops for lengths of time.

Moisturize:



If you (like most people) take care to moisturize your face and even arms and legs but ignore your feet, you probably have very dry feet. The feet are already drier than most other body parts, so you need to work at keeping them soft and supple. Moisturize multiple times a day. If you have a medical condition like athlete's foot or diabetes or are elderly, your feet may be drier than normal. This is usually because of reduced blood flow, damaged nerves, or, in the case of diabetics, high levels of blood glucose.

Tap Into The Power Of Vegetable Oils:

Vegetable oils like sunflower seed oil aren't just great for consumption – they can really help with dry skin too.

One study found that sunflower seed oil can improve



hydration of the skin it is applied on, and that too without damaging the skin barrier – something that's important if you already have cracked feet. Coconut oil and its powers are more than the stuff of lore, with scientific evidence backing up its benefits as a skin softener and moisturizer. Virgin coconut oil in particular is very effective. It also doesn't cause any adverse reactions and is perfect for sensitive skin.

Say Hello To Aloe!:



The gel-like substance from the Aloe Vera plant's fleshy leaves makes a great moisturizer and can heal and soften your skin. Grow a plant in your garden or backyard to use whenever cracked heels arise. Just chop one leaf off to extract the healing gel and apply to the affected area for cooling relief. You could also add turmeric to the gel for its antiseptic and healing properties.

Ayurvedic and Herbal Remedies



Cracked heels, also known as “padadari” in Ayurveda, are a vata disorder. Typical treatment involves snehana or medical oil application, swedana or mild sweating, lepana or the use of herbal creams applied to the affected area, and kledana or moisturizing. A paste made from ghee and haritaki, a form of tropical Almond, has been found to be very useful when applied to cracked feet. It helps ease the burning sensation and dryness typical of cracked feet and also offers relief if you have fissures on your heel. Another treatment involves the use of gairikadi lepam, a red clay-based remedy, to reduce scaling, cracks, and pain associated with padadari.

Source: <http://www.curejoy.com>

Iron Out those Wrinkles with Ayurveda

What is it?

It happens when the skin loses its elasticity due to old age. They are creases that are observed in the skin when it thins and sags due to old age. They are first known to appear near the eyes and with age they appear on cheeks, lips, neck and hand.



Ayurvedic remedies or tips to keep wrinkles at bay

- Using a paste of Turmeric with Sugarcane juice is very effective treatment of wrinkles according to Ayurveda.
- Applying Castor oil on the spots which have developed wrinkles is known to reduce them. It works best when applied at night and left overnight.
- You can also massage your face with Almond or Coconut oil every night to treat wrinkles.
- Another Ayurvedic home treatment for wrinkles is Indian gooseberry that is also known as Amlaki. Rubbing it on the wrinkles will lighten them as Indian gooseberries are a rich source of Vitamin C. You can also substitute them with Lemons.
- For effective treatment and lightening of wrinkles, boil Rosemary leaves in 2 cups water and let it boil

till the water becomes half in quantity. Then add half a cup of brandy to the concoction and strain it. Apply it on the wrinkled skin twice a day.

- Cucumbers are extremely beneficial when it comes to the treatment of wrinkles. Grate some cucumber and sieve it to gather the juice. Apply the juice on the wrinkle affected area daily for half an hour and see visible results within a fortnight!
- Tulsi or holy basil is known for its anti-ageing properties. Drink a decoction made from the leaves or simply chew a few leaves every day so slacken the development of wrinkles and treat them.
- Eating a mixture made of ginger and honey will not only treat wrinkles but will also keep them at bay.

An anti wrinkle face pack using milk

Wrinkles appear due to ageing, dry skin and lack of moisture in

skin. Massaging the body skin with milk helps to reduce its dryness and increases the moistness. The unctuous and soothing properties of milk help to increase glow of skin and delays aging process.

According to Ayurveda, a mixture of Turmeric (1/4 spoon), Masoor Dal Flour (4 spoons) and sufficient quantity of milk and water (in equal quantities) are mixed into the consistency of a paste. This makes an excellent face pack to reduce wrinkles. Regular application of this pack delays the ageing process of the skin. Turmeric increases skin glow and prevent formation of scars. Milk increases moisture level of skin and makes skin smooth and wrinkle free. Masoor Dal Flour provides nutrition required by the skin. Drinking milk regularly keeps the skin healthy from inside. Milk also strengthens bones and delays ageing process of body.

Mirror, Mirror on the wall...

By Nini Susan Abraham

“Mirror, Mirror on the wall who is the fairest of us all”? These famous question posed by the evil queen in the 1937 Disney classic, Snow White and the Seven Dwarfs flash across our minds when we look at the mirror. Isn’t it?

The magic mirror’s answer that the queen’s “seven-year-old step-daughter, Snow White is the most beautiful” turns the queen green with envy and orders a huntsman to take the child to the woods and kill her. It is not surprising that the queen got so angry as she was truly a very beautiful woman. The mirror is one of a kind that never lies. This might let us wonder why the mirror said that of the queen. The answer is simple, since the mirror was able to understand both the mind and face of an individual. The queen was always full of hatred towards Snow White and the mirror reflected the ugly mind of the queen. An ugly mind makes a person brooding and the face ugly. It proves beauty is not just skin-deep. And as the saying goes, an ugly mind reflects the same on the face. A joyful mind makes another person happy and the surroundings enlightened. It shows how the mind, body and spirit work together to shape up the well-being of a person. A happy mind keeps the body and the spirit healthy and beautiful.

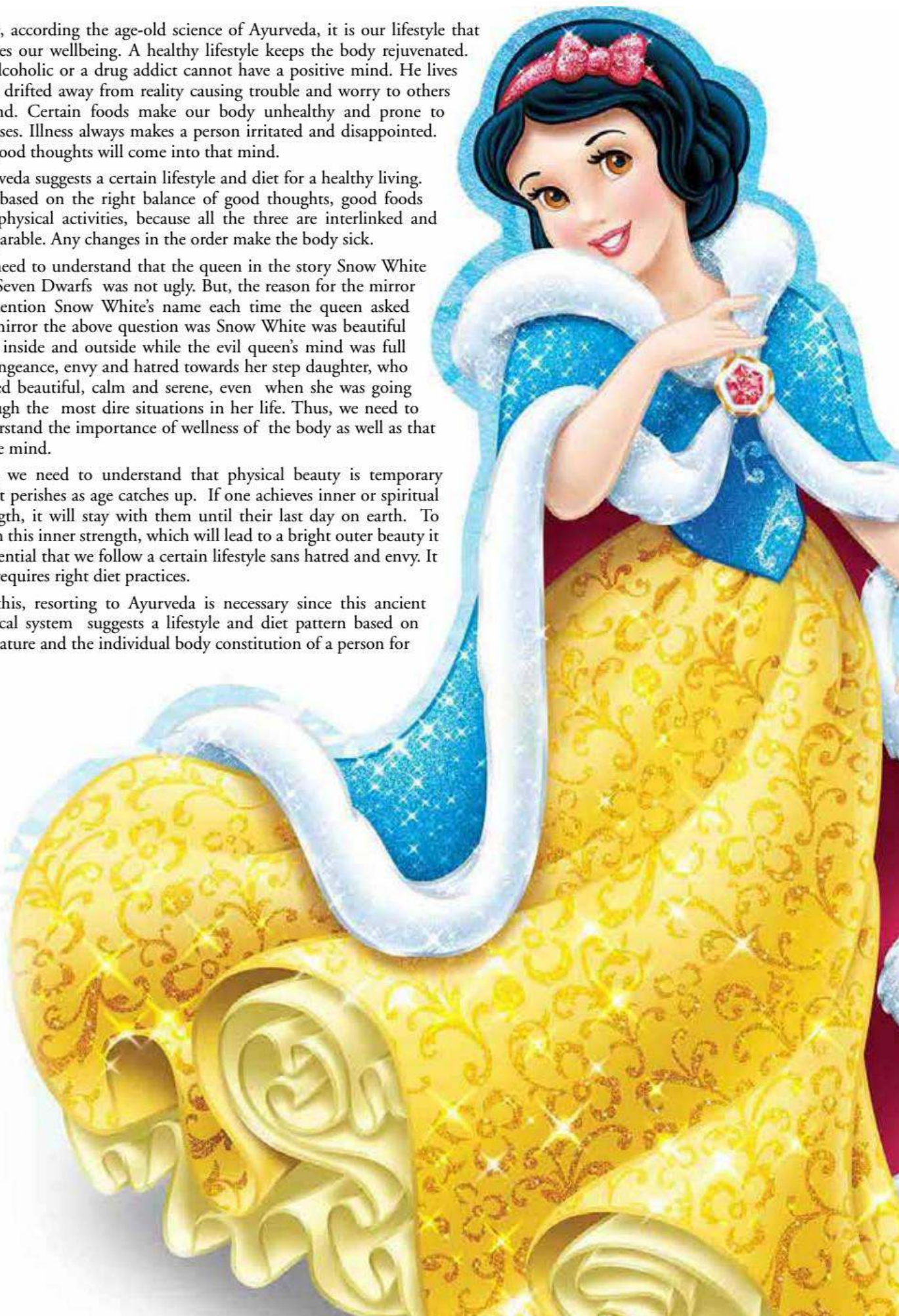
Thus, according to the age-old science of Ayurveda, it is our lifestyle that defines our wellbeing. A healthy lifestyle keeps the body rejuvenated. An alcoholic or a drug addict cannot have a positive mind. He lives a life drifted away from reality causing trouble and worry to others around. Certain foods make our body unhealthy and prone to illnesses. Illness always makes a person irritated and disappointed. No good thoughts will come into that mind.


Ayurveda suggests a certain lifestyle and diet for a healthy living. It is based on the right balance of good thoughts, good foods and physical activities, because all the three are interlinked and inseparable. Any changes in the order make the body sick.

We need to understand that the queen in the story Snow White and Seven Dwarfs was not ugly. But, the reason for the mirror to mention Snow White's name each time the queen asked the mirror the above question was Snow White was beautiful both inside and outside while the evil queen's mind was full of vengeance, envy and hatred towards her step daughter, who looked beautiful, calm and serene, even when she was going through the most dire situations in her life. Thus, we need to understand the importance of wellness of the body as well as that of the mind.

Also, we need to understand that physical beauty is temporary and it perishes as age catches up. If one achieves inner or spiritual strength, it will stay with them until their last day on earth. To attain this inner strength, which will lead to a bright outer beauty it is essential that we follow a certain lifestyle sans hatred and envy. It also requires right diet practices.

For this, resorting to Ayurveda is necessary since this ancient medical system suggests a lifestyle and diet pattern based on the nature and the individual body constitution of a person for





attaining perfect wellness. If this is diligently followed, it gives happiness and that reflects in the every action of the person. Once the mind is calm and the body is disease-free one can find positiveness in everything around and naturally that is shown on the face and body.

No other medical system works for the inner beauty like the way Ayurveda does. And this branch of wellness in Ayurveda is termed 'Sukachikitsa'.

Sukachikitsa is based on the prakriti or body constitution of a person. This prakriti of a person is known to vary from individual to individual. Hence the treatment methodology to attain wellness in Ayurveda is different for each person. In Ayurveda, treatment is done by understanding the root of the disease and thus nipping it at the bud so that this disease never occurs again.

Yoga and meditation are too important tools in achieving wellness. While regular practice of Yoga ensures the body fit and healthy, a 30-minute meditation in a calm atmosphere can work wonders, making the mind tension-free and rejuvenating the body. But yoga should be practised under a learnt guru. Even the United Nations has accepted Yoga as the perfect method for fitness.

Wellness treatment requires a lot of dedication and patience from the part of the patient as well as the vaidya who agrees to do the treatment. It is not possible to attain this from a single sitting with the vaidya. Ayurvedic wellness requires several sittings and the patient might be asked to follow a set pattern of lifestyle and diet that may be often cumbersome. Thus, a patient can be assured of complete wellness of mind and body by diligently following a diet and lifestyle pattern as prescribed by the learned vaidya.

According to Ayurveda, a person can achieve perfect wellness only if the people associated with him also undergo the same regimen, such as pure thoughts and harm-free activities.

The perfect wellness of mind and body for a person can be equated with playing Rubick's Cube to attain the perfect colour pattern. Once this wellness cycle is practised and the required results achieved, life on earth will be another heaven on earth.

So be beautiful inside and outside your mind and live like Snow White and her prince who "lived happily forever" at the end of the story.



Events Galore

Meetings, Conferences, Congress: Recent and Immediate

By Dr. Madan Thangavelu Ph.D

Berlin, Germany, May 3-5, 2017: World Congress for Integrative Medicine & Health 2017 (<https://www.ecim-iccmr.org/>) concurrently with the 10th European Congress for Integrative Medicine and the 12th International Congress on Complementary Medicine Research. India's Ministry

of AYUSH is a Silver sponsor of the Congress. Ayurveda sessions are on Wednesday 3 May "Ayurveda in Europe - what's needed when healing tradition travels abroad?" and "Ayurveda Symposium" on Thursday 4 May. The Indian delegation will include Mr. Daniel Richards, Director, Ministry of AYUSH, Dr.

R. Govind Reddy, Central Council for Research in Ayurvedic Sciences, Ministry of AYUSH, New Delhi and Raja Ramdeo Anandilal Podar (RRAP) Central Ayurveda Research Institute for Cancer, Mumbai and Dr. Suniti Chugh, Research Officer (Homoeopathy), Ministry of AYUSH.



London, UK 1-2 April 2017 (internationalayurvedacongress.com/): "The Pursuit of Health, Happiness and Long Life through Prevention-oriented Health Care" was the theme of the 2nd International Ayurveda Congress. Hosted by Maharishi Foundation

UK (<http://uk.tm.org>) and organised jointly by All India Ayurvedic Congress (AIAC), New Delhi, India (www.ayurvediccongress.com), International Maharishi Ayurveda Foundation (IMAVF), Vlodrop, The Netherlands (www.imavf.org) & International Academy of Ayurveda

(IAA), Pune, India (www.ayurved-int.com) this was the most recent of a series of Ayurveda events across Europe over the past six to seven months - the 2nd European World Ayurveda Congress (<http://www.ayurvedacongress.eu/en/>) hosted by the European Ayurveda Association



Scenes from the International Ayurveda Congress 2017-London

was presented in an earlier issue. The London Ayurveda Congress was attended by India's AYUSH Minister Shripad Naik and Joint Secretary Ranjit Kumar. The Congress Patron, Dr Tony Nader's call for greater

recognition that "Health and Wellness is for all" - echoed the spirit of Ayurveda. A 10 -point resolution was drafted and passed at the close of the Policy Day, Monday 3 April with pointers and needs for the future .

London, UK - Monday 24 April 2017: All Party Parliamentary Group - Indian Traditional Sciences (<https://www.publications.parliament.uk/pa/cm/cmallparty/register/indian-traditional-sciences.htm>) gathering at The House of Commons, to discuss the UK Charity Commission assessment about the benefits of Complementary and Alternative Medicine (CAM) - <https://www.gov.uk/government/consultations/consultation-on-complementary-and-alternative-medicines>.

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Valencia, Spain, 19-21 June 2017: The World Congress and Expo on Traditional & Alternative Medicine (<http://www.scientificfederation.com/traditional-medicine-2017/>).

Such events with an increasing amount of Ayurveda and Yoga content is an expression of the wishes of citizens of the world looking to alternative approaches to achieve good health and wellness & wellbeing. In such expressions is also the desire seen across Europe and growing globally - an increasing wish for a new, better and holistic understanding of health based on wellness and well-being.



Is Wellness and Well-being, 'soft', inadequate and baseless hocus-pocus - or a complex science with a deep and poorly appreciated foundation?

About 160 miles west of Cambridge is the magnificent and very ancient spa town of Bath. Legend has it that the healing properties of the thermal spring water was discovered by Prince Bladud, a legendary king of the Britons, around 800 B.C. when he was cured from skin disease after applying the mud from near the warm springs and bathing in the water. *Salus Per Aquam*, Latin for 'health through water', a forerunner of present day 'spa' continues in Bath, having been enjoyed by the Celts, Romans, Saxons and relatively more recently, the Georgians. The Signature Treatments at The New Royal Baths include Watsu / Water Massage, Aroma Body Scrub, and a collection of massages like Hot Stones Vichy Massage (similar to Ayurveda pichu), Indian Head massage, de-stress massage, top-to-toe massage and more (www.thermaebathspa.com). This narrative of the healing powers of the water is also a part of similar institutions across Europe. In Germany several such towns with hot springs and mineral baths, known as Bads, are also today deeply associated with and homes to Ayurveda. Bad

Ems (The Maharishi Ayurveda Health Centre Bad Ems, ayurveda-badems.com/), Bad Bocklet / Bad Kissingen, Bavaria (<http://www.kunzmanns.de/ayurveda-hotel-bayern/was-ist-ayurveda/>), Bad Wilhelmshöhe-Kassel (Ayurveda Klinik Kassel Bad Wilhelmshöhe, <https://ayurveda-klinik.de/>) offer Ayurvedic treatment ranging from panchakarma to specialised medaroga-treatments as described in the Ayurvedic samhitas for managing and curing diabetes and obesity. It is now clear that the previously much maligned concept of "Wellness" and the dubious 'spa therapies' associated with the luxury, leisure and holiday industry is taking on a new aura.

Astonishingly, this new recognition of "Wellness and Well-being" is starting to be accepted even in academic circles. The challenge of the 'macroscopic and holistic' rationale and the vision needed to identify the tangible pieces of this vague and vulgar term and its foundations is best seen in Cambridge University's Centre for Well-being. As a centre for the scientific study of well-being, the web page announces boldly: "The Well-being Institute (WBI, www.wellbeing.group.cam.ac.uk/) is a cross-disciplinary initiative at the University of Cambridge that promotes the highest quality research

in the science of well-being, and its integration into first rate evidence-based practice and policy. As a centre for the scientific study of well-being, the WBI's aim is to make major contributions to the development of new knowledge and its application in enhancing the lives of individuals and of the institutions and communities in which they live and work." The cross-cutting and transdisciplinary nature of wellness and the need to draw in a diversity of disciplines is illustrated by the list of the Associates drawn from across the University of Cambridge. Cambridge Partners of the University's Well-being Institute, a cross-disciplinary initiative at the University, draws in skills from as many as sixteen of its Units, Departments and other well defined groups including: Cambridge Behaviour and Research Health Unit, Centre for Diet and Activity Research (CEDAR), Cambridge Judge Business School, Cambridge Programme for Sustainability Leadership, Cambridge Psychometrics Centre, Cambridge Public Policy, Centre for Science and Policy, Department of Psychology, Department of Sociology, Engineering Design Centre, Faculty of Architecture and History of Art, Faculty of Economics, Faculty of Education, Institute for Public Health, Public Health at Cambridge and The Fitzwilliam Museum.

Similar centres are already functional in many locations around the world. Work at The Johns Hopkins Center for a Livable Future, Johns Hopkins University Bloomberg School of Public Health, Baltimore, Maryland ... "is driven by the concept that public health, diet, food production and the environment are deeply interrelated and that understanding these relationships is crucial in pursuing a livable future" (<http://www.jhsph.edu/research/centers-and-institutes/johns-hopkins-center-for-a-livable-future/>). The Louis Bolk Institute (<http://www.louisbolk.org/>), in Driebergen, The Netherlands, is an independent international knowledge institute to advance sustainable agriculture, nutrition and health. It considers nature as a source of knowledge and



recognizes the interrelationships between healthy humans, animals, plants and soils stating that the "Louis Bolk Institute understands that agriculture, nutrition and health are inextricably linked"

This implicit and inextricably intertwined link between human and the elements and the environment is the mandate of the Planetary Health Alliance (PHA; <https://planetaryhealthalliance.org/>). Richard Horton, Editor of The Lancet describes the needs in his short piece published in September 2013 - "Planetary health—a new vision for the post-2015 era" ([http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(13\)61936-4/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(13)61936-4/fulltext)). This an excerpt of the associated document... "From public to planetary health: a manifesto (<http://www.thelancet.com/>

manifesto/planetary-health)... "This manifesto for transforming public health calls for a social movement to support collective public health action at all levels of society. Our aim is to respond to the threats we face: threats to human health and wellbeing, threats to the sustainability of our civilization, and threats to the natural and human-made systems that support us."

In such activities is an implicit recognition that there is a Science of Wellness. But this Science requires a new, but not alien, holistic vision of health —the elements and the planet to be accommodated and not discounted. And this Science offers attractive, cost-effective and sustainable ways for health promotion and enhancing health and wellbeing, maintenance of good health and disease prevention. This

vision was one appreciated by our ancients who had a live in greater proximity with the elements than we do today. It is indeed fascinating to see how this logic of yesteryears is now being recognized more and more across nations of the western world. Yet another reason for revisiting and appreciating better the lessons in the old texts and the messages of Ancient Indian Sciences? Perhaps, yes; the contemporary relevance of such information seems to be greater than ever. The role that Ayurveda and the logic offered by the systems of health and healing derived from the Ancient Indian Science is amply clear. And in this new twist to appreciating health is what was made clear in the Ayurveda samhitas ... the first rule of Health and Wellness is to talk Health and Wellness (and not ill health).



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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مركز التميز البحثي للتأهيل في الاعصاب والعظام

اضطرابات النمو تأخر في الأطفال
مرض التوحد
الام الظهر (أسفل الظهر / عنق الرحم الفقار
الركبة والام المفاصل
التهاب المفاصل
روماتزم

الوهن العضلي الوبيل
التهاب النخاع الشوكي مستعرض
التلف الدماغية حالة نقص أكسجة
تغيرات الاعتلال العضلي إلى الدماغ والعمود الفقري
الضمور العضلي مثل هزال العضلات
اضطرابات العمود الفقري (ألم في الظهر والرقبة)

السكتة الدماغية
فالج
الشلل النصفي والرباعي
رعاية المصابين بالصدمات بعد حادث
ادارة الشلل الدماغية
تصلب الأنسجة المتعدد



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