

Vol. 10 | Issue No. 1 | January/March 2015 ₹50 | \$ 5

# Ayurveda

## & Health Tourism

Panchakarma

**The Gem of  
Ayurvedic Therapies**

Ayurveda Routine:

**In a world of tearing hurry**

Avocado

**Utterly, Butterly, Nutritious**

Asthma

**Difficult but Curable Disease**

Garlic

**The revered anti-oxidant**



ayurvedamagazine.org



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## AYURVEDIC HOSPITAL AND RESEARCH CENTRE a centre par excellence

Ayurvedic hospitals are known for their serene environment that is very close to nature. Amala Ayurvedic Hospital is not different. The hospital is unique for the fact that it handles the three principal systems of medicines, namely, Ayurveda, Allopathy and Homeopathy. This hospital, with its sprawling campus, is located in Amalanagar in Thrissur. The ambience here can transcend you to the feeling of a paradise on earth. Another unique feature of the hospital is that it provides foreigners a residential program of learning the basic principles of Ayurveda. Apart from this, the hospital also conducts Government-certified paramedical courses in Ayurveda. They are:-

- One- year program in Ayurveda nursing
- One- year program in Ayurveda pharmacy
- One- year program in Ayurveda Therapy

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### Ease of access

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

### A must-see

The hospital has a herbarium named after the founder-director of Amala, Fr. Gabriel, which contains more than 500 medicinal plants. The hospital also allows one to watch how the GMP-certified medicines like kasha-

yams(decoctions), grithams(ghee preparations) and thailams(oils) are prepared in their highly sophisticated manufacturing units.

### Amenities

- The hospital provides to- and- fro taxi services from the airport.
- Credit cards are accepted here for any kind of monetary transactions.
- People visiting the facility are allowed free internet browsing facility.
- Individuals or parties seeking treatment here are also allowed sight-seeing facilities



The staff and the doctors here are trained to treat the patients coming here with a cheerful and ever-ready-to-help attitude. From the moment the patients seek solace here they start feeling at home. Their problems are listened to and a solution is provided and the treatment is said to start from day one. The hospital complex was founded by the Carmelite Fathers (CMI) as Amala Cancer Hospital and Research Center. It was started in 1978 as a non-profit charitable institution, aimed at the treatment and management of cancer. Today it has grown to become a major hospital having modern diagnostic, therapeutic and research facilities to combat cancer and other ailments. This exceptionally-unique 1000-bed hospital handles on an average 4000 new cancer cases and 6000 cancer inpatients a year. The center handles around 35,000 cancer outpatient visits per year.

The ambience here is far from that of a regular hospital. Here you are sure to get pampered with their fresh and non-polluted atmosphere that is full of greenery. This, in turn, helps to easily rejuvenate your mind and body keeping the external stresses to a minimum. And hence there is no need to worry about having to experience the regular hospital atmosphere.



Brian Phillips,  
Australia,  
on the jewel that is Amala

My wife and I recently stayed at Amala Ayurvedic Hospital, Kerala, and I would like to relay our experience with you.

My wife recently underwent treatment for breast cancer in our home country, Australia, and was seeking a rejuvenation treatment. I have suffered irritable bowel syndrome for the past 30 years and have had no success with varying modes of treatment. We chose Amala as we wished to attend an authentic center - one committed to the pure application of Ayurvedic principles and treatment.

We have been whole-heartedly satisfied with the professionalism of the doctors that treated us. Their in-depth knowledge and experience were impressive and, together with that, they are seen to possess a deep compassionate streak.

The rest of the hospital staff follow in the same vein as the doctors. Everyone here, and I mean everyone, is courteous, friendly and was attentive to our every need. The result was a pleasant and relaxed atmosphere and a beautiful environment in which to heal.

We felt very much at home in the accommodation provided to us, and the natural beauty of Kerala provided the perfect setting.

We will be back and we will inform our friends of the jewel that is Amala!

Yours sincerely  
Brian Phillips



- Free accommodation for one bystander.
  - Green Leaf Accreditation from the Government of Kerala provides authenticity to Amala Ayurveda Hospital as a center of excellence, although it is an ISO 9001-2008 certified center.
  - NABH accredited hospital
  - 83 bedded hospital.
  - Medical college
  - Ayurvedic Hospital & Research Center
  - Cancer Hospital & Research Center
  - Homeopathic Hospital & Research Center
  - Nursing College
  - Teaching Hospital
  - Pharmacy Production Unit
  - Bethanygram (Home for the aged)
- The Property includes:-**|||||||
- Super-speciality hospital



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## Pure Spice Extract

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Four generations and 70 years of love and laughter, the Fenn Hall has been our family home, passed down the generations. Built with careful planning and lots of love by Mathai Fenn Sr., the location of the house was chosen for his wife, Rachel, whose sister lived next door. Even today family members talk about how the sisters used to visit each other



several times a day.

The building itself represents a combination of Colonial, Western style architecture and traditional Kerala styles. Sit near the lotus pond and say hello to the neighbor in the way life in the country used to be. We enjoy hosting guests from all over the world in Fenn Hall which is also close to Kerala's famed backwaters, and also welcome you to stay with us

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## For authentic Ayurveda

This issue greets you at a time when the government of India is planning to give a new thrust to Ayurveda, by creating a new ministry to nurture it. Mr Shripad Naik, the new minister, has already launched himself on the path to understand Ayurveda, discover the opportunities it offers and the challenges it faces. We welcome the new initiative of the government.

Ayurveda has developed simple as well as complex treatment methodologies to address health issues. Some are as simple as a decoction of water soluble medicines called kashaya; some are as complex and layered as Panchakarma. The former represents pacification therapy or samana chikitsa, and the latter, purification therapy of sodhana chikitsa.

Purification therapy aims at expelling the vitiated humor (do-shas) from the body and restoring the tridosha balance. This is a unique treatment methodology even if we take all the medicinal systems all over the body. It is an elaborate process, with preparatory and post-treatment processes. Through centuries, the renowned physicians refined them to the benefit of the common people. Today, Panchakarma has become the most conspicuous element among the various ayurvedic treatment processes. They have been effective in the treatment of chronic and debilitating diseases as well as for wellness treatments.

We welcome the new found-acceptance of the Ayurvedic processes. At the same time, we must advise the patients against being taken for a ride. Panchakarma needs to be administered and monitored by qualified physicians, and all good hospitals and institutions are well-equipped and manned to meet the norms. So, should one choose seek Ayurvedic treatments, and especially panchakarma, one must go to an authentic and reputed institution.

This issue deals exhaustively with the processes associated with panchakarma. But literature about it will not be complete without guidance to the patient who is planning to take to it. This issue gives the reader an idea what is expected of a patient as this treatment demands complete compliance to the procedure by the patient. Since it seeks to overhaul the body, the processes have to be strictly adhered to.

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Dr Divya P MD(Ay), PGD-HSR

## PANCHAKARMA

-The Gem of Ayurvedic therapies

Panchakarma is a complex treatment process which forms part of the purification therapy in Ayurveda. A proper understanding of it is a must to get the best out of it



Dr Ramesh G

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# Oil bath, diet regimen, exercise: Feel good by following Ayurvedic routine in a world of tearing hurry



O.J. George  
Consulting Editor

## Life

in the present -day world is sky-rocketing at its fast pace, when people ignore the need for following a salubrious life-style , contributing much to the degeneration of the body and soul.

Mind you, it need not be that fussy and stressful, if one chooses to abide by certain of the Ayurvedic principles and practices prescribed for daily and seasonal life. And the happy and healthy life that is secured after following the Ayurvedic pattern could be transforming and endearing to individuals and families.

To enjoy an invigorating life, what is essentially needed is only course correction and life-style modification in tune with the tenets of ayurveda, which is the science of life, unfolding the secrets of nature and health as prescribed by sages thousands of years ago, during the Vedic period.

Precisely, one need not go and live in a cave or crevice of the Himalayas to live a life according to Ayurvedic norms. The standards set by Charaka, Sushruta, Vagbhata, Agasthya and others are still relevant to the people living in a culture far away from the times the sages lived.

Can't we have a time schedule for routine life, an oil bath, diet regimen and exercise, living in the cosmopolis or metropolis?

The answer is definitely a positive yes, if one has the will to go beyond the rigmarole of a city life, which is full of strain, competition, peer pressure and unpredictability of all sorts.

Waking up and going about routine life procedures should be early in the morning, as the adage says, 'early to bed and early to rise, makes a man healthy, wealthy and wise'.

We have heard of the Brahma Muhurta (time of Brahma, the Creator), which is the pre-dawn period (muhurta), one and a half hours or 96 minutes before Sunrise. This time is considered to be God's hour, the last phase of the night, believed to be an auspicious time for undertaking sublime things.

One has to take care of oral hygiene by brushing the teeth and





scraping the tongue. The coating of the tongue is considered to reflect the toxins permeating the colons.

Gargling using salt water with a pinch of turmeric keeps the gums, mouth and throat healthy, as all sorts of impurities wash off. Dryness of throat and cracking of lips can be avoided this way, in addition to teeth being free of cavities.

There can be an oil bath using Ayurvedic oil prescribed by the doctor or the Vaidya (physician), after which the skin would be glowing and the muscles flexible and easy. Even the bones and the skeletal system could be pampered this way. It is good to have a bath using water which is not too cold or too hot, for in the process one can remove fatigue, sweating and dirt.

We have to see to it that the hair is washed and made clean, and it would be better to use an Ayurvedic herbal shampoo.

The hair should be kept trimmed and nails filed properly and one has to take particular care to wear clean clothes.

Exercises, which boost stamina and provide resistance to diseases, should be made a regular practice, and if possible go in for

Yoga postures and breathing exercise (Pranayama) as per experts' advice.

Swimming, brisk walking and jogging could be pursued in accordance with availability of facilities and time. In any case, one should have brisk walking for about an hour or at least half an hour, which would be good for increasing blood circulation. Caution, exercise should not be done during illness and immediately after a meal.

Meditation for about 15 minutes would be best for disciplining the mind and removing accumulated stress. Let it be done after having a bath, for the body and the mind would be clean and clear.

Breakfast should be warm, nourishing and wholesome, and one should not be stressed or agitated while eating, to ensure proper digestion. Cleanliness is all important, and so one has to wash his hands before and after eating, in addition to cleaning the teeth and tongue after every meal.





Lunch should be the main meal of the day, and one has to keep mum during eating, talking and laughing are out of the question. It should be emphasized that heavy and spicy food should be avoided.

At Sundown, one has to reflect on the activities of the day when he can assess himself about the rights and wrongs done to himself or others during the day time. Why not develop a clean conscience, which would be good for him and others? One can take light snacks in between, if he is hungry, but one has to keep off heavy food. And why not take a light walk?

Dinner should be lighter than the lunch and it should be taken before 7 pm. It is assessed that dinner should be had three hours before going to bed. Moreover, early dinner gives time for proper digestion of the food. Going to bed just after dinner with a heavy stomach would be a stumbling block to enjoy good sleep.

One should be particular to see to it that one gets six or seven hours of sleep before, say 5 am. Massage the soles of your feet before going to bed, for this will provide relaxation to your body system. It is advisable not to sleep on your belly, for one has to sleep on his back.

Life-style disorders are usually caused by sedentary habits and fast food patterns. Life-style diseases

such as diabetes, hyper tension and obesity are on the rise the world over. One has to take conscious efforts to keep off these diseases by leading a disciplined and orderly life. Even after being afflicted with these terrible maladies, one can stay secure by practicing Ayurvedic procedures prescribed for daily life, definitely not discarding other medicines.

One can use decoctions, Ayurvedic hair oils, massage oils and the like as prescribed by an Ayurvedic doctor or

physician. Application of a mix of Kottamchukkadi, Pinda thailam, Kaarpaasasyaadi, Dhanvantharam,

Prabhanjanam and Murivenna would alleviate the muscle and joint pain of the elderly. For me who is suffering from something or the other, if various specialists' versions are correct-- like having diabetes, hyper tension, cholesterol problem, osteoporosis, adhesive capsulitis(frozen shoulder), diabetic neuropathy and what not—this mix of Ayurvedic potions and massage oils gives instant relief from pain and suffering. Mind you, there is thrill in this wobbly walking even as the body and mind are bedeviled by these horrible medical conditions!

The Ayurvedic system of natural healing, taking its origins in the Vedic culture, appears to have been suppressed during foreign occupation of the country. But now it enjoys a pride of place among complementary or alternative systems of medicine. It is said that Tibetan medicine and traditional Chinese medicine had their roots in Ayurveda. Let us not forget the fact that we have a glorious heritage in preventing diseases and treating ailments.

Ayurveda is not a mere system of treating illnesses, it being the science of life, hands down a body of wisdom to help people stay vibrant and brimming with health.

Providing guidelines on ideal daily and seasonal routines, diet, behavior and proper use of our own senses, Ayurveda reminds us that health is the balanced and dynamic integration between our environment, body, mind and spirit.

Recognising that human beings are part of nature, Ayurveda describes three fundamental energies that govern our inner and outer environments, movement, transformation and structure which have to be kept in balance. Therefore, let us indulge in some form or the other of the wise sayings of these sages, even as we are living in urban or rural areas.



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# PANCHKARMA THERAPY

## -a Rejuvenator



Dr. Rakhi Mehra

According to Ayurveda the entire body physiology is governed by the Tridosha factor namely Vata (all aspects of neuro-impulsive activities), Pitta (digestive and the metabolic activities) and Kapha (the volume and shape to the body and is responsible for the body solid substratum, its stability as well as its immunity) systems. The management of these factors in their aggravated state is broadly classified into two – Sodhana (Eliminatory) and Samana (Pacifactory) modes.

Panchkarma (Sodhana) is concerned with the elimination of malas or toxins. Panchakarma (five measures) plays a vital role in Ayurvedic therapeutics. The palliative therapy in the form of drugs and diets may not be effective unless the body channels are cleansed and the morbid Doshas and Malas are eliminated. This is a unique approach that eliminates the vitiated doshas and dhatus so as to radically eradicate or eliminate them from the body and thus preventing the attack of the disease.

Classical Panchkarma therapy includes: vamana,

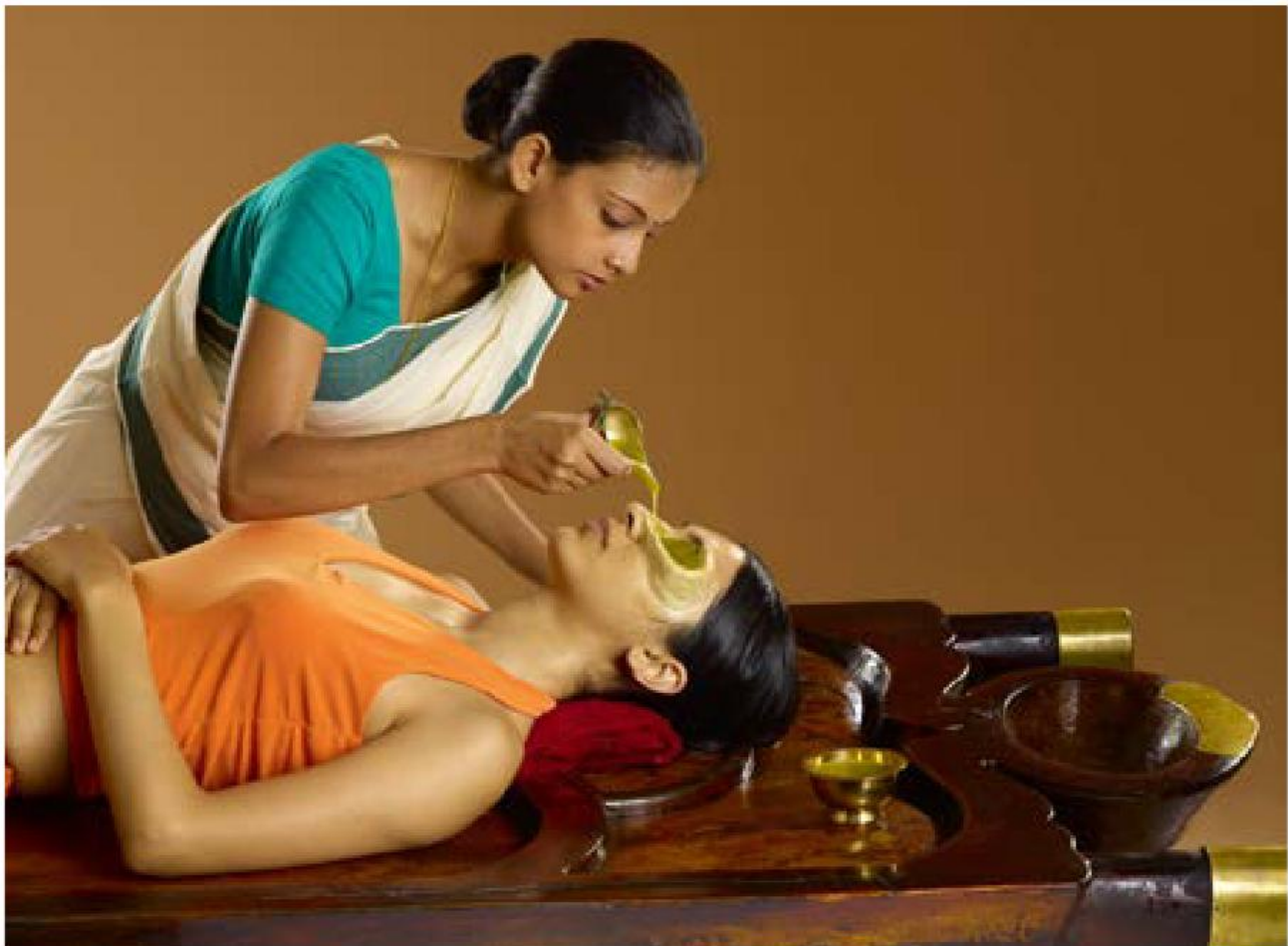
**Panchakarma is a detoxification of the body channels by eliminating the vitiated doshas and dhatus so as to improve immunity and health of the person. This internal purification is done through five measures namely – emesis, purgation, enemata, snuffing and bloodletting.**

virechana, anuvasana, aasthapana and shiro-virechana. Panchkarma therapy comprise of Purva karma, Pradhan karma and Paschat karma. Purva karma is the preparatory procedure before the panchkarma. This includes the deepana, pacana, snehana and swedana to dispose the aggravated doshas from shakha (Dhatu) to kosta. Pradhan Karma comprises of five specified procedure -Vamna, Virechana for Amasayagata specifier; Vire-

chana, Basti for Pakwashyagata specifier; Naysya for urdha jatugata specifier. This means that the specific doshas that are aggravated are cornered to a particular site and are eliminated from there through sodhana. Thus, as per the ancient scientist Sushruta, Panchkarma is the comprehensive method of internal purification of the body by emesis (Vamana), purgation (Virechana), enemata (Basti), snuffing (Nasya) and bloodletting (Raktamokshana).

Moreover, each one has a specific prakriti and also specific seasonal prokopa of particular doshas.





The kriyakala is the stage during which specific treatment related to aggravated doshas should be instituted. Once this period is passed the instituted treatment has no effect. Therefore, Panchkarma helps as a seasonal purifier of aggravated doshas also. Such as aggravation of Kapha dosha is eliminated by Vaman karma in spring when there is a natural aggravation of Kapha especially in a person with a predominant Kapha prakriti. At the same time basti is indicated to harmonize the aggravated Vata especially to a Vata dominant person during rainy season. Srotodusti or channel defect is the basic abnormality considered the sheet anchor of all diseases and disorder. If the channels are blocked the flow of the nutrients, energies and metabolism is obstructed and the total physiology is distorted leading to morbid state. Thus, Panchkarma thera-

py reflects bio-purification of all channels through which easy flow of nutrients and energies can occur and behave as a rejuvenator.

Therefore as Panchkarma helps in purification of channels and nourishment of tissues which promote nutritional status of body at each level of Agni, Dosha, Dhatu and Ojas (immunity). To achieve the accurate or best results of drugs the body must be purified first by Panchkarma procedures. Panchkarma therapy helps the body re-establish its innate physiology and the ability to naturally assimilate nutrients and eliminate wastes or toxins from the body and allow to flow of the nutrients, medicaments as well as energies in the form of Oja an outcome vitality of harmonized metabolism and impulses for rejuvenation.

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Cover Story

# **PANCHAKARMA**

**-The Gem of Ayurvedic therapies**





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**Panchakarma has become a familiar term to most of us today, with many of us having undergone the Panchakarma therapy ourselves, or knowing someone who went through the same. The term has so much of a reach now, that it is often used synonymously with Ayurveda. For a common man, Panchakarma is Ayurveda and in a doctor's perspective it's his bread and butter. But a critical analysis of the current proceedings in the Ayurvedic sector today reveals that the practice of Panchakarma, or at least what is being practiced in the name of Panchakarma, differs significantly, from the instructions mentioned in the classical texts of Ayurveda.**

## Concept of disease and treatment in Ayurveda

Panchakarma is a critical component of Ayurvedic treatment and to understand the term, one needs to know how Ayurveda describes the concept of diseases and their treatment. The statement 'Ayurveda is not a treatment but a way of life' is perhaps ubiquitous today, and it essentially means that Ayurveda aims to maintain the normalcy of health in people in addition to the recovery of health in the diseased.

The concept of Ayurveda is based on the Tridosha theory. According to this concept, the physical, physiological and psychological aspects of all individuals are attributed to their Tridoshas, or the three humors that are Vata, Pitta and Kapha. A balance in these three doshas leads to a normalcy in their health, and a loss of it gradually results in manifestation of diseases. A lot of factors such as diet, habits, exercise, emotional factors, seasonal variations, age to name a few, may be responsible for this vitiation. To put in a nutshell, treatment in Ayurveda is about bringing the three doshas back to normalcy.

When thinking of doshas and their balance, a question may arise as to how we bring all diseases under a single roof of dosha vitiation. How can we include conditions like infections that result from external causes? Well, Ayurveda classifies diseases into Nija (caused due to factors within the body) and Aganthu (caused due to external factors). In case of Nija, vitiation of dosha occurs first prior to the disease, whereas in Aganthu the causative factor precedes the vitiation of dosha. Thus, deviation from the normalcy of doshas occurs in both cases. Hence treatment in Ayurveda consists of several steps, which include identification of the causes of the disease and their prevention (nidana parivarjana), expulsion of the vitiated dosha from the body (sodhana chikitsa), alleviation of the doshas that are vitiated (samana chikitsa) and finally the rejuvenation of the body to its original state (rasayana chikitsa). Among this, samana chikitsa and sodhana chikitsa are the major treatments. Samana chikitsa is relatively simple and can be done on an outpatient basis. Dosha balance can be restored by the gentle procedures of samana if the perturbation is mild. Sodhana

chikitsa/ Panchakarma is a more complex procedure, and it expels the vitiated doshas from the body. In more simple terms, Panchakarma flushes out the toxins and uproots the disease completely, and is done especially when the perturbation of doshas is severe.

Panchakarma/ sodhana chikitsa, are the five evacuative procedures for active intervention in the treatment of diseases. They are to medicine as surgical procedures are to surgery. India's vastness and its diversity is reflected in the Ayurvedic treatment styles, especially in Kerala where the Panchakarma treatment was given a lot of importance in the early periods. The Vaidyas (physicians) of old days had developed many special procedures which are not elaborated in the classical text books of Ayurveda. For these reasons Panchakarma in Kerala occupies a special place.

## Concept of personalized medicine in Ayurveda

The normalcy of doshas in an individual is considered as prakriti of that particular individual. Prakriti can be somewhat regarded as the Ayurvedic way of determining the genetic constitution of an individ-





ual in terms of three doshas. Genomic studies of recent times have proved that people with similar prakriti have identical genetic make-up. Though the prakriti is grouped broadly into seven depending upon the predominance of one (3 types) or two (3 types) or three doshas (1 type), innumerable permutations and combinations are possible between them. It is similar to each human having a unique genetic combination, where two persons can be genetically similar, but not exactly alike. Disease is considered as a deviation from prakriti. Since the normalcy in doshas is unique for each individual, their deviation from normalcy is also unique, and consequently so is the required treatment for the individual. This is essentially why we call Ayurveda a Personalized medicine. However, this doesn't imply the need for a thousand different medicines for a thousand different patients with the same disease. But this aspect of Ayurveda makes it impossible to have a perfect prefixed protocol of treatment without evaluating the patient.

### What is Panchakarma?

The term Panchakarma means

'Pancha' - five

'Karma' - Processes

The five Karmas include Nasya (instillation of Nasal Medication), Vamana (Emesis/Vomiting), Virechana (Purgation), Sneha Vasthi (Oil enema) and Kashaya Vasthi (decoction enema). Rakta moksha (blood letting) is also an important process in the surgical point of view of Ayurveda, even though it is not included under Panchakarma.

### A Panchakarma treatment can be divided to three phases

- Purva Karma/ Preceding phase/ Preparatory phase



This phase includes Snehapana (oil/ghee intake) and Sweda karma (sudation therapies).

- Pradhana Karma/ Main Phase of Panchakarma treatment

Includes the five processes mentioned above

- Paschaat Karma/ Succeeding phase/ Follow up phase

Includes the dietary patterns called Peyadi Krama

All these procedures may not be performed in all patients. The required procedures are determined from the condition of the patient and are up to the discretion of the doctor.

### Purva Karma/Preparatory phase

#### Snehapana (oil/ghee intake)

Snehapana can be performed in two ways. One method is to have oil/ghee daily in small doses (Vicharana snehapana) along with normal food. The second method is to have oil/ghee in increasing dose on empty stomach for 3-7 days (Accha Snehapana). The second method can be done only when the person is completely under doctor's direct supervision since there

are increased chances of complications. The type of snehapana, the dosage, type of oil/ghee/animal fat, number of days depends upon the patient's strength and disease condition and should be determined by the doctor.

Snehapana is arguably the most difficult form of treatment for the patient as well as the doctor, especially when performed in high doses. The oil or ghee consumed as part of this procedure spreads all over the body, and in the last days of snehapana, one can smell the ghee in the hair; skin and bed of the patient and also feel the oil in their skin and hair follicles.

### Svedana Karmas (sudation therapies)

Svedana Karmas are done in conjunction with external oil application. It's normally done after internal administration and along with external application of oil. It includes almost all types of massages. These processes are often done under the label of Panchakarma whereas in reality it is only a preparatory therapy of Panchakarma. Svedana Karma can be done in various techniques like oil application and steaming, application



**For a common man, Panchakarma is Ayurveda and in a doctor's perspective it's his bread and butter. But a critical analysis of the current proceedings in the Ayurvedic sector today reveals that the practice of Panchakarma, or at least what is being practiced in the name of Panchakarma, differs significantly, from the instructions mentioned in the classical texts of Ayurveda.**

of bolus made of medicated powders, leaves, rice etc. The required technique is selected depending upon the condition of the patient. This phase of treatment is usually pleasurable to the patient, but many restrictions are required for a successful therapy. Generally, it is done for seven days, but it is not a rule. The procedure can be continued till the certain symptoms of saturation or optimum application (samyak lakshanas) appear in the patient. More than one svedana karma can be done in a patient.

The oil intake/ snehapana and sudation therapies/ sweda karmas can also be done as samana chikitsa. In such cases, it is not associated with Panchakarmas. However, for doing Panchakarmas, oil intake and sudation therapy is mandatory. The five purification procedures on their own can't remove vitiated doshas present in the vast network of body channels. Hence the purvakarmas help to loosen and mobilize the doshas from the body channels, clear the openings of the channel into the alimentary canal and deliver them into its lumen.

#### **The five Pradhana Karmas/**

#### **main processes**

##### **Vamana/Emesis**

The Vamana process is done to eliminate the vitiated Kapha dosha from the body. Specific emetic drugs are selected as per the condition of the patient and repeated emesis is induced for the complete elimination of doshas.

##### **Virechana/Purgation**

Virechana is done to eliminate the vitiated Pitta dosha from the body. The purgative drug and its dose are determined by the condition of the patient.

##### **Vasthi/ Enema**

Vasthi is of two types – Kashaya Vasthi (Non lubricant enema) and Sneha vasthi (lubricant enema). It is done to eliminate the vitiated Vata dosha. Decoction enema/Kashaya vasthi plays a major role in elimination of doshas, but it can be applied only in combination with oil enema. Otherwise, it may give rise to complications. The number of days and medication for vasthi is determined by the condition of the patient. Vasthi alone is regarded as half treatment in many conditions.

#### **Nasya/ Nasal instillation of medicine**

Nasya includes the instillation of nasal medication and is done for the elimination of doshas; mainly in diseases affecting the head and neck region. The purvakarmas like snehapana and generalized swedana is not mandatory for nasya. But application of oil and fermentation is done in the head and neck region just before the procedure.

#### **Rakta Moksha/ Blood Letting**

Rakta Moksha is also an important process of Sodhana, but it is not included under the title of Panchakarma. This process includes the removal of impure blood from different sites in the body through scarification using a metallic instrument and application of leeches. The site depends upon the disease condition. This treatment is seen to be effective in conditions where other treatment procedures fail to yield results. The purvakarmas mentioned above are generally not indicated in rakta moksha. Rakta moksha is no less important in surgical treatment than vasthi/enemas in medical treatment. Great care has to be taken to stay clear of vital spots during this procedure. The technique for bleeding by leeches is masterly and was a therapeutic practice that was used all over the world even in the first half of the twentieth century.

The surgical branch of Ayurveda –Salya tantra is not so familiar to many. Today, only a few surgical techniques are practiced by Ayurvedic Surgeons. Surgical treatment in Ayurveda enjoyed high prestige up to the time of Jivaka who performed a trephination of the skull on King Bimbisara and served as a personal physician to Buddha. But surgical techniques lost its prime status within a few centuries after the Buddha.

These five therapies can be done alone or in combination as per the disease condition. Usually virechana (purgation) must be done





14 days after Vamana (emesis) and Vasthi (enema) must be done seven days after virechana. Even though this is the rule in classical text books, the major consideration in determining the gap between therapies is the patient's health. The gap is to be greater in case of a patient who is weak, and vice versa. In any case, a very short gap of a single day or less is not at all advisable between two therapeutic procedures.

#### **Paschat Karma/ Follow up treatments**

The follow- up phase is equally important as the main treatment phase. During this phase the body will be in a very fragile condition. The digestive capacity will be weak and to protect and enhance the same, certain dietary patterns and restrictions (pathya kala) are advised for this period. The Pathya kala is generally equal to number of days that was required for the treatment. In practice, it is normal to take up to three months before receiving the benefits of a panchakarma, even though changes start to occur just after the treatment. Therefore, in order to obtain the benefits in its entirety, the adherence to the regimens of this period is very important. This period doesn't require hospitalization.

#### **Pancha Karma for a Healthy Person**

Pancha Karma can be done in healthy persons to maintain their health. Dinacharya (daily regimens) and rithucharya (seasonal regimens) are two important aspects of maintenance of health in Ayurveda. Daily regimens include the daily diet and habits that we need to follow to maintain our health whereas seasonal regimens include those that need to be followed in specific seasons. Sodhana processes in Panchakarma are indicated as part of seasonal regimens and are usually performed in the transition phase from one season to another. The outbreaks of diseases are more likely during changes in climate or season. This is due to the fact that our body becomes weak when there is a sudden climatic and temperature change. Ayurveda explains it with the tridosha concept as sudden increase of doshas, and Pancha Karma is done to eliminate it, making the body strong and immune to diseases.

In such cases, consumption of small amounts of oil/ghee with food along with sudation therapies is done as poorva karma. The type of Sodhana – Vamana/ Virechana/ Vasthi is done as per the condition of the person. The follow- up treatments is done as mentioned above. Doing these Panchakarma treatments in the right time every year is in some sense a repair therapy for the body. Any machine which

we use in our day- to- day life requires a service after a particular period of usage. This is critical in order to keep the machine in optimum working condition and extend its life span. Likewise, a properly done panchakarma helps in maintaining the health of an individual.

#### **“Panchakarma” today**

A quick search in Google about Panchakarma today yields about 560,000 results. Despite such a large number of articles and websites that attempt to explain Panchakarma, it is deplorable that the information provided in nearly all of them are inaccurate and misleading. Instead of the original five therapies, one can obtain details of at least 50 different treatments in the name of Panchakarma, with the real therapies given the least importance of all. In the real world, there are a plethora of “treatment” centers offering Panchakarma treatment as packages, which has led the common people to think of Panchakarma as a special massaging technique that constitutes an enjoyable activity for their vacation.

Under such circumstances, it cannot be stressed enough that Panchakarma is a procedure that needs to be performed with the utmost care as in the case of a surgery, and such a procedure requires a lot of professional expertise. A lot of co-operation from the side of patient is also required in this treatment procedure. Each and everything related to the patient such as the diet, activities, sleep etc will be regulated by the physician with a lot of restrictions. It is also crucial that the patient be on complete rest. However, such rigor is often not followed in the so- called Panchakarma packages. For instance, the oil application and massage techniques are given priority over the sodhana/elimination phase. The patient will definitely feel better after the sudation processes, but it will be only temporary since the doshas are not



eliminated from the body. Even if shodhana process is performed, it is usually not done in accordance with the rules, but instead as a milder version of the real process. Although, in such approaches there are lesser chance of adverse effects, the benefits will also be less. Ultimately, this means that if we analyze the cost to benefit ratio of such packages, they may prove to be a loss of time and money.

It is critical to realize that any activity done in the name of Panchakarma that does not adhere to the systematic methods of original treatment procedure will cause more harm than good. The success of Panchakarma is hence conditional, and only upon the satisfaction of all the strict requirements mentioned earlier.

#### A few do's and don'ts in Panchakarma

Emesis and purgation must be performed in the proper season except in emergency situations. Severe heat, rain and cold should be avoided.

Between two evacuative procedures the patient should undergo lubricant and fomentation therapy.

Use hot water for all purposes

Avoid exercise, exposure to cold and Sun, travelling, day sleep.

Must be calm emotionally

Diet must be restricted as per the condition of the patient and the treatment he is undergoing.

These are just a few guidelines that are most important, and the list is not exhaustive. These restrictions are imposed because the body will be weak during the treatment. With treatments being done as part of holiday trip now-a-days, it is often the case that people undergo a therapy in the morning, hit the waves in the evening at the beach before sitting down to enjoy their favorite cocktail later in the night. With such practices becoming commonplace, it becomes



necessary to reiterate the fact that. Doing panchakarma in the wrong way may result in adverse effects in the long term.

#### Contra-indications of Panchakarma

Panchakarma treatment is contra-indicated in a wide spectrum of disease conditions. But in today's scenario many centers perform panchakarma without considering these factors. To make matters worse, in some cases the package of treatment is actually selected by the patient itself and not the doctor. If contra-indicated treatments are done in such conditions, it will result in worsening of the existing disease or even the onset of a new disease. A few examples are cited below.

Oil application is contra-indicated when the digestion is not proper.

Sudation therapies are contra-indicated in patients suffering from conditions like skin disease, diabetes, obesity etc.

Emesis is contra-indicated in weak persons, heart disease, poor vision, urine retention etc.

Purgation is contra-indicated in rectal prolapse, bleeding per rectum, emotional stress, alcohol addiction, severe constipation etc.

Non-lubricant enema is contra-indicated in indigestion, weak digestion, diabetes, skin diseases, bleeding piles etc.

Lubricant enema is contra-indicated in empty stomach, acute fever, diabetes, weak digestion, bleeding piles etc.

Ayurveda- a science so powerful which possesses the potential to answer the health needs of the mankind- remains like an uncut diamond. So is the case with Panchakarma- the un-chiseled Kohinoor of Ayurvedic therapeutic system. The current practice and propagation of Ayurveda in the black shadows of so called Panchakarma centers will draw this elite science into an abyss. It's up to our current Ayurveda fraternity and its well-wishers to take the necessary steps for reclaiming its lost dignity. In pursuit of that greatness each and every one of us who loves this science should work in tandem.

"Drugs are like nectar; administered by the ignorant, however they become weapons, thunderbolt or poison. One should, therefore, shun the ignorant physician." (Susrutha Samhitha)



# Yoga an entry pass to ecstasy

**A diligent practise of Yoga and its asanas will promise you not just a great body but also a wonderful drug for your emotional health.**





**Yoga is a great mood enhancer for those going through depressive cycles. It would make a healthier you by making you more strong and flexible. It will not just make you feel unified and connected but also lift your spirits and lives.**

Human mind is seen to work in astonishing ways. It can be seen that the mind works in different contrasting and complementing manners depending on how one uses it. Sometimes it can give you happiness and other times it can act as a destroyer of happiness.

Yoga is regarded as a traditional method to control the mind so as to experience peace and tranquillity in one's life. It is also seen that during these times of technological advancements, nothing could be equal to the sharpness and lightning-speed faculty of the mind. But if a man is unable to control his mind, it can have devastating consequences.

It is at this stage in a man's life that Yoga steps in. Yoga can help or assist a broken down person to control his mind and body by practicing the different asanas or postures, which are the basic tools to practice Yoga. Thus, this helps him to be at harmony with himself and his surroundings. It, therefore, helps to cope with the stress in life, resulting in a peaceful mind.

Stress is subjective of the fact that one activity that is stressful for you may not be stressful to another and vice versa. Today, we can see that it in the new and fast pace of life, factors that are stressing out people include, detachment and helplessness. Also today's life-style is so demanding that one is expected to stretch beyond ones' limit to maintain harmony and balance in the work-life puzzle.

And it is at this juncture where Yoga takes its meaning and action. Yoga is known to connect with a person's deep spiritual and emotional inner self and build great inner strength. Yoga thus helps a person to take life slowly and thus build harmony at the seven dimensions of wellness – social, emotional, spiritual, environmental, occupational, intellectual and physical.

Yoga, if practiced routinely, would yield results as a spa treatment to both the mental and physical faculties of a person. It conditions the mind and body in such a manner as to carry out the demands of life with great elan and poise.

On the other hand Yoga also helps to destroy and diminish the harmful effects of stress. Setting aside a few minutes from your busy schedule to practice Yoga can have long-lasting positive effects in your life. Practicing Yoga will help you to become more focused and centered with your mind and inner self. This will also help you to have great control over your mind and cope with the stress and anxiety of daily life with ease. Thus Yoga helps a person lead a more positive and meaningful life.





**A routine practice of yoga can relieve allergies and medical conditions and can help cure insomnia by treating anxiety and nervousness.**

A person who lacks control over his mind is prone to a lot of mental disorders and can finally even turn suicidal. This is because the person lacks the harmony with the surroundings and within himself. This will lead to a great release of toxins in the body of the person, and his muscles tend to become more tightened and rigid. Every event of stress in a person's life is seen to dump something destructive into his/her mind as well as body. So to tackle this issue, one should become conscious or attentive of what is happening in the person's mind and body.

Thus by practicing Yoga a person can become very alert and to be fully in the present. Each asana (posture) in the practice of Yoga is, therefore, a process of transformation of the body, mind and soul. The body and the mind can be seen to be more relaxed and less rigid by slowing down the body system through conscious breathing and stretching exercises.

This activity will help one to be synchronized with both one's internal and external self. This will make one more focused and be able to manage any stressful situation with ease. One can determine if a person is tensed, calm or happy by understanding his breathing pattern. Different thought patterns evoke different breathing patterns, controlling the flow of blood through one's veins. Changes in breathing patterns also causes difference in the level of Oxygen supplied to each cell of the body which will, in turn, determine a person's energy levels.

As a first or fundamental step to Yoga one does relaxation exercises, chest-opening programs, suppleness-enhancement sessions and basic breathing exercises. At this level, one is seen to achieve more attentiveness of his body and this will result in being more peaceful with his inner self and outer self.

At the next stage the student of Yoga is introduced to the different asanas or body postures like forward and backward bending, stretching and twisting poses. By diligent practice of these asanas, the practitioner will be able to experience amazing changes in his mind and body. The practitioner will be put into higher levels according to his/her grasping power and he/she will soon be able to master the subject.





# Ayurveda gets a new push

**AYUSH is now independent department  
Shripad Naik becomes first minister for AYUSH**



**“The progress of AYUSH as a Ministry is due to the world’s interest in the alternative system of medicine and the huge potential identified in this area.**

In an attempt to refurbish his image as one taking care of traditional medicines, Prime Minister Narendra Modi, through the Cabinet reshuffle, decided to make the Department of Ayurveda, Yoga, and Naturopathy, Unani, Siddha and Homoeopathy (AYUSH) a new Ministry. Shripad Naik has been made Minister of State (Independent charge) for AYUSH

According to Shripad Naik, this move is part of the Modi Government’s process of preparing a ‘health policy’ very soon. The policy is said to lay emphasis on the AYUSH system, in view of its long history of use by various communities, he said, adding, the system requires simple technological inputs for diagnosis of ailments and preparation of medicinal products.

In an event held in Jaipur on February 13, 2015, Naik honored nine practitioners of Indian traditional medical practices for their “excellent services”, including Dr Banwari Lal Gaur, Vaidya Banwari Lal Mishra, Ramesh Kumar Bhutia, Radheshyam Garg, Shobhlal Audichya, Shri Girendra Pal, Dr J B Dariyani, Pankaj Sharma and Dr Shaikat Ali. “India can meet all its healthcare objectives and also enhance its economy by simplifying AYUSH measures, strengthening its capacities and taking it to the last person in the remotest of the villages,” an official release, quoting Naik, said.

The Minister claimed that the progress of AYUSH as a Ministry is due to the world’s interest in the alternative system of medicine and the huge potential identified in this area. The Minister said that under the AYUSH Ministry there are currently 519 educational institutions which include 191 post-graduate colleges with around 35,000 students enrolled annually. To take this to the next level, the Minister has said that several AYUSH information centers were set up in various countries, including South Africa, Malaysia, Trinidad and Tobago.

Department of Indian System of Medicine and Homoeopathy (ISM&H) was created in March 1995 and re-named as Department of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH) in November 2003 with a view to providing focused attention on development of Education and Research in Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy systems. The Department has been elevated to an independent Ministry with effect from 09.11.2014.



# Avocado

## *Utterly Butterly Nutritious*



**Eating Avocado along with salads can greatly increase the in-take of anti-oxidants. It also helps in preventing prostate cancer and lowering the side effects of chemotherapy.**

**While most fruits are eaten to control diet and thus lower weight, this is probably the only fruit that helps to gain weight. It provides a healthy source of calories unlike other calorie-dense foods that contain excess saturated fat and sugar.**

All fruits are good but some fruits have high nutritional value that are incomparable and can be easily sold off to a non-eater. Avocado is one such fruit with so many benefits that makes it hard not to love. Their silky butter-like texture and versatile flavor gives them the nick-name butter fruit. To have a love-affair with Avocados means to nourish your body with over 25 essential nutrients, including vitamin A, B, C, E, & K, copper, iron, magnesium and potassium. They also greatly strengthen the immune system through their high fiber and protein content and several beneficial phyto-chemicals such as beta-sitosterol, glutathione

and lutein, which protect the body against various diseases and illnesses. While most fruits are eaten to control diet and thus lower body weight, this is probably the only fruit that helps to gain weight. It provides a healthy source of calories unlike other calorie-dense foods that contain excess saturated fat and sugar.

Among the many other properties of this fruit is its well-known character for nourishing skin by making it glow. This function of the fruit makes it a favorite among ladies. It also helps in treating psoriasis and bad breath. It is also known to slow aging and it fosters a healthy nervous system.





Another distinctive nature of this fruit is that while most fruits consist of high amounts of carbohydrates, Avocado is rich in healthy fats. Due to its high nutrient value, it acts as a good ingredient in many dishes. Also, oils extracted from Avacados can reduce the symptoms of arthritis of the bones, called osteoarthritis. This fiber- rich creamy food can be easily incorporated into one's diet through salads and various other recipes.

Other than contributing to weight

loss this fruit's rich fiber content helps to reduce blood sugar and is linked to lower the risk of many diseases. The mono-saturated fatty acids in the fruit are very healthy for the heart. The majority of fat in Avacado is oleic acid, which is responsible for reducing inflammation and having beneficial effects on genes linked to cancer. Avocado oil is also safe and healthy for cooking since it is resistant to heat-induced oxidation.

Potassium is a mineral that most

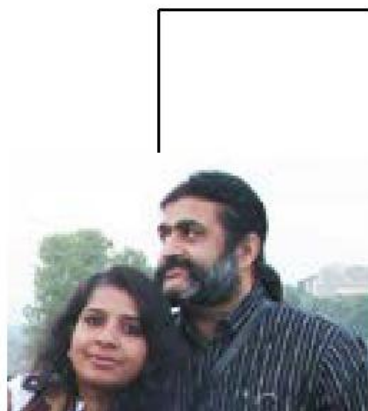
people lack, Avocado in-take clears this deficiency as it is rich in Potassium thus supporting healthy blood pressure levels.

To sum it up, it is an olive-green pear-shaped fruit often called 'alligator pear' because of its rough and bumpy exterior. Only the yellow-green flesh of this fruit is edible and the skin and seed are discarded. Avocado belongs to the Lauraceae family where species such as bay leaves and camphor tree are found.





# Healthcare should go beyond medicine and illness



Dr Mathew Fenn and Dr. Jessie Fenn

Western Medical Science matured in the context of 19th century Zeitgeist. Once the boundaries of the discipline was sealed (mostly due to the initial success), it has been strongly rooted in the traditions of pure science, with greater emphasis on exploring the causal relationship between medicine and illness. Healthcare today is a much more complex exercise, rooted in family and society's decision making process. To make the transition, it is important that medical practitioners and medical education pays more attention to the larger social context of healthcare delivery.

As a boy, I remember telling my mother, "A doctor sees birth, death, pain and sickness. He is there at the most joyous moment of our lives and at its saddest, at life's beginning and its end.....doctors must be truly philosophers". I am no longer a child, but I still believe that the healing profession is a privileged one. However, in today's world Medical Science is faced with several challenges. Taking a few steps back to explore its historical context helps us to understand the root of these challenges and possible solutions.

Samuel Hahnemann, the father of Homeopathy, called Modern Medicine "Allopathy", literally meaning Allos - other than + Pathy - suffering or disease, meant to suggest that Western Medicine or Modern Medicine focuses on something other than the disease at hand. It is hard to miss the fact that in all of these words the common element is the word Medicine, not health or even the patient. It would seem that this science is more about the validation of medicine than about the patient, and her dis-ease.

**T**his orientation has resulted in several controversies in the field of medicine that are obvious to even the casual observer. They include:

1. Is it acceptable for a physician to assist a person who has chosen to die? (Euthanasia)
2. At what point does an individual life begin? (Pro Choice vs Pro Life)
3. When does life end? (When is one clinically dead with zero chances of revival?)
4. Genetics, cloning and stem cell research

But there are other questions that are not so obvious,

but require us to think deeply about the nature of Modern Medicine. For example:

1. Is it the aim of medicine to prolong life? If so, is death outside the scope of Medicine or is death also part of medical science? If it is, is there a healthy way to die?
2. If "Lifestyle Diseases" like hypertension and diabetes are important diseases of today, how much does medical training equip doctors to conduct lifestyle modifications?
3. The World Health Organization states that "Health is a state of complete physical, mental and social well-being and not merely the absence



of disease or infirmity". It goes on to list 4 factors that influence health but "lies outside the health sector".

- a) Economic Factors such as trade and transportation – the outbreak of plague that wiped out 40% of Europe arrived there via the Silk Route. As pathogens travel to new populations, the immunity to such pathogens may be low.
- b) Social Factors like increasingly sedentary lifestyles
- c) Environmental Factors like climate change
- d) Technology factors like those that allow for tele-medicine and the internet and public avail-

ability of healthcare information.

Apart from this, sanitation and nutrition are definitely two factors that also contribute to health.

Modern Medicine has its roots in the socio cultural milieu of the mid to late 19th century, a time when the world was just becoming aware of the power of science to solve human problems. The world moved on and today we recognize that human problems cannot be seen isolated from their economic, social and cultural context. Healthcare is in a crisis and to understand the crisis we have to look beyond learning Chemistry, Biology, Anatomy, Physiology and Pharmacology, the main subject that medical practitioners are trained in.



**Roots of Medical Science:** Historically speaking, Modern Medical Science is a relatively young science though there are those that trace its history to Hippocrates and perhaps even earlier. It took its present form only in the 19th century. There are several events that mark the development of Modern Medical Science and its two main branches- Internal Medicine and Surgery.

**Internal Medicine:** Even though consuming various substances in order to cure diseases have been practised since ancient times, its practice in the context of modern medicine is tied to modern Chemistry and the Germ Theory. Best formulated by Robert Koch in the 1880's as four postulates: (1) the germ must be found in all organisms suffering from the diseases and not in healthy ones

(2) it should be possible to isolate the germ from the host and to grow it in a pure medium (3) the germs should cause the disease when ingested by a healthy individual and (4) it should be possible to isolate the identical germs from the freshly sick individual.

In 1854, London had an outbreak of cholera. John Snow (1813-1858) a physician noticed that the victims belonged to a particular area. His now classic research narrowed down the source of disease to a particular tap in Soho, London, demonstrating for the first time, the now familiar power of Epidemiology in understanding diseases.

Other researchers like Louis Pasteur further refined the Germ Theory, resulting in much better





health outcomes. September 28, 1928 represents another milestone in the story of Internal Medicine - the birth of Antibiotics. Despite Alexander Fleming's observations, Penicillin was isolated in viable concentrations and mass production began only after the bombing of Pearl Harbour in 1944.

Sixty years later, in April 2014, the WHO used the phrase "Post antibiotic era", suggesting that nature evolved, drug resistant microbes rendered one of the main weapons of medicine useless.

**Surgery:** Surgery depended on a knowledge of



anatomy and this was severely restricted because religion decreed that vivisection is close to necromancy. It comes as no surprise that the development of anatomical knowledge and of surgery was greatly influenced by warfare. The wounds allowed doctors to see deep into the body. From 1847 onwards, with the discovery of chloroform and other anaesthetics, as well as understanding the importance of eliminating germs through washing of hands, clean hospital environment, and sterilizing of instruments, surgery as an option became increasingly possible and grew as a major branch of medical practice.

**Evidence-Based Medicine:** The growth of scientific medicine took a new turn with the growth of

Evidence Based Medicine. The double blind method was developed to ensure that any health benefits of treatment were indeed a direct outcome of the medical intervention and not a result of either spontaneous remission (the body healing itself) or of the placebo effect (the impact of psychological factors in healing). One wonders why these two very important aspects of healing have been systematically excluded from the modern practice of medicine.

The growing popularity of evidence based medicine had another reason. Increasingly litigation made the medical profession wary of any subjective judgments. The growing number of sophisticated technology also meant that their rate of successful diagnosis matched or even exceeded those of a physician who relies on physical examination. The large number of medical graduates per year also meant limited time and exposure to pick up the fine art of interpreting physical observations.

In short, the development of Modern Evidence Based medicine is the culmination of a Medical Science rooted in the hubris of the scientific discoveries of the late 19th Century.

**Modernizing Modern Medicine:** As I was writing this article, Jackie walked in after a visit to the Doctor. I asked her if she had two things she could change about the practice of Modern Medicine, what would they be? She said that she would want the doctor to listen better to his patients. About her recent experience

she said

"The doctor barely listened to me before sending me off for lab tests." She also added "When I told him that I was taking Homeopathic Medicines, he was completely dismissive". Jackie is among a growing number of people who believe that the practice of Modern Medicine is dated. As the average age of our populations increase, our healthcare systems have come under public scrutiny. Political careers are both made and broken based on their stand towards healthcare and health policy. Partly it is the result of the macro economic problem of managing the healthcare of a community or even a country on a limited budget. What should be the focus and the health management model?



Traditionally, healthcare outcomes are measured in terms of life expectancy, eradication of germs from the body or removal of pathological tissue via surgery. Today this is not enough. As family budgets are stretched to manage healthcare, they are increasingly looking for returns on their investment. When governments or large insurance companies manage health care, their priority is in optimization, on using objective measures. But patient or customer satisfaction scores are another matter altogether. It calls for spending time with the patient and his family, working together with them as a team.

Understanding the world of the Patient requires an understanding of Western Medicine as a product of a culture. When applied to other cultural contexts, the doctor has to be sensitive to those cultures. This includes an awareness of other systems of healthcare, too.

A brief survey of medical education syllabi reveal that for the most part, medical education still consists of courses in Biology, Chemistry, Anatomy, Physiology etc. with little or no courses in Economics, Psychology or Social Sciences. Here are a list of courses that better equip medical practitioners to

deal with the complexities of today.

1. Psychology of Relationships – a primer in relationships and their dynamics
2. Behaviour modification and lifestyle modification strategies
3. Measuring satisfaction
4. Faith, Death and Grieving – Cultural Interpretation
5. Overview of Systems Approach to balance the reductionistic view of Modern Medicines

Healthcare as a field has become increasingly confirmed in recent years. Environmental Changes, behaviour modification, cultural contexts, increasing litigation and customer knowledge from the internet and global pandemics spread through increased mobility are only some of the forces that are shaping the field of healthcare delivery. For best outcomes, medical practitioners need a broader understanding of the socio-cultural and economic context of healthcare as well as an appreciation of behavioural factors in healing.

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# Amrita's Initiative

The newly-launched Center for Integrated Medicine is the first of its kind academic and research center in the country that integrates traditional and modern medicine.

**A**mrita Vishwa Vidyapeetham's Health Sciences campus has made history by having its Center for Integrated Medicine in Kochi, Kerala, inaugurated. This Center is the first academic and research center in the country that integrates traditional and modern medicine. In association with the Amrita Institute of Medical Sciences, one of the largest and most prestigious multi-specialty charitable hospital in India, this Integrated Medicine Center will eventually offer integrated care to patients.

This Center was inaugurated on Jan 10, 2015, by the Union Minister of State, Shri. Shripad Naik, who is currently in-charge of AYUSH as an independent Ministry. Others present at the inauguration were Shri. Jayakumar, General Secretary of Vigyan Bharati and Smt. Dr. Vanita Muralikumar, President of CCIM. From Amrita, Dr. Prem Nair, Medical Director, AIMS; Dr Shanti Nair, Dean Research, Amrita University and Dr Shankar Chaitanya, Medical Director, Ayurveda Hospital, Kollam were present.

The Center is the first of its kind among academic institutions and is founded on the inter-disciplinary platform at Amrita. Amrita has a state-of-the-art modern multi-specialty hospital with a medical college, an Ayurvedic Hospital and medical college, a center for Nanosciences and Molecular Medicine, a college of Pharmacy and a School of Biotechnology. Thus Amrita has the capability to combine traditional and modern Allopathic treatments as well as integrate modern evidence-based research into traditional medicine. The Center will focus on both patient care and basic research by integrating with the data-

base of Ayurvedic knowledge, both with respect to Ayurvedic treatments as well as with Ayurvedic medicines.

Because of medico-legal and regulatory issues, the initial focus on the clinical side will be to conduct clinical integration as a research- outcomes study with patient- informed consent and ethics approval. Allopathic doctors would only practice Allopathic standard of care and Ayurvedic doctors would only practice Ayurvedic standard of care. However, the physicians in the two specialties would work together to provide the best care for the patient. Once doctors in the two disciplines establish a protocol jointly, outcomes would be followed rigorously as in modern medicine to provide statistically- reliable results.

On the research side, the Center would focus on basic research into Ayurvedic medicine and mechanistic understanding of treatment modalities in Ayurveda to further develop the evidence database of Ayurveda. Secondly, the Center would utilize the strength in technology at the Center for Nanosciences and Molecular Medicine to develop new innovative products to improve the efficacy of Ayurvedic treatments. These include delivery systems for Ayurvedic formulations, new materials to apply the formulations and the application of imaging technologies for mechanistic understanding of how the Ayurvedic treatment acts.

Traditional medicine is referred to by the Indian government under the acronym of AYUSH which stands for Ayurveda, Yoga, Unani, Siddha and Homeopathy. This is the age when traditional medicine is receiving more attention than ever, both



The Center would focus on basic research into Ayurvedic medicines and mechanistic understanding of treatment modalities to develop Ayurveda's evidence database. It would also develop innovative products to improve the efficacy of Ayurvedic treatments and delivery systems.

nationally and internationally. Traditional medicine is a part of virtually every medical college in many Western countries, including giants like Harvard Medical School, Duke University and Columbia University in the US, and Cambridge University in the UK. As incidence of NCDs (non communicable diseases) increases around the globe the complexity of medical treatment and the limitations of Western medicine are beginning to be felt. There are several emerging approaches to address this. One is the rising wave of Nanotechnology as an enabler to improve treatment and to diagnose diseases earlier. Nanotechnology is also a thrust area at Amrita. Second is the field of integrated medicine which recognises that in many diseases, especially NCDs, traditional treatment approaches appear to provide improved outcomes, hence the possibility of integrating the two systems to provide



Inauguration of the Amrita Center for Integrated Medicine and Research by Union Minister of State, Shri. Shripad Naik



Professor Shantikumar Nair handing over the Center brochure to Shri Shripad Naik. Dr Prem Nair, Medical Director, Amrita Institute of Medical Sciences and Dr. Shankar Chaitanya, Medical Director, Amrita Ayurveda Hospital, Kollam, look on

the best result for patients.

Integrated medicine is still at a nascent stage and widespread acceptance is hampered by lack of rigorous data on outcomes that also has statistical validity and has been published in mainstream journals. Hence, it is too early for extensive application to patients without carefully documenting areas where integration can be successful and then to collect adequate data to establish the integrated treatment modalities. Accordingly, at this stage, integration needs to be driven by research. Academic and research centers with capability in both modern and traditional medicine needs to take the lead. This is exactly the approach that is being taken by Amrita. At the Center for Integrated Medicine, Amrita will evaluate specific research protocols of integration in particular disorders where integration is expected to provide favorable outcomes.





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**Mr. Baby Mathew  
(Chairman and MD)**

The inspiration behind the success story of Somatheeram Ayurveda Group.



# SOMATHEERAM AYURVEDA GROUP

## Holistic Yoga & Ayurveda with a Sustainable Vision



According to Mr. Baby Mathew, Chairman & Managing Director of Somatheeram Ayurveda Group, Somatheeram is dedicated to providing uninterrupted health and wellness services to its vast clientele. All the medicines are prepared as per the traditional Yogam (authentic recipe from the traditional palm scripts) in its own Ayurveda medicine manufacturing unit (GMP licensed), which is under close supervision of their team of doctors. A research and development wing is in operation and new Ayurveda packages and special Monsoon packages are developed by the team. Further, Baby Mathew adds, "Our prime concern has been to provide the ancient healing methods of Ayurveda in its purest form to our guests'. To make it true, now we have more than 23 efficient doctors, more than 160 well-trained Panchakarma therapists and the friendliest staff for you". Much of the food of-

fered here is as fresh & organic as it can possibly be and the food not only delicious but healthy and refreshing.

The resorts also host Ayurvedic seminars, Ayurveda cooking and workshops to promote this ancient system of medicine. It has its own garden of unique medicinal herbs and plants as well as offers special courses on various Ayurvedic treatments, Diets and Yoga.

Ever since Somatheeram Ayurveda Group opened its doors for Health and Wellness clientele's in 1985, it has been amassing numerous National and International Awards including Kerala Government Award consecutively for "Best Approved and Classified Ayurveda Center in Kerala" for representing a unique harmony of Kerala's spectacular heritage and ancient wisdom Ayurveda.

For more  
information:

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**In this disease, utmost attention should be given to the diet. One may make a few adjustments in therapies suiting one's preference, but, one should not compromise on diet.**

Asthma is a psychosomatic disease with prevalence of approximately 1.5 to 2.0 crore patients in India. According to Ayurveda, asthma is known as Tamak Swash and caused by stomach problems. When food is not digested properly then toxic juices are emitted in the rectum which may hamper the breathing process. As a result, breathing gets disturbed which causes asthma. Consistent coughs and colds can be attributed as the symptoms of Asthma. This is a genetic disease which passes through generations, makes you more prone if you have a family history. Environmental conditions and some types of illnesses can also be the cause for asthma.

#### Symptoms

Difficulty in breathing, heaviness in the chest, bloated stomach, anxiety and nervousness in the entire body, cold, cough, weakness, short breathing intervals, are a few of the symptoms of asthma. Asthma cannot be cured only by a single therapeutic treatment so the patient needs to follow different therapeutic treatments. One should take organic food and undergo Yoga therapy, one should also follow some principles of naturopathy and Ayurveda therapy. In such ideal cases, we can assuredly say that 'Asthma is completely curable'.



# ASTHMA

## -A Difficult but Curable Disease

### Acharya Balkrishna

When food is not digested properly then toxic juices are emitted in the rectum which may hamper the breathing process. As a result, breathing gets disturbed which causes asthma.

### Primary treatment:

- Asthma patients should start the day by cleaning their bowel (Virechana) for which fasting is a very good option. One should also follow a strict routine of doing breathing process (Pranayama) in the morning.
- After fasting for 1-2 days, gradually move to a liquid or fruit diet. Light diet should be taken in which only thick wheat Rotis with wheat bran mixed with bottle gourd (Lauki).
- Hip bath, a warm feet bath and chest paste gives a lot of relief in Asthma.
- During an asthmatic attack, hot feet bath gives immediate relief.
- We should try to take the evening meal before Sunset.
- Lukewarm water should be consumed with meals.
- Asthma patients should immediately leave addictive substances such as tobacco, cigarette, pan masala, zarda, etc.
- Honey should be taken in place of sugar.

- Asthma patients should definitely go for a walk in the morning. While walking deep breathing should be practiced.
- During anxiety, the asthma patient coughs a lot then kunjal should be taken with lukewarm water to which a little salt should be added. This helps in decreasing the cough giving immediate and appropriate relief.

### Yogic remedies:

If the asthmatic patient is able to do yoga and Pranayam, then Tadasan, Katichakrasan, Sarvangasan, Chakrasan, Bhujangasan, Dhanurasan, Brajrasan, Ustrasan, goudmukhasan, Ardhamatsyedrasan, Matsyasan, and Savasan are useful. The time duration for doing Yoga and Pranayam should be increased eventually when the stamina and strength increases overtime with practice. Pranayam, Kpalbhathi, Bhasastrika and Suryabhedhi should be practiced and Savasan should definitely be done for half an hour. The more the body is calmed and relaxed, the faster the disease will be cured.

Asthmatic patients should exercise kunjal, jalneti, mutraneti, and vastradhotti with empty stomach in the morning. However, the above processes should





be practiced by the Asthma patient only after proper instructions from a person who is well-versed with Yoga so that the benefits are obtained without causing any harm.

### Diet:

In this disease, utmost attention should be given to the diet. One may make a few adjustments in therapies suiting one's preference, however, one should not compromise on diet. The patient should have an intake of cough-free food for lung-related diseases. It is necessary to follow a strict diet routine for atleast 5-6 months.

- At 7 am, take lemon juice and honey with warm water.
- At 9 am, take kismis (raisins), munakka (not for diabetic patients), 5 almonds, 2 walnuts, 6 tea spoon sprouts (Moong and Black Gram) and anjeer (dried figs) which have been soaked in water during the night. Take this for breakfast with a cup of ginger, black pepper, long pepper and cardamom tea.
- At 11.30 am, drink any fruit juice or vegetable soup.
- At 1.30 pm, take fruits, then vegetable soup or salad and boiled vegetables.
- At 4 pm, take fruit juice (apple, papaya or any seasonal fruits). Do not take cold or sour fruits.
- At 7.00 pm, take vegetable soup with any fruit.
- At 8.30 pm, take a cup of ginger, long pepper and cardamom tea.

**If the patient follows this diet for 1-2 months, a lot of relief can be attained.**

- After this for 3-4 months, take vegetables and chapatti (with wheat bran and saag) and salad every afternoon. For the rest of the time, the above mentioned food routine should be followed.
- Curd is to be avoided in this disease. Potatoes should be taken with other vegetables in soup. Do not eat colocassia (arbi), potato, lady finger, cauliflower and cabbage or any food stuff made from refined flour.
- Take mixed vegetable soups to which tomato and lady's finger can be added and at other times take Bengal gram (KaleChana) soup.
- After four weeks following this routine, leave chapatti and spend one whole week without it.
- Pay special attention before going to bed at night. Do not sleep in a closed or isolated room.
- Do not sleep with face and head covered. Wear loose clothes while hitting the bed at night. Keep feet warm at all times. Sleep on your right or left as per your preference. Sleeping on the





left -side will be better.

- Do not sleep during the day time

### Home Remedies:

- If there is a normal respiratory problem then grate and grind suhagaphool and mulathi separately. Mix equal quantities of these two powders and keep this in a bottle. Take half to one spoon of this powder with honey or warm water 2-3 times daily. For children give one ratio or a little more, according to the age. Do not take cold items such as curd, ice etc. Avoid eating banana and rice.
- For children above one year of age who suffers from Asthma: Grind five leaves of tulsi and give with a little honey during morning and evening as per the requirement for 3-4 weeks. For children below the age of one year, mix juice of tulsi leaves with two drops of honey and let the child lick it twice a day. Apart from Asthma this will help in curing a number of respiratory related diseases in children.
- In 'kalai' utensils, soak 3 anjeers (dried figs) for 24 hours. In the morning, boil the anjeer in the same water. Chew them well and eat them and also drink up all the water. This gives special benefits to Asthma patients. Before sunrise, complete your excretion and take a bath, sit in front of the rising Sun and do the Pranayam

with deep breathing 10-15 times. This kriya should be formed for some months regularly to get benefits. It is advisable not to expect results if the exercise is done for a few days.

- Roast turmeric in sand and grind it. Take  $\frac{1}{4}$  spoon of this powder with hot water.
- Boil four spoons methi (fenugreek) in a glass of water. Strain and drink it.
- Take powder of the bark Harsingar (night jasmine) in betel leaf and have this for immediate relief from asthma.
- Take four cloves, four black peppers, and four leaves of tulsi and make a paste. Have this daily.
- Boil 5gm mulathi, one spoon ghee, 5 gm misri, and half spoon rock salt in one cup of water and consume it daily.
- Mix 5 gm of Honey, adusa and ginger juice and take after every three hours for some days.
- Mix one cup each of turnip juice, carrot juice and cabbage juice and drink this for a few days. This is nourishing medicine for asthma patients.

The author is an exponent of Ayurveda and an eminent botanist. He is also the co-founder of Patanjali-Yogpeeth.





The Fundación de Salud Ayurveda Prema (Prema Ayurveda Health Foundation) is a non-profit organization registered with the Argentine government. Over the past 20 years the Fundación de Salud de Ayurveda Prema Argentina has spread the knowledge of Ayurveda throughout Latin America.

#### TRANSLATION OF CLASSICAL AYURVEDA TEXTS – A MILESTONE

In order to spread Ayurveda most effectively, we took a step we regarded as essential: translation of some of the important, classical Ayurveda texts into Spanish, the second most spoken language in the world. Similarly, we brought out Spanish language publications on distance courses on Ayurvedic medicine, and a book for the general public on the philosophical and practical basis of Ayurveda.

The translation of the six volumes of Charaka Samhita, a task that has taken several years, is in its final revision stage and will soon be published. Translation of Susruta Samhita has already begun. In this way, the Fundación de Salud Ayurveda Prema is making a modest but relevant contribution to correct knowledge of Ayurveda in this region of the world. We have also assembled a collection of the fundamental texts of Ayurveda in English. More than 500 classical and modern Ayurveda texts translated into English have already been indexed.

Some papers resulting from our research work and surveys on different subjects, such as “The International Acceptance of Ayurvedic Formulations,” “Physiology of Meditation,” “Anorexia Nervosa and Ayurveda,” and “Attitudes of Health Professionals Towards Non-conventional Medicine: An Argentinean Survey,” have been presented in Indian and Latin American Congresses and Conferences. At the same time, medicinal plants from Latin America and the West are the subject of ongoing studies, in which herbal medicine concepts and phytomedicine research are integrated with Ayurvedic knowledge. As a result of our postgraduate courses, and seminars conducted in many countries of the Latin American region, and in India, some of our students have been able to establish new Ayurvedic centers in their countries of origin.



Ambassador of India, Mr. Viswanathan and First Secretary Mr. Babu, with the Directors of Fundación de Salud Ayurveda Prema, Lic. Molho and Dr. Berra, at the Opening Ceremony of Postgraduate Course on Ayurvedic Medicine 2012.



With course participants

#### WESTERN MEDICINAL PLANTS FOR PANCHAKARMA

A crucial aspect of successfully introducing Ayurveda practice in Latin America has been our approach to Ayurvedic medicines. We have counseled the appropriate Health Departments within the Health Ministries of Venezuela and Costa Rica to give them scientific information, and help their personnel understand the background of the therapeutic use of such medicines, thus facilitating their official registration.

At present, Ayurvedic medicines produced in India are officially registered in Venezuela, Costa Rica, Nicaragua, and Honduras. In other Latin American countries, we make use of local herbal medicines. We have taken immense trouble to make accurate correspondences between local medicinal plants and those originating in India. We have developed a list of medicinal plants from Latin America and the West that can be used in Panchakarma procedures.





# "The Fundación de Salud Ayurveda Prema – The Dawn of Ayurveda in Argentina and other Latin American Countries"



Dr. JORGE LUIS BERRA, M.D.

Dr. JORGE LUIS BERRA, M.D., was born in Buenos Aires, Argentina. He was graduated as Medical Doctor from the Faculty of Medicine, University of Buenos Aires in 1977. He then took M.D. on Pediatrics. He is Board Certified as Pediatrician by the Argentinean Pediatric Society and the National Health Ministry, December 1983, and Board Certified as Family Doctor Specialist by Family Medicine

Argentinean Association. He is the Director of Fundación de Salud Ayurveda Prema (Prema Ayurveda Health Foundation), Argentina, which has been recognized since 2001 as a Collaborating Centre Gujarat Ayurved University, India, after receiving authorization from the Ministries of Health and Foreign Affairs of the Government of India.

## VISION

The knowledge of Ayurveda is now spreading throughout South and Central America and hardly a country remains untouched by it. The Fundación de Salud Ayurveda Prema's goal is to contribute to the promotion of Ayurveda medicine and all its preventive and therapeutic resources of value in the health field. The aim of the Foundation is to help Ayurveda attain the best possible status within Argentina's medical community and with the general public. Our vision is to improve and perfect the health of the peoples of Latin America using Ayurveda. We have now been spreading Ayurveda in the Argentine Republic and Latin America for over 20 years, focusing our efforts on

both the medical profession and the people. Throughout this time, our interest has been to integrate useful elements of traditional approaches to medicine such as Ayurveda, which is our specific field of knowledge, with mainstream medicine and scientific research methods in an atmosphere of mutual respect, acknowledgment, and positive assessment. Currently, we are conducting four postgraduate courses on Ayurvedic medicine, all certified by the most prestigious universities in the country. In the fields of teaching and research, our goal is to preserve the wealth and purity of Ayurveda's teachings, and to demonstrate its usefulness for modern biomedical science.

## COLLABORATION WITH GUJARAT AYURVEDA UNIVERSITY AND OFFICIAL RECOGNITION BY GOVERNMENTS

On January 5, 2001, after obtaining approval from India's Ministry of Foreign Affairs and Ministry of Health, the Fundación de Salud Ayurveda Prema signed a Memorandum of Understanding (MoU) with Gujarat Ayurveda University (Jamnagar, India) in the presence of Mrs. Shailaja Chandra (Secretary, Indian System of

Medicine and Homeopathy), the Governor of the Gujarat State, and other top Indian officials. The MoU accredited the foundation as a collaborating center for teaching, assistance, and research in the field of Ayurvedic Medicine in Argentina.

In 2000, the School of Medicine of the University of Buenos Aires approved our first postgraduate course on Ayurvedic medicine. Later, in 2002, an annual advanced postgraduate course on Ayurvedic medicine, accredited





by the University's School of Medicine and designed for health professionals, was added. That same year, another resolution from the Board of Directors of their School of Medicine approved a postgraduate distance learning course on Ayurvedic medicine. All these courses have been delivered under the auspices of the Indian Embassy in Argentina, and, since 2005, with the authorization of the then Indian Ambassador, Mr. Ringzind Wangdi.

Well-known and respected Ayurvedic scholars and doctors from leading Indian institutions have supported the courses through their articles. Support of top academics from India's major educational institutions devoted to Ayurvedic studies has made it possible for us to transmit Ayurveda's fundamentals and its most relevant therapeutic tools completely faithfully. It has also enabled us to enrich course content through scientific interchange with well-known institutions at the highest academic level. All this was made possible by the MoU with Gujarat State Ayurveda University.

#### RECENT INITIATIVES

In April 2010, a new biennial postgraduate course on Ayurvedic medicine exclusively for medical doctors was started at the National University of Cordoba's School of Medicine. More than 450 professionals, 250 of whom were medical doctors, have now taken our postgraduate courses, while another 500 nonprofessional students have participated in courses on Ayurvedic principles and Ayurvedic massage. Students come from many countries in addition to Argentina, including Uruguay, Brazil, Paraguay, Chile, Bolivia, Peru, Ecuador, Venezuela, Colombia, Panama, Costa Rica, Mexico, Spain, Portugal, Italy, and the USA.

For the last 3 years, we have been participating in an optional Course on Complementary Medicine for students of the School of Medicine at the University of El Salvador, in Buenos Aires. We also run regular courses on Ayurvedic massage for health technicians. These give technicians a more integrated and holistic approach to patient care, and have attracted great interest. Since 2005, we have also offered online courses on the principles of nutrition in Ayurveda. By implementing

Of all systems of traditional medicine, Ayurveda seems to be best understood by people in Latin America and the West, and thus most up-to-date. Experience confirms that its ancient wisdom is easily accepted and incorporated both by professionals, health workers, and the general public. We find increasing numbers of people and institutions turning to its concepts and resources to care for individuals and families, and to heal disease.

several educational strategies that establish a more personal relation with students, and so replacing the direct contact in normal courses, we have achieved a very positive response. This has enabled our students, who come from all Spanish-speaking countries, to share their personal growth and transformation experiences.

We have also conducted lectures, seminars, workshops, and conferences on various Ayurveda topics in Ministries of Health, Schools of Medicine, and professional and scientific associations in most Latin American countries: Mexico, El Salvador, Honduras, Nicaragua, Costa Rica, Panama, Colombia, Venezuela, Ecuador, Peru, Brazil, Paraguay, and Chile, even Spain and India.

Of all systems of traditional medicine, Ayurveda seems to be best understood by people in Latin America and the West, and thus most up-to-date. Experience confirms that its ancient wisdom is easily accepted and incorporated both by professionals, health workers, and the general public. We find increasing numbers of people and institutions turning to its concepts and resources to care for individuals and families, and to heal disease. Participants in our courses tell us that Ayurveda's holistic and scientific approach improves and deepens the practical work of physicians, psychologists, nutritionists, physiotherapists, kinesiologists, nurses, yoga teachers, nutrition counselors, manual therapists, and other health professionals and technicians.

Fundación de Salud Ayurveda Prema is open to possible forms of collaboration with other Ayurvedic institutions: (a) in order to organize training visits for its members to Ayurvedic centers in India, and visits of foreign Ayurvedic professors to Argentina; (b) to carry out scientific research projects to demonstrate to the biomedical community the value and usefulness of Ayurvedic resources and remedies; and (c) to support work on the provision of Ayurvedic texts in Spanish.

Ayurveda has shown its potential to solve some of our age's greatest health problems. We are glad to be a part of this movement. Those trained in this ancient Science of Life will be at the forefront of a highly positive and enriching trend in the field of health.



In Patan there is a structure called Rani Ki Vav. An elaborate step-well. So ornate are its walls, it almost feels like one is in a temple.

I asked for the architect's name and no one seemed to know. I asked about the sculptors. Even their names were unknown. Here, art precedes the artist. The creation is above the creator!







## (Diet regimen) is the central tenet to building Ojas(Vigor and vitality)

The ability to attract and inspire is found in people who have an indescribable vitality, sensuality, glow and resilience. Ojas is that state of well-being in which the body-mind reflects true strength through resilience and vitality that keeps it healthy and supple and prevents decay and degeneration of the body. There is a connection between the mind and the body that develops self-esteem, knowledge of self and an inner power, which reflects itself through a glow and lustre that is both alluring and attractive.

Ayurveda tells us that negative and unfocussed emotions lurking in the mind are the cause of many diseases. They cause us to be less perceptive or to misperceive the world around us, known as asymmetry.

The gut is the central focus for Ayurveda's interventions. Known as the mahasrotas, the gut and its fires digest all we take in. The origin of many imbalances is in what we eat and how we eat. One of the primary sources of the loss of Ojas is the lack of attention to our diet. Attention to our food habit, known as pathya is a central tenet to building Ojas.

Increasing Ojas through Pathya

The origin of many imbalances is in what we eat and how we eat. One of the primary sources of the loss of Ojas is the lack of attention to our diet. Attention to our food habit, known as pathya is a central tenet to building Ojas.



Ultimately, the goal of Ayurveda is to increase the Ojas in each being, by understanding and modulating the factors that influence immunity in the body. Ayurveda talks about stress and its impact on our Ojas and prescribes a healthy daily routine called dinacharya; modern medicine is now finding that late nights, too much stress and lack of coping skills and bad food impact our immune system.

To increase Ojas, Ayurveda suggests that we follow a regular daily routine, with several dozen instructions on specific tasks or routines. These can be summarized with an early morning routine, cleaning the senses, understanding how to bathe the body, living in the world and evening routines.

In addition to life-style choices, Ayurveda is specific on foods to consume and not consume, depending on our constitution, the season, our gut's fire, and our pace of running our day. We have three opportunities a day to medicate ourselves and use food medicinally: breakfast, lunch and dinner. We also have three opportunities to poison ourselves with foods that harm us: breakfast, lunch and dinner. Our choices of what we put in our mouth, who we eat with, who we allow to prepare our food, and our level of awareness of our food's origin and preparation from soil to spoon determine

how much we build or decay our Ojas.

Among the foods recommended for increasing Ojas are milk, ghee, home-made curd/ yogurt, honey, many fruits, and in some cases meat soup. Of the grains, barley is most recommended. An entire list of food is given in the texts to be individualized by a Vaidya (Ayurvedic physician). Also, modern milk formed from pooling milk from many cows, homogenization of fat droplets, pasteurization to reduce microbes, artificial addition of Vitamin A & D, addition of sugar as preservative destroy its Ojas building properties. Great milk comes from drinking milk from one grass-fed cow who is well treated, has its calves nearby; its milk is gently boiled, and is drunk warm.

Ojas is not understood well by most people because it is part of our life's journey to unravel these sutras and discover their inner meanings as we discover ourselves. When we start to pay attention to the inner sciences, those technologies that help us look inward, we can use the restorative sciences that are espoused in Ayurveda to find true medicines for our individual bodies. And when we successfully find the right combination of elements in the Universe to put into our beings, that success is reflected in a net result of glow, lustre, vitality, splendour and strength, known as Ojas.



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## DELHI HOSTS

# World Ayurveda Congress

India's attempt to spread the know-how of traditional medicines to the outside world through the format of World Ayurveda Congress has become successful for many years now. India has been a treasure trove of traditional medicine for long. Off late, it has attempted to open this marvel depository of alternative medicine to the world through the World Ayurveda Congresses.

This international event was attended by nearly 4000 delegates from all over the world. Close on the heels of the sixth World Ayurveda Congress & Arogya Expo held in Delhi in November, 2014, the central government decided to form a new ministry for AYUSH (Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy) and Sripad Naik became the first minister of state to be given this independent charge. This new ministry was earlier



Prime Minister Narendra Modi speaks at the valedictory session of World Ayurveda Congress in New Delhi

a department under the health ministry.

The 6th Ayurveda Congress also witnessed several sessions, including 250 oral sessions and 450 poster presentations. The event also included 500 stalls, 5 lakh visitors and the participation of delegates from 40 countries. The 6th Ayurveda Congress highlighted several goals that include ac-

tivities to promote Ayurveda on a global scale and to make Ayurveda an integral part of the health-care management.

The Congress included large goals among which is to initiate the creation of a network of medical institutions, laboratories and universities across the world for aiding joint research and creating a database of management efficacy of Ayurveda. The World Ayurveda Congress (WAC) was started with the goal to form a global platform for all

associated with Ayurveda to meet, learn from experiences, disseminate best practices and gain knowledge about new advances made in this field. Over the past twelve years, five Congress sessions have been organised bringing together experts in the field to share their success stories and discuss about how they can pave the way forward in this sector.

## Launched

## Ayurved Ache Jeevan Ke Liye

FM Media Technologies launched *'Ayurveda - Ache Jeevan Ke Liye'*, the Hindi edition of Ayurveda and Health Tourism, at the sixth World Ayurveda Congress held in Delhi. The then Union Minister, Dr. Harsh Vardan released the first issue. This is the sixth language edition of the magazine.



Then Union Minister for Health and Family Welfare Dr. Harsh Vardan launches *'Ayurveda - Ache Jeevan Ke Liye'*, the Hindi edition of the Ayurveda magazine.





## Padma Awards

### Dr. Vijay Bhatkar conferred Padma Bhushan

The Hon'ble President of India has approved to confer Dr. Vijay Bhatkar, Chairman, Board of Governors, IIT Delhi in the area of Science and Technology with the prestigious Padma Bhushan award. He is well-known as the architect of India's first super computer and as the founder executive director of C-DAC, India's national initiative in supercomputing. He holds many distinguished positions and memberships to leading scientific, engineering and professional societies apart from being an alumuniof IIT, Delhi. His other



recognitions include Saint Dnyaneshwar World Peace Prize, LokmanyaTilakAward , HK Firodia and Dataquest Lifetime Achievement Awards, and many others.

### Padma Shri for Kotecha

Dr. Rajesh Kotecha 'Vaidya' the incumbent VC of Gujarat Ayurved

University has been conferred Padma Shri by the Govt. of India for his exceptional services in the field of Ayurveda holding the spirit, meaning and values of this ancient system intact. In addition, he holds several other responsibilities like the chief executive and chief physician for Chakrapani Ayurvedic Clinic & Research Centre. He also dons several other positions including column writer for a daily newspaper and also editor of Ayurvedanews, a fortnightly e-newsletter having thousands of subscribers. His credentials include many published research papers and a book named 'Concept of Atatvabhinivesha in Ayurveda'.

# Ayurveda

& Health Tourism

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## Herbs in the Kerala Kitchen

**The kitchen  
of a Kerala  
household  
can be con-  
sidered a  
mini herbal  
drug store.**

Herbs have been a part of a Malayalee's diet from time immemorial. It is the use of these herbs that vouch for a Malayalee's health and intellect. They are used lavishly in their kitchens for most of their food preparations. Also, most of these herbs are grown in their courtyard and hence they get to use them fresh and organic. Cardamom found in the Kurinchi areas are cultivated mainly for the preparation of kari or morkkalan (dish prepared with butter milk). Other herbs used abundantly in the traditional dishes of Kerala include:-

Inchi (*Zingiber officinale* Rosc.)

Elam (*Elettaria cardamom* Maton)

Bark of Cinnamon

Turmeric

Clove

Chappangam (*Caesalpinia Sappan* Linn.) – this is mainly used as firewood, it was also used as a dye for clothes in ancient period. Kerala physicians are known to have used Chappangam by the name of Padmakam since centuries. Sandal wood and Eagle wood (*Aquilaria gallocha* Roxb.) *akil* in Malayalam is of great medicinal value.

Some places in Kerala are named after their medicinally important plants or the dominant plants of that region. Such plants include: Ampazham, Eruppa, Ummam, Kunni, Chemmaram, Puvvam, Thaanni and Chenzhineerkizhangu.



Some of the herbs involved in the traditional cooking of Kerala include:- dried Ginger (Chukku in Malayalam), Turmeric, Curry Leaves, Mustard. The kitchen of a Kerala household can be considered a mini herbal drug store.

Kashayams (decoctions) are prepared based on the physicians prescriptions and under either their or their assistants supervision. The ingredients for preparing these medicated drinks are usually collected from their own court yard. Also, it is seen that the traditional Kerala homes known as nalukettu has a room set aside for the sick called 'deenapura' or sick room.

Monsoons are exciting periods for the Kerala households. The usual daily ritual in a malayalee household changes completely during this period. Monsoons are considered as a period of rest since agricultural activity during this period is very low. So, this period is set aside by all malayalee households as a time to rejuvenate themselves by taking care of their physical and mental health by rituals like intake of the herbal gruel and the long hot herbal steam bath.

This monsoon therapy is called karkidaka chikitsa. Medicated kanji (gruel) is an integral part of this. The preparation of this medicated kanji involves a lot of herbs and can be cooked at one's own discretion without any direction from the vaidya.

It is also seen that different religions in Kerala has also contributed their bit so as to expand the knowledge of the use and application of herbs in Kerala.

The Jains of Thrissur district revered the following plants which they believed were the twenty four Thirthankaras before Lord Mahavira. Each Thithankaras is associated with a plant and majority of them is seen to have high medicinal values.

Vata (*Ficus bengalensis*)

Saptaparna (*Alstonia scholaris*)

Shirisha (*Albizia lebbek*)

Aksha(*Terminalia belerica*)

Jamun (*Syzygium cummni*)

Arrayal (*Ficus religiosa*)

Mango (*Magnifera indica*)

Ashoka (*Saraca indica*)

The plants associated with Hinduism in Kerala include:-

Holy basil (*Ocimum Santum* Linn.)

Vilva (*Aegle marmelos* (Lin.)

Turmeric (*Curcuma longa* Linn.)

Deshapushpas are a group of ten plants that are considered sacred by the malayalees. Most



of them do not bear any flower and are also not attractive, yet the total plant is called the flower. All these, individually and collectively are used as medicines. These are usually planted in the Hindu house premises and the Hindu women wear them in their hair especially in the Malayalam month of Karkadaka for prosperity. The different Deshapushpums include:- Mukkutti, Poovam Kurunnila, Moyal Cheviyan, Karuka, Nilappana, Kaiy-onni, Vishnukranthi, Cheroola, Thirutaali and Uzhinja.







# GARLIC

## – the revered anti-oxidant

**Garlic is one such nutrient- rich bulb that is often ignored and cornered in our kitchens. This article throws light on how this small bulb can become a significant part of our diet.**

**S**tress is the order of the times and to de-stress it out, many ways are sought. One of these many ways sought for leading a healthy and stress-free life is by following a definite pathya (diet regimen). Different food has different kind of action on our body. Garlic is one such nutrient- rich bulb that is often ignored and cornered in our kitchens. We can have a look at how this small bulb can become a significant part of our diet.

People are getting more and more health conscious as the days go by, but finding the right kind of food or work out that suits each body type is a task. Internet, social media, newspapers and television are loaded with such health- conscious information. It is up to the reader to make his choice on what diet or food planning to be followed to remain healthy, firm and fit. It is seen that Ayurveda has identified variety of foods along with their uses and their





effect on different people with the different doshas (defects). Garlic falls in the list among the identified healthy foods of Ayurveda. Scientifically it is known as *Allium sativum* and is said to be close relatives of onions, shallots, leek, chive and rakkyo, with human use of over 7,000 years. Garlic has several medicinal as well as culinary uses. It is often consumed after being cooked since its raw form tastes pungent and is highly powerful. It is mainly used as a flavoring ingredient and is rarely cooked as a main course dish. Let's peep into its medicinal values:-

#### Physical characteristics

Garlic appears in its entirety as a bulb with each segment called a clove. There are about 10 to 20 cloves in a bulb. Its raw pungent smell is due to the Sulphur component called Allicin that is released when raw Garlic is crushed, chopped or chewed.

- 1) It was prescribed as a performance enhancer for sports to Olympic athletes in ancient Greece
- 2) The people of ancient India valued the therapeutic properties of Garlic and also thought it to be an aphrodisiac
- 3) Garlic is known to break down unwanted calories in the body, thus helping reduce cholesterol.
- 4) Its Sulphur compound called Allicin is believed to bring most health benefits.
- 5) It is said to enhance the immune system and is a driver against flu and common cold.
- 6) Garlic supplementation is said to lower blood pressure and is an efficient driver of cardio-vascular diseases.
- 7) Its anti-oxidants vouch against cell damage and aging thus preventing Alzheimer's Disease and Dementia.
- 8) It fights infectious diseases and thus increases longevity.
- 9) Garlic is said to detoxify heavy metals in the body.
- 10) It is said to be effective in slowing the development of 'atherosclerosis' (hardening of the arteries).
- 11) It is used for fighting stress and fatigue and maintaining healthy liver function.



# Ayurveda in Germany: the science of healthy living in the land of ideas



Dr Sandeep Nair  
MD Panchakarma Research Assistant Neurology Complementary Department  
Lutheran Hospital (Evangelisches)  
Hattingen, Germany

**F**our years of working experience in Germany as an Ayurveda research staff does not give me complete power to write an article on such an important topic. Nevertheless, based on this short experience I just want to throw light on the present situation of the science of healthy living in the land of ideas. We can feel the growing popularity of Ayurveda globally apart from Tourism as an Alternative method, a part of Complementary Medicine or as a support in Integration of Medical systems. "Complementary medicine," "Alternative medicine," "Integrative medicine"—we have all seen these terms, but what do they really mean? While the terms are often used to mean an array of health-care approaches with a history of use or origins outside the mainstream medicine (Conventional Medicine), "Complementary" generally refers to using Ayurveda approach together with conventional medicine. "Alternative" refers to using Ayurveda approach in place of conventional medicine.

Unfortunately, Integration and Complementary medicine are referred to the same thing. But the word meaning of Integration has a little more depth. Integration can also be done with respect to Basic Principles of sciences, Diet and

Dietary Habits. There are many chronic degenerative diseases with an idiopathic aetiology (Unknown cause). Years have passed and various researches are still being done in many ways to find out the actual cause for what we state as Idiopathic. In Ayurveda Science, there are three main reasons, which are said to be the root-cause for all the diseases. These three causes are Asathmendriy- arthaSamyoga (Heterogeneous or inappropriate correlation of the senses with the sense objects), Pranjaparadha (Misconduct or improper use of the Intelligence), Parinama (The climatic anomaly, or anomaly of transformation). The knowledge of these factors can be integrated in the researches being done to find out the cause of diseases with idiopathic aetiology. This can be stated as an example of integration of basic principles of sciences. There are a lot more ancient Ayurveda wisdoms which will help in finding solution for today's health problems. In the same way emphasis can be made on integration of diet and dietary habits. Eight different types of dietary habits known as Ashta, Ahara, Vidhi, Vishesha, Yathana explain the natural qualities of different food substances, the methods of preparation and processing of foods, different combi-

nations of foods, the amount or quantity of food one should take, determination of quality of foods according to different geographical regions and with variation in soil, variation of food habits according to seasonal changes and rules specifying how to eat?when to eat? And where to eat?

"Integration of two systems is Formation or Creation of a new way".

Twenty years before we could see that representatives of different Indigenous systems were trying to collaborate with different Conventional (Modern medicine) Hospitals or centers to establish their treatment methods and to prove themselves. But now the conditions have changed, even the Main stream hospitals are in search of partners who provide different alternative methods. There is no Win or Lose situation because the main focus is the Patient. Rogers and Sheaff remind us that the "justification for integrated delivery systems is to meet patients' needs rather than providers". Organizations that fail to place the patient at the center of their integration efforts are unlikely to succeed. Integrated health systems should be easy for patients to navigate and it may be a challenge for integrated systems to retain a patient focus.



## Ayurveda in Germany

Ayurveda is still more popular in Germany as a wellness section in Hotels and as a massage technique. Here especially Abhyanga and Shirodhara are well renowned as relaxing and refreshing. The first medical association, as well as the first educational programs in Germany was linked with Maharishi Mahesh Yogi and the transcendental meditation movement. Due to this, Ayurveda was also limited to a certain part of German population. Only during the last 15 to 20 years this is starting to change. Ayurveda as a traditional medical system has been appreciated and more and more, especially chronically ill patients are being treated in the so-called complementary or integrative way. This growth is seen to be steadily increasing. However, this growth is still less in comparison to the popularity of traditional Chinese or European medicine. A smaller but steadily growing number of patients perceive Ayurveda as a whole medical system and experience the benefits.

Around six public Allopathic hospitals in Berlin, Essen, Hattingen, Wattenscheid, Habichtswald Klinik Kassel and Rothalmuenster integrate Ayurveda. Besides these, there are different private hospitals like TrabenTrarbach, Bad Ems, Birstein and others. The third group are hotels and medical practitioners that offer different Ayurveda Treatments.

Based on his knowledge and experience my colleague Neurologist Dr Marco Lebbing mentioned that up to today around 300 Allopathic doctors have finished their Ayurveda studies in Birstein. Another big group of doctors have been educated with SevaAcademy in Munich. Another 300 might have had education with the Maharishi Movement. And still a lot of others underwent smaller educational programs in Essen or with Ralph Steuernagel. There are also some doctors who went to India to learn Ayurveda in Universities or directly from Vaidyas (Popular name in Germany for Ayurveda Doctors in India). Still it is quite hard to give certain numbers because there are no official statistics. Many doctors say that it is difficult to include Ayurveda into their allopathic practice because you need space, therapist and the cost for the patient is quite high. This is important since public insurances yet do not cover Ayurveda treatment and the patients mostly have to pay extra. An educated guess might be that there are around 1200 to 1500 Allopathic doctors who have had education in Ayurveda.

Different Researches are being carried out under the Supervision of Professor Dr Med. H. Przuntek in Hattingen and Bochum along with their Indian Associate Medanta Medcity in Delhi led by Dr Naresh Trehan and Dr Geetha Krishnan. Berlin has a research institute focussing on Ayurveda and they are already publishing results on different pain disorders. One big research project was even financed by the CCRAS. Still there are some difficulties to create proper research programs. Funding, support of official departments or even acceptance within the scientific board of some universities are just a few points to mention. There are many research papers, mainly focusing on preventive, nutritional habits or on meditation and Yoga.

The propagation of wisdom of Ayurveda is an inevitable project for the Integration of these systems. Dr.V.G. Sunilkumar, Senior Ayurveda Research doctor in Hattingen, emphasises the importance of formation of a Group, including Ayurveda and Allopathy doctors, along with Pharmacologists, Physicists and Molecular Biologists.

When we look forward to an official study, first of all Ayurveda should be recognised as a Medical system. Unfortunately, in Germany Ayurveda is still not considered as a Medical System. I hope different Institutions as well as Organisations should carry out efforts to make movements for the recognition of Ayurveda as a Medical system Worldwide. Great hopes await after the formation of new Ayush Ministry in India.

Despite the multitude of instructions, which include dietary restrictions and daily oil applications, patients do not feel pressured by their physician. Instead, they value the opportunity to actively cope with their disease by contributing to its cure or the alleviation of symptoms. The integrative approach opens large options for the patient. As I am working in such a department where the Neurologists and Ayurveda doctors go hand in hand to provide the optimum care for the patients, I can feel the positive wave among the patients towards complementary system that satisfy their health-care needs.



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# WE REMEMBER

Dr R.K.Rajagopalan was a veteran medicine man in Ayurveda and Allopathy, but he had concentrated his efforts on serving people essentially in the Ayurveda discipline.

Hailing from an illustrious family of Ayurvedic practitioners on the paternal and maternal sides, he had a headstart in the traditional stream of medicine, and he could render a yeoman's service to the people. He could serve the community in a variety of ways.

He was born at Kollam on November 17, 1932 to Sri. MP Krishnan Vaidyan and Smt. P Kalyanikutty Amma. His parents both hailed from families with ties to Ayurveda. His father was a prominent Ayurveda Physician of Thotakkaram Vaidya family at Kollam and his mother an eminent Ayurveda Physician belonging to the 'Kottavila' family. He completed his school education at Kollam and moved to Trivandrum to complete his intermediary education.

His stint with Ayurveda started with his association as a student at Govt. Ayurveda College, Trivandrum, where he secured the first rank. Mean-



**Dr.R Rajagopalan**

while, his undying zeal forced him to acquire an MBBS degree in modern medicine in 1961 from Govt. Medical College, Trivandrum, with distinction. He rejected his first professional appointment as Assistant Surgeon in the Health Department of Kerala, at Government Women and Children Hospital, Kozhikode, instead he joined as Chief Physician at M P Krishnan Vaidyan Memorial Hospital.

He donned several roles in his established and successful career which include:-

- Director and Research Officer of

the Central Govt. Research Institutions at Cheruthuruthy and Trivandrum in Kerala.

- Director and HOD of Ayurveda at the "Amala Cancer Institute", Trichur.
- Honorary Professor of Ayurveda at the Ayurveda College, Trivandrum.
- Editor of "Ancient Science of Life", a periodical journal.
- Dean of Sanskrit University, Kaldy.
- Advisor for various institutions like Kottakkal Arya Vaidyasala, Coimbatore, Arya Vaidya Pharmacy and College, Kerala Ayurveda Pharmacy, Aluva etc.

He was awarded the following at National Academy of Indian medicine at Banaras University in 1985:-

- Dhanwanthary Puraskar in 1995
- Brihat Thrayee Retna award 1997
- Fellowship in National Academy Ayurveda in 1999
- Pathanjali Award in 2001
- Padmasree Puraskaram in 2003.

●●● Dr. Rajith Anand

An outstanding scholar known for his outspoken style and boldness, Dr. C R Agnivesh, 67, who breathed his last on 23 February, 2015, at Aluva, following a heart attack, was an eminent figure in the academic field of Ayurveda, as also being a writer and editor, in addition to many other contributions.

He was well-known for his erudition in Ayurveda and had published several books on the subjects of topical interest in the alternative stream of medicine. He was also the recipient of the Dhanvanthari Award and had donned many professional roles during his long and bright career.

He had served as Professor at Kot-



**Dr.CR Agnivesh**

tackal Ayurveda Medical College in addition to holding several positions as Principal at Amritha Ayurveda Medical College at Vallikavu, Pan-

dalam NSS Ayurveda Medical College, Kothamangalam and Chingoli Ayurveda Medical College.

He was also the editor of Kerala Ayurveda Magazine. He had written several books which had helped to enrich the knowledge of medical students. He had died while preparing the English version of 'Charaka Samhita'. He could complete the translation of around 20 chapters.

He is survived by his wife, Sarojam, and daughter, Rakenthu, and son-in-law, Ajith Pilla (Accenture India Ltd., Bengaluru)

He served as a columnist to this magazine for a long time.

We at Ayurveda and Health Tourism pay tribute to the great practitioners of Ayurveda, Dr. Rajagopalan, who enriched our publication with his expert advice as member of panel of experts and Dr. Agnivesh who contributed to us on many occasions.



# Kerala:

## A must- see destination for tourists

**C**elebrated for its rich nature, greenery and unpolluted surroundings Kerala continues to be known as God's Own Country to outsiders. The onset of technology and IT has not changed the pristine beauty of this lovely land. Apart from the breath-taking natural beauty, every corner of the State is rich with history, fascinating customs and culture. The different parts of this State seem to have a story to tell and captivate its tourists. Among all the fascinations and rich history is its age- old science - Ayurveda that has made the State a popular tourist destination. The tourists come here not just to enjoy the beauty and architecture of the land but also to get energized and revitalized through Kerala's own Ayurveda. This system of holistic approach to treatment is today known all over the world. Our government, confirming the potential of Ayurve-

da for the State, has heavily invested in it clearly understanding that they will get a huge turn- over. By now Kerala has emerged as a major tourism spot in India considering the royal Ayurvedic treatment provided here. Even though Ayurveda is practiced all over India it is the Kerala Ayurveda that has become a brand on its own.

Besides Ayurveda, the beaches, backwaters, the hills, the spices, Kathakali, houseboats, the monsoon, coconut trees – concepts like eco-tourism, home stay, farm stay and health tourism have become major features of Kerala tourism. Foreigners simply find the life-style of the people of Kerala fascinating that they don't mind splurging to experience it. The land is truly magical for its visitors who find the entire State a worthwhile tourist destination. Since Ayurveda has promoted so much tourism in Kerala the blue-chip restaurants of the State have

moved to providing Ayurveda and its allied services for its customers most of whom are foreigners. To be authentic, the Ayurvedic health spas or outlets tend to keep practitioners certified in the trade thus assuring its clients genuine treatment. Due to the great demand for Ayurveda, guidelines have been put into force for a classification system for Ayurvedic centers. A Green Leaf signifies the best in terms of facilities, authenticity of method and materials employed, and an Olive Leaf denotes the second rung. In Ayurveda, the most sought-after therapy is the Panchakarma. It is reckoned as a method of treatment of removing the toxins accumulated in the body through five karmas or actions. It thus helps to revitalize the body, strengthen the immune system and resist illness. One can also be assured that to invest time and effort for Ayurveda will definitely be not like drawing lines on water.

**Tourism in Kerala:** Kerala Tourism is not just a money-making initiative, the Government has encouraged tourism in the land expecting it to change the lives of the tourists as well as to touch the lives of the people of the land in a positive manner. To promote tourism in Kerala, the Gov-

ernment has come out with several campaigns at the national and international levels. The State now aims to promote 'Responsible Tourism' and this is supposed to be the first of its kind in the State. To expand its horizons, the tourism campaigns have gone online using the different IT platforms. Kerala Tourism is a pioneer in

using the innovative means of technology to promote its destinations. Most of the campaigns of Kerala Tourism aims to focus on the rural lives of Kerala and show how 'Responsible Tourism' initiatives have helped the local people market their products to the tourists.



**Department of Tourism,**

Government of Kerala, Park View, Thiruvananthapuram, Kerala, India - 695 033  
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Email: [info@keralatourism.org](mailto:info@keralatourism.org) | Web: [deptour@keralatourism.org](http://deptour@keralatourism.org)





## Ayurvedic Health Centres classified by Kerala Tourism

### Alappuzha

**Krishnendu Ayurveda Hospital** [Green Leaf]  
info@krishnenduayur.org, Chingoli

### Lake Palace

[Green Leaf]  
info@lakepalaceresort.com, Chungam

**Marari Beach Ayurveda Centre** [Green Leaf]

mararibeach@cghearth.com, Mararikulam

### Muriyanat Kavukutty Amma Memorial NSS

**Ayurvedic Hospital** [Green Leaf] ayur.nsscherthala@gmail.com, Cherthala

### Pambatheeram Ayurvedic Hospital

[Green Leaf]  
info@pambatheeram.com, Chengannur

Department of Tourism,  
Government of Kerala,  
Park View, Thiruvananthapuram, Kerala, India - 695 033  
Phone: +91 471 2321132, Fax: +91 471 2322279,  
E-mail: info@keralatourism.org, deptour@keralatourism.org.  
Tourist Information toll free No: 1-800-425-4747.  
website: www.keralatourism.org

### Sanjeevani Ayurvedic Centre

[Green Leaf]  
mail@punnamada.com, Punnamada

### Kondalip Herbal Centre

[Olive leaf]  
kondalip@kondalip.com, Ezhupunna

### Peace Cottage

[Olive leaf]  
atpeacew@yahoo.com, Muhamma



## Ernakulam

**Ayurmana Spa** [Green Leaf]  
reservation@cheraibeachresorts.com, Vypeen Island

**Nagarjuna Ayurveda Centre Ltd.** [Green Leaf]  
treatments@nagarjun.com, Kalady, EKM

**Pattarumaddom Clinic & Ayurveda Nursing Home** [Green Leaf]  
dr@pattarumadom.com, Nedumbaserry

**Punarnava Ayurvedic Hospital** [Green Leaf]  
punarnava@punarnava.net, Edappally

**Saj Earth Resort** [Green Leaf]  
Nedumbaserry

**Softouch Ayurveda Centre** [Green Leaf]  
ayurveda@lemeridien-cochin.com, Maradu

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**17th International Ayurveda Symposium, 18th - 20th September 2015**  
**1st public conference on Ayurveda, 20th September 2015**  
**2nd International Research Seminar on Ayurveda, 20th- 21th September 2015**

16th International  
**Ayurveda Symposium**  
 with 1st International  
 Research Seminar  
 on Ayurveda  
 (IRSA)

**12. - 15. September 2014, Birstein (Germany)**

For 17 years now continuously the international Ayurveda Symposium organized by the European Academy of Ayurveda under the directorship of Mark Rosenberg is reckoned among the most important conferences on Ayurveda in Europe. Here the Ayurvedic elite meets at the special Ayurveda campus located near Frankfurt, in the beautiful countryside of the medieval village of Birstein, Germany.

Unique lectures and practical workshops led by internationally renowned Ayurveda personalities from Europe, India and other countries of the world go along with stimulating panel discussions, individual exchange and the inspiring atmosphere of the lively campus. The key topics 2015 open holistic dimensions and practical integration of the Ayurvedic arts of healing and living for Ayurvedic doctors, therapists and coaches:

- Diseases and treatments of the respiratory system
- Ayurvedic healing approaches of lifestyle therapy and chro-

nobiology

- Kalari & Co - the South-Indian way
- Phytotherapy and doctrines of signatures of western and Ayurvedic herbs

For the first time the Symposium will offer also an extra-programme for a broader, interested public. In a practical approach, the lectures introduce the participants to the Ayurvedic medical system and suggest holistic measures for a healthy lifestyle.

The symposium will also host the second International Research Seminar on Ayurveda (IRSA) under the guidance of Dr. Antonio Morandi (Italy) and Ram Manohar (India). The first edition gained a lot of attention and recognition worldwide among international scientists and universities.

These three symposia will take place at the growing campus of the European Academy of Ayurveda in Birstein, Germany as the Academy will open one of the biggest and state-of-the-art "Ayurveda only" treatment centers in Europe this summer. The new building complex will double the space of the academy allowing treatment and educational programmes at the same time. The 17th International Ayurveda Symposium - the most important event for professionals of Ayurveda in Europe - will be the right occasion to celebrate this auspicious occasion and at the same time to delve into the depth of Ayurvedic wisdom with the growing Ayurveda community.

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Kochi

20.02. 2015

Benny Thomas  
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# Aavo padharo

Guest is God for Gujarat, the land of legends.

'AavoPadharo', words of welcome in the language of Gujarat, means 'we welcome you by heart... please do come'. The people of Gujarat are so friendly that you will be enticed to go back there again and again.

India is a mystic land of wonders. Being one of the most ancient civilizations of the world, India has interacted with virtually all the world's races, creeds and ideologies over the years, yet has preserved the unique flavor which underpins and unites the diversity that is India. The diversity of India's natural and cultural richness makes India one of the most sought after country in the world by travelers.

Gujarat stands bordered by Pakistan and Rajasthan in the north east, Madhya Pradesh in the east, and Maharashtra and the Union territories of Diu, Daman,

Dadra and Nagar Haveli in the south. The Arabian Sea borders the state both to the west and the south west.

## The land with colors of joy

Gujarat is one of the most diverse States in India. Gujarat's endless journey from Roots to Wings is timeless with historical and cultural traditions glorifying the State.

Art, history, music, culture, all dovetails within each other to form a wondrous matrix that is the cultural exuberance of the people of the state.

## Traveler's Paradise

Tourism in Gujarat offers a Traveler's Paradise. It offers a wide spectrum of Tourism sectors which sing in the glory of Gujarat's rich culture and heritage.

Gujarat is one of the most popu-

lar tourist regions in India and the seventh largest state in the country, which is located in the western part of India with the longest coastline of 1600 km. Being blessed with everything a tourist looks forward to, Gujarat is a package by itself which includes Archaeological/ Historical Destinations, Beautiful beaches, Cultural centers, Hillstations, Wild life, Religious places, fairs and festivals. Gujarat offers scenic beauty from Great Rann of Kutch to the hills of Saputara. Gujarat is the one and only place to view pure Asiatic lions in the world.

The journey in Gujarat is unique relating to the vibrant culture and helps in learning diverse culture traits with picturesque landscapes, historical sites, and long stretches of coastlines. It leaves the traveller with spellbound memories, lasting impressions.



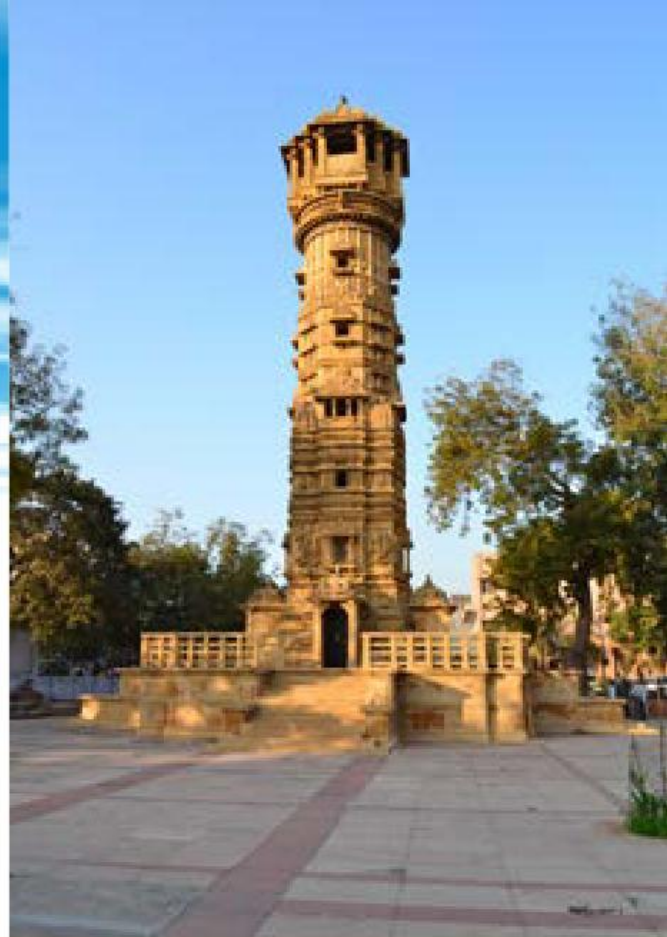


### Why Gujarat?

**Travelling is therapeutic in Gujarat**

**Travelling is educational in Gujarat**

**Travelling is rejuvenating, relaxing, inspiring in Gujarat**



## Legacy

Gujarat has a unique geological and topographical landscape. From volcanic outpourings through bedrock to fossil fields of indigenous dinosaurs; from the art of the Neolithic cave painter to the stone masterpieces of a series of civilized architecture, Gujarat has it all.

The rich tradition of song, dance and drama are preserved in the folk arts of Gujarat which form a major part of the culture of the state. Handicrafts include Bandhani, patolas of Patan, Kutchhi work, Khadi, bamboo craft, block printing, embroidery, woodcraft, metal crafts, pottery, namda, rogan painting, pithora and many more handicrafts. The Arabs, Portuguese, Dutch, Mughals and British as well as Parsis have left their mark on Gujarat's culture.

### Ahmedabad- Manchester of the East

Nestled in the heart of Gujarat, this zesty city provides one with a generous buffet of stimulation that swears to enliven all the five senses. Ahmedabad is known for its rich past and its association

with the Mahatma Gandhi. The metropolis of Ahmedabad is the most convenient entry point into Gujarat. Ahmedabad, easily accessible from the other important cities of India, has the excellent road network, railway system and the air links which makes it a popular travel destination of western India. Ahmedabad, also known as the 'Manchester of the East' because of its textile mills, offers the traveler a unique style of architecture, a wonderful blend of Hindu and Islamic styles.

Tourists can visit Ahmedabad throughout the year. What is remarkable about Ahmedabad is its harmony between art and industry, between a reverence to the past and a vision for the future. One end the noise of industrial growth and readily sprouting malls will amaze you and on the other end the serenity of the Gandhi ashram on the banks of the Sabarmati River will calm you.

### The Land of the Legends

Gujarat, the Land of the Legends, is the birthplace of many Freedom fighters like the legendary

Mahatma Gandhi, Sardar Vallabhbhai Patel and many others who fought the freedom struggle, infusing the qualities of tolerance, brotherhood, non-violence and patriotism into Indians.

### Tourism Hubs

Eight tourism hubs have been created, for convenience of tourists visiting Gujarat. They are: Ahmedabad Metro, Ahmedabad Rural (North Gujarat), Surat (South Gujarat), Vadodara (Central Gujarat), Rajkot, Junagadh, Jamnagar (Saurashtra) and Bhuj (Kutch).

These hubs are well equipped with the modern infrastructure, facilities and services in the areas of commerce, communication, connectivity, hospitality, transportation, medical facilities etc.

### Main attractions

- The Walled City in Ahmedabad is a living testimony to its heritage of crafts. It boasts off the city's glorious past, as women walk by in dazzling embroidered garments and flashing ethnic silver jewellery.





- Calico Museum of Textiles is considered as one among the world's finest museums.
- Traditional Ahmedabad combines mosques of inspired workmanship, wooden Jain temples, unique stone step wells and houses with ornately carved wooden balconies and window screens.
- Modern Ahmedabad, just across the River Sabarmati spanned by four bridges, is a showpiece of contemporary architecture with designs by Le Corbusier, Louis Kahn and the best known Indian architects.
- Modhera, set along the backdrop of River Pushpavati is one of the very few sun temples in the country.
- City of festivals and celebrations: The tourists always get a chance to enjoy any of the celebrations like traditional Navratri, Rath Yatra and International Kite Festival, to name a few.

#### **Facets of Gujarat Tourism**

##### **Health Tourism Ayurveda and Yoga**

Ayurveda is India's contribution to mankind in its quest towards longevity and well being, developed through thousands of years of medical practice and theoretical learning by saints, physicians and general practitioners.

Gujarat has been the home of Ayurveda for centuries. Nearly 786 species of medicinal plants like Aswagandha, Aloe Vera, Isabgol, Jeevanti, Neem, White Musli, Sankhapushpi, Sonamukhi and Shatavari, are grown in the state.

Jamnagar is one of the most important places to study Ayurveda in India. The Gujarat Ayurveda University in Jamnagar is one of the best spots in India to learn Ayurveda, and it is the only statutory university exclusively devoted to Ayurvedic studies and research.

Tourists can avail authentic Ayurvedic treatments from the state-of-the-art Spas located in cities like Gandhinagar, Mehsana, Ahmedabad etc.

In addition to this, Gujarat has world class Yoga centers across the State. Tourists are offered

Yoga training as well as Yoga therapy.

There are excellent centers for other holistic practices like naturopathy, homeopathy, pranic healing, reiki, etc in Gujarat.

#### **Medical Tourism**

Ahmedabad is known for its best medical tourism destinations. With world class health facilities, zero waiting time and affordable cost, Ahmedabad is becoming one of the most sought after medical tourism destination in India. Apart from the world class amenities, Hospitals offer pick up and drop service and ambulance services also. The 108 Service is the highly appreciated 'Medical at doorstep' Service. More than 1500 foreigners visit the state per year for various treatments in the state. Ahmedabad Civil Hospital is the biggest hospital in Asia, located at Ahmedabad.

#### **Archeological and heritage tourism**

Some of the greatest historical and archaeological monuments





are there in Gujarat. While Lothal offers an unparalleled insight into the Harappan civilization, Ahmedabad has specimens of Indo-Saracenic architecture, Palitana has a profusion of temples in the Jain style, Junagadh displays Buddhist caves and Rajput architecture appears all over different parts of Gujarat. A major Tourist destination of immense potential, it's historical monuments represent the great religions of Asia – Hindu, Buddhism, Jain, Islam, Parsi and Sikh.

### Hill Stations

Saputarain the Dangs District of Gujarat is a beautiful hill station in the Sahyadri Range. Located on the second highest plateau of the Sahyadari range with cool bracing climate and a scenic view of the verdant valley, it offers the tourists all the experiences of a hill station like Sunrise and Sunset Points, Boating Facilities, waterfalls etc. Saputara has been developed as a planned hill resort with the necessary amenities like hotels, parks, swimming pools, boat club, theatres and a museum to ensure an enjoyable holiday in

a coolest atmosphere.

Gujarat has extensive coastline and hence, many hills are located in Gujarat. Holiday Homes are planned by Gujarat Government to enjoy vacations in places like Tithal, Bulsar District, Ubhrat, Surat and Chorvad in Junagadh District.

Pavagadh has a hill top and TulsiShyam which is known for hot springs is in the heart of Gir Forest. Girnar in the Junagadh District of Gujarat is a collection of mountains. The tallest of these (3600 feet) is the highest peak in Gujarat. The first peak of Girnar has a collection of Digambar and Shwetamber temples. Wilson hill station located in Valsad lies at an altitude of 750 m above sea level. The main attraction here is a marble "chhatra". The hill offers the best vistas of the nearby hills, with rich flora and fauna, as well as the Arabian Sea. The hill is also an ideal place for rock climbers and mountaineers.

### Beaches

Gujarat is the state with the longest coast line in India (around 1600km). The beaches are spread

all over Gujarat mainly in the Kutchh, Saurashtra and the South Gujarat Region. Some of the important beaches in Gujarat are:

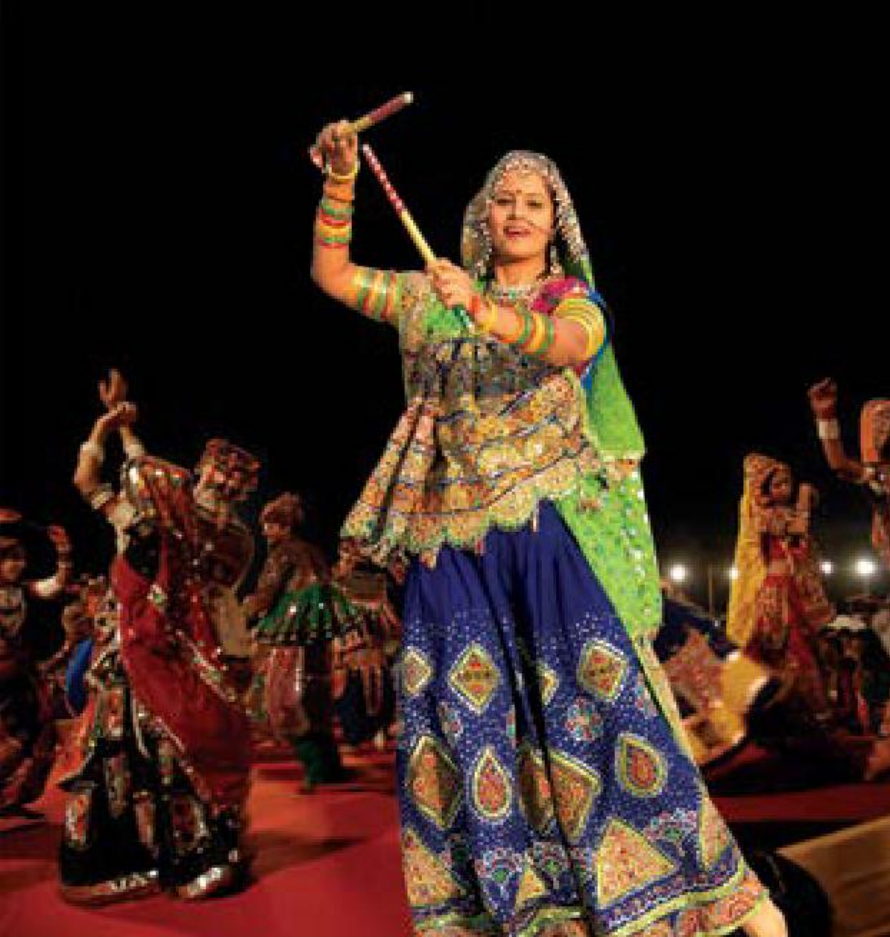
- Ahmedpur-Mandvi
- Kutch-Mandvi
- Chorwad
- Gopnath
- Tithal
- Dumas
- Ubrahat
- Porbandar/Dwarka
- Somnath

To add value to these beaches, there are historical centers like Portuguese forts, shore temples, princely port cities and beach palaces. This gives a unique experience of beaches and heritage to the tourist.

### National Parks & Wildlife Sanctuaries

Gujarat is unique in its rich variety of habitats which includes forests, grasslands, wetlands and marine ecosystems. Gujarat also





has wild life sanctuaries which have extremely rare wildlife like the Asiatic Lion, Wild Ass, great Indian bustard, black buck, four-horned antelope, dugong and the boralia species. These species can be seen in their natural habitat in Gujarat. Gujarat is symbolically known for its wildlife icon of Lions and SasanGir is the only place in the world where you can see the Asiatic Lions in their natural habitat. Outside of Africa, it is the only place with wild lions. But to truly experience Gir and the lions, you must explore their natural habitat, with everything from tiny wild birds, not easily seen, but heard singing in the forest canopy, to crocodiles floating in the marsh waters.

The Wild Ass Sanctuary of the Little Rann of Kutch, spreading across nearly 5000 square kilometers of the Little Rann, is the only place on earth where the endangered Indian Wild Ass (*Equus hemionus khur*), still lives. Now Gujarat has 4 National Parks and 21 Sanctuaries. Nal-sarovar is the largest water bird sanctuary of the country lying at a distance of 70kms from Ahmed-

abad. Nal is a wetland supporting a large number of species of birds of great importance due to the location on the migratory route of the birds.

### Spiritual Tourism

Gujarat is the only state which has a mix of Hindu, Muslim, Jain, Swaminarayan, Parsi and Christian pilgrimage centers. Some of the renowned being Somnath, Dwarka, Ambaji, Dakor, Palitana, Girnar, Pavagadh, Vishwamitra, Kapila, Dadhichi and Akshardham.

- Gujarat has important sites like two jyotirlingas at Somnath and Dwarka (Nageshwar), one of the four dhams at Dwarka, two of 51 Shakti Peeths at Ambaji and Mahakali at Pawagadh, one of the five holy lakes of India is at Narayan Sarovar, and one of the seven holiest rivers for Hindus is the Narmada which flows through Gujarat.

- There are also important temples at Dakor, Virpur, Khodiyar, Sarangpur, etc. The Bhuvaneshwari temple of Gondal is among the two in India.

- Three of the four most important pilgrimages for Parsees – Sacred Iranshaw Fire Temple at Udvada, Navsari Atashbehram and Surat Atashbehram – are in Gujarat. Besides these, Sanjan where the Parsees landed in India is also in Gujarat.

- Akshardham, Gadhadra, Bachosan, Gondal, Sarangpur, etc are some of the famous Swaminarayan temple.

- Two of the five important Jain sites in India are at Palitana and Girnar. In addition to these, there is a regular flow of Jain pilgrims to Sankeshwar, Taranga, Kumbhariyaji, Badhreshwar, Mandvi 79 Jinalaya, Naliya, Mahudi, etc.

- The dargahs of Sarkhej and Unjha are among the much visited Islamic sites of India.

- The ashrams of MorariBapu, RameshjiOza, AsharamBapu, etc are also some important spots on the spiritual tourism map of India.

### Events, Fairs and festivals

Event Tourism enhances Destinations and Visitor Economy





**Tourism.** Gujarat has major Business Events, Trade shows, Conferences, Cultural Events, Fairs and Festivals round the year. Gujarat is the rarest state blessed with ample opportunities for Tourism which is blend with flavors of business, pleasure and leisure with entertainment.

Gujarat could well be termed the 'Land of Festivals and Fairs' with almost 3,500 of them being celebrated in different parts of the state every year. Some of the predominant once are Navratri, Kite-flying and Tarnetar. These festivals have created a brand by itself and huge number of tourist visit Gujarat for this one time experience.

#### **Adventure and Sports Tourism**

Gujarat has its special place on the global map with Adventure and Sports Tourism with Proactive Governance promoting the growth of the Sector. Gujarat promotes Aero Sports like water

sports, rock climbing, paragliding, wildlife sanctuaries and more.

- Aero Sports – Saputara, Pavagadh, Junagadh
- Beach Water Sports – Ahmedpur Mandvi, Ubhraat, Dwarka, Nargol, Tithal, Chorwad, Dumas, etc.

#### **Urban and Rural Tourism**

Urban tourism is getting more ecological as Gujarat finds alternatives to urban sprawl with an eye from gateways to parks, protected areas and rural communities. Enhanced development in Urban areas, Rural tourism in Gujarat allows travelers to visit areas outside of urban areas. Gujarat traditional Arts and Crafts are world popular and has found place in the hearts of people all over the world. Rural tourism offers opportunities for tourists to experience people, events, culture, cuisine and crafts that are not available in cities and larger towns.

#### **Business tourism**

Gujarat known as 'Growth Engine of India' is one of the most industrialized states in the country and has attracted huge investments in recent years, resulting in tremendous growth in business tourism. 51 SEZs in the state reflects an increased share of business tourists, air traffic and road traffic.

'Vibrant Gujarat' is biennial investors' summit held by the government of Gujarat. It has become a model for economic success for many states. The event aims at bringing business leaders, investors, corporations, thought leaders, policy and opinion makers together in a single platform.

Official Gujarat state portal:  
[www.gujaratindia.com](http://www.gujaratindia.com)

Home tourism website:  
[www.gujarattourism.com](http://www.gujarattourism.com)





**KSIDC**

[www.ksidc.org](http://www.ksidc.org)

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# KSIDC to promote Ayurveda globally

*KSIDC has identified the huge demand for Ayurveda wellness treatment in foreign markets.*

*It plans to set up a special cell to help investors in Ayurveda.*



Dr. M. Beena IAS  
Managing Director  
KSIDC

**K**erala & Entrepreneurship seem to be moving on a fast trajectory for some time now and KSIDC has been keen to do all it can to support them. The State once used to be a hub of thriving family businesses catering to areas in the field of agriculture and SMEs. Today, there is seen to be great changes in the way businesses behave in Kerala. With more and more youth being educated, especially in the IT space, and with the ever-increasing passion for the IT sector mainly gaming, social media, YouTubing and the like the State is witnessing a large potential where a lot of youth are moving to become entrepreneurs in the IT space. KSIDC hopes to tap this potential by offering the youth assistance through incubators that are being established at different key spots in the State. This venture has turned successful with a lot of youth bee-hiving here.

To tap this huge potential in the State, KSIDC which used to be an organization which focussed on small and medium and large industries, is now giving thrust to young entrepreneurs. This plan is going forward with Dr. M. Beena, IAS, at its helm as Managing Director. KSIDC has identified a large amount of capital floating around the State and it wishes to channelize this capital into productive ventures. The Corporation, after its interaction with youths throughout the State, has identified three segments of industry that offer a huge potential, namely, human, agro and veterinary. As a first step to tap this potential, the Corporation plans to set up a Life Sciences Park at Thiruvananthapuram. This would initially be on 47 acres of land that would be extended to 135 75 acres in future. Once these are finalized, the park would be a platform for a lot of activity for growth, research and promotion.



## Head Office

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**KSIDC & Ayurveda:** Apart from these activities, KSIDC is keen to aggressively promote Ayurveda. This is again being pursued under the leadership of Dr. M Beena, IAS, galvanising these activities. Her experience as Mission Director for NRHM, combined with her hands-on accomplishment in the medical field, would help Ayurveda surge ahead in the State. As per KSIDC data, the domestic demand for Ayurveda is voluminous, taking care of which itself would be rather a difficult task. The Corporation has also identified the huge demand for Ayurveda wellness treatment in foreign markets. Ayurveda naturally is considered as the gold-mine of Kerala. The unique climatic conditions of the State are suitable for the different Ayurvedic treatments. Steps have to be taken to standardize Ayurvedic formulations before it can gain acceptance as a therapeutic medical system. CAREKeralam has been set up to standardize Ayurveda. This is a complex task and involves great many variables. The Government feels that similar effort as enforced for tourism promotion will be required to get the Ayurveda system flourishing. KSIDC plans to set up a special cell to help investors in Ayurveda. And as Secretary, AYUSH, for Government of Kerala, Dr. Beena is set to provide assistance to promote Ayurveda from Kerala globally.



KSIDC stall inauguration at world ayurveda congress.

## Regional Office

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## KSIDC's focus on Green and Clean Industries

With the world moving towards environment-friendly products, KSIDC is focussing on developing clean and green industries. This is possible in Kerala due to the following factors:-

- The Western Ghats is a treasure-trove of bio-diversity, which has many species that are endemic to it. The economic potential of this is huge.
- The State's unique climatic conditions support the growth of many of the major agricultural products in the State.
- Tourism, one of the major industries in the State, depends on the pristine nature in the State for its sustenance.

The focus to identify new areas calls for a new approach by KSIDC. KSIDC will adopt the following methods to go about it:-

- KSIDC's focus is still on the high-end; it will keep on providing funds to the medium and large-scale industries. That is our bread and butter. Hence, the need for a drastic change in approach is noted here.
- The Corporation would like to move to funding of new industries and facilitate the development of new industry in Kerala.
- KSIDC will be positioned as a catalyst participating in the industrial development in the State.
- KSIDC plans to remove the regional imbalances by developing parks, incubators in backward areas, thus triggering economic growth.
- KSIDC would focus on increasing the ease of doing business in the State.

Though we have a single-window system, it leaves much to be desired. The Government has set up a committee headed by the Chief Secretary to find out what can be done in this area.



# Ask Your Doctor »



**Vaidya Prasad M.**  
**Ayurveda Vachaspathi**

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Dr M Prasad, BAMS, MD (Ay), is the chief physician and director of Sunetri Aurvedashram and Research Centre, Thrissur. Dr Prasad, who specialises in Shalakyatantra, also edits Bharatiya Vaidya Samvadam, a Malayalam quarterly on principles and practices of Ayurveda.

Ayurveda and Health Tourism readers may send in their queries relating to health conditions. The letters should contain age, sex and a brief description of your health condition.

The letters may either be emailed to us: ayurvedamagazine@gmail.com

or sent to:

Editor,

**AYURVEDA & Health Tourism**  
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## 1. Sir,

I am a 32-year-old lady working professional with two kids aged 6 and 3 years. I got married at the age of 26 years and it was while I was pregnant with my second child that I faced this disaster. It was during one of my regular pregnancy check-up with the doctor that I was diagnosed with hypothyroidism. I was prescribed allopathy medicines which I took regularly. I was prescribed Thyroxine Sodium Tablets I.P. Now it's been three years since I am on this medication. Despite taking it regularly and going for check-ups there has been no improvement. Instead, I have been experiencing heavy weight loss and bodily weakness resulting in difficulty to carry out my daily chores. This has in turn affected my family life too which is now in a disturbed state. I now want to regain my energy and lost health. I was advised by a close friend that a treatment through Ayurveda would be very effective. Please help.

*The problem regarding thyroid dysfunction is a complex one. Ayurveda has a different perspective in this regard. The nourishment of different dhatus (tissues) is facilitated by properly functioning AGNI. When this Agni is not functional, it reflects in many faculties of the biological framework. Thyroid dysfunction is one among many reflections in this account. In issues related to the malfunctioning of Agni, the correction should focus on the basic issue, and should not be limited to the last terminal of the events. Of course, the supplementing of thyroid hormones can help addressing the problems but not always. In such cases, one requires more specific interventions. Diet, lifestyle changes, relaxation*

*practices, and the like may come to the fore. So in your case, I would suggest to consult an expert ayurvedist in your locality and have a detailed sitting to sort out the problem effectively. One more point. Also check the thyroid function status of your children.*

## 2. Sir,

I am a 56 year old housewife suffering from diabetes for the past 15 years. And now for the past 6 years I have started taking insulin injections as I have been diagnosed with Type 2 Diabetes. I also have a family history of diabetes. Both my parents were diabetic and my mother was paralyzed due to her high sugar levels and died at the age of 50. The problem I am facing is that I have been injecting insulin for a long time now and I find it extremely painful, stressful and frustrating. I also find it hard to maintain the diet that diabetic patients are asked to follow. I want to get rid of this disease from the root itself. I want to look healthy and energetic again. Kindly help me to find a way out.

*As you have a long history of diabetes with a strong familial inclination and as you are already on insulin, the best practicable way is to continue with your present medications. Diabetes is an incurable disease. It can just be managed. This statement is more relevant in hereditary situations. Whatever the system of medicine, diabetes needs lots of changes in lifestyle and diet. Discipline is the best approach in this disease. So I would strongly recommend to stick on to your present program, and live in tune with it.*



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# KERALA HOME OF AYURVEDA

Of all the places on earth there is just one that is literally shaped by a thousand-year-old unbroken tradition of Ayurveda. Home to the world's largest number of qualified and certified Ayurveda physicians, here this ancient system of medicine is practised to perfection. Here, the humid air, fertile soil and tropical rain forests nurture over 500 species of rare medicinal herbs. Here, centuries old Ayurveda regimens come alive every day.

Welcome to the home of Ayurveda. Welcome to Kerala.



[www.keralatourism.org](http://www.keralatourism.org)