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Ayurveda

& Health Tourism



Ayurveda for 50+

Comfortable Aging
- The Ayurveda Way
Sexual Happiness in
Old Age

Yoga

Right Diet for
Immunity
Food Court

Glow Naturally
Beauty Zone



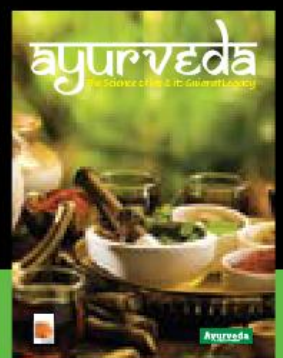
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Academic discipline, the Ayurveda way

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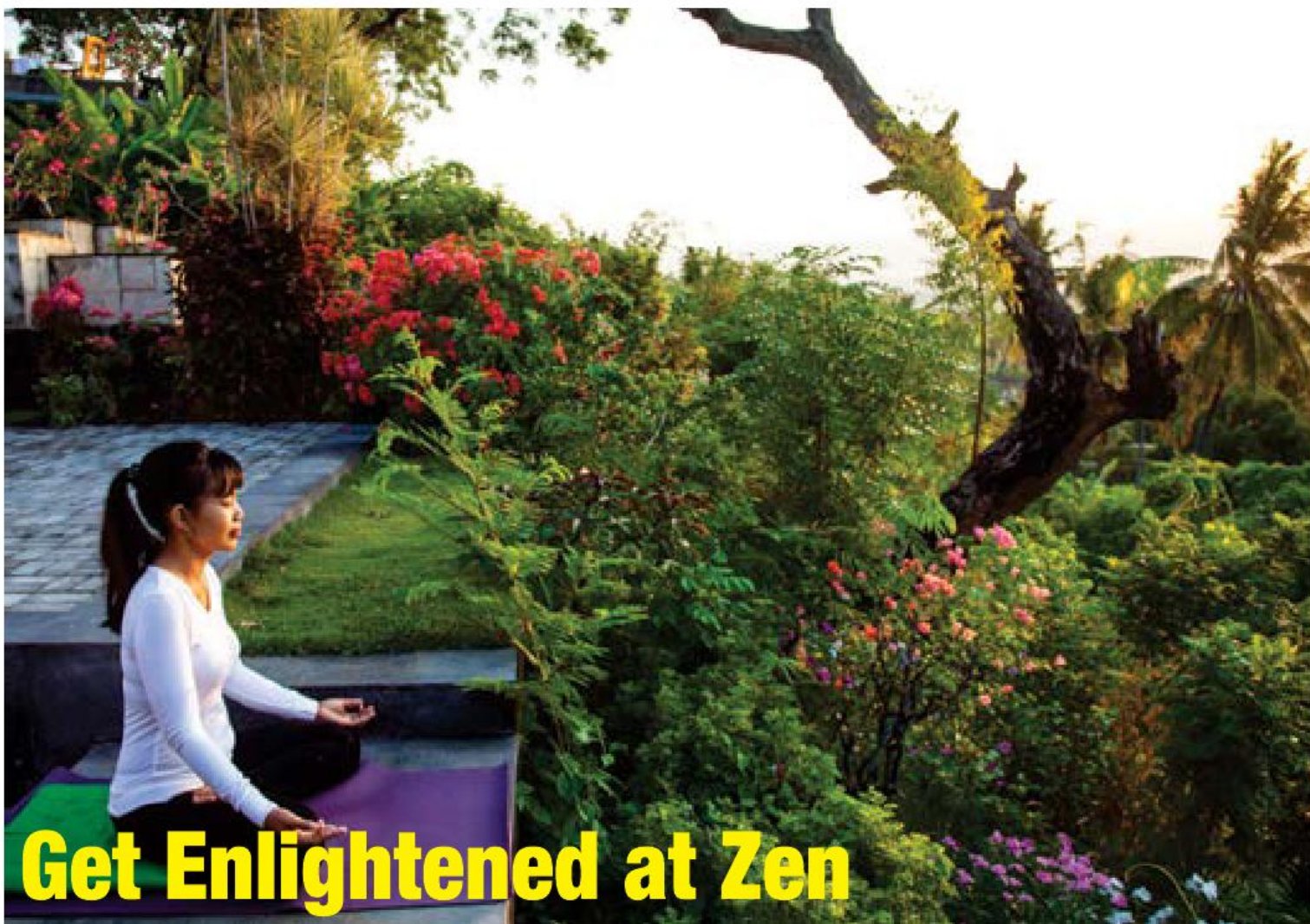




YOUR MOMENT *is* WAITING




kerala
God's Own Country



Get Enlightened at Zen

Ayurveda at Zen

A floral footbath and massage followed by Sanskrit mantras, the phonetics of which strike the palate at multiple reflex points stimulating energy in numerous meridians that awaken the dormant parts of the brain and enhance the circulation and flow of energy throughout the body, sets the scene to begin the Ayurvedic massage – the perfect four hand synchronization of two therapists, their concentration and the unique Balinese devotional attention that with every stroke enhances your physical, psychological and spiritual wellbeing.

Zen Excursions

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The prevalence of various spine related ailments of varying intensity, seriously disabling work and life performance, has led Nagarjuna Ayurvedic Group to develop the concept of NAGARJUNA AYURVEDIC SPINE CLINIC, modelling a set of unique treatment protocols. While using modern diagnostic tools, the conventional Ayurvedic know-how connected with the management of spine disorders is also being suitably enriched with different speciality techniques in spine treatment. This includes manipulation and traction techniques from the 'Marma' and 'Kalari' treatments, which are a part of Kerala's martial arts system. The rehabilitation techniques of 'Yoga' along with suitable 'Yogasanas' are used during the convalescence stage, thereby helping to reduce the chances of relapse.

To know more, please visit: www.backpainayurveda.com



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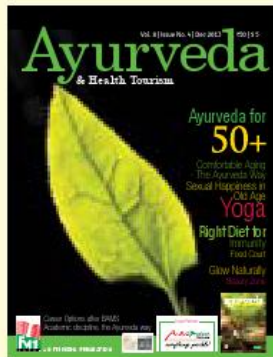
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Back to Nature: Mantra for Survival

Ayurveda, the science of life, never had separated man and nature. Instead, Ayurveda has proclaimed that what is there out in nature is part of man also. Being in fine-tune with nature- within and without- is the key to health, happiness and longevity, says Ayurveda. It may feel odd but unlike most of the modern health care schools, Ayurveda insists that one should consider each creature in this world as equal to him, as a fellow being.

From our heart-beats to the movement of planets, there is rhythm, harmony everywhere, in this Uni-verse. When we lose harmony in our movements, in our life, we call it disease. Unfortunately all our efforts to keep us healthy - however advanced those may be - are in vain, as we had started drifting away from nature since ages ago. Thoughtless efforts to overpower nature and fellow creatures brought us so close to doomsday now.

A recent study on climatic changes, conducted by a team from the University of Hawaii, says that unprecedented climates- potentially harmful to bio-diversity and society- are about to occur in the nearest future in the tropics and among the poorest countries.

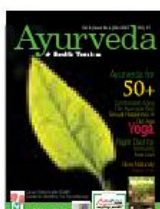
The study also warns that the Oceans, which have absorbed about half of the man-made carbon dioxide (CO2) emissions since the dawn of the industrial revolution 250 years ago, exceeded their historical bounds of pH measurements back in 2008¹.

We need to go back, as soon as possible, as we all know that without nature, we can't survive. How to live in harmony with nature is the core theme of Ayurveda, the science of life. It gives prime importance to prevention than cure. It seems not too late to take measures of prevention for the sustainability of mankind.

Since its inception, Ayurveda and Health Tourism has been in the forefront of educating people - disseminating priceless wisdom of our ancient seers throughout the world. The Cover story of this special issue for WTM London focuses on Geriatric Care in Ayurveda, a topic so relevant in today's society.

We hope everyone will benefit from our efforts and we humbly request you to support our efforts to promote Ayurveda further.

¹.huffingtonpost.com/2013/10/09/climate-change-study (The study was published in the journal 'nature')



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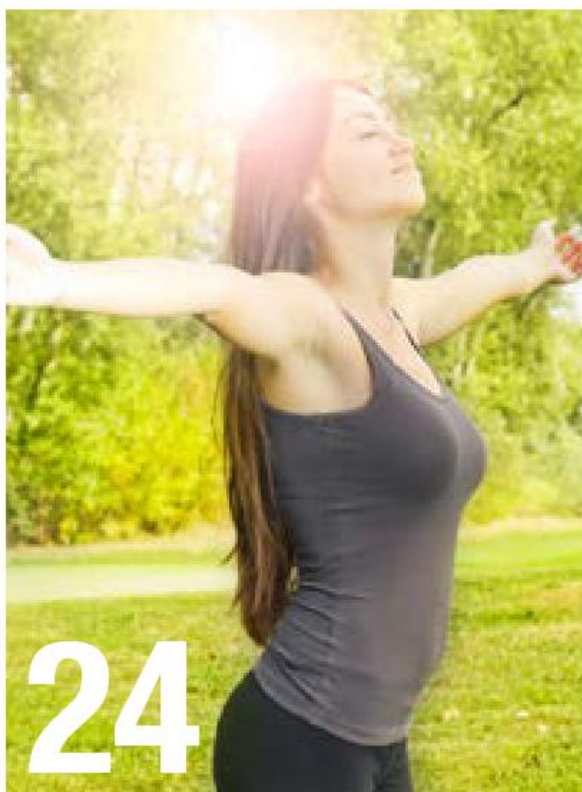
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AYURVEDA & health Tourism

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GOKSHURA (Tribulus terrestris)
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58 Fit and fine in old age





AMAI State Conference in January

The 35th Annual State Conference of Ayurveda Medical Association of India (AMAI) is scheduled on 11th and 12th of January, 2014, at Kalpetta, Wayanad. AMAI has been instrumental in bringing together various wings in Ayurveda- private, Government, academic, research, manufacturing, tourism etc. amid prosperity as well as challenges. With dignitaries flowing in from all over the

State, the meeting would have a cross-section of the entire Ayurvedic sector for interaction. Participation would, undoubtedly, enhance your reach among the medical community, proliferating your business and academic prospects.

Dr E. Bharathan Nagar, Krishna Gowder Hall, Puliyarmala, Kalpetta, Wayanad, is the venue.

Web: www.ayurveda-amai.org

Getting Set to Serve!



Even as the construction work of the Ayurveda canteen at the Town Hall main office is progressing, the Coimbatore Corporation is providing training in Ayurvedic food preparation to the members of the Self-Help Groups. A three-day program was arranged for them at a deemed university in the city recently.

The proposed canteen was part of the Corporation's resolution at its Council meeting held in August this year. It would run six days a week and a decision either to scale down or up the frequency would depend upon the response. The self-help group members said they

tried to prepare all the food items prescribed and are ready to launch the canteen once the work is completed. They have karuvepilaidli, avarampoidli, thulasiidli, thinaidli and samaiidli, murungaikeeraidai, navadhaniyaadai, musumusukkaiaidai, kali, paniyaram, lunch with rasam, karakuzhambu, buttermilk and thuvayal in the menu. The Corporation now plans to offer breakfast and lunch for 200 persons.

Nearly 70 % of the construction work has been undertaken by now, and the authorities have announced that the rest will be completed soon, leaving the canteen open for all.

Separate AYUSH Department for the State

The State Government is soon to set up a separate AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy) Department here to effectively co-ordinate various medical projects. State Health Minister V S Sivakumar made this announcement the other day while inaugurating the golden jubilee building of the Women's and Children's Hospital of the Ayurveda College at Poojappura, Thiruvananthapuram. As part of promoting the traditional medicine, an Ayurveda Research Promotion Council will be formed following the setting up of the AYUSH Department which itself has been mooted as part of the policy of the Central Government.



State Health Minister
V.S. Sivakumar

and the like in place, Kerala now stands far ahead of other States in terms of health security. In the absence of an independent AYUSH Department, the state was losing eligible Central funds. Fresh prospects of health-care have now sprung up with the recent decision.

With programs like Arogyakiran (to provide free treatment to children below 18 years of age), Ammayum Kunjum (to ensure total well-being of every mother and the new-born)

CCIM Asked to Draft Bridge Course

In response to the opinion sought by the Medical Education & Drugs Department, Government of Maharashtra, the Medical Council of India (MCI) has clarified that no person other than a doctor having qualification (recognised by MCI and registered with MCI or State Medical Councils) is allowed to practice Modern System of Medicine or Surgery. Consequently, the Union Health Ministry has urged the Central Council of Indian Medicine (CCIM) to develop a draft curriculum of a different level of bridge courses for Ayurveda, Siddha and Unani graduate and post-graduate doctors to provide competency in the field of

allopathy with regard to the commonly encountered health problems.

The Department of Ayush too has asked the CCIM to develop a draft curriculum that would provide them the competency to practice preventive, promotive, curative and rehabilitative allopathic medicine.

The colleges of Indian Systems of Medicine affiliated to various universities are following the curricula and syllabi prescribed by the Central Council.

Possibilities Unbounded: Leaps In Ayurveda

“Initiated primarily by the office of the Principal Scientific Advisor to the government of India, the program on Aurvedic Biology is now re-conceived and implemented by the Department of Science and Technology (DST)’.



Ayurveda is the most ancient science of life and health that has its antiquity going back to the Vedic ages. It has provided a rich collection of cues for the modern investigator of science in the form of the concepts of body constitution, digestive processes, rejuvenation, seasonal adaptation of the body, taste etc. However the researches have greatly been dominated by studies on medicinal plants and the development of herbal drugs. The basic research employing modern biology, immunology and chemistry, investigating the concepts, procedures and products have received hardly any attention. This lacuna now calls for correction. Initiated primarily by the office of the Principal Scientific Advisor to the Government of India, the program on Aurvedic Biology is now re-conceived and implemented by the Department of Science and Technology (DST). It has constituted a Task Force under the chairmanship of Dr. M. S. Valiathan, National Research Professor, Manipal University. The DST, in this pursuit, has encouraged the individual/ group of scientists and experts to submit proposals on Ayuvedic concepts that would stimulate advanced studies as per the modern scientific protocols.

In the making is a new method of classifying humans using molecular makers based on Ayurvedic Biology. Disclosed by the chairman of the Task Force Dr. M. S. Valiathan, the venture initiates an inter-disciplinary approach to understand some of the concepts related to the area of study.

“One of the three important projects funded by the Task Force recently found a set of patterns corresponding to the Ayurvedic classification of humans on the basis of Vata, Pitta and Kapha using molecular markers”, he said.

Another team of researchers has been working on Rasayana with regard to cardiac hypertrophy. The team is hopeful that with more research, Ayurveda could master health sciences in the next 20 years, as new inventions and newer research literature could prosper. The emerging science of Bio-technology and Bio-separation generated hopes to excel in the development of better diagnostic tools and therapeutic application.

Promoting collaborative research with institutions abroad which are active in pursuing studies on traditional medicine and may have shared interests in the field, this endeavour hopes to develop infrastructural facilities, centers of excellence and other research paraphernalia. Offering fellowships, training opportunities, support for scientific meetings

Research

and workshops are also included in the plan so as to promote the HRD in the area.

The Task Force would set priorities, identify research areas and develop proposals that would endorse high-quality work leading, hopefully, to major contributions, also improving the standards of health-care. It would ensure the smooth implication of the project, monitoring the process and evaluating the achievements, also preparing the action plan for advancing the work.

Reducing the need for medical equipment and diagnostic tools worth thousands of crores being imported every year too build expectations with the research prospects. The blood coagulation factor developed at the VIT-CBST to arrest bleeding in haemophilic conditions is an example of the medical leap that the community has successfully achieved. It should be emulated by all educational institutions, says Dr. Valiathan.



Ayurveda addresses an individual as a whole - a wonderful complex of body, mind and the spirit. Ayurveda recognizes each individual as 'unique' and it understands man as a microcosm of Universe, the macrocosm.

Ayurveda analyzes nature with its five- great -elements theory. It says, each and every existence here is composed of five elements:

1. Ether(akasha) - The principle of space
2. Air(vayu) - The principle of movement
3. Fire(agni) - The principle of conversion, heat and light
4. Water(jala/aap) - The principle of liquidity and cohesion
5. Earth(prithvi) - The principle of form and structure.

Each body has five elements in it, in varied proportions, which



makes everyone unique. A balanced state of these body constituents is health and the imbalance of these elements in the system is dis-ease, according to Ayurveda.

Five elements are manifested in an individual as three basic functional principles/energies which control all our internal functions, including that of the mind. These energies are known as three humors (doshas), viz. Vata, Pitta and Kapha. The whole science of Ayurveda revolves around these three principles.

Vata

The functional principle Vata is composed of two of the basic elements, viz. Space and Air. It governs all basic dynamic functions like breathing, muscle and tissue movement, heartbeats etc. It is the energy of action, transportation and movement.

Pitta

Pitta is composed of elements Fire and Water. It governs digestion, absorption, assimilation, nutrition, metabolism, body temperature etc. It is expressed as gastric fire or digestive fire, action of enzymes and amino acids that play a pivotal role in metabolism, and the neuro-transmitters and neuro-peptides, which control thinking.

Kapha

Kapha is composed of elements Earth and Water. It is the en-



ergy of construction, lubrication and nourishment. It is the “glue” that holds the cells together. Kapha lubricates the joints, provides moisture to the skin, helps to heal wounds, fills the spaces in the body, gives vigour and stability and gives energy to the heart and lungs.

In the physical body, Vata is the subtle energy of movement, Pitta the energy of digestion and metabolism, and Kapha the energy that forms the body's structure.

Kapha is responsible for anabolism, Vata for catabolism and Pitta for metabolism. For example, it is Vata which helps you chew and swallow food; Pitta helps to process and digest what you ate. Vata moves nutrients into the cells and expels wastes out of cells. The cell's structure is controlled by Kapha and it controls the secretions which lubricate and protect the digestive organs as well.

A healthy state indicates the harmonious functioning of the three humors in the body. As we mentioned above, each individual has a unique combination of these humors. By analyzing these varied combinations, Ayurveda simply classifies people into various types like Vata person, Pitta person or a mixed Vata-Pitta person etc., according to the dominant humor/humors in his/her body.

- From the desk

Ayurveda
& Health Tourism

‘Official Magazine of GAF’ 14’



Global Ayurveda
Festival
2014

GAF’14 Hitting Soon

The second edition of the Global Ayurveda Festival (GAF) is all set to be held at Cochin from 20 to 24 of February 2014. A joint venture of the state government and the Ayurveda Fraternity of Kerala, GAF is a bi-annual Ayurveda fest organized by the Centre for Innovation in Science & Social Action (CISSA). With the conferences, workshops, debates, exhibition, medical camps, job fair, business meet, festivals, etc. GAF’12 was marked highly eventful and remains in the history of contemporary Ayurveda. It had received an overwhelming response from the stakeholders and from all corners, galvanizing the sector to aspire and achieve great heights.

This time again, GAF intends to raise the bar

in putting together events that are relevant for all the associates of this medical practice; academicians, students, healthcare professionals, researchers, manufacturers, raw drug suppliers, representatives of professional bodies, NGOs, regulatory authorities and civil society members from across the world. The event is sure to be a boon for the participants and the ones who wish to expand their networking and collaborations.

Padma Bhushan Dr. P. K. Warriar is the Chairman of the fest. Dr. M.R.V.Nampoothiri, the Working Chairman and Dr. G.G.Gangadharan, the Chairman of the National Steering Committee. Dr. G. Vinod Kumar is the Secretary General.

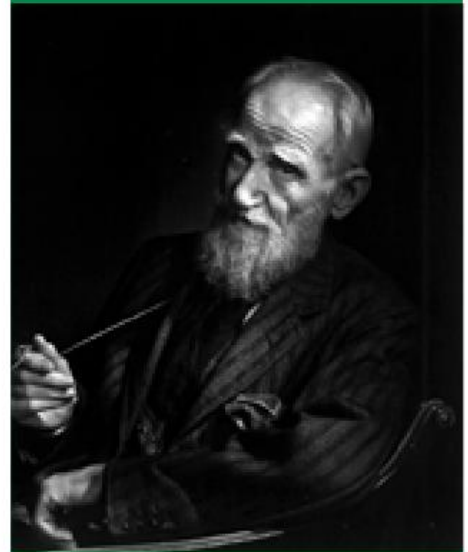
Ayurveda for 50+

**“You don’t stop laughing when you grow old,
you grow old when you stop laughing.”**

-George Bernard Shaw



There is great beauty in the process of growing up. Like all stages of metamorphosis, old age too has that grace that time fails to conquer. Loose skin and wrinkles may affect them but the energy lies deep within and one has to realize the importance of growing old. Acknowledge it, enjoy it. And all that it takes is a perfect mental health.



Sun, Sea, Sand and Fun



Suryalanka Beach is situated at a distance of 363 kms from Hyderabad, besides its proximity to the town, attracts tourists who often return to the quietude of the sea beach for the weekend and on some auspicious days for a dip in the sea.

Facilities: APTDC has set up the Suryalanka Beach Resort providing tourists with well furnished accommodation in 12 A/C Rooms and a 7 bed and another 3 bed Dormitories having all modern facilities in a unique resort set on the serene and pristine beach.

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Your face shall bear the brightness that you earned over the years.

It is a rather widespread and fallacious belief that liveliness is part of youthful days alone. The energy in oneself has to be maintained and nurtured, not to be withered in between. Such a process of actively growing old or active aging is important. Positive thoughts help one remain happy and healthy.

Old age, as usually and conveniently misread, is not always about being senile or the gateway to death. The beauty behind growing old, witnessing the world growing up with you, is immense. Hence it deserves proper attention, acceptance and care. Family, society and other institutions have great role in respecting the old and inculcating habits in the little ones that are as well in the process.

A healthy social life helps a person stay lively and joyful. Meeting people, having good get-togethers etc. are part of an active social life. Never forget, old age is too sensitive for isolation.

Illnesses that are likely to affect most of us, cholesterol, blood pressure, diabetes etc. have to be dealt with properly and timely treatments too should be taken.

Aging is irreversible. But handled carefully, and scientifically, one can retain the blessings of youthfulness. Ayurveda

has prescribed ways to do so.

"Ayur asmin vidhyathe anena vaa aayur vindhathi ithi Ayurveda"

- Astanga samgraha

"What talks about life and its various processes is Ayurveda"

The very definition of Ayurveda denotes that it deals with various aspects of life processes, aging being one of them. And Ayurveda has a precise definition on the reasons of aging:

"Kaalasya parinaamena Jaraa Mrithyu nimittajaah"

"Rogaah swaabhaavikaa drustaah swabhaavo nispratikriyah"

(Charaka Samhita sharira 1/115)

That is, time (*kala*) or change (*parinama*) is the principal causative factor for aging and degenerative diseases. *Parinama*, or change, is the sequential event of the aging process which goes through the stages such as infancy (*balya*), adolescence (*tarunya*), youth (*yauvana*), middle age (*proudhya*) and old age (*vardhakya*.) Sage Sharngadhara notes that with each passing decade the body loses, one by one, the following felicities: growth, lustre and complexion, intelligence, skin health, strength

of sight, virility and valour and sensory perceptions.

While it is impossible to stop the process of change (*parinama*) or the advent of time (*kala*), it is possible to identify the impact they have on the body and find the ways to slow it down. Ayurveda, which has a holistic approach to life, has thought through this and hence we have *Rasayana tantra*, one of the eight branches of Ashtanga Ayurveda, dealing exclusively with rejuvenation.

Acharyas like Charaka and Vagbhata named the very first chapters of their books *Deerghamjeeviteeyam* (long life) and *Ayushkameeyam* (Desire of life), respectively, in which the measures to be adopted to gain a longer and healthier life were enumerated. This unusual presentation proves that Ayurveda had long back incorporated viable and vibrant concepts of rejuvenation in its scheme of things.

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



Comfortable Aging

- The Ayurveda way



Dr. Syyed Mohammed Jalaludheen,
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PhD(Ay)

Associate Professor,
Rajiv Gandhi
Ayurveda Medical
College, Mahe.

Seasoned Ayurveda Surgeon and well-acclaimed academician, Dr. Syyed Mohammed Jalaludheen is the author "Outline of *Salyatantra*," which is widely popular among students of Ayurveda across the country. He completed BAMS from Govt. Ayurveda College, Thrissur, and MS *Salyatantra* (Ayurvedic Surgery) from Govt. Ayurveda College, Thiruvananthapuram, before proceeding for PhD in Ayurveda from Tilak Ayurved Mahavidyala of the University of Pune. With specialized expertise in ano-rectal surgery and Ksharasootra therapy, he had presented papers at many national and international seminars on Ayurveda and Alternate medicines. He writes on Ayurveda-related topics in online and offline media, including journals and magazines. He can be reached at: smjppt@gmail.com



In Ayurveda, Geriatric care is synonymous with *Rasayana Chikitsa* and it deals with prevention of old- age disorders, improvement of the quality of life and effective intervention in degenerative conditions, thereby improving the health status of an individual.



Do you have a fear of numbers especially when it refers to your age? Are you confused on your 30- plus birthdays whether these should be celebrated, or should be despised as it means that you're one step closer to your grave? Feeling a loose grip on your life? Stop being a push-over and regain control of your life through Ayurveda.

Unfortunately the diseases that come with old age like Arthritis, Osteoporosis, Cataracts, Alzheimer's disease, Depression, Psychiatric disorders, Parkinson's disease, urinary problems, Prostate enlargement etc. have no substantial remedies yet. In such cases the conventional medical therapy fails to come up with an effective management plan. Ayurveda, the age- old medical science of India, suggests the '*rasayana chikitsa*' as the realistic answer for all such conditions.

Ayurveda is perhaps the only science which explains how to prevent the aging process. The Geriatric care in Ayurveda has effective procedures in managing age- related disorders, that too with medicines which are natural. In Ayurveda, Geriatric care is synonymous with '*rasayana chikitsa*' and it deals with prevention of old- age disorders, improvement of the quality of life and effective intervention in degenerative conditions, thereby improving the health status of an individual.

Rasayana therapy is classified into two types: *vata-athapika* and *kuti-praveshika*. *kuti-praveshika* should be done in a specially-

made *kuti* or shelter without direct exposure to light and wind. *vata-athapika* can be done without much compromise to one's life- style. This hassle-free method of *rasayana* is meant for people who cannot undergo the strenuous *kuti-praveshika*.

Spring and autumn are the suitable seasons for *rasayana* therapy. Unlike *vata-athapika* which will be completed in a month, a total of four and a half months are usually required to complete one *kuti-praveshika* (The time duration varies according to the patient's physical conditions and requirements).

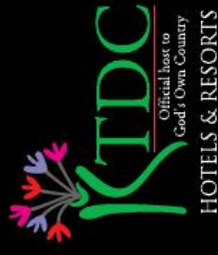
Prior to the main treatment, the purification therapy i.e. *panchakarma* should be done. About two months may be required for this. One month should be spent in the shelter for administering the *rasayana* followed by one more month of strict regimen. It will take another fifteen days for the person to come back to normal routine life. So *kuti-praveshika* is not a widely- practised treatment method as the process is very laborious.

The complete result of *rasayana* cannot be expected unless the patient undergoes proper *panchakarma* purification prior to *kuti-praveshika*.

rasayana treatment would be an unsuccessful effort without *panchakarma* for the results would be just as a dirty cloth without washing is put in dye for coloring. All the five therapies of *panchakarma* are not required for every individual. The best suited to the person needs to be done.

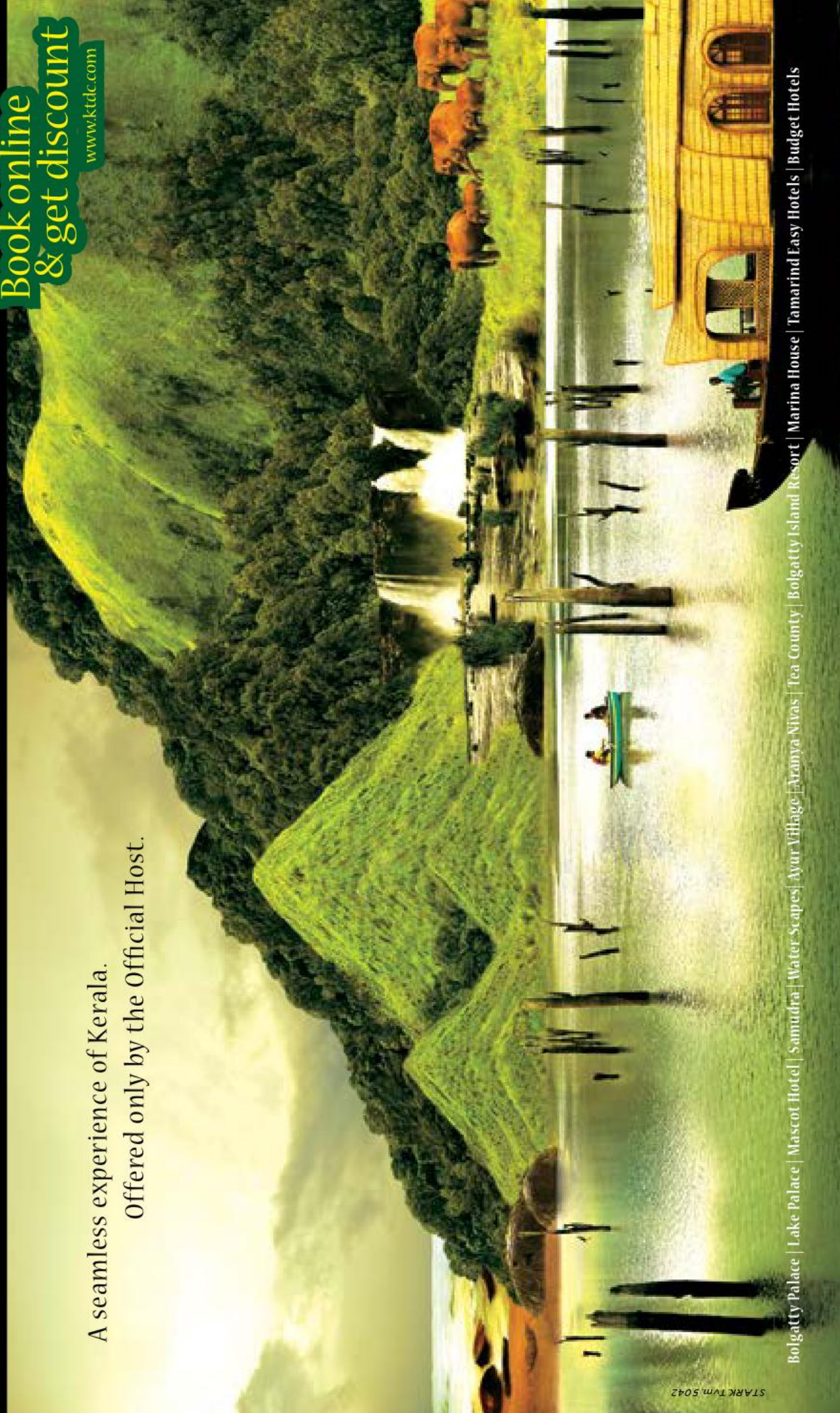
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Among all those drugs having *rasayana* property, Amla (Indian gooseberry) is exceptional. "*Chyavnaprasha*," a very popular *rasayana* preparation in Ayurveda, is constituted in 70% by Amla and is helpful in curing skin problems, hair problems, acidity, diabetes, asthma, and cholesterol and is also a natural immune booster. Ayurveda mentions Amla as "*sarvadosha hara* - a remover of all diseases". Every 100 gm of fresh Indian gooseberry provides nearly 700 mg of vitamin C, which is 20 times higher than what is found in an orange.

Almost all regimens of *kuti-praveshika* are to be followed in *vata-athapika* too, but in a lenient manner. Though *vata-athapika* is less strenuous compared to *kuti-praveshika* the rules and disciplines of the medicine are common in both. For e.g., in *Brahma Rasayana* it is prescribed that a special rice called "*shashtika*" should be taken along with milk at one food timing and *Rasayana* at the other. This should be followed in *kuti-praveshika* and *vata-athapika* procedure for complete result. Whereas, in certain other formulae, like "*Narasimharasayana*," where no special instruction of food is given, one can undergo the procedure observing habitual diet and deed.

Based on the purpose for which *rasayana* therapy is done, it has three more classification: *kamya rasayana*, administered for youthfulness and increased

intellect, *Naimithika Rasayana*, administered for curative purposes and *Ajaswika Rasayana*, which brings the benefit of *rasayana* by regular and long-term use.

In Geriatric care, wise administration of *Kamya Rasayana*/ *Naimithika rasayana* is the solution that Ayurveda recommends. People in their late fifties are often prone to mental morbidities due to a lot of factors such as aging of the brain, problems associated with physical health, socio-economic factors such as breakdown of the family support systems, and lack of economic independence. Dementia and mood disorders are the mental disorders that are frequently encountered by them. *Kamya Rasayana* such as *Shankpushpi* (*Convolvulus pluricaulis*) and *Brahmi* (*Centalla asiatica*) are highly beneficial in these cases. A majority of the old-age disorders like respiratory ailments and arthritis can be managed by *Pippali Rasayana* (*Piper longa*) and Type II Diabetes-like disorders with *Shilajith Rasayana* (Asphaltum). *Ajaswika Rasayana* prayogas are done with long-term intentions. One can have it in his younger years to have a trouble-free old age.

To put in a nutshell, one can attain longevity, improved harmony, intelligence, freedom from disease, youthful vigor, complexion and voice, physical strength and good sensory functions through *Rasayana Chikitsa*. But the aim of *rasayana chikitsa* is not conquering time or arresting death. It is to lead one's life comfortably with respect to his age and health.



Sexual Happiness in Old Age



**Dr B Rajeev BAMS, MD, PhD,
Chief Physician, THL Ayurveda, Kochi, Kerala.**

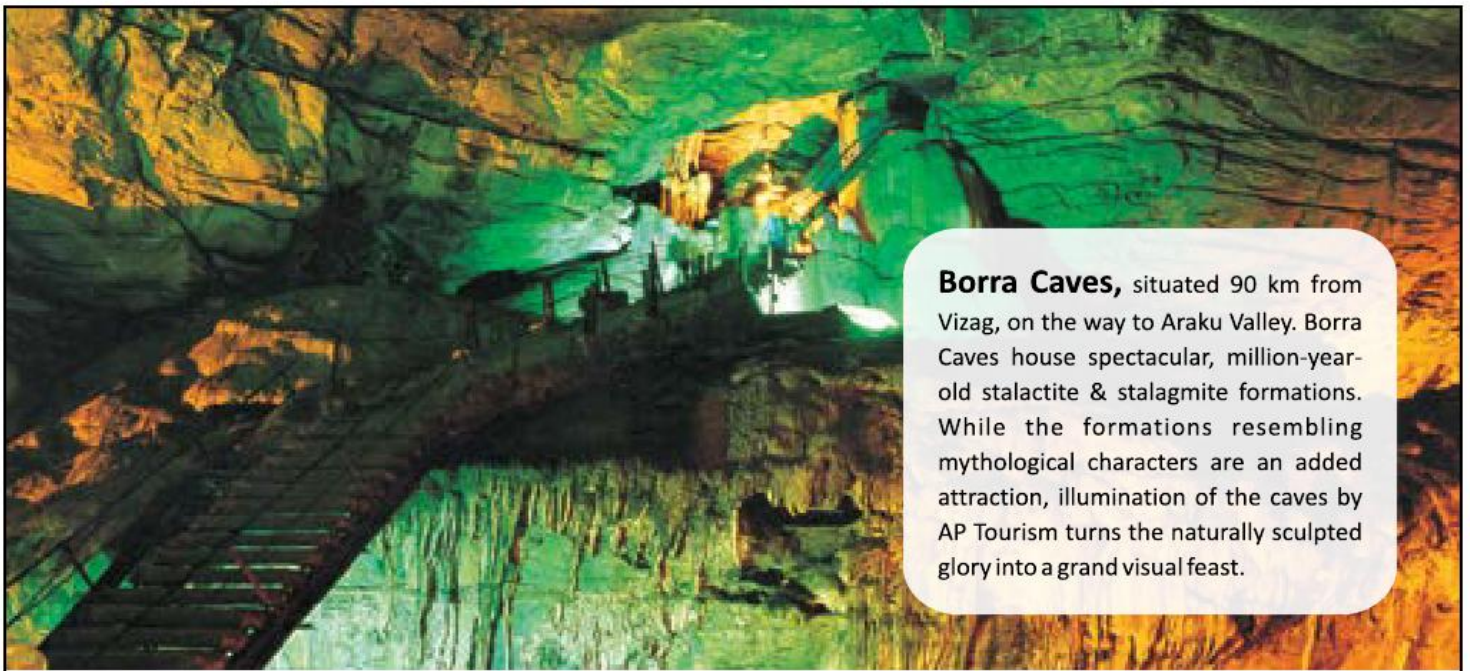
Although human sexuality is instinctual, it is greatly influenced by social, religious, cultural as well as economic factors. In spite of these variations, there lies a deep desire within us to live a life with youthful vigor and beauty.

“There are but two currents in the Ocean of Love, the male and the female, and all life and joy lie in the union of these currents” - The Bhagavata Purana

Happiness, both mental and physical, has been an essential ingredient of life since the very first man. All the organic efforts we make are directed to its achievement. Sexual happiness is no different as it stretches far beyond mere corporeal pleasure and encompasses spirituality. And reproduction being the most fundamental aspect of human existence, life cannot sustain without sex. A holistic healthcare, Ayurveda proves effective in creating harmony between its principles and human nature.

Although human sexuality is instinctual, it is greatly influenced by social, religious, cultural as well as economic factors. In spite of these variations, there lies a deep desire within us to live a life with youthful vigor and beauty. Rejuvenation is defined in terms of its restoration and is essentially concerned with prolongation. Ayurveda outlines this as a branch of medicine that aims at maintaining health as age advances, also keeping the sexual organs healthy.

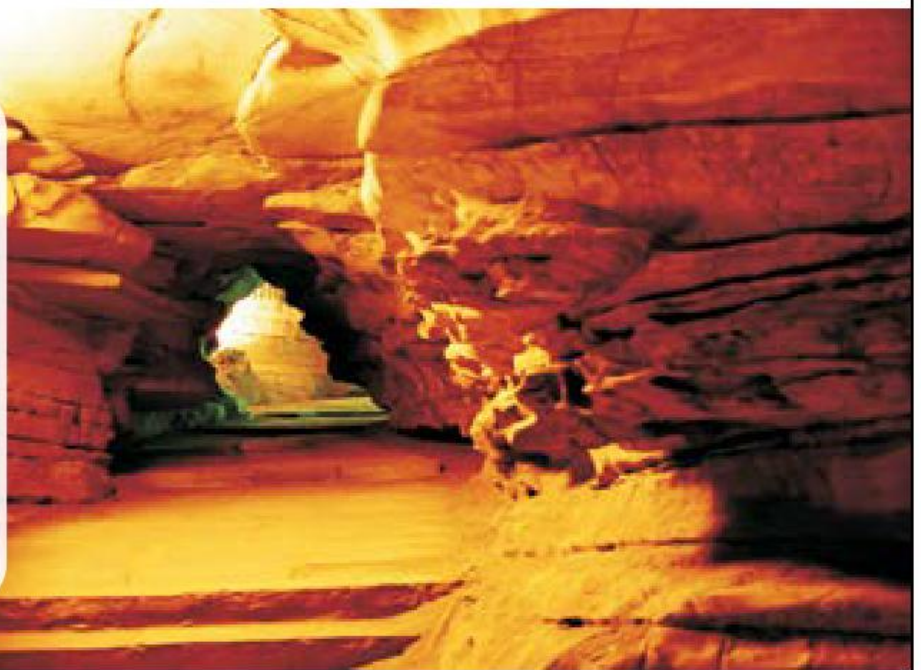
As opposed to the popular conviction, Ayurveda sees longevity in a different light. “*Dirgha Ayu*” refers to complete balance in body, mind and soul, and then living a long life. The imbalance leads to an unhappy and disturbed mind. A person tries to attain longevity not only to quench his physical aspirations but to fulfill the needs of his mind and soul as well. Charaka Samhita describes the process as necessitated to engage in spiritual activities and thereby attaining Liberation.



Borra Caves, situated 90 km from Vizag, on the way to Araku Valley. Borra Caves house spectacular, million-year-old stalactite & stalagmite formations. While the formations resembling mythological characters are an added attraction, illumination of the caves by AP Tourism turns the naturally sculpted glory into a grand visual feast.

Natural wonder of the caves

Belum Caves, situated 110 kms from Kurnool, near Belum village, these are the longest cave systems in the plains of India and the second largest natural cave systems in the Indian subcontinent. The cave is horizontal after descent of 20 metres in the opening. Inside there are spectacular chambers, passages, stalagmites and stalactites, fresh water galleries and siphons. The caves are illuminated by A.P. Tourism. They have been adjudged as a "Unique Eco-Tourism Project" by the Government of India.



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Sexual Healing

Although human sexuality is instinctual, it is greatly influenced by social, religious, cultural as well as economic factors. In spite of these variations, there lies a deep desire within us to live a life with youthful vigor and beauty.



Sexual behaviors are characterized by varied ways across the world. Acharya Vatsyayana, in the 2nd Century BC, suggested many ways to stimulate desire and avoid impotency. He prescribes 7 different ways of kissing, 8 varieties of touch, 4 methods of striking the body and 8 sounds that may be emitted. Charaka speaks of the aphrodisiacs as mentioned in Ayurvedic therapies as enhancing one's potency by leaps and bounds, giving him the strength of a horse.

Despite analyzing the mechanics of sexual technique, we have often failed to appreciate the emotional and spiritual implications of sex. The role has been grossly over-emphasized in the pursuit to pleasure. Sex sans love is shallow and causes dissatisfaction. Vedas warn against the undue preference given to a single aspect of the being as it retards the process of development into full potential. Lust, according to Bhagavad Gita, is the greatest enemy leading to self-absorption, anger and deluded meaning in life. It calls for a 'love revolution' channeling towards service. The resultant fulfilling and long-term pleasurable experience signifies longevity.

Ayurveda outlines many ways to preserve sexual health. The number of times one engages in intercourse is important. There should be a decrease in the number of intercourse as the secretions could stress out the adrenal glands which, in turn, weaken the immune system leaving the body frail. The types of body too must be taken into account. While Vata people are more touch-oriented desiring for hugging, kissing and cuddling during the sexual activity, Pitta

people derive more pleasure from calmness, coolness, darkness, moonlight, waters and flowers. Stimulants like aroma and incense, warm beds and nicely-formed muscular bodies could be more arousing to a Kapha individual. Recognizing these choices and behavior can help maintain a longer and happier sexual life.

The time when the activity occurs too should be considered. Night is preferred to day-light hours, yet early morning sexual activity is supposedly optimal. The adrenal glands work best in the morning hours and consequently the activity yields more pleasure. Yet another factor, hygiene, plays a key role in happy sexual life. A cold shower after sex not only reduces chances of infections but also normalizes the excited organs. Sandalwood, rose, lavender, musk or *Champaka* and such essential oils help in the love-making process, influencing the psyche. Flowers like gardenia, having an estrogenic effect on females, contribute to their arousal. Drinking a glass of milk with dates and nuts or *Ashwagandha* or *Kapikachu* acts as aphrodisiacs, also restoring the strength after intercourse. Herbs like *Macuna prurens*, *Tribulus terrestris*, *Shilajeet*, *Amla*, *Bala* and a number of *Vajeekarana rasayanas* like *Madanamodakam*, *Ashwagandhadi Lehyam*, *Amrita Prasadam* etc. have long proved to be effective sex stimulators. Hugging, kissing and other affectionate behavior, along with proper bedding, too contribute greatly to satisfaction. Ayurveda condemns masturbation as it drains the sexual fluids and deranges the nerves, thereby weakening the immune system.

Vaajeekarana Therapy

Vaajeekarana is one of the eight branches in Ayurveda that caters to specific needs in the process of maintaining health and preventing diseases. It deals with all types of sexual troubles like impotence, poor erection, libido and early ejaculation in males and sterility, frigidity in females.

Vaajeekarana is one of the eight branches in Ayurveda that caters to specific needs in the process of maintaining health and preventing diseases. It deals with all types of sexual troubles like impotence, poor erection, weak libido and early ejaculation in males and sterility, frigidity in females. *Shukra dhatu* is believed to be the reason behind all the problems in sex. *Vaajeekarana tantra* offers tips for a normal, healthy and mature *shukra dhatu*, which is inevitable for satisfying and productive sex. To ensure healthy intercourse and ecstasy Ayurveda advises bodily purification before virilization treatment by *panchakarma* therapy. They are tonics to both male and female reproductive organs and prompt sexual excitement. '*Vaaji*' refers to horse. This therapy exalts the strength of a man to that of a horse and hence the name.



Guidelines for a quality experience : Acharya Sushruta recommends a full-moon light in a bower of flowers, soft silk garments, sweet and intoxicating perfumes, light and nourishing food and sweet music.

A time when both are relaxed and aroused is the best, preferably before midnight to ensure that proper rest is taken afterwards.

Essential oils of sandalwood, rose, lavender, neroli, musk etc., incense or oil burners with scent altogether contribute to an ideal setting.

Clean and attractive dress
A lubricant of ghee and honey
Music therapy

Paying attention to each other. Both *Ananga Ranga* and *Kama Sutra* discuss in great detail the art of foreplay and the importance of satisfying each other's desires. The former compares

the woman with a fruit that yields its fragrance only when rubbed with hands. *Kama Sutra* emphasizes that the man caresses the woman in order to turn her on. Drinking warm almond milk with a pinch of saffron and a table spoon of *Kapikachu choornam* is advised.

Clean bath after sex.

During illness, sex is not recommended as it exhausts *ojas*, the body's source of immunity and vitality. In winter, sex can be practised more frequently than in summer. As it disturbs the natural downward flow of *apana vayu*, it is to be avoided during pregnancy, menstruation and after a heavy meal.

Unrestricted sex could have detrimental effects as it strains the nerves, exhausts the body tissues, increases Vata, thereby causing dryness and irritability. This affects *ojas* as well.

Also to be noted that having a massage with an Ayurvedic oil is not Ayurvedic massage. Experienced doctors and trained therapists are to be consulted before taking any sort of medical practices.

Depression, anxiety and alcohol abuse result in reduced sex drive and inadequate functioning. Erectile dysfunction could be the early sign of other illnesses. Diabetes is often diagnosed when a person complains of sexual weaknesses, so also hypertension, vascular and cardiac disorders.



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Premature greying

Healthy, black hair is the symbol of beauty and a totally healthy condition of body and mind. Poets and story writers describe the beauty of raven tress. Ayurveda attaches great importance to the maintenance of healthy black hair throughout one's life. Cases of premature greying are increasing nowadays and everybody is scratching his head over this.

What causes premature greying? Premature greying occurs due to the gradual reduction in the production of melanin in the hair bulb. Inadequate nutrition (deficiency of Vitamin B, iron, copper and iodine in daily diet), hereditary factors, unhealthy scalp, scalp that is not hygienically maintained and use of harsh shampoo, soap and other hair styling methods using hot water or hot air, emotional disturbances, anger, over physical exertion, etc., smoking and certain medical conditions such as

thyroid disorders and anaemia may slow down the production of melanin. Severe illness too can stop or affect the production of melanin. However, scientists have not been able to fully explain the exact causes of this change in colour of the hair.

Ayurveda says that hair colour changes due to the vitiation of Pitta dosha. Regular and heavy intake of food items with high quantity of salt, sourness and alkali vitiates Pitta dosha and causes premature greying.

Prolonged and a high degree of grief, tiredness and anger make the body hot and that hotness reaches the head and finally causes greying of hair. The Sanskrit term *palitham* is used in Ayurveda to explain greying of hair. Premature greying is *akala palitham*. There are many remedies in Ayurveda to cure premature greying. *Nasya karma* (administration of medicines through nostrils) is one of the major treatment protocols. There are various drug formulations described for *nasya* treatment.

The well-known for-

mulation called *anuthailam*, *neelyadi thailam*, processed oil with *jeevaneeyaga am*, Neem oil (*oil of Azadirachta indica*) etc. are used for *nasyam*. The use of *sodhana karma* of *panchakarma* treatment procedure has prime importance in the remedies mentioned for premature greying. *Nasya karma* and external application of oils after *sodhana karma* will give more effect.

Another procedure is the use of *rasaayana* drugs after *sodhana karma*. *Narsimha Rasayanam* is one among the major *rasayana* formulations mentioned in various classical texts. *Bhringaraja* (*Eclipta alba*), *Khadira* (*Acacia catechu*) and iron are the main ingredients used in this formulation. *Chyavanaprasham* and *Brahma Rasayanam* with Indian gooseberry as a major ingredient are a few other *rasayana* drugs used against premature greying by an Ayurvedic physician. Also, various oil preparations are used for external application on the head. *Neelibhringadi Thailam*, *Kayyunnyaadi Thailam* and *Prapoundareekaadi Thailam* are examples of a few widely used oils for external application. *Neeli* (*Indigofera tinctoria*), *Bhringaraja* (*Eclipta alba*) and Indian gooseberry are mainly used in these types of oil formulation.

If one follows Ayurvedic health care protocols like ideal food habits, minimal anxiety and use of *Rasayana* drugs, one can prevent premature greying, and delay the normal greying in old age. It is not easy to totally avoid greying of hair with any simple remedies, especially when it occurs hereditarily in families.

- From the Desk



Career options after Bachelor of Ayurvedic Medicine and Surgery

Urmila A. Pitkar
MD (Ayu), PhD

Practical experience is equally required for becoming a successful practitioner. It is advisable that a student works with senior practitioners for at least 1–2 years before setting up his own practice.

In the past, there was only one option available for freshly graduated doctors (after passing BAMS), and that was to start one's own practice. However, today there are many promising opportunities available for BAMS graduates. The areas which are available for a BAMS graduate to build a career successfully can be broadly classified into the following five categories:

- Clinical practice
- Academic
- Research
- Management and administration
- Drug manufacturing

The present article discusses some of these options in detail. While selecting a career, a student should try to match his or her own interest, basic qualities as well as specific qualities, which a specific field may demand (e.g., a student planning to pursue a career in management must have good communication skill), and the resources available to him/her with the requirement of the career option.

Clinical Practice: A student entering Ayurvedic practice cannot avoid the detailed study of Ayurvedic Samhitas. The student should also be well aware about modern medical science and interpretation of modern diagnostic tests. Practical experience is equally required for becoming a successful practitioner.

It is advisable that a student works with senior practitioners for at least 1–2 years before setting up his own practice. Along with regular practice, a student can also opt for specialized practice after acquiring proper knowledge, e.g., therapy of skin diseases, spinal disorders, ophthalmologic conditions, ano-rectal diseases, etc., where Ayurveda has a special role to play today.

In India, there are various traditions of Ayurvedic practice like Panchbhautik Chikitsa, Nadi Pariksha, Dhatu Chikitsa, etc. Students can learn such traditions and follow them in their practice. Students can add value to their practice by combining various therapies such as Panchakarma, Yoga, Ayurvedic dietetics, Counseling, Physiotherapy, etc., by doing additional diploma/certificate courses available.

A postgraduate diploma in Emergency Medicine, which is a short course of 6 months conducted in Modern Tertiary Healthcare Hospitals (e.g., Hinduja Hospital in Mumbai or Ruby Clinic in Pune) can help give value addition to the clinical practice of a BAMS student.

Academics: When a student plans to pursue a career in academics, it is nec-





essary to do post graduation. Students, who cannot get opportunity for MD, can go for post graduate diplomas available in various subjects such as Panchakarma, Balaroga, etc. In Maharashtra, almost 16 subjects are available for MD in 15 government colleges and 10 private colleges. In India, Institutions like BHU, Gujarat Ayurved University (Jamnagar), National Institute of Ayurveda, Jaipur, Kerala and Karnataka University have post graduation facility. The student has to appear for an entrance exam for securing admission for MD. More information about these institutions is available at the website of CCIM. MPhil available at Pune University is also an option.

Anyone who has 10 years of clinical experience or 5 years of teaching experience is eligible for PhD. Almost all the above institutions have facilities for

In the research field, a student can join as Junior. Research Fellow on research projects which are conducted by various institutions/colleges/university departments which are financially supported by ICMR, CSIR, CCRAS, DST, etc. On getting experience, they can get Sr. Research Fellowship and this work can lead to a PhD.

PhD. Ayurved students can even do PhD in non-Ayurvedic subjects like analytical chemistry, biochemistry, etc. After post graduation, students can join government or private colleges as demonstrators or lecturers.

There is a large space in private sector for the teaching profession. Private tuition classes for BAMS students, tuition classes for entrance exams, conducting workshops to teach particular skills, i.e., *Kshrasutra*, *Agnikarma*, *Panchakarma*, etc., are good options. Recently, there are MSc programs made available in various science disciplines like Anato-

my/Physiology/Microbiology for BAMS students, which are offered by many universities in Karnataka/Tamil Nadu/Maharashtra (University of Madras, Kasturba Medical College, Manipal, Sri Ramachandra Medical college, M. S. Ramaiah Medical College, Jawaharlal Institute of Post Graduate Medical Education and Research, etc.)

Research: Apart from MD and PhD courses, there are other good courses useful for a career in research such as MSc or PG Diploma in Clinical Research. These courses are available at various institutions and universities throughout



the country. Cranfield University (UK), through its branches in India, also offers a masters degree in clinical research. The duration of such studies varies from 6 months to 2 years. The course modules are extensive and include various aspects of clinical research with more focus on data analysis and management. After completion of this course, students can get job as Clinical Research Associate in research unit of pharmaceutical companies.

MSc (Biotechnology/Bioinformatics/ Health Sciences) is a very challenging course and is also available for BAMS students at some universities. This is a 2-year, full time course.

Students who are interested in field-

work as well as research can go for this course which has promising opportunities in future. Some courses useful for research careers are short course on statistics and epidemiology (Christian Medical College, Vellore), and Clinical Toxicology (Kalina).

In the research field, a student can join as Jr. Research Fellow on research projects which are conducted by various institutions/colleges/university departments which are financially supported by ICMR, CSIR, CCRAS, DST, etc. On getting experience, they can get Sr. Research Fellowship and this work can lead to a PhD.

Management : For students who

are not interested in clinical practice but want to have a career related to the medical field, there are ample choices. MPH (Masters in Public Health), MHA (Masters in Health Administration) and MBA (Hospital and Healthcare management) are in great demand.

Other than this, courses like Sports Medicine, Disaster Management, Industrial Management, Preventive and Promotive healthcare, Masters in Personnel Management are also good options.

UPSC examinations and state level administration examinations are conducted every year. BAMS students are eligible to appear for these examinations and enter in the government services as administrator.



Drug Manufacturing: In the manufacturing sector, production of Ayurvedic medicines is a booming business. Apart from actual manufacturing, other allied aspects such as cultivation of medicinal plants, trading raw materials in the form of powder, extracts, oils, etc., are also in great demand. Not only medicines, but also Ayurvedic cosmetics and food products have equally big market. It is the need of time that many Ayurvedic graduates should come in this

field and use their knowledge and skill.

Courses such as BPharm (Ayurved) in Jamnagar and BHU, MSc (Pharmaceutical Medicine), MBA (Medicinal Marketing) (MUHS, Nasik), Diploma in Herbal Medicinal Manufacturing (Pune University and IPER Pune) are also available.

Miscellaneous : There is great potential in manufacturing of equipments required for Ayurvedic treatments like Panchakarma.

Medical transcription, medical tourism, medical event management, medical journalism, medical photography and documentation are also fields with a bright future. BAMS graduates can complete LLB and work as legal medical advisor.

Courtesy: Dr. Kishor Patwardhan
Assistant Professor, Department of Kriya Sharir, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University, Varanasi E-mail: patwardhan.kishor@gmail.com

After doing WAVE (World-class Academy for Vocational Excellence), a 3-month

short course conducted by Maharashtra Knowledge Corporation Limited (MKCL) about retail and logistics, one can start his own business to fulfill various needs of hospitals or Ambulance service.

The present article is an attempt to explore possible fields where an Ayurveda student can satisfy his professional as

well as monetary needs. This article, however, does not cover all required details for all these opportunities. Personal interactions and discussions with students in various ways, e.g., career counseling, campus interviews, job fairs, student apprenticeship through an academia-industry joint initiative can help a student

in better way.

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Destination of a lifetime

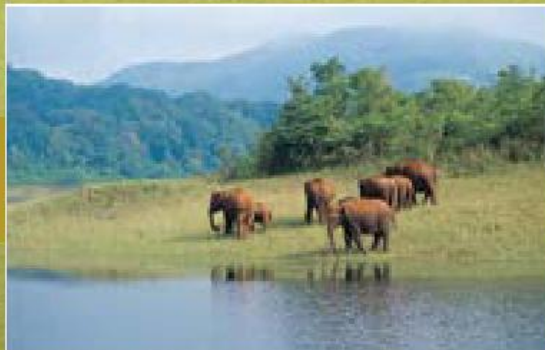
Hailed as the destination of a lifetime, Kerala has emerged a major tourism brand in India. Blanketed in a sea of verdant green and crisscrossed by numerous rivers, this small strip of land on the southwestern coast of India has its unique mix of vibrant attractions – breathtaking natural beauty, fascinating history, rich culture, interesting customs, distinct architecture, and Ayurveda, the age old science of life.

Besides the well-defined travel trails – the beaches, backwaters, the hills – and the stereotype highlights – 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. The magic of the land lies in the fact that almost the entire State is a tourist destination.

Ayurveda - Legacy of Kerala

For most travelers, Kerala is synonymous with Ayurveda. As the therapeutic travel circuit expands, most of the premier hotels and resorts in Kerala now offer state-of-the-art Ayurveda facilities. Most of the establishments follow the strict code of conduct and the ground rules laid down in Ayurveda tradition.

Guidelines were formulated and a classification system for Ayurvedic centres, based on their facilities, has come into force. A Green Leaf signifies the best in terms of facilities, authenticity of method and materials employed, and an Olive Leaf denotes the second rung.



Ayurvedic health care

Ayurveda understands disease as dysfunction in the inner processes of the body and mind. Ayurveda says that the accumulation of ama (toxic substances) in our cells and tissues is the basic cause of disease and illness.

Ayurvedic treatments have a single goal: to bring the disturbed doshas/dysfunctions inside the body back to normalcy and thereby achieve the state of balance/health.

To achieve health, Ayurveda employs four procedures:

- Internal medications and treatments (herbal medicines, ghee, oils, enema, emesis etc.)
- External applications (various massages, treatments like oleation, sudation, herbal pastes, etc.)
- Diet (according to the body type)
- Lifestyle corrections (daily and seasonal regimen, yoga, meditation etc.)

Ayurveda identifies the three phases of a disease as mild, moderate and severe. The treatments are suggested accordingly. The first two stages - mild and moderate are generally addressed by the physician with pacification therapy. Pacification aims at bringing back the disturbed humors to normalcy by using various medicinal preparations, mild treatments and diet.

In severe cases, purification therapy is done. Since it consists of the five types of main therapies, it is known as Panchakarma therapy. (pancha = five; karma = procedure)

Panchakarma is a profound detoxification and cleansing therapy that rejuvenates and revitalizes your mind and body and it systematically strengthens and balances all the major tissues and organs of the body using a wide spectrum of therapeutic measures. Monsoon is considered the best time for Ayurvedic treatment.

The growth rate of 11.18 in Foreign Tourists arrival in Kerala for 2011 over 2010 is much better than UNWTO's projected growth rate of 4% to 5% for the world during the same period and 7% to 9% for Asia and the Pacific.

Awards

ITB Berlin - Das Goldene Stadttor Award for Ayurveda Campaign, 2013

Das Golden Stadttor Silver Award for Print Campaign, 2012

Pacific Asia Travel Association (PATA)

Won four of the top honours in 2011

Prague International Advertising Festival (PIAF)

Bronze for the Print Campaign - Your Moment is Waiting, 2012
Bronze for the TVC- Your Moment

is Waiting, 2011

WTM, London

Best Stand Award, 2011

FITUR, Spain

Best International Exhibition stand - Kerala Tourism Pavilion, 2010

Smart Travel Asia 'Best in Travel Poll 2010'

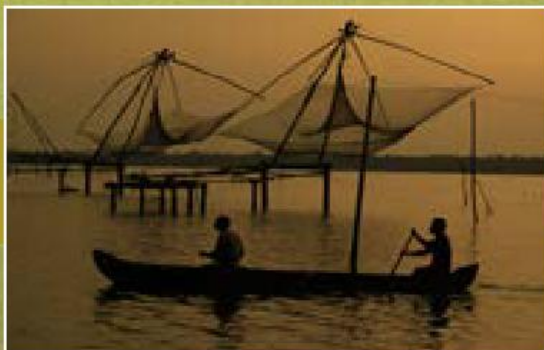
Kerala voted as the best Asian holiday destination, 2010

IAA Olive Crown Awards

Olive Crown Award for Kerala Tourism's print campaign on World Tourism Day, 2012

Conde Nast Travel Award

Kerala Tourism won the award for Excellence in Taking "Brand India" Global Award, 2012



God's Own Country

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Kerala tourism awards 2011 – 2012



Tourism Minister A.P. Anil Kumar

Kochi based Intersight Tours and Travels Private Ltd has won the best in-bound

tour operator award of the State Tourism Department for the year 2011-12. The award for the best out-bound tour operator was given to Riya Holidays Private Ltd, Kochi. Tourism Minister A.P. Anil Kumar announced the awards.

In the Five-Star Deluxe hotel category, Dream Hotel, Kochi was given the top honour.

Turtle on the Beach, Kovalam is the Five-Star category winner. Uday Samudra Leisure Beach Hotel, Kovalam and Marari Beach Hotel, Alappuzha have topped as the best four-star and three-star hotels. There were no contestants in the one and two-star categories.

The best Heritage Hotel Award was given to Coconut Lagoon, Kumarakom. Somatheeram Ayurveda Beach Resort, Kovalam has been picked as the best Ayurvedic centre and Coconut Creek Farm and Home stay at Kumarakom, as

the best home stay. The best approved house boat operator is the Rainbow Cruise of Alappuzha.

Anil Kumar, head of Mahindra Holidays resort Munnar won the best hotel manager award. G Jyothilal (Yatra magazine) has been selected for presenting the best tourism report in the award year. Mathrubhumi senior photographer Rajan Pothuval's work has won him the Best Photographer Award.

Awards in various other categories were also announced. "Entries for selection of awards in the 2012-13 fiscal year have been invited," the Minister said. The same has to be submitted before November 30 to the Tourism director, Park View, Thiruvananthapuram-33. Details are available on the website www.keralatourism.org.

Kerala Tourism gains momentum in the US

After the United Kingdom, France and Germany, it is now the US that is enticed by the God's own country. Luring a big number of globetrotters, Kerala Tourism is looking across the Atlantic to significantly increase the number of foreign arrivals in the state. Making inroads into the American market three road shows were organised in major cities - in New York, Chicago and Los Angeles.

"An increase in arrivals of visitors from the biggest economy in the world will be a significant factor for the growth of tourism in the state," said Tourism Minister Shri A P Anilkumar, who was leading the delegation of government and industry representatives from the state. The road show in New York, which witnessed the participation of 58 members from the US

travel and tourism trade sector, was also attended by the Minister of State for External Affairs Smt Preneet Kaur and Shri. Dnyaneshwar M Mulay, India's Consul General in New York. A *Mohiniyattam* performance too was staged on the occasion to popularize the traditions and culture among the masses.

This is the first time that Kerala Tourism is organising road shows in the States. From 55,741 in 2011, tourist arrivals in Kerala from the US went up to 57,807 last year.

The Kumarakom Lake Resort, RAXA Collective, Intersight Tours & Travels, Kerala.com Travel Division, The Travel Planners, Lotus DMC Pvt Ltd, Easy Tours of India and Ayurvedamana Properties are the industry participants.

All the Way to Russia!

With the appeal reaching more masses, Ayurveda is now all set to make way to Russia soon. Led by the deputy health minister, a six membered Russian delegation is arriving Thiruvananthapuram to have a first-hand experience of the traditional medicinal practice with an aim to promote it back in their country. Minister Igor Kagramanyan and Sergei Kalashnikov, chairman of the Russian parliamentary committee on health, are arriving here Nov 2 and would be here for a week.

Visiting under the aegis of NGO Ayurveda Russia-India Association, the team looks forward to have talks with Kerala health and tourism authorities. They would receive an exposure to Ayurveda at his Poovar

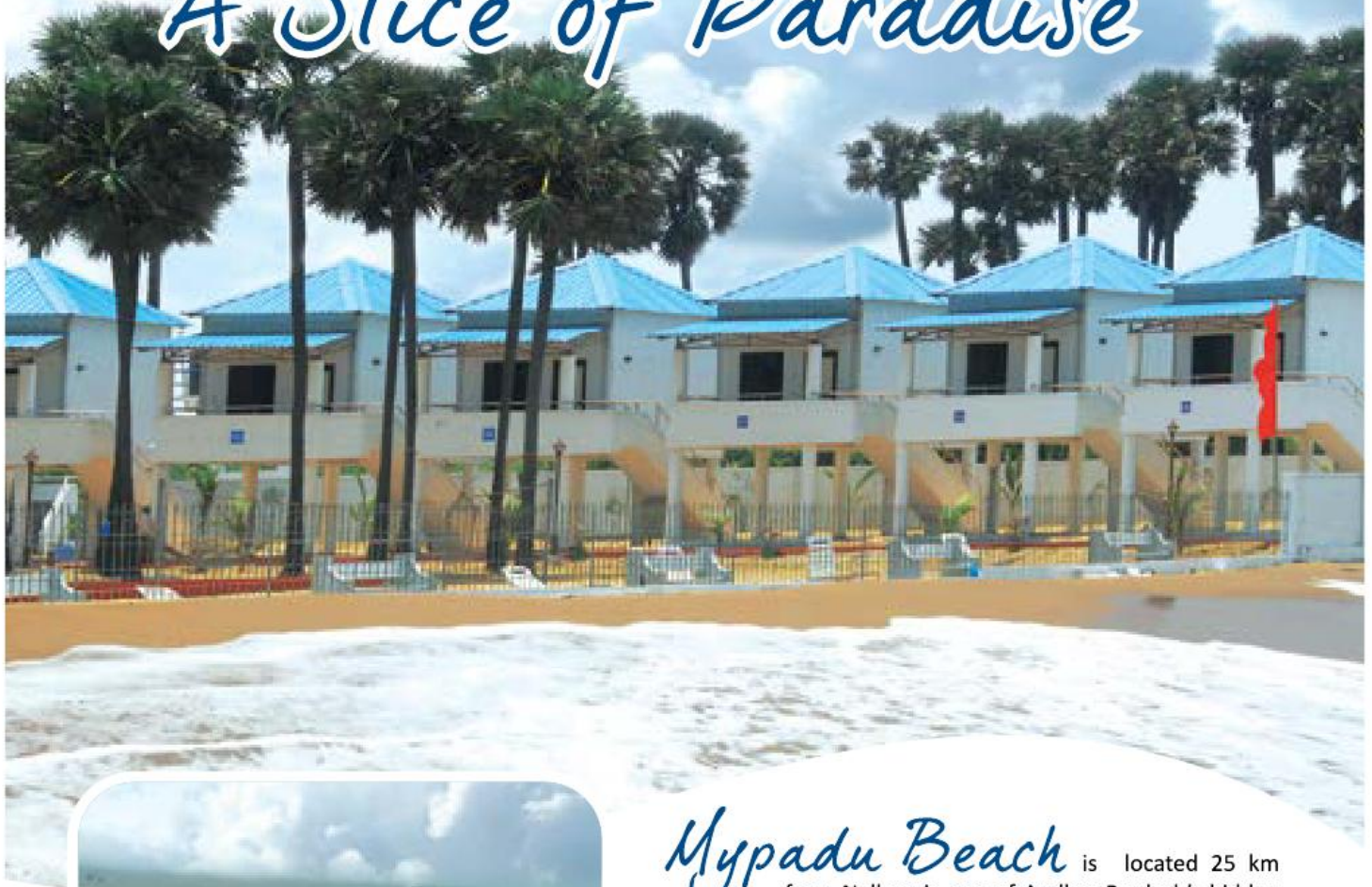
Island resort near Kovalam, said M.R. Narayanan, the NGO's representative.

"The department of AYUSH (Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy), of the central Ministry of Health and Family Welfare is coordinating the visit. They will be taking care of the promotion of Ayurveda at the government level between the two countries," said Narayanan.

Numerous resorts in the state offering Ayurveda packages for them are to be the biggest beneficiaries here. Once it gets approved, Russian insurance companies would reimburse the packages.

Discussions on Ayurvedic courses at Russian Universities too have come up this time.

A Slice of Paradise



Mypadu Beach is located 25 km from Nellore is one of Andhra Pradesh's hidden gems. This beautiful beach offers seemingly endless stretches of golden sands, dotted with colourful fishing boats and catamarans, and delightfully fringed by a long stretch of greenery, quite close to the sea.

Facilities: APTDC's Mypadu Beach Resort is the only and truly excellent option for stay in Mypadu, situated right next to the beach. AP Tourism is all set to introduce exciting seaside sports like beach cycling, water skiing and many more other attractions.

Mob: 98481 85775

• Customised packages & group bookings are being organized by APTDC. Other Summer & special packages available for various tourist destinations from Central Reservation Offices. • Daily Tours to Shirdi, Tirupathi, Basara, Bhadrachalam, Srisailem, Nagarjunsagar, Hyderabad Local, Day&Night and Ramoji Film City. • Tours programme & tariff are subject to change. For more information mail to marketing@aptdc.in



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Chandana Khan IAS,
Special Chief Secretary
to Government of AP
(Tourism, Cultural
Affairs & Archaeology)



Enjoyment Unlimited Visit the Multifarious Andhra Pradesh

The State Andhra Pradesh in India is a land of different cultures, heritage monuments, mountains, river belts, coastal lines, pilgrimage centers, world class film making studios, lush green valleys, zoo parks, hospitable peoples and variety of food habits. It is therefore natural that the Andhra Pradesh is ineffaceable on world tourism map. With a over abundance of travel & tourism options, Andhra Pradesh is further in the process of scaling up its tourism infrastructure.

The state is known worldwide for its vivid tourist destinations such as Tirupati for the most famous Hindu Shrine – The Balaji Temple, Visakhapatnam for verdant beaches & Hills, Beautiful Krishna & Godavari rivers, Warangal as the seat of Kakatiya Heritage, Buddhist monuments across the state, Exquisite crafts & art forms, Mouth watering cuisine like the world famous Hyderabad Biryani, World Class Convention facilities and of course “Great Shopping experience” as the city is known as the Pearl City of India.

This year Andhra Pradesh has the distinction of receiving 7 National Tourism Awards in various categories, most important to be – for Second time that Andhra Pradesh was awarded

as the “Best State” for comprehensive tourism development in the country. The state has in its credit several positive reviews by international travel media and organizations. Lonely Planet recognized Hyderabad as “Must Visit Destination for 2013” (Hyderabad is the top Asian city, ranking third overall). New York Times named Hyderabad as “Must Visit destination for 2011”. The Rajiv Gandhi International Airport of Hyderabad has been adjudged as the 3rd Best Airport in the world by Airport Service Quality by Council International (ACI) in February 2012. Another crown was that Hyderabad Airport was declared to be India’s 3rd Best Airport, 2012 by airline customers at the SKYTRAX World Airport Awards held in April 2012.

Against this backdrop of Andhra Pradesh making strides in making itself as an international tourist destination, Ayurveda & Health Tourism (AHT) spoke to Smt. Chandana Khan – IAS, Special Chief Secretary to Government of AP (Tourism,

Cultural Affairs & Archaeology). Extracts from her conversation with PAV Menon.

ON BEACHES

With the 970 KM coastline Andhra Pradesh offers one of the best beach tourism in the country. There are close to 7 locations which are already major seaside attractions for domestic as well as foreign tourists. Ramakrishna & Rishikonda beaches in Visakapatnam along with Suryalanka, Mypadu, Barua, Kalingapatnam and Yarada Beaches are some of the most favorites. Among this Rishikonda is ideal for swimmers, water skiers and wind surfers, it's an un-spoilt beach washed by the sun warmed sea. At Rishikonda recently we have introduced two jet skies and speed boats and in the process of adding few more. Yareda beach nearer of the Dolphin nose is one of the finest and safest beaches available in India with an unforgettable sunrise view. Further the Government of AP has initiated developing these beaches through public and private partnerships to augment the existing infrastructure, hospitality and recreations facilities at these exotic beaches.

ON MICE

Over the last couple of years Hyderabad, the state capital has emerged as MICE capital of India and one of the most favorite MICE destinations in Asia. With its state of the art conference and exhibition facilities the city has a long lineup of major national and international events throughout the year. Last year the city hosted 11th International Bio-diversity summit in which 9000 delegates participated from 174 countries. World Agriculture Forum Congress 2013 is just underway in the city with over 3000 national – international delegates participating in it. Among the India cities Hyderabad is foremost in having major archeological, antiques & monumental attractions as well as varied exotics cuisines which makes the perfect blend for a MICE travel. The city with its excellent infrastructure is a major IT & Pharma hub as well as it has in its credit having one of the best –modern airports in the world with international connectivity. The city is also blessed with a pleasant climate throughout the year which at no times goes to any extremes. We envisage MICE tourism also spreading to smaller cities like Vizakapatnam and Vijayawada in the state.

ON HEALTH TOURISM

The city is among the most favorite destinations for health tourists from across the world. Those who seek economical yet advanced healthcare options includes travelers from US, Europe, Middle East & Africa. The city is home to many ultra-modern

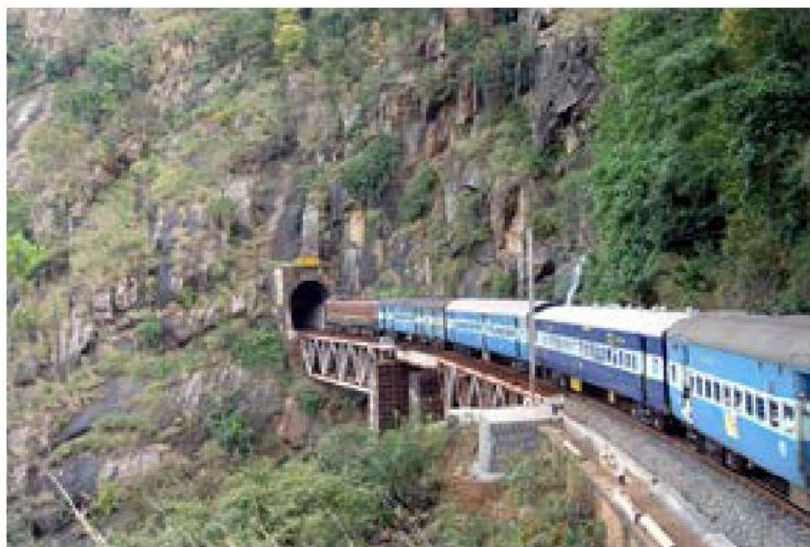


hospitals. It is estimated that the medical expenses in India could go as low as 80% compared to North America and Europe. Highly qualified English speaking medical staff, with additional services being facilitated by the hospitals such as language translators, private chef etc. Most of the private hospitals in the city has special cell and dedicated staff to take care of the international health tourists.

ON RURAL & Eco-TOURISM

As we always believe the heart of India is at its villages as these villages glow with agriculture, serene surrounding, handicrafts, temples, simple lifestyles and above all hospitable people. When it comes to rural attractions, AP has an expanded assortment of countryside experiences for every traveler. Be it the world famous pochampally handlooms, or Kuchipudi Village - the epicenter of India's classical dance. Similarly we have locations like Kondapalli known for traditional toy making. Similarly Rural Tourism projects are completed in places like temple town Kalahasti, Cherial and Pembarthi. Pedana in Krishna district, Gadwal (Mahbubnagar) and Mangalagiri (Guntur) are also brought to the limelight through our Rural Tourism Development programs as these places are known for their handloom fabrics. Further Village Tourism Councils are being set up to facilitate these initiatives.

We have 22 wild life sanctuaries and 4 national parks covering an area of around 5% of the state's total geographical area. AP Tourism has taken all the steps to promote Eco-Tourism in most of these places by providing accommodation and organizing Eco trails. Talakona Waterfalls, Tyda, Mare-dumilli, Mamandur, Pulicat Sanctuary are some of the must visit places for those who like to awash themselves in the vastness of ecology. To give an example, Jungle Bells at Tyda is the name of the first eco-tourism camp in Andhra Pradesh, here amidst the Anantagiri Hills of the Eastern Ghats in Visakhapatnam. an eco-tourism wilderness camp is designed on the lines of local tribal architecture and ethnic designs. The basic elements of construction of cottages in the tribal communities of the locality are thatched or tiled roofs and mud or timber walls. Bird watching, trekking, nature trails, river rafting and more importantly mere watching of the scenic beauty of the hills, valleys, meadows, water bodies and learning to live in sync with nature is what one can expect at these locations. ●





Apps for Ayurveda

Aby Abraham GK

The world is becoming smart, and no wonder old-fashioned mobiles are giving way to Smartphones, which are mini-computers. And people are building a wide range of softwares – Apps – that can be run on them. Apps on Ayurveda, the ancient medical science, are also being developed in large numbers. From apps which help users learn the basics of Ayurveda to those which help them find home remedies for common diseases, and even provide yoga sessions, the range of apps is immense. They can be used by people, especially the busy ones who are always on the go, to get the benefit of Ayurveda, and improve their health and lives. Here, Aby Abraham samples a few of the Ayurveda Apps that are available on Google PlayStore.

Ayurveda Guru Pro : Want to know your body type – Vata, Pitta or Kapha – and the diet and routine suitable to you for different seasons. Look no further than the “Ayurveda Guru” app from Somkars Developers. The app gives users personalized Ayurvedic guidance enabling them to make appropriate life-style and dietary choices. It starts with a questionnaire intended to determine both primary and secondary dosha/metabolic type of the user. After determining the dosha/metabolic type of the user, the app suggests Ayurvedic life-style and routine recommendations on topics such as Waking up, Bathing, Meditation, Massage, Exercise, Eating, Sex, Sleep, Clothing, Occupation, Spouse, Location, etc. It also gives a list of foods and beverages that suit the person. Foods and food combinations that are to be avoided are also specified. The app also has an Ayurvedic clock that shows the dosha type predominant in nature, taking into account the current season and the local time. Adjusting the diet and routine accordingly helps one in maintaining good health. The app costs Rs 97.67, but a free version with lesser features is also available.

Ayurveda Medicine List : The Ayurveda Medicine List is a free -to -download app that lists the different medicines used in Ayurveda. In this app, the medicines are listed, grouped into various categories such as Asava, Avaleha, Bhasma, Choorna, Ghritha, Guggulu, Gutika, kashaaya, Lepa, Rasa, and Taila. On selecting a category, the medicines belonging to that category are listed. Users also have the facility to search for a medicine. Clicking on the medicine, the gadget will show the details of the medicine, such as the reference, indications, dosage, content, etc. The App has been developed by Gopalakrishna Joisa.

Sanjivani - Ayurvedic Remedies : Sanjivani - Ayurvedic Remedies, an app developed by vue, suggests home remedies for many common diseases. The remedies

suggested uses common herbs that can be found around us and are easy to prepare. On starting up, the App lists the common diseases. More than one cure is specified for most of the diseases. On clicking the selected disease, the remedies for the disease are listed page by page. The cures can also be added to your favourites and shared with friends using social media. The app also has a search facility where the user can search for remedies using the disease name, herbs name or a combination of these.

Daily Yoga (All-in-One) : Daily Yoga (All-in-One) is a Yoga Coaching App that provides dynamic yoga sessions with different durations & difficulty levels. It comes with features such as ‘ELEGANT UI and HD VIDEOS’, Live voice instructions, Background Music, and Social Community Support. The developers - IMOBLIFE Co. Ltd - claim that the contents are trustworthy as they come from accredited Yoga professionals with 10 years of teaching experience. It boasts of 40+ yoga sessions in Yoga schools of Ashtanga, Hatha, Vinyasa and Yin. 300+ poses are available in the library of the app. Users can select 3 different work-out intensities (Casual/Moderate/Intense) of various durations (5/10/15/20/30/45 min). The app also provides Yoga programs with scheduled sessions, allowing users to make the best training plans.

Ayurveda Book : A number of herbs around us have medicinal properties. In fact, many Ayurvedic medicines are made from these herbs. Ayurveda Book from Oceans is a free app that details the medicinal properties of the herbs around us. The app lists the medicinal herbs in the alphabetical order. The different names by which it is known are also specified. Various photographs of the herb are also provided so that it can easily be identified. The brief history of the medicinal use of the herb, given in the app, makes interesting reading. The app also gives the details about medicinal use of the herb.



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Academic discipline, the Ayurveda way

Ayurveda gives elaborate explanations about discipline for the students and teachers. Some points which deserve special attention are enlisted here.

1. Daily routine of the student
2. Dress, diet and general behaviour
3. Moral and religious life
4. Method of study
5. *Guru - shishya* relation
6. Classes
7. Manner and time of approach to the preceptor
8. Holidays





The first consideration, as noted by Charaka, is cleanliness and purity of the body and the mind, for both the master and pupils. The pupil does not disturb the master from his chores. He approaches his master and beseeches him for instructions on various aspects of the science only after the *Guru* has finished his ablutions and religious rites such as feeding the sacrificial fire. The *Guru* is also observed to be sitting amidst brother sages and men of learning. And in certain discussions the pupils also chip in along with the sages present, as the master surveys the whole range of the subject in its various aspects and wraps up the issue with his final verdict.

Thus in Charaka, on the subject of the category of taste (su 26), we find various theories propounded first by those present and the summing up and the final decision declared by the master at the end. No doubt, the settlement of the matter was not one-sided as against monotonous lecturing by the teacher, oblivious to various require-

ments of the varied mental grades of intelligence of the students composing the class. There was a cooperative effort, an intelligent participation by the pupil in the evolution of the final and correct appraisal of a subject and in the formulation of right decisions on mooted points. It follows that the pupils were diligently observing physical and mental cleanliness and purity themselves. They performed their baths and prayers with great care and observance of scruples keeping their minds free from distracting thoughts and emotions. They held their master in great reverence, yet never hesitated to state their position in case of doubt and ask for further clarification and enlightenment. The student, whenever he approached the master, prostrated himself at his feet. One of the main qualities required was that the disciple should be (*Abhivadansheelah*) one offering respectful salutation to the master. He must be obedient and modest. He must have self-restraint and must fold his hands before his master. He must not be arrogant or boastful and must deport himself with modesty and self-effacement. He must be given to simplicity both in dress and manners. Certainly the overall attitude was one of great and sincere thirst for knowledge and an unfailing faith in the wisdom and virtue of the master at whose feet he learnt his lessons.

This is the spirit that dominated the portals of *Gurukulas* in the ancient method of education.

A religious and ardent attitude without yet forsaking the democratic spirit greatly added to the advantage that the pupil derived from his teacher. In education, the spirit of approach is everything. The reverence that characterized the pupil at that period induced him to pay intelligent and respectful attention to every word of the master.

The monotony of the lecturing too was avoided then, by the question- and- answer method, known as *paripraccha* or discursive method. In a class it was the monitor known as *pramukha*, the foremost pupil, who put respectfully questions with a view to the edification of the class as well as the world in general. This was also the pattern that prevailed in ancient Greece known as the Socratic Method, seen in the dialogues of Plato.

The physical appearance of the pupils was in keeping with the spirit of their

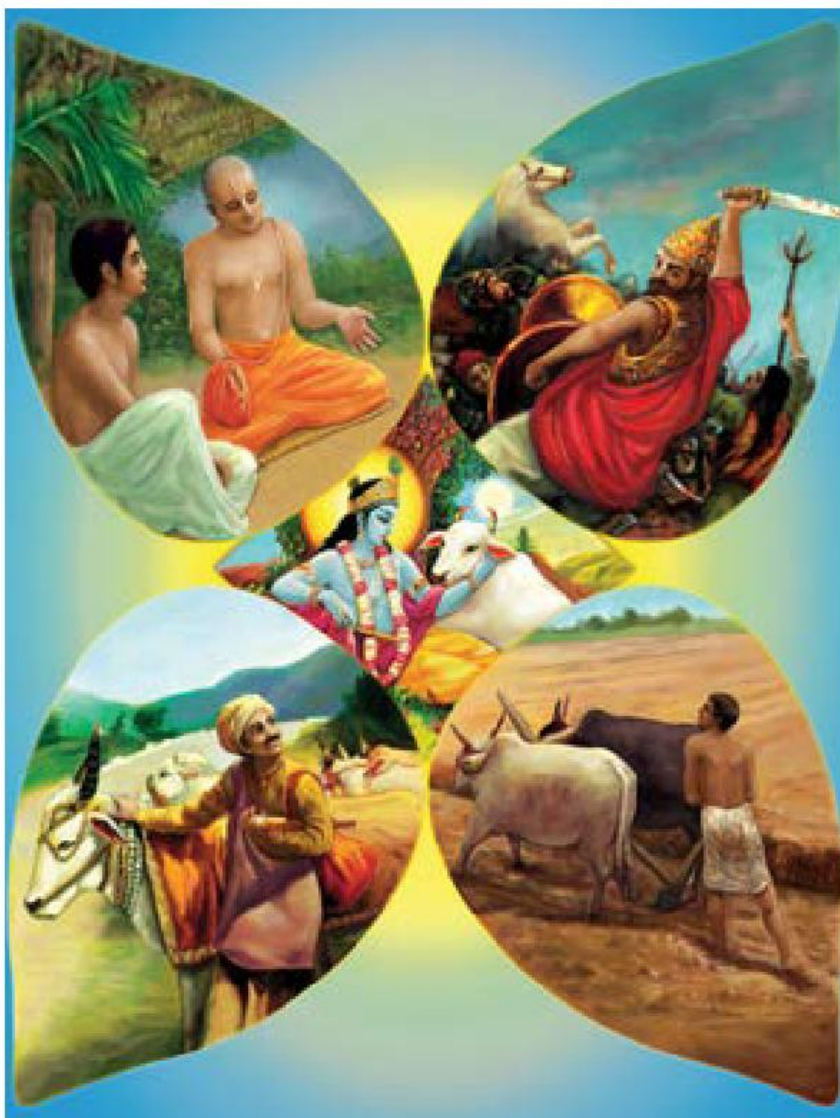
mental and moral outlook. The *brahmachari* was required to grow his beard and hair and wear brown garments. He must be diligent in the observance of cleanliness and clip his nails and hair. In his daily conduct he was required to observe strict rules. His obedience and submission to the *Guru* were expressed in his behaviour towards him. In his diet he has to eschew meat and intoxicating drinks. He must avoid all kinds of luxuries and the company of women. He must not bear arms nor commit criminal offences. He must not be an absolute ignoramus as regards the things of the world either. He was required to know how to adjust to the needs of time and place (*deshakala*). He should avoid excess of sleep and indolence and be alert and active in his habits. Thus the life of a *brahmachari* was no easy one, but a disciplined life of cleanliness and purity illuminated by a dominant love of knowledge and service.

The course of medical education ran through a period of 7 years and during that period he was styled *brahmachari*. After completing this education the student who is known as "*adhyayanantagah*" takes his leave to enter into the next stage of life known as "*gruhastha*", ie, the married life. He may pay, as a token of gratitude to his teacher, his fee before departing and he undergoes a ceremony akin to modern convocation ceremony. He is then called a "*snataka*," meaning baptised. He is then a real *dwija*, or according to some, a *trija*, a twice-born or thrice-born.

There was a class of *brahmachari* who continued to pursue their studies further all through their lives and took a vow to that effect. They were known as *naisthika brahmacharis* or life-long scholars who dedicated their whole lives to the pursuit of knowledge.

There were some, as in all times, who were of unsteady mind, who went about from teacher to teacher, from one institution to another and never stuck to any place or person long enough to be of any profit to themselves or others. Such fickle students were known as "*theertha-kaakas*" meaning "wandering crows".

Every institution was a residential one which assured close contact between the master and the pupils and engendered a spirit of mutual understanding, accommodation and love among the young students. They accompanied the



master on his sojourns to neighbouring places either for purpose of practical study and demonstration or for discussions and conferences with other sages and institutions. Again, after the course of studentship, the young men invariably visited, either by way of pilgrimage or prompted by a desire to see the broad world, the places of religious and cultural centres. Thus their mental vision was broadened and a universal and humanistic outlook inspired their every thought and action

The main idea of the institution was to develop a full man in the student. For that, hard life was prescribed and it was keenly observed that the student became more and more self-reliant. Great attention was paid to the preservation of cleanliness of the mind and the body. All this comprised the

physical and ethical side and no pain was spared to develop the intellectual side too. With this purpose in view, debates on scientific subjects were often held to develop and test the power of reasoning. Importance was given to the spirit of inquiry and research and the student was helped to abandon bigotry and to cultivate broadness of vision. Thus moral and spiritual progress played the way to the building of character, and the real ideal of education was realized.

Certain days were observed as holidays, when the students were to abstain from study. There was a general injunction advising a student not to resort to study while in hunger or thirst or disease or indisposition.

Whenever there was inclement weather such as lightning, thunderstorms,

when the Sun was hidden by clouds, when there was earth-quake, when thunderbolts fell, when there was eclipse of the Sun or the Moon or on the New-Moon day and at the time of the twilights - at all these times the students should avoid their studies. Besides these prohibited times, the great days of national and religious festivities such as the New Year day and the birthdays of divine incarnations must necessarily have been observed.

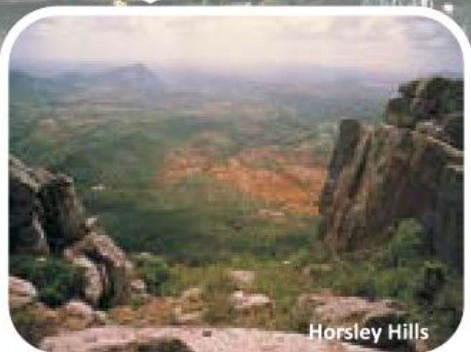
QUALITIES OF THE TEACHER

The text of Ayurveda also lay down what the qualities of a real teacher should be. The precept was that the teacher should be of high exceptional abilities both moral and intellectual, and should enable the pupils to attain knowledge that would give them fulfilment in life. With this great purpose in view, the teacher was required to be an ideal to the pupil and an underlying source of knowledge and inspiration to them. Hence his qualities were placed very high and only within the possibility of the best men of the race. He was also required to know the whole science and even allied science and arts thoroughly and exhaustively. Not only that, he must also be able to supplement the texts by his comments drawn systematically from his own imagination and logic. He must possess the necessary powers of expression and clarity so as to enable the three grades of students namely, highly intelligent, the moderately intelligent as well as the lowest grade of students to understand. The teacher was also required to be able either to expand or to abridge the exposition of a subject as the occasion demanded.

More than all these, the teacher must be able to soar to his high task and maintain an undistracted mind and make this his sole task of life and devote all his energies to it. He must have unbounded affection for his disciples and should bestow personal and individual care and thought over every pupil and be his source of inspiration and guidance through life. This spirit has been gradually on the wane under the present condition of educational methods and it is most essential that we try to revive this spirit of intimate relation between the teacher and the taught.

Lastly, the teacher may not withhold from his pupils any aspect or recondite doctrine regarding the science that

Sparkling Gateway to the Sacred Abode



Horsley Hills



Hill Resort

Talakona waterfalls descending 270ft in the Nallamalla Hills, is believed to be the head or the beginning of the Seshachalam range and the Gateway to the Sacred abode of Lord Balaji at Tirumala, a 50km away on the same range. An appropriate welcome to the devout pilgrim, the lush surrounding forest is also the setting for APTDC's Eco Tourism Project. Long walkways have been strung to the trees leading off from the falls hanging high above the jungle floor- allowing enchanting walks into the green heart and depths of the dense forest. And what's more, from the Haritha Hotel, you can go on exciting jungle treks. After invigorating trekking and bathing in the falls, don't forget to visit the tiny Siddeshwara Temple at Talakona.

Horsley Hills, one of the best known Hill Resorts of Andhra Pradesh on 1265 mtrs above sea level is situated 140 kms from Tirupati & Bengaluru. Modern Hill resort at this place with luxury cottages and attached Restaurant maintained by APTDC.



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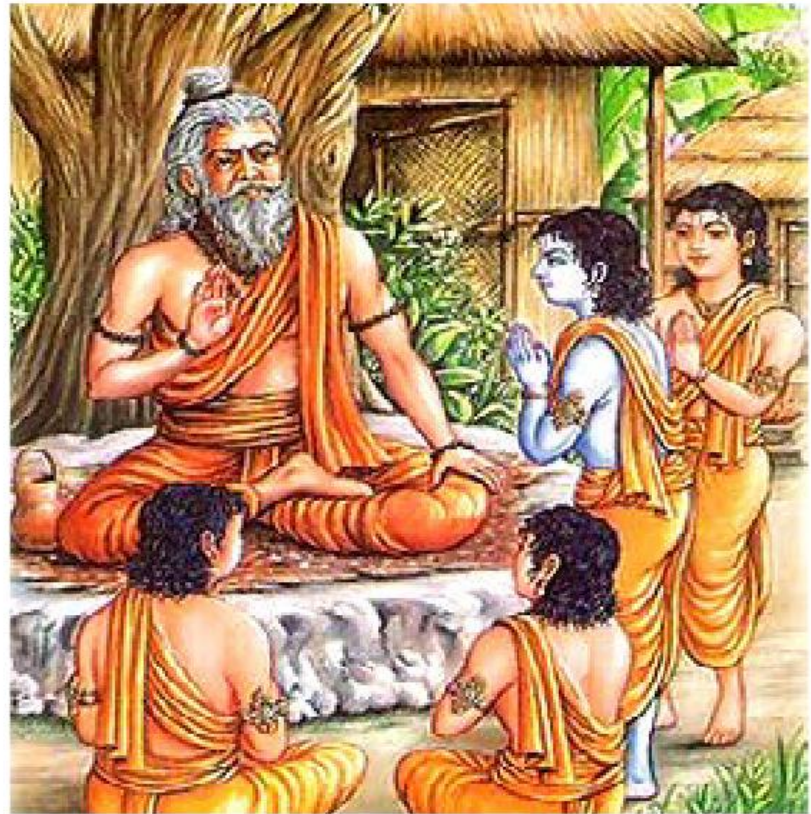
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he undertook to teach at the time when the student takes the oath of initiation. To make this a moral and spiritual binding, the teacher had to take an oath, on the occasion of taking oath of initiation by the student.

The *smrtikaustubha* narrates how a teacher was condemned to be a mango tree in his next existence for his failure to impart Vedic knowledge. There is an obvious subtle humor in the retribution imposed upon the teacher who would not give what he possessed to others; as a mango tree he would have to give all fruits to others and retain none for himself.

Possessed of unblemished knowledge of the science, deep knowledge in practice, possessed of skill, compliant, possessed of the purity of mind and body, possessed of full equipment, of all the senses intact, possessed of full knowledge of constitution, prompt in decision, free from arrogance, possessed of love for the pupils, devoted to imparting knowledge, skilled in righteousness, knowledge, science, imagination and practice, possessed of good qualities, endowed with pleasant appearance, the teacher should be a paragon of these main qualities as described by Charaka, Susruta, Vagbhata and Kasyapa.



Obituary



Legendary Ayurveda practitioner and an advocate of Kerala's Ayurvedic tradition Vaidyamadham Cheriya Narayanan Namboodiri passed away on 18th October (Friday). An expert in detecting Maranalakshana (the signs of death), his daring act of bringing

Vaidyamadham passed away

back many complicated treatments like Kutipraveshikam had gained him acceptance all over the world.

Born to Ashtavaidyan Vaidyamadham Valiya Narayanan Namboodiri and Unnikkaali Antharjanam on April 10, 1930 Namboodiri had learnt Sanskrit from Vaishranavath Raman Namboothiri, V K N Thirumulpaad and Kalakkath Raman Nambiar. He began learning Ayurveda under the tutelage of his father in 1950, and by 1981 the vaidyasala was upgraded to the Vaidyamadham Nursing Home with in-patient facility. In 2003, the nursing home received the GMP certificate. A specialist in treating patients with arthritis, Cheriya

Narayanan Namboodiri devised two tablets for treatment of cancer as well. It was believed that he could diagnose the disease merely by seeing the patient and could treat illnesses that were tagged incurable by modern medicines. He has authored 20 books related to Ayurveda and literature and won the Kerala Government's "Ayurveda Acharya" award for contributions to the field of Ayurveda.

Namboodiri is survived by his wife Shantha Antharjanam and children Narayanan (MD at Vaidyamadham), Neelakantan, Dr Prasanna, Latha and Dr Vasudevan. The body was cremated at his residence at Mezathur.



GOKSHURA

(*Tribulus terrestris*)

Commonly known as Small Caltrops, *Gokshura* was considered by Charaka as one of the drugs with *Mootra Virechaneeya Guna* (diuretic drug). Offering solutions for numerous health troubles, this is one among the herbs that has both its fruits and roots used in medications to alleviate various health woes. And for this reason, the name has become very popular in Eastern as well as Western Herbalism. A cooling, rejuvenating, analgesic herb, *Gokshura* is most known for its ability to reduce renal and urinary discomfort and stimulate hormone production.

The term literally refers to cow's hoof. Other names are Bindii, Burra, Gokharu, Bull Head, Cat's Head, Devil's Eyelashes, Devil's Thorn, Devil's Weed, Puncture Wine, Goat Head and Tack weed.

Referred to as a *Pushtida*, *Gokshura* is a good source of all the essential nutrients for the body, making it an ideal herbal supplement for weight gain and body building. Its powder pacifies both *Vata* and *Pitta* troubles, helping in the proper treatment of diseases resulting from the aggravation of both.

Helping the downward movement of *Apana Vata*, *Gokshura* corrects the *gati* of *Vata*, thereby influencing it in a positive way.

Other features: The herb is most effective in treating stomach disorders (*aamashaya*)

It cleanses the urinary system (*basti shodhaka*)

Protects from recurrent abortion (*garbhasthapana*)

A long- proved heart tonic (*hridya*)

Destroys parasites (*krumighna*)

Relieves piles (*arshighna*)

Protects from urinary tract infections (*pramehaghna*) as it promotes free urine flow, soothing the membranes of the tract.

Pacifies rakhta pitta (*rakhta pitta shamaka*)

Anti- inflammatory functions (*shotahara*)

Relieves breathing troubles and asthma (*swasahara*)

An effective aphrodisiac (*vajikara*)

Increases sperm count (*vrushya*)

Increases physical stamina. Athletes and body- builders often have this added in their health regimen as a supplement, supporting normal levels of testosterone.

A natural dietary supplement for diabetes as it reduces sugar levels.

Used to treat liver disorders (hepato-protective)

Used to treat prostate conditions

Energizes tissues that are damaged, builds and strengthens them (*balya*). The tissues include all the seven (*sapta dhatus*)- plasma, blood, muscle, fat, bone, bone-marrow and the nerves. It also takes care of the reproductive tissues (*shukra dhātu*).

Heals fractured bones

Ignites the digestive fire (*agni*)

In women, Gokshura helps purify the womb. It also reduces pre-menstrual, menstrual and menopause troubles. The herb has been instrumental in treating infertility problems too.

In case of kidney stone, the combination of *gokshura* powder with goat milk and honey is often prescribed as it helps to crush the stones down (*ashimari nashaka*) and eject them off.

Taken with ashwagandha powder and honey, *gokshura* powder is a panacea for respiratory discomforts and fluid retention.

Some other combinations good for health are:

- *Gokshuradi Choorna*
- *Gokshuradi Guggulu*
- *Gokshuradi Kwatha*
- *Gokshuradya Valeha*
- *Dashamoolaadi Kwatha*

(From the Desk)



(gokshura pic courtesy: wikipedia.org)



RIGHT DIET FOR IMMUNITY

All organic beings are prone to external as well as internal dangers. It is the inbuilt power to retaliate that helps us protect the self from hazards. The natural resistance to fight and immunity go hand in hand with good health. And this, good health, is acquired not through tonics consumed, but through the balance in three doshas (Vata, Pitta, Kapha). Only in such an ideal situation can there be a proper functioning of *agni* (the digestive fire), the three wastes in normal quantity (urine, feces, sweat) well balanced again, and the five senses working perfectly. As a result, the mind, the body and the consciousness unite in harmony. A person with such health balance, Ayurveda says, falls prey not even to contagious diseases.

Immunity or *vyadhikshamatva*, is influenced by the power of *agni* and the ability to digest, assimilate and absorb the nutrients required. A strong immune system neutralizes or destroys and then expels the foreign intruders from the body (pathogens like parasites, viruses,

fungi, bacteria etc.) *Ama*, created from indigestion (both physical and mental), is the root-cause of all diseases. Resulting from improper eating habits and unhealthy life-style, it prevents nutrients from reaching the tissues, thereby causing threats to the immune system. Stress, trauma and relationships too play a key role in maintaining good health.

A good diet strengthens digestion. One should choose his/her diet as per the body constitution and behave responsibly to protect the self. *Ojas* can be enhanced through food like ghee, milk, clarified butter, honey etc which supports immunity. Vegetables, fruits, nuts, and beans should be included in the diet, as nutrients, anti-oxidants, fibers etc are inevitable for healthy being.

Sugar could act as the worst enemy as it impairs white blood cell activity leaving the immune system weak. As for alcohol, it renders the immune system immobile.

Herbs, as we know, are the greatest

protectors of body. Particularly, ginger, garlic, black pepper, *neem*, *amla*, *tulsi*, *ashwagandha*, *pipali*, *guduchi*, *kalmegh*, *gokhshura*, turmeric root, licorice root, western herbs like Osha, Echinacea etc are powerful stimulators of immunity. To keep *ama* off, *triphal* can be taken every day to cleanse and tone the large intestine.

Blood purifiers like *katuka*, *neem*, *daruharidra*, *haridra*, *manjistha*, *kumara* (Aloe vera helps liver functioning too, enhancing detoxification) are suggested in Ayurveda to establish Pitta balance in body.

Gandharvharitaki (powdered form of *Haritaki* prepared in castor oil), *erandatel* (castor oil), *Triphala Choorna* (a combination of *amalaki*, *bibhitaki* and *haritaki*) are laxatives that help clean bowels.

Metabolic disorders, genetics, poor diet, stress etc could result in *avyadhisahasharirani* (people incapable of resisting diseases).

The herbs that could essentially provide a panacea could be the following:

- Neem – it improves digestion, reduces acidity, and cures skin problems.
- Turmeric – reduces troubles caused by cold, asthma, arthritis, diabetes, inflammation and even cancer.
- Amla – controls blood sugar, lowers cholesterol, improves blood circulation and digestion and gets rid of constipation troubles.
- Ashwagandha – improves immunity levels, revitalizes energy and slows down the aging process.
- Ginger – helps build immunity, absorbs nutrients in the body, opens sinus, and reduces inflammation and chest congestion.
- Tulsi – an effective remedy for cough, sore throats, mouth infection, skin problems, headaches, and it also provides immunity.
- Licorice/ Mulethi – helps rejuvenation
- Giloy (*Tinospora cordifolia*) – eliminates toxins as well as skin-related troubles.

Other immune-enhancing nutrients are leafy greens like cabbage, cauliflower, broccoli etc that contain anti-oxidants and flavonoids in great amounts. Pomegranate seed juice is yet another excellent booster of immunity, also enhancing digestion. A papaya after lunch serves the same purpose. Vegetarian proteins like paneer, pulses (dal, lentils, and beans) and milk too help improve ojas and immunity. Fennel (calms Vata), coriander (cools Pitta), cumin (balances Kapha) and other spices help reduce ama, thereby paving

way for the proper functioning of agni.

Heavy and fried food, left-overs, processed food, ice-cold stuff, vegetables from the night-shade family are to be stayed away from. Excessive consumption of tea and coffee, oily and spicy food, alcohol etc. too result in disturbed functioning of the body systems. Prajnaparadha (doing things that you know isn't good or healthy, considered a crime against wisdom) promotes ama formation and makes the body a complete toxic space.

Understanding the immune system and its ways of working is essential to feel more responsible about health. It isn't about killing the infection, but strengthening the body's immunity to fight it is what Ayurveda is concerned about. It develops a life-style that is good for the body as well as mind. Along with healthy diet, yoga, meditation and pranayama are advised in to keep the being fit and fresh. Because it is important not just to cure diseases, but to prevent them as well!





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Grandma's Recipe : One of the most helpful, relished and kitchen-friendly substances that helps humans in very many ways is honey. Ranging from cough and asthma, honey works wonders in treating ophthalmic troubles, blood pressure, excess fat and impure blood. It is also an effective heart tonic. Let us see how some combinations can act as remedies for these illnesses.

- Honey with carrot juice taken one hour before breakfast helps improve eye-sight.
- Half a gram of black pepper powder with honey and ginger juice taken thrice a day controls asthmatic troubles.
- Ginger juice with equal amount of honey is an excellent expectorant dealing with cough.
- Two table spoons of honey with a table spoon of garlic juice twice a day keeps blood pressure under control.
- One or two table spoons of honey with a table spoon of lemon juice and a glass of warm water helps remove excess fat, cleans bowels and purifies blood.
- One or two table spoons of honey with a table spoon of anise powder strengthen heart muscles and improve its functioning.

Turmeric Magic : A pinch of turmeric in a glass of water every day can prove to have incredible effects in the course of time. Having preventative benefits against many diseases, it mainly prompts cardiovascular protection, better liver functioning, cholesterol lowering and rheumatoid-arthritis relief. Again, it reduces the risk of neuro-degenerative diseases like Alzheimer's and other life-threatening illnesses like childhood leukemia, cancer cell growth and metastases, and fights cystic fibrosis. Its anti-inflammatory properties and ability to boost anti-oxidants are quite well known too!

(from the desk)





Prime Minister, Dr. Manmohan Singh with the Prime Minister of the Republic of Hungary, Mr. Viktor Orban at the Ceremonial Reception, at Rashtrapati Bhavan, in New Delhi (October 17, 2013). Photo Courtesy : Photo Division.

In an attempt to strengthen, promote and develop co-operation in the field of traditional systems of medicine, the Republic of Hungary signed a bilateral agreement with India at Hyderabad House, New Delhi, on October 17.

Ties Up With Hungary to Promote Traditional Medicine

The Memorandum of Understanding was signed by Smt. Santosh Chowdhary, Union Minister of State for Health & Family Welfare, and Mr. Zoltan Banog, Minister of National Resources of Hungary, in the presence of Dr. Manmohan Singh, Prime Minister of India, and Mr. Viktor Orban, Prime Minister of Hungary.

The agreement looks forward to promote the enhanced use of traditional systems of medicine, exchange of regulatory information and the marketing authorization of medicines in both countries. Exchange of experts, para-medics, scientists, teaching professionals and students in traditional systems of medicine

too is part of the plan. The move is expected to open new vistas for exploring the potential of economic, commercial and tourism development in both the countries.

The Indian systems of medicines, namely, Ayurveda, Unani, Yoga and Naturopathy, Siddha, Homeopathy and Sowa-Rigpa (Namchi) could immensely benefit from this global recognition.

India had already signed such agreements with Malaysia and Trinidad and Tobago in the past. Agreements with Russia, Nepal, Sri Lanka, Serbia and Mexico too are being successfully worked out.

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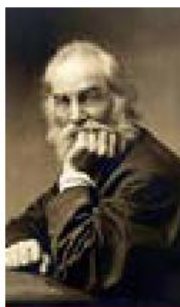
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Neelima Parvathi

There is not a bright face on earth that is devoid of beauty. The countenance reflects the inner spirit of the individual, making it the threshold to the world outside. A physically and mentally-fit self thus glows with a glorious face.

Treating the human body as a whole, Ayurveda provides a wide range of tips to help maintain a healthy face in the most natural and down-to-earth way. One need not go too far to build it up; home-made remedies have proved greatly effective in beautifying the skin and keeping it fresh. The milk squeezed out of grated raw coconut when applied on the lips and face adds glow to the skin. For cleansing, all you need to do is dip a piece of cotton wool in fresh milk and wipe it all over the face. The sticky dirt can be removed, while it also cleans the pores. The skin of apple alone can perform as a cleanser. Pure castor oil applied and massaged upward can help slow down the wrinkling process. Marks and pigments on the face can be easily removed if rubbed with raw potato. A homogeneous mixture of cucumber juice, glycerine and rose water works wonders, acting as a sun-screen.



"Keep your face always toward the sunshine - and shadows will fall behind you"
- Walt Whitman

Pure castor oil applied and massaged upward can help slow down the wrinkling process. Marks and pigments on the face can be easily removed if rubbed with raw potato. A homogeneous mixture of cucumber juice, glycerine and rose water works wonders, acting as a sun-screen.



Face Packs

There are a wide variety of face packs that help maintain healthy and beautiful skin. Depending on its nature, one can take great care of the face using home-made and Ayurvedic medicines.

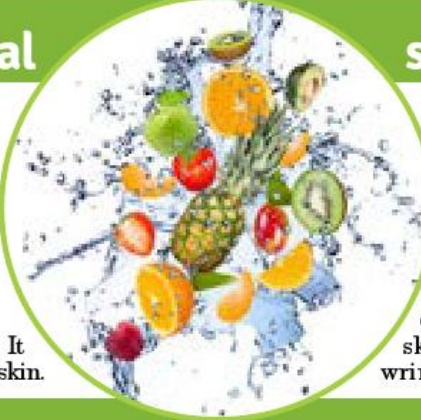
A paste made of a table spoon of orange juice and lemon juice each mixed with a cup of yoghurt applied on the face as a mask for 15 minutes can work wonders. Clean it off with a wet tissue and this helps enhance the complexion.

Urad dal and 5 or 6 almonds soaked overnight and ground into a fine paste the next day, when applied as a protein mask for half an hour, too serves the same purpose.

A mix of sandalwood powder, turmeric powder and milk (a table spoon each) when made into a paste and applied as a face mask becomes an effective skin rejuvenator.

For normal

- The juice of half an orange or tomato mixed with two table spoons of curd can be applied to the face and neck. After it dries up, wash with cold water and wipe it off gently.
- Apply the white of an egg after beating it up, in an upward direction. After it dries up, wash it off. It prevents premature wrinkling of the skin.



skin

- Carrot face packs (the juice of a carrot after grinding it) when applied for 15 minutes and then washed off help the skin look incredibly young.
- Cabbage face packs (half a cup of grated cabbage juice) can be applied for 10-25 minutes and then cleaned with cold water. This helps the skin tighten up, preventing occurrence of wrinkles.

Oily skin

Problems like acne, pimples and greasiness and oily skin can be treated with fruits like bananas, lemon, orange, strawberries etc. Also notice that while applying packs this type of skin is to be washed with luke-warm water and then with cold water. The pores on the skin shall open up and the oil can be washed off. Be careful not to use soap while cleaning the mask.

- skin troubles. After 10 minutes the pack can be removed and cleaned.
- The paste made of two spoons of wheat flour and water is yet another commonly- used face pack for oily skin. Make sure the paste is applied in an upward direction.

- Smash half an apple and add one table spoon of lime juice. The mix can be applied to the face and let set. After 10 minutes wipe it off with luke-warm water and then with cold water.
- Tomato juice when mixed with 1/3rd cup flour and applied to the face works well on oily skin. The pack can be left to set for 10 minutes and then cleaned up.
- A table spoon of multani mitti

After it dries up, remove and clean the face with cold water.

- Mix two table spoons of raw milk with a few drops of lemon and cucumber juice. This pack too leaves oily skin refreshed and trouble-free.
- Two table spoons of fenugreek

mixed with adequate amount of potato juice can be applied on oily skin. The mask should be set to dry for 15 minutes.

- An egg white without beating can be applied on oily skin and allow it to dry. After 10 minutes wipe it off with luke-warm water and then with cold water.
- Two or three table spoons of mint juice mixed with equal amount of cucumber juice help get rid of oily

seeds soaked overnight and ground into a paste in the morning can be applied on the face. After 10 minutes remove and clean it with cold water.

(The above pack can be made with red gram as well)



Dry skin

It is recommended that people with dry skin should not use soaps that have strong cleansing agents as they add to dryness and roughness. Natural exfoliates like besan gram powder help retain the moisture; so better opt that.

- ✦ Mix one and a half table spoon of whisked honey, an egg white, two table spoons of glycerine and 1/3rd cup of flour until it becomes a thick paste. Apply this to the face and rinse it after 15 minutes. It moisturizes and tightens the skin making it soft and smooth.
- ✦ A tea spoon of honey mixed with a mashed ripe banana can be applied and washed when dry.
- ✦ Two table spoons of poppy seeds soaked overnight

- ✦ The pulp of ripe mango mixed with two table spoons of sugar made into a paste and applied on the face works well on dry skin. Keep the mask for 20 minutes and then wash it off.
- ✦ A slice of papaya smashed well and applied is the best fruit pack. No more ingredients, just this pack on for 15 minutes and then wiped off with a damp cloth helps regain the freshness and glow of the face.
- ✦ A slice of ripe peach rubbed all over the face and left to dry for 20 minutes also is a good care-taker of skin. After 15 minutes, wipe it off with a damp cloth or with luke-warm water.

can be ground the next day and add milk to this. Apply the paste and wash it off after 15 minutes.

- ✦ A table spoon of milk cream mixed with a few drops of olive oil and a pinch of turmeric can be applied. Wash it after it dries up.
- ✦ Mix raw milk with ground peanuts (2-5). Add a few drops of honey to this mixture and apply on the face. Wash it off after 20 minutes.
- ✦ Applying raw milk alone rejuvenates dry skin.

Wrinkled skin

People with wrinkled skin are always advised to wash face with luke-warm water. Instead of water, rose water is better mixed while preparing face packs. And not to use soaps while cleaning it up.

A table spoon of rose water can be added to a mashed ripe banana and applied on the face and neck. After 10 minutes clean it up. This can be done twice a week for regaining healthy skin.

Half a table spoon of honey mixed with a table spoon of onion juice when applied on the face and neck also help deal with wrinkled skin. After the mask dries up, wipe it off with a damp cloth.

Take around 4-5 almonds and grind well. A table spoon of honey and an egg white can be added to this. Apply on the face and wash after 15 minutes.



For people with sensitive skin, oatmeal pack is best advised. Three table spoons of yoghurt mixed with equal amount of oatmeal can be applied on the face and neck. In case the paste is too thick, dilute it using water. After 15 minutes rinse it off for smooth and healthy skin.



Other fruit face packs

For oily skin, the pack made of a ripe banana with a table spoon of honey and lemon juice each can be used. Citrus fruits have acids that help cut down oil from the sebaceous glands.

Two or three strawberries mixed with three table spoons of lime juice can be applied on oily skin and washed off after 20 minutes. This prompts anti-aging and rejuvenation.

Rich in Vitamin C, orange pulp/ juice/ peels stop rapid aging, improves skin texture, fights tanning and helps gain a fair complexion. They also decrease the oil content and remove blemishes and dead skin cells. Orange extracts can be mixed with lemon juice and honey for better results.

Another natural skin aid is besan/ gram flour powder. Apart from removing oil from the skin, it also helps in cleansing and moisturizing.

Besan and rose water mix (cud too can be added) can be applied on the face for 15 minutes. This is an effective cleanser.

Two table spoons of besan with a pinch of turmeric powder, four drops of rose water and lemon extract deal with tanning troubles.

A healthy skin is a natural protector of the body. In order to maintain it, one has to develop a healthy life-style devoid of unhealthy habits. Proper sleep, exercise, reduced stress, meditation, proper diet, water in-take and cleanliness are some of the best habits that help sustain a perfect skin texture as well as body.

Condé Nast Traveller PRESENTS THE LUXURY TRAVEL FAIR

Joining hands with Conde Nast Traveller, the Luxury Travel Fair is organizing an exotic travel event at London Olympia from 7th to 10th November to provide a high- end travel experience for people across the globe. Splendid and luxurious, the show is perfect for all globe- trotters who wish to discover untouched destinations. Boutique hotels, luxury resorts, private game reserves and safaris and other 85 hand-picked travel brands with the tour operators will present their exquisite fare along with new trip ideas. From programs such as Journey Latin America, Audley Travel, Italy's Finest, visitors will have the opportunity to interact with experts and hoteliers to help fulfil their travel aspirations. The week-end also offers the popular 'Meet- the- Experts- Theatre' sponsored by Victorinox featuring exclusive interviews with renowned personalities recollecting their travel tales, also inundating with infotainment. And adding to the amusement is the Mosimann's Winter Restaurant where the visitors could satiate themselves at The Louis Roederer Champagne Bar where they could socialize over a glass of champagne. So for all trippers and backpackers, fun-loving mob, here is it to engage with the doyens of travelling!



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Fit and fine in old age



“Yoga is the cessation of the movements of the mind. Then there is abiding in the Seer’s own form.” - Patanjali, The Yoga Sutras

Jayadevan AP

The ancient spiritual science of India, Yoga is a ‘healthy’ way to live life peacefully. Clinical studies conducted worldwide have proven that if practiced properly, this can be a panacea for most of the age related problems. With a healthy diet, healthy lifestyle, yoga and meditation, one can change old age to ‘gold age’.

Control and strengthen your mind: Yoga helps you to be aware; to be in the present. Each posture is a key to the alchemy of balancing. Conscious stretching and breathing slows down the system, and you will gradually become relaxed. All the internal organs will start working rhythmically and harmoniously. In such a stage, one achieves more focus and that enables one to manage any situation with perfect balance.

Regardless of the age, various practices help people in their late years deal with physical and mental troubles easily. A few of them concerned with breathing, spinal and ophthalmic health care are given below.

How to do it: For the beginner, the simplest and effective method is to focus his attention on breathing. Breathing is directly connected with prana, the basic vital life force which governs all bodily functions.

Sit upright on a chair with the back straight and hands flat on the thighs and feet flat on the floor. Place attention at the nostrils or the abdomen and stay focussed. Feel the air drawn in, observe the slight pause between the in-breath and the out-breath. Once again observe a slight pause, this time between out-breath and in-breath. Allow breath to come and go naturally, allowing it to settle down and become softer as your mind and body relax into your meditation. Practise this for about five minutes, to begin with, and slowly increase this to 15 minutes a day. It helps improve memory and make the day better.

Proper breathing

If the brain does not get adequate supply of Oxygen, it will result in the degradation of all vital organs in the body, mental sluggishness, negative thoughts and depression. People often become vague and senile because of the inadequate oxygen supply to the brain. Proper oxygen supply allows the body to metabolize food efficiently and to rid itself of all the noxious by-products of metabolism, especially carbon dioxide.

The yogic art of breathing is called as 'Pranayama' (controlled intake and outflow of breath). Practicing it ensures the better functioning of the respiratory as well as circulatory systems. It can be practiced even by aged persons.

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

It enhances breathing capacity, relaxes mind and body, massages internal organs, calms emotions and induces good sleep.

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

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

Complete Breathing: Sit comfortably in a chair or lie flat on your back in the Corpse pose. Place one hand on the abdomen and the other on the rib cage to check your breathing. Inhale slowly through the nose, feel the abdomen expand first, then the rib cage, and finally feel the air filling the upper chest. Your abdomen will automatically be drawn in as the ribs move out and chest expands.

Slowly exhale, emptying the lungs from top to bottom. Keep body without jerks. Try to make inhalation and exhalation uniform. Do not hold your breath in-between. Inhalation is done from the bottom up and exhalation from the top down. Repeat five times. This helps to calm the mind and body down.

Keep your spine healthy

As we age, stiffness sets in as the spine compresses and our joints lose mobility and balance, as well as muscle and bone mass. Too much sitting and years of bad posture commonly result in neck and back problems by midlife. Clinical studies have proven that yoga counters the effects of gravity by lengthening the spine, opening the posture (and chest) and moving each joint through its full range of movement.

Many people who are overweight experience back pain. As you put on additional pounds, the spine begins to distort and to compress, causing pain. It can also have an effect on the pelvis, tilting it forward and perhaps causing it to pinch the sciatic nerve. That is one of the main reasons why people who are overweight tend to have problems with their lower back, either because of sciatica or because of the distortion of the spinal column.

Some poses that could help are briefly described below. Those with severe back/spine problems are strictly advised not to practise them without proper guidance. It is of great importance that one should not try therapeutic yoga without the presence of an experienced yoga therapist.



Mountain Pose (Tadasana): This is the basic standing pose. In Mountain Pose, the body is aligned the way it was designed.

Method: Stand straight, with the feet together, heels and big toes touching each other. If placing feet together is not

comfortable, place the feet three or four inches apart, toes pointing straight ahead. Now rock back and forth a bit until you feel the weight evenly distributed in both feet. Then bend the knees a bit so the backs of your legs aren't locked out. Try to keep the knees lined up over the ankles. Tighten the knees and pull the knee caps up. Contract the hips,

activate the thighs and feel that you are pressing off the ground. Make sure that the hips bones are pointing straight ahead. Avoid letting the pelvis tip up or down. Draw the belly button gently in, lengthen the spine, open the chest (gently squeeze the shoulder blades together) and keep the neck straight. Keep the chin parallel to the ground. Keep the arms parallel to the body; by the side of the thighs, fingers together and pointing downwards. Now breathe normally. Be relaxed. This pose frees up the ribcage to open the lungs for better breathing



Seated forward fold (Paschimottasana): This pose stretches the spine and the hamstrings very well. It rejuvenates the whole spine, tones the digestive organs and kidneys. Regular practice of this pose gives good massage to the heart, spinal column and the abdominal organs. The whole pelvic region enjoys more blood circulation and this increases vitality.

Method: Sit on a mat with the legs together extended in front, heels slightly flexed and bellybutton pulled to the spine for support. Inhale, sit tall and raise the arms in the air. Exhale, lean forward and reach for the toes (if possible hold each big toes with thumb and the index and middle fingers). Extend the spine and try to keep the back in a concave position. Pull the trunk forward and let the forehead rest on your knees. Allow the arms to rest on the thighs, shins or at the ankles. Allow the upper body to relax. With each inhalation, feel the spine growing longer and with each inhalation, allow the body to sink lower (the chest is getting closer to the floor). Gradually, with regular practice, you will be able to stretch the spine more forward; you can grip the sole and rest the chin on the shins, beyond the knees! Stay in this position from 1 to 5 minutes, breath evenly. Then slowly raise the head up and come back to first position and relax.



Cobra pose (Bhujangasana): "This posture is a panacea for an injured spine and in cases of slight displacement of spinal discs the practice of this pose replaces the discs in their original position. The spinal region is toned and the chest fully expanded," says Yoga acharya BKS Iyengar.

Lie down on the floor on the stomach; stretch the legs keeping feet together, keep the toes pointing and the knees tightened. Place the palms near the shoulder, fingers together. Keep the elbows closer to the body. With inhalation, lift the front half of the body off the floor until the pubis is in contact with the floor. Tense the legs and buttocks. Now the body weight is on the palms and legs. Hold this position for about 15- 20 seconds with normal breathing. Exhale, gently flex the elbows, and come back to the first position. Repeat this pose two or three times. Rest a while with your head turned to one side and the arms to your side, legs relaxed, before getting up.

Always do it with an experienced teacher and never force your body to do a particular pose. Avoid poses that bear weight directly on the neck and head.

Keep your eyes healthy

The most common defects which are caused by faulty eye muscle action or accommodation are myopia (short sight), hypermetropia (long sight) and presbyopia (vision problem due to aging). Simple yoga exercises can keep tone up the muscles and make them elastic, keeping impaired vision and spectacles at bay. Pranayama is one such fine example.

Jala neti: This is the practice of cleansing the nasal passage with water.

Slightly salty lukewarm water is poured into one nostril and ejected through the other nostril or through the mouth. A special pot with a pointed spout is used for this. *Neti* keeps the sinuses, nasal tract and the throat free from infection. It also keeps the eyes free from strain, and improves vision. However, *neti* should not be done without the guidance of an experienced person.

Thrataka: *Thrataka* involves gazing intently at any small object without blinking until tears well up in the eyes. This cleanses the eyes deeply and improves the power of concentration.

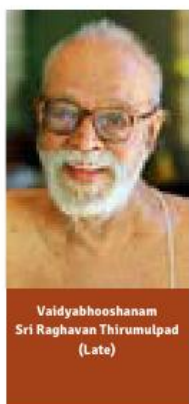
Light a candle or an earthen lamp on a small table. Place it around 3 to 4 feet in front of you and sit in a comfortable posture looking at the direction of the candle. Keep the spine erect. Make sure that the flame is at the level of your eyes. Take a few deep breaths, relax and anchor yourself in the present moment. Now, gaze at the flame and continue without getting distracted. Keep your gaze anchored on the flame, not on the candle or the wick. When thoughts arise, ignore them and maintain your awareness and concentration on the flame. Do not blink. Continue to gaze at the flame till the point where you cannot keep your eyes open and tears start flowing. Once this happens, close your eyes and start visualising the after-image of the flame with closed eyes -- at the point between the eyebrows at the centre of the forehead. When the image begins to fade out completely, you can open your eyes and repeat this. Initially, you may practise this up to 10-15 minutes.

According to yoga tradition, *thrataka* will activate the third eye, the centre of intuition. It helps improve concentration, memory and confidence; corrects

minor eye defects; and enhances vision.

Other exercises

- Stand straight with your feet one foot apart. Do the following movements with eyes. Vertical/Horizontal/ Diagonal/ Circular rotation clockwise or counter-clockwise movement 10 times, relax.
- Hold thumb straight ahead, eye level, and bring it close to the eyes (3-4 inches away), first with both eyes open, and then alternately with one eye closed.
- Hold right thumb straight ahead and move it slowly to the far right (inhale) and bring it back in front (exhale). Keep the head in the centre and follow the movement of the thumb with the eyes without moving the head. Repeat with the left thumb too.
- Stretch both thumbs straight in front. Keep the head in the centre and start moving both arms to either side. Follow the movement of the thumbs through the periphery of the eyes.
- Bounce a ball in V shape from one hand to the other and follow the movement of the ball with the eyes.
- Take a sculpture/picture and look at it for about 30-45 seconds. Close the eyes and visualise the object with the eyes closed and relaxed. To improve memory, imagination and vision, use a different object each day.
- Look at a tree for 30 seconds, then look at the palm, all the lines on the palm, for 30 seconds, blink and see (five times).
- Rub your palms vigorously and cover eyes with palms. This will give total relaxation to your eyes. Stay in this position for 3-5 minutes.



Vaidyabhooshanam
Sri Raghavan Thirumulpad
(Late)

Vidyarambham 2013

The highlights of Vidyarambham 2013 held at Rajavihar on October 14th were the talks by Dr. V.S. Vijayan, the famous environmental activist, former member of Bio-diversity Board of Kerala and member of Madhav Gadgil Committee on Western Ghats, and the talk by Dr. C.R. Kammath, Head, Holistic Medicine, Amrita Institute of Medical Sciences Kochi.

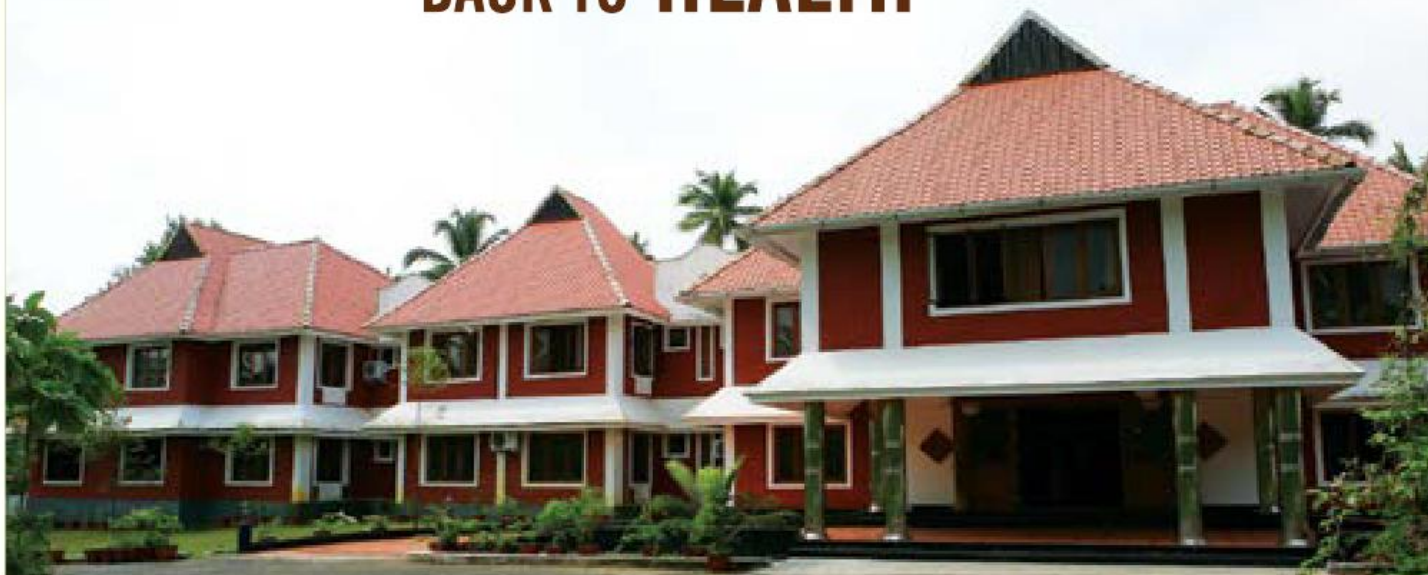


Every attack on nature is a blow to the Ayurvedic health tradition, said Dr. V.S. Vijayan, renowned environmentalist and the Chairman of Salim Ali Foundation. Attending Raghavan Thirumulpad Foundation's Vidyarambham function in Chalakkudy, he added that the unavailability of herbal drugs has now become an alarming situation. Any disruption in the flora-fauna balance could have serious

repercussions on organic life, warned the former secretary of the Biodiversity Board who is now a member of the Madhav Gadgil Committee.

Dr. C. Ravindranath Kammath from Amrita Institute spoke on the subject "Vaidyasaasthanal Edapazhakumbol". The ceremony was followed by discussions headed by Dr. M. Prasad (Sunetri Ayurvedashram, Thrissur).

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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

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Questions and answers

1. Sir,

I am 34 years old now. I am vegetarian with a medium built body and a bulky tummy. After my friends advised, I started doing some mild physical exercises since last month. Working as a marketing executive, I hardly find time to do it in the day time, so I work out at around 9 at night. Then I was told, as per Ayurvedic guidelines, one should not do physical exercises in night time. Could you please help me with your suggestions? Could you suggest some Ayurvedic medicines for reducing extra fat too? Thank you so much, Rakesh GT, Kanpur

Dear Mr. Rakesh,

It is good that you started working out, though the time selected for it is a bit odd. It is ideal to do the exercises in the morning. But those who cannot afford to follow this may find some other comfortable time. That's all. Make sure you are not doing the exercises after a meal. And try to find some comfortable time in the morning.

Ayurvedic management for reducing sthoullya (fatty body) is based on a total change in lifestyle, and not on medicines alone.

2. Sir,

I am writing this letter for my mother. She is 60 years now. Her problem is varicose vein, more in the right leg. It started some years back but she never told us about it. Now she often has pain and discomfort in legs. Is there any medication or treatment in Ayurveda for treating this problem? How can we avoid surgery? Please help us with your suggestions.

Thanking you,

Shabareesh Nair, Palakkadu

Dear Mr. Shabareesh Nair

Varicose veins (siragrandhi) cause health problems as well as cosmetic compromises. In your mother's case, it is more health-related than a cosmetic issue. The tortuous veins cause stagnation of blood flow in the legs and start creating many health problems. Aching pain, itching with color changes and ulcerations are a few to list. Siragrandhi, once chronic, becomes a surgical case. But to treat your mother's problems, surgery may not be required. Give her regular gentle massage on her legs, from bottom upwards for 20-30 minutes with little bit of sahacharadi and madhuyashtyadi thylam. And put her legs elevated above the level, of her heart while sleeping at night.

Lifting the cot by its foot-end for 2-3 inches will be sufficient for this. Siravyadha (venepuncture), a para-surgical procedure in Ayurveda, where some blood is drained from the stagnated vessels, is a very effective method to relieve the pain.

3. Dear Sir,

I am a house wife, 32 years old now. My problem is thick white discharge prior to the cycles; sometimes it lasts for days. I did take medicines before, but the problem persists. I am lean and tall following a mixed diet. I don't have any serious health issues other than this and a mild head ache during cycles. Please help me with suggesting some Ayurvedic medicines.

Regards,

Sreekala P, Thiruvangadu

Dear Mrs. Sreekala

It is quite normal to have some amount of discharge prior to the monthly periods. There is nothing to worry about it. But take care of the risk of infections at this time. Proper hygiene is the most important aspect. And maintaining good health too. If you are concerned about this again, there are effective remedies. Musaleekhadiradi kashayam is an example. Please get a specific prescription from your family physician.



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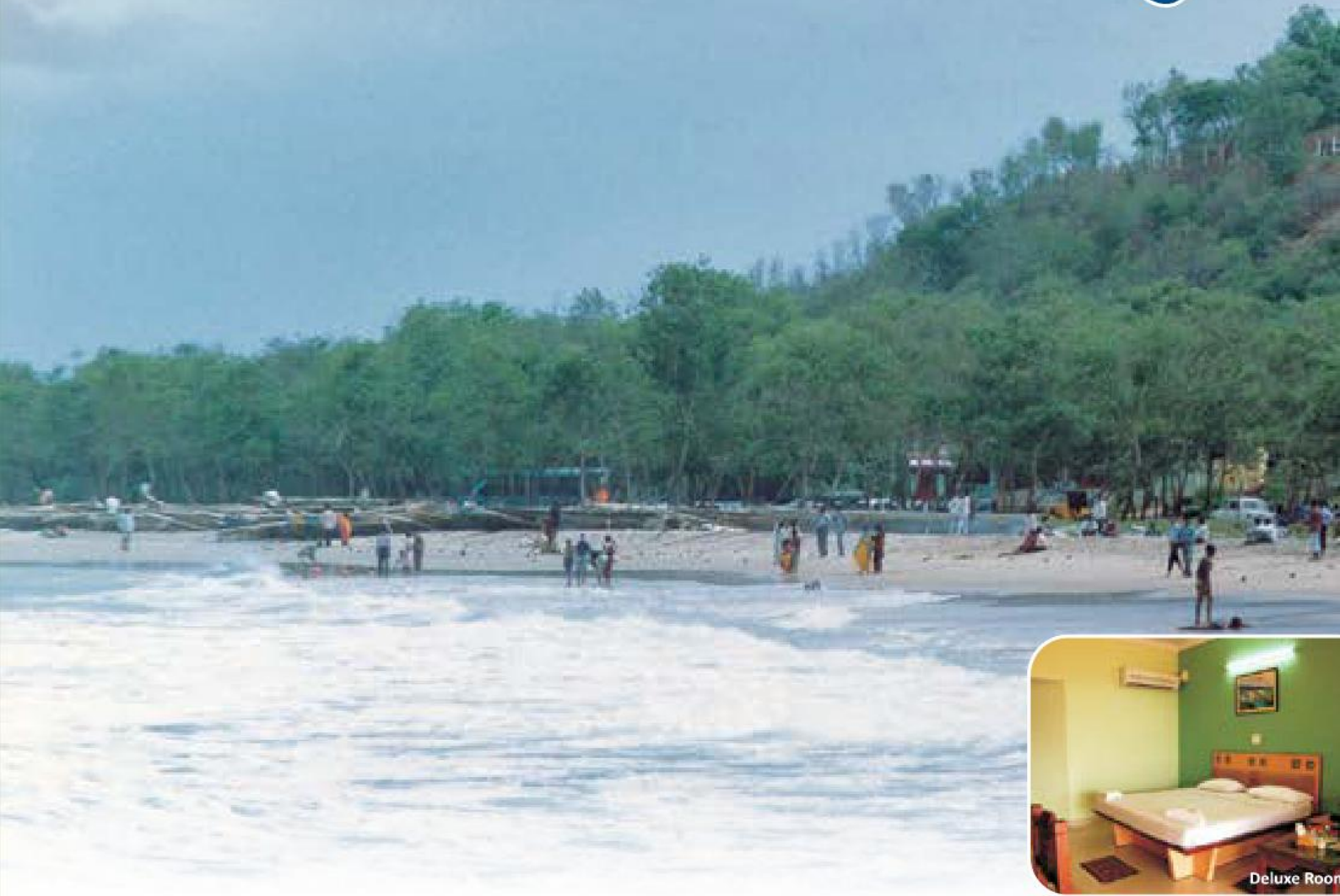
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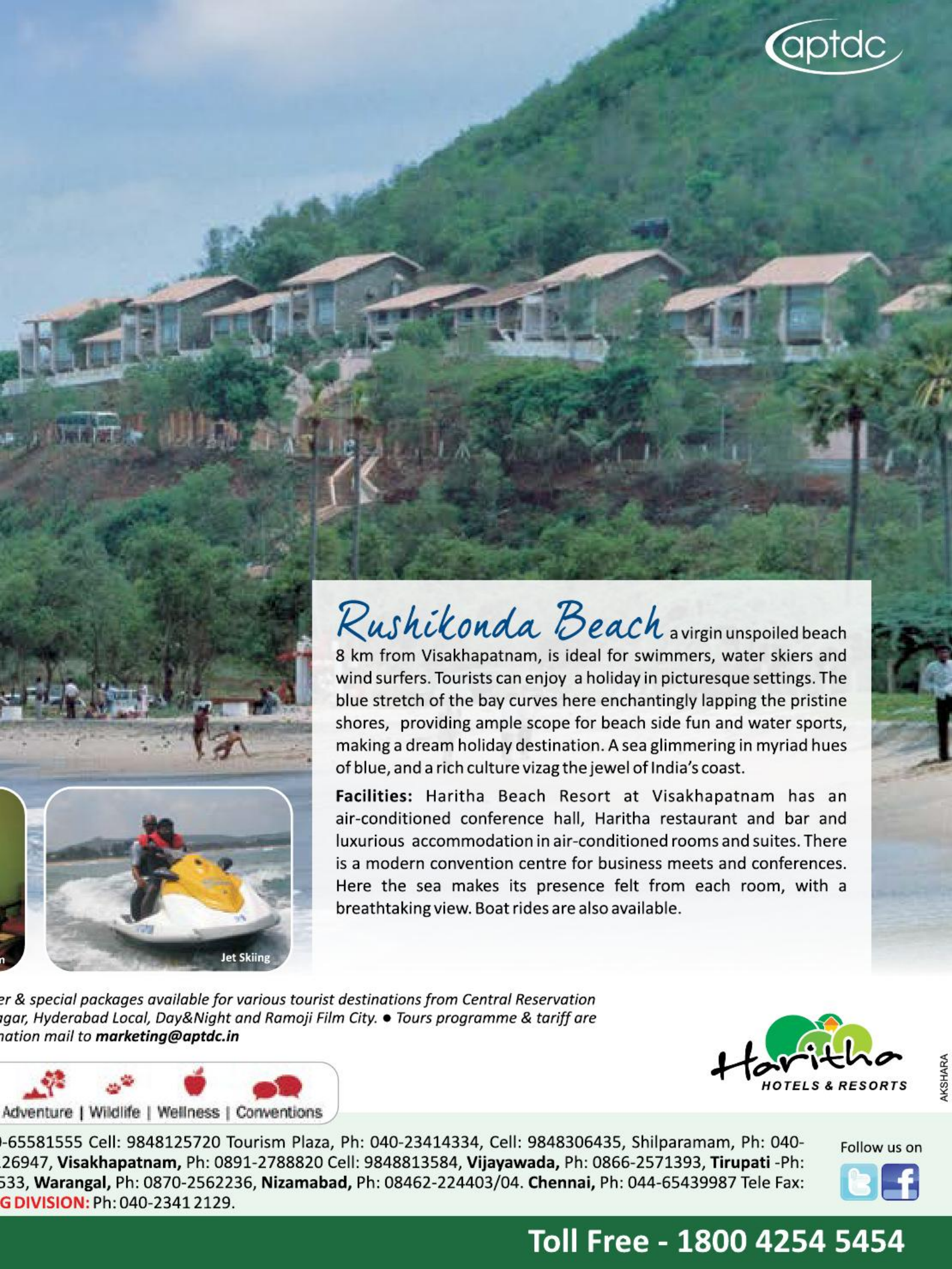
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In Patan there is a structure called Rani Ki Vav. An elaborate step-well. So ornate are its walls, it almost feels like one is in a temple.

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!

