

Ayurveda

& Health Tourism



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AYURVEDA

HEALTH MANTRA

Svāsthya Svāsthya Rakṣaṇam, Āturya Vikāra Prasāmanam

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Chief Physician & Managing Director



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Parathuvayalil Hospital, Keezhillam, Ernakulam, one of the major hospitals, for Ayurvedic Treatment in the country is lead by Dr. Pathrose Parathuvayalil (BAM. MD(Ay). (Kerala Government Best Doctor Award Winner, Gold & First Rank Holder in BAM.)

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Maintaining the health of the healthy

Ayurveda, the ancient science of life, is focused as much on treating the ill as on maintaining the health of the healthy. Hence the dictum “Swasthasya swasthya rakshanam, aturasya vikar prashamanam cha”. Treating the ill is easily understood, but what about keeping the healthy ones healthy?

According to Ayurveda, mere absence of disease is not health. It requires a person to feel blissful in the deepest sense to be considered healthy. The presumption here is that the basic state of life is unhealthy and it requires awareness, knowledge, skill and dedication to attain a state of complete health.

To know why this is important, one must look at the new findings about the health of the global population. The three major causes of death in the world, according to the Global Burden of Disease study by the Institute for Health Metrics and Evaluation (IHME), University of Washington School of Medicine, are cardiovascular diseases, cancers and respiratory diseases.

The IHME study has shown that over the past three decades, cancer rates in the G20 group of industrialised nations have increased faster for 25 to 29-year-olds than any other age group: by 22% between 1990 and 2019. Rates for 20 to 34-year-olds in these countries are now at their highest level in 30 years. This is just about one disease, and there is much revealing data about the other ailments too. So, the challenge before humanity is to stay healthy. This is the theme that we have tried to focus on in this issue of Ayurveda and Health Tourism.

We have tried to build the theme as a package of articles by scholars and practitioners, two of them lead articles on the basic Ayurvedic percept of maintaining the health of the healthy, and the others on such themes as combating lifestyle diseases with Yoga, stress management through Ayurveda, and the Vipassana Dhyana path to self-realisation.

We also have three major articles on specific health conditions: the first on Luteal Phase Defect (LPD), which is a distinct and common cause of early pregnancy wastage; the second on the Ayurvedic view on eye care; and the third on Ayurvedic cures for chronic inflammation. Besides these, we have the Shahnaz Hussain column on beauty care and the column on Healthy Eating featuring Millets and two book reviews in this issue.

Here is wishing fruitful reading to all our patrons!

C. Gouridasan Nair
 Group Editor

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2ND INTERNATIONAL AYUSH CONFERENCE & EXHIBITION 2024, DUBAI

13-15 January, 2024
Dubai World Trade Centre, Dubai



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INTERNATIONAL
AYUSH CONFERENCE &
EXHIBITION DUBAI

**2nd International AYUSH
Conference & Exhibition** at Dubai
World Trade Centre with the support
of Ministry of AYUSH, Govt of India
and under the patronage of Indian
Embassy and Indian Consulate
Dubai. 25 countries, 1000 plus
AYUSH delegates and 25000 plus
visitors attended the event.



Highlights of 2nd International AYUSH Conference & Expo

- 1500 plus delegates
- 234 Technical Sessions
- 50 Invited and Key Note Speakers
- 160 Expo stalls
- Over 30 Countries participation
- 14 Plenary Sessions
- Over 15 Internationally acclaimed Speakers
- 1 Lakh visitors



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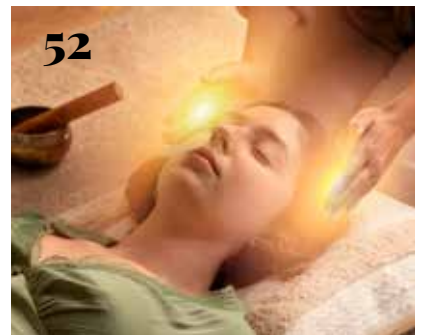
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مستشفى ومركز صحي صحم للعلاج الايروفيدي ش م م Saham Ayurvedic Hospital & Health Center LLC



CHANDRAHASAN MENON
Hospital Director

Touch that heals

Saham Ayurveda Hospital and Health Center, Oman's first In-Patient Ayurvedic Hospital is planning to increase their IP bed capacity from 70 to 100 beds and expand the OP facilities by 2024 to meet rising demand, especially from GCC states such as Saudi Arabia, Kuwait, Qatar, and UAE, says Chandrahasan T. Menon, Hospital Director.

Saham Ayurveda Hospital and Health Center, the first Ayurvedic Hospital in Oman and the GCC, has been at the forefront of integrated rehabilitation programmes across 15 specialties, including post-stroke management, brain and spine injuries, and developmental delay in children such as cerebral palsy and autism.

The 50,000-sq.m hospital, which opened in Saham near Sohar in 2021, offers a diverse range of ayurveda, physiotherapy, speech therapy and wellness programmes for GCC nationals, besides citizens and residents of Oman.

The hospital management is planning separate pavilions to provide

comprehensive Ayurveda rehabilitation services to patients from each GCC state. Multiple high-class restaurants, leisure areas, small hypermarket, men and women's prayer areas, hydrotherapy pools for males and females, apart from upgrading the existing facilities within the hospital premises, are also being planned.

The hospital provides specialty treatments for arthritis, cervical and lumbar spondylosis, inter vertebral disc prolapse, rheumatic disorders, dermatological disorders, and neurodegenerative disorders. It is equipped with multi-disciplinary physiotherapy and rehabilitation equipment under a skilled in-house medical team from India, in addition to comprehensive authentic ayurvedic treatments. The hospital also has a clinic in Muscat at Al Sarooj, Shatti Al Qurum, that provides all integrated ayurvedic/physiotherapy/speech therapy and wellness treatments. The clinic is also planning to expand the speech therapy area into multiple services by integrating speech, occupational and behaviour therapies.

To cater to residents of Muscat and other areas of Oman, the hospital management plans to set up a kiosk in Oman Avenues Mall to enable people to know about the hospital and the services it offers. The Centre provides wellness programmes that include post-delivery care, menopausal care for women, lifestyle clinic, slimming, beauty care, and anti-aging programmes. The hospital has achieved over 30 per cent Omanisation giving Omanis priority to occupy key positions.

Chandrabhasan T Menon, a veteran with four decades of experience in Oman, says that setting up an IP Ayurvedic Hospital was a tough



task. Many are even now unaware that ayurveda can treat arthritis, sports injuries, skin diseases, and stroke through a comprehensive rehabilitation programme.

"We provide customised treatment to patients based on their needs. With the facilities available in Oman, GCC residents need no longer go elsewhere for post-rehabilitation programmes. Our vision is to touch lives in Oman with world-class care and exceptional services using the holistic approach of ayurveda," he says.



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OMAN HEALTH EXHIBITION & CONFERENCE (OHEC)

OMAN CONVENTION AND EXHIBITION CENTRE,
MUSCAT, 18-20 SEPTEMBER 2023



The much-anticipated Oman Health Exhibition & Conference (OHEC), hosted by the Oman Ministry of Health, is here again.

Taking place at the Oman Convention and Exhibition Centre, Muscat, from September 18 to 20, the Oman Health Exhibition & Conference promises to be an exciting event which would showcase the latest advances in the field of healthcare.

It would also offer a forum for experts from government institutions, healthcare universities, clinical research associations from within and outside Oman to share technical insights and facilitate impactful discussions to develop the Sultanate's healthcare ecosystem.

The OHEC is accredited to the Oman Medical Specialty Board (MSB) and certified by the CPD Certification Service, which is the world's leading and largest independent CPD accreditation



institution operating across all industry sectors.

Nearly a 120,000 Omanis go abroad for medical care on account of the long wait for surgical and other procedures in Oman's public and private hospitals and the requirement for more specialized services and resources.

The OHEC is, therefore, an ideal opportunity for the biggest hospitals and healthcare and medical centres around the world to showcase their expertise diverse fields of healthcare for the benefit of the people of Oman.

"The Ministry of Health, in collaboration with Oman Health Exhibition and Conference, aims to enhance worldwide recognition regarding the importance

of involving patients, families, and caregivers at every level and in all healthcare settings to enhance patient safety," says Dr Qamra Al Sariri, Director General of the Quality Assurance Center.

The expo, now in its 12th edition, will present an extensive exhibitor profile comprising professionals in the field of hospital and medical infrastructure, medical tourism experts, well-known pharmaceutical brands, and specialists in nutrition and supplements.

A confluence of expertise and innovation, the event would simultaneously serve as a platform to showcase the latest state-of-the-art medical technologies, facilitate collaboration between visitors and avant-garde healthcare pioneers, and promote empowerment and sustainability within the domain.

With prominent global hospitals, healthcare establishments, and medical centres from around the world taking part, the event will feature dedicated Country Pavilions which include India, Iran, Malaysia, and Thailand. In addition, companies from Lebanon, Oman, Poland, Pakistan, Turkey, and the United Kingdom will showcase their latest offerings.

Medical Tourism, sister publication of Ayurveda and Health Tourism, is the Official Magazine of Oman Health Exhibition & Conference.

Uncompromised excellence.....
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let us Actualize Ayurveda!



5th GLOBAL AYURVEDA Festival Kerala & NATIONAL AROGYA EXPO

December 1-5, 2023

Greenfield International Stadium
Thiruvananthapuram, Kerala, India

OUTSTANDING PROGRAMMES

GAF - IAS International Ayurveda Seminar

GAF - ICC International Cooperation Conclave

GAF - IBM International Business Meet

GAF - AIM Ayurveda Investors Meet

GAF - MTM Medical Tourism Meet

GAF - ASM Ayurveda Solidarity Meet

GAF - PCW Pre Conference Workshops

GAF - Grand Kerala Ayurveda Fair

GAF - FPO MEET Medicinal Plants FPO Meet

GAF - SVM Seminar on Vrīkshayurveda & Mrigayurveda

HIGHLIGHTS

5

DAYS

75

COUNTRIES

7500

DELEGATES

750

RESEARCH PAPER
PRESENTATIONS

750

POSTER
PRESENTATIONS

500

STALLS

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GLOBAL TRAVEL MARKET (GTM)

THIRUVANANTHAPURAM GREENFIELD INTERNATIONAL CONVENTION CENTRE, 27-30 SEPTEMBER 2023



Global Travel Mart (GTM 2023), Thiruvananthapuram, is happening in the Kerala capital from September 27 to 30. A trade show envisaged to transform the tourism sector, it is being held at the Greenfield International Convention Centre, close to the Technopark Campus, Thiruvananthapuram.

The four-day trade show will present an unparalleled networking and collaboration opportunity for the tourism industry, attracting over a thousand travel company representatives and tourism professionals from India and around the world.

With the scheduled participation of corporate professionals and industry leaders, GTM is set

to drive innovation and growth. Showcasing approximately 200 stalls, the GTM will feature diverse range of participants, including hotels, resorts, tourism boards, with a dedicated pavilion for Ayurveda and Wellness promotion. This platform will provide valuable exposure and business opportunities for all stakeholders.

The formal inauguration of the event will take place at the Leela Raviz, Kovalam, coinciding with the World Tourism Day. From September 28 to 30, attendees will have the opportunity to engage in expert seminars, presentations, and sessions covering various industry topics.

An exclusive corporate speed networking session has been

planned on September 28, facilitating meaningful connections between over 100 corporate officials. Additionally, travel operators can participate in different FAM (familiarisation) trips tailored to their interests.

The GTM is organised by Tavaz Ventures and South Kerala Hoteliers Forum, in association with South India Hotels and Restaurant Association, Kerala Tourism, Kerala Tourism Development Corporation, and the Trivandrum Chamber of Commerce and Industry. More details are available at gtmt2023@gmail.com/mob +91 9947733339.

Ayurveda and Health Tourism and its sister publication Medical Tourism are Media Partners for the event.

HOSPEX HEALTHCARE EXPO 2023

ZAMRA INTERNATIONAL CONVENTION AND EXHIBITION CENTRE., KOCHI, 15-17 SEPTEMBER 2023



HOSPEX Healthcare Expo 2023, the first expo of medical equipment and hospital equipment and diagnostic equipment in Kerala, would take place at the Zamra International Convention and Exhibition Centre., Kochi, from September 15 to 17.

The expo seeks to bring together leading manufacturers and suppliers from the healthcare industry to showcase cutting-edge medical equipment and innovations under one roof.

From state-of-the-art imaging technology to advanced surgical instruments, HOSPEX Healthcare Expo would help visitors explore the latest advancements that are shaping the future of healthcare.

The expo promises opportu-

nities for participating companies to close business by meeting doctors and purchase managers, attract attention by showcasing products/tech live presentations, launch new products, meet potential investors, pitch and raise funds, appoint dealers and expand business in Kerala's various districts and learn from leaders on what's coming next.

The organisers are expecting policy makers from the Central and State governments, chairpersons, managing directors, CEOs and CIOs of leading hospitals, pharma and diagnostics companies, investors, founders and CEO's of Health-Tech companies, officials from the healthcare tourism industry, and members of the scientific community to grace the event.

The organisers have scheduled several conferences and workshops at HOSPEX 2023. These include Pyrexia 2023 - National Fever Conclave and AMR Workshop for Doctors, South India Healthcare Conclave, Workshop on Ethical Digital Marketing for Hospital and Clinics, Purchase Managers' Workshop on Bio-medical Procurement Practices, Smart Hospital Conference & Workshop for Doctors, Smart Diagnostics, Pathology & IVD Conference, Session on Investment and Funding Opportunities in Healthcare and Airway Workshop for Doctors by ISA Thrissur City Branch.

Medical Tourism, sister publication of Ayurveda and Health Tourism, is Media Partner of HOSPEX Healthcare Expo 2023.

MALABAR TOURISM MEET 2023

DIMORA HOTEL AND CONVENTION CENTRE, KOZHIKODE, 22-24 SEPTEMBER 2023



The Malabar Tourism Council (MTC) is organising a Malabar Tourism Meet (MTM) at Sargaalaya Arts and Crafts Village, Iringal, Kozhikode, from September 14 to 16 to familiarise the tourism potential of north Kerala to the world. Around 200 exhibitors from

Malabar region and roughly 1500 travel agents, tour operators, and travel media delegates from across the country would attend the meet, which is tipped to become the biggest such event to showcase the huge tourism potential of Malabar. The event would be a

platform for networking, information sharing, and partnership building between local and international tourism businesses including tour operators, travel agents, hoteliers, government representatives, and other stakeholders related to the tourism industry.

The event would promote partnerships, allow the participants to share industry insights and showcase the culture of Malabar in order to encourage the growth of healthy and responsible tourism in Malabar.

The organisers are hoping to see around 10,000 visitors to the pavilions and stalls helping the event to go beyond being a B2B meet ■

FICCI HEAL 2023

FICCI FEDERATION HOUSE, NEW DELHI, 26-27 OCTOBER 2023



FICCI HEAL 2023 has evolved as a landmark event and a credible platform for health industry stakeholders for sharing knowledge and best practices.

The 17th edition of FICCI HEAL, FICCI's annual healthcare conference will take place at the FICCI Federation House, New Delhi, on October 26 and 27. The central theme of the conference is 'Healthcare METAmorphosis'.

Supported by Ministry of Health & Family Welfare and NITI Aayog, Government of India,

India's healthcare system has experienced a profound metamorphosis, witnessing remarkable advancements and transformations in recent years. This ongoing metamorphosis reflects India's commitment to improve the healthcare ecosystem that will help India position itself as a global leader in the healthcare domain.

FICCI HEAL 2023 will be an endeavour to converge all stakeholders—national and international—and provide a forum for sharing of learnings and experiences as well as deliberate on the strategies and opportunities for future healthcare metamorphosis.

FICCI Healthcare Excellence Awards 2023 would be presented at FICCI HEAL 2023 for Excellence in Patient Safety and Care, Excellence in Patient Service and Delivery, Excellence in Community Engagement, Digital Transformation Initiative of the Year and Training and Skill Development Initiative of the Year. ■

2ND INTERNATIONAL AYUSH CONFERENCE & EXHIBITION

SHEIKH MAKTOUM HALL, DUBAI WORLD TRADE CENTRE (DWTC), DUBAI, 13-15 JANUARY 2024



The Second International AYUSH Conference & Exhibition, scheduled to take place at the Sheikh Maktoum Hall, Dubai World Trade Centre (DWTC), Dubai, January 13 to 15, would give stakeholders in the AYUSH healthcare sector a stunning opportunity to build an efficient platform for communication and co-operation among the experts in the healthcare industry.

The conference will bring together global healthcare leaders and professionals, researchers, and health policymakers from around the world, under one roof. Around 120 exhibitors from AYUSH pharma segment, including practitioners, clinics, and hospitals of all AYUSH systems, AYUSH-based service

institutes and centres, and research institutes and departments are expected to attend the conference.

Laboratory equipment and machinery manufacturers, wellness centres & retreats, insurance companies, health tourism industry, herbal traders and medicinal plant cultivators would also be represented at the exhibition which is expected to be visited by around 100,000 persons.

In November 2017, Science India Forum & World Ayurveda Foundation had successfully organised the first edition of the International AYUSH Conference & Exhibition at Dubai World Trade Centre with the support of Ministry of AYUSH,

Government of India, and under the patronage of Indian Embassy and Indian Consulate Dubai. Around 25 countries, 1000 plus AYUSH delegates and 25,000 plus visitors had attended the event.

The Expo is being organised jointly by the Science India Forum UAE (SIF), Ministry of AYUSH, Government of India, World Ayurveda Foundation (WAF), Global Homeopathy Foundation (GHF), National Ayurveda Students & Youth Association, and Vijnana Bharati (VIBHA).

Ayurveda and Health Tourism is the Media & Marketing Partner of 2nd International AYUSH Conference & Exhibition

GLOBAL PUSH TO UNLOCK THE LIMITLESS AYUSH-SYNERGIES

संनहन (Samnahana, Samnahana, Sannahana) in Sanskrit conveys the spirit of 'binding together, girding, arming, preparing, band, string, armour' and more. This expression appears in ancient texts like The Markandeya Purana, Kathopanishad, Chandogyopanisad and others, say the Sanskrit scholars.

संनहन has a distinctive character particularly suited for conveying many aspects of yoga and thus has many appearances in yoga texts. **संनहन** and the coherence in working together of a very large number of very, very small things is the very essence and the reason for all life forms. Living in harmony with the environment is another scale of **संनहन**.

The **संनहन**-spirit runs through the text of 'The Gujarat Declaration', marking the outcome of the 'First WHO Traditional Medicine Global Summit 2023: "Towards health and well-being for all", held in Gandhinagar, Gujarat, India, on 17 and 18 August 2023.

The 34 points of the Gujarat Declaration are held within eight broad sub-sections, namely: (1) Health and well-being of people and the planet; (2) Global health leadership on traditional, complementary and integrative medicine; (3) Research and evidence; (4) Universal health coverage, primary health care and health systems; (5) Data, and routine information systems; (6) Digital health frontiers, including artificial intelligence; (7) Biodiversity and sustainability; (8) Human rights, equity and ethics.



Dr. Madan Thangavelu

Dr. Madan is a noted Genome Biologist. Following a Ph.D. in Molecular Genetics from the University of Cambridge, his recent academic affiliations include Research Fellowships at the Department of Oncology, University of Cambridge, Medical Research Council Cancer Cell Unit, Cambridge, and Leverhulme Research Fellow, Medical Research Council Laboratory of Molecular Biology, Cambridge. He is a Member of the Mind-Matter Unification Project of the Theory of Condensed Matter Group at the Cavendish Laboratory, Cambridge, headed by Professor Brian Josephson



The declaration provides a wide canvas for all stakeholders to engage and very little is lost in the language and the scope. The event was important enough to attract the attention of the editors of Nature and the Lancet, their mixed reactions were as expected and natural. For those inadequately versed in the details, complexity and nuances of the richness and the fundamental nature of such matters, or the ancient Indian sciences and its deep history, grappling with such diversity will remain challenging.

In Europe later this month, September 2023, three events are worthy of attention, two in Italy and one in the Czech Republic. 'SANNAHANA: Yoga's ability to sustain us along the path of life' is the theme of the National Congress of the Italian Yoga Federation (FYI - Federazione Italiana Yoga, www.yogaitalia.org), to be held at the Cittadella di Assisi, Assisi from 29 September to 1 October 2023.

Eros Selvanizza, President of Federazione Italiana Yoga notes in his letter of invitation: "... a theme inspired by one of the lesser-known meanings of the word yoga, namely sannahana, which means 'armour': the ability to face the battle of life well equipped. The text continues ... "Life continually challenges us and, especially in these times of uncertainty, stress and fragility, yoga can provide us with the appropriate equipment to protect ourselves and the necessary resources to overcome and transform life's difficulties into opportunities for evolution.

"Yoga, the foundation of Indian philosophy culturally in line with the evolution of personal consciousness, indeed has the power to reorganise one's inner



life through constant commitment to the practice of its techniques and is a very valuable tool for resilience. Practising the yoga discipline enables one to acquire the ability to relate to others and to life events in a positive and serene manner.

Sannahana is therefore a powerful form of yogic immunity against both external and internal adversity." Cittadella di Assisi (Citadel of Assisi) is home to the Civitate Christiana Association. Founded in 1939 by Don Giovanni Rossi and his lay associates, "a group of both men and women who committed their lives to the cause of the Gospel, being in a constant dialogue with the various components of cultural and social life, with special reference to

those environments which were furthest from an explicit expression of the Faith". Assisi in the province of Perugia, in Umbria is the birthplace of St. Francis and St Clare.

Rome will host the 15th Congress for Integrative Medicine and the 2nd World Congress on Integrative Medicine & Health (September 20-23, 2023. <https://icimcongress.org/>). Prof. Arvind Chopra from Pune, The AYUSH Distinguished Chair for Public Health and Epidemiology, will lead a session on 'COVID-19 Infections: An Ayurveda Research Perspective'.

Matters will be discussed about how Ayurveda and Siddha herbal formulations, used individually or in combination with modern medicine, were popularly used in India to curb the COVID-19 pandemic, the clinical trials between 2020-2023 on AYUSH 64 (multi-plant formulation) and Ashwagandha (*Withania somnifera*) sponsored by the Ministry of AYUSH, Government of India.

The conference would also cover studies done to validate Ayurveda drugs for COVID-19, their efficacy and safety, quality of life of study subjects and barriers of drug standardization and medical ethics, and community participation. An integrative approach that seemed futuristic was realized in these three years.

Earlier this year, in May, Sarva Yoga International (SYI) in Lerici, Italy (<https://www.sarvayoga.org/>) and Morarji Desai National Institute of Yoga (MDNIY), Ministry of AYUSH, Government of India, signed a Memorandum of Understanding for establishing academic collaboration in the field of yoga.

Sarva Yoga International "... is inspired by the teachings of great Masters, great souls or Mahatmas, who left humanity their messages of peace for an evolution of individual and collective consciousness. Its members include 24 organisations from different locations across India.

Sarva Yoga University (<https://www.sarvayogauniversity.com/>) in Sarzana, in the Province of La Spezia, Liguria, Italy will be an important home for extending the educational activity proposed in the MoU – "... to strengthen and develop co-operation between both the countries to study traditional systems of yoga and undertake academic activities.

Besides broadening activities related to education, the objective of the MoU is to train and promote yoga through cooperation to achieve excellence in yoga supported with scientific advances, tools and techniques. Both institutes will collaborate on research and development of evidence-based guidelines for integrating yoga principles and practices with modern medicine," it said, adding that both the countries have also decided to conduct lectures, workshops, seminars and other activities on yoga at regular intervals. The MoU was signed by Dr Ishwar V Basavaraddi, Director, MDNIY, and Dr Antonietta Rozzi, President, Sarva Yoga International.

Italy has engaged with Ayurveda and AYUSH in many creative ways in the past. In March 2009 Ayurvedic Point in Milan organized Italy's First International Congress on Ayurveda, "Ayurveda: The Meaning of Life", and "attracted more than 400 global participants. Ayurvedic Point in

Milan continues to actively collaborate on Ayurveda research projects with national and international academic institutions. Details are elaborated in this short report by Dr Antonio Morandi and Carmen Tosto is available on line at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3151385/>.

The now much acclaimed 'Sanskrit Effect', came out of a collaboration between India and Italy under the India-Trento Partnership for Advanced Research (ITPAR) hosted by the University of Trento. In this study, conducted by James Hartzell, at India's National Brain Research Centre, Manesar, Gurugram, Haryana MRI scans showed "that memorizing ancient mantras increases the size of brain regions associated with cognitive function" (<https://blogs.scientificamerican.com/observations/a-neuroscientist-explores-the-sanskrit-effect/>).

Italy's interest in the wisdom of the Orient dates back to Marco Polo (1254 to 1324) and his father Niccolò Polo and uncle Maffeo Polo, "the traveling merchants from the Republic of Venice". More recently, Italian Indologists like Count Angelo De Gubernatis (1840-1913), the "Max Muller of Italy, sometime

professor of Sanskrit in Florence and later at the University of Rome La Sapienza, and Giuseppe Tucci (1894 – 1984) are just two of the many Indologists who have maintained the interest and inspired many to explore the Orient.

From 15 to 17 September, Prague, the capital city of the Czech Republic, will see the 3rd edition of The World Health Congress 2023, Prague (<https://www.whc2023prague.com/>). The motto of the event is 'Accomplishments and Current Trends in TCIM for the 21st Century' and 'Culture of The Past for The Future'.

The event will showcase a diversity of presenters with the aim to "enable dialogue and mutual cooperation among the TCIM (Traditional, Complementary and Integrative Medicine) and other healthcare branches". The event is held under the auspices of the Capital City of Prague and Prof. MU Dr. Julius Špičák, CSc., Member of the Czech Parliament, and Chairman of the Czech Society of Gastroenterology at the 32nd Czech and Slovak Gastroenterological Congress in Brno (November, 2011).

Earlier in June, Ayurveda and AYUSH, and 'The Role of





Ayurveda in Prevention and Management of Non-Communicable Diseases' was showcased at the 3rd World Non-Communicable Diseases Congress (WNCD 2023- <https://www.torontowncd2023.org/>), held from June 25 to 30, 2023, at the Metro Toronto Convention Centre in Toronto, Canada. Three individuals behind this wonderful Congress need a special mention: Congress Chairs Dr Arun Chockalingam, Professor of Medicine & Global Health, University of Toronto, Professor of Health Sciences, York University, Founding Director, Office of Global Health, NHLBI, NIH, USA, Dr. Paul McDonald, Professor and Former Dean, Faculty of Health, York University, Toronto, and Professor J.S. Thakur, Professor, School of Public Health, Postgraduate Institute of Medical Education and Research (PGIMER), Chandigarh, Punjab, India, and President of the World NCD Federation (<https://www.worldncdfederation.org/>). Professor Thakur's reminder at

the closing ceremony about the NCD Federation is inspiring: "The World NCD Federation (WNF) is a professional association working for global health agenda for universal healthcare for non-communicable diseases (NCDs), which is accessible and acceptable to all, at a cost that the developed and developing countries can afford to maintain and sustain population-wide and individual clinical NCD interventions.

It was conceived in Chandigarh, India, and is registered under the Societies Registration Act of India". The event brought together participants from 55 countries who engaged in the pre-congress workshops, plenary and concurrent sessions and poster presentations.

In North America, the National Consortium of Ayurveda Medicine (NCAM, <https://ncamusa.org/>) is hosting the International Ayurveda Mega-Conference with the theme Ayurveda Beyond Wellness (Westgate

Resort, Orlando, October 27-29, 2023). NCAM is a united group of Ayurveda organizations "collaborating on events, sharing resources, and helping each other in our joint mission of expanding access to Ayurveda in the United States" and advancing authentic Ayurveda in the United States and globally.

The members of the consortium currently include four organizations working to support Ayurveda at the national and global level, 10 State and local level organisations (from Florida, Ohio, Wisconsin, Arizona, California, Colorado, Minnesota, New Jersey, Texas and the Midwest) and seven supporting organisations (including ones from Canada and UK).

Even if Europe and the western world is ready for AYUSH and AYUSH is ready for Europe and the Western world, AYUSH education is central to growing AYUSH globally. Education and skill development are also needed to bring out the best of



traditional systems of medicine, health and wellbeing; this need is highlighted in two locations in the Gujarat Declaration, items 23 and 32, copied below:

'Item 23: Support and promote the development of curricula standards for the education of TCIM practitioners according to country contexts and priorities. Incorporate evidence-based TCIM components into health workforce education related to well-being and health promotion, disease prevention,

food and nutrition, lifestyle and behaviour for better health outcomes, including in addressing the burden of noncommunicable diseases and mental health. Recognize the diversity of professions and practices in TCIM and consider expanding the term TCIM to traditional, complementary and integrative health (TCIH) to include broader health, well-being and lifestyle services and practices.

"32. Incorporate ethical methods and processes in TCIM re-

search and practice through the development and implementation of ethical frameworks that are culturally appropriate and socially relevant and inclusive; and build capacities for ethical practices by incorporating these principles in health policy and workforce education.

The black holes in the global health and health education landscape are many and the dark matters that matter and don't matter are dynamic and difficult to discern. It would not



be unfair, therefore, to ask how long this call for education will take to reach universities of the world. Members of the large university groups like Universitas 21 (U21, <https://universitas21.com/>), The League of European Research Universities (LERU, <https://www.leru.org/>), UK's Russell Group (<https://www.russellgroup.ac.uk/>), the European COIMBRA Group, an association of European multidisciplinary universities (<https://www.coimbra-group.eu/>), Una Europa (<https://www.una-europa.eu/>)

or the almost 500 universities of the Association of Commonwealth Universities (<https://www.acu.ac.uk/>) might need another way to be attracted to AYUSH & Traditional Medicine.

As AYUSH advances around the world, strengthening the AYUSH-ecosystem must move beyond marketing based on exquisite due diligence and an acute awareness of potential strategic partners. For those who wish to see Ayurveda & AYUSH as a treatment modality, the WHO's Global Health Estimates (GHE, <https://www.who.int/data/global-health-estimates>) (<https://www.who.int/data/stories/leading-causes-of-death-and-disability-2000-2019-a-visual-summary>) provides a list of the leading causes of death and disability with trends and differences in the six WHO regions and the different member states of each region.

The list of the most common conditions like heart disease (ischemic, hypertensive), stroke, cancer, chronic respiratory diseases, obesity, neurodegenerative diseases, diabetes mellitus, infectious diseases, chronic kidney disease, mental illness, lower respiratory tract infections, the list of the common diseases where Ayurveda and AYUSH can help is long.

AYUSH activities in India both in government centres, State-level educational institutions and among the practitioners across the country touches all these areas and provide benefits for citizens. Perhaps what is needed is a new twist to presenting AYUSH to the world and also honing a new language for the AYUSH-narrative for the 22nd century and beyond for tackling and managing such conditions.

Prof. MU Dr. Julius Špičák, a patron of the planned 3rd World

Health Congress Prague is a hepatogastroenterologist at The Institute of Clinical and Experimental Medicine (IKEM). IKEM is the largest super specialized clinical and scientific research centre in the Czech Republic. For almost five decades it has been focusing on the treatment of cardiovascular diseases, organ transplantation, diabetology and the treatment of metabolic disorders in the Czech Republic.

In AYUSH-matters one is reminded about the Dunning-Kruger effect. Perhaps a deeper cognisance of what is distilled in the Dunning-Kruger effect and its repercussions should become the foundation for ecosystem building and for systems transformation through better policies, practices, and investments.

Justin Krugers, the junior author of 'The Dunning-Kruger Effect: On Being Ignorant of One's Own Ignorance', is now professor at New York University Stern School of Business (<https://pages.stern.nyu.edu/~jkruger/>) and teaches Judgment and Decision Making in the undergraduate, MBA and Ph.D. programs at NYU Stern - "My research focuses on everyday judgment and decision making, with a specific emphasis on positive illusions, myopia, egocentrism, taste, and heuristics."

AYUSH can learn much from Justin Kruger's interests. Unlocking the limitless global AYUSH-synergies will need a new kind of preparation, readiness, capacity, and a strong armour, in brief the spirit of **संनहन**. Ecosystems expand and evolve, but the spirit of **संनहन** is eternal and will continue to manifest in many more arenas in response to challenges. ■

THE AYURVEDA HEALTH MANTRA

Svāsthasya Svāsthya Rakṣaṇam, Āturasya Vikāra Praśamanam

Protecting health of the healthy is the real challenge before ayurveda practitioners in world where the majority thinks that they are healthy till they fall ill



Dr. Varghese Thomas Ph.D (Ay.)

The aim of Ayurveda is 'preservation of health'. Caraka says 'Swasthasya swasthya rakshanam' (to protect the health of the healthy) and 'Āturasya Vikara Prashamanam' (to treat the diseased) as the purpose of Ayurveda and further explains it elaborately.

The importance of the concept of preservation of health is shared in most of all the traditions in the world. Hippocrates says 'A wise man should consider that health is the greatest of human blessings'. The Chinese too believes that 'it is important to prevent a disease than to treat it'.

Why is it that traditions throughout the world emphasises on prevention or preservation of health so much? Maybe it is because, knowledge of what is healthy and what is not is not common. Maybe even if it is known, making healthy choices isn't always easy. This article focuses on three aspects.

- What is health?
- Why is it important to protect health?
- What are the different ways and methods that Ayurveda prescribes to protect health?

What is health?

Ayurveda defines health as an equilibrium state of tridosha (physiological factors of the body), agni (metabolic functions of the body), dhatu (all the body tissues) and malakriya (the process of excretion of wastes) supported by a blissful state of sense organs, mind and soul.





It states that mere absence of disease is not health. It requires a person to feel blissful in the deepest sense to be considered healthy. This definition of health would categorise most of the human population as unhealthy. Thus, the presumption is that the basic state of life is unhealthy and it requires awareness, knowledge, skill and dedication to attain the state of health.

This must be the reason why the ancient thinkers emphasised this concept and tried to expound this in the literature of Ayurveda. Swastha chatushka in Caraka Samhita is an example where the author dedicates four chapters on the concept of health preservation (Chatushka in ayurveda text of Caraka Samhita refers to a group of 4 chapters which elaborates on one basic concept. Swastha chatushka emphasises on health). Parallels of such descriptions on health and ways and methods to preserve health can be seen in other ancient books of Ayurveda like Susruta Samhita, Ashtanga Sangraha and Ashtanga Hrudaya.

Why is it important to preserve health?

The three major causes of death in the world according to the Global Burden of Disease is cardiovascular diseases, cancers and respiratory diseases. Non-communicable diseases dominate the mortality figures not only globally but also in high-income countries.

Non-Communicable Diseases (NCDs) are also the dominant reason of death among the 15 to 49 year age category. Thus, it is clear that the major cause of disease and death globally is not external, like war or road traffic accidents.

Four major risk factors shared by NCDs are tobacco use, physical inactivity, harmful use of alcohol and unhealthy diet. Hence, it is the inability to preserve health that is at the root of death for large swathes of humanity. Preservation of health is thus of utmost importance.

Ayurvedic path to good health

While it is impossible to enumerate fully the concepts, techniques and methods Ayurveda proposes for preservation of health, it would be logical to

mention the broad themes in Ayurveda that helps in the preservation of health.

The first important concept in this regard is food habit. 'Ashta ahara vidhi vishesha ayatana' the eight factors that should be considered before consuming food is an example of one such basic concept.

Ayurveda says one should consider the following while consuming food viz. prakriti (natural quality of food), karana (method of food processing), samyoga (combination of different substances), rashi (Quality of food),





desha (place where the food is grown), kala (time of intake of food), upayoga samstha (rules of intake of food) and upayokta (the person who consumes the food).

Each of these factors is further defined and elaborated to make the best and healthiest use. For example, prakriti or nature of the food denotes the natural quality of the food. Black gram is heavy to digest while green gram is light or easy to digest is an example. A different but equally important concept is the quality of substances and how it affects different dosha of the body. For example, oil reduces vata, clarified butter pitta and honey reduces kapha.

Apart from the quantity and quality of food consumed, the knowledge of regimen for different seasons plays a significant role in the preservation

of health. It explains diet and lifestyle specific to each season so that the rhythmic seasonal variations of the body functions are taken care.

This concept is called ritucarya in Ayurveda and it involves five major factors viz. the seasonal variations of nature, how human body reacts to it, recommended diet in specific seasons, recommended lifestyle and the foods, drinks, activities to be avoided during specific seasons.

Dinacharya or daily regimen that a person is required to follow in his daily life for the preservation of health is yet another concept. Gandusha (Oil pulling), abhyanga (oil massage), anjana (instilling medicated oil in eyes), nasya (instilling medicated oil in nose) and karnapoorana (instilling medicated oil in ears), shiro abhyanga (application of oil to

the head) etc., are a few of the procedures which cures several health issues like sleeplessness, joint pains, headaches, dental illnesses, hearing loss, respiratory infections, etc.

Mental health is an area of great importance. Ayurveda says there are three reasons for any disease. The first is Pran-japaradha, which means to do wrong wilfully. Secondly, Asat-mendriyarthasamyoga, refers to the improper use of sense organs. Excessive intake of sweets is an example. The third is Parinama or Kala. This refers to the changes that occur in the body, mind or in the environment in due course of time.

Two among the three reasons for diseases is directly connected to the mind. The solution prescribed for problems of mind are cultivation of dhi which means to know what is good and bad, dhriti – to put knowledge in action and atmadi vijnana meaning self-realisation. There is a lot of information on different types of food, medicines and activities prescribed in Ayurveda that one can follow to keep a sound and healthy mind.

To conclude, Swasthasya swasthya rakshanam (to protect the health of the healthy) is a philosophy by itself. While Aturasya Vikara Prashamanam (to treat the diseased) is limited to specific medical intervention for a period of time, preservation of health is an everyday exercise that one has to follow throughout one's life.

As Kalidasa famously said, 'Sareeramadhyam khalu dharma sadhanam', our body is the tool through which one can perform deeds and it has to be preserved at any cost. ■

AYURVEDA FOR PHYSICAL, MENTAL BALANCE



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In the Ayurvedic perspective, balance is the natural order; imbalance is disorder; health is order, disease is disorder. The primary principle of Ayurveda is to help each individual to keep the balance in tune with her physical and mental constitution.

Ayurveda, celebrated the world over as “The Science of Life”, stands as the most ancient, widely accepted, practised and flourishing indigenous system of medicine. Ayurveda is today hailed the world over for its holistic approach to human health and well-being. This global acceptance is not on account of its curative powers, but because it seeks to place human individuals in healthy physical and mental relationship with the environment.



This approach of Ayurveda to human individuals is founded on the principle “Swasthasya Swaasthya Rakshanam Aaturasya Vikaar Prashnam Cha” Which means, Ayurveda which is the “Science of life”, strongly believes in taking care of the health of a healthy person and treat the diseased.

Ayurveda believes that the health of a normal person should be taken care of, to protect the person from falling ill and this is the primary aim of Ayurveda.

Ayurveda places great emphasis on prevention and encourages the maintenance of health by every person through balance in one's life, right thinking, diet, lifestyle, and use of herbs.

Knowledge of Ayurveda enables us to understand how to create this balance of the body, mind and consciousness in tune with one's individual physical and mental constitution.

It provides guidelines for every individual on how to make life-style changes to maintain this balance. “Balance is the natural order; imbalance is disorder. Health is order; disease is disorder”.

There is a constant interaction between order and disorder. When one understands the nature and structure of disorder, one can re-establish order.

Each person has a particular pattern of energy just like one's fingerprint. This is an individual combination of physical, mental, and emotional characteristics, which is determined by a number of factors and remain the same throughout one's life. Many external and internal factors act upon us to disturb this balance. Examples of these are emotional and physical stress, diet, food choices, seasons, weather, physical trauma, work, family relationships etc.

Once these factors are understood, one can take appropriate action to nullify or minimize their effects and re-establish one's original constitution.

AYURVEDA DOES NOT FOCUS ON THE DISEASE, RATHER, AYURVEDA BELIEVES THAT ALL LIFE MUST BE SUPPORTED BY ENERGY IN BALANCE. IT IS THIS BALANCE WHICH MAINTAINS HEALTH OR THE “STATE OF AAROGYA” OF A PERSON.

Hence, Ayurveda does not focus on the disease, rather, Ayurveda believes that all life

must be supported by energy in balance. It is this balance which maintains health or the “State of Aarogya” of a person.

Three principal energies of the body

While trying to understand the balance of energies, it is necessary to understand the concept of energies in Ayurveda. There are three basic types of energies or functional principles that are present in everyone and everything.

Since there are no English terms that convey these concepts, we use original Sanskrit words Vata, Pitta, Kapha.

1. Vata – Is the subtle energy associated with movement.

2. Pitta – Expresses as body's metabolic system.

3. Kapha – Is the energy that forms the body structure.

These three energies of the body need to be in perfect harmony for a person to be absolutely healthy.

General guidelines for balancing the energies –

To balance Vata the following should be done:

- 1. Keep warm.**
- 2. Keep Calm.**
- 3. Avoid cold, frozen, or raw food.**
- 4. Avoid extreme cold.**
- 5. Eat warm food and spices.**
- 6. Keep a regular routine.**
- 7. Get plenty of rest.**

Pitta can be balanced by following these steps:

- 1. Avoid excessive heat.**
- 2. Avoid excessive oil.**
- 3. Avoid excessive steam.**
- 4. Limit salt intake.**
- 5. Eat cooling,**



non-spicy foods.

6. Exercise during the cooler parts of the day.

Kapha can be balanced by following these steps:

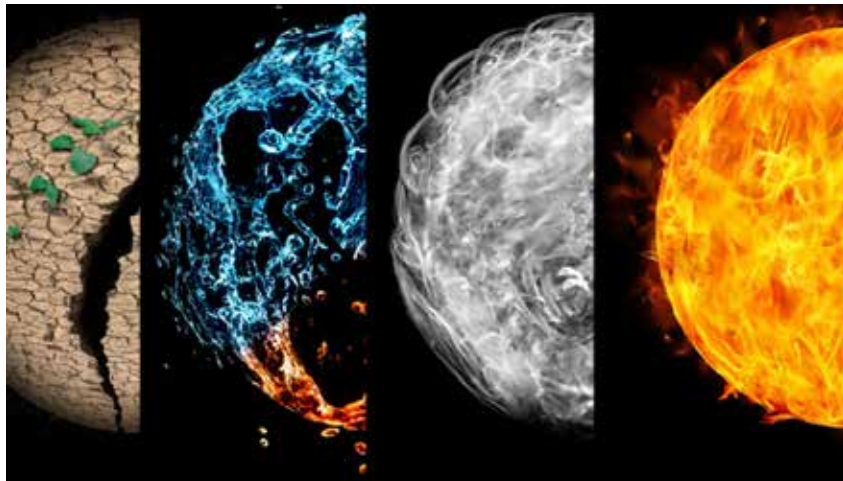
- 1. Get plenty of exercise.**
- 2. Avoid heavy food.**
- 3. Keep active.**
- 4. Avoid dairy products.**
- 5. Avoid iced food or drinks.**
- 6. Vary your routine.**
- 7. Avoid fatty, oily food.**
- 8. Eat light, dry food.**
- 9. No day time naps.**

We all have been through times when we don't feel well and has a vague sense of being out of balance. Sometimes we visit the doctor only to be told that nothing is wrong. Here, what actually happens is that the imbalance has not yet become recognisable as a disease, yet serious enough to make us or the doctors notice our discomfort.

Ayurveda helps us to notice those imbalances and help us to re-establish balance in our body, mind, and consciousness. They are simply viewed as different facets of one's being. To learn how to balance we should also understand that the entire cosmos is an interplay of energies of five great elements:

- 1. Space**
- 2. Air**
- 3. Fire**
- 4. Water**
- 5. Earth**

Vata, Pitta, Kapha are permutations and combinations of these five elements. With perfect understanding of the five elements, energies and doctrines of Ayurveda, a person can become stronger and be less vulnerable to diseases. This is the principle of "Swasthasya



Swaasthya Rakshanam"

Here it is very important to understand the factors that help the body maintain the integrity of the human body. Health of an individual can be assessed by looking at the following aspects:

- 1. Proper nourishment (Aahar)**
- 2. Proper strength**
- 3. Desire and appetite for intake of food**
- 4. Proper digestion of food**
- 5. Sleep at proper time**
- 6. Absence of pathological or dreadful dreams**
- 7. Feeling of freshness after waking up in the morning**
- 8. Proper evacuation of faeces, urine, and flatus at the proper time**
- 9. Proper functioning of mental faculties, intelligence, and sense in all respect**
- 10. Absence of any kind of pain.**

IF A HUMAN BEING WANTS TO ACHIEVE GOOD HEALTH AND DOES NOT WANT ANY DEVIATION FROM THE BALANCE OF ENERGIES, ONE SHOULD FOLLOW THE ETHOS OF AYURVEDA.

The assessment of the state of normal health of the body can be easily achieved on the basis of the above-mentioned elements and the imbalances can be addressed accordingly. If a human being wants to achieve good health and does not want any deviation from the balance of energies, one should follow the ethos of Ayurveda.

These are, primarily, the following:

1. Diet and nutrition:

Our diet plays a vital role in maintaining our physical and mental health status. Ayurveda states that our diet should contain all tastes or 'Rasas' in a balanced way. It is also advised not to fill one's stomach to the full. A fresh and balanced diet taken at the proper time and in proper surroundings would give us proper nourishment thereby protect the body from falling ill.

2. Vihara (Lifestyle):

Regime of personal and social hygiene should be followed. Daily routine 'Dincharya' and seasonal regimes 'Ritucharya' guide a person on what activities to take up and when and

what is the food suited for each season. This includes basic sanitation and healthy living environment too.

3. Exercise (Vyayaam):

This is an integral part of the recommendation provided by Ayurvedic texts for keeping a normal person healthy. Not only physical health, but also mental health is taken care of by exercises, Yoga and meditation.

The exercise regime should always be designed in consonance with the strength, age and sex of the person. Yoga and meditation are its major modalities.

4. Sleep: The sleep of a person should be taken care of. If one wants to stay away from mental and physical diseases, one should have sound sleep. One must have a regimen for sleep and wake-up time.

Ayurveda states that a person should wake up at “Brahm muhurat” or before sunrise.

The natural cycle of physical, mental and behavioural changes that the body goes through in a 24-hour cycle, also known as circadian rhythm, needs to be in proper harmony to keep the harmonies of a person synchronized.

5. Rasaayan (Therapy):

Rasaayan (therapy) is considered a branch of therapeutic care that is essentially placed as the first and foremost tool that prevents different ailments through the sustenance of health. Also, any therapeutic modality that promotes longevity,

improves tissue haemostasis and disease tolerability is “Rasaayana”.

Another closely related strategy of “Vaajikaran” enhances virility and prevents Infertility. Amalaki Rasaayan, Brahma Rasaayan, Triphala, Chyawanprashawaleh are a few common examples of Rasaayan. As far as restoring good health is concerned, Ayurveda believes in the body’s inherent capacity to heal itself.

The way of life Ayurveda advocates is aimed at raising the level of fitness and good health which itself would strengthen the immune system and keep diseases at bay.

THE INFLUENCE OF THE MIND ON THE BODY IS ONE OF THE BASIC CONCERNS OF AYURVEDA. GOOD MENTAL HEALTH AND FREEDOM FROM MENTAL STRESS IS NECESSARY FOR COMPLETE WELL-BEING.

The influence of the mind on the body is one of the basic concerns of Ayurveda. Good mental health and freedom from mental stress is necessary for complete wellbeing. This is the reason why ‘Yoga’ and ‘meditation’ are prescribed to bring about harmony of the mind and body. In fact, they are a part of Ayurveda, which makes it a holistic system of healing.

The treatment prescribed by Ayurveda is all encompassing and takes into consideration, diet, exercise, meditation and relaxation, apart from medicines.

Ayurveda helps us to understand ourselves better and know our place in life. When toxins in our bodies are reduced, our energy level goes



up and we attain better health at a cellular level. We become blessed with stronger digestion as physical and mental stress is reduced.

Ayurveda provides immunity to the body which helps us fight infections. We’ve experienced this during the pandemic times when people with better immunity survived whereas those who were not physically and mentally strong succumbed to the malady.

The holistic science of Ayurveda aims to restore health by understanding the underlying cause of disease. It strives to understand the root cause of the ailment, seeks to detoxify and cleanse the body tissues and balance bodily energies—thus ensuring that the healthy ones among us remains in the pink of health and the ill are restored back to robust health.

COMBAT LIFESTYLE DISEASES WITH YOGA

Lifestyle diseases such as cardiovascular disease, diabetes, stroke, cancer, chronic obstructive pulmonary disease, depression, and musculoskeletal disorder have become a collective global scourge now.

Besides age, race, gender and heredity, unhealthy habits and routines, poor dietary regimen, increased body weight, lack of physical activity, smoking and alcohol abuse, and excessive exposure to sunlight play a part in causing these lifestyle ailments.





**Yoga is an effective tool to deal with these illnesses.
The five yogic principles are:**

- Proper exercise.
- Proper breathing.
- Proper relaxation.
- Proper diet.
- Positive thinking and meditation.

Proper exercise

Sage Patanjali has, in his Yogasutra, said that physical exercise can help in easier body movement by lubricating the joints muscles, ligaments, tendons and other body parts, thereby increasing blood circulation, enhancing the digestive process and creating a healthy spine.

Proper breathing

Proper breathing is another way to achieve this. With proper breathing, the energy stored in the solar plexus is released for physical and mental rejuvenation.

Proper relaxation

Yoga helps to relax the body and mind. Proper relaxation is nature's way to rejuvenate the body and mind.

Proper diet

A proper diet provides the right fuel to the body.

Positive thinking and meditation

Meditation aids in strengthening the body and sharpening the mind.

Each yogic exercise is a remedy for lifestyle disorders. Important among them are meditation and pranayama.

How to meditate

- Sit on a mat in any comfortable posture.
- Keep chin mudra in both the hands.
- Keep your spine and neck straight.
- Relax your shoulders and all other body parts.
- Concentrate on your breathing. Gradually, your mind gets calmer.
- Enjoy your calmness.

- Try to remain in this calm state of mind for about 10 minutes.
- On completion, bring a positive affirmation to your mind.
- Slowly bring back your consciousness to your surroundings.
- Rub your palms and massage your face.

Pranayama

Nadishudhi Pranayama/Anuloma-Viloma Pranayama:

- Sit on a mat in any comfortable meditative posture.
- Keep the spine and the neck straight.
- Relax the shoulders and all other parts.
- Fold the index finger and middle finger of the right hand. The other three fingers kept straight. This is Vishnu mudra or Nasikagramudra.
- Adopt chin mudra in the right hand.
- Close your right nostril with the thumb finger.
- Start the inhalation through the left nostril.
- After the completion of the

inhalation, close the left nostril with the ring finger. Both nostrils are closed. Now hold your breath for a while.

- Open the right nostril and then exhale through the right.
- After the exhalation, inhale through the right nostril.
- Close both nostrils and hold your breath.
- Open the left and then exhale.

This is the one round of Nadishudhi Pranayama. Continue the practice for another six rounds. Keep 1:4:2 ratio for inhalation to holding and then exhalation.



Vibhageeya pranayama

(Sectional Breathing):

1. Diaphragmatic breathing
2. Thoracic breathing
3. Abdominal breathing
4. Yogic breathing

Diaphragmatic breathing:

- Sit on the mat in any comfortable meditative posture.
- Keep the spine and neck straight but not stiff.
- Relax the shoulders.
- Adopt chin mudra in both hands and place the hand on the knee.
- Inhale and bulge your abdomen like a balloon.
- Exhale slowly, suck your abdomen in to the maximum extent.
- Repeat the practice seven times.
- Relax

Thoracic breathing:

- Inhale and fill the air in your chest.
- Slowly exhale and relax your chest.
- Repeat the practice seven times and relax.



Clavicular breathing:

- Inhale & fill the air in the upper part of the chest, shoulders upwards.
- Slowly exhale while relaxing your shoulders.
- Repeat the practice seven times and relax.

Yogic breathing:

- Inhale and fill the air in your abdomen, chest, the upper part of the chest, and shoulders simultaneously.
- Exhale by relaxing your shoulders, chest, and abdomen inwards.
- Repeat the practice seven times.
- Relax in shavasana for 10 minutes.

Shadkriya- Kapalabhati:

Yogic practices, especially shadkriyas, should be practiced under the guidance of an authentic teacher.

- Sit in any comfortable meditative posture. Relax shoulders and every part of the body.
- Before starting the practice, try taking three long and deep inhalations and exhalations.
- Take another deep inhalation and exhalation in a forceful manner.
- The inhalations thereafter should be passive, ie. Without any conscious effort, but the repeated exhalations should be forceful.
- Continue the exhalations 15 times. Then breathe normally.
- Take another deep inhalation and repeat the exhalation repeated for 15 times.

- Continue this practice 5 times.
- Relax in shavasana.

Sukshnavyayama:

1. Toes movement.
2. Ankle movement.
3. Knee movement
4. Neck movement
5. Shoulder movement.

Suryanamaskara:

Pranamasana - Keep your eyes closed. Stand upright with the feet together. Slowly bend the elbows and place the palms together in front of the chest in namaskara mudra, mentally offering homage to the sun, the source of all life. Breathe normally and relax the whole body.

Hasta utthanasana - Separate the hands, raise and stretch both arms above the head while inhaling, keeping them shoul-



der-width apart. Bend the head, arms, and upper trunk slightly backward.

Padahasthasana - Exhale and bend forward from the hips until the fingers or palms of the hands touch the floor on either side of the feet. Bring the forehead as close to the knees as is comfortable. Keep the knees straight.

Ashwa sanchalanasana - Place the hands on the floor beside the feet. Inhale and stretch the right leg back as far as you are comfortable and grasp the floor with the toes. At the same time, bend the left knee, keeping the left foot on the floor in the same position. Keep the

arms straight. In the final position, the head should be tilted backward, the back arched and the inner gaze directed upward to the eyebrow centre.

Parvatasana - exhale and take the left leg back. Raise the buttock and lower the head between the arms so that the back and legs form two sides of a triangle.

Ashtanga namaskara - Keep the hands and feet in place and lower the knees, chest, and chin to the floor. The feet will come up onto the toes. In the final position, only the toes, knees, chest, hands, and chin touch the floor. Breathe normally.

Bhujangasana - Keeping the hands and feet in place, inhale and slide the chest forward. Raise the head and shoulders, then straighten the elbows, and arch the back into cobra pose. Direct the gaze upward to the eyebrow centre.

Parvatasana - From bhujangasana, do exhalation.

Ashwa sanchalanasana - Keep the palms flat on the floor and the right foot in place. Bend the left leg and bring the left foot forward between the hands. Inhale while assuming the pose.

Padahasthasana - Bring the right foot forward next to the left foot. Straighten both legs. Bring the forehead as close to the knees as possible without straining. Exhale while performing the movement.

Hasta uttanasana - Keeping the arms and spine straight, raising the torso, and stretching the arms above the head. Inhale. Lean backward slightly.

Pranamasana - Bring the palms together in front of the chest. Exhale while bringing the hands down and then breathe normally.

Repeat the practice on each leg five times.

Shavasana

Shavasana helps calm your body and mind, besides enabling sound sleep.

- Lie down back on your spine.
- Separate your hands from the body.
- Separate your legs, with the feet facing opposite sides.
- Close your eyes.
- Relax your whole body.

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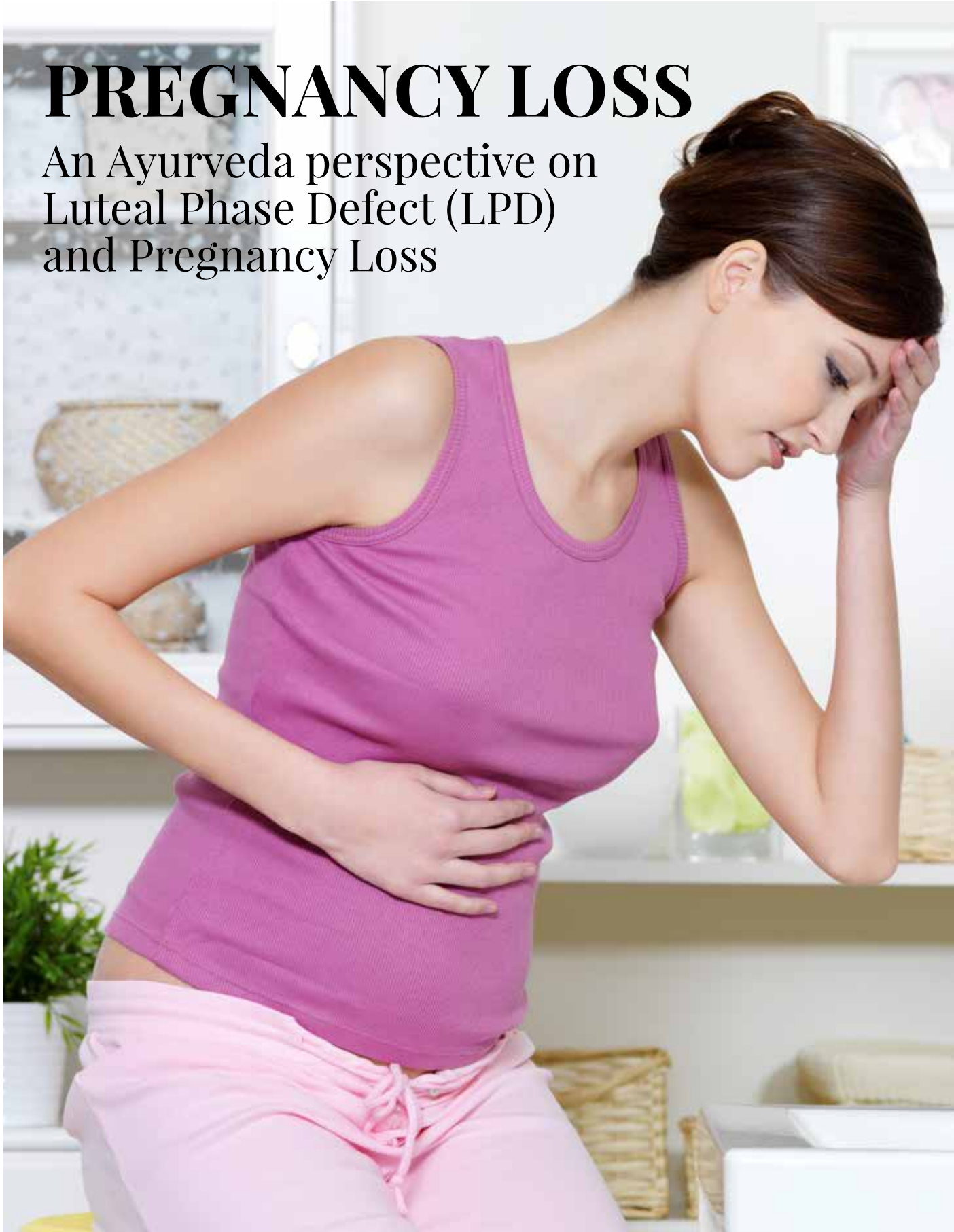


5th
Edition



PREGNANCY LOSS

An Ayurveda perspective on
Luteal Phase Defect (LPD)
and Pregnancy Loss





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Luteal Phase Defect (LPD) is a controversial issue characterized by inadequate endometrial maturation resulting from a qualitative or quantitative disorder in the corpus luteum function, which is a distinct and common cause of early pregnancy wastage.

A high incidence of early pregnancy wastage has been recognized both in patients conceiving naturally and those undergoing In-vitro fertilization and embryo transfer.

Early pregnancy support in the form of synthetic progesterone supplementation is the present treatment modality. It has been empirically proved that some Ayurveda formulations have natural Oestrogen-like or Progesterone-like action. In most cases this condition is treatable through either Ayurvedic formulations, dietary and/or natural means.

Successful management of recurrent pregnancy loss through Ayurvedic treatment will be an excellent contribution to mankind. Management of patho-physiology of LPD is aimed at providing good luteal support with Ayurvedic drugs through various routes—oral, vaginal and anal.

There are also various modes of administration like Accha Snehapana (higher dose administration of Ayurvedic formulations in the form of ghee or oil in empty stomach), Yoga Vasthi (a procedure in which medicated formulations are administered through anal route by different doses) and Uttara Vasthi (a procedure in which medicated formulations are administered through the vaginal route). All this is done scientifically with the experience of successfully treated cases.

The clinical abortion rate of the general population is estimated at less than 25% while in IVF programmes, the rate increases to approximately 35%. The luteal phase is simply the second half of



menstrual cycle, ie., the fortnight spanning from ovulation to menstruation.

The Luteal Phase Defect is a disorder characterized by inadequate endometrial maturation, resulting from a qualitative or quantitative disorder in the corpus luteum function. It is usually defined as a lag of more than two days in the histological development of the endometrium compared to the day of the cycle.

Simply put, LPD is the failure of the uterine lining for implantation of a fertilized egg in the right phase at the right time. According to Ayurveda Acharya Susruta, this disorder is characterized by inadequate support of one of the major garbha sambhava samagries –the Kshetra (Endometrium), which is expressed in the following manner:

“Druvam chaturnam sannidyad garbha syad vidhi poorvakaha

Ritu kshetra ambhu beejanam samagrad anguro yatha”

Normal Ritu (menstrual cycle) is responsible for normal kshetra. Unhealthy kshetra means the uterine lining may not build to a healthy point

where implantation of a fertilized egg can take place or, in the event of a pregnancy, causes early miscarriage.

Progesterone secreted by the corpus luteum of the menstrual cycle and subsequently in pregnancy is essential for the initiation and maintenance of normal gestation. The principle is that a progesterone deficiency during early pregnancy might predispose a woman to recurrent abortion and that replacement of the deficient hormones might prevent subsequent abortions.

Corpus Luteum

Following ovulation, the remaining follicular cells left by the ovulated follicle is differentiated into corpus luteum or yellow body. Increased vascularity granulosa and theca cells hypertrophy and an increased number of intracellular organelles transform the corpus luteum into the most active steroidogenic tissue in the body. Based on the steroidogenic products, the luteal phase is considered progesterone dominant.

The progesterone level peaks at mid-secretory phase have been estimated at 15 to 40 ng/ml around the 21st day of the menstrual cycle, coinciding with the day of implantation. A progesterone level greater than 10 to 15ng/ml generally

indicates adequate luteal function and no progesterone supplementation is necessary in infertile women.

Corpus Luteum Rescue

An important feature of the endocrinology of the early pregnancy is the prolongation or maintenance of luteal function, the process commonly known as corpus luteum rescue (save). After implantation, the features of endometrium which are seen during the secretory phase of the menstrual cycle are maintained and intensified. BHCG secreted by the syncytiotrophoblast stimulates steroidogenesis on the luteal cells in the ovary to produce more progesterone and is responsible for the preservation and maintenance of secretory activity of corpus luteum.

Secretory Endometrium

Following ovulation, the endometrium transforms into a secretory tissue. It is induced by the progesterone secreted by the corpus luteum only if the endometrium is first primed with oestrogen. This is because oestrogen induces progesterone

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receptors in the endometrial cells, without which progesterone will have no effect on the endometrium.

Following ovulation, the endometrium measures 8-11mm in thickness and is receptive for implantation of fertilized egg. Luteal phase defect is diagnosed when the endometrial thickness is less than 8mm in the late premenstrual phase.

Role of Progesterone in normal luteal phase of menstrual cycle

- Progesterone acts both locally and centrally to suppress new follicular growth.
- In the case of pregnancy, progesterone levels should remain high and the menstrual cycle will be placed on hold.
- It warms the body.
- Progesterone induces secretory differentiation of the endometrium and also has anti-oestrogenic effect.
- It also exerts utero-relaxing effects that are important at the time of implantation and beyond for successful pregnancy outcome.

Under the continued influence of progesterone, the secretory endometrium produces a number of specific proteins which are probably crucial to the implantation process.

Protein may also inhibit uterine prostaglandin production which in turn would reduce the contraction of uterus and has been implicated as a factor in conferring immunological privilege to the embryo thereby preventing its rejection by

the maternal immune system.

When the maternal and foetal tissues come in direct contact without rejection, it suggests the immunological acceptance of the foetal graft by the mother. Acharya Charaka has described Sathmyaja, one of the Sadbhavas, as being crucial to the conception process.

Clinical, Biochemical and Sonological diagnosis of LPD

Clinical Diagnosis

1. Detailed study of menstrual history to know the length of luteal phase. The luteal phase should last for at least 12-14 days. For practical purposes, 10-17 days is considered normal. Some patients may give H/o ovulation pain.
2. Basal body of temperature record. If the number of days of thermal increase (usual increase 0.4 to 1 degree F in luteal phase) is less than 10 days, then the patient is suspected to have LPD.

A luteal phase of less than 10 days will result in difficulty to produce an environment favourable for implantation. During a normal luteal phase, there is high temperature for around 12-14 days. Temperature should be measured every morning on waking with a basal thermometer and BBT charting done.

Biochemical Diagnosis

Serum progesterone (day 21 progesterone test):

Progesterone level 10-12 ng/ml or more one week prior to the onset of menstruation or day 21 of LMP is normal. Value less than that is diagnostic of LPD.

Urinary LH: It indicates ovulation. Sonological Studies

TVS findings of 8-10mm and a triple line (trilaminar) pattern in late follicular phase with low pulsatile index in the uterine arteries predict successful implantation.

Endometrial Biopsy

There are a lot of controversial studies regarding timing, site of biopsy and validity of test. Endometrial biopsy is intended to evaluate how developed the endometrial lining at a specific stage in the cycle is. This is generally done towards the



end of the cycle around day 25-27 in a 28-day cycle.

A pathologist would then evaluate the sample and date it based on whether it appears to be in development. If the date the pathologist determines is more than 2 days off from the actual cycle day, it could be indicative of LPD.

Luteal Support

Early pregnancy support in the form of progesterone supplementation is a logical treatment modality either through medical, dietary or natural means. If pregnancy is diagnosed, progesterone supplementation is continued until 10-12 weeks' gestation until placenta is self-sufficient and an ultrasound can document foetal normalcy.

Initiation of progesterone therapy after missing menses is not adequate, because the nidation site has not been properly prepared. In other words, early administration (previous preparation) induces a decrease in uterine contraction frequency for the day of nidation.

Routes of administration

Progesterone may be administered orally, through the vagina and/or through the rectum.

Oral

Orally delivered progesterone has low bio-availability due to the important metabolic inactivation during first hepatic pass. Bio-availability

of oral progesterone is notably poor, reaching values less than 10%.

Vaginal and rectal routes

Progesterone is well absorbed when administered rectally or vaginally. When the vaginal route of administration is chosen, there is less intra and inter individual variability than in the case of oral administration. It also results in higher bioavailability and more sustained serum levels which would provide a more physiological endometrial response, especially when full secretory transformation is required.

Mechanism of Uterine Trophism (Pass Effect) of Vaginal Progesterone

The ability of natural vaginal progesterone to induce secretory transformation of the endometrium has been already proved. Vaginal progesterone administration has shown endometrial tissue concentration of progesterone relative to low serum concentration. These findings have led to the postulate of a first uterine pass effect for drug administration.

The mechanism can be explained as follows:

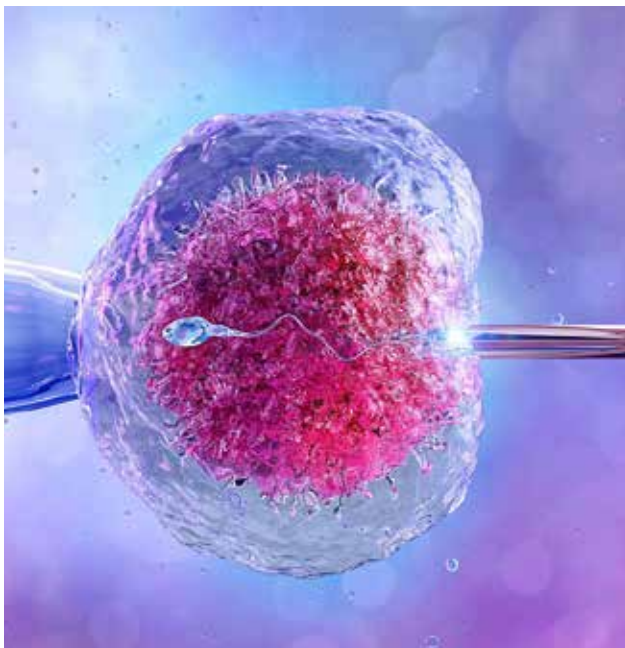
- Passive diffusion through tissues
- Passage through cervical lumen
- Absorption through venous and lymphatic system
- Counter current transport

Role of Ayurveda in management of LPD

It has been empirically proved that some ayurvedic formulations having natural oestrogen-like or progesterone-like action. Such herbal or herbal mixture products can be effectively substituted in luteal phase inadequacy and early pregnancy wastage. The viscosity, PH, particle size and dissolution rates of such formulations are suitable for mucosal absorption.

The drug or herbal mixture products provide a uterine relaxant effect prior and during pregnancy offering progesterone like action. Preconceptional administration of such drugs induces a decrease in uterine contraction frequency for the day of implantation.

Progesterone has Ushna Snigdha qualities. Dietaries such as masha, matsya, kullatha, etc. also have Ushna Snigdha qualities.



In order to attain oestrogen-primed endometrium, formulation having oestrogen like action should be administered prior to ovulation (during

proliferative phase) because progesterone receptors would develop under the influence of oestrogen during the proliferative phase (ie., oestrogen induces progesterone receptors).

To obtain the desired action, administration should be in the form of Accha Snehapana, because moderate and constant level of circulatory oestrogen produces negative feedback effect on LH secretion, whereas elevated of oestrogen produces positive feedback effect and stimulate LH secretion by promoting the responsiveness of pituitary to GnRH.

The effect of oestrogen varies with dosage. In small doses, oestrogen acts directly upon the hypothalamus and anterior pituitary gland to inhibit the secretion of FSH and LH via the negative feedback mechanism. In large doses, oestrogen produces positive feedback effect on LH secretion by promoting the responsiveness of the pituitary gland to GnRH.

LH peak occurs about 24-36 hrs before ovulation, oestrogen peak occurs 24hrs prior to LH peak. The role of treatment should be from the pre-conceptual stage till the stability of the foetus is confirmed.

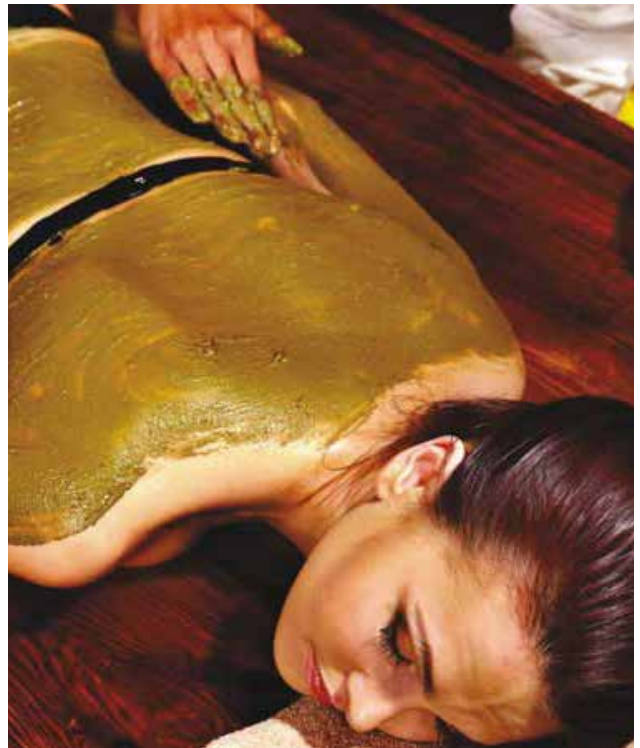
Route of pre-conceptual administration (oral, anal and vaginal) **Pre-conceptual treatment modality – An Ayurvedic approach**

Preparatory procedures:

- Udvartanam (Medicated powder massage for de-oleation)
- Accha Snehapana with desired formulation
- Abhyanga Ooshma Sweda (medicated oil massage and steaming procedure)
- Mridu Virechanam (Mild laxation)

Udvartanam with Kolakuladhadi Choornam 4-5 days followed by menstrual bleeding phase,

Chitraka Grantyadhi Kashaya /Gandharavahastadhi kashaya can be given internally during this period as Pachana and Deepana (digestant) agents.



Accha Snehapana for 7days with desired drug to prime the endometrium.

Abhyanga and Ooshma Sweda for 3days with Balathaila.

Mridu Virechana for 1 day with Gandharveranda Thailam 20ml at bed time.

Main procedures after ovulation

Yogavasthi along with Uttaravasthi (anal and vaginal route administration)

Yogavasthi (Practical Dosage)

Honey

Saindhavam

Dhanwantharam mezhukupakam

Satapushpa kalkam

Balaksheera kasayam/dhanwanthara kashyam

Uttaravasthi (Administration of medicines through intra-vaginal route)

Procedure of Uttaravasthi

As a practical approach 50 ml of desired medicine is taken in a plastic syringe or asepto syringe and is introduced into the vaginal canal through cusco's speculum to bath and immerse the cervix.

ACTIONABLE INSIGHTS ON MIND-BODY LINKS

Mukesh

Ayurveda is fun! And it is enlightening too! Did you know, Ayurveda recognizes the interconnectedness of mind, body, and soul and works on bringing holistic health?

"Ayurveda Simplifies - Embracing Wellness for Everyday Life" by Dr. Prasanna Kakunje, MD (Ayu), is a comprehensive guide that delves into various aspects of this holistic well-being. At the core of this is the concept that every individual is an amalgamation of the three doshas - Kapha, Pitta, and Vata.

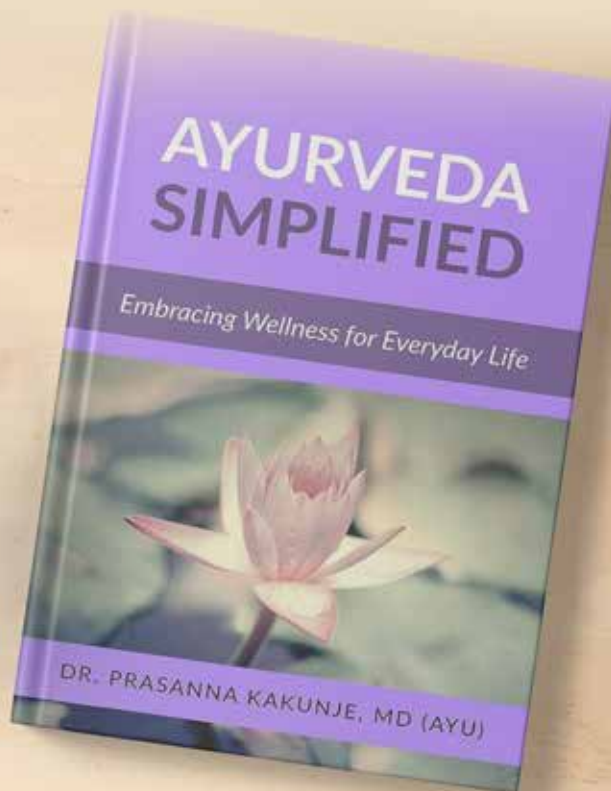
Dr. Kakunje offers readers a journey through understanding the intricate mind-body connection, particularly in the context of today's fast-paced world. Through its pages, the book imparts invaluable insights into striking a balance between life's demands and nurturing one's health.

One of the book's standout features is its practicality. Dr. Kakunje provides readers with personalized strategies and tips that can easily be incorporated into daily routines. This empowers individuals to embark on a wellness journey that aligns with their unique needs and preferences.

Central to the book is the author's expertise in Ayurveda, a traditional healing system. With over two decades of experience, Dr. Kakunje brings a wealth of knowledge to the table. He blends the ancient wisdom of Ayurveda with a contemporary approach, making it relevant and accessible to modern readers.

The book covers a wide array of topics, from fostering meaningful relationships to embracing self-care rituals. This all-encompassing approach reinforces the book's goal of guiding readers toward a more fulfilling and purposeful life.

It gives special emphasis on women's health and the role of Ayurveda in the modern world. The book gives tips on healthy eating, keeping stress at bay, and aging gracefully. The read-



er may be at times left astounded at how doing simple things, often overlooked, can bring positive changes to life.

A simple perusal of the book would make it apparent to everyone that living a healthy, cheerful life is not only easy but also a fun thing to do. Ayurveda is not the business of making money, it is the science of spreading wellness.

In summary, "Ayurveda Simplifies" is a valuable resource for anyone seeking a holistic approach to health and well-being. Dr. Kakunje's expertise and passion shine through as he demystifies Ayurveda, making it a practical tool for navigating the complexities of everyday life.

Whether you're well-versed in holistic practices or just beginning your wellness journey, this book provides actionable insights that can lead to transformative changes. ■



After waiting for 10 minutes, the same oil-soaked swab (with tail) is inserted into the vaginal canal and the speculum is removed and the patient allowed to lie down comfortably for 45 minutes. The procedure is repeated 3 days. Even though there is no classical reference for intra-cervical or intra-uterine administration of medicines, some physicians do perform such procedures now-a-days.

Intra-uterine administration of medicines can produce uterine spasm due to liberation of prostaglandins and endometritis. Since sympathetic and parasympathetic fibres are abundant in the endocervix, dilatation of the endocervix may occasionally lead to vasovagal shock. There is also the chance of cervical incompetence due to injury to internal os, resulting in mid-trimester abortion. Also, there is the chance of perforation of uterus by uterine sound.

After discharge

Only oral medication need be administered from next cycle.

If pregnancy occurs, Phalagritha can be given orally for 3-4 months till the placenta takes over the function of steroidogenesis.

What to avoid

- Too many raw foods like cold salads.
- Too many sweets or refined carbohydrates (this includes white bread and rice cakes or any boxed or packed noodles.
- Anything that is converted to glucose too quickly after ingestion becomes sugar as far as the body is concerned. Refined carbohydrates will quickly get converted to sugar and cause elevated levels of insulin.

Ideal diet

- Organic vegetables
- Light amount of protein, but not those that have been hormonally treated
- Some fruits, but not fruit juice
- Generally, food rich in fibre have a lower glycaemic index.
- Complex carbohydrates and whole grain breads are fine to produce enough progesterone to sustain pregnancy. Therefore, patients may be advised to use grains and cereals that are as unprocessed as possible.

Diagnosis and treatment of LPD is still a problematic area. As a result, treatment methodology may have to be based more logic than on science. ■

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EYE CARE

THE AYURVEDIC VIEW



Dr. AFZAL MANAKKADAN
BAMS, MD(Ayu.)

Ayurveda gives prime importance to the eyes among the five sense organs ie., Eye, Ear, Nose, Tongue and Skin. Vagbhata says “Sarvendriyaanam Nayanam Pradhanam”. Eyes allow you to understand and navigate the world around you.

Eyes are the windows to the body. A pair of sparkling eyes is the most important and attractive factor in a person. Now-a-days changed work expectations requiring prolonged working hours in front of com-

puters, nutritional deficiency, pollution, stress, indiscriminate use of topical ocular drugs and increased incidence of allergic disorders etc. are leading to eye diseases. Out of these diseases, some are curable but some are not. So, emphasis should be laid on the prevention of these diseases.

Ayurveda is the first and oldest medical science existing since human creation. According to Vagbhata, the aim of Ayurveda is “swasthasya swasthya samrakshanam athurasya vikara prasamanam”. Its aim is not

only to cure the disease but also to protect humanity from all physical, mental, intellectual, or spiritual miseries.

The basic principle of Ayurveda is based on tridosha (Vata, Pitta and Kapha) which are responsible for normal functions of body which, when vitiated, lead to diseases. The role of doshas is different from organ to organ, so etiological factors for vitiation of doshas are also different for different organs. In the eye, alochaka pitta is considered responsible for visual perception i.e., of all the mahabhootas, tejas dominates (in composition of eyes) so the eyes are especially susceptible to kapha. That is why the factors which vitiate pitta or kapha will lead to eye diseases.

The persons who are interested in keeping their eyes healthy should always adhere to the following dietary products like grains such as yava (barley), godhoma (wheat), lohita sali (red rice), shastika, mudga (green gram), etc., which are old and which mitigate kapha and pitta, mixed with more of ghritha (ghee), leafy vegetables, meat of animals of jangala desha (meat of animals dwelling in forests), dadima (pomegranate), sita (sugar), saindhava (rock salt), triphala (terminalia chebula), terminalia belerica, emblica officinalis, draksha, (grapes) and use rainwater (i.e., pure cold water) for drinking.

Apathya Vihara (Habitual and Occupational factors causing eye problems):

- Hot water head bath and excessive smoking would vitiate pitta
- Daytime sleep and keeping awake at night would also disturb the normal functions of rods and cones causing eye strain.
- Looking at too small or too distant objects, continuous watching





of moving object (TV & computer) reading in moving vehicle or in incorrect posture (i.e. too near or at too distant) would put too much strain on the eyes.

- Suppression of urges especially of nidra (sleep) & ashru (tears) would affect the normal function of lacrimal gland and there by moistening of the eye.

- Cold water bath when body is hot & using too high pillows causes circulatory disturbances which in turn would affect the mechanism of nutrition and it leads to eye diseases.

- Air pollution and too much light are also main causative factors of eye diseases. Travelling in high-speed vehicles exposes eyes to currents of air and dust particles.

- Also, eyes would get tired due to constantly adjusting to the changing directions, a cause of traumatic and Vataja diseases in the eye.

So, we should try to prevent ourselves from all these leading factors of eye diseases.

Pathya Viharas

To keep the eyes healthy, some practices for daily regimen are advised in Ayurveda. These are as follows:

Use of anjana (Collyrium)

Anjana is applied by using shalaka. It should be applied from inner canthus to outer canthus. It cleans the human eyes which makes them shine like the bright moon in the clear sky. Daily practice of Souveeranjana (as dincharya) is advised as best simple ophthalmic medication to prevent eye diseases and to maintain the visual power properly.

Use of nasya (Nasal drops)

Anu taila nasya (in the form of pratimarsa nasya) is advised because it cleans the srotas by its action and, in turn, prevents the accumulation of vitiated kapha in the srotas of the eye. It plays a very important role in delaying aging process and also in preventing age-related eye disorders.

Proper sleep

Sleep is a key part of healthy lifestyle. Daily sleep lasting six to eight hours is necessary for a normal adult. During sleep, the eyes retain their functional capacity by giving complete rest to the eyes.

Care of feet

Regular massage of feet is advised because it is assumed that in the centre of the feet (soles) two siras (veins) are situated, which are greatly connected to the eyes. Medicines applied over the feet, feet massage, external application of oil etc. transmit the benefit to the eyes. Hence feet should be kept clean, healthy and away from heat by using footwear, washing them well and massaging with oil.

Rasayana therapy

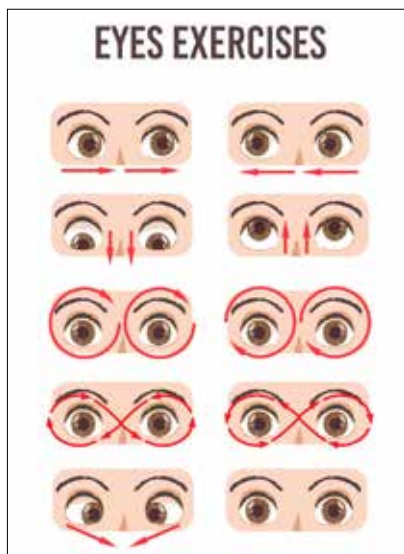
For the use of triphala, Acharya Vagbhata has advised that triphala along with honey and ghritha (ghee) should be consumed at nights daily for strengthening of eye sight. Also, so many gritha preparations like Traiphala gritha, Mahatraiphala gritha etc are advised for internal and topical uses. Any other things which are good for promoting/maintaining health and cure of eye diseases

(Chakshushya Aahara) can also be consumed habitually

Eye wash

Regular eye wash with Triphala or Yashtimadhu or Daruharidra kwath with the use of eye wash cup is also beneficial for eye health. It is always recommended to visit an ayurvedic eye specialist for evaluation and selection of drug for eye bath.

Eye exercises



Eye movements are designed to strengthen eye muscles, improve blood circulation, ease eye movements, helps you focus and stimulate your brains vision centre. The eye exercises help to minimize eye strain and allow the eyes to work more efficiently.

Palming



Palming means rubbing your eyes with both palms 5-10 times. Make your palm little warm and cover your closed eyes with your palms. This method is perfect for the relaxation of the eyes.

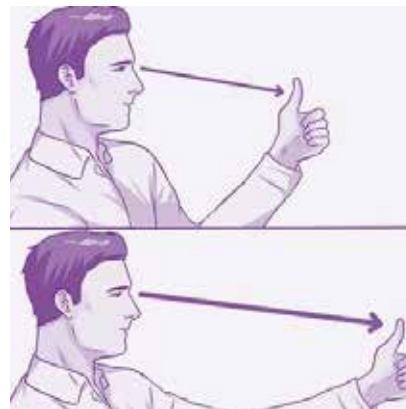
Blinking –

Closing the eyes for 5 sec.



Eye movements - Movements of both the eyes in up-down, sideways (right-left), rotational (clockwise-anti-clockwise) directions, followed by palming is very effective in preventing refractive errors.

Zooming



Stretch your arm wide, and wrap your fingers to make a fist. While keeping your thumb facing upward, focus on it. Now bring the thumb towards the eyes in a steady

CHRONIC INFLAMMATION



Dr. Deepthi Niranjana

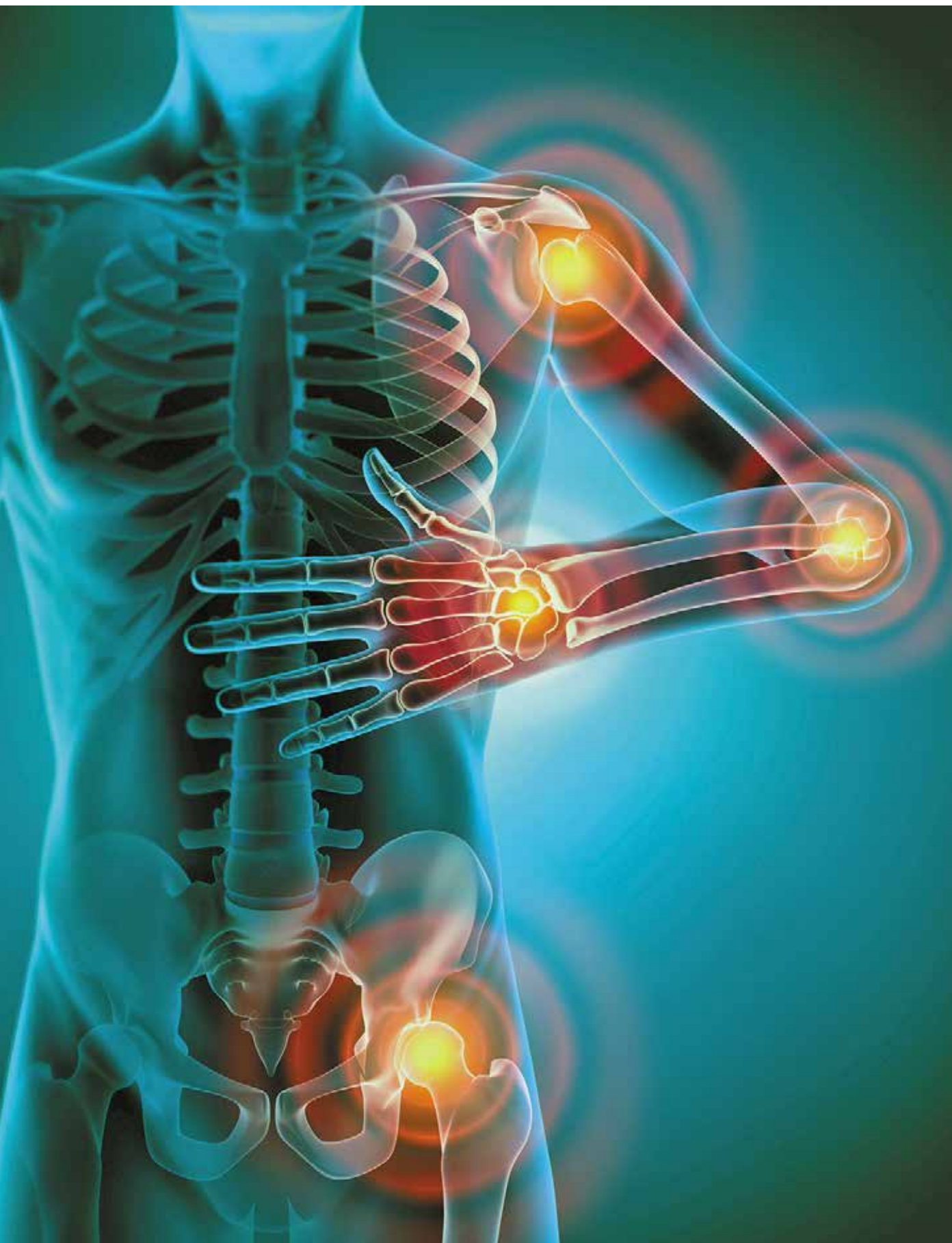
Human health, often considered a marvel of biological architecture, rests in our innate genetic and microbial makeup. Chronic inflammation, now recognized as a root cause of numerous contemporary diseases, is profoundly influenced by factors deeply embedded within us—notably the maternal biome and the unique DNA of our cellular energy factories, the mitochondria. Drawing parallels with traditional Ayurvedic wisdom, let's embark on an exploration of their intertwined roles.

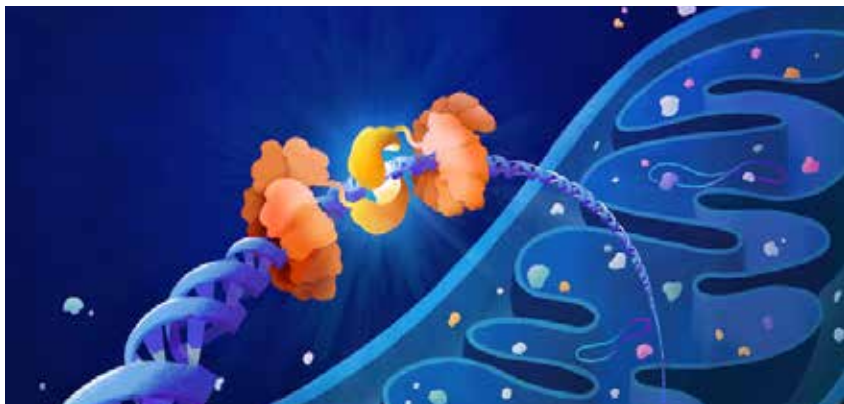
Profound Legacy

From the moment of our birth, we are colonized by an array of microorganisms. These form our biome and play crucial roles in determining our health trajectory. This vast ecosystem is a cornerstone of our physiological processes and is paramount in Ayurveda's holistic view of health.

Immune Foundations and Chronic Inflammation: The microorganisms, primarily passed down from our mothers, orchestrate our immune modulation. When this delicate balance is lost, we







witness the insidious onset of chronic inflammation, leading to ailments that Ayurvedic practitioners have treated for millennia.

Real-life Impacts of the Biome: Conditions like allergies signify a turbulent immune response; those with an impoverished gut biome in their early years often suffer the most. The same imbalance has connections to auto-immune diseases, wherein the body mistakenly wages war against itself, intensifying chronic inflammation.

Mitochondrial DNA: Grand Cellular Enigma

The story of origin of mitochondria is evocative of ancient Vedic stories. A harmonious merger between our ancestral cells and specific bacteria led to today's mitochondria. This symbiotic relationship has its mark in the unique maternal inheritance of mitochondrial DNA.

Inflammatory Pathways and Mitochondria: Beyond their role as cellular energy powerhouses, mitochondria are pivotal in signalling. When they falter, a cascade often ensues, leading to chronic inflammatory states. Modern science corroborates Ayurveda's understanding of energy imbalances as causative agents for disease, with mito-

chondrial anomalies linked to conditions like lupus.

Confluence of Biome, Mitochondrial Insights, and Ayurveda:

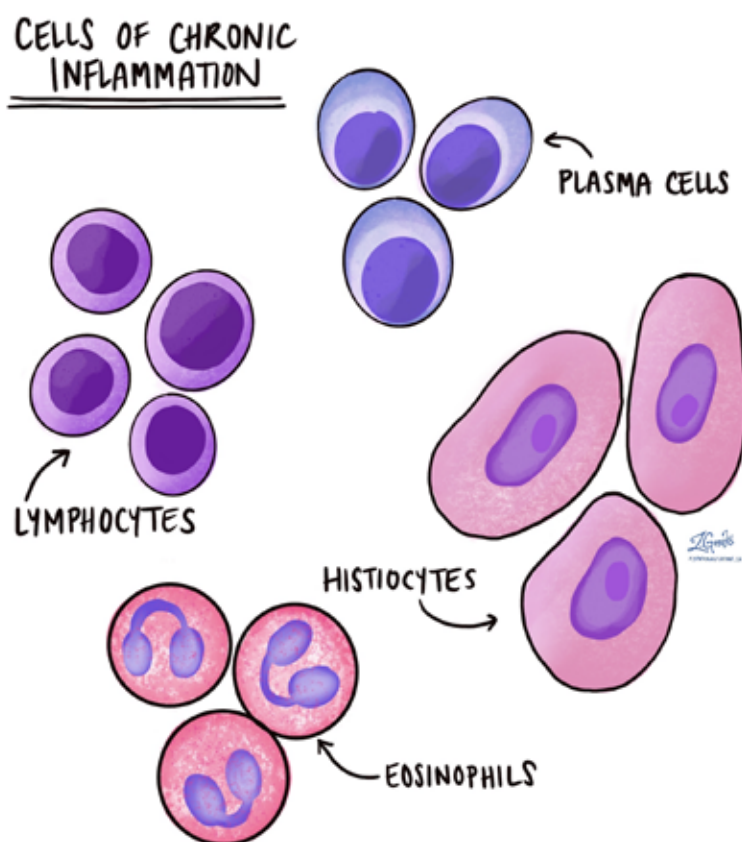
Therapeutic Frontiers: Ayurveda, with its profound emphasis on holistic balance, has always acknowledged the significance of internal harmony. With modern revelations about our biome

and mitochondria, there's potential for groundbreaking integrative therapies. Personalized treatments, harnessing the combined wisdom of Ayurveda and biogenetics, could offer innovative solutions to chronic inflammatory conditions.

The Broader Ecosystem: Ayurveda emphasizes the unity of us humans and our environment. This ancient wisdom is now reflected in our understanding of how our external environment influences our internal biome. The degradation of our surroundings, coupled with stressors like processed foods, not only disrupts our internal biome but affects the efficiency of our mitochondria.

The Path Forward

Educational Paradigms: Integrating biome and mito-



drial research into educational curricula will usher in a new generation of practitioners ready to tackle chronic inflammation. This interdisciplinary approach, which combines the essence of Ayurveda with modern science, is our best bet in addressing this pervasive issue.

Ethical and Social Considerations: In our quest to leverage

our biome and mitochondrial understanding, we must also grapple with the ethical implications of genetic interventions. A harmonious dialogue involving all stakeholders is essential to ensure responsible progress.

Our tryst with chronic inflammation, viewed through the lens of Ayurveda, the maternal biome, and mitochondrial DNA,

offers a comprehensive vista of possibilities. Each discovery from our ancient scriptures or cutting-edge labs takes us closer to reclaiming our health. In this nexus of ancient wisdom and modern science, spear-headed by experts lies our best hope against the scourge of chronic inflammatory conditions.



Dr. Deepthi Niranjan

Tradition and science converge at places like the Indus Valley Ayurvedic Centre in Mysore, where practitioners are reversing the detrimental effects of chronic inflammation using Ayurveda and the revered Panchakarma therapy.

While Ayurveda offers time-tested solutions, the fusion with modern genomics and mitochondrial research promises unprecedented insights. Dr. Deepthi Niranjan, a luminary in this space with over 20 years of experience in Ayurvedic medicine, stands at this crossroads of tradition and innovation. Her vast expertise, stemming from her association with places like the Indus Valley Ayurvedic Centre and her tenure under Vaidya Dr. Krishnan Namboodiri, makes her a sought-after figure in this realm.

More details of their pioneering work can be explored at www.ayurindus.com/ or over phone at

+91 948 078 4343.

AYURVEDA IN STRESS MANAGEMENT



Dr. Prasad Veluthanar
BAMS, Thrissur

Nowadays, stress has become modern society's most unwelcome companion. Environmental changes, fear, worry, pain, and shock, as well as heavy mental and physical work, can all cause it.

Ayurveda classifies these as those as factors that cause physical stress and involve excessive activity, fasting, injury, unequal body postures. There are also physiological reasons for stress such as rage, fear, worry, and grief. Environmental factors such as prolonged sun exposure, fire, and high elevations also cause stress.

The importance of stress in the genesis of numerous diseases is widely acknowledged in Ayurveda, where stress is known as Sahasa. Physical, psychological, and environmental stress all vitiate dosha, which causes a variety of diseases.

Stress is viewed as a nervous system disturbance in Ayurveda. To manage stress effectively, it is essential to understand your prakruthi, or dosha balance, as vata regulates our systems in a crucial way.





Ayurveda provides a detailed discussion of the Daily Regimen (Dinacharya), Seasonal Regimen (Ritucharya), Code of Conduct (Sadvritta), and Behavioural Medicine (Achar-Rasayana) in order to preserve health and relieve stress.

A person's lifestyle refers to how he or she lives life, including all of the daily activities and mentalities from sunrise to dusk. If correctly implemented, these straightforward guidelines, particularly the Daily Regimen, aid in sustaining excellent health.

In Ayurveda, there are three methods for treating all diseases: Nidana Parivarjana, Sodhana, and Shamana. Depending on the level of stress, there are many types of stress management techniques that can be used. Dinacharya, Rithucharya, and Sadvrutta are three such techniques. Later, we can employ treatments like Shamana and Shodhana.

Nidana Parivarjana is a technique for managing stress-related factors. The panchakarma therapies are a part of shodhana chikitsa, which aims to keep the thridosha equilibrium in our body, mind, and soul.

For many years, panchakarma therapies have been utilized to manage both mental and physical health. The procedure known as panchakarma seeks for the source of the issue and fixes it. Shiro Abhyanga, Shiro Dhara, Shiro Vasthi, and Abhyanga are effective therapy.

Shiro Abhyanga

Shiro Abhyanga basically refers to the entire massage employing Ayurvedic herbal oils on the head, neck, and shoulders. Shiro Abhyanga is helpful in easing pain and stress in these areas



because they are those that are most affected by stress.

Shiro Dhara

In Shiro Dhara, a gentle abhyanga is given to the head as lukewarm Ayurvedic oil is continuously poured onto the forehead. The practice of shirodhara refreshes and revives the body and mind. The difficulties caused by stress and tension are alleviated by this therapy. It enhances memory and treats neurological disorders like insomnia, sadness, and anxiety.

Abhyanga

Abhyanga will balance the doshas while treating the body's physical, mental, and emotional needs. This energizing treatment improves blood circulation and relieves illnesses affecting the body and mind.

Medhya Rasayana

Herbs that have a calming impact on the mind are categorised as Medhya Rasayana in Ayurveda. This comprises plants that nourish the neurological system and advance intellect. These drugs function as specialised brain nutrition. The medhya rasayana boosts the biological nourishment of the brain and strengthens mental focus and memory.

Takara, Shanka pushpi, Brahmi, Mustha, Aswagandha, and Jatamamsi are herbal compositions that aid in stress management. ■





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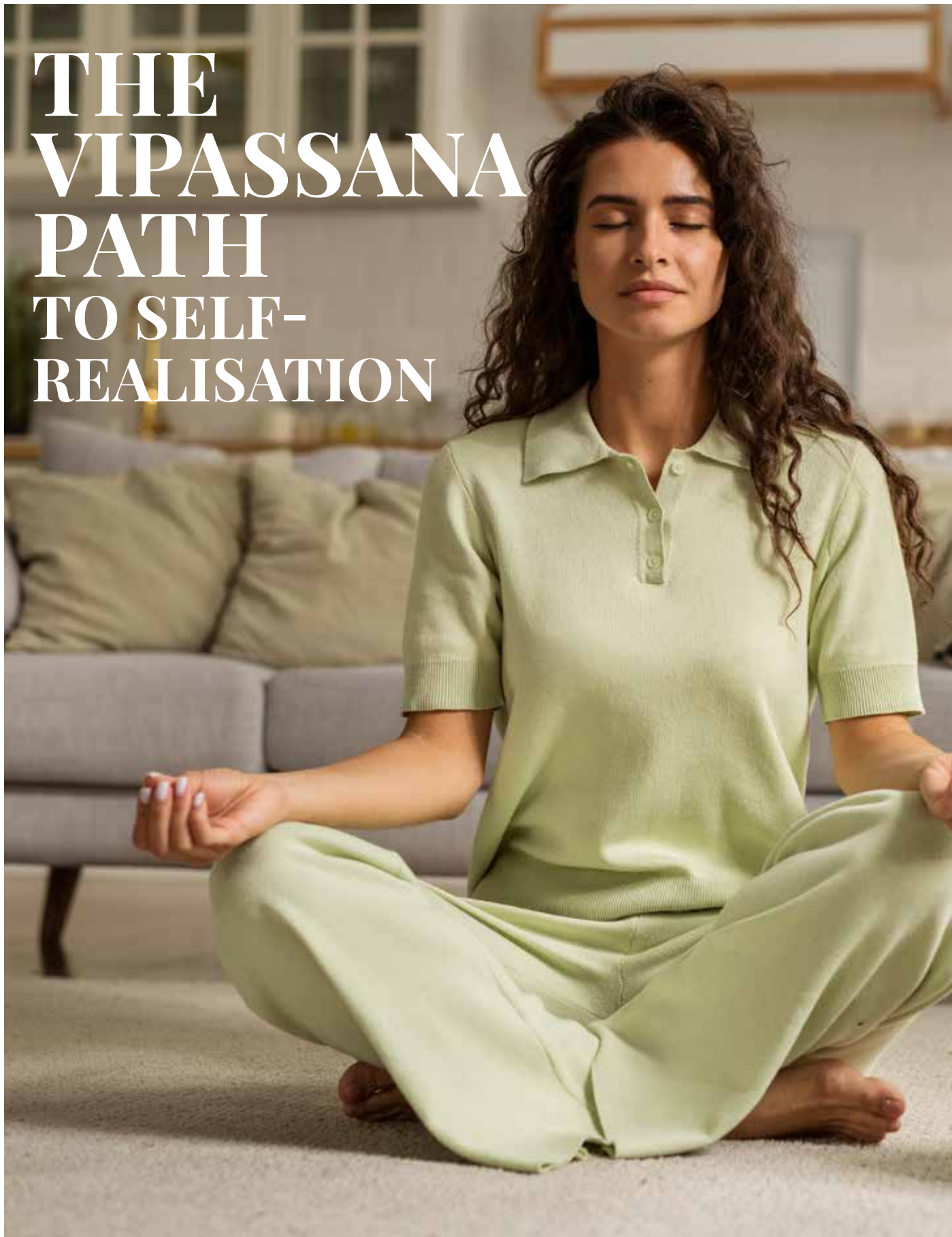
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Lovina Gidwani is a noted Lifestyle Coach and has been in the wellness space for over two decades. She is founder of Spa Guide-n-Light. She can be reached at www.agelesswithlovina.com

Vipassana, which literally means **to see things as they are**, is an ancient meditation technique taught by **Shakyamuni Buddha** over 2500 years ago.

It was 16 years ago on a hot April afternoon at work. Suddenly, everything seemed to cave in around me. I felt like I was suffocating with my head starting to spin. I rushed to the washroom in panic. With the door shut behind me, I collapsed on the floor and started sobbing uncontrollably. I could not understand what was happening to me. All I knew was that I felt exhausted, fearful, and wanted to run away.

I left work instantly. Once I got home, I spoke with a close friend, who felt I was possibly heading to burnout. She said only one thing to me, "Please take a break and undergo Vipassana!"

I had heard her sharing Vipassana experience earlier, but never bothered to heed any serious attention. When I reflect on that moment, it always reminds me of Victor Hugo's words, "Nothing is more powerful than an idea whose time has come."

The time had, in fact, come. It was time to shake off the past, stop churning over past decisions, and drop all fears about the future. It was time for only being in the 'now'.

I was lucky to get a booking at the Igatpuri Vipassana Centre within a week to immerse myself in a life-changing experience. Vipassana, which literally means to see things as they are, is an ancient meditation technique taught by Shakyamuni Buddha over 2500 years ago.



Much of the process is in the public domain now. What I must share is how it transformed my perspective on life. It taught me how to accept all the curve balls that life throws at us. I realized I have to accept that challenges were a part of life, but what I could change was my reaction to them.

I could evoke my wisdom to respond to each challenge with more grace and calm.

A philosophy that further brought it all together for me as a way of life was my encounter with Nichiren Daishonin's Buddhism, the essence of which is — my life is the effect of the causes I create. And I can change everything starting now! It is all about summoning a pearl of inner wisdom and

the courage to take the correct action.

Thereafter, began my journey to understand what it takes to be happy. After all, all humans are universally bound by one quest - to be happy. Our desires for riches, love, and material possessions are all ultimately aimed at only being happy.

The more I have immersed in myself, the more pride I have felt. In a world that is collapsing with poor health, stress, and strife, I am extremely proud of my Indian heritage, which is gifting the natural science of health and healing to the world in the form of Ayurveda and Yoga.

Today, I want to share a few practices that have had a

profound impact on my overall health and well-being. From June 2006 to now, I truly feel like a different person—more energetic, positive, resilient, and joyful, and I have a lot to be grateful for.

I have been able to translate my experiences into some powerful habits that people can easily implement every day to enhance their health, well-being and life spans. I'm delighted to share three habits here:

Waking up early

According to Ayurveda, waking up one and a half hours before sunrise is ideal. This time falls between 4-5:30 am and is called Braahma Muhurta, meaning 'the time of the Creator'. It is the time when everything is still. I have experienced that the serenity, freshness, and purity of this moment, help me connect with my purest self.

In the hustle-bustle, noise, and deadlines of our day-to-day lives, our purest self gets buried deep. Typically, we are anxious as soon as we get up, rushing to get on with the chores of the day, many times not very efficiently or joyfully.

Yet, in the stillness of the early morning hour, we can pause to listen to our mind, our inner voice, and our bodies. Knowing when a dull knot or pain speaks to us, never without a reason, is what this pause enables.

If confused about which course of action to take on an important matter, I am able to get that clarity. This is the time I have an appointment with myself and I make sure I meet it. And trust me, this little extra investment in time is never wasted. It makes the day more focused, less wasteful, and my actions



more productive. I am able to bring my best self to all that I do.

Surya Namaskar

This sequence of gracefully linked asanas or postures, performed in gratitude and dedication to the Sun, can set the tone for a day full of positivity, benevolence, and inner calm.

Solar plexus, the system of radiating nerves found in the pit of the stomach, is connected to the Sun. Regular practice of Surya Namaskar activates the solar plexus and keeps us feeling optimistic, grounded, and confident.

Pranayama – Conscious Breath Regulation

In Sanskrit, Prana means 'life' and 'Yaama' means 'to control'. I recall the words of my Yoga instructor reminding me that our life is not defined by years but by the breaths we take. The right techniques of breathing can impact our strength, energy, and ability to handle stress. The aim is to expand the life

force (prana) by utilizing the breath. Pranayama regulates the process of breathing and brings a runaway mind to the present. This is important to bring balance and harmony to our mind and body. Studies have proved that pranayama expels carbon dioxide and raises oxygen levels fuelling brain cells, thus improving appreciation of the present moment.

I am truly awestruck by how Yoga and Ayurveda work in complete complementarity. With Ayurvedic practices, I have healed my body. With Yoga, I have strengthened my bodily functions and improved my concentration. Both practices have brought me back closer to nature.

After all, our bodies are one with the elements of nature - Vata (air + space), Pitta (fire + water), and Kapha (earth + water). When we embrace nature, salute nature, and listen to nature - therefore listening to our own minds and bodies, we can truly be in brimming health and harmony with ourselves and the world. ■

What can make us truly happy?

A chance yet profound encounter with His Holiness, the Dalai Lama, brought me an insightful answer for this question.

At a global wellness conference, where His Holiness was on stage, taking questions, I jumped up at the opportunity to ask, "Your Holiness, what is the path to happiness?"

He answered with the characteristic twinkle in his eye, "Happiness is in this moment."

This reminded me of the words also attributed to him: "A man sacrifices his health to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present nor the future; he lives as if he is never going to die, and then dies, having never really lived."

For weeks, I pondered over my brief yet profound interaction with his holiness. Suddenly, it was crystal clear that taking charge of my health 'now' had to become my priority. Without health, all else is of no use.

I come from a family of health-conscious, Yoga practitioners and I believed I had done all that I needed to do, to live healthily. Yet, I had been on the verge of burnout! While outwardly, I had always been trim and fit, inwardly, I hadn't felt well.


The realization struck me about how powerful the mind is over the body and that to be whole and truly healthy, my mind, my body, and my spirit had to be healthy. To be healthy is to be happy, and being happy helps to be healthy.

USE NATURE'S BOUNTY TO STAY HEALTHY





Shahnaz Husain



A healthy person is one who enjoys physical, mental and emotional well-being. Although many are unaware, a healthy person must also make much effort to maintain a state of optimum health. Good health here means not only a strong immune system that is capable of fighting diseases, but also that which makes the body capable of coping with stress. This is more so in the modern, competitive world we live in today.

Actually, nature provides us the means to build up immunity and maintain good health. For instance, she gives us the seasonal foods we need, especially in terms of strengthening the immune system. Yes, Nature does provide us the means to maintain good health. She gives us fruits and vegetables, like citrus fruits, leafy green vegetables, yellow vegetables and so on, that are rich in Vitamins and which help to build up immunity.

Today, due to processing and refining of foods, as well as owing to the use of chemical pesticides, we become deficient in one or more of the essential

food elements. That is why we should follow the Ayurvedic principles of maintaining good health.

Ayurveda advocates holistic healing, taking the whole being - body, mind and soul into consideration, rather than looking at just the individual parts of the body. It includes good physical health, mental health and even spiritual health. Let us take cleansing and daily hygiene, for instance. Improper daily hygiene can undermine the health in a number of ways. The skin is influenced by many external factors, like dirt, chemical pollutants, bacteria and virus. By daily washing, bathing and cleaning, we can remove impurities and keep ourselves free from infections.

A daily bath, or shower, is a must. All parts of the body should be washed well. Apart from soap, you would need a clean rough-textured washcloth or loofah, a long-handled brush for the back, a pumice stone, and also a nail brush. During the ancient times, infusions were used to wash the body. For example, soaking neem leaves in hot water and letting it stand overnight and using the water



to bathe the next morning. It was intended to prevent infection and soothe rashy conditions.

Ayurveda relies on herbal healing. For instance, it considers ginger as “the universal remedy,” because it has so many benefits. Ginger tea can be taken for good digestion and to heal cough and cold. As everyone knows, ginger can also be added to a cup of tea. You can also add other spices to tea, like cardamom, cinnamon or pepper, which build up immunity and help prevent viral ailments. Amla is the best source of Vitamin C and is not destroyed by heat. Add the juice of one amla to a glass of warm water and have it first thing in the morning. Nuts and dry fruits also strengthen immunity. So do dals and peas. Such foods provide the proteins, vitamins and omega 3 fatty acids to maintain strength.

Aromatherapy is very useful in calming the mind and reducing stress. The aromas, or fragrances, of different flowers are said to influence the nervous system and induce calmness and relaxation. Extracts and oils of rose, sandalwood, lavender, orange flower (neroli), brahmi, etc., have been used in Ayurveda for their stress relieving benefits.

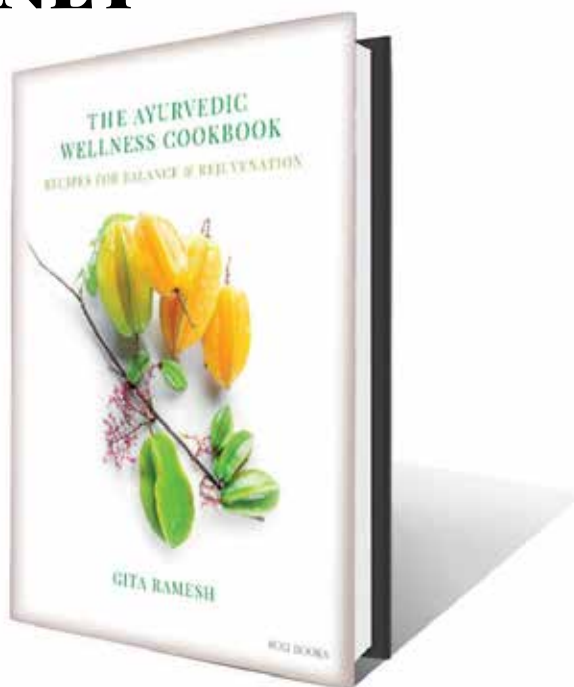
Some form of daily exercise is also necessary for good health of body and mind. Exercise, together with a balanced diet, can work wonders. Not only does it build up stamina and strength, but improves blood circulation to the skin and scalp. Every tissue of the body needs oxygen, so begin your exercises by doing deep breathing in front of an open window. You should check with your doctor before beginning a regular exercise routine. Walking is a good physical activity, as it exercises all the muscle groups. Research has shown that exercise also helps in removing stress.

A positive mental attitude is so important, because mind and body are closely related. All of us encounter a certain amount of stress and anxiety in our daily life. It is a matter of learning how to cope with it. We have to train our minds towards positive thinking. A holistic way of life and attention to these common factors can help to revitalize the body, relax the mind and recharge the soul. It provides another lease of vitality to our bodies and minds to meet new challenges. ■



A CULINARY JOURNEY TO WELLNESS

Umasankar G.



“What’s for dinner?”

That’s a question every homemaker has lived with ever since the human kind began consuming food to suit the time of the day. That’s also a question that, in a sense, points to the unhealthy food habits of generations, especially during modern times.

And, again, that question is a pointer to the human craving for variety, experimentation and, often, the ravenous eating habits of the majority. Gita Ramesh, Jt.MD of Kairali Ayurvedic Group with an impressive legacy of holistic Ayurvedic care and scholarship behind her, would rather rephrase that question to “What is healthy for dinner?” And not just dinner—breakfasts, lunches and many other occasions.

Her desire to transform our food habits and help us regain our physical and mental balance and equilibrium with food that addresses more than hunger has resulted in an impressive volume, which is aptly titled ‘Ayurvedic Wellness Cookbook: Recipes for Balance and Rejuvenation’.

Here's a book in which the form and content vie with each other, with excellent production values and easy-to-follow, yet profoundly useful, recipes, which can be easily customised. Simply put, the book is about mindful eating and following a daily regimen that keeps the mind and body primed. And, you if thought she wants you to forego the pleasure of eating, you are mistaken. She wants you to enjoy the fare!

The surprising thing about this book is that this is not just a cookbook. Rather, it is about how good food taken in moderation can become the foundational pillar of a healthy physical culture. Gita Ramesh contextualises this position by drawing upon the concepts of tridoshas (vata, pitta and kapha that represent foundational elements of nature and correspond to an individual's physical and personality traits) and dinacharya (daily regimen) as expounded by Ayurveda.

The recipes in the book aim to balance the tridoshas and the vegetarian and vegan dishes suggested by Gita Ramesh, such as soups, salads, curries, desserts, and drinks, are suitable for all dosha types. She writes: “In Ayurveda, one does not count calories. ... Ayurvedic diet is less of a diet and more a philosophy—that eating should be a mindful, meditative experience.”

By strongly advocating a shift to this way of slow eating, using freshly sourced, seasonal ingredients, Gita Ramesh underscores the role of what we eat and how we eat in detoxification, rejuvenation and a prolonged healthy life.

Where Gita Ramesh has succeeded is in positioning her book, published by Roli Books, very close to the daily life of the reader, even as it radiates an exotic charm with its flowing text, excellent pictures and charming design.

MILLETS

WONDER FOOD FOR THE MODERN WORLD

India is on a journey of culinary discovery. After having gone after wheat and rice for decades now, India has found the humble millets to be a super food for the modern times.

Millets were a part of the staple diet in India, Africa and China long ago, but were displaced by rice, wheat and other grains. All indications point to millets returning to their former glory and pride of place at dinner tables, not just in India, but in different parts of the world, carrying the tag 'Nutri-Cereal'.



There are nine types of millets in India, of which four are grown in many parts of the country. These are: Sorghum or Jowar, Pearl Millet or Bajra, Finger Millet or Ragi and Foxtail Millet or Kangni. Others that make up the list are Little millet, Barnyard millet, Proso, Kodo and Brown-top millet.

Millets are mentioned in the Yajur Veda. All the 9 millets grown in India since ancient times are gluten-free. Gluten has two types of proteins which are present in wheat, rye and barley and provide elasticity to their dough.

hence are more suitable for diabetics.

Here are the health benefits of the key four millets:

Sorghum or Jowar is a rich source of protein, magnesium, copper and calcium. It also has potassium, iron and phosphorus besides components of the vitamin B Complex. People having obesity, hypertension, diabetes and certain cancers stand to benefit if they include Jowar in their staples.

Pearl Millet or Bajra is a good source of protein and has very high quantities of iron, zinc



Some people with diseases of the intestines like coeliac disease, autoimmune disease or gluten intolerance cannot digest gluten properly. They are best suited to switch over to non-gluten foods like millets and rice.

Millets have quite a few advantages over rice. They are richer in fibre and have a lower glycaemic index than rice or wheat,

and folic acid. It is also a good source of magnesium and vitamin B complex. It is recommended for people who are obese, and who have anaemia. People with diabetes, hypertension and certain cancers can also benefit if they consume Pearl Millet once a day.

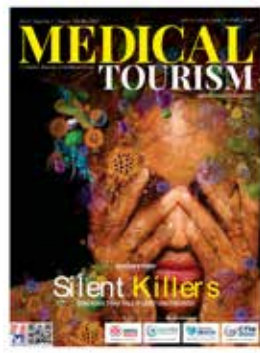
Finger Millet or Ragi is a grain with magical properties as it contains 30 times more calcium

than rice. It has zero cholesterol and is very high in fibre. It has a good combination of amino acids which make tryptophan besides potassium, iron, vitamins B Complex and vitamins C and E.

Besides being beneficial for the obese, diabetics and hypertensives, it is also recommended for better bone health and those with anaemia. The lactose intolerant can try Ragi milk. In Ayurveda, Ragi is recommended for depression, liver diseases and skin and hair conditions.

Foxtail Millet or Kangni has the highest content of proteins and vitamin B12. It also has calcium, magnesium, iron and folic acid. It also has Tryptophan, which is beneficial for strong bones and for improving immunity. It is beneficial to those with obesity, diabetes and hypertension and is also known to improve conditions for people with certain cancers.

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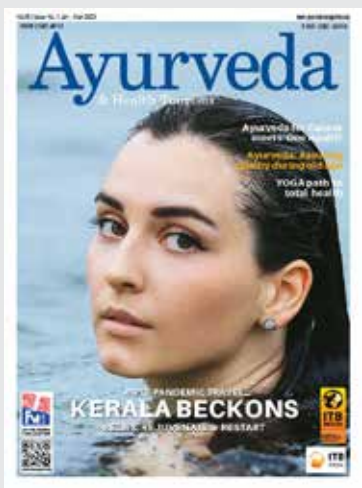


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