

SUKHAYU

WELLNESS MAGAZINE
FOR ALL
PREVENTION IS BETTER THAN CURE

SUMMER SPECIAL
EDITION



SHRI DHANWANTRY AYURVEDIC COLLEGE
& DABUR DHANWANTRY HOSPITAL

Sector 46-B, CHANDIGARH





SHRI DHANWANTRY AYURVEDIC COLLEGE & DABUR DHANWANTRY HOSPITAL



Sector 46-B, CHANDIGARH



COURSE OFFERED : Ayurvedacharya (B.A.M.S.)
Bachelor of Ayurvedic Medicine and Surgery
AFFILIATED TO : GURU RAVIDAS AYURVEDIC UNIVERSITY,
HOSHIARPUR
RECOGNIZED BY : CHANDIGARH ADMINISTRATION U. T.
APPROVED BY : CENTRAL COUNCIL OF INDIAN MEDICINE
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**B. Sc. YOGA Naturopathy, B. Sc. Nursing (Ayurveda)
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MILESTONES OF SHRI DHANWANTRY EDUCATIONAL SOCIETY (Regd.) SECTOR 46-B, CHANDIGARH

Eleven persons in total, including six renowned Ayurvedists (Madan Mohan Pathak, Lal Chand Mittal, Nirmal Bhatia, Karan Vir Singh, R. D. Gupta) and five well educated social workers having faith in ancient system of medicine (B.D. Nanda, Santosh Kumar Aggarwal, Ram Murti Mahajan and J.P. Kapoor) formed a society named "Shri Dhanwantry Educational Society" on 02.08.1975, which in turn established an Ayurvedic College and named it as "Shri Dhanwantry Ayurvedic College" after Lord Dhanwantry. At that time the college was affiliated to "All India Ayurved Vidyapeeth". As per provisions of I.M.C.C. Act, 1970, the college started B.A.M.S. Course in 1979 and thereafter was affiliated to the Punjab State Faculty of Ayurvedic and Unani System of Medicines, Chandigarh. In 1991 the college was affiliated to the Panjab University. The society got built a spacious building for college, hospital, pharmacy and hostel, on more than three acre plot in Sector 46 B, Chandigarh.

The present strength of members is 35. It is a pleasure to say that some of the members of the society are renowned personalities such as Haryana Cabinet Ministers, IAS Officers, Advocates, Doctors, Engineers and reputed business personalities.

Shri Dhanwantry Ayurvedic College is proud of being located in Chandigarh, one of the most famous and modern cities of India, situated in the foothills of Shivaliks, gateway of Himachal Pradesh and having privilege of being the capital of Punjab and Haryana. The college has produced more than 1500 well trained ayurveda graduates so far who are serving the ailing humanity in urban as well as rural areas and are well placed in Govt services or in their private enterprises. Companies like Dabur have already started campus selection of our students when no such scheme exists in any of the ayurvedic colleges in the country. MOU was held with Dabur India Ltd in the year 2003 and still continued.

It is brought to the notice that, the following undergraduate courses of B. Sc Yoga, B. Sc Naturopathy, B. Sc. Panchkarma, B. Sc Ayurveda Nursing and B. Pharma. Ayurveda are likely to start shortly. NOC has also been given by the U.T. Administration for post graduate courses of different stream and also for increase of B.A.M.S seats from 50 to 100 seats. college has also been attached with Sarangpura Forest Herbal Garden to impart practical training to our students.



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EDITORIAL



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Dear Reader,

It is with the sense of great delight that we are presenting to you the first edition of SUKHAYU – Health Magazine for all. It contains useful information regarding life style management during summer season, it also highlights Ayurvedic Management of different diseases like Asthma, Obesity, Diabetes & Stress related disorders. Magazine also provides very valuable information related to Yoga.

To recapitulate the knowledge of different articles of magazine, 'The Health Quiz' column has been added in the last page of our magazine.

I am very much confident that this magazine will convey fruitful information about Ayurveda and it will increase the awareness among the people.

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Dr. Sanuj Muralidharan

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Articles Published in this Magazine are writers own thoughts.

Treatments advised in articles must be followed under supervision of concerned experts.





Know About Ayurveda



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Ayurveda – the Indian medicine, like many other things of Indian Trusts and Beliefs, which are deliberately tried to be diminished by British Rulers, Ayurveda has greatly suffered and was thrown to back benches and this beautiful medical science is presently considered as "Alternative" or "Complimentary" Medical Science.



According to sources, up to 80 percent of people in India use some form of traditional medicine, a category which includes Ayurveda.

However, in fact this is well-documented, result-oriented and evidence-based medical science and since last more than 5000 years.

Ayurveda is an exact science. It is the Indian medical science practised by ancient rishis and sages of India. It is a portion of the Vedas. It is a very effective system of treatment of diseases. It had long period of development in its various branches including surgery. It was very much advanced in ancient India. Ayurveda has a significant name. It is the knowledge of the science which ensures health and longevity. It is in no way inferior to other systems. The Ayurvedic doctors had very great influence in

GOVERNMENT ACT FOR AYURVEDA

In 1970, the Indian Medical Central Council Act which aimed to standardise qualifications for Ayurveda practitioners and provide accredited institutions for its study and research was passed by the Parliament of India.

In 1971, the Central Council of Indian Medicine (CCIM) was established under the Department of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy (AYUSH), Ministry of Health and Family Welfare, to monitor higher education in Ayurveda in India. The Indian government supports research and teaching in Ayurveda through many channels at both the national and state levels, and helps institution of traditional medicine so that it can be studied in major towns and cities. The state-sponsored Central Council for Research in Ayurvedic Sciences (CCRAS) is designed to do research on Ayurveda.

Many clinics in urban and rural areas are run by professionals who qualify from these institutes. As of 2015, India has over more than 250 training centers offer degrees in traditional Ayurvedic medicine.

PRESENT STATUS OF AYURVEDA

Today, ayurvedic medicine is considered pseudoscientific on account of its confusion between reality and metaphysical concepts.

For the first time in Independent India, our visionary Prime Minister Shri Narendra Modi Ji has rightly initiated process of rehabilitating status of Ayurveda. Hon'ble Prime Minister has created a different Ministry to look after issues related to Ayurveda and allied medical sciences under the name of Ministry of AYUSH and has deputed a capable Minister – Hon'ble Shripad Naik ji as Minister of AYUSH.

Ayurveda is a major part of human being in daily life. Like all other Vedas, Ayurveda is also a part of our strong beliefs because it is time-tested and evidence based medical science. Ayurveda has already passed a very stringent test of "TIME" and hence since last 5000 years, it is a medical science of choice.

BEAUTY OF AYURVEDIC THERAPY

"Ayurveda" – This word is formed from two words – "Ayu" means – Life and "Veda" means – Science and thus, Ayurveda is Science of Life.

Alike modern/western medical sciences, Ayurveda concentrates on obtaining and maintaining best physical, psychological and mental health and for this Ayurveda has suggested so many beautiful things such as "Dinacharya" (Daily Routine), "Rutucharya" (Seasonal Routine), and "Pathya-Apathya" (Do's and Don'ts). With these principles anyone can achieve **Good Health**.





In the treatment part, Ayurveda rests on many strong pillars such as "Nadi-Pariksha", "Prakriti Chikitsa", "Tridosha Theory" (Vata, Pitta, Kapha), Panchmahabhoota concept [Aap-(Ether,Akash), Tej-(Fire), Prithvi-(Earth), Vayu-(Wind), and Jal-(Water)] and finally Dravyaguna Vichar (Biophysical, Physico-chemical and Pharmacological Aspect) of the medicines to be prescribed.

Nadi-pariksha or examination of the condition of the patient through feeling the pulse is a noteworthy feature in this system of treatment. No other system in the world has this feature. An Ayurvedic doctor or Vaidya feels the pulse of the patient and diagnoses the disease at once. He gives a vivid description of the state of the patient. Ayurvedic doctor dives deep and speaks volumes on the subject.

Herbs and Bhasmas (metallic oxides) play a prominent part in this system. Herbs and oxides possess infinite potencies or Saktis. A small herb dissolves stones in the bladder, kidneys and gall-bladder in a minute or the twinkling of an eye.



Rasayana treatment which confers Kaya Kalpa (rejuvenation of body) comes under Ayurveda. The various potent Ayurvedic preparations are Asavas (Infusions), Arishtas (decoctions), Tailas (various medicated oils), Kvathas, Churna (powder), Lepa (ointment), Gutika or Gullikai (pills), Ghrits (medicated ghees), Bhasmas or metallic oxides, Sindoor (oxides), Rasa, Rasayanas, Lehyam (confections).

The vast field of Ayurvedic science is gaining more importance and popularity across the globe because of its amazing therapeutic values. In olden days man lived very close to nature and whenever he got indisposed he cured himself by the resources and materials provided by nature, which is nothing but the herbs.

Right from very olden days Ayurvedic herbs are supposed to give a solution for all kinds of diseases which was even considered impossible by other field of medical science.

AYURVEDIC PHARMACOLOGY

As per Ayurvedic Pharmacology, health is a state of body where there is perfect equilibrium of all the Tridoshas i.e. Vata, Pitta and Kapha. And all the diseases and disorders are caused due to imbalances of Vata, Pitta and Kapha. In fact, Tridosha Theory was a great discovery by fore-fathers of Ayurveda, but it was much misundertaken by western scholars rendering Vata, Pitta and Kapha as simply Wind, Bile and Phlegm.

In fact, Vata, Pitta and Kapha are very much broad concepts than this. A clear comprehension of the term Tridoshas is necessary to assimilate concept of Ayurveda. In simple terms, Vata can be termed as "Driving Force" in the body, Pitta can be termed as "Fire in the body" and Kapha can be termed as element which offers and decides static nature and all structure and lubrication of body.



The sages in olden days were mainly involved in experimenting the different kinds of herbs and then the preparation of ayurvedic medicine from them. Study of each herb indepth, along with its effects on the doshas is to be considered for designing the Ayurvedic herb formulas. Each herb with its own characteristic features is thus used for specific diseases and its treatment.

NEED TO UPLIFT AYURVEDIC SYSTEM

The Ayurvedic system, laid the foundation to Allopathy. It has been proved beyond a shadow of doubt that the system of Ayurveda travelled from India to Egypt, Arabia, Rome and other places.

This glorious system of medicine fell into disuse owing to lack of State support and facilities for proper study, training and research.

The preventive aspects of the Ayurveda have been incorporated in the religious and social observances of the Hindus. If it will be prescribed in a modern way, rationally, in terms of modern science, it will appeal nicely to the people.





They will take them with a pleasant frame of mind as prescriptions for the maintenance of good health and proper hygienic conditions.

Ayurvedic system is still alive even after centuries of vicissitudes and non-recognition by the state. This points out definitely that the system has a vigour, vitality and power. It has a natural deep root in India. It can never die or become extinct.

If they combine Allopathy and Ayurveda, they will be more useful to the suffering humanity and will do wonders in the field of medicine.

There should be Ayurvedic Universities in different parts of India. Training should be imparted to the students on modern lines. Ayurveda and Allopathy should be harmoniously combined. Then the doctors will do more good in the suffering humanity. The cheap and equally efficacious indigenous medicines should be used.

India is free now. It is Svatantra Bharat. The Government and the people should endeavour to resuscitate this indigenous system. Intense research in the Ayurveda is a need of the hour. Treasures lie hidden in Indian herbs and medicinal plants. They must be brought to light. Then the whole world will be immensely benefitted.

The present Ayurvedic institutions should be put on a very sound basis. Many more institutions should be started in various parts of India, Europe and America. It is gratifying to note that the Indian Government has already taken up the work of promoting Ayurveda. It is hoped that the Government will leave no stone in establishing Ayurvedic laboratories, Research Institutes in various centres and Ayurvedic Dispensaries in every village.

Many Ayurvedic Pharmacies in India are already doing great research work in the promotion of Ayurveda. If the public take interest and if the Government gives proper aid and help now, Ayurveda will once again come into prominence and prove to be of incalculable benefit to India and the world at large.

Now, after knowing that Ayurveda is perfect medical science, anyone including me always gets surprised why and who has thrown this beautiful medical science on the backbenches by considering this medical science as Complimentary or Alternative Medical Science.

On thoroughly considering factors affecting and/or modifying Status of Ayurveda, concluded that, there are some internal and some external factors responsible for present secondary status of Ayurveda. Once we know that there are some internal factors responsible for devaluation of Ayurveda, we will have to discuss on how we can overcome them by self-corrective mechanism and other methods.

As we know, Ayurveda is far behind in Research, Documentation and Preparation of Databases, we will have to find our present scenario of Ayurveda Research and need of formation of accurate policies and strategies for research to uplift Status of Ayurveda.

We must not forget a very bare fact that, we can become World Leader in Herbal Market. Ayurveda always have this market potential. But for this, we will have to move further with a planned strategy and accurate policy.

To globalize popularity of Ayurveda, we will have to adopt multidisciplinary approach because Ayurvedic Community will always be benefited by the help of professionals from other branches of Science and Medicine.

With a new hope that, this New Government will always support this activity of upliftment of Status of Ayurveda and globally popularizing Ayurveda as perfect, research oriented, evidence-based medical science and will bring **Acchhe Din** (good days) to Ayurveda.

HOME REMEDY FOR DIARRHOEA

- ✓ Grate a small piece of ginger and add one teaspoon of honey.
- ✓ Drink black tea added with lemon juice.
- ✓ Add a few tablespoons cumin seeds to hot water and drink, have a few times a day till you feel better
- ✓ Dry Mango seeds in the shade; powder it and take ½ a teaspoon with honey.
- ✓ Soak 2 -3 tsp coriander seeds overnight in half a cup of water, Make a coarse paste mix in a glass of butter milk and drink.





" Insight of Ritu (Seasons)"



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Ritu means seasons. We all know what we learned in high school that how seasons occurs. We mostly see two main seasons -- Winter and Summer. India we have rainy season too that gives us three main ritus (seasons) Winter, Summer and Rainy seasons. Ayurveda divide these into 6 ritus. The main difficulty we face is how we calculate these seasons according to our present calendar system. For understanding this clearly we need to know how seasons are formed ?

Seasons are formed due to the earth's rotation and revolution. High school science class taught us that spring (Vasant) starts when the earth's tilt is neither facing sun nor away from sun. There are twice in a year when this situation arises these points are called Equinoxes.

The first point is Vernal Equinox -- or in sanskrit/hindi -- Vasant Sampaat. The other point is called Autumnal Equinox -- or Sharad Sampaat. On the day of Vernal equinox the sun is in Aries/Mesha sign/rasi. Autumnal equinox means the sun in the Libra /Tula rasi. When the tilt is facing the sun we have summer. Actually when the tilt is facing the sun we have a summer already in a peak. That day is the longest day on the earth and known as Summer Solstice and also what we call is beginning of dakshinayana. That day the Sun is in tropical (sayana) Cancer/Karka. Exactly opposite point in the sky is when the earth's tilt is facing away from the sun. This marks winter in northern hemisphere and that day is the shortest day on the earth and known as Winter Solstice and also what we call is beginning of Uttarayana. That time the Sun in the tropical (Sayana) Capricorn/Makara rashi. Hence the seasons are relative to the earth's tilt and the sayana zodia.

THE RULES FOR DETERMINING RITUS / SEASONS AS PER DRUKA SIDDHANTA

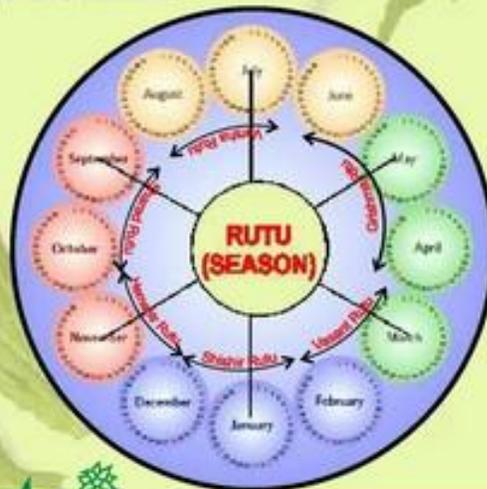
- Vasant -- Spring (the sun in Sayan Mina and Mesha)
- Grishma -- Summer (the sun in Sayan Vrishabha and Mithuna)

- Varsha -- Monsoon (the sun in Sayan Karka and Simha)
- Sharad -- Autumn (the sun in Sayan Kanya and Tula)
- Hemant -- Prewinter (the sun in Sayan Vrishik and Dhanush)
- Shishir -- Winter (the sun in Sayan Makar and Kumbha)

The actual seasons corresponds to the earth's tilt. If you extend earth's equator into heavens its celestial equator. The intersection point of sun's annular path -- ecliptic and celestial equator are called Vernal Equinox -- Spring Equinox and Autumnal Equinox. These points are also known as sayana mesha 0 and sayana tula 0 degrees respectively. Hence the positions of sayana sun should be used to determine seasons. (Ritu). Following dates in a year where ritus will start based on druka siddhanta. Following ritus in Northern hemisphere: The order will be different for countries in Southern hemisphere.

- Vasant: 19th February to 19th April
- Grishma: 20th April to 21st June
- Varsha: 21st June to 21st August
- Sharad: 22nd August to 22nd October
- Hemant: 23rd October to 21st December
- Shishir: 22nd December to 18th February

Now if we look at seasons. Every Ayana has 3 seasons, i.e. Uttarayana and Dakshinayana has 3 seasons. The varsha ritu (in India) starts around June 22. Winter is already chilly in december, from October onwards weather gets cold everywhere. The Summer really starts around April 20 where weather gets warmer. If you see a calendar where it doesn't corresponds to these dates then its not as per druka siddhanta.





Cool Summer



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Summer is a time of heat, the pitta season. Sunburn, poison ivy, prickly heat and short tempers are common. These kinds of pitta disorders tend to calm down as the weather gets cooler. The diet and lifestyle changes emphasize coolness—cool foods, avoidance of chilies and spices, and cool climates. People with excessive pitta need to exercise at the coolest part of the day.



DIETARY CONSIDERATIONS

- General food guidelines for summer season include avoiding sour, salty and pungent foods.
- Barley, rice, oats and wheat are good grains for summer diet.
- Tomatoes, radishes, chilies, garlic and raw onions should all be avoided.
- Animal foods, especially seafood and eggs, should only be taken in moderation. Chicken, turkey, rabbit and venison are all right.
- All legumes except red and yellow lentils are good in small amounts, with black lentils, chickpeas and mung beans being the best.
- Most nuts and seeds have too much oil and are heating for pitta. However, coconut is cooling and sunflower and pumpkin seeds are all right occasionally.
- Sweet dairy products are good and include milk, unsalted butter, ghee and soft, unsalted cheeses. Yogurt can be used if it is blended with spices, a little sweetener and water.

- Avoid hot spices, using cardamom, cinnamon, coriander, fennel and turmeric predominantly, with small amounts of cumin and black pepper.
- Coffee, alcohol and tobacco should be completely avoided although the occasional beer may be relaxing. Black tea may also be used occasionally with a little milk and a pinch of cardamom.

RECIPE FOR A NATURAL ENERGY BOOST FOR SUMMER

- 2 parts hulled sesame seeds
 - 1 part white poppy seeds
 - 1 part dessicated coconut, fresh if possible to obtain
- Soak together for an hour or so, until soft. Blend into a smooth paste. Add to your vegetables or other foods as you cook the dish. Eat at dinner. Allow a tablespoon of paste per serving.

Guaranteed to help you get a good night's sleep and awake fatigue free.

DRINKS FOR SUMMER

If we ingest ice- cold foods and drinks then our digestive fires will become weak. The body begins to work harder to digest and absorb nutrients and pitta or the metabolism gets out of balance. Irritability, intolerance, loose bowel, aggressive behavior or heart burn are all indications that pitta has become out of balance.



The most effective way to maintain you cool in the summer months is to make sure your body is properly hydrated with pitta-pacifying beverages. Drink at least 7-8 glasses of pure spring water a day. You can add a sprig of pitta-pacifying fresh mint to the water or a teaspoon of pure Organic Rose Water. Water kept in the cellar or a cool room is about the right temperature for digestion on a hot day. When you start avoiding or cutting down on ice-cold drinks you will notice that your stomach is less bloated and puffy and there is greater ease in handling hot weather. Adequate hydration gives more energy to the body, clarity to the eyes, suppleness to the skin and helps to eliminate toxins. Many people feel fatigue and would be surprised to find out that the cause may be as simple as dehydration. It is especially important to keep fluids flowing into the body during summer when we tend to perspire more and lose more water.

Fresh, sweet fruit and fruit juices are especially beneficial for balancing pitta. They provide nutrition and keep the body cool and comfortable. Watermelon juice,





fresh cucumber juice, lettuce juice and coconut milk are four of the most beneficial juices to pacify pitta. By consuming at least one of these items several times a day you will notice a tremendous difference in your reaction to the high temperature. Fresh herbs such as mint, cilantro and watercress can also be juiced or made into a chutney to balance pitta. Or steep cooling herbs in boiling water each morning, cool to room temperature and drink the water through the day to get the benefit of the herbs and hydrate your physiology. Use Organic Rose Water or rose petal conserve as a cooling food supplement or add to summer drinks.

ROSE LASSI

- ½ cup fresh yogurt
- 1 cup water
- 1 tablespoon Rosewater
- Sugar to taste
- 1 pinch ground cardamom (optional)
- Blend all ingredients until smooth and drink.

SKIN CARE DURING SUMMER

Tired of the tan?

When wearing your summery dress becomes next to impossible thanks to changes in your skin tone due to excessive tanning, these natural bleaching agents can be used thrice a week to cleanse your face and body.

1. Summer facial bleach

Ingredients: 4 tbsp milk, 1 tbsp honey, 2 tbsp lemon juice. Mix all the ingredients and apply the mixture evenly on the tanned areas for 15 minutes. Once dried, wash with cold water. Works best for greasy and oily skin.



2. Yogurt and honey cleanser

Ingredients : 4 tbsp plain yogurt, 2 tbsp honey, 3 tbsp lime juice Mix all the ingredients. Add a little cornstarch if you think the paste needs thickening. Apply on your face and massage for 2-3 minutes. Rinse with cold water.

3. For an all- natural exfoliation

Excessive heat added with dry winds, overheat the body and it's the face that suffers the most. The delicate tissues get damaged and the outer layer of the skin bears dirt deposits in the clogged pores leading to an excessively rough, wrinkled and dry skin. A quick and easy session of exfoliation is all that you need in case of such beauty emergencies.

(i) Oatmeal exfoliating scrub

Ingredients: 1 tsp fine oatmeal, 1 tsp baking soda Mix the ingredients in enough water to make thick paste. Rub over face for 2-3 minutes, rinse and pat dry. It's suitable for all skin types.

(ii) Curd and gram flour scrub

Ingredients: 1 tsp gram flour, 1 tsp lemon juice, 2-3 mint

leaves, toned curd, a small piece of grated carrot. Mix all the ingredients to form a past and apply on your face. Rub in round motions to clean the deep rooted impurities.

Get the Glow Back

Your face seems to have lost its lustre? Well, here's all that you can do to get back your lost sheen and make your face smooth, soft and fresh like never before in just 20 minutes.

4. Home spa recipe

Ingredients: Pineapple pulp, grape seed oil, papaya pulp, mulethi and turmeric Mix all the ingredients to make a paste. Now apply a generous amount of the mixture on face and neck leaving the eyes. Let it dry and rinse with fresh water.

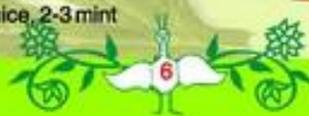
HERE'S HOW TO STAY FRESH IN SUMMER

- Wear clothes that are made of natural materials like cotton.
- Opt for clothing in pastel colours like white, cream, light green, light blue or blends found in nature and not colours, which are very bright, glaring and shocking to the eyes. This is because light colours absorb less heat.
- Wear clean clothes after bath.
- Massage the skin regularly with coconut oil or medicated cooling oils to improve circulation and keep the skin young and healthy.
- Don't give up exercise. However, opt for doing light yoga asanas [postures neither too complicated nor strenuous] instead of heavy weights. Alternatively, you can go for walks or pursue any other outdoor activity [swimming or other water sports], or simply spend some time near a water source early morning—it will refresh your mind and give you immense health benefits.
- Get sufficient good quality sleep; it is essential not just for healthy skin but also to maintain overall health.
- Do cooling pranayama [sheethali, sheetakari] and dhyana [meditation] to avoid overheating your body.

SHEETALI PRANAYAMA

Sheetali pranayama is an instantly cooling breathing exercise.

- Curl or roll the sides of your tongue upward into a tube or straw.
- Inhale slowly through the rolled tongue, and then close the mouth and exhale normally through the nose.
- If you are unable to roll your tongue into a tube, lightly clench your teeth together with the tongue pressed against the top teeth. The air is then inhaled through the teeth and sides of the mouth.
- Notice the instantly cooler temperature of the inhalation.
- Practice for 10-20 rounds of breath.





Obesity and Calorie Management



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Chandigarh

SOMEONE RIGHTLY SAID "LET FOOD BE YOUR MEDICINE AND NOT MEDICINE BE YOUR FOOD."

Obesity is an excessive accumulation of fat in the body. It occurs due to imbalance between calorie intake and calorie expended. When your body weight is 10% more than the ideal body weight, it requires treatment. Dietary modification plays an important role in maintaining the ideal balance. Some of the adverse effects associated with obesity are:

1. Postural Defect
2. Arthritis & Gout
3. Pain and aches in the body
4. Hypertension
5. Heart Disease
6. Diabetes Mellitus
7. Kidney Disease etc.



5. All nuts – Khajur, Kishmish, Kaju, Akhrot, moongphali.
6. Alcoholic, drinks and aerated soft drinks, Sharbot, sweetened juices.



Foods to be taken in prescribed manner:

All cereals, pulses, beans, meat, poultry, egg, toned milk, fresh fruits, skim milk, curd, cottage cheese, citrus fruits, all vegetables and dals.

Free foods – Coffee, tea without sugar, lemon water (no sugar), salad leaves, tomatoes, kakri, khira, onion, radish green leafy vegetables, tamarind water, zeera water, chatni, clear soup & diluted khatti lassi.



ANTIOBESITY DIET CHART

Necessary Tips on Reducing Obesity

1. Determine your ideal weight & follow the plans strictly with patience.
2. A gradual reduction of 4 to 6 Lbs (2 to 3 kg) in a month is desirable. Do not get disappointed if weight loss is not rapid. Have patience.
3. Weigh yourself bi-monthly and keep the record on your chart.
4. Drink water in plenty and in between meals, remember it adds no calories.
5. Do not starve if you are hungry, take plenty of free foods mentioned in your plan.
6. Regular brisk walks on minimum half an hour should be essential part of daily routine.

The following food items may normally be avoided. However fixed quantity can be included in your calculated diet plan.

1. All sweets – Sugar, Honey, jaggery, pudding and ice cream, muraba.
2. All fats – butter, cream, ghee, fried foods.
3. Foods rich in starch like – Alu, arbi, shakarkand, chukander, zimikand, maida and cornflour.
4. Fruits like – Mango, grapes, chikoo and banana.

MEAL PLAN (REGULAR MEALS) PER DAY

EARLY MORNING	BREAKFAST
Lemon water - 1 glass	Lemon tea - 1 cup, Toned milk - 1 cup (200cc no sugar), Dalia 1 cup (cooked) Or Missi Roti - 1 (30gm mixed atta, no fats) (20gm wheat+10gm chana atta) Curd 1 cup Or Bread 2 slices, Egg Poached or boiled / 25 gm paneer.
11 AM	
Nimbu pani/Butter milk 1 glass Or Citrus fruits	
EVENING TEA	
Tea 1 Cup (No Sugar) Roasted Channa 25gm Or Sprouted Dal 25gm Total Oil a Day - 15gm	
LUNCH / DINNER	
Clear soup Salads Chapatti 2 (50 gm atta) Or Rice - 50gm (raw weight) Green Vegetables - Stewed or Boiled Skimmed curd - 1 Cup / Dal Cooked 1 Katori Chicken - 100gm Or Paneer 20gm can be taken once or twice a week instead of dal or curd in your diet plan.	





Treating Bronchial Asthma Naturally



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Asthma is a chronic disease that involves inflammation of the lungs. Airways swell and restrict airflow in and out of the lungs, making it hard to breathe. The word asthma comes from the Greek word for "panting." People with asthma pant and wheeze because they can't get enough air into their lungs.

Normally, when we breathe in something irritating or we do something that causes us to need more air, like exercise, our airways relax and open. But with asthma, muscles in the airways tighten, and the lining of the air passages swells.



Asthma can either be allergic or non-allergic. In allergic asthma, an allergic reaction to an inhaled irritant – pet dander, pollen, dust mites – triggers an attack. The immune system springs into action, but instead of helping, it causes inflammation. This is the most common form of asthma.

Non-allergic asthma does not involve the immune system. Attacks can be triggered by stress, anxiety, cold air, smoke, or a virus. Some people have symptoms only when they exercise, a condition known as exercise-induced asthma.

While there is no cure for asthma, it can be controlled. People with moderate to severe asthma should use conventional medications to help control symptoms. Complementary and alternative therapies, used under your doctor's supervision, may help, but shouldn't replace conventional treatment.

SIGNS AND SYMPTOMS

Primary symptoms include:

- Shortness of breath
- Wheezing – usually begins suddenly; may be worse at night or early in the morning; can be made worse by cold air, exercise, and heartburn; is relieved by using bronchodilators (drugs that open the airways).
- Chest tightness
- Cough (dry or with sputum) if we have any of these symptoms, seek emergency treatment:

- Extreme difficulty breathing or stopping breathing
- Bluish color to the lips and face called cyanosis
- Severe anxiety
- Rapid pulse
- Excessive sweating
- Decreased level of consciousness, such as drowsiness or confusion.

TREATMENT

Avoiding asthma attacks, reducing inflammation, and preventing lung damage are the primary goals of treatment. To control asthma, we need to prevent exposure to allergic triggers and take medication as prescribed. We may need emergency medications during an asthma attack. Some of the important therapeutic guidelines for asthma are:

- Herbal tea made up of tulsi leaves (8-10), ginger, turmeric and jiggery is very beneficial in removing the congestion.
- In case of acute congestion ginger juice mixed with honey can be taken.
- Fruits like orange, grapes, pineapple can be given whereas milk-products, spices, cold refrigerated foods, banana should be avoided as it can worsen the mucous production.



YOGIC APPROACH

Yoga therapy is the best measure in treatment of bronchial asthma as it treats the root of the disease and not the symptoms.

Breathing techniques: Kapalabhati and Bhastrika

The practices like Jala Neti help in reducing the hypersensitivity and Vamana Dhauti helps in cleaning the respiratory apparatus of the clogged mucous.

Jala-Neti : Twice a week.

Vamana Dhauti : Once in two weeks.





Keep Relaxed with Bhramari Pranayama



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The cases of stress-related disease are increasing day by day throughout the world and stress, is inevitable, but can be combated by many ways (e.g., adopting regular physical exercise, change of lifestyle, change of food habit, etc.). Yoga and Pranayama (breathing exercises) are beneficial for the treatment of autonomic nervous system imbalances, and psychologic or stress-related disorders. Slow pranayamic breathing is reported as one of the most practical relaxation techniques. Pranayama is defined as a manipulation of breath movement. Different types of pranayamas produce different physiologic responses. Bhramari is one such Pranayama which is proved very effective in relaxation mind.

BHRAMARI PRANAYAMA (HUMMING BEE BREATH)

Bhramari pranayama is very effective in instantly calming your mind down. It is one of the best breathing exercises to release the mind of agitation, frustration or anxiety and get rid of anger. A simple-to-do technique. This breathing technique derives its name from the black Indian bee called Bhramari. (Bhramari = type of Indian bee; pranayama = breathing technique)

TECHNIQUE

1. First, one has to sit comfortably in an easy and steady posture (Sukhasana) preferably padmasana or siddhasana on a fairly soft seat placed on the floor and keeping the head, neck, and trunk erect and in a straight line, with eyes closed.
2. The lips should remain gently closed with the teeth slightly separated throughout the practice.
3. Raise the arm sideways and bend the elbows. The ears are closed with the thumb, the closed eyes kept under light pressure over the eyelids by the index finger, and ring finger on the two sides of the nose. The little fingers being on the upper lip.
4. Then inhale through both the nostrils slowly up to the maximum for about 5 sec. The breathing must not be abdominal.
5. Then exhale slowly and in controlled manner while making a deep, steady humming sound like that of the black bee.

6. During exhalation must chant the word "O-UMmma" with a humming nasal sound mimicking the sound of a humming wasp. So that the laryngeal walls and the inner walls of the nostril mildly vibrate. These steps complete one cycle of Bhramari.

FREQUENCY

Practice this 11 to 21 times daily. But do not overload and take a break when required. This can be practiced anytime but if you feel stressed or fatigued this will help you.

BENEFITS OF BHRAMARI PRANAYAMA

1. The most conspicuous effect is that it relaxes the brain and becomes calm and peaceful. If done regularly it can have positive effect on stress, agitation, fatigue and high blood pressure. It is a known fact that vibration of thinking of a human body can be controlled. By these vibrations the cerebral cortex sends impulses directly to the hypothalamus, which controls the Pituitary gland, the master of all glands. The resonance of the brain's metaphysical thinking is taken out and this enhances capacity of brain.
2. The humming sound induces sleep and is good for persons suffering from Insomnia. It is a good choice for beginners or those suffering anxiety because of the calming effect of the vibration and the lengthening of the breath.
3. Due to humming sound concentration of the mind is also facilitated. It has a positive effect on whole mind and body and particularly on nervous system.
4. If Bhramari practiced regularly during pregnancy it facilitates easy and trouble-free child birth.



Most of the volunteers felt calmness of mind, a sense of well-being, and some felt sleepy, thus supporting parasympathetic stimulation. This may be the effect of increased melatonin production after a regimen of slow breathing pranayamic exercises. Slow pranayamic breathing was also reported to elicit alpha waves, indicating a parasympathetic dominance and may be the cause of the sleepy feeling. Slow-pace Bhramari pranayama thus shows a strong tendency of improving or balancing the autonomic nervous system through enhanced activation of the parasympathetic system and thus can be practiced for mental relaxation and reduction of stress of daily life.





Five Steps to Have a Pimple Free Face



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Acne vulgaris (pimples) is one of the commonest skin problem affecting all age groups specially teenager's. The pores of our skin are composed of hair follicles and sebaceous glands. These glands secrete a oily substance called sebum which plays a protective role in our body. However, when it is over produced, it can clog the pores along with epidermal cell shade by the body causing acne (pimples).

FIVE EASY STEPS TO GET RID OF ACNE (PIMPLES)

Step 1: keep a check on your tongue

Avoid cold drinks and frozen desserts (such as ice cream, popsicles, frozen yogurt, etc). Reduce light, dry, crunchy food. Reduce spicy, sour, fried and fermented foods. Take green leafy vegetables, fruits containing lycopene like tomato, carrots and cherry should be consumed more.



Step 2: Strengthen Your Digestion

Eat balanced diet in proper quantity according to your body's calorific requirement. Here is an Ayurvedic secret that really boosts your digestion and removes toxins.

It is a special tea that is inexpensive and simple to make. If you drink this tea regularly for 3-6 months, you are going to notice many other health benefits in addition to beautiful skin. Boil 4-5 cups of water in the morning. Add a half-

teaspoon of the following seeds to the boiled water and continue to let steep for at least 10 minutes with the lid on.

- Whole cumin seeds
- Whole coriander seeds
- Whole fennel seeds

Strain out the seeds and pour the liquid into a thermos. Sip the liquid throughout the day.

Step 3: Keep Your Pores Clean

To keep your pores clean, follow these simple rules:

Wear oil-free make-up. Wash your face twice a day and never sleep with make-up. Use a clay mask regularly to help keep pores open. In the first month, you will need to use a clay facemask daily. After the acne begins to improve, you can do it every other day. As maintenance, you should use it 1-2 times a week.

Step 4: Detoxification

Toxins accumulate in the blood to cause chronic acne. Here are some simple ayurvedic methods for detoxification of the blood:

Drink ¼ cup of organic aloe vera juice in the morning on an empty stomach. Aloe vera juice is a natural way to remove toxins from your body, especially the liver and blood. If you have cystic acne, drink this twice a day, in the morning and bedtime, for 3 months.

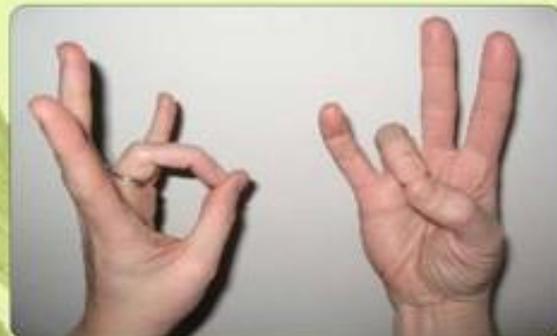
Take the ayurvedic herb guggul, 75-150mg a day. Use turmeric in your cooking or as a supplement. It has anti-inflammatory and antiseptic properties.

Step 5: Reduce Your Stress

There are several tools like meditation, yoga, exercise, and breathing exercises that will help you keep daily stress under control e.g. Shavasan, Bhramari Pranayama, Prithvi Mudra.

PRITHVI MUDRA

It is a very easy way to keep yourself stress free. You just have to make your body sturdy and join the tip of the thumb and ring finger.





SOME AYURVEDIC HERBAL REMEDIES TO CURE ACNE

- Combine 1 teaspoon of cinnamon powder (Dalchini) and 1 teaspoon of lemon juice. Apply it to the affected area.
- Combine cinnamon powder with honey and form it into paste. Right before sleeping, apply the mixture to your face and wash it the next morning. Do this every night for about 2 weeks and you will no longer worry about pimples.
- Blend raw papaya fruit to create a juice. This includes the seed and the skin. Apply it on swelling pimples.
- Use boiled milk combined with fresh lime juice as facial wash for cracked skin, blackheads, and pimples.
- Combine 1 part of rose water to 1 part of lime juice and apply it in the pimples. Leave it for about 20-30 minutes. Wash it off with lukewarm water.
- Apply on the affected area for at least 1 hour the pulp of ripe tomatoes. Wash it off with water.
- Potatoes grated and applied on affected area can cure pimples. It is also effective on curing boils, whiteheads, blackheads, and other skin blemishes. These are the best natural supplements for whiten skin.
- A powdered pomegranate skin & roasted paste mixed with lime juice can treat pimples effectively. This mixture could also treat whiteheads, blackheads, and boils.

GLOW YOUR SKIN NATURALLY

The skin is an extremely essential component of the body. The skin soaks up different substances from body. It also maintains the water balance and body's temperature. The skin can be influenced by a mixture of outer forces consist of natural ageing process and too much sunlight. It can respond to an inner body imbalance. To whiten skin, the best way is to go for face mask consist of horseradish, lemon juice, rosemary and vinegar essential oil. Take 1 teaspoon of horseradish and mix it with ½ teaspoon of vinegar, lemon juice and 3 drops of rosemary oil. Kindly apply this natural supplement to face and wash off after 10 to 15 minutes.

Lemon Juice: It is one more natural supplement. The sourness of lemon juice has the capacity to strip away the dark skin layers and reveal lighter skin underside. This skin whitening supplement works best for marked areas like freckles and age spots or still for eradicating tobacco discolours among your fingers.

Chamomile: It is an effective natural skin whitening supplement which works efficiently to whiten hands and the skin tone. Infuse the flowers chamomile and use it as a facial steam.

Red Onions: Red onions are one of the best natural supplements that have acid compounds like to those found in lemons. It helps to fight against dark patches of skin. Massage with a fresh red onion slice on the skin area every day.

HOME REMEDY FOR TOOTH ACHE

- *Crush a clove of garlic with rock salt and apply on the affected tooth.*
- *Place a piece of raw onion on the tooth. This will help in killing the germs in the affected tooth and offer relief from pain.*
- *Dab a cotton ball in clove oil and place the cotton on the affected tooth and gently bite down, it will relieve pain.*
- *Stir a teaspoon of salt in warm water and rinse your mouth thoroughly for about 30 seconds before you spit it out, it reduce swelling and pain.*
- *Mix 1 teaspoon of cinnamon powder with 5 teaspoons of honey to make a paste. Apply this paste directly onto the affected tooth.*





Giloy: One Plant, Many Roles



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Giloy or Guduchi (*Tinospora cordifolia*) occupies an important place in Ayurvedic medicine. This potent herb revered as "Amrit" (nectar) is used as an integral ingredient in numerous Ayurvedic formulations since ancient times.

The stem and leaves of this climbing herb are used for medicinal purposes. A starch-like extract called *satva*, derived from the stem of Giloy is also known to have curative properties.

Giloy has a long list of medicinal properties- it is anti-inflammatory, anti-diabetic, anti-pyretic, anti-arthritic, diuretic and detoxifying in nature. Its health benefits can be attributed to presence of chemical compounds such as alkaloids, glucosides, volatile oils and fatty acids.



HEALTH BENEFITS OF GILOY

For treating arthritis and gout:

The anti-inflammatory action of giloy makes it beneficial for treating inflammatory conditions such as rheumatoid arthritis and gout. A gram of giloy taken along with the same quantity of *sonth* (dry ginger) powder, combined with guggul taken twice a day is regarded as an effective remedy for arthritis.

Similarly, consuming juice extracted from giloy stem and leaves daily can help treat gout by lowering uric acid level in the body.

Boosts Immunity:

Giloy acts as a *rasayana* (rejuvenating agent) due to its anti-oxidant properties. It is known to boost immunity (by enhancing the efficiency of white blood cells) and aids the removal of toxins from the liver and kidneys and protects from damage.

It also provides protection against disease-causing bacteria. Giloy can be used to combat a large number of ailments such as liver diseases, urinary tract infections and sexual disorders.

Treating chronic fever:

Being an anti-pyretic in nature, giloy can be used to treat chronic fever effectively. It is beneficial for increasing blood platelet count, which makes it useful for alleviating dengue fever. Giloy extract taken daily can help relieve chronic fever. It

can be combined with honey and used as a home remedy for malaria.

Digestive health:

This herb is an effective means to get rid of digestion related ailments. A tried and tested remedy for acidity is ½ a gram of giloy powder taken along with *amla* (Indian Gooseberry) *murrabba*, which can be replaced with dry *amla* powder for diabetics. Giloy juice taken along with buttermilk is a classic remedy for indigestion. The same remedy is effective for piles as well. This herb protect the stomach and duodenum by increasing production of mucin, a substance that protects the lining of these organs against stomach acid and other harmful substances.

Diabetes support:

Studies have established that Giloy is an effective hypoglycemic agent, with the ability to reduce blood sugar and lipid levels considerably. This makes it very useful for treatment of Type2 diabetes. Diabetics can consume giloy juice daily to lower blood sugar levels.

Adaptogenic herb:

Giloy is used as an adaptogenic herb, that is, it has the ability to relieve mental stress and anxiety. Combined with *Ashwagandha* and *Shatavari*, it can be used as a general health tonic. It is also known for its ability to promote memory and longevity by reducing oxidative damage to cells and clearing away brain toxins. Thus, it can also be considered as an anti-aging herb.

Mental-Disorder:

The whole plant and the juice of the leaves is traditionally used in various mental disorders. This is regarded as one of the best psycho tropic drugs in India.

Other benefits:

There are many uses of *Tinospora cordifolia*. The stem is used in conditions like generalized weakness, *dyspepsia*, *pyrexias* of unknown origin (fevers), *swine flu* and many urinary tract infections. It is known to help in decongestion of lungs, making it useful for respiratory problems such as *asthma* and *chronic cough*. It is also used as an immune-modulator in immune-suppression of certain ailments like *obstructive jaundice*, *hepatic fibrosis*, *peritonitis* and *sepsis*.

DOSAGE AND SIDE EFFECTS

Giloy is used in powdered, extract or water-based decoction forms, the safe dosages being 1-2 gms, 1-2 ml and 50-100 ml, respectively. Some people may experience minor side effects such as constipation and sluggish bowel movement. During pregnancy, any herbal extract should not be used without medical supervision.





Diabetes- A Silent Killer



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Diabetes mellitus is a condition in which the pancreas no longer produces enough insulin or when cells stop responding to the insulin that is produced, so that glucose in the blood cannot be absorbed into the cells of the body.

SYMPTOMS

Symptoms of diabetes can develop suddenly (over days or weeks) in previously healthy children or adolescents, or can develop gradually (over several years) in overweight adults over the age of 40. The classic symptoms include feeling tired and sick, frequent urination, excessive thirst, excessive hunger, and weight loss.



Ketoacidosis, a condition due to starvation or uncontrolled diabetes, is common in Type I diabetes. Ketones are acid compounds that form in the blood when the body breaks down fats and proteins. Symptoms include abdominal pain, vomiting, rapid breathing, extreme lethargy and drowsiness. Patients with ketoacidosis will also have a sweet breath odour. Left untreated, this condition can lead to coma and death.

With Type II diabetes, the condition may not become evident until the patient presents for medical treatment for some other condition. A patient may have

heart disease, chronic infections of the gums and urinary tract, blurred vision, numbness in the feet and legs, or slow-healing wounds. Women may experience genital itching.

HOW TO KNOW YOU ARE DIABETIC ?

Urine and blood tests can be used to confirm diabetes based on the amount of glucose.



TREATMENT

There is currently no cure for diabetes; the condition, however, can be managed so that patients can live a relatively normal life.

Treatment of diabetes focuses on two goals:

- Keeping blood glucose within normal range and preventing the development of long-term complications.
- Careful monitoring of diet, exercise and blood glucose levels are important.

Diet and life style for diabetic patient should be:

- Low in sugar (though not sugar free).
- High in starchy carbohydrate (especially foods with a low glycaemic index).
- High in fibre.
- Low in fat (especially saturated fat).

1. Dietary fibers:

- Include whole grains in the diet, such as wheat bread/pasta and brown rice. Cheese and yogurt prepared with skimmed (non-fat) milk may be taken.
- Use garlic, onion, bitter gourd, spinach, raw banana, turmeric, ambla and black plum.
- Make a flour mixture of 1 part barley, 1 part black chickpeas, and 4 parts whole-wheat flour and use this to form pancakes and bread.
- Food such as oat meals, cereals and beans with relatively high soluble fibre content acts as staple



component of the diet in diabetes. These tend to retard nutrient absorption rates so that glucose absorption is slower and hyperglycemia may be slightly diminished. High soluble fibre content in the diet may also have a favorable effect on blood cholesterol levels.

2. **Artificial sweeteners:** Diabetics can use artificial sweetness like stevia, aspartame (NutraSweet), sucralose (splenda).
3. Avoid sweet, sour and salty foods, potatoes, sweet potatoes, colocasia (taro), yams, fresh grains and pulses (legumes), whole yogurt (high in fat) and heavy, oily and spicy foods. Avoid sweet fruits like pineapple, grapes, mangoes, dates, chiku etc.
4. Start doing some light exercise, such as brisk walking. Build up to a brisk walk of 30-40 minutes in the morning and again in the evening.
5. Avoid day sleep.

HERBS

- The most important herbs for all doshas are shilajit, gudmar, turmeric, neem, amalaki, guggul, and arjuna. Turmeric with aloe vera gel (1 to 3 gms./ .035 to .1 oz) is best used during the early stages of diabetes for regulating pancreas and liver functions.
- Juice of bitter melon or bitter guard, Rose apple (Jambu) or two tender leaves of Bilva (Aegle Marmelos, Corr., Bael fruit) and Neem (Melia azadirachta, Ravipriya, or Indian Lilac) may be taken on empty stomach daily. Juice of Jambu should be taken in an ounce quantity twice daily and that of Karela in 1-1/2 ounce dose daily. Shilajit (Swertia Decussata Nimmo.) is another useful medicine (250 mg as a single dose) should be taken, twice daily with juice of stone apple.
- Use turmeric. Fill some 00-size capsules with turmeric, and take 2 capsules 3 times a day, a few minutes before meals. Continue this program for up to a month, and then re-evaluate your condition. Clinical observation suggests that a person who is insulin dependent will experience a markedly diminished requirement for insulin; the diabetes can often be brought under control.
- Take 1/2 teaspoon of ground bay leaf and 1/2 teaspoon turmeric, mixed in 1 tablespoon aloe vera gel. Take the mixture twice a day before lunch and dinner.
- The ayurveda preparation Vasanta Kusumakar Ras, is very good but is extremely costly. Take two grains daily with a teaspoon of cream or honey. In certain cases, the said medicine brings down sugar level quite quickly, hence sugar-levels should be carefully monitored. When sugar has touched its normal range, the dose should be tapered in a graduated manner, and added with 500 mg pill of Chandraprabhavati which is called a 'Poor man's remedy'.

- Mix and grind seeds of Fenugreek (Methi) 100gm, turmeric 50gm, Dakhni Mirch (White pepper). Take one teaspoon of this powder with a glass of milk twice daily. Alternately, immerse and soak one teaspoon of fenugreek seed in water. Take this in the morning, with water or with milk.
- Take twice daily, with powder of rose apple stones (powder of Jambu or Jamun-ki-Guthali).
- Include decoctions of triphala, fenugreek, musta, arjuna, sandalwood, lodhra, ajwan, gokshura, vidanga, guduchi, haritaki, and chitrak. These may be taken with a small amount of ghee. Gudmar and shilajit are excellent.



- Amalaki Churna (500mg), Haldi Powder (Turmeric Powder) 500mg and Naag Bhasma (125mg) should be taken with honey, twice daily (A 12-hourly dose).
- Eliminate all objects that contain sugar from diet, like wheat, rice, potato, sugar, sugar cane and its juice, jaggery, sweet fruits. Reduce fats, especially butter and ghee from diet.
- Take barley soaked in a triphala decoction overnight eaten several times a day.
- Orange, and lemon, may be taken as and when needed.
- Take bitter melon, in any form, without any fear, and Jamun and powder of its seed. Take plenty of green vegetables, black gram, soy, fish etc.

COPPER WATER

Put one cup of water into a copper vessel at night and drink the water in the morning.





Prevail Over Digestive Problems - An Ayurvedic View



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Many of us suffer from digestion problems such as gas, bloating, stomach pain, constipation, heartburn, and fatigue after eating every day. Ayurveda provides simple solutions to these common problems by considering two aspects: how we eat and what we eat.

Ayurveda considers eating procedure as something reverent. And it says: 'eat sitting down, in a settled environment, without distractions. (Switch off your Television!). When you sit to eat, your stomach is in a relaxed posture and your awareness naturally will come to the taste, texture, and smell of the food. This will greatly improve the digestion. Ayurveda suggests avoiding eating while standing, walking or driving.

Stimulate and balance your digestive fire (Agni). A person's vitality, strength and general health depend upon agni, the primordial digestive fire in his body. Agni helps to digest (catabolic metabolism) and assimilate (anabolic metabolism) the food in the body. Imbalanced agni results in indigestion and related problems. Digestive agni can be compared to a burning fire. It will take a long time to cook the food with a very low flame. The same way, a big fire can burn out the food.

Eating a small piece of fresh ginger with a few drops of lemon juice and a few pinches of salt added to it before a full meal is highly beneficial. This will activate your salivary glands and produce the necessary enzymes so that the nutrients in the food are easily absorbed by the body. It is better to avoid cold drinks at meals and ice-cold foods in general. Highly-chilled water can extinguish the digestive fire. Juices or milk which is too cold will weaken digestion.

BREAKFAST, LUNCH AND DINNER

'Breakfast' means to break a fast. It's better to break the fast of the night with a light meal. Your digestive system needs warm, nourishing food in the morning to stimulate it, but not too much. Anything that is light on your digestion and adds nutrients rather than empty calories is recommended. A glass of warm water mixed with honey and lemon on an empty stomach in the morning is quite effective in maintaining good digestion. Never skip your breakfast and do not forget to include fresh fruits, boiled vegetables and freshly-cooked warm cereal in the breakfast.

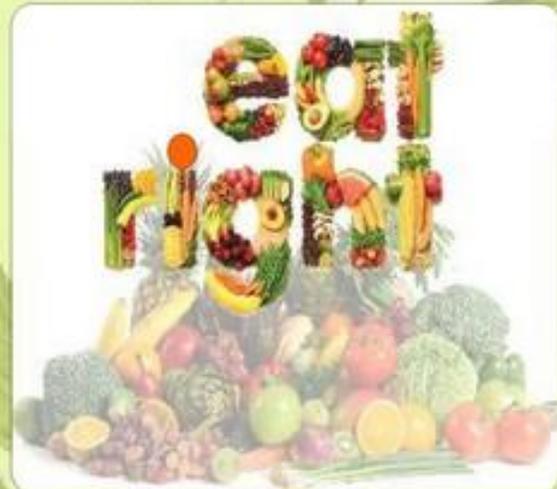
Ayurveda recommends that lunch should be the largest meal of the day. The Sun is strongest at noon and during this time your digestive fire is also at its maximum potency. As the Sun goes down so does your agni. Eat heavier foods in lunch.

Dinner should be lighter than lunch and should ideally be eaten before 8 P.M. Late night meals will disturb your sleep. Moreover, in the late night, the body is working to burn off toxins and to digest food from the day. If you eat after 10 P.M., the food may cause toxin accumulation in the system, and the next day you will wake up tired. If you are not fresh and clear when waking up, it is important to analyze the quantity of food and the time you are eating dinner. It is better to avoid the habit of snacking between meals in a day. Your digestive system needs a rest-and-recharge time to function efficiently at mealtimes and after. If you feel hungry during the day in-between meals, eat fresh fruits, which are healthy and easy to digest. Drinking warm water made with digestion-enhancing spices, helps digestion as well as purification.

COOKING FOOD ITEMS THE RIGHT WAY

Ayurveda says that the art of cooking is the perfection in combining the spices, vegetables and the fat-all the different enzymes and energetic, in a way that is not confusing for your body's intelligence to break down and incorporate. Cook with spices like dried ginger, turmeric, cumin, coriander etc.

They not only enhance digestion, but also help eliminate toxins and help improve absorption and assimilation of nutrients. Items like lentils which are harder to digest should always be cooked with digestion-





enhancing spices to help prevent discomfort and flatulence. Soaking grains, lentils, nuts and seeds for 30-60 minutes in warm water helps make them easier to digest.

INCREASE APPETITE BY NATURAL METHOD

People who are having good appetite have good health. If an individual wishes to exist long, one should not consume anything unless there is a strong urge for eating. Generally there are 3 grievances regarding appetite. The first is loss of appetite, second is excessive urge to eat and last is urging to eat certain unusual things like coal and clay. The first two are more common and faced by many of us.

Constipation, improper diet, untimely diet, too much drinking and smoking and lack of exercise are the major causes for loss of appetite. To increase enthusiasm or improve the appetite it is suggested to use natural methods.

VARIOUS NATURAL METHODS TO IMPROVE APPETITE

- If go for a quick walk before meals then it improves the appetite.
- Ajwain (Ajamodha) and jeera seeds are used to boiled in water, and this water is used for drinking which provides good appetite and also cleanses the body.

- Drinking of Ginger juice by adding a lemon juice in it is another best way to improve appetite. Ginger is also beneficial for rough throat, coughs and stimulates the appetite, improves digestion.
- In case of loss of appetite take coriander with 30gms juice of sugar powder and take it with hot water after the 10 minutes of taking meal.
- One more natural method to increase hunger is to consume large raisins with black pepper and salt. This remedy is really useful in cases of loss of appetite due to constant fever.
- Tomatoes is one of the best natural method that you ever seen to improve the appetite.
- Consume caraway seeds. Roast caraway seed and grind them by adding salt in it. Take ½ teaspoon of caraway seeds after the meals with water. Consuming of caraway seeds is the best natural method to improve your appetite.

Along with these natural methods should also go for morning walk that helps to increase hunger. Doing yoga and regular exercise is best suitable to improve appetite.

HOME REMEDIES FOR PRICKLY HEAT

1. Oatmeal bath is one of the very effective home remedies for prickly heat. Add some oatmeal powder in to your bath water.
2. The common treatment for prickly heat is to apply non-perfumed talcum powder or the specially made prickly heat powder for four to five times a day.
3. Take some neem (margosa) leaves and make a paste by grinding with water. Apply this on sweat rashes. Neem has antibacterial properties and can heal the infectious blisters of advanced rash.
4. Apply aloe Vera gel on prickly heat to get relief from itching as well as to heal them. It contains excellent healing properties and will provide a cooling effect
5. Rub an ice cube on heat rashes to get quick relief from the burning sensation. You can also use cold compress or ice pack.
6. Take about five tablespoons of Fuller's earth and add rose water to make a paste. Apply this paste on prickly heat. Wash with cold water when it dries off.
7. Apply watermelon pulp on the prickly heat to heal them.





Shirodhara - A Mind Relaxing Therapy



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Health is defined, as it is complete state of physical, mental, spiritual & social well being and not only absence of diseases. Mental health is equally important to that of physical health as mental health contribute to a host of problems.

In ayurveda there are a number of procedures explained for relaxation of body as well as mind. "SHIRODHARA" is the most popular treatment for relaxation of the mind. SHIRODHARA is a classical and well established ayurvedic procedure of slowly & steadily dripping medicated oil or other liquid on the forehead. This is useful in conditions like stress, nervousness, anxiety, depression, insomnia, fatigue, psychological disorder & many more.



SHIRODHARA: CLASSICAL DESCRIPTIONS

SHIRODHARA is a titillating form of snehana treatment whereby the oil or therapeutic substances methodically drips along a course thread onto the forehead. A metal like copper/panchdhatu vessel or clay vessel - the **Dharapaatra** is suspended directly above the forehead. The oil /other fluid are poured into the pot & then seeps down through a hole in the bottom of the pot & slides down a long thread, half of which hangs through the hole. The drops of oil from the thread drip directly on to the center of the forehead.

A certain rhythmic speed & pattern should be maintained while performing shirodhara (As for pita-horizontal pattern, for kapha-vertical pattern & for vata-stationary pattern). The rhythm of oil trickling onto the 3rd

eye which is the seat of our cognitive vision, evokes deep cognitive memories & through the arousal of these memories bodily tissue are transformed & good health is restored There are several techniques depending on the medium of dripping like kshirdhara (with milk), takradhara (with buttermilk), talidhara (with oil), etc.

Medium of dripping depends upon the individuals body constitute (prakruti) & doshik imbalance (vikriti).

INDICATIONS

- Shirodhara is suitable for patients suffering from insomnia, headache, anxiety neurosis, depression, schizophrenia motor neurosis, hypertension & several kinds of psychosis.
- Shirodhara has been shown to be effective in attention deficit-hyperactivity disorder in children, menopause syndrome & cerebral ataxia.
- Shirodhara is also effective in loss of hair, loss of hearing, fatigue, burning sensation of head, ulcerative & inflammatory condition of head, dandruff & scalp psoriasis etc.

In addition to relieving the disorders listed above this treatment has the added effect of awakening the 3rd eye, invigorating the body and mind & stimulating cognitive memories.

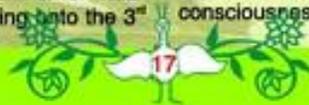
EFFECTS OF SHIRODHARA ON MIND

Shirodhara is a common and ancient ayurvedic practice & the clinical benefits of it are being observed since long time.

The neurological mechanism of the effects of shirodhara is related to the tactile stimulation of the skin/hair follicles innervated by 1st branch of trigeminal nerves. Impulses could be transmitted to the thalamus through the principal nucleus & forwarding to the cerebral cortex.

Ayurvedic therapies have their impact on the physical & energy sheaths of the subtle body system. Shirodhara most effectively purifies the mental sheath, where patterns of behaviour & emotional traumas can distract the mind from its role in supporting good health & spiritual growth. During the treatment, person is taken into a deep meditation state of silence, the basal metabolic rate significantly lowered. As the metabolic rate drops brain waves become slow and coherent. The state of calm achieved with Shirodhara is unparalleled by other relaxation techniques & it brings the nervous system into the depths of inner silence

Shirodhara is increasingly popular in modern era as it relieves fatigue & promotes relaxation. Shirodhara may be oldest but the most skill full healing technique that improves cerebral circulation, cerebral function & state of consciousness.





Importance of Ante Natal Care in Today's World



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Women health is the main pillar of family health. Only healthy women can give births to a healthy baby which results in building of a healthy & developed nation necessary for a developing country like India. Pregnancy is a physiological condition of body in which various changes take place in a woman's body that are different from normal body. So every woman must know about this so that she can cope up with these changes easily and prepared psychologically for that.

ANC i.e. Ante Natal Care refers to regular medical & nursing care recommended for women during pregnancy. It is described not only in modern texts but also in other systems of medicine like Ayurveda. However, aims for ANC in both the systems are same that include to avoid hazardous effects on fetus, to promote normal growth and development of fetus, to conduct normal delivery without any fetal or maternal complications.

As mentioned in modern texts, it is a type of preventive care which allows physician to treat & prevent potential health problems throughout pregnancy, mainly involves providing prophylactic treatment, regular periodic checkings, nutritional supplementation & suggesting do's & don'ts in pregnancy.

Similarly in Ayurveda, there is description of month by month dietary regimen for pregnant women called as *maasanumaasik garbhini paricharya* along with description of various types of aahar(diet), vihaar(normal daily activities) and sadavarutta (modifications in psychological behavior) during pregnancy.

REGIMEN AS IN AYURVEDA



1st month - Sushruta advices Madhura(sweet), Sheetala(cold) and Drava aahara (liquid food). Charak advices to drink Anupaskrta sheeta dugdha (non processed cold milk and saatmya bhojana).

2nd month - Charak advices milk processed with madura aushadhas. Sushruta recommends madhura (sweet), sheetala(cold), drava(liquid) food.

3rd month - Charaka recommends processed milk along with madhu(honey) and sarpi(ghee). Sushruta recommends Shastika shaali(variety of rice grown in 60 days) with milk.

4th month - Charaka advices that lady should drink milk along with laksha i.e. 12gms of butter. Sushruta recommends her to drink milk with butter, eat hridya(desired) food along with jangala(wild) meat, shastika rice with curd.

5th month - Charaka say the lady should take ghee extracted from milk. Sushruta recommends shastika rice with milk and ksheera sarpi(ghee extracted from milk).

6th month - Charaka recommends the ksheerasarpi (ghee extracted from milk) processed with drugs of sweet category(madhura oushadha). Sushruta advices to take ghee processed with Gokshura in adequate quantity or Yavagu (gruel) prepared with Gokshura .

7th month - Charaka advices to follow the regimen of 6th month in the 7th month also. Sushruta recommends her to take a ghee processed with Prithakparni .

8th month - Charaka advices her to take a gruel (yavagu) mixed with ghee and milk. Sushruta advices to give asthapana vasti to the pregnant lady then anuvasana vasti should be given using the oil prepared with sweet category of drugs and milk.

9th month - Charaka advices to administer anuvasana vasti with oil prepared with madhura skandha drugs and yoni picchu(keeping the cotton swab dipped in oil in the vagina) with the same oil. According to Sushruta the pregnant lady should enter the Sootikagara (a special house built with all facilities to conduct the delivery and to nurse the child) in the 9th month after checking good time and start living there.

Though we see some differences in the regimen during pregnancy in both systems of medicine, however aim is same and if we see the details regarding them similarity is much more than differences.

Some difference may be due to the changes in the diet, lifestyle, social factors remained at that time and in today's world with more stressful life, changes in the environment with different types of toxins responsible for various changes at mother as well as fetal level resulting in more fetal abnormalities, with development of more advanced technology like ultra sonography, karyotyping not available at that time.

So as a whole ANC is an important tool which should be used wisely according to the needs of today taking benefits from our ancient medicine system for maintaining a woman's health and as well as future of our society, children only who can lead to formation of a developed nation.





Practice of Yoga in Pregnancy



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Pregnant woman's health has become the prime concern in present time and her fitness – physical as well as mental. The normal growth and development of the fetus can be adversely affected by a number of factors such as infections, complications of pregnancy like PIH, Diabetes, etc., and psycho-somatic stress.

Pregnancy is a unique state of physiological stress which necessitates physical and social adaptations. Normal pregnancy is associated with physical alterations, normal changes (often associated with rapid changes in mood), anxiety regarding labor pain and fetal outcome. Throughout pregnancy, Female also suffers from complaints like backache, headache, heartburn, leg cramps, sleep disturbances, etc. All these potentially worsen the stress response.



Yoga is one of the most perfect Indian sciences based mainly on principles of physiology, psychology & physics. The regular practice of Yoga not only makes the body strong & flexible, it has been scientifically proved that Yoga improves the functioning of the respiratory, circulatory, digestive and endocrine systems. Yoga, with its unique qualities has paved the way for the present day world-wide appeal.

COMPLAINTS DURING PREGNANCY

- Stress: physical as well as mental.
- Anxiety: about child care, pregnancy outcome, child birth pain, etc.
- It is also, however true that pregnancy is a major life stressor that can unmask or exacerbate depressive tendencies.
- Physiological changes.

OTHER COMPLAINTS

- | | |
|----------------------|---------------|
| ● Backache | ● Headache |
| ● Fatigue | ● Heartburn |
| ● Constipation | ● Hemorrhoids |
| ● Sleep disturbances | |

BASICS OF YOGIC PHILOSOPHY

Defining Yoga: Yoga = "yuj" = to join

- Stabilizing the body & mind
- Control of the senses, willpower and mind (Swami Vivekananda)

YOGA ASANAS DURING FIRST TRIMESTER OF PREGNANCY

- **Ardha titli asana** – "Half Butterfly" – Sit with legs outstretched; bend the right leg as far as left thigh; place right hand on top of bend knee; hold the toes of right foot with left hand; while breathing in, gently move right knee up towards chest; breathing out, gently pull the knee down and try to touch the floor; repeat with left leg.

Benefits: Loosens hip and knee joints; Enables faster delivery

- **Purna titli asana** – "Full Butterfly" – Sit with legs outstretched; bend the knees and bring the soles of the feet together, gently bounce the knees up and down; repeat up to 20-30 time.

Benefits: Removes tiredness from inner thighs and legs.

- **Supta Udarakshan asana** – "Sleeping Abdominal Stretch Pose" – Lie in the back; interlock fingers of both hands and place hands beneath head; keeping the soles of feet on floor, bend your knees; while breathing out lower the legs towards the right, trying to touch the knees on the floor; at the same time move the head towards the left, giving uniform twisting stretch to the entire spine; repeat the same to the other side.

Benefits: Removes constipation, improves digestion; relieves stiffness.

- **Chakki Chalan asana** – "Churning the Mill Pose" – Sit with legs out stretched in front of the body; interlock fingers of both hands and hold the arms out straight in front of the chest. Make large circular movements over both feet, trying to take hands over the toes on the forward swing and coming as far back as possible on the backward swing; practice 10 times in each direction.

Benefits: Tones Pelvic Muscles.

- **Kashta Takshan asana** – "Chopping Wood Pose" – Sit in squatting pose with feet flat on the ground and at least one and half feet apart; clasp fingers of hand and place them on the floor between the feet; straighten the arms and keep them straight throughout the practice; elbows should be inside the knees; raise arms as high as possible, behind the head, stretching the spine upward; make a downward stroke; expel the breath making an "Ha" sound and removing all air from lungs; hands should return towards the feet.

Benefits: Loosens Pelvic Muscles.





- **Marjari asana** – “Cat Stretch Pose” – Sit with buttocks on the heels; raise the buttocks and stand on the knees lean forward and place the hands flat on the floor; inhale while raising the head and depressing the spine so that the back becomes concave; exhale while lowering the head and stretching the spine upward; at the end of the exhalation; contract the abdomen and pull in the buttocks; head will be now between the arms facing the thighs.

Benefits: Improves flexibility of the neck, shoulders and spine.

- **Kati chakrasana** – “Waist Rotating Pose” – Stand with the feet about half a meter apart and the arms by the sides; inhale while raising the arms to shoulder level; exhale and twist body to left; bring right hand to left shoulder and wrap left arm around the back; look over left shoulder; hold breath for 2 seconds; inhale and return to starting position; keep feet firmly on ground while twisting; repeat on other side.

Benefits: Tones waist, back and hips; relieves mental tension.

- **Tadasana** – “Palm Tree Pose” – Stand with feet together and arms on side; raise arms over the head; interlock fingers and then turn the palms upward; place hands over the head; inhale and stretch the arms, shoulders and chest upwards; raise heels to come up on the toes; stretch whole body from top to bottom; lower heels while exhaling and bring hands on top of the head.

Benefits: Helps develop physical and mental balance.

- **Utthanasana** – “Squat and Rise Pose” – Stand erect on feet about a meter apart, with toes turn out; interlock fingers of both hands and let them hang loosely in front of the body; slowly bend knees and lower buttocks; straighten knees and return to upright position.

Benefits: Strengthens muscles of uterus, thighs and ankles.

- **Kandharasana** – “Shoulder Pose” – Lie flat on back; bend knees, place soles of feet flat on the floor with the heels touching the buttocks; feet and knees may be hip width apart; grasp ankles with hands; raise buttocks and arch backward; try to raise the chest and navel as high as possible, without moving feet or shoulders; in final position, the body is supported by the head, neck, shoulders, arms and feet; hold pose as long as it is comfortable; release ankles and relax.

Benefits: Realigns the spine; relieves backache; improves digestion.

YOGA ASANAS DURING SECOND TRIMESTER OF PREGNANCY

- **Matsya Kridasana** – “Flapping Fish Pose” – Lie on stomach with fingers interlocked under the head; bend the left leg sideways and bring the left knee close to the ribs; right leg should remain straight; swivel the arms

to the left and rest the left elbow on the left elbow on the left knee.

Benefits: Stimulates digestion; removes constipation.

- **Vajrasana** – “Thunderbolt Pose” – Kneel on the floor; bring big toes together and separate the heels; lower



the buttocks onto the inside surface of the feet with heels touching the side of the hips; place hands on knees, palms down; back and head should be straight.

Benefits: Enhances digestive functions; relieves hyperacidity.

- **Bhadrasana** – “Gracious Pose” – Sit in vajrasana; separate the knees as far as possible, while keeping the toes in contact with the floor; separate the feet just enough to allow the buttocks and perineum to rest on the floor; try to separate the knees.

Benefits: Alters blood flow in pelvic region; strengthens pelvic muscles.

- **Hasta Utthanasana** – “Hand Raising Pose” – Stand with feet together and arms on the sides; cross hands in front of body; inhale and slowly raise arms over the head, keeping them crossed; at the same time bend head slightly backward and look up at the hands; exhale and spread arms out to the sides at shoulder level; inhale and reverse the movement, re-crossing the arms above the head; exhale and lower the arms straight down in front of the body.

Benefits: Removes stiffness from shoulders and upper back.

- **Meru Akarshanasana** – “Spinal Bending Pose” – Lie on the right side with left leg on right leg; bend right arm; place the elbow on the floor; support head on right palm; place left arm on left thigh; raise the left leg as high as possible, slide the left hand to the foot and grasp the big toe; repeat on other side.

Benefits: Relaxes hamstring, inner thighs and abdominal muscles.

- **Utthanasana**
- **Tadasana**
- **Kati chakrasana**
- **Marjari asana**





YOGA ASANAS DURING THIRD TRIMESTER OF PREGNANCY

- **Shoulder Rotation** – Place the right fingertips up on the right shoulder; slowly rotate the arm and shoulder joint around as if drawing a large circle with the tip of the elbow; extend the movement to rotate fully into the shoulder joint; performed with both arms as well.
Benefits: Improves circulation and flexibility in the shoulders and upper back.
- **Ardha Titali Asana**
- **Purna Titali Asana**
- **Supta Udarakarshan Asana**



YOGA ASANAS DURING SECOND TRIMESTER OF PREGNANCY

- **Matsya Kridasana** – “Flapping Fish Pose” – Lie on stomach with fingers interlocked under the head; bend the left leg sideways and bring the left knee close to the ribs; right leg should remain straight; swivel the arms
- Feeling of well-being.
- Relief of backache and improvement of posture.
- Reduction of constipation.
- Thermoregulation.
- Reduction of other minor complaints.



BENEFITS OF YOGIC POSTURES & PRANAYAMA IN LABOR

- Toned abdominal & perineal muscle.
- Proper breath holding.
- Reduction in labor pain.
- Reduction in anxiety.
- Shortening of duration of labor.

PRANAYAMA IN PREGNANCY

Pranayama appears to be a comprehensive respiratory exercise capable of inducing a number of systemic effects besides causing improvement of respiratory function.

PRANAYAMAS

- **Nadishuddhi** – Yogin sits in cross legged position; use right thumb to close the right side of nose; inhale deeply using left nostril; now close left nostril and exhale using right one; and vice versa.
- **Sheetali** – “Cooling Breath” – Inhale is drawn over the curled and extended tongue.
- **Bhramari** – “Bee Breath” – The yogin makes a humming sound while breathing.
- **Bhasrika** – “Bellows Breath” – Fast and forceful inhales and exhales driven by diaphragmatic breathing. Technically not a pranayama but a ‘Kriya’ (cleansing technique) to clear the nostrils and sinuses for pranayama.

ANTENATAL BENEFITS OF YOGIC POSTURES & PRANAYAMA

- Reduction of stress & anxiety.
- Normalization of sleep.
- Normalization of digestive symptoms.
Benefits: Realigns the spine; relieves backache; improves digestion.

YOGA POSTURES TO BE STRICTLY AVOIDED DURING PREGNANCY

- Poses that involve backbends, headstands, handstands and upward bow such as the Dhanura Asana (Bow Pose), Sarvangha Asana (Shoulder Stand) and Sirsha Asana (head Stand) should be avoided.
- Also avoid poses that involve stretching of the abdominal muscles such as the Pawan Mukta Asana (Wind Releasing Posture), Hala Asana (Plow Pose) and the Ushtra Asana (Camel Pose).
- After the first trimester you should also avoid any poses that are performed while lying on your back such as the Matsya Asana (Fish Posture)
- You should also avoid poses that involve balancing your body’s weight on one foot such as the Ekpada Asana (One legged Pose) or the Natraja Asana (King of Dance Pose)

So, this way one can keep themselves fit and stable during pregnancy and also cope up with their prenatal stress and anxiety. Apart from this, one can also be physically fit to deliver a baby without getting any complications. Yoga and Pranayama adds years to your life and life to your years.





Swarnaprashan - An Ayurvedic Immunization



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Vaccine were invented in wear past, but the basic idea of vaccination was described in Indian medical science – Ayurveda but we don't know about it. Different vaccines for different diseases are our recent vaccine concept. It can prevent only those diseases which it made for. Our body has self resistance power for preventing from various diseases, which is called by immunity. When it is disturbed then we become ill. Our body can produce immunity itself and vaccine helps to make it faster.

Modern Science has prevented several vaccines for several diseases and it is continually moving. The same principles of vaccine (improving immunity) were described in Ayurveda thousand years ago. If our body has sufficient immunity not a single infection or epidemic can affect us.

Therefore, Ayurveda gifted us Swarnaprashan to improve immunity of Child. 'Swarna' means 'Gold' and 'Prashan' means 'to lick'. Licking of Gold towards a child from birth to childhood mean up to sixteen years called as 'Swarnaprasha'. Swarnaprashan is one of the sixteen 'Sanskar' (rituals) which described in Ancient Indian Scriptural.

'Swarnaprashan' is a mixture of Suddha medhya aushadhi siddha ghruta (ghee fortified with medhya drugs), Suddha swarna bhasma (gold bhasma) and Suddha madhu(honey).

It is a unique Ayurvedic method of potentiating immunity and intellect under 16 years of all children. It is Safe and effective way to boost immunity and mental power - proven by classics. Swarnaprashan is administered in the form of drops(2-3 drops at a time) according to age.

Swarnaprashan develops medha (mental ability), agni (digestive power), bala (strength), aayu vardhana (prolonged life span), it is also Mangalakara(brings in good virtues in child, positive attitude in life, optimism, power to overcome mental and physical hardships, good fate), Vrushya(attractive nature and personality), Varnya(tones skin colour), Graha baadha nashaka(voids away associated evils).

If Swarnaprashan is done regularly for 1 month then child becomes extremely intelligent and remains unaffected by any infective diseases. Six months of regular

use of Swarnaprashan make child very intelligent, and he can remember all heard by him, means it improves memory and intelligence in so much amount.

It increases immunity, intelligence, prevents recurrent infections, improves memory, concentration and learning ability and thus has a wide positive role in physical and mental development of child. Thus Ayurveda vaccination has a scope of prevention on larger basis, no side effects or after ill effects, takes care of body, mind and disease equally. Swarna is one of the best medhya dravya explained in ayurveda. It is known to potentiate the memory power along with immunity.



The main reason for using madhu in Swarnaprashana is that when madhu is administered in low doses in childhood itself then child gradually develops resistance for allergens and it remains unaffected by allergens. Ghruta has the unique property of acquiring the gunas of dravyas which are added to it. Medhyaushadhis like manduka pami, brahmi, guducchi, yashtimadhu, vacha etc are added to ghruta and according to the procedure it is prepared. This ghruta is useful in potentiating the mental ability.

Children taking Swarnaprashan doses regularly can be easily distinguished from their remarkably outstanding physical and mental ability.

Excellent results have also been found in loss of concentration, hyperactivity, speech delay and improving general health in a normal healthy baby.





Formula Feed for Infants



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Infant formula is a manufactured food designed and marketed for feeding to babies and infants under 12 months of age, usually prepared for bottle feeding or cup-feeding from powder (mixed with water) or liquid (with or without additional water). Types of infant formula:

- Iron fortification
- Cow's milk formula
- Hypoallergenic formula
- Soya formula

Quantity: Babies steadily increase their intake through the first week and by day 6 you may notice your baby is following the general guideline of taking 150 ml per kg (For 2.5 kg baby – 375 ml) of his /her weight. Always fill the bottle with about 30 ml more formula than you expect your baby to take.

Heating: Don't microwave. Severe burns may result.

CHOICES OF NIPPLES AND BOTTLES

Pick a bottle and nipples that have just the right flow rate for the baby healthy, term baby may complete a feed in about 20 minutes. If the feed is very rapid (5- 10 minutes), the baby may feel unsettled.

Burping: If your baby is relaxed and feeding contentedly, don't interrupt the feed to burp him/her. A baby who needs to burp will begin to fidget and will burp rapidly when brought to an upright position. Babies may not burp at every feed.



PREPARATIONS FOR FORMULA FEEDING

Make sure to follow carefully the manufacturer's directions for preparing and storing formulas. Follow the manufacturer's directions recleaning and the bottles/nipples when you first bring them home. If you have well water or non-chlorinated water, boil bottles and nipples for 5-10 minutes. Bring to a full rolling boil for one minute the water then plan to use to make the formula.

Positioning: Feeding is very special time for baby and you. Cuddling your baby against your chest during feeds, and alternates the arm with which you hold him/her. Tickle your baby's lips with the nipple and wait for him/her to show interest before starting to feed.

Bonding: You and your newborn will enjoy and benefit from sometime spent skin-to-skin. Both parents can share this lovely experience. Undress your baby to the diaper and placed against your bare chest with babies head just under your chin. Cover with the blanket and enjoy!





Natural Ways to Alleviate Menopausal Effects



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Menopause is simply the end of menstruation. It is also referred to as the period before and after a woman's final menstrual cycle also known as perimenopause and post-menopause. Menopause generally occurs when a woman reaches 50 years of age. It can also occur as early as when she is 40 and as late as when she is 60. The age at which menopause occurs depends on hereditary issues among other factors. It has been found that women generally reach menopause at around the same age as their mothers.

WHAT CAUSES MENOPAUSE?

Generally when a woman reaches her 40's, her ovarian functions slow down. They cease production of eggs and the hormones estrogen and progesterone. These

hormones play an important role in the reproductive system and cause changes in the body with the most significant one being the end of the monthly menstrual cycles. Decreased estrogen levels are also said to be the cause of the various symptoms of menopause.

WHAT ARE THE SYMPTOMS OF MENOPAUSE?

Not everyone experiences menopausal complications. For some women these complications may be more strong than others:

- Hot flashes which includes sudden heating and reddening of the face, neck and upper back accompanied by sweating. Hot flashes generally last a few minutes.
- Night sweats which can cause sleep disruption and insomnia.
- Anxiety, nervousness, panic attacks
- Irritability depression
- Weight loss
- Tiredness and loss of interest
- Need to urinate frequently especially at night
- Pain during intercourse on account of thin vaginal tissues and dryness





HOW CAN MENOPAUSE SYMPTOMS BE TREATED ?

Management of menopause should be such that a woman could say, "For me no Pause." The objectives should be the maintenance of psychological and physical health of postmenopausal women, early detection of any malignancy, prevention of cardiovascular disease and osteoporosis. These objectives can be fulfilled either by hormonal and non-hormonal methods.

Hormonal Replacement Therapy (HRT) is mainly indicated in premature menopause. Due to potential health risks of HRT e.g. breast cancer, endometrial cancer, hypertension, liver disease weight gain etc. Non-hormonal therapy have been used for the treatment of post-menopausal symptoms. There are so many Indian herbs which can be used to counteract the effects of estrogen deficiency. Few of these are enlisted below:

HERBS IN AYURVEDA FOR MENOPAUSE

Shatavari (Asparagus racemosus)

Shatavari is the best and one of the most superior Rasayana (tissue rejuvenating herb) for women mentioned in Ayurveda;. It helps in balancing the female sex hormones due to its natural phytoestrogen content. common menopausal symptoms like hot flashes, dryness of genitals and inflammation of the genitals are relieved effectively by shatavari. Also, the risk of osteoporosis which tags along with menopause is minimized by the use of Shatavari. It is also beneficial for relieving the emotional disturbances of menopause. Milk is the preferred medium for taking shatavari supplements. Symptoms may be more strong than others.



Vidarikand (Pueraria tuberosa)

Vidarikand is yet another effective herb which relieves the symptoms associated with menopause due to its Rasayana (tissue rejuvenating) effects on the female tissues. It is rich in phytoestrogens (isoflavones) which help in soothing the hormonal imbalance of menopause. It also helps in relieving the annoying emotional symptoms associated with menopause. Vidarikand should be taken preferably with milk and on empty stomach.

Methika (Trigonella foenum-graecum)

Methika an excellent herb for treating the hot flushes of menopause due its natural phytoestrogen content. About 1 tea spoon freshly powdered fenugreek seeds can be taken three times a day with warm water on empty stomach for best result.

Mandookpami (Centella asiatica)

Depression, irritability, anxiety, apathy etc. have major impact on the quality of life in menopausal women. It helps in reducing the psychological and emotional symptoms of menopause. It is best taken early in the morning, on empty stomach for maximum efficacy.

DIETARY PLAN FOR MENOPAUSE

The complications during menopause can be reduced by bringing about changes in the dietary patterns. There are some very beneficial points that can be followed:-

- Bitter foods are good dietary indications. The dark green leafy vegetables are mostly bitter in taste. They must be regularly incorporated in the diet as a woman is moving towards her menopause.
- Astringent foods are also advantageous. These foods include beans, soybeans, potatoes, cabbages and poultry foods. Both the bitter and the astringent foods help in reducing the excess heat in the woman's body that is produced during menopause.
- Foods that are sour, salty and pungent are contra-indications for menopause. Onions, garlic, mustard and chillies are pungent foods. Tomatoes, tamarinds, vinegars and curds are sour foods. These must be avoided.
- Consume foods that can provide some phytoestrogens. Such foods are watermelon, berries, legumes, licorice and pomegranates.

During menopause, the need of the following nutrients increases:-

- a) Vitamin D – obtained from egg yolk, milk and animal liver
- b) Vitamin K – obtained from green vegetables, cereals and animal foods
- c) Magnesium –obtained from nuts, bananas and dairy products
- d) Manganese – obtained from cereal, bran, nuts and tea
- e) Calcium –obtained from milk and milk products.

If there is any bleeding after menopause, you should get checked by a doctor since it could be a sign of uterine cancer among other possibilities.





Manage Knee Joint Osteo-Arthritis with Physiotherapy



Dr. Kirti Kapoor

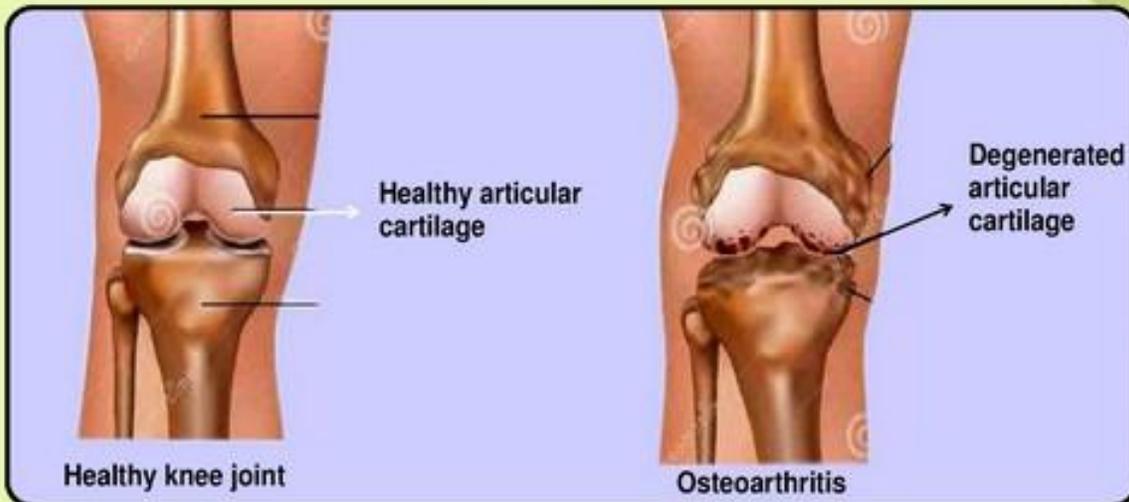
Physiotherapist,
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Chandigarh

Knee joint arthritis occurs due to degenerative changes in the cartilage, bones and synovium. The cartilage becomes thin and roughens and the synovium swells producing extra fluid thereby swelling the joint. Muscles weaken and get wasted. Due to these changes the space between the bones particularly the inner side gets decreased leading to reduction in mobility of the knee joint and further resulting in crackling sound and locking it. It leads to deformities such as bow legs.

EXERCISES

Exercises for strengthen your knee especially quadriceps and hamstrings which will help in normalize your knee joint range of motion and reduce the knee pain and inflammation.

- **Static Quadriceps Contraction:-** Place a pillow or rolled towel under the knee and tighten your muscles of the leg without moving the knee. Repeat 10 times.
- **Knee Bend To Straighten:-** Lying on your back slowly bend the knee as far as you can go without pain provided you feel mild to moderate stretch Repeat 10 times.
- **Ultrasonic massage:-** Here high frequency sound waves are used to penetrate deep into the body tissues and these sound waves helps to relive chronic pain.
- **T.E.N.S (Trans-cutaneous Electric Nerve Stimulation) :-** It is a technique in which an electric



DO'S & DON'TS

Avoid the following:

- Sitting for long periods of time
- Squatting
- Climbing
- Prolonged standing
- Using low bed, chair and toilet

Treatment

- Weight reduction is essential,
- Wearing sport shoes, walking aids and knee braces which will help in improving the gait and balance.

current is produced by a device is used to stimulate the nerve for therapeutic purpose. Its mainly used as a supporting aid to reduce chronic muscular pain.

Treatment is effective if initiated at an early stage of arthritis and exercise regime adhered to. It helps to facilitate recovery enabling people to stay in work while helping them to remain independent for as long as possible.





Ksharasutra - Unique in Ayurveda



Dr. Ashutosh Tripathi,
Associate Professor, Dept of Shalya Tantra,
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Assistant Professor, Dept of Sharir Rachna,
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Kshara is a kind of medication described in Ayurveda Texts for the management of various disorders. The word *Kshara* is derived from the root *Kshar* means to melt away or to perish. According to the preparation we can consider it to be caustic materials, obtained from the ashes of specific plant after distillation and are mostly alkaline in nature.

TYPES OF KSHARA

According to the administration it is of two type:-

1. Paniya Kshara (for internal medication) The Paniya Kshara is mostly used for the treatment of diseases like artificial poison, abdominal lump, indigestion, calculus etc.
2. Pratisaraniya Kshara (external application). The Pratisaraniya Kshara is used to apply on tumors, piles, fistula in ano, skin diseases etc.

DRUGS USED

Many drugs have been advised by Sushruta and other Ayurvedic texts for the preparation of Kshara. The important are - Palasa- *Butea monosperma*, Erythrina indica, Terminalia bellerica, Cassia fistula, Plumbago zeylanica.

THREE TYPES OF KSHARAS ARE PREPARED ON THE BASIS OF THEIR STRENGTH

1. Mild - Mridu,
2. Moderate - Madhyama and
3. Strong - Tikshna.

The final three coatings are completed with snuhi ksheera and fine powder of turmeric in the same fashion. Thus twenty-one coatings over the thread are completed.

GENERAL ADVICES AFTER KSHARASUTRA THERAPY

1. To be ambulated (stay active like walking) during the period of treatment.
2. To take normal food daily and avoid irritant spicy food.
3. To take fibre containing diet & vegetables with plenty of water.
4. To avoid such types of foods which cause constipation.
5. To keep the bowel clear regularly by taking suitable and mild laxatives.

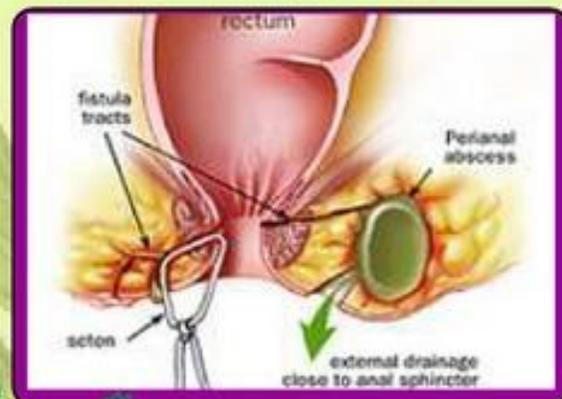
6. To avoid prolonged sitting as well as standing during the treatment.
7. To avoid long distance travelling and driving.
8. To keep the anal region clean and do proper dressing.
9. Sit in luke warm water for 10 minute twice a day for one week.

BENEFITS OF THE KSHARSUTRA THERAPY

1. It is an Out Patient Treatment.
2. Performed mostly under Local anesthesia.
3. Only 30- 45 minutes is required for the procedure.
4. Hospital stay is usually minimum (5-6 hrs).
5. Minimal bed rest is required after the procedure.
6. Patient can resume his / her daily routine within 3 to 5 days.
7. The recurrence rate is very less after Ksharsutra ligation procedure.
8. Most important benefit of Kshar Sutra Therapy over Modern Surgeries is that the muscles that supports the Anus and helps in controlling the bowel movements are not dissected and hence the possibility of Anal Incontinence (loss of power to hold stools) is not lost.
9. Kshar Sutra is now a popular treatment modality in India for the management of fistula in ano, piles, fissure tag, pilo-nodal sinus.

WHAT AYURVEDA CAN DO

Kshar sutra is not yet globally accepted basically due to lack of standardization and poor acceptability by modern surgeon due to lack of knowledge training and fear of complications. Standardization of kshar sutra requires standardization in preparation technique, process and quality standards including its packing storage, labeling and developing scientific parameters.



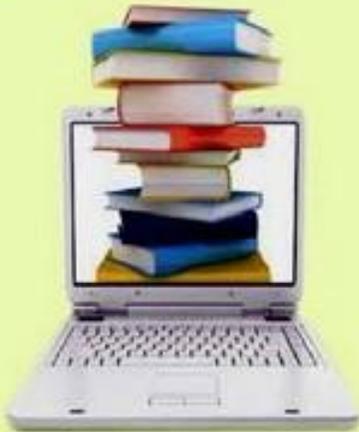


Merging of Ayurveda with Computational Technology



Mr. Madhav Prabhas
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Computers play a key role in almost every sphere of life. They facilitate storage of huge amounts of data; they enable speedy processing of information and they possess an inbuilt intelligence. Computer storage can serve as the best means of housing vast base of ayurvedic knowledge.



Computer software is used for diagnosis of diseases. It also allows faster communication of data as well as communication between a patient and a doctor. With the advent of Smart Phone Technology, one can use their Android phones and iPhones for accessing different databases in the internet. Mobile world also have a number of apps that give a detailed knowledge about Ayurveda. One can even find different kinds of e-books on Ayurveda and details of different medicinal plants that give detailed information for students, academicians as well as laymen.

DIFFERENT TOOLS / DATABASES / SOFTWARES USED IN AYURVEDA

- 1. AYUSH Research Portal** – Evidence Based Research Data of AYUSH Systems of Global Level by Ministry of AYUSH, Government of India. This database consists of articles with different types of research. Available online with URL <http://ayushportal.nc.in>
- 2. Indian Medicinal Plants Database** – This database correlates 7263 botanical names with around 1,00,000 vernacular names of plants entities in 9 different languages; it also includes 5000 plant images of medicinal plants appropriately linked to proper botanical names.
- 3. AyuSoft** – Developed by CDAC-HBCG – AyuSoft is a vision of converting classical Ayurvedic texts into comprehensive, authentic, intelligent and interactive knowledge repositories with complex analytical tools.
- 4. FRLHT** – Encyclopedia on Indian Medicinal Plants – A unique, well-researched, comprehensive database on Indian Medicinal Plants available for researchers, academicians, school students, and even general public; presently stores 7637 botanical names with 119183 vernacular names from 12 languages across India.
- 5. Herbalnet** – Another database which has extensive information on medicinal plants.
- 6. Ki-Atsu Ayurvedic Diagnostic** – Provides an online management system to accurately diagnosis a patient; provides therapists with a multifaceted treatment program to address a patient's condition.
- 7. Ayurveda Almanac** – A computer program that provides quick and easy access to holistic information about Ayurveda. Determine your Mind/Body type to learn about yourself.
- 8. Holisticonline.com** – Diagnostic Test for Tridosha – This test will determine your Ayurvedic Dosha based on the answers you supply; give your Ayurvedic mind-body constitution.
- 9. DHARA** – Digital Helpline for Ayurveda Research Articles – consists of detailed information on all the articles published in the field of Ayurveda.
- 10. TKDL** – Traditional Knowledge Digital Library – TKDL provides information on traditional knowledge existing in the country, in languages and format understandable by patent examiners at International Patent Offices (IPOs). The project TKDL involves documentation of the traditional knowledge available in public domain in the form of existing literature related to Ayurveda, Unani, Siddha and Yoga, in digitized format in five international languages which are English, German, French, Japanese and Spanish.
- 11. AAMRA** – Allied Ayurvedic Medical Research Abstracts - An Online Indexing Service.





DIFFERENT MOBILE APPLICATIONS

1. **Medicinal Herbs** – A collection of herbs with their descriptions that are used in complementary and alternative medicine for the illness treatment.
2. **Ayurvedic Plants and Drugs** – Traditional Indian Herbal Medicine. This Application provides list of Ayurvedic Plants along with its details and image (picture) of each herb / herbal plant.
3. **Ayurvedic Medicine Guide Hindi** – Include universal interconnectedness, the body's constitution (prakriti), and life forces (dosha).
4. **Ayurveda** – Ayurveda app is a handbook that will help you to understand one of the most ancient traditional medicinal systems and will let you always have its recommendations at hand.



5. **Ayurvedic Home Remedies** – Unique collection of best known remedies for diseases; it comprises of description, images, symptoms, causes, remedies, do's and don'ts for each disease.
6. **Ayurvedic Plants and Herbs** – This Application provides list of Ayurvedic Plants along with its details and image (picture) of each herb / herbal plant.
7. **Ayurvedic Tips** – Through this app, you will not only get access to the remedies or the treatment.
8. **Indian Ayurvedic Home Remedies** – This app gives detailed information on Ayurveda. One can find Herbs information, home remedies, health concerns & disease, yoga and pranayama, fruits & vegetables, beauty care, healthy diet, personal development, health tips, etc.
9. **Ayurveda Remedy and Prevention** – One of the top 50 most downloaded health application in Apple appstore for last 7 Months; includes hundreds of natural home remedies from Ayurveda.
10. **Yoga for all** – Covers 55 different Yoga Asanas and Pranayamas.
11. **Ayurveda Vata-Pitta-Kapha Quiz** – The Ayurveda Vata-Pitta-Kapha quiz is an insightful and fun way to discover your Ayurveda mind/body type, bring forward your best qualities and live in balance with your own nature. It is quick and easy to use.

12. **AyurCare** – An Ayurveda guide for your personal well being; this app features home remedies, ayurvedic herbs, beauty tips, etc.

Apart from these different tools, softwares and mobile applications, one can also find electronic journals (e-journals) and ayurvedic magazines which give detailed information on different topics of ayurveda. According to DHARA, there are about 83 periodicals / journals in Ayurveda out of which 56 are available online on the internet.



DHARA also gives a list of 10 most searched journals for Ayurveda and allied subjects on their DHARA database:

- Ancient Science Of Life
- Alternative Medicine Review
- Aryavaidya
- AYU
- Indian Journal Of Experimental Biology
- Indian Journal Of Traditional Knowledge
- Journal Of Ethno pharmacology
- Journal Of European Ayurvedic Society
- Journal Of Indian Medical Heritage
- Journal Of Research And Education In Indian Medicine

Ayurvedic journals, research & diagnosis papers, important medical documents and reference books can best be stored and retrieved in electronic format. Ayurvedic professionals sitting on opposite sides of the globe can communicate within minutes by means of the internet. So, one can see how the advent of new computational technology can improve the adaptability of the field of Ayurveda.





Myths and Facts About Ayurveda



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Allopathy is the mainstream healthcare system adopted by most countries. But the prevalence of use of traditional systems of medicine is increasing even in developed countries. Ayurveda has been widely recognized as a system of natural healthcare congenial to the health needs of the modern world. However, despite its increasing popularity across the globe, many people are often hesitant in approaching Ayurveda. The main reasons could be that ayurveda is associated with handful of myths and misconceptions. Though the treatment therapies of ayurveda are widely sought around the world, people tend to have more delusions than proper awareness about this ancient treatment.



MYTH- PULSE (NAADI) EXAMINATION IS THE ONLY EXCLUSIVE WAY TO DIAGNOSE DISEASES IN AYURVEDA.

FACT- Diagnosis is a very vital aspect of Ayurvedic treatment. Diagnosis according to Ayurveda is to find out the root cause of a disease. Several methods of patient examination have been described in ayurveda, like three fold, eight fold and tenfold examination. Pulse examination is just a part out of these and not as a whole. Eight fold to examine a patient includes; Naadi (Pulse), Mutra (Urine), Mala (stool), Shabda (voice), Jivha(tongue) Sparsha (skin), Drik (Eyes) and Aakriti (body build). Assistance of modern diagnostic tools; Laboratory and Radiological investigations like X-ray, ultrasonography etc. can be taken to make Ayurvedic diagnosis.

MYTH- AYURVEDIC MEDICINES ARE SLOW IN ACTION AND TAKE LONG TIME TO WORK.

FACT- It's not true. There are fast acting medicines in Ayurveda too. Ayurvedic medicines are effective even in

some acute conditions like fever, pain, cough, Abdominal discomforts etc. Most of the patients visiting ayurvedic practitioners take their time in trying the other systems of medicine so as to derive a faster result. This not only delays the effect of the Ayurvedic medicine, but also converts disease in more complicated advance stage. Ayurvedic remedies are targeted towards chronic (long standing) disorders like Asthma, Arthritis, Allergy, Impotency, skin disorders etc. So it's important to realize that Ayurveda can be highly effective and faster acting if the patient approaches it in early stages and gives it time to heal their body.

MYTH- AYURVEDIC TREATMENTS DO NOT INVOLVE SURGERIES.

FACT- In Ayurveda, surgery is a well developed scientifically tested and proven solution for a variety of ailments. Susrutha Samhita is the oldest known surgical text described by Acharya Sushrut; "Father of Surgery". The text discusses surgical techniques of making incisions, probing, extraction of foreign bodies, alkali and thermal cauterization, tooth extraction, excisions, and trocars for draining abscess, classification of eye diseases including cataract surgery, draining hydrocele and ascitic fluid, the removal of the prostate gland, urethral stricture dilatation, vesiculolithotomy, hernia surgery, caesarian section, management of haemorrhoids, fistulae, laparotomy and management of intestinal obstruction, perforated intestines, and accidental perforation of the abdomen with protrusion of omentum and the principles of fracture management, viz., traction, manipulation, appositions and stabilization including some measures of rehabilitation and fitting of prosthetics. Classical Ayurveda para-surgical (non-invasive) procedures such as Kshara Karma (alkali application), Kshara Sutra (Medicated threads), Agni Karma (Cauterization), Rakta Mokshana (Blood letting) are performed under strict guidelines. So ayurveda is well equipped with surgical management.

MYTH- AYURVEDA IS ONLY HOME REMEDIES.

FACT- Each medicine that is offered to public, whether allopathic or Ayurvedic has to undergo careful clinical trials and certification process. Ayurveda practitioners have to undergo university based medical education of at least four and half year duration proceeded by one year clinical training; internship period. Ayurveda, by all means, is a scientifically proved and science backed medical stream and in tune with modern science. Ayurvedic treatment taken under the supervision of a qualified physician is based on many parameters of patient as well as the disease.

MYTH- AYURVEDA MEANS BODY MASSAGE

FACT- Massages are just prerequisite part of detoxification process i.e. Panchkarma. Like selection of a





particular drug for some diseases, type of massage to be advised is specific and it's not just like spa massages.

MYTH- AYURVEDA MEDICINES ARE HARMLESS AND THUS CAN BE SELF-PRESCRIBED

FACT- It's a wrong practice; and improper use of Ayurvedic medicines can bring in serious harm. Ayurveda is not just the knowledge about some herbs and their medicinal properties. It is a medical science involving detailed study of human beings, the detailed study of diseases and their treatment using natural resources. Like allopathic medicines, Ayurvedic medicines should also be used with the prescription of a qualified practitioner, after the proper diagnosis of the disease. According to Ayurveda, different people have different physiological constitutions i.e. Prakriti. A medicinal preparation, prescribed for a person for a disease cannot be declared as the common treatment for that particular disease. So, the choice of the medicine depends upon the body constitution of the patient, the stage of the disease, the intensity and proportion of Doshas involved in the disease and the assessment made by the qualified Ayurvedic doctor.

MYTH- AYURVEDIC MEDICINES DO NOT COME WITH AN EXPIRY DATE

FACT- It's not true in totality. Herbs have chemical constituents in them and these change over time due to environmental conditions. The expiry date of Ayurvedic herbal medicines largely depend on the quality of herbs and ingredients used in Ayurvedic medicine. Drugs and Cosmetics (Amendment) Rules, 2005 MINISTRY OF HEALTH AND FAMILY WELFARE [Department of Ayurveda, Yoga and Naturopathy, Unani, Siddha & Homoeopathy (Ayush)] have established the shelf life period of the Ayurvedic medicines.

SOME COMMONLY USED GROUP OF AYURVEDIC MEDICINE SHELF LIFE & / EXPIRY DURATION:

S. No.	GROUP OF AYURVEDIC MEDICINE	SHELF LIFE & DURATION
1.	Churna / Kwatha Churna (Powder/Decoction)	1Year
2.	Gutika (Varti-Gutti / Pills / Tablets except Gutika with Rasa)	2 Year
3.	Rasausadhis, Aseva Arista	No Expiry Date
4.	Avaleha like Chyawanprash	2 Year
5.	Taila	2 Year
6.	Svarna, Rajata, Lauha, Mandura, Abhraka bhasma, Godanti, Shankha Bhasma etc.	No Expiry Date
7.	Naga Bhasma, Vanga Bhasma, Tamra Bhasma	5 Year
8.	Syrup/liquid oral	

MYTH- AYURVEDA IS PRIMITIVE AND NOT A SCIENTIFIC SYSTEM OF MEDICINE.

FACT- Ayurveda is the science of life. It is the traditional form of medicine for more than 5000 years. It was very well documented when civilization had not even started in the western countries. The human anatomy was well known and the knowledge about human body was obtained by dissection of dead bodies. There were researches and clinical trials that kept on increasing the knowledge gained. Diagnosis of each and every disease, description and use of each herb, mineral and facts about food were recovered and systematically documented. The Central Council for Research in Ayurvedic Sciences (CCRAS) is an autonomous body of the Ministry of AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homeopathy), Government of India. The Central Council for Research in Ayurvedic Sciences (CCRAS), an apex body for the formulation, coordination and development of research in Ayurveda on scientific lines was established in March 1978 after reorganization of Central Council for Research Indian Medicine & Homoeopathy.

MYTH- AYURVEDIC MEDICINE IS TOO EXPENSIVE

FACT- Most Ayurvedic medicines are not so expensive to become out of reach of common man. only some preparations like those containing Gold, Silver, Diamond, Mercury, rare Herbs etc. are costly and These are generally prescribed only in case of chronic or severe form of disease. In fact most of the Herbs advised by Ayurvedic consultants are available free of cost in gardens or roadside.

MYTH- AYURVEDA CAN TREAT ANY INCURABLE DISEASE OF ANY STAGE

FACT- Certain diseases challenging for other branches of medicine can be easily cured by ayurveda. But of course not all medical conditions can be cured by ayurveda. Ayurvedic science works for good genetically determined characteristics of both the external and internal features rather than simply focusing on curing diseases. As like modern science, Ayurvedic text too has classified diseases as curable or incurable. There are several principles to decide the nature and prognosis of disease in ayurveda.





SUKHAYU HEALTH QUIZ

Q1. Ayurveda is ?

- a) Ancient Science of Life
- b) Mother of all Healing Systems
- c) Knowledge of Life
- d) All of the above

Q2. Grishma Rutu (Season) is from ?

- a) 20th April to 21st June
- b) 19th February to 19th April
- c) 21st June to 21st August
- d) None of the above

Q3. Food to be taken in moderation during summer ?

- a) Wheat
- b) Barley
- c) Seafoods and Eggs
- d) Rice

Q4. Recommended oil to be taken according to obesity diet plan per day ?

- a) 10 gm
- b) 15 gm
- c) 20 gm
- d) 25 gm

Q5. True about Giloy or Guduchi is ?

- a) Botanical name is Tinospora cordifolia
- b) Called as "Amrita"
- c) Its starch extract is called "Satva"
- d) All of the above

Q6. Essential Vitamin D requirement per day during Ante Natal Care is ?

- a) 5 mcg
- b) 2 mcg
- c) 1 mcg
- d) 50 mcg

Q7. Yoga asana to be strictly avoided during pregnancy is ?

- a) Matsya Kridasana
- b) Chakki Chalan asana
- c) Marjari asana
- d) Dhanura Asana

Q8. Recommended nakshatra of Swarnprashan ?

- a) Bharani Nakshatra
- b) Ashwin Nakshatra
- c) Pushya Nakshatra
- d) Revati Nakshatra

Q9. Full form of TKDL is ?

- a) Tibbati Knowledge of Digital Language
- b) Traditional Knowledge of Digital Library
- c) Traditional Knowledge of Dhara & Linguistics
- d) None of the above

Q10. Truth about Ayurveda ?

- a) Ayurvedic drugs have toxic effects on liver and kidney
- b) Ayurvedic medicines are expensive
- c) Ayurveda is non-surgical management
- d) None of the above





SUKHAYU HEALTH QUIZ **ENTRY FORM**

Last date for sending entry form is 30th July, 2015

Name Mr./Ms./ Mrs.
Full Address:
State: Pincode:
Age..... Academic Qualification.....

- How would you rate our magazine on a scale of 1 to 5?
- Topics/ Features you would like to suggest in forthcoming issues
.....
- No. of Questions Solved:
- I have read and understood the rules of Sukhayu Health Quiz and agree to abide by them

(Signature)

RULES OF HEALTH QUIZ

Answer Form.

Q. No	A	B	C	D
1.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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9.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

1. One should go thoroughly with the articles in the magazine to answer the questions in the health quiz.
2. Reference for answers of health quiz will be dependent on the facts based on the articles of our magazine.
3. Entries are to be sent by ordinary post. Please mark your envelope "Sukhayu Health Quiz" on the top center.
4. Answers given only on the Entry Form of the magazine will be admissible.
5. Persons from Shri Dhanwantry Ayurvedic College & Dabur Dhanwantry Hospital, in any form, is not eligible for participating in the health quiz.
6. Lucky draw results along with correct answers will be displayed on our website link www.dhanwantrychd.org as well as in the next edition of magazine.
7. Prize distribution for lucky winners will be as under:
1st Prize - Free 10 subsequent editions of the magazine
2nd Prize - Free 6 subsequent editions of the magazine
3rd Prize - Free 3 subsequent editions of the magazine
8. The decision of the editor is final and binding in all cases and will not be a matter of consideration of court and no correspondence will be entertained in this concern.
9. Last date for the receipt of the entries of the Sukhayu Health Quiz in the office of Shri Dhanwantry Ayurvedic College, Sector 46 B, Chandigarh is 30th July, 2015.

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1: Vijay Yadav et al., Advances in Applied science research, 2012, 3 (6): 3581 – 3586

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