

# SANTWANAM

An online magazine for everyone on Ayurvedic principles, practice, medicines, and practical experiences

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*Namaste*

April 7th every year is celebrated as World Health Day under the patronage of the World Health Organization with Universal Health Coverage as the theme for this year.

Good social and personal hygiene is essential for a healthy living. Yet it is often neglected. This negligence can lead to spread of many diseases.

In view of this, we are discussing about hygiene from an overall health perspective, in general, and Ayurvedic perspective in particular in this issue.

Often, hygiene is considered to be a personal responsibility. But we are living in a society and the social environment has to be supportive. Each and every member of society and the established practices in the society go a long way in promoting or destroying social hygiene.

Body, mind and soul are not considered watertight compartments in Ayurveda. It advocates practices for maintaining good social, mental and physical hygiene.

As the world is gearing up to celebrate

Inside this issue!

| Topic                | Page # |
|----------------------|--------|
| Namaste!             | 1      |
| Healthy Tips         | 2      |
| Better eating habits | 2      |
| Healthy living       | 3      |
| Know your medicine   | 3      |
| Contact us           | 3      |

World Health Day, let us do our part by ensuring mental and physical hygiene and by helping to maintain better social hygiene.

At Santwanam, our goal is to provide the consoling touch to those who suffer as we, as a human race, work towards our goal.

As we work towards that goal, we look forward to your contributions by way sharing your knowledge and experience. Also, please do send this magazine to your near and dear ones, as it might be of some help to them

*'lokaa samastaa sukhino bhavantu'*

## Healthy Tips

A few time-tested practices can make your life healthy and happy.

1. Wake up early, and take some time for a short meditation or prayer.
2. Drink enough water. It helps in free passage of motion and urine.
3. Inculcate habit of passing urine and motion early in the morning. If it is not happening as a routine, it is a cause of concern. Inform your physician as it may indicate some potential illness.
4. Brush your teeth well to remove accumulated dirt with powder/paste having antiseptic properties, at least twice a day. Remember to clean tongue and gum as well. Use device without sharp edges. Gargling with saline water is also good.
5. Massage your body with suitable oil before taking bath. It helps in free movement of joints and muscles. It improves blood circulation, and makes skin soft, supple and shiny.
6. Physical exercise helps to improve vitality, increases blood circulation, builds stamina, and helps to develop natural resistance to diseases.
7. Take bath with clean and warm water
8. Eat balanced diet suitable to your body constitution.
9. Avoid sleeping during the daytime.
10. Avoid going to sleeping late in the night.
11. Bed and bedroom should be neat, clean, and free of dust and bugs.
12. Relax mind with prayer, music or meditation before going to bed.

## Better Eating habits

1. Eat food when you are hungry.
2. Eat ginger or any digestive before food.
3. Food must be prepared and presented clean and fresh.
4. Food should neither too hot nor too cold.
5. Food should be tasty and suitable to individual's body constitution.
6. Chew the hard substances properly.
7. Avoid food which is too spicy or oily.
8. Avoid heavy food at night. It can potentially affect your sleep.
9. Even in the day time, heavy food should be taken only a little.
10. After dinner, go for a short walk.
11. Sleep after 1-2 hours after food.

**With Best Compliments from:**



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## Healthy living!

Personal hygiene is important for healthy living, just as food, sleep, and exercise. A little care would go a long way in maintaining health and preventing spread of diseases. It is important from one's own health perspective as well as for the overall social good.

Traditionally, Ayurveda has given great importance to personal hygiene, so much so that it is integrated into daily regimen (dinacharya).

Specifically, dinacharya includes, but is not limited to:

- ✓ Drinking enough water to ensure free passage of urine and motion
- ✓ Habit of getting up early and passing of urine and motion
- ✓ Brushing of teeth and tongue
- ✓ Taking bath with warm water

We are advised not to control urges (vega) like sneeze, urine, motion, tears, yawn, etc. It is said such control on a regular basis can have an adverse effect on the body.

We, as a human, are a social being. Therefore, good hygiene also includes hygiene of the mind. It, in turn, helps to create a good hygienic environment to live in. Dinacharya, therefore, also recommends specific practices that help to establish a hygienic living environment.

Following advices for good hygiene, let us make the world a better place to live for ourselves as well as for others.

## Know your medicine

### Balaajeerakaadi Kashaayam

#### Ingredients (from Sahasrayogam)

Sida Rhombifolia (bala), cumin seeds (Jeera), Vilva (Aegle marmelos), Dried ginger (Zingiber Officinale), Nut Grass (Cyperus Rotundus), Vrisha (Adhatoda Vasica), Devdaaru (Cedrus Deodara), Guha (Pseudarthria viscida), Sugarcane, Parched Grain

*" bala jeeraka vilvaabdha  
vrisha visvasuradrumah  
guheshu laajasahithair-  
nishkvaathhah svaasakaa sahaa"*

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