

SANTWANAM

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

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Namaste

Santwanam was started last month as an online magazine on Ayurveda with the intent of sharing information and extending consolation for everyone. We are glad to share the overwhelming response that we received for this humble beginning.

Ayurveda is getting increasingly popular as safe healthcare system as well as a way of life. However, many of those who follow Ayurveda are not aware of related concepts and principles, as well as medicines and treatment they take.

This is a humble initiative intended to share information of Ayurveda for the benefit of everyone.

In this issue, we continue the discussion on the concept and importance of Agni, as well as healthy living practices. In the last issue, we explained ingredients of Ashtachoorna in 'Know your medicine'. In this issue, we provide information of ingredients of Triphala

'lokaa samastaa sukhino bhavantu'

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The Concept and Importance of AGNI

(continuing from previous issue)

VISHAMA- irregular - sometimes digesting a heavy meal and at other times unable to digest a normal meal. This is due to Vata.

TEEKSHNA- intense -resulting in very quick digestion of food and therefore a resulting in a strong and excessive appetite. This is due to Pitta

MANDA - unable to digest even normal food. This is due to kapha.

When the tridoshas function normally, the AGNI becomes SAMA, which can digest food taken at proper times in proper quantity comfortably, causing no

discomfort.

The importance of agni in ayurveda is such that all treatments start with the correction of agni. according to ayurveda

"rogaah sarve api mande agnou"

All diseases arise due to poor digestive process

Therefore food has to be taken in proper quantity at proper times to avoid any indigestion. irregular meal times can hamper agni causing indigestion; so can excessive or inadequate food

The food that one consumes should be that which one is accustomed to, that which is light and easy to digest and preferably hot, with full devotion towards it. It should be taken neither too fast nor too slow.

Food stuffs like **curd, uncooked vegetables, alkaline foods, sprouts, black gram, tubers** and the like should be **avoided** for regular use

Edible made of rice , wheat, barley, green gram , snake guard, gooseberry, honey , pomegranate and the like may be consumed regularly .

Eatables that are **heavy to digest, sweet by nature** should be taken **at the beginning of the meal** while those with the **opposite quality towards the end.**

One should take food only to the **half of one's stomach capacity** (not to eat to the feeling of 'too full')

All these are some of the many ways to avoid indigestion and to ensure the maintenance of an optimum level of AGNI.

As the saying by Jean Jacques Rousseau goes- "**Happiness requires three things: a good bank account, a good cook and a good digestion.**"

-- Dr. Mayookha Madhusudanan



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Know your medicine

Triphala

Ingradients (from Bhaishajyaratnaavali)

Patya = Kadukka (Terminalia chebula),
Vibhitaki = Tannikka (Terminalia bellirica),
and Dhaatree = Nellikka (Phyllanthus emblica)

"pathhyavibheetakam dhaatree triphala mahatee smrita"

Powder made from all these three is called Triphalachoornam

Errata

Please read the second line of sloka given in 'Know your medicine' in the [previous issue](#) as:

"samadharanadhritaanaamashtamo himgubhaagah"

Healthy living!

The food that we consume nourishes body, only when it is digested well and absorbed into our system. If not, it can have toxic effect and body will try to reject it. If it does not get rejected and get into the system somehow, it can have near term, medium term or long term on health

While there can be general guidelines, each person must be following what is apt for him or her. Each person is unique in terms of his or her nature, social circumstances, occupation, etc. Also, often, food habits are dictated by social circumstances like occupation as well as person factors like beliefs and taste.

In Ayurveda, people can be broadly classified into three broad categories based on Koshta. Koshta refers to gastro-intestinal tract.

Categories are:

Kroorakoshta
Mridukoshta and
Madhyakoshta

"koshtah krooro mridurmadhyo madhyah syaat taih samairapi"

Capacity for digesting and absorbing food will vary depending on the kind of koshta.

This classification is influenced by natural tridosha equilibrium of that person.

Apart from these, the factors like fear, anger, sorrow and stress have impact on the digestion and absorption of food.

These are some aspects which Ayurvedic physicians consider while prescribing medicines. Many people are under a false notion that Ayurvedic medicines, being safe, can be taken even without a doctor's advice. But, they need to be taken as per advice of a well-qualified and experienced Ayurvedic physician, for the treatment to be effective

More on healthy living in the next issue

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