



SANTWANAM

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

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Namaste

In this issue, we are discussing about obesity and heart disease. Both are partly influenced by genetics. Yet the recent increase even among young people is really disturbing

In general, they can be managed by making changes in lifestyle, work environment and diet. Intention behind the discussion is to generate the awareness, leading to eventual solution.

It is encouraging to see that Government of India is taking initiatives to provide a strong foundation in India for Ayurveda. You can read about them in Ayurveda in News section

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'

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Ayurveda in News

Raising towards excellence

'Raising towards excellence', the conference of head of National Ayush Institues was held in New Delhi on July 17th-18th 2018. This was organized by All India Institute of Ayurveda on behalf of Ministry of Ayush.

MoU on scientific research on Ayurveda

All India Institute of Ayurveda and IIT-Delhi signed a Memorandum of Understanding (MoU) on July 17, 2018. This is expected to encourage research in ancient Indian medicines to enhance "scientific validation" and provide integration with technologies

Obesity, and its treatment

Obesity is considered as 'Medoroga' or 'Sthaulya Roga' in Ayurveda. When the weight and accumulated fat is very high, it affects the person's overall health, and longevity. Obesity, its complications and treatments are discussed centuries back by the great sage Charaka in Charaka Samhita.

Specifically, it has impact on circulatory system, respiratory system, and skeletal system. It even affects comfortable sleep. It can also lead to further complications like i) High cholesterol and triglycerides, ii) Type 2 diabetes, iii) High blood pressure, iv) Heart disease, v) Stroke, vi) Depression, vii) Gynecologic problems, viii) sexual health, xi) Nonalcoholic fatty liver disease, x) Osteoarthritis etc. These are only indicative, and there are a lot more complications caused by Obesity.

Genetics is considered to be a major factor contributing to it. However, sedentary lifestyle and bad food habits are now making the situation very bad. Considering the related complications, it is important to take adequate treatment measures in advance.

Ayurvedic treatment for obesity involves diet control, exercise, lifestyle modifications, internal medicines, therapies like sweda, vamana, and virechana etc. could be helpful. Specific treatment should be worked out in consultation with a well-qualified and experienced Ayurvedic Physician

Ayurveda in News

Ayurveda, Yoga and Naturopathy institute

Goa government has approved the transfer of a land parcel for a sports city. All India Institute of Ayurveda, Yoga and Naturopathy would also be set up in the land intended for the sports city in Goa.

National Institute of Ayurveda in Haryana

NIA was established by ministry of AYUSH in Jaipur. It is planned to open in Haryana also, and has already acquired 20 acres of land for the purpose

With Best Compliments from:



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Healthy living!

Recent reports indicate that risk of heart attack has increased in young adults.

Lack of physical activity, Stress, unhealthy food, hypertension, diabetes, and obesity are reported to be contributing to the risk of heart disease apart from age and genetic factors. This is further aggravated by smoking as well as consumption of tobacco and alcohol.

While we cannot do anything with some factors like age and genetics, we should be working on other factors that help to reduce the risk on and lead a healthy life.

A few things that could help in this direction are:

- i. Check blood sugar level regularly and keep it under control
- ii. Avoid situations that give mental and physical stress, and keep blood pressure under control
- iii. Engage in physical activity for about 45 minutes every day, and keep body weight control
- iv. Keep cholesterol levels under control
- v. Limit intake of salt, sugar and fat
- vi. Eat fruits and vegetables regularly
- vii. Completely stop smoking and tobacco intake
- viii. Limit consumption of alcohol

Note that there are general guidelines, indicative of possible focus areas for better health. Specific action plan needs to be worked out in consultation with your trusted physician only

Know your medicine

Varaadi Kashayam

Ingredients (from Sahasrayogam)

haritaki (terminalia chebula), vibhitaki (terminalia bellirica), amlaki (embilica officinalis), asana (pterocarpus marsupium), citraka (plumbago zeylanica), ayaspatra (ferous), nisa (curcuma longa)

*"vara-asana-agnyayahpatrah
nisaakvaatho/madhuplutoh
dviratah stooladehopi
piban maasaan kriso bhavet"*

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