

SANTWANAM

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

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Namaste

The world has changed a lot in the last century. The development of modern technology is bringing together people from all walks of life. But with this fast-paced growth also comes a huge change in our lifestyle, food habits and culture. We find that stress levels and competition are now more intense than ever.

These changes have come to stay, and cannot be wished away. One needs to understand what is good for health and what is bad, and adapt to it rather than resisting all of it. For instance, stress and extended working hours occasionally could be necessary in the career perspective. But if that prolongs, one needs to understand it is detrimental to health, and avoid it or take adequate precautions.

We, through this magazine, seek to bring the focus back to happy living, by presenting ingredients of time-tested lifestyle, food habits, medicines and treatment for a healthy living, explaining the underlying concepts, principles and practices.

Of course, this is a non-profit initiative undertaken with the objective of welfare of everyone. The success of this initiative

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depends on support and contributions from all of you.

You can help us by extending our reach by sharing this with everyone you know as well as sharing your knowledge and experience with us.

Let us make the world a better place to live in by extending santwanam (consolation) to those who need it.

'lokaa samastaa sukhino bhavantu'

Padachatushtayam!

(Four factors that determine effectiveness of any treatment)

*"bhishak dravyaanyupastaataa
rogee paadachatushtayam
chikitsitasya nirdishtam
pratyekam tat chaturgunam"*

Bhishak (doctor), Dravyam (medicines), Upastaataa (person who helps the patient) and Rogee (patient) are four factors that determine effectiveness of the treatment administered.

A good Doctor should i) provide care and comfort to the patient, ii) have expertise in the subject, iii) have significant experience and iv) have good character and conduct v) have good cleanliness and hygiene.

Medicine should have the proven power to heal as that the illness demands, and it should be prepared and followed strictly according to prescribed norms.

Person who attends to the patient i) should be able to understand what is appropriate and what is not for the patient, ii) should treat the patient with love and care, and iii) should maintain good hygiene

Patient should i) be aware about his/her own body and treatments, ii) have confidence in the doctor, and follow the recommendations strictly

Ayurveda in News

International Arogya 2017

First [international exhibition](#) on Ayurveda, Yoga, etc. and conference on AYUSH* and Wellness is scheduled from 4th to 7th December 2017 at Vigyan Bhavan, New Delhi.

* *Acronym of the traditional medical systems that are being practiced in India such as Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy*

Ayurbodha

Kerala Tourism Development Corporation has launched [Ayurbodha](#), an initiative blending tourism and Ayurveda. Under this initiative, KTDC gives tourists the basic knowledge of Ayurveda, as a way of life, while experiencing the beauty of Kerala.

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Viruddha Ahara (Incompatible Diet)

Introduction

The literal meaning of word *Viruddha* is opposite. *Virudhahara* means the food items which have opposite properties.

Viruddha Aharaas or incompatible diet is a very important topic to be discussed in present life. It is said that *Viruddha Ahara* is the cause of many systemic disorders, as per Ayurveda literature. Persons who consume *Viruddha Ahara* are prone to many disorders. Therefore, it is essential to know how certain food combinations react with each other and create a disease. The food which we are having in the wrong combination, has undergone wrong processing, is consumed in incorrect doses, is consumed at an incorrect time of the day or in the wrong season, etc. can lead to diseases. Most of these food/food interactions are not harmless when used once in a while, but continuous use is detrimental to health.

Examples of *Viruddha-Aahara*

1. Potency incompatibility - fish + milk.
2. Processing incompatibility - heated honey.
3. Dose incompatibility - honey + ghee mixed in equal proportion.
4. Time incompatibility - pungent substance in summer and cold substances in winter.
5. Order incompatibility - consuming curd at night.
6. Combination incompatibility- fruit salad, shakes or milk + banana.

7. Contraindication incompatibility - consuming cold water immediately after having exercise.

Diseases due to *Viruddha Ahara*

From the above list it can be understood that any procedure, combinations, dose, amount of food, etc. having opposite properties of food, if consumed regularly, can lead to a number of disorders.

Some of the diseases caused by *Virudha Ahara*

Impotency, blindness, ascitis, insanity, fistula in ano, fainting, intoxication, abdominal distention, stiffness in neck, anemia, indigestions, various skin diseases, diseases of intestines, swelling, gastritis, fever, and infertility.

It can be observed from the above list that *Viruddha Ahara* can lead to disorders up to impotency and infertility. If the above list of diseases is classified as per the body system, it can be said that the immune system, endocrine system, digestive system, nervous system, and circulatory systems are affected by continuous consumption of *Viruddha Ahara*.

Conclusion

From the above discussion, it is clear that *Viruddha Ahara* is an important aspect of today's improper dietary habits. This can lead to several hazardous diseases to the patients. Therefore, it is important to enlist the causative incompatible dietary factors and train the people to avoid such etiological factors.

- Dr. Jithin Raj

Types of ayurveda medicines

Plants and other substances of medicinal value are usually transformed to one form or other, for convenience of storage and use. Most of the traditional ayurvedic preparations are of these types, and it can typically be inferred from its name.

Some of common forms used in Ayurvedic medical practice are listed below.

1. Anjjana

It is made by adding a little water to fine powder of specific drugs/herbs. Typically used for applying in the eyes

Eg. Guladyanjana

2. Arishta

It is made by keeping drugs/herbs along with jaggery or honey in a pot for a period (30 days, 41 days etc.)

Eg. Dasamoolarishta

3. Choorna (powder)

Choorna refers to powder form of medicine. It is, typically, made by powdering the dried drugs/herbs on the grinding slab or with pestle and mortar

Eg. Ashtachoorna

4. Avaleha

It is also called lehya or rasaayana. Avaleha refers to a form of medicine which is semi-solid. It is prepared by adding jaggery, kvaata etc to drugs/herbs

Eg. Chyavanapraasa

5. Bhasma

This is made from minerals, after removing impurities through a process called Sodhana. Thereafter, the drug/herb is converted to a state in which they can be absorbed in the body through a process called Maarana process.

Eg. Sankhabhasma

6. Lepa

It is a paste for external application. It is prepared by grinding drugs/herbs in oil, water, etc, and is made into a paste to be applied on a part of the body.

Eg. Mahaatiktalepa

7. Kvaata (Kashaaya)

It is essentially a decoction made using drugs. Drugs/herbs are made into small pieces and kept in a pot. Further, water is added and boiled on low flame till significantly reduced in volume. Proportion of water mixed and reduction level depends on the type of drug/herb involved. The liquid is allowed to cool and then strained to a clean vessel.

Eg. Mahaaraasnaadi Kvaata

8. Vati

It is also called Gulika, Gutika, Modaka, Vatikā, Vartika, Varti etc. It is prepared by mixing powdered drugs/herbs with water, kvaata, honey etc into a paste. Then it is changed to a pill by the hand

Eg. Yogarajaguggulu vatika

Healthy living!

Antibiotic resistance is [mentioned](#) as "one of the biggest threats to global health, food security, and development today" by WHO.

Antibiotics and vaccination brought in revolutionary changes in modern medicine helping us in eradicating many diseases in the last century.

Now bacteria are becoming antibiotic-resistant. Therefore, many infections are becoming harder to treat resulting in "higher medical costs, prolonged hospital stays, and increased mortality".

To increase awareness on this issue, 13-19 November 2017 was observed as [World Antibiotic Awareness Week](#) across the world, under the auspices of WHO.

Antibiotic resistance is a consequence of bacteria learning to survive against the threat introduced by antibiotics, through mutation and natural selection. This is natural but the problem is aggravated by its indiscriminate use of antibiotics. It is seen that antibiotics are, sometimes, used even for common cold and flu. Even excessive use of antibiotics in animals is adding to the problem, since bacteria get passed on from animals to human .

Increased awareness on this issue, prevention of disease, better hygiene and food practices, and judicious use of antibiotics strictly in accordance with advice of a health worker can help us tackle this menace better. Use this [online interactive platform](#) to learn more about it

Know your medicine

Vaisvaanara Choornam

Ingredients (from Sahasrayogam)

Lavana (Rock Salt)
Yavaani (Jeera)
Deepyakam (Ajwain)
Kana (Pippali; long pepper)
Naagaram (Dry ginger),
Kadukka (Terminalia chebula)

"lavanayavaanee-deepyaka-kana-naagara-uttarottaram vridham sarvasamaamsa-haritakichoorno vaisvaanarah saakshaat "

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