

SANTWANAM

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

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Namaste

Yet another year has gone by. We have bid adieu to the year 2017, welcoming the new year 2018.

Human being is committed constantly striving to improve the living standards for himself and the world around him. Each one of us, as individuals, may be able to live independently. But we cannot lead happy and contented life as an isolated in an island. We depend on others for our happiness, and we make others happy through our life. This is a commitment that we have taken up on our own from the time immemorial

Yet we have a long way to go, as a race to reach there. For example, we have not attained a stage where all of us get the health coverage that we deserve, enabled with all the progress that we have made, without suffering financial hardship. It is reported that at least half of the world's population still do not have full coverage of essential health services.

That is why, World Health Organization (WHO) is working with UN Member States towards achieving Universal Health Coverage (UHC) by 2030

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We are living in a society where every individual is interconnected to one another in one or other. We cannot progress when some of us are suffering.

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

We, at Santwanam, wish you a very healthy, and happy new year 2018

'lokaa samastaa sukhino bhavantu'

Looking back, looking ahead!

As we move past 2017, the world should be getting closer to the goal of [Universal Health Coverage \(UHC\)](#) set by [World Health Organization \(WHO\)](#). But, as on now, half the world lacks access to essential health services as per a [recent WHO report](#).

As the world is working towards this commendable, yet ambitious, goal, let us make it much easier adopting healthy lifestyle, increased awareness, personal hygiene and self-care, etc. as they go a long way in ensuring health. Extending Santwanam (consolation) to others, as best as you can, would help.

Santwanam magazine has been focusing on importance of self-care through various articles like i) Concept of Visha in present scenario highlighting unhealthy influences, ii) Viruddha Ahara (incompatible diet) highlighting importance of proper diet, iii) Circadian Clock and Nobel Prize emphasising importance of regimen, iv) Geriatrics in Ayurveda elaborating on old age care, v) Are you aware of your health focused on ritucharya (seasonal regimen), vi) The Concept and Importance of Agni elaborating its importance in digestive and metabolic process.

We trust that you work with your trusted healthcare consultant to adapt these into your daily life.

Ayurveda in News

International Arogya 2017

The first international conference and exhibition on AYUSH* and wellness systems 'International Arogya 2017' was held on December 4th to 7th, 2017, by Ministry of AYUSH, Ministry of Commerce & Industry and Pharmexcil in collaboration with FICCI, with participation of more than 70 countries. Importance of educating people about the concept that Ayurveda as a way of life, necessity of 'trans-disciplinary approach' and incorporating modern system of research to promote Integrative healthcare framework were discussed in the plenary session.

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

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Healthy living!

Hippocrates, referred to as the "Father of Medicine", is reported to have said "let food be thy medicine".

Food is, indeed, an extremely important factor in sustenance of life. Ayurveda always considered it as the main part in Trayopastambha (tripod of life). In fact, Lolimbaraja, author of Vaidyajeavana, asks what benefit can medicine give if dietary instructions are not followed, and if they are followed, what is the need for medicine. Often, excessive eating, improper diet and consumption of food incompatible with body conditions are seen to cause many illnesses

Food could be svastahitakara (healthy), samana (palliative), or prakopaka (damaging) for a person, depending on his body condition. Equally important is the amount of food intake, and combination. For instance, proper dose of ghee could be helpful but excess can be harmful. Also, intake of ghee and honey in equal quantity is not recommended in Ayurveda.

What is the proper diet is determined only after considering various factors like age, constitution, environment, occupation, any illness present, etc. With well-balanced diet, one can lead a healthy and happy life. Let us work towards that goal in the coming new year for healthy living

Know your medicine

Induppukaanam Chooranam

Ingradients (from Sahasrayogam)

induppu (rock salt), ayamodakam (ajwain), tippali (long pepper), haritaki (terminalia chebula)

*"induppukaanamayamodamirandukaanam
naalevatippali haritakiyaarukaanam
venneeril nannu pulimorilateeva nannu
mandaagninaamiti vadanti puraanaavaiyaah"*

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