

SANTWANAM

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

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Namaste

World is changing rapidly and everyone is caught up in high competition. Often, this race is unavoidable. Yet, body and mind get tired as this becomes a routine.

Santwanam is formed with a mission to extend a consolation to those who need. This consolation is firmly based on fundamentals of Ayurvedic healthcare

We look forward to collaboration of eminent Ayurvedic practitioners to share their knowledge and experience for the benefit of the world at large.

'yokaa samastaa sukhino bhavantu'

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Ayurveda in news

Government of India has approved proposals for setting up of [100 Ayurveda, Unani, Siddha, and Homeopathy \(AYUSH\) hospitals](#) across the country

[International Yoga Day](#) was celebrated on 21st June 2017 across the world

With Best Compliments from:



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The Concept and Importance of AGNI

The word "AGNI" means fire. In Ayurveda the term AGNI refers to that factor which is involved in the digestive and metabolic process. The food we eat has to undergo digestion, absorption and assimilation. This process is governed by our bodily AGNI and thus our very sustenance depends on it.

One of the foremost reference to this AGNI can be found in the Bhagavath Geetha , where Lord Krishna says

*Aham Vaishwanaro Bhutwa
Praaninaamdehamaashritham /
Praanaapaana Samaayukta
Paachamyannam Chathurvidham //*

He (Lord Krishna) says – it is I who reside in the human body in the form of AGNI (Digestive Fire) ; and I along with Praana Vata and Apaana Vata am responsible for the digestion of food.

The importance of AGNI can be found in the commentary of Astanga Hridaya commentary -:

*Agnisthithya Praanaanuvrithi /
Balamaarogyamaayuscha
praanashchaagnou prathishtitha iti //*

The continuity of life depends on the sustenance of AGNI, one's strength, health and longevity is dependent on AGNI.

The AGNI in our body can be divided into three:

Jatharaagni (or) **Koshtaagni** ; Those factors which facilitate the process of digestion in the GI tract.

Bhutaaagni : the agni related to each of the 5 mahabhootas, splitting up the product of digestion into an assimilable form for the dhatus.

Dhatwagni: the agni related to each of the 7 dhatus (roughly correlated to tissues, that which form the structural unit of the body), which is responsible for the assimilation of nutrients from circulation.

Of these three, koshtangi is of utmost importance in our day to day lives. there are factors which influence the agni , an important one among them being the tridoshas (bodily humors - vata, pitta and kapha). the AGNI can become Vishama, Teekshna, and Manda

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

We will be discussing more on this in the next issue. Stay tuned in!

-- Dr. Mayookha Madhusudanan

<p>Healthy living!</p> <p>Everyone knows that the food that we take in provide nourishment to body and mind. It can have detrimental effect.</p> <p>It is often reported that many health issues increasing number of diabetes, cancer, heart diseases etc. are due to consumption of junk foods. Consumption of food which is spicy can affect our digestive system over a period of time leading stomach ulcers.</p> <p>One may notice the stomach getting upset because of bad food but sometimes it</p>	<p>could be the cause of a head ache or body pain. It may make you feverish as the body tries assimilate the food</p> <p>Again what is good for one person may not be good for another. This is because every person is unique. Hereditary factors, environmental factors, food habits that one is used to from childhood, occupation, sleeping pattern, present ailments etc. can play a major role in determining what could be the proper food for that person</p> <p>We will be discussing more on this in the coming issues. Stay tuned in!</p>
<p>Know your medicine</p> <p>Ashtachoornam</p> <p><u>Ingradients (from Sahasrayagam)</u></p> <p>Trikatu (Dry ginger, Pepper, and long pepper), Ajamojam (Ajwain), Saindhavam (Rock salt), Jeera, Black jeera, Hing (asafoetida)</p> <p><i>"trikatukamajamojam saindhavam jeerakedve sadhadharanadhritaanaamashtamo himgubhaagah prathamakabalabhojyam sarpishaa choorniko/yam janayati jatharaagnim vaatagunmam nihanti"</i></p>	<p>Contact us:</p> <p>Dr. (Mrs.) Vinodini Varma</p> <p>Web site: www.santwanam.com</p> <p>Email: vinodini.varma@santwanam.com</p> <p>Blog: SantwanamHealthCare</p> <p>Twitter: SantwanamTweets</p> <p>Facebook: Santwanam Page</p>