

SANTWANAM

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

Volume 2, Issue 7

July 2018

Namaste

This is the first annual issue of Santwanam magazine. We would like to take this opportunity to thank every one of you for all the support extended. We look forward to extending our reach to an ever widening community.

Getting into the first anniversary of Santwanam health care, we have re-designed our website. We have done this with the intention of providing our readers with useful information about health and hygiene from around the world. We have done this by integrating blog and tweets into the website. More on that in a related article in this issue.

There are some interesting initiatives from the World Health Organization and Government of India which can have significant effect on healthcare. We have highlighted them in this issue for your information in articles MyHealthRecord and Classification of Diseases.

What is more! Moringo which we use regularly as food is grabbing international attention as a superfood!

These and more, you can read in this issue of the Santwanam magazine

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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 of 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'

Yoga in daily life

(continued from previous issue)

Main goals of 'yoga in daily life'

- ✓ physical health
- ✓ mental health
- ✓ social health
- ✓ spiritual health
- ✓ self-realization, or realization of the divine within us

Physical health

The health of the body is of fundamental importance in life. As the swiss born physician, Paracelsus, very correctly said: "health isn't everything, but without health everything is nothing". To preserve and restore health, there are physical exercises (asanas), breathing exercises (pranayama) and relaxation techniques.

Within 'yoga in daily life', the classic asanas and pranayamas are divided into an eight level system, beginning with "sarva hita asanas" (meaning, "exercise that are good for everyone"). Seven other parts follow this preparatory level and lead progressively through the practice of asanas and pranayamas. Several special programs have been developed from the basic exercise: yoga for back pain, yoga for joints, yoga for seniors, yoga for managers, yoga for children, yoga to maintain good health, etc.

Other valuable set of exercises within 'yoga in daily life' are the purification techniques of hatha yoga. These involves deep relaxation(yoga nidra), concentration

exercise (eg. trataka) as well as mudras and bandhas (special yoga techniques).

Mental health

In general, we are led through life by the mind and senses, rather than having these under our control. However to gain control of the mind, we must first place it under an inner analysis and purify it. Negative thoughts and fears create an imbalance in our nervous system and through this in our physical function. This is the cause of many illnesses and sorrows. Clarity of thought, inner freedom, contentment and a healthy self-confidence, are the basis for mental well-being. That is why we strive to gradually overcome our negative qualities and thoughts and aim to develop positive thoughts and behavior.

Social health

Social health is the ability to be happy within oneself and to be able to make others happy. It means to nurture genuine contact and communication with other people, to assume responsibility within society and to work for the community. Social health is also the ability to relax and experience life in all its beauty.

Spiritual health

The main principle of spiritual life and the highest precept of mankind is: *ahimsaa paramo dharmah* (non-injury is the supreme principle)

This precept embraces the principle of

Yoga in daily life

(continued from previous page)

of non-violence in thoughts, word, feeling and action. Prayer, meditation, mantra, positive thinking and tolerance lead to spiritual health.

Humans should be protectors, not destroyers. Those qualities that really make us human are the ability to give, understand and forgive. To protect life and respect the individuality and independence of all forms of life is a primary practice of yoga teaching. By following this precept, greater tolerance, understanding, mutual love, help and compassion develop, not only between individuals but also between all humans, nations, races and religious faith.

- Dr. Pooja Unnikrishnan

Ayurveda in News

International Yoga Day

21 June 2018, was celebrated as International Yoga Day across the world. Yoga Day celebration was led by Prime Minister Narendra Modi.

Government of India organized a video contest 'Yoga for 9 to 5 contest' and an article writing contest to promote awareness of Yoga in the country.

Ayush

The Commission for Scientific and Technical Terminology has decided to adopt the word 'AYUSH' in Hindi and English languages for scientific and technical purposes. The 'AYUSH' stands for Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy

Ayurveda in News

Ayush Village

Ayush Village is currently being set up in Meghalaya. An Ayush Village and a herbal garden was inaugurated by Urban Affairs Minister Hamletson Dohling.

Under Ayush Village program, one village per block is selected for 'adoption of method and practice of AYUSH way of life'. It involves behavioural change communication, training of village health workers for identification and use of local medicinal herbs etc.

With Best Compliments from:



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MyHealthRecord!

Government of India has set up a utility for its citizens to store and manage their health related information. This would help maintain prescriptions, lab reports, medical images, etc. in one place.

Information maintained in papers or files are lost over a period of time. However, MyHealthRecord leverages the power of internet to help us maintain our medical history in an easily accessible form. This would also facilitate interaction of multiple health service providers.

Another benefit would be that there would not be a need for frequently repeated diagnostic tests. Also this information would be accessible from any part of the world.

These records can be maintained for 5 years and are secured by password. The records can be accessed only by specific people or health service providers that you would like to share the information with. For instance, sharing such information would help children staying far away to stay updated with your well-being, or vice versa. This would also help doctors to diagnose and prescribe medicine more effectively, consistent with the patients' medical history.

MyHealthRecord apps can be installed on mobile phones from Google Play Store as well as Apple App Store. Also, this is available free of cost to Indian citizens.

To know more about this, connect to:
<https://myhealthrecord.nhp.gov.in/>

Santwanam Website

We have revamped the Santwanam website, providing access to Santwanam Tweets, Santwanam Healthcare Blog, and Santwanam magazine at one place.

Santwanam Tweets page

Santwanam Tweets page helps you stay updated with regular healthcare tweets from various sources including World Health Organization, National Health Portal, etc. These contain healthcare tips, healthcare related developments around the world, links to informative videos on healthcare in general and Ayurveda in particular.

Be sure to follow Santwanam Tweets regularly to stay tuned to healthcare news that might be of importance to you.

Santwanam Magazine page

Santwanam Magazine page provides you easy access to various issues of Santwanam Magazine. Published issues, topics covered in those and specific medicines discussed are listed in tabular form for your convenience.

Santwanam Healthcare Blog page

Santwanam Healthcare Blog page presents various informative articles on healthcare with specific focus on Ayurveda. This provides easy access to a wide range of information on Ayurveda. This includes selected articles from previous issues of Santwanam magazine.

Moringa as super food

As per an article published in World Economic Forum, Moringa (Moringa oleifera) tree is a superfood which has 'natural defence mechanism against environmental stress and pests'. It is reported to have demonstrated the 'ability to reduce chronic inflammation, blood sugar levels, cholesterol, obesity and inflammatory bowel disorders in both cellular and animal models.'

Traditionally, leaves and fruits of Moringa are used as food in India. It is said that even other parts of the tree can be consumed as medicine!

We can find Sigru (Moringa) in Ayurvedic texts being mentioned for its medicinal effects. For example:

*Sigruteekshnaa laghugraahee
vahnikrit kaphavaatajit*

That is, Sigru is a sharp, light, constipative and digestive stimulant. It alleviates kapha and vaata.

*Sigruvalkalapatraanaam
svarasah paramaartikrit*

That is, both the bark and leaves of Moringa helps to reduce pain.

Recent discovery is now bringing this humble plant into the limelight for its medicinal effects. Efforts are on to extract and package bioactive compounds in moringa as a medicine.

Classification of diseases

International Classification of Diseases (ICD) Revision 11 was released on June 18 by World Health Organization (WHO).

ICD provides a standard for reporting and monitoring diseases. This helps to compare and share data between hospitals, regions and countries.

Ministry of Ayush is developing Morbidity Codes and Standard Terminologies of Ayurveda, Unani and Siddha systems of medicine. For this purpose, Ministry of AYUSH has developed a portal named National AYUSH Morbidity and Standardized Terminologies Portal (NAMSTP).

Santwanam logo

Santwanam has now a logo!

This logo symbolizes the essential element of services of Santwanam.

Santwanam means consolation. Santwanam healthcare services, magazine and constantly updated website seek to extend a consoling touch to the world around. This consoling touch is indicated by protective pair of hands.

The inherently embedded letter S stands for the santwanam, the consolation. That the consolation is extended in the most natural way is indicated through green color. What is more, all of these are the safe cradle of Santwanam services.

Healthy living!

We have been highlighting the importance of physical activities in daily life for better health.

An article published in the Medical Journal of Australia highlights the role of physical activity in treatment of cancer! It is reported that cancer patients with regular physical activities experience fewer and less severe side effects from treatments. It also reduces the risk of cancer recurrence and death due to cancer. The advice given to cancer patients earlier was to take rest and avoid activities. Now there is a realization that such an advice may have had effect on the patient's health.

This goes to prove the effect physical activities have on overall health and its natural defense mechanism. It does not require an onset of a disease to motivate us for physical activities. We could do it immediately and regularly. After all, it is about our health!

Having said that, it should also be mentioned that excessive exercise could also have a damaging effect on one's health. General advice given is to exercise till you sweat. However, that is only a general indication. How easily and how much you sweat depends on many factors like temperature, humidity, age, gender, health condition, genetics etc.

Therefore, it is important take advice from your trusted physician, and to follow it as prescribed.

Know your medicine

Nisaakatakaadi Kashayam

Ingredients (from Sahasrayogam)

nisaa (turmeric), kataka (Clearing nut), nellikka (Emblica officinalis), techi (Ixora coccinia), pachoti (symplocos racemosa), bhadrika (Aerva lanata), ekanaayaka (Salacia reticulate), ramacham (Vetiveria zizanioides)

" nisaa-kataka-nellikkaa
techee paachoti bhadrikaa
ekanaayakaraamacha
mebbeeh kvaathah pramehahaa"

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