

SANTWANAM

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

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Namaste

As per a report published by World Health Organization (WHO) 1.6 million people died due to Diabetes in 2016. It was less than 1 million in 2000.

Diabetes mellitus (DM), generally as diabetes, is a name given to a group of disorders showing high blood sugar levels over a long period of time.

As indicated by drastic increase in the number of death due to diabetes, there is a relation between modern lifestyle and environment. Specifically, an article published by American Diabetes Association indicates 'stress hormones may also alter blood glucose levels directly' and 'long-term stress can cause long-term high blood glucose levels.'

Suitable changes in lifestyle, along with proper medication, can play a major role in keeping diabetes under control. In this issue, we have given some general guidelines for keeping diabetes under control. Do check your sugar levels and consult with your trusted physician for better and healthy life ahead.

Yoga is a group of physical, mental, and spiritual practices that helping us to lead a health life. This has gained worldwide

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acceptance. As we are getting set to celebrate International Yoga Day on June 21, 2018, we are also discussing importance of Yoga in daily life here

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'

Yoga in daily life

Introduction

To live in harmony with oneself and the environment, is the wish of every human. However, in modern times, greater physical and emotional demands are constantly placed upon on many areas of life.

The word yoga originates from sanskrit word means "to join, to unite". Yoga exercises have a holistic effects and bring body, mind, consciousness and soul into balance .In this way yoga assist us in coping with every day demands, problems and worries. yoga help to develop a greater understanding of our self ,the purpose of life and our relationship to God. On the spiritual part yoga leads us to supreme knowledge and eternal bliss in the union of the individual self with the universe self.

Many thousands of years ago in India, Rishis explored nature and their cosmos in their meditation. They discovered the law of the material and spiritual realms and gained an insight into the connection with the universe. They investigated the cosmic laws, the laws of nature and the elements, life on earth and power and energies at work in the universe both in the external world as well as on a spiritual level. the unity of Matter and energy, the origin of the universe and the effect of the elementary power has been discovered and explained in vedhas. Much of this knowledge has been rediscovered and confirmed by modern science.

The system "yoga in daily life" is taught worldwide in yoga center, health institutions, fitness and sports center, rehabilitation center and health resorts.it is suitable for all age groups-it requires no "acrobatic" skills and also provide the unfit, as well as handicapped, ill and convalescent people, the possibility of practicing yoga can be and should be used in "daily life".

Main goals of Yoga in Daily Life

- ✓ physical health
- ✓ mental health
- ✓ social health
- ✓ spiritual health
- ✓ self-realisation, or realisation 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 exercise (asanas) ,breath exercise (pranayama) and relaxation techniques.

Within"yoga in daily life"the classic asanas and pranayamas are divided into eight level system,beginning with"sarva hita asanas" (meaning,"exercise that are good for every one").

(To be continued ..)

- Dr. Pooja Unnikrishnan

Vaidyaratnam Ayurveda Museum

Vaidyaratnam Ayurveda Museum is a must-see place in the tourist map of Kerala, not only for practitioners and students of Ayurveda, but also for those who are interested to learn more about it.

It is an initiative of Vaidyaratnam Oushadhasala. It is situated at Thaikkattussery, near Ollur in Thrissur. It is easily accessible, being very close to National Highway in Thrissur-Kochi route.

There is an audio-visual theatre with presentation tracing the evolution of Ayurveda from Vedic times. Exhibits in this museum effectively complement this showing the Ayurvedic practices as they evolved over a period of time, ancient surgical practices and tools, specimen of hundreds of medicinal plants, and ancient literature, scriptures, manuscripts etc. These take us through bygone times. Then, connects back to modern days explaining how Ayurvedic medicines and manufactured and treatments are administered these days, leveraging technology of modern times. Apart from all this is a digital library providing wealth of information at finger tips

It also presents sculptures of Lord Dhanwatari, Adi Sankaracharya, Lord Buddha, Vagbhata etc

It is, indeed, a commendable effort in helping every one learn about Ayurveda

Ayurveda in News

International Yoga Day

Dehradun is planned to the venue for national program on Yoga Day Event 2018

Longest day of northern hemisphere, June 21, is celebrated as International Yoga Day. This idea was first proposed by Prime Minister of India, Mr. Narendra Modi in his speech at the United Nations General Assembly in 2014. Subsequently, United Nations declared June 21 every year as International Yoga Day in recognition of its "holistic approach to health and well-being."

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Healthy living!

Diabetes has become a worldwide health problem. As per report from World Health Organization in 2016, people having diabetes have increased almost four times worldwide, since 1980. In fact, it is listed among the top 10 causes of death.

Most common form of diabetes, popularly known as Type 2 diabetes, is the result of the body's ineffective use of insulin that it produces. This is, generally, seen in adults. Of late, it is seen in children also.

This condition is caused largely by mental and physical stress, lack of physical activity and obesity. Modern lifestyle and food habits add to this problem.

However, this is a condition that can be detected, treated, monitored and kept under control; and it must be.

Do's:

- ✓ Maintain healthy body weight
- ✓ At least 30 minutes of physical activity
- ✓ Eat healthy diet

Don'ts:

- ✓ Avoid sugar, saturated fats
- ✓ Avoid soft drinks and fast foods
- ✓ Avoid tobacco and alcohol
- ✓ Avoid physical and mental stress

These are not replacement for medication. Adapt to your lifestyle in consultation with your physician in addition to medication in the interest of long term health

Know your medicine

Chirivilwadi Kashayam

Ingredients (from Sahasrayogam)

Chirivilwa (holoptelea integrifolia), Punarnava (Boerhaavia diffusa), Vahni (Plumbago zeylanica), Abhaya (Terminalia chebula), Kana (Long pepper), Saindhava (Rock salt), Nagara (Dry ginger)

" chirivilwa-punarnava-vahnyabhayaa
kana-naagara-saindhava-pakvajalam
gudakeela-bhagantara-gulmaharam
jadaraagni-vivardhana-maasu-nrinaam"

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