

# SANTWANAM

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

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*Namaste*

In this issue, we are discussing about vyaayaama (exercise).

Every life desires healthy and happy life. It is quite natural and very important. It is this spirit that sustains life.

A healthy and happy life requires a healthy body. Regular vyaayaama is is very easy and inexpensive, yet it helps in maintaining good health.

Importance of vyaayaama, and various choices, that helps to ensure youth and body fitness is captured in ancient text books. Modern medicine also highlights importance of regular exercise for healthy life. In fact, in [one of the WHO reports](#), lack of physical activity is specified as the fourth leading risk factor for global mortality. It is estimated to be the main cause for approximately 21–25% of breast and colon cancers, 27% of diabetes and approximately 30% of ischaemic heart disease burden.

Therefore, this issue of Santwanam focuses on physical activity. Healthy living section highlights the importance of vyaayaama from Ayurvedic perspective. 'Exercise while on tour' discusses various

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Various options to continue with vyaayaama even with hectic schedule

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'*

## Abhyangam

One of the greatest secrets to the long and healthy lifespan of our ancestors, which is unfortunately being lost in the present times, is the time tested practice of oil application (Abhyangam in Sanskrit) on the body. It is a simple but effective way of maintaining the health and prevention of diseases of not only the body, but of the mind too.

Taking oil bath every day or on frequent intervals had been a way of life in our Indian culture since ages, with differences based on the climate, geography, naturally available sources of unguents, health status, etc. In Ayurveda, oils and other unguents in their natural or processed forms are also useful for treating and preventing recurrence of many diseases like those related to nervous system, bone and joints, senility, skin and hair, etc.

Ayurveda advises oil application on the body and scalp in the morning before bath as part of the daily routine, especially on the scalp, ears and soles of the feet. It's benefits are noteworthy:

- ✓ Slows down ageing process
- ✓ Helps repair and heal wear and tear of body tissues
- ✓ Reduces dryness and body heat
- ✓ Relaxes the nerves and muscles
- ✓ Increases blood circulation
- ✓ Improves skin texture and complexion
- ✓ Strengthens bones and joints
- ✓ Improves quality of sleep
- ✓ Reduces mental stress and calms the mind

Done along with physical exercises, it increases the body metabolism, strength and immunity.

It is contraindicated when there is cold, fever, indigestion, certain inflammatory conditions, during menstruation for women.

- Dr. Lavanya. P. S., Physician,  
Prakriti Ayurvedic Centre  
Nungambakkam, Chennai

## Ayurveda in News

### Ayurvedic pharmacopoeia

Ministry of AYUSH, Government of India, published Ayurvedic pharmacopoeia. It specifies quality standards of Ayurvedic drugs and compound formulations as per the written response of Shri Shripad Yesso Naik, Minister of State (Independent Charge) for AYUSH, to a question in the Rajya Sabha on 6th February 2018

It is mandatory for the manufacturers to adhere to the prescribed requirements for licensing of manufacturing units & medicines including compliance to Good Manufacturing Practices (GMP) and quality standards of drugs given in the respective pharmacopoeia

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## Exercise while on tour

Many a times, we resolve to make exercise part of our daily life. After a few days or weeks into it, some personal tour or business tour disrupts this routine and life relapses into older habits. What could be done to continue with exercise even in such situations?

1. Factor in time for workouts into daily schedule of activities even as you plan for tour
2. Identify and adopt exercises which you can manage even if you do not have access to gym or other facilities. Walking, breathing exercises like pranaayaanam, physical workouts like sooryanamaskaaram etc. are some of good candidates you can do even within comforts of your hotel room
3. Cycling or walking can be a good alternative to calling a taxi. Additionally, it also gives a lot of fresh air
4. Swimming can also be a good activity if you have time as well as access to a good swimming pool
5. Avoid using elevators, escalators, and travelators. Instead, take it as a opportunity to catch up with the routine exercise missed and climb up the stairs
6. Do not miss out on physical exercises for more than two days in a row.
7. Even if exercise was missed out for a day or two due to some eventuality, resume at the earliest before new habit sets in

## Ayurveda in News

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### RARIGID, Guwahati

Sri Sripad Naik, Union Minister of State, Ministry of AYUSH, inaugurated new building of Regional Ayurveda Research Institute for Gastro Intestinal Disorder (RARIGID) at Borsajai, Guwahati on February 23. After that, he addressed the national workshop on activities and contributions of the Central Council for Research held in Ayurvedic Sciences (CCRAS) at the Indian Institute of Entrepreneurship (IIE).

Minister said 'CCRAS has recently set up 20 ayurvedic healthcare centres in various parts of Assam, Sikkim and Arunachal Pradesh and these centres are contributing to the health care services in the remote districts of the NE region

### **With Best Compliments from:**



*Dr. Mayoorkha Madhusudanan*  
**Jm Aayurveda Aarogya Sowkiyam**  
#40A, Gokul Nagar, 3<sup>rd</sup> Street  
Rajakilpakkam, Chennai 600 073

## Healthy living!

Just as food and sleep, vyaayaama (exercise) is also important to have a healthy living. Traditionally, Ayurveda has given great importance to vyaayaama.

The ancient book on Ayurveda 'astaangahridaya' states that:

*"laaghavam karmasaamarthyam  
deeptho/gnih medasahkshayah  
vibhrakthaghanagaatratvam  
vyaayaamaadupajaayate"*

That is, regular exercise leads to better digestive power. It also helps to prevent obesity. It keeps body light and efficient. Therefore, exercise should be part of daily routine.

It should be kept in mind that while exercise is good, too much of it could be harmful. In fact, it is recommended that elders, people having diseases caused by vaata or kapha imbalance, etc. do not exercise heavily. It should only be done as per recommendations of an expert in consideration of health conditions and inherent nature (vaata-pita-kapha) of the patient.

However, It should be only to half of one's actual potential. As a general rule, it is said that it exercise should be continued till one start sweating slightly.

Mild body massage is recommended after physical exercise.

## Know your medicine

### Balaasahacharaadi Kashaayam

Ingredients (from Sahasrayogam)

Sida Rhombifolia (bala), Strobilanthes Ciliatus (sahachara), and Ricinus Communis (eranda), Zingiber Officinale (ginger), Alpinia Calcarata (raasna), Cedrus Deodara (devadaaru), Vitex Negundo (Nirgundi) and Lashuna Allium sativum (Garlic)

*" bala saahacarairanda  
sundhee raasnaa suradrumaih  
saseenduvaara lasunai-  
rastavargo/nilaapahah"*

## Contact us:

Dr. (Mrs.) Vinodini Varma

**Web site:** [www.santwanam.com](http://www.santwanam.com)

**Email:** [vinodini.varma@santwanam.com](mailto:vinodini.varma@santwanam.com)

**Blog:** [SantwanamHealthCare](#)

**Twitter:** [SantwanamTweets](#)

**Facebook:** [Santwanam Page](#)