

# SANTWANAM

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

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*Namaste*

Agninakshatram has started on May 4, 2018. This marks beginning of Kathiri, days of intense heat in Tamil Nadu. Days in Kathiri, typically, are so hot that water content from body is lost heavily. This affects taste, appetite, sleep, energy level, physical activities and Tridosha balance of the body.

Therefore, it is important to regulate lifestyle including dress, food, sleep and physical activities in tune with changes in environment. We focus in the issue on some of such generic adaptations helpful in summer.

Hope this help you adapt better to this summer

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'*

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## **Ayurveda in News**

### International Ayurveda Seminar,

International Ayurveda Seminar, organized by Namo Gange Trust, is scheduled to be held at Pragati Maidan, New Delhi as part of Yogsala Expo 2018

### AyurGenica 2018

AyurGenica 2018, International Conference on "Ayurveda and Holistic Healing", organized by Arkashine Health Sciences, Satara is scheduled to be held at Bangkok on 15th May 2018

## Healthy diet for summer

As sun get hotter and temperature soars, body loses its water content and Tridosha balance is affected. Adjustments in lifestyle and diet to suit summer conditions can make it easier for body to withstand summer heat to a large extent.

1. Drink a lot of water. Water boiled with cooling substances like coriander seeds, Pathimugam, etc. has a cooling effect on the body. This medicated water should be consumed after it is brought to room temperature
2. Drinking a glass of butter milk (not curd) with coriander leaves or curry leaves would be quite helpful in energizing the body exhausted after exposure to sun
3. Drinking lemon water with a bit of salt/sugar would be helpful to overcome the exhaustion
4. Consume fruits like water melon or vegetables like cucumber which have a lot of water content inherently is helpful to avoid dehydration
5. Avoid soft drinks and alcohol
6. Avoid hot water and beverages
7. Drink milk but avoid milk shakes. Mixing milk and fruit is considered to be incompatible combination
8. Avoid spicy food
9. Use ghee in food in small quantity
10. Do not skip food.
11. Avoid excessive eating

These are generic guidelines only. Please consult your trusted physician or dietician for advice tailored to your body and health conditions

## Ayurveda in News

### Medicine for dengue

An Ayurvedic drug to cure dengue is being Central Council for Research in Ayurvedic Sciences (CCRAS), an autonomous body under the Ministry of AYUSH.

This drug is, reportedly, made with several herbal ingredients which are used for centuries

### With Best Compliments from:



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## Healthy living!

As the punishing summer looms large, days ahead can be quite exhausting. As per weather predictions so far, Tamil Nadu is likely to witness a very hot summer.

We can hardly do anything about the weather conditions but life can be much better by adjusting out food habits and lifestyle to suit the weather.

1. Avoid direct exposure to sun especially during hottest hours of the day.
2. When direct exposure to sun is unavoidable. Instead, use covers like sun glasses, umbrella etc., and return to safety as fast as possible
3. Immediately after exposure to sun, let body come to balance with the room conditions before consuming water
4. Drink a lot of water. Avoid drinking hot water or beverages. Drink when it is at room temperature
5. Do not skip food. Eating on time helps body to maintain energy level
6. Avoid spicy food. Eat food that cools your body
7. Apply cooling ointments like ilaneer kuzhambu in the eyes
8. Apply medicated coconut oil on body as it has cooling and soothing effect
9. Use light clothing
10. Sleep late around 11 pm, after room temperature is down
11. Applying medicated coconut oil on scalp can help you get better sleep
12. Take bath twice a day in moderately cold water

## Know your medicine

### Daadimaashtaka Choornam

Ingredients (from Sahasrayogam)

Arrowroot Powder, Cinnamon, Patra, Cardamom, Nagakesara (mesua ferrea), jeera (cumin seeds), Coriander, Ajwain, Long pepper root, Dry ginger, Pepper, Long pepper, Pomegranate (dadima), Sugar

*"karshonmitaa tugaakshreeree  
chaturjaatam dvikaarshikam  
yavaanee dhaanyakaajaajee  
grandhi vyosham palaamsakam*

*palaani daadhimaadashtau  
sitaayaascaikatakritah  
gunaih kapithhashtakavat  
choornoyam daadimaashtakam"*

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