

# SANTWANAM

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

Volume 1, Issue 5

November 2017

*Namaste*

Hippocrates, the father of modern medicine, is believed to have said "cure rarely, comfort mostly, but console always". With the advancement of science and technology, now we are in a unique position to get high quality healthcare. For instance, more and more medical devices are coming to market with easy and early detection of diseases. Social media offers many new avenues for information dissemination. A lot of medical information is now available at our fingertips thanks to Internet, mobile phones and tablets. Yet, these very factors lead to information explosion.

People to people communication takes a backseat while much of the social interactions happen through devices. The world is shrinking, and along with that competition is on a global scale. Therefore, one has to be highly competitive in the struggle for existence. This has led to a drastic change in lifestyle and introduced high stress levels even at an early stage in life.

The endeavor of Santwanam is to extend a consoling touch to everyone inspired by Hippocrates's words. Santwanam, an

Inside this issue!

Topic	Page #
Namaste!	1
Ayurveda in News	2
Concept of Visha in present scenario	2 & 3
Circadian Clock, and Nobel Prize	4
Know your medicine	5
Healthy living	5
Contact us	5

online Ayurvedic magazine, is an initiative intended to share insight into time-tested Ayurvedic concepts, principles and practices with everyone. Adopting these into daily routine would help us lead a healthy, happy and contented life.

Success of this initiative depends on all of you. Kindly share this with near and dear, and everyone you know.

*'lokaa samastaa sukhino bhavantu'*

## Ayurveda in News

Spearheaded by Ministry of Ayush, 17 October 2017 was celebrated as Ayurveda Divas. The first Ayurveda Divas was celebrated last year.

Ayurveda Divas is celebrated on Dhanwantari Jayanti (Dhanteras). Dhanteras, also known as Dhanvantari Trayodashi, is the first day that marks the festival of Deepavali in India

Prime Minister Narendra Modi described Ayurveda as India's heritage and urged those working in the sector to revive it. He highlighted the need for research on medicines providing instant relief without side effects. He said that the time has come for a health revolution under the aegis of Ayurveda. He also released the "Ayurvedic Standard Treatment Guidelines", developed by the Ministry of Ayush.

He dedicated country's first ever All India Institute of Ayurveda to the nation on this day, along the lines of AIIMS, as an Apex institute for Ayurveda. This institute aims to bring a synergy between the traditional wisdom of Ayurveda and Modern tools and techniques of modern medicine.

This institute would offer postgraduate and doctoral courses in various disciplines of Ayurveda and will focus on fundamental research on Ayurveda, drug development, standardization, quality control, safety evaluation and scientific validation of Ayurvedic medicine

## Concept of Visha in present scenario

Ayurveda, the science of life, the origin of most forms of natural and alternative medicine says; "The three – body, mind and soul are like a tripod , the world stand by their combination; in them everything abides.

*"Life is the combination of body, senses, mind and soul. Ayurveda is the most sacred science of life, beneficial to human both in this world and the world beyond"*

*Charakasamhitha sutrasthana 1.42.43*

### Importance of concept of Visha

By closely scrutinizing, many of our life style disorders are mainly because of some or the other forms of intoxication. Even diseases which are caused by environmental pollution can be studied under the concept of Visha .

*(Contd. on page #3)*

## With Best Compliments from:



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

## **Concept of Visha in present scenario**

(Contd. from page #2)

Since the effects of direct poisoning (bites \stings and intake of poisons) are known, we can discuss about the hidden causes of toxicity in our body which come under Garavisha

### Garavisha

Garavisha is defined as any poison which is made artificially with an intention of gaining a profit. Man himself is the biggest enemy of mankind in today's life. The biggest threats of human race such as nuclear weapons, pollution, adulteration, newly evolved deadly diseases etc. are nothing but the creation of man himself.

Some of the sources of Garavisha in present day situation is described below.

- a) Use of nuclear technology
- b) Environmental pollution
- c) Incompatible food
- d) Food adulteration
- e) Addictions
- f) Side effects of medicines

The unwanted effects of drugs are of two types – Adverse drug reactions and drug overdose

Some important and easy changes that we can impart in our life style are-

- ✓ Can analyse the Dinacharya (daily regimens) and can adopt which are possible.
- ✓ Can adopt the Ritucharya (seasonal regimens)

- ✓ Yoga practices can also be oriented on the prevention of disease involved.
- ✓ Decreasing the usage of mobile phones, computers and smart phones.
- ✓ Reducing the consumption of alcohol and smoking. Use of medicated smoke and other paniya's (medicated drinks) instead of that.
- ✓ If consuming non-vegetarian food, the consumption of lean meat, poultry, fish, beans, eggs and nuts are advised.
- ✓ Further extension of anti-tobacco measure including higher taxes, smoking bans in public places etc.
- ✓ Practice of meditation.
- ✓ Consumption of low energy dense foods which are fewer in calories per unit volume. Thus one can eat large volumes of it.
- ✓ Avoiding processed foods with saturated fats, trans-fats, cholesterol, salt (Na) and added sugars.
- ✓ Utilisation of more physical and mental power, than the usage of machines.
- ✓ Taking holidays and practice of panchakarma's as a sukha chikithsa.
- ✓ Making a happy environment in home, to be calm from the hectic load at the work place.

- Dr. Praveena Nair  
Ayurpalana Ayurveda chikitsa  
Neyyatinkara, Trivandrum

## **Circadian Clock, and Nobel Prize**

The Nobel prize in medicine was awarded to Jeffrey C. Hall, Michael Rosbash and Michael W. Young, this year, for their "discoveries of molecular mechanisms controlling the circadian rhythm".

### What is circadian rhythm?

Circadian rhythm is the 24 hour cycle in the physiological processes of living things. It is driven by a biological clock within us, with day-night cycles helping us to organize various activities of our body. This clock is called a circadian clock. It is affected by environmental factors, like sunlight and temperature

This clock controls sleep patterns, variation in blood pressure and body temperature, release of hormones, etc

### Earlier studies

Seymour Benzer and his student Ronald Konopka discovered, in 1970s, that mutations in an unknown gene affected the circadian clock in fruit flies. They named this gene 'period'. But it was not clear as to how this gene influences the circadian rhythm.

### Period gene and PER protein

This year's Nobel Laureates Jeffrey Hall and Michael Rosbash, working closely with Michael Young, discovered the 'period' gene as well as the 24-hour cycles of the the protein PER encoded by the period gene. These oscillations that they found were in sync with the circadian rhythm.

Further, Michael Young discovered a second clock gene 'timeless'. This gene encodes the TIM protein. The TIM protein when bound to PER was able to enter the cell nucleus and block period gene activity thus closing the inhibitory feedback loop.

Michael Young also identified yet another gene called 'doubletime'. This gene encodes the DBT protein delaying the accumulation of the PER protein. That is how frequency of the oscillations is controlled to closely match a 24-hour cycle.

### Ayurvedic perspective

While existence of a circadian clock, by itself, is a long accepted fact, these discoveries establish beyond any doubt that they are inherent and integral part of our body. As our body functions are regulated by this, it is obvious that one needs to lead a life in tune with this as far as possible. Chronic and huge disconnect between lifestyle and rhythm is a strong indication for many diseases

Ayurveda has been always a strong advocate of regimen for healthy and happy living. In fact, it makes specific recommendations for disciplined daily life as Dinacharya as well as regimens to adapt to various seasons as Ritucharya.

Caught in the rigors of daily life, disciplined lifestyle becomes the first causality. When these cannot be avoided, it is important to take adequate preventive and corrective measures so that overall health is not affected.

## Healthy living!

Caught up in the pressures of social life and competitive work environment, many people lead a very stressful life. While modern world is far more advanced than earlier days, many are not able to truly enjoy life leveraging modern technology and tools. One of the casualties in such cases is sleep itself.

This year's Nobel prize on discovery related to underlying molecular mechanisms enabling circadian clock brings the focus back into sleep. It is very much an integral part of circadian rhythm, engraved into our biological system.

*"nidraayattam sukham dukkham  
pushtih kaarsya balaabalam  
vrishataa kleebataa jnjanam  
ajnjanam jeevitam na ca"*

This roughly translates as happiness (and sorrow), corpulence (and trimness), strength (and weakness), potency (and impotency), intelligence (or its' absence) and even itself depends on sleep

Remember, while modern technology and tools may give facilities for better living, one needs a healthy body and mind to derive benefits from them.

Sleep is essential for healthy body and mind. It gives body and mind sufficient rest, and to a great extent, it helps them to cure itself. As far as possible, lead a lifestyle in which you get sufficient sleep in the night aligned with your body clock

## Know your medicine

### Guggulu Panchapala Choornam

#### Ingredients (from Sahasrayogam)

Guggulu (Commiphora Mukul), Thippali (Long Pepper), Thriphala (Patya, Vibhitaki, Dhaatree), Thvak (Cinnamon), Thuti (Cardamom)

*"guggulupanchapalam palikaamsaa  
maagadhikaa triphalaa ca prithhak syaath  
thvak thuti karshayutham madhuleedam  
kushta-bhagandara-gulma-krimighnam"*

#### 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](#)