

SANTWANAM

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

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Namaste

National Ayurveda Day, being celebrated for promotion of Ayurveda, falls on 17th this month.

Ayurveda is fast gaining acceptance as a healthcare system across the globe.

Ayurveda is more than a healthcare system. It not only helps to treat various ailments but also advocates time-tested healthy living practices.

Progress of science and technology has made life more enjoyable. But only a person with healthy body and mind can leverage these to truly enjoy the life. Therefore, importance of Ayurveda is more now than any time in the past.

We have launched this magazine with the objective of promotion of Ayurveda. Our endeavor is to share knowledge about various topics on Ayurveda in a way that would be useful to everyone

Success of this effort depends on you. Please do share this with others, if you find it useful. If you have suggestions for improvement, please do let us know.

'lokaa samastaa sukhino bhavantu'

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Ayurveda in News

Ministry of Ayush, Government of India, has instituted 'National Dhanwantari Ayurveda Award'.

This award is to be conferred on Ayurveda Day. Ayurveda Day every year is celebrated on Dhanwantari Jayanti (Dhanteras). Dhanwanatri Jayanti falls on 17th October 2017 this year.

National Dhanwantari Award consists of Citation, Trophy and Cash Award of Rupees Five Lakhs.

Geriatrics in Ayurveda

October 1st being International day for elderly persons, let's take a sneak-peak into geriatrics and Ayurveda.

Ageing is a process of physical, psychological and social change in multi-dimensional aspect. Ayurveda has addressed geriatric health issues under a heading "JARA".

The field of geriatric issues or jara is one among the Ashtangas (eight branches) of Ayurveda. As far as the Ayurveda is concerned, more than addressing the issues of old age, importance is given to delaying the aging process and also leading a lifestyle such that the problems occurring during the old age is minimized.

In this aspect, Rasayana chikitsa, is a unique methodology which deals with both the above mentioned processes (dealing with ageing and minimizing old age problems).

When dealing with problems at the old age, the following measure may be undertaken:

* Dietary regulations:

A balanced diet consisting more of vegetables, fruits (if diabetic, and if it is under control), milk, and unpolished rice, should be followed. Food fried in oil, or heavy to digest should be avoided.

Sufficient quantity of water intake should be there. Too much of pungent, bitter or spicy food should be avoided

*Yoga and lifestyle practices:

Practicing simple yoga procedures suitable to old age, replenishes the physical and emotional system that are under stress in the day to day life.

*Provide adequate care, love and affection

*Provide for their engagement in their favorite hobbies

(Contd. on page #3)

With Best Compliments from:



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Classical books on Ayurveda

Vedas are considered as the oldest repository of human knowledge in the world. They are said to have information about medical plants and their importance in healthy living as well for treatment of illness. In fact, Ayurveda is considered to be an upaveda (subsidiary text) of atharvaveda, one of the four major vedas.

It was evolved over centuries adapting itself to changes in geographic, climatic, social and lifestyle changes. Knowledge gained are recorded into many Ayurvedic books over a period of time.

Some popular classical texts specifically on Ayurveda are:

1. caraka samhita
2. susruta samhita
3. bhela samhita
4. kasyapa samhita
5. harita samhita
6. ashtaamgahridaya
7. ashtaamgasamgraha
8. rasa vaiseshika
9. ashtaamganighantu
10. paryaaya ratnamaala
11. dhanwatari nighantu
12. sodhala nighantu
13. madanapaala nighantu
14. kaiyadeva nighantu
15. bhaavaprakaasa
16. aayurveda saukhyam
17. aayurveda prakaasa
18. saarngadhara Samhita
19. bhaishajyaratnaavali
20. maadhavanidaana
21. sahasrayogam
22. rasaratnasamuchayam

Branches of Ayurveda

*"kaayabaalagrahaurdhvaanga
salyadamshtrajaraavrshaan
ashtaavangaani tasyaahuh
chikitsa yeshu samsthitaah"*

Following are branches of Ayurveda

1. kaaya chikitsa (internal medicine)
2. baala chikitsa (pediatrics)
3. graha chikitsa (treatment of mental disorders)
4. urdhvaanga chikitsa (treatment of head and neck portions. ENT etc)
5. salya chikitsa (surgery)
6. damshtra chikitsa (toxicology)
7. jara chikitsa (geriatrics including rejuvenation therapy)
8. vrsha chikitsa (science of aphrodisiacs)

Geriatrics in Ayurveda

(Contd. from page #2)

*Abhyangam(medicated massages), Swedanam(sudation), vasthi(medicated enemas) may be helpful depending on the physical status.

Combining ayurvedic rasayanam, dietary practices, shodhanam (purification practices), sadvritta(proper lifestyle) and yogic practices it is possible to develop an effective package for geriatric care and make the sunset years of life more fulfilling.

- Dr. Anjana R, Calicut

Healthy living!

'Prevention is better than cure' is a popular adage. That is, it is better to avoid trouble than getting into trouble and then struggling to escape from it.

Ayurveda aligns with this wisdom, proposing a time-tested practices for healthy living. It also includes remedies if diseases occur despite all precautions.

Practices to ensure good health is called svastavrita and practices for treatment of diseases is called aaturavrita.

The svastavrita covers not only daily life routines but also personal, professional, social and spiritual aspects of the individual. It includes:

- i. waking up early in the morning,
- ii. introspection into whatever happened and whatever is to be done on that day
- iii. taking care of body (including cleanliness, physical exercises)
- iv. worship of gods and guests
- v. personal conduct and righteousness
- vi. practices specific to seasons (discussed in an article in September 2017 issue)

While it is obvious that these help in overall health and happy living, these need to be adopted into modern life judiciously. That is, we need not dogmatically follow these verbatim but rather, understand and adapt them into our life. This would help us get best of both the worlds. That is, blending modern science and technology with ancient wisdom

Know your medicine

Avipathi Choornam

Ingradients (from Sahasrayogam)

Trikatu (Dry ginger, Pepper and long pepper), Trijata (Cinnamon, Cardamom, and Indian bay leaf), Nut Grass (Cyperus rotundus), Amalaki (Indian Gooseberry), Vizhaalari (Embelia ribes), trivrit (Operculina Turpethum) and sugar

"vyosha trijaatakaambhoda krimighnaamalakai trivrit sarvai samaa samasitaa kshaudrena gulikeekritaa avipatiriyam naamnaa prasastaa pitaroginaam"

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