

SANTWANAM

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

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Namaste

Ayurveda is not merely a system of treatment but rather a system that advocates and supports healthy living practices. It includes treatment as well when imbalances set in.

Therefore, it is very useful to have broader understanding of Ayurveda for everyone. This would help in adapting time-tested practices into modern lifestyle. This would enable one to adopt Ayurveda into routine, apart from taking medicines and treatments prescribed by the physician, leading to healthy life and overall happiness. That is what Ayurveda is all about.

Extending this knowledge to everyone is the mission of this initiative. That is, we see to share insight into concepts, principles, practices, medicines and practical experiences for the benefit of everyone

Needless to say, the success of this initiative depends on everyone. Kindly share this magazine with everyone you know, and please do revert to us on what we could do to improve this further

'lokaa samastaa sukhino bhavantu'

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Ayurveda in News

Ministry of Ayush, Government of India, has launched Traditional Knowledge Digital Library (TKDL) to prevent exploitation and to protect Indian traditional knowledge from wrongful patents.

It contains Indian traditional medicine knowledge available in public domain. These include classical/ traditional books related to Ayurveda, Unani and Siddha in a digitized format. These are available in five international languages (English, French, German, Spanish and Japanese).

Are you aware of your health.....?

Yes, every one of us are

Sometimes more concerned in the present scenario..... But to be healthy always is a bit difficult. Sometimes a small change in our life style can make remarkable differences.

Ayurveda describes a lot about "ruthucharya", the seasonal regimens.

A year is divided into 6 seasons and regimens for each season are described in detail. So let us discuss a few things which can be adapted easily in our daily life.

HEMANTHA RUTHU **WINTER SEASON**

Mid-November to Mid-January

FOODS:

Digestive power will be strong in this season so by considering the appetite heavy foods are advisable.

- Take sweet, sour, and salt tastes.
- Meat soup mixed with fat
- Foods prepared from wheat flour, black gram, milk, edible oils etc

REGIMENS:

- Exposure to sunlight
- Oil bath
- Massaging

SISIRA RUTHU

Mid-January to Mid-March

The cold and dryness is more. So stick on

to regimens of hemantha ruthu.

VASANTHA RUTHU **SPRING SEASON**

Mid-March to Mid-May

FOODS:

- Easily digestible and dry.
- Make use of old barley, wheat, honey, meat roasted in fire, asava, arishta etc.
- Water boiled with mustha or mixed with honey.

REGIMENS:

- Emesis
- Nasal medications
- Exercise

GRISHMA RUTHU **SUMMER SEASON**

Mid-May to Mid-July

(Cont'd on page 3)

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FOODS:

- Use sour, pungent, and salt tastes.
- Foods which are sweet, light, fatty, cold and liquid.
- Boiled rice
- Meat soup which is not very thick.
- Curd churned and mixed with pepper powder and sugar.
- Water kept in mud pot.

REGIMENS:

- Stay in naturally cooled environment

VARSHA RUTHU
SPRING SEASON

Mid-July to Mid-September

FOODS:

- Old grains, meat juice with spices, soup of pulses,
- Grape wine
- Boiled water
- Foods should be predominantly sour, salty and fatty, mixed with honey

REGIMENS:

- All purificatory methods including emesis, purgation etc.
- Avoid day sleep, exertion and exposure to sun.

SARAT RUTHU
AUTUMN SEASON

Mid-September to Mid-November

FOODS:

- Rice, green gram, sugar, gooseberry, honey and meat of animals of desert-like lands.
- Water which is heated by sun and cooled by moon rays is good in this season.

REGIMENS:

- Purgation
- Intake of medicated ghee
- Avoid exposure to snow, use of curd, oil, muscle fat, liquors, exposure to sunlight etc.

*"DHARMARATHA KAAMA MOKSHAANAAM
AAROGYAM MOOLAMUTHAMAM"*

To achieve chaturvidha purusharthas (dharma-righteousness, artha-wealth, kaama-desire & moksha-salvation) health is inevitable. Let us be healthy and live happily

*- Dr. Sruthi.c,
A V K marmachikithsalayam, Calicut*

Know your medicine

Deepyakaadi Choornam

Ingradients (from Sahasrayogam)

Deepyakam = Ayamodakam (Ajwain),
Saindhavam = Induppu (Rock salt),
Pathya = Kadukka (Terminalia chebula) and Naagaram = Chukku (Dry ginger)

*" "deepyakam saindhavam pathyaa
naagaram cha chatussamam
bhrisam soolam jayatyaasu
mandasyaagnim cha deepanam" "*

Healthy living!

*"Sareeramanasoyoga
parasparam anuvrajat
aadhaara adheya bhavena
thapthaajyaa ghatayoriva"*

This roughly means, sareerah (body) and manas (mind) follow each other. One acting as the support and the other being the supported, just as vessel and hot ghee. (if hot ghee is poured into a vessel, vessel gets heated. Alternatively, when vessel is heated, ghee inside it gets heated as well)

For example, factors like fear, anger, sorrow and stress have impact on the digestion and absorption of food as indicated in the previous issue. Also, prolonged illness is often seen to have influence in the mental disposition.

Patient's confidence in the doctor, medicines and treatment administered makes treatment more effective. Therefore, patient getting enlightened with authentic information on his/her health condition as diagnosed by the doctor as well as treatment administered is very helpful.

*உற்றான் அளவும் பிணியளவும் காலமும்
கற்றான் கருதிச் செயல்*

*A knowledgeable physician should consider patient's condition,
nature of illness, and season to proceed with treatment*

- Tirukkural

Naming of traditional ayurvedic drugs

Traditional ayurvedic drugs, typically, are based on

- i) Important ingredient used (eg. aamalaki rasaayana),
- ii) Therapeutic property (eg. kushtaghna lepa) ,
- iii) First ingredient used (eg. pippalyaasava),
- iv) Quantity of drug (eg. shatpala ghrita) or
- v) Part of plant used (eg. dasamoola kashaaya).

Some drugs are named after a sage as a mark of respect (eg. agastya haritaki)

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