



SANTWANAM

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

Volume 2, Issue 9

September 2018

Namaste

Unprecedented flood had devastating effect on people of Kerala during the month of August 2018. With coordinated help of various agencies and volunteers, they are gradually recovering from these.

A state that has been ahead of other states of the country has suffered a setback. Many people have lost all their belongings. It can be very depressing for the affected parties. It is important to ensure that they do not get into despair. Often, extreme reactions to disasters too can spoil the recovery. It is important to hold hands together and progress.

This is time where overall personal and environmental hygiene is extremely important, considering vulnerability to diseases. All care must be given to avoid spread of epidemic.

Do follow medical advices from Government agencies. Seek professional advice from a well-qualified and experienced physician in case of prolonged health issues

'lokaa samastaa sukhino bhavantu'

Inside this issue!

Topic	Page #
Namaste!	1
Ayurveda in News	1,2, 3
Importance of Rasaas	2
Hortus Malabaricus	3
Good Manufacturing Practices	3
Healthy living	4
Know your medicine	4
Contact us	4

Ayurveda in News

National Ayurveda Teachers' Conference

The first ever National Ayurvedic Teachers Conference has held in Pune. This conference was organized to provide a platform to all Ayurveda teachers across India. How to strengthen high-quality of Ayurveda education, legal rights of Ayurveda instructors etc. were discussed. The organizing committee of National Ayurveda Teachers' Conference announced the formation of Ayurveda Teachers' Association during the conference

Importance of rasas in Ayurveda

The fundamentals of Ayurveda revolve around the balance of three doshas vata Pitta and kapha. When these three doshas are in equilibrium with respect to a person's constitution, health is maintained. When there occurs a derangement in the same, disease crops up.

Any disease occurs only out of a poor digestive process as far as Ayurveda is concerned. Therefore all treatment principles begin with the correction of the hampered Agni.

The vitiation of the doshas occur only due to any irregular food consumption or an irregular lifestyle.

The food that we eat is what we become. The food substances we eat are of different rasas.

The six rasas are Madhura(sweet), Amla (sour) lavana (salty), thiktha(bitter), Katu(spicy) and kashaya(pungent). The food we eat is composed of one or more of these rasas. The vegetables, fruits, meat, all have their own rasas. A complete balanced diet according to Ayurveda should be made up of all these rasas in every meal. The rasas preferably should be consumed in the above mentioned order, starting with Madhura and finishing with kashaya.

(To be continued ...)

- Dr. Mayookha Madhusudanan

Ayurveda in News

International Ayurveda Congress

International Ayurveda Congress on Traditional Natural Remedies from India and Europe is scheduled to be held on September 1st and 2nd, 2018 at Leiden, The Netherlands

The 1st Slovenian International Ayurveda Congress is scheduled to be held in Slovenia during 21-23 September 2018, illuminating the time-tested knowledge of Ayurveda with up-to-date insights from modern science. Break-through research about consciousness-based approach to cardiovascular disorders and specific Ayurveda approach to autoimmune disorders is planned to be presented in this congress

With Best Compliments from:



Dr. Mayookha Madhusudanan
Jm Aayurveda Aarogya Sowkiyam
#40A, Gokul Nagar, 3rd Street
Rajakilpakkam, Chennai 600 073

<p>Ayurveda in News</p> <p><u>Pharmacovigilance of ASU&H drugs</u></p> <p>Ministry of Ayush has introduced a central sector scheme for promoting pharmacovigilance of Ayurveda, Siddha, Unani and Homeopathy (ASU&H) drugs. This is for safety monitoring of (ASU&H) drugs and also to develop the culture of documenting adverse effects</p> <p>All India Institute of Ayurveda, an autonomous body under Ministry of Ayush, designated as National Pharmacovigilance Centre for coordinating various activities of this initiative.</p>	<p>Good Manufacturing Practices</p> <p>World Health Organization describes Good Manufacturing Practices for herbal medicines addressing specific related to their manufacturing.</p> <p>It covers various aspects like sanitation, hygiene, self-inspection, personnel, training, equipment, materials, production and quality control practices, etc.</p> <p>In alignment with these, Ministry of AYUSH, Government of India, also grants/revalidates WHO-GMP/CoPP of ASU (Ayurveda/Siddha, Unani) drugs. CoPP (Certificate of Pharmaceutical Products) is certificate issued in the format recommended by WHO.</p>
<p>Hortus Malabaricus</p> <p>Hortus Malabaricus by Hendrik Van Rheede, the Governor of Dutch Malabar at the time, is a book published in 17th century in 12 volumes. This rare book covers more than 700 natural plants in western ghats region explaining their medicinal properties and uses. This was done with the help of many physicians of that time</p> <p>It was originally written in Latin. Later, it was translated into English and Malayalam by K S Manilal. This translation was published by University of Kerala</p>	<p>Under this initiative, Ministry of AYUSH performs product evaluation from quality, safety and efficacy angles while Director General of Health Services examines how GMP is applied for manufacturing</p> <p>With voluntary quality certification and third party evaluation in accordance with international standards, these measures are expected to improve quality of these medicines, and enhance their popularity in the international market</p>

Healthy living!

It is common, nowadays, that people take to pain killers for all kinds of headaches, and body pains. Pain killers are good that it help us manage our routine without being affected by the pain. But they, by themselves, do not often address the root cause. We get actual relief from pain only by identifying the cause and removing it

For instance, head ache could be due to lack of sleep, improper digestion, stress, or any other reason. It could also be due to some other illness. Taking painkiller to tide over this only suppress the problem for a while. It would surface again if the actual issue is not addressed. In same way, when a person suffering from pain in joints takes pain killer, it is only suppressing the pain for a while. In turn, this may also aggravate the problem is the pain is due to ligament tear, dislocation etc. On top of that, there may be side-effects of wrong medication as well.

You should be taking only the medicines which are actually required. They should be for curing the problem rather than the symptoms alone. Therefore, it is important, in such cases, to get a proper diagnosis from a well-qualified and experienced physician.

Know your medicine

Raasnaasaptakam Kashayam

Ingredients (from Sahasrayogam)

raasnaa (Pluchea lanceolata), amrita (Tinospora cordifolia), aaragvatha (Cassia fistula), devadaru (Cedrus deodara), trikantaka (Tribulus terrestris), Trikantaka (Tribulus terrestris), eranda (Castor root), punarnava (Boerhavia diffusa)

*"raasna-amrita-aragvatha devataaru
trikanda-kairanda-punarnavaanaam
kvaatam pibet naagarachoomnamisram
jamghoru-prishta-trikapaarsvasooli"*

Contact us:

Dr. (Mrs.) Vinodini Varma

Web site: www.santwanam.com

Email: vinodini.varma@santwanam.com

Blog: [SantwanamHealthCare](#)

Twitter: [SantwanamTweets](#)

Facebook: [Santwanam Page](#)