

ISSUE 4 | AUGUST 2020

ayu:sutras

by ayu:manthra

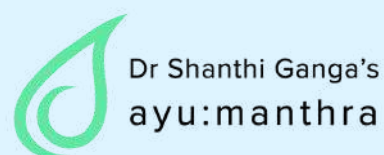


LIFESTYLE EDITION

Contents

WHAT TO EXPECT?

- 04 Know your herbal garden
- 15 Golden Goodness: Ghee
- 21 Easy & Healthy Recipe
- 23 Abhyanga



© 2020 by ayu:manthra. Proudly
created with Growth Associates



Interview of Dr Bhaswati Bhattacharya

We are happy to inform you that we will be publishing her views on Ayurveda in our eMagazine starting from this edition.



PREVENT LIFESTYLE DISORDERS

These are ailments that are primarily based on the day to day habits of people. The sedentary routine and unhealthy eating habits are the main contributors. Ayurveda points out that suppression of urges or Vegadharana also contributes to Lifestyle disorders.



SLEEP HYGIENE

To dream a healthy life, a night of good deep sleep is required. There could be many issues that lead to loss of sleep.



OBESITY AND LIFESTYLE

Obesity is a major lifestyle disorder faced by the modern world. Obesity is the accumulation of excess fat in the body which may lead to negative effects on health, reduced life expectancy and increased health problems

EDITORIAL DESK

“Swaasthasya Swaasthya Rakshanam Aathurasya Vikara Prasamanam” It means to maintain the health of the healthy and to cure the disease of the diseased.



Dr. Shanthi Ganga

Ayurveda is not only curative but a lion's share of the science talks about prevention. Ayurveda prevention is not just swallowing a few tablets or drinking some decoctions. It is not only about the oil massage or the home remedy tips. It also does not entail the so-called 'healthy diet plans' or membership in a multi gym or yoga studio. But Lifestyle is a bigger concept where every aspect of your body and mind is addressed along with certain social norms that one can follow easily for a peaceful living.

Dinacharya or the daily regimen is all about the lifestyle routine one should follow from waking up in the morning to falling asleep at night and it discusses every physiological activity of the body and how to strengthen it giving special care to the sense organs. Hygiene and eating habits are also among the important topics discussed. Dinacharya is followed by Rathricharya i.e. the night regimen where it talks about the benefits of sleep and sex, Ritucharya or seasonal regimen is another segment for better living.

Another important aspect of Ayurveda for the prevention of disease is not to suppress the nature calls or urges which we call Vegadharana

Over the years of my journey in Ayurveda, I have learned that the above Charyas are not only preventive but are the root practices of curing the ailments more consistently. Whichever system of medicine you follow, the lifestyle interventions help you for a speedy recovery. Having a routine where time is effectively used for self-care helps one to be balanced physically and mentally.

Ayurveda lifestyle is not only based on the circadian cycle but it is a holistic approach where self-care is considered more important. it's not about being youthful all your life but about living with good health and ageing gracefully.



Dr. Niya T Sivan

KNOW YOUR HERBAL GARDEN

SUNTHI / DRIED GINGER / CHUKKU

FAMILY: ZINGIBERACEAE

Lifestyle disorders are increasing at an alarming rate. Change in food habits, physical and mental activities are the reasons for such conditions. In the Ayurvedic perspective, Mandagni or low digestive fire is the main culprit for all kinds of diseases. Consumption of unhealthy food leads to Agnimandhya and Ama Avastha. So as a remedy to this particular pathological state, a drug which does Deepana and Paachana karma is required. Sunthi is one of the best among such Dravyas, which is easily available, cost-effective and with immense potency. Sunthi is a Dravya, which is being used since the Vedic period. It is incorporated in a group of medicines called Trikatu, containing three pungent drugs along with Maricha (Pepper), and Pippali (Long pepper).

Ayurvedic Properties

- Rasa: Katu
- Guna: Laghu, Snigdha
- Veerya: Ushna
- Vipaka: Madhura
- Karma: Deepana, Pachana, Grahi

Cultivation

January, May and September are the preferable months for cultivation. It takes 9 months for harvesting. It can be cultivated inland and in grow bags. Make small pits in the soil added with cow dung powder and ash. The rhizome taken for sowing should be dried moderately. Sow it properly and use some shades to protect it from excess sunlight.

Home Remedies

- Intake of water boiled with dried ginger can be taken as Paana(drinking water)
- Being an appetizer, ginger along with salt is given before meals.
- Ginger with honey is effective in asthmatic bronchitis, hiccups and cold.
- External application of ginger powder mixed with Dhanyamla is useful in swollen joints.

Features

Perennial herb with elongated leafy stem and horizontal tuberous rhizome.

Major chemical constituents

Alpha: Zingiberine(15.92%) , Geranial (11.75%), Beta: Bisabolene(11.12%), Beta: Phellandrene(7.73%), Beta: Sesqui Phellandrene(5.26%), Neral(9.25%), Shogaol, Gingerin, Zingerone, Volatile oil:(1-4%),Starch- (40-60%), Fat:(10%), Fibre:(5%), Sesquiterpene hydrocarbon contains Alpha: zingiberene, Beta: bisabolene, Alpha: farnesene, Beta-sesquiphellandren.

Researches

The main pharmacological actions of ginger and its isolated compounds include immuno-modulatory, anti-tumorigenic, anti-inflammatory, anti-apoptotic, anti-hyperglycemic, anti-hyperlipidemic and anti-emetic actions. Ginger is a strong anti-oxidant and may either mitigate or prevent the generation of free radicals. It is considered a safe herbal medicine with a few adverse/side effects.

Formulations

- Nagaradi kashayam
- Soubhagya sunthi modakam
- Kottam chukkaadi tailam
- Nagaradi choornam
- Chukkumthippalyadi gulika
- Dasangam gulika
- Vyoshadi Vatakam

Therapeutic uses

- Jwara (Fever)
- Amavata (Arthritis)
- Parinama Shoola (Peptic Ulcer)
- Shiroroga(Headache)

Curing of Ginger

The rhizome should be cleaned properly and the outer layer should be peeled off. Dry it in direct sunlight for 7 to 10 days without adding any chemicals (For commercial purpose, lime powder is added nowadays, which may, alter the potency).



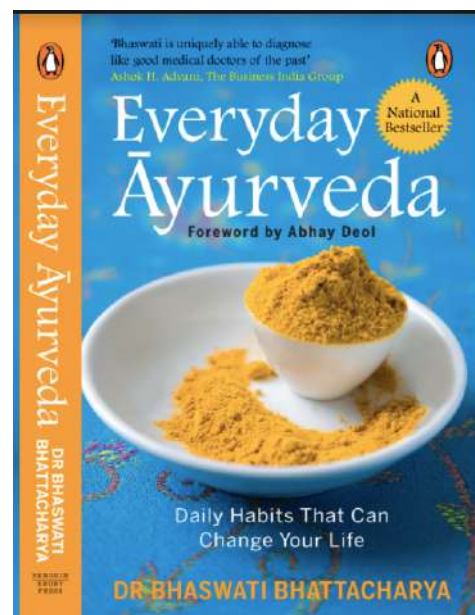
L I F E S T Y L E T I P S

OIL PULLING is swishing a tablespoon of oil in the mouth on an empty stomach. It not only improves the oral health but also have implications on the overall health of the body.

INTERVIEW WITH DR BHASWATI BHATTACHARYA

I (DrShanthi Ganga) caught hold of the book 'Everyday Ayurveda' by Dr Bhaswati Bhattacharya at a bookstall in Bangalore. Going through the pages casually told me this is not one of those books which says '100 Ayurveda tips for health' or those lame 'Ayurveda diet' books. I could finish reading it in a go. I loved her writing not only because it explained the concept of Ayurveda Dinacarya in an excellent way but also it reminded me of my childhood. Though I have learned the Dinacarya or lifestyle regimens during my college days, only after reading Dr Bhattacharya's book I could relate it to my everyday routine and how disciplined my childhood regimen was.

Dr Bhaswati Bhattacharya is not only a Holistic Healer but a biomedical scientist, International Public Health Specialist, professor and author. She has her degrees in medicine from the universities of Harvard, Columbia and Pennsylvania. She is also the recipient of the prestigious Fulbright Scholarship. She did her PhD in Ayurveda at Banaras Hindu University.



**[Click here to buy
Everyday Ayurveda](#)**

Other than the National Bestseller 'Everyday Ayurveda', Dr Bhattacharya has penned several creative and technical works in journals and magazines focusing on Good Medicine.

Team ayu:sutras are on cloud nine to have had the opportunity to interview her. We are happy to inform you that we will be publishing her views on Ayurveda in our eMagazine starting from this edition.

Q: WHAT IS YOUR VIEW ON AYURVEDA IN MODERN LIFESTYLE?

Ayurveda is a timeless science. It is as relevant now as it was 10,000 years ago.

Many people think Ayurveda can only be practised in a village in India; else, it is outdated and archaic. They think it is impractical. But especially now, in 2020, smart people are realizing Ayurveda offers contemporary solutions by reaching into a timeless understanding of Nature's laws, laws that modern science cannot yet comprehend. Ayurveda offers skilful navigation of life that requires us to appreciate the subtle and sublime, as well as the tangible. What makes Ayurveda appear impractical compared to the modern lifestyle is its demand that each person looks inside themselves and reconnect to the inner self that chose that modern lifestyle. Ayurveda requires us to be conscious, and people get overwhelmed with that because they have not processed their inner insecurities. Once they do the Work of reconnecting to their inner self, the modern lifestyle exists but they are not trapped in it.

Ayurveda requires us to connect with our soul and its instinctive need for a path that aligns us to our dharma, that purpose that ends up defining our lives. It tells us to orient ourselves to spin on our own orbit and not succumb to the pressures of others. Karma includes all our actions as well as mistaken decisions. Our dharmic decisions are often not popular with others. We need to be more aware of the consequences (or karma) of their actions (or karmas), Dharma is that thing which drives us forward. If done well, we can live beautifully in a modern world without making the daily mistakes that the ignorant make.

Ayurveda asks us to make decisions for our daily routine, our food and our mind's destinations by considering whether they are aligned with Nature and a deep sense of purpose. Everything else is not advocated.

If we are deeply connected to that sense of self in the context of the modern world, the ego is not the driver. This is deeply invalidating for people having a modern lifestyle, which focuses on the self and not on harmony with the environment. This demand to look at ourselves as part of the environment is not taught in modern schools, most of which worship the urban, westernized, fast-paced world. Slowly growing your own food is not as prestigious as earning money to drive a fast car. Anchoring our minds to our inner orbit is derogated as unrealistic by society's intellectuals because they cannot do it.

The modern lifestyle is however evolving. Some of the most intelligent people are leaving the race of the modern lifestyle to live more fulfilling lives. It is our challenge, part of our growth, to learn how to interact with the modern world without being trapped by the modern lifestyle.

Q: CAN AYURVEDA DINACHARYA BE SIMPLIFIED TO SUIT THE MODERN LIFESTYLE?

The most successful experiences occur in people who open-heartedly accept wherever they are in their daily routine and begin with small steps, integrating a new practice into their life until it becomes second nature and fully integrated to their routine. Then they choose another ritual and integrate. The early morning routine of 11 items is the simplest to integrate into any person's life in the modern world. It takes about 15 minutes to do, and it shifts many of the false rituals propagated by commercial ventures, such as breakfast in bed, excessive use of toothpaste, and lack of attention to the tongue. The rituals I like most are changing tooth cleaners with the seasons, lying still in the morning, and using pulse powders for cleaning the head and body instead of using foam-laden, chemical shampoos and soaps.

Setting up the rituals of dinacharya is the challenge. Sometimes people need help because they never learned and some of the lessons are very ... private. For example, people in America do not know how to clean with water after a bowel movement. They think having stool residue on the skin has no consequences on their health. Once they learn and get set up, the healthy dinacharya rituals flow through the day. They shift our sense of space as well as time. Hundreds of people have reported how their life and pesky diseases completely shifted after they instituted properly placed rituals.

Q: CONSIDERING THE COVID19 SCENARIO HOW CAN AYURVEDA CONTRIBUTE TOWARDS THE PREVENTION?

Ayurvedic rituals naturally build up our immunity, training our strength to deter disease, called vyadhi-ksamatva. Just as walking, then running trains us for a marathon, the use of medicinal plants imbed our physiology with gentle tugs that build up our system. Nasal oil, the taste of bitter kwatha, the use of hot water, digestive herbs in our foods, and rituals that build up digestive agni in our body help us stimulate all the components of the immune system. All of these rituals have logic for their use, shown by scientific experiments but the biggest evidence is the overall decrease in the incidence of disease in people who follow good preventive regimens.

If Ayurvedic physicians want to contribute to Covid prevention on a global level, they need to learn how to articulate the evidence that Ayurveda works to the audience. There is too much stammering about Sanskrit and doshas not being translatable. The rishis used metaphors to communicate basic concepts to young students. Vaidyas need to do the same using charismatic, articulate language of an experienced clinician.

Q: PEOPLE ARE RUNNING THE RAT RACE. WITH IT COMES MANY LIFESTYLE DISORDERS. CAN AYURVEDA CONTROL THIS UPSURGE?

Most of the rat race is about the ego, which is fueled by our insecurities. Ayurveda quietly reminds us to spend time in nature, and time in meditation daily. That daily time with ourselves reminds us of our true dreams, abilities and goals. In the initial phases, time alone may bring up emotional and mental issues. People in the rat race are afraid to be alone with themselves. The insecurities need to be overhauled out of the brain. New frames of reference will show us we have been trapped as a rat. We may choose to play the game and keep running the race so that we can be with our friends and family, but we can also choose not to be detrimentally connected. When we disconnect from the stress and false emotions, we find our body living more moments in calm, and few if any in states of panic, anxiety, depression, loneliness or any of the other psychological states of suboptimal well-being, what we call vata vitiation.

To be continued...



AYURVEDA CHARYAS TO PREVENT LIFESTYLE DISORDERS



Before going into the details of Ayurveda Dinacharya, it is important to understand what is the so-called 'lifestyle disorders'. These are ailments that are primarily based on the day to day habits of people. The sedentary routine and unhealthy eating habits are the main contributors. Ayurveda points out that suppression of urges or Vegadharana also contributes to Lifestyle disorders.

Though some diseases like Type 2 Diabetes has a hereditary linkage, the risk increases with a bad lifestyle. Overeating, lack of exercise or too much exercise, insomnia, consumption of pesticide-laden vegetables, fried fish and meat diets, drug abuse, smoking, and alcohol increases the risk of lifestyle disorders. All these habits can lead to chronic non-communicable diseases that can lead to life-threatening complications.

Some of the most common lifestyle disorders are Alzheimer's disease, atherosclerosis, type 2 diabetes, hypertension, chronic liver diseases, chronic obstructive pulmonary diseases, heart diseases, cancer, obesity, asthma, PCOS, osteoporosis, depression, vascular dementia and chronic Kidney failure.

For the prevention of such diseases, Ayurveda suggests certain codes of conduct to achieve both physical and mental health. The important Trio of dietary regimen, proper rest and controlling desires (Ahara, Nidra and Brahmacharya) are essential for maintaining good health of a person. Not only that one should eat wholesome healthy food, but also there is a code of conduct that is to be followed while eating. Likewise maintaining sleep hygiene is equally important. Brahmacharya is not just following “celibacy”. It is the discipline one should follow to keep the unwanted desires at bay. Likewise, suppression of natural urges or Vegadharana also results in lifestyle disorders according to Ayurveda.

To maintain a healthy lifestyle, Ayurveda teaches the importance of Dinacarya and Ritu Carya, that is the regimens to be followed every day and every season respectively. The Dinacarya elaborates the everyday activities of an individual starting with the waking up at Brahma Muhurtha to the sleeping time. Getting up a little early in the morning gives you a very fruitful “Me time”. After waking up, flushing out the toxins is the first karma to be done. The cleansing of the body starts here. Only after removing the existing waste in the intestine, one should ingest new food. Ayurveda emphasis on brushing the teeth followed by tongue scraping. Gandusha and kabala, which is holding and swishing of oils/ medicated water/saline water or even normal water should be done for the overall improvement of the oral cavity. Care of sense organs is given a lot of importance in Ayurveda. The largest sense organ, Skin, is taken care of by giving Abhyanga or oil massage followed by bathing. It is said, the body should be bathed in warm water and the head in cold water. Before taking a bath, it is advised to do Vyayama or exercise of your choice. But always bear in mind, too much of Vyayama is not good for the body.

For the protection of eyes application of Anjanam or collyrium is advised. Cleaning of ears and nose are also equally important. Pratimarsa Nasya or instilling 2 drops of Ayurveda medicine in the nostrils can be done every day. Apart from the physical care of the body, for the well being of the mind certain codes of conduct or ‘Sadvritta’ are also explained by the science. It is to be practised so as to gain health and control over the mind. Because the definition of Health is not just the well being of the body but also the well being of mind. Ayurveda lifestyle is a complete wellbeing package that one can follow for the betterment of life. Immunity modulation, prevention of disease, good physical wellbeing and overall happiness is the reward of a good lifestyle.



Dr Jyothis Jaya Thomas



A person is lying on their side on a dark, reflective floor in a dark room. A spotlight effect illuminates the floor around the person. The text "LIFESTYLE TIPS" is overlaid in a white rectangular box.

L I F E S T Y L E T I P S

Evacuation of your bowel should be the first thing in the morning. If the bowel movements are not so good, drink warm water every morning as soon as you awake.

SLEEP HYGIENE

FOR A HEALTHY & HAPPY LIVING



AVERAGE SLEEP REQUIREMENT

Newborn infants - 18-20 hrs

Growing children - 10-14 hrs

Adults - 7-9 hrs

SLEEP IS THE GOLDEN CHAIN THAT TIES HEALTH AND OUR BODIES TOGETHER.

-THOMAS DEKKER

To dream a healthy life, a night of good deep sleep is required. There could be many issues that lead to loss of sleep. Bad sleep is followed by a worse morning. Studies say that people with positive thoughts slept sound and people with negative thoughts have a poor quality of sleep. The subconscious mind which is always at work has a control on the vital functions of the body.

Sleep is called as Bhuthadatri because it keeps us lively and nourishes like a mother. Proper sleep gives happiness, nourishment, strength, sterility, knowledge and longevity.



SLEEP DISORDERS

- Insomnia – Inability to sleep. it is a common sleep disorder, especially in the older age group.
- Hypersomnia – Excess sleep, occurs due to some severe pathology.
- Narcolepsy – Sudden attack of uncontrollable sleep due to hypothalamic disorder.
- Nightmare – Extreme discomfort due to frightful dreams during sleep.
- Night terror – It is seen in children. Child wakes up screaming with fright and in a state of unconsciousness.
- Movement disorder during sleep – Immediate jerk of arms or legs immediately after falling asleep.
- Sleep Apnea Syndrome - Temporary stoppage of breathing repeatedly during sleep.
- Somnambulism – Walking in the state of sleep, it is associated with psychoneurosis.
- Nocturnal Enuresis – Involuntary discharge of urine in bed.

Sleep – Nidra is an Adhaaraneeya vega, that is, it should not be controlled. If controlled it may lead to various disorders. Acharya Charaka says that one should sleep over a comfortable bed in the home and one should go to sleep at the proper time when sleep is accustomed.

Let's discuss a few points for good sleep hygiene.

- There should be a discipline in the time one goes to bed and wakes up. precisely one should sleep before 10:00 PM & should wake up around 5:00 AM.
- Before going to sleep, focus on pleasant thoughts. Take some good deep breaths and one can write down their accomplishments and what has to be achieved.
- Better to avoid strenuous workouts 2 to 4 hours before going to bed. Also, avoid caffeinated and aerated drinks, nicotine, heavy, spicy and oily food at night.
- Diva Swapna or sleeping during the day time is not allowed, and it is advised only in Greeshma Rtu and for some specific health conditions as advised by the physician. But taking a small nap of 15minutes is good for health.
- Stop using gadgets 30 minutes to 1 hour before sleeping.
- It is good to sleep in a dark quiet place.

According to Ayurveda sleep is a “nithya rasayana” which means that it provides rejuvenation. Sleep is the time when your body repairs itself. The deeper and sound you sleep the better for you. A sound sleep is inevitable for a sound body and mind.



Dr Anusree R

UNRAVELLING THE Golden Goodness



The roots of the Indian medical system dates back to thousands of years. It was through keen observation, identification, and various trials and errors that the early Vaidyas came up with the perennial medical science of Ayurveda. Nature could suffice the needs of physicians and patients back in the day. After all, Ayurveda strongly believed in Loka Purusha Samya, which correlates the unmatched interdependence and striking similarities between humans and worldly elements. But over time, a lot of such defining principles of Ayurveda were questioned upon.



Many prime constituents of ayurvedic drugs and therapeutic procedures were severely misinterpreted over the years. One such component, which occupies a top spot in the ayurvedic pharmacology is ghee or Ghritha. Ghee being fat and dietary fats have a universally bad reputation. Fat is a calorie-dense macronutrient, so eating all types of fatty foods were believed to promote weight gain and obesity. Ghee and other types of butter are also high in saturated fat, which is associated with heart disease.

Why ghee in Ayurveda?

Ghee or clarified butter is grouped under a common set of substances termed as 'Sneha dravyas', which means unctuous substances. The process of snehana or oleation is a treatment methodology followed religiously in Ayurvedic practice before undergoing purificatory therapies. The process of oleation fills the body and its tissues with a variable amount of these unctuous substances which ideally digs out the

disease-causing elements and prepares it for elimination. The type of unctuous substance to be chosen depends on the disease and the patient. This process of oleation or snehana can also be done alone without progressing to an elimination therapy too. Also, the substances used have been processed with various medicaments to attain targeted therapeutic action.

Among the other unctuous substances used for oleation, ghee is of prime importance. Ghee or ghritha by its inherent nature has its specific curative actions on Vata and Pitta dosa. Ghee being unctuous contradicts the dry and mobile properties of Vata. The sweetness and cold property of ghee pacify the fierce and hot elements of Pitta. The derangements in these dosas in a patient when identified by a physician, a formulation with ghee becomes their ideal choice. Also, the ability of ghee to provide strength and vitality to even the utmost debilitated diseases makes it a safe choice for the weak, elderly, and children. Yet the property which mesmerizes

the physician community is the ability to retain all of its inherent properties even after being processed umpteen times with many herbs and yet imbibe the added qualities. This makes it an ideal choice even in diseases with derangements of other tissues. Ghee has also the ability to ignite the digestive fire just like oil added to a slow-burning fire. It also bestows lustre and softness to the skin, clarity of senses with utmost importance to vision, improved thought process, and enhances the overall satwik elements of the body.

A brief nutritional index of non processed ghee

A tablespoon of ghee contains 9g of saturated fats and remaining divided into more monosaturated and less polyunsaturated fats. It also contains trace amounts of proteins and 8% of the recommended daily intake (RDI) of vitamin A, 2% of vitamin E, and 1% of vitamin K. Ghee is also a rich source of antioxidants. The saturated fats, in general, raise the LDL and monosaturated fats help lower the LDL.

Polysaturated fats like omega3 and omega 6 help in maintaining a healthy heart and prevent clot formation in the blood vessels.

How ghee is used in Ayurveda

Ghee or ghritha is used in a lot of ways in ayurvedic practice. It is used internally as 'Paana' or oral administration, externally as topical administration and even per rectally in 'Basti' or medicated enema. The ghritha used in all of these variants are processed with herbs and minerals which have targeted action. Some of the many existing formulations include Tikthaka ghritha which has clear indications in a wide spectrum of dermatological derangements. The Kalyanaka ghritha described in psychological diseases is also another example. In such contexts, the usage of 10 years old and 100-years old ghee with immense penetrating and stimulating actions are explained, termed as 'Purana' and 'Prapurana' ghritha respectively. The efficacy of these formulations in depressive and anxiety disorders is worth mentioning. The much talked about Indukantham ghritha for its immunomodulatory action, is used even in gastrointestinal illnesses which co-relates to the Gut- Body healing axis of Ayurveda and thereby promoting overall health. The internal administration of ghee is always done under strict supervision and assessment by the physician.



Medicated ghee is always administered under strict settings and guidelines which are to be followed by the physician and patient. Despite each ghritha formulation being described in specific contexts, most of them are used outside those niches due to the specific dosha healing effect of the overall medicine. This is one of the many important and unique properties of Ayurvedic formulations in general. The topical variant like Sathadhautha ghritha mentioned in contexts of cellulitis is a wonder drug by itself. The term Sathadhautha is nothing but the number of times ghee was washed or processed with water and then infused with the 'nalpamaradi' group of drugs. This mode of processing increases its potency by 10 fold. The per rectal administration of ghee is also done after considering the disease and patient parameters. The ability of per rectal route to bypass the portal system makes it more potent when compared to other modes of drug administration in Ayurveda.

In Ayurveda, the ghee undergoes a process called 'Murchana' by which the ghritha is enhanced for processing with specific disease pacifying herbs. Murchana samskara (processing of ghee) attributes special properties to ghritha (ghee) by which monounsaturated and polyunsaturated fatty acids are increased and trans fatty acids are decreased.

Due to these changes, a decrease in total cholesterol, LDL, Triglycerides, and an increase in HDL is observed in Murchita ghritha (processed ghee). For ghritha murchana samskara (processing of ghee), Haritaki (Terminalia chebula), Amalaki (Emblica Officinalis), Bibhitaki (Terminalia bellirica), Haridra (Curcuma longa), Musta

(Cyperus rotandus) and Matulunga (Citrus medica) are used. Various studies published in scientific journals have shown the hypolipidemic and cardioprotective activity of these drugs.

Also, the micronutrient indices support the property of ghee which will vouchsafe better vision. Once this murchita ghee is subjected to further processing, the results are promising.



Hence the popular myths are easily busted with analytical facts like these. Ghee carries the therapeutic properties of herbs to all the body's tissues. It is an excellent Anupana (vehicle) for transporting herbs to the deeper tissue layers of the body. Proper digestion, absorption, and delivery to a target organ system are crucial in obtaining the maximum benefit from any therapeutic formulation. The lipophilic action of ghee facilitates transportation to a target organ and final delivery inside the cell since the cell membrane also contains lipid. Studies of different forms of herbs and herb extracts have found that the efficacy increased when they were used with ghee, compared to the usage in powder or tablet form.

Why not ghee?

The stigma associated with the internal administration of ghee is primarily due to the ideal standards on paper set by the western school of medicine. The ayurvedic concept of Swasthya or good health was dependant on the signs and symptoms shown by the body. The science urges society to follow a healthier lifestyle and dietary regimens which will protect them from forthcoming pandemics or metabolic syndromes. In such contexts, the rules of good conduct called Sadvritta was also mentioned by propounders of ayurvedic medicine. It explained moral values, righteous thoughts and also suggested the consumption of a portion of ghee in their diet considering its remarkable benefits.

A teaspoon of ghee daily has boundless benefits to the mind, body, and soul. A study on a rural population in India revealed a significantly lower prevalence of coronary heart disease in men who consumed higher amounts of ghee. Factors that may be involved in the rise of CAD(Coronary Artery Disease) in Asian Indians include the increased use of vanaspati (vegetable ghee) which contains 40% trans fatty acids, psychosocial stress, insulin resistance, and altered dietary patterns. Thus ghee can be rightfully named as golden goodness considering the above factors and one should not be hesitant to undergo a treatment protocol involving ghritha



Dr. Shilpa Thengil





L I F E S T Y L E T I P S

Eye care : Splash cold water into the eyes in between work. Exercise of eye is equally important as physical exercise.



OBESITY AND LIFESTYLE

Obesity is a major lifestyle disorder faced by the modern world. Obesity is the accumulation of excess fat in the body which may lead to negative effects on health, reduced life expectancy and increased health problems

A major cause of Diabetes, Ischemic heart disease, hypertension, Ischemic stroke, osteoarthritis and cancer may be attributed to overweight and obesity. In Ayurveda, Atisthauya (obesity) is described as the excessive accumulation of Meda (fat/adipose tissue) and Mamsa (flesh/muscle tissue) leading to flabbiness of hip, abdomen and breast. It is considered as one of the Santharpanotha Vikaras (disease due to consumption of excessive calories) in Ayurveda.

CAUSES

- Food Habits: overeating, increased intake of unhealthy food, irregular eating habits, excessive intake of junk food and other deep-fried food.
- Sedentary lifestyle
- Family History
- Certain medical conditions like hormonal issues
- Psychological ailments like depression, anxiety and stress lead to overeating.
- Sleeping during the day hours.

The basic line of treatment in Ayurveda includes both Samana Chikitsa as well as Panchakarma therapies. As a first line of treatment medicines to stabilize the digestive fire is administered. Udwartanam or powder massage is done followed by therapies like Swedana (steam), Kizhi (massage with poultice) and Abhyanga (oil massage).

Healthy but easily digesting light food is advised. Any form of exercise is to be followed. Ayurveda single drugs and formulations are given after considering the constitution and health of the individual. Prevalence of overweight and obesity is increasing day by day. Though there could be many reasons behind this, lifestyle is considered as the major contributor. Lifestyle is not just being active or following diets. Sleep is also a very important aspect of weight reduction.

Few tips that can be followed:

- Mild to moderate exercise according to individual capacity.

- Follow a disciplined sleep pattern.
- While eating food, concentrate on what you eat. It is better to avoid watching TV or using the phone while eating.
- Avoid alcohol and smoking
- It is better to adopt a diet after consulting a Doctor or nutritionist, than following any media publicized diet. Each individual is different and the diet is always unique.
- Use warm water for drinking.
- Reduce intake of white sugar, added flavours, deep-fried, fermented and canned food.

Ayurveda medicines and treatments can help to reduce excessive body weight which in turn could help your body to be healthier.



Dr Haseena Riyas

CRISPY CHICKPEA SALAD

Easy & Healthy Recipe

Here is a crunchy salad recipe which is both healthy and tasty. It is also rich in Proteins and other nutrients.

1. Boiled chickpea: 1 cup
2. Green gram sprouts: ½ cup
3. Onion cut into small pieces: 3 tbsp
4. Anar: 2 tbsp
5. Cherry tomato: 5-10
6. Diced cucumber: ¼ cup
7. Dry roasted peanuts: 3 tbsp
8. Cilantro: as required

For dressing

Lime juice: 2 tsp
Apple Cider Vinegar: 2 tsp
Salt and Pepper: as required

Mix all ingredients, after adding the dressing, toss it a few times and serve.





L I F E S T Y L E T I P S

Soak your hands and feet in warm saline water and pat dry. Then massage with coconut oil or ghee for good skin and nails



Abhyanga

The unique practise for your well-being

Abhyanga in simple terms is the Ayurveda oil massage. It is massaging warm oil onto the body either by panchakarma therapists or self-application. It brings wonderful results if practised every day. According to Ayurveda 'Dinacarya' or lifestyle regimen, Abhyanga should be practised every day for the well being of the body.

Ashtanga Hridaya by Vagbhata quotes: "Abhyanga is to be practised daily. It prevents ageing, exhaustion and excess Vata Dosha in the body. Abhyanga bestows fine eyesight, nourishes the body, increases longevity and promotes sound sleep, healthy skin and physical strength. This is to be done especially on the head, back of ears and feet. Abhyanga is contraindicated on a person with diseases caused by kapha, who has undergone purification therapies (panchakarma) and who has indigestion".

Ayurveda, as we say, is not for the disease but for the individual. Hence a single oil cant be used by each and everyone for the application. For example, the oil for a person living in the arid region of Rajasthan and someone living in the backwaters of Kerala is not the same. The skin of an individual working in the air-conditioned office will be much drier than that of a person working in a space with good ventilation. So it is very clear that before deciding on oil, it is better to consult an Ayurveda doctor to avail the best outcome.

Abhyanga helps to stimulate the lymphatic system and remove toxins. It enhances the energy or prana of the body. It reduces muscular tension and stiffness of the body. Improved blood circulation, better skin texture, youthfulness and relaxed mind are added advantages of Abhyanga. The simple technique of oil massage or Abhyanga is not only to rejuvenate the body but also to relax the mind.



Dr Sreedevi NV

Our contributors.



Dr. Niya T Sivan
BAMS, MD Dravyaguna vinjana



Dr Sreedevi NV
BAMS , DYHE
Ayurveda physician, Omniwill
Ayurveda Clinic, Kalathipady,
Kottayam .



Dr. Shilpa Thengil
BAMS



Dr Anusree R
BAMS



Dr. Haseena Riyas
Health and Beauty Specialist
Saptagiri Ayurveda and Beauty Clinic



Jyothis Jaya Thomas
BAMS

ayu:manthra
Sarovaram Road(PHED Road), Eranhpalam,
Calicut, Kerala-673006

www.ayumanthra.com
ayumanthra@gmail.com



ayumanthra

Be a contributor & get your article in the spotlight

For more details contact us at:

+91 95672 29092, +91 94954 57918
ayumanthra@gmail.com

Chief Editor:

Dr Shanthi Ganga,
Chief Physician, Managing Director at ayu:manthra

Editor:

Soorej Anitha jayaram
Yoga Mentor & Managing Partner at ayu:manthra

Designed & Produced by

Akshay V
www.growthassociates.xyz

Our team.

Click here to check out previous editions of ayu:sutras

**GOOD
VIBES
ONLY**