

ISSUE 01 | MAY 2020

# ayu:sutras

by ayu:manthra



COVID-19 Edition

# Editor's Desk



A silver lining, that's what we all look for when stuck in a serious situation like the COVID19 and the lockdown that came with it. That's exactly what we think of our new endeavour, a quick read e-magazine that imparts concepts in Ayurveda, yoga and other lifestyle-oriented sciences in layman language.

On behalf of our team, it is with great pride that I am writing this editorial for the first issue of our E-magazine AYU:SUTRAS. "Knowledge is power. Knowledge shared is power multiplied." Since the day we started our clinic, it was a sincere wish to provide a platform to bring the facts about Ayurveda and Yoga in a simplified setup. In this era of "quack health and lifestyle specialists", we found the lack of a proper journal that had authentic articles by experts from a variety of fields.

All of us are passing through a grim situation that the entire humanity has ever faced. The Pandemic COVID-19 has almost brought our everyday life to a standstill. The lockdown initiated in Wuhan 2 months ago is now becoming common in many countries irrespective of their geographical location, culture or GDP. But we took this situation as a blessing in disguise and put our hearts and brains into releasing this first edition.

ayu:manthra's AYU:SUTRAS is a platform for publishing accurate and legit contents regarding Ayurveda, Yoga, lifestyle sciences and any other branch of study by certified well-known doctors, yoga mentors and scientists. Though our focus is mainly on Health, a few sections for travel and culture will be added very soon. In addition to standard articles, there will be space for health tips and Q & A, with an emphasis on healthy living.

Keeping in mind, the current scenario, Lion's share of the articles in this issue is regarding preventive aspects for better health.

We have had immense support from the public when we started our clinic ayu:manthra, expecting the same from all of you to spread the word about our magazine and expressing your opinions and views about the same.

**Dr Shanthi Ganga**  
**Chief Editor**



# MESSAGES

## Dr Murali Vettath

Chairman- Cardiac surgery  
Institute of Heart, Vascular & Transplantation.



Wishing Dr Shanthi Ganga on her new venture of starting a health magazine from Ayu:manthra. Hopefully, this will have a focus on how to stay fit and healthy during these trying days of lockdown.  
Good luck Dr Shanthi and looking forward to seeing it launch.  
With warm regards



## Saradakutty Bharathikutty

Retired college professor and writer



"Health" & "Enlightenment", the two very common terms baffle definition, and journeying in search of 'enlightenment' in the field of 'health' makes it more enigmatic to the common man. The not so common terminologies and jargons widely used in the field of medicine, especially in Ayurveda, make even the so-called literate to turn away and show mistrust to the treatment protocols in vogue. The gap developed in the bond between the patient and the physician worsened day by day and now the patients and their relatives manhandling the doctor fraternity is not so rare.  
I hope and pray that this new venture, Ayu:sutras, can contribute and bridge the lacuna existing between the doctor and patient to a much greater level.



Wish all the Best



# MESSAGES

**Dr. Manoj Kaloor**

Director, AVVS

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Dear Dr Shanthi,

In any profession, publishing books and articles is an important means of advancing in one's career. The endeavour is usually a time-consuming, difficult task. Hope to see more of you in the online media from now on. I express my sincere wishes for your new endeavour.



## AYURVEDA

DOSHAS

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VATA



PITTA

KAPHA

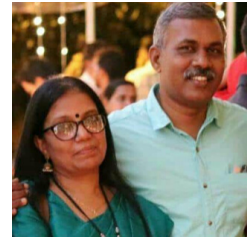
**Dr Danesh & Dr Jayasree Danesh**

Ayurveda Doctors

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Congratulations Shanthi,

Ayu:manthra always bring something unique to the public in the field of Ayurveda. Now we are happy to hear that you are presenting new ways to live healthy in a grave situation like this. Our heartiest wishes for your new launch.



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Dr Shanthi Ganga's  
ayu:manthra

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### The ancient antidote to modern lifestyle

Yoga Nidra means sleep after throwing off the burdens. It is of a blissful, higher quality altogether.



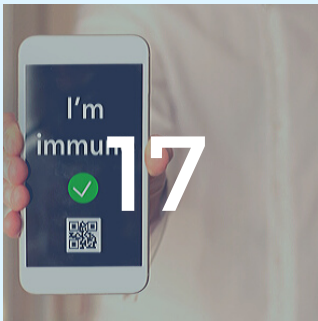
### ACE YOUR IMMUNITY GAME

Are we as a community facing significant drops in immunity levels? Here's what you can do to ace immunity through ayurveda & healthy diet.



### Golden Milk

Golden milk or commonly Turmeric Milk is an awesome health drink. It is nutritious and has its roots in the Ancient System of Indian Medicine, Ayurveda. It takes barely 5 minutes for the making of this delicious drink.



### Ayurveda hacks for immunity

Tips to help increase the immunity and thus prevent diseases. But it is to be understood that these are never a substitute for treatments.





# KNOW YOUR HERBAL GARDEN

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**TULSI / HOLY BASIL / INDIAN BASIL**

**BOTANICAL NAME : OCIMUM SANCTUM**  
**FAMILY : LAMIACEAE**

It was a tradition in the family to drink the filtered water of Tulsi soaked overnight on an empty stomach, to ward off ailments. 'A herb for all reasons', as it is said. Basil is small yet a power-packed herb. The extensive research on this plant shows its significance for a healthy body.

Tulsi is indigenous to the Indian subcontinent. Our culture considers it as a holy plant since it is believed to be the earthly manifestation of Goddess Lakshmi. The Scriptures about the uses of Tulsi as a medicine could be traced back to the Vedic period. In the scriptures, Atharva Parisishta and Sankara sutra, the uses of tulsi are explained elaborately. Classical Ayurveda texts mostly mention Tulsi by the name 'Surasa'.

This aromatic herb is erect and branched with hairy stems. The leaves are normally green or purple and are strongly scented. We have varieties called Krishna Tulsi and Rama Tulsi. The parts used for medicinal purposes are leaf, root and seed.

## USES:

- Fresh juice of Tulsi with honey is good for a productive cough.
- Inhaling steam infused with tulsi is advised in common cold and is also good for acne.
- Since Tulsi has 'vishahara' properties, it is good to rub on the skin for insect bites.
- Because of the broad-spectrum antimicrobial properties, Tulsi is good as hand sanitizer and mouthwash.
- Researchers have stated that Tulsi has antibacterial, antiviral and antifungal properties.
- Tulsi is claimed to have antidepressant properties and also is a good anti-stress agent.
- Application of the paste of Tulsi and Neem on acne is advised.
- The volatile oil extracted from the leaves is good as a mosquito repellent.

## REMARKS

Too much intake of Tulsi leaves is not advisable. The aqueous extract of Tulsi leaves has shown antifertility and abortifacient action.

# Prevention and Mitigation of Epidemic and Pandemic Contagious Diseases through Ayurveda: An overview

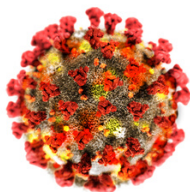
Dr. Valsaladevi K  
BAMS FAGE YIC MBA  
Senior Ayurveda Consultant and Quality Assurance Advise



At a time when the whole world is facing a catastrophe of a deadly pandemic of CoVid 19, it is very important to know what exactly a contagious disease is and what are the means to prevent them by raising the individual and social immunity. It is also important to know how to mitigate the effects of the disease in an individual and in the community.



Contagious Diseases may be epidemic or pandemic. The CoVid 19 infectious bronchitis that has gripped, throttled and shaken almost the whole world is an example of a pandemic, which means the occurrence is widespread and involves multiple communities. An epidemic is a widespread occurrence of an infectious disease in a community at a particular time. The recent episodes of bird flu and monkey fever in certain parts of Kerala are examples of an epidemic. The deadly Nipah virus episode of 2018 is also an example of an epidemic.



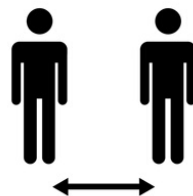
Contagious diseases including CoVid 19 are spread from person to person through direct physical contact which includes handshake, hug or sex. Contagious diseases are contracted through secretions like saliva, nasal mucus, sweat, sputum, blood, urine and faeces. They are also spread by vectors like mosquitoes.

Contagious diseases are also spread by coming into contact with secretions of animals like bats and rodents. Animal to human spread is known as zoonotic diseases. Contagious diseases can also spread through contact with any object or surface that is infected and contaminated by the disease-causing germ.

The significance of Ayurveda in the scenario of contagious disease is very relevant for the prevention and mitigation through the "swasthavruttha" and "sadvruttha" practices.

## Contagious Diseases Classification

Contagious diseases are classified as viral, bacterial, fungal etc depending on the causative microorganism. The other classification is based on the extent of spread as an epidemic or pandemic. They are also classified on the means of contagion like airborne, waterborne, direct contact etc. Contagious diseases are also differentiated on symptoms like flu, abdominal problems, fever, etc. To be clear, the globally terrifying CoVid 19 is a highly contagious disease caused by Novel Corona RNA Virus and has assumed a pandemic status.



This is a disease that is contracted through physical contact of the respiratory secretions of the infected person and shows flu-like symptoms within an incubation period of 14 days.

## Contagious Diseases Reference in Ayurveda

The textbooks of Ayurveda, the centuries-old Charaka Samhita in its Vimana Sthana 3rd Chapter Janoadodwamsaneeyam Adhyayam explains in detail about contagious diseases. The precautions a society has to take for the prevention of contagious diseases is clearly detailed in the context. The chapter instructs the doctors to be prepared for the management of contagious diseases at all times. The chapter directs the doctors to collect potent herbs for the purpose and prepare the required medicines. The contents of the chapter are still relevant today in these hard times of CoVid 19.



The chapter says contagious diseases are caused due to the vitiation of one or more factors such as the society, nature, air, water and season. The diseases caused in such a way have the dangerous capability to destroy and cripple the community as a whole. The massive destruction of the Janapada or community gave the name of Janapadodhwamsa Vyadhi to these contagious diseases.

#### Contagious diseases prevention through Ayurveda

Keeping oneself safe from contagious disease is the best prevention. Most contagious diseases, especially viral diseases are self-limiting. If one gets infected isolation, good rest, light nutritious warm food and management of symptoms are the things to do. Any illness leads to an immune compromising situation and hence chances for secondary infections are high. Secondary infections can cause serious complications. To be healthy is the key to not contract a contagious disease or to come out of it with minimum damage if contracted. Natural immunity-enhancing is the solution. Ayurveda is the best available means for this.

“**Natural immunity-enhancing is the solution. Ayurveda is the best available means for this.**”

When a disease-causing germ enters a person it multiplies in millions during the so-called incubation period gaining potency to exhibit symptoms and to convert the person to a disease spreading agent. In a healthy person, the immune system is capable of fighting away the germ but in elders, children, pregnant women, and patients with morbidities or in unhealthy persons the germ takes over by defeating the immune system.

The strict and stringent observation and habit cultivation of Ayurveda principles including the daily regimen Dinacharya, the seasonal Rutucharya and the social conduct Sadvrutha inculcate and develops natural immunity in individuals which prevents illnesses including contagious diseases. The natural immunity reduces the severity of the illness even if contracted along with ensuring a speedy recovery and recuperation.



Disinfection, isolation, light warm nutritious locovoristic diet, adequate rest and symptomatic therapy are the five musts for the management of contagious diseases including CoVid 19.

Ayurveda formulary is a treasure house of immune-boosting and immunomodulatory medicines. Research and scientific studies have established evidence of immunomodulatory action of more than 80 drugs. Ashwagandha, Amalaki, Amrutha and Triphala are a few examples

Lifestyle plays a very important role in the development of natural immunity. Yoga, meditation and Ayurveda principle-based contemporary lifestyle are all options for anyone looking to cultivate natural immunity and protection from contagious diseases.



To make the point clear here is again an example. Kerala is passing through an intense summer which is the Adanakala or the dehydrating season at its peak. The natural endurance of the mind and body is at its lowest. This makes the population more susceptible to contagious diseases. The need for the season is to stay hydrated and enhance endurance. Medicated water bath twice a day refreshes the person and prevents skin problems. Use neem leaves or Nalpamaram bark for the purpose. Supplementing tea or coffee with cool hydrating drinks such as diluted rice soup, nocake or malar drink, nannari sarbath, amla juice, cucumber juice, cardamom jaggery panakam, ripe indigenous mango juice, tender coconut is healthy during summer.



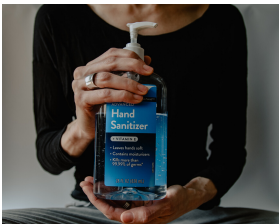


Drinking water has to be fortified with dry ginger, coriander cinnamon, cardamom and Karingali or Babool bark. Use buttermilk which is not sour. Eat seasonal fruits like mangoes, jack fruits, Chambakka, etc. Diluted milk flavoured with cool essences like the rose is heartening. Food has to be steamed or soft and well cooked, especially rice. Avoid spicy deep-fried or roasted food. Rest for sometime in the afternoon. Kanji is the best meal suggestion for dinner. Try out chutneys made with tender leaves of guava, amla, vilva, muthil and other edible herbs. These may also be blended into cool soups by mixing with less sour buttermilk and garnishing with jeera.



In the present scenario of CoVid 19 pandemic, drink water medicated with dry ginger, thippali, cinnamon, chittamruthu, turmeric and tulasi. Do not boil turmeric and tulasi. Add them after the water is prepared and the fire is extinguished. Cover the water with a lid to retain the steam within. Sip every half an hour to keep the throat warm and moist.

I am not trying to say that you do not get affected at all by contagious diseases including CoVid 19 if you follow all these instructions. These are complementary measures along with the strict observance of WHO Guidelines for each contagious disease. WHO has issued the guidelines of Hand Hygiene, Social Distancing and Respiratory Etiquette for CoVid 19.



These are to be followed by 100%. The chain has to be broken for the benefit of humankind. This is our responsibility and a requirement for the global community.

### Ayurveda Preventive Measures

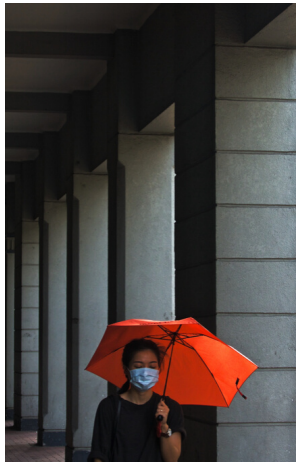
CORONA for management sake and for prevention may be interpreted as

- C - Clean your hands
- O - Off from Gatherings
- R - Raise your immunity
- O - On. mask on.
- N - No to handshake
- A - Avoid Rumours.

The R element, Raise your immunity is the treasure of Ayurveda health care. In fact, Ayurveda is the first health science which categorised health care into Swasthavrutha to stay healthy and Athuravrutha for disease management. This view and methodology very clearly portray the role of Ayurveda in the prevention of contagious diseases including CoVid 19.

While discussing Ayurveda medicines, regular use of dry ginger powder with honey is good to improve respiratory tract condition in Asthma patients. Vilwadi Gulika, Indukantam Kashayam Amrutha Satwam, Sudarshana Choornam and many other medicines are available to improve immunity. Fumigation with Aparajitha Choornam, neem leaves, etc. helps in natural disinfection. The thumb rule is self-medication is injurious to health and so is falling prey to quacks. Consult a qualified Ayurveda doctor for your prescription of medicines. Follow the instructions properly. Be careful about the dosage. Do not share your prescription with others. Each person is unique and consultation is must for a prescription. Special precaution is necessary in case of elderly, children, pregnant women, nursing mothers and those with comorbidities.

Once again I reiterate that strict observance of WHO Guidelines is a must. If you notice any symptoms, you have to contact DISHA Helpline immediately and follow the instructions given. The health of people around you is as important as yours.



### Role of Ayurveda after the Recovery from a Contagious Disease

Getting infected with a contagious disease and the social stigma is a huge stress to the person and the family apart from the sufferings of the disease. The health of the person and the family deteriorates. Digestion is affected. To improve general health, to enhance endurance, to augment immunity, to nourish the body, to improve metabolism, to reduce stress and to build a recuperative confidence Ayurveda medicines, therapies diet and lifestyle modification are proven strategies. Ayurveda handholds and ambulates the affected person without letting a slippage from a contagious disease to another lifetime morbidity.

“ Ayurveda handholds and ambulates the affected person without letting a slippage from a contagious disease to another lifetime morbidity. ”

# DID YOU KNOW



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DKS PLUS 112

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Mixing honey with hot  
water is toxic



**Swami  
Satyananda  
Saraswati**

"Most people sleep without resolving their tensions. This is termed nidra. Nidra means sleep, no matter what or why, but yoga nidra means sleep after throwing off the burdens. It is of a blissful, higher quality altogether."



**Shobit Raj ,  
Yoga nidra Facilitator**

## THE ANCIENT ANTIDOTE TO MODERN LIFESTYLE

Yoga Nidra is a state of consciousness between sleeping and being awake. Our bodies go through this natural state before we fall asleep at night and when we wake up in the morning. This is known as Hypnagogic state which is a source of creativity and bliss, our innate nature. A common example of this is when we sleep with a problem in mind and wake up with a fresh perspective or realisation. Hence the old saying, "Sleep on it."

We function predominantly with our conscious mind when we are awake and active. But, the conscious mind is only the tip of the iceberg, and 85–90% of our mind comprises the subconscious and unconscious. This unexplored part of the human psyche holds our memories, beliefs, emotions, fears, patterns and trauma. Yoga Nidra helps access these realms and get a better understanding of ourselves, release suppressed emotions/memories, change vicious patterns, envision constructive goals and awaken our true potential.

Most of the understanding of yoga today comes from postures & breathing exercises. But, that is just a starting point where we work on our body, breath and energy to move on to higher practices such as meditation by stilling thoughts in the mind.

Yoga Nidra is a wonderful gateway for that as it helps in relaxation, healing, & cognition, as that is a conducive state to actual absorption in meditation. Yoga Nidra is a practice of Pratyahara, which in Sanskrit means withdrawal of senses. This is a growing need in our fast-paced lifestyles with social media, emails, deadlines, traffic, constant information & sensory overload. One can find all answers in moments of silence and it is essential to disconnect from the outside world to truly connect within.

Yoga Nidra is used as a key component in therapy. It helps with insomnia, anxiety, psychosomatic disorders, pain management, addiction, cancer & more. It also helps in harnessing creativity, memory & concentration. Everyone in the modern world can benefit from this ancient practice as it works on a physical, psychological & spiritual level. Children, students, corporate professionals, entrepreneurs, sportspersons, creative artists, homemakers, yoga practitioners, & senior citizens. There is something for everyone in this beautiful practice.



## ACE YOUR IMMUNITY GAME

Just as we are passing through several days of quarantine in the liberty of our houses, most of us might have run this thought over a 100 times in our heads- HOW LIKELY AM I TO GET INFECTED?

By now we are accustomed to the guidelines of the WHO which says all about contact history, comorbidities, age factors and so on. We are just left with social distancing and hygiene measures, for now, to escape the rapid communicability. But is it also because we don't intend to trust our immunity levels?

The immunity levels of each person decide the game-plan of the pathogen inside that body, in communicable disease. Some infected individuals may be asymptomatic carriers or others severely affected. While looking at medical trends on disease incidence in the past many years, are we moving uphill? Are we facing significant drops in immune levels?

( Both the innate and naturally acquired active immunity)

The term “immunity” was decoded almost simultaneously with the term “disease” back in the day. When we look at the Indian medical classics like Ayurveda, terms like “Ojas” and “Bala” resonate with the modern-day immunological concepts. Bala of a body is that which antagonizes the disease and its causative factors. It is our natural resistance. And that’s not all while evaluating the “Bala” of a person, it further branches out itself to two. Roga Bala — which means the strength of the disease and Rogi Bala — which means the strength of the patient. The latter has to be overpowering to make our way out of a disease or say, an epidemic. While talking about epidemics, Ayurveda also talks about the drop in “Bala” over time.

In such contexts, it is said that the average lifespan of a population will be facing a downfall every 100 years. The reason being the reduced availability of eatables with higher nutritional index to all strata of the society. Considering today’s circumstances it does stand true. The consumerist society added on with environmental pollution, the right food probably reaches only the elite sections. Also, overindulgence in the wrong food has given rise to the millennial health conditions like metabolic syndromes. The environment and its creatures do not merely exist as separate entities, but very interdependent. The ill happenings in the environment are bound to create repercussions in our bodies too. Our dietary needs have been medicalized. The zillion amount of dietary and vitamin pills in the market is distracting our attention to the core problem.



We are what we eat . Period. The food we eat forms the very building blocks of our body and thereby our “bala”. And to accelerate it, the best way is to indulge in local, indigenous and seasonal food articles. Our taste buds would love to travel around the world, but our gut might not!

In a country like India, we have a plethora of over 3000 medicinal herbs with some familiar ones like the Indian gooseberry, liquorice, ginger and giloy (Tinospora Cordifolia). Studies have proven their immunomodulatory actions. In Ayurveda, a separate section called ‘Rasayana’ has been set aside exclusively for the same which includes various formulations and preparations with such herbs having a wide range of properties. Antioxidant and immunomodulatory actions are some of them.

Hence it is evident that the science focuses on preparing the body to fight the pathogen than depending on external means. Thus increasing the natural resistance! So indulgence in such indigenous herbs will have a positive impact on “Yukthikritha Bala” — one attained by having the right kind of food.



Therefore, if no access to medicinal herbs, we should at least be focusing on the right kind of food than food supplements. You don’t have to go in search of exotic fruits and vegetables, but simple ones like ginger or garlic right in your kitchen. The Indian spices are not only hyped for their impeccable aroma and flavour but also their wide range of medicinal properties.

Our hearts should also go out to the underprivileged for they are forced to eat things which lack the right amount of nutritive elements, simply because, in a pandemic, the immunity of the whole population is at stake — be it rich or poor. We cannot probably change our genetic predisposition towards certain diseases, but we definitely can build our natural resistance against communicable diseases.

Why not indulge in such a good diet which boosts our immunity in the coming days of quarantine. Make sure to assess the quality of what you eat than quantifying it. We should come out of this pandemic as a stronger society to take the future head-on. Because health, after all, is the primary responsibility of each individual!



**Dr. Shilpa Thengil**



# DID YOU KNOW



The juice made out of white gourd / Ash gourd with a small piece of ginger and having it empty stomach is good for improving metabolism and aids in weight loss.

# ***GOLDEN MILK FOR IMMUNITY***



## ***ingredients***

- Milk - 1 Cup
- Cinnamon Stick - 1 medium sized
- Ginger - grated, a small piece
- Turmeric - 1 tsp
- Black Pepper - half tsp
- Ghee -  $\frac{3}{4}$  tsp

## ***instructions***

- Place the milk on flame and add the ingredients in the above order. Stir thoroughly for around 5 minutes. Filter and Drink.
- If you are a Vegan replace Milk with almond milk or Soy milk.
- Turmeric is an excellent immunity booster and also acts against allergies. The ginger helps for easy digestion and pepper increases the bioavailability of turmeric. All the above ingredients are good for respiratory health. Ghee is not only a binding agent but is also one of the finest fat one could consume.





# YOGA FOR HEALTH

## UTHANA PRISHTASANA

by Soorej Anitha Jayaram



As we tackle one of the most dangerous pandemic ever encountered by the world, either man-made or nature's technique of annihilation, there arises a need for mankind to work on the body to boost its immunity. Yoga has always been one of the techniques that provided a holistic approach to fitness. It is a "work in" rather a "work out".

HATA yoga advocates the following sequential structure that will help one to achieve the union that yoga has been designed to provide.

- SHATKARMAS
- ASANAS
- PRANAYAMA
- PRATYAHARA
- DHARANA
- DHYANA
- SAMADHI

All of these are elaborate topics and needs a lot of time and practice to learn and master. Considering the present scenario of the COVID19 and how it attacks our Respiratory system, I would recommend to practice "UTHANA PRISHTASANA" or add this asana to your regular practise.

**HOW TO:** Lie on the stomach with the arms crossed under the lower chest, holding the upper arms. The toes are stretched out, head facing forwards and the body weight pressing on the forearms. The elbows should not move during the entire round. Inhale while raising the trunk and buttocks so that one is supported by the knees and the upper arms.

Bend the knees and stretch the torso backwards so that the chin and chest are placed on the ground. Exhale while returning to the raised position and then to the lying position. Repeat at least 10 times.

This asana exercises and strengthens the diaphragm and tones the entire back, especially the nerves and muscles. It helps remove congestion from the lungs

Yoga gives immense importance to breathing. Breath supplies oxygen to various parts of the body and strengthens it thereby giving us stability in the postures we hold. Even though the air we breathe is carried to various parts of the body by blood, onus is given in the process of breathing and visualising the journey of the breath to individual parts. Most of the intermediate and higher levels of yoga asanas require the practitioner to get into postures where he would be squeezing or stretching the internal organs. Here it gets difficult to breathe. But with practice he would learn to ease into it and learn to breathe which would in turn strengthen his Respiratory system. Once the respiratory system is in excellent condition he can depend on it to ensure supply of ample energy to hold postures for a longer duration. Practice of pranayama enhances the breathing experience and clears blockages.

A healthy body depends heavily on the quality of breath. All of us are so used to shallow breathing that it takes effort for us to take long breaths. We don't use the full capacity of our lungs. The need of the hour is to quit shallow breathing and slowly shift to mindful breathing to strengthen our respiratory system and thus prevent diseases. So BREEEEEAAAAATHHEEE....

# AYURVEDA HACKS FOR IMMUNITY

The tips given here help to increase the immunity and thus prevent diseases. But it is to be understood that these are never a substitute for treatments. Ayurveda medicines are available and it should be consumed only after consulting a doctor who will assess the body constitution and prescribe the medicine after considering the digestive power. If any symptoms are seen proper treatment must be taken at the earliest after consulting a doctor.

**1** Freshly prepared, warm food is to be taken considering the appetite.

**2** The food should be easily digestible

**3** Include plenty of fruits and vegetables in your diet

**4** Steamed food like Idli, Ada, Kozhukatta etc can be included for a balanced diet and prevent indigestion

**5** Heavy food like Biryani, Porotta and fried items can be completely avoided for better digestion and metabolism

**6** Avoid sleeping during day time

**7** A sound sleep at night is important so as to restore the energy levels at the cellular level.

**8** Washing your hands and feet with warm water and soap should be practised

**9** Bathing twice daily preferably with warm water for body and cold water for head.

**10** Maintaining mental hygiene and environmental hygiene is equally important

**11** Social distancing is important.

**12** Ginger (20gm) with Jaggery (10gm) mixed together can be used as a linctus and taken often to improve digestion and to cleanse the body.

**13** Peppercorn can be added to everyday food since it is a good immune modulator. Soup with pepper corn is good for the body.

**14** Tulsi coffee can be taken twice daily. The ingredients are tulsi leaves, dry ginger, pepper and jaggery.



**15** For inhalation tulsi leaves with turmeric is advisable.

**16** For keeping oral hygiene gargling with water boiled using turmeric powder/triphala powder/salt is good.



**Dr. Ambika**



# SMRITI MEDITATION

Good mental health is when you feel positive about yourself and cope well with everyday pressures. Both physical and mental health is the result of a complex interplay between many individuals and environmental factors, including

- Exposure to trauma
- Personal life circumstances, history etc.

Mental health is also affected negatively in a workplace when the demands placed on someone exceeds their resources and coping abilities. If you experience issues dealing with everyday problems, it could be a sign of a mental health problem and should be addressed immediately. The perfect balance of mind, body and soul is considered as complete health in Ayurveda. When we integrate the contemporary art of psychotherapy with the ancient science of Ayurveda, it becomes a more powerful combination called Smriti meditation.

Smriti meditation is defined as the treatment by psychological means, on problems of an emotional nature in which a trained person deliberately establishes a professional relationship with the patient with the object of

- Removing and modifying existing symptoms
- Meditating a person with a disturbing pattern of behaviour
- Promoting positive personality growth and development.





Smriti meditation teaches us how to rediscover critical knowledge and awareness of the natural forces and rhythms that complement and strengthen our human experience, through the understanding of the psyche and what our inner experiences are, also involving daily practical activities with thorough attention to our total environment to bring about radical changes in our mental and physical health.

Smriti is a Sanskrit word from the root 'Smara' which means "recollection of memory", is said as the recollection of sacred literature based on human memory. The information gathered by any of the Panchandriyas (eyes, nose, tongue, ears, skin) and mind are stored in the deep layers of consciousness with appropriate triggering factors, which then reflects back as emotions.

Smriti meditation is an effective tool in identifying the cardinal reasons for psychosomatic diseases. The emotional component of the disease could clear off so that further somatization of the disease can be prevented.



## HOW SMRITI WORKS

All our experiences from the moment of birth are influenced by Satva, Rajas and Tamas. Satva is a relatively natural and harmonious state of clear consciousness.

Rajas and Tamas can spoil our natural state of harmony thus leading to ill health. Persons with high Rajas and Tamas are prone to mental disturbances. Psychotherapy in Ayurveda is termed as Satvavajaya treatment. The term Satva is used as a synonym of mind in Ayurveda. 'Avajaya' means to "win over".

Hence it can be explained as a winning technique of satva over rajas and tamas.

Jnana(knowledge), Vijana(analytical knowledge), Dhairya(courage for sensory control), Smriti(memory) and Samadi(Meditation) are the key approaches to Satvavajaya treatment to resolve psychological problems.

The Satva provides correct knowledge and Rajas and Tamas provides wrong knowledge. These experimental knowledge are stored in the memory with attached emotions.

### How to identify Satva Rajas and Tamas constitution:

- Corresponding to the influential attribute of Fear and Sadness are the emotions of Tamas.
- Arrogance, Jealousy, Overexcitement, Offence and Pride are the emotions of Rajas.
- Satva provides happiness, satisfaction, confidence and calmness.

Emotions are the connecting bridge between body and mind. Emotions attached to the experiential knowledge facilitate easy retrieval of memories. Emotions are like the keyword to search memory data from the brain. It is observed that these emotions get localized in the body. Thus Smriti meditation is a guided interactive meditation technique.

## OBJECTIVES OF SMRITI MEDITATION

- Psychosomatic diseases
- Stress
- Tension
- Family Problems
- Depression
- Insecurity
- feeling Guilt
- Phobia
- Behavioural problems

## ATTAINING GOAL

Each trip to Smriti gives real knowledge and corrects the misunderstanding by reducing Rajas and Tamas to bring wisdom. During this process, the person becomes healthier mentally and physically.



Dr. Sruthi Saman

# DID YOU KNOW



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Digestion is strongest in the mid day due to the  
dominance of Pitta Dosha.

# Q&A

WhatsApp your queries to 9567229092/ 9495457918  
E Mail : ayumanthra@gmail.com

Your doubts relating to Ayurveda, Yoga and healthy lifestyle will be answered here.

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## Why is Ayurveda system of medicine unique?

It is one of the oldest scientific medical systems in the world, with a long record of clinical experience. It is not only a system of medicine to cure diseases, but also a lifestyle that helps an individual protect and prevent from getting ailments. It shows us both how to cure disease and how to promote longevity. Ayurveda treats man as a "whole" – which is a combination of body, mind and soul. Therefore it is a truly holistic and integral medical system

## What is Tridoshas in Ayurveda?

The 3 doshas or Humours in Ayurveda are Vata, Pitta and Kapha. Each tridosha is the combination of Pancha Mahabhutas or 5 elements in different ratios. The Vitiating of Dosha along with other vitals of the body causes diseases and the balancing results in harmony.

## Do I have to be a vegetarian to follow an Ayurvedic lifestyle?

No not at all. Ayurveda recommends foods that are ideal for your body and mind. While Ayurveda supports a healthy seasonal vegetarian diet; it similarly prescribes animal protein. The food that an individual could take depends upon the AGNI of the body, ie depending upon the digestion and metabolism of the body.

# RECYCLE MASKS

DON'T TAKE OUR PLANET FOR GRANTED

