



Department of AYUSH
Government Of Karnataka

AYUSH DIRECTORY

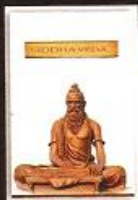
AYURVEDA



YOGA



UNANI



SIDDHA



HOMOEOPATHY

FIRST EDITION

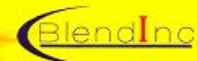


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How do I use AYUSH DIRECTORY



AYUSH Directory has six important sections giving valuable information about Ayurvedic system – Yoga Naturopathic system – Unani system – Siddha system – Homoeopathy system of Health Care and information about various educational and therapeutic centres of these different systems catering to the needs of common man.

Turn over to section one. It talks in elaborate about the history, concept and principles of Ayurveda, a complete science which emphasizes about preventive care through healthy living (Dinacharya). Articles on pregnancy care (Purnasavana), Infant care, geriatric care, Eye care, quality of food, home remedies are very informative. One also gets valuable information about the Ayurvedic approach in the care of some troublesome ailments like Psoriasis and other skin disorders, piles, asthma, joint pain and lifestyle disorders like hypertension and diabetes.

Principles and practices of Yoga and Naturopathy has been highlighted beautifully in the second section. Apart from information regarding yogic and naturopathic therapeutic procedures for disorders like obesity, thyroid problems, polycystic ovarian disease and lifestyle disorders, the information on relaxation techniques, meditation, hydrotherapy, mud therapy, chroma therapy, air therapy are thought provoking.

In section three, wherein we get to know about the historical background of Unani system, its scope and efficiency in the management of vitiligo, eczema, filariasis, malaria and about various natural therapeutic measures like regimental therapy, turkish bath, dietotherapy etc.

Section four takes us to the world of the Siddhas who have given us a treasure of knowledge about the body and the universe along with simple but effective remedies for various skin disorders, sexually transmitted disorders, urinary infections and digestive disorders. The research paper on Hypercholesterolemia is interesting and informative. Section five gives the historical background and principle of Homoeo remedies and the article on the Prophylactic approach in the management of Dengue fever is indeed informative.

That apart, the Directory also carries interesting articles on drinking of water, food as medicine, sleep etc., Colourful and attractive pictures crisscrossing the Directory catches the mind of the reader.

Ayush Directory concludes with an elaborate list of various Educational Centers, Hospitals, Clinics, Pharmacies and Manufacturing companies coming under the umbrella of AYUSH in its sixth section. This will surely be a ready reckoner for the reader to easily avail the facilities in times of need.

"Ayurveda is of Indian origin and it is one of the oldest systems of medicine. Its popularity all over the world is a testimony to its usefulness, I am sure the AYUSH Directory would further strengthen the government's efforts."

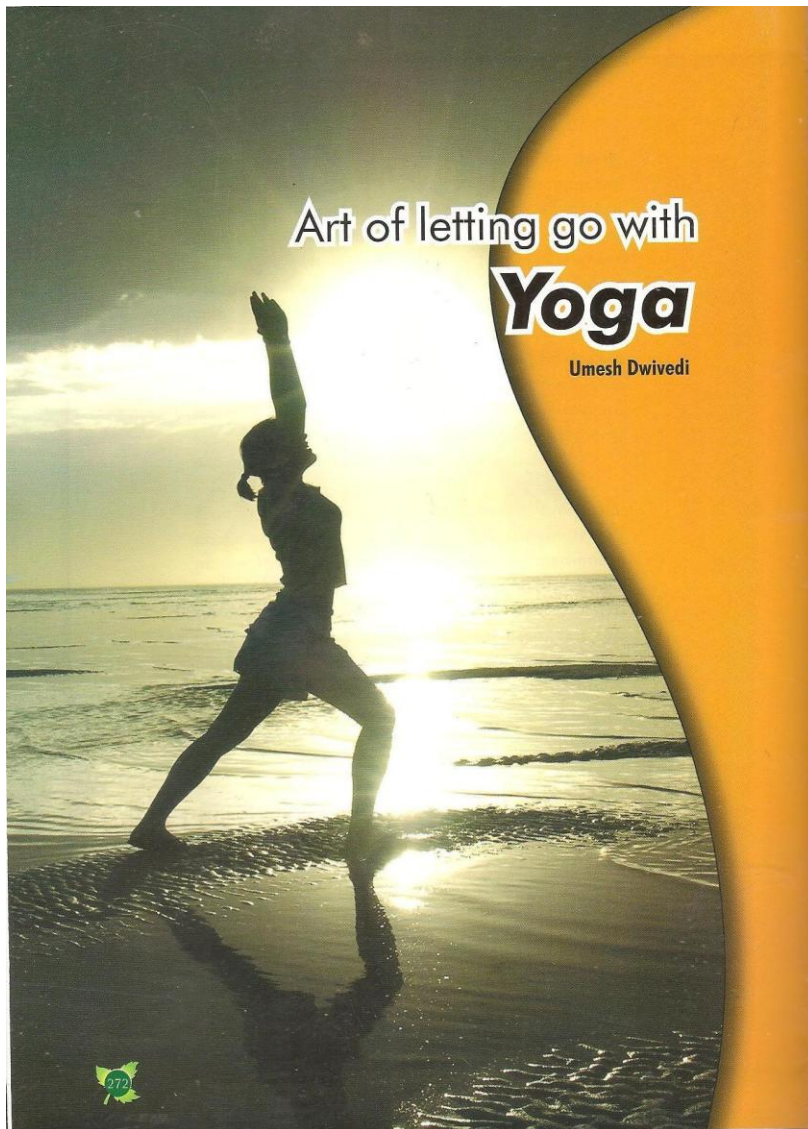
(Jagadish Shettar)
Hon'ble Chief Minister, GOK

"This kind of Departmental Directories increases the popularity of the system further more."

(Arvind Limbavali)
Hon'ble Minister for Health and Family Welfare, GOK

"I congratulate Department and BIZ-X for the excellent choice that made to bring out the AYUSH directory which are known for their exhaustive contents catering to the needs of customers."

(C P Yogeeshwar)
Hon'ble Minister for Forests, GOK



Art of letting go with

Yoga

Umesh Dwivedi

Give up your clinginess and ego and see your life change for the better.

We are so busy with our daily lives that we've become like robots, going through the emotions without thinking. We work late hours to maintain a big house and a big car. We don't realise the toll it is taking on us. We are always on a short fuse. We honk on the road for no reason. We can't tolerate another car overtaking us. We are impatient at the traffic signal. We are so high strung that we don't even breathe properly.

Accepting Reality

The whole misery of life is created because of our clinging on to things. When we hold onto things, we become insecure, tense and egoistic. To guard our 'possessions', we have to be violent and aggressive. We are then no longer in harmony with our surroundings. We harbour fear, hatred and jealousy. This over-activation of negative psycho-physiological response drains us out. We are on maximum alert.

Our body secretes a lot of adrenaline. This might be a useful body response in an emergency, but to be in this state of high, continuously, is not healthy. It makes you susceptible to heart-attack, stroke, diabetes, stomach disorder and sterility. Take a little break. Just let go of your clinginess and ego and see your life change for the better.

Letting go does not mean giving up. It means accepting reality and being in the present moment. Having aspirations is not a bad thing, but having

desires that keep you enslaved is unhealthy. All our present problems are the result of past mental blocks and future expectations. Unless, we make room for new ideas in a natural way, we will not progress. Letting go means embracing life as it comes. By accepting reality, you understand it better. When you resist, you lose energy. Preserve your energy by accepting yourself and your situations.

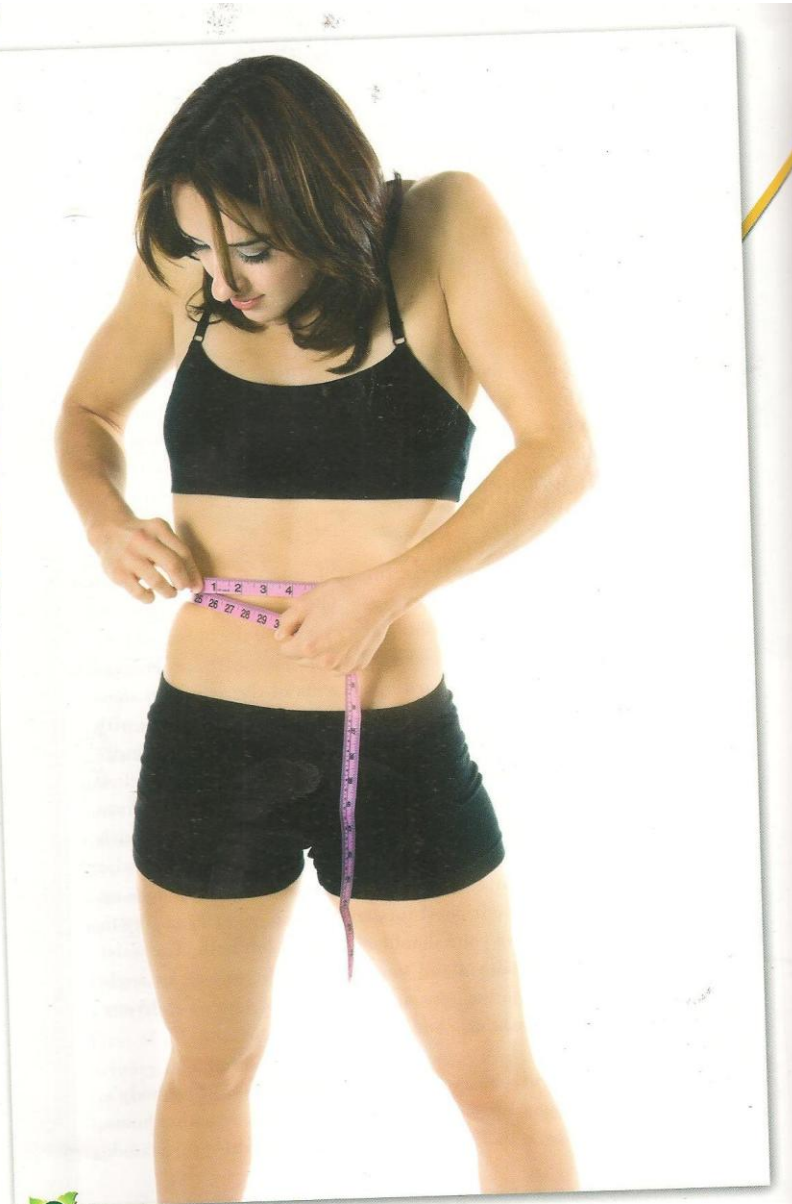
Target Area

Yoga teaches you how to let go. Asanas take your mindfulness into the physical level. Pranayamas build a bridge for you to transcend from the physical to the mental level, and then you go beyond that with meditation.

The purpose of yoga is to make you aware of your body and mind. Asanas teach kinesthetic awareness. Awareness of breath and focus on the target area of resistance help us to understand how to let go physically and psychologically. In posture retention, you stay with the feeling of being with the resistance.

As asanas work on the stiffness of the body, so does the practice of meditation on rigidity of the mind. Deep inhalation and exhalation help you conserve your energy. These together, nurture you and help you get around in life.

Our life is full of duality winning and losing, success and failure, pain and joy. Yoga gives us the ability to overcome hurdles and focus on our inner self. Whether you are on the mat or off the mat, you start applying this wisdom in whatever you do



Yoga for weight loss

Umesh Dwivedi

Obesity is the physical manifestation of deeper psychological issues. As a result, your body becomes a victim of bad eating habits and lack of exercise doesn't do any good either. If you are battling obesity, yoga is a good option.

Acceptance is the key

Unless you accept that you are overweight, you won't make an attempt to become lean and fit; so gracefully acknowledge obesity. Start with small changes in your lifestyle to kick start weight loss. Body toning starts within 10 days of a new workout regimen. As you practise different asanas, you feel lighter. But be consistent with your practice, as weightloss takes time.

Healthy eating habits and yoga

You don't need to starve; watch what you eat and eat only a light dinner as you won't do anything for the next seven hours or so. To detox, fast once a week. Have a balanced yogic diet to reduce weight, avoiding junk food and aerated drinks.

The Benefits

Yogic postures can be customized to suit your age and health. Let your yoga instructor know if you have back pain or spondylitis.

Inch loss happens proportionally as you start your workout. A weight reduction follows and remembers to keep practicing your yoga. Ensure you don't gain weight after reducing. Yoga also eases stress. Yogic postures and breathing help in the smooth functioning of endocrine glands and check weight gain due to hormonal imbalance. Asanas and pranayama strengthen the immune system; you also get rid of allergies and indigestion. You become watchful and aware.

Weightloss asanas

Surya namaskar, Trikonasana or Triangle pose, Virabhadrasana or warrior pose, Paschi mottanasana or seated forward bend make the body flexible. Baddha conasana or bound angle pose, uttanapadasana or extended leg pose, navasana or boat pose, bhujangasana or cobra pose, and ustrasana or camel pose stretch the muscles of the abdomen and lower back. Pranayama such as bhastrika, kapalabhati, anuloma viloma make the endocrine system healthier. Meditation relaxes the body and mind.

Be consistent, Natural weightloss rate is two to three kg a month, so don't target more than that. Draw up long-term goals for weightloss and avoid short-term solutions like supplements and laxatives as they are harmful. Practice yoga under expert supervision as you may get injured because of wrong postures.

A person is shown in a meditative pose, sitting cross-legged on the ground. They are wearing a white long-sleeved shirt and white pants. Their hands are raised, with fingers pointing upwards, resting against a large tree trunk. The background is a soft, greenish-yellow light. The person's body is surrounded by a glowing, ethereal energy field that appears to be emanating from their hands and flowing upwards. The overall atmosphere is serene and spiritual.

Prana

The Life Force

Umesh Dwivedi

Prana means vital force or life force. It is derived from Sanskrit word "pra" and "na". Pra means basic unit and na means energy. Prana means energy which is basic fundamental unit of this universe. Modern science says that everything is made up of energy and that is exactly what has been discovered by ancient seers thousands of years back.

Prana is closely linked with breathe but it is more abstract and subtle than just inhaling air or oxygen. There are many healing practices that work on streamlining these energy channels. Some of them are; 'qi' or 'chi' in Chinese culture, mana in Hawaiian culture, Lung in Buddhist culture. There are other practices that balance or activate prana are Massage therapy, kundalini, Chakra, Martial Arts, Reiki, Feng Shui, Acupressure and Acupuncture.

According to yoga, prana flows in the nadis or energy channels inside energy body or pranamaya kosha. Physical and mental well being is disturbed if energy inside you is imbalanced. It is quite similar to the ill effects that we see on body once our hormonal balance is irregular. Pranayama and other breathing

practices are doorways to make these energies flow through these channels. Lifestyle has direct impact on the pranic body. Emotions, thoughts, imagination affect distribution of prana. Sedentary lifestyle, dietary habits and stress obstruct pranic flow in the body. Most of the people feel "drained of energy" because of wrong habits. Pranic healing techniques reverse this process and help in conservation of energy. There are pranic values related to food also that we consume. Food can be divided into satvik, rajsik and tamisik categories on pranic value level. Nadis are pathways and chakras are vortices of prana. Breathe is external manifestation of prana.

On the spiritual side, prana is not something that can be measured in the lab like an object, but it is more of a subjective field. It is an experience rather than an experiment. Yoga says, you only breathe air in but you inhale prana as well. Breath is just like a horse, and the rider is prana. Once mind is steady and prana flows smoothly, evolution of consciousness becomes evident to aspirant for higher dimensions of existence. In yoga, pranayama is the technique that allows control of prana through the control of breath. Once you know prana, you know the true nature of universe.

Beat polycystic ovarian disease with Yoga

Umesh Dwivedi

In India, around 35 per cent women including young girls, suffer from polycystic ovarian syndrome (PCOS), also known as polycystic ovarian disease (PCOD). Studies show that yoga is very helpful in controlling and preventing these symptoms.

PCOS in a nutshell

Polycystic means multiple or many cysts. These cysts are under-developed follicles in the ovaries. "Syndrome" simply means a set of symptoms like irregular or absence of menses, infertility, high BP, obesity, depression, sleep apnea, insulin resistance and imbalances of other hormones. It is unusual that two women experience the same symptoms. More weight and insulin resistance can lead to cardiovascular disease and diabetes. Although, causes of PCOS are unknown, heredity and sedentary lifestyle may be contributing factors.

Yogic treatment

Yoga aids in weight loss and correcting the digestive system. It cures constipation and helps in better absorption of food. While practising yoga, you should avoid consuming processed food. Fat intake should ideally be from unsaturated fat. Unhealthy substances like chips, cookies, baked foods, breakfast cereals, and candy are full of trans fats or hydrogenated

oil which raise LDL, the bad cholesterol, and lower protective HDL, the good cholesterol. A saatvic yogic diet is recommended besides fruits, fibre-rich vegetables and whole grains. Intake of Omega 3 present in walnuts, flaxseed, and soya products is good to control insulin and blood pressure.

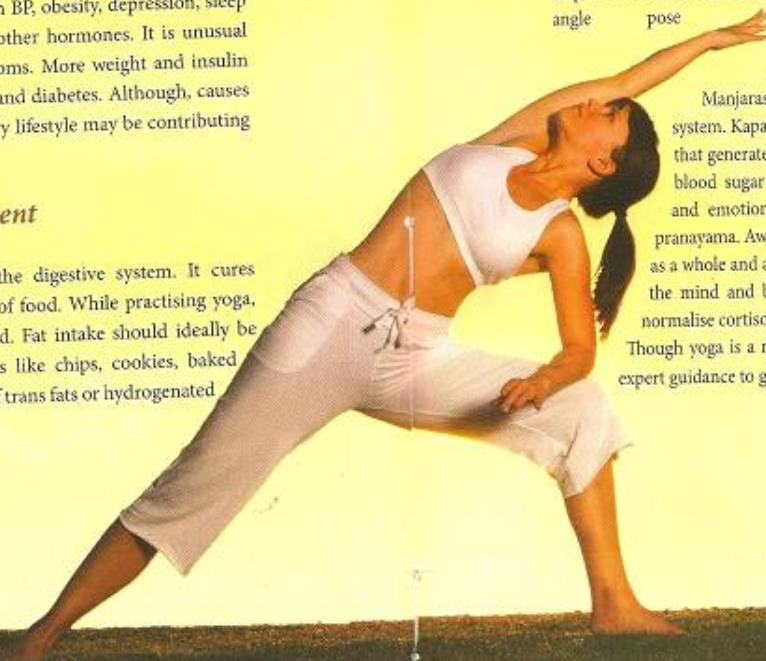
Practice asanas

Yoga poses like mahamudra stimulates the thyroid gland which regulates metabolism. Sarvangasana or shoulder stand pose corrects uterine displacement, menstrual and urinary disorders. Baddha konasana or bound angle pose strengthens the bladder and uterus. The

pituitary and pineal glands are stimulated and toned through matyasana (fish pose).

Manjarasana or cat pose tones the female reproductive system. Kapalbhathi (breath purifying) activates the pancreas that generates insulin. Yoga has been found to lower fasting blood sugar in people with diabetes. Depression, anxiety and emotional disorders are corrected by anulom vilom pranayama. Awareness of the self gives a feeling of contentment as a whole and acceptance of the way we are. Meditation makes the mind and body stable and helps a woman conceive and normalise cortisol levels, which are released as response to stress.

Though yoga is a risk-free activity, it should be performed under expert guidance to get optimum results in a short time.





Different forms of Relaxation

Many people turn to yoga for stress relief and freedom from anxiety and tension. However, they often don't have a proper understanding of the purpose and intent of each asana so, they tend to mistake relaxation asanas for meditation and vice versa!

Relaxation

Yogic relaxation is different from ordinary relaxation. Specific yoga asanas help release tension from different muscle groups of the body. Their practice gives a calm and centered feeling to the body and mind. Other modes of relaxation could involve watching TV after a long day at work, unwinding by listening to music or attending a spiritual discourse, eating comfort foods like pizza, getting a body massage, or just lying down. But yogic relaxation has a more lasting effect than ordinary relaxation.

Concentration

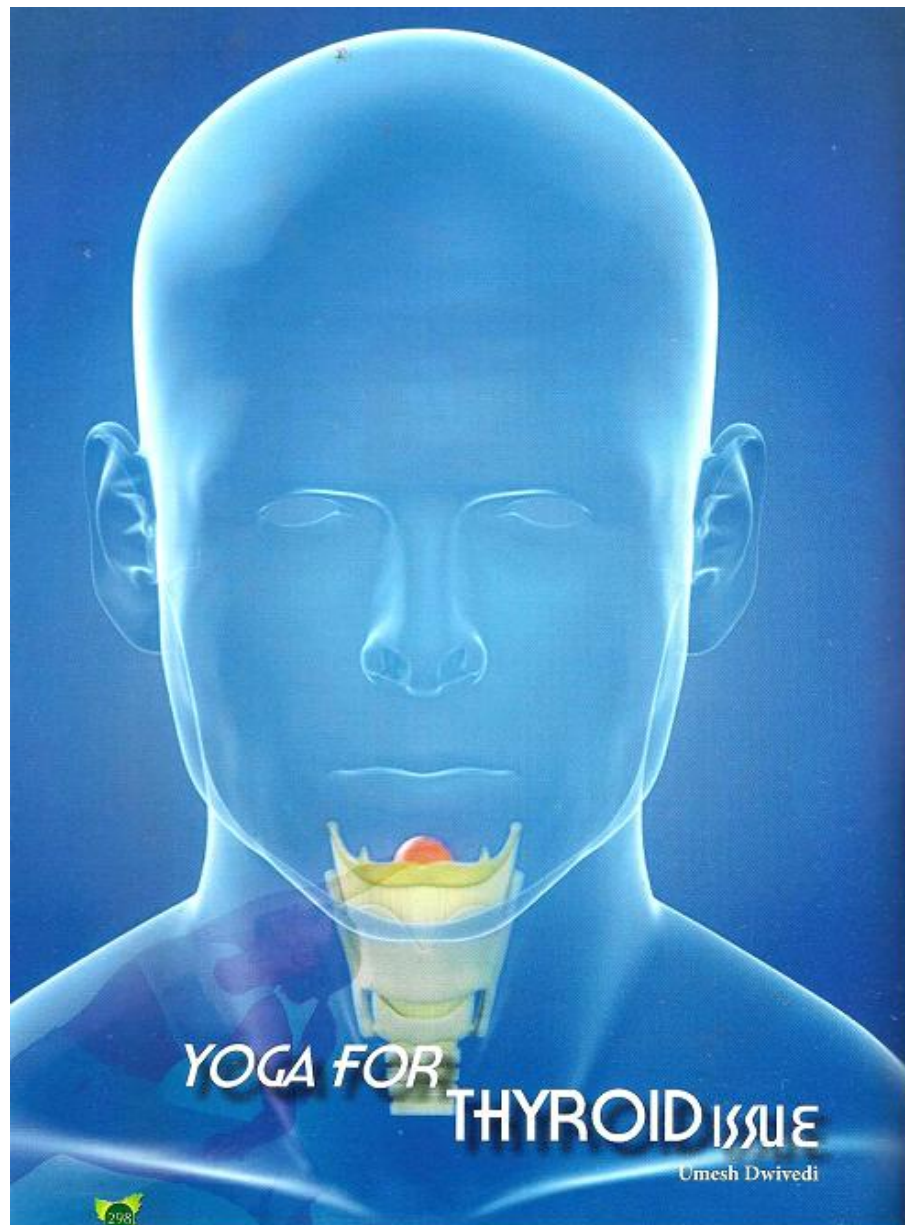
Concentration is about staying at one point. You don't allow the mind to wander. You have to be relaxed, fully present and focused on an activity or object. You start moving from the outer to the inner world. Your energy or prana converges at one point resulting in stronger will power and intention. Perfecting the art of 'concentration' is the first step towards the ultimate stage.

The ultimate stage

Finally, you move past relaxation and concentration to reach a no mind, no-body state. Here you transcend beyond the single point focus of concentration. You transcend thought processes and reach 'nothingness' or 'completeness'. Your journey here is completely inward. It is an absolute state of awareness and alertness; you become a witness to everything, even to your own self. You learn to witness thoughts, emotions and sound arising in your awareness within and around you. The results of this form of relaxation, termed 'meditation' are lifelong.

In a state of relaxation, you use the least energy. It is a good place to be and far better than being in the ordinary state of mind which is chaotic. Concentration is a leap from relaxation to directing all the energy to a singular point. Finally, you reach the ultimate point the mind can reach. This keeps you in present time and you leave the past and future behind to become a 'totality'. At this stage, you have clarity of mind, appeasement of anxiety and higher satisfaction compared to relaxation.

Umesh Dwivedi



Thyroid gland affects metabolism and development of body systems. Any disorder in this gland can lead to many ailments. Yoga is found to be very useful in controlling proper secretion of thyroid hormone.

ANATOMY OF THYROID

It is butterfly (two lobes) shaped gland situated at front of the windpipe below Adam's apple in the neck. It releases T3 (tri-iodothyronine) and T4 (Thyroxine) hormones. Levels of these hormones are regulated by TSH (Thyroid Stimulating Hormone) which is secreted by pituitary gland. Pituitary is located in the middle of the base of the brain that is behind the center of our forehead. Thyroid hormone is required for metabolism of carbohydrate, fats, and protein. Other functions are to regulate reproductive system, heart function, growth and development. Over production of thyroid is Hyperthyroidism and under production is called Hypothyroidism. Hyperthyroidism causes weight loss, increased heart rate and high body temperature whereas Hypothyroidism leads to weight gain, slow heart rate and low body temperature.

YOGIC APPROACH

Yoga works on both thyroid and Pituitary glands. Sarvangasana (shoulder stand pose) stimulates thyroid and parathyroid glands by more blood supply to neck region. Other beneficial postures are Setu Bandhasana (bridge pose), Matsyasana (fish pose) and Halasana (Plough pose). Advance yoga suggests practice of Mahamudra (great seal pose). Pranayama helps stimulating various internal organs. Bhramari (Humming Bee) pranayama generates vibration in cheek bones and forehead. When done correctly, these vibrations can be converged to spot Pituitary gland. Combination of asana and pranayama regulates thyroid and Pituitary glands. Fight and flight situation of stressed mind has direct affect on the endocrine systems. Many autoimmune diseases can be traced back to stress. Meditation brings calmness to the mind and reduces stress. In diet, Goitrogens are substances that suppress the function of the thyroid gland by interfering with iodine uptake. Avoid Goitrogens like Peanuts, Peaches, Spinach, Cabbage, Cauliflower, Coffee, Tea, Carbonated drinks, Strawberry, Sweet potato, and Soybean products. The Glycemic Index (GI) indicates body's sugar levels response to certain foods. High GI food like white bread, most white rices, corn flakes, extruded breakfast cereals, glucose, maltose should be avoided. Bring lifestyle changes for betterment. Do yoga regularly. Eat and go to bed on time. Asanas discussed above fall under intermediate level and proper alignment of the body is required to avoid shoulder or neck related injuries that are very common. Expert guidance should be sought before any attempt.