

वर्ष-2 • अंक-7,8

भाद्रपद कृष्ण चतुर्दशी से  
फाल्गुन कृष्ण प्रतिपदा, विक्रम संवत् 2080

सितम्बर-नवम्बर, दिसम्बर-फरवरी, 2024-25

त्रैमासिक पत्रिका

# आरोग्य प्रभा



**Arogya Prabha**





1. महायोगी गोरखनाथ विश्वविद्यालय गोरखपुर का लोकार्पण भारत के तत्कालीन राष्ट्रपति माननीय श्री रामनाथ कोविन्द जी द्वारा 28 अगस्त 2021 को सम्पन्न हुआ।
2. राष्ट्रीय शिक्षा नीति-2020 के कार्यान्वयन कार्यशाला में उद्बोधन देते पूर्व यू.जी.सी. चेयरमैन प्रो. डी.पी. सिंह
3. युगपुरुष ब्रह्मलीन महन्त दिग्विजयनाथ जी महाराज व राष्ट्रसन्त ब्रह्मलीन महन्त अवेद्यनाथ जी महाराज की स्मृति में सप्तदिवसीय व्याख्यानमाला में उद्बोधन देते आयुष मंत्रालय के सचिव वैद्य राजेश कोटेजा
4. महायोगी गोरखनाथ विश्वविद्यालय गोरखपुर का प्रथम स्थापना दिवस समारोह
5. युगपुरुष ब्रह्मलीन महन्त दिग्विजयनाथ जी महाराज व राष्ट्रसन्त ब्रह्मलीन महन्त अवेद्यनाथ जी महाराज की स्मृति में सप्तदिवसीय व्याख्यानमाला में उद्बोधन देते मेजर जनरल (सेवानिवृत्त) अजय कुमार चतुर्वेदी जी



# आरोग्य प्रभा

त्रैमासिक पत्रिका

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संरक्षक

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कुलाचरि

प्रधान सम्पादक

डॉ. गिरिधर वेदान्तम  
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डॉ. जितेन्द्र मिश्रा  
सह-आचार्य

डॉ. विनय शर्मा  
सह-आचार्य

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सह-आचार्य

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इस पत्रिका में प्रकाशित लेखों को बिना लेखक की अनुमति  
होई। प्रकाशक सम्बन्धित किसी प्रकार के विवाद का  
निर्धार गोरखपुर न्यायालय को अन्तर्गत होगा।

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प्रकाशक, मुद्रक एवं संरक्षक कुलाचरि महात्मेन्द्र गोरखनाथ विश्वविद्यालय गोरखपुर, आरोग्य धाम के द्वारा प्रो. सुरिन्दर सिंह, गोरखपुर से प्रकाशित करने वाले आरोग्य प्रभा पत्रिका का प्रकाशन महात्मेन्द्र गोरखनाथ विश्वविद्यालय गोरखपुर, आरोग्य धाम से सम्पादित किया गया।



# Ayurveda's Preventive Methods for Kidney Disorders



■ By Sanjeev Vishwakarma\*

## Abstract :

Kidney disorders represent a significant global health challenge, affecting millions worldwide. Modern medical interventions often come with side effects and high costs, prompting a growing interest in traditional healing systems like Ayurveda. Ayurveda, an ancient Indian system of medicine, emphasizes preventive care and holistic approaches to health. This paper explores preventive methods for managing kidney disorders through Ayurveda, focusing on dietary practices, herbal remedies, lifestyle modifications, and detoxification techniques. By integrating ancient wisdom with contemporary understanding, Ayurveda offers promising avenues for reducing the burden of kidney diseases.

## Introduction :

Kidney disorders, including chronic kidney disease (CKD) and acute kidney injury (AKI), are major contributors to morbidity and mortality. The kidneys' crucial roles in filtration, fluid balance, and detoxification underscore the need for effective preventive strategies. Ayurveda provides a comprehensive framework for maintaining kidney health, grounded in principles such as dosha balance, proper digestion (Agni), and toxin elimination (Ama).

This paper discusses Ayurvedic principles,

preventive methods, and scientific evidence supporting their efficacy in kidney care.

## Ayurvedic Perspective on Kidney Health :

According to Ayurveda, the kidneys are part of the Mutravaha Srotas (urinary system), which is governed by the Apana Vata, a subtype of Vata dosha. Imbalances in Vata, Pitta, or Kapha doshas can lead to kidney dysfunction.

### Key Ayurvedic concepts related to kidney health include:

- Agni (Digestive Fire): Proper digestion prevents toxin accumulation (Ama), a primary cause of disease.
- Mutra-Krichra: Conditions like urinary obstructions or infections are linked to imbalanced doshas.
- Rasayana (Rejuvenation): Specific therapies enhance cellular regeneration and improve kidney function.

### Preventive Methods in Ayurveda :

#### 1. Dietary Practices

**Diet plays a pivotal role in preventing kidney disorders. Ayurveda recommends:**

- Hydration: Adequate water intake, infused with herbs like cumin or coriander,

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to support detoxification.

- **Kidney-Friendly Foods:** Fruits like pomegranate and watermelon; vegetables like cucumber; and grains like barley.
- **Avoiding Aggravating Foods:** Limiting salt, spicy foods, and processed items to reduce dosha imbalances.
- **Herbal Teas:** Use of herbal infusions like Punarnava (*Boerhavia diffusa*) and Gokshura (*Tribulus terrestris*).

## 2. Herbal Remedies

Ayurvedic texts describe numerous herbs with nephroprotective properties:

- **Punarnava** (*Boerhavia diffusa*): Known for its diuretic and anti-inflammatory effects.
- **Gokshura** (*Tribulus terrestris*): Promotes urinary health and alleviates kidney stones.
- **Varuna** (*Crataeva nurvala*): Effective in preventing and dissolving kidney stones.
- **Palash** (*Butea monosperma*): Useful in detoxifying the urinary tract.

## 3. Lifestyle Modifications

Ayurveda advocates daily routines (*Dinacharya*) and seasonal regimens (*Ritucharya*) for optimal kidney health:

- **Exercise:** Moderate activities like yoga and pranayama enhance circulation and detoxification.
- **Stress Management:** Practices like meditation balance hormonal fluctuations affecting kidney function.
- **Sleep Hygiene:** Proper rest supports tissue repair and toxin elimination.

## 4. Detoxification (Panchakarma)

Panchakarma therapies aim to eliminate toxins and restore balance:

- **Basti** (Medicated Enemas): Cleanses the urinary and digestive systems.
- **Virechana** (Purgation): Removes Pitta-related toxins.
- **Uttar Basti**: Specific to urinary disorders, this therapy involves medicated enemas targeting the bladder and kidneys.

## Scientific Evidence Supporting Ayurvedic Practices

**Several studies validate the efficacy of Ayurvedic interventions in kidney care:**

- A study published in *Journal of Ethnopharmacology* highlighted Punarnava's nephroprotective effects in animal models.
- Clinical trials demonstrate the efficacy of Gokshura in managing kidney stones and improving urinary flow.
- Research in *Phytomedicine* supports the antioxidant and anti-inflammatory properties of Varuna and Palash.

### Integrative Approaches

Integrating Ayurveda with conventional medicine can offer synergistic benefits. For instance, Ayurvedic herbs can complement dialysis or medication, potentially reducing side effects and improving quality of life. Collaborative research is essential to validate these combinations.

### Challenges and Future Directions

Despite its potential, Ayurveda faces



challenges in standardization and scientific validation. Future efforts should focus on:

- Rigorous clinical trials to establish safety and efficacy.
- Developing standardized herbal formulations.
- Educating healthcare professionals about integrative approaches.

### **Conclusion :**

Ayurveda offers a holistic and preventive approach to managing kidney disorders, emphasizing natural remedies, dietary modifications, and detoxification. By addressing the root causes of imbalance, Ayurveda complements modern medicine and provides a sustainable framework for kidney health. As research advances, the integration of Ayurvedic principles with contemporary nephrology holds promise for reducing the global burden of kidney

diseases.

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# वेदों और आयुर्वेदिक ग्रंथों से स्वस्थ जीवन के राज

■ डॉ. संदीप कुमार उपाध्याय \*



## प्रस्तावना

आयुर्वेद में रोगों से बचाव (Preventive Aspect) पर विशेष जोर दिया गया है। इसका मुख्य उद्देश्य है 'स्वस्थस्य स्वास्थ्य रक्षणं, आतुरस्य विकार प्रशमनं' यानी स्वस्थ व्यक्ति का स्वास्थ्य बनाए रखना और बीमार व्यक्ति के रोग को ठीक करना। आयुर्वेद के सभी संहिताओं (चरक सूत्र, वाग्भट आदि) में स्वास्थ्य बनाए रखने के उपाय बताए गए हैं। इसे समझने के लिए सरल भाषा में प्रमुख बिंदु दिए जा रहे हैं।

## 1. दैनिक नियम

(Dinacharya - Daily Routine):-

क्या है?

दिनचर्या का पालन स्वास्थ्य बनाए रखने का सबसे बड़ा उपाय है। इसमें सुबह जल्दी उठना, दांत साफ करना, शरीर पर तेल लगाना (अभ्यंग), व्यायाम नहाना और ध्यान शामिल हैं।

चरक संहिता ने कहा है कि सही दिनचर्या से शरीर मजबूत रहता है और रोग नहीं होते। सुबह जल्दी उठकर साफ स्नान और हल्का व्यायाम करने से शरीर और मन दोनों स्वस्थ रहते हैं।

वेद से संबंध: ऋग्वेद (10.136) में अनुशासन और दिनचर्या का पालन करने की बात कही गई है।

## 2. मौसमी नियम

(Ritucharya - Seasonal Routine):-

क्या है?

हर ऋतु में शरीर को प्रकृति के अनुसार ढालना चाहिए। जैसे गर्मी में हल्का खाना और ठंड में गर्म चीजें खाना।

सुश्रुत संहिता में अलग-अलग ऋतुओं के अनुसार भोजन और जीवनशैली अपनाने से रोग दूर रहते हैं। ऐसा कहा गया है सर्दियों में गर्म चीजें खाएं और गर्मी में ठंडी चीजें, ताकि शरीर का संतुलन बना रहे।

वेद से संबंध: अथर्ववेद (2.33) में प्रकृति के साथ तालमेल बिठाने की बात कही गई है।

## 3. आहार नियम

(Ahara - Diet and Nutrition):-

क्या है?

शुद्ध और संतुलित भोजन को आयुर्वेद में दवा के रूप में माना गया है। भोजन शरीर को ऊर्जा देता है और रोगों से बचाता है।

चरक संहिता के अनुसार 'आहार ही सबसे बड़ी दवा है।' गलत आहार से रोग होते हैं, और सही आहार से रोग दूर होते हैं।

रोज ऐसा खाना खाएं जो ताजा, हल्का और पचने में आसान हो। जंक फूड से बचें। की सलाह

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दी गई है।

चरक संहिता के अनुसार मानसिक स्वास्थ्य के बिना शारीरिक स्वास्थ्य अधूरा है। सही आचरण से मन शांत रहता है।

सामान्य रूप में ईमानदारी, अच्छे विचार और दूसरों की मदद करना मानसिक शांति देता है।

वेद से संबंध: यजुर्वेद (30.3) में नैतिक जीवन जीने की महत्ता बताई गई है।

#### 5. रसायन (Rasayana - Rejuvenation):- क्या है?

आयुर्वेद में रसायन (जड़ी-बूटियां और अन्य उपाय) के माध्यम से शरीर को मजबूत और रोगमुक्त बनाया जाता है।

चरक संहिता के अनुसार रसायन से आयु बढ़ती है, स्मरण शक्ति और रोग प्रतिरोधक क्षमता बेहतर होती है।

आंवला, अश्वगंधा और तुलसी जैसी चीजें नियमित लेने से शरीर मजबूत और रोगमुक्त रहता है।

वेद से संबंध: अथर्ववेद (19.39) में जड़ी-बूटियों की उपयोगिता का वर्णन है।

#### 6. योग और ध्यान

(Yoga and Meditation):-

क्या है?

योग और ध्यान से मन शांत और शरीर स्वस्थ रहता है।

सुश्रुत संहिता के अनुसार योग से शरीर का संतुलन बना रहता है और ध्यान से मानसिक तनाव कम होता है।

रोजाना 10-15 मिनट ध्यान करें और हल्का योग करें। यह शरीर और मन दोनों को लाभ देता है।

वेद से संबंध: अथर्ववेद (11.4) में ध्यान और योग को मानसिक और शारीरिक स्वास्थ्य के

लिए आवश्यक बताया गया है।

#### 7. पंचकर्म (Detoxification):- क्या है?

शरीर में जमा विषाद्र पदार्थ (Ama) को निकालने के लिए पंचकर्म (वमन, विरेचन, बस्ती, नस्य, रज्जमोक्षण) किया जाता है। 'पंचकर्म से शरीर का शुद्धिकरण होता है, जिससे रोग होने का खतरा कम हो जाता है।' समय-समय पर शरीर को साफ रखना जरूरी है। इसे आयुर्वेदिक तरीकों से किया जा सकता है।

वेद से संबंध: अथर्ववेद में शुद्धिकरण प्रक्रियाओं का उल्लेख मिलता है।

#### 8. निद्रा (Sleep and Rest):- क्या है?

अच्छी नींद स्वास्थ्य के लिए जरूरी है। आयुर्वेद में इसे तीन मुख्य स्तंभों में से एक माना गया है।

चरक संहिता के अनुसार 'जो व्यक्ति सही समय पर सोता और जागता है, वह हमेशा स्वस्थ रहता है।'

हमें प्रतिदिन 6-8 घंटे की गहरी नींद लेनी चाहिए।

वेद से संबंध: ऋग्वेद (10.85) में नींद को शरीर के पुनर्जनन के लिए महत्वपूर्ण बताया गया है।

#### निष्कर्ष (Conclusion):-

आयुर्वेद के सभी ग्रंथों में स्वस्थ जीवन के लिए सरल और प्राकृतिक उपाय बताए गए हैं। यदि दिनचर्या, भोजन, योग, ध्यान और नैतिक आचरण का पालन किया जाए तो रोगों से बचा जा सकता है। यह आयुर्वेद और वेद दोनों का मूल संदेश है।

#### संदेश:

'प्राकृतिक जीवन जिएं, संतुलित रहें और स्वस्थ रहें।'

## ***Ayurveda for Prevention: Simple practices for Long Lasting Health***

■ **Dr. Shantibhushan Rayappa Handur \***



### **Abstract :**

Ayurveda is the ancient science of life which emphasizes on prevention of diseases through the simple daily practices that promotes the balance and harmony in both Body and Mind. Preventive health care in Ayurveda focuses on the practical approaches such as Dinacharya (Daily routine), Rutucharya (Seasonal routines), Dietary guidelines (Ahara) and mental wellness. These preventive measures help to maintain the Doshas (Vata, pitta and Kapha), increasing the immunity and promote long lasting health. By adaptation of these Ayurvedic practices, individuals can experience the improvement in health and also reduces the risk of chronic diseases. This article examines the powerful and simple strategies provided by the Ayurveda for healthy long life.

**Key words:** *Ayurveda, Health care, Dinacharya, Rutucharya, Ahara, Immunity, longevity.*

### **Introduction:**

Ayurveda is one of the world's oldest health care systems, which offers the approach towards to the maintenance of Health and Wellbeing of person. Ayurveda had strong foundation on preventive health care where as the conventional medicine will focus on treating

diseases after they manifest. The goal of Ayurveda is to maintain state of balance within the body's functional systems, which in turn prevent the onset of the diseases. This goal is achieved through the proper lifestyle management, diet and mental discipline. This article highlights about the powerful preventive strategies of Ayurveda for long lasting Health.

### **❖ Core principles of Ayurveda for Prevention :**

Ayurveda defined Health as the balanced state of Tridosha, Agni, Sapta dhatu, Trimala and stable status of Atma, Manas and Indriya. Person can achieve the health by following various principles mentioned in Ayurveda.

#### **\*Dinacharya (Daily routine)**

Dinacharya considered as the one of the important principles for preventive measures in Ayurveda. Dinacharya practices will align the body's biological clock with the nature. Key elements of Dinacharya includes since from morning waking up from sleep till going to the sleep at night.

- Brahma Muhurta (Waking up early) – Waking up early morning before the sunrise supports us both physical and mental alignment with the

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nature.

- Abhyanga (Massage) – Daily oil massage improves the circulation, nourishes the skin and balances of vata dosha.
- Jihwanirlekhana (tongue cleaning)- It will help to remove toxins from the tongue and stimulate digestion.
- Vyayama (exercise) – Regular exercise helps to strengthen immunity.
- Dhyana (Meditation) – Daily practice of mindfulness or meditation calms the mind and reduces stress.

#### \* Ritucharaya (Seasonal routine)

Seasonal variation will impact on the balance of Doshas in the body. Ritucharya involves the particular diet and lifestyle meant for each season. For instance, Vata pacifying practices like warm food, oil massage and reduced exposure to the cold during Varsha Rutu (Rainy season). Pitta pacifying by the practices like cold food, hydration and avoiding excessive heat during Sharad Rutu (autumn). Kapha pacifying practices like light, warm food and counteracting the heaviness and lethargy during Vasanta Rutu (Spring).

#### \* Dietary Guidelines

Ayurveda advises always a balanced diet as a preventive measure to maintain health. Personalized diet based on prakriti has been mentioned in Ayurveda. Person has to consume according to his constitution, for example vata prakriti person should favour warm, moist food where as pitta prakriti person should favour the cooling and soothing foods. Seasonal recommended food should be consumed. Ayurveda advises eating with calm mind, quiet

environment, chewing thoroughly and eating at regular time will help to support the digestion. Certain food combinations were avoided such as milk with fish or yogurt with fruits which will be harmful and termed as Viruddha Ahara (Incompatible foods).

#### \* Mental wellness

Mental health is considered as the integral part of preventive health care model in Ayurveda. Mental disturbances like stress, anxiety, depression, angry, sorrow will imbalance the harmony of Doshas leading to the both physical and mental disorders. Dhyana (Meditation) and Pranayama (breath control) practices help to balance the mind and prevent the mental disorders. Regular practice of meditation promotes the mental stability and resilience.

Ayurveda also advocates a lifestyle that fosters Sattva, the quality of purity and harmony. The diet which is rich in fresh vegetables, fruits, whole grains and positivity with mindful activities increases the Sattva Guna which is responsible for mental health.

#### \* Ojas (Immunity) and Disease prevention

Ojas is considered as the essence of all bodily tissues (Dhatus) and foundation for protection from manifestation of diseases. To enhance the ojas one has to take balanced diet which nourishes all the tissues (Dhatus). Adequate rest and stress management restores the ojas where as excessive physical exertion and stress deplete ojas and body will be vulnerable to diseases. Ayurveda mentioned herbs like Ashwagandha, Amalaki, Guduchi and Rasayana chikitsa (Rejuvenation) to enhance the ojas and boost the immunity.

### Conclusion:

Ayurveda offers the holistic and comprehensive approach to prevent the diseases and promote the health. As all of us knows prevention is better than cure, by adopting the simple and effective lifestyle practices such as Dinacharaya, Rutucharaya, Dietary modification and Mental Wellness helps to achieve it. In present era, integrating these timeless principles of Ayurveda in to daily life provides sustainable health and overall well-being.

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## Understanding & Supporting Adolescent Mental Health

■ Dr. Rinjin G Krishna \*



### Background:

The mental health crisis in India is deeply concerning. According to The Lancet, in 2017, one in seven people in India experienced a mental disorder, ranging from mild to severe.<sup>1</sup> Similarly, The State of the World's Children 2021 report highlighted that nearly 14% of Indians aged 15 to 24—about one in seven—often felt depressed or disinterested in daily activities.<sup>2</sup> Disturbingly, India accounts for roughly one-third of global suicides, with suicide being the second leading cause of death worldwide among young people aged 15 to 29, following traffic accidents.<sup>3</sup>

### MENTAL HEALTH (according to WHO):

- Mental health<sup>4</sup> is defined as a state of well-being in which every individual
  - realizes his or her own potential
  - can cope with the normal stresses of life
  - can work productively and fruitfully
  - able to make a contribution to her or his community.

Adolescence is defined as the transitional phase of growth and development between Childhood and Adulthood. Generally, 10-19 yrs

age group is considered as Adolescence but it often refers to individuals between 10-24 years

- Stages of adolescence
  - Early adolescence 10-13 years
  - Mid adolescence 14-16 years
  - Late adolescence 17-19 years

Adolescence is a period marked by significant physical, cognitive, emotional, and social changes. Physically, it coincides with puberty, leading to the development of secondary sexual characteristics, such as pubic hair and voice changes in males, and breast development and the onset of menstruation in females. Cognitively, adolescents enhance their critical thinking and communication skills, become more decisive, argumentative, and explore new interests. Emotionally, they often experience unpredictability, heightened sensitivity, and are easily influenced, along with an increase in sexual feelings. Socially, they seek independence and a sense of belonging, shifting their primary reliance from family to peers. They begin critically comparing their parents with others, develop deeper friendships, and show increased interest in the opposite sex, sometimes feeling awkward or uncomfortable in these

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interactions.

Why adolescent mental health is important?

Adolescence is a crucial period for developing social and emotional habits important for mental well-being. These include

- adopting healthy sleep patterns;
- exercising regularly;
- developing coping, problem-solving, and interpersonal skills;
- learning to manage emotions

Adolescent challenges: This age group has to face various challenges as these are the best years of their life. Hence expectations are often high, not just their own but also the parents and relatives put a lot of expectations. Apart from these, various other factors like greater academic demands, unstructured time, being on your own in a new environment, changing relations with family and friends, substance abuse, suicidal behaviour etc. Among these, 2 major concerns which will be dealt here are

1. Internet addiction / Social media addiction<sup>5</sup>
2. Exam fear / Test anxiety / Performance anxiety

### **Internet and Social Media Addiction:**

This encompasses compulsive behaviors related to social networking, chat rooms, texting, and messaging. It also includes excessive use of the Internet for activities like watching pornography, participating in adult chat

rooms, engaging in fantasy sex, online gaming, gambling, stock trading, and online shopping.

**Risk Factors:** Individuals may experience anxiety and depression, reduced social interaction, and a distorted sense of time while online. Other symptoms can include insomnia or sleep deprivation, neglect of personal hygiene, dry eyes, headaches, and back pain.

### **Strategies to Overcome Internet Addiction:**

1. Acceptance: Acknowledge the problem.
2. Limit Smartphone Use: Try internet fasting.
3. Socialize: Reach out to friends for support.
4. Develop New Hobbies: Explore activities outside of screens.
5. Change Communication Patterns: Shift how you interact.
6. Establish a Routine: Create and stick to a daily schedule.
7. Prioritize Your Needs: Make a daily to-do list and focus on your studies or work.
8. Keep Devices Out of Reach: Make technology less accessible.
9. Understand the Root Causes: Consider seeking therapy for deeper insights.



### **Exam Fear / Test Anxiety**

Exam fear, or test anxiety, describes the





anxiety a child may experience when exams are approaching. This anxiety can negatively impact performance and may even lead to physical symptoms, causing some students to avoid exams altogether.

### **Key Causes of Exam Fear and Test Anxiety**

1. Parental Pressure: Expectations from parents can create significant stress.
2. High Expectations: Pressure to achieve top results can lead to anxiety.
3. Low Self-Esteem: Feelings of inadequacy can contribute to fear of failure.
4. Low Self-Confidence: A lack of belief in one's abilities can heighten anxiety.
5. Comparison with Peers: Comparing one to others can amplify stress.
6. Previous Poor Scores: Struggling in past exams can create a fear of repeating failures.
7. Inadequate Preparation: Feeling unprepared can increase anxiety levels.
8. Fear of Consequences: Worrying about potential scolding or punishment can add to exam stress.

### **Effects of Exam Fear and Test Anxiety:**

- Forgetfulness: Difficulty recalling information or experiencing blank moments.
- Severe Anxiety: Intense feelings of anxiety that may manifest physically, such as trembling hands and sweating.
- Sleep Disturbances: Trouble falling asleep or staying asleep.
- Frequent Urination: Increased need to urinate due to stress.
- Gastrointestinal Issues: Symptoms like nausea and irritable bowel syndrome.
- Loss of Appetite: Decreased desire to eat.
- Physical Discomfort: Complaints of stomach aches, headaches, and general body aches.

### **Tips to Overcome Exam Fear:**

1. Minimize Distractions: Create a focused study environment.
2. Take Breaks: Incorporate short breaks to refresh and recharge.
3. Adjust Your Routine: Tailor your study schedule to suit your needs.
4. Participate in Discussions: Engage in group discussions for better understanding.
5. Mix Subjects: Study two or three subjects at a time for variety.
6. Use Study Aids: Write short notes, create flowcharts, and use mnemonics or music to aid memorization.
7. Seek Support: Reach out to teachers, parents, or friends for help.
8. Revise Regularly: Schedule multiple revisions to reinforce learning.

9. **Be Honest with Yourself:**  
Acknowledge your feelings and challenges openly.

Hence to maintain both physical health and mental well-being, it's essential to track how you spend your time and focus on your priorities while keeping your goals in sight. Effective planning is crucial, but it's equally important to follow through on those plans. Utilize rehearsal strategies and a solid study system to maximize your in-class and out-of-class learning. Stay committed to achieving your goals, and be open to adjusting your strategies as needed. Finally, prioritize stress management by ensuring you carve out some "me time" for yourself, the time that you devote for self-love and care.

*Note: For any mental health issue, contact Dr. Rinjin G Krishna – 8921093277.*

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## GOLDEN SPICE



■ Dr Yasmin S \*

Haridra has been described in the ancient Ayurvedic text as a Rasayana. Turmeric is a bright yellow Golden spice, being widely used in Indian tradition. It is widely prescribed Ayurvedic drug and is used in various diseases.

It is used as an antioxidant and possesses various beneficial properties such as anti-inflammatory, anti-allergic, antiseptic, hypoglycemic, anti-blood cleansing etc

All of us have turmeric in our kitchens and it is our mother's best friend when it comes to food ingredients, has got medicinal properties.

As winter is coming around, almost all of us have been the target of cold and cough, In Indian cities we constantly hear the phrase, "there's a bug going around". This season, try Ayurveda remedies to fight cold and cough at home.

### **Turmeric for Goddess Lakshmi's blessings:**

Incorporating turmeric with the sacred swastika symbol in Vastu practices is thought to invoke the blessings of Goddess Lakshmi, associated with wealth and prosperity. Placing this auspicious combination at the right direction upon entering one's home is believed to attract positive energies and dispel any Vastu dosh present.

Cleans air pollutants and microbes leads to positivity at home.

### **Bruise :**

**Turmeric Paste:** - Mix turmeric powder with water to make a paste. Apply this paste to the bruised area; turmeric's anti-inflammatory properties may assist in speeding up the healing process.

### **Turmeric Milk (Golden milk)**

Turmeric milk is one of the most common grandmothers' recipes when anyone in the family falls sick with cold and cough or is in any kind of pain. To prepare this just simply mix half tablespoon of turmeric in boiled milk. Mix well and drink it at night. Turmeric has healing properties, the milk will instantly take away all the pain as turmeric will boost immunity, improve digestion and reduce chronic cough.

### **Inhale Turmeric Smoke**

Here's a new convenient way to use this product for almost instant relief. Inhaling the smoke of burning turmeric called the dhoomapaanan is an effective solution to treat cough and cold.

Take a dried turmeric root dip half of it in castor oil for 10-15 minutes. Then hold the dry end and ignite the soaked end. Put off the fire

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right away. The emission of smoke can be used as a natural inhaler. This turmeric smoke directly helps in reducing nasal congestion and can also be used to cure headaches due to sinus. If this is too difficult – add turmeric to a facial sauna and inhale!

**Turmeric water for positive energy:**

Sprinkling turmeric water around the main entrance is a popular Vastu remedy to attract positive energy into the house.

**Warnings and precautions:**

**Pregnancy:** Turmeric is commonly used in small amounts as a spice in foods. But it's likely unsafe to use larger amounts of turmeric as a medicine during pregnancy. It might cause a menstrual period or stimulate the uterus, putting the pregnancy

at risk.

**Bleeding problems:** Taking turmeric might slow blood clotting. This might increase the risk of bruising and bleeding in people with bleeding disorders.

**Infertility:** Turmeric might lower testosterone levels and decrease sperm movement. This might reduce fertility. Turmeric should be used cautiously by people trying to have a baby.

**Liver disease:** There is some concern that turmeric can damage the liver, especially in people who have swelling (inflammation) of the liver (hepatitis) or reduced or blocked flow of bile from the liver (cholestasis). Don't use turmeric if you have these liver problems.

“हरिद्रा कटुका तिबता रुक्षोष्णा कफपित्तनुत्।  
वर्ण्यो त्वग्दोष मेरास्वशोथपाण्डु ज्ञेयापहा ॥”  
- भावप्रकाश





## SAFE USE OF MERCURY AS A POTENT THERAPEUTIC AGENT

■ By Dr. Naveen Kodlady\*

There is a separate branch of Ayurveda pharmaceuticals known as Rasashastra which evolved after 8th century AD that uses mercury as a predominant ingredient of hundreds of herbo-mineral formulation. In fact, the term Rasa in the word Rasashastra means mercury. In a way, there is an entire dedicated section of Ayurveda pharmaceuticals named after mercury and related metallic - mineral drugs. It is possibly rarest to see a single ingredient being used in hundreds of medicinal formulations anywhere else. Though the use of mercury was very limited in the Samhita period (Approximately 2th Century BC- 6th century AD), there was new branch of pharmaceuticals in Ayurveda emerged and got significantly popularized between 8th century AD to 15th Century AD.

### Uniqueness of Mercury in Ayurveda

In Ayurveda texts, there are certain unique properties found in mercury. It is Yogavahi (drug that enhances the action of other drugs with which it is processed – bioavailability enhancer), Tridoshaghna (pacifies all the three dosha indicating its applicability in all vitiated doshas), an ability of dissolve other metals and mineral (rasanaat sarva dhaatunaam), highly aprocdiasia (mahavrishya), approdisiac (Rasayana), possessing six rasa (Shad rasatmaka) and it is much useful in the management of even incurable diseases (Asadhyeshvapi datavyam). The

medicines that are prepared using Mercury or others Rasa drugs are termed as Rasaushadhis. Rasaushadhis have merit over the herbal formulations by virtue of their quicker action with the smaller doses, nonissue of palatability and restoration of health far faster. (अल्पमात्रेणयोगित्वाद्बुद्धेःप्रसङ्गः। क्षिप्रमारोग्यदायित्वादीषु धैर्योऽभिकोरसः। रसास2/14)

On the other hand, mercury is considered as toxic drug being a heavy metal. Ayurveda advises specific processes to convert toxic or unsafe efficacious material to safe and safe potent medicine which includes Shodhana (purification) and Marana (incineration). Raw mercury is subjected to Ayurvedic method of purification which can eliminate the blemishes and contaminant of mercury to convert into a potent medicine. There is a strict prohibition to use unpurified mercury in the medicinal formulations. This Shodhana is entirely different than the purification intended in terms of chemical aspects, but it is intended to render the drug safe and efficacious. Importantly, purified Sulphur is a commonest co-ingredient in the majority of the mercury containing formulations. On combining with Sulphur mercury becomes much safer as sulfide forms of mercury is least absorbed in the body. During the Covid period, the Rasaushadhis are found to be acting very effectively with quicker action. The

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Rasaushadhis like Laxmi vilasa rasa, Shwasa Kutara Rasa, Shwasa Kasa Chintamani rasa, Arogyavardhi vati, Tribhuvana Keerti rasa, Jayamangala Rasa, Rasaraja Rasa etc. are to name a few found widely used by the Ayurveda practitioner in the Covid management. It was reported that formulations like Laxmi vilasa rasa, Rasa sindura etc. have been found useful in critical conditions of depletion of oxygen saturation levels.

Certain studies have been conducted to see the effect of Rasaushadhis with and without mercury. With mercury, efficacy is much more. Anti-tussive activity of Shwasakuthara Rasa a Herbo-mineral formulation prepared with and without Kajjali (Black Sulphide of Mercury) in SO<sub>2</sub> induced cough in Swiss albino mice [Bhagyalakshmi et al Jamnagar] is an example. The very fact that Rasauashadhis came into existence due to the limitation of only herbal formulation gives clear idea that mercury is essential for better efficacy.

We cannot just simply neglect the fact that mercury is highly toxic when entire world is in the verge of banning mercury through Minamata Convention!! Once released into environment, mercury bio-accumulates and bio-magnifies up in the food chain, and easily enters the human body and impacts the nervous system. Batteries, Switches and relays, Compact fluorescent lamps (CFLs), Linear fluorescent lamps (LFLs) High pressure mercury vapour lamps (HPMV Cosmetics (with mercury content above 1ppm), including skin lightening soaps and creams, Pesticides, biocides and topical antiseptics non-electronic measuring devices barometers; (b) hygrometers; (c) manometers; (d) thermometers; (e) sphygmomanometers.

Mercury has been recognized as a neuro-

toxicant as well as immune-toxic and designated by the World Health Organization as one of the ten most dangerous chemicals to public health. It has been shown that the half-life of inorganic Hg in human brains is several years to several decades. Mercury occurs in the environment under different chemical forms as elemental Hg (metallic), inorganic and organic Hg. Mercury (Hg) is a persistent bio-accumulative toxic metal. Hg exposure due to human exposure to ingestion of contaminated seafood (methyl-Hg) as well as elemental Hg levels of dental amalgam fillings (metallic Hg), vaccines (ethyl-Hg) and contaminated water and air (Hg chloride).

Minamata Convention on Mercury and the UNEP Global Mercury Partnership

The Minamata Convention on Mercury, adopted in 2013, is a global agreement to protect human health and the environment from the adverse effects of mercury. The Convention includes a ban on new mercury mines, the phase-out of existing ones, the phase-out and phase-down of mercury use in a number of specified products and processes, control measures on emissions to air and on releases to land and water, and strategies to reduce use of mercury small-scale gold mining (ASGM) at the global level. India signed the Minamata Convention on September 30, 2014, ratified it on June 18, 2018, and it entered into force in the country on September 16, 2018. India has requested an exemption from the phase-out [to discontinue the practice] date until 2025, which is listed in Annex A (mercury-added products) Part I of the Minamata Convention. On September 9, 2021, India's Ministry of Commerce and Industry published a notification (No. 24 /2015-2020), establishing import conditions in the trade policy for mercury (ITC

HS Code 28054000). Prior Informed Consent (PIC) is essential now to import mercury. The Ministry of Environment, Forest and Climate Change is the nodal organization in India for the implementation of the Convention

**Conclusion:**

There is a need to ensure the shodhana of mercury and proper preparation of Kajjali and its scientific evaluation. Proper bhavanas mentioned in khalivia yogas of mercury should

be followed. Siddhi laxanans for parpati, Kupi pakwa and pottalis should always be confirmed. Sulphur is the antidote, common co-ingredient and it enhances the safe use of mercury as a medicine. Pharmaco epidemiological studies as to find out the long term users of mercurial preparations and evaluation of their haematological and biochemical parameters can provide the better view the actual effect of the mercurial preparations.

## Know Tantra: The technique by which our body is energized.



■ By Dr. Mini K. V.\*

### Introduction:

Tantra has become one of the more well-known and popular aspects of spirituality in the world today. A whole modern neo- Tantra appears to be arising, with various forms in western world as well as in India. Tantra remains one of the least understood of the Yogic teachings. Hence it is necessary that we took a new look at this important part of the Yoga tradition. Tantra can perhaps best be defined as an energetic approach to the spiritual path using various techniques Mantra, Ritual, Pranayama and Meditation. It contains a devotional approach emplacing the worship of Goddess and her Lord Shiva. It contains a way of knowledge, directing us to self-realization and the realization of the Absolute. As such it is a complex yet integral system for the development of consciousness, which has something for all those who are

seeking the truth. (Tantric Yoga and the Wisdom Goddess, Spiritual secrets of Ayurveda, By Dr. David Frawley, page no 15.).

An uplifting blend of spiritual and physical practices, Kundalini Yoga incorporates movement, dynamic breathing techniques, meditation, and the chanting of Mantras, such as Satnama meaning "truth is my identity." The goal is to build physical vitality and increase consciousness. (www.yogajournal.com)



### Tantric Yoga:

Tantric Yoga is the Vedic Yajna internalized; a worship of the inner fire of the Kundalini with Pranayama, Mantra and meditation. The worship of Shiva also maintains many Vedic forms, using the Vedic fire, Vedic Mantras and a Vedic communion with nature. Shaiva Yogis are famous for their sacred fires, with which they worship with Vedic Mantras, anointing their bodies with its ashes.

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The Rudram, the most famous chant to Shiva, which is found in the Yajur-Veda, makes Shaiva's identity with the Vedic sacrifice very clear.

“As far as space extends, so far is this space within the Hridaya. Placed in it are both Heaven and Earth, in it are both Fire and Wind (Agni and Vayu) both Sun and Moon (Surya and Chandra), both lightning and the stars, whatever is here and whatever is not here, all of that is placed within the heart.” (Chandogyopanishad VIII.3)

### **Spiritual Heart**

We can identify the spiritual heart with the Sushmna or Spinal Nadi itself. Ascending the Sushmna is also a process of opening the spiritual heart. The Kundalini Shakti is not just a movement up the Sushmna, but an expansion of the spiritual heart. Sushmna in itself, an expansion of the spiritual heart. The Sushmna in itself is experienced as space or the void.

The movement of Kundalini fire up the occurs at the level of the heart as the enfoldment of a solar force. The different ways how these forces move is important for particular Yoga practices, even though ultimately, as part of the same process of self- realization, they dissolve into the one and their details are forgotten. (Tantric Yoga & The Wisdom Goddesses, By- Dr. David Frawley)

### **Etymologies of Tantra described in various literatures-**

- 1) Sanskrita text- The term Tantra is derived from the Sanskrita root Tan means to spread out and 'Tra' means to save.
- 2) HathaYoga Pradipika - Tantra embodies two Sanskrita words; Tanoti - (expands), Trayoti - (liberates). It is the system by which you liberate or

separate the two aspects of consciousness and matter. (Purusha&Prakriti) or Shiiva & Shakti.—Swamy Satyananda.

- 3) Sankhya Darshana- Tantra Yoga has its own independent philosophy & its own way of practice under Sankhya philosophy by Kapila Muni. The word Tantra means to explain something secret. Tantri means to explain something secret. Tra means to save from the sufferings.
- 4) Tantragramas contain many symbolic expressions.
- 5) Tantra- shastras constitute a body of sacred texts which aim at producing harmony, order and system in human personality.
- 6) Pratyaksha Sharira- Dr. Gananatha Sen entitles the word Tantra Sharira to explain nervous system.

### **In Monniere William dictionary**

Tantra means having wires, stringed, regulated by a general rule, relating to Tantras, loom, the wrap, the leading or essential or principal part, main point, characteristic features, model, type, system, frame work etc.

### **Conclusion**

Modern scholars have defined Tantra – David Gordon White of the University of California states that Asian body of believe and practices which, working from the principle that the universe we experience is nothing other than the concrete manifestation of the divine energy of the Godhead that creates & maintains that Universe seeks to ritually appropriate & channel that energy within the human microcosm, in creative and emancipatory ways.

According to the general teaching of the Tantra, the human organism is a microcosm, a miniature copy of the universe. He contains innumerable canals called Nadis through which some secret power flows through the body. The chapters on the rituals for consecration (Daksha), the worship of the mothers and the meditations on the Devi are of considerable

significance from the point of view of the history of religion.

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# Ayurveda: A Boon as a Prevention of Viral Infections



■ By Anup Kumar Mishra\*

## Abstract

Ayurveda, the ancient Indian system of medicine, provides a holistic approach to health, emphasizing prevention, lifestyle regulation, and immune enhancement. With an increasing global focus on preventive healthcare, Ayurveda offers time-tested strategies to mitigate the risk of viral infections. This article explores Ayurvedic principles, lifestyle practices, dietary recommendations, herbal formulations, and therapeutic techniques for preventing viral diseases.

## Introduction :

Viruses are microscopic agents responsible for various infections ranging from the common cold to life-threatening conditions like influenza and COVID-19. Conventional medicine focuses primarily on antiviral drugs and vaccines. In contrast, Ayurveda addresses the root cause by enhancing immunity (Vyadhikshamatva) and maintaining the equilibrium of doshas (Vata, Pitta, Kapha), dhatus, and malas.

Ayurvedic texts such as Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya offer insights into managing contagious diseases (Janapadodhvamsa). This article reviews these concepts and their relevance in the prevention of viral infections.

## Ayurvedic Understanding of Viral Infections

In Ayurveda, viral infections can be associated with the imbalance of doshas, accumulation of ama (toxins), and weakening of ojas (vital energy or immunity). Contagious diseases are categorized under Janapadodhvamsa—diseases affecting large populations.

### Key Ayurvedic Concepts:

- 1. Vyadhikshamatva:** The body's resistance to disease, akin to immunity.
- 2. Ama:** Undigested toxins that weaken the body's defenses.
- 3. Dinacharya and Ritucharya:** Daily and seasonal routines to harmonize the body with nature.
- 4. Swasthavritta:** Preventive measures emphasizing hygiene, diet, and lifestyle.

## Preventive Measures as per Ayurveda

- 1. Immunity Enhancement (Rasayana Therapy):** Rasayana herbs and practices enhance longevity and immunity.

**Commonly recommended rasayanas include:**

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- **Ashwagandha (Withania somnifera):** Adaptogen with immune-boosting properties.

- **Guduchi (Tinospora cordifolia):** Anti-inflammatory and antiviral.

- **Amalaki (Phyllanthus emblica):** Rich in Vitamin C, an antioxidant.

- **Chyawanprash:** A polyherbal formulation for immunity and respiratory health.

**2. Dietary Guidelines:** A balanced diet strengthens digestion (Agni) and prevents ama formation.

- **Include:** Warm, freshly prepared foods, spices like turmeric, ginger, black pepper, and garlic.

- **Avoid:** Cold, processed, and heavy-to-digest foods.

### 3. Lifestyle Practices

- **Dinacharya (Daily Routine):** Regular oil massage (Abhyanga), nasal cleansing (Nasya), and yoga.

- **Ritucharya (Seasonal Routine):** Adapting diet and lifestyle to the seasons.

**4. Hygiene and Social Distancing:** Ayurveda emphasizes cleanliness and avoiding contact with infected individuals (Aparigraha). Frequent hand washing and maintaining respiratory hygiene are essential.

### 5. Specific Herbal Formulations

- **Dashamoola:** For respiratory health.
- **Tulsi (Ocimum sanctum):** Antiviral and adaptogenic properties.
- **Yashtimadhu (Glycyrrhiza glabra):**

Soothes respiratory infections.

### Ayurvedic Therapeutic Techniques

**1. Panchakarma:** Detoxification therapies like Vamana (therapeutic emesis) and Virechana (therapeutic purgation) remove toxins.

**2. Nasya:** Administration of medicated oils or powders through the nasal passage prevents respiratory infections.

**3. Steam Inhalation:** Inhaling medicated steam infused with eucalyptus or neem strengthens respiratory immunity.

### Evidence Supporting Ayurvedic Prevention of Viral Infections

**1. Immune-modulatory Effects:** Studies demonstrate that herbs like Ashwagandha and Guduchi improve cellular immunity and reduce inflammation. [1] [2]

**2. Antiviral Properties:** Tulsi and Yashtimadhu have shown inhibitory effects against viral replication. [3] [4]

**3. Clinical Evidence:** Ayurvedic formulations like Chyawanprash have been clinically validated for their immune-enhancing effects. [5]

### Modern Integration and Challenges

While Ayurveda provides holistic preventive strategies, integrating these with modern virology can improve outcomes. Challenges include standardization, dosage determination, and ensuring evidence-based practices.

### Conclusion

Ayurveda offers a comprehensive



approach to preventing viral infections through immune enhancement, lifestyle modifications, and the use of natural herbs. By combining these ancient principles with modern scientific research, a synergistic model of prevention can be developed.

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# Preventive aspect of Iron Deficiency of Anemia in Purvanchal Uttar Pradesh through ayurvedic food items

■ By Priyadarshini Mishra\*



## Introduction

Anemia refers to a state in which the level of hemoglobin is below the normal range appropriate for age and sex. Iron-deficient anemia is the most common type of anemia world-wide. Around 30% of the total world population is anemic and half of these, some 600 million people have iron deficiency. A dietary history should assess the intake of iron and folate which may become deficient in comparison to needs. Iron deficiency anemia arises when the balance of iron intake, iron stores, and the body's loss of iron are insufficient to fully support production of erythrocytes. Overall, the prevention and successful treatment for iron deficiency anemia remains woefully insufficient worldwide, especially among underprivileged women and children.

## The concept of iron deficiency anaemia in Ayurveda

The formation and pathogenesis of a disease in Ayurveda is linked with the vitiation of Dosha. Pandu Roga is predominantly a result

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of vitiation of Pitta Dosha vitiation along with other Doshas, thus Pandu Roga is a Tridoshaja disease. The vitiation of Pitta Dosha leads to discoloration of the skin and pallor owing to reduced blood or vitiation of blood.

## Common Symptoms of IDA According to Ayurveda

- Pallor
- Fatigue and Weakness
- Dizziness
- Breathlessness
- Cold Hands and Feet
- Palpitations
- Weak Digestion
- Dry and Brittle Hair
- Headaches
- Nail Changes
- Mouth Ulcers
- Irregular Menstrual Cycles

## Management and Prevention of Iron Deficiency Anemia through Ayurveda food items

Iron deficiency anemia can be managed through dietary changes, and Ayurveda emphasizes natural, holistic treatments that focus on balancing the body's energies while addressing specific health concerns. Below are

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some Ayurvedic food options that can help with the treatment of iron deficiency anemia.

Leafy Greens-Palak, Methi, Bathua, Sesame Seeds, Jaggery, Lentils and Pulses, Beetroot, Pomegranate, Curry Leaves, Amla, Dry Fruits, Ghee, Fruits High in Vitamin C

#### **Tips for Maximizing Iron Absorption:**

- Avoid consuming tea or coffee immediately after meals
- Pair iron-rich foods with foods high in vitamin C
- Soak and sprout legumes and grains

In Purvanchal, Uttar Pradesh, the Ayurvedic approach to treating Iron Deficiency Anemia (IDA) through seasonal foods would focus on foods that are locally available and align with the seasonal changes to enhance digestion, nutrient absorption, and overall vitality. Ayurveda emphasizes the importance of eating seasonal, regional foods that balance the body's doshas and enhance natural health.

#### **Winter (Shishira Ritu) – December to February**

- Ghee
- Sesame Seeds
- Spinach
- Beetroot
- Dates
- Ginger and Garlic

#### **Summer (Grishma Ritu) – March to June**

- Cucumber

- Pomegranate
- Lemon
- Mint
- Fennel Seeds

#### **Rainy Season (Varsha Ritu) – July to September**

- Green Leafy Vegetables
- Pumpkin
- Herbs and Spices
- Cumin and Coriander

#### **Autumn (Sharad Ritu) – September to November**

- Fenugreek
- Sweet Potatoes
- Chana

#### **Conclusion**

The preventive aspect of Ayurveda is centered around achieving balance and maintaining harmony between the body, mind, and environment. It empowers individuals to take responsibility for their own health.

- Diet that aligns with one's dosha
- Lifestyle practices
- Regular detoxification and immunity-boosting techniques

By integrating these Ayurvedic principles into daily life, individuals can prevent diseases, improve their longevity, and achieve a state of holistic well-being.

# गर्भ संस्कार: संहिताओं के संदर्भ में एक परिचय



■ डॉ. पूजा दाता \*

## प्रस्तावना

गर्भ संस्कार भारतीय संस्कृति और आयुर्वेद का एक महत्वपूर्ण अंग है, जिसका उद्देश्य गर्भावस्था के दौरान माता और शिशु के शारीरिक, मानसिक और आध्यात्मिक स्वास्थ्य को संवारना है। यह विचार वेदों, उपनिषदों और आयुर्वेदिक ग्रंथों में गहराई से स्थापित है। गर्भ संस्कार न केवल माता के स्वास्थ्य को सुखद करता है, बल्कि शिशु के व्यक्तित्व और गुणों के विकास में भी सहायक होता है।

## गर्भ संस्कार का अर्थ

संस्कृत में एषार्घ्य का अर्थ है गर्भाशय में पल रहा शिशु और 'संस्कार' का मतलब है शुद्धिकरण या सुधार। गर्भ संस्कार का तात्पर्य गर्भवती स्त्री और उसके गर्भस्थ शिशु पर शारीरिक, मानसिक और आध्यात्मिक प्रभाव डालने वाले उपचारों और अनुष्ठानों से है।

## संहिताओं में गर्भ संस्कार का उल्लेख

आयुर्वेद के तीन प्रमुख ग्रंथ चरक-संहिताए, सुश्रुत संहिता और अष्टांग हृदयम् में गर्भ संस्कार का विस्तृत वर्णन मिलता है।

## १. चरक संहिता

चरक संहिता में गर्भधारण से पहले और बाद में पालन किए जाने वाले आहार, विहार और मानसिक

स्थिति का वर्णन किया गया है। गर्भवती स्त्री को 'सात्विक आहार' (शु) और पोषक आहार) लेने की सलाह दी गई है। साथ ही, उसे शांति और सकारात्मक माहौल में रहने का सुझाव दिया गया है। चरक ऋषि के अनुसार, माता के विचार, आचरण और जीवनशैली गर्भस्थ शिशु पर सीधा प्रभाव डालते हैं।

## २. सुश्रुत संहिता

सुश्रुत संहिता में गर्भ के विकास की विभिन्न अवस्थाओं का वर्णन है। इसमें यह बताया गया है कि माता को गर्भ के हर चरण में किस प्रकार का आहार और देखभाल करनी चाहिए। इस ग्रंथ में 'गर्भोपनिषद्' के माध्यम से शिशु के मानसिक और बौद्धिक विकास पर ध्यान देने का उल्लेख है।

## ३. अष्टांग हृदयम्

अष्टांग हृदयम् में गर्भ संस्कार को माता-पिता के संस्कारों से जोड़ा गया है। इसमें गर्भावस्था के दौरान योग, प्राणायाम और ध्यान को शामिल करने पर बल दिया गया है।

## गर्भ संस्कार के उपाय

१. आहार और पोषण सात्विक और संतुलित आहार लेना। दूध, घी, मेवे, ताजे फल और सब्जियों का सेवन। मसालेदार, खट्टे और अस्वास्थ्यकर भोजन से परहेज।

२. संगीत और पाठ गर्भवती स्त्री को मंत्र, श्लोक या भजन सुनने और गाने की सलाह दी जाती है। वैज्ञानिक शोधों के अनुसार, गर्भस्थ शिशु संगीत और ध्वनियों को सुन सकता है, जिससे

\*प्रसूति वंश एवं स्त्री रोग विभाग, गुरु गोरखनाथ हॉस्पिटल ऑफ मेडिकल सर्विसेज, आरोग्यधाम, बलापार रोड, सोनबरसा, गोरखपुर

उसका मानसिक विकास होता है।

3. योग और प्राणायाम गर्भावस्था के दौरान हल्के योगासन और प्राणायाम करने से मानसिक शांति और शारीरिक स्वास्थ्य में सुधार होता है।

4. सकारात्मक वातावरण शांत और सकारात्मक माहौल में रहना। अच्छी पुस्तकों का अध्ययन और प्रेरणादायक विचारों पर ध्यान केंद्रित करना।

#### **आधुनिक संदर्भ में गर्भ संस्कार**

आजकल गर्भ संस्कार को 'फेटल एजुकेशन' (गर्भस्थ शिशु की शिक्षा) के रूप में जाना जाता है। वैज्ञानिक भी मानते हैं कि गर्भवती स्त्री के विचार,

आहार और व्यवहार गर्भस्थ शिशु के विकास में महत्वपूर्ण भूमिका निभाते हैं।

#### **निष्कर्ष**

गर्भ संस्कार एक प्राचीन लेकिन प्रासंगिक प्रक्रिया है, जो माँ और शिशु के स्वास्थ्य, मानसिकता और चरित्र निर्माण में सहायक है। इसे अपनाकर हम एक स्वस्थ और सकारात्मक पीढ़ी का निर्माण कर सकते हैं। आयुर्वेद और संहिताओं के ज्ञान को आधुनिक जीवनशैली में शामिल करना न केवल स्वास्थ्य के लिए लाभकारी है, बल्कि यह हमारे सांस्कृतिक मूल्यों को भी संरक्षित करता है।



# Effect of Dehydration in human body and its Ayurvedic management through Home Remedies

■ By Arush Raj \*

■ By Dr. Priya S R Nair\*



## Introduction

Dehydration is the excess loss of water from body. It is a serious medical condition that occurs when the body loses more fluids than its intakes causing an imbalance in the body water and electrolyte levels.

## Signs And Symptoms

- Dry mouth and tongue
- No tears when crying
- Sunken eyes, cheeks
- Irritability.
- Extreme thirst
- Less frequent urination
- Dark -coloured urine
- Fatigue
- Dizziness
- Confusion.

## Causes

- Do not drink because you are sick or busy, or because you lack access to safe drinking water when you are travelling, hiking or camping.

- Diarrhoea, vomiting
- Fever
- Excessive sweating
- Increased urination by using some drugs such as diuretics blood pressure medications.

## Risk Factors.

- Infants and children are especially vulnerable to dehydration having a higher surface area to volume area, they also lose a higher proportion of their fluids from a high fever or burns.
- Young children often cannot tell you that they, are thirsty, nor can they get a drink for themselves.
- Older adult body's fluid reserve becomes smaller, your ability to conserve water is reduced and your thirst sense becomes less acute.
- Kidney disorders.

## Complications

- Life-threatening heatstroke
- Low blood volume shock [hypovolemic

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shock]

### **Treatment Through Home Remedies**

- Fennel seeds- According to Ayurveda, aniseed is cold and helps to eliminate bacteria responsible for diarrhoea, which prevents the problem of dehydration.
- Basil- Basil leaves play an important role in relieving stomach pain caused by dehydration. It helps in keeping the body temperature cool when dehydration occurs.
- Hibiscus flower: Hibiscus tea keeps you from many diseases. The quantity of vitamin C in this flower is very high and it is very beneficial to consume it when there is lack of water in the body. It rapidly reduces the signs of dehydration.
- Sugarcane Juice- Important nutrients like calcium, magnesium, potassium, iron and manganese are found in high amounts in the sugarcane juice.
- Yogurt-If you have vomiting and diarrhoea, eating yogurt can be beneficial. Yogurt is easily digested. If you eat black salt and roasted cumin in it, the taste will also increase.
- Eat seasonal fruits and vegetables-

Eat fruits such as watermelon, melon, cucumber, grapes, oranges, papaya these days. Eating zucchini, tomatoes, etc. in the vegetable will be beneficial.

- Banana- Banana contains more potassium. When dehydration occurs, the amount of potassium in the body decreases. In this case, eat two bananas daily.
- Drink coconut water- On dehydration, drink coconut water. Drinking a glass of coconut water removes the lack of water in the body.
- Buttermilk removes dehydration- Curd you eat daily, you can also make buttermilk at home with the same yogurt. Drink a glass of buttermilk before leaving the house. Even if you sweat from your body, you will not have any complaint of dehydration.
- Drink lemonade- Lemonade is a healthy drink. It also reduces weight. There is no deficiency of Vitamin C in the body. The body remains hydrated. If you drink honey mixed with lemonade, there will be more benefit.

## “आयुर्वेद प्रयोजनं वास्य स्वस्थस्य स्वास्थ्य रक्षणं”



■ इस विषय पर \*

आयुर्वेद, दुनिया का एक प्राचीनतम चिकित्सा विज्ञान है, जोकि बीमारियों की रोकथाम और उनके प्रबंधन में समग्र दृष्टिकोण रखता है। रोगों को मोटे तौर पर उनके संचरण के तरीके के आधार पर संचारी (communicable diseases) और गैर-संचारी (non-communicable diseases) के रूप में वर्गीकृत किया जाता है। आयुर्वेद में रोग महामारी का वर्णन करने के लिए जनपदोद्घ्वांश (चरक संहिता), मारक (सुश्रुत संहिता) और जनमार (भेल संहिता) जैसे विभिन्न शब्दों का उपयोग किया गया है और संचारी रोगों को अलग से औपसर्गिक रोग या संक्रामक रोग के रूप में वर्णित किया गया है, जोकि दूषित वायु (air), जल (water), देश (place or soil) और काल (season) के द्वारा उनके वाहक (agent), पोषिता / मेजबान (host) और पर्यावरण (environment) के बीच परस्पर क्रिया द्वारा उद्भव होती हैं। संक्रमण तभी प्रकट होता है जब वाहक अनुकूल वातावरण में मेजबान प्रतिरक्षा पर काबू पाने में सक्षम होता है। सुश्रुत का मत है कि ऋतु (उपयुक्त मौसम या समय), बीज (बीज), क्षेत्र (खेत), और अंबु (पानी) जैसे कारकों की भागीदारी के बिना न तो कोई पौधा और न ही कोई भ्रूण अंकुरित या

विकसित हो सकता है। संक्रामक रोगों के विकास के लिए भी यही सिद्धांत लागू किया जा सकता है। इन चार कारकों में से, बीज (संक्रामक एजेंट), ऋतु (रोगजनक के इष्टतम विकास की अनुमति देने वाला उपयुक्त समय) और अंबु (रोगजनकों के पक्ष में पोषण संबंधी कारक) के साथ संक्रामक रोगों के संदर्भ में क्षेत्र (मानव शरीर) की उपयुक्तता विशेष रूप से महत्वपूर्ण है।

आयुर्वेद विभिन्न निवारक उपायों की वकालत करता है जैसे कि संक्रामक एजेंटों के संचरण की श्रृंखला को तोड़ने के लिए प्रसंग (आपसी संपर्क) और गात्र संस्पर्श (स्पर्श) से बचना और क्षेत्र को पुष्टि देने के लिए रसायन (rejuvenation therapy) और पंचकर्म (detoxification process) चिकित्सा का प्रयोग करना इत्यादि। हालांकि संचारी रोगों को नियंत्रित किया गया है। टीकाकरण जैसे आधुनिक निवारक उपायों की मदद से कभी हद तक नए संक्रामक रोगों के निर से उभरने से रोकथाम के उपायों पर निर से विचार करना आवश्यक हो गया है। उन्हें पारंपरिक ज्ञान, जैसे प्राचीन निवारक उपायों और रसायन जैसे स्वास्थ्य-प्रचारक उपायों के उपयोग के साथ पूरक

\*सह आचार्य, रस शास्त्र एवं वैद्यक कल्पना विभाग, गुरु गोरक्षनाथ इंस्टिट्यूट ऑफ मेडिकल साइंसेस, महामोगी गोरक्षनाथ विश्वविद्यालय गोरखपुर।

करने की तत्काल आवश्यकता है ।

आयुर्वेद में बतलाई गयी स्वास्थ्य सम्बंधित जीवनशैली को बनाये रखने के लिए मौलिक निवारक उपाय (primordial preventive measure) जैसे दिनचर्या (कंपसल तमहपउमद), रात्रिचर्या (night regimen), ऋतुचर्या (seasonal regimen), सद्गुण (good moral conduct/ अच्छा आचरण एवं व्यवहार) और आचार रसायन (प्रोत्साहक नैतिक अभ्यास) के द्वारा प्रतिरोधक क्षमता को बढ़ाने के उपाय बतलाए गए हैं । ये सभी वर्तमान परिदृश्य में उतने ही प्रासंगिक एवं वैज्ञानिक हैं जितने पांच हजार वर्ष पूर्व होते रहे हैं ।

आचार्य सुश्रुत ने असंयुक्त जड़ी-बूटियों और पानीए, स्थान परित्याग, शान्तिकर्म (act of pardon), प्रायश्चित्त (expiation), मंगला (rejoice), जप (भगवान का नाम दोहराना), होम (एक वैदिक अनुष्ठान, अग्नि में प्रसाद), उपहार (an offering), यज्ञ, अंबलि-नमस्कार (a way of salutation),

तप (Self-discipline), निदान (positive observances), दया (करुणा), दान (donations), दीक्षा (initiation in divinity) और मृत्यु को रोकने के लिए देवता, ब्राह्मण, गुरु की पूजा का विधान बतलाया है। आचार्य भेल ने उपवास, विप्र (विद्वान) का सम्मान करना, मंत्र, जप और विशिष्ट जड़ी बूटियों का उपयोग करने का उल्लेख किया है । ये सभी उपाय आत्म अनुशासन से संबंधित हैं और मानसिक शांति के लिए हैं।

अष्ट-विधि आहार-विशेषावतन, नैमित्तिक रसायन (विशिष्ट रोग के लिए कायाकल्प चिकित्सा) और आयु विशिष्ट रसायन का भी वर्णन आयुर्वेदीय चिकित्सा ग्रंथों में मिलता है । जिसके द्वारा औपासर्गिक रोगों के संचरण से बचा जा सकता है। आयुर्वेदिक में वर्णित विभिन्न भारतीय संस्कृति में प्रचलित विधाओं से संक्रामक एवं अन्य रोगों से बचा जा सकता है। यह विधाएं न केवल स्वास्थ्य को बढ़ावा देने के लिए प्रयुक्त होती हैं साथ अहि साथ रोगों की रोकथाम के लिए भी अत्यंत महत्वपूर्ण हैं।

## Desh ka Prakriti Parikshan Abhiyan

■ By Pragati Yadav\*

The Desh ka Prakriti Parikshan initiative, under the Ministry of AYUSH, aims to bring Ayurveda to every individual. The Ministry of AYUSH has started this abhiyan on 26 November 2024. In this one-month-long campaign, a target has been set to reach one crore families. This campaign started by doing prakriti parikshan of our present president, Honorable Droupadi Murmu. Under this abhiyan, all the institutes of the Faculty of Ayurveda are participating and working as volunteers. We at Guru Gorakshnath Institute of Medical Sciences are doing our active participation in assessments of prakriti of individuals. All our BAMS volunteers are visiting different institutes and hostels for prakriti parikshna and also doing it in our college and hospital. Our institute is keeping a record of each day's parikshna done by students. During the assessment, we discovered that people are keen to know about this concept and its benefits. So,

### **The Primary objective of the Desh ka Prakriti Parikshna campaign is to:**

1. Promote Preventive Healthcare: By identifying an individual's prakriti, the campaign encourages proactive measures to prevent disease and maintain overall health.
2. Personalize Health Regimes: Dietary

recommendations, lifestyle modifications, and herbal remedies can be prescribed based on one's prakriti.

3. Foster Holistic Well-being: The campaign emphasizes the interconnectedness of physical, mental, and spiritual health, promoting a comprehensive approach to well-being.

### **Benefits of Understanding Prakriti**

- Enhanced Self-Awareness: By understanding their Prakriti, individuals can gain insights into their strengths, weaknesses, and tendencies.
- Improved Health Outcomes: Specialized health practices can help prevent diseases, manage chronic conditions, and promote longevity.

### **Certificate of Participation**

Upon completion of the prakriti assessment, participants will receive a certificate recognizing their participation in the Desh ka Prakriti Parikshan Abhiyan. This certificate will serve as a reminder of their commitment to holistic health and well-being.

"Understanding your Prakriti helps you make lifestyle choices suited to your natural state, enabling you to live in balance and harmony with your own biological rhythms and the environment."

\* 1st Prof BAMS (Batch 2024-25) Nagarjuna Batch, GGIMS Faculty of Ayurveda





गीका विहार पर प्रकृति परीक्षण



समिद रवि मिश्र जी का प्रकृति परीक्षण



गीका विहार पर प्रकृति परीक्षण



# WAKE UP TO WELLNESS: POWER OF BRAHMA MUHURTA



■ By Dr.N.R. Navoday Raju\*

## Introduction

Waking up during Brahma Muhurta (the early morning period, 45–96 minutes before sunrise) offers profound health benefits that align with the body's natural rhythms. These benefits span multiple physiological systems, contributing to overall health and disease prevention.

### System-wise Overview of Benefits:

#### 1. Nervous System (Brain and Cognitive Function)

- **Enhanced Mental Clarity:** Waking up early during Brahma Muhurta provides a peaceful environment conducive to activities like meditation, deep thinking, and focused work. This promotes mental clarity, cognitive function, and emotional stability, reducing the risk of neurodegenerative conditions such as Alzheimer's and Parkinson's disease [1].
- **Reduced Stress and Anxiety:** The calming effects of this early period help regulate stress hormones, lowering

cortisol levels throughout the day. This can prevent stress-related conditions like hypertension and chronic fatigue syndrome [2].

#### 2. Endocrine System (Hormonal Regulation)

- **Optimized Cortisol Release:** Cortisol, the "stress hormone," peaks naturally in the morning, aiding alertness. Waking up early synchronizes cortisol release with the body's circadian rhythm, enhancing energy, focus, and mental clarity while reducing the risk of metabolic and stress-related disorders [3].
  - **Balanced Melatonin:** Early rising supports the natural decrease in melatonin, the "sleep hormone," resetting the internal clock. This leads to improved sleep quality and better rest and recovery cycles [4].
- #### 3. Immune System (Disease Prevention and Repair)
- **Boosted Immune Function:** Early morning sunlight exposure stimulates



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Vitamin D production, vital for immune system function. A strong immune system prevents infections, autoimmune diseases, and inflammation-related disorders [5].

- **Autophagy Activation:** Maintaining a fasting state after waking activates autophagy, the process of clearing damaged cells and proteins. This enhances immune health, fights off pathogens, and reduces the risk of cancer and autoimmune diseases [6].

#### **4. Digestive System (Gut Health and Elimination)**

- **Improved Digestion:** Early rising aligns the body's biological clock with meal times, optimizing digestion. Drinking water in the early morning cleanses the digestive system, promoting gut health and regularity [7].
- **Optimized Gut Microbiome:** Waking up early helps balance gut bacteria, enhancing nutrient absorption and reducing digestive issues like bloating, constipation, and indigestion [8].

#### **5. Excretory System and Detoxification (Liver and Kidneys)**

- **Enhanced Detoxification:** The early morning hours facilitate detoxification, as the liver and kidneys efficiently eliminate toxins and metabolic by-products accumulated during sleep [9].
- **Autophagy for Detoxification:** Autophagy aids in cellular detoxification by removing damaged components, promoting cellular health, and preventing diseases linked to cellular damage [10].

#### **6. Cardiovascular System (Heart Health)**

- **Reduced Blood Pressure:** Early rising helps lower blood pressure over time by promoting balanced cortisol levels and reduced stress, easing strain on the cardiovascular system [11].
- **Improved Circulation:** Early morning activities enhance circulation, reducing the risk of heart disease, stroke, and other cardiovascular conditions [12].

#### **7. Respiratory System (Lung Health and Oxygenation)**

- **Improved Lung Function:** Morning activities like yoga, walking, or pranayama improve breathing patterns, boosting lung function and efficiency [13].
- **Increased Oxygen Intake:** Fresh morning air enhances oxygen absorption, promoting better tissue oxygenation and overall health [14].
- **Strengthened Respiratory Muscles:** Deep breathing exercises strengthen the diaphragm and improve lung capacity, enhancing respiratory health [15].

#### **8. Musculoskeletal System (Physical Health and Strength)**

- **Improved Physical Fitness:** Morning exercise during Brahma Muhurta improves flexibility, balance, and strength. This reduces injury risk and supports musculoskeletal health [16].
- **Increased Bone Health:** Early sunlight exposure boosts Vitamin D levels, essential for calcium absorption and bone health, reducing the risk of

osteoporosis [17].

### 9. Reproductive System (Hormonal Health)

- **Balanced Hormones:** Aligning with the natural circadian rhythm regulates reproductive hormones, supporting women's menstrual cycles, fertility, and pregnancy. It also promotes healthy testosterone levels in men [18].

### 10. Skin (Aesthetic Health)

- **Clearer Skin:** Early rising activates detoxification processes, reducing toxins that can cause acne or dull skin. This promotes hydration and nourishment for glowing skin [19].
- **Reduced Inflammation:** Lower stress levels reduce inflammation, benefiting skin conditions like acne, eczema, and psoriasis [20].

### Conclusion

Waking up during Brahma Muhurta aligns the body with its natural rhythms, offering comprehensive health benefits. It supports mental clarity, strengthens immunity, enhances digestion, promotes physical fitness, and balances hormones. By reducing stress and enhancing detoxification, this practice fosters holistic well-being, longevity, and disease prevention. Incorporating this habit into daily life nurtures both spiritual and physical health, providing a path to optimal well-being.

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## PREVENTIVE AYURVEDIC ASPECTS



Preventing illnesses and preserving health are of utmost importance in Ayurveda. The instructions that are mentioned in classics are as follows:

### **Dinacharya (Daily Routine)**

1. Getting up early: A daily habit that begins with an early wake-up time extends life. An individual in good health should get up early, avoid natural urges, and use natural herbs to clean their teeth. Apply the appropriate herbal oil on your head and body based on the time of year, your environment, and your constitution.
2. Exercise: To keep your physical and mental well-being, do yoga, meditation, and walks. One should exercise based on their own level of physical strength. throughout the warm and rainy seasons, moderate exercise is done, while throughout the winter and spring, Exercise can be performed according to personal strength.
3. Diet: Diet should be followed by an individual according to prakriti-constitution, season and follow food habits with respect to place. Junk foods comprising Fast cooked foods, Bakery

■ By Dr. Arjun Sasikumar\*

items are to be avoided

4. Sleep: One has to establish consistent sleep schedule to ensure adequate rest and relaxation.

### **Ritucharya (Seasonal Routine)**

1. Modify diet and life style according to the seasonal changes to maintain health which helps in prevention of seasonal diseases.
2. Undergoing seasonal cleansing procedures, Ritushodhana (Vasthi-medicated enema in Varsha ritu-Rainy season, Virechana-therapeutic purgation and Rakthamokshana-bloodletting therapy in Sharad ritu-Autumn and Vamana-Vomitting therapy in Vasantha ritu-Spring) helps in revitalizing body and to get rid of diseases.
3. As per Ayurvedic Classics, a healthy individual should take particular rasa (taste) and avoid certain rasa for good health. In Summer season, a person has to consume more liquid diet, prefer sweet taste and avoid spicy, astringent tastes. In Rainy season, to balance Vata, dosha, one has to take sweet, sour and salt taste and control taking the other three rasas. In Autumn season, to balance Pitta dosha one has to prefer sweet, bitter tastes and control taking the other rasas. In Winter season,

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Ayurveda Acharyas has mentioned to take sweet, sour and salt tastes to control Vata which increases due to excess cold and indigestion. In Spring season, one should take water mixed with honey, herbal wine, easily digestible foods, dry foods.

**Swasthavritta (Healthy life habits)**

1. Engage with consistent daily routine to maintain physical and mental balance.
2. Avoid excessive intake of food, excess sleep and physical activity.
3. An individual should include Shadrasas-six tastes (sweet, sour, salt, bitter, spice and astringent) in the diet to maintain good health. For proper digestion of food, one should take sweet, sour food at first, bitter, salt in middle and spicy, astringent at last. Curd should be taken along with green gram soup, sugar

cubes, gooseberry. Other wise intake of curd leads to diseases due to Kapha dosha. Curd and buttermilk should be avoided in night to suit proper digestion on the next day.

4. Avoid incompatible foods like fish with milk, curd with meat, milk along with fruits and leafy vegetables.
5. Manage stress and anxiety by practicing Yoga, Meditation, deep breathing exercises.
6. Cultivate Self-discipline, Nurture positive relationships within Family, Friends, work place and community to boost the mental well-being.

By incorporating these preventive aspects in daily life, one can maintain optimal health, prevent diseases and promote overall wellness.



## हमारे महापुरुष : महर्षि नागार्जुन

### रासायनिक विज्ञान के पिता-महर्षि नागार्जुनः



महर्षि नागार्जुन भारतीय रसायन और रासायनिक विज्ञान के क्षेत्र में एक महान प्राचीन विद्वान थे। उनका योगदान आधुनिक युग में भी रसायन विज्ञान को प्रेरित करता है।

**महर्षि नागार्जुन के योगदानः**

#### १. रसायन में

##### योगदानः

महर्षि नागार्जुन ने रसायन के क्षेत्र में अपने महत्वपूर्ण कार्यों और सिद्धांतों को प्रस्तुत किया। उनके ग्रंथों में अम्ल, धातुओं और पदार्थों के बारे में अनूठा ज्ञान पाया जाता है।

#### २. आयुर्वेद में योगदानः

नागार्जुन ने आयुर्वेद के क्षेत्र में भी अपनी शिक्षार्थों और औषधियों के संबंध में ज्ञान प्रस्तुत किया।

#### महर्षि नागार्जुन के कार्यः

#### १. प्रसारलाकरम् (ग्रंथ)

नागार्जुन का अद्वितीय ग्रंथ (सारलाकर) है, जिसमें वह अम्ल, धातुओं और रासायनिक प्रक्रियाओं का विस्तार से चर्चा करते हैं।

नागार्जुन की पुस्तक से कुछ श्लोक और उनके अर्थः

**श्लोकः**

यथा कुंजरप्रस्तारे सीवर्चं विद्युतो यथा।

तथा रसायनादी तु सिद्धिः कार्या यथाविधि।

**अर्थः**

‘जैसे हाथी के माथे पर पानी की एक बूँद से बिजली उत्पन्न होती है, या जैसे क्रिस्टल से प्रकाश उत्पन्न होता है, उसी प्रकार रासायनिक प्रक्रियाओं में सफलता प्राप्त करना विधिपूर्वक आवश्यक है।’

यह श्लोक उपमा (रूपक) का उपयोग करके यह विचार व्यक्त करता है कि रासायनिक प्रक्रियाओं में सफलता सावधानीपूर्वक और उचित प्रक्रियाओं के माध्यम से प्राप्त की जाती है, जैसे बिजली या प्रकाश का प्रकट होना।

**श्लोकः**

सर्वं द्रव्यं यथा दोषैः संस्कार्य रसरूपता।

तथा तत्त्वे स्वकर्माणि संस्कुर्वतादौ पुरुषः॥

अर्थः

‘जैसे सभी पदार्थों को अशुद्धियों को हटाकर शुद्ध किया जाता है, उसी प्रकार व्यक्ति को अपने कार्यों को शुद्ध करने के लिए स्वयं को शुद्ध करना चाहिए।’

यह श्लोक रसायन विज्ञान में पदार्थों की शुद्धिकरण की प्रक्रिया और जीवन में उनके कार्यों के सुधार के बीच एक समीकरण खींचता है, आत्मा की शुद्धि के महत्व को उजागर करते हुए और आध्यात्मिक और रासायनिक लक्ष्यों की पूर्वाग्रह में आंतरिक शुद्धि की महानता का ध्यान रखते हुए।

## २. आधुनिक रसायन में योगदानः

महर्षि नागार्जुन के सिद्धांत ने भी आधुनिक रसायन को प्रेरित किया है। उनके ग्रंथों में रासायनिक प्रक्रियाओं पदार्थों और उपचार विधियों का ज्ञान आधुनिक रसायन को भी नई दिशा दी है।

## ३. रसायन में आधुनिक दृष्टिकोणः

महर्षि नागार्जुन के सिद्धांतों ने रसायन को बेहतर बनाया और उनके सिद्धांत आज भी वैज्ञानिकों को प्रेरित करते हैं। उनके रासायनिक ग्रंथों ने आधुनिक रसायन को नए आयाम दिए हैं और आज विभिन्न रासायनिक अध्ययन और अनुसंधान उनके सिद्धांतों के आधार पर किए जा रहे हैं।

महर्षि नागार्जुन का रसायन और विज्ञान में योगदान अत्यंत महत्वपूर्ण है और उनके ग्रंथों ने आधुनिक रसायन को समृद्ध किया है, साथ ही नए दिशा-निर्देश भी प्रदान किए हैं।

## महर्षि नागार्जुन का आयुर्वेद में योगदानः

महर्षि नागार्जुन आयुर्वेद के क्षेत्र में एक महान योगी और चिकित्सक थे, जिनका आयुर्वेदिक चिकित्सा में योगदान अद्वितीय है। उनके ग्रंथों में व्याकरण, चिकित्सा और सिद्धांतों का अद्वितीय समन्वय है, जिसके कारण उनका योगदान आज भी चिकित्सा विज्ञान में महत्वपूर्ण है।

महर्षि नागार्जुन का आयुर्वेदिक सिद्धांत आधुनिक आयुर्वेद को नई दिशाएँ दिखा चुका है। उनके दृष्टिकोण ने एक योग्य और सौंदर्यपूर्ण जीवन जीने के कुछ भिन्न तरीके प्रस्तुत किए हैं और उनके विचारों का भी आधुनिक आयुर्वेद में महत्वपूर्ण स्थान है।

महर्षि नागार्जुन का आयुर्वेद का सिद्धांत चिकित्सा विज्ञान को एक नए दृश्य संदर्भ में रखता है और उनके ग्रंथ आज भी वैज्ञानिकों को प्रेरित और जागरूक करते हैं।

महर्षि नागार्जुन ने रसायन में कई चमत्कारी वैज्ञानिक प्रयोग किए हैं। वह उस समय तत्वों के गुणों को बदल सकते थे। और वह पहले वैज्ञानिक हैं जिन्होंने दुनिया को धातु मिश्र धातुओं बनाने की विधियाँ दीं। अपने आयुर्वेदिक और रासायनिक ज्ञान के साथ, उन्होंने औषधियों के माध्यम से चिकित्सा विज्ञान के क्षेत्र में एक महत्वपूर्ण योगदान दिया है। उन्हें सोना बनाने की विधि भी पता थी। ऐसे महान वैज्ञानिक और चिकित्सक महर्षि नागार्जुन को हमारी हार्दिक श्रद्धांजलि।

# TULSI

■Dr Sreenath R \*

सैटिन नाम : Ocimum Sanctum

संस्कृत : षुन्दा, सुगंधा, अमृता

इंग्लिश नाम : Holy Basil

हिन्दी : तुलसी, वैष्णवी

Traditionally, Tulsi plants are cultivated in Hindu households, often placed in a central courtyard. This practice symbolizes devotion and is believed to invite divine presence into homes. Worshiping Tulsi can cleanse one of sins and is essential for spiritual advancement. Those who plant, protect, or even touch Tulsi will have their sins mitigated. A single leaf of Tulsi is said to contain the merit of visiting numerous holy places.

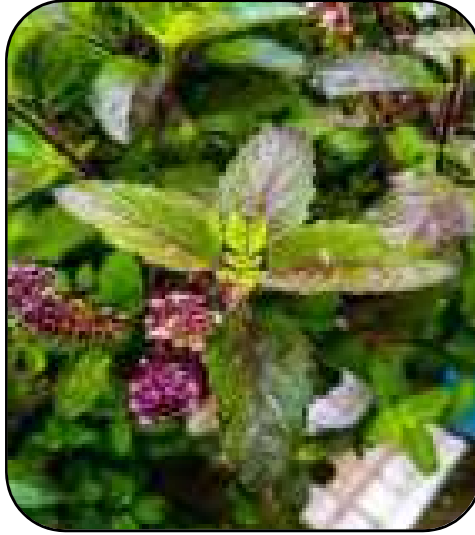
The Puranas emphasize the importance of Tulsi in religious rituals. The offering of Tulsi leaves is a common practice during worship, particularly in the rituals dedicated to Vishnu. This act is believed to enhance the spiritual merit of the worshipper and is rooted in the belief that Tulsi purifies the offerings made to deities.

In many traditions, Tulsi is considered the eternal consort of Lord Vishnu. This relationship is celebrated during festivals such as Tulsi Vivah, which symbolizes their sacred union. The festival marks the ceremonial marriage of Tulsi and Vishnu, reinforcing her role as his beloved.

In garuda purana, planting nurturing watering touching Tulsi plant is told to relieve a person's sins from previous birth. Brahma vaivarta purana it is told that one who drinks Tulsi jal one gets free from all the sins and reaches vishnuloka also seeing the plant in the morning one gets results of donating gold. Tulsi leaves and ganga jal even when it becomes stale are not unwanted as per Skanda purana.

**Divine Origin:** Tulsi is regarded as a manifestation of the goddess Lakshmi, the consort of Lord Vishnu. According to the Devi Bhagavata Purana, she was born to King Dharmadhvaja and Queen Vedavati as a reward for their devotion to Lakshmi, who later took the form of Tulsi to fulfil her devotees' desires

Padma Purana details the significance of Tulsi, highlighting its role in spiritual practices and its divine qualities. It describes how Tulsi was created from the joyful tears of lord Vishnu during the churning of the ocean (Samudra Manthan)



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for the welfare of humanity. Everything related to Tulsi—its leaves, flowers, and even the soil where it grows—has purifying properties. It is said that those cremated with Tulsi wood are freed from sins and attain liberation.

Tulsi is considered an earthly manifestation of Lakshmi, symbolizing purity and devotion. In some narratives, she is referred to as Vrinda and is depicted as the consort of Jalandhara, representing the duality of divine love and devotion.

**Ayurveda Properties:** The common name of the plant throughout India is Tulsi. But in ayurveda there are many synonyms to the name of the plant like gouri, gramya, surasa Surabhi, pavani, deva dundhubhi, vishnuvallabha etc. in the Ayurveda texts like bhavaprakasha and raja Nighantu two different varieties are given- Shukla and Krishna. Many other types of Tulsi varieties are also available.

The Latin name of the plant is *Ocimum sanctum* belonging to the lamiaceae family. It is a perennial herb with a typical aromatic smell. The stems are erect branched, slightly woody, with hairy branches. Leaves are simple, opposite in arrangement and exstipulate. Flowers are having 5 sepals and 5 petals<sup>1</sup>.

As per the Bhavamishra Tulsi is katu and tikta in rasa, and possess laghu, rooksha and teekshna, gunas. Its vipaka is katu and veerya is ushna. As a result, it is vata and kapha hara also pitta vardhaka<sup>2</sup>. When used as fresh juice we can use 10 -20 ml.

Some of the important ayurveda medicines with Tulsi are Vilvadi gutika<sup>3</sup> an antiviral drug, tribhuvana kirti rasa used in fever,

manasamitra Vatakam used for insomnia and psychiatric disorders,

**Medicinal uses:** Its medicinal uses span a wide range of health benefits, supported by both historical practices and modern scientific research. The properties include antibacterial, antiviral, antifungal, antiparasitic. It is also used in alleviating respiratory issues as it can act as an expectorant and effective in conditions like bronchitis, asthma, common cold. It is used in wound healing, headaches and migraines as it is having anti-inflammatory and analgesic properties. It is also used as for improving digestion and gastrointestinal health. It is rich in antioxidants, immunomodulatory, adaptogenic and for skin health<sup>4</sup>.

So, the daily worship of Tulsi gives spiritual well-being and use of Tulsi as medicine relieves physical ailments.

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## मोरखवाणी

**ऊर्मा बैठता सुता लीजै। कबहुँ चित भंग न कीजै।**

**अनाहत सबद गगन में गाजै। ज्यह पड़े तो सतगुर लाजै ॥ १७७ ॥**

अनाहतनाद का गर्जन सहस्रार गगन मण्डल में अनवरत हो रहा है, इसे योग-साधक को निरन्तर श्रवण करना चाहिए। इस अनाहतनाद को सोते, बैठते और खड़े होते-समस्त स्थितियों में साधक को सुनना चाहिए, इस नादानुसन्धान से जीवात्मा सहज समाधि में समाहित हो जाता है, यह सहस्रार में द्रवित अमृत को पान करता है तथा उसका वीर्यरस योगाग्नि में पक जाता है और शरीर स्थिर रहता है। यदि नादानुसन्धान के अभाव में, वीर्य के योगाग्नि से पकने के अभाव में, शरीर स्थिर नहीं रहता, मृत्यु का ग्रास बन जाता है, तो साधक अपने गुरु से प्राप्त ज्ञान की अवहेलना करता है, वह उस महाज्ञान को लज्जित करता है।

**एकलौ बीर-दूसरी धीर, तीसरी बटपट चौथी उपाधा। दस पंच तहाँ बाद विवाद ॥ १७८ ॥**

यह साधक वीरात्मा है, जो एकान्त में निवास कर जन सम्पर्क से सर्वथा अप्रभावित और दूर रहकर योगाभ्यास करता है। वह साधक धीर है, जो अपने साथ में एक सहायक भी रखता है और उसकी उपस्थिति में अपनी साधना में किसी भी तरह का विघ्न नहीं होने देता। जब साधक के सम्पर्क में दो व्यक्ति आ जाते हैं, तब तीन की संगति से परस्पर कलह आरम्भ होता है और साधना में विघ्न पड़ता है तथा साधक के साथ जब तीन संगी रहकर साधना करते हैं तो साधना स्थल की शान्ति भंग हो जाती है और आपस में चारों उत्पात करते हैं और जब योगसाधक के आश्रम में दसपाँच जन एकत्र हो जाते हैं, तब तो साधना के नाम पर राग-द्वेष के वातावरण में एक दूसरे को नीचा दिखाने के लिये पारस्परिक संघर्ष और उपद्रव का बोलबाला होता है।

**एकाएकी सिंघानाँठ दोड़ रमति ते साधावा ।**

**चारि पंच कुटुम्ब नाई दस बीस ते लसकरा ॥ १७९ ॥**

अध्यात्म की साधना की सिद्धि एकान्तवास से ही होती है। वास्तव में जो एकान्त में अकेले साधना करता है। वही सिद्ध नाम को चरितार्थ करता है। एक से दो होने पर साधारण स्तर पर साधना में तल्लीन योगसाधक साधु कहे जाते हैं और जो साधक चार-पाँच लोगों के साथ रहकर साधना और योगाभ्यास करता है, वह तो एक कुटुम्बी है, इसके कुटुम्ब और सांसारिक गृहस्थों के परिवार के राग-द्वेष के बन्धन समान होते हैं और जो दस-बीस लोगों को एकत्र कर आध्यात्मिक साधना में लगता है, वह तो एक सेना ही एकत्र कर लेता है, जिससे लाभ के स्थान पर हानि की ही सम्भावना रहती है।

**मन मुसि जा गुरुमुखि लेचु।**

**लोहि भास अग्नि मुशी देचु। माता पिता की मेतौ धात।**

**ऐसा होइ मुलाखे नाथ॥ १८०॥**

मन बड़ा चंचल है, उसकी वृत्तियाँ चंचल रहती हैं, अमनस्क योग की साधना करते हुए उसकी वृत्तियों को गुरुज्ञान से अन्तर्मुखी कर उनका (हठयोग) साधना में उपयोग करना चाहिए। रद्र-मांस से निर्मित शरीर को योगाग्नि में शुद्ध कर लेना चाहिए। माता की रज और पिता के वीर्य के संयोग से युक्त शरीर को पूर्ण ब्रह्मचर्यव्रत के पालन से निर्बिकार और निर्दोष कर लेना चाहिए, ऐसा करने से साधक अनायास नाथ, परमेशिव का साक्षात्कार कर लेता है।



## योगवाणी योग का ध्येय

चित्त को बहिर्मुखी, विषयप्रवण एवं चंचल बनाने वाली इन्द्रियो है। अतएव मनोनिग्रह के साथ इन्द्रियों के निग्रहरूप प्रत्याहार का अभ्यास भी आवश्यक है। जैसे घट में कहीं एक भी सूक्ष्म छिद्र होने पर उस मार्ग से निरन्तर जलस्राव होने के कारण घट जल से रिद्ध हो जाता है, इसी प्रकार शरीरस्थ सोम का किसी रूप में भी क्षरण होने पर शरीर में सोम का सुधारस सुरक्षित नहीं रह सकता। बहिर्मुखी इन्द्रियों द्वारा, वासना एवं कुविचारों से प्रवाह के द्वारा भी प्राण-शक्ति एवं मनः शक्ति का क्षरण होता रहता है। इन सबका निरोध । बलपूर्वक नहीं, अपितु ज्ञानपूर्वक होना चाहिए। अतएव भगवान् गोरक्षनाथ ने अमृतपानाभिलाषी साधक के लिए 'सुधीः' चिन्तन, विवेक एवं अध्यात्मशास्त्र के ज्ञान में युक्त), 'जितेन्द्रियमना', 'हितमिताशी' एवं 'ब्रह्मचारी' होना आवश्यक माना है। आशा एवं वासना का परित्याग कालजय के लिए आवश्यक माना गया है।

**गिराशो निष्कलो योगी न किञ्चिदपि चिन्तयेत्।**

**इच्छामुन्मर्षं कृत्वा कालं जयति ह्रीलया॥**

योग केवल भौतिक प्रकृति पर अधिकार कर लेने की प्रक्रिया नहीं है, यह तो मानव को 'देव' में रूपान्तरित करने की प्रक्रिया है। देवत्व सत्य में प्रतिष्ठित है। सत्य ही अविनाशी अमृत है। अमृत तो मनुष्यों का भाग है। यदि असत्य काम क्रोधादि से मुद्रि नहीं मिली तो केवल भौतिक देहामृत का पान करके जराव्याधि से मुद्र दीर्घ जीवन को प्राप्त करके क्या लाभहोगा? योग का ध्येय तो ब्रह्मप्राप्ति है। ब्रह्म का आनन्द ही वास्तविक सोमरस है, इसलिए योगी को देहामृत की प्राप्ति के साथ-साथ ही सत्य में प्रतिष्ठित होकर देव बन कर ध्यान एवं समाधि द्वारा ब्रह्मानन्द रूपी सोमरस का पान करने के लिए सदैव प्रयत्नशील होना चाहिए।

ऋषियों ने जब मनुष्य के द्वारा अमृत-प्राप्ति की बात की थी तो वे जीवन के अपरिमित विस्तार की बात नहीं कर रहे थे। नित्य-नवीन अनुभवों के परिवर्तन एवं प्रकृति में विकास को प्रगति से रहित जीवन मनुष्य के लिए ह्रदा देने वाला होता है। वे शरीर को दुःख एवं व्याधि से रहित, जीवन की शक्ति तथा स्फूर्ति से युद्ध, तेजस्वी बनाना चाहते थे। ताकि इस जीवन में अपने योग-लक्ष्य को निर्बाधा होकर सिद्ध कर सकें। इसके साथ ही जीवन एवं मृत्यु पर ऐसा वशीकार प्राप्त करना चाहते थे कि वे जब तक चाहे स्वच्छा से सचेतावस्था में ध्यानयुक्त हो देह-त्याग कर सकें। वे मृत्यु के अधिकार में न हों, मृत्यु उनके अधिकार में हो। मृत्युञ्जयी का अभिप्राय 'इच्छामरण' की सामर्थ्य प्राप्त करना था।

आयु मनुष्य का भोग है। यह मनुष्य को पूर्वजन्म के कर्म के अनुसार प्राप्त होती है, फिर भी शास्त्रों ने सौ वर्ष की आयु को सम्पूर्ण आयु माना है। यही मानव जीवन की आयु की अधिकतम सीमा है। 'शतायुः पुरुषः' यह ताण्ड्य ब्राह्मण (25/08/13) का वचन है। शतपथ ब्राह्मण के अनुसार शतवर्ष या इससे अधिक का जीवन प्राप्त कर लेना ही अमृत है।

(योगवाणी, अक्टूबर (1997))

गुरु गोरखनाथ का कहना है कि शरीर के नवों द्वारों को बन्द करके वायु के आने-जाने का मार्ग यदि अवरुद्ध कर लिया जाय, तो उसका व्यापार 64 सन्धियों में होने लगेगा। इसमें निश्चय ही कायाकल्प होगा और साधक एक ऐसे सिद्ध में परिणत हो जायेगा जिसकी छाया नहीं पड़ेगी। साधना के द्वारा ब्रह्मरन्ध्र तक पहुँच जाने पर अनाहत नाद सुनायी पड़ता है, जो समस्त सार तत्त्वों का भी सार है और गम्भीर से गम्भीर है। इससे ब्रह्मानुभूति की स्थिति उपलब्ध होती है जिसे स्वसंवेद्य होने के कारण कोई शब्दों द्वारा व्यक्त नहीं कर सकता। तभी प्रतीत होने लगता है कि उसके अतिरिक्त सारा वाद-विवाद झूठा है। यदि तुम्हें मेरे वचनों में पूरी आस्था हो जाय और तुम उसके अनुसार कर देखो तो पता चलेगा कि बिना खम्भे के आधार पर स्थित आकाश में तेल व बत्ती के बिना ज्ञान का प्रकाश हो गया और तुम सदा उसके उजाले में विचरण कर रहे हो।

गोरखनाथ परम्परा और साधना का स्वरूप

-पं. परशुराम चतुर्वेदी









## पंचकर्म चिकित्सा केन्द्र

महायोगी गोरखनाथ विश्वविद्यालय गोरखपुर

### वमन

चर्म रोग, मुख पीड़िका, मासिक धर्म अनियमता, गर्भाशय विकार, मधुमेह, गठिया, निसंतान, शुक्रविकार, अम्लपित्त, श्वास।

### विरेचन

शीतपित्त, एलर्जी, पेट सम्बन्धित विकार, चर्म रोग, साइटिका, निसंतान, गठिया, खून की बिमारी, शिरोरोग, हाथ-पैरों में जलन।

### नस्य

शिरशूल, सर्वाङ्कल स्पोडिलोसिस, सर्दी, जुखाम, गंजापन।

### बस्ती

संधि विकार (जैसे- गठिया, घुटनों का दर्द, एड़ियों का दर्द आदि), साइटिका, सर्वाङ्कल, पार्किन्सोनिज्म, पक्षाघात, बाल शोष, शुक्रविकार आदि। पेट सम्बन्धित विकार ; जैसे कब्जी, बदहजमी)

### रक्तमोक्षण

चर्म रोग, गठिया, गंजापन, पुराने घाव, साइटिका।

## विशेष चिकित्सा



### शिरोधरा

अनिद्रा, तनाव आदि



### अभ्यंग (मालिश)

शरीर और मन की ऊर्जा का संतुलन, रक्त प्रवाह और दूसरे द्रवों के प्रवाह आदि



### शिरोबस्ति

सिर दर्द, तनाव एवं केश विकार आदि



### पिण्ड स्वेद

गठिया, संधि रोग, सर्वाङ्कल, साइटिका आदि



### अग्निकर्म

एड़ियों का दर्द, साइटिका आदि

आरोग्य धाम, बालापार रोड, सोनबरसा, गोरखपुर-273 007



**MAHAYOGI GORAKHNATH  
UNIVERSITY GORAKHPUR**

Where **Education** & **Civilization** Matters



## COURSES

### Medical Faculty/Health Science

B.A.M.S.

Diploma in Dialysis Technician | Diploma in Optometry  
Diploma in Emergency & Trauma Care Technician  
Diploma in Anaesthesia & Critical Care Technician  
Diploma in Orthopaedic & Plaster Technician  
Diploma in Lab Technician

### Paramedical Courses

### Nursing

ANM | GNM | Post Basic B.Sc. Nursing  
B.Sc. Nursing | M.Sc. Nursing

### Allied Health Science

B.Sc. Biotechnology | B.Sc. Medical Biochemistry  
B.Sc. Medical Microbiology | M.Sc. Medical Microbiology  
M.Sc. Biotechnology | Ph.D. Biotechnology  
M.Sc. Medical Biochemistry | Ph.D. Medical Biochemistry

### Agriculture

B.Sc. (H) Agriculture

Please Check University Website for More Information

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