



AROGYADHAM e-Newsletter

For Healthy and Happy Living

From Sevagram, Karmabhoomi of Mahatma

Patanjali Ashtanga Yoga (YOGism) for Healthy Lifestyle

Yama (moral code), Niyama (discipline), Asana (postures), Pranayam (breath control), Pratyahara (vairagya), Dharana (concentration), Dhyana (meditation), Samadhi (oneness with the Universe)

The Taste of Milk

In Hinduism, cow is a special animal; so many Indian dishes are made with dairy, especially desserts. However, when Samita Sarkar in Canada, a professional writer and editor, in her 20s had unbearable menstrual cramps, she cut milk out of her diet. Instantly, the cramps were gone. During the months she refrained from drinking milk, she had mild periods. When she again started drinking milk, extreme pain would return.

She went on a pilgrimage to Vrindavan, India; all of her doubts flew out of the window when she started taking milk obtained from these gosala cows, also known as "protected cows." These cows are loved, cherished, never separated from their calves and never slaughtered. They are fed on green grass. The milk tasted phenomenally different and rich & full of flavor. She did not have any complaint when she was taking milk here. (Back to Godhead, Jan 2016)

When she went back to Canada, she again started to have problem when local milk was consumed. Then she was curious to see what's in the milk locally available in Canada and searched websites. Canadian dairy cows can legally be fed steroids, antibiotics, and even food containing animal parts. In fact, the Ontario government recommends feeding dairy cattle up to half a kilogram of tallow per day. Tallow is a common source of fat for dairy cows. Milk can also contain trace amounts of pesticides. It is also reported that farmers in America inject the cows with a genetically engineered growth hormone called rBGH (or rBST) for the simple reason that they can produce up to 20 per cent more milk. BGH may also increase the risk of developing breast and prostate cancers in humans. (www.globalhealingcenter.com)

Eating more whole grains linked with lower mortality

Eating more whole grains is associated with up to 15 percent lower mortality, particularly cardiovascular disease (CVD) related mortality, according to a new long-term study from Harvard T.H. Chan School of Public Health. The study also found that bran, a component of whole grain foods, was associated with similar beneficial effects. Bran intake was linked with up to 6 percent lower overall mortality and up to 20 % lower CVD-related mortality. Whole grains as one of the major healthful foods for prevention of major chronic diseases said Qi Sun, assistant professor in the Department of Nutrition and senior author of the study.

Although eating more whole grains has been previously associated with a lower risk of major chronic diseases, such as Type 2 diabetes and CVD, until now there had been limited evidence regarding whole grain's link with mortality.

Replacing refined grains and red meats with whole grains is also likely to lower mortality, according to the study. Swapping just one serving of refined grains or red meat per day with one serving of whole grains was linked with lower CVD-related mortality.

Consumer Voice, Feb. 2015

Yoga can reduce the effects of chemotherapy: Experts

According to an IANS report, an ancient practice of yoga could cure the side effects of chemotherapy in several kinds of cancer and increase patient's lifespan. In a recent study, researchers have proved that Yoga was beneficial for a plethora of 101 health problems such as improvement in lymphatic circulation, lower Blood Pressure (BP), lubricate joints and comfort the scoliosis pain in the body.

Across the world, researchers have advised various nations to integrate yoga with the modern medicine. Treatments are supported by Yoga as shown in the evidences, and patients are helped to tackle different deadly disease.

"It is not just the Indians even the Americans and Europeans who have studied to conclude that during chemotherapy Yoga has really helped to decrease seasickness and stomach infections. It has not only helped in reduction of pain and nervousness in the patients but also raise the immunity and toleration power. Practicing Yoga continuously would help the patients' health," said, Dr PK Jhulka, famous oncologist and former dean, All India Institute of Medical Sciences (AIIMS).

July 2015, Biospectrum

Natural treatment for acidity

We have such a digestive system, that the food we take reaches first to our stomach where natural acids are already present to digest it and this way digestion process is completed without any problem. While when unnatural food and its acids reach the stomach then they fill the food vessel or sometimes they reach to the throat. This causes burning and acidity in the stomach.

Following things in lifestyle to ward off possibility of acidity:

1. In the morning, take one glass of lukewarm water, added half or one fourth lemon and one spoon honey and take it empty stomach. It will strengthen your digestive system. Potassium present in lemon also cures acidity.
2. Cloves: Chewing one clove after lunch and dinner everyday also cures acidity.
3. Jaggery: Take half spoon jiggery and small Harad powder with lukewarm water after night meal is very useful and it also brings toxicant materials out of your body. Use of jiggery in the winter is very good for health.
4. One must do yoga and Pranayam regularly. Besides, if it is possible, one should also do Kunjal kriya to get rid of acidity as it is best to cure this problem.

Jan 2015, Yog Sandesh

Yoga for Wellness and promotion of positive physical, mental, emotional, social & spiritual health