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Obesity Prevention Through Swasthavrta

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Are you a person who gets worried to get on a weighing machine in front of others? Is your weight a sensitive topic for you? Do you feel like you are getting obese? Swasthavrta charya of ayurveda can be a helping hand for you, let's see.

Obesity is a global health concern, characterized by excessive accumulation of body fat, leading to increased risk of several chronic diseases such as diabetes, cardiovascular disorders, and metabolic syndrome. In recent years, there has been a growing interest in alternative and holistic approaches to manage obesity, with Ayurveda emerging as a prominent natural system of healthcare.

According to Ayurveda, obesity is primarily associated with an imbalance in the Kapha dosha and medho dhathu, which governs body structure

and stability. Ayurvedic treatment for obesity encompasses a combination of diet (ahara), lifestyle modifications (vihara), herbal formulations, and detoxification therapies (panchakarma), aiming for a long-term, sustainable approach to weight management.

How can you understand whether you are getting obese?

Its easy peasy, just calculate your BMI!. BMI or body mass index is calculated as height in centimeters divided by square of weight in kilograms.

The WHO defines obesity as a body mass index (BMI) of 30 or higher, while a BMI of 25 or higher is considered overweight. A BMI of 40 or higher is considered severe obesity.

Obesity can increase the risk of: Type 2 diabetes, Heart disease, Bone health issues, Reproduction issues, and Certain cancers.

Okey I've found out that I'm obese, now what to do?

In order to manage obesity, the first and foremost thing is to bring changes in food and lifestyle habits. That is to follow proper swasthavrtta charya. Along with dietetic treatment, the patient should adopt all other natural methods of reducing weight. Exercise is an important part of weight reduction plan. It helps to use up calories stored in body fat and relieves tension, besides toning up the muscles of the body. Walking is the best exercise to begin with and may be followed by running, swimming, rowing and other outdoor sports.

This can be managed by the following methods.

Yoga practice

Certain yoga asanas are highly beneficial. Not only do they break up or redistribute fatty deposits and help slimming, but they also strengthen the flabby areas. Thus daily practise of yoga can be beneficial in reducing fat deposits in body. The following yoga practises can be performed on a daily basis.

1.Padahasthasana : Removes extra fat from abdominal regions and makes the person more flexible.

2.Trikonasana : Stretches muscles of lower limb, stretches abdomen, making them fit and strong.

3.Pavanamuktasana : Gives message to abdominal muscles.

4.Vajrasana : It removes all imbalances of agni (digestive fire)

5.Suryanamaskara : This can be practised daily and gives the person an overall wellbeing by removing toxins from the body and improving flexibility.

6.Halasana : Provides massage to abdominal muscles.

7.Matsyasana : Provides massage to abdominal muscles.

8.Sarvangasana : Its effect is seen on whole body muscles. Regulates metabolism.

9.Naukasana : Effect on abdominal muscles and back muscles.

10.Paschimothasana : helps to decrease fat deposition in abdominal area.

These asanas work on the glands, improve circulation, strengthen many weak areas and induce deep breathing which helps to melt off excess fat gradually.

Pranayama

Practising pranayama is also seen effective in obesity. This should be selected under an expert's guidance

Shatkarma

1.Vamana dhouthi : Vamana Dhauti is a traditional yogic cleansing practice from Hatha Yoga that focuses on purifying the stomach and digestive tract. The word "Vamana" means "vomiting," and "Dhauti" refers to "cleansing." In this practice, lukewarm salt water is consumed in large quantities, and then the practitioner voluntarily induces vomiting to expel the water, along with any toxins or impurities from the stomach. The purpose of Vamana Dhauti is to detoxify the body, improve digestion, and balance the body's internal energy. It's often recommended to be done under the guidance of an experienced teacher, as it can have a strong effect on the body.

2.Nauli : Nauli is a yogic cleansing technique that involves the controlled isolation and rolling of the abdominal muscles. The practitioner contracts and manipulates their abdominal muscles, creating a rolling motion from side to side. Nauli helps in massaging the internal organs, improving

digestion, stimulating the digestive fire (Agni), and detoxifying the body. It also strengthens the core and enhances overall abdominal control. Like other advanced yogic practices, Nauli should be learned under proper guidance to ensure it's done safely and effectively.

3.Kapala bhati : It is a yogic breathing technique, also known as "skull-shining breath," that is used for cleansing and energizing the body. It involves short, forceful exhalations and passive inhalations, focusing on rapid contractions of the abdominal muscles to expel air. The practice is said to purify the respiratory system, remove toxins, and invigorate the mind. It also stimulates the digestive organs, improves lung capacity, and helps in mental clarity. Kapalabhati is considered an advanced technique, so it's important to learn it from a trained teacher to avoid straining the body.

4.Kunjala kriya : This is a yogic cleansing technique similar to Vamana Dhauti, where lukewarm salt water is consumed in large quantities and then voluntarily vomited to cleanse the stomach. The key difference is that Kunjala Kriya is often done

early in the morning on an empty stomach.

This practice helps to remove excess mucus, toxins, and impurities from the stomach and digestive tract. It's believed to improve digestion, balance internal energies, and promote mental clarity. Like other cleansing techniques, Kunjala Kriya should be done under the guidance of an experienced teacher for safety.

Diet modification

A suitably planned course of dietetic treatment, in conjunction with suitable exercise and other measures for promoting elimination is the only scientific way of dealing with obesity. The chief consideration in this treatment should be the balanced selection of foods which provide the maximum essential nutrients with the least number of calories.

To begin with, the patient should undertake a juice fast for seven to 10 days. Juices of lemon, grapefruit, orange, pineapple, cabbage, celery may be taken during this period. Long juice fast upto 40 days can also be undertaken, but only under expert guidance and supervision. In the alternative, short juice fasts should be repeated at regular intervals of two

months or so till the desired reduction in weight is achieved. Thereafter, he may gradually embark upon a low-calorie well-balanced diet of three basic food groups, namely

(i) seeds, nuts and grains

(ii) vegetables and

(iii) Fruits, with emphasis on raw fruits, vegetables and fresh juices.

The foods which should be drastically curtailed or altogether avoided are high-fat foods such as butter, cheese, chocolate, cream, ice cream, fatty meats, fried foods and gravies; high carbohydrate foods like bread, candy, cake, cookies, cereal products, legumes, potatoes, honey, sugar syrup and rich puddings, beverages such as all-fountain drinks and alcoholic drinks.

Ingestion of honey is an excellent home remedy for obesity. It mobilises the extra deposited fat in the body and puts it into circulation which is utilised as energy for normal functions. One should start with small quantity of about 10 grams to be taken with water. The dose can be gradually increased. Another effective remedy for obesity is an exclusive lemon juice diet which should be done under supervision.



Cabbage is considered to be an effective home remedy for obesity. Recent research has discovered in this vegetable a valuable content called tartaric acid which inhibits the conversion of sugar and other carbohydrates into fat. Hence, it is of great value in weight reduction. Cabbage is found to possess the maximum biological value with minimum calorific value. Moreover, it gives a lasting feeling of fullness in the stomach and is easily digestible.

Adopt measures to increase perspiration

The patient should also adopt measures which bring on excessive perspiration such as sauna baths, steam bath and heavy massage. They help to reduce fat and eventually reduce weight.

Prioritise your mental health

Above all, obese persons should make every effort to avoid negative emotions such as anxiety, fear, hostility and insecurity and develop a positive outlook on life. Maintaining a stress free mind is the key.

Ayurveda provides a holistic and sustainable approach to managing obesity by addressing both its physical and underlying causes. Through personalized diets, herbal treatments, lifestyle modifications, and detoxifying therapies, Ayurveda focuses not just on weight loss but on restoring overall health and balance. Its integration of mind-body practices like yoga and meditation further supports long-term well-being.

Unscientific Practices in Ayurveda Post-Natal Care

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‘Women Health’ is gaining much importance in present era. When compared to ancient days present-day women are facing lot of challenges and in many phases she is forced to compromise her general as well as reproductive health. Ayurveda emphasise the importance of women health and explains specific regimen for important reproductive phases of life like Rajaswala Charya (Menstrual Regimen), Garbhini Paricharya (Ante Natal Care), Soothika Paricharya (Post Natal Care) and care for Rajonivruthi Lakshanas (Post-Menopausal Care).

The term Soothika (Post Natal Woman) is applicable to a women only after the delivery of placenta and Soothika Kala (Post Natal Period)

starts immediately after the delivery of placenta and extends up to 1.5 months (45days/up to onset of next menstruation) or up to 6 months. Delivery is a complex process and results in Dhatukshaya (Depletion of Body Tissues) and Vata Kopa. Soothika kala (Post Natal Period) is vital period for every women to regain the strength and vitality and go back to the previous healthy State before pregnancy.

Ayurveda designs the Post Natal Care in a much scientific manner in terms of Ahara (Diet), Vihara (Regimen) & Aushadha (Medicines and Procedures) to replenish the depleted Dhatus and regain normalcy for later life and subsequent pregnancies.

No:	Steps in post natal care	Current practice
1.	Immediately after delivery mother and baby must be transferred to Soothikagara (a special room for mother and baby where proper disinfection is made and only limited members are permitted). Both mother and baby are highly vulnerable to infections and very difficult to handle and may even lead to death.	Now visitors including family members, friends, and relatives are coming even before discharge from the hospital. Photo-shoots, selfies with the new-born for social media attention is increasing
2.	Immediately after delivery Jataragni (Digestive Capacity) will be very low, therefore Kramaso Brimhanam (Gradual Nourishment According to Digestive Power) after administration of Agnivaradhaka (medicines which increase digestive fire) drugs are indicated. Medicines like Panchakola Choornam , Pulimkuzhambu etc are used with Sneha Yavagu (rice soup with ghee) having deepana (increase digestive fire), Garbasaya sodhaka (cleansing the uterus) and soolagna (Pain relief) properties for first 3-5 days	Foods irrespective of digestive capacity is given to overcome exhaustion
3.	Jatara veshtanam (Abdominal Binding) should be done after Yamaka Sneha Abyanga (oil/ghee application) for pacifying Vata and to prevent further bloating. It also helps in the proper involution (to the pre-pregnant stage) of uterus and prevent chance of prolapse in future.	Doing at inappropriate time thinking that this is only for cosmetic purpose.
4.	Arishta preparations like Jeerakarishtha , Dasamularishtha are given along With Danwantaram Gulika To Improve Jataragni And Pacify Vayukshoba . It also helps to cleans the remnants in the uterus	All medicines are given together as a package irrespective of digestive capacity and condition of the patient.

5.	Brimhana and Vata Samana Yogas like Vidaryadi/ Danwantaram Kashayam can be given. Kashaya should not be given in the beginning because of low jataragni (digestive capacity) and due to Stambana (which prevents normal flow) property of kashaya which will affect the proper cleansing of the uterus.	
6.	Mamsa rasa (meat) is only advised after 7-12 days after attaining proper digestive power.	Diet is not strictly restricted in many cases
7.	Lehya and Gritha preparations can be given to improve lactation, to improve general health of mother. Yogas like Satavari Gulam, Soubagya Sunti Modakam, Ajaswagandhadi Lehyam, Thenginpookuladi Lehyam etc can be used accordingly.	Co-morbidities must be analysed before selecting the medicines
8.	External procedures like Abyanga (oil massage), Vetukuli (Medicated Bath) must be started only after analysing the mode of delivery (Normal/ LSCS), condition of the patient, condition of baby	It is ideal to start the procedures after proper healing of Caesarean and Episiotomy wound to reduce the chance of infections.
9.	Treatments like Sirodhara, Takra Dhara, Nasyam and Thalapothichil can be done in patients with Post-Partum Depression.	
10.	Post-natal yoga can be advised to refresh their mind and body. It helps to replenish your spinal health, increase the bonding between mother and baby, to reduce depression and anxiety and to regain your previous figure.	Properly trained yoga instructors should be approached otherwise it may create negative impacts.

In Ayurveda there is no place for generalised treatment protocol. Every person is unique with their own Prakriti (Body Constituent), Agni (Digestive Capacity), Satva (Mental Strength) and Bala (Body Strength). Customized protocols after analysing the above factors will be ideal for the proper management of the condition.

Post- Natal Care has a significant role in deciding women's future health status and subsequent pregnancy outcome.

Scientific Post-Natal Care under a specialised registered medical practitioner will definitely help to improve the quality of life.

A Day of Musculoskeletal Disorders Viz Homoeopathy

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My 50 year old alarm called me as usual 'wake up', as if it is reminding me that I have to start my morning duty at home. I forgot to tell you I am Anjana and how can I explain it to you, as my joints are stiff and locked in almost all mornings. No wonder, yesterday's rain made my joints like hot idli. As I continue to work the pain starts to disappear. (Symptoms of Rheumatoid Arthritis).

There comes my Mother -in-law, another member of the music team, she feels ease in the morning and gets worse in the evening. Music is not in her throat, but in her knees, MIL is suffering a lot while climbing the temple stairs with that knee. So she does the Pooja and rituals at home only. For that she wakes up early in the morning and will be busy with the kitchen duties which gives me a small relief. (Symptoms of OA).

"Anjana, I believe my idiyappam and beef Stew is ready right? ". You might be wondering who it is, none other than my Husband Kiran with a big toe. He suffers with pain whole day but fails to give up his beef cravings. (Symptoms of Gout or Hyperuricemia).

Through my kitchen window I can see my Father-in -law busy with his routine cleaning works blaming his lower back pain and me for not waking up in the morning. Last week only Dr. Shanmugham, advised him to take rest as he was diagnosed with IVDP. (Symptoms of IVDP).

The story of my beautiful Sister -in- law Meera isn't any different. When I return home after my job in the evening, I can hear her yelling due to the pain of her joints. I observed her blushing pink

face worsened than before. (Symptoms of SLE).

Nani our maid is here with us for around ten years. She can't do any tiresome works as she has a small ball in her elbow. (Symptoms of Tennis Elbow).

I have a daughter named Aradhya who is a Computer expert who suffers from an irritating neck pain every day. (Symptoms of Cervical spondylosis)

This is just an imaginary story - a day of a common family, but unfortunately it is seen in most of the families. They are all longing for a treatment which is affordable, accessible, reliable and safe. If we can cure persons individually, we are helping a family. If we can help a family, we are helping a Society. I have just mentioned a drop of water in the Ocean.

For the best of my knowledge in the case of Homoeopathy except in surgical cases, sky is our only limit. WHO suggests approximately around 1.7 billion people have MSD and MSDs are the leading contributor to disability worldwide. The prevalence varies with age, sex and their life styles. Females are the common victims. There is a

higher impact on the persons with increased BMI also.

Musculoskeletal Disease is a significant global health issue as it comes under Years Lived with Disability (YLD). The Social Security Administration defines the disorders of MSDs as conditions that might result from hereditary congenital or acquired pathologic processes. From different studies suggest that MSDs are the major cause of Morbidity and second most cause of disability around the World.

MSDs that affect elderly people include Osteoarthritis, Osteoporosis, Sarcopenia, Lower back pain, Frozen Shoulder etc. Some other Musculoskeletal conditions include Rheumatoid Arthritis, Juvenile Arthritis, Spondyloarthritis, Gout, Fibromyalgia, CTS etc... affect younger persons.

Common risk factors of MSD

- Ageing
- Female
- Physical Labour
- Obesity
- Smoking
- Unhealthy lifestyle
- Unhealthy diet
- Autoimmune disorders
- Associated with other lifestyle disorders

Musculoskeletal system includes mainly bones, joints, muscles but tendon, bursa, ligaments are also affected. The disease conditions that affects.

- Diseases of joints include Osteoarthritis, Rheumatoid Arthritis, Psoriatic Arthritis, Gout, spondyloarthritis.
- Diseases of Bones include Osteoporosis, Osteopenia, scoliosis etc.
- Diseases of Muscles include fibromyalgia, sarcopenia, Injuries.
- Diseases of Tendons include Achilles tendinopathy, Tennis Elbow, Golf Elbow etc.
- Diseases of Ligaments Include MALS, ACL tear etc.
- Diseases of Bursa include Sub Acromial Bursitis, Olecranon Bursitis, Pre patellar bursitis, Infra patellar bursitis etc..

Some other classifications include Articular and Non Articular MSD's.

- Articular MSDs – OA , RA
- Non Articular MSDs – Tendonitis and Bursitis.
- Inflammatory MSDs – SLE , RA
- Non Inflammatory MSDs – OA

- Axial Joints affecting MSDs – ankylosing spondylitis, Lumbar spondylosis.

Peripheral MSDs – RA, gout, Psoriatic arthropathy , OA etc..

- Sero negative MSDs – ankylosing Spondylitis, Psoriatic Arthritis. Reactive Arthritis, IBD Arthritis.

Sero Positive MSDs – Rheumatoid Arthritis, lupus, vasculitis, Sjogren's syndrome etc..

Main symptoms of MSDS

- Joint pain
- Stiffness (early morning stiffness- RA)
- Swelling in one or more joints
- Decreased range of movements
- Joints deformities
- Erythema
- Loss of functions
- Discolouration of skin
- Fatigue
- Symptoms related to other systems

Diagnosis

- Medical History
- General and Physical Examination
- Blood Tests – ANA, CBC, ESR, Rheumatoid Factor, Anti – CCP, WBC Count , Uric Acid Tests Etc....
- Synovial fluid Analysis – To detect Infection or Gout.



- Imaging Test – X-ray, USG, CT Scan, MRI's etc.

Homoeopathic management of MSDS

Individualisation of a patient is the best method in Homoeopathy as we treat the person and not the disease. But still I am including some of the most common medicines that are used in the treatment of MSDss.

Arnica Montana

Arthritis with sore bruised pain which is worse from touch and also given for different injuries.

Bryonia

Aching in every muscle. Stitching and tearing pain worse by motion and gets better by rest. Rheumatic pains and

swellings. Dropsical effusions into synovial and serous membrane.

Calcarea Phos

Stiffness and soreness of joints which are worse from drafts and cold.

Pulsatilla

Pain in joints shifting rapidly. Hip joint painful, Knees swollen with tearing, drawing pain, suffering worse from letting the affected limb hang down.

Ranunculus Bulbosus

Acts on muscular tissue. Chronic sciatica.

Rhododendron

Rheumatic and gouty symptoms. Rheumatism of hot season. Gouty inflammation of great toe. Rheumatic

tearing of all joints especially right side worse on rest.

Rhus Toxicodendron

Rhus affects fibrous tissue mostly joints, tendons, sheaths aponeurosis etc. Motion always limbers up the Rhus patient. Septic conditions. cellulitis Rheumatism of cold season. Worse in wet rainy weather and during rest better by continued motion.

Salicylic Acid

Knees swollen and painful, acute articular rheumatism; worse touch and motion.

Sanguinaria Canadensis

Rheumatism of right shoulder, left hip joint and nape of neck ,burning soles and palms .rheumatic pains in places least covered by flesh.

Strontium Carb

Rheumatic pains, chronic pains. affections of bones especially femur .Rheumatic affections of right shoulder. Rheumatic pains especially in joints. Sprains of ankle joint.

Better by immersing in hot water and worse in change of weather, when beginning to move.

Symphytum

Given for injuries of tendons and the

Periosteum. Acts on joints generally. Neuralgia of knee. Non -union of fractures.

Thuja Occidentalis

Hydrogenoid constitution, when walking limbs feel heavy, fingers swollen and red. cracking of joints. Pain in Achilles tendon and in heels.

General management of MSD's

The general management include muscles strengthening exercises, Micro-breaks, Yoga and Meditations, Physiotherapy, avoiding stress, healthy dietary change etc....

Conclusion

AYUSH system has its own role in treating patients with MSDs by giving affordable and safer way of treatment which is easily accessible without sacrificing both their immunity and happiness. AYUSH safely keeps your smile. A gentle reminder of the" Musculoskeletal Public Health Programmes "running in most of the AYUSH Hospitals and Dispensaries can give you pain free days.

Infant Nutrition

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Breast milk is widely recognized as the best source of nutrition for infants during their first six months. However, once an infant reaches six months, it is important to introduce complementary foods alongside breast milk. Nutrient-dense options, such as porridge with a small amount of ghee and specialized baby porridges, are recommended to provide the necessary energy and nutrition for healthy growth.

The selected foods should include a wide range of essential nutrients, proteins, and carbohydrates to support energy production and metabolic function. According to Ayurvedic principles, ghee is considered a beneficial energy source for infants because of their natural adaptability. While some people express concerns about the

digestibility of ghee for infants aged six to seven months, it is important to note that the fat content in breast milk and whole grain porridges is easily absorbed by infants. This suggests that ghee can also be incorporated into their diet without issues.

Ayurveda provides various dietary guidelines tailored for infants and children, based on their individual body constitution and metabolic needs. Given the modern trend towards pre-packaged foods and formula, it is crucial to incorporate the wisdom of traditional practices and apply these principles thoughtfully.

Moving on to the common challenges faced by new mothers, insufficient breast milk production is a primary concern. Research indicates that approximately 26% of new mothers

experience inadequate milk supply, which significantly contributes to infant malnutrition. It is essential to enhance the quality of life for these mothers and raise awareness about the factors that can lead to insufficient breast milk production.

Ayurveda emphasizes the importance of Grabhinicharya (prenatal care), Sutikacharya (postnatal care) and bala upacharas (care regimen for newborns and infants) to outline the necessary care practices for pregnant women and new mothers. Additionally, comprehensive guidelines for newborn care are provided, acknowledging the vulnerability of infants to infections and other health issues during this critical period.

Ensuring careful assessment and the highest level of care when administering supplements and medications is crucial, considering the delicate nature of an infant's gut and immune system during their early development.

Ayurveda advocates using dried amla and honey for infants over six months old to enhance immune health and metabolism. This aligns with the introduction of complementary foods alongside breastfeeding. Additionally,

incorporating ghee into an infant's diet significantly supports their growth and development. Adding a spoonful of ghee to porridge and cereals not only promotes overall health but also strengthens the child's constitution and moisturizes their body. Ayurveda also discusses the use of medicated ghee tailored for different seasons to provide optimal nourishment. During summer, children may experience fatigue due to the heat. In such cases, it is advised to give them a mixture of white sugar rock powder (kalkkandu) and ghee combined with puffed rice powder to help alleviate electrolyte imbalances and reduce fatigue.

From 1 year of age, a normal diet can be introduced for children, consisting of limited spices, acrid foods, and salt. This diet should be offered in chewable form at least 4 to 6 times a day. Alongside this, breastfeeding should continue until the child is 2 years old. It is not recommended to include curd, pickles, black gram dal, shellfish, pappad, or sugary baked foods on a daily basis.

There are some Ayurvedic supplements mentioned which can be given to children, includes Sreeratna Modaka, Priyala Majjadi Modaka, Siva

Modaka, and Sita Kasmariyadi Chooranam.

1. Sreeratna modaka

Ingredients :

- Ilippa poovu (madhuca longifolia flower) – 80gm
- Dates (phoenix dactylifera fruit) – 80gm
- Kadali fruit (musa*paradisica) – 80gm
- Green gram – 80gm
- Kalkkandam (white sugar rock candy) – 500gm
- Karukapatta (cinnamon bark) – 6gms
- Pachila – 6gms
- Tippali (piper longum) – 2gms
- Ela (Cardamom) – 2gms
- Honey – 10ml
- Ghee – Quantity sufficient

Remove the seeds of dates and kadali fruit and it should be steamed together. Grind it and saute it in ghee. Keep it aside. Add dried kalkkandam with little water, boil and make it into a semisolid consistency. Add ingredients except cardamom into it and cook again. Turn off the flame and add cardamom powder to it. Mix it well. Once the whole mixture gets cooled, add honey into it. This can be given as cereals to children.

2. Priyaala majjadi modhaka

Ingredients :

- Muralkkaaya (Buchanania lanzan) – 50gm
- Iratti madhuram (Glycyrrhiza glabra) – 12gm
- Honey – 20ml
- Malar (Oryza sativa – puffed rice) – 50ml
- Sugar – 500gm

Pulp of muralkkaaya, malar, iratti madhuram should be powdered together. Powder the sugar and dissolve in required quantity of water by slow heating in vessel (until thread like extension appears). Add the powders and mix well. Once it gets cooled, add honey into it and mix thoroughly.

3. Sivamodhaka

Ingredients :

- Dried red grapes – 250gm
- Sugar – 250gm
- Honey – 25gm
- Kadukka (Termenalia chebula) – 10gm
- Sathakuppa (Anethum sowa) – 10gm
- Manjal (curcuma longa/ Turmeric) – 10gm
- Maramanjal (Berberis aristata/Indian berbery) – 10gm

- Satavari (Asparagus racemosus/ wild asparagus) – 10gm
- Tippali(piper longum/ long pepper) – 10gm
- Chandanam(Santalum album/ sandal wood) – 10gm
- Raktachandan (Pterocarpus santalins/ red sandal)- 10gm
- Nilappana kizhangu(Asparagus adscendes/ Indian spider plant) – 10gm
- Amla – 10gm
- Njerinjil (Tribulus terrestris/ land caltrops) – 10gm
- Dried ginger (Zingiber officinale) – 10gm

Dried red grapes should be washed, dried and powdered. Powder the sugar and dissolve it in required water by slowly heating in vessel. Add the other powdered ingredients along with dried grapes into it and stir well. Once it get cooled, add honey into it and stored in an air tight container.

4. Sitakashmaryadi choornam

Ingredients :

- White Rock Sugar – 100g
- Kumizin veru (Gmelina arborea/white teak root)- 100gm
- Irattimadhuram (Glycyrrhiza glabra) – 50gm
- Milk – 60ml

Mix powdered kumizin veru and iratti-madhuram together. Add one tea-spoon powdered kumizin veru and iratti maduram, 60ml of milk and 240ml of water and white rock sugar together. Boil it and reduce it into 60ml. Administer 30ml twice daily.

some additional recipies to follow :

- Powdered Ragi or wheat or raw banana can be administered with white rock sugar in form of baby porridges. Adding ½ tsp of ghee into the porridges while administering is also beneficial to kids.
- Broken rice with green gram dal is made into porridge and add ½ tsp of ghee into it. This can be administered from 6 months of age.
- Porridge made out of Navara rice(red rice) along with ghee and salt helps in body nourishment is also beneficial in children.
- Soup made from green gram dal, pomegranate, and amla offers many health benefits for children. The recipe follows :

Ingredients :

- Green gram dal – ½ glass
- Pomegranate – ½ glass
- Amla – ¼ glass
- Water – 6 glass



- Dried ginger powder – ¼ tsp
- Black pepper powder
– two pinch
- Pippali –two pinch

Green gram dal, pomegranate and amla along with 6 glasses of water is boiled and reduced to 1 glass. Add 1/4 tsp of dried ginger powder, black pepper powder, pippali choornam and saute it in ½ tsp of ghee. This soup helps in providing strength and nourishment to the child and also helps in building immunity.

All these recipes are simple to prepare and easy to store. The medicinal plants used in these preparations ensure proper weight gain and nourishment, promote a healthy metabolism, and support good immune health in children.

It is essential to provide our child a healthy future, which largely depends on their diet. Healthy eating is something that is often lacking today. As parents focus on building a good future for their children, they may overlook the crucial idea that “Health is Wealth”. The fast pace of modern life not only affects our health but also that of our children. Therefore, it is important to pay attention to what your children eat.

In addition to the recipes mentioned previously, Ayurveda offers many more healthy food options that are suitable for children. Ayurveda not only addresses physical ailments but also enhances the quality of life if administered under the guidance of certified practitioners.

Care for Elderly

AYUSH GERIATRIC MEDICAL CAMPS

Research Wing

National AYUSH Mission Kerala



With the elderly population in India growing rapidly, providing comprehensive healthcare for senior citizens has become a pressing need. In response, the Ministry of Health and Family Welfare launched an ambitious nationwide initiative, mandating each State to conduct 700 AYUSH Geriatric Medical Camps to promote healthy aging.



Kerala, often a pioneer in public health innovations, went beyond this mandate and organized an extraordinary 2,408 AYUSH Geriatric Medical Camps from September to October 2024. The National AYUSH Mission Kerala spearheaded this massive effort in collaboration with the Department of Indian Systems of Medicine (ISM) and the Department of Homoeopathy. The camps saw a total participation of 1,79,386 elderly individuals.

The Challenge of Ageing in Kerala

With 16.5% of its population aged 60 and above, Kerala faces a significant challenge in catering to its ageing population. Chronic illnesses, mobility issues, and mental health concerns put immense pressure on the State's healthcare infrastructure.

Recognizing this, Kerala's AYUSH Geriatric Medical Camp initiative sought

Kerala's AYUSH Geriatric Medical Camp initiative has set a benchmark for Elderly Care in India



to provide a sustainable healthcare solution, combining the strengths of Ayurveda, Homeopathy, Unani, Siddha, and Yoga. These camps were held across 2,408 AYUSH Health and Wellness Centres (AHWCs), covering every district in the State.

The program aimed to :

- Detect chronic conditions early through health screenings.
- Offer personalized medical consultations and treatments.
- Conduct awareness sessions on preventive care and healthy aging.
- Provide counselling and referrals for specialized care.

The initiative also emphasized the integration of community efforts, engaging Panchayat members, NGOs,

and healthcare professionals to ensure a wide-reaching impact.

Inside the Camps

The AYUSH Geriatric Medical Camps were organized separately for each system, with Ayurveda, Siddha, and Unani camps conducted by the Department of Indian Systems of Medicine (ISM) and Homeopathy camps





managed by the Department of Homeopathy. 1,227 camps were conducted by the Department of ISM (Ayurveda, Siddha, Unani), and the Department of Homeopathy organized 1,181 camps.

The camp data provided valuable insights into the health status of Kerala's elderly population.



The prevalence of diabetes among participants was 23.9%, marginally higher than Kerala's average of 23.6% as reported by the ICMR-INDIAB study, a comprehensive, long-term, population-based analysis across 31 States. Hypertension was observed in 25.9% of participants, slightly below the 28% prevalence noted in various population-based studies. Additionally, musculoskeletal disorders were the most common condition, with 84,305 cases reported, followed by gastrointestinal issues, which accounted for 40,031 cases. These findings highlight the critical need for targeted interventions to address chronic and age-related health conditions among the elderly. These findings reflect the need for continued focus on metabolic and age-related non-communicable



diseases (NCDs), emphasizing the value of early detection and holistic management. Notably, women accounted for the majority of participants (1,04,319 females vs. 72,067 males), reflecting the program's success in addressing gender disparities in healthcare access. To ensure smooth operations, data documentation



was managed through a web-based monitoring system, with standardized case sheets filled out by Community Health Officers.

Building a Holistic Healthcare Model

Kerala's commitment to holistic elderly care was further underscored by the initiative's extensive outreach efforts. Over 38,694 referrals to specialized care were made, ensuring continuity of care for those with severe conditions.

To boost participation, Information, Education, and Communication (IEC) activities were conducted, creating awareness about the camps' benefits. The initiative also fostered strong community engagement, making healthcare more accessible and inclusive.



A Blueprint for the Future

Kerala's AYUSH Geriatric Medical Camp initiative has set a benchmark for elderly care in India. By integrating ancient healing systems with modern public health strategies, the program demonstrated how holistic care can improve both health outcomes and quality of life.

The Way Forward: Sustained Care Beyond the Camp

The AYUSH Geriatric Medical Camps conducted across Kerala marked the beginning of a larger, sustained healthcare journey for the elderly population. Recognizing that holistic management of health conditions requires ongoing attention, the National AYUSH Mission Kerala has integrated its vast network of facilities and programs to provide continued care

for the cases identified and referred during the camps. Follow-up care will be provided through AYUSH Health and Wellness Centres, offering personalized treatment plans and regular monitoring for chronic conditions like diabetes, hypertension, and musculoskeletal disorders. AYUSH Yoga Clubs and Yoga Wellness Centres will support rehabilitation with tailored practices to enhance mobility and mental well-being. Specialized programs, including NCD Management through Ayurveda, Ayushmanbhava, National Program for Prevention and Management of Osteoarthritis, and Vayomitra, will focus on lifestyle modifications and targeted therapies. Dedicated clinics like Jeevani Project and Punarnava Project will deliver customized care for diabetes and stroke recovery.



NATIONAL AYUSH MISSION KERALA

Yoga

Yogasanas beneficial for
management of

Type-2 Diabetes Mellitus

Surya namaskara

Katichakrasanam

Vakrasanam

Suryanadi pranayama

Nadishudhi Pranayama

Bhujangasanam

Pavanamuktasana