



Monthly Ayurveda Bulletin (Embassy of India AYUSH Information Cell, Berne)

Inaugurations/Meetings

(Retd.), MoS, MEA; Shri Vaidya Rajesh Kotecha, Secretary of AYUSH, MLAs and other dignitaries.



Inauguration of the renovated lobby of AYUSH Bhawan and Shree Dhanvantari Murti Sthapana at Ministry of AYUSH by Shri Shripad Yesso Naik, Hon'ble Minister of State (I/C), Ministry of AYUSH, on 1st March, 2019.



New Office of National Medicinal Plants Board (NMPB), Ministry of AYUSH was inaugurated by Shri Shripad Yesso Naik, Hon'ble Minister of State (Independent Charge), Ministry of AYUSH. This inauguration ceremony was held on 1st March, 2019 at Red Cross Annexe Building, New Delhi.



Shri Shripad Yesso Naik, Hon'ble Minister of State (I/C), Ministry of AYUSH inaugurated and addressed the first Ayurveda Youth Festival held at NIO, Dona Paula, Goa on 3rd and 4th March, 2019.



Shri Shripad Yesso Naik, Hon'ble Minister of State (Independent Charge), Ministry of AYUSH laid the foundation stone of the National Institute of Unani Medicine at Ghaziabad on 1st March, 2019. Also present were Gen. (Dr.) V. K. Singh



Ashtanga-8 Limbs of YOGA



AYUSH stakeholders Meeting was held by Centre for education and social studies on the theme "AYUSH in public health" Smt.

Meenakshi Negi, Director of AYUSH, Karnatka; Dr. Ramakrishna, CCIM VP along with representatives of various ayush institutes and Jignasa activists were present.



Addressing the gathering on the occasion of inauguration of Pradhanmantri Shram Yogi Mandhan Yojana (PMSYM) at Sahakar Sankul Panaji. Goa legislative assembly speaker Dr. Pramod Sawant and Addl. Central PF

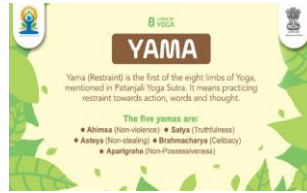


Commissioner Shri Narayan Kamma also present at the occasion.



“Quality assurance, standards key to international market penetration for AYUSH sector.” Shri Rajeev Kher, former Commerce Secretary and Research and Information System for Developing Countries (RIS) distinguished fellow at Regional consultation for Promotion of Indian system of medicine.

Ashtanga Yoga refers to the 8-limbed path advocated by Maharishi Patanjali in the Yoga Sutras. “Astha” means the number eight and “ang” means limb. These eight steps act as guidelines on how to live a purposeful life.



There are five Yamas:

thoughts

1. Ahimsa (Non-violence): It means that one should not harm the living creatures. This is understood as non-harming attitude with one’s own deeds, and speech.

2. Satya (Truthfulness): One should not speak a lie and also restrain from speaking a truth which may hurt others.

3. Asteya (Non-stealing): It means to extend that one should not even desire something that is not one’s own.

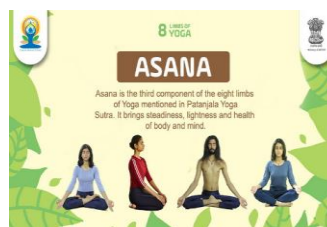
4. Brahmacharya (Celibacy): The basic and broad meaning of Brahmacharya is a mode of behavior which will be conducive for reaching the highest goal of the spiritual Sadhana.

5. Aprigraha (Non-Possessiveness): One should avoid collecting the things that one does not need.

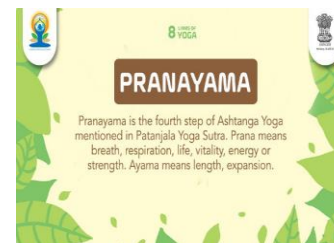


Niyama are the rules of conduct that apply to individual discipline. Shaucha (Cleanliness) Santosh (Contentment) Tapas (Austerity) Svadhyaya (Self-study) Ishwarapranidhana (Surrender

to God).



Asana has been defined by Maharshi Patanjali as a position or bodily posture which not only confirms to steadiness (sthira) but also equally pleasant and comfortable (sukham). The stability and comfort are the main characteristics of asana.



Regular practice of Pranayama improves attention, soothes the nervous system and reduces cravings. As desires and cravings diminish, the mind is set free and becomes a fit vehicle for concentration.



Pratyahara means withdrawing the senses from objects and taking the mind away from them. It helps to bring control over the senses. It is a bridge between outer and inner state of being.



Chinmaya is a Sanskrit word which means "full of knowledge" or "pure wisdom"; and mudra means "gesture" which is also referred to as "the gesture of awareness,". It is one of the powerful mudras that promote physical and mental awareness.



Dharana (Concentration) Dharana is the sixth component of Ashtanga Yoga outlined in Patanjala Yoga Sutra. -It is the confinement of the mind to a certain point. -It is the primary stage of Dhyana (meditation).



Adi has Sanskrit root, meaning "first" or "primal," and mudra means "gesture", "mark" or "seal". It helps to promote an individual's sense of peace, higher awareness and connect with self.



Dhyana is the seventh step of Ashtanga Yoga mentioned in Patanjala Yoga Sutra. - It is an effortless concentration on the defined objects. - It is the primary stage of Samadhi. -



Brahma in Sanskrit is translated as "divine," "sacred", or "Supreme". Mudra means "gesture" or "seal". It helps to induce calmness of the mind and energizes the body.

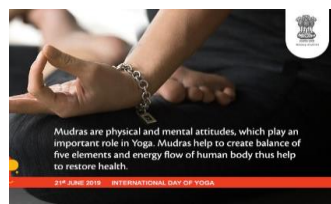


Samadhi is the state of trance-consciousness wherein Yogi remains unmoved by physical and mental afflictions. In other words, a state of intense concentration achieved through meditation.



In Sanskrit, "Nasagra" means "tip of the nose" and "Drishti" means "gaze". Fixing one's eyes upon the tip of one's nose is called Nasagra Drishti. It may be practiced as a part of padmasana or independent of it.

Mudras



Mudra means 'attitude' or 'symbolic gesture'. Mudras are physical and mental attitudes, which play an important role in Yoga. Mudras help to create balance



In Sanskrit "Bhrumadhya" means "space between the eyebrows" and "Drishti" means "gaze". Fixing one's eyes between the eyebrows is called Bhrumadhya Drishti. It may be practiced as a part of Siddhasana or independent of it.



Jnana is a Sanskrit word, which means knowledge and Mudra indicates sign or gesture. It is one of the important hand mudras, commonly used in meditation.



In Sanskrit "Bhrumadhya" means "space between the eyebrows" and "Drishti" means "gaze". Fixing one's eyes between the eyebrows is called Bhrumadhya Drishti. It may be practiced as a part of Siddhasana or independent of it.



Dhyana mudra is an important hand gesture, used in meditation to improve focus and concentration.

Ayurveda News

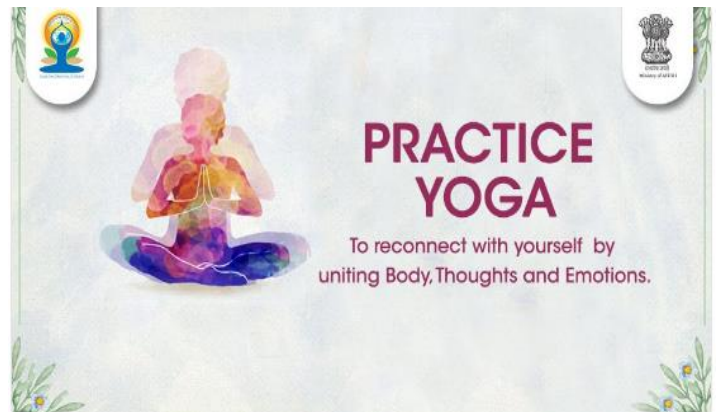


Is work taking a toll on you? Ashvagandha can uplift mood, reduce anxiety

Working round-the-clock in today's technologically connected world, striking a work-life balance seems almost impossible. However, finding the right balance in this fast-paced world is essential. With more people experiencing workplace anxiety and depression now than ever before, managing work-related stress is the need of the hour. Dr. Shruthi M Hegde, Ayurveda Expert at The Himalaya Drug Company, says stress can bring down your productivity and have an adverse effect on your efficiency, leading to fatigue. Small changes in your busy and fast-paced life could help relieve stress to a great extent and manage your work-life balance. At times, when you feel stressed out, it's important to stay calm and rejuvenated to keep yourself going. You could use various ways to rejuvenate yourself. It could be as simple as taking time out and listening to your favorite music, taking a stroll, speaking to someone you like, getting enough sleep, or having the right health regimen. Rejuvenation and relaxation are the most important factors to combat stress. Additionally, one can add herbs like Ashvagandha to their health supplements to manage stress more effectively. Traditionally referred to as an adaptogen, Ashvagandha helps in uplifting the mood, reducing anxiety, improving energy levels and reducing the stress hormone which are required to tackle stressful times. Ashvagandha is a well-known herb for reducing stress and anxiety in humans. According to

a scientific study, the Ashvagandha root extract has beneficial effects on the body under chronic stress. Even Ayurveda texts and modern research indicate that Ashvagandha is known for its adaptogen.

(Source: <https://economictimes.indiatimes.com/magazines/panache/is-work-taking-a-toll-on-you-ashvagandha-can-help-uplift-mood-reduce-anxiety/articleshow/68562761.cms>)



The literal meaning of the Sanskrit word Yoga is 'Yoke'. Yoga can therefore be defined as a means of uniting the individual spirit with the universal spirit, or God. According to Maharishi Patanjali, Yoga is the suppression of modifications of the mind.

