

YOGA SUDHA

A Monthly Journal of S-VYASA Yoga University



Recently,
**5th International
Conference on
Transliteration
Cancer Research**
held in New Delhi



- The Honorable Vice President of India **Mr. Hameed Ansari** Inaugurated the Conference
- **S-VYASA Yoga University** took active part



p38

National Ayurveda Summit - 2014

Feb 25, 2014 | 'Gandhi House', Gandhinagar, Gujrat



Guruji presented on SDM in the biggest ever Ayurveda Summit

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YOGA SUDHA

Vol.XXX No.3 March, 2014

CONTENTS

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Printed at:

Sharadh Enterprises,
Car Street, Halasuru,
Bangalore - 560 008

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gmail.com

Editorial

2



Division of Yoga-Spirituality

- Brahmasutra - *Dahara Uttarebhyah* 3
- Significance of Surya Namaskara Yajna 4
- Dreams, Precognition and Reality - *Prof. M K Sridhar* 5



Division of Yoga & Life Sciences

- A Report on SDM Camp in Hubli 7
- A Report on National Seminar, Mangalore 8
- Yoga & Naturopathy Therapy:
Feedback from a Patient - *Surendra Sankhla* 9
- Arogyadhama Data - Jan, 2014 11
- Different Ages & Different Cages - *Dr. Ramajayam G* 12
- National Yoga Week - 2014 14



Division of Yoga & Physical Sciences

- Common Sense in Diet too! - *Dr. Usha Katyayani* 15
- Another Look at Pancha Mahabuthas
- *Prof. T M Srinivasan* 19
- YICC 2014 Batch from VYASA, Houston 22



Division of Yoga & Management Studies

- SMET Programme for IT Sector & Corporate Executives 23



Division of Yoga & Humanities

- Slow & Steady Wins The Race - *Dr. K Subrahmanyam* 24
- 65th Republic Day celebrations in Prashanti 25
- How many Original Works are there in Yoga?
- *Dr. Saraswati Mohan* 26
- Kalaa - *Chidambaram S* 29



VYASA, National

- A New Wing added to Arogyadhama 34
- News from VYASA, Kolkata 35
- Inauguration Veda Vijnana Shodha Samsthanam 36
- Surya Namaskara Yajna in Gokulam 37



VYASA, International

- 5th International Conference
on Transliteration Cancer Research 38

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Yoga & Naturopathy Therapy: *Feedback from a Patient*

■ REPORT BY *Surendra Sankhla, PhD Scholar, S-VYASA*

CASE STUDY

Brief Case History

Name	: Mr. Aravindhnan
Age/Sex	: 42/M
Occupation	: Engineer
Date of Admission	: 09/11/2013
Date of Discharge	: 29/11/2013
Diagnosis	: Diabetes with Hypertension with Anxiety neurosis
List of Major Health Issues	: Uncontrolled blood sugar levels, High cholesterol, High triglycerides, High blood pressure, Stress, Giddiness

Dear Surendra,

I believe that well being involves keeping the mind and body healthy. To keep the body healthy we should eat good food, drink lot of water and also take medications if needed. Keeping the mind healthy needs exercises, hobbies and activities that keep your mind away from negative and unwanted worries, anxieties. Any person who wants to be healthy needs to realize that mind and body are both inter-connected and hence if one is not taken care of, whatever we do for the other, it has no impact.

Yoga Therapy and Naturopathy have a unique way of bringing health by combining both mind and body changes for healthy living. As soon as I started with Yoga & Naturopathy, the changes were dramatic (see Table 1). I feel, understanding the diet, food we eat and its direct impact on our organs is very critical. Naturopathy makes the

organs work more efficiently through proper diet. Knowing what works for a person and his body is important in deciding the diet. I feel, we should try and see the changes and then decide, rather than fixing a diet chart blindly. During Naturopathy treatment, my diet was changed completely and I was introduced to some fasting and some new food items. First few days I felt as if I was not eating any food since my taste buds were not realizing the taste of food. After 3 or 4 days I could feel hunger, which I never used to feel before. The food got digested much better and I had a good hunger at right time. With such diet plan, psychologically you start thinking that the food is also a medicine and you feel great when you take every spoon (mind thinks it is a medicine and good for you and body too responds).

Yoga exercises are interesting and its effect on mind is simply amazing. In a simple way, I feel, it will make your

Feedback after the Therapy



confused thought more clear. The changes in blood pressure and stress levels lead to calming down of your mind, and you get a chance to talk to your mind. You effectively decide what is that you can do for the given situation, how you can change your feelings to the situation and bring your mind and yourself to a happy and satisfied state. As you improve, you start realizing that the body and organs are responding as per the state of your mind. This gives great satisfaction, as now you know you can control by changing the way you eat, changing the way you think or

by becoming more and more calm. Naturopathy and Yoga provide a simple way to make this happen.

With 20 days of Yoga and Naturopathy I impressed a lot. The details of my bio-chemical tests before and after are given below (Table 1). I chiefly attribute these changes to proper diet through Naturopathy and calmness of mind through Yoga.

Thanks
Aravindh
6 December 2013

Table 1: Results

