

**Our Vision:**  
Live Simple  
Live Well  
Live Healthy  
Live Happy

## Support for the needy

Ramasamy N P is a driver by profession. He has been with the Vaidyagrama family since its inception. Everyone likes Ramasamy for his gentle nature, and the patients coming to Vaidyagrama insist on Ramasamy picking them from the railway station and airports whichever time of the day or night it is.

Ramasamy has two sons and since past one year his younger son Krishnakumar (13years) has been suffering from Leg pain. Poor Ramasamy was shunting from hospital to hospital in the hope of finding a cure for the ailment. One hospital even performed a surgery which depleted all of the poor man's life's resources. Finally the doctors diagnosed the disease as Bone cancer and the patient was advised to go to any of the hospitals in Chennai or Mumbai for treatment.

Presently Krishnakumar is undergoing treatment for cancer at CMC Vellore. The treatment course advised is 6 doses of chemotherapy followed by a surgery and further 8 doses of chemotherapy. The total cost of all the treatments is above Rs.6 lakhs. Ramasamy is not well off and cannot afford the treatments. Since he is taking care of his son, he is not able to do the work which provides his livelihood.

Punarnava Trust has taken up the work of supporting Ramasamy by raising the much needed money for the cancer treatment of his son. We appeal to all the well-wishers of Vaidyagrama and Punarnava to support this cause.



Krishnakumar

## Navagrahas

Sun, Moon, Mars, Mercury, Jupiter, Venus, Saturn, Rahu and Ketu form the Nava grahas or the 9 planets. The first seven planets give their names to the days of the week: Sunday to Saturday respectively. Navagrahas form the basis for Indian Astrology. Predictions are made on scientific and mathematical formulations involving creating one's birth chart (based on place and time of birth), predicting major periods of planetary influence (MahaDasas) as well as current movement of planets in the sky

Sun being the largest star in our Solar system, while passing its rays to the earth, also touches many other planets before entering into the earth's atmosphere. Thus radiation emanated from the Sun is a mixture of rays with contamination from other planets. These mixed rays are suitable for some and not so for others, whether human or otherwise. To overcome these problems they found simple solutions from nature itself and discovered that each planet is, in one or other way linked to the nature, viz. tree, plants, grain, mineral and color too. Courtesy- Shri T R S Iyengar.

<b>Planet</b>	<b>Color</b>	<b>Gem</b>	<b>Grain</b>	<b>Metal</b>
<b>Sun</b>	<b>Red</b>	<b>Ruby</b>	<b>Wheat</b>	<b>Bronze</b>
<b>Moon</b>	<b>White</b>	<b>Pearl</b>	<b>Paddy/Rice</b>	<b>Lead</b>
<b>Mars</b>	<b>Red</b>	<b>Coral</b>	<b>Bengal Gram - Red Lentil Gram</b>	<b>Copper</b>
<b>Mercury</b>	<b>Green</b>	<b>Emerald</b>	<b>Green Gram</b>	<b>Mercury</b>
<b>Jupiter</b>	<b>Yellow</b>	<b>Yellow Sapphire</b>	<b>Indian Yellow Split Peas (split Gram Lentil) Chana Dal</b>	<b>Gold</b>
<b>Venus</b>	<b>White</b>	<b>Diamond</b>	<b>Soya Gram</b>	<b>Silver</b>
<b>Saturn</b>	<b>Blue</b>	<b>Blue Sapphire</b>	<b>Sesame (Gingili)</b>	<b>Iron &amp; Steel</b>
<b>Rahu</b>	<b>Black</b>	<b>Zircon</b>	<b>Black Gram</b>	<b>Rocks-Blackstone</b>
<b>Ketu</b>	<b>Multi-color</b>	<b>Cat's Eye</b>	<b>Horse gram</b>	<b>Red stones</b>

Navagraha temples of Kumbakonam, where each planet is worshipped separately

Sun - SuryanarKoil



Moon - Thingaloor



Mars - Vaitheeswaran Temple



Mercury - Thiruvankadu



Jupiter - Alangudi



Venus - Kanjanur



Saturn – Thirunallar



Rahu –Thirunageswaram



Ketu - Keezperumpallam



Photo Courtesy:[www.wikipedia.org](http://www.wikipedia.org)

### **A volunteer says ...**



My name is Alba, from Spain. I arrived to India 6 month ago looking for the real understanding of the ancient Ayurveda. In the middle of my journey, about three month ago, God gave me a new instruction - Get a bus and reach Vaidyagrama; the eco-friendly ayurvedic hospital. I would like to share my experience as a family member of Punarnava Trust, Coimbatore, India. Their initiative stole my heart and thanks to Punarnava Trust I am now also participating in some of the activates they run with all the member of the village: from the elder to the children. As Ayurveda medical camps, community lunch, daily tuitions, daily yoga classes... I am very happy to have the opportunity to share the life and spiritual responsibility to do right from the heart with a community like Punarnava. Which I believe is the ultimate aim of life. Thanks to Bhagavan who is the creator of everything I can experience in this life.

## Trust Activities from June 2014 – July 2014

### Monthly Medical Camp and Community Lunch



On June 8th Sunday and on July 5th Saturday, 2014, Medical camp and community lunch were held in Rottigoundanur village. Preventive Ayurvedic medicines for the rain related diseases were distributed to the villagers along with Ayurvedic medicines for other diseases. Community lunches were prepared and served to the eager villagers in June and July 2014, who relished the tasty food prepared by the volunteers of the Trust.

### Soma Mandala Samaradhana (Puja for Moon)



On July 6(Sunday), a Chandra (Soma) Mandala Samaradhana was performed at Vaidyagrama. Special prayers were offered to Moon. The planet Moon was prayed to during this grand ceremonious ritual. This Pooja is done to align the lunar cycle well, for getting the blessings of Moon for happiness and Wellbeing. The puja was conducted under the guidance of priest Sri. SreedharanNambudiri from Kerala.

### Health is wealth

Aruchamy of Rottigoundanur, was paralyzed on his left side since last two years. Punarnava Trust facilitated free treatment for him at Vaidyagrama, by finding a sponsor for his treatment. He was having little movement that also with the help of walking stick. He underwent three weeks rigorous treatment at Vaidyagrama and now he can walk without the help of the stick. Treatment for his hand is being continued.



Arulchamy



Chandran

Chandran on the other hand is a labourer working in the forests of Aliyar. One day his left side got paralyzed. His relatives brought him to Vaidyagrama, as he had full faith in the doctors and their treatment. In one month Chandran regained nearly all the movements, and now it is 6 months when Chandran is 100% cured.

### **Study Centre at Rottigoundanur village**



About 20 children come to the study centre every day. They study and do their homework under the guidance of the volunteers of the trust. On weekends, Shri MadhavAnandji conducts Yoga and keertan classes for the children

### **An evening with the children of Rottigoundanur**



It was a rainy day. The children of Rottigoundanur, returned from school at 4 pm. They had a pleasant surprise waiting for them that day, an invitation to visit Vaidyagrama - the Ayurveda Healing village. They readily left their bags at home and jumped into the jeep to be taken to Vaidyagrama. There were 26 of them, all enthusiastic and excited for the outing. The children danced, sang and made merry with the staff and patients of vaidyagrama. The Srivatsa family enthusiastically participated in the evening's activities.

## **International conference on Ayurveda** Where science meets consciousness

### **Exploring interconnectedness of man and cosmos**

We invite you to attend the 5th International Conference on Ayurveda at Vaidyagrama Healing Village, Coimbatore, TN.

The previous four conferences have attracted globally renowned presenters and more than 2,000 registrants from more than 20 countries. Exploring the interconnectedness of man and the cosmos, through Ayurveda and allied knowledge systems, is the theme of this conference.

During this seven day conference, scholars, physicians, astrologers, students and others from around the globe, will have the opportunity to experience, deliberate and discuss interconnectedness in the context of:

- How Jyotisha or the influence of the nine planets (navagrahas), the twelve constellations of the zodiac (rashis), and other celestial bodies impact human physiology and experience;
- How Sthapatyaveda, the science of understanding space enhances interconnectedness
- How Gandharvaveda, the science of art, music and dance supports interconnectedness
- How Tantra provides an in depth understanding of interconnectedness.
- How Mantras and Pujas connect man and nature
- How Yoga restores interconnectedness

This is perhaps the first time an attempt is being made to understand this subject, not merely, at a theoretical level but to present it at a practical level. This conference is an experiment at bringing ancient timeless theories into our day-to-day life.

World renowned presenters and practitioners like Mother Maya, Dr. Vasant Lad, Dr. Robert Svoboda, Dr. Claudia Welsch, Rose Baudin, Dr. N Gopalakrisnan, Shri V Vasudevan, Dr. Ram Manohar, Myra Lewin and many other Indian and International presenters will share their wisdom and experience at the conference.

Please visit [www.AyurvedaConference.com](http://www.AyurvedaConference.com) for more

## How you can support

If you feel you want to be a part of this vision, and would like to contribute to the same, here are some ways you could help.

1. You can donate a sum of USD 10/Rs.500/- or in multiples thereof.
2. You can encourage your friends to do the same by spreading the word about the trust and its activities.
3. You can volunteer during the trust activities.
4. You can give your suggestions and ideas on how to improve upon this vision
5. You can promote this idea through email, Facebook, Twitter etc.

## How to donate (at [www.punarnava.org](http://www.punarnava.org))

### For Indian Donors:-

You can donate by any of the following means:

Cheque, Demand Drafts, Wire Transfer, Credit card, Debit card or by Net banking, in the name of PunarnavaAyurveda Trust, Coimbatore.

Our Bank details are

Indian Overseas Bank, Nanjundapurambranch, Coimbatore

Account number 174602000005107 of Punarnava Ayurveda Trust.

IFSC code- IOBA0001746

SWIFT-IOBAINBB020

### For International Donors:-

Citi Bank, Tristar Towers, Avinashi Road, Coimbatore India.

Account number-0100768429 Punarnava Ayurveda Trust

IFSC code-CITI0000011

SWIFT-CITIINBX

*Punarnava Ayurveda Trust is registered under Section 11 (1) of the Foreign Contribution Regulation Act (FCRA), 2010, and hence is eligible to receive International donations for the said purpose.*

*Donations to Punarnava Ayurveda Trust by Indian donors are eligible for tax exemption under Section 81 G of the Income Tax act.*

## You can reach us at:

Punarnava Ayurveda Trust  
A-21 Parsn Galaxy  
Nanjundapuram Road  
Coimbatore 641036  
Phone: INDIA1800 2000 086  
Fax: +91 422 4308081  
Email: [trust@punarnava.org](mailto:trust@punarnava.org)  
Website: [www.punarnava.org](http://www.punarnava.org)

