

Our Vision:
Live Simple
Live Well
Live Healthy
Live Happy

Understanding Vaidyagrama

Vaidyagrama healing community was born of a desire to create a healing environment in the classical Ayurveda tradition, drawing upon all the knowledge available in the classical texts relating to Indian knowledge systems. While there are many concepts from the classical texts that are incorporated at Vaidyagrama, here we will focus on the value system and management system that we desire to have in practice at our 'Healing Village'.

While pondering over this, the texts again gave us clear directions, using the concept of the “panca mahA yagna” which each of us needs to adopt in our daily lives. While this may be viewed as a thanksgiving, it is also a path to growth and evolution wherein it is these little acts of awareness that help to build the value base from where the larger vision is easily achievable.

Thus, Vaidyagrama desires to create a community where the following principle values are cherished and practiced: -

Love & Respect (bhakti & arcana) for –

- Mankind; including patients, friends, colleagues & family (**manuSya yagna**)
- Environment; including all living and non-living beings (**bhUta yagna**)
- Past; which creates the Present and helps us to view the Future (**pitR yagna**)
- Learning; to lead to wisdom (**brahma / RSi yagna**)
- Self; the cetanA within one's own self (**deva yagna**)

This is the “**panca mahA yagna**” which is so beautifully enunciated in all our scriptures.

At Vaidyagrama, some of the activities that have been initiated / will be initiated in pursuit of the **panca mahA yagna** include –

- 1) **bhU sevA** – serving the environment; looking after the environment; maintaining environmental harmony; being in sync with nature
- 2) **rogI sevA** – serving patients using the principles of Ayurveda
- 3) **jnAna sevA** – serving the quest for learning
- 4) **go sevA** – looking after animals, especially the cow
- 5) **vRddha sevA** – serving senior citizens including our parents
- 6) **bAla sevA** – serving / looking after children and inculcating in them similar values
- 7) **nara sevA** – serving our fellow human beings

It is this holistic perspective which will enable the achievement of our primary vision namely “Authentic Ayurveda for universal well-being.

“SHARE” Ayurveda Conference

WWW.SHAREAYURVEDACONFERENCE.COM

University of British Columbia ALUMNI CENTRE – FRIDAY MAY 18TH, 2018

VANCOUVER PUBLIC LIBRARY, SAT. AND SUN. MAY 19TH AND 20TH, 2018

This May 18th through 20th, Vancouver will host 3 days of intensive teachings from Ayurveda practitioners from Canada, accompanied by two of Ayurveda's most senior educator/practitioners, Dr. Vasant Lad, and our own Dr. Ramkumar!

The conference, scheduled to inaugurate the recently formed **Canada Ayurveda Research & Education Foundation** (C.A.R.E. Foundation) will explore the future of Ayurveda in Canada and this first project, the Share Ayurveda Conference, is a fundraiser for a proposed AYUSH-approved formal training in Canada. The school is planned for opening in 2019 or 2020. It is hoped that this training will include a practicum in Ayurveda therapies at Vaidyagrama.

Through opportunities such as this, Vaidyagrama can share also its own core values and methods with the larger world.

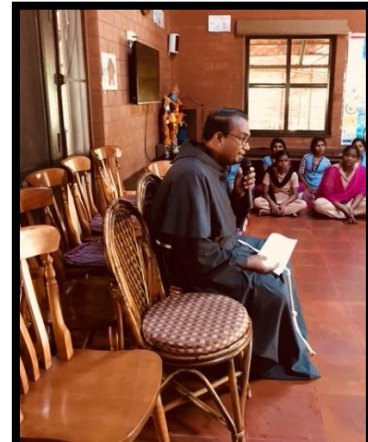
The event commences on **Friday, May 18th** with a Gala Dinner, to be held at the Alumni Centre of the University of British Columbia, attended by research fellows from that institution, followed by 2 days of panel discussions, lecture presentations and keynote addresses at Vancouver Downtown Public Library.

Everyone is invited to participate as a delegate or sponsorship partner. It is envisaged that C.A.R.E. will be instrumental in furthering the future of a truly integrated medical system in Canada, one that fully recognises, reveres and practices the wisdom of ancient holistic practice of Ayurveda.

Please click on www.shareayurvedaconference.com for further information and share Ayurveda by donating, attending or sharing the Conference with your friends!

Trust Activities from January 2018 – March 2018

Good Friday prayers at Vaidyagrama by Father Giles Veliana - 30 Mar 2018



John 3:16-17

“For God so loved the world, that he gave his only Son, that whosoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.”

Father Giles Veliana of Assisi Snehalaya, a home for the HIV positive patients, situated very close to Vaidyagrama, led the prayer at the Mandapam Hall on Good Friday. Assisi Snehalaya is run by the Christian Monks of the order of Assisi of Italy and tends to 35 HIV + patients undergoing Allopathic and Ayurveda treatment. All the patients and staff of Vaidyagrama participated in the prayer, which conveyed the message about the sacrifice of Jesus for the good of the mankind.

Balagrama – House Mother-Aruna, Dr. Samuel and Weekend Projects



Bamboo boundary wall repair



Dr Sam along with the Boys



House mother Aruna with the boys

The 12 Balagrama boys have a busy life on all days and including weekends. They wake up at 4 am to study their daily lessons, especially mathematics, followed by prayer and Yoga. They then attend school, commencing at 9.00 a.m. After school, it is time for games in the playground. They have spoken English class on three days a week. They have prayer in the evening and study for a few hours before going to bed.

On weekends, the children help with maintenance work around Balagrama, a very important contribution to their sense of security and belonging. They also work in the garden; both these very necessary and important project teams are led by Dr Samuel. Joining them in the various work projects are Dr. Samuel and the House Mother Aruna P.

Aruna is a deserted wife, 32 years old, with two sons. She came to Vaidyagrama many years ago alone, as a cook under contract of a catering company. When the company left after the contract period ran out, Aruna chose to live on at Vaidyagrama, as she felt this as a safe haven for her. Her children were living with different relatives at that time. Aruna took over the Vaidyagrama cooking contract for a year and ran the same. Finally, Vaidyagrama decided to take over the kitchen themselves; she approached the Balagrama team asking for a job, since she wanted to bring back her sons to stay with her. Our team chose her to be the House Mother, and she is an ideal person. She is happy in the midst of children and also looking after the garden and helping to grow vegetables

Dr Samuel's role at Balagrama is also a crucial one. He is an Ayurveda Doctor who has been working with Punarnava Trust from the time of its inception. He has been involved in the construction of Vaidyagrama (the healing village) and all other expansion projects of the Trust, Balagrama, Agraharam (the staff's village) and AuEra Living (the village for vg family). He is actively involved in the Trust activities and is resident in Balagrama, guiding the students in their studies as well as extra -curricular activities.

Presently Auera Living lands have a boundary wall made with bamboo, which is very light and does not withstand the vagaries of the weather. Hence the boys plan to build an eco-friendly wall made out of waste plastic. The plastic bottles are the (Kashayam and Arishtam) medicine bottles, purchased by the hospital for the in-house patients.

Shaktivel's grass cutting machine wins a prize





Jan 26, 2018, the boys went for the flag hoisting at Kummatipathi High school and came back with prizes. A proud moment for us! Vishnu and Vimal won prizes in the running race. Shaktivel, 14, who has been with us since June 2017 when we started Balagrama, has given the grass cutting machine that he made out of scrap to his school. He was awarded Rs 600/- as a prize and a certificate declaring him a young scientist. He was guided by Dr Samuel in this project!

Natural Farming during summer



Our work on self-sustainability at Balagrama does not stop during the hot summer months. The staff have planted 120 banana trees, along with many other vegetables such as okra, red and green spinach, drum stick, ridge gourd, egg plant, green chillies, tapioca etc; all this work has gone a long way in making Balagrama nearly self-sufficient in its vegetable needs for the running of the home.

Corn is also planted as a fodder crop in the lands and is watered by the grey water from the bio gas plant of Vaidyagrama. All the waste water from Vaidyagrama is collected in a bio-gas plant which has a series of tanks for collecting waste water. The water is treated with fresh cow dung which has microorganisms that thrive on the waste as food. This way, within 21 days the waste water is converted to grey water. The grey water then goes to a settlement tank, where the residue settles down and the clear affluent is pumped into the

Annual Summer Vacation Camp 2018



It is very important for children to be in touch with the experience of ‘all round growth’, both their own personal growth and growth of the environment they share, and of the world around them. At this year’s summer camp, from May 1-10, 2018, we plan to help them be aware of their surroundings and how to take personal and collective decisions which will actively make a difference in the world, to leave their mark on earth.

The theme of this year’s summer camp is about “Reflection of Self under 5 Different Parameters” Physical, Emotional, Intellectual, Social, Environmental.

We have already enrolled 60 children from the nearby villages and children of staff who are also from the nearby villages, for the camp. Sponsorships of any amount or in kind are very welcome! The camp is made free for those children who cannot afford the fees.

The fees for the camp is RS 5000/- (USD80) for 10 days, all inclusive of food and for camp activities.

This year, many of our dear friends of Vaidyagrama have offered their services as volunteers for the camp. Ms. Agnes Rajesh, a painter and a member of Vaidyagrama family, has offered to do a workshop on painting for the children. Sanskrita Bharati has agreed to send a teacher to teach the students Sanskrit, and the children will be performing a Sanskrit play. Ms Sneh Vig, a retired teacher from Delhi, Ms Swapna Pradeep, teacher and Ms Kalai Selvi, a retired craft teacher, have all agreed to pitch in to help us run the camp.

Free Ayurveda Medical Camp and Community Lunch – 3rd March 2018

Report of camp by Aparna Sarma, Patient Co-ordinator of Vaidyagrama and a great Volunteer of Punarnava Ayurveda Trust



The monthly Medical Camp was sponsored by **Banyan Botanicals (a US based organisation)** and **ONE KIND ACT (a UK based organisation)** sponsors accompanying Community Lunch. We are so grateful to these two partners for their on-going support of our monthly activities, and for the daily Annam Project of feeding the 100 elderlies in the villages. These activities are vital for the wellbeing, both social and physical, of the local village community.

This month, I volunteered at the village Community Lunch. It was a lovely event, neatly arranged, with the Balagrama boys and Dr Sam R K and team presiding. Rajesh Ji, Head of Operations at Vaidyagrama, lit the lamp, and boys did the prayers well. Our Balagrama boys recite prayers every morning, and by now they know and understand Hindu, Muslim, Christian and Buddhist prayers, which are taught to them during the summer camp. The food was really enjoyed by the villagers, and there was enough to go around. Suresh, an ex-employee of Punarnava Trust, now volunteers and never misses the Community Lunch; this month he celebrated the birth of his daughter with the community by distributing sweets to everyone. The yummy payasam (kheer) was sponsored by our very own Dr Harikrishnan, our Medical Director and the Medical Camp doctor. So, all in all, it was a joyful event, with everyone contributing and all of us joining in the feast in some way or other. Forty patients were attended to by Dr Harikrishnan, Dr Radhika and Dr Krishnadas. Ganesh Sakthiganesh and Gopu helped with dispensing the medicines.

Thank you to our sponsors, One Kind Act and Banyan Botanicals (Erin Douglas at Banyan) and all our extended Vaidyagrama family, whose prayers and wishes would accompany us on the path of community living.

Pongal - The harvest festival of Tamilnadu (January 14-16, 2018)



According to a legend, Shiva once asked his bull, Basava, to go to the earth and instruct the mortals to have an oil massage and bath every day and to eat only once a month. Inadvertently, Basava announced that everyone should eat daily and have an oil bath once a month. This mistake enraged Shiva who then cursed Basava, condemning him to live on the earth forever, ploughing the fields and helping the people produce enough food to eat once a day. Thus, this festival is associated with cattle.

According to Hindu mythology, this is when the day of the gods begins. It is said that one day in a God's life is 6 months of a human life and one night is equally 6 months of human life. By this reckoning, their day begins during Pongal(January) after a six-month long night. The festival is spread over three days and is the most important and most fervently-celebrated harvest festival of South India. A special puja is performed on the first day of Pongal. Farmers worship the sun and the earth, anointing their ploughs and sickles with sandal wood paste. It is with these consecrated tools that the rice is cut in the new harvest.

Each of the three days is marked by different festivities. The first day, Bhogi Pongal, is a day for the family. Surya Pongal, the second day, is dedicated to the worship of Surya, the Sun God. A sweet named Pongal, made from rice, jaggery, lentil, is prepared outdoors and offered to the Sun God. The third day of Pongal, Mattu Pongal, is for worship of the cattle known as Mattu. Cattle are bathed, their horns polished and painted in bright colours, and garlands of flowers placed around their necks.

At Vaidyagrama, Pongal is celebrated with much enthusiasm. On Jan 14, at Balagrama, the children enjoyed making sweet pongal in the open ground, making offerings to the Sun God with sugarcane. The next day Mattu Pongal, the celebration of the cattle, took place at Vaidyagrama's Mandapam Hall, where Pongal was prepared. A special puja for the cows was performed by Shri Damodaran, the priest of Punarnava, and offered to everyone. The cows were lovingly bathed and decorated with flowers at Lakshmigrاما, the goshala, and brought to the Mandapam Hall by the enthusiastic male staff of Vaidyagrama.

Reference- www.pongalfestival.org

Sarpa Bali (20th January 2018)



The transit of Rahu-Ketu, every one and a half years, comes with anxious queries by everyone as to its astrological implications. Sarpa or Naga means snake. Sarpa Dosha or Naga Dosha is usually found out during astrological reading of one's birth chart. The effect of Sarpa Dosha is sometimes challenging for one's life; there may be difficulties such as separation, childlessness, miscarriages etc.

Serpents have always been in our environment, particularly in rural life. The harm done by serpents to man or by man to serpents is a common occurrence. The harm done by man to serpents is manifest as Sarpa Dosha.

Serpents signify Earth, as they make their home under the earth in cool areas where water-veins and trees are found. Water and trees are a natural wealth and need to be honoured and taken good care of. But these sources of natural wealth are also the natural habitat of snakes. In the science of detecting water veins, Varahamihira lists the snakes to be spotted at certain depths, thus ascertaining the amount of water to be found there and the taste of the water. When man transgresses these natural sources, voluntarily or involuntarily, or uses these natural sources for his benefit, the habitat of the snakes is also affected. This is primarily how the curse of snakes takes place.

Another way of looking at Sarpa Dosha is that if the earth is harmed by digging, for whatever reason, it also harms Adishesha, who is bearing the earth at all times. Adhishesha is a personification of the force that keeps the earth stable, and on a stable path around the sun. The slightest disturbance caused to earth by scratching or digging causes harm to the Earth, and to Adhishesha. Therefore, any digging activity must be preceded by a puja or propitiation to the Earth. When neglected, Sarpa Dosha is also attracted. The harm done in earlier births to serpents or the earth comes back as the curse of snakes. This curse afflicts one's progeny, family life, health and riches.

The Prasna Marga literally translates as Horary Path; **Horary** astrology is an ancient branch of astrology in which an astrologer attempts to answer a question by constructing a horoscope for the exact time at which the question is received and understood by the astrologer.

Prasna Marga is astrological text giving instruction on how to identify the Sarpa Dosha in the horoscope and how to mitigate it. We will not go into the details here.

Remedies:

Many different remedies are prescribed, the primary remedy being the "sarpa bali" - "Whatever be the house occupied by Rahu – Ketu, it is better to worship them and do Sarpa-bali (puja) to them or offerings to them." Other offerings include a gem called Chithra koota, offerings of milk and water, singing, service in a snake temple, planting trees etc.

The remedies for Sarpa Dosha are thus simple but very effective. The universal remedy for Sarpa Dosha is the offering of milk to the anthill or the ground where snake-god is installed. This is symbolic of purifying Mother Earth by offering her the pure and the life-giving milk.

The message of Sarpa Dosha is that man must become aware of the harm he is doing to the earth and the environment. Every time one spits on the earth or makes the ground unclean, or digs the earth, for good reason or otherwise, without offering apologies for so doing by way of thoughts connected with a puja, one is inviting the curse of snakes.

Abuse of the earth and dumping unusable waste on the Earth and waterways also invites the wrath of Earth through of Sarpa Dosha. Wherever one is born, into whatever faith, the Sarpa Dosha caused by his action needs to be remedied.

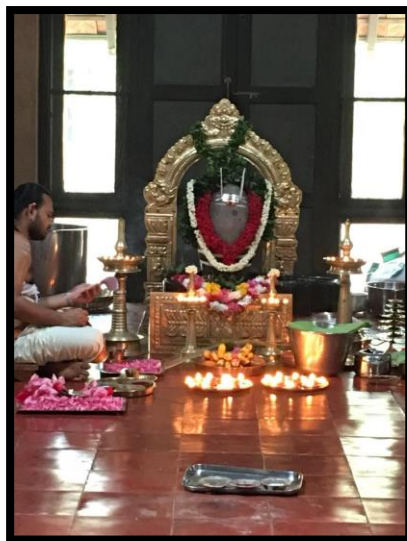
This is the context for the performance of "sarpa bali" on January 20 every year at Vaidyagrama.

Reference- www.vaidyagrama.com

Shivaratri – (13 Feb 2018)

Rudrabhishekam for the Narmadeswar at Vaidyagrama

Performed by Karthik Gurukkal from Palakkad, Kerala. All the patients and staff participated and received the blessings of the Lord.



Lord Shiva's lesson for Life-

Lord Shiva leads the life of a beggar, teaching us that everyone dies a beggar, and no one carries one's possessions or money or fame or anything away from this life.

Parvati is Shiva's wife, and Vinayaka and Subramanian are their two sons. Just as in human families, there are many differences in the family of Shiva. The chariot of Parvati is a Lion and the chariot of Shiva is a Bull. The lion and bull are enemies. A peacock is the chariot of Subramanian, and on Shiva's neck there are snakes; these two are also enemies. The face of Vinayaka is that of an elephant and the lion, the chariot of Parvati is its opposite. Thus, the entire family is constructed of differences, but still they exist together. Even Shiva's body is constructed of opposites, such as the water from the head and the fire in the Third Eye. This serves to teach us that although there is diversity in life itself, a unity is nonetheless constructed out of opposite qualities.

Chaitra Navaratri and Ram Navami



Rama Navami is the Hindu festival that celebrates the birth of Lord Rama to King Dasharatha and Queen Kausalya in Ayodhya. Rama, the seventh avatar of Vishnu, (avatar is a manifestation of a deity or released soul in bodily form on earth) is one of the oldest avatars of Lord Vishnu.

This year, Chaitra Navaratri began on the 18th of March and culminated on the 26th of March. Chaitra Navratri is celebrated in the Hindu month of Chaitra. Navaratri is the festival that is dedicated to the worship of the Goddess Durga and her nine divine avatars and takes place over a period of nine days.

Swami Samvidananda Saraswati ji of Kailash Math Trust, Nashik performed Kanyaka puja for 9 girls and Dampathi (Married couple) puja on Rama Navami day at Vaidyagrama.

Cookery Corner

Butter milk (Takra) Preparation



At Vaidyagrama, the butter milk is prepared from the A2 milk from the Kangayam breed and Sahiwal breed cows at our Goshala. The milk is drawn only after the calf has its fill of its mother's milk. Once drawn the milk is boiled and cooled. A small quantity of curd is added to the cooled milk, mixed well and left overnight to ferment. The curd begins to form within a few hours.

The curd is then churned well, using the wooden buttermilk churner tied to the pole. Within 30 minutes of churning, butter is formed and comes to the top of the mixture. As the churning goes on, lumps of butter are formed, which are then removed. The butter milk left behind is used to prepare Ayurvedic butter milk. This **recipe** is often used to restore the beneficial intestinal bacteria and is easily digested. It can be used by people of all doshas.

Butter milk is called Takra in Sanskrit.

Ingredients for Ayurveda Buttermilk

1. 1 cup yogurt/Curd
2. 4 cups filtered water
3. 1 teaspoon ghee
4. ¼ spoon mustard seeds
5. ¼ spoon cumin seeds
6. ¼ spoon turmeric powder
7. ½ spoon rock salt.
8. 3-4 curry leaves.

Method of preparation

If you cannot churn the butter milk as is done in Vaidyagrama, use the electric beater. Mix 1 cup yogurt with 4 cups of water and use the electric beater to beat the mixture to a uniform consistency. Heat ghee in a sauce pan, add mustard seeds first and then cumin seeds. Add the turmeric powder, and broken curry leaves. Now pour the beaten mixture to the saucepan and add rock salt. Mix well and keep stirring it till it gets very hot. Do not boil. Once heated, remove from fire and serve hot.

We invite you to become a member of 'Friends of Punarnava Community'

Punarnava Community's vision is to create a local sustainable community, based on the principles of Ayurveda and natural farming. As a Friend of Punarnava Community, your contribution is vital to achieving this vision. An annual subscription as a Friend will underwrite all our activities, which are wholly focused on improving the health, education and welfare of the people living in Thirumalayampalayam Panchayat, the area immediately surrounding Vaidyagrama, Coimbatore, South India.

All proceeds from your annual subscription of 100 USD, will entirely support Punarnava Trust activities, which include the Community lunch, Free Ayurveda medical camp, Annam meal program for the abandoned elderly and Balagrama, as well as the expansion programs, such building the community hall in the newly purchased land near the village, and a girl's home.

Your Annual Subscription entitles you for a **10% discount** on stays at Vaidyagrama from March to August for a treatment. Bring your friend and stay in a two-bed sharing accommodation, or a single room subject to availability. Your contribution and participation is much valued! And your intention an even greater resource!

How you can support us

If you feel you want to be a part of this vision, and would like to contribute to its realisation, here are some ways you can help: -

- **The Daily Annaam**-meals to poor project, Rs 2000/- (USD 40/- or Euro 35/-)
- **Community Natural Farming** by donating USD 100/- providing livelihood for families
- Monthly free **Medical Camp** (and feed an entire village) USD 300/- (Feeding USD 200/-+ Cost of medicines USD 100/-)
- Eye Camp for 150 elderlies - Rs 26000/- (USD 450/-) half yearly.
- You can **Donate Your Skills**: graphic designers, content writers, publishers, educators, engaging social media, and publicity are all needed.
- **Spread the Message** to your 10 Best Friends:
- www.punarnavacommunity.org, **Vaidyagrama community group** on Facebook

How to donate (at www.punarnavacommunity.org)

For Indian Donors: -

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Indian Overseas Bank, Nanjundapuram branch, Coimbatore

Account number 174602000005107 of Punarnava Ayurveda Trust.

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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.

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