

# Punarnava Family Newsletter

January 2019 | Volume 6, Issue 3

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

## Ayurveda Corner

### **Abhyanga**

Abhyanga is derived from the Sanskrit word *abhyāñjana* meaning 'rubbing the body with oil'. Abhyanga is the practice, literally, of anointing the head and body with herbal oil. Recommended as part of Dinacharya (daily practice) in Ayurveda, Abhyanga is performed with specialized strokes in the direction of the flow of Prana (the life force). Abhyanga can be done by oneself on oneself, or can be given by an Ayurveda therapist/s at the therapy centre or Ayurveda hospital. When administered in an Ayurveda hospital setting, Abhyanga is performed by two therapists who work together with synchronised strokes on the patient's body. Specific herbal oils are prescribed by the Ayurveda Doctor according to the patient's health status. Outside of a hospital setting, Abhyanga is recommended as a part of Dinacharya (dina meaning day, and charya meaning practice).

### **Benefits**

Abhyanga mitigates against tiredness and fatigue, reduces obesity, detoxifies the circulatory channels, promotes rest, relaxation and mental happiness, improves sleep patterns, enhances colour and complexion, improves the quality of the skin and hair, retards the ageing process, enhances longevity, promotes strength and vigour, strengthens vision and cures diseases of the scalp.

## An Appeal for Support in Community Building

As you may be aware, one important objective of Punarnava Ayurveda Trust is to engage in creating an 'experimental, self-sustainable and green community' around Vaidyagrama. This is a model based on a concept of community several centuries old, where families live in harmony, supporting each other and thereby promoting health, happiness and contentment.

An essential part of this community building process is to protect the land in the surrounding area, making it a primarily agro-forestry space. If any villager is determined to sell their land, Punarnava will make every conceivable effort to raise the funds to purchase it, holding it in Trust for the local community for the purpose of natural farming. This particular effort now requires an urgent infusion of funds, as there are interests outside the community endeavouring to entice the villagers into selling land to them, thereby disturbing the community-building process that we are engaged in.

### **The objectives of this community include:-**

- 1) To create a model where life and living is centred on the principles of Ayurveda and natural farming
- 2) To encourage this model to be replicated in other parts of India and the world
- 3) To ensure the environmental friendliness and sustainability of such a model
- 4) To enable local villagers to resist the economic pressure to migrate to the cities by providing the opportunity to engage in agriculture and other such "earth based" endeavours
- 5) To assist in projects that will address the various addictions among villagers and

6) To promote the growth of health, happiness and contentment in this model of community life

**Some activities that the Trust has commenced in pursuit of the development of the above include:-**

- \* **Free medical service** to the Villagers
- \* **Community lunch** in the village every month
- \* **Free daily meals** to around 100 deserving senior villagers through our "**Annam**" project
- \* **Free eye camps** with support of Aravind Eye Hospital, Coimbatore
- \* **Balagrama** - a home for children in the age group of 7-15 from the surrounding villages. The children are given free accommodation, food and education. The principles of Ayurveda and Yoga are taught to them; 15 children currently stay in this home.
- \* **Lakshmigrama** - a home for free range native breed cows; 30 cows belonging to different native breeds such as Kangeyam, Vechur, Sindhi, Sahiwal etc are currently kept.
- \* **Vaidya - small cottage industry projects** primarily focussed on empowerment of women in the villages; the first such project has established an eco-friendly sanitary pad production unit
- \* **Karshakagrama** - we are already engaging in natural farming of vegetables, fruits and herbs, and are in the process of encouraging the farmers in the surrounding areas to go back to natural and organic farming, extending support to them in this process.
- \* **Vidyagrama** - a study centre for school children has been established in the neighbouring village; financial support is extended to deserving village girls for their higher education. A "How to Live" school is one of the projects in the pipeline
- \* **Rainwater harvesting**
- \* **Energy management** - we are focusing more on the use of solar, biogas, biomass etc. as a source of our power and fuel needs
- \* **Waste management** and degrading without the use of chemicals or energy

These are a few of the activities that are already underway in pursuit of our larger vision of a sustainable healing community.

These efforts need a continuous flow of resources until such time as the entire project is self-sustaining. This requirement has now become urgent and we are appealing to you to spread this message within your network.

In the next 40 days we need this message to reach 10,000 people who can donate USD 100 or Indian Rupees 7000 each in support of the global community for the furtherance of a sustainable local community.

If each of our friends and well-wishers could contribute a minimum of USD 100, and also encourage at least 20 of their friends to make a similar contribution, we believe that the current need can be achieved.

We are sending this message to you knowing your love for us and your commitment to the building of this community model. We seek this urgent support from you now in the continued interest of this process.

We thank you for your support and encouragement for all our community initiatives. Please keep us in your prayers just as we have you in ours.

Please do write to us in case you are able to help us.

If you are an international donor – [Donate Here](#)

May God Bless you!

Yours in service

Team Punarnava Ayurveda Trust

### **Vaidyasangamam: 8<sup>th</sup> and 9<sup>th</sup> December 2018**

National Conference of Punarnava Ayurveda Trust



A national conference of Punarnava Ayurveda Trust was held at the newly constructed community hall at Nivrttigrama on 8<sup>th</sup> and 9<sup>th</sup> December 2018. The topic of the conference was “Soft Tissue Rheumatism” with special reference to Anukta Vyadi Chikitsa (meaning new types of diseases that may not be described in detail in the Ayurveda texts, and how to manage such diseases according to Ayurveda principles).

Over 200 Indian Ayurveda students and physicians, primarily from the Ayurveda colleges in Tamil Nadu and Kerala, participated in the gathering. The students took great interest in all the sessions, in particular a session in which Padma Shri P R Krishnakumar ji, an inspirational speaker, motivated them to take their Ayurveda studies very seriously and to serve mankind with their learning and skills.

The inaugural session speakers were the Chief Patron of Vaidyasangamam, Padma Shri P R Krishnakumar ji, chief guest Dr Srivatsan, and Chairman of Vaidyasangamam, Dr K K Harikrishnan.

The presenters of Vaidyasangamam included Dr Shyamakrishnan, Dr Prakash Managalasseri, Dr Jithesh M K, Dr Madhu P M, Dr S P Sreejith, Dr Mallika K J, Dr Srinivas Hejmadi Acharya, Dr Jomon Joseph Daniel and Dr Ajayan Sadanandan.



### Samaradhana 2018

A Navagraha puja was conducted at Vaidyagrama from Nov 4<sup>th</sup> through November 10th, 2019. Shri Pravin Nambudiri and team conducted the Samaradhana, meaning gratification or propitiating of the planets, and included all forms of worship of the planet of the day. The pujas were performed for the Sun on Sunday, Moon on Monday, Mars and Rahu on Tuesday, Mercury on Wednesday, Jupiter or Guru on Thursday, Venus on Friday and Saturn and Ketu on Saturday. Worship of the planet of the day also took various art forms, including drawing, song, music, mantra and Tantra, one of the most important systems of Indian spiritual practice. The patients, staff and guests all enjoyed the pujas. Every day began with the chanting of the Lalitha Sahasranama (the thousand names of the Goddess) and every evening there was a puja for the devi (Goddess). The Goddess was worshipped in her various forms, depicted in art work coloured by natural colours. The entire atmosphere was charged with Bhakti.



### Bhagavata Sapthaham at Vaidyagrama

From November 24 to December 2nd , 2019, the Bhagavatam was recited at Vaidyagrama by Lalitha Mami and her group of 16 devotees , from Coimbatore Annapoorneswari Temple. This pious group of retired persons spend their life reading the texts from Bhagavatam and similar books in various temples and other locations in the area. Their energies are phenomenal. Even after reciting for the whole day, they remain very chirpy and happy, as the reading gives them the energy to go on spreading devotion and positive energy when it is done.

Patients and staff alike enjoyed the recital of Bhagavatam and the explanation of its meanings. Narasimhavatharam, Birth of Krishna, Raas Leela, Rukmini Swayamvaram etc were performed by devotees dressed in costumes, and the scenes were enacted for the understanding of all bhaktas.

A reading of Devi Mahatmyam (singing the glory of the goddess) and Sundarakandam (the story of Lord Hanuman) were performed on the final two days.



### **Punarnava Staff Day Celebration**

The enthusiastic staff of Vaidyagrama celebrated their Annual Staff Day on 21 November 2018. All the staff members participated in the sports meet and many prizes were won and distributed. A cultural festival followed the next day in which each section of the staff prepared and presented their own dance items, depicting the culture and traditions of South India. The lady doctors of Vaidyagrama performed Kaikottikalii, the traditional dance form in which the ladies sing and dance around a lighted lamp! The garden and housekeeping staff performed a separate Kummi art form wherein the ladies stand in a circle, clap their hands and move together, singing village folk songs. The therapist girls and boys excelled by performing cinematic dance numbers and songs, while the Balagrama boys followed on with Tamil cinema songs and also a gymnastics exhibition. The dinner at the end of the program was very grand. The entire staff of Vaidyagrama was thrilled with every bit of the celebrations.



### **Brahmagiri, Theethipalayam Hills, Coimbatore**

Brahmagiri is a farm house situated in Theethipalayam, near Perur, the temple town close to Coimbatore City. It is enroute to Dhyanalingam, Isha, and is situated in 4.5 acres of land with over 2000 square feet of built up space. Brahmagiri is an ideal place to rest and recoup after Ayurveda treatment at Vaidyagrama, or to stay and rest while in Coimbatore. We encourage patients from Vaidyagrama to stay at Brahmagiri after their treatment to rest, or to go there before treatment to do trekking and enjoy nature and the surrounding hills.



### **Punarnava Ayurveda Institute**

This year we are pleased to announce the launch of two new training programs,

#### **Panchakarma Therapies and Spa Therapies**

under the auspices of Punarnava Ayurveda Institute TN-7159, certified by Bharat Sevak Samaj, a Government of India Enterprise

### **Panchakarma Therapies Program**

**Dates:** June 3, 2019 – May 8, 2020 – 12 months full time

**Schedule:** 9am – 1pm Theory; 3pm – 6pm Practical

**Open to:** 25 participants from India selected by comprehensive application and entrance exam

**Curriculum:** Up to 70 classical therapies for use in a physician-supervised Panchakarma setting

**Contact Hours:** 1500 classroom hours, combining theory and practical

**Pre-requisites:** Successful completion of 12th Standard or equivalent – English proficiency by written and oral entrance examinations – Commitment to authentic Ayurveda as practiced at Vaidyagrama

**Tuition:** Rs. 120,000/-

**Certificate Awarded on Successful Completion:** Bharat Sevak Samaj (BSS-A Govt of India Enterprise)

### **SPA Therapies Program**

**Dates:** June 3, 2019 – Nov. 9, 2019 – 6 months full time

**Schedule:** Mon. – Sat. Theory: 9am – 1pm; Practical 3pm - 6pm

**Open to:** 25 selected participants; among these up to 15 seats allocated for foreign applicants

**Curriculum:** Up to 35 classical therapies for use in a Spa setting \*Indications, Contra-Indications, Methodology, Notes **Contact Hours:** 750 classroom hours

**Pre-requisites:** Successful completion of 12th Standard or equivalent -English Proficiency by written and oral **entrance examinations** -Commitment to ethical application of the program content and goals

**Tuition:** US\$5250 for Foreign Applicants Rs. 60,000 Indian National Applicants  
Enquire about Rebate Program.

**Certificate Awarded on Successful Completion:** Bharat Sevak Samaj (BSS-A Govt of India Enterprise)

### **Program Features & Benefits**

Each of these programs intends to track participants' mastery and success through weekly tests, monthly tests, mid-term examinations each semester, and final written, oral and practical examinations. Student participants will be supported by the administration, faculty and staff to evolve their highest intentions and best humanitarian interests.

These training standards are designed to improve trainings for Panchakarma therapists & spa therapists in South India, with a view to supporting restoration of scriptural Ayurveda, based in the ancient texts, and providing gainful, satisfying and sattvic employment. The program is conceived both for social benefit reasons (to help provide marketable skills for young adults) and for practical employee reasons of staffing Vaidyagrama, as a unique model of sustainable Ayurveda.

See: [www.Vaidyagrama.com](http://www.Vaidyagrama.com)

### **Trikala Puja- January 1, 2019**

Punarnava and Vaidyagrama family welcomed in the New Year with a Trikala Puja, as is the practice every year. The Puja was performed by Shri Sankaran Namboodiri and a group from Badrinath. The Trikala puja is performed at three times of the day. A Ganapati homam is done at 6am, followed by Usha Puja (morning puja). Next the Uchha Puja, or the puja at 11 am, followed by Athazha puja or the puja in the evening. The Gods and Goddess are worshiped for the health and prosperity of all.



### **Cookery Corner:**

#### **Sautéed Spiced Vegetables**



### Ingredients:

- 1 cup finely chopped or grated carrot/ beetroot/ yam/ beans/white pumpkin/bitter gourd/Snake gourd/ beetroot etc
- 2 tsp coconut/sesame oil or ghee
- ¼ tsp mustard seeds
- ¼ tsp finely chopped ginger
- ¼ tsp asafoetida
- ¼ tsp cumin seeds
- ¼ tsp mustard seeds
- ¼ tsp coriander powder
- ¼ tsp pepper powder
- 1/8 tsp turmeric
- ¼ tsp salt

**Method of preparation:** Place a heavy bottomed saucepan on fire. When the pan is hot, add 2 teaspoons oil. When the oil is hot, add the mustard seeds and cumin seeds. Once the mustard pops, add asafoetida, turmeric and coriander powders. Add the vegetables, mix well and stir for about 2 minutes. Then add salt, mix well and cover the pan, cooking the vegetables on a minimum heat until tender. When the vegetables are nearly done, add black pepper powder and **mix well**.

### Variations

1. For coconut flavoured veggies, add a handful of grated coconut in the last few minutes of cooking
2. Add one chopped onion to the saucepan along with the vegetables for a different flavour.
3. For a coconut curry, add 2 finely chopped tomatoes when you add the vegetables. When the vegetables are tender, add 1 cup of coconut milk and cook for a further 5 minutes, making sure that the coconut milk does not boil as it will curdle.
4. Blend some herbs with the coconut milk, e.g. coriander, mint, parsley etc.

**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 elderly - 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](http://www.punarnavacommunity.org), **Vaidyagrama community group** on Facebook

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

### For Indian Donors: -

Our Bank details are

Indian Overseas Bank, Nanjundapuram branch, 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

Please state the purpose of donation while donating via banks.

### USA Bank details:

Name: TD Bank

web: [www.TD.com](http://www.TD.com)

Address: 235 Alewife Brook Parkway, Cambridge, MA. USA  
A/c Name: **Punarnava Healing Community, Inc**  
Routing No: [211370545](#)  
A/C No: [8254821090](#)

SWIFT/BIC-T D O M C A T T T O R

**Punarnava Healing Community Inc. is a 501C3 corporation registered in the United States.**

**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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