

Our Vision:

Live Simple
Live Well
Live Healthy
Live Happy

Ayurveda Corner

HOW TO STRENGTHEN YOUR IMMUNE SYSTEM-(in the context of COVID)

Some Helpful Advice for Diet and Daily Routine

Some of the following measures have been recommended by eminent Vaidyas from India as being helpful in boosting an individual's immunity:-

Simple Dietary Advice

1. Drink warm water throughout the day in small sips.
2. 1 litre of hot water can be infused with 1 tablespoon of cumin seeds or a 3 cm stick of mulethi (liquorice bark) and sipped throughout the day.
3. In cooking, employ spices; Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) are recommended.
4. Take Chyavanprash 10gm (1tbsp) in the morning with half of a glass of boiled warm milk. Diabetics should take sugar-free Chyavanprash.
5. Drink a herbal tea/decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirsch (Black Pepper), Shunthi (Dry Ginger) and Munakka (Raisin) once or twice a day. Add jaggery (natural sugar) and/or fresh lemon juice to your taste.
6. Drink Golden Milk made from a half teaspoon Haldi (turmeric) powder in 150 ml hot milk once or twice a day. If you have a weak digestion, please avoid. Also do not take the milk with meals.
7. Avoid salads and cold foods.
8. Eat your breakfast at 8 am, lunch at 12.30 and dinner around 7 pm.

Simple Ayurveda Daily Routine Procedures

1. **Nasal application** - Apply 2 drops of sesame oil/coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) morning and evening after bathing.
2. **Oil holding therapy** - Take 1 tablespoon of sesame or coconut oil in the mouth. Do not swallow. Hold in the mouth for 2 to 3 minutes and spit it out. Do this after brushing your teeth and scraping your tongue.
3. Take a daily bath with 10 drops of tulsi oil in your bucket. Or prepare a decoction of neem by boiling 2 handfuls of neem leaves in 1.5 litres of water.
4. Practice Yogasana, Pranayama and Meditation for at least 30 minutes daily, as advised by Ministry of AYUSH.
5. Other exercises can be performed in the morning according to half one's capacity.
6. Infuse your home with samrani (loban) or guggul or an essential oil diffuser of lemongrass/ eucalyptus/ tea tree
7. Use neem or turmeric soap if available.
8. Avoid sleeping in the daytime.
9. Sleep by 10 pm and wake up by 6 am.

Courtesy of Ayush.

Should you develop symptoms of cold, cough, fever or experience difficulty in breathing, please consult your doctor immediately. Stay Happy, Healthy & Safe

By Renu Gulati (Ayurveda Practitioner) Website: www.streeayurveda.org

Disclaimer: This article is in no way claiming to prevent or cure COVID-19.

Content Referral Credits: Ministry of Ayush, www.ayush.gov.in

Trust Activities

Covid 19 Crisis - Support by Punarnava Community

Punarnava Ayurveda Trust stepped in to support the Panchayat in the Covid crisis, as soon as the lock down was announced, offering uncooked rice and vegetables to the villagers. Later we started offering cooked food to the villagers. In addition, Kashayam is being dispensed at intervals to strengthen the villagers' immune system. Throughout the month of April, with the involvement of the Village Officer, the Trust supplied packed food and medicines. As the lock down continues and the villagers are not able to go to work, we are offering food materials for cooking, and providing cooked food to abandoned elders. It is very heartening to know that there are no cases of COVID-19 in and around the villages near Vaidyagrama.

We thank our friends and supporters for helping us in providing the much needed relief materials to the villagers. The support being provided is to be continued in the coming months also. In case you wish to provide additional much needed support, please visit www.punarnava.org for INR donations and www.punarnavacommunity.org for USD donations. Any amount that you can spare is welcome.



Care in the Time of Corona

In this challenging and uncertain Corona era, we at Vaidyagrama wish to reassure all family/friends/patients/ well wishers across the globe that healing must and will be from within you, and we are with you!

You have seen all statistics and logistics about how Corona comes and conquers. Our effort should now be to have a strong mind & body to face life full on, and thus teach the inspiring lesson of 'resilient awareness' for generations to come.

Your Vaidyas at Vaidyagrama suggest these tips for you & all those with you:

1. Add all available, natural, immune building food substances such as Gooseberry, Orange, Guava, Ginger, Mustard, Carrot, Spinach, Turmeric powder, Basil/ Tulsi leaves to your diet. **Cook and have fresh and warm food.**
2. Keep digestion happy, with light and easily digestible food.
3. Gargle with warm salt water twice daily.
4. Do steam inhalation once daily.
5. **Coriander seeds decoction is good for you, and so is Guduchi.**
6. Undertake various activities for 30-45 minutes, then get up and move and change activity.

It's a good time to learn about Self and Consciousness from books, podcasts etc. Choose anything that sets you into the reflective or introspective mode. Now we have all the time in the world to be with ourselves, to look at ourselves, and after ourselves. Follow the Ayurveda daily discipline (dinacharya). Along with physical hygiene, initiate a spiritual cleansing by connecting with the Divine! Agnihotra ritual and prayer resounds in Vaidyagrama for you, daily. We remain here with all healing prayers to Lord Dhanwantari for the healing of ailing Universe. **Please join us to send healing thoughts for all and our beautiful planet♥**

Upcoming Programs @ Vaidyagrama

Forest Dweller Retreat 2021

Oct. 28 – Nov. 1, 2021

Navigating the Vanaprastha Stage of Life

Vānaprastha is the third of the four stages of life, where one begins to withdraw increasingly from the worldly arena and its consuming affairs and to prioritize inner realities over external ones. This third stage can be a rich, deeply meaningful and fulfilling time of life. In this Retreat we will explore the complexities, challenges, unrealized potential and richness of this stage. The aim of this Retreat is to inspire younger people to reflect on their life trajectories, and Through yoga and other remedial measures, we will explore supporting health of the sense organs to assist those who are later in life to enjoy this valuable phase of deepening awareness.

Learn with the masters Dr. Robert Svoboda, Dr. Claudia Welch, Ms Rose Baudin & Dr. Ramkumar, from OCT 28, 2021- NOV 1, 2021 AT VAIDYAGRAMA

Please visit www.ayurvedaconference.com for more details and for booking your place at the retreat.



Dr Robert Svoboda



Dr Claudia Welch



Ms Rose Baudin

Workshop on Astrology @ Vaidyagrama December 4 - 24, 2020

Study with Astrology Masters Ms Margaret Mahan and Ms Emily Glaser

- Master the fundamental concepts of Jyotisha
- Prepare to read the stories in the stars and find meaning in the astrological charts of friends and family.
- Immerse yourself in the legends of the planets, imbibing the spirit of this mystical science.
- Acquire basic competence in the language of Jyotisha and gain mastery over the basic components of the birth chart.
- Eat delicious vegetarian Ayurvedic meals designed to support a clear, sattvic mind, surrounded by a community committed to authentic Vedic teachings.
- Enjoy down time for rest and visits to nearby temples, markets, tourist sites and shopping destinations.
- For more information please visit <http://crm.agniayurveda.com/foundation-in-jyotisha/>



Ms Margaret Mahan



Ms Emily Glaser

Nari Mokshayana

A New Years Women's Yoga & Ayurveda Retreat

6 days/7nights from 28 Dec. 2020 – 4 Jan. 2021

It is said that the flame of female wisdom and beauty grows, not dwindles, as she evolves through the stages of life. Women around the world are subjected to mass conditioning with regards to their bodies and the ageing process. This often results in low self-esteem and impaired sense of a meaningful role in society. Now, more than ever, women are looking for direction in ALL of the phases of womanhood.

The intention for this retreat is to open a dialogue on the perception of womanhood in today's society. This dialogue may include, but is not limited to:-

- Relationships with the womanly self
- Intimacy
- Conditioned views surrounding a woman's ageing process today

This is also a time for self-care and kinship, being in touch with your body, building awareness of thought patterns around self-worth. All these are crucial steps in personal transformation, and building a solid foundation for cultivating healthier, sustainable relationships with self and others.

Join Rose Baudin and Emily Reed as they guide you through this 6-day women only immersion, the Nārīmokshāyana.

INCLUDED offerings during this retreat:-

- Morning yoga practices combining movement, breath work, stillness and self-inquiry
- Daily Satsang to open up a discourse on womanhood
- Afternoon abhyanga treatments
- 2 evening rituals
- Optional visit to Devi temple

For more details write to geetha@punarnava.org



Ms Emily Reed



Ms Rose Baudin

News from Balagrama

The elder Balagrama boys stayed back during the crisis of COVID 19 as they were expecting the Government exams to be announced any time. They passed their time by attending prayers at Vaidyagrama, as well as yoga classes and had the added advantage of learning the accounting software Tally. In addition, they are maintaining a vegetable garden and helping to make Dhoop Bathis for warding off mosquitoes on the Vaidyagrama campus.



Natural farming initiatives of Trust

Since the time of lock down, more land has been brought under cultivation. The entire staff is helping to cultivate the land, in a concerted effort to produce the vegetables and fruits needed for the patients, staff and also for the surrounding community.





Generating Income from Cow Dung

Dhoop Bathi and holy ash are made from the cow dung of the indigenous cows at Lakshmigrاما. As well as being used for our own purposes at Vaidyagrama, this is an income generating source for the Trust. The Balagrama boys and Trust staff engage in producing both, alongside their regular work.



Ayurveda Cooking Corner

Coconut and Amla Chutney

Contributed by Renu Gulati



Servings: 2 - 3

Ingredients:

- 2 handfuls of freshly grated coconut or dry grated coconut
- 2 chopped Indian Gooseberries (amla)/juice of one lime/juice of half a lemon
- 1 cm piece of chopped, peeled fresh ginger
- 2 handfuls of freshly chopped coriander/parsley
- 1 handful of freshly chopped mint
- 1/2 tsp of salt
- 1/tsp black pepper powder/ 2 black peppercorns
- 1/2 cup water or as required depending on desired consistency (normally chutney is the same consistency as a batter)
- 1 chopped green chilli (optional)

Method of preparation: Put all ingredients (except water) in a mixer grinder. Grind the ingredients as much as possible without water then add a small amount of water at a time and continue grinding, until the desired consistency is reached. If you are using the juice of lime/lemon instead of amla, then add this at the end.

Variations:

- Use locally grown herbs such as basil/parsley/chives etc in place of, or as well as, coriander and mint
- Replace the amla (Indian Gooseberry)/lime with 2 tomatoes
- Make without coconut and increase the quantity of herbs
- Use buttermilk instead of water
- Lightly sauté some grated carrot/beetroot and when cool, grind with the other ingredients to make a carrot/beetroot chutney.

How to donate (at www.punarnavacommunity.org)

For Indian Donors: -

Our Bank details are

Bank of India, R N Puram Branch

Punarnava Ayurveda Trust, Coimbatore

Current ac 815020110000802, IFSC- BKID0008150

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 for fund transfer from USA

Name: TD Bank, web: www.TD.com,

Address: 235 Alewife Brook Parkway, Cambridge, MA. USA

A/c Name: **Punarnava Healing Community, Inc**

Routing No: [211370545](http://www.fedwire.com), A/C No: [8254821090](http://www.fedwire.com)

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

Fund transfer to US Bank ac of Punarnava Healing Community Inc, from anywhere else in the world.

Checking account -8254821090, Ac name- Punarnava Healing Community Inc.

Bank routing # 031-101-266, Swift-NRTHUS33XXX

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 80 G of the Income Tax act.

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