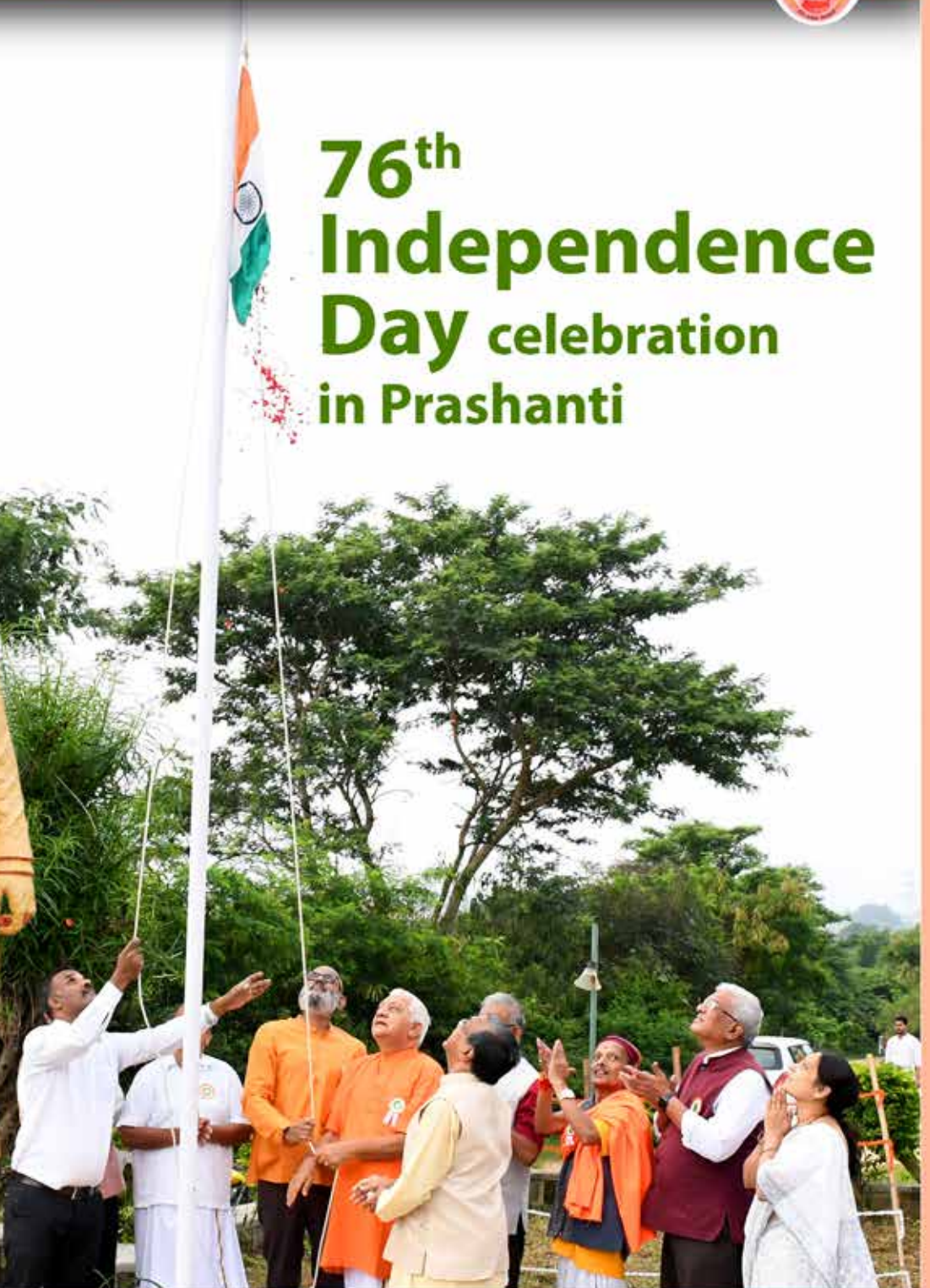


YOGA SUDHA

A Monthly Journal of SVYASA (Deemed to be University)



76th Independence Day celebration in Prashanti





Azadi ka Amrit Mahotsav program organized by Govt of India in New Delhi on the eve of 76th Independence Day celebration.

Chancellor, **Dr. H R Nagendra ji** was invited.

He was in conversation with the Union Finance Minister, **Smt. Nirmala Sitharaman**;
Rajyasabha M P, **Dr. D Veerendra Heggadeji**;
President of ICCR, **Dr. Vinay Sahasrabuddhe**;
Popular Film Personality, **Sri Rajinikanth**
and many more dignitaries

तं विद्यात् दुःखसंयोगवियोगं योगसंज्ञितम् ।

योगसुखा सुखा

Vol.XXXVIII No.9 September, 2022

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Bengaluru

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EDITORIAL

My dear Brothers and Sisters,

The three dimensions of karma are Prarabdha Karma, Sanchita karma, and Agami Karmas.

Sanchita is the storehouse of all our karmas. Let us call that our Corpus and Debts. Both Good and Bad. Prarabdha karma is the karma of present birth. Agami karma is the karmas that are carried forward to future births, which are deposited in already existing Sanchita karma.

For example,

Sanchita Karma

We have a corpus of 10 Crore Rupees and we have a debt of 5 Crores. We call them C and D accounts.

Prarabdha is a Sanskrit word meaning "commenced" or "begun," while the word karma comes from the root *kri*, meaning "to act," so Prarabdha karma translates as "action that has begun." Prarabdha karma is only exhausted after its consequences have been experienced or its debts paid. Prakarshena Arabdhah Prarabdha: fully begun Karma; shows up as our Heredity traits of TRS (Tamas, Rajas, and Sattva) of our Gunas and aspects of Gunatita dimensions. Let us call this **TRSA** (A- Atita). Shows up as the Natural frequency of the body.

We have accumulated, let us say 50 Lakhs as interest when you start using it and a debt of 10 Lakhs. This will be put in two separate savings bank accounts. Let us call it P and N (Positive and Negative).

Agami Karma

This particular karma is dependent on the present, in-the-moment actions and can be influenced by an individual to produce good outcomes for one's self in the future.

In Sanskrit, the word, agami, comes from the verb *agam*, which means "to return," "to arrive," "to attain" and "impending future."

The Prarabdha karma is influenced by our free will; Both good and bad we can increase or decrease. The result is Agami Karma. The natural frequency goes on changing accordingly.

- Let us say that we spend 10 Lakhs in the first-year end; reduce the debt by paying 2 Lakhs the first year
- Also, we save and add Rs 3 Lakhs in the first year and take some loans from a different bank of Rs 4 Lakhs.
- The result is (P: $50-10-2+3=41$ Lakhs) in savings bank account and debt will be N account: ($10-2+4=12$ Lakhs)
- Next year, spending 12 Lakhs, Savings 1 Lakh, pay Rs 3 Lakhs towards the debt P account will be ($41-15+1=27$ Lakhs)
- No loan taken N account ($12-3=9$ Lakhs)
- We are not considering the interest from P and N accounts and also C and D accounts. But can be added to make the balance sheet better.
- At the end of life, at the point of death, we have in our C and D account the 50 cr + interest on 50 crores + P account balance similarly N account will have its balance.
- And this continues until all P and N accounts get exhausted and become Zero and we reach Moksha.
- **What happens to the natural frequency of the body - zero; just a straight line.**

■ *Dr H R Nagendra*



Message from the Vice Chancellor

Dear Brothers and Sisters,

Greetings from the desk of the Vice Chancellor

Hats off to the vision of our Hon'ble Prime Minister, Shri Narendra Modiji for spreading Yoga as the Soft Power of our country and Socially relevant Science throughout the world. Because of his vision and total faith on Indic knowledge that, he took the task of getting the unanimous approval of United Nations General Assembly and the whole world is celebrating June 21st as the International Day of Yoga for the last seven years.

Subsequent to this during 2016, the late Smt. Sushma Swaraj, Hon'ble Minister of External Affairs, Government of India, took initiation to reach Yoga to every country through well trained teachers under the guidance of Dr. H R Nagendra ji, Hon'ble Chancellor and internationally reputed Yoga researcher and scientist through the Ministry of MHRD, MEA and International Students Affairs and introduced a novel programme of training Yoga teachers deputed from different countries of the world, particularly from the under developing Asian and African countries.

The course has been named as ITEC-YIC (International Technical and Economical Co-operation - Yoga Instructor's Course). The task of this training program has been given to our S-VYASA Deemed-to-be-University.

So far 21 batches of training for nearly 713 students deputed from 90 different countries has been successfully completed.

ITEC-YIC is a residential programme of one-month duration with 16 credits and the learning includes both theoretical knowledge and practical training.

More thrust is given to practical and skill development to align with NEP (New Education Policy 2020).

The programme could not be conducted for the last two years due to the Covid crisis and now it has resumed from August 2022. In this batch 32 students from 12 countries have successfully completed their training. Thanks to Government of India for sponsoring the entire event to spread the Indian wisdom of knowledge in a authentic way to the needy countries by upholding the vision and message of the Sanaathana Dharma 'Vasudhaiva Kutumbakam' which means the whole world is a single Family.

Today, as a result of different activities under this programme there is a visible and growing awareness among other countries about the competence of India as a provider of technical know-how and expertise in both ancient knowledge and modern science.

The 21st batch which commenced on 1st of August 2022 had students from Mangolia, Belarus, Iraq, Zimbabwe, Sudan, South Sudan, Eritrea, Tajikistan, Khazkistan, Guyana, Lebanon and Tunisia and the Valedictory function was graced by the Government of India representative, Sri Krishna Kengappa, IFS, Regional Passport Officer, Bangalore, wherein he distributed the certificates and gave a befitting message for the successful candidates to be the brand ambassadors of Yoga and Indian culture in their countries.

I whole heartedly express my Pranams and Abhinandan to Government of India for such a gesture in developing universal brother-hoodness among all the countries through Yoga.

I also appreciate the vision of the countries who have deputed good students to the course.

I am sure through such programmes we can ensure spread of Yoga culture to the whole world and in turn Health, Happiness and Harmony everywhere.

With Pranams
Vaidya Dr. B R Ramakrishna
Vice Chancellor, S-VYASA Deemed to be University, Bengaluru
Editor in Chief 'RAJAS' Journal of AYUSH, RGUHS, Bengaluru





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MSc in Hatha Yoga (MHY) - **Yoga and Physical Science**
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MSc in Yoga Education (MYED) - **Yoga & Humanity**
MSc in Yoga Integrative Sports Science (MYISS) - **Yoga & Humanity**
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YIC (Yoga Instructor's Course)

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ब्रह्मसूत्रम् (Brahmasūtram)

■ **Prof. Ramachandra G. Bhat**
Former Vice Chancellor
S-VYASA Deemed to be University, Bengaluru



Rishis speak truth about the universe manifested in multiple forms. Upanishads being the last section of the Vedas, all the statements must be analyzed thoroughly to bring out the intent of the Rishis for which the whole Brahma Sutras have been authored by the greatest of the great ascetic, Bhagavan Veda Vyasa. As part of the narration of what is the role of Yajamana and Ritviks in Yajna which is also performed by sannyasi, Atreya's quote has been considered for discussion in this 13th Adhikarana from fourth Pada of third chapter of Brahma Sutras.

In this Adhikarana, Purvapaksha is presented in the first Sutra followed by two Siddhanta sutras as an answer to the opinion of Atreya.

स्वामिनः फलश्रुतेरित्यात्रेयः (ब्रह्मसूत्रम्-३-४-४४)

Svāminah phalaśruterityātreyaḥ (Brahmasūtram-3-4-44)

Meaning: *To the sacrificer (belongs the agent-ship in meditations) because the Sruti declares a fruit (for it): thus Atreya (holds).*

When there are diverse types of Karmas, especially two kinds; Kartritva (actions of doer-ship) Bhoktritva (actions of enjoyer-ship), how do they make sense as part of everyday life of everyone when it is placed from a Vedic perspective in terms of individual actions. The unique feature of this discussion remains as an easily understandable subject as it is very much part of daily life. The mentioned Karmas are performed while doing and enjoying, Kartritva while doing and Bhoktritva while enjoying or suffering the results of actions. For example, a farmer sows paddy in Kartritva mode and eats it in Bhoktritva mode, a businessman makes a trading in Kartritva mode and enjoys the profit or loss in Bhoktritva mode. Either doer mode or enjoyer mode of actions are performed through three means: Kayena (physical body), Vachaa (speech), and Manasa (mind). In this context, the question is whether the meditations belonging to the whole process of Yajna to be performed by the Yajamana (Bhokta, sacrificer) or by Ritvik (Kartaa, performer, the priest). The stakeholder

of the entire Yajna is Yajamana, not the priest, therefore Yajamana must perform all related subordinate Upasanas also.

Answering the opinion of Rishi Atreya, Badarayana Vyasa says that they are the duty of the Ritvik (priest), this is the view of Audulomi, because he is paid for that (i.e., the performance of the entire sacrifice) (BS 3.4.45), and because the Sruti (so) declares (BS 3.4.45). For two reasons, the priest must perform Upasanas on behalf of Yajamana.

Even animals have kartritva and bhoktritva but driven by instincts, not by choice. There is no application of Buddhi, discretion in terms of actions. On the other hand, human beings have choices at every level. Audulomi's opinion is very clear about the roles and description of actions as part of Yajna performance. Yajna basically is a collective work shared by all the stakeholders and not just by the organizer or Yajnamana. When self-motivated volunteers are around a job, is there any need for an exclusive p11 ►►



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Division of Yoga-Spirituality



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Vedic Technology
Research

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We are all aware of the three major contributions of Patanjali Maharshi known for Yoga, Grammar and Ayurveda.

Similarly, Varaha Mihira made three great contributions in Jyotisha: Phala Jyotisha, Ganita (Maths) and Khagola (Astronomy) Jyotisha.

Hence in his name we have now planned to open a new venture, 'Varaha Mihira Advanced Centre of Vedic Technology Research' (VMAC-VTR).

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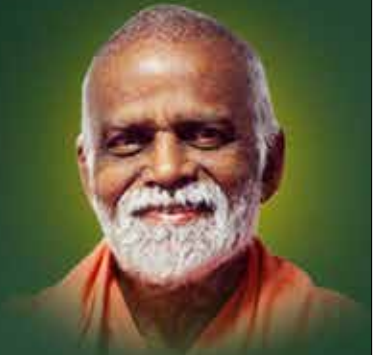


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Sanskrit Divas (Sanskrit Utsava)



Sanskrit Utsava Procession in Prashanti led by the Dean, Division of Yoga – Spirituality, Prof. R C Panda ji

The Sanskrit Utsava was celebrated on Friday 12 Aug 2022 in Samskruti Bhavan. Prof. R C Panda ji, Dean of Division Yoga - Spirituality, welcomed the chief guests and the audience. Students of BNYS and Yoga Courses attended.

Prof. Ramachandra G Bhat, Chairman, Veda Vijnana Sodha Samsthana, and former Vice-Chancellor, S-VYASA, Deemed to be University in his address said that Sanskrit is not only a language of poets and poetry but also the language of Vedas, Yaga, and Yoga. The Sanskrit mantras have been codified by sages and seers which denotes everlasting values of life and integrated holistic health, if one follows Vedic, and Yogic lifestyles and propitiates Gods and Goddesses through Homas and Yogas. He

appealed to the students to learn and speak Sanskrit.

Prof. M K Sridhar, Registrar in his address told that Sanskrit has been developed under various periods such as Vedic, Epic, Puranic, Classical and Modern. The poets and thinkers from the time of the Vedas to the present have contributed significantly to the growth of Indian culture and social and spiritual heritage. Sanskrit and Indian culture is like two faces of the same coin, and to know the soul of India, one should learn Sanskrit in all earnestness. Prof. R C Panda ji appealed to the students to learn Sanskrit grammar so that they can speak in Sanskrit without mistakes.

Dr. Ramchandra G Bhat and Prof. M K Sridhar were felicitated on the occasion.



Saraswati Puja



Procession in Mangal Mandir Corridor



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Meditation

- Clarity on Meditation in contrast to Concentration.
- Techniques of Om Meditation and Cyclic Meditation
- Going deeper and deeper by guidance and self-practices

Course details:

- Retreat by: **Dr. H R Nagendra & Swami Shuddhananda**
- Duration: **23rd – 30th Sept 2022**
- in '**Prashanti Kutiram**', S-VYASA Headquarters, Jigani, Bengaluru – 560 105
- Retreat Fee: **₹ 10,000** (inclusive of Boarding & Lodging in Dormitory or Small 6ft * 10ft Rooms in Saadhana & Samvit Buildings, Healthy Vegetarian Food suited for growth in Meditation)

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Program in Samskruti Bhavan. Former VC, AO, Registrar and Dean, Division of Yoga – Spirituality – *can be seen*

Asst. Prof. Miss Maheshwari compeered the program. Mr. Naveen Kumar, Asst. Professor coordinated the program. Kumari Meera, Shambhavi, Shankari, and others sang Sanskrit songs. The entire program was conducted in Sanskrit medium.

Dr. Sony Kumari, Registrar Evaluation proposed the vote of thanks.

The students of yoga under the leadership of Prof. R C Panda went on a Shobha Yatra at 10 am inside the campus for giving awareness about the beauty of the Sanskrit language.



Sanskrit Songs by the students

«p5 ब्रह्मसूत्रम् (Brahmasūtram)

leader or organizer? When the responsibility is shared by well-wishers of society and working for social harmony, the whole performance just happens by itself when Yajna is the most divine action.

While Hota, Adhvaryu, Udgita and Brahma assisted by 12 subordinate members representing four Vedas in Yajna is to eradicate all negative forces, Yajna imbibes all possible sacrificial values practiced by Ritviks and Yajamana-Dampati (organizing couple family).

to be continued...



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Arogyadhama

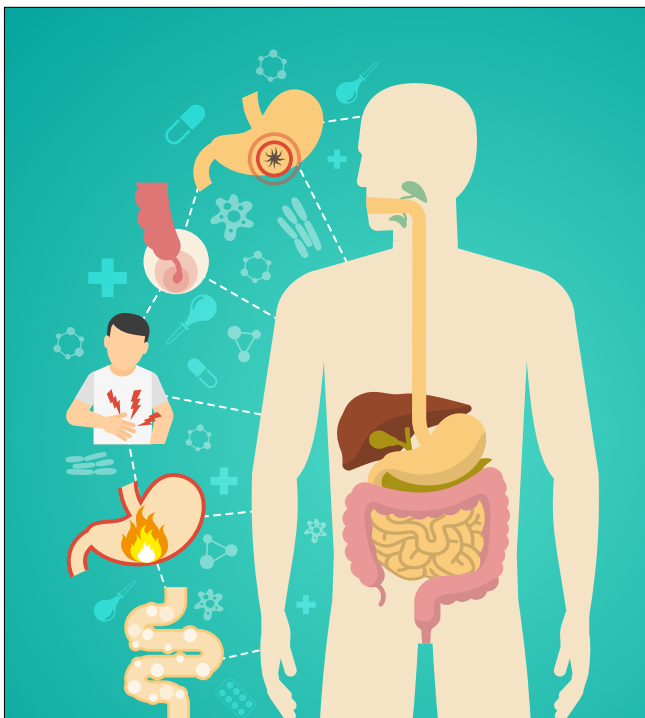
Department of Gastroenterology



Arogyadhama is a holistic health centre where integrated medicine is in practice. It is a health home where an integrated approach of yoga therapy, Ayurveda, Naturopathy, Acupuncture, Physiotherapy, Psychotherapy and diet therapy is applied for treating Non-Communicable Disease and to promote Positive Health. It uses self-healing techniques based on research by Swami Vivekananda Yoga Anusandhana

Samsthana (S-VYASA): A premier yoga research university in the world with over 450 research papers in leading peer reviewed national and international journals on health, education, management, and other fields.

Normally participants are offered Ayurveda and Naturopathy therapies for detoxification along with Yogic lifestyle to move towards higher abilities at physical (beauty, fitness, immune stamina, eyesight), mental (better concentration, IQ, memory, emotional stability), social (healthy interpersonal relationship), emotional (mastery over anger, fear, anxiety and depression) and spiritual levels (inner joy with right knowledge and confidence).



Department of Gastroenterology

This department is specialized in treating various gastrointestinal and genitourinary disorders with a combination of various treatment modalities of Yoga which includes kriyas, asanas, pranayama, breathing exercises, counselling, meditation and relaxation techniques; Naturopathy therapies like



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SNo	Course	Conducted by	Starts on	Fee (₹)
1	Isha Upanishad Online (Self-paced Learning)	Dr. H R Nagendra ji	Online	1500
2	IAYT Online (Self-paced Learning)	Dr. H R Nagendra ji	Online	1500
3	Introduction to Yajna Sacred fire and its Healing Rituals	Dr. Divya Keshavamurthy	Sept 5	2200
4	Yoga for Diabetes Mellitus - Part 2	Dr. Amit Singh	Sept 5	3000
5	Introduction to Indian Music Therapy (Batch 13)	Dr. Karuna Nagarajan	Sept 12	2500
6	Patanjali Yoga Sutra Chanting: Samadhi Pada	Dr. Srigowri C	Oct 10	2000

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dietary modulation, hydrotherapy, massage, acupuncture, acupressure etc., and Ayurvedic treatments suitable to the patient and his condition. Participants undergo the treatments for a minimum of one week; further treatment will be planned based on their prognosis. Participants are monitored under specialized physicians in the field of Yoga, Naturopathy and Ayurveda and are supported by experienced therapists.

Most Common Diseases Treated

- Acid peptic Disease
- Gastritis
- Peptic Ulcer
- Irritable Bowel Syndrome
- Inflammatory Bowel Disease (Ulcerative colitis/ Crohn's disease)
- Fatty Liver
- Alcoholic liver Disease
- Liver Cirrhosis
- Esophagitis
- Hiatus Hernia
- Benign Prostatic Hyperplasia
- Urinary Incontinence
- Urinary Tract Infection
- Chronic Renal Failure
- Nephritic/ Nephrotic Syndrome
- Poly cystic Ovarian Disease
- Menstrual Abnormalities (Dysmenorrhea, Oligomenorrhoea, Menorrhagia, Metrorrhagia, polymenorrhoea etc.)
- Fibroid Uterus
- Endometriosis
- Infertility (Primary & Secondary)
- Sterility

Gastritis

Definition

Gastritis is the inflammation of the inner lining of the stomach. It may occur suddenly as a

short episode or may start gradually and worsen over a period of time. Gastritis can be a result of bacterial infection, incorrect diet or stress. This will impair the gastric acid secretion in the stomach and cause symptoms like heart burn and abdominal pain.

Gastritis can broadly be divided into two types

- **Acute gastritis**

Acute gastritis is sudden in onset and lasts for a short duration. Its symptoms can be moderate to severe in nature.

- **Chronic gastritis**

Chronic gastritis begins with mild symptoms which gradually worsens over a period of time and might lead to further complications.

Prevalence

According to a research study published in Indian journal of medical research 2018, The reported prevalence of *H. pylori* infection from various Indian centres in patients with duodenal ulcer, gastric ulcer, gastric cancer and NUD ranges from 64 to 90 per cent, 50-65 per cent, 38-62 per cent and 42-74 per cent, respectively. In the current study, it was 61.5 per cent (for duodenal and gastric ulcer, 30 and 10%, respectively). Gastritis was the most common endoscopic finding similar to that found in south India. An association between *H. pylori* infection and gastritis was seen which was similar to most and contrary to other studies. The present study showed a higher prevalence of antral gastritis as compared to fundal, corpus or pangastritis. There is a strong association between *H. pylori* infection and gastric cancer. Southern and eastern parts of India have a higher frequency of gastric cancer than that in northern parts. As per the report by the Population-based Cancer Registries in India (2006-2008), stomach cancer was the first amongst the five leading cancers in males and the third most common cancer amongst females in Sikkim. Study found insignificant association between *H. pylori* infection and gastric cancer as

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Fridays
General Patients
Saturdays
Obesity, Positive Health



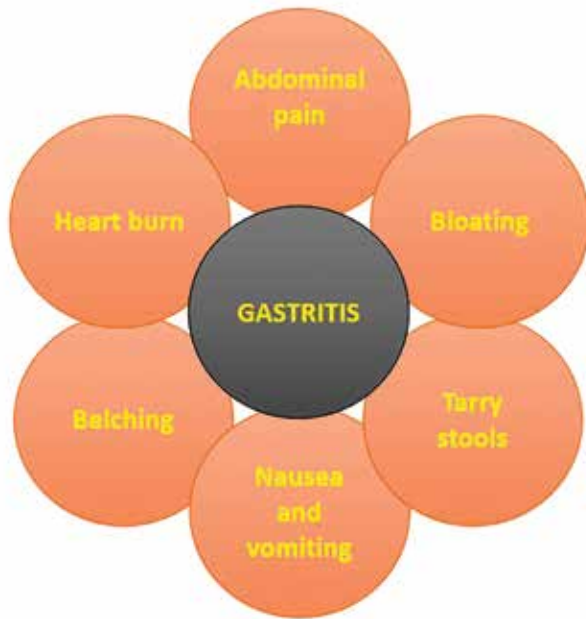
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reported earlier. In the study, they found higher prevalence of *H. pylori* infection in males as compared to females.

Causes

- A diet high in spices
- Non-steroidal anti inflammatory drugs (NSAIDs)
- Helicobacter pylori infection
- Smoking
- Consumption of alcohol
- Emotional disturbances
- Mental stress

Symptoms

The symptoms of gastritis are generally neglected until they start disrupting one's day to day activities. The symptoms include:

- Pain in the abdomen when hungry or immediately after taking food.
- Burning sensation is experienced in the chest region, maybe accompanied by belching.
- Bloating of abdomen after taking meals.
- Nausea and vomiting is experienced in some people.
- The stools maybe black called as tarry stools.

Complications

When the symptoms are left untreated it will undoubtedly lead to complications which may also be life-threatening. Common complications of chronic gastritis can be:

- Peptic ulcers
- Malnutrition
- Severe atrophic gastritis
- Gastric perforation
- Gastric cancer

Pathophysiology

Following every meal, the stomach secretes the gastric juice which is highly acidic in nature. The stomach wall is protected with a mucous layer so as to not be damaged by this acid. Certain imbalances can result in the erosion of this layer and expose the stomach wall to the strong gastric acid, they are:

- Reduced blood flow.
- Increased secretion of gastric acid (This secretion is triggered by the vagus nerve and is easily exaggerated by stress or strong emotions, such as anger or jealousy).
- Increased accumulation of gastric acid due to *H. pylori* infection.
- Decreased bicarbonate buffer.

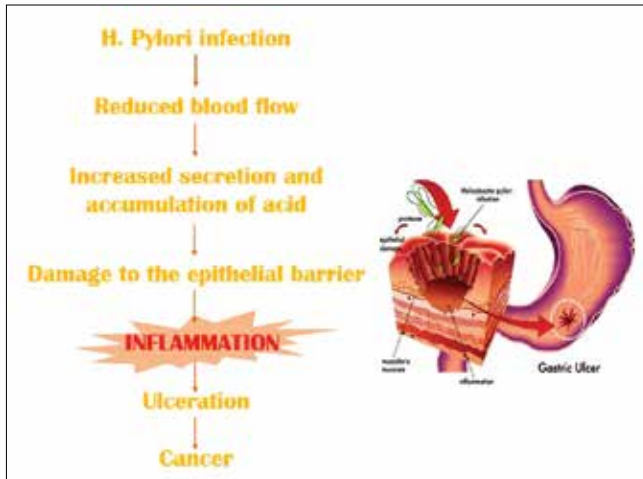
Gastric injury takes place in the following sequence

1. Injurious etiologic agent
2. Cytotoxic effect of gastric mucosal epithelium
3. Inflammatory response

Types of Chronic Gastritis

Chronic gastritis is of different types based on the etiologic factors.

- Type A (autoimmune)
- Type B (bacteria)
- Type AB (mixed environmental)
- Chemical (reflux)
- Miscellaneous



After two eradication failures, *H. pylori* culture and tests for antibiotic resistance should be a consideration.

Autoimmune gastritis: Substitution of deficient iron and vitamin B12 (parenteral 1000 micrograms or oral 1000 to 2000 micrograms) is needed. Monitor Iron and folate levels, and eradicate any co-infection with *H. pylori*. Endoscopic surveillance for cancer risk and gastric neuroendocrine tumors (NET) is required.

Other forms of treatment in gastritis include cessation of alcohol, smoking, anti-inflammatory drugs, spicy food, as well as managing stress, immunomodulatory therapy in autoimmune enteropathy, and dietary modification in eosinophilic gastritis.

Investigations

Though the symptoms are mostly subjective, few investigations maybe helpful in diagnosis and early detection of complications. They are:

- Endoscopy
- Endoscopic biopsy
- Blood tests
- Stool examination
- Urea breath tests

Medical Management of Gastritis

Treatment regimens differ from antibiotics (in *H. pylori* gastritis) to vitamin supplementation (in autoimmune metaplastic atrophic gastritis) to immunomodulatory therapy (in autoimmune enteropathy) to dietary modifications (in eosinophilic gastritis).

***H. pylori*-associated gastritis:** A triple-therapy of clarithromycin/proton-pump inhibitor/amoxicillin for 14 to 21 days is considered the first line of treatment.

Clarithromycin is preferred over metronidazole because the recurrence rates with clarithromycin are far less compared to a triple-therapy using metronidazole. However, in areas where clarithromycin resistance is known, metronidazole is the option of choice. Quadruple bismuth containing therapy would be of benefit, particularly if using metronidazole.

Naturopathy Management of Gastritis

Prevention and cure of gastritis requires a detailed history of the patient's lifestyle, food habits, sleep pattern, social life, emotional stress and other environmental factors. Based on these details we can trace the root cause and treat accordingly.

Diet Therapy: Eating a well-balanced diet including all the nutrients in the required quantity is important. At the same time, one must be conscious about the quantity of food he/ she is eating, maintain regular meal timings and chew the food properly ensuring the digestion begins in the mouth and the stomach is not burdened.

Fruits, vegetables and nuts rich in vitamins and minerals must be included in the diet. Avoid spicy and oily foods, processed foods, chocolates, caffeine and alcohol.





Naturally available regional and seasonal food is the key to good dietary practice.

Ensure the consumption of water is adequate.

Hydrotherapy: Hydrotherapy has proved to be effective in the treatment of chronic gastritis. Cold water treatment is the best choice including ice water sipping, cold compress to abdomen, cold abdomen pack, mud pack to abdomen, gastro hepatic compress for 30 minutes helps in preventing congestion over abdominal areas which is the reason for inflammation and induration.

Alternate hot and cold hip bath for 20 minutes helps in enhancing blood flow, which help to eliminate algogenic chemicals, and also facilitates muscle relaxation .

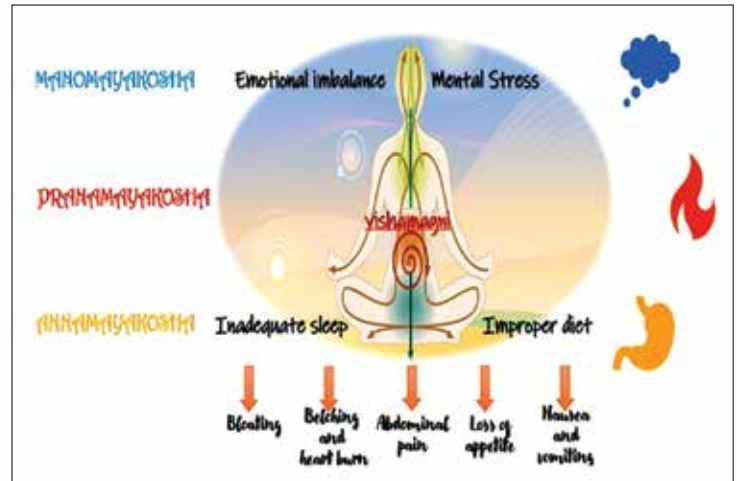
Cold abdomen pack and steam bath acts through prostaglandins to increase epithelial cell proliferation.

Mud Therapy: Cold mud pack to abdomen influences prostaglandins and leukotrienes, which prevents unwanted aggregation of platelets

Yogic Management of Gastritis: Yoga holds a holistic approach not just towards the disease but towards the person as a whole and treats him accordingly. The yogic explanation of existence of a human being is not just at the physical plane - the body. There are five layers of existence to each individual, called the Panchakoshas. These are Annamayakosha (physical body), Pranamayakosha (energy body), Manomayakosha (emotional body), Vijnanmayakosha (intellectual body) and Anandamayakosha (bliss body).

Diseases are not mere physical illness. They set in at a much subtler level (manomayakosha) and express itself as physical symptoms (annamayakosha). These are referred as psychosomatic disease in modern terms mainly including lifestyle disorders.

Chronic gastritis is one such stress-borne



disease, a result of wrong lifestyle.

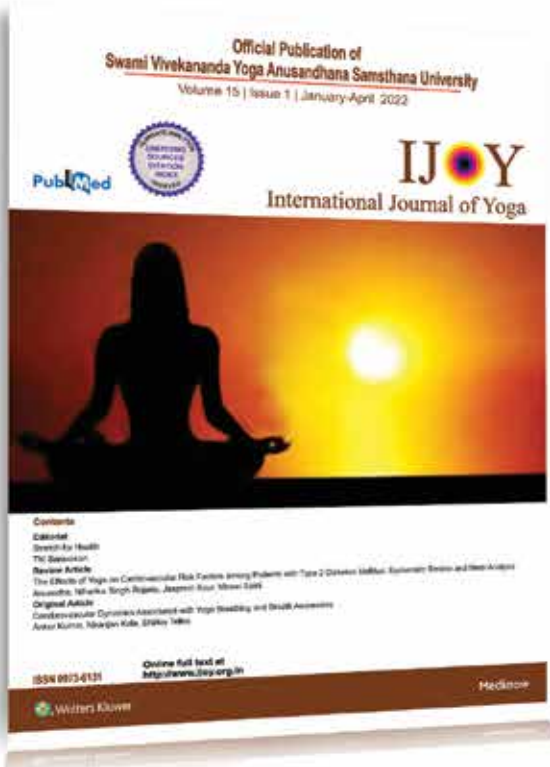
Mental stress and emotional disturbances at the manomayakosha disturbs the samana prana in the pranamayakosha affecting the digestive fire. The digestive fire is also agitated due to inadequate sleep, untimely food intake and other wrong dietary habits. A combined effect of these imbalances results in physical symptoms like bloating, belching, heart burn, abdominal pain, nausea, vomiting and loss of appetite. Hence, treating the root cause is the only way to cure the disease. Any other methods can merely provide symptomatic relief which is momentary.

An integrated approach of yoga therapy is the most ideal way of treatment. This comprises of the following

- **Kriyas** for internal cleansing and deep relaxation.
- **Yogic diet** for proper nourishment of the body and mind.
- **Asanas** ensuring right physical postures and muscular relaxation.
- **Breathing exercises and pranayama** for correcting the energy imbalances.
- **Bhajans and meditation** for emotional well-being.
- **Yogic counselling** to create awareness about the disease and self.

Stress-free activities like gardening, volunteering etc to experience happiness without any expectations.

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Success Story 1

A male participant of age 45 years visited Arogyadhama. He was a known case of polycystic kidney disease and hypertension. He complained of internal haemorrhoids with bleeding in stools which led to anaemia. He was under medication for the same. He complained of shoulder pain (left > right) which aggravated during night time and relieved on taking injection, Also he complained of disturbed sleep.



Participant was advised to follow the integrative therapies which included- yoga therapy, physiotherapy, naturopathy diet and Ayurveda.

Yoga therapy: Yoga therapy included specific techniques for hypertension and to gain control over urination frequency. Pranayama techniques to improve lung function, and to improve shortness of breath. OM meditation, cyclic meditation, MBSR, pranic healing and sleep special technique was advised to manage stress, improve sleep quality.

Ayurveda treatments: Matrabasti with sukumaraghrita, saindhavalavana and shatapushpachurna was advised for 8 days. Asanadikashaya, bhringarajachurna, kanchanarguggula, tab kankayanavati, tab styplon, asanadikashaya with punarnavachurna and yashtimadhuchurna, varunadighrita, yashtimadhuchurna, sootshekhar rasa was included in daily regimen.

Naturopathy diet was advised. In which vegetables, boiled diet, raw fruits and raw vegetables were given.

Parameters	DoA	DoD	Parameters	DoA	DoD
Pulse (bpm)	86	69	Weight (kg)	92.7	82.5
Blood pressure (mmHg)	136/80	126/84	BMI (kg/sq.m)	28.4	25.5
Respiratory rate/ min	20	10	Symptom score	2	0
Bhramari time	19	22	Medication score	10	2

Participant felt better and relaxed. There was reduction in the symptoms and medication dosage reduced which shows effectiveness of the treatments. There was improvement in the sleep pattern. There was reduction in the blood pressure. He was advised to continue yoga practices at home and to follow Sattvic diet. He is advised to continue prescribed Ayurveda medications and hydrotherapy treatments from naturopathy.



Prof. K Ramasubramanian, Institute Chair Professor at the Cell for Indian Science and Technology in Sanskrit (CISTS), Department of Humanities and Social Sciences, Indian Institute of Technology, Bombay, was felicitated during the Varahamihira Advance Centre of Vedic Technology and Research meeting held on 22nd Aug 2022.



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Evidence Based Health Benefits in Long Term Yoga Practitioners - Part 1

Mountains of studies have shown the health benefits of short-term yoga interventions. But what happens if someone continues practising consistently for many years? Scientific findings report the accumulation of both physical and psychological changes. Great news for yogis!

1. Yoga Helps Manage Stress

A recent Indian study found that long-term yoga practitioners were better able to manage their stress, and also perceived having higher personal control, lower emotional impact, lower risk and higher preventive control for contracting COVID19 than matched non-practitioners (1). Those who had practised for a longer period of time were found to have highest peace of mind, and the lowest depression and anxiety.

We see the calming effects of yoga at a physiological level. When we are stressed, the brain activates the



■ *Dr. Mary Flaherty*
Author of the Book, 'Does Yoga Work? Answers from Science'



sympathetic nervous system which in turn signals the release of hormones such as cortisol into the bloodstream. GABA (brain gamma aminobutyric acid), the primary inhibiting neurotransmitter (chemical messenger) acts like a gate keeper for stress hormones. When a threat - or the thought of the threat - passes, the parasympathetic nervous system dampens the stress response and GABA increases.

A study carried out at the Boston University School of Medicine, compared changes in GABA levels in healthy, regular yoga practitioners before and after a 60-minute yoga session, with matched controls (who had no yoga experience) who read popular fiction for 60 minutes (2).

The GABA levels of the groups were measured immediately prior to and immediately after the interventions.

The yoga session was associated with a 27% increase in GABA levels. In contrast, no change was seen in the controls.

"Our findings clearly demonstrate that in experienced yoga practitioners, brain GABA levels increase after a session of yoga." [Chris Streeter, M.D., Psychiatry and Neurology, Boston University School of Medicine, USA].



2. Yoga Can Change Your Brain!

Scientists have known for decades that aerobic exercise, and more recently, meditation, strengthen the brain and contribute to the growth of new neurons. And now it looks like yoga can be added to this list.

Using MRI scans, researchers in Maryland detected more grey matter in certain brain areas in 14 people who regularly practised yoga (on average for 6 years), as compared with 14 control subjects who had never done yoga (3). The yogis and controls were matched on age, sex, education and physical activity levels.

Grey matter is responsible for many of the brain's functions, including learning skills and memory, interpreting senses, muscle control and self-awareness.

The Maryland group found that yogis who practised *asana*, breath techniques and meditation had more grey matter in the somatosensory cortex, (which contains a mental map of our body), the superior parietal cortex, (involved in directing attention), the hippocampus, (vital for memory) and other areas key to our concept of self, compared to the controls.

"Yoga contributes to protect the brain against age-related decline." [Chantal Villemure, National Center for Complementary and Alternative Medicine Bethesda, Maryland, USA].

Importantly, the more years of yoga and more hours practised per week, the better the grey matter preservation.

Of course, we might ask ourselves, is it possible that the yogis had more grey matter than the controls before they ever hit the mat?

The answer may lie in a review which focused on the relationship between yoga practice and brain health (4). The studies measured brain differences between individuals who regularly practised yoga (average of 9.3 years of experience) and those who didn't.

The amygdala (a brain structure that contributes to emotional regulation) and hippocampus tend to be larger in yoga practitioners than in their peers who do not practise yoga. The prefrontal cortex (a brain region just behind the forehead, essential to planning, decision-making, multitasking), and cingulate cortex (implicated in complex cognitive functions, such as empathy, impulse control, and decision-making) also tend to be larger or more efficient in those who regularly practise yoga.

We have to question if it is the yoga practise or the yoga lifestyle that helps our brains. A national survey in the USA found that, compared to the US average, yoga practitioners are more likely to be physically active, non-obese, and well-educated – each of which are known to individually contribute to positive changes in brain structure and function (5). The survey also found the yoga practitioners are almost four times more likely to follow vegetarian or plant-based diets compared to the US population, which could also contribute to brain health.

In summary, the news is that **consistent, sustained yoga practice may change the brain for the better.**

3. Improves Body Image, especially if you are Doing Yoga Because You Like It

Studies have noted that the more frequently one practices yoga and the more lifetime practice one has done, the lower the tendency to self-objectify and the happier they tend to be with their body image (6).

A cross-sectional questionnaire study carried out in Hungary on 203 adults who practised yoga at an advanced level, concluded that enhanced body awareness, body image satisfaction and mindfulness are the mediators of the connection between yoga practice and well-being (7). And **the more they practised, the better was their body awareness.**



An Australian study found that long-term male yoga practitioners were more satisfied with their body image than those who regularly worked out in a gym (same schedule with weight training and aerobic training) (8). However, when they looked at men who were total beginners - who had just signed on for their first yoga class prior to the study, it was found that they, like the experienced yoga practitioners, had higher body image satisfaction than the gym-workout exercise group. This could suggest that exercising in gyms leads to increased body image dissatisfaction and higher self-objectification. Alternatively, it may be that men drawn to yoga may have greater body image satisfaction at the outset than those who tend to do general aerobic or weight lifting exercise.

It seems that the reason we practice yoga makes a difference when it comes to body image. Researchers at San Jose State University assessed the body satisfaction of 157 women who regularly practised yoga for over 12 years (9). With questionnaires, they divided the group

into those who practiced primarily for physical or appearance reasons (exercise, stretching, flexibility) and those who practiced for psycho-spiritual reasons (increase mindfulness, manage moods, become aware of feelings). The groups did not differ in proficiency, preferred yoga style, ethnicity, or education.

Body satisfaction was higher among those who practised yoga for psycho-spiritual reasons than those who practised for physical appearance.

4. Yoga Helps Improve Respiratory Function

Regular yoga practice which incorporates *pranayama* improves respiratory function in healthy individuals. And the **more *pranayama* one does, the greater the improvements.**

A review carried out by researchers at RMIT in Australia found that regular yoga practitioners use less O_2 in daily life than matched controls who don't practice yoga (10). Decreased oxygen consumption at rest is an indicator of cardio-respiratory system fitness and efficiency.

Conversely, increased oxygen consumption when doing exercise indicates that the body's aerobic function is healthy. When *bhastrika* breathing was performed at a rate of 232 breath/min by 3 advanced practitioners, O_2 consumption increased by 208% (11). Other *pranayama* techniques also generated these benefits with *ujjayi* increasing O_2 consumption by up to 52% (12). This shows that these types of *pranayama*, like traditional aerobic exercise such as running, burn a lot of calories (therefore consuming a lot of O_2) while they are actually being performed, even though this leads to lower O_2 consumption at rest due to the improved efficiency and fitness of the respiratory system gained from the practice.

Experienced yoga practitioners have been



shown to have a higher tidal volume (the amount of air a person inhales during a normal breath) at rest and to be better able to cope with hypercapnia (too much CO₂ in the blood) than matched controls with similar physical activity levels who do not practise yoga (13).

Given that some experiments indicate that the lower your O₂ consumption at rest, the longer you live (14), you might want to hit the mat and start doing some *pranayama* right now!

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For more information on the scientific evidence for the benefits of yoga, see "Does Yoga Work? Answers from Science" by Dr. Mary Flaherty. Available on Amazon.



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Yogi Vivekananda - 15

Yogis are not bound by Karma or fate or destiny. Yogis make the destiny. Not only a Yogi, we also can make our destiny. We are the makers of our future. Astrology does not predict the future but it below only say what is in store for us. What we make and store in the godown of the future for our use later is indicated by the science of astrology. Whatever articles are available in the room can be displayed on the board. Singularly future is like a godown in which the fruits of our actions are kept in safe custody for our use later. Astrology is like the index board or the contents displayed in the front or ahead of the actual happenings. If you want to alter the articles in the godown, we can change. The freedom to change or alter the happenings of our future is in our hands.

Swami Vivekananda strongly believes that man is the maker of his future. He is the architect of his destiny. If we want to belted a house we make a plan. When the construction is the progress we can make certain alterations deviating from the Engineer's plan. Singularly life is planned by the person who is living. But while progressing in life whatever alterations are required can't be brought in the life. Therefore, Swami believes that we can make or mar our lives.

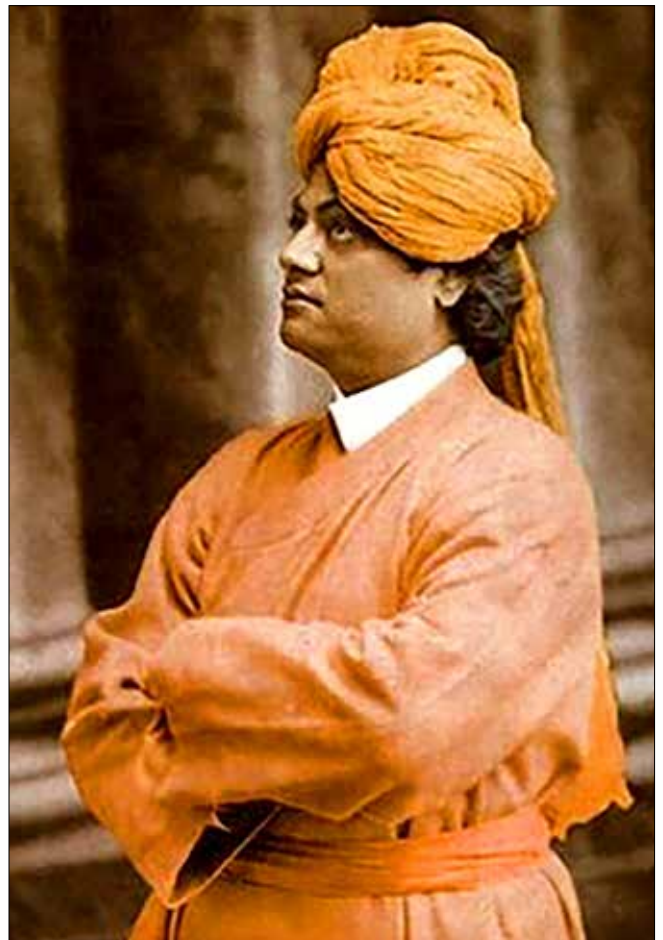
Weak people without any individuality or creativity or originality or will power follow the plan drawn by the Engineer. Man of will power and imagination will go against the plan or alter the plan according to his convenience. Similarly, fate can be altered. Destiny can be changed.

Markandeya has altered the fate with his self-confidence or straight in God. Savithiri is able to change her husband's destiny with her will power. Similarly, we too can change our lives as we like. Swami Vivekananda strongly is of the opinion that we can make our future. Once one

■ *Dr. K Subrahmanyam*
Advisor to Chancellor
S-VYASA



astrologer or promised predicted some event in the life of Swamiji's future. Swami wanted to know how the person was able to predict so. The soothsayer said that he was able to say so because of a particular line in the palm of the Swami. Vivekananda said that he could change the lines in the palm itself. The very next day, with his will power he was able to erase the line in the palm. The palmist was the surprised when a person was a able to change the physical structure of the body by dieting and exercise why can't the destiny be altered ? The present





day youth should not be told or misguided by the theory of fate. They should be given enough self-confidence and strength to make their future. The more we believe in fate, the more we become weak. What we need now is self-confidence and self-reliance. The greatness of Swami Vivekananda is his strong faith in himself. When he was asked about the secret of his success he said, "I think I am a dare devil of self-confidence". Because of his self-confidence he was able to go round the world twice like a prince without a pie in his pocket. The credit goes to his will power.

Swami Vivekananda says that education is to strengthen one's will power. The difference between person is in proportion to one's power of will. The weak are unfit and miserable everywhere. The strong are able to be successful and happy everywhere. Astrology has nothing to do with our will power. With our power of will we can certainly change not only the future, but also the course of the nation. We had been slaves because we were weak. We were able to win independence because we were able to be strong. Self-retaliation is not possible for weakling. Only the strong can attain the highest. That strength is to be instilled to be successful.



**Varamahalakshmi
celebration
in Prashanti**



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76th Independence Day & VYASA Founder's Day Program



The National Flag was hoisted by the Hon'ble Chancellor, chief guests, and all the dignitaries followed by National Anthem and Slogans.

Hon'ble Vice-Chancellor Dr. B R Ramakrishna welcomed all, especially Chief Guests Sri Hari Kiran, Chairman, Indica, and Sri Surendra Kedia, MD, RESET, Bangalore. He told that during the independence struggle there were three sectors, *Revolutionary, Moderate and Non-Violence*. He also told that the view of Independence by Non-Violation is wrong. The independence movement started very early in which many of our national heroes sacrificed their lives. He also said that inbuilt patriotism and nationalism can bring us more development. We are blessed to have a leader like Mr. Narendra Modi ji, Hon'ble Prime Minister. To protect our independence, we have to be alert and always should be like watchdogs otherwise we will again go back to our original

The Program started with three Omkara followed by Ganapati vandana and bhajans.

Ms. Bhumika welcomed all the dignitaries for the celebrations of the 76th Independence Day and Azadi Ka Amrit Mahotsav and VYASA Founder's Day.





status. So, therefore, let's be always sensitive and let's understand the circumstances, and let's educate society to see that our independence is protected by proper dynamic leadership in this country.

Prof. K Subrahmanyam ji, Advisor to Hon'ble Chancellor reminded Swami Vivekananda's thought for the freedom of our country that "Arise, Awake, and stop not till the Goal is reached" which means the country's freedom got only by involvement in the revolution. Also, he told the love of Swami Vivekananda for the Motherland and Holy land of India and its sacred soil. He said that Lord Atlee, the Prime Minister of England had said that

England did not grant independence because of Satya Graha or Non-Violence, just because of Threshold, freedom fighters of India have taken away it from us. If we would not grant we may be kicked out of India. He also said that it is in our hands to make mother Bharat a Spiritual Dynamo and Economical Dynamo.

Prof. Ramachandra G Bhat told that we Indians are the son of Immortality (Amrit) that's why we are celebrating "Azadi Ka Amrit Mahotsav".

Sri Hari Kiran, Chairman, Indica told that yoga is the only way to get





Felicitation to Sri Hari Kiran, Chairman, Indica

freedom. He also told that Indica will have MoU with S-VYASA for a bright future and to promote Indian knowledge system.

Sri Surendra Kedia, MD, RESET, Bangalore told that he is planning to plant 1000 trees inside the campus for a beautiful climate.

Dr. Raghuram N V, Chairman, Yoga Bharati told that freedom means not only physical, but it's also mental and spiritual which also gives us Moksha ultimately is called real freedom. Freedom from Ignorance will give freedom from the death and birth cycles.

Dr. Nagarathna, The Medical Director, Arogyadhama told how the NCD spreading now-a-days, and to drive away this deadly disease from India through Yoga we should make one platform. She called on students to fight against the drug menace.

Dr. H R Nagendra Ji, Hon'ble Chancellor told that Swami Vivekananda had said that we should surrender to our motherland. In our Motherland we have Vedas and in Uttara Mimansa there is science and we have to go beyond science. If the Morden science took 4000 years to know about the physical world then how much time it will take to know the whole world, as our ancestors had known, this is why we should love our motherland. He also told that yoga is a science of



Felicitation to Sri Surendra Kedia, MD, RESET

holistic living, to become a super divine human being and reach the highest level of freedom which is called Moksha, which is infinite freedom, infinite bliss, infinite knowledge, and infinite power. All these are called 'Amrit tattva', that's why we are celebrating "Azadi Ka Amrit Mahotsav". In India, we believe that "Vasudhaiva Kutumbakam", so we should work to increase freedom in mind and we should help others to be filled in love, peace, harmony, and bliss to realize real freedom and move higher and higher levels. With this thought, we have to spread yoga all over the world as India is the origin of Yoga.

Prof. M K Sridhar, Registrar told to the students that they are part of this greatest moment of India's independence of the 75th year of "Azadi Ka Amrit Mahotsav", and many of them will be there to participate in the 100th year and Centenary celebration of India's Independent and you will take India forward as 69 crores of youth are present among 139 crore population. And you are going to take the torch given by our hon'ble Chancellor to the whole world.

The Students of BSc, MSc and PhD sang patriotic songs with the musical team.

The Program ended with "Vande Mataram" sang by Sheela Didi and Team.





Recently,
a delegation from S-VYASA,
led by the Chancellor,
Dr. H R Nagendra gave a visit
to **Vishwa Jagriti Mission**
in New Delhi and had a discussion
with **Dr. Archika Sudhanshu,**
the Vice - Chairman of the Mission
on furthering the association
with S-VYASA.





Azadi ka Amrit Mahotsav

Celebrated by Disha Bharat and S-VYASA on 10th Aug, 2022

Topic: Know Yourself, Know Your Country, Know Your Culture



The program started with prayer.

Prof. M K Sridhar welcomed all. He also introduced Disha Bharat's members and told that the organization is organizing a nationwide 15 days youth campaign "My Bharat 2022", to commemorate Azadi ka Amrit Mahotsav and the motto of the organization is to "Imbue Patriotism in Youth", on the 75th year of Indian Independence.

Sri Pramodh Nataraj the chief speaker of the program welcomed all the students (youth) addressing them the future of Bharat and elaborated on why we should be proud to be Indian.



- Srimad Bhagwat Gita – The book of Psychology for a Strong and Healthy Mind
- Democracy
- Fastest growing GDP
- Marching towards becoming the Vishwa Guru.

He also spoke a lot about the history, patriotism, and sacrifices for the nation of our National Freedom Fighters. They embraced death for the shake of freedom struggle. For eg. Khudiram Bose, Chandra Shekhar Azad, Bhagat Singh, Madanlal Dhingra, Kittur Rani Chennamma, etc.

He also suggested 4 things become the true Desha bhaktas.

- Be ready to sacrifice your life.
- Live for the country

- Our Culture
- Unity and Diversity
- Spirituality
- Selfless Leaders





- If you are going abroad then go as a cultural ambassador of India
- Don't blame our Mother India.

He concluded his speech with the Vande Mataram slogan.

Dr. Raghuram N V, Chairman of Disha Bharat, Chief Guest told that the youth has a huge ignorance of who all were the freedom fighters to make them awake and know about our culture, our country, and the sacrifices of our freedom fighters. He said that Disha Bharat has started the journey to change the flow of knowledge towards the nation.

Prof. Subrahmanyam Ji narrated the story of Swami Vivekananda and his love for the motherland of India, society, and love for all human beings. He advised the youth to accept every challenge to make an opportunity, like Arjun in Mahabharat, and be courageous, and patriot like Swami Vivekananda. Let's walk in the footprint of these two legends of India and be like them.

The program ended with Shanti Mantra.



Workshop for Youth Empowerment held at Prashanti by Essae Foundation from 5th to 7th August, 2022 and 19th to 21st August, 2022.





Inauguration of New Batch of Yoga Courses & ITEC - YIC



Inaugural Ceremony: Felicitation to Sri Sri Swami Sachidananda, Arya Vaisya Mahasabha

Aug 1: The Inauguration program started with Shanti Mantra and Vedic chanting.

Mr. Shailesh Pradhan welcomed all the dignitaries and all the new coming students. Dignitaries lit the lamp.

Dr. B R Ramakrishna, Hon'ble Vice-Chancellor welcomed all, especially Sri Sri Swami Sachidananda, Pithadhipati, Arya Vaisya Mahasabha the disciple of Swami Dayananda Saraswati, and Padma Shri Awardee Dr. H R Nagendra, Hon'ble Chancellor. He told that we all are gathered for the inaugural function of ITEC-YIC (Indian Technical and Economic Cooperation - Yoga Instructor Course) Batch No. 21. Here we are getting an opportunity to

conduct the course by Gov. of India. We called it "Unity in Diversity and Diversity in Unity". Hon'ble Prime Minister of India Mr. Narendra Modi ji has made it amply clear in the United nation that Yoga is the soft power of my country.

Dr. NK Manjunath Sharma, Pro Vice-Chancellor, told that ITEC-YIC is the most successful program run by the Indian Govt. to spread yoga worldwide. S-VYASA is feeling proud for celebrating alumni in 113 countries because of ITEC-YIC. He also cheered students by showing them the multiple facilities given by S-VYASA and how they are going to have a great journey with all dimensions of Yoga.

Sri Sri Swami Sachidananda, Pithadhipati, Arya





Participants of ITEC – YIC, Batch 21

Vaisya Mahasabha, blessed all with his talk. He told “a well begun is the half of the job done” so choosing S-VYASA means half of the job done. It will take care of all your spiritual, integrated approach to Yoga, and various streams of Knowledge in yoga-like Karma Yoga, Bhakti Yoga, Raja Yoga, and Jnana Yoga. He thanked S-VYASA for the contribution of ancient yogic knowledge in a proper scientific way. He advised the students to put their heart and soul into a joyful and enthusiastic way of imbibing all the vibration and experience of knowledge inside the campus.

Dr. H R Nagendra, Hon’ble Chancellor showed his delightfulness for arrival of students from many countries of the world. He advised that yoga is for bringing peace on earth, and this is going to happen if each one of us will be in peace inside our hearts and mind. We all should learn how to calm down, balance, and tranquil the mind. Yoga is a holistic posture not only for the body but also for bringing calmness to the mind. Yoga is the path to freedom from all our tensions, diseases, and the bondages of emotions, bodies,

and intellects. He also elaborated on the sutra of rishi Patanjali that the journey is long, and we need whole life for the transformation by continuous practice with full of dedication.

Prof. M K Sridhar, Registrar gave a brief idea of the courses running in S-VYASA. He told that we are organizing three days of the cultural program for the new students so that they will be able to know the various research and culture of S-VYASA. He also gave the vote of thanks.

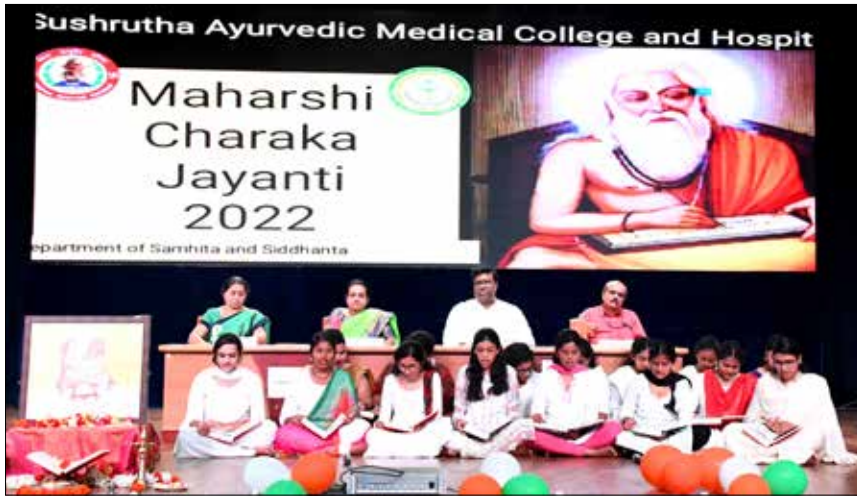


Valedictory Program: Felicitation to Sri Krishna Kengappa, IFS, Regional Passport Officer, Bangalore





S-VYASA recently entered into an MoU with Sri Shivaratnapuri Temple of Health, Rajarajeswari Nagar, Bangalore on 1st Aug 2022



Aug 17: The occasion of the **Charak Jayanti** "Quiz and Skit competition" conducted on 'Charaka Samhita' was organized by Shushruta Ayurvedic Medical College & Hospital in Prasanti Kutiram at Samskruti Bhavan, under the judgment of Dr. Roopa, Prof. Dept. of Shalakhya Tantra, Dr. Sunita, Prof. Dept. of Dravyaguna, Dr. Prabhavati, Asst. Prof. Dept. of RSBK.



Lecture Program @ TSYNM (The School of Yoga and Naturopathy Medicine), Prashanti Kutiram, Jigani, Bengaluru



Sri Krishna Janmashtami celebrations in Prashanti



80th Birthday Celebration of Prof. K Subrahmanyam ji



Birthday celebration in Tarangini

Aug 3: The celebration started with Shanti mantra and Maha Mrityunjaya Mantra for the well-being and long life of Prof. K Subrahmanyam ji.

Prof. M K Sridhar, Registrar welcomed all and told when a person will reach at his 80 years of age, we celebrate the ritual known as "Sahasra Purna Chandra Darshanam". He wished Prof. K Subrahmanyam ji and congratulated him for completing 80 years of his fruitful academic, admin and literary life.

The candle was lit and the cake was cut by Prof. K Subrahmanyam ji

Dr. N K Manjunath Sharma, Pro Vice-Chancellor wished him and said he is the only favourite person of the students of our campus and his speech is all time favourite of all.

Dr. B R Ramakrishna, Vice-Chancellor wished Prof. K Subrahmanyam Ji and said his presence is the holiest presence for Prashanti and thanked him to be the great advisor to our Hon'ble Guruji.

Dr. H R Nagendra, Hon'ble Chancellor congratulated Prof. K Subrahmanyam ji and wished him a healthy and long life. He told that Prof. K Subrahmanyam ji is the best planner ever and very good at giving votes of thanks.

Prof. K Subrahmanyam ji thanked all for their wishes and blessed all with a short and sweet speech. He told that he met Guruji 30 yrs. ago

and that time Guruji had a dream to bring Modern scientific study in an ancient manner (Gurukulam). He also said that the dream of guruji has succeeded by the combination of modern science with ancient literature and yoga in the coming years, our University is going to flourish, since it is with the right kind of new generation. The students and faculties should practice moral uprightness, Creative thinking, Truthful, and Useful to become the best citizens of the country.

The program ended with the Shanti mantra.



Cultural Extravaganza by the participants of ITEC – YIC, Batch 21



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