

# YOGA SUDHA

A Monthly Journal of S-VYASA Yoga University



Integrating Best of East with Best of West in Medical Practice



**Inaugural Ceremony of the  
21<sup>st</sup> INCOFYRA**

by

**Shri Narendra Modi**

Hon'ble Prime Minister of India

on Sunday, the 3<sup>rd</sup> January, 2016  
at Sheshadri Sabhangan,  
Prashanti Kutiram, Jigani,  
Bengaluru



p18

2016

Happy New Year



Best Wishes from **S-VYASA**

on the auspicious occasions of

Jan 1: Kalpataru Diwas, Jan 12: Vivekananda Jayanti,

Jan 15: Makara Sankranti, Jan 26: 67<sup>th</sup> Republic Day



Welcome to...

**13<sup>th</sup> Convocation of S-VYASA**

Jan 12, 2016

*on the auspicious day of Vivekananda Jayanti*

[www.svyasa.edu.in](http://www.svyasa.edu.in)

# तं विद्यादुःखसंयोगवियोगं योगसंज्ञितम्

# YOGA SUDHA

Vol.XXXII No.1 January, 2016

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# EDITORIAL

## *Have you wondered why Our Hon'ble Prime Minister Shri Narendra Modi ji is here for Inauguration?*

*Is it because...*

- He likes the serene 100 acres Prashanti Kutiram with greeneries, water bodies and birds or the World Centre of Excellence in Yoga?
- Lakshmi Amma was his most respected Role Model to whom he gave Yoga Rathna Award?
- Chancellor of S-VYASA is his Yoga Guru?
- He is fascinated by the Scientific Research and Traditional Approach combined together to Yoga?
- S-VYASA is the Lone Yoga University?
- VYASA and S-VYASA has published nearly 450 Research Papers on Yoga and Modern NCDs in Top Index Journals of the world
- The Top Researchers from all over the world have participated in the last 20 INCOFYRAs
- Collaborative Research in HCG, KMIO in Bengaluru, MDACC in Houston, USA, on Cancer, Royal Free Hospital in London on DM, Mental Health with NIMHANS, Arthritis with Middlesbrough General Hospital, UK, Cardiology with Narayana Hridayalaya, have been conducted by S-VYASA?

Shri Narendra Modi ji knows that the Future of Healthcare is to Combine the Best of Western

**Make India,  
the health care destination  
for all NCDs,  
being inaugurated by  
our Prime Minister  
Shri Narendra Modi ji  
on 3<sup>rd</sup> January 2016**

Medicine with Eastern Traditional Healthcare System, emphasizing prevention, promotion of Positive Health, controlling NCDs to prevent complications (which escalates health care costs) and

1. Prevent India becoming the DM Capital of the World
2. To make India the Holistic Healthcare destination for the world.

■ *Dr H R Nagendra*



## **Indian Yoga Association (IYA) - MEMBERSHIP CAMPAIGN**



Indian Yoga Association is a self-regulatory body of leading Yoga Institutions in India. IYA is having its Registered Office at New Delhi.

To bring up all the Yoga Masters and Teachers under single umbrella has started Membership Campaign.

For the Membership Form and other details please log on to [www.yogaiya.in](http://www.yogaiya.in)

Contact +91 98108 00689 | [iyayog@gmail.com](mailto:iyayog@gmail.com)



## ब्रह्मसूत्रम् (Brahmasūtram)

■ Prof. Ramachandra G. Bhat  
Vice Chancellor  
S-VYASA Yoga University, Bengaluru



एतेन शिष्टापरिग्रहा अपि व्याख्याताः (ब्रह्मसूत्रम्-२-१-१२)

Etena śiṣṭāparigrahā api vyākhyātāḥ (Brahmasūtram-2-1-12)

**Meaning:** 'By this (i.e. by the arguments against the Sankhyas) (those other theories) not accepted by the wise or competent persons are explained or refuted'.

The previous section dealt with the balance between *Shruti* (scriptural validation), *Yukti* (logical deliberation) and *Anubhuti* (experiential understanding), which are three important ways of validation and methods of proving any hypothesis, are generally used in any thought process in Vedanta school of philosophy. The present context is cosmology.

*Nasadiya Sukta* projects,

कुत आजाता कुत इयं विसृष्टिः ।

kuta ājātā kuta iyam visṛṣṭiḥ ।

"Where does this diverse world come from?"

Where has this world come from? How was it directed, and how has it expanded into vast space? These are very pertinent questions; we may call them as an eternal quest, unearthing the root of this wonderful world which continue to be examined endlessly. One depends upon the intellectual capacities while understanding deeper problems. Modern technological advancement facilitate a lot to communicate and convince any subject to the finest possible level.

On the contrary, ancient scientists, *Rishis*, communicated anything and everything supported by *Rutambara Prajnaa* (supra mind). For *Rishis*, internal tools were important than external gadgets which are limited for deeper communication. They understood the merits and demerits of *Tarka* (logics) and used it for optimal level.

Manu Maharshri says,

आर्षं धर्मोपदेशञ्च वेदशास्त्राविरोधिना ।  
यस्तर्केणानुसन्धत्ते स धर्मं वेद नेतरः ॥

ārṣaṁ dharmopadeśaṅca  
vedaśāstrāvirodhinā ।  
yastarkenānusandhatte  
sa dharmaṁ veda netaraḥ ॥

He is the knower of Dharma whose logic is supported and is in harmony with Vedas and Shastras, not one who just depends on one's own logics only. Importance is given for positive logic not for negative destructive logic. Acharya Shankara says,

दुस्तर्कात्सुविरम्यताम् श्रुतिमतस्तर्कोऽनुसन्दीयताम् ॥

dustarkātsuviramyatām  
śrutimatastarko'nusandīyatām ॥

Retire from negative logics and follow the logics of Vedas.

Spiritual and constructive logics are to be developed. Mere logic always mislead because they have limitations. One has to realise the factors. Mind is always very much preoccupied. Mind cannot be very objective for its indulgence in the past or future, controlled by the thoughts and stuck to unwanted objects. Yogis develop inbuilt mechanism to purify the mind at every step at every level through the practice of *Japa* (repetition of a mantra), *Amushthana* (austerity), *Pranayama* (healthy breathing practices) and *Dhyana* (spiritual p5...



*We, the Vice- Chancellor,  
The Members of the Board of Management  
and Academic Council of*

**Swami Vivekananda  
Yoga Anusandhana Samsthana**

*Request your esteemed presence at the*

## **THIRTEENTH CONVOCATION**

At 10 am on Tuesday, the 12<sup>th</sup> January, 2016

*Chief Guest*

**Dr. Vijay Kumar Saraswat** M.E., Ph.D.  
Member, NITI Ayog, Government of India,  
Former Secretary, Dept. of Defense R&D,  
Former Director General of Defense Research  
and Development Organization (DRDO)  
and Scientific Advisor to Raksha Mantri  
*will deliver the Convocation Address*

**Dr. H R Nagendra**

Chancellor

*Will Preside over the Function*

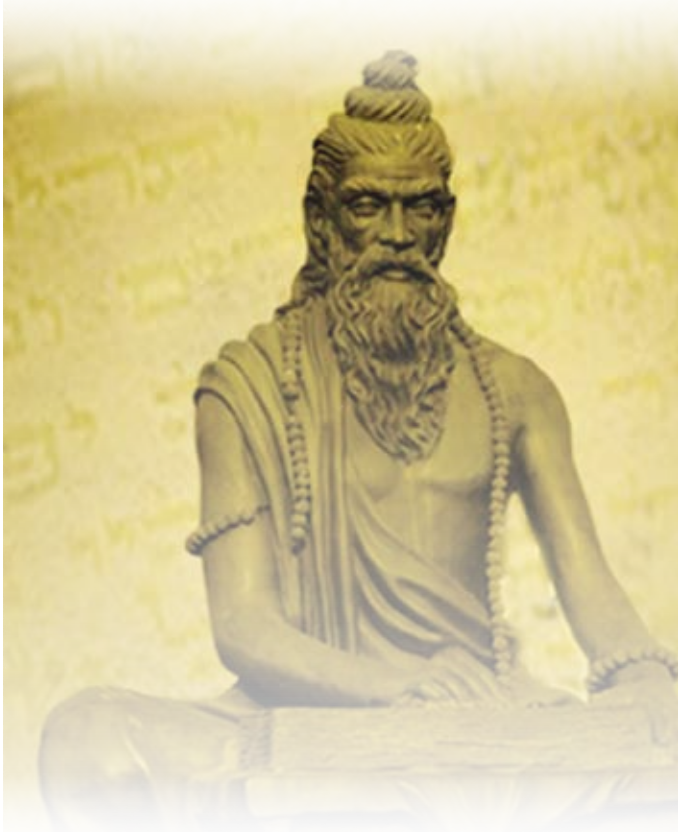
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**Prof. Ramachandra G. Bhat**  
Vice-Chancellor

**Dr. Subramanya Pailoor**  
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# ಪಾತಂಜಲ ಯೋಗಶಾಸ್ತ್ರ

## ಸಹಜ ಪ್ರಯತ್ನ ಪ್ರಶಾಂತಿಯೆಡೆಗೆ...



■ ಶ್ರೀ ರಾಜೇಶ ಎಚ್.ಕೆ.  
ಸಂಯೋಜಕರು ಹಾಗೂ ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕರು  
ಯೋಗ - ಅಧ್ಯಾತ್ಮ ವಿಭಾಗ  
ಎಸ್-ವ್ಯಾಸ ಯೋಗ ವಿಶ್ವವಿದ್ಯಾಲಯ

### ತೀವ್ರಸಂವೇಗಾನಾಮಾಸನ್ನಃ

|| ಪ.ಯೋ.ಸು - 1.21 ||

### ಮೃದುಮಧ್ಯಾದಿಮಾತ್ರತ್ವಾತ್ ತತೋಽಪಿ ವಿಶೇಷಃ

|| ಪ.ಯೋ.ಸು - 1.22 ||

ನಿಶ್ಚಿತ ಗುರಿಯೊಂದಿಗೆ ತೀವ್ರ ಸಾಧನೆಯಲ್ಲಿ ತೊಡಗಿರುವವರಿಗೆ ಸಮಾಧಿ ಲಾಭದ ಸಮೀಪ ತಲುಪಬಹುದೆಂದು ಈ ಸೂತ್ರದ ಮೂಲಕ ಮಹರ್ಷಿ ಪತಂಜಲಿಗಳು ನಿರ್ವಚಿಸುತ್ತಿದ್ದಾರೆ.

ಪರವೈರಾಗ್ಯದಿಂದ ಉಂಟಾಗುವ ವಿವಿಧ ರೀತಿಯ ಸಮಾಧಿಗಳನ್ನು ಈ ಹಿಂದಿನ ಸೂತ್ರಗಳಿಂದ ತಿಳಿದಿದ್ದೇವೆ. ಆದರೆ ಈ ಸಮಾಧಿಯು ಲಭಿಸುವ ವೇಗವು ತೀವ್ರತೆಯನ್ನು ಅವಲಂಬಿಸಿದೆ ಎಂಬುದನ್ನು ದೃಢೀಕರಿಸುತ್ತಿದ್ದಾರೆ. ಈ ಹಿಂದಿನ ಸೂತ್ರದಲ್ಲಿ ಸಮಾಧಿ ಲಾಭದ ಉಪಾಯಗಳಾದ ಶ್ರದ್ಧಾ, ವೀರ್ಯ, ಸ್ಮೃತಿ, ಸಮಾಧಿ ಮತ್ತು ಪ್ರಜ್ಞೆಗಳ ಬಗ್ಗೆ ವಿವರವಾಗಿ ತಿಳಿದಿದ್ದೇವೆ. ಕೇವಲ ಉಪಾಯಗಳಿಂದಲೂ ಸ್ವರೂಪದ ಉಪಲಬ್ಧಿಯಾಗುತ್ತದೆ. ಆದರೆ ಇದು ಏಕಕಾಲದಲ್ಲಿ ಎಲ್ಲರಿಗೂ ಲಭಿಸುವುದಿಲ್ಲ. ಕೆಲವರಿಗೆ ಯೋಗಾನಂದದ ಅನುಭೂತಿಯಾದರೆ ಮತ್ತೆ ಕೆಲವರಿಗೆ ಅಲ್ಲ. ಮತ್ತು ಕೆಲವರಿಗೆ ನಿಧಾನವಾದರೂ ಲಭ್ಯವಾಗುತ್ತದೆ. ಕಾರಣ ವೈರಾಗ್ಯದ ಭಾವದಲ್ಲಿ ಭಿನ್ನತೆಯಿರುತ್ತದೆ.

ಪ್ರತಿಯೊಂದು ಉಪಾಯದಲ್ಲೂ ತೀವ್ರತೆ ಭಿನ್ನವಾಗಿರುತ್ತದೆ. ಇದನ್ನೇ ಮಹರ್ಷಿಗಳು ಮೂರು ರೀತಿಯಲ್ಲಿ ವಿಂಗಡಿಸುತ್ತಾರೆ. ಮೃದು, ಮಧ್ಯ ಮತ್ತು ಅಧಿಮಾತ್ರವೆಂದು. ಪ್ರತೀ ಉಪಾಯವು ವಿಭಿನ್ನ ಪ್ರಯತ್ನ ಮತ್ತು ವೇಗಗಳಿಂದ ಕೂಡಿರುತ್ತದೆ. ಸಾಧಕನ ಸಾಧಿಸುವ ವೇಗ ಧನಾತ್ಮಕವಾಗಿದ್ದು ಮತ್ತು ಪ್ರತಿಶತ ನೂರು (100%) ಪೂರ್ಣ ಪ್ರಯತ್ನದಿಂದ ಮಾತ್ರ ಲಕ್ಷ್ಯದೊಡನೆ ಸಾಗಲು ಸಾಧ್ಯ.

ಸಾಧಕನ ಉಪಾಯಗಳ ತೀವ್ರತೆಯು ಮೃದು, ಮಧ್ಯ ಮತ್ತು ಅಧಿಮಾತ್ರವೆಂದು ಮಹರ್ಷಿಗಳು ತಮ್ಮ ಮೇಲಿನ ಸೂತ್ರದಲ್ಲಿ ಪ್ರತಿಪಾದಿಸಿದ್ದಾರೆ. ಪ್ರಯತ್ನ ಮತ್ತು ಸಂವೇಗಕ್ಕನುಗುಣವಾಗಿ ಒಂಭತ್ತು ರೀತಿಯಲ್ಲಿ ಸಾಧಕರನ್ನು ಅಥವಾ ಯೋಗಿಗಳನ್ನು ಮೇಲಿನ ಸೂತ್ರದ ಆಧಾರದಲ್ಲಿ ಈ ಕೆಳಗಿನಂತೆ ವಿಂಗಡಿಸಲಾಗಿದೆ.

**ಸೌಮ್ಯ ಪ್ರಯತ್ನ:** ಮೇಲಿನ ಭಾವಚಿತ್ರದಲ್ಲಿ ಸೂಚಿಸಿರುವಂತೆ ಸೌಮ್ಯ ಪ್ರಯತ್ನ ಮತ್ತು ಸೌಮ್ಯ ಸಂವೇಗ ಯಾತ್ರೆಯು ಮರಳುಗಾಡಿನಲ್ಲಿ ಅವಸಾನವಾಗುತ್ತದೆ. ಎಷ್ಟೇ ಕ್ರಮಿಸಿದರೂ ನೀರು ಮರೀಚಿಕೆಯೇ. ಹಾಗೆಯೇ ಪ್ರತಿಫಲವೂ ಶೂನ್ಯವೇ. ಅಲ್ಲಿ ನೀರಿಲ್ಲ, ಗಿಡ-ಮರಗಳಿಲ್ಲ, ಪಕ್ಷಿಪ್ರಾಣಿಗಳಿಲ್ಲ, ಅಂತಿಮವಾಗಿ ಶೂನ್ಯ ಶುಷ್ಕ ಅನುಭವ. ನಿರಾಳವಿಲ್ಲದ ನೀರಿಲ್ಲದ ನೀರವತೆ. ಚಿತ್ರದಲ್ಲಿ ವೃತ್ತಿಗಳ ನಿರೋಧವಾದರೂ ಅಪೇಕ್ಷಿತ ಫಲವು ಲಭಿಸುವುದಿಲ್ಲ. ಕೇವಲ ಶೂನ್ಯಾನುಭವ.

**ಮಧ್ಯಮ ಪ್ರಯತ್ನ:** ಮಧ್ಯಮ ಪ್ರಯತ್ನ ಮತ್ತು ಮಧ್ಯಮ ಸಂವೇಗದಲ್ಲಿ ಯಾತ್ರೆಯು ಸುಂದರ ಸುಮಧುರ ಸಮೃದ್ಧ ಹೂದೋಟದ ನಡುವೆ ಸಾಗಿದಂತೆ. ಈ ಸ್ಥಿತಿಯಲ್ಲಿ ಯೋಗಿಯು ತನ್ನ ಸುತ್ತ-ಮುತ್ತಲೂ ಹೂಗಳ ಸುವಾಸನಾಯುಕ್ತ ಪರಿಮಳದೊಂದಿಗೆ ಪಕ್ಷಿಗಳ ಚಿಲಿಪಿಲಿ ನಾದದ ಕಲರವ; ನೇಸರನ ಹೊಂಬಣ್ಣದ ಕಿರಣಗಳ ಸ್ಪರ್ಶಾನುಭವ; ಆಳವಾದ ನಿರಾಳವಾದ ಪರಮಶಾಂತಿಯೆಡೆಗೆ ಪ್ರಯಾಣ. ತನ್ಮೂಲಕ ಪ್ರಶಾಂತತೆಯ ಪ್ರಶಾಂತಿಯೆಡೆಗೆ.



ಸಮವರ್ಗ - Conviction	ಸೌಮ್ಯ ಪ್ರಯತ್ನ (Mild Practice)	ಮಧ್ಯಮ ಪ್ರಯತ್ನ (Medium Practice)	ತೀವ್ರ ಪ್ರಯತ್ನ (Intense Practice)
ಮೃದು - (Mild)	ಸೌಮ್ಯ ಪ್ರಯತ್ನ - ಸೌಮ್ಯ ಸಂವೇಗ	ಮಧ್ಯಮ ಪ್ರಯತ್ನ - ಸೌಮ್ಯ ಸಂವೇಗ	ತೀವ್ರ ಪ್ರಯತ್ನ - ಸೌಮ್ಯ ಸಂವೇಗ
ಮಧ್ಯ - (Medium)	ಸೌಮ್ಯ ಪ್ರಯತ್ನ - ಮಧ್ಯ ಸಂವೇಗ	ಮಧ್ಯಮ ಪ್ರಯತ್ನ - ಮಧ್ಯ ಸಂವೇಗ	ತೀವ್ರ ಪ್ರಯತ್ನ - ಮಧ್ಯ ಸಂವೇಗ
ಅಧಿಮಾತ್ರ - (Intense)	ಸೌಮ್ಯ ಪ್ರಯತ್ನ - ತೀವ್ರ ಸಂವೇಗ	ಮಧ್ಯಮ ಪ್ರಯತ್ನ - ತೀವ್ರ ಸಂವೇಗ	ತೀವ್ರ ಪ್ರಯತ್ನ - ತೀವ್ರ ಸಂವೇಗ



ಸೌಮ್ಯ ಪ್ರಯತ್ನ - ಸೌಮ್ಯ ಸಂವೇಗ



ಮಧ್ಯಮ ಪ್ರಯತ್ನ - ಮಧ್ಯ ಸಂವೇಗ



ತೀವ್ರ ಪ್ರಯತ್ನ - ತೀವ್ರ ಸಂವೇಗ

ತೀವ್ರ ಪ್ರಯತ್ನ: ಯೋಗಿಯ ತೀವ್ರ ಸಂವೇಗದ ಪ್ರಯಾಣವು ಅಂತಿಮ ಗುರಿಯೆಡೆಗೆ ಸಮೀಪವಾಗಿರುತ್ತದೆ. ಇಲ್ಲಿ ಯೋಗಿಯು ಅರಣ್ಯದ ಮೂಲಕ ಸಾಗುವಾಗಲೂ ಸಮೀಪವಿರುವ ನದಿಯ ತಂಪಿನ ಅನುಭವವನ್ನು ದೂರದಿಂದಲೇ ಅನುಭವಿಸುತ್ತಾನೆ. ಅಂದರೆ ಇನ್ನೂ ಆನಂದದ ಹರಿವಿನ ಸೆಲೆಯಲ್ಲಿ ಒಂದಾಗುವ ಮುನ್ನವೇ ಪೂರ್ವಾನುಭವವಾಗುತ್ತದೆ. ಆ ತಂಪಿನ ತರಂಗಗಳ ಆನಂದದ ಸೆಲೆಯ ವಲಯವು ಎಲ್ಲವನ್ನು ಆವರಿಸಲ್ಪಡುತ್ತದೆ. ಇದುವೇ ತೀವ್ರ ಸಂವೇಗ ಮತ್ತು ತೀವ್ರ ಪ್ರಯತ್ನದ ಫಲವಾಗಿರುತ್ತದೆ.

(ಸಶೇಷ)

...p3 concentration) etc. A logic built on preoccupied condition of the mind will never be very objective. As the seed so the tree, as the environment so the logic, as the inputs so the logic, "hence, inbuilt negative thoughts from the experiences of past would create logic which is destructive in nature", says the tradition.

In this context, Veda Vyasa concludes that *Sankhya, Tarka, Nyaya* and many other schools of thoughts are directed by great Maharshis, such as Kapila, Kanaada, Gautama, Patanjali, Jaimini etc. However, a major problem is the fixation of all their logics within some narrow domains. It is difficult for them to think out of box. Because they are Yogis, supra-mental personalities, having *Shishtatva*, some follow those schools of thoughts. While examining those schools of thoughts, one should be very objective. Veda Vyasa approves them though their relevance while reminding us of the limitations of these schools. The *Rishis* were open minded, ready to agree, to disagree and to disagree to agree. While presenting 'theory of everything', diverse theories such as *Anuvada* (theory of world based on atoms), *Prakritivada* (theory of dualism; Prakriti and Purusha) and *Shunyavada* (theory of world based on nihilism), are all lopsided to project 'theory of everything'.

“परमगम्भीरस्य जगत्कारणत्वस्य तर्कान्वगाह्यत्वम्  
paramagambhīrasya jagatkāraṇatvasya  
tarkānavagāhyatvam”

Cause and effect theory of creation of the world is not understood by simple and mere logics.

Ecology and cosmology, mysterious and subtle in nature, are two subjects where we cannot apply our reasoning and analysis. Analysis, synthesis and reasoning are very limited capacities of human mind which should not be relied upon for subtlety of cosmology.

Upanishadic statements (*Mahavakyas*) would help a lot in understanding the subtle aspects. Veda must be main proof for cosmological thoughts. *Sutrakara* and *Bhashyakara* make this point clear in this particular *Adhikarana*. But every school of thought got its own role to play in realizing cosmological subtlety which ultimately leads us to 'theory of everything' though this was very well projected by none other than the great scientist, Einstein. But Upanishad alone could give proper guidance to understand the ultimate theory of everything

to be continued...

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## A Chance Meeting with A Himalayan Sadhu

I had read about the mystic powers of Sadhus and Yogis in the works of Paramahansa Yogananda, Swami Rama, Satyakama, E.M. Forster and Sir John George Woodroffe. I had learnt that those Sadhus and Yogis generally live in the higher altitudes of the Himalayas and rarely reside in populous cities or villages. I was yearning to see and have a dialogue with them. The love of nature and spirit of adventure had prompted me to travel wildly in the deep woods, hills of South India and the Himalayas. During June 1993, an expedition to Kirti Stambh Glacier (16,300 feet) was organized by me through the National College Mountaineering Association called Arohi for which I had been made the Founder President.

A team of 36 which included 28 college youth, men, four girls and four women embarked upon this high altitude trek in the Gharwal Himalayas during June 1993. The expedition of one month had its own trials and tribulations, joys and depressions, challenges and successes. We trekked from Gangotri (10,200 ft) to Gomukh

■ *Prof. M K Sridhar*  
*Hon. Dean, Division of Yoga-  
Spirituality, S-VYASA*



region (13,200 ft), walked on the Gomukh glacier, climbed and reached Tapovan (14,640 ft) which is in the foothills of Shivling peak and surrounded by snowy peaks of Bhriгу panth. There we met Subhadra Mataji from Karnataka (62 years) doing penance in a nearby cave. She was happy to see this big contingent from her mother state and offered hospitality to us. We stayed there for five days and also went to see the Kirti Stambh glacier which was covered by massive mud mounds owing to earthquake which had happened the previous year all around Uttarkashi and Gharwal districts (May 1992). We bade good bye to her and started our descent around 3am. Now that the return route was known to all team members, I entrusted the leadership to Mr. Prakash N and quickly came down. I was disappointed as I had not seen any mystic Sadhu during these three weeks of trek.





I reached Gomukh at 6 am and had a cup of tea offered by a Chaiwalla in the only hut situated on the banks of Bhagirathi River. Only we two were present at that time. Suddenly a Sadhu in saffron robes with a gourd in his hands and rosary of beads entered the hut and sat for a while. I saluted him with prefatory words in Sanskrit. He was happy and started speaking in Sanskrit. It was more of a question - answer session which lasted for the next one and half hours thus:

**Me:** *Suprabhatam* and Namaste Swamiji. Do you live in the Himalayas?

**Swamiji:** I have no place to live in. I wander about in all regions of the Himalayas.

**Me:** Swamiji ! Have you read the Upanishads?

**Swamiji:** Yes.

**Me:** Swamiji ! How many Upanishads have you read?

**Swamiji:** I have read all the major Upanishads and minor Upanishads amounting to 360. How many have you read?

**Me:** I have read the major 10 Upanishads. Swamiji, is it possible to realize *parabrahman* as explained in the Upanishads in one's life?

**Swamiji:** Yes. But one needs to think and practice a lot for a long time.

**Me:** Swamiji ! Have you realized that *brahman*?

**Swamiji:** Yes. It is an indescribable experience. He cannot be realized by just reading the Upanishads or holy books.

**Me:** Swamiji, have you read the Yoga Sutras of sage Patanjali?

**Swamiji:** Yes. I have read with the commentary of Maharshi Vedavyas.

**Me:** Swamiji! Is it possible to practice the five *yama*-s and five *niyama*-s in one's life vigorously?

**Swamiji:** Yes. But it needs tremendous patience and mind control.

**Me:** Swamiji! Is it possible to achieve the eight limbs of Yoga by a serious practitioner?

**Swamiji:** Why not? It is a continuous practice and *sadhana* for a pretty length of time. Primarily, you should have a yearning for it and dedicate your life for it.

**Me:** Patanjali Maharshi says that one could get some mystic powers at the time of practicing Yoga seriously. Is it true?

**Swamiji:** Yes. They are true like the existence of Sun, Moon and the Stars. They come and go like waves.

**Me:** Swamiji ! Have you practiced the eight limbs of Yoga and got some powers?

**Swamiji:** Yes. I got some mystic powers, experienced them and submitted them at the lotus feet of Lord Shiva.

**Me:** Swamiji ! Yoga Sutras inform that there are six states of *samadhi* from *sabeeja* to *nirbeeja*. Have you experienced them?

**Swamiji:** Yes. These have to be learnt under the strict guidance of a guru only and not just by reading sacred books.

**Me:** Swamiji ! I am desirous of practicing Patanjali Yoga and get some powers. If I become your disciple, will you kindly teach me so that I can experience those powers?

**Swamiji:** (laughing loudly) How can you learn Yoga? You have come with such a big *parivar* to the Himalayas. One has to do *sadhana* alone. Then one may get those powers after several years.

**Me:** Swamiji !, Alright. I am desirous of practicing Yoga alone. Will you accept me as your disciple?

Swamiji looked straight into my eyes and then said:

**Swamiji:** Alright. If you are seriously interested, then come to Omkareshwar Temple in Mandhata in Madhya Pradesh next year on Shivaratri day. I will make you my disciple.

**Me:** Swamiji! On that day thousands of pilgrims and Sadhus come to that temple. How can I find you there?

**Swamiji:** (laughing) Why should you find me? I



will know that you have come there and I myself will come and pick you up.

**Me:** Swamiji ! For curiosity I am asking. May I know your good name?

**Swamiji:** People call me as Manikaran Swami. I have spent too much time with you. You are asking many questions. I should go now.

Saying so, he went away immediately. As he moved, I felt some strange aura covering the entire hut. There was horripilation all around my body. I was aspiring to see a mystic Sadhu in the Himalayas and it had happened accidentally. I was amazed and closed my eyes for a while. I do not know how long I sat in that hut. Somebody came and touched my shoulders. When I opened my eyes, I saw my dear student Prakash speaking thus: 'Sir, What are you doing here? We thought you had got missed somewhere in this massive Glacier. We are all anxious to see you. Come. Let us go back towards Gangotri now'.

During the return trek to Gangotri, I narrated this incident to Prakash. Even he was curious to meet such Sadhus. The next evening we reached

Gangotri. After camping on the Banks of river Bhagirathi and after dinner, members slept. Prakash and myself thought Manikaran Swamiji might be staying somewhere in Gangotri and started searching for him by knocking doors of several houses and enquiring about Swamiji. The inmates of many houses having heard his name said thus: 'Have you really seen Manikaran Swamiji? Then you are the luckiest person. We have heard about Swamiji, his extraordinary powers, his stay in the Himalayas, but have never seen him at all. We have also heard that Swamiji moves with the speed of the wind and his presence itself is an *ashiroadam* to this region. You may not find him again'.

Myself and Prakash were disappointed. Next year, I did not go to Omkareshwar temple owing to busy professional commitments. Even now, when I sit alone in the Sanctum Sanctorum and close my eyes, I could visualize his virtuous and smiling face and sparking eyes. The dialogue I had with that mystic Swamiji 22 years ago is still lingering in my ears and is green in my memory. ■



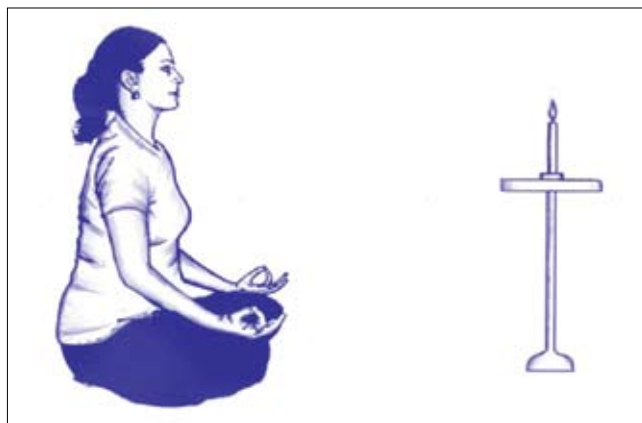
During the Inspection of ONGC Boys Hostel construction (funded by ONGC) in Prashanti Kutiram.  
Sri S P Sharma, Chief Engineer and Sri Subhash C Sharma, Dy. GM (Civil) - CSR, ONGC, came for Inspection



# Arogyadhama Success Stories

## Case 7: Primi Gravida with 5 months of Gestation

Mrs Ramya (name changed), a 27 years old Primi Gravida (conceived for the first time), came to Prashantikutiram with 5 months of gestation (pregnancy). Though this is a natural physiological state of the female life she had a few associated complaints of giddiness especially in the early morning hours since 2 months, nausea (vomiting sensation) after taking food, mild back pain radiating to right hip region, intermittent right heel or ankle pain, bad odour from the mouth and was on regular iron, folic acid and calcium medications as per the body requirements. No history of any other major illness or surgeries in the past. Her menstrual and obstetric history was also normal. She was diagnosed as Primi with 5 months of gestation.



During her six days' stay she underwent yogapactices based on Integrated Approach of Yoga Therapy (IAYT) which is a special yoga module prepared for normal pregnancy and associated complications in our campus based on yoga research. Along with this there was more focus on folded leg lumbar stretches to relieve her back pain, Pranayama (especially abdominal breathing was made to practice 4 times/day) which helped reduce her nausea and vomiting. She was made to do trataka (a technique of gazing

on candle flame) to improve eye sight. It helped her to relax and reduce her anxiety, strengthen her will power and improve her quality of sleep. Counselling session focused on Bhakti yoga concept to explain her the motherhood and accept the changes in her physically and mentally as she was primi gravida. This helped her to a great extent to accept the normal physiology in her body associated with pregnancy and reduce her problems. She was very much relaxed and less anxious at the discharge time and was looking forward to the bundle of joy post her delivery. Given below are her parameters before and after yoga:

**Parameters:** Within two weeks her nausea and vomiting had reduced dramatically, her frequency of urination reduced, sleep quality improved,





fatigue reduced and she was able to tolerate the food orally. She reported considerable improvement in her overall wellbeing.

### Vital Parameters

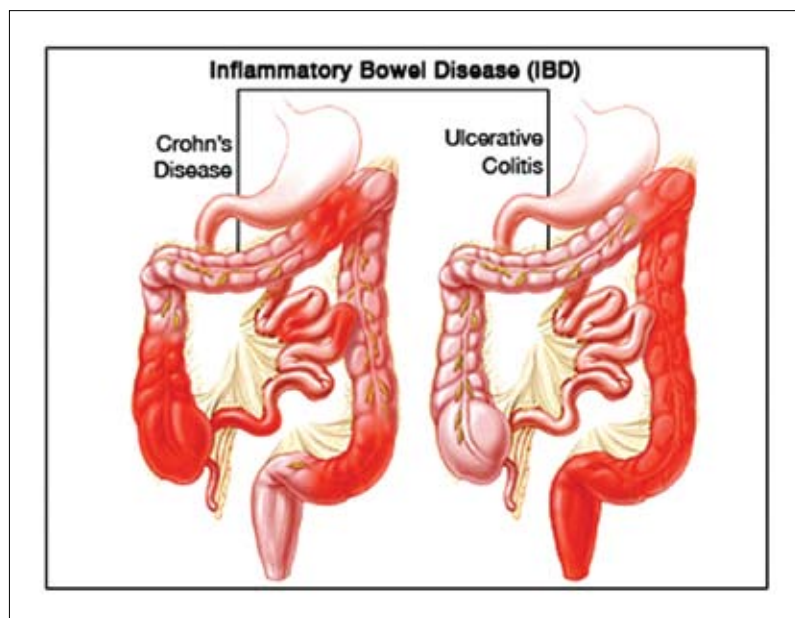
Parameters	DOA	DOD	Parameters	DOA	DOD
Pulse Rate(beats/min)	90	78	Weight (in kg)	45	45.4
Blood Pressure(mmof Hg)	98/68	100/60	Respiratory Rate (cycles/min)	20	15
Brahmari time (sec)	15	18	Symptom score	7	2

### Symptoms on date of admission (DOA) and date of discharge (DOD)

	1 <sup>st</sup> Week	2 <sup>nd</sup> Week
<b>Symptoms</b>	Pain in abdomen on and off Visit to toilets reduced by about 30% Sleep quality Improves	Pain in abdomen reduced by 100% Nausea and vomiting stopped Belching discontinued Fatigue non-existent

## Case 8: Ulcerative Colitis

The ulcerative colitis or inflammatory bowel disease of Mrs Surekha (name changed) was so severe that she had to be hospitalised. That was in January 2014 at age 48. She was then put on steroids for five months. This was followed by a second hospitalisation in April. The doctors first



did a colonoscopy (a diagnostic procedure to see the structure of colon or large intestine using a catheter with a camera attached in it) and then a sigmoidoscopy to see the structure of sigmoid colon which is a procedure used to see the sigmoid colon (part of large intestine in gastro intestinal tract) and rectum (end part of sigmoid colon). There was internal haemorrhoids. She had pain in abdomen along with belching and flatulence. She went to the toilet about 16 times a day. She slept for about 3 to 4 hours and was in a state of fatigue and stress. Surekha went

into depression. She was crying, having overcome by negative thinking. Sensitive by nature she worries a lot even over trivial matters.

Medication arrested her bleeding but her bowel movement was frequent. Two months later bleeding re-commenced. She consulted several doctors and took many treatments over a year but got no relief. Diagnosis was made as Ulcerative Colitis in sigmoid region and Irritable Bowel Disease Type - D (Diarrhoea Type).



During her one week stay she underwent yoga practices based on Integrated Approach of Yoga Therapy (IAYT) for Gastro Intestinal Disorders. She was made to do 10 step suryanamaskaras, with no acute forward bending asanas. Laghusankhaprakshalanakriya(to get mastery over the anal splincter) and Viparitakaini with wall support with abdominal breathing of 5 rounds with “A” kara chanting of 5 rounds with ashwini mudra (the mudra was asked to hold for 10 seconds with an imagination of getting better was suggested) helped her to relieve from frequently and urgency to pass motions was taken care of. Sleep technique was practiced by her for getting sound sleep. In pranayama she was made to practice cooling pranayama, abdominal breathing and nadishodhana pranayama. Advanced techniques like Pranicenergisation technique along with cyclic meditation proved her very beneficial in reducing her anxiety levels. A bland satwik diet was given to help reduce her gastric irritation. Her mental restlessness, Anxiety and perfectionist attitude with hyper cleanliness behaviour was elicited as the reason for her physical imbalances and yogic counselling was given to reduce her ego clashes in her home, karma yoga concept was explained to remove the anxiety in her. Thus by the end of 1 week she was mentally relaxed and physically fit. The parameters are explained below says it all.



**Parameters:** During her stay of one week with us her pain in the abdomen reduced completely and the number of visits to toilet reduced dramatically.

### Vital Parameters

Parameters	DOA	DOD	Parameters	DOA	DOD
Pulse Rate(beats/ min)	96	95	Weight (kg)	56.80	56.30
Blood Pressure (mm of Hg)	106/74	98/72	Respiratory Rate (cycles/ min)	22	13
Brahmari time (sec)	24	26	Symptom score	6	

### Symptoms on date of admission (DOA) and date of discharge (DOD)

	1 <sup>st</sup> week
<b>Symptoms</b>	Pain in abdomen ceased completely Appetite became normal Fatigue resolved totally No of visits to toilet reduced by 80% Belching stopped totally Flatulence reduced 100% Sleep improved by 30%



# AROGYADHAMA

*Holistic Research Health Home*

A teaching  
Hospital for  
**S-VYASA**  
University



## Who we are?

- Arogyadhama is a Holistic Health Home imparting healing through evidence based modules of Integrated Approach of Yoga Therapy (IAYT), Naturopathy and Ayurveda.
- 250 bed inpatient capacity
- More than 30 years in patient care for prevention, treatment and rehabilitation.



## What we do?

- According to ancient Indian texts, the origin of the disease is in the Mind, in the form of stress (Adhi), which manifests in the body as physical ailment (Vyadhi)
- Holistic approach through IAYT, Naturopathy, Ayurveda, Satvik Diet, Physiotherapy, counseling for removing both Adhi and Vyadhi.

## Scope of Services

- For prevention of diseases and promotion of health
- Management of Non-communicable diseases
- Rehabilitation of Cancer, Degenerative diseases and Mental disorders



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# LIFESTYLE TRANSITION, TOWARDS DIABETES PREVENTION!

Wish you all a very happy and prosperous new year ahead. We would like to make this New Year a very healthy and 'diabetes-free' year as well. Simple lifestyle modifications can help reduce the risk of diabetes by 51% and many research studies done across the globe such as the Da Qing IGT and Diabetes study (in China), Diabetes Prevention Program (DPP- in USA), Finnish Diabetes Prevention Study (DPS- in Finland), Indian Diabetes Prevention Program (IDPP- in India) and the Malmo study (in Sweden) have proven that.

In this column, we would be presenting you with simplified lifestyle changes which are evidence based and would go a long way helping all prevent type 2 diabetes. The journey would be more like a slow transition happening in your everyday life with just one lifestyle change per month and one step ahead in our goal towards a 'Diabetes-free India'.

## 1. Fruit Consumption:

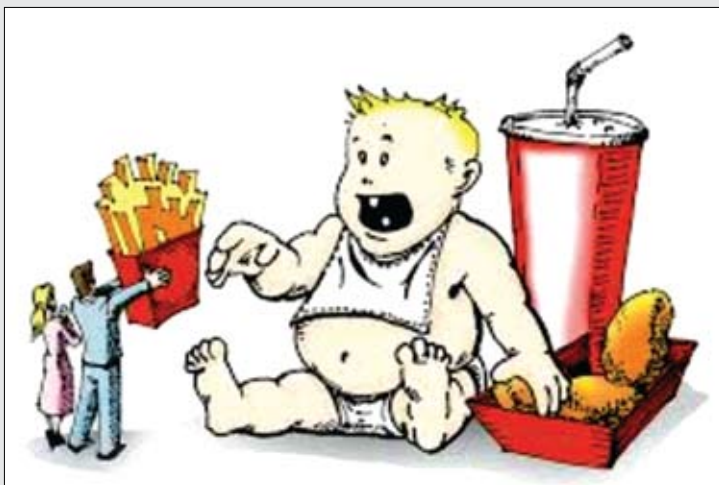
It is a common myth that fruits are rich in sugar (as they are sweet), and regular fruit consumption will lead to diabetes. In fact, the opposite is true.

■ *Dr. Venugopal*  
*PhD Scholar, S-VYASA*



Regular consumption of fruits reduce risk of diabetes. The fibre content in fruit help reduce the glycaemic index of the fruits, providing only the healthy nutrient content and making it absolutely safe for consumption. Whole fruit consumption is preferred as a healthier option than intake of fruit juices.

Try to eat at least one fruit a day. General rule of thumb is consume fruits which are seasonal fruits and locally grown. Bananas start to rot if we keep at home for more than 3-4 days. But, the imported bananas which happens to come from Costa Rica is travelling for weeks from their farm to our home. Still, how does it look so fresh in the aisles of the super market, tempting us to buy them? The natural form and property of the fruit is almost completely lost in it and is definitely not a healthier option to eat. Eat locally grown fruits. Help your local farmers and help yourself stay healthy.



Eating 3 servings of fruits like apple, blue berries and grapes in a week, helps prevent type 2 Diabetes.

(Ref: BMJ 2013;347:f5001)





And, eat different fruits on different days of the week. Because, the antioxidants, vitamins, minerals and other micronutrients differs from fruit to fruit and our body needs all of them. Vitamin C in citrus fruits & Amla, potassium in Banana, anthocyanins in Grapes and bromelain in Pine apple are all different fruits essential in combating diabetes in their individual ways. 'Eat the rainbow' with all coloured fruits in your plate or fruit salad bowl to get the maximum benefit.

As responsible parents, health of our kids is in our hands & let us start thinking about their health

in the long term and provide them with the best possible healthy option for a healthier tomorrow. Let fruits be the snacks for your kids, rather than biscuits, cakes or other unhealthy option. Treat your kids with fruits, rather than with chocolates. Realise that 'hygienic' & 'healthy' are two different terms. International fast food chains might be 'hygienic', but definitely not 'healthy' for our kids. Habits are something we embrace right from childhood and let us make fruit intake as a part of our regular routine, so that our children start following them and stay healthy. ■

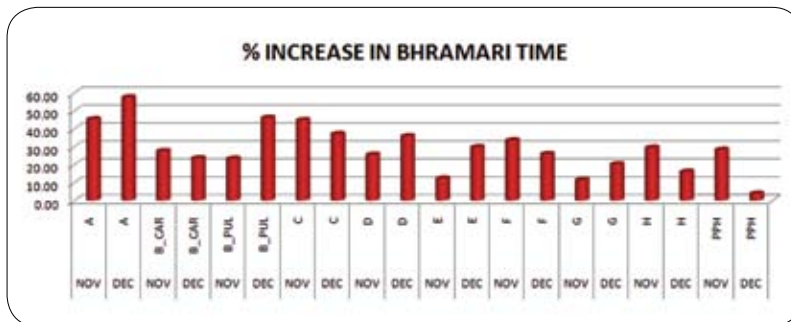
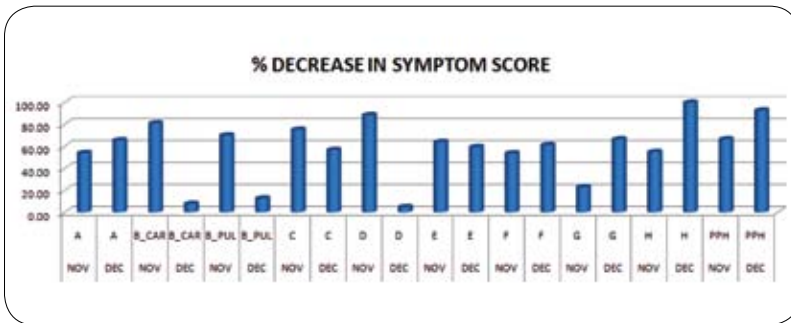


**Prashanti Kutiram, Bengaluru:** Recently, Quality Control of India (QCI) held a meeting to decide the Competency Criteria for different categories of Yoga Certification.

Dr. Ishwar V. Basavaraddi, Director of MDNIY; Smt. Kamalesh from AOL; Sri Ghazala Javed from Ministry of AYUSH; Sri Subodh Tiwari from Kaivalyadham; Sri Krishna Murthy, Assessor, QCI; Dr. H R Nagendra from S-VYASA; Swami Hariharananda from Ramakrishna Mission Vivekananda University, Kolkata; Smt. Hansa Jayadeva Yogendra from Santa Cruz, Bombay; Smt. Rajivi Mehta from Iyengar Institute; Sri Arun Pandala and many more personalities attended the meeting.



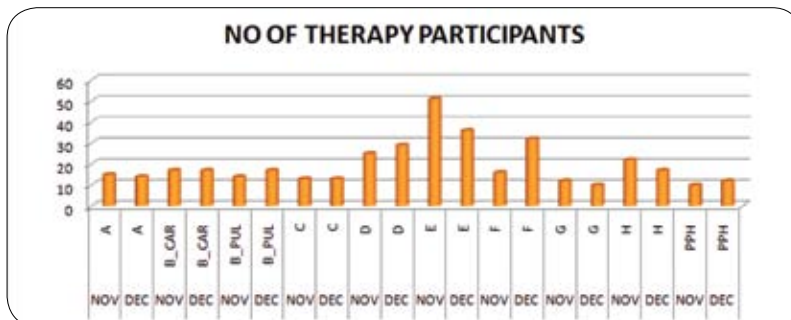
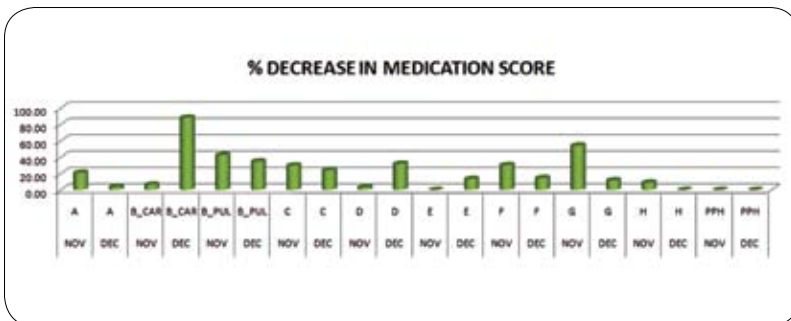
# AROGYADHAMA DATA - Nov & Dec, 2015



**Symptom Scores:**  
 0 - no symptoms,  
 1 - mild,  
 2-moderate,  
 3-severe

**Medication Score:**  
 Score 1 for each  
 medicine.

**Bhramari Time:**  
 Number of seconds  
 taken to exhale during  
 a single breath while  
 chanting Bhramari.



## AILMENTS TREATED IN AROGYADHAMA (SECTION WISE)

- A. Neurology:** Epilepsy, Migraine, Parkinson's, Muscular dystrophy, Cerebral Palsy, Multiple sclerosis, Mental retardation; **Oncology:** Breast cancer stage 1, 2, 3, 4; Colon, Prostate, Blood, Myelomas |
- B. Pulmonology:** Bronchial Asthma, Nasal Allergy, Chronic Bronchitis; **Cardiology:** High BP, Low BP, Heart Disease (CAD) |
- C. Psychiatry:** Anxiety, Depression, Psychosis, OCD, mental retardation |
- D. Rheumatology:** Arthritis | **E. Spinal disorders:** Acute and Chronic Back Pain, Lumbar Spondylosis, Disc Prolapse, Scoliosis, Neck Pain |
- F. Metabolic disorders:** Diabetes | **G. Gastroenterology:** Gastritis, Peptic Ulcer, Irritable Bowel Syndrome (IBS), Ulcerative Colitis |
- H. Endocrinology:** Obesity, Thyrotoxicosis | **Promotion of Positive Health |**
- Eye Problems:** Short Sight, Long Sight, Astigmatism, Squint, Early Cataract, Glaucoma

## PRE-CONFERENCE SYMPOSIUM

### Integrative Medicine for Common Non-communicable Diseases

Dec 27<sup>th</sup>, 2015 - Jan 2<sup>nd</sup>, 2016 | Prarthana Mandir, Prashanti Kutiram

**Inauguration** on Dec 27 at 9<sup>am</sup> | **Valedictory** on Jan 2 at 4<sup>pm</sup>

#### Theme for Each Day of the Symposium

SNo	Date	Topic of Symposium
1	27-12-2015	Integrative Medicine for Cancer
2	28-12-2015	Integrative Medicine for Diabetes
3	29-12-2015	Integrative Medicine for Obesity
4	30-12-2015	Integrative Medicine for Hypertension
5	31-12-2015	Integrative Medicine for Ischemic Heart Disease
6	01-01-2016	Integrative Medicine for Neuroses
7	02-01-2016	Integrative Medicine for Psychoses

#### Different Tracks for Pre-Conference

SNo	Name of the Track	Type of Track	Eligibility	Duration
1	Yoga Therapy for Common Non-communicable Diseases (NCDs)	Long	AYUSH professionals and Yoga Therapists	7 days
2	Naturopathy for Common Non-communicable Diseases (NCDs)	Long	AYUSH professionals and Yoga Therapists	7 days
3	Ayurveda for Common Non-communicable Diseases (NCDs)	Long	AYUSH professionals and Yoga Therapists	7 days
4	Yoga Instructor Certificate Course for Diabetes Mellitus (YIDM)	Short	Only for those who have completed Yoga Instructor's Course (YIC)	3 days*
5	Yoga Assistant Certificate Course for Diabetes Mellitus (YADM)	Short	Special offer for those participating in Yoga Olympiad above 18 years of age	1 day*
6	Self Management of Excessive Tension (SMET) Rejuvenation	Long	Open for all	2 days SMET + 5 days Rejuvenation

**Note:** Delegates Registering for Pre-conference can choose any Track

\* After completion short tracks can merge with anyone of the long racks

#### Daily Schedule followed during Pre-Conference Symposium

SNo	Time	Sessions Yoga Track	Other Details
1	6:00 <sup>am</sup> – 7:00 <sup>am</sup>	Yoga Therapy Special Technique 1	Practical (Common Session)
2	7:00 <sup>am</sup> – 8:00 <sup>am</sup>	Breakfast	
3	8:05 <sup>am</sup> – 9:00 <sup>am</sup>	Maitri Milan	Theory + Practical
4	9:00 <sup>am</sup> – 10:00 <sup>am</sup>	Clinical Rounds	Practical (As per the Track and Theme)
5	10:00 <sup>am</sup> – 11:30 <sup>pm</sup>	Lecture 1	Theory (As per the Track and Theme)
6	11:30 <sup>am</sup> – 1:00 <sup>pm</sup>	Lecture 2	Theory + Practical (Common Session)
6	1:00 <sup>pm</sup> – 2:30 <sup>pm</sup>	Lunch Break	
7	2:30 <sup>pm</sup> – 3:30 <sup>pm</sup>	Lecture 3	Theory (As per the Track and Theme)
8	3:30 <sup>pm</sup> – 5:00 <sup>pm</sup>	Advanced Meditation Techniques for NCDs	Theory + Practical (Common Session)

# Speakers of Scientific Sessions

## International Conference on Frontiers in Yoga Research and Its Applications



Dr. Ajay Kumar



Dr. Ananda  
Pandurangi



Prof. Andrew  
Boulton



Dr. Anja  
Schröder



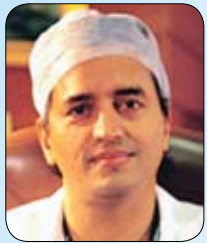
Dr. Balasubra-  
manyam



Dr. Bhushan  
Patwardhan



Dr. Chaturvedi  
S K



Dr. Devi Prasad  
Shetty



Dr. Gangadhar  
B N



Dr. Geetha  
Krishnan



Prof. Gopinath  
K S



Dr. Guruprasad  
V



Dr. Heagarty



Prof. Hegde B M



Dr. Karin Schara



Dr. Kashinath  
Dixit



Dr. Khetrapal  
C L



Dr. Lalantha  
Leelarathna



Dr. Lilly Ganju



Dr. Lorenzo  
Cohen



Dr. Manchanda  
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Dr. Manjunath  
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Dr. Mohan V



Dr. Nagarathna  
R



Dr. Narsingh  
Verma



Dr. Prabhakaran  
D



Dr. Prasanna  
Rao Balakrishna



Dr. Raghavendra  
Rao



Dr. Rajeev  
Gupta



Dr. Rajesh K  
Grover



Vaidya Rajesh  
Kotecha



Dr. Rajesh Sagar



Dr. Ram  
Manohar



Dr. Rama  
Jayasundar



Prof. Rhian  
Touyz



Dr. Rudresh B T



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Mohan



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Dr. Senthamil R  
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Drama:  
**Dharmabhoomi**  
by **Prabhat Kalavidaru**  
Bengaluru

January 3, 2016  
(Sunday) at 6.30 pm



Drama:  
**Kaathastra**

by **Prabhat International**  
Bengaluru

January 4, 2016  
(Monday) at 6.30 pm

Drama:  
**Viveka**  
**Knowing the Real  
from Unreal**

by **Sai International**  
Bengaluru

January 5, 2016  
(Tuesday) at 6.30 pm



Drama:  
**Chicago to Chicago**

by **Artists of S-VYASA**  
Bengaluru

January 6, 2016  
(Wednesday) at 6.30 pm

## SCIENTIFIC SESSIONS

**Jan 4, 2016, Monday**

09:00 - 10:30 am	<p align="center"><b>Plenary 1: Modern Medicine</b> Venue: Main Hall</p>			
	<p><b>Chair Persons:</b>  <b>Dr. H R Nagendra</b>, Chancellor, S-VAYSA University, Bengaluru  <b>Dr. Naresh Trehan</b>, Chairman, Medanta - The Medicity, Gurgaon, Haryana  <b>Speakers:</b>  <b>Prof. Andrew Boulton</b>, Professor of Medicine, University of Manchester, UK  <b>Title:</b> Diabetes - The Epidemic of the 21<sup>st</sup> Century  <b>Dr. Nagarathna</b>, Medical Director, Arogyadhama, VYASA, Bengaluru  <b>Title:</b> Yoga as evidence based life style intervention for the management of NCDS</p>			
10:30 - 11:00 am	<p align="center"><b>Tea Break</b></p>			
11:00 - 1:00 pm	<p align="center"><b>Plenary 2: Integrative Medicine</b> Venue: Main Hall</p>			
	<p><b>Chair Persons:</b>  <b>Dr. Vijay Bhatkar</b>, Chancellor of India International Multiversity, and National President of Vijnan Bharati, New Delhi  <b>Dr. R Nagarathna</b>, Medical Director, Arogyadhama, VYASA, Bengaluru  <b>Speakers:</b>  <b>Padmabhusan Prof. B M Hegde</b>, Ex Vice Chancellor, Manipal University, Mangalore  <b>Title:</b>  <b>Vaidya Rajesh Kotecha</b>, Vice Chancellor, Gujarat Ayurveda University, Jamnagar, India  <b>Title:</b>  <b>Dr. Bhushan Patwardhan</b>, Vice-Chancellor, Symbiosis International University (SIU), Pune  <b>Title:</b> Challenges in integrating modern medicine with traditional Indian medicine</p>			
1:00 - 2:00 pm	<p align="center"><b>Lunch</b></p>			
2:00 - 3:30 pm	<p align="center"><b>Symposia 1: Recent Advances in T2DM organized by European Association for the study of Diabetes (EASD) Venue: Mangal Mandir</b></p>	<p align="center"><b>Symposia 2: Oncology Venue: Main Hall</b></p>	<p align="center"><b>Symposia 3: Mental Health Venue: Sushruta Medical College</b></p>	<p align="center"><b>Poster Presentations Venue: Main Hall</b></p>
	<p><b>Chair Persons:</b>  <b>Prof. Andrew Boulton</b>,          Professor of Medicine,          University of Manchester,          UK  <b>Title:</b> Latest EASD /          ADA guidelines for the          management of diabetes</p>	<p><b>Chair Persons:</b>  <b>Dr. Lorenzo Cohen</b>,          Professor and Director of          the Integrative Medicine          Program, University of          Texas, MD Anderson          Cancer Center, USA  <b>Dr. Darshan Shankar</b>,          Vice Chancellor, Institute          for Trans-Disciplinary          Health Sciences,          Bengaluru</p>	<p><b>Chair Persons:</b>  <b>Dr. Shashi Bala Singh</b>          DIPAS, New Delhi  <b>Dr. Ramaswamy</b>,          Director General, CCRS,          New Delhi</p>	<p><b>Dr. Raghavendra Rao</b>,          Senior Scientist &amp; Head,          CAM Program, HCG,          Bangalore</p>

## SCIENTIFIC SESSIONS

<p>2:00 – 3:30 pm</p>	<p><b>Dr. Prasanna Rao</b> Balakrishna, Manchester, UK <b>Title:</b> Importance of lifestyle modification in the management of pre- diabetes and diabetes <b>Dr. R Nagarathna</b> <b>Dr. Satish Babu,</b> Bangalore, India <b>Title:</b> Weight management in the treatment of diabetes <b>Dr. Kashinath Dixit,</b> Manchester, UK <b>Title:</b> Newer medication for the treatment of diabetes</p>	<p><b>Speakers:</b> <b>Dr. Rajesh K Grover,</b> Director, Delhi State Cancer Institute, New Delhi <b>Title:</b> Role of Lifestyle in Differential Demographic Distribution of Cancer <b>Dr. S K Chaturvedi,</b> Department of Psychiatry, NIMHANS, Bangalore <b>Title:</b> Cancer and Mental Health <b>Dr. Prof K S Gopinath,</b> Chairman, HCG Bangalore <b>Title:</b> Role of Yoga in Integrative oncology: an evidence based approach</p>	<p><b>Speakers:</b> <b>Dr. Sat Bir Khalsa,</b> Assistant Professor of Medicine, Harvard Medical School <b>Title:</b> Yoga in Schools for Mental Health: The Science and the Research Evidence <b>Dr. Rama Jayasundar</b> Department of NMR, AIIMS, New Delhi <b>Title:</b> Effects of Gayatri mantra on brain studied by proton Magnetic Resonance Spectroscopy in healthy volunteers <b>Dr. Parameshwaran,</b> Director, Siddha Research Center, Chennai <b>Title:</b></p>	
<p>3:30 – 4:00 pm</p>	<p><b>Tea Break</b></p>			
<p>4:00 – 5:00 pm</p>	<p><b>Dr. Lalantha</b> Leelarathna, Manchester, UK <b>Title:</b> State of art devices for the management of diabetes <b>Dr. SheshaPrمود,</b> Bristol, UK <b>Title:</b> Diabetes in pregnancy - challenges in the management <b>Dr. Karin Schara</b> <b>Title:</b> Management of painful neuropathy and diabetic foot problems</p>	<p><b>Panel Discussion</b> Venue: <b>Sushruta Medical College</b></p> <p><b>Dr. B T Chidananda Murthy,</b> Principal, JSS <b>Dr. Ishwara Acharya,</b> Director, CCRYN <b>Dr. Ramaswamy,</b> Director General. CCRS, New Delhi <b>Dr. Vanita,</b> President, CCIM, New Delhi <b>Dr. Vyasa Kalyanasundaram,</b> Director, Centre for Human Excellence, Colombo, Srilanka</p>		

**Jan 5, 2016, Tuesday**

<p>09:00 – 11:00 am</p>	<p><b>Plenary 1: Integrative Medicine</b> Venue: Main Hall</p>			
	<p><b>Chair:</b> <b>Dr. K S Ravindranah,</b> Vice-Chancellor, RGUHS, Bengaluru <b>Dr. Lorenzo Cohen,</b> Professor and Director of the Integrative Medicine Program, University of Texas, MD Anderson Cancer Center, USA <b>Title:</b> Integrating Yoga into Cancer Care <b>Dr. Heagarty,</b> Professor of Medicine, Cardiac Centre lead in the Institute of Cardiovascular Sciences, Manchester University <b>Title:</b></p>			

## SCIENTIFIC SESSIONS

11:00 - 11:30 am	Tea Break			
11:30 - 1:00 pm	Plenary 2: Modern Medicine Venue: Main Hall			
	<p><b>Chairs:</b>  <b>Dr. S C Manchanda,</b>  <b>Prof. Rhian Touyz,</b> President, International Society of Hypertension  <b>Title:</b> Hypertension – past, present and future  <b>Dr. D Prabhakaran,</b> Vice President, Public Health Foundation of India  <b>Title:</b></p>			
01:00 - 2:00 pm	Lunch			
02:00 - 3:30 pm	<b>Symposia 1: Update on Hypertension – a global challenge</b> Symposium by International Society for Hypertension	<b>Symposia 2: Oncology</b> Venue: Main Hall	<b>Symposia 3: Integrative Medicine</b> Venue: Sushruta Medical College	<b>Oral Presentations</b> Venue: Vivekananda Hall
	<p><b>Dr. D Prabhakaran,</b> Vice President, Public Health Foundation of India  <b>Title:</b> Innovations to reduce the burden of hypertension In India  <b>Dr. Rajeev Gupta,</b> Preventive Cardiology, Internal Medicine and Research Centre at Eternal Heart Care Centre and Research Institute, Jaipur  <b>Title:</b> Combining old and new technologies (clinical tools) for better hypertension control in India  <b>Dr. Narsingh Verma,</b> Secretary General Indian Society of Hypertension  <b>Title:</b> Circadian variability in blood pressures as risk factor of complications</p>	<p><b>Chair Persons:</b>  <b>Dr. Vijayalaxmi Deshmane,</b> Professor &amp; Head, Medical Oncology, Kidwai Memorial Institute of Oncology Bangalore  <b>Dr. Jayakumar,</b> Secretary General, Vijnanabharati, New Delhi  <b>Speakers:</b>  <b>Dr. Ajay Kumar,</b> Founder &amp; Chairman, HCG, Bengaluru  <b>Title:</b> Recent Advances in Cancer Management: An Overview  <b>Dr. Senthamil R Selvan,</b> Vivekananda Yoga Research Foundation, Norwalk, CA, USA  <b>Title:</b> Immune System and Cancer: Relationships and Alterations  <b>Dr. Vadiraj,</b> Research Officer, CCRYN, New Delhi  <b>Title:</b> AUYSH Research in Cancer: Past, Present, and Future</p>	<p><b>Chair Persons:</b>  <b>Dr. D Nagaraja,</b> Director, School of Integrative medicine, S-VYASA, Bengaluru  <b>Dr. Ishwar V Basavaraddi,</b> Director, MDNIY, New Delhi  <b>Speakers:</b>  <b>Dr. Timmappa Hegde,</b> Director - Narayana Institute of Neurosciences, Bengaluru  <b>Title:</b> A Spiritual Journey  <b>Dr. Balasubramanyam,</b> Assistant Director &amp; Senior Scientist, Madras Diabetes Research Foundation, Chennai, India  <b>Title:</b> Molecular dynamics of T2DM  <b>Dr. B T Rudresh,</b> Classical homeopathic practitioner, Bengaluru  <b>Title:</b> Integrative Medicine – Homeopathy</p>	<p><b>Dr. Sat Bir Khalsa,</b> Brigham and Women’s Hospital, Harvard Medical School, Boston, US                  +  <b>Dr. Naveen K V,</b> Doctor, Yogaksema - Stress &amp; Lifestyle Clinic, Bangalore                  +  <b>Dr. Sathyaprabha T N,</b> Professor, Dept. of Neurophysiology, NIMHANS, Bengaluru</p>
3:30 - 4:00 pm	Tea Break			

## SCIENTIFIC SESSIONS

4:00 – 5:00 pm	<p><b>Dr. Sailesh Mohan</b>, Senior Research Scientist and Associate Professor PHFI, <b>Title:</b> Innovative community based approaches to improve hypertension prevention and management in India</p>	<p><b>Panel Discussion</b> Venue: <b>Sushruta Medical College</b></p> <p><b>Dr. Ishwar V Basavaraddi</b>, Director, MDNIY, New Delhi <b>Dr. Issac Mathai</b>, Medical Director, Saukya, Bengaluru <b>Dr. Sathyalaxmi</b>, Director, NIN, Pune <b>Dr. Vijayalaxmi Deshmane</b>, Professor &amp; Head, Medical Oncology, Kidwai Memorial Institute of Oncology Bangalore</p>
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### Jan 6, 2016, Wednesday

09:00 - 10:30 am	<b>Plenary 1: Modern medicine: Sessions</b> Venue: Main hall			
	<p><b>Dr. Devi Prasad Shetty</b>, Chairman and Founder, Narayana Health, Bengaluru <b>Title:</b> <b>Dr. V Mohan</b>, Chairman &amp; Chief Diabetologist, Madras Diabetes Research Foundation, Chennai <b>Title:</b> Prevention of Diabetes through Community Empowerment - Some success Stories from Chennai</p>			
	Tea Break			
10:30 - 11:00 am	<b>Plenary 2: Integrative Medicine</b> Venue: Main hall			
11:00 – 1:00 pm	<p><b>Dr. Shirley Telles</b>, Director, Patanjali Research Foundation, Haridwar <b>Title:</b> Yoga for physical and mental wellbeing <b>Dr. Khetrpal C L</b>, Distinguished Professor, Centre of Biomedical Research, Uttar Pradesh <b>Title:</b> Scientific approach to understand mental health benefits of YOGA and MEDITATION: fMRI studies <b>Dr. Ananda Pandurangi</b>, Medical Director &amp; Chairman, Inpatient Psychiatry and Director, Schizophrenia and ECT Programs <b>Title:</b> Serious Mental Illness and Yoga</p>			
1:00 – 2:00 pm	Lunch			
2:00 – 3:30 pm	<b>Symposia 1: Diabetes Mellitus</b> Venue: Mangal Mandir	<b>Symposia 2: Oncology</b> Venue: Main Hall	<b>Symposia 3: Cardiology</b> Venue: Vivekananda Hall	<b>Symposia 4: Mental Health</b> Venue: Sushruta Medical College
	<p><b>Chair Persons:</b> <b>Dr. Narasimha Shetty</b>, Director, Karnataka Institute of Diabetes, Bengaluru <b>Dr. Gautham</b>, Cardiologist, AIIMS, New Delhi</p>	<p><b>Chair Persons:</b> <b>Dr. H Sudarshan</b>, Founder &amp; Secretary, Karuna Trust, Bengaluru <b>Dr. Lata Venkaram</b>, Gynecologist, Bengaluru</p>	<p><b>Chair Persons:</b> <b>Dr. Alaka Deshpande</b>, Ex Professor, Department of Medicine and Head of ART Centre, Grant Medical College, Mumbai <b>Dr. Alex Hankey</b>, Distinguished Professor</p>	<p><b>Chair Persons:</b> <b>Dr. B N Gangadhar</b>, Professor of Psychiatry, NIMHANS, Bengaluru <b>Dr. Kamini Rao</b>, Founder and Medical Director, Milann, Bengaluru</p>

## SCIENTIFIC SESSIONS

<p>2:00 – 3:30 pm</p>	<p><b>Speakers:</b>  <b>Dr. G Gangadharan</b>, Director, M S Ramaiah Indic Centre for Ayurveda and Integrative Medicine, Bangalore  <b>Title:</b> An integrative model of healthcare pivoted around Ayurveda to meet current healthcare challenges: an example of Diabetes mellitus (DM)  <b>Dr. V Guruprasad</b>, Consultant in Rehabilitation Medicine at Central Manchester Teaching Hospitals and Salford Royal hospital.  <b>Title:</b> Exercise Prescription in diabetes  <b>Dr. Montu Saha</b>, Scientist, DIPAS, New Delhi</p>	<p><b>Speakers:</b>  <b>Dr. Raghavendra Rao</b>, Senior Scientist &amp; Head, CAM Program, HCG, Bangalore  <b>Title:</b> Integrating Yoga into Oncology Care: Is the Wait Over?  <b>Dr. Anja Schröder</b>, Clinic for Holistic Medicine and Traditional Chinese Medicine, Germany  <b>Title:</b> Chlorophyll in cancer prophylaxis and –therapy  <b>Dr. Lilly Ganju</b>, Scientist F, DIPAS, New Delhi  <b>Title:</b> The consequences of Antarctic conditions and Ship Voyage: Yoga for Indian Expeditioners</p>	<p><b>Speakers:</b>  <b>Dr. S C Manchanda</b>, Senior Consultant Cardiologist, Sir Ganga Ram Hospital, New Delhi  <b>Title:</b> Yoga for Prevention of Heart Disease  <b>Dr. Ram Manohar</b>, Director, AVP Research Foundation, Coimbatore  <b>Title:</b>  <b>Dr. Getha Krishnana</b>, Department of Integrative Medicine &amp; Holistic Therapies, Medanta - the Medicity, Gurgaon  <b>Title:</b></p>	<p><b>Speakers:</b>  <b>Dr. Rajesh Sagar</b>, Associate Professor of Psychiatry, All India Institute of Medical Sciences, New Delhi  <b>Title:</b> Depression in diabetes  <b>Dr. Savita Eranti</b>,  <b>Title:</b> Overview of common mental disorders  <b>Dr. Shivarama Varambally</b>, Associate Professor, Dept. of Psychiatry, NIMHANS, Bengaluru  <b>Title:</b> Yoga in severe mental disorder</p>
<p>3:30 – 4:00 pm</p>	<p>Tea Break</p>			
<p>4:00 – 5:00 pm</p>	<p><b>Panel Discussion</b>                  Venue: Sushruta Medical College</p> <p><b>Prof. M A Siddiqui</b>, Director, National Institute of Unani Medicine  <b>Dr. Prashanth Shetty</b>, Principal, SDMCNYS, Ujire  <b>Dr. H Sudarshan</b>, Karuna Trust</p>			

### Jan 7, 2016, Thursday

<p>09:00 – 11:00 am</p>	<p>Plenary: Integrative Medicine                  Venue: Main Hall</p>			
	<p><b>Dr. C N Manjunath</b>, Director and Professor of Cardiology, Sri Jayadeva Institute of Cardiology, Bengaluru  <b>Title:</b>  <b>Dr. B N Gangadhar</b>, Professor of Psychiatry, NIMHANS, Bengaluru  <b>Title:</b> Science of Yoga as Therapy on Psychiatry: Depression</p>			
<p>11:00 – 11:30 am</p>	<p>Tea Break</p>			
<p>11:30 – 1:00 pm</p>	<p>Valedictory Program</p>			
<p>1:00 – 2:00 pm</p>	<p>Lunch</p>			



# CARDIAC ASSIST THROUGH YOGA PRACTICES

## INTRODUCTION

Before we discuss cardiac assist, let us briefly look into cardiac perfusion (blood supply to heart muscle). The muscle of a normal, healthy heart, like any other muscle of the body, needs oxygenated blood for its normal functioning. There is, however, an interesting difference between blood perfusion to organs and skeletal muscles as compared to cardiac muscle. All organs and skeletal muscles receive oxygenated blood during the systolic phase of the cardiac activity (when the blood pressure is at its peak). The left ventricular cardiac muscle in contrast, receive oxygenated blood during diastole, when the heart muscles are expanding and relaxing in contrast to right atrium and right ventricle where blood flow occurs during systole also because of the pressure differential is greater between aorta and these sites (Ganong's Review of Medical Physiology, 25<sup>th</sup> edition: 2016, chapter 33). This is an important and exciting observation. During systole, the cardiac muscles are contracted and blood supply to them will be minimal. During diastole, however, the vessels in the cardiac muscle expand along with the cardiac muscle

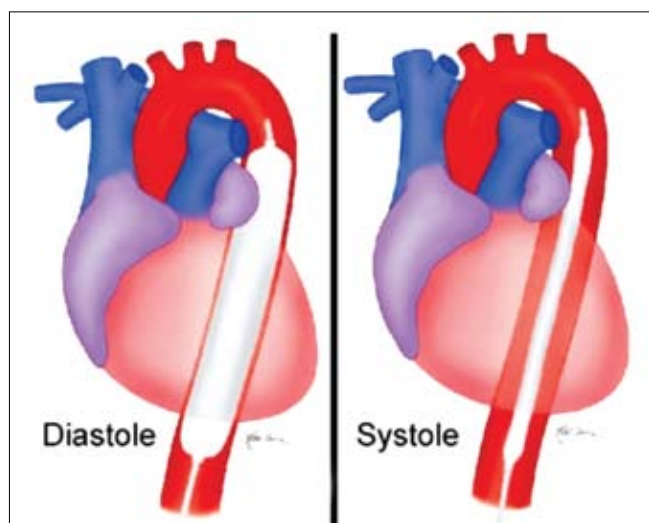


Fig 1: Intra-aortic Balloon Pumping through inflation and deflation of a catheter in the aorta timed to EKG

■ Prof. T M Srinivasan  
Professor, Division of Yoga and  
Physical Sciences, S-VYASA



and hence are able to receive the blood. Further, there is a suction action by the blood vessels as the heart expands facilitating blood flow to the cardiac muscle.

Hence, if we want to increase blood supply to heart through external means, we should time the event to coincide with the diastolic phase. Most cardiac assist devices derive EKG from the person and achieve cardiac perfusion in a timely manner.

Worldwide, heart failure is one of the major causes of morbidity and mortality in adults. Transplantation is not a solution in most cases since the availability of donor heart and the procedures are complex and legally difficult to go through. In the United States, only about 4 per cent of around 50,000 patients who die each year from heart failure undergo heart transplantation. Another exciting method for supporting a failing heart that is unresponsive to maximal medical therapy is through circulatory support using implanted or extra-corporeal devices.

## INTRA- AND EXTRA-AORTIC BALLOON PUMPING

The most promising procedures are known as intra-aortic balloon pumping [1] and C-Pulse [2]. Intra-aortic balloon counterpulsation is a method of temporary mechanical circulatory support for a failing heart. It assists cardiac function through reduced load on the heart during systole, at the same time providing diastolic augmentation (increased cardiac perfusion). Due to this procedure, cardiac perfusion is increased, with decrease in left



ventricular wall stress (afterload) which is good for the cardiac muscle. It reduces the pumping burden of a failing heart by about 25 per cent so that the patient could be ambulatory and does not have the symptoms of cardiac failure. The method is to insert a catheter into the aorta and inflate and deflate the balloon using an inert gas. See figure 1 for details. The inflation of the balloon is synchronized through R-wave of the EKG. Note this is an invasive procedure with balloon contacting blood in the aorta; hence, its use must be carefully monitored in a hospital and the materials used should be bio- and blood compatible. However, it is used infrequently because of the development and use of assist devices.

The second method, which is under trial, is called C-Pulse and is a nonblood-contacting counterpulsation using an inflatable cuff around the ascending aorta and thus is an extra-aortic balloon (EAB) counterpulsation device [2]. This overcomes some of the problems of the earlier devices since there is no blood contact. This seems to be a promising device.

There are other methods for augmentation and support of a failing heart. There is an indirect method wherein pressure cuffs are mounted on lower limbs and they are activated during diastole of the heart so that back pressure could be induced in the aorta thus enabling increased cardiac perfusion. This method is of interest to all since there is no surgery, no failure of power supply to the device itself and no need for intensive care monitoring of the patient.

The indirect procedure - called External Counter-Pulsation therapy (ECP) - is performed on individuals with angina or heart failure. It also improves functional capacity and quality of life. In clinical studies, ECP seems to relieve angina or heart pain which occurs due to reduced supply of blood to the cardiac muscles.

The ECP system consists of three pressure cuffs which are inflated and deflated in synchrony with the person's electrocardiogram (EKG). See figure 2. The cuffs surround each upper and

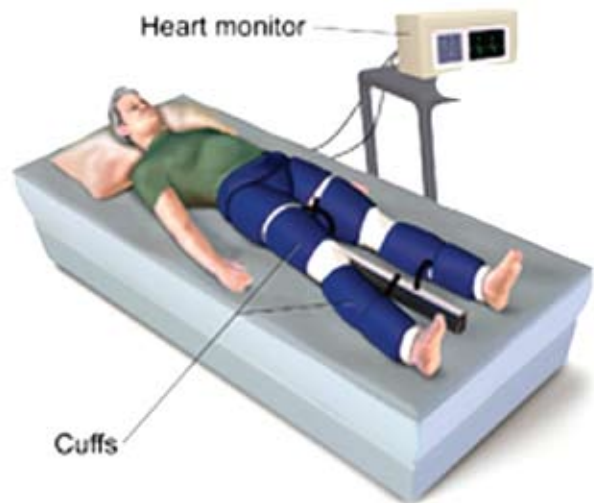


Fig 2: External counterpulsation through pressure cuffs at the lower extremities

lower thighs and calf muscles. The cuffs inflate during start of diastole and deflate during start of systole. The cuffs are normally inflated to around 200 mm Hg, high enough to occlude the major arteries of the lower limbs. While normally this is a simple procedure, it is thought by this writer that adjustments in the timing are required based on the length of the limbs and - a more complicated factor - the elasticity of the arteries which is difficult to measure and implement.

When properly implemented, this procedure could decrease load on the heart, increase cardiac perfusion and cardiac output (amount of blood supplied by the heart). Thus, ECP is a rehabilitation procedure to support a failing heart, restore oxygenated blood to the cardiac muscle and could also possibly repair damaged portions of heart muscle. This is a hypothesis that needs to be investigated. Improvements in ability to exercise, reduction in angina pain and shortness of breath are some of the benefits seen in patients using ECP routinely.

It is possible that even healthy people could benefit by using ECP similar to going to a gym! It is thought that regular use of ECP procedure - which is by the way, safe, non-intrusive and an at-home procedure - could keep cardiac muscle oxygenated and healthy. Of course, a



good exercise regimen such as brisk walking or a workout could support cardiac function by maintaining a healthy cardiac muscle. Sri Manoj Bhargava is one of the proponents of ECP and proposes to supply these devices to many rural and semi-urban hospitals in India so that people could use them and improve their cardiac health [4, 5]. While his idea is laudable, cardiac health could also be obtained through Yoga practices as described below.

## YOGA PRACTICES AS CARDIAC ASSIST

Any abdominal pressure from outside could compress the descending aorta and reduce or block the flow of blood to the extremities similar to principle used in ECP. In a normal person, if we could bring this about in a natural way, it is possible that cardiac perfusion will be promoted and cardiac health could be maintained. This is where the role of asanas and pranayama as possible enhancer of cardiac perfusion is of great interest. Asanas such as pavanamuktasana and all inverted poses (ex. Sarvangasana) could facilitate improved circulation to cardiac muscles. Any asana that compresses the abdomen could achieve a back flow that could improve cardiac blood supply.

Similarly, pranayama that is practiced with abdominal compression – such as kapalabhati (kb) – could be of interest to investigate for this effect. Some Yoga programs recommend practice of kb for say 5 minutes, with a frequency of one cycle (inhalation and exhalation) a second, which is almost the normal heart rate for a young, healthy individual. With today's technology, it is even possible to synchronize one's kb period to EKG [6].

## CONCLUSION

It is an exciting idea that pranayama and some asanas could improve cardiac perfusion. This needs a systematic search and careful analysis so that an app in a cell phone could be used to time the breathing rate to achieve this goal. It has been shown at least in one study that

there is no perceptible cardiac load while doing sarvangasana in normal, healthy individuals [6]. It is possible cardiac perfusion could improve through these simple procedures. Of course, there are other benefits of yoga practice as described by numerous studies reported in scientific literature. Hence, investigation regarding this particular benefit should be undertaken so that people carrying out these practices at home and at their own time could benefit and improve their cardiac health.

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- 2 Solanki, P. "Aortic counterpulsation: C-pulse and other devices for cardiac support". *Jr. Cardiovasc. Transl. Res.* 2014 Apr7(3):292-300, 2014. Note: C-Pulse device is manufactured by Sunshine Heart Inc., Eden Prairie, MN and is undergoing clinical trials.
- 3 Andrew D. Michaels, MD et al., "Left Ventricular Systolic Unloading and Augmentation of Intracoronary Pressure and Doppler Flow during Enhanced External Counterpulsation"; *Circulation* September 3, 2002, pp. 1237 – 1242. Yoga research in this area needs to follow the extensive clinical investigation reported in this paper.
- 4 USA Today, October 04, 2015 reports: "5-Hour Energy creator plans more game changers". The article goes on to explain: Michigan (USA) billionaire Manoj Bhargava, founder of the 5-Hour Energy Company, has already pledged to give away most of his wealth. Now Bhargava is going public for the first time with work he's been funding on inventions to alleviate global suffering by attacking problems in the areas of water purity, energy availability and health".
- 5 Sri Manoj Bhargava explains the extra-corporeal counterpulsation device as follows: "It's safer than a treadmill," he said, of the ECP device, which functions as an auxiliary heart to assist blood circulation as a person lays down with cuffs around the calves, thighs and hips, timed to inflate and deflate between heartbeats. "Even for something as benign as this, it still takes five years and \$40 million to get approved in the U.S. On a treadmill, you can fall off and break your neck. On this thing, you just lie down." His YouTube lectures are of interest in this connection.
- 6 With a latest app for a smart phone, it is possible to get one's own EKG and heart rate. We can easily sync our breathing to the pulse appearing on the smart phone screen!
- 7 T. M. Srinivasan, "Effect of Yogasana Practice on Systolic Time Intervals", *Ancient science of Life*, Vol IX, pp. 116-124, 1990. ■



# SMET Program at Puttur



**Puttur:** Recently, Dr. H R Nagendra Ji took part in SMET program organized for Library Professionals with Special Reference to Yoga – SMET LIB 2015 at Govt. First Grade College, Bettampady, Puttur and also in Adhyatma Sourabha program, organized by Puttur Yoga Kendra. ■





# Stress Management program for MRPL Officials

**Managalore:** Two Days Stress Management program was organized in MRPL (Mangalore Refinery and Petrochemicals Limited). The program was there on Nov 30 and Dec 1.

This was the unique program, in which all the participants were female.

The program was led by Dr. H R Nagendra ji. Senior Personalities of VYASA Sri T Mohan Ji, Smt. Subhadra Devi and Dr. Satyapriya Maharana accompanied him. ■





SMET program participants from HAL, Bengaluru





# The Seed of Sickness

My friend is a senior executive in a big organization. He has a boss who is a great task master. My friend's subordinates are sometimes disobedient and very often reluctant to work. His colleagues too are not very much forthcoming to cooperate with my friend and form a good team. Amidst all these problems, he has to work with a genial face. He cannot punish anybody, nor can he swallow his anguish and anger.

One day, I visited him in his office. He was shouting at the attendant for not keeping the room clean and for not keeping the files in an order. The table was full of materials scattered all around. When he was thus restless, there was a phone call from his boss. Immediately, my friend changed his tone and in an obedient voice replied very gently to the queries. Immediately after the conversation, he resumed his angry voice and scolding words to set right the attendant.

His smile was superficial, only on the surface. But his anger was from within. He was like a soft and smooth balloon with boiling water within; like hot iron bar suddenly dipped into cold water; like a speeding car with brakes suddenly applied on the speed breakers. I was only a silent and sympathetic spectator to the plight of my friend. I saw at that moment, the seed of sickness (Aadhi) being sown into his mind.



Within a few minutes, one of his subordinates presented a file for perusal and signature of my executive friend. At the very first sight, my friend saw

blunders in the file and so he started shouting at the clerk. He took the file and threw it away

■ *Dr. K Subrahmanyam*  
*Dean, Division of Yoga &*  
*Humanities, S-VYASA*



on the face of the subordinate person. It was at that time, he received a call from his wife complaining against the absence of the servant maid in the house and also the failure of electrical supply in the house. My friend was irritated. He was unable to reply calmly, nor could he show his bad temper. Controlling his emotions, he was trying to console her and make alternate arrangements for the work at home. I only pitied my friend. He could not be quiet; nor could he show his anguish.

I was able to see the seed of sickness being watered with restlessness. The seed of Aadhi (sickness) began to sprout. Day after day, situations and conversations of conflicting nature were clashing in his mind. It was with these frequent disturbances, the sickness started growing larger and larger into a big tree of physical ailment called Vyadhi. His face gradually became pale. There was no more smile and he fell sick. The doctors after conducting various tests discovered him to be a person of hypertension and diabetes. His B.P. was high and his sugar levels were also high.

Many, many people do not know that it's a calm mind which is capable of maintaining good health. When the mind is disturbed and restless with many many conflicting and smothered ideas and expressions, the seed of sickness is sown. Gradually, it percolates into the body and becomes a physical ailment. It is Yoga which maintains the calmness of mind in such a way that it will never allow any seed of sickness to be sown or to be fostered.

Yoga is the only preventive way to all ailments. ■



# Creative Singularity in Self

A “great chain of Being” extends from the past in the present to our generation. As if, a stream of consciousness is flowing through the nature and working through its extra-ordinary style of personified ‘Stillness in Action’ through Creative Human Minds. So may I say we all are the evolution that the Nature is experiencing and if this experience is in presence and silence, it can be personified as if; *“The Stillness itself, is in Action within Human”*

Some hundreds of years ago our ancestors observed, experimented and somehow manifested the unique skill for Creativity. They identified principles of geometry and the physics of force, its mechanisms and built pyramids and temples. They carved, painted in caves and later in temples using natural colours such as charcoal, ultimately moving on to fresco, oil, and acrylic. They developed the capacity to pass information on to future generations by telling

■ Ms. Rashmi M. Shetkar  
Research Scholar  
S-VYASA University

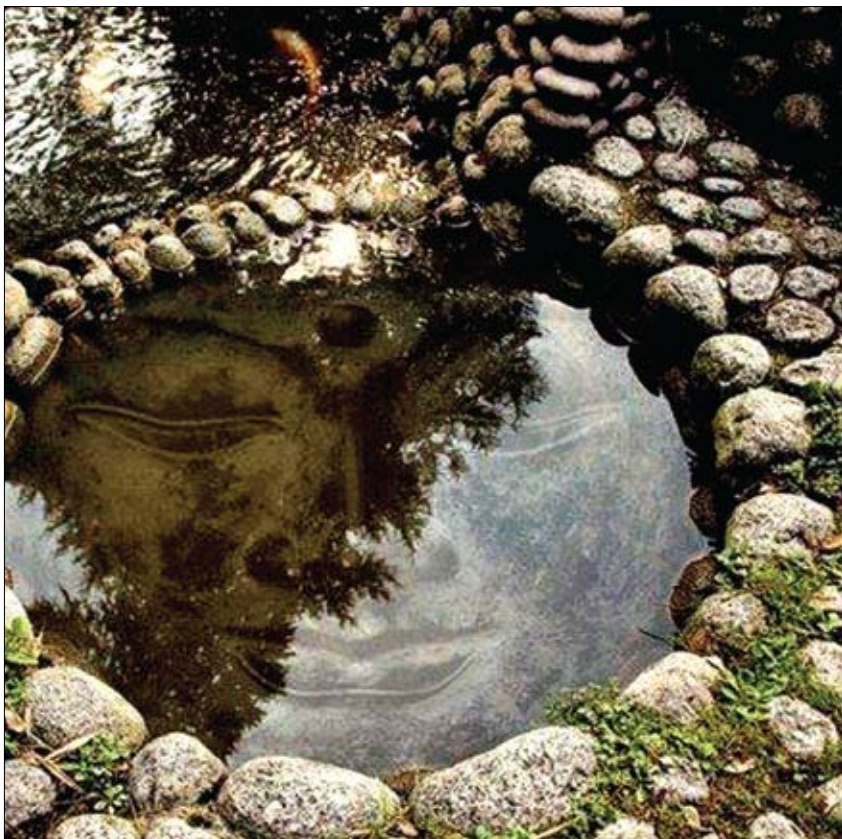


oral tales and cultural activities. Ultimately, developed ways to record these tales in written form or literature. These ancestors are widely known as *human beings*, due to their brains. In the yogic terminology, we may call them ‘Yogicus’, in traditional era called as Rishis, and now in modern times, the Researchers, curious to find something Nobel for the society. Over a period of time the quest could have progressed from being Yogicus to being creative innovators.

I wonder if they might have developed this capacity for search and re-search, to save it for future generations, by seeing a grinding tool in a stone, a piercing projectile weapon, like a bow and an arrow or any mechanism used for

moving things; more easily in a round, wheel-shaped objects, during the stone age and iron age. Some of our current creative people discovered biological principles, such as the role of telomerase, developed computers and digital imaging, design techniques for unmanned space research. Imagine new worlds such as those of ‘Star Wars’. Or pass on their feelings, emotions and experience via aesthetics, art, literati, beauty or morality through novels and essays.

Let us ponder on their curious minds and creative brains for a second. Their capacity to pass on events, experience and experiments in the innovative form, for the human kind till





modern times. These experimentations so called as Innovations in modern times, I wonder studying from a scientific perspective. What must be the nature of such experimentations in the beginning?

What must be the nature of the process inside their minds itself? Was it in flash or in a series of some stages or processes? Like what we think is the history of the Universe from the big bang to black holes. While we recollect past ideas about the universe and how we got our present picture; one might call it history, of the *history itself of the evolution* of our Universe, in several stages and processes.

Recollecting, Newton's and Einstein's theories of gravity led to conclusion that the universe could not be static; it had to be either expanding or contracting. Also there must have been time between 10 and 20 billion years ago, when density of the universe was infinite, which is called the big bang, which would have been the beginning of the Universe. This discovery was not instant but in series of events.

In such scenario, it raises a daunting series of questions, on the process in our brains for these creative stages. As posed by the right side of our brain to aesthetics and in the left brain the logic, calculations and analysis. I recall upon the theory of Multiple Intelligences by Howard Gardner, who argues that there is more than one intelligence and they are called the Multiple Intelligences. For example T. S. Eliot's or Jon Donne's spontaneous flash and an instant inward inspiration for writing poetry. Or as Ramanujam and Einstein, with high levels of creativity, a continuum between what is called "big C" i.e. creators like Genius or ordinary creators "little c". C.P. Snow, who was both a physicist and respected novelist, published a book, debating about the creative styles about the creative process in science and arts. He says, the capacity to be creative is one of the most important characteristics that human beings possess.

How do we study this journey? What processes do we employ to explore the secret towards this journey, for being creators of something novel and useful to society? How do we ignite Creative Innovation for the current generation through our current Education System? These are the general pathways I take a walk through, in my leisurely *Autobiographical Self*.

Many philosophical and contemplative traditions teach us that "*living in the present moment*" increases happiness. Such state is conducive for the coupling and ground for getting healthier brain wave coherence. Besides the activities that what one loves to do, something likes walking, sitting, but not ruminating, bringing unevenness in breathing. Exercising, Playing, Relaxing are few activities, we do as per one's brain's configuration widely called upon as '*Selfing*' activities. However, meditation is the most effective way by which one can have wonderful coupling and coherence within.

One amongst the several 100's of meditation techniques is Loving Kindness towards Self. Commonly accepted and easier method of meditation than others. One of the Beautiful characteristics of Loving-Kindness type of meditation is '*Not Minding*', "*Being Selfless*" and "*Doing Selflessly*", which foster acceptance, both of oneself and others, as well as to increase awareness and attention. Through directed wishing and praying well for all humanity, typically by repetition of phrases such as "may (You / We / I) be happy. Just recently, even "His Holiness the 14<sup>th</sup> Dalai Lama" in Symposium at the Garden of Samadhi at NIMHANS said education of loving kindness, compassion and going deeper in to the dimensions of mind is the only reality and truth to be taught, practiced and made part of our education system to know and to go to our Self.

Centuries ago Great Indian '*Saint Gyaneshwara*' wrote Pasayadaan, a prayer for the whole humanity. For the welfare, fulfillment, prosperity, of the whole world requesting God



for happiness and peace for the self and for all. Even today Pasayadaan is practiced, recited and followed in many parts of our country, one of the dos' of the Ashtangayoga given by great sage Patanjali. Which broadens the scope of individual awareness, to be in presence and silence with all aspects of experiences, whether during meditation or routine activities of our everyday life.

Fine tuning the configuration of our conscious field; such tuning of conscious field reciprocates with the creative spark, which is already present as divine innate nature in each one of us and refines our senses to become inward to the Inner Field, our Inner Space into the heart. It also refines our cognitive states and synthesizes our emotional responses, which enhances our Self control mechanism in brain. Processing of the emotional stimuli and entering the inner space is the basic step towards one's Self and a screen for Creative journey, a journey towards one's home, a journey towards our real Self. This phenomenon brings synthesis in the brain waves and results in the coupling and coherence, highly responsible for the igniting creative flow. Where the sensitive areas in our brain, are in sync with the frontal brain i.e. a forehead, remarkable for Buddhi or intellect or executive side of our brain.

*This is what our beloved Guruji and my parampujya Swamiji (Dr.Madhav Nagarkar - Swami Madhavananda, hailing from Saint Gyaneshwara's Natha or Sohum Meditation Tradition, Pune) says in their talks,*

*'Going back to our real Home...  
Going to the Self'*

Maharshi Patanjali puts this beautifully in following sutras -

**Tada Drastuh Svarupe Avasthanam** 1.3 (PYS)

Which means, by daily practice of Ashtangayoga, the seer dwells in his own nature; perceiver is now situated in his own form. Which is a step

towards Samadhi state.

Vedanta gives the origins of this Creative journey towards Self,

**Ritambhara tatra prajna** 1.48. (PYS)

i.e. expression of '*R'tambhara Pragyā*' is the supreme wisdom and the Self personified, as the **Stillness in Action**. First entrance of a Samadhi, before one enters the enchanting Garden of Samadhi.

This phenomenon is being closely studied in individuals. The related phenomena corresponding to great Patanjali's idea of thoughts rising from unconscious, deeper layers of our mind, processes as highest wisdom, creative flow or Buddhi.

Creative individuals frequently and quite consistently report that they get best ideas intuitively via flash and from unconscious reservoirs. For example, Honourable Abdul Kalam mentions in his book, *Wings of Fire*, I have done most of the work in ignited flow mode. Neil Simon stated: "I don't write consciously. It is as if the muse sits on my shoulder. I wonder if there is some *Unconscious Divine Fire*, which ignites creative minds to become enlightened and do the work. Ignited Flow Mode or the Focused Attention Mode is also the cognitive state described in Bhagvad Gita about the Karma yogi (Sthitapragya). Where one is in the sync and in continuous linkage with this Self, to do any kind of creative work.

'*The Brain's dark energy*', the field of pure consciousness, or FA mode, is also referred to in popular maxim of Vedanta, that this "**Knowledge is structured in Consciousness**", which is the key to human consciousness and creative intelligence. The corresponding Vedic principle describes how experience of the unmanifest field of pure consciousness is the key to complete knowledge of all manifest values of existence and Self:

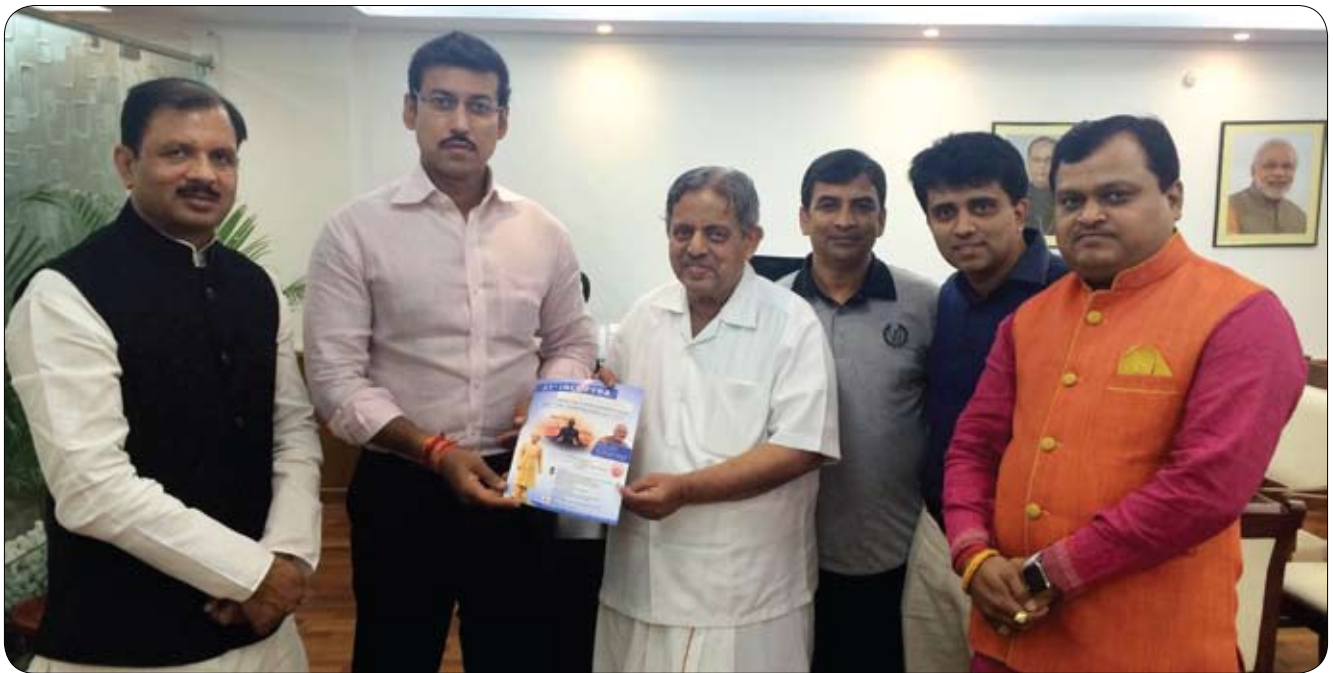


So, what is the “**Theory of Everything, Know that by which everything becomes known**”,  $Self = mc^2$ , where m is Me and Myself and c is Consciousness, which gives us Self. This principle is expressed in many parts of the Vedic literature. See for example Brihadaranyaka Upanishad (II. 5, 14 and V.1, 1); Mundaka Upanishad (I.1-9); Prashna Upanishad (V.10-11); and Bhagvad Gita (VII.2). The nature and characteristics of the Self, modern and traditional we will see in next article.

*to be continued...*

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**New Delhi:** During the meet with Sri Rajyavardhan Rathore, Hon’ble Minister of State, Information and Broadcasting. During the meet he appreciated the upcoming 21<sup>st</sup> INCOFYRA led by Guruji.



Bengaluru: Recently, Dr. Padmini and Mrs. Kadambini Acharya conducted a Stress Management workshop for Sigma Aldrich personnel.



# Atmaswastyashree Award to S-VYASA conferred by Rudrakshi Math, Belgaum



On behalf of S-VYASA Yoga University, Vice-Chancellor Prof. Ramachandra G Bhat received the Award 'Atmaswastyshree'

**Belgaum:** Recognizing the contributions made by Swami Vivekananda Yoga Anusandha Samsthana (S-VYASA Yoga University) to Yoga research, health and education, Naganur Sri Rudrakshi Math of Belgaum awarded this years **Atmaswastyashree** award to Dr. H R Nagendra. Every year Rudrakshi Math gives the award in memory of Naganur Swamiji Dr. Shivabasava Swamiji, the founder of Rudrakshi Math. The Math has been contributing to education, health and spirituality for a long time. It has helped innumerable poor students through free education. The Math is also striving hard in social, spiritual and cultural upliftment of the people.

The award was received by the **Vice Chancellor Prof. Vidwan Ramachandra G. Bhat** on behalf

of S-VYASA on December 7<sup>th</sup>, 2015. The award included cash prize of Rupees Fifty Thousand. The Vice Chancellor also gave a highly motivational speech on '**Yoga & Health**'. The programme was attended by huge number of selected audience and dignitaries from various fields. ■





## News from VYASA Kolkata



Weekly **Kriya** classes are going on every Saturday.

On 14<sup>th</sup> and 21<sup>st</sup> November 2015 **Teacher's Meets** were held at the Eknath Bhawan. Programmes were presided by the Chairman of VYASA Kolkata.

From 17<sup>th</sup> to 19<sup>th</sup> November 2015 a special Yoga Programme was conducted for the **Sa Re Ga Ma Pa participants of Zee Bangala**. On behalf of VYASA Nadia programme was conducted by Mr. Subhendu Acharyya & Team.

On 25<sup>th</sup> Evening there was an **Annual Get**

**Together (Kartika Poornima)** of all new and old Yoga Participants of VYASA Kolkata. Programme was concluded with a moon light dinner.

On 26<sup>th</sup> & 27<sup>th</sup> November **Dr. H R Nagendra and Dr. R M Acharya of S-VYASA, Bengaluru** had a visit to Kolkata. During their visit they met with some of our well wishers.

Along with this Regular Yoga Training Programme (RYTP) & Yoga Therapy (YT) classes at VYASA and Yoga Awareness Programmes (YAP) in the different schools, community halls and Corporate Houses are going on. ■



Yoga Instructor's Course (YIC) - 164<sup>th</sup> Batch - Dec, 2015



2nd

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We believe that by inviting fellow yogis to practice with us here on this fragile pit of sand, which represents the ephemeral nature of existence, we can create positive energy for our community that will enable grow – which in turn will catalyze the kind of shifts we want to see in the world. We believe that yoga is a unique way to connect with other human beings from diverse backgrounds, united for a common to improve ourselves and thus contribute to our world. We are inspired by the natural beauty surrounding us, and by the strength of our yoga community here and beyond.

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Padmabhushan Dr.Vijay Bhatkar

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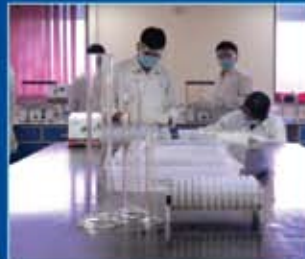


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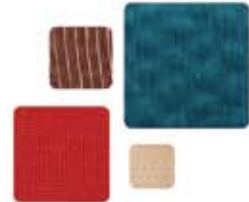


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