



AROGYADHAM e-Newsletter

For Healthy and Happy Living

From Sevagram, Karmabhoomi of Mahatma

Patanjali Ashtanga Yoga (YOGism) for Healthy Lifestyle

Yama (moral code), Niyama (discipline), Asana (postures), Pranayam (breath control), Pratyahara (vairagya), Dharana (concentration), Dhyana (meditation), Samadhi (oneness with the Universe)

Save yourself from the ill effects of internet

Internet is a gift of the modern age. But its overuse is reducing the natural contact that exists between people. Moreover, it is increasing psychological disorders, which is a cause of concern. The reason for this is internet addiction.

According to research, it is found that about 182 million people of the world are suffering from internet addiction. Another research report claims that it is giving rise to new forms of mental disorders. The addicts of internet get over-indulged in practices like online gambling, constant use of social media and excessive use of 'apps'.

Recent researches have showed that excessive use of gadgets adversely affects the brains of children. This is because the wireless gadgets like mobiles, laptops and tablets emit harmful radiations, which could damage the neurons of the brain. This is even more serious because the brain of a child is more sensitive than that of an adult.

It is true that internet and gadgets are very useful and provide us with numerous comforts. But, their ill-effects are also obvious. Nowadays people prefer to download information from websites like Google and Wikipedia, rather than memorizing it. This practice adversely affects their memory. It is essential that the internet and gadgets must be used within limits, their addiction should be prevented and our life should be saved from their harmful effects.

Jul-Aug 2015, Akhand Jyoti

Chemicals in shampoos may increase breast cancer risk

Parabens -common chemicals found in personal care products such as shampoos, body lotions and sunscreens -may increase breast cancer risk even at low doses, according to a new study. Parabens are a class of preservatives widely used in consumer products. They are considered estrogenic because they activate the same estrogen receptor as the natural hormone estradiol. Studies have linked exposure to estradiol and related estrogens with an increased risk of breast cancer."Although parabens are known to mimic the growth effects of estrogens on breast cancer cells, some consider their effect too weak to cause harm," said lead investigator Dale Leitman, from University California, Berkeley. "But this might not be true when parabens are combined with other agents that regulate cell growth," said Leitman. Existing chemical safety tests, look only at parabens in isolation and don't take into account that parabens could interact with other types of signaling molecules in the cells to increase breast cancer risk.

Oct-Dec 2015, CARF News Bulletin

Hot water or cold water bath

The choice between bathing in hot or cold water is an important aspect in maintaining good health. While several aspects such as age, body constitution, season or health condition are important, there are some basic principles in decision-making, as outlined in our Ayurveda. As a general rule, Ayurveda advises to use hot water for the body and cold water bath for head. Ayurveda opines that having hot water head bath is bad for eyes and hair.

Hot water for head bath will harm the hair roots. The essential oleaginous and sebaceous glands get irritated and hair roots become baseless/root less. This results in hair loss and gradually thinning of the scalp. Some persons tend to develop premature grey hairs or baldness over a period of time. The incidence is more among people who have head bath with hot water.

The ancient Ayurveda guru Vagbhata adds that besides loss of strength to the scalp, the total body strength is also ruined and the visual acuity declines over a period of time. So, room temperature water is preferable in head bath.

Aug 2017, Tattvaloka

Soak rice overnight to reduce risk of heart disease, cancer

A new study suggests that before eating rice it should be soaked overnight to reduce the chances of increase in heart disease, diabetes and cancer. According to researchers from the Queens University Belfast in England, the common method of cooking rice – simply boiling it in a pan until the water has steamed out – can expose those who eat it to traces of the poison arsenic, which contaminates rice while it is growing as a result of industrial toxins and pesticides. This chemical has been linked to a range of health problems including heart disease, diabetes and cancer, as well as development problems.

While it is generally believed that traces of arsenic are expelled when the rice is cooked, it has now been claimed this only take place when the rice is soaked overnight. For the research, Andy Meharg from the University tested three different ways of cooking rice. In the first, he used a ratio of two parts of water to one part of rice, where the water was 'steamed out' during cooking. In the second, with five parts of water to one part of rice, with the excess water washed off, levels of arsenic were almost halved. And in the third method, where the rice soaked overnight, levels of the toxin were reduced by 80 percent.

Mar 2017, Consumer Voice

Yoga for Wellness and promotion of positive physical, mental, emotional, social & spiritual health