



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)

Tips for staying healthy in summer

Have a quick look at some health tips for staying healthy during summers.

Include Tulsi Seeds - Use tulsi seeds in your drink. This has good cooling effect.

Yogurt - Yogurt and other low fat dairy products will also help you remain cool and provide you with calcium and protein.

Diet – One should avoid taking hot and spicy food items as far as possible. Always go for light diet which can be easily digested by our body without much effort. Oily and junk food should be avoided.

Drinks – Drink plenty of water and fluids (lemonade, coconut water etc) so that loss of water can be compensated.

Yoga and Exercise – Limit your strenuous activities to early morning and late evening to avoid getting exhausted and worn out.

If you want to retain your health and vitality, stick to nature and natural products. Nature has lot to give and if you know what, where and how much to use, you will have lots of benefits overall.

www.indiaparenting.com & www.indianfoodforever.com

Vegetarian diets associated with lower blood pressure

Eating a vegetarian diet appears to be associated with lower blood pressure (BP), and the diets can also be used to reduce blood pressure. Factors such as diet, body weight, physical activity and alcohol intake play a role in the risk of developing hypertension. Dietary modifications have been shown to be effective for preventing and managing hypertension.

The authors analyzed seven clinical trials and 32 studies published from 1900 to 2013 in which participants ate a vegetarian diet. Net differences in BP associated with eating a vegetarian diet were measured. In the trials, eating a vegetarian diet was associated with a reduction in the average systolic (peak artery pressure) and diastolic (minimum artery pressure) BP compared with eating an omnivorous (plant and animal) diet. In the 32 studies, eating a vegetarian diet was associated with lower average systolic and diastolic BP, compared with omnivorous diets.

www.sciencedaily.com

"Mangoes the Best Medicine" to protect against breast, colon cancer

Mangoes have been found to protect against colon and breast cancer. Lovers of the fruit now have a new reason to savour their favourite fruit.

The new study from Texas AgriLife Research food scientists found it to prevent or stop cancer growth in certain breast and colon cell lines. The researchers tested mango polyphenol extracts in vitro on colon, breast, lung, leukemia and prostate cancers. Polyphenols are natural substances in plants and are associated with a variety of compounds known to promote good health. Mango showed some impact on lung, leukemia and prostate cancers but was most effective on the most common breast and colon cancers. The researchers found that all cell lines were not sensitive to the same extent to an anticancer agent but the breast and colon cancer lines underwent apoptosis, or programmed cell death. Further tests on the colon cancer lines showed that normal cells weren't killed. The mango polyphenolics were also found to prevent the cells that were on the verge of mutating or being damaged.

Take advantage of mango season – Ed.

www.medindia.net

How daily meditation can improve your health

Most often than not, we take for granted this simple and important ancient technique of meditation and how it can improve your health. Meditation can help prevent stress and slowly release pent up stress. While reducing stress, meditation also reduces anger. It also opens up your senses and makes your five senses receptive. With daily meditation, you have a calm approach and sharpened alertness and you are now better equipped to make better decisions. With reduced anger, low stress levels and increased capacity at work, you will feel, you can complete a lot more in your day. With a clear mind, you can think of ways objectively. All these positive traits will only heighten your sense of happiness. Daily meditation ensures to fight stress and control rage hence releases happiness hormones. Relaxation from daily meditation helps you fall asleep quickly and naturally. Since your mind is clear of worried thoughts you can easily fall asleep, peacefully.

www.healthmeup.com

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

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