



# HIHT News

## The Meaning and Purpose of Yoga *by Swami Rama*

Like many arts and sciences that are profound, beautiful, and powerful, yoga has suffered from the spiritual poverty of the modern world—it has been trivialized, watered down, or reduced to clichés. The deep and eternal essence of yoga has been misrepresented and packaged for personal profit by clever people. At the hands of some, yoga has been reduced to the status of just another exercise program available on videotape. In other contexts, yoga has been presented as a cult religion, aimed at attracting “devotees.” Such a haze of confusion has been created around the clear and pure concept of yoga that it is now necessary to redefine yoga and clarify its meaning and purpose.

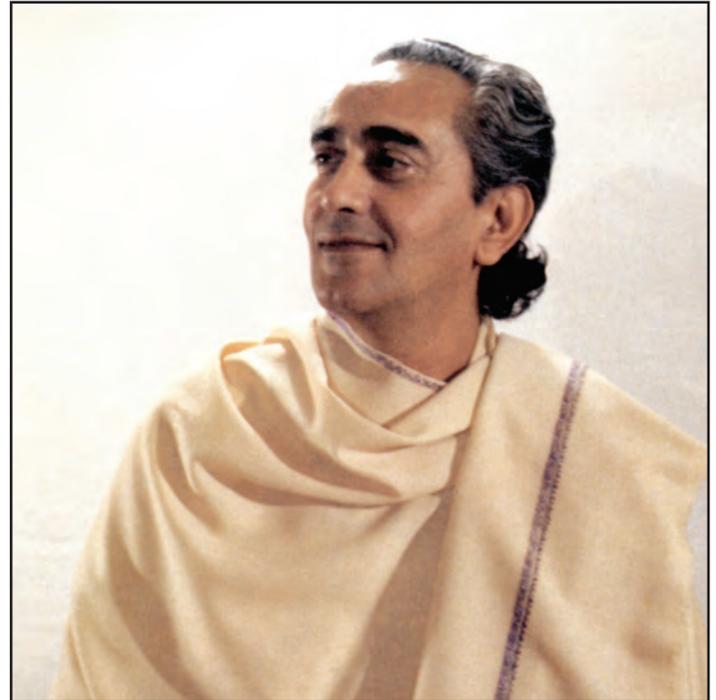
Yoga defines itself as a science; that is, as a practical, methodical, and systematic discipline or set of techniques that have the lofty goal of helping human beings to become aware of their deepest nature. The goal of seeking to experience this deepest potential is not part of a religious process, but an experiential science of self study. Religions seek to define what we should believe, while a practical science such as meditation is based on the concrete experience of those teachers and yogis who have previously used these techniques to experience the deepest Self. Yoga does not contradict or interfere with any religion, and may be practiced by everyone, whether they regard themselves as agnostics or members of a particular faith.

Throughout history, yogic techniques have been practiced in both the East and West, so it would be an error to consider yoga an “Eastern import.” In fact, yoga, with its powerful techniques for creating a sense of inner peace, harmony, and clarity of mind is absolutely relevant to the modern world—both East and West. Given the increasing pace and conflict present in modern life, with all its resulting stress, one could say that yoga has become an essential tool for survival, as well as for expanding the creativity and joy of our lives.

### The Living Tradition

Although yoga does not “belong” to the East, it is easiest to trace its roots there, because cultural change has not obscured the origins of the science, and an ongoing tradition of yoga has continued to the present day. No one person “invented” yoga—yoga is a living tradition, a set of practices that dates back for centuries. These practices were codified by a scholar and teacher named Patanjali in the Yoga Sutras, written about the second century BC.

The most important teaching of yoga has to do with our nature as human beings. It states that our “true nature” goes far beyond the limits of the human mind and personality—that instead, our human potential is infinite and transcends our individual minds and our sense of self. The very word “yoga” makes reference to this. The root, *yuji* (meaning “unity” or “yoke”), indicates that the purpose of yoga is to unite ourselves with our highest nature. This



Swami Rama

re-integration is accomplished through the practices of the various yoga disciplines. Until this re-integration takes place, we identify ourselves with our limitations—the limitations of the body, mind, and senses. Thus we feel incomplete and limited, and are subject to feelings of sorrow, insecurity, fear, and separation, because we have separated ourselves from the experience of the whole.

In the modern world we have become quite successful in our external achievements—we have created powerful technologies and a variety of products, we are obsessed with accumulating power, wealth, property and objects—and yet we have not been able to create either individual or social peace, wisdom, or happiness. We have only to look around and see the destructiveness of our weapons, the emptiness of our pleasures and entertainments, the misuse of our material and personal resources, the disparities between rich and poor, and above all, the loneliness and violence of our modern world. We see that amid all our success in the external world, we have accomplished little of lasting value. These problems will not be solved through new technological developments. Instead, the resolution to these human problems will come only when we discover within ourselves that for which all of mankind is searching—inner peace, tranquility, and wisdom. This attainment is the goal of yoga, for yoga is the practical science intended to help human beings become aware of their ultimate nature.

*Reprinted from Yoga International July/August 1991*

## 66<sup>th</sup> Republic Day Celebrations



The Himalayan Institute Hospital Trust celebrated the nation's 66<sup>th</sup> Republic Day with patriotic fervor on 26<sup>th</sup> January 2015. Cultural programs of dance, drama, song and poetry recitals were presented by the students of the medical, paramedical, nursing, engineering and management colleges of [Swami Rama Himalayan University](http://www.srhuniversity.org) (SRHU).

The Chief Guest, Dr. Vijay Dhasmana, Member Presidential Body, HIHT and Hon'ble Vice Chancellor, SRHU hoisted the national flag and took salute of the smartly marching contingents from medical, paramedical, nursing, engineering and management colleges, team CRI, nursing and the security staff.

Addressing the gathering of students, staff and faculty of the HIHT and SRHU family, Dr. Dhasmana congratulated everyone on the occasion and the efforts put in by the participants in the cultural presentations. He expressed his happiness on the positive growth attained by the Institution over the past year and spoke about its future growth plans: "Our organization is growing with Swamiji's blessings and contributions of our HIHT/SRHU family members. The University offers huge potential and we all just need to tap it to our advantage by working collectively and efficiently." He reiterated that welfare and wellbeing of the student, staff and faculty shall continue to be the foremost objective of the University. He thanked everyone for supporting his request for reducing

printing expenses in the Institute. He urged everyone to support his initiative of "Saving Energy" this year.

The Chief Guest congratulated the [Cancer Research Institute](http://www.cancerresearchinstitute.org) on it being recognized as the Tertiary Care Unit by the Uttarakhand Govt. He apprised the gathering of the Govt. of India's project Rashtriya Kishori Swasthaya Karyakaram in the northern states of the country and congratulated the Rural Development Institute on it being entrusted with the responsibility of training the trainers of these states by the Government. He informed that a new Health Benefit Policy for the employees offering them greater health benefits will come into existence shortly.

"We are witnessing a construction revolution with projects worth over 300 crores currently being carried out in the campus. We aspire to be amongst the top 20 universities by 2020," Dr. Dhasmana stated. He said that an audit team for financial, academic and procedural audits has been commissioned to ensure our systems work efficiently and transparently. He shared the details of the executed/ongoing development activities in the campus that will benefit the entire region:

"SRHU will be celebrating its birthday on 12<sup>th</sup> March, and we are sure that our students and staff will participate creatively to make our Annual Day celebrations a grand affair," Dr. Dhasmana said as he conveyed his good wishes once again to all and concluded his address.

## The Ayurvedic Centre

### Plants in Campus

#### Methika (*Trigonella foenum-graecum*)

Methika is known as methi in Hindi and fenugreek in English. It belongs to family Papilionatae or Angamardaprashamana gana in Ayurveda. It is cultivated worldwide as a semiarid crop and apart from its medicinal uses, its seeds are commonly used as a spice.



#### Plant

**Description:** The plant is 30-60 cm tall, a nearly smooth erect annual herb. Leaflets 2-2.5

cm long, oblanceolate-oblong, toothed. Flowers white or yellowish 1 or 2 together, axillary, sessile. Pod 5-7.5 cm long, with a long persistent beak, 10-20 seeded. Seeds are cuboid in shape and have a deep groove at the corner.

**Ayurvedic Pharmacology:** Guna-Laghu, Snigdha Rasa- Katu, Vipak-Katu, Virya- Ushna, Dosha karma-Vatashamak.

**Chemical Composition:** The endosperm of the seed is rich in galactomannan; young seeds mainly contain carbohydrates and sugar. Mature seeds contain amino acid, fatty acid, vitamins, and saponins. The seeds of fenugreek contain a large quantity of folic acid (84mg/100g). The main chemical constituents of *T. foenum-graecum* are fibers, flavonoids, polysaccharides, saponins, flavonoids and polysaccharides fixed oils and some identified alkaloids viz., trigonelline and choline.

**Therapeutically Useful Parts:** Whole plant, seeds.

**Therapeutic Uses:** The seeds are tonic, antipyretic, carminative, gastroprotective, and anthelmintic, useful in vomiting, bronchitis, piles and as aphrodisiac. Fenugreek seeds are one of the primary supplements used to treat noninsulin-dependent diabetes mellitus. Decoction made from seeds is used in dyspepsia with loss of appetite, in the diarrhea of puerperal women, and in rheumatism, and cramps. The plant and seeds are antispurative, diuretic, emmenagogue, useful in swelling, chronic cough, enlargement of liver and spleen. The leaves are useful in external and internal swellings and burns, and to prevent hair fall.

*Dr. Pratibha Mangain,  
Department of Ayurvedic Medicine.*

## Homeopathy & Acute Diarrhea

We have recently concluded the series Homeopathy & Trauma. We will now look at Homeopathy & Acute Diarrhea. Of course you should always consult a physician if the symptoms are very severe and dehydration is threatening, especially when the patient is an infant or small child. If the diarrhea is frequent and severe, always give oral rehydration therapy to prevent dehydration.

Although there are many homeopathic remedies that are useful for acute diarrhea, the deciding factors are causation and symptoms. The most common causes of acute diarrhea are: infective agents, (bacterial, viral or parasitic) such as occur in unhygienic and unsanitary conditions. Other causative sources may be: food that was incompletely cooked or that became contaminated after cooking, such as improper storage or cooling methods; in susceptible persons, diarrhea may also be a side effect of consuming certain medications; consumption of food that is highly spiced with chilis; dentition; and also, exposure to poisonous substances such as pesticides.

In the case of acute diarrhea the homeopathic remedy assists the body's inherent mechanisms for dealing with the infection or poisoning. The remedy does not suppress the diarrhea, as do common allopathic antidiarrhetics, but instead gently acts to modify the internal environment so that it is no longer amenable to infectious agents. It also helps to cleanse the system of any toxins. For example, you may find that 1 or 2 more loose motions follow the taking of the remedy. This does not mean the remedy was not effective; rather it is an indication that it is working to clear out the causative agent. Then only is it safe for the diarrhea to stop. The sign to watch for is a sense of well being in the patient; you will notice a remarkable difference in the mental and physical overall being of the patient. The danger of suppressing the diarrhea before clearing out the causative agent(s) is that the body will try to find other means of ridding the body of these agents; in this case you might find that the diarrhea will stop but vomiting might occur, or anorexia or other conditions that would signify that the person is still not well. If after giving the indicated homeopathic remedy you do not notice any change for the better in the patient, you have not given the required remedy; you can try another remedy, or better yet, consult your local homeopath. A more individualized remedy might be called for.

Based on personal clinical experience, I have narrowed the field down to a few remedies that have proven to be very powerful and effective in the majority of the cases of acute diarrhea I have treated: Podophyllum 30, Nuxvomica 30 and Arsenicum album 30. In addition, China 6 is helpful if there is excessive weakness after loss of fluids.

The next article will be the presentation of Podophyllum 30. *Dr. Barbara Bova, HOD, Dept. of Homeopathy*

## Rural Development Institute

*“I’ve earned a life of dignity in my community.”*

Rekha is a 28-year-old woman working hard to maintain a dignified living. She is a divorcee required to live separately from her three children. If asked for the reason of divorce, she is not aware except that she was often harassed by her husband.

She has two younger brothers, who are now working and



one younger sister

who is married.

Her father was a

regular drinker,

who eventually

died and so did

Rekha’s childhood

and education. Her

mother’s shop was

completely burnt

in a street fire. All

possible sources

of income closed

down which forced

her to discontinue

school after class

VIII.

Rekha now

runs her own small

scale food joint and

is an Accredited

Social Health Activist (ASHA) in her village. Every day she deposits some money to her kitty as a saving and uses the rest to sustain her mother and herself. Being a frontline health worker, she is entitled for incentives for her pre-defined tasks.

Although Rekha is not pleased with the decision of Panchayat

separating her from her children she continues to be strong. The driving force behind her actions is the gradual positive attention and recognition she is earning in the community.

At Rural Development Institute youth are prominent stakeholders to receive benefits through various integrated activities. This story is one from the community of the everyday un-sung heroes very often found around us.

### Activity Highlights

- Winter workshop for 40 scholars was conducted from 26<sup>th</sup> Dec. –2<sup>nd</sup> Jan.
- National Youth Day was celebrated in which 1,598 youth participated in all areas.
- India Road Safety week was celebrated with 35 drivers and conductors from HIHT and 45 adolescents from 11-17 Jan.
- General health checkup clinic was organized at Primary School, Aurangabad on 10<sup>th</sup> Dec. 2014 in which 199 children were screened and training for adolescents provided on various issues.
- Disability awareness activities were carried out with 120 students of Inter College at Dhanori (Jasvawala) and Bongla of Haridwar District in the first week of Dec.
- Training on Psychological First Aid (PFA) and community managed disaster management was organized on 11-12 Dec. at RDI with 17 participants from Chakrata, Chamba and Jaunpur. Another training was conducted from 27-29 Dec. 2014 at Thatyur (Jaunpur) attended by 30 ASHAs and 2 ASHA facilitators.

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