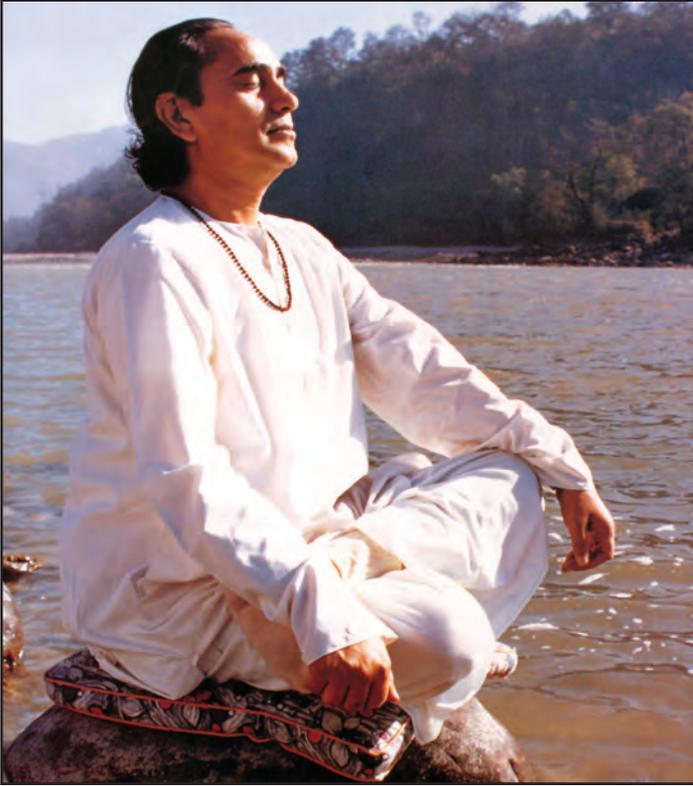




HIHT News

The Major Source of Disturbances Is Within *by Swami Rama*



Swami Rama

Pratyahara is withdrawal of the senses from the objects of the external world. This is a voluntary mental process. It does not mean to withdraw from the world or from your relationships, family or duties. The senses are the greatest source of distraction for your mind. They create obstacles for you and do not allow you to sit quietly. It may seem that the senses are contacting the objects of the world, but actually the mind uses the five senses of sight, hearing, touch, taste and smell to contact those objects. If you do not allow the mind to use the senses, the senses cannot take in the objects in the external world, because the senses are totally dependent on the mind. As soon as the mind becomes active on waking from sleep, the senses are simultaneously activated. The mind is thus constantly bombarded and dissipated by the myriad of sensations from the external world. The purpose of the practice of *pratyahara* is to protect the mind from the distractions of the senses. By consciously not allowing the senses to contact the objects of the world, you are suspending the otherwise endless onslaught of fresh impressions that disturb the mind and get stored in the unconscious.

It will take a lot of determination, practice and discipline to be able to voluntarily withdraw your mind from the senses, but

it is possible. However, even though with *pratyahara* you can eradicate the onslaught of external distractions, impressions can still come from the unconscious. You have stored millions of impressions of your daily life and previous lives within the bed of memory of your unconscious mind, and they are lying on many levels. These impressions are of two types: *klishhta* and *aklishhta*—pleasant and unpleasant. Some are dormant, some you can observe and analyze and some you cannot analyze because they are deeply embedded in the unconscious, and you have forgotten them. So you may be successful at *pratyahara*, but your concentration can still be disturbed by the impressions coming forward from the unconscious. When the senses are withdrawn, those impressions will immediately start to surface to the conscious mind. Why? If you catch hold of my right hand and try to fight with me or hurt me, what will happen? Automatically my left hand will come into action to protect me. In the same manner, when you try to control any part of the conscious mind, the totality of mind becomes active. Because of the sheer vastness of the unconscious mind, it is exceedingly more difficult to control. It is like trying to control an elephant by catching its tail. The elephant will definitely throw you away. Whenever the mind becomes a little bit free, memories of the past surface. For example, if you withdraw your mind from the sense of sight by closing your eyes, you will find that if mind does not have something else to concentrate upon, it will immediately start to recall previous experiences. This is why besides withdrawing the mind from the senses, you will also have to have an object on which the mind can focus.

The best way to deal with the impressions surfacing from the unconscious is to decide that no matter what comes in your mind, you will not get involved with it. Don't fight with yourself. Tell yourself to let go of whatever comes, no matter what happens: *I have controlled my senses and I am not going to allow my mind to run outwardly. My posture is still and my breath is harmonious. I will not allow anything that comes in my mind during meditation to sway me. Whatever comes, I will let go of it.*

An intermediate step of *pratyahara* is when you have withdrawn your awareness from external objects, but still you are aware of yourself as having shape and form. One day you will have to go beyond that also. Some persons who meditate can consciously free themselves from the physical body and observe themselves from the viewpoint of an external witness. But that is not a very safe way except for trained yogis who use the energy body to travel by consciousness separate from the physical body. It is more helpful to affirm in silence: *I have no body, no breath, no senses, no mind; I am pure Atman, established in peace, bliss and happiness.* Both methods are used; the latter is higher than the former.

Reprinted from Yoga the Sacred Science, volume 2, an HIHT publication.

Rural Development Institute



Rashtriya Kishor Swasthya Karyakram (RKSK) was launched in 2014 which is in continuation to RMNCH+A under National Health Mission by the Ministry of Health and Family Welfare. RKSK is based on special focus on adolescents and envisages the strengthening of the health system for effective communication, capacity building, monitoring and evaluation. As per the National Adolescent Health Strategy, developed by Ministry of Health and Family Welfare, Government of India has made a provision for two full time counsellors. The counsellors would act as an important link between the existing health system and adolescents.

Himalayan Institute Hospital Trust - Rural Development Institute developed the counselling module for Adolescent Health Counsellors under the RKSK program and is now going to impart the national Training for Trainers (ToT). A total of 68 participants from different states have been trained in two batches. In the first

batch, participants from six states; Jammu & Kashmir (6), Haryana (4), Uttar Pradesh (8), Madhya Pradesh (7), Maharashtra (1) and West Bengal (7) undertook the six days' ToT. In the second batch, participants from eight states; Bihar (5), Gujarat (5), Tamil Nadu (6), Tripura (4), Assam (3), Odisha (6), Punjab (4) and Maharashtra (2) participated.

Both the batches formally began with an inauguration ceremony. Director, RDI shared about the various programs on adolescents carried out by the Institute. Dr. V. Chauhan, Secretary HIHT shared glimpses of the Institute's founder and anecdotes related to adolescents' issues. In his keynote address Dr. Vijay Dhasmana, Member, Presidential Body, HIHT emphasized for the need of such trainings. He shared his personal experiences and expressed that since adolescence period of life is a very challenging phase, there is a need to impart proper and precise information to the adolescents to empower and guide them. Dr. Sunil Saini shared his opinion on the role of lifestyle among adolescents. He briefly explained that health is comprised of a healthy body, mind, emotions, and social parameters. For an adolescent to develop into a healthy adult it is important to focus on all these.

Moving further, Dr. Prakash Keshaviah highlighted a very burning issue among adolescents – technology and its adaptation. He mentioned that it is very important for the counsellors to understand that the technology is for everyone but how it is used needs to be seen. The adolescents of today are more vulnerable to issues that can be hazardous and risky. The vote of thanks was delivered by Dr. Rajeev Bijalwan.

The training elaborated on clinical and lifestyle concerns of adolescents. Nuances of how to offer counseling to the adolescents and when to channel them for referrals were addressed. The resource team comprised of group of state and national experts.



The [Swami Rama Himalayan University](http://www.srhuniversity.org) Academic and Literary Award function was held on 12th March in the University campus. Dr. Krishna Kant Paul, Hon'ble Governor of Uttarakhand, presided as the Chief Guest. Also on the dais were Dr. Vijendra Chauhan, Secretary of the promoting society (HIHT), Dr. Vijay Dhasmana, Hon'ble Vice Chancellor of SRHU, and Mr. Nalin Bhatnagar, Registrar, SRHU.



[Swami Rama Himalayan University](http://www.srhuniversity.org) Foundation Day was celebrated in the University campus 12th March. Smt. Indira Hridayesh, Hon'ble Minister for Higher Education, Govt. of Uttarakhand was the Chief Guest. Also on the dais were Dr. Vijendra Chauhan, Secretary of the promoting society (HIHT), and Dr. Vijay Dhasmana, Hon'ble Vice Chancellor of SRHU.

The Ayurvedic Centre

Plants in Campus

Vasa (Adhatoda vasica)



Vasa is known as adusa in Hindi and malabar nut in English. It belongs to family Acanthaceae or Chedanadi (Shlesh-mahar) gana in Ayurveda. It is a medicinal plant native to Asia and widely used in Ayurveda, Siddha and Unani Medicine.

Plant Description:

Adhatoda vasica is a shrub with lance-shaped leaves 10 to

15 centimeters in length. They are oppositely arranged, smooth-edged, and borne on short petioles. Trunk has many, long, opposite, ascending branches, where the bark is yellowish in color. Flowers are usually white and the inflorescence shows large, dense, axillary spikes. Fruits are covered with hairs with club-shaped capsules.

Ayurvedic pharmacology: Guna-Ruksha, Laghu Rasa-Tikta, Kashaya Vipak-Katu Virya-Shita Dosha Karma-Kapha Pitta Shamak.

Chemical composition: It has volatile oils, fat, resin, alkaloid vasicine, adhatodic acid, sugar, gum, pigment and salts. Medicinal property is mainly because of vasicine and volatile oils.

Therapeutically useful parts: Leaves.

Therapeutic uses: It is useful in bleeding disorders, chronic respiratory tract infections, cold and cough, vomiting, fever, sore throat, asthma, chronic bronchitis, jaundice and liver disorders.

Paste of leaf is also used externally to relieve inflammation and is useful in joint pain. It acts as diuretic.

Dr. Pratibha Mamgain, Dept. of Ayurvedic Medicine

“The basis of holistic health lies in understanding the purpose of life and learning how to achieve that purpose.”
Swami Rama

Podophyllum Peltatum in Acute Diarrhea

Unless there has been food poisoning or known exposure to chemical poisons, Podophyllum is usually the first remedy I think of in acute diarrhea, particularly in infectious diarrhea in children and teething infants.

According to WHO, childhood diarrhea is one of the top health problems in the world, especially in developing countries. Every year over 3 million children die as the result of dehydration from diarrhea-related disease. The homeopathic remedy Podophyllum peltatum could provide a simple solution to this massive problem. Used along with oral rehydration therapy, Podophyllum treats the underlying infection. Many deaths in childhood diarrhea could be prevented if health centers and NGO's globally were made aware of the efficacy of Podophyllum in acute diarrhea. As it is one of the common remedies in homeopathic home first aid kits, anyone could be taught how to use it. If you doubt the efficiency of homeopathic remedies in the treatment of infectious diarrhea, you need only review the homeopathic literature on the use of Podophyllum in the treatment of cholera infantum, one of its main clinical uses in the history of homeopathy.

Commonly known as May Apple, Podophyllum peltatum is the official name of this healing plant. It can be found growing wild throughout the United States in damp, shady places. The tincture is made of the whole fresh plant, including its root and fruit, after the fruit has ripened. Herbalists and eclectic practitioners of long ago used it as “vegetable mercury” because of its strong effect on the liver, and symptoms that resemble poisoning by mercury, such as marked salivation and offensive mouth odor. It is an irritant wherever applied, causing severe irritation to any part it touches, particularly the eyes. It is a known antidote to mercury poisoning.

The main characteristics of the diarrhea of Podophyllum are:

- Profuse, gushing, very offensive stool.
- Stool may be yellow or green, very watery, usually painless
- Aggravations in the morning, in hot weather, after eating and drinking anything, and during teething.

Concomitant symptoms:

- Much rumbling and gurgling in abdomen.
- Extreme weakness after stool.
- Fullness and pain in the region of the liver.
- Nausea with vomiting, or especially gagging without vomiting.
- No appetite but great thirst.

It is not necessary for all of the symptoms or concomitants to be present.

Dosage: 1 dose, 2 to 3 times daily of Podophyllum 30 as needed. If there is no response to the remedy, consult a homeopathic physician or your pediatrician.

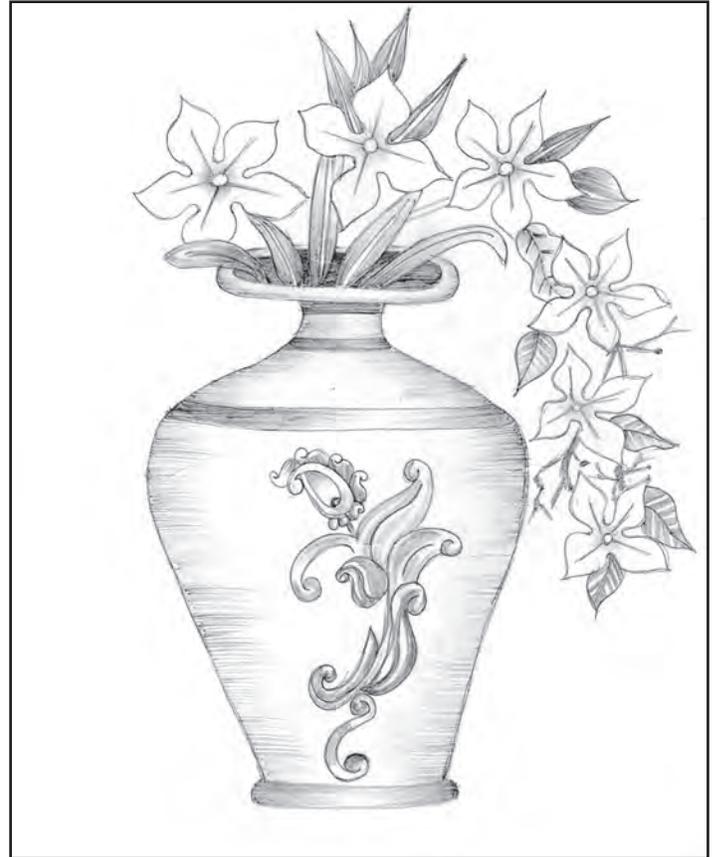
Dr. Barbara Bova, HOD, Dept. of Homeopathy

Kids' Corner



“Lord Ganesha”

by Saumya Gupta, Class V,
Mt. Littera Z School, Bhanisarwala



“Flowers in a Vase”

by Kushi Dhasmana, Class X
Gayatri Vidyapeeth, Haridwar

“Both fathers and mothers should demonstrate respect for each other so that children learn to respect them as well.”

Swami Rama

HIHT News is the in-house news bulletin of the [Himalayan Institute Hospital Trust](http://www.hihtindia.org), Dehradun, India, a nonprofit organization founded in 1989 by H.H. Swami Rama of the Himalayas. Readers are requested to write to the Editor expressing their views about the bulletin. Printed and published by Dr. Vijay Dhasmana for and on behalf of the Himalayan Institute Hospital Trust at New Art Press, Dehradun-248001, Uttarakhand (India). Editor: Dr. Vijay Dhasmana, phone: 0135-2471133, pb@hihtindia.org. The views expressed in the signed articles do not necessarily reflect the official views of the Trust. Sign up on our website to receive the HIHT News via e-mail.

© 2015 Himalayan Institute Hospital Trust. All rights reserved. www.hihtindia.org
RNI-UTT/BIL/2003/11409
HIHT is the promoting society of [Swami Rama Himalayan University](http://www.hihtindia.org).



PRINTED MATTER

If undelivered please return to: Himalayan Institute Hospital Trust, Swami Ram Nagar, P.O. Doiwala, Jolly Grant, Dehradun 248140, Uttarakhand, India.