



HIHT News

Basic Training by Swami Rama

The greatest teacher in India is woman in our family tradition. Our scriptures say: *"Matri devo, pitri devo, acharya devo."* Devo means "bright being." This saying means that the mother is the first teacher, the father the second, and the spiritual teacher or religious teachings become the third teacher in the child's life. These three teachers provide the child's educational foundation and give the necessary guidance. The mother, from whose loving bosom the first lessons of life are learned, is the first and foremost teacher of the child. If she does not sow the seeds of good conduct and health, the other two teachers will find great difficulty in discharging their duties. It is said that a child starts learning 21 years before birth. This means that the mother should be trained before she conceives a child so that she can love and educate her child in a manner that is comfortable and healthy for both.

A woman should actually work hard before having a child if she really wants to have a healthy child. Not only should she strive to improve her physical health, she should also work on herself and try to transform her personality for the sake of her child. When a woman is expecting a child, she should have a very nutritional diet, she should exercise, and she should read inspiring books. Her husband should treat her very nicely. He should respect her, look after her, and should not create any emotional problems for her; he should understand that she needs love and sympathy. The child is affected by the way the mother thinks before and during pregnancy and will have the same tendencies as the mother has. Therefore, when a woman is pregnant she should not think in a negative way, she should not be depressed, and she should not become emotional. The mother's thoughts and behavior affect the child she is carrying because the child's sensitive heart accepts anything and everything.

The education of the child can begin from the first day of pregnancy. You can read an example of this in the Mahabharata, one of the great epics of India. Arjuna was the great warrior of the battle of the Mahabharata. When he would come back from the battlefield, he would discuss the techniques of fighting with his wife, who was pregnant. She was not interested in listening to these things. So he said, "Listen, I am telling you these things to educate our child. Please listen to me. I will tell you the techniques of fighting so that our child learns." She said, "How is it possible?" He said, "Make a note of what I am saying." Then he explained to her the technique of how to build a fort that the enemy could not penetrate. He also wanted to explain how to invade the fort of the enemy but he was not able to complete the lesson because his wife had fallen asleep. At the age of 12 years, their son, Abhimanyu, could describe how to create a fort that the enemy could not destroy. He knew this because of the subtle samskaras he had received when he was in his mother's womb.

Nature has provided a wonderful mechanism for the mother to freely enjoy the company of her child for nine months. She alone can communicate with and feel the child she is carrying. She



Swami Rama

should realize this is something great and learn to enjoy it. During the months of pregnancy the father does not directly feel the living presence of the child as does the mother. Before the child's birth the father simply feels excitement, curiosity, and pride for his child. Man does not have the power that woman has to carry a child for nine months. If you put a little pebble on a man's abdomen, and tell him to carry it for two or three days, he will not be able to do so. Woman is superior to man; woman has tremendous strength and capacity to go through many pains in life. Man has been irresponsible throughout the ages. The family institution was established by woman. It was woman who felt the necessity of establishing a home and shelter for her child, so woman is actually the first architect. Now, it is woman's responsibility to build our society. That which man has not been able to do, woman should do because she can do it. All women should be aware of the wealth they have. No woman should ever feel she is inferior because she is a woman. Woman has great power and great responsibility. The child's education is totally in the mother's hands. If all mothers would decide to do their duties lovingly toward their children, in one day they could considerably reduce the misery of the world. All mothers should realize that they can change the whole course of their child's life. Although raising a child is a mutual responsibility, most men do not care to know or understand the necessity and importance of loving, caressing, and teaching the child. It is man's nature to be extroverted. It is more difficult for him to be sensitive to the responsibilities of child raising. Usually the man is not helpful to his wife in caring for an infant.

Reprinted from Let the Bud of Life Bloom, an HIHT publication.

67th Republic Day Celebrations



HIHT celebrated the nation's 67th Republic Day on 26th January 2016. The event was marked with cultural programs of dance, song, and poetry recitals presented by the staff and students from Medical, Paramedical, Nursing, Engineering, and Management Colleges.

The Chief Guest, Dr. Vijay Dhasmana, Member Presidential Body, HIHT hoisted the national flag and took the salute of the marching contingents.

On the occasion, Dr. Dhasmana felicitated Sh. Chaman Singh, Driver MT Dept. for successfully completing the "Road Safety," program and three HSET students for their active participation in development of a mechanized boom barrier under the guidance of Shri Trilok Rajora, Project Coordinator, HSET.

Addressing the gathering, Dr. Dhasmana urged everyone to contribute in celebrating the 3rd Foundation Day of [Swami Rama Himalayan University](#) on 12th March and informed that the 1st Convocation of the University may also be held on the same day.

The highlights of his address were:

- The University has been enrolled as a member of the Association of Indian Universities.
- The University has been accorded recognition as a Scientific and Industrial Research Organization (SIROs) by the Department of Scientific and Industrial Research.
- The Cancer Research Institute (CRI) of the University has been recognized as a Tertiary Care Cancer Centre by the Government for implementation of its projects under the National Program for Prevention & Control of Cancer and it has also been recognized by the ICMR as a collaborative centre for cancer research and services.

Academic Progress:

- New courses introduced viz. Polytechnic Diploma in the Himalayan School of Engineering & Technology (HSET), B.Com. (H) in the Himalayan School of Management Studies (HSMS) from 2015-16.
- Session 2016-17 will see introduction of Biomedical Engineering Course, Diploma in Dialysis Technology (DDT). Permission to start MD Psychiatry has been granted by MCI.
- Introduction of Fellowship programs in Medical & Surgical Oncology, Critical Care & Emergency Medicine.
- MCI has granted increase of one seat each in TB & Chest, Community Medicine & Pharmacology.

- The MBBS intake has been increased to 150 seats.
- A University delegation would be visiting Laurea University, Finland in the month of February for collaboration in the fields of Nursing & Holistic Health.
- New ICU with 41 beds has been set-up at the Himalayan Hospital.
- 5 new OPDs planned in the hospital – to come up at the new hospital building .
- To encourage patient care amongst staff a Best Employee of the Month scheme to be introduced in the Hospital .
- RDI has expanded its area of functioning beyond the state of Uttarakhand in the northeastern states of Nagaland, Arunachal Pradesh, Meghalaya & Assam. RDI is providing training to 31 states under this Government project of Rashtriya Kishor Swasthya Karyakra (RKSK).
- The SWAJAL project of RDI will cover up to 200 villages by the end of the year.
- A Polytechnic College and a Health Centre in the birth place of H.H. Dr. Swami Rama, at village Toli in Pauri Garhwal. The Hon'ble Chief Minister Uttarakhand, Sh. Harish Rawat ji will lay the foundation stone of the project on 12th February, 2016.
- The HSET is forging ahead with research and development projects; some of the notable projects underway are mechanized boom barrier, blood collection monitor, ECG Analyzer, pre-fabricated low cost toilets, solar, wind and hydroelectric hybrid power generation.
- The Tehri Hydro Development Corporation has sought the University's assistance to install 10 pre-fabricated low cost toilets in mountainous regions.
- The Disaster Causality Monitoring System is under trial at HSET and will soon be available to patients and residents living in far flung hilly areas. The system will help them contact the hospital in the event of a medical emergency.
- Various studio/B-type/E-type residences are under construction.

Dr. Dhasmana congratulated the Himalayan Hospital and Cancer Research Centre for registering a steady growth and informed that the formal inauguration of CRI would take place February this year. He applauded RDI for being instrumental in spreading the organization's name across the country.

The Ayurvedic Centre Plants in Campus

Parijat (*Nyctanthes arbor-tristis*)

Parijat is known as Harsingar in Hindi and Night Jasmine or Coral Jasmine in English. It belongs to family Oleace or Arshoghnadi Varga in Ayurveda. It is found all over India up to the height of 3,000 feet. Parijat (*Nyctanthes arbor-tristis*), appears in several Hindu religious stories and is often related to the Kapavriksha. In Bhagwat Puran it is mentioned that Parijat appeared as the result of Samundra Manthan (churning of the milky ocean).



Plant description: It is a shrub or a small tree growing up to 10 meters tall, with flaky grey bark. The leaves are opposite, simple, 6-12 cm long and 2-6.5 cm broad. The flowers are fragrant, with a five- to eight-lobed white corolla and an orange-red centre; they are produced in clusters of two to seven together, with individual flowers opening at dusk while flowers lose their brightness and finishing at dawn; that's the reason that the tree is sometimes called the "tree of sorrow." The fruit is a flat brown heart-shaped to round capsule, 2 cm diameter, with two sections each containing a single seed.

Ayurvedic pharmacology: Guna-Laghu, Ruksha Rasa-Tikta, Vipak-Katu, Veerya-Ushna

Chemical composition: The leaves and seeds contain iridoid glycosides; other constituents reported from the leaves are mannitol, beta-amyrin, beta-sitosterol, hentriacontane, benzoic acid, astragalol, nicotiflorin, oleanolic acid, nyctanthic acid, friedelin and lupeol. The orange red centre has Nyctanthene which is like a-crocin of saffron.

Therapeutically useful part: Leaves, bark and flowers.

Therapeutic uses: Leaves are febrifuge, anti-inflammatory, antispasmodic, hypotensive, respiratory stimulant. Leaf juice is used for fevers, rheumatism, sciatica, loss of appetite, constipation, hepatomegaly, dysuria, piles, respiratory disorders, snake bite and worm infestation. Seed paste is used on scalp for falling of hair. All parts of the plant are used for allergic disorders.

*Dr. Pratibha Mamgain,
Department of Ayurvedic Medicine*

Biochemics in the Treatment of the Common Cold

Many do not consider Schuessler's 12 tissue salts as true homeopathic remedies. However they are prepared in the same manner as the lower potency homeopathic medicines and have long been associated with homeopathy. In my own clinical practice I have found them to be exceptionally helpful, either used alone or to complement homeopathic remedies. They are also known as the 12 biochemic cell salts, or simply cell salts or tissue salts. In this article I will be referring to them as tissue salts. In general I use the 6x dilution of the tissue salts.

All the tissue salts consist of minerals found in rocks or soils and are also naturally present in the human body. When in balance these salts help to keep the body healthy. If they become deficient or imbalanced, illness, weakness or malfunction of biochemical processes will result. Schuessler's tissue salts contain very minimal amounts of the physical salts due to the process of diluting. As in homeopathy where the minimum dose is found to be curative, these minimal salts can restore balance to the quantity and function of the natural tissue salts.

The tissue salts can be used singly or in combination with other salts. The following combinations are used most commonly in the treatment of the common cold. At the onset of the symptoms of a cold take Kali mur 6x and Ferrum phos 6x. Kali mur is an immune booster and Ferrum phos is anti-pyretic and anti-inflammatory. If the nasal discharge becomes thickened and yellow in color, Calcarea sulph 6x can be added to make the trio of KM6x, CS6x and FP6x. In persons who suffer from chronic upper respiratory infections, this trio can be taken over a period of time, even if the symptoms are no longer present, to act as a preventive measure. If the nasal discharge becomes greenish and purulent, Natrum sulph 6x can be used in the trio of KM6x, NS6x and FP6x. This trio can also be used over some time to build up the immunity and prevent further infection. If there is frequent sneezing and a runny nose with a transparent discharge, Natrum mur 3x should be added to the trio to make KM6x, NM3x and FP6x. If the discharge is yellowish in color Calcarea sulph 6x can be substituted for Ferrum phos 6x to make the trio of KM6x, CS6x, NM3x. This trio is especially helpful in allergic rhinitis.

Whatever the combination, the dosage is 2 tablets of each salt 3 times daily; for more severe cases the dosage can be increased to 3 tablets of each 4 times daily. As they are pleasant to taste and quick to dissolve in the mouth, they are a favorite of children and can be given with no concern of overdosage or side effects.

*Dr. Barbara Bova, HOD,
Department of Homeopathy*

Rural Development Institute



Road Safety – A National Need

Fatalities on Indian roads are increasing by 8% every year. 85% of all accidents on the roads happen because of improper human behavior. Thus improving behavior on the roads is critical for ensuring road safety. However a consensus cannot be reached on how to improve people's behavior. While one option is by educating people as the way forward in improving road safety, other alternatives can be better infrastructure and enforcement of road safety laws. Education, enforcement of laws, quality of vehicles, timely evacuation and emergency care can be crucial for improving road safety.

Traditionally, road safety has been seen as an unfortunate consequence of a transport system and as a problem for the transport sector. However, the direct costs of the growing number of crashes falls mostly on the health sector, businesses and families. Today it is widely acknowledged that many sectors have a role to

play in road safety, especially in the prevention of crashes, deaths and injuries. Different sectors of society should come forward and join hands in this direction to make Indian roads a safer journey. NGOs can play a significant role in raising mass awareness and bringing about behavior change through advocacy and training programs.

Rural Development Institute participated in the recently conducted Road Safety Forum – 2016 organized by the Ministry of Road Transport and Highways, Government of India. RDI shared its efforts towards Road Safety at National Level elaborating upon raising awareness among drivers, conductors as primary responders to any road mishap.

142 drivers and conductors from 3 districts of Pauri, Rudraprayag and Dehradun have been trained at RDI on first aid and immediate safety measures to be taken at the site of road accidents. The efforts were applauded as being one of the few exemplary efforts in the country.

Important slogans for road safety-

- Don't mix drinking and driving.
- Seat belt saves life, always buckle it.
- Always wear helmet while on two-wheeler.
- Never use mobile phone while driving.
- Get your vehicle checked regularly.
- Find a safe place to cross the road.
- When on the road, always say "Pehle Aap"

HIHT News is the in-house news bulletin of the Himalayan Institute Hospital Trust, 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.

© 2016 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.hiham.ac.in).



PRINTED MATTER

If undelivered please return to: Himalayan Institute Hospital Trust, Swami Ram Nagar, P.O. Jolly Grant, Dehradun 248016, Uttarakhand, India.