



HIHT News

Love and Relationships *by Swami Rama*



Swami Rama

We used to live in the mountains of India, the Himalayas, that you have all heard of and many of you have visited. One day, a prince from a nearby state, who was educated in Oxford, came to visit my Master with all his guards and secretaries. That morning I was standing outside the cave monastery where I was brought up. The prince came forward and said, "Come here, O brahmachari (apprentice). Come here." I said, "What's the matter? Who are you?" He said, "I want to see your Master." I said, "You cannot see him. Don't order me around and get out of this place." So his secretary came forward and said, "Do you know he is a prince?" I said, "I don't care. I am the prince of the Himalayas." The secretary now became very humble, as did the prince, "Sir, can I please see your Master?" I said, "Ok." My Master was sitting inside. The prince, affecting the mannerisms of polite society, said, "Good morning to you, sir. You seem to be lonesome." My Master replied, "Yes, because you have come."

Don't forget who makes you lonesome, remember this point. Those who claim to love you make you lonesome. A foreigner, a stranger, does not make you lonesome. Who makes you lonesome? Those who are closest to you. Because you expect too much from others, and others do not have the capacity. Many young boys and girls think that marriage is the solution for life. It is not. It is like a

fortress, those who are in it cannot come out and those who are out side want to get in, all with great suspense. One is a helpless state, another is state of suspension. In my opinion, we should all learn to understand something in our childhood and start training and teaching our children so that they understand something about life, learning to examine one's own self, then learning to relate with others. We remain strangers to ourselves and yet we try to communicate in the external world with others and that is not helpful. It is creating sickness. I have been doing experiments, I have been analyzing things, I've been watching, observing things very subtly. What do we do in the name of love? In the name of love we use others, we lean on others, we, instead of helping, hurt others, we injure others, we become dependent. Dependency is a sort of disease.

When you get married, have four understandings with your partner. We will not fight in the mornings, we will not fight before going to bed, we will not fight while eating food, but the rest of the time if we want to fight, we can fight. It's very injurious if you do not have such an understanding in life, such a simple agreement. If two people fight, I can stop their fight just like this. You know what I tell the wives? I don't call them housewives, that's a bad word. No woman is married to a house, so no one should be called a housewife. I tell them, please, when you are angry, the other person should understand that you are angry, and he should not lose his patience during that time. He should just remain quiet. Simple advice. When do you get angry? Not when you are balanced. You get angry when you are emotional, irrational. But what happens? Suppose you are angry, and then your wife also gets angry, and the children start crying, and even the neighbors also get involved, what will happen? This thought pollution that you are creating will go on expanding, spreading to the whole universe. So learn to understand that the individual family is something great, meant to radiate love to the neighbors, to the whole universe. And for that you need understanding. When your partner is upset, it is best to keep quiet. After sometime your partner says, "I'm sorry." But if you go on fighting that is not therapeutic, that's not healthy. I'm not saying that you should both sit in silence and not do anything. I'm saying two wheels of a chariot will lead the chariot in the same direction. And that is very good. Please fight but not all the time.

Don't fight with a woman, for you will never win. You will be sorry if you fight with her. Once, Nancy Reagan, the wife of President Reagan began to cry after a fight they had. President Reagan, the President of the United States, who had the power to press a button that could destroy the whole world, begged his wife, "Please Nancy, please don't cry. I, with all my powers, am at your disposal." But Nancy wouldn't stop. He used all his powers but he failed. Finally he started crying and Nancy said, "Don't cry, my boy. Now, you know who the boss is."

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Rural Development Institute Update



Rural Development Institute offered extensive training and orientation programs on various themes both on-field and off-field during September and October.

The Rashtriya Kishor Swasthya Karyakram (RKSK) under National Health Mission was launched in 2014 with a comprehensive approach to address all aspects of adolescent health in the country. RDI-HIHT has been empaneled as one of the six National Training Partners to roll out peer education program under RKSK in six northern states of India. This year, 39 Master Trainers from eight districts of Haryana – Bhiwani, Jind, Panchkula, Palwal, Karnala, Panipat, Yamunanagar and Ambala participated in the training of trainers from 3 - 7 October 2016 at RDI. All the participants are serving in the state health department as allopathic, Ayurvedic and homeopathic doctors at government district hospitals, CHCs, PHCs.

RDI and Intrahealth organized a training on mSakhi app, an app designed to facilitate ASHAs working and reporting mechanism. The objective of training was to enhance the practical knowledge on use of smart phone and mSakhi tools for verification of family details. During the training practical session started with distribution of smart phone, where participants tried hands on about device layout, battery, sim card, memory card, turning the device on and off, touch screen, home screen, lock screen, opening apps and basic application like phone calls, contact, messages, camera and internet.

Orientation on Disability and Inclusive Development at Bongla, Haridwar in September was organized for school teachers, parents and caregivers and field mobilizers. The objective of the

training was to orient the entire group on the concepts of inclusive education and the role of each stakeholder in ensuring that.

Two days training on gender and disability was organized for RDI team including program managers, coordinators, field supervisors, heads of partner institutions and field workers. The objective of the training was to orient the entire group on the concepts of gender and building sensitivity towards issues for people with disability. Due to regular interaction with the community, the group was aware of field scenarios and prevalence of disability but was not oriented towards how specifically they could address gender related issues of people with disability for overall development.

Two days training program was organized in 14 villages of Chakrata on Community Managed Disaster Risk Reduction in which eight steps towards better preparedness for any disaster were discussed. The participating communities have developed their own long term, comprehensive, service-delivery solutions which are resilient even in hazardous times.

Haridwar is culturally rich but health indicators are reported to be poor. According to Annual Health Survey 2012-13, the Infant Mortality Rate (IMR) of Haridwar is 64 (Uttarakhand 40), Neonatal Mortality Rate of Haridwar is 45 (Uttarakhand 28) and Maternal Mortality rate (MMR) is 165 for Uttarakhand. Considering these conditions a 3-day refresher training of 13 Dais (traditional birth attendant) was conducted in September. Existing knowledge, attitude and practice on safe motherhood and conducting home deliveries were discussed. Difference between good and bad practices was highlighted.

The Ayurvedic Centre: Plants in Campus

Amra (Mangifera Indica)

Amra is popularly known as aam in Hindi and mango in English. It has been an important herb in the Ayurvedic medical systems for over 4,000 years. It belongs to family Anacardiaceae and Mutrasangrahaniya, Purishsangrahaniya, Hridiya and Amla Skandha groups in Ayurveda. It belongs to genus Mangifera. It is found in the wild in India, Bangladesh and Pakistan where it is indigenous and cultivated varieties have been introduced to other warm regions of the world.

Plant description: It is a large evergreen tree that grows to a height of 30-120 feet, dome-shaped and heavily branched from a stout trunk. The leaves are spirally arranged on branches, linear-oblong, lanceolate - elliptical, pointed at both ends, the leaf blades mostly about 25-cm long and 8-cm wide, sometimes much larger, reddish and thinly flaccid initially and green later. The inflorescence occurs in panicles consisting of about 3,000 tiny whitish-red or yellowish-green flowers. The fruit is a large drupe, but shows a great variation in shape and size. It contains a thick yellow pulp, single seed and thick yellowish-red skin when ripe. The seed is solitary, ovoid or oblong, encased in a hard, compressed fibrous endocarp.



Ayurvedic pharmacology: Bark- guna- laghu, ruksha rasa- kashay vipaaka- katu veerya- sheet dosha karma- bark, leaf, flower and seed are kaphapitta shamak, ripened fruit- vaatpittashamak unripened fruit-tridosh kaarak

Chemical composition: Unripe fruit has water, tartaric, citric and malic acid. Ripened fruit has yellow pigment, polyphenols, flavonoids, triterpenoids, mangiferin, xanthone glycoside, isomangiferin, tannins and gallic acid derivatives. The bark is reported to contain protocatechic acid, catechin, mangiferin, alanine, glycine, while seed contains starch, fat, sugar, resin, galic and tannic acid.

Therapeutically useful parts: Bark, leaf, flower, fruit and seed.

Therapeutic uses: According to Ayurveda, varied medicinal properties are attributed to different parts of mango tree. Bark, flower, leaf and seed are blood purifying and externally used to heal wounds. Seed has antiparasitic activity, used to treat diarrhea, diabetes, leucorrhoea and menorrhagia. Ripened fruit is aphrodisiac and provides good nutrition. Unripened fruit is used to treat heat stroke after heating.

Dr. Pratibha Mamgain, Department of Ayurvedic Medicine

Hahnemann and the Theory of the Chronic Miasms

More than 200 years ago Samuel Hahnemann founded the homeopathic system of medicine. In the later years of his life Hahnemann surprised even his closest colleagues with a new theory, the chronic miasms. A master observer and logician, he presented this theory after twelve years of thorough observation, systematic experimentation and analysis. Even so, he feared his contemporaries would not comprehend the theory of the chronic miasms.

Indeed, some of Hahnemann's closest followers failed to understand the theory of the chronic miasms and their relationship to chronic diseases, and their misconceptions prevail today. Modern homeopaths likewise do not understand the theory of the chronic miasms or consider the miasms to be a valid criteria on which to base prescriptions. Many of Hahnemann's contemporaries felt it was just the whim of a senile old man at the end of his career. It is not likely that Hahnemann was senile. He was a highly learned scholar and from the time of his youth was proficient in many languages, including English, Italian, French, Greek and Latin. As he was particularly interested in the ancients, he even learned the more difficult languages such as Arabic, Syriac, Chaldaic and Hebrew so he could study original texts in their original language. This proficiency in languages was to provide him the means of a livelihood as a translator and teacher of languages at the time of his life when he left the practice of medicine because of his

disillusionment with the medical practices of that time. More important, he became exposed to the medical philosophies and practices of many of the ancient cultures in their original languages, including the sciences of yoga and Ayurveda. It was from this exposure that he was able to gather the knowledge necessary to formulate a new system of medicine, one that would not be harmful but would cooperate with the inherent healing force within; one that would work with the human entity as a whole—physical, energy, senses, mind and spiritual basis. Hahnemann never let up in his persistence in improving the system of homeopathy till the end of his life. Because his discoveries were based on pure observation and personal experience, none of his observances can be simply discarded. His colleagues may not have been able to keep up with Hahnemann's ideas as they did not have comparable knowledge of the ancient systems of healing.

Hahnemann was a true scientist who repeatedly verified his observations. He did not spend twelve years of close scrutiny and observation of the human disease condition merely to write speculative theory, as he has been accused of doing, but rather to find a definitive universal way to relieve the afflictions of humanity. The theory of the chronic miasms is the greatest legacy he gave to us, and it is this theory that can make homeopathy the system of therapeutics that can solve many of the problems facing the western medical system today. *(to be continued)*

Dr. Barbara Bova, HOD, Department of Homeopathy



Viswakarma puja was observed 17th September 2016 at the HIHT campus.



New Rest House was inaugurated on the campus 14th September 2016

2017

HAPPY NEW YEAR

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