



# HIHT News

## Exercise and Good Health *by Swami Rama*

The two different kinds of physical exercise essential to good health are stretching exercises such as the yoga postures and aerobic exercises such as jogging. Both are very beneficial for cleansing, relaxing, and revitalizing the body and for helping it function properly.

Although quite different, they complement each other. The postures are relaxed, slow and gentle; they provide systematic stretching to all the muscles and joints of the body and massage the glands and organs. Aerobic exercise is active and stimulates the heart, lungs and muscles. Both kinds are necessary; each has unique effects which the other cannot produce. But they must be practiced regularly, carefully, and in the correct manner in order to attain the desired effect. Doing either beyond one's capacity does more harm than good.

These days body therapies like massage, chiropractics, Rolfing, bioenergetics, and reflexology are very popular. They all have specific benefits but are limited in two respects: one needs to rely on a therapist to provide the treatment, and the effects tend to be short-lived unless one returns again and again for more treatments. The yoga posture, on the other hand, are perfected gradually. This encourages self-reliance, and as one practices, observing his physical and emotional reactions, he will begin to notice definite positive changes in both body and mind.

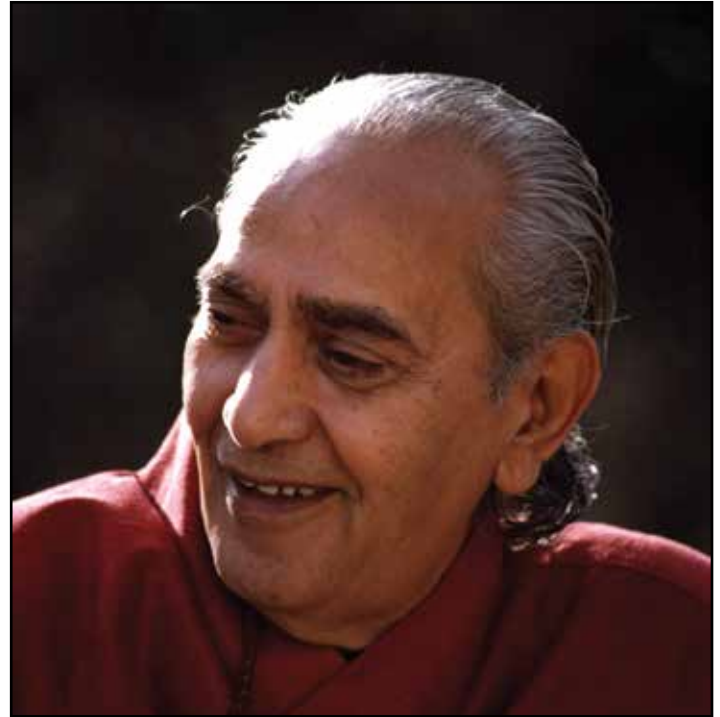
An obvious effect of the postures comes from the stretch and stimulation they give to the muscles, ligaments, and joints. This restores elasticity and tone to the body so that it eventually regains its natural shape. In addition, they stimulate circulation, revitalizing the internal viscera, the brain, and the nervous system.

The respiratory system performs more efficiently when one does the postures, for greater amounts of oxygen can then enter the system and more toxins can be eliminated. All the internal organs are massaged and toned, improving not only digestion but also bowel and kidney function. The endocrine system is stimulated and regulated to a fine balance. The postures increase resistance to fatigue and relieve tension. One learns how to relax, allowing the systems of the body to function properly.

So the postures are a good, gentle tonic for the entire personality, making one feel healthy and full of energy. Excess weight is also reduced; the body becomes supple, and one moves with grace and ease. The complexion glows; the eyes shine.

By practicing the postures regularly, one gains control of the body and is able to maintain a steady, comfortable pose for increasingly greater lengths of time. One then begins to observe the finer functions of breath and mind, for only when the body is still can one turn within and begin to know oneself.

The basic goals of the yoga postures are to maintain a healthy body and gain peace of mind. Yoga texts tell us that many physical complaints come about in this way: a psychological disturbance can lead to a functional impairment which, in turn, is often



Swami Rama

reflected in irregularities in the breathing patterns. If this process continues, it can lead to actual cellular damage and manifest itself in a structural alteration. The yoga postures work first to correct the structural alteration and can be used as an effective therapy (particularly in the early stages) in reversing the above process. Then breath awareness and various breathing exercises can be useful in eliminating the irregularities which have developed in the breathing patterns. They can thereby help resolve the psychological disturbance which created the alteration in the first place. Thus, changes brought about through the practice of postures are not sudden or dramatic; they are deep and permanent.

At first the postures may seem awkward, but they have been systematically developed for centuries, through direct experience and observation, to calm, balance and regulate the systems of the body. When done properly and patiently at a regular time and place, one enjoys them, and they become a habit which brings a deep sense of calmness and much satisfaction.

There are over three thousand yoga postures, but only a few are basic. Among them are the cobra, boat, bow, plow, shoulderstand, fish, forward bend, spinal twist, headstand, and stomach lift. The yogis lived close to nature and keenly observed their fellow creatures. Consequently, many of the postures (for example, the cobra, locust, fish, scorpion, frog) are based on certain unique characteristics a particular animal displays.

*Reprinted from "Dawn" vol 4 no 2*

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

The Himalayan Institute Hospital Trust celebrated nation's 68<sup>th</sup> Republic Day with patriotic fervor on 26 January 2017. 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 (SRHU) arousing a feeling of patriotism and unity amongst the audience. The group dance by the campus kids to Unity in Diversity was a major attraction. The skit by the Himalayan College of Nursing on Digital India drew loud cheers of the spectators.

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/SRHU family, Dr. Dhasmana congratulated everyone on the occasion and the efforts put in by the participants in the cultural presentations.

Dr. Dhasmana also outlined impressive progress in the academic field within the various departments of SRHU. He cited plans to start a mass communication school in the near future. A new department of neurosurgery was inaugurated, expansion of OPDs is underway, and construction of a new 300-bed hospital building has begun.

He reiterated that welfare and wellbeing of the student, staff and faculty shall continue to be the foremost objective of the University. The University would now be under continuous surveillance through CCTV cameras. The task of installing CCTV cameras has since begun and gradually the entire campus would be under its coverage.

He said that an audit team, financial, academic and procedural audits has been commissioned to ensure our systems work efficiently and transparently and urged that all departments must fully co-operate with the audit function to bring about better governance and overall benefit to the institution.

Inauguration of "Flying Birds" school within the campus for the kids of construction labor working in the campus took place, wherein meals for poor children are being provided.

Dr. Dhasmana congratulated the Cancer Research Centre for successfully conducting its first bone marrow transplant surgery and informed the gathering of the fact that CRI is the only comprehensive cancer care centre in the entire state of Uttarakhand.

He applauded RDI for being instrumental in spreading the organization's name across the country and said that it was the dream of the founder H.H. Dr. Swami Rama to provide health, education and income generation to the far flung areas of Garhwal and Kumaon regions. The SWAJAL project of RDI is presently covering 305 villages with safe drinking water and sanitation facility.

Expressing his concern on the continued migration of people from the hilly regions of Uttarakhand, Dr. Dhasmana said the polytechnic college that is being constructed in Toli Village will start its academic session from next year.



## The Ayurvedic Centre

### Plants in Campus

#### Sarshap (*Brassica campestris*)

Sarshap is commonly known as sarason in Hindi and mustard/ English field mustard in English. It belongs to the family Cruciferae or Kandughna Gana in Ayurveda. The plant is a very important seed-oil crop in India. The genus *Brassica* is native to Western Europe, the Mediterranean and temperate regions of Asia but now a world-wide cultivated plant or weed of cultivation. It is grown here and there in the West African Region. The leaf is eaten in many countries, though it may be reserved sometimes as an emergency food in time of shortage. It is often fed to cattle also.



**Plant description:** An annual herb to 1 m or more high, root tuberous or fusiform, stem erect, stout, simple of branched, 30-100 cm high, leaves alternate, petioled, large, more or less pinnatifid, raceme or corymb. Flowers yellow, pedicellate, tetramerous, siliquas 3.7-7.5 cm, glabrous. Seeds small, pale or dark, smooth.

**Ayurvedic pharmacology:** Guna-tikshna, Ruksha-leaves, Snigdha-seed and oil, Rasa-katu, Tikta Vipaka-katu, Virya-ushna

**Chemical composition:** Flowers contain flavonol glycoside brassicoside. Seeds contain epi-progoitrin-major thioglucoside. The oil is one of the chief sources of erucic acid, a fatty acid of the oleic acid series and which has important applications in food and industry.

**Therapeutically useful parts:** Seed, oil.

**Precaution:** Leaves are often fed to cattle, but under certain circumstances it may be toxic due to the presence of the glycoside sinigrin which hydrolyses to a highly irritant volatile mustard oil though this property is also used in India for treating skin disease and snake bite.

**Therapeutic uses:** Seed paste and oil is applied in various skin diseases. Massage with the oil is beneficial in muscle pain. Daily massage with mustard oil is good for muscle strength. Mustard oil and salt are applied to treat pyorrhoea and other gum diseases. Powder of seeds is used internally to treat loss of appetite, to expel worms and to treat splenomegaly.

**Doses:** Seed powder, 2-4 grams.

*Dr. Pratibha Mamgain,  
Department of Ayurvedic Medicine*

## The Theory of the Chronic Miasms of Homeopathy

*Continued from the November/December 2016 newsletter. . .*

My first exposure to homeopathy was in a homeopathic clinic in which the physicians' treatment was based on the chronic miasms and individual constitution. (We will consider homeopathic constitutional treatment in a later article.) This is why I never questioned the validity of Hahnemann's concept of the miasms. I had the opportunity to observe firsthand the clinical results of anti-miasmatic treatment by experienced practitioners before I knew anything else about the science of homeopathy. And I should add, I observed such amazing results I decided then and there I had to study homeopathy.

Even with the highly advanced technology of modern medical science, there is little to offer as cure for the multitude of chronic diseases that plague humankind. This is why we have to take a closer look at the chronic miasms. If the concept of the miasms as the basis of chronic diseases could be scientifically verified through reproducible research and statistics, much of the unnecessary suffering of humanity could be eliminated or at least diminished. At the same time we could make homeopathy more acceptable to the general medical community and be able to offer constitutional and anti-miasmatic treatment for many of the so-called incurable chronic diseases.

Homeopathy treats the underlying cause, not just the symptoms. And according to homeopathic philosophy the cause is something much more subtle than the observable signs and symptoms. In order to understand and practise homeopathy, it is essential to realize and accept that there are subtler forces at work within the psychophysical entity of the human being. These forces are expressed outwardly as signs and symptoms. These signs and symptoms are not the disease, but are merely the result of the disturbance of internal subtle energy fields that are present in both health and disease. It makes no difference what we call these subtle forces—miasms, energy field distortions, disturbances of prana or infections. It is this subtle disturbance that has to be treated.

The unique preparation of the potentised homeopathic remedy results in a dynamic field of energy rather than a physical drug that can be used therapeutically to restore a state of balance to the subtle underlying pranic forces, and thus prevent or halt further miasmatic expression.

“. . . like the rest of the universe, we are layer upon layer of energy or light; these layers form complex patterns in which the subtler layers are aware of the grosser ones . . . The yogi finds that the energies of the various levels of subtlety ranging from the low frequency, earthly, solid manifestations to the very highest frequencies, almost undetectable mental waves, all interact with each other in many forms: he finds that the relation between the denser and finer energies is that of interdependence. The denser ones affect the finer ones in a more immediate way, but the finer ones turn out to be the masters in the long run.” Swami Rama

*(to be continued)*

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

## The Disability Act 2016: A Game Changer for People with Disabilities

Recently GOI has passed the Rights of Persons with Disabilities Bill 2016; the Parliament has adopted a radically transformative piece of legislation that addresses the concerns of the most marginalized section of Indian society. The World Bank estimates that 15% of the world's population is affected by one disability or another. Exclusion of disabled persons from the labour market leads to an annual loss of approximately 3-7% of the GDP. According to Census 2011, India is home to 26.8 million people with disabilities and that is a huge underestimation.

The new law, when enacted, will repeal the old Disability Act 1995, and usher the Indian disability movement into a new age, where disability itself will be defined based on an evolving and dynamic concept. It increases the number of recognized disabilities from 7 to 21. With this, the official count will obviously also rise and as per conservative estimates, that figure could be as high as 70-100 million.

The key highlights of People with Disability Act 2016:

- It recognizes the need for reservation for them in promotion and makes special mention of the rights of disabled women and children. Reservation in vacancies in government establishments has been increased from 3% to 4% for certain persons or class of persons with benchmark disability.
- It lays down provisions to allow the central government to notify any other condition as a disability. Now individuals with at least 40% of a disability are also entitled to benefits such as reservations in education and employment, preference in government schemes and others. Every child with benchmark disability between the age group of 6 and 18 years shall have the right to free education.
- The Bill provides for penalties for offences committed

against persons with disabilities and also violation of the provisions of the new law. Special courts will be designated in each district to handle cases concerning violation of rights of PwDs. 2016 Act had made violation of any provision of the Act punishable with a jail term of up to 6 months, and/or a fine of Rs. 10,000.

- The bill sets the government a two-year deadline to ensure persons with disability get barrier-free access in all kinds of physical infrastructure and transport systems.
- The new Act will bring our law in line with the United National Convention on the Rights of Persons with Disabilities (UNCRPD), to which India is a signatory. This will fulfill the obligations on the part of India in terms of UNCRPD. Further, the new law will not only enhance the rights and entitlements of divyangjan but also provide effective mechanism for ensuring their empowerment and true inclusion into the society in a satisfactory manner.

### 21 disabilities as included in Rights of Persons with Disabilities Act 2016

Blindness, Low vision, Leprosy cured persons, Hearing impairment, Locomotors, Dwarfism, Intellectual disability, Autism, Cerebral palsy, Muscular dystrophy, Multiple disability, Sickle cell anemia, Hemophilia, Parkinsonism, Chronic neurological disorders, Acid attack, Mental illness, Specific learning disability, Multiple sclerosis, Speech and language disability, Thalassemia

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.

© 2017 Himalayan Institute Hospital Trust.  
All rights reserved. www.hihtindia.org  
RNI-UTTARAKHAND/2003/11409  
HIHT is the promoting society of Swami Rama Himalayan University.



### PRINTED MATTER

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