



# HIHT News

## The Teacher Within (excerpt) by Swami Rama

When I left the Himalayas, I thought I knew something. But when I came to the West, let me tell you that I learned a lot. I came to Detroit, and there I spoke, after the conference was over. So, when I wanted to cross the road, green light turned into red light. And I had to wait. So I always used to meditate wherever I went. I forgot to cross and again there appeared red light. It took me 15 minutes to cross the road. So there a policeman stops me, "Lord, which country do you come from?" I said, "Of course from Himalayas, India." He said, "Nobody walks on the streets of Detroit. People are killed here." I said, "Why are they going to kill me? I don't have anything. I don't possess anything." "No, no, out of fun people kill here. You understand?" I said, "Out of fun?" After the congress was over I was invited at San Diego, and in the evening I go for walk. So I was staying with a guest, with a host of mine. He was a doctor. He said, "Don't go out, people are dangerous here." I said, "What will they do?" "They will beat you up." I said, "If I deserve, they should." Anyway I went out, I walked, I was walking, as I walk freely. Many people wonder and say, oh he's very egotistical the way he walks. No, you should learn to walk straight. When you keep your head, neck, and trunk straight, when the spinal cord is straightened, you will enjoy your walk. Don't put your weight on the locomotor. Then you walk, you walk like dancing. So I was taught to walk that way.

Suddenly two huge men came. "We are going to beat you up." I said, "Ok." So I threw my shawl on somebody and hit the other person. Whom I hit, he fell down. I said, "What have you to say?" "Are you a karate master?" I said, "I am a kung fu master." They said, "Sir, what is your fee?" I said, "Only \$40." One ran away, other paid me \$40. And then I said, "Look here, don't come to this colony again. And don't do this again, remember this." "Can you teach us?" I said, "I don't have time. I have to leave tomorrow." I had to learn many things to prepare myself to come to the West. How to cross the road, how to drive the car.

But let me tell you, when you analyze life with currents and cross-currents you come to know that life is clearly divided into two aspects—life within, and life without. If you are trying to understand and analyze the world, you will fail for you have not understood your internal states. The problem of modern age is communication. Swami Rama Tirtha said two people fight because they don't understand each other's language. That's why they fight. Language is a poor media of communication. Communication starts on thought level, on emotions. Before you came here, I knew you, you knew me. And we are knowing each other well. Even you have left, and I will be here, we will be knowing you, we will be knowing each other. Why this gap of communication? One nation, with one nation to another. First word, second word, third word, you talk of many words. Why this communication gap? Because we human beings are still primitive. We have not established a bridge between the two external and internal states. It's important



**Swami Rama**

for us to know external world. External world offers the means but if those means are not applied carefully, external world creates a large wall between you and the reality.

Now, let us analyze. Is there anything in the external world that will help us knowing the truth, or reality, or center of consciousness within that is called master within, anything? Let any scientist come forward and say yes, we have got large telescope and we can see sun, moon, and stars, and we can see all the galaxies. You are able to see, and you will be able to see. But if you turn that towards yourself you will see nothing. Laws are different in the internal world. Educational system today is very superficial, based on imitation. A particular system that doesn't offer much. Best part of education comes when you have come out with flying colors from colleges and universities, and then you try to learn and understand yourself. That is called self-education, how to educate yourself. And for that you need some qualities. You need to understand things as they are. If someone says bad, you have not to accept it. If someone says good, you should accept it in unattached way. This way you go on learning. Everyone is teacher for a student. If you are a student of life, you learn from everywhere. You don't jabber much just listen to the people, and learn that method which is called filtering. The greatest of all filters is time. Do not forget, what you have to do today, do not postpone it for tomorrow. You have all the capacity. Don't ever say that you cannot do it, you cannot be successful. Always say that I will do it, I have to do it, and I can do it. Never lose that courage. A human being has tremendous power if he knows how to dive deep into the inner recesses, how to fathom all the states of consciousness within. He can come out with beautiful things which will be helpful for others.

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## Rural Development Institute



### Road Safety Week and National Youth Day

On January 14<sup>th</sup>, RDI marked the celebrations for Road Safety Week and National Youth Day with 200 youth from Doiwala, Bahdrabad, Yamkeshwar and Dugadda. The program was centered on youth elaborating about their safety and how to channelize their energy towards positive outcomes. At the onset of the event, life-story of Late Mr. Sumir Lakhwara was shared by Dr. Malini Srivastava. She highlighted that his life was a message to all the youth of how to stay focused towards the goal and make all possible efforts to attain them.

Chief Guest for the event was Ms. Nidhi Tiwari who is an adventure enthusiast and has made many successful road trips on difficult terrains like a 97-day road trip from Delhi to London with two other female drivers and a solo trip of 5,000 km to Siberia. She is the first Indian to drive to Oymyakon, considered to be the coldest permanently inhabited place on earth.

Medical Superintendent, Himalayan Institute of Medical Sciences, Col. Bisht spoke encouragingly to the youth about the unlimited opportunities that they have at their disposal. Speaking

from the perspective of youth, Kushal Markanday a student of the Upliftment of Villages Around Us (UVA) group elaborated on privileges as well as responsibilities of this age group.

To encourage community towards adopting safe road practices RDI distributed helmets to five people with disability by Dr. Renu Dhasmana, Director Himalayan College of Nursing. Further staff who have reached out to larger number of audiences through community mobilization on first-aid were also facilitated.

Life stories and quotes of Swami Vivekananda were shared with the audience by Mr. Ravinder and Mr. Vivek explaining the relevance of National Youth Day. Cultural performances were made by budding artists and the winners were awarded with trophies.

## The Ayurvedic Centre Plants in Campus

### Sarpagandha (*Rauwolfia serpentina*)



Sarpagandha is known as Dhawal barua in Hindi and Serpentine wood in English. It belongs to family Apocynaceae and Kutaj kul in Ayurveda. This plant is native to the moist, deciduous forests of southeast Asia including India, Burma, Bangladesh, Sri Lanka, and Malaysia. The

plant was mentioned in Indian manuscripts approximately 1,000 BC as Sarpagandha and Chandrika. The genus *Rauwolfia* was named in honor of a German physician Dr. Leonhard Rauwolf, who studied this plant while traveling in India in the 16<sup>th</sup> century. The Indian physician Rustom Jal Vakil published his studies on the antihypertensive properties of *R. serpentina* in the British Medical Journal in 1949 and introduced this plant to the Western world.

**Plant description:** The plant usually grows to a height between 60 and 90 cm and has pale green leaves that are 7 to 10 cm long and 3.5 to 5.0 cm wide. The leaves are elliptical or lanceolate shaped and occur in whorls of 3 to 5 leaves. The plant has many shiny, black or purple, round fruits that are approximately 0.5 cm in diameter. It also has small pink or white flowers. The plant has a prominent tuberous, soft taproot that reaches a length between 30 and 50 cm and a diameter between 1.2 and 2.5 cm.

**Ayurvedic pharmacology:** Guna-Ruksha, Rasa-Tikta, VipaaK-Katu, Veerya-Ushna, Prabhaav-Nidrajanan

**Chemical composition:** The plant contains approximately 200 alkaloids of the indole alkaloid family. The major alkaloids are ajmaline, ajmalicine, ajmalimine, deserpidine, indobine, indobinine, reserpine, reserpiline, rescinnamine, rescinnamidine, serpentine, serpentinine and yohimbine. All parts of the plant, including the stem and leaves, contain indole alkaloids, but they are found in highest concentration in the bark of the root. Reserpine is the most widely used alkaloid found in this plant.

**Therapeutically useful part:** Root.

**Therapeutic uses:** This is mostly used to treat hypertension. Other uses are to treat snake and insect bites, febrile conditions, malaria, abdominal pain, dysentery, fever and schizophrenia.

**Doses:** Varies from 1 gram to 4 grams/day in divided doses according to disease and person.

**Side effects:** Depression, slow heart rate, and dizziness are the main side effects. The medicine should be taken in physician's close supervision.

*Dr. Pratibha Mamgain, Dept. of Ayurvedic Medicine*

## The Theory of the Chronic Miasms of Homeopathy

*Part 7, continued from Nov/Dec 2017 issue*

This is a continuation of a brief discussion of the chakras and pranas. On the subtler levels of the human being, a balanced equilibrium among these forces is necessary for harmonious functioning of the bodymind complex as a whole. Each chakra is associated with one of the elements (earth, water, fire, air, space) and governs their expression, and also with one of the functions of prana vayu.

Tamasic in nature, the two lowest chakras are the most closely related to the material world. The first and second chakras govern earth and water, the subtle formative elements behind the grossest structural aspects of the physical body. Any abnormalities or weakness at the physical level derive from inadequate concentration of elemental energy here. More specifically, muladhara chakra is closely associated with the musculoskeletal system and svadisthana with the internal organs and with the production of fluids in the body. Disorders involving fluid imbalances can be traced to this chakra.

As these two chakras are closely interrelated, the two aspects of prana that are under their rule, apana and vyana, help to maintain a proper and balanced environment within the structural body.

Muladhara is the major seat of apana vayu. Apana is a downward and outward force and is centrifugal in nature. Thus its principle functions are cleansing, elimination and excretion. It is predominant in the colon and pelvic organs (kidney, bladder and genitals) and is the force behind the natural processes of defecation, urination, ejaculation, menstruation and childbirth. Apana is also involved in the immune system to remove unwanted or harmful foreign invaders.

Svadisthana chakra governs vyana vayu, the cohesive force that permeates the entire body to hold the cells and tissues of the body together, not only to form individual organs and structures, but also to keep the body together as one functional unit. This cohesiveness is involved in diffusion of fluids throughout the body; regulation of the tension and relaxation of all muscles, voluntary and involuntary, including those of the blood vessels; and processes of growth and cell division. Vyana may also be important in the healing process and the immune response, and is therefore, along with apana, one of the determining factors of resistance/susceptibility of the organism.

Although the discussion has been primarily focused on the physical body up to this point, it should not be forgotten that the ultimate control over the pranic sheath and its elements, prana vayus and chakras remains with consciousness and the mind. Psychologically the first two chakras represent a focus on basic instinctual urges and concern with survival. When one's energy is concentrated at the first two chakras, one is said to be at the lowest level of consciousness. Mental disturbances associated with these first chakras will thus include fear, paranoia, lustful feelings and sexual perversions. Psychosomatic illnesses that will manifest through these chakras will include disturbances in elimination, evacuation and in sexual functioning and reproduction.

*... to be continued*

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

## 69<sup>th</sup> Republic Day



On the occasion of 69<sup>th</sup> Republic Day, Dr. Vijay Dhasmana, Hon'ble Vice Chancellor of Swami Rama Himalayan University (SRHU), hoisted the national flag. This was followed by a series of cultural performances by students of various faculties in the University, staff, and children of the campus.

The Chief Guest, Hon'ble Vice-Chancellor, emphasized the growth of the University since its inception stating that due attention must be given to optimum utilization of available resources, viz. rain-water harvesting, solar light roof toppings, etc.

He further added that SRHU is an academy of knowledge aiming at presenting and documenting policies in a scientific way so as to influence the decisions of policy makers in education, management, health areas, horticulture and world development sector.

The program ended with the message to create a great nation through collective efforts from all individuals.

At the end of the function, sweets were distributed among all the guests.

## Winter Mela



Winter Mela festivities were enjoyed on the campus of HIHT  
14<sup>th</sup> January 2018

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

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RNI-UTT'BIL/2003/11409  
HIHT is the promoting society of Swami Rama Himalayan University.



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