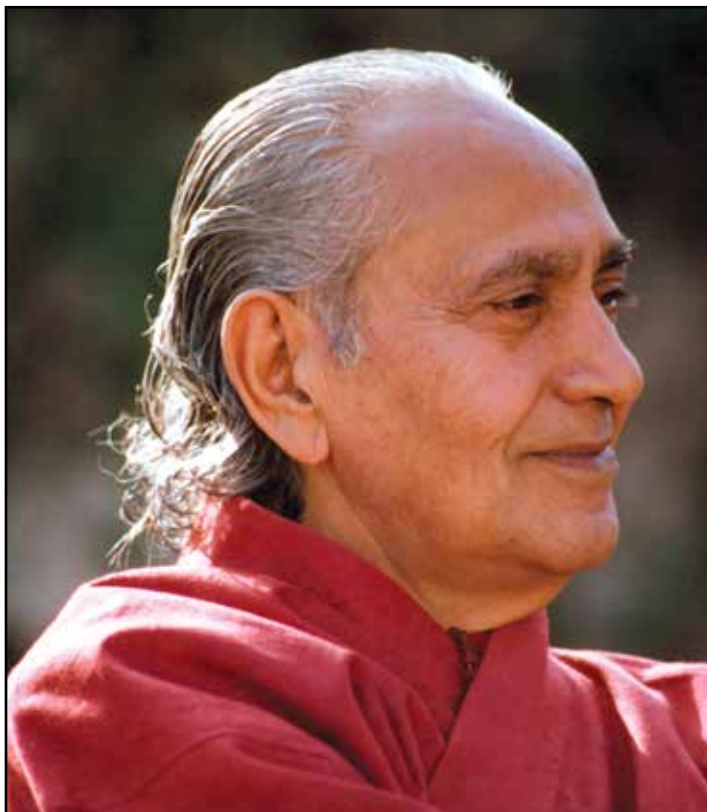




HIHT News

Breath Control *by Swami Rama*



Swami Rama

Almost everyone has felt the influences of stress at some point during life, perhaps relating to a situation at school, work or in one's family. Although the stresses in our environment cannot be controlled, our reaction to them can be. Breath can be used as a very powerful tool in the regulation of both the mind and body, and thus also in the reduction of stress. Most people, however, have never observed their own process of breathing; its qualities and patterns have remained unknown, hidden in the unconscious mind. Although the breath is maintained by unconscious mechanisms in the body, it can be brought under our conscious control, and unhealthy breathing habits can be corrected. In doing this, one can decrease the level of stress in one's life and feel more balanced and relaxed.

Despite the obvious importance of the breath, a majority of us have poor breathing patterns, which disturb us physically, mentally and emotionally. These improper breathing habits thus create stress and can eventually lead to other imbalances and complications. The importance of good breathing is paramount, for it continually provides us with nourishment and cleanses our body; the oxygen inhaled is utilized by every cell of our body. When this gas exchange does not take place efficiently, the entire pulmonary-cardiovascular system must work harder in order to properly oxygenate the blood.

By paying attention to one's breath, one can become aware of its irregularities and dysfunctions. Observe your own breathing for a moment and you may notice pauses and jerks that interrupt its flow. The breath should be allowed to flow smoothly. Pauses and jerks arise from poor breathing habits and disturb the nervous system. These irregularities in the breath can be corrected with consistent, daily practice of smooth, even breathing, which in turn will give rise to greater control over the respiratory motion and lead to a state of mental and physical calmness and alertness.

The most fundamental requirement for proper breathing is to breathe diaphragmatically. It is easiest to observe this process and to practice breathing diaphragmatically, when in a comfortably seated position or lying with the back against the floor. Place one hand on the upper region of the chest and the other hand on the soft part of the abdomen just below the rib cage. With each inhalation one should feel the abdomen gently rise and with each exhalation the abdomen should gently fall. One should be careful not to force the breathing or to push the abdomen in and out with the abdominal muscles. As the air enters and exists the lungs, the abdomen will slowly rise and fall on its own accord. It is important that the chest region be still so that one is not breathing with the chest. Accurate diaphragmatic breathing is established by allowing the breath to reach the depths of the lower lungs rather than to circulate only in the upper regions of the lungs.

After ensuring that one is breathing with the diaphragm rather than the chest, one should allow the breath to be smooth and even, so that inhalation and exhalation are of equal length. The mouth is kept gently closed so that one breathes through the nose. Eliminate any noise and jerks in the breath as well as any pauses occurring after inhalation or exhalation. Each breath should be full and relaxed, rather than shallow. The coordination and integration of these important qualities into one's breathing pattern will occur with a little consistent effort. Although long term changes will occur more gradually, the benefits of practicing these techniques for 5-10 minutes daily will be noticed immediately.

Diaphragmatic breathing leads to autonomic balance and a more relaxed state of being. After some weeks of practice, more subtle changes will be noticed. The rhythm of the breath will become more relaxed and regular. This steadiness leads to a greater efficiency of the breathing process and reduces the amount of work required for proper ventilation and oxygenation of the blood.

By establishing an even, steady breath, a state of physiological balance is maintained, and the mind remains balanced and tranquil. A significant degree of control over the emotions can be achieved when one learns to regulate the breath. This is no small benefit, for it is often our emotions that lead us to feel increasingly stressed in life, and the regulation of these emotions through healthy breathing will greatly aid us in creating balance and equanimity in the face of life's difficulties.

Reprinted from The Hindustan Times, Dec 27, 1992

Rural Development Institute Update



International Women's Day 2021

Encouraging women's participation and celebrating their achievements, RDI celebrated International Women's Day reflecting on the theme for the year #choosetochallenge. Marked annually on March 8th, International Women's Day is a global day to celebrate the social, economic, cultural and political achievements of women and to celebrate women's achievements and raise awareness about women's equality. On this occasion, RDI conducted a mix of activities on-field which were then brought together via online sessions. Social media was actively engaged in propagation and awareness generation using audio-visual content.

At RDI, the entire group was connected through online sessions. Special Guest for the event was Mrs. Manju Nautiyal, Ex-Convener of Montessori Schools in Lucknow. She addressed the group and sensitized for gender parity by highlighting the role and contribution of women in the family, especially for raising their children and handling multiple responsibilities. Later on she gave nutrition kits to mothers of 30 scholars.

Field teams at Nagthat, Bahadrabad, Khadri and Vikas Nagar ensured participation of around 200 women. Among these some participants came dressed up to showcase their culture. A session on importance of water, its management and role of women towards water conservation was held by RDI team. Four women who did exemplary work towards the causes of disability were facilitated and four women with disabilities received nutrition kit. The event concluded with a reflection of field activities through an interactive session.

Save Water Campaign by RDI

Over the last two decades, RDI has been working on its aim to enable water, sanitation and hygiene in the remote rural hilly areas of Uttarakhand since 1998. As of now it has reached out to over 534 villages and implemented 270 water supply schemes. Advocating its water commitment for rural areas, RDI conducted a week-long water campaign from 15 to 22 March 2021 to sensitize people about water as a resource and how to conserve water to address the grim scenario of scarcity of water.

Water campaign activities were organized in the Kokliyalgaon village of Jaunpur block of Tehri district. Earlier there was no water in this village, local residents had to collect water from the local sources. For fetching water sometimes they have to walk one



or two kilometers. This village was enabled with water in the year 2014 supply through gravity scheme and rainwater harvesting tank by RDI. Operation and maintenance of the water supply scheme is being taken care by the members of User Water Sanitation Committee (UWSC) and Gram Panchayat.

As part of the water campaign, a village level mini seminar was conducted with 50 women members of the local governance (Gram Panchyat) and community. They were told about the water related issues including its quality, filtration, conservation, recharge, catchment area protection, rainwater harvesting and filter at household taps, chlorination of water and disposal of waste water. After sessions, food kits were distributed among 17 families of the village and 3 nutrition kits were given to pregnant women.

On this occasion, a water quiz and drawing competition was also conducted with the children. Around 30 children alongwith school teachers participated and they were also sensitized about save water issues. Prizes were distributed to children. Finally water pledge was taken with all family members of the village followed by World Water Day celebrations and community rally. Save water slogans were also raised out by the community.

Besides conducting water campaigns in rural and hilly areas, RDI promoted Aquathon 2021 activity from 15 to 22 March. Part of this awareness week in SRHU campus was carried out with door-to-door campaign for creating awareness on water conservation. Campus residents were given a practical way out for water conservation by using a water bottle filled with sand in the toilet cistern. Many household leaking taps were repaired. Reverse Osmosis (RO) water filters were discouraged. Aquathon was organized to create awareness on water among University students and to showcase their innovative ideas on water challenges and valuing water. Over 450 students participated in this event. Top 3 winners of the Aquathon were awarded and 10 best students were given certificates on Water Day seminar.

Aquathon 2021 was concluded with the seminar which was organized on Valuing Water on 22nd March at the SRHU auditorium. The Chief Guest of the event was Dr. Vijay Dhasmana (Honourable Vice Chancellor, SRHU) and keynote speaker was Mr. H.P. Uniyal (Former Director and Advisor, State Planning Commission, Uttarakhand and Former Chief General Manager and HOD, Uttarakhand Jal Sansthan).

Ayurvedic View of Irritable Bowel Syndrome

Irritable bowel syndrome (IBS) is becoming a common cause of digestive problems. At least 10-15% of the population are affected by it. The cause for IBS is not known. The mind and stress play a very important role here. It usually affects a person before they are 45. It affects women 2-3 times more than men. 60-80% of IBS sufferers are women. It is not structural but functional. Whatever tests are done will all be normal.

Ayurveda considers IBS as Grahini. In Grahini the stomach, intestines and bowel are not functioning well. Food that is ingested is first acted upon by the digestive fire or agni and then passes down into the intestine for further digestion and then finally excreted. In Grahini both the agni and the vata dosha are affected. Vata dosha is responsible for the transportation of the food. If the agni is not functioning well, then the food in the undigested state travels down the intestine. Vata dosha is made up of 5 different types which are found in different parts of the body. The 2 types of vata that are involved here are the samana vayu which is present in the stomach and the apana vayu which is responsible for transportation in the intestines. Because of vata being so involved people with vata constitution are more prone to Grahini.

According to Ayurveda, Grahini is of 4 types.

1. Vataja: Here the vata is mainly affected. Some causes for this type of Grahini are fasting, excessive physical exercise, suppression of natural urges and eating dry stale food. The symptoms are diarrhoea alternating with constipation, excessive gas formation, excessive flatulence, feeling cold most of the time, loss of sleep and loss of weight
2. Pitaja: Here the dosha involved is pitta. Causes are excessive intake of very spicy and sour food, excessive physical activity and suppression of natural urges. Symptoms include heartburn, diarrhoea, feeling hot, belching, excessive thirst and anger.
3. Kaphaja: Here kapha is affected. Causes include eating foods that are hard to digest, oily foods, cold or heavy foods, frequent intake of food, sleeping immediately after eating. Symptoms include nausea, vomiting, heaviness of body and lethargy. Stools are usually full of mucus and hence slimy.
4. Tridoshic: Here all the 3 doshas are affected.

The main aim of Ayurvedic treatment is to balance vata and improve the agni with the help of herbs, massages, exercise, yoga and counselling. Vata's nature is to be on the move all the time and this can be chaotic at times. Because of this, to balance it is very important to bring routine and consistency into the lifestyle. Treatment without taking into consideration the psychological state of the person will not succeed.

Herbs like ginger, cloves, cardamom and fennel are very helpful in the treatment of vataja type. Shatavari and Ashwagandha are among two of the best herbs that can regulate vata. Triphala has been found to be very effective. Sour and salty tastes are beneficial. Massages with vata reducing oils are also effective.

continued next issue

Mrs. Mira Swami, Department of Ayurveda

The Theory of the Chronic Miasms of Homeopathy

... continued from last issue

What we are discussing is the possibility of a field of energy being the causative agent in an infection. If so, focusing on the destruction of tiny microorganisms as the supposed causative agents serves no purpose. Maybe they come on the scene mainly to clean out the waste that results from the organism's efforts to eliminate the poisons after the damage has been done. Actually, their destruction may be more harmful than helpful in the long run.

A so-called acquired venereal infection or sexually transmitted disease (STD), left untreated, will ultimately manifest the same symptoms as an inherent or inherited miasm. It is the interaction of the morbid energy field with the susceptible biofield of the host that determines the expression of the respective miasm. In this way the microorganisms are merely a consequence of the disturbed environment.

An externally acquired venereal infection is only one of the ways through which the miasmatic tendency may take hold of the organism, and is not necessarily the result of the invasion of microorganisms.

J.C. Burnett, one of the early homeopaths of the 19th century, proposed the theory of vaccinosis, a condition produced by vaccination that is similar, if not identical, to the miasm sycosis. In Burnett's own words: "The vaccinated person is poisoned by the vaccine virus. What is called the 'taking' becomes a chronic process—paresis, neuralgiae, cephalgiae, acne, etc. The less a person 'takes' the vaccine, the more are they likely to suffer from chronic vaccinosis. Therefore, vaccination may be protective in some cases and add fuel to the flames in others."

If Burnett was correct, then it eliminates the necessity of an externally acquired gonorrheal infection to produce sycosis in the human organism. Such an infection is only one of the ways in which the sycotic state is produced. Burnett's theory is supported by the science of virology. It is recognized that experimental vaccines composed of live, presumably attenuated viruses are potentially lethal in that the living vaccinia virus will most probably continue to persist in latency just as the virus acquired through natural infection. I quote Burnett: "Even though the primary infection caused by the vaccine virus may be silent, later reactivation of the virus might cause overt disease..." Suffice to say that vaccinosis is a highly controversial theory, especially in these days of Covid 19 pandemic, and I will not elaborate on it further at this time as the scope of this article is limited.

There are many factors that can interfere with the subtle energy levels of the human organism and create miasmatic conditions. For example, the suppression of any discharge, eruption or emotions will have similar effects from the point of view of energy and field disturbance. In fact, suppression may in the long run prove to be one of the major etiological factors in all chronic diseases, especially in this day and age. We will discuss suppression in the next issue.

Dr. Barbara Bova, HOD, Dept. of Homeopathy

Basant Panchami 2021



On the propitious occasion of Basant Panchami on 16th February 2021 to mark the birth jayanti of Ma Saraswati, the students from various constituent colleges/school, faculty members and all other staffs and campus residents assembled at Vidya School, Swami Rama Himalayan University to worship Goddess Saraswati.

High End Linear Oscillator



High End Linear Oscillator - True Beam Radiotherapy System, was inaugurated by Dr. Vijay Dhasmana, the Hon'ble Vice Chancellor, SRHU, on 5th April 2021 at the Cancer Research Institute.

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