



HIHT News

GURU *by Swami Rama*

Guru lives in the world but does not belong to the world.

The guru wants nothing for what he is doing because it is his duty and the purpose of his life. If he guides you, he is not obliging you; he is merely doing his work. He cannot live without doing his duty selflessly, for selfless love is the very basis of enlightenment. Such gurus guide humanity and radiate life and light from the unknown corners of the world. The world is not aware of them, and they do not want recognition. You may try your best to do something for your guru, but you cannot, because he doesn't need anything. As the sun shines and lives far above, the guru gives spiritual love and remains unattached. This is why you should give your love and respect to your guru. If my guru and the Lord were to both come to me, I would go to my guru first and say, "Thank you very much. You have introduced me to the Lord." I would not go to the Lord and say, "Thank you very much, Lord. You have given me my guru."

In addition the guru should have inner strength and compassion. Compassion means that the teacher loves his students and wants them to grow and practise. If compassion is not there, then imparting knowledge is like planting seeds in a barren field in which nothing will grow.

You can feel if someone is phony or genuine when they say they love you. What do you mean by the word love? Love is when someone does things for you and does not expect anything in return. But if a teacher expects money or something else from his students, then that is a labor fee and has nothing to do with teaching. If you ask, "Guruji how much do you love me?" The teacher will reply, "My dear chela, as much as you love me, I love you the same."

I spent the first forty years of my life going to many teachers. It became like a hobby to me. In vain I was roaming here and there, journeying far and wide, crossing the mountains and seven seas to seek and discover myself. Then finally I realized the teacher is within me. All I could do was laugh at myself and my foolishness. People called me wise, whereas I should have been called stupid for searching for myself outside instead of being still and looking within to become aware of what I already am. Finally I realized that I was the most extravagant vagabond I had ever met for wasting my breath and time searching for myself here, there and everywhere.

I am not condemning teachers, because they help. But if you ignore the teacher within, you will not be able to open the keys of the book of life. Your conscience is the greatest guide within you, but you do not listen to it because you don't have self-confidence. Once you deserve to tread the inner path, everything will be open for you. And don't worry about the mistakes; you are bound to commit mistakes when you are learning. In the process of learning, mistakes become the pillars of success, provided you don't give up.



Swami Rama

July 5, 2020

Guru Purnima

O Beloved Guru
Thou who art my very self
As the full moon reflects the sun's light
This body should reflect thy glory,
Thy light should shine out from every pore
And thy fire should burn away any obstruction.
Thy will be done.

Reprinted from *The Ancient Traveler: Writings on Love*, by Swami Rama

June Reflections

June is a month of reflection, as it is the time that our founder Swami Rama seeded many things, whether the First International Yoga and Meditation Conference in USA in 1976 or establishing the Himalayan Institute Hospital Trust in 1989.

At these trying times across the world, it is worth seeing the efforts of both the incidents mentioned above. Under the stewardship of Swami Rama the first conference saw speakers and leaders from all orders, from the Lama tradition, the Hindu and Sufi, Jain and Sikh, Jewish and Christian orders, all to share their views. Speaking at the inaugural session, Swami Rama thanked all the speakers and organisers and said, "Once, when I was 12 years of age, I attended a conference at the foot of the Himalayan mountains, which was convened by a sage, Uriya Baba, and the theme of the conference was on a particular mantra of the most ancient scriptures of the world that we have today called Vedas. So, that great sage got up and said, 'Pado asya sarvani bhutani. There are four feet. This whole universe is one foot of the Lord, and three feet are in the space.' I was just a kid, and I got up and said, 'What do you mean by space? I am in search of those three feet.' And they could not satisfy me because I was ignorant; I did not understand much. I said, 'I promise you when I will grow, I will hold a conference better than this, and I will request all the great orders of the world to explain where are those three padas.' So one of the sages got up and said, 'Son, let me explain to you where are those. Peace, happiness and bliss are these three steps of the unknown.'"

Swamiji went on to say that though all leaders of all great orders were present, still it was not designed to be a religious conference. They were there to discuss the practical aspects of all great traditions of the world, to impart the practical knowledge to those who are desirous of practicing. He also requested all the speakers to peacefully impart the knowledge and experience of their orders without condemning any other order or religion saying that it was time for the great leaders to impart their methods of contemplation and meditation freely to the aspirants present at the conference.

And moving on to 1992, while pursuing the permission for the Himalayan Institute of Medical Sciences (HIMS) with the Government of India, he wrote to them thus:

"HIMS is being constructed in Uttar Pradesh (now in Uttarakhand), the largest state of India in population and fourth largest in size. It is one of the poorest states of India with a population of well over 140 million. It is also among the poorest in terms of both medical resources and overall health indices, such as infant mortality rate and life expectancy. It is the most neglected area as far as education and health care is concerned. The people of these mountain areas do not have a referral hospital with modern diagnostic and treatment facilities. The nearest such facilities, in Meerut, Chandigarh, New Delhi and Lucknow, are not practical.

"Doctors from the plains and cities often do not wish to locate in these mountainous areas. Therefore, the Himalayan Institute Hospital Trust (HIHT) is proposing to start a new medical college in association with its 250-bedded tertiary level hospital, and its rural health and development program, to provide comprehensive



health care in the Garhwal and Kumaon regions of U.P., and to train qualified students from this mountain area, so that they can remain in the region and serve the people after the completion of studies.

"The project is supported by a large group of non-resident Indians and other people from around the world including USA, Canada, Hong Kong, Malaysia, Singapore, England and Germany. This provides a significant investment of foreign currency and promotes foreign exchange. In addition to many leading physicians and medical faculty members in India, a large number of medical specialists, both India and non-Indian, currently practicing abroad, have shown great interest in serving the HIMS to promote rural health care.

"The mission of the Himalayan Institute Hospital Trust is to serve selflessly those in need, and to integrate science with preventive and alternative medicines through modern scientific research. The primary goal of HIMS is threefold: clinical service, medical and health education and multidisciplinary research. HIMS also incorporates Ayurveda, homeopathy, naturopathy, yoga and meditation in promoting holistic health.

"This is an NRI project free from party politics and estimated cost of this project is \$250 million US dollars."

"The Hospital and an Instrument of Social Development" was also drawn at the same time. Here Swamiji laid down his vision how the hospital would ensure trained health and development workers at the village level, enable health through mobile teams of medical professionals at primary level and through centers at secondary level. Lastly, that along with tertiary state of the art health care facilities, there would also be various educational institutions at the HIHT, which would keep service to society as their primary goal. Today, we have proudly completed three decades of service, as envisaged by Swami Rama.

Ms. B. Maitihili, Director, Rural Development Institute

Ayurveda and Immunity

According to WHO health is a state of complete physical, mental and social wellbeing. Susruta many eons ago gave a similar definition of health. He says other than having balanced doshas, digestive fire, etc the mind also has to be at peace to be a healthy individual.

Swami Rama said the human body has the potential to cure its own ailments provided the body and mind are properly taken care of.

When we address immunity both the body and the mind have to be looked into.

Surveys have shown that both the news about Corona and the lockdown have led to increased depression, anxiety and stress. These in turn have a negative impact on the health of the individual.

For the mind meditation for a few minutes regularly everyday helps to make it more peaceful. Pranayama is another very important tool to achieve a peaceful mind.

Vyadi kshmatva is the ability of the body to repair and maintain itself and be effective in disease prevention. Boosting our immunity is of great importance these days. As there has yet not been a cure for Corona we should be addressing preventative measures. This is where Ayurveda, with its emphasis on prevention rather than cure, can benefit the people.

Diet plays a major role in Ayurveda. Ayurveda emphasizes that all the six rasas (tastes) have to be included in the food we ingest. They are the sweet, salty, sour, pungent, bitter and astringent tastes. Food must be balanced and eaten moderately. The digestive fire or agni plays an important role. If the agni is functioning well, then a lot of diseases do not occur.

To improve your agni drink the following tea. Take a litre of water, add a teaspoon each of fennel, coriander and jeera powders. To that add freshly ground ginger. Boil this for about 10 minutes. Strain and drink this warm throughout the day.

Include spices in your cooking. Spices like turmeric, coriander, black pepper and jeera (all commonly used in Indian cooking) have been found to be oxidative and some have anti-inflammatory properties. Taking a glass of milk with a pinch of turmeric is very beneficial. Chavanprash is another great immune booster.

Since Corona is a respiratory virus herbs which are effective on the respiratory system play a major role here. These include turmeric, tulsi, lemon, amla, giloy and neem.

A drink which could improve your respiratory system is:

4-5 tulsi leaves

½ teaspoon of dalchini (cinnamon) powder

¼ teaspoon of black pepper powder

1 inch of ginger

3-4 munakka (big raisins)

2 cups of water

Mix everything and boil for 15 minutes, strain and drink warm throughout the day.

Exercise and sleep also play a role in maintaining health. Data has shown that obese people are more susceptible to Corona. Maintain personal hygiene.

Mrs. Mira Swami, Department of Ayurveda

Your Immunity & Self-Healing

For this issue of the newsletter I'm taking a break from the Chronic Miasms series to address the pertinent issue of immunity in this time of the global pandemic. The advice the media gives to avoid infection focuses mainly on masks and quarantine. The devastating effects of lockdown on the global economy, unemployment levels and loss of means of livelihood for millions of people are painfully obvious. Not to mention the psychological harm inflicted by remaining isolated for long periods of time. Swami Rama said the capacity for self-healing is inherent in every human being. So maybe it is time to look within and make effort to support and strengthen our inherent immunity in order to heal and shield ourselves from external and potentially malevolent sources of illness.

There are many things you can do to boost your immunity: diet, exercise, breathing exercises, relaxation, meditation and homeopathy. A nutritional diet is basic to good health and immunity and should mainly include alkaline foods: cooked green leafy vegetables, legumes (dal), cauliflower, broccoli, root vegetables, other fresh vegetables, citrus fruits, seasonal fruits, onion, garlic and ginger. Fresh lemon in a glass of water is a good alkaline drink. Foods to be avoided or taken in moderation include: meat, dairy, grains, carbonated drinks, alcohol, coffee, caffeine, sweeteners, refined white flour and sugar. Avoid refined oils, trans fats, palm oil, all processed foods, artificial flavoring, preservatives and chemical additives. Organically grown food is best, and even better if you grow it yourself. Also, food that you prepare at home is always better than food from external sources.

A daily regimen of exercise is a must. It can be as simple as a daily walk outdoors. Hatha yoga is especially beneficial when done on a regular basis. It's up to you to choose which type of exercise suits you. Exercise is a means of maintaining a healthy heart and optimum weight.

Breathing exercises and relaxation are helpful for controlling and eliminating the effects of stress and daily tensions. The benefits of a daily practice of meditation can be felt on all levels—physical, energy, emotional and mental. And of course, a positive mental outlook is always an aid to personal immunity.

Homeopathy offers several remedies that are effective as antivirals, particularly Rhus tox and Pulsatilla. More importantly, in times of epidemics and pandemics, the genus epidemicus (the remedy that matches the majority of the most common symptoms manifested by the majority of patients in the current epidemic) is useful to reduce the severity of the symptoms, shorten the length of the course of the illness and even to provide cure. Kali muriaticum taken daily can increase immunity in general. Added benefits to homeopathic treatment are: no side effects, no residual symptoms that may otherwise last for months, general support for the immune system. Of course, you should consult a qualified homeopathic practitioner for assistance before taking any remedies. Learn to take care of yourself and enjoy your health!

Dr. Barbara Bova, HOD, Department of Homeopathy

Tele-Medicine Services

For the first time in its history, Himalayan Hospital (a constituent unit of Swami Rama Himalayan University) has started delivering its telemedicine services, an initiative wherein medical facility is available at the doorstep of the patients. The said facility is available w.e.f. 21st May 2020 in association with Moxie Labs Private Limited, Ghaziabad.

This facility is useful for people residing in remote areas who have difficulty commuting from faraway places especially during this lockdown period due to CORONA pandemic.

In this telemedicine service, the user can avail consultation with the doctors of Himalayan Hospital as per scheduled appointment at their doorstep if he/she has a smartphone, computer or laptop and internet connectivity by downloading Himsanjeevani app. This app can be downloaded through Google Play, Safari or through its web version.

In this telemedicine service, the patient can approach doctors of Himalayan Hospital, in specified fields, just a call away. Further, if any test is required, the patient can get it done from the labs available in the vicinity of their residential area and upload their report online to the concerned doctor at Himalayan Hospital and take advice accordingly.

This facility is also useful for patients who have visited the hospital once and require a follow up at a later stage. Such patients need not come to the hospital again. In this way, their treatment will be dispensed in a befitting manner at their residence itself which will save time and expenses on their commuting.

Presently, doctors in the areas of Medicine, Pediatrics, Cardiology, Neurology, Cancer and Ophthalmology will deliver their services through telemedicine. The provision of telemedicine services will be expanded to Emergency and other departments as well with the passage of time.

One telemedicine centre is already functional at Toli, the birthplace of our Rev. Guru, H.H. Swami Rama. More telemedicine centres are likely to open soon at Kotdwar, Mussoorie and Haridwar.

NABH

Himalayan Hospital has recently been accredited with National Accreditation Board of Hospitals and Healthcare Providers (NABH), an ingredient board of Quality Council of India (QCI), set up to establish and function accreditation agenda for healthcare organizations. NABH standards has ten chapters incorporating 102 standards and 636 objective elements and we have successfully implemented all the accreditation standards and the parameters associated for its accreditation.

Since its inception, Himalayan Hospital has helped in facilitating patient safety with reduced errors, provided improved quality of care and importance to patient rights resulting in a greater patient satisfaction rate with greater confidence of the community towards the services provided.

Presently, there are approximately 600 medical colleges who have their own teaching hospitals and only 25 of them have been successfully accredited with NABH. Himalayan Hospital is the first in Uttarakhand providing quality patient care and one amongst the 25 healthcare providers who have been accredited with NABH, as of now.



HIHT Dept of Psychiatry, Dr. Avinash, conducts special counseling session in association with Hindustan Print Media for patients of Hindustan Health Helpline.

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