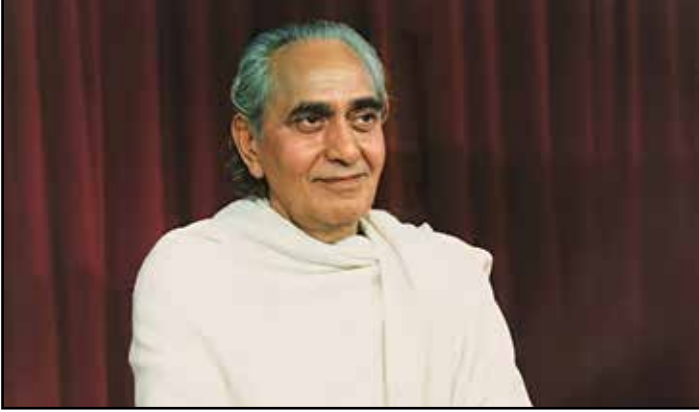




# HIHT News

## The Mind by Swami Rama



Swami Rama

I'll tell you why cancer occurs. Suppose by chance your finger is cut and it starts bleeding. All the cells of your body start rushing toward the damaged part. In a few minutes' time you'll find that the bleeding has stopped. Why? Because all the cells rushed to that site of injury. But suppose those cells do not stop rushing, there will be a growth. That is called cancer. You can even prevent such diseases if you understand something that's called control over your involuntary system. You know I sometimes think that I am so unfortunate that I feel like crying. All that I have done in my life, worked hard from the age of three, nobody wants to learn. People give me money, gifts, this food and that food, but nobody wants to learn. I think that if I have to be born again to teach you, it will be miserable for me, because I will have to work so hard all over again.

The human body has potential to cure its own ailments provided you know about your body. I don't discuss religion, so don't be afraid of me. No matter from which religious background you come from, I want to give you something which you need in your daily life. All the great bibles of the world say one and the same thing—be still, be still. For a few minutes in the morning and the evening, every human being should learn to be still. Why, because you will meet God? No, that's not necessary. You will be healthy. For your mental health it's important for you to understand quietness, stillness. During that time, those muscles which do not get rest even in sleep get rested. The voluntary system you can control. You can exercise and develop all of your gross muscles, but you don't have control over your involuntary system, the subtle set of muscles. For that you should learn to compose yourself, you should learn to be quiet, you should learn to be still, you should learn to breathe in a serene way. Scientists have realized that 70-80% of all diseases are psychosomatic diseases. They originate in the mind and are reflected in the body. These diseases are created by our bad thinking, negative thinking, passive thinking, not having control over our emotional life, not organizing our behavior,

not understanding how to behave in the external world which is actually a very simple thing. Therefore, it's important for a human being, modern woman and man, to relax, to learn how to give rest to that part of the system which we normally do not know how to relax. Only 25% of the diseases come from the outside, are infectious or hereditary diseases. It means 75% of the diseases are not cured by so-called medicines.

So you are your own doctor. The school of meditation says that if you meditate for a few days, a few minutes every day, regularly, you will be not sick. This is called preventive cure. You have seen that there is research going on all over the world, research on cancer, stroke, heart disease, this disease and that disease. Prevention is better than cure. Now the endocrine gland system, chain of glands that secrete directly into the blood stream, is hardly known even by the experts. Very little is known about these glands. But who controls the endocrine gland system? Our mind. If the mind is put in a state of rest through meditation, even the endocrine system can be controlled. Our experiments in the Menninger Laboratory demonstrated that the mind can create cancer and mind is capable of dissolving cancer.

Now there is a word in the English language called gentleman. Actually, it has come from our Sanskrit word *manas*, which in Sanskrit means mind. Who are you? You are a man, gentleman. If you do not understand what *manas*, mind is, you do not understand anything about yourself. How can we have control over the mind? If you think that the mind is your enemy, either you make that enemy a friend or you can destroy that enemy. You don't have the power to destroy the mind. You had better establish friendship with your mind. You should learn to have a dialogue with yourself, a creative dialogue with yourself. Sant Tukaram from Maharashtra did it, *manah sarvada bhakta ponthe bhi jayate*. "O mind, learn to follow the path of righteousness. Do not mislead me." As a friend, Tukaram talked to the mind. You should learn to have a dialogue with your mind. This dialogue will lead you to understanding your mind. You fight the whole day with your mind. You know that battle, that inner battle, was the very cause and source of the Bhagavad Gita. The whole day you're fighting, from morning till evening. Either you give up, or you fight but never win. Have you heard of the Gita? Yes, Arjuna means what? *Arjun karne wala*, one who makes efforts, sincere efforts, is called Arjuna. And he who helps you is called Krishna. So there are two characters in the Gita and their dialogue is meant for all.

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## Comprehensive Program on CPR Training for School Adolescents

The introduction of CPR training in schools has been advocated by the World Health Organization and benefits of cardiopulmonary resuscitation training for school children are well known. This is a very important issue since out-of-hospital cardiac arrest is a major public health concern. Many studies indicated that there was significant progress in schoolchildren's knowledge after training. Majority of the studies indicated that adolescents from 12 years onward can participate in training program. The training may raise awareness and responsibility to help others and increase self-confidence amongst the adolescents. Rural Development Institute, Himalayan Institute Hospital Trust has initiated CPR training program under the First Responders Program for school adolescents and community members.

The Comprehensive Program includes: 20-minute presentation, 10-minute video and 90-minute live training practice sessions by the participants. The training basically emphasizes on peer learning technique for scaling the program. During the 6-month program, 12,000 students will be trained in Tehri, Dehradun and Pauri districts. The adolescents also get oriented about the current development in the CPR guideline on basic life support sequence of steps from "A-B-C" (Airway, Breathing, Chest compressions) to "C-A-B" (Chest compressions, Airway, Breathing) for adults. Also, "Hands-Only (compression only) CPR" is emphasized for the untrained lay rescuer. The school authorities as well as the children are appreciating the program and requesting to continue such programs in future also.

In the first quarter, 2,500 adolescents have been trained which included 1,000 boys and 1,500 girls. Estimated 60% adolescents participated from Haridwar and 20% each from Tehri and Pauri districts.



### Other Highlights

- 836 patients were provided health services through telemedicine centres at Toli and Naghtat
- 30 outreach health camps were organized benefitting more than 800 people
- 223 women were provided antenatal and postnatal care
- 4th batch of ASHA certificate course commenced at Skill Centre and Tehri District Hospital with 31 students.
- 9 batches of training for 363 participants from Implementing Support Agencies (ISAs) under Jal Jeevan Mission completed
- Summer workshop was organized for RDI scholars
- More than 100 people with disabilities were benefitted through learning disability clinics, disability certificates, screening and counselling.

### In Memorium



We regret to inform you that Sri Ravinder Singh Bhadoriya passed away on August 18, 2022. Bhadoriyaji worked in the store and purchasing department of HIHT during the early years of its development. His life was a model of devotion and surrender to guru consciousness.

## The Theory of the Chronic Miasms of Homeopathy

... continued from last issue

If the go ahead signal to “manufacture” viruses is given by the miasm, then is it not possible that, due to an activated miasm, endogenous latent retroviral agents may seemingly spontaneously arise from within? If this is true, it is possible that potentized anti-miasmatic remedies may be the much sought after treatment for viral infections.

These ideas require a shift in attitude toward the concept of disease and its etiology. According to homeopathy, disease is an internal dynamic process that is constantly changing, rather than being a fixed material entity that invades from without. This applies to the miasms also. Modern medical science has categorised disease according to the different systems of the physical body, giving each a separate name, etiology and treatment, but according to the theory of the chronic miasms, these different so-called diseases are but different expressions of the three miasms that can all be traced to a common origin. This concept requires a holistic outlook rather than the separatist view that prevails in the modern medical world.

The word *miasm* as adopted by Hahnemann to characterize his particular conception of disease literally means “any noxious emanation, effluvia or polluting factor.” Hahnemann was a genius and he chose his words very carefully. The word *miasm* is absolutely appropriate to convey the internal disturbances that are the source of all disease. The pollution can be inherently present, imposed from without or transmitted through infection to others. And in addition, pollution is exactly what occurs when there is obstruction to the flow of energy on any level—body, prana, mind and even on the subtlest levels. Is it not amazing that the whole concept Hahnemann was trying to convey is contained in this one small word?

Hahnemann’s contemporaries objected seriously to his chronic disease theory. One of the major criticisms was his assertion that “at least 7/8 of all chronic maladies spring from psora as their only source, while the remaining 1/8 spring from syphilis or sycosis or from a complication of all three of them.”

These objections are justifiable only if one is regarding the theory of the chronic diseases at a superficial level. But if we study it from a truly homeopathic viewpoint, with the acknowledgment that disease is an internal dynamic process, and along with this we open our minds to ancient and modern knowledge regarding the subtler levels of the human organism, these objections can be discarded as merely lack of understanding and insight.

We are now ready to study each of the miasms individually, and will start with psora. Hahnemann’s choice of the word *psora* was not haphazard. At that time it was a common expression used as a general term for many different skin troubles, though it also was used in the more specific sense to indicate itch proper. However, Hahnemann used the term *psora* in a much broader sense, making it the source of all chronic diseases except venereal diseases.

... to be continued

Dr. Barbara Bova, HOD, Dept. of Homeopathy

## Eulogy for Dr. Rajeshwaramma (1932 – 2022)



We are deeply grieved to announce the passing of Dr. Rajesh (Rajeshwaramma), a dedicated disciple of H.H. Swami Rama who served the Himalayan Institute Hospital Trust (HIHT) in various capacities including Director, Physical Medicine and Rehabilitation, Director, Combined Therapy Program, Medical Director of Himalayan Institute of Medical Sciences, Member of HIHT Society and its Governing Body and later Vice President of the Society. She also served as a Member of the Board of Management of HIHT University and Member of Board of Governors of Swami Rama Himalayan University.

Dr. Rajesh passed her MBBS from Guntur Medical College in 1950 and MD in Pediatrics from Osmania University in 1964. She left India for New York in 1967. She did her residency in Pediatrics and later specialized in Rehabilitation Medicine. She worked at the Oak Forest Hospital in Illinois for many years where she met and befriended Dr. Achala Singhal and Dr. Anil Singhal. When they told Dr. Rajesh that they were moving to India to be a part of the hospital mission of H.H. Swami Rama, she immediately said that she would join them. Dr. Achala Singhal told Swami Rama about Dr. Rajesh and he at once approved her coming to HIHT. Dr. Rajesh briefly visited Swamiji at Honesdale, PA and immediately recognized him as her Guru. She resigned her hospital job, settled her U.S. affairs and moved to HIHT in 1991, donating a substantial portion of her savings to the mission.

At HIHT, many of us were charmed by her gentle, caring demeanor, her strong faith in her Guru, her loving involvement in the lives of her friends and colleagues and her sincere commitment to spiritual sadhana. She passed away in a manner that reflected her spiritual stature. She received direct instructions from her Guru to prepare for the transition by completely stopping all food intake and restricting fluid intake for almost 2 months. She indicated that she was being cleansed and prepared for the transition. She was totally detached from her body and worldly affairs, had no fear of death and her only desire was to be absorbed at the feet of her Guru. Her departure was not a cause for mourning but a celebration of life and spiritual emancipation.

Dr. Prakash Keshaviah



## International Yoga Day



On the occasion of International Yoga Day, a week-long celebration was observed at Swami Rama Himalayan University starting from 17<sup>th</sup> June wherein an Interstate Yoga Championship was organized at Himalayan School of Yoga Sciences & Holistic Health. Approximately 200 students from different institutions participated in this yoga championship giving a platform to present their talent. Dr. Vijay Dhasmana, VC of SRHU quoted Dr. Swami Rama as saying that 80 percent of physical diseases arise due to disorders of the mind which can be controlled through meditation. The state-of-the-art medical science in its present scenario is also saying the same.

## Joint Perinatal Meet

The Department of Neonatology, HIMs with the support of UNICEF organized an offline CME (MILAN) on 26 June 2022 at Medical College Auditorium. In the perinatal meet, the gestation period of the newborn and the problems after birth were discussed and the participants were updated about the life saving techniques for the survival of the newborns where facilities are fewer.

## CME / Workshop on Breast Cancer



The Dept. of Surgical Oncology, CRI, HIMs, SRHU in association with Asian Society of Mastology organized a CME cum workshop on 25 June 2022 on “Recent Advances in Breast Cancer Management” which specially focused on breast cancer amongst young and pregnant women.

## SRHU Partners with Social Development for Communities Foundation



An MoU was formally signed by SRHU with Social Development for Communities Foundation (SDC) on 5 August 2022 to work on “Citizen Centric Issues” such as environment, health and urbanization with main focus on research and academics and above all sustainable development.

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