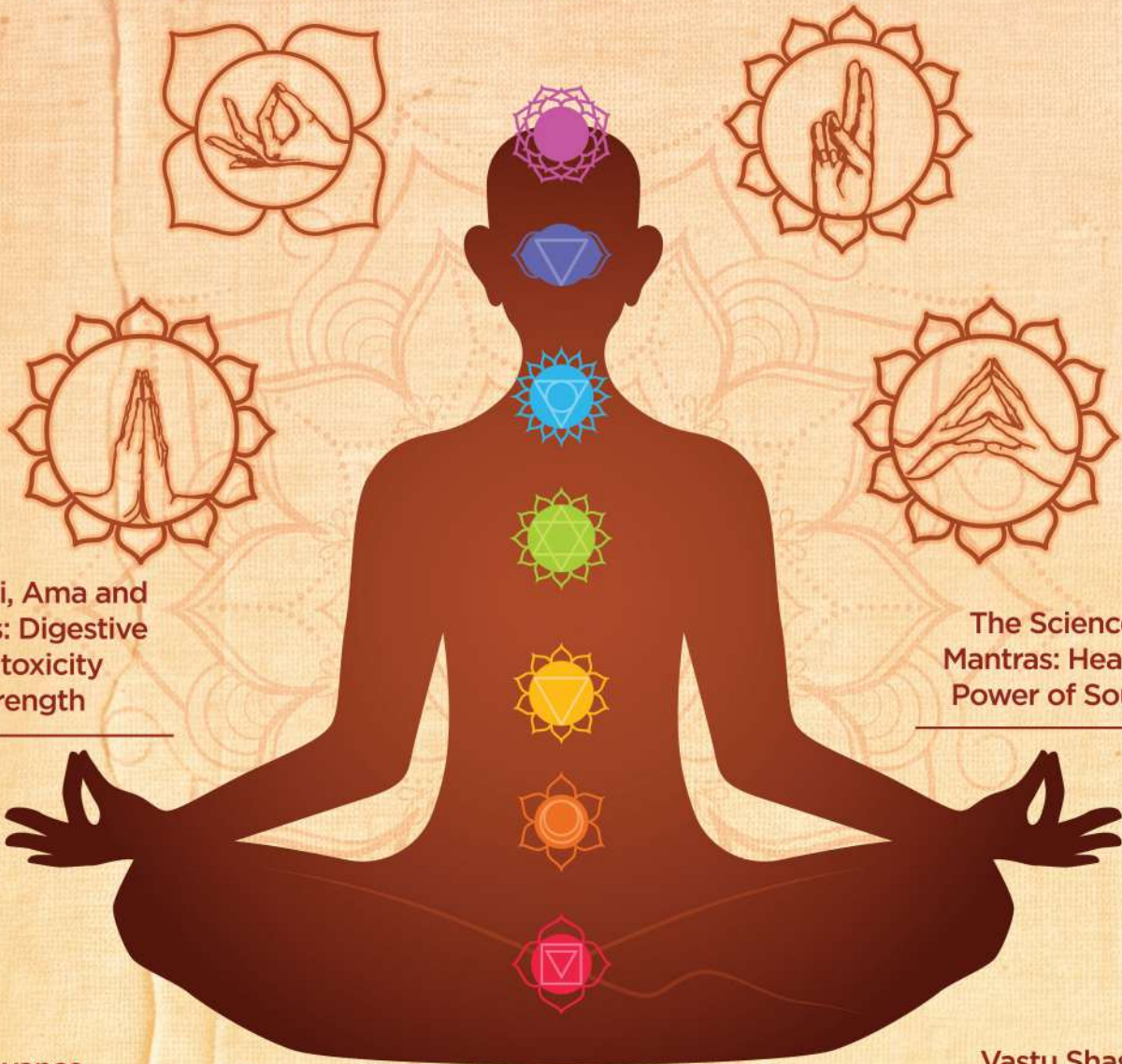


R HealthBeat

Quarterly Health Magazine Vol.35, November 2023.



Agni, Ama and
Ojas: Digestive
fire, toxicity
& strength

The Science of
Mantras: Healing
Power of Sound

Relevance
of Gurukuls in
Contemporary India

Vastu Shastra
for Health
& Wellness

namaste to
wellbeing
The Ancient Indian Way

॥ ਲਪਰਾਕੜ ਕਾਨਰ ਠੇਹਾਂ ਭਾਂਗਾਂਠਿਕਾਨਰ ਨ ਰਕਾਂਧੁ ਨਿਠਿ ॥



ਅਭਯਾ ਮੁਦਰਾ - ਚਾਂਗੁ ਆਨਰ ਪੁਕਰ

The Sanskrit word "Abhaya" translates to "fearlessness" or "protection" and "Mudra" is a symbolic hand gesture. Practicing this mudra can help individuals to overcome fear, build confidence and deepen their spiritual practice.



ਜਯਾ ਮੁਦਰਾ - ਟਲੇਬਰੇਟੇ ਅਚਿਵੇਮੇਨੇਡ

Jaya Mudra signifies victory and is often used to celebrate an achievement or a moment of success in one's life.



ਸਾਹਸਰਾਰਾ ਮੁਦਰਾ - ਟਰਾਂਡਟੇਨੇ ਧੁਰ ਠਹੁਗੇਡ

The Sahasrara, or Crown Chakra, is associated with the highest level of consciousness, understanding, and spiritual enlightenment.



ਜਨਾਨਾ ਮੁਦਰਾ - ਠੀਵਿਨੇ ਕਨੋਲੇਰੇਗੁ

Jnana Mudra, also referred to as the Mudra of knowledge, is a gesture in which the index finger and thumb are connected. This symbolizes the individual yielding to an enlightened state of awareness, referred to as Brahman. This mudra is used to foster understanding, cultivate peace, and enhance communication abilities.



પ્રૌથ્વી લયદ્રા - ઠીક ઠીકીય વેલ્લબેઇંગ

The Prithvi Mudra helps balance the earth element within the body and promotes a sense of grounding, stability, and well-being.



ચૈક્યકા લયદ્રા - લેટીકેશન ફેલ

This mudra is said to enhance one's ability to focus and is believed to have beneficial effects on both physical and psychological wellbeing.



ફેકશ્યુલ લયદ્રા - ગ્રેડીયુઅર્ ઓફ એલ્પીનેસી

A simple yoga gesture designed to decrease the space element (akasha) in the body. It is said to be helpful in providing relief from various hearing and balance issues, including motion sickness, vertigo, and numbness anywhere in the body.



અપાના લયદ્રા - ઇન્ક્રીઝેડ વીટાલિટી

The Apana Mudra is associated with the balancing of the digestive fire (Agni) and the elimination of toxins (Ama) from the body, ultimately leading to increased vitality and strength (Ojas).



વાયુકા લયદ્રા - વાતા કારક લયદ્રા

This mudra is formed by joining together the tips of the thumb, the index finger and the middle finger. The Vaata humor controls the nervous system which, in turn, is responsible for various bodily movements: external as well as internal. The practice of Vaata-karak mudra increases the Vaata humor within the body, thereby boosting the nerve force and the vital power.



॥ content ॥



02. MUDRAS

Mudras and their Significance in Daily Life

06. HEALTH

Harmony and Wholeness: Insights into Well-being from Ancient Indian Philosophies

08. DO YOU KNOW?

Agni, Ama and Ojas: Digestive fire, toxicity & strength

09. WORKOUT & FITNESS

Kalaripayattu: India's Martial art & the World's oldest

10. FROM OUR LIVES

Celebrate everyday like a Festival

12. PARENTING

Relevance of Gurukuls in Contemporary India

14. MINDFULNESS

The Science of Mantras: Healing Power of Sound

16. PARENTING

Vedic Mathematics for Mental Agility

18. THE WELLBEING WRAP

Gandhashastra: Indian Art & Science of Cosmetology & Perfumery

20. LET'S STATE THE FACTS

Vastu Shastra for Health & Wellness

22. NEW VISTAS

Green Architecture In India: Combining Modern Technology With Traditional Methods

24. TECHNOLOGY

Science and Technological Wisdom in Ancient India

26. FOOD GUIDE

Indian spices: Enhancing Flavor & Boosting Wellness

28. LEISURE

Rural Tourism: Must-visit rural gems in India

30. TESTIMONIALS

31. BIBLIOGRAPHY

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dear readers of r-health beat,



It is, once again, a privilege to contribute to this edition's theme, "Ancient Indian Health and Wellness Concepts and Their Relevance in Today's World." India's rich history and culture have given us valuable insights into health and wellness, and it is essential to acknowledge the timeless relevance of these age-old concepts in our modern lives.

Ancient Indian perspectives prioritize "Atma Sakshatkara," or Self-realization, going beyond happiness and fulfilling true potential. In today's materialistic world, we must revisit these ideals to find deeper meaning.

Balanced Agni or the digestive fire is crucial for physical and mental well-being. A healthy diet and lifestyle help prevent the formation of toxins (Āma) that can harm the body and mind.

Let us also embrace the wisdom of celebrating everyday life as if it were a festival. Festivals are times of joy, unity, and celebration. But how often do we celebrate our health with the same enthusiasm? Our well-being should be cherished and honored daily, as we do during festivals. It's a reminder to prioritize our health and take joy in simple acts of self-care.

Aromatherapy, which we used to recognize as Gandhasastra - a practice rooted in ancient Indian traditions, offers natural ways to enhance our well-being. Knowledgeably, using essential oils can help balance the three doshas, reduce stress levels, and improve overall mood.

Ancient principles like Vastu Shastra can promote positivity and focus in our surroundings. Gurukuls can bring back moral conscience in our education system. Adding Vedic Mathematics to our education system would enrich mental agility.

As seen in the Science of Mantras, the power of sound offers intriguing possibilities for healing and self-discovery. Sounds and vibrations are integral to our existence, and exploring their potential can lead to transformative experiences.

Let's take a moment to appreciate the remarkable contributions made by ancient India to the world of science and technology. Indian astronomy, which dates back to 1,500 BCE or even earlier, showcases the country's rich history of scientific exploration. Furthermore, applying these learnings to medical care was a unique feat compared to the rest of the world's history.

Kalaripayattu, the world's oldest martial art, showcases India's cultural heritage. Its philosophy and techniques have endured for over 3,000 years, emphasizing physical fitness and mental discipline.

Indian spices, renowned for enhancing flavour, also play a vital role in boosting wellness. These spices offer both taste and numerous health benefits, making Indian cuisine a true fusion of flavour and well-being.

Finally, rural tourism offers a chance to escape the urban hustle and bustle and experience the tranquillity of India's picturesque villages. Exploring these hidden gems can be a soul-soothing experience.

In conclusion, as we delve into India's ancient wisdom on health and wellness, let us remember that these concepts are not relics of the past but guiding lights for our present and future. Embracing these teachings can lead us to holistic well-being in today's fast-paced world.

I wish you all a journey of health, happiness, and self-discovery.



Warm regards,

RAKESH JAIN

C.E.O.

Reliance General Insurance Company Limited



॥ हारमोनी वरत वहोतेहइइ ॥

INSIGHTS INTO WELL-BEING FROM ANCIENT INDIAN PHILOSOPHIES

The pursuit of happiness and contentment is a fundamental aspect of human life across cultures. However, the significance of material possessions, personal goals, social connections, mental health, spirituality, and faith varies among societies. Indian traditions offer a unique and profound exploration of these concepts, adding to the rich tapestry of cultural perspectives on happiness and well-being.

What do the Vedas Say?

Ancient Indian thinkers, during the era of Vedas and Upanishad, devoted themselves to understanding the universe and its connection to happiness and well-being. They discovered a fundamental truth called **Brahma**, the essential foundation of everything that exists and is considered the universal essence. At the same time, Atman, the individual self, reflects this supreme truth. The ultimate goal of human existence is to achieve moksha, which is the pursuit of realizing Atman and Brahman. In this state, one transcends suffering, attains lasting joy, and experiences ultimate well-being as the boundary between oneself and the world fades away.

A Blissful Theory

- The ancient Upanishadic sages believed that humans are naturally happy beings. They called this state of happiness "**Ananda**," which is a part of the spiritual self, also known as Atman. However, they also believed that five different layers, or koshas, can obstruct this happiness. These koshas can cause mental distress.
- Ananda is an inner state of consciousness unaffected by external events. Beyond the anandamaya kosha lies Atman, characterized by a profound tranquillity.
- The Bhagavad Gita suggests four ways to attain sattva, which stands for knowledge and clarity: penance, jnana (knowledge), brahmacharya (celibacy), and shraddha (faith).

Evolution of Human Nature

- In Indian philosophical thought, human life is an evolutionary journey intertwined with purpose and meaning. Sages and spiritual luminaries outlined four fundamental pursuits- Dharma (values), artha (wealth), kaama (desires), and moksha (liberation).

- Dharma encompasses personal and collective values, while artha relates to wealth, karma to physical and psychological needs, and moksha to the possibility of transcending the cycle of birth and death. Pursuing these goals is not fixed but depends on one's evolutionary stage.



- Moksha, the zenith of human evolution, is hailed as the ultimate goal. This perspective underscores the importance of upholding values and seeking liberation while navigating the realms of wealth and desires to ensure the well-being of all.

Indian strategy of well-being

The ancient sages of India believed that individuals should strive to improve themselves and free themselves from the constraints of material possessions and mental limitations. They taught that self-restraint and detachment are more valuable than indulgence, and that contentment is more important than temporary happiness. They believed that self-realization is essential to leading a meaningful life. Yoga, personalized to each person's growth, became an essential tool for discovering oneself and achieving higher states of being.

Deep Connection to Nature

Indian ancient views on well-being emphasize the profound connection between humans and nature. This perspective encourages spending time in natural surroundings, observing the changing seasons, and aligning daily activities with the natural world's rhythms. This harmony with nature is believed to nurture a sense of inner peace and well-being.

Aparigraha & Seva - Selfless Service

Selfless service, or Seva, is fundamental to well-being in Indian philosophy. By performing kind acts and helping others, individuals can experience a profound sense of purpose and contentment. Indian thought promotes the principle of non-attachment, known as Aparigraha, which encourages individuals to avoid excessive attachment to material possessions and outcomes. Serving others without expecting anything in return can help find inner peace and spiritual growth. Letting go of attachment to material possessions promotes inner well-being and tranquillity.

Artistic Expression and Creativity

Indian traditions also emphasize the role of artistic expression, such as music, dance, and visual arts, in enhancing well-being. Engaging in creative activities is seen as channelling emotions, expressing inner thoughts, and finding a flow state, resulting in a heightened sense of contentment and fulfilment.

Conclusion

In India, pursuing ultimate well-being goes beyond mere material existence, inviting individuals to broaden their consciousness and connect with a higher level of spirituality. People are seen to fall on a spectrum of beliefs, ranging from a collective and hedonistic mindset to a more metaphysical way of thinking. This spectrum reflects the complex journey of personal growth and the timeless pursuit of happiness and well-being.

॥ वरुणां, बलव & रजव ॥

DIGESTIVE FIRE, TOXICITY & STRENGTH



The concept of agni, or our digestive fire, is the foundation of good health. When agni is weak, ama accumulates in our bodies, which can have a negative impact on our health & well-being. A strong agni can help to lessen ama and achieve a better state of health called as ojas.

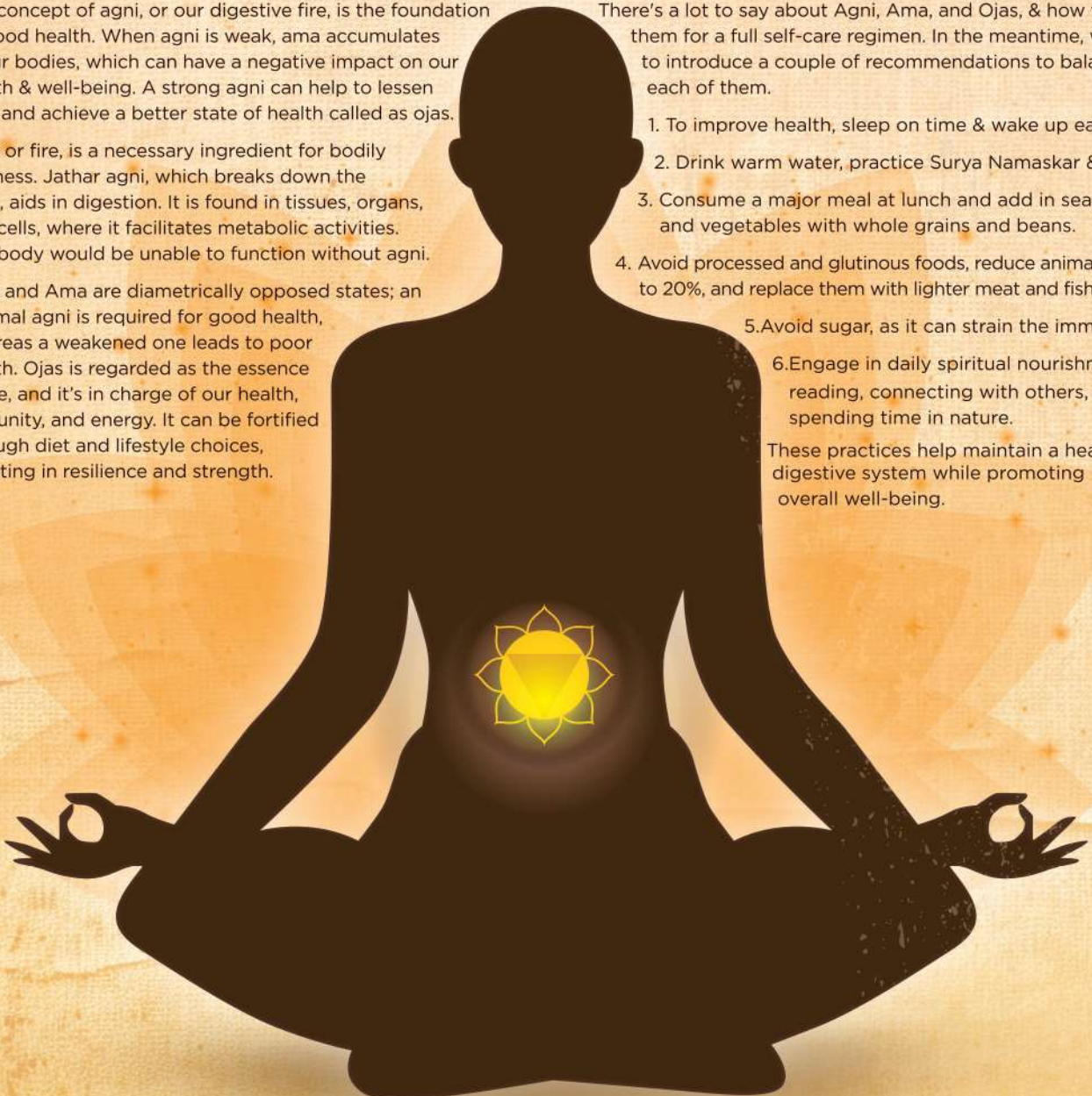
Agni or fire, is a necessary ingredient for bodily wellness. Jathar agni, which breaks down the food, aids in digestion. It is found in tissues, organs, and cells, where it facilitates metabolic activities. Our body would be unable to function without agni.

Agni and Ama are diametrically opposed states; an optimal agni is required for good health, whereas a weakened one leads to poor health. Ojas is regarded as the essence of life, and it's in charge of our health, immunity, and energy. It can be fortified through diet and lifestyle choices, resulting in resilience and strength.

There's a lot to say about Agni, Ama, and Ojas, & how to work with them for a full self-care regimen. In the meantime, we'd like to introduce a couple of recommendations to balance each of them.

1. To improve health, sleep on time & wake up early.
2. Drink warm water, practice Surya Namaskar & meditation.
3. Consume a major meal at lunch and add in seasonal fruits and vegetables with whole grains and beans.
4. Avoid processed and glutinous foods, reduce animal products to 20%, and replace them with lighter meat and fish.
5. Avoid sugar, as it can strain the immune system.
6. Engage in daily spiritual nourishment through reading, connecting with others, and spending time in nature.

These practices help maintain a healthy digestive system while promoting overall well-being.



॥ कलारिपयट्टु ॥

INDIA'S MARTIAL ART & THE WORLD'S OLDEST

Long before air-conditioned gyms, mirror selfies & bicep curls took over the world, a martial art form was established in Kerala. Kalaripayattu combines martial arts training, physical culture & therapy with self-defense. It was founded on a philosophy of leading a non-violent life. Unlike other martial arts, Kalaripayattu focuses more on self-analysis & self-control over attacks & strategies. Even after 3000 years, it is still relevant and is gradually becoming more accepted as a way to stay in shape & learn self-defense.

"Sharira Madhyam Khalu Dharma Sadhanam"

Physical body is the medium for righteous action: That body is the prime instrument for discharging virtuous duties is undoubted.

In order to stay fit, one requires strength & stamina, auto reflex, flexibility, motor skills, confidence & courage, and a spiritual base with mental ability. All these qualities are attainable by daily training of Kalaripayattu which stimulates the body & the mind.

The all-inclusive approach of Kalaripayattu benefits has grabbed the attention of fitness enthusiasts & martial art practitioners. The benefits are immensely spread across various levels. Apart from increasing flexibility, immunity & complete health, it helps to get rid of tiredness & laziness. It helps in improving concentration, patience, receptivity, self-discipline, & self-awareness. It also improves your ability to manage stress, anxiety, & much more.

Kalaripayattu is not simply a sport, but a lifestyle. Its healing properties are remarkable and should be experienced in person. This form of exercise can help you stay in shape, reduce stress, and prevent injury in the long term.



॥ टहलबनल हवरुतवु ललक व हलललल ॥

When one thinks of celebrating in India, the first thing that comes to mind is festivals. We belong to a land of many festivals, each with its significance and background. Although the festivals we celebrate may differ from one another, they all share a common thread - the spirit of joy, contentment, and celebration. As we enter a new year, let's consciously celebrate the festivals and the gift of health and life. We can transform our journey through this year into a grand celebration that aligns with the profound teachings of our forefathers.

In the tapestry of ancient Indian civilization, festivals held a special place. They were not merely occasions for merriment but profound opportunities for spiritual growth and community bonding. In this spirit, let's reimagine our celebrations in 2024, guided by the timeless principles of our ancestors.

A Shift towards Inner Celebration

In the ancient Indian tradition, festivals were about external rituals and inner transformation. The celebrations of Holi, for instance, were not just about colours but symbolized the triumph of good over evil and the renewal of spiritual energy. Similarly, let's view our celebrations as moments for inner reflection, personal growth, and the triumph of positivity over negativity.

Embracing Health, Life, and Festivity

- Our ancient Indian system of medicine emphasizes the holistic significance of health. It encourages preventive healthcare over-reactive responses to illness. We can incorporate this ancient wisdom into our daily lives by celebrating health as a daily practice and including its principles during our festive practices, such as mindful eating, daily exercise, and a balanced routine.



- Yoga, another jewel from our heritage, is a physical exercise and a celebration of the self. It teaches us to harmonize mind, body, and spirit. In 2024, let's weave yoga into our daily lives, celebrating inner peace, flexibility, and spiritual growth.

A Celebration of Compassion and Service

- The concept of "Seva" (selfless service) is deeply rooted in our culture. In the wake of recent challenges, let's celebrate festivals by extending our compassion to those in need. It could mean volunteering, helping the less fortunate, or contributing to charitable causes.

Sustainable Celebrations Inspired by Nature

- Ancient Indian civilization revered nature and considered it an integral part of life. Our festivals were synchronized with nature's rhythms. In 2024, let's return to these roots by celebrating in an eco-friendly manner, respecting the environment and its delicate balance.

Time-Tested Wellness

- Our ancestors practiced wellness through techniques like Meditation and Pranayama. Let's incorporate these practices into our daily lives, celebrating each breath and nurturing our mental health, just as our ancient sages did.

The Wisdom of Balance

- Balance is essential. Extremes are harmful to our well-being. Let's celebrate 2024 by finding equilibrium in our lives, balancing work, play, and rest, and fostering long-lasting wellness.

Embrace Ancient Indian Philosophies in Daily Life

- The teachings of Mahatma Gandhi, Swami Vivekananda, and other great Indian philosophers resonate with timeless wisdom. In 2024, let's celebrate these philosophies by applying their truth, non-violence, and self-realization principles to our daily existence.

A Celebration of Unity in Diversity

Our ancient civilization thrived on diversity, celebrating many beliefs, languages, and traditions. Let's carry forward this legacy by celebrating unity amidst our diversity, fostering a culture of inclusivity and respect for all.

In 2024, let's embark on a journey of celebration that transcends the superficial and embraces the profound wisdom of our ancient Indian civilization. Each day can be a festival of inner growth, health, compassion, and unity as we walk the path guided by the luminous torch of our heritage.



॥ गुरुकुल के गुणगान ॥

IN CONTEMPORARY INDIA

India has a long-standing history of learning & education, which has been acknowledged across the world since its beginning. The Gurukul system, an educational model once employed in India's ancient times, was one of the most renowned educational systems. Let's explore further what this system was all about.

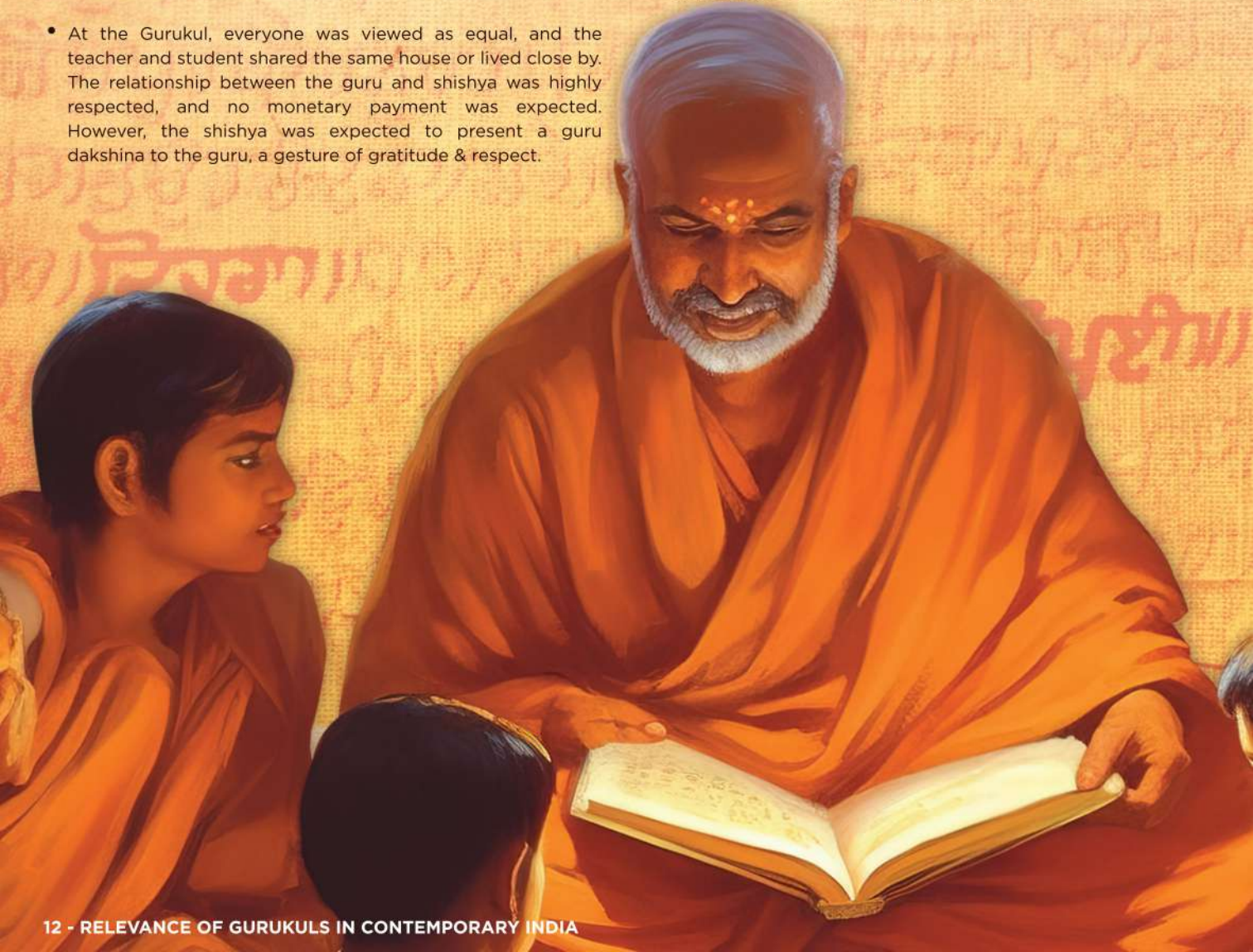
What is the Gurukul system?

- It was the system of residential schools that is thought to have originated in the subcontinent around 5000 B.C. This has become more common with the advent of the Vedic era, when students were able to learn different subjects and live in a culture focused on discipline.
- Gurukul was, in fact, the home of the teacher or Acharya, and the center of learning, where the students lived until the end of their studies.
- At the Gurukul, everyone was viewed as equal, and the teacher and student shared the same house or lived close by. The relationship between the guru and shishya was highly respected, and no monetary payment was expected. However, the shishya was expected to present a guru dakshina to the guru, a gesture of gratitude & respect.

The importance of the Gurukul system in present times

The principal objective of Gurukuls was to provide learning to pupils in an organic atmosphere where the shishyas interacted with each other in a brotherly, compassionate, loving, and respectful manner.

- They were educated in topics such as language, science, & mathematics through group discussions and autonomous learning.
- Emphasis was also placed on Arts, sports, crafts, and singing to help enhance their intelligence and critical-thinking skills.
- Yoga, meditation, and mantra chanting were practiced to promote positivity and inner peacefulness, while daily chores were required to give them practical experience.



These efforts were focused on strengthening their personalities, boosting their self-esteem, teaching self-control, sharpening their minds, and helping them to be aware, all of which are still important qualities for achieving success today.

Ambience

Gurukuls are often situated in serene places that have been untouched by the commotion of urban life. Here, young people are encouraged to have a balanced, analytical vision, which ensures an atmosphere where education is objective, yet rewarding. The serene ambience of such schools is ideal for education and holistic growth.

The location plays a central role; being surrounded by nature and devoid of any outside distractions offers an environment that is most conducive to learning.

One of the key values you can learn from that isolation is self-reliance, one of the best values to absorb as a human being.

Do we need the Gurukul system in India?

Many individuals may find the gurukul system to be an unstructured concept. However, contemporary educators have studied the past and discovered that there are various pedagogical techniques from the Gurukul system which may be applied to the current educational system. Here is a list that will also help us realize why the Gurukul system is important.

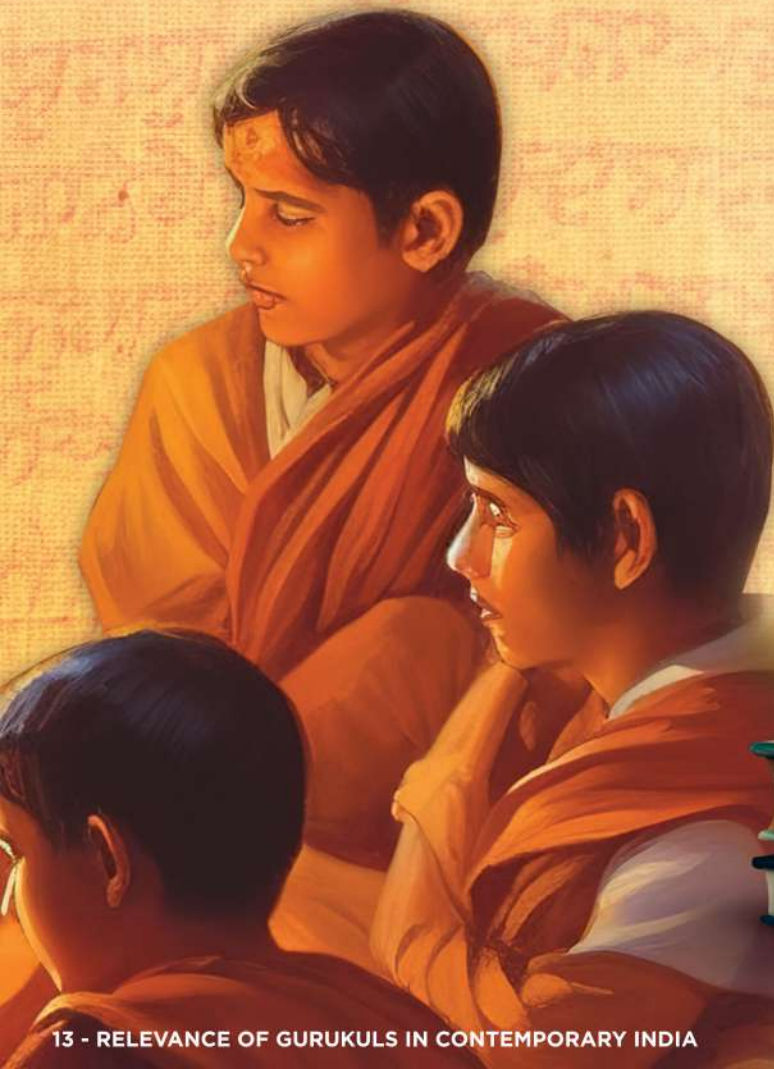
Modern Infrastructure

- Students can only learn effectively when the focus is on practical knowledge. Unfortunately, modern education does not focus on this, and instead relies too heavily on memorization.
- In the past, the Gurukul system had a strong emphasis on applied knowledge, which prepared students for life in all areas.
- In the present day, a successful learning environment can be created by balancing academics with extracurricular activities, as well as providing instruction in the areas of mindfulness and spiritual awareness, to help students become more well-rounded individuals.

Holistic Education

- Today's education system is largely based on a ranking system that can create animosity between peers. Students are often judged based on their academic performance.
- An alternative, such as the Gurukul system, could be implemented and focus on each child's individual strengths, allowing them to excel in their desired areas.
- This would also cultivate a more positive attitude in students and reduce the amount of stress & depression among them.

The goal of introducing the Gurukul system of education in India is to help young people learn the importance of balance in their lives. The concept of balance should be taught to children at a young age so they can make informed choices regarding their work, health, relationships and lifestyle.



॥ the इटांरुह ठि लवनेरुइ ॥

UNLOCKING THE HEALING POWER OF SOUND

What is a Mantra?

A mantra is a sacred sound or word believed to possess religious, spiritual, or magical powers. It is typically made up of syllables, phonemes, or groups of words in Sanskrit, Pali, or other languages. Practitioners use mantras as a form of meditation or prayer to achieve a state of mindfulness or connect with a higher power.

In the modern world, is it meaningful to chant Mantras?

For millennia, the ancient science of Mantras, deeply rooted in the sacred language of Sanskrit, has intrigued and guided seekers of healing and spiritual growth. Let's delve into the profound connection between Mantras and health, exploring the vibrational power of sound as a potent tool for physical, mental, and spiritual well-being while uncovering the healing potential within these sacred sounds, supported by research and medical contexts.

The Healing Power of Sound

As it turns out, sound is far more than just auditory perception; it is a vibrational force that resonates with every cell in our bodies. Mantras, comprised of sacred Sanskrit syllables, are precisely designed to tap into this healing potential of sound. These potent vibrations can profoundly impact our well-being, influencing us on multiple levels.

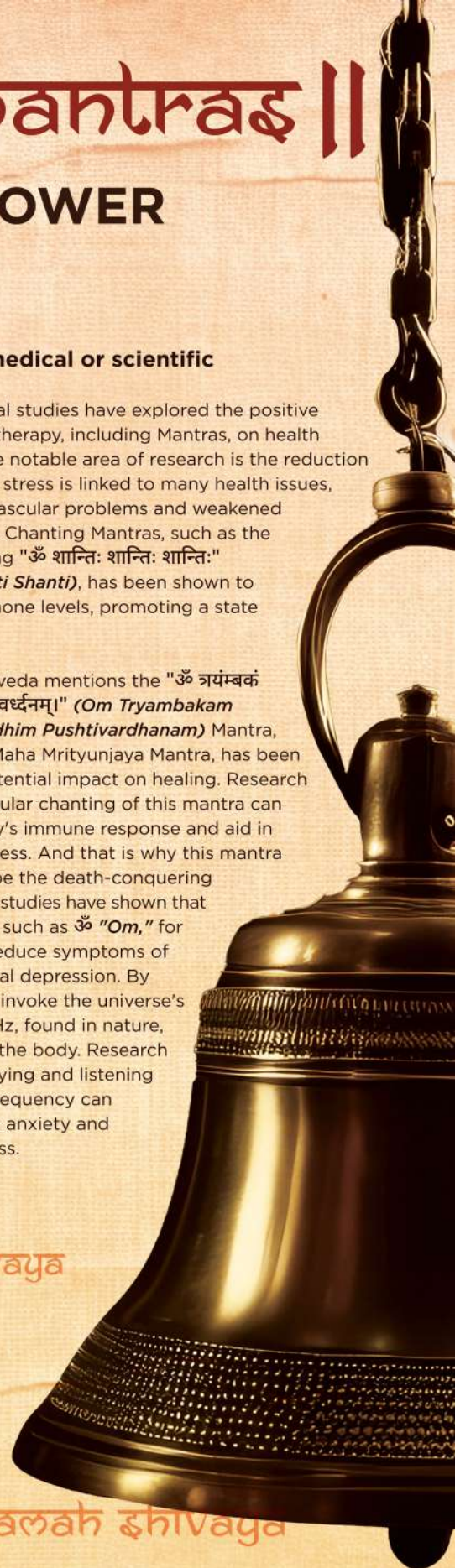
Is there any medical or scientific background?

Numerous medical studies have explored the positive effects of sound therapy, including Mantras, on health and wellness. One notable area of research is the reduction of stress. Chronic stress is linked to many health issues, including cardiovascular problems and weakened immune function. Chanting Mantras, such as the universally calming "ॐ शान्तिः शान्तिः शान्तिः"

(*Om Shanti Shanti Shanti*), has been shown to lower stress hormone levels, promoting a state of inner peace.

Furthermore, Rigveda mentions the "ॐ त्रयम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम्।" (*Om Tryambakam Yajamahe Sugandhim Pushtivardhanam*) Mantra, often called the Maha Mrityunjaya Mantra, has been studied for its potential impact on healing. Research suggests that regular chanting of this mantra can enhance the body's immune response and aid in recovery from illness. And that is why this mantra is considered to be the death-conquering mantra. Scientific studies have shown that chanting mantras, such as ॐ "Om," for 10 minutes, can reduce symptoms of anxiety and mental depression. By chanting Om, we invoke the universe's vibration at 432 Hz, found in nature, calm and relaxes the body. Research suggests that playing and listening to music at this frequency can reduce stress and anxiety and promote happiness.

ॐ शान्तिः शान्तिः शान्तिः



Healing Verses

Here are a few mantras that most of us have frequently experienced

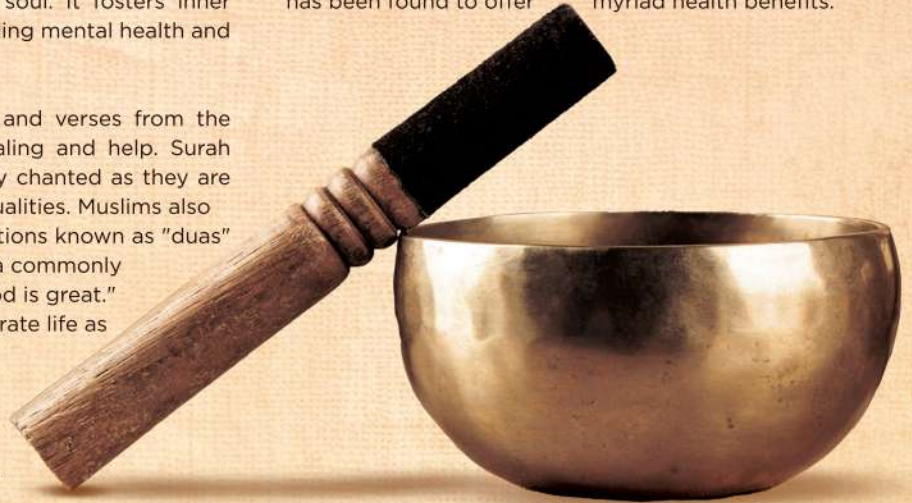
1. "ॐ नमः शिवाय" (*Om Namah Shivaya*) Translation: "I bow to Shiva." Significance: Beyond its spiritual importance, this mantra is believed to purify the mind, body, and soul. It fosters inner healing and transformation, potentially aiding mental health and well-being.

2. Muslims in Islam recite supplications and verses from the Quran during difficult times to seek healing and help. Surah Al-Fatiha and Ayat-ul-Kursi are commonly chanted as they are believed to have healing and protective qualities. Muslims also recite Allah's names and specific supplications known as "duas" for healing. In addition, "*Allahu Akbar*" is a commonly used phrase in Islam that translates to "God is great." It is often used during prayer and to celebrate life as an expression of gratitude for God's blessings. This phrase is a reminder that God is more significant than any individual and provides strength during challenging times.

3. "ॐ मणि पद्मे हूँ" (*Om Mani Padme Hum*) Translation: "Hail the jewel in the lotus." Significance: An ancient Tibetan mantra is believed to hold the power to invoke the blessings of compassion and wisdom. Many people practice this mantra to promote emotional and spiritual healing, and recent research suggests that it also positively impacts mental health and is worth exploring.

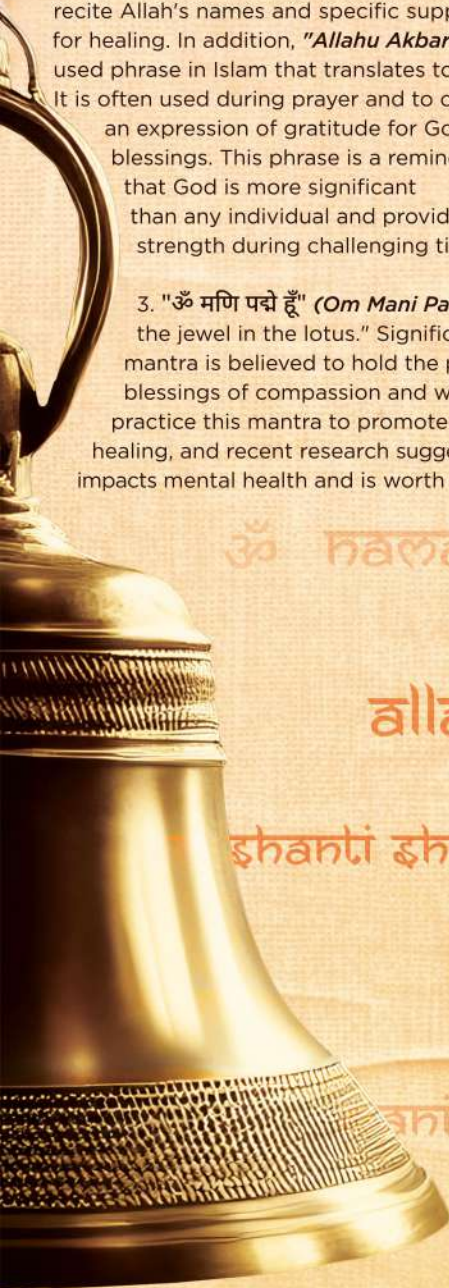
The Science Behind Mantras

Chanting mantras can positively impact our mind and body by aligning with specific frequencies that resonate with our subtle energy systems. The vibrations produced during chanting interact with the body's electromagnetic field, which can help reduce anxiety, improve mood, and enhance overall well-being. This phenomenon is well-documented in medical literature and has been found to offer myriad health benefits.



The takeaway

The science of Mantras, originating in the Vedic period, steeped in ancient wisdom and now substantiated by medical research, offers a profound path to health and healing. Among various religious activities, praying and chanting are common forms of practice in major religions, including Christianity, Judaism, Islam, Hinduism, and Buddhism. By understanding and harnessing sound's vibrational power, we unlock our latent potential, fostering physical, mental, and spiritual well-being. Embracing the practice of Mantras is not merely a spiritual journey; it is a holistic approach to health and inner transformation supported by ancient wisdom and modern science.



॥ चरुं लवतेहलवतिंइ ति लवतेव वगुंति॥

Mathematics is a field of intricate equations and secrets of the universe, containing an ancient wealth of knowledge beyond traditional approaches. This is known as Vedic Mathematics; a system which has existed for centuries and continues to spark interest. The Vedas are ancient Indian texts which not only delve into spiritual insight, but also provide insight into statistics and calculations. It is a collection of techniques, short sayings, and sub-sutras that cover a variety of mathematical operations. This system offers methods that are more effective, accurate, and intellectually stimulating compared to the more intricate approaches related to mathematics.

Origin

At the start of the 20th century, Sri Bharati Krishna Tirthaji, a learned individual and spiritual leader, studied the Vedas and discovered mathematical ideas within them. This spurred the revival of the Vedic system, which he organized into a system of mathematical techniques named Vedic math. This system includes various arithmetic operations, such as addition, subtraction, multiplication, division, rounding and finding square root, that don't require any writing materials.

Core Principles

- **Simplicity:** Vedic mathematics provides a set of techniques that simplify lengthy calculations into a series of simple steps. These techniques are designed to be accessible for people of all ages and levels of mathematical ability, making it possible for anyone to learn, understand, and apply them.

- **Versatility:** It is also renowned for its wide range of capabilities, spanning from basic calculations to complex algebraic equations. This flexibility enables learners to use the techniques for a variety of applications and situations.
- **Speed & Efficiency:** It is also known for its capability to expedite calculations. It allows personnel to work through difficult computations rapidly and accurately by reducing the number of steps and eliminating superfluous elements.
- **Mental Math Mastery:** Vedic mathematics places a large focus on mental calculations, which can be seen as its most powerful trait. It encourages pupils to work out answers on their own, without the use of items such as calculators or paper & pen.

Application & impact

The applications of Vedic Mathematics extend beyond the realm of academia. Vedic Math offers something for everyone, whether you are a student who wants to pass the exam, a professional who deals with the complexities of finance, or an enthusiast who wants to improve his or her cognitive abilities.

- **Education:** The way that math is taught can be changed by Vedic mathematics. It creates interest, engages the learner and encourages deeper understanding of the topic. Students can take exams with confidence, thanks to their ability to solve problems.
- **Career Advancement:** Vedic mathematics can provide an edge in professions which involve quick and precise calculations like engineering, finance and data analysis. By using Vedic Mathematics, individuals can gain the ability to work with speed and accuracy.
- **Mental Agility:** Engaging in Vedic mathematics can stimulate the brain, sharpening logical thinking, memory, and cognitive abilities. It encourages people to ponder creatively, while

Embrace the Vedic Mathematical journey

Exploring Vedic Mathematics can open up a world of possibilities. This ancient Indian system of mathematics can be used to unlock the power of numbers and make them easier to understand and apply in everyday life. With Vedic Math, you can increase your academic potential, enhance your career prospects, or embark on a journey of mental growth. This system can help to revolutionize your relationship with mathematics and provide an opportunity to master mathematics in a way that transcends space and time.



॥ gandhashastra ॥

THE SCIENCE OF ESSENCE

The Fragrant Path to Holistic Healing – In the quest of Ancient Indian Aromatherapy & Cosmetology.

Gandhashastra is an ancient Vedic science that uses fragrances for holistic well-being while exploring various principles and practices which dates back to the Vedic era. Rooted in Ayurveda, Gandhashastra profoundly impacts physical and mental health.

Rigveda- Mentions "Om Tryambakam yajamahe sugandhim pushtivardhanam - The word **Sugandhi** is used for Agni (the god of fire), well-wisher of men, who carries the oblations with his redolent-mouth. The fragrant-mouthed Agni was also considered an augments of material prosperity and ensures immortality through divine grace.

Indian perfumery and aromatherapy go hand in hand and are curated through many civilizations. The heritage can be traced upto the ancient Indus Valley Civilization of India around mature form 2600 BCE to 1900 BCE. Fragrances have played a significant role in the lives of people in India since ancient times. The **Mahabharata** mentions the tribute of aloe wood, sandalwood, and perfumes offered by Duryodhana. The celestial beauty of Rambha's face is compared to the fragrance of a lotus. Gautama Buddha's gaze is likened to the scent of aloe wood, sandalwood, and mangroves. Kautilya's Arthashastra has descriptions of many fragrant drugs, which were used in cosmetics like **Sandalwood**, **Agaru (Aquilaria a.)** and **Taila Parnika (Eucalyptus)**, etc.; were also used in cosmetics and beauty aids. Fragrances have influenced people from all walks of life, be it during the Vedic times or when the Mughals ruled over India.

Even when burned, the pleasant fragrance of incense causes a calming effect on the mind and promotes inner peace. The delightful aroma permeates the senses and naturally uplifts the mood, helping people to focus better as their minds become more tranquil.

The Essence of Gandhashastra:

- **Ancient Origins:** Gandhashastra finds its roots in ancient scriptures like the Rigveda. (Rigveda 10.71.3)
- **Holistic Healing:** The core principles of Gandhashastra are deeply interwoven with Ayurveda. (Charaka Samhita, Sutrasthana 30.26.)
- **The Five Elements:** A key aspect is the balance of the five elements: earth, water, fire, air, and ether. (Ashtanga Hridaya, Sutrasthana 1.18.)

Harnessing Aromas for Bhartiya Healing:

- **Essential Oils:** Gandhashastra harnesses the power of essential oils from herbs, flowers, and spices. (Sushruta Samhita, Uttaratanttra 15.33.)
- **Dosha Balancing:** Fragrances balance the three doshas: Vata, Pitta, and Kapha. (Charaka Samhita, Sutrasthana 25.41.)
- **Emotional Well-being:** Aromas are pivotal in enhancing emotional wellness and reducing stress. (Brihat Samhita 62.7.)
- **Aromatic Medicine:** In Ayurvedic massages, medicinal and aromatic oils are applied for rejuvenation and healing. (Ashtanga Hridaya, Sutrasthana 1.32.)
- **Therapeutic Baths:** Aromatic baths were utilized for deep relaxation and holistic wellness. (Charaka Samhita, Chikitsa Sthana 30.61.)
- **Meditation adjuvant:** Fragrances aid meditation by improving mental focus and spiritual growth (Yoga Sutras of Patanjali 2.38.).



Some Ancient Aromatics which are relevant even today:

Tulsi (Holy Basil): Tulsi (*Ocimum sanctum*) essential oil, as described in Charaka Samhita, Sutrasthana, is revered for its healing properties, especially respiratory health, and stress relief.



Modern research supports the therapeutic benefits of Gandhashastra practices. In today's world, Gandhashastra aligns with the growing interest in holistic wellness practices.

Perfumes and scents have been used for centuries to maintain mental, psychological, and physical health & has been associated with spirituality. Ancient literature provides evidence of the importance of fragrant ingredients such as aromatic herbs, resins, barks, leaves, exudates, twigs, roots, and seeds rooted in ancient Indian wisdom, and remains a source of holistic healing. Embrace Gandhashastra and experience the synergy of ancient wisdom and modern wellness.

Lavender: Lavender is well known for its calming effects and helps with anxiety and insomnia, as mentioned in Ashtanga Hridaya verse 1.50.



Frankincense: Loban, from *Boswellia serrata*, has anti-inflammatory properties and was used in ancient rituals for purifying our homes.



॥ Vastu Shastra for health & wellbeing ॥

Vastu Shastra is an old Indian architectural system that goes beyond just aesthetics and design. It is based on the idea that the environment we are in can have an effect on our physical and mental wellbeing, energy, and overall harmony.

The Vedas, ancient Indian scriptures, are the origin of Vastu Shastra, where the Sanskrit words “*Vastu*” (building) and “*Shastra*” (knowledge or science) combine to form a holistic approach to architecture. The core of Vastu Shastra are the five elements: Earth, Water, Fire, Air, and Space. These elements have an influence on the energy in a space and are connected to different directions. Each element has its own unique qualities and characteristics.

The influence of directions

Vastu Shastra pays attention to the four cardinal directions, linking them with elements, gods, and energies. For example, the east is associated with Fire, making it the best place to locate a kitchen, and the northeast is associated with Water, making it an appropriate area for a meditation or prayer room.

Building Materials and Design

The use of natural materials and their compatibility with the five elements are stressed in Vastu Shastra. Designs are based on sacred geometric motifs that create harmony and symmetry. In order to maximize energy flow and improve wellbeing, the placement of rooms, windows, & doors are carefully considered.

Harmonizing the Microcosm and Macrocosm

The interdependence of people, their houses, and the universe is acknowledged by Vastu shastra. By bringing the microcosm (the home) and macrocosm (the universe) into balance, it seeks to promote peace. This alignment is supposed to be established through the placement of the structure, the arrangement of the rooms, and the selection of particular colors and symbols.



Scientific Rationale and Modern Interpretations

Although the Vastu Shastra has its origins in ancient knowledge, many of its ideas have resonance with current scientific knowledge. For instance, the idea of orientation takes the direction of the sun and natural illumination into account to improve energy efficiency and well-being. The emphasis on ventilation aligns with modern ideas of air quality and circulation.

Vastu & Good health

The concept of "health is wealth" is also central to the principles of Vastu Shastra. There are some important guidelines that Vastu suggests in order to maintain good physical and mental health. Making minor adjustments in accordance with Vastu principles can help to better resist illnesses and facilitate quicker recovery.

- For general health, sleeping with the head facing south is suggested. For those with the "*Vata*" and "*kapha*" constitutions, sleeping on the left side is recommended, while those with the "*Pitha*" constitution should sleep on the right side.

- The core region, known as the Brahmathan, must remain free of any large concrete structures. Keep the Brahmathan open and clear of pillars, beams, and other heavy things. Set up a Reiki-charged crystal grid in the Brahmathan to maintain the energy of the entire home.

- According to Vastu, the location of the kitchen in a home affects both health and illness. If the kitchen is close to a possible fire risk, the inhabitants may have an increased risk of health issues. So, always design the kitchen to face southeast.

Incorporating science, art, and spirituality into one comprehensive architectural strategy is Vastu Shastra. Its tenets have endured the test of time because they are based on knowledge of energy flow, balance, and the interaction between the individual and their environment. By delving into the Vastu Shastra's scientific foundations, we are better able to appreciate this ancient architectural knowledge from India and how it may be used to design calming and nurturing settings in contemporary life.



|| Green Architecture in India ||

COMBINING MODERN TECHNOLOGY WITH TRADITIONAL METHODS

Throughout the years, Architecture has developed in accordance with local conditions such as the climate, geography, culture, and setting. Natural resources & customary building methods are typically utilized, which makes traditional architecture cost-effective, sustainable, & visually appealing. However, did you know that many of the characteristics of traditional architecture can be modified and included in the design of modern homes?

Local & Natural materials

The advantages of using local and natural materials in traditional architecture have long been recognized, as they are generally more accessible, cost-effective, and environmentally-friendly. Stone, bricks, mud, wood, lime, and thatch were used in different areas, depending on what was available. Stone is strong and comes in a variety of colors, grains, and textures, so it has been used in walls, roofs, and floors for centuries. Bricks and

Mud have also been popular, although the latter has fallen out of favor in recent times. Lime can replace cement, while its mortar and

plaster can provide the same strength without the cost. Finally, Bamboo is a great choice in the North-eastern states of India, as it is lightweight and can withstand flooding and earthquakes.

Courtyard

In many traditional Indian homes, a central courtyard is incorporated into the layout. Generally referred to as 'aangan' in Hindi, 'vehra' in Punjabi, or 'nadumuttom' in Malayalam, this space offers a variety of uses for the family and provides natural light and ventilation. Surrounding the courtyard are corridors and verandahs which give protection from the rain and sun while maintaining a comfortable temperature. This setup also creates a pleasant atmosphere with the presence of nature indoors.



Jaalies

In India, jaalies, which are lattice screens, have been used in traditional architecture for ventilation, diffused light, shade, and privacy, particularly in the hot climate. The Hawa Mahal in Jaipur was built with a facade consisting of intricate lattice work in sandstone, allowing the royal family's women to observe street activity while still maintaining privacy. Mughal architecture also used jaalies, made of marble and sandstone, for palaces and pavilions.



Built-in Furniture

During the construction of the house, furniture with traditional Indian architecture was crafted. Many Kerala and Goan houses featured a front verandah with built-in seating, niches, and shelves for things like lamps. This kind of built-in furniture was very resilient, which helped to reduce the cost of wood.

Verandah

There are verandahs on the sides, also called *Chuttu verandah*, in traditional Kerala homes, in addition to the front verandah, *Poomukham*. They're protecting the house from the summer heat and heavy monsoon rains. The verandas next to the

courtyard offered shaded spaces for a variety of family activities and social interaction.

Chhajjas

Chhajjas are projections for window and door protection in Rajasthani architecture, raised or horizontal, or like a jharokha. The chhajja's shade helps reduce heat and avoids monsoon rains. In snowy regions, sloping chhajjas are used. Jaisalmer is famous for its yellow sandstone architecture, featuring Jharokhas and Jaalies as main elements.

Arches

Arches are a wonderful architectural feature that is seldom used in today's homes. The form of the arches also gives them an advantage in terms of structural stability. They may be made of bricks or rocks, so that the amount of concrete used in lintels is reduced.

It is inspiring to see the efforts our predecessors have made to preserve these resources for future generations, even though they did not experience a crisis of natural resources in their time. However, as the industrial era came into power, an overexploitation of natural resources led to a

complete collapse of traditional philosophy about building a sustainable environment in which humans could live peacefully with nature.

However, their ancient architecture principles continue to be applied and for millennia they will remain so because of the spiritual and historical foundations that underpin them. The multiethnic nature of modern Indian architecture makes the

field an interesting one for future research and discoveries. Sociocultural factors are Indianizing contemporary and universalized architecture to facilitate the development of India's architectural character. India is on track to become the center of modern sustainable architecture in Asia.



॥ इतिहास अतः तत्त्वज्ञानात् वांछितम् in ancient india ॥

FLOURISHING MEDICAL CARE AND WELLBEING

The accomplishments of ancient India have been a beacon for remarkable scientific and technological advancements, having a long-lasting effect on the areas of healthcare, medicine, and surgery. Drawing from an in-depth understanding of life and health, the ancient Indian culture provided significant contributions which still have an influence on the world.

Ayurveda is often referred to as “The Science of Life”, with its roots found in ancient texts such as the Charaka Samhita and Sushruta Samhita. This holistic system of medicine looks at the interconnectedness of mind, body, and spirit and provides herbal remedies, dietary guidelines, and lifestyle recommendations to achieve and maintain wellness. It is also noted that Sushruta is credited with pioneering surgical techniques and instruments, with the Sushruta Samhita containing detailed descriptions of surgical procedures, instruments and the use of anesthesia. His contributions to plastic surgery, including rhinoplasty, have laid the groundwork for the development of surgical procedures across the globe. Fifty years before the Italian mathematician Fibonacci wrote about the number sequence, now known as the Fibonacci numbers, a sage named Hemchandra wrote about this sequence, but even he was not the first Indian to do so.

These numbers were also earlier analyzed by mathematician of India, Gopala. The invention of the decimal system and the concept of zero made completing mathematical calculations easier and more efficient. Furthermore, calculations of pi were impressively accurate. These mathematical advances were essential for medical measurements and calculations, showing the relationship between science and medicine.

India had a long history of **Astronomy**, which dated from about 1,500 B.C. to earlier and was known as Vedanga, an auxiliary discipline related to study of the Vedas. Among the astronomers who have even mentioned their scientific instruments are Varahamihira, Aryabhata, Bhaskara, Brahmagupta and others. Aryabhata and later Brahmagupta understood that the earth was round in 500 CE. They've been talking about gravity, saying it's the nature of the earth that attracts objects, and that they fall to the ground. The time it takes for the Earth to travel around the sun was calculated by Bhaskaracharya: 365.2588 days.

Additionally, the development of **advanced metallurgical techniques** in ancient India was critical for producing high-quality surgical instruments. These instruments, crafted from iron and steel alloys, were crucial for the success of surgical procedures. The combination of metallurgical expertise and surgical innovation exemplifies the interdisciplinary approach of ancient Indian science and technology.

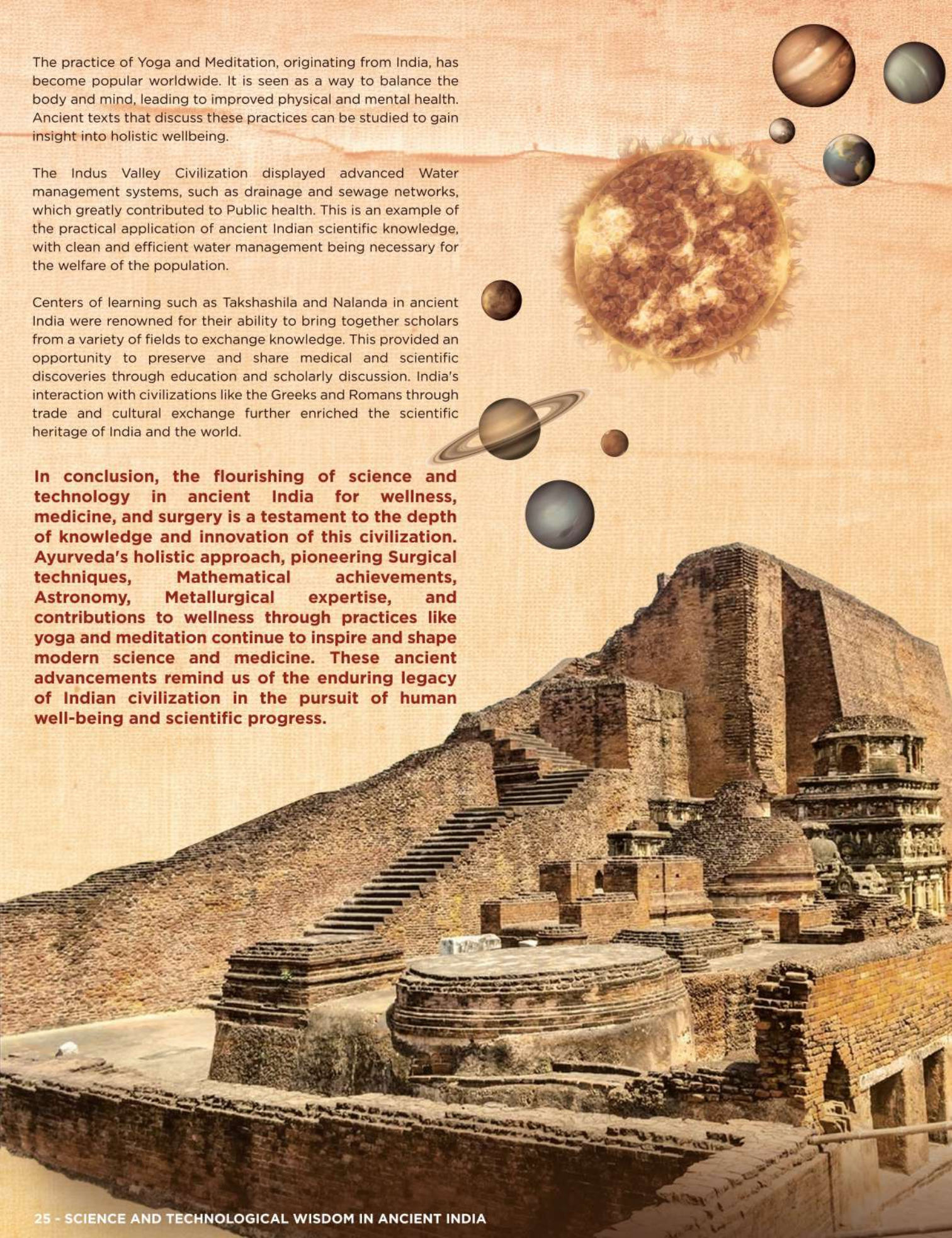


The practice of Yoga and Meditation, originating from India, has become popular worldwide. It is seen as a way to balance the body and mind, leading to improved physical and mental health. Ancient texts that discuss these practices can be studied to gain insight into holistic wellbeing.

The Indus Valley Civilization displayed advanced Water management systems, such as drainage and sewage networks, which greatly contributed to Public health. This is an example of the practical application of ancient Indian scientific knowledge, with clean and efficient water management being necessary for the welfare of the population.

Centers of learning such as Takshashila and Nalanda in ancient India were renowned for their ability to bring together scholars from a variety of fields to exchange knowledge. This provided an opportunity to preserve and share medical and scientific discoveries through education and scholarly discussion. India's interaction with civilizations like the Greeks and Romans through trade and cultural exchange further enriched the scientific heritage of India and the world.

In conclusion, the flourishing of science and technology in ancient India for wellness, medicine, and surgery is a testament to the depth of knowledge and innovation of this civilization. Ayurveda's holistic approach, pioneering Surgical techniques, Mathematical achievements, Astronomy, Metallurgical expertise, and contributions to wellness through practices like yoga and meditation continue to inspire and shape modern science and medicine. These ancient advancements remind us of the enduring legacy of Indian civilization in the pursuit of human well-being and scientific progress.



|| the health benefits of spices ||

ENHANCING FLAVOR AND BOOSTING WELLNESS



Spices have been used for centuries to add flavor & aroma to food, but did you know that they also offer numerous health benefits? We will cover the health properties of different spices & their impact on our well-being. From reducing inflammation & promoting digestive health to reducing your risk of chronic diseases, spices are a natural & flavorful way to boost your overall health & well-being.

A symphony of flavors & health

Spices' mysterious charm stems from their ability to convert the ordinary into the exceptional. Each spice lends a different note to foods, producing a symphony of flavors, from the warmth of cinnamon to the scorching kick of chili peppers. However, their impact extends beyond flavor; many spices are high in nutrients and bioactive chemicals that benefit overall health.

Anti-oxidant richness: Spices are frequently hailed for their high antioxidant content, which aids in the body's defense against oxidative stress. Spices contain antioxidants such as polyphenols and flavonoids that are essential for cell protection and lowering the risk of chronic diseases.

Anti-inflammatory properties: Numerous spices have strong anti-inflammatory effects that can help treat inflammatory diseases like arthritis and heart disease.

Metabolic boosters: Some spices have been demonstrated to increase metabolic rate and aid in weight loss. *Capsaicin*, found in chili peppers, can boost thermogenesis and potentially aid in weight loss attempts.

Spice stars & their benefits

Let's highlight a few standout spices and the particular health advantages they provide:

Turmeric

This golden spice includes curcumin, whose ability to lower inflammation, boost joint health, and even enhance cognitive function.

Cinnamon

It not only adds a delightful warmth to dishes, but it may also help regulate blood sugar levels, making it useful for diabetics.

Ginger

Ginger has been linked to providing relief for digestive issues, helping to alleviate nausea, and potentially having anti-inflammatory benefits.

Garlic

In addition to having a distinct flavor, garlic has heart-healthy qualities. It may help lower blood pressure, reduce cholesterol levels, & support cardiovascular health.



Incorporating spices for Wellness

You don't need to be a chef to take advantage of spices' health benefits. You can add these potent ingredients to your meals by making small adjustments to your cooking routine:

Infuse Your Morning: Begin your day by sprinkling cinnamon into your oatmeal or yogurt. Your breakfast can gain nutrition from the antioxidants in cinnamon.

Savory Seasoning: Experiment with spices to add depth and flavor to your dishes. The three spices i.e Turmeric, Cumin & Paprika, can enhance the taste of food and provide positive health effects.

Herbal Teas: Make soothing teas by steeping spices such as ginger, cloves, and cardamom. These concoctions not only warm the soul but also improve your health.

Spice-Infused Oils: To make spice-infused oils, gently heat oils with herbs and spices such as rosemary, thyme, and chili flakes.

The Harmony of Flavor & Wellness

Spices' ability to eminently combine flavor and health is one of their most appealing qualities. You can create culinary masterpieces out of your meals with a dash here and a pinch there while also nourishing your body from the inside out. So, the next time you reach for that spice jar, enjoy not only the flavor but also the potential for health it brings to your plate. After all, the aromatic wonders of spices can make the journey to wellness as delicious as it is nourishing.



॥ रघुवंश ठण्डल ॥

MUST-VISIT RURAL GEMS IN INDIA

Away from the hectic city life, India's true self can be found in the countryside. Do you long for the peace and quiet of villages because you've had enough of the typical tourist attractions? We've compiled a list of the most stunning and serene villages in India, so you don't need to look any further. Take pleasure in the serene ambiance of these lesser-known gems while engaging in fascinating cultural pursuits.

POOVAR

Poovar, a village located near Kovalam in Thiruvananthapuram, Kerala, offers a stunning riverside experience. The Neyyar river passing through the village adds to its appeal, making Poovar an ideal destination for those who want to experience life in a coastal community.

MAWLYNNONG

Mawlynnong, in the Meghalaya state, is one of the cleanest villages in Asia and is about 90 kilometers from Shillong. The renowned Nohwet root bridge, a magnificent structure made over many years by weaving the roots of ficus elastica trees over a framework, is located here. Since the river's water is clear and pure, it provides excellent views of the marine life below.



KHIMSAR

Located on the edge of Rajasthan's Thar Desert, Khimsar offers a unique blend of ancient history, culture and rural charm. The air is still full of stories about the ruling Rajputana dynasties. It's known for its forts, palaces, temples & desert landscape.



DISKIT

The administrative center for Ladakh's Nubra Valley lies Diskit, situated by the Shlok River. The village boasts breathtaking valley views and is home to the renowned Diskit Gompa, a historic Buddhist monastery founded in the 14th century. The monastery, which is 3142 meters above sea level, also holds a 32-meter-tall Maitreya Buddha statue.

PIPILI

The village of Pipili is known for its beautiful handicrafts, in the vicinity of Bhubaneswar. This village is from the 10th century and was once a residence of experts who constructed canopy's for Jagannath Temple's annual Rath Yatra, as well as appliqué umbrellas. The artisans in the hamlet display their proficiency through a wide range of colorful creations.

MUNSIYARI

Munsiyari is surrounded by beautiful forest and snow capped mountains, located in the Kumaon region. The charming village of Goriganga has been beautifully decorated by the river, which makes it a must visit destination for adventure seekers and environmentalists. The breathtaking scenery of Panchachuli contributes to the wonderland's appeal as the best rural spot to visit in India.

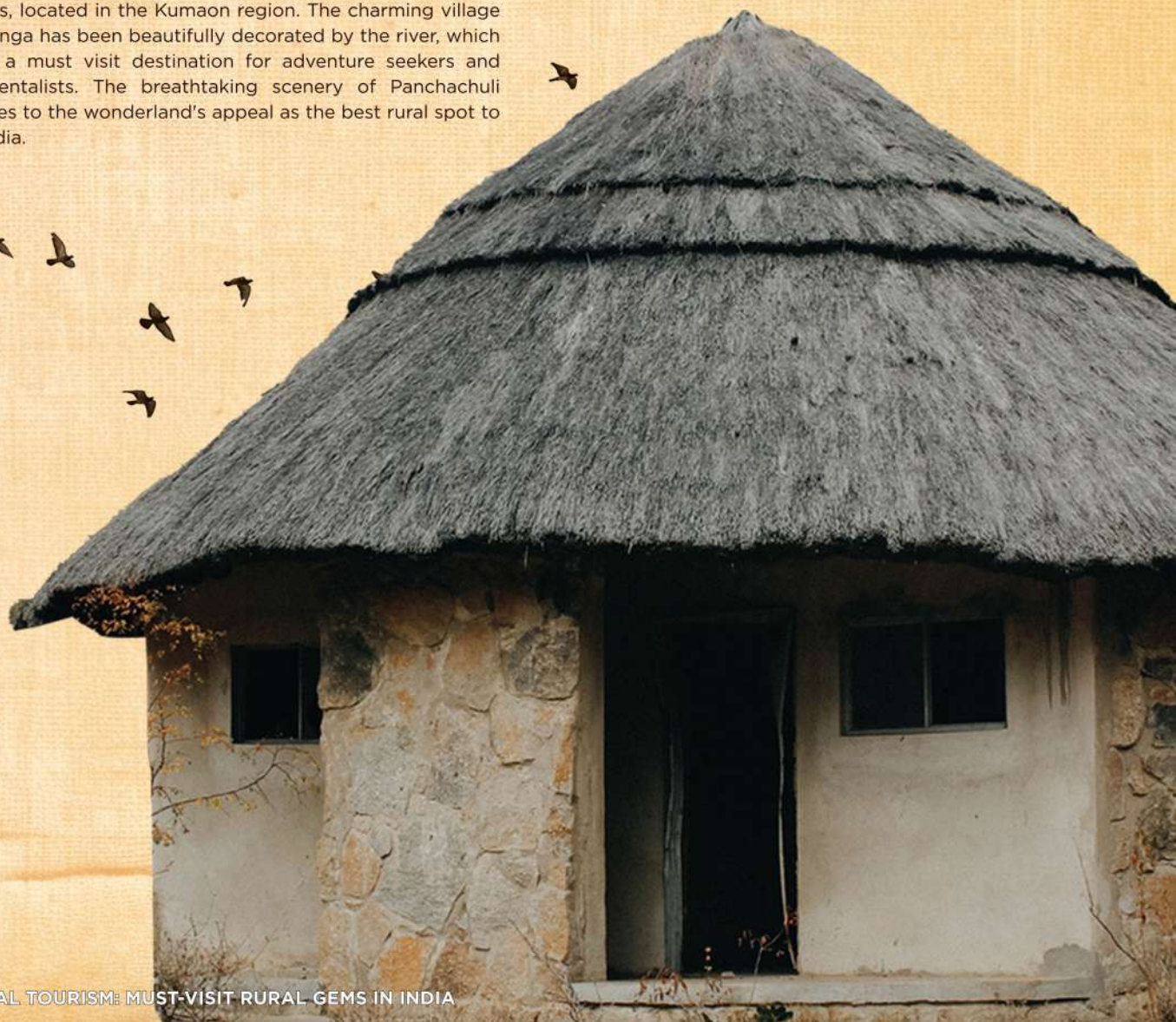
MAJULI

A thrilling journey across the Brahmaputra River will take you to Majuli in Assam. It was once known as the world's biggest river island, with its wonderful beauty. Take a journey to Pathorichuk and sample the delicious rice beer with local meals, then go on an exciting trip across the countryside by boat.

HODKA

It is said that the Halepotra tribe founded Hodka, located near Rann of Kutch in Gujarat province, offering an isolated desert settlement. The village, considered one of the country's rural tourist destinations, is adorned with a variety of designs and patterns. The mud houses are built in such a way that they're cool in the summer and warm in the winter. You could spend the night on a camel safari, or you could just enjoy the beauty of the landscape.

You'll undoubtedly fall in love with beautiful culture, amazing local kindness, scenic scenery, and everything that's so pure in rural India.



॥ त्वांल०नांवाड ॥



"From meditation to cutting-edge medical tech, R HealthBeat brilliantly integrates vibrant visuals with insightful content. It navigates the realms of well-being, weaving together mindfulness, advanced technology and nourishing practices. Looking forward to the future editions of this must-read for those seeking a harmonious balance in today's fast-paced world."

LT COL MILAN KHURANA (RETD)

Executive Director - HR, Admin & IT
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"A very creatively presented magazine. The Reliance team has done a great and excellent job of putting a very readable & interesting array of ideas together. It guides us towards healthy lifestyle."

DR. DHAVAL BHATT

General Manager - Clinical Administration
Kokilaben Dhirubhai Ambani Hospital, Mumbai



R HealthBeat magazine is a detailed and thorough publication that goes beyond the basics of good health and also looks at quality of life. The 33rd edition of the magazine offered helpful information for parents to help them foster their children and the 34th edition focused on wellness values from Japan. All the topics were distinct and explored different aspects of wellbeing. I offer my best wishes to the R HealthBeat team.

MR. AMIT AGARWAL

Promoter & Director, Coastal Insurance Brokers



|| bibliography ||



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