First-ever All India Institute of Ayurveda (AIIA) inaugurated by Hon'ble Prime Minister Shri Narendra Modiji in Sarita Vihar, New Delhi

22nd INCOFYRA
Jan 5-8, 2018 | Bengaluru

Theme: Integrative Oncology: The Future of Cancer Care

www.incofyra.com

www.svyasa.edu.in
New Team of S-VYASA

Prashanti Kutiram: Recently, in succession to Dr. Sanjib Kumar Patra, Dr. B Amaranath has become the new Registrar for S-VYASA. Along with PGDMM and MBA, he has done PhD in Yoga at S-VYASA. In the august presence of Chancellor, Dr. H R Nagendra, Pro-Chancellor, Dr. K Subrahmanyam and Dr. Sanjib Kumar Patra, the charge was given to him.

Prashanti Kutiram: Recently, Dr. Vinoy Singh, the Senior Professor at S-VYASA, was made the Director of The School Yoga and Naturopathic Medicine (TSYNM). The Charge was given in the august presence of Chancellor, Dr. H R Nagendra, Registrar, Dr. B Amaranath and the Medical Director of Arogyadhama, Dr. R Nagarathna.

Newly chosen Deans for the Divisions:

- Division of Yoga-Spirituality
  **Dr. M K Sridhar**, MA, PhD

- Division of Yoga & Life Sciences
  **Dr. Sandhya T L**, MBBS, MD, MS

- Division of Yoga & Physical Sciences
  **Prof. T G Sitharam**, BE, ME, PhD

- Division of Yoga & Management Studies
  **Dr. Latha Krishnan**, MCom, PGDMM, PGDIRPM, MBA, PhD

- Division of Yoga & Humanities
  **Dr. Chikkahejjaji Mahadev**, MA, PhD

- Dean of Academics
  **Dr. R Chandrashekar**, MSc, PhD, ME (Comp. Sc)
CONTENTS

Editorial - Message for 22nd INCOFYRA

Division of Yoga-Spirituality
Brahmasutra - Prthivī adhikārārūpaśabdāntaredbhyaḥ
- Prof. Ramachandra G Bhat

Division of Yoga & Life Sciences
22nd INCOFYRA
Conference Objectives
Main Conference
Conference Venue - Bengaluru
Who Should Participate?
Pre Conference Programs:
- Himalaya Yoga Olympiad & Workshops
- Health Exhibition: Pharma World & Arogya Expo
- Expected Speakers in the Conference
- Conference Organizing Committee
- Conference Registration
- Inauguration of first-ever All India Institute of Ayurveda (AIIA)
- Arogyadhama Success Stories
- Section E - Spinal Disorder
- Section A - An improved case of Neurology & Oncology Dept.
- Randomized Comparative Study on the Effect of Fresh Coconut in a Balanced Yogic Diet on Anthropometric, Biochemical, Immunological and Psychological Parameters in Healthy Adults - Dr. Nagashree R Shankar

Division of Yoga & Physical Sciences
Regenerative Medicine - Prof. T M Srinivasan
Why Cancer is Not Incurable - Prof. Alex Hankey

Division of Yoga & Humanities
Yoga to Dispel Inertia - Dr. K Subrahmanyam

VYASA, National
Durga & Ayudha Puja in Prashanti
Diwali celebration in Prashanti

VYASA, International
Vivekananda Yoga Global (VYG) in Trivandrum, Kerala
International Conferences at a glance
ONGC Boys Hostel - Coming-up Fast
at Vivekananda Yoga Anusandha Samsthana
Prashanti Kutiram, Bengaluru

Under the Corporate Social Responsibility scheme of India's largest Oil and Gas Exploration and Production Company, M/s Oil and Natural Gas Corporation Limited (ONGC), VYASA was granted a Majestic Boys Hostel to cater to the growing global demand of professionally trained Yoga Students.

The magnificent structure shall have 2 Blocks (North and South) and shall be able to house over 750 Students comfortably.

Salient Features and Facilities:

• Well designed building by architects and structural engineers
• Spacious rooms with enough space for comfortable movement
• Big size windows for enough air and light ventilation
• Sufficient width of corridor and staircase for easy movements for students
• All rooms are attached
• Extra common toilet on each floor
• Warden room at ground floor
• Emergency exit doors
• All rooms with balcony
• Electrical plug point for each bed separately made for laptop and mobile charging
• Separate room for electrical bus bar and store on each floor
• Lift facility with 24hrs power backup
• Hot water facility
• 24 hour power supply
• 24 hour water supply
• Dining facility at lower ground floor with both internal & external entry.
• Arrangements of cloth drying at each floor
• Shoe rack (MS) for each rooms
• MS wardrobe with separate key facility for all students
• Cot with table facility for all students
• 24 hrs security.

The construction of nearing completion and a formal inauguration will be held in the near future. VYASA stands truly grateful for this magnanimous support from M/s ONGC Limited.
22nd INCOFYRA
International Conference on Frontiers in Yoga Research and Its Applications

Theme: Integrative Oncology: The Future of Cancer Care

Jan 5-8, 2018 | Prashanti Kutiram, Bengaluru - 560 105

Pre Conference Workshops
Date: Dec 29, 2017 - Jan 4, 2018
Venue: Prashanti Kutiram

Organised by: VYASA, Bengaluru
Technical Support by: S-VYASA Yoga University, Bengaluru
My Dear Brothers and Sisters,

Cancer is one of the leading cause of death worldwide, with an incidence of 14 million new cases / year with about 1 million diagnosed in India. The prevalence of cancer has increased over the past decade and is expected to rise by 8% in the next 5 years. Regular screening, early detection, and improved therapies have increased the 10-year survival from 61% to 77% in the past decade. However, advancements in cancer treatment has not changed mortality rates.

Addressing the root cause and using holistic healing methods along with the conventional methods would be the best solution. Hence, this year we have selected a theme ‘Integrative Oncology: Future of Cancer Care’ for 22nd INCOFYRA. The 22nd INCOFYRA will make an effort to integrate Ayurveda, Naturopathy, Yoga, Unani, Siddha, Homeopathy and Modern Medicine by bringing prominent researchers and doctors from all these fields under one platform to evolve better cancer care.

We welcome you all to our Prashanti Kutiram campus.

With Love

Dr. H R Nagendra
President, 22nd INCOFYRA
President, VYASA and Chancellor, S-VYASA University

Conference Objectives

1. To disseminate the research findings in the field of integrative oncology and give directions to future research
2. To translate the available research findings of CAM therapy for Cancer into clinical practice
3. To establish working groups comprising universities, health care providers and policy makers to initiate collaborative research programs
4. To deliver cost effective cancer care
5. To have discussions on reforms in policies related to integrated health care system
Main Conference: Integrative Oncology: The Future of Cancer Care

Jan 5 - 8, 2018: The 22nd INCOFYRA will make an effort to integrate Ayurveda, Naturopathy, Yoga, Unani, Siddha, Homeopathy and Modern Medicine by bringing prominent researchers and doctors from all these fields under one platform to evolve better cancer care.

Conference Programs at a Glance

<table>
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<td>Dec 29, 2017 - Jan 4, 2018</td>
<td>Pre - Conference Workshop</td>
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<tr>
<td>Jan 3 &amp; 4, 2018</td>
<td>Himalaya Yoga Olympiad Finals</td>
</tr>
<tr>
<td>Jan 5 - 8, 2018</td>
<td>Main Conference</td>
</tr>
</tbody>
</table>

Main Conference Program Highlights

Jan 5, 2018: Inaugural Ceremony

Jan 8, 2018: Valedictory Ceremony

Jan 6-8, 2018: Morning Yoga Session

5:30 – 6:30 am | General Yoga Session, Disease Specific Yoga Session (8 Modules), Advanced Yoga Techniques

Jan 6, 2018: Scientific Sessions

9 – 10:30 am | Plenary Session
11 – 1 pm | Parallel Symposia
2 – 3:30 pm | Parallel Symposia / Poster Session
4 – 5 pm | Poster Session

January 7, 2018: Scientific Sessions

9 – 10:30 am | Plenary Session
11 – 1 pm | Parallel Symposia
2 – 3:30 pm | Oral Presentation
4 – 5 pm | Oral Presentation

January 8, 2018: Scientific Sessions

9 – 10:30 am | Plenary Session
11 – 1 pm | Common Panel Discussion

Common Evening Sessions

5 - 6 pm | Satsang
6 – 7:30 pm | Cultural Program

Refreshments

8 am Breakfast | 10:30 am Tea Break | 1 pm Lunch | 3:30 Tea Break | 7:30 Dinner
Conference Venue - Bengaluru

Bengaluru, the capital of the Karnataka, is fifth largest city in India. It is also known as the ‘Garden City of India’. The beautiful parks and gardens and tree-lined streets of Bengaluru make travel to the city a pure pleasure. The year 2000 saw the introduction of Information Technology in Bengaluru and since then, the city has not looked back. It has reaped the most out of the IT Boom in India and boasts of the highest concentration of IT companies in the country. Today, Bengaluru is known as ‘The IT Capital of India’ and “The Silicon Valley of India’. There are a number of places in Bengaluru that are worth visiting, including gardens, museums, palaces, temples, etc. One of the major attractions of the city is the Vidhana Soudha, the State Secretariat, adorned with delicate Dravidian architecture. For the nature lovers, there is the famous Cubbon Park, stretching over an area of 250 acres. Not to be missed are the amazing museums in the city, especially the Visvesvaraya Technological and Industrial Museum. The Ulsoor Lake of Bengaluru is also quite known for its beautiful locales and boating facilities. Even from education point of view, Bengaluru is very popular. A large number of students come to Bengaluru every year to enroll in the various undergraduate as well as postgraduate programs. The city also boasts of two excellent institutions, namely Indian Institute of Management and Indian Institute of Science.

Welcome to Bengaluru

Prashanti Kutiram

Prashanti Kutiram is the headquarters of Vivekananda Yoga Anusandhana Samsthana. It is located 32 kmts away from Bengaluru city. The serene atmosphere, Gurukula lifestyle, modern technology, topnotch research facilities are the unique features of this campus. In its 100 acre spacious campus it houses following:

a. **S-VYASA University** - S-VAYSA is Deemed University recognized by the Ministry of Human Resource Development, Govt. of India. It offers Bachelors, Masters, Post Graduate programs in Yoga.

b. **VYASA** - VYASA is a registered charitable institution (1986) working for making Yoga as a socially relevant Science. It is recognized as a Scientific & Industrial Research Organization (SIRO) from the Department of Scientific & Industrial Research, Ministry of Science & Technology, GoI.

c. **Arogyadhama** - A 250 bedded holistic health home and research center

d. **Anvesana** - State-of-the-art research facility for yoga research. The laboratory includes Molecular biosciences, Psychophysiology, Cognitive neuroscience, Sleep medicine, and Psychology and Subtle energy labs.

e. **VYASA Health Care Pvt Ltd** - VYASA Health Care Pvt. Ltd. is an outreach partner of VYASA and industry partner of S-VYASA University, aims at establishing wellness and holistic healing centers globally under the brand names Vivekananda Health Global (VHG)™ and Vivekananda Yoga Global (VYG)™ with trade names (VH)™ & (VY)™

f. **SVYP** - An exclusive yoga publication house

g. **Sushruta Ayurvedic Medical College and Hospital** - With emphasis on high quality practice of Ayurvedic medicine and research. And a naturopathy college, the school of yoga and naturopathic medicine.

h. **The School of Yoga and Naturopathic Medicine** - It offers Bachelor in Naturopaty and Yogic Sciences (BNYS), a 5½ year medical graduation program
Who Should Participate?

1. Medical professionals
2. Practitioners of Indian medicine (AYUSH)
3. Yoga researchers and yoga therapists
4. Wellness and health industry persons
5. Policy makers

Pre Conference Programs

Himalaya Yoga Olympiad

Starts on - Nov 1, 2017 | Finals - Jan 3 & 4, 2018 at Prashanti Kutiram

The objectives of Himalaya (A Yoga Olympiad) is to promote the awareness of yoga and build up a network of yoga students, practitioners, teachers and sadhakas at the national and international levels. We hope to spread the message of yoga as a science of Holistic living to be achieved through Jnána Yoga, Rája Yoga, Bhakti Yoga and/or Karma Yoga, as proclaimed by Swami Vivekananda. The syllabus, therefore, cannot end with physical demonstration of yogasanas only. It also assesses knowledge and grasp of concept and definition of yoga and its various techniques, for total growth of the individual, including physical, mental, emotional and intellectual development and their spiritual basis. HIMÁLAYA thus aims at helping the youth of our country grow together, and expand their vision, so they leave behind the mad rush of cut-throat competition and selfishness and engage in co-operative, harmonious pro-active living.

Pre Conference Workshops

Dec 29, 2017 - Jan 4, 2018 at Prashanti Kutiram

Workshops on holistic healing will be conducted on 7 different diseases (Oncology, Cardiology, Psychiatry, Rheumatology, Spinal disorders, Metabolic disorders, Endocrinology).

The basic principles of Integrated Approach of Yoga Therapy (IAYT) and latest approaches towards Holistic Healing will be addressed.

Eight tracks of Holistic Healing which includes Yoga Therapy, Naturopathy and Ayurveda will be given under the expert guidance. This is meant for yoga therapists and doctors. Special workshop on AYUSH intervention for Integrative Oncology will be conducted

1. Training program for AYUSH Doctors in Palliative Care at HCG, Bengaluru.
2. One day workshop on Yoga for Oncologist and Healthcare professionals at HCG, Bengaluru. Co-ordinators: Dr. Amith Singh & Dr. Ashween S Bilagi

For details contact: ph: 080-2263 9963 | e-mail: arogyadhama@gmail.com
Health Exhibition: Pharma World & Arogya Expo

Jan 5 - 8, 2018 at Prashanti Kutiram

Pharma World & Arogya Expo will bring consumers into close contact with Physicians and Industry & knowledge resources offering best options for health care for Holistic living. While pharma world is well known in all modern medical conferences world over supporting the conferences, Arogya Expo is an initiative promoted actively by the Department of AYUSH, Government of India. It aims to support professionals, institutes and industry in Indian Medicine (AYUSH) to showcase their products and services and thereby make people aware that AYUSH systems form safe, effective modes of health care which constitute first choice for large sections of India. For several years, Arogya Expo are organised in different cities of India.

Expected Speakers in the Conference

International

1. **Dr. Lorenzo Cohen**, Professor and Director of the Integrative Medicine Program, University of Texas, MD Anderson Cancer Center, USA
2. **Prof. Sen Pathak**, Cellular Genetics Laboratory, The University of Texas, MD Anderson Cancer Center, USA
3. **Dr. Karen Mustain**, Associate Professor, University of Rochester Medical Center New York
4. **Dr. Suzanne Danhauer**, Associate Professor of Social Sciences and Health Policy, Wake Forest School of Medicine, North Carolina, USA

National

1. **Dr. H R Nagendra**, Chancellor, S-VYASA, Bengaluru
2. **Dr. R Nagarathna**, Medical Director, Arogyadhama, S-VYASA, Bengaluru
3. **Dr. Shirley Telles**, Director, Patanjali Research Foundation, Haridwar
4. **Prof. G K Rath**, Prof. & Head. Dept. of Radiation Oncology, AIIMS, New Delhi
5. **Dr. Rajesh K Grover**, Director, Delhi State Cancer Institute, New Delhi
6. Dr. Rajesh Kotecha, Special Secretary, Ministry of AYUSH, New Delhi
7. Dr. Ishwar V Basavaraddi, Director, MDNIY, New Delhi
8. Dr. B N Gangadhar, Director, NIMHANS, Bengaluru
9. Dr. Dharshan Shankar, Vice Chancellor, Institute for Trans-Disciplinary Health Sciences, Bengaluru
10. Prof. R S Ramaswamy, Director General, CCRS, New Delhi
11. Dr. Ajai Kumar, Founder & Chairman, HCG, Bengaluru
12. Prof. K S Gopinath, Chairman, HCG, Bengaluru
13. Dr. Bhushan Patwardhan, Vice-Chancellor, Symbiosis International University (SIU), Pune
14. Dr. Manjunath N K, Director - R & D, S-VYASA, Bengaluru
15. Dr. Raghavendra Rao, Senior Scientist & Head, CAM Program, HCG, Bengaluru
16. Prof. S K Chaturvedi, Department of Psychiatry, National Institute of Mental Health and Neurosciences, Bangalore
17. Prof. M A Siddiqui, Director, National Institute of Unani Medicine, Bengaluru
18. Dr. G G Gangadharan, Director, M S Ramaiah Indic Centre for Ayurveda and Integrative Medicine, Bengaluru
19. Dr. Geetha Krishnan, Medanta Department of Integrative Medicine & Holistic Therapies, New Delhi
20. Dr. Ram Manohar, Director, Amrita Centre for Advanced Research in Ayurveda, Kollam, Kerala
21. Dr. Rajendra Badwe, Director, TMH, Mumbai
22. Prof. Dr. Naveen Salins, Assistant Professor, Palliative Medicine, TMH, Mumbai
23. Dr. Ravi Mehrotra, Director, NICPR, New Delhi
24. Dr. Ramesh Bilimagga, Director, HCG, Bengaluru
25. Dr. Radheshyam N, Senior Consultant Medical Oncologist, HCG, Bengaluru
26. Shri N V Raghuram, Chairman, Yoga Bharati
27. Dr. Naveen K V, Director, Yogaksema - Stress & Lifestyle Clinic, Bangalore
28. Dr. B T Rudresh, Classical Homeopathic Practitioner, Bengaluru
29. Dr. Narendra Bhatt, Adjunct Professor and Director of Research, Bharati Vidyapeeth University, Pune
30. Dr. Ashok Kalawar, Consultant Radiation Oncologist, SP Medical Hospital, Bikaner
31. Dr. B R Senthil Kumar, National Institute of Siddha, Chennai
Conference Organizing Committee

President
Dr. H R Nagendra

Vice Presidents
Dr. Ramachandra G Bhat, Sri T Mohan, Sri N V Raghuram,
Dr. K Subrahmanyam, Prof. K B Akhilesh, Dr. R Venkatram

Scientific Committee Chairs
Dr. R Nagarathna, Dr. Manjunath N K, Dr. Raghavendra Rao,
Dr. Sandhya T L, Dr. Ramesh M N

Organizing Secretaries: Dr. Amarnath B, Dr. B R Ramakrishna

Delegate Registrations and Accommodation: Prof. Prahlada Ramarao & Team

Technical Sessions and Souvenir: Dr. Rahavendra Bhat & Team

Exhibition and Stalls: Dr. Abhijit Ghosh, Dr. Vasudev Vaidya

Treasurer: Sri H R Dayananda Swamy

Cultural Program
Nadoja Dr. Mahesh Joshi, Dr. B R Ramakrishna,
Dr. Sanjib Kumar Patra, Dr. Chikkahejjaji Mahadev

Himalaya Yoga Olympiad
Dr. Rabindra Acharya, Dr. Balaram Pradhan, Dr. Vikas Rawat

International Co-ordinator: Dr. Subramanya Pailoor, Dr. Vasudha Sharma

Pre-Conference Workshops: Dr. Amith Singh, Dr. Ashween S Bilagi


Media and Govt Laison: Sri Raghu Bengaluru, Sri Chirag Hakkad

Publications: Sri M S Surendra

Transport: Sri Mohan Kishore, Sri Devaraju U N

Website Management: Sri Bharatheesha P, Sri Deepak Rawat

Video & Photography: Sri Murulidhara H D, Sri Elumalai, Sri Manoj Singh

Campus Logistics - Chair: Prof. Sitharam T G

Campus Logistics - Co-ordinators: Sri Balachandra Rao, Sri Chetan L Rao
Conference Registration

Register before Nov 15, 2017 to gain Maximum Concession

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<td>4,000</td>
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<td>1,750</td>
<td>100</td>
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- This includes Vegetarian Food and Attendance of all Conference Programs
- **Please Note:** Choose your own Accommodation (Optional)
  - Accommodation in Prashanti Kutiram (limited) from Jan 5th - 8th (4 nights)
  - Dormitories: ₹ 500/day | Single Rooms: ₹ 990/day
  - Shared Rooms: ₹ 750/day (4 persons in 1 room)
- **S-VYASA Students** are entitled for **60% concession**
- **Students & S-VYASA Alumni** are entitled for **50% concession**
- **VYASA/S-VYASA Affiliates; VYG & VHG Members** are entitled for **40% concession**
- Registration at S-VYASA campus office is also available
- Mode of Payment: by Cash, Cheque, Bank Draft, Debit/Credit Card, Online Bank Transfer, payable to **VYASA ‘Vivekananda Yoga Anusandhana Samsthana’**
- **Online Transfer Details for Indian Nationals:**
  - **A/C Name:** Vivekananda Yoga Anusandhana Samsthana; **A/C No:** 31004780111;
  - **Bank & Branch:** SBI, Jigani; **IFS Code:** SBIN0011355
- **Online Transfer Details for Internationals:**
  - **A/C Name:** Vivekananda Yoga Anusandhana Samsthana; **A/C No:** 31527234022;
  - **Swift Code:** SBININBB421; **Branch Code:** 06866
  - Fgn Transfer Bank Address: SBI Specialised Banking Branch, St. Marks Road, Bangalore, Karnataka, India
- After Online Payment, please Mail a Copy of Payment Receipt to **accounts@svyasa.org & copy to incofyra@svyasa.org**
- For more details please visit conference website **www.svyasa.edu.in**

Hotels in the vicinity of Prashanti Kutiram

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<th>Phone Number 3</th>
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<td>90352 02384</td>
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Dates to Remember

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<td>Jan 5 - 8, 2018</td>
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<td>Registration to avail early bird offer</td>
<td>Oct 15, 2017</td>
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<tr>
<td>Last date for Abstract submission</td>
<td>Dec 10, 2017</td>
</tr>
<tr>
<td>The abstracts will be peer reviewed and acceptance or otherwise will be intimated by</td>
<td>Dec 15, 2017</td>
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</table>

- Scientific research papers and review papers on the theme and related topics in Yoga and Integrative Oncology are invited for oral and poster presentations.
- Submit your abstract on conference webpage. Please visit conference webpage for details.
- For any queries please write to incofyra@svyasa.org

Contact

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‘Eknath Bhavan’, #19, Gavipuram Circle, K G Nagar, Bengaluru – 560 019
ph: 080-2661 2669

Prashanti Kutiram campus: Dr. Shree Varaprasad N S
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ph: +91-80-2263 9963 / 55 | cell: +91-70220 24777 | e-mail: incofyra@svyasa.org
web: www.incofyra.com ; www.vyasa.org ; www.svyasa.edu.in
facebook: svyasayoga | YouTube: svyasablr

Route Map to Prashanti Kutiram, Jigani, Bengaluru
The Prime Minister, Shri Narendra Modi, today dedicated the All India Institute of Ayurveda, in New Delhi, to the nation.

Speaking on this occasion, the Prime Minister congratulated the gathering on the celebration of Dhanvantari Jayanti as Ayurveda Divas. He complimented the Ministry of AYUSH for the establishment of the All India Institute of Ayurveda.

The Prime Minister said that Ayurveda is not just a medical practice, but encompasses public health and environment health as well.

That is why the Government has laid stress on integrating Ayurveda, Yoga and other AYUSH systems into the public healthcare system.

The Prime Minister said that the Government is working towards establishing an Ayurveda
hospital in every district of the country. He said that more than 65 AYUSH hospitals have been developed in the last three years.

The Prime Minister said that herbal and medicinal plants can be a significant source of income, globally, and India should leverage its capabilities in this regard. He said the Union Government has approved 100 percent FDI in healthcare systems.

The Prime Minister said that the Government is focused on providing affordable healthcare for the poor. He said the stress has been on preventive healthcare, and improving affordability and access to treatment. He said Swachhata – or cleanliness – is a simple mechanism of preventive healthcare. He said the Union Government has got 5 crore toilets built in three years.

The Prime Minister said that new AIIMS are being established to help the people get better access to healthcare. He mentioned measures such as capping prices of stents and knee implants; and establishment of Jan Aushadhi Kendras for providing medicines at affordable prices.
There are some easily understandable formulae; Jagat (created world), Jeeva (conscious individuals) and Jagan Niyamak (force being creation, sustaining and eradication of the world), in ancient texts. These three are intertwined in the entire Vedantic thought process. Any Upanishad sentence will be directed towards one among these three. The second section of second Pada elaborates Jagat; the created universe. Till now Aakash (aether), Vayu (air), Tejas (fire) and Apah (water) are considered for deliberations. Now, Prithvi is taken for elaboration. Prithvi is well projected in Upanishads. Taittiriya Upanishad says, “From Atma Aakasha emanates, from Aakasha Vayu, from Vayu Tejas, from Tejas Apah and finally from Apah Prithvi has come’. Prithivi is called Annam in the context of Upanishads. Annam is generally understood as some grain of edibles. But Upanishad-based etymology opines that ‘which eats and that which is eaten, both are called Annam’. The question and doubt here is “Why should Annam be meant as Prithvi?”, the answer is “Since it is the Adhikara (context)”.

First, while the sixth chapter of Chandogya Upanishad elaborates some cosmological hints, namely, from Tejas Apah originates and from Apah Annam originates, the context here it is to ensure the sequential order of creation. Thus, this being cosmological context and one should not confine the meaning of Annam to food grains or to some edibles only, but Prithivi. Chandogya is one of the Upanishads presenting Prithvi as Annam.

Second, in this aphorism word ‘rupa’ carries importance. Rupa embodies color in this text. The color of Prithivi is black, of Agni red and of water white as given in 6th chapter of Chandogya. In the process of creation, Prithivi has its own special place and role. Of all 5 elements, tangible and verily accessible element is Prithivi. Hence, it is concluded that Annam is Prithivi. Annam is the base of any perceivable object in this universe.

Third, many Upanishads also claim that earth is manifestation of Apah (water). From Annam, vegetation and nourishment of other creatures happen. This is the process of blossoming out the un-manifested to the grosser world. Expansion is nothing but unfoldment. For the seers of Upanishad Mantras, creation is not an action of inanimate world. It appears to be inanimate, but creation and expansion is life and conscious development. Chaitanya (conscious being) causes the expansion. Chaitanya in the form of Prithivi creates which apparently looks like inanimate.

Jnana (knowledge), Iccha (wish) and Kriya (action) shaktis are embedded in Prithivi which makes it a creative cause. The science of Prithivi should not be confined just to physical, chemical and materialistic aspects.

With the three logics, we conclude that Annam should be interpreted as Prithivi.
ಮಾತೋತ್ವ  ಮೀಸುವನ್ನು

ಮಾತೋತ್ವ  ಮೀಸುವ ಸ್ವಾಭಾವಿಕ ಧ್ವನಿ.  ಮಾತೋತ್ವದ ಮೀಸುವನ್ನು ಮಾತೋನ್ನು ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ.

ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ.  ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ ಮಾತೋತ್ವದಿಂದ.
Mumbai: Swachh Bharat Abhiyan from the members of VYASA Family
Arogyadhama Success Stories

Section E - Spinal Disorder

Mr. Ashok Kumar (name changed), age 57, came to Arogyadhama seeking treatment for his low back pain which began about 7 to 8 years ago. The pain aggravates on lifting weights or bending forward. He gets some relief on resting. The MRI shows disc bulge at L5-S1. But his problem was not just back pain. An equally grave problem was his obesity which aggravated his back problem. In fact, if his back pain was to be tackled he must focus on weight reduction. He had gained about 12 kg in the past 15 months. That surely was a source of some concern. He also complained of pain in the foot. A contributing factor for his health condition was the considerable stress he was going through. Lastly, he was also suffering from mild Sleep Apnea.

**Diagnosis:** Chronic low back pain, anxiety and intervertebral disc prolapsed (IVDP).

During his week-long stay at Arogyadhama, he underwent Yoga Practices based on Integrated Approach to Yoga Therapy, a well-researched yoga module prepared by us for spinal and spine related problems. Along with this, he was given treatments in Ayurveda and naturopathy. There were counselling sessions to sublimate his emotions and stress levels. He was treated with biweekly cleansing procedures, called kriyas, to cleanse his system completely. His schedule used to start at 5:30 am with pranayama and meditation and used to continue till 7:30 pm.

His daily schedule included special techniques designed for his ailment (asana, loosening exercises, relaxation techniques, pranayama, cyclic meditation, trataka, mind sound resonance technique (MSRT) and pranic energisation technic (PET). Koshas that proved to be of considerable help to him were Manomaya Kosha, Annamaya Kosha and Vijnanmaya Kosha. His parameters like blood pressure (BP), respiratory rate, pulse rate, etc were monitored on a daily basis for improvements.

**Condition on Discharge:** The participant was relaxed and better after his stay at Arogyadhama. There has been a consistent improvement in all his vital and clinical parameters. Improvement in Brahmari time and straight leg raising have been positively recorded. Details of assessments before and after yoga therapy are furnished below:
Vital Parameters as on Date of Arrival (DoA) and Date of Departure (DoD)

<table>
<thead>
<tr>
<th>General Parameters</th>
<th>DoA</th>
<th>DoD</th>
<th>Specific Parameters</th>
<th>DoA</th>
<th>DoD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pulse Beats/min</td>
<td>68</td>
<td>64</td>
<td>Weight in kg</td>
<td>85.5</td>
<td>83.5</td>
</tr>
<tr>
<td>BP in mm haemoglobin</td>
<td>120/84</td>
<td>124/80</td>
<td>Symptom Score</td>
<td>5</td>
<td>1</td>
</tr>
<tr>
<td>Respiratory Cycles/min</td>
<td>20</td>
<td>17</td>
<td>Straight Leg Raising (R &amp; L) in degrees</td>
<td>60/50</td>
<td>75/90</td>
</tr>
<tr>
<td>Brahmari Time (Sec)</td>
<td>11</td>
<td>13</td>
<td>Sit and reach (cm)</td>
<td>21</td>
<td>28</td>
</tr>
<tr>
<td>Medication Score</td>
<td>01</td>
<td>01</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Week-wise Improvement of the Patient

<table>
<thead>
<tr>
<th>Description</th>
<th>1st week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Symptoms</td>
<td>Lower back pain severity ↓ by 30%</td>
</tr>
<tr>
<td></td>
<td>Straight leg raising: Right leg: Improved by 25%</td>
</tr>
<tr>
<td></td>
<td>Sit and reach improved by 30%</td>
</tr>
</tbody>
</table>

Section A - An improved case of Neurology & Oncology Dept.

Mrs. Aarathi (name changed), aged 69, has difficulty in speaking since five years, has trouble in finding words and a poor longterm memory. In medical terminology it is known as a case of Cerebellar Dysarthria characterised by poor articulation. It is a problem with muscles that produce speech.

The 69-year-lady came to our Arogyadhama in February 2015, visibly concerned over the state of her state of health since two years. Although her longterm memory was poor her short-term memory was well preserved. Her tone and tempo were reduced with impaired articulation though her volume was normal. Her comprehension too was normal. During her stay of 2 weeks of her stay with us she underwent yoga practices based on Integrated Approach of Yoga Therapy, a special yoga module prepared for neurological ailments in our campus based on yoga research.
She also underwent other treatments in ayurveda, naturopathy and acupuncture also. There were counselling sessions to sublimate her inner emotions / stress levels and cleansing procedures called kriya weekly twice to cleanse her system completely. Her schedule used to start at 5:30 am with pranayama and meditation and used to continue till 7:30 pm. Her daily schedule included special techniques designed according to her ailment (asana, loosening exercises, relaxation techniques, pranayama, cyclic meditation (CM), trataka, mind sound resonance technic (MSRT) and pranic energisation technique (PET). Her parameters were monitored on a daily basis for improvements.

**Improved Parameters:**

In the first week her tone and tempo slightly improved and in the second week her pronunciation was better with improved articulation. She could find words more easily compared to earlier. At the time of discharge, there was 70% improvement in her overall health.

**Vital Parameters as on Date of Arrival (DoA) and Date of Departure (DoD)**

<table>
<thead>
<tr>
<th>General Parameters</th>
<th>DoA</th>
<th>DoD</th>
<th>Specific Parameters</th>
<th>DoA</th>
<th>DoD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pulse Beats/min</td>
<td>82</td>
<td>82</td>
<td>Weight in Kg</td>
<td>62</td>
<td>61.59</td>
</tr>
<tr>
<td>BP in mm Haemoglobin</td>
<td>142/76</td>
<td>130/80</td>
<td>Height</td>
<td>153</td>
<td></td>
</tr>
<tr>
<td>Respiratory Cycles/min</td>
<td>22</td>
<td>18</td>
<td>Medication Score</td>
<td>7</td>
<td>3</td>
</tr>
<tr>
<td>Symptom Score</td>
<td>2</td>
<td>1</td>
<td>Brahmari Time (Sec)</td>
<td>4</td>
<td>7</td>
</tr>
</tbody>
</table>

**Week-wise Improvement of the Patient**

<table>
<thead>
<tr>
<th>Description</th>
<th>1st Week</th>
<th>2nd Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Improved Symptoms</td>
<td>Sound sleep</td>
<td>Speech improves by 50 %</td>
</tr>
<tr>
<td></td>
<td>Knee pain ↓ by 100 %</td>
<td>Motor act improves by 50 %</td>
</tr>
<tr>
<td></td>
<td>Thigh pain ↓ by 50 %</td>
<td></td>
</tr>
</tbody>
</table>

Recently, Devendra B K took part in Bengaluru Marathon and completed the 5 kms track on wheel chair and the event was organized at Sree Kanteerava Stadium.

Bengaluru: Specially Challenged and National Level Para athlete, Devendra B K, a Sevavrati at VYASA, with Para Olympians Girisha H N and Mariyappan Thangavelu.
Background:
Since the 70s and 80s, cardiologists have preached that coconuts have saturated fat and are bad for heart health and should be avoided. There are many studies on coconut oil but are contradictory or show neutral results. We found no studies addressing this important clinical question on fresh coconut. It is of significant relevance to Indians as we conventionally use raw (fresh/dry) coconut sumptuously in everyday cooking and we enjoy doing so.

Aim and Objectives:

Aim: The aim was to investigate the effect of fresh coconut provided in a Yoga based diet on biochemical, anthropometric, physical, immunological parameters, psychological and personality traits (Gunas) in normal adults.

Objectives:

- To compile data and conceptualise a balanced diet based on the Yogic principles of Satva, Rajas, Tamas and RDA of Medical Nutrition.
- To investigate whether daily consumption of fresh coconut in a Yoga based balanced diet impacts plasma lipid profile, erythrocyte lipid profile, high density lipoprotein (HDL) associated enzymes, anthropometric measurements, blood pressure, blood glucose, insulin, haemoglobin, inflammatory markers, psychological and personality traits (Gunas) in healthy adults.

Methods:
The study was conducted at Swami Vivekananda Yoga Anusandhana Samsthan (S-VYASA) University. It was carried out on 80 healthy volunteers, both male and female, between the ages of 18 to 40 years. The subjects were randomized into 2 groups, the coconut group (C) and the groundnut group (G). All subjects received a balanced diet based on yogic principles of food (sativic, rajasic, and tamasic) blended with modern medical nutrition (calorie requirements, composition of a balanced meal) plus intervention for a period of 90 days.

Group C consumed a standard meal plus 100g (444kcal) of fresh coconut per day and group G consumed a standard meal and 45g (256 kcal) of groundnuts and 22g (198kcal) of groundnut oil per day. A combination of groundnut and oil was used to make the two study interventions isocaloric and to ensure similar macronutrient compositions.
The prestigious Journal in the field of nutrition – Journal of American College of Nutrition has published our research article and responded saying “The intended objective of the authors to study the effects of daily consumption fresh coconut on plasma lipids and erythrocyte fatty acid composition is very interesting and the emerging conclusion is equally important for the role of nutrition in lifestyle management. The vein of re-positioning the negative publicity that coconut saturated fats have endured is timely”. [https://www.ncbi.nlm.nih.gov/pubmed/28506118](https://www.ncbi.nlm.nih.gov/pubmed/28506118)

More information can be obtained from Dr. Nagashree at gaurirokkam@gmail.com

Dr. Nagashree aka Gauri Rokkam is a Holistic Nutritionist, well-known for working with patients to reverse diseases through simple changes in diet and lifestyle. She has a master’s degree in Food & Nutrition & is a topper from Bangalore University.

Group C consumed 2689kcal, 392g of carbohydrates (58.3%), 77g of proteins (11.4%), and 90g (30.3%) of fat and group G consumed 2699kcal, 384g of carbohydrates (57%), 89g protein (13%), and 90g fats per day (30%). Subjects were trained and requested to abstain from consuming anything other than the food and snacks provided by the project kitchen, set up exclusively for the study.

Biochemical, Anthropometric, Physical, Immunological measurements, Psychological and Personality (Gunas) traits were assessed.

**Results:**

Fifty eight (58) subjects completed the study. Coming to lipid profile, there was a significant increase in the anti-atherogenic HDL levels in coconut group whereas HDL decreased slightly in the groundnut group. There was also an increase in LDL in coconut group but this was not reflected in total cholesterol, which remained in the acceptable physiological range. We also saw decrease in body weight, decrease in blood sugar levels and increase in haemoglobin levels, in both the groups.

We also looked into RBC fatty acid composition which is considered a reliable index of dietary fat quality (not quantity). While no significant differences were seen in the RBC FA profile in either group, slight differences between the two groups after three months were interesting. There was a slight decrease in omega-3 fatty acids in the groundnut group while this was not seen in the coconut group. Furthermore, it was also seen that the anti-inflammatory precursor DGLA (Dihomo gamma linolenic acid) increased in coconut group.

**Conclusion:**

The study proved the general perception of coconuts being considered bad for heart as wrong. Even though coconuts are full of saturated fats (92%), they behave differently as they are made up of medium chain saturated fatty acids (MCFA). MCFA do not participate in the biosynthesis and transport of cholesterol and are oxidised rapidly in the liver to give energy. Thus they behave differently from other long chain saturated fats (seen in animal foods and vegetable oils)

The study shows that coconut consumption may not have any deleterious effects on cardiovascular risk in normal adults but can have multiple benefits. Thus, our findings contradicts the perspective that all dietary saturated fats per se are harmful and recommendations for saturated fats should be based on chain length and the source of fats.
Regenerative Medicine

Introduction
Wait a day in the medical therapeutic scene and you will come across a novel method or idea with a new name and procedure, which tells you that what you have been doing so far is incorrect, inaccurate or downright harmful to the patient! In this merry-go-round, we now have a new way of looking into health therapy: regenerative medicine. Here, we allow the body to regenerate itself into health by nudging it through mild procedures or through targeted therapy. “This field holds the promise of engineering damaged tissues and organs by stimulating the body's own repair mechanisms to functionally heal previously irreparable tissues or organs” [1]. This reminds of a saying of an ancient wise man of Greece, who is credited with this: “The function of the doctor is to amuse the patient while nature cures the disease”. Regenerative medicine includes tissue engineering, cellular therapies, electromagnetic devices and artificial organs.

Only in case of a broken bone (especially in the dark ages of medical therapy, namely in the 1990’s and little earlier), the doctor will let the bone ‘heal itself’ and allow time and nature play out their healing processes. However, in most disorders, given the correct environment and proper support, the organism has the ability to ‘cure itself’ or come back to healthy functioning again.

Correction through Electromagnetics
An interesting case of regenerative medicine (RM) is the use of electromagnetic energy to correct molecular milieu within a cell. A fascinating phenomenon known as cyclotron resonance was postulated by an Italian group for preferentially pumping specific molecules such a potassium and calcium into and out of cell [2]. Herein, it is postulated that specific frequencies of electromagnetic (EM) field could facilitate specific molecular species to be pumped into cells. An example is the observation that 7 Hz EM field could pump calcium ions into cells [2]. Ion cyclotron resonance is a movement of positive and negative ions in a magnetic field. It is used in many areas of research in liquids and gases to quantify kinetics of chemical reactions wherein charged particles are found. Resonance occurs when the impressed frequency of the field related to the mass and the strength of the magnetic field gives added momentum to the molecules in the field [3].

An exciting finding is that such selective fields could down-regulate some of the tumour causing factors. The authors state: “In conclusion, our
findings demonstrate that the Ca(2+)-ICR frequency is able to induce differentiation and reduction of tumorigenicity in NT2 exposed cells suggesting a new potential therapeutic use in regenerative medicine” [4].

**Yogic Resonance Therapy**

Can practicing Yoga modules help in generating healing fields? What are these fields, if they seem to heal? We try to answer these questions now. It has already been mentioned a couple of times in these papers, that work at NIMHANS (National Institute of Mental Health and Neurosciences) in Bengaluru has shown that chanting OM even for a short time could change the biochemical environment in the brain to mimic some drugs taken for depression. In other words, OM chanting could be a good substitute for drug intake. Many recent personal reports abound in support of mantra meditation (including singing) as healing; their experimental verification is awaited. Possible mechanism of the effectiveness of chanting is portrayed in Fig 1. Voiced chanting produces corresponding electromagnetic [EM] expressions in the brain due to piezoelectric nature of cranial cavity. If the voiced intonations are of proper frequency, the cranium will vibrate at resonance frequency and create an EM milieu. This in turn, could produce or preferentially pump biochemicals in and out of brain cells. With proper intonation and proper selection of mantras, it is perhaps possible to cater to any biochemical response in the brain. This is an exciting area of work and hopefully researchers will apply themselves to this task of transforming ancient wisdom to mitigate suffering of many.

It is interesting to study the history of electromagnetic effects in living systems. From the time of Galvani in Italy (ca. 1737-1798) who enunciated ‘animal electricity’ in his times, interest in healing through currents is a popular area of research. In the early years of 1900’s, George Lakhovsky in France devised a procedure with equipment known as Multiple Wave Oscillator. The oscillator consists of a radial coil with short air gaps; the coil is excited with high voltage electricity (fig 2). The coil produces lightning-like discharges and radiates a large spectrum of EM frequencies in its surroundings. As the client sits between two such coils, he/she is exposed to EM fields over a large number of frequencies. It is stated that when cells in the body are exposed to correct polarized electric fields of varying frequencies, the cells are able to pick up its own appropriate frequency and “this has a tremendous stimulating and harmonizing action on cells and thus interacts with surrounding tissues and organs” [5]. While experiments (including those by this author) are not conclusive, this concept is still valid and current research is towards facilitating understanding and implementing electromagnetically targeted medicine for bring health and equilibrium in a person.

There are many electromagnetic therapies presently: use of cardiac pacemakers to pace the heart; electrical stimulation as rehabilitation aid; TENS or Transcutaneous Electrical Nerve Stimulators for pain control; cochlear implants for hearing impaired and many others. Most, if not all these devices work through electrical conduction of neuromuscular system for electrical stimulation. They normally do not
work on the principle of cyclotron resonance and specific molecular response. Hence, the focus in this area is very important and work so far has thrown the doors of scientific investigation for a whole range of cellular molecular manipulation which could have profound effect in therapies.

Conclusion

The ancient method of chanting mantras could have profound effect on the electrical environment in the brain. I am sure the reader knows regarding mantras being recommended for pain control, management of certain diseases etc as instructed by Mahayogis to their devout followers and positive results they have conferred on practitioners. It is also important to note that active voiced (loud) chanting is recommended. It is noted even in Sandyavandana, certain mantras should be enunciated loudly. They impact both the external and internal environments. Water is also a sensitive medium which could be imprinted with mantras – even as water is held in the palm. In many therapies taught at our University (such as Mind Sound Resonance Technique and Cyclic Meditation), this aspect of resonance through Yogic chanting is made use of. Interesting brain biochemical changes and enhancement in creativity and associated responses in the brain have been observed in our own studies. More about this will be reported in forthcoming issues. Thus, with our researchers looking into this vital area, it is likely biochemical therapies (drugs of today) may be replaced with mantras by the middle of this century!

References and Notes

1. Further, “Regenerative medicine is a branch of translational research in tissue engineering and molecular biology which deals with the process of replacing, engineering or regenerating human cells, tissues or organs to restore or establish normal function”, says the ever-wise Wikipedia.
3. \( \omega = B \left( \frac{q}{m} \right) \); wherein \( \omega \) is the angular frequency; \( B \) is the magnetic field strength; \( q \) is the charge and \( m \), mass of the ion species. This is the cyclotron frequency for that particular ion!

Representatives from S-VYASA visiting to Yunnan Minzu University, Kunming, China

On the eve of Indo-China collaborative work, invitations were sent from Yunnan Minzu University, Kunming, China for discussions and further developments for starting the Masters Degree in Ethnic Studies (Yoga). Registrar, Dr. Sanjib Kumar Patra and Joint Director-International Affairs, Dr. Subramanya Pailoor have visited and had a series of presentations and discussions with the Dean of Academics and other team members from the Yunnan Minzu University regarding development of Syllabus Module and other support required for the inception of Master Degree in the Department of Ethnic Studies.
Dr. Alex Hankey’s accepted presentation to the World Cancer Congress gave a clear account of the reasons why cancer is not necessarily incurable. Of course, the medical profession has long recognized that cases of ‘spontaneous remission’ from cancer sometimes occur. Helpful programs like Laughter Therapy have even been popularised, because humour has seemed helpful in many cases. But the American Medical Association (AMA) still regards cancer as an irreversible condition that must be subjected to chemo-therapy as the only correct treatment. The reason for the prognosis of no hope of recovery and inevitable fatality is that cancer is considered a disease caused by genetic mutations. The original discovery that radiation exposure leads to cancer was instrumental in forming western scientific opinions about the disease. It can be induced by radiation, oxygen free-radicals, or toxins such as nicotine and other ingredients of tobacco smoke, all of which act on the genome of affected cells. Understanding cancer to be caused by irreversible changes to the genome, induced by such agents, medical science has concluded that conditions causing cells to form carcinomas cannot be reversed. Of course, some cancers go away by themselves, a phenomenon known as spontaneous remission. This clearly shows that not all cancer cells are irreversibly carcinoma cells. The situation must be more complex than is presently understood. Evidently some kinds of cancer cell can be restored to normal, or sufficiently normal for the body to take care of them. Cancer cells may not always be irreversibly cancer cells, but since the mechanisms of reversal are not understood, the AMA chooses to assert that no one could possibly explain how certain cancers are observed to be reversed, and that all must be assumed to be irreversible.

In these points, the AMA is not correct. The potential for cancer cells to be restored to normal is relatively easy to explain. To do so, we must introduce the subject of epigenetics, the regulation of gene expression, Epigenetic effects can contribute to cancer formation, just as much as the faults in the genes themselves.

In principle, genes encode protein enzymes that catalyse biochemical reactions needed for cell function. A mutation damages cell function only if it interferes with enzyme activity – generally decreasing it. Most harmful mutations cause problems for cells by disrupting the activity of
the enzyme encoded by the gene in question. This means that the mutation destroys a certain branch of cell metabolism. A particular biochemical reaction is shut down, closing the biochemical pathway of which it is part.

Exactly the same effects can be produced by preventing the gene from being expressed. Regulation of gene expression is known as ‘Epigenetics’. If a change in epigenetics occurs, preventing the gene from being expressed, or even less fully expressed, a similar change in metabolism takes place, creating problems on the same biochemical pathway, or even shutting it down. End results in the physiology will be identical.

I have named this idea, the Law of Epigenetic Equivalence. It was first published in an article in the Journal of Alternative and Complementary Medicine in 2012, and has many significant consequences. One of those is the idea being discussed here. Although Cancer is regarded as a genetic disease due to mutations caused by living in polluted environments, including pollution due to cosmic rays etc., it can also be caused by faults in epigenetic switching processes, when a gene that should be expressed is left switched off.

Cancer can therefore be due to both genetic AND epigenetic influences. While the former are permanent and irreversible, it is quite possible that most epigenetic changes can be brought back under control. The Cybernetics of cell regulation, including On and Off switching of genes, and their Up and Down regulation, is an immensely rich field of study. It is far more complex than western science has hitherto been equipped to figure out. It constitutes the main topic of study to work out the mechanisms behind Non-Communicable Diseases (NCDs); also known as Chronic Diseases, because western medicine has not figured out how to cure them.

One of these NCDs is cancer. How many genetic or epigenetic problems in a cell’s genome and epigenome are needed to create a potentially cancerous condition? The answer is about six. How have scientists figured that out? We are all constantly subject to stresses, some of which affect our physiologies in ways that may eventually lead to a carcinoma forming. Next, we observe that the rate of cancer incidence increases with age. When we ask, ‘How rapidly does it increase?’ the answer is, ‘With the sixth power of age.’ This is interpreted to mean that it only takes a combination of six stresses causing the right genetic and / or epigenetic changes to initiate cancer formation. (Details of those may be the subject of a further article.)

If they were all genetic mutational changes, nothing can be done – unless the problem is also that the patient’s immune system is weak, and that strengthening it will improve its capacity to destroy cancer cells. However, the nature of epigenetic faults is such that, if a patient’s regulatory system can be restored to normal function, then health will be restored.

In Yoga, physiological regulation is held to be in the hands of Prana, the subtle energy or Life-Breath. All Yoga practices are designed to improve different aspects of Prana, and its various subtle energies. S-VYASA studies show that the levels of Pranic Energy in the various Nadis are lower in patients, and can be improved in the direction of normality by residential Yoga practice at S-VYASA’s Arogyadhama, Health Home Hospital. Improving the levels and qualities of Prana improves regulation, and may be expected to reduce rates of all chronic diseases, including cancer. Such a study of long-
Yoga to Dispel Inertia

Inertia or laziness is a hindrance to every progress. It is also called ‘tamas’. People of tamasic nature or laziness are incapacitated to rise high. At the physical level, it is lethargy confining people to bed and food. They sleep and if at all they wake up, it is only to eat. Kumbhakarna ate and slept. Many people in society are idle without any ambition and the appropriate activity. If at all there is any ambition, it is only a day-dream for them. This tamas is to be shattered and people should be made to wake up from the slumber.

Vivekananda, when he was on the lone rock in the three seas at the southern-most tip of our country, looked at the plight of the Indians enslaved by the foreigners. They were like logs of wood sleeping in servitude. Therefore, he shouted at the top of his voice, “Arise, Awake, Stop not till the goal is reached.” Tamas which makes one inactive at the physical level, turns one to be insensitive at the emotional level. Inertia is more dangerous at the emotional level than at the physical level. Those who are dormant physically can be awakened and roused to be active and dynamic by some means or the other. But the insensitive hearts lying like stones without any concern and compassion for others are verging on demonic or inhuman nature.

Vivekananda, was unable to bear the sight of inhuman behaviour of certain people towards the down-trodden. He was more a humanist than a Vedantin. At the parliament of religions, when he became a global figure and a celebrity, he was showered encomiums and innumerable gifts that night by the richest people of Chicago. Instead of getting elated, he felt sorry for the plight of the underprivileged Indians suffering from starvation. He rolled on the floor weeping profusely remembering the adversities of the Indians and defined a “Mahatma”: “Him I call a Mahatma whose heart bleeds for the poor”. He or she who is insensitive to the suffering of others is a “Duratma”. It is nothing but inertia or tamasic prakriti to be inhuman and insensitive to the needs of others.

While it is inactive nature at the physical level, tamas manifests itself as inhuman indifference to the poor and the downtrodden in the hearts of the rakshasas. Laziness has the third dimension at the intellectual level and that is ignorance. However much the vedic literature with all the upanishadic wisdom is dinned into the ears of the deaf demons, there will be no awareness of truth. They cannot have the slightest glimpse of self-knowledge on account of the inert intellect. The tamas at the intellectual level makes a person clinging to the world and to the body. Therefore, there is an urgent need to ignite the intellect to become bright and to see the truth. The words of Vivekananda wake up the intellect.

Once upon a time, India and Indians were known for their dynamic activity, all embracing humanism and the effulgent awareness of Truth. That was a golden period of our country. But unfortunately, over the years, tamas has descended darkening the people. They are buried...
fathoms deep in inactive physical structure with insensitive hearts and inert intellects.

Therefore, Vivekananda has come on earth to awaken us all and to restore the overall dignity to us in India. It is karma yoga when the body is put to dynamic activity in the service of mankind. It is Bhakti Yoga when the hearts melt in devotion and worship the Almighty in all. It is Jnana Yoga when that all pervading God or Atman is seen in all, always, all around. The very determination to be peacefully useful and usefully peaceful always is Raja Yoga.

term Yoga practitioners should be undertaken. Optimal regulation has been shown to correspond to health in previous articles in Yoga Sudha. Here is a more detailed example of how allowing stress to drive regulation away from its optimal state of functioning can lead to pathology; in this case a very serious, and potentially fatal one. Restoring regulation to optimal will correct faults in epigenetic switching, meaning that any carcinoma caused by epigenetic problems is, in principle, curable by appropriate methods. But these are not known to western medicine or biology. They are the purview of the AYUSH systems of medicine, particularly Yoga Medicine, as practised at S-VYASA.

Practice of a good system of meditation according to a Guru Paramapara tradition will also help. A study found that regular practitioners of Transcendental Meditation had cancer rates reduced by almost half. In other words, the rates due to mutation remained the same, but the epigenetic problems were largely absent because stress levels had been decreased so much by meditation practice. If cancer were a purely genetic disease, such an effect could not have been observed. These observations also tell us that something is wrong with the AMA statement.

Many randomized controlled trials of Yoga Medicine applied to cancer have been published, most notably at the world’s leading cancer hospital, the M.D. Anderson Hospital in Houston, Texas, U.S.A. Now is the time to investigate long-term rates of survival of cancer patients receiving supplementary Yoga medicine treatments. We may expect that due to its influence on Prana and the subtle systems of control of the physiology, appropriate Yoga practices may actually reverse epigenetic problems, and contribute to the long-term survival and cure of cancer patients. Not what the AMA had led us to expect.

Chandigarh: Recently, Dr. Akshay Anand, Professor, Dept of Neurology, PGIMER and the Member of Scientific Advisory Committee of the Project, Niyantrita Madhumeha Bharata (NMB) Abhiyaan, was honoured with ICMR Amrut Modi Award for the Excellence in Neurology.
Durga & Ayudha Puja in Prashanti
Diwali celebration in Prashanti
A Grand Opening of the Vivekananda Yoga Global (VYG) - Trivandrum Centre was held on 14th October 2017. The inauguration ceremony was graced by the presence of MLA, Shri Murleedharan and other special invitees Sri P Prameswaran, President, Vivekananda Kendram, Dr. Manjunath Sharma, Director, R&D, S-VYASA Yoga University, Sri K Raghavan, Travancore, Dewaswom Board Member and Sri Muraleedharan K, Kowdiar Councilor. The event was presided by Padma Shri Dr. H R Nagendra, Chancellor, S-VYASA University, Bengaluru.
International Conferences at a glance

21st INCOFYRA - 2016 (International Conference on ‘Frontiers in Yoga Research and its Applications) held in Prashanti Kutiram, Bengaluru from Jan 3 – 7, 2016. The Conference was inaugurated by Hon’ble Prime Minister of India Shri Narendra Modi ji. The Theme of the Conference was ‘Yoga in Integrated Healthcare Systems’.

As a part of 21st INCOFYRA, National Arogya Expo - 2016 was organized in Prashanti Kutiram, Bengaluru from Jan 3 – 7, 2016.

19th INCOFYRA - 2011 (International Conference on ‘Frontiers in Yoga Research and its Applications) held in Prashanti Kutiram, Bengaluru from Dec 20 – 23, 2011. The Theme of the Conference was ‘Yoga for Global Health Education & Peace.'
ICYN - 2012 (International Conference on Yoga, Naturopathy and Arogya Expo - 2012) held in Palace Grounds, Bengaluru from Feb 9 – 13, 2012. Chief Minister Sri D V Sadananda Gowda Ji Yogacharya, Sri B K S Iyengar Ji, Dharmasthala Dharmadhikari Dr. D Veerendra Heggade ji were the dignitaries. The Committee of the Conference was Chaired by Dr. H R Nagendra ji and the Theme of the Conference was ‘Yoga and Naturopathy for Holistic Health’.

International Conference on Yoga in Education - 2012 held in Tumkur University campus from Nov 27 – 28, 2012. The Conference was inaugurated by H H Dalai Lama and Sri Sri Sri Shivakumara Mahaswamiji. S-VYASA and Tumkur University jointly organized the conference.
<table>
<thead>
<tr>
<th>SNo</th>
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<th>Theme</th>
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<td>1</td>
<td>International Conference on Frontiers in Yoga Research &amp; its Application (21st INCOFYRA)</td>
<td>Integrating Best of East with Best of West in Medical Practice</td>
<td>Vivekananda Yoga Anusandhana Samsthana (VYASA), Bengaluru</td>
<td>Jan 3 - 7, 2016</td>
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<tr>
<td>2</td>
<td>4th International Symposium on Hydrogen - Matter Interactions</td>
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<td>S-VYASA University, Bengaluru</td>
<td>July 30 - Aug 1, 2006</td>
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<td>6</td>
<td>International Conference on Frontiers in Yoga Research &amp; its Application (18th INCOFYRA)</td>
<td>Yoga, and Diabetes - Underlying Mechanisms</td>
<td>Vivekananda Yoga Anusandhana Samsthana (VYASA), Bengaluru</td>
<td>Dec 19 - 22, 2009</td>
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<td>7</td>
<td>1st International Conference on Yoga, Cow and Rural Reconstruction- Scientific Research Perspectives</td>
<td>Research on Pancha Gavyas</td>
<td>Vivekananda Yoga Anusandhana Samsthana (VYASA), Bengaluru &amp; Govigyan Anusandhana Kendra, Nagpur</td>
<td>Dec 28 - 30, 2008</td>
</tr>
<tr>
<td>8</td>
<td>International Conference on Frontiers in Yoga Research &amp; its Application (17th INCOFYRA)</td>
<td>Yoga It’s Underlying Mechanisms</td>
<td>Vivekananda Yoga Anusandhana Samsthana (VYASA), Bengaluru</td>
<td>Dec 20 - 24, 2004</td>
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<td>10</td>
<td>International Conference on Frontiers in Yoga Research &amp; its Application (15th INCOFYRA)</td>
<td>Let Every Mother and Child Count</td>
<td>Bengaluru</td>
<td>Dec 16 - 19, 2005</td>
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<td>11</td>
<td>International Conference on Frontiers in Yoga Research &amp; its Application (14th INCOFYRA)</td>
<td>Prananvesana</td>
<td>Bengaluru</td>
<td>Dec 18 - 21, 2003</td>
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</tbody>
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20th INCOFYRA - 2014 (International Conference on ‘Frontiers in Yoga Research and its Applications) held in Prashanti Kutiram, Bengaluru from Jan 2 – 5, 2014. The Theme of the Conference was ‘Yoga, a Public Health Strategy for Diabetes Prevention & Education’.

Yoga Sangam – 2012: International Yoga Conference held in California, USA, from Sept 8 – 9, 2012. Yoga Bharati, in collaboration with VYASA organized the Conference. The Theme of the Conference was ‘Philosophy, Health and Research’.

6th Annual International Yoga Conference - 2013 held in Melbourne, Australia from Nov 23 – 24, 2013. In Technical Collaboration with S-VYASA, Vasudeva Kriya Yoga organized the Conference. The Theme of the Conference was ‘Yoga and Mental Health’.
A Monthly Yoga Journal of S-VYASA Yoga University
Editor: Dr. H R Nagendra

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2nd Indian Cancer Congress
Insight Innovation Integration
08-12 November, 2017 | Bengaluru

The second chapter of the Indian Cancer Congress (ICC) 2017 is an amalgamation of four major national oncology associations and all sub-specialty associations to improve the quality of cancer care in the country.

On behalf of my fellow members of the local and national organizing committees, I cordially invite you to participate in the second chapter, which will be held in Bengaluru, the Silicon Valley of India. However, as oncologists, I am sure all of you will also appreciate that Bengaluru has contributed significantly in some of the revolutionary changes in the field of medical education and it has also united scientists & oncologists for the advancement of medical science.

The organizing committee is working tirelessly to ensure this is a fruitful conference by setting definite goals to improve the academic standards and enter the space of global leadership, and building clear partnerships to progress in the field of oncology across the globe.

Our aim is foster research & treatment of cancer in India, along with establishing professional networks. This will help foster data collation and develop publications to address the needs of oncologists and cancer patients in India.

I do foresee various challenges in the coming years, but let us face them with a courage of conviction knowing that we can make a difference when we are together. On that note, I am delighted to inform you of the theme for the conference this year: Insight Innovation integration.

I look forward to your active participation, and would like to acknowledge and thank the first committee who put together ICC in 2013. I sincerely hope this second chapter will move forward to greater heights. Look forward to seeing you there!

Prof. K S Gopinath
Chairman, 2nd Indian Cancer Congress
Bengaluru

Contact...
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