

Comprehensive Yoga

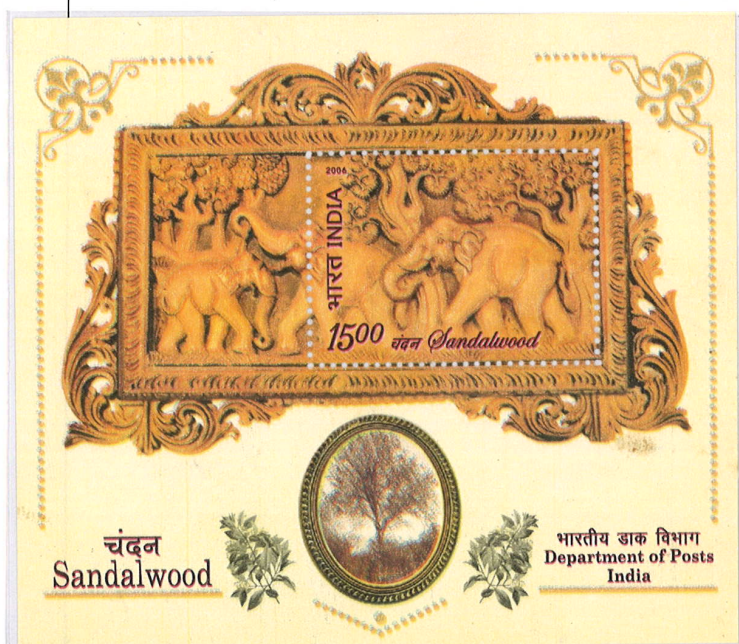
15.8 Yoga – Ayurveda and medicinal Plants

Viola odorata is used as poultice for treatment of headache, cough, colds, bronchitis, and fever in different Traditional medicines, used also for respiratory ailments as antitussive, febrifuge, analgesic, anti-inflammatory and anti-infectious agents.



Polygonum minus, generally known as 'kesum' in Malaysia is among the most commonly used food additive, flavoring agent and traditionally used to treat stomach and body aches. Raw or cooked leaves is used in digestive disorders in the form of a decoction and the oil for dandruff.

miniature sheet

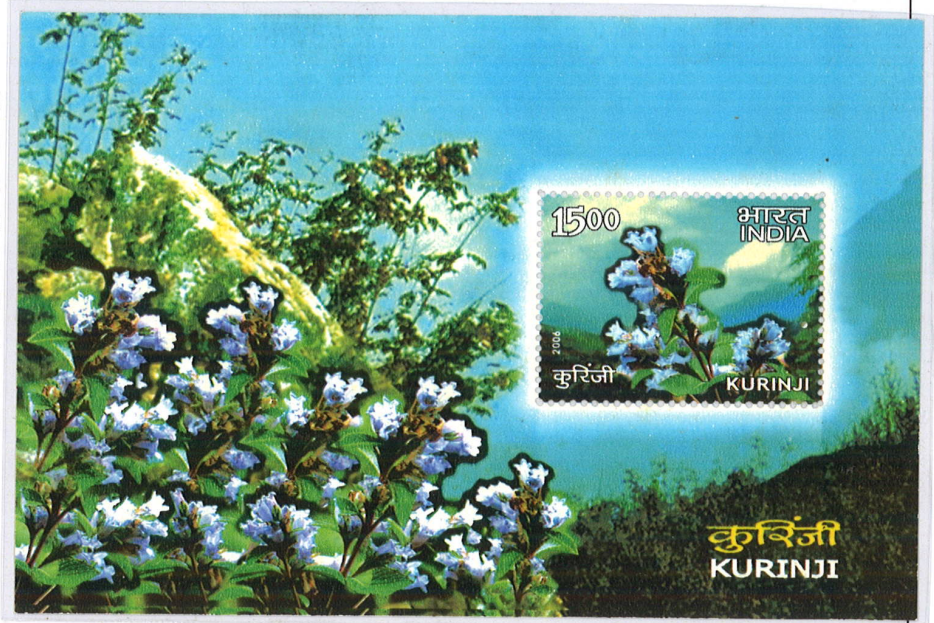


Sandalwood or Chandan is used against infection. skin diseases, to cure acne, for the treatment bronchitis, against fever and headache, as a cardiac tonic, for levelling urine flow, for infection in mucus tissue, gastric chronic cough, is used both externally and internally against sunstroke. for the treatment of high blood pressure and treatment of insomnia

Comprehensive Yoga

15.9 Yoga – Ayurveda and medicinal Plants

Neelakurinji is a shrub that is found in the shola forests of the Western Ghats. It is used against neurological disorders, sciatica, glandular swellings etc. The leaves and bark are useful in whooping cough, fever. It blooms once in 12 years.



Tulsi is an aromatic shrub in the basil family. It is known as "The Incomparable One," "Mother Medicine of Nature" and "The Queen of Herbs,". It is a tonic for the body, mind and spirit that offers solutions for anxiety, cough, asthma, etc. **Brahmi** is used for Alzheimer's disease, improving memory, anxiety, allergic conditions, irritable bowel syndrome, and as a general tonic to fight stress.

Special cover with Brahmi stamp and Tulsi Picture



विशेष आवरण SPECIAL COVER



केरापेक्स-2003 KERAPEX 27-30 NOV. 2003

Comprehensive Yoga

15.10 Yoga – Ayurveda and medicinal Plants

Blue poppy extracts used to relax smooth muscle tone, in the treatment of diarrhea and abdominal cramping. The extract is used as a sedative analgesic and antitussive. Poppy seed oil is used as a vehicle for chemotherapy delivery and to diagnose fistulae. Morphine is prepared from the opium poppy.



Erythronium Dens is from the family Liliaceae. The fresh leaves of the plant are used as an infusion and for stimulating poultice applied to swellings, tumors and scrofulous ulcers. The juice from crushed leaves is applied to wounds that are not healing, used to help remove splinters.

Chamomile is used by many people to help with sleep, as a mild sedative, and to lower anxiety. It is also used by some people for conditions caused by inflammation inside the body.



FDC On medicinal flowers



Comprehensive Yoga

15.11 Yoga – Ayurveda and medicinal Plants

Aloe vera is most commonly used as a topical medication, rubbed onto the skin rather than eaten. It has long been known as a treatment for sores, particularly burns, including sunburns.



Great plantain is used for bladder infections, bronchitis, colds, and irritated or bleeding hemorrhoids. It is also used to kill germs and reduce swelling. Be careful not to confuse great plantain with buckhorn plantain, water plantain, or other similar sounding medicines.

Hyssop is used for digestive and intestinal problems including liver and gallbladder conditions, intestinal pain, intestinal gas, colic, and loss of appetite. It is also used for respiratory problems.



The **Arbutus unedo** commonly called **strawberry tree**. The leaves, bark and root are astringent and diuretic. renal antiseptic and so are of use in the treatment of affections of the urinary system such as cystitis and urethritis.

Peppermint is a hybrid plant that has been shown to help with skin conditions, and other products. **Pudina** also called *Mentha piperata* is a plant which is used for the treatment of indigestion, pain in joints, Diarrhoea, cough fever and Dysmenorrhea



Comprehensive Yoga

15.12 Yoga – Ayurveda and medicinal Plants

Cinnamon has a long history as a traditional medicine, including for bronchitis. It is used as a dietary supplement for gastrointestinal problems, loss of appetite, and diabetes, among other conditions. Cinnamon is used in capsules, teas, and extracts.

Black pepper and its active compound piperine has potent antioxidant and anti-inflammatory properties. Laboratory studies suggest that black pepper improve cholesterol levels, blood sugar control, and brain and gut health.



Nutmeg and mace are used to make medicine. Nutmeg and mace are used for diarrhea, nausea, stomach spasms and pain, and intestinal gas. They are also used for treating cancer, kidney disease, and trouble sleeping (insomnia); increasing menstrual flow; causing a miscarriage; as a hallucinogen; and as a general tonic.

Clove is most commonly applied directly to the gums for toothache, pain control during dental work, and other dental-related issues. In manufacturing, clove is used in toothpaste, soaps, cosmetics, perfumes, and cigarette

Comprehensive Yoga

15.13 Yoga – Ayurveda and medicinal Plants

Saffron is a spice from the *Crocus sativus* flower, which is a cousin of the lily. The saffron derives from the stigma and styles — called threads — within the flower itself. A Powerful Antioxidant. It Improves Mood and Treat Depressive Symptoms. , Cancer-Fighting Properties, Reduces PMS Symptoms, acts as an Aphrodisiac. Helps in weight loss

Turmeric is one of the key ingredients in many Asian dishes, its most active compound curcumin has many scientifically-proven health benefits, such as the potential to prevent heart disease, Alzheimer's and cancer. It's a potent anti-inflammatory and antioxidant and may also help improve symptoms of depression and arthritis.

Packed with a multitude of nutrients like carbohydrate, fiber, calcium, phosphorous, iron, magnesium, zinc, multi vitamins and flavonoids, **curry leaves** are an arcade of health benefits. It is extensively used in the treatment of anemia, diabetes, indigestion, obesity, kidney problems, hair and skin problems



Indian Spices



| | | | |
|--|---------------|---------------|---|
| <p>Saffron केसर</p>  <p>ST. VINCENT & THE GRENADINES</p> | <p>\$1.85</p> | <p>\$1.85</p> | <p>Chilies मिर्च</p>  <p>ST. VINCENT & THE GRENADINES</p> |
| <p>Curry leaves करी पत्ते</p>  <p>ST. VINCENT & THE GRENADINES</p> | <p>\$1.85</p> | <p>\$1.85</p> | <p>Turmeric हल्दी</p>  <p>ST. VINCENT & THE GRENADINES</p> |
| <p>Peppercorns काली मिर्च</p>  <p>ST. VINCENT & THE GRENADINES</p> | <p>\$1.85</p> | <p>\$1.85</p> | <p>Cinnamon दालचीनी</p>  <p>ST. VINCENT & THE GRENADINES</p> |



Scopoliacarniolica the dried root is hypnotic, mydriatic and narcotic. The medicinal activity of this plant resembles belladonna (*Atropa belladonna*) but it is more narcotic. It is used internally in the treatment of chronic diarrhoea, dysentery, stomach ache and manic-depressive states.

Comprehensive Yoga

15.14 Yoga – Ayurveda and medicinal Plants

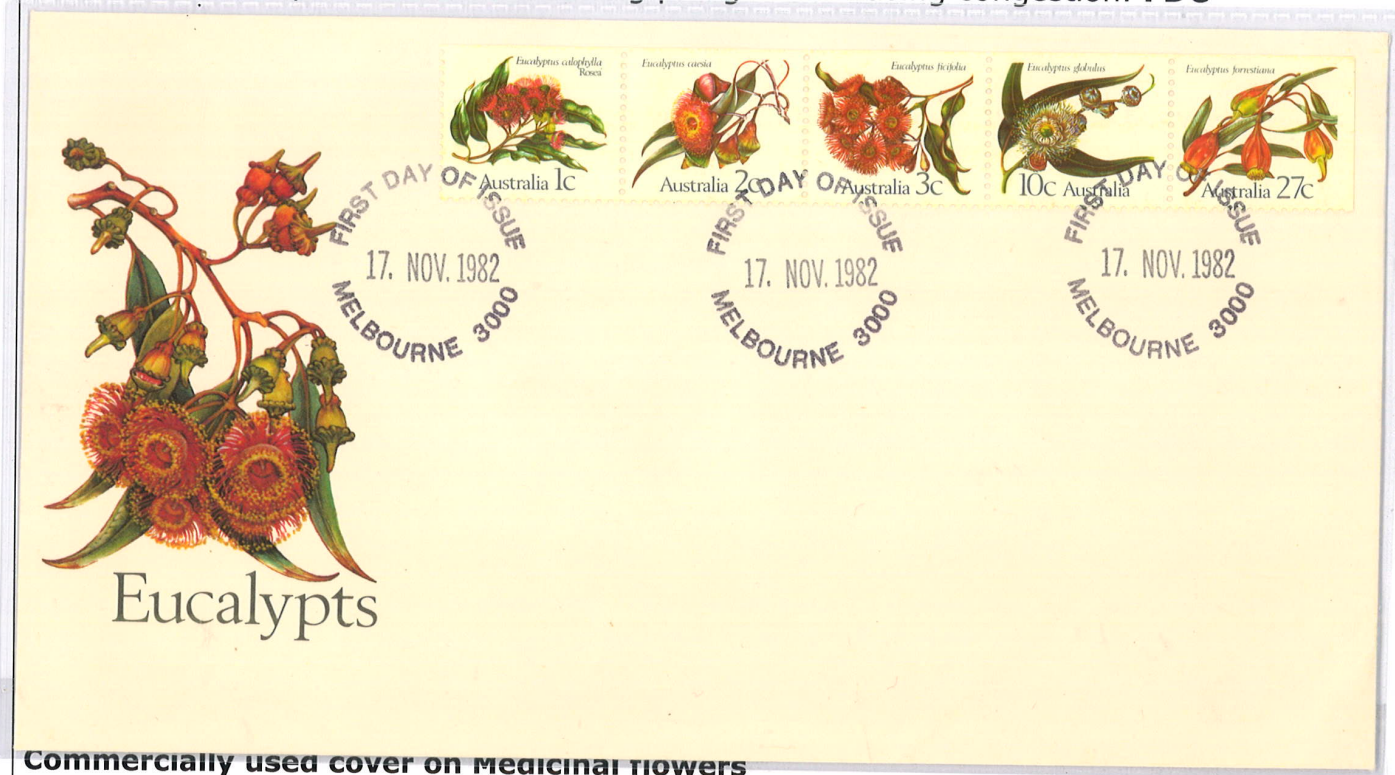
Jasmine flower is used to make medicine. Jasmine has been used for liver disease (hepatitis), liver pain due to cirrhosis, and abdominal pain due to severe diarrhea (dysentery). It is also used to cause relaxation (as a sedative), to heighten sexual desire (as an aphrodisiac), and in cancer treatment.



Comprehensive Yoga

15.15 Yoga – Ayurveda and medicinal Plants

Herbal remedies recommend using fresh leaves of **eucalyptus** in a gargle to relieve a sore throat, sinusitis, and bronchitis. Also, eucalyptus oil vapor appears to act as a decongestant when inhaled. It is a popular home remedy for colds and bronchitis. It may act as an expectorant for loosening phlegm and easing congestion. **FDC**

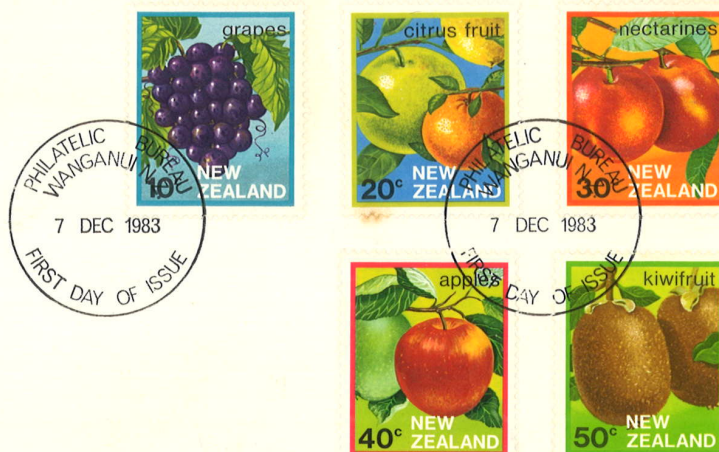


Comprehensive Yoga

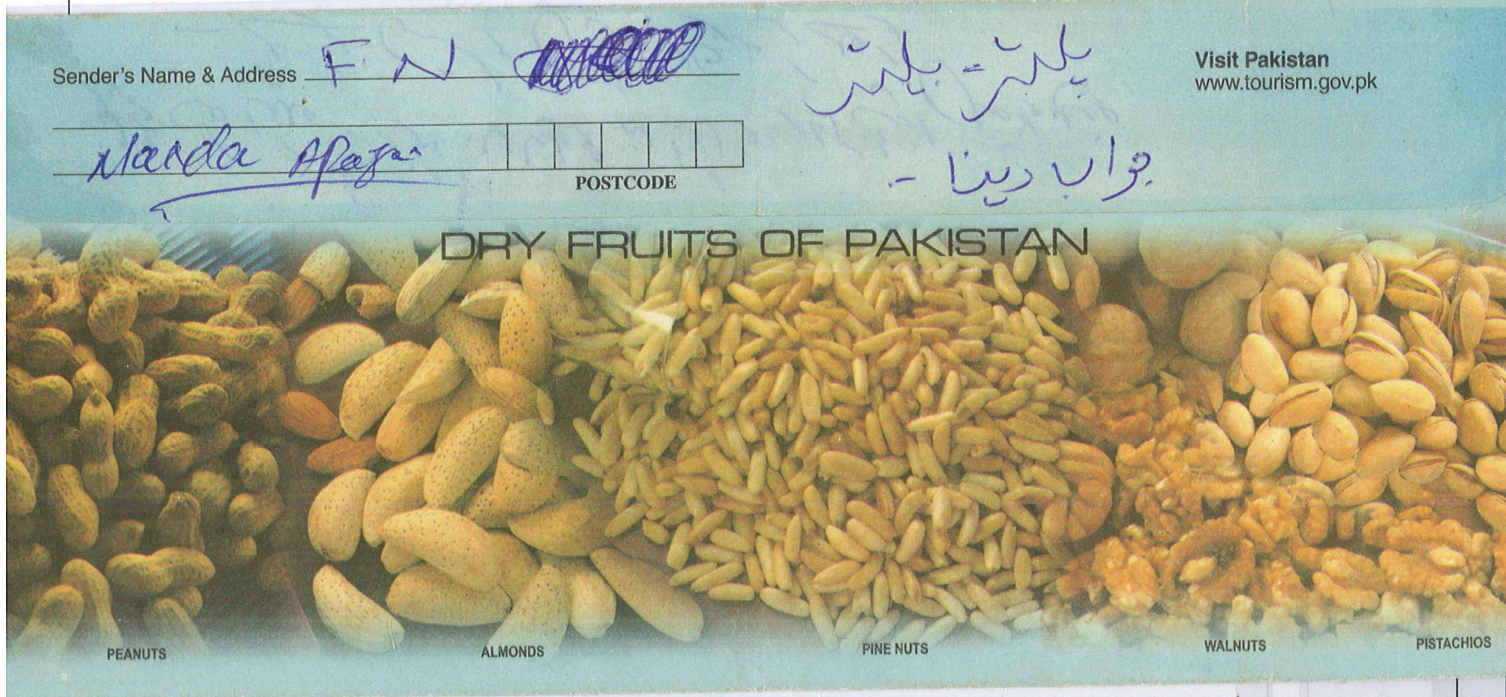
15.16 Yoga – Ayurveda and Fruits

Fruits like **Grapes, oranges, Mangoes Apples, Kiwi** and **pineapple** are naturally low in fat, sodium, and calories. None have cholesterol. Fruits are sources of many essential nutrients that are underconsumed, including potassium, dietary fiber, vitamin C, and folate (folic acid). Diets rich in potassium may help to maintain healthy blood pressure.

FDC on fruits



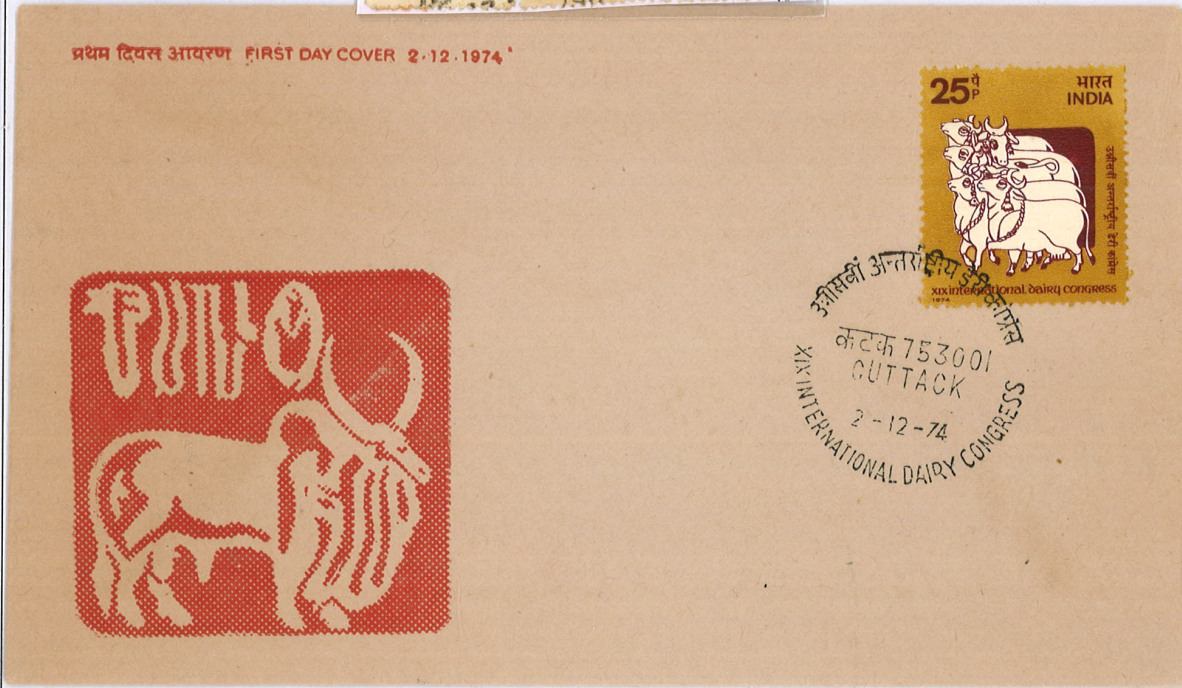
Commercilly used envelope on Dry Fruits



Comprehensive Yoga

15.17 Yoga – Ayurveda and Milk

Ayurveda strongly recommends having milk in the evening or night time for its incredible digestive properties. In addition to its many health and beauty benefits, drinking milk promotes Ojas. Ojas is referred to as a state in Ayurveda that is achieved when you achieve proper digestion. The **milk** always has to be consumed warm.



साइन्स इंस्टिट्यूट पी.ओ.
560012
Science Institute P.O.
10-01-2020

विश्व पर्यावरण दिवस World Environment Day

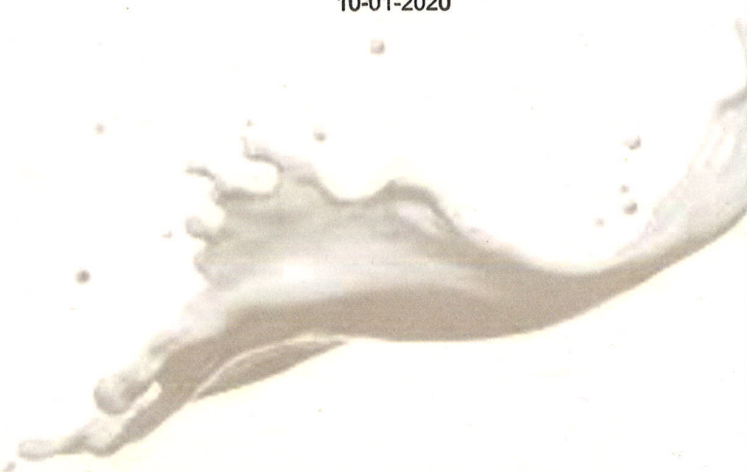
ನಂದಿನಿ
ಲಕ್ಷಾಂತರ
ಜನರ
ಅಚ್ಚುಮೆಚ್ಚಿನ
ಹಾಲು

Nandini
Milk
that millions
love

ಕರ್ನಾಟಕ ಹಾಲು | ಕರ್ನಾಟಕ ದುग्ಧ | Karnataka Milk
ಮಹಾಮಂಡಳ ನಿ. | ಫೆಡರೇಶನ್ ಲಿ. | Federation Ltd.

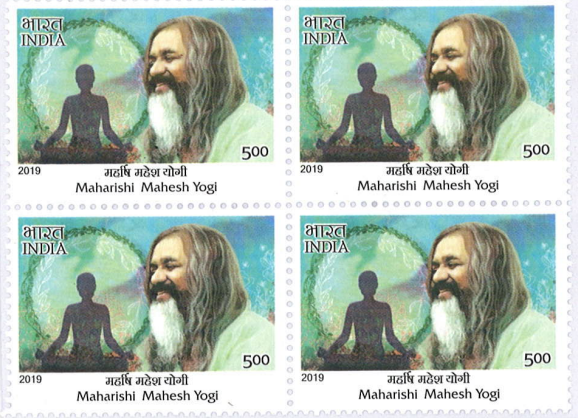
10-01-2020

ಮಹಾ ಅಹೋಬಲ ವ್ರಾತ ಆಚರಣೆ Special Lover



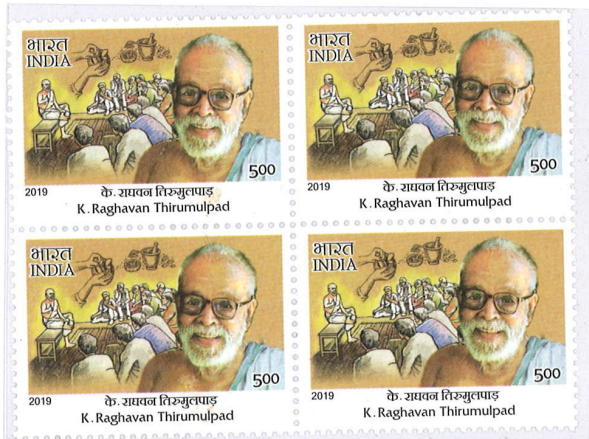
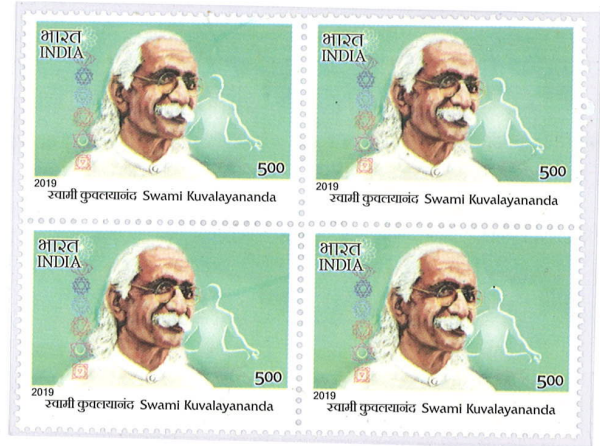
Comprehensive Yoga

16. Pioneers of Ayush



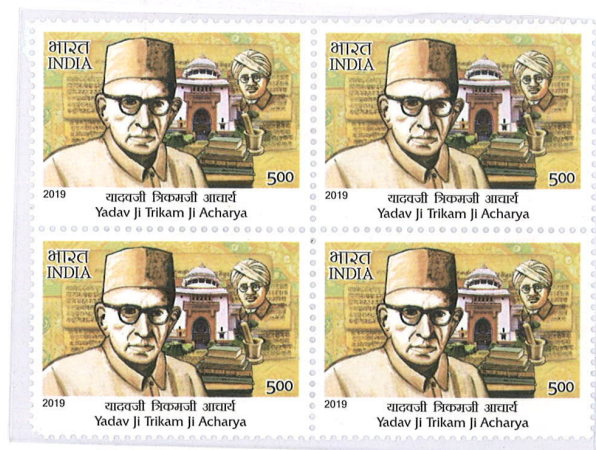
MaheshYogi was an Indian guru, known for developing the Transcendental Meditation technique and for being the leader and guru of a worldwide organization that has been characterized in multiple ways. He became known as Maharishi (meaning "great seer") and **Yogi** as an adult.

Swamy Kuvalayananda was a researcher and educator. He started scientific research on yoga in 1920, and published the first scientific journal **Yoga Mimamsa** specifically devoted to studying yoga. He founded the Kaivalyadhama Health and Yoga Research Centre at Lonavala.



Vaidyabhooshanam R. **Thirumulpad** is a name that is widely acknowledged in the ayurveda fraternity as an exemplary academician and as a physician. He believed in suaining and practicing Ayurveda in eternity.

Y T Acharya has contributed to Ayurveda in general and Rasa Shastra in particular by writing and editing many books and manuscripts like **Rasamritam**. He is one of the founder member of Gujarat Ayurveda University



B.V.Gokhale, a skilled Ayurveda teacher, a far-sighted visionary, an eminent Ayurveda physician, completed his postgraduate degree 'Ayurveda Parangata' and was the first person to be honored with the degree in India

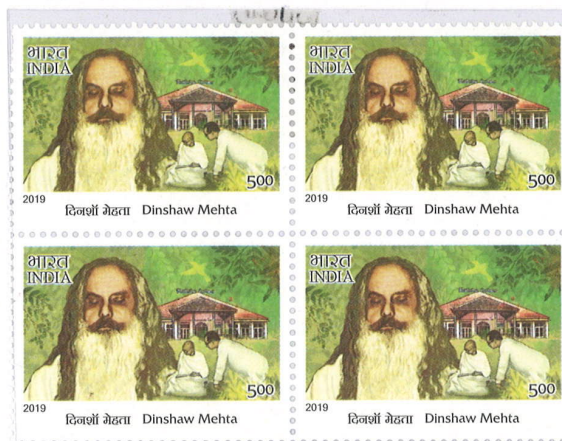
Comprehensive Yoga

16.1 Pioneers of Ayush



B.D.Triguna was an Ayurvedic physician and scholar, renowned for his skills of pulse diagnosis. He established many Ayurveda Clinics and Panchakarma Centers globally and was instrumental in establishing the Rastriya Ayurveda Vidyapeeth (RAV). He was conferred the Padma Vibhushan award.

Dinshaw Mehta was a close confidant and personal physician to Mahatma Gandhi and he helped to establish the Nature Cure Clinic and Sanatorium in Pune, which is presently the National Institute of Naturopathy.



An eminent homeopathic doctor, **K.G.Saxena** made Herculean efforts for the recognition and advancement of Homoeopathy. He was the first Honorary Adviser (Homoeopathy) to the Government of India. He was conferred Padma Shree award.

He is revered for his prolific writing skills, proficiency in Ayurveda. He contributed more than 75 weighty books and commentaries. Besides, he drew up a list of 702 ancient Ayurveda texts.

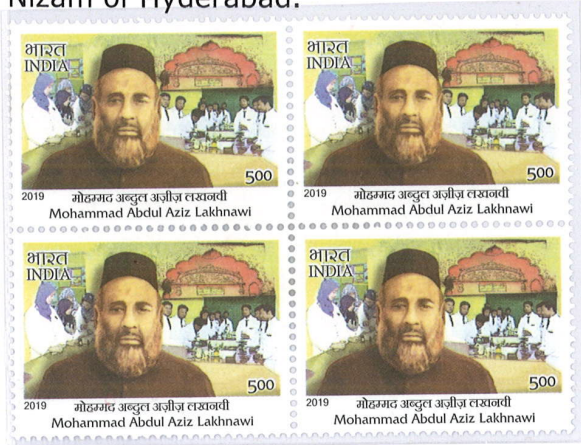


T.V.S. Pillai possessed in-depth knowledge in the Siddha system and this earned him sobriquet legend of Siddha medicine largely due to his unique contribution in the form of 'Siddha Cyclopaedic Medical Dictionary', a work of unprecedented scale and erudition.

Comprehensive Yoga

16.2 Pioneers of Ayush

MdKabiruddin was a great academican of Unani Medicine of 20th century. He was honored with the title of 'Shahanshah-e-Tasnifaat' (Emperor of Compilations) by Nizam of Hyderabad.



MdLakhnawi was an illustrious physician and an outstanding teacher. He established a Medical School . His Medical School is now a reputed College maintained by the Government of Uttar Pradesh.

FDC on Master Healers of Ayush



COMPREHENSIVE YOGA

16.3 Pioneers of Ayush



Ibn Sinaor Avicenna was the most famous philosopher, he has collected over 100 books about the entire scientific knowledge of his time and is called the "Prince of Science". He spent the last years of his life in Hamadan, where he composed the '**Canon of Medicine**', which is among the most famous books in the history of medicine

Hakim Abdul Majeed founded an organization called **Hamdard Dawakhana** in Delhi in 1906..RoohAfza syrup was officially launched in 1907. Pakistan issued a commemorative stamp in view of the centenary celebrations in 2006 of the Dawakhana.



Do not bend or fold. Avoid exposure to all magnetic fields

TO

RD04234 2023/04
DR. D.K. SUBBAKRISHNA
1
E

FROM

TATTVALOKA
No.78 (Old: 138) Eldams Road, Teynampal
Chennai-600 018 India

Postally
used
cover

COMPREHENSIVE YOGA

17 Yoga and its United Nations declaration.

This profound spiritual meaning of yoga is now being recognized globally as the United Nations has named June 21st as International Yoga Day by resolution 69/131. A day to assign this ancient practice its rightful place as a way of life that engenders peace, harmony and universal integration.

Special Event Cover

INTERNATIONAL DAY OF YOGA

Flanked by UNESCO Director General Irena Bukova, PM Modi officially launched the idayofyoga.org website at UNESCO headquarters at Paris, France on 10-4-2015

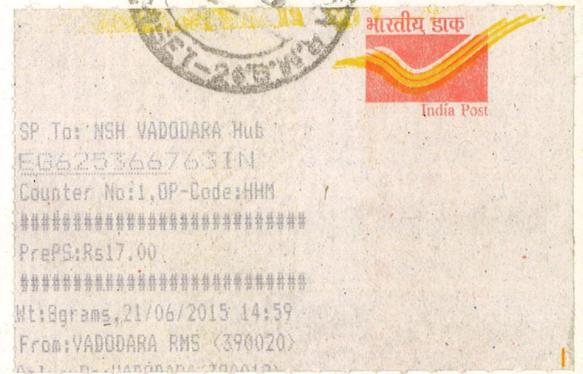


Website supports the cause of wellness
and unity through
International Day of Yoga to happen on 21-6-2015.



To,
Jay Bansal
F 1/5 - Sairang Heights
Atladra,
Vadodara - 390012.

From : Sushel Bansal, Sairang Heights, Atladra, Vadodara - 390012 (Guj.)



COMPREHENSIVE YOGA

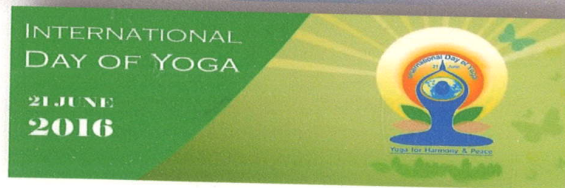
18 Yoga logo on stamp

The logo depicted in the stamp symbolizes Yoga Holistic approach to health and well being of the humanity. It reflects the Peace and Harmony which is the essence of Yoga.



ABOUT THE IDY LOGO

- Folding of both hands in the logo symbolise Yoga, the union, which reflects the union of individual consciousness with that of universal consciousness, a perfect harmony between mind & body, man & nature; a holistic approach to health & well being.
- The brown leaves symbolise the Earth element, the green leaves symbolise the Nature, blue symbolises the Water element, brightness symbolises the Fire element and the Sun symbolise the source of energy and inspiration.
- The logo reflects harmony and peace for humanity, which is the essence of Yoga.



सुखंवायदिवाद्दुःखं स योगीपरमोमतः ॥

He is a perfect Yogi who by comparison to his own self sees the true quality of all beings in their happiness and distress.

Bhagvad Gita