

SPASHRAM  
RIVERMOUNTAIN RETREAT

## Blend It With Nature- The Spashram Way



**INNOVATIVE SOLUTIONS  
FROM OUR OWN LAND |  
ORGANIC NETWORK-EXAMPLES**

- ▶ These include ayurvedic consultation for body typing, case history based, detox solutions distantly delivered, yoga regimen for week long durations or more
- ▶ Diets for managing diabetes, other – just healthy diets eg. “Mediterranean”, supported by our organic food supply chains
- ▶ Customised virtual yoga clinics delivered to your home
- ▶ Virtual medical consultations
- ▶ First ,second or third opinions, including in some cases, from international doctors.
- ▶ Animal therapy (as feasible eg resources near you), which is new in India



**LAUNCH EDITION:  
NEWS LETTER ON OUR  
NEW VIRTUAL HEALTH & WELLNESS SERVICES  
09 Aug 2020**

**Also with this launch:  
Our Premiere Executive Gurukul Services  
from BLISS NOW  
of New York|Singapore**



The wise owl, blends in perfectly



Greetings!

The devastating pandemic caused by Covid 19, has resulted in a dramatic upheaval of all that mankind held dear, and took for granted.

That which we held dear and took for granted, included the licence to roam, socialise and otherwise interact. Other things which we held dear, included fine clothing , a fancy car or the friendship of a neighbour.

Now, much of this has changed. Now it is health which we took for granted, that deserves the utmost respect. It is human warmth and love for each other, and mental wellness that has now assumed a tremendous importance as never before, for who knows when we lose the opportunity to give or receive, or become otherwise vulnerable.

This has also come to be a time when with the advent of new systems, opportunities, inventions and outlooks, and when some of the old ones have come under assault, especially in aggressive less managed or governed or self disciplined societies.

It is therefore a time to stay alert, empowered by knowledge, which in turn affords good health, and which in its own turn, allows for our functioning optimally at this very challenging time in human history.

Spashram's Health & Wellness Virtual Services are one such innovation brought forth by virtue of the times. We are confident that these will provide knowledge, help and relief, along with optimism even while being grounded in realism.

We have been fortunate to have been able to bring together and receive the support of a distinguished panel from across the world along with an India based panel of experts. Besides eminent persons from the medical fraternity, experts such as Kalpana Yuvarraaj, who teaches Ancient Indian Wisdom, and other yoga experts have also extended us their support in order to facilitate our audience.



In this first newsletter, we bring you some excellent information from members of our Panel.

Read on! Also, some excellent links for overall awareness which you will find helpful and interesting

<https://www.nationalgeographic.com/science/2020/07/coronavirus-infection-spread-in-children-cvd/>

<https://www.nationalgeographic.com/science/2020/07/why-do-asymptomatic-coronavirus-cases-even-happen-cvd/>

<https://www.nationalgeographic.com/science/2020/07/plastic-trash-in-seas-will-nearly-triple-by-2040-if-nothing-done/>



# WEIGHT WATCHING AND MANAGEMENT



## Weight Management in Homeopathy:

By Dr Mayur Jain MD (H), BHMS BASM, DNHE, DAFE, DAT, MD Acu,  
SJT, Holistic Healer & Consulting Physician - Homoeopathy

### Weight Management Patient Understanding and Treatment Design:

Understanding the cause of weight gain (obesity) at macro and micro-level is the most crucial for a personalised treatment plan.

1. **Physical inactivity:** Instructions for simple fat burning workouts, body posture corrections, strength training, etc.
2. **Overeating:** Understanding bio-medical reasons, emotional dependencies, wrong timing, hidden depression/stress compensation, re-tuning feedback mechanism to CNS, etc.
3. **Genetics:** Hormonal study and creating the right balanced harmony to help healing and weight management.
4. **Nutrient Proportions in diet:** Balanced healthy meal planning - Low in simple carbohydrates, being Vegetarian, more protein, fresh juices, sprouts, salads, fibers, sources for different minerals, and vitamins.
5. **Frequency of eating:** Lifestyle and work-life balance based to keep the client healthy.
6. **Medications or Medical History:** Medications associated with weight gain (antidepressants, anticonvulsants, some diabetes medicines; hormones pills; high blood pressure medications, antihistamines, etc.). Find a way out so that no harm is done.

Based on the above analysis and other protocols for addressing weight issues, treatment is done using following safe therapeutic systems of medicine or healing, in combination with holistic health restoration.

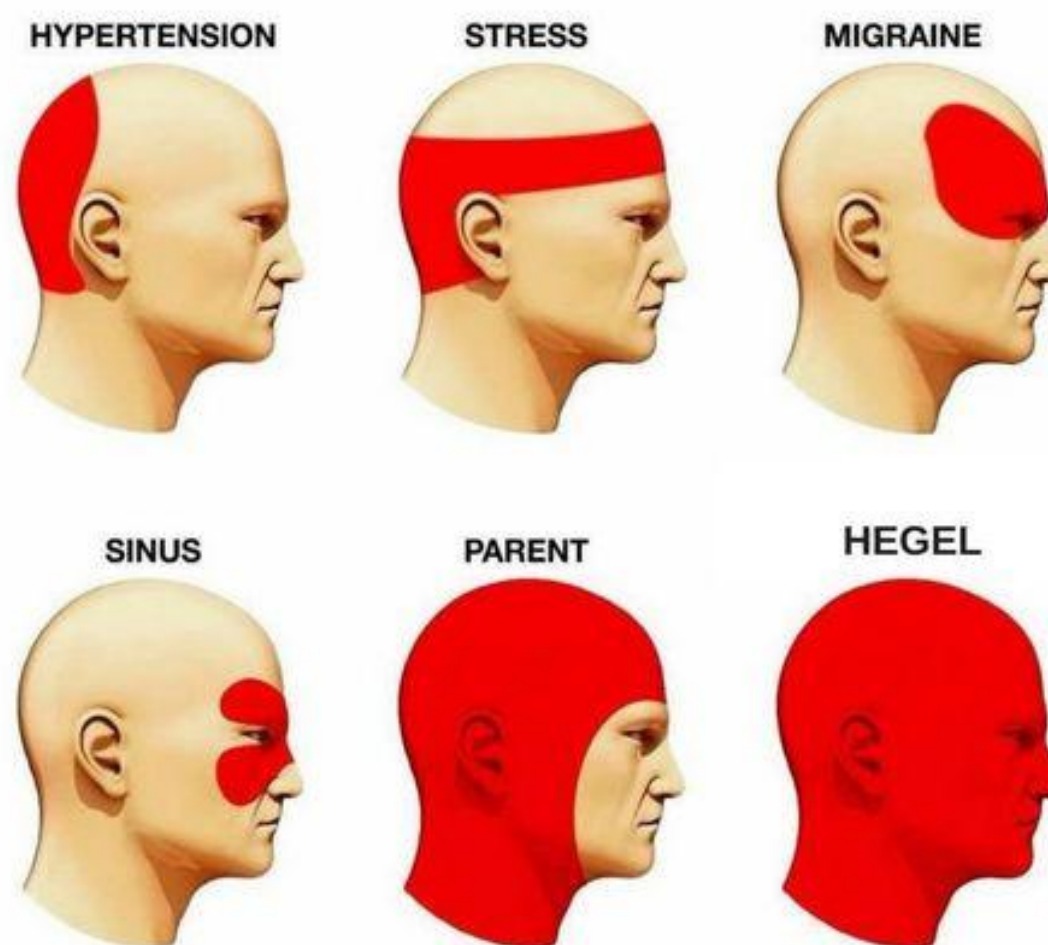
- Homeopathy medicines,
- Constitutional trinity treatment (mind-body-spirit),
- Sujok and Naturopathy-Reflexology healing technique
- Treating medical issues (acidity, indigestion, constipation, bloating, GERD, IBS, hypo TH, DMT2, Insulin resistance, PCOD, anxiety, stress, anemia, OCD, depression, others),
- Emotional and mental health counselling,
- Dream study,
- Meditation and Yoga,
- Para-Sympathetic breathing exercises,

# On Headaches

I (Inder Jit) used to have an Irish teacher who would say whenever we'd complain about a headache "It's good to have a headache now and then! It proves that you have a head!". But seriously, sympathy is warranted and here an excellent article on the subject of headaches:

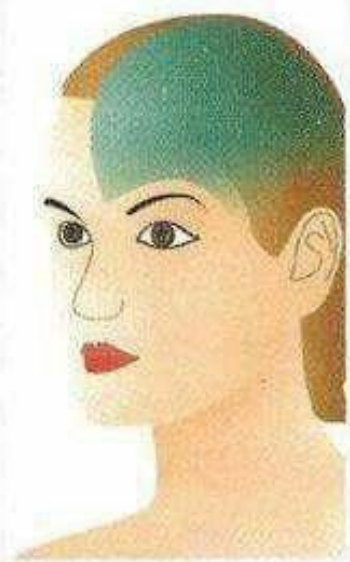
<https://www.amebopedia.com/different-types-of-headaches/>

## Types of Headache



## TYPES OF HEADACHES

**Migraines.**  
Intense pain on one side of the head always repeated in the same area. It is accompanied by disturbances of vision and hearing, nausea and vomiting.



**Headaches caused by digestive problems.**  
Headaches accompanied by stomach, kidney, intestinal and gallbladder ailments. Sometimes linked with overindulgence of alcohol, food sensitivities and food additives.



**Stress headaches.**  
Pain runs from the neck to the top of the skull.



**Tension headaches.** These muscle contraction headaches cause mild to moderate pain from the neck to the forehead.



**Sinus headaches.** Inflammation of the lining of one of the eight sinus cavities can cause a deep, dull, chronic ache around the eyes, nose and head.



**Anxiety headaches.**  
Pain crosses the forehead.





## The Treatment of Headaches in Homeopathy:

By Dr Mayur Jain MD (H), BHMS BASM, DNHE, DAFE, DAT, MD Acu, SJT,  
Holistic Healer & Consulting Physician - Homoeopathy

Any pain, discomfort, congestion, heaviness, throbbing, squeezing, or any annoying sensation-symptoms experienced by a person is usually expressed as a Headache. Location, sensation, intensity, spontaneous or constant or intermittent, factors that increase or decrease the headache are highly variable and individual dependent. This is where the beauty and scope of the Homoeopathy system of medicine can be appreciated and extend its healing hand to the affected person.

Headaches are of different types with a variety of causative factors:

1. Primary - tension, migraine with or without aura, cluster H, from exertion, cough, Hypnic headache, etc.
2. Secondary - post-injury, underlying disease(s), eyes errors/strain, dental pain, sinusitis, infections of the brain; nose; ear, substance abuse/withdrawal, alcohol, drugs side the effect, dehydration, etc.
3. Cranial neuralgias, facial pain, others - trigeminal neuralgia, cervical spondylitis, over computer/mobile use, wrong posture, etc.

### Therapeutic examples:

- Headache if breakfast is delayed (Rx Calc.).
- Headache in the morning at same hour of the day (Rx Kali bi.).
- Headache in children when they wake up (Rx Kali br.).
- Headache when waking up with disagreeable dream (Rx Murx.).
- Headache at night after going to bed increases so much that a person need to get out of bed (Rx Thuja).
- Headache after alcoholic drinks (Rx Agar., Lach., Nux v., Ran B., others).
- Headache in anemic persons (Rx Chin., Ferr p., Ph ac., others).
- Headache from brain disease (Rx Nat m., others).
- Headache from the blow, injury to the head (Rx Arn., Cal s., Nat m., Nat s., others).
- Headache from loss of sleep, working late hours (Rx Carb v., Cocc., Laur., Nux v., others).
- Headache when the person is taking care or nursing a sick person or family member (Rx Arg m., Kali c.).
- Headache from getting heated like heat stroke, out in summer heat, working around heat-producing machines (Rx Ant c., Bell., Carb v., Glon., Lyco., Others).

Apart from using homeopathic medicines for care-n-cure of my patients I also use Sujok science, dream analysis, herbal-nutrition approach to correct nutrient deficiencies, emotional intelligence counseling to better handle stress; ordeals of life; reactions, a recommendation of physical exercises and muscle strengthening along with postural correction, Vipassana meditation, and para-sympathetic breathing exercises.



## The Treatment of Headaches in Ayurveda:

By Dr Sanandan Thapliyal BAMS, MD(Ay), DYS DHR Fellow, INSA

**Management of Headaches in Ayurveda.** Headaches are referred to as **Shirashoola** in Ayurveda. The causes are on account of various reasons including local- intracranial (within cranium or head) and systemic- extracranial (outside cranium /head).

Ayurveda believes that one of the important extracranial causes of headache is disturbances in digestion and metabolism especially in the case of migraine. The gut-brain axis is also significant in some headaches.

In Ayurveda headaches are classified as under:

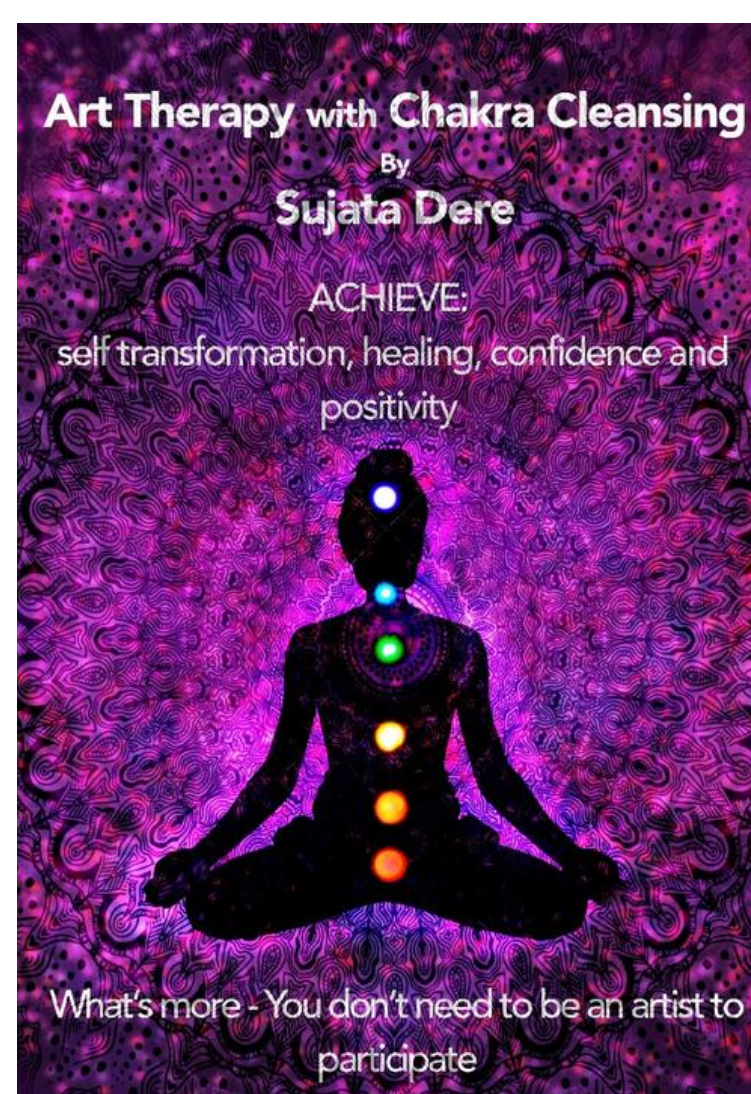
- 1.Vataj- neurological causes and stress induced, characterized by impulses of pain with short duration eg high Blood Pressure.
- 2.Pittaj- infection, inflammatory causes like meningitis, encephalitis, injury etc characterized by intense throbbing pain of moderate duration. Infection in ear, sinuses etc
- 3.Kaphaj- odematous & SOL (space occupying lesion) leading to mild pain with long duration & heaviness. Like Sinuses blockade, nasal block etc.
- 4.Sannipataj- Mix of all above characteristics.

In Ayurveda Management varies patient to patient and finalized after thorough examination including personality assessment, detailed history, habitats, nature & place of stay etc.

Still some of procedure are like:

- 1.Deep breathing exercises, Yoga & Meditation particularly in Vataj- headache, Tension headache.
- 2.Nasya - Nasal instillation of Medicated oil, ghee, etc.
- 3.Shirodhara - streamline pouring of oil, decoction, milk, buttermilk etc on head area.
- 4.Powder Sniff (Shodhan Nasya) this is quite strong and usually done in kaphaj- headache.
- 5.Shiroabhyang- Head massage by medicated oils.
- 6.Shirovasti- keeping oil etc in a hat (like chefs hat) on head for a particular duration.
- 7.Foot Massage- with oils
- 8.Marma point stimulation.
- 9.Greeva vasti- medicated oil on the neck to check Cervical spondylitis.
- 10.Internal Medicine- to correct digestion, to reduce pain, to calm stress levels, to reduce inflammation.





### Sujata Dere - When An Artist is also a Healer

*'Everything I draw - comes from my own experiences, one way or the other. I am forever drawing on the sense of mystery and wonder..... and possibility that pervades that time of my life.'*

Sujata.....intrepid traveller, thinker, seeker, artist.....

She completed her formal art education from the prestigious Sir J.J. School of Art, Mumbai in 1979, where she was awarded a scholarship for merit in her second year. She also won an award in the Maharashtra State Art Exhibition, India.

Sujata has experimented with various mediums from ceramics and clay to charcoal, pastels, ink acrylics and now mixed media.

Constantly enriching the repertoire of her artistic palette, her search for a deeper meaning in life has propelled her to delve into the mysteries of the mind, nature and the universe.

Metamorphosing in a deeply meditative series of serene Lotus Ponds and the graceful form of the Horse as poetic beings embodying all that is instinctual and intuitive.

Her interest in various methods of healing and a need to reach out and touch people's lives in a positive manner motivates her to work in the field of mental health, using Art as a tool for wellness and self discovery.

Sujata's works, which have been showcased in many significant exhibitions, have won both critical and popular acclaim. An intrinsic part of private collections all over India, the Middle East, Europe and the US, her first solo exhibition was held at the India International Centre in New Delhi in December 1992. This was followed by several other solo and group shows of repute both in India and abroad.

Widely travelled in India, Europe and the US, she spent 2004-05 as a member of the Art League School, Old Town Alexandria, Virginia. Continuing to travel and interact with a wide range of artists from different parts of the world, she is currently living and working from her studio in Delhi - Gurgaon, India.





## The Philosopher's Corner

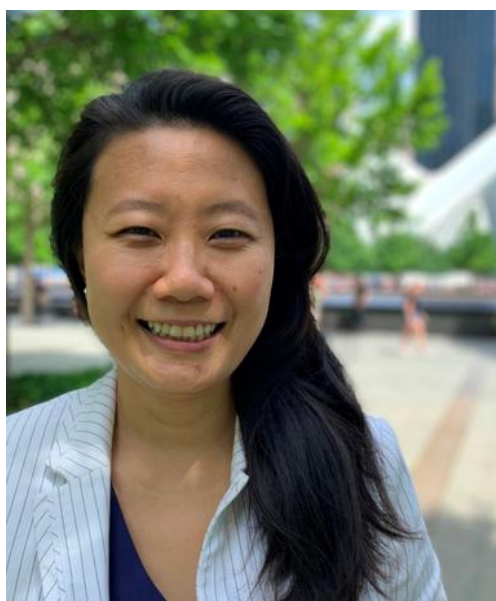
The article at <https://ecohustler.com/culture/is-the-virus-our-vaccine/>

Is fascinating. It touches on Quantum physics and the Indian Philosopher J Krishnamurty, and Dr David Bohm whom he had many discussions. The two links below may be of interest to some readers.

<https://www.youtube.com/watch?v=emAeFuwtelQ>

<https://www.youtube.com/watch?v=x6cPTKHp5KY>

## NEXT TIME



The new premiere brand for Top Guns of Blue Chip Companies BLISS NOW will feature some of its unique concepts and insights into its unique programs for Mental Resilience. Bliss Now's Dr Liu will give us an insight into the unique programs she has developed with her team for this new age field which is critical for top management.

Bliss Now is a comprehensive integrated wellness brand, weaving technology and human-centric approach to providing holistic solutions. You have access to structured and seamless wellness programs in research-based capsules delivered by experienced global specialists.

Specialists provide knowledgeable and practical know-how with mind-body integration. Along with insightful genetic testing, our aim is to empower you to take charge of your wellbeing in its completeness. Bliss Now is, at the core, a global community where holistic wellness is not separated from business, but integrated as a way of life.



**BOLDLY TAKING YOUR EXECUTIVES TO THE NEW FRONTIER.**

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Maj Gen Anil Dere, Ex Indian Army and a graduate of the US War College and other international military Institutions, will give high insights into Team Building and Leadership for the Corporate World . Gen Dere is currently an Officer on Special Duty with the Tata Institute of Social Sciences

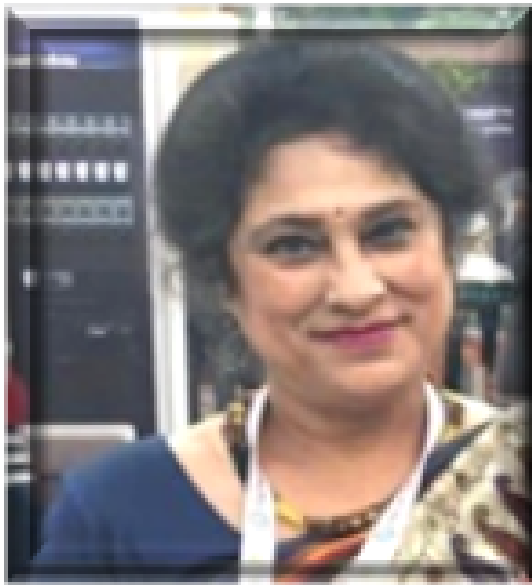




**DEPRESSION :** We get the perspective of Dr Rachna Khanna Singh MRCH United Kingdom, Nehru Medical College New Delhi on the subject of Depression..Dr Rachna Khanna Singh is a Mental Wellness Expert with Medical background in Relationship, Lifestyle, & Stress Management and provides telephonic counselling or if needed video counselling.

and in the meantime leave you with the words of, who else? Thai Farmer, Jon :--

<https://youtu.be/GwGhYrln6ZY>



## **THE SECRET**

Dr SAVITA NAGPAL MBBS, MD (Pathology) Next time, Dr Savita Nagpal who has a octogenarian father in his mid 90's a famous, now long retired Indian Army General, who has razor sharp faculties and still conducts school interviews, will tell us, what she feels is the secret to her father's excellent mental wellbeing.

## **WATER AS A MEDIUM OF TREATMENT - IN AYURVEDA**

BY DR SANANDAN THAPLIYAL BAMS, MD(Ay), DYS DHR Fellow, INSA



On the subject of water as a healer, listen to Thai Farmer Jon's words of wisdom on the subject  
<https://youtu.be/knjz0G-P3Pk>

Farmer Jon also has some amazingly simple wisdom full of insight for the modern world.  
We will regularly feature him. We conclude here with one of his bits of advice:

**ARE WE READY FOR THE NEXT CRISIS ?**

<https://youtu.be/PXMU82PTd4I>

Please write to us to enquire as to our range of services in  
this regard. And pass the word!  
We do look forward to interacting with you.

Not necessarily for business, but also a question, or a shared  
human experience which you feel, may benefit others via us.

### *In optimism and In Health*



### *Inder Jit Singh*

On behalf of the entire network of  
Facilitators and Medical and Health Professionals.

New Delhi - 9 Aug 2020



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