



# YOG SANDESH

A research based monthly magazine on Yoga, Ayurveda, Cultural and Spiritual message



Published by Divya Yog Mandir (Trust) Haridwar, under the guidance and encouragement of Honourable Swami Ramdevji Maharaj



It is Patanjali which brought the country's first double fortified salt

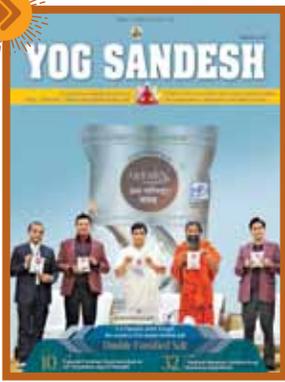
## Double Fortified Salt

10

Patanjali Paridhan Store launched on 24<sup>th</sup> foundation day of Patanjali

32

Patanjali Research Institute Drug Discovery department



# YOG SANDESH

FEBRUARY 2019

Hindi | English | Gujarati | Marathi | Bangla | Punjabi | Oriya  
Assamese | Telugu | Kannada | Tamil | Malayalam | Nepali

YEAR ▶ 16 ISSUE ▶ 06 PRICE ▶ ₹ 15

Editor

**Acharya Balkrishna**



Office

**Patanjali Yogpeeth**

Maharshi Dayanand Gram  
Delhi-Haridwar national  
highway, near Bahadarabad  
Haridwar, Uttarakhand



01334 - 240008, 244107, 246737



01334- 244805, 240664



yogsandesh@divyayoga.com  
divyayoga@divyayoga.com



www.divyayoga.com

### Subscription Fee

One Year	₹15/-
Annual	₹150/-
Five Years	₹700/-
Eleven Years	₹1500/-
Abroad (Annual)	₹1300/-

### Publishing



(Dainik Bhaskar Group)

B-220, Pahse II, Noida-201305,  
G.B. Nagar, U.P.

Publisher and printer Divya Yog Mandir (trust), Kripalu Bagh Ashram, Kankhal, Haridwar-249408. Published by Rishi offset printers, Ved Mandir, Gita Ashram, Jwalapur Haridwar and printed at M.P. Printers, B-220, Phase II, Noida, G.B. Nagar, U.P. Editor, Acharya Balkrishna.  
RNI NO.-DEL/ENG/2006/16626

Yog Sandesh is basically published in Hindi. Therefore some errors are possible while translating the contents from Hindi to other languages. It is not necessary for the editor to have coherence with the views expressed in the contents of the magazine. All disputes are to be settled in the court of law at Haridwar.



Udhyan Sahasam dhairyam buddhiih shakti parakramah  
Shedet yatra vartante tatra dev sahaykrit.

# CONTENTS



# 24

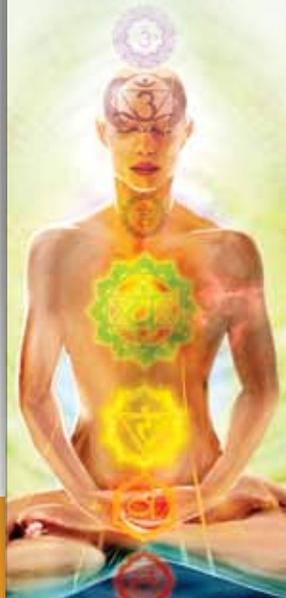
## Churning of Life

## Know your priorities

# 20

### Goodness of Practice

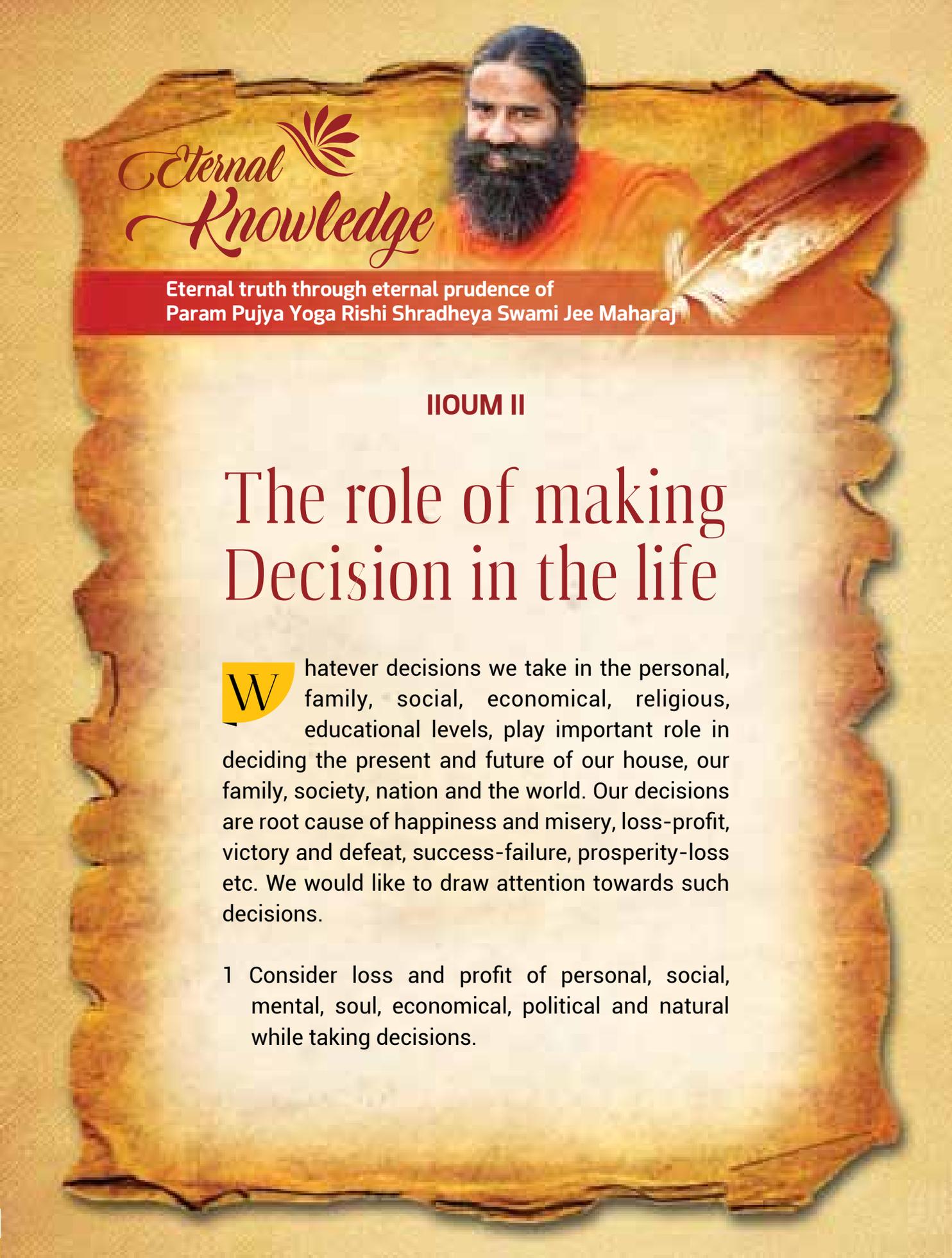
## How to Rejuvenate Internal Strength



### This Issue

- ▶ **Eternal Knowledge** : The role of making Decision... 03
- ▶ **Editorial**: Patanjali's Double Fortified Salt to fulfil... 06
- ▶ **Yoga Camp**: Patanjali Yogpeeth sets three world records ... 08
- ▶ **Inauguration**: Patanjali Paridhan dedicated to the... 10
- ▶ **Inauguration**: Patanjali Paridhan dedicated to 10
- ▶ **Service Expansion**: Patanjali Organisation's.. 12
- ▶ **Health in herbal medicines**: Ayurvedic Cloves 14
- ▶ **Spiritualism**: Lokamangal to Atmamangal 18
- ▶ **Divine Life**: What do we want to? 22
- ▶ **Your Experience** 26
- ▶ **Panchkarma Treatment**: Ayurveda has complete... 28
- ▶ **Health discussion**: Useful health tips 30
- ▶ **Our various service departments**: 32
- ▶ **See the experiments**: Unique Experiment 35
- ▶ **Glorious Nation**: Glorious history of Natural nation... 36
- ▶ **Geeta Saar**: Deity prosperity and demon prosperity 38
- ▶ **Happy Family Life** 40
- ▶ **Salute to Rishi, Pride of Sanyas Tradition** 42
- ▶ **Mutuality**: Inclusion of Divinity and Purity in the... 44
- ▶ **Sanskrit Growth**: Meeting held at Patanjali Yogpeeth 47
- ▶ **China Visit**: Shradheya Acharya Jee Maharaj's ... 50
- ▶ **MoU**: Patanjali -Amity join hands to promote Indian 52
- ▶ **Healthy India Mission**: IAS Mr. Deepak Rawat presented 58
- ▶ **Upliftment of Self**: Awareness Greatest Need of life 60
- ▶ **Women's Power**: Women are Invincible 62
- ▶ **Sixteen Sanskars**: Naamkaran Sanskar 64
- ▶ **Poem** : Mahajano Yen Gatah Sah Panthah 66

Read this magazine yourself, inspire five others to read and then place in five new families so that this agitation, being inspired by seers could spread, reach and benefit every human being. - Editor



*Eternal  
Knowledge*

Eternal truth through eternal prudence of  
Param Pujya Yoga Rishi Shradheya Swami Jee Maharaj

II OUM II

# The role of making Decision in the life

**W**hatever decisions we take in the personal, family, social, economical, religious, educational levels, play important role in deciding the present and future of our house, our family, society, nation and the world. Our decisions are root cause of happiness and misery, loss-profit, victory and defeat, success-failure, prosperity-loss etc. We would like to draw attention towards such decisions.

- 1 Consider loss and profit of personal, social, mental, soul, economical, political and natural while taking decisions.

- 2 Consider the loss and profit of dynasty of your ancestors apart from saints while taking decisions. The tapa, tapasya, sacrifice, ideals, country, religion, culture and environment must be kept in mind.
- 3 Contemplate seriously over short term loss and benefit, happiness-misery, victory-defeat, respect-disrespect, success-failure apart from long term loss and profit.
- 4 Some loss and benefit like trade, political, loss and profit, victory-defeat, physical and mental, prosperity-sorrow can be bearable, while long term decisions on agriculture-industry, commerce, education, health, religion, culture, nature, human being, soul, diets of human being, thought, speech, behaviour, nature and existence must be taken wisely. We must ponder over what impact the decision will make on our next generation and the nation for the next 50-100-500 years.
- 5 Be free from any ignorance, sex, angry, longing, ego, prejudice, self interest, effect, pressure, respect, disrespect, caste, cult, community or other bad qualities while taking decisions. Once you take decision, adhere to it in realising the dreams. Take decision on basis of truth instead of number. Your decisions must include stability, totality and fearlessness. <<

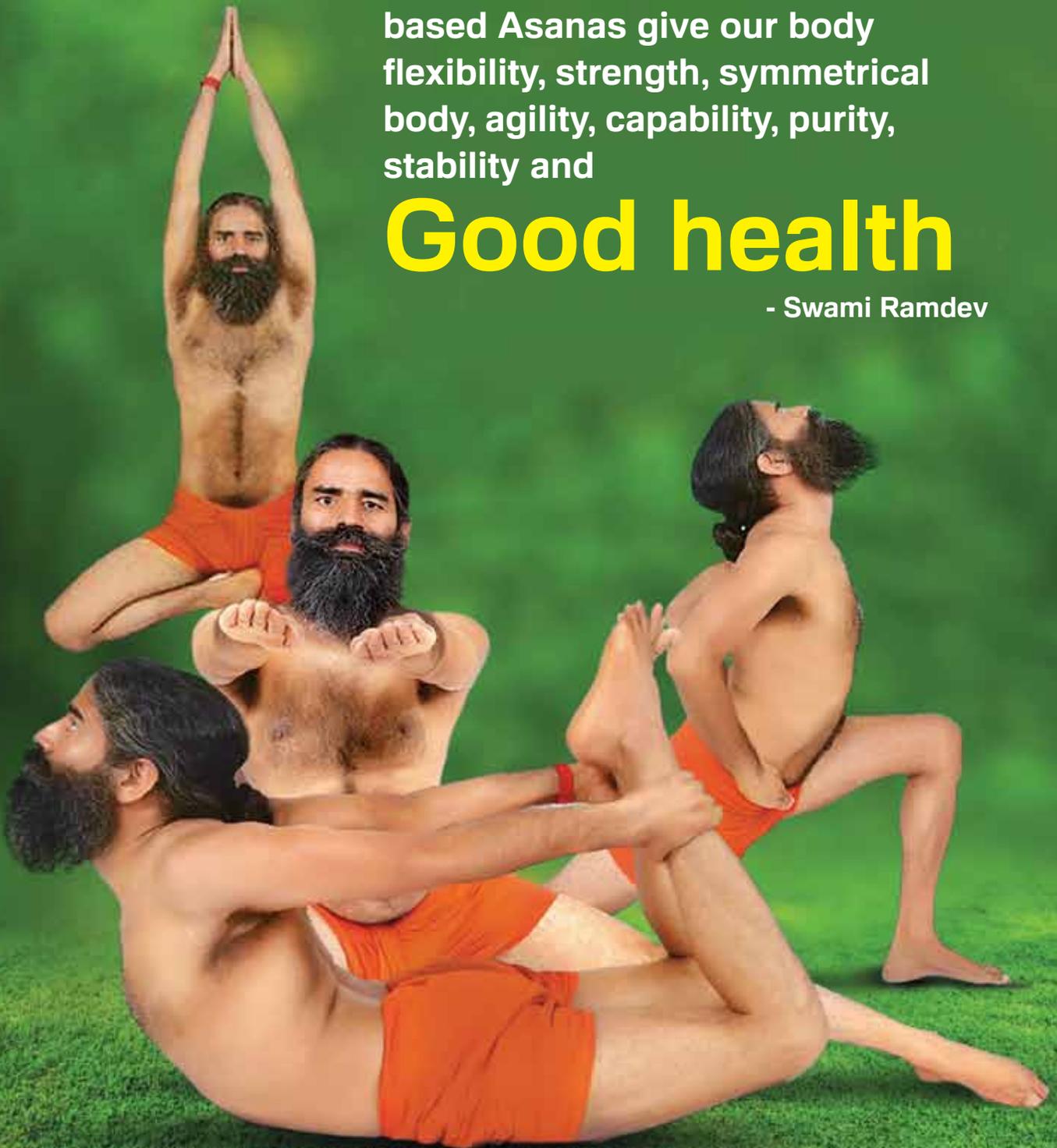
ॐ नमो भगवते वासुदेवाय

# Physical Exercise

based Asanas give our body flexibility, strength, symmetrical body, agility, capability, purity, stability and

# Good health

- Swami Ramdev





 Acharya  
Balkrishna

## Patanjali's Double Fortified Salt to fulfil deficiency of iron

Patanjali is the first institute of this kind which has been working on organic bio-fortification.

The food prepared with the process of bio-fortification is no way any genetically modified food but in it the goodness of necessary nutrients like zinc, iron, vitamins, micro-nutrients etc. are added in the seed of a plant and this way a fortified seed is prepared.

**I**t is a matter of great pleasure and great pride that Patanjali by the means of yoga and Ayurveda has been giving a new lease of life to crores of people. In



the success of this great journey our fellow countrymen have been making a great contribution. Yoga and Ayurveda have been greatly successful in ensuring the protection of our health but in today's bad life style, pollution, and our food lacking nutrition our body has been facing deficiency of many nutrients. Patanjali has been doing a great work on this front. Our country's important health institute FSSAI has not only been giving certificates for the quality of food but also it has also got a role to ensure production of healthy products and people should associate themselves with such products. Today people of the country are getting more and more aware of good food and good health. Present scheme of the government- Eat Right Programme- is also an initiative in this direction. It has been mentioned in our scriptures - Hitbhuk, Ritbhuk, Mitbhuk. Which means the food that we eat has to be good for us, must be earned through good means, and must have been eaten in right quantity. Unfortunately, today our income is not fair, its quantity and benefits are also unknown. If some food is found to be very tasty, it is eaten in very high quantity, more than our requirement and if the food is not found to be tasty it is left in the mid way. India is a country where food is





wasted a lot. Therefore it is necessary for us that we eat good food, proper food and must be earned in right way. By keeping the health requirements of our country in our mind we have taken a great initiative in the field of fortification. We have prepared fortified salt, fortified cooking oil and we started with bio fortification.

Fortified salt is being talked about in India since very long. This started with the use of iodine while preparing salt. But very few people know well that what is the fortification. Mixing such things in a main food item which will give other nutritional benefits without disturbing the main food item's taste, its real form and its original benefits is called the process of fortification. Everyone knows about the use of iodine in salt. We have added iron also besides iodine in salt. All of us eat salt and our salt will also fulfill the deficiency of iron in our body. Patanjali salt is the first salt of the country which double fortified with the benefits of iron and iodine and this is a meaningful initiative in this direction. This is in fact a campaign.

We talk about the growth of our country, we also talk about ensuring the good health of our country but should also think of what contribution we have been making in the success of this campaign. When we make such efforts our whole country becomes healthy and others are also inspired as well.

Fortification is one thing, we are doing a work which is beyond it. In Delhi we have had a comprehensive dialogue with honourable Union Agriculture Minister Mr. Radhamohan Singh, ICAR Director General Dr. Trilochan Mahapatra, Secretary Mr. Sanjay

Agarwal on bio fortification and bio fortified seed. We proposed before them to add one more word organic to make it Organic Bio-fortified Seeds. Now a question arises that what is the difference between bio-fortification and fortification. The food prepared with the process of bio-fortification is no way any genetically modified food but in it the goodness of necessary nutrients like zinc, iron, vitamins, micro-nutrients etc. are added in the seed of a plant and this way a fortified seed is prepared. And Patanjali is the first institute of this kind which has been working on organic bio-fortification. Mixing nutrients in a food product is called the process of fortification. While in bio fortification, it is done in a seed. This is a completely natural process. At present we have been preparing organic bio fortified seeds on a 200 acres of land and Patanjali will keep making such efforts even further.

When our government started a debate on providing good food to people then it was found that people of the country are not getting healthy food. The US and Thailand have been processing 90 and 60 percent food respectively, unfortunately India processes just 7-8 percent food. When the government of India started efforts that the people of our country could get good food and for them food security could be ensured and agricultural products could not be wasted, then Patanjali started mega food park scheme. Patanjali agreed to cooperate in it. In the leadership of respected Swami Ji we took it as a challenge and today we are happy to say that the government had approved 60 mega food parks and of

them only Patanjali's mega food mega park has been working in the best way and it is known as the country's best and biggest mega food park. Amid this we observed that in the food available in the country we have deficiency of nutrients and chemical and fertilizers based agriculture is primarily responsible for it. This kind of agricultural process is making our agricultural land poisonous. This is also reducing the nutritional value of the food which we have been eating. Patanjali has been working hard to fulfill this deficiency. Patanjali is the only institute which by the means of PBRI has got four patents in its name. We are also running an organic farming training programme in the country as well.

This was one aspect we have been working on and another aspect is the products which are already available in the market, what can we do for them on primary health care. For this fortification is an important aspect for this, started for the first time by Patanjali and this is a matter of great pride for us that in the leadership of Swami Ji and with his blessings and his cooperation and efforts and also with his inspiration as well we have tried to give it a shape. I am happy that Patanjali is the first institute in the country which has prepared fortified cooking oil and this oil contains Vitamin A and Vitamin D. Vitamin A and D deficiencies have been on the rise among the people of the country and this deficiency can be kept at bay with the help of this cooking oil without taking additional medicines. This is a great initiative in the direction of ensuring good health of the people of the country. <<





# Patanjali Yogpeeth sets three world records on National Youth Day held at Jaunpur to mark the birth anniversary of Swami Vivekanand



**O**n January 12, the birth anniversary of Swami Vivekanand , Patanjali Yogpeeth sets three world records in the guidance of Swami Ramdev Ji Maharaj. At Veerbahadur Singh Purvanchal University, Jaunpur, Uttar Pradesh, more than one lakh yoga Sadhaks thronged to set the world records. India representative of Golden Book of World Record, Mr. Alok Kumar , said that Patanjali Yogpeeth had set three world records here-

appealed youth of the country to dedicate themselves to build India as a great nation. He also asked the youth to follow the path of truth and also inspire others to do the same. To make India world Guru, he added, it is most needed to make great efforts and this is possible to be done by the youth of the country. He added that for this we will have to work according to the greatest call of Swami Vivekanand - Rise , awake and don't stop until you attain your goal. Swami Ji said that in the accomplishment of this yoga can play a pivotal role. He added that if our youth will be strong, wise, dedicated by heart, rich and with good character, only then a great nation can be build. He administered oath to thousands of people present there asking them not to discriminate each other in the name of caste and religion.

**01**  
LARGEST NUMBER OF PEOPLE PRACTISING TADASANA AT ONE PLACE IN THE WORLD.

**02**  
LARGEST NUMBER OF PEOPLE PRACTICED ARDHACHAKRASANA HERE.

**03**  
LARGEST NUMBER OF PEOPLE PRACTICED PADHASTASANA AT ONE PLACE.

On this occasion, Mr. Alok Kumar of Golden Book of World Record, handed over temporary certificates to Swami Ji and Kulpati Mr. Rajaram Yadav. Head counting through software and other kind of techniques will be used to ascertain it only then a final certificate will be handed over. Mr. Alok Kumar said that organising such an event was a greatest gift of Swami Vivekanand Birth anniversary. On this occasion, Swami Ramdev Ji Maharaj vowed that he will work hard to turn Swami Vivekanandk's unfulfilled dreams into a reality. He also

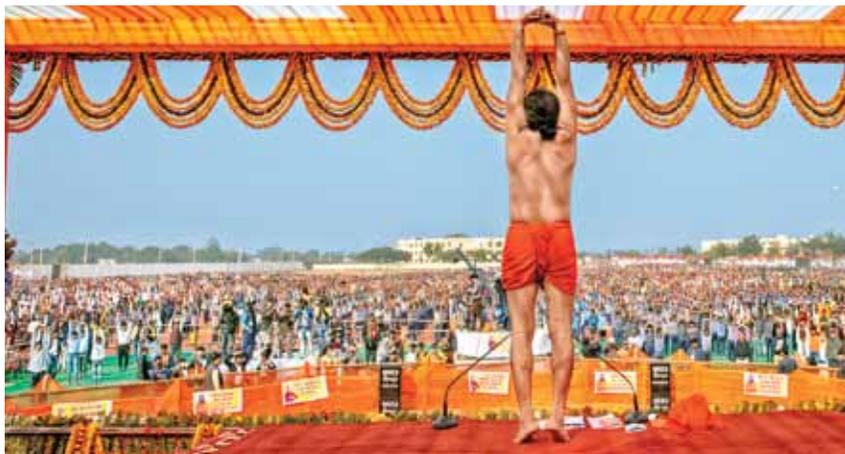
On this occasion, Swami Yatindranand Ji Maharaj said that yoga destroys all the diseases of our body and ensures not just good health but also good habits. At the event, during special session, Swami Ji taught people Tadasana, Shirshasana, Sarvangasana, Halasana, Suryanamaskar, Kapalbhathi, Anulom-Vilom Pranayam, etc. The programme was attended by the the volunteers and workers and others from Azamgarh, Mau, Ghazipur, Jaunpur, etc.

### Foundation stone laying of Women's hostel:

On the occasion of National Youth Day at Avaidyanath Sangosothi Bhawan, Swami Ji laid the foundation stone of Sandipani Women's Hostel.

Here, volunteers from various wings of Patanjali Yogpeeth held a meeting in which Swami Ramdev Ji Maharaj said that we have to build such young characters which could promote Rashtra-Dharma. <<





» Swami Ji doing Tadasana at Jaunpur with lakhs of people (left); Prof. Rajaram Yadav, Vice chancellor of Veer Bahadur Singh Purvanchal University, Jaunpur, addresses people attending the camp (Right)



» On successful organisation of function on National Youth Day Patanjali Yoga committee chief central in-charge of Women's cell Sadhavi Devpriya and chief central in charge Mr. Rakesh Kumar and other organisers



» Dedicated workers of the various wings of Patanjali at Aavaidyanath Conference Hall, Jaunpur (Left); Swamiji and other dignitaries give Swami Vivekanand Award to the students of Veer Bahadur Singh Purvanchal University





# Patanjali Paridhan dedicated to the nation as a strong indigenous alternative: Swami Ramdev Ji Maharaj



Patanjali Paridhan is a new revolution for changing Indian way of living: Respected Acharya Balkrishna Ji Maharaj

**O**n January 5, 1995 respected Swami Ramdev Ji and Acharya Balkrishna Ji Maharaj for serving the nation and people set up Patanjali Yogpeeth. That small sapling has today turned into a huge tree to serve the nation. Its many branches and sub branches are spread across the country as well as in many other parts of the world. On 24th foundation day of the institute Patanjali Yogpeeth Family has taken a new step in the form of Patanjali Paridhan and its inauguration took

place at Ayurveda Bhawan at Patanjali Yogpeeth by Swami Ji and Acharya Ji. On this occasion, respected Swami Ji said that Patanjali's activities like its endeavour, service,

struggle, Yoga and Karmayoga and the service to humanity has completed 24 long years. By carrying this job forward we are now prepared for the next 50 years to come. By are committed to make India world's biggest economic power. For this Patanjali has played a great role in its mission for

**Foreign brands dominate textile market worth**  
**Rs. 07 Lakh Crore**

**Patanjali has maintained world class quality, low price and service from its profits and has brought garments for every Indian.**

building individual character to build India as a great nation. Our journey has helped crores of people until now to get good health, they became free from diseases, stress, bad habits, etc. and Patanjali taught them to get a divine spiritual

life and in this mission of ours lakhs of our workers have given us strength to reach here. Patanjali has set up the world's biggest centre of yoga, Ayurveda, Natural treatment and research.





World's new records are being set right from here in Haridwar. Swami Ji Maharaj said that textile industry has a huge market of around seven lakh crores and more than 90 percent of it is in unorganised sector. The branded garments sold by organised sector are also mostly dominated by foreign brands. Foreign brands have spread their feet in India in such a way that it became almost impossible for indigenous brands to stand in front of them. We have launched Patanjali Paridhan as a strong alternative to foreign brands.

Swami Ji said that today textile industry is in very bad shape and weavers are losing jobs and in this situation he added that he vowed to ensure good source of livelihood for them so that they could live with dignity and self respect.

On this occasion, Acharya Balkrishna Ji Maharaj said that India is the country of cultural heritage and we have had a rich legacy of clothing which shows unity in diversity. From Kashmir to Kanyakumari, every state of India has had a unique culture of dressing and clothing. He said that we are proud of Indian sculptors and weavers who are so skilled that they give a great design,

shape and printing on simple pieces of cloths. Acharya Ji said that Patanjali Paridhan has more than 1100 options of dresses and more than 3500 SUK enormous variety in which for men, women and children there is a whole range of ethnic wear and inner wear accessories. He said that there are three ranges of Patanjali Paridhan- Astha, Sanskar and Livfit. In livfit, Patanjali has launched Sports wear, Yoga wear, in Astha brand, Patanjali has women's wears and in Sanskar wears Patanjali has got men's wears.

Acharya Ji said that Patanjali has started a new revolution by the means of Patanjali Paridhan to revolutionize Indian wearings. Patanjali has maintained world class quality, low price and service from its profits and has brought garments for every Indian.

He added that Patanjali Paridhan will not only promote the pride of indigenous but will also fulfill the requirements of women, men, children, sports persons and Yoga enthusiasts.

At the programme, respected Ramdev Ji Maharaj and Acharya Balkrishna Ji Maharaj met his supporters and associates. <<

## Sadavrita

**F**or attainment of good health, extracts from famous Ayurveda scripture Charak Samhita under its Sutrasthan Sadavrita Prakarana

**Vedgobrahamanaguruvridhdhasiddhacharyanacharyata I  
Aganimupacharet I Aushadhi Prashasta Dharayate I Dau Kalavupasprisheta I  
Malayaneshvabhikshna Padayoshcha Vaimalyamadadhyat I Tripakshasya  
Keshshamashrulomanakhana Sanharayeta I Nityamanupahatavasah  
Sumunah Sugandhi Syat I Sadhuveshah, Prasiddhakeshah,  
Murddhashrotraghanapadatailanyah, Purvabhibhashi, Sumukhah I (Su. 8.18)**

Respect must be given to deities, cows, Brahmana, Gurujana, Siddhajana, Acharya with due dignity. Pay offerings in fire by the means of Hawan. Take best medicines. Bath oth ends of a day. Always keep your body and nine body holes clean. Trim your hair, nail, beard, etc. in every five days. Always use clean and untorn cloths. Always keep happy and use fragrances to keep your body fragrant. Always wear dress like a gentleman. Always pour oil in nostrils, ears, on head, feet, etc. When you meet anyone ask about his wellness. <<





# Patanjali Organisation's Service to Nation

- Until now Patanjali has produced more than 500 scholars of Vyakarana or Sanskrit grammar, philosophy, Yoga, and besides great yoga experts. And in the next five years more than 1000 ideal yoga experts and hardworking sages will be produced to serve mother India and they will be true successors of ancient sages.
- More than one lakh village committees have organised across the country and are active in the villages. Ward, block, sub-blocks are the levels at which coordination committees have been working in 95225 villages and are running yoga treatment camps, 5260 anti-addiction camps, yoga camps in 75260 schools, sanitation drive in 500 districts, ideal village development drive, plantation of more than 10 lakh saplings of medicinal values have been planted, herbs distribution programmes have been organised and more than 10 thousand units of blood have been donated, marriages of poor girls, in more than 1000 Tehsils indigenous sports have been organised, yoga competitions, training of more than 10 thousand farmers has taken place.
- More than 600 yoga promoters have been engaged day in and day out to serve on behalf of Patanjali. Yoga promoters have in just three years organised yoga camps in 70 thousand villages, 51763 rallies meant for sanitation and people awareness direvs have been organised and 152566 health meetings and 65462 yoga camps and 30112 plantation have taken place. It is a historical achievement.
- Six organisations like Bharat Swabhimani, Patanjali Yoga Committee, Mahila Patanjali Yoga Committee, Yuva Bharat, Patanjali Kisan Seva Samiti and Hamro Swabhimani have been active in all parts of the country and their proper district offices have been present.  
Trained Yoga teachers: In Haridwar there are 2.26 lakh home trained yoga teachers and in the country there are ten lakh assistant yoga teachers.  
In the whole country there are more than 640 district committees and 4560 Tehsil committees which are actively working to serve the nation.
- **One crore workers:** There are around one crore workers of the organisation, who have joined the organisation after giving donations and are dedicated to serve and work.
- **One lakh yoga classes:** With their help, more than one lakh free and permanent yoga classes are being run

- across the country.
- Directly or indirectly to more than 100 crore the message of yoga has been sent and in the life style of crores of people a positive change has taken place. Disease free, caste discrimination free, free from addition of bad things, lack of seriousness in work, and people free from other flaws, and strong nation and society are being build.
- **Employment:** Two lakh farmers and youth were given jobs directly and indirectly.
- **International Yoga Day organised by Government of India:**
  - At International Yoga Day of 2015 in the guidance of respected Yoga Guru Swami Ramdev Ji Maharaj a total of 35 thousand people participated of which 5500 were from Patanjali Yogpeeth.
  - At 2016 International Yoga Day, at total of 32 thousand people participated in Chandigarh yoga camp of which 12 thousand were from Patanjali Yogpeeth.
  - At 2017 International Yoga Day, 51000 participated in Lucknow Yoga Camp of which 22500 were from Patanjali Yogpeeth.
  - At 2018 International Yoga Day, 50000 participated in Dehradun Yoga Camp of which 13000 were from Patanjali Yogpeeth.
- **International Yoga Day function organised by Patanjali Yogpeeth:**
  - In 2015 Karnal, Haryana camp, 37000 participated.
  - In 2016 Faridabad, Haryana camp led by Swami Ji, more than two lakh participated.
  - In 2017 Ahmedabad, Gujarat camp led by Swami Ji, more than 4-5 lakh people participated.
  - In 2018 Kota, Rajasthan camp led by Swami Ji, more than 2 lakh people participated.
  - World record: In the field of Yoga, three Guinness Book of World Records and 142 Golden Book of World Records were set.
  - **National Youth Day function:** In Durg, Chhattisgarh, one lakh 20 thousand people at one place did Surya Namaskar which is a world record. Similarly three such records were also set in Jaunpur.
- **Research:** In the guidance of Swami Ji world's best and first Ayurveda research institute Patanjali Research Institute, World's Biggest Institute Patanjali Yogpeeth, Yogagrram, Niramayam, Patanjali Ayurveda, Divya Pharmacy and many other services are being run to serve mother India.
- Through Astha, Sanskar, Vedic Channel, Social Media, twitter, facebook, you-tube, etc. crores of people have been associated with yoga, Ayurveda, Indigenous and Rishi Sanskar movement. <<





**पतंजलि®**  
प्रकृति का आशीर्वाद

## प्योरिटी की 100% गारंटी

FSSAI द्वारा निर्धारित 100 से अधिक पैरामीटर्स पर शत-प्रतिशत खरा

शुद्ध हनी के नाम पर आपके मनी की लूट करने वालों से जब पतंजलि ने बचाया, तो उन्होंने FSSAI के नाम का भ्रम फैलाया। इसीलिए पतंजलि हनी अब देता है प्योरिटी की गारंटी। भारत सरकार की संस्था FSSAI द्वारा निर्धारित शहद की प्योरिटी के 100 से अधिक पैरामीटर्स पर शत प्रतिशत खरा है पतंजलि नेचुरल हनी। तभी तो पतंजलि हनी बन गया है देश के जन-जन का हनी।

**बच रहा है आपका मनी, मिल रहा है प्योर हनी!**

**Intertek**

No. 303 Sakinagar, Phase II, Bangalore - 560087, Bangalore, India

Tel: +91-80-48608000  
Fax: +91-80-4847691  
Email: food.gargan@intertek.com  
www.intertek.com

**Intertek India Pvt. Ltd (Food Services)**

ISSUED TO: Patanjali Ayurved Ltd, Mahavishu Devarajwala, Beside Dhyani Nursery, Near Patanjali Yag Prash, Bhatnagar, Haridwar-249402

**TEST REPORT**

LAB REFERENCE No.: 195-18122811  
New Date: 05/02/2018  
Year Ref: 1  
Date: 22/01/2018

Doc. No. 195/0000001\_02

Kind Attn: Mr. Girish

Sample particulars: Honey

Sample Registration No.: 22012316  
Analyte description: Honey  
Name of the Product: Honey  
Quantity tested: Approx 1000g (1000ml approx)  
Sample details: Code: A  
Sampling location: Sample not taken by Intertek  
SAMPLE RECEIVED AT: 05/02/2018

Analysis Completion Date: 05/02/2018

Reporting code: FSC001

Sr. No.	Test parameters	Units of Measurement	TEST RESULTS		
			Result	Specification as per FSSAI	Limit of Detection
1.	Sulfaguanidine	µg/g	Not detected	5.0	2.0
2.	Sulfanilamide	µg/g	Not detected	5.0	2.0
3.	Sulfacetamide	µg/g	Not detected	5.0	2.0
4.	Succinylsulfathiazole	µg/g	Not detected	5.0	2.0
5.	Sulfaphenazole	µg/g	Not detected	5.0	2.0
6.	Sulfadiazine	µg/g	Not detected	5.0	2.0
7.	Sulfadiazine	µg/g	Not detected	5.0	2.0
8.	Sulfadiazine	µg/g	Not detected	5.0	2.0
9.	Sulfathiazole	µg/g	Not detected	5.0	2.0
10.	Sulfathiazole	µg/g	Not detected	5.0	2.0
11.	Sulfamerazine	µg/g	Not detected	5.0	2.0
12.	Sulfamerazine	µg/g	Not detected	5.0	2.0
13.	Sulfamethoxazole	µg/g	Not detected	5.0	2.0
14.	Sulfamethoxazole	µg/g	Not detected	5.0	2.0
15.	Sulfamonomethoxazole	µg/g	Not detected	5.0	2.0
16.	Sulfamonomethoxazole	µg/g	Not detected	5.0	2.0
17.	Sulfamonomethoxazole	µg/g	Not detected	5.0	2.0
18.	Sulfamonomethoxazole	µg/g	Not detected	5.0	2.0
19.	Sulfamonomethoxazole	µg/g	Not detected	5.0	2.0
20.	Sulfamonomethoxazole	µg/g	Not detected	5.0	2.0
21.	Sulfamonomethoxazole	µg/g	Not detected	5.0	2.0
22.	Sulfamonomethoxazole	µg/g	Not detected	5.0	2.0
23.	Sulfamonomethoxazole	µg/g	Not detected	5.0	2.0
24.	Sulfamonomethoxazole	µg/g	Not detected	5.0	2.0

DEPARTMENT OF FOOD SAFETY AND STANDARDS (Authorized Signatory)

पतंजलि हनी  
250 ₹70  
ग्राम

अन्य ब्रांडेड हनी  
250 ₹122  
ग्राम



शहद का जमना उसका स्वाभाविक गुण है।



**Ayurveda scholar**  
**Acharya Balkrishna Jee Maharaj**

useful in diseases of chest,  
stomach and reproductive  
system organs

# Cloves

- Botanical Name** ❑ *Syzygium aromaticum* Linn.  
Merr & L. M.  
*Syn-Eugenia caryophyllata* Thunb.;  
*Caryophyllus aromaticus* Linn.
- Family name** ❑ Myrtaceae
- English** ❑ Clove
- Sanskrit** ❑ Lavang, Devkusum, Shriprasun,  
Srisangya, Srhriprasunak, Varij
- Hindi** ❑ Long, Laung, Lawang
- Odiya** ❑ Laung, Lavang
- Kannada** ❑ Lavanga, Rung
- Gujarati** ❑ Laving
- Telugu** ❑ Karvappu, Lavangamu
- Tamil** ❑ Kirambu, Kirampu
- Bengali** ❑ Lavang
- Nepali** ❑ Lwang
- Marathi** ❑ Lavang
- Malayalam** ❑ Laung, Grampuh, Karayampu
- English** ❑ Cloves, Clove tree,  
Zanzibar read head
- Arabic** ❑ Quranphal, Quranphul
- Persian** ❑ Mekhat, Mekhak





**C**loves are originally from Malakka. It is grown in Kerala and Tamil Nadu in south India. Most of it is imported in India from Singapore. Flowers start to appear on a clove plant which is around 9 years old. Its buds are dried and sold as cloves in the market. Some of its names found in Ayurveda Nighantus are- Devkusum, Srisangya, Sriprasunak, etc. In some of the Ayurveda scriptures like Charak Sanhita and Sushruta Sanhita it is mentioned to use it in betel. To cure vomiting of an expecting mother its use said to be the best thing.

### External shape

Its trees are in the shape of a pyramid, which is 9-12 metre high, and the trees are evergreen. Its main trunk is straight, hard and wide. It has multiple branches. The bark of its stem is Pandur and yellowish, gray and smooth. Its leaves are simple, opposite, 7.5 to 15 cm long, big in size, oval in shape pointed in both ends, spotted, deep green in colour, shining and Pandur in half of its surface. Its flowers are in bunches, fragrant, light blue in colour, and are 6 mm long. Dry flower buds are called cloves, which is 10-15 mm. long, and it is deep red and also of almond colour. Its fruits are pulpy, around 2-5 cm long, 1-5 cm thick, smooth, oval, long in size, deep pink to purple colour, with soft seeds, and 1-5 cm long. Its flowers and fruits grow between January and May.

### Ayurvedic properties and effect

Cloves are a bit bitter, charpari, good for the health of eyes, cool, digestive, enhances taste, cures problems like cough, pitta, blood problems, Afra, Shool, berating problems, hiccups, etc. Clove oil is Agnivardhak, Vaatshamak, Dantshool, cures cough.

#### Some special properties of cloves:

- Cloves consumption increases hunger, stomach's digestive juices become strong, food is eaten with joy and mind is always fresh.
- Cloves also destroy stomach worm, and removes elements which cause gastric and indigestion, thus way health remains good.
- It also stimulates awareness power.
- It also cures body odour, if applied on any part of the body, it gives sensation, cures pain, wound is healed.

- Cloves are also good for urination, it purifies urine tube, and harmful stuffs are also removed out of body through urine.

#### Olianic acid of leaves extract

- It is free from diabetes, STZ inspired and in rats cured diabetes.
- Its flower buds ethanolic extract in wistar rats shows good for brain and cures swelling.
- Its vaporising oil shows anti disease activities, its use is good for digestion, its use also enhances hunger, its juice action is strengthened, food interest increases, mind remains fresh.

### Medicinal use and methods

**Head problems:** Take six grams of cloves, make its paste, heat it up, and its thick paste be applied around temples, it cures headache and migraine.

#### Eye problems:

Make paste of cloves in copper pot, mix some honey in it and apply in eyes like Kajal, it cures diseases of white part of eyes.

#### Mouth diseases:

Soak clove oil in cotton and press under teeth, it cures pain. It also cures teeth worms.



## Chemical Composition

**I**ts dry flower buds contain Vitamin B, proteins, carbohydrates, Uginol, Olianolic, Cariophylline, Tanine, Uginol, vaporising oil, stable oil and phosphorus are found.





### Chest problems:

- **For removal of cough:** Take 2 gms coarse powder of cloves, and boil in 125 ml. water, when 1/4th of it remains in the pot, put it off the flame and filter it, and drink it when it is a bit hot, it removes cough.
- **Mouth bad smell:** If clove is kept in mouth and breathing bad smells are cured.
- **Asthma:** Take equal quantities of clove, Ankada flowers, black salt, and make their powder, and then make its small balls, and if licked in mouth, diseases like asthma and respiratory system are cured.

### Whooping cough:

Take 3-4 pieces of long, roast in flame, make powder and lick with honey, it cures whooping cough.

### Stomach diseases:

**Thirst due to plague:** Take 1-1.5 gm cloves, mix it in around 1.5 litre of water and put off the flame after 1-2 boil, if 20-25 ml. of it is administered to the patient, it is highly useful.

- **Indigestion:** Take one gram clove, 3 grams Harad, and make tea of it, and add some Sendha salt in it and administer the patient, it is very useful in indigestion and dysentery.
- **Nausea :** Make paste of cloves, heat it up a bit, and administer in small quantity, it is very useful.
- **For good digestion:** Take cloves and small peepali in equal quantities, make powder of the mixture, and mix honey in its 1.5 gm. quantity, and like twice, it cures fever borne low appetite and weakness.
- **In Afara:** Take 10 grams cloves, 10 grams dry ginger, Ajwaine, 10 gm sendha salt, 40 gm. jaggery, and make their paste, make balls of it each of 325 mg, Take 1-1 balls of it 2-3 times a day will cure Afra and Mandagni.
- **Indigestion:** Take cloves, shunthi, pepper, pipali, ajwaine, 10-10 of each, 50 gm sendha salt, 50 gm. crystal sugar, make fine powder of it, and store it in Chinese clay pots, and add lemon juice as much as the powder gets soaked completely in it. Dry it in sun and store it well. Taking one spoon of it after meal it makes your mouth taste good, indigestion and

sour mouth stop.

- Take 1-2 gm cloves, make its powder and and make its tea in 100 ml water and when the water is just 20-25 ml. filter it and allow it to cool down. It is very useful in lack of appetite, indigestion, plague, etc.
- Clove oil is very useful in Afra.
- Take 10 grams coarse powder of cloves and mix it in half litre of boiling water and cover it, and filter it after half an hour. If 25-50 ml water is administered thrice a day then indigestion is cured and digestion is strengthened.
- Take cloves, Sonth or dry ginger, 10-10 grams of each, 12-12 gms powder of Ajwaine and sendha salt, and mix them well, and 1.5 gms of it should be taken with water after meal, it cures indigestion and acidity.

### Reproduction system diseases:

- **Vomiting during pregnancy:** Take 1 gm clove powder, mix in crystal sugar syrup and pomegranate juice, licking it is useful for expecting mother. And vomiting stops.
- By administering clove fant, vomiting of expecting mothers is also cured, avoid giving it in fever.
- **For Stambhan:** Stambhan power of both male and female is enhanced if rubbed paste of cloves and nutmegs are applied on navel.

### Diseases of joint pain:

- **Gastric related pain:** Take skin of cloves and make paste with Ushnodak, and apply its paste , it cures gastric related pain.
- **Joint pain:** Using clove oil is good in this problem.
- **Skin problems:** Take 5-6 cloves, and 10 GMs. Turmeric and apply their mixture on affected skin areas it will cure sore.
- Whole body diseases:

### Daah or burning sensation:

- Take 2-4 cloves, and make its paste in cool water, and administer to patients by adding crystal sugar in it. The problem will be cured.
- \* **Fever:** Take equal quantities of cloves and Chirayta, and make paste in water and administer to patient, it is useful in fever. <<





**पतंजलि®**  
प्रकृति का आशीर्वाद

## पतंजलि स्піरुलिना एवं इसके अन्य हर्बल उत्पाद

पतंजलि ने प्रोटीन, विटामिन और खनिज की दैनिक आवश्यकता को पूरा करने के लिए 100% प्राकृतिक स्पीरुलिना पाउडर का शुद्ध रूप अपने उत्पादों में इस्तेमाल किया है। प्रोटीन, विटामिन और खनिज की प्रचुर मात्रा होने की वजह से स्पीरुलिना को सुपर फूड के रूप में मान्यता प्राप्त है। पतंजलि ने स्पीरुलिना को और अधिक प्रभावशाली बनाने के लिए अपने आयुर्वेदिक ज्ञान का उपयोग करते हुए स्पीरुलिना के साथ 3 अन्य उत्पाद (ऑवला, अश्वगंधा एवं मोरिंगा) विकसित किए हैं।

### स्पीरुलिना अश्वगंधा

- आपकी दिनभर कार्य करने की शक्ति को बढ़ाता है और थकान को कम करता है।
- वेज प्रोटीन, विटामिन और खनिजों का समृद्ध स्रोत।

### स्पीरुलिना

- वेज प्रोटीन, विटामिन और खनिजों का समृद्ध स्रोत।
- आपकी दिनभर कार्य करने की शक्ति को बढ़ाता है और थकान को कम करता है।
- पूरे दिन आपको सक्रिय और ऊर्जावान रखता है।

### स्पीरुलिना ऑवला

- प्रतिरक्षा में सुधार करता है।
- आपकी दिनभर कार्य करने की शक्ति को बढ़ाता है और थकान को कम करता है।
- वेज प्रोटीन, विटामिन और खनिजों का समृद्ध स्रोत।

### स्पीरुलिना मोरिंगा

- शक्तिशाली एंटी-ऑक्सिडेंट से भरपूर।
- प्राकृतिक रूप से सूजन और घाव को कम करने में सहायक।
- वेज प्रोटीन, विटामिन और खनिजों का समृद्ध स्रोत।

100%  
प्राकृतिक





Continue from  
Last issue...

# Self wellness from Wellness of others



**Shradheya gurudev acharya |  
Pradyuman Jee Maharaj |**

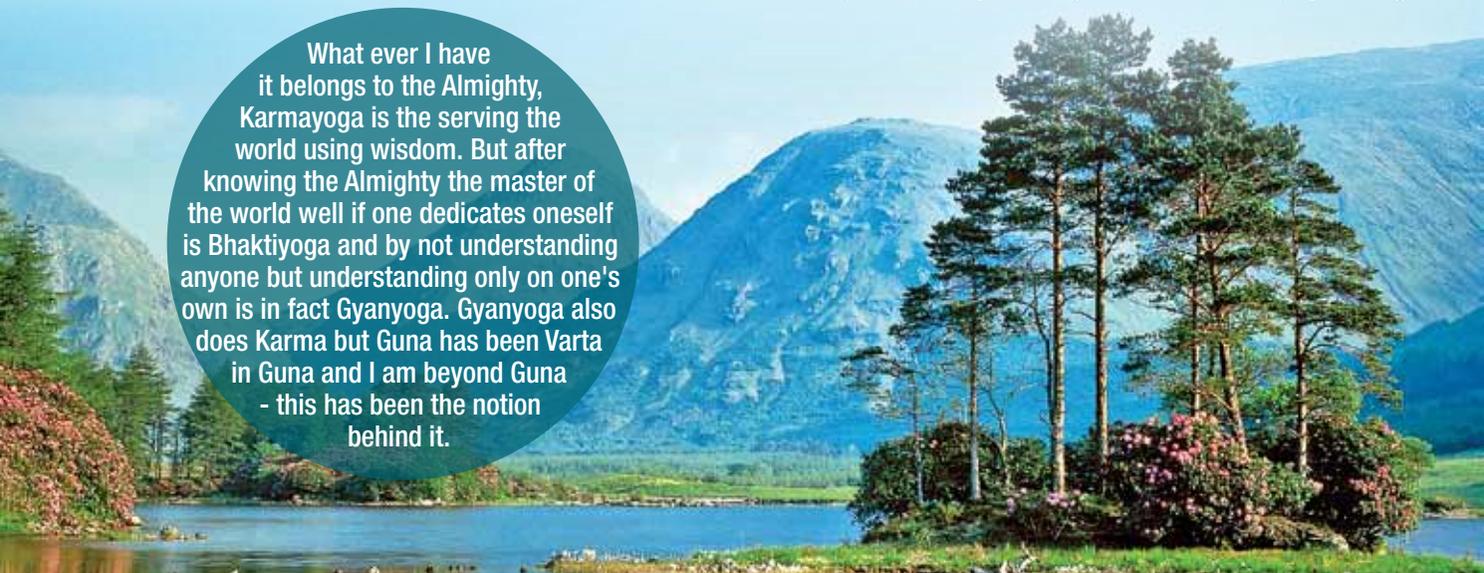
**I**n scriptures, to describe the forms of the Almighty who is eternal, we often get prohibitory words. It is due to the fact that in this stage of a person that element which is eternal gets associated with all the scenes and to break it this method has been devised. Through this process to break it the devotee reaches the stage this method has been devised. With this process the devotee gets in his personal stage where no subject, stuff, person, material, etc. remains important.

In Prashnopanishad also, by describing the form of 16 arts of him and his art less his pure form has been brought in view. Soul, dedication, panchabhuta, indriya, Man, anna, virya, tapa, mantra, karma, loka, naam, all these art forms have covered the Karmarthik form of the Almighty. Therefore they are called art (Kan Brahma Liyate Achhadayate Ya yasa Kala). A person's self welfare lies in achievement of that pure form of him. Half target of life is fulfilled with public welfare. Which means public welfare is related to doing something which is outside us and

self welfare is related to things in inside us. This is the position of the two. If there is some other way of self welfare or thus is the lone one that a man should not wish anything from others, should not say and listen anything from others and rise above all the functions of indriyas and this way get free from outside and become self centered. Of course there is something more here. When a living being comes in the world in the body of a human in that helpless condition it is necessary to take care of him. Initially love and affection with kin grows and then his company is with teachers and society and then he learns good and bad things and becomes capable of doing something. If he has enlightenment at the same time he also gets a desire to get material pleasure and if his this desire becomes stronger then he tries to get pleasure through wrong means and this even unwillingly he accumulates sin. This is a well known principle that material pleasure brings ominous while spiritual pleasure brings auspicious. But if someone gets good parents, family, friends, society, mentors, then his mind will be more tilted towards dharma, and he choses the path of dharma to fulfill his desire. And with this process the accumulation of virtues and it heads towards self welfare.

Complete self welfare is possible only then when a man gets some enlightened scholar as a guru and this guru is found in the form of one's mother, father, friend and Guru, or in some other forms. That Guru makes his student aware of scriptures. This way scriptures and guru sow the seeds of knowledge in the mind of their disciples. Later that seed develops even beyond the stature of the student. In the heart of the student purity, Sanctity, freedom, eternity, eternal peace grows with every passing

What ever I have  
it belongs to the Almighty,  
Karmayoga is the serving the  
world using wisdom. But after  
knowing the Almighty the master of  
the world well if one dedicates oneself  
is Bhaktiyoga and by not understanding  
anyone but understanding only on one's  
own is in fact Gyanyoga. Gyanyoga also  
does Karma but Guna has been Varta  
in Guna and I am beyond Guna  
- this has been the notion  
behind it.





day. This growing thirst searches for its ways and completes the demands of a devotee which he searches for with great desperation. Scriptures and teachers show path to a discipline that whatever has got accumulated with with according to rule wanting just nothing in lue of it keep distributing among interested people in which you may not have opposition or support of your wisdom. By doing so such a ground of your hear will be prepared in which the light of the Almighty can be viewed. This way your selfless service with the tradition of purity of your soul, they will become the means of your soul's purification. This way by moving ahead your self welfare will be ensured. Even Sadhaks with their accumulated good deeds will continue to moving with patience and his best wisdom, intelligence, brilliance, and trust in the words of guru will take him forward. Self welfare can be ensured and then accordingly two powers will meet and it is quite possible. The devotee's abhipsa and blessings of the Almighty. With the help of the blessings of the Almighty and help of scripture the thrust of a devotee increases and its intensity increases when a sadhak with his blessings and wisdom is capable of understanding the eternity of the world and can discriminate between the permanent things and temporary things. With the help of all these in the devotee love for the Almighty and infinite love is aroused. This love destroys all the wishes of a Sadhak. This world full of material pleasure which appeared him full of taste earlier now all that becomes tasteless for him. He shows interest in just nothing but in Almighty. He is not interested in eating, talking, roaming, he also doesn't want to get prestige, he becomes like a Deevana. And this situation's further takes to the Almighty. With the attainment of the Almighty a person becomes peaceful, balanced, good with mind, feels good for all, and becomes free from arrogance. Such people are called skilled or Brahmana by scholars. In Vrihदारanyaka Shruti Yagyavalakya tells Gargi, one who leaves the world without knowing it, he is poor, miserable.

Finally in short, it can be said that if right perspective is found then people and self welfare are neither opposite nor are anti but are complementary to each other. A devotee gets the insight that this nature is the abode of the creator and he is its master. All

the living creatures are servants and children of the Almighty. Man sees the image of his father in him. It will be the best duty of the man to become fertilizer of the garden in the form of this body and the heart must become filled with the love of the Almighty and arrogance could become vanished and wish nothing for ourselves. If one follows this path of life then all will be well in life. From this point of view, Karmayoga, Gyanyoga and Bhakti Yoga will be developed together.

In both material and subtle body Karmayoga from body, Gyanyoga from wisdom and Bhakti yoga from heart can be aroused and the three are not completely isolated but are complementary to one another. Just only important thing has been that one of them becomes important and the rest of the two become associates. Karma of humans are different therefore in someone there is intensity of action, in others there is intensity of ideas, in some others we have lacking of feelings in prominence. Generosity and dedication to duty are the means of Karmayoga. He considers that his capabilities are either given by the god or by the world. In both sorts of ways of understanding, he dedicates them accordingly. And wishes just nothing for himself because the kind of freedom, self rule, eternity of life he wants, it cannot be attained by getting to be a slave of a person, thing or circumstances as it is already available in itself. He becomes happy in himself. This is called Gyanyoga in fact. After listening about god if one offers his hearty love to him, this is exactly Bhaktiyoga. This means by accepting the Almighty with love offering love is Bhaktiyoga.

In short, what ever I have it belongs to the Almighty, Karmayoga is the serving the world using wisdom. But after knowing the Almighty the master of the world well if one dedicates oneself is Bhaktiyoga and by not understanding anyone but understanding only on one's own is in fact Gyanyoga. Gyanyoga also does Karma but Guna has been Varta in Guna and I am beyond Guna - this has been the notion behind it. A human has to be useful for the world - for both himself and the Almighty. In fact one who has attained self welfare only he can do Lokmangal or others' welfare in true sense. Living like a true Sachchidanand is in fact the true form of self welfare. In this state life becomes flawless naturally. Public welfare is lies in flawless life. <<





Continue from  
Last issue...

# How to rejuvenate Internal Strength

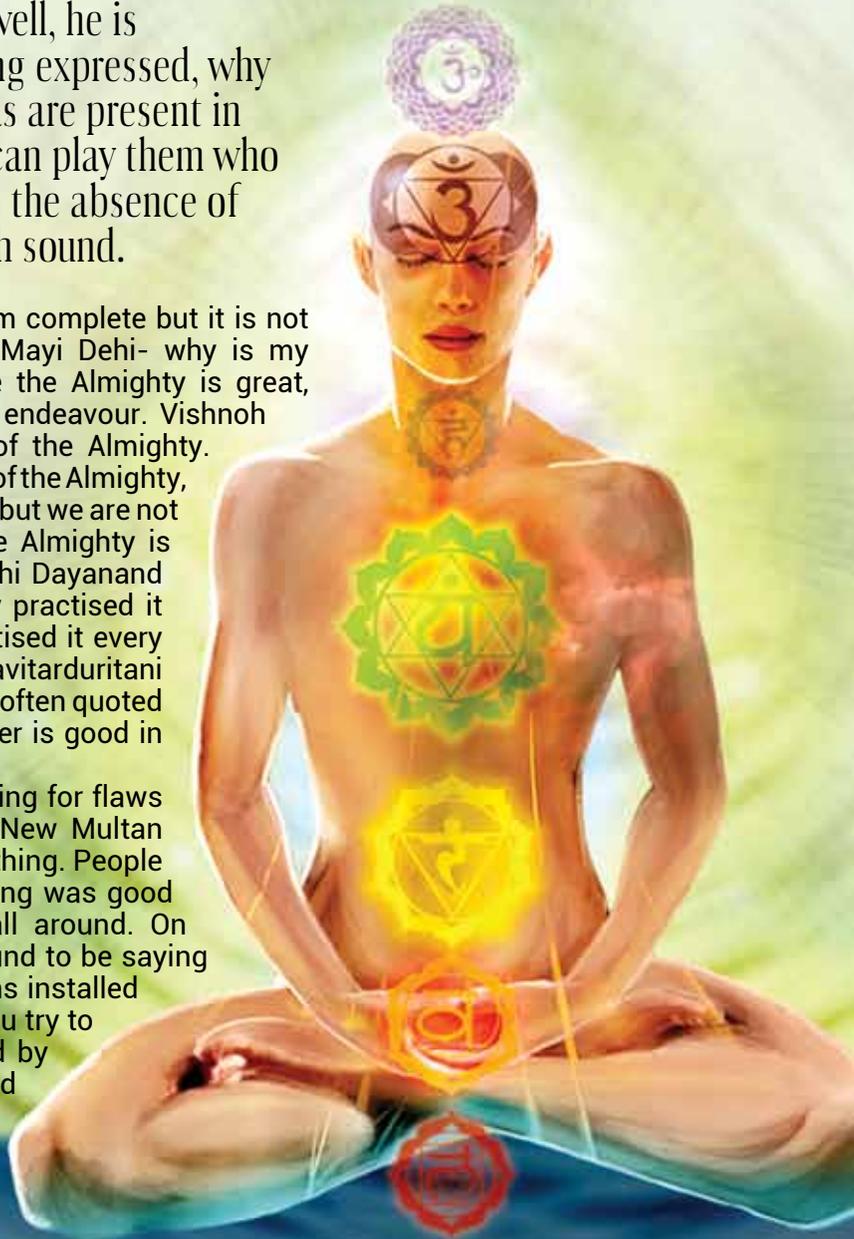


Sadhavi Acharya Devapriya

We often say that the Almighty lies in us. He lies inside us and outside us as well, he is omnipresent. But why is he not being expressed, why is he not being seen? All the Swaras are present in musical instruments, but only they can play them who have practised how to play them. In the absence of practise, you can produce only harsh sound.

**T**he Almighty is present in us, I am complete but it is not being expressed. Sahoasi Sho Mayi Dehi- why is my tolerance power very low, while the Almighty is great, tolerant, forgiving, just, and full of endeavour. Vishnoh Karmani Pashyat I All these duties are of the Almighty. Since, we have failed to practise the powers of the Almighty, therefore, though the Almighty is inside us, but we are not able to express him despite the fact. The Almighty is expressed from the personality of Maharshi Dayanand because Maharshi Dayanand did not only practise it only for hours to express him but he practised it every minute. In all his speeches- Vishwani Deva Savitar duritani Parasuva, Yada Bhadram Tanna Asuva- he often quoted it in his speeches. He would say- what ever is good in this world, we must try to attain it.

When we go some where, we start searching for flaws at those places, for example if we visit New Multan Nagar, Arya Samaj, Delhi, we do the same thing. People often say after visiting there that everything was good there but tumblers were spread there all around. On visiting Patanjali Yogpeeth, people are found to be saying that everything was right there but the fans installed there were of foreign brands. Why don't you try to understand that those fans were donated by some devotees some two decades ago and cannot be thrown away. When people visit someone's residence, they say daughter-in-law and mother -in-law of the family were not in good terms, though the two were smiling but everything was not well





inside. Their smile was for show off. In fact this person is not talking about Arya Samaj institute or Patanjali institute or the place where he visited and saw bad in relation between two ladies, in fact he is talking about his own point of views of the world. How has he practised to see the world. One who has beautiful view of looking at things, he can see lotus even in mud, he will not look at the mud. One who has ugly views, he will find spots even the moon. All these are the results of our practice.

### Practise to digest one's success

In this series of practice, we should remain unfazed and in the time of adversities, we should not lose patience. When a person gets a bit of success, things become a bit good for him, he gets fame and success, he forgets where he had started from. He forgets that whatever we have got have come from where, what way and the blessings of how many people are there behind his success. He forgets his success story. He becomes ignorant and after some time people push him out of their lives. Therefore a man must know how to remain cool with his success. One must have the practice of keeping oneself stable even in good situation. In fact, a flower can bloom on a plant when it is associated with soil on the ground. If he does not think of his roots and thinks that roots have no importance, as it is beneath soil, people praise him, but the day a plant is disconnected from his roots he will become dry. In fact all the beauty of a plant is only due to the roots beneath the soil which are never visible. This is what we have the practice of keeping ourselves cool in all circumstances. We often face conducive situations and adversities equally, we should lose our cool in adverse situations, otherwise a man will become depressed, he is broken down, this is the problem of all of us, we know good things and also speak such things, but when we are faced with adversities, we start crying. If we are a bit matured, we smile in front of others but at the same time we cry in loneliness. But we are not able to control our emotions, if one cries inside or outside but it is reflection of our weakness, we have same strength, we have almighty both inside and outside, but company of sacred souls, meditation, fast, etc. make the unexpressed active, he becomes expressed, therefore we should practise association with good souls, meditation and penance.

### Practise to play our role in right manner

All of us are playing our parts in our lives, here we present an example - a man was doing acting on a stage, in that role he had his character, that his boat had got drowned in water. His family was destroyed and all his wealth was lost, due to all these incidents, he gets heart attack and he dies, that man plays his part with full dedication and he lies on the stage like a dead, his relatives have surrounded him from all sides and they are crying, he is not affected, he remains in the same pose but after the play was over, he is found sipping tea outside. At time a man asks him that some time back you were seen dead and now you are smiling, then the actor said that

he was only doing his part and it was not his personal story and then he describes about his personal life saying that he lived at some place with his wife and children and he was doing all that only to feed them. He said that his story was quite different from the story of the person who was in the play. But if you look at the actor's personal life you will know that he was also playing a part there in his personal life too, somewhere of a husband, somewhere of a father and somewhere of a businessman. But in reality he was only a soul. In it, nothing can be added, nothing can be subtracted. From 50-100 years ago, some others ruled over this country and today it is you who is ruling over this land. In the past others were speaking, today it is you who is speaking and tomorrow, it will be you who will be speaking. All are playing their parts. On the stage a good part is played and the act also gets satisfaction and others also praise him but this life and the whole world is a stage of the Almighty. We are playing our part, this is exactly what that we often forget. We feel that this has been our existence for ever, just think even in this life how many roles we have played in our life, first as a child then as a youth, a student, sometime as a speaker, sometime as a husband, some others play the role of a wife, many friends will desert us and many new will join us, all this keeps going on, and we have to practise all properly as a good mother-in-law, good daughter-in-law, good husband, good wife, good son, etc. <





Ahead from  
Last Part

# What do we want to

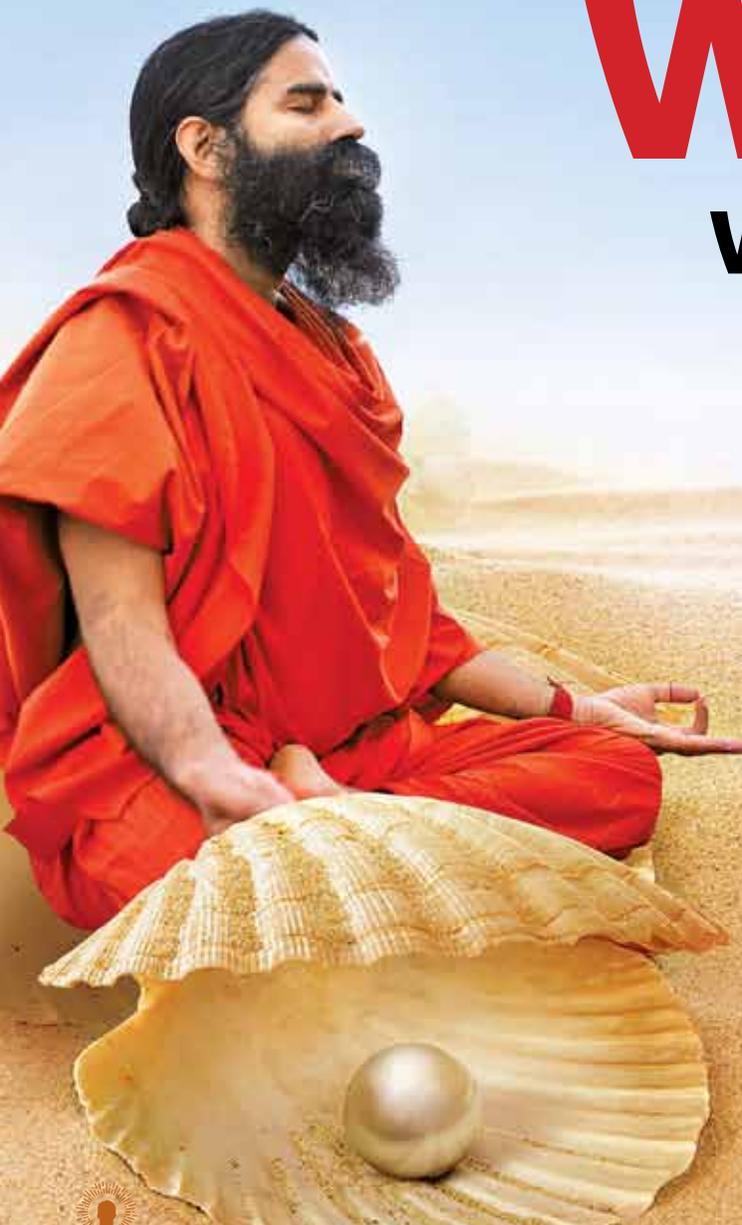


-Dr Radhavallabh

## The Everyone wants Purity and meaningfulness

**W**hen we look into the depth of our inner self, we know about our nature and wish that we want to have pure milk, ghee, air and water. I want my behaviour, thought and surroundings everything pure, nothing impure. Pure means clean and flawless, right and meaningful, according to virtue and just.

As an ideal, pure and meaningful life we can take the example of the life of respected Swami Ji Maharaja. Whenever he was cheated by any associate, he immediately dissociated him, When the circumstances forced him to shun the path of virtue for wealth, he decided to incur financial loss. When he got a chance to do something good he set up Patanjali Yogpeeth and Patanjali Ayurveda to promote yoga and Ayurveda. By seeing all this and knowing all these things we reach to the conclusion that we wish for material pleasure but only in their purest form and we want to get these pure material pleasures through the purity of our





behaviour. It is more so because, one who will be more pure will be more productive, pleasurable in result. On the contrary, one who will be more impure, he will be more and more painful. Purity is our second wish and purity has got meaningfulness, therefore we can adopt things, ideas and actions in their purest forms we can get our wish of having flawless life fulfilled.

### All wish to become owner or master

We also see it or know it that people want to have a complete ownership on pleasurable and pure things. For example we don't want to have a rented house but our own house, husband and wife want to have complete right on each other, a lord wants to keep his servant under him like a slave. Want to make everyone their favourite and helper a well. They all want this because they could get all the pleasure and benefits without any hurdle and could also live freely. Perhaps they think that their welfare is ensured in becoming the master of others. This wish of ownership is our third wish on which we want to have control on our home, family and all the sources of pleasure. You wish to have a full control on your institute and company so that you could use them for social welfare with full freedom.



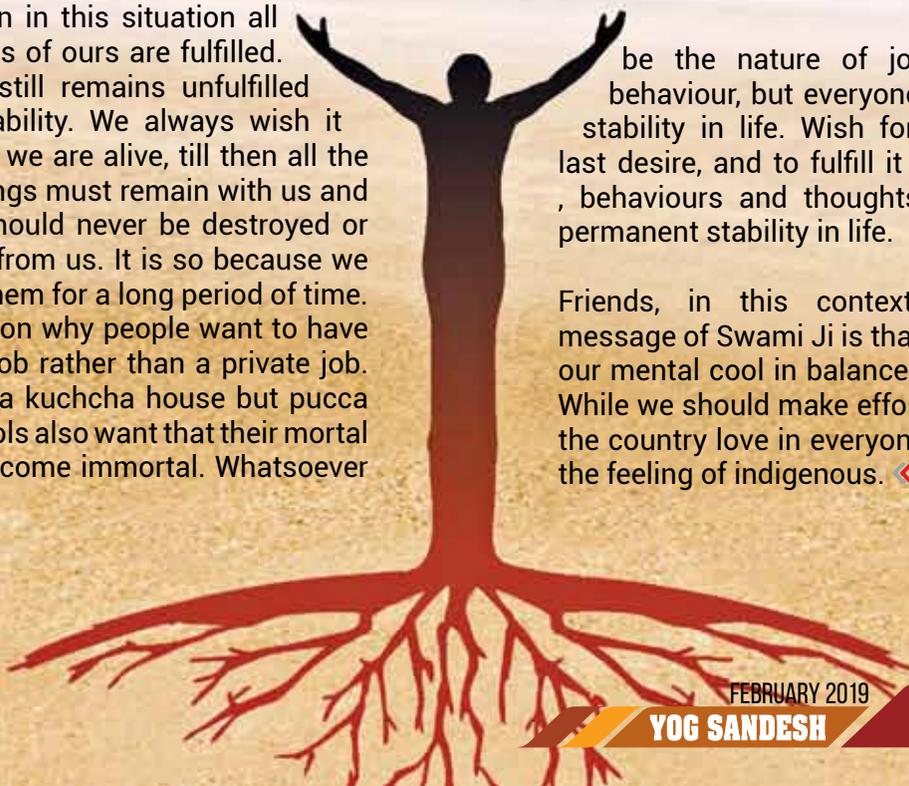
### All want to have stability

By moving ahead on the path of life we all also see it that whatever we use, if they are pleasurable and pure and also be in our control then in this situation all the three wishes of ours are fulfilled.

But one wish still remains unfulfilled and that is stability. We always wish it that as long as we are alive, till then all the pleasurable things must remain with us and near us they should never be destroyed or never be away from us. It is so because we want to enjoy them for a long period of time. This is the reason why people want to have a government job rather than a private job. Nobody wants a kuchcha house but pucca house, some fools also want that their mortal body should become immortal. Whatsoever

be the nature of job, residence or behaviour, but everyone wishes to have stability in life. Wish for stability is our last desire, and to fulfill it we adopt things, behaviours and thoughts which give us permanent stability in life.

Friends, in this context an important message of Swami Ji is that we should keep our mental cool in balance for peace in life. While we should make efforts for stability in the country love in everyone and to develop the feeling of indigenous. <<





Human life the best with the grace if god. The person who has notion of the fact, only he moves ahead in life and attains prosperity without any hurdles. With the blessings of the Almighty, human being has got enormous wealth of skill and capabilities, but the question is what a man should do attain this treasure so that he could attain skill in life and along with oneself, he could ensure the progress of the society and the nation



# Know your priorities



Swami Atharvadeva |

**O**ur sages and our well wisher great souls resolved the mysteries of our life and showed us the path of prosperity. They showed us various ways but some of these ways and directions are very useful for everyone in the world if he wants to attain material and spiritual prosperity in life.

### Know your priorities

There are certain priorities of life which are very important for all humans. For example-

### Character

In making the human life great, in making it good for all and dedicated for all, character is the

most important thing, anyone who is associated with any sect or religion, his character has to be clean, we should not shun our modesty, humbleness, and goodness. This way our character is our top priority. Swami Ramdev Ji always repeats one thing that everyone cannot become a scholar because it is the character which builds a sage. We should devote most of our time and energy in development of our character because character is a very comprehensive word. It includes all our efforts, all our duties. Our entire behaviour whether it is related to our speech or body, all their result is our character. Therefore have priority to build a pure character and improve it to be better than what it was in the past.

### Practice

Practice is also a very comprehensive word as character is. All our efforts are the results of our past practices. Even our views are also the result of our practices. If you see the life of all great men and the best people, it will be clear that their practices





were so clear. In their each practices, there will be complete authenticity, complete dedication and complete feeling of honesty in their respective duties.

Every individual has a separate nature, as everyone's practices and efforts are different. If any wrong practice, or wrongly made efforts in a wrong context becomes strong, it becomes a part of our nature due to this our life starts on the path of decline. Then we become so accustomed to this wrong practice that it cannot be removed from normal efforts. For this we are required to have absolute awarenesses and efforts. Every individual has got some priorities every time and such priorities are different for different persons. They can be the best and can be followed by others or can be worst and avoidable. Therefore by heart, mind and soul, our practices should be very sacred, and free from demonic wealth. Demonic wealth which is given in the Geeta-

**Dambho Carlo an human ashcan Krodhah Parushyameva Cha I  
Agayanam Abhijatsya Parth Sampadamasurim II**

By getting free from these demonic wealth completely, we should give priority to the practice of living as they make human life stagnant and snatch the entire vitality of life and the man starts living like a machine and he becomes like a slave. Therefore it is of vital importance to make our efforts completely pure and skillful. This effort could either be of getting at dawn or giving respect to elders, even our slightest efforts should be completely refined and the best.

### Time management and best use

A man could be from any field whether he is a spiritual person or he is a follower of the path of materialism. But if he has to reach to the top in his field then he will have to have best character and practices apart from having skill to manage his time in the best possible way. This is also a practice but due to its priority, it is important to describe it separately. Because, without time management building a great human character is not possible. Besides, to attain all sorts of skill and to get completeness, it is of a vital importance that one should do steady efforts. But this is not possible without time management. Now in it one more challenge that we confront is that after time management how to use in the best possible way. For this we will be required to be aware as we have to attain the zenith.

### Make your present fertile

If we look at ourselves honestly, it will be clear that most of our time is spent in thinking about our past incidents or future plans. But we fail to make our present balanced and fertile. This is the cause for all our pains and regrets. And in scriptures, self regrets has been described as death. That we usually think of but are not able to act accordingly, this leads to our immediate death. The

Our entire behaviour whether it is related to our speech or body, all their result is our character. Therefore have priority to build a pure character and improve it to be better than what it was in the past.

death of our resolve is in fact our death. Therefore if one has to go beyond this death, then it will be required to prevent our present from becoming unfertile. We will have to water our present only then it will be possible to keep the consciousness of our resolve alive otherwise death will continue to hover. Therefore awareness and consciousness of our present is the need of hour and by doing so we can follow the path of success.

This way we will have to fix these type of priorities in life which will have to be comprehensive and universal because life is so enormous that even a man starts contemplation that whole life will be spent in thinking. Therefore the way in a shloka of Chanakyaniti it has been advised to worship the extract like nectar, the same way we should worship our priorities.

**Anant Shastram Bahulashcha Vidya  
Alpashcha Kalo Bahuvidanta Cha I  
Yatsarbhumtam Tadupasaniam  
Hanso Yatha**

**Kshirmiwambumadhyat II <<**





# Patanjali gave a new lease of life

**I** had problems in moving from one place to another and had also almost lost control over excretion and I was not in a position to realise to feel it. I went to PGI Chandigarh for check up and Spinel Dural Fistula was detected. Two years ago I visited Patanjali Yogpeeth where Dr. Ketan Mahajan started treatment and prescribed Ashwagandha capsules, Kaishor Guggul, Chandraprabha Vati, Sheelajeet Rasayan, Aekangveer Ras, Praval Pishti, Giloy Satt, etc. medicines were prescribed. These medicines had amazing effect and today I am fit and can move on my own. Now my excretion related problem has also got cured and today I am a healthy person. <<

From - **Ranjeet Shyam**, Mohali, Punjab



# Successful treatment of fistula

**I** had constipation problem and I often had bleeding from anus. I consulted doctors and they told me that I suffered from fistula which had given birth to many other problems. For treatment I visited Patanjali and here Dr. Saurabh Dharma advised me for surgery and I started taking medicines according to his directives. He advised me to take Arshkalpa Vati, Triphala Guggul, Giloy Ghanvati, Pidantak Vati, Abhyarishta, Pidantak Vatti, Udarkalpa Churna, Jatyadi Tail, etc. and after three months, my wound has healed and now I feel healthy again. <<

From - On **Pal Singh Kankhal**, Haridwar

# Patanjali solved bone marrow problem

**I** had bone marrow problem since I was just 9 years old. For this, I visited many doctors but no permanent solution could be found. Then I went to Patanjali and here Dr. Priyanka Vadhwa suggested Sanjeevani Vati, Giloy Chan Vati, Sarvakalpa Kwath, Mulethi powder, Saptamrit Lauh, Muktapishti, etc. medicines started. In domestic treatment I was prescribed wheat grass juice, Neem-Tulsi extract, Ghritkumari, etc. Now I have up to 70 percent relief. I hope I will soon become completely healthy. <<

From- **Kartik Kakkad**, Moradabad, Uttarpradesh





# पतंजलि® दन्त कान्ति

## पतंजलि के हर्बल टूथपेस्ट से दाँतों को दें लम्बी उम्र का वरदान

### दन्त कान्ति एलोवेरा

#### 14 जड़ी-बूटियों से निर्मित

पेश है भारत का पहला एलोवेरा टूथपेस्ट जो पायरिया, मसूड़ों से खून आना, सेंसिटिविटी एवं पीलेपन आदि से बचाए और दाँतों व मसूड़ों को दे असरदार सुरक्षा।

### दन्त कान्ति रेड टूथपेस्ट

#### 16 जड़ी-बूटियों से निर्मित

बेशकीमती जड़ी-बूटियों, गेरु व टंकण को मिलाकर बनाया गया एक विशिष्ट टूथपेस्ट जो आपके दाँतों को लम्बे समय तक कीटाणुओं से बचाकर दे ताज़ा साँसें।

### दन्त कान्ति फ्रेश एक्टिव जैल

#### 9 जड़ी-बूटियों से निर्मित

ठंडक की अनुभूति के साथ आपको दे सुखद स्वाद और लम्बे समय तक ताज़ा साँसें। अब सिर्फ कैमिकल से बने अन्य हानिकारक जैल टूथपेस्ट न अपनाएं।

### दन्त कान्ति मेडीकेटेड

मसूड़ों की सूजन, खून आना, दाँतों की सेंसिटिविटी (झंझनाहट) में लाभदायक। दाँतों व मसूड़ों को मजबूत व स्वस्थ बनाए।

### दन्त कान्ति नैचुरल

#### 13 जड़ी-बूटियों से निर्मित

दाँतों व मसूड़ों की समस्याओं जैसे पायरिया, मसूड़ों से खून आना एवं पीलेपन आदि से छुटकारा दिलाकर आपको देता है प्राकृतिक सुरक्षा कवच व स्वस्थ और सुन्दर मोती जैसे दाँत।

### दन्त कान्ति जूनियर

#### एसएलएस फ्री

कैविटीज़ से दाँतों को बचाए, कीटाणुओं से लड़े और ओरल हाइजीन को बनाए रखे। हानिकारक एसएलएस फ्री टूथपेस्ट।

### दन्त कान्ति रेड एडवांस्ड

#### 26 जड़ी-बूटियों से निर्मित

दाँतों व मसूड़ों को बनाए स्वस्थ व उन्हें दे लम्बी उम्र। डेन्टल प्रॉब्लम्स जैसे पायरिया, मसूड़ों की सूजन, दर्द व खून आना, सेंसिटिविटी, दुर्गंध एवं दाँतों के पीलेपन से दे छुटकारा।





# Ayurveda has complete cure for high Blood Pressure

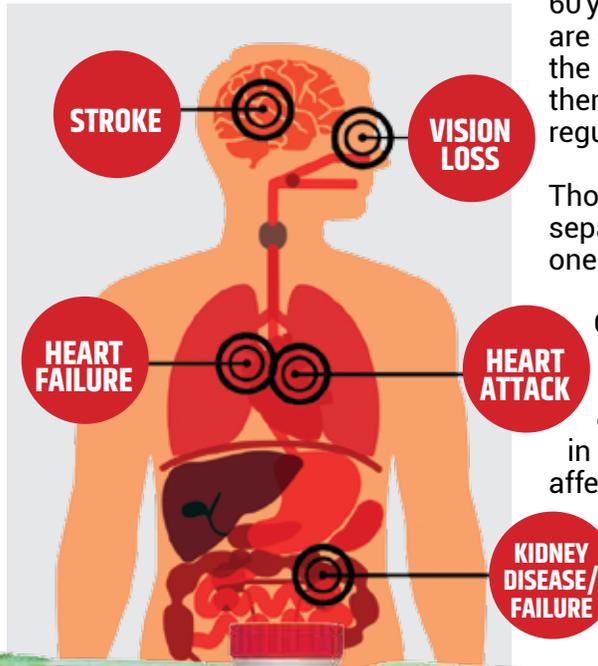


**Vaidya Nripendra Pandey** |  
Swasthya Vrita Vibhag  
Patanjali Ayurveda University, Haridwar

**H**igh blood pressure or hypertension have become a serious problem across the world. It is commonly called high blood pressure. It is a deadly disease but no danger is observed from outside but when it becomes uncontrolled then it has various serious effect on other body organs. Earlier it was believed that this problem can appear in aged people but in changed environment it is also observed in youth. Following are some of the data in this regard:

Blood pressure category	Systolic (mm Hg)	Diastolic (mm Hg)
Normal	120	80
Pre-Hypertension	120-139	80-89
High Blood Pressure (Stage-I)	140-159	90-99
High Blood Pressure (Stage-II)	160 or higher	100 or higher
Hypertensive crises (emergency care needed)	Higher than 180	Higher than 110

## LOSS OF BODY HYPERTENSION



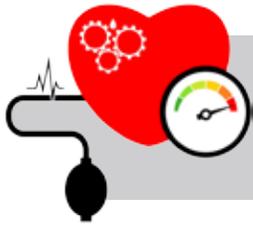
In India, every one out of three persons is a patient of this problem and 2/3rd of total blood pressure patients are below 60 years of age. Half of them are not aware of the fact that they are suffering from this problem. And those who are aware of the problem, most of them avoid treatment and also among them those who are being treated, they are not serious about regular treatment.

Though blood pressure has not been categorized as a separate top of diseases in Ayurveda but it can be cured if one follows this method of treatment.

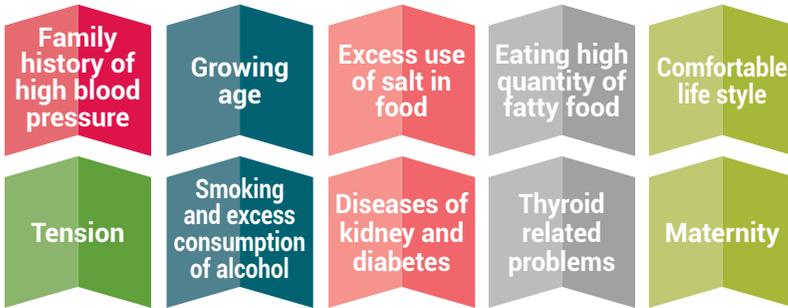
Our heart as a pump in our body and it has got a very important role in blood circulation. The pressure in our blood vessels is called blood pressure. According to body construction and age group there can be a slight change in blood pressure level of people. Blood pressure can be affected due to daily activities. If a person's blood pressure is 140/90 mm of Hg or higher than this, then the man has high blood pressure. Pre-hypertension is the state prior to hypertension and it is between 120-139 mm Hg is systolic and 80-89 mm Hg is diastolic stage.

Hypertension is also called silent killer, because among 90 percent people suffering from high blood pressure no major symptom is observed. In most of the cases no clear reason of hypertension is found and it is called essential or primary hypertension. While in other matters, secondary hypertension is observed in which hypertension takes place due to some disease or some other reasons.





## Factors which have impact on blood pressure:



Though 90 percent patients of hypertension have no clear symptom of it, but some patients have headache, dizziness, fatigue, vomiting, lack of concentration, sight related problems, etc. If high blood pressure problem is not traced on time and if it is not treated on time, then hypertension may have serious consequences on whole of our body like brain, heart, kidney and eyes.

- Stroke/ Brain attack are most likely
- Maximum chances of heart attack
- Kidney failure
- Haemorrhage
- Blindness

Some doctors start treatment of high blood pressure after reading 140/90 only which is wrong to do by having this reading for just once. While it is advised that if one has high blood pressure for a continuously long periods of time, only then medicines should be started that too if it is needed. High blood pressure is only then when we get sustained elevation, which means if a person's blood pressure is high for a continuously long period of time only then it should be considered as the state of high blood pressure. And medicines should be administered to a patient. Normally when the blood pressure is 140/90 mm Hg or higher consistently only then medicines should be given but in the state of pre hypertension (below 140/90 mm Hg) one can control and cure the problem only with the change of food habits and change in life style.

Pre-hypertension and stage I of Hypertension can be controlled by the means of Ayurveda. In Ayurveda, causes of a disease are treated and not its symptoms. Some patients themselves start taking Ayurvedic medicines of blood pressure and this leads to serious consequences. Actually selection of disease depends upon the cause of disease, therefore never try to treat yourself on your own. Better take advice of Ayurveda doctor and then take medicines accordingly. If a patient of this problem brings proper changes in his life style and food habits, then he can get rid of this problem for

ever. Patients of high blood pressure must do exercise regularly. To get rid of stress, should regularly do Pranayam, Asana and Meditation. Among various types of Pranayams, Anulom-Vilom, Bhramari and Udageeth are very good for such patients. Among Asanas, Shavasanas are most useful. Chanting of Gayatri Mantra is also very useful. Regular blood pressure test is also important. Take sufficient quantity of food in balanced quantity. Use of seasonal fruits and vegetables is good. Develop a good habit of taking breakfast, lunch and dinner on time. Go to bed on time in the night and get up on time as well every morning, try to take complete sleep.

**Laughter is very important for the patients of this disease. Therefore, whenever you get chance just laugh loud.**

- Drink bottle gourd juice.
- Take least quantity of salt in food.
- Avoid fatty food.
- Do regular exercise, asanas, Pranayam, meditation, etc.
- Keep mental stress away.
- Avoid smoking and consumption of alcohol
- Keep your body weight under control. Also keep obesity away.
- Use smart phones only when it is most needed.

Many patients of hypertension have successfully controlled this diseases by taking 2-2 tablets of Muktavati daily morning empty stomach and by also practising yoga.

For the patients of high blood pressure, some especially useful Ayurvedic medicines are as follows- Muktavati, Medhavati, Brahmi Powder, Shankhpushpi powder, Arjunarishtha, etc. But never take any of them without consulting an Ayurvedic physician. Taking advice of expert and dedicated Ayurveda physicians at all authorised Patanjali Arogya Kendras that too without paying a single penny will be useful. <<





# Useful health tips



Respected Acharya Balkrishna Ji Maharaj |



**Everyone wants good health and success in life. Let us come and know some important health tips of life:**

- Only a healthy person can prosper in life and can also get rid of pains and enjoy pleasure.
- Diseases obstruct the progress of the human body, mind, economy, country, society. Their downfall is also invited by diseases.
- Getting up early in the morning, drinking ample amount of water, exercise, pranayam, meditation, taking food timely, eating by chewing properly, eating lesser than one's hunger, etc. are key to healthy life.
- Those who follow a natural way of life they live

long and those who have contamination in their lives have a short span of life.

- Diabetes, blood pressure, obesity, etc. are born due to western life style. These diseases can be kept at bay with healthy and good food habit and healthy life style.
- If one eats wheat, jwar and Millet by mixing them together we can remain protected from many diseases.
- Amla juice is a harm free and best medicine for many diseases related to constipation, acidity, hair fall, weak eye sight, skin lacking glow, etc. It is a natural way of treatment of diseases.
- Proper use of water, food grains, spices, oil, etc. if uses in right quantity, we can remain healthy for a long time, while their improper use can destroy our health.
  - Purity of food and life style give us good health, success in job, while impurity in way of living gives us diseases, incapability and failure.
    - Whatsoever be the type of addiction, it adversely affects our health, body, mind, social, moral and economic way of life.
    - Cold drinks, spurious and adulterated food stuffs, are bad for our health, by manufacturing them and selling them in the market, we are in fact playing with their life and this way committing a sin and a crime.
    - Milk and pulses give us protein, leafy vegetables give us calcium, magnesium, phosphorus, manganese, iron, ground nuts give us sodium, potato gives us potassium, apples give us anti oxidants, also avoid allopathic medicines as much as possible.
    - Stress, fatigue, depression pimples, rot in teeth, heart problems, hypertension, obesity, constipation, high cholesterol, diabetes, weak immunity, lack of nutrients in food, etc. are caused due to consumption of fast and junk food.
- The kind of seriousness that we show for treatment after falling ill, if we show same proportion of seriousness for prevention of diseases then we will never fall ill.
- A Vaidya of medical expert is Father of a patient and brother of a healthy person and his main target has been to cure the diseases of a patient and not to destroy his wealth.
- We get food from farmers, food gives us strength and strength gives us capability to do our work successfully. This way we get help from farmers in doing Dharma, Artha, Kama and Moksha. <<





पतंजलि®  
प्रकृति का आशीर्वाद

# च्यवनप्रभा

वैज्ञानिक रूप से तैयार किया हुआ एक हर्बल उत्पाद है, जिसमें कोई अतिरिक्त चीनी नहीं है, जिसमें 40 से अधिक जड़ी बूटियाँ हैं। भारत में मधुमेह के भविष्य में खतरे को समझते हुए, पतंजलि च्यवनप्रभा में अनुमोदित कृत्रिम स्वीटनर का प्रयोग किया जाता है जो सेवन के बाद शर्करा में ग्लूकोज स्तर को तेजी से बढ़ने नहीं देता। प्री-मधुमेह और मधुमेह से पीड़ित लोगों के लिए यह उत्पाद स्वादिष्ट और स्वस्थ है।

बिना अतिरिक्त चीनी के

## च्यवनप्रभा के लाभ:



क्लिनिकली परीक्षित



इम्युनिटी बढ़ाए



स्टेमिना और ताकत में वृद्धि करे



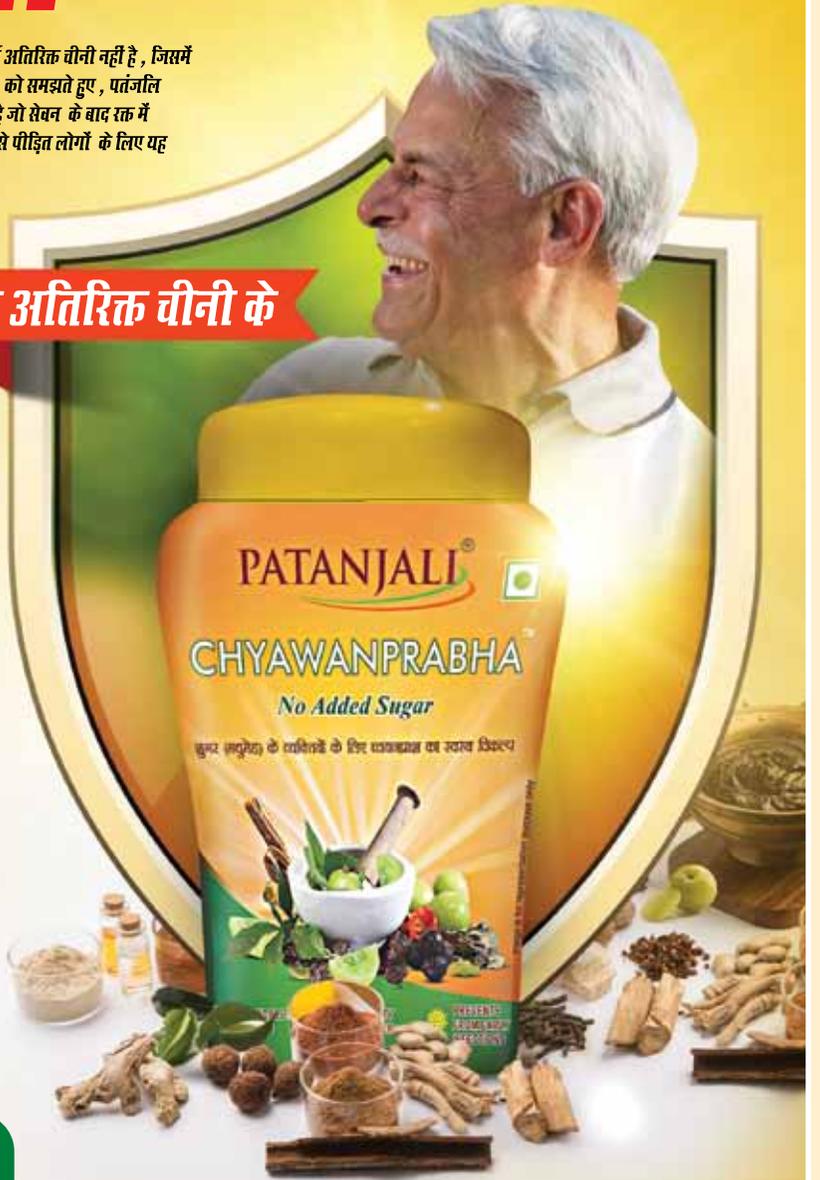
प्री डायबेटिक और डायबेटिस के लिए उपयुक्त है



प्रारंभिक संक्रमण से रोकघाम करे

उपयोग करने की विधि : 1-2 चम्मच सुबह और शाम हल्के गर्म दूध के साथ लें !

सावधानी: बच्चों के लिए वर्जित है





Due to the blessings of Swami Ji and Acharya Ji on January 5, 1995 a sapling was planted to serve the nation, today has emerged as a huge tree.

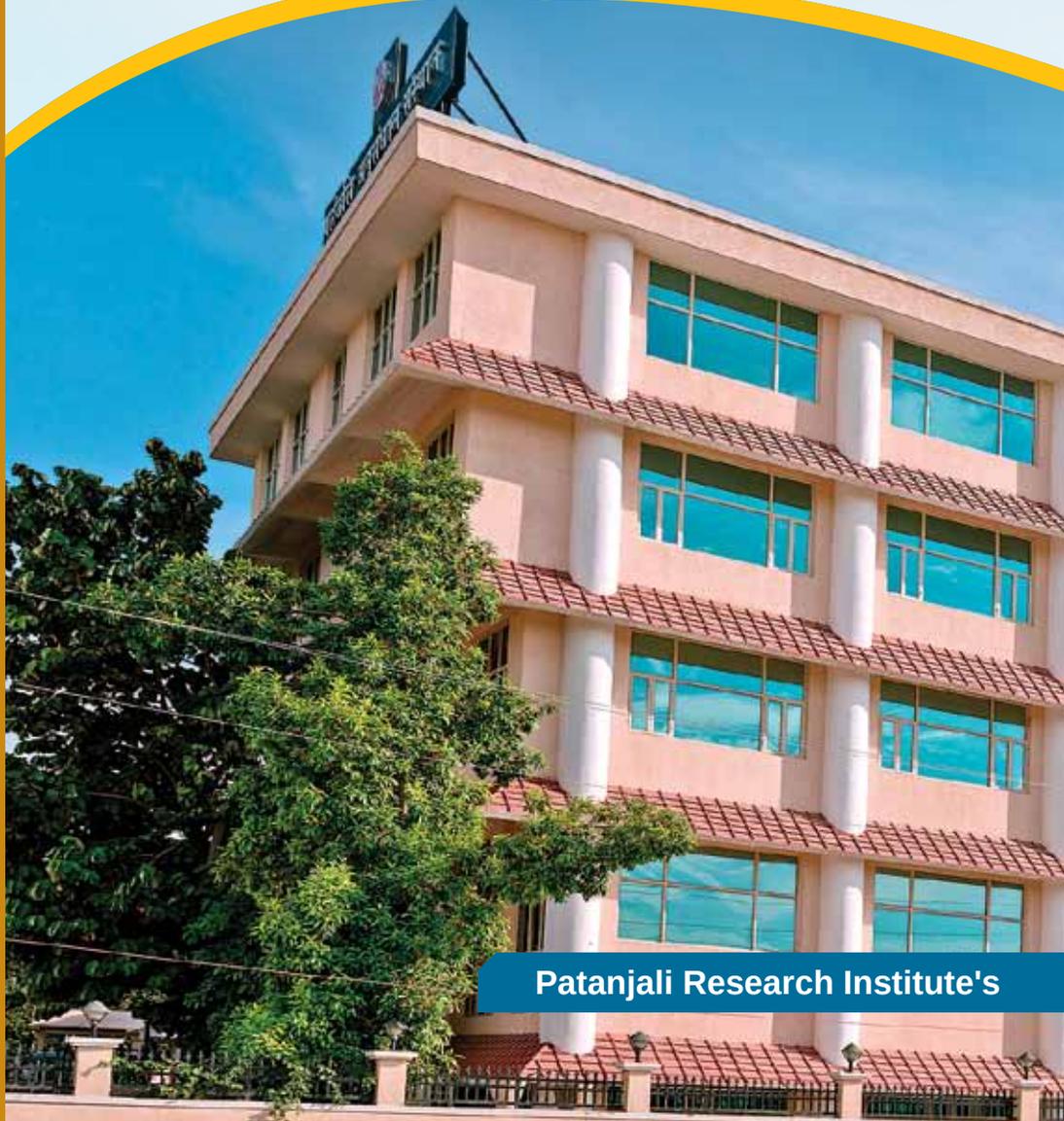
In the form of various departments Patanjali's public well-fare services are today emerging as a ray of hope for the entire country, from among these departments, is a research based unit which is called Patanjali Research Institute's drug discovery department.

# Patanjali Research Institute Drug Discovery Department



**Dr. Anurag Varshneya** | Vice president, Patanjali Research Institute

**P**atanjali Yogpeeth is dedicated for expansion of yoga and Ayurveda, and in recent years Patanjali has been more and more focused on herbal research development. Patanjali Research Institute (PRI) has Drug Discovery and Development Division (D-4), which is in fact run by Patanjali Research Foundation Trust. At present, more than 300 scientists are working at Patanjali. The subject



Patanjali Research Institute's





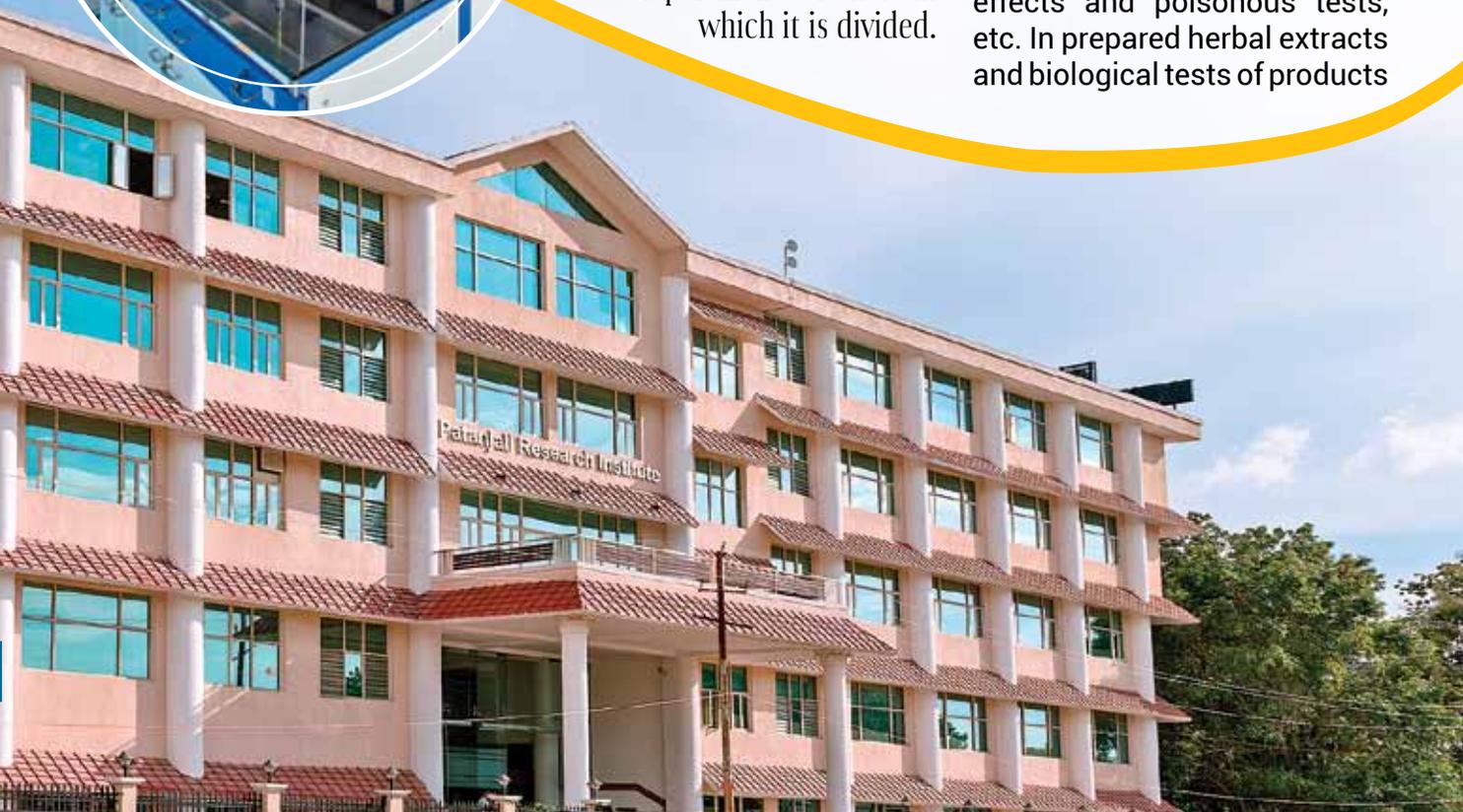
Genomics Lab



(Chemistry Lab)

of research at D 4 is against various human related diseases in medicinal, treatment and safety related matters studies. We have been working on diseases like diabetes, obesity, heart diseases, liver and kidney related besides arthritis, swelling, pain and microbial infection related departments are here in which it is divided. For this work , D-4 has been divided into department of chemistry, biology (in-vitro and in-vivo) and microbiology departments. In every part, different types of infrastructural and basic equipments are available. These three departments are independent in various research works like physical, chemical analysis, comprehensive biological effects and poisonous tests, etc. In prepared herbal extracts and biological tests of products

We have been working on diseases like diabetes, obesity, heart diseases, liver and kidney related besides arthritis, swelling, pain and microbial infection related departments are here in which it is divided.





and in aqueous, alcoholic and hydroalcoholic solvents, phytochemicals are included. With them, they also contain Vitro-biology tests are included.

In the study of biological final points, mammals use cell culture, and in them cellular, physical and molecular structures are included. This cyto-toxicity, enzymatic and biochemical activities are assessed through low, medium and high throughput assays, pharmacodynamics and pharmacodynamics forms, stimulating middle's analysis, oxidative stress, separation of nucleic acid and protein and functional analysis are included. These practices and Varnamity Gunak are found with the help of nano-drop, RT-PCR, western blot, Alisa, DNA micro-array, nano-string, flow cytometry, GC-MS, LCTLC, HPTLC, and HPLCiSTUM etc.

For microbiological profiling, e-coli, P-Arignonosa, S-Auriosus, and salmonella SPP like bacterial isolets and special disease causing by formative methods and biochemical tests are used to do this and the the molecular techniques at a definite time like one in the gene, special primary development, etc. Total aerobic bacterial count and for total yeast and molds counts, tests of



microbial contaminants are also tested. With this, of these herbal stuffs vitro bio activity, which means anti microbial sensitivity assay, minimum preventive concentration (MIC), Minimum anti-Germ aekagrata (MBC) are also done. By using different micro molecular methods, we make the use the methods of action of these herbal medicines. In the next stage of screening, vivo tests of small and healthy animals is also included. In it, rats and like them are included. At Patanjali Research Institute, we have well arrangements for rats, rabbits, etc. for conducting these types of tests. With the purpose of control and survey, facilities under committees has been registered with the Government of India's environment, forest and season change department, New Delhi. The tests on animals are done under institutional Animal Code Committee. The facility has been built with the concept of clean and dirty corridors, and a well furnished pathology lab, microbiology lab, biochemistry lab, instrumentation laboratory, besides live animal imaging and airy cages have been set up. Animals are well controlled, and they are kept under controlled temperature  $22 \pm 3$  degree Celsius, 30-70 % humidity and 12:2 hour light and dark cycle is maintained. And to take care of them well dedicated staff have been appointed. This system is supervised through CCTV cameras and presence of well trained staffs so that infection in animals could be minimised. Our highly qualified and experienced team of scientists are mainly working at present in the fields like metabolism, autoimmune, oncology, gastrointestinal and pain related problems. Our entire mission is based on authentic, Ayurvedic, plants generation and yoga, and also to make strong body and ensure the global prestige of Ayurveda. <<





# Unique Experiment

## of Pujyasri Swami Ramdev Jee Maharaj and Shradheya Acharya Balkrishna Jee Maharaj

**O**ur ancestors and ancient sages have done experiments on each and every yoga methods and each and every herbs for lakhs and crores of years. Some of these methods and medicines have been used on crores of patients by Swami Ji and Acharya Ji. These methods and medicines have been found to be very useful and effective on these patients and they have placed them in their book Aushadhi Darshan. Some of these formulas which are important are being given here for the good health of the people-

### Dates useful in winter

Dates have hot nature therefore consumption of it gives warmth to our body and protects us from effects of cold in winter. Taking 3-4 pieces of dates with milk everyday keeps us protected from cold.

### Cinnamon cures cough

Take cinnamon and make its powder and one fourth of a tablespoon should be mixed in one one cup water and boil it, consume the boiled water after filtering it. Take this twice a day as it is very useful in cough problem.

### Pearl millet highly useful

It contains a lot of calcium, protein and iron. It is also warm by nature therefore its consumption protects us from arthritis, joint pains, asthma, etc. Its use also makes our muscles strong.

### Turmeric keeps liver healthy

Turmeric is a healthy stuff as it is an antioxidant. It is a natural medicine for liver. If one takes one table spoon on turmeric mixed in lukewarm milk, it cures liver problem.

### Tulsi heals stress

Due to modern work environment, everyone is stressed in the society these days. To release stress, boil Tulsi leaves in milk and drink it, as it makes us free from stress and gives freshness.

### Drink lukewarm water in winter

Hot water has got a lot medicinal properties. This water keeps our digestive system healthy. It also keeps our blood circulation good. It also keeps our keep kidney healthy.

### Useful herbs for good health in winter

Use of cloves, Tulsi and ginger is very good for health in winter. Their use in drinks keeps us protected from cold in winter, and other harmful effects of the season.

### Alum is useful in swelling of fingers

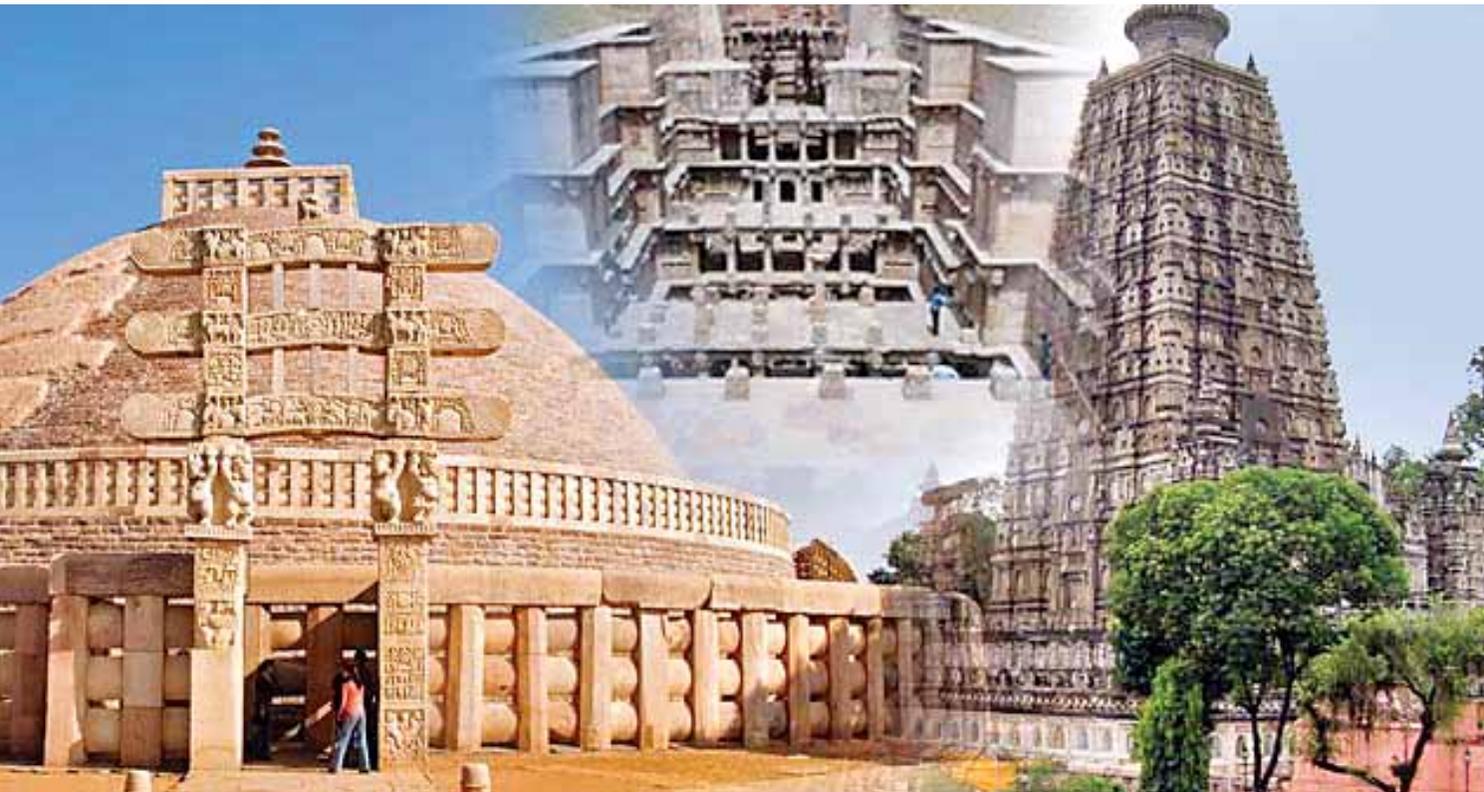
Swelling in fingers in winter season is a common problem. In this problem take a piece of it, boil in one glass of water and use it to wash affected fingers. It is very useful. <<





# Glorious history of Natural nation-India

 Prof Kusumlata Kedia |



## Illiot wrote history aiming at promoting inferiority complex

**I**n his book series 'History of India', Illiot has written in the beginning that the Muslim attack on Sindh was a temporary incident and the Hindu kings regained their kingdom after some time. He also wrote that by the end of 16th century, the entire Sindh was free and the region was unaffected with the movement of Mohd Gajani. But the reasons behind the causes of people extolling Muslim victory over Hindu.

Illiot has complaints against both Hindu and the Muslim. He clearly wrote that their pride must be broken. He says that both the Hindu and Muslim had got constructed the mansions for boasting of their false pride instead of any public use. He says that no inferiority complex gets created in the mind of





Europeans over security of India. He says that we are far ahead of India in various issues.

We must break the false pride of Indians so that we should not feel inferiority complex before Indians.

The first part of this book describes the stories told by Suleman.

The writer says that Suleman visited India and China in the aftermath of 9th century. We are here providing stories told by Suleman as the history.

According to him, Suleman says that there are four kingdom in the world. The people of India and China are also of this view. One of them is Balhar. But at the same time, Suleman also says that the people of Turkey opines that every state of India is free in itself and thinks itself as supreme. They continue to practise military exercise. The Indian kings was strategically sound.

Suleman says that the coins give no impression of Indo-Arabic relations. The Indian kings had ruled 50 years on an average.

Illiot presented Suleman as a proof in History writing. Suleman himself says that Balhar is a title of a particular state. He has enormous military. He shares no friendship with Arabic. He has enmity with Islam.

According to Suleman, there is small state beside the great Hindu kingdom. The women are beautiful. It seems that it's complex description of Trivishtap. According to Suleman, Hindu emperor has over 50, 000 elephants. There are over 15, 000 washer men in his military. According to Suleman, the Indian clothes are very soft. The clothes can be passed through ring. The clothes are made of cotton. The people use ornaments particularly gold (See : Part 1, Page 4)

Suleman also describes districts like Kirat. Suleman repeatedly describes mighty of Indian military including large naval warfare. Abu Zail-Ul Hasan describes Kumari region

having enormous military. The people are decent.

Kumari kingdom has thousands of naval warfare with heavy ammunition. They used to brush their teeth daily. Illiot himself describes about Indian kings that they returns the state to the able kings after defeating the enemies. They never loot property. They burn the dead body. There is an island called Sharandeeep.

There are various Ayurvedic doctors in Sharandeeep where there is also large statue. Jews also reside here in large number. The Hindus don't pester them. The Hindu kings allow their citizen to abide by their own religions.

According to Illiot, Abu Zail Ali says that there is a large number of pundits having knowledge of religion and science. There are also various poets. The kings give respects to the intellectuals. Illiot also describes about bairagies.

There is a large statue situated at Multan. The temple of Kamakhya Devi is also situated. The traders purchase scents. The Indian kings wear ornaments made of expensive stones and gold. The queens and other women are present during the meeting of Hindu kings, while they are prohibited in countries like Turkey and Iran. <<



In Srimadbhagvadgita, Yogeshwar Srikrishna through Arjuna delivers God's sermon. Whatever condition Arjuna has in the Gita, is the condition of entire humanity. Most of the people have misconception, illusion etc. The Gita has been paving way for people to lead religious and practical life. Here, we present this step (16.6-12)

**Dvau bhutsargau lokeasmin  
daiva aasura ava cha I  
Daivo vistarathah prokta  
aasuram partha me  
shrunu II 6 II**

**Pravritim cha nivritim cha jana  
na vidurasurah I**

**Na shaucham napi chacharo na  
satyam teshu vidyate II 7 II**

There is two shrishti of human beings- deity and demon. I describe the demon. Listen. We must behave like decent people. What's the status of brahm, stithipragya, bhagvad-bhakt and trigunatit?

Aasura doesn't know about pravriti and nivriti. They don't know what to do or not to do. They don't abide by the rituals respectfully.

**Asatyamapratishtham te  
jagadahuranisharam I  
Aparasparasambhutam  
kimnyatkamhaitukam II 8 II  
Eta drishamavashtabhya  
nashtamanoalpabuddhyah I**

**Prabhantyugrakarmanah kshayay jagatoahitah II 9 II**

The demon says that the entire world is false and baseless. They are of view that they came on the earth through union of mother and father.

If the people are of view that the earth is baseless, they started to think only sex in their mind. They live like an animal. They take birth to destroy the entire world.

**Kamamashrittya dushpuram dambhamanmadanchtah I  
Mohad grihitvasadgrahanapravartanteashuchivrata I 10 II**

By adopting unfulfilled desires, the demons work in the world. They accepted bad theories.

**Chintamaparimeyam cha pralayantamupashritah I  
Kamopabhogaparam etavaditi nishchitah II 11 II  
Aashpashashatairbddhah kamakrodhaparayanah I  
Ihante kamabhogarthamanyayenarshasajvayan II 12 II**

Similarly, suffering from innumerable miseries, the demons continue to hoard property. <





**पतंजलि®**  
प्रकृति का आशीर्वाद

## इन सर्दियों में पतंजलि उत्पादों से प्राकृतिक खूबसूरती पाएं, खतरनाक केमिकल्स से अपनी नाजुक त्वचा को बचाएं।

### एलोवेरा जैल

पिंपल, दाग, चेहरे पर दाने होना, ऐसी अनेकों प्रोब्लम्स को चेहरे से दूर करता है। पतंजलि एलोवेरा जैल में हैं एंटी ऑक्सीडेंट्स और अनेक प्राकृतिक पोषक तत्व जो आपकी स्किन की सभी समस्याओं को दूर करते हैं। इसके नियमित प्रयोग से आपको अपनी त्वचा में निखार महसूस होगा और आपकी त्वचा स्वस्थ और नमी युक्त भी रहेगी।

### सौन्दर्य बॉडी लोशन

पतंजलि सौन्दर्य बाडी लोशन एक आयुर्वेदिक नैचुरल क्रीम है जिसमें नारियल तेल, एलोवेरा, मंजिष्ठा, हल्दी, केसर व बादाम तेल आदि के प्राकृतिक गुण हैं जो आपकी त्वचा को मोइस्चराइज़ करने के साथ ही उसे प्राकृतिक सुरक्षा कवच प्रदान करते हैं जो पॉल्यूशन व सर्दियों से होने वाली समस्याओं से बचाव करते हैं।

### ब्यूटी क्रीम

इसमें हैं गेहूँ का तेल, हल्दी, एलोवेरा और तुलसी आदि के प्राकृतिक गुण जो आपकी त्वचा की समस्याओं जैसे रूखी त्वचा, रिक्न कॉम्प्लीकेशन्स तथा रिक्कल्स को दूर करने में पूर्ण लाभदायक है। पतंजलि ब्यूटी क्रीम आपकी त्वचा के लिए सिर्फ एक सौन्दर्य क्रीम नहीं बल्कि त्वचा का टॉनिक और ट्रीटमेंट है। हम आपको दे रहे हैं कुदरती सौन्दर्य का 100% भरोसा। खुद अपनाइए औरों को भी जागरूक बनाइए।



### स्वर्ण कान्ति

त्वचा की प्राकृतिक सुन्दरता, कोमलता एवं झुर्रियों से छुटकारा दिलाकर नैचुरल मोश्चराइज़िंग के लिए।

### लिप बाम

सर्दियों में होठों का फटना आम बात है और बाजार में ऐसी कई हानिकारक लिप क्रीम हैं जिनमें घटिया व सस्ते तत्व होते हैं। इसलिए पतंजलि लाए हैं नैचुरल लिप बाम जो होठों की नमी बनाए रखने एवं फटे होठ से छुटकारा दिलाने के लिए स्ट्राबेरी के गुण से निर्मित उत्तम उत्पाद है। इसे अपनाएं और अपने होठों को सुन्दर व कोमल बनाएं।

### मोश्चराइज़र क्रीम

घृतकुमारी, शहद, शिया बटर, सोयाबीन व बादाम तेल, कोकोआ बटर, कैमोमाइल व जैतून तैल के लाभदायक प्राकृतिक गुणों से निर्मित पतंजलि मोश्चराइज़र क्रीम। सर्दियों में सूखी व खुदरी त्वचा को दूर कर आपकी त्वचा की कोमलता व सुंदरता को बरकरार रखे।

### एलोवेरा मोश्चराइज़र क्रीम

पतंजलि मोश्चराइज़र क्रीम में एलोवेरा के प्राकृतिक गुण हैं तो इसका प्रभाव त्वचा के लिए और भी लाभकारी हो जाता है। सर्दियों की समस्याओं का प्राकृतिक समाधान है पतंजलि एलोवेरा मोश्चराइज़र क्रीम। आज ही घर लाएं, इस्तेमाल करें और निखरी कोमल त्वचा पाएं।

### सौन्दर्य कोको बॉडी बटर

पतंजलि सौन्दर्य कोको बॉडी बटर में है नारियल, शिया बटर, बादाम, संतरा व कोकोआ बटर आदि के नैचुरल गुण जो सर्दियों में त्वचा सम्बंधी समस्याओं जैसे रूखापन, सूखापन व खुदरापन मिटाए और आपकी त्वचा को दे प्राकृतिक कोमलता तथा खूबसूरती।



# Happy Family Life



**Acharya (Dr) Maheshanand Vidyalankar**

**Family life is a divine responsibility. The people must take care that family life aims not only fulfilling the objectives but also preparing for vanashram and sanyas ashram by taking lessons from experience of misery of life.**

**T**he happy family life is called the second heaven after moksha provided by the god.

Sharing good relations among the family members provide happiness, fulfilment, love and compassion in the life. We get all these qualities with the god's blessings.

In the context of happy life, it must be kept in mind that husband-wife relationship in the Indian tradition is considered as stable. Divorce has no place in the Indian culture. Husband and wife can separate from each other in the vanprashtha life otherwise in case of death of one partner.

Before the marriage, the parents must search able boys and girls. Because there is no place of rectifying mistake after marriage. Both the husband and wife must obey their moral duties.





They must take care of each other's happiness and misery. They must not pester their partners on trivial issues. They must have honesty, patience and love towards each other. The family life is a tapasya. They are supposed to provide support in each other's work.

Notably, both the husband and wife have their own freedom. They are not slave of each other after marriage. They must not have over expectation from each other. It's not possible that both the persons can be identical in knowledge, strength, capacity and refinement. Therefore, there must be a difference between their behaviour and nature.

Both the husband and the wife have different priorities in their life. They must not clash.

It must be kept in mind that both the partners get happiness and misery. They can't provide happiness every time each other. They must not forget the God.

Many obstacles may arise in the human life. Therefore, they should keep patience in their life. The entire world and body are not permanent. Change is the only truth. They should not keep attachment with each other. <<



Every family member must perform five mahayagya daily for prosperity in the family life.



1

First is the brahma yagya which means that do meditation for 30-60 minutes daily. It gives peace, purity, encouragement divinity in the life.



2

The second is the devyagya means performing havan which provides purity in the environment and good health.



3

The third is prit yagya means serving elderly particularly parents. Through which, we can offer obligation towards their love and affection. It also instils refinement in the life of children.



4

The fourth is balivaishvadeva yagya means helping animals-birds, patients other needy people. Serving animals-birds also provides peace and prosperity in the life.



5

The fifth is atithi yagya means serving intellectual, acharya and sanyasi. It helps increase our knowledge and brings prosperity in the life





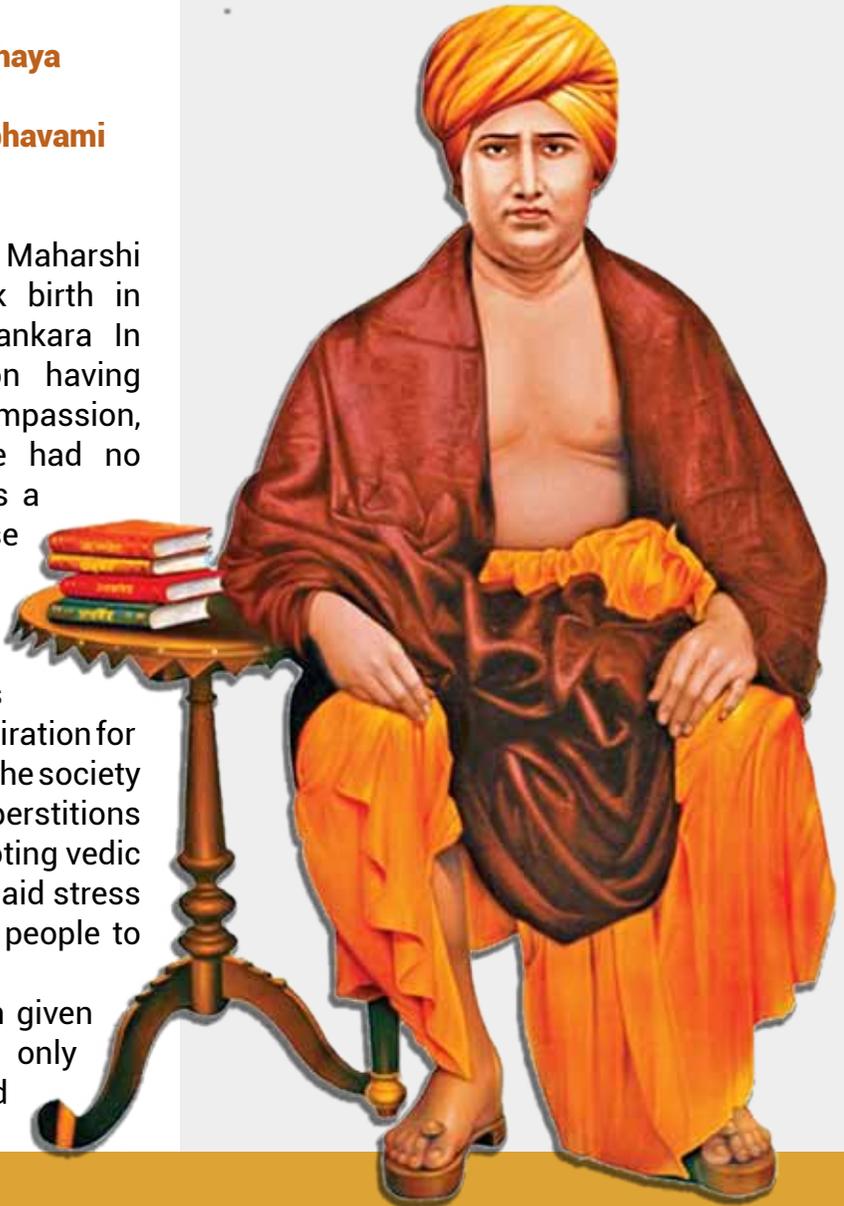
# Salute to Rishi, Pride of Sanyas Tradition

 **Sadhvi  
Devashrita**

**'Pavitranya sadhunam vinashaya  
cha dushkritam I  
Dharmasanthapanarthaya sambhavami  
yuge yuge II**

**P**rovided true meaning when Maharshi Dayanand Saraswati took birth in February 12, 1824 at Tankara In Gujarat. He was spiritual person having qualities like patriotism, compassion, prayerful, truth, patience etc. He had no longing for worldly things. He was a noted scholar who didn't lose patience in any critical situation. Swami Dayanand Saraswati was the founder of Arya Samaj. He used to keep faith in vedic religion. His entire life has been the source of inspiration for youths. He showed new direction to the society by removing misconception, superstitions and old traditions. His role in promoting vedic religion has been praiseworthy. He laid stress on the duties and encouraged the people to adopt it in their life. His heart is filled with compassion given the condition of India. He not only presented concrete solution of child

At a time when the Indian culture started to lose its importance in its own country, when the people started to lose respect towards sanatan vedic religion and vedic scriptures like veda, philosophy and upnishad were on the verge of extinct, then the country needed such great personality who can sacrifice his life to save Indian culture.





marriage, casteism, communal forces but also promoted vedic education and women education. His life is crystal clear mirror filled with harmony towards entire world.

His great life is full of qualities. His teaching of harmony is of great importance.

**Oum vishwami deva  
savitarduritani para suva I  
Yad bharda tatra asuva I**

Oum- oh God (Vishvani) like Sachinanad, lighter (savitah) of entire (diety) suryadi producer (duritani) of entire world. I urge the ultimate to remove my all the miseries (parasuva). I also urge the God to get (yada) which are the provider of welfare (bhardram).

The mantra means oh God ! remove all the miseries in the world and provide welfare. Maharshi Dayanand Saraswati worked tirelessly towards this. The God has provided strength to everybody. They must contribute in realising his dreams. Every person can't perform every work in the world. The great

**Maharshi  
Dayanand  
Anniversary**

**12**

**February**

**1824**

work is performed with the support of all the people. A poet has said-- Contribute in performing task, single person will be unable to do that

Thrust of knowledge in student life When Maharshi Jee knocked the door of Swami Virjanand Dandi Jee Maharaj in search of guru for gaining knowledge, then the guru asked- who are you? Maharshi replied that I came here to know this. He asked the conclusion of all the knowledge. An ordinary seeker can't ask such question.

### **Victory over death**

Untimely death of his sister was a common incident. For common people it is continuous process but it made deep impact on the life of Swami Jee who asked the people that if we all are supposed to die. His life begins with this incident and concludes on saving the life of cook. We are obliged to such great person. We will take birth and die hundreds times I We can't pay for the great work of Dayanand Saraswati I <<

## **Entrance Information**

### **For the admission of boys in the gurukul**

Entrance test (student-guardian dialogue) will be held from March 15 to April 15, 2019 (Timing 9 AM to 2 PM) for Class 5th to 9th at Gurukul Kishangarh-Ghasera, Rewari, Haryana (recognised by CBSE) being run by Acharyakulam Education Institution (Regd) Ashram Kankhal, Haridwar under the sheer guidance of Param Pujya Yogarshi Swami Ramdev Jee Maharaj

#### **Kindly contact for detailed information-**

+91 9416347551, 8222889112, 8222889104, 8222889111,

**Website:** [www.gurukulrewari.com](http://www.gurukulrewari.com) <<





# Inclusion of Divinity and Purity in the Environment



Swami Ishdei |

**Parasparam bhavayantah shreyah paramavapsyatha |**

shreyah pramavasyatha'. Nature is not a single thing but a very basis of innumerable animals.

**S**rishti is based on co-existence and brotherhood. Shradheya Acharya Pravara Vaiyakaranashiromani Guru Jee Acharya Pradyuman says that our aim is to associate with the nature which gives everything. When the child is in the lap of his mother, then the nature provides water, air, light and other important things. The parents look after their children despite various odds in their life.

On the one hand, it gives message of vishvam bhavatyeka needam, on the other, we get opportunity of understanding pester, misery and pain of the people through guru's blessings. We must contribute in bringing purity in the world. Parasparam bhavayantah. When our entire existence is the nature's gift, then why do we not use every moment of our life in its service. We will be grateful to provide happiness in the world. It's the true capital of life.



A true teacher/acharya provides good quality of education to the children who get benefited from the transport, roads, water, power, medical systems through hard works of tax payers. The entire world is rearing the children. So many saints sitting in the lap of Himalaya have been wishing for our welfare. The children must fulfil their responsibility later.

**It's disrespect to the life to make effort in trivial works. The life is for serving people. It gives satisfaction. Whatever the nature has given us, we should return it to the nature. It's bad to burrow, but unable to repay is even worse than that.**

There are so many people in the society. They have been wishing for the welfare of people. We must create such environment where every unit can understand their responsibility and fulfil it. This is the meaning of Gita Shloka 'Parasparam bhavayantah

The human being has the unlimited capacity in the world. If they use their entire capacity to bring happiness and prosperity in the world, they will feel great satisfaction. The life is precious. It is disrespect to make effort in trivial issues. The life is for serving people which gives great satisfaction. Whatever you have got, return it to the nature. It is the God who runs the existence.

We have already taken birth so many times. We are indebted to the nature. The human being wants taking instead of giving. If we learn giving, we will be great human being. We can realise the meaning of 'shreyah pramam avasyatha'. <<





पतंजलि®  
प्रकृति का आशीर्वाद

# घर लाएं पतंजलि के शुद्ध चक्की फ्रेश आटा की रेंज



सर्वगुण सम्पन्न होल व्हीट आटा, एक्स्ट्रा फाईबर आटा, होल व्हीट शरबती आटा,  
मिस्सी आटा, नवरत्न आटा और मेथी आटा

We want to set up Bio Research Institute with the help of local population: **Pujya Acharya Ji Maharaj**



## Honorable CM Mr. Manoharlal Khattar , Swami Ji and Acharya Ji inaugurate herbal forest in Morani Hills region

➤ **Morni (Haryana)**, CM Manoharlal Khattar with a view to promote the use of herbal medicines in Haryana, announced to set up Haryana Herbal Corporation. He said that besides developing Morni region as an organic cluster, a world class nursery of herbs will also be set up here. He was speaking here to address the people at the inauguration of World Herbal Forest Project. Amid this Yoga Guru Swami Ramdev Ji Maharaj , Acharya Balkrishna Ji Maharaja and forest and wild life minister Mr. Rao Ranbir Singh , Minister of State Karnadev Kamboj, MP Ratanlal Kataria, MLA Latika Dharma were also present. CM Khattar said that taking inspiration from states like Sikkim Morani Hills region has great prospects for

- **We have to develop Haryana as the world's economic and spiritual hub: Pujya Swami Ji Maharaj**
- **Patanjali has vowed set up 125 herbal gardens in Morani region.**
- **The Chief Minister also released books like- Flora of Morani Hills, Vegetative Surveys of Morani Hill & Morani Kshetra Ke Mahatvapurna Aushadhiya Padap.**

organic farming and with it the residents of Tricity will get organic flowers, fruits, food , etc. on demand. The Chief Minister also assured the research scholars of Patanjali Yogpeeth to provide them with lodging facilities here. He said that he was happy that the research scholars have searched 53 new herbs here. Until now in the records of the forest department, only 1062 species of herbs were mentioned. The Chief Minister felicitated the research scholars by giving them citations. Mr. Khattar also inaugurated a Harad Garden. Patanjali Yogpeeth has set a target of setting up 125 such gardens in Morni region of which 65 have already been set up. The Chief Minister also released books like- Flora of Morani Hills, Vegetative Surveys of Morani Hills, Morning Hills' important medical plants. On this occasion, yoga Guru Swami Ramdev Ji Maharaj said that proper marketing of herbs in Morani region will improve the financial conditions of the people of the region. Patanjali will cooperate with the people in this endeavour of them. He said that he had vowed to develop Haryana as a spiritual capital of the world. Until now four international research papers have been presented by Patanjali Yogpeeth and Acharya ji also said that we have not yet seen ancient India but we can build a new India by keeping ourselves healthy, with our dedication and honesty. He said that with the help of local population he was going to set up bio research institute. <<

Courtesy-Daink Jagran





## Meeting held at Patanjali Yogpeeth for growth and implementation of new syllabus of Uttarakhand Sanskrit Education

● **With main stream of school education, it is necessary to have proper coordination with school education: Respected Acharya Balkrishna Ji Maharaj**

● **New syllabus to start from next session: Mr. Arvind Pandey**

» State's school education and Sanskrit education Minister Mr. Arvind Pandey visited Patanjali Yogpeeth. Here he held a meeting with respected Swami Ji, Acharya Ji and school education department officials and held discussion over expansion of future syllabus of Sanskrit in the state.

Even before this respected Acharya Balkrishna Ji Maharaja welcomed all visitors. On this occasion Swami Ji said that in Sanskrit education syllabus Computer, Mathematics, Science and English will also be included so that in future Sanskrit students should not face eligibility related problems.

He added that at present, for growth of Sanskrit education a trust worthy institute was to be set up so that the glory of Sanskrit can be protected. Swami Ji also said that Sanskrit education must be started from class I. He said that there is enormous scope for the promotion of Sanskrit education in Uttarakhand. It is important to keep in mind that Sanskrit is not only a language of rituals but it is also a whole way of life. For

promotion of Sanskrit, there is a big requirement for best quality ideal teachers of Sanskrit. He assured that by achieving the targets of Sanskrit education a new generation of Sanskrit scholars will be created. For this Patanjali Yogpeeth will give full cooperation. In the meeting Acharya Ji said Sanskrit should be used as a backbone of all school education. For this purpose, a syllabus has been prepared by Sanskrit department on which preliminary work has been done.

This syllabus has to be developed and made rich. Mr. Arvind Pandey said that Sanskrit is second language of Uttarakhand and Sanskrit has been here since ancient time. He directed concerned officials to implement it on time. In the meeting it was decided that syllabus committee will hold a meeting under Sanskrit secretary on December 27, 2018. It was also decided that on February 10, 2019 an enormous Mahakumbh will be organized.

In the Meeting Mr. Indudhar Baudai, secretary, Sanskrit education, Mahaveer Agarwal, Pratikulpati, Patanjali University, director, Sanskrit department, and secondary/primary education Mr. RK Kunwar, Uppar Director Mr. RK Uniyal, Virendra Singh Rawat, Ajay Kumar Nautiyal, Dr. RD Dharma, Chief Education Officer, Haridwar and other officials were also present. «





## Shradheya Acharya Jee Maharaj's Historic China Visit

- **MoU signed between Administrative Committee of Nandgaon Industrial Park of China and Patanjali Ayurveda Limited**

➤ Few days ago Shradheya Acharya Balkrishna Jee Maharaj was on the China visit. Shradheya Balkrishna Jee Maharaj has taken a concrete step towards cementing Indo China ties by meeting Harve Province Governor Respected Mr Lyugaov Lin. During the visit, he has signed various MoUs out of which two are very important. It's matter of pride for India that China government has allowed India to work in the fields of arts, culture, tradition, yoga, information and technology, herbals, invention,



yoga centre, tourism, ayurveda, education, media activities. It has also assured to provide resources for this. For realising the dream, an MoU has been signed between administrative committee of Nandgaon Industrial Park and Patanjali Ayurveda Limited. On the occasion, Acharya Jee said that we believe in 'vasudhaiva kutumbkam' and 'vishwa bandhutva'. Congratulating the residents of Beijing, Shradheya Acharya Balkrishna Jee Maharaj said that this MoU will be helpful in expanding Indian culture, tradition and various arts. If an Indian company, institution, government or non government organisation wish to work here, they will get full cooperation under this MoU. The people are interested in the Patanjali activities, he said. The famous industrialists are showing keen interest to work in association with Patanjali. Acharya Jee said that Chinese people are highly





industrious. We aim at making Indian culture, tradition, yoga, ayurveda and country's various arts popular worldwide. It became clear that this place is appropriate for setting up business. Harve Province Deputy Governor Mr Gao Langua, Sky TV CMD Mr Chain Jiangcheng, Mr Vu Jhungua, Mr Jheng Baoshan, Mr Jhu Jhenpeng and other dignitaries were present during the meeting. Mr Martin Sky, Yu Zen Peng, Mr Kiran Jee of Nepal, Mr Shakya Jee and Guru Pandit Omanand Jee played tremendous role during the visit.

- **Historic MoU signed between Patanjali University and Jiangaji University of Traditional Chinese Medicine of China**

- **All the research work and publishing activities will be done under student transfer programme: Shradheya Acharya Balkrishna Jee Maharaj**

➤ Another MoU has been signed between Patanjali University and Jiangaji University of Traditional Chinese Medicine of China. Under which, student transfer programme, research and publication can be exchanged. Acharya Jee said that under the MoU, whatever work done by Jiangaji



University of Traditional Chinese Medicine, can be exchanged with Patanjali University. Apart from that, published articles will also be exchanged between both the universities. Acharya Jee said that the people are looking forward to this MoU.

Jiangji University is one of the famous government higher education institutions of China situated at Nanchang. It's the largest traditional Chinese medical system university where over 20,000 students are studying. It's recognised by Education Department of Jiangji province. It's the largest co-education institution. Jiangji University of Traditional Chinese Medicine (JUTCM) runs various syllabus and programmes. Various medicines and herbal medicines are prepared here.

Many dignitaries of JUTCM were present on the occasion. <<





## Patanjali Bio-Research Institute signs MoU with 4 Agricultural Universities

- **Patanjali Bio-Research Institute develops high quality Bio-fertilizer, bio- pesticides manufacturing techniques: Respected Acharya Balkrishna Ji Maharaj**

» On the foundation day of Patanjali Bio-Research Institute Pvt. Ltd. (PBRI), Haridwar MoU with four Agricultural Universities were signed to provide the farmers with the facilities like New Agricultural techniques, training in production of seeds, and in the field of skill development. These universities are- Professor Jaishankar Telangana State Agricultural University, Hyderabad, Telangana, 2. Indira Gandhi Agricultural University, Raipur, Chhattisgarh, Agricultural Science University, Dharwad, Karnataka, Narendra Dev Agricultural University, Faizabad, Uttar Pradesh. On this occasion Swami Ji said that Patanjali Bio-research Institute is also going to sign an agreement with Indian Agricultural Research Council, New Delhi and according to this agreement all the benefits of the research of

all the 100 Agricultural Institutes and 600 Agricultural Science Centres under ICAR will be made available to the farmers. He said that under this MOU all together come forward to help farmers this way and will also promote it long and wide. Swami Ji said that Patanjali at present has been training 40000 farmers across the country in bio agriculture through National Skill Development Corporation and National Agricultural Skill Council.

Patanjali will also help farmers in marketing of their produce. Acharya Ji said that Patanjali Bio Research Institute has developed for farmers bio-fertilizers and bio - pesticides which help in organic farming in a great way in yielding great harvest. PBRI farmer organization, custom hiring service centre, cold storage, cold storage, seed corporation, food processing unit, and other important marketing facilities besides farmers are being also helped in giving them technical assistant. To increase the income of farmers two fold permanent agricultural activities like soil health, human health, improvement in conservation of environment, etc PBRI has been working comprehensively. It has been helping farmers directly and indirectly. It has also been supporting the consumers. This is the sole goal of Patanjali. On this occasion, present signatories were Dr. P. Surendra Babu, Chief Scientist from Dr. Jaishankar Telangana State Agricultural University, Haidrabad, and Dr. Virendra Nath from NDUAT, Hyderabad were present. <<





पतंजलि®  
प्रकृति का आशीर्वाद

## कैमिकली रिफाइंड ऑयल्स से छुटकारा पायें, पतंजलि फिज़िकली रिफाइंड और नैचुरल ऑयल्स अपनायें

पतंजलि फिज़िकली रिफाइंड ऑयल्स में राइस ब्रान ऑयल, सोयाबीन ऑयल, सनफ्लॉवर ऑयल, और नैचुरल ऑयल्स में सरसों तेल, मूंगफली तेल, तिल का तेल एवं नारियल तेल उपलब्ध हैं।

फिज़िकली रिफाइंड ऑयल के लाभ-



ईको-फ्रेंडली टेक्नोलॉजी  
द्वारा निर्मित



प्राकृतिक एंटी-ऑक्सीडेंट और विटामिन-E से भरपूर



सम्पूर्ण स्वास्थ्य के लिए लाभदायक



कोलेस्ट्रॉल और ट्रांसफैट से मुक्त

फिज़िकली रिफाइंड राइस ब्रान ऑयल के फायदें:

- नैचुरल ओराइज़नॉल से भरपूर (13000 PPM)
- संतुलित आहार के लिए संतुलित तेल
- कोलेस्ट्रॉल को नियंत्रित करने में सहायक - स्वस्थ हृदय के लिए लाभदायक
- रक्तचाप को कंट्रोल करने में सहायक
- नैचुरल विटामिन-ई से भरपूर और इम्युनिटी बढ़ाये
- डायबिटीज को कंट्रोल करने में सहायक



1 लीटर बोतल,  
5 लीटर जार,  
15 लीटर जार  
और टिन में  
भी उपलब्ध

MoU will generate intellectual property and it will benefit the society in a great manner:  
Respected Swami Ji Maharaja



## Patanjali -Amity join hands to promote Indian methods of treatment of diseases

### ● MOU signed between Patanjali Research Foundation and Amity University

➤ Patanjali and Amity with the joint initiative for research have decided to promote Indian methods of treatment of diseases and for this they have signed an MOU. With ancient Indian education, Swami Ji and Acharya Ji promoted modern education as well as traditional methods of health care and the two have together joined hands with founder of Amity Dr. Ashok K Chauhan to ensure the success of PM Modi's Ayushman Bharat and Skill India and Make in India schemes. Patanjali has always shown keep interest in promotion of ancient Indian culture and traditional methods of treatment. On this MOU, chairman of Amity Science, Technology and innovation

foundation Dr. W Selvamurty and Patanjali Research Foundation Deputy chairman Dr. Anurag Varshneya signed in the presence of Swami Ji, Acharya Ji and honourable guests Dr. Naval Kumar, advisor, Ayushman Ministry. This joint venture will prove to be a milestone for the two institutes and it will provide job opportunities to youth and will also work as a forum to promote Indian methods of treatment of diseases. On this occasion Swami Ji Maharaj said that he was reviving ancient Indian literature, so that it could become important in contemporary India.

In the above mentioned agreement, both the institutes will equal opportunities. This agreement



Programmes like training of students and exchange among students will promote the opportunity of technical skill **Respected Acharya Ji**

Haridwar, 09 January

**MOU**



will generate intellectual property and this will benefit the society greatly.

Respected Acharya ji said that the main point of the agreement is that to provide people with research facilities on Vedic things apart from research scholars. In the projects of Ayush and state governments and Kaushal Vikash schemes make their success and in joint P.HD schemes present joint schemes and through joint research publications, spread awareness for prevention of diseases, by implementing student exchange programmes and provide new technical skill to students like that can be included with traditional knowledge, promote students to have study of engineering and pharmacology, business software and mobile apps. development, and fashion and garment technology development are also here to be ensured.

In the programme, Acharya Ji talked about creating more than 40000 shlokas in modern context. Besides he also talked about more than 61 traditional methods of treatment of diseases. Acharyaji is very keen to promote all Indian methods of treatment of diseases from all stages. More importantly he is telling the whole world about the medicinal values of all medicinal plants of the world in all the languages of the world. This is considered to be a unique world record.

Dr. Selvamurty talked about herbal research,

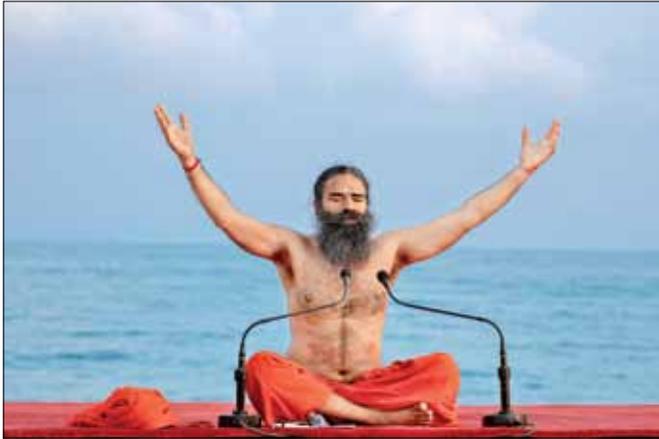
medicinal research, natural products development, bio technology, phytochemistry, public health, food technology, yoga etc. All these will prove to be very useful in the Patanjali research initiatives. He said the whole world is looking at India to develop cheaper and effective health care facilities. From this cooperation, our Indian traditional medical care system can be kept on scientific grounds to a greater extent.

On this occasion, Dr. Anurag Varshney said that this cooperation will provide a great impetus to Indian methods of treatment of diseases to take it to global stage where the world will witness its greatness. This cooperation will provide Indian traditional methods of treatment a scientific ground.

In the programme on behalf of Amity Foundation for science, technology and innovation alliance director general Dr. Rajiv Sharma, its vice chairman Mr. Lalit Bharadwaj, Amity Institute Biotechnology director Dr. Chandradeep Tandon, captain SK Shukla, including 40 scientists, Amarist scientists, Amarit scientists, professors, assistant professors, etc. participated.

On behalf of Patanjali Foundation Trust, Dr. Ved Oriya, Dr. Anupam Srivastva, Mr. Pankaj Shah, Mr. Atul Joshi, Mr. Ramakrishna Gupta, Mr. Sunil K Jha, Mr. Sushil Kumar Pal, Mr. Niyam Ghosh, Mr. Giriraj Yadav were present. <<





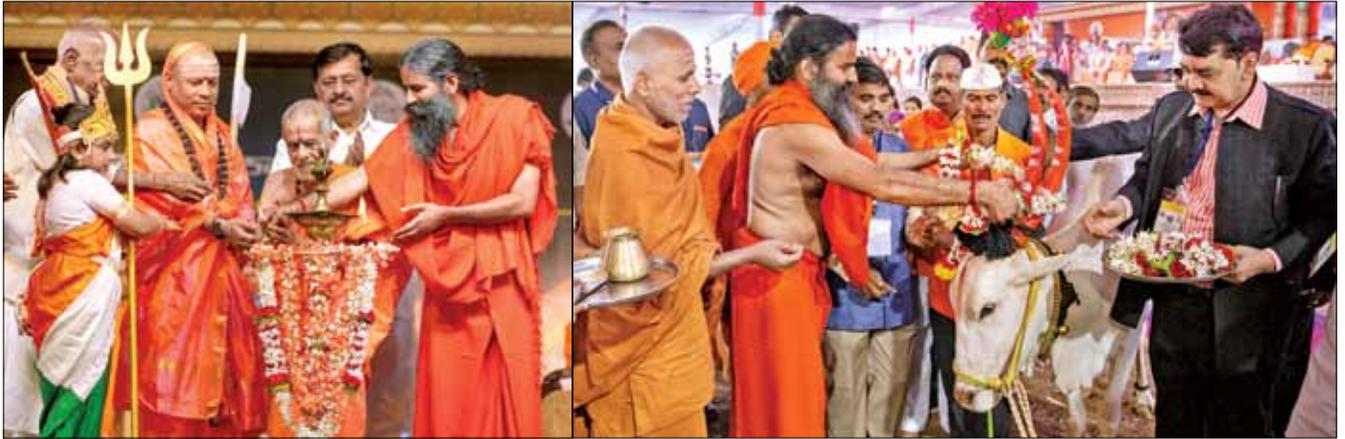
» Pujya Swami Jee Maharaj (Left) organising yoga camp on divine sea shore of Rameshvaram and Pujya Swami Jee Maharaj (Right) hoisting tricolour with Indian Navy personnels



» Pujya Yogarshi Swami Ramdev Jee Maharaj paying obeisance to former President Late Dr APJ Abdul Kalam



» Pujya Swami Jee Maharaj (Left) having a glance at photo exhibition at museum constructed in the memory of Dr Kalam and Pujyavar meeting relatives of Kalam Saheb



» Pujya Swami Jee Maharaj and puja saints (Left) inaugurating the Indian Cultural Festival Programme in Karnataka by lighting the lamp and Pujya Swami Jee Maharaj (Right) offering prayer to the cow

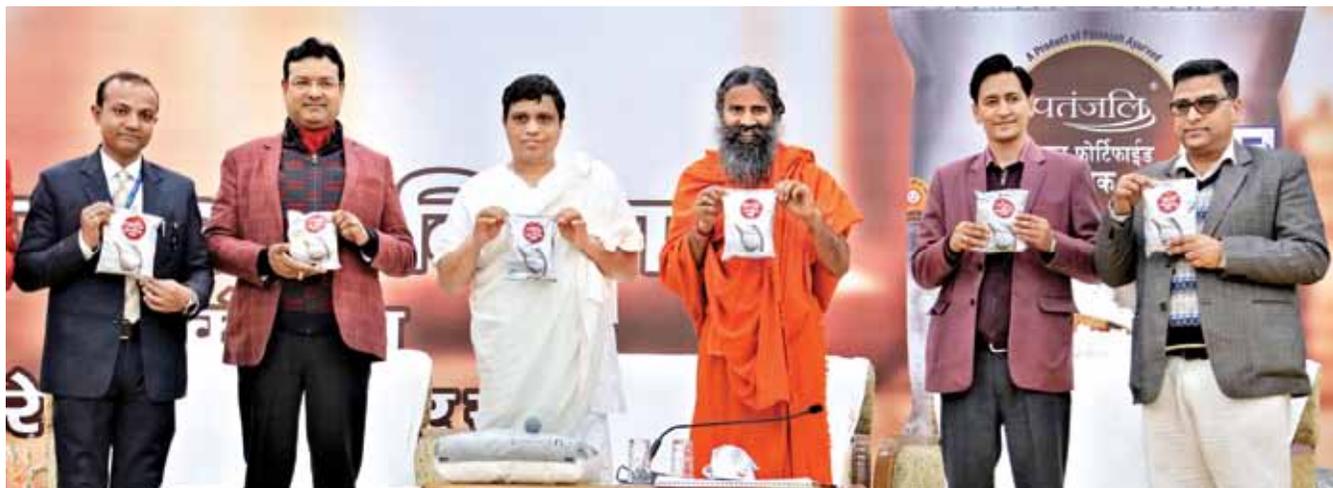


» Pujya Swami Jee Maharaj and other dignataries launching Aashta channel in the Indian cultural festival programme at Vijaypur in Karnataka



» Pujya Swami Ramdev Jee Maharaj addressing huge audience during yoga camp at Vijaypur in Karnataka





## Patanjali launched Country's first Double fortified Salt

» Cycle Rally launched under Healthy India Journey 'Eat Right India' in the entire country by Food Safety and Standard Authority being run by Union Health and Family Welfare Ministry reached Patanjali Yogapeeth. The rally was welcomed here. On the occasion, double fortified salt was launched at ayurveda bhawan of Patanjali Yogapeeth -II.

On the occasion, Pujya Swami Jee Maharaj said that the lakhs of people are participating in the 20,000 km journey. The people will take care of their health. Eat Right India is the part of it. Congratulating all the cyclists, Shradheya Swami Jee Maharaj said that Eat Right India is the a commendable effort of health consciousness. There are two causing factors of diseases in

- Fortification is the commendable and scientific job of FSSAI: Pujya Swami Ramdev Jee Maharaj
- Patanjali is also working on organic bio fortification: Shradheya Acharya Balkrishna Jee Maharaj
- Iron plays important role in removing anaemia and developing child's brain: Chief Medical Officer
- Healthy India journey Eat Right India is inspired from Gandhi Jee's Dandi March

the human body--hereditary and accumulation of contaminated elements in the body or acute shortage of essential materials. There are various complication in the health because the most of the companies aim at marketing of their products instead of quality. They don't want to tell the names of ingredients present in the products. The people get addicted to chemicals in the



Diseases are caused only due to accumulation of pathogens such as pathogenic in the body: Swami Ji

Haridwar, January 16

Healthy India journey



name of secret formulation. These companies use dangerous and cancer causing chemicals in their products. They don't reveal it in the guise of secret formulation. In the name of cold drink, pepsu and coca cola and other products are sold, while tea and other products are sold in the name of hot beverage. These products are not Indian and highly dangerous to health. He said that Patanjali Yogapeeth is committed to provide healthy and indigenous food products for the countrymen. Patanjali Yogapeeth has made available pure, healthy and high quality food products through patanjali ayurveda not only in the country but also in the entire world. Fortification is the commendable and scientific job of FSSAI. It can easily check the vitamins, minerals and micro nutrients deficiency diseases.

In the programme, Shradheya Balkrishna Jee Maharaj said that Eat Right India is a campaign of safe use of food products in the country. It's run by FSSAI. Today, food products lack nutrients due to chemical farming which adversely affects the quality of agri products. He laid stress on the need of fortification and Patanjali's efforts in this direction. The process of inclusion of nutrients in the products without comprising with its taste is called fortification. Acharya Jee informed that the Patanjali has taken step towards bio-fortification

apart from fortification.

In the programme, Chief Medical Officer of Haridwar Dr Premlal Jee said that Acharya Jee is a scientist. Patanjali is doing tremendous role not only in India but also in the world. India is facing the problem of anaemia. Patanjali will eradicate the disease. Iron also plays important role in the development of child's brain. The use of iron in the salt is a unique experiment.

On the occasion, FSSAI Assitant Director Mr Abhishek Lal said that Eat Right India started on October 16, 2018 from Leh which will end on January 27, 2019 in Delhi. Taking the inspiration from Gandhi Jee's Dandi March, this journey has been commenced.

FSSAI cycling team in-charge Mr Aashish Thakur gave mantra of 'Eat Safe', 'Eat Healthy' and 'Eat Fortified'. Shradheya Swami Jee Maharaj prohibited the people to consume junk food, cold drinks and drinking and smoking. Mr Thakur suggested not to use cooking old twice. He said that food items put on newspaper is also dangerous. The FSSAI cycling team in-charge said that the it's Patanjali which has used fortified salt first time in the country. It's first initiative in India. Fortified foods contain micro nutrients which is important for health in the present context. <<





## Haridwar's talented IAS Mr. Deepak Rawat presented authentic facts on contribution of Patanjali

» In the programme, Healthy India Mission "Eat Right India" District Magistrate Mr. Deepak Rawat said that Indian culture has in detail talked about what to eat, how to eat and when to eat and no other culture discusses about it like this.

When discussion began on food after independence of the country if to permit pizza, burger, any other junk food as national food of India, it was Swami Ji was the one who advocated in favour of Indian food and drinks.

Today the whole world has appreciated the strength of India, it is not because India has fourth most powerful army in the world, and also not because India is the sixth largest economy of the world, but due to the fact that India has given

yoga and Ayurveda like best ways of life style to the world. This is India's biggest soft power.

The district magistrate said that it has been found in the research that 70 percent diseases are caused due to contaminated oil, ghee, sugar, salt, etc. He said that we should eat only such stuffs which are safe and don't cause any disturbances in the functioning of our body system. He gave a call to the present masses that all should spread the message long and wide.

In the programme Mr. Rawat sarcastically said that by eating fast, no one can be fast and by keeping a smart phone one can't be smart but unhealthy food definitely makes us unhealthy. He said that anaemia caused due to the deficiency of iron is most found health problem around us. He said that we often discuss the lack of funds due to which sufficient iron is not being supplied but due to lack of proper and fundamental discussion, no body could suggest best solution to this problem. But Swami Ji has presented the best solution by presenting iron rich fortified salt to all. This salt will make available iron directly in our food. He added that The revolution of eat right and Yoga and Ayurveda began in the leadership of Swami Ji and Acharya Ji from Haridwar. After Yoga and Ayurveda, true revolution will come in India only through food and not through any hospital. This third revolution has come by the means of salt from Patanjali. <<





## Nature

This nature is like heaven  
 It has given blessing of life  
 It is blessing for everyone  
 It gives life to everyone  
 It gives life to everyone  
 Colourful butterflies hover around  
 There are beautiful lakes at some places  
 Red, pink and yellow  
 Flowers are blooming at many places  
 Sky is shining like silver  
 Cool air blows around  
 Forests are full of greenery  
 This nature is precious like gems  
 Rivers quench our thirst  
 The any is blue  
 All the fruits are very very sweet  
 This Creation of the nature is very special  
 All the forests are green  
 Gardens are full of flowers  
 The mountains are standing firm  
 There are stars in the sky.

## The Almighty

The Almighty is shapeless  
 He is the foundation of the universe  
 He has right on us  
 This life is his blessing  
 One who removes darkness  
 Whose court is based on truth  
 This universe is whose family  
 He makes all our work get done  
 He is the creator of the universe  
 He runs the universe  
 He protects us  
 He fills life in us  
 He is the life of all creature  
 He exists in every grain of the universe  
 This life is his blessing  
 We are children of the Almighty

He is the flame of lamp  
 He is the sweetness lying in our tongue  
 He is the trust lying in us  
 He runs our breathe  
 He is our protector  
 He flows the wave of love  
 He makes the whole world move  
 Only he is the one who is ours  
 He created the sun and the moon  
 Only he made the stars shine  
 He decorated this earth  
 He gave us this beautiful body  
 His shape is not visible  
 He is present in every grain of the universe  
 His blessings are truly amazing

## Life of Swami Ji

Life of Swami Ji is great  
 He ensures the welfare of everyone  
 He gives the knowledge of yoga to everyone  
 His life is like Day an and  
 He describes the importance of Gurukul  
 He teaches the knowledge of Vedas  
 He ensures the Arogya in every household  
 He lights the lamp of yoga  
 He has studied at a Gurukul  
 He has attained Success  
 He has fought for promotion of indigenous  
 He has fought against foreign companies  
 He has set up the glory of the history  
 He has been fighting for the prestige of the nation  
 He has scaled the heights of success  
 He stands today like a rock  
 He has sacrificed his life for the nation  
 He taught us the importance of Vedas  
 He spread the tradition of Vedas  
 He created a new history  
 He left all the bonds of life  
 He changed the live of everyone  
 He foiled the plans of anti nationals  
 Associated yoga with our life



Respected Swami Ramdev Ji Maharaj has always repeated it that every one must live with awareness in life. We must know it completely that what have we been thinking. What have we been speaking? What is that we are listening, where are we going, as even a moment of lack of awareness can snatch everything of ours and we cannot regain them at any cost.



**Sadhvi Devvani |**

**I**t should be done by everyone to check to know how awareness is important in our life and how important it is our development.

If after having finished all our daily work and think in the night that what work was done by us, we know that we have done many big and small things. If we think we will know many things were done by us, thousands of things we do which are hardly in our memory. Work is done time was wasted but if we consider what we achieved by doing them it will be known that nothing was achieved.

Even at home or outside, simply

# Awareness Greatest Need of life

without any big purpose, after normal discussion, if we think what I discussed with the person, then are we in a position to know what did I talk to him. Mostly its answer will be negative.

If you think if you talked to your kin like parents, children, siblings, etc. and do you remember what were the things that you discussed with them. If you could remember then it is fine but if you fail to remember then it means you were not serious while talking to them. We don't know what things did we discuss with them. This does not mean that after every discussion we should think of the topic of every discussion as it will be a sheer wastage of time. It was meant only for experiment. It is considerable that during our chatting with someone we keep speaking without much thinking and we are unable to feel what exactly did we say. What right or what wrong did I say. What will be the impact of our words on the listener. Without thinking all this we say much consideration. On the other hand when we talk to some respectful person, whom we awe, he may be our boss, a big politician, or are talking to someone to have some important work to be done, then we remember their every word because we remain conscious while talking to them. We remain careful that something wrong may not come from our mouth. In fact this carefulness must be main in every moment of life or while talking to every individual whether he is big or he is small. Because due to lack of this consciousness, we often lose our close friends and people become estranged with us, job could be lost or some accident could occur. Some work can be spoiled.

Now a question arises that if we will be so careful in talking to someone, then all the time will be lost in only thinking and talks will become impossible.

Now again a chance for new experiment. Now let us consider that how much useless things we talked, some talks without which there was no harm. Regarding today's youth it can be said that most of things that they talk are useless and Swami Ji totally conscious about it.

It is possible that we would like to term our useless things as very important for our own satisfaction. But despite being guilty if one pleads not guilty then it means it is no less than self insult.

Then it is required that we have all our talks carefully as being conscious will be most useful for us as we will speak modestly and will avoid speaking useless things. When we talk useless things





then in our heart also becomes uncontrolled and time is also wasted. Giving suggestion without being said to do so, looking here and there etc. are symptoms of unstable heart and mind. When we are not careful then we do such things with great speed. When we will be careful then we will have ample time to think and with practice we will not require to think much. Carefulness will naturally come and you will not require to do much practice. It is most needed that we should speak with care and avoid unnecessary things to talk and all this is possible with awareness.

By discussing unnecessary things, seeing and listening unnecessary things we spend most important phase of life unnecessarily and such people always talk about scarcity of time and this way they become careless. They neither have time for themselves, nor for their family, society and the country.

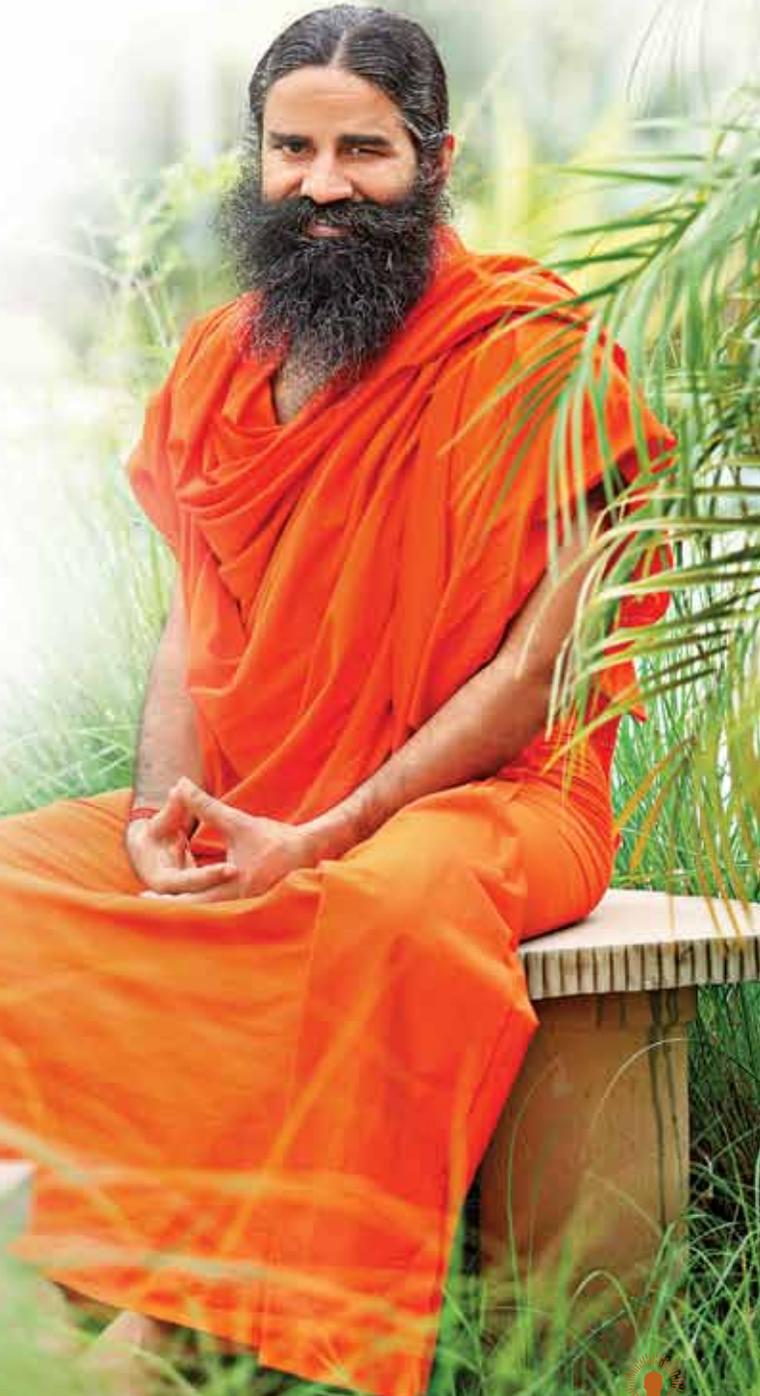
The body and time that we have got must be used in the best way, live with care and this way life will not be destroyed. Do only that, speak only that, listen only that, go only there, think only that which ensures our material as well as our spiritual wellness.

Only by earning money in life, and by running our family, and enjoying pleasure is not the sole purpose of life. All these will be left here only. Better develop such tendencies in yourself that will always be with us. In our life, apart from all these paths, there is another path of infinite joy. Follow that path. There is a lot to do in life and time is very less. Don't waste your time.

Respected Acharya Balkrishna Ji Maharaj says that if one has to recognize his awareness or carelessness, then keep seeing a man's various activities. He makes hundreds of efforts besides doing a certain important thing and those hundreds of things have got nothing to do with his real work. In fact we have also been doing hundreds of similar unnecessary things and for a follower of spiritualism, what can be any better means than carefulness. Its another name is meditation.

While living with care and utilizing our time, complete a great resolve. Only then our life will be meaningful otherwise, our life will also be like the

life of animals. As animals don't have intellectual capabilities naturally, but what if a man despite being intellectually capable if does not use them then what can be more shameful than this? <<





# Women are Invincible



Sadhvi Devnishtha |

There has been a wrong notion about women that they are weak. This means they lack strength. Now the question arises that the strength which has been talked in the term Nirbal is which one strength. Whether it is physical strength or internal strength. Here it is being asked that in which context she has been called weak. It was thought that women don't have physical strength or internal strength. The doubt is because if she is weak in both ways then it is not possible that no discussion is possible regarding the strength someone who happens to be so weak. But if discussions are taking place and ideas are appearing this shows then clarification is quite possible.

**I**t is absolutely wrong to say that a woman is completely weak. When it is talked about physical strength, it is believed that women are completely weak in this term. But the fact is different. Many wonder and brave ladies like Queen of Jhansi have proved it time and again that a woman can move ahead by defeating thousands of men therefore women are not weak but they are invincible.

Whether it is history or present, one can see many examples which show that women have always been invincible which means whom no body can defeat. In ancient time many women emerged as sages and saints and brave ladies, some others were great devotees of the Almighty and are still remembered with great respect. Whatsoever might be the situation but all





had to struggle a lot, but they never conceded to defeat.

As far as Gargi, Apala, Madalsa, etc. type of very special personalities are concerned, they actually brought laurels to the position which they held. On the other hand some other women like Queen of Jhansi Lakshmibai, Rani Durgawati, Rani Ahilyabai and Queen Padmavati like brave ladies proved that if anyone calls a woman weak, he is mistaken. Similarly among many devotees of Lord Krishna Meera Bai is one of the most respected one. She was poisoned many time but she never left her path of virtue and finally she attained her divine goal for which her whole she struggled and the efforts of all those got defeated who tried to destroy her devotion for lord Krishna. With her own inner strength, Meerabai became invincible.

Not only in ancient time but also in modern time as well there is no field of activities in which women are not dominant. Education, medical treatment, politics, armed forces, economy, science, research, and in many other fields, women have almost equally important roles to play. They have been playing their roles satisfactorily. For the people of that other ideology whose thinking admits that women are stronger than men in all respect, or there is no difference between a man and a woman and this thinking has proved it that in terms of kindness, forgiveness, modesty and satisfaction, compassion, intellect, virtuousness, memory, etc. all these qualities are naturally found in all women. Women with these qualities are epitome of power but it is most needed to make this power functional. There are many ideals before us and to some extent legal help is also available but if we consider properly then it will be known that the condition of women in the society is still not good. Their is still full with struggle. To all their problems the only solution that we have had is that we should become free from fear and after becoming self centred with our inner strength and help others to move ahead and remain safe. The cause of all sorts of struggle in the life of a woman is that they have done mistakes in recognising their strength. The incapacibilities imposed on women folks, these were accepted by women by considering them their destiny. Therefore women became either someone to be exploited or to be shown mercy.

If a woman has to ensure had overall development and they have to save themselves from those

evil customs and ill treatments, which come in the category of exploitation, or create struggle in life then they will have to enhance their internal consciousness. By getting strength from internal strength we can make those people speechless who have called a woman weak. Though women are getting more and more conscious in countering social attacks, which is good but self realisation makes it even stronger. Though women are being more and more aware to take on the social attacks, but self realisation will make it even stronger. Incapabilities have been imposed on women, who have to prove it wrong through their thoughts and conduct. Of the women folk will become self-conscious then it will ensure upliftment of all as the women are foundation of the whole universe.

Any form of exploitation, struggle or incapacibilities cannot be amended by laws or those who follow laws, but women themselves will have to come forward, roar like lioness against exploitation and struggle which are against you and defeat all the wrong thoughts which are against you and this way you become invincible.

Lord Srikriahna who reestablished Dharma, has described seven qualities of women-

**Kirtih Shrivakcha Naarinaam Smritirmedha Dhritih Kshama II**

**Kirti Ya Yasha-** Dharmayukta Kirti is the source of fame.

**Shri-** Goddess Lakshmi

**Vaak-** Vaak has two meanings, one is the eloquence, another meaning is the best knowledge.

**Smriti:** Great memory power.

**Memory-** Power to remember knowledge in scriptures and their meanings.

**Dhriti-** Nature to withstand in situation.

**Kshama-** Stability of mind and heart in both prestige and insults

We can recognize our natural strength which is the blessing of god and according to our capability, develop them well. Learn to protect ourselves, be self centred and practise the divine knowledge, because the result of the best knowledge which is self strength, its attainment is most important. When we get internal strength, our physical strength naturally grows.

With the best use of internal strength and physical strength the society, nation and the world will be great and then the women folk will become invincible. <<





# Naamkaran Sanskar



Swami Anand Dev |

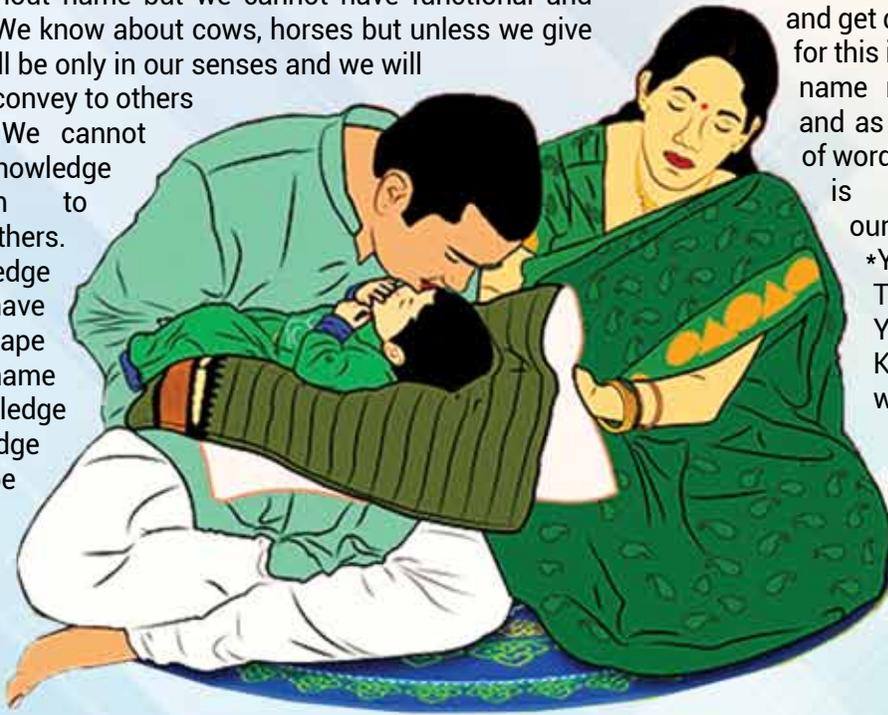
To recognize a person and giving him a name is necessary to give him as in interaction with others in this context. The purpose of Sanskar system is to create the best and great human beings. If it is viewed in this context then it is the duty of every parent that his or her child should be given such a name which could give him always a reminder to attain some goal which is great or is the best.

**A**fter Jaatkarma Sanskar, the next one which is fifth one is Naamkaran Sanskar. In it a boy or girl is given name. Maybe other Sanskaars might not be followed but this Sanskar is so important that it is followed in every family. Why is Naamkaran Sanskar so important? Writing things in this context will not be out of context.

Anything in the world is known by its name. All interactions in the world go on on the basis of name and we can have the perception of a thing without name but we cannot have functional and practical use. We know about cows, horses but unless we give it a name, it will be only in our senses and we will not be able to convey to others

about them. We cannot use our any knowledge about them to convey to others.

Our knowledge does not have any firm shape unless we name our knowledge and knowledge has a shape with name only. Our knowledge



does not move on on Nirvikalpa knowledge. Giving our knowledge a shape means giving it a name. Children are not meant to live alone and they have to go ahead in the world as well for which the child has got to get. Name. This job of giving things a name that is nomenclature, has been given Dharmik Sanskar in Vedic ideology.

Giving Naamkaran Sanskar a religious form is only that it make easy for us to recognize someone or something. And it also becomes easy to discuss about it with others. A child must have a name which is a reflection of his or her parents and Guru and must inspire him to be great in life. Whenever anyone will interact with the child by calling his name and express his names to show love they will be making impression on the heart and mind of the child as per the meaning of the name of the child. This is the reason why Naamkaran Sanskar is very important in Vedic ideology. Name gets attached with the arrogance and behaviour of a child. This exists with him for all his life. A man

must be inspired by his name and get qualities like his name for this it is important that his name must be meaningful and as per scriptures. Effect of words- words or language is situated between our mind and actions.

\*Yanmansa Manute Tad Vacha Vadati, Yad Vacha Vadt Tada Karmana Karoti | That we think in mind we do that in our inner self.

It means that on one side of word, we have our heart and on the other side we have Karma





lies. Shabda or words is in between the two. The three have mutual relation. Due to this reason we have effect of mind and karma behind every which we speak. If we could think from this point of view, thought can be called subtle word or subtle voice. Word or voice is called subtle. It is impossible to separate thoughts, words and Karma, Words are a type of Karma or action, and vice versa, Words have only that much of impact on our body that after listening someone's praise words or criticism we can see its effect on our mind and action. Even in Vedic culture, the stress on pronunciation that we see often is due to the fact that words have effect on our mind and body. Words are so important that the Mantras which we see in scriptures, we listen them from the mouth of Guru in the form of Guru Mantra, then it becomes a great treasure of life.

Word is the another name of name. Every word is a name which gives us a sense a meaning. When we gives child a name, then in fact are selecting a word. This word can used for the kid for all his life. The word which is used as a name for the whole life it should be chosen with care.

### Selection of name

It is very important to select a name for a kid. The name which shows our particular kind of expectations from our child. This name shows even to other kin or relatives that what is our expectations from the child. When the child will listen his name again and again, he will get to know about our expectations from the meaning of the word which is his name. From this point of view, regarding the selection of a name the rules described in scriptures, are very important. We should take special care of some things while giving a name to a child. For example, a child should not have names like meaningless birds or animals or anything which doesn't have

a good meaning.

**It has been said in Manusmriti (3/9) -**

**Narakshvrikshanadinamnim Nantyparvatanamikam , na pakshyahipreshyanamnim na cha Bhishananamikam I**

This means names should not be after- stars, trees, rivers, forests, birds, snakes, etc. The names which represents stagnant things, how can they ensure prosperity.

We should name a child which has high feeling. It has been written in Charaksanhitā, Tatra Abhiprayakam Nama- this means a name has to be meaningful which could stimulate high feelings. For example- Veersen means brave heart. Satyavrata means one who has vowed to pursue the path of truth, Vedavrata means one who has vowed to follow the teachings of Vedas, Bharadwaj means one who fills everyone with food , strength and sharpness. Anand means one who is always filled with bliss and will also scatter bliss everywhere. All these are names which have high quality meanings. One should also avoid giving a child such names which are related to historically evil characters like Jaidrath, Shakuni, Duryodhana, Ravan, Jaichand, etc. While the names like Yudhishtir, Bhim, Arjuna, Karna, Vishwamitra, Abhimanyu, etc. are the names related to high standard. These names can ensure upliftment of a child in his life. But this good thing can be seen in Vedas as in other countries and societies of the world there has been a trend of giving meaningless names to children. They don't understand that a child's name is not meant for just giving him a call but his name represents a whole idea and target of life. A should be in such a way that it could be pronounced easily. Difficult names are usually mispronounced by people and in course of time this name becomes deformed. For naming a child it is advised that one must see Swami Dayan and Saraswati's Sanskar Vidhi, this will help you to name your child in a proper manner.

It is not that Naamkaransanskar can be done anytime. It has to be done 10th or 11th day after a child's birth. It can also be done on 101 days after birth or on the second birth anniversary also it can be done.

Naamkaran Sanskaar should be done by Vedic scholar Priest with Vedic methods, and the methods can be seen in such books. May your children bring laurels for you and to make this happen you name them according to Vedic methods, and give them meaningful, and proper names. When the child is grown up, also tell him and her the meaning of the name so that he could feel the meaning of his or her name with depth and could be self inspired. In the next issue we will know about Annaprashan Sanskar.

**To continue...**



OM

Become a member of  
**'Yog Sandesh' a monthly magazine published by  
Divya Yog Mandir (Trust)**

Office: Patanjali Yogpeeth, Maharshi Dayanand Gram,  
Delhi-Haridwar national highway, near Bahadarabad, Haridwar

Phone: 01334-244107, 246737, 240008

Fax: 01334-244805, 240664

E-mail: yogsandesh@divyayoga.com

**'Yog Sandesh' monthly magazine is available in following  
13 Languages**

•Hindi •English •Gujarati •Marathi •Bangla •Punjabi •Oriya  
•Assamese •Telugu •Kannada •Tamil •Malayalam •Nepali

Sir,

I hereby pay Rs. .... as the annual/  
five years/ Eleven Years subscription fee for **'Yog  
Sandesh'** by cash/M.D./D.D./Payslip .....  
..... dated ..... Therefore  
please send me Yog Sandesh in .....  
.....language every month at the address given  
below.

Name .....

Father/Husband name .....

Address .....

Post Office .....

District ..... State .....

Pin Code..... Phone .....

E-mail .....

### (Special rules)

- 1) **Subscription fee-**
  - 1 Year - ₹150/-
  - 5 Years- ₹ 700/-
  - 11 Years- ₹1500/-
- 2) D.D. should be in favour of Yog Sandesh payable in Haridwar.
- 3) The D.D. payable on other places than Haridwar send ₹ 70 extra.
- 4) Please fill your name and address in neat & clean handwriting
- 5) The subscription in abroad initially for one year. The subscription fee for such members ₹800/- or USD 25/- or GBP 20/-
- 6) Subscription fee may be deposited in the **A/c no. 30721914467** (SBI Patanjali Yogpeeth, Shantarshah, Bahadarabad, Haridwar).
- 7) Membership form must be fill in Hindi or English only.

## Mahajano Yen Gatah Sah Panthah



We also want to follow the path of sages I

We want to carry forward this tradition of Vedas II

The great sage tells us how to choose the right path I

Karma is true worshipping karma ensures success in life II

India is the land of sages, all of us have known to this fact I

By spreading the knowledge of Vedas,

we have to make everyone prosperous II

Sages gave light to remove darkness I

They reached in every corner as sun rays do II

Showed us all the path of endeavour and service to others I

By making us devoted to Guru, made us move on the divine path II

By teaching us the knowledge of yoga made us Yogi I

We bowed our heads in the feet of such sages II

This world is indebted to these sages I

We offer flowers in the respect of these sages II

**Necessary Instructions for the membership of International readers:** It is requested to foreign readers that they should not send us yearly fee for this magazine (USD 20, 15 Pound) through cheque as according to new rules of the banks, they will accept a minimum amount of USD 50 or 50 Pound through cheque. It is requested that they should deposit the fee in our SBI Bank account directly from abroad. Here is the details of our account: **A/C: 30721914467 (IFSC Code: SBIN0012228)**. They can also deposit the amount online on our website to get its membership.

# पतंजलि® Matritva

## माँ बनने की सुखद यात्रा के लिए

पतंजलि मातृत्व गर्भवती  
और मातृत्व प्लस स्तनपान  
कराने वाली महिलाओं  
के लिए एक सम्पूर्ण  
आयुर्वेदिक उत्पाद



100%  
Natural



### Matritva For pregnant mothers

सभी अति आवश्यक पोषक तत्वों जैसे प्रोटीन्स, विटामिन्स तथा मिनरल्स से भरपूर है 'मातृत्व' जिसके कोई दुष्प्रभाव (साइड इफेक्ट्स) नहीं हैं। मातृत्व सुनिश्चित करता है कि गर्भवती माँ और गर्भ में विकसित हो रहे बच्चे को सम्पूर्ण पोषण मिले जो बच्चे और माँ के लिए जीवन भर वरदान साबित हो।

**विशेषताएं-** प्रोटीन्स बच्चे के विकास के लिए • DHA-बच्चे के मस्तिष्क के विकास के लिए

- गाय का दूध- कैल्शियम से मजबूत हड्डियों के लिए • हनी- प्राकृतिक ऊर्जा का स्रोत
- मौरिंग पाउडर- आवश्यक एंटी ऑक्सिडेंट • केसर- शक्ति और ऊर्जा के लिए

### Matritva<sup>Plus</sup> For lactating mothers

पतंजलि मातृत्व प्लस स्तनपान कराने वाली माताओं के लिए एक सम्पूर्ण आयुर्वेदिक उत्पाद है। मातृत्व प्लस में उपस्थित सभी पोषक तत्वों का फार्मूलेशन हमारे साइंटिफिक आयुर्वेद और आधुनिक विज्ञान के समागम पर आधारित है जिससे माताओं को शुद्ध प्राकृतिक पोषण तो मिलता ही है साथ में ये तत्व माताओं के शरीर में हार्मोनल संतुलन को भी गति प्रदान करते हैं।

**विशेषताएं-** गुड़- रक्त को साफ करता है और एनीमिया से बचाता है • हल्दी- प्राकृतिक लीलेम के लिए

- शतावरी और बादाम- विटामिन्स, मिनरल्स और फाइबर से भरपूर जो दुग्धन(लेक्टेशन) में वृद्धि करते हैं
- सूखी अदरक- पाचन तंत्र को मजबूत करता है • गाय का दूध- कैल्शियम से मजबूत हड्डियों के लिए



PATANJALI®  
**paridhan**  
 Swadeshi Ka Swabhiman

*Sanskar*

AASTHA

LIVE  FIT

• एक ही छत के नीचे सभी कैटेगरी के 3500 से ज्यादा ऑप्शन्स उपलब्ध • शादी-विवाह के लिए स्पेशल डिजाइन के 1000 से अधिक ऑप्शन्स • विदेशी ब्रांड के कपड़ों से 2-3 गुना सस्ते 'परिधान' के सभी ऑप्शन्स

एथनिक वियर | फॉर्मल वियर | इन्डो-वेस्टर्न | कैजुअल वियर | योगा और एक्टिविटी वियर  
 होम टेक्सटाइल्स | एसेसरीज़