

# Om Health & Wellness



Welcome to the **MARCH (2)** issue of OM newsletter



**Ayurveda Workshop**  
-by Dr Dharna  
25-28 Feb 2012

### Thought for the Month!

**"One moment of anger will deprive a person of the energy got from 6 months of food."**  
- As Spoken by Bhagawan Sri Sathya Sai Baba



Let us watch our anger, manage it and work on it! Let us LOVE ALL and this will help with better absorption of the vital nutrients and prana in our food. ...says OM VEDIC HERITAGE CENTRE!

### Highlight of the MONTH!

GUEST LECTURES by Visiting Ayurvedic Consultant from AVP CBE, **Dr Varsha Santhosh**

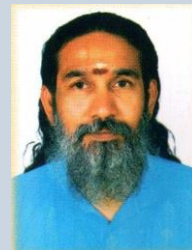


Details in flyer below...

### Happenings in Feb'12

- **Dispensed ancient wisdom**  
- Ayurveda hands-on workshop, 25-28 Feb
- **Tuesday & Friday evening yoga classes launched**  
- Fridays 7.30pm by Mona  
- Tuesday 7.30pm by Tian Tian
- **Om Vedic on Radio Masti96.3 FM..click here to listen to the recording**  
- 1.5 hour LIVE radio interview with Renuka of Radio Masti 96.3FM on 26 Feb..

**ANNOUNCEMENT**  
**MASTER Chittur Vijayan, Expert Astrologer from Kerala, India, will begin consultations on 7th March 2012**



Call 6297 2670 for an appointment!  
\$60/horoscope  
\$150/family of 3-4

**DONT MISS TALK on YOUR Health in your HOROSCOPE on 10 March, 2-4pm**

### MARCH your way to Good Health!!!!

Four exciting thematic weeks from OM Vedic Heritage Centre, for your health and wellness! Each week will be accompanied by a Special Lecture along with small and simple practices that you can take home too. Call 62972670 in advance for an appointment / personal Consultation with our Ayurvedic Consultants and email [omvedicheritage@gmail.com](mailto:omvedicheritage@gmail.com) to register for the talks.

<b>4-10 MARCH 2012: "FEMALE HEALTH ISSUES AND MANAGEMENT WEEK"</b> - culminating in <b>WOMENS' DAY</b> on 10 March 2012	
10 March: 9am-1pm & 2pm - 7pm <b>FREE CONSULTATION</b> for WOMEN ONLY (consultation time strictly restricted to 20 mins only)	With Dr Dharna
10 <sup>th</sup> March: 2-4 pm Talk on "Your Health in your HOROSCOPE" (Free for Members and \$10 registration fee for others)	by MASTER Chittur Vijayan, Expert Astrologer from Kerala, India
<b>11-17 March 2012: "GASTRO-INTESTINAL DISORDERS MANAGEMENT WEEK"</b>	
17 <sup>th</sup> March: 2-4 pm Talk on "Concept of Food in Ayurveda" How to eat? What to eat? (Free for Members and \$10 registration fee for others)	by Dr Varsha Santhosh, Visiting Ayurvedic Consultant, Arya Vaidya Pharmacy, Coimbatore Ltd
<b>18-24 MARCH 2012: PAIN MANAGEMENT WEEK</b>	
24 March: 2-4 pm Talk on "Dinacharya: The daily routine": Why do we fall sick? How not to fall sick? How to strike balance between work and family? What are the priorities in life? A Dinacharya kit will also be available at the end of the session for purchase (Free for Members and \$10 registration fee for others)	by Dr Varsha Santhosh, Visiting Ayurvedic Consultant, Arya Vaidya Pharmacy, Coimbatore Ltd
<b>25-31 MARCH 2012: "ALLERGY MANAGEMENT WEEK": MANAGEMENT OF ALLERGY USING AYURVEDA</b>	
31 March: 2-4 pm Lecture on "Concept of Allergy in Ayurveda" Sneezing, itchy eyes, runny nose !! Sounds familiar! Come and understand how to manage it in the body? What does ayurveda	by Dr Varsha Santhosh, Visiting Ayurvedic Consultant, Arya Vaidya Pharmacy, Coimbatore Ltd

Click [HERE](#) for DETAILS of MARCH TALKS

## YOGA LESSONS

@  
OM VEDIC HERITAGE CENTRE  
43 TESSENSOHN ROAD  
(take exit B from Farrer Park MRT)

YOGA....classes highlighted in red are ON, rest pending group formation:



Greater Choice with Affordable Fees !

MONDAYS

9-10am: Hatha Yoga...ongoing

5-6pm: Pre-nata Yoga

6.30-7.30pm: Trataka-Eye Yoga....MARCH Batch is ON

TUESDAYS

9-10am: Yin Yoga

12-1pm: Hatha Yoga

7.30-8.30pm: Dynamic Yoga.... ongoing

WEDNESDAY

9-10am: Yoga Therapy

THURSDAY

9-10am: 1.5 hr Dynamic Yoga

5-6pm: Post-natal Yoga

6.30-7.30pm: Trataka-Eye Yoga ...MARCH Batch is ON

FRIDAY

9-10am: Yoga Nidra

7.30-8.30pm: Hatha Yoga.....ongoing

SATURDAY

8-9am: FREE Nirmal Kriya.....ongoing

9-10am: FREE Pyramid Meditation....ongoing

10-11am: Trataka/Eye Yoga.....MARCH batch is ON

11am-12nn: Hatha Yoga

SUNDAY

1-2pm: Yoga Nidra; 3-4pm: Hatha Yoga

To download yoga lessons' schedule (PDF file) click [here](#)

	8-9am	9-10am	10-11am	11am-12nn	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6.30-7.30pm	7.30-8.30pm
Mon		Hatha Yoga \$20/M								Pre-natal Yoga \$20/lesson	Trataka-Eye Yoga \$350/12 lessons	
Tues		Yin Yoga \$20/M			Hatha Yoga \$20/M							1 hr Dynamic Yoga \$20/M
Wed		Yoga Therapy \$40/Session										
Thurs		1.5 hr Dynamic Yoga \$40/M								Post-natal Yoga \$20/Lesson		Trataka-Eye Yoga \$350/12 lessons
Fri		Yoga Nidra \$20/M										Hatha Yoga \$20/M
Sat	FREE Nirmal Kriya Yoga*	FREE Meditation	Trataka- Eye Yoga \$350/12 lessons	Hatha Yoga \$20/M								
Sun						Yoga Nidra \$20/M		Hatha Yoga \$20/M				

ALL PRICES INDICATED ARE FOR MEMBERS ONLY (MEMBERSHIP IS \$100/YEAR)

Yoga Instructors at Om Vedic Heritage Centre

- (1) Candy Tian Tian
- (2) Monalisa, Pei Jia Ong
- (3) Rosie Liew
- (4) Jayprakash Pandey

To register please email [omvedicheritage@gmail.com](mailto:omvedicheritage@gmail.com)  
or call 6492 9710 / 6297 2670 or [SHAILU@93859520](mailto:SHAILU@93859520)  
[www.omvedicheritage.com.sg](http://www.omvedicheritage.com.sg)



### DOCTOR'S CORNER

### PCOS (polycystic ovarian syndrome)

#### The Ayurvedic Approach

Dr. Dharna, BAMS

<http://www.omvedicheritage.com.sg/success.html>

PCOS is a condition characterised by the imbalance of hormones in women which can affect menstrual periods and ovulation.

Ayurveda considers this disorder as an imbalance of doshas (vata, pitta and kapha). The three doshas lead to various disorders and does not let an individual lead a happy and a healthy life.

#### Causes

- Eating excessive sweet and kaphagenic foods
- Eating inappropriate foods for digestive capacity; pragnyaparada
- Long term digestive weakness: mandagni.
- Lack of harmony; Lack of contact with inner self

Ayurveda suggests various natural remedies and exercises to help cure the disorder by balancing the doshas and thus enables the individual to lead a healthy and a happy life. Natural and holistic treatments have also proven to promote female reproductive health and support hormonal balance.

#### CASE STUDY:

Patient's age – 28 yrs Sex – F

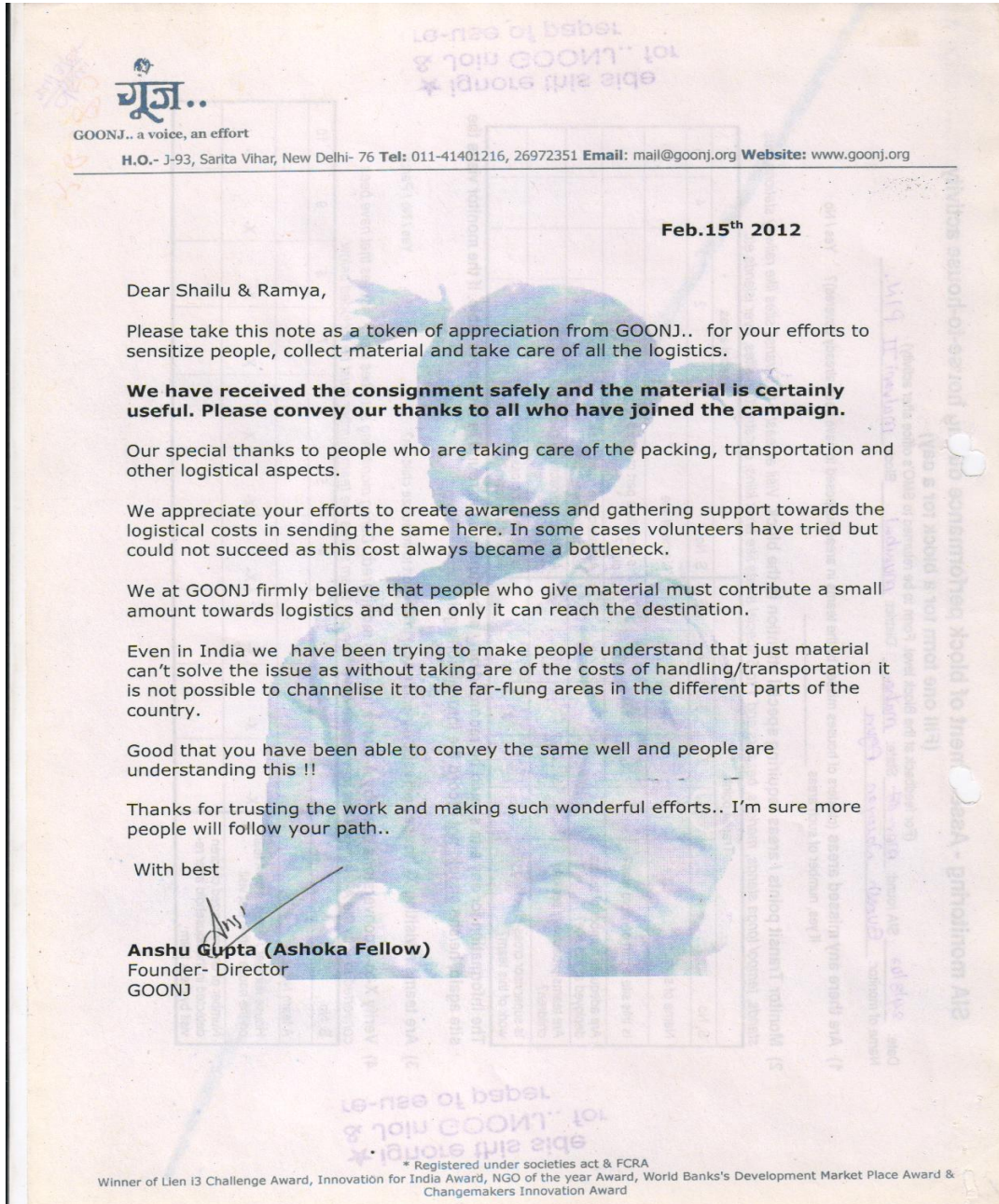
**History** - Patient was diagnosed as PCOS, 3 years ago. She was on allopathic medication (contraceptive pills), for the past 3 years. She wanted to get rid of her present treatment and hence approached Ayurveda.

**Treatment:** She was advised to follow some diet restrictions, along with internal medication for 3 months. Patient followed the advice

**Results:** Patient noticed her menstrual cycle getting regular on the first month itself, and had an ultrasound check of her ovaries also. To her surprise the cysts had been reduced to almost half its original size. She continued the medication with full faith. After 3 months her menstrual cycle was regularised, but she was still advised to undergo medication for 1 more month and to follow the diet for a longer period.

**Testimonial:** "I sought treatment for polycystic ovaries and associated hormonal imbalance. Within a month of the treatment, my gynaecologist was surprised to note that the condition of my ovaries had improved significantly - there was a significant reduction in the number of cysts. The hormonal imbalance had also improved significantly. Although the treatment took time, the results were visible."

**THANK YOU NOTE from Mr Anshu Gupta, Founder of GOONJ! November 2011 OM Charity Drive Reached Delhi in Jan'11**



Next GOONJ charity drive to be held in MAY 2012

Dates to be confirmed

