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Shriya Tiwari
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मार्च २०२४ March 2024

हिन्दू सत्संग समाचार
Hindu Satsang Samachar



Hindu Satsang Updates

Dear Satsangis,
Namaskaar!

Last month, we had our annual Youth Festival in the Rathi Auditorium. It was a huge success! We thank all the participants, parents and teachers for putting on a great show. The participants are getting younger and better each year!

All the "Youth Participants" who performed are requested to come to Hindu Satsang's Congregation on Sunday, March 24 to receive their TROPHIES 🏆🏆. Please contact Daljit Sabharwal @ 630 922 3024 with any questions.

The elections for the Hindu Satsang Board, also known as "divine selections", will be held on March 24th during the Satsang Sabha. We invite you to participate and join the board to make a difference.

Our Satsang year is coming to an end. The team did a great job in organizing all the events in a timely, efficient and spiritual manner. Thanks to all the Board members and volunteers who made this happen.

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& Anniversaries

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IN
THIS ISSUE





Happy Birth Month to our Satsangis born in March



Abeile Edwards	Anand Upadhyay	Arpita Singh Yadav	Anjali Pal	Annika Sachdev	Ashna Gupta	Arvind Bhargava
Devina Dhawanc	Dharam Bahl	Kashmira Avashia	Kiran Sharma	Mahesh Madhav	Meena Kalra	Monika Sharma
Nikhar Kinger	Nikhet Gupta	Nishi Gupta	Rachit Sachdeva	Rahul Agarwal	Rahul Nohria	Rishabh Agarwal
Roma Bhagat	Romesh Sood	Shivam Viswanathan	Selina Parikh	Subhash Sharma	Usha Wasan	Seema Gupta
Vijay Pandit	Vivek Gupta	Vivek Pandey	 <p>आपके जन्मदिन पर हार्दिक शुभकामनाएं!!</p>			

Happy Anniversary शादी की सालगिरह पर ढेर सारी शुभकामनाएं!

Deepali & Vipul Punwani	Neelam & Arvind Bhargava	Pushpa & Mahipal Singh Yadav	Richa & Aroon Pal	Sarla & Jeevan Raheja
Sita & Brij Sharma				

Healing from Rheumatoid Arthritis (RA) with Ayurveda” (Part 2) By Sh. Rajeev Jain

Last month we discussed the pervasiveness of RA in USA and across the world recent estimates place the number at 30 million. It is most common among individuals between the ages of 35 and 60. Almost 55% of these people were older than 55 years, and 70% were female. Ayurveda classifies RA as an Amavata disorder and a chronic condition.

Ayurveda’s multi-pronged approach includes, (1) appropriate diet, (2) exercise/lifestyle, and (3) herbal supplements. We discussed dietary considerations last month and will review the other two factors this month.

(2) Exercise/Lifestyle:

These lifestyle modifications are tailored to individual constitution (Prakruti) and the severity of the condition. Some common lifestyle changes for managing rheumatoid arthritis include:

· **Dinacharya (Daily Routine):** Follow a daily routine to maintain stability and reduce Vata imbalances. Regular meal times, sleep schedules, and daily activities contribute to overall well-being. Adequate rest and sleep are crucial. Prioritize a regular sleep schedule and ensure you get enough rest.

· **Warmth and comfort:** Keep your body and joints warm, especially during colder seasons. Avoid exposure to cold and damp environments, as these can exacerbate Vata imbalances.

Protect joints: Protect your joints during daily activities. Use assistive devices, braces, or ergonomic tools if necessary, and avoid movements that cause excessive stress on the affected joints.

Exercise regularly: Engage in gentle, low-impact exercise to maintain joint flexibility and strength. Practices like yoga and tai chi can be beneficial. Consult with a qualified instructor to adapt exercises to your specific needs. While regular exercise is important, avoid overexertion and strenuous activities that could worsen joint discomfort.

· **Manage stress:** Stress can aggravate RA symptoms. Practices like meditation, deep breathing, and relaxation can be beneficial in reducing stress. Maintain a positive and stress-free mindset. Engage in activities that promote emotional well-being, spend time in nature, and pursue hobbies.

· **Body massage and joint lubrication:** Self-massage with warm herbal oils, such as sesame or castor oil, help alleviate pain and stiffness. Consider the use of Ayurvedic herbal pastes or poultices for external application on painful joints.

· **Maintain weight:** If you are overweight, work on weight management to reduce stress on your joints, particularly in the lower body.

These lifestyle changes are integral to Ayurvedic management of rheumatoid arthritis. They aim to address the root causes of the condition and provide long-term relief.

Ayurveda recommends specific yogic asanas (postures) for individuals with rheumatoid arthritis to help improve joint flexibility and reduce pain. These asanas are selected to balance Vata dosha, enhance circulation, and strengthen the muscles around the affected joints. Here are some yogic asanas that may be beneficial for rheumatoid arthritis:

Continued on the next page →

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Tadasana: This standing pose helps improve posture and alignment, reducing the strain on the joints.

- **Vrikshasana:** This pose promotes balance and stability, which can be helpful for individuals with RA.
- **Bhujangasana:** This pose stretches and strengthens the spine and provides relief to the back.
- **Matsyasana:** It helps open the chest and stretch the neck and shoulder muscles, which can alleviate pain and stiffness in these areas.
- **Setu Bandha Sarvangasana:** Bridge pose strengthens the muscles of the back and hips, which helps stabilize and support the spine and lower body joints.
- **Ardha Matsyendrasana:** This seated twist can improve spinal mobility and alleviate stiffness in the back.
- **Veerabhadrasana:** These standing poses build strength and improve balance in the legs and hips.
- **Gomukhasana:** This seated pose can help relieve tension and pain in the shoulders and upper back.

The selection of asanas should take into consideration the specific joints affected by rheumatoid arthritis. Always listen to your body and avoid overexertion. It's essential to perform these asanas gently and mindfully.

Pranayama, or yogic breathing exercises, can be beneficial to reduce stress, promote relaxation, and enhance overall well-being. These practices can help manage the mental and emotional aspects of living with rheumatoid arthritis and complement other holistic approaches to treatment. Here are some pranayama techniques that may be prescribed or recommended for rheumatoid arthritis:

Anulom Vilom: This is a balancing and calming pranayama that can help reduce stress and anxiety. It involves inhaling through one nostril and exhaling through the other in an alternating pattern.

· **Bhramari:** This pranayama involves making a humming sound during exhalation, which can have a soothing and calming effect on the mind. It can help alleviate stress and improve concentration.

· **Ujjayi Pranayama:** This pranayama involves gentle constriction of the throat while breathing, creating a soft, ocean-like sound. It can be relaxing and centering.

· **Sheetali Pranayama:** This pranayama involves rolling the tongue and inhaling through it, producing a cooling effect. It can help with anxiety and hot flashes, which some individuals with rheumatoid arthritis experience.

These pranayama techniques can be practiced daily or as needed to manage stress and promote relaxation. Pranayama can also be integrated into a yoga practice that includes suitable asanas for rheumatoid arthritis management. When practicing pranayama, remember to maintain a comfortable and upright posture and focus on the breath.

→ **Continued from the previous page**

(3) Herbal formulations:

Ayurvedic herbal remedies for treating rheumatoid arthritis aim to alleviate pain and inflammation, balance the Vata dosha, and support joint health. Here are some commonly used Ayurvedic herbs and remedies for rheumatoid arthritis:

- **Ashwagandha:** It is an adaptogenic herb that can help reduce inflammation, support immune function, and alleviate pain associated with RA.
- **Shallaki:** It has anti-inflammatory properties and is often used to reduce joint pain and swelling in RA.
- **Guggulu:** It is known for its anti-inflammatory and analgesic properties, making it useful in managing the symptoms of RA.
- **Triphala:** It is a combination of three fruits (Amalaki, Haritaki, and Bibhitaki) known for its detoxifying and rejuvenating properties. It may help reduce inflammation and support overall health.
- **Punarnava:** It is a diuretic and anti-inflammatory herb that can help reduce swelling in RA.

Castor or sesame oil can be used for external applications, such as gentle massage on the affected joints, to reduce pain and inflammation.

Kindly do not consume above formulations without consultation as the choice of herbs varies based on an individual's constitution (Prakruti), dosha imbalance and other health factors related to the person.

"Ayurveda is the most sacred science of life, beneficial to humans in this world and the world beyond." — Charaka

A brief recap of
Hindu Satsang's Youth Festival
held on February 26, 2024





Quiz Hanuman ji

By Shivam
Viswanathan


Hanuman Jayanti is an important festival celebrated to honor the birth of Hanuman ji, who is regarded as a symbol of strength, devotion, and loyalty. The festival is observed on the full moon day of the Hindu month of Chaitra, which falls on 23rd of April this year. Take this quiz to learn more about Hanuman ji:



1. Who wrote the Hanuman Chalisa?
2. What is the meaning of the word "Chalisa" in Hanuman Chalisa?
3. What is the language of the Hanuman Chalisa?
4. What is the main message of the Hanuman Chalisa?
5. What is the significance of chanting the Hanuman Chalisa?
6. Which Hindu god is Hanuman Ji considered to be an incarnation of?
7. According to the Hanuman Chalisa, which four virtues does Hanuman Ji embody?
8. Who is Hanuman Ji addressed as the messenger of in the Hanuman Chalisa?
9. Can you name the mountain and the medicinal herb that Hanuman Ji brought to save Laxmana?
10. Who reminded Hanuman Ji of his powers?

Answers on the right column →

Answers

1. The Hanuman Chalisa is written by Tulsidas, a prominent Hindu poet and saint, in the 16th century.
2. The word "Chalisa" in Hanuman Chalisa means "forty" in Hindi, referring to the 40 verses of the hymn.
3. The Hanuman Chalisa is written in the Awadhi language, which is a dialect of Hindi.
4. The main message of the Hanuman Chalisa is to praise Hanuman Ji's strength, devotion, and loyalty to Lord Rama and to seek his blessings for protection and guidance.
5. Chanting the Hanuman Chalisa is believed to have spiritual and emotional benefits, such as reducing fear, anxiety, and negativity, and increasing positivity, courage, and faith.
6. Hanuman Ji is considered to be an incarnation of Lord Shiva.
7. Hanuman Ji is described as being the perfect combination of bal (strength), buddhi (intelligence), vinamrata (humility), and vidya (wisdom), who can remove obstructions to success in any endeavor.
8. In the Hanuman Chalisa, Hanuman is addressed as Ramdoot, or the messenger of Lord Rama.
9. The mountain that Hanuman Ji brought to save Laxmana in the Ramayana is called "Dronagiri" or "Mahodadhi." The medicinal herb that Hanuman Ji brought from the mountain to revive Laxmana is called "Sanjeevani."
10. Jambavantha had to remind Hanuman of his powers so that he could pursue the search for Sita Mata. 

Poem by Uma Nauth

X

खामोशियाँ

खामोशियों का आलम कभी महसूस करके तो देख

हज़ारों बेज़ुबान दास्तान सुनकर तो देख

बिन कहे कोई कैसे, सब कुछ कह जाता है

शोर का गुमा अपने आप में कैसे घुल जाता है

इसके साये में वक्त ढल सा जाता है

एक खालीपन फैलता ही चला जाता है

इसके सकून में डुबकी लगा कर तो देख

इसके ताज़ेपन में ज़रा नहा कर तो देख

इसकी ताकत से रहबरुह होकर तो देख

इस पहली को बूझ कर तो देख

उमा कहे - इस सन्नाटे में कभी, उम्र गुज़ार कर तो देख

खामोशियों का आलम, कभी महसूस करके तो देख

शुभ शिवरात्रि

This month's Guest Speaker

Shannon Denny



Shannon has been in the Health and Wellness field for over 35 years. She has seen the growth of this industry from the bottom up. She has had many roles in this field such as personal trainer, group exercise instructor, fitness director, wellness coordinator, active aging specialist, and health coach but all of them have one thing in common: helping people become the best version of themselves. This is what keeps her engaged and energized. She is passionate about people. Shannon specializes in Active Aging specifically for those with orthopedic restrictions, chronic diseases, balance problems, Multiple Sclerosis, and Parkinson's. Every person is unique and has a unique set of circumstances. Her superpower is getting to know the why behind the person and the goal; and being able to encourage, empower, and motivate them to achieve it.

Being in the 50s myself and spending the last 20 years specifically working with the 65 and over, Shannon has observed a great deal about the aging process. There are many components to living a healthy life. A few of them done consistently will result in each one having their best life. Our bodies and our brains are connected, and they are bidirectional so one can and does affect the other. Working with the whole person is vital to achieving long-term success.

Shannon has lived in Illinois most of her life. She has 4 wonderful children and one fantastic grandchild!



*Hindu Satsang's Monthly Sabha (4th Sunday of the month)
10 AM CST on Sunday, 24th, March at VSC*



Everyone is cordially invited

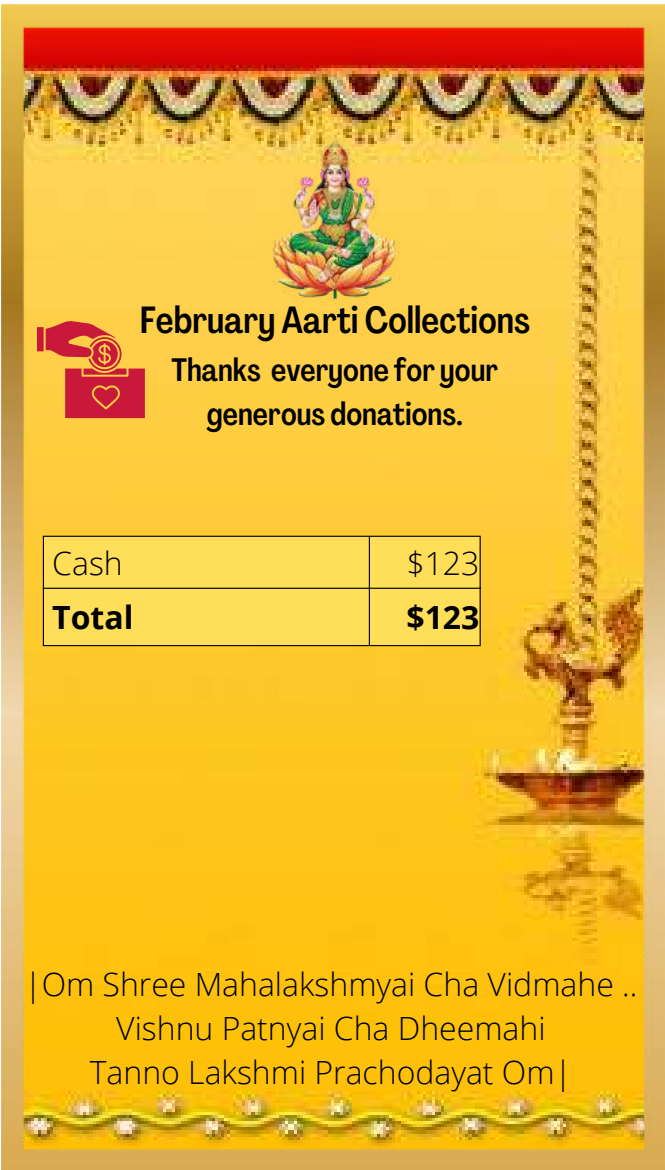
Hindu Satsang Sabha

Venue: VSC (Vivekananda Spiritual Center- the building to the right of the Vivekananda statue at HTGC Temple, Lemont, IL)

Time: 10 am to 12:00 pm, followed by lunch

Program

10:00 am:	Vedic Pooja followed by Bhajans
10:30 am	Guest speaker Shannon Denny Topic: Health & Wellness
11:15 am	Announcements, member selections, awards distribution, aarti followed by lunch (the HTGC kitchen, we'll have a partitioned reserved section at the back of the kitchen dining room).



February Aarti Collections

Thanks everyone for your generous donations.

Cash	\$123
Total	\$123

| Om Shree Mahalakshmyai Cha Vidmahe ..
Vishnu Patnyai Cha Dheemahi
Tanno Lakshmi Prachodayat Om |



Maa Annapurna devi
May you be blessed with good health, wealth, and prosperity.



March Prasad (lunch) Sponsors:
Sunil Kumar and family
Mr. and Mrs. Vimmi Bajaj
Jaya, Kasturi, and family