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## Pranaam to all Satsangis!

I hope all of you had a great festive season. Thanks to all of you for a very successful Sewa Diwali Food Drive Donation.

Following are some of the main festivals/events coming up in the next few weeks, our warm wishes to everyone:

1. Thanks Giving on Thursday, November 28th.
2. Vivah Panchmi December 5th
3. Gita Jayanti December 11th.

This month's congregation will feature guest singer Pratibha Jairath and our guest speaker Shannon Danny, will talk about an interesting topic "Age Gracefully ". As much as we talk about our age and feelings attach to that. Here is your opportunity, join us on Nov 24th. th during our monthly congregation and listen to a well talked topic.

Looking forward to seeing everyone on Sunday, November 24th at Gupta Dining hall.

**Page 2:** Birthdays & Anniversaries

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Ayurveda

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**Happy Birth Month  
to our Satsangis  
born in November**

Abha Beri	Adarsh Gupta	Bikash Khanna	Ajay Wasan	Alka Sood	Atul Trivedi	Brum Pal
Jaya Agnihotri	Jaya Punwani	Meghana Sharma	Maitreye Dhutia	Meena Dhutia	Meera Dhutia	Neelam Goyal
Neha Goyal	Neha Khanna	Niyam Upadhyay	Neil Gupta	Niam Jain	Rajan Kapoor	Rajan Prabhu
Reema Rawal	Ritu Nohria	Priya Viswanathan	Shaunak Pal	Sonia Uppal	Tripta Pal	Vikas Beri
Zara Jain	Shaunak Raheja	Sateesh Bhagwat	आपके जन्मदिन पर हार्दिक शुभकामनाएं!!			

**Happy Anniversary** शादी की सालगिरह पर ढेर सारी शुभकामनाएं!

Bhavna & Akshay Prajapati	Dipti & Tarun Kumar	Ekta & Amit Punwani	Hitender & Mansi Sabharwal	Jyoti & Anil Dhutia
Nina & Binish Choksi	Manjula & Jagdish Madhav	Pankaj & Alka Gupta	Renu & Vishwanath Agarwal	Sonia & Anil Gunya
Sonia & Sanjeev Dhawan	Vikas & Divya Pandey	Archana & Sudhir Agrawal	HAPPY ANNIVERSARY	



**Anniversary Laughs - one liners**



- After all this time, my love for you is still stronger than my WiFi signal.
- A new year of love, humor, and putting up with the in-laws is here!
- My husband thinks I'm crazy, but I'm not the one who married me!
- "A good marriage would be between a blind wife and a deaf husband."  
— Michel De Montaigne



## **“Parkinson’s Disease – An Ayurvedic Perspective”**

**By Sh. Rajeev Jain**

Worldwide, over 10 million people are living with Parkinson’s Disease. According to the CDC (Center for Disease Control), Parkinson’s Disease (PD) affects over a million people in US alone. It typically occurs in individuals after the age of 60, although about 4% of cases are diagnosed before the age of 50. Some of the famous personalities that suffered from PD include Michael J. Fox (famous actor famous for his role in “Back to the Future”), Muhammad Ali (the legendary boxer) and George Bush (41st President of USA). Despite all the research, unfortunately, PD is on the rise - in the last two decades, its incidence has increased by approximately 50%. The studies indicate that death rates from PD for men were 50% higher than those for women!

### **What causes Parkinson’s Disease?**

Common causes for PD include genetic factors, e.g., family history, environmental factors such as exposure to pesticides, air pollution, and certain chemicals, neurodegeneration (loss of dopamine-producing neurons in the brain), and abnormal aggregates of protein that develop inside nerve cells.

### **Common symptoms and impact**

Symptoms can be classified into two categories - motor symptoms and non-motor symptoms. Motor symptoms frequently include tremors (rhythmic shaking of hands or fingers), lethargy in movement that makes simple tasks difficult, stiffness in muscles, and poor balance and coordination. Non-motor symptoms include reduced ability to smell certain foods, difficulty in sleeping, difficulty with bowel movements and memory

problems. Due to these mobility and communication challenges, an individual frequently reduces their social interaction.our paragraph text.

### **Ayurvedic Perspective:**

Ayurveda offers a holistic perspective on Parkinson’s Disease, known as Kampa Vata. In Charaka Samhita, Kampa Vata, correlated with Parkinson’s disease, is described under the term Vepathu (one of the 80 Vata vikara). PD is primarily associated with an imbalance in the Vata dosha. Stambha and kampa occurs when Vata is excessive in snāyu (ligaments). Vata governs movement and neurological functions, and its imbalance leads to symptoms like tremors, rigidity, and slow movements.

The Majjavaha srotas (channels carrying marrow and nerve tissue) are primarily affected. Additionally, the Manovaha srotas (channels of the mind) can also be involved, leading to mental symptoms like depression and anxiety.

Ayurveda identifies several factors that contribute to Vata imbalance. They include Vata-aggravating diet, lifestyle, stress, environmental factors and genetic predisposition. It is important to address PD at the earliest as it progressively impairs motor functions, leading to significant disability and reduced quality of life.

### **Ayurvedic Approach:**

Ayurveda focuses on the root cause and has a multi-pronged approach to manage PD. It includes

- (1) appropriate diet,
- (2) lifestyle changes that include exercise, massage, pranayama and meditation, and
- (3) ayurvedic treatments and herbal supplements. Ayurvedic approach takes time and research studies have shown that the results can provide significant

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It benefits in improving the quality of life, although complete cure of Parkinson's Disease is challenging. Below we discuss each of these components in greater detail below.

**(1) Diet:**

In Ayurveda, diet plays a crucial role in managing PD (Kampa Vata) by adopting a diet that diminishes the Vata dosha. To enhance your health defenses against PD, here are a few changes to incorporate into your daily diet that can help you reduce its incidence. While there are foods that are helpful, it is more important to exclude dry, cold and acidic foods from your diet. These include, dried foods, lentils, raw foods, mushrooms, refined foods, chilled food, excessively pungent food and cold beverages. Also avoid fasting for a long duration.

Some dietary recommendations include:

- Warm and cooked foods like soups, stews, and easy-to-digest cooked grains like rice and quinoa.
- Healthy fats like cow ghee, sesame oil, and nuts to nourish the body and reduce dryness (Vata) in the body.
- Cooked or sautéed vegetables especially root vegetables like carrots, sweet potatoes, and beetroot.
- Fruits are excellent and should be consumed between meals as a snack.
- Legumes - Moong is better than other lentils. But if you occasionally take other lentils and beans,

ensure they are well-cooked and more like a soup.

- Spices – Use warming spices like turmeric, ginger, cumin, and cinnamon.
- Liquids – it is important to drink warm water (you can add lemon or powdered ajwain for taste and additional benefits) or herbal teas throughout the day. However, drink liquids 30 minutes before or after the meal and not along with the meal. Avoid foods that are cold and raw, contain caffeine or alcohol, and that are dry and light like crackers and popcorn as they increase Vata in the body.

**(2) Exercise/Lifestyle:**

A regular daily routine that includes mild exercises, some practice of yogic asanas and pranayams, and adequate (at least seven hours) of restful sleep is essential for managing PD effectively.

- a) Yoga – while there are many yogic asanas that are beneficial for individuals suffering from PD, some of the more beneficial ones include:
- 1. Tadasana - improves posture, balance, and stability.
  - 2. Vrikshasana - enhances balance and strengthens the legs.
  - 3. Shavasana - promotes relaxation and reduces stress.

These poses help in maintaining muscle strength, flexibility, and balance,

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, which are crucial for individuals with Parkinson's Disease.

b) Pranayama – yogic breathing exercises, are very beneficial for managing Parkinson's Disease as

they improve the respiratory function, reduces stress, and enhances overall well-being. Some

pranayamas that are particularly helpful include:

- 1. Anulom Vilom helps to balance the nervous system and reduce stress;
- 2. Bhramari relaxes the mind, reduces anxiety, and improves focus.
- 3. Ujjayi improves the nervous system and reduce stress

#### (c) **Oil massage (abhyanga):**

In PD, oil massage is important to counter the effects of Vata. Use warm, medicated oils such as Kshirabala Oil (effective in the treatment of diseases related to the nervous system and musculoskeletal system) and Anu Oil which helps to nourish brain cells and the nervous system and cleanses the entire

head region of toxins. Many times, the oil massage is followed by Swedana (herbal steam therapy) which reduces stiffness, and enhances the effects of abhyanga.

#### **(3) Herbal formulations and**

##### **Panchakarma:**

Ayurveda utilizes various herbal remedies to manage PD (Kampa Vata) by balancing the Vata dosha and supporting neurological health. Some of the commonly prescribed herbs include:

□ Ashwagandha helps manage stress and Strengthens the nervous system.

□ Brahmi enhances cognitive function and has neuroprotective properties.

□ Mucuna Pruriens contains natural L-Dopa, beneficial for Parkinson's.

□ Shatavari supports the nervous system and has rejuvenating properties.

#### **Panchakarma procedures:**

Certain Ayurvedic panchakarma treatments are very helpful in balancing Vata dosha and rejuvenating the nervous system. Common treatments include:

□ Shirodhara (pouring warm oil over the forehead) it calms the mind and reduces stress.

□ Basti (medicated enema) helps with toxin cleanse and balances Vata.

□ Nasya improves brain function, and reduces symptoms like tremors.

These panchakarma treatments help improve blood circulation, reduce stress and support the nervous system.

It is important to discuss the above treatments with your ayurvedic practitioner. Kindly do not consume above formulations without consultation with an

Ayurvedic practitioner. There are a number of other herbs that are also used in treating PD. The selection of herbs chosen for an individual will depend on your constitution and other health factors.

“When diet is wrong, medicine is of no use. When diet is correct, medicine is not needed.”

**Happy Thanksgiving!**

Recap of  
Hindu Satsang's Monthly Sabha  
October , 2024







## Sanatan Itihasa Kuiz (all the answers start with "K")

By Shivam Viswanathan

Presenting 16 questions from our ancient texts (Ramayana/Mahabharata), and all the answers begin with the letter 'K.' Keep track of how many you answer correctly. If you get all of them correct, you're quite a genius! Grading scale below answers on the right.

1. Who was the uncle of Lord Krishna and the brother of Devaki?
2. Name the son of Lord Surya, known for his archery skills and a famous warrior.
3. What are the 100 sons of King Dhritarashtra and Queen Gandhari collectively called?
4. Who was the mother of Prince Prahlada and the queen of King Hiranyakashipu?
5. What is the name of the kingdom of the Vanaras?
6. Who was the eldest queen of King Dasharatha and the mother of Lord Rama?
7. Which avatar of Lord Vishnu is often associated with a tortoise?
8. Name the mother of the Pandavas and the queen of Pandu.
9. In which place was the final battle fought between the Kauravas and the Pandavas?
10. From whom did Ravana seize the throne of Lanka?
11. What is the name of the tenth and future avatar of Lord Vishnu?
12. This divine cow blesses the host by providing them with food and healing. What is it called?
13. Who was the youngest queen of King Dasharatha?
14. What is the last of the four Yugas in a Mahayuga?
15. Which avatar of Lord Vishnu is known for his role in the Mahabharata?
16. Who is the foster father of Kunti in the epic?

**Answers in the column to the right →**

## Answers

Remember, one of the clue is that all the answers must begin with the letter 'K.'

1. Kansa
2. Karna
3. Kauravas
4. Kayadhu
5. Kishkinda
6. Kaushalya
7. Kurma
8. Kunti
9. Kurukshetra
10. Kubera
11. Kalki
12. Kamadhenu
13. Kaikeyi
14. Kaliyuga
15. Krishna
16. Kuntibhoja

### Grading

How many did you get right?  
Quiz grading scale based on the 16 questions:

- 0-5 correct answers:  
**Novice**
- 6-9 correct answers:  
**Learner**
- 10-12 correct answers:  
**Knowledgeable**
- 13-15 correct answers:  
**Expert**
- 16 correct answers:  
**Genius**

Keep learning! See you next month with a new quiz!

# Seva Diwali Food Donation

1. Ramesh and Shubh Malhan \$100
2. Mahesh and Madhu Gupta - \$101
3. Sudhir and Adarsh Gupta -\$101
4. Romesh and Alka Sood - \$101
5. Rajesh and Sadhna Tiwari \$101
6. Dharam and Kiran Punwani \$101
7. Anita & Rajesh Singhal \$51
8. Manju & Sandeep Kalra - \$51
9. Prem and Daljit Sabharwal \$101
10. Annu and Amit Agrawal \$101
11. Saroj Singla \$101
12. Shivana, Dr Sonal & Samir Soni - \$101
13. Romesh and Kumkum Kumar - \$101
14. Subhash and Nisha Oza -\$100
15. Mini and Ajay Buti - \$101
16. Roma & Neil Bhagat - \$51
17. Puja & Aman Sethi, and Subhash & Ranjna Sahni (sleep matters) - \$202
18. Vishwanath & Renu Agrawal - \$51
19. Vikram & Madhu Bhatnagar \$101
20. Nand & Renu Garg \$101
21. Sweta & Hiral Chandrana \$101
22. Manisha & Rishi Garg \$101
23. Neena & Ravi Narumanchi \$51
24. Reena Gupta \$51
25. Pramila & Vineet Singh \$101
26. Anuj, Sonu, Neha Sahni \$101
27. Om & Kanan Dhingra \$500
28. Jug & Madhu Uppal \$101
29. Tarun Kumar \$100
30. Mukesh & Deepa Gupta \$101





## ***This month's guest speaker***

**Shannon Denny** have been in the Health and Wellness field for over 35 years!! Shannon have been able to see this industry take place from the bottom up! Shannon have 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 me coming back!! Shannon is passionate about people. She specialize in Active Aging specifically with 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, I have observed a great deal about the aging process. There are many components to living a healthy life but a few components that are done consistently will result in you having your 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 have lived in Illinois most of my life. She have 4 wonderful children and one fantastic grandchild!! "



## ***This month's guest singer***

### **Guest Singer: Pratibha Jairath**

Pratibha Jairath is a versatile singer who has given various stage performances. She is known in Chicago land area for her mellifluous voice. Her expression and style of singing adds to her melodious quality of voice.

Pratibha believes in sharing and serving mankind in many ways. She was inspired by her father, Mr. Satya Pal Bhagat, a well-known Hindu Priest who spent his whole life in serving his fellow human beings. She puts forth her best, whether it is dance choreography for Sangeets or fund-raising events. She has served in several associations and is currently Vice President of FIA, Chairperson of UPA and founding President of Vidya Jyoti, a non-profit organization to help educate underprivileged kids in India.

Pratibha is known for her organizational abilities, creativity, attitude and for her ability in bringing community together. She has a master's degree in Mathematics and has been an IT professional for many years and is now a franchise owner of a few Great Clips shops.



*Hindu Satsang's Monthly Sabha (4th Sunday of the month)  
10 AM CST on Sunday, 24th, November 2024 at VSC*



Everyone is cordially invited

**Hindu Satsang Sabha**

**Venue:** Gupta Dinning hall

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



**Program**



10:00 am:	Vedic Pooja
10:10 am	Bhajans by Satsangis
10:30 am	Guest Singer: Pratibha Jairath
11:00 am	Guest Speaker: Shannon Danny
11:45 am	Aarti followed by lunch (Brief appetizing walk to the HTGC kitchen, we'll have a partitioned reserved section at the back of the dining room).

**October Aarti Collections**  
Thanks everyone for your generous donations.

Cash	169
Madhu & Vikram Bhatnagar Check	\$51
<b>Total</b>	<b>\$220</b>

| 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.

**November Prasad (lunch) Sponsors:**  
**Mrs.Madhu & Mahesh Gupta ji,**  
**Pratima & Shatender Singh ji,**  
**Nisha& Shubhash Oza ji,**  
**Madhu & Vikram Bhatnagar ji**