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Hindu Satsang Update

Dear Satsangis,
Namaskaar!

Last month, we once again got an auspicious and melodius start to our year by means of the Sundarakand Paath. For this, we are deeply indebted to the selfless service of ISSA sevaks: Ram Shraddha Das Ji, Anand Tiwari Ji, Rahul Trivedi Ji, Pankaj Patel Ji, Ramesh Savsani Ji, and Inder Gurtatta ji.

This month we have our annual Youth Festival in place of the regular Satsang. We have a fantastic program lined up. Please be at the Rathi Auditorium at 10 am on Sunday, February 25 to enjoy the show and to encourage all the participants.

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

आपके जन्मदिन पर
हार्दिक शुभकामनाएं!!



Aditya Singh Yadav	Angela Gupta	Ayushmaan Trivedi	Annu Singh	Anupam Agnihotri	Anil Pal	Bhavana Prajapati
Poonam Kataria	Brian Edward	Charu Gupta	Herschel Gupta	Jay Kalra	Jyotsna Salgia	Kiran Gupta
Komal Kinger	Krish Nangia	Mira Upadhyay	Latika Jain	Mohan Gandhi	Naresh Noharia	Niket Gupta
Priya Pandit	Puja Garg	Rajeev Goel	Ruchika Akhand	Rupal Upadyay	Sachin Mittal	Sangita Garg
Shashi Malhotra	Shilpa Shah	Shubh Malhan	Sneh Gunya	Sonia Dhawan	Subash Oza	Vikas Upadhyay

Tanu Singh

Anjali Oza

Happy Anniversary

शादी की सालगिरह पर ढेर सारी शुभकामनाएं!

Anant & Jyotsna Vyas	Anita Singhal & Rajesh Singhal	Bikash & Pinky Khanna	Dharam & Kiran Punwani
Vinod & Shashi Malhotra	Suresh & Rajashree Ambegaoker	Gopal & Sujata Sharma	Raj & Kusum Taneja



Healing from Rheumatoid Arthritis (RA) with Ayurveda” (Part 1)

By Sh. Rajeev Jain

According to the World Health Organization, in 2019, about 18 million people worldwide were living with rheumatoid arthritis (RA) – while some recent estimates place the number at 30 million. Approximately 75% of them suffer moderate to severe levels of RA. Although RA can affect persons at any age, it is most common among those between the ages of 35 and 60. Almost 55% of these people were older than 55 years, and 70% were female. Similarly, the CDC (Center for Disease Control), identifies approximately 1.5 million individuals affected by RA.

While RA is a systemic autoimmune disease, the joints of hands, wrists, feet, ankles, knees, shoulders and elbows are most often affected. With ageing populations and increasing rates of obesity, the prevalence of RA is expected to continue to increase globally.

Ayurveda classifies RA as an Amavata disorder and is a chronic condition – which means that by the time symptoms are exhibited, it has been in the body for a period of time.

Symptoms:

Frequently, RA symptoms include joint pain, swelling, stiffness, and reduced joint function. RA often affects multiple joints, including those in the hands, wrists, knees, and feet. It can also lead to systemic symptoms such as fatigue, fever, and weight loss.

Causes - Ayurvedic Perspective:

Rheumatoid arthritis is a chronic inflammatory autoimmune disorder that can affect more than just the joints—it attacks the soft tissues of the body, as the immune system mistakes its own tissues as an invader. The inflammation associated with rheumatoid arthritis results in tissue damage throughout the body.

Ayurveda attributes RA to the imbalance of the Vata dosha. Vata is responsible for movement and governs the nervous system. When it becomes imbalanced, it can lead to symptoms like pain, stiffness, and inflammation. In addition, it sees the root cause of RA as improper digestion, which begins as indigestion, reduced appetite, and inflammation. The improperly digested foods produce toxins which then spread beyond the digestive system to all areas of the body. Once these toxins (termed amavata in Ayurveda) reach small joints of the hands and feet, the condition starts affecting daily life. A weak immune system, emotional stress, and lifestyle choices can also play a role in the progression of RA. Addressing RA is important to alleviate pain, restore joint function, and improve the overall quality of life.

Ayurvedic Approach:

Ayurveda focuses on the root cause and has a multi-pronged approach as a defense against RA. It includes, (1) appropriate diet, (2) lifestyle (including yoga and pranayama), (3) herbal supplements. Ayurvedic treatment focuses on balancing the Vata dosha, removing toxins, promoting joint health, and reducing inflammation and pain. Though the Ayurvedic approach takes time, research studies have shown that the results can provide lasting benefits. We will discuss each of these components in greater detail.

Continued on the next page

↳ **Continued from the previous page**

(1) Diet:

The individual should also avoid foods that increase the imbalance. In addition, the diet should promote strong digestion by eating at regular intervals and avoiding overeating.

Further, avoid red meat, carbonated drinks, and caffeinated beverages. The objective behind the dietary recommendations below is to remove the deep-rooted toxins, or amavata. Here are some common principles to follow with respect to your diet:

Warm and Nourishing Foods: Consume warm and nourishing foods that help pacify Vata dosha. Prefer cooked meals over raw and cold foods. Cooked vegetables, especially root vegetables like sweet potatoes, carrots, and beets, are suitable for individuals with rheumatoid arthritis.

Spices: Use spices with anti-inflammatory properties, such as turmeric, ginger, and cumin, in your cooking as they help reduce joint inflammation and pain.

· **Ghee:** Ghee is considered a Vata-pacifying food and can be used in cooking or added to warm foods. It supports joint lubrication and reduces Vata-related symptoms.

· **Fresh Fruits:** Choose ripe, sweet, and juicy fruits like bananas, papayas, and ripe apples. These fruits can help balance Vata and provide essential nutrients.

Whole Grains: Include whole grains like quinoa, and oats in your diet. Avoid processed and refined grains, as they can increase inflammation.

· **Legumes:** Mung beans and lentils are easy to digest and can be included in soups or stews. However, if they cause gas or bloating, limit their consumption.

· **Lean Proteins:** Incorporate lean sources of protein, such as skinless poultry and fish. These can provide the necessary nutrients for joint health.

· **Herbal Teas:** Herbal teas like ginger tea or turmeric tea help reduce inflammation. Adding a small amount of honey (do not heat honey) can enhance the healing properties.

· **Water:** Drink warm or room temperature water throughout the day to keep your body hydrated. Avoid consumption of cold beverages where possible. Hydration helps maintain joint lubrication and reduces dryness associated with Vata imbalance.

· **Limit Dairy:** Some individuals may find that dairy products, especially cold milk, aggravates symptoms. If so, use dairy products in moderation or try dairy alternatives like almond or rice milk.

Following this dietary guideline is crucial to the Ayurvedic approach to managing rheumatoid arthritis and delivering results. Frequently, individuals prefer to take pain killers and non-inflammatory drugs to treat RA – they may provide temporary relief, but will not address the root cause and the problem will reoccur. Next month we will discuss lifestyle, yogasanas, pranayams and herbal formulations to provide a better life for those suffering from RA.

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

A recap of
Hindu Satsang's Monthly Sabha
held on January 28, 2024





Holi Quiz

By Shivam
Viswanathan

1. What is the name of the bonfire that is lit on the eve of Holi?

- a) Rangoli b) Holika Dahan
c) Pooja Thali d) Diya



2. What is Holi?

- a) A festival of colors b) A festival of lights
c) A festival of food d) A festival of dance

3. What is the name of the traditional sweet dish that is prepared during Holi?

- a) Jalebi b) Laddu c) Gujiya d) Halwa

4. What is the traditional drink consumed during Holi?

- a) Mango lassi b) Thandai
c) Masala chai d) Nimbu pani

5. In which part of India is the Holi festival celebrated with the greatest enthusiasm, including the burning of Holika?

- a) North India b) South India
c) East India d) West India

6. Who is Holika's brother, the king of demons, in Hindu mythology?

- a) Ravana b) Hiranyakashipu
c) Kumbhakarna d) Mahishasura

7. Where is Phoolon Ki Holi celebrated?

8. Which town in Uttar Pradesh is famous for "lathmar" holi (लठमार होली)?

9. In which state of India is the Holi Mohalla festival celebrated instead of Holi?

One more question followed by answers on the right column ->

10. What is the story behind the burning of Holika?

- a) Holika tried to kill Lord Krishna but was burned to death instead
b) Holika tried to kill her own nephew, the young Prahlad, by carrying him into a fire, but he was unharmed while Holika burned
c) Holika helped Ravan kidnap Sita, but was burned to death by Lord Hanuman

Answers

1. b) Holika Dahan

2. a) A festival of colors

3. c) Gujiya

4. b) Thandai

5. a) North India

6. b) Hiranyakashipu

7. The Banke Bihari temple in Vrindavan celebrates a unique kind of Holi on the Ekadashi, before Holi, where only flowers are used to play with each other, hence the name Phoolon wali Holi (Holi with Flowers).

8. The celebration of Lathmar Holi (Holi of sticks) takes place in the towns of Barsana and Nandgaon, which are referred to as the towns of Radha and Krishna, respectively. During this festival, men from Nandgaon tease the women by singing irritating songs to provoke them. In response, the women play the role of the Gopis and joyfully hurl sticks at the men, creating a playful and festive atmosphere.

9. Punjab

10. b)





You are cordially invited to Hindu Satsang's YOUTH FESTIVAL CULTURAL PROGRAM



Dear Satsangis,

Kindly complete the Google form if you wish to take part in the Youth Festival program before February 20.

Details of the Cultural Program:

Date: Sunday, February 25, 2024

Time: 10:00 am - 12:00 pm (followed by lunch)

Venue: Rathi Auditorium, Lemont Hindu Temple (HTGC)

Important Points to Note:

1. Limit one entry per participant/group (first come, first served).
2. Open to children/youth of all ages.
3. To accommodate as many children as possible, please ensure your program duration does not exceed 4 minutes.
4. Participants are encouraged to present entertaining acts, either solo or in a group, such as dance, song, playing musical instruments, etc. While Bollywood performances are welcome, the theme should be devotional.



Participation Registration Form Link:

<https://bit.ly/youthfest24>



Invitation to Youth Festival

Join us for a day of celebration, as we showcase the talents of our young and vibrant community. Our festival promises to be an exciting event, filled with music, dance, drama, and much more.

We are proud to present a lineup of talented children who will be performing various cultural and artistic programs. You won't want to miss out on the chance to witness their creativity and skill firsthand.

So, gather your family and friends, and join us for a day of fun and entertainment. See you there!

You are cordially invited to Hindu Satsang's annual

Youth Festival

Program Details



Date: Sunday, February 25

Time: 10:00 AM

Venue: Rathi Auditorium (Lemont Hindu Temple)

Program followed by Lunch
This event is free for all



Poems by Uma Nauth

झुकना

मालिक की बड़ाई में जितना हो सके झुक
कि उसकी ऊंचाई महसूस कर सके
उसकी बन्दिगी में इतना झुक
कि उसकी इबादत हो सके
प्यार में झुक, इतना झुक
कि उसकी खुदाई में इक मिक हो सके
ज़िंदगी के लिये इस कदर झुक
कि तुझ पर रहमत हो सके
इंसानियत में इतना झुक
कि किसी की भलाई हो सके
दुनियदारी में इतना मत झुक
कि फिर ऊपर ही ना उठ सके

आन शान

फर्क होता है - आन और शान में
फर्क होता है - गुमान व कदरदान में
एक नेकी की दाद देता है
दूजा दाद पाकर फूला नहीं समाता
इन बारीकियों में कितना फासला है
ये फैसला छिपा होता है
उमा कहे - इंसान की पहचान में

ज़िंदगी

गर हम अपने आप को समझाना शुरू कर दें
दूसरों के बारे बातें कम करना शुरू कर दें
अक्सर चुपचाप रहना शुरू कर दें
ज़िंदगी बहुत थोड़ी सी बची है यारो
इसकी पूरी कीमत मिलेगी - उमा कहे
अगर हम इसकी इज़्ज़त करना शुरू कर दें

Shradhajali



Mr. Mahendrabhai Shankarbhai Amin
passed away on February 21st, His gentle
spirit and loving presence will be deeply
missed. He is reunited in peace with his
late wife, Vanleelaben Amin, who
remained in his heart until the end.

Om Shanti.

*Hindu Satsang's Youth Fest. (4th Sunday of February)
10:00 AM CST on Sunday, 25th, February at Rathi Auditorium*



Everyone is
cordially invited

Youth Festival

Venue: Rathi Auditorium

Lemont Hindu Temple

Time: 10 am to Noon

followed by lunch

January Aarti Collections
Thanks everyone for your
generous donations.

Vibha and Manu Sharma	\$101
Sudha and Hans Upadhyay	\$101
Satya and Raj Gupta	\$51
Cash	\$117
Total	\$370

|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.



February Prasad Sponsors:

Roma & Neil Bhagat

Garima & Vipin Malhan

Shivani & Mohit Saigal

Palvi & Nitin Julka

Ami, Aashini & Keshav Gandhi

Charu Bhatt & Family