

# Echoes of Eco



July, 2009

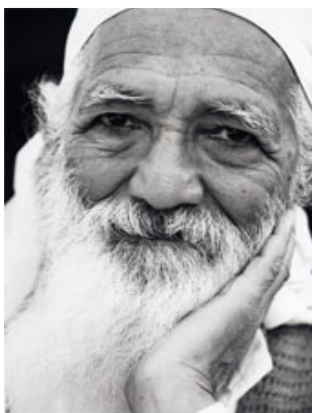
Vivekananda Kendra- nardap Newsletter

Vol:1 No:5

## Eco-Saint

### In this issue:

- Echo-Saint
- Varma Therapy
- The Happenings-I
- The Happenings - II
- Renewable energy
- Our Publication
- Visions of Wisdom



Sunderlal Bahugana is a small, bright-eyed man with a laughing voice. His unassuming exterior conceals a strength and determination which has been a driving force behind Chipko Andolan, the now world-famous tree-hugging movement which started among the Himalayan villages of Uttarkhand in 1973.

Sunderlal, a Gandhian individual is passionately dedicated to campaigning for justice for the rural people, soon became the messenger and spokesman of this movement, and began to travel widely throughout the Himalayan villages.

His classic method of spreading the word was the padayatra, marching on foot from village to village. In each village he would stay overnight and teach the people the value of their forests and encourage them to join in the Chipko movement.

Here is a confrontation between two conflicting world-views. One sees nature simply as a commodity to be sold on the world market, and the other sees

it as something sacred, the 'basis of our life'. One of the Chipko folk songs recorded the confrontation that had taken place when a forest officer had been sent to persuade villagers to give up their struggle:

The forester asks:  
*What does the forest bear?  
Resin, timber and foreign exchange.*

To this the village women reply in chorus:

*What does the forest bear?  
Soil, water and pure air.  
Soil, water and pure air  
Are the basis of our life.*

Through songs such as these, talks and debates, Sunderlal was able to convince local people that their own villages depended on the survival of the trees. Together with his mentor and colleague, Chandi Prasad Bhatt, he succeeded in creating widespread support for Chipko among the villagers. This in turn led to pressure being brought on the government to change their forestry policies.

[From: Ranchor Prime's *Hugging the Trees*]

## Nature welcomes a dawn



**Let all the great elements bless  
the dawning day:  
Earth with its smell, Water with  
its taste,  
Fire with its radiance, Air with  
its touch, and  
Ether with its sound.**

**- [Vana Purana: 12:26]**

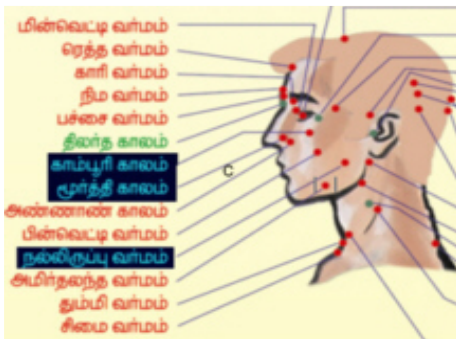


**Service to humanity is the highest form of worship – Swami Vivekananda**

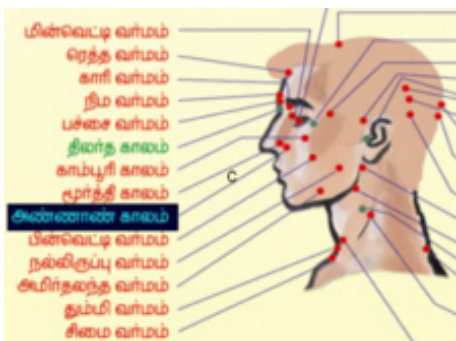
## Varma Therapy: Mapping the points

When an ailment is taken up for study, the specific Varma points and sub Varma points are identified. Then the traditional medicines associated with their treatments are identified. Below you can see the typical identification and mapping of specific Varma points that are knowingly or unknowingly treated by Siddha physicians for the following problems:

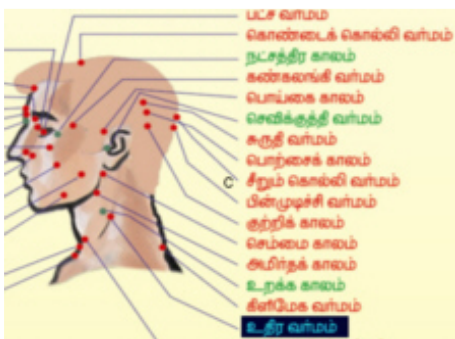
### Facial Palsy:



### Lock Jaw:

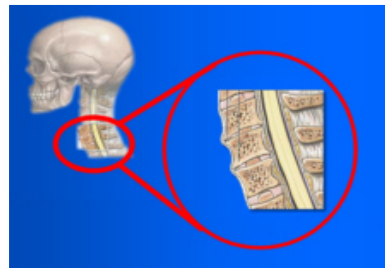


### Neck Stiffness:

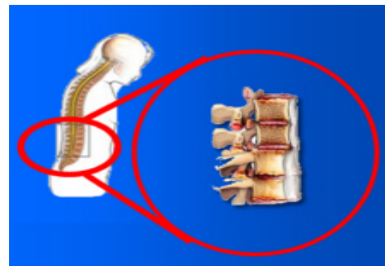


## Varma Therapy: Documenting the medicines

Just as how the Varma points are mapped, the same way the traditional medicines and their methods of preparation are also documented. For example in the case of Kumba Vatham or Cervical Spondylitis and Sagana Vatham or Lumbar spondylitis, the traditional medicines have been documented by VK-NARDEP research team under Dr. Ganapathy.



Cervical Spondylitis



Lumbar spondylitis

The medicines that are being used for Kumba Vatham (KV) and Sagana Vatham (SV) by local healers and doctors are:

- Karuvelampatta thylam (KVT),
- Aalampaal thylam (APT) and
- Kurunthotty Ver Churnam (KVC)

Of these KVT & APT are used for External use and KVC is used for internal use.

The specific Varma Points for these studies have also been documented and mapped with specific anatomical features.

## This month...



- 279 patients were treated at Vivekananda Kendra Green Health Home at Vivekanandapuram
- A Free medical camp was conducted at Aathiparasakthi Arakattalai Krishnan Kovil, Nagercoil in which 470 persons were treated.

## Varma Therapy: Documenting the efficacy

KV & SV are the commonest problems everywhere affecting all sections of the society – particularly having drastic psycho-economical impact on the lower sections of the society. Conventional medicines have been found to give incomplete and economically non-viable treatments for these diseases. Pain, tingling sense, restricted movements, sometimes and tenderness all the signs are commonest in both KV & SV. Pain, radiating in nature and tenderness will be much relieved within 8 to 10 days of undergoing the above said varma oil massage and medicines.

Clinical observations further reveal that the movements will be free from 20th days onwards and all the signs will be relieved (both KV & SV Symptoms) within 50 days to 90 days.

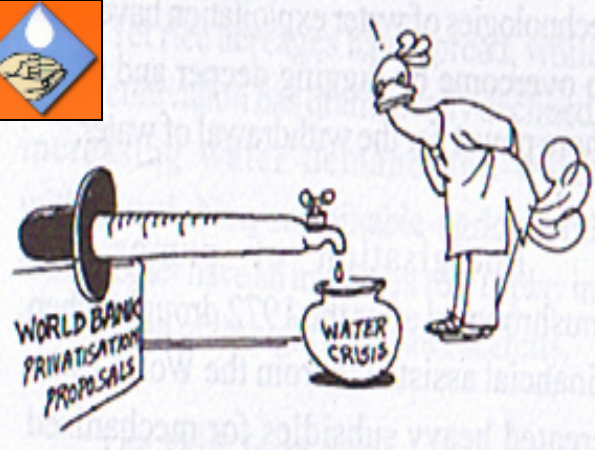
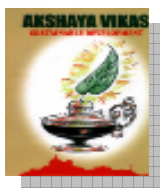
[The above is based on a paper presented by Dr.V.Ganapathy at an All India Science Conference at Bhopal]



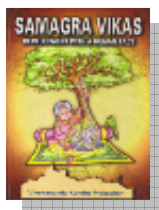




### Krishnankovil: Free medical Camp



Cartoon from the book "Akshaya Vikas - Sustainable Development". For more on the book see "Our Publications" section of this Newsletter.

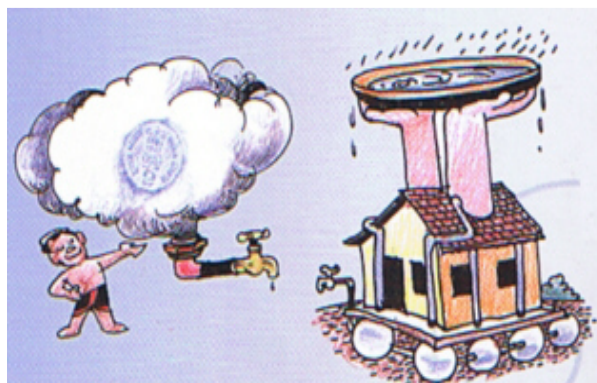


Eco-Cartoon from "Samagra Vikas" (Development with a human face). See our previous newsletters for Book details.

### This month... Agriculture

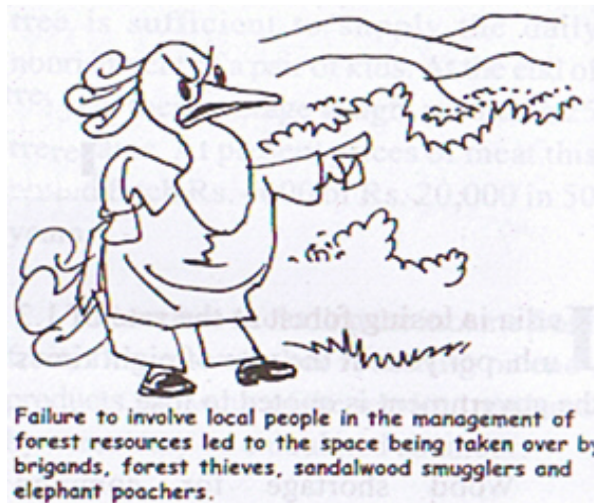


- Workshop on "Azolla Cultivation" was held at Kalluvilai on 25th and five persons attended the workshop. The resource person was Smt. S.Premalatha.
- Dr. Kamalasanan Pillai attended a training programme on "Fermentative Production of Microbial Enzymes and their Applications" held at CFTRI Mysore (27th to 31st July)



Water Harvesting Eco-Cartoons from Rain water harvesting Handbook. Book details on last month newsletter.





Cartoon from the book "Akshaya Vikas -Sustainable Development". For more on the book see "Our Publications" section of this Newsletter.



### Eco-Technologies Integration at Athalavillai village, Kanyakumari district.

The successful integration of eco-technologies at Kozhikottupothai has had a cascading effect. Athalavillai a neighboring village is transforming itself into another farming community who are integrating the sustainable technologies in their agro-eco system.

On the second week of July, Shri.Rajamony and Smt.Premalata visited the village and saw the integration of the technologies and their impact on the lifestyle of the people. The technologies include Azolla and related organic integration of Poultry and livestock management and also vermi compost techniques.



### Three Leaf Extract: Bio-formulation note

*Moondru ilai karaisal* (three leaf formulation) is made by soaking about 3 kg each of Calotropis (*Yerukku* in Tamil), Neem (*Vembu* in Tamil)and Vitex (*Nochi* in Tamil) in about 3 litres of cow's urine diluted in 2 litres water overnight. Next day this solution is filtered and diluted in about 60 litres of water and sprayed.







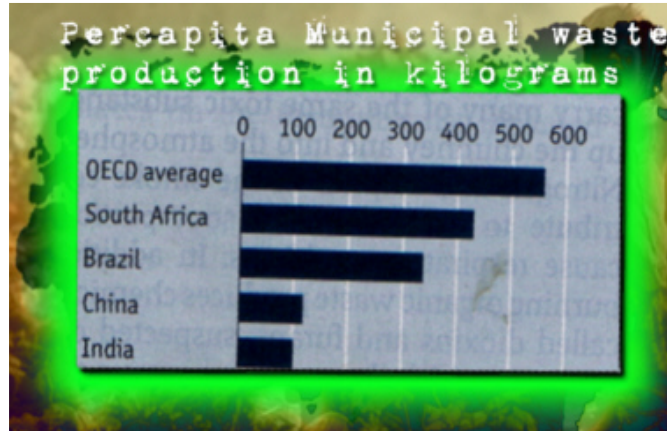
*For the potential of the oak lies vibrating within the atomic structure of the acorn, as does the flower live within the bud and the Self within the human –Sivaya Subramuniya Sami (Himalayan Academy)*

In this section we provide excerpts from an article that appeared as a special report in *"The Economist"* (Feb 2009). It showcases the need for multi-pronged approach to waste disposal technology - something VK-NARDEP has foreseen in **Shakthi-Surabhi** technology.



Dr.J.C.Kumarappa - eminent Gandhian Economist was the first to propound the Tao of Biogas technology :  
for Energy and Nutrient Management  
He saw Biogas plant as backyard fertilizer plant for marginal farmer.

There are only three things you can do with the waste: bury it, burn it or recycle it. All of them carry varying environmental and financial costs and all require careful management ....United States produces 700 kilogram of municipal waste per person each day while India produces annual per capita municipal waste of about 100 kilogram.



**How Shakthi Surabhi tackles the waste-disposal problem in a multi-faceted way:**

Alternative fuel for cooking gas

Waste disposal - very good for bio degradable waste management system

Hygienic - no odor and flies

Arrests green house gas

Digested outlet slurry is good as organic manure



## This month... Shakthi Surabhi

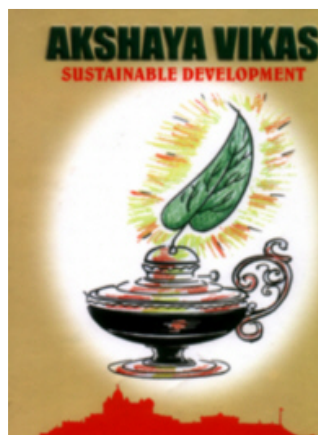
- Workshop on "Shakthi Surabhi" was held at Kalluvilai TRC on 24th and four persons attended the camp. The resource person was Sri. Muneeswaran.



**Install your Shakthi Surabhi  
Put a smile on the planet!**



## From Our Publications



**Akshaya Vikas – Sustainable Development** is not only of academic importance but also of great social relevance and ecological significance to anyone who feels or understands that life on earth is being increasingly threatened by so many factors. Some of them are dealt in this book in detail.

A large number of great thinkers, scientists and environmentalists have written a lot about saving the earth and they have given blueprints for saving the earth and the various species of life-forms from further extinction. Therefore, of necessity, we had to fall back upon the already published expert findings and views on the subject of sustainable development. The book draws material from such varied sources as Center for Science and Environment at New Delhi to Worldwatch Institute and Centre for Scientific Research at Auroville.

The book is rich in content and the concepts are explained lucidly through highly creative and communicative cartoons. The cartoons are based on the perceptions of three symbolic birds:

Ostrich which symbolizes the western technology, heavy consumerist culture, Swan which symbolizes Indian wisdom of simple living and great thinking and parrot which is in quest for solution. Through their conversation on various vital issues the book brings out the essence of the two worldviews and makes the reader understand the real issues at hand.

The book has five sections: Section One provides philosophy and general theory; Section Two is on Food, Diet and Nutrition; Section Three is on Agriculture; Section-IV is on water, flood and dams...and Section-V is on Bio-diversity.

The essence of the book is summarized in the sentence "The model we are talking about is based on value system where man draws energy from within!" (p.24) There is a table differentiating the reductionist modern technological system with ancient wisdom and modern holistic science. (pp.148-150)

This book is a must for anyone who wants to understand how to survive in the future and live a beautiful life.

Akshaya Vikas – Sustainable Development. (pages:364)  
 Vivekananda Kendra Prakashan, Chennai  
 Price: Rs 200/-



## Biogas Slurry based Package Flier





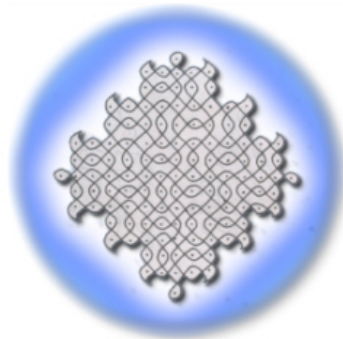


### **Tale of two prayers**

...When we plant a seed there's a very simple prayer that every peasant in India says: "Let the seed be exhaustless, let it never get exhausted, let it bring forth seed next year." Farmers have such pride in saying "this is the tenth generation seeds that I'm planting," "this is the fifth generation seed that I'm planting."... So far human beings have treated it as their duty to save seed and ensure its continuity. But that prayer to let the seed be exhaustless seems to be changing into the prayer, "let this seed get terminated so that I can make profits every year" which is the prayer that Monsanto is speaking through the terminator technology - a technology whose aim is merely to prevent seed from germinating so that they don't have to spend on policing.

~ *Vandana Siva*

Eco-Feminist



### **Interconnectedness**

Indian thought never lived with the illusion that metaphysical truths are capable of an exhaustive embodiment in the logical system.

True unity between humans and nature and between one human being and another can only be sustained when the vitality is not directed to fragment the whole of reality. There is need for new order of insights into nature which is clear on totality.

The science of our time has disproved the separation of mind and body. It is coming to realize the truth at the core of Indian thought – the interconnectedness of all phenomena and that the mind is a subtle form of matter and matter is grosser form of mind.

~ *IC Kapur*

Solar Scientist



### **School**

Surely a school is a place where one learns about the totality, the wholeness of life. Academic excellence is absolutely necessary, but a school includes much more than that....

A school is a place where one learns the importance of knowledge and its limitations. It is a place where one learns to observe the world not from any particular point of view or conclusion. One learns to look at the whole of man's endeavour, his search for beauty, his search for truth and for a way of living without conflict....

From the ancient of times, man has sought something beyond the materialistic world, something immeasurable, something sacred. It is the intent of the school to inquire into this possibility.

~ *J Krishnamurti*

Humanist Visionary

