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Reading Wisdom for Start-ups from Grown-ups: Discovering Corporate Ayurveda by R Gopalakrishnan ... you will find a wealth of information in this book. In the words of the authors, "We agreed ...

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Gyan for entrepreneurs

His recent book, 'The Making of a Superhuman' became a bestseller ... I could easily connect this with some of the ancient Indian wellness wisdom, which is available from Ayurveda, Siddha and Yoga.

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Human Performance Enhancement through bio-hacking - Pioneer of Indian Biohacking Dr Sajeev Nair speak

These included violation of several provisions of Ayurvedic rule book including Section 33 EEB which puts a particular drug in 'Misbranded, Adulterated and Spurious Drug'

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category.” ...

Rajkot firm faces action for misleading claims on ayurvedic drug as Covid-19 cure

Citing the Ayurvedic rule book, the letter said that the formulation was “violating Section 33 EEB which puts a particular drug in ‘Misbranded, Adulterated and

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Spurious Drug' category." The letter ...

AAYUDH Advance: Ministry of AYUSH Issues Show-Cause Notice to Gujarat Ayurvedic Drugs Firm for Misleading Claims Related to COVID-19 Treatment

But what is psychological immunity? It is the ability of the mind to resist disease,

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ward off emotional toxins, and endure the pendulum swing of gain and loss, joy and sorrow, attraction and repulsion ...

Psychological Immunity: An Essential Part of Wellness Today

The result of our multimodality approach in most of the cases is long lasting relief and quite often complete cure. The basis

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of Ayurvedic treatment is enlivening the suppressed intelligence of ...

Home ayurvedic remedies in preventing diabetes: All you need to know from the expert

As per Ayurveda, honey and water could do wonders to bring high blood pressure levels in control. According to 'The

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Complete Book of Ayurvedic Home Remedies' by Dr. Vasant Lad, "Add a teaspoon of ...

Hypertension: Try These 3 Healthy Drinks To Manage High Blood Pressure

Self-care is incredibly important and often overlooked, as it can be hard to

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find the time to give yourself some much-needed love and comfort amid life's craziness. However, if you don't make time to ...

The Best Form of Self-Care for Your Zodiac Sign, According to an Astrologer

You may begin practicing yoga, following

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inspirational people on social media, reading self-help books, listening to motivational speakers ... about spiritual topics such as yoga, meditation, Ayurveda ...

The 5 Stages of Discovering Your Dharma

The grandnephew of 1950s British prime

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minister Anthony Eden tells Mark Footer how he transitioned from Hong Kong banker to pioneering holiday villa entrepreneur in Sri Lanka.

When Jack Eden lost his job in the Asian financial crisis, Sri Lanka called and he never looked back
Take a gander at some of the top-notch

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stay home stay fit products that would help your mental and physical fitness to remain intact.

Stay Home - Stay Fit: How To Keep Yourself In-Shape During Lockdown; Products Under Rs 1,000

Kicking off your day with an energizing morning yoga practice can be a beautiful

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way to find focus and feel more balanced and empowered in any season. That's especially true in kapha season (aka ...

10 Energy-Boosting Poses to Banish Sluggishness

Some, such as homeopathy or ayurveda, have a long and rich history ... she wrote

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the foreword to her healer's 2005 book "Energy Secrets: The Ultimate Well-Being Plan." Svirinskaya is a fifth ...

Crazy Celebrity Health Remedies

He is in complete isolation now — can't reach ... Surviving COVID-19 requires an invincible immune system. There are many Ayurveda and Maserati remedies

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that can boost your immunity from ...

Beating the coronavirus

While their 60-product catalogue is enviable, it's their social consciousness, Ayurvedic approach and ethical sourcing ... creation process that is led by an engineering graduate with complete empathy ...

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Why 'Clean Beauty' is the only way forward -- for your skin and the planet

The Indian state of Goa was a Portuguese colony for 450 years, until Indian troops ousted the colonial power in 1961. Just a few years later, the first hippies arrived and found paradise on

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Of trance parties and pensioners in Goa, India

For developing immunity in the case of Covid-19, ayurvedic medicines are used. Ayurveda is a complete system of medicine. There are no side effects and the treatment is safe. Experts also point

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Sustainable handling of medicinal plants need of the hour, say experts

So, complete credit to them ... Since I was younger, everything about Ayurveda is breathtaking to me. The principles, the concept of mind, body spirit, being one, everything about it is

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beautiful.

Sravya Kalyanapu: Being a South Asian female founder has been so empowering

In Ayurveda, greeshm ritu is the time when nature ... onions and chillies — akin to salsa) is enough to form a complete meal when served with jowar

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ki roti or multigrain thali peeth.

Beat the summer heat with cold platter

So, in case you want to know more about night creams for men, here are some of our best picks: Kama Ayurveda Skin Brightening ... Garnier Skin Naturals Light Complete Night Cream Garnier

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Light ...

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