

HOROSCOPE



ARIES (MAR. 21-APRIL 20)

You can't help everyone. Use your enthusiasm to win favours from superiors. Your generosity may be taken for granted. Your lucky day this week will be Sunday.



TAURUS (APR. 21-MAY 21)

Rely on a good friend. Don't neglect problems. Major career changes or opportunities are on the horizon. Your lucky day this week will be Wednesday.



GEMINI (MAY 22-JUNE 21)

Don't expect too much. Travel will be very rewarding. Your partner may be uncompromising this week. Your lucky day this week will be Tuesday.



CANCER (JUNE 22-JULY 22)

Relax and try to enjoy yourself. Find ways to make extra cash. Problems could arise at home. Your lucky day this week will be Wednesday.



LEO (JULY 23-AUG 22)

Travel will promote new romantic connections. Do not let relatives upset you. Get involved in large groups or organisations. Your lucky day this week will be Wednesday.



VIRGO (AUG. 23-SEPT. 23)

Consider self-improvement projects. Keep your opinions to yourself. Your devotion will be persuasive. Your lucky day this week will be Monday.



LIBRA (SEPT. 24-OCT. 23)

Your emotions could be unstable this week. Socialise with clients of your industry. Expect a sudden reversal of fortune. Your lucky day this week will be Wednesday.



SCORPIO (OCT. 24-NOV. 21)

Consider renovating your home. You won't be well received by superiors. Take care of any ailments. Your lucky day this week will be Friday.



SAGITTARIUS (NOV. 22-DEC. 21)

Your stubborn nature could lose you loved ones. Be careful when expressing ideas. Your partner will be unable to cope. Your lucky day this week will be Wednesday.



CAPRICORN (DEC. 22-JAN. 20)

Love relationships will flourish. Your unique lifestyle will interest others. Colleagues won't have your interests at heart. Your lucky day this week will be Monday.



AQUARIUS (JAN. 21-FEB. 19)

Use your talent to do something great. Consider other options before making up your mind. Love is on the horizon. Your lucky day this week will be Wednesday.



PISCES (FEB. 20-MARCH. 20)

Travel should be on your agenda. Consider doing things with family. Acknowledge your lover's needs. Your lucky day this week will be Thursday.

FYI

The magic of Ayurvedic medicines

Tired of the constant visits to doctors and the excruciatingly long list of medicines that doesn't seem to work? Before you put your entire faith on western medicinal system, why not consider going back to traditional medicinal practices such as Ayurveda? After all, what scientists of modern medicine have proven only recently, the sages of the subcontinent had figured out more than 3000 years ago.

With the term "Ayurveda" translating to the 'science of life,' this traditional medical system is based on the belief that the human mind and body are deeply interconnected. Being one of the oldest medical systems in the world, Ayurveda has its roots from the Vedic culture of India. The motto is simple- if you want to be healthy, your mind and bodily systems must be in balance and at harmony with each other.

THE PHILOSOPHY OF AYURVEDA

Ayurvedic system revolves around the Tridosha theory, which is a way of categorising energy types. Consisting of three fundamental doshas or personality types called the Vata (Air), Pitta (Fire), and Kaph (Water), Ayurveda believes each individual has a unique combination of these doshas. So, when you fall sick, it's because the internal balance among your doshas are disrupted. This imbalance can occur due to four fundamental reasons- kal (time/seasons), arth (indulgence in worldly subjects), karm (action), and pragnyapradh (knowingly doing mistakes).



WHY AYURVEDA?

Of course, there's no denying the effectiveness of modern medicine. The drugs used in modern medicine are powerful but quite often, the risks with these drugs are also high. You don't know how your body will respond to the drug, and side effects such as grogginess can make it difficult for you to carry out your daily activities. Ayurveda addresses the huge diversity among patients, taking into account unique individual habits, metabolism and personality types. Since the ingredients used are herbal, not only are your chances of side effects reduced, but the ingredients often have added benefits that overall improve your health. As a result, in terms of treatment, you get remedies that are more suited to the individual needs of your body.

AYURVEDIC TREATMENTS

Ayurvedic treatments aim to cleanse the body of toxins and enhance the mind's self-awareness. One aspect of the process includes tuning in to the natural rhythms of your body and syncing your lifestyle with seasonal changes. Ayurvedic doctors prescribe a combination of medicines that often include essential oils, diet supplements and breathing exercises based on your doshas. Whether it's to cure the excruciating pain on your knees after climbing just one flight of stairs or a way out of the countless sleepless nights due to stress, your Ayurvedic doctor is bound to have a few suggestions for everything in your list of maladies.

FINDING THE RIGHT PRODUCTS

Lack of side effects do not mean you can

try out whatever medicine you want to! Consult a trained Ayurvedic doctor before starting your treatment. You can check out the resources at ARHC (Ayurveda Research & Health Center), which is the first ever authentic Panchakarma centre in the country. Located at the capital's Banani, the trained doctors can help you pick the right treatment.

Moreover, opt for well-known trusted sources when it comes to buying medicines. With traditional medicine, there is always risk of counterfeits. With a huge line of herbal medicinal products and an active production house, Hamdard Laboratories (Waqf) Bangladesh has been a constant trusted source when it comes to Ayurvedic medicines. For your everyday wellbeing, try the Hamdard Chyabanprash, which is a supplement of vitamins and minerals to improve your immunity and respiratory health. While many turn to Trifala Churna for indigestion issues, Hamdard Balarista is well-known among those hoping to put on a little weight.

In fact, more serious illnesses such as treating the enlargement of liver and spleen, nervous imbalances and so on are also covered by Hamdard. And while their effectiveness varies from person to person, such traditional medicinal systems are often the last resort for people, especially when the western ones fail them!

By Adiba Mahbub Proma
Photo: Collected

DISCLAIMER

Ayurveda is a long-practiced branch of alternative medicine based on lifestyle and nature, originating in ancient India. Lifestyle does not promote it over other forms of medicine, and practitioners should use individual discretion.

SHOP SPECIAL

Hamdard: A realm of Ayurvedics

The field of medical science is reaching unprecedented advancements- vaccines for cancer, artificial pancreas, and electronic aspirin, to name a few. It seems like the spectrum of medicine is reaching whole new heights. But amid these scientific modern advancements, many opt for herbal medicine, more specifically known as Ayurvedic medicine.

Ayurvedics originated in India more than 3,000 years ago. It is based on the belief that overall health and wellness depend on a delicate balance between the mind, body, and spirit. Its main goal is to promote good health, but treatments may be geared toward specific health problems. Its concepts about health and disease promote the use of herbal compounds, special diets, and other unique health practices

Hamdard group is a well-known and reputed Ayurvedic group present in Bangladesh. It was first established in 1906 by Late Hakeem Abdul Majeed at Delhi. The word "Hamdard" belongs to the Persian language, which is the combination of "Ham", meaning friend, and "Dard", meaning pain. So Hamdard literally means friend in pain or who shares the pain of others. It started as a health service, but later diversified into an educational and a socio-cultural movement.

In Bangladesh, Hamdard was established in 1953. The main focus of Hamdard Bangladesh is to bring medicine to people for common diseases and body complications, based on nature. It aims to provide people with the gift of nature and relieve them from too much use of synthetic medicine.

Mohammad Sajjad Hossain, Zonal Manager of Hamdard, Dhaka, gives an idea of how they ensure number one quality for their products. To maintain the highest standards of production Hamdard Bangladesh has set up laboratories with modern scientific equipment, that are run by qualified experts. Hamdard has established Holistic Quality Management System to check every step of production and marketing, right from the procurement of raw materials, finished goods quality assurance and post delivery customer service.

Upon talking to the staff at Hamdard's Panthapath office, we got an overview of which of their products have the highest demands in the market and the uses of these products:

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