



Ayurveda and yoga restore balance

ASKARI JAFFER

In an age dominated by stress, overstimulation, and lifestyle disorders, yoga expert, speaker, and author Anita Dua believes the world is gradually returning to an ancient truth — wellness cannot exist in fragments. For her, true health is the harmony of body, mind, and spirit, a balance that both Ayurveda and Yoga have advocated for centuries.

With over three decades of experience practising and teaching Yoga, Anita Dua has emerged as a strong voice for integrating traditional wisdom into modern life. A disciple of legendary yogacharya B K S Iyengar, she trained at the prestigious Ramamani Iyengar Memorial Yoga Institute in the early 1990s. Her work today combines the therapeutic precision of Iyengar Yoga with the holistic principles of Ayurveda, encouraging people to rethink wellness beyond temporary fixes and fitness trends.

Her latest book, 'Power of Ayurveda and Yoga,' comes at a time when conversations around mental health, preventive healthcare, mindfulness, and holistic living are finding greater relevance across generations. According to Anita, the inspiration behind the book emerged from both personal experience and years of observing how disconnected people have become from their own natural rhythms.

"My yoga and pranayama practice of more than three decades has led me to a medicine-free life with a tranquil mind most of the time," she says. "It proves that Yoga and Ayurvedic practices are not merely wellness tools — they are complete, time-tested systems of healthy living."

For Anita, one of the greatest misconceptions surrounding these disciplines is the tendency to separate them. Yoga, she says, is often reduced to physical exercise, while Ayurveda is seen merely as herbal medicine. In reality, the two sciences complement one another deeply.

"Ayurveda is the science of life and longevity, while Yoga is the science of the

Yoga expert and author Anita Dua believes Ayurveda and Yoga are not separate wellness practices but deeply connected sciences of balanced living. In a fast-paced, overstimulated world, she advocates returning to natural rhythms, mindful discipline, and holistic healing for lasting well-being



mind," she explains. "One prepares the body and lifestyle for balance, while the other steadies consciousness and emotional well-being."

Drawing from the teachings of Sage Patanjali, Anita frequently refers to the Yoga Sutras to explain how Yoga was always intended to go far beyond physical postures.

Yogah citta-vritti-nirodhah

The sutra, she explains, describes Yoga as the calming of the fluctuations of the mind. According to Anita, the real transformation brought by Yoga and pranayama is gradual but deeply transformative. Better immunity, emotional stability, improved digestion, and mental clarity are simply natural outcomes of consistent practice.

"These are not quick-fix solutions. They require patience, discipline, and persistence," she says.

Anita also believes the

growing interest in Ayurveda and Yoga among younger audiences reflects a larger cultural shift, particularly after the pandemic. Increasingly, people are becoming aware of the importance of sleep, digestion, emotional balance, and daily routine.

"There is a visible shift towards natural living," she says. "Young people today are more conscious about gut health, mindfulness, and reconnecting with nature."

She points out that Ayurveda has always emphasized rhythm — waking early, eating meals at regular times, spending time outdoors, and maintaining balance between activity and rest. These practices, she believes, are becoming increasingly relevant in a world driven by speed and constant stimulation. One of the central themes in her book is the Ayurvedic understanding of disease as Prajnaparadha, or "a mistake of the intellect."

Anita believes the concept



Anita Dua

perfectly describes modern lifestyles.

"We know what is unhealthy, yet we continue doing it. We sleep late scrolling through screens, eat irregularly, live under constant stress, and disconnect ourselves from nature," she says.

According to Ayurveda, these repeated choices disturb the body's balance, particularly Vata dosha, which governs the nervous system and mental activity. Over time, this imbalance manifests as anxiety, fatigue, digestive disorders, sleep disturbances, and chronic disease.

For Anita, healing begins not through extreme changes, but through conscious awareness and discipline. "To wake up with the sun, eat mindfully, breathe deeply, move consciously, and create moments of silence — this is where healing begins," she says.

Discipline, she believes, is where most people struggle today. Modern life constantly encourages distraction, overstimulation, and instant gratification, making consistency difficult even when awareness exists.

"We already know what creates imbalance. The real challenge is maintaining discipline in everyday

life," Anita explains. Yet she insists transformation does not require dramatic lifestyle overhauls. Small, sustainable practices — a few minutes of pranayama, timely meals, reducing screen exposure before sleep, spending time in nature — can gradually restore equilibrium.

"Yoga and Ayurveda are not asking us to withdraw from modern life. They are teaching us how to remain centred within it," she says.

At the heart of Anita Dua's philosophy is the belief that balance is humanity's natural state. The body, mind, and emotions are designed to function in harmony, but modern lifestyles continuously pull individuals away from that alignment.

"Either we consciously slow down and reconnect with nature's rhythm or eventually nature forces us to slow down through disease," she says.

In many ways, 'Power of Ayurveda and Yoga' is not simply a book about wellness practices. It is an invitation to return to simplicity, rhythm, and self-awareness — ancient principles that Anita Dua believes may hold the answers to many of modern life's deepest struggles.

Cruelty-free haircare: The rising demand for natural henna creams



CLELIA CECILIA ANGELON

Hair colouring decisions used to be fairly simple for most people. If the shade looked good and covered greys properly, that was enough. Very few consumers paid attention to ingredient lists or thought much about how frequently those products were being used. That has slowly started changing.

When the use of a particular product becomes routine, certain things start coming to light, such as irritation of the scalp or dryness of the hair after prolonged usage. This rising consciousness about choices related to daily haircare practices is one reason why natural henna creams are gaining more room within contemporary hair care regimes.

Cruelty-Free Beauty Is Becoming More Visible

Cruelty-free beauty is no longer something associated only with niche or alternative beauty spaces. People nowadays are much more conscious about how the products are manufactured, the testing methods used to produce those products, and the philosophy behind the brand itself.

Natural henna hair creams that combine Ayurveda with the biome of Brazilian plants blend naturally into this shift because they are rooted in plant-based ingredients and gentler-feeling haircare routines. Ingredients such as henna, aloe vera, hibiscus, and amla already feel familiar to many consumers looking for more balanced beauty choices. The addition of Brazilian botanical ingredients like guarana, açai, Brazilian nuts, and babassu oil further strengthens this combination by bringing together traditional Ayurvedic knowledge with the richness of Brazil's natural biodiversity. These ingredients are increasingly associated with nourishment, scalp comfort, hydration, and softer-feeling hair, making them appealing for consumers seeking more mindful and long-term haircare solutions.

For most people, these changes are gradual. They are



not trying to build perfect routines overnight. They simply want products that feel better suited for long-term use.

consistently.

Ingredient Awareness Is Quietly Changing the Industry

One interesting shift happening across beauty categories is how carefully consumers now read ingredient labels. Earlier, most people ignored formulation details unless they had severe scalp sensitivity. Today, ingredient awareness has become much more common. This is especially true for products people use again and again over long periods of time.

Many consumers now actively look for brands with formulations that avoid ammonia and related chemicals such as ethanalamine, diethanolamine, and triethanolamine, which are often associated with faster and stronger colour processing. Many brands are also becoming more selective about their ingredient choices, avoiding large numbers of substances that do not fit within their overall formulation approach.

What is interesting is that this shift often comes from experience more than trends. People notice when their scalp feels irritated repeatedly. They notice when hair starts feeling excessively dry after regular colouring. Eventually, those experiences influence purchasing decisions.

Haircare today feels less rushed than before. Consumers still want good colour results, of course, but they are thinking more carefully about what comes with those results too.

(The writer is a founder & CEO of Surya Brasil)

Shivaleeka Oberoi documents her pregnancy journey: '9 months in a blink of an eye'

Actress Shivaleeka Oberoi, who welcomed her first bundle of joy in April, shared a glimpse into her pregnancy journey through a heartfelt video montage.

Shivaleeka shared a video, which began with the words "Growing my greatest love." The clip captured her baby bump's evolution from five weeks to 38 weeks.

The video then showed her bump slowly growing as she documented her pregnancy journey with text overlays that read: "5 weeks, 8 weeks, 11 weeks, 20 weeks, 28 weeks, 38 weeks."

She captioned the clip: "9 months in a blink of an eye. I was creating a life while life recreated me!"

On May 19, Shivaleeka and her filmmaker husband Abhishek Pathak revealed that they have named their newborn daughter Aarika, which symbolises grace, abundance, prosperity, and divine beauty.

Shivaleeka and Abhishek shared two pictures of themselves along with their "greatest blessing" in a collaborative post on Instagram.

The post was captioned: "Introducing our greatest blessing Aarika Pathak.

Aarika carries the essence of Goddess Lakshmi — symbolising grace, abundance, prosperity, and divine beauty."

The post further read: "Born on 19.04.2026 the auspicious day of Akshaya Tritiya, it all feels so beautifully and divinely connected — as if the universe planned it this way all along. She is everything we ever dreamed of and more. Grateful, blessed, and completely in love... all over again!"

The couple had announced in December last year that they are set to become parents for the first time on a post on social media, which read: "Our love story has found its sweetest verse — a tiny blessing is joining our universe (Baby angel, evil eye and Dizzy emojis) (sic)."

Abhishek and Shivaleeka first met during the shoot of their 2020 film "Khuda Hafiz", which stars Vidhut Jammwal. They exchanged rings in July 2022 and finally got married in February 2023.

The couple got married in a private ceremony in Goa in the presence of their family and close friends, including actor Ajay Devgn.



Triptii Dimri says 'Maa Behen' reminded her of two women unfairly judged by society

Bollywood actress Triptii Dimri opened up about the emotional connection she felt with 'Maa Behen', revealing how two women, who were "unfairly judged" by society, from her childhood society, inspired her character.

The actress said during the trailer launch of the upcoming film "Maa Behen", that the women were judged for being single and independent.

Triptii said at the trailer launch: "When sir narrated the story to me, I told him that there were two women in my society who were single, didn't have parents, and were considered a little fashionable for those times. People would call them names."

"As kids, we were told, 'You can't go to them, don't be friends with them, don't go near their house, it's dangerous.' That stayed with me somewhere. When 'Maa Behen' came along, it was the image of those two girls that I had in my mind."

She added: "I was like, 'I have to be a part of this film,' because society judged them for no reason. If I could get a chance to apologise to them, I think this is my chance."

On Saturday, she shared a string of images of herself from the trailer launch and showcased the whole "Maa Behen" drama.

"It was all smiles, fun and a whole lot of Maa Behen drama #MaaBehen trailer out now," Triptii captioned the images on Instagram.

The chaotic crime-comedy 'Maa Behen' also stars Madhuri Dixit Nene. It will release on June 4 on Netflix.



Along with Triptii and Madhuri, the film also Dharna Durgaa, and Ravi Kishan in pivotal roles. They are joined by Geetanjali Kulkarni, Arunoday Singh, and Shardul Bhardwaj.

Premiering on June 4, at the heart of "Maa Behen" is Rekha, a mother

who's already juggling enough until life throws her the ultimate curveball, a dead body in her kitchen. With her two daughters, Jaya, the responsible one, and Sushma, the wild card, this trio must think fast, lie faster, and somehow keep their nosy neighbors from sniffing out the truth.