

The weight we were never meant to carry

Rajyogi Brahma Kumar Nikunj Ji

Forgiveness, like so many other things in life, is easier said than done. We all seek forgiveness when we do something wrong right? but our stance is quite different when someone seeks forgiveness from us. The reason is we find it hard to let go of what's happened to us. The ability to forgive others depends on how honest we are with ourselves. We must remember that forgiveness can only occur because we have been given the gift of the ability to make choices. Hence, if we want to forgive someone, no one can stop us, no matter how poorly they may act, because ultimately, it's our choice to forgive or not to forgive. This ability to forgive is a manifestation of the personal control we have over our lives. And hence each one of us should ask this question to ourselves: Have we journeyed through life pure, perfect, and clean, with never a wrong thought, a wrong word, or action? If we look at ourselves honestly, then how can we not forgive someone?

Most of us regret many things that we have said or done in the past. It's a fact that we all have acted wrongly, either because of not knowing what is right, or out of fear or misunderstanding. However, with time and knowledge, we realize what is right and begin to make amends. Just by having this desire to change

ourselves, we begin the process of forgiving ourselves, which in turn helps us to forgive others. If this process is to progress, we have to forgive others. We just cannot condemn others and excuse ourselves. This is cheating, and the universally applicable Law of Karma will not allow it. Remember! If we do not learn to forgive, resentment will poison us, and we would end up carrying a double burden of both the resentful thoughts of others' injustice and the hidden reality of our own injustice. Hence, the only way to release ourselves from these bitter emotions is to forgive. And here lies the quiet paradox of forgiveness, because when we forgive someone, we imagine that we are doing something generous for them. But in truth, we are doing something far more important for ourselves. We are setting down a weight we were never meant to carry. Hence, forgiveness is not a gift we give to those who wronged us. It is actually the freedom we finally give to ourselves.

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1 Morning cryo-therapy: Rosewater ice cubes

There is no more invigorating way to wake up tired skin than with a burst of chilled botanicals. Pour pure rosewater into an ice tray and freeze. In the morning, gently glide a rosewater ice cube over your face in upward, circular motions. The freezing temperature instantly constricts blood vessels to banish morning puffiness and tighten pores, while the rosewater calms overnight redness, leaving your complexion beautifully flushed and revitalized.

2 The royal treatment: A rejuvenating bath soak

Transform an ordinary evening bath into an opulent, stress-relieving sanctuary. By adding a generous cup of rosewater to warm bathwater, you create an immersive aromatherapy experience. As the steam carries the soothing scent of roses to calm an anxious mind, the water actively hydrates your skin, leaving your entire body feeling silky, soft, and thoroughly pampered.

3 Customized botanical elixirs: Herbal face mists

Take your hydration on the go by creating a personalized face mist. Fill a spray bottle with rosewater and steep it with dried herbs tailored to your skin's immediate needs:

Lavender: To de-stress the mind and balance oily zones.

Chamomile:

To soothe hypersensitive or sun-exposed skin.

Mint: For an instant, cooling temperature drop on hot summer days.

A quick spritz throughout the day re-establishes your skin's moisture barrier and revives stagnant makeup.

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osewater—a fragrant elixir distilled from the delicate petals of roses—has been coveted for centuries as a cornerstone of ancient beauty rituals. From royal Egyptian baths to traditional Indian remedies, this timeless botanical water is celebrated not just for its enchanting, nostalgic aroma, but for its profound therapeutic properties. While most modern routines relegate rosewater to a simple post-wash toner, its true potential stretches far beyond basic skincare. Rich in antioxidants, naturally anti-inflammatory, and deeply hydrating, rosewater is a versatile self-care powerhouse. Here are ten creative, spa-inspired ways to unlock the full beauty and wellness potential of rosewater from head to toe.



4 Gentle renewal: The rosewater facial scrub

Say goodbye to dull, lackluster skin without the harshness of chemical peels. Mix rosewater with fine sugar or colloidal oatmeal to create a paste. This natural exfoliant gently sloughs away dead skin cells to reveal a brighter, smoother complexion. Unlike standard scrubs that leave the face feeling tight, rosewater's innate humectant properties ensure the skin remains deeply nourished during the process.

8 Crown glory: Hair and scalp conditioning treatments

Your face isn't the only area that thrives on botanical hydration. Create a nourishing hair rinse by blending rosewater with pure aloe vera gel and a few drops of your favorite hair oil (like argan or rosemary). Massaged into the roots, this concoction balances the scalp's pH, fights dry dandruff flakes, softens coarse hair textures, and leaves behind a brilliant, glassy shine.

The Botanical Elixir: Unlocking the hidden wellness of Rosewater

5 The DIY hydration bomb: Rosewater sheet masks

When your skin is parched and craves an emergency moisture boost, skip the store-bought chemicals. Soak a compressed dry sheet mask—or a few large cotton pads—in chilled rosewater and press them firmly onto your face. Rest for 15 minutes. This intense occlusion allows the skin to drink up the anti-aging antioxidants, delivering a plump, dewy, "glass skin" finish.

6 Soothing relief: The tired-foot soak

After a grueling day spent on your feet, treat yourself to a restorative foot ritual. Fill a basin with warm water, sea salt, and a generous splash of rosewater. The anti-inflammatory properties of the roses work to soothe aching muscles and reduce swelling, while the elegant fragrance acts as a mental signal that the workday is officially over.

7 Eco-conscious beauty: A natural makeup brush cleanser

Clean tools are non-negotiable for a clear, acne-free complexion. Craft a gentle, skin-loving cleanser by combining rosewater with a dash of mild, sulfate-free liquid soap. This solution effortlessly dissolves stubborn pigment and oils from brush bristles without drying out the hairs, leaving your beauty tools fresh, sanitized, and subtly scented.



Mumbai

Every monsoon, my clinic fills with a familiar complaint. The rain has arrived, the temperature has dropped a little, and yet people feel sweeter, stickier and more self-conscious about body odour than they did in peak summer. It is not your imagination. The monsoon creates a specific set of conditions that make sweat and odour harder to manage, and understanding why is the first step to handling it well.

Sweat itself is odourless. What we recognise as body odour is produced when bacteria on the skin break down sweat, particularly from glands concentrated in the underarms, groin and feet. During the monsoon, high humidity means sweat evaporates far more slowly off the skin. That lingering dampness, combined with warm folds of the body, becomes an ideal environment for bacteria to multiply. The result is more odour from the same amount of sweat, and skin that stays wet long enough to invite irritation and fungal trouble.

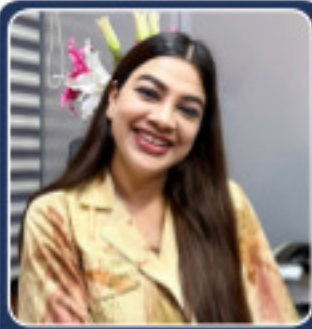
Everyday habits that help

For most people, a few practical changes make a real difference. Choose loose cotton and breathable fabrics over synthetics, which trap moisture against the skin. Change out of damp clothes promptly rather than letting them dry on the body. Dry the underarms, groin and the spaces between the toes thoroughly after every wash, because these folds hold water you cannot always feel. An antibacterial cleanser used a few

times a week helps reduce the bacterial load that drives odour, though daily harsh scrubbing is unnecessary and can leave skin raw.

Deodorant or antiperspirant?

The most common point of confusion is between deodorants and antiperspirants, and the distinction matters. A deodorant masks odour and may contain antibacterial agents, but it does not reduce how much you sweat. An antiperspirant, usually containing aluminium based compounds, temporarily blocks the sweat ducts and genuinely lowers sweat output. For best results, an antiperspirant should be applied at night to clean, dry underarms rather than in the morning, since the ducts absorb it more effectively while you are still and dry.



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When ordinary measures are not enough

There are clinical options worth knowing about. Some people experience excessive sweating, a recognised medical condition called hyperhidrosis that goes well beyond normal discomfort and soaks through clothing regardless of the weather. Bodies such as the International Hyperhidrosis Society treat it as a genuine condition that affects quality of life and deserves proper assessment, not embarrassment. Prescription strength antiperspirants are a sensible first step.

Beyond that, the most established in-clinic treatment uses tiny injections that temporarily calm the overactive sweat glands, with results that typically last several months before being repeated. Newer needle free approaches are also emerging internationally, including a short in-clinic patch that gently reduces sweat gland activity for a few months at a time. These are still establishing their availability, but show how quickly the options are widening. All are best discussed with a dermatologist.



When to see a dermatologist

A word of caution on persistent problems. Odour that does not respond to good hygiene, sweating that is sudden or one sided, or any patch of itchy, scaling skin in the folds deserves a proper assessment rather than a stronger product. Fungal infections in particular thrive in the monsoon and need treatment, not just masking.

The monsoon will always test the skin, but sweat and odour are manageable with the right routine and, where needed, the right clinical help. The goal is not to stop sweating, which the body needs, but to keep skin dry, comfortable and healthy through the season.

Jackfruit: The tropical powerhouse

• The ultimate blood sugar ally

For anyone keeping an eye on their glucose levels, jackfruit is a surprising hero. Despite its sweet flavor when fully ripe, it has a surprisingly low glycemic index (GI).

The fiber secret: Packed with both soluble and insoluble fiber, jackfruit slows down digestion and the absorption of carbohydrates.

The raw advantage: Utilizing raw, green jackfruit as a meal staple provides an even lower carbohydrate profile, making it a fantastic choice for steady, crash-free energy.

• A natural immunity booster

Staying resilient against seasonal bugs requires a strong defense system, and jackfruit provides exactly that. A single cup delivers a robust dose of Vitamin C and Vitamin A. These potent antioxidants shield cells from environmental stressors, tame systemic inflammation, and actively support the production of protective white blood cells.

• Heart-healthy and pressure-tested

Your cardiovascular system thrives on minerals, and jackfruit is exceptionally rich in potassium (supplying roughly 10% of your daily requirement per serving). Potassium acts as a natural counterweight to sodium, relaxing blood vessel walls, easing cardiovascular strain, and supporting healthy blood pressure levels.

• A happy, balanced gut

Good health begins in the gut. The dense fiber matrix in jackfruit acts as a natural prebiotic, nourishing the beneficial bacteria in your microbiome. This keeps your digestion smooth, prevents bloating, and ensures optimal nutrient absorption from the rest of your diet.

Next time you cut open a jackfruit, save the seeds. When boiled or roasted, they taste remarkably like chestnuts and are packed with resistant starch, iron, and crucial B-vitamins that help convert food into usable cell energy.

Jackfruit proves that healthy eating doesn't have to be boring. It is a rare ingredient that can seamlessly transition from a savory dinner curry to a sweet morning bowl, all while protecting your heart, gut, and immune system. Next time you see it at the market, bring it home—your body will thank you.



Beyond the Creams: How biologics are changing psoriasis treatment

Amritha K

Psoriasis is a chronic, autoimmune skin condition that drastically accelerates the life cycle of skin cells. In a healthy body, skin cells grow deep in the skin and slowly rise to the surface over the course of a month. In individuals with psoriasis, this production process is sped up to just a few days. Because the cells rise too quickly, they pile up on the surface of the skin, forming thick scales and inflamed red patches that are itchy, uncomfortable, and sometimes deeply painful. While scales most commonly develop on major joints like elbows and knees, less common types of psoriasis can target the nails, the mouth, and the sensitive areas around the genitals.

Understanding the 5 types of psoriasis

Psoriasis manifest itself differently depending on the individual. It is generally classified into five distinct types:

• Plaque psoriasis:

The most common form, characterized by raised, red patches covered with silver-white buildup.

• Guttate psoriasis:

Often triggered by bacterial infections, appearing as small, drop-shaped lesions.

• Pustular psoriasis:

Defined by white, non-infectious pus-filled blisters surrounded by red skin.

• Inverse psoriasis:

Shows up as smooth, bright-red lesions in skin folds, such as the armpits or groin.

• Erythrodermic psoriasis:

A rare but severe, life-threatening form that causes a fiery redness to cover most of the body.

Symptoms and triggers: the daily challenge

The physical manifestations of psoriasis extend beyond cosmetic concerns, often impacting a patient's overall quality of life.

Common symptoms

- Red, raised, and highly inflamed patches of skin.
- Whitish-silver scales or plaques layered over the red patches.
- Exceptionally dry skin that is prone to cracking and bleeding.
- Severe itching, soreness, and burning sensations around the lesions.
- Thick, pitted, or crumbling nails.
- Painful, swollen, and stiff joints (a sign of potential psoriatic arthritis).

What activates psoriasis?: The triggers

Because psoriasis is rooted in the immune system, certain environmental and physiological lifestyle factors can trigger flare-ups:

Mental stress: One of the most prevalent triggers that spikes inflammatory chemicals.

Lifestyle factors: Obesity, heavy alcohol consumption, and smoking.

Environmental changes: Cold, dry weather and severe sunburns.

Internal strain: Systemic infections, weak immunity, and genetics.

External elements: Certain medications (like beta-blockers or lithium) and skin injuries.



What exactly are biologics?

Unlike traditional medications synthesized from chemicals, biologics (biologic drugs) are cutting-edge therapies derived from living sources. They are manufactured using highly complex components like sugars, proteins, or DNA, and can even consist of whole living cells or tissues. These sources range from mammals, birds, and insects to plants and bacteria.

Biologics represent the forefront of modern medical science. They are genetically engineered in specialized laboratories to mimic or block specific proteins in the human body. Because these large-molecule drugs cannot survive the harsh digestive acids of the stomach, they cannot be taken as oral pills. Instead, they must be administered via subcutaneous injection (a shot under the skin) or intravenous (IV) infusion (a slow, monitored drip into a vein).

Versatility across medicine

Biologics are not exclusive to dermatology. They treat a wide array of both common and rare life-altering conditions:

Adalimumab:

A widely used biologic that blocks inflammatory pathways to treat autoimmune conditions like plaque psoriasis, rheumatoid arthritis, and Crohn's disease.

Insulin glargine:

A long-acting human insulin used daily to manage blood sugar in diabetes.

Trastuzumab:

A targeted therapy utilized at the frontline of cancer treatment.

Bevacizumab:

Used to treat advanced retinal diseases, including age-related macular degeneration.

OnabotulinumtoxinA (Botox):

Produced by the bacteria Clostridium botulinum, widely used for both medical conditions (migraines, muscle spasms) and cosmetic treatments.

The role of biologics in psoriasis care

When standard therapies fail to clear severe plaques, dermatologists step up the treatment ladder to biologics. Rather than acting as a blanket immunosuppressant—which leaves the entire body vulnerable to complications—biologics act like a precision-guided missile.

They do not cure psoriasis permanently, but they radically clear symptoms by binding to specific overactive immune proteins (such as TNF-alpha, IL-17, or IL-23) that drive the rapid skin-cell production cycle. Because they avoid suppressing the entire immune system, they carry a lower risk of certain organ toxicities compared to standard heavy-handed systemic drugs like cyclosporine, methotrexate, or long-term corticosteroids.

Safety profiles and side effects

While biologics offer unprecedented clearance rates, they are potent medications that carry potential side effects.

Common and mild reactions

Injection Site Reactions: Redness, swelling, or itching where the shot was given.

Mild systemic symptoms:

Chills, fatigue, weakness, nausea, diarrhea, or temporary cough.

Skin alterations:

Minor rashes, localized itching, or elevated blood glucose levels.

Rare and severe complications

In isolated or severe cases, biologics have been linked to headaches, deep muscle pain, insomnia, dizziness, and abdominal discomfort. On rare occasions, profound reactions such as sudden low blood pressure, serum sickness, unexpected bleeding, or anemia have been reported.

Because biologics directly modify your immune responses, they are not suitable for everyone.

Biologics are by no means a brand-new, untested experiment; they were first approved by major global medical regulatory bodies back in 2003. Over the last two decades, researchers have gathered an immense body of real-world clinical evidence proving their long-term efficacy and safety.

If your current psoriasis regimen isn't giving you the relief you deserve, schedule an in-depth consultation with your dermatologist to discuss whether you are a suitable candidate for biologic therapy.