

Newsletter 2020/1

Martuvam Healing Forest

... heal yourself



Contact:

Shivaraj

Martuvam Healing Forest

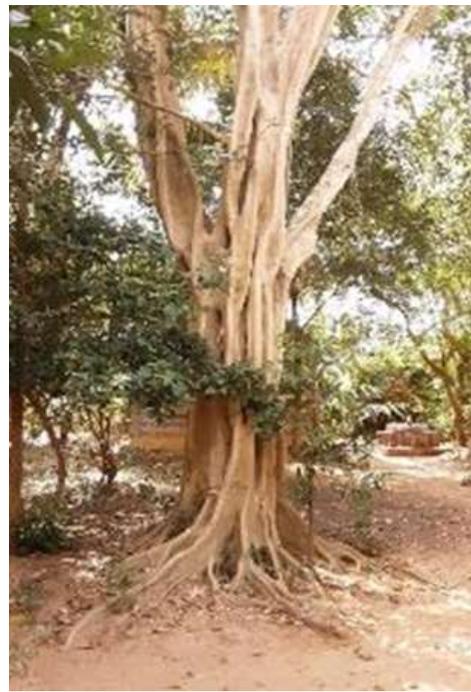
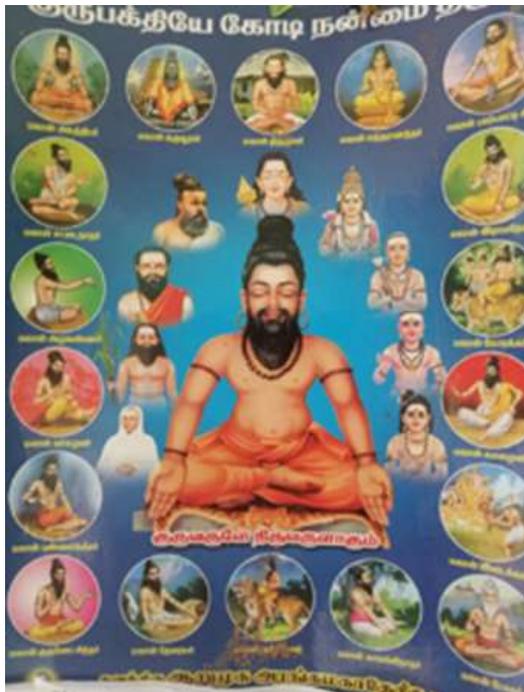
Auroville – Annai Nagar

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“Nature is the all-round Healer.”

(Collected Works of the Mother, talk of 30/06/1965)

Introduction

Martuvam, a healing sanctuary situated deep into the western periphery of Auroville, next to the green belt, is an organically harvested forest with specially curated Ayurvedic herbs and medicinal plants that are used in the ancestral Siddha medicine. Started in early 2002, this piece of barren land was lovingly planted and cultivated by Sivaraj, Malar and their three kids along with friends from Auroville using traditional techniques for harvesting. Today the forest, covering a total of 7 acres of land, holds a deeply powerful and potent energy and holds incredible value for the entire community. Based on the principles of the ancient Siddha science, Martuvam is committed to serving the community by providing natural remedies, preventive measures, and alternative therapies to all members of the society regardless of their socioeconomic conditions.



This year has been a challenging time for all of us in Auroville and beyond.

Personal and financial resources have been extremely limited due to the ongoing Covid-19 crisis. Nevertheless, we could creatively adapt to the new situation and direct our energy and dedication into channels that aimed at helping the people in Auroville.

Among many other things (see below) in the first half-year 2020 Martuvam Healing Forest supported the community with the immunity boosting

Kapasura herbal drink, with herbal face masks, natural hand sanitizers (EMS proven), Triphala, herbal Kombucha and herbal snacks.





Activities Dec 2019 to Aug 2020

- **Forestry**
 - Pruning trees, cutting, and removing of dead woods.
 - Regular cleaning of the healing forest and the herbal garden: removing plastic waste and other trash from neighboring village.
 - Creating walking paths for educational tours and recreational walks.
 - Taking out and renewing sign boards indicating healing plants.
- **Gardening**
 - Identification of herbal plants.
 - Creation of beds: Collection and orderly planting of healing plants.
 - Regular weeding and maintenance of flower and vegetable beds.
- Creating sign boards with indication of medical usages.







- Preparation of herbal remedies
 - harvesting or collecting of herbal plants,
 - sun drying and proceeding according to species and use (powders, capsules, mixture drinks),
 - mixing according to Siddha prescription and packing.





- **Invention and production of herbal face masks:**

- designing the sewing pattern,
- stitching (outsourced to tailor from Annai Nagar)
- collection of healing plants,
- production of herbal powder,
- packing of herbal refill packs,
- labeling
- distribution.



- **Production of Herbal Kombucha**

- Invention of recipe
- Production
- Packing
- Distribution



- **Natural hand sanitizer**

- Invention based on Siddha recipe (100% natural ingredients)
- Obtaining Environmental Monitoring Service report: removes 99.9% of E.coli bacteria and 89.3% of total bacteria: effective substitute for chemical hand sanitizer.
- Production
- Packing
- Labeling
- Distribution





- Production of herbal snacks
 - Invention of recipe
 - Production
 - Distribution

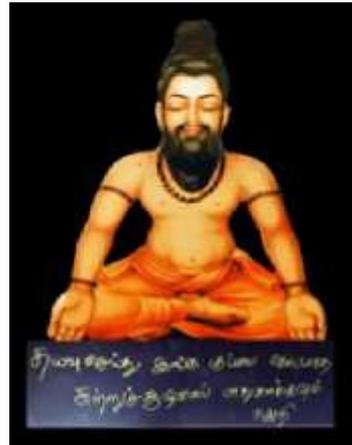


- Marketing and public relation work
 - Advertising through different social media
 - Development of the content for the labels
 - Creating and producing of a demonstrational video for the herbal mask
 - Networking with different Auroville units like laboratory and health units
 - Creating web content
 - Creating Martuvam T-shirts
 - Writing reports





- **Maintenance work**
 - repairing fences
 - painting of main gate
 - renewing sign boards
 - keeping the paths clean for forest explorations
 - cleaning the store room



- **Reactivation of Martuvam Herbal Garden Rayapettai**
 - Cleaning property from waste
 - Removing shrubs and weeds
 - Fencing





List of Martuvam products and services (in alphabetical order)

Garlic capsules

Ginger Root Extract Capsules

Herbal Kumbucha

Herbal masks

Herbal Murukku

Kapasura herbal drink

Moringa leaf powder capsule

Moringa seeds

Natural Hand Sanitizer

Neem powder capsules

Organic green tea

Triphala

Tumeric capsules



Services

Natural Siddha medicine consultations and treatments

Herbal walk and talk





Martuvam Guest House





Persons involved

Between Dec 2019 until now Martuvam has been actively supported by our dedicated long term volunteers *Svetlana* and *Bjoern*, our friends *Helga* and *Gilles*, and our guests *Florence*, *Anna*, *Benedetta*, *Sharadha*, *Nadar*, *Anastazia*, *Ganesh* and others. All of them contributed wonderfully to our project with their practical skills, their creativity and love for the spirit of Martuvam.

During this report's period our long-term volunteers *Svetlana* and *Bjoern* have been the backbone our daily work and the creation of new products. We are grateful for their contributions in making the Martuvam project more public and for finding new friends, supporters, and donors.



Svetlana and Bjoern Goldstein

Advisory board members:

Krishan Mayer, Surya, and Philippe.



Outlook for the near future

The realization of some of the most urgent projects, like the activation of Martuvam Herbal Garden, the construction of a wall for the protection of the forest from being misused as a dump site, and the ongoing designing and construction of the medical center require skilled workers and fundraisers.

We calculate that, in order to realize Martuvam Healing Forest's full potential, at least six regularly working volunteers/interns are required.

Uninterrupted fundraising, construction, maintenance and forestry work have to become normal as soon as possible.

Long term volunteers and interns (min. one year): People who would like to stay for a longer period are required to focus on one or two of the above-mentioned tasks or new long-term tasks according to now unpredictable circumstances.

Short term volunteers: Short term volunteers can help with any of the above-mentioned tasks

According to the skills and interests of applicants we can offer positions for a broad range of duties (see activities section above).

We encourage everybody to apply for volunteer or internship positions who can identify with our project and/or who would like to develop their skills matching our daily tasks.



Thank you all for your support and trust in our project.
Let us prosper together in harmony with nature.

—
Malar and Shivaraj

