

Experience personalized Ayurvedic Healing Treatments

Now available at Garry and Sun, USA - The new longevity tonic & all the other products of Chakrapani Ayurveda, India, potent and fresh Ayurveda herbs, massage oils for body types, good quality Indian spices and readymade Ayurveda food items suitable for Ayurveda body types. Contact at Toll Free: 1 - 888 - 98 - HERBS or visit our Web site <http://garrysun.com>

Want Free Consultation on Ayurveda? [Click Here](#)

Want your body type analysis? [Click Here](#)

Wish to procure our products? Kindly contact as detailed below:

France:

S.I.E.T.P.A.
<http://massages-ayurvedique.com>

U.K.

Health Trail
www.healthtrail.co.uk

Ireland:

The Samadhi Centre
<http://thesamadhicentre.com>

Colombia:

Ms. Gisele Dupuis
gdupuis@cable.net.co

Curacao:

Ms. Soraida
<http://curvedic.org>

Germany:

Dr. Ramin Mobasseri
www.dr.mobasseri.de

In India and all the other countries: Chakrapani Ayurveda [Click here](#)

Would you like an advertisement of your health services and products to be read by the largest on - line audience of Ayurveda in the whole world? Or would you like to sponsor a newsletter? For all information about our newsletter and sponsorship details, [click here](#)

For Archives of our earlier

Dear Readers,

Thanks for your tremendous response and your valuable help in our constant endeavor for improvement. We have received compliments from different parts of the World for achieving GMP certification for manufacturing of Ayurveda supplements, medicines and products. This is another quality certification as we do have ISO quality certification also since last 2 years. Thanks for your encouraging words.

We have important inputs about Acne and Ayurveda approach of acne management as feature article in today's issue. We welcome your feedback and suggestions as we are committed to you to serve you better life with the help of Ayurveda. Please don't forget to give your feedback when you visit our websites next time. We invite your views and ideas on the subject matter and content of our feature articles. So please keep us posted with your views, ideas and preferences.

Best regards and thanks.

Dr. Rajesh Kotecha 'Vaidya', M.D. (Ayurveda)
Director,
Chakrapani Ayurveda Clinic and Research Center

DR. KOTECHA'S VISIT TO COLOMBIA AND CURACAO, ANTILLES ISLANDS

As we all know that Dr. Kotecha is being invited to different countries for consultation, Panchakarma and workshops on Ayurveda. He has just finished his trip to British Colombia island, Canada and Reno (NV), Des Moines (IA), Iowa City (IA) and Omaha (NE) USA. We appreciate the help and support from Mr. Gary Grewal of Garry N Sun for organizing his travel to the USA and Canada. Friends like Dr. Steven Hairfield, Ms. Karen Hairfield, Ms. Susan Shotton, Ms. Susi Amendola, Ms. Sandy Aquila, Ms. Joyce Linbrunner and Ms. Ruthann O'Brien Hadish did help tremendously. We are thankful to all these friends from our hearts.

Dr. Kotecha will be visiting Bogota, Colombia from 13th May to 23rd May and later he will visit Curacao from 24th May till 31st May. In Colombia, he will teach in Universidad Externado for a course on Metal Health therapeutic Perspective of Ayurveda to the health professionals and University students. He will also conduct workshop on Rasayana - Antiageing approach of Ayurveda. His contact details in Colombia and Curacao are as below. Interested readers from these areas can call Ms. Gisele in Colombia and Ms. Soraida in Curacao for appointment with Dr. Kotecha. In the month of June, Dr. Kotecha will visit France and his contact details in France is also available below.

13th May to 24th May: Bogotá, Colombia, South America,
Contact: Ms. Gisele Dupuis De Moure
Tel: 635 4579 or 315 779 4421
E-mail: gdupuis@cable.net.co

25 May to 31 May, 2009: Curacao, Aruba and Antilles island,
Contact person: Ms. Soraida Bishop
E-mail : fundashongrupopakomunitat@yahoo.com
Website: <http://curvedic.org>
Tel: +5999 5181223.

18 June to 24 June, 2009 : France
Contact person: Mr. Fernard
E-mail : sietpa.sarl@gmail.com
Tel. 0556 959 523
Website: <http://massages-ayurvedique.com/>

ACNE - COMPILED BY DR. NEHA DAVE

Now, the popularity of the remedies is increasing since people are becoming more aware about the side effects of the chemicals used in conventional treatment. Natural remedies have no such problem and are assured to be completely safe, as the products used for the treatment are purely natural, which most often does not have any side effects. Another unpleasant leftover of acne are the scars.

The natural remedies are supposed to offer permanent cures for scars, if used continuously for longer period of time. Furthermore they can preventively act against future acne attacks.

published Newsletters, please [click here](#)

Subscription Information:

If you know someone, who would enjoy AyurvedaNews, please forward it to them or tell them about it.

If AyurvedaNews came to you from a friend, you can subscribe to it for free at our web sites or [click here](#)

[Click here](#) to send your feedback on this issue of AyurvedaNews. Your valuable suggestions will help us in our efforts at continuous improvement.

Change of Address: If at any time you wish to change your e-mail address, please update us by [clicking here](#).

Stop Subscription: If you wish to stop your subscription click [here](#)

CHAKRAPANI PRODUCT OF THE ISSUE

Acne face packs: This pack for acne, blackheads, old scar of acne and pimple affected face is specially formulated to bring about absolute oil control & firming of facial skin.

Herbal face pack (for All types of skin): Any person can use this formulation to improve glow, healthy skin and fairness over the face.

Tarunya (anti-wrinkle) face pack: This Anti wrinkle pack is excellent for dull lifeless and wrinkled skin. It helps to restore moisture and oil balance on the face, so that ageing process of the skin is delayed.

Kindly visit our recently launched websites on different aspects of Ayurveda as listed below:

<http://arjuna.co.in>
<http://ashwagandha.co.in>
<http://bestamla.com>
<http://anantmool.com>
<http://bhringraj.in>
<http://bilva.in>
<http://isabgol.co.in>
<http://mucuna.in>
<http://guggul.co.in>
<http://haritaki.in>
<http://shatavari.in>
<http://bestmusta.com>
<http://kantakari.in>

Ancient literature also tells us that natural remedies for acne were used in those days - they specify many of such treatments for queens and beauties. The traditional medicine systems such as Chinese traditional medicine, Indian engineering online course system-Ayurveda, and Kempo - the Japanese medicinal system, are effective in present circumstances too. Many of the alternative medicine systems such as homeopathy also depend on natural remedies for treatment. The natural treatment utilizes herbs, seeds, flowers, leaves, roots and minerals.

These remedies are commonly used as topical application, but oral remedies are also available. They can be utilized in different preparation such as poultice, powder, and decoction. They're focused to cure the basic underlying cause of the acne. Acne appears because of the infection of bacteria in the clogged follicle - the natural remedies have active ingredients such engineering online course bacterial cleansers, which help to heal the bacterial infection and open up the skin pores. In addition to the acne treatment, they help to improve the complexion of the skin, since most of the natural remedies for acne are natural bleaching agents also.

Turmeric is one of the common ones. It can be mixed with the milk or curd to apply on the skin. In some Asian countries like India, it was a common habit to use turmeric while bathing, as the cleansing agent. Honey is also a proven natural acne remedy. You can put it on the face directly or you can mix it with other remedies such as lemon juice or sandal wood. The vegetables and fruits such as tomato, carrot, cucumber, and orange have also used as packs on the skin. Steaming and massaging is recommended as part of the remedy treatment. Now, as a result of the increased popularity of the natural remedies, many beauty centers offer them.

Natural acne remedies for acne also suggest lifestyle modifications, such as to follow a recommended diet and regular exercise. The recommended diet must include zinc and vitamins in sufficient online journalism courses as they are proven to be effective in the acne treatment. To avoid stress and strain of the modern living conditions, mental relaxation techniques are also practiced.

source: <http://www.potterworldonline.com/>

HOME REMEDIES ON ACNE

- A paste made from one teaspoon each of sandalwood powder and turmeric mixed with milk, is very good. A paste of nutmeg and water is also beneficial.
- Half a cup of Aloe Vera pulp can be taken internally (Do not take internally if pregnant) or applied externally to the skin. It should be taken for twice a day.
- Before going to bed, wash the face thoroughly and then apply a paste of 1 tsp coriander juice mixed with a pinch of turmeric powder.
- For pimples, apply a paste made from one teaspoon of cumin seeds. Remove after one hour.
- A paste of fresh fenugreek leaves is to be applied and washed off with warm water before going to bed. This prevents pimples.

HERB OF THE MONTH -BHRINGRAJ

Bhringraj is one of the distinguished medicinal herbs used in preparation of ayurvedic medicines. It is one of the prominent herbs used as an Ayurvedic medicine for treatment of Hair loss, premature greying, etc. It is mainly used as an ayurvedic tonic for hair care. It is a small annual plant found in wet land throughout India. All the parts of the plant are used for medicinal preparations. It is used for the treatment of devitalized hair. Bhringraj is used along with other herbs such as [Amla](#), [Shikakai](#) as a hair rinse and conditioner. It is also used with oils such as coconut oil and sesame oil for the preparation of hair oils for conditioning oil treatment. Bhringraj oil when massaged on to the scalp, gives a calming effect and promotes a good sleep.

Bhringaraj is a preventive herb to the aging process, which maintains and helps rejuvenate bones, teeth, hair, sight, hearing and memory. It as a rejuvenative for Pitta constitution and for the liver, it is the best herb for Cirrhosis. It is also the best Ayurvedic herbal herb for the hair.

For more details on Bhringraj please visit :- <http://bhringraj.in>

RECENT STUDIES ON ACNE

Treatment-seeking behaviors and related epidemiological features in Korean acne patients.

<http://bestneem.com>
<http://chitrakmool.com>
<http://bestkarela.com>
<http://shankhapushpi.com>
<http://vasa.co.in>
<http://nagbala.com>
<http://vidarikand.com>
<http://jatamansi.in>
<http://nirgundi.com>
<http://pushkarmool.com>
<http://tulsionline.com>
<http://sunthi.com>
<http://yashtimadhu.com>
<http://guduchi.com>
<http://manjishtha.com>
<http://bhumiamalaki.com>
<http://bestbrahmi.com>
<http://nagkesar.com>
<http://gokshur.com>
<http://lodhra.com>
<http://bibhitaki.com>
<http://fenugreek.in>
<http://shilajeet.in>

Department of Dermatology, Seoul National University College of Medicine, Seoul, Korea.
daehun@snu.ac.kr

Little is known about the treatment-seeking behaviors of acne patients, especially Asian acne patients. This study was performed to obtain detailed information about the treatment-seeking behaviors in Korean acne patients. Patients who visited the dermatology departments at 17 university hospitals completed a self-administered questionnaire. Most patients obtained information about acne from doctors or the Internet. The most important criteria for selecting a treatment method or choosing a particular clinic were effectiveness and accessibility. Patients used traditional medicine, visited beauty clinics, drank more water, and used over-the-counter topical agents more frequently than they sought doctors during the worsening period. The degree of satisfaction in treatment was found to depend on the total cost of treatment, number of places visited, site affected by acne, and emotional stress. Those who had experienced a side effect tended to have been treated for longer, to have paid more for treatment, and to have an associated skin disease. Treatments prescribed by dermatology clinics had the lowest aggravating rate, although improvement rates for family medicine clinics were also fairly high. This is the first study to investigate in detail the demographic features and characteristics of the treatment-seeking behaviors of acne patients in Asia.

Source: Medline - <http://ncbi.nlm.nih.gov/pubmed/>

To know more recent studies on acne please [click here](#)

CONTACT US

Chakrapani Ayurveda Clinic & Research Center,
 Chakrapani Global Center for Training & Research in Ayurveda
 8, Diamond hill, Behind Birla Temple, Tulsi circle, Shanti path, Jaipur-302004, India.
 Telefax : +91-141-2624003 Phone: +91-141-2620746

E-mail: info@chakrapaniayurveda.com

<http://chakrapaniayurveda.com> , <http://LearnAyurveda.com> , <http://ayu.in>
<http://garrysun.com> , <http://PanchakarmaEquipment.com>