

AyurvedaNews

Chakrapani Ayurveda Clinic & Research Center
Chakrapani Global Center for Training & Research in Ayurveda

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Your Continued Good Health is Our Goal.....

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1.).. **About the AyurvedaNews:** AyurvedaNews is an optional fortnightly newsletter available to those who have visited our web sites and contacted us for free consultation and free constitution analysis or who have subscribed to this newsletter through our sites. Our sites: <http://chakrapaniayurveda.com>, <http://AyurvedaHelpline.com>, <http://LearnAyurveda.com> and <http://garrysun.com> contain only the best and most pertinent material on Ayurveda and Holistic systems of medicine. This newsletter focuses on improving and popularizing Ayurveda and all the holistic systems of medicine.

2.).. **Dr. Rajesh's Trip to USA:**

Our CEO, DR. Rajesh Kotecha 'vaidya' has returned back to India in the second week of April from USA. He has traveled extensively through West and Mid-Western states with Mr. Gary Grewal of Garry and Sun, USA. He has visited Reno, Nevada; Oakland, California; Omaha, Nebraska; Cedar Rapids, Iowa; Fort Collins and Salida, Colorado. It was wonderful experience to see how people everywhere are interested in learning Ayurveda way of life. We are thankful to our devoted friends who have made Ayurveda tour a great success and pass on the Ayurveda knowledge to their communities and friends. We can not forget to mention those great friends and they are: Gary Grewal, Garry and Sun, Reno; Dr. Steven Hairfield, Ph.D., Reno; Laura Hennings, Reno; Susan Toch, San Fransisco; Glena & Tom, Salida; Bruce & Mary, Fort Collins; Sally Kroeger, Cedar Rapids; Sandy Aquila, Omaha and George Lakis, Oakland.

We are also thankful to US people who have taken the advantage of the great knowledge on Ayurveda way of life through lectures, workshops and consultations. We hope that they will feel better and will stay healthy.

May lord Dhanvantari (the God of Ayurveda) bless them all.....

Want to learn more on Panchakarma? Click <http://chakrapaniayurveda.com/panchakarma.html>

3.).. **This Issue's Quote:**

"There are nine requisites for contented living: HEALTH enough to make work a pleasure; WEALTH enough to support your needs; STRENGTH enough to battle with difficulties and forsake them; GRACE enough to confess your sins and overcome them; PATIENCE enough to toil until some good is accomplished; CHARITY enough to see some good in your neighbor; LOVE enough to move you to be useful and helpful to others; FAITH enough to make real the things of God; HOPE enough to

remove all anxious fears concerning the future."

- Goethe, Johann Wolfgang Von

4.).. **Testimonials:**

Dear Dr. Kotecha,

I would like to thank you for coming to Oakland to conduct a workshop on pancha karma, marma and herbs. Your suggestion that we cover pulse analysis at a future workshop was wise. Although the subjects we covered were broad for a 2 day workshop, you managed to convey the information in a precise and timely manner. The handouts that accompanied the subjects were very informative and a big time saver. For us in the west who are interested in Ayurveda it is rare that we encounter a 'Vaidya' from India who is so generous with their knowledge. I hope we can organize another workshop for your next visit.

- George Lakis, Oakland, California, USA

(Thanks George for such great compliments on the workshop conducted by Dr. Kotecha, our CEO at your place)

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5.).. **Editor's Note:** The knowledge supplied in today's feature article entitled "**Concept of Longevity in Ayurveda - II**" will have lasting value to our readers. This is a last article of the series on this subject. Ayurveda is a practical science of life whose principles are universally applicable to each individual's daily existence. Ayurveda speaks to every element and facet of human life, offering guidance that has been tested and refined over many centuries to all those who seek greater Harmony and Longevity.

Do enjoy reading AyurvedaNews with all its new information in every issue.

Kindly keep us posted to encourage us to help you. Particularly, we invite your views and ideas on the subject and content of our feature articles. It will help us to further improve in the area of feature articles.

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6.).. **Concept of Longevity in Ayurveda - II:** Edited by Gilgi hauser

In the last issue, we have read important information on Ayurveda concept of longevity, Prana and Ojas. This is a remaining part of that article. To get first part of this article, please visit <http://chakrapaniayurveda.com/archives.html>.

Tejas is the essence of a very subtle fire that governs metabolism through the enzyme system. Agni, the central fire in the body promotes digestion, absorption and assimilation of the food. The further transformation of the ingredients of nutrition into the subtle tissues is governed by a subtle level of energy of Agni – this is Tejas. Tejas is necessary for the nourishing and transformation of each Dhatu. Every Dhatu has its own Tejas or Dhatu-Agni. This essence is responsible for the psychological functioning of subtle tissues.

When Tejas is aggravated, it burns away Ojas reducing immunity and over stimulating Pranic activity. Aggravated Prana produces degenerative disorders in the Dhatus. Lack of Tejas results in over-production of unhealthy tissue. These tissues create growth of tumors and obstruct the flow of Pranic energy.

Improper diet, bad living habits and overuse of drugs will cause an imbalance in Tejas. Substances that are hot, sharp and penetrating directly enhance Tejas.

Just as it is essential for health to ensure balance among the Tridosha, the Dhatus and the three Malas or bodily wastes, it is also important for longevity that Prana, Ojas and Tejas remain in balance. To create such balance, the rejuvenation process taught by Ayurveda is most effective.

Rejuvenation must take place on the physical, mental and spiritual levels. Before starting the physical rejuvenation program, the body must be cleansed. Just as dirty cloth will not take the right color when it is dyed, so the body will not profit from rejuvenation herb until it has first been cleaned from inside. A rejuvenation herb, taken orally, passes through the stomach, small intestine and large intestine before entering the bloodstream. All these psychological pathways must be purified in order for the herbs to reach the deeper bodily tissues where the rejuvenation process begins.

Such bodily cleansings are accomplished by undertaking the five [Panchakarma](#). vomiting, purgative, medicated enemas, nasal administration of herbs and purification of the blood. Vomiting cleanses the stomach which is the seat of Kapha: purgation purifies the small intestine the seat of Pitta: medicated enemas cleanse the large intestine, the seat of Vata: and nasal administration of herbs clarifies the mind and consciousness. To purify the blood, blood-letting is necessary: this treatment cleanses the blood so that the blood plasma may carry the rejuvenating nutrients of the herbs to the deep tissues.

Mental rejuvenation involves calming the mind. A quiet meditative mind also helps to maintain longevity. Therefore, one must learn to 'witness' all mental activities, thoughts and emotions remaining detached from the experience. To promote mental peace, one Ayurvedic recommendation is isolation and avoidance of worldly affairs and society. However, this approach is not practical for most people. Hence, Ayurveda recommends a second method of mental rejuvenation, one in which the individual learns to be in the world but not of the world. With this approach, he/she observes his/her attachment to determine which of them creates stress. A life without attachment and stress is the happiest, healthiest and most peaceful one. Such a life creates natural longevity.

Celibacy and spiritual discipline also are useful for rejuvenation as are Yogic practices. These disciplines lead to spiritual understanding and a healthfully altered way of living that promotes rejuvenation.

Modern medicine has developed the technology to sustain the life of the bodily functions, even after the communication of the body with the emotions and spirit of the individual has ceased. Although Ayurveda supports the extension of life whenever possible, it also teaches that there may be Karmic limitations to the life of an individual. Ayurveda respects both life and death and their intimate connection, and the science of life also suggest ways in which can meet death peacefully. According to Ayurveda, death is a friend of man. The body dies; however, there is no death of the individual consciousness (soul): it is eternal.

To attain freedom, discipline is required. The Ayurvedic foundations of discipline are a careful diet and a balanced way of living. Discipline of the body, mind and spirit is gained through pursuit of such traditional practices as Yoga, Pranayama and Tantra. Such practices will bring man spiritual and physical freedom.

Kindly send your queries or comments on this article at newsletter@chakrapaniayurveda.com.

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We acknowledge that we have taken help from a book entitled "Ayurveda - The science of self healing" wrote by Dr. Vasant Lad to prepare this article. For further queries or comments, please feel free to contact us via e-mail at newsletter@chakrapaniayurveda.com

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Are you an expert in any one of the different Holistic Systems of Health? Please send your articles for publication in AyurvedaNews to Nachiketa, our editor at: newsletter@chakrapaniayurveda.com

7.).. **Best Ayurveda Products from Chakrapani's:**

[Rasayanaprash](#) a 100% natural immunity promoter and provides inner strength of body and mind.

[Ashwagandha Bru](#) a 100% natural and caffeine free beverage for strength and vigor

[Memory Enhancer Bru](#) a 100% natural and caffeine free beverage for good memory

[Herbal Face Pack](#) a 100% natural formula for face care.

[Herbal Revitalizing Cleanser](#) a 100% natural formula for skin care.

[Herbal Hair Conditioner](#) a 100% natural formula for hair care.

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8.).. **Interesting Health News:**

Eggs Add Cost, But No Significant Nutritional Benefits, say Indian Nutritionists:

NEW DELHI, INDIA, March 25, 2003: The scientific community has rejected the Municipal Corporation of

Delhi's proposal to include eggs as part of their midday meal in the capital. They say eggs have few nutritional benefits and even the protein content in wheat flour is almost the same. All eggs do, they say, is add to the cost of the program. "The purpose of midday meals is to make up for calorie-deficit, so a cereal-based diet remains the best choice," says Dr. Umesh Kapil, professor in the Department of Human Nutrition, AIIMS. Compared to eggs, both wheat flour and rice have twice the calorie content for the same amount. hen cost has to be factored in, with eggs costing the government six times more than the same amount in cereals. "Whole wheat flour chapatis served with legumes or vegetables are healthier than eggs as the protein content of wheat flour is not significantly lower than egg," explains Kapil. HPI adds: Eggs contained an average of 213mg of cholesterol, which is a major factor in the development of atherosclerotic plaque and coronary artery disease. Cereal-based foods contain no cholesterol.

Source: <http://www.hindustantimes.com/news/printedition/260303/detCIT02.shtml>

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Sincerely,
The AyurvedaNews Team

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