

AyurvedaNews

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

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Testimonial from Sunil and Donal

Dear Dr.Rajesh, I hope you and the rest of the staff of the Chakrapani clinic are keeping well. Donal and I would like to say a big thanks to you and everyone who made our stay a pleasant one in Jaipur. I would like to let you know that we were very pleased with the course. We received a broad view of Ayurveda yet, what we studied was detailed. The format of the course made it easy to cover and Donal found no communication difficulties with the staff. Receiving the massages and treatments ourselves on the course gave us great insight into how the therapies should be carried out on others. We were surprised how much knowledge we built up over the duration of the course. We would be interested in returning within the next twelve months to study at Chakrapani if there is a vacancy. I have received great feedback from many of my clients. They have noticed a change in my style and have reported different health benefits ranging from pain relief to deeper sleep. I have found the course has benefited me just as much as my clients. I have come away from Chakrapani with a different approach to many areas in my life. Thanks again for greeting us when we arrived and organizing everything.

- Sunil and Donal, Ireland

(Thanks Sunil and Donal for wonderful compliments on our training programs)

Kindly visit us at <http://chakrapaniayurveda.com/> to use our free Ayurveda online consultation facility.

Dr. Kotecha's 10th Trip to USA

Our CEO, DR. Rajesh Kotecha 'vaidya' has returned back to India in the last week of April, 05 from USA. He has traveled extensively through West and Mid-Western states with Mr. Gary Grewal of Garry and Sun, USA. He has visited Omaha and Reno, Nevada. 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: Mr. Gary Grewal, Garry and Sun, Reno; Dr. Steven Hairfield, Ph.D., Reno; MS. Laura Hennings, Reno; MS. Sandy Aquila, OM Center, Omaha; MS. Susi Amendola, Omaha Yoga & Body work Center, Omaha and Mr. Jim & Cindy Raife, Des Moines.

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.....

Editor's Note:

The today's feature article entitled "**Ayurveda for Child Mental Health**" is a contribution of Dr. A. Kumar. The author, in this article, describes the Ayurveda approach for child mental health care. We hope that our valued readers will enjoy reading different aspect of Ayurveda & Yoga in every issue of AyurvedaNews.

We are thankful to Ms. Gilgi Hauser for helping us edit this issue of AyurvedaNews. Do enjoy reading AyurvedaNews. Each issue contains new information and new articles.

We invite your views and ideas on the subject matter and content of our feature articles. Our wish is to help you and for this we need your input to help us to serve you. So please keep us posted with your views, ideas and preferences.

Ayurveda for Child Mental Health : By Dr. A. Kumar

Mental health as part of the general health has made rapid progress, in last 50 years. The scope and importance of mental health ranges from care of the ill to the promotion of mental health. In the past two decades, there has been a rapid growth of knowledge and child mental health research and there has also been an increasing awareness about this important area.

Future of any nation lies with their children. In competitive atmosphere of present days, one could

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survive only by proving his abilities. Along with good physical status, mental capabilities play an important role for the same. Therefore everybody wants to keep their children mentally fit. Ayurveda can certainly help them to make their children fit for future.

Ayurveda is a rich source of several drugs which have been claimed to have *medhya* properties. The term '*Medha*' refers to various components of intellect. *Medhya* drugs use to renovate various mental functions. In last twenty five years various studies have been conducted out to reestablish the efficacy of these *medhya* drugs, especially in areas like Mental Retardation, Memory related problems, Attention Deficit Hyperactive Disorders (ADHD), Learning Disabilities in children etc.

Acharya Charaka (2000BC) with his intellectual genius describes the process of acquisition of knowledge and change in behavior accordingly, in a compact form which on elaboration opens up all the possibilities of intellect. *Indrias* (cognitive and motor organs) along with *manas* (mind or psyche) perceive the *indriyarthas* (sense objects). *Buddhi* is one of the three internal causative factors of knowledge. *Dhi*, *Dhriti* and *Smriti* are three functional units of *Buddhi*. *Medha* is the synonym of *buddhi*. *Dhi* is faculty of higher order cognition which is responsible for processing of perceived information. *Dhriti* can be interpreted as retention power. *Smriti* is subject's ability to recall the things that are perceived.

Ayurveda is a rich treasure of drugs having intellect renovating capabilities. These drugs single or in compound form are enlisted as *medhya* drugs. *Medhya* is a general term which denotes various actions on various areas of mental functions. For providing definite answer to the specific mental function, is the need of hour so that the appropriate drug could be selected for the specific problem. Review of some studies on Mental Retardation and Learning Disabilities has revealed that some Ayurvedic herbal compounds like *Ashtamangala Ghrita*, *Ashtanga ghrita*, *Kumar Kalyana Avaleha*, different combinations of certain drugs like *Mandukaparni*, *Yasthimadhu*, *Guduchi* and *Shankhapushpi*, *Jyotishmati* are very effective in managing the children with Borderline Mental Retardation. Ayurvedic compounds, containing drugs like *Guduchi* (*Tinospora cordifolia*), *Shatawari* (*Asparagus racemosus*), *Kushtha* (*Saussaurea lappa*), *Shankhapushpi* (*Convolvulus pluricaulis*), *Abhaya* (*Terminalia chebula*) etc. are effective in the problem of learning disabilities of children. These are capable to work on attention deficit, poor memory and even on the impulsivity.

Dr. A. Kumar is M.D.(Ayurveda) & Ph.D. from Banaras Hindu University of India and presently working as Assistant Professor in the Department of Bala Roga (pediatrics) of National Institute of Ayurveda, Jaipur (India). He is associated with various national and international bodies for education and research in Ayurveda. He has authored four books on Ayurveda. You can contact him personally at - ak_ayu@yahoo.co.in

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Interesting health news: Brain scan 'sees hidden thoughts'

Scientists say they can read a person's unconscious thoughts using a simple brain scan. Functional MRI scans plot brain activity by looking at brain blood flow and are already used by researchers.

A team at University College London found with fMRI they could tell what a person was thinking deep down even when the individual was unaware themselves. The findings, published in Nature Neuroscience, offer exciting new ways to probe the subconscious, said experts.

In the experiment, Dr Geraint Rees and Dr John-Dylan Haynes measured brain activity in the visual cortex - the part of the brain that deals with information sent by the eyes - while volunteers looked at different test objects on a computer screen.

By looking at the functional magnetic resonance imaging (fMRI) scan results, the scientists were able to predict what had been displayed on the computer screen better than volunteers themselves.

When two images were flashed in quick succession, the volunteers only consciously saw the second one and were unable to make out the first.

But the brain scans clearly distinguished the patterns of brain activity created by the "invisible" images.

Mind-reader

Similarly, a separate study by Japanese researchers, published in the same journal, found that when people were shown stripes tilted in different directions, there were subtle differences in the pattern of brain activity obtained by fMRI.

The scientists built a computer program to recognise these different patterns and found they could predict what direction stripes had been shown with remarkable accuracy.

When volunteers were shown a plaid pattern made up of two different sets of stripes but asked to pay attention to only one set, the program was able to tell which one the subjects were thinking about.

Dr Rees said: "This is the first basic step to reading somebody's mind. If our approach could be expanded upon, it might be possible to predict what someone was thinking or seeing from their brain activity alone."

Dr Adrian Burgess, from the department of cognitive neuropsychology at Imperial College London, said: "The technique is bringing out information that has not been available from MRI scans before.

"It could potentially be used to find out people's latent attitudes and beliefs that they are not aware of.

"You could use it to detect people's prejudices, intuition and things that are hidden and influence our behaviour."

He said it might be possible to dip into people's repressed memories or even see people's hidden fears and phobias.

"That's a long way off, but it is exciting."

Source: <http://news.bbc.co.uk/go/pr/fr/-/2/hi/health/4472355.stm>

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