

AyurvedaNews

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

April II' 2003

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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.

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

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

"Life has no other discipline to impose, if we would but realize it, than to accept life unquestioningly. Everything we shut our eyes to, everything we run away from, everything we deny, denigrate or despise, serves to defeat us in the end. What seems nasty, painful, evil, can become a source of beauty, joy and strength, if faced with an open mind. Every moment is a golden one for him who has the vision to recognize it as such."

- Henry Miller

3.).. **Testimonials:**

Dear Sir, I am very great full for your rewardable service and I thank you a lot. I will Really ask my father to try your suggetions and even I hope for a better result. Regards

- Sheshagiri V.S, India

Dear Sir, Thanks for your reply. I am glad to inform you that i have added your Website link to my Website www.etins.7p.com because I find your free online consultation a excellent service for internet community. Thanks/Regards

- Nitin Jain, India

Thank you very much for subscribing me to AyurvedaNews! It may not be possible, but can you please email me the issue prior to "Concept Of Longevity In Ayurveda - 1". Thanks again.

- Paul Whittaker Melbourne, Australia

(We are thankful to all of you for the compliment on our free services)

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4.).. **Editor's Note:** The today's feature article entitled "**The ancient Indian art of Ayurvedic pulse technique**" will provide new perspective to this subject for our readers. The author has tried to put this complex subject in simplest possible words. It is really a nice effort.

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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5.).. **The ancient Indian art of Ayurvedic pulse technique:** Edited by Gilgi hauser

Ayurveda - as one of the most ancient medical sciences of the world - means 'science of life', the science that imparts the knowledge of life. Life is defined as an ongoing combination and union of mind, body, self (Atma), sensory and motor organs.

The pulse is an important tool for understanding the mind body of an individual as the pulse changes with age, sex, constitution, time of day, season, activity, meals, and the state of mind of the individual. In modern science, the pulse is called the mirror or index of the heart, whereas Ayurvedic physicians describe the pulse as the mirror of the whole body. It is vital, therefore, to understand the common pulse and its mechanism.

Every substance in the universe, including the human body, consists of an aggregate of five basic elements - solids (Prithvi), liquids (Jala), gases (Vayu), energy or fire (Agni) and space (Akasha). All living organisms are composed of the same basic elements organized into three basic biological humors (known as Dosha) as Vata, Pitta, and Kapha. Gases and space combine to form Vata, energy and liquid turn into Pitta and liquids and solids combine to form Kapha. The harmonious working of these three biological forces or intelligences is health, and their conflict is disease.

All the movements in the body, including transmission of nerve impulse, cardiac contractions, generation of pulse waves, movement, transportation and communication are the functions of Vata.

All the enzyme systems in the body - the body energy including energy for cardiac contraction, pulse propagation, transformation, tissue metabolism, digestion, assimilation and hormone regulation are derived from Pitta.

Kapha is predominantly responsible for the immunity, structure, stability, cohesion, binding and the lubrication of various organs and tissues, including the heart and blood vessels.

As all the fluids, blood and organs of the body are composed of the same basic biological elements (Vata, Pitta and Kapha) alteration in the structure or function of any organ is reflected immediately in all body fluids, including blood, and hence these changes can be assessed by close examination and analysis of the pulse.

The benefits of pulse reading are the detection of imbalances at an early stage, determining the cause of the imbalance, and under the care of an Ayurvedic practitioner, the reestablishment of balance. Through prescribed Ayurvedic treatments - herbal supplements, diet, daily and seasonal routine according to Ayurveda doctrines, yogic postures, breathing exercises, meditation technique and special natural physiological cleansing processes or detoxification programs (known as Panchakarma), the balance of Vata, Pitta and Kapha can be restored and maintained.

Pulse, like a lamp, throws light on all the physiological and pathological states discovered in human being".(Raavana Tantra)

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

The author of above article, Dr. Vijay Shekhar Annambhotla is M.D in Ayurveda from Gujarat Ayurveda University and now residing in USA. He is founder president of Ojas Ayurveda & Yoga Institute Inc. at Pennsylvania, USA. He can be reached at vaidya@ojas.us

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

6.).. **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.

If you are in America or Canada, ask for these products at Ayurvedicherbs@aol.com, for our readers living in Europe, kindly ask at Suman-Bakshi@t-online.de and for the rest of world and India, contact manish@chakrapaniayurveda.com. We can supply Ayurveda Herbs for customized requirement also.

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7.).. **Interesting Health News:**

Multiple Sclerosis Patients Benefit from the Practice of Yoga

OREGON, U.S.A., April 5, 2003: Findings from research conducted at the Oregon Health and Science University indicates that exercise and yoga can help patients with multiple sclerosis. Sixty-nine MS patients were divided into three groups. Group one participated in a weekly yoga class adapted for people with MS. Group two took a weekly exercise class using stationary bicycles combined with home exercise. The third group maintained normal activity levels. At the end of six months, the participants from all three groups took cognitive tests and answered questionnaires about their mood, sleepiness, fatigue and general quality of life. Barry Oken, MD and professor of neurology at the OHSU School of Medicine says, "While neither yoga nor aerobic exercise appeared to impact cognitive function, there was significant improvement in fatigue for the two intervention groups when compared to the waiting list group."

Source: <http://timesofindia.indiatimes.com/cms.dll/html/uncomp/articleshow?msid=42366601>

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Sincerely,
The AyurvedaNews Team

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