

AyurvedaNews

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

August I' 2003

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

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Would you like an advertisement of your health services and products to be read by the largest on - line audience of Ayurveda in the West? Or would you like to sponsor a newsletter? For all information about our newsletter and sponsorship details, contact: newsletter@chakrapaniayurveda.com

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.

Now available at Garry and Sun, USA - All the products of Chakrapani Ayurveda, India, potent and fresh Ayurveda herbs, 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 at www.garrysun.com

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

Our CEO Dr. Rajesh Kotecha, M.D. (Ayurveda) will be visiting USA from 5th September. He is again invited to the community in the West and mid West of USA to give lectures and conduct workshops. This is his 6th US trip in a row in less than 3 years. We are thankful to Mr. Gary Grewal, President of Garry and Sun, USA & the organizer of his travels and also to all the people who have taken advantage of his lectures, workshops, consultations and Panchakarma offered by him. He has received wonderful testimonials about his skills and ability as an Ayurveda expert. One can see these testimonials at <http://chakrapaniayurveda.com/testimonials.html>.

Following is the schedule of events organized during his upcoming trip to USA:

Sep 06	Ayurvedic Cooking class at 1196 Glendora Lane Sparks, Nevada	Contact Gary at 1-888- 98-HERBS
Sep 07 - Sep 11	Panchkarma Therapy Session I and Personal Consultations at Reno	Contact Gary at 1-888- 98-HERBS
Sep 13 - Sep 17	Panchkarma Therapy Session II and Personal Consultations at Reno	Contact Gary at 1-888- 98-HERBS
Sep 18 - Sep 19	Personal consultations at Reno	Contact Gary at 1-888- 98-HERBS
Sep 20	Workshop of Pulse and Tongue analysis at Reno	Contact Gary at 1-888- 98-HERBS
Sep 22 - Sep 25	Panchkarma Therapy and Personal Consultations at Poplar Bluff Missouri	Contact Jean Read at 1-573-778-3330
Sep 26 - Oct 01	Panchkarma Therapy and Personal Consultations at Omaha Healing Arts Center, Omaha, Nebraska	Contact Sandy at 1-402-435-5078
Oct 02 - Oct 04	Personal Consultations at Green Angels Herbs and Healing Arts, Cedar Rapids, Iowa	Contact Trilby at 1 319 365 1424 or Joan 1 319 377 7668
Oct 05	Ayurvedic Cooking Class at 1196 Glendora Lane, Sparks, Nevada	Contact Gary at 1-888- 98-HERBS
Oct 06	Personal consultations at Garry and Sun, Reno	Contact Gary at 1-888- 98-HERBS

We invite you to take advantage of the above events, which is nearby your place. If any of our esteemed reader wants further details or a personal consultation with Dr. Rajesh, they can e-mail him at drrajesh@chakrapaniayurveda.com or call Gary Grewal at 775-530-9942 to fix-up an appointment.

For other details on Dr. Rajesh's visit and Ayurvedic Products Manufactured by Chakrapani Ayurveda, India, Please visit at www.garrysun.com or www.chakrapaniayurveda.com.

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

"A treatment that is not understood perfectly is comparable to poison, weapons, fire and the thunderbolt; while the perfectly understood treatment is comparable to ambrosia."

- Charaka Samhita, Sutrasthana I (125).

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

4.).. **Testimonials:**

Dear Sir, I wish to thank you for sending me the Newsletters. The topics you mention in your newsletters are very useful and its a great work of your's in imporving the knowledge of the people globally about ayurveda. I am a strong beliver of Ayurvedic medicine and as much as possible i only use Ayurvedic medicines, as i know that ayurvedic medicines will not only cure the disease but also helps to cure the disease from the root.

- Raghuvveer Samaga, India

Thank you for your kind advice and reply. You are doing a service to humanity and I wish you well. Please get in touch with me if you require some service from Australia.

-Gus Baecker, Australia

Want Free Consultation on Ayurveda? Click <http://AyurvedaHelpline.com/consultation.html>

5.).. **Editor's Note:** The today's feature article entitled "**Health from the Heart**" is very important as a valuable input on healthy living.

We have hundreds of subscribers on our database who are Ayurveda practitioners, health professionals or who work in the area of holistic health. We, at AyurvedaNews, invite all you practitioners to send us your articles. Your experience, insight and knowledge will benefit people world wide to learn about and understand their bodies, minds and spirits, thereby helping themselves into the state of wellbeing.

We are thankful to 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.

Want Free Constitution Analysis? Click <http://AyurvedaHelpline.com/constitution.html>

6.).. **Health from the Heart** : By Dr. Sanjay Parva

Too many people only pay attention to their heart and its condition after having a heart attack. If they were to pay attention not only to the heart and its needs but to the body as a whole, a state of better health could be maintained. Research has proven that a happy and healthy heart makes a healthier you. C Wrosch and MF Scheier at the Department of Psychology, Concordia University, Montreal, have shown that there is a direct link between your personality-type and the quality of life. Your heart, to a greater extent, makes you what you are.

An interesting observation made by the researchers was on the importance of optimism and goal adjustment, as a first yet major step towards having a better and healthier life; a sentiment also echoed in Ayurveda. If you are an optimistic person, you certainly are a positive thinker, if you are a positive thinker, you tend to be happy and if you are happy, you tend to be healthy. It all starts from the heart and seeps into the deeper levels of our conscious and subconscious mind. What your heart feels is something your mind grasps, even though there are discounting modern medical theories that hearts feel nothing, and are no more than a fleshy form of a mechanized pump When you feel good, the mind functions on a high level, with fast thinking, grasping concepts well.

External stimuli such as laughter, humor and play, exert some form of positive attribute on your heart, which in turn has a direct or indirect effect on the physical, mental, intellectual, emotional and spiritual dimensions of your health. The happier you are, or try to be, the better you feel. Though it is good to remember that happiness is not a something to be acquired, the state of 'being' happy can be acquired. This state of being in a happy state is an art which can be learned and perhaps our goal is to master and 'acquire' this state and to be therefore 'happy'!

Most of us have a feeling that we will be happy when we are rich. Most of us may even swear by this notion, but riches are not a foolproof guarantee for being happy. The glory of mastering the art of happiness is when you actually have no reason OR need to be happy. Ironically, due to one reason or another, the majority of us have no reason to be happy most of the time — we live with worry and dealing with not being happy. At the same time it is this 'not being happy' that is the driving force of nations and their economies and medical advancements — we therefore have all the reasons to be healthy and happy!

Are we? Find the way to your health through the corridors of your heart.

Be happy! Live with an open heart!

Dr Sanjay Parva is a medico-marketing strategist with medical content developing and visualizing as his special field of interest. He has been writing extensively on Ayurvedic and holistic healing. He can be reached at 91-129-504-1463 or e-mail: drparva@hotmail.com.

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 that 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 memory enhancement.

[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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Wish to procure our products?

In USA & Canada: Garry & Sun. Toll free 1 - 888 - 98 Herbs. E-mail: Ayurvedicherbs@aol.com

In Germany: Ms. Sunita Baxi. E-mail SumanBakshi@t-online.de

In France: APMA International. E-mail Swamijiapma@aol.com

In India, Asian & African countries: Chakrapani Ayurveda. E-mail info@chakrapaniayurveda.com

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8.).. Meditation produces antibodies:

A study has found people undergoing meditation for eight weeks have the ability to produce more antibodies to a flu vaccine and showed increased activity in areas of the brain related to positive emotion than individuals who did not meditate. The study is the first to link meditation to changes in brain activity associated with positive feeling, and the first to demonstrate that meditation can affect immune function, says Dr Richard J. Davidson, Ph.D., of the University of Wisconsin and his colleagues. "Our findings indicate that a short training program in mindful meditation has demonstrable effects on brain and immune function and underscores the need for additional research on the biological consequences of this intervention," a report in the Newswire quoted Davidson as saying. Forty-eight biotechnology company employees participated in the study, in which half of them received weekly meditation training. The employees who meditated were also encouraged to do so at home for an hour a day, six days a week, with the help of instructive audiotapes. All participants also received a flu vaccine during the study. Davidson and colleagues recorded electrical activity in areas in the left and front portion of the brain that become more active when individuals experience certain forms of positive emotion and reductions in anxiety. At several points during the study, the researchers measured brain activity as the employees rested or wrote about positive and negative emotional experiences from their lives. They also tracked immune responses among the employees by measuring the level of antibodies produced by the flu vaccination. It was found that those meditating experienced more electrical activity in the relevant areas of the brain and higher levels of antibodies than employees who did not meditate. The increased brain activity was also significantly related to the antibody increase among meditators, the researchers said.

Source: http://www.hindustantimes.com/news/181_340092,00500008.htm

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You can send your feedback to us on this issue of AyurvedaNews at newsletter@chakrapaniayurveda.com. Your valuable suggestions will help us in our efforts at continuous improvement.

Sincerely,
The AyurvedaNews Team

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