

# AyurvedaNews

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

**Vol 6, Issue VIII**

<http://ayu.in>  
<http://chakrapaniayurveda.com>  
<http://ayurvedahelpline.com>  
<http://learnayurveda.com>  
<http://garrysun.com>

**Special Offer !**  
**100% all natural**  
**products**  
**Order Now !**

Now available at Garry and Sun, USA - The Shilajit tablets & all the other 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 <http://garrysun.com>

**YUNADENT - Ayurvedic tooth powder**

Want to learn more on Panchakarma? [Click here](#)

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

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

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

**Netherlands & Belgium:**  
**Ayush, [Click Here](#)**  
<http://ayurveda-yoga.com>

**Germany:** Dr. Ramin Mobasseri. [Click Here](#)

**France:** S.I.E.T.P.A.  
[Click Here](#)  
<http://massage-ayurvedique.com>

**Spain:** B. Beshara  
[Click Here](#)  
<http://astraholistic.net>

**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

## 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://ayu.in>, <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.

This e-publication is not a spam and we never send this to anybody without getting formal request from them. If you receive this newsletter without your request, please notify us at [newsletter@chakrapaniayurveda.com](mailto:newsletter@chakrapaniayurveda.com).

## Testimonial from Hari

Dear Dr.

Very nice to know that there are persons like you in this world, who believe that service to humanity is above every thing. I do not mind if u look after me, till my problem gets through. I am sure the quality of herbs at your end will, be better, than the commercial stuff available in Mumbai.

Thank you and warm regards

Hari

(Thanks Hari for such nice words)

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

## Dr. Rajesh's Visit to USA

Our CEO Dr. Rajesh Kotecha will be visiting USA from 18th September through 8th October. This is his 11th trip to USA in last 5 years. He will be available for Ayurveda consultations, Panchakarma, lectures and workshops during his trip. He will visit Reno (Nevada), Omaha (Nebraska), De Moines (Iowa) and Salida (Colorado). Our interested valued readers are requested to call 1-888-98-HERBS or email at [gary@garrysun.com](mailto:gary@garrysun.com) for the appointment.

## This issue's quote

Dosas when aggravated manifest their signs and symptoms in accordance with the degree of aggravation; those in the state of diminution give up their normal signs and symptoms; and those in a state of equilibrium operate properly.

- Charaka Samhita, Sutrasthana Chapter 16/62

## Editor's Note:

The today's feature article entitled "Yogic eating" is a contribution of Christophe Mouze . The author, in this article, describes the importance of food. We hope that our valued readers will enjoy reading different aspect of Ayurveda 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.

## Yogic Eating (Part II)- By Christophe Mouze (to read Part I of this series, [click here](#))

Another important issue with a yogic diet is that of vegetarianism. Not only are fish and meat specifically listed amongst the "food injurious to the yoga" by the Hatha Yoga Pradipika (I, 59), but eating the flesh of dead animals violates the first principle of yogic ethics (yamas) as laid down by Patanjali in the Yoga Sutras, that of non- violence (ahimsa). Yogis believe that the fear of death permeates every cell the body of an animal when it is slaughtered, and therefore, the traditional yogic diet is lacto-vegetarian and avoids eggs as well as all animal flesh (including fish!). Indeed modern research has shown that vegetarians are generally in better health than meat eaters. Proteins that can be obtain from nuts, dairy products and legumes are generally of a better quality than meat.

Anyone who has lived for a while on a dairy farm might go as far as questioning the morality of eating dairy products when the milk is taken from a cow whose calf has been taken away and slaughtered. This is a valid point, and while milk is not inherently "injurious to the yogi", it may be that in the world we live in, only a vegan diet can really be Sattvic, because of the poor treatment of the milking animal, the stress they are subjected to, and the quantity of drugs that they have to ingest (some of which undoubtedly find their way into their milk). However, I believe that dairy products from farms where animals are well treated, such as organic ones, are acceptable.

Another important point to consider is how a particular diet suits an individual's particular constitution and

all information about our newsletter and sponsorship details, [click here](#)

For Archives of our earlier 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](#)

circumstances. Ayurveda, the classic system of Indian medicine, classifies people, as well as food into three categories according to their nature. These three categories, or doshas as they are called, are Pitta (hot and oily), Vata (dry and light) and Kapha (cold and moist) and in Ayurveda, the individual's diet should be tailored to the individual's constitution to keep the doshas in balance. Some foods which are recommended for a particular Ayurvedic constitution may not be suitable for another; for example, milk, a Sattvic food, is generally good for a Pitta constitution, yet may not suit someone with a Kapha constitution. The ideal Ayurvedic diet also changes depending on the time of the year.

Finally, the issue of food combining, which has received some attention in the West in recent years, is also important, for even the right foods taken in wrong combination can cause problems. Without going into too much detail, let's just say that some types of food combine well, while others, because of the difference digestive processes they require, should not be mixed. For example, strong proteins should not be mixed with carbohydrates. To be safe, avoid mixing too many different types of food in the same meal.

=====

*Christophe Mouze runs yoga holidays and retreats at the Clare Island retreat centre, on the West coast of Ireland. See his website at <http://yogaholidays.net/clare/Us.htm>*

=====

**Best Ayurveda Product of this issue:**

**Khichadi: Recipes of Health from nature's own treasure of medicinal herbs, spices, cereals and time tested traditional Ayurvedic formulations. The formulations are 100 % vegetarian.**

**Other Products**

[Rasayanaprash](#)

[Beauty Products](#)

[Caffeine Free products](#)

[Herbal Oils](#)

[Herbal tablets](#)

[Kichari \(kichadi\) products](#)

**Health news: Yoga Keeps Weight Off in Middle Age**

SEATTLE, WASHINGTON, USA, August 4, 2005: The slow stretches and meditations of yoga don't burn calories like a run on the treadmill. But a new study suggests it might help people keep weight off in middle age. Researchers found that overweight people in their 50s who regularly practiced yoga lost about five pounds over 10 years, while a group in the same age range gained about 13 1/2 pounds over the same period. Middle-aged people of normal weight generally put on pounds over 10 years, but those who did yoga gained less weight than those who didn't practice yoga.

The link between yoga and weight loss has nothing to do with burning calories, said Alan Kristal, one of the researchers from the Fred Hutchinson Cancer Research Center who coauthored the study. "Except for very strenuous yoga practices, you don't really burn enough energy to make any difference in terms of weight," said Kristal, who has practiced yoga for 10 years. Instead, he thinks yoga helps keep people more in tune with their bodies and eating habits and aware of bad habits, such as eating because of stress, boredom or depression. "You become very sensitive to the feeling of being stuffed," he added.

The researchers collected data from 15,500 people between the ages of 53 and 57 who were asked about exercise, weight, health and diet histories. The findings, published in the July/August issue of *Alternative Therapies in Health and Medicine*, showed that those who practiced yoga tended to avoid junk food and overeating because they wanted to respect their bodies. Mary Imani, a yoga teacher at 8 Limbs Yoga Center, said it's difficult to eat heavily and do yoga. "It's hard to do certain movements when you've just had a slice of pizza," she said.

**Source: Hindu Press International**

---

CHAKRAPANI AYURVEDA CLINIC & RESEARCH CENTER  
 CHAKRAPANI GLOBAL CENTER FOR TRAINING & RESEARCH IN AYURVEDA  
 A -33, PRABHU MARG, TILAK NAGAR, JAIPUR - 302004, India  
 PHONE: 141- 2624003 FAX : 141-2620746

VISIT US AT: <http://chakrapaniayurveda.com/>, <http://ayurvedahelpine.com/> and <http://learnayurveda.com/>

E-mail: [info@chakrapaniayurveda.com](mailto:info@chakrapaniayurveda.com)

---

**Disclaimer:** The information presented in this newsletter is not intended to replace the services of a health practitioner licensed in the diagnosis or treatment of illness or disease. Any application of the material in this text is at the reader's discretion and sole responsibility. If you have a persistent medical condition or your symptoms are severe please consult a physician. The US Food and Drug Administration have not evaluated statements on this newsletter about health conditions and remedies.

---

Copyright 2005, Chakrapani Ayurveda Clinic & Research Center