

AyurvedaNews

Chakrapani Ayurveda Clinic & Research Center

December I' 2002

<http://chakrapaniayurveda.com>

<http://AyurvedaHelpline.com>

<http://LearnAyurveda.com>

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

IN THIS ISSUE:

- **About This Newsletter**
- **Testimonials on Our Services**
- **Editor's Note**
- **This Issue's Quote**
- **Ayurveda Guidelines for Patients - Feature article**
- **Best Ayurveda Products from Chakrapani**
- **Health News**

1.).. **About the AyurvedaNews:** AyurvedaNews is an optional fortnightly newsletter available to those who have visited our site and contacted us for free consultation and free constitution analysis or who have subscribed to this newsletter through our site. 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.).. **Testimonials:**

Your newsletter is wonderful and so are you for providing it. The International Film Festival was celebrated in beautiful Vancouver, British Columbia (Canada's West Coast) where I live and showed a film simply named "Ayurveda." I think this will have spared much interest in your ages-old healing. The newsletter is very informative. Because many of your readers may be like myself, new to this form of treatment, it is good perhaps to explain diets - what may seem to be good for say, arthritis or cancer, may be unwise for another condition. However, I think you already are doing a good job but since you asked for feedback, I wished to give some. Oh yes, a Sikh friend recommended Rose Petal Jam to me but I am not really sure why it is such a successful product. Did get some as we have large E. Indian population here and attendant stores. I would like to know what such jam benefits in the body. Many blessings to you. You are doing a marvellous job and it is so generous of you! Jan Elizabeth Springett Gould.

Jan Gould springett17@shaw.ca

(Thanks Jan for the compliments)

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

3.).. **Editor's Note:** The feature article of today's issue "**Ayurveda guidelines for patients**" suggests simple guidelines to patient to be followed for early recovery. This subject is comparatively less known in the literature available on Ayurveda. We are sure that you will enjoy this uncommon reading. We are thankful to Gilgi Hauser for helping us edit this article of AyurvedaNews.

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.

4.).. **This Issue's quote:**

The entire world is the teacher to the intelligent and the foe to the unintelligent

- Charaka

Samhita, Vimana Sthana, Chapter 8/14

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

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 that suites to different Ayurveda body type. Contact at Toll Free: 1 - 888 - 98 - HERBS or visit our Web site at www.garrysun.com

6.).. **Ayurveda Guidelines for Patients:** edited by Gilgi Hauser

The Ayurveda approach with guidelines for patients is a subject, which has received little attention in this modern age, although, in the Ayurveda texts such as Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya, there is ample literature available. Following are some specific guidelines or protocols for the patients as described in Ayurveda texts. One can see from these guidelines, which are extremely detailed and precise, that a patient can be lead to complete health and live-in-health. Yet not only patients in need of treatment, but also all persons, healthy and not so healthy, should pay attention to the following points below – guidelines to a healthy approach to living one's life:

1. On the onset of any uneasiness, physical or mental, you should try to understand closely what the troubles are.
2. You should examine if any improper deviation has been made from your routine, and mention to a friend or relative about the nature of the disturbance that you are experiencing.
3. Once any symptom appears, don't delay seeking medical help.
4. Choose a physician who is knowledgeable, experienced and sympathetic and has the 'golden touch'.
5. Keep quacks at bay (though not sufficiently qualified, there may be some who are not overbearing but possess the 'golden touch'. They need not be included in the category of quacks)
6. In major cases, consult more than one physician. Only take care that they are not competitors.
7. Don't mistrust your physician and his medicine. It is necessary, even when you are well to respect the physicians to be approached, in case you fall ill.
8. Avoid physicians and medicines in whom you lack faith.
9. Give due honour to your physicians and present to him full details of your troubles and any violations you might have made from routines.
10. Don't hold anything back from the physician.
11. From confusion or contrition, don't present an unduly grim or complacent picture of yourself, which could stem from bravado or modesty.
12. If there is not good physician nearby, in your area, go to wherever there is one or better still, try to bring a good physician to your area.
13. Until the condition of the patient comes under control, the physician should stay nearby, in your area that is, in order to nurse you and administer medicines. All food intake must be under his special supervision whilst you are unwell.
14. The physician's instructions must be carefully listened to and implicitly followed.
15. If you have difficulty in following his directions it is suggested to discuss this with the physician as soon as possible, so that suitable amendments can be made. No changes are to be made on your own without full consultation with your physician.
16. In case of any inaccuracy in connection to anything regarding your health and treatment, the physician must be informed immediately.
17. If the physician cannot administer the medicines himself, it is better that the patient is responsible for all intake of medications, after ascertaining clearly the method and dose and frequency of dosage from the physician.
18. Medicines not prepared by the physician himself should be obtained from sources reputed to be dependable, or else the medication may prove harmful
19. Have devout faith in the medicines you take. Tradition will recommend the auspicious day. Also face east or north when taking them.
20. The prescribed dose must be taken in full, even though the taste might be repugnant to you. Take the medication with the conviction that it is nectar itself.
21. If the patient cannot help himself, all matters of nursing must be left with trusted relatives or attendants.
22. Such people attending you when you are unwell, do not only love you, but also have proved truthful, enthusiastic, responsible and polite.
23. The results of the medication and how you feel must be conveyed to the physician frequently.
24. Regardless how precarious a case may be, never worry about recovery. There have been many, many cases that both Allopathic and Ayurveda practitioners have seen as hopeless, where full health has been restored through other practitioners or in rare cases even without any treatment.
25. It is wrong to be unclean just because one is ill. When bathing is impossible, take a sponge bath and put on clean clothes.
26. The room and the people who nurse you should be agreeable and considerate, clean and quiet.
27. Patients should not indulge in family or public matters, as anger, brooding and sorrow will aggravate the disease.
28. Have faith in God. In prolonged illness, honor eternal principles like atoning for one's past evil deeds and practicing charity.
29. Even after cure, don't leave off Pathya (the way of treatment) without the physician's advice.

Be grateful to the physician and reward him amply. Don't omit to specially gratify all those who helped you during your illness.

=====

We acknowledge that we have taken help from a book entitled "Chikitsa Samgraham" published by Arya Vaidya Sala, Kotakkal to prepare this article. For further queries or comments, please feel free to contact us via e-mail at info@chakrapaniayurveda.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

=====

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 leaving 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.

=====

Wish to procure our products? Ask at manish@chakrapaniayurveda.com for India and other countries except Europe, America and Canada, SumanBakshi@t-online.de for Europe and Ayurvedicherbs@aol.com if you are living in USA or Canada.

=====

6).. Health News: Soft drinks: Some hard facts

Soft drinks are today's rage, trend and fashion, especially among the youth. But lot of soft drink consumers are ignorant of the fact that the colorful fluid that comes in attractive bottles does not do a bit of good to us.

Many scientific studies reveal how as few as one or two soft drinks a day can increase one's risk for numerous health problems.

Some of these health problems are obesity, diabetes, tooth decay, osteoporosis, nutritional deficiencies, heart disease, and many neurological disorders. These are becoming a growing concern in the medical and scientific communities.

Harmful effects of carbonated drinks are as follows

1. Soft drinks are mostly composed of filtered water. As claimed by most of the companies, these drinks contain no fruit pulp, which means that they are artificial. Most of the calories in soft drinks are from refined sugars, and there are no other nutritionally beneficial components in these drinks. That's the reason why soft drinks are often known to have "empty calories".

2. Most of the cola drinks contain caramel coloring which, according to some researchers, has genetic effects and is a cancer-causing suspect.

3. Soft drinks come in a category of foods that are extremely acid forming. Carbonated soft drinks have their pH between 3-4. To counter the effect, one would need 32 glasses of water to neutralize the effect of this acidic drink. There is a correlation between acids increasing the risk of disease. An acid environment in the body sets up the foundation for viruses, bacteria, and cancer cells to develop. The common acids present in soft drinks are: acetic, fumaric, gluconic and phosphoric acid. These, if consumed in large quantity, can corrode our teeth, causes inflammation of stomach and intestines, soil the digestive enzymes and lead to erosion of the stomach lining. Diseases, though do not develop overnight, do develop over the years with improper dietary habits. So think of all the long term effects of soft drinks on our body.

4. The very common myth of taking soft drinks when one suffers from acidity is incorrect. The phosphorous that is found in the fizz and bubbles emitted from soft drinks fights with hydrochloric acid in the stomach and cause the stomach to be ineffective. When the stomach can't digest food, the person will have indigestion, gassiness, or bloating. Carbon dioxide that is emitted in the fizz is consumed when a person drinks a soft drink in the state of acidity. This in turn, actually increases acidity further. Carbon dioxide is a waste product that humans excrete and can be harmful when digested. Soft drinks deplete the amount of oxygen in the human body this way and can thus, increase the risk for cancer.

5. Dental cavities are often associated with carbonated beverages. This association is important because the amount of sugar that is consumed through these drinks, leads to formation of caries, which is when a cavity affects only the enamel, the outer protective layer of a tooth. Slowly the bacteria get attached to the teeth and produces high amounts of acid from sugars and other acids, spoiling the teeth further.

6. According to many research studies, teenagers who consume too many soft drinks develop cirrhosis of the liver similar to what chronic alcoholics have. Imagine there is no cure for cirrhosis of the liver except to receive a new liver through a transplant.

7. A very serious effect of soft drinks on people's health is the correlation between soft

drink consumption and the increased risk of bone fractures and osteoporosis. Large amounts of sugar, bubbles caused by carbon dioxide, and phosphoric acid (that are found in soft drinks), remove important minerals from bones allowing the bones to become weak and hence increasing the risk of a fracture. This is done by the phosphoric acid disrupting the calcium-phosphorous ratio, which dissolves calcium from the bones. Many people consume soft drinks instead of necessary beverages like milk, juices etc., so their bodies are not receiving enough nutrients, especially calcium.

8. Most carbonated beverages contain caffeine, which is considered to be a mild drug and can have harmful effects, especially on children. Large amounts of caffeine consumption can cause diseases and disorders such as insomnia, nervousness, anxiety, irritability, and deviations from the normal heart rate. Caffeine is addictive and causes dehydration.

9. Drinking carbonated soft drinks decreases the amount of pure water a person consumes, which can lead to dehydration that depletes the brain and other organs.

10. For anyone over forty, soft drinks can be especially hazardous because the kidneys are less able to excrete excess phosphorous, causing depletion of vital calcium.

Source of above material: Vandna Luthra in Hindustan Times, India

For Archives of our earlier published Newsletters, please visit <http://chakrapaniayurveda.com/newsletter.html>

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

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

Subscription Information: If you know someone, who would enjoy AyurvedaNews, please forward it, in its entirety to them or tell them about it. If AyurvedaNews came to you from a friend, you can subscribe to it free at our web sites or click [here](#)

Change of Address: If at any time you wish to change your e-mail address, please update us at newsletter@chakrapaniayurveda.com

Stop Subscription: If you wish to stop your subscription, please e-mail: newsletter@chakrapaniayurveda.com after typing 'Unsubscribe' in the subject title or click [here](#)

CHAKRAPANI AYURVEDA CLINIC & RESEARCH CENTER
A - 33, PRABHU MARG, TILAK NAGAR, JAIPUR - 302004, India
PHONE: +91-141- 2624003 FAX : + 91-141-2620746
VISIT US AT: <http://chakrapaniayurveda.com> , <http://AyurvedaHelpline.com> and
<http://LearnAyurveda.com>
E-mail: 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.