

## AyurvedaNews

### Chakrapani Ayurveda Clinic & Research Center

February 1' 2003

<http://chakrapaniayurveda.com>

<http://AyurvedaHelpline.com>

<http://LearnAyurveda.com>

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

This issue of AyurvedaNews is dedicated to the launch of [Chakrapani Global Center for Training and Research in Ayurveda at Jaipur, India](#)

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with singing of a MOU with [APMA International, France](#) to represent each other in different countries, to promote Ayurveda in theory, treatment and necessary material aspects. These concerns with all types of developmental activities of both the organizations and to construct a kind of health farm (Ashram).

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.

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

Dr. Rajesh Kotecha 'Vaidya', CEO of Chakrapani Ayurveda Clinic & Research Center will again visit USA from 7th March till 6th April, 2003. Due to the overwhelming response and to keep pace with his previous lectures and work shops, Dr. Rajesh is again invited to the community in the West and mid West to give lectures and conduct workshops. He will be with Mr. Gary Grewal, President of Garry and Sun, USA. See the detailed schedule and take advantage of the golden opportunity by attending his events. His tentative program for the lectures, workshops, personal consultations and Panchakarma at different places of West coast and Mid-West, USA is as below:

Mar 07 - Mar 13 - Garry and Sun, Reno. Contact Mr. Gary at toll free 888 98 Herbs  
 Mar 15 - Mar 17 - New Age Imports, Salida CO Contact MS Glenna at 719 539 4448  
 Mar 18 - Mar 19 - Fort Collins Co Contact Mr. Bruce/Mary at 970 204 1794  
 Mar 19 - Mar 20 - Cedar Rapids, IOWA Contact Sally Kroegeer at 319 393 6280  
 Mar 21 - Mar 28 - Omaha Healing Arts Center, Omaha Contact Sandy Aquila at 402 345 5078/79  
 Mar 29 - Apr 06 - Garry and Sun Reno Nevada Contact Mr. Gary at toll free 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](mailto:drrajesh@chakrapaniayurveda.com) or call Gary Grewal at 775-826-6004 to fix-up an appointment.

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

3.).. **About Chakrapani Global Center:** On 29th December, our Chakrapani Ayurveda Center has been shifted to a big premise and this was the land mark for it. Immediately after this change, we have got numerous trainees from different countries and this has encouraged us to go one step ahead in the area of training in Ayurveda. More over, we have receiving proposals and requests for participation in research in Ayurveda also from different Institutions since long. We wish to manage

these challenges in a professional manner. This need was the foundation for the launch of **Chakrapani Global Center for Training and Research in Ayurveda**. We have diverted our <http://LearnAyurveda.com> to this newly founded organization.

Immediately after its launch, we have signed MoU with two prestigious organizations for different purposes as detailed below:

1. On 14th February, we have signed a MoU with **APMA International, France** to collaborate in the area of training, to represent each other in different countries and to explore possibilities of Ayurveda products and services globally. Swami Shri Yog-Anand Bharati has represented the APMA international, whereas Dr. Rajesh Kotecha 'Vaidya', CEO has represented Chakrapani Global Center, India.
2. On 15th February, we have signed a MOU with **Institute of Genomics & Integrative Biology, CSIR, New Delhi, India**. This is a world famous Institute working in the area of human genomics run by the Government of India. Our center will assist them in the Indo-Russian joint research project on "Genotype-phenotype correlation based on the principles of Ayurveda with special focus on Prakriti". In MoU, Prof. Brahmachari, the Director has represented the Institute of Genomics whereas, Dr. Rajesh Kotecha 'Vaidya', CEO has represented Chakrapani Global Center.

We request all of our friends, well wishers and readers of this newsletter to kindly send your good wishes and suggestions for the best performance of this new venture.

#### 4.).. **Testimonials:**

Dear Sirs and Ayurvedic Center,

I was very pleased and impressed by your quick reply, and was very interested in your products; Many web pages never reply; I would like to know the cost of your products for me; for the Panchakarma, Jaipur is at the moment not in my plans since I live in Spain, Ibiza, but who knows. For now, thank you very much and kind regards.

Beatriz Beshara

Respected sir, please send me your Ayurvedic news regularly to my e-mail address for which I shall be ever thankful to you. Thank you.

Neha Jain [neha\\_jain542000@yahoo.co.in](mailto:neha_jain542000@yahoo.co.in)

5.).. **Editor's Note:** The feature article of today's issue "Globalization of Ayurveda" deals with interesting subject to every Ayurveda admirer. We congratulate Dr. Mala Kapadia to enlighten us to this area for all of us. She deserves compliments for exploring this topic in a professional way.

We are thankful to Gilgi Hauser for helping us edit this issue 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.

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](http://www.garrysun.com)

#### 6.).. **Globalization of Ayurveda - Part I:** by Dr. Mala Kapadia

Our history over the last two millenniums is forcing humankind to pause and review where we are going. If the direction appears to be blurred, incorrect, harmful, we need to take a deeper look at where we are going. Technological progress has created a myth of better living, however in reality, our balance, rhythm and harmony have been lost.

The rapid pace and modern technology of today is exerting extreme pressure on humanity and contributes to major malfunctions in the body and psyche. Stress is giving rise to diseases like Chronic Fatigue Syndrome - CFS., and studies have found that up to 80% of chronically fatigued people score high in depression and anxiety. In America alone, between 100,000 and 250,000 adults suffer from CFS. (And these figures are pre-WTC 9/11 attack). Another symptom of the stress is over indulgence in food or other physical pleasures and ninety-seven million Americans, nearly 55% of the U.S. adult population, are overweight, with 22.5% being obese, according to the National Institute of Health. The numbers are mind boggling, and this is catching up globally like an epidemic. The fertility rates in developed countries are deteriorating due to stress as well.

#### **Waking up to ancient wisdom**

The world is now looking for solutions from areas it had earlier negated. The allopathic medicines have not proved to be healing holistically, and Chinese herbal, Tibetan medicines and Ayurveda are sciences

that are being revived with great enthusiasm. The world is rapidly becoming smaller, becoming a global village, thanks to the Information Age, and Ayurveda, one of the oldest sciences of well-being, is being revived at global level. Caution, therefore, needs to be taken. Failure of mainstream medicine has given way to alternate and complementary healing arts and sciences. Research suggests that as much as 50% of the world's population is leaning towards this trend. (USA 40%, UK 40% And Australia 60%, the rest of the world is in between these numbers) Certainly, the best opportunity for India to take its rightful place as the birthplace of this Vedic science.

### **Ayurveda as it is today: Fragmented use of Ayurveda**

One can't deny the fact the Ayurveda is derived from Atharva Veda and has Vedic origin. We have accepted or denied the science without verifying the research. On the other hand, the Western world is adapting research and documentation of information through experiments from the ancient wisdom of Ayurvedic texts. This also gives rise to patent issues, something that we Indians as a culture do not believe in. For us, knowledge is for well being of mankind and not for commercial exploitation. This is resulting in two different problem areas. One, the amount spent on fighting legal battles to stop the patenting of Turmeric (Haridra or Haldee), Neem and Basmati rice is mind-boggling. If only we had wisely utilized our knowledge in the same way, researching, and coming up with modernizing Ayurveda. Two, there are Vaidyas (physicians of Ayurveda) with lots of knowledge in the application of Ayurveda but they are not passing it on, as they view their knowledge as a Divine gift that can't be commercialized. Their expertise is dying with them and we end up having to reinvent the wheel.

We now have two classes of people — those who practice Ayurveda and are not ready to examine why research and documentation is essential. On the other hand we have mainstream allopathic doctors and followers who are denying the wisdom of this science without verifying its value. There is a small section of practitioners and pharmacists who are carrying out research and coming up with a variety of applications.

### **The world is turning to Holistic Healing**

The majority of Ayurveda practitioners are today no different than their allopathic fraternity. They diagnose and give medicines or treatments. Ayurveda's basic principles and the 'whole' science are not practiced today. Ayurveda was the first science of healing that established the mind/body connection and energy principles that Quantum physics and PNI are talking about today. The Western world is fast recognizing this connection and coming up with more holistic application of our science.

This is where the education and awareness of holistic Ayurveda comes into the picture. Mental health is one of the biggest challenges in this millennium. The 'Well Being' revolution is demanding holistic sciences that can work on mind/body/spirit. Ayurveda has valuable insights not only in terms of drugs and treatment, but also in psychotherapy, through Mantra, gems, meditation and Yajna. Ayurveda, as it is taught today, does not provide a total education, due to the belief that the above were thought to be non-scientific. In fact they work on energy principles. The Energy principles of Sattva, Rajas and Tamas need to be re-evaluated in terms of quantum physics and healing sciences. Prana or life force energy is the basis of life and well-being. The imbalances of energies in today's world are also affecting the mental energies.

AUM, Astu.

(The concluding part of this article will be published in the February II issue of 'AyurvedaNews')

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 Dr. Mala Kapadia (Ph.D.) has rich and varied background in Psychology, Literature and Human Resources. She had presented above paper in just concluded International Seminar on Ayurveda at Kochchi, India. She is Vice-President of Sri Vidya Sansthan, a Socio-Spiritual Foundation and a Traditional Reiki Master & Teacher conducting workshops on becoming High-Energy person. She can be contacted at [tamethemonkey@indiatimes.com](mailto:tamethemonkey@indiatimes.com)  
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**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](mailto:newsletter@chakrapaniayurveda.com)**  
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**7.).. 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](mailto:Ayurvedicherbs@aol.com), for our readers living in Europe, kindly ask at [Suman-Bakshi@t-online.de](mailto:Suman-Bakshi@t-online.de) and for the rest of world and India, contact [manish@chakrapaniayurveda.com](mailto:manish@chakrapaniayurveda.com). We can supply Ayurveda Herbs for customized requirement also.

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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](mailto:newsletter@chakrapaniayurveda.com). Your valuable suggestions will help us in our efforts at continuous improvement.

Sincerely,  
The AyurvedaNews Team

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CHAKRAPANI AYURVEDA CLINIC & RESEARCH CENTER  
CHAKRAPANI GLOBAL CENTER FOR TRAINING & RESEARCH IN AYURVEDA  
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  
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