

## AyurvedaNews

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

**July 1' 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.

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)

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

"On life's journey faith is nourishment, virtuous deeds are a shelter, wisdom is the light by day and right mindfulness is the protection by night. If a man lives a pure life, nothing can destroy him."

- Lord Buddha.

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

### 3.).. Testimonials:

We are very pleased to sea our essay in your web page; I am very happy, it is a honor. I have sent a copy to the holistic association I belong to in England as well, so to spread your remarkable work; I learn every day a lot from the Ayurvedic articles in your newsletter. The Rasayana Prash is an excellent product, as well as the herbal tea. Thank you, my husband appreciates them, and the tonic in granules is very easy to use and taste delicious.

"We feel your web page is an excellent contribution to making mankind health better." I also feel personally that the modern word is in great need of "mild therapies" and when I say mild I certainly do not mean they lack of power; Actually they are extremely powerful, just as Mother Nature is, and mild in the sense they have no side effects, as many of the chemical drugs have.

Chemical drugs may seem to fulminate the symptoms but they certainly do not cure the illness in the way a holistic healing should be. Natural remedies like Ayurveda do cure in depth, they are not some kind of "oriental fad" or some kind of secondary remedies, they are in fact more then we think, the essence even of our early grecoroman conception of the Science of Life.

Many of the herbs included for example the *Asparragus Racemosus* in [Rasayana Prash](#), is well known and medically described in Greek texts. The very same can be said about *Centella Asiatica* (Brahmi) and about *Valeriana Oficinalis* used in many calming teas and herbal compounds.

Thus proving the Universality of Ayurveda. with kindest regards.

- Beatriz Beshara, Holistic Nutritionist, member of BHMA (British Holistic Medical Association)

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 Want Free Consultation on Ayurveda? Click <http://AyurvedaHelpline.com/consultation.html>  
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**4.).. Editor's Note:** The today's feature article entitled "**The importance of Pahya - Apathya**" is very important as valuable input on healthy living. Dr. Medha, the author, has wrote this from her heart. She is an experienced Ayurveda practitioner of Western India. Thus, her words came from her years of clinical experience and insight of Ayurveda science. It is worth reading.

We have hundreds of subscribers on our database who are Ayurveda practitioner, health professional or working in the area of holistic health. We heartily invite them to send articles. This will benefit the people from all over the world

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.

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**5.).. The importance of Pathya - Apathya:** by Dr. Medha Patel

The world today is eating a diet without having the slightest realization of the diet's positive or negative effects on both an individual and on society as a whole. When we put on our clothes, most of us take the trouble of looking into the mirror and to speculate about how we look, about the effect we are creating wearing the clothes, how much the clothes crease, how they will look by the end of a day etc. But not many of us stop to think for a minute or two before we push down the food drain — our bodies — almost anything that a friend offers, everything that the idiot box (TV) says is worth trying and everything that a famous food-joint boasts about. We seldom stop to make ourselves aware about how it feels inside us — the effects on our constitution — or how we feel when eating it. Neither do we stop to think about how many dents and creases this food causes in our body systems and therefore our health.

We have begun to conveniently believe that the whole natural world including the animals in it are created for our use and enjoyment, that they are of not much value except for the fact that they are just commodities for the human race. This pattern of thinking leads us to consume anything that comes our way without giving it a second thought.

The meat industry, the dairy industry, the edible oil industry and the ready to eat food industry feed us a number of misconceptions we readily digest mentally before digesting the actual products. We consume and make our children consume these harmful products, conveniently shrugging off the responsibility of our own health and the health of our family from our shoulders. Our passive submission together with the greed of these industries result in our happily placing our most precious possession — our health — in their hands and at the mercy of the trash we consume.

With great regret we have to accept that we have blindly followed this modern day life style and consequently are now also following the modern day death style.

Innumerable life threatening ailments like Cancer, Heart diseases, Diabetes, Hypertension and the many Auto Immune diseases that contribute towards human suffering and deaths which were not very common previously, are now on the rise. Scientific evidence indicates that improper diet, the irrational intake of drugs, stress, alcoholism, smoking and the extremely sedentary life style etc., are responsible for this rise in the above diseases.

It is now well understood and accepted that what we eat and how we live effects not only us, but society and the environment also.

Surprisingly, changes in one's diet and life style are as effective, if not more so, as the modern medicines and high-tech surgical procedures we use in treating a number of conditions.

Ayurveda, the ancient science of life, gives us the most detailed information on different diets and life styles to be followed in different situations, to acquire maximum health benefits. Ayurveda is probably the most ancient science to accept and emphasize that what we eat and how we live really matters — that food consumed is probably as effective as pills gulped down. Ayurveda maintains that a sick person needs no medicine if s/he follows the diet habits and lifestyle regimes stipulated for a person suffering from that particular disease. Further still, drugs and medicines are of little use if a person does not follow the rules of diet and also changes his/her life style habits suggested by the Ayurveda physician for that patient's particular disease. The correct and scientific choices regarding diets and life styles can go a long way in promoting positive health. Eating well and consequently feeling healthy enable us to avoid many undesirable illnesses in a dangerously unhealthy — ill world.

Though not popular today, Ayurveda states in detail, the specific diet and life styles to be followed during different seasons, under different climatic conditions, for different age groups, and people of different Prakriti of body and mind (mind- body

constitution) and for different diseases etc.

It states clearly the Pathya Ahara — (desirable & health promoting diets) and Pathya Viharas — (healthy life style) as well as the Apathya Ahara — (health harming foods) and Apathya Viharas — (life styles which are not healthy) under different conditions and for different diseases. To take advantage of this knowledge is really up to us today, it is in our hands to extend the benefits of this vast ocean of knowledge to mankind, by creating awareness in others. This is the responsibility of the Ayurvedists of today.

A true Ayurvedist cannot shun the responsibility by saying that simple, natural and wholesome foods are often considered boring. Patients approaching them would therefore be reluctant to follow the strict regimes of Pathya and Apathya. A little patience and some extra time taken talking to the patient on his/her level, are usually enough to convince them that ultimately, pleasure, and the pleasures of life lie in good health and not in gorging a lot of junk food. Though this takes time, most people develop a taste for delicious simple food, especially children, if they are encouraged to relish this life style from the very beginning.

We need to realize that food is medicine, failing which we will be forced to accept the situation where medicines will be our food.

Dr. Medha Patel (M.D. Ayu.) is a Director of Nisarg Ayurveda Health Care Centre. She can be contacted at - Swaminarayan Complex, Opp. Majura gate traffic circle. Ring road, Surat, Gujrat-395001. Tel: 91-261-2462626,5544944. E-mail: [drmukul@nisargayurveda.com](mailto:drmukul@nisargayurveda.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](mailto: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.

Wish to procure our products?

In USA & Canada: Garry & Sun. Toll free 880.98 herbs. E-mail: [Ayurvedicherbs@aol.com](mailto:Ayurvedicherbs@aol.com)

In Germany: Ms. Sunita Baxi. E-mail [SumanBakshi@t-online.de](mailto:SumanBakshi@t-online.de)

In France: APMA International. E-mail [Swamijiapma@aol.com](mailto:Swamijiapma@aol.com)

In India, Asian & African countries: Chakrapani Ayurveda. E-mail [info@chakrapaniayurveda.com](mailto:info@chakrapaniayurveda.com)

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

##### **Vitamin pills could damage health**

Consumers are warned today to limit their intake of over-the-counter vitamin and mineral supplements, including vitamins C and B6 and iron, as they could endanger health. The government's food standards agency guidance represents the official intervention in the industry, which persuades people to use its products. Manufacturers are being asked to reduce the doses of some products and provide stronger health warnings, after a four-year safety review by independent scientific advisers to the agency. The companies responsible for the 277 million a year vitamin and mineral market have promised to take note of the advice. The food standards agency wants to ban chromium picolinate, which can be used to help weight loss, due to its potential cancer-causing properties, although other forms of chromium are not thought to be harmful. Long-term use of vitamin B6, betacarotene, nicotinic acid (niacin), zinc, manganese and phosphorus, also causes irreversible health damage, the agency says. Continuous high usage of vitamin C, calcium and iron might have serious consequences, although the symptoms should disappear once consumers stop taking the supplements.

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

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