

AyurvedaNews

Chakrapani Ayurveda Clinic & Research Center
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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.

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.

Testimonial from Hazel Branagan, Ireland

Namaste Dr Rajesh,

I would just like to thank you for your continued support and advice. It really makes me feel confident in my practice. I am very busy at the moment and tell my clients about you all the time. They are honored to have such a support behind them in their healing. I would like to tell you that I would not be doing so well if it wasn't for you and all at Chakrapani.

(Thanks Hazel for your wonderful compliments)

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

This issue's quote

Food sustains the life of living beings. All living beings in the universe require food. Complexion, clarity, good voice, longevity, geniuses, happiness, satisfaction, nourishment, strength and intellect are conditioned by food.

- Charaka Samhita, Sutrasthana Chapter 27/349

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 I)- By Christophe Mouze

Any dog or horse trainer will tell you that what is fed to an animal influences its behavior. Although we like to forget this when it comes to ourselves, what we eat has a huge influence not only over our physical well being, but also over our thoughts, and ultimately our emotional and spiritual well being. The yogis of ancient times knew this, and many classical yogic texts, such as the Hatha Yoga Pradipika, contain advice on a yogic diet. However, proper diet is a controversial subject. Nutrition has been extensively researched by modern science, and there seems to be as many 'proper' diets as there are scientific studies. It is more than a bit confusing for someone to devise their own individual diet amidst so much, often contradictory, advice.

The advice given below is based on the classical yogic texts and on the author's experience. It also gives pointers for further research and experimentation.

Unlike modern scientists, yogis are not interested in the chemical content (protein, vitamins, etc.) of the food. Instead, food is traditionally classified according to its effect on the body and mind, using the three Gunas: *Sattva* (the quality of love, light and life), *Raja* (the quality of activity and passion, lacking stability) and *Tamas* (the quality of darkness and inertia, dragging us into ignorance and attachment):

- **Sattvic food** promotes clarity and calmness of mind and is favorable for spiritual growth. It is 'sweet, fresh and agreeable' and includes most fruits, nuts, seeds, vegetables, particularly green leafy vegetables, whole grains, honey, pure water and milk (with the reservation that commercially produced milk may not nowadays be so Sattvic). Given the amount of pesticides and chemical fertilizers used on commercial crops, only organic products still qualify as Sattvic, and tinned or frozen food certainly don't.
- **Rajasic food** feeds the body, but promotes activity and therefore induces restlessness of mind. It disturbs the equilibrium of the mind and is generally to be avoided by yoga practitioners. Rajasic foods include most spicy foods, stimulants like coffee and tea, eggs, garlic, onion, meat, fish and chocolate, as

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well as most processed food. Eating too fast or with a disturbed mind is also considered Rajasic, and those whose aim is peace of mind, should be avoid Rajasic food, yet if you have an active lifestyle Rajasic foods will benefit you. A little Rajasic food can be Sattvic, for example, hot spices can help digestion, and therefore help create peace of mind.

- **Tamasic food** (to be avoided) induces heaviness of the body and dullness of the mind, and ultimately benefits neither. It includes alcohol, as well as food that is stale, reheated or overripe. Overeating is also Tamasic. The traditional advice is to fill the stomach half with food, one quarter with water, leaving the last quarter empty.

The nature of food can change. Cooking is the most obvious way to change the nature of food. Grains become Sattvic only after cooking. Honey becomes Tamasic (poisonous) with cooking. The nature of a food also changes when it is combined with other foods and spices, or if it is stored for periods of time. Generally grains should be 'aged' a bit (they become more Sattvic) but of course, fruits shouldn't (they rot and become Tamasic).

How and when to eat is also important. One should not eat too late at night, for there should be a gap of at least two, and preferably three to four hours between supper and sleep. Food should be freshly prepared and eaten with mindfulness, respect and gratitude. While one should 'eat to live', rather than 'live to eat', food should be tasty, so as to be appreciated. The attitude of the person preparing the food is important as well, as the mood of the cook permeates the food. Most Indians still prefer their lunch box prepared at home to lunch in a restaurant for this reason, and some yogis only eat food prepared by themselves or other yogis.

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:

[Chyawanprash](#): Now available at Chakrapani Center India, Garry & Sun USA and other distributors of Chakrapani's all natural products.

According to the 'Charaka Samhita', Chyawanprash is "the foremost of all rasayanas, especially good for alleviating cough and asthma; it nourishes the weak, the wounded, the old, and those that are of tender years as well." Through the use of this rasayana "a person acquires intelligence, memory, comeliness of body, freedom from disease, longevity, strength of the senses, great pleasure in the companionship with women, great increase in the strength of the digestive fire, improvement of the complexion, and preserve the harmony of the three doshas."

This unique 'jam' is a mix of 49 powerful ayurvedic herbs with 'amla' (Indian gooseberry) as the base. The other ingredients in this traditional recipe include ashwaganda, pippali, cardamom, nutmeg and cinnamon in a base of Ghee (clarified butter) and honey. This magic elixir is good for all, irrespective of age and gender, and creates a harmonious synergy in the body leading to better metabolism.

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Health news: Texas Study Shows Value of Turmeric Component in Cancer Treatment

TEXAS, USA, July 11, 2005: Curcumin, the yellow pigment found in the curry spice turmeric, inhibits melanoma cell growth and kills tumor cells, shows a new study. Previous studies have already demonstrated that the spice has an anti-cancer effect. The new research, published online today ([here](#)) and scheduled for the 15 August print issue of Cancer, also reveals how curcumin acts against this type of tumor. Researchers led by Razelle Kurzrock of the University of Texas Anderson Cancer Center in Houston treated three melanoma cell lines with curcumin at different doses and for different duration. Results show that curcumin treatment decreased cell viability in all three cell lines in a dose-dependent manner. Epidemiological studies have linked high consumption of turmeric to lower rates of breast cancer, prostate cancer, lung cancer and colon cancer.

Source: Hindu Press International

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