

## AyurvedaNews

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

June 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.

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

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

"To insure good health: Eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life."  
- Londen, William.

### 3.).. **Testimonials:**

Dear Dr. Rajesh Kotecha and Mr. Manish Ojha,

Today I received the herbs I asked for and I am very very glad to receive it so quick and in a so good condititon. Thank you very much for helping me in this way and I let you know as soon as possible if it works, maybe I need a longer treatment then 3 mounths but we will see. Hope that there will be a time to come to Jaipur for a panchakarma treatment.

For now many thank for everything you do te me and Manish I think everything with the money is correct now !! Hope to hear from you !!

May Lord Krishna and Sri Radharani Bless you all !! I pray for you and your family! Lots of love !!

- Rien Eijbersen, The Netherlands

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4.).. **Editor's Note:**The today's feature article entitled "**Tulsi - The Holy Power Plant**" is an outcome of hard work of Gilgi Hauser. She always helps us to finally edit the feature articles since last two years. This time, she herself wrote this paper and one can see the beauty of her effort. It is really a good piece of work. 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.

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.).. Tulsi - The Holy Power Plant:** by Gllgi Hauser

This Indian Basil is a miracle plant

Tulsi as an Elixir Tulsi as a Deity

Indian Basil - Ocimum sanctum - is an important symbol in the Hindu religious tradition.

The name 'Tulsi' connotes 'The incomparable one' and Hindus worship it both morning and evening. The presence of this plant symbolises the religious belief of a Hindu family and a household is considered incomplete without a Tulsi plant in the courtyard.

Some homes build a special structure for the plant which has images of deities on all four sides; some homes have up to a dozen Tulsi plants on their verandas like a miniature basil forest.

Tulsi inspires concentration, prayer, belief and passion as it opens the heart and mind bestowing the energy of love and devotion[1]. Tulsi is said to have been the plant that pleased Lord Vishnu; believers wear Tulsi leaves and beaded necklaces made from Tulsi stems around their necks.

Marked by a strong aroma and a stringent taste Tulsi is is a kind of 'Elixir of Life' as it promotes longevity. The plant's extract can be used to prevent and cure many illnesses and common ailments like colds, headaches, stomach disorders, inflammation, heart disease and various forms of poisoning and malaria — in fact up till modern drugs, Tulsi was the cure for malaria .

The essential oil extracted from Tulsi is used for medicinal purposes though recently because of the Ursolic acid 'discovered' it is used in the cosmetic industry as a 'miracle worker because of its anti-inflammatory, anti-tumour (skin cancer), and anti-microbial properties make it useful in cosmetic applications' [2] Pharmacological and Scientific testing has brought Tulsi oil to the West as a miracle drug — it is reported to have anti-tumour activity[3], anti-viral, anti-microbial and anti-inflammatory effectiveness. Applied externally the essential oil is beneficial for cuts, wounds, bites, stings and as a face wash for acne. Tulsi essential oil is said to be anti-spasmodic and can boost the Immune system.

For over 5000 years the Tulsi plant has been in used in Ayurveda medicine (Ayurveda texts[4]) — for rejuvenation and used as a tonic for vitalizing the mind/body/spirit to promote a long life — before the chemical constituents were 'discovered' for their therapeutic effectiveness!

Oscimum sanctum — Tulsi — has been classified as an Aadptogen —anti-stress, chemopreventive and anti-inflammatory, fitting the criteria of Adaptogen — non-specific resistance to stress[5]. It reacts well to Asthmatic conditions, Diabetes and Arthritis. Indeed Tulsi is the Elixir of Life.

This small modest plant, is an annual or short term perennial bush type plant with greenish or whitish or purplish flowers. The leaves are a light green on the top and grey-green on the underside with a strong fresh clove like scent. It can grow up to 30 cm - 75 cm provided there is sufficient sunlight and it needs a lot of water. When I was in Jaipur last May my hostess watered her Tulsi plants each morning as I sipped my morning tea and watched the wild monkeys in the garden - this was at 05:30 as by 6am it was already too hot to be in the sun!

Lets look at some of the chemical constituents: The chief components are Eugenol, (here are the anti - inflammatory factors) Caryophylle and Triterpenoid ursolic acid.,Methylchavicol, (estragole ) — considered hazardous by Tisserand and not to be used[6] — the seeds of sacred basil contain a fixed oil with 5 fatty acids, 70% linolenic and 50% linleic acid[7]

## Tulsi — the sacred plant from Holy India

- ❖ A miracle for the skin! An anti-inflammatory, anti-oxidant and collagen build up!
- ❖ Tulsi is rich in vitamin C, carotene, calcium and phosphorus.
- ❖ It is anti-viral, anti-fungal, anti-bacterial, anti-septic, an aphrodisiac, an expectorant and aromatic.
- ❖ It helps depression, fatigue, insomnia, melancholy, nervous tension and it is uplifting, energising and refreshing

- [1] Salvatore Battaglia. The Complete Guide to Aromatherapy, 1997  
 [2] Muhammed Majeed, Ph.D. & Yvonne Nujoma, Ph.D, Sabinsa Corp.USA  
 [3] Prashar, R. and Ashok Kumar, Int. J. Pharmacognosy, 1995,33,181  
 [4] Charak Samhita  
 [5] Lazarev 1947  
 [6] R. Tisserand, Essential Oil Safety, 2000  
 [7] Hans Wohlmunth, Botanical Pathways, issue 11

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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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### 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.

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 Wish to procure our products? Ask at [manish@chakrapaniayurveda.com](mailto:manish@chakrapaniayurveda.com) for India and other countries except Europe, America and Canada, [SumanBakshi@t-online.de](mailto:SumanBakshi@t-online.de) for Europe and [Ayurvedicherbs@aol.com](mailto:Ayurvedicherbs@aol.com) if you are living in USA or Canada. We supply Ayurveda Herbs for customized requirement also.  
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### 7.).. **Interesting Health News:**

#### **Sesame oil is good for high blood pressure:**

Using sesame oil instead of other cooking oils helps reduce high blood pressure and lower the amount of medication required to control high blood pressure, said a study by researchers in India. The study looked at the effect of sesame oil on 328 people with hypertension who were taking 10 to 30 milligrams a day of the calcium channel blocker drug nifedipine, which lowers blood pressure by relaxing arterial membranes. They consumed an average of 35 grams of sesame oil a day for 60 days. The study found using sesame oil as their sole cooking oil lowered their blood pressure levels from 166 mm Hg systolic to 134 mm Hg and from 101 mm diastolic to 84.6 mm Hg.

Source: Health Scout News.

100% natural and unprocessed sesame oil procured from Chakrapani Ayurveda, India is now available at Garry and Sun, Reno, Nevada. Kindly contact at Toll Free 888-98-HERBS or email at [Ayurvedicherbs@aol.com](mailto:Ayurvedicherbs@aol.com)

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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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