

AyurvedaNews

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You people are absolutely amazing, I will recommend your place to all my college mates. The fact that you actually advised me on how to prepare the preparation is so genuine. You all are a good team and I really wish you all great success in all your endeavours. I really never expected you all to write back to me, because some people just want their moneys worth and don't actually care about the problems of their patients. With much gratefulness.

- Sheela, India

(Thanks Sheela ji for your wonderful compliments)

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This issue's quote

Knowledge of life is not the only subject of Ayurveda but also knowledge of happiness (health) and unhappiness (disease) of humans, materials causing these; causes, symptoms and treatments of these disorders are also the subjects of Ayurveda.

- Charaka Samhita, Sutrasthana Chapter 30/27

Editor's Note:

The today's feature article entitled "**Life: The ever changing playground**" is a contribution of Dennis Van Den Bergen. The author, in this article, describes the importance of Ayurveda in present changing scenario. 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.

Life: The ever changing playground - By Dennis van den Bergen

Just imagine... In the last century the big change came. Computers, television, central heating systems, air-conditioning, travel by all kinds of vehicles, fast food and much more. All of this was developed to make our life more comfortable. And all these developments took place because we wanted to make our lives more comfortable... Let us be honest, the changes do contribute to more comfort.

Not only is our life far more comfortable than 150 years ago, also we are also facing more and more problems in our life because of these changes. Our life style is changing so rapidly, that we are constantly finding ways to process the changes and deal with them. For instance, 20 years ago, a computer wasn't so common as today. In just 20 years this has really changed. We have easy access to 'the net' and we are paying our electricity bill online, we e-mail with each other, browse the internet, playing online games, chat with each other, reading newsletters etc. Isn't this nice? But it also has a different side, for instance: it brought us more cases of rapid strain injury (RSI). And this is just one small example.

It must be noted that a change is neither good nor bad. It's a change. What makes the difference is the way we are dealing with this change. Sometimes we go with the flow, while sometimes we just can't. There is nothing wrong with that. This is part of life itself. It's like hills and valleys. We all have this. And by all of these changes, we grow. Gail Sheehy put it down in this quote: "If we don't change, we don't grow. If we don't grow, we aren't really living"

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Changes can be seen as a way of movement. In Ayurveda, movement is seen as the function of VATA dosha. And when the changes are big enough to get us out of balance, VATA dosha can be affected. With this, diseases can come up. Sometimes they manifest very quickly, sometimes only after years. It's like constantly driving a car in the wrong gear. Sooner or later, the car will stop working properly. When this happens, there are two options; either you buy a new car, or repair the gear.

Since we can't buy a new body, we have to repair the gear. And not only repair the gear, but also learn how to use the gear in a good way. How can we do this?

This is where Ayurveda helps. This by giving dietary advices, counseling, by presenting relaxing and 'healing' techniques for the body and mind, and by suggesting herbs to support the process.

Let us look at some of the techniques. A very simple technique is lubrication (snehana) of the body. This lubrication can be done internally or externally (or both). With this, we help the gear to work in an easy mode.

Ayurvedic massage is a good example for lubrication of the body. It will bring us more mental relaxation, but also it will prevent dryness in the body. Another example for keeping VATA calm is pouring a stream of oil on the forehead (shirodhara). An Ayurvedic Vaidya (Ayurvedic Physician) or someone who studied Ayurveda will tell if, and what kind of things can be done to keep VATA calm. And of course there is enough to be done by yourself to prevent VATA from becoming out of balance. Like: applying body lotion or sesame oil on the body. This will prevent a dry skin. (when you have a oily skin, don't use sesame oil)

In the end, when VATA is balanced, it will help us in good sleep, less anxiety, less tensions and the ability to cope with the changes, to play with these changes. And that's what life is: an ever changing playground, with unlimited possibilities. So why not play it instead of fighting it?

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Dennis van den Bergen is an Ayurvedic Practitioner from the Netherlands. He studied Ayurveda in the Netherlands and had intensive training at the Chakrapani Clinic. At present he is working at the Chakrapani Clinic in India as the director of <http://ayu.in>. (The new portal on Ayurveda scheduled to be launched in August this year). He can be contacted at: info@ayurveda-yoga.com

Best Ayurveda Product of this issue:

SHILAJIT TABLET: Now available at Chakrapani Center India, Garry & Sun USA and other distributors of Chakrapani's all natural products.

In Sanskrit the literal meaning of Shilajit is "conqueror of mountains & destroyer of weakness". Shilajit has that unmatched powers of arresting and reversing the aging process. Indian Yogis on seeing the powers of Shilajit considered it to have divine powers capable of healing the body of virtually any ailments and above all restore youthfulness. Shilajit is a colloidal trace mineral, brownish black to dark, greasy, black resin that has a distinctive smell and taste. Traditionally considered a panacea and a strong kidney tonic, it increases the core energy responsible for your sexual and spiritual power, the same force that is withered by stress and anxiety.

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Interesting health news: Ayurveda Gaining Ground in US

MINNEAPOLIS, UNITED STATES, 13 June, 2005: "A few years ago, we could not have thought of having such a large number of people registering for an introductory three-day course on Ayurveda. But now this is a reality," said, Vandana Tilak, an Ayurveda practitioner in California and organizer of a three-day seminar-cum-workshop on this Indian system of medicine at the City of Orange, south east of Los Angeles recently. Ayurveda seems to be slowly but firmly gaining ground across the United States of America. Among the 80 people who attended seminar recently include physicians, yoga instructors, therapist, masseurs and even quite a few health conscious people. Classes were taught by Dr. Vasant Lad, known in the U.S. as an authority on this traditional Indian system of medicine. In 2006, Lad is planning to hold a major conference on Ayurveda along with the mainstream doctors to deliberate on case studies and hold discussions on integrating this with the allo pathic system of medicine. "All this shows that Ayurveda is gaining ground in the U.S.," she said. "Often the cause is not purely physical but physiological as well. In this medicine system the patient is treated as a whole and treatments are tailored to each person uniquely," said Tilak. Attributing increasing popularity of Ayurveda, she said: "The entire credit goes to yoga which is now visible in every nook and corner of this country. As a result, people have now become more curious about Ayurveda. Many of them have even started taking it as an alternative or supplementary to the main system."

Source: The Hindustan Times, India

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