

AyurvedaNews

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

Vol 6, Issue III

<http://chakrapaniayurveda.com>
<http://AyurvedaHelpline.com>
<http://LearnAyurveda.com>
<http://garrysun.com>

Special Offer !

100% all natural products
Order Now !

Wish to have herbal and all natural PMS supplement? Please call Gary and Sun at 1-888-98-HERBS.

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 suitable for Ayurveda body types. Contact at Toll Free: 1 - 888 - 98 - HERBS or visit our Web site <http://garrysun.com>

Want to learn more on Panchakarma? [Click here](#)

Want Free Consultation on Ayurveda? [Click Here](#)

Want your body type analysis? [Click Here](#)

Wish to procure our products? Kindly contact as detailed below:

USA & Canada: Garry & Sun.
Toll free 1 - 888 - 98 Herbs.
[Click Here](#)
<http://garrysun.com>

Netherlands & Belgium:
Ayush, [Click Here](#)
<http://ayurveda-yoga.com>

Germany: Dr. Ramin Mobasser. [Click Here](#)

France: S.I.E.T.P.A.
[Click Here](#)
<http://massage-ayurvedique.com>

Spain: B. Beshara
[Click Here](#)
<http://astraholistic.net>

Turkey: Dr. Satish Arora
[Click Here](#)

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 Mieke van der Velden, Holland

As a pearl on the crown of a 4-years part-time education on Ayurveda I attended a one-month training (made to fit my needs) at Chakrapani Global Center for Training & Research in Ayurveda, India. Competent doctors and massage therapists were in charge of the training program which covered profound teaching and practice at advanced level. It was a very fruitful period which gave me more insight in the vast science of Ayurveda.

- Mieke van der Velden, Holland.

(Thanks Mieke for wonderful compliments on our training programs)

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

Dr. Kotecha's 10th Trip to USA

The CEO of Chakrapani Ayurveda Clinic & Research Center, Dr. Rajesh Kotecha 'Vaidya' will be visiting USA from **March 24 till April 20, 2005**. Dr. Rajesh is again invited to the community in the West and mid West to give lectures, consultation and conduct workshops. He will be with Mr. Gary Grewal, President of Garry and Sun, USA. Please see the detailed schedule hereunder 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:

March 25 - March 26: Workshop on Ayurveda at Omaha Yoga & Bodywork Center. **Contact Ms. Susi Amendola at 402 553 8250. Website:** <http://doyoganow.com> The workshop will include an introduction to Ayurvedic Health principals including, the Doshas, The Gunas, Pulse Diagnosis and Herbs.

March 27 (Sunday): Ayurveda cooking class **Contact Ms. Sandy Aquilla at 402-435-5078**

March 28 - April 05: Personal consultations & Panchakarma treatments at **Omaha Healing Arts Center**, 1216 Howard St Old Market, Omaha, Nebraska. **Contact Ms. Sandy Aquilla at 402-435-5078. Website** <http://omahahealingarts.com>

April 11 - April 20: Personal consultations and panchakarma treatments at Reno, **Contact Mr. Gary Grewal at 1-888- 98-HERBS or 775-530-9942. Website:** <http://garrysun.com/ustourmar05.html>

Editor's Note:

The today's feature article entitled "**Stay fit with Pranyama Yoga**" is a contribution of Mr. V. N. Mittal. The author, in this article, describes the amazing healing power of these techniques, based on his own practice / experience. We hope that our valued readers will enjoy reading different aspect of Ayurveda & Yoga 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.

Stay fit with Pranayama Yoga : By V. N. Mittal and edited by Gilgi Hauser

Hundreds of thousands of people in India and worldwide have been cured / healed of their medical conditions and ailments. High blood pressure, diabetes and other serious and chronic diseases can be cured as a result of the regular practice of seven special pranayama (consciously controlled breathing) techniques. These seven breathing techniques have been scientifically developed by the great master Yogiraj Swami Ram Dev who has been organizing a large number of workshops in the major cities in India, which have also been receiving

In India and all the other countries: Chakrapani Ayurveda. [Click here](#)

Would you like an advertisement of your health services and products to be read by the largest on - line audience of Ayurveda in the whole world? Or would you like to sponsor a newsletter? For all information about our newsletter and sponsorship details, [click here](#)

For Archives of our earlier published Newsletters, please [click here](#)

Subscription Information:

If you know someone, who would enjoy AyurvedaNews, please forward it to them or tell them about it.

If AyurvedaNews came to you from a friend, you can subscribe to it for free at our web sites or [click here](#)

[Click here](#) to send your feedback on this issue of AyurvedaNews. Your valuable suggestions will help us in our efforts at continuous improvement.

Change of Address: If at any time you wish to change your e-mail address, please update us by [clicking here](#).

Stop Subscription: If you wish to stop your subscription click [here](#)

nationwide media/TV coverage. A gigantic project for the establishment of the Patanjali Institute of Yogic Research by the Yogiraj is now under way in India.

INTRODUCTION

When I started learning these seven yogic pranayama techniques of Yogiraj Swami Ram Dev in India about two years back, I did not realize that they would turn out to be the greatest healing processes for me and would eventually become a part of my regular practice. I was already into natural healing arts through the teachings of Reiki, Art of Living, Sujok therapy, Acupressure and Reflexology, which I practice regularly to keep my body and soul together – I am in my late sixties - but I always missing something which could bring me to a deeper meditative state besides addressing my physical problems. This amazing technique, which has healed hundreds of thousands of people in India and worldwide, provided me with the answer.

IMPORTANCE OF PRANAYAMA

The importance of Prana or the breath as an instrument to control diseases is recognized universally. In fact, no life is possible without breathing. Breathing may be considered the most important of all bodily functions for indeed all other body functions depend on it. Prana (Chi) is thus rightly called the life force energy and *the art of modification of the normal form of prana, through its conscious control is known as pranayama*. In view of its importance, the Yogis from times immemorial have emphasized the need of the regular practice of Pranayama for the harmony of body, mind and spirit. Pranayama is the fourth limb of the eightfold Yoga system founded by Maharishi Patanjali and is capable of addressing all kinds of physical and mental ailments.

THE PRACTICE

The twenty minutes practice has been scientifically developed and redesigned by Yogiraj Swami Ram Dev. It comprises seven well-known pranayama techniques developed by Majority Patanjali:

- 1) **Bhastrika Pranayama:** 3 – 5 minutes
- 2) **Kapalbhati, Pranayama:** 5 – 10 minutes.
- 3) **Bahayya kumbhak Pranayama with three bandhas:** 2 minutes,
- 4) **Anulom- Vilom Pranayama:** 5 minutes
- 5) **Bhramri Pranayama:** two minutes (a minimum of three cycles)
- 6) **Om:** chanting 3 times
- 7) **Nadi Shodhan:** 3 – 10 cycles.

A regular and disciplined practice of these techniques for twenty minutes daily - as briefly explained in the following paragraphs guarantees the maintenance of good health and can aid in the reversal of over- weight problems, hyper-tension, diabetes and other serious and even chronic ailments. It also works as a preventative to keep you healthy against disease.

The description on how to practice is given in detail at <http://chakrapaniayurveda.com/ayurvedanews.html> Please visit this page for full version of this article with every detail.

SHAVA ASANA

After completing all the seven breathing exercises, relax for some time in Shavasana (Corpse posture – lying down on the back keeping some distance between the legs and spreading the hands away from the body) Breath normally and keep the eyes closed.

BENEFITS

The Pranayama practice offers multiple benefits. It addresses the diseases of the chest, heart, and brain. Highly effective in controlling diabetes, migraine, gastric problem, hypertension, constipation, breathing allergy, kidney diseases, and even chronic diseases like cancer. A regular practice of the seven techniques promises to improve immunity to diseases, detoxify the body, bring a glow on the face, improve eyesight and help to alleviate the practitioner from stress and depression. One can achieve spiritual power due to activation of the chakras (body energy centres) in the process, which results in the arousal of the dormant serpentine energy known as Kundalini, the power of which is simply spectacular.

DISCLAIMER

This article purports to give only guidelines and is no substitute of practical training .

The author, Mr. V.N. Mittal MA (Eco & Eng) is a retired Government Economist from India. currently living in Singapore. He is a Master Teacher of Reiki and has been teaching students from various countries for the last five years. He has written articles on Yoga, Reiki and Art of Living for international magazines. For further information on the subject; the readers may contact the author on e-mail mittalvn@hotmail.com

Best Ayurveda Products from Chakrapani's:

[Rasayanaprash](#)
[Beauty Products](#)
[Caffeine Free products](#)
[Herbal Oils](#)
[Herbal tablets](#)

Upcoming event: India's first Train The Trainer Certification program on "Emotional Intelligence"

This event is to be organized from 4th to 6th April. It brings together business leaders, practitioners and managers desiring to harness the emotional intelligence for self and their teams. The program offers an opportunity to create emotionally intelligent organization. This program combines competency-based approach with experiential and joyful learning methodology.

Dr. Mala Kapadia, the facilitator of this event brings value with more than two decades of corporate experience, expertise in behavioral sciences and research work on Western and Oriental perspectives on EI. Dr. Mala is associate trainer with 6Seconds U.S.A., and has certification on EQ Map from Essi Systems, U.S.A. Her book on Emotional Intelligence a workbook For Beginners is well received. Contact for more details: tamethemonkey@rediffmail.com, 022-26008829, 9869080087

Interesting health news: Hormones aggravate incontinence, study finds

BY LINDSEY TANNER (ASSOCIATED PRESS)

CHICAGO - Researchers have found yet another problem that hormone pills taken at 'menopause seem to make worse, not better: incontinence.

The findings came from the same landmark government study that in the past few years linked the widely used supplements to a higher risk of heart attacks, strokes, breast cancer and dementia. Estrogen and progesterin have long been thought to help prevent or lessen urine leakage in menopausal women. "We were hoping to find a gleam of hope for estrogen" after all the earlier negative findings, but the results with incontinence were disappointing, too, said lead author Dr. Susan Hendrix, a gynecologist at Wayne State University.

The findings, published in Journal of the American Medical Association, come from research on 27,347 women, ages 50 to 79, participating in the Women's Health Initiative study.

Compared with women taking dummy pills, those on estrogen pills for one year were 53 percent more likely to develop urinary incontinence by year's end. Those on pills containing both estrogen and progesterin faced a 39 percent higher risk.

The highest risks were for stress incontinence - urine leakage prompted by pressure on the lower abdomen from sneezing, laughing, coughing or walking. It can result from weak pelvic muscles.

Women taking estrogen pills faced more than double the risk of developing stress incontinence, and risks were almost as high for women on pills containing both hormones.

Also, women who already had any incontinence faced increased risks of it worsening after a year-already 60 percent higher risk for those on estrogen-only pills and a 20 percent higher risk for those on combined pills, compared with the placebo group.

Hormone therapy now is included in the list of possible causes of incontinence in women, particularly stress incontinence - an involuntary loss of urine resulting from a weakness in the pelvic muscle.

Wish to have herbal and all natural PMS supplement? Please call Gary and Sun at 1-888-98-HERBS.

CHAKRAPANI AYURVEDA CLINIC & RESEARCH CENTER
CHAKRAPANI GLOBAL CENTER FOR TRAINING & RESEARCH IN AYURVEDA
A - 33, PRABHU MARG, TILAK NAGAR, JAIPUR - 302004, India
PHONE: 141- 2624003 FAX : 141-2620746

VISIT US AT: <http://chakrapaniayurveda.com> , <http://AyurvedaHelpline.com> and <http://LearnAyurveda.com>

E-mail: info@chakrapaniayurveda.com

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.

Copyright 2005, Chakrapani Ayurveda Clinic & Research Center