

## AyurvedaNews

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

**March 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.

### 2.).. **Dr. Rajesh's Trip to USA:**

Due to the overwhelming response and to keep pace with his previous lectures and work shops, Dr. Rajesh Kotecha 'Vaidya', CEO of Chakrapani Ayurveda Clinic & Research Center is again invited to the community in the West and mid West to give lectures and conduct workshops. He is now traveling in USA and he will be there till 6th April, 2003. He will be with Mr. Gary Grewal, President of Garry and Sun, USA. See the detailed schedule and take advantage of the golden opportunity by attending his events. His program for the lectures, workshops, personal consultations and Panchakarma at different places of West coast and Mid-West, USA is as below:

Mar 15 - Mar 17 - New Age Imports, Salida CO Contact MS Glenna at 719 539 4448

Mar 18 - Mar 19 - Fort Collins Co Contact Mr. Bruce/Mary at 970 204 1794

Mar 19 - Mar 20 - Cedar Rapids, IOWA Contact Sally Kroegeer at 319 393 6280

Mar 21 - Mar 28 - Omaha Healing Arts Center, Omaha Contact Sandy Aquila at 402 345 5078/79

Mar 29 - Apr 04 - Garry and Sun Reno Nevada Contact Mr. Gary at toll free 888 98 Herbs

Apr 05 - Apr 06 - Advance level workshop for Ayurveda students and professionals at **Oakland, CA.** Contact Mr. George at 510 272 9358

We invite you to take advantage of the above events, which is nearby your place. If any of our esteemed reader wants further details or a personal consultation with Dr. Rajesh, they can e-mail him at [drrajesh@chakrapaniayurveda.com](mailto:drrajesh@chakrapaniayurveda.com) or call Gary Grewal at 775-530-9942 to fix-up an appointment.

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

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

"Fear less, hope more; Whine less, breathe more; Talk less, say more; Hate less, love more; And all good things are yours."  
- Swedish Proverb

#### 4.).. **Testimonials:**

Thanks a lot for the information furnished. I have also received your herbal face pack. I have already tried it out once and my immediate feeling is that as of now there are no side effects. The herbal face pack suited my skin. Will keep u informed about the further developments. Thanks and regards,

Subha [subhasekhar18@yahoo.co.in](mailto:subhasekhar18@yahoo.co.in)

Want Free Consultation on Ayurveda? Click <http://AyurvedaHelpline.com/consultation.html>

5.).. **Editor's Note:** The knowledge supplied in today's feature article entitled "**The Five Elements Principle - The foundation of Ayurveda**" will have lasting value to our readers. The science of Ayurveda is based on not on constantly changing research data, but on the eternal wisdom of the Rishis who receive this science, expressive of perfect wholeness of Cosmic Consciousness, through religious introspection and meditation. Ayurveda is a timeless science and the reflection and elucidation here, it is hoped, will serve the reader throughout his or her life.

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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6.).. **The Five Elements Principle - The foundation of Ayurveda:** Edited by Gilgi hauser

Ayurveda evolved in the meditative minds of the seers of truth - the Rishis, (ancient Gurus). For thousands of years, their teachings were transmitted orally from teacher to disciple and later they were set down in melodious Sanskrit poetry. Though many of these texts have been lost over time, an abundant body of Ayurvedic knowledge has survived.

Originating in Cosmic Consciousness, this wisdom was intuitively received in the hearts of the Ancient scholars. They perceived that consciousness was energy manifested into the five basic principles or elements. They are Ether (space), Air, Fire, Water and Earth. This concept of the five elements lies at the heart of Ayurvedic science.

The Rishis perceived that in the beginning the world existed in an un-manifested state of consciousness. From that state of unified consciousness the subtle vibrations of the cosmic soundless sound 'aum' manifested. From that vibration of 'aum' began the subtle movements that created the Air which is Ether in action. The movement of Ether produced friction and through that friction heat was generated. Particles of heat-energy combined to form intense light and from this light the Fire elements manifested. Thus, Ether manifested into Air, and the same Ether further manifested into Fire. Through the heat of the Fire, certain ethereal elements dissolved and liquefied, manifesting the Water element and then solidified to form the molecules of Earth. In this way, Ether was manifested into the four elements of: Air, Fire, Water and Earth.

From Earth, all organic living bodies, including those in the vegetable kingdom such as herbs and grains and those in the animal kingdom including human beings are created. Earth also contains the inorganic substances that comprise the mineral kingdom. Thus out of the womb of the Five Elements, all matter is born.

The five basic elements exist in all matter. Water provides the classic example: The solids of iced water are a manifestation of the Earth principle. Latent heat (fire) in the ice liquefies it manifesting the water principles; and then eventually it turns into steam expressing the Air principle. The steam disappears into Ether or space. Thus the five basic elements Ether Air, Fire, Water and Earth are present in one substance. All five originate in the energy issued from Cosmic Consciousness. All five are present in all matter in the universe. Thus energy and matter are one.

**MAN AS MICROCOSM**

Man is a microcosm of nature and so the five basic elements present in all matter also exist within each individual. In the human body, there are many empty spaces, which are manifestations of the Ether element. For example, the empty spaces in the mouth, nose, gastrointestinal tract, respiratory tract, abdomen, thorax, capillaries, lymphatic, tissues and cells are all manifestations of the Ether element.

Space in motion is called Air. Air is the second cosmic element and is the element of movement. Within the human body, Air manifests in the larger movements of the muscles, the pulsation of the heart, the expansion and contraction of the lungs and the movements of the stomach wall and intestines and under a microscope, a single cell is seen to move. Different nerve impulses respond to a stimulus, which govern our sensory and motor movements. The entire movements of the central nervous system therefore, are governed by bodily Air.

The third element is Fire. The source of Fire and light in the solar system is the Sun. In the human body, the source of fire is the metabolism. Fire works in the digestive system. In the gray matter of the brain cells, fire manifests as intelligence. Fire also activates the retina which perceives light. Thus, body temperature, digestion, the thinking processes and visions are all functions of bodily fire. All metabolism and enzyme systems are controlled by this element.

Water is the fourth important element in the body. It manifests in the secretions of the digestive juices and the salivary glands in the mucus membranes and in plasma and cytoplasm. Water is absolutely vital for the functioning of the tissue organs and various bodily systems. For example, dehydration resulting from diarrhea and vomiting must be treated immediately to protect the patient's life. This element is so vital that bodily water is called the water of life.

Earth is the fifth and last element of the cosmos that is present in the microcosm. Life is possible on this plane because Earth holds all living and nonliving substances to its solid surface. In the body, the solid structures – bones, cartilage, nails, muscles, tendons, skin and hair – are derived from earth.

## **THE SENSES**

The five elements manifest in the functioning of the five senses of a human being as well as in certain functions of human physiology. Thus the five elements are directly related to our ability to perceive the external environment in which we live. They are also related through the senses to five actions expressing the functions of the sensory organs. The basic elements – Ether Air, Fire, Water and Earth – are related to hearing, touch, vision, taste and smell, respectively.

Ether is the medium through which sound is transmitted. Thus the ethereal element is related to the hearing function. The ear, the organ of hearing expresses action through the organ of speech, which creates meaningful human sound.

Air is related to the sense of touch. The sensory organ of touch is the skin. The organ of action for the sense of touch is the hand. The skin of the hand is especially sensitive and the hand is responsible for the actions of holding, giving and receiving.

Fire, manifesting as light, heat and color, is related to vision. The eye, the organ of sight governs the action of walking and is thus related to the feet. A blind man can walk but that walking has no definite direction. Eyes give direction to the action of walking.

Water is related to the organ of taste; without water the tongue cannot taste. The tongue is closely related in function to the action of the genitals (penis and clitoris). In Ayurveda the penis or clitoris is considered the lower tongue while the tongue in the mouth is the upper tongue. The person who controls the upper tongue naturally controls the lower tongue.

The Earth element is related to the sense of smell. The nose, the sensory organ of smell is related in function to the action of the anus excretion. This relationship is demonstrated by the person who is constipated or who has an unclean colon; s/he experiences bad breath and their sense of smell is dulled.

Ayurveda regards the human body and its sensory experiences as manifestations of cosmic energy expressed in the five basic elements. The ancient Rishis perceived that these elements sprang from pure Cosmic Consciousness. Ayurveda aims to enable each individual to bring their body into a perfect harmonious relationship with that Consciousness.

### The Five elements, the organs of the senses and their actions

Element	Senses	Sense organ	Action	Organ of action
Ether	Hearing	Ear	Speech	Organs of speech (tongue, vocal cards, mouth)
Air	Touch	Skin	Holding	Hand
Fire	Seeing	Eyes	Walking	Feet
Water	Taste	Tongue	Procreation	Genitals
Earth	Smell	Nose	Excretion	Anus

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 We acknowledge that we have taken help from a book entitled "Ayurveda - The science of self healing" wrote by Dr. Vasant Lad to prepare this article. For further queries or comments, please feel free to contact us via e-mail at [newsletter@chakrapaniayurveda.com](mailto:newsletter@chakrapaniayurveda.com)  
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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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#### 7.).. **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.  
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#### 8.).. **Interesting Health News:**

##### **New Study Shows Vegetarian Diet Lowers Cholesterol**

MIAMI BEACH, FLORIDA, March 7, 2003: A new vegetarian diet emphasizing soy and soluble fiber can lower cholesterol by one-third. The Portfolio diet, as it's called, involves several trendy nutrients that have been shown separately to be good for the heart. Canadian researchers set out to see what would happen if they were combined into a single regimen. At a meeting of the American Heart Association, data was presented that established the combination seems to work. Ordinarily, people do well to lower their cholesterol by 10 percent by changing their diet, so doctors often have to prescribe powerful statin drugs to get their cholesterol down far enough. "The reductions are surprising," said Cyril Kendall of the University of Toronto, who directed the study. "Most dietitians would not expect that sort of reduction through dietary means." He said the Portfolio diet appears to do about as well as the older statin drugs that are still front-line therapy for high cholesterol. The diet is based on a low-fat vegetarian regimen that emphasizes foods shown individually to be beneficial -- soy, soluble fiber, plant sterols and almonds. Sources of soluble fiber include oats, barley, legumes, eggplant, okra and Metamucil. Some brands of margarine are high in plant sterols.

Source: <http://www.nytimes.com/aponline/national/AP-Heart-Diet.html>

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Sincerely,  
 The AyurvedaNews Team

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