

AyurvedaNews

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

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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.

Dr. Rajesh's visit to USA:

Our CEO Dr. Rajesh Kotecha, M.D. (Ayurveda) is now traveling in USA and he will be there till 19th April. He is again invited to the community in the West and mid West of USA to give lectures, Panchakarma therapy, consultations and conduct workshops. This is his 8th US trip in 3 years. We are thankful to Mr. Gary Grewal, President of Garry and Sun, USA & the organizer of his travels and also to all the people who have taken advantage of his visits to US. He has received wonderful testimonials about his skills and ability as an Ayurveda expert. One can see these testimonials at <http://chakrapaniayurveda.com/testimonials.html>. We invite our readers of USA to attend any of his events to be organised during above said period. He will be visiting Omaha, Nebraska; Cedar Rapids, Iowa; Poplar Bluff, Missouri and Reno, Nevada. To get the details of his travel and to register for an appointment with him, kindly call Mr. Gary at 775-530-9942 or e-mail at info@garrysun.com

Testimonial on our Ayurveda training Program:

Dear Dr. Kotecha,

I want to Thank you as well as all the doctors and the staff of Chakrapani very heartily for the intense and wonderful two weeks training of Ayurveda. Each training unit was so well and logically structured so that even for a western mind it was easy to follow. The doctors did not only convey so many details of their vast knowledge but also the larger context and philosophical background in which they stand.

Each doctor was very concerned about my well being, made sure that I could follow their teaching and was asking for feedback. They all are very flexible. I also appreciate very much, that each theoretical lesson was immediately followed by a practical one. This enables the students to directly apply and deepen the knowledge.

I was looked after so well and the whole atmosphere in Chakrapani clinic is such that I feel being part of big family.

I hope to come back soon for another training. Thank you very much one again

- Petra, Germany

(Thanks Petra for the wonderful compliments)

Editor's Note:

The today's feature article entitled "Sahaja Yoga: Universal method of coping with stress, and for the prevention and treatment of diseases Part II" is a contribution of Dr. Ramin Mobasserri. The article is based on his own experience and worth to have a look at it. This is the second and final part of this series. Kindly click [here](#) to read first part of this series. Dr. Ramin, basically from Germany is studying Ayurveda since last 6 months at our center in Jaipur. He is among brilliant scholars we have ever had. We are thankful for his contribution to AyurvedaNews.

We have hundreds of subscribers on our database who are Ayurveda practitioners, health professionals or who work in the area of holistic health. We, at AyurvedaNews, invite all you practitioners to send us your articles. Your experience, insight and knowledge will benefit people world wide to learn about and understand their bodies, minds and spirits, thereby helping themselves into the state of well-being.

We are thankful to 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.

Sahaja Yoga: Universal method of coping with stress, and for the prevention and treatment of

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diseases: Part II - Written by Dr. Ramin Mobasseri MD edited by Gilgi Hauser**Clinical Research**

The physiological effects and benefits in treatment of diseases:

Sethi (1989) showed that the practice of Sahaja Yoga (20 healthy subjects) leads to a significant reduction of heart rate (basic heart rate as well as reduction during meditation), to a decrease of urinary vinyl mandelic acid (a metabolic product of adrenaline) and of blood lactate concentration. Furthermore the galvanic skin resistance increased over 200 % (sign of activation of the parasympathetic nervous system) a change in the EEG towards theta-frequencies and low alpha-frequencies were observed.

A study conducted in Russia confirmed the EEG changes during Sahaja Yoga Meditation (SYM) as found by Sethi (1989). The authors suggested an association between the theta and alpha oscillating activity with states of internalised attention and positive emotional experience of the individuals, — so called 'blissful states' (Aftanas & Golocheikine 2001).

These parameters were able to show that through Sahaja Yoga practice, the sympathetic nervous system is lowered — down-regulated — and the parasympathetic nervous system becomes activated. Through this, the individual relaxes and the „inner balance“ is restored.

In a SYM study conducted by Chug & Rai (1989) a significant and long lasting reduction of blood pressure and improvement in lung function in asthmatic patients was achieved. The hypertensive (n=25) and asthmatic patients (n=18) were randomised in two groups each. In group A there were 15 females with hypertension, who had been practising SYM for 4 months (20 minutes daily), Group B served as the control group. The average blood pressure (169,2/109,5) decreased significantly after 4 months (158,4/102,7). The average blood pressure measurement in group B however, rose.

18 asthmatic patients were randomised either in group C or D. Patients of group C practised SYM for 4 months (20 minutes daily), group D was the control group. The FEV₁ (forced expiratory volume in 1 second) increased significant in group C from initial 48,2 % to 66,18 % (4 months) and (p<0,001), the control group didn't show any significant changes.

In group A and C (SYM) decrease of urinary vinyl mandelic acid and blood lactate could be observed, Galvanic skin resistance and alpha waves in the EEG significantly increased.

Dr. R. Manocha who is a member of the Natural Therapy Unit at the Royal Hospital for women in Sydney (Australia) initiated a Meditation Research Program at the unit. He chose Sahaja Yoga Meditation over other meditation techniques because the aims — “thoughtless awareness” — based on the original meditative tradition, were easier to learn, were without cost (to the patient) and therefore well suited to the general population and research (see Manocha 2001). The Meditation Research Program conducted a number of small and large trials on SYM which have generated promising results.

A number of locally conducted pilot studies suggest that SYM may have a beneficial role in menopausal hot flushes, severe migraine and psychological stress (Manocha 2000).

In a randomised clinical trial (n=47) SYM showed beneficial effects on some subjective and objective measures on the impact of moderate to severe asthma (Manocha *et al.* 2003) and reinforced results of Chug *et al.* (1989).

Another study in the UK evaluated the effectiveness of SYM as a treatment for the symptoms of anxiety and depression. The study compared a 'waiting list' control group, a cognitive-behavioural based stress management group and a SYM group. The participants in the groups were referrals suffering from anxiety. Symptom severity was measured at pre- and post-treatment using the Hospital Anxiety and Depression Scale (HADS) and the 12 item General Health Questionnaire (GHQ-12). The results show that compared to controls, the participants in the SYM group reported significant changes (Morgan 2000).

Several studies from India suggest that SYM is more beneficial than mimicking exercises in the treatment of epilepsy.

One study was carried out on 32 patients of epilepsy who were randomly divided into 3 groups:

Group I subjects practised Sahaja yoga meditation for 6 months,
Group II subjects practised postural exercises mimicking Sahaja yoga
Group III served as the epileptic control group.

There were significant changes at 3 & 6 months as compared to 0 month values in Galvanic skin resistance, blood lactate and urinary vinyl mandelic acid levels in group I subjects, but not in group II and group III subjects (Panjwani *et al.* 1995). Another study was carried out on 32 patients of idiopathic epilepsy. The subjects were randomly divided into 3 groups.

Group I (n = 10) practised Sahaja yoga for 6 months
Group II (n = 10) practised exercises mimicking Sahaja yoga for 6 months

Group III (n = 12) served as the epileptic control group.

Group I subjects reported a 62 per cent decrease in seizure frequency at 3 months and a further decrease of 86 per cent at 6 months of intervention. Power spectral analysis of EEG showed a shift in frequency from 0-8 Hz towards 8-20 Hz and further changes. No significant changes in any of the parameters were found in Groups II and III, indicating that Sahaja yoga practice brings about seizure reduction and EEG changes (Panjwani *et al.* 1996).

A further study in the same setting (n=32) found a significant improvement of Visual Contrast Sensivity in the SYM group (Panjwani *et al.* 2000).

In a retrospective study in Austria a group of long term meditators ('Sahaja Yogis', n=501) received a questionnaire about their habitual drug consumption (including nicotine, alcohol, THC and 'hard drugs' like cocaine, etc.). 42,6% of the meditators declared that they stopped their consumption within the first week of starting SYM, 85,7% had stopped within the first 6 months. After 1 year only 6,8% didn't stop the consumption of drugs (Hackl 1995). Even if this study were retrospective and conducted in a specific group, one can hypothesise, that Sahaja Yoga may have had a positive impact on fighting drug addictions.

In Russia and Ukraine, Sahaja is already very popular and over 400 physicians work with Sahaja Yoga as a therapy. A clinical trial was conducted in Novosibirsk (Russia) to evaluate SYM as a complementary treatment. 100 patients with either acute bronchitis, acute back pain and hypertension were treated with medicine and complementary SYM. The group which was meditating recovered in less time from their disease and could return to work at an earlier date.

Conclusion

Sahaja Yoga is essentially a meditative technique which has the direct physiological effects of down-regulation of the sympathetic nervous system; activation of the parasympathetic nervous system; and producing a change in the EEG towards theta-frequencies and low alpha-frequencies.

There has already been considerable research upon the effects of Sahaja Yoga. It has been found to have significant positive effects upon the treatment of; hypertension; asthma; migraine; depression and anxiety disorders; epilepsy; back pain and viral infections; as well drug addiction.

Hence, Sahaja Yoga is increasingly becoming a popular and widespread technique for coping with stress. Moreover, it is also fast becoming an effective preventative measure against illness and a significant treatment for various diseases. Nevertheless or because of this, there is a great need for further research.

Further informations, free courses worldwide and online self-realisation one can find on the following web-address: <http://www.sahajayoga.org>

For any questions regarding the article please contact the author at raminoanh@gmx.de .

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Dr. Ramin Mobasseri is a physician from Frankfurt/ Germany, specializing in natural medicine. He has been practising Sahaja Yoga for about seven years and has recently conducted a research study on Sahaja Yoga Meditation, as complementary treatment in cancer patients for his MD thesis. At the moment he is in India studying Ayurveda at an advanced level at the Chakrapani Global center for Training & Research in Ayurveda Jaipur, India in order to deepen his knowledge of this ancient science. He can be contacted at raminoanh@gmx.de.

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Interesting health news: Yoga In The U.S. Continues to Gain Popularity

SAN FRANCISCO, CALIFORNIA: In the U.S. the ancient discipline of yoga has boomed in popularity over the past several years. Yoga is now practiced by 7 percent of U.S. adults, or 15 million people, according to a market study conducted by Harris International this summer for Yoga Journal. That's up 28.5 percent in the last two years alone. The same study found that more than half of the general population has at least a casual interest in yoga, and one in six respondents planned to try yoga in the next year. Three-quarters of fitness clubs now offer some form of yoga class, according to the International Health, Racquet and Sportsclub Association. Yoga is now recommended to pro athletes by their coaches, pushed by cardiologists and physical therapists and taught in East Bay high schools for physical education credit. In workplaces around the Bay Area, employees and employers make room for weekly yoga sessions. "Even the most traditional types of companies are now coming to me," says Christine Chang, owner of Yoga Motion in San Francisco, which offers yoga lessons exclusively to business. "People are more aware of the need to de-stress and center and find quality of life." If yoga is changing Americans, so, too, are Americans changing yoga. For one thing, students in the United States are embracing sweaty, strenuous varieties of the discipline, lumped together under the term Power Yoga. Many longtime teachers and practitioners share mixed feelings about yoga's popularity. One major complaint is that today's students tend to see yoga merely as the process of perfecting difficult poses, ignoring its meditative and spiritual components.

Source: <http://www.contracostatimes.com/mld/cctimes/living/8140651.htm>

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Sincerely,
The AyurvedaNews Team

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physician. The US Food and Drug Administration have not evaluated statements on this newsletter about health conditions and remedies.

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