

## AyurvedaNews

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

March II' 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 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.

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 Want to learn more on Panchakarma? Click <http://chakrapaniayurveda.com/panchakarma.html>  
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### 3.).. **This Issue's Quote:**

"The concept of total wellness recognizes that our every thought, word, and behavior affects our greater health and well-being. And we, in turn, are affected not only emotionally but also physically and spiritually."

- Greg anderson

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

...I have completed unit three and found this a good introductory course in ayurveda. I enjoyed the format and did learn some things I did not know. If there are any courses like this, I would be interested in taking them. I want to know so much more. Thank you !

- Joanna

(Thanks Joanna for the compliment on our training programs)

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5.).. **Editor's Note:** The knowledge supplied in today's feature article entitled "**Concept of Longevity in Ayurveda - I**" will have lasting value to our readers. Ayurveda is a practical science of life whose principles are universally applicable to each individual's daily existence. Ayurveda speaks to every element and facet of human life, offering guidance that has been tested and refined over many centuries to all those who seek greater Harmony and Longevity.

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.).. **Concept of Longevity in Ayurveda - I:** Edited by Gilgi hauser

From the time of physical birth until physical death, the body is engaged in a continuous struggle against the aging process. Because continuous breakdown of the bodily tissues and organs at the cellular level causes deterioration and degeneration, it is therefore at the cellular level that rejuvenation must take place.

The Tridosha (Vata, Pitta, and Kapha) play a very important role in the maintenance of cellular health and longevity. Each dosha plays a vital part in upholding the functioning of each of the billions of cells that constitute the human body. Kapha maintains longevity on the cellular level. Pitta governs digestion and nutrition. Vata, which is closely related to Pranic life energy, governs all life functions.

On a deeper level, to combat aging it is necessary to balance the three subtle essences within the body — Prana, Ojas and Tejas. The functioning of Prana, Ojas and Tejas corresponds, at a subtler level of creation, to the functioning of Vata, Kapha and Pitta respectively. Proper diet, exercise and lifestyle can create a balance among these three essences, ensuring long life.

Prana is the life energy that performs respiration, oxygenation and circulation. It also governs all the motor and sensory functions. The vital pranic force enkindles the central bodily fire (Agni). Natural intelligence of the body is expressed spontaneously through Prana. For example, if a child has a deficiency of iron or calcium, the body's natural intelligence, governed by Prana will lead the child to eat mud which is a source of these minerals.

The seat of Prana is in the head and Prana governs all higher cerebral activities. The functions of mind, memory, thought and emotions are all under the control of Prana. The physiological functioning of the

heart is also governed by Prana and from the heart Prana enters the blood and thus controls oxygenation in all the Dhatus and vital organs.

Prana governs the biological functioning of the two other subtle essences — Ojas and Tejas. During pregnancy, the navel of the fetus is the main door through which Prana enters the womb and the body of the fetus. This Prana also regulates the circulation of Ojas in the fetus. Thus, in all humans, even in the unborn, a disorder of Prana may create an imbalance of Ojas and Tejas and vice-versa.

Ojas is the essence of the seven Dhatu or bodily tissues. It is the vital energy that governs the hormonal balance. This super-fine element of Shukra (masculine energy) and Artava (feminine energy) which is the essence of all Dhatu, is located in the heart. Ojas is the vital energy that controls the life-functions with the help of Prana. Ojas contains all of the five basic elements and all the vital substances of the bodily tissues. It is responsible for the auto-immune system and for mental intelligence.

Because Ojas is related to Kapha, aggravation of Kapha displaces Ojas and vice-versa. Displaced Ojas creates the Kapha related disorders of diabetes, looseness of the bones and joints and numbness of the limbs. Decreased Ojas will create Vata related reactions such as fear, general weakness, inability of the senses to perceive, loss of consciousness and death. Balanced Ojas is necessary for optimal biological functions and immunity.

Ghee helps to enhance Ojas. Mother's milk promotes Ojas in the body of the child so it is important that the child receives mother's milk in order to develop biological strength.

During the eight month of pregnancy, Ojas travels into the fetus from the body of the mother. Thus, if birth takes place prematurely before this transference of Ojas, the baby will have difficulty surviving. This phenomenon demonstrates the importance of Ojas in the maintenance of life functions. Just as Ojas is necessary at the beginning of life, it is also necessary for longevity.

On the psychological level, Ojas is responsible for compassion, love, peace and creativity. Through Pranayama, spiritual discipline and Tantric techniques, one can transform the Ojas into spiritual strength. This powerful spiritual energy creates an aura or halo around the crown Chakra. A person with strong Ojas is attractive with lustrous eyes and a spontaneous and calming smile. Such an individual is full of spiritual energy and power. Spiritual practices and celibacy enhance these qualities in the individual. Those who indulge excessively in sex and masturbation dissipate Ojas energy at the moment of orgasm. The result is weak Ojas which directly affects the immune system. Such an individual becomes susceptible to psychosomatic ailments.

(Contd.).....

The second and final part of this article will be published in the next issue of AyurvedaNews. The second part will contain detailed information on Tejas, the fascinating relationship between Prana, Ojas and Tejas and the influence they have on rejuvenation. Watch for the next issue.

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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.

[Herbal Hair Conditioner](#) a 100% natural formula for hair care.

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## 8.).. Interesting Health News:

### The secret of self-control

Wish you had the willpower to eat less and exercise more? Research funded by the National Institutes of Health suggests that self-control may not be so much a strength of will, a learned skill or even an analytical thought process, but rather an energy source that must be replenished.

In one experiment, individuals were asked to stifle or exaggerate their emotions while watching a disturbing video and then tested for physical stamina with a handgrip device. In another study, hungry participants were tempted with chocolate and freshly baked cookies before working on difficult geometric puzzles. In all cases, participants who exercised self-control in the first instance were less able to complete the second task.

The researchers suggest that sleep may be one way that people can replenish self-control. "Most forms of self-regulation failure escalate over the course of the day, becoming more likely and more frequent the longer the person has been deprived of sleep," says Roy F. Baumeister, Ph.D., of Florida State University. He also notes that positive emotional experiences may help replace self-control energy that has been expended.

Courtesy - [www.HealthandWellnessClub.com](http://www.HealthandWellnessClub.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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