

AyurvedaNews

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

Vol 6, Issue V

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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. 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 Pranjali and Suzie

Hi, I have started taking medicines which you had told me. I am having very good recovery. I don't know in what way to give my thanks and blessings to you. I only wish that Chakrapani Ayurveda may flourish to such an extent that everyone hears of it. Thanks.

- Pranjali, India

Hi Gary! The herbs and spices that you provided for Noah and I are working beautifully. It is taking Noah a while to adjust but he is doing better already and my digestive system is much improved. I've even lost some weight as a side benefit! What are the dates in September when the doctor rajesh returns to Reno? I would like to make an appointment and have a friend and relative that are interested also. I hope you are doing very well. Thanks for your excellent service. Peace and blessings to you,

- Suzie Nixon Bohnett

(Thanks Pranjali and Suzie for wonderful compliments on our services)

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

This issue's quote

Ayurveda is named the science of life wherein the characteristics are laid down for the good and the bad life, the happy and unhappy life, and what is wholesome and what unwholesome in relation to life, as also the measure of life.

- Charaka Samhita Sutrasthana Chapter 1/41

Editor's Note:

The today's feature article entitled "**Ayurveda and Yoga**" is a contribution of Ashok Rajguru. The author, in this article, describes the link between Ayurveda and Yoga - the two ancient sciences of India. 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.

Ayurveda and Yoga : By Ashok Rajguru

Yoga and Ayurveda are two related spiritual sciences which trace their origins to a common fountainhead - the Vedas. Yoga is the science of Self-Realization and Ayurveda is the science of Self-Healing. Both are closely related. Both are holistic disciplines and they share a common ground in the concept of somatic and psycho-spiritual completeness. Most yoga enthusiasts realize at some point or the other in their journey along the path of Self-discovery, that they are likely to succumb to illness. Likewise the student of Ayurveda also realizes that a person whose **intellect, patience and memory are impaired**, **subjects** himself or herself to **intellectual blasphemy** by virtue of bad action and this **aggravates all Doshas**.

Patanjali's Yoga Sūtras begin by explaining that Yoga is overcoming mental agitations. And one of the limbs of the practice that help the aspirant attain that goal is Pratyahāra. The practice of Pratyahāra is developed so as to **dissociate the senses from their objects** thereby allowing the **mind** to remain (or **imitate**) in its **natural Sūtvika form**. The root cause of **pain** are **ignorance, egoism** (me, mine, I related feelings), **attachment (likes), dislike** and the desire of clinging to life.

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Ayurveda views desire or lust being caused by [likes and dislikes](#) and it is this lust that is responsible for the two opposites that cause [pain](#) □ [happiness and misery](#).

Reductionists view Yoga as a physical culture of exercise and a fitness program. The same people consider □yurveda as a mere native herbal medicine system. This is but a blinkered perception that tells more about the person who holds this view than about these profound traditions. Yoga considers ill-health as a hindrance or obstacle along the path of Self-Realization. Ayurveda also considers that its primary role is eradicating diseases as they are impediments to yogic practices.

The link between Yoga and □yurveda is Pr□na which is loosely translated as Life Force. Yoga is the intelligence of Pr□na seeking greater evolution and transformation. □yurveda is the healing power of Pr□na which seeks to consolidate life. It is therefore important to study and practice the two disciplines together. The concept of Pr□na leads to the practice of Ahims□ (non-violence). Health and well-being arise from a state of mind and lifestyle that does not harm other creatures. Non□violence stands the [first and foremost](#) among the [promoters of longevity](#) of [living beings](#). The practice of Ahims□ leads one to giving up all hostilities.

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The author is working with an airline company at Bahrain. He has completed 300 hours of study in Ayurveda under Dr. David Frawley and a further 100 hours of study under Dr. Rajesh Kotecha MD (Ayur) in the theory and practice of Abhyanga and Panchkarma at the Chakrapani Ayurveda Clinic & Research Center, Jaipur, India. Over the years the author has qualified as a certified yoga teacher in the Civananda tradition (Yoga Ciromani). The author practices Mantra chanting, Yogasanas, Pranayama and Vipassana meditation as taught by Shri Satya Narayana Goenka. He can be contacted at rajguru@batelco.com.bh.

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Interesting health news: Chemicals may damage male babies

Chemicals found in many everyday products can harm male reproductive development, research suggests.

Phthalates are used in the manufacture of plastics, lubricants and solvents, and are found in cosmetics, medical equipment, toys, paints and packaging.

The University of Rochester team, New York, found exposure to the chemicals was linked to a higher risk of genital abnormalities in baby boys. The study features in the journal Environmental Health Perspectives.

Source: <http://news.bbc.co.uk/2/hi/health/4585603.stm>

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