

AyurvedaNews

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

Vol 6, Issue XI

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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://ayu.in>, <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.

Testimonials on our Online Training Program

Hello, Regarding to Ayurvedic rules listed in the courses are detailed, ramified and clear, so that the student can understand the contents. Also the way of asking the questions trigger the student to research and conclude, this is an excellent style that pushes the student to work on research and conclusion. Best REGARDS

- Hani El BATAL & Khaled HIJAZI, Lebanon

(Thanks Hani and Khaled for this complement)

Kindly visit us at <http://chakrapaniayurveda.com> for free Ayurveda online consultation

Dr. Rajesh's Visit to USA & Pre Announcement for the Tour to Europe

Our CEO Dr. Rajesh Kotecha is currently visiting USA till the 8th October. This is his 11th trip to USA in last 5 years. He will be available for Ayurveda consultations, Panchakarma, lectures and workshops during his trip. He will visit Reno (Nevada), Omaha (Nebraska), De Moines (Iowa), Fairfield (Iowa) and Salida (Colorado). Our interested valued readers are requested to visit <http://garrysun.com/ustoursept05.html> or call 1-888-98-HERBS for the appointment.

Dr Rajesh Kotecha will visit Europe in April or May 2006. In this tour he will visit different countries of Europe to give lectures, Ayurveda consultations and some workshops. He will visit the Netherlands, France, Austria, Germany, UK and Ireland. Chakrapani Ayurveda, India and Dennis van den Bergen (Ayush, the Netherlands) are working together to organize this tour and are exploring the possibility to visit few other country's. Our interested valued readers who want more information or already want to make appointments for a consultation can email us at: info@ayu.in

A New Portal on Ayurveda; www.ayu.in

Since the middle of August the new portal www.ayu.in is online from Chakrapani Center. The site is currently filled with all kinds of information regarding Ayurveda.. We invite you, our valued readers, to take a look on this site. If you have any suggestions about this new portal or if you want to see some more interesting thing about Ayurveda at www.ayu.in, please send an e-mail to info@ayu.in. Dennis van den Bergen is primarily looking after this portal and you will immediately receive reply from him.

New at www.ayu.in is our Ayurveda forum.

Here we can exchange ideas and thoughts about Ayurveda

We invited you to join our forum. It's free! <http://www.forum.ayu.in/>

Editor's Note:

The today's feature article entitled "An Ayurvedic view on allergies" is a contribution of Vishnu Das . The author, in this article, describes the Ayurvedic view on allergies. We hope that our valued readers will enjoy reading different aspect of Ayurveda 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.

An Ayurvedic view on Allergies (Part II)- By Vishnu Das

This is part II of this series. One can read the previous article by [clicking here](#).

So, from an Ayurvedic perspective, an allergic reaction to a certain food or type of environment is mainly due to certain qualities in that food or environment, and therefore one may have allergic reactions to other foods or environments with the same qualities. This is why a skilled Ayurvedic clinician has to determine which doshas

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and qualities are out of balance (in excess) and what type of environment or substances are contributing to the problem. In other words, allergic symptoms are always related to doshic imbalances. The clinician must examine thoroughly the diet and lifestyle of the client to tailor an appropriate regime. Removing the foods or substances that are triggering the allergic reaction may at times solve the problem, but the main aim is to find and remove the root cause of the doshic imbalance that is the real, underlying problem. In other words, to lessen or remove the predisposition to the causative factors that trigger the reaction in the first place.

According to Ayurveda's view of samprapti, or pathogenesis of disease, allergies are a doshic response to specific allergens in the environment, such as pollen, mold, dust, ragweed, chemicals, or foods. The individual response to these factors often relates to the predominant dosha in the constitution, but other factors (such as diet and lifestyle) may disturb the other doshas and cause non-characteristic allergic reactions. In general, allergies can be classified as vata type, pitta type, or kapha type.

Vata type of allergies are accompanied by gas and bloating, abdominal discomfort and intestinal colic. There may be wheezing, due to the dry quality of vata, sneezing, ringing in the ears and difficulty sleeping. When vata people are exposed to dust and pollen, they may experience some or all of these symptoms. With this type of allergies there is usually less mucous and more constriction of the bronchial tree.

Pitta type of allergies manifest on the skin. If a pitta person is exposed to allergens such as chemicals (especially those with a strong odor), ragweed, or even synthetic fiber in their clothes, this may cause pitta dosha to get to the surface through its hot and sharp qualities, bringing hives, rashes, urticaria, burning eyes, allergic types of dermatitis and eczema, all of which are fiery in nature.

Kapha type of allergies are often experienced in the spring, when all the plants and trees are pollinating. They are characterized by irritated mucous membranes, leading to hay fever, cough, colds and congestion, even sinus infections and asthma.

To discover the root cause of allergies we must first understand the role that toxins (ama) play in the picture. There are numerous causes for the formation of ama (toxins) in the body. Ama is, basically, whatever our system does not absorb or digest properly. So, improper food combining, overeating, eating food that is not appropriate for our constitution, or even emotional factors can impair the digestion, which in time can lead to the production of ama.

If one is constantly exposed to certain qualities, the doshic balance can become disturbed and this, in turn, may disturb the digestive fire (agni), leading to poor digestion, absorption and assimilation of nutrients, and creating ama as a result. Ama can affect the tissues and cells and can clog and obstruct channels. In the case of allergies, ama can be viewed as an antigen. When certain qualities are already in excess and more of these qualities are forced upon the organism, the immune system creates more and more antibodies to contend with the invading qualitative ama. As a result, whenever there is even the slightest exposure to the specific allergen the body responds with all its protective forces. This is what is experienced as an allergic reaction. It is the system trying to rid itself of excess ama (antigens).

When the organism is loaded with toxins it can be difficult to achieve maximum benefits from any therapeutic approach. This is why Ayurveda offers the cleansing and rejuvenating therapies known as panchakarma. Once the excess ama has been cleansed and the digestive fire rekindled through panchakarma, the organism will respond more efficiently to an Ayurvedic program.

Vishnu Dass, NTS, LMT, CAyu, is an Ayurvedic practitioner and educator and the Director of the Blue Lotus Ayurveda Center - Clinic and School, in Asheville, NC, where he offers health consultations, panchakarma, rejuvenating therapies and educational programs. He can be contacted at www.bluelotusayurveda.com.

Best Ayurveda Product of this issue:

Ghee from Chakrapani: It is simply clarified butter — butter with all the milk-solids removed. Ghee is a time-honored alternative to hydrogenated oils that clog arteries and promote free-radical damage. All-natural, salt-free and lactose-free, Chakrapani Ghee stays fresh for weeks at room temperature. It is not hydrogenated or oxidized, and contains no trans fatty acids. Our Ghee is made from butter that is prepared by traditional way of first making yogurt from the organic milk of cow and then procured in natural state without adding any preservative or additive. In ayurveda, ghee is considered an effective "carrier" of the lipid-soluble portion of herbs and spices to the various parts of the body. Plus, it is so flavorful and aromatic that you can use half as much as ordinary oils. It is also considered as Sattvik food. Buy Chakrapani Ghee by calling at 1-888-98-HERBS or email at gary@garysun.com or manish@chakrapaniayurveda.com

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