

Editor's Note

Dear Readers,

From the whole Chakrapani family, we wish you and your loved ones a very happy and prosperous new year!

We easily make New Year's Resolutions but forget them soon. New Year's resolutions focus on improving health and wellness, which is good news because being healthy helps protect us against disease and injury, as well as providing strength and energy to improve our quality of life. Enrich the New Year with simple things to do every day to stay hale and healthy.

One of our resolutions in this New Year is to keep more in touch with all of you through our newsletter.

We welcome your suggestions and submissions.

Enjoy reading and get benefited with Ayurveda.

Vaidya Lakshmi Anoop

Healthy New Year

Year after year we make resolutions to exercise regularly, eat well and give up smoking and other bad habits. Following such basic rules can cut heart disease risk by 80 percent, diabetes risk by 90 percent and cancer risk by 50 percent, according to the Harvard Nurses Health Study. Getting healthy need not be overwhelming. Here are simple, straightforward ways to get on track toward optimum health in this New Year.



- Wake up at sunrise
- Regular exercise
- Eat 3 meals a day
- Drink sufficient water
- Reduce intake of refined, processed, junk food and try to take more of foods which are freshly prepared
- Sleep early and avoid staying awake late nights
- Suppress the suppressible
- Attend to the natural non suppressible urges

Many conditions, which were fatal hundreds of years back, are not at all major disorders now, some no longer exist. But changing cultural practices, improved civilization, lazy life styles, irregular dietary habits and thought processes etc. have given rise to newer & complex diseases, many microorganisms have become resistant to various antibiotics. Life style disorders like heart diseases, obesity, arthritis, spondylosis, sciatica, psoriasis etc. are on increase in an alarming rate. This changed scenario demands a determined effort to find out solutions to various health problems. Principles of Ayurveda stand relevant, appropriate and best even in this present day scenario.

Dharaniya Vegas (Suppressible Urges)

Charaka has explained nine main emotional streams namely, Lobha (Greed), Shoka (Feeling of sadness due to loss of material & temporary things), Bhaya (Fear), Kama (Excessive Desire), Krodha (Anger), Moha (Excessive Attachment), Mada (Pride), Matsarya (Envy), Irsha (Possessive nature), Dvesha (Hatred).

He who is desirous of happiness and maintaining a healthy relationship should gain control over these nine suppressible urges. The control over them makes the character of a human. The nine suppressible are inter-related. For instance, if a person desires in excess for obtaining something and it leads to anger when it is not fulfilled. Anger leads to hatred, hatred to envy and so on.

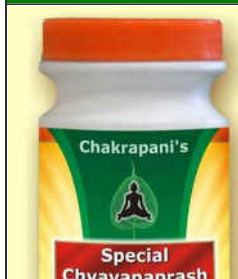
Adharaniya vegas (Non suppressible urges)

Ayurveda identifies 13 non-suppressible natural urges for a healthy living. These natural urges are the responses of the body to some external stimulus that aid in maintaining the homeostasis of the humors of the body (Tridoshas). In today's cultured & civilized world sneezing, coughing, yawning, passing flatulence, crying etc., are considered as uncultured and non civilized manners. But these urges when constantly and repeatedly suppressed lead to serious disorders.

The 13 non suppressible urges are flatulence, faeces, urination, sneezing, extreme thirst, hunger, sleep, cough, breathing caused by over exertion, yawning, crying, vomiting and seminal discharge.

Ayurvedic texts attribute the cause of various disorders to the suppression of these natural urges. This is due to the fact that suppression of natural urges causes vitiation of the humors of the body mainly vata and further cause accumulation of toxins (ama) in the body. 'Prevention is better than Cure' hence it is advisable not to suppress these natural urges.

Product of the month – Chyavanaprash



Ingredients – It contains 49 ingredients with Amalaki (Indian gooseberry) as the main ingredient. Amalaki is rich in Vitamin C and is a very good antioxidant. The other ingredients include ashwaganda, pippali, cardamom, nutmeg and cinnamon in a base of Ghee (clarified butter), unrefined natural sugar and honey.

Benefits - This magic elixir is good for all, irrespective of age and gender, and creates a harmonious synergy in the body leading to better metabolism. Chyawanprash is the foremost of all Rasayanas, especially good for alleviating cough and asthma; it nourishes the weak, the wounded, the old, and the tender as well. Through the use of this Rasayana a person acquires intelligence, memory, comeliness of body, freedom from disease, longevity, strength of the senses, great pleasure in the company of women, sweet business in the streets of the



the companionship with women, great increase in the strength of the digestive fire, improvement of the complexion, and preserve the harmony of the three doshas.

For more on this Product please [click here](#)

Recipe of the month – Sweet sesame balls (Til laddoo)

Ingredients – 1 cup sesame seeds (til seeds) and ½ cup jaggery.

Method of preparation – First dry roast the sesame seeds in a fry pan without oil. Melt jaggery in another vessel. Now add the fried sesame seeds in the jaggery and mix well. Take sufficient quantity and roll into balls. When all the contents are made into balls and when cooled, store it in a dry airtight container.

One can consume one or two balls a day. This is very good for winters since both sesame seed and jaggery has heating property. Also jaggery is good for increasing haemoglobin levels. Sesame is used for festivals, sacrificial fires and other auspicious ceremonies. It is used to prepare delicious dishes. It is also used as a home remedy for various problems. Sesame is not just an eatable item, in Ayurveda it is considered to be a great medicine. Sesame laddoo's are beneficial for those children who normally have the problem of bed-wetting in winters.

Wish to procure our products? Kindly contact as detailed below:

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