

Editor's Note

Dear Readers,

With lots of efforts and innovative ideas, we are launching our newsletter in a new form from this edition.

In every edition we try to give you practical lifestyle suggestions, products, news and events, articles on Ayurveda and more with an aim to give you the practical knowledge and how to stay healthy with timeless wisdom of Ayurveda.

From now, in each edition you will find new columns about latest Ayurveda updates in the world, Sloka of the month, Case studies. This new inclusions will help you understand the benefits of Ayurveda and incorporate its principles into your daily lives to lead healthier and happier lives. We wish to thank the invaluable support and encouragement from all our clients and well wishers. This Special inclusion is an outcome of feedback received from our valuable readers.

We welcome your suggestions and submissions.

Enjoy reading and get benefited with Ayurveda.

Vaidya. Lakshmi Anoop

New Product Launch

First Aid Kit from Chakrapani – To be stocked in each home

The first aid kit contains pure ayurvedic healing herbs for common day to day emergencies like loose motion, vomiting, allergic rashes, fever, acidity, stomach pain, head ache, etc. A well-stocked first-aid kit, kept within easy reach, is a necessity in every home. Having supplies gathered ahead of time will help you handle an emergency at a moment's notice with 100% herbal. You should keep one first-aid kit in your home and one in each car. Also be sure to bring a first-aid kit on family vacations.



The first aid kit from Chakrapani is durable, easy to carry, and simple to open. They contain emergency remedies for both internal and external usage. Chakrapani First aid kit is one you might want to keep on hand at all times, as it may come in handy as all-natural first aid in the event of an emergency situation. Many herbal treatments can have more profound effects than over the counter formulas. Herbal plant can alleviate many of the situations that we can take care of on our own in the woods or at home. We are unaware that many useful plants have great healing properties and can be successfully used in emergency care.

Contemporary mainstream medicine recognizes the value of complementary therapies in the treatment and prevention of illness, giving you a host of options to choose from when caring for yourself. Herbal remedies, used for thousands of years by some cultures, are relatively new to many Westerners, but with a reasoned, cautious approach, you may find that they help yourself and your family members in gentle, soothing ways. So it is high time to replace your Synthetic First Aid Kit with this 100% herbal and effective Chakrapani First Aid Kit. Herbal remedies are a great addition to any first aid kit. These time-tested first aid remedies are herbal must-haves for your modern family.

Sloka of the Month

स्वस्थस्य स्वास्थ्यरक्षणमातुरस्य विकारप्रशमनं च ।।

“Swasthasya Swasthya Rakshanam Aaturasya Vikara Prashamanam Cha”

(Charaka Samhita - Sutra Sthana 30/26)

Meaning - To rejuvenate and preserve the health of the healthy and alleviate the disease of the sick.

- **Swasthasya swasthya rakshanam** – To prolong life and promote perfect health (add years to life and life to years)
- **Aturasya vikara prashamanam cha** – To completely eradicate the disease and dysfunction of the body.

This concept of giving as much importance to 'maintenance' of health than treatment has earned a place even in WHO (World Health Organization) as the 'only' appropriate definition of health amongst all medical sciences.

Latest News on Ayurveda

Ayurveda makes transatlantic entry into Las Vegas

The recently held, 'Second International Conference on Surgery and Anesthesia' in Las Vegas had a unique and unlikely contributor Dr Ramesh Bhat presented a paper on a case study employing a 5000-years old Ayurvedic surgical technique called 'Ksharasutra' to treat anorectal disorders. It was the only presentation on Ayurvedic surgery among 48 renowned and experienced super-specialty surgeons who responded positively and are expecting many more such publications from Ayurveda surgeons.

Ksharasutra is being practiced in India with a high success rate to treat anal fistula. The incidence of recurrence is just 3.33 percent. It can very well be practiced even in other countries also. Dr. Bhat has, in 10 years, successfully treated approximately 2,500 patients.

BHU proposes informative leaflets with ayurvedic medicines

The faculty of ayurveda, Banaras Hindu University (BHU) has proposed to introduce Consumer Medicine Information (CMI) leaflets packed along with the packets of ayurvedic medicines to provide instructions and consumer guidelines on the line of other modern medicines. The CMI leaflet is a reference document which is given along with the medicines that consumers can take home and read to know necessary facts regarding the medicine.

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

Now available at Garry and Sun, USA - The new longevity tonic & all the other products of Chakrapani Ayurveda, India, potent and fresh Ayurveda herbs, massage oils for body types, good quality Indian spices and readymade Ayurveda food items suitable for Ayurveda body types. Contact at Toll Free: 1 - 888 - 98 - HERBS

Garry and Sun
<http://garrysun.com>

France
S.I.E.T.P.A.
<http://massages-ayurvedique.com>

U.K.
Health Trail
www.healthtrail.co.uk

Ireland
The Samadhi Centre
<http://thesamadhicentre.com>

Colombia
Ms. Gisele Dupuis
kamalacentroayurveda@gmail.com

Curacao
Ms. Soraida
<http://www.enlightengroup.org>

Brazil
Jorge Farias
fariasjh@hotmail.com
Ph: (21) 2261.5352

Would you like an advertisement of your health services and products to be read by the largest on - line audience of Ayurveda in the whole world? Or would you like to sponsor a newsletter? For all information about our newsletter and sponsorship details, [click here](#)

For Archives of our earlier published Newsletters, please [click here](#)

Subscription Information:

If you know someone, who would enjoy AyurvedaNews, please forward it to them or tell them about it.

If AyurvedaNews came to you from a friend, you can subscribe to it for free at our web sites or [click here](#)

[Click here](#) to send your feedback on this issue of AyurvedaNews. Your valuable suggestions will help us in our efforts at continuous improvement.

Change of Address: If at any time you wish to change your e-mail address, please update us by [clicking here](#).

Stop Subscription: If you wish to stop your subscription [click here](#)

Chakrapani Ayurveda have been giving genuine services in the field of Ayurveda from past 16 years and we would like to introduce our readers about our services and our team. Kindly visit Chakrapani Ayurveda Clinic & Research Center Introduction Part I on youTube at <http://www.youtube.com/watch?v=YN07FuxnEwg>. This video shows first part of the thorough introduction on the services being offered by Chakrapani Ayurveda Clinic & Research Center based at Jaipur, India. To see second and final part of the introduction, kindly visit <http://youtu.be/pQPb9oR9Mgl>.

CONTACT US

Chakrapani Ayurveda Clinic & Research Center,
Chakrapani Global Center for Training & Research in Ayurveda
8, Diamond hill, Behind Birla Temple, Tulsi circle, Shanti path, Jaipur-302004, India.
Telefax : +91-141-2624003 Phone: +91-141-2620746
E-mail: info@chakrapaniayurveda.com
<http://chakrapaniayurveda.com> , <http://LearnAyurveda.com> , <http://ayu.in>
<http://garrysun.com> , <http://PanchakarmaEquipment.com>