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## AyurvedaNews

**Chakrapani Ayurveda Clinic & Research Center**

**April II, 2002**

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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 site and contacted us for free consultation and free constitution analysis or who have subscribed to this newsletter through our site. Our sites: [www.chakrapaniayurveda.com](http://www.chakrapaniayurveda.com), [www.AyurvedaHelpline.com](http://www.AyurvedaHelpline.com) and [www.garrysun.com](http://www.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.).. Testimonial:**

Dear Dr. Rajesh Kotecha,

I read the Ayurveda News transmitted on my e-line with great interest. I find the content highly informative and educative. I particularly enjoyed reading the feature article **Ayurveda: Keeps you in tune with nature**. The entire exercise undertaken by you to produce the AyurvedaNews is a significant contribution by you to popularise Ayurveda at global level in right perspective. You are doing a good job. Keep it up. Greetings and regards.

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(Thanks a million Prof. Singh for such a great compliment. We are honored.)

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**3.).. Editor' s Note:**The feature article of today's issue entitled '**Diet is a Key to Health & Vitality: Hint From Hunzas**' contains information on the dietary habits of the Hunzas and shows how they maintain good health during their long life spans. We hope the article will be beneficial and interesting to our readers, even though it is a little removed from the technical aspects of Ayurveda. Our goal is to disseminate information which will be helpful to our readers and all humanity, so enjoy the article and stay healthy.

We are thankful to Gilgi Hauser for helping us edit this issue of AyurvedaNews.

Do enjoy reading AyurvedaNews with all its new information in every issue.

Kindly keep us posted to encourage us to help you.

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**4.).. Quote of this Issue:**

A medicine that is not understood perfectly by the physician (and given to the patient by him) is comparable to poison, weapons, fire and the thunderbolt; while the perfectly understood (and given) medicine is comparable to ambrosia.

- Acharya Charaka, an ancient scholar of Ayurveda

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**5.).. Diet is a Key to Health & Vitality: Hint from Hunzas :** by Dr. Lynn Hardy, N.D. (Director or the Global Institute For Alternative Medicine)

*Americans are sicker than ever !* This is not my personal opinion but an undisputable fact. After examining the latest statistics and health forecasts, I am horrified about the future that lies before us. Even though most are preoccupied, and rightfully so, with the threat of terrorist attacks and other potential dangers, the phenomenon I'll be discussing also demands our immediate attention. Ending the atrocities of the world will not be enough to ensure a positive future for mankind. We must work just as hard to put a stop to the total deterioration of our food, water, and environment.

Based on scientific literature and the latest research, I will try to shine a light on the rapidly deteriorating state of health in America in contrast to a nation that has unwittingly discovered the secrets of supreme health and longevity.

The land of the sick

The United States, and on a smaller scale Europe, is being propelled towards total disaster through the deliberate poisoning of our most essential basic need - our food. Within the last hundred years food manufacturers, through their clever and aggressive marketing, have

completely changed the way we look at food. In fact, they' ve been so successful in the campaign that people actually believe they' re getting a healthy nutritious meal when the devour a McDonald' s or Burger King hamburger. They don' t realize that what they' re actu eating is almost completely deficient of any nutrients and full of harmful ingredients. These junk foods don' t nourish the body in any way- as food should - they just barely keep the person from starving. (I mean this in a nutritional sense because the obese humans these foods produce look far from starved!) The situation has become so critical that the majority of people simply dismiss those of us fighting for clean food, water, and air as blind fanatics. Paradoxically, supermarkets are actually starting to devote a tiny little section to so called "Health Food". But then what exactly are they selling in the remaining 99% of the store, "Sick Food"? My answer is "yes" and I will go on to prove my point and risk being called a fanatic or an idealist.

But am I, in fact, being fanatic when the latest statistics show that every second American is chronically ill? How could we have let things get so out of hand?

Partnership for Solutions, a new initiative of Johns Hopkins University and The Robert Wood Johnson Foundation, collects health statistics and calculates future projections. (See <http://www.chronicnet.org>) They define "chronic illness" the following way:

"A chronic condition lasts a year or longer, limits what one can do and may require ongoing care. More than 125 million Americans have at least one chronic condition and 60 million have more than one condition. Examples of chronic conditions are diabetes, cancer, glaucoma and heart disease.

"The number of people with chronic conditions is growing at an alarming rate. In 2000, 20 million more people had one or more chronic conditions than the number originally estimated in 1996. By the year 2020, 25% of the American population will be living with multiple chronic conditions, and costs for managing these conditions will reach \$1.07 trillion... The number of people with chronic conditions is projected to increase from 125 million in 2000 to 171 million in the year 2030."1

These statistics are not only frightening but rather shocking as well! And even though data about the prevalence of chronic illness is available in many health publications, most people are simply not aware of it.

What' s even more disturbing is that the average age of the "chronically ill" is on a constar decline. Nearly half are under the age of 45 and a staggering 15 percent of those are children. Millions of little ones are suffering from diabetes, asthma, developmental disabilities, cancer and other disorders. Unfortunately, this is just the beginning.

Asthma is the most common chronic disease of childhood, affecting an estimated 5 million children. Among the population, children now have the highest rate of asthma, and the numbers have increased 92% over the past decade. A growing number of children are also developing Type II (adult-onset) diabetes, which was primarily found only in adults. Millions of young ones are being medicated for Attention Deficit Disorder (ADD) for their inability to concentrate. Cancer is still the leading cause of disease-related deaths in children under 15.

Along with countless others, all of the above-mentioned chronic conditions can be blamed on our polluted air and water, and the nutritionally deprived, chemically poisoned food we eat. Simply stated, if we were to eliminate these toxins from our lives we would not develop asthma, diabetes, ADD, cancer, etc. Thus, does this mother who works so hard to fight for

clean air, water and food for her child still seem like a fanatic? Or to phrase it in a different way: What can we say about the ignorance of the person who disregards the above statistics and continues to poison herself and her children on a daily basis?

Unfortunately, our modern health care system (or "sick care system" as my husband calls it) does not really believe in the health-preserving power nutrition plays in our lives. Instead, conventional medicine often blames heredity for diseases, which actually serves two purposes: It frees the industry from any liability and deems the patient helpless and not responsible for his own health (or lack thereof). After all, anyone can change the way they eat, but we can't do anything about our genes! This is a very convenient and profitable standpoint. But as luck would have it, I have concrete evidence of what happens to a nation if it doesn't eat, drink and breathe garbage. I will now present this "other side of the coin" to the reader, so that the truth can be seen once and for all!

### The land of vitality - the Hunza Valley

In India during the 1920s, British researcher Sir Robert McCarrison conducted one of the most eye-opening experiments relative to the correlation between diet and health. Dr. McCarrison spent many years in the Himalayan Mountains including the picturesque Hunza Valley. This magical fairytale-like place is found between the borders of China, India, Pakistan and Russia at nearly 8000 ft. The natives of this valley, the Hunzakuts, captured Dr. McCarrison's attention because of their excellent health and extremely long lifespan.

"In these Himalayan Mountains is Hunza; a country slightly more than a hundred miles long and perhaps just as wide, containing approximately thirty thousand inhabitants," writes Dr. Jay F. Hoffman, the author of the book *Hunza - Secrets Of The World's Healthiest And Oldest Living People*, published in 1960. Dr. Hoffman was sent to Hunza under the auspices of the National Geriatrics Society.

"Here the people lived to be 100, 110, 120, and occasionally as much as 140 years of age. Here lies the real Fountain of Youth - probably the only one in the world... Hunza land is truly a Utopia if ever there was one. Just think of this! Here is a land where people do not have our common diseases, such as heart ailments, cancer, arthritis, high blood pressure, diabetes, tuberculosis, hay fever, asthma, liver trouble, gall bladder trouble, constipation or many other ailments the plague the rest of the world. Moreover, there are no hospitals, no insane asylums, no drug stores, no saloons, no tobacco stores, no police, no jails, no crimes, no murders, and no beggars."<sup>2</sup>

Any westerner who stepped foot on the tiny land of this friendly nation couldn't stop raving about their good nature, outstanding hospitality, not to mention the physical strength and stamina of their men. " My own experience provides an example of a race unsurpassed in perfection of physique and in freedom from disease in general." Wrote Dr. McCarrison about the Hunzakuts. "Amongst these people the span of life is extraordinarily long... During the period of my association with these people I never saw a case of asthenic dyspepsia, of gastric or duodenal ulcer, of appendicitis, of mucous colitis, of cancer."<sup>3</sup>

Not only are the Hunza people immune to serious diseases they are also spared the discomfort of commonplace conditions such as the cold or the flu. Dr. McCarrison, who specialized in nutritional diseases, was determined to learn their secret. The opportunity arose in 1927 when he was appointed the Director of Nutrition Research in India. Along with his designation he also received a well-equipped laboratory and qualified assistants.

The Doctor designed a whole series of experiments to determine how big of a role the Hunzakuts' diet plays in their supreme health and longevity. In the first experiment 1189 albin rats were fed the Hunza diet right from birth. This consisted of whole meal flatbread with a pat of fresh butter, sprouted legumes, fresh raw carrots and cabbage, unboiled whole milk, and once a week a tiny portion of meat and bones. Plenty of water was provided for drinking and bathing. The only thing the rats did not receive was fruit, which the Hunza people ate a great deal of.

#### No diseases, no death

The rats were fed this diet for 27 months, which would be the equivalent of approximately 45 human years. The rats were killed, and thoroughly examined at all stages leading up to 27 months. Remarkably, no trace of any disease could be found in their bodies! This astonishing consequence could best be explained through Dr. McCarrison' s words as he described hi findings during a lecture at the College of Surgeons in 1931:

"During the past two and a quarter years there has been no case of illness in this ' universe' albino rats, no death from natural causes in the adult stock, and, but for a few accidental deaths, no infantile mortality. Both clinically and at post-mortem examination this stock has been shown to be remarkably free from disease. It may be that some of them have cryptic disease of one kind or another, but, if so, I have failed to find either clinical or macroscopical evidence of it."

These results were truly staggering. But sadly, they did not have any real impact on the physicians present, whom, much like the doctors of today, have a greater understanding of disease than the lack thereof. There wasn' t a sudden surge of articles and books propagatin the Hunza diet and the avoidance of white rice, white flour, sugar and for the most part, meat. Their meals don' t consist of præcooked, over-processed, and nutritionally devoid industrial chemicals - like the average American' s. Instead, they enjoy locally grown organic fruit vegetables, unprocessed fresh milk products, and green or whole grains.

As a follow up to his earlier experiment, Dr. McCarrison duplicated in his laboratory the low quality diet of a poor rural region of India. During this larger-scale experiment, 2243 rats were fed a diet deficient of vitamins, minerals and other important nutrients. The animal results matched the physical condition of the millions of people living in this region: Both groups developed diseases in every organ they possessed.

#### Diet and behavior

The most disturbing discovery of Dr. McCarrison was to come. In a later experiment, he set out to learn how the rats would react to the diet of the poorer class of England. This consisted of white bread, margarine, sweetened tea, boiled vegetables, and cheap canned meats and jams. On this diet, not only did the rats not thrive physically, but they actually developed nervous disorders before things went from bad to worse: "They were nervous," writes the doctor, "and opt to bite their attendants; they lived unhappily together, and by the 16th day of the experiment they began to kill and eat the weaker ones amongst them."

Shockingly, this diet of the lower-class English in the 1930s actually had a much greater nutrient value than the "food" the majority of well-to-do Americans stuff themselves with today.

The Hunza people did not become a household name, even though they unintentionally came to possess the mental and practical skills needed to live long, joyous and disease-free lives. Of course, most of us are not able to move to the mountains and grow our own food but we can

still learn a lot from this noble, peaceful and healthy nation. We can definitely start restoring our health by modifying our food selections and by drinking pure filtered water. Staying away from dead processed foods and turning towards natural, fresh, organically grown fruit and vegetables as much as possible is a good rule of thumb for everyone, regardless of his state of health. If enough people started demanding quality foods the food industry would have no choice but to alter its manufacturing processes and start supplying us with truly nutritious options instead of the falsely labeled junk we' re subjected to. But since I can' t foresee that d anytime in the near future, we all need to take responsibility for our own health and educate ourselves the best we can about the importance of nutrition.

#### References:

- 1 Partnership for Solutions: Projection of Chronic Illness Prevalence and Cost Inflation. A project of John Hopkins University and The Robert Wood Johnson Foundation.
- 2 Dr. Jay M. Hoffman: Hunza, Secrets Of The World' s Healthiest And Oldest Living People New Win Publishing.
- 3 J.I. Rodale: The Healthy Hunza. Rodale Press

Courtesy: <http://ByRegion.net> & <http://gifam.org>

Dr. Hardy is a board certified Naturopathic Doctor and a Certified Nutritional Consultant. She studied nutrition at the Packard School of Nutrition in Sudbury, ON and began her N.D. education at Seneca College in Toronto, Canada. She continued her education and obtained her N.D. diploma in the United States. She is an active member of the American Naturopathic Medical Association, the American Association for Nutritional Consultants, the American Association of Drugless Practitioners, and the American Holistic Health Association. Her health articles have appeared in dozens of publications in nine different languages. Her expertise and experience includes designing custom dietary formulas, researching and evaluating new health products, and educating employees in the natural health industry. For contact or other information, visit Global Institute for Alternative Medicine at <http://gifam.org>.

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: [nachiketa@id.eth.net](mailto:nachiketa@id.eth.net)

#### 6.).. **Best Ayurveda Products from Chakrapani' s:**

[Rasayanaprash](#)

[Ashwagandha Bru](#)

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[Herbal Face Pack](#)

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If you are in America or Canada, ask for these products at [garrysun@aol.com](mailto:garrysun@aol.com) and for the rest of world and India, contact [manish@chakrapaniayurveda.com](mailto:manish@chakrapaniayurveda.com)

#### 7.).. **Medicinal Plant of this Issue: Bhumi Amalaki** (Phyllanthus niruri)

This medicinal plant is known as **Bhu Amla** in Hindi and **Bhumi Amalaki** in Sanskrit language. It is a common annual herb found throughout the hotter parts of India, and on the hills up to 3000ft. It tends to grow wildly during the rainy season in fallow land and in shade. It flowers

and fruits from April to September. As the name suggests, the plant appears as a miniature Amla tree. It ranges from 4-12 inches high. Leaves sessile, elliptic, just as Amla leaves, 0.15 to 0.75 inches long. Flowers; axillary, small, yellow, or greenish white, 1-3 male flowers with solitary female flowers. Fruit; globose, smooth like Amla fruit. Seeds; pale brown with 6-7 straight longitudinal ribs.

You can use Bhu Amla (*Phyllanthus niruri*) in your homes and communities in the following ways:

- λ Malaria: A decoction of the whole plant can be taken.
- λ Swelling and Ulcers: Prepare a poultice by powdering the whole plant, then pulverizing with rice water. Apply to affected area.
- λ Dysentery: An infusion can be prepared from the young shoots of the plant by pouring boiling water on them after they have been dried and cleaned. Leave for 20 minutes. Then filter the liquid and drink.
- λ Jaundice: Prepare a decoction by boiling the root in a covered vessel. Use 1 cup of root to 4 cups of water and boil till the liquid is reduced to 1 cup. Let it infuse for 20 minutes, then filter and drink. Dosage: one cup to be drunk on an empty stomach, daily for a week. Alternatively take 10 gm. of root, ground in milk, twice a day.
- λ Stomach upset: Prepare an infusion of the leaves, again by pouring boiling water on dry clean leaves. Leave to infuse, filter and then drink.
- λ Sores: Wash the plant, grind, and strain the juice through a clean cloth. Use the milky juice as an application on the sore.
- λ For constipation or use as a diuretic or digestive: Make a decoction of the whole plant, reduce to a quarter. Leaves in powdered form can also be taken in one teaspoon doses. Dosage; one cup of decoction on an empty stomach to be taken daily for a week.
- λ The leaves can also be used for gonorrhoea and other genito-urinary tract problems.
- λ The latex is beneficial in indolent ulcer when mixed with oil and is also used in ophthalmia.
- λ Popular remedy for fever and excessive menstrual bleeding.

**Important Research Findings of this plant:** A number of experimental and clinical research findings have revealed the very good effect of this plant on patients suffering from Hepatitis B and Hepatitis C infections. It is equally effective in acute illness and at the carrier stage of infections from these dreaded viruses.

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### 8).. **Interesting Health News:**

Eating organic vegetable soup could help guard against heart disease.

Organic vegetable soups contain six times as much natural salicylic acid as ordinary soup, according to researchers at Strathclyde University. Salicylic acid is the main anti-inflammatory ingredient in aspirin, and is given to heart disease sufferers to control their condition.

Source:Health Confidential April 2002.

### India' s Military Turn to Yoga

NEW DELHI, INDIA, April 19, 2002: India' s military research industry is to launch experiment

with yoga to sharpen the skills of troops in modern warfare and help cope with the stress of battling domestic insurgencies. For the first time journalists were taken on a tour of one of the military's top research facilities, the Defence Institute of Physiology and Allied Sciences. It was set up after 1962 when Indian troops were badly mauled in a border battle with China. Besides yoga and novel cures for mountain ailments, the institute is also on the verge of patenting a water-cooled combat suit for high-temperature battlefields. Chief scientist W Selvamurthy said research into yoga had shown the ancient discipline to be more effective than routine physical exercises as it could be practiced on a glacier, in the confines of submarines or even a battle tank. "Yoga reduces wear and tear of the heart and on our objective scientific scales we have seen it produce mental tranquility, greater alertness, flexibility and enhanced tolerance to cold." Experiments so far have been conducted on groups of 60 volunteers.

Source: [http://news.com.au/common/story\\_page/0,4057,4156281%255E401,00.html](http://news.com.au/common/story_page/0,4057,4156281%255E401,00.html)

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Sincerely,

The AyurvedaNews Team

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practitioner licensed in the diagnosis or treatment of illness or disease. Any application of the material in this text is at the reader' s discretion and sole responsibility. If you have a persistent medical condition or your symptoms are severe please consult a physician. The US Food and Drug Administration have not evaluated statements on this newsletter about health conditions and remedies.

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