

AyurvedaNews

Chakrapani Ayurveda Clinic & Research Center

Member Newsletter August I, 2000

<http://www.chakrapaniayurveda.com>

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1.) About the Ayurveda Newsletter

AyurvedaNews is an optional fortnightly newsletter available to those who has visited our site and had contacted us for free consultation, free constitution analysis or has subscribe this newsletter through our site. Chakrapaniayurveda.com contains 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.

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2.) Editor's Note:

We thank all the reader's of AyurvedaNews for overwhelming response to the first issue of AyurvedaNews. We have got lot of mail of appreciation and suggestions to this new effort. We are coming with two all new sections in this issue. One is devoted to medicinal plants with the image of specific plant and its

base information. The another one will contain useful tips on health recipes, diet, holistic approach to life style etc. Do enjoy. Your suggestions will keep us growing.

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3.) An Introduction to Ayurveda [Part - II]: Today' s Feature Article, by Rajesh Kotecha

An important concept of Ayurveda is that each individual is genetically different - this gives him or her a very specific constitution (Prakriti) and also a very individual way of interacting with the environment. Thus, each person knows best what suits his or her body and what does not. You can know in detail on constitution (Prakriti) by visiting <http://www.chakrapaniayurveda.com/constitution.html> .

Ayurveda tells us of the framework in which we can modify our lifestyles to optimize our bodily functions. These things are described as Ritucharya (ways and means to be followed in different seasons) and Dinacharya (ways and means to be followed from morning to night). If, for some reason, some illness does occur, then Ayurveda describes remedies based on herbs, minerals and other therapeutic procedures like [Panchakarma](#). Nobody likes to age, but it is the law of life. Ayurveda teaches us how to age with dignity and grace. The Rasayana group of herbs prescribed therein is a fascinating resume on the secrets of life itself.

Ayurveda emphasizes the role of mental health in maintaining physical health. Today, we agree that there is a definite link between the mind and the body. Within the framework of psycho-neuro-immunology, we can re-interpret the ancient stanzas of Ayurveda and contribute new knowledge to the science of medicine.

We find that, now a days, Ayurveda is making a feeble yet persistent attempt at a comeback. But, there is a word of caution. Blind faith in Ayurveda is not the answer. People are turning towards Ayurveda not only for therapy, but also for providing the lead to research.

Now, it is for the researchers engaged in the extensive researches in different aspects of Ayurveda to answer these following questions:

1. Can we develop a formula to live a healthy life using the philosophy of Ayurveda?
2. Can we personalize our life style so as to avoid disease altogether?
3. Can we master the art of living?

We shall see these things as this newsletter grows. Stay in touch.

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Rajesh Kotecha is Founder and CEO of Chakrapani Ayurveda Clinic & Research Center, a reliable Ayurveda center of north - western part of India. Earlier, he has been associated as Director of Research with J R D Tata Foundation for Research in Ayurveda & Yoga Sciences, Chitrakoot. He is MD in Ayurveda and had been author of several published research papers, articles on Ayurveda and a book entitled "Concept of Atattvabhinivesha (anxiety states) in Ayurveda". You can contact him personally at rkotecha@datainfosys.net

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4.) Medicinal Plant of this issue: Anantmoolam ([Hemidesmus indicus](#))

It is known as Indian Sarsaparilla. It is a climbing twiner, grows almost all over India. The roots of this plant has medicinal value. It is also known as Saariva in Sanskrit language. The root is used as a substitute for Sarsaparilla. It is considered to be demulcent, alterative, diaphoretic, diuretic and tonic. Roots are also used in loss of appetite, fever, skin ailments, leucorrhoea and rheumatism. It is having Rasayana properties. It provides Rasayana effect by improving metabolic functions of the body and by immunity promoter action.

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Expert in any of Different Holistic Systems of Health? We' re looking for ARTICLES on different aspects of Ayurveda, Yoga and other Holistic Systems of Health. Articles should be in the 700 to 800 word range and include a one paragraph bio of the author. Submissions can be sent to Nachiketa, our editor at: nachiketa@id.eth.net

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5.) Herbal Recipe: **Rejuvenation Drink** (*The Ayurvedic Cookbook*)

In Ayurveda, almonds are considered one of the most nourishing of all foods. Ten almonds are said to supply the body's daily nutrient needs!

- 10 almonds (soaked for 4-6 hours and skin peeled)
- 1 cup of water or rice milk
- Pinch cardamom, black freshly ground pepper
- 1 t. honey (or less)
- Blend 5 minutes

Courtesy: Barbara Raisbeck, USA. You can contact her at SattvaHeart@juno.com

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4.) Today' s Quick Clicks

For Free Consultation on Ayurveda

<http://www.chakrapaniayurveda.com/freeconsultation.html>

For Rasayana Prash & Herbal Health Products

<http://www.garrysun.com>

Want Pure and Genuine Indian herbs?

<http://www.chakrapaniayurveda.com/supply.html>

Searching for Expert Faculties to Learn Ayurveda?

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For Getting Oriental Indian Books, Ayurveda, History of Rajasthan, Atlas of Rajasthan Paintings etc:

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You can send feedback on this issue of AyurvedaNews

at newsletter@chakrapaniayurveda.com . Your valuable suggestions will help us in our efforts of continuous improvement.

Sincerely,

The AyurvedaNews Team

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