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## AyurvedaNews

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Chakrapani Ayurveda Clinic & Research Center

Member Newsletter, December 1 , 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 subscribed this newsletter through our site. [Chakrapaniayurveda.com](http://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 :

The feature article of today's issue is the third part on the concept of Prakriti or body constitution in Ayurveda. Upon understanding of Prakriti, one can modify his/her life style to remain healthy and disease free. This issue is devoted to the **Pitta** type of body constitution. We have tried to put the appropriate Pitta pacifying herb and recipe in the respective sections. It provides the whole thing at once. Our coming issue of newsletter will cover the last and final part of this series to be devoted to Kapha type. We hope these valuable inputs will help our readers to be healthy and to remain healthy. Your feedback will be highly appreciated.

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**3.) Important Announcement :** There is a very good opportunity for personal consultations and counseling for our subscribers. Our founder Director Dr. Rajesh Kotecha 'Vaidya' is visiting UK and US in coming months. He will be in different parts of Arizona, Nevada and Oregon from 1st to 15th March'2001. He will visit London and Leicester in the 3rd week of March. Any person who wants to get personal consultations on Ayurveda with him may contact at [info@chakrapaniayurveda.com](mailto:info@chakrapaniayurveda.com) at earliest and can fix up the appointment.

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**Want Free Prakriti Analysis? [Click here](#)**

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**4.) Prakriti : Your Constitution & Pitta Dosha - Today' s Feature Article,** edited by Manish Oza

In our last issue of AyurvedaNews, we discussed Prakriti, (an individual' s inherer constitution). The three predominant Doshas, Vata, Pitta and Kapha, are the forces that create one' s Prakriti. The word **Dosha**, when directly translated, means fault, strain or an inaccuracy that leads to chaos. From an Ayurvedic viewpoint, Dosha means that which has the capacity to cause chaos or disease under certain circumstances. The Doshas are formed from the tissues (**Dhatus**) that they govern, which in turn, influence them.

**Pitta**, contains fire and water. It embodies heat and reflects all the catabolic activities of the body. As already stated **Raktadhātu** is the seat of *Pitta*, i.e. the place where *Pitta* is regenerated, and that the skin is an **Upadhātu** of the *Raktadhātu*. Thus a person with *Pitta prakriti* has a lustrous skin and soft, silky hair. *Pitta dosha* is predominant in youth and therefore a *Pitta prakriti* person shows evidence of ever youthfulness. Unfortunately, the excess activity of *Pitta* can cause early wrinkling of the skin and premature graying of the hair such that 'Madam' becomes 'Aunti' sooner than she would want. In men, the *Pitta prakriti* manifests as baldness. These individuals have more freckles and moles than others. Their palms and soles are usually warm and sweaty and their tongue, red.

Very intelligent, such persons have sparkling eyes, good memory and are usually brave and courageous. The heat in them is reflected in their tendency to get energy quickly; they tend to cool off equally soon. They are endowed with precise, razor-sharp logic and ear in control of every situation because of their mastery over the subjects they are involved with. They do tend to talk a little loudly, but they are heard more because of the sense in what they are saying that in the tone of their voices! They are rather big egoists.

Because of powerful *Pitta dosha*, these individuals digests their meals quickly and are soon craving for the next meal. Although they eat well, they are unable to do a large amount of physical activity. They tend to enjoy the cold winter and dislike the warm summer. During summer they prefer cold drinks and shy away from hot spicy food. They need sleep and hate staying awake.

A child with a *Pitta dosha* is delicate but very intelligent. He or she can not tolerate heat and cries if force to wear warm clothes; rashes erupt at the slightest provocation and

constipation is a word that does not exist in his or her vocabulary. The suckling *Pitta prakriti* child is so sensitive that if the mother eats spicy food, he or she gets ulcers in the mouth accompanied by fever- a sure sign that the *Pitta dosha* of the child is upset. As during childhood, *Kapha dosha* is natural predominant; it tends to keep the *Pitta dosha* somewhat in check. However, in youth when physiologically the *Pitta dosha* ripens and comes of age, they tend to suffer from *Pitta*-related diseases at the drop of a hat, unless adequate precautions are taken.

Hyperacidity, peptic ulcers, hypertension, skin diseases, nausea and vomiting as well as diarrhoeal problems dog the *Pitta prakriti* person throughout life. Among the **Panchakarma** therapies, **Virechana** or forced purgation is advised. Spicy and pungent foods need to be avoided. A child with *Pitta prakriti* prefers sweets and should not be forced to eat what he does not like.

### Selection of Treatment Rules

Wish to try above Pitta Dosha pacifying herbs? Want genuine and reliable Pitta pacifying remedies? Ask at [info@chakrapaniayurveda.com](mailto:info@chakrapaniayurveda.com) for getting them in India and neighbouring countries or [garrysun2@yahoo.com](mailto:garrysun2@yahoo.com) for getting them in US, Canada or any country of Europe.

Subsequent newsletter will look at Kapha Prakriti (constitution) in more detail.

We acknowledge that we have taken help from a book entitled "Ayurveda Unravelled" written by Sharadani Dahanukar & Urmila Thatte to prepare this article. This book is published by National Book Trust, A - 5 Green Park, New Delhi - 110 016, India. One can get a copy of it from above address.

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**Want Free Prakriti Analysis? We are extending the facility of free constitution analysis for free at our site. [Click here](#) to have this facility.**

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**5.) Medicinal Plant of this issue : Ashwagandha (*Withania somnifera*) - The herb for Vata**

Ashwagandha is one of the most extensively studied Indian medicinal plant with substantially confirmed tranquilizer, cardiotoxic, antibacterial, antifungal, antitumor, antiarthritic and immunopotentiating actions. **It is one of the most useful herb having Vata pacifying properties.** The leaves of this plant have long been used in Ayurveda, mostly as a treatment for skin tumors. **The roots of Ashwagandha is having adaptogenic properties and it is considered a substitute of Ginseng from India.** It is said to protect the organism from illness by maintaining a healthy balance of physical energies. The root contains the steroid lactone (Withaferin A) and related withanolides, along with various alkaloids. Sitoindosides IX and X have been isolated by Ghosal et al and represent C-27-glycowithanolides. Sitoindosides VII and VIII are acylesterylglucosides.

### Important Pharmacological Studies

Malaviya et al. has established that it induces a depletion of acetylcholine and catecholamine in the brain of rats. Singh et al found an anti-stress effect from extracts of Ashwagandha in albino rats and found that it may be due to a state of nonspecifically increased resistance (N.S.I.R.) during stress. Ashwagandha significantly improved the protection against stomach

ulcers induced by aspirin or stress. The Porsolt-test, in which mice fall into behavioral despair through forced swimming, showed a distinct shortening of the duration of immobility after administration of Ashwagandha. This anti-depressive effect may result from a reduction of the stress effect, or intervention in the monoamine metabolism of the brain (MAO inhibition). Tests of the physical endurance of mice, after pre-treatment with Ashwagandha extract showed a near doubling in length of perseverance in the swimming test. This may demonstrate a general tonic or anabolic effect. It certainly suggests improved energy utilization. Significantly increased body weight in albino rats, after one month of Ashwagandha intake, speaks for an anabolic effect.

### Important Clinical Studies

(1) Malaviya (1976) studied the effect of Ashwagandha on anxiety states. In his studies conducted in a series of patients found a statistically significant reduction of cortisol and catacholamine through urinary secretion. Cortisol and catacholamines are conventionally known as stress hormones and their turn over is notably increased during stressful conditions. Above findings were supported by Shukla et al. (1982).

(2) The drug possesses antifatigue and antistress activity (Khandeparka et al. 1981).

(3) Milk fortified with Ashwagandha increases the body weight, total proteins, M.C.H.C. and proves its effect as growth promoter (sheshadri et al. 1977).

(4) Chudasama and Singh (1986) studied Rasayana aspect of Ashwagandha. It showed relief of symptoms like loss of appetite, general debility and weight gain in underweight patients, with significant increase in IgA, IgG, and IgM levels suggesting its immunopotentiality.

(5) Chhajed and Singh (1990) have recommended its use as adjuvant therapy along with modern anti tubercular therapy that provides better and earlier relief and increase bioavailability of the drugs.

### DOSE

The usual adult dose is 3 g of Ashwagandha root powder up to three times a day to a maximum of 10 g per day. It can be taken in the maintenance dose of 3 to 5 grams in a single dose per day. It can be taken with milk, Ghee (butter oil), honey or water. The whole root extract can also be taken in the dose of 500 mg. capsules up to three times a day.

You can order the powder of Ashwagandha by asking at [garrysun2@yahoo.com](mailto:garrysun2@yahoo.com) or at [info@chakrapaniayurveda.com](mailto:info@chakrapaniayurveda.com)

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λ 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 400 to 600 word range and include a one-paragraph bio of the author. Submissions can be sent to Nachiketa, our editor at: [nachiketa@id.eth.net](mailto:nachiketa@id.eth.net)

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### 6..) Recipe of the issue:

λ **Vata Tea:** Sweet, chai like tea, especially good for balancing Vata and supporting digestive function.

To each cup of water add:

¼ t. whole cardamom seeds  
 1 inch cinnamon stick  
 ¾-1 t. fresh ginger root, peeled and chopped  
 1 t. dried licorice root  
 a few fennel seeds  
 ¼ t. dried organic orange peel  
 a few anise seeds (optional)  
 ¼ t. dried sarsaparilla (optional)

Stir well. Add the ingredients to cold water. Cover the pot, bring to a boil, then simmer on low for 10 minutes. Remove from heat and let sit five minutes before straining. Fresh boiled cow milk, rice or soy milk, and raw honey are optional. Enjoy!

From: *Ayurvedic Cookbook for Westerners* by: Amadea Morningstar

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## 7).. Home Remedy of the issue

### λ 8).. Today' s Quick Clicks :

For Free Constitution (Prakriti Analysis)

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

For Getting Free Ayulink, a newsletter devoted to Ayurveda by Dr. Prerak Shah

[ayulink@hotmail.com](mailto:ayulink@hotmail.com)

For Rasayana Prash & All Natural Herbal Health Products

<http://www.garrysun.com>

Want Pure and Genuine Indian herbs?

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

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You can send feedback on this issue of AyurvedaNews at [newsletter@chakrapaniayurveda.com](mailto:newsletter@chakrapaniayurveda.com). Your valuable suggestions will help us in our efforts of continuous improvement.

Sincerely,

The AyurvedaNews Team

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