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Chakrapani Ayurveda Clinic & Research Center

Member Newsletter, February II, 2001

<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 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 on '**The Seven Dhatus and Ojas**'. The **Dhatus** are the seven basic tissue-element of the body and **Ojas** is the subtle essence of all vital fluids, responsible health, harmony and spiritual growth.

The major strength of Ayurveda is not only in its much-touted holistic approach but also in its

preventive aspects. In order to succeed, a healthy way of life is prescribed and for this very reason we cannot be restrictive and call Ayurveda only ' a science of diseases ' . Rather, it is a science of health and how to promote health.

Unfortunately, we live in a world full of temptations! Our life-styles today are hopelessly different to the times of Charaka and Sushruta. We cannot expect to turn the clock back. The ecological devastation and the environmental pollution, as well as our own flirtation with the ' fast life' can cause the Dosha to react violently and make us fall sick.

Are there any hints we can take from Ayurveda to treat some of the common complaints that dog us through our life? Yes, there are the hints available. Today' s feature and all the other sections are devoted to one of such complaint constipation that is called Vibandha in Ayurveda.

Do enjoy reading the holistic and most scientific approach towards bodily functions . We are continuously trying to improve and your feedback will be highly appreciated.

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Our founder Director Dr. Rajesh Kotecha ' Vaidya' will be in different parts of US (Arizona, Nevada and Oregon) from 1st to 15th March' 2001. For personal consultations on Ayurveda with him, please contact Mr. Garry at garrysun@aol.com or on Tel :- 775 826 6004 / 826 3007 Toll Free(English):- 888 98 HERBS, Toll Free(Spanish):- 866 99 HERBS for the appointment.
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3.).. The Seven Dhatus and ojas - Feature Article edited by Kavita Hada

Ayurveda categories herbs according to the Dhatus or tissues upon which they work. It also contains a knowledge of special herbs and substances (minerals and metals) that work on the subtler tissues, including the nerve and reproductive tissues.

the semen or reproductive tissues is the essence of all bodily tissues and contains within itself not only the power of reproduction, but also that of rejuvenation. The essence of the semen, the cream of the body is called Ojas which means ' That which invigorates' Ojas is thus the essence of the body, the substance of all hormonal secretions, and supports the auto-immune system .

The plant like the human being and the universe itself is similarly composed of seven Dhatus or seven Planes. The juice of the plant is its plasma. The resin of the plant is its blood. The softwood is muscle. The gum is its fat. The barks is its bones. The leaves are its marrow and nerve- tissue. The flowers and fruits are its reproductive tissues. The flowering tree shows these tissues in their most developed state. The tree is to the plant world what the human being is to the animal kingdom.

The Dhatus of the plant work upon the corresponding Dhatus of the human bodies : its juice works upon our plasma, resin upon our blood, softwood upon our muscles, gum upon our fat, bark upon our bones, leaves upon our marrow/nerves, flowers or fruit upon our reproductive organs. The seeds of the plants thus treat congenital diseases and dysfunctions by virtue of their affinity with our own seed and congenital root.

Plants similarly possess their own Ojas - The energy and love within their system. But they can transmit Ojas when used with love. Remedies produced with love, even when not ' Therapeutically sound ' , may work wonders. Love is the true healing force, herbs and oth means are merely vehicles.

There are special herbs, like Ashwagandha, which contain high amount of Ojas and special ways to prepare herbs which help to transmit them directly. Mantra and meditation are part of this process.

We can envision the plant as a human being and the human being as a plant , both composed of the seven Dhatus. In this meditation we harmonize the tissues of our body with the great healing powers of nature.

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4).. Medicinal Plants of this issue: **Bhringaraj** (*Eclipta alba*)

Part used : Herb

Energetic :bitter,astringent, sweet/cooling

Tissues: plasma, blood, bone, marrow

Systems: circulatory, nervous, digestive

Actions: tonic, rejuvenative, alterative, hemostatic, antipyretic, nervine, laxative, vulnerary

Indications: premature greying of hair, balding, alopecia, loose or falling teeth, enlargement of liver spleen, cirrhosis, chronic hepatitis, bleeding, dysentery, anemia, skin diseases, insomnia, mental disorders

Precautions : severe chills

Preparation : infusion (hot or cold) decoction, powder (250 mg to 1 g) . medicated oil, medicated Ghee

Bhringaraj is a preventative to the aging process which maintains and helps rejuvenate bones, teeth, hair, sight, hearing and memory. It as a rejuvenative for Pitta constitution and for the liver, it is the best medicine for Cirrhosis. It is also the best Ayurvedic herbal medicine for the hair. Bhringaraj oil is famous for making the hair black and luxuriant for removing greyness and reversing balding. It helps calm the mind from excessive activity and promotes sound sleep.

In many respects it is similar to Brahmi, or gotu kola in its properties. It combines the properties of a bitter tonic like dandelion (for which it is a substitute) with a rejuvenative tonic.

Applied externally it helps draw out poisons and reduces inflammation and swollen glands. It is a good tonic for the mind. Bhringaraj also is good for complexion. Bhringaraj grows wild in the southwestern United States.

5.).. **Home remedy of the issue : Nose Bleed -**

Try this recipe for making a harmless remedy for nose bleed. Take 1 /2 tsp. aloe Vera gel mixed with 1 tsp. Ghee. Take 3 times per day orally, or take 1 tbs. of bee pollen 2-3 times per day. Put ice on nose until bleeding stops.

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

6.).. **Recipe of the issue: Mushroom Lasagne**

Ingredients:

1 pound button mushrooms
 1 tablespoon of pesto
 1 tablespoon oil
 1 pound lasagne sheets
 1 jar bechamel sauce

Directions:

Heat oil in frying pan and add mushrooms. Cook until softened. Remove from heat and add pesto and stir through. Assemble lasagne in baking dish by layering mushroom mixture, bechamel sauce and lasagne sheet. Continue and end with bechamel sauce.
 Cover with foil and bake at 350 degrees for 30 minutes. Remove foil and place back in oven for a further 5 minutes. Serve with a nice crisp salad. Serves: 4

From The Vegetarian Site. Courtesy: omplace.com

7.).. **Today' s Quick Clicks :**

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Sincerely,

The AyurvedaNews Team

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