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Chakrapani Ayurveda Clinic & Research Center

January 1, 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 have contacted us for free consultation and free constitution analysis or who have subscribed to this newsletter through our site. Our sites www.chakrapaniayurveda.com, www.AyurvedaHelpline.com and 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.).. Testimonials:

Dear Friends, Today you made me very happy because I received the older newsletters about Ayurveda I asked for and that was great for me ! I understand that it was not very easy for you to send the things I asked for because the date of sending it to me was Dec 29 -of the last year ! So I can let you know that I received it in a good way and that I print it out successfully!! Many thanks for everything you do to me and for making Ayurveda going on all over the world ! Till next time all best wishes and Namaste!!

Rien Eijbersen ietrien@chello.nl

I enjoy receiving your newsletter. I print off each edition and keep it in a three ring binder for easy access. I returned from India a year ago and purchased your products while I was there. It is nice to know that you have such a beautiful web site and wonderful newsletter. Blessing of light to you.

Kristie Black kblackmt1@earthlink.net

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3).. **Editor's Note:** The feature article of today' s issue is devoted to **Ayurveda suggestions on Daily Regimen (DINACHARYA) for Dental care'** wrote by Dr. Kamini Kaushal. This article focuses on an Ayurveda approach to dental hygiene.

We are also publishing an article on '**Tachyon Energy'** under Guest Editorial section. We are thankful to Robert Ziegler who has send this article to us.

Do enjoy reading AyurvedaNews with all new things every time.

We are also thankful to Prof. R. P. Bhatnagar, Professor Emeritus and formerly chairman, Department of English, University of Rajasthan, Jaipur for helping us in editing the AyurvedaNews.

Kindly keep us posted to encourage us.

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 Visit <http://garrysun.com> for your every requirement of herbs and herb based all natural products
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4).. **Quote of the Issue:**

"The art of medicine consists in amusing the patient while nature cures the disease."
 - Voltaire

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5).. Ayurveda Suggestions on Daily Regimen (DINACHARYA) for Dental Care: Feature article by Dr. Kamini Kaushal

A man wishing to be healthy throughout his life has to be healthy every day as well health depends on how one spends each day. Controlled and guided activities of body and mind are essential for maintaining sound health. The ideal way in which a healthy person with a balanced constitution should spend his day is described under Dinacharya chapter of Ayurveda texts. The Ayurveda physician can modify the rules according to the constitution or the diseased state of the sick. This Dinacharya chapter carries suggestions on every aspect of our daily life. To be precise, we are presenting some valuable input about dental care in this article.

Animals never clean their teeth. Probably man in ancient times also never cleaned his teeth as his food contained a lot of hard and rough substances, which had a natural cleansing action on teeth. With civilization, man started using more and more cooked food and hence the need to chew the food grew less and less. As a result the third molars have become a vestigial

structure in most persons. The cooked food is sticking medium for bacterial growth. Therefore it is essential to clean and brush the teeth in the morning after getting up and after lunch and dinner or after eating anything for that matter.

The tooth brush should be rotated over the gums and the teeth in a vertical manner i.e. from below upwards in the lower jaw and from above downwards in the upper jaw, side to side, brushing should be avoided as it may damage necks of teeth and also the gums. One should vigorously rinse and gargle the mouth after brushing the teeth, as well as after eating any food.

CLEANING THE TEETH

Biting and chewing the tips of fresh stems of Arka (Rui) can make a soft brush, Nyagrodha (Banyan), Khadira (Catechu) or Neem. Mastication of stems acts as a good exercise for the teeth and gums. It also causes attrition of biting surfaces, which get leveled out. The stems mentioned should be healthy, soft straight without any leaves and knots and picked from a tree growing in a clean place. The stems should not be dry or sticky or foul smelling. A stem should be one finger in the breadth, 10-12 fingers in length and should have bitter, pungent or astringent taste. The stem should be chewed until it is broken up. These three tastes neutralize the Kapha and help to clear the viscid mucous secretions in the mouth.

Stems of trees not to be used for brushing the teeth are Arista (Soup nut), Bibheetaka (Terminalia belerika). In general, toothpowder, pastes and stems of trees having sweet, sour and salty tastes should not be used.

ADVANTAGES

Brushing removes excretions i.e. tartar on the neck of the teeth, mucous secretions collected in the mouth and tongue overnight. It cleans teeth and mouth. The person feels fresh and appreciates the taste of food in a better way after teeth cleaning. The mind is also refreshed.

CONTRA-INDICATIONS

Brushing the teeth with stems of trees should be avoided in the following conditions:

Fever, cough, breathlessness, diseases of lips, tongue, teeth, mouth and palate, indigestion, constipation, vomiting, excessive thirst, diseases of eyes, ears, head & neck, facial palsy, fainting episodes, intoxicated states including alcohol intoxication disease of the heart and blood e.g. bleeding disorders and edema. In these conditions rock salt mixed with mustard oil should be used to clean the teeth since it neutralizes all the three Dosha of body and good for heart and sight.

Apart from the effects on teeth and gums, the fresh juice in the various stems when digested and absorbed also exerts its beneficial effects on various tissues as follows.

The stem of Arka (Rui) increases semen. The Banyan, pomegranate, Arjuna (Terminalia arjuna) stems improve the complexion of skin, Khadira (catachu) stem exerts cleansing action on mouth, mango stem imparts health, Kadamba (anthocephalus) stem improves hearing and speech and Apamarga (Achyranthes aspera) stem increases intellect and also improves voice. Tagar (Waleriana wallichii) stem helps one to get rid of bad dreams.

The author, Dr. Kamini Kaushal is appearing in M.D. (Ayurveda) final examinations in the Department of Dravyaguna (Medicinal plant sciences) at National Institute of Ayurveda, Jaipur, India. She is appointed as Deputy Director of Ayurveda at Garry and Sun, USA. She will take-up her new assignment for USA very soon. She can be reached at drkamini@ayurvedahelpline.com

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

[Rasayanaprash](#)
[Ashwagandha Bru](#)
[Memory Enhancer Bru](#)
[Herbal Face Pack](#)
[Herbal Revitalizing Cleanser](#)
[Herbal Hair Conditioner](#)

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

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7).. **Guest Editorial** : Tachyon Energy - A New Paradigm in Science and Health

Holistic health; harmony and healing of the body; balance on the emotional, mental and spiritual levels, are all based on an energy source that is integral to our existence. Therefore, healing at any level is very dependent on tapping into the primordial energy that is the source of existence. From maintenance and rejuvenation, to the deepest levels of holistic healing, all are made possible by our ability to tap into the energy source that energizes and creates the form of all material existence as we know it.

All matter, from this page, to the human heart, to the cosmos and beyond, is made of energy and is part of an "Energetic Continuum", a term used to describe the flow of energies as they move down from ' THE SOURCE' . This ' stepping down' process creates the third dimension world in which we live.

Formless Zero-Point Energy, (in Quantum Physics), is considered to be the starting point, ("SOURCE") of the energetic continuum, and the first formed energy to emerge from it is called ' Tachyon' . Named after the Greek word meaning swift, the word Tachyon, like the word electricity, merely describes a type of energy. But it is to Tachyon Energy, and its qualities and uses as a balancing tool for the human form, that I now direct your attention. What makes these Tachyon particles so special? Well, just like Zero-Point Energy, they move faster than the speed of light, are everywhere at the same time, have no frequency, spin, or gravitation,

are the source of all energies, and contain the perfect potential of the entire universe within themselves, but remember, now they have form.

Tachyon Energy works with the body.

How? By interacting with what is called a ' Subtle Organizing Energy Field' (SOEF). This term coined by Dr. Gabriel Cousens MD, in his book ' Spiritual Nutrition and The Rainbow Diet' , describes an energetic theory of nutrition which states that our physical bodies are templated on SOEF' s (subtle organizing energy fields). When balanced, organized and functioning at its peak, the body is in a state known as negative entropy or ' youthing; disorganized, it slips into a state of chaos known as positive entropy; the most radical example being the production of cancer cells. If a SOEF is blocked or depleted, the flow of life force energy through the Energetic Continuum becomes deficient.

But SOEF' s can be energized. Our body naturally does this through the chakra system, oxygen, sunlight, water and food. However, when those sources are themselves depleted of Tachyon Energy, this can negatively impact our lives and may show up as symptoms such as pain, fatigue, and disease.

So, how can we get more of this Tachyon Energy if we want to function at optimal levels? The answer may be found in new advancements in technology that have allowed for the creation of "antennae" that attract and focus Tachyon Energy. These ' antennae' , when applied directly to the body, ' feed' the SOEF' s. Tachyon does not heal. Rather, it provides the energy for the body to heal itself and do it in a self regulating fashion.

That' s right, you see the SOEF' s use only that amount of Tachyon Energy necessary to rebalance unorganized areas of the body eliminating the need to monitor dosage requirements.

For example: The sun is a magnificent source of photon energy. Approximately 20 - 30 minutes of exposure per day is necessary for optimum health. Yet, this same ball of photon energy will burn you to a crisp if you are exposed for 4 or 5 hours. The reason for this is that photon energy, like all frequencies, has no intelligence. It doesn't know when to start or stop! Ultimately, it is up to the user to decide when to stop the exposure, by getting out of the sun.

Another example is excess exposure to magnetic energy. For instance, it is known that magnets work on a specific frequency with the North and South Poles having opposite effects.

The South Pole is activating. If it is used for too long, it can create a hyper-activity in the system and cause harm. Dr. Gabriel Cousens, director of the Tree of Life Rejuvenation Center and author of "Spiritual Nutrition and the Rainbow Diet," "Sevenfold Peace," and "Conscious Eating," demonstrated through clinical experience that some people using magnetic mattresses developed high blood pressure, which fortunately went away when they were told to stop using a magnetic mattress. This can happen because magnets operate on a frequency and have intensity, but do not have a built-in intelligence to know when to stop broadcasting.

Tachyon Energy is totally different than both of these examples. Tachyon is not a frequency, nor is it a frequency approach. Frequency, oscillation or spin do not exist at the level at which Tachyon operates. Its effects are regulated by the internal wisdom of the SOEFs. When Tachyon is applied to an area, the SOEFs convert what they need to restore themselves to perfect balance and order.

What are some of the things you might experience from increased Tachyon Energy exposure?

Physically, you may experience an increase in stamina and energy; emotionally, a return to that feeling of unconditional love; mentally, you could experience increased wisdom or clarity of thought; and spiritually feel more in tune with ' THE SOURCE' . To that list add natural detoxification, increased vitamin & mineral absorption, enhanced meditation, increased brain function, a decrease in general pain symptoms and an increased sense of well being.

In a recent independent research study by Norman McVea, Ph.D., Dir. Oxygen Research Institute, Mill Valley CA , Tachyon ' antennae' were found to be of tremendous value as tools for stress reduction, meditation, creative visualization, consciousness expansion, rejuvenation, and psychic exploration.

Now you can see why countless lay people and health care professionals in over ninety-three countries choose to use Tachyon Energy for the betterment of themselves, their families, friends, clients and pets.

Tachyon Energy stands on its own as an exceptional balancing and energizing tool, or it can be used in conjunction with nearly all other healing modalities for its enhancing ability

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Robert Ziegler is a Certified Tachyon Practitioner and Member in good standing with the Tachyon Institute for Spirituality and Science is located in Central Florida. His practice is devoted to bringing balance to the mind, body and spirit complex through the utilization of

Tachyon Energy. He may be contacted at rcziegler@planet-tachyon.com. For additional information about the life enhancing benefits of Tachyon Energy, visit his web site at <http://www.allthatistachyon.com>.

7).. **Medicinal Plant of the Issue: Indian Mustard (Brassica compestris)**

This plant is known as Sarshap in Sanskrit. It is a highly branched annual or biennial herb, up to 1.5m in height, Taproot; fusiform or tuberous, compressed stem with rosette of large, bristly and hairy leaves. Flowers; bright yellow, Pods; glabrous, sub erect Seeds; small, and pale yellow. It is an important oil seed crop of India.

The seeds of the plant are used in Ayurveda, for such conditions as haemorrhagic disease, loss of appetite, mental disorders, skin diseases like impetigo and worm infections. The crushed seeds on the external application in the form of poultice are beneficial in rheumatic affections. Brushing teeth with the seed oil mixed with salt is reported to provide relief from hemorrhage and gum inflammation. Seed oil with camphor is used to help in muscular rheumatism and stiff neck, when rubbed on the chest in bronchial catarrh and influenza.

The following are ways you can use **Indian Mustard** (Brassica compestris) in your homes and communities.

Influenza and Bronchial complaints : Slightly warm mustard seed oil with camphor and rub on to the chest.

Gum inflammation : Mix a little mustard seed oil with some salt and brush teeth and gums gently.

Rheumatic pain : Prepare a poultice by spreading a semi-liquid of crushed seeds and oil onto a bandage and then onto the affected area.

Elephantiasis and Ear pain : Oil is used for massage in dry skin and weak muscles.

Leaves and soft shafts are used as green vegetable, which is very testy and popular in northern part of India.

For Archives of our earlier published Newsletters, please visit <http://chakrapaniayurveda.com/newsletter.html>

8).. **Upcoming Events:**

The Gujarat Ayurveda University is organizing the 3rd International seminar on Ayurveda : The theme of the seminar will be "Medicine of the Millennium" during February 3 to 5, 2002 at Jamnagar, Gujarat, India. The scientific program during the seminar comprise:

- * Workshop on Internationally Acceptable Ayurvedic Education
- * Workshop on Development of Herbal Drug Resources - A global view point
- * Seminar on quality improvement of Ayurveda drugs and formulations
- * Seminar on Rasayana Therapy
- * Demonstration of Traditional and Tribal healing practices

For more information visit www.ayurveduniversity.com or E-mail at info@ayurveduniversity.com

The Ayurvedic house of medimix & SAFRHON is organizing second National Ayurveda Congress on 9-10 February, 2002 at Hyderabad, India. There will be a two day seminar on Jara Vyadhi (senile disease) and Manas Roga (mental disease).

For more information, E-mail at smtech@cholayil.co.in

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Sincerely,
The AyurvedaNews Team

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