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### Chakrapani Ayurveda Clinic & Research Center

Member Newsletter, June II, 2001

<http://chakrapaniayurveda.com>

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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 site [www.chakrapaniayurveda.com](http://www.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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Want your ad of your health services and products to be viewed by the most interested readers? Or wish to sponsor this newsletter? For details and prices...mail to:  
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#### 2.).. **Editor's Note :**

Thanks to all the readers for the appreciation of our newsletter. One of our readers Paramjit Singh from UK has wrote - "*Thanks for another excellent newsletter. With regards to the article on meditation. Keep up the good work, I think you are doing a fantastic job, and it makes me proud to know that all this good work is coming from my country, India.*"

We will try our best to come up to such honest expectations of our readers through this newsletter. Your suggestions will keep us growing. The feature article of today's issue is on

' Primary care of DIARRHEA". We have added an althw section on "Natural product of this issue". This issue carries all the other regular sections. We are continuously trying to improve and your appreciation of our effort will provide us further impetus.

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### 3.)..Quote of the Issue:

The continued existence or otherwise of all creatures is dependent on the proper or wrong interaction between them and their environment factors. For well being and ill being or existence and non-existence are dependent on each other.

Charak Samhita Sutra Sthana Chapter 11:44

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### 4.).. Primary Care of Atisar (Diarrhea): Feature Article by Abhimanyu Kumar

Someone had once jokingly said that the germs that are native to the Indian gut would shame even the most cocky coccus and most virulent virus! Jokes apart, almost all of us harbour a museum of germs, which at the smallest provocation, rear their heads and precipitate diarrhea known as **Atisar** in Ayurveda. This is a menace often occurring in the rainy season and children are the first victims. Modern medicine states that diarrhea can be due to several causes, infection being only one of them. The other major causes of diarrhea is swelling of the internal layer of the intestine due to unsuitable foodstuffs or drugs. Ayurveda too has described similar reasons. A major cause of diarrhea, as per Ayurveda is **Agnimandya**, which leads to incomplete digestion of food and the subsequent irritation of the gut and its dysfunction. Thus Agnimandya leads to diarrhea which causes weakness of tissue and *Agni*. Excessive consumption of Dal (beans), meat, jaggery or fried items etc. or drinking excessive alcohol can incite the *Agni* and set into motion a vicious cycle.

In the initial stages of diarrhea, household remedies may be given a fair trial taking into consideration the causes mentioned above.

Quite often, when a patient gets diarrhea, we start anti-diarrhea medication. This effectively halts the diarrhea but also prevents the toxins causing the diarrhea from leaving the gut. This is dangerous. Instead fluids should be given to replace what is lost and the body allowed to recover by expelling toxins (unless of course the diarrhea is too severe especially in infants and the aged). Similar to this are the principles of Ayurveda. Medications to stop diarrhea should be given only after the foul smelling and sticky faecal matter is expelled. Nutmeg is a household name in treating diarrhea. A small amount of nutmeg powder rolled onto jaggery with Ghee makes an excellent home remedy for the problem. If *Sunthi* - dried powder of ginger- is added to this the tired *Agni* is whipped into action and is able to take care of the irritant toxins.

Again rest to the *Agni* is another way leaving it free to tackle the toxins. Hence fasting or *langhana* becomes the therapy of choice. Mild diarrhea may be completely cured by fasting. Fluid loss may be replaced by drinking medicated water to which ginger is added during boiling.

The medicines found useful in diarrhea are **Ativisha** (*Aconitum heterophyllum*) and **Kutaja** (*Hollerhena antidysenterica*). A quarter teaspoon of powder made from these herbs should be taken with honey three times a day.

If one feels hungry, it is better to eat light items like raisins soaked in water overnight and then taken. A pinch of cumin, dil seed, rock salt, *pippali* (Piper longum powder) or ginger (whatever is available) helps to stimulate the Agni. Pomegranates are useful in curing diarrhea and their juice is considered curative. It increases the digestive capacity and is useful both in diarrhea and constipation. Pomegranate peel is particularly useful in diarrhea only.

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Abhimanyu Kumar is M.D.(Ayurveda) & Ph.D. from Banaras Hindu University, India and is presently working as Assistant Professor in the Department of Bala Roga (pediatrics) of National Institute of Ayurveda, Jaipur (India). He is associated with various national and international bodies of education and research in Ayurveda. He has authored four books on Ayurveda. You can contact him personally on [manyu@patrikaonline.com](mailto:manyu@patrikaonline.com) .

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Expert in any of Different Holistic Systems of Health? We' re looking for ARTICLES on differer 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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### 5)..Natural Product of This Issue:

Dr. Kotecha' s HERBAL FACE PACK A natural remedy for your face

100% All Natural Ayurvedic Product

This Herbal Formulation is made from numerous herbs. These herbs were used for application over the face by Indian dancers in ancient times in India. The present formulation is clinically tested and designed to get optimum effect.

Indications: Any healthy person can use this formulation to improve glow, healthy skin and fairness over the face. It is recommended for the healthy improvement of the vulnerable skin of the face. Regular use of this compound for external application removes old acne scars, melasma, black heads and washes out the hazardous effects of vehicular and other pollution. It improves the peripheral blood circulation of the face and thus natural glow and shine of health appears on the face the within a few days. It is free from chemicals and 100 % natural. This pack is safe for all types of skin. Though, it can provoke very mild tingling and / or redishness over the skin for a very short duration to the persons having allergies to aromatic herbs. So, it is recommended that those having allergies to aromatic herbs shall avoid the use of this pack.

Instruction for Use: Clean the face with plain water and dry it. Optionally, you can massage your face with any regular cream before applying face pack for optimum effect. If you massage your face, remove the cream before application of the pack. Take one sachet of the compound and make paste from it by adding 10 ml. of the Honey and Rose water solution and required amount of tap water. Apply this paste over the face using your fingers or a face brush. Make a thin layer of paste for dry skin and thick layer of paste for oily skin. Retain this for 45 min. to 1 hour and then wash the face. One can use this every day at a convenient time initially and after achieving the desired effect, it can be repeated twice a week to maintain the positive effects of herbs.

Some Chakrapani Products:

Herbal Face Pack

Herbal Hair Conditioner

Ashwagandha Celestial Bru (100% caffeine free)

Brahmi Memory Enhancer Bru (100% caffeine free)

Rasayana Prash - An all Natural Longevity Tonic

To procure these products in US, Canada and Europe, please contact [garrysun@aol.com](mailto:garrysun@aol.com) and for getting them in India, please contact [manish@chakrapaniayurveda.com](mailto:manish@chakrapaniayurveda.com)

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 6.).. **Ayurveda Recipe of the Issue: Sweet Corn Flour**

1 tbs. corn flour

1 tbs. Sucanat

1 tbs. pure Ghee

Dry roast flour in a small cast-iron skillet over low heat for a few minutes until it begins to turn golden brown. Mix in Sucanat and Ghee. When Ghee melts, remove from heat. Mix into a paste and take warm. This preparation is a very good strength promoter food if taken regularly. The above quantity is good for one person. You can multiply the quantity on the basis of the number of persons for whom you are making this preparation.

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

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**Must visit site for Education and Consultation of Ayurveda in India & Europe**

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<http://kuberhandicrafts.com>

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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 at continuous improvement.

Sincerely,  
The AyurvedaNews Team

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