

AyurvedaNews

Chakrapani Ayurveda Clinic & Research Center
Chakrapani Global Center for Training & Research in Ayurveda

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Testimonial from Mieke van der Velden, Holland

As a pearl on the crown of a 4-years part-time education on Ayurveda I attended a one-training (made to fit my needs) at Chakrapani Global Center for Training & Research in Ayurveda, India. Competent doctors and massage therapists were in charge of the training program covered profound teaching and practice at advanced level. It was a very fruitful period which gave me more insight in the vast science of Ayurveda.

- Mieke van der Velden, H

(Thanks Mieke for wonderful compliments on our training programs)

Kindly visit us at <http://chakrapaniayurveda.com> to use our free Ayurveda online consultation facility.

Dr. Kotecha's 10th Trip to USA

The CEO of Chakrapani Ayurveda Clinic & Research Center, Dr. Rajesh Kotecha 'Vaidya' is visiting USA from **March 24 till April 20, 2005**. Dr. Rajesh is again invited to the community West and mid West to give lectures, consultation and conduct workshops. He will be with Mr Grewal, President of Garry and Sun, USA. Please see the detailed schedule hereunder and take advantage of the golden opportunity by attending his events. His tentative program for the lectures, workshops, personal consultations and Panchakarma at different places of West coast and West, USA is as below:

March 25 - March 26: Workshop on Ayurveda at Omaha Yoga & Bodywork Center. **Contact Susi Amendola at 402 553 8250. Website:** <http://doyoganow.com> The workshop will include introduction to Ayurvedic Health principals including, the Doshas, The Gunas, Pulse Diagnosis and Herbs.

March 27 (Sunday): Ayurveda cooking class **Contact Ms. Sandy Aquilla at 402-435-5078**

March 28 - April 05: Personal consultations & Panchakarma treatments **at Omaha Healing Center, 1216 Howard St Old Market, Omaha, Nebraska. Contact Ms. Sandy Aquilla at 402 5078. Website** <http://omahahealingarts.com>

April 11 - April 20: Personal consultations and panchakarma treatments at Reno, **Contact Mr Grewal at 1-888- 98-HERBS or 775-530-9942. Website:** <http://garrysun.com/ustourmar05.htm>

Editor's Note:

The today's feature article entitled "Stay fit with Pranyama Yoga" is a contribution of Mr. Mittal. The author, in this article, describes the amazing healing power of these techniques, based on his own practice / experience. We hope that our valued readers will enjoy reading different aspects of Ayurveda & Yoga in every issue of AyurvedaNews.

<http://ayurveda-yoga.com>

Germany: Dr. Ramin Mobasseri. [Click Here](#)

France: S.I.E.T.P.A. [Click Here](#)
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We are thankful to Ms. Gilgi Hauser for helping us edit this issue of AyurvedaNews. Do enjoy r AyurvedaNews. Each issue contains new information and new articles.

We invite your views and ideas on the subject matter and content of our feature articles. Our to help you and for this we need your input to help us to serve you. So please keep us poste your views, ideas and preferences.

Stay fit with Pranayama Yoga : By V. N. Mittal and edited by Gilgi Hauser

Hundreds of thousands of people in India and worldwide have been cured / healed of their r conditions and ailments. High blood pressure, diabetes and other serious and chronic diseas be cured as a result of the regular practice of seven special pranayama (consciously coi breathing) techniques. These seven breathing techniques have been scientifically developed great master Yogiraj Swami Ram Dev who has been organizing a large number of workshop: major cities in India, which have also been receiving nationwide media/TV coverage. A ç project for the establishment of the Patanjali Institute of Yogic Research by the Yogiraj is now way in India.

INTRODUCTION

When I started learning these seven yogic pranayama techniques of Yogiraj Swami Ram Dev i about two years back, I did not realize that they would turn out to be the greatest | processes for me and would eventually become a part of my regular practice. I was alrea natural healing arts through the teachings of Reiki, Art of Living, Sujok therapy, Acupressu Reflexology, which I practice regularly to keep my body and soul together – I am in my late s but I always missing something which could bring me to a deeper meditative state k addressing my physical problems. This amazing technique, which has healed hundreds of tho of people in India and worldwide, provided me with the answer.

IMPORTANCE OF PRANAYAMA

The importance of Prana or the breath as an instrument to control diseases is recognized univ In fact, no life is possible without breathing. Breathing may be considered the most importar bodily functions for indeed all other body functions depend on it. Prana (Chi) is thus rightly cal life force energy and *the art of modification of the normal form of prana, through its conscious is known as pranayama*. In view of its importance, the Yogis from times immemoria emphasized the need of the regular practice of Pranayama for the harmony of body, mi spirit. Pranayama is the fourth limb of the eightfold Yoga system founded by Maharishi Patan, is capable of addressing all kinds of physical and mental ailments.

THE PRACTICE

The twenty minutes practice has been scientifically developed and redesigned by Yogiraj Swar Dev. It comprises seven well-known pranayama techniques developed by Majority Patanjali:

- 1) **Bhastrika Pranayama:** 3 – 5 minutes
- 2) **Kapalbhati, Pranayama:** 5 • 10 minutes.
- 3) **Bahayya kumbhak Pranayama with three bandhas:** 2 minutes,
- 4) **Anulom- Vilom Pranayama:** 5.minutes
- 5) **Bhramri Pranayama:** two minutes (a minimum of three cycles)
- 6) **Om:** chanting 3 times
- 7) **Nadi Shodhan:** 3 • 10 cycles.

A regular and disciplined practice of these techniques for twenty minutes daily - as briefly explc the following paragraphs guarantees the maintenance of good health and can aid in the reve over- weight problems, hyper-tension, diabetes and other serious and even chronic ailments. works as a preventative to keep you healthy against disease.

1. BHASTRIKA PRANAYAMA

Bhastrika Pranayama involves the rapid movement of the belly like the bellows of a blacksmith pranayama practice **equal emphasis is on the exhalations and inhalations.**

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HOW

Sit in a meditative posture (Asana) such as Sukh Asana (sitting cross –legged) or in Vajra (sitting on your heels) or on a chair with your spine straight. Inhale deeply filling the lungs up to the diaphragm and exhale fully with force, through the nose – the mouth is closed - completely emptying the lungs. Repeat the cycle. The inhalations and exhalations can be practiced at a medium, fast speed depending on your personal practice capacity and state of health. **Remember the inhalations and exhalations have equal emphasis.** If you have a heart condition or lungs, the practice must be slow and stable. This pranayama practice should be done minimum of 2 minutes to a maximum of 5 minutes. For better results, you may also simultaneously visualize that the divine power, energy, joy and peace are entering your body through the process of breathing.

2. KAPALBHATI PRANAYAMA

Kapalbhati - KBP -, which means 'shining skull or forehead', is the next breathing technique. It is also practiced in the same sitting postures, with complete attention on the exhalations and emphasis on the inhalations. However, one inhales in a natural manner.

HOW

Sit in a convenient posture and without consciously breathing in, breathe out with a little force through **the nose** – mouth is closed – placing full attention on the exhalation, simultaneously contracting the abdominal muscles on each exhalation. The abdomen moves quickly in and out like bellows yet the emphasis is on the exhalation and the inhalation is a short natural one (the body tends to shake a little whilst practicing this- it is rather like the blowing of your nose under pressure) Repeat the process of exhalations together with breathing in naturally long as you wish. The minimum time allotted to this pranayama is 5 minutes, which can be increased to a maximum of 10 minutes with a short break for rest in between, if necessary. While breathing out, visualize that all diseases and toxins are being thrown out on each exhalation.

This is highly effective in controlling obesity, diabetes, kidney and prostate diseases, heart, bronchitis, lung problems and many other diseases; this technique brings about a glow to the face of the practitioner and is very energizing.

3. BAHYA PRANAYAMA – BPWM (WITH MAHABANDHA).

BPWM is the third pranayama in the technique. It is marked by the suspension or retention of breath after exhalation of breath and the application of Mahabandha. A bandha stands for a physical lock to control the flow of prana. **Mahabandha technique** is comprised of three bandhas namely **Jalandhur Bandha** (bringing the chin down to the indentation located near the base of the throat – top of the collar bones) **Uddiyana Bandha** (pulling the stomach in so as to touch the back) and **Mula bandha** (pulling up the perineum by contracting the anus and the tightening of the lower abdomen) In **Mahabandha** practice, all these three bandhas are applied together.

HOW

Remain seated in one of the meditative postures, first breathe in and fill your lungs up to the diaphragm and then breathe out with full force and **suspend • stop the exhalation**. Now apply Mahabandha practice in its three stages : **1. Jalandhur Bandha** • bringing the chin down to the indentation located near the base of throat – top of the collarbones. **2. Uddiyana Bandha** • pulling the stomach in so as to touch the back and **3. Mula bandha** • pulling up of the perineum by contracting the anus and the tightening of the lower abdomen. Maintain this position until you wish to inhale again. Now exhale releasing the three bandhas gradually. This completes one cycle of BPWM. A minimum of three such cycles is recommended which can take about two minutes to complete. While practicing this Pranayama technique also do not forget to visualize that all diseases and toxins are being thrown out with each exhalation.

4. ANULOM-VILOM PRANAYAMA • AVP

This pranayama (AVP) is practiced with alternate breathing from the left and right nostrils for the cleansing of the Nadis (energy meridians).

HOW

Seated in a comfortable posture, start off with a slow inhalation through the left nostril by closing the right nostril with the centre of the right hand thumb, and after fully filling the lungs breathe out slowly from the right nostril by closing off the left nostril with the middle and ring fingers of the right hand. Now breathe in from the right nostril by keeping the left nostril closed with the middle and ring fingers and then exhale through the left nostril by closing the right nostril again with the right thumb. This completes one cycle. Continue cycles of alternate breathing for 5 to 10 minutes.

with a break for rest after each minute, if required. Gradually, with practice, the speed of breath can be increased to medium and fast. While you do this pranayama practice, visualize that Divine power and Divine knowledge are being bestowed upon you in the process. The practice of this Pranayama technique for only 5 minutes a day will result in the activation of the **Muladhara Chakra (Root Chakra)** causing the arousal of **Kundalini** power (the dormant serpentine energy which is located at the root chakra). The arousal of Kundalini power results from the arousal of **Sushumna Nadi (the central energy meridian)** as a consequence of the repeated rhythmic churning of the breath in the **Ida (left meridian)** and **Pingla (right meridian) Nadis**.

The practice of AVP for a period of three to four months can open up to thirty to forty percent of the heart arteries' blockages. This Pranayama practice alleviates all the diseases of the body, leads into a state of joy, enthusiasm for living, fearlessness, peace of mind and deep meditation.

5. BHRAMARI PRANAYAMA

Bhramara means a bumblebee and this Pranayama technique received its name from the resonating sound - like the bumblebee - produced during exhalation.

HOW

After breathing in fully, place both of your thumbs inside the ears so as to close off the ear drums then place your index fingers on either side of the forehead with your three fingers placed on either side of the nose - little fingers facing down. Slightly pressing the sides of the nose with the index fingers exhale from both the nostrils, as if chanting OM from the nose, making a humming sound like a bumblebee.

Bhramari Pranayama activates the third eye chakra, so it is very important for developing the ability of telepathy, clairvoyance.

6. OM CHANTING.

Om has a universal sound. Chant Om loudly from three to as many times as you desire. It brings you into a meditative state and helps those suffering from insomnia fall asleep.

7. NADI SHODHAN PRANAYAMA • NSP

This Pranayama technique can purify the Ida, Pingla and Sushumna Nadis and is similar to **(see number 4 above)** and **BPWM (see number 3 above)** but with a small difference. The in-breath is retained and only two bandhas • namely **Jalandhar bandha** and **Mool bandha** applied instead of Mahabandha. This pranayama technique is practiced by taking deep breath slowly. The secret of an effective **NSP** practice lies in maintaining a ratio of 1-2-2. This means an inhalation lasts for 10 seconds, exhalation is for 20 seconds and then the breath needs to be retained for 20 seconds. * **Very important: Please modify the time you inhale/exhale/retain according to your individual capacity, but maintaining the ratio • inhale for 5, exhale for 10, retain for 10.** While practicing this technique there should be no sound produced during inhalations and exhalations. Only three cycles to a maximum of ten cycles of NSP are practiced.

SHAVA ASANA

After completing all the seven breathing exercises, relax for some time in Shavasana (the corpse posture • lying down on the back keeping some distance between the legs and spreading the arms away from the body) Breathe normally and keep the eyes closed.

BENEFITS

The Pranayama practice offers multiple benefits. It addresses the diseases of the chest, heart and brain. Highly effective in controlling diabetes, migraine, gastric problem, hypertension, constipation, breathing allergy, kidney diseases, and even chronic diseases like cancer. A regular practice of these seven techniques promises to improve immunity to diseases, detoxify the body, bring a glow to the face, improve eyesight and help to alleviate the practitioner from stress and depression. One can achieve spiritual power due to activation of the chakras (body energy centres) in the process, results in the arousal of the dormant serpentine energy known as Kundalini, the power of which is simply spectacular.

DISCLAIMER

This article purports to give only guidelines and is no substitute of practical training .

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The author, Mr. V.N. Mittal MA (Eco & Eng) is a retired Government Economist from India, currently living in Singapore. He is a Master Teacher of Reiki and has been teaching students from various countries for the last five years. He has written articles on Yoga, Reiki and Art of Living in international magazines. For further information on the subject; the readers may contact the

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Upcoming event: India's first Train The Trainer Certification program on "Emotional Intelligence"

This event is to be organized from 4th to 6th April. It brings together business leaders, practitioners and managers desiring to harness the emotional intelligence for self and their teams. The program offers an opportunity to create emotionally intelligent organization. This program covers competency-based approach with experiential and joyful learning methodology.

Dr. Mala Kapadia, the facilitator of this event brings value with more than two decades of corporate experience, expertise in behavioral sciences and research work on Western and Chinese perspectives on EI. Dr. Mala is associate trainer with 6Seconds U.S.A., and has certification Map from Essi Systems, U.S.A. Her book on Emotional Intelligence a workbook For Beginners received. Contact for more details: tamethemonkey@rediffmail.com, 022-26008829, 98690800

Interesting health news: Hormones aggravate incontinence, study finds

BY LINDSEY TANNER (ASSOCIATED PRESS)

CHICAGO - Researchers have found yet another problem that hormone pills taken at menopause seem to make worse, not better: incontinence.

The findings came from the same landmark government study that in the past few years link widely used supplements to a higher risk of heart attacks, strokes, breast cancer and depression. Estrogen and progestin have long been thought to help prevent or lessen urine leakage in menopausal women. "We were hoping to find a gleam of hope for estrogen" after all the negative findings, but the results with incontinence were disappointing, too, said lead author Susan Hendrix, a gynecologist at Wayne State University.

The findings, published in Journal of the American Medical Association, come from research on 27,347 women, ages 50 to 79, participating in the Women's Health Initiative study.

Compared with women taking dummy pills, those on estrogen pills for one year were 53 percent more likely to develop urinary incontinence by year's end. Those on pills containing both estrogen and progestin faced a 39 percent higher risk.

The highest risks were for stress incontinence - urine leakage prompted by pressure on the abdomen from sneezing, laughing, coughing or walking. It can result from weak pelvic muscles.

Women taking estrogen pills faced more than double the risk of developing stress incontinence. Risks were almost as high for women on pills containing both hormones.

Also, women who already had any incontinence faced increased risks of it worsening after treatment. They already had a 60 percent higher risk for those on estrogen-only pills and a 20 percent higher risk for those on combined pills, compared with the placebo group.

Hormone therapy now is included in the list of possible causes of incontinence in women, particularly stress incontinence - an involuntary loss of urine resulting from a weakness in the pelvic muscles.

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