

AyurvedaNews

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

Vol 5, Issue I

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This issue's quote

..the moment you have in your heart this extraordinary thing called love and feel the depth, the delight, the ecstasy of it, you will discover that for you the world is transformed.

- J. Krisnamurti (courtesy: Barbara Raisbeck, USA)

Testimonial on our services and impact of Ayurveda herbs:

Gary, I was taking Elavil for chronic pain and Prilosec for acid reflux. I've dropped the Elavil completely and I've taken the Prilosec only a few times. I have some pain without the Elavil but many days I am not troubled at all by it. Dropping the Elavil was the best thing that could have happened - my rest pulse rate dropped about twenty beats per minute after I stopped taking it - this was my biggest concern when I came to see Dr. Rajesh Kotecha and I'm thrilled that it was resolved so quickly and easily. Please thank him for me.

- Neal, USA

(Thanks Neal for the wonderful compliments)

Editor's Note:

The today's feature article entitled "Evolution of Ayurveda" is a compilation made by Esha Ojha of Chakrapani Ayurveda. The article became very interesting as it deals with historical aspects of Ayurveda with details on how it has been spread from India to the other countries in ancient times.

We are thankful to Gilgi Hauser for helping us edit this issue of AyurvedaNews. Do enjoy reading 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 wish is to help you and for this we need your input to help us to serve you. So please keep us posted with your views, ideas and preferences. We would like to convey that you will find AyurvedaNews in your mailbox regularly again. The publication of this newsletter became bit irregular due to ISP problems which has been sorted out now.

Evolution of Ayurveda:

Ayurveda is a Sanskrit word, derived from two roots, AYUR, which means life, and VEDA, knowledge. Thus, Ayurveda means 'knowledge of life' or 'science of life'. It deals elaborately with ways for healthy living during the entire span of one's life and its various phases. Ayurveda has its root in ancient Vedic literature and encompasses the body, mind and spirit. Besides dealing with principles for maintenance of health, it has also developed a wide range of therapeutic measures to combat illness. These principles of positive health

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and therapeutic means relate to the physical, mental, social and the spiritual welfare of human beings.

Ayurveda is one of the oldest systems of healthcare dealing with both the preventive and healing aspects of life in the most comprehensive way. It compares well to the World Health Organization's (WHO) concept of health in today's world. In its pure stage, Ayurveda covered all aspects of health, much of which has been lost down the line, partly, because of numerous political/territorial invasions and partly, due to sheer neglect.

The Rig Veda and Atharva Veda (5000 years B.C.) • the earliest documented texts of ancient Indian knowledge • have references on health and diseases and Ayurveda texts like Charaka Samhita and Sushruta Samhita were recognized around 1000 years B.C. The ancient wisdom on this healing system was part of the spiritual tradition of the Sanatana Dharma (universal Religion), or Vedic Religion. Vedavyasa, the famous sage, documented the complete facts of Ayurveda, along with spiritual insights of self – realization in the Vedas and Vedic literature.

There are four Vedas, the Rig Veda, Sama Veda, Yajur Veda and Atharva Veda. The Vedas are the primary texts of Hinduism. They also had a vast influence on Buddhism, Jainism, and Sikhism. The Rig Veda, the oldest of the four Vedas, was composed about 1500 B.C., and codified about 600 B.C. It is unknown when it was finally committed to writing, but this probably was at some point after 300 B.C.

The Vedas deal with health, astrology, spirituality, government, army, poetry and living and behavior and also contain hymns, incantations, and rituals from ancient India. Besides their spiritual value, they also give a unique view of everyday life in India four thousand years ago. The Vedas are also the most ancient extensive texts in an Indo-European language, and as such are invaluable in the study of comparative linguistics.

The Rig Veda, a collection of verse on the nature of existence, is the oldest surviving work in any Indo – European language (3000 B.C.). The Rig Veda refers to the cosmology known as Sankhya that lies at the nature of health and disease and principles of treatment. The Rig Veda discusses the three Doshas – Vata, Pitta and Kapha – and the use of herbs to heal the diseases of the mind and body and to foster longevity. The Atharva Veda lists the eight divisions of Ayurveda.

These are:

Kaya Chikitsa (Internal Medicines)
 Kaumar Bhriya (Pediatrics)
 Bhoot Vidya (Psychiatry)
 Shalakya (ophthalmology & ENT)
 Shalya (Surgery)
 Agad Tantra (Toxicology)
 Rasayana (Geriatrics)
 Vajikarana (Genetics, and Aphrodisiacs • Ayurvedic approach to sexual medicine/ Science of fertility)

The Vedic sages adopted passages from the Vedic Scriptures relating to Ayurveda and compiled books dealing only with Ayurveda. One of these books, called the Atreya Samhita is amongst the oldest medical books in the world.

Ayurveda is, therefore, the traditional science of medical treatment in India, which traces its origin through the myths to the Puranas and Epics. According to the Puranas the Ayurveda tradition was transferred from Brahma to Prajapathi and Aswini Kumars and through them to Indra, the King to the Hindu Gods (Devas). The sage Bharadwaj is reported to have acquired the knowledge from Indra and later passed it on to the sage Atreya. Through his disciples, this method of treatment is believed to have been handed over to later generations of Ayurveda scholars.

In the later Vedic period, the divine/sacred philosophies like Sankhyam, Yogam, Nyayam, Vaisheshikam, Poorvamimanmsa, Uttaramimanmsa and atheistic philosophies, viz. Jaina Darshana, Buddha Darshana, and Charvaaka Darshana paved the way for Ayurveda principles. Agnivesh Samhita, Bhela Samhita, Harita Samhita, Sushruta Samhita, Kashyapa Samhita are the other books on Ayurveda written in this period.

Spread of Ayurveda

Alexander' s invasion and spread of Buddhism led to Ayurveda being much admired abroad. The Samgraha age (40 B.C. to 1200 A.D.) witnessed the birth of great works on Ayurveda and the initiation of Rasa Shashtra Chikitsa (treatment using mercury). Chakrapani, Dridhabala, Nagarujuna, Vagbhatta, Madhavacharya were well known Ayurveda Acharya (Masters) of this period.

People from many countries came to Indian Ayurveda schools to learn this system of medicines and the religious scriptures in its original form. Learned men from China, Tibet, Greece, and Rome, Egypt and Persia traveled to learn the complete wisdom of Ayurveda and bring it back to their own countries. Ayurveda texts were enshrined in their system of medicines. This style became popular in Europe, and helped to form the foundation of the European tradition in medicines. In 16th Century Europe, Paracelsus, who is known as the father of modern western medicine, practiced and propagated a system of medicines, which borrowed heavily from Ayurveda.

Acknowledgement: This article is based on a publication of Export-Import Bank of India entitled "Exporting Indian Health Care". The assemblage is by Esha Ojha which was further edited by Gilgi Hauser.

Best Ayurveda Products from Chakrapani' s:

Rasayanaprash a 100% natural immunity promoter that provides inner strength.

Ashwagandha Bru a 100% natural and caffeine free beverage for strength and vigor.

Memory Enhancer Bru a 100% natural and caffeine free beverage for memory enhancement.

Herbal Face Pack a 100% natural formula for face care.

Herbal Revitalizing Cleanser a 100% natural formula for skin care.

Herbal Hair Conditioner a 100% natural formula for hair care.

Interesting health news: Put on a happy face

New research from a recent American Psychosomatic Society meeting shows that people who are optimistic and pleasant not only have an edge psychologically, but also socially, in the form of support.

According to psychologist Timothy Smith of the University of Utah, who spoke on the subject, support can play an important role in health. Not only do supported people take better care of themselves, but they may also have lower blood pressure and stress hormones, leading to improved immunity and heart health, says Smith.

Interestingly enough, people who change locations seem to report about the same level of support no matter where they go, and research suggests that genes may play a role, too. In twin research, scientists have found that identical twins who are separated at birth are far more likely to report similar circles of support than fraternal twins do.

Source: Wellness News, April 2004

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Sincerely,
The AyurvedaNews Team

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