

AyurvedaNews

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

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About the AyurvedaNews:

AyurvedaNews is an optional fortnightly newsletter available to those who have visited our website and contacted us for free consultation and free constitution analysis or who have subscribed newsletter through our sites. Our sites: <http://chakrapaniayurveda.com>, <http://ayurvedahelpline.com>, <http://learnayurveda.com> and <http://garrysun.com> contain only the best and most pertinent information on Ayurveda and Holistic systems of medicine. This newsletter focuses on improving and popularizing Ayurveda and all the holistic systems of medicine. This e-publication is not a spam; we never send this to anybody without getting formal request from them. If you receive a newsletter without your request, please notify us at newsletter@chakrapaniayurveda.com.

Testimonial from Pranjali and Suzie

Hi, I have started taking medicines which you had told me. I am having very good recovery. I know in what way to give my thanks and blessings to you. I only wish that Chakrapani Ayurveda flourish to such an extent that everyone hears of it. Thanks.

- Pranjali

Hi Gary! The herbs and spices that you provided for Noah and I are working beautifully. It is taking Noah a while to adjust but he is doing better already and my digestive system is much improved. I have even lost some weight as a side benefit! What are the dates in September when the doctor returns to Reno? I would like to make an appointment and have a friend and relative interested also. I hope you are doing very well. Thanks for your excellent service. Peace and blessings to you,

- Suzie Nixon

(Thanks Pranjali and Suzie for wonderful compliments on our services)

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

This issue's quote

Ayurveda is named the science of life wherein the characteristics are laid down for the good ; bad life, the happy and unhappy life, and what is wholesome and what unwholesome in relation to life, as also the measure of life.

- Charaka Samhita Sutrasthana Chapter 1

Editor's Note:

The today's feature article entitled "**Ayurveda and Yoga**" is a contribution of Ashok Rajguru author, in this article, describes the link between Ayurveda and Yoga - the two ancient sciences of India. We hope that our valued readers will enjoy reading different aspects of Ayurveda & Yoga in every issue of AyurvedaNews.

We are thankful to Ms. 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 goal 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.

Ayurveda and Yoga : By Ashok Rajguru

Yoga and Ayurveda are two related spiritual sciences which trace their origins to a common

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fountainhead ? the Vedas. Yoga is the science of Self-Realization and Ayurveda is the science of healing. Both are closely related. Both are holistic disciplines and they share a common ground: the concept of somatic and psycho-spiritual completeness. Most yoga enthusiasts realize a point or the other in their journey along the path of Self-discovery, that they are likely to succumb to illness. Likewise the student of Ayurveda also realizes that a person whose **intellect, patience, memory are impaired, subjects** him self or herself to **intellectual blasphemy** by virtue of backsliding and this **aggravates all Doshas**.

Patanjali's Yoga Sutra begins by explaining that Yoga is overcoming mental agitations. And one of the limbs of the practice that help the aspirant attain that goal is Pratyahara. The practice of Pratyahara developed so as to **dissociate the senses** from **their objects** thereby allowing the **mind** to remain **in its natural Sthitika form**. The root cause of **pain** are **ignorance, egoism** (me, mine, I feelings), **attachment (likes), dislike** and the desire of clinging to life.

Ayurveda views desire or lust being caused by **likes and dislikes** and it is this lust that is responsible for the two opposites that cause **pain ? happiness and misery**.

Reductionists view Yoga as a physical culture of exercise and a fitness program. The same people consider Ayurveda as a mere native herbal medicine system. This is but a blinkered perceptibility that tells more about the person who holds this view than about these profound traditions. Ayurveda considers ill-health as a hindrance or obstacle along the path of Self-Realization. Ayurveda considers that its primary role is eradicating diseases as they are impediments to yogic practice.

The link between Yoga and Ayurveda is Prana which is loosely translated as Life Force. Yoga is the intelligence of Prana seeking greater evolution and transformation. Ayurveda is the healing practice of Prana which seeks to consolidate life. It is therefore important to study and practice these disciplines together. The concept of Prana leads to the practice of Ahimsa (non-violence). Health and well-being arise from a state of mind and lifestyle that does not harm other creatures. Non-violence stands the **first and foremost** among the **promoters of longevity of living beings**. The practice of Ahimsa leads one to giving up all hostilities.

The author is working with an airline company at Bahrain. He has completed 300 hours of study in Ayurveda under Dr. David Frawley and a further 100 hours of study under Dr. Rajesh Kotek (Ayur) in the theory and practice of Abhyanga and Panchkarma at the Chakrapani Ayurveda Research Center, Jaipur, India. Over the years the author has qualified as a certified yoga teacher in the Civananda tradition (Yoga Ciromani). The author practices Mantra chanting, Yoga Pranayama and Vipassana meditation as taught by Shri Satya Narayana Goenka. He can be contacted at rajguru@batelco.com.bh.

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Interesting health news: Chemicals may damage male babies

Chemicals found in many everyday products can harm male reproductive development, researchers suggest.

Phthalates are used in the manufacture of plastics, lubricants and solvents, and are found in cosmetics, medical equipment, toys, paints and packaging.

The University of Rochester team, New York, found exposure to the chemicals was linked to a

risk of genital abnormalities in baby boys. The study features in the journal Environmental Perspectives.

Source: <http://news.bbc.co.uk/2/hi/health/4585603.stm>

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