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Chakrapani Ayurveda Clinic & Research Center

Member Newsletter, November I, 2000

<http://www.chakrapaniayurveda.com>

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1.) About the Ayurveda Newsletter

AyurvedaNews is an optional fortnightly newsletter available to those who has visited our site and had contacted us for free consultation, free constitution analysis or has subscribed this newsletter through our site.

[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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2.) Editor's Note: The feature article of today's issue is a first part on the concept of Prakriti or body constitution in Ayurveda. Upon understanding of Prakriti, one can modify his/her life style to remain healthy and disease free. We hope these valuable inputs will help our readers to be healthy and to remain healthy. Your feedback will be highly appreciated.

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3.) Important Announcement: There is a very good opportunity for personal consultations and counseling for our subscribers. Our founder Director Dr. Rajesh Kotecha 'Vaidya' is visiting UK and US in coming months. He will be in different parts of Arizona, Nevada and Oregon from 1st to 15th March'2001. He will visit London and Leicester in the 3rd week of March. Any person who wants to get personal consultations on Ayurveda with him may contact at info@chakrapaniayurveda.com at earliest and can fix up the appointment.

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 4.) Prakriti: Your Constitution - Today' s Feature Article, edited by Barbara Raisbeck

In Ayurveda, no two people are alike. Each of us possesses a unique constitution, one that considers the elements, (ether, air, fire, water and earth) in the determination of our individual Prakriti. The Prakriti, which may also be referred to as Dosha, is vital in determining our body type, behaviors, needs and predisposition. This five-element theory is referred to as Panchamahabhoota.

Elements are inherent in all matter, as prevalent in the human body as in the whole of the universe. Within each living system there exists a precise and particular elemental makeup. A specific combination of elements gives us specific body constitutions or Doshas. The Doshas are three forms of energy that work as a team in the body, executives of organization.

The element ether and air constitutes the Vata Dosha. Fire with a small amount of water gives us Pitta. Water and earth creates Kapha. Vata is the "chief executive", responsible for movement, likened to kinetic energy. It leads (moves) the other Doshas. Pitta, the "fiery transformer" is responsible for the transformative (metabolic) processes in the body. The "gentle stabilizer" Kapha, likened to potential energy, is responsible for the cohesion of energy in the body.

The Prakriti of an individual is influenced by certain factors such as: -

λ Jaati:	Race
λ Kula:	Community
λ Desa:	Region / Country
λ Kaala:	Time / season
λ Vaya:	Age
λ Prathyathmaniyata:	Environment in the uterus due to the behavior of mother & father at the time of conception

So one can conclude that again in any Prakriti, many varieties may be found according to the variability of the above factors. There are seven types of Prakriti: Vata, Pitta, Kapha, Vata-Pitta, Vata-Kapha, Pitta- Kapha, and Vata-Pitta-Kapha. A person may be predominately one Dosha, dual-doshic or tridoshic. The imbalance Dosha condition (pathological symptom) can not be taken as a clue to Prakriti.

Knowledge of Prakriti is invaluable in the treatment of dis-ease. The initial diagnosis of an Ayurvedic Physician (Vaidya) lies in determining the nature (Prakriti) of an individual. This information allows the Vaidya the ability to ascertain inherent weaknesses, vitiation and an effective and appropriate mode of treatment. In sharp contrast, conventional medicine fumbles in the dark, often prescribing the same "magic bullet" for each patient that exhibits similar

symptoms. This hit and miss approach may work for some, cause no noticeable change in others, or make matters worse.

For the individual, basic knowledge of the Prakriti is a vital tool in helping one determine the most auspicious lifestyle factors that will ensure wellness and longevity: appropriate foods, herbs, exercise regimes, medicines, therapies, and even suitable professions. Knowing one's Prakriti holds the key to health, liberation and ultimately, self-realization.

Subsequent newsletters will look at each Prakriti (constitution) in more detail.

We acknowledge that we have taken help from a book entitled "Ayurveda Unravelled" written by Sharadani Dahanukar & Urmila Thatte to prepare this article. This book is published by National Book Trust, A - 5 Green Park, New Delhi - 110 016, India. One can get a copy of it from above address.

Want Free Prakriti Analysis? We are extending the facility of free constitution analysis for free at our site. [Click here](#) to have this facility.

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5.) Medicinal Plant of this issue: Isabgol (Psyllium husk)

Psyllium husks are derived from a species of a plant that is native to India and Iran. The seeds of this plant are small and reddish-brown, with no distinctive aroma and almost no flavor. The husk of the seeds are derived from the seeds. They absorb water and become surrounded with mucilage that has excellent emulsifying power and is prized as a laxative.

Active Ingredients

The main constituent of psyllium husk is dietary fiber. Although the majority of it is insoluble, there is also a fair bit of soluble fiber in the mucilage. This is mostly polysaccharides. The seeds also contain proteins, other carbohydrates, oil, sterol, and some flavonoids, but the soluble fiber is primarily responsible for its therapeutic action.

Uses

Psyllium husk is a bulk laxative. The powdered husks are taken with ample water, and once in the intestine they swell. This "bulk" encourages defecation, and the mucilage tends to soften the stool and make it easier to pass. This herb is frequently recommended for the treatment of constipation.

In addition to its value for treating chronic constipation, psyllium can be useful in treating diarrhea and irritable bowel syndrome. Diarrhea following gallbladder surgery has also been successfully treated with psyllium. Psyllium preparations can reduce pain and bleeding from hemorrhoids.

Psyllium seed and husk has also been used to reduce high levels of cholesterol and triglycerides. In an eight-week trial, total cholesterol decreased by 14 percent and undesirable LDL cholesterol by 20 percent. In studies lasting more than two months, triglycerides came

down to just over half the baseline levels. However: familial cholesterol conditions may be less amenable to psyllium treatment.

Psyllium seed is also reported to slow the absorption of dietary sugar. This may be beneficial in diabetes, although it is a subtle effect.

Dose

The usual adult dose is 7 g of psyllium husk up to three times a day to a maximum of 30 g per day. It must be taken with at least 8 ounces of water each dose. Paradoxically, the dose for diarrhea can range even higher to a maximum of 40 g daily. Children from six to twelve years old are treated with half the adult dose.

It may take two or three days for psyllium to produce the desired effects. Unlike other laxatives, psyllium seed may be used as long as needed without fear of dependence.

Special Precautions and Possible Interactions

Children under six years old should take psyllium seed or psyllium preparations only under medical supervision.

Psyllium seed is not appropriate for anyone with intestinal blockage.

People allergic to psyllium must avoid it.

Constipation or diarrhea that persists for several days deserves medical attention.

If psyllium husk reduces or significantly slows the absorption of dietary carbohydrates, the dose of insulin for insulin-dependent diabetics may require adjustment. Please discuss this with your physician.

Adverse Effects

The indigestible fiber in psyllium seed husk can cause flatulence and abdominal discomfort.

If psyllium husk is not taken with adequate water, it can clump together in a mass and block the digestive tract. Sufficient fluid is crucial to the safe and successful use of psyllium seed.

Image of Psyllium: You can access the image of psyllium at chakrapaniayurveda.com/medplant.html . You can order the powder of psyllium husk by asking at info@chakrapaniayurveda.com .

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Expert in any of Different Holistic Systems of Health? We' re looking for ARTICLES on different 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

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6.) Some views from our valued readers:

Ayurveda is cream of 3000 years of research from dedicated saint like persons living away from society into deep parts of jungle for SEARCH of NATURE and its CREATOR. Their urge to learn was solely for service to humanity and had no need for money (the nature provided for their livelihood). While no offense intended, the present day conventional system of medicine is a BREED of GREED.....whatever is invested is to take back with huge reward as soon as possible (before someone else does) and so research/experiment is not given optimum time. Result is all known. After use of such medicine, one finds lots of complains for side affects and to remove such adverseness another supplement is prescribed and so on.....In Ayurveda the content is already available and proven for centuries....and so no need of huge expenses....all readymade. Only a good dedicated practioner is needed to diagnose the condition of ailing. No try and err...

Courtesy: Mr. Shriram Lakhani from US. You can contact him at lakhaniram@aol.com

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7.).. Today' s Quick Clicks

For Free Constitution (Prakriti Analysis)

<http://www.chakrapaniayurveda.com/constitution.html>

For Getting Free Ayulink, a newsletter devoted to Ayurveda by Dr. Prerak Shah

ayulink@hotmail.com

For Rasayana Prash & All Natural Herbal Health Products

<http://www.garrysun.com>

Want Pure and Genuine Indian herbs?

<http://www.chakrapaniayurveda.com/supply.html>

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You can send feedback on this issue of AyurvedaNews at

newsletter@chakrapaniayurveda.com. Your valuable suggestions will help us in our efforts of continuous improvement.

Sincerely,

The AyurvedaNews Team

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CHAKRAPANI AYURVEDA CLINIC & RESEARCH CENTER

A - 66 UDAY ROAD, TILAK NAGAR, JAIPUR - 302004, .

TELE: +91-141- 624003

FAX : + 91-141-624003

VISIT US AT: <http://www.chakrapaniayurveda.com>

E-mail: info@chakrapaniayurveda.com

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