

AyurvedaNews

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

November I' 2003

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About the AyurvedaNews:

AyurvedaNews is an optional fortnightly newsletter available to those who have visited our web sites and contacted us for free consultation and free constitution analysis or who have subscribed to this 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 material on Ayurveda and Holistic systems of medicine. This newsletter focuses on improving and popularizing Ayurveda and all the holistic systems of medicine.

This Issue's Quote:

Whatever act is done by one who is deranged of understanding, will or memory, is to be regarded as volitional transgression (or Prajnaparadha in Sanskrit). It is the inducer of all pathological conditions.

- Charaka Samhita, Sharira Sthana, Chapter 1 (102)

Testimonial on our Free Consultation Service:

"You people are absolutely amazing, I will recommend your place to all my college mates. The fact that you actually advised me on how to prepare the preparation is so genuine. You all are a good team and I really wish you all great success in all your endeavours. I really never expected you all to write back to me, becoz some people just want their moneys worth and don't actually care about the problems of their patients. With much greatfullness."

Sheela, Bangalore (India)

(Thanks Sheela for great words)

Editor's Note:

The today's feature article entitled "Mala - Metabolic end products" is very important as a valuable input to understand our body physiology through Ayurveda. We recommend to read our earlier published article on Dhatu (tissues) by [clicking here](#). It will help to get better understanding of today's feature article.

We have hundreds of subscribers on our database who are Ayurveda practitioners, health professionals or who work in the area of holistic health. We, at AyurvedaNews, invite all you practitioners to send us your articles. Your experience, insight and knowledge will benefit people world wide to learn about and understand their bodies, minds and spirits, thereby helping themselves into the state of well-being.

We are thankful to Gilgi Hauser for helping us edit this issue of AyurvedaNews. Do

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enjoy reading AyurvedaNews. Each issue contains new information and new articles.

We have changed the format of AyurvedaNews from today' s issue. This format needs less space, it looks beautiful and causes less strain to eyes too. We would need your feed back on this to make it even better. We also 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.

Mala - Metabolic end products : Feature article edited by Manish Ojha

Mala, as described in Ayurveda, connotes 'waste products' of the body. It would perhaps be useful to ponder a while on the importance given to 'wastes' by Ayurveda. We would normally think that the character of Mala (waste products), like urine or faeces, would be of no great importance in maintaining the health of an individual. However, Ayurveda thinks otherwise. Waste products play an important function when inside the body (and we know that even with our modern knowledge, this is true, for the faeces facilitates the function of the colon and also we get Vitamin B12 from the friendly bacteria that grows on our faeces in colon; while the character of urine influences, via intricate hormone systems, the fluid and electrolyte balance of the body).

Strictly speaking, the Mala referred to in the [Dosha-Dhatu-Mala](#) tripod of life is not restricted to waste products. If one were to interpret the term more academically, it would be best to translate it as 'metabolic end products'. This means that each cell which is a living factory will produce, under the influence of Doshas (controls), chemicals (Mala) which in turn influence the function of the Dhatus (tissues) that manufacture them! Again the interaction becomes evident!

Mala (the metabolic end-products of tissues) can be compared to two-edged swords. Take, for instance, oxygen-derived free radicals (chemicals which are created on the spot by cells from their lifeline oxygen) which may be regarded as metabolic end-products or Mala of the cells. These substances are produced by our neutrophils, which are a certain type of WBCs. They work hard to kill bacteria in order to prevent infection. The neutrophils produce them in response to ingestion of bacteria and their capacity to produce these chemicals gets enhanced when primed by hormones. (Is it Dosha, you may ask, with perhaps some justification)? Now, this is fine if it occurs within limits. At times, the neutrophils run amok, often at the behest of one of the Doshas, which is playing truant. They produce these free radicals when there are no bacteria to kill! And then, of course, it is the normal tissues that get burnt away to give way to disease. This is what happens in rheumatoid arthritis and gout and we can blame the unnecessarily over-enthusiastic neutrophil for pain in the hand or swelling in the big toe. This illustrates beautifully the principles of Ayurveda: 'keep all the three legs of the tripod ([Dosha-Dhatu-Mala](#)) healthy and you will not face disease'.

We acknowledge that we have taken help from a book entitled "Ayurveda Unravelling" 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.

Best Ayurveda Products from Chakrapani' s:

[Rasayanaprash](#) a 100% natural immunity promoter that provides inner strength of body and mind.

[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.

7.).. **Interesting Health News: Hard Mattresses do not help always for back pain**

Contrary to popular belief that hard mattresses help alleviate back pain, a Spanish study published in *The Lancet* says otherwise.

Researchers from the Kovacs Foundation in Palma de Mallorca tested 313 mattresses on patients with chronic low back pain for three months.

They found that participants sleeping on the medium firm mattresses were twice as likely to report an improvement in pain while lying in bed and when getting up than those on the harder beds. They were also less likely to need pain-killing drugs. "Our findings stress that recommendations for daily living, such as what kind of mattress to use, may have a relevant effect on the clinical course of low back pain," The Telegraph quoted Dr Francisco Kovacs, one of the researchers, as saying.

"In patients with chronic low back pain, mattress conditions affect the degree of pain-related disability and the intensity of pain-related disability and the intensity of pain while lying in bed and on rising."

"The use of a mattress of medium firmness improves the clinical course of low back pain in a higher proportion of patients than the use of a firm mattress," he added.

Courtesy - Hindustan Times, Nov 14.

You can send your feedback to us on this issue of AyurvedaNews at newsletter@chakrapaniayurveda.com. Your valuable suggestions will help us in our efforts at continuous improvement.

Sincerely,

The AyurvedaNews Team

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Disclaimer: The information presented in this newsletter is not intended to replace the services of a health practitioner licensed in the diagnosis or treatment of illness or disease. Any application of the material in this text is at the reader' s discretion and sole responsibility. If you have a persistent medical condition or your symptom are severe please consult a physician. The US Food and Drug Administration have not evaluated statements on

this newsletter about health conditions and remedies.

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