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## **AyurvedaNews**

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Chakrapani Ayurveda Clinic & Research Center

Member Newsletter, November II, 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 second 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. This issue is devoted to the Vata type of body constitution. We have tried to put the appropriate Vata pacifying herb and recipe in the respective sections. It provides the whole thing at once. Our coming issues of newsletter will cover the remaining types. 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](mailto:info@chakrapaniayurveda.com) at earliest and can fix up the appointment.

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

In our last issue of AyurvedaNews, we discussed Prakriti, (an individual' s inherer constitution). The three predominant Doshas, Vata, Pitta and Kapha, are the forces that create one' s Prakriti. The word **Dosha**, when directly translated, means fault, strain or an inaccuracy that leads to chaos. From an Ayurvedic viewpoint, Dosha means that which has the capacity to cause chaos or disease under certain circumstances. The Doshas are formed from the tissues (**Dhatus**) that they govern, which in turn, influence them.

Vata, a combination of air and ether (space) is a dry, cold and light Dosha. These elements create a small framed, generally underweight individual with dry skin and hair, and prominent veins.

Vata translates to ' that which moves' . This is a most accurate description of Vata, a Dosha th is constantly on the move. Vata initiates all forms of activity, playing a vital role in the communication network of the body.

Vata governs perception, assimilation and reaction. It inspires speech and is the base for laughter and exaltation. Vata is responsible for bringing thoughts from the memory to consciousness and transferring thoughts into memories.

Vata controls the opening of the ion channels in response to activation of certain receptors, helps iron bind to sites, and facilitates in the process of the transference of the egg from the ovary to the fallopian tube.

For the Vata Dosha individual, or for one who is experiencing a vitiation of Vata in the body, being outdoors on a cold, windy day, conditions that increase the air element, can result in an ungrounded (spacey) feeling. Travel, especially air travel (flying through air and space) can also prove a challenge for the sensitive Vata Dosha. Additionally, a lack of sleep, excess activity, and too much fasting, throws Vata into chaos. Stress of any variety vitiates Vata, which in turn affects Pitta and Kapha, resulting in many ailments.

Insomnia, low backache, poor memory, gaseous distention, joint and thigh pain, intolerance to the cold and wind, dry skin, and dandruff are all signs of derangement in Vata Dosha.

For optimal balance Vata requires warmth, (in their environment, relationships and food) heavy, building and moist foods and herbs (from sweet, salty and sour *Rasa* or tastes), and adherence to a regular routine, which helps counter the inherent irregularity in this Dosha.

## Selection of Treatment Rules

Internal and external administration of oils. Select herbs, which has got similar properties of **Bala** (*Sida cordifolia*), **Ashwagandha** (*Withania somnifera*), **Kauncha** (*Mucuna pruriens*) and **Piplimoola** (roots of *Piper longum*) etc. **Snehapana** (intake of more oils), **Basti** (medicated enema) a type of [Panchakarma therapy](#) etc.

Wish to try above Vata Dosha pacifying herbs? Want genuine and reliable Vata pacifying remedies? Ask at [info@chakrapaniayurveda.com](mailto:info@chakrapaniayurveda.com) or [garrysun2@yahoo.com](mailto:garrysun2@yahoo.com) for details.

Subsequent newsletter will look at Pitta 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 : **Ashwagandha** (*Withania somnifera*) - *The herb for Vata*

Ashwagandha is one of the most extensively studied Indian medicinal plant with substantially confirmed tranquilizer, cardiotoxic, antibacterial, antifungal, antitumor, antiarthritic and immunopotnetitation actions. **It is one of the most useful herb having Vata pacifying properties.** The leaves of this plant have long been used in Ayurveda, mostly as a treatment for skin tumors. **The roots of Ashwagandha is having adaptogenic properties and it is considered a substitute of Ginseng from India.** It is said to protect the organism from illness by maintaining a healthy balance of physical energies. The root contains the steroid lactone (Withaferin A) and related withanolides, along with various alkaloids. Sitoindosides IX and X have been isolated by Ghosal et al and represent C-27-glycowithanolides. Sitoindosides VII and VIII are acylesterylglucosides.

### Important Pharmacological Studies

Malaviya et al. has established that it induces a depleting of acetylcholine and catacholamine in the brain of rats. Singh et al found an anti-stress effect from extracts of Ashwagandha in albino rats and found that it may be due to a state of nonspecifically increased resistance (N.S.I.R.) during stress. Ashwagandha significantly improved the protection against stomach ulcers induced by aspirin or stress. The Porsolt-test, in which mice fall into behavioral despair through forced swimming, showed a distinct shortening of the duration of immobility after administration of Ashwagandha. This anti-depressive effect may result from a reduction of the stress effect, or intervention in the monoamine metabolism of the brain (MAO inhibition). Tests of the physical endurance of mice, after pre-treatment with Ashwagandha extract showed a near doubling in length of perseverance in the swimming test. This may demonstrate a general tonic or anabolic effect. It certainly suggests improved energy utilization. Significantly

increased body weight in albino rats, after one month of Ashwagandha intake, speaks for an anabolic effect.

### Important Clinical Studies

(1) Malaviya (1976) studied the effect of Ashwagandha on anxiety states. In his studies conducted in a series of patients found a statistically significant reduction of cortisol and catacholamine through urinary secretion. Cortisol and catacholamines are conventionally known as stress hormones and their turn over is notably increased during stressful conditions. Above findings were supported by Shukla et al. (1982).

(2) The drug possesses antifatigue and antistress activity (Khandeparka et al. 1981).

(3) Milk fortified with Ashwagandha increases the body weight, total proteins, M.C.H.C. and proves its effect as growth promoter (sheshadri et al. 1977).

(4) Chudasama and Singh (1986) studied Rasayana aspect of Ashwagandha. It showed relief of symptoms like loss of appetite, general debility and weight gain in underweight patients, with significant increase in IgA, IgG, and IgM levels suggesting its immunopotentiality.

(5) Chhajed and Singh (1990) have recommended its use as adjuvant therapy along with modern anti tubercular therapy that provides better and earlier relief and increase bioavailability of the drugs.

### DOSE

The usual adult dose is 3 g of Ashwagandha root powder up to three times a day to a maximum of 10 g per day. It can be taken in the maintenance dose of 3 to 5 grams in a single dose per day. It can be taken with milk, Ghee (butter oil), honey or water. The whole root extract can also be taken in the dose of 500 mg. capsules up to three times a day.

You can order the powder of Ashwagandha by asking at [garrysun2@yahoo.com](mailto:garrysun2@yahoo.com) or at [info@chakrapaniayurveda.com](mailto:info@chakrapaniayurveda.com)

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λ 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](mailto:nachiketa@id.eth.net)

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### 6..) Recipe of the issue:

λ **Vata Tea:** Sweet, chai like tea, especially good for balancing Vata and supporting digestive function.

To each cup of water add:

¼ t. whole cardamom seeds

1 inch cinnamon stick  
 ¾-1 t. fresh ginger root, peeled and chopped  
 1 t. dried licorice root  
 a few fennel seeds  
 ¼ t. dried organic orange peel  
 a few anise seeds (optional)  
 ¼ t. dried sarsaparilla (optional)

Stir well. Add the ingredients to cold water. Cover the pot, bring to a boil, then simmer on low for 10 minutes. Remove from heat and let sit five minutes before straining. Fresh boiled cow milk, rice or soy milk, and raw honey are optional. Enjoy!

From: *Ayurvedic Cookbook for Westerners* by: Amadea Morningstar  
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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](mailto: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](mailto:newsletter@chakrapaniayurveda.com). Your valuable suggestions will help us in our efforts of continuous improvement.

Sincerely,

The AyurvedaNews Team

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