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Chakrapani Ayurveda Clinic & Research Center

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<http://chakrapaniayurveda.com>

Your Continued Good Health is Our Goal.....

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This issue of AyurvedaNews is sponsored by -

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1.).. About the AyurvedaNews: AyurvedaNews is an optional fortnightly newsletter available to those who have visited our site and have contacted us for free consultation and free constitution analysis or who have subscribed to this newsletter through our site. Our site 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.

2.).. Editor's Note: We have an important announcement for our valued readers. We are launching our all-new Website <http://AyurvedaHelpline.com>. This site is exclusively devoted to Ayurveda consultations and advice over the net. Kindly visit this Website and send us your valuable feedback on it. Among the important features of this site, we have posted an exclusive region wise directory of Ayurveda Professionals over this site. This directory will help the visitors to locate a reliable Ayurveda professional or center in nearby area of their residence. We invite Vaidya (Ayurveda physician) and Ayurveda wellness centers to register themselves for this directory. This registration will be free for first 3 months of launching this service. Kindly contact manish@chakrapaniayurveda.com to register for this directory.

The feature article of today's issue is on the subject " **Whole Herbs or Standardized Plant Constituents?** ". This is an interesting article on an honest debate about the rationale for using whole herbs. Do enjoy reading all new things every time in the AyurvedaNews.

We are thankful to Prof. R. P. Bhatnagar, Professor Emeritus and formerly chairman, Department of English, University of Rajasthan, Jaipur for helping us in editing the AyurvedaNews.

Kindly keep us posted to encourage us.

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3.)..Quote of the Issue:

" May we live in peace without weeping. May our joy outline the lives we touch without ceasing. And may our love fill the world, angel wings tenderly beating."
- An Irish Blessing

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4.)..Dr. Kotecha's Tour to America: Dr. Rajesh Kotecha, CEO of <http://chakrapaniayurveda.com> with Mr. Gary Grewal of Garry & Sun, USA has traveled extensively in different states of America during last two weeks. He offered lectures, personal consultations and demonstrations of Chakrapani Ayurveda products during his visits. Overwhelming response of attendees to the Ayurveda was amazing and they were all surprised to know about different aspects of Ayurveda and how they can be applied for good health. Moreover, they have learned from the demonstrations of the Chakrapani Ayurveda products that how these can be made with real natural methods without adding any chemicals, preservatives, color or additives inside.

So far, they have visited the following places:

- 1 Reno, Battlemountain, Winnemucca and Elco in Nevada.
- 2 Omaha Healing Art Center of Omaha in Nebraska.
- 3 Carroll and Ames in Iowa.
- 4 South West Institute of Healing Arts, Scottsdale in Arizona
- 5 Phoenix Therapeutic Massage College, Phoenix in Arizona

Dr. Rajesh and Mr. Gary Grewal will be visiting California and some other states as well in next ten days. The details can be confirmed by calling Garry & Sun at 550 E Plumb Lane, Suites 301 - 303, Reno, Nevada. Telephone: Toll Free 888 - 98 - HERBS or 775 - 826 -6004, 3007 or by e-mail at garrysun@aol.com. Dr. Rajesh will be available for personal consultations and lectures till 9th November.

5.).. Whole Herbs or Standardized Plant Constituents? - Feature Article by Linda Rector Page Ph.D.

What is sacrificed when herbal constituents are "standardized?" This question is important, with more and more Americans increasing their use of herbs, and as standardized separate herbal constitutions are becoming popular as herbal manufacturers enter drug-oriented healthcare market.

Standardization is seen by some companies, especially those whose main focus has been vitamins or other partitioned supplements such as amino acids, as a way for herb products to challenge the mainstream drug company monopoly, by measuring and assuring an "active constituent " of a plant for medicinal use. Standardization attempts to isolate active constituents for a very limited function. Standardization procedures also allow the use of substandard materials. Since only one "active constituent" is measured, that constituent may be boosted with a concentration of an isolated element to reach the required standard, regardless of the quality of the herbs itself.

No one constituent, no matter how worthwhile, can do its healing job without the right stuff from the rest of the herb. For example, ginseng has become a popular ingredient in many herbal products. One laboratory test identified two of its 22 known constituents (called Rb1 and Rb2), in an attempt to isolate ginseng's function as an anti-oxidant and for lowering cholesterol. Yet, thousands of years of worldwide, well-documented experience shows ginseng has dozens of other actions that control disease and promote wellness - functions entirely missed by this test. Should we deny people the ultimate value and effectiveness of ginseng's activity simply because a laboratory hasn't tested for every one of its functions yet?

Whole herb Healing

As a naturopath and traditional herbalist, I believe that standardization shortchanges the full spectrum of whole herb healing. As naturally concentrated foods, herbs have the unique ability to address a multiplicity of problems simultaneously. In most cases, the full medicinal value of herbs is in their internal complexity. Single herbs contain dozens of natural chemical constituents working synergistically. It is why an herb is rarely ever known for just a single function. The evolutionary development of each herb has created a whole essence. The natural herb in correct and balanced rations with all its constituents. Many of these constituents within a whole herb are unknown - even to modern science - and internal chemical reactions within and among herbs are even less understood. Science all body parts and most disease symptoms are interrelated, it is wise to use a combination of herbs, which can affect each part of the problem. Also, used in their whole form, herbs, like foods, nourish the body with little danger of toxicity.

Herbs have rejuvenative qualities entirely missed by standardization. No lab test can begin to quantify all that whole natural plants have to offer us. Standardizing potency for only one or two extracted "active ingredients" for certain vested interests, attempts to use limited laboratory procedures to convince the AMA, the FDA and medical scientist of the value of herbal therapy. Yet, quality and consistency are a major concern in ascertaining herbal effectiveness.

Somehow, herbalists and herbal product suppliers must integrate herbal traditions, ethical commitment, FDA regulations and consumer concerns. We can't let ourselves forget that the activity of herbs is due not only to their biochemical properties, but also to their unique, holistic effects, and most importantly, to their interactions with the human body.

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Linda Rector Page, Ph.D. is a featured speaker at Market Place ' 98 in San Antonio, Texas. For more information about this subject, see page' s book "How to be your Herbal Pharmacist." or visit her Website at <http://www.healthyhealing.com>

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Are you an expert in any one of the different Holistic Systems of Health? Please send your articles for publication in AyurvedaNews to Nachiketa, our editor at: nachiketa@id.eth.net

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6.).. Home remedy of the issue : Lack of sleep or Sleep Disturbances

Take one cup of warm milk to which 1/2 tsp. nutmeg has been added. For more severe cases take an infusion of 1 tsp. **Piplimoola** (roots of Piper longum) in a cup of water, to which 1 tsp. of **Ashwagandha** (Withania somnifera) powder can also be added. Massage the soles of the feet or the scalp with **Brahmi oil** (the herbal oil prepared from Bacopa monnieri in the base of sesame oil) or alternatively with warm Ghee.

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To procure 100% all natural Ayurveda products in US, Canada and Europe, please contact garrysun@aol.com and for getting them in India, please contact manish@chakrapaniayurveda.com.

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7.).. Medicinal plant of this issue : Kumari (Aloe barbadensis) - It grows wild in most parts of India especially in drier localities. Found in all parts from the dry westward valleys of the Himalayas up to extreme south. It is dwarf, succulent plant up to 30-60 cm in height with short stem and thick leaves, fleshy with copious mucilage, arranged in basal whorls, margin spiny and gradually tapering into a spine tip. The orange flowers are clustered on a long arising from the center of the leaves. Now a days, Kumari is used worldwide as a base of so many beauty products. Interestingly, it is useful for so many ailment due to its broad-spectrum medicinal properties.

The following are ways you can use **Kumari** in your homes:

Bleeding wounds: Milk of the plant is applied on to the injury to stop bleeding, and to prevent infection.

For heavy menstrual bleeding and painful periods: Wash about 100 gm. of leaves, clean and remove the pulp. Grind into a paste with 10 gm. of crystal sugar. Take 1 tsp. of paste during the first three days of menstrual cycle. Repeat this for the nest two periods. You can take pulp of aloe that is available in market.

Astringent: Also acts as an agent which contract body tissues, removes fluid from them and checks bleeding, thus reducing discomfort and pain. The pulpy stem as a paste/decoction can be used externally and orally.

Constipation: dried juice of Aloe is given. It can be dried in the sun on or low fore.

Burns/wounds: The Aloe leaf is slit into length and tied on the burn or wound after thorough cleaning of the lesion.

Burst abscess: The leaf is slit lengthways, roasted on grill and turmeric powder is sprinkled lightly on to it. Bandage the leaf on to the abscess.

Asthma: Slit the leaf and take half a teaspoon of juice, which oozes out. To this, add half a teaspoon Vasa (Adhatoda vasaka) leaf juice and 1 tsp. of sugar. The mixture can be taken after every 2 hours.

Cough with phlegm: 2 tsp. of pulp is fried in half a tsp. of Ghee. This can be taken with a little sugar in the morning, noon and night for 3 days.

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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 at continuous improvement.

Sincerely,

The AyurvedaNews Team

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