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AyurvedaNews

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Chakrapani Ayurveda Clinic & Research Center

Member Newsletter, September 1, 2000

<http://www.chakrapaniayurveda.com>

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IN THIS ISSUE:

- 1.)... [About This Newsletter](#)
- 2.)... [Editor's Note](#)
- 3.)... [Sattvika \(mindful\) living: An Ayurveda way - Today's Feature Article](#)
- 4.)... [Medicinal Plant of this issue](#)
- 5.)... [Herbal Recipe](#)
- 6.)... [Today's Quick Clicks](#)
- 7.)... [Important Announcement](#)

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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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want your ad viewed by the most relevant readers for your health services and products? For ad details and prices...mail to: nachiketa@id.eth.net

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2.) Editor's Note:

We have received lots of e-mails in response of our last newsletter. Some of the e-mails contain very valuable suggestions. One of our subscriber and an Architect Vivek Rawal has suggested us to make the image of medicinal plant optional to the readers. He wrote that it is very painful to download big files to those subscribers who are having dial up Internet connection through telephone line. We are implementing the suggestion and we are providing link for the image of the medicinal plant of this issue. Interested readers can visit the page on the web contained with the image of related medicinal plant. The other valuable suggestion for increasing the size of fonts came from Barbara Raisbeck. She is also an author of our feature article of today's newsletter. She has suggested this to make the newsletter more readable for

those who have trouble reading fine print. We are implementing this also from this issue.

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3.) Sattvika (mindful) living: An Ayurveda way - Today' s Feature Article, by Barbara Raisbeck

The basic definition of the Sanskrit term *Sattva* means purity, harmony, balance. It is a state that we all strive for and one that we can all attain. To further expand on the meaning, sattva also connotes the impulse to evolve the awakening and development of the soul. Sattva bestows us with the clarity and serenity through which we can perceive the truth. The quality of one's sattva can be witnessed in their level of perception and in their peace of mind.

The quintessence of Ayurveda is self-realization. Ayurveda provides an exquisite system to help us attain this blissful state by discovering, honoring, and living in harmony with our true nature. In order to do this; we must embark upon a quest that takes us to a place (metaphorically speaking) where we can be on intimate terms with our body. Even though we live in our bodies, we often see them as foreign, and do not understand the remarkable language that they speak to us. The first stop on this quest is to truly listen to our body. When it says STOP, stop. When hungry eat. If tired, rest or sleep. When we ignore the inherent wisdom of our body, we lose touch with the most important part of ourselves, and in time, illness ensues. Sometimes though, it can be challenging to decipher our body's language. Much of this lost wisdom is a result of living in an industrial society that does not place great emphasis on the intricate workings and needs of the body, or simply likens it to that of a machine. When production and consumption of material goods is given top priority, our body becomes an unwitting slave to this entrapment. Mindfulness goes out the window in favor of the use of artificial stimulants (caffeine, refined sugars, and fast foods) so that we can push the body beyond its normal limits to go that extra mile. This abuse pattern has its limitations however, and will show up one day as adrenal exhaustion and inconsolable stress. In the absence of a holistic and natural approach, the only seeming remedy for such exhaustion is to imbibe in more of the same poison that created the problem in the first place. So, part of the addiction enigma is really not that perplexing when we recognize the reasons for such massive consumption of stimulants used to help keep us going, and the need for tranquilizers to help us come back down. Living mindfully requires adopting a healthy daily routine, known as *dinacharya* in Ayurveda. Without becoming too rigid, instead moving gracefully through our daily routine, (almost like doing a dance), it soon becomes nearly effortless to listen to and respect the messages of our body. Once we find our balancing point, we feel so good that we no longer want to deceive ourselves, so intently disengage from activities or elements that produce fragmentation. The need to protect our body becomes instinctual with time, and the cravings for anything that do not create wholeness soon dissolve.

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Barbara Raisbeck is Doctorate in Holistic Nutrition with High Honors from Clayton College of Natural Health, Birmingham, AL. Her journey into the world of Natural Healing began 18 years ago when she discovered that her son had ADHD (attention deficit hyperactivity disorder). A magazine article written by a mother with a daughter with ADHD, was her impetus for stepping out of the conventional life and into the enchanting world of whole foods and herbs. She is having a series of published health related articles at her credit and now she publishes a monthly newsletter, with a primary focus on Ayurveda. You can contact her on sattvaheart@juno.com

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4.) Medicinal Plant of this issue: Jyotishmati (*Celastrus paniculatus*)

It is an well-endowed, woody climbing twiner, and grows almost all over India, especially in the hilly areas. The seeds of this plant have medicinal value. It is also widely known as Malkangni. It is considered to be rubefacient, stimulant, sudative, diuretic and tonic. Seeds are also used to increase memory and are used in loss of appetite, fever and rheumatism. Ayurvedic practitioners have used Jyotishmati widely in psychosomatic disorders. It activates functioning of brain and also strengthens the person to endure the stress, may be emotional or physical. It has been reported to show a depressing effect on the central nervous system and a significant reduction in anxiety.

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Expert in any of Different Holistic Systems of Health? We' re looking for ARTICLES on differer 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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5).. Herbal Recipe: Summer Greens with Roasted Vegetables

Ingredients:

2 bunches chard (or other greens)
 1 red bell pepper
 1 bulb fennel
 ½ large sweet onion
 vinegar
 vegetarian bouillon (dry)
 garlic (as much as you can stand)
 non-stick spray or vegetable oil

Directions:

Coat broiler pan with non-stick spray and preheat broiler. Set a pot of water to boil for steaming the greens. Cut up red pepper into strips. Cut fennel bulb into slices crosswise which will fall apart into smaller pieces. Lay veggies in pan, broil 5-10 minutes until pepper skins blister and curl up.

Next, chop greens up into bite-sized pieces. Place in steamer basket over boiling water until just tender. Meanwhile, chop onion and heat skillet. Sauté onion and garlic until they begin to soften; add chard. Cook, stirring frequently, 2-3 minutes. Add red pepper and fennel to chard mixture, along with a good splash or two of vinegar. Sprinkle on some bouillon or whatever other seasonings you like, cook another minute or so. Serve with rice or pasta or as a side dish. Yummy with hot sauce!

Other greens would be fine in this, and if you had artichoke hearts or olives or summer squash, you could add those, too. Serves: 3 Preparation time: 20-25 min

Courtesy: omplace.com

6).. Today' s Quick Clicks

For Rasayana Prash & Herbal Health Products

<http://www.garrysun.com>

Want Pure and Genuine Indian herbs?

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

Searching for Expert Faculties to Learn Ayurveda?

<http://www.ayurvedaindia.org>

For Getting Oriental Indian Books, Ayurveda, History of Rajasthan, Atlas of Rajasthan Paintings etc:

parampsj@datainfosys.net

For Free Analysis of Your Body Constitution

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

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 7).. Important Announcement: We have shifted our center to a new, bigger place. The new place is having more facilities and capability to cater treatment to more persons at a time. We have decided to offer 25% rebate in our regular charges to them, who registers for the [Panchakarma therapy](#) at our center in the month of September. The registrants will entitle to get this privilege unto the end of this year. Please contact at info@chakrapaniayurveda.com for further information.

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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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| [Back to Top](#) |