

AyurvedaNews

Chakrapani Ayurveda Clinic & Research Center

September I ' 2002

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

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

2).. **Testimonials:**

Dear Dr. Rajesh, Thanks a lot for your concern and followup. I am impressed and touched by your professional values and ethics....with sincere regards.

Hemant pratibha@md2.vsnl.net.in

Dear Rajesh ji, First of all, I would like to thank you for taking out time & communicating your valuable suggestions in regards to my father's health. I'll definately let my father know that you want him to continue the initial prescription..... May God bless you with all the best things in life. With best wishes & warm regards,

Prerna Manke prerna_shri@hotmail.com

(Thanks Hemant and Sandeep for the compliments on our free health services)

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3.).. **Editor's Note:** The feature article of today' s issue describes efficacy of easily available' **Castor oil'** in different disorders. We hope, it will be much helpful to our valued readers and Ayurveda lovers.

There is an exciting news for our readers from USA. Our CEO, Dr. Rajesh Kotecha is in US presently and visiting different parts of US. We strongly recommend all of you to see the schedule of his tours that is given in a separate column of this issue and take advantage of his lectures and workshops. You can have personal consultation with him also with prior appointment.

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

Do enjoy reading AyurvedaNews with all its new information in every issue.

Kindly keep us posted to encourage us to help you. Particularly, we invite your views and ideas on the subject and content of our feature articles. It will help us to further improve in the area of feature articles.

4.).. **This Issue' s quote:**

Everybody should learn to analyze themselves dispassionately....Find out what you are, not what you imagine you are.

- Pramahansa Yogananda

Want Free Constitution Analysis? Click <http://AyurvedaHelpline.com/constitution.html>

5.).. **Dr. Rajesh' s Trip to USA:**

We have already announced the detailed program of Dr. Rajesh' s month long visit to USA from 3rd Sept to 3rd Oct. He has completed Panchakarma sessions and his scheduled lectures in Reno area. People of Reno area have shown great interest in his events. The Panchakarma sessions were fully occupied and it had a great appreciation. Dr. Rajesh is now travelling in Omaha, Nebraska. You can reach to his schedules of Omaha by clicking at <http://omahahealingarts.com>. He will visit Iowa, Missouri and Colorado as sheduled below. If you wish to attend the events, please contact the suggested phone numbers below. **Dr. Rajesh can be contacted at 775-520-9942 (Cell) personally.**

Ames, Iowa: Workshop on Pulse Analysis, Personal Consultation and group lecture.

Sep 17 - Sep 18, 2002 Ames Iowa at Ames center for Health and Harmony 506, Kellogg Ave, Ames, Iowa. Contact at 515-233-0109.

Missouri: Ayurveda lecture, Personal consultation and Workshop on Pulse Analysis.

Sep 19 - Sep 20 at Missouri at New Age Imports, 1908 N. Westwood Blvd., Poplar Bluff, Missouri 63901. Contact at 573-686-1335.

Salida, Colorado: Ayurveda lecture, Personal consultation and Workshop on Pulse Analysis.

Sep 21 - Sep 23 - Colorado at New Age Imports 7670 West US HWY. 50, Salida Colorado 81202.

Contact at 719-539-4448

Reno, Nevada: Practitioner Training - Pulse & Tongue Assesment; Indian Herbs & Their Uses; Advanced Pancha Karma Theory & Technique

Sept. 30 - October 3, Contact at 775-826-6004 or toll free 888-98-Herbs

We invite you to take advantage of the above events, which is nearby your place. If any of our esteemed reader wants further details or a personal consultation with Dr. Rajesh, they can e-mail him at drrajesh@chakrapaniayurveda.com or call Gary Grewal at 775-520-9942 to fix-up an appointment.

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6.).. Natural Healing Properties of Castor oil: by Dr. Vijay Shekhar Annambhotla

The Indian System of Medicine, Ayurveda, recognizes castor oil to be a wonderful panacea for several health concerns. Botanically derived from the *Ricinus communis* (Linn.), castor oil belongs to the Euphorbiace family. It is an evergreen shrub, which grows wildly in warmer temperatures. All over the world, castor oil is recognized for its remarkable, many say divine, healing properties. In Ayurveda, castor oil is called *Eranda taila* or *Gandharva Hasta* (hand of celestial being) taila; in the West, it is known as *Palma Christi* (hand of Christ). According to Ayurveda, castor oil has pungent and sweet tastes, heating energy, pungent post- digestive effect, is heavy to digest and pacifies Vata, and increases Pitta and Kapha. Its actions are purgative, demulcent, analgesic and nervine. Cold-pressed castor oil collected from the seeds of the plant is an amazing natural multi-spectrum healing properties for various kinds of ailments.

Healing Benefits:

Skin & Hair Concerns:

Fungal infections: Castor oil prevents fungal infections of the foot and reduces itching due to sweating between the toes.

After Shave: The application of castor oil after shaving enhances smooth, soft, lustrous skin and soothes shaving burns and cuts.

Burns: Castor oil is very effective in healing minor wounds, burns and cuts, and it soothes the skin.

Bedsores: The external application of castor oil is beneficial in treating bedsore.

Chilblain: Castor oil is beneficial in treating problems related with cold and moisture; it heals scratches and inflammation and soothes itching on the hands and feet.

Corns: The frequent and regular application of castor oil on corn spots will soften corns and reduce pain, allowing for healing without surgery.

Cracked Heels: The regular application of castor oil on cracked heels and chapped hands restores moisture and softens the skin.

Eyebrows: The regular application of castor oil promotes clear, soft, shiny eyebrows, and prevents thinning of the eyebrows.

Hair Loss: The application of castor oil to the scalp with gentle massage helps prevent hair loss and improves hair's luster.

Facial Oil: Gently applying castor oil on the face results in beautiful, smooth, shiny skin and enhances glow.

Hyperkeratosis: The regular application of castor oil reduces discoloration of the skin.

Itches: The external application of castor oil to the skin relieves itching and redness.

Chapped Lips: A natural lip balm, the application of castor oil softens the lips and effectively reduces cracks in the lips.

Nails: The regular application of warm castor oil around the nail bed is beneficial in correcting crooked and cracked nails and making them strong and healthy.

Pimples and Black Spots: Castor oil is beneficial in treating acne, rosacea, pimples and black spots.

Dry Skin: The regular use of castor oil topically is beneficial in healing scaly and dry skin.

Skin Ulcers: Castor oil is very useful in healing any type of external ulcers.

Musculoskeletal Concerns:

Backache: Warm castor massaged into the back provides relief of backache.

Muscle strength: The regular massage of castor oil strengthens the muscles, providing for high endurance during sports.

Joint Pain: The application of warm castor oil externally twice daily is beneficial in easing joint pains and arthritis pain.

Rheumatic Swelling: The application of castor oil relieves pain in sores, boils and rheumatic swellings.

Swollen Lymph Glands: The application of castor oil through gentle massage until the oil absorbs slowly reduces swelling of the lymph glands.

Varicose veins: The regular and gentle massage of warm castor oil on the legs is beneficial in healing varicose veins.

Sprains: The regular use of warm castor oil externally relieves sprains.

Toothache: 1 teaspoon of castor oil mixed with a pinch of salt in 1 glass of warm water gargled twice daily provides toothache relief.

Neurological concerns:

Burning Feet: The external application of castor oil is beneficial in soothing burning in the soles of the feet.

Headache: Massaging castor oil on the head brings relief from headaches.

Sciatica: Gentle massage on the sciatic nerve relieves pain in sciatica.

Insomnia: The application of warm castor oil on the forehead, temples and scalp before going to bed provides a sound night's sleep.

Earache: 1-2 drops of warm castor oil in each ear provide earache relief.

Gastrointestinal Concerns:

Abdominal pain: The gentle, external application of warm castor oil on the abdomen relieves abdominal pain due to indigestion.

Constipation: Small amounts of castor oil act as a mild laxative. Lactating mothers can take the oil if their babies are suffering from constipation.

Anal Fissures: The external application of castor oil provides relief and healing to anal fissures.

Piles: Castor oil mixed with aloe vera juice and applied locally relieves pain and reduces the pile mass.

Women's Concerns:

Lactation: The external application of warm castor oil with gentle massage to the lactating mother's breasts improves the secretion of milk.

Menstrual Pain: Castor oil applied to the navel and lower abdomen relieves premenstrual pain.

Swollen Breasts: Lactating mothers can apply castor oil to reduce swelling and enhance milk secretion.

Cracked Nipples: Castor oil applied to cracked nipples provides soothing relief and softens the nipples.

Pelvis and uterine pain: The external application of warm castor oil to the pelvic region, lower abdomen and uterine area relieves pain.

Stretch Marks: Warm castor oil applied to stretch marks is beneficial and can heal stretch marks with repeated, regular application.

Infant & Child Care Concerns:

Umbilical Healing: The application of castor oil is beneficial to the umbilicus in newborn babies promotes faster healing.

Baby Oil: A warm castor oil massage for baby helps remove the heat from the friction of birth, soothes the skin and enhances immunity.

Diaper Rash: The external application of castor oil relieves diaper rash in babies.

For more information from our Ayurveda experts, please submit your queries at consult@chakrapaniayurveda.com

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The author of above article, Dr. Vijay Shekhar Annambhotla is M.D in Ayurveda from Gujarat Ayurveda University and now residing in USA. He is founder president of Ojas Ayurveda & Yoga Institute Inc. at Pennsylvania, USA. He can be reached at vaidya@mindspring.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: newsletter@chakrapaniayurveda.com

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7.).. Best Ayurveda Products from Chakrapani' s:

[Rasayanaprash](#)

[Ashwagandha Bru](#)

[Memory Enhancer Bru](#)

[Herbal Face Pack](#)

[Herbal Revitalizing Cleanser](#)

[Herbal Hair Conditioner](#)

If you are in America or Canada, ask for these products at garrysun@aol.com and for the rest of world and India, contact manish@chakrapaniayurveda.com. We can supply Ayurveda Herbs for customized requirement also.

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For Archives of our earlier published Newsletters, please visit <http://chakrapaniayurveda.com/newsletter.html>

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8.).. Interesting Health News:

Better Health Outcomes for Patients with Doctors Who Support Religious Beliefs and Practices

DURHAM, USA: The Journal of the American Medical Association published a major article illustrating the potent effect health professionals can have by addressing a patient' s spiritual needs. The study provides evidence that people with strong religious beliefs and practices cope better with illness, are able to decrease chronic pain intensity, speed recovery from depression and enjoy better health outcomes. The study demonstrates the effect of a patient' s spiritual beliefs on his health and the need for health professionals to identify their patient' s spiritual needs. A more controversial activity is praying with patients. This case study suggests that when patients feel overwhelmed by anxiety and depression because of their health situation, their religious beliefs and practices provide them with an indirect form of control that helps interrupt these feelings. Physicians should respect and support the beliefs that help their patients cope, ensure that their spiritual needs are met when they are hospitalized, and be aware that religion is likely to influence their medical decisions. For physicians who are interested in helping their patients cope spiritually with serious medical illness, this study points to the potential far-reaching, positive consequences of relationships between mental health, strong faith, devout prayer and religious socialization. The study illustrates how health professionals can support patients who pray and practice other religious activities that are associated with better coping, less depression, more social support and better health outcomes.

Source: Religion News Service

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You Stand Revealed by Yogic Astrology!

Your problems revealed by a revealed Science! Overcome your problems with Astro Therapy! World Class Yogi & Astrologer G Kumar tackles your problems. Rush with time, date & place of birth for an Astro Analysis. FREE e-books ! Free Ezine! Free e-articles on the Fourfold Yoga, Pranic Therapy, Numerology & Vedic Astrology - www.eastrovedica.com e-mail - info@eastrovedica.com

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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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